

ラップ表

©齊藤太郎

練習 30kmの目安	1km	時速	5km	10km	15km	20km	ハーフ	25km	30km	35km	40km	2.195km	目標タイム マラソン
	4:15	14.12	21:15	42:30	1:03:45	1:25:00	1:29:40	1:46:15	2:07:30	2:28:45	2:50:00	9:20	2:59:20
4:45～4:30	4:16	14.06	21:20	42:40	1:04:00	1:25:20	1:30:01	1:46:40	2:08:00	2:29:20	2:50:40	9:22	3:00:02
	4:37	13.00	23:05	46:10	1:09:15	1:32:20	1:37:24	1:55:25	2:18:30	2:41:35	3:04:40	10:08	3:14:48
5:15～4:50	4:38	12.95	23:10	46:20	1:09:30	1:32:40	1:37:45	1:55:50	2:19:00	2:42:10	3:05:20	10:10	3:15:30
	4:58	12.08	24:50	49:40	1:14:30	1:39:20	1:44:47	2:04:10	2:29:00	2:53:50	3:18:40	10:54	3:29:34
5:30～5:10	4:59	12.04	24:55	49:50	1:14:45	1:39:40	1:45:08	2:04:35	2:29:30	2:54:25	3:19:20	10:56	3:30:16
	5:19	11.29	26:35	53:10	1:19:45	1:46:20	1:52:10	2:12:55	2:39:30	3:06:05	3:32:40	11:40	3:44:20
5:50～5:30	5:20	11.25	26:40	53:20	1:20:00	1:46:40	1:52:31	2:13:20	2:40:00	3:06:40	3:33:20	11:42	3:45:02
	5:41	10.56	28:25	56:50	1:25:15	1:53:40	1:59:54	2:22:05	2:50:30	3:18:55	3:47:20	12:28	3:59:48
5:50～5:55	5:42	10.53	28:30	57:00	1:25:30	1:54:00	2:00:15	2:22:30	2:51:00	3:19:30	3:48:00	12:31	4:00:31
	6:02	9.94	30:10	1:00:20	1:30:30	2:00:40	2:07:17	2:30:50	3:01:00	3:31:10	4:01:20	13:15	4:14:35
6:30～6:00	6:03	9.92	30:15	1:00:30	1:30:45	2:01:00	2:07:38	2:31:15	3:01:30	3:31:45	4:02:00	13:17	4:15:17
	6:23	9.40	31:55	1:03:50	1:35:45	2:07:40	2:14:40	2:39:35	3:11:30	3:43:25	4:15:20	14:01	4:29:21
6:50～6:25	6:24	9.37	32:00	1:04:00	1:36:00	2:08:00	2:15:01	2:40:00	3:12:00	3:44:00	4:16:00	14:03	4:30:03
	6:45	8.89	33:45	1:07:30	1:41:15	2:15:00	2:22:24	2:48:45	3:22:30	3:56:15	4:30:00	14:49	4:44:49
7:00～6:40	6:46	8.87	33:50	1:07:40	1:41:30	2:15:20	2:22:46	2:49:10	3:23:00	3:56:50	4:30:40	14:51	4:45:31
	7:06	8.45	35:30	1:11:00	1:46:30	2:22:00	2:29:48	2:57:30	3:33:00	4:08:30	4:44:00	15:35	4:59:35
7:20～6:50	7:07	8.43	35:35	1:11:10	1:46:45	2:22:20	2:30:09	2:57:55	3:33:30	4:09:05	4:44:40	15:37	5:00:17
	7:49	7.68	39:05	1:18:10	1:57:15	2:36:20	2:44:55	3:15:25	3:54:30	4:33:35	5:12:40	17:09	5:29:49
8:00～7:40	7:50	7.66	39:10	1:18:20	1:57:30	2:36:40	2:45:16	3:15:50	3:55:00	4:34:10	5:13:20	17:12	5:30:32