

第3回奥三河マラソンシリーズ ポイント表【男性】

タイム/km		ポイント【男性】				参考：換算タイム			
分	秒	ハーフ	10km	5km	秒/km	ハーフ	10km	5km	
~3	0	152	135	104	180	1:03' 18	30' 00	15' 00	
3	1	151	134	104	181	1:03' 39	30' 10	15' 05	
3	2	150	133	103	182	1:04' 00	30' 20	15' 10	
3	3	149	132	102	183	1:04' 21	30' 30	15' 15	
3	4	148	131	102	184	1:04' 42	30' 40	15' 20	
3	5	147	130	101	185	1:05' 03	30' 50	15' 25	
3	6	146	129	100	186	1:05' 24	31' 00	15' 30	
3	7	145	128	100	187	1:05' 45	31' 10	15' 35	
3	8	144	127	99	188	1:06' 06	31' 20	15' 40	
3	9	143	126	98	189	1:06' 27	31' 30	15' 45	
3	10	142	126	98	190	1:06' 49	31' 40	15' 50	
3	11	141	125	97	191	1:07' 10	31' 50	15' 55	
3	12	140	124	96	192	1:07' 31	32' 00	16' 00	
3	13	139	123	95	193	1:07' 52	32' 10	16' 05	
3	14	138	122	95	194	1:08' 13	32' 20	16' 10	
3	15	137	121	94	195	1:08' 34	32' 30	16' 15	
3	16	136	120	93	196	1:08' 55	32' 40	16' 20	
3	17	136	119	93	197	1:09' 16	32' 50	16' 25	
3	18	135	118	92	198	1:09' 37	33' 00	16' 30	
3	19	134	117	91	199	1:09' 58	33' 10	16' 35	
3	20	133	116	91	200	1:10' 20	33' 20	16' 40	
3	21	132	115	90	201	1:10' 41	33' 30	16' 45	
3	22	131	114	89	202	1:11' 02	33' 40	16' 50	
3	23	130	113	89	203	1:11' 23	33' 50	16' 55	
3	24	129	112	88	204	1:11' 44	34' 00	17' 00	
3	25	128	111	87	205	1:12' 05	34' 10	17' 05	
3	26	127	110	87	206	1:12' 26	34' 20	17' 10	
3	27	126	110	86	207	1:12' 47	34' 30	17' 15	
3	28	125	109	85	208	1:13' 08	34' 40	17' 20	
3	29	124	108	84	209	1:13' 29	34' 50	17' 25	
3	30	123	107	84	210	1:13' 50	35' 00	17' 30	
3	31	122	106	83	211	1:14' 12	35' 10	17' 35	
3	32	121	105	82	212	1:14' 33	35' 20	17' 40	
3	33	120	104	82	213	1:14' 54	35' 30	17' 45	
3	34	119	103	81	214	1:15' 15	35' 40	17' 50	
3	35	118	102	80	215	1:15' 36	35' 50	17' 55	
3	36	117	101	80	216	1:15' 57	36' 00	18' 00	
3	37	116	100	79	217	1:16' 18	36' 10	18' 05	
3	38	115	99	78	218	1:16' 39	36' 20	18' 10	
3	39	114	98	78	219	1:17' 00	36' 30	18' 15	
3	40	113	97	77	220	1:17' 21	36' 40	18' 20	
3	41	112	96	76	221	1:17' 43	36' 50	18' 25	
3	42	111	95	75	222	1:18' 04	37' 00	18' 30	
3	43	110	94	75	223	1:18' 25	37' 10	18' 35	
3	44	109	94	74	224	1:18' 46	37' 20	18' 40	
3	45	108	93	73	225	1:19' 07	37' 30	18' 45	
3	46	107	92	73	226	1:19' 28	37' 40	18' 50	
3	47	106	91	72	227	1:19' 49	37' 50	18' 55	
3	48	105	90	71	228	1:20' 10	38' 00	19' 00	
3	49	104	89	71	229	1:20' 31	38' 10	19' 05	
3	50	103	88	70	230	1:20' 52	38' 20	19' 10	
3	51	102	87	69	231	1:21' 14	38' 30	19' 15	
3	52	101	86	69	232	1:21' 35	38' 40	19' 20	
3	53	100	85	68	233	1:21' 56	38' 50	19' 25	
3	54	99	84	67	234	1:22' 17	39' 00	19' 30	
3	55	98	83	67	235	1:22' 38	39' 10	19' 35	
3	56	97	82	66	236	1:22' 59	39' 20	19' 40	
3	57	96	81	65	237	1:23' 20	39' 30	19' 45	
3	58	95	80	64	238	1:23' 41	39' 40	19' 50	
3	59	94	79	64	239	1:24' 02	39' 50	19' 55	
4	0	93	78	63	240	1:24' 23	40' 00	20' 00	
4	1	92	78	62	241	1:24' 44	40' 10	20' 05	
4	2	91	77	62	242	1:25' 06	40' 20	20' 10	
4	3	90	76	61	243	1:25' 27	40' 30	20' 15	
4	4	89	75	60	244	1:25' 48	40' 40	20' 20	
4	5	88	74	60	245	1:26' 09	40' 50	20' 25	
4	6	87	73	59	246	1:26' 30	41' 00	20' 30	
4	7	86	72	58	247	1:26' 51	41' 10	20' 35	
4	8	85	71	58	248	1:27' 12	41' 20	20' 40	
4	9	84	70	57	249	1:27' 33	41' 30	20' 45	
4	10	83	69	56	250	1:27' 54	41' 40	20' 50	
4	11	82	68	55	251	1:28' 15	41' 50	20' 55	
4	12	81	67	55	252	1:28' 37	42' 00	21' 00	
4	13	80	66	54	253	1:28' 58	42' 10	21' 05	
4	14	79	65	53	254	1:29' 19	42' 20	21' 10	
4	15	78	64	53	255	1:29' 40	42' 30	21' 15	
4	16	77	63	52	256	1:30' 01	42' 40	21' 20	

タイム/km		ポイント【男性】				参考：換算タイム			
分	秒	ハーフ	10km	5km	秒/km	ハーフ	10km	5km	
4	17	76	62	51	257	1:30' 22	42' 50	21' 25	
4	18	75	62	51	258	1:30' 43	43' 00	21' 30	
4	19	74	61	50	259	1:31' 04	43' 10	21' 35	
4	20	73	60	49	260	1:31' 25	43' 20	21' 40	
4	21	72	59	49	261	1:31' 46	43' 30	21' 45	
4	22	71	58	48	262	1:32' 08	43' 40	21' 50	
4	23	70	57	47	263	1:32' 29	43' 50	21' 55	
4	24	69	56	47	264	1:32' 50	44' 00	22' 00	
4	25	68	55	46	265	1:33' 11	44' 10	22' 05	
4	26	67	54	45	266	1:33' 32	44' 20	22' 10	
4	27	66	53	44	267	1:33' 53	44' 30	22' 15	
4	28	65	52	44	268	1:34' 14	44' 40	22' 20	
4	29	65	51	43	269	1:34' 35	44' 50	22' 25	
4	30	64	50	42	270	1:34' 56	45' 00	22' 30	
4	31	63	49	42	271	1:35' 17	45' 10	22' 35	
4	32	62	48	41	272	1:35' 39	45' 20	22' 40	
4	33	61	47	40	273	1:36' 00	45' 30	22' 45	
4	34	60	46	40	274	1:36' 21	45' 40	22' 50	
4	35	59	46	39	275	1:36' 42	45' 50	22' 55	
4	36	58	45	38	276	1:37' 03	46' 00	23' 00	
4	37	57	44	38	277	1:37' 24	46' 10	23' 05	
4	38	56	43	37	278	1:37' 45	46' 20	23' 10	
4	39	55	42	36	279	1:38' 06	46' 30	23' 15	
4	40	54	41	35	280	1:38' 27	46' 40	23' 20	
4	41	53	40	35	281	1:38' 48	46' 50	23' 25	
4	42	52	39	34	282	1:39' 09	47' 00	23' 30	
4	43	51	38	33	283	1:39' 31	47' 10	23' 35	
4	44	50	37	33	284	1:39' 52	47' 20	23' 40	
4	45	49	36	32	285	1:40' 13	47' 30	23' 45	
4	46	48	35	31	286	1:40' 34	47' 40	23' 50	
4	47	47	34	31	287	1:40' 55	47' 50	23' 55	
4	48	46	33	30	288	1:41' 16	48' 00	24' 00	
4	49	45	32	29	289	1:41' 37	48' 10	24' 05	
4	50	44	31	29	290	1:41' 58	48' 20	24' 10	
4	51	43	30	28	291	1:42' 19	48' 30	24' 15	
4	52	42	30	27	292	1:42' 40	48' 40	24' 20	
4	53	41	29	27	293	1:43' 02	48' 50	24' 25	
4	54	40	28	26	294	1:43' 23	49' 00	24' 30	
4	55	39	27	25	295	1:43' 44	49' 10	24' 35	
4	56	38	26	24	296	1:44' 05	49' 20	24' 40	
4	57	37	25	24	297	1:44' 26	49' 30	24' 45	
4	58	36	24	23	298	1:44' 47	49' 40	24' 50	
4	59	35	23	22	299	1:45' 08	49' 50	24' 55	
5	0	34	22	22	300	1:45' 29	50' 00	25' 00	
5	1	33	21	21	301	1:45' 50	50' 10	25' 05	
5	2	32	20	20	302	1:46' 11	50' 20	25' 10	
5	3	31	19	20	303	1:46' 33	50' 30	25' 15	
5	4	30	18	19	304	1:46' 54	50' 40	25' 20	
5	5	29	17	18	305	1:47' 15	50' 50	25' 25	
5	6	28	16	18	306	1:47' 36	51' 00	25' 30	
5	7	27	15	17	307	1:47' 57	51' 10	25' 35	
5	8	26	14	16	308	1:48' 18	51' 20	25' 40	
5	9	25	13	15	309	1:48' 39	51' 30	25' 45	
5	10	24	13	15	310	1:49' 00	51' 40	25' 50	
5	11	23	12	14	311	1:49' 21	51' 50	25' 55	
5	12	22	11	13	312	1:49' 42	52' 00	26' 00	
5	13	21	10	13	313	1:50' 04	52' 10	26' 05	
5	14	20	9	12	314	1:50' 25	52' 20	26' 10	
5	15	19	8	11	315	1:50' 46	52' 30	26' 15	
5	16	18	7	11	316	1:51' 07	52' 40	26' 20	
5	17	17	6	10	317	1:51' 28	52' 50	26' 25	
5	18	16	5	9	318	1:51' 49	53' 00	26' 30	
5	19	15	4	9	319	1:52' 10	53' 10	26' 35	
5	20	14	3	8	320	1:52' 31	53' 20	26' 40	
5	21	13	2	7	321	1:52' 52	53' 30	26' 45	
5	22	12	1	7	322	1:53' 13	53' 40	26' 50	
5	23	11	1	6	323	1:53' 34	53' 50	26' 55	
5	24	10	1	5	324	1:53' 56	54' 00	27' 00	
5	25	9	1	4	32				