

	9.90	10.00	10.10	10.20	10.24	10.30	10.40	10.50	10.60	10.66	10.70	10.80	10.90	11.00	11.10	11.20	11.30	11.40
100m																		
200m	20.00	20.20	20.41	20.61	20.69	20.81	21.01	21.21	21.42	21.54	21.62	21.82	22.02	22.22	22.43	22.63	22.83	23.03
300m	31.54	31.86	32.18	32.50	32.62	32.81	33.13	33.45	33.77	33.96	34.09	34.41	34.73	35.04	35.36	35.68	36.00	36.32
400m	44.57	45.02	45.47	45.92	46.10	46.37	46.82	47.27	47.72	47.99	48.17	48.62	49.07	49.52	49.97	50.42	50.87	51.32
600m	1.14.26	1.15.01	1.15.76	1.16.51	1.16.81	1.17.26	1.18.01	1.18.76	1.19.51	1.19.96	1.20.26	1.21.01	1.21.76	1.22.51	1.23.26	1.24.01	1.24.76	1.25.51
800m	1.45.45	1.46.51	1.47.58	1.48.64	1.49.07	1.49.71	1.50.77	1.51.84	1.52.90	1.53.54	1.53.97	1.55.04	1.56.10	1.57.17	1.58.23	1.59.30	2.00.36	2.01.43
1000m	2.17.28	2.18.67	2.20.05	2.21.44	2.22.02	2.22.83	2.24.21	2.25.60	2.26.99	2.27.82	2.28.37	2.29.76	2.31.15	2.32.53	2.33.92	2.35.31	2.36.69	2.38.08
1500m	3.36.91	3.39.10	3.41.29	3.43.48	3.44.35	3.45.67	3.47.86	3.50.05	3.52.24	3.53.56	3.54.43	3.56.62	4.01.01	4.03.20	4.05.39	4.07.58	4.09.77	
1マイル	3.54.20	3.56.57	3.58.93	4.01.30	4.02.25	4.03.67	4.06.03	4.08.40	4.10.76	4.12.18	4.13.13	4.15.49	4.17.86	4.20.23	4.22.59	4.25.96	4.27.32	4.29.69
2000m	4.56.66	4.59.66	5.02.66	5.05.65	5.06.85	5.08.65	5.11.65	5.14.64	5.17.64	5.19.44	5.20.64	5.23.63	5.26.63	5.29.63	5.32.62	5.35.62	5.38.62	5.41.61
3000m	7.40.04	7.44.69	7.49.33	7.53.98	7.55.84	7.58.63	8.03.27	8.07.92	8.12.57	8.15.36	8.17.22	8.21.86	8.26.51	8.31.16	8.35.80	8.40.45	8.45.10	8.49.74
5000m	13.15.65	13.23.69	13.31.73	13.39.76	13.42.98	13.47.80	13.55.84	14.03.88	14.11.91	14.16.73	14.19.95	14.27.99	14.36.02	14.44.06	14.52.10	15.00.13	15.08.17	15.16.21
10000m	27.36.96	27.53.69	28.10.43	28.27.17	28.33.86	28.43.90	29.00.64	29.17.38	29.34.11	29.44.16	29.50.85	30.07.59	30.24.33	30.41.06	30.57.80	31.14.54	31.31.27	31.48.01
10マイル	45.39	46.07	46.35	47.02	47.13	47.30	47.58	48.25	48.53	49.09	49.21	49.48	50.16	50.44	51.11	51.39	52.07	52.34
20km	57.26	58.00	58.35	59.10	59.24	59.45	1:00.20	1:00.55	1:01.29	1:01.50	1:02.04	1:02.39	1:03.14	1:03.49	1:04.23	1:04.58	1:05.33	1:06.08
ハーフ	1:00.46	1:01.22	1:01.59	1:02.36	1:02.51	1:03.13	1:03.50	1:04.27	1:05.03	1:05.26	1:05.40	1:06.17	1:06.54	1:07.31	1:08.08	1:08.44	1:09.21	1:09.58
30km	1:28.10	1:29.03	1:29.57	1:30.50	1:31.11	1:31.43	1:32.37	1:33.30	1:34.24	1:34.56	1:35.17	1:36.11	1:37.04	1:37.58	1:38.51	1:39.44	1:40.38	1:41.31
マラソン	2:06.37	2:07.54	2:09.10	2:10.58	2:11.44	2:11.44	2:13.00	2:14.17	2:15.34	2:16.20	2:16.51	2:18.07	2:19.24	2:20.41	2:21.58	2:23.14	2:24.31	2:25.48
110mH	13.29	13.43	13.56	13.69	13.75	13.83	13.96	14.10	14.23	14.31	14.37	14.50	14.63	14.77	14.90	15.04	15.17	15.31
400mH	47.82	48.31	48.79	49.27	49.47	49.76	50.24	50.72	51.21	51.50	51.69	52.17	52.65	53.14	53.62	54.10	54.59	55.07
3000mSC	8.17.09	8.22.11	8.27.13	8.32.15	8.34.16	8.37.17	8.42.19	8.47.21	8.52.23	8.55.25	8.57.26	9.02.28	9.07.30	9.12.32	9.17.34	9.22.36	9.27.38	9.32.40
20kmW	1:19.58	1:20.47	1:21.35	1:22.23	1:22.43	1:23.12	1:24.00	1:24.49	1:25.37	1:26.06	1:26.26	1:27.14	1:28.03	1:28.51	1:29.40	1:30.28	1:31.17	1:32.05

	11.50	11.60	11.70	11.80	11.90	11.945	12.00	12.10	12.20	12.30	12.40	12.50	12.60	12.70	12.80	12.90	13.00	
100m																		
200m	23.23	23.44	23.64	23.84	24.04	24.13	24.24	24.45	24.65	24.85	25.05	25.25	25.46	25.66	25.86	26.06	26.27	
300m	36.64	36.96	37.27	37.59	37.91	38.05	38.23	38.55	38.87	39.19	39.50	39.82	40.14	40.46	40.78	41.10	41.42	
400m	51.77	52.22	52.67	53.12	53.57	53.78	54.02	54.47	54.92	55.37	55.82	56.27	56.72	57.17	57.62	58.08	58.53	
600m	1.26.26	1.27.01	1.27.76	1.28.51	1.29.26	1.29.59	1.30.01	1.30.76	1.31.51	1.32.26	1.33.01	1.33.76	1.34.51	1.35.26	1.36.01	1.36.76	1.37.51	
800m	2.02.49	2.03.56	2.04.62	2.05.69	2.06.75	2.07.23	2.07.82	2.08.88	2.09.95	2.11.01	2.12.08	2.13.14	2.14.21	2.15.27	2.16.34	2.17.40	2.18.47	
1000m	2.39.47	2.40.85	2.42.24	2.43.63	2.45.01	2.45.64	2.46.40	2.47.79	2.49.17	2.50.56	2.51.95	2.53.33	2.54.72	2.56.11	2.57.49	2.58.88	3.00.27	
1500m	4.11.96	4.14.15	4.16.34	4.18.53	4.20.72	4.21.71	4.22.92	4.25.11	4.27.30	4.29.49	4.31.68	4.33.87	4.36.06	4.38.25	4.40.44	4.42.63	4.44.82	
1マイル	4.32.05	4.34.42	4.36.78	4.39.15	4.41.52	4.42.58	4.43.88	4.46.25	4.48.61	4.50.98	4.53.34	4.55.71	4.58.08	5.00.44	5.02.81	5.05.17	5.07.54	
2000m	5.44.61	5.47.61	5.50.60	5.53.60	5.56.60	5.57.94	5.59.59	6.02.59	6.05.59	6.08.58	6.11.58	6.14.58	6.17.57	6.20.57	6.23.57	6.26.56	6.29.56	
3000m	8.54.39	8.59.04	9.03.68	9.08.33	9.12.98	9.15.07	9.17.62	9.22.27	9.26.92	9.31.57	9.36.21	9.40.86	9.45.51	9.50.15	9.54.80	9.59.45	10.04.09	
5000m	15.24.24	15.32.28	15.40.32	15.48.35	15.56.39	16.00.01	16.04.43	16.12.47	16.20.50	16.28.54	16.36.58	16.44.61	16.52.65	17.00.69	17.08.72	17.16.76	17.24.80	
10000m	32.04.75	32.21.48	32.38.22	32.54.96	33.11.69	33.19.23	33.28.43	33.45.17	34.01.91	34.18.64	34.35.38	34.52.12	35.08.85	35.25.59	35.42.33	35.59.06	36.15.80	
10マイル	53.02	53.30	53.57	54.25	54.53	55.05	55.20	55.48	56.16	56.43	57.11	57.39	58.06	58.34	59.02	59.29	59.57	
106.43	1:07.17	1:07.52	1:08.27	1:08.27	1:09.02	1:09.17	1:09.37	1:10.11	1:10.46	1:11.21	1:11.56	1:12.31	1:13.05	1:13.40	1:14.15	1:14.50	1:15.25	
1:10.35	1:11.12	1:11.49	1:12.25	1:13.02	1:13.19	1:13.19	1:13.39	1:14.16	1:14.53	1:15.29	1:16.06	1:16.43	1:17.20	1:17.57	1:18.34	1:19.10	1:19.47	
1:42.25	1:43.18	1:44.12	1:45.05	1:45.58	1:46.22	1:46.52	1:47.45	1:48.39	1:49.32	1:50.26	1:51.19	1:52.12	1:53.06	1:53.99	1:54.53	1:55.46		
2:27.05	2:28.21	2:29.38	2:30.55	2:32.12	2:32.46	2:33.28	2:34.45	2:36.02	2:36.02	2:37.18	2:38.35	2:39.52	2:41.09	2:42.25	2:43.42	2:44.59	2:46.16	
15.44	15.57	15.71	15.84	15.98	16.04	16.11	16.11	16.24	16.38	16.51	16.65	16.78	16.92	17.05	17.18	17.32	17.45	
55.55	56.04	56.52	57.00	57.49	57.70	57.97	58.45	58.93	59.42	59.90	60.38	60.87	61.35	61.83	62.32	62.80		
3000mSC	9.37.42	9.42.45	9.47.47	9.52.49	9.57.51	9.59.77	10.02.53	10.07.55	10.12.57	10.17.59	10.22.61	10.27.63	10.32.66	10.37.68	10.42.70	10.47.72	10.52.74	
20kmW	1:32.54	1:33.42	1:34.30	1:35.19	1:36.07	1:36.29	1:36.56	1:37.44	1:38.33	1:39.21	1:40.10	1:40.58	1:41.47	1:42.35	1:43.24	1:44.12	1:45.01	