

マラソン ラップ&スプリットタイム表

1km	2:55	3:00	3:10	3:20	3:30	3:40	3:45	3:50	3:55	4:00	4:05	4:10
5km	14:35	15:00	15:50	16:40	17:30	18:20	18:45	19:10	19:35	20:00	20:25	20:50
10km	29:10	30:00	31:40	33:20	35:00	36:40	37:30	38:20	39:10	40:00	40:50	41:40
15km	43:45	45:00	47:30	50:00	52:30	55:00	56:15	57:30	58:45	1:00:00	1:01:15	1:02:30
20km	58:20	1:00:00	1:03:20	1:06:40	1:10:00	1:13:20	1:15:00	1:16:40	1:18:20	1:20:00	1:21:40	1:23:20
21.0975km	1:01:32	1:03:18	1:06:49	1:10:20	1:13:50	1:17:21	1:19:07	1:20:52	1:22:38	1:24:23	1:26:09	1:27:54
25km	1:12:55	1:15:00	1:19:10	1:23:20	1:27:30	1:31:40	1:33:45	1:35:50	1:37:55	1:40:00	1:42:05	1:44:10
30km	1:27:30	1:30:00	1:35:00	1:40:00	1:45:00	1:50:00	1:52:30	1:55:00	1:57:30	2:00:00	2:02:30	2:05:00
35km	1:42:05	1:45:00	1:50:50	1:56:40	2:02:30	2:08:20	2:11:15	2:14:10	2:17:05	2:20:00	2:22:55	2:25:50
40km	1:56:40	2:00:00	2:06:40	2:13:20	2:20:00	2:26:40	2:30:00	2:33:20	2:36:40	2:40:00	2:43:20	2:46:40
42.195km	2:03:04	2:06:35	2:13:37	2:20:39	2:27:41	2:34:43	2:38:14	2:41:45	2:45:16	2:48:47	2:52:18	2:55:49

1km	4:15	4:20	4:25	4:30	4:35	4:40	4:45	4:50	4:55	5:00	5:10	5:20
5km	21:15	21:40	22:05	22:30	22:55	23:20	23:45	24:10	24:35	25:00	25:50	26:40
10km	42:30	43:20	44:10	45:00	45:50	46:40	47:30	48:20	49:10	50:00	51:40	53:20
15km	1:03:45	1:05:00	1:06:15	1:07:30	1:08:45	1:10:00	1:11:15	1:12:30	1:13:45	1:15:00	1:17:30	1:20:00
20km	1:25:00	1:26:40	1:28:20	1:30:00	1:31:40	1:33:20	1:35:00	1:36:40	1:38:20	1:40:00	1:43:20	1:46:40
21.0975km	1:29:40	1:31:25	1:33:11	1:34:56	1:36:42	1:38:27	1:40:13	1:41:58	1:43:44	1:45:29	1:49:00	1:52:31
25km	1:46:15	1:48:20	1:50:25	1:52:30	1:54:35	1:56:40	1:58:45	2:00:50	2:02:55	2:05:00	2:09:10	2:13:20
30km	2:07:30	2:10:00	2:12:30	2:15:00	2:17:30	2:20:00	2:22:30	2:25:00	2:27:30	2:30:00	2:35:00	2:40:00
35km	2:28:45	2:31:40	2:34:35	2:37:30	2:40:25	2:43:20	2:46:15	2:49:10	2:52:05	2:55:00	3:00:50	3:06:40
40km	2:50:00	2:53:20	2:56:40	3:00:00	3:03:20	3:06:40	3:10:00	3:13:20	3:16:40	3:20:00	3:26:40	3:33:20
42.195km	2:59:20	3:02:51	3:06:22	3:09:53	3:13:24	3:16:55	3:20:26	3:23:57	3:27:28	3:30:59	3:38:00	3:45:02

1km	5:30	5:40	5:50	6:00	6:10	6:20	6:30	6:40	6:50	7:00	7:10	7:20
5km	27:30	28:20	29:10	30:00	30:50	31:40	32:30	33:20	34:10	35:00	35:50	36:40
10km	55:00	56:40	58:20	1:00:00	1:01:40	1:03:20	1:05:00	1:06:40	1:08:20	1:10:00	1:11:40	1:13:20
15km	1:22:30	1:25:00	1:27:30	1:30:00	1:32:30	1:35:00	1:37:30	1:40:00	1:42:30	1:45:00	1:47:30	1:50:00
20km	1:50:00	1:53:20	1:56:40	2:00:00	2:03:20	2:06:40	2:10:00	2:13:20	2:16:40	2:20:00	2:23:20	2:26:40
21.0975km	1:56:02	1:59:33	2:03:04	2:06:35	2:10:06	2:13:37	2:17:08	2:20:39	2:24:10	2:27:41	2:31:12	2:34:43
25km	2:17:30	2:21:40	2:25:50	2:30:00	2:34:10	2:38:20	2:42:30	2:46:40	2:50:50	2:55:00	2:59:10	3:03:20
30km	2:45:00	2:50:00	2:55:00	3:00:00	3:05:00	3:10:00	3:15:00	3:20:00	3:25:00	3:30:00	3:35:00	3:40:00
35km	3:12:30	3:18:20	3:24:10	3:30:00	3:35:50	3:41:40	3:47:30	3:53:20	3:59:10	4:05:00	4:10:50	4:16:40
40km	3:40:00	3:46:40	3:53:20	4:00:00	4:06:40	4:13:20	4:20:00	4:26:40	4:33:20	4:40:00	4:46:40	4:53:20
42.195km	3:52:04	3:59:06	4:06:08	4:13:10	4:20:12	4:27:14	4:34:16	4:41:18	4:48:20	4:55:22	5:02:24	5:09:26

1km	7:30	7:40	7:50	8:00	8:10	8:20	8:30	8:40	8:50	9:00	9:30	10:00
5km	37:30	38:20	39:10	40:00	40:50	41:40	42:30	43:20	44:10	45:00	47:30	50:00
10km	1:15:00	1:16:40	1:18:20	1:20:00	1:21:40	1:23:20	1:25:00	1:26:40	1:28:20	1:30:00	1:35:00	1:40:00
15km	1:52:30	1:55:00	1:57:30	2:00:00	2:02:30	2:05:00	2:07:30	2:10:00	2:12:30	2:15:00	2:22:30	2:30:00
20km	2:30:00	2:33:20	2:36:40	2:40:00	2:43:20	2:46:40	2:50:00	2:53:20	2:56:40	3:00:00	3:10:00	3:20:00
21.0975km	2:38:14	2:41:45	2:45:16	2:48:47	2:52:18	2:55:49	2:59:20	3:02:51	3:06:22	3:09:53	3:20:26	3:30:59
25km	3:07:30	3:11:40	3:15:50	3:20:00	3:24:10	3:28:20	3:32:30	3:36:40	3:40:50	3:45:00	3:57:30	4:10:00
30km	3:45:00	3:50:00	3:55:00	4:00:00	4:05:00	4:10:00	4:15:00	4:20:00	4:25:00	4:30:00	4:45:00	5:00:00
35km	4:22:30	4:28:20	4:34:10	4:40:00	4:45:50	4:51:40	4:57:30	5:03:20	5:09:10	5:15:00	5:32:30	5:50:00
40km	5:00:00	5:06:40	5:13:20	5:20:00	5:26:40	5:33:20	5:40:00	5:46:40	5:53:20	6:00:00	6:20:00	6:40:00
42.195km	5:16:28	5:23:30	5:30:32	5:37:34	5:44:36	5:51:38	5:58:39	6:05:41	6:12:43	6:19:45	6:40:51	7:01:57

09:50 ST	予定時刻				予定タイム				ペース
	ペース	10K	15K	20K	ハーフ	10K	15K	20K	
04:00	10:30	10:50	11:10	11:14	0:40	1:00	1:20	1:24	04:00
04:15	10:32	10:53	11:15	11:19	0:42	1:03	1:25	1:29	04:15
04:30	10:35	10:57	11:20	11:24	0:45	1:07	1:30	1:34	04:30
04:45	10:37	11:01	11:25	11:30	0:47	1:11	1:35	1:40	04:45
05:00	10:40	11:05	11:30	11:35	0:50	1:15	1:40	1:45	05:00
05:15	10:42	11:08	11:35	11:40	0:52	1:18	1:45	1:50	05:15
05:30	10:45	11:12	11:40	11:46	0:55	1:22	1:50	1:56	05:30
05:45	10:47	11:16	11:45	11:51	0:57	1:26	1:55	2:01	05:45
06:00	10:50	11:20	11:50	11:56	1:00	1:30	2:00	2:06	06:00
06:15	10:52	11:23	11:55	12:01	1:02	1:33	2:05	2:11	06:15
06:30	10:55	11:27	12:00	12:07	1:05	1:37	2:10	2:17	06:30
06:45	10:57	11:31	12:05	12:12	1:07	1:41	2:15	2:22	06:45
07:00	11:00	11:35	12:10	12:17	1:10	1:45	2:20	2:27	07:00
07:15	11:02	11:38	12:15	12:22	1:12	1:48	2:25	2:32	07:15
07:30	11:05	11:42	12:20	12:28	1:15	1:52	2:30	2:38	07:30
07:45	11:07	11:46	12:25	12:33	1:17	1:56	2:35	2:43	07:45
08:00	11:10	11:50	12:30	12:38	1:20	2:00	2:40	2:48	08:00