

フルマラソンラップタイム表

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