【ターゲット タイム】

T-10ベスト更新のための練習方法（ｻｰｸﾙとﾀｰｹﾞｯﾄﾀｲﾑ）									T-10距離からみた1500m目標タイムと距離ごとのアベレージ算出（単純割）											
T-10目標	50m×16(AT2)		50m×8(OL)		100m×8(AT2)		200m×4(AT2)		1500目標ﾀｲﾑ	50AVE	100通過		200通過		300通過		400通過		500通過		800通過		1000通過	
759	45秒	37.7	50秒	36.7	1分30秒	1 16.3	3分	2 33.3	19 45.0	39.5	1	19.0	2	38.0	3	57.0	5	16.0	6	35.0	10	32.0	13	10.0
750		38.2		37.3		1 17.4		2 35.5	20 0.0	40.0	1	20.0	2	40.0	4	0.0	5	20.0	6	40.0	10	40.0	13	20.0
741		38.8		37.8		1 18.6		2 37.8	20 15.0	40.5	1	21.0	2	42.0	4	3.0	5	24.0	6	45.0	10	48.0	13	30.0
732		39.4		38.4		1 19.7		2 40.1	20 30.0	41.0	1	22.0	2	44.0	4	6.0	5	28.0	6	50.0	10	56.0	13	40.0
723		39.9		38.9		1 20.8		2 42.3	20 45.0	41.5	1	23.0	2	46.0	4	9.0	5	32.0	6	55.0	11	4.0	13	50.0
714	50秒	39.6	55秒	38.6	1分35秒	1 21.1	3分10秒	2 43.0	21 0.0	42.0	1	24.0	2	48.0	4	12.0	5	36.0	7	0.0	11	12.0	14	0.0
706		40.2		39.2		1 22.3		2 45.2	21 15.0	42.5	1	25.0	2	50.0	4	15.0	5	40.0	7	5.0	11	20.0	14	10.0
698		40.8		39.7		1 23.4		2 47.5	21 30.0	43.0	1	26.0	2	52.0	4	18.0	5	44.0	7	10.0	11	28.0	14	20.0
690		41.3		40.3		1 24.6		2 49.8	21 45.0	43.5	1	27.0	2	54.0	4	21.0	5	48.0	7	15.0	11	36.0	14	30.0
682		41.9		40.8		1 25.7		2 52.1	22 0.0	44.0	1	28.0	2	56.0	4	24.0	5	52.0	7	20.0	11	44.0	14	40.0
674		42.5		41.4	1分40秒	1 26.0		2 52.7	22 15.0	44.5	1	29.0	2	58.0	4	27.0	5	56.0	7	25.0	11	52.0	14	50.0
667		43.0		41.9		1 27.1		2 55.0	22 30.0	45.0	1	30.0	3	0.0	4	30.0	6	0.0	7	30.0	12	0.0	15	0.0
659		43.6		42.5		1 28.3		2 57.3	22 45.0	45.5	1	31.0	3	2.0	4	33.0	6	4.0	7	35.0	12	8.0	15	10.0
652		44.2		43.1		1 29.4		2 59.6	23 0.0	46.0	1	32.0	3	4.0	4	36.0	6	8.0	7	40.0	12	16.0	15	20.0
645		44.7		43.6		1 30.6		3 1.9	23 15.0	46.5	1	33.0	3	6.0	4	39.0	6	12.0	7	45.0	12	24.0	15	30.0
638	55秒	44.4	60秒	43.2	1分45秒	1 30.8	3分30秒	3 2.4	23 30.0	47.0	1	34.0	3	8.0	4	42.0	6	16.0	7	50.0	12	32.0	15	40.0
632		44.9		43.8		1 32.0		3 4.7	23 45.0	47.5	1	35.0	3	10.0	4	45.0	6	20.0	7	55.0	12	40.0	15	50.0
625		45.5		44.4		1 33.1		3 7.0	24 0.0	48.0	1	36.0	3	12.0	4	48.0	6	24.0	8	0.0	12	48.0	16	0.0
619		46.1		44.9		1 34.3		3 9.3	24 15.0	48.5	1	37.0	3	14.0	4	51.0	6	28.0	8	5.0	12	56.0	16	10.0
612		46.6		45.5		1 35.5		3 11.7	24 30.0	49.0	1	38.0	3	16.0	4	54.0	6	32.0	8	10.0	13	4.0	16	20.0
606		47.2		46.0	1分50秒	1 35.6	3分40秒	3 12.1	24 45.0	49.5	1	39.0	3	18.0	4	57.0	6	36.0	8	15.0	13	12.0	16	30.0
600		47.8		46.6		1 36.8		3 14.4	25 0.0	50.0	1	40.0	3	20.0	5	0.0	6	40.0	8	20.0	13	20.0	16	40.0
594		48.4		47.2		1 38.0		3 16.7	25 15.0	50.5	1	41.0	3	22.0	5	3.0	6	44.0	8	25.0	13	28.0	16	50.0
588		49.0		47.7		1 39.1		3 19.1	25 30.0	51.0	1	42.0	3	24.0	5	6.0	6	48.0	8	30.0	13	36.0	17	0.0
583		49.5		48.3		1 40.3		3 21.5	25 45.0	51.5	1	43.0	3	26.0	5	9.0	6	52.0	8	35.0	13	44.0	17	10.0
577	60秒	49.1	65秒	47.8	1分55秒	1 40.5	3分50秒	3 21.8	26 0.0	52.0	1	44.0	3	28.0	5	12.0	6	56.0	8	40.0	13	52.0	17	20.0
571		49.7		48.4		1 41.6		3 24.1	26 15.0	52.5	1	45.0	3	30.0	5	15.0	7	0.0	8	45.0	14	0.0	17	30.0
566		50.2		49.0		1 42.8		3 26.5	26 30.0	53.0	1	46.0	3	32.0	5	18.0	7	4.0	8	50.0	14	8.0	17	40.0
561		50.8		49.5		1 44.0		3 28.9	26 45.0	53.5	1	47.0	3	34.0	5	21.0	7	8.0	8	55.0	14	16.0	17	50.0
556		51.4		50.1		1 45.2		3 31.2	27 0.0	54.0	1	48.0	3	36.0	5	24.0	7	12.0	9	0.0	14	24.0	18	0.0
550		52.0		50.7	2分	1 45.3	4分	3 31.5	27 15.0	54.5	1	49.0	3	38.0	5	27.0	7	16.0	9	5.0	14	32.0	18	10.0
545		52.6		51.3		1 46.5		3 33.8	27 30.0	55.0	1	50.0	3	40.0	5	30.0	7	20.0	9	10.0	14	40.0	18	20.0
541		53.2		51.8		1 47.7		3 36.2	27 45.0	55.5	1	51.0	3	42.0	5	33.0	7	24.0	9	15.0	14	48.0	18	30.0
536		53.8		52.4		1 48.9		3 38.6	28 0.0	56.0	1	52.0	3	44.0	5	36.0	7	28.0	9	20.0	14	56.0	18	40.0
531		54.4		53.0		1 50.1		3 41.0	28 15.0	56.5	1	53.0	3	46.0	5	39.0	7	32.0	9	25.0	15	4.0	18	50.0
526	65秒	53.8	70秒	52.4	2分05秒	1 50.1	4分10秒	3 41.2	28 30.0	57.0	1	54.0	3	48.0	5	42.0	7	36.0	9	30.0	15	12.0	19	0.0
522		54.4		53.0		1 51.3		3 43.6	28 45.0	57.5	1	55.0	3	50.0	5	45.0	7	40.0	9	35.0	15	20.0	19	10.0
517		55.0		53.6		1 52.5		3 46.0	29 0.0	58.0	1	56.0	3	52.0	5	48.0	7	44.0	9	40.0	15	28.0	19	20.0
513		55.6		54.2		1 53.7		3 48.4	29 15.0	58.5	1	57.0	3	54.0	5	51.0	7	48.0	9	45.0	15	36.0	19	30.0
508		56.2		54.8		1 54.9		3 50.8	29 30.0	59.0	1	58.0	3	56.0	5	54.0	7	52.0	9	50.0	15	44.0	19	40.0
504		56.8		55.3	2分10秒	1 55.0	4分20秒	3 50.9	29 45.0	59.5	1	59.0	3	58.0	5	57.0	7	56.0	9	55.0	15	52.0	19	50.0
500		57.4		55.9		1 56.2		3 53.3	30 0.0	60.0	2	0.0	4	0.0	6	0.0	8	0.0	10	0.0	16	0.0	20	0.0
496		58.0		56.5		1 57.4		3 55.7	30 15.0	60.5	2	1.0	4	2.0	6	3.0	8	4.0	10	5.0	16	8.0	20	10.0
492		58.6		57.1		1 58.6		3 58.1	30 30.0	61.0	2	2.0	4	4.0	6	6.0	8	8.0	10	10.0	16	16.0	20	20.0
488		59.2		57.7		1 59.8		4 0.6	30 45.0	61.5	2	3.0	4	6.0	6	9.0	8	12.0	10	15.0	16	24.0	20	30.0
484	70秒	58.5	75秒	57.0	2分15秒	1 59.8	4分30秒	4 0.6	31 0.0	62.0	2	4.0	4	8.0	6	12.0	8	16.0	10	20.0	16	32.0	20	40.0
480		59.1		57.6		2 1.0		4 3.0	31 15.0	62.5	2	5.0	4	10.0	6	15.0	8	20.0	10	25.0	16	40.0	20	50.0
476		59.7		58.2		2 2.2		4 5.4	31 30.0	63.0	2	6.0	4	12.0	6	18.0	8	24.0	10	30.0	16	48.0	21	0.0
472		60.3		58.8		2 3.4		4 7.9	31 45.0	63.5	2	7.0	4	14.0	6	21.0	8	28.0	10	35.0	16	56.0	21	10.0
469		60.9		59.4		2 4.7		4 10.4	32 0.0	64.0	2	8.0	4	16.0	6	24.0	8	32.0	10	40.0	17	4.0	21	20.0
465		61.5		60.0	2分20秒	2 4.6	4分40秒	4 10.3	32 15.0	64.5	2	9.0	4	18.0	6	27.0	8	36.0	10	45.0	17	12.0	21	30.0
462		62.1		60.6		2 5.8		4 12.7	32 30.0	65.0	2	10.0	4	20.0	6	30.0	8	40.0	10	50.0	17	20.0	21	40.0
458		62.7		61.2		2 7.1		4 15.2	32 45.0	65.5	2	11.0	4	22.0	6	33.0	8	44.0	10	55.0	17	28.0	21	50.0
455		63.4		61.8		2 8.3		4 17.7	33 0.0	66.0	2	12.0	4	24.0	6	36.0	8	48.0	11	0.0	17	36.0	22	0.0
451		64.0		62.4		2 9.5		4 20.1	33 15.0	66.5	2	13.0	4	26.0	6	39.0	8	52.0	11	5.0	17	44.0	22	10.0
448	75秒	63.2	80秒	61.6	2分25秒	2 9.4	4分50秒	4 20.0	33 30.0	67.0	2	14.0	4	28.0	6	42.0	8	56.0	11	10.0	17	52.0	22	20.0
444		63.9		62.2		2 10.7		4 22.4	33 45.0	67.5	2	15.0	4	30.0	6	45.0	9	0.0	11	15.0	18	0.0	22	30.0
441		64.5		62.8		2 11.9		4 24.9	34 0.0	68.0	2	16.0	4	32.0	6	48.0	9	4.0	11	20.0	18	8.0	22	40.0
438		65.1		63.4		2 13.2		4 27.4	34 15.0	68.5	2	17.0	4	34.0	6	51.0	9	8.0	11	25.0	18	16.0	22	50.0
435		65.7		64.0		2 14.4		4 29.9	34 30.0	69.0	2	18.0	4	36.0	6	54.0	9	12.0	11	30.0	18	24.0	23	0.0
432		66.3		64.6	2分30秒	2 14.3	5分	4 29.7	34 45.0	69.5	2	19.0	4	38.0	6	57.0	9	16.0	11	35.0	18	32.0	23	10.0
429		66.9		65.2		2 15.5		4 32.2	35 0.0	70.0	2	20.0	4	40.0	7	0.0	9	20.0	11	40.0	18	40.0	23	20.0
426		67.5		65.8		2 16.8		4 34.7	35 15.0	70.5	2	21.0	4	42.0	7	3.0	9	24.0	11	45.0	18	48.0	23	30.0
423		68.2		66.5		2 18.0		4 37.2	35 30.0	71.0	2	22.0	4	44.0	7	6.0	9	28.0	11	50.0	18	56.0	23	40.0
420		68.8		67.1		2 19.3		4 39.7	35 45.0	71.5	2	23.0	4	46.0	7	9.0	9	32.0	11	55.0	19	4.0	23	50.0
417	80秒	68.0	85秒	66.2	2分35秒	2 19.1	5分10秒	4 39.4	36 0.0	72.0	2	24.0	4	48.0	7	12.0	9	36.0	12	0.0	19	12.0	24	0.0
414		68.6		66.8		2 20.4		4 41.9	36 15.0	72.5	2	25.0	4	50.0	7	15.0	9	40.0	12	5.0	19	20.0	24	10.0
411		69.2		67.5		2 21.6		4 44.4	36 30.0	73.0	2	26.0	4	52.0	7	18.0	9	44.0	12	10.0	19	28.0	24	20.0
408		69.8		68.1		2 22.9		4 46.9	36 45.0	73.5	2	27.0	4	54.0	7	21.0	9	48.0	12	15.0	19	36.0	24	30.0
405		70.4		68.7		2 24.2		4 49.5	37 0.0	74.0	2	28.0	4	56.0	7	24.0	9	52.0	12	20.0	19	44.0	24	40.0
403		71.1		69.3	2分40秒	2 23.9	5分20秒	4 49.1	37 15.0	74.5	2	29.0	4	58.0	7	27.0	9	56.0	12	25.0	19	52.0	24	50.0
400		71.7		69.9		2 25.2		4 51.6	37 30.0	75.0	2	30.0	5	0.0	7	30.0	10	0.0	12	30.0	20	0.0	25	0.0
397		72.3		70.5		2 26.5		4 54.1	37 45.0	75.5	2	31.0	5	2.0	7	33.0	10	4.0	12	35.0	20	8.0	25	10.0
395		73.0		71.1		2 27.7		4 56.7	38 0.0	76.0	2	32.0	5	4.0	7	36.0	10	8.0	12	40.0	20	16.0	25	20.0
392		73.6		71.8		2 29.0		4 59.3	38 15.0	76.5	2	33.0	5	6.0	7	39.0	10	12.0	12	45.0	20	24.0	25	30.0
390	85秒	72.7	90秒	70.8	2分45秒	2 28.8	5分30秒	4 58.8	38 30.0	77.0	2	34.0	5	8.0	7	42.0	10	16.0	12	50.0	20	32.0	25	40.0
387		73.3		71.5		2 30.0		5 1.3	38 45.0	77.5	2	35.0	5	10.0	7	45.0	10	20.0	12	55.0	20	40.0	25	50.0
385		73.9		72.1		2 31.3		5 3.9	39 0.0	78.0	2	36.0	5	12.0	7	48.0	10	24.0	13	0.0	20	48.0	26	0.0
382		74.6		72.7		2 32.6		5 6.5	39 15.0	78.5	2	37.0	5	14.0	7	51.0	10	28.0	13	5.0	20	56.0	26	10.0
380		75.2		73.3		2 33.9		5 9.0	39 30.0	79.0	2	38.0	5	16.0	7	54.0	10	32.0	13	10.0	21	4.0	26	20.0

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