

男子 3 区 (8.105 km)

A~B	131.0m
B~C	24.2m(155.2m)
C~D	350.0m(505.2m)
D~E	302.1m(807.3m)
E~F	104.7m(912.0m)
F~G	1209.1m(2121.1m)
G~H	22.0m(2143.1m)
H~8折	168.59m(2311.69m)
8折~I	168.59m(2480.28m)
I~J	7.4m(2488.68m)
J~A	211.5m(2699.18m)
最終周回 a で中継	A~a 7.5m
*A~A(2699.18m)×3周=(8097.54m)	
+A~a 7.5m 計 8105.04m	

