

## 20220717 北海道マラソン教室(30km走)

ゼッケン番号	タイム	5km周回ラップ					
		0-5k	5-10k	10-15k	15-20k	20-25k	25-30k
1	3:01:43	0:32:10	0:29:33	0:29:53	0:29:48	0:30:07	0:30:12
2	2:26:15	0:25:11	0:24:55	0:24:42	0:24:33	0:23:44	0:23:10
3							
4	3:19:08	0:36:02	0:32:39	0:32:16	0:32:47	0:33:01	0:32:23
5	2:59:38	0:31:46	0:29:49	0:29:43	0:29:37	0:29:27	0:29:16
6	2:26:43	0:25:17	0:24:53	0:24:37	0:24:36	0:24:32	0:22:48
7		0:25:15	0:24:53	0:24:39	0:24:35	0:24:34	
8	2:51:36	0:28:17	0:27:23	0:27:18	0:27:43	0:29:17	0:31:38
9	2:53:17	0:28:22	0:27:25	0:27:15	0:28:13	0:29:54	0:32:08
10	2:56:35	0:31:24	0:27:41	0:28:08	0:28:50	0:29:51	0:30:41
11		0:35:50	0:32:58	0:31:57	0:32:06		
12		0:31:59	0:29:40	0:30:09	0:33:06		
13	3:31:25	0:38:49	0:34:34	0:34:20	0:34:12	0:34:26	0:35:04
14	3:29:27	0:38:31	0:34:49	0:34:17	0:34:14	0:34:21	0:33:15
15	2:41:56	0:28:24	0:27:19	0:27:24	0:27:22	0:26:42	0:24:45
16	2:30:01	0:25:08	0:25:03	0:24:42	0:24:31	0:24:36	0:26:01
17	3:00:44	0:31:49	0:29:48	0:29:41	0:29:37	0:29:28	0:30:21
18	2:27:58	0:25:13	0:24:55	0:24:41	0:24:33	0:24:33	0:24:03
19	2:42:18	0:28:18	0:27:20	0:27:04	0:26:50	0:26:23	0:26:23
20	3:18:55	0:35:56	0:32:43	0:32:13	0:32:49	0:33:02	0:32:12
21	3:29:45	0:38:29	0:34:51	0:34:11	0:34:18	0:34:24	0:33:32
22	3:10:46	0:31:58	0:29:42	0:29:49	0:29:29	0:30:52	0:38:56
23	3:44:58	0:42:27	0:36:59	0:37:16	0:36:27	0:36:02	0:35:47
24	2:41:05	0:27:42	0:26:00	0:26:04	0:26:13	0:27:33	0:27:33
25	2:38:20	0:25:16	0:24:53	0:24:42	0:26:15	0:28:27	0:28:47
26	3:34:54	0:38:29	0:34:50	0:34:16	0:34:16	0:36:31	0:36:32
27	3:34:53	0:38:48	0:34:47	0:34:15	0:36:26	0:54:02	0:16:35
28	4:01:14	0:38:53	0:36:47	0:40:20	0:38:46	0:45:48	0:40:40
29	2:52:25	0:28:19	0:27:55	0:26:52	0:27:26	0:28:34	0:33:19
30		0:55:36					
31							
32		0:37:20					
33	2:59:42	0:35:53	0:32:50	0:27:16	0:27:27	0:28:13	0:28:03
34	3:19:00	0:35:48	0:32:44	0:32:07	0:32:56	0:32:54	0:32:31
35		0:28:12	0:27:26	0:27:10			
36	3:13:56	0:31:53	0:29:54	0:30:00	0:31:28	0:33:55	0:36:46
37	3:17:57	0:35:50	0:32:44	0:32:07	0:32:55	0:32:54	0:31:27
38							
39	2:59:40	0:31:51	0:29:46	0:29:41	0:29:35	0:29:26	0:29:21
40	2:13:32	0:22:43	0:22:39	0:21:36	0:21:42	0:22:26	0:22:26

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ゼッケン番号	タイム	5km周回ラップ					
		0-5k	5-10k	10-15k	15-20k	20-25k	25-30k
41	<b>2:41:59</b>	0:28:19	0:27:23	0:27:18	0:27:27	0:26:59	0:24:33
42		0:44:44	0:41:33				
43							
44	<b>3:05:11</b>	0:31:50	0:29:45	0:30:02	0:31:57	0:32:45	0:28:52
45	<b>2:56:18</b>	0:31:48	0:29:52	0:29:05	0:28:29	0:28:38	0:28:26
46		1:00:28	1:00:27	1:04:25			
47	<b>3:15:04</b>	0:35:49	0:32:44	0:32:06	0:32:53	0:30:46	0:30:46
48	<b>3:17:43</b>	0:38:40	0:34:41	0:32:27	0:29:44	0:31:21	0:30:50
49	<b>3:00:40</b>	0:31:49	0:29:46	0:29:38	0:29:40	0:29:42	0:30:05
50		0:38:38	0:34:47	0:34:58	0:42:56		
51							
52	<b>2:42:37</b>	0:28:12	0:27:27	0:27:18	0:27:09	0:26:26	0:26:05
53							
54	<b>2:20:08</b>	0:22:41	0:22:42	0:22:43	0:23:41	0:23:40	0:24:41
55							
56	<b>3:45:00</b>	0:38:40	0:34:45	0:34:19	0:34:12	0:34:40	0:48:24
57	<b>3:18:45</b>	0:35:56	0:32:38	0:32:06	0:32:56	0:32:55	0:32:14
58	<b>3:30:47</b>	0:36:35	0:32:58	0:34:00	0:37:10	0:35:12	0:34:52
59	<b>2:42:09</b>	0:28:14	0:27:24	0:27:01	0:26:16	0:26:35	0:26:39
60	<b>3:22:00</b>	0:35:47	0:32:44	0:32:10	0:32:54	0:33:12	0:35:13
61							
62	<b>3:18:52</b>	0:35:48	0:32:45	0:32:09	0:32:56	0:32:55	0:32:19
63	<b>2:27:16</b>	0:25:11	0:24:56	0:24:39	0:24:35	0:22:48	0:25:07
64		0:31:46	0:29:45	0:29:42	0:29:38	0:29:28	
65		0:31:54	0:29:44	0:30:13	0:28:43		
66	<b>2:46:38</b>	0:28:19	0:27:41	0:28:02	0:28:22	0:27:29	0:26:45
67	<b>3:35:46</b>	0:42:26	0:37:00	0:37:06	0:36:36	0:32:15	0:30:23
68	<b>4:15:42</b>	0:44:37	0:40:35	0:38:46	0:40:37	0:45:57	0:45:10
69	<b>2:27:53</b>	0:25:15	0:24:54	0:24:26	0:24:27	0:24:26	0:24:25
70	<b>2:49:00</b>	0:28:26	0:27:21	0:27:15	0:27:29	0:27:54	0:30:35
71	<b>3:18:23</b>	0:35:52	0:32:42	0:32:07	0:32:55	0:32:54	0:31:53
72		0:35:57	0:32:41	0:32:11	0:33:03	0:33:33	
73	<b>2:12:04</b>	0:22:39	0:22:43	0:21:40	0:21:33	0:21:32	0:21:57
74							
75							
76		0:25:11	0:24:55	0:24:41	0:24:51		
77	<b>2:53:36</b>	0:28:22	0:27:37	0:28:00	0:28:57	0:30:02	0:30:38
78	<b>2:41:43</b>	0:28:21	0:27:24	0:27:15	0:27:26	0:26:11	0:25:06
79	<b>3:32:27</b>	0:38:41	0:34:41	0:34:23	0:34:11	0:34:31	0:36:00
80	<b>2:58:01</b>	0:31:55	0:29:38	0:29:38	0:29:40	0:28:27	0:28:43

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ゼッケン番号	タイム	5km周回ラップ					
		0-5k	5-10k	10-15k	15-20k	20-25k	25-30k
81		0:28:13	0:27:26	0:27:21	0:29:20	0:37:49	
82	<b>2:10:28</b>	0:22:39	0:22:42	0:21:41	0:21:27	0:20:41	0:21:18
83	<b>2:58:29</b>	0:31:49	0:29:45	0:29:40	0:29:38	0:29:26	0:28:11
84	<b>3:00:05</b>	0:31:53	0:29:44	0:29:43	0:29:37	0:29:42	0:29:26
85	<b>3:23:18</b>	0:42:26	0:36:59	0:31:30	0:27:56	0:31:14	0:33:13
86							
87	<b>2:42:16</b>	0:28:23	0:27:23	0:27:17	0:27:25	0:26:24	0:25:24
88	<b>2:44:39</b>	0:28:15	0:27:27	0:27:15	0:27:32	0:26:55	0:27:15
89	<b>2:39:30</b>	0:28:13	0:27:26	0:25:21	0:25:48	0:26:13	0:26:29
90	<b>2:59:42</b>	0:31:45	0:29:48	0:29:43	0:29:39	0:29:29	0:29:18
91	<b>3:58:01</b>	0:44:36	0:40:35	0:38:47	0:40:45	0:39:16	0:34:02
92	<b>3:23:50</b>	0:35:45	0:32:44	0:31:58	0:32:36	0:33:28	0:37:19
93	<b>3:26:53</b>	0:35:48	0:32:44	0:32:10	0:32:56	0:33:03	0:40:12
94	<b>3:44:34</b>	0:42:46	0:36:41	0:35:52	0:36:43	0:36:37	0:35:55
95	<b>2:31:51</b>	0:27:20	0:25:10	0:25:04	0:24:32	0:24:27	0:25:18
96	<b>2:13:29</b>	0:22:42	0:22:42	0:21:41	0:21:30	0:21:38	0:23:16
97	<b>2:55:22</b>	0:31:48	0:28:30	0:28:32	0:28:20	0:28:12	0:30:00
98	<b>2:44:49</b>	0:28:15	0:27:27	0:27:14	0:27:29	0:26:56	0:27:28
99	<b>3:15:49</b>	0:35:46	0:32:44	0:32:15	0:31:31	0:32:46	0:30:47
100		0:25:11	0:24:55	0:24:44	0:26:19		
101	<b>2:59:00</b>	0:31:52	0:29:44	0:29:43	0:29:36	0:29:30	0:28:35
102	<b>2:27:51</b>	0:25:14	0:24:55	0:24:41	0:24:32	0:24:32	0:23:57
103		0:31:49	0:29:48	0:29:39	0:30:02		
104	<b>2:46:47</b>	0:28:16	0:27:27	0:27:12	0:27:30	0:28:11	0:28:11
105		0:42:25	0:36:59				
106	<b>2:56:39</b>	0:31:46	0:29:45	0:29:40	0:29:40	0:29:27	0:26:21
107	<b>2:56:59</b>	0:31:48	0:29:44	0:29:41	0:29:37	0:28:04	0:28:05
108	<b>3:30:56</b>	0:35:45	0:32:43	0:32:07	0:35:14	0:35:13	0:39:54
109							
110	<b>3:40:26</b>	0:35:53	0:32:41	0:31:30	0:32:26	0:38:21	0:49:35
111	<b>4:18:35</b>	0:42:40	0:36:52	0:37:28	0:42:43	0:46:00	0:52:52
112	<b>3:25:16</b>	0:38:29	0:34:55	0:34:20	0:34:14	0:32:45	0:30:33
113	<b>2:44:51</b>	0:28:16	0:27:28	0:27:16	0:27:28	0:26:57	0:27:26
114	<b>2:40:50</b>	0:28:11	0:27:28	0:27:19	0:27:26	0:26:14	0:24:12
115	<b>2:56:20</b>	0:30:03	0:28:46	0:29:43	0:29:46	0:30:25	0:27:37
116	<b>3:34:56</b>	0:31:58	0:29:44	0:29:36	0:29:35	0:47:02	0:47:01
117							
118							
119	<b>2:59:41</b>	0:31:45	0:29:48	0:29:39	0:29:39	0:29:25	0:29:25
120	<b>2:57:51</b>	0:31:51	0:29:47	0:29:39	0:29:37	0:29:28	0:27:29

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ゼッケン番号	タイム	5km周回ラップ					
		0-5k	5-10k	10-15k	15-20k	20-25k	25-30k
121	3:44:51	0:42:35	0:36:54	0:37:12	0:36:28	0:36:00	0:35:42
122	3:26:30	0:38:31	0:34:50	0:34:14	0:34:17	0:34:13	0:30:25
123	2:40:49	0:28:12	0:27:26	0:27:17	0:27:29	0:26:57	0:23:28
124	2:11:35	0:22:38	0:22:44	0:21:39	0:21:34	0:21:29	0:21:31
125		0:38:29	0:34:51				
126							
127							
128	2:25:17	0:22:39	0:22:42	0:24:56	0:24:53	0:25:30	0:24:37
129							
130	2:32:37	0:28:15	0:27:23	0:24:51	0:24:48	0:23:48	0:23:32
131	2:44:56	0:28:21	0:27:23	0:27:18	0:27:26	0:27:00	0:27:28
132	3:25:34	0:35:45	0:32:44	0:32:08	0:31:17	0:31:06	0:42:34
133		0:44:40	0:40:32	0:38:49	0:41:21	0:44:15	
134		0:42:27	0:36:59	0:37:13			
135	2:58:20	0:31:57	0:29:42	0:29:42	0:29:32	0:29:28	0:27:59
136							
137	2:50:40	0:28:14	0:27:27	0:27:16	0:27:29	0:29:56	0:30:18
138	3:09:52	0:35:47	0:32:44	0:32:08	0:32:56	0:28:09	0:28:08
139	2:26:36	0:25:15	0:24:53	0:24:37	0:24:36	0:24:31	0:22:44
140	3:18:01	0:35:50	0:32:44	0:32:10	0:32:55	0:32:52	0:31:30
141							
142	2:50:10	0:28:18	0:27:24	0:27:22	0:27:54	0:28:59	0:30:13
143							
144		0:38:36	0:34:46	0:34:33			
145		0:25:11	0:24:55	0:24:37	0:24:36	0:31:35	
146		0:37:06	0:31:28	0:33:56	0:38:24		
147		0:42:34	0:42:35	0:38:49	0:40:03	0:40:02	
148	3:20:44	0:32:12	0:32:41	0:32:13	0:33:16	0:34:27	0:35:55
149	2:36:45	0:25:16	0:24:56	0:24:45	0:24:48	0:28:12	0:28:48
150	3:03:23	0:31:53	0:29:43	0:29:54	0:29:48	0:30:16	0:31:49
151	2:58:57	0:31:46	0:29:48	0:29:44	0:29:35	0:29:27	0:28:37
152	3:18:59	0:35:55	0:32:42	0:32:07	0:32:56	0:32:53	0:32:26
153		0:31:50	0:29:48	0:29:46	0:31:18		
154		0:28:15	0:27:20	0:27:20			
155	3:49:17	0:44:35	0:40:35	0:38:46	0:35:00	0:34:39	0:35:42
156	2:44:44	0:28:22	0:27:22	0:27:17	0:27:26	0:26:58	0:27:19
157		0:25:17	0:24:53	0:24:41	0:24:34	0:24:34	
158							
159	2:56:30	0:28:11	0:27:26	0:28:41	0:28:42	0:32:14	0:31:16
160	2:59:46	0:32:00	0:29:39	0:29:44	0:29:35	0:30:14	0:28:34

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ゼッケン番号	タイム	5km周回ラップ					
		0-5k	5-10k	10-15k	15-20k	20-25k	25-30k
161	<b>2:58:26</b>	0:31:50	0:29:44	0:29:38	0:29:39	0:28:48	0:28:47
162	<b>3:29:26</b>	0:35:54	0:32:43	0:34:25	0:34:25	0:37:11	0:34:48
163	<b>2:44:57</b>	0:28:19	0:27:24	0:27:16	0:27:27	0:26:57	0:27:34
164	<b>3:16:20</b>	0:35:50	0:32:43	0:32:06	0:32:10	0:31:43	0:31:48
165	<b>3:01:42</b>	0:31:57	0:29:42	0:29:45	0:29:35	0:30:17	0:30:26
166							
167		0:35:56	0:32:42	0:32:48	0:39:42	0:50:36	
168	<b>3:31:08</b>	0:38:27	0:34:50	0:34:19	0:34:14	0:34:48	0:34:30
169	<b>3:27:04</b>	0:38:32	0:34:47	0:34:20	0:34:14	0:34:17	0:30:54
170							
171	<b>3:18:59</b>	0:35:54	0:32:43	0:32:07	0:32:56	0:32:54	0:32:25
172							
173	<b>3:42:40</b>	0:35:59	0:32:39	0:32:37	0:37:18	0:42:03	0:42:04
174	<b>3:18:55</b>	0:35:43	0:32:47	0:32:51	0:32:16	0:33:13	0:32:05
175	<b>3:38:49</b>	0:42:26	0:36:57	0:37:18	0:34:39	0:34:07	0:33:22
176	<b>2:42:26</b>	0:28:17	0:27:24	0:27:18	0:27:28	0:26:58	0:25:01
177		0:35:58	0:32:40	0:32:08	0:33:57	0:50:48	
178							
179	<b>3:18:25</b>	0:35:54	0:32:42	0:32:07	0:32:56	0:32:52	0:31:54
180	<b>4:18:32</b>	0:42:38	0:36:53	0:37:49	0:42:15	0:46:11	0:52:46