

10000m400m毎																															
1km タイム	200m	400m	600m	1000 m	1400 m	1800 m	2000 m	2200 m	2600 m	3000 m	3400 m	3800 m	4000 m	4200 m	4600 m	5000 m	5400 m	5800 m	6000 m	6200 m	6600 m	7000 m	7400 m	7800 m	8000 m	8200 m	8600 m	9000 m	9400 m	9800 m	10000 m
5:00	1:00	2:00	3:00	5:00	7:00	9:00	10:00	11:00	13:00	15:00	17:00	19:00	20:00	21:00	23:00	25:00	27:00	29:00	30:00	31:00	33:00	35:00	37:00	39:00	40:00	41:00	43:00	45:00	47:00	49:00	50:00
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