

年間走り込み大会データ  
Dragon Marathon 2024

11月17日  
新設の「top」のシートに注目！！  
凡例 ■=NT選手 ▼=NT関係者 ▽=一般 無印=多摩OL ☆=女子

| 214 / 365days |     | 58. 63% |     | Go for target! |            |     |            |             |            |          |              |              |            |            |            |               |         |          |          |     |        |    |
|---------------|-----|---------|-----|----------------|------------|-----|------------|-------------|------------|----------|--------------|--------------|------------|------------|------------|---------------|---------|----------|----------|-----|--------|----|
| OCT 31 days   |     |         |     |                |            |     |            |             |            |          |              |              |            |            |            |               |         |          |          |     |        |    |
| 性             | 年月順 | 名前      | 所属  | 単月距離<br>km     | 単日<br>days | 累計順 | 累計距離<br>km | 累計日<br>days | 年間目標<br>km | 達成率<br>% | AVE. 単<br>km | AVE. 累<br>km | 単月進捗<br>km | 累計進捗<br>km | 着地予想<br>km | 着地予想<br>対目標 % | 単時<br>h | 累計時<br>h | 目標時<br>h | 氏名  | 年齢     |    |
| ☆             |     | 1       | 西山  | 山▽             | 406.8      | 28  | 1          | 2675.4      | 183        | 3600     | 74.32%       | 14.53        | 14.62      | 101.0      | 564.7      | 4563.2        | 126.8%  | 0        | 0        | 0   | 西山 千花  | 64 |
|               |     | 2       | 花澤  | 澤▽             | 374.5      | 31  | 2          | 2531.3      | 213        | 4500     | 56.25%       | 12.08        | 11.88      | -7.7       | -107.1     | 4317.4        | 95.9%   | 0        | 0        | 0   | 花澤 和男  | 64 |
|               |     | 3       | 瀧川  | 川▽             | 354.0      | 21  | 3          | 2278.0      | 165        | 3600     | 63.28%       | 16.86        | 13.81      | 48.2       | 167.3      | 3885.4        | 107.9%  | 0        | 0        | 0   | 瀧川 英雄  | 60 |
|               |     | 4       | 円井  | 井▽             | 319.5      | 30  | 6          | 1486.5      | 212        | 4200     | 35.39%       | 10.65        | 7.01       | -37.2      | -976.0     | 2535.4        | 60.4%   | 337      | 61       | 600 | 円井 基史  | 47 |
|               |     | 5       | 宇佐俊 | 俊▽             | 294.9      | 20  | 9          | 1413.3      | 130        | 1500     | 94.22%       | 14.75        | 10.87      | 167.5      | 533.8      | 2410.5        | 160.7%  | 0        | 0        | 0   | 宇佐俊 俊哉 | 63 |
|               |     | 6       | 小林毅 | 毅▽             | 229.4      | 25  | 5          | 1603.7      | 176        | 2400     | 66.82%       | 9.18         | 9.11       | 25.6       | 196.6      | 2735.3        | 114.0%  | 230      | 31       | 0   | 小林 毅   | 61 |
|               |     | 7       | 大島  | 島▽             | 224.9      | 20  | 10         | 1392.2      | 136        | 2400     | 58.01%       | 11.25        | 10.24      | 21.1       | -14.9      | 2374.5        | 98.9%   | 179      | 37       | 240 | 大島 健一  | 56 |
|               |     | 8       | 稲葉  | 葉▽             | 222.8      | 26  | 4          | 1985.9      | 193        | 3000     | 66.20%       | 8.57         | 10.29      | -32.0      | 227.0      | 3387.2        | 112.9%  | 292      | 36       | 400 | 稲葉 英雄  | 61 |
|               |     | 9       | 松崎  | 崎▽             | 215.1      | 20  | 8          | 1428.9      | 124        | 2400     | 59.54%       | 10.76        | 11.52      | 11.3       | 21.8       | 2437.1        | 101.5%  | 137      | 19       | 0   | 松崎 崇志  | 31 |
|               |     | 10      | 桜井  | 井▽             | 213.0      | 25  | 17         | 979.5       | 117        | 2750     | 35.62%       | 8.52         | 8.37       | -20.6      | -632.8     | 1670.6        | 60.8%   | 137      | 28       | 385 | 桜井 剛   | 61 |
|               |     | 11      | 奥田  | 田▽             | 163.3      | 21  | 7          | 1475.4      | 157        | 2000     | 73.77%       | 7.78         | 9.40       | -6.6       | 302.8      | 2516.5        | 125.8%  | 0        | 0        | 0   | 奥田 健史  | 51 |
|               |     | 12      | 池   | 池▽             | 157.9      | 18  | 14         | 1151.0      | 123        | 3600     | 31.97%       | 8.77         | 9.36       | -147.9     | -959.7     | 1963.2        | 54.5%   | 0        | 0        | 400 | 池 陽平   | 42 |
|               |     | 13      | 鈴木孝 | 孝▽             | 156.9      | 11  | 11         | 1355.4      | 75         | 3360     | 40.34%       | 14.26        | 18.07      | -128.5     | -614.6     | 2311.8        | 68.8%   | 0        | 0        | 0   | 鈴木 孝司  | 51 |
|               |     | 14      | 鈴木雄 | 雄▽             | 146.0      | 24  | 15         | 1046.0      | 173        | 1700     | 61.53%       | 6.08         | 6.05       | 1.6        | 49.3       | 1784.1        | 104.9%  | 0        | 0        | 0   | 鈴木 雄輔  | 64 |
|               |     | 15      | 原野  | 野▽             | 140.0      | 22  | 13         | 1336.0      | 183        | 1200     | 111.33%      | 6.36         | 7.30       | 38.1       | 632.4      | 2278.7        | 189.9%  | 0        | 0        | 0   | 原野 幸男  | 85 |
|               |     | 16      | 角岡  | 岡▽             | 135.8      | 25  | 18         | 928.5       | 154        | 1800     | 51.58%       | 5.43         | 6.03       | -17.1      | -126.8     | 1583.7        | 88.0%   | 104      | 18       | 0   | 角岡 明   | 65 |
|               |     | 17      | 小林亜 | 亜▽             | 127.0      | 28  | 21         | 854.0       | 142        | 1800     | 47.44%       | 4.54         | 6.01       | -25.9      | -201.3     | 1456.6        | 80.9%   | 0        | 0        | 0   | 小林亜 紀夫 | 56 |
|               |     | 18      | 田中正 | 正▽             | 123.4      | 13  | 22         | 771.1       | 85         | 2000     | 38.56%       | 9.49         | 9.07       | -46.5      | -401.5     | 1315.2        | 65.8%   | 0        | 0        | 0   | 田中正 琢人 | 57 |
|               |     | 19      | 菅原琢 | 琢▽             | 111.1      | 12  | 16         | 1006.3      | 98         | 1500     | 67.09%       | 9.26         | 10.27      | -16.3      | 126.8      | 1716.4        | 114.4%  | 136      | 14       | 0   | 菅原 琢   | 59 |
|               |     | 20      | 山田一 | 一▽             | 106.7      | 28  | 24         | 704.4       | 190        | 1200     | 58.70%       | 3.81         | 3.71       | 4.8        | 0.8        | 1201.4        | 100.1%  | 0        | 0        | 0   | 山田 一善  | 65 |
|               |     | 21      | 平島  | 島▽             | 100.3      | 19  | 26         | 608.5       | 102        | 1200     | 50.71%       | 5.28         | 5.97       | -1.6       | -95.1      | 1037.9        | 86.5%   | 100      | 19       | 150 | 平島 俊次  | 72 |
|               |     | 22      | 内海  | 海▽             | 100.1      | 12  | 30         | 477.3       | 74         | 1500     | 31.82%       | 8.34         | 6.45       | -27.3      | -402.2     | 814.1         | 54.3%   | 51       | 10       | 150 | 内海 洋   | 60 |
|               |     | 23      | 三宅  | 宅▽             | 96.0       | 10  | 31         | 476.5       | 68         | 800      | 59.56%       | 9.60         | 7.01       | 28.1       | 7.5        | 812.7         | 101.6%  | 0        | 0        | 0   | 三宅 亙   | 65 |
|               |     | 24      | 宇野浩 | 浩▽             | 90.5       | 8   | 25         | 672.1       | 60         | 1000     | 67.21%       | 11.31        | 11.20      | 5.6        | 85.8       | 1146.3        | 114.6%  | 0        | 0        | 0   | 宇野 浩一  | 66 |
|               |     | 25      | 松澤  | 澤▽             | 84.0       | 24  | 19         | 925.0       | 206        | 2000     | 46.25%       | 3.50         | 4.49       | -85.9      | -247.6     | 1577.7        | 78.9%   | 118      | 14       | 220 | 松澤 俊行  | 52 |
|               |     | 25      | 藤平  | 平▽             | 84.0       | 8   | 23         | 745.0       | 66         | 1200     | 62.08%       | 10.50        | 11.29      | -17.9      | 41.4       | 1270.7        | 105.9%  | 91       | 10       | 140 | 藤平 正敏  | 63 |
|               |     | 27      | 鈴木恒 | 恒▽             | 82.0       | 31  | 28         | 532.0       | 214        | 1000     | 53.20%       | 2.65         | 2.49       | -2.9       | -54.3      | 907.4         | 90.7%   | 83       | 13       | 150 | 鈴木 恒久  | 67 |
|               |     | 28      | 岡本  | 本▽             | 73.8       | 12  | 27         | 549.5       | 104        | 1000     | 54.95%       | 6.15         | 5.28       | -11.1      | -36.8      | 937.2         | 93.7%   | 78       | 12       | 180 | 岡本 隆之  | 64 |
|               |     | 29      | 松山  | 山▽             | 71.2       | 14  | 32         | 468.5       | 94         | 650      | 72.08%       | 5.09         | 4.98       | 16.0       | 87.4       | 799.1         | 122.9%  | 0        | 0        | 0   | 松山 雅彦  | 72 |
|               |     | 30      | 豊島  | 島▽             | 65.5       | 17  | 33         | 457.6       | 95         | 1100     | 41.60%       | 3.85         | 4.82       | -27.9      | -187.3     | 780.5         | 71.0%   | 57       | 9        | 100 | 豊島 利男  | 64 |
|               |     | 31      | 寺島美 | 美▽             | 65.1       | 5   | 39         | 350.2       | 30         | 800      | 43.78%       | 13.02        | 11.67      | -2.8       | -118.8     | 597.3         | 74.7%   | 0        | 0        | 0   | 寺島 美昭  | 64 |
|               |     | 32      | 伊東  | 東▽             | 63.4       | 8   | 35         | 379.4       | 51         | 600      | 63.23%       | 7.93         | 7.44       | 12.4       | 27.6       | 647.1         | 107.9%  | 0        | 0        | 0   | 伊東 博司  | 68 |
|               |     | 33      | 笠原  | 原▽             | 56.7       | 6   | 44         | 255.6       | 28         | 300      | 85.20%       | 9.45         | 9.13       | 31.2       | 79.7       | 436.0         | 145.3%  | 46       | 11       | 0   | 笠原 健司  | 64 |
|               |     | 34      | 中野  | 野▽             | 53.5       | 15  | 36         | 366.9       | 103        | 1200     | 30.58%       | 3.57         | 3.56       | -48.4      | -336.7     | 625.8         | 52.1%   | 48       | 6        | 0   | 中野 浩   | 64 |
|               |     | 35      | 木村佳 | 佳▽             | 47.3       | 10  | 29         | 518.6       | 73         | 1200     | 43.22%       | 4.73         | 7.10       | -54.6      | -185.0     | 884.5         | 73.7%   | 0        | 0        | 0   | 木村 佳司  | 63 |
|               |     | 36      | 星野健 | 健▽             | 47.0       | 5   | 42         | 308.0       | 34         | 500      | 61.60%       | 9.40         | 9.06       | 4.5        | 14.8       | 525.3         | 105.1%  | 39       | 6        | 0   | 星野 健太  | 52 |
|               |     | 37      | 荒井  | 井▽             | 44.1       | 8   | 34         | 421.6       | 62         | 1200     | 35.13%       | 5.51         | 6.80       | -57.8      | -282.0     | 719.1         | 59.9%   | 90       | 11       | 0   | 荒井 正敏  | 68 |
|               |     | 38      | 大塚  | 塚▽             | 41.0       | 9   | 41         | 314.0       | 70         | 600      | 52.33%       | 4.56         | 4.49       | -10.0      | -37.8      | 535.6         | 89.3%   | 0        | 0        | 0   | 大塚 校市  | 74 |
| ☆             |     | 39      | 酒井か | か▽             | 40.1       | 11  | 37         | 366.2       | 78         | 600      | 61.03%       | 3.65         | 4.69       | -10.9      | 14.4       | 624.6         | 104.1%  | 0        | 0        | 0   | 酒井か 代子 | 72 |
|               |     | 40      | 今井信 | 信▽             | 39.6       | 12  | 40         | 318.0       | 79         | 366      | 86.89%       | 3.30         | 4.03       | 8.5        | 103.4      | 542.4         | 148.2%  | 0        | 0        | 0   | 今井 信也  | 67 |
|               |     | 41      | 平   | 平▽             | 38.7       | 14  | 38         | 356.8       | 123        | 800      | 44.60%       | 2.76         | 2.90       | -29.2      | -112.2     | 608.6         | 76.1%   | 123      | 14       | 80  | 平 雅夫   | 72 |
|               |     | 42      | 児玉  | 玉▽             | 26.0       | 10  | 47         | 182.0       | 58         | 200      | 91.00%       | 2.60         | 3.14       | 9.0        | 64.7       | 310.4         | 155.2%  | 0        | 0        | 0   | 児玉 拓   | 80 |
|               |     | 43      | 細谷  | 谷▽             | 24.5       | 5   | 46         | 230.4       | 42         | 1000     | 23.04%       | 4.90         | 5.49       | -60.4      | -355.9     | 393.0         | 39.3%   | 0        | 0        | 0   | 細谷 健一  | 56 |
|               |     | 44      | 酒井克 | 克▽             | 24.0       | 5   | 48         | 145.0       | 33         | 700      | 20.71%       | 4.80         | 4.39       | -35.5      | -265.4     | 247.3         | 35.3%   | 37       | 6        | 100 | 酒井 克明  | 75 |
|               |     | 45      | 小比賀 | 賀▽             | 17.0       | 4   | 49         | 138.4       | 31         | 500      | 27.68%       | 4.25         | 4.46       | -25.5      | -154.8     | 236.1         | 47.2%   | 0        | 0        | 0   | 小比賀 健司 | 55 |
|               |     | 46      | 三野  | 野▽             | 16.3       | 2   | 45         | 242.7       | 29         | 1000     | 24.27%       | 8.15         | 8.37       | -68.6      | -343.6     | 414.0         | 41.4%   | 0        | 0        | 0   | 三野 隆志  | 45 |
|               |     | 47      | 大町  | 町▽             | 16.2       | 2   | 43         | 297.1       | 28         | 600      | 49.52%       | 8.10         | 10.61      | -34.8      | -54.7      | 506.7         | 84.5%   | 88       | 10       | 0   | 大町 宏志  | 64 |
|               |     | 48      | ヨルク | ク▽             | 14.0       | 2   | 50         | 81.0        | 12         | 120      | 67.50%       | 7.00         | 6.75       | 3.8        | 10.6       | 138.2         | 115.1%  | 189      | 25       | 240 | ヨルク V. | 61 |
|               |     | 49      | 高橋厚 | 厚▽             | 11.9       | 5   | 51         | 65.5        | 23         | 200      | 32.75%       | 2.38         | 2.85       | -5.1       | -51.8      | 111.7         | 55.9%   | 0        | 0        | 0   | 高橋 厚   | 94 |
|               |     | 50      | 新田見 | 見▽             | 10.5       | 2   | 20         | 905.2       | 108        | 2000     | 45.26%       | 5.25         | 8.38       | -159.4     | -267.4     | 1543.9        | 77.2%   | 0        | 0        | 0   | 新田見 俊章 | 58 |
|               |     | 51      | 鈴木規 | 規▽             | 10.0       | 2   | 52         | 56.3        | 19         | 360      | 15.64%       | 5.00         | 2.96       | -20.6      | -154.8     | 96.0          | 26.7%   | 0        | 0        | 0   | 鈴木 規弘  | 67 |
|               |     | 52      | 高尾  | 尾▽             | 0.5        | 1   | 53         | 25.0        | 10         | 100      | 25.00%       | 0.50         | 2.50       | -8.0       | -33.6      | 42.6          | 42.6%   | 10       | 1        | 20  | 高尾 昭次  | 67 |
|               |     | 53      | 鈴木博 | 博▽             | 0.0        | 0   | 54         | 0.0         | 0          | 500      | 0.00%        | 0.00         | 0.00       | -42.5      | -293.2     | 0.0           | 0.0%    | 0        | 0        | 100 | 鈴木 博実  | 65 |
|               |     | 53      | 上坂昌 | 昌▽             |            |     | 12         | 1351.0      | 152        | 1500     | 90.07%       | 0.00         | 8.89       | -127.4     | 471.5      | 2304.3        | 153.6%  | 0        | 0        | 0   | 上坂 昌生  | 53 |

合計 5,778 746 41,990 5,388 78,906  
平均 109.0 14.1 777.6 99.8 1,461.2 53.21%

※所属、凡例、年齢、目標などの訂正・変更はtaku@orienteering.comまで！

