

| Rank No. | Name                 | Country | 5km              | 10km             | 15km             | 20km    | Mid                | 25km               | 30km               | 35km               | 40km               | Finish  |
|----------|----------------------|---------|------------------|------------------|------------------|---------|--------------------|--------------------|--------------------|--------------------|--------------------|---------|
| 1        | 1 GAMERA,Tetiana     | UKR     | 17:05<br>(16:36) | 33:41<br>(16:57) | 50:38<br>(16:54) | 1:07:32 | 1:11:15<br>(16:43) | 1:24:15<br>(16:53) | 1:41:08<br>(16:52) | 1:58:00<br>(16:51) | 2:14:51<br>( 7:18) | 2:22:09 |
| 2        | 2 PROKOPCIKA,Jelena  | LAT     | 17:06<br>(16:45) | 33:51<br>(17:40) | 51:31<br>(17:09) | 1:08:40 | 1:12:22<br>(16:47) | 1:25:27<br>(16:48) | 1:42:15<br>(16:56) | 1:59:11<br>(17:23) | 2:16:34<br>( 7:33) | 2:24:07 |
| 3        | 31 SHIGETOMO,Risa    | JPN     | 17:06<br>(16:35) | 33:41<br>(16:56) | 50:37<br>(16:55) | 1:07:32 | 1:11:15<br>(17:07) | 1:24:39<br>(17:35) | 1:42:14<br>(17:58) | 2:00:12<br>(18:19) | 2:18:31<br>( 8:08) | 2:26:39 |
| 4        | 34 WATANABE,Yuko     | JPN     | 17:07<br>(16:52) | 33:59<br>(17:33) | 51:32<br>(17:13) | 1:08:45 | 1:12:39<br>(17:43) | 1:26:28<br>(17:59) | 1:44:27<br>(18:09) | 2:02:36<br>(18:11) | 2:20:47<br>( 7:49) | 2:28:36 |
| 5        | 51 KIDO,Chieko       | JPN     | 17:06<br>(16:45) | 33:51<br>(17:40) | 51:31<br>(17:10) | 1:08:41 | 1:12:23<br>(16:46) | 1:25:27<br>(17:28) | 1:42:55<br>(18:20) | 2:01:15<br>(19:24) | 2:20:39<br>( 8:29) | 2:29:08 |
| 6        | 36 SHINTAKU,Rika     | JPN     | 17:07<br>(16:44) | 33:51<br>(17:41) | 51:32<br>(17:09) | 1:08:41 | 1:12:25<br>(17:54) | 1:26:35<br>(17:56) | 1:44:31<br>(18:12) | 2:02:43<br>(18:34) | 2:21:17<br>( 8:10) | 2:29:27 |
| 7        | 32 OZAKI, Mari       | JPN     | 17:06<br>(16:45) | 33:51<br>(17:40) | 51:31<br>(17:10) | 1:08:41 | 1:12:28<br>(17:35) | 1:26:16<br>(18:02) | 1:44:18<br>(18:23) | 2:02:41<br>(18:56) | 2:21:37<br>( 8:19) | 2:29:56 |
| 8        | 53 OKUNO,Yukiko      | JPN     | 17:32<br>(17:34) | 35:06<br>(17:34) | 52:40<br>(17:32) | 1:10:12 | 1:14:06<br>(17:38) | 1:27:50<br>(17:53) | 1:45:43<br>(18:28) | 2:04:11<br>(19:35) | 2:23:46<br>( 8:55) | 2:32:41 |
| 9        | 38 MORI,Shoko        | JPN     | 17:07<br>(17:41) | 34:48<br>(17:57) | 52:45<br>(18:06) | 1:10:51 | 1:14:52<br>(18:27) | 1:29:18<br>(18:56) | 1:48:14<br>(18:49) | 2:07:03<br>(19:12) | 2:26:15<br>( 8:13) | 2:34:28 |
| 10       | 52 SHIMOYAMA,Kanae   | JPN     | 18:15<br>(18:19) | 36:34<br>(18:19) | 54:53<br>(18:28) | 1:13:21 | 1:17:25<br>(18:24) | 1:31:45<br>(18:24) | 1:50:09<br>(18:26) | 2:08:35<br>(18:42) | 2:27:17<br>( 8:09) | 2:35:26 |
| 11       | 108 SAKAMOTO,Yoshiko | JPN     | 18:01<br>(18:18) | 36:19<br>(18:17) | 54:36<br>(18:13) | 1:12:49 | 1:16:54<br>(18:25) | 1:31:14<br>(18:36) | 1:49:50<br>(18:37) | 2:08:27<br>(19:26) | 2:27:53<br>( 8:36) | 2:36:29 |
| 12       | 103 YOSHIMATSU,Hisae | JPN     | 19:00<br>(19:21) | 38:21<br>(19:12) | 57:33<br>(19:03) | 1:16:36 | 1:20:46<br>(18:38) | 1:35:14<br>(18:23) | 1:53:37<br>(18:49) | 2:12:26<br>(19:03) | 2:31:29<br>( 8:19) | 2:39:48 |
| 13       | 54 TAYAMA,Eri        | JPN     | 17:50<br>(18:05) | 35:55<br>(18:24) | 54:19<br>(18:36) | 1:12:55 | 1:17:03<br>(18:58) | 1:31:53<br>(19:15) | 1:51:08<br>(19:31) | 2:10:39<br>(20:13) | 2:30:52<br>( 9:01) | 2:39:53 |
| 14       | 37 MIYAUCHI,Hiroko   | JPN     | 17:06<br>(16:45) | 33:51<br>(17:41) | 51:32<br>(17:14) | 1:08:46 | 1:12:39<br>(18:15) | 1:27:01<br>(19:30) | 1:46:31<br>(21:24) | 2:07:55<br>(23:07) | 2:31:02<br>(10:27) | 2:41:29 |
| 15       | 6 JEPKIRUI,Bornes    | KEN     | 17:06<br>(16:44) | 33:50<br>(17:41) | 51:31<br>(17:14) | 1:08:45 | 1:12:39<br>(18:18) | 1:27:03<br>(19:59) | 1:47:02<br>(21:15) | 2:08:17<br>(22:55) | 2:31:12<br>(10:35) | 2:41:47 |
| 16       | 33 NOJIRI,Azusa      | JPN     | 17:19<br>(17:46) | 35:05<br>(18:24) | 53:29<br>(18:47) | 1:12:16 | 1:16:34<br>(19:25) | 1:31:41<br>(19:36) | 1:51:17<br>(21:33) | 2:12:50<br>(21:16) | 2:34:06<br>( 8:10) | 2:42:16 |
| 17       | 101 MATSUMI,Sakiko   | JPN     | 17:07<br>(17:41) | 34:48<br>(17:57) | 52:45<br>(18:07) | 1:10:52 | 1:14:57<br>(18:50) | 1:29:42<br>(19:28) | 1:49:10<br>(20:35) | 2:09:45<br>(23:06) | 2:32:51<br>(10:10) | 2:43:01 |
| 18       | 56 OHATA,Mayuko      | JPN     | 18:52<br>(18:39) | 37:31<br>(18:42) | 56:13<br>(18:44) | 1:14:57 | 1:19:06<br>(18:57) | 1:33:54<br>(19:57) | 1:53:51<br>(21:00) | 2:14:51<br>(21:15) | 2:36:06<br>( 8:53) | 2:44:59 |
| 19       | 60 SAKAI,Yumi        | JPN     | 19:15<br>(19:07) | 38:22<br>(19:11) | 57:33<br>(19:27) | 1:17:00 | 1:21:20<br>(19:45) | 1:36:45<br>(19:59) | 1:56:44<br>(20:13) | 2:16:57<br>(20:26) | 2:37:23<br>( 8:56) | 2:46:19 |
| 20       | 58 SUETSUGU,Shiho    | JPN     | 18:57<br>(19:25) | 38:22<br>(19:11) | 57:33<br>(19:04) | 1:16:37 | 1:20:47<br>(19:19) | 1:35:56<br>(19:55) | 1:55:51<br>(20:40) | 2:16:31<br>(21:50) | 2:38:21<br>( 9:30) | 2:47:51 |