

| ナンバー | 氏名 | 所属 | 種目 | 記録 | 部門順位 | 部門順位(各通過1) | 周回1 | 通過2 | 周回2 | 通過3 | 周回3 | 通過4 | 周回4 | 通過5 | 周回5 | 通過6 | 周回6 | 通過7 | 周回7 | 通過8 | 周回8 | 通過9 | 周回9 | 通過10 | 周回10 | 通過11 | 周回11 | 通過12 | 周回12 | 通過13 | 周回13 | |
|------|--------|-------------------|---------|---------|------|------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 8 | 藤井 俊典 | | 5000m-1 | 19:24.0 | 1 | 38 | 00:47.1 | 00:47.1 | 02:21.4 | 01:34.2 | 03:57.3 | 01:35.9 | 05:33.7 | 01:36.3 | 07:11.2 | 01:37.5 | 08:46.9 | 01:35.6 | 10:20.8 | 01:33.9 | 11:56.5 | 01:35.6 | 13:33.3 | 01:36.8 | 15:09.8 | 01:36.5 | 16:41.7 | 01:31.9 | 18:06.3 | 01:24.5 | 19:24.0 | 01:17.6 |
| 25 | 鈴木 隆 | | 5000m-1 | 19:43.3 | 2 | 38 | 00:47.8 | 00:47.8 | 02:24.1 | 01:36.2 | 03:58.6 | 01:34.5 | 05:35.3 | 01:36.7 | 07:12.7 | 01:37.3 | 08:47.6 | 01:34.8 | 10:22.6 | 01:35.0 | 11:57.6 | 01:35.0 | 13:35.8 | 01:38.1 | 15:11.4 | 01:35.6 | 16:46.8 | 01:35.4 | 18:19.3 | 01:32.5 | 19:43.3 | 01:23.9 |
| 9 | 小口 隆 | VIEW RUNNING TEAM | 5000m-1 | 19:44.7 | 3 | 38 | 00:46.9 | 00:46.9 | 02:22.5 | 01:35.6 | 03:58.2 | 01:35.6 | 05:34.7 | 01:36.5 | 07:10.7 | 01:35.9 | 08:46.4 | 01:35.6 | 10:21.8 | 01:35.4 | 11:58.0 | 01:36.1 | 13:34.8 | 01:36.8 | 15:11.8 | 01:36.9 | 16:46.7 | 01:34.9 | 18:22.6 | 01:35.8 | 19:44.7 | 01:22.1 |
| 45 | 眞貝 優 | | 5000m-1 | 19:49.2 | 4 | 38 | 00:46.3 | 00:46.3 | 02:22.0 | 01:35.6 | 03:57.5 | 01:35.5 | 05:34.1 | 01:36.5 | 07:11.4 | 01:37.2 | 08:46.6 | 01:35.1 | 10:21.6 | 01:35.0 | 11:57.3 | 01:35.6 | 13:33.9 | 01:36.5 | 15:10.4 | 01:36.5 | 16:46.1 | 01:35.7 | 18:21.1 | 01:35.0 | 19:49.2 | 01:28.1 |
| 13 | 小嶋 太良 | | 5000m-1 | 19:52.4 | 5 | 38 | 00:48.8 | 00:48.8 | 02:24.5 | 01:35.6 | 03:59.0 | 01:34.5 | 05:35.0 | 01:35.9 | 07:12.4 | 01:37.3 | 08:48.1 | 01:35.7 | 10:23.2 | 01:35.0 | 11:58.7 | 01:35.4 | 13:34.6 | 01:35.8 | 15:11.5 | 01:36.8 | 16:47.4 | 01:35.9 | 18:23.0 | 01:35.6 | 19:52.4 | 01:29.4 |
| 1 | 西 理広 | | 5000m-1 | 19:53.7 | 6 | 38 | 00:46.7 | 00:46.7 | 02:22.2 | 01:35.5 | 03:57.9 | 01:35.7 | 05:34.4 | 01:36.4 | 07:11.6 | 01:37.2 | 08:45.9 | 01:34.3 | 10:21.2 | 01:35.2 | 11:56.8 | 01:35.5 | 13:33.7 | 01:36.9 | 15:10.1 | 01:36.4 | 16:46.1 | 01:35.9 | 18:22.5 | 01:36.4 | 19:53.7 | 01:31.2 |
| 49 | 山部 英行 | | 5000m-1 | 19:55.3 | 7 | 38 | 00:46.5 | 00:46.5 | 02:22.8 | 01:36.2 | 03:58.5 | 01:35.7 | 05:34.9 | 01:36.3 | 07:12.0 | 01:37.1 | 08:47.2 | 01:35.1 | 10:22.2 | 01:35.0 | 11:57.2 | 01:35.0 | 13:34.4 | 01:37.1 | 15:10.3 | 01:35.9 | 16:46.4 | 01:36.8 | 18:22.2 | 01:35.8 | 19:55.3 | 01:33.0 |
| 47 | 今泉 愛子 | 阿見AC | 5000m-1 | 19:57.6 | 8 | 38 | 00:45.9 | 00:45.9 | 02:21.6 | 01:35.6 | 03:57.3 | 01:35.6 | 05:33.6 | 01:36.2 | 07:10.6 | 01:37.0 | 08:46.0 | 01:35.4 | 10:21.5 | 01:35.5 | 11:57.1 | 01:35.6 | 13:34.1 | 01:37.0 | 15:10.7 | 01:36.5 | 16:46.8 | 01:36.0 | 18:24.7 | 01:37.9 | 19:57.6 | 01:32.9 |
| 14 | 山口 賢明 | | 5000m-1 | 20:19.5 | 9 | 38 | 00:46.4 | 00:46.4 | 02:21.8 | 01:35.4 | 03:57.5 | 01:35.6 | 05:33.8 | 01:36.2 | 07:11.0 | 01:37.1 | 08:46.7 | 01:35.7 | 10:21.9 | 01:35.1 | 11:57.6 | 01:35.7 | 13:33.8 | 01:36.2 | 15:11.6 | 01:37.7 | 16:49.8 | 01:38.2 | 18:34.3 | 01:44.4 | 20:19.5 | 01:45.1 |
| 3 | 伊藤 公博 | 小金井公園走友会 | 5000m-1 | 20:24.3 | 10 | 38 | 00:47.7 | 00:47.7 | 02:23.5 | 01:35.8 | 03:59.1 | 01:35.6 | 05:35.5 | 01:36.3 | 07:13.0 | 01:37.5 | 08:48.8 | 01:35.8 | 10:25.8 | 01:36.9 | 12:04.7 | 01:38.8 | 13:44.4 | 01:39.7 | 15:23.9 | 01:39.5 | 17:05.1 | 01:41.1 | 18:46.4 | 01:41.3 | 20:24.3 | 01:37.9 |
| 16 | 奥崎 正明 | まるお製作所RC | 5000m-1 | 20:25.3 | 11 | 38 | 00:47.4 | 00:47.4 | 02:22.0 | 01:34.6 | 03:57.8 | 01:35.7 | 05:33.7 | 01:35.9 | 07:10.7 | 01:36.9 | 08:45.9 | 01:35.2 | 10:20.9 | 01:35.0 | 11:56.7 | 01:35.7 | 13:33.3 | 01:36.6 | 15:09.7 | 01:36.3 | 16:46.4 | 01:36.7 | 18:55.9 | 02:09.5 | 20:25.3 | 01:29.3 |
| 21 | 池田 好則 | | 5000m-1 | 20:28.1 | 12 | 38 | 00:49.3 | 00:49.3 | 02:24.0 | 01:34.7 | 04:01.4 | 01:37.4 | 05:38.7 | 01:37.2 | 07:15.1 | 01:36.3 | 08:53.7 | 01:38.6 | 10:32.1 | 01:38.4 | 12:09.4 | 01:37.2 | 13:50.4 | 01:41.0 | 15:32.7 | 01:42.2 | 17:12.2 | 01:39.5 | 18:53.9 | 01:41.6 | 20:28.1 | 01:34.2 |
| 23 | 森中 隆平 | | 5000m-1 | 20:59.1 | 13 | 38 | 00:49.2 | 00:49.2 | 02:30.9 | 01:41.6 | 04:10.6 | 01:39.7 | 05:53.5 | 01:42.9 | 07:35.5 | 01:41.9 | 09:13.6 | 01:38.1 | 10:54.2 | 01:40.5 | 12:35.6 | 01:41.4 | 14:17.1 | 01:41.4 | 15:58.2 | 01:41.0 | 17:38.7 | 01:40.5 | 19:22.3 | 01:43.6 | 20:59.1 | 01:36.7 |
| 19 | 力徳 正輝 | rikima.com | 5000m-1 | 21:10.8 | 14 | 38 | 00:47.4 | 00:47.4 | 02:20.9 | 01:33.5 | 03:55.7 | 01:34.7 | 05:32.1 | 01:36.4 | 07:09.9 | 01:37.7 | 08:49.8 | 01:39.9 | 10:31.7 | 01:41.9 | 12:15.8 | 01:44.1 | 14:02.4 | 01:46.5 | 15:48.5 | 01:46.1 | 17:37.7 | 01:49.1 | 19:28.0 | 01:50.3 | 21:10.8 | 01:42.8 |
| 20 | 加賀 あさみ | RDCRUNCLUB | 5000m-1 | 21:11.9 | 15 | 38 | 00:48.8 | 00:48.8 | 02:30.2 | 01:41.4 | 04:09.5 | 01:39.2 | 05:50.4 | 01:40.8 | 07:29.7 | 01:39.3 | 09:10.3 | 01:40.6 | 10:49.9 | 01:39.6 | 12:30.9 | 01:41.0 | 14:13.5 | 01:42.5 | 15:58.4 | 01:44.8 | 17:47.3 | 01:48.8 | 19:34.3 | 01:47.0 | 21:11.9 | 01:37.6 |
| 24 | 山崎 俊治 | すごー隊 | 5000m-1 | 21:21.9 | 16 | 38 | 00:49.2 | 00:49.2 | 02:31.2 | 01:41.9 | 04:10.2 | 01:39.0 | 05:49.8 | 01:39.6 | 07:30.4 | 01:40.5 | 09:10.8 | 01:40.3 | 10:50.5 | 01:39.6 | 12:34.2 | 01:43.7 | 14:19.3 | 01:45.1 | 16:07.5 | 01:48.1 | 17:54.8 | 01:47.3 | 19:41.4 | 01:46.5 | 21:21.9 | 01:40.5 |
| 48 | 真木 靖仁 | VIEW | 5000m-1 | 21:23.9 | 17 | 38 | 00:47.9 | 00:47.9 | 02:30.4 | 01:42.4 | 04:10.0 | 01:39.5 | 05:51.7 | 01:41.7 | 07:33.0 | 01:41.3 | 09:13.9 | 01:40.0 | 10:54.9 | 01:41.0 | 12:38.8 | 01:44.4 | 14:23.2 | 01:44.4 | 16:10.1 | 01:46.8 | 17:58.4 | 01:48.2 | 19:46.1 | 01:41.7 | 21:23.9 | 01:37.8 |
| 43 | 大谷 隼果 | | 5000m-1 | 21:24.2 | 18 | 38 | 00:49.1 | 00:49.1 | 02:30.8 | 01:41.7 | 04:10.4 | 01:39.6 | 05:53.3 | 01:42.9 | 07:35.3 | 01:41.9 | 09:14.0 | 01:38.7 | 10:55.4 | 01:41.4 | 12:39.5 | 01:44.0 | 14:24.2 | 01:44.7 | 16:11.5 | 01:47.2 | 18:00.0 | 01:48.4 | 19:47.9 | 01:47.9 | 21:24.2 | 01:36.2 |
| 42 | 柳木 春夏 | | 5000m-1 | 21:30.2 | 19 | 38 | 00:52.3 | 00:52.3 | 02:37.2 | 01:44.8 | 04:21.8 | 01:44.5 | 06:06.3 | 01:44.5 | 07:51.3 | 01:44.9 | 09:37.1 | 01:45.8 | 11:21.1 | 01:44.0 | 13:05.5 | 01:44.4 | 14:50.1 | 01:44.5 | 16:35.0 | 01:44.9 | 18:16.4 | 01:41.4 | 19:56.1 | 01:39.7 | 21:30.2 | 01:34.1 |
| 26 | 河村 俊樹 | | 5000m-1 | 21:37.7 | 20 | 38 | 00:47.4 | 00:47.4 | 02:22.8 | 01:35.4 | 03:57.9 | 01:35.1 | 05:34.8 | 01:36.8 | 07:11.9 | 01:37.1 | 08:47.3 | 01:35.4 | 10:27.4 | 01:40.0 | 12:12.7 | 01:45.3 | 14:06.0 | 01:53.2 | 16:02.6 | 01:56.6 | 18:02.1 | 01:59.4 | 19:56.9 | 01:54.8 | 21:37.7 | 01:40.8 |
| 22 | 半谷 謙寿 | ハリアーズ | 5000m-1 | 21:39.6 | 21 | 38 | 00:50.0 | 00:50.0 | 02:32.0 | 01:42.0 | 04:13.0 | 01:41.0 | 05:55.5 | 01:42.4 | 07:37.4 | 01:41.9 | 09:19.6 | 01:42.2 | 10:54.0 | 01:44.3 | 12:48.2 | 01:44.1 | 14:31.6 | 01:43.4 | 16:18.9 | 01:47.3 | 18:06.8 | 01:47.8 | 19:56.0 | 01:49.1 | 21:39.6 | 01:43.6 |
| 4 | 森谷 充雄 | 3shine | 5000m-1 | 21:51.3 | 22 | 38 | 00:52.3 | 00:52.3 | 02:38.2 | 01:45.9 | 04:22.2 | 01:43.9 | 06:06.9 | 01:44.7 | 07:51.4 | 01:44.4 | 09:37.8 | 01:46.4 | 11:22.3 | 01:44.5 | 13:07.7 | 01:45.3 | 14:53.1 | 01:45.3 | 16:39.5 | 01:46.3 | 18:24.8 | 01:45.3 | 20:10.2 | 01:45.3 | 21:51.3 | 01:41.0 |
| 38 | 土屋 崇雄 | | 5000m-1 | 21:52.5 | 23 | 38 | 00:51.8 | 00:51.8 | 02:36.8 | 01:45.0 | 04:21.3 | 01:44.5 | 06:05.7 | 01:44.3 | 07:50.5 | 01:44.8 | 09:36.7 | 01:46.1 | 11:20.6 | 01:43.8 | 13:05.0 | 01:44.3 | 14:49.7 | 01:44.7 | 16:35.1 | 01:45.3 | 18:20.9 | 01:45.8 | 20:09.2 | 01:48.2 | 21:52.5 | 01:43.3 |
| 27 | 渡部 和馬 | | 5000m-1 | 21:59.2 | 24 | 38 | 00:51.3 | 00:51.3 | 02:34.8 | 01:43.4 | 04:16.8 | 01:42.0 | 06:01.7 | 01:44.9 | 07:44.2 | 01:42.5 | 09:27.4 | 01:43.1 | 11:10.3 | 01:42.8 | 12:52.4 | 01:42.1 | 14:36.2 | 01:43.8 | 16:22.4 | 01:46.1 | 18:19.0 | 01:56.5 | 20:13.4 | 01:54.4 | 21:59.2 | 01:45.8 |
| 28 | 小口 龍馬 | 矢口ランニングクラブ | 5000m-1 | 22:12.2 | 25 | 38 | 00:52.8 | 00:52.8 | 02:38.6 | 01:45.7 | 04:22.7 | 01:44.0 | 06:07.2 | 01:44.5 | 07:51.9 | 01:44.7 | 09:38.3 | 01:46.3 | 11:24.6 | 01:46.3 | 13:10.8 | 01:46.2 | 14:59.8 | 01:49.0 | 16:44.6 | 01:44.7 | 18:36.3 | 01:51.7 | 20:27.7 | 01:51.3 | 22:12.2 | 01:44.5 |
| 34 | 塚崎 雄平 | | 5000m-1 | 22:29.4 | 26 | 38 | 00:46.4 | 00:46.4 | 02:25.3 | 01:38.9 | 04:06.0 | 01:40.7 | 05:50.0 | 01:43.9 | 07:35.5 | 01:45.5 | 09:23.3 | 01:47.8 | 11:14.9 | 01:51.6 | 13:06.0 | 01:51.0 | 15:03.0 | 01:57.0 | 17:01.4 | 01:58.4 | 18:58.0 | 01:56.6 | 20:49.0 | 01:51.0 | 22:29.4 | 01:40.3 |
| 39 | 千葉 美保 | | 5000m-1 | 22:30.2 | 27 | 38 | 00:55.0 | 00:55.0 | 02:43.3 | 01:48.2 | 04:29.6 | 01:46.3 | 06:18.3 | 01:48.6 | 08:08.7 | 01:50.4 | 09:58.3 | 01:49.6 | 11:48.2 | 01:49.9 | 13:38.5 | 01:50.2 | 15:26.1 | 01:47.6 | 17:17.1 | 01:51.0 | 19:08.5 | 01:51.3 | 20:58.5 | 01:50.0 | 22:30.2 | 01:31.7 |
| 15 | 茂戸 藤詩音 | | 5000m-1 | 22:35.5 | 28 | 38 | 00:54.2 | 00:54.2 | 02:42.3 | 01:48.1 | 04:28.8 | 01:46.4 | 06:17.5 | 01:48.7 | 08:08.0 | 01:50.4 | 09:57.5 | 01:49.4 | 11:47.3 | 01:49.8 | 13:37.8 | 01:50.5 | 15:26.4 | 01:48.5 | 17:17.0 | 01:50.6 | 19:08.5 | 01:51.4 | 20:58.1 | 01:49.6 | 22:35.5 | 01:37.4 |
| 36 | 飯尾 健 | | 5000m-1 | 22:40.5 | 29 | 38 | 00:55.0 | 00:55.0 | 02:43.0 | 01:47.9 | 04:29.4 | 01:46.4 | 06:17.9 | 01:48.4 | 08:08.3 | 01:50.4 | 09:57.6 | 01:49.3 | 11:45.7 | 01:48.0 | 13:36.5 | 01:40.8 | 15:13.4 | 01:46.9 | 17:05.7 | 01:52.3 | 18:55.6 | 01:49.8 | 20:50.3 | 01:54.7 | 22:40.5 | 01:50.1 |
| 44 | 眞貝 友希恵 | | 5000m-1 | 22:41.9 | 30 | 38 | 00:51.8 | 00:51.8 | 02:36.8 | 01:44.9 | 04:21.2 | 01:44.3 | 06:05.5 | 01:44.3 | 07:50.8 | 01:45.2 | 09:37.2 | 01:46.4 | 11:21.4 | 01:44.2 | 13:10.5 | 01:49.0 | 15:06.4 | 01:55.9 | 17:01.7 | 01:55.3 | 18:59.1 | 01:57.3 | 20:55.4 | 01:56.2 | 22:41.9 | 01:46.5 |
| 41 | 白石 真 | | 5000m-1 | 22:42.0 | 31 | 38 | 00:54.5 | 00:54.5 | 02:42.6 | 01:48.0 | 04:29.0 | 01:46.4 | 06:17.7 | 01:48.6 | 08:08.1 | 01:50.4 | 09:57.6 | 01:49.4 | 11:47.4 | 01:49.7 | 13:37.9 | 01:50.5 | 15:25.7 | 01:47.7 | 17:16.7 | 01:51.0 | 19:08.2 | 01:51.5 | 20:58.0 | 01:49.7 | 22:42.0 | 01:44.0 |
| 35 | 山崎 詩大 | 矢口ランニングクラブ | 5000m-1 | 22:45.8 | 32 | 38 | 00:53.7 | 00:53.7 | 02:41.9 | 01:48.1 | 04:28.3 | 01:46.3 | 06:17.0 | 01:48.6 | 08:07.4 | 01:50.4 | 09:56.7 | 01:49.3 | 11:46.7 | 01:50.0 | 13:37.3 | 01:50.5 | 15:25.8 | 01:48.5 | 17:17.7 | 01:51.8 | 19:06.7 | 01:49.0 | 20:58.6 | 01:51.9 | 22:45.8 | 0 |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----|---------|----------|---------|---------|----|----|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|--|--|
| 2 | 明田 圭一郎 | | 5000m-2 | 19:33.2 | 19 | 41 | 00:49.0 | 00:49.0 | 02:24.4 | 01:35.3 | 03:57.7 | 01:33.3 | 05:31.3 | 01:33.5 | 07:07.8 | 01:36.5 | 08:42.3 | 01:34.5 | 10:17.8 | 01:35.5 | 11:53.6 | 01:35.7 | 13:27.7 | 01:34.0 | 15:02.8 | 01:35.1 | 16:35.7 | 01:32.9 | 18:09.8 | 01:34.0 | 19:33.2 | 01:23.4 | | |
| 47 | 佐藤 雅章 | | 5000m-2 | 19:34.7 | 20 | 41 | 00:50.2 | 00:50.2 | 02:22.9 | 01:32.6 | 03:54.4 | 01:31.5 | 05:26.2 | 01:31.7 | 06:58.7 | 01:32.5 | 08:31.6 | 01:32.8 | 10:03.9 | 01:32.3 | 11:37.6 | 01:33.7 | 13:13.3 | 01:35.6 | 14:49.8 | 01:36.5 | 16:26.8 | 01:37.0 | 18:03.5 | 01:36.7 | 19:34.7 | 01:31.1 | | |
| 16 | 健由 穂由 | うたクラブ | 5000m-2 | 19:36.3 | 21 | 41 | 00:51.1 | 00:51.1 | 02:27.9 | 01:36.8 | 04:02.6 | 01:34.7 | 05:35.5 | 01:32.8 | 07:10.5 | 01:34.9 | 08:45.2 | 01:34.6 | 10:20.2 | 01:35.0 | 11:54.1 | 01:33.9 | 13:28.5 | 01:34.3 | 15:03.3 | 01:34.7 | 16:36.6 | 01:33.3 | 18:09.8 | 01:33.2 | 19:36.3 | 01:26.5 | | |
| 44 | 安藤 知英 | | 5000m-2 | 19:43.0 | 22 | 41 | 00:49.0 | 00:49.0 | 02:22.6 | 01:33.6 | 03:53.4 | 01:30.7 | 05:24.7 | 01:31.2 | 06:57.2 | 01:32.5 | 08:30.2 | 01:33.0 | 10:02.3 | 01:32.1 | 11:35.3 | 01:33.0 | 13:08.9 | 01:33.6 | 14:48.1 | 01:39.1 | 16:28.9 | 01:40.8 | 18:07.7 | 01:38.8 | 19:43.0 | 01:35.3 | | |
| 32 | 根本 雅史 | まるお製作所RC | 5000m-2 | 19:43.1 | 23 | 41 | 00:51.1 | 00:51.1 | 02:23.8 | 01:32.6 | 03:54.7 | 01:30.9 | 05:25.6 | 01:30.9 | 06:57.8 | 01:32.2 | 08:30.9 | 01:33.0 | 10:03.2 | 01:32.2 | 11:36.8 | 01:33.5 | 13:14.2 | 01:37.4 | 14:52.5 | 01:38.3 | 16:31.1 | 01:38.5 | 18:08.9 | 01:37.8 | 19:43.1 | 01:34.1 | | |
| 33 | 辻 亮佑 | | 5000m-2 | 19:46.5 | 24 | 41 | 00:49.9 | 00:49.9 | 02:24.6 | 01:34.7 | 03:58.5 | 01:33.8 | 05:32.4 | 01:33.8 | 07:08.8 | 01:36.3 | 08:43.9 | 01:35.0 | 10:19.8 | 01:35.9 | 11:54.3 | 01:34.5 | 13:29.0 | 01:34.6 | 15:04.2 | 01:35.1 | 16:39.3 | 01:35.1 | 18:14.2 | 01:34.9 | 19:46.5 | 01:32.2 | | |
| 37 | 中野 拓 | | 5000m-2 | 19:56.3 | 25 | 41 | 00:50.8 | 00:50.8 | 02:25.3 | 01:34.4 | 03:56.4 | 01:31.1 | 05:28.8 | 01:32.4 | 07:03.6 | 01:34.7 | 08:36.8 | 01:33.2 | 10:13.4 | 01:36.5 | 11:48.6 | 01:35.1 | 13:25.3 | 01:36.7 | 15:02.5 | 01:37.2 | 16:39.6 | 01:37.1 | 18:18.3 | 01:38.6 | 19:56.3 | 01:37.9 | | |
| 10 | 内田 栞太 | | 5000m-2 | 19:58.5 | 26 | 41 | 00:47.4 | 00:47.4 | 02:17.3 | 01:29.9 | 03:48.3 | 01:31.0 | 05:20.0 | 01:31.6 | 06:50.5 | 01:30.5 | 08:22.7 | 01:32.2 | 09:59.6 | 01:36.9 | 11:37.0 | 01:35.1 | 13:16.7 | 01:39.7 | 15:00.4 | 01:37.2 | 16:40.7 | 01:40.2 | 18:24.1 | 01:38.6 | 19:58.5 | 01:34.3 | | |
| 27 | 石井 明夫 | | 5000m-2 | 20:08.5 | 27 | 41 | 00:51.3 | 00:51.3 | 02:26.0 | 01:34.6 | 03:59.4 | 01:33.4 | 05:32.6 | 01:33.2 | 07:08.4 | 01:35.7 | 08:42.9 | 01:34.5 | 10:18.7 | 01:35.8 | 11:55.0 | 01:36.3 | 13:34.4 | 01:39.3 | 15:17.0 | 01:42.5 | 16:59.6 | 01:42.5 | 18:40.4 | 01:40.8 | 20:08.5 | 01:28.0 | | |
| 36 | 高橋 宏仁 | クラブR2東日本 | 5000m-2 | 20:14.7 | 28 | 41 | 00:50.6 | 00:50.6 | 02:27.5 | 01:36.8 | 04:04.3 | 01:36.7 | 05:38.4 | 01:34.1 | 07:15.7 | 01:37.3 | 08:53.9 | 01:38.1 | 10:33.0 | 01:39.1 | 12:10.5 | 01:37.4 | 13:48.2 | 01:37.7 | 15:25.6 | 01:37.3 | 17:06.6 | 01:41.0 | 18:43.1 | 01:36.4 | 20:14.7 | 01:31.6 | | |
| 35 | 小野 千恵 | | 5000m-2 | 20:21.5 | 29 | 41 | 00:50.9 | 00:50.9 | 02:24.8 | 01:33.9 | 03:58.1 | 01:33.2 | 05:31.8 | 01:33.7 | 07:08.5 | 01:36.6 | 08:42.9 | 01:34.3 | 10:18.6 | 01:35.7 | 11:54.3 | 01:35.6 | 13:30.1 | 01:35.8 | 15:14.2 | 01:44.0 | 17:01.3 | 01:47.1 | 18:42.9 | 01:41.6 | 20:21.5 | 01:38.6 | | |
| 42 | 大松 知恵 | | 5000m-2 | 20:27.4 | 30 | 41 | 00:50.1 | 00:50.1 | 02:25.8 | 01:35.6 | 04:00.0 | 01:34.2 | 05:35.0 | 01:35.0 | 07:11.5 | 01:36.4 | 08:49.9 | 01:38.4 | 10:29.2 | 01:39.3 | 12:07.5 | 01:38.2 | 13:46.8 | 01:39.3 | 15:28.2 | 01:41.4 | 17:11.3 | 01:43.1 | 18:53.0 | 01:41.6 | 20:27.4 | 01:34.4 | | |
| 38 | 近藤 万雅 | | 5000m-2 | 20:30.6 | 31 | 41 | 00:51.6 | 00:51.6 | 02:26.4 | 01:34.7 | 03:59.1 | 01:32.7 | 05:31.3 | 01:32.1 | 07:07.8 | 01:36.4 | 08:42.1 | 01:34.3 | 10:18.0 | 01:35.8 | 11:54.8 | 01:36.7 | 13:37.5 | 01:42.6 | 15:20.0 | 01:42.5 | 17:02.8 | 01:42.8 | 18:46.5 | 01:43.6 | 20:30.6 | 01:44.1 | | |
| 39 | 天野 みなみ | | 5000m-2 | 20:34.1 | 32 | 41 | 00:50.4 | 00:50.4 | 02:26.3 | 01:35.8 | 04:00.0 | 01:33.6 | 05:34.8 | 01:34.7 | 07:11.1 | 01:36.3 | 08:49.6 | 01:38.5 | 10:28.3 | 01:38.7 | 12:06.9 | 01:38.5 | 13:46.1 | 01:39.2 | 15:28.0 | 01:41.8 | 17:11.6 | 01:43.5 | 18:55.4 | 01:43.7 | 20:34.1 | 01:38.7 | | |
| 45 | 久慈 直樹 | 橋本走友会 | 5000m-2 | 20:56.5 | 33 | 41 | 00:49.7 | 00:49.7 | 02:26.9 | 01:37.2 | 04:05.2 | 01:38.2 | 05:41.5 | 01:36.2 | 07:19.6 | 01:38.1 | 08:59.0 | 01:39.3 | 10:38.7 | 01:39.7 | 12:17.6 | 01:38.8 | 13:58.1 | 01:40.4 | 15:39.8 | 01:41.7 | 17:20.9 | 01:41.1 | 19:14.2 | 01:53.2 | 20:56.5 | 01:42.2 | | |
| 28 | 加藤 崇 | | 5000m-2 | 21:06.5 | 34 | 41 | 00:50.5 | 00:50.5 | 02:25.4 | 01:34.9 | 03:59.5 | 01:34.1 | 05:35.6 | 01:36.1 | 07:17.0 | 01:41.4 | 08:59.7 | 01:42.7 | 10:43.5 | 01:43.7 | 12:27.5 | 01:44.0 | 14:11.8 | 01:44.2 | 15:55.8 | 01:44.0 | 17:39.8 | 01:43.9 | 19:22.7 | 01:42.9 | 21:06.5 | 01:43.8 | | |
| 11 | 岸 博之 | 3SHINE | 5000m-2 | 21:20.1 | 35 | 41 | 00:48.2 | 00:48.2 | 02:25.7 | 01:37.4 | 04:04.0 | 01:38.3 | 05:43.3 | 01:39.2 | 07:23.9 | 01:40.5 | 09:05.6 | 01:41.7 | 10:47.0 | 01:41.4 | 12:28.4 | 01:41.4 | 14:12.1 | 01:43.7 | 15:54.9 | 01:42.7 | 17:33.2 | 01:38.3 | 19:05.2 | 01:31.9 | 21:20.1 | 02:14.9 | | |
| 46 | 高橋 大貴 | まるお製作所RC | 5000m-2 | - | - | - | DNF | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 50 | 清野 敬 | TGT | 5000m-2 | - | - | - | DNF | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 34 | 吉田 和彦 | | 5000m-2 | - | - | - | DNF | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 | 渡辺 学 | GAZELLE | 5000m-2 | - | - | - | DNF | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 30 | 鈴木 剛 | | 5000m-2 | - | - | - | DNF | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 26 | 宮島 龍牙 | | 5000m-2 | - | - | - | DNF | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | 佐々木 雅典 | コン線クラブ | 5000m-3 | 17:12.8 | 1 | 42 | 00:40.8 | 00:40.8 | 02:05.5 | 01:24.6 | 03:28.2 | 01:22.7 | 04:51.0 | 01:22.7 | 06:14.0 | 01:22.9 | 07:36.7 | 01:22.7 | 09:00.2 | 01:23.5 | 10:22.6 | 01:22.4 | 11:44.7 | 01:22.0 | 13:08.3 | 01:23.5 | 14:30.5 | 01:22.1 | 15:53.8 | 01:23.3 | 17:12.8 | 01:18.9 | | |
| 1 | 山崎 剛士 | かながわクラブ | 5000m-3 | 17:13.2 | 2 | 42 | 00:40.4 | 00:40.4 | 02:04.6 | 01:24.1 | 03:27.5 | 01:22.9 | 04:50.6 | 01:23.1 | 06:13.7 | 01:23.0 | 07:36.4 | 01:22.6 | 09:00.1 | 01:23.7 | 10:22.7 | 01:22.5 | 11:44.3 | 01:21.6 | 13:07.9 | 01:23.6 | 14:30.0 | 01:22.0 | 15:53.2 | 01:23.2 | 17:13.2 | 01:19.9 | | |
| 17 | 寺尾 洋人 | | 5000m-3 | 17:19.5 | 3 | 42 | 00:40.6 | 00:40.6 | 02:05.3 | 01:24.7 | 03:28.0 | 01:22.6 | 04:51.1 | 01:23.1 | 06:14.3 | 01:23.2 | 07:36.8 | 01:22.5 | 09:01.1 | 01:24.2 | 10:22.9 | 01:21.8 | 11:45.1 | 01:22.1 | 13:08.6 | 01:23.5 | 14:31.1 | 01:22.4 | 15:55.4 | 01:24.3 | 17:19.5 | 01:24.0 | | |
| 47 | 掛下 和幸 | | 5000m-3 | 17:25.3 | 4 | 42 | 00:44.8 | 00:44.8 | 02:08.5 | 01:23.6 | 03:30.6 | 01:22.1 | 04:55.2 | 01:24.6 | 06:18.8 | 01:23.6 | 07:41.8 | 01:22.9 | 09:06.7 | 01:24.9 | 10:30.2 | 01:23.4 | 11:52.3 | 01:22.1 | 13:13.7 | 01:21.4 | 14:35.6 | 01:21.8 | 15:59.9 | 01:24.3 | 17:25.3 | 01:25.4 | | |
| 3 | 井上 慎一郎 | | 5000m-3 | 17:27.0 | 5 | 42 | 00:41.1 | 00:41.1 | 02:05.7 | 01:24.5 | 03:28.4 | 01:22.7 | 04:51.5 | 01:23.0 | 06:14.4 | 01:22.8 | 07:37.3 | 01:22.9 | 09:01.3 | 01:23.9 | 10:23.7 | 01:22.4 | 11:46.7 | 01:22.9 | 13:14.6 | 01:27.9 | 14:41.9 | 01:27.3 | 16:08.1 | 01:26.1 | 17:27.0 | 01:18.8 | | |
| 2 | 今井 純一 | 文島区役所 | 5000m-3 | 17:39.4 | 6 | 42 | 00:40.3 | 00:40.3 | 02:04.8 | 01:24.5 | 03:27.7 | 01:22.8 | 04:51.0 | 01:23.3 | 06:14.0 | 01:22.9 | 07:36.6 | 01:22.5 | 09:00.7 | 01:24.1 | 10:24.8 | 01:24.1 | 11:52.0 | 01:27.2 | 13:18.4 | 01:26.3 | 14:44.3 | 01:25.8 | 16:13.2 | 01:28.8 | 17:39.4 | 01:26.2 | | |
| 10 | 石橋 昌也 | | 5000m-3 | 17:40.7 | 7 | 42 | 00:45.6 | 00:45.6 | 02:09.5 | 01:23.9 | 03:32.8 | 01:23.2 | 04:58.2 | 01:25.4 | 06:22.2 | 01:23.9 | 07:47.4 | 01:25.2 | 09:11.9 | 01:24.5 | 10:37.9 | 01:26.0 | 12:03.1 | 01:25.1 | 13:27.7 | 01:24.6 | 14:51.9 | 01:24.2 | 16:18.8 | 01:26.8 | 17:40.7 | 01:21.8 | | |
| 4 | 川口 大貴 | JINGER | 5000m-3 | 17:43.1 | 8 | 42 | 00:43.1 | 00:43.1 | 02:06.8 | 01:23.7 | 03:30.1 | 01:23.2 | 04:54.3 | 01:24.2 | 06:18.7 | 01:24.3 | 07:41.6 | 01:22.9 | 09:06.4 | 01:24.8 | 10:29.9 | 01:23.5 | 11:53.3 | 01:23.3 | 13:19.0 | 01:25.7 | 14:46.0 | 01:27.0 | 16:16.8 | 01:30.7 | 17:43.1 | 01:26.3 | | |
| 22 | 根本 恭子 | | 5000m-3 | 17:48.4 | 9 | 42 | 00:42.6 | 00:42.6 | 02:07.0 | 01:24.3 | 03:30.2 | 01:23.2 | 04:54.0 | 01:23.7 | 06:18.5 | 01:24.4 | 07:42.2 | 01:23.7 | 09:06.8 | 01:24.6 | 10:31.1 | 01:24.2 | 11:58.7 | 01:27.6 | 13:27.8 | 01:29.1 | 14:55.0 | 01:27.2 | 16:23.3 | 01:28.2 | 17:48.4 | 01:25.0 | | |
| 33 | 大山 龍太 | | 5000m-3 | 17:53.7 | 10 | 42 | 00:42.1 | 00:42.1 | 02:06.4 | 01:24.3 | 03:29.5 | 01:23.0 | 04:53.9 | 01:24.3 | 06:18.1 | 01:24.2 | 07:41.3 | 01:23.1 | 09:06.0 | 01:24.7 | 10:30.5 | 01:24.4 | 11:56.3 | 01:25.7 | 13:26.3 | 01:30.0 | 14:55.4 | 01:29.1 | 16:26.2 | 01:30.7 | 17:53.7 | 01:27.5 | | |
| 7 | 山田 聖人 | | 5000m-3 | 17:54.9 | 11 | 42 | 00:41.4 | 00:41.4 | 02:06.0 | 01:24.6 | 03:28.7 | 01:22.7 | 04:51.8 | 01:23.1 | 06:14.7 | 01:22.9 | 07:37.6 | 01:22.8 | 09:00.9 | 01:23.3 | 10:23.8 | 01:22.9 | 11:55.3 | 01:31.5 | 13:32.0 | 01:36.7 | 15:06.0 | 01:33.9 | 16:37.3 | 01:31.2 | 17:54.9 | 01:17.6 | | |
| 37 | 西村 徳啓 | | 5000m-3 | 17:59.2 | 12 | 42 | 00:44.2 | 00:44.2 | 02:10.9 | 01:26.6 | 03:38.5 | 01:27.6 | 05:05.6 | 01:26.7 | 06:32.1 | 01:26.4 | 07:58.8 | 01:26.9 | 09:25.5 | 01:26.7 | 10:52.2 | 01:26.6 | 12:19.2 | 01:26.9 | 13:45.7 | 01:26.5 | 15:12.2 | 01:26.6 | 16:40.0 | 01:27.7 | 17:59.2 | 01:19.2 | | |
| 11 | 桂川 直也 | | 5000m-3 | 17:59.7 | 13 | 42 | 00:44.8 | 00:44.8 | 02:08.5 | 01:23.7 | 03:32.6 | 01:24.0 | 04:58.0 | 01:25.4 | 06:21.9 | 01:23.9 | 07:47.3 | 01:25.3 | 09:11.9 | 01:24.6 | 10:38.2 | 01:26.3 | 12:03.9 | 01:25.6 | 13:29.7 | 01:25.8 | 14:58.8 | 01:29.0 | 16:29.7 | 01:30.9 | 17:59.7 | 01:29.9 | | |
| 39 | 勅使河原 一顕 | | 5000m-3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----|--------|--------------|---------|---------|-----|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 40 | 森山 圭一郎 | 5000m-3 | 19:26.9 | 35 | 42 | 00:45.2 | 00:45.2 | 02:14.5 | 01:29.3 | 03:42.2 | 01:27.6 | 05:10.8 | 01:28.5 | 06:37.3 | 01:26.5 | 08:06.7 | 01:29.4 | 09:39.4 | 01:32.6 | 11:15.0 | 01:35.6 | 12:52.2 | 01:37.1 | 14:31.6 | 01:39.4 | 16:13.3 | 01:41.7 | 17:56.2 | 01:42.8 | 19:26.9 | 01:30.6 | |
| 32 | 山口 幹哉 | 5000m-3 | 19:40.0 | 36 | 42 | 00:46.2 | 00:46.2 | 02:15.4 | 01:29.2 | 03:43.5 | 01:28.0 | 05:12.0 | 01:28.5 | 06:38.1 | 01:26.0 | 08:07.3 | 01:29.2 | 09:39.8 | 01:32.4 | 11:15.5 | 01:35.6 | 12:50.7 | 01:35.2 | 14:28.1 | 01:37.4 | 16:11.6 | 01:43.4 | 18:01.1 | 01:49.5 | 19:40.0 | 01:38.8 | |
| 25 | 片山 真人 | 5000m-3 | - | DNF | 42 | 00:44.1 | 00:44.1 | 02:10.0 | 01:25.9 | 03:37.4 | 01:27.3 | 05:04.2 | 01:26.7 | 06:33.8 | 01:29.6 | 08:08.3 | 01:34.4 | 09:43.2 | 01:34.8 | 11:18.0 | 01:34.7 | | | | | | | | | | | |
| 8 | 稲田 勝 | 5000m-3 | - | DNF | 42 | 00:46.9 | 00:46.9 | 02:15.5 | 01:28.6 | 03:42.9 | 01:27.3 | 05:10.1 | 01:27.2 | 06:36.3 | 01:26.1 | 08:04.9 | 01:28.6 | | | | | | | | | | | | | | | |
| 24 | 島田 和幸 | OTRC | 5000m-3 | - | DNF | 42 | 00:42.8 | 02:06.3 | 01:23.4 | 03:29.4 | 01:23.1 | 04:53.0 | 01:23.6 | | | | | | | | | | | | | | | | | | | |
| 35 | 宮本 裕 | 5000m-3 | - | DNF | 42 | 00:44.9 | 00:44.9 | 02:13.9 | 01:28.9 | 03:42.0 | 01:28.1 | 05:10.6 | 01:28.5 | 06:36.7 | 01:26.1 | 08:05.5 | 01:28.7 | | | | | | | | | | | | | | | |
| 23 | 北村 裕 | 洋光台矯正歯科 | 5000m-3 | - | DNF | 42 | 00:44.5 | 00:44.5 | 02:08.2 | 01:23.6 | 03:32.1 | 01:23.9 | 04:57.4 | 01:25.3 | 06:21.6 | 01:24.1 | 07:46.9 | 01:25.3 | 09:11.4 | 01:24.4 | 10:37.8 | 01:26.4 | 12:03.3 | 01:25.5 | 13:28.9 | 01:25.5 | 15:09.6 | 01:40.7 | 15:42.7 | 00:33.1 | | |
| 21 | 安永 亮 | 松山東88 | 5000m-3 | - | DNF | 42 | 00:45.2 | 02:08.8 | 01:23.6 | 03:32.8 | 01:23.9 | 04:58.6 | 01:25.8 | 06:22.3 | 01:23.6 | 07:47.6 | 01:25.2 | | | | | | | | | | | | | | | |
| 4 | 阿部 靖 | 5000m-4 | 16:14.0 | 1 | 39 | 00:39.6 | 00:39.6 | 01:56.4 | 01:16.8 | 03:16.9 | 01:20.4 | 04:35.7 | 01:18.8 | 05:54.8 | 01:19.1 | 07:14.0 | 01:19.2 | 08:33.2 | 01:19.2 | 09:52.1 | 01:18.8 | 11:10.9 | 01:18.8 | 12:30.3 | 01:19.3 | 13:50.0 | 01:19.7 | 15:03.7 | 01:13.7 | 16:14.0 | 01:10.2 | |
| 18 | 泉 朋行 | 5000m-4 | 16:22.4 | 2 | 39 | 00:39.9 | 00:39.9 | 01:57.3 | 01:17.3 | 03:17.8 | 01:20.5 | 04:36.9 | 01:19.1 | 05:55.9 | 01:18.9 | 07:15.1 | 01:19.1 | 08:34.0 | 01:18.8 | 09:53.1 | 01:19.1 | 11:11.6 | 01:18.5 | 12:31.0 | 01:19.3 | 13:50.4 | 01:19.3 | 15:08.8 | 01:18.4 | 16:22.4 | 01:13.6 | |
| 25 | 松尾 祐樹 | 5000m-4 | 16:44.5 | 3 | 39 | 00:40.6 | 00:40.6 | 01:59.3 | 01:18.6 | 03:19.6 | 01:20.3 | 04:40.3 | 01:20.6 | 06:00.2 | 01:19.9 | 07:19.9 | 01:19.7 | 08:40.0 | 01:20.0 | 09:59.7 | 01:19.6 | 11:19.5 | 01:19.8 | 12:40.6 | 01:21.0 | 14:02.5 | 01:21.9 | 15:24.6 | 01:22.0 | 16:44.5 | 01:19.9 | |
| 11 | 大久保 貴之 | 5000m-4 | 16:48.5 | 4 | 39 | 00:40.4 | 00:40.4 | 01:59.0 | 01:18.5 | 03:19.2 | 01:20.2 | 04:39.8 | 01:20.6 | 05:59.8 | 01:20.0 | 07:19.7 | 01:19.8 | 08:39.9 | 01:20.2 | 09:59.3 | 01:19.4 | 11:19.4 | 01:20.1 | 12:39.9 | 01:20.5 | 14:00.8 | 01:20.8 | 15:23.9 | 01:23.1 | 16:48.5 | 01:24.5 | |
| 7 | 米田 桂司 | 東京ドリーム | 5000m-4 | 16:49.2 | 5 | 39 | 00:42.0 | 00:42.0 | 01:59.4 | 01:17.3 | 03:19.5 | 01:20.1 | 04:40.2 | 01:20.6 | 06:00.3 | 01:20.1 | 07:20.3 | 01:19.9 | 08:41.4 | 01:21.1 | 10:01.1 | 01:19.6 | 11:22.5 | 01:21.4 | 12:45.7 | 01:23.1 | 14:11.4 | 01:25.7 | 15:34.5 | 01:23.0 | 16:49.2 | 01:14.7 |
| 8 | 鴨井 拓海 | 5000m-4 | 16:49.5 | 6 | 39 | 00:40.9 | 00:40.9 | 02:00.5 | 01:19.5 | 03:20.5 | 01:20.0 | 04:40.8 | 01:20.2 | 06:01.8 | 01:20.9 | 07:21.9 | 01:20.1 | 08:43.1 | 01:21.2 | 10:04.6 | 01:21.4 | 11:25.6 | 01:21.0 | 12:46.6 | 01:21.0 | 14:07.8 | 01:21.1 | 15:29.1 | 01:21.3 | 16:49.5 | 01:20.3 | |
| 44 | 田村 嘉浩 | 東京陸協 | 5000m-4 | 16:50.2 | 7 | 39 | 00:42.0 | 00:42.0 | 02:02.7 | 01:20.6 | 03:24.0 | 01:21.3 | 04:45.4 | 01:21.4 | 06:07.3 | 01:21.8 | 07:29.5 | 01:22.0 | 08:49.9 | 01:20.3 | 10:12.5 | 01:22.6 | 11:33.8 | 01:21.3 | 12:54.7 | 01:20.9 | 14:16.3 | 01:21.5 | 15:37.6 | 01:21.2 | 16:50.2 | 01:12.6 |
| 15 | 稲葉 伸正 | 5000m-4 | 16:50.9 | 8 | 39 | 00:41.2 | 00:41.2 | 01:59.6 | 01:18.4 | 03:19.8 | 01:20.1 | 04:40.6 | 01:20.8 | 06:00.5 | 01:19.8 | 07:20.6 | 01:20.0 | 08:40.8 | 01:20.2 | 10:02.0 | 01:21.1 | 11:25.0 | 01:22.9 | 12:51.0 | 01:26.0 | 14:15.0 | 01:24.0 | 15:35.5 | 01:20.5 | 16:50.9 | 01:15.4 | |
| 33 | 菅原 伸明 | 5000m-4 | 16:52.0 | 9 | 39 | 00:42.4 | 00:42.4 | 02:03.4 | 01:21.0 | 03:24.1 | 01:20.6 | 04:44.9 | 01:20.8 | 06:06.7 | 01:21.8 | 07:28.8 | 01:22.0 | 08:49.4 | 01:20.6 | 10:11.1 | 01:21.7 | 11:32.1 | 01:20.9 | 12:53.5 | 01:21.4 | 14:15.5 | 01:22.0 | 15:36.3 | 01:20.7 | 16:52.0 | 01:15.7 | |
| 9 | 小原 陸 | インターバル部 | 5000m-4 | 16:52.3 | 10 | 39 | 00:39.9 | 00:39.9 | 01:57.5 | 01:17.5 | 03:17.9 | 01:20.4 | 04:37.5 | 01:19.5 | 05:56.9 | 01:19.3 | 07:18.0 | 01:21.1 | 08:39.4 | 01:21.3 | 10:00.5 | 01:21.1 | 11:22.7 | 01:22.2 | 12:46.9 | 01:24.1 | 14:11.0 | 01:24.1 | 15:38.8 | 01:24.8 | 16:52.3 | 01:16.5 |
| 24 | 平原 淳 | JMA | 5000m-4 | 16:52.8 | 11 | 39 | 00:41.6 | 00:41.6 | 02:02.3 | 01:20.6 | 03:23.7 | 01:21.4 | 04:45.1 | 01:21.3 | 06:06.9 | 01:21.8 | 07:29.0 | 01:22.0 | 08:49.8 | 01:20.8 | 10:12.2 | 01:22.3 | 11:32.6 | 01:20.4 | 12:53.5 | 01:20.9 | 14:15.9 | 01:22.3 | 15:37.0 | 01:21.0 | 16:52.8 | 01:15.8 |
| 31 | 副島 陽也 | サウルスミドル練習会 | 5000m-4 | 16:53.1 | 12 | 39 | 00:41.2 | 00:41.2 | 02:01.2 | 01:20.0 | 03:22.2 | 01:20.9 | 04:43.2 | 01:20.9 | 06:06.2 | 01:23.0 | 07:27.9 | 01:21.7 | 08:49.3 | 01:21.3 | 10:11.3 | 01:22.0 | 11:33.3 | 01:21.9 | 12:54.8 | 01:21.4 | 14:16.9 | 01:22.1 | 15:40.5 | 01:23.6 | 16:53.1 | 01:12.5 |
| 17 | 信原 邦啓 | 5000m-4 | 16:54.1 | 13 | 39 | 00:40.5 | 00:40.5 | 02:00.9 | 01:20.4 | 03:21.1 | 01:20.2 | 04:42.0 | 01:20.9 | 06:02.6 | 01:20.6 | 07:22.5 | 01:19.8 | 08:42.8 | 01:20.3 | 10:04.7 | 01:21.8 | 11:26.3 | 01:21.5 | 12:48.9 | 01:22.6 | 14:12.5 | 01:23.5 | 15:36.2 | 01:23.7 | 16:54.1 | 01:17.8 | |
| 10 | 竹田 和博 | 5000m-4 | 16:54.3 | 14 | 39 | 00:42.0 | 00:42.0 | 02:02.4 | 01:20.4 | 03:23.6 | 01:21.2 | 04:44.9 | 01:21.2 | 06:06.7 | 01:21.8 | 07:29.2 | 01:22.5 | 08:49.7 | 01:20.5 | 10:11.7 | 01:22.0 | 11:32.7 | 01:20.9 | 12:53.0 | 01:20.3 | 14:15.9 | 01:22.9 | 15:44.2 | 01:28.2 | 16:54.3 | 01:10.1 | |
| 12 | 久保田 祥伍 | ユナイテッドアスリーツ | 5000m-4 | 16:55.1 | 15 | 39 | 00:39.7 | 00:39.7 | 01:57.1 | 01:17.4 | 03:17.4 | 01:20.2 | 04:36.2 | 01:18.8 | 05:55.7 | 01:19.5 | 07:14.7 | 01:18.9 | 08:34.7 | 01:20.0 | 09:57.2 | 01:22.5 | 11:19.5 | 01:22.3 | 12:43.6 | 01:24.0 | 14:08.6 | 01:24.9 | 15:34.9 | 01:26.3 | 16:55.1 | 01:20.2 |
| 6 | 中村 天丞 | 横浜市陸上競技協会 | 5000m-4 | 16:57.1 | 16 | 39 | 00:40.0 | 00:40.0 | 01:57.0 | 01:17.0 | 03:17.4 | 01:20.4 | 04:36.6 | 01:19.1 | 05:55.8 | 01:19.1 | 07:15.6 | 01:19.8 | 08:36.9 | 01:21.2 | 09:59.6 | 01:22.7 | 11:21.7 | 01:22.0 | 12:47.6 | 01:25.9 | 14:14.6 | 01:26.9 | 15:36.6 | 01:22.0 | 16:57.1 | 01:20.4 |
| 28 | 一柳 祐斗 | SAURUS TOKYO | 5000m-4 | 16:58.0 | 17 | 39 | 00:42.1 | 00:42.1 | 02:02.8 | 01:20.6 | 03:23.9 | 01:21.0 | 04:46.0 | 01:22.1 | 06:07.7 | 01:21.7 | 07:30.1 | 01:22.3 | 08:52.0 | 01:21.9 | 10:13.8 | 01:21.8 | 11:36.3 | 01:22.5 | 12:59.7 | 01:23.3 | 14:23.0 | 01:23.2 | 15:45.1 | 01:22.1 | 16:58.0 | 01:12.8 |
| 19 | 野本 貴史 | 5000m-4 | 16:58.1 | 18 | 39 | 00:43.0 | 00:43.0 | 02:03.7 | 01:20.7 | 03:25.5 | 01:21.7 | 04:47.4 | 01:21.8 | 06:09.1 | 01:21.7 | 07:26.9 | 01:17.8 | 08:45.3 | 01:18.3 | 10:05.6 | 01:20.3 | 11:26.4 | 01:20.8 | 12:48.9 | 01:22.4 | 14:13.0 | 01:24.1 | 15:37.1 | 01:24.0 | 16:58.1 | 01:21.0 | |
| 1 | 飯田 篤人 | GAZELLE | 5000m-4 | 17:02.6 | 19 | 39 | 00:40.0 | 00:40.0 | 01:57.1 | 01:17.1 | 03:17.7 | 01:20.5 | 04:36.6 | 01:18.8 | 05:55.3 | 01:18.7 | 07:16.4 | 01:21.1 | 08:41.8 | 01:25.4 | 10:09.4 | 01:27.5 | 11:36.0 | 01:26.6 | 13:01.2 | 01:25.1 | 14:25.3 | 01:24.1 | 15:48.6 | 01:23.3 | 17:02.6 | 01:14.0 |
| 27 | 菊地 正治 | アシックス商事 | 5000m-4 | 17:06.0 | 20 | 39 | 00:41.7 | 00:41.7 | 02:01.9 | 01:20.2 | 03:23.0 | 01:21.1 | 04:44.2 | 01:21.1 | 06:06.2 | 01:22.0 | 07:28.1 | 01:21.8 | 08:49.4 | 01:21.3 | 10:11.7 | 01:22.2 | 11:32.9 | 01:21.2 | 12:57.5 | 01:24.6 | 14:24.0 | 01:26.5 | 15:49.8 | 01:25.7 | 17:06.0 | 01:16.2 |
| 29 | 八橋 航輔 | 5000m-4 | 17:06.5 | 21 | 39 | 00:42.9 | 00:42.9 | 02:02.6 | 01:19.7 | 03:24.9 | 01:22.2 | 04:46.8 | 01:21.9 | 06:08.5 | 01:21.7 | 07:31.3 | 01:22.7 | 08:53.4 | 01:22.0 | 10:17.3 | 01:23.9 | 11:40.4 | 01:23.0 | 13:02.8 | 01:22.4 | 14:26.2 | 01:23.4 | 15:50.1 | 01:23.8 | 17:06.5 | 01:16.4 | |
| 42 | 藤原 淳子 | 葛西ランナース | 5000m-4 | 17:06.6 | 22 | 39 | 00:43.1 | 00:43.1 | 02:04.4 | 01:21.3 | 03:26.2 | 01:21.7 | 04:48.0 | 01:21.8 | 06:10.7 | 01:22.6 | 07:33.0 | 01:22.2 | 08:55.6 | 01:22.6 | 10:19.1 | 01:23.5 | 11:42.4 | 01:23.3 | 13:06.0 | 01:23.5 | 14:28.3 | 01:22.3 | 15:50.1 | 01:21.8 | 17:06.6 | 01:16.4 |
| 20 | 佐々木 厚太 | 5000m-4 | 17:07.2 | 23 | 39 | 00:42.3 | 00:42.3 | 02:02.6 | 01:20.2 | 03:24.0 | 01:21.4 | 04:45.5 | 01:21.4 | 06:07.3 | 01:21.7 | 07:29.6 | 01:22.3 | 08:50.5 | 01:20.8 | 10:13.1 | 01:22.6 | 11:34.8 | 01:21.6 | 12:58.2 | 01:23.3 | 14:23.3 | 01:25.1 | 15:49.6 | 01:26.3 | 17:07.2 | 01:17.5 | |
| 32 | 小林 拓 | 柏の葉parkrun | 5000m-4 | 17:08.5 | 24 | 39 | 00:42.2 | 00:42.2 | 02:02.9 | 01:20.7 | 03:24.6 | 01:21.7 | 04:46.4 | 01:21.7 | 06:08.3 | 01:21.9 | 07:30.4 | 01:22.0 | 08:52.6 | 01:22.1 | 10:14.8 | 01:22.6 | 11:37.5 | 01:22.6 | 13:01.4 | 01:23.9 | 14:25.5 | 01:24.0 | 15:50.7 | 01:25.1 | 17:08.5 | 01:17.8 |
| 39 | 後宮 正幸 | 5000m-4 | 17:12.7 | 25 | 39 | 00:41.6 | 00:41.6 | 02:02.2 | 01:20.5 | 03:23.5 | 01:21.3 | 04:44.6 | 01:21.0 | 06:06.5 | 01:21.9 | 07:29.1 | 01:22.6 | 08:50.5 | 01:21.3 | 10:12.8 | 01:22.2 | 11:37.2 | 01:24.3 | 13:03.7 | 01:26.4 | 14:30.4 | 01:26.7 | 15:55.8 | 01:25.3 | 17:12.7 | 01:16.9 | |
| 14 | 杉山 巧 | 千葉陸協 | 5000m-4 | 17:14.6 | 26 | 39 | 00:43.3 | 00:43.3 | 02:04.1 | 01:20.8 | 03:25.8 | 01:21.6 | 04:47.6 | 01:21.8 | 06:09.5 | 01:21.9 | 07:31.5 | 01:22.0 | 08:51.7 | 01:20.1 | 10:14.0 | 01:22.3 | 11:36.9 | 01:22.8 | 13:00.9 | 01:24.0 | 14:28.9 | 01:28.0 | 15:53.8 | 01:24.8 | 17:14.6 | 01:20.8 |
| 40 | 須山 俊介 | 5000m-4 | 17:19.0 | 27 | 39 | 00:42.6 | 00:42.6 | 02:03.2 | 01:20.5 | 03:25.1 | 01:21.9 | 04:47.0 | 01:21.9 | 06:08.9 | 01:21.8 | 07:30.9 | 01:21.9 | 08:52.9 | 01:22. | | | | | | | | | | | | | |

