

2024シーズン 2000mエルゴ 体重別IDT% (女子)

体重 %	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69
100	7:12.7	7:10.6	7:08.6	7:06.6	7:04.6	7:02.7	7:00.9	6:59.0	6:57.2	6:55.5	6:53.8	6:52.1	6:50.5	6:48.9	6:47.3	6:45.7	6:44.2	6:42.7	6:41.3	6:39.8
99	7:17.1	7:15.0	7:12.9	7:10.9	7:08.9	7:07.0	7:05.1	7:03.3	7:01.5	6:59.7	6:58.0	6:56.3	6:54.6	6:53.0	6:51.4	6:49.8	6:48.3	6:46.8	6:45.3	6:43.9
98	7:21.6	7:19.4	7:17.3	7:15.3	7:13.3	7:11.4	7:09.4	7:07.6	7:05.8	7:04.0	7:02.2	7:00.5	6:58.8	6:57.2	6:55.6	6:54.0	6:52.5	6:51.0	6:49.5	6:48.0
97	7:26.1	7:24.0	7:21.8	7:19.8	7:17.8	7:15.8	7:13.9	7:12.0	7:10.2	7:08.4	7:06.6	7:04.9	7:03.2	7:01.5	6:59.9	6:58.3	6:56.7	6:55.2	6:53.7	6:52.2
96	7:30.8	7:28.6	7:26.4	7:24.4	7:22.3	7:20.3	7:18.4	7:16.5	7:14.6	7:12.8	7:11.0	7:09.3	7:07.6	7:05.9	7:04.3	7:02.6	7:01.1	6:59.5	6:58.0	6:56.5
95	7:35.5	7:33.3	7:31.1	7:29.0	7:27.0	7:25.0	7:23.0	7:21.1	7:19.2	7:17.4	7:15.6	7:13.8	7:12.1	7:10.4	7:08.7	7:07.1	7:05.5	7:03.9	7:02.4	7:00.9
94	7:40.4	7:38.1	7:35.9	7:33.8	7:31.7	7:29.7	7:27.7	7:25.8	7:23.9	7:22.0	7:20.2	7:18.4	7:16.7	7:15.0	7:13.3	7:11.6	7:10.0	7:08.4	7:06.9	7:05.4
93	7:45.3	7:43.0	7:40.8	7:38.7	7:36.6	7:34.5	7:32.5	7:30.6	7:28.7	7:26.8	7:24.9	7:23.1	7:21.4	7:19.6	7:17.9	7:16.3	7:14.6	7:13.0	7:11.5	7:09.9
92	7:50.4	7:48.1	7:45.9	7:43.7	7:41.6	7:39.5	7:37.5	7:35.5	7:33.5	7:31.6	7:29.8	7:28.0	7:26.2	7:24.4	7:22.7	7:21.0	7:19.4	7:17.8	7:16.2	7:14.6
91	7:55.5	7:53.2	7:51.0	7:48.8	7:46.6	7:44.5	7:42.5	7:40.5	7:38.5	7:36.6	7:34.7	7:32.9	7:31.1	7:29.3	7:27.6	7:25.9	7:24.2	7:22.6	7:21.0	7:19.4
90	8:00.8	7:58.5	7:56.2	7:54.0	7:51.8	7:49.7	7:47.6	7:45.6	7:43.6	7:41.7	7:39.8	7:37.9	7:36.1	7:34.3	7:32.5	7:30.8	7:29.1	7:27.5	7:25.9	7:24.3
89	8:06.2	8:03.9	8:01.6	7:59.3	7:57.1	7:55.0	7:52.9	7:50.8	7:48.8	7:46.9	7:44.9	7:43.1	7:41.2	7:39.4	7:37.6	7:35.9	7:34.2	7:32.5	7:30.9	7:29.3
88	8:11.7	8:09.4	8:07.0	8:04.8	8:02.5	8:00.4	7:58.2	7:56.2	7:54.1	7:52.2	7:50.2	7:48.3	7:46.4	7:44.6	7:42.8	7:41.1	7:39.3	7:37.6	7:36.0	7:34.4
87	8:17.4	8:15.0	8:12.6	8:10.3	8:08.1	8:05.9	8:03.7	8:01.6	7:59.6	7:57.6	7:55.6	7:53.7	7:51.8	7:50.0	7:48.1	7:46.4	7:44.6	7:42.9	7:41.2	7:39.6
86	8:23.2	8:20.7	8:18.4	8:16.0	8:13.8	8:11.5	8:09.4	8:07.2	8:05.2	8:03.1	8:01.2	7:59.2	7:57.3	7:55.4	7:53.6	7:51.8	7:50.0	7:48.3	7:46.6	7:44.9
85	8:29.1	8:26.6	8:24.2	8:21.9	8:19.6	8:17.3	8:15.1	8:13.0	8:10.9	8:08.8	8:06.8	8:04.8	8:02.9	8:01.0	7:59.2	7:57.3	7:55.6	7:53.8	7:52.1	7:50.4
84	8:35.2	8:32.7	8:30.2	8:27.8	8:25.5	8:23.2	8:21.0	8:18.8	8:16.7	8:14.6	8:12.6	8:10.6	8:08.7	8:06.7	8:04.9	8:03.0	8:01.2	7:59.4	7:57.7	7:56.0
83	8:41.4	8:38.8	8:36.4	8:34.0	8:31.6	8:29.3	8:27.1	8:24.9	8:22.7	8:20.6	8:18.5	8:16.5	8:14.5	8:12.6	8:10.7	8:08.8	8:07.0	8:05.2	8:03.5	8:01.7
82	8:47.7	8:45.2	8:42.7	8:40.2	8:37.8	8:35.5	8:33.2	8:31.0	8:28.8	8:26.7	8:24.6	8:22.6	8:20.6	8:18.6	8:16.7	8:14.8	8:13.0	8:11.1	8:09.4	8:07.6
81	8:54.2	8:51.6	8:49.1	8:46.6	8:44.2	8:41.9	8:39.6	8:37.3	8:35.1	8:33.0	8:30.9	8:28.8	8:26.8	8:24.8	8:22.8	8:20.9	8:19.0	8:17.2	8:15.4	8:13.6
80	9:00.9	8:58.3	8:55.7	8:53.2	8:50.8	8:48.4	8:46.1	8:43.8	8:41.6	8:39.4	8:37.2	8:35.1	8:33.1	8:31.1	8:29.1	8:27.2	8:25.3	8:23.4	8:21.6	8:19.8

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 %	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90
100	6:38.4	6:37.0	6:35.7	6:34.3	6:33.0	6:31.7	6:30.5	6:29.2	6:28.0	6:26.8	6:25.6	6:24.4	6:23.2	6:22.1	6:21.0	6:19.9	6:18.8	6:17.7	6:16.7	6:15.6	6:14.6
99	6:42.4	6:41.0	6:39.7	6:38.3	6:37.0	6:35.7	6:34.4	6:33.1	6:31.9	6:30.7	6:29.5	6:28.3	6:27.1	6:26.0	6:24.8	6:23.7	6:22.6	6:21.5	6:20.5	6:19.4	6:18.4
98	6:46.6	6:45.1	6:43.8	6:42.4	6:41.0	6:39.7	6:38.4	6:37.2	6:35.9	6:34.7	6:33.4	6:32.2	6:31.1	6:29.9	6:28.8	6:27.6	6:26.5	6:25.4	6:24.3	6:23.3	6:22.2
97	6:50.7	6:49.3	6:47.9	6:46.5	6:45.2	6:43.8	6:42.5	6:41.2	6:40.0	6:38.7	6:37.5	6:36.3	6:35.1	6:33.9	6:32.8	6:31.6	6:30.5	6:29.4	6:28.3	6:27.2	6:26.2
96	6:55.0	6:53.6	6:52.2	6:50.8	6:49.4	6:48.1	6:46.7	6:45.4	6:44.1	6:42.9	6:41.6	6:40.4	6:39.2	6:38.0	6:36.9	6:35.7	6:34.6	6:33.5	6:32.4	6:31.3	6:30.2
95	6:59.4	6:57.9	6:56.5	6:55.1	6:53.7	6:52.3	6:51.0	6:49.7	6:48.4	6:47.1	6:45.9	6:44.6	6:43.4	6:42.2	6:41.0	6:39.9	6:38.7	6:37.6	6:36.5	6:35.4	6:34.3
94	7:03.9	7:02.4	7:00.9	6:59.5	6:58.1	6:56.7	6:55.4	6:54.1	6:52.7	6:51.5	6:50.2	6:48.9	6:47.7	6:46.5	6:45.3	6:44.1	6:43.0	6:41.8	6:40.7	6:39.6	6:38.5
93	7:08.4	7:06.9	7:05.5	7:04.0	7:02.6	7:01.2	6:59.8	6:58.5	6:57.2	6:55.9	6:54.6	6:53.3	6:52.1	6:50.9	6:49.7	6:48.5	6:47.3	6:46.1	6:45.0	6:43.9	6:42.8
92	7:13.1	7:11.6	7:10.1	7:08.6	7:07.2	7:05.8	7:04.4	7:03.1	7:01.7	7:00.4	6:59.1	6:57.8	6:56.6	6:55.3	6:54.1	6:52.9	6:51.7	6:50.6	6:49.4	6:48.3	6:47.2
91	7:17.8	7:16.3	7:14.8	7:13.3	7:11.9	7:10.5	7:09.1	7:07.7	7:06.3	7:05.0	7:03.7	7:02.4	7:01.1	6:59.9	6:58.7	6:57.4	6:56.3	6:55.1	6:53.9	6:52.8	6:51.6
90	7:22.7	7:21.2	7:19.6	7:18.2	7:16.7	7:15.3	7:13.8	7:12.5	7:11.1	7:09.7	7:08.4	7:07.1	7:05.8	7:04.6	7:03.3	7:02.1	7:00.9	6:59.7	6:58.5	6:57.3	6:56.2
89	7:27.7	7:26.1	7:24.6	7:23.1	7:21.6	7:20.1	7:18.7	7:17.3	7:15.9	7:14.6	7:13.2	7:11.9	7:10.6	7:09.3	7:08.1	7:06.8	7:05.6	7:04.4	7:03.2	7:02.0	7:00.9
88	7:32.8	7:31.2	7:29.6	7:28.1	7:26.6	7:25.1	7:23.7	7:22.3	7:20.9	7:19.5	7:18.2	7:16.8	7:15.5	7:14.2	7:12.9	7:11.7	7:10.4	7:09.2	7:08.0	7:06.8	7:05.7
87	7:38.0	7:36.4	7:34.8	7:33.3	7:31.8	7:30.3	7:28.8	7:27.4	7:26.0	7:24.6	7:23.2	7:21.8	7:20.5	7:19.2	7:17.9	7:16.6	7:15.4	7:14.2	7:12.9	7:11.7	7:10.6
86	7:43.3	7:41.7	7:40.1	7:38.5	7:37.0	7:35.5	7:34.0	7:32.6	7:31.1	7:29.7	7:28.3	7:27.0	7:25.6	7:24.3	7:23.0	7:21.7	7:20.5	7:19.2	7:18.0	7:16.8	7:15.6
85	7:48.7	7:47.1	7:45.5	7:43.9	7:42.4	7:40.9	7:39.4	7:37.9	7:36.4	7:35.0	7:33.6	7:32.2	7:30.9	7:29.5	7:28.2	7:26.9	7:25.6	7:24.4	7:23.1	7:21.9	7:20.7
84	7:54.3	7:52.7	7:51.0	7:49.5	7:47.9	7:46.3	7:44.8	7:43.3	7:41.9	7:40.4	7:39.0	7:37.6	7:36.2	7:34.9	7:33.6	7:32.2	7:30.9	7:29.7	7:28.4	7:27.2	7:25.9
83	8:00.0	7:58.4	7:56.7	7:55.1	7:53.5	7:52.0	7:50.4	7:48.9	7:47.4	7:46.0	7:44.5	7:43.1	7:41.7	7:40.4	7:39.0	7:37.7	7:36.4	7:35.1	7:33.8	7:32.5	7:31.3
82	8:05.9	8:04.2	8:02.5	8:00.9	7:59.3	7:57.7	7:56.2	7:54.6	7:53.1	7:51.7	7:50.2	7:48.8	7:47.4	7:46.0	7:44.6	7:43.3	7:41.9	7:40.6	7:39.3	7:38.1	7:36.8
81	8:11.9	8:10.2	8:08.5	8:06.8	8:05.2	8:03.6	8:02.0	8:00.5	7:59.0	7:57.5	7:56.0	7:54.6	7:53.1	7:51.7	7:50.3	7:49.0	7:47.6	7:46.3	7:45.0	7:43.7	7:42.5
80	8:18.0	8:16.3	8:14.6	8:12.9	8:11.3	8:09.7	8:08.1	8:06.5	8:05.0	8:03.5	8:02.0	8:00.5	7:59.1	7:57.6	7:56.2	7:54.8	7:53.5	7:52.1	7:50.8	7:49.5	7:48.2