

3000m												
1kmタイム	100m	200m	400m	800m	1000m	1200m	1500m	1600m	2000m	2400m	2800m	3000m
7:00	42	1:24	2:48	5:36	7:00	8:24	10:30	11:12	14:00	16:48	19:36	21:00
6:50	41	1:22	2:44	5:28	6:50	8:12	10:15	10:56	13:40	16:24	19:08	20:30
6:40	40	1:20	2:40	5:20	6:40	8:00	10:00	10:40	13:20	16:00	18:40	20:00
6:30	39	1:18	2:36	5:12	6:30	7:48	9:45	10:24	13:00	15:36	18:12	19:30
6:20	38	1:16	2:32	5:04	6:20	7:36	9:30	10:08	12:40	15:12	17:44	19:00
6:10	37	1:14	2:28	4:56	6:10	7:24	9:15	9:52	12:20	14:48	17:16	18:30
6:00	36	1:12	2:24	4:48	6:00	7:12	9:00	9:36	12:00	14:24	16:48	18:00
5:50	35	1:10	2:20	4:40	5:50	7:00	8:45	9:20	11:40	14:00	16:20	17:30
5:40	34	1:08	2:16	4:32	5:40	6:48	8:30	9:04	11:20	13:36	15:52	17:00
5:30	33	1:06	2:12	4:24	5:30	6:36	8:15	8:48	11:00	13:12	15:24	16:30
5:20	32	1:04	2:08	4:16	5:20	6:24	8:00	8:32	10:40	12:48	14:56	16:00
5:10	31	1:02	2:04	4:08	5:10	6:12	7:45	8:16	10:20	12:24	14:28	15:30
5:00	30	1:00	2:00	4:00	5:00	6:00	7:30	8:00	10:00	12:00	14:00	15:00
4:50	29	58	1:56	3:52	4:50	5:48	7:15	7:44	9:40	11:36	13:32	14:30
4:40	28	56	1:52	3:44	4:40	5:36	7:00	7:28	9:20	11:12	13:04	14:00
4:30	27	54	1:48	3:36	4:30	5:24	6:45	7:12	9:00	10:48	12:36	13:30
4:20	26	52	1:44	3:28	4:20	5:12	6:30	6:56	8:40	10:24	12:08	13:00
4:10	25	50	1:40	3:20	4:10	5:00	6:15	6:40	8:20	10:00	11:40	12:30
4:00	24	48	1:36	3:12	4:00	4:48	6:00	6:24	8:00	9:36	11:12	12:00
3:55		47	1:34	3:08	3:55	4:42		6:16	7:50	9:24	10:58	11:45
3:50	23	46	1:32	3:04	3:50	4:36	5:45	6:08	7:40	9:12	10:44	11:30
3:45		45	1:30	3:00	3:45	4:30		6:00	7:30	9:00	10:30	11:15
3:40	22	44	1:28	2:56	3:40	4:24	5:30	5:52	7:20	8:48	10:16	11:00
3:35		43	1:26	2:52	3:35	4:18		5:44	7:10	8:36	10:02	10:45
3:30	21	42	1:24	2:48	3:30	4:12	5:15	5:36	7:00	8:24	9:48	10:30
3:25		41	1:22	2:44	3:25	4:06		5:28	6:50	8:12	9:34	10:15
3:20	20	40	1:20	2:40	3:20	4:00	5:00	5:20	6:40	8:00	9:20	10:00
3:15		39	1:18	2:36	3:15	3:54		5:12	6:30	7:48	9:06	9:45
3:10	19	38	1:16	2:32	3:10	3:48	4:45	5:04	6:20	7:36	8:52	9:30
3:05		37	1:14	2:28	3:05	3:42		4:56	6:10	7:24	8:38	9:15
3:00	18	36	1:12	2:24	3:00	3:36	4:30	4:48	6:00	7:12	8:24	9:00
2:55		35	1:10	2:20	2:55	3:30		4:40	5:50	7:00	8:10	8:45
2:50	17	34	1:08	2:16	2:50	3:24	4:15	4:32	5:40	6:48	7:56	8:30
2:45		33	1:06	2:12	2:45	3:18		4:24	5:30	6:36	7:42	8:15
2:40	16	32	1:04	2:08	2:40	3:12	4:00	4:16	5:20	6:24	7:28	8:00
2:35		31	1:02	2:04	2:35	3:06		4:08	5:10	6:12	7:14	7:45
2:30	15	30	1:00	2:00	2:30	3:00	3:45	4:00	5:00	6:00	7:00	7:30

2:25		29	0:58	1:56	2:25	2:54		3:52	4:50	5:48	6:46	7:15
2:20	14	28	0:56	1:52	2:20	2:48	3:30	3:44	4:40	5:36	6:32	7:00
2:15		27	0:54	1:48	2:15	2:42		3:36	4:30	5:24	6:18	6:45
2:10	13	26	0:52	1:44	2:10	2:36	3:15	3:28	4:20	5:12	6:04	6:30
2:05		25	0:50	1:40	2:05	2:30		3:20	4:10	5:00	5:50	6:15