

Table with 6 main columns: チーム (Team), 大会記録 (Race Record), 1区 (3km), 2区 (2km), 3区 (2km), 4区 (3km), 5区 (2km), 総合 (12km). Each column contains team names, athlete names, and race times. The table lists 31 teams and their performance across different zones and overall.