

## Aコース 400m ・ 4km

No	SWIM		RUN		TOTAL	
1	6	12:34.36	7	14:46.50	5	27:20.86
2	1	10:00.77	3	14:18.35	1	24:19.12
3	16	18:44.56	8	15:39.56	13	34:24.12
4	14	16:07.55	16	24:27.23	16	40:34.78
5	10	14:29.07	5	14:40.10	8	29:09.17
6	12	15:41.16	12	18:01.49	12	33:42.65
7	13	16:04.01				DNF
8	8	14:08.06	13	18:28.23	11	32:36.29
9	8	14:08.06	11	17:13.97	9	31:22.03
10	4	11:49.23	9	16:26.26	6	28:15.49
11	2	10:34.21	6	14:44.46	2	25:18.67
12	11	14:41.28	1	13:36.40	7	28:17.68
13	7	13:48.80	14	18:30.28	10	32:19.08
14	17	18:51.33	15	21:21.90	15	40:13.23
15	15	17:53.31	10	17:00.10	14	34:53.41
16	3	11:14.96	4	14:27.27	3	25:42.23
17	5	11:57.67	2	14:07.09	4	26:04.76

## Bコース 200m ・ 2km

No	SWIM		RUN		TOTAL	
18	2	4:07.79	4	9:29.99	3	13:37.78
19	8	7:22.45	8	11:30.74	8	18:53.19
20	1	3:46.28	3	8:35.25	1	12:21.53
21		DNS				
22	4	5:11.50	1	7:46.96	2	12:58.46
23	5	5:15.20	6	10:03.52	6	15:18.72
24	7	5:33.80	2	8:25.03	4	13:58.83
25	6	5:32.44	5	9:45.62	5	15:18.06
26	3	5:00.36	7	11:05.55	7	16:05.91

## Cコース 100m ・ 1km

No	SWIM		RUN		TOTAL	
27	1	2:12.44	3	6:50.65	3	9:03.09
28	2	2:21.47	2	5:08.79	1	7:30.26
29	3	3:11.62	1	4:28.24	2	7:39.86
30	4	3:36.18	4	7:04.82	4	10:41.00