

木場公園

《30K走》

分/Km	3500m	5000m	10000m	20000m	30000m	40000m	21097.5m	42195m
10 0	35 0	50 0	1 40 0	3 20 0	5 0 0	6 40 0	3 30 59	7 1 57
9 30	33 15	47 30	1 35 0	3 9 60	4 45 0	6 19 60	3 20 26	6 40 51
9 0	31 30	45 0	1 30 0	3 0 0	4 30 0	6 0 0	3 9 53	6 19 45
8 30	29 45	42 30	1 25 0	2 50 0	4 15 0	5 40 0	2 59 20	5 58 39
8 0	28 0	40 0	1 20 0	2 40 0	4 0 0	5 20 0	2 48 47	5 37 34
7 30	26 15	37 30	1 15 0	2 30 0	3 45 0	5 0 0	2 38 14	5 16 28
7 0	24 30	35 0	1 10 0	2 20 0	3 30 0	4 40 0	2 27 41	4 55 22
6 30	22 45	32 30	1 5 0	2 10 0	3 15 0	4 20 0	2 17 8	4 34 16
6 0	21 0	30 0	1 0 0	2 0 0	3 0 0	4 0 0	2 6 35	4 13 10
5 30	19 15	27 30	0 55 0	1 50 0	2 45 0	3 40 0	1 56 2	3 52 4
5 0	17 30	25 0	0 50 0	1 40 0	2 30 0	3 20 0	1 45 29	3 30 59

分/Km	3500m	7000m	10500m	14000m	17500m	21000m	24500m	28000m	31500m
10 0	35 0	70 0	1 45 0	2 20 0	2 55 0	3 30 0	4 5 0	4 40 0	5 15 0
9 30	33 15	66 30	1 39 45	2 13 0	2 46 15	3 19 30	3 52 45	4 25 60	4 59 15
9 0	31 30	63 0	1 34 30	2 6 0	2 37 30	3 9 0	3 40 30	4 12 0	4 43 30
8 30	29 45	59 30	1 29 15	1 59 0	2 28 45	2 58 30	3 28 15	3 58 0	4 27 45
8 0	28 0	56 0	1 24 0	1 52 0	2 20 0	2 48 0	3 16 0	3 44 0	4 12 0
7 30	26 15	52 30	1 18 45	1 45 0	2 11 15	2 37 30	3 3 45	3 30 0	3 56 15
7 0	24 30	49 0	1 13 30	1 38 0	2 2 30	2 27 0	2 51 30	3 16 0	3 40 30
6 30	22 45	45 30	1 8 15	1 31 0	1 53 45	2 16 30	2 39 15	3 2 0	3 24 45
6 0	21 0	42 0	1 3 0	1 24 0	1 45 0	2 6 0	2 27 0	2 48 0	3 9 0
5 30	19 15	38 30	0 57 45	1 17 0	1 36 15	1 55 30	2 14 45	2 34 0	2 53 15
5 0	17 30	35 0	0 52 30	1 10 0	1 27 30	1 45 0	2 2 30	2 20 0	2 37 30