

マイロ	時間	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
キロ																
10		5,950	10,850	15,750	20,650	25,550	30,450	35,350	40,250	45,150	50,050	54,950	59,850	64,750	69,650	74,550
20		7,000	11,900	16,800	21,700	26,600	31,500	36,400	41,300	46,200	51,100	56,000	60,900	65,800	70,700	75,600
30		8,050	12,950	17,850	22,750	27,650	32,550	37,450	42,350	47,250	52,150	57,050	61,950	66,850	71,750	76,650
40		9,100	14,000	18,900	23,800	28,700	33,600	38,500	43,400	48,300	53,200	58,100	63,000	67,900	72,800	77,700
50		10,150	15,050	19,950	24,850	29,750	34,650	39,550	44,450	49,350	54,250	59,150	64,050	68,950	73,850	78,750
60		11,200	16,100	21,000	25,900	30,800	35,700	40,600	45,500	50,400	55,300	60,200	65,100	70,000	74,900	79,800
70		12,250	17,150	22,050	26,950	31,850	36,750	41,650	46,550	51,450	56,350	61,250	66,150	71,050	75,950	80,850
80		13,300	18,200	23,100	28,000	32,900	37,800	42,700	47,600	52,500	57,400	62,300	67,200	72,100	77,000	81,900
90		14,350	19,250	24,150	29,050	33,950	38,850	43,750	48,650	53,550	58,450	63,350	68,250	73,150	78,050	82,950
100		15,400	20,300	25,200	30,100	35,000	39,900	44,800	49,700	54,600	59,500	64,400	69,300	74,200	79,100	84,000
110		16,450	21,350	26,250	31,150	36,050	40,950	45,850	50,750	55,650	60,550	65,450	70,350	75,250	80,150	85,050
120		17,500	22,400	27,300	32,200	37,100	42,000	46,900	51,800	56,700	61,600	66,500	71,400	76,300	81,200	86,100
130			23,450	28,350	33,250	38,150	43,050	47,950	52,850	57,750	62,650	67,550	72,450	77,350	82,250	87,150
140			24,500	29,400	34,300	39,200	44,100	49,000	53,900	58,800	63,700	68,600	73,500	78,400	83,300	88,200
150			25,550	30,450	35,350	40,250	45,150	50,050	54,950	59,850	64,750	69,650	74,550	79,450	84,350	89,250
160			26,600	31,500	36,400	41,300	46,200	51,100	56,000	60,900	65,800	70,700	75,600	80,500	85,400	90,300
170			27,650	32,550	37,450	42,350	47,250	52,150	57,050	61,950	66,850	71,750	76,650	81,550	86,450	91,350
180				33,600	38,500	43,400	48,300	53,200	58,100	63,000	67,900	72,800	77,700	82,600	87,500	92,400
190				34,650	39,550	44,450	49,350	54,250	59,150	64,050	68,950	73,850	78,750	83,650	88,550	93,450
200				35,700	40,600	45,500	50,400	55,300	60,200	65,100	70,000	74,900	79,800	84,700	89,600	94,500
210				36,750	41,650	46,550	51,450	56,350	61,250	66,150	71,050	75,950	80,850	85,750	90,650	95,550
220				37,800	42,700	47,600	52,500	57,400	62,300	67,200	72,100	77,000	81,900	86,800	91,700	96,600
230				38,850	43,750	48,650	53,550	58,450	63,350	68,250	73,150	78,050	82,950	87,850	92,750	97,650
240				39,900	44,800	49,700	54,600	59,500	64,400	69,300	74,200	79,100	84,000	88,900	93,800	98,700
250				40,950	45,850	50,750	55,650	60,550	65,450	70,350	75,250	80,150	85,050	89,950	94,850	99,750
260				42,000	46,900	51,800	56,700	61,600	66,500	71,400	76,300	81,200	86,100	91,000	95,900	100,800
270				43,050	47,950	52,850	57,750	62,650	67,550	72,450	77,350	82,250	87,150	92,050	96,950	101,850
280				44,100	49,000	53,900	58,800	63,700	68,600	73,500	78,400	83,300	88,200	93,100	98,000	102,900
290				45,150	50,050	54,950	59,850	64,750	69,650	74,550	79,450	84,350	89,250	94,150	99,050	103,950
300				46,200	51,100	56,000	60,900	65,800	70,700	75,600	80,500	85,400	90,300	95,200	100,100	105,000
310				47,250	52,150	57,050	61,950	66,850	71,750	76,650	81,550	86,450	91,350	96,250	101,150	106,050
320				48,300	53,200	58,100	63,000	67,900	72,800	77,700	82,600	87,500	92,400	97,300	102,200	107,100
330				49,350	54,250	59,150	64,050	68,950	73,850	78,750	83,650	88,550	93,450	98,350	103,250	108,150
340				50,400	55,300	60,200	65,100	70,000	74,900	79,800	84,700	89,600	94,500	99,400	104,300	109,200
350				51,450	56,350	61,250	66,150	71,050	75,950	80,850	85,750	90,650	95,550	100,450	105,350	110,250
360				52,500	57,400	62,300	67,200	72,100	77,000	81,900	86,800	91,700	96,600	101,500	106,400	111,300
370				53,550	58,450	63,350	68,250	73,150	78,050	82,950	87,850	92,750	97,650	102,550	107,450	112,350
380				54,600	59,500	64,400	69,300	74,200	79,100	84,000	88,900	93,800	98,700	103,600	108,500	113,400
390				55,650	60,550	65,450	70,350	75,250	80,150	85,050	89,950	94,850	99,750	104,650	109,550	114,450
400				56,700	61,600	66,500	71,400	76,300	81,200	86,100	91,000	95,900	100,800	105,700	110,600	115,500
410				57,750	62,650	67,550	72,450	77,350	82,250	87,150	92,050	96,950	101,850	106,750	111,650	116,550
420				58,800	63,700	68,600	73,500	78,400	83,300	88,200	93,100	98,000	102,900	107,800	112,700	117,600
430				59,850	64,750	69,650	74,550	79,450	84,350	89,250	94,150	99,050	103,950	108,850	113,750	118,650
440				60,900	65,800	70,700	75,600	80,500	85,400	90,300	95,200	100,100	105,000	109,900	114,800	119,700
450				61,950	66,850	71,750	76,650	81,550	86,450	91,350	96,250	101,150	106,050	110,950	115,850	120,750
460				63,000	67,900	72,800	77,700	82,600	87,500	92,400	97,300	102,200	107,100	112,000	116,900	121,800
470				64,050	68,950	73,850	78,750	83,650	88,550	93,450	98,350	103,250	108,150	113,050	117,950	122,850
480				65,100	69,950	74,900	79,800	84,700	89,600	94,500	99,400	104,300	109,200	114,100	119,000	123,900
490				66,150	70,950	75,900	80,800	85,700	90,600	95,500	100,400	105,300	110,200	115,100	120,050	124,950
500				67,200	71,950	76,900	81,800	86,800	91,700	96,600	101,500	106,400	111,300	116,200	121,100	126,000
510				68,250	72,950	77,900	82,800	87,900	92,800	97,700	102,500	107,400	112,300	117,200	122,150	127,050
520				69,300	73,950	78,900	83,800	88,900	93,800	98,700	103,600	108,500	113,400	118,300	123,200	128,100
530				70,350	74,950	79,900	84,800	89,900	94,800	99,800	104,600	109,500	114,400	119,350	124,250	129,150
540				71,400	75,950	80,900	85,800	90,900	95,900	100,900	105,700	110,600	115,500	120,400	125,300	130,200
550				72,450	76,950	81,900	86,800	91,900	96,900	101,900	106,700	111,600	116,500	121,450	126,350	131,250
560				73,500	77,950	82,900	87,800	92,900	97,900	102,900	107,800	112,700	117,600	122,500	127,400	132,300

570								103,950	108,850	113,750	118,650	123,550	128,450	133,350
580								105,000	109,900	114,800	119,700	124,600	129,500	134,400
590									110,950	115,850	120,750	125,650	130,550	135,450
600									112,000	116,900	121,800	126,700	131,600	136,500