

km	時間	関門時間	ペース
0	9:30:00		0:08:00
1	9:38:00		0:08:00
2	9:46:00		0:08:00
3	9:54:00		0:08:00
4	10:02:00		0:08:00
5	10:10:00		0:08:00
6	10:18:00	10:30	0:08:00
7	10:26:00		0:08:00
8	10:34:00		0:08:00
9	10:42:00		0:08:00
10	10:50:30		0:08:30
11	10:59:00	11:04	0:08:30
12	11:07:30		0:08:30
13	11:16:00		0:08:30
14	11:24:30		0:08:30
15	11:33:00		0:08:30
16	11:41:30	11:47	0:08:30
17	11:50:00		0:08:30
18	11:58:30		0:08:30
19	12:07:00		0:08:30
20	12:16:00		0:09:00
21	12:25:00	12:31	0:09:00
22	12:34:00		0:09:00
23	12:43:00		0:09:00
24	12:52:00		0:09:00
25	13:01:00		0:09:00
26	13:10:00	13:13	0:09:00
27	13:19:00		0:09:00
28	13:28:00		0:09:00
29	13:37:00		0:09:00
30	13:46:30	13:56	0:09:30
31	13:56:00		0:09:30
32	14:05:30		0:09:30
33	14:15:00		0:09:30
34	14:24:30		0:09:30
35	14:34:00	14:37	0:09:30
36	14:43:30		0:09:30
37	14:53:00		0:09:30
38	15:02:30		0:09:30
39	15:12:00	15:26	0:09:30
40	15:21:30		0:09:30
41	15:31:00		0:09:30
42	15:40:30	16:03	0:09:30
42.195	15:42:21	16:10	0:09:30