

# Challenge20リザルト

|            |         | 2019/3/21 | 1周目   |    |    | 2周目    |    |   | 3周目    |    |  | 4周目    |  |   | average |    |   | ハーフ    |    |   | 30K    |    |   | フル     |    |  |  |  |
|------------|---------|-----------|-------|----|----|--------|----|---|--------|----|--|--------|--|---|---------|----|---|--------|----|---|--------|----|---|--------|----|--|--|--|
|            |         | 曇り        | 5.0Km |    |    | 10.0Km |    |   | 15.0Km |    |  | 20.0Km |  |   | 5.0Km   |    |   | 21.1Km |    |   | 30.0Km |    |   | 42.2Km |    |  |  |  |
| KH<br>Run  | スタート    |           |       |    |    |        |    |   |        |    |  |        |  |   |         |    |   |        |    |   |        |    |   |        |    |  |  |  |
|            | ゴール     |           |       |    | 36 | 23     |    | 1 | 11     | 27 |  |        |  |   |         |    |   |        |    |   |        |    |   |        |    |  |  |  |
|            | ラップ (N) | 0         | 33    | 46 | 0  | 31     | 44 | 0 | 31     | 5  |  |        |  | 0 | 32      | 12 | 2 | 15     | 52 | 3 | 13     | 12 | 4 | 31     | 44 |  |  |  |
|            | タイム (G) | 0         | 33    | 46 | 0  | 34     | 21 | 0 | 34     | 25 |  |        |  | 0 | 34      | 11 | 2 | 24     | 14 | 3 | 25     | 6  | 4 | 48     | 28 |  |  |  |
| NM<br>Walk | スタート    |           |       |    |    |        |    |   |        |    |  |        |  |   |         |    |   |        |    |   |        |    |   |        |    |  |  |  |
|            | ゴール     |           |       |    | 55 | 48     |    |   |        |    |  |        |  |   |         |    |   |        |    |   |        |    |   |        |    |  |  |  |
|            | ラップ (N) | 0         | 55    | 48 |    |        |    |   |        |    |  |        |  | 0 | 55      | 48 | 3 | 55     | 27 | 5 | 34     | 48 | 7 | 50     | 54 |  |  |  |
|            | タイム (G) | 0         | 55    | 48 |    |        |    |   |        |    |  |        |  | 0 | 55      | 48 | 3 | 55     | 27 | 5 | 34     | 48 | 7 | 50     | 54 |  |  |  |
| IT<br>Walk | スタート    |           |       |    |    |        |    |   |        |    |  |        |  |   |         |    |   |        |    |   |        |    |   |        |    |  |  |  |
|            | ゴール     |           |       |    | 55 | 48     |    |   |        |    |  |        |  |   |         |    |   |        |    |   |        |    |   |        |    |  |  |  |
|            | ラップ (N) | 0         | 55    | 48 |    |        |    |   |        |    |  |        |  | 0 | 55      | 48 | 3 | 55     | 27 | 5 | 34     | 48 | 7 | 50     | 54 |  |  |  |
|            | タイム (G) | 0         | 55    | 48 |    |        |    |   |        |    |  |        |  | 0 | 55      | 48 | 3 | 55     | 27 | 5 | 34     | 48 | 7 | 50     | 54 |  |  |  |
| NY<br>Walk | スタート    |           |       |    |    |        |    |   |        |    |  |        |  |   |         |    |   |        |    |   |        |    |   |        |    |  |  |  |
|            | ゴール     |           |       |    | 55 | 48     |    |   |        |    |  |        |  |   |         |    |   |        |    |   |        |    |   |        |    |  |  |  |
|            | ラップ (N) | 0         | 55    | 48 |    |        |    |   |        |    |  |        |  | 0 | 55      | 48 | 3 | 55     | 27 | 5 | 34     | 48 | 7 | 50     | 54 |  |  |  |
|            | タイム (G) | 0         | 55    | 48 |    |        |    |   |        |    |  |        |  | 0 | 55      | 48 | 3 | 55     | 27 | 5 | 34     | 48 | 7 | 50     | 54 |  |  |  |

|            |         |   |    |   |  |  |  |   |    |   |   |    |    |   |    |    |    |    |    |
|------------|---------|---|----|---|--|--|--|---|----|---|---|----|----|---|----|----|----|----|----|
| OK<br>Walk | スタート    | / |    |   |  |  |  |   |    |   |   |    |    |   |    |    |    |    |    |
|            | ゴール     | 1 | 36 | 5 |  |  |  |   |    |   |   |    |    |   |    |    |    |    |    |
|            | ラップ (N) | 1 | 36 | 5 |  |  |  | 1 | 36 | 5 | 6 | 45 | 25 | 9 | 36 | 30 | 13 | 30 | 51 |
|            | タイム (G) | 1 | 36 | 5 |  |  |  | 1 | 36 | 5 | 6 | 45 | 25 | 9 | 36 | 30 | 13 | 30 | 51 |
| TM<br>Walk | スタート    | / |    |   |  |  |  |   |    |   |   |    |    |   |    |    |    |    |    |
|            | ゴール     | 1 | 36 | 8 |  |  |  |   |    |   |   |    |    |   |    |    |    |    |    |
|            | ラップ (N) | 1 | 36 | 8 |  |  |  | 1 | 36 | 8 | 6 | 45 | 38 | 9 | 36 | 48 | 13 | 31 | 16 |
|            | タイム (G) | 1 | 36 | 8 |  |  |  | 1 | 36 | 8 | 6 | 45 | 38 | 9 | 36 | 48 | 13 | 31 | 16 |