

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

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

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

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
2:57:59以内	2:00:59以内	1:22:39以内	100	3:09:59以内	2:07:59以内	1:27:59以内
2:58:00～2:58:29	2:01:00～2:01:19	1:22:40～1:22:54	99	3:10:00～3:10:29	2:08:00～2:08:19	1:28:00～1:28:14
2:58:30～2:58:59	2:01:20～2:01:39	1:22:55～1:23:09	98	3:10:30～3:10:59	2:08:20～2:08:39	1:28:15～1:28:29
2:59:00～2:59:29	2:01:40～2:01:59	1:23:10～1:23:24	97	3:11:00～3:11:29	2:08:40～2:08:59	1:28:30～1:28:44
2:59:30～2:59:59	2:02:00～2:02:19	1:23:25～1:23:39	96	3:11:30～3:11:59	2:09:00～2:09:19	1:28:45～1:28:59
3:00:00～3:00:29	2:02:20～2:02:39	1:23:40～1:23:54	95	3:12:00～3:12:29	2:09:20～2:09:39	1:29:00～1:29:14
3:00:30～3:00:59	2:02:40～2:02:59	1:23:55～1:24:09	94	3:12:30～3:12:59	2:09:40～2:09:59	1:29:15～1:29:29
3:01:00～3:01:29	2:03:00～2:03:19	1:24:10～1:24:24	93	3:13:00～3:13:29	2:10:00～2:10:19	1:29:30～1:29:44
3:01:30～3:01:59	2:03:20～2:03:39	1:24:25～1:24:39	92	3:13:30～3:13:59	2:10:20～2:10:39	1:29:45～1:29:59
3:02:00～3:02:29	2:03:40～2:03:59	1:24:40～1:24:54	91	3:14:00～3:14:29	2:10:40～2:10:59	1:30:00～1:30:14
3:02:30～3:02:59	2:04:00～2:04:19	1:24:55～1:25:09	90	3:14:30～3:14:59	2:11:00～2:11:19	1:30:15～1:30:29
3:03:00～3:03:29	2:04:20～2:04:39	1:25:10～1:25:24	89	3:15:00～3:15:29	2:11:20～2:11:39	1:30:30～1:30:44
3:03:30～3:03:59	2:04:40～2:04:59	1:25:25～1:25:39	88	3:15:30～3:15:59	2:11:40～2:11:59	1:30:45～1:30:59
3:04:00～3:04:29	2:05:00～2:05:19	1:25:40～1:25:54	87	3:16:00～3:16:29	2:12:00～2:12:19	1:31:00～1:31:14
3:04:30～3:04:59	2:05:20～2:05:39	1:25:55～1:26:09	86	3:16:30～3:16:59	2:12:20～2:12:39	1:31:15～1:31:29
3:05:00～3:05:29	2:05:40～2:05:59	1:26:10～1:26:24	85	3:17:00～3:17:29	2:12:40～2:12:59	1:31:30～1:31:44
3:05:30～3:05:59	2:06:00～2:06:19	1:26:25～1:26:39	84	3:17:30～3:17:59	2:13:00～2:13:19	1:31:45～1:31:59
3:06:00～3:06:29	2:06:20～2:06:39	1:26:40～1:26:54	83	3:18:00～3:18:29	2:13:20～2:13:39	1:32:00～1:32:14
3:06:30～3:06:59	2:06:40～2:06:59	1:26:55～1:27:09	82	3:18:30～3:18:59	2:13:40～2:13:59	1:32:15～1:32:29
3:07:00～3:07:29	2:07:00～2:07:19	1:27:10～1:27:24	81	3:19:00～3:19:29	2:14:00～2:14:19	1:32:30～1:32:44
3:07:30～3:07:59	2:07:20～2:07:39	1:27:25～1:27:39	80	3:19:30～3:19:59	2:14:20～2:14:39	1:32:45～1:32:59
3:08:00～3:08:29	2:07:40～2:07:59	1:27:40～1:27:54	79	3:20:00～3:20:29	2:14:40～2:14:59	1:33:00～1:33:14
3:08:30～3:08:59	2:08:00～2:08:19	1:27:55～1:28:09	78	3:20:30～3:20:59	2:15:00～2:15:19	1:33:15～1:33:29
3:09:00～3:09:29	2:08:20～2:08:39	1:28:10～1:28:24	77	3:21:00～3:21:29	2:15:20～2:15:39	1:33:30～1:33:44
3:09:30～3:09:59	2:08:40～2:08:59	1:28:25～1:28:39	76	3:21:30～3:21:59	2:15:40～2:15:59	1:33:45～1:33:59
3:10:00～3:10:29	2:09:00～2:09:19	1:28:40～1:28:54	75	3:22:00～3:22:29	2:16:00～2:16:19	1:34:00～1:34:14
3:10:30～3:10:59	2:09:20～2:09:39	1:28:55～1:29:09	74	3:22:30～3:22:59	2:16:20～2:16:39	1:34:15～1:34:29
3:11:00～3:11:29	2:09:40～2:09:59	1:29:10～1:29:24	73	3:23:00～3:23:29	2:16:40～2:16:59	1:34:30～1:34:44
3:11:30～3:11:59	2:10:00～2:10:19	1:29:25～1:29:39	72	3:23:30～3:23:59	2:17:00～2:17:19	1:34:45～1:34:59
3:12:00～3:12:29	2:10:20～2:10:39	1:29:40～1:29:54	71	3:24:00～3:24:29	2:17:20～2:17:39	1:35:00～1:35:14
3:12:30～3:12:59	2:10:40～2:10:59	1:29:55～1:30:09	70	3:24:30～3:24:59	2:17:40～2:17:59	1:35:15～1:35:29
3:13:00～3:13:29	2:11:00～2:11:19	1:30:10～1:30:24	69	3:25:00～3:25:29	2:18:00～2:18:19	1:35:30～1:35:44
3:13:30～3:13:59	2:11:20～2:11:39	1:30:25～1:30:39	68	3:25:30～3:25:59	2:18:20～2:18:39	1:35:45～1:35:59
3:14:00～3:14:29	2:11:40～2:11:59	1:30:40～1:30:54	67	3:26:00～3:26:29	2:18:40～2:18:59	1:36:00～1:36:14
3:14:30～3:14:59	2:12:00～2:12:19	1:30:55～1:31:09	66	3:26:30～3:26:59	2:19:00～2:19:19	1:36:15～1:36:29
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3:15:30～3:15:59	2:12:40～2:12:59	1:31:25～1:31:39	64	3:27:30～3:27:59	2:19:40～2:19:59	1:36:45～1:36:59
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3:16:30～3:16:59	2:13:20～2:13:39	1:31:55～1:32:09	62	3:28:30～3:28:59	2:20:20～2:20:39	1:37:15～1:37:29
3:17:00～3:17:29	2:13:40～2:13:59	1:32:10～1:32:24	61	3:29:00～3:29:29	2:20:40～2:20:59	1:37:30～1:37:44
3:17:30～3:17:59	2:14:00～2:14:19	1:32:25～1:32:39	60	3:29:30～3:29:59	2:21:00～2:21:19	1:37:45～1:37:59
3:18:00～3:18:29	2:14:20～2:14:39	1:32:40～1:32:54	59	3:30:00～3:30:29	2:21:20～2:21:39	1:38:00～1:38:14
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3:19:30～3:19:59	2:15:20～2:15:39	1:33:25～1:33:39	56	3:31:30～3:31:59	2:22:20～2:22:39	1:38:45～1:38:59
3:20:00～3:20:29	2:15:40～2:15:59	1:33:40～1:33:54	55	3:32:00～3:32:29	2:22:40～2:22:59	1:39:00～1:39:14
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3:25:00～3:25:29	2:19:00～2:19:19	1:36:10～1:36:24	45	3:37:00～3:37:29	2:26:00～2:26:19	1:41:30～1:41:44
3:25:30～3:25:59	2:19:20～2:19:39	1:36:25～1:36:39	44	3:37:30～3:37:59	2:26:20～2:26:39	1:41:45～1:41:59
3:26:00～3:26:29	2:19:40～2:19:59	1:36:40～1:36:54	43	3:38:00～3:38:29	2:26:40～2:26:59	1:42:00～1:42:14
3:26:30～3:26:59	2:20:00～2:20:19	1:36:55～1:37:09	42	3:38:30～3:38:59	2:27:00～2:27:19	1:42:15～1:42:29
3:27:00～3:27:29	2:20:20～2:20:39	1:37:10～1:37:24	41	3:39:00～3:39:29	2:27:20～2:27:39	1:42:30～1:42:44
3:27:30～3:27:59	2:20:40～2:20:59	1:37:25～1:37:39	40	3:39:30～3:39:59	2:27:40～2:27:59	1:42:45～1:42:59
3:28:00～3:28:29	2:21:00～2:21:19	1:37:40～1:37:54	39	3:40:00～3:40:29	2:28:00～2:28:19	1:43:00～1:43:14
3:28:30～3:28:59	2:21:20～2:21:39	1:37:55～1:38:09	38	3:40:30～3:40:59	2:28:20～2:28:39	1:43:15～1:43:29
3:29:00～3:29:29	2:21:40～2:21:59	1:38:10～1:38:24	37	3:41:00～3:41:29	2:28:40～2:28:59	1:43:30～1:43:44
3:29:30～3:29:59	2:22:00～2:22:19	1:38:25～1:38:39	36	3:41:30～3:41:59	2:29:00～2:29:19	1:43:45～1:43:59
3:30:00～3:30:29	2:22:20～2:22:39	1:38:40～1:38:54	35	3:42:00～3:42:29	2:29:20～2:29:39	1:44:00～1:44:14
3:30:30～3:30:59	2:22:40～2:22:59	1:38:55～1:39:09	34	3:42:30～3:42:59	2:29:40～2:29:59	1:44:15～1:44:29
3:31:00～3:31:29	2:23:00～2:23:19	1:39:10～1:39:24	33	3:43:00～3:43:29	2:30:00～2:30:19	1:44:30～1:44:44
3:31:30～3:31:59	2:23:20～2:23:39	1:39:25～1:39:39	32	3:43:30～3:43:59	2:30:20～2:30:39	1:44:45～1:44:59
3:32:00～3:32:29	2:23:40～2:23:59	1:39:40～1:39:54	31	3:44:00～3:44:29	2:30:40～2:30:59	1:45:00～1:45:14
3:32:30～3:32:59	2:24:00～2:24:19	1:39:55～1:40:09	30	3:44:30～3:44:59	2:31:00～2:31:19	1:45:15～1:45:29
3:33:00～3:33:29	2:24:20～2:24:39	1:40:10～1:40:24	29	3:45:00～3:45:29	2:31:20～2:31:39	1:45:30～1:45:44
3:33:30～3:33:59	2:24:40～2:24:59	1:40:25～1:40:39	28	3:45:30～3:45:59	2:31:40～2:31:59	1:45:45～1:45:59
3:34:00～3:34:29	2:25:00～2:25:19	1:40:40～1:40:54	27	3:46:00～3:46:29	2:32:00～2:32:19	1:46:00～1:46:14
3:34:30～3:34:59	2:25:20～2:25:39	1:40:55～1:41:09	26	3:46:30～3:46:59	2:32:20～2:32:39	1:46:15～1:46:29
3:35:00～3:35:29	2:25:40～2:25:59	1:41:10～1:41:24	25	3:47:00～3:47:29	2:32:40～2:32:59	1:46:30～1:46:44
3:35:30～3:35:59	2:26:00～2:26:19	1:41:25～1:41:39	24	3:47:30～3:47:59	2:33:00～2:33:19	1:46:45～1:46:59
3:36:00～3:36:29	2:26:20～2:26:39	1:41:40～1:41:54	23	3:48:00～3:48:29	2:33:20～2:33:39	1:47:00～1:47:14
3:36:30～3:36:59	2:26:40～2:26:59	1:41:55～1:42:09	22	3:48:30～3:48:59	2:33:40～2:33:59	1:47:15～1:47:29
3:37:00～3:37:29	2:27:00～2:27:19	1:42:10～1:42:24	21	3:49:00～3:49:29	2:34:00～2:34:19	1:47:30～1:47:44
3:37:30～3:37:59	2:27:20～2:27:39	1:42:25～1:42:39	20	3:49:30～3:49:59	2:34:20～2:34:39	1:47:45～1:47:59
3:38:00～3:38:29	2:27:40～2:27:59	1:42:40～1:42:54	19	3:50:00～3:50:29	2:34:40～2:34:59	1:48:00～1:48:14
3:38:30～3:38:59	2:28:00～2:28:19	1:42:55～1:43:09	18	3:50:30～3:50:59	2:35:00～2:35:19	1:48:15～1:48:29
3:39:00～3:39:29	2:28:20～2:28:39	1:43:10～1:43:24	17	3:51:00～3:51:29	2:35:20～2:35:39	1:48:30～1:48:44
3:39:30～3:39:59	2:28:40～2:28:59	1:43:25～1:43:39	16	3:51:30～3:51:59	2:35:40～2:35:59	1:48:45～1:48:59
3:40:00～3:40:29	2:29:00～2:29:19	1:43:40～1:43:54	15	3:52:00～3:52:29	2:36:00～2:36:19	1:49:00～1:49:14
3:40:30～3:40:59	2:29:20～2:29:39	1:43:55～1:44:09	14	3:52:30～3:52:59	2:36:20～2:36:39	1:49:15～1:49:29
3:41:00～3:41:29	2:29:40～2:29:59	1:44:10～1:44:24	13	3:53:00～3:53:29	2:36:40～2:36:59	1:49:30～1:49:44
3:41:30～3:41:59	2:30:00～2:30:19	1:44:25～1:44:39	12	3:53:30～3:53:59	2:37:00～2:37:19	1:49:45～1:49:59
3:42:00～3:42:29	2:30:20～2:30:39	1:44:40～1:44:54	11	3:54:00～3:54:29	2:37:20～2:37:39	1:50:00～1:50:14
3:42:30以上	2:30:40以上	1:44:55以上	10	3:54:30以上	2:37:40以上	1:50:15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
2:57:59以内	1:59:59以内	1:21:59以内	200	4:24:59以内	2:59:59以内	2:05:59以内
2:58:00~2:58:29	2:00:00~2:00:19	1:22:00~1:22:14	199	4:25:00~4:25:29	3:00:00~3:00:19	2:06:00~2:06:14
2:58:30~2:58:59	2:00:20~2:00:39	1:22:15~1:22:29	198	4:25:30~4:25:59	3:00:20~3:00:39	2:06:15~2:06:29
2:59:00~2:59:29	2:00:40~2:00:59	1:22:30~1:22:44	197	4:26:00~4:26:29	3:00:40~3:00:59	2:06:30~2:06:44
2:59:30~2:59:59	2:01:00~2:01:19	1:22:45~1:22:59	196	4:26:30~4:26:59	3:01:00~3:01:19	2:06:45~2:06:59
3:00:00~3:00:29	2:01:20~2:01:39	1:23:00~1:23:14	195	4:27:00~4:27:29	3:01:20~3:01:39	2:07:00~2:07:14
3:00:30~3:00:59	2:01:40~2:01:59	1:23:15~1:23:29	194	4:27:30~4:27:59	3:01:40~3:01:59	2:07:15~2:07:29
3:01:00~3:01:29	2:02:00~2:02:19	1:23:30~1:23:44	193	4:28:00~4:28:29	3:02:00~3:02:19	2:07:30~2:07:44
3:01:30~3:01:59	2:02:20~2:02:39	1:23:45~1:23:59	192	4:28:30~4:28:59	3:02:20~3:02:39	2:07:45~2:07:59
3:02:00~3:02:29	2:02:40~2:02:59	1:24:00~1:24:14	191	4:29:00~4:29:29	3:02:40~3:02:59	2:08:00~2:08:14
3:02:30~3:02:59	2:03:00~2:03:19	1:24:15~1:24:29	190	4:29:30~4:29:59	3:03:00~3:03:19	2:08:15~2:08:29
3:03:00~3:03:29	2:03:20~2:03:39	1:24:30~1:24:44	189	4:30:00~4:30:29	3:03:20~3:03:39	2:08:30~2:08:44
3:03:30~3:03:59	2:03:40~2:03:59	1:24:45~1:24:59	188	4:30:30~4:30:59	3:03:40~3:03:59	2:08:45~2:08:59
3:04:00~3:04:29	2:04:00~2:04:19	1:25:00~1:25:14	187	4:31:00~4:31:29	3:04:00~3:04:19	2:09:00~2:09:14
3:04:30~3:04:59	2:04:20~2:04:39	1:25:15~1:25:29	186	4:31:30~4:31:59	3:04:20~3:04:39	2:09:15~2:09:29
3:05:00~3:05:29	2:04:40~2:04:59	1:25:30~1:25:44	185	4:32:00~4:32:29	3:04:40~3:04:59	2:09:30~2:09:44
3:05:30~3:05:59	2:05:00~2:05:19	1:25:45~1:25:59	184	4:32:30~4:32:59	3:05:00~3:05:19	2:09:45~2:09:59
3:06:00~3:06:29	2:05:20~2:05:39	1:26:00~1:26:14	183	4:33:00~4:33:29	3:05:20~3:05:39	2:10:00~2:10:14
3:06:30~3:06:59	2:05:40~2:05:59	1:26:15~1:26:29	182	4:33:30~4:33:59	3:05:40~3:05:59	2:10:15~2:10:29
3:07:00~3:07:29	2:06:00~2:06:19	1:26:30~1:26:44	181	4:34:00~4:34:29	3:06:00~3:06:19	2:10:30~2:10:44
3:07:30~3:07:59	2:06:20~2:06:39	1:26:45~1:26:59	180	4:34:30~4:34:59	3:06:20~3:06:39	2:10:45~2:10:59
3:08:00~3:08:29	2:06:40~2:06:59	1:27:00~1:27:14	179	4:35:00~4:35:29	3:06:40~3:06:59	2:11:00~2:11:14
3:08:30~3:08:59	2:07:00~2:07:19	1:27:15~1:27:29	178	4:35:30~4:35:59	3:07:00~3:07:19	2:11:15~2:11:29
3:09:00~3:09:29	2:07:20~2:07:39	1:27:30~1:27:44	177	4:36:00~4:36:29	3:07:20~3:07:39	2:11:30~2:11:44
3:09:30~3:09:59	2:07:40~2:07:59	1:27:45~1:27:59	176	4:36:30~4:36:59	3:07:40~3:07:59	2:11:45~2:11:59
3:10:00~3:10:29	2:08:00~2:08:19	1:28:00~1:28:14	175	4:37:00~4:37:29	3:08:00~3:08:19	2:12:00~2:12:14
3:10:30~3:10:59	2:08:20~2:08:39	1:28:15~1:28:29	174	4:37:30~4:37:59	3:08:20~3:08:39	2:12:15~2:12:29
3:11:00~3:11:29	2:08:40~2:08:59	1:28:30~1:28:44	173	4:38:00~4:38:29	3:08:40~3:08:59	2:12:30~2:12:44
3:11:30~3:11:59	2:09:00~2:09:19	1:28:45~1:28:59	172	4:38:30~4:38:59	3:09:00~3:09:19	2:12:45~2:12:59
3:12:00~3:12:29	2:09:20~2:09:39	1:29:00~1:29:14	171	4:39:00~4:39:29	3:09:20~3:09:39	2:13:00~2:13:14
3:12:30~3:12:59	2:09:40~2:09:59	1:29:15~1:29:29	170	4:39:30~4:39:59	3:09:40~3:09:59	2:13:15~2:13:29
3:13:00~3:13:29	2:10:00~2:10:19	1:29:30~1:29:44	169	4:40:00~4:40:29	3:10:00~3:10:19	2:13:30~2:13:44
3:13:30~3:13:59	2:10:20~2:10:39	1:29:45~1:29:59	168	4:40:30~4:40:59	3:10:20~3:10:39	2:13:45~2:13:59
3:14:00~3:14:29	2:10:40~2:10:59	1:30:00~1:30:14	167	4:41:00~4:41:29	3:10:40~3:10:59	2:14:00~2:14:14
3:14:30~3:14:59	2:11:00~2:11:19	1:30:15~1:30:29	166	4:41:30~4:41:59	3:11:00~3:11:19	2:14:15~2:14:29
3:15:00~3:15:29	2:11:20~2:11:39	1:30:30~1:30:44	165	4:42:00~4:42:29	3:11:20~3:11:39	2:14:30~2:14:44
3:15:30~3:15:59	2:11:40~2:11:59	1:30:45~1:30:59	164	4:42:30~4:42:59	3:11:40~3:11:59	2:14:45~2:14:59
3:16:00~3:16:29	2:12:00~2:12:19	1:31:00~1:31:14	163	4:43:00~4:43:29	3:12:00~3:12:19	2:15:00~2:15:14
3:16:30~3:16:59	2:12:20~2:12:39	1:31:15~1:31:29	162	4:43:30~4:43:59	3:12:20~3:12:39	2:15:15~2:15:29
3:17:00~3:17:29	2:12:40~2:12:59	1:31:30~1:31:44	161	4:44:00~4:44:29	3:12:40~3:12:59	2:15:30~2:15:44
3:17:30~3:17:59	2:13:00~2:13:19	1:31:45~1:31:59	160	4:44:30~4:44:59	3:13:00~3:13:19	2:15:45~2:15:59
3:18:00~3:18:29	2:13:20~2:13:39	1:32:00~1:32:14	159	4:45:00~4:45:29	3:13:20~3:13:39	2:16:00~2:16:14
3:18:30~3:18:59	2:13:40~2:13:59	1:32:15~1:32:29	158	4:45:30~4:45:59	3:13:40~3:13:59	2:16:15~2:16:29
3:19:00~3:19:29	2:14:00~2:14:19	1:32:30~1:32:44	157	4:46:00~4:46:29	3:14:00~3:14:19	2:16:30~2:16:44
3:19:30~3:19:59	2:14:20~2:14:39	1:32:45~1:32:59	156	4:46:30~4:46:59	3:14:20~3:14:39	2:16:45~2:16:59
3:20:00~3:20:29	2:14:40~2:14:59	1:33:00~1:33:14	155	4:47:00~4:47:29	3:14:40~3:14:59	2:17:00~2:17:14
3:20:30~3:20:59	2:15:00~2:15:19	1:33:15~1:33:29	154	4:47:30~4:47:59	3:15:00~3:15:19	2:17:15~2:17:29
3:21:00~3:21:29	2:15:20~2:15:39	1:33:30~1:33:44	153	4:48:00~4:48:29	3:15:20~3:15:39	2:17:30~2:17:44
3:21:30~3:21:59	2:15:40~2:15:59	1:33:45~1:33:59	152	4:48:30~4:48:59	3:15:40~3:15:59	2:17:45~2:17:59
3:22:00~3:22:29	2:16:00~2:16:19	1:34:00~1:34:14	151	4:49:00~4:49:29	3:16:00~3:16:19	2:18:00~2:18:14
3:22:30~3:22:59	2:16:20~2:16:39	1:34:15~1:34:29	150	4:49:30~4:49:59	3:16:20~3:16:39	2:18:15~2:18:29
3:23:00~3:23:29	2:16:40~2:16:59	1:34:30~1:34:44	149	4:50:00~4:50:29	3:16:40~3:16:59	2:18:30~2:18:44
3:23:30~3:23:59	2:17:00~2:17:19	1:34:45~1:34:59	148	4:50:30~4:50:59	3:17:00~3:17:19	2:18:45~2:18:59
3:24:00~3:24:29	2:17:20~2:17:39	1:35:00~1:35:14	147	4:51:00~4:51:29	3:17:20~3:17:39	2:19:00~2:19:14
3:24:30~3:24:59	2:17:40~2:17:59	1:35:15~1:35:29	146	4:51:30~4:51:59	3:17:40~3:17:59	2:19:15~2:19:29
3:25:00~3:25:29	2:18:00~2:18:19	1:35:30~1:35:44	145	4:52:00~4:52:29	3:18:00~3:18:19	2:19:30~2:19:44
3:25:30~3:25:59	2:18:20~2:18:39	1:35:45~1:35:59	144	4:52:30~4:52:59	3:18:20~3:18:39	2:19:45~2:19:59
3:26:00~3:26:29	2:18:40~2:18:59	1:36:00~1:36:14	143	4:53:00~4:53:29	3:18:40~3:18:59	2:20:00~2:20:14
3:26:30~3:26:59	2:19:00~2:19:19	1:36:15~1:36:29	142	4:53:30~4:53:59	3:19:00~3:19:19	2:20:15~2:20:29
3:27:00~3:27:29	2:19:20~2:19:39	1:36:30~1:36:44	141	4:54:00~4:54:29	3:19:20~3:19:39	2:20:30~2:20:44
3:27:30~3:27:59	2:19:40~2:19:59	1:36:45~1:36:59	140	4:54:30~4:54:59	3:19:40~3:19:59	2:20:45~2:20:59

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
3:28:00~3:28:29	2:20:00~2:20:19	1:37:00~1:37:14	139	4:55:00~4:55:29	3:20:00~3:20:19	2:21:00~2:21:14
3:28:30~3:28:59	2:20:20~2:20:39	1:37:15~1:37:29	138	4:55:30~4:55:59	3:20:20~3:20:39	2:21:15~2:21:29
3:29:00~3:29:29	2:20:40~2:20:59	1:37:30~1:37:44	137	4:56:00~4:56:29	3:20:40~3:20:59	2:21:30~2:21:44
3:29:30~3:29:59	2:21:00~2:21:19	1:37:45~1:37:59	136	4:56:30~4:56:59	3:21:00~3:21:19	2:21:45~2:21:59
3:30:00~3:30:29	2:21:20~2:21:39	1:38:00~1:38:14	135	4:57:00~4:57:29	3:21:20~3:21:39	2:22:00~2:22:14
3:30:30~3:30:59	2:21:40~2:21:59	1:38:15~1:38:29	134	4:57:30~4:57:59	3:21:40~3:21:59	2:22:15~2:22:29
3:31:00~3:31:29	2:22:00~2:22:19	1:38:30~1:38:44	133	4:58:00~4:58:29	3:22:00~3:22:19	2:22:30~2:22:44
3:31:30~3:31:59	2:22:20~2:22:39	1:38:45~1:38:59	132	4:58:30~4:58:59	3:22:20~3:22:39	2:22:45~2:22:59
3:32:00~3:32:29	2:22:40~2:22:59	1:39:00~1:39:14	131	4:59:00~4:59:29	3:22:40~3:22:59	2:23:00~2:23:14
3:32:30~3:32:59	2:23:00~2:23:19	1:39:15~1:39:29	130	4:59:30~4:59:59	3:23:00~3:23:19	2:23:15~2:23:29
3:33:00~3:33:29	2:23:20~2:23:39	1:39:30~1:39:44	129	5:00:00~5:00:29	3:23:20~3:23:39	2:23:30~2:23:44
3:33:30~3:33:59	2:23:40~2:23:59	1:39:45~1:39:59	128	5:00:30~5:00:59	3:23:40~3:23:59	2:23:45~2:23:59
3:34:00~3:34:29	2:24:00~2:24:19	1:40:00~1:40:14	127	5:01:00~5:01:29	3:24:00~3:24:19	2:24:00~2:24:14
3:34:30~3:34:59	2:24:20~2:24:39	1:40:15~1:40:29	126	5:01:30~5:01:59	3:24:20~3:24:39	2:24:15~2:24:29
3:35:00~3:35:29	2:24:40~2:24:59	1:40:30~1:40:44	125	5:02:00~5:02:29	3:24:40~3:24:59	2:24:30~2:24:44
3:35:30~3:35:59	2:25:00~2:25:19	1:40:45~1:40:59	124	5:02:30~5:02:59	3:25:00~3:25:19	2:24:45~2:24:59
3:36:00~3:36:29	2:25:20~2:25:39	1:41:00~1:41:14	123	5:03:00~5:03:29	3:25:20~3:25:39	2:25:00~2:25:14
3:36:30~3:36:59	2:25:40~2:25:59	1:41:15~1:41:29	122	5:03:30~5:03:59	3:25:40~3:25:59	2:25:15~2:25:29
3:37:00~3:37:29	2:26:00~2:26:19	1:41:30~1:41:44	121	5:04:00~5:04:29	3:26:00~3:26:19	2:25:30~2:25:44
3:37:30~3:37:59	2:26:20~2:26:39	1:41:45~1:41:59	120	5:04:30~5:04:59	3:26:20~3:26:39	2:25:45~2:25:59
3:38:00~3:38:29	2:26:40~2:26:59	1:42:00~1:42:14	119	5:05:00~5:05:29	3:26:40~3:26:59	2:26:00~2:26:14
3:38:30~3:38:59	2:27:00~2:27:19	1:42:15~1:42:29	118	5:05:30~5:05:59	3:27:00~3:27:19	2:26:15~2:26:29
3:39:00~3:39:29	2:27:20~2:27:39	1:42:30~1:42:44	117	5:06:00~5:06:29	3:27:20~3:27:39	2:26:30~2:26:44
3:39:30~3:39:59	2:27:40~2:27:59	1:42:45~1:42:59	116	5:06:30~5:06:59	3:27:40~3:27:59	2:26:45~2:26:59
3:40:00~3:40:29	2:28:00~2:28:19	1:43:00~1:43:14	115	5:07:00~5:07:29	3:28:00~3:28:19	2:27:00~2:27:14
3:40:30~3:40:59	2:28:20~2:28:39	1:43:15~1:43:29	114	5:07:30~5:07:59	3:28:20~3:28:39	2:27:15~2:27:29
3:41:00~3:41:29	2:28:40~2:28:59	1:43:30~1:43:44	113	5:08:00~5:08:29	3:28:40~3:28:59	2:27:30~2:27:44
3:41:30~3:41:59	2:29:00~2:29:19	1:43:45~1:43:59	112	5:08:30~5:08:59	3:29:00~3:29:19	2:27:45~2:27:59
3:42:00~3:42:29	2:29:20~2:29:39	1:44:00~1:44:14	111	5:09:00~5:09:29	3:29:20~3:29:39	2:28:00~2:28:14
3:42:30~3:42:59	2:29:					

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)		
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
3:02:59以内	2:02:59以内	1:24:59以内	200	3:04:59以内	2:04:59以内	1:25:59以内
3:03:00~3:03:29	2:03:00~2:03:19	1:25:00~1:25:14	199	3:05:00~3:05:29	2:05:00~2:05:19	1:26:00~1:26:14
3:03:30~3:03:59	2:03:20~2:03:39	1:25:15~1:25:29	198	3:05:30~3:05:59	2:05:20~2:05:39	1:26:15~1:26:29
3:04:00~3:04:29	2:03:40~2:03:59	1:25:30~1:25:44	197	3:06:00~3:06:29	2:05:40~2:05:59	1:26:30~1:26:44
3:04:30~3:04:59	2:04:00~2:04:19	1:25:45~1:25:59	196	3:06:30~3:06:59	2:06:00~2:06:19	1:26:45~1:26:59
3:05:00~3:05:29	2:04:20~2:04:39	1:26:00~1:26:14	195	3:07:00~3:07:29	2:06:20~2:06:39	1:27:00~1:27:14
3:05:30~3:05:59	2:04:40~2:04:59	1:26:15~1:26:29	194	3:07:30~3:07:59	2:06:40~2:06:59	1:27:15~1:27:29
3:06:00~3:06:29	2:05:00~2:05:19	1:26:30~1:26:44	193	3:08:00~3:08:29	2:07:00~2:07:19	1:27:30~1:27:44
3:06:30~3:06:59	2:05:20~2:05:39	1:26:45~1:26:59	192	3:08:30~3:08:59	2:07:20~2:07:39	1:27:45~1:27:59
3:07:00~3:07:29	2:05:40~2:05:59	1:27:00~1:27:14	191	3:09:00~3:09:29	2:07:40~2:07:59	1:28:00~1:28:14
3:07:30~3:07:59	2:06:00~2:06:19	1:27:15~1:27:29	190	3:09:30~3:09:59	2:08:00~2:08:19	1:28:15~1:28:29
3:08:00~3:08:29	2:06:20~2:06:39	1:27:30~1:27:44	189	3:10:00~3:10:29	2:08:20~2:08:39	1:28:30~1:28:44
3:08:30~3:08:59	2:06:40~2:06:59	1:27:45~1:27:59	188	3:10:30~3:10:59	2:08:40~2:08:59	1:28:45~1:28:59
3:09:00~3:09:29	2:07:00~2:07:19	1:28:00~1:28:14	187	3:11:00~3:11:29	2:09:00~2:09:19	1:29:00~1:29:14
3:09:30~3:09:59	2:07:20~2:07:39	1:28:15~1:28:29	186	3:11:30~3:11:59	2:09:20~2:09:39	1:29:15~1:29:29
3:10:00~3:10:29	2:07:40~2:07:59	1:28:30~1:28:44	185	3:12:00~3:12:29	2:09:40~2:09:59	1:29:30~1:29:44
3:10:30~3:10:59	2:08:00~2:08:19	1:28:45~1:28:59	184	3:12:30~3:12:59	2:10:00~2:10:19	1:29:45~1:29:59
3:11:00~3:11:29	2:08:20~2:08:39	1:29:00~1:29:14	183	3:13:00~3:13:29	2:10:20~2:10:39	1:30:00~1:30:14
3:11:30~3:11:59	2:08:40~2:08:59	1:29:15~1:29:29	182	3:13:30~3:13:59	2:10:40~2:10:59	1:30:15~1:30:29
3:12:00~3:12:29	2:09:00~2:09:19	1:29:30~1:29:44	181	3:14:00~3:14:29	2:11:00~2:11:19	1:30:30~1:30:44
3:12:30~3:12:59	2:09:20~2:09:39	1:29:45~1:29:59	180	3:14:30~3:14:59	2:11:20~2:11:39	1:30:45~1:30:59
3:13:00~3:13:29	2:09:40~2:09:59	1:30:00~1:30:14	179	3:15:00~3:15:29	2:11:40~2:11:59	1:31:00~1:31:14
3:13:30~3:13:59	2:10:00~2:10:19	1:30:15~1:30:29	178	3:15:30~3:15:59	2:12:00~2:12:19	1:31:15~1:31:29
3:14:00~3:14:29	2:10:20~2:10:39	1:30:30~1:30:44	177	3:16:00~3:16:29	2:12:20~2:12:39	1:31:30~1:31:44
3:14:30~3:14:59	2:10:40~2:10:59	1:30:45~1:30:59	176	3:16:30~3:16:59	2:12:40~2:12:59	1:31:45~1:31:59
3:15:00~3:15:29	2:11:00~2:11:19	1:31:00~1:31:14	175	3:17:00~3:17:29	2:13:00~2:13:19	1:32:00~1:32:14
3:15:30~3:15:59	2:11:20~2:11:39	1:31:15~1:31:29	174	3:17:30~3:17:59	2:13:20~2:13:39	1:32:15~1:32:29
3:16:00~3:16:29	2:11:40~2:11:59	1:31:30~1:31:44	173	3:18:00~3:18:29	2:13:40~2:13:59	1:32:30~1:32:44
3:16:30~3:16:59	2:12:00~2:12:19	1:31:45~1:31:59	172	3:18:30~3:18:59	2:14:00~2:14:19	1:32:45~1:32:59
3:17:00~3:17:29	2:12:20~2:12:39	1:32:00~1:32:14	171	3:19:00~3:19:29	2:14:20~2:14:39	1:33:00~1:33:14
3:17:30~3:17:59	2:12:40~2:12:59	1:32:15~1:32:29	170	3:19:30~3:19:59	2:14:40~2:14:59	1:33:15~1:33:29
3:18:00~3:18:29	2:13:00~2:13:19	1:32:30~1:32:44	169	3:20:00~3:20:29	2:15:00~2:15:19	1:33:30~1:33:44
3:18:30~3:18:59	2:13:20~2:13:39	1:32:45~1:32:59	168	3:20:30~3:20:59	2:15:20~2:15:39	1:33:45~1:33:59
3:19:00~3:19:29	2:13:40~2:13:59	1:33:00~1:33:14	167	3:21:00~3:21:29	2:15:40~2:15:59	1:34:00~1:34:14
3:19:30~3:19:59	2:14:00~2:14:19	1:33:15~1:33:29	166	3:21:30~3:21:59	2:16:00~2:16:19	1:34:15~1:34:29
3:20:00~3:20:29	2:14:20~2:14:39	1:33:30~1:33:44	165	3:22:00~3:22:29	2:16:20~2:16:39	1:34:30~1:34:44
3:20:30~3:20:59	2:14:40~2:14:59	1:33:45~1:33:59	164	3:22:30~3:22:59	2:16:40~2:16:59	1:34:45~1:34:59
3:21:00~3:21:29	2:15:00~2:15:19	1:34:00~1:34:14	163	3:23:00~3:23:29	2:17:00~2:17:19	1:35:00~1:35:14
3:21:30~3:21:59	2:15:20~2:15:39	1:34:15~1:34:29	162	3:23:30~3:23:59	2:17:20~2:17:39	1:35:15~1:35:29
3:22:00~3:22:29	2:15:40~2:15:59	1:34:30~1:34:44	161	3:24:00~3:24:29	2:17:40~2:17:59	1:35:30~1:35:44
3:22:30~3:22:59	2:16:00~2:16:19	1:34:45~1:34:59	160	3:24:30~3:24:59	2:18:00~2:18:19	1:35:45~1:35:59
3:23:00~3:23:29	2:16:20~2:16:39	1:35:00~1:35:14	159	3:25:00~3:25:29	2:18:20~2:18:39	1:36:00~1:36:14
3:23:30~3:23:59	2:16:40~2:16:59	1:35:15~1:35:29	158	3:25:30~3:25:59	2:18:40~2:18:59	1:36:15~1:36:29
3:24:00~3:24:29	2:17:00~2:17:19	1:35:30~1:35:44	157	3:26:00~3:26:29	2:19:00~2:19:19	1:36:30~1:36:44
3:24:30~3:24:59	2:17:20~2:17:39	1:35:45~1:35:59	156	3:26:30~3:26:59	2:19:20~2:19:39	1:36:45~1:36:59
3:25:00~3:25:29	2:17:40~2:17:59	1:36:00~1:36:14	155	3:27:00~3:27:29	2:19:40~2:19:59	1:37:00~1:37:14
3:25:30~3:25:59	2:18:00~2:18:19	1:36:15~1:36:29	154	3:27:30~3:27:59	2:20:00~2:20:19	1:37:15~1:37:29
3:26:00~3:26:29	2:18:20~2:18:39	1:36:30~1:36:44	153	3:28:00~3:28:29	2:20:20~2:20:39	1:37:30~1:37:44
3:26:30~3:26:59	2:18:40~2:18:59	1:36:45~1:36:59	152	3:28:30~3:28:59	2:20:40~2:20:59	1:37:45~1:37:59
3:27:00~3:27:29	2:19:00~2:19:19	1:37:00~1:37:14	151	3:29:00~3:29:29	2:21:00~2:21:19	1:38:00~1:38:14
3:27:30~3:27:59	2:19:20~2:19:39	1:37:15~1:37:29	150	3:29:30~3:29:59	2:21:20~2:21:39	1:38:15~1:38:29
3:28:00~3:28:29	2:19:40~2:19:59	1:37:30~1:37:44	149	3:30:00~3:30:29	2:21:40~2:21:59	1:38:30~1:38:44
3:28:30~3:28:59	2:20:00~2:20:19	1:37:45~1:37:59	148	3:30:30~3:30:59	2:22:00~2:22:19	1:38:45~1:38:59
3:29:00~3:29:29	2:20:20~2:20:39	1:38:00~1:38:14	147	3:31:00~3:31:29	2:22:20~2:22:39	1:39:00~1:39:14
3:29:30~3:29:59	2:20:40~2:20:59	1:38:15~1:38:29	146	3:31:30~3:31:59	2:22:40~2:22:59	1:39:15~1:39:29
3:30:00~3:30:29	2:21:00~2:21:19	1:38:30~1:38:44	145	3:32:00~3:32:29	2:23:00~2:23:19	1:39:30~1:39:44
3:30:30~3:30:59	2:21:20~2:21:39	1:38:45~1:38:59	144	3:32:30~3:32:59	2:23:20~2:23:39	1:39:45~1:39:59
3:31:00~3:31:29	2:21:40~2:21:59	1:39:00~1:39:14	143	3:33:00~3:33:29	2:23:40~2:23:59	1:40:00~1:40:14
3:31:30~3:31:59	2:22:00~2:22:19	1:39:15~1:39:29	142	3:33:30~3:33:59	2:24:00~2:24:19	1:40:15~1:40:29
3:32:00~3:32:29	2:22:20~2:22:39	1:39:30~1:39:44	141	3:34:00~3:34:29	2:24:20~2:24:39	1:40:30~1:40:44
3:32:30~3:32:59	2:22:40~2:22:59	1:39:45~1:39:59	140	3:34:30~3:34:59	2:24:40~2:24:59	1:40:45~1:40:59

女子 (30~34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
3:33:00~3:33:29	2:23:00~2:23:19	1:40:00~1:40:14	139	3:35:00~3:35:29	2:25:00~2:25:19	1:41:00~1:41:14
3:33:30~3:33:59	2:23:20~2:23:39	1:40:15~1:40:29	138	3:35:30~3:35:59	2:25:20~2:25:39	1:41:15~1:41:29
3:34:00~3:34:29	2:23:40~2:23:59	1:40:30~1:40:44	137	3:36:00~3:36:29	2:25:40~2:25:59	1:41:30~1:41:44
3:34:30~3:34:59	2:24:00~2:24:19	1:40:45~1:40:59	136	3:36:30~3:36:59	2:26:00~2:26:19	1:41:45~1:41:59
3:35:00~3:35:29	2:24:20~2:24:39	1:41:00~1:41:14	135	3:37:00~3:37:29	2:26:20~2:26:39	1:42:00~1:42:14
3:35:30~3:35:59	2:24:40~2:24:59	1:41:15~1:41:29	134	3:37:30~3:37:59	2:26:40~2:26:59	1:42:15~1:42:29
3:36:00~3:36:29	2:25:00~2:25:19	1:41:30~1:41:44	133	3:38:00~3:38:29	2:27:00~2:27:19	1:42:30~1:42:44
3:36:30~3:36:59	2:25:20~2:25:39	1:41:45~1:41:59	132	3:38:30~3:38:59	2:27:20~2:27:39	1:42:45~1:42:59
3:37:00~3:37:29	2:25:40~2:25:59	1:42:00~1:42:14	131	3:39:00~3:39:29	2:27:40~2:27:59	1:43:00~1:43:14
3:37:30~3:37:59	2:26:00~2:26:19	1:42:15~1:42:29	130	3:39:30~3:39:59	2:28:00~2:28:19	1:43:15~1:43:29
3:38:00~3:38:29	2:26:20~2:26:39	1:42:30~1:42:44	129	3:40:00~3:40:29	2:28:20~2:28:39	1:43:30~1:43:44
3:38:30~3:38:59	2:26:40~2:26:59	1:42:45~1:42:59	128	3:40:30~3:40:59	2:28:40~2:28:59	1:43:45~1:43:59
3:39:00~3:39:29	2:27:00~2:27:19	1:43:00~1:43:14	127	3:41:00~3:41:29	2:29:00~2:29:19	1:44:00~1:44:14
3:39:30~3:39:59	2:27:20~2:27:39	1:43:15~1:43:29	126	3:41:30~3:41:59	2:29:20~2:29:39	1:44:15~1:44:29
3:40:00~3:40:29	2:27:40~2:27:59	1:43:30~1:43:44	125	3:42:00~3:42:29	2:29:40~2:29:59	1:44:30~1:44:44
3:40:30~3:40:59	2:28:00~2:28:19	1:43:45~1:43:59	124	3:42:30~3:42:59	2:30:00~2:30:19	1:44:45~1:44:59
3:41:00~3:41:29	2:28:20~2:28:39	1:44:00~1:44:14	123	3:43:00~3:43:29	2:30:20~2:30:39	1:45:00~1:45:14
3:41:30~3:41:59	2:28:40~2:28:59	1:44:15~1:44:29	122	3:43:30~3:43:59	2:30:40~2:30:59	1:45:15~1:45:29
3:42:00~3:42:29	2:29:00~2:29:19	1:44:30~1:44:44	121	3:44:00~3:44:29	2:31:00~2:31:19	1:45:30~1:45:44
3:42:30~3:42:59	2:29:20~2:29:39	1:44:45~1:44:59	120	3:44:30~3:44:59	2:31:20~2:31:39	1:45:45~1:45:59
3:43:00~3:43:29	2:29:40~2:29:59	1:45:00~1:45:14	119	3:45:00~3:45:29	2:31:40~2:31:59	1:46:00~1:46:14
3:43:30~3:43:59	2:30:00~2:30:19	1:45:15~1:45:29	118	3:45:30~3:45:59	2:32:00~2:32:19	1:46:15~1:46:29
3:44:00~3:44:29	2:30:20~2:30:39	1:45:30~1:45:44	117	3:46:00~3:46:29	2:32:20~2:32:39	1:46:30~1:46:44
3:44:30~3:44:59	2:30:40~2:30:59	1:45:45~1:45:59	116	3:46:30~3:46:59	2:32:40~2:32:59	1:46:45~1:46:59
3:45:00~3:45:29	2:31:00~2:31:19	1:46:00~1:46:14	115	3:47:00~3:47:29	2:33:00~2:33:19	1:47:00~1:47:14
3:45:30~3:45:59	2:31:20~2:31:39	1:46:15~1:46:29	114	3:47:30~3:47:59	2:33:20~2:33:39	1:47:15~1:47:29
3:46:00~3:46:29	2:31:40~2:31:59	1:46:30~1:46:44	113	3:48:00~3:48:29	2:33:40~2:33:59	1:47:30~1:47:44
3:46:30~3:46:59	2:32:00~2:32:19	1:46:45~1:46:59	112	3:48:30~3:48:59	2:34:00~2:34:19	1:47:45~1:47:59
3:47:00~3:47:29	2:32:20~2:32:39	1:47:00~1:47:14	111	3:49:00~3:49:29	2:34:20~2:34:39	1:48:00~1:48:14
3:47:30~3:47:59	2:32:40					

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
3:04:59以内	2:04:59以内	1:25:59以内	200	3:08:59以内	2:07:59以内	1:27:59以内
3:05:00~3:05:29	2:05:00~2:05:19	1:26:00~1:26:14	199	3:09:00~3:09:29	2:08:00~2:08:19	1:28:00~1:28:14
3:05:30~3:05:59	2:05:20~2:05:39	1:26:15~1:26:29	198	3:09:30~3:09:59	2:08:20~2:08:39	1:28:15~1:28:29
3:06:00~3:06:29	2:05:40~2:05:59	1:26:30~1:26:44	197	3:10:00~3:10:29	2:08:40~2:08:59	1:28:30~1:28:44
3:06:30~3:06:59	2:06:00~2:06:19	1:26:45~1:26:59	196	3:10:30~3:10:59	2:09:00~2:09:19	1:28:45~1:28:59
3:07:00~3:07:29	2:06:20~2:06:39	1:27:00~1:27:14	195	3:11:00~3:11:29	2:09:20~2:09:39	1:29:00~1:29:14
3:07:30~3:07:59	2:06:40~2:06:59	1:27:15~1:27:29	194	3:11:30~3:11:59	2:09:40~2:09:59	1:29:15~1:29:29
3:08:00~3:08:29	2:07:00~2:07:19	1:27:30~1:27:44	193	3:12:00~3:12:29	2:10:00~2:10:19	1:29:30~1:29:44
3:08:30~3:08:59	2:07:20~2:07:39	1:27:45~1:27:59	192	3:12:30~3:12:59	2:10:20~2:10:39	1:29:45~1:29:59
3:09:00~3:09:29	2:07:40~2:07:59	1:28:00~1:28:14	191	3:13:00~3:13:29	2:10:40~2:10:59	1:30:00~1:30:14
3:09:30~3:09:59	2:08:00~2:08:19	1:28:15~1:28:29	190	3:13:30~3:13:59	2:11:00~2:11:19	1:30:15~1:30:29
3:10:00~3:10:29	2:08:20~2:08:39	1:28:30~1:28:44	189	3:14:00~3:14:29	2:11:20~2:11:39	1:30:30~1:30:44
3:10:30~3:10:59	2:08:40~2:08:59	1:28:45~1:28:59	188	3:14:30~3:14:59	2:11:40~2:11:59	1:30:45~1:30:59
3:11:00~3:11:29	2:09:00~2:09:19	1:29:00~1:29:14	187	3:15:00~3:15:29	2:12:00~2:12:19	1:31:00~1:31:14
3:11:30~3:11:59	2:09:20~2:09:39	1:29:15~1:29:29	186	3:15:30~3:15:59	2:12:20~2:12:39	1:31:15~1:31:29
3:12:00~3:12:29	2:09:40~2:09:59	1:29:30~1:29:44	185	3:16:00~3:16:29	2:12:40~2:12:59	1:31:30~1:31:44
3:12:30~3:12:59	2:10:00~2:10:19	1:29:45~1:29:59	184	3:16:30~3:16:59	2:13:00~2:13:19	1:31:45~1:31:59
3:13:00~3:13:29	2:10:20~2:10:39	1:30:00~1:30:14	183	3:17:00~3:17:29	2:13:20~2:13:39	1:32:00~1:32:14
3:13:30~3:13:59	2:10:40~2:10:59	1:30:15~1:30:29	182	3:17:30~3:17:59	2:13:40~2:13:59	1:32:15~1:32:29
3:14:00~3:14:29	2:11:00~2:11:19	1:30:30~1:30:44	181	3:18:00~3:18:29	2:14:00~2:14:19	1:32:30~1:32:44
3:14:30~3:14:59	2:11:20~2:11:39	1:30:45~1:30:59	180	3:18:30~3:18:59	2:14:20~2:14:39	1:32:45~1:32:59
3:15:00~3:15:29	2:11:40~2:11:59	1:31:00~1:31:14	179	3:19:00~3:19:29	2:14:40~2:14:59	1:33:00~1:33:14
3:15:30~3:15:59	2:12:00~2:12:19	1:31:15~1:31:29	178	3:19:30~3:19:59	2:15:00~2:15:19	1:33:15~1:33:29
3:16:00~3:16:29	2:12:20~2:12:39	1:31:30~1:31:44	177	3:20:00~3:20:29	2:15:20~2:15:39	1:33:30~1:33:44
3:16:30~3:16:59	2:12:40~2:12:59	1:31:45~1:31:59	176	3:20:30~3:20:59	2:15:40~2:15:59	1:33:45~1:33:59
3:17:00~3:17:29	2:13:00~2:13:19	1:32:00~1:32:14	175	3:21:00~3:21:29	2:16:00~2:16:19	1:34:00~1:34:14
3:17:30~3:17:59	2:13:20~2:13:39	1:32:15~1:32:29	174	3:21:30~3:21:59	2:16:20~2:16:39	1:34:15~1:34:29
3:18:00~3:18:29	2:13:40~2:13:59	1:32:30~1:32:44	173	3:22:00~3:22:29	2:16:40~2:16:59	1:34:30~1:34:44
3:18:30~3:18:59	2:14:00~2:14:19	1:32:45~1:32:59	172	3:22:30~3:22:59	2:17:00~2:17:19	1:34:45~1:34:59
3:19:00~3:19:29	2:14:20~2:14:39	1:33:00~1:33:14	171	3:23:00~3:23:29	2:17:20~2:17:39	1:35:00~1:35:14
3:19:30~3:19:59	2:14:40~2:14:59	1:33:15~1:33:29	170	3:23:30~3:23:59	2:17:40~2:17:59	1:35:15~1:35:29
3:20:00~3:20:29	2:15:00~2:15:19	1:33:30~1:33:44	169	3:24:00~3:24:29	2:18:00~2:18:19	1:35:30~1:35:44
3:20:30~3:20:59	2:15:20~2:15:39	1:33:45~1:33:59	168	3:24:30~3:24:59	2:18:20~2:18:39	1:35:45~1:35:59
3:21:00~3:21:29	2:15:40~2:15:59	1:34:00~1:34:14	167	3:25:00~3:25:29	2:18:40~2:18:59	1:36:00~1:36:14
3:21:30~3:21:59	2:16:00~2:16:19	1:34:15~1:34:29	166	3:25:30~3:25:59	2:19:00~2:19:19	1:36:15~1:36:29
3:22:00~3:22:29	2:16:20~2:16:39	1:34:30~1:34:44	165	3:26:00~3:26:29	2:19:20~2:19:39	1:36:30~1:36:44
3:22:30~3:22:59	2:16:40~2:16:59	1:34:45~1:34:59	164	3:26:30~3:26:59	2:19:40~2:19:59	1:36:45~1:36:59
3:23:00~3:23:29	2:17:00~2:17:19	1:35:00~1:35:14	163	3:27:00~3:27:29	2:20:00~2:20:19	1:37:00~1:37:14
3:23:30~3:23:59	2:17:20~2:17:39	1:35:15~1:35:29	162	3:27:30~3:27:59	2:20:20~2:20:39	1:37:15~1:37:29
3:24:00~3:24:29	2:17:40~2:17:59	1:35:30~1:35:44	161	3:28:00~3:28:29	2:20:40~2:20:59	1:37:30~1:37:44
3:24:30~3:24:59	2:18:00~2:18:19	1:35:45~1:35:59	160	3:28:30~3:28:59	2:21:00~2:21:19	1:37:45~1:37:59
3:25:00~3:25:29	2:18:20~2:18:39	1:36:00~1:36:14	159	3:29:00~3:29:29	2:21:20~2:21:39	1:38:00~1:38:14
3:25:30~3:25:59	2:18:40~2:18:59	1:36:15~1:36:29	158	3:29:30~3:29:59	2:21:40~2:21:59	1:38:15~1:38:29
3:26:00~3:26:29	2:19:00~2:19:19	1:36:30~1:36:44	157	3:30:00~3:30:29	2:22:00~2:22:19	1:38:30~1:38:44
3:26:30~3:26:59	2:19:20~2:19:39	1:36:45~1:36:59	156	3:30:30~3:30:59	2:22:20~2:22:39	1:38:45~1:38:59
3:27:00~3:27:29	2:19:40~2:19:59	1:37:00~1:37:14	155	3:31:00~3:31:29	2:22:40~2:22:59	1:39:00~1:39:14
3:27:30~3:27:59	2:20:00~2:20:19	1:37:15~1:37:29	154	3:31:30~3:31:59	2:23:00~2:23:19	1:39:15~1:39:29
3:28:00~3:28:29	2:20:20~2:20:39	1:37:30~1:37:44	153	3:32:00~3:32:29	2:23:20~2:23:39	1:39:30~1:39:44
3:28:30~3:28:59	2:20:40~2:20:59	1:37:45~1:37:59	152	3:32:30~3:32:59	2:23:40~2:23:59	1:39:45~1:39:59
3:29:00~3:29:29	2:21:00~2:21:19	1:38:00~1:38:14	151	3:33:00~3:33:29	2:24:00~2:24:19	1:40:00~1:40:14
3:29:30~3:29:59	2:21:20~2:21:39	1:38:15~1:38:29	150	3:33:30~3:33:59	2:24:20~2:24:39	1:40:15~1:40:29
3:30:00~3:30:29	2:21:40~2:21:59	1:38:30~1:38:44	149	3:34:00~3:34:29	2:24:40~2:24:59	1:40:30~1:40:44
3:30:30~3:30:59	2:22:00~2:22:19	1:38:45~1:38:59	148	3:34:30~3:34:59	2:25:00~2:25:19	1:40:45~1:40:59
3:31:00~3:31:29	2:22:20~2:22:39	1:39:00~1:39:14	147	3:35:00~3:35:29	2:25:20~2:25:39	1:41:00~1:41:14
3:31:30~3:31:59	2:22:40~2:22:59	1:39:15~1:39:29	146	3:35:30~3:35:59	2:25:40~2:25:59	1:41:15~1:41:29
3:32:00~3:32:29	2:23:00~2:23:19	1:39:30~1:39:44	145	3:36:00~3:36:29	2:26:00~2:26:19	1:41:30~1:41:44
3:32:30~3:32:59	2:23:20~2:23:39	1:39:45~1:39:59	144	3:36:30~3:36:59	2:26:20~2:26:39	1:41:45~1:41:59
3:33:00~3:33:29	2:23:40~2:23:59	1:40:00~1:40:14	143	3:37:00~3:37:29	2:26:40~2:26:59	1:42:00~1:42:14
3:33:30~3:33:59	2:24:00~2:24:19	1:40:15~1:40:29	142	3:37:30~3:37:59	2:27:00~2:27:19	1:42:15~1:42:29
3:34:00~3:34:29	2:24:20~2:24:39	1:40:30~1:40:44	141	3:38:00~3:38:29	2:27:20~2:27:39	1:42:30~1:42:44
3:34:30~3:34:59	2:24:40~2:24:59	1:40:45~1:40:59	140	3:38:30~3:38:59	2:27:40~2:27:59	1:42:45~1:42:59

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
3:35:00~3:35:29	2:25:00~2:25:19	1:41:00~1:41:14	139	3:39:00~3:39:29	2:28:00~2:28:19	1:43:00~1:43:14
3:35:30~3:35:59	2:25:20~2:25:39	1:41:15~1:41:29	138	3:39:30~3:39:59	2:28:20~2:28:39	1:43:15~1:43:29
3:36:00~3:36:29	2:25:40~2:25:59	1:41:30~1:41:44	137	3:40:00~3:40:29	2:28:40~2:28:59	1:43:30~1:43:44
3:36:30~3:36:59	2:26:00~2:26:19	1:41:45~1:41:59	136	3:40:30~3:40:59	2:29:00~2:29:19	1:43:45~1:43:59
3:37:00~3:37:29	2:26:20~2:26:39	1:42:00~1:42:14	135	3:41:00~3:41:29	2:29:20~2:29:39	1:44:00~1:44:14
3:37:30~3:37:59	2:26:40~2:26:59	1:42:15~1:42:29	134	3:41:30~3:41:59	2:29:40~2:29:59	1:44:15~1:44:29
3:38:00~3:38:29	2:27:00~2:27:19	1:42:30~1:42:44	133	3:42:00~3:42:29	2:30:00~2:30:19	1:44:30~1:44:44
3:38:30~3:38:59	2:27:20~2:27:39	1:42:45~1:42:59	132	3:42:30~3:42:59	2:30:20~2:30:39	1:44:45~1:44:59
3:39:00~3:39:29	2:27:40~2:27:59	1:43:00~1:43:14	131	3:43:00~3:43:29	2:30:40~2:30:59	1:45:00~1:45:14
3:39:30~3:39:59	2:28:00~2:28:19	1:43:15~1:43:29	130	3:43:30~3:43:59	2:31:00~2:31:19	1:45:15~1:45:29
3:40:00~3:40:29	2:28:20~2:28:39	1:43:30~1:43:44	129	3:44:00~3:44:29	2:31:20~2:31:39	1:45:30~1:45:44
3:40:30~3:40:59	2:28:40~2:28:59	1:43:45~1:43:59	128	3:44:30~3:44:59	2:31:40~2:31:59	1:45:45~1:45:59
3:41:00~3:41:29	2:29:00~2:29:19	1:44:00~1:44:14	127	3:45:00~3:45:29	2:32:00~2:32:19	1:46:00~1:46:14
3:41:30~3:41:59	2:29:20~2:29:39	1:44:15~1:44:29	126	3:45:30~3:45:59	2:32:20~2:32:39	1:46:15~1:46:29
3:42:00~3:42:29	2:29:40~2:29:59	1:44:30~1:44:44	125	3:46:00~3:46:29	2:32:40~2:32:59	1:46:30~1:46:44
3:42:30~3:42:59	2:30:00~2:30:19	1:44:45~1:44:59	124	3:46:30~3:46:59	2:33:00~2:33:19	1:46:45~1:46:59
3:43:00~3:43:29	2:30:20~2:30:39	1:45:00~1:45:14	123	3:47:00~3:47:29	2:33:20~2:33:39	1:47:00~1:47:14
3:43:30~3:43:59	2:30:40~2:30:59	1:45:15~1:45:29	122	3:47:30~3:47:59	2:33:40~2:33:59	1:47:15~1:47:29
3:44:00~3:44:29	2:31:00~2:31:19	1:45:30~1:45:44	121	3:48:00~3:48:29	2:34:00~2:34:19	1:47:30~1:47:44
3:44:30~3:44:59	2:31:20~2:31:39	1:45:45~1:45:59	120	3:48:30~3:48:59	2:34:20~2:34:39	1:47:45~1:47:59
3:45:00~3:45:29	2:31:40~2:31:59	1:46:00~1:46:14	119	3:49:00~3:49:29	2:34:40~2:34:59	1:48:00~1:48:14
3:45:30~3:45:59	2:32:00~2:32:19	1:46:15~1:46:29	118	3:49:30~3:49:59	2:35:00~2:35:19	1:48:15~1:48:29
3:46:00~3:46:29	2:32:20~2:32:39	1:46:30~1:46:44	117	3:50:00~3:50:29	2:35:20~2:35:39	1:48:30~1:48:44
3:46:30~3:46:59	2:32:40~2:32:59	1:46:45~1:46:59	116	3:50:30~3:50:59	2:35:40~2:35:59	1:48:45~1:48:59
3:47:00~3:47:29	2:33:00~2:33:19	1:47:00~1:47:14	115	3:51:00~3:51:29	2:36:00~2:36:19	1:49:00~1:49:14
3:47:30~3:47:59	2:33:20~2:33:39	1:47:15~1:47:29	114	3:51:30~3:51:59	2:36:20~2:36:39	1:49:15~1:49:29
3:48:00~3:48:29	2:33:40~2:33:59	1:47:30~1:47:44	113	3:52:00~3:52:29	2:36:40~2:36:59	1:49:30~1:49:44
3:48:30~3:48:59	2:34:00~2:34:19	1:47:45~1:47:59	112	3:52:30~3:52:59	2:37:00~2:37:19	1:49:45~1:49:59
3:49:00~3:49:29	2:34:20~2:34:39	1:48:00~1:48:14	111	3:53:00~3:53:29	2:37:20~2:37:39	1:50:00~1:50:14
3:49:30~3:49:59	2:34:40					

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)		
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	2:10:59以内	1:29:59以内	200	3:17:59以内	2:13:59以内	1:31:59以内
3:15:00~3:15:29	2:11:00~2:11:19	1:30:00~1:30:14	199	3:18:00~3:18:29	2:14:00~2:14:19	1:32:00~1:32:14
3:15:30~3:15:59	2:11:20~2:11:39	1:30:15~1:30:29	198	3:18:30~3:18:59	2:14:20~2:14:39	1:32:15~1:32:29
3:16:00~3:16:29	2:11:40~2:11:59	1:30:30~1:30:44	197	3:19:00~3:19:29	2:14:40~2:14:59	1:32:30~1:32:44
3:16:30~3:16:59	2:12:00~2:12:19	1:30:45~1:30:59	196	3:19:30~3:19:59	2:15:00~2:15:19	1:32:45~1:32:59
3:17:00~3:17:29	2:12:20~2:12:39	1:31:00~1:31:14	195	3:20:00~3:20:29	2:15:20~2:15:39	1:33:00~1:33:14
3:17:30~3:17:59	2:12:40~2:12:59	1:31:15~1:31:29	194	3:20:30~3:20:59	2:15:40~2:15:59	1:33:15~1:33:29
3:18:00~3:18:29	2:13:00~2:13:19	1:31:30~1:31:44	193	3:21:00~3:21:29	2:16:00~2:16:19	1:33:30~1:33:44
3:18:30~3:18:59	2:13:20~2:13:39	1:31:45~1:31:59	192	3:21:30~3:21:59	2:16:20~2:16:39	1:33:45~1:33:59
3:19:00~3:19:29	2:13:40~2:13:59	1:32:00~1:32:14	191	3:22:00~3:22:29	2:16:40~2:16:59	1:34:00~1:34:14
3:19:30~3:19:59	2:14:00~2:14:19	1:32:15~1:32:29	190	3:22:30~3:22:59	2:17:00~2:17:19	1:34:15~1:34:29
3:20:00~3:20:29	2:14:20~2:14:39	1:32:30~1:32:44	189	3:23:00~3:23:29	2:17:20~2:17:39	1:34:30~1:34:44
3:20:30~3:20:59	2:14:40~2:14:59	1:32:45~1:32:59	188	3:23:30~3:23:59	2:17:40~2:17:59	1:34:45~1:34:59
3:21:00~3:21:29	2:15:00~2:15:19	1:33:00~1:33:14	187	3:24:00~3:24:29	2:18:00~2:18:19	1:35:00~1:35:14
3:21:30~3:21:59	2:15:20~2:15:39	1:33:15~1:33:29	186	3:24:30~3:24:59	2:18:20~2:18:39	1:35:15~1:35:29
3:22:00~3:22:29	2:15:40~2:15:59	1:33:30~1:33:44	185	3:25:00~3:25:29	2:18:40~2:18:59	1:35:30~1:35:44
3:22:30~3:22:59	2:16:00~2:16:19	1:33:45~1:33:59	184	3:25:30~3:25:59	2:19:00~2:19:19	1:35:45~1:35:59
3:23:00~3:23:29	2:16:20~2:16:39	1:34:00~1:34:14	183	3:26:00~3:26:29	2:19:20~2:19:39	1:36:00~1:36:14
3:23:30~3:23:59	2:16:40~2:16:59	1:34:15~1:34:29	182	3:26:30~3:26:59	2:19:40~2:19:59	1:36:15~1:36:29
3:24:00~3:24:29	2:17:00~2:17:19	1:34:30~1:34:44	181	3:27:00~3:27:29	2:20:00~2:20:19	1:36:30~1:36:44
3:24:30~3:24:59	2:17:20~2:17:39	1:34:45~1:34:59	180	3:27:30~3:27:59	2:20:20~2:20:39	1:36:45~1:36:59
3:25:00~3:25:29	2:17:40~2:17:59	1:35:00~1:35:14	179	3:28:00~3:28:29	2:20:40~2:20:59	1:37:00~1:37:14
3:25:30~3:25:59	2:18:00~2:18:19	1:35:15~1:35:29	178	3:28:30~3:28:59	2:21:00~2:21:19	1:37:15~1:37:29
3:26:00~3:26:29	2:18:20~2:18:39	1:35:30~1:35:44	177	3:29:00~3:29:29	2:21:20~2:21:39	1:37:30~1:37:44
3:26:30~3:26:59	2:18:40~2:18:59	1:35:45~1:35:59	176	3:29:30~3:29:59	2:21:40~2:21:59	1:37:45~1:37:59
3:27:00~3:27:29	2:19:00~2:19:19	1:36:00~1:36:14	175	3:30:00~3:30:29	2:22:00~2:22:19	1:38:00~1:38:14
3:27:30~3:27:59	2:19:20~2:19:39	1:36:15~1:36:29	174	3:30:30~3:30:59	2:22:20~2:22:39	1:38:15~1:38:29
3:28:00~3:28:29	2:19:40~2:19:59	1:36:30~1:36:44	173	3:31:00~3:31:29	2:22:40~2:22:59	1:38:30~1:38:44
3:28:30~3:28:59	2:20:00~2:20:19	1:36:45~1:36:59	172	3:31:30~3:31:59	2:23:00~2:23:19	1:38:45~1:38:59
3:29:00~3:29:29	2:20:20~2:20:39	1:37:00~1:37:14	171	3:32:00~3:32:29	2:23:20~2:23:39	1:39:00~1:39:14
3:29:30~3:29:59	2:20:40~2:20:59	1:37:15~1:37:29	170	3:32:30~3:32:59	2:23:40~2:23:59	1:39:15~1:39:29
3:30:00~3:30:29	2:21:00~2:21:19	1:37:30~1:37:44	169	3:33:00~3:33:29	2:24:00~2:24:19	1:39:30~1:39:44
3:30:30~3:30:59	2:21:20~2:21:39	1:37:45~1:37:59	168	3:33:30~3:33:59	2:24:20~2:24:39	1:39:45~1:39:59
3:31:00~3:31:29	2:21:40~2:21:59	1:38:00~1:38:14	167	3:34:00~3:34:29	2:24:40~2:24:59	1:40:00~1:40:14
3:31:30~3:31:59	2:22:00~2:22:19	1:38:15~1:38:29	166	3:34:30~3:34:59	2:25:00~2:25:19	1:40:15~1:40:29
3:32:00~3:32:29	2:22:20~2:22:39	1:38:30~1:38:44	165	3:35:00~3:35:29	2:25:20~2:25:39	1:40:30~1:40:44
3:32:30~3:32:59	2:22:40~2:22:59	1:38:45~1:38:59	164	3:35:30~3:35:59	2:25:40~2:25:59	1:40:45~1:40:59
3:33:00~3:33:29	2:23:00~2:23:19	1:39:00~1:39:14	163	3:36:00~3:36:29	2:26:00~2:26:19	1:41:00~1:41:14
3:33:30~3:33:59	2:23:20~2:23:39	1:39:15~1:39:29	162	3:36:30~3:36:59	2:26:20~2:26:39	1:41:15~1:41:29
3:34:00~3:34:29	2:23:40~2:23:59	1:39:30~1:39:44	161	3:37:00~3:37:29	2:26:40~2:26:59	1:41:30~1:41:44
3:34:30~3:34:59	2:24:00~2:24:19	1:39:45~1:39:59	160	3:37:30~3:37:59	2:27:00~2:27:19	1:41:45~1:41:59
3:35:00~3:35:29	2:24:20~2:24:39	1:40:00~1:40:14	159	3:38:00~3:38:29	2:27:20~2:27:39	1:42:00~1:42:14
3:35:30~3:35:59	2:24:40~2:24:59	1:40:15~1:40:29	158	3:38:30~3:38:59	2:27:40~2:27:59	1:42:15~1:42:29
3:36:00~3:36:29	2:25:00~2:25:19	1:40:30~1:40:44	157	3:39:00~3:39:29	2:28:00~2:28:19	1:42:30~1:42:44
3:36:30~3:36:59	2:25:20~2:25:39	1:40:45~1:40:59	156	3:39:30~3:39:59	2:28:20~2:28:39	1:42:45~1:42:59
3:37:00~3:37:29	2:25:40~2:25:59	1:41:00~1:41:14	155	3:40:00~3:40:29	2:28:40~2:28:59	1:43:00~1:43:14
3:37:30~3:37:59	2:26:00~2:26:19	1:41:15~1:41:29	154	3:40:30~3:40:59	2:29:00~2:29:19	1:43:15~1:43:29
3:38:00~3:38:29	2:26:20~2:26:39	1:41:30~1:41:44	153	3:41:00~3:41:29	2:29:20~2:29:39	1:43:30~1:43:44
3:38:30~3:38:59	2:26:40~2:26:59	1:41:45~1:41:59	152	3:41:30~3:41:59	2:29:40~2:29:59	1:43:45~1:43:59
3:39:00~3:39:29	2:27:00~2:27:19	1:42:00~1:42:14	151	3:42:00~3:42:29	2:30:00~2:30:19	1:44:00~1:44:14
3:39:30~3:39:59	2:27:20~2:27:39	1:42:15~1:42:29	150	3:42:30~3:42:59	2:30:20~2:30:39	1:44:15~1:44:29
3:40:00~3:40:29	2:27:40~2:27:59	1:42:30~1:42:44	149	3:43:00~3:43:29	2:30:40~2:30:59	1:44:30~1:44:44
3:40:30~3:40:59	2:28:00~2:28:19	1:42:45~1:42:59	148	3:43:30~3:43:59	2:31:00~2:31:19	1:44:45~1:44:59
3:41:00~3:41:29	2:28:20~2:28:39	1:43:00~1:43:14	147	3:44:00~3:44:29	2:31:20~2:31:39	1:45:00~1:45:14
3:41:30~3:41:59	2:28:40~2:28:59	1:43:15~1:43:29	146	3:44:30~3:44:59	2:31:40~2:31:59	1:45:15~1:45:29
3:42:00~3:42:29	2:29:00~2:29:19	1:43:30~1:43:44	145	3:45:00~3:45:29	2:32:00~2:32:19	1:45:30~1:45:44
3:42:30~3:42:59	2:29:20~2:29:39	1:43:45~1:43:59	144	3:45:30~3:45:59	2:32:20~2:32:39	1:45:45~1:45:59
3:43:00~3:43:29	2:29:40~2:29:59	1:44:00~1:44:14	143	3:46:00~3:46:29	2:32:40~2:32:59	1:46:00~1:46:14
3:43:30~3:43:59	2:30:00~2:30:19	1:44:15~1:44:29	142	3:46:30~3:46:59	2:33:00~2:33:19	1:46:15~1:46:29
3:44:00~3:44:29	2:30:20~2:30:39	1:44:30~1:44:44	141	3:47:00~3:47:29	2:33:20~2:33:39	1:46:30~1:46:44
3:44:30~3:44:59	2:30:40~2:30:59	1:44:45~1:44:59	140	3:47:30~3:47:59	2:33:40~2:33:59	1:46:45~1:46:59

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
3:45:00~3:45:29	2:31:00~2:31:19	1:45:00~1:45:14	139	3:48:00~3:48:29	2:34:00~2:34:19	1:47:00~1:47:14
3:45:30~3:45:59	2:31:20~2:31:39	1:45:15~1:45:29	138	3:48:30~3:48:59	2:34:20~2:34:39	1:47:15~1:47:29
3:46:00~3:46:29	2:31:40~2:31:59	1:45:30~1:45:44	137	3:49:00~3:49:29	2:34:40~2:34:59	1:47:30~1:47:44
3:46:30~3:46:59	2:32:00~2:32:19	1:45:45~1:45:59	136	3:49:30~3:49:59	2:35:00~2:35:19	1:47:45~1:47:59
3:47:00~3:47:29	2:32:20~2:32:39	1:46:00~1:46:14	135	3:50:00~3:50:29	2:35:20~2:35:39	1:48:00~1:48:14
3:47:30~3:47:59	2:32:40~2:32:59	1:46:15~1:46:29	134	3:50:30~3:50:59	2:35:40~2:35:59	1:48:15~1:48:29
3:48:00~3:48:29	2:33:00~2:33:19	1:46:30~1:46:44	133	3:51:00~3:51:29	2:36:00~2:36:19	1:48:30~1:48:44
3:48:30~3:48:59	2:33:20~2:33:39	1:46:45~1:46:59	132	3:51:30~3:51:59	2:36:20~2:36:39	1:48:45~1:48:59
3:49:00~3:49:29	2:33:40~2:33:59	1:47:00~1:47:14	131	3:52:00~3:52:29	2:36:40~2:36:59	1:49:00~1:49:14
3:49:30~3:49:59	2:34:00~2:34:19	1:47:15~1:47:29	130	3:52:30~3:52:59	2:37:00~2:37:19	1:49:15~1:49:29
3:50:00~3:50:29	2:34:20~2:34:39	1:47:30~1:47:44	129	3:53:00~3:53:29	2:37:20~2:37:39	1:49:30~1:49:44
3:50:30~3:50:59	2:34:40~2:34:59	1:47:45~1:47:59	128	3:53:30~3:53:59	2:37:40~2:37:59	1:49:45~1:49:59
3:51:00~3:51:29	2:35:00~2:35:19	1:48:00~1:48:14	127	3:54:00~3:54:29	2:38:00~2:38:19	1:50:00~1:50:14
3:51:30~3:51:59	2:35:20~2:35:39	1:48:15~1:48:29	126	3:54:30~3:54:59	2:38:20~2:38:39	1:50:15~1:50:29
3:52:00~3:52:29	2:35:40~2:35:59	1:48:30~1:48:44	125	3:55:00~3:55:29	2:38:40~2:38:59	1:50:30~1:50:44
3:52:30~3:52:59	2:36:00~2:36:19	1:48:45~1:48:59	124	3:55:30~3:55:59	2:39:00~2:39:19	1:50:45~1:50:59
3:53:00~3:53:29	2:36:20~2:36:39	1:49:00~1:49:14	123	3:56:00~3:56:29	2:39:20~2:39:39	1:51:00~1:51:14
3:53:30~3:53:59	2:36:40~2:36:59	1:49:15~1:49:29	122	3:56:30~3:56:59	2:39:40~2:39:59	1:51:15~1:51:29
3:54:00~3:54:29	2:37:00~2:37:19	1:49:30~1:49:44	121	3:57:00~3:57:29	2:40:00~2:40:19	1:51:30~1:51:44
3:54:30~3:54:59	2:37:20~2:37:39	1:49:45~1:49:59	120	3:57:30~3:57:59	2:40:20~2:40:39	1:51:45~1:51:59
3:55:00~3:55:29	2:37:40~2:37:59	1:50:00~1:50:14	119	3:58:00~3:58:29	2:40:40~2:40:59	1:52:00~1:52:14
3:55:30~3:55:59	2:38:00~2:38:19	1:50:15~1:50:29	118	3:58:30~3:58:59	2:41:00~2:41:19	1:52:15~1:52:29
3:56:00~3:56:29	2:38:20~2:38:39	1:50:30~1:50:44	117	3:59:00~3:59:29	2:41:20~2:41:39	1:52:30~1:52:44
3:56:30~3:56:59	2:38:40~2:38:59	1:50:45~1:50:59	116	3:59:30~3:59:59	2:41:40~2:41:59	1:52:45~1:52:59
3:57:00~3:57:29	2:39:00~2:39:19	1:51:00~1:51:14	115	4:00:00~4:00:29	2:42:00~2:42:19	1:53:00~1:53:14
3:57:30~3:57:59	2:39:20~2:39:39	1:51:15~1:51:29	114	4:00:30~4:00:59	2:42:20~2:42:39	1:53:15~1:53:29
3:58:00~3:58:29	2:39:40~2:39:59	1:51:30~1:51:44	113	4:01:00~4:01:29	2:42:40~2:42:59	1:53:30~1:53:44
3:58:30~3:58:59	2:40:00~2:40:19	1:51:45~1:51:59	112	4:01:30~4:01:59	2:43:00~2:43:19	1:53:45~1:53:59
3:59:00~3:59:29	2:40:20~2:40:39	1:52:00~1:52:14	111	4:02:00~4:02:29	2:43:20~2:43:39	1:54:00~1:54:14
3:59:30~3:59:59	2:40:40~2:40:59	1:52:15~1:52:29	11			

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
3:24:59以内	2:17:59以内	1:34:59以内	200	3:59:59以内	2:42:59以内	1:52:59以内
3:25:00~3:25:29	2:18:00~2:18:19	1:35:00~1:35:14	199	4:00:00~4:00:29	2:43:00~2:43:19	1:53:00~1:53:14
3:25:30~3:25:59	2:18:20~2:18:39	1:35:15~1:35:29	198	4:00:30~4:00:59	2:43:20~2:43:39	1:53:15~1:53:29
3:26:00~3:26:29	2:18:40~2:18:59	1:35:30~1:35:44	197	4:01:00~4:01:29	2:43:40~2:43:59	1:53:30~1:53:44
3:26:30~3:26:59	2:19:00~2:19:19	1:35:45~1:35:59	196	4:01:30~4:01:59	2:44:00~2:44:19	1:53:45~1:53:59
3:27:00~3:27:29	2:19:20~2:19:39	1:36:00~1:36:14	195	4:02:00~4:02:29	2:44:20~2:44:39	1:54:00~1:54:14
3:27:30~3:27:59	2:19:40~2:19:59	1:36:15~1:36:29	194	4:02:30~4:02:59	2:44:40~2:44:59	1:54:15~1:54:29
3:28:00~3:28:29	2:20:00~2:20:19	1:36:30~1:36:44	193	4:03:00~4:03:29	2:45:00~2:45:19	1:54:30~1:54:44
3:28:30~3:28:59	2:20:20~2:20:39	1:36:45~1:36:59	192	4:03:30~4:03:59	2:45:20~2:45:39	1:54:45~1:54:59
3:29:00~3:29:29	2:20:40~2:20:59	1:37:00~1:37:14	191	4:04:00~4:04:29	2:45:40~2:45:59	1:55:00~1:55:14
3:29:30~3:29:59	2:21:00~2:21:19	1:37:15~1:37:29	190	4:04:30~4:04:59	2:46:00~2:46:19	1:55:15~1:55:29
3:30:00~3:30:29	2:21:20~2:21:39	1:37:30~1:37:44	189	4:05:00~4:05:29	2:46:20~2:46:39	1:55:30~1:55:44
3:30:30~3:30:59	2:21:40~2:21:59	1:37:45~1:37:59	188	4:05:30~4:05:59	2:46:40~2:46:59	1:55:45~1:55:59
3:31:00~3:31:29	2:22:00~2:22:19	1:38:00~1:38:14	187	4:06:00~4:06:29	2:47:00~2:47:19	1:56:00~1:56:14
3:31:30~3:31:59	2:22:20~2:22:39	1:38:15~1:38:29	186	4:06:30~4:06:59	2:47:20~2:47:39	1:56:15~1:56:29
3:32:00~3:32:29	2:22:40~2:22:59	1:38:30~1:38:44	185	4:07:00~4:07:29	2:47:40~2:47:59	1:56:30~1:56:44
3:32:30~3:32:59	2:23:00~2:23:19	1:38:45~1:38:59	184	4:07:30~4:07:59	2:48:00~2:48:19	1:56:45~1:56:59
3:33:00~3:33:29	2:23:20~2:23:39	1:39:00~1:39:14	183	4:08:00~4:08:29	2:48:20~2:48:39	1:57:00~1:57:14
3:33:30~3:33:59	2:23:40~2:23:59	1:39:15~1:39:29	182	4:08:30~4:08:59	2:48:40~2:48:59	1:57:15~1:57:29
3:34:00~3:34:29	2:24:00~2:24:19	1:39:30~1:39:44	181	4:09:00~4:09:29	2:49:00~2:49:19	1:57:30~1:57:44
3:34:30~3:34:59	2:24:20~2:24:39	1:39:45~1:39:59	180	4:09:30~4:09:59	2:49:20~2:49:39	1:57:45~1:57:59
3:35:00~3:35:29	2:24:40~2:24:59	1:40:00~1:40:14	179	4:10:00~4:10:29	2:49:40~2:49:59	1:58:00~1:58:14
3:35:30~3:35:59	2:25:00~2:25:19	1:40:15~1:40:29	178	4:10:30~4:10:59	2:50:00~2:50:19	1:58:15~1:58:29
3:36:00~3:36:29	2:25:20~2:25:39	1:40:30~1:40:44	177	4:11:00~4:11:29	2:50:20~2:50:39	1:58:30~1:58:44
3:36:30~3:36:59	2:25:40~2:25:59	1:40:45~1:40:59	176	4:11:30~4:11:59	2:50:40~2:50:59	1:58:45~1:58:59
3:37:00~3:37:29	2:26:00~2:26:19	1:41:00~1:41:14	175	4:12:00~4:12:29	2:51:00~2:51:19	1:59:00~1:59:14
3:37:30~3:37:59	2:26:20~2:26:39	1:41:15~1:41:29	174	4:12:30~4:12:59	2:51:20~2:51:39	1:59:15~1:59:29
3:38:00~3:38:29	2:26:40~2:26:59	1:41:30~1:41:44	173	4:13:00~4:13:29	2:51:40~2:51:59	1:59:30~1:59:44
3:38:30~3:38:59	2:27:00~2:27:19	1:41:45~1:41:59	172	4:13:30~4:13:59	2:52:00~2:52:19	1:59:45~1:59:59
3:39:00~3:39:29	2:27:20~2:27:39	1:42:00~1:42:14	171	4:14:00~4:14:29	2:52:20~2:52:39	2:00:00~2:00:14
3:39:30~3:39:59	2:27:40~2:27:59	1:42:15~1:42:29	170	4:14:30~4:14:59	2:52:40~2:52:59	2:00:15~2:00:29
3:40:00~3:40:29	2:28:00~2:28:19	1:42:30~1:42:44	169	4:15:00~4:15:29	2:53:00~2:53:19	2:00:30~2:00:44
3:40:30~3:40:59	2:28:20~2:28:39	1:42:45~1:42:59	168	4:15:30~4:15:59	2:53:20~2:53:39	2:00:45~2:00:59
3:41:00~3:41:29	2:28:40~2:28:59	1:43:00~1:43:14	167	4:16:00~4:16:29	2:53:40~2:53:59	2:01:00~2:01:14
3:41:30~3:41:59	2:29:00~2:29:19	1:43:15~1:43:29	166	4:16:30~4:16:59	2:54:00~2:54:19	2:01:15~2:01:29
3:42:00~3:42:29	2:29:20~2:29:39	1:43:30~1:43:44	165	4:17:00~4:17:29	2:54:20~2:54:39	2:01:30~2:01:44
3:42:30~3:42:59	2:29:40~2:29:59	1:43:45~1:43:59	164	4:17:30~4:17:59	2:54:40~2:54:59	2:01:45~2:01:59
3:43:00~3:43:29	2:30:00~2:30:19	1:44:00~1:44:14	163	4:18:00~4:18:29	2:55:00~2:55:19	2:02:00~2:02:14
3:43:30~3:43:59	2:30:20~2:30:39	1:44:15~1:44:29	162	4:18:30~4:18:59	2:55:20~2:55:39	2:02:15~2:02:29
3:44:00~3:44:29	2:30:40~2:30:59	1:44:30~1:44:44	161	4:19:00~4:19:29	2:55:40~2:55:59	2:02:30~2:02:44
3:44:30~3:44:59	2:31:00~2:31:19	1:44:45~1:44:59	160	4:19:30~4:19:59	2:56:00~2:56:19	2:02:45~2:02:59
3:45:00~3:45:29	2:31:20~2:31:39	1:45:00~1:45:14	159	4:20:00~4:20:29	2:56:20~2:56:39	2:03:00~2:03:14
3:45:30~3:45:59	2:31:40~2:31:59	1:45:15~1:45:29	158	4:20:30~4:20:59	2:56:40~2:56:59	2:03:15~2:03:29
3:46:00~3:46:29	2:32:00~2:32:19	1:45:30~1:45:44	157	4:21:00~4:21:29	2:57:00~2:57:19	2:03:30~2:03:44
3:46:30~3:46:59	2:32:20~2:32:39	1:45:45~1:45:59	156	4:21:30~4:21:59	2:57:20~2:57:39	2:03:45~2:03:59
3:47:00~3:47:29	2:32:40~2:32:59	1:46:00~1:46:14	155	4:22:00~4:22:29	2:57:40~2:57:59	2:04:00~2:04:14
3:47:30~3:47:59	2:33:00~2:33:19	1:46:15~1:46:29	154	4:22:30~4:22:59	2:58:00~2:58:19	2:04:15~2:04:29
3:48:00~3:48:29	2:33:20~2:33:39	1:46:30~1:46:44	153	4:23:00~4:23:29	2:58:20~2:58:39	2:04:30~2:04:44
3:48:30~3:48:59	2:33:40~2:33:59	1:46:45~1:46:59	152	4:23:30~4:23:59	2:58:40~2:58:59	2:04:45~2:04:59
3:49:00~3:49:29	2:34:00~2:34:19	1:47:00~1:47:14	151	4:24:00~4:24:29	2:59:00~2:59:19	2:05:00~2:05:14
3:49:30~3:49:59	2:34:20~2:34:39	1:47:15~1:47:29	150	4:24:30~4:24:59	2:59:20~2:59:39	2:05:15~2:05:29
3:50:00~3:50:29	2:34:40~2:34:59	1:47:30~1:47:44	149	4:25:00~4:25:29	2:59:40~2:59:59	2:05:30~2:05:44
3:50:30~3:50:59	2:35:00~2:35:19	1:47:45~1:47:59	148	4:25:30~4:25:59	3:00:00~3:00:19	2:05:45~2:05:59
3:51:00~3:51:29	2:35:20~2:35:39	1:48:00~1:48:14	147	4:26:00~4:26:29	3:00:20~3:00:39	2:06:00~2:06:14
3:51:30~3:51:59	2:35:40~2:35:59	1:48:15~1:48:29	146	4:26:30~4:26:59	3:00:40~3:00:59	2:06:15~2:06:29
3:52:00~3:52:29	2:36:00~2:36:19	1:48:30~1:48:44	145	4:27:00~4:27:29	3:01:00~3:01:19	2:06:30~2:06:44
3:52:30~3:52:59	2:36:20~2:36:39	1:48:45~1:48:59	144	4:27:30~4:27:59	3:01:20~3:01:39	2:06:45~2:06:59
3:53:00~3:53:29	2:36:40~2:36:59	1:49:00~1:49:14	143	4:28:00~4:28:29	3:01:40~3:01:59	2:07:00~2:07:14
3:53:30~3:53:59	2:37:00~2:37:19	1:49:15~1:49:29	142	4:28:30~4:28:59	3:02:00~3:02:19	2:07:15~2:07:29
3:54:00~3:54:29	2:37:20~2:37:39	1:49:30~1:49:44	141	4:29:00~4:29:29	3:02:20~3:02:39	2:07:30~2:07:44
3:54:30~3:54:59	2:37:40~2:37:59	1:49:45~1:49:59	140	4:29:30~4:29:59	3:02:40~3:02:59	2:07:45~2:07:59

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
3:55:00~3:55:29	2:38:00~2:38:19	1:50:00~1:50:14	139	4:30:00~4:30:29	3:03:00~3:03:19	2:08:00~2:08:14
3:55:30~3:55:59	2:38:20~2:38:39	1:50:15~1:50:29	138	4:30:30~4:30:59	3:03:20~3:03:39	2:08:15~2:08:29
3:56:00~3:56:29	2:38:40~2:38:59	1:50:30~1:50:44	137	4:31:00~4:31:29	3:03:40~3:03:59	2:08:30~2:08:44
3:56:30~3:56:59	2:39:00~2:39:19	1:50:45~1:50:59	136	4:31:30~4:31:59	3:04:00~3:04:19	2:08:45~2:08:59
3:57:00~3:57:29	2:39:20~2:39:39	1:51:00~1:51:14	135	4:32:00~4:32:29	3:04:20~3:04:39	2:09:00~2:09:14
3:57:30~3:57:59	2:39:40~2:39:59	1:51:15~1:51:29	134	4:32:30~4:32:59	3:04:40~3:04:59	2:09:15~2:09:29
3:58:00~3:58:29	2:40:00~2:40:19	1:51:30~1:51:44	133	4:33:00~4:33:29	3:05:00~3:05:19	2:09:30~2:09:44
3:58:30~3:58:59	2:40:20~2:40:39	1:51:45~1:51:59	132	4:33:30~4:33:59	3:05:20~3:05:39	2:09:45~2:09:59
3:59:00~3:59:29	2:40:40~2:40:59	1:52:00~1:52:14	131	4:34:00~4:34:29	3:05:40~3:05:59	2:10:00~2:10:14
3:59:30~3:59:59	2:41:00~2:41:19	1:52:15~1:52:29	130	4:34:30~4:34:59	3:06:00~3:06:19	2:10:15~2:10:29
4:00:00~4:00:29	2:41:20~2:41:39	1:52:30~1:52:44	129	4:35:00~4:35:29	3:06:20~3:06:39	2:10:30~2:10:44
4:00:30~4:00:59	2:41:40~2:41:59	1:52:45~1:52:59	128	4:35:30~4:35:59	3:06:40~3:06:59	2:10:45~2:10:59
4:01:00~4:01:29	2:42:00~2:42:19	1:53:00~1:53:14	127	4:36:00~4:36:29	3:07:00~3:07:19	2:11:00~2:11:14
4:01:30~4:01:59	2:42:20~2:42:39	1:53:15~1:53:29	126	4:36:30~4:36:59	3:07:20~3:07:39	2:11:15~2:11:29
4:02:00~4:02:29	2:42:40~2:42:59	1:53:30~1:53:44	125	4:37:00~4:37:29	3:07:40~3:07:59	2:11:30~2:11:44
4:02:30~4:02:59	2:43:00~2:43:19	1:53:45~1:53:59	124	4:37:30~4:37:59	3:08:00~3:08:19	2:11:45~2:11:59
4:03:00~4:03:29	2:43:20~2:43:39	1:54:00~1:54:14	123	4:38:00~4:38:29	3:08:20~3:08:39	2:12:00~2:12:14
4:03:30~4:03:59	2:43:40~2:43:59	1:54:15~1:54:29	122	4:38:30~4:38:59	3:08:40~3:08:59	2:12:15~2:12:29
4:04:00~4:04:29	2:44:00~2:44:19	1:54:30~1:54:44	121	4:39:00~4:39:29	3:09:00~3:09:19	2:12:30~2:12:44
4:04:30~4:04:59	2:44:20~2:44:39	1:54:45~1:54:59	120	4:39:30~4:39:59	3:09:20~3:09:39	2:12:45~2:12:59
4:05:00~4:05:29	2:44:40~2:44:59	1:55:00~1:55:14	119	4:40:00~4:40:29	3:09:40~3:09:59	2:13:00~2:13:14
4:05:30~4:05:59	2:45:00~2:45:19	1:55:15~1:55:29	118	4:40:30~4:40:59	3:10:00~3:10:19	2:13:15~2:13:29
4:06:00~4:06:29	2:45:20~2:45:39	1:55:30~1:55:44	117	4:41:00~4:41:29	3:10:20~3:10:39	2:13:30~2:13:44
4:06:30~4:06:59	2:45:40~2:45:59	1:55:45~1:55:59	116	4:41:30~4:41:59	3:10:40~3:10:59	2:13:45~2:13:59
4:07:00~4:07:29	2:46:00~2:46:19	1:56:00~1:56:14	115	4:42:00~4:42:29	3:11:00~3:11:19	2:14:00~2:14:14
4:07:30~4:07:59	2:46:20~2:46:39	1:56:15~1:56:29	114	4:42:30~4:42:59	3:11:20~3:11:39	2:14:15~2:14:29
4:08:00~4:08:29	2:46:40~2:46:59	1:56:30~1:56:44	113	4:43:00~4:43:29	3:11:40~3:11:59	2:14:30~2:14:44
4:08:30~4:08:59	2:47:00~2:47:19	1:56:45~1:56:59	112	4:43:30~4:43:59	3:12:00~3:12:19	2:14:45~2:14:59
4:09:00~4:09:29	2:47:20~2:47:39	1:57:00~1:57:14	111	4:44:00~4:44:29	3:12:20~3:12:39	2:15:00~2:15:14
4:09:30~4:09:59	2:47:40~2:47:59	1:57:15~1:57:29	11			