

| マラソンラップタイム表③ | | | | | | | | | | |
|--------------|-------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1km | 5km | 10km | 15km | 20km | ハーフ | 25km | 30km | 35km | 40km | フル |
| 11:00 | 55:00 | 1:50:00 | 2:45:00 | 3:40:00 | 3:52:04 | 4:35:00 | 5:30:00 | 6:25:00 | 7:20:00 | 7:44:08 |
| 10:30 | 52:30 | 1:45:00 | 2:37:30 | 3:30:00 | 3:41:31 | 4:22:30 | 5:15:00 | 6:07:30 | 7:00:00 | 7:23:02 |
| 10:00 | 50:00 | 1:40:00 | 2:30:00 | 3:20:00 | 3:30:58 | 4:10:00 | 5:00:00 | 5:50:00 | 6:40:00 | 7:01:56 |
| 9:50 | 49:10 | 1:38:20 | 2:27:30 | 3:16:40 | 3:27:27 | 4:05:50 | 4:55:00 | 5:44:10 | 6:33:20 | 6:54:55 |
| 9:40 | 48:20 | 1:36:40 | 2:25:00 | 3:13:20 | 3:23:56 | 4:01:40 | 4:50:00 | 5:38:20 | 6:26:40 | 6:47:53 |
| 9:30 | 47:30 | 1:35:00 | 2:22:30 | 3:10:00 | 3:20:25 | 3:57:30 | 4:45:00 | 5:32:30 | 6:20:00 | 6:40:51 |
| 9:20 | 46:40 | 1:33:20 | 2:20:00 | 3:06:40 | 3:16:54 | 3:53:20 | 4:40:00 | 5:26:40 | 6:13:20 | 6:33:49 |
| 9:10 | 45:50 | 1:31:40 | 2:17:30 | 3:03:20 | 3:13:23 | 3:49:10 | 4:45:00 | 5:20:50 | 6:06:40 | 6:26:47 |
| 9:00 | 45:00 | 1:30:00 | 2:15:00 | 3:00:00 | 3:09:52 | 3:45:00 | 4:30:00 | 5:15:00 | 6:00:00 | 6:19:45 |
| 8:50 | 44:10 | 1:28:20 | 2:12:30 | 2:56:40 | 3:06:21 | 3:40:50 | 4:25:00 | 5:09:10 | 5:53:20 | 6:12:43 |
| 8:40 | 43:20 | 1:26:40 | 2:10:00 | 2:53:20 | 3:02:50 | 3:36:40 | 4:20:00 | 5:03:20 | 5:46:40 | 6:05:41 |
| 8:30 | 42:30 | 1:25:00 | 2:07:30 | 2:50:00 | 2:59:19 | 3:32:30 | 4:15:00 | 4:57:30 | 5:40:00 | 5:58:39 |
| 8:20 | 41:40 | 1:23:20 | 2:05:00 | 2:46:40 | 2:55:48 | 3:28:20 | 4:10:00 | 4:51:40 | 5:33:30 | 5:51:36 |
| 8:10 | 40:50 | 1:21:40 | 2:02:30 | 2:43:20 | 2:52:17 | 3:24:10 | 4:05:00 | 4:45:50 | 5:26:40 | 5:44:35 |
| 8:00 | 40:00 | 1:20:00 | 2:00:00 | 2:40:00 | 2:48:47 | 3:20:00 | 4:00:00 | 4:40:00 | 5:20:00 | 5:37:34 |
| 7:50 | 39:10 | 1:18:20 | 1:57:30 | 2:36:40 | 2:45:15 | 3:15:50 | 3:55:00 | 4:34:10 | 5:13:20 | 5:30:31 |
| 7:40 | 38:20 | 1:16:40 | 1:55:00 | 2:33:20 | 2:41:44 | 3:11:40 | 3:50:00 | 4:28:20 | 5:06:40 | 5:23:29 |
| 7:30 | 37:30 | 1:15:00 | 1:52:30 | 2:30:00 | 2:38:13 | 3:07:30 | 3:45:00 | 4:22:30 | 5:00:00 | 5:16:27 |
| 7:20 | 36:40 | 1:13:20 | 1:50:00 | 2:26:40 | 2:34:42 | 3:03:20 | 3:40:00 | 4:16:40 | 4:53:20 | 5:09:25 |
| 7:10 | 35:50 | 1:11:40 | 1:47:30 | 2:23:20 | 2:31:11 | 2:59:10 | 3:35:00 | 4:10:50 | 4:56:40 | 5:02:23 |
| 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 |