

2026シーズン 2000mエルゴ体重別%IDT(男子)

体重 %IDT	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85
100	6:07.8	6:06.6	6:05.4	6:04.2	6:03.0	6:01.8	6:00.7	5:59.6	5:58.5	5:57.4	5:56.3	5:55.3	5:54.3	5:53.3	5:52.3	5:51.3	5:50.3	5:49.4	5:48.4	5:47.5	5:46.6
99	6:11.6	6:10.3	6:09.1	6:07.9	6:06.7	6:05.5	6:04.3	6:03.2	6:02.1	6:01.0	5:59.9	5:58.9	5:57.8	5:56.8	5:55.8	5:54.8	5:53.8	5:52.9	5:51.9	5:51.0	5:50.1
98	6:15.4	6:14.1	6:12.8	6:11.6	6:10.4	6:09.2	6:08.1	6:06.9	6:05.8	6:04.7	6:03.6	6:02.5	6:01.5	6:00.5	5:59.4	5:58.4	5:57.5	5:56.5	5:55.5	5:54.6	5:53.7
97	6:19.2	6:17.9	6:16.7	6:15.4	6:14.2	6:13.0	6:11.9	6:10.7	6:09.6	6:08.5	6:07.4	6:06.3	6:05.2	6:04.2	6:03.2	6:02.1	6:01.1	6:00.2	5:59.2	5:58.2	5:57.3
96	6:23.2	6:21.9	6:20.6	6:19.4	6:18.1	6:16.9	6:15.7	6:14.6	6:13.4	6:12.3	6:11.2	6:10.1	6:09.0	6:08.0	6:06.9	6:05.9	6:04.9	6:03.9	6:02.9	6:02.0	6:01.0
95	6:27.2	6:25.9	6:24.6	6:23.3	6:22.1	6:20.9	6:19.7	6:18.5	6:17.4	6:16.2	6:15.1	6:14.0	6:12.9	6:11.8	6:10.8	6:09.8	6:08.7	6:07.7	6:06.8	6:05.8	6:04.8
94	6:31.3	6:30.0	6:28.7	6:27.4	6:26.2	6:24.9	6:23.7	6:22.5	6:21.4	6:20.2	6:19.1	6:18.0	6:16.9	6:15.8	6:14.7	6:13.7	6:12.7	6:11.7	6:10.7	6:09.7	6:08.7
93	6:35.5	6:34.2	6:32.9	6:31.6	6:30.3	6:29.1	6:27.9	6:26.7	6:25.5	6:24.3	6:23.2	6:22.0	6:20.9	6:19.8	6:18.8	6:17.7	6:16.7	6:15.6	6:14.6	6:13.6	6:12.7
92	6:39.8	6:38.5	6:37.2	6:35.8	6:34.6	6:33.3	6:32.1	6:30.9	6:29.7	6:28.5	6:27.3	6:26.2	6:25.1	6:24.0	6:22.9	6:21.8	6:20.8	6:19.7	6:18.7	6:17.7	6:16.7
91	6:44.2	6:42.9	6:41.5	6:40.2	6:38.9	6:37.6	6:36.4	6:35.2	6:33.9	6:32.8	6:31.6	6:30.4	6:29.3	6:28.2	6:27.1	6:26.0	6:25.0	6:23.9	6:22.9	6:21.9	6:20.9
90	6:48.7	6:47.3	6:46.0	6:44.6	6:43.3	6:42.0	6:40.8	6:39.5	6:38.3	6:37.1	6:35.9	6:34.8	6:33.6	6:32.5	6:31.4	6:30.3	6:29.2	6:28.2	6:27.1	6:26.1	6:25.1
89	6:53.3	6:51.9	6:50.5	6:49.2	6:47.9	6:46.6	6:45.3	6:44.0	6:42.8	6:41.6	6:40.4	6:39.2	6:38.1	6:36.9	6:35.8	6:34.7	6:33.6	6:32.5	6:31.5	6:30.4	6:29.4
88	6:58.0	6:56.6	6:55.2	6:53.8	6:52.5	6:51.2	6:49.9	6:48.6	6:47.4	6:46.1	6:44.9	6:43.7	6:42.6	6:41.4	6:40.3	6:39.2	6:38.1	6:37.0	6:35.9	6:34.9	6:33.8
87	7:02.8	7:01.4	7:00.0	6:58.6	6:57.2	6:55.9	6:54.6	6:53.3	6:52.1	6:50.8	6:49.6	6:48.4	6:47.2	6:46.0	6:44.9	6:43.8	6:42.7	6:41.6	6:40.5	6:39.4	6:38.4
86	7:07.7	7:06.3	7:04.9	7:03.5	7:02.1	7:00.7	6:59.4	6:58.1	6:56.8	6:55.6	6:54.4	6:53.1	6:51.9	6:50.8	6:49.6	6:48.5	6:47.3	6:46.2	6:45.1	6:44.1	6:43.0
85	7:12.8	7:11.3	7:09.9	7:08.4	7:07.1	7:05.7	7:04.4	7:03.0	7:01.8	7:00.5	6:59.2	6:58.0	6:56.8	6:55.6	6:54.4	6:53.3	6:52.1	6:51.0	6:49.9	6:48.8	6:47.7
84	7:17.9	7:16.4	7:15.0	7:13.5	7:12.1	7:10.8	7:09.4	7:08.1	7:06.8	7:05.5	7:04.2	7:03.0	7:01.7	7:00.5	6:59.4	6:58.2	6:57.0	6:55.9	6:54.8	6:53.7	6:52.6
83	7:23.2	7:21.7	7:20.2	7:18.8	7:17.4	7:16.0	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	7:02.1	7:00.9	6:59.8	6:58.7	6:57.6
82	7:28.6	7:27.1	7:25.6	7:24.1	7:22.7	7:21.3	7:19.9	7:18.5	7:17.2	7:15.9	7:14.6	7:13.3	7:12.0	7:10.8	7:09.6	7:08.4	7:07.2	7:06.0	7:04.9	7:03.8	7:02.7
81	7:34.1	7:32.6	7:31.1	7:29.6	7:28.1	7:26.7	7:25.3	7:23.9	7:22.6	7:21.2	7:19.9	7:18.6	7:17.4	7:16.1	7:14.9	7:13.7	7:12.5	7:11.3	7:10.1	7:09.0	7:07.9
80	7:39.8	7:38.3	7:36.7	7:35.2	7:33.8	7:32.3	7:30.9	7:29.5	7:28.1	7:26.8	7:25.4	7:24.1	7:22.8	7:21.6	7:20.3	7:19.1	7:17.9	7:16.7	7:15.5	7:14.4	7:13.2

体重 %IDT	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
100	5:45.7	5:44.8	5:43.9	5:43.1	5:42.2	5:41.4	5:40.5	5:39.7	5:38.9	5:38.1	5:37.3	5:36.6	5:35.8	5:35.0	5:34.3	5:33.6	5:32.8	5:32.1	5:31.4	5:30.7
99	5:49.2	5:48.3	5:47.4	5:46.5	5:45.7	5:44.8	5:44.0	5:43.2	5:42.3	5:41.5	5:40.7	5:40.0	5:39.2	5:38.4	5:37.7	5:36.9	5:36.2	5:35.5	5:34.7	5:34.0
98	5:52.7	5:51.8	5:50.9	5:50.1	5:49.2	5:48.3	5:47.5	5:46.7	5:45.8	5:45.0	5:44.2	5:43.4	5:42.7	5:41.9	5:41.1	5:40.4	5:39.6	5:38.9	5:38.2	5:37.4
97	5:56.4	5:55.5	5:54.6	5:53.7	5:52.8	5:51.9	5:51.1	5:50.2	5:49.4	5:48.6	5:47.8	5:47.0	5:46.2	5:45.4	5:44.6	5:43.9	5:43.1	5:42.4	5:41.6	5:40.9
96	6:00.1	5:59.2	5:58.3	5:57.4	5:56.5	5:55.6	5:54.7	5:53.9	5:53.0	5:52.2	5:51.4	5:50.6	5:49.8	5:49.0	5:48.2	5:47.5	5:46.7	5:45.9	5:45.2	5:44.5
95	6:03.9	6:02.9	6:02.0	6:01.1	6:00.2	5:59.3	5:58.5	5:57.6	5:56.8	5:55.9	5:55.1	5:54.3	5:53.5	5:52.7	5:51.9	5:51.1	5:50.3	5:49.6	5:48.8	5:48.1
94	6:07.7	6:06.8	6:05.9	6:05.0	6:04.1	6:03.2	6:02.3	6:01.4	6:00.6	5:59.7	5:58.9	5:58.0	5:57.2	5:56.4	5:55.6	5:54.9	5:54.1	5:53.3	5:52.6	5:51.8
93	6:11.7	6:10.7	6:09.8	6:08.9	6:08.0	6:07.1	6:06.2	6:05.3	6:04.4	6:03.6	6:02.7	6:01.9	6:01.1	6:00.3	5:59.5	5:58.7	5:57.9	5:57.1	5:56.3	5:55.6
92	6:15.7	6:14.8	6:13.8	6:12.9	6:12.0	6:11.1	6:10.2	6:09.3	6:08.4	6:07.5	6:06.7	6:05.8	6:05.0	6:04.2	6:03.4	6:02.6	6:01.8	6:01.0	6:00.2	5:59.5
91	6:19.9	6:18.9	6:17.9	6:17.0	6:16.1	6:15.1	6:14.2	6:13.3	6:12.4	6:11.6	6:10.7	6:09.9	6:09.0	6:08.2	6:07.4	6:06.5	6:05.7	6:05.0	6:04.2	6:03.4
90	6:24.1	6:23.1	6:22.1	6:21.2	6:20.2	6:19.3	6:18.4	6:17.5	6:16.6	6:15.7	6:14.8	6:14.0	6:13.1	6:12.3	6:11.4	6:10.6	6:09.8	6:09.0	6:08.2	6:07.4
89	6:28.4	6:27.4	6:26.4	6:25.5	6:24.5	6:23.6	6:22.6	6:21.7	6:20.8	6:19.9	6:19.0	6:18.2	6:17.3	6:16.5	6:15.6	6:14.8	6:14.0	6:13.2	6:12.4	6:11.6
88	6:32.8	6:31.8	6:30.8	6:29.8	6:28.9	6:27.9	6:27.0	6:26.1	6:25.1	6:24.2	6:23.3	6:22.5	6:21.6	6:20.7	6:19.9	6:19.0	6:18.2	6:17.4	6:16.6	6:15.8
87	6:37.3	6:36.3	6:35.3	6:34.3	6:33.3	6:32.4	6:31.4	6:30.5	6:29.6	6:28.7	6:27.7	6:26.9	6:26.0	6:25.1	6:24.2	6:23.4	6:22.6	6:21.7	6:20.9	6:20.1
86	6:42.0	6:40.9	6:39.9	6:38.9	6:37.9	6:36.9	6:36.0	6:35.0	6:34.1	6:33.2	6:32.3	6:31.4	6:30.5	6:29.6	6:28.7	6:27.9	6:27.0	6:26.2	6:25.3	6:24.5
85	6:46.7	6:45.6	6:44.6	6:43.6	6:42.6	6:41.6	6:40.6	6:39.7	6:38.7	6:37.8	6:36.9	6:36.0	6:35.1	6:34.2	6:33.3	6:32.4	6:31.6	6:30.7	6:29.9	6:29.1
84	6:51.5	6:50.5	6:49.4	6:48.4	6:47.4	6:46.4	6:45.4	6:44.4	6:43.5	6:42.5	6:41.6	6:40.7	6:39.8	6:38.9	6:38.0	6:37.1	6:36.2	6:35.4	6:34.5	6:33.7
83	6:56.5	6:55.4	6:54.4	6:53.3	6:52.3	6:51.3	6:50.3	6:49.3	6:48.3	6:47.4	6:46.4	6:45.5	6:44.6	6:43.7	6:42.8	6:41.9	6:41.0	6:40.1	6:39.3	6:38.4
82	7:01.6	7:00.5	6:59.4	6:58.4	6:57.3	6:56.3	6:55.3	6:54.3	6:53.3	6:52.3	6:51.4	6:50.4	6:49.5	6:48.6	6:47.7	6:46.8	6:45.9	6:45.0	6:44.1	6:43.3
81	7:06.8	7:05.7	7:04.6	7:03.5	7:02.5	7:01.4	7:00.4	6:59.4	6:58.4	6:57.4	6:56.5	6:55.5	6:54.6	6:53.6	6:52.7	6:51.8	6:50.9	6:50.0	6:49.1	6:48.3
80	7:12.1	7:11.0	7:09.9	7:08.8	7:07.8	7:06.7	7:05.7	7:04.7	7:03.7	7:02.7	7:01.7	7:00.7	6:59.8	6:58.8	6:57.9	6:56.9	6:56.0	6:55.1	6:54.2	6:53.4