

三遠マラソンシリーズ ポイント表【男性】

距離別タイム				距離別タイム				距離別タイム			
ハーフ	10km	5km	ポイント	ハーフ	10km	5km	ポイント	ハーフ	10km	5km	ポイント
~1:03:38			208	1:28:15 ~ 1:28:36	0:39:20 ~ 0:39:29	0:17:40 ~ 0:17:49	138	1:53:13 ~ 1:53:33	0:51:50 ~ 0:51:59	0:26:10 ~ 0:26:14	68
1:03:39 ~ 1:03:59			207	1:28:37 ~ 1:28:57	0:39:30 ~ 0:39:39	0:17:50 ~ 0:17:54	137	1:53:34 ~ 1:53:55	0:52:00 ~ 0:52:09	0:26:15 ~ 0:26:24	67
1:04:00 ~ 1:04:20			206	1:28:58 ~ 1:29:18	0:39:40 ~ 0:39:49	0:17:55 ~ 0:18:04	136	1:53:56 ~ 1:54:16	0:52:10 ~ 0:52:19	0:26:25 ~ 0:26:29	66
1:04:21 ~ 1:04:41			205	1:29:19 ~ 1:29:39	0:39:50 ~ 0:39:59	0:18:05 ~ 0:18:09	135	1:54:17 ~ 1:54:37	0:52:20 ~ 0:52:29	0:26:30 ~ 0:26:39	65
1:04:42 ~ 1:05:02			204	1:29:40 ~ 1:30:00	0:40:00 ~ 0:40:19	0:18:10 ~ 0:18:19	134	1:54:38 ~ 1:54:58	0:52:30 ~ 0:52:39	0:26:40 ~ 0:26:44	64
1:05:03 ~ 1:05:23			203	1:30:01 ~ 1:30:21	0:40:20 ~ 0:40:29	0:18:20 ~ 0:18:24	133	1:54:59 ~ 1:55:19	0:52:40 ~ 0:52:49	0:26:45 ~ 0:26:54	63
1:05:24 ~ 1:05:44			202	1:30:22 ~ 1:30:42	0:40:30 ~ 0:40:39	0:18:25 ~ 0:18:29	132	1:55:20 ~ 1:55:40	0:52:50 ~ 0:52:59	0:26:55 ~ 0:26:59	62
1:05:45 ~ 1:06:05			201	1:30:43 ~ 1:31:03	0:40:40 ~ 0:40:49	0:18:30 ~ 0:18:39	131	1:55:41 ~ 1:56:01	0:53:00 ~ 0:53:09	0:27:00 ~ 0:27:04	61
1:06:06 ~ 1:06:26			200	1:31:04 ~ 1:31:24	0:40:50 ~ 0:40:59	0:18:40 ~ 0:18:44	130	1:56:02 ~ 1:56:22	0:53:10 ~ 0:53:19	0:27:05 ~ 0:27:14	60
1:06:27 ~ 1:06:48			199	1:31:25 ~ 1:31:45	0:41:00 ~ 0:41:09	0:18:45 ~ 0:18:54	129	1:56:23 ~ 1:56:43	0:53:20 ~ 0:53:29	0:27:15 ~ 0:27:19	59
1:06:49 ~ 1:07:09			198	1:31:46 ~ 1:32:07	0:41:10 ~ 0:41:19	0:18:55 ~ 0:18:59	128	1:56:44 ~ 1:57:04	0:53:30 ~ 0:53:39	0:27:20 ~ 0:27:29	58
1:07:10 ~ 1:07:30			197	1:32:08 ~ 1:32:28	0:41:20 ~ 0:41:29	0:19:00 ~ 0:19:09	127	1:57:05 ~ 1:57:26	0:53:40 ~ 0:53:49	0:27:30 ~ 0:27:34	57
1:07:31 ~ 1:07:51			196	1:32:29 ~ 1:32:49	0:41:30 ~ 0:41:39	0:19:10 ~ 0:19:14	126	1:57:27 ~ 1:57:47	0:53:50 ~ 0:53:59	0:27:35 ~ 0:27:44	56
1:07:52 ~ 1:08:12			195	1:32:50 ~ 1:33:10	0:41:40 ~ 0:41:49	0:19:15 ~ 0:19:24	125	1:57:48 ~ 1:58:08	0:54:00 ~ 0:54:09	0:27:45 ~ 0:27:49	55
1:08:13 ~ 1:08:33			194	1:33:11 ~ 1:33:31	0:41:50 ~ 0:41:59	0:19:25 ~ 0:19:29	124	1:58:09 ~ 1:58:29	0:54:10 ~ 0:54:19	0:27:50 ~ 0:27:59	54
1:08:34 ~ 1:08:54			193	1:33:32 ~ 1:33:52	0:42:00 ~ 0:42:09	0:19:30 ~ 0:19:39	123	1:58:30 ~ 1:58:50	0:54:20 ~ 0:54:39	0:28:00 ~ 0:28:04	53
1:08:55 ~ 1:09:36			192	1:33:53 ~ 1:34:13	0:42:10 ~ 0:42:19	0:19:40 ~ 0:19:44	122	1:58:51 ~ 1:59:11	0:54:40 ~ 0:54:49	0:28:05 ~ 0:28:09	52
1:09:37 ~ 1:09:57			191	1:34:14 ~ 1:34:55	0:42:20 ~ 0:42:29	0:19:45 ~ 0:19:49	121	1:59:12 ~ 1:59:32	0:54:50 ~ 0:54:59	0:28:10 ~ 0:28:19	51
1:09:58 ~ 1:10:19	0:30:10 ~ 0:30:19		190	1:34:56 ~ 1:35:16	0:42:30 ~ 0:42:39	0:19:50 ~ 0:19:59	120	1:59:33 ~ 2:00:14	0:55:00 ~ 0:55:09	0:28:20 ~ 0:28:24	50
1:10:20 ~ 1:10:40	0:30:20 ~ 0:30:29		189	1:35:17 ~ 1:35:38	0:42:40 ~ 0:42:49	0:20:00 ~ 0:20:04	119	2:00:15 ~ 2:00:35	0:55:10 ~ 0:55:19	0:28:25 ~ 0:28:34	49
1:10:41 ~ 1:11:01	0:30:30 ~ 0:30:39		188	1:35:39 ~ 1:35:59	0:42:50 ~ 0:43:09	0:20:05 ~ 0:20:14	118	2:00:36 ~ 2:00:57	0:55:20 ~ 0:55:29	0:28:35 ~ 0:28:39	48
1:11:02 ~ 1:11:22	0:30:40 ~ 0:30:49		187	1:36:00 ~ 1:36:20	0:43:10 ~ 0:43:19	0:20:15 ~ 0:20:19	117	2:00:58 ~ 2:01:18	0:55:30 ~ 0:55:39	0:28:40 ~ 0:28:49	47
1:11:23 ~ 1:11:43	0:30:50 ~ 0:30:59		186	1:36:21 ~ 1:36:41	0:43:20 ~ 0:43:29	0:20:20 ~ 0:20:29	116	2:01:19 ~ 2:01:39	0:55:40 ~ 0:55:49	0:28:50 ~ 0:28:54	46
1:11:44 ~ 1:12:04	0:31:00 ~ 0:31:09		185	1:36:42 ~ 1:37:02	0:43:30 ~ 0:43:39	0:20:30 ~ 0:20:34	115	2:01:40 ~ 2:02:00	0:55:50 ~ 0:55:59	0:28:55 ~ 0:29:04	45
1:12:05 ~ 1:12:25	0:31:10 ~ 0:31:19		184	1:37:03 ~ 1:37:23	0:43:40 ~ 0:43:49	0:20:35 ~ 0:20:44	114	2:02:01 ~ 2:02:21	0:56:00 ~ 0:56:09	0:29:05 ~ 0:29:09	44
1:12:26 ~ 1:12:46	0:31:20 ~ 0:31:29		183	1:37:24 ~ 1:37:44	0:43:50 ~ 0:43:59	0:20:45 ~ 0:20:49	113	2:02:22 ~ 2:02:42	0:56:10 ~ 0:56:19	0:29:10 ~ 0:29:19	43
1:12:47 ~ 1:13:07	0:31:30 ~ 0:31:49		182	1:37:45 ~ 1:38:05	0:44:00 ~ 0:44:09	0:20:50 ~ 0:20:54	112	2:02:43 ~ 2:03:03	0:56:20 ~ 0:56:29	0:29:20 ~ 0:29:24	42
1:13:08 ~ 1:13:28	0:31:50 ~ 0:31:59		181	1:38:06 ~ 1:38:26	0:44:10 ~ 0:44:19	0:20:55 ~ 0:21:04	111	2:03:04 ~ 2:03:24	0:56:30 ~ 0:56:39	0:29:25 ~ 0:29:29	41
1:13:29 ~ 1:13:49	0:32:00 ~ 0:32:09		180	1:38:27 ~ 1:38:47	0:44:20 ~ 0:44:29	0:21:05 ~ 0:21:09	110	2:03:25 ~ 2:03:45	0:56:40 ~ 0:56:49	0:29:30 ~ 0:29:39	40
1:13:50 ~ 1:14:11	0:32:10 ~ 0:32:19		179	1:38:48 ~ 1:39:08	0:44:30 ~ 0:44:39	0:21:10 ~ 0:21:19	109	2:03:46 ~ 2:04:06	0:56:50 ~ 0:56:59	0:29:40 ~ 0:29:44	39
1:14:12 ~ 1:14:32	0:32:20 ~ 0:32:29		178	1:39:09 ~ 1:39:30	0:44:40 ~ 0:44:49	0:21:20 ~ 0:21:24	108	2:04:07 ~ 2:04:28	0:57:00 ~ 0:57:09	0:29:45 ~ 0:29:54	38
1:14:33 ~ 1:14:53	0:32:30 ~ 0:32:39		177	1:39:31 ~ 1:39:51	0:44:50 ~ 0:44:59	0:21:25 ~ 0:21:34	107	2:04:29 ~ 2:04:49	0:57:10 ~ 0:57:29	0:29:55 ~ 0:29:59	37
1:14:54 ~ 1:15:14	0:32:40 ~ 0:32:49		176	1:39:52 ~ 1:40:12	0:45:00 ~ 0:45:09	0:21:35 ~ 0:21:39	106	2:04:50 ~ 2:05:10	0:57:30 ~ 0:57:39	0:30:00 ~ 0:30:09	36
1:15:15 ~ 1:15:35	0:32:50 ~ 0:32:59		175	1:40:13 ~ 1:40:33	0:45:10 ~ 0:45:19	0:21:40 ~ 0:21:49	105	2:05:11 ~ 2:05:31	0:57:40 ~ 0:57:49	0:30:10 ~ 0:30:14	35
1:15:36 ~ 1:15:56	0:33:00 ~ 0:33:09		174	1:40:34 ~ 1:40:54	0:45:20 ~ 0:45:29	0:21:50 ~ 0:21:54	104	2:05:32 ~ 2:05:52	0:57:50 ~ 0:57:59	0:30:15 ~ 0:30:24	34
1:15:57 ~ 1:16:17	0:33:10 ~ 0:33:19		173	1:40:55 ~ 1:41:15	0:45:30 ~ 0:45:39	0:21:55 ~ 0:22:04	103	2:05:53 ~ 2:06:13	0:58:00 ~ 0:58:09	0:30:25 ~ 0:30:29	33
1:16:18 ~ 1:16:38	0:33:20 ~ 0:33:29		172	1:41:16 ~ 1:41:36	0:45:40 ~ 0:45:59	0:22:05 ~ 0:22:09	102	2:06:14 ~ 2:06:34	0:58:10 ~ 0:58:19	0:30:30 ~ 0:30:34	32
1:16:39 ~ 1:16:59	0:33:30 ~ 0:33:39		171	1:41:37 ~ 1:41:57	0:46:00 ~ 0:46:09	0:22:10 ~ 0:22:14	101	2:06:35 ~ 2:06:55	0:58:20 ~ 0:58:29	0:30:35 ~ 0:30:44	31
1:17:00 ~ 1:17:20	0:33:40 ~ 0:33:49		170	1:41:58 ~ 1:42:18	0:46:10 ~ 0:46:19	0:22:15 ~ 0:22:24	100	2:06:56 ~ 2:07:16	0:58:30 ~ 0:58:39	0:30:45 ~ 0:30:49	30
1:17:21 ~ 1:17:42	0:33:50 ~ 0:33:59		169	1:42:19 ~ 1:42:39	0:46:20 ~ 0:46:29	0:22:25 ~ 0:22:29	99	2:07:17 ~ 2:07:37	0:58:40 ~ 0:58:49	0:30:50 ~ 0:30:59	29
1:17:43 ~ 1:18:03	0:34:00 ~ 0:34:09		168	1:42:40 ~ 1:43:01	0:46:30 ~ 0:46:39	0:22:30 ~ 0:22:39	98	2:07:38 ~ 2:07:58	0:58:50 ~ 0:58:59	0:31:00 ~ 0:31:04	28
1:18:04 ~ 1:18:24	0:34:10 ~ 0:34:19		167	1:43:02 ~ 1:43:22	0:46:40 ~ 0:46:49	0:22:40 ~ 0:22:44	97	2:07:59 ~ 2:08:20	0:59:00 ~ 0:59:09	0:31:05 ~ 0:31:14	27
1:18:25 ~ 1:18:45	0:34:20 ~ 0:34:39		166	1:43:23 ~ 1:43:43	0:46:50 ~ 0:46:59	0:22:45 ~ 0:22:54	96	2:08:21 ~ 2:08:41	0:59:10 ~ 0:59:19	0:31:15 ~ 0:31:19	26
1:18:46 ~ 1:19:06	0:34:40 ~ 0:34:49		165	1:43:44 ~ 1:44:04	0:47:00 ~ 0:47:09	0:22:55 ~ 0:22:59	95	2:08:42 ~ 2:09:02	0:59:20 ~ 0:59:29	0:31:20 ~ 0:31:29	25
1:19:07 ~ 1:19:27	0:34:50 ~ 0:34:59		164	1:44:05 ~ 1:44:25	0:47:10 ~ 0:47:19	0:23:00 ~ 0:23:09	94	2:09:03 ~ 2:09:23	0:59:30 ~ 0:59:39	0:31:30 ~ 0:31:34	24
1:19:28 ~ 1:19:48	0:35:00 ~ 0:35:09		163	1:44:26 ~ 1:44:46	0:47:20 ~ 0:47:29	0:23:10 ~ 0:23:14	93	2:09:24 ~ 2:09:44	0:59:40 ~ 0:59:49	0:31:35 ~ 0:31:44	23
1:19:49 ~ 1:20:09	0:35:10 ~ 0:35:19		162	1:44:47 ~ 1:45:07	0:47:30 ~ 0:47:39	0:23:15 ~ 0:23:19	92	2:09:45 ~ 2:10:05	0:59:50 ~ 0:59:59	0:31:45 ~ 0:31:49	22
1:20:10 ~ 1:20:30	0:35:20 ~ 0:35:29		161	1:45:08 ~ 1:45:28	0:47:40 ~ 0:47:49	0:23:20 ~ 0:23:29	91	2:10:06 ~ 2:10:26	1:00:00 ~ 1:00:19	0:31:50 ~ 0:31:54	21
1:20:31 ~ 1:20:51	0:35:30 ~ 0:35:39	~0:15:09	160	1:45:29 ~ 1:45:49	0:47:50 ~ 0:47:59	0:23:30 ~ 0:23:34	90	2:10:27 ~ 2:10:47	1:00:20 ~ 1:00:29	0:31:55 ~ 0:32:04	20
1:20:52 ~ 1:21:13	0:35:40 ~ 0:35:49	0:15:10 ~ 0:15:14	159	1:45:50 ~ 1:46:10	0:48:00 ~ 0:48:09	0:23:35 ~ 0:23:44	89	2:10:48 ~ 2:11:08	1:00:30 ~ 1:00:39	0:32:05 ~ 0:32:09	19
1:21:14 ~ 1:21:34	0:35:50 ~ 0:35:59	0:15:15 ~ 0:15:24	158	1:46:11 ~ 1:46:32	0:48:10 ~ 0:48:19	0:23:45 ~ 0:23:49	88	2:11:09 ~ 2:11:29	1:00:40 ~ 1:00:49	0:32:10 ~ 0:32:19	18
1:21:35 ~ 1:21:55	0:36:00 ~ 0:36:09	0:15:25 ~ 0:15:29	157	1:46:33 ~ 1:46:53	0:48:20 ~ 0:48:29	0:23:50 ~ 0:23:59	87	2:11:30 ~ 2:11:51	1:00:50 ~ 1:00:59	0:32:20 ~ 0:32:24	17
1:21:56 ~ 1:22:16	0:36:10 ~ 0:36:19	0:15:30 ~ 0:15:39	156	1:46:54 ~ 1:47:14	0:48:30 ~ 0:48:49	0:24:00 ~ 0:24:04	86	2:11:52 ~ 2:12:12	1:01:00 ~ 1:01:09	0:32:25 ~ 0:32:34	16
1:22:17 ~ 1:22:37	0:36:20 ~ 0:36:29	0:15:40 ~ 0:15:44	155	1:47:15 ~ 1:47:35	0:48:50 ~ 0:48:59	0:24:05 ~ 0:24:14	85	2:12:13 ~ 2:12:33	1:01:10 ~ 1:01:19	0:32:35 ~ 0:32:39	15
1:22:38 ~ 1:22:58	0:36:30 ~ 0:36:39	0:15:45 ~ 0:15:54	154	1:47:36 ~ 1:47:56	0:49:00 ~ 0:49:09	0:24:15 ~ 0:24:19	84	2:12:34 ~ 2:12:54	1:01:20 ~ 1:01:29	0:32:40 ~ 0:32:49	14
1:22:59 ~ 1:23:19	0:36:40 ~ 0:36:49	0:15:55 ~ 0:15:59	153	1:47:57 ~ 1:48:17	0:49:10 ~ 0:49:19	0:24:20 ~ 0:24:29	83	2:12:55 ~ 2:13:15	1:01:30 ~ 1:01:39	0:32:50 ~ 0:32:54	13
1:23:20 ~ 1:23:40	0:36:50 ~ 0:36:59	0:16:00 ~ 0:16:04	152	1:48:18 ~ 1:48:38	0:49:20 ~ 0:49:29	0:24:30 ~ 0:24:34	82	2:13:16 ~ 2:13:36	1:01:40 ~ 1:01:49	0:32:55 ~ 0:32:59	12
1:23:41 ~ 1:24:01	0:37:00 ~ 0:37:09	0:16:05 ~ 0:16:14	151	1:48:39 ~ 1:48:59	0:49:30 ~ 0:49:39						