

### 第3回奥三河マラソンシリーズ ポイント表【女性】

タイム/km		ポイント【女性】			参考：換算タイム			
分	秒	ハーフ	10km	5km	秒/km	ハーフ	10km	5km
~4	0	157	128	115	240	1:24' 23	40' 00	20' 00
4	1	156	127	115	241	1:24' 44	40' 10	20' 05
4	2	155	126	114	242	1:25' 06	40' 20	20' 10
4	3	154	125	113	243	1:25' 27	40' 30	20' 15
4	4	153	124	112	244	1:25' 48	40' 40	20' 20
4	5	152	123	111	245	1:26' 09	40' 50	20' 25
4	6	151	122	110	246	1:26' 30	41' 00	20' 30
4	7	149	121	110	247	1:26' 51	41' 10	20' 35
4	8	148	120	109	248	1:27' 12	41' 20	20' 40
4	9	147	119	108	249	1:27' 33	41' 30	20' 45
4	10	146	118	107	250	1:27' 54	41' 40	20' 50
4	11	145	117	106	251	1:28' 15	41' 50	20' 55
4	12	144	116	105	252	1:28' 37	42' 00	21' 00
4	13	142	115	105	253	1:28' 58	42' 10	21' 05
4	14	141	114	104	254	1:29' 19	42' 20	21' 10
4	15	140	113	103	255	1:29' 40	42' 30	21' 15
4	16	139	112	102	256	1:30' 01	42' 40	21' 20
4	17	138	111	101	257	1:30' 22	42' 50	21' 25
4	18	137	110	101	258	1:30' 43	43' 00	21' 30
4	19	136	109	100	259	1:31' 04	43' 10	21' 35
4	20	134	108	99	260	1:31' 25	43' 20	21' 40
4	21	133	107	98	261	1:31' 46	43' 30	21' 45
4	22	132	106	97	262	1:32' 08	43' 40	21' 50
4	23	131	105	96	263	1:32' 29	43' 50	21' 55
4	24	130	104	96	264	1:32' 50	44' 00	22' 00
4	25	129	103	95	265	1:33' 11	44' 10	22' 05
4	26	127	103	94	266	1:33' 32	44' 20	22' 10
4	27	126	102	93	267	1:33' 53	44' 30	22' 15
4	28	125	101	92	268	1:34' 14	44' 40	22' 20
4	29	124	100	91	269	1:34' 35	44' 50	22' 25
4	30	123	99	91	270	1:34' 56	45' 00	22' 30
4	31	122	98	90	271	1:35' 17	45' 10	22' 35
4	32	121	97	89	272	1:35' 39	45' 20	22' 40
4	33	119	96	88	273	1:36' 00	45' 30	22' 45
4	34	118	95	87	274	1:36' 21	45' 40	22' 50
4	35	117	94	86	275	1:36' 42	45' 50	22' 55
4	36	116	93	86	276	1:37' 03	46' 00	23' 00
4	37	115	92	85	277	1:37' 24	46' 10	23' 05
4	38	114	91	84	278	1:37' 45	46' 20	23' 10
4	39	112	90	83	279	1:38' 06	46' 30	23' 15
4	40	111	89	82	280	1:38' 27	46' 40	23' 20
4	41	110	88	82	281	1:38' 48	46' 50	23' 25
4	42	109	87	81	282	1:39' 09	47' 00	23' 30
4	43	108	86	80	283	1:39' 31	47' 10	23' 35
4	44	107	85	79	284	1:39' 52	47' 20	23' 40
4	45	106	84	78	285	1:40' 13	47' 30	23' 45
4	46	104	83	77	286	1:40' 34	47' 40	23' 50
4	47	103	82	77	287	1:40' 55	47' 50	23' 55
4	48	102	81	76	288	1:41' 16	48' 00	24' 00
4	49	101	80	75	289	1:41' 37	48' 10	24' 05
4	50	100	79	74	290	1:41' 58	48' 20	24' 10
4	51	99	78	73	291	1:42' 19	48' 30	24' 15
4	52	97	78	72	292	1:42' 40	48' 40	24' 20
4	53	96	77	72	293	1:43' 02	48' 50	24' 25
4	54	95	76	71	294	1:43' 23	49' 00	24' 30
4	55	94	75	70	295	1:43' 44	49' 10	24' 35
4	56	93	74	69	296	1:44' 05	49' 20	24' 40
4	57	92	73	68	297	1:44' 26	49' 30	24' 45
4	58	91	72	68	298	1:44' 47	49' 40	24' 50
4	59	89	71	67	299	1:45' 08	49' 50	24' 55
5	0	88	70	66	300	1:45' 29	50' 00	25' 00
5	1	87	69	65	301	1:45' 50	50' 10	25' 05
5	2	86	68	64	302	1:46' 11	50' 20	25' 10
5	3	85	67	63	303	1:46' 33	50' 30	25' 15
5	4	84	66	63	304	1:46' 54	50' 40	25' 20
5	5	82	65	62	305	1:47' 15	50' 50	25' 25
5	6	81	64	61	306	1:47' 36	51' 00	25' 30
5	7	80	63	60	307	1:47' 57	51' 10	25' 35
5	8	79	62	59	308	1:48' 18	51' 20	25' 40
5	9	78	61	58	309	1:48' 39	51' 30	25' 45
5	10	77	60	58	310	1:49' 00	51' 40	25' 50
5	11	76	59	57	311	1:49' 21	51' 50	25' 55
5	12	74	58	56	312	1:49' 42	52' 00	26' 00
5	13	73	57	55	313	1:50' 04	52' 10	26' 05
5	14	72	56	54	314	1:50' 25	52' 20	26' 10
5	15	71	55	54	315	1:50' 46	52' 30	26' 15
5	16	70	54	53	316	1:51' 07	52' 40	26' 20

タイム/km		ポイント【女性】			参考：換算タイム			
分	秒	ハーフ	10km	5km	秒/km	ハーフ	10km	5km
5	17	69	53	52	317	1:51' 28	52' 50	26' 25
5	18	67	53	51	318	1:51' 49	53' 00	26' 30
5	19	66	52	50	319	1:52' 10	53' 10	26' 35
5	20	65	51	49	320	1:52' 31	53' 20	26' 40
5	21	64	50	49	321	1:52' 52	53' 30	26' 45
5	22	63	49	48	322	1:53' 13	53' 40	26' 50
5	23	62	48	47	323	1:53' 34	53' 50	26' 55
5	24	60	47	46	324	1:53' 56	54' 00	27' 00
5	25	59	46	45	325	1:54' 17	54' 10	27' 05
5	26	58	45	44	326	1:54' 38	54' 20	27' 10
5	27	57	44	44	327	1:54' 59	54' 30	27' 15
5	28	56	43	43	328	1:55' 20	54' 40	27' 20
5	29	55	42	42	329	1:55' 41	54' 50	27' 25
5	30	54	41	41	330	1:56' 02	55' 00	27' 30
5	31	52	40	40	331	1:56' 23	55' 10	27' 35
5	32	51	39	40	332	1:56' 44	55' 20	27' 40
5	33	50	38	39	333	1:57' 05	55' 30	27' 45
5	34	49	37	38	334	1:57' 27	55' 40	27' 50
5	35	48	36	37	335	1:57' 48	55' 50	27' 55
5	36	47	35	36	336	1:58' 09	56' 00	28' 00
5	37	45	34	35	337	1:58' 30	56' 10	28' 05
5	38	44	33	35	338	1:58' 51	56' 20	28' 10
5	39	43	32	34	339	1:59' 12	56' 30	28' 15
5	40	42	31	33	340	1:59' 33	56' 40	28' 20
5	41	41	30	32	341	1:59' 54	56' 50	28' 25
5	42	40	29	31	342	2:00' 15	57' 00	28' 30
5	43	39	28	30	343	2:00' 36	57' 10	28' 35
5	44	37	28	30	344	2:00' 58	57' 20	28' 40
5	45	36	27	29	345	2:01' 19	57' 30	28' 45
5	46	35	26	28	346	2:01' 40	57' 40	28' 50
5	47	34	25	27	347	2:02' 01	57' 50	28' 55
5	48	33	24	26	348	2:02' 22	58' 00	29' 00
5	49	32	23	26	349	2:02' 43	58' 10	29' 05
5	50	30	22	25	350	2:03' 04	58' 20	29' 10
5	51	29	21	24	351	2:03' 25	58' 30	29' 15
5	52	28	20	23	352	2:03' 46	58' 40	29' 20
5	53	27	19	22	353	2:04' 07	58' 50	29' 25
5	54	26	18	21	354	2:04' 29	59' 00	29' 30
5	55	25	17	21	355	2:04' 50	59' 10	29' 35
5	56	24	16	20	356	2:05' 11	59' 20	29' 40
5	57	22	15	19	357	2:05' 32	59' 30	29' 45
5	58	21	14	18	358	2:05' 53	59' 40	29' 50
5	59	20	13	17	359	2:06' 14	59' 50	29' 55
6	0	19	12	16	360	2:06' 35	00' 00	30' 00
6	1	18	11	16	361	2:06' 56	00' 10	30' 05
6	2	17	10	15	362	2:07' 17	00' 20	30' 10
6	3	15	9	14	363	2:07' 38	00' 30	30' 15
6	4	14	8	13	364	2:07' 59	00' 40	30' 20
6	5	13	7	12	365	2:08' 21	00' 50	30' 25
6	6	12	6	12	366	2:08' 42	01' 00	30' 30
6	7	11	5	11	367	2:09' 03	01' 10	30' 35
6	8	10	4	10	368	2:09' 24	01' 20	30' 40
6	9	9	3	9	369	2:09' 45	01' 30	30' 45
6	10	7	3	8	370	2:10' 06	01' 40	30' 50
6	11	6	2	7	371	2:10' 27	01' 50	30' 55
6	12	5	1	7	372	2:10' 48	02' 00	31' 00
6	13	4	1	6	373	2:11' 09	02' 10	31' 05
6	14	3	1	5	374	2:11' 30	02' 20	31' 10
6	15	2	1	4	375	2:11' 52	02' 30	31' 15
6	16	1	1	3	376	2:12' 13	02' 40	31' 20
6	17	1	1	2	377	2:12' 34	02' 50	31' 25
6	18	1	1	2	378	2:12' 55	1:03' 00	31' 30
6	19~	1	1	1	379	2:13' 16	1:03' 10	31' 35