

三遠マラソンシリーズ ポイント表【女性】

距離別タイム			ポイント	距離別タイム			ポイント	距離別タイム			ポイント
ハーフ	10km	5km		ハーフ	10km	5km		ハーフ	10km	5km	
~1:24:43	~0:34:59	~0:15:54	197	1:44:47 ~ 1:45:07	0:46:20 ~ 0:46:29	0:22:25 ~ 0:22:34	131	2:04:50 ~ 2:05:10	0:57:50 ~ 0:57:59	0:29:10 ~ 0:29:14	65
1:24:44 ~ 1:25:05	0:35:00 ~ 0:35:09	0:15:55 ~ 0:15:59	196	1:45:08 ~ 1:45:18	0:46:30 ~ 0:46:39	0:22:35 ~ 0:22:39	130	2:05:11 ~ 2:05:31	0:58:00 ~ 0:58:09	0:29:15 ~ 0:29:19	64
1:25:06 ~ 1:25:26	0:35:10 ~ 0:35:19	0:16:00 ~ 0:16:04	195	1:45:19 ~ 1:45:28	0:46:40 ~ 0:46:49	0:22:40 ~ 0:22:44	129	2:05:32 ~ 2:05:42	0:58:10 ~ 0:58:19	0:29:20 ~ 0:29:24	63
1:25:27 ~ 1:25:47	0:35:20 ~ 0:35:29	0:16:05 ~ 0:16:09	194	1:45:29 ~ 1:45:49	0:46:50 ~ 0:46:59	0:22:45 ~ 0:22:49	128	2:05:43 ~ 2:05:52	0:58:20 ~ 0:58:29	0:29:25 ~ 0:29:29	62
1:25:48 ~ 1:26:08	0:35:30 ~ 0:35:49	0:16:10 ~ 0:16:14	193	1:45:50 ~ 1:46:10	0:47:00 ~ 0:47:09	0:22:50 ~ 0:22:54	127	2:05:53 ~ 2:06:13	0:58:30 ~ 0:58:39	0:29:30 ~ 0:29:39	61
1:26:09 ~ 1:26:29	0:35:50 ~ 0:35:59	0:16:15 ~ 0:16:24	192	1:46:11 ~ 1:46:32	0:47:10 ~ 0:47:19	0:22:55 ~ 0:23:04	126	2:06:14 ~ 2:06:34	0:58:40 ~ 0:58:49	0:29:40 ~ 0:29:44	60
1:26:30 ~ 1:26:50	0:36:00 ~ 0:36:09	0:16:25 ~ 0:16:29	191	1:46:33 ~ 1:46:53	0:47:20 ~ 0:47:29	0:23:05 ~ 0:23:09	125	2:06:35 ~ 2:06:55	0:58:50 ~ 0:58:59	0:29:45 ~ 0:29:49	59
1:26:51 ~ 1:27:01	0:36:10 ~ 0:36:19	0:16:30 ~ 0:16:34	190	1:46:54 ~ 1:47:14	0:47:30 ~ 0:47:39	0:23:10 ~ 0:23:14	124	2:06:56 ~ 2:07:16	0:59:00 ~ 0:59:09	0:29:50 ~ 0:29:54	58
1:27:02 ~ 1:27:11	0:36:20 ~ 0:36:29	0:16:35 ~ 0:16:39	189	1:47:15 ~ 1:47:25	0:47:40 ~ 0:47:49	0:23:15 ~ 0:23:19	123	2:07:17 ~ 2:07:37	0:59:10 ~ 0:59:19	0:29:55 ~ 0:29:59	57
1:27:12 ~ 1:27:32	0:36:30 ~ 0:36:39	0:16:40 ~ 0:16:44	188	1:47:26 ~ 1:47:35	0:47:50 ~ 0:47:59	0:23:20 ~ 0:23:29	122	2:07:38 ~ 2:07:48	0:59:20 ~ 0:59:29	0:30:00 ~ 0:30:09	56
1:27:33 ~ 1:27:53	0:36:40 ~ 0:36:49	0:16:45 ~ 0:16:54	187	1:47:36 ~ 1:47:56	0:48:00 ~ 0:48:09	0:23:30 ~ 0:23:34	121	2:07:49 ~ 2:07:58	0:59:30 ~ 0:59:39	0:30:10 ~ 0:30:14	55
1:27:54 ~ 1:28:14	0:36:50 ~ 0:36:59	0:16:55 ~ 0:16:59	186	1:47:57 ~ 1:48:17	0:48:10 ~ 0:48:19	0:23:35 ~ 0:23:39	120	2:07:59 ~ 2:08:20	0:59:40 ~ 0:59:49	0:30:15 ~ 0:30:19	54
1:28:15 ~ 1:28:36	0:37:00 ~ 0:37:09	0:17:00 ~ 0:17:04	185	1:48:18 ~ 1:48:38	0:48:20 ~ 0:48:29	0:23:40 ~ 0:23:44	119	2:08:21 ~ 2:08:41	0:59:50 ~ 0:59:59	0:30:20 ~ 0:30:24	53
1:28:37 ~ 1:28:57	0:37:10 ~ 0:37:19	0:17:05 ~ 0:17:09	184	1:48:39 ~ 1:48:59	0:48:30 ~ 0:48:49	0:23:45 ~ 0:23:49	118	2:08:42 ~ 2:09:02	1:00:00 ~ 1:00:09	0:30:25 ~ 0:30:34	52
1:28:58 ~ 1:29:08	0:37:20 ~ 0:37:29	0:17:10 ~ 0:17:19	183	1:49:00 ~ 1:49:20	0:48:50 ~ 0:48:59	0:23:50 ~ 0:23:59	117	2:09:03 ~ 2:09:23	1:00:10 ~ 1:00:19	0:30:35 ~ 0:30:39	51
1:29:09 ~ 1:29:18	0:37:30 ~ 0:37:39	0:17:20 ~ 0:17:24	182	1:49:21 ~ 1:49:41	0:49:00 ~ 0:49:09	0:24:00 ~ 0:24:04	116	2:09:24 ~ 2:09:44	1:00:20 ~ 1:00:29	0:30:40 ~ 0:30:44	50
1:29:19 ~ 1:29:39	0:37:40 ~ 0:37:49	0:17:25 ~ 0:17:29	181	1:49:42 ~ 1:49:52	0:49:10 ~ 0:49:19	0:24:05 ~ 0:24:09	115	2:09:45 ~ 2:10:05	1:00:30 ~ 1:00:39	0:30:45 ~ 0:30:49	49
1:29:40 ~ 1:30:00	0:37:50 ~ 0:37:59	0:17:30 ~ 0:17:34	180	1:49:53 ~ 1:50:03	0:49:20 ~ 0:49:29	0:24:10 ~ 0:24:14	114	2:10:06 ~ 2:10:16	1:00:40 ~ 1:00:49	0:30:50 ~ 0:30:54	48
1:30:01 ~ 1:30:21	0:38:00 ~ 0:38:09	0:17:35 ~ 0:17:39	179	1:50:04 ~ 1:50:24	0:49:30 ~ 0:49:39	0:24:15 ~ 0:24:19	113	2:10:17 ~ 2:10:26	1:00:50 ~ 1:00:59	0:30:55 ~ 0:31:04	47
1:30:22 ~ 1:30:42	0:38:10 ~ 0:38:19	0:17:40 ~ 0:17:49	178	1:50:25 ~ 1:50:45	0:49:40 ~ 0:49:49	0:24:20 ~ 0:24:29	112	2:10:27 ~ 2:10:47	1:01:00 ~ 1:01:09	0:31:05 ~ 0:31:09	46
1:30:43 ~ 1:31:03	0:38:20 ~ 0:38:29	0:17:50 ~ 0:17:54	177	1:50:46 ~ 1:51:06	0:49:50 ~ 0:49:59	0:24:30 ~ 0:24:34	111	2:10:48 ~ 2:11:08	1:01:10 ~ 1:01:19	0:31:10 ~ 0:31:14	45
1:31:04 ~ 1:31:24	0:38:30 ~ 0:38:39	0:17:55 ~ 0:17:59	176	1:51:07 ~ 1:51:27	0:50:00 ~ 0:50:09	0:24:35 ~ 0:24:39	110	2:11:09 ~ 2:11:29	1:01:20 ~ 1:01:29	0:31:15 ~ 0:31:19	44
1:31:25 ~ 1:31:35	0:38:40 ~ 0:38:49	0:18:00 ~ 0:18:04	175	1:51:28 ~ 1:51:48	0:50:10 ~ 0:50:19	0:24:40 ~ 0:24:44	109	2:11:30 ~ 2:11:51	1:01:30 ~ 1:01:49	0:31:20 ~ 0:31:24	43
1:31:36 ~ 1:31:45	0:38:50 ~ 0:38:59	0:18:05 ~ 0:18:09	174	1:51:49 ~ 1:51:59	0:50:20 ~ 0:50:29	0:24:45 ~ 0:24:54	108	2:11:52 ~ 2:12:12	1:01:50 ~ 1:01:59	0:31:25 ~ 0:31:34	42
1:31:46 ~ 1:32:07	0:39:00 ~ 0:39:09	0:18:10 ~ 0:18:19	173	1:52:00 ~ 1:52:09	0:50:30 ~ 0:50:39	0:24:55 ~ 0:24:59	107	2:12:13 ~ 2:12:23	1:02:00 ~ 1:02:09	0:31:35 ~ 0:31:39	41
1:32:08 ~ 1:32:28	0:39:10 ~ 0:39:19	0:18:20 ~ 0:18:24	172	1:52:10 ~ 1:52:30	0:50:40 ~ 0:50:49	0:25:00 ~ 0:25:04	106	2:12:24 ~ 2:12:33	1:02:10 ~ 1:02:19	0:31:40 ~ 0:31:44	40
1:32:29 ~ 1:32:49	0:39:20 ~ 0:39:29	0:18:25 ~ 0:18:29	171	1:52:31 ~ 1:52:51	0:50:50 ~ 0:50:59	0:25:05 ~ 0:25:09	105	2:12:34 ~ 2:12:54	1:02:20 ~ 1:02:29	0:31:45 ~ 0:31:49	39
1:32:50 ~ 1:33:10	0:39:30 ~ 0:39:39	0:18:30 ~ 0:18:34	170	1:52:52 ~ 1:53:12	0:51:00 ~ 0:51:09	0:25:10 ~ 0:25:14	104	2:12:55 ~ 2:13:15	1:02:30 ~ 1:02:39	0:31:50 ~ 0:31:59	38
1:33:11 ~ 1:33:31	0:39:40 ~ 0:39:49	0:18:35 ~ 0:18:44	169	1:53:13 ~ 1:53:33	0:51:10 ~ 0:51:19	0:25:15 ~ 0:25:24	103	2:13:16 ~ 2:13:36	1:02:40 ~ 1:02:49	0:32:00 ~ 0:32:04	37
1:33:32 ~ 1:33:42	0:39:50 ~ 0:40:09	0:18:45 ~ 0:18:49	168	1:53:34 ~ 1:53:55	0:51:20 ~ 0:51:29	0:25:25 ~ 0:25:29	102	2:13:37 ~ 2:13:57	1:02:50 ~ 1:02:59	0:32:05 ~ 0:32:09	36
1:33:43 ~ 1:33:52	0:40:10 ~ 0:40:19	0:18:50 ~ 0:18:54	167	1:53:56 ~ 1:54:06	0:51:30 ~ 0:51:39	0:25:30 ~ 0:25:34	101	2:13:58 ~ 2:14:18	1:03:00 ~ 1:03:09	0:32:10 ~ 0:32:14	35
1:33:53 ~ 1:34:13	0:40:20 ~ 0:40:29	0:18:55 ~ 0:18:59	166	1:54:07 ~ 1:54:16	0:51:40 ~ 0:51:49	0:25:35 ~ 0:25:39	100	2:14:19 ~ 2:14:39	1:03:10 ~ 1:03:19	0:32:15 ~ 0:32:19	34
1:34:14 ~ 1:34:34	0:40:30 ~ 0:40:39	0:19:00 ~ 0:19:04	165	1:54:17 ~ 1:54:37	0:51:50 ~ 0:51:59	0:25:40 ~ 0:25:44	99	2:14:40 ~ 2:14:50	1:03:20 ~ 1:03:29	0:32:20 ~ 0:32:29	33
1:34:35 ~ 1:34:55	0:40:40 ~ 0:40:49	0:19:05 ~ 0:19:14	164	1:54:38 ~ 1:54:58	0:52:00 ~ 0:52:09	0:25:45 ~ 0:25:54	98	2:14:51 ~ 2:15:00	1:03:30 ~ 1:03:39	0:32:30 ~ 0:32:34	32
1:34:56 ~ 1:35:16	0:40:50 ~ 0:40:59	0:19:15 ~ 0:19:19	163	1:54:59 ~ 1:55:19	0:52:10 ~ 0:52:19	0:25:55 ~ 0:25:59	97	2:15:01 ~ 2:15:22	1:03:40 ~ 1:03:49	0:32:35 ~ 0:32:39	31
1:35:17 ~ 1:35:38	0:41:00 ~ 0:41:09	0:19:20 ~ 0:19:24	162	1:55:20 ~ 1:55:40	0:52:20 ~ 0:52:29	0:26:00 ~ 0:26:04	96	2:15:23 ~ 2:15:43	1:03:50 ~ 1:03:59	0:32:40 ~ 0:32:44	30
1:35:39 ~ 1:35:59	0:41:10 ~ 0:41:19	0:19:25 ~ 0:19:29	161	1:55:41 ~ 1:56:01	0:52:30 ~ 0:52:39	0:26:05 ~ 0:26:09	95	2:15:44 ~ 2:16:04	1:04:00 ~ 1:04:09	0:32:45 ~ 0:32:49	29
1:36:00 ~ 1:36:10	0:41:20 ~ 0:41:29	0:19:30 ~ 0:19:34	160	1:56:02 ~ 1:56:22	0:52:40 ~ 0:52:49	0:26:10 ~ 0:26:19	94	2:16:05 ~ 2:16:25	1:04:10 ~ 1:04:19	0:32:50 ~ 0:32:59	28
1:36:11 ~ 1:36:20	0:41:30 ~ 0:41:39	0:19:35 ~ 0:19:44	159	1:56:23 ~ 1:56:33	0:52:50 ~ 0:53:09	0:26:20 ~ 0:26:24	93	2:16:26 ~ 2:16:46	1:04:20 ~ 1:04:29	0:33:00 ~ 0:33:04	27
1:36:21 ~ 1:36:41	0:41:40 ~ 0:41:49	0:19:45 ~ 0:19:49	158	1:56:34 ~ 1:56:43	0:53:10 ~ 0:53:19	0:26:25 ~ 0:26:29	92	2:16:47 ~ 2:16:57	1:04:30 ~ 1:04:39	0:33:05 ~ 0:33:09	26
1:36:42 ~ 1:37:02	0:41:50 ~ 0:41:59	0:19:50 ~ 0:19:54	157	1:56:44 ~ 1:57:04	0:53:20 ~ 0:53:29	0:26:30 ~ 0:26:34	91	2:16:58 ~ 2:17:07	1:04:40 ~ 1:04:49	0:33:10 ~ 0:33:14	25
1:37:03 ~ 1:37:23	0:42:00 ~ 0:42:09	0:19:55 ~ 0:19:59	156	1:57:05 ~ 1:57:26	0:53:30 ~ 0:53:39	0:26:35 ~ 0:26:39	90	2:17:08 ~ 2:17:28	1:04:50 ~ 1:04:59	0:33:15 ~ 0:33:24	24
1:37:24 ~ 1:37:44	0:42:10 ~ 0:42:19	0:20:00 ~ 0:20:09	155	1:57:27 ~ 1:57:47	0:53:40 ~ 0:53:49	0:26:40 ~ 0:26:49	89	2:17:29 ~ 2:17:49	1:05:00 ~ 1:05:09	0:33:25 ~ 0:33:29	23
1:37:45 ~ 1:38:05	0:42:20 ~ 0:42:29	0:20:10 ~ 0:20:14	154	1:57:48 ~ 1:58:08	0:53:50 ~ 0:53:59	0:26:50 ~ 0:26:54	88	2:17:50 ~ 2:18:10	1:05:10 ~ 1:05:19	0:33:30 ~ 0:33:34	22
1:38:06 ~ 1:38:16	0:42:30 ~ 0:42:39	0:20:15 ~ 0:20:19	153	1:58:09 ~ 1:58:29	0:54:00 ~ 0:54:09	0:26:55 ~ 0:26:59	87	2:18:11 ~ 2:18:31	1:05:20 ~ 1:05:29	0:33:35 ~ 0:33:39	21
1:38:17 ~ 1:38:26	0:42:40 ~ 0:42:49	0:20:20 ~ 0:20:24	152	1:58:30 ~ 1:58:40	0:54:10 ~ 0:54:19	0:27:00 ~ 0:27:04	86	2:18:32 ~ 2:18:53	1:05:30 ~ 1:05:39	0:33:40 ~ 0:33:44	20
1:38:27 ~ 1:38:47	0:42:50 ~ 0:42:59	0:20:25 ~ 0:20:29	151	1:58:41 ~ 1:58:50	0:54:20 ~ 0:54:29	0:27:05 ~ 0:27:09	85	2:18:54 ~ 2:19:14	1:05:40 ~ 1:05:49	0:33:45 ~ 0:33:54	19
1:38:48 ~ 1:39:08	0:43:00 ~ 0:43:09	0:20:30 ~ 0:20:39	150	1:58:51 ~ 1:59:11	0:54:30 ~ 0:54:39	0:27:10 ~ 0:27:19	84	2:19:15 ~ 2:19:25	1:05:50 ~ 1:05:59	0:33:55 ~ 0:33:59	18
1:39:09 ~ 1:39:30	0:43:10 ~ 0:43:19	0:20:40 ~ 0:20:44	149	1:59:12 ~ 1:59:32	0:54:40 ~ 0:54:49	0:27:20 ~ 0:27:24	83	2:19:26 ~ 2:19:35	1:06:00 ~ 1:06:19	0:34:00 ~ 0:34:04	17
1:39:31 ~ 1:39:51	0:43:20 ~ 0:43:29	0:20:45 ~ 0:20:49	148	1:59:33 ~ 1:59:53	0:54:50 ~ 0:54:59	0:27:25 ~ 0:27:29	82	2:19:36 ~ 2:19:56	1:06:20 ~ 1:06:29	0:34:05 ~ 0:34:09	16
1:39:52 ~ 1:40:12	0:43:30 ~ 0:43:39	0:20:50 ~ 0:20:54	147	1:59:54 ~ 2:00:14	0:55:00 ~ 0:55:09	0:27:30 ~ 0:27:34	81	2:19:57 ~ 2:20:17	1:06:30 ~ 1:06:39	0:34:10 ~ 0:34:14	15
1:40:13 ~ 1:40:33	0:43:40 ~ 0:43:49	0:20:55 ~ 0:20:59	146	2:00:15 ~ 2:00:35	0:55:10 ~ 0:55:19	0:27:35 ~ 0:27:44	80	2:20:18 ~ 2:20:38	1:06:40 ~ 1:06:49	0:34:15 ~ 0:34:24	14
1:40:34 ~ 1:40:44	0:43:50 ~ 0:43:59	0:21:00 ~ 0:21:09	145	2:00:36 ~ 2:00:57	0:55:20 ~ 0:55:29	0:27:45 ~ 0:27:49	79	2:20:39 ~ 2:20:59	1:06:50 ~ 1:06:59	0:34:25 ~ 0:34:29	13
1:40:45 ~ 1:40:54	0:44:00 ~ 0:44:09	0:21:10 ~ 0:21:14	144	2:00:58 ~ 2:01:08	0:55:30 ~ 0:55:39	0:27:50 ~ 0:27:54	78	2:21:00 ~ 2:21:20	1:07:00 ~ 1:07:09	0:34:30 ~ 0:34:34	12
1:40:55 ~ 1:41:15	0:44:10 ~ 0:44:29	0:21:15 ~ 0:21:19	143	2:01:09 ~ 2:01:18	0:55:40 ~ 0:55:49	0:27:55 ~ 0:27:59	77	2:21:21 ~ 2:21:31	1:07:10 ~ 1:07:19	0:34:35 ~ 0:34:39	11
1:41:16 ~ 1:41:36	0:44:30 ~ 0:44:39	0:21:20 ~ 0:21:24	142	2:01:19 ~ 2:01:39	0:55:50 ~ 0:55:59	0:28:00 ~ 0:28:04	76	2:21:32 ~ 2:21:41	1:07:20 ~ 1:07:29	0:34:40 ~ 0:34:49	10