

TEAM ONE TOKYO 年代別ポイント一覧表

男子～20代・70歳～

男子 (19～29歳)			獲得ポイント	男子 (70歳～)		
フルマラソン	30km	ハーフマラソン		フルマラソン	30km	ハーフマラソン
2:29:59以内	1:41:19以内	1:07:59以内	100	3:59:59以内	2:41:19以内	1:52:59以内
2:30:00～2:30:29	1:41:20～1:41:39	1:08:00～1:08:14	99	4:00:00～4:00:29	2:41:20～2:41:39	1:53:00～1:53:14
2:30:30～2:30:59	1:41:40～1:41:59	1:08:15～1:08:29	98	4:00:30～4:00:59	2:41:40～2:41:59	1:53:15～1:53:29
2:31:00～2:31:29	1:42:00～1:42:19	1:08:30～1:08:44	97	4:01:00～4:01:29	2:42:00～2:42:19	1:53:30～1:53:44
2:31:30～2:31:59	1:42:20～1:42:39	1:08:45～1:08:59	96	4:01:30～4:01:59	2:42:20～2:42:39	1:53:45～1:53:59
2:32:00～2:32:29	1:42:40～1:42:59	1:09:00～1:09:14	95	4:02:00～4:02:29	2:42:40～2:42:59	1:54:00～1:54:14
2:32:30～2:32:59	1:43:00～1:43:19	1:09:15～1:09:29	94	4:02:30～4:02:59	2:43:00～2:43:19	1:54:15～1:54:29
2:33:00～2:33:29	1:43:20～1:43:39	1:09:30～1:09:44	93	4:03:00～4:03:29	2:43:20～2:43:39	1:54:30～1:54:44
2:33:30～2:33:59	1:43:40～1:43:59	1:09:45～1:09:59	92	4:03:30～4:03:59	2:43:40～2:43:59	1:54:45～1:54:59
2:34:00～2:34:29	1:44:00～1:44:19	1:10:00～1:10:14	91	4:04:00～4:04:29	2:44:00～2:44:19	1:55:00～1:55:14
2:34:30～2:34:59	1:44:20～1:44:39	1:10:15～1:10:29	90	4:04:30～4:04:59	2:44:20～2:44:39	1:55:15～1:55:29
2:35:00～2:35:29	1:44:40～1:44:59	1:10:30～1:10:44	89	4:05:00～4:05:29	2:44:40～2:44:59	1:55:30～1:55:44
2:35:30～2:35:59	1:45:00～1:45:19	1:10:45～1:10:59	88	4:05:30～4:05:59	2:45:00～2:45:19	1:55:45～1:55:59
2:36:00～2:36:29	1:45:20～1:45:39	1:11:00～1:11:14	87	4:06:00～4:06:29	2:45:20～2:45:39	1:56:00～1:56:14
2:36:30～2:36:59	1:45:40～1:45:59	1:11:15～1:11:29	86	4:06:30～4:06:59	2:45:40～2:45:59	1:56:15～1:56:29
2:37:00～2:37:29	1:46:00～1:46:19	1:11:30～1:11:44	85	4:07:00～4:07:29	2:46:00～2:46:19	1:56:30～1:56:44
2:37:30～2:37:59	1:46:20～1:46:39	1:11:45～1:11:59	84	4:07:30～4:07:59	2:46:20～2:46:39	1:56:45～1:56:59
2:38:00～2:38:29	1:46:40～1:46:59	1:12:00～1:12:14	83	4:08:00～4:08:29	2:46:40～2:46:59	1:57:00～1:57:14
2:38:30～2:38:59	1:47:00～1:47:19	1:12:15～1:12:29	82	4:08:30～4:08:59	2:47:00～2:47:19	1:57:15～1:57:29
2:39:00～2:39:29	1:47:20～1:47:39	1:12:30～1:12:44	81	4:09:00～4:09:29	2:47:20～2:47:39	1:57:30～1:57:44
2:39:30～2:39:59	1:47:40～1:47:59	1:12:45～1:12:59	80	4:09:30～4:09:59	2:47:40～2:47:59	1:57:45～1:57:59
2:40:00～2:40:29	1:48:00～1:48:19	1:13:00～1:13:14	79	4:10:00～4:10:29	2:48:00～2:48:19	1:58:00～1:58:14
2:40:30～2:40:59	1:48:20～1:48:39	1:13:15～1:13:29	78	4:10:30～4:10:59	2:48:20～2:48:39	1:58:15～1:58:29
2:41:00～2:41:29	1:48:40～1:48:59	1:13:30～1:13:44	77	4:11:00～4:11:29	2:48:40～2:48:59	1:58:30～1:58:44
2:41:30～2:41:59	1:49:00～1:49:19	1:13:45～1:13:59	76	4:11:30～4:11:59	2:49:00～2:49:19	1:58:45～1:58:59
2:42:00～2:42:29	1:49:20～1:49:39	1:14:00～1:14:14	75	4:12:00～4:12:29	2:49:20～2:49:39	1:59:00～1:59:14
2:42:30～2:42:59	1:49:40～1:49:59	1:14:15～1:14:29	74	4:12:30～4:12:59	2:49:40～2:49:59	1:59:15～1:59:29
2:43:00～2:43:29	1:50:00～1:50:19	1:14:30～1:14:44	73	4:13:00～4:13:29	2:50:00～2:50:19	1:59:30～1:59:44
2:43:30～2:43:59	1:50:20～1:50:39	1:14:45～1:14:59	72	4:13:30～4:13:59	2:50:20～2:50:39	1:59:45～1:59:59
2:44:00～2:44:29	1:50:40～1:50:59	1:15:00～1:15:14	71	4:14:00～4:14:29	2:50:40～2:50:59	2:00:00～2:00:14
2:44:30～2:44:59	1:51:00～1:51:19	1:15:15～1:15:29	70	4:14:30～4:14:59	2:51:00～2:51:19	2:00:15～2:00:29
2:45:00～2:45:29	1:51:20～1:51:39	1:15:30～1:15:44	69	4:15:00～4:15:29	2:51:20～2:51:39	2:00:30～2:00:44
2:45:30～2:45:59	1:51:40～1:51:59	1:15:45～1:15:59	68	4:15:30～4:15:59	2:51:40～2:51:59	2:00:45～2:00:59
2:46:00～2:46:29	1:52:00～1:52:19	1:16:00～1:16:14	67	4:16:00～4:16:29	2:52:00～2:52:19	2:01:00～2:01:14
2:46:30～2:46:59	1:52:20～1:52:39	1:16:15～1:16:29	66	4:16:30～4:16:59	2:52:20～2:52:39	2:01:15～2:01:29
2:47:00～2:47:29	1:52:40～1:52:59	1:16:30～1:16:44	65	4:17:00～4:17:29	2:52:40～2:52:59	2:01:30～2:01:44
2:47:30～2:47:59	1:53:00～1:53:19	1:16:45～1:16:59	64	4:17:30～4:17:59	2:53:00～2:53:19	2:01:45～2:01:59
2:48:00～2:48:29	1:53:20～1:53:39	1:17:00～1:17:14	63	4:18:00～4:18:29	2:53:20～2:53:39	2:02:00～2:02:14
2:48:30～2:48:59	1:53:40～1:53:59	1:17:15～1:17:29	62	4:18:30～4:18:59	2:53:40～2:53:59	2:02:15～2:02:29
2:49:00～2:49:29	1:54:00～1:54:19	1:17:30～1:17:44	61	4:19:00～4:19:29	2:54:00～2:54:19	2:02:30～2:02:44
2:49:30～2:49:59	1:54:20～1:54:39	1:17:45～1:17:59	60	4:19:30～4:19:59	2:54:20～2:54:39	2:02:45～2:02:59
2:50:00～2:50:29	1:54:40～1:54:59	1:18:00～1:18:14	59	4:20:00～4:20:29	2:54:40～2:54:59	2:03:00～2:03:14
2:50:30～2:50:59	1:55:00～1:55:19	1:18:15～1:18:29	58	4:20:30～4:20:59	2:55:00～2:55:19	2:03:15～2:03:29
2:51:00～2:51:29	1:55:20～1:55:39	1:18:30～1:18:44	57	4:21:00～4:21:29	2:55:20～2:55:39	2:03:30～2:03:44
2:51:30～2:51:59	1:55:40～1:55:59	1:18:45～1:18:59	56	4:21:30～4:21:59	2:55:40～2:55:59	2:03:45～2:03:59
2:52:00～2:52:29	1:56:00～1:56:19	1:19:00～1:19:14	55	4:22:00～4:22:29	2:56:00～2:56:19	2:04:00～2:04:14
2:52:30～2:52:59	1:56:20～1:56:39	1:19:15～1:19:29	54	4:22:30～4:22:59	2:56:20～2:56:39	2:04:15～2:04:29
2:53:00～2:53:29	1:56:40～1:56:59	1:19:30～1:19:44	53	4:23:00～4:23:29	2:56:40～2:56:59	2:04:30～2:04:44
2:53:30～2:53:59	1:57:00～1:57:19	1:19:45～1:19:59	52	4:23:30～4:23:59	2:57:00～2:57:19	2:04:45～2:04:59
2:54:00～2:54:29	1:57:20～1:57:39	1:20:00～1:20:14	51	4:24:00～4:24:29	2:57:20～2:57:39	2:05:00～2:05:14
2:54:30～2:54:59	1:57:40～1:57:59	1:20:15～1:20:29	50	4:24:30～4:24:59	2:57:40～2:57:59	2:05:15～2:05:29
2:55:00～2:55:29	1:58:00～1:58:19	1:20:30～1:20:44	49	4:25:00～4:25:29	2:58:00～2:58:19	2:05:30～2:05:44
2:55:30～2:55:59	1:58:20～1:58:39	1:20:45～1:20:59	48	4:25:30～4:25:59	2:58:20～2:58:39	2:05:45～2:05:59
2:56:00～2:56:29	1:58:40～1:58:59	1:21:00～1:21:14	47	4:26:00～4:26:29	2:58:40～2:58:59	2:06:00～2:06:14
2:56:30～2:56:59	1:59:00～1:59:19	1:21:15～1:21:29	46	4:26:30～4:26:59	2:59:00～2:59:19	2:06:15～2:06:29
2:57:00～2:57:29	1:59:20～1:59:39	1:21:30～1:21:44	45	4:27:00～4:27:29	2:59:20～2:59:39	2:06:30～2:06:44
2:57:30～2:57:59	1:59:40～1:59:59	1:21:45～1:21:59	44	4:27:30～4:27:59	2:59:40～2:59:59	2:06:45～2:06:59
2:58:00～2:58:29	2:00:00～2:00:19	1:22:00～1:22:14	43	4:28:00～4:28:29	3:00:00～3:00:19	2:07:00～2:07:14
2:58:30～2:58:59	2:00:20～2:00:39	1:22:15～1:22:29	42	4:28:30～4:28:59	3:00:20～3:00:39	2:07:15～2:07:29
2:59:00～2:59:29	2:00:40～2:00:59	1:22:30～1:22:44	41	4:29:00～4:29:29	3:00:40～3:00:59	2:07:30～2:07:44
2:59:30～2:59:59	2:01:00～2:01:19	1:22:45～1:22:59	40	4:29:30～4:29:59	3:01:00～3:01:19	2:07:45～2:07:59
3:00:00～3:00:29	2:01:20～2:01:39	1:23:00～1:23:14	39	4:30:00～4:30:29	3:01:20～3:01:39	2:08:00～2:08:14
3:00:30～3:00:59	2:01:40～2:01:59	1:23:15～1:23:29	38	4:30:30～4:30:59	3:01:40～3:01:59	2:08:15～2:08:29
3:01:00～3:01:29	2:02:00～2:02:19	1:23:30～1:23:44	37	4:31:00～4:31:29	3:02:00～3:02:19	2:08:30～2:08:44
3:01:30～3:01:59	2:02:20～2:02:39	1:23:45～1:23:59	36	4:31:30～4:31:59	3:02:20～3:02:39	2:08:45～2:08:59
3:02:00～3:02:29	2:02:40～2:02:59	1:24:00～1:24:14	35	4:32:00～4:32:29	3:02:40～3:02:59	2:09:00～2:09:14
3:02:30～3:02:59	2:03:00～2:03:19	1:24:15～1:24:29	34	4:32:30～4:32:59	3:03:00～3:03:19	2:09:15～2:09:29
3:03:00～3:03:29	2:03:20～2:03:39	1:24:30～1:24:44	33	4:33:00～4:33:29	3:03:20～3:03:39	2:09:30～2:09:44
3:03:30～3:03:59	2:03:40～2:03:59	1:24:45～1:24:59	32	4:33:30～4:33:59	3:03:40～3:03:59	2:09:45～2:09:59
3:04:00～3:04:29	2:04:00～2:04:19	1:25:00～1:25:14	31	4:34:00～4:34:29	3:04:00～3:04:19	2:10:00～2:10:14
3:04:30～3:04:59	2:04:20～2:04:39	1:25:15～1:25:29	30	4:34:30～4:34:59	3:04:20～3:04:39	2:10:15～2:10:29
3:05:00以上	2:04:40以上	1:25:30以上	29	4:35:00～4:35:29	3:04:40～3:04:59	2:10:30～2:10:44
			28	4:35:30～4:35:59	3:05:00～3:05:19	2:10:45～2:10:59
			27	4:36:00～4:36:29	3:05:20～3:05:39	2:11:00～2:11:14
			26	4:36:30～4:36:59	3:05:40～3:05:59	2:11:15～2:11:29
			25	4:37:00～4:37:29	3:06:00～3:06:19	2:11:30～2:11:44
			24	4:37:30～4:37:59	3:06:20～3:06:39	2:11:45～2:11:59
			23	4:38:00～4:38:29	3:06:40～3:06:59	2:12:00～2:12:14
			22	4:38:30～4:38:59	3:07:00～3:07:19	2:12:15～2:12:29
			21	4:39:00～4:39:29	3:07:20～3:07:39	2:12:30～2:12:44
			20	4:39:30～4:39:59	3:07:40～3:07:59	2:12:45～2:12:59
			19	4:40:00～4:40:29	3:08:00～3:08:19	2:13:00～2:13:14
			18	4:40:30～4:40:59	3:08:20～3:08:39	2:13:15～2:13:29
			17	4:41:00～4:41:29	3:08:40～3:08:59	2:13:30～2:13:44
			16	4:41:30～4:41:59	3:09:00～3:09:19	2:13:45～2:13:59
			15	4:42:00～4:42:29	3:09:20～3:09:39	2:14:00～2:14:14
			14	4:42:30～4:42:59	3:09:40～3:09:59	2:14:15～2:14:29
			13	4:43:00～4:43:29	3:10:00～3:10:19	2:14:30～2:14:44
			12	4:43:30～4:43:59	3:10:20～3:10:39	2:14:45～2:14:59
			11	4:44:00～4:44:29	3:10:40～3:10:59	2:14:55～2:15:09
			10	4:44:30～4:44:59	3:11:00～3:11:19	2:15:15～2:15:29
			9	4:45:00以上	3:11:20以上	2:15:30以上

TEAM ONE TOKYO 年代別ポイント一覧表

男子30代

男子 (30~34歳)			獲得ポイント	男子 (35~39歳)		
フルマラソン	30km	ハーフマラソン		フルマラソン	30km	ハーフマラソン
2:34:59以内	1:44:39以内	1:10:29以内	100	2:39:59以内	1:47:59以内	1:12:59以内
2:35:00~2:35:29	1:44:40~1:44:59	1:10:30~1:10:44	99	2:40:00~2:40:29	1:48:00~1:48:19	1:13:00~1:13:14
2:35:30~2:35:59	1:45:00~1:45:19	1:10:45~1:10:59	98	2:40:30~2:40:59	1:48:20~1:48:39	1:13:15~1:13:29
2:36:00~2:36:29	1:45:20~1:45:39	1:11:00~1:11:14	97	2:41:00~2:41:29	1:48:40~1:48:59	1:13:30~1:13:44
2:36:30~2:36:59	1:45:40~1:45:59	1:11:15~1:11:29	96	2:41:30~2:41:59	1:49:00~1:49:19	1:13:45~1:13:59
2:37:00~2:37:29	1:46:00~1:46:19	1:11:30~1:11:44	95	2:42:00~2:42:29	1:49:20~1:49:39	1:14:00~1:14:14
2:37:30~2:37:59	1:46:20~1:46:39	1:11:45~1:11:59	94	2:42:30~2:42:59	1:49:40~1:49:59	1:14:15~1:14:29
2:38:00~2:38:29	1:46:40~1:46:59	1:12:00~1:12:14	93	2:43:00~2:43:29	1:50:00~1:50:19	1:14:30~1:14:44
2:38:30~2:38:59	1:47:00~1:47:19	1:12:15~1:12:29	92	2:43:30~2:43:59	1:50:20~1:50:39	1:14:45~1:14:59
2:39:00~2:39:29	1:47:20~1:47:39	1:12:30~1:12:44	91	2:44:00~2:44:29	1:50:40~1:50:59	1:15:00~1:15:14
2:39:30~2:39:59	1:47:40~1:47:59	1:12:45~1:12:59	90	2:44:30~2:44:59	1:51:00~1:51:19	1:15:15~1:15:29
2:40:00~2:40:29	1:48:00~1:48:19	1:13:00~1:13:14	89	2:45:00~2:45:29	1:51:20~1:51:39	1:15:30~1:15:44
2:40:30~2:40:59	1:48:20~1:48:39	1:13:15~1:13:29	88	2:45:30~2:45:59	1:51:40~1:51:59	1:15:45~1:15:59
2:41:00~2:41:29	1:48:40~1:48:59	1:13:30~1:13:44	87	2:46:00~2:46:29	1:52:00~1:52:19	1:16:00~1:16:14
2:41:30~2:41:59	1:49:00~1:49:19	1:13:45~1:13:59	86	2:46:30~2:46:59	1:52:20~1:52:39	1:16:15~1:16:29
2:42:00~2:42:29	1:49:20~1:49:39	1:14:00~1:14:14	85	2:47:00~2:47:29	1:52:40~1:52:59	1:16:30~1:16:44
2:42:30~2:42:59	1:49:40~1:49:59	1:14:15~1:14:29	84	2:47:30~2:47:59	1:53:00~1:53:19	1:16:45~1:16:59
2:43:00~2:43:29	1:50:00~1:50:19	1:14:30~1:14:44	83	2:48:00~2:48:29	1:53:20~1:53:39	1:17:00~1:17:14
2:43:30~2:43:59	1:50:20~1:50:39	1:14:45~1:14:59	82	2:48:30~2:48:59	1:53:40~1:53:59	1:17:15~1:17:29
2:44:00~2:44:29	1:50:40~1:50:59	1:15:00~1:15:14	81	2:49:00~2:49:29	1:54:00~1:54:19	1:17:30~1:17:44
2:44:30~2:44:59	1:51:00~1:51:19	1:15:15~1:15:29	80	2:49:30~2:49:59	1:54:20~1:54:39	1:17:45~1:17:59
2:45:00~2:45:29	1:51:20~1:51:39	1:15:30~1:15:44	79	2:50:00~2:50:29	1:54:40~1:54:59	1:18:00~1:18:14
2:45:30~2:45:59	1:51:40~1:51:59	1:15:45~1:15:59	78	2:50:30~2:50:59	1:55:00~1:55:19	1:18:15~1:18:29
2:46:00~2:46:29	1:52:00~1:52:19	1:16:00~1:16:14	77	2:51:00~2:51:29	1:55:20~1:55:39	1:18:30~1:18:44
2:46:30~2:46:59	1:52:20~1:52:39	1:16:15~1:16:29	76	2:51:30~2:51:59	1:55:40~1:55:59	1:18:45~1:18:59
2:47:00~2:47:29	1:52:40~1:52:59	1:16:30~1:16:44	75	2:52:00~2:52:29	1:56:00~1:56:19	1:19:00~1:19:14
2:47:30~2:47:59	1:53:00~1:53:19	1:16:45~1:16:59	74	2:52:30~2:52:59	1:56:20~1:56:39	1:19:15~1:19:29
2:48:00~2:48:29	1:53:20~1:53:39	1:17:00~1:17:14	73	2:53:00~2:53:29	1:56:40~1:56:59	1:19:30~1:19:44
2:48:30~2:48:59	1:53:40~1:53:59	1:17:15~1:17:29	72	2:53:30~2:53:59	1:57:00~1:57:19	1:19:45~1:19:59
2:49:00~2:49:29	1:54:00~1:54:19	1:17:30~1:17:44	71	2:54:00~2:54:29	1:57:20~1:57:39	1:20:00~1:20:14
2:49:30~2:49:59	1:54:20~1:54:39	1:17:45~1:17:59	70	2:54:30~2:54:59	1:57:40~1:57:59	1:20:15~1:20:29
2:50:00~2:50:29	1:54:40~1:54:59	1:18:00~1:18:14	69	2:55:00~2:55:29	1:58:00~1:58:19	1:20:30~1:20:44
2:50:30~2:50:59	1:55:00~1:55:19	1:18:15~1:18:29	68	2:55:30~2:55:59	1:58:20~1:58:39	1:20:45~1:20:59
2:51:00~2:51:29	1:55:20~1:55:39	1:18:30~1:18:44	67	2:56:00~2:56:29	1:58:40~1:58:59	1:21:00~1:21:14
2:51:30~2:51:59	1:55:40~1:55:59	1:18:45~1:18:59	66	2:56:30~2:56:59	1:59:00~1:59:19	1:21:15~1:21:29
2:52:00~2:52:29	1:56:00~1:56:19	1:19:00~1:19:14	65	2:57:00~2:57:29	1:59:20~1:59:39	1:21:30~1:21:44
2:52:30~2:52:59	1:56:20~1:56:39	1:19:15~1:19:29	64	2:57:30~2:57:59	1:59:40~1:59:59	1:21:45~1:21:59
2:53:00~2:53:29	1:56:40~1:56:59	1:19:30~1:19:44	63	2:58:00~2:58:29	2:00:00~2:00:19	1:22:00~1:22:14
2:53:30~2:53:59	1:57:00~1:57:19	1:19:45~1:19:59	62	2:58:30~2:58:59	2:00:20~2:00:39	1:22:15~1:22:29
2:54:00~2:54:29	1:57:20~1:57:39	1:20:00~1:20:14	61	2:59:00~2:59:29	2:00:40~2:00:59	1:22:30~1:22:44
2:54:30~2:54:59	1:57:40~1:57:59	1:20:15~1:20:29	60	2:59:30~2:59:59	2:01:00~2:01:19	1:22:45~1:22:59
2:55:00~2:55:29	1:58:00~1:58:19	1:20:30~1:20:44	59	3:00:00~3:00:29	2:01:20~2:01:39	1:23:00~1:23:14
2:55:30~2:55:59	1:58:20~1:58:39	1:20:45~1:20:59	58	3:00:30~3:00:59	2:01:40~2:01:59	1:23:15~1:23:29
2:56:00~2:56:29	1:58:40~1:58:59	1:21:00~1:21:14	57	3:01:00~3:01:29	2:02:00~2:02:19	1:23:30~1:23:44
2:56:30~2:56:59	1:59:00~1:59:19	1:21:15~1:21:29	56	3:01:30~3:01:59	2:02:20~2:02:39	1:23:45~1:23:59
2:57:00~2:57:29	1:59:20~1:59:39	1:21:30~1:21:44	55	3:02:00~3:02:29	2:02:40~2:02:59	1:24:00~1:24:14
2:57:30~2:57:59	1:59:40~1:59:59	1:21:45~1:21:59	54	3:02:30~3:02:59	2:03:00~2:03:19	1:24:15~1:24:29
2:58:00~2:58:29	2:00:00~2:00:19	1:22:00~1:22:14	53	3:03:00~3:03:29	2:03:20~2:03:39	1:24:30~1:24:44
2:58:30~2:58:59	2:00:20~2:00:39	1:22:15~1:22:29	52	3:03:30~3:03:59	2:03:40~2:03:59	1:24:45~1:24:59
2:59:00~2:59:29	2:00:40~2:00:59	1:22:30~1:22:44	51	3:04:00~3:04:29	2:04:00~2:04:19	1:25:00~1:25:14
2:59:30~2:59:59	2:01:00~2:01:19	1:22:45~1:22:59	50	3:04:30~3:04:59	2:04:20~2:04:39	1:25:15~1:25:29
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3:00:30~3:00:59	2:01:40~2:01:59	1:23:15~1:23:29	48	3:05:30~3:05:59	2:05:00~2:05:19	1:25:45~1:25:59
3:01:00~3:01:29	2:02:00~2:02:19	1:23:30~1:23:44	47	3:06:00~3:06:29	2:05:20~2:05:39	1:26:00~1:26:14
3:01:30~3:01:59	2:02:20~2:02:39	1:23:45~1:23:59	46	3:06:30~3:06:59	2:05:40~2:05:59	1:26:15~1:26:29
3:02:00~3:02:29	2:02:40~2:02:59	1:24:00~1:24:14	45	3:07:00~3:07:29	2:06:00~2:06:19	1:26:30~1:26:44
3:02:30~3:02:59	2:03:00~2:03:19	1:24:15~1:24:29	44	3:07:30~3:07:59	2:06:20~2:06:39	1:26:45~1:26:59
3:03:00~3:03:29	2:03:20~2:03:39	1:24:30~1:24:44	43	3:08:00~3:08:29	2:06:40~2:06:59	1:27:00~1:27:14
3:03:30~3:03:59	2:03:40~2:03:59	1:24:45~1:24:59	42	3:08:30~3:08:59	2:07:00~2:07:19	1:27:15~1:27:29
3:04:00~3:04:29	2:04:00~2:04:19	1:25:00~1:25:14	41	3:09:00~3:09:29	2:07:20~2:07:39	1:27:30~1:27:44
3:04:30~3:04:59	2:04:20~2:04:39	1:25:15~1:25:29	40	3:09:30~3:09:59	2:07:40~2:07:59	1:27:45~1:27:59
3:05:00~3:05:29	2:04:40~2:04:59	1:25:30~1:25:44	39	3:10:00~3:10:29	2:08:00~2:08:19	1:28:00~1:28:14
3:05:30~3:05:59	2:05:00~2:05:19	1:25:45~1:25:59	38	3:10:30~3:10:59	2:08:20~2:08:39	1:28:15~1:28:29
3:06:00~3:06:29	2:05:20~2:05:39	1:26:00~1:26:14	37	3:11:00~3:11:29	2:08:40~2:08:59	1:28:30~1:28:44
3:06:30~3:06:59	2:05:40~2:05:59	1:26:15~1:26:29	36	3:11:30~3:11:59	2:09:00~2:09:19	1:28:45~1:28:59
3:07:00~3:07:29	2:06:00~2:06:19	1:26:30~1:26:44	35	3:12:00~3:12:29	2:09:20~2:09:39	1:29:00~1:29:14
3:07:30~3:07:59	2:06:20~2:06:39	1:26:45~1:26:59	34	3:12:30~3:12:59	2:09:40~2:09:59	1:29:15~1:29:29
3:08:00~3:08:29	2:06:40~2:06:59	1:27:00~1:27:14	33	3:13:00~3:13:29	2:10:00~2:10:19	1:29:30~1:29:44
3:08:30~3:08:59	2:07:00~2:07:19	1:27:15~1:27:29	32	3:13:30~3:13:59	2:10:20~2:10:39	1:29:45~1:29:59
3:09:00~3:09:29	2:07:20~2:07:39	1:27:30~1:27:44	31	3:14:00~3:14:29	2:10:40~2:10:59	1:30:00~1:30:14
3:09:30~3:09:59	2:07:40~2:07:59	1:27:45~1:27:59	30	3:14:30~3:14:59	2:11:00~2:11:19	1:30:15~1:30:29
3:10:00以上	2:08:00以上	1:28:00以上	29	3:15:00以上	2:11:20以上	1:30:30以上

TEAM ONE TOKYO 年代別ポイント一覧表

男子40代

男子 (40~44歳)			獲得ポイント	男子 (45~49歳)		
フルマラソン	30km	ハーフマラソン		フルマラソン	30km	ハーフマラソン
2:44:59以内	1:51:19以内	1:15:29以内	100	2:49:59以内	1:54:39以内	1:17:59以内
2:45:00~2:45:29	1:51:20~1:51:39	1:15:30~1:15:44	99	2:50:00~2:50:29	1:54:40~1:54:59	1:18:00~1:18:14
2:45:30~2:45:59	1:51:40~1:51:59	1:15:45~1:15:59	98	2:50:30~2:50:59	1:55:00~1:55:19	1:18:15~1:18:29
2:46:00~2:46:29	1:52:00~1:52:19	1:16:00~1:16:14	97	2:51:00~2:51:29	1:55:20~1:55:39	1:18:30~1:18:44
2:46:30~2:46:59	1:52:20~1:52:39	1:16:15~1:16:29	96	2:51:30~2:51:59	1:55:40~1:55:59	1:18:45~1:18:59
2:47:00~2:47:29	1:52:40~1:52:59	1:16:30~1:16:44	95	2:52:00~2:52:29	1:56:00~1:56:19	1:19:00~1:19:14
2:47:30~2:47:59	1:53:00~1:53:19	1:16:45~1:16:59	94	2:52:30~2:52:59	1:56:20~1:56:39	1:19:15~1:19:29
2:48:00~2:48:29	1:53:20~1:53:39	1:17:00~1:17:14	93	2:53:00~2:53:29	1:56:40~1:56:59	1:19:30~1:19:44
2:48:30~2:48:59	1:53:40~1:53:59	1:17:15~1:17:29	92	2:53:30~2:53:59	1:57:00~1:57:19	1:19:45~1:19:59
2:49:00~2:49:29	1:54:00~1:54:19	1:17:30~1:17:44	91	2:54:00~2:54:29	1:57:20~1:57:39	1:20:00~1:20:14
2:49:30~2:49:59	1:54:20~1:54:39	1:17:45~1:17:59	90	2:54:30~2:54:59	1:57:40~1:57:59	1:20:15~1:20:29
2:50:00~2:50:29	1:54:40~1:54:59	1:18:00~1:18:14	89	2:55:00~2:55:29	1:58:00~1:58:19	1:20:30~1:20:44
2:50:30~2:50:59	1:55:00~1:55:19	1:18:15~1:18:29	88	2:55:30~2:55:59	1:58:20~1:58:39	1:20:45~1:20:59
2:51:00~2:51:29	1:55:20~1:55:39	1:18:30~1:18:44	87	2:56:00~2:56:29	1:58:40~1:58:59	1:21:00~1:21:14
2:51:30~2:51:59	1:55:40~1:55:59	1:18:45~1:18:59	86	2:56:30~2:56:59	1:59:00~1:59:19	1:21:15~1:21:29
2:52:00~2:52:29	1:56:00~1:56:19	1:19:00~1:19:14	85	2:57:00~2:57:29	1:59:20~1:59:39	1:21:30~1:21:44
2:52:30~2:52:59	1:56:20~1:56:39	1:19:15~1:19:29	84	2:57:30~2:57:59	1:59:40~1:59:59	1:21:45~1:21:59
2:53:00~2:53:29	1:56:40~1:56:59	1:19:30~1:19:44	83	2:58:00~2:58:29	2:00:00~2:00:19	1:22:00~1:22:14
2:53:30~2:53:59	1:57:00~1:57:19	1:19:45~1:19:59	82	2:58:30~2:58:59	2:00:20~2:00:39	1:22:15~1:22:29
2:54:00~2:54:29	1:57:20~1:57:39	1:20:00~1:20:14	81	2:59:00~2:59:29	2:00:40~2:00:59	1:22:30~1:22:44
2:54:30~2:54:59	1:57:40~1:57:59	1:20:15~1:20:29	80	2:59:30~2:59:59	2:01:00~2:01:19	1:22:45~1:22:59
2:55:00~2:55:29	1:58:00~1:58:19	1:20:30~1:20:44	79	3:00:00~3:00:29	2:01:20~2:01:39	1:23:00~1:23:14
2:55:30~2:55:59	1:58:20~1:58:39	1:20:45~1:20:59	78	3:00:30~3:00:59	2:01:40~2:01:59	1:23:15~1:23:29
2:56:00~2:56:29	1:58:40~1:58:59	1:21:00~1:21:14	77	3:01:00~3:01:29	2:02:00~2:02:19	1:23:30~1:23:44
2:56:30~2:56:59	1:59:00~1:59:19	1:21:15~1:21:29	76	3:01:30~3:01:59	2:02:20~2:02:39	1:23:45~1:23:59
2:57:00~2:57:29	1:59:20~1:59:39	1:21:30~1:21:44	75	3:02:00~3:02:29	2:02:40~2:02:59	1:24:00~1:24:14
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2:58:00~2:58:29	2:00:00~2:00:19	1:22:00~1:22:14	73	3:03:00~3:03:29	2:03:20~2:03:39	1:24:30~1:24:44
2:58:30~2:58:59	2:00:20~2:00:39	1:22:15~1:22:29	72	3:03:30~3:03:59	2:03:40~2:03:59	1:24:45~1:24:59
2:59:00~2:59:29	2:00:40~2:00:59	1:22:30~1:22:44	71	3:04:00~3:04:29	2:04:00~2:04:19	1:25:00~1:25:14
2:59:30~2:59:59	2:01:00~2:01:19	1:22:45~1:22:59	70	3:04:30~3:04:59	2:04:20~2:04:39	1:25:15~1:25:29
3:00:00~3:00:29	2:01:20~2:01:39	1:23:00~1:23:14	69	3:05:00~3:05:29	2:04:40~2:04:59	1:25:30~1:25:44
3:00:30~3:00:59	2:01:40~2:01:59	1:23:15~1:23:29	68	3:05:30~3:05:59	2:05:00~2:05:19	1:25:45~1:25:59
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3:09:00~3:09:29	2:07:20~2:07:39	1:27:30~1:27:44	51	3:14:00~3:14:29	2:10:40~2:10:59	1:30:00~1:30:14
3:09:30~3:09:59	2:07:40~2:07:59	1:27:45~1:27:59	50	3:14:30~3:14:59	2:11:00~2:11:19	1:30:15~1:30:29
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3:10:30~3:10:59	2:08:20~2:08:39	1:28:15~1:28:29	48	3:15:30~3:15:59	2:11:40~2:11:59	1:30:45~1:30:59
3:11:00~3:11:29	2:08:40~2:08:59	1:28:30~1:28:44	47	3:16:00~3:16:29	2:12:00~2:12:19	1:31:00~1:31:14
3:11:30~3:11:59	2:09:00~2:09:19	1:28:45~1:28:59	46	3:16:30~3:16:59	2:12:20~2:12:39	1:31:15~1:31:29
3:12:00~3:12:29	2:09:20~2:09:39	1:29:00~1:29:14	45	3:17:00~3:17:29	2:12:40~2:12:59	1:31:30~1:31:44
3:12:30~3:12:59	2:09:40~2:09:59	1:29:15~1:29:29	44	3:17:30~3:17:59	2:13:00~2:13:19	1:31:45~1:31:59
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3:27:00~3:27:29	2:19:20~2:19:39	1:36:30~1:36:44	15	3:32:00~3:32:29	2:22:40~2:22:59	1:39:00~1:39:14
3:27:30~3:27:59	2:19:40~2:19:59					

TEAM ONE TOKYO 年代別ポイント一覧表

男子50代

男子 (50~54歳)			獲得ポイント	男子 (55~59歳)		
フルマラソン	30km	ハーフマラソン		フルマラソン	30km	ハーフマラソン
2:54:59以内	1:57:59以内	1:20:29以内	100	2:59:59以内	2:01:19以内	1:22:59以内
2:55:00~2:55:29	1:58:00~1:58:19	1:20:30~1:20:44	99	3:00:00~3:00:29	2:01:20~2:01:39	1:23:00~1:23:14
2:55:30~2:55:59	1:58:20~1:58:39	1:20:45~1:20:59	98	3:00:30~3:00:59	2:01:40~2:01:59	1:23:15~1:23:29
2:56:00~2:56:29	1:58:40~1:58:59	1:21:00~1:21:14	97	3:01:00~3:01:29	2:02:00~2:02:19	1:23:30~1:23:44
2:56:30~2:56:59	1:59:00~1:59:19	1:21:15~1:21:29	96	3:01:30~3:01:59	2:02:20~2:02:39	1:23:45~1:23:59
2:57:00~2:57:29	1:59:20~1:59:39	1:21:30~1:21:44	95	3:02:00~3:02:29	2:02:40~2:02:59	1:24:00~1:24:14
2:57:30~2:57:59	1:59:40~1:59:59	1:21:45~1:21:59	94	3:02:30~3:02:59	2:03:00~2:03:19	1:24:15~1:24:29
2:58:00~2:58:29	2:00:00~2:00:19	1:22:00~1:22:14	93	3:03:00~3:03:29	2:03:20~2:03:39	1:24:30~1:24:44
2:58:30~2:58:59	2:00:20~2:00:39	1:22:15~1:22:29	92	3:03:30~3:03:59	2:03:40~2:03:59	1:24:45~1:24:59
2:59:00~2:59:29	2:00:40~2:00:59	1:22:30~1:22:44	91	3:04:00~3:04:29	2:04:00~2:04:19	1:25:00~1:25:14
2:59:30~2:59:59	2:01:00~2:01:19	1:22:45~1:22:59	90	3:04:30~3:04:59	2:04:20~2:04:39	1:25:15~1:25:29
3:00:00~3:00:29	2:01:20~2:01:39	1:23:00~1:23:14	89	3:05:00~3:05:29	2:04:40~2:04:59	1:25:30~1:25:44
3:00:30~3:00:59	2:01:40~2:01:59	1:23:15~1:23:29	88	3:05:30~3:05:59	2:05:00~2:05:19	1:25:45~1:25:59
3:01:00~3:01:29	2:02:00~2:02:19	1:23:30~1:23:44	87	3:06:00~3:06:29	2:05:20~2:05:39	1:26:00~1:26:14
3:01:30~3:01:59	2:02:20~2:02:39	1:23:45~1:23:59	86	3:06:30~3:06:59	2:05:40~2:05:59	1:26:15~1:26:29
3:02:00~3:02:29	2:02:40~2:02:59	1:24:00~1:24:14	85	3:07:00~3:07:29	2:06:00~2:06:19	1:26:30~1:26:44
3:02:30~3:02:59	2:03:00~2:03:19	1:24:15~1:24:29	84	3:07:30~3:07:59	2:06:20~2:06:39	1:26:45~1:26:59
3:03:00~3:03:29	2:03:20~2:03:39	1:24:30~1:24:44	83	3:08:00~3:08:29	2:06:40~2:06:59	1:27:00~1:27:14
3:03:30~3:03:59	2:03:40~2:03:59	1:24:45~1:24:59	82	3:08:30~3:08:59	2:07:00~2:07:19	1:27:15~1:27:29
3:04:00~3:04:29	2:04:00~2:04:19	1:25:00~1:25:14	81	3:09:00~3:09:29	2:07:20~2:07:39	1:27:30~1:27:44
3:04:30~3:04:59	2:04:20~2:04:39	1:25:15~1:25:29	80	3:09:30~3:09:59	2:07:40~2:07:59	1:27:45~1:27:59
3:05:00~3:05:29	2:04:40~2:04:59	1:25:30~1:25:44	79	3:10:00~3:10:29	2:08:00~2:08:19	1:28:00~1:28:14
3:05:30~3:05:59	2:05:00~2:05:19	1:25:45~1:25:59	78	3:10:30~3:10:59	2:08:20~2:08:39	1:28:15~1:28:29
3:06:00~3:06:29	2:05:20~2:05:39	1:26:00~1:26:14	77	3:11:00~3:11:29	2:08:40~2:08:59	1:28:30~1:28:44
3:06:30~3:06:59	2:05:40~2:05:59	1:26:15~1:26:29	76	3:11:30~3:11:59	2:09:00~2:09:19	1:28:45~1:28:59
3:07:00~3:07:29	2:06:00~2:06:19	1:26:30~1:26:44	75	3:12:00~3:12:29	2:09:20~2:09:39	1:29:00~1:29:14
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3:08:00~3:08:29	2:06:40~2:06:59	1:27:00~1:27:14	73	3:13:00~3:13:29	2:10:00~2:10:19	1:29:30~1:29:44
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3:29:00~3:29:29	2:20:40~2:20:59	1:37:30~1:37:44	31	3:34:00~3:34:29	2:24:00~2:24:19	1:40:00~1:40:14
3:29:30~3:29:59	2:21:00~2:21:19	1:37:45~1:37:59	30	3:34:30~3:34:59	2:24:20~2:24:39	1:40:15~1:40:29
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3:30:30~3:30:59	2:21:40~2:21:59	1:38:15~1:38:29	28	3:35:30~3:35:59	2:25:00~2:25:19	1:40:45~1:40:59
3:31:00~3:31:29	2:22:00~2:22:19	1:38:30~1:38:44	27	3:36:00~3:36:29	2:25:20~2:25:39	1:41:00~1:41:14
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3:32:30~3:32:59	2:23:00~2:23:19	1:39:15~1:39:29	24	3:37:30~3:37:59	2:26:20~2:26:39	1:41:45~1:41:59
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3:36:00~3:36:29	2:25:20~2:25:39	1:41:00~1:41:14	17	3:41:00~3:41:29	2:28:40~2:28:59	1:43:30~1:43:44
3:36:30~3:36:59	2:25:40~2:25:59	1:41:15~1:41:29	16	3:41:30~3:41:59	2:29:00~2:29:19	1:43:45~1:43:59
3:37:00~3:37:29	2:26:00~2:26:19	1:41:30~1:41:44	15	3:42:00~3:42:29	2:29:20~2:29:39	1:44:00~1:44:14
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3:38:30~3:38:59	2:27:00~2:27:19	1:42:15~1:42:29	12	3:43:30~3:43:59	2:30:20~2:30:39	1:44:45~1:44:59
3:39:00~3:39:29	2:27:20~2:27:39	1:42:30~1:42:44	11	3:44:00~3:44:29	2:30:40~2:30:59	1:45:00~1:45:14
3:39:30~3:39:59	2:27:40~2:27:59	1:42:45~1:42:59	10	3:44:30~3:44:59	2:31:00~2:31:19	1:45:15~1:45:29
3:40:00以上	2:28:00以上	1:43:00以上	9	3:45:00以上	2:31:20以上	1:45:30以上

TEAM ONE TOKYO 年代別ポイント一覧表

男子60代

男子 (60~64歳)			獲得ポイント	男子 (65~69歳)		
フルマラソン	30km	ハーフマラソン		フルマラソン	30km	ハーフマラソン
3:24:59以内	2:17:59以内	1:35:29以内	100	3:34:59以内	2:24:39以内	1:40:29以内
3:25:00~3:25:29	2:18:00~2:18:19	1:35:30~1:35:44	99	3:35:00~3:35:29	2:24:40~2:24:59	1:40:30~1:40:44
3:25:30~3:25:59	2:18:20~2:18:39	1:35:45~1:35:59	98	3:35:30~3:35:59	2:25:00~2:25:19	1:40:45~1:40:59
3:26:00~3:26:29	2:18:40~2:18:59	1:36:00~1:36:14	97	3:36:00~3:36:29	2:25:20~2:25:39	1:41:00~1:41:14
3:26:30~3:26:59	2:19:00~2:19:19	1:36:15~1:36:29	96	3:36:30~3:36:59	2:25:40~2:25:59	1:41:15~1:41:29
3:27:00~3:27:29	2:19:20~2:19:39	1:36:30~1:36:44	95	3:37:00~3:37:29	2:26:00~2:26:19	1:41:30~1:41:44
3:27:30~3:27:59	2:19:40~2:19:59	1:36:45~1:36:59	94	3:37:30~3:37:59	2:26:20~2:26:39	1:41:45~1:41:59
3:28:00~3:28:29	2:20:00~2:20:19	1:37:00~1:37:14	93	3:38:00~3:38:29	2:26:40~2:26:59	1:42:00~1:42:14
3:28:30~3:28:59	2:20:20~2:20:39	1:37:15~1:37:29	92	3:38:30~3:38:59	2:27:00~2:27:19	1:42:15~1:42:29
3:29:00~3:29:29	2:20:40~2:20:59	1:37:30~1:37:44	91	3:39:00~3:39:29	2:27:20~2:27:39	1:42:30~1:42:44
3:29:30~3:29:59	2:21:00~2:21:19	1:37:45~1:37:59	90	3:39:30~3:39:59	2:27:40~2:27:59	1:42:45~1:42:59
3:30:00~3:30:29	2:21:20~2:21:39	1:38:00~1:38:14	89	3:40:00~3:40:29	2:28:00~2:28:19	1:43:00~1:43:14
3:30:30~3:30:59	2:21:40~2:21:59	1:38:15~1:38:29	88	3:40:30~3:40:59	2:28:20~2:28:39	1:43:15~1:43:29
3:31:00~3:31:29	2:22:00~2:22:19	1:38:30~1:38:44	87	3:41:00~3:41:29	2:28:40~2:28:59	1:43:30~1:43:44
3:31:30~3:31:59	2:22:20~2:22:39	1:38:45~1:38:59	86	3:41:30~3:41:59	2:29:00~2:29:19	1:43:45~1:43:59
3:32:00~3:32:29	2:22:40~2:22:59	1:39:00~1:39:14	85	3:42:00~3:42:29	2:29:20~2:29:39	1:44:00~1:44:14
3:32:30~3:32:59	2:23:00~2:23:19	1:39:15~1:39:29	84	3:42:30~3:42:59	2:29:40~2:29:59	1:44:15~1:44:29
3:33:00~3:33:29	2:23:20~2:23:39	1:39:30~1:39:44	83	3:43:00~3:43:29	2:30:00~2:30:19	1:44:30~1:44:44
3:33:30~3:33:59	2:23:40~2:23:59	1:39:45~1:39:59	82	3:43:30~3:43:59	2:30:20~2:30:39	1:44:45~1:44:59
3:34:00~3:34:29	2:24:00~2:24:19	1:40:00~1:40:14	81	3:44:00~3:44:29	2:30:40~2:30:59	1:45:00~1:45:14
3:34:30~3:34:59	2:24:20~2:24:39	1:40:15~1:40:29	80	3:44:30~3:44:59	2:31:00~2:31:19	1:45:15~1:45:29
3:35:00~3:35:29	2:24:40~2:24:59	1:40:30~1:40:44	79	3:45:00~3:45:29	2:31:20~2:31:39	1:45:30~1:45:44
3:35:30~3:35:59	2:25:00~2:25:19	1:40:45~1:40:59	78	3:45:30~3:45:59	2:31:40~2:31:59	1:45:45~1:45:59
3:36:00~3:36:29	2:25:20~2:25:39	1:41:00~1:41:14	77	3:46:00~3:46:29	2:32:00~2:32:19	1:46:00~1:46:14
3:36:30~3:36:59	2:25:40~2:25:59	1:41:15~1:41:29	76	3:46:30~3:46:59	2:32:20~2:32:39	1:46:15~1:46:29
3:37:00~3:37:29	2:26:00~2:26:19	1:41:30~1:41:44	75	3:47:00~3:47:29	2:32:40~2:32:59	1:46:30~1:46:44
3:37:30~3:37:59	2:26:20~2:26:39	1:41:45~1:41:59	74	3:47:30~3:47:59	2:33:00~2:33:19	1:46:45~1:46:59
3:38:00~3:38:29	2:26:40~2:26:59	1:42:00~1:42:14	73	3:48:00~3:48:29	2:33:20~2:33:39	1:47:00~1:47:14
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3:39:00~3:39:29	2:27:20~2:27:39	1:42:30~1:42:44	71	3:49:00~3:49:29	2:34:00~2:34:19	1:47:30~1:47:44
3:39:30~3:39:59	2:27:40~2:27:59	1:42:45~1:42:59	70	3:49:30~3:49:59	2:34:20~2:34:39	1:47:45~1:47:59
3:40:00~3:40:29	2:28:00~2:28:19	1:43:00~1:43:14	69	3:50:00~3:50:29	2:34:40~2:34:59	1:48:00~1:48:14
3:40:30~3:40:59	2:28:20~2:28:39	1:43:15~1:43:29	68	3:50:30~3:50:59	2:35:00~2:35:19	1:48:15~1:48:29
3:41:00~3:41:29	2:28:40~2:28:59	1:43:30~1:43:44	67	3:51:00~3:51:29	2:35:20~2:35:39	1:48:30~1:48:44
3:41:30~3:41:59	2:29:00~2:29:19	1:43:45~1:43:59	66	3:51:30~3:51:59	2:35:40~2:35:59	1:48:45~1:48:59
3:42:00~3:42:29	2:29:20~2:29:39	1:44:00~1:44:14	65	3:52:00~3:52:29	2:36:00~2:36:19	1:49:00~1:49:14
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3:44:00~3:44:29	2:30:40~2:30:59	1:45:00~1:45:14	61	3:54:00~3:54:29	2:37:20~2:37:39	1:50:00~1:50:14
3:44:30~3:44:59	2:31:00~2:31:19	1:45:15~1:45:29	60	3:54:30~3:54:59	2:37:40~2:37:59	1:50:15~1:50:29
3:45:00~3:45:29	2:31:20~2:31:39	1:45:30~1:45:44	59	3:55:00~3:55:29	2:38:00~2:38:19	1:50:30~1:50:44
3:45:30~3:45:59	2:31:40~2:31:59	1:45:45~1:45:59	58	3:55:30~3:55:59	2:38:20~2:38:39	1:50:45~1:50:59
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3:49:30~3:49:59	2:34:20~2:34:39	1:47:45~1:47:59	50	3:59:30~3:59:59	2:41:00~2:41:19	1:52:45~1:52:59
3:50:00~3:50:29	2:34:40~2:34:59	1:48:00~1:48:14	49	4:00:00~4:00:29	2:41:20~2:41:39	1:53:00~1:53:14
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3:53:30~3:53:59	2:37:00~2:37:19	1:49:45~1:49:59	42	4:03:30~4:03:59	2:43:40~2:43:59	1:54:45~1:54:59
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3:55:30~3:55:59	2:38:20~2:38:39	1:50:45~1:50:59	38	4:05:30~4:05:59	2:45:00~2:45:19	1:55:45~1:55:59
3:56:00~3:56:29	2:38:40~2:38:59	1:51:00~1:51:14	37	4:06:00~4:06:29	2:45:20~2:45:39	1:56:00~1:56:14
3:56:30~3:56:59	2:39:00~2:39:19	1:51:15~1:51:29	36	4:06:30~4:06:59	2:45:40~2:45:59	1:56:15~1:56:29
3:57:00~3:57:29	2:39:20~2:39:39	1:51:30~1:51:44	35	4:07:00~4:07:29	2:46:00~2:46:19	1:56:30~1:56:44
3:57:30~3:57:59	2:39:40~2:39:59	1:51:45~1:51:59	34	4:07:30~4:07:59	2:46:20~2:46:39	1:56:45~1:56:59
3:58:00~3:58:29	2:40:00~2:40:19	1:52:00~1:52:14	33	4:08:00~4:08:29	2:46:40~2:46:59	1:57:00~1:57:14
3:58:30~3:58:59	2:40:20~2:40:39	1:52:15~1:52:29	32	4:08:30~4:08:59	2:47:00~2:47:19	1:57:15~1:57:29
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4:00:00~4:00:29	2:41:20~2:41:39	1:53:00~1:53:14	29	4:10:00~4:10:29	2:48:00~2:48:19	1:58:00~1:58:14
4:00:30~4:00:59	2:41:40~2:41:59	1:53:15~1:53:29	28	4:10:30~4:10:59	2:48:20~2:48:39	1:58:15~1:58:29
4:01:00~4:01:29	2:42:00~2:42:19	1:53:30~1:53:44	27	4:11:00~4:11:29	2:48:40~2:48:59	1:58:30~1:58:44
4:01:30~4:01:59	2:42:20~2:42:39	1:53:45~1:53:59	26	4:11:30~4:11:59	2:49:00~2:49:19	1:58:45~1:58:59
4:02:00~4:02:29	2:42:40~2:42:59	1:54:00~1:54:14	25	4:12:00~4:12:29	2:49:20~2:49:39	1:59:00~1:59:14
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4:03:30~4:03:59	2:43:40~2:43:59	1:54:45~1:54:59	22	4:13:30~4:13:59	2:50:20~2:50:39	1:59:45~1:59:59
4:04:00~4:04:29	2:44:00~2:44:19	1:55:00~1:55:14	21	4:14:00~4:14:29	2:50:40~2:50:59	2:00:00~2:00:14
4:04:30~4:04:59	2:44:20~2:44:39	1:55:15~1:55:29	20	4:14:30~4:14:59	2:51:00~2:51:19	2:00:15~2:00:29
4:05:00~4:05:29	2:44:40~2:44:59	1:55:30~1:55:44	19	4:15:00~4:15:29	2:51:20~2:51:39	2:00:30~2:00:44
4:05:30~4:05:59	2:45:00~2:45:19	1:55:45~1:55:59	18	4:15:30~4:15:59	2:51:40~2:51:59	2:00:45~2:00:59
4:06:00~4:06:29	2:45:20~2:45:39	1:56:00~1:56:14	17	4:16:00~4:16:29	2:52:00~2:52:19	2:01:00~2:01:14
4:06:30~4:06:59	2:45:40~2:45:59	1:56:15~1:56:29	16	4:16:30~4:16:59	2:52:20~2:52:39	2:01:15~2:01:29
4:07:00~4:07:29	2:46:00~2:46:19	1:56:30~1:56:44	15	4:17:00~4:17:29	2:52:40~2:52:59	2:01:30~2:01:44
4:07:30~4:07:59	2:46:20~2:46:39	1:56:45~1:56:59	14	4:17:30~4:17:59	2:53:00~2:53:19	2:01:45~2:01:59
4:08:00~4:08:29	2:46:40~2:46:59	1:57:00~1:57:14	13	4:18:00~4:18:29	2:53:20~2:53:39	2:02:00~2:02:14
4:08:30~4:08:59	2:47:00~2:47:19	1:57:15~1:57:29	12	4:18:30~4:18:59	2:53:40~2:53:59	2:02:15~2:02:29
4:09:00~4:09:29	2:47:20~2:47:39	1:57:30~1:57:44	11	4:19:00~4:19:29	2:54:00~2:54:19	2:02:30~2:02:44
4:09:30~4:09:59	2:47:40~2:47:59	1:57:45~1:57:59	10	4:19:30~4:19:59	2:54:20~2:54:39	2:02:45~2:02:59
4:10:00以上	2:48:00以上	1:58:00以上	9	4:20:00以上	2:54:40以上	2:03:00以上

TEAM ONE TOKYO 年代別ポイント一覧表
女子~20代・70歳~

女子 (19~29歳)			獲得ポイント	女子 (70歳~)		
フルマラソン	30km	ハーフマラソン		フルマラソン	30km	ハーフマラソン
2:59:59以内	2:01:19以内	1:22:59以内	200	4:29:59以内	3:01:19以内	2:07:59以内
3:00:00~3:00:29	2:01:20~2:01:39	1:23:00~1:23:14	199	4:30:00~4:30:29	3:01:20~3:01:39	2:08:00~2:08:14
3:00:30~3:00:59	2:01:40~2:01:59	1:23:15~1:23:29	198	4:30:30~4:30:59	3:01:40~3:01:59	2:08:15~2:08:29
3:01:00~3:01:29	2:02:00~2:02:19	1:23:30~1:23:44	197	4:31:00~4:31:29	3:02:00~3:02:19	2:08:30~2:08:44
3:01:30~3:01:59	2:02:20~2:02:39	1:23:45~1:23:59	196	4:31:30~4:31:59	3:02:20~3:02:39	2:08:45~2:08:59
3:02:00~3:02:29	2:02:40~2:02:59	1:24:00~1:24:14	195	4:32:00~4:32:29	3:02:40~3:02:59	2:09:00~2:09:14
3:02:30~3:02:59	2:03:00~2:03:19	1:24:15~1:24:29	194	4:32:30~4:32:59	3:03:00~3:03:19	2:09:15~2:09:29
3:03:00~3:03:29	2:03:20~2:03:39	1:24:30~1:24:44	193	4:33:00~4:33:29	3:03:20~3:03:39	2:09:30~2:09:44
3:03:30~3:03:59	2:03:40~2:03:59	1:24:45~1:24:59	192	4:33:30~4:33:59	3:03:40~3:03:59	2:09:45~2:09:59
3:04:00~3:04:29	2:04:00~2:04:19	1:25:00~1:25:14	191	4:34:00~4:34:29	3:04:00~3:04:19	2:10:00~2:10:14
3:04:30~3:04:59	2:04:20~2:04:39	1:25:15~1:25:29	190	4:34:30~4:34:59	3:04:20~3:04:39	2:10:15~2:10:29
3:05:00~3:05:29	2:04:40~2:04:59	1:25:30~1:25:44	189	4:35:00~4:35:29	3:04:40~3:04:59	2:10:30~2:10:44
3:05:30~3:05:59	2:05:00~2:05:19	1:25:45~1:25:59	188	4:35:30~4:35:59	3:05:00~3:05:19	2:10:45~2:10:59
3:06:00~3:06:29	2:05:20~2:05:39	1:26:00~1:26:14	187	4:36:00~4:36:29	3:05:20~3:05:39	2:11:00~2:11:14
3:06:30~3:06:59	2:05:40~2:05:59	1:26:15~1:26:29	186	4:36:30~4:36:59	3:05:40~3:05:59	2:11:15~2:11:29
3:07:00~3:07:29	2:06:00~2:06:19	1:26:30~1:26:44	185	4:37:00~4:37:29	3:06:00~3:06:19	2:11:30~2:11:44
3:07:30~3:07:59	2:06:20~2:06:39	1:26:45~1:26:59	184	4:37:30~4:37:59	3:06:20~3:06:39	2:11:45~2:11:59
3:08:00~3:08:29	2:06:40~2:06:59	1:27:00~1:27:14	183	4:38:00~4:38:29	3:06:40~3:06:59	2:12:00~2:12:14
3:08:30~3:08:59	2:07:00~2:07:19	1:27:15~1:27:29	182	4:38:30~4:38:59	3:07:00~3:07:19	2:12:15~2:12:29
3:09:00~3:09:29	2:07:20~2:07:39	1:27:30~1:27:44	181	4:39:00~4:39:29	3:07:20~3:07:39	2:12:30~2:12:44
3:09:30~3:09:59	2:07:40~2:07:59	1:27:45~1:27:59	180	4:39:30~4:39:59	3:07:40~3:07:59	2:12:45~2:12:59
3:10:00~3:10:29	2:08:00~2:08:19	1:28:00~1:28:14	179	4:40:00~4:40:29	3:08:00~3:08:19	2:13:00~2:13:14
3:10:30~3:10:59	2:08:20~2:08:39	1:28:15~1:28:29	178	4:40:30~4:40:59	3:08:20~3:08:39	2:13:15~2:13:29
3:11:00~3:11:29	2:08:40~2:08:59	1:28:30~1:28:44	177	4:41:00~4:41:29	3:08:40~3:08:59	2:13:30~2:13:44
3:11:30~3:11:59	2:09:00~2:09:19	1:28:45~1:28:59	176	4:41:30~4:41:59	3:09:00~3:09:19	2:13:45~2:13:59
3:12:00~3:12:29	2:09:20~2:09:39	1:29:00~1:29:14	175	4:42:00~4:42:29	3:09:20~3:09:39	2:14:00~2:14:14
3:12:30~3:12:59	2:09:40~2:09:59	1:29:15~1:29:29	174	4:42:30~4:42:59	3:09:40~3:09:59	2:14:15~2:14:29
3:13:00~3:13:29	2:10:00~2:10:19	1:29:30~1:29:44	173	4:43:00~4:43:29	3:10:00~3:10:19	2:14:30~2:14:44
3:13:30~3:13:59	2:10:20~2:10:39	1:29:45~1:29:59	172	4:43:30~4:43:59	3:10:20~3:10:39	2:14:45~2:14:59
3:14:00~3:14:29	2:10:40~2:10:59	1:30:00~1:30:14	171	4:44:00~4:44:29	3:10:40~3:10:59	2:15:00~2:15:14
3:14:30~3:14:59	2:11:00~2:11:19	1:30:15~1:30:29	170	4:44:30~4:44:59	3:11:00~3:11:19	2:15:15~2:15:29
3:15:00~3:15:29	2:11:20~2:11:39	1:30:30~1:30:44	169	4:45:00~4:45:29	3:11:20~3:11:39	2:15:30~2:15:44
3:15:30~3:15:59	2:11:40~2:11:59	1:30:45~1:30:59	168	4:45:30~4:45:59	3:11:40~3:11:59	2:15:45~2:15:59
3:16:00~3:16:29	2:12:00~2:12:19	1:31:00~1:31:14	167	4:46:00~4:46:29	3:12:00~3:12:19	2:16:00~2:16:14
3:16:30~3:16:59	2:12:20~2:12:39	1:31:15~1:31:29	166	4:46:30~4:46:59	3:12:20~3:12:39	2:16:15~2:16:29
3:17:00~3:17:29	2:12:40~2:12:59	1:31:30~1:31:44	165	4:47:00~4:47:29	3:12:40~3:12:59	2:16:30~2:16:44
3:17:30~3:17:59	2:13:00~2:13:19	1:31:45~1:31:59	164	4:47:30~4:47:59	3:13:00~3:13:19	2:16:45~2:16:59
3:18:00~3:18:29	2:13:20~2:13:39	1:32:00~1:32:14	163	4:48:00~4:48:29	3:13:20~3:13:39	2:17:00~2:17:14
3:18:30~3:18:59	2:13:40~2:13:59	1:32:15~1:32:29	162	4:48:30~4:48:59	3:13:40~3:13:59	2:17:15~2:17:29
3:19:00~3:19:29	2:14:00~2:14:19	1:32:30~1:32:44	161	4:49:00~4:49:29	3:14:00~3:14:19	2:17:30~2:17:44
3:19:30~3:19:59	2:14:20~2:14:39	1:32:45~1:32:59	160	4:49:30~4:49:59	3:14:20~3:14:39	2:17:45~2:17:59
3:20:00~3:20:29	2:14:40~2:14:59	1:33:00~1:33:14	159	4:50:00~4:50:29	3:14:40~3:14:59	2:18:00~2:18:14
3:20:30~3:20:59	2:15:00~2:15:19	1:33:15~1:33:29	158	4:50:30~4:50:59	3:15:00~3:15:19	2:18:15~2:18:29
3:21:00~3:21:29	2:15:20~2:15:39	1:33:30~1:33:44	157	4:51:00~4:51:29	3:15:20~3:15:39	2:18:30~2:18:44
3:21:30~3:21:59	2:15:40~2:15:59	1:33:45~1:33:59	156	4:51:30~4:51:59	3:15:40~3:15:59	2:18:45~2:18:59
3:22:00~3:22:29	2:16:00~2:16:19	1:34:00~1:34:14	155	4:52:00~4:52:29	3:16:00~3:16:19	2:19:00~2:19:14
3:22:30~3:22:59	2:16:20~2:16:39	1:34:15~1:34:29	154	4:52:30~4:52:59	3:16:20~3:16:39	2:19:15~2:19:29
3:23:00~3:23:29	2:16:40~2:16:59	1:34:30~1:34:44	153	4:53:00~4:53:29	3:16:40~3:16:59	2:19:30~2:19:44
3:23:30~3:23:59	2:17:00~2:17:19	1:34:45~1:34:59	152	4:53:30~4:53:59	3:17:00~3:17:19	2:19:45~2:19:59
3:24:00~3:24:29	2:17:20~2:17:39	1:35:00~1:35:14	151	4:54:00~4:54:29	3:17:20~3:17:39	2:20:00~2:20:14
3:24:30~3:24:59	2:17:40~2:17:59	1:35:15~1:35:29	150	4:54:30~4:54:59	3:17:40~3:17:59	2:20:15~2:20:29
3:25:00~3:25:29	2:18:00~2:18:19	1:35:30~1:35:44	149	4:55:00~4:55:29	3:18:00~3:18:19	2:20:30~2:20:44
3:25:30~3:25:59	2:18:20~2:18:39	1:35:45~1:35:59	148	4:55:30~4:55:59	3:18:20~3:18:39	2:20:45~2:20:59
3:26:00~3:26:29	2:18:40~2:18:59	1:36:00~1:36:14	147	4:56:00~4:56:29	3:18:40~3:18:59	2:21:00~2:21:14
3:26:30~3:26:59	2:19:00~2:19:19	1:36:15~1:36:29	146	4:56:30~4:56:59	3:19:00~3:19:19	2:21:15~2:21:29
3:27:00~3:27:29	2:19:20~2:19:39	1:36:30~1:36:44	145	4:57:00~4:57:29	3:19:20~3:19:39	2:21:30~2:21:44
3:27:30~3:27:59	2:19:40~2:19:59	1:36:45~1:36:59	144	4:57:30~4:57:59	3:19:40~3:19:59	2:21:45~2:21:59
3:28:00~3:28:29	2:20:00~2:20:19	1:37:00~1:37:14	143	4:58:00~4:58:29	3:20:00~3:20:19	2:22:00~2:22:14
3:28:30~3:28:59	2:20:20~2:20:39	1:37:15~1:37:29	142	4:58:30~4:58:59	3:20:20~3:20:39	2:22:15~2:22:29
3:29:00~3:29:29	2:20:40~2:20:59	1:37:30~1:37:44	141	4:59:00~4:59:29	3:20:40~3:20:59	2:22:30~2:22:44
3:29:30~3:29:59	2:21:00~2:21:19	1:37:45~1:37:59	140	4:59:30~4:59:59	3:21:00~3:21:19	2:22:45~2:22:59
3:30:00~3:30:29	2:21:20~2:21:39	1:38:00~1:38:14	139	5:00:00~5:00:29	3:21:20~3:21:39	2:23:00~2:23:14
3:30:30~3:30:59	2:21:40~2:21:59	1:38:15~1:38:29	138	5:00:30~5:00:59	3:21:40~3:21:59	2:23:15~2:23:29
3:31:00~3:31:29	2:22:00~2:22:19	1:38:30~1:38:44	137	5:01:00~5:01:29	3:22:00~3:22:19	2:23:30~2:23:44
3:31:30~3:31:59	2:22:20~2:22:39	1:38:45~1:38:59	136	5:01:30~5:01:59	3:22:20~3:22:39	2:23:45~2:23:59
3:32:00~3:32:29	2:22:40~2:22:59	1:39:00~1:39:14	135	5:02:00~5:02:29	3:22:40~3:22:59	2:24:00~2:24:14
3:32:30~3:32:59	2:23:00~2:23:19	1:39:15~1:39:29	134	5:02:30~5:02:59	3:23:00~3:23:19	2:24:15~2:24:29
3:33:00~3:33:29	2:23:20~2:23:39	1:39:30~1:39:44	133	5:03:00~5:03:29	3:23:20~3:23:39	2:24:30~2:24:44
3:33:30~3:33:59	2:23:40~2:23:59	1:39:45~1:39:59	132	5:03:30~5:03:59	3:23:40~3:23:59	2:24:45~2:24:59
3:34:00~3:34:29	2:24:00~2:24:19	1:40:00~1:40:14	131	5:04:00~5:04:29	3:24:00~3:24:19	2:25:00~2:25:14
3:34:30~3:34:59	2:24:20~2:24:39	1:40:15~1:40:29	130	5:04:30~5:04:59	3:24:20~3:24:39	2:25:15~2:25:29
3:35:00~3:35:29	2:24:40~2:24:59	1:40:30~1:40:44	129	5:05:00~5:05:29	3:24:40~3:24:59	2:25:30~2:25:44
3:35:30~3:35:59	2:25:00~2:25:19	1:40:45~1:40:59	128	5:05:30~5:05:59	3:25:00~3:25:19	2:25:45~2:25:59
3:36:00~3:36:29	2:25:20~2:25:39	1:41:00~1:41:14	127	5:06:00~5:06:29	3:25:20~3:25:39	2:26:00~2:26:14
3:36:30~3:36:59	2:25:40~2:25:59	1:41:15~1:41:29	126	5:06:30~5:06:59	3:25:40~3:25:59	2:26:15~2:26:29
3:37:00~3:37:29	2:26:00~2:26:19	1:41:30~1:41:44	125	5:07:00~5:07:29	3:26:00~3:26:19	2:26:30~2:26:44
3:37:30~3:37:59	2:26:20~2:26:39	1:41:45~1:41:59	124	5:07:30~5:07:59	3:26:20~3:26:39	2:26:45~2:26:59
3:38:00~3:38:29	2:26:40~2:26:59	1:42:00~1:42:14	123	5:08:00~5:08:29	3:26:40~3:26:59	2:27:00~2:27:14
3:38:30~3:38:59	2:27:00~2:27:19	1:42:15~1:42:29	122	5:08:30~5:08:59	3:27:00~3:27:19	2:27:15~2:27:29
3:39:00~3:39:29	2:27:20~2:27:39	1:42:30~1:42:44	121	5:09:00~5:09:29	3:27:20~3:27:39	2:27:30~2:27:44
3:39:30~3:39:59	2:27:40~2:27:59	1:42:45~1:42:59	120	5:09:30~5:09:59	3:27:40~3:27:59	2:27:45~2:27:59

女子 (19~29歳)			獲得ポイント	女子 (70歳~)		
フルマラソン	30km	ハーフマラソン		フルマラソン	30km	ハーフマラソン
3:40:00~3:40:29	2:28:00~2:28:19	1:43:00~1:43:14	119	5:10:00~5:10:29	3:28:00~3:28:19	2:28:00~2:28:14
3:40:30~3:40:59	2:28:20~2:28:39	1:43:15~1:43:29	118	5:10:30~5:10:59	3:28:20~3:28:39	2:28:15~2:28:29
3:41:00~3:41:29	2:28:40~2:28:59	1:43:30~1:43:44	117	5:11:00~5:11:29	3:28:40~3:28:59	2:28:30~2:28:44
3:41:30~3:41:59	2:29:00~2:29:19	1:43:45~1:43:59	116	5:11:30~5:11:59	3:29:00~3:29:19	2:28:45~2:28:59
3:42:00~3:42:29	2:29:20~2:29:39	1:44:00~1:44:14	115	5:12:00~5:12:29	3:29:20~3:29:39	2:29:00~2:29:14
3:42:30~3:42:59	2:29:40~2:29:59	1:44:15~1:44:29	114	5:12:30~5:12:59	3:29:40~3:29:59	2:29:15~2:29:29
3:43:00~3:43:29	2:30:00~2:30:19	1:44:30~1:44:44	113	5:13:00~5:13:29	3:30:00~3:30:19	2:29:30~2:29:44
3:43:30~3:43:59	2:30:20~2:30:39	1:44:45~1:44:59	112	5:13:30~5:13:59	3:30:20~3:30:39	2:29:45~2:29:59
3:44:00~3:44:29	2:30:40~2:30:59	1:45:00~1:45:14	111	5:14:00~5:14:29	3:30:40~3:30:59	2:30:00~2:30:14
3:44:30~3:44:59	2:31:00~2:31:19	1:45:15~1:45:29				

TEAM ONE TOKYO 年代別ポイント一覧表
女子30代

女子 (30~34歳)			獲得ポイント	女子 (35~39歳)			獲得ポイント	女子 (35~39歳)		
フルマラソン	30km	ハーフマラソン		フルマラソン	30km	ハーフマラソン		フルマラソン	30km	ハーフマラソン
3:04:59以内	2:04:39以内	1:25:29以内	200	3:09:59以内	2:07:59以内	1:27:59以内	119	3:50:00~3:50:29	2:34:40~2:34:59	1:48:00~1:48:14
3:05:00~3:05:29	2:04:40~2:04:59	1:25:30~1:25:44	199	3:10:00~3:10:29	2:08:00~2:08:19	1:28:00~1:28:14	118	3:50:30~3:50:59	2:35:00~2:35:19	1:48:15~1:48:29
3:05:30~3:05:59	2:05:00~2:05:19	1:25:45~1:25:59	198	3:10:30~3:10:59	2:08:20~2:08:39	1:28:15~1:28:29	117	3:51:00~3:51:29	2:35:20~2:35:39	1:48:30~1:48:44
3:06:00~3:06:29	2:05:20~2:05:39	1:26:00~1:26:14	197	3:11:00~3:11:29	2:08:40~2:08:59	1:28:30~1:28:44	116	3:51:30~3:51:59	2:35:40~2:35:59	1:48:45~1:48:59
3:06:30~3:06:59	2:05:40~2:05:59	1:26:15~1:26:29	196	3:11:30~3:11:59	2:09:00~2:09:19	1:28:45~1:28:59	115	3:52:00~3:52:29	2:36:00~2:36:19	1:49:00~1:49:14
3:07:00~3:07:29	2:06:00~2:06:19	1:26:30~1:26:44	195	3:12:00~3:12:29	2:09:20~2:09:39	1:29:00~1:29:14	114	3:52:30~3:52:59	2:36:20~2:36:39	1:49:15~1:49:29
3:07:30~3:07:59	2:06:20~2:06:39	1:26:45~1:26:59	194	3:12:30~3:12:59	2:09:40~2:09:59	1:29:15~1:29:29	113	3:53:00~3:53:29	2:36:40~2:36:59	1:49:30~1:49:44
3:08:00~3:08:29	2:06:40~2:06:59	1:27:00~1:27:14	193	3:13:00~3:13:29	2:10:00~2:10:19	1:29:30~1:29:44	112	3:53:30~3:53:59	2:37:00~2:37:19	1:49:45~1:49:59
3:08:30~3:08:59	2:07:00~2:07:19	1:27:15~1:27:29	192	3:13:30~3:13:59	2:10:20~2:10:39	1:29:45~1:29:59	111	3:54:00~3:54:29	2:37:20~2:37:39	1:50:00~1:50:14
3:09:00~3:09:29	2:07:20~2:07:39	1:27:30~1:27:44	191	3:14:00~3:14:29	2:10:40~2:10:59	1:30:00~1:30:14	110	3:54:30~3:54:59	2:37:40~2:37:59	1:50:15~1:50:29
3:09:30~3:09:59	2:07:40~2:07:59	1:27:45~1:27:59	190	3:14:30~3:14:59	2:11:00~2:11:19	1:30:15~1:30:29	109	3:55:00~3:55:29	2:38:00~2:38:19	1:50:30~1:50:44
3:10:00~3:10:29	2:08:00~2:08:19	1:28:00~1:28:14	189	3:15:00~3:15:29	2:11:20~2:11:39	1:30:30~1:30:44	108	3:55:30~3:55:59	2:38:20~2:38:39	1:50:45~1:50:59
3:10:30~3:10:59	2:08:20~2:08:39	1:28:15~1:28:29	188	3:15:30~3:15:59	2:11:40~2:11:59	1:30:45~1:30:59	107	3:56:00~3:56:29	2:38:40~2:38:59	1:51:00~1:51:14
3:11:00~3:11:29	2:08:40~2:08:59	1:28:30~1:28:44	187	3:16:00~3:16:29	2:12:00~2:12:19	1:31:00~1:31:14	106	3:56:30~3:56:59	2:39:00~2:39:19	1:51:15~1:51:29
3:11:30~3:11:59	2:09:00~2:09:19	1:28:45~1:28:59	186	3:16:30~3:16:59	2:12:20~2:12:39	1:31:15~1:31:29	105	3:57:00~3:57:29	2:39:20~2:39:39	1:51:30~1:51:44
3:12:00~3:12:29	2:09:20~2:09:39	1:29:00~1:29:14	185	3:17:00~3:17:29	2:12:40~2:12:59	1:31:30~1:31:44	104	3:57:30~3:57:59	2:39:40~2:39:59	1:51:45~1:51:59
3:12:30~3:12:59	2:09:40~2:09:59	1:29:15~1:29:29	184	3:17:30~3:17:59	2:13:00~2:13:19	1:31:45~1:31:59	103	3:58:00~3:58:29	2:40:00~2:40:19	1:52:00~1:52:14
3:13:00~3:13:29	2:10:00~2:10:19	1:29:30~1:29:44	183	3:18:00~3:18:29	2:13:20~2:13:39	1:32:00~1:32:14	102	3:58:30~3:58:59	2:40:20~2:40:39	1:52:15~1:52:29
3:13:30~3:13:59	2:10:20~2:10:39	1:29:45~1:29:59	182	3:18:30~3:18:59	2:13:40~2:13:59	1:32:15~1:32:29	101	3:59:00~3:59:29	2:40:40~2:40:59	1:52:30~1:52:44
3:14:00~3:14:29	2:10:40~2:10:59	1:30:00~1:30:14	181	3:19:00~3:19:29	2:14:00~2:14:19	1:32:30~1:32:44	100	3:59:30~3:59:59	2:41:00~2:41:19	1:52:45~1:52:59
3:14:30~3:14:59	2:11:00~2:11:19	1:30:15~1:30:29	180	3:19:30~3:19:59	2:14:20~2:14:39	1:32:45~1:32:59	99	4:00:00~4:00:29	2:41:20~2:41:39	1:53:00~1:53:14
3:15:00~3:15:29	2:11:20~2:11:39	1:30:30~1:30:44	179	3:20:00~3:20:29	2:14:40~2:14:59	1:33:00~1:33:14	98	4:00:30~4:00:59	2:41:40~2:41:59	1:53:15~1:53:29
3:15:30~3:15:59	2:11:40~2:11:59	1:30:45~1:30:59	178	3:20:30~3:20:59	2:15:00~2:15:19	1:33:15~1:33:29	97	4:01:00~4:01:29	2:42:00~2:42:19	1:53:30~1:53:44
3:16:00~3:16:29	2:12:00~2:12:19	1:31:00~1:31:14	177	3:21:00~3:21:29	2:15:20~2:15:39	1:33:30~1:33:44	96	4:01:30~4:01:59	2:42:20~2:42:39	1:53:45~1:53:59
3:16:30~3:16:59	2:12:20~2:12:39	1:31:15~1:31:29	176	3:21:30~3:21:59	2:15:40~2:15:59	1:33:45~1:33:59	95	4:02:00~4:02:29	2:42:40~2:42:59	1:54:00~1:54:14
3:17:00~3:17:29	2:12:40~2:12:59	1:31:30~1:31:44	175	3:22:00~3:22:29	2:16:00~2:16:19	1:34:00~1:34:14	94	4:02:30~4:02:59	2:43:00~2:43:19	1:54:15~1:54:29
3:17:30~3:17:59	2:13:00~2:13:19	1:31:45~1:31:59	174	3:22:30~3:22:59	2:16:20~2:16:39	1:34:15~1:34:29	93	4:03:00~4:03:29	2:43:20~2:43:39	1:54:30~1:54:44
3:18:00~3:18:29	2:13:20~2:13:39	1:32:00~1:32:14	173	3:23:00~3:23:29	2:16:40~2:16:59	1:34:30~1:34:44	92	4:03:30~4:03:59	2:43:40~2:43:59	1:54:45~1:54:59
3:18:30~3:18:59	2:13:40~2:13:59	1:32:15~1:32:29	172	3:23:30~3:23:59	2:17:00~2:17:19	1:34:45~1:34:59	91	4:04:00~4:04:29	2:44:00~2:44:19	1:55:00~1:55:14
3:19:00~3:19:29	2:14:00~2:14:19	1:32:30~1:32:44	171	3:24:00~3:24:29	2:17:20~2:17:39	1:35:00~1:35:14	90	4:04:30~4:04:59	2:44:20~2:44:39	1:55:15~1:55:29
3:19:30~3:19:59	2:14:20~2:14:39	1:32:45~1:32:59	170	3:24:30~3:24:59	2:17:40~2:17:59	1:35:15~1:35:29	89	4:05:00~4:05:29	2:44:40~2:44:59	1:55:30~1:55:44
3:20:00~3:20:29	2:14:40~2:14:59	1:33:00~1:33:14	169	3:25:00~3:25:29	2:18:00~2:18:19	1:35:30~1:35:44	88	4:05:30~4:05:59	2:45:00~2:45:19	1:55:45~1:55:59
3:20:30~3:20:59	2:15:00~2:15:19	1:33:15~1:33:29	168	3:25:30~3:25:59	2:18:20~2:18:39	1:35:45~1:35:59	87	4:06:00~4:06:29	2:45:20~2:45:39	1:56:00~1:56:14
3:21:00~3:21:29	2:15:20~2:15:39	1:33:30~1:33:44	167	3:26:00~3:26:29	2:18:40~2:18:59	1:36:00~1:36:14	86	4:06:30~4:06:59	2:45:40~2:45:59	1:56:15~1:56:29
3:21:30~3:21:59	2:15:40~2:15:59	1:33:45~1:33:59	166	3:26:30~3:26:59	2:19:00~2:19:19	1:36:15~1:36:29	85	4:07:00~4:07:29	2:46:00~2:46:19	1:56:30~1:56:44
3:22:00~3:22:29	2:16:00~2:16:19	1:34:00~1:34:14	165	3:27:00~3:27:29	2:19:20~2:19:39	1:36:30~1:36:44	84	4:07:30~4:07:59	2:46:20~2:46:39	1:56:45~1:56:59
3:22:30~3:22:59	2:16:20~2:16:39	1:34:15~1:34:29	164	3:27:30~3:27:59	2:19:40~2:19:59	1:36:45~1:36:59	83	4:08:00~4:08:29	2:46:40~2:46:59	1:57:00~1:57:14
3:23:00~3:23:29	2:16:40~2:16:59	1:34:30~1:34:44	163	3:28:00~3:28:29	2:20:00~2:20:19	1:37:00~1:37:14	82	4:08:30~4:08:59	2:47:00~2:47:19	1:57:15~1:57:29
3:23:30~3:23:59	2:17:00~2:17:19	1:34:45~1:34:59	162	3:28:30~3:28:59	2:20:20~2:20:39	1:37:15~1:37:29	81	4:09:00~4:09:29	2:47:20~2:47:39	1:57:30~1:57:44
3:24:00~3:24:29	2:17:20~2:17:39	1:35:00~1:35:14	161	3:29:00~3:29:29	2:20:40~2:20:59	1:37:30~1:37:44	80	4:09:30~4:09:59	2:47:40~2:47:59	1:57:45~1:57:59
3:24:30~3:24:59	2:17:40~2:17:59	1:35:15~1:35:29	160	3:29:30~3:29:59	2:21:00~2:21:19	1:37:45~1:37:59	79	4:10:00~4:10:29	2:48:00~2:48:19	1:58:00~1:58:14
3:25:00~3:25:29	2:18:00~2:18:19	1:35:30~1:35:44	159	3:30:00~3:30:29	2:21:20~2:21:39	1:38:00~1:38:14	78	4:10:30~4:10:59	2:48:20~2:48:39	1:58:15~1:58:29
3:25:30~3:25:59	2:18:20~2:18:39	1:35:45~1:35:59	158	3:30:30~3:30:59	2:21:40~2:21:59	1:38:15~1:38:29	77	4:11:00~4:11:29	2:48:40~2:48:59	1:58:30~1:58:44
3:26:00~3:26:29	2:18:40~2:18:59	1:36:00~1:36:14	157	3:31:00~3:31:29	2:22:00~2:22:19	1:38:30~1:38:44	76	4:11:30~4:11:59	2:49:00~2:49:19	1:58:45~1:58:59
3:26:30~3:26:59	2:19:00~2:19:19	1:36:15~1:36:29	156	3:31:30~3:31:59	2:22:20~2:22:39	1:38:45~1:38:59	75	4:12:00~4:12:29	2:49:20~2:49:39	1:59:00~1:59:14
3:27:00~3:27:29	2:19:20~2:19:39	1:36:30~1:36:44	155	3:32:00~3:32:29	2:22:40~2:22:59	1:39:00~1:39:14	74	4:12:30~4:12:59	2:49:40~2:49:59	1:59:15~1:59:29
3:27:30~3:27:59	2:19:40~2:19:59	1:36:45~1:36:59	154	3:32:30~3:32:59	2:23:00~2:23:19	1:39:15~1:39:29	73	4:13:00~4:13:29	2:50:00~2:50:19	1:59:30~1:59:44
3:28:00~3:28:29	2:20:00~2:20:19	1:37:00~1:37:14	153	3:33:00~3:33:29	2:23:20~2:23:39	1:39:30~1:39:44	72	4:13:30~4:13:59	2:50:20~2:50:39	1:59:45~1:59:59
3:28:30~3:28:59	2:20:20~2:20:39	1:37:15~1:37:29	152	3:33:30~3:33:59	2:23:40~2:23:59	1:39:45~1:39:59	71	4:14:00~4:14:29	2:50:40~2:50:59	2:00:00~2:00:14
3:29:00~3:29:29	2:20:40~2:20:59	1:37:30~1:37:44	151	3:34:00~3:34:29	2:24:00~2:24:19	1:40:00~1:40:14	70	4:14:30~4:14:59	2:51:00~2:51:19	2:00:15~2:00:29
3:29:30~3:29:59	2:21:00~2:21:19	1:37:45~1:37:59	150	3:34:30~3:34:59	2:24:20~2:24:39	1:40:15~1:40:29	69	4:15:00以上	2:51:20以上	2:00:30以上
3:30:00~3:30:29	2:21:20~2:21:39	1:38:00~1:38:14	149	3:35:00~3:35:29	2:24:40~2:24:59	1:40:30~1:40:44	68			
3:30:30~3:30:59	2:21:40~2:21:59	1:38:15~1:38:29	148	3:35:30~3:35:59	2:25:00~2:25:19	1:40:45~1:40:59	67			
3:31:00~3:31:29	2:22:00~2:22:19	1:38:30~1:38:44	147	3:36:00~3:36:29	2:25:20~2:25:39	1:41:00~1:41:14	66			
3:31:30~3:31:59	2:22:20~2:22:39	1:38:45~1:38:59	146	3:36:30~3:36:59	2:25:40~2:25:59	1:41:15~1:41:29	65			
3:32:00~3:32:29	2:22:40~2:22:59	1:39:00~1:39:14	145	3:37:00~3:37:29	2:26:00~2:26:19	1:41:30~1:41:44	64			
3:32:30~3:32:59	2:23:00~2:23:19	1:39:15~1:39:29	144	3:37:30~3:37:59	2:26:20~2:26:39	1:41:45~1:41:59	63			
3:33:00~3:33:29	2:23:20~2:23:39	1:39:30~1:39:44	143	3:38:00~3:38:29	2:26:40~2:26:59	1:42:00~1:42:14	62			
3:33:30~3:33:59	2:23:40~2:23:59	1:39:45~1:39:59	142	3:38:30~3:38:59	2:27:00~2:27:19	1:42:15~1:42:29	61			
3:34:00~3:34:29	2:24:00~2:24:19	1:40:00~1:40:14	141	3:39:00~3:39:29	2:27:20~2:27:39	1:42:30~1:42:44	60			
3:34:30~3:34:59	2:24:20~2:24:39	1:40:15~1:40:29	140	3:39:30~3:39:59	2:27:40~2:27:59	1:42:45~1:42:59	59			
3:35:00~3:35:29	2:24:40~2:24:59	1:40:30~1:40:44	139	3:40:00~3:40:29	2:28:00~2:28:19	1:43:00~1:43:14	58			
3:35:30~3:35:59	2:25:00~2:25:19	1:40:45~1:40:59	138	3:40:30~3:40:59	2:28:20~2:28:39	1:43:15~1:43:29	57			
3:36:00~3:36:29	2:25:20~2:25:39	1:41:00~1:41:14	137	3:41:00~3:41:29	2:28:40~2:28:59	1:43:30~1:43:44</				

TEAM ONE TOKYO 年代別ポイント一覧表
女子40代

女子 (40~44歳)			獲得ポイント	女子 (45~49歳)		
フルマラソン	30km	ハーフマラソン		フルマラソン	30km	ハーフマラソン
3:14:59以内	2:11:19以内	1:30:29以内	200	3:19:59以内	2:14:39以内	1:32:59以内
3:15:00~3:15:29	2:11:20~2:11:39	1:30:30~1:30:44	199	3:20:00~3:20:29	2:14:40~2:14:59	1:33:00~1:33:14
3:15:30~3:15:59	2:11:40~2:11:59	1:30:45~1:30:59	198	3:20:30~3:20:59	2:15:00~2:15:19	1:33:15~1:33:29
3:16:00~3:16:29	2:12:00~2:12:19	1:31:00~1:31:14	197	3:21:00~3:21:29	2:15:20~2:15:39	1:33:30~1:33:44
3:16:30~3:16:59	2:12:20~2:12:39	1:31:15~1:31:29	196	3:21:30~3:21:59	2:15:40~2:15:59	1:33:45~1:33:59
3:17:00~3:17:29	2:12:40~2:12:59	1:31:30~1:31:44	195	3:22:00~3:22:29	2:16:00~2:16:19	1:34:00~1:34:14
3:17:30~3:17:59	2:13:00~2:13:19	1:31:45~1:31:59	194	3:22:30~3:22:59	2:16:20~2:16:39	1:34:15~1:34:29
3:18:00~3:18:29	2:13:20~2:13:39	1:32:00~1:32:14	193	3:23:00~3:23:29	2:16:40~2:16:59	1:34:30~1:34:44
3:18:30~3:18:59	2:13:40~2:13:59	1:32:15~1:32:29	192	3:23:30~3:23:59	2:17:00~2:17:19	1:34:45~1:34:59
3:19:00~3:19:29	2:14:00~2:14:19	1:32:30~1:32:44	191	3:24:00~3:24:29	2:17:20~2:17:39	1:35:00~1:35:14
3:19:30~3:19:59	2:14:20~2:14:39	1:32:45~1:32:59	190	3:24:30~3:24:59	2:17:40~2:17:59	1:35:15~1:35:29
3:20:00~3:20:29	2:14:40~2:14:59	1:33:00~1:33:14	189	3:25:00~3:25:29	2:18:00~2:18:19	1:35:30~1:35:44
3:20:30~3:20:59	2:15:00~2:15:19	1:33:15~1:33:29	188	3:25:30~3:25:59	2:18:20~2:18:39	1:35:45~1:35:59
3:21:00~3:21:29	2:15:20~2:15:39	1:33:30~1:33:44	187	3:26:00~3:26:29	2:18:40~2:18:59	1:36:00~1:36:14
3:21:30~3:21:59	2:15:40~2:15:59	1:33:45~1:33:59	186	3:26:30~3:26:59	2:19:00~2:19:19	1:36:15~1:36:29
3:22:00~3:22:29	2:16:00~2:16:19	1:34:00~1:34:14	185	3:27:00~3:27:29	2:19:20~2:19:39	1:36:30~1:36:44
3:22:30~3:22:59	2:16:20~2:16:39	1:34:15~1:34:29	184	3:27:30~3:27:59	2:19:40~2:19:59	1:36:45~1:36:59
3:23:00~3:23:29	2:16:40~2:16:59	1:34:30~1:34:44	183	3:28:00~3:28:29	2:20:00~2:20:19	1:37:00~1:37:14
3:23:30~3:23:59	2:17:00~2:17:19	1:34:45~1:34:59	182	3:28:30~3:28:59	2:20:20~2:20:39	1:37:15~1:37:29
3:24:00~3:24:29	2:17:20~2:17:39	1:35:00~1:35:14	181	3:29:00~3:29:29	2:20:40~2:20:59	1:37:30~1:37:44
3:24:30~3:24:59	2:17:40~2:17:59	1:35:15~1:35:29	180	3:29:30~3:29:59	2:21:00~2:21:19	1:37:45~1:37:59
3:25:00~3:25:29	2:18:00~2:18:19	1:35:30~1:35:44	179	3:30:00~3:30:29	2:21:20~2:21:39	1:38:00~1:38:14
3:25:30~3:25:59	2:18:20~2:18:39	1:35:45~1:35:59	178	3:30:30~3:30:59	2:21:40~2:21:59	1:38:15~1:38:29
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3:26:30~3:26:59	2:19:00~2:19:19	1:36:15~1:36:29	176	3:31:30~3:31:59	2:22:20~2:22:39	1:38:45~1:38:59
3:27:00~3:27:29	2:19:20~2:19:39	1:36:30~1:36:44	175	3:32:00~3:32:29	2:22:40~2:22:59	1:39:00~1:39:14
3:27:30~3:27:59	2:19:40~2:19:59	1:36:45~1:36:59	174	3:32:30~3:32:59	2:23:00~2:23:19	1:39:15~1:39:29
3:28:00~3:28:29	2:20:00~2:20:19	1:37:00~1:37:14	173	3:33:00~3:33:29	2:23:20~2:23:39	1:39:30~1:39:44
3:28:30~3:28:59	2:20:20~2:20:39	1:37:15~1:37:29	172	3:33:30~3:33:59	2:23:40~2:23:59	1:39:45~1:39:59
3:29:00~3:29:29	2:20:40~2:20:59	1:37:30~1:37:44	171	3:34:00~3:34:29	2:24:00~2:24:19	1:40:00~1:40:14
3:29:30~3:29:59	2:21:00~2:21:19	1:37:45~1:37:59	170	3:34:30~3:34:59	2:24:20~2:24:39	1:40:15~1:40:29
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3:31:30~3:31:59	2:22:20~2:22:39	1:38:45~1:38:59	166	3:36:30~3:36:59	2:25:40~2:25:59	1:41:15~1:41:29
3:32:00~3:32:29	2:22:40~2:22:59	1:39:00~1:39:14	165	3:37:00~3:37:29	2:26:00~2:26:19	1:41:30~1:41:44
3:32:30~3:32:59	2:23:00~2:23:19	1:39:15~1:39:29	164	3:37:30~3:37:59	2:26:20~2:26:39	1:41:45~1:41:59
3:33:00~3:33:29	2:23:20~2:23:39	1:39:30~1:39:44	163	3:38:00~3:38:29	2:26:40~2:26:59	1:42:00~1:42:14
3:33:30~3:33:59	2:23:40~2:23:59	1:39:45~1:39:59	162	3:38:30~3:38:59	2:27:00~2:27:19	1:42:15~1:42:29
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3:34:30~3:34:59	2:24:20~2:24:39	1:40:15~1:40:29	160	3:39:30~3:39:59	2:27:40~2:27:59	1:42:45~1:42:59
3:35:00~3:35:29	2:24:40~2:24:59	1:40:30~1:40:44	159	3:40:00~3:40:29	2:28:00~2:28:19	1:43:00~1:43:14
3:35:30~3:35:59	2:25:00~2:25:19	1:40:45~1:40:59	158	3:40:30~3:40:59	2:28:20~2:28:39	1:43:15~1:43:29
3:36:00~3:36:29	2:25:20~2:25:39	1:41:00~1:41:14	157	3:41:00~3:41:29	2:28:40~2:28:59	1:43:30~1:43:44
3:36:30~3:36:59	2:25:40~2:25:59	1:41:15~1:41:29	156	3:41:30~3:41:59	2:29:00~2:29:19	1:43:45~1:43:59
3:37:00~3:37:29	2:26:00~2:26:19	1:41:30~1:41:44	155	3:42:00~3:42:29	2:29:20~2:29:39	1:44:00~1:44:14
3:37:30~3:37:59	2:26:20~2:26:39	1:41:45~1:41:59	154	3:42:30~3:42:59	2:29:40~2:29:59	1:44:15~1:44:29
3:38:00~3:38:29	2:26:40~2:26:59	1:42:00~1:42:14	153	3:43:00~3:43:29	2:30:00~2:30:19	1:44:30~1:44:44
3:38:30~3:38:59	2:27:00~2:27:19	1:42:15~1:42:29	152	3:43:30~3:43:59	2:30:20~2:30:39	1:44:45~1:44:59
3:39:00~3:39:29	2:27:20~2:27:39	1:42:30~1:42:44	151	3:44:00~3:44:29	2:30:40~2:30:59	1:45:00~1:45:14
3:39:30~3:39:59	2:27:40~2:27:59	1:42:45~1:42:59	150	3:44:30~3:44:59	2:31:00~2:31:19	1:45:15~1:45:29
3:40:00~3:40:29	2:28:00~2:28:19	1:43:00~1:43:14	149	3:45:00~3:45:29	2:31:20~2:31:39	1:45:30~1:45:44
3:40:30~3:40:59	2:28:20~2:28:39	1:43:15~1:43:29	148	3:45:30~3:45:59	2:31:40~2:31:59	1:45:45~1:45:59
3:41:00~3:41:29	2:28:40~2:28:59	1:43:30~1:43:44	147	3:46:00~3:46:29	2:32:00~2:32:19	1:46:00~1:46:14
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3:42:00~3:42:29	2:29:20~2:29:39	1:44:00~1:44:14	145	3:47:00~3:47:29	2:32:40~2:32:59	1:46:30~1:46:44
3:42:30~3:42:59	2:29:40~2:29:59	1:44:15~1:44:29	144	3:47:30~3:47:59	2:33:00~2:33:19	1:46:45~1:46:59
3:43:00~3:43:29	2:30:00~2:30:19	1:44:30~1:44:44	143	3:48:00~3:48:29	2:33:20~2:33:39	1:47:00~1:47:14
3:43:30~3:43:59	2:30:20~2:30:39	1:44:45~1:44:59	142	3:48:30~3:48:59	2:33:40~2:33:59	1:47:15~1:47:29
3:44:00~3:44:29	2:30:40~2:30:59	1:45:00~1:45:14	141	3:49:00~3:49:29	2:34:00~2:34:19	1:47:30~1:47:44
3:44:30~3:44:59	2:31:00~2:31:19	1:45:15~1:45:29	140	3:49:30~3:49:59	2:34:20~2:34:39	1:47:45~1:47:59
3:45:00~3:45:29	2:31:20~2:31:39	1:45:30~1:45:44	139	3:50:00~3:50:29	2:34:40~2:34:59	1:48:00~1:48:14
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3:46:00~3:46:29	2:32:00~2:32:19	1:46:00~1:46:14	137	3:51:00~3:51:29	2:35:20~2:35:39	1:48:30~1:48:44
3:46:30~3:46:59	2:32:20~2:32:39	1:46:15~1:46:29	136	3:51:30~3:51:59	2:35:40~2:35:59	1:48:45~1:48:59
3:47:00~3:47:29	2:32:40~2:32:59	1:46:30~1:46:44	135	3:52:00~3:52:29	2:36:00~2:36:19	1:49:00~1:49:14
3:47:30~3:47:59	2:33:00~2:33:19	1:46:45~1:46:59	134	3:52:30~3:52:59	2:36:20~2:36:39	1:49:15~1:49:29
3:48:00~3:48:29	2:33:20~2:33:39	1:47:00~1:47:14	133	3:53:00~3:53:29	2:36:40~2:36:59	1:49:30~1:49:44
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3:49:00~3:49:29	2:34:00~2:34:19	1:47:30~1:47:44	131	3:54:00~3:54:29	2:37:20~2:37:39	1:50:00~1:50:14
3:49:30~3:49:59	2:34:20~2:34:39	1:47:45~1:47:59	130	3:54:30~3:54:59	2:37:40~2:37:59	1:50:15~1:50:29
3:50:00~3:50:29	2:34:40~2:34:59	1:48:00~1:48:14	129	3:55:00~3:55:29	2:38:00~2:38:19	1:50:30~1:50:44
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3:51:00~3:51:29	2:35:20~2:35:39	1:48:30~1:48:44	127	3:56:00~3:56:29	2:38:40~2:38:59	1:51:00~1:51:14
3:51:30~3:51:59	2:35:40~2:35:59	1:48:45~1:48:59	126	3:56:30~3:56:59	2:39:00~2:39:19	1:51:15~1:51:29
3:52:00~3:52:29	2:36:00~2:36:19	1:49:00~1:49:14	125	3:57:00~3:57:29	2:39:20~2:39:39	1:51:30~1:51:44
3:52:30~3:52:59	2:36:20~2:36:39	1:49:15~1:49:29	124	3:57:30~3:57:59	2:39:40~2:39:59	1:51:45~1:51:59
3:53:00~3:53:29	2:36:40~2:36:59	1:49:30~1:49:44	123	3:58:00~3:58:29	2:40:00~2:40:19	1:52:00~1:52:14
3:53:30~3:53:59	2:37:00~2:37:19	1:49:45~1:49:59	122	3:58:30~3:58:59	2:40:20~2:40:39	1:52:15~1:52:29
3:54:00~3:54:29	2:37:20~2:37:39	1:50:00~1:50:14	121	3:59:00~3:59:29	2:40:40~2:40:59	1:52:30~1:52:44
3:54:30~3:54:59	2:37:40~2:37:59	1:50:15~1:50:29	120	3:59:30~3:59:59	2:41:00~2:41:19	1:52:45~1:52:59
4:00:00以上	3:01:20以上	2:08:00以上	49	4:35:00以上	3:04:40以上	2:10:30以上

TEAM ONE TOKYO 年代別ポイント一覧表
女子50代

女子 (50~54歳)			獲得ポイント	女子 (55~59歳)			獲得ポイント	女子 (50~54歳)			獲得ポイント	女子 (55~59歳)		
フルマラソン	30km	ハーフマラソン		フルマラソン	30km	ハーフマラソン		フルマラソン	30km	ハーフマラソン		フルマラソン	30km	ハーフマラソン
3:24:59以内	2:17:59以内	1:35:29以内	200	3:29:59以内	2:21:19以内	1:37:59以内		4:05:00~4:05:29	2:44:40~2:44:59	1:55:30~1:55:44	119	4:10:00~4:10:29	2:48:00~2:48:19	1:58:00~1:58:14
3:25:00~3:25:29	2:18:00~2:18:19	1:35:30~1:35:44	199	3:30:00~3:30:29	2:21:20~2:21:39	1:38:00~1:38:14		4:05:30~4:05:59	2:45:00~2:45:19	1:55:45~1:55:59	118	4:10:30~4:10:59	2:48:20~2:48:39	1:58:15~1:58:29
3:25:30~3:25:59	2:18:20~2:18:39	1:35:45~1:35:59	198	3:30:30~3:30:59	2:21:40~2:21:59	1:38:15~1:38:29		4:06:00~4:06:29	2:45:20~2:45:39	1:56:00~1:56:14	117	4:11:00~4:11:29	2:48:40~2:48:59	1:58:30~1:58:44
3:26:00~3:26:29	2:18:40~2:18:59	1:36:00~1:36:14	197	3:31:00~3:31:29	2:22:00~2:22:19	1:38:30~1:38:44		4:06:30~4:06:59	2:45:40~2:45:59	1:56:15~1:56:29	116	4:11:30~4:11:59	2:49:00~2:49:19	1:58:45~1:58:59
3:26:30~3:26:59	2:19:00~2:19:19	1:36:15~1:36:29	196	3:31:30~3:31:59	2:22:20~2:22:39	1:38:45~1:38:59		4:07:00~4:07:29	2:46:00~2:46:19	1:56:30~1:56:44	115	4:12:00~4:12:29	2:49:20~2:49:39	1:59:00~1:59:14
3:27:00~3:27:29	2:19:20~2:19:39	1:36:30~1:36:44	195	3:32:00~3:32:29	2:22:40~2:22:59	1:39:00~1:39:14		4:07:30~4:07:59	2:46:20~2:46:39	1:56:45~1:56:59	114	4:12:30~4:12:59	2:49:40~2:49:59	1:59:15~1:59:29
3:27:30~3:27:59	2:19:40~2:19:59	1:36:45~1:36:59	194	3:32:30~3:32:59	2:23:00~2:23:19	1:39:15~1:39:29		4:08:00~4:08:29	2:46:40~2:46:59	1:57:00~1:57:14	113	4:13:00~4:13:29	2:50:00~2:50:19	1:59:30~1:59:44
3:28:00~3:28:29	2:20:00~2:20:19	1:37:00~1:37:14	193	3:33:00~3:33:29	2:23:20~2:23:39	1:39:30~1:39:44		4:08:30~4:08:59	2:47:00~2:47:19	1:57:15~1:57:29	112	4:13:30~4:13:59	2:50:20~2:50:39	1:59:45~1:59:59
3:28:30~3:28:59	2:20:20~2:20:39	1:37:15~1:37:29	192	3:33:30~3:33:59	2:23:40~2:23:59	1:39:45~1:39:59		4:09:00~4:09:29	2:47:20~2:47:39	1:57:30~1:57:44	111	4:14:00~4:14:29	2:50:40~2:50:59	2:00:00~2:00:14
3:29:00~3:29:29	2:20:40~2:20:59	1:37:30~1:37:44	191	3:34:00~3:34:29	2:24:00~2:24:19	1:40:00~1:40:14		4:09:30~4:09:59	2:47:40~2:47:59	1:57:45~1:57:59	110	4:14:30~4:14:59	2:51:00~2:51:19	2:00:15~2:00:29
3:29:30~3:29:59	2:21:00~2:21:19	1:37:45~1:37:59	190	3:34:30~3:34:59	2:24:20~2:24:39	1:40:15~1:40:29		4:10:00~4:10:29	2:48:00~2:48:19	1:58:00~1:58:14	109	4:15:00~4:15:29	2:51:20~2:51:39	2:00:30~2:00:44
3:30:00~3:30:29	2:21:20~2:21:39	1:38:00~1:38:14	189	3:35:00~3:35:29	2:24:40~2:24:59	1:40:30~1:40:44		4:10:30~4:10:59	2:48:20~2:48:39	1:58:15~1:58:29	108	4:15:30~4:15:59	2:51:40~2:51:59	2:00:45~2:00:59
3:30:30~3:30:59	2:21:40~2:21:59	1:38:15~1:38:29	188	3:35:30~3:35:59	2:25:00~2:25:19	1:40:45~1:40:59		4:11:00~4:11:29	2:48:40~2:48:59	1:58:30~1:58:44	107	4:16:00~4:16:29	2:52:00~2:52:19	2:01:00~2:01:14
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3:31:30~3:31:59	2:22:20~2:22:39	1:38:45~1:38:59	186	3:36:30~3:36:59	2:25:40~2:25:59	1:41:15~1:41:29		4:12:00~4:12:29	2:49:20~2:49:39	1:59:00~1:59:14	105	4:17:00~4:17:29	2:52:40~2:52:59	2:01:30~2:01:44
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3:32:30~3:32:59	2:23:00~2:23:19	1:39:15~1:39:29	184	3:37:30~3:37:59	2:26:20~2:26:39	1:41:45~1:41:59		4:13:00~4:13:29	2:50:00~2:50:19	1:59:30~1:59:44	103	4:18:00~4:18:29	2:53:20~2:53:39	2:02:00~2:02:14
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3:34:00~3:34:29	2:24:00~2:24:19	1:40:00~1:40:14	181	3:39:00~3:39:29	2:27:20~2:27:39	1:42:30~1:42:44		4:14:30~4:14:59	2:51:00~2:51:19	2:00:15~2:00:29	100	4:19:30~4:19:59	2:54:20~2:54:39	2:02:45~2:02:59
3:34:30~3:34:59	2:24:20~2:24:39	1:40:15~1:40:29	180	3:39:30~3:39:59	2:27:40~2:27:59	1:42:45~1:42:59		4:15:00~4:15:29	2:51:20~2:51:39	2:00:30~2:00:44	99	4:20:00~4:20:29	2:54:40~2:54:59	2:03:00~2:03:14
3:35:00~3:35:29	2:24:40~2:24:59	1:40:30~1:40:44	179	3:40:00~3:40:29	2:28:00~2:28:19	1:43:00~1:43:14		4:15:30~4:15:59	2:51:40~2:51:59	2:00:45~2:00:59	98	4:20:30~4:20:59	2:55:00~2:55:19	2:03:15~2:03:29
3:35:30~3:35:59	2:25:00~2:25:19	1:40:45~1:40:59	178	3:40:30~3:40:59	2:28:20~2:28:39	1:43:15~1:43:29		4:16:00~4:16:29	2:52:00~2:52:19	2:01:00~2:01:14	97	4:21:00~4:21:29	2:55:20~2:55:39	2:03:30~2:03:44
3:36:00~3:36:29	2:25:20~2:25:39	1:41:00~1:41:14	177	3:41:00~3:41:29	2:28:40~2:28:59	1:43:30~1:43:44		4:16:30~4:16:59	2:52:20~2:52:39	2:01:15~2:01:29	96	4:21:30~4:21:59	2:55:40~2:55:59	2:03:45~2:03:59
3:36:30~3:36:59	2:25:40~2:25:59	1:41:15~1:41:29	176	3:41:30~3:41:59	2:29:00~2:29:19	1:43:45~1:43:59		4:17:00~4:17:29	2:52:40~2:52:59	2:01:30~2:01:44	95	4:22:00~4:22:29	2:56:00~2:56:19	2:04:00~2:04:14
3:37:00~3:37:29	2:26:00~2:26:19	1:41:30~1:41:44	175	3:42:00~3:42:29	2:29:20~2:29:39	1:44:00~1:44:14		4:17:30~4:17:59	2:53:00~2:53:19	2:01:45~2:01:59	94	4:22:30~4:22:59	2:56:20~2:56:39	2:04:15~2:04:29
3:37:30~3:37:59	2:26:20~2:26:39	1:41:45~1:41:59	174	3:42:30~3:42:59	2:29:40~2:29:59	1:44:15~1:44:29		4:18:00~4:18:29	2:53:20~2:53:39	2:02:00~2:02:14	93	4:23:00~4:23:29	2:56:40~2:56:59	2:04:30~2:04:44
3:38:00~3:38:29	2:26:40~2:26:59	1:42:00~1:42:14	173	3:43:00~3:43:29	2:30:00~2:30:19	1:44:30~1:44:44		4:18:30~4:18:59	2:53:40~2:53:59	2:02:15~2:02:29	92	4:23:30~4:23:59	2:57:00~2:57:19	2:04:45~2:04:59
3:38:30~3:38:59	2:27:00~2:27:19	1:42:15~1:42:29	172	3:43:30~3:43:59	2:30:20~2:30:39	1:44:45~1:44:59		4:19:00~4:19:29	2:54:00~2:54:19	2:02:30~2:02:44	91	4:24:00~4:24:29	2:57:20~2:57:39	2:05:00~2:05:14
3:39:00~3:39:29	2:27:20~2:27:39	1:42:30~1:42:44	171	3:44:00~3:44:29	2:30:40~2:30:59	1:45:00~1:45:14		4:19:30~4:19:59	2:54:20~2:54:39	2:02:45~2:02:59	90	4:24:30~4:24:59	2:57:40~2:57:59	2:05:15~2:05:29
3:39:30~3:39:59	2:27:40~2:27:59	1:42:45~1:42:59	170	3:44:30~3:44:59	2:31:00~2:31:19	1:45:15~1:45:29		4:20:00~4:20:29	2:54:40~2:54:59	2:03:00~2:03:14	89	4:25:00~4:25:29	2:58:00~2:58:19	2:05:30~2:05:44
3:40:00~3:40:29	2:28:00~2:28:19	1:43:00~1:43:14	169	3:45:00~3:45:29	2:31:20~2:31:39	1:45:30~1:45:44		4:20:30~4:20:59	2:55:00~2:55:19	2:03:15~2:03:29	88	4:25:30~4:25:59	2:58:20~2:58:39	2:05:45~2:05:59
3:40:30~3:40:59	2:28:20~2:28:39	1:43:15~1:43:29	168	3:45:30~3:45:59	2:31:40~2:31:59	1:45:45~1:45:59		4:21:00~4:21:29	2:55:20~2:55:39	2:03:30~2:03:44	87	4:26:00~4:26:29	2:58:40~2:58:59	2:06:00~2:06:14
3:41:00~3:41:29	2:28:40~2:28:59	1:43:30~1:43:44	167	3:46:00~3:46:29	2:32:00~2:32:19	1:46:00~1:46:14		4:21:30~4:21:59	2:55:40~2:55:59	2:03:45~2:03:59	86	4:26:30~4:26:59	2:59:00~2:59:19	2:06:15~2:06:29
3:41:30~3:41:59	2:29:00~2:29:19	1:43:45~1:43:59	166	3:46:30~3:46:59	2:32:20~2:32:39	1:46:15~1:46:29		4:22:00~4:22:29	2:56:00~2:56:19	2:04:00~2:04:14	85	4:27:00~4:27:29	2:59:20~2:59:39	2:06:30~2:06:44
3:42:00~3:42:29	2:29:20~2:29:39	1:44:00~1:44:14	165	3:47:00~3:47:29	2:32:40~2:32:59	1:46:30~1:46:44		4:22:30~4:22:59	2:56:20~2:56:39	2:04:15~2:04:29	84	4:27:30~4:27:59	2:59:40~2:59:59	2:06:45~2:06:59
3:42:30~3:42:59	2:29:40~2:29:59	1:44:15~1:44:29	164	3:47:30~3:47:59	2:33:00~2:33:19	1:46:45~1:46:59		4:23:00~4:23:29	2:56:40~2:56:59	2:04:30~2:04:44	83	4:28:00~4:28:29	3:00:00~3:00:19	2:07:00~2:07:14
3:43:00~3:43:29	2:30:00~2:30:19	1:44:30~1:44:44	163	3:48:00~3:48:29	2:33:20~2:33:39	1:47:00~1:47:14		4:23:30~4:23:59	2:57:00~2:57:19	2:04:45~2:04:59	82	4:28:30~4:28:59	3:00:20~3:00:39	2:07:15~2:07:29
3:43:30~3:43:59	2:30:20~2:30:39	1:44:45~1:44:59	162	3:48:30~3:48:59	2:33:40~2:33:59	1:47:15~1:47:29		4:24:00~4:24:29	2:57:20~2:57:39	2:05:00~2:05:14	81	4:29:00~4:29:29	3:00:40~3:00:59	2:07:30~2:07:44
3:44:00~3:44:29	2:30:40~2:30:59	1:45:00~1:45:14	161	3:49:00~3:49:29	2:34:00~2:34:19	1:47:30~1:47:44		4:24:30~4:24:59	2:57:40~2:57:59	2:05:15~2:05:29	80	4:29:30~4:29:59	3:01:00~3:01:19	2:07:45~2:07:59
3:44:30~3:44:59	2:31:00~2:31:19	1:45:15~1:45:29	160	3:49:30~3:49:59	2:34:20~2:34:39	1:47:45~1:47:59		4:25:00~4:25:29	2:58:00~2:58:19	2:05:30~2:05:44	79	4:30:00~4:30:29	3:01:20~3:01:39	2:08:00~2:08:14
3:45:00~3:45:29	2:31:20~2:31:39	1:45:30~1:45:44	159	3:50:00~3:50:29	2:34:40~2:34:59	1:48:00~1:48:14		4:25:30~4:25:59	2:58:20~2:58:39	2:05:45~2:05:59	78	4:30:30~4:30:59	3:01:40~3:01:59	2:08:15~2:08:29
3:45:30~3:45:59	2:31:40~2:31:59	1:45:45~1:45:59	158	3:50:30~3:50:59	2:35:00~2:35:19	1:48:15~1:48:29		4:26:00~4:26:29	2:58:40~2:58:59	2:06:00~2:06:14	77	4:31:00~4:31:29	3:02:00~3:02:19	2:08:30~2:08:44
3:46:00~3:46:29	2:32:00~2:32:19	1:46:00~1:46:14	157	3:51:00~3:51:29	2:35:20~2:35:39	1:48:30~1:48:44		4:26:30~4:26:59	2:59:00~2:59:19	2:06:15~2:06:29	76	4:31:30~4:31:59	3:02:20~3:02:39	2:08:45~2:08:59
3:46:30~3:46:59	2:32:20~2:32:39	1:46:15~1:46:29	156	3:51:30~3:51:59	2:35:40~2:35:59	1:48:45~1:48:59		4:27:00~4:27:29	2:59:20~2:59:39	2:06:30~2:06:44	75	4:32:00~4:32:29	3:02:40~3:02:59	2:09:00~2:09:14
3:47:00~3:47:29	2:32:40~2:32:59	1:46:30~1:46:44	155	3:52:00~3:52:29	2:36:00~2:36:19	1:49:00~1:49:14		4:27:30~4:27:59	2:59:40~2:59:59	2:06:45~2:06:59				

TEAM ONE TOKYO 年代別ポイント一覧表
女子60代

女子 (60~64歳)			獲得ポイント	女子 (65~69歳)		
フルマラソン	30km	ハーフマラソン		フルマラソン	30km	ハーフマラソン
3:54:59以内	2:37:59以内	1:50:29以内	200	4:04:59以内	2:44:39以内	1:55:29以内
3:55:00~3:55:29	2:38:00~2:38:19	1:50:30~1:50:44	199	4:05:00~4:05:29	2:44:40~2:44:59	1:55:30~1:55:44
3:55:30~3:55:59	2:38:20~2:38:39	1:50:45~1:50:59	198	4:05:30~4:05:59	2:45:00~2:45:19	1:55:45~1:55:59
3:56:00~3:56:29	2:38:40~2:38:59	1:51:00~1:51:14	197	4:06:00~4:06:29	2:45:20~2:45:39	1:56:00~1:56:14
3:56:30~3:56:59	2:39:00~2:39:19	1:51:15~1:51:29	196	4:06:30~4:06:59	2:45:40~2:45:59	1:56:15~1:56:29
3:57:00~3:57:29	2:39:20~2:39:39	1:51:30~1:51:44	195	4:07:00~4:07:29	2:46:00~2:46:19	1:56:30~1:56:44
3:57:30~3:57:59	2:39:40~2:39:59	1:51:45~1:51:59	194	4:07:30~4:07:59	2:46:20~2:46:39	1:56:45~1:56:59
3:58:00~3:58:29	2:40:00~2:40:19	1:52:00~1:52:14	193	4:08:00~4:08:29	2:46:40~2:46:59	1:57:00~1:57:14
3:58:30~3:58:59	2:40:20~2:40:39	1:52:15~1:52:29	192	4:08:30~4:08:59	2:47:00~2:47:19	1:57:15~1:57:29
3:59:00~3:59:29	2:40:40~2:40:59	1:52:30~1:52:44	191	4:09:00~4:09:29	2:47:20~2:47:39	1:57:30~1:57:44
3:59:30~3:59:59	2:41:00~2:41:19	1:52:45~1:52:59	190	4:09:30~4:09:59	2:47:40~2:47:59	1:57:45~1:57:59
4:00:00~4:00:29	2:41:20~2:41:39	1:53:00~1:53:14	189	4:10:00~4:10:29	2:48:00~2:48:19	1:58:00~1:58:14
4:00:30~4:00:59	2:41:40~2:41:59	1:53:15~1:53:29	188	4:10:30~4:10:59	2:48:20~2:48:39	1:58:15~1:58:29
4:01:00~4:01:29	2:42:00~2:42:19	1:53:30~1:53:44	187	4:11:00~4:11:29	2:48:40~2:48:59	1:58:30~1:58:44
4:01:30~4:01:59	2:42:20~2:42:39	1:53:45~1:53:59	186	4:11:30~4:11:59	2:49:00~2:49:19	1:58:45~1:58:59
4:02:00~4:02:29	2:42:40~2:42:59	1:54:00~1:54:14	185	4:12:00~4:12:29	2:49:20~2:49:39	1:59:00~1:59:14
4:02:30~4:02:59	2:43:00~2:43:19	1:54:15~1:54:29	184	4:12:30~4:12:59	2:49:40~2:49:59	1:59:15~1:59:29
4:03:00~4:03:29	2:43:20~2:43:39	1:54:30~1:54:44	183	4:13:00~4:13:29	2:50:00~2:50:19	1:59:30~1:59:44
4:03:30~4:03:59	2:43:40~2:43:59	1:54:45~1:54:59	182	4:13:30~4:13:59	2:50:20~2:50:39	1:59:45~1:59:59
4:04:00~4:04:29	2:44:00~2:44:19	1:55:00~1:55:14	181	4:14:00~4:14:29	2:50:40~2:50:59	2:00:00~2:00:14
4:04:30~4:04:59	2:44:20~2:44:39	1:55:15~1:55:29	180	4:14:30~4:14:59	2:51:00~2:51:19	2:00:15~2:00:29
4:05:00~4:05:29	2:44:40~2:44:59	1:55:30~1:55:44	179	4:15:00~4:15:29	2:51:20~2:51:39	2:00:30~2:00:44
4:05:30~4:05:59	2:45:00~2:45:19	1:55:45~1:55:59	178	4:15:30~4:15:59	2:51:40~2:51:59	2:00:45~2:00:59
4:06:00~4:06:29	2:45:20~2:45:39	1:56:00~1:56:14	177	4:16:00~4:16:29	2:52:00~2:52:19	2:01:00~2:01:14
4:06:30~4:06:59	2:45:40~2:45:59	1:56:15~1:56:29	176	4:16:30~4:16:59	2:52:20~2:52:39	2:01:15~2:01:29
4:07:00~4:07:29	2:46:00~2:46:19	1:56:30~1:56:44	175	4:17:00~4:17:29	2:52:40~2:52:59	2:01:30~2:01:44
4:07:30~4:07:59	2:46:20~2:46:39	1:56:45~1:56:59	174	4:17:30~4:17:59	2:53:00~2:53:19	2:01:45~2:01:59
4:08:00~4:08:29	2:46:40~2:46:59	1:57:00~1:57:14	173	4:18:00~4:18:29	2:53:20~2:53:39	2:02:00~2:02:14
4:08:30~4:08:59	2:47:00~2:47:19	1:57:15~1:57:29	172	4:18:30~4:18:59	2:53:40~2:53:59	2:02:15~2:02:29
4:09:00~4:09:29	2:47:20~2:47:39	1:57:30~1:57:44	171	4:19:00~4:19:29	2:54:00~2:54:19	2:02:30~2:02:44
4:09:30~4:09:59	2:47:40~2:47:59	1:57:45~1:57:59	170	4:19:30~4:19:59	2:54:20~2:54:39	2:02:45~2:02:59
4:10:00~4:10:29	2:48:00~2:48:19	1:58:00~1:58:14	169	4:20:00~4:20:29	2:54:40~2:54:59	2:03:00~2:03:14
4:10:30~4:10:59	2:48:20~2:48:39	1:58:15~1:58:29	168	4:20:30~4:20:59	2:55:00~2:55:19	2:03:15~2:03:29
4:11:00~4:11:29	2:48:40~2:48:59	1:58:30~1:58:44	167	4:21:00~4:21:29	2:55:20~2:55:39	2:03:30~2:03:44
4:11:30~4:11:59	2:49:00~2:49:19	1:58:45~1:58:59	166	4:21:30~4:21:59	2:55:40~2:55:59	2:03:45~2:03:59
4:12:00~4:12:29	2:49:20~2:49:39	1:59:00~1:59:14	165	4:22:00~4:22:29	2:56:00~2:56:19	2:04:00~2:04:14
4:12:30~4:12:59	2:49:40~2:49:59	1:59:15~1:59:29	164	4:22:30~4:22:59	2:56:20~2:56:39	2:04:15~2:04:29
4:13:00~4:13:29	2:50:00~2:50:19	1:59:30~1:59:44	163	4:23:00~4:23:29	2:56:40~2:56:59	2:04:30~2:04:44
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4:14:00~4:14:29	2:50:40~2:50:59	2:00:00~2:00:14	161	4:24:00~4:24:29	2:57:20~2:57:39	2:05:00~2:05:14
4:14:30~4:14:59	2:51:00~2:51:19	2:00:15~2:00:29	160	4:24:30~4:24:59	2:57:40~2:57:59	2:05:15~2:05:29
4:15:00~4:15:29	2:51:20~2:51:39	2:00:30~2:00:44	159	4:25:00~4:25:29	2:58:00~2:58:19	2:05:30~2:05:44
4:15:30~4:15:59	2:51:40~2:51:59	2:00:45~2:00:59	158	4:25:30~4:25:59	2:58:20~2:58:39	2:05:45~2:05:59
4:16:00~4:16:29	2:52:00~2:52:19	2:01:00~2:01:14	157	4:26:00~4:26:29	2:58:40~2:58:59	2:06:00~2:06:14
4:16:30~4:16:59	2:52:20~2:52:39	2:01:15~2:01:29	156	4:26:30~4:26:59	2:59:00~2:59:19	2:06:15~2:06:29
4:17:00~4:17:29	2:52:40~2:52:59	2:01:30~2:01:44	155	4:27:00~4:27:29	2:59:20~2:59:39	2:06:30~2:06:44
4:17:30~4:17:59	2:53:00~2:53:19	2:01:45~2:01:59	154	4:27:30~4:27:59	2:59:40~2:59:59	2:06:45~2:06:59
4:18:00~4:18:29	2:53:20~2:53:39	2:02:00~2:02:14	153	4:28:00~4:28:29	3:00:00~3:00:19	2:07:00~2:07:14
4:18:30~4:18:59	2:53:40~2:53:59	2:02:15~2:02:29	152	4:28:30~4:28:59	3:00:20~3:00:39	2:07:15~2:07:29
4:19:00~4:19:29	2:54:00~2:54:19	2:02:30~2:02:44	151	4:29:00~4:29:29	3:00:40~3:00:59	2:07:30~2:07:44
4:19:30~4:19:59	2:54:20~2:54:39	2:02:45~2:02:59	150	4:29:30~4:29:59	3:01:00~3:01:19	2:07:45~2:07:59
4:20:00~4:20:29	2:54:40~2:54:59	2:03:00~2:03:14	149	4:30:00~4:30:29	3:01:20~3:01:39	2:08:00~2:08:14
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