

マラソンラップタイム表②										
1km	5km	10km	15km	20km	ハーフ	25km	30km	35km	40km	フル
7:00	35:00	1:10:00	1:45:00	2:20:00	2:27:41	2:55:00	3:30:00	4:05:00	4:40:00	4:55:22
6:50	34:10	1:08:20	1:42:30	2:16:40	2:24:09	2:50:50	3:25:00	3:59:10	4:33:20	4:48:10
6:40	33:20	1:06:40	1:40:00	2:13:20	2:20:39	2:46:40	3:20:00	3:53:20	4:26:40	4:41:18
6:30	32:30	1:05:00	1:37:30	2:10:00	2:17:08	2:42:30	3:15:00	3:47:30	4:20:00	4:34:16
6:20	31:40	1:03:20	1:35:00	2:06:40	2:13:37	2:38:20	3:10:00	3:41:40	4:13:20	4:27:14
6:10	30:50	1:01:40	1:32:30	2:03:20	2:10:06	2:34:10	3:05:00	3:35:50	4:06:40	4:20:12
6:00	30:00	1:00:00	1:30:00	2:00:00	2:06:35	2:30:00	3:00:00	3:30:00	4:00:00	4:13:10
5:50	29:10	58:20	1:27:30	1:56:40	2:03:04	2:25:50	2:55:00	3:24:10	3:53:20	4:06:08
5:40	28:20	56:40	1:25:00	1:53:20	1:59:33	2:21:40	2:50:00	3:18:20	3:46:40	3:59:06
5:30	27:30	55:00	1:22:30	1:50:00	1:56:02	2:17:30	2:45:00	3:12:30	3:40:00	3:52:04
5:20	26:40	53:20	1:20:00	1:46:40	1:52:31	2:13:20	2:40:00	3:06:40	3:33:20	3:45:02
5:10	25:50	51:40	1:17:30	1:43:20	1:49:00	2:09:10	2:35:00	3:00:50	3:26:40	3:38:00
5:00	25:00	50:00	1:15:00	1:40:00	1:45:29	2:05:00	2:30:00	2:55:00	3:20:00	3:30:58
4:55	24:35	49:10	1:13:45	1:38:20	1:43:43	2:02:55	2:27:30	2:52:05	3:16:40	3:27:27
4:50	24:10	48:20	1:12:30	1:36:40	1:41:57	2:00:50	2:25:00	2:49:10	3:13:20	3:23:55
4:45	23:45	47:30	1:11:15	1:35:00	1:40:12	1:58:45	2:22:30	2:46:15	3:10:00	3:20:25
4:40	23:20	46:40	1:10:00	1:33:20	1:38:27	1:56:40	2:20:00	2:43:20	3:06:40	3:16:54
4:35	22:55	45:50	1:08:45	1:31:40	1:36:41	1:54:35	2:17:30	2:40:25	3:03:20	3:13:23
4:30	22:30	45:00	1:07:30	1:30:00	1:34:56	1:52:30	2:15:00	2:37:30	3:00:00	3:09:52
4:25	22:05	44:10	1:06:15	1:28:20	1:33:10	1:51:25	2:12:30	3:34:35	2:56:40	3:06:21
4:20	21:40	43:20	1:05:00	1:26:40	1:31:25	1:49:20	2:10:00	2:31:40	2:53:20	3:02:50
4:15	21:15	42:30	1:03:45	1:25:00	1:29:39	1:46:15	2:07:30	2:28:45	2:50:00	2:59:19
4:10	20:50	41:40	1:02:30	1:23:20	1:27:54	1:44:10	2:05:00	2:25:50	2:46:40	2:55:48
4:05	20:25	40:50	1:01:15	1:21:40	1:26:08	1:42:05	2:02:30	2:22:55	2:43:20	2:52:17
4:00	20:00	40:00	1:00:00	1:20:00	1:24:23	1:40:00	2:00:00	2:20:00	2:40:00	2:48:46