

10or5km			20170204 第五戦 Half km							年間	年間P	最終	Winners			
2015	2014	特別	Time	Place	Point	2016	2015	014(10k)	特別	加	Total	結果	2017	2016	2015	2014
												0				
1:2'16			2:10:52	1	4		2:14'29		1	1	9	3	★	☆	☆	
										0	0	0				
										0	0	0				
										0	0	0				
45'24			1:33:58	1	4	1:34:28	1:37'07		1	1	5	-1		☆		
										0	0	0				
										0	0	0				
			1:42:46	3	2	1:40:21				0	9	7	△			
48'47	54'14		0:12:37	4	1		1:46'26	49'24		0	1	1				★
51'13		1	1:42:42	2	3	1:48:56	1:56'38		1	3	14	8	★	☆		
												0				
54'00			2:04:23	5	1	2:06:23	1:56'37		1	1	2	2				
			1:02:17													
			1:57:40	4	1	1:59:15	2:00:53		1	1	2	2				
			0:13:11			0:13:05				0	0	0				
46'00	50'10		1:53:28	2	3	0:13:23	0k46'04	48'25		1	8	6	★			★
			1:44:31	1	4	1:45:38		47'51	1	1	5	5	△			
												0				
			DNS			2:07:20	2:07'03	56'49		0	0	0				
										0	0	0				
			ボラ						1	1	1	1				
45'51			0:44:46				1:44'54			0	0	0				
			1:55:32	3	2	1:56:41	1:57'36	53'25	1	1	3	3				
48'35	59'10	1	1:55:25	3	2	1:42:57	1:43'53	52'26		2	16	10	★	☆	☆	☆
47'16	51'00		0:45:43	5	1	1:47:36		46'21		1	8	6	△			
50'38			0:46:21	6	1	2:05:48	2:03'33	47'51		0	1	1				
										0	2	2				
			1:49:50	2	3	1:47:13	1:44'36	47'11		0	8	8				
51'22			ボラ			0:52:00		51'32	1	1	1	1				
46'02	47'46					1:42:03	1:49'47	46'11		0	0	-6		☆	☆	☆
			DNS				1:30'41			0	0	0				
			2:05:43	4	1	2:10:40	2:13'19	57'18		0	1	1				
			DNS							0	0	0				
			DNS							0	0	0				
			1:48:46	1	4		10k43'10	41'47		0	4	4				
57'47	57'47						2:07'33	57'47		0	0	-6		☆		
										0	0	0				
57'08	57'08						2:13'47	1:09'18		0	0	0				
			0:14:36	4		1:47:15	1:46'35	50'11		0	9	9	★			
51'46	51'35		1:51:15	1		1:55:27	3k			0	0	-2				
	59'07		0:56:11	3		0:56:13		56'43		0	4	4	△			
										0	0	0				
			1:55:53	2		1:49:36		48'11		0	0	0				
			0:20:16	5		0:18:52	3k			0	0	0				
	57'19	1						56'18		2	12	12	★			★
27'48						2:05:38	2:08'32	56'39		1	9	3		☆	☆	☆
	27'27		0:59:54	2	3	0:59:06		59'04		0	3	1				
28'31							10k58'07			0	0	0				
56'00			2:02:32	1	4	2:06:50	2:00'48		1	2	10	10	△			
	27'05		ボラ						1	1	1	1				★
										0	0	0				

									0	0	0				
			0:18:40	3	2				0	2	2				
31'28	31'33		1:09:41	2	4	1:02:28		1:04'05	0	20	14	★	☆	☆	☆
							2:28'08		0	0	0				
	28'04		0:59:10	1	3	0:56:29	2:14'12	56'30	0	3	3	△			
									0	0	0				
27'17	24'26		0:55:14	1	4	0:54:04	0k57'08	51'55	1	13	7	★	☆	☆	☆
			1:18:25	2	3	1:09:21		1:05'59	0	3	1	△			
	30'33	1	1:11:18	1	4	1:09:16	2:28'18	1:02'38	1	21	19	★			
									0	0	0				
						1:31:06	1:28'02	41'34	0	0	0				
								50'55			0				
											0				
46'51	47'01		0:46:36	9	1	0:48:10	0k43'13	44'50	0	1	1				
33'27			1:13:34	1	4	1:09:28	1:08'40		1	5	5				
			1:13:40	2	3	1:12:57	1:15'55		0	3	3				
											0				
40'23			1:24:40	3	2	1:26:40	1:27'09	39'51	1	3	14	8	△	☆	
									0	0	0				
											0				
			0:11:00			1:22:17	1:24'06		0	4	4				
39'05		1	1:28:18	4	1	1:35:17	1:35'01	41'58	1	2	10	8	△		
47'48	49'24	1				1:51:41	1:52'33	50'26	3	12	12	★			
			1:29:49	5	1	1:31:45			1	2	6	6			
			2:01:49	6	1	1:53:18			0	1	1	1			
			2:17:27	7	1	2:06:30	2:07'52		0	1	1	1			
			2:28:06	8	1	1:05:05			0	2	2	2			
			1:23:50	2	3	1:18:33			1	20	14	★	☆		
									0	0	0				
			1:09:40	1	4				0	4	4	4	△		
	44'58					1:51:18	0k46'11		0	0	0	0			
			0:32:57	4	1	0:33:56			0	1	1	1			
								41'47	0	3	3	3			
			1:26:34	3	2	1:31:06	1:29'03	34'51	1	1	3	1			★
											0				
											0				
									1	3	3	3			
									0	0	0	0			
41'55			0:40:11	5	1	1:32:32	1:28'36	44'13	2	10	8	8	△		
			0:25:48	6	1	0:24:17	3k		0	1	1	1			
			1:26:57	1	4	1:28:59			1	1		0			
			DNS			1:46:09	1:45'23	45'01	0	0	0	0			
						1:41:18			0	0	0	0			
									0	0	0	0			
			1:27:06	2	3	1:30:22	1:36'49	45'16	1	4	12	12	★		★
			1:27:16	3	2				1			0			
			1:37:58	4	1	1:35:42	1:46'09		0	1	1	1			
39'22	39'21					1:28:56		39'16	0	2	0	0			
									0	0	0	0			
						2:01:30			0		0	0			
									1	5	5	5	△		
			1:28:36	3	2	1:29:19	1:42'58		1	1	3	3			
			ボラ						1	1	5	5	△		
								47'35	0	0	0	0			
									0	0	0	0			
			1:45:40	7	1	1:56:17			1	5	5	5	△		
37'16	36'01		1:18:34	1	4	1:20:45	1:18'13	37'10	1	2	10	4		☆	☆

			1:26:54	2	3					0	3	3				
			2:27:54	8	1	1:37:33	1:38'17			0	2	2				
47'23	45'25		1:30:34	4	1	1:32:24	1:33'34	44'01	1	4	19	17	★			
			0:36:49	9	1	0:36:35				0	1	-5		☆		
			DNS			1:41:58				0	2	2				
			1:34:38	5	1		1:38'13		1	1	2	2				
			1:42:15	6	1	1:31:37	1:25'56	45'45		0	3	3				
44'03			1:26:19	1	4	1:28:20	1:32'17	44'53	1	2	12	12	△			
39'44	40'49	1	1:27:16	2	3	1:30:51	1:31'40	41'49	1	4	21	15	★	☆	☆	☆
										0	0	0				
			1:29:48	3	2		1:23'05	43'16		1	7	7				
								45'30		0	0	0				
			1:33:19	4	1							0				
							2:11'12			0	0	0				
44'03	44'50		1:41:02	5	1	1:38:32	1:36'3	43'50		0	5	5				
			1:43:00	6	1					0	1	1				
48'33		1	1:44:56	7	1	1:44:18	1:46'10		1	2	6	6				
										0	0	0				
50'38	49'25					1:54:17	1:52'26	50'26		0	3	3				
						1:54:17	2:07'51	56'49		0	0	0				
			1:54:41	8	1	1:56:05	1:59'21	53'13	1	2	4	4				
39'22	42'48	1	1:55:24	9	1	1:42:57	1:24'20	39'56		2	12	10				
49'30			DNS			1:45:10	1:42'20	47'39		0	2	2				
										0	0	0				
			1:31:32	1	4					0	4	4				
43'51	44'31		ボラ						1	2	12	6		☆		☆
	43'05		1:33:12	2	3					2	9	9	△			
41'28			1:33:52	3	2	1:30:39				1	9	7				
NF(故障)			0:49:12	10	1	1:45:33		45'53		0	1	-1				
										0	0	0				
			1:45:59	4	1	1:40:06	1:35'05	43'31		0	3	3				
	60'00									0	0	0				
			1:49:28	5	1	1:47:13	1:34'46	44'21		0	2	2				
41'55	41'19		1:52:19	6	1		1:33'59			0	5	5				
										0	0	0				
										0	0	0				
								1:00'53		0	0	0				
52'25			2:21:26	7	1	1:58:07	1:49'34	50'55		1	4	4				
		1	DNS			1:34:14	1:29'15			3	14	14	★			
			2:26:33	8	1	1:06:57				1	6	6				
			2:33:24	9	1	1:07:27	2:27'55	1:08'12		0	2	2				
			0:15:19	11	1			51'14		0	1	1				
	49'03	1				1:42:04	1:40'749	46'52		2	8	8				
48'20			1:58:08	1	4	1:58:42	1:46'33	47'43	1	1	6	0		☆		
	23'10		0:49:17	2	3	0:50:04		46'51	1	3	18	16	★			
			ボラ						1	1	1	1				
										0	0	0				
1:01'19			0:21:28	4	1	0:18:49		1:00'43		0	11	11	△			
49'48		1	DNS			1:56:23	1:51'59			1	8	8				
										0	0	0				
			0:58:45	3	2	0:54:45	1:59'53	55'05		0	5	5				
										0	0	0				
										0	0	0				
										0	0	0				
27'56			1:02:15	8	1	0:57:48				0	1	1				

							2:25'27			0	0	0				
22'14	22'25						10k45'39	47'48		0	0	0				
24'23			DNS			1:43:35	1:44'52	49'10		2	10	4		☆		
32'46							2:22'12			0	0	0				
22'58	23'24	1	1:42:07	1	4		1:47'21	45'54	1	3	11	11	★			
25'31			1:52:50	2	3					1	8	8				
										0	0	0				
			0:59:03	7	1	2:05:15				0	1	1				
										0	0	0				
23'45							2:07'32	48'23		0	0	0				
25'45			0:53:41	6	1		1:57'41	49'01		0	3	3				
25'48			1:53:15	3	2	1:58:26	1:56'16		1	3	12	10	△			
27'06	26'55	1	2:06:24	4	1	2:03:50	2:02'59	54'17		1	7	7				
28'28		1	2:17:28	5	1	2:16:38	2:02'53			3	7	7				
						2:16:36				0	0	0				
27'44	27'18		0:56:11	1	4	0:56:13	10k59'43	56'11		0	20	14	★	☆	★	★
32'19	31'19						2:15'16	57'47		0	2	2	△			★
			DNS				2:11'56	1:05'54		0	1	1				
			1:10:01	2	3	1:11:05	0k1:06'32			0	3	1				
	Walk									0	2	2				
47'45	37'51		ボラ						1	1	5	5	△			
46'53			ボラ				3km		1	1	3	3				
25'26	24'46		DNS				3km			0	0	0				
28'19	24'25		1:54:33	4	4	1:52:48	1:55'36	50'02		2	18	12	★	☆	★	★
29'51	31'35		ボラ			1:10:57	2:11'54	1:06'33	1	1	5	5	△			
	Walk					1:17:28	0k1:22'1	1:11'51		0	0	0				
	38'35		ボラ						1	1	1	1				
34'05	34'01						DNF			0	0	0				
	26'59	1	2:08:49	1	4	2:06:11	2:01'13	55'47		1	13	11	★			★