

2024シーズン 2000mエルゴ 体重別IDT%(男子)

体重 % \	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84
100	6:08.5	6:07.2	6:05.9	6:04.7	6:03.5	6:02.3	6:01.2	6:00.0	5:58.9	5:57.8	5:56.7	5:55.7	5:54.6	5:53.6	5:52.6	5:51.6	5:50.6	5:49.6	5:48.6	5:47.7
99	6:12.2	6:10.9	6:09.6	6:08.4	6:07.2	6:06.0	6:04.8	6:03.7	6:02.5	6:01.4	6:00.3	5:59.3	5:58.2	5:57.1	5:56.1	5:55.1	5:54.1	5:53.1	5:52.2	5:51.2
98	6:16.0	6:14.7	6:13.4	6:12.2	6:10.9	6:09.7	6:08.5	6:07.4	6:06.2	6:05.1	6:04.0	6:02.9	6:01.8	6:00.8	5:59.8	5:58.7	5:57.7	5:56.7	5:55.8	5:54.8
97	6:19.8	6:18.5	6:17.3	6:16.0	6:14.8	6:13.5	6:12.3	6:11.2	6:10.0	6:08.9	6:07.8	6:06.7	6:05.6	6:04.5	6:03.5	6:02.4	6:01.4	6:00.4	5:59.4	5:58.5
96	6:23.8	6:22.5	6:21.2	6:19.9	6:18.7	6:17.4	6:16.2	6:15.0	6:13.9	6:12.7	6:11.6	6:10.5	6:09.4	6:08.3	6:07.3	6:06.2	6:05.2	6:04.2	6:03.2	6:02.2
95	6:27.8	6:26.5	6:25.2	6:23.9	6:22.6	6:21.4	6:20.2	6:19.0	6:17.8	6:16.6	6:15.5	6:14.4	6:13.3	6:12.2	6:11.1	6:10.1	6:09.0	6:08.0	6:07.0	6:06.0
94	6:32.0	6:30.6	6:29.3	6:28.0	6:26.7	6:25.5	6:24.2	6:23.0	6:21.8	6:20.6	6:19.5	6:18.4	6:17.2	6:16.1	6:15.1	6:14.0	6:13.0	6:11.9	6:10.9	6:09.9
93	6:36.2	6:34.8	6:33.5	6:32.2	6:30.9	6:29.6	6:28.4	6:27.1	6:25.9	6:24.7	6:23.6	6:22.4	6:21.3	6:20.2	6:19.1	6:18.0	6:17.0	6:15.9	6:14.9	6:13.9
92	6:40.5	6:39.1	6:37.8	6:36.4	6:35.1	6:33.8	6:32.6	6:31.3	6:30.1	6:28.9	6:27.7	6:26.6	6:25.4	6:24.3	6:23.2	6:22.1	6:21.1	6:20.0	6:19.0	6:17.9
91	6:44.9	6:43.5	6:42.1	6:40.8	6:39.5	6:38.2	6:36.9	6:35.6	6:34.4	6:33.2	6:32.0	6:30.8	6:29.7	6:28.5	6:27.4	6:26.3	6:25.2	6:24.2	6:23.1	6:22.1
90	6:49.4	6:48.0	6:46.6	6:45.2	6:43.9	6:42.6	6:41.3	6:40.0	6:38.8	6:37.6	6:36.4	6:35.2	6:34.0	6:32.9	6:31.7	6:30.6	6:29.5	6:28.4	6:27.4	6:26.3
89	6:54.0	6:52.6	6:51.2	6:49.8	6:48.4	6:47.1	6:45.8	6:44.5	6:43.3	6:42.0	6:40.8	6:39.6	6:38.4	6:37.3	6:36.1	6:35.0	6:33.9	6:32.8	6:31.7	6:30.7
88	6:58.7	6:57.3	6:55.8	6:54.4	6:53.1	6:51.7	6:50.4	6:49.1	6:47.9	6:46.6	6:45.4	6:44.2	6:43.0	6:41.8	6:40.6	6:39.5	6:38.4	6:37.3	6:36.2	6:35.1
87	7:03.5	7:02.0	7:00.6	6:59.2	6:57.8	6:56.5	6:55.1	6:53.8	6:52.5	6:51.3	6:50.0	6:48.8	6:47.6	6:46.4	6:45.2	6:44.1	6:43.0	6:41.8	6:40.7	6:39.7
86	7:08.4	7:07.0	7:05.5	7:04.1	7:02.7	7:01.3	7:00.0	6:58.6	6:57.3	6:56.1	6:54.8	6:53.6	6:52.3	6:51.1	6:50.0	6:48.8	6:47.6	6:46.5	6:45.4	6:44.3
85	7:13.5	7:12.0	7:10.5	7:09.1	7:07.7	7:06.3	7:04.9	7:03.6	7:02.2	7:01.0	6:59.7	6:58.4	6:57.2	6:56.0	6:54.8	6:53.6	6:52.4	6:51.3	6:50.2	6:49.1
84	7:18.6	7:17.1	7:15.6	7:14.2	7:12.8	7:11.3	7:10.0	7:08.6	7:07.3	7:06.0	7:04.7	7:03.4	7:02.2	7:00.9	6:59.7	6:58.5	6:57.4	6:56.2	6:55.1	6:53.9
83	7:23.9	7:22.4	7:20.9	7:19.4	7:18.0	7:16.5	7:15.1	7:13.8	7:12.4	7:11.1	7:09.8	7:08.5	7:07.2	7:06.0	7:04.8	7:03.6	7:02.4	7:01.2	7:00.1	6:58.9
82	7:29.3	7:27.8	7:26.3	7:24.8	7:23.3	7:21.9	7:20.5	7:19.1	7:17.7	7:16.4	7:15.0	7:13.7	7:12.5	7:11.2	7:10.0	7:08.7	7:07.5	7:06.3	7:05.2	7:04.0
81	7:34.9	7:33.3	7:31.8	7:30.3	7:28.8	7:27.3	7:25.9	7:24.5	7:23.1	7:21.7	7:20.4	7:19.1	7:17.8	7:16.5	7:15.3	7:14.0	7:12.8	7:11.6	7:10.4	7:09.3
80	7:40.6	7:39.0	7:37.4	7:35.9	7:34.4	7:32.9	7:31.5	7:30.0	7:28.6	7:27.3	7:25.9	7:24.6	7:23.3	7:22.0	7:20.7	7:19.4	7:18.2	7:17.0	7:15.8	7:14.6

目指すべき目標値

←シニアナショナルチーム ハイレベル 98%

←U23ナショナルチーム ハイレベル 95%  
←シニアナショナルチーム 平均レベル 94.5%

←U23ナショナルチーム 平均レベル 92%  
U19ナショナルチーム ハイレベル 92%

←U19ナショナルチーム 平均レベル 88%

体重 % \	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
100	5:46.8	5:45.9	5:45.0	5:44.1	5:43.2	5:42.3	5:41.5	5:40.6	5:39.8	5:39.0	5:38.2	5:37.4	5:36.6	5:35.8	5:35.0	5:34.3	5:33.5	5:32.8	5:32.0	5:31.3	5:30.6
99	5:50.3	5:49.4	5:48.4	5:47.5	5:46.7	5:45.8	5:44.9	5:44.1	5:43.2	5:42.4	5:41.6	5:40.8	5:40.0	5:39.2	5:38.4	5:37.6	5:36.9	5:36.1	5:35.4	5:34.7	5:33.9
98	5:53.9	5:52.9	5:52.0	5:51.1	5:50.2	5:49.3	5:48.4	5:47.6	5:46.7	5:45.9	5:45.1	5:44.3	5:43.4	5:42.7	5:41.9	5:41.1	5:40.3	5:39.6	5:38.8	5:38.1	5:37.4
97	5:57.5	5:56.6	5:55.6	5:54.7	5:53.8	5:52.9	5:52.0	5:51.2	5:50.3	5:49.5	5:48.6	5:47.8	5:47.0	5:46.2	5:45.4	5:44.6	5:43.8	5:43.1	5:42.3	5:41.6	5:40.8
96	6:01.2	6:00.3	5:59.3	5:58.4	5:57.5	5:56.6	5:55.7	5:54.8	5:54.0	5:53.1	5:52.3	5:51.4	5:50.6	5:49.8	5:49.0	5:48.2	5:47.4	5:46.6	5:45.9	5:45.1	5:44.4
95	6:05.0	6:04.1	6:03.1	6:02.2	6:01.3	6:00.3	5:59.4	5:58.6	5:57.7	5:56.8	5:56.0	5:55.1	5:54.3	5:53.5	5:52.7	5:51.9	5:51.1	5:50.3	5:49.5	5:48.8	5:48.0
94	6:08.9	6:07.9	6:07.0	6:06.0	6:05.1	6:04.2	6:03.3	6:02.4	6:01.5	6:00.6	5:59.8	5:58.9	5:58.1	5:57.2	5:56.4	5:55.6	5:54.8	5:54.0	5:53.2	5:52.5	5:51.7
93	6:12.9	6:11.9	6:10.9	6:10.0	6:09.0	6:08.1	6:07.2	6:06.3	6:05.4	6:04.5	6:03.6	6:02.8	6:01.9	6:01.1	6:00.2	5:59.4	5:58.6	5:57.8	5:57.0	5:56.3	5:55.5
92	6:16.9	6:15.9	6:15.0	6:14.0	6:13.0	6:12.1	6:11.2	6:10.2	6:09.3	6:08.5	6:07.6	6:06.7	6:05.8	6:05.0	6:04.2	6:03.3	6:02.5	6:01.7	6:00.9	6:00.1	5:59.4
91	6:21.1	6:20.1	6:19.1	6:18.1	6:17.1	6:16.2	6:15.2	6:14.3	6:13.4	6:12.5	6:11.6	6:10.7	6:09.9	6:09.0	6:08.2	6:07.3	6:06.5	6:05.7	6:04.9	6:04.1	6:03.3
90	6:25.3	6:24.3	6:23.3	6:22.3	6:21.3	6:20.4	6:19.4	6:18.5	6:17.6	6:16.6	6:15.7	6:14.9	6:14.0	6:13.1	6:12.3	6:11.4	6:10.6	6:09.8	6:08.9	6:08.1	6:07.3
89	6:29.6	6:28.6	6:27.6	6:26.6	6:25.6	6:24.6	6:23.7	6:22.7	6:21.8	6:20.9	6:20.0	6:19.1	6:18.2	6:17.3	6:16.4	6:15.6	6:14.7	6:13.9	6:13.1	6:12.3	6:11.5
88	6:34.1	6:33.0	6:32.0	6:31.0	6:30.0	6:29.0	6:28.0	6:27.1	6:26.1	6:25.2	6:24.3	6:23.4	6:22.5	6:21.6	6:20.7	6:19.9	6:19.0	6:18.2	6:17.3	6:16.5	6:15.7
87	6:38.6	6:37.5	6:36.5	6:35.5	6:34.5	6:33.5	6:32.5	6:31.5	6:30.6	6:29.6	6:28.7	6:27.8	6:26.9	6:26.0	6:25.1	6:24.2	6:23.4	6:22.5	6:21.7	6:20.8	6:20.0
86	6:43.2	6:42.2	6:41.1	6:40.1	6:39.1	6:38.1	6:37.1	6:36.1	6:35.1	6:34.2	6:33.2	6:32.3	6:31.4	6:30.5	6:29.6	6:28.7	6:27.8	6:27.0	6:26.1	6:25.3	6:24.4
85	6:48.0	6:46.9	6:45.8	6:44.8	6:43.8	6:42.7	6:41.7	6:40.7	6:39.8	6:38.8	6:37.8	6:36.9	6:36.0	6:35.1	6:34.2	6:33.3	6:32.4	6:31.5	6:30.6	6:29.8	6:28.9
84	6:52.8	6:51.7	6:50.7	6:49.6	6:48.6	6:47.5	6:46.5	6:45.5	6:44.5	6:43.5	6:42.6	6:41.6	6:40.7	6:39.8	6:38.8	6:37.9	6:37.0	6:36.2	6:35.3	6:34.4	6:33.6
83	6:57.8	6:56.7	6:55.6	6:54.5	6:53.5	6:52.4	6:51.4	6:50.4	6:49.4	6:48.4	6:47.4	6:46.5	6:45.5	6:44.6	6:43.7	6:42.7	6:41.8	6:40.9	6:40.1	6:39.2	6:38.3
82	7:02.9	7:01.8	7:00.7	6:59.6	6:58.5	6:57.5	6:56.4	6:55.4	6:54.4	6:53.4	6:52.4	6:51.4	6:50.5	6:49.5	6:48.6	6:47.6	6:46.7	6:45.8	6:44.9	6:44.0	6:43.2
81	7:08.1	7:07.0	7:05.9	7:04.8	7:03.7	7:02.6	7:01.6	7:00.5	6:59.5	6:58.5	6:57.5	6:56.5	6:55.5	6:54.6	6:53.6	6:52.7	6:51.8	6:50.8	6:49.9	6:49.0	6:48.2
80	7:13.5	7:12.3	7:11.2	7:10.1	7:09.0	7:07.9	7:06.8	7:05.8	7:04.7	7:03.7	7:02.7	7:01.7	7:00.7	6:59.8	6:58.8	6:57.8	6:56.9	6:56.0	6:55.1	6:54.2	6:53.3