

B02-712 L1/RM3

艇速-距離-タイム換算表

作成20090614 改訂180630 250221

2000m レベル	M8+	W.Champ				J				W				J				J.Jr				J.&Jr			
	W8+	W.Champ								J								J.&Jr							
	W:World J:Japan	M4+	W				J																		
	LT:Light Jr:Junior	W4+	W				W				J				J.Jr				J.&Jr						
2000m	分	5	5	5	6	6	6	6	6	7	7	7	7	7	8	8	8	8	8	8	9	9	10		
タイム	秒	30	40	50	0	10	20	30	40	50	0	10	20	30	40	50	0	10	20	30	40	50	0	30	0
秒換算	[s/2000m]	330	340	350	360	370	380	390	400	410	420	430	440	450	460	470	480	490	500	510	520	530	540	570	600
秒換算	[s/1000m]	165	170	175	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255	260	265	270	285	300
秒速	[m/s]	6.06	5.88	5.71	5.56	5.41	5.26	5.13	5.00	4.88	4.76	4.65	4.55	4.44	4.35	4.26	4.17	4.08	4.00	3.92	3.85	3.77	3.70	3.51	3.33
分速	[m/min]	364	353	343	333	324	316	308	300	293	286	279	273	267	261	255	250	245	240	235	231	226	222	211	200
時速	[km/h]	21.8	21.2	20.6	20.0	19.5	18.9	18.5	18.0	17.6	17.1	16.7	16.4	16.0	15.7	15.3	15.0	14.7	14.4	14.1	13.8	13.6	13.3	12.6	12.0
8000m	m	22:00	22:40	23:20	24:00	24:40	25:20	26:00	26:40	27:20	28:00	28:40	29:20	30:00	30:40	31:20	32:00	32:40	33:20	34:00	34:40	35:20	36:00	38:00	40:00
5000m	m	13:45	14:10	14:35	15:00	15:25	15:50	16:15	16:40	17:05	17:30	17:55	18:20	18:45	19:10	19:35	20:00	20:25	20:50	21:15	21:40	22:05	22:30	23:45	25:00
4500m	m	12:23	12:45	13:08	13:30	13:52	14:15	14:37	15:00	15:22	15:45	16:07	16:30	16:52	17:15	17:37	18:00	18:22	18:45	19:07	19:30	19:52	20:15	21:22	22:30
4000m	m	11:00	11:20	11:40	12:00	12:20	12:40	13:00	13:20	13:40	14:00	14:20	14:40	15:00	15:20	15:40	16:00	16:20	16:40	17:00	17:20	17:40	18:00	19:00	20:00
3500m	m	9:37	9:55	10:13	10:30	10:47	11:05	11:22	11:40	11:57	12:15	12:33	12:50	13:08	13:25	13:42	14:00	14:18	14:35	14:52	15:10	15:28	15:45	16:38	17:30
3000m	m	8:15	8:30	8:45	9:00	9:15	9:30	9:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	14:15	15:00
2500m	m	6:53	7:05	7:17	7:30	7:43	7:55	8:07	8:20	8:33	8:45	8:58	9:10	9:22	9:35	9:48	10:00	10:13	10:25	10:37	10:50	11:03	11:15	11:52	12:30
2000m	m	5:30	5:40	5:50	6:00	6:10	6:20	6:30	6:40	6:50	7:00	7:10	7:20	7:30	7:40	7:50	8:00	8:10	8:20	8:30	8:40	8:50	9:00	9:30	10:00
1900m	m	5:13.5	5:23.0	5:32.5	5:42.0	5:51.5	6:01.0	6:10.5	6:20.0	6:29.5	6:39.0	6:48.5	6:58.0	7:07.5	7:17.0	7:26.5	7:36.0	7:45.5	7:55.0	8:04.5	8:14.0	8:23.5	8:33.0	9:01.5	9:30.0
1800m	m	4:57.0	5:06.0	5:15.0	5:24.0	5:33.0	5:42.0	5:51.0	6:00.0	6:09.0	6:18.0	6:27.0	6:36.0	6:45.0	6:54.0	7:03.0	7:12.0	7:21.0	7:30.0	7:39.0	7:48.0	7:57.0	8:06.0	8:33.0	9:00.0
1700m	m	4:40.5	4:49.0	4:57.5	5:06.0	5:14.5	5:23.0	5:31.5	5:40.0	5:48.5	5:57.0	6:05.5	6:14.0	6:22.5	6:31.0	6:39.5	6:48.0	6:56.5	7:05.0	7:13.5	7:22.0	7:30.5	7:39.0	8:04.5	8:30.0
1600m	m	4:24.0	4:32.0	4:40.0	4:48.0	4:56.0	5:04.0	5:12.0	5:20.0	5:28.0	5:36.0	5:44.0	5:52.0	6:00.0	6:08.0	6:16.0	6:24.0	6:32.0	6:40.0	6:48.0	6:56.0	7:04.0	7:12.0	7:36.0	8:00.0
1500m	m	4:07.5	4:15.0	4:22.5	4:30.0	4:37.5	4:45.0	4:52.5	5:00.0	5:07.5	5:15.0	5:22.5	5:30.0	5:37.5	5:45.0	5:52.5	6:00.0	6:07.5	6:15.0	6:22.5	6:30.0	6:37.5	6:45.0	7:07.5	7:30.0
1400m	m	3:51.0	3:58.0	4:05.0	4:12.0	4:19.0	4:26.0	4:33.0	4:40.0	4:47.0	4:54.0	5:01.0	5:08.0	5:15.0	5:22.0	5:29.0	5:36.0	5:43.0	5:50.0	5:57.0	6:04.0	6:11.0	6:18.0	6:39.0	7:00.0
1300m	m	3:34.5	3:41.0	3:47.5	3:54.0	4:00.5	4:07.0	4:13.5	4:20.0	4:26.5	4:33.0	4:39.5	4:46.0	4:52.5	4:59.0	5:05.5	5:12.0	5:18.5	5:25.0	5:31.5	5:38.0	5:44.5	5:51.0	6:10.5	6:30.0
1200m	m	3:18.0	3:24.0	3:30.0	3:36.0	3:42.0	3:48.0	3:54.0	4:00.0	4:06.0	4:12.0	4:18.0	4:24.0	4:30.0	4:36.0	4:42.0	4:48.0	4:54.0	5:00.0	5:06.0	5:12.0	5:18.0	5:24.0	5:42.0	6:00.0
1100m	m	3:01.5	3:07.0	3:12.5	3:18.0	3:23.5	3:29.0	3:34.5	3:40.0	3:45.5	3:51.0	3:56.5	4:02.0	4:07.5	4:13.0	4:18.5	4:24.0	4:29.5	4:35.0	4:40.5	4:46.0	4:51.5	4:57.0	5:13.5	5:30.0
1000m	m	2:45.0	2:50.0	2:55.0	3:00.0	3:05.0	3:10.0	3:15.0	3:20.0	3:25.0	3:30.0	3:35.0	3:40.0	3:45.0	3:50.0	3:55.0	4:00.0	4:05.0	4:10.0	4:15.0	4:20.0	4:25.0	4:30.0	4:45.0	5:00.0
900m	m	2:28.5	2:33.0	2:37.5	2:42.0	2:46.5	2:51.0	2:55.5	3:00.0	3:04.5	3:09.0	3:13.5	3:18.0	3:22.5	3:27.0	3:31.5	3:36.0	3:40.5	3:45.0	3:49.5	3:54.0	3:58.5	4:03.0	4:16.5	4:30.0
800m	m	2:12.0	2:16.0	2:20.0	2:24.0	2:28.0	2:32.0	2:36.0	2:40.0	2:44.0	2:48.0	2:52.0	2:56.0	3:00.0	3:04.0	3:08.0	3:12.0	3:16.0	3:20.0	3:24.0	3:28.0	3:32.0	3:36.0	3:48.0	4:00.0
750m	m	2:03.7	2:07.5	2:11.3	2:15.0	2:18.8	2:22.5	2:26.3	2:30.0	2:33.8	2:37.5	2:41.3	2:45.0	2:48.7	2:52.5	2:56.3	3:00.0	3:03.7	3:07.5	3:11.3	3:15.0	3:18.8	3:22.5	3:33.7	3:45.0
700m	m	1:55.5	1:59.0	2:02.5	2:06.0	2:09.5	2:13.0	2:16.5	2:20.0	2:23.5	2:27.0	2:30.5	2:34.0	2:37.5	2:41.0	2:44.5	2:48.0	2:51.5	2:55.0	2:58.5	3:02.0	3:05.5	3:09.0	3:19.5	3:30.0
600m	m	1:39.0	1:42.0	1:45.0	1:48.0	1:51.0	1:54.0	1:57.0	2:00.0	2:03.0	2:06.0	2:09.0	2:12.0	2:15.0	2:18.0	2:21.0	2:24.0	2:27.0	2:30.0	2:33.0	2:36.0	2:39.0	2:42.0	2:51.0	3:00.0
500m	m	1:22.5	1:25.0	1:27.5	1:30.0	1:32.5	1:35.0	1:37.5	1:40.0	1:42.5	1:45.0	1:47.5	1:50.0	1:52.5	1:55.0	1:57.5	2:00.0	2:02.5	2:05.0	2:07.5	2:10.0	2:12.5	2:15.0	2:22.5	2:30.0
400m	m	1:06.0	1:08.0	1:10.0	1:12.0	1:14.0	1:16.0	1:18.0	1:20.0	1:22.0	1:24.0	1:26.0	1:28.0	1:30.0	1:32.0	1:34.0	1:36.0	1:38.0	1:40.0	1:42.0	1:44.0	1:46.0	1:48.0	1:54.0	2:00.0
300m	m	0:49.5	0:51.0	0:52.5	0:54.0	0:55.5	0:57.0	0:58.5	1:00.0	1:01.5	1:03.0	1:04.5	1:06.0	1:07.5	1:09.0	1:10.5	1:12.0	1:13.5	1:15.0	1:16.5	1:18.0	1:19.5	1:21.0	1:25.5	1:30.0
250m	m	0:41.3	0:42.5	0:43.7	0:45.0	0:46.3	0:47.5	0:48.7	0:50.0	0:51.2	0:52.5	0:53.7	0:55.0	0:56.3	0:57.5	0:58.7	1:00.0	1:01.3	1:02.5	1:03.8	1:05.0	1:06.2	1:07.5	1:11.2	1:15.0
200m	m	0:33.0	0:34.0	0:35.0	0:36.0	0:37.0	0:38.0	0:39.0	0:40.0	0:41.0	0:42.0	0:43.0	0:44.0	0:45.0	0:46.0	0:47.0	0:48.0	0:49.0	0:50.0	0:51.0	0:52.0	0:53.0	0:54.0	0:57.0	1:00.0
100m	m	16.5	17.0	17.5	18.0	18.5	19.0	19.5	20.0	20.5	21.0	21.5	22.0	22.5	23.0	23.5	24.0	24.5	25.0	25.5	26.0	26.5	27.0	28.5	30.0
50m	m	08.3	08.5	08.8	09.0	09.3	09.5	09.8	10.0	10.2	10.5	10.7	11.0	11.3	11.5	11.7	12.0	12.3	12.5	12.8	13.0	13.2	13.5	14.3	15.0