

■単独走30km女子LAP

順位	No	記録	種目	SPLIT 1	LAP 1	SPLIT 2	LAP 2	SPLIT 3	LAP 3	SPLIT 4	LAP 4	SPLIT 5	LAP 5	SPLIT 6	LAP 6	SPLIT 7	LAP 7	SPLIT 8	LAP 8	SPLIT 9	LAP 9	SPLIT 10	LAP 10	SPLIT 11	LAP 11	SPLIT 12	LAP 12	SPLIT 13	LAP 13	SPLIT 14	LAP 14	SPLIT 15	LAP 15	
1	254	竹安 雅美		2:34:34	0:09:25	0:09:25	0:19:06	0:09:41	0:28:53	0:09:47	0:38:52	0:09:59	0:48:46	0:09:54	0:58:51	0:10:05	1:08:53	0:10:02	1:19:00	0:10:07	1:29:23	0:10:23	1:39:53	0:10:30	1:50:42	0:10:49	2:01:29	0:10:47	2:12:29	0:11:00	2:23:27	0:10:58	2:34:34	0:11:07
2	263	岡井 ゆかり		2:41:02	0:10:29	0:10:29	0:21:12	0:10:43	0:31:58	0:10:46	0:42:50	0:10:52	0:53:41	0:10:51	1:04:21	0:10:40	1:15:00	0:10:39	1:25:52	0:10:52	1:36:34	0:10:42	1:47:10	0:10:36	1:57:50	0:10:40	2:08:31	0:10:41	2:19:24	0:10:53	2:30:16	0:10:52	2:41:02	0:10:46
3	259	太田 直子		2:49:53	0:10:11	0:10:11	0:20:46	0:10:35	0:31:32	0:10:46	0:42:30	0:10:58	0:53:35	0:11:05	1:04:48	0:11:13	1:16:02	0:11:14	1:27:29	0:11:27	1:38:47	0:11:18	1:50:17	0:11:30	2:01:45	0:11:28	2:13:41	0:11:56	2:25:53	0:12:12	2:37:58	0:12:05	2:49:53	0:11:55
4	262	中村 由香里		2:59:51	0:10:39	0:10:39	0:21:53	0:11:14	0:33:20	0:11:27	0:44:54	0:11:34	0:56:31	0:11:37	1:08:09	0:11:38	1:19:51	0:11:42	1:32:16	0:12:25	1:44:36	0:12:20	1:56:44	0:12:08	2:09:03	0:12:19	2:21:39	0:12:36	2:34:35	0:12:56	2:47:26	0:12:51	2:59:51	0:12:25
5	268	吉川 晴美		3:07:59	0:11:43	0:11:43	0:23:06	0:11:23	0:34:43	0:11:37	0:46:43	0:12:00	0:59:06	0:12:23	1:11:26	0:12:20	1:23:58	0:12:32	1:36:19	0:12:21	1:48:55	0:12:36	2:01:41	0:12:46	2:14:50	0:13:09	2:28:27	0:13:37	2:41:56	0:13:29	2:55:18	0:13:22	3:07:59	0:12:41
6	265	村田 麻未子		3:13:27	0:11:05	0:11:05	0:22:03	0:10:58	0:33:28	0:11:25	0:44:55	0:11:27	0:57:02	0:12:07	1:09:03	0:12:01	1:21:25	0:12:22	1:34:14	0:12:49	1:47:37	0:13:23	1:59:35	0:11:58	2:13:36	0:14:01	2:28:42	0:15:06	2:44:10	0:15:28	2:58:56	0:14:46	3:13:27	0:14:31
7	267	辻 たづ子		3:26:03	0:11:25	0:11:25	0:23:25	0:12:00	0:36:22	0:12:57	0:50:08	0:13:46	1:04:07	0:13:59	1:17:43	0:13:36	1:31:24	0:13:41	1:46:44	0:15:20	2:00:49	0:14:05	2:14:38	0:13:49	2:29:45	0:15:07	2:43:13	0:13:28	2:57:49	0:14:36	3:12:45	0:14:56	3:26:03	0:13:18
8	271	松本 佐知子		3:30:06	0:13:49	0:13:49	0:27:25	0:13:36	0:41:00	0:13:35	0:54:38	0:13:38	1:08:18	0:13:40	1:22:13	0:13:55	1:36:09	0:13:56	1:50:45	0:14:36	2:05:41	0:14:56	2:21:02	0:15:21	2:35:37	0:14:35	2:50:37	0:15:00	3:04:45	0:14:08	3:18:09	0:13:24	3:30:06	0:11:57
9	269	加藤 暁子		3:48:31	0:13:08	0:13:08	0:25:25	0:12:17	0:39:12	0:13:47	0:53:43	0:14:31	1:09:36	0:15:53	1:24:49	0:15:13	1:40:37	0:15:48	1:56:26	0:15:49	2:15:10	0:18:44	2:30:11	0:15:01	2:45:37	0:15:26	3:01:01	0:15:24	3:17:28	0:16:27	3:33:57	0:16:29	3:48:31	0:14:34
10	261	小椋 亜希子		3:48:36	0:13:35	0:13:35	0:25:58	0:12:23	0:37:48	0:11:50	0:50:08	0:12:20	1:03:27	0:13:19	1:16:15	0:12:48	1:31:24	0:15:09	1:46:44	0:15:20	2:00:50	0:14:06	2:14:38	0:13:48	2:30:11	0:15:33	2:45:28	0:15:17	3:00:58	0:15:30	3:33:56	0:32:58	3:48:36	0:14:40
11	257	三輪 めぐみ		3:55:39	0:12:26	0:12:26	0:25:23	0:12:57	0:39:11	0:13:48	0:53:36	0:14:25	1:08:27	0:14:51	1:24:19	0:15:52	1:39:59	0:15:40	1:55:54	0:15:55	2:12:02	0:16:08	2:28:36	0:16:34	2:46:06	0:17:30	3:03:32	0:17:26	3:22:12	0:18:40	3:39:59	0:17:47	3:55:39	0:15:40
12	273	多田 裕香		4:02:14	0:13:46	0:13:46	0:27:28	0:13:42	0:41:26	0:13:58	0:55:29	0:14:03	1:09:39	0:14:10	1:24:07	0:14:28	1:38:29	0:14:22	1:53:05	0:14:36	2:08:39	0:15:34	2:23:59	0:15:20	2:41:23	0:17:24	3:12:11	0:30:48	3:28:49	0:16:38	3:45:00	0:16:11	4:02:14	0:17:14
13	272	佐藤 絢乃		4:27:42	0:14:03	0:14:03	0:28:59	0:14:56	0:44:46	0:15:47	1:01:33	0:16:47	1:16:23	0:14:50	1:36:46	0:20:23	1:54:04	0:17:18	2:11:23	0:17:19	2:30:41	0:19:18	2:48:58	0:18:17	3:07:46	0:18:48	3:28:54	0:21:08	3:50:47	0:21:53	4:07:32	0:16:45	4:27:42	0:20:10
14	255	岡川 美巳		4:37:17	0:16:59	0:16:59	0:34:26	0:17:27	0:52:46	0:18:20	1:11:21	0:18:35	1:30:06	0:18:45	1:43:18	0:13:12	2:02:42	0:19:24	2:20:19	0:17:37	2:38:55	0:18:36	2:59:41	0:20:46	3:22:34	0:22:53	3:41:43	0:19:09	4:03:31	0:21:48	4:20:42	0:17:11	4:37:17	0:16:35
15	266	家亀 貴美子		4:48:41	0:14:18	0:14:18	0:30:18	0:16:00	0:47:39	0:17:21	1:05:39	0:18:00	1:24:22	0:18:43	1:43:59	0:19:37	2:03:42	0:19:43	2:26:21	0:22:39	2:47:06	0:20:45	3:07:29	0:20:23	3:29:06	0:21:37	3:49:38	0:20:32	4:10:59	0:21:21	4:30:22	0:19:23	4:48:41	0:18:19