

| Position | Bib number | Last name | first name | Net time (age adjusted) mm:ss |
|---------------|------------|-------------|------------------|-------------------------------|
| FEMALE | | | | |
| 1 | B-055 | Wong | Kit Shun | 17:39 |
| 2 | B-045 | Leung | Helen | 18:54 |
| 3 | C-063 | Bainbridge | Hannah | 18:56 |
| 4 | A-012 | Ko | Susan | 19:48 |
| 5 | D-094 | Chan | Charlotte Dakota | 20:03 |
| 6 | D-091 | Barnes | Ella Grace | 20:04 |
| 7 | B-047 | Lo | Lan Fa Angel | 20:22 |
| 8 | B-049 | Ng | Man Yu Fanny | 21:43 |
| 9 | D-102 | Lui | Lauren | 21:46 |
| 10 | B-031 | Buck | Jennifer | 22:45 |
| 11 | A-029 | Yiu | Suk Yin | 22:53 |
| 12 | B-035 | Cheung | Kitty | 23:07 |
| 13 | A-020 | Lo | Wai Chun | 23:13 |
| 14 | A-011 | Kennelly | Sophia | 23:30 |
| 15 | B-053 | Tschirner | Anja | 24:06 |
| 16 | A-024 | Tam | Mei Fung | 24:32 |
| 17 | A-017 | Lau | Margaret | 25:28 |
| 18 | A-018 | Lau | Rebecca | 26:08 |
| 19 | C-067 | Cheung | Alice | 26:28 |
| 20 | D-110 | Whittington | Chloe | 27:17 |
| 21 | A-014 | Lau | Cindy | 27:28 |
| 22 | D-093 | Chak | Sum Chi | 27:45 |
| 23 | C-085 | Pido | Ellen | 27:47 |
| 24 | C-073 | Ho | Ka Heng | 28:06 |
| 25 | C-077 | Lam | Yan Man | 28:22 |
| 26 | B-048 | Mitchell | Karen Yvette | 28:56 |
| 27 | B-046 | Liew | Michele | 30:28 |
| 28 | B-033 | Chan | Pui Yin Petty | 32:37 |
| 29 | A-027 | Wakefield | Edith | 35:07 |
| 30 | D-107 | Tong | Mikaela Lok Man | 36:37 |
| 31 | D-108 | Tong | Valerie Lok Ting | 37:27 |
| 32 | C-084 | Peng | Li | 37:58 |
| 33 | A-015 | Lau | Jo | 41:20 |
| 34 | B-060 | Yuen | Michelle | 44:44 |
| 35 | B-058 | Yim | Veronica | 46:29 |

| Position | Bib number | Last name | first name | Net time (age adjusted) mm:ss |
|-------------|------------|-----------|-----------------------|-------------------------------|
| MALE | | | | |
| 1 | B-038 | Heijboer | Godefriedus | 15:41 |
| 2 | B-036 | Forde | Nicholas | 15:52 |
| 3 | C-062 | Alam | Robin | 16:55 |
| 4 | A-002 | Cheung | Wai Lap | 16:56 |
| 5 | A-013 | Kwok | Wing Sing | 16:57 |
| 6 | D-100 | Liu | Jayden | 16:58 |
| 7 | A-025 | To | Eric | 17:10 |
| 8 | C-090 | Yuen | Wan Ho | 17:38 |
| 9 | D-101 | Lo | Tsun Ming | 17:51 |
| 10 | C-069 | Donald | James | 17:51 |
| 11 | A-023 | Sewell | Andrew | 17:51 |
| 12 | D-105 | Spooner | William Ernest Daniel | 18:16 |
| 13 | C-083 | Pang | Shih | 18:25 |
| 14 | B-042 | Lam | Yip Hung | 18:26 |
| 15 | A-003 | Ching | Tang Foon | 18:34 |
| 16 | D-092 | Barnes | Jack | 18:41 |
| 17 | D-099 | Fraser | Charlie | 18:44 |
| 18 | C-080 | Man | Chan | 18:47 |
| 19 | A-030 | Yu | Hin Man | 18:50 |
| 20 | B-044 | Lee | Wing-Kai | 18:52 |
| 21 | C-068 | Cheung | Kei Fung Kevin | 18:57 |
| 22 | A-006 | Day | Paul | 18:59 |
| 23 | D-097 | Cheng | Cheuk Yan Douglas | 19:00 |
| 24 | B-043 | Lee | Ka Wah | 19:01 |
| 25 | B-050 | Pang | Chi Kit | 19:04 |
| 26 | D-104 | Shih | Paul | 19:08 |
| 27 | B-039 | Karlin | Jean-Luc | 19:12 |
| 28 | B-040 | Karlsson | Gunnar | 19:22 |
| 29 | C-076 | Lam | Sherman | 19:27 |
| 30 | C-089 | Yu | Dave | 19:28 |
| 31 | B-051 | Pringle | Antony | 19:39 |
| 32 | C-074 | Horman | Michael | 19:52 |
| 33 | B-034 | Chan | Siu Hin | 20:02 |
| 34 | C-078 | Lee | Louis | 20:06 |
| 35 | C-088 | Tsoi | Woody | 20:07 |
| 36 | A-026 | Tsui | Henry | 20:27 |
| 37 | B-057 | Woodruff | Elliot | 20:31 |
| 38 | C-064 | Cang | Tianyang | 20:40 |
| 39 | A-007 | Desmidt | Marc | 20:44 |
| 40 | C-072 | Gormley | David | 20:44 |
| 41 | C-071 | Fung | Fredrick | 20:58 |
| 42 | A-001 | Chan | Chak Yan | 20:59 |
| 43 | D-106 | Tang | Yiu | 21:05 |
| 44 | D-103 | Mak | Yan | 21:20 |
| 45 | B-037 | Guido | Martin | 21:27 |
| 46 | C-070 | Fraser | Allan | 21:56 |
| 47 | B-054 | Williams | Jonathan | 22:08 |
| 48 | D-111 | Wong | Jason | 22:17 |
| 49 | B-052 | Sandoval | J | 22:47 |
| 50 | A-016 | Lau | Kwan Chi | 22:52 |
| 51 | D-112 | Yuen | Tsz Hei | 23:09 |
| 52 | A-008 | Fong | Wai Ki | 23:31 |
| 53 | C-065 | Chan | Ho-Kei | 24:15 |
| 54 | C-079 | Leung | Ck | 24:38 |
| 55 | A-019 | Leung | Pui Ki | 25:38 |
| 56 | C-075 | Ip | Perry | 27:00 |
| 57 | B-059 | Yu | Chun Wah | 28:01 |
| 58 | A-022 | Purves | Bill | 28:11 |
| 59 | B-041 | Lai | Chun Wah | 29:35 |
| 60 | C-082 | Oakley | Simon | 30:36 |
| 61 | A-005 | Davie | Russell | 30:41 |
| 62 | A-028 | Wong | Jeff | 40:21 |
| 63 | C-086 | Tong | Harry Hoi Lam | 40:52 |
| 64 | A-021 | Mok | Kim | 44:55 |