

## 2024/07/14 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	<b>2:28:22</b>	0:24:58	0:24:44	0:24:56	0:24:41	0:25:05	0:23:58
2		0:30:44	0:34:42	0:37:39	0:39:16	0:48:25	
3	<b>3:14:32</b>	0:32:28	0:32:29	0:32:38	0:31:45	0:32:56	0:32:16
4							
5							
6	<b>3:25:47</b>	0:34:28	0:34:19	0:35:05	0:34:12	0:34:53	0:32:50
7		0:30:04	0:29:16				
8		0:32:57	0:32:05	0:37:07			
9		0:32:45	0:32:13	0:34:22	0:39:59	0:42:33	
10							
11							
12	<b>3:24:47</b>	0:29:56	0:29:32	0:32:38	0:33:48	0:39:58	0:38:55
13	<b>2:43:58</b>	0:28:03	0:27:06	0:27:55	0:27:02	0:27:54	0:25:58
14	<b>2:51:23</b>	0:30:25	0:28:52	0:30:52	0:27:08	0:27:35	0:26:31
15							
16		0:32:33	0:32:25	0:39:10			
17		0:25:02	0:24:48	0:26:55	0:27:40		
18		0:27:44	0:27:18	0:27:51	0:29:42		
19		0:38:54	0:38:12	0:39:17	0:46:31		
20							
21		0:36:06	0:40:44	0:46:55			
22	<b>3:26:38</b>	0:29:53	0:29:26	0:30:36	0:36:29	0:42:24	0:37:50
23		0:37:02	0:37:08	0:41:10	0:45:37	0:45:04	
24		0:24:41	0:28:24	0:28:53	0:28:39	0:29:44	
25		0:34:38	0:37:58	1:44:57	1:05:34		
26		0:27:38	0:27:24	0:27:53			
27		0:36:52	0:36:48	0:41:01	0:44:52	0:49:00	
28							
29	<b>3:00:39</b>	0:30:25	0:28:54	0:30:12	0:29:09	0:31:02	0:30:57
30	<b>3:20:01</b>	0:32:37	0:32:23	0:32:55	0:31:06	0:33:26	0:37:34
31		0:27:42	0:27:18	0:28:12	0:39:13	0:38:07	
32		0:29:59	0:29:18	0:30:33	0:39:30		
33		0:30:03	0:29:16	0:33:03	0:43:43	0:45:34	
34	<b>3:13:10</b>	0:34:41	0:34:08	0:33:22	0:29:53	0:30:16	0:30:50
35		0:32:34	0:34:37	0:11:42			
36		0:24:57	0:24:45	0:24:59	0:24:59		
37							
38		0:32:31	0:32:26	0:32:29	0:41:43		
39							
40		0:24:59	0:49:33	0:22:31	0:23:31	0:23:49	

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

## 2024/07/14 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
81	<b>3:09:35</b>	0:27:34	0:27:25	0:28:19	0:32:33	0:38:04	0:35:40
82	<b>3:25:58</b>	0:32:45	0:32:17	0:32:42	0:31:36	0:32:39	0:43:59
83		0:22:16	0:22:12	0:24:44	0:27:53	0:42:58	
84	<b>3:26:21</b>	0:32:32	0:32:30	0:32:35	0:33:08	0:39:02	0:36:34
85	<b>3:08:59</b>	0:30:59	0:30:51	0:30:29	0:29:12	0:33:11	0:34:17
86							
87	<b>3:36:08</b>	0:27:38	0:27:17	0:27:41	0:37:04	0:44:51	0:51:37
88		0:28:10	0:28:19	0:30:40			
89		0:30:03	0:29:16	0:30:35	0:30:04		
90		0:29:57	0:29:25	0:31:17	0:28:07		
91		0:27:38	0:27:22	0:27:39	0:26:52		
92		0:27:58	0:27:14	0:27:59	0:28:36		
93	<b>3:09:44</b>	0:29:57	0:29:23	0:30:10	0:29:10	0:30:32	0:40:32
94							
95		0:27:39	0:27:24	0:27:45			
96		0:32:44	0:32:14	0:32:51	0:33:54		
97							
98	<b>3:00:12</b>	0:24:58	0:24:57	0:29:30	0:32:02	0:34:40	0:34:05
99		0:34:43	0:34:10	0:38:26	0:42:37		
100		0:27:43	0:36:11				
101		0:32:39	0:36:49	0:43:51	0:48:27		
102	<b>3:27:56</b>	0:34:29	0:34:18	0:34:54	0:34:22	0:35:03	0:34:50
103	<b>2:57:12</b>	0:30:05	0:29:15	0:30:31	0:28:49	0:30:24	0:28:08
104		0:27:36	0:27:24	0:27:55	0:31:16		
105	<b>2:57:13</b>	0:30:00	0:29:19	0:30:06	0:29:11	0:30:30	0:28:07
106	<b>2:50:30</b>	0:27:34	0:27:26	0:27:39	0:27:32	0:27:34	0:32:45
107							
108		0:34:50	0:34:08	0:35:35	0:33:34	0:42:05	
109	<b>3:16:15</b>	0:29:55	0:29:25	0:30:40	0:33:02	0:36:23	0:36:50
110	<b>3:32:15</b>	0:34:37	0:34:15	0:34:46	0:34:27	0:34:55	0:39:15
111	<b>3:06:21</b>	0:27:36	0:27:25	0:27:38	0:27:32	0:28:21	0:47:49
112	<b>3:50:24</b>	0:34:26	0:33:46	0:36:02	0:42:42	0:43:43	0:39:45
113	<b>2:44:33</b>	0:27:37	0:27:25	0:27:42	0:27:30	0:27:34	0:26:45
114	<b>2:26:16</b>	0:24:55	0:24:46	0:24:54	0:24:01	0:23:55	0:23:45
115	<b>2:52:33</b>	0:27:37	0:27:22	0:27:58	0:27:21	0:30:57	0:31:18
116		0:38:58	0:40:33				
117	<b>3:11:26</b>	0:29:57	0:28:56	0:31:08	0:29:05	0:35:36	0:36:44
118		0:29:56	0:29:21	0:30:16	0:29:04	0:30:36	
119	<b>2:22:49</b>	0:22:24	0:22:12	0:22:30	0:22:15	0:26:06	0:27:22
120	<b>2:44:27</b>	0:27:39	0:27:22	0:27:40	0:27:28	0:27:31	0:26:47

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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	<b>3:21:35</b>	0:34:30	0:32:59	0:34:03	0:32:45	0:33:57	0:33:21
122							
123	<b>3:09:37</b>	0:32:28	0:32:34	0:32:46	0:31:40	0:30:37	0:29:32
124		0:38:38	0:39:32				
125		0:34:38	0:34:17	0:37:18	0:31:57		
126		0:32:36	0:31:59	0:33:07	0:14:48		
127		0:36:53	0:36:45	0:43:10	0:48:01		
128		0:27:59	0:27:22	0:33:26	0:34:15		
129	<b>2:43:37</b>	0:27:55	0:27:13	0:27:36	0:27:20	0:27:41	0:25:52
130		0:27:37	0:27:27	0:28:08	0:31:44		
131		0:27:41	0:27:23	0:32:04			
132		0:32:44	0:32:15	0:35:15	0:46:35		
133		0:36:52	0:36:23	0:45:05			
134	<b>3:12:40</b>	0:32:32	0:32:28	0:32:34	0:31:50	0:31:53	0:31:23
135		0:40:22	0:41:47				
136							
137		0:32:28	0:32:28	0:13:25			
138							
139		0:24:58	0:25:20	0:28:37	0:30:58		
140	<b>2:55:43</b>	0:29:50	0:29:33	0:30:04	0:29:17	0:30:20	0:26:39
141		0:32:36	0:32:22	0:32:29	0:31:57		
142	<b>3:13:08</b>	0:32:39	0:32:19	0:32:50	0:31:31	0:32:15	0:31:34
143	<b>3:27:07</b>	0:34:38	0:34:13	0:34:53	0:34:21	0:34:53	0:34:09
144		0:34:41	0:34:10	0:34:34	0:40:38		
145		0:34:44	0:34:02				
146	<b>3:25:51</b>	0:32:33	0:32:23	0:32:32	0:32:24	0:37:30	0:38:29
147		0:40:40					
148	<b>3:01:18</b>	0:32:10	0:30:49	0:31:31	0:29:33	0:29:30	0:27:45
149	<b>3:30:47</b>	0:29:57	0:29:22	0:33:31	0:37:31	0:42:41	0:37:45
150	<b>3:27:35</b>	0:34:32	0:34:19	0:34:53	0:34:20	0:34:55	0:34:36
151		0:32:28	0:32:33	0:32:47	0:40:13		
152							
153		0:37:11	0:36:29	0:40:03	0:47:30	0:49:00	
154	<b>2:28:33</b>	0:25:11	0:24:10	0:25:26	0:24:37	0:25:08	0:24:01
155	<b>2:14:11</b>	0:22:16	0:22:11	0:22:25	0:22:18	0:21:44	0:23:17
156		0:30:06	0:31:56	0:36:36	0:18:36		
157	<b>2:44:24</b>	0:27:49	0:27:08	0:27:44	0:25:30	0:29:28	0:26:45
158	<b>2:35:50</b>	0:24:56	0:24:46	0:24:56	0:24:39	0:25:15	0:31:18
159		0:36:58	0:36:42	0:49:44			
160		0:37:02	0:36:35	0:42:00	0:49:34		

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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>2:44:24</b>	0:27:49	0:27:08	0:27:43	0:27:22	0:27:34	0:26:48
162		0:36:59	0:36:39	0:38:19	0:51:03	0:45:52	
163							
164	<b>3:54:47</b>	0:32:38	0:32:22	0:36:00	0:40:42	0:44:09	0:48:56
165	<b>3:42:54</b>	0:34:38	0:34:09	0:34:59	0:36:08	0:41:37	0:41:23
166		0:37:02	0:38:59	0:42:01	0:40:29	0:46:26	
167		0:25:00	0:24:44	0:24:54	0:24:42	0:27:27	
168	<b>2:44:04</b>	0:27:46	0:27:14	0:28:16	0:26:53	0:27:46	0:26:09
169	<b>2:14:52</b>	0:22:18	0:22:11	0:22:26	0:22:18	0:22:39	0:23:00
170							
171		0:34:33	0:34:12	0:34:57	0:35:26		
172	<b>3:26:01</b>	0:34:35	0:34:16	0:34:44	0:34:30	0:34:53	0:33:03
173							
174		0:36:55	0:40:15	0:47:58	0:54:22		
175	<b>3:27:03</b>	0:32:40	0:32:19	0:32:24	0:32:07	0:33:27	0:44:06
176		0:29:52	0:29:34	0:29:59			
177		0:39:17	0:43:39	0:49:17			
178	<b>4:15:14</b>	0:32:57	0:32:04	0:33:01	0:33:47	1:06:20	0:57:05
179							
180		0:34:23	0:34:23	0:35:07	0:34:15		
181	<b>4:01:07</b>	0:32:36	0:32:24	0:40:30	0:41:01	0:47:58	0:46:38
182							
183		0:34:36	0:34:12	0:34:55	0:34:19		
184		0:38:56	0:38:15	0:39:14	0:37:39	0:41:20	
185		0:30:09	0:29:40	0:29:55	0:29:35	0:31:17	
186		0:27:41	0:27:16	0:28:33	0:34:38		
187		0:45:20	0:37:41	0:40:45	0:48:52	0:50:11	
188	<b>2:57:27</b>	0:30:04	0:29:16	0:30:18	0:29:03	0:30:31	0:28:15
189	<b>3:32:07</b>	0:32:30	0:32:29	0:32:47	0:34:25	0:38:36	0:41:20
190		0:33:02	0:40:06	0:44:19	0:55:52	0:50:38	
191	<b>3:50:37</b>	0:37:07	0:36:34	0:35:05	0:34:31	0:39:29	0:47:51