

# 第40回 走って歩いて3時間走記録表

2022. 6. 12 天候：曇り後雨 長柄ダム

上段：累積タイム 下段：周回タイム

| 周回数<br>距離<br>氏名 | 1       | 2       | 3       | 4       | 5       | 6       | 7       | 8       | 9       | 10      | 順位 | ペース<br>/km |
|-----------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|----|------------|
|                 | 3       | 6       | 9       | 12      | 15      | 18      | 21      | 24      | 27      | 30      |    |            |
| 岡田 光浩           | 15:47   | 31:15   | 47:09   | 1:02:54 | 1:19:03 | 1:36:01 | 1:53:35 | 2:12:17 | 2:32:33 | 2:54:40 | 1  | 5:49       |
|                 | (15:47) | (15:28) | (15:54) | (15:45) | (16:09) | (16:58) | (17:34) | (18:42) | (20:16) | (22:07) |    |            |
| 松田 康則           | 18:53   | 36:49   | 54:52   | 1:13:49 | 1:32:40 | 1:54:56 | 2:21:26 | 2:49:34 |         |         | 5  | 7:04       |
|                 | (18:53) | (17:56) | (18:03) | (18:57) | (18:51) | (22:16) | (26:30) | (28:08) |         |         |    |            |
| 江澤 直樹           | 26:18   | 58:22   | 1:32:25 | 2:08:31 |         |         |         |         |         |         | 19 | 10:43      |
|                 | (26:18) | (32:04) | (34:03) | (36:06) |         |         |         |         |         |         |    |            |
| 板谷 洋望           | 21:04   | 42:50   | 1:06:07 | 1:31:49 | 1:55:46 | 2:27:57 |         |         |         |         | 10 | 8:13       |
|                 | (21:04) | (21:46) | (23:17) | (25:42) | (23:57) | (32:11) |         |         |         |         |    |            |
| 串形 勝            | 17:03   | 34:21   | 53:51   | 1:15:02 |         |         |         |         |         |         | 16 | 6:15       |
|                 | (17:03) | (17:18) | (19:30) | (21:11) |         |         |         |         |         |         |    |            |
| 塚原 修二           | 28:03   | 56:28   | 1:25:01 | 1:53:44 | 2:21:57 | 2:49:54 |         |         |         |         | 14 | 9:26       |
|                 | (28:03) | (28:25) | (28:33) | (28:43) | (28:13) | (27:57) |         |         |         |         |    |            |
| 大林 大            | 24:15   | 47:25   | 1:09:09 | 1:32:22 | 1:55:24 | 2:23:20 |         |         |         |         | 9  | 7:58       |
|                 | (24:15) | (23:10) | (21:44) | (23:13) | (23:02) | (27:56) |         |         |         |         |    |            |
| 松橋 純一           | 20:26   | 38:48   | 55:51   | 1:12:44 | 1:47:09 | 2:20:46 | 2:53:26 |         |         |         | 7  | 8:16       |
|                 | (20:26) | (18:22) | (17:03) | (16:53) | (34:25) | (33:37) | (32:40) |         |         |         |    |            |
| 佐藤 修            | 20:27   | 39:02   | 56:44   | 1:14:12 | 1:31:37 | 1:50:10 | 2:08:59 | 2:29:08 |         |         | 3  | 6:13       |
|                 | (20:27) | (18:35) | (17:42) | (17:28) | (17:25) | (18:33) | (18:49) | (20:09) |         |         |    |            |
| 安嶋 俊夫           | 40:48   | 1:28:30 |         |         |         |         |         |         |         |         | 21 | 14:45      |
|                 | (40:48) | (47:42) |         |         |         |         |         |         |         |         |    |            |
| 五嶋千恵子           | 20:30   | 41:45   | 1:07:12 | 1:28:51 | 1:50:57 | 2:13:45 | 2:36:52 |         |         |         | 6  | 7:28       |
|                 | (20:30) | (21:15) | (25:27) | (21:39) | (22:06) | (22:48) | (23:07) |         |         |         |    |            |
| 関 洋             | 15:50   | 32:15   | 49:01   | 1:06:01 | 1:23:12 | 1:40:58 | 1:59:15 | 2:18:10 | 2:38:45 | 2:58:30 | 2  | 5:57       |
|                 | (15:50) | (16:25) | (16:46) | (17:00) | (17:11) | (17:46) | (18:17) | (18:55) | (20:35) | (19:45) |    |            |
| 三品 京子           | 19:44   | 38:53   | 57:54   | 1:17:00 | 1:36:48 | 1:58:18 | 2:21:18 | 2:45:17 |         |         | 4  | 6:53       |
|                 | (19:44) | (19:09) | (19:01) | (19:06) | (19:48) | (21:30) | (23:00) | (23:59) |         |         |    |            |
| 篠原 昭義           | 20:29   | 39:12   | 59:41   | 1:25:49 |         |         |         |         |         |         | 17 | 7:09       |
|                 | (20:29) | (18:43) | (20:29) | (26:08) |         |         |         |         |         |         |    |            |
| 五十嵐 敏           | 23:26   |         |         |         |         |         |         |         |         |         | 22 | 7:49       |
|                 | (23:26) |         |         |         |         |         |         |         |         |         |    |            |
| 小高 幸夫           | 23:10   | 47:16   | 1:09:45 | 1:34:02 | 1:56:13 | 2:32:08 |         |         |         |         | 11 | 8:27       |
|                 | (23:10) | (24:06) | (22:29) | (24:17) | (22:11) | (35:55) |         |         |         |         |    |            |
| 橋本 奈実           | 22:46   | 45:12   | 1:08:35 | 1:47:26 | 2:11:18 | 2:35:44 |         |         |         |         | 12 | 8:39       |
|                 | (22:46) | (22:26) | (23:23) | (38:51) | (23:52) | (24:26) |         |         |         |         |    |            |
| 福井 正行           | 20:32   | 41:18   | 1:03:01 | 1:24:06 | 1:48:19 | 2:11:38 |         |         |         |         | 8  | 7:19       |
|                 | (20:32) | (20:46) | (21:43) | (21:05) | (24:13) | (23:19) |         |         |         |         |    |            |
| 渡会 昌則           | 25:42   | 54:13   | 1:22:39 |         |         |         |         |         |         |         | 20 | 9:11       |
|                 | (25:42) | (28:31) | (28:26) |         |         |         |         |         |         |         |    |            |
| 佐野 孝            | 41:06   | 1:02:10 | 1:25:06 | 1:47:57 | 2:12:00 | 2:39:24 |         |         |         |         | 13 | 8:51       |
|                 | (41:06) | (21:04) | (22:56) | (22:51) | (24:03) | (27:24) |         |         |         |         |    |            |
| 青柳 きせ           | 28:15   | 52:01   | 1:13:44 | 1:36:16 |         |         |         |         |         |         | 18 | 8:01       |
|                 | (28:15) | (23:46) | (21:43) | (22:32) |         |         |         |         |         |         |    |            |
| 廣川てる子           | 30:25   | 1:06:26 | 1:47:22 | 2:20:46 | 2:56:47 |         |         |         |         |         | 15 | 11:03      |
|                 | (30:25) | (36:01) | (40:56) | (33:24) | (36:01) |         |         |         |         |         |    |            |