

単独走30km女子 LAP表 前半

| 順位 | No | 記録 | 氏名 | SPLIT1 | LAP1 | SPLIT2 | LAP2 | SPLIT3 | LAP3 | SPLIT4 | LAP4 | SPLIT5 | LAP5 | SPLIT6 | LAP6 | SPLIT7 | LAP7 | SPLIT8 | LAP8 |
|----|-----|---------|--------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1 | 304 | 2:43:48 | 大西 リカ | 0:10:25 | 0:10:25 | 0:20:36 | 0:10:11 | 0:30:48 | 0:10:12 | 0:41:03 | 0:10:15 | 0:51:20 | 0:10:17 | 1:01:42 | 0:10:22 | 1:12:17 | 0:10:35 | 1:23:06 | 0:10:49 |
| 2 | 303 | 2:54:19 | 宮脇 まゆみ | 0:10:46 | 0:10:46 | 0:22:11 | 0:11:25 | 0:33:27 | 0:11:16 | 0:44:51 | 0:11:24 | 0:56:11 | 0:11:20 | 1:07:41 | 0:11:30 | 1:19:12 | 0:11:31 | 1:31:08 | 0:11:56 |
| 3 | 302 | 2:54:35 | 植木 紀代美 | 0:10:52 | 0:10:52 | 0:22:15 | 0:11:23 | 0:33:41 | 0:11:26 | 0:45:05 | 0:11:24 | 0:56:43 | 0:11:38 | 1:08:32 | 0:11:49 | 1:20:36 | 0:12:04 | 1:32:41 | 0:12:05 |
| 4 | 305 | 3:43:46 | 七條 喜代子 | 0:15:05 | 0:15:05 | 0:31:30 | 0:16:25 | 0:50:42 | 0:19:12 | 1:03:23 | 0:12:41 | 1:16:49 | 0:13:26 | 1:30:31 | 0:13:42 | 1:44:33 | 0:14:02 | 1:58:32 | 0:13:59 |
| 5 | 301 | 4:46:05 | 田尻 あやこ | 0:13:25 | 0:13:25 | 0:27:07 | 0:13:42 | 0:40:59 | 0:13:52 | 0:58:04 | 0:17:05 | 1:16:23 | 0:18:19 | 1:35:44 | 0:19:21 | 1:55:53 | 0:20:09 | 2:15:32 | 0:19:39 |
| 6 | 308 | 4:54:37 | 杉ノ原 成美 | 0:12:46 | 0:12:46 | 0:27:01 | 0:14:15 | 0:44:20 | 0:17:19 | 1:02:29 | 0:18:09 | 1:21:15 | 0:18:46 | 1:39:59 | 0:18:44 | 2:00:24 | 0:20:25 | 2:20:24 | 0:20:00 |