

## 第72回M×Kディスタンストライアル in 代々木

## M×K Distance

2023年12月24日

## 5000m-1組

順位	ナンバ-	氏名	記録	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
1	10	秋元 武宏 アキモ タケヒロ	19:32.7	00:44.8 (01:37.6)	02:22.4 (01:36.3)	03:58.7 (01:35.4)	05:34.1 (01:36.3)	07:10.4 (01:36.7)	08:47.1 (01:35.0)	10:22.1 (01:35.0)	11:57.1 (01:36.1)	13:33.2 (01:35.5)	15:08.7 (01:35.5)	16:44.2 (01:31.7)	18:15.9 (01:16.8)	19:32.7
2	2	佐々木 夢士 ササキ ユメジ	19:38.7	00:47.4 (01:37.0)	02:24.4 (01:35.2)	03:59.6 (01:35.3)	05:34.9 (01:36.2)	07:11.1 (01:36.3)	08:47.4 (01:34.8)	10:22.2 (01:35.3)	11:57.5 (01:35.9)	13:33.4 (01:35.6)	15:09.0 (01:35.3)	16:44.3 (01:33.4)	18:17.7 (01:21.0)	19:38.7
3	4	松崎 智一 マツザキ トモカズ	19:42.0	00:48.9 (01:35.3)	02:24.2 (01:37.3)	04:01.5 (01:33.9)	05:35.4 (01:36.4)	07:11.8 (01:36.6)	08:48.4 (01:34.6)	10:23.0 (01:35.7)	11:58.7 (01:35.4)	13:34.1 (01:35.5)	15:09.6 (01:35.4)	16:45.0 (01:33.6)	18:18.6 (01:23.4)	19:42.0
4	18	大前 晋 オオマエ ススム	19:42.7	00:44.6 (01:37.6)	02:22.2 (01:36.2)	03:58.4 (01:35.8)	05:34.2 (01:36.5)	07:10.7 (01:36.7)	08:47.4 (01:35.1)	10:22.5 (01:35.9)	11:58.4 (01:35.5)	13:33.9 (01:35.5)	15:09.4 (01:35.4)	16:44.8 (01:35.0)	18:19.8 (01:22.9)	19:42.7
5	46	星野 リン ホシノ リン	19:43.0	00:44.3 (01:37.6)	02:21.9 (01:36.1)	03:58.0 (01:35.7)	05:33.7 (01:36.4)	07:10.1 (01:36.7)	08:46.8 (01:35.1)	10:21.9 (01:35.4)	11:57.3 (01:36.0)	13:33.3 (01:35.6)	15:08.9 (01:35.6)	16:44.5 (01:35.4)	18:19.9 (01:23.1)	19:43.0
6	8	今泉 愛子 イマイズミアイコ	19:46.9	00:46.6 (01:36.5)	02:23.1 (01:36.0)	03:59.1 (01:35.5)	05:34.6 (01:36.7)	07:11.3 (01:36.4)	08:47.7 (01:34.9)	10:22.6 (01:34.9)	11:57.5 (01:36.1)	13:33.6 (01:35.6)	15:09.2 (01:35.5)	16:44.7 (01:35.0)	18:19.7 (01:27.2)	19:46.9
7	13	諏訪 有貴子 スワ ユキコ	19:49.8	00:45.8 (01:37.1)	02:22.9 (01:36.3)	03:59.2 (01:35.4)	05:34.6 (01:36.6)	07:11.2 (01:36.7)	08:47.9 (01:34.8)	10:22.7 (01:35.2)	11:57.9 (01:35.7)	13:33.6 (01:35.5)	15:09.1 (01:35.4)	16:44.5 (01:35.6)	18:20.1 (01:29.7)	19:49.8
8	21	本田 牧子 ホンダ マキコ	19:55.9	00:46.8 (01:36.6)	02:23.4 (01:36.1)	03:59.5 (01:35.6)	05:35.1 (01:36.4)	07:11.5 (01:36.6)	08:48.1 (01:35.1)	10:23.2 (01:35.6)	11:58.8 (01:36.1)	13:34.9 (01:34.8)	15:09.7 (01:35.4)	16:45.1 (01:36.6)	18:21.7 (01:34.2)	19:55.9
9	3	力徳 正輝 リキトク ミユキ	19:56.1	00:46.0 (01:36.8)	02:22.8 (01:36.6)	03:59.4 (01:35.6)	05:35.0 (01:36.7)	07:11.7 (01:36.6)	08:48.3 (01:35.5)	10:23.8 (01:35.2)	11:59.0 (01:36.6)	13:35.6 (01:35.6)	15:11.2 (01:36.3)	16:47.5 (01:36.7)	18:24.2 (01:31.9)	19:56.1
10	22	横川 美沙 ヨコガワ ミサ	20:09.9	00:47.1 (01:36.6)	02:23.7 (01:36.5)	04:00.2 (01:36.3)	05:36.5 (01:37.1)	07:13.6 (01:37.7)	08:51.3 (01:37.4)	10:28.7 (01:38.5)	12:07.2 (01:38.0)	13:45.2 (01:38.6)	15:23.8 (01:38.7)	17:02.5 (01:36.6)	18:39.1 (01:30.8)	20:09.9
11	24	菅原 勝 スガハラ マサル	20:13.7	00:48.9 (01:39.2)	02:28.1 (01:38.1)	04:06.2 (01:38.3)	05:44.5 (01:38.5)	07:23.0 (01:37.7)	09:00.7 (01:38.6)	10:39.3 (01:37.3)	12:16.6 (01:38.3)	13:54.9 (01:37.9)	15:32.8 (01:38.8)	17:11.6 (01:35.6)	18:47.2 (01:26.5)	20:13.7
12	5	林 ゆかり ハヤシ ユカリ	20:17.3	00:45.3 (01:37.3)	02:22.6 (01:36.2)	03:58.8 (01:35.4)	05:34.2 (01:36.5)	07:10.7 (01:36.7)	08:47.4 (01:35.2)	10:22.6 (01:35.5)	11:58.1 (01:36.6)	13:34.7 (01:41.8)	15:16.5 (01:41.4)	16:57.9 (01:41.7)	18:39.6 (01:37.7)	20:17.3
13	36	池田 好則 イケダ ヨシノリ	20:19.3	00:47.5 (01:37.1)	02:24.6 (01:38.7)	04:03.3 (01:38.6)	05:41.9 (01:38.9)	07:20.8 (01:38.2)	08:59.0 (01:38.0)	10:37.0 (01:37.7)	12:14.7 (01:37.9)	13:52.6 (01:38.2)	15:30.8 (01:38.6)	17:09.4 (01:36.3)	18:45.7 (01:33.6)	20:19.3
14	19	林 幹人 ハヤシ ミキト	20:21.5	00:44.3 (01:37.4)	02:21.7 (01:36.3)	03:58.0 (01:35.6)	05:33.6 (01:36.3)	07:09.9 (01:36.7)	08:46.6 (01:35.2)	10:21.8 (01:36.1)	11:57.9 (01:36.9)	13:34.8 (01:44.0)	15:18.8 (01:42.2)	17:01.0 (01:40.9)	18:41.9 (01:39.6)	20:21.5
15	11	井熊 倭 イクマ ヤマト	20:23.1	00:44.9 (01:37.7)	02:22.6 (01:36.1)	03:58.7 (01:35.4)	05:34.1 (01:36.3)	07:10.4 (01:36.7)	08:47.1 (01:34.9)	10:22.0 (01:36.2)	11:58.2 (01:37.4)	13:35.6 (01:45.6)	15:21.2 (01:44.3)	17:05.5 (01:45.2)	18:50.7 (01:32.4)	20:23.1

## 第72回M×Kディスタンストライアル in 代々木

## M×K Distance

2023年12月24日

## 5000m-1組

順位	ナンバ-	氏名	記録	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
16	38	児玉 憲明 コダマ ノアキ	20:31.4	00:47.5 (01:38.0)	02:25.5 (01:38.9)	04:04.4 (01:37.9)	05:42.3 (01:37.4)	07:19.7 (01:37.8)	08:57.5 (01:38.9)	10:36.4 (01:38.9)	12:15.3 (01:39.1)	13:54.4 (01:39.4)	15:33.8 (01:41.4)	17:15.2 (01:41.4)	18:56.6 (01:41.4)	20:31.4 (01:34.8)
17	12	齊藤 大樹 サイノウ ヒロキ	20:32.1	00:44.7 (01:37.7)	02:22.4 (01:35.9)	03:58.3 (01:35.6)	05:33.9 (01:36.4)	07:10.3 (01:36.8)	08:47.1 (01:36.5)	10:23.6 (01:40.0)	12:03.6 (01:45.6)	13:49.2 (01:44.7)	15:33.9 (01:43.5)	17:17.4 (01:41.3)	18:58.7 (01:41.3)	20:32.1 (01:33.4)
18	25	小松 清一郎 コマツ セイイチロウ	20:34.9	00:48.5 (01:39.2)	02:27.7 (01:38.2)	04:05.9 (01:38.3)	05:44.2 (01:38.4)	07:22.6 (01:37.9)	09:00.5 (01:38.6)	10:39.1 (01:37.3)	12:16.4 (01:38.3)	13:54.7 (01:38.3)	15:33.0 (01:38.3)	17:12.8 (01:39.8)	18:55.2 (01:42.4)	20:34.9 (01:39.7)
19	26	森 正行 モリ マサユキ	20:37.0	00:48.3 (01:39.3)	02:27.6 (01:38.2)	04:05.8 (01:38.2)	05:44.0 (01:38.5)	07:22.5 (01:37.7)	09:00.2 (01:38.6)	10:38.8 (01:38.7)	12:17.5 (01:39.3)	13:56.8 (01:39.6)	15:36.4 (01:40.4)	17:16.8 (01:41.0)	18:57.8 (01:41.0)	20:37.0 (01:39.2)
20	20	大原 健 オハラ ケン	20:37.8	00:47.5 (01:36.7)	02:24.2 (01:38.6)	04:02.8 (01:38.4)	05:41.2 (01:38.3)	07:19.5 (01:40.3)	08:59.8 (01:40.8)	10:40.6 (01:44.0)	12:24.6 (01:41.4)	14:06.0 (01:43.0)	15:49.0 (01:42.9)	17:31.9 (01:40.4)	19:12.3 (01:40.4)	20:37.8 (01:25.5)
21	29	梅木 香夏 ウメキ カ	20:42.8	00:50.8 (01:42.4)	02:33.2 (01:41.5)	04:14.7 (01:41.8)	05:56.5 (01:38.2)	07:34.7 (01:40.4)	09:15.1 (01:41.6)	10:56.7 (01:40.3)	12:37.0 (01:39.3)	14:16.3 (01:40.4)	15:56.7 (01:38.3)	17:35.0 (01:38.3)	19:11.2 (01:36.2)	20:42.8 (01:31.6)
22	16	名越 康弘 ナゴシ ヤスヒロ	20:53.0	00:52.4 (01:42.4)	02:34.8 (01:41.1)	04:15.9 (01:41.7)	05:57.6 (01:37.8)	07:35.4 (01:40.3)	09:15.7 (01:41.5)	10:57.2 (01:40.3)	12:37.5 (01:39.8)	14:17.3 (01:39.7)	15:57.0 (01:41.0)	17:38.0 (01:41.0)	19:19.0 (01:41.0)	20:53.0 (01:34.0)
23	1	清野 敬 セイノ タシ	20:53.4	00:45.5 (01:37.8)	02:23.3 (01:36.6)	03:59.9 (01:37.0)	05:36.9 (01:37.5)	07:14.4 (01:39.8)	08:54.2 (01:40.1)	10:34.3 (01:42.5)	12:16.8 (01:41.6)	13:58.4 (01:44.0)	15:42.4 (01:44.2)	17:26.6 (01:44.2)	19:10.6 (01:44.0)	20:53.4 (01:42.8)
24	33	原田 有毅 ハラダ ユウキ	21:05.2	00:50.7 (01:42.2)	02:32.9 (01:41.4)	04:14.3 (01:41.7)	05:56.0 (01:38.1)	07:34.1 (01:40.8)	09:14.9 (01:47.4)	11:02.3 (01:43.3)	12:45.6 (01:43.3)	14:28.9 (01:45.2)	16:14.1 (01:43.1)	17:57.2 (01:41.5)	19:38.7 (01:41.5)	21:05.2 (01:26.5)
25	35	糸見 久美子 イトミ クミコ	21:09.8	00:46.3 (01:37.5)	02:23.8 (01:37.4)	04:01.2 (01:39.0)	05:40.2 (01:40.7)	07:20.9 (01:41.2)	09:02.1 (01:42.2)	10:44.3 (01:43.7)	12:28.0 (01:44.6)	14:12.6 (01:46.2)	15:58.8 (01:47.6)	17:46.4 (01:45.0)	19:31.4 (01:45.0)	21:09.8 (01:38.4)
26	39	寺根 秀幸 テラネ ヒデオキ	21:14.2	00:51.6 (01:43.4)	02:35.0 (01:41.5)	04:16.5 (01:41.5)	05:58.0 (01:40.8)	07:38.8 (01:44.4)	09:23.2 (01:43.9)	11:07.1 (01:44.3)	12:51.4 (01:42.7)	14:34.1 (01:41.4)	16:15.5 (01:40.4)	17:55.9 (01:40.4)	19:37.5 (01:41.6)	21:14.2 (01:36.7)
27	37	新井 祐介 アライ ユウスケ	21:17.0	00:51.4 (01:42.5)	02:33.9 (01:41.4)	04:15.3 (01:41.5)	05:56.8 (01:38.4)	07:35.2 (01:40.4)	09:15.6 (01:41.4)	10:57.0 (01:40.6)	12:37.6 (01:39.8)	14:17.4 (01:44.7)	16:02.1 (01:50.3)	17:52.4 (01:45.9)	19:38.3 (01:45.9)	21:17.0 (01:38.7)
28	30	半谷 謙寿 ハンガイ ケンジュ	21:22.4	00:49.5 (01:44.7)	02:34.2 (01:43.9)	04:18.1 (01:41.7)	05:59.8 (01:41.4)	07:41.2 (01:41.4)	09:22.6 (01:42.4)	11:05.0 (01:43.8)	12:48.8 (01:43.0)	14:31.8 (01:44.2)	16:16.0 (01:43.5)	17:59.5 (01:43.5)	19:43.0 (01:43.5)	21:22.4 (01:39.4)
29	15	神原 百合 カンバラ ユリ	21:24.0	00:50.6 (01:42.3)	02:32.9 (01:41.4)	04:14.3 (01:41.9)	05:56.2 (01:38.1)	07:34.3 (01:40.6)	09:14.9 (01:44.5)	10:59.4 (01:48.1)	12:47.5 (01:46.8)	14:34.3 (01:43.6)	16:17.9 (01:43.3)	18:01.2 (01:43.8)	19:45.0 (01:43.8)	21:24.0 (01:39.0)
30	45	榊原 光樹 サカハラ コウキ	21:29.7	00:51.8 (01:42.7)	02:34.5 (01:41.0)	04:15.5 (01:41.6)	05:57.1 (01:40.9)	07:38.0 (01:43.9)	09:21.9 (01:44.8)	11:06.7 (01:43.8)	12:50.5 (01:44.2)	14:34.7 (01:43.7)	16:18.4 (01:44.7)	18:03.1 (01:44.7)	19:47.5 (01:44.4)	21:29.7 (01:42.2)

第72回M×Kディスタンストライアル in 代々木

M×K Distance

2023年12月24日

5000m-1組

順位	ナンバ-	氏名	記録	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
31	28	福田 和史 フクダ カズシ	21:37.4	00:45.8 (01:37.7)	02:23.5 (01:37.1)	04:00.6 (01:40.6)	05:41.2 (01:44.4)	07:25.6 (01:46.4)	09:12.0 (01:44.6)	10:56.6 (01:49.2)	12:45.8 (01:41.1)	14:26.9 (01:46.3)	16:13.2 (01:53.2)	18:06.4 (01:49.9)	19:56.3 (01:41.1)	21:37.4
32	42	横山 貴昭 ヨコヤマ 効アキ	21:41.9	00:52.8 (01:48.5)	02:41.3 (01:47.4)	04:28.7 (01:48.9)	06:17.6 (01:47.3)	08:04.9 (01:47.9)	09:52.8 (01:46.6)	11:39.4 (01:48.0)	13:27.4 (01:38.6)	15:06.0 (01:36.2)	16:42.2 (01:42.9)	18:25.1 (01:42.0)	20:07.1 (01:42.0)	21:41.9
33	31	大塚 邦幸 オツカ クニユキ	21:50.3	00:50.9 (01:42.2)	02:33.1 (01:41.6)	04:14.7 (01:41.6)	05:56.3 (01:38.6)	07:34.9 (01:45.4)	09:20.3 (01:47.1)	11:07.4 (01:47.8)	12:55.2 (01:47.8)	14:43.0 (01:46.9)	16:29.9 (01:47.2)	18:17.1 (01:47.7)	20:04.8 (01:47.7)	21:50.3
34	40	ABSOUS Clement アブスー クレモン	22:15.0	00:53.4 (01:49.2)	02:42.6 (01:47.4)	04:30.0 (01:48.9)	06:18.9 (01:47.5)	08:06.4 (01:47.8)	09:54.2 (01:46.7)	11:40.9 (01:48.2)	13:29.1 (01:47.9)	15:17.0 (01:47.1)	17:04.1 (01:47.6)	18:51.7 (01:48.2)	20:39.9 (01:48.2)	22:15.0
35	41	ABSOUS Matthieu アブスー マチュウ	22:23.3	00:53.1 (01:48.5)	02:41.6 (01:48.2)	04:29.8 (01:48.5)	06:18.3 (01:47.6)	08:05.9 (01:47.8)	09:53.7 (01:46.6)	11:40.3 (01:48.4)	13:28.7 (01:47.8)	15:16.5 (01:47.1)	17:03.6 (01:47.8)	18:51.4 (01:48.0)	20:39.4 (01:48.0)	22:23.3
36	44	丸山 政俊 マルヤマ マサトシ	22:38.5	00:53.3 (01:49.1)	02:42.4 (01:47.1)	04:29.5 (01:48.8)	06:18.3 (01:47.5)	08:05.8 (01:47.6)	09:53.4 (01:47.0)	11:40.4 (01:48.1)	13:28.5 (01:48.0)	15:16.5 (01:49.6)	17:06.1 (01:53.3)	18:59.4 (01:52.9)	20:52.3 (01:46.2)	22:38.5
37	34	山崎 俊治 ヤマザキ トシハル	22:43.7	00:49.8 (01:38.6)	02:28.4 (01:39.2)	04:07.6 (01:45.1)	05:52.7 (01:46.5)	07:39.2 (01:50.6)	09:29.8 (01:53.7)	11:23.5 (01:57.6)	13:21.1 (01:54.6)	15:15.7 (01:53.8)	17:09.5 (01:56.0)	19:05.5 (01:53.2)	20:58.7 (01:45.0)	22:43.7
38	43	清水 孝行 シミズ タユキ	22:54.7	00:51.7 (01:49.5)	02:41.2 (01:47.3)	04:28.5 (01:48.9)	06:17.4 (01:47.2)	08:04.6 (01:48.1)	09:52.7 (01:58.7)	11:51.4 (01:53.1)	13:44.5 (01:52.9)	15:37.4 (01:52.6)	17:30.0 (01:50.2)	19:20.2 (01:51.1)	21:11.3 (01:43.4)	22:54.7
39	17	魚尾 英生 ウオオ ヒデキ	23:13.8	00:51.9 (01:46.5)	02:38.4 (01:50.3)	04:28.7 (01:51.4)	06:20.1 (01:49.2)	08:09.3 (01:51.2)	10:00.5 (01:54.3)	11:54.8 (01:56.8)	13:51.6 (01:55.7)	15:47.3 (01:54.0)	17:41.3 (01:52.7)	19:34.0 (01:52.0)	21:26.0 (01:47.8)	23:13.8
DNF	9	藤岡 桜 フジオカ サクラ		00:45.0 (01:37.7)	02:22.7 (01:36.2)	03:58.9 (01:35.4)	05:34.3 (01:36.5)	07:10.8 (01:36.8)	08:47.6 (01:38.3)	10:25.9 (01:39.7)	12:05.6 ( )	( )	( )	( )	( )	

## 第72回M×Kディスタンストライアル in 代々木

M×K Distance

2023年12月24日

## 5000m-2組

順位	ナンバ-	氏名	記録	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
1	5	滝澤 順也 タキサワ ジュンヤ	17:40.3	00:44.9 (01:29.2)	02:14.1 (01:29.4)	03:43.5 (01:29.0)	05:12.5 (01:27.6)	06:40.1 (01:29.0)	08:09.1 (01:28.3)	09:37.4 (01:28.0)	11:05.4 (01:23.0)	12:28.4 (01:24.3)	13:52.7 (01:20.4)	15:13.1 (01:19.4)	16:32.5 (01:19.4)	17:40.3 (01:07.8)
2	9	中田 康一 ナカタ コウイチ	18:18.9	00:44.6 (01:29.2)	02:13.8 (01:30.1)	03:43.9 (01:29.3)	05:13.2 (01:27.3)	06:40.5 (01:28.8)	08:09.3 (01:28.5)	09:37.8 (01:28.5)	11:06.3 (01:28.6)	12:34.9 (01:30.1)	14:05.0 (01:27.8)	15:32.8 (01:27.2)	17:00.0 (01:27.2)	18:18.9 (01:18.9)
3	13	大澤 元 オオサワ ケン	18:20.4	00:48.1 (01:30.6)	02:18.7 (01:28.7)	03:47.4 (01:26.8)	05:14.2 (01:27.5)	06:41.7 (01:27.8)	08:09.5 (01:28.4)	09:37.9 (01:28.4)	11:06.3 (01:29.1)	12:35.4 (01:29.8)	14:05.2 (01:28.1)	15:33.3 (01:26.7)	17:00.0 (01:26.7)	18:20.4 (01:20.4)
4	7	井崎 雄一 イザキ ユウイチ	18:21.8	00:47.4 (01:28.4)	02:15.8 (01:29.3)	03:45.1 (01:28.5)	05:13.6 (01:27.7)	06:41.3 (01:28.7)	08:10.0 (01:28.4)	09:38.4 (01:28.2)	11:06.6 (01:28.8)	12:35.4 (01:29.8)	14:05.2 (01:27.6)	15:32.8 (01:26.9)	16:59.7 (01:26.9)	18:21.8 (01:22.1)
5	3	山部 英行 ヤマベ エイコウ	18:22.7	00:45.6 (01:28.9)	02:14.5 (01:29.9)	03:44.4 (01:28.8)	05:13.2 (01:27.6)	06:40.8 (01:28.8)	08:09.6 (01:28.5)	09:38.1 (01:28.3)	11:06.4 (01:29.0)	12:35.4 (01:29.9)	14:05.3 (01:27.8)	15:33.1 (01:27.1)	17:00.2 (01:27.1)	18:22.7 (01:22.5)
6	24	志村 智久 シムラ トモヒサ	18:23.4	00:45.5 (01:28.9)	02:14.4 (01:29.8)	03:44.2 (01:29.4)	05:13.6 (01:28.9)	06:42.5 (01:28.5)	08:11.0 (01:28.4)	09:39.4 (01:28.0)	11:07.4 (01:28.6)	12:36.0 (01:29.8)	14:05.8 (01:27.8)	15:33.6 (01:27.0)	17:00.6 (01:27.0)	18:23.4 (01:22.8)
7	4	梅田 進也 ウメダ シンヤ	18:24.0	00:44.6 (01:28.9)	02:13.5 (01:29.7)	03:43.2 (01:29.2)	05:12.4 (01:27.6)	06:40.0 (01:28.9)	08:08.9 (01:28.4)	09:37.3 (01:28.6)	11:05.9 (01:28.8)	12:34.7 (01:29.6)	14:04.3 (01:28.0)	15:32.3 (01:27.1)	16:59.4 (01:27.1)	18:24.0 (01:24.6)
8	23	戸口 博文 トグチ ヒロフミ	18:35.1	00:48.3 (01:27.8)	02:16.1 (01:29.8)	03:45.9 (01:30.2)	05:16.1 (01:29.6)	06:45.7 (01:30.7)	08:16.4 (01:30.2)	09:46.6 (01:29.4)	11:16.0 (01:29.8)	12:45.8 (01:31.1)	14:16.9 (01:26.9)	15:43.8 (01:28.5)	17:12.3 (01:28.5)	18:35.1 (01:22.8)
9	16	澤口 誠 サワグチ マコト	18:37.2	00:47.2 (01:29.4)	02:16.6 (01:30.2)	03:46.8 (01:30.3)	05:17.1 (01:29.7)	06:46.8 (01:30.9)	08:17.7 (01:30.3)	09:48.0 (01:30.1)	11:18.1 (01:28.6)	12:46.7 (01:31.0)	14:17.7 (01:27.4)	15:45.1 (01:25.8)	17:10.9 (01:25.8)	18:37.2 (01:26.3)
10	42	木下 裕介 キノタ ユウスケ	18:43.7	00:46.6 (01:29.7)	02:16.3 (01:30.2)	03:46.5 (01:30.2)	05:16.7 (01:29.7)	06:46.4 (01:30.7)	08:17.1 (01:30.5)	09:47.6 (01:29.4)	11:17.0 (01:29.2)	12:46.2 (01:31.1)	14:17.3 (01:30.4)	15:47.7 (01:32.3)	17:20.0 (01:32.3)	18:43.7 (01:23.7)
11	11	松浦 健太 マツウラ ケンタ	18:46.8	00:46.3 (01:29.0)	02:15.3 (01:30.2)	03:45.5 (01:30.4)	05:15.9 (01:29.4)	06:45.3 (01:31.0)	08:16.3 (01:30.0)	09:46.3 (01:29.4)	11:15.7 (01:29.6)	12:45.3 (01:30.9)	14:16.2 (01:30.5)	15:46.7 (01:30.2)	17:16.9 (01:30.2)	18:46.8 (01:29.9)
12	39	小宮 駿祐 コミヤ シュンスケ	18:48.5	00:50.2 (01:31.7)	02:21.9 (01:31.5)	03:53.4 (01:31.2)	05:24.6 (01:30.5)	06:55.1 (01:31.1)	08:26.2 (01:32.8)	09:59.0 (01:30.5)	11:29.5 (01:32.2)	13:01.7 (01:26.6)	14:28.3 (01:30.1)	15:58.4 (01:30.1)	17:28.5 (01:30.1)	18:48.5 (01:20.0)
13	22	白水 晃二 シロミス コウジ	18:50.9	00:47.2 (01:29.0)	02:16.2 (01:30.1)	03:46.3 (01:30.4)	05:16.7 (01:29.4)	06:46.1 (01:30.8)	08:16.9 (01:30.5)	09:47.4 (01:29.5)	11:16.9 (01:31.5)	12:48.4 (01:32.4)	14:20.8 (01:32.1)	15:52.9 (01:32.7)	17:25.6 (01:32.7)	18:50.9 (01:25.3)
14	12	山口 賢明 ヤマグチ タカアキ	18:52.7	00:46.4 (01:28.9)	02:15.3 (01:30.3)	03:45.6 (01:30.3)	05:15.9 (01:29.7)	06:45.6 (01:30.7)	08:16.3 (01:30.1)	09:46.4 (01:29.4)	11:15.8 (01:29.7)	12:45.5 (01:31.1)	14:16.6 (01:30.9)	15:47.5 (01:32.7)	17:20.2 (01:32.7)	18:52.7 (01:32.5)
15	28	浅倉 和史 アサクラ カズフミ	18:54.9	00:47.6 (01:30.2)	02:17.8 (01:33.0)	03:50.8 (01:33.1)	05:23.9 (01:31.4)	06:55.3 (01:31.6)	08:26.9 (01:33.0)	09:59.9 (01:30.6)	11:30.5 (01:32.3)	13:02.8 (01:32.0)	14:34.8 (01:31.1)	16:05.9 (01:30.8)	17:36.7 (01:30.8)	18:54.9 (01:18.2)

## 第72回M×Kディスタンストライアル in 代々木

## M×K Distance

2023年12月24日

## 5000m-2組

順位	ナンバ	氏名	記録	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
16	27	大前 麗子 オオマエ レイコ	18:56.5	00:47.4 (01:30.1)	02:17.5 (01:32.4)	03:49.9 (01:33.2)	05:23.1 (01:31.5)	06:54.6 (01:31.8)	08:26.4 (01:33.0)	09:59.4 (01:30.4)	11:29.8 (01:32.4)	13:02.2 (01:31.8)	14:34.0 (01:31.2)	16:05.2 (01:30.3)	17:35.5 (01:21.0)	18:56.5
17	32	松田 学 マツダ マナブ	18:58.4	00:47.4 (01:30.8)	02:18.2 (01:32.8)	03:51.0 (01:33.0)	05:24.0 (01:31.6)	06:55.6 (01:31.7)	08:27.3 (01:32.9)	10:00.2 (01:29.7)	11:29.9 (01:32.2)	13:02.1 (01:31.6)	14:33.7 (01:31.4)	16:05.1 (01:30.8)	17:35.9 (01:22.5)	18:58.4
18	20	小田中 隆二 オダナカ リュウジ	19:01.0	00:47.8 (01:30.2)	02:18.0 (01:32.6)	03:50.6 (01:32.9)	05:23.5 (01:31.5)	06:55.0 (01:31.6)	08:26.6 (01:33.0)	09:59.6 (01:30.5)	11:30.1 (01:32.4)	13:02.5 (01:32.0)	14:34.5 (01:31.2)	16:05.7 (01:31.4)	17:37.1 (01:23.9)	19:01.0
19	18	笹本 浩司 ササモト コウジ	19:02.8	00:51.2 (01:34.2)	02:25.4 (01:34.8)	04:00.2 (01:36.4)	05:36.6 (01:37.4)	07:14.0 (01:33.1)	08:47.1 (01:34.1)	10:21.2 (01:34.3)	11:55.5 (01:28.9)	13:24.4 (01:26.3)	14:50.7 (01:27.6)	16:18.3 (01:26.2)	17:44.5 (01:18.3)	19:02.8
20	43	佐藤 蒼楓亜 サトウ ソフィア	19:03.3	00:49.6 (01:30.1)	02:19.7 (01:31.8)	03:51.5 (01:33.8)	05:25.3 (01:31.3)	06:56.6 (01:32.5)	08:29.1 (01:31.1)	10:00.2 (01:31.6)	11:31.8 (01:30.8)	13:02.6 (01:31.6)	14:34.2 (01:31.3)	16:05.5 (01:30.5)	17:36.0 (01:27.3)	19:03.3
21	8	宮本 類 ミヤモト ルイ	19:04.1	00:47.1 (01:28.6)	02:15.7 (01:29.2)	03:44.9 (01:28.6)	05:13.5 (01:27.8)	06:41.3 (01:29.2)	08:10.5 (01:30.9)	09:41.4 (01:34.6)	11:16.0 (01:34.8)	12:50.8 (01:34.8)	14:25.6 (01:34.8)	16:00.4 (01:34.9)	17:35.3 (01:28.8)	19:04.1
22	29	藤田 拓史 フジタ タクジ	19:04.3	00:48.2 (01:30.5)	02:18.7 (01:32.7)	03:51.4 (01:32.8)	05:24.2 (01:31.6)	06:55.8 (01:31.7)	08:27.5 (01:33.1)	10:00.6 (01:30.2)	11:30.8 (01:32.2)	13:03.0 (01:32.0)	14:35.0 (01:31.1)	16:06.1 (01:31.5)	17:37.6 (01:26.7)	19:04.3
23	17	ABSOUS Olivier アブスー オリヴィエ	19:04.6	00:46.7 (01:29.0)	02:15.7 (01:30.2)	03:45.9 (01:30.3)	05:16.2 (01:29.5)	06:45.7 (01:30.9)	08:16.6 (01:30.5)	09:47.1 (01:30.3)	11:17.4 (01:33.0)	12:50.4 (01:35.5)	14:25.9 (01:35.0)	16:00.9 (01:34.1)	17:35.0 (01:29.6)	19:04.6
24	30	山崎 雄大 ヤマザキ ユウタ	19:07.0	00:49.0 (01:30.8)	02:19.8 (01:33.2)	03:53.0 (01:32.0)	05:25.0 (01:31.3)	06:56.3 (01:32.1)	08:28.4 (01:32.4)	10:00.8 (01:31.2)	11:32.0 (01:33.6)	13:05.6 (01:35.5)	14:41.1 (01:32.8)	16:13.9 (01:32.3)	17:46.2 (01:20.8)	19:07.0
25	44	太田 宏樹	19:19.6	00:46.7 (01:32.4)	02:19.1 (01:32.4)	03:51.5 (01:33.0)	05:24.5 (01:31.5)	06:56.0 (01:31.8)	08:27.8 (01:33.2)	10:01.0 (01:30.0)	11:31.0 (01:32.1)	13:03.1 (01:32.2)	14:35.3 (01:34.7)	16:10.0 (01:39.3)	17:49.3 (01:30.3)	19:19.6
26	38	デュフロ シルバン デュフロ シルバン	19:22.4	00:49.0 (01:31.3)	02:20.3 (01:33.6)	03:53.9 (01:35.1)	05:29.0 (01:33.3)	07:02.3 (01:34.6)	08:36.9 (01:35.1)	10:12.0 (01:32.5)	11:44.5 (01:33.7)	13:18.2 (01:32.3)	14:50.5 (01:32.7)	16:23.2 (01:33.5)	17:56.7 (01:25.7)	19:22.4
27	37	本田 達也 ホンダ タツヤ	19:24.0	00:49.1 (01:30.3)	02:19.4 (01:32.7)	03:52.1 (01:33.5)	05:25.6 (01:31.4)	06:57.0 (01:32.6)	08:29.6 (01:32.5)	10:02.1 (01:34.3)	11:36.4 (01:36.2)	13:12.6 (01:35.8)	14:48.4 (01:35.1)	16:23.5 (01:33.5)	17:57.0 (01:27.0)	19:24.0
28	34	酒井 辰哉 サカイ タツヤ	19:25.2	00:49.0 (01:31.1)	02:20.1 (01:33.6)	03:53.7 (01:35.5)	05:29.2 (01:33.1)	07:02.3 (01:34.5)	08:36.8 (01:35.2)	10:12.0 (01:32.4)	11:44.4 (01:33.7)	13:18.1 (01:32.3)	14:50.4 (01:32.7)	16:23.1 (01:32.7)	17:55.8 (01:29.4)	19:25.2
29	33	中澤 武 ナカザワ タケシ	19:27.9	00:49.3 (01:30.9)	02:20.2 (01:33.3)	03:53.5 (01:34.7)	05:28.2 (01:33.7)	07:01.9 (01:34.4)	08:36.3 (01:35.2)	10:11.5 (01:32.5)	11:44.0 (01:33.7)	13:17.7 (01:33.4)	14:51.1 (01:33.6)	16:24.7 (01:32.7)	17:57.4 (01:30.5)	19:27.9
30	36	孫 熙久 ソン フィグ	19:36.9	00:49.2 (01:32.7)	02:21.9 (01:36.1)	03:58.0 (01:35.5)	05:33.5 (01:36.2)	07:09.7 (01:34.6)	08:44.3 (01:36.2)	10:20.5 (01:34.4)	11:54.9 (01:33.8)	13:28.7 (01:36.0)	15:04.7 (01:34.5)	16:39.2 (01:34.5)	18:13.7 (01:23.2)	19:36.9

## 第72回M×Kディスタンストライアル in 代々木

## M×K Distance

2023年12月24日

## 5000m-2組

順位	ナンバ	氏名	記録	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
31	35	石井 明夫 イシイ アキオ	19:37.9	00:49.5 (01:31.3)	02:20.8 (01:33.5)	03:54.3 (01:35.2)	05:29.5 (01:33.1)	07:02.6 (01:34.7)	08:37.3 (01:35.0)	10:12.3 (01:32.5)	11:44.8 (01:34.2)	13:19.0 (01:38.0)	14:57.0 (01:37.9)	16:34.9 (01:38.5)	18:13.4 (01:24.5)	19:37.9
32	21	井戸根 裕之 イデネ ヒロユキ	19:39.5	00:47.9 (01:30.9)	02:18.8 (01:32.6)	03:51.4 (01:33.0)	05:24.4 (01:31.6)	06:56.0 (01:32.2)	08:28.2 (01:33.1)	10:01.3 (01:30.0)	11:31.3 (01:33.7)	13:05.0 (01:38.1)	14:43.1 (01:39.2)	16:22.3 (01:39.8)	18:02.1 (01:37.4)	19:39.5
33	26	大槻 知史 オツキ サトシ	19:51.4	00:50.5 (01:32.9)	02:23.4 (01:35.3)	03:58.7 (01:35.1)	05:33.8 (01:36.2)	07:10.0 (01:34.7)	08:44.7 (01:36.2)	10:20.9 (01:34.4)	11:55.3 (01:33.9)	13:29.2 (01:36.0)	15:05.2 (01:36.6)	16:41.8 (01:36.5)	18:18.3 (01:33.1)	19:51.4
34	31	三好 秀典 ミヨシ ヒデノリ	20:02.1	00:49.9 (01:35.0)	02:24.9 (01:36.9)	04:01.8 (01:35.5)	05:37.3 (01:36.2)	07:13.5 (01:35.0)	08:48.5 (01:35.3)	10:23.8 (01:35.4)	11:59.2 (01:38.0)	13:37.2 (01:37.1)	15:14.3 (01:37.3)	16:51.6 (01:34.5)	18:26.1 (01:36.0)	20:02.1
35	41	戸井 久 トイ ヒサシ	20:15.3	00:50.0 (01:33.7)	02:23.7 (01:36.0)	03:59.7 (01:36.5)	05:36.2 (01:37.4)	07:13.6 (01:36.9)	08:50.5 (01:38.7)	10:29.2 (01:38.9)	12:08.1 (01:38.4)	13:46.5 (01:39.9)	15:26.4 (01:37.4)	17:03.8 (01:38.0)	18:41.8 (01:33.5)	20:15.3
36	25	松本 咲子 マツモト サキコ	20:20.4	00:47.9 (01:30.0)	02:17.9 (01:32.4)	03:50.3 (01:33.1)	05:23.4 (01:31.3)	06:54.7 (02:01.2)	08:55.9 (01:36.8)	10:32.7 (01:38.5)	12:11.2 (01:38.0)	13:49.2 (01:39.0)	15:28.2 (01:38.3)	17:06.5 (01:37.8)	18:44.3 (01:36.1)	20:20.4
37	19	加藤 真緒 カウ マオ	20:32.7	00:47.2 (01:30.4)	02:17.6 (01:32.4)	03:50.0 (01:33.3)	05:23.3 (01:31.7)	06:55.0 (01:40.2)	08:35.2 (01:44.0)	10:19.2 (01:45.1)	12:04.3 (01:45.7)	13:50.0 (01:46.6)	15:36.6 (01:43.9)	17:20.5 (01:41.0)	19:01.5 (01:31.2)	20:32.7
38	40	石上 聡子 イシガミ サトコ	20:38.4	00:50.6 (01:34.1)	02:24.7 (01:37.7)	04:02.4 (01:38.4)	05:40.8 (01:39.3)	07:20.1 (01:39.9)	09:00.0 (01:41.1)	10:41.1 (01:42.4)	12:23.5 (01:42.3)	14:05.8 (01:40.9)	15:46.7 (01:40.4)	17:27.1 (01:38.6)	19:05.7 (01:32.7)	20:38.4
39	10	西澤 賢治 ニシザワ ケンジ	20:48.1	00:48.5 (01:31.0)	02:19.5 (01:33.9)	03:53.4 (01:35.0)	05:28.4 (01:34.9)	07:03.3 (01:40.5)	08:43.8 (01:41.3)	10:25.1 (01:44.4)	12:09.5 (01:44.8)	13:54.3 (01:44.8)	15:39.1 (01:45.7)	17:24.8 (01:45.3)	19:10.1 (01:38.0)	20:48.1

## 5000m-3組

順位	ナンバ-	氏名	記録	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
1	32	茶園 宗武 チャエン ムネタケ	16:57.5	00:41.1 (01:22.1)	02:03.2 (01:23.3)	03:26.5 (01:23.1)	04:49.6 (01:21.5)	06:11.1 (01:22.1)	07:33.2 (01:22.7)	08:55.9 (01:22.6)	10:18.5 (01:19.6)	11:38.1 (01:21.2)	12:59.3 (01:21.4)	14:20.7 (01:21.3)	15:42.0 (01:21.3)	16:57.5 (01:15.5)
2	15	児玉 翔羽 コタマ ショウゴ	17:02.7	00:41.7 (01:22.1)	02:03.8 (01:23.3)	03:27.1 (01:23.1)	04:50.2 (01:21.3)	06:11.5 (01:22.3)	07:33.8 (01:22.7)	08:56.5 (01:22.7)	10:19.2 (01:21.9)	11:41.1 (01:22.0)	13:03.1 (01:21.8)	14:24.9 (01:21.8)	15:46.7 (01:21.8)	17:02.7 (01:16.0)
3	16	吉野 拓海 ヨシノ タカミ	17:05.9	00:42.4 (01:22.3)	02:04.7 (01:23.5)	03:28.2 (01:23.9)	04:52.1 (01:23.3)	06:15.4 (01:23.8)	07:39.2 (01:23.1)	09:02.3 (01:23.3)	10:25.6 (01:23.6)	11:49.2 (01:22.2)	13:11.4 (01:23.0)	14:34.4 (01:20.0)	15:54.4 (01:20.0)	17:05.9 (01:11.5)
4	6	松浦 寛輝 マツウラ ヒロキ	17:08.7	00:41.5 (01:22.1)	02:03.6 (01:23.3)	03:26.9 (01:23.0)	04:49.9 (01:21.4)	06:11.3 (01:22.2)	07:33.5 (01:22.5)	08:56.0 (01:22.9)	10:18.9 (01:23.0)	11:41.9 (01:22.4)	13:04.3 (01:21.3)	14:25.6 (01:22.4)	15:48.0 (01:22.4)	17:08.7 (01:20.7)
5	9	藤野 岳春 フジノ タケハル	17:14.8	00:42.5 (01:22.5)	02:05.0 (01:23.5)	03:28.5 (01:23.9)	04:52.4 (01:23.4)	06:15.8 (01:23.6)	07:39.4 (01:23.2)	09:02.6 (01:23.3)	10:25.9 (01:23.5)	11:49.4 (01:22.3)	13:11.7 (01:23.0)	14:34.7 (01:22.0)	15:56.7 (01:22.0)	17:14.8 (01:18.1)
6	23	近藤 俊 コトウ シュン	17:27.9	00:43.9 (01:24.1)	02:08.0 (01:26.0)	03:34.0 (01:26.2)	05:00.2 (01:24.9)	06:25.1 (01:24.3)	07:49.4 (01:24.6)	09:14.0 (01:25.5)	10:39.5 (01:25.4)	12:04.9 (01:25.4)	13:30.3 (01:24.7)	14:55.0 (01:23.3)	16:18.3 (01:23.3)	17:27.9 (01:09.6)
7	4	中村 覚 ナカムラ サツ	17:28.9	00:43.3 (01:22.6)	02:05.9 (01:23.6)	03:29.5 (01:24.2)	04:53.7 (01:24.4)	06:18.1 (01:25.9)	07:44.0 (01:25.8)	09:09.8 (01:25.7)	10:35.5 (01:24.6)	12:00.1 (01:25.4)	13:25.5 (01:24.4)	14:49.9 (01:25.6)	16:15.5 (01:25.6)	17:28.9 (01:13.4)
8	8	黒澤 遥介 クロサワ ヨウスケ	17:29.9	00:43.2 (01:23.0)	02:06.2 (01:23.8)	03:30.0 (01:24.3)	04:54.3 (01:24.3)	06:18.6 (01:23.7)	07:42.3 (01:24.3)	09:06.6 (01:24.3)	10:30.9 (01:24.7)	11:55.6 (01:25.3)	13:20.9 (01:24.7)	14:45.6 (01:25.4)	16:11.0 (01:25.4)	17:29.9 (01:18.9)
9	10	勅使河原 一嶺 テシガワラ タカネ	17:31.9	00:44.3 (01:24.4)	02:08.7 (01:25.8)	03:34.5 (01:26.2)	05:00.7 (01:24.9)	06:25.6 (01:24.0)	07:49.6 (01:24.4)	09:14.0 (01:25.7)	10:39.7 (01:25.4)	12:05.1 (01:24.6)	13:29.7 (01:24.0)	14:53.7 (01:22.1)	16:15.8 (01:22.1)	17:31.9 (01:16.1)
10	19	榊原 利紀 サカキハラ トシノリ	17:34.7	00:43.8 (01:24.5)	02:08.3 (01:25.8)	03:34.1 (01:26.3)	05:00.4 (01:25.8)	06:26.2 (01:24.2)	07:50.4 (01:23.9)	09:14.3 (01:25.6)	10:39.9 (01:25.4)	12:05.3 (01:25.1)	13:30.4 (01:24.7)	14:55.1 (01:21.9)	16:17.0 (01:21.9)	17:34.7 (01:17.7)
11	42	近藤 雄二 コトウ ユウジ	17:35.8	00:41.8 (01:22.0)	02:03.8 (01:23.4)	03:27.2 (01:23.6)	04:50.8 (01:25.8)	06:16.6 (01:23.8)	07:40.4 (01:24.8)	09:05.2 (01:28.5)	10:33.7 (01:26.7)	12:00.4 (01:25.4)	13:25.8 (01:25.7)	14:51.5 (01:26.0)	16:17.5 (01:26.0)	17:35.8 (01:18.3)
12	3	長尾 大喜 ナガオ ダイキ	17:39.1	00:42.7 (01:22.5)	02:05.2 (01:23.6)	03:28.8 (01:24.0)	04:52.8 (01:23.3)	06:16.1 (01:23.8)	07:39.9 (01:23.1)	09:03.0 (01:23.4)	10:26.4 (01:24.7)	11:51.1 (01:28.6)	13:19.7 (01:31.7)	14:51.4 (01:27.7)	16:19.1 (01:27.7)	17:39.1 (01:20.0)
13	25	小森 弘喜 コモリ ヒロキ	17:41.6	00:44.2 (01:24.1)	02:08.3 (01:25.9)	03:34.2 (01:26.1)	05:00.3 (01:25.6)	06:25.9 (01:24.8)	07:50.7 (01:24.3)	09:15.0 (01:25.6)	10:40.6 (01:25.2)	12:05.8 (01:25.0)	13:30.8 (01:24.9)	14:55.7 (01:24.2)	16:19.9 (01:24.2)	17:41.6 (01:21.7)
14	17	佐藤 真一 サトウ シンイチ	17:42.0	00:45.3 (01:26.1)	02:11.4 (01:25.8)	03:37.2 (01:27.0)	05:04.2 (01:26.5)	06:30.7 (01:26.0)	07:56.7 (01:25.8)	09:22.5 (01:26.5)	10:49.0 (01:24.7)	12:13.7 (01:23.9)	13:37.6 (01:22.2)	14:59.8 (01:23.5)	16:23.3 (01:23.5)	17:42.0 (01:18.7)
15	20	百瀬 優 モモセ マサル	17:44.6	00:44.4 (01:25.4)	02:09.8 (01:26.1)	03:35.9 (01:27.0)	05:02.9 (01:26.2)	06:29.1 (01:26.2)	07:55.3 (01:25.5)	09:20.8 (01:26.4)	10:47.2 (01:25.8)	12:13.0 (01:26.9)	13:39.9 (01:23.6)	15:03.5 (01:22.6)	16:26.1 (01:22.6)	17:44.6 (01:18.5)

## 第72回M×Kディスタンストライアル in 代々木

## M×K Distance

2023年12月24日

## 5000m-3組

順位	ナンバ	氏名	記録	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
16	22	佐藤 智明 サウトモアキ	17:47.5	00:44.9 (01:25.6)	02:10.5 (01:26.2)	03:36.7 (01:27.1)	05:03.8 (01:26.3)	06:30.1 (01:26.2)	07:56.3 (01:25.8)	09:22.1 (01:25.7)	10:47.8 (01:25.4)	12:13.2 (01:26.6)	13:39.8 (01:23.4)	15:03.2 (01:23.8)	16:27.0 (01:23.8)	17:47.5 (01:20.5)
17	18	島田 友成 シマダ トモナリ	17:50.1	00:43.9 (01:24.1)	02:08.0 (01:26.1)	03:34.1 (01:25.8)	04:59.9 (01:25.5)	06:25.4 (01:24.7)	07:50.1 (01:26.0)	09:16.1 (01:25.6)	10:41.7 (01:26.2)	12:07.9 (01:26.3)	13:34.2 (01:26.1)	15:00.3 (01:27.5)	16:27.8 (01:27.5)	17:50.1 (01:22.3)
18	34	柿本 俊文 かきもと 俊文	17:51.6	00:44.8 (01:25.1)	02:09.9 (01:26.3)	03:36.2 (01:26.9)	05:03.1 (01:26.2)	06:29.3 (01:26.3)	07:55.6 (01:26.2)	09:21.8 (01:26.6)	10:48.4 (01:25.9)	12:14.3 (01:26.3)	13:40.6 (01:25.5)	15:06.1 (01:25.8)	16:31.9 (01:25.8)	17:51.6 (01:19.7)
19	5	戎 高佑 エビス コウスケ	17:52.0	00:43.0 (01:22.6)	02:05.6 (01:23.4)	03:29.0 (01:24.2)	04:53.2 (01:23.3)	06:16.5 (01:23.7)	07:40.2 (01:23.7)	09:03.9 (01:28.9)	10:32.8 (01:28.5)	12:01.3 (01:29.5)	13:30.8 (01:28.6)	14:59.4 (01:29.3)	16:28.7 (01:29.3)	17:52.0 (01:23.3)
20	31	ウェルスティード 暁 ウエルスティード アキラ	17:52.1	00:45.7 (01:24.6)	02:10.3 (01:26.1)	03:36.4 (01:27.1)	05:03.5 (01:26.2)	06:29.7 (01:26.2)	07:55.9 (01:25.5)	09:21.4 (01:26.8)	10:48.2 (01:25.9)	12:14.1 (01:26.3)	13:40.4 (01:25.3)	15:05.7 (01:25.2)	16:30.9 (01:25.2)	17:52.1 (01:21.2)
21	41	石川 真之 イシカワ マサユキ	17:53.6	00:43.6 (01:25.9)	02:09.5 (01:26.2)	03:35.7 (01:26.9)	05:02.6 (01:26.2)	06:28.8 (01:26.3)	07:55.1 (01:26.0)	09:21.1 (01:26.4)	10:47.5 (01:25.9)	12:13.4 (01:26.8)	13:40.2 (01:25.4)	15:05.6 (01:26.1)	16:31.7 (01:26.1)	17:53.6 (01:21.9)
22	29	齊藤 亮介 サイノウ リョウスケ	18:02.8	00:46.1 (01:27.8)	02:13.9 (01:28.9)	03:42.8 (01:28.4)	05:11.2 (01:27.8)	06:39.0 (01:27.1)	08:06.1 (01:28.0)	09:34.1 (01:27.8)	11:01.9 (01:27.5)	12:29.4 (01:27.8)	13:57.2 (01:27.0)	15:24.2 (01:23.2)	16:47.4 (01:23.2)	18:02.8 (01:15.4)
23	21	稲田 勝 イナダ マサル	18:03.6	00:45.7 (01:27.3)	02:13.0 (01:29.3)	03:42.3 (01:28.3)	05:10.6 (01:28.0)	06:38.6 (01:27.1)	08:05.7 (01:27.7)	09:33.4 (01:27.9)	11:01.3 (01:27.5)	12:28.8 (01:27.9)	13:56.7 (01:27.8)	15:24.5 (01:27.8)	16:49.6 (01:25.1)	18:03.6 (01:14.0)
24	40	前田 健輔 マエダ ケンスケ	18:04.3	00:44.4 (01:27.8)	02:12.2 (01:29.7)	03:41.9 (01:28.5)	05:10.4 (01:27.9)	06:38.3 (01:26.8)	08:05.1 (01:28.1)	09:33.2 (01:27.7)	11:00.9 (01:27.8)	12:28.7 (01:27.6)	13:56.3 (01:27.5)	15:23.8 (01:23.7)	16:47.5 (01:23.7)	18:04.3 (01:16.8)
25	39	金子 武史 カネコ タケミ	18:13.7	00:45.6 (01:27.8)	02:13.4 (01:29.2)	03:42.6 (01:28.4)	05:11.0 (01:28.1)	06:39.1 (01:26.8)	08:05.9 (01:28.1)	09:34.0 (01:27.6)	11:01.6 (01:27.6)	12:29.2 (01:27.8)	13:57.0 (01:27.3)	15:24.3 (01:26.8)	16:51.1 (01:26.8)	18:13.7 (01:22.6)
26	43	龍 国偉 リュウ コクイ	18:25.4	00:42.7 (01:22.8)	02:05.5 (01:23.8)	03:29.3 (01:24.0)	04:53.3 (01:23.5)	06:16.8 (01:26.5)	07:43.3 (01:30.1)	09:13.4 (01:27.8)	10:41.2 (01:31.0)	12:12.2 (01:30.4)	13:42.6 (01:38.4)	15:21.0 (01:32.9)	16:53.9 (01:32.9)	18:25.4 (01:31.5)
27	24	山田 航平 ヤマダ コウヘイ	18:28.3	00:44.4 (01:25.2)	02:09.6 (01:26.0)	03:35.6 (01:26.7)	05:02.3 (01:26.2)	06:28.5 (01:26.2)	07:54.7 (01:26.3)	09:21.0 (01:26.9)	10:47.9 (01:28.3)	12:16.2 (01:33.7)	13:49.9 (01:34.0)	15:23.9 (01:33.7)	16:57.6 (01:33.7)	18:28.3 (01:30.7)
28	33	笹尾 慎吾 ササオ シンゴ	18:30.5	00:44.7 (01:27.6)	02:12.3 (01:29.5)	03:41.8 (01:28.5)	05:10.3 (01:28.0)	06:38.3 (01:27.2)	08:05.5 (01:29.0)	09:34.5 (01:27.7)	11:02.2 (01:28.2)	12:30.4 (01:30.4)	14:00.8 (01:32.3)	15:33.1 (01:31.7)	17:04.8 (01:31.7)	18:30.5 (01:25.7)
29	26	飯島 隆介 イジマ リュウスケ	18:47.8	00:44.8 (01:24.7)	02:09.5 (01:25.6)	03:35.1 (01:26.4)	05:01.5 (01:25.4)	06:26.9 (01:24.2)	07:51.1 (01:25.6)	09:16.7 (01:27.9)	10:44.6 (01:33.3)	12:17.9 (01:35.6)	13:53.5 (01:36.8)	15:30.3 (01:37.0)	17:07.3 (01:37.0)	18:47.8 (01:40.5)
30	38	富澤 薫 トミザワ カオル	18:50.8	00:45.2 (01:27.4)	02:12.6 (01:29.5)	03:42.1 (01:28.5)	05:10.6 (01:27.9)	06:38.5 (01:28.2)	08:06.7 (01:32.2)	09:38.9 (01:32.9)	11:11.8 (01:32.9)	12:44.7 (01:32.2)	14:16.9 (01:32.2)	15:49.8 (01:32.9)	17:21.2 (01:31.4)	18:50.8 (01:29.6)



## 第72回M×Kディスタンストライアル in 代々木

## M×KDistance

2023年12月24日

## 5000m-3組

順位	ナンバ	氏名	記録	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
31	37	武田 亮平 タケダ リョウヘイ	18:55.3	00:44.9 (01:27.1)	02:12.0 (01:29.5)	03:41.5 (01:28.7)	05:10.2 (01:27.9)	06:38.1 (01:27.3)	08:05.4 (01:29.6)	09:35.0 (01:31.2)	11:06.2 (01:35.2)	12:41.4 (01:35.7)	14:17.1 (01:33.0)	15:50.1 (01:36.3)	17:26.4 (01:36.3)	18:55.3 (01:28.9)
32	36	山口 幹哉 ヤマグチ ミキヤ	18:58.9	00:46.1 (01:27.5)	02:13.6 (01:29.3)	03:42.9 (01:28.4)	05:11.3 (01:28.2)	06:39.5 (01:28.1)	08:07.6 (01:31.6)	09:39.2 (01:33.0)	11:12.2 (01:33.6)	12:45.8 (01:33.9)	14:19.7 (01:36.1)	15:55.8 (01:36.0)	17:31.8 (01:36.0)	18:58.9 (01:27.1)
33	35	田中 真吾 タナカ シンゴ	19:19.1	00:46.4 (01:27.2)	02:13.6 (01:29.8)	03:43.4 (01:30.8)	05:14.2 (01:34.5)	06:48.7 (01:35.0)	08:23.7 (01:35.1)	09:58.8 (01:33.7)	11:32.5 (01:32.5)	13:05.0 (01:34.3)	14:39.3 (01:34.0)	16:13.3 (01:34.0)	17:47.7 (01:34.4)	19:19.1 (01:31.4)
DNF	7	丹野 幸輝 タノ コウキ		00:41.2 (01:22.1)	02:03.3 (01:23.4)	03:26.7 (01:23.6)	04:50.3 (01:27.3)	06:17.6 (01:31.0)	07:48.6 (01:31.3)	09:19.9 (01:31.2)	10:51.1 ( )	( )	( )	( )	( )	( )

## 5000m-4組

順位	ナンバ	氏名	記録	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
1	47	遠藤 湊 エンドウミナト	16:04.5	00:40.6 (01:19.0)	01:59.6 (01:18.1)	03:17.7 (01:17.9)	04:35.6 (01:17.7)	05:53.3 (01:18.9)	07:12.2 (01:17.6)	08:29.8 (01:18.2)	09:48.0 (01:19.1)	11:07.1 (01:18.1)	12:25.2 (01:13.7)	13:38.9 (01:14.2)	14:53.1 (01:14.2)	16:04.5 (01:11.4)
2	4	高野 寛 効ノヒロシ	16:13.7	00:43.5 (01:16.7)	02:00.2 (01:17.6)	03:17.8 (01:17.9)	04:35.7 (01:17.5)	05:53.2 (01:18.5)	07:11.7 (01:17.9)	08:29.6 (01:18.2)	09:47.8 (01:19.3)	11:07.1 (01:18.0)	12:25.1 (01:15.8)	13:40.9 (01:16.2)	14:57.1 (01:16.2)	16:13.7 (01:16.6)
3	3	大木 陽平 オオキ ヨウヘイ	16:15.2	00:42.9 (01:18.1)	02:01.0 (01:18.0)	03:19.0 (01:17.9)	04:36.9 (01:17.6)	05:54.5 (01:18.7)	07:13.2 (01:17.3)	08:30.5 (01:18.1)	09:48.6 (01:19.0)	11:07.6 (01:17.9)	12:25.5 (01:18.6)	13:44.1 (01:18.0)	15:02.1 (01:18.0)	16:15.2 (01:13.1)
4	10	佐藤 国光 サウ ケニツ	16:16.8	00:42.0 (01:18.8)	02:00.8 (01:18.2)	03:19.0 (01:17.6)	04:36.6 (01:17.8)	05:54.4 (01:18.4)	07:12.8 (01:17.5)	08:30.3 (01:18.2)	09:48.5 (01:19.2)	11:07.7 (01:18.3)	12:26.0 (01:19.0)	13:45.0 (01:18.1)	15:03.1 (01:18.1)	16:16.8 (01:13.7)
5	44	深澤 洋志 フカザワ ヒロシ	16:16.8	00:40.7 (01:19.2)	01:59.9 (01:18.3)	03:18.2 (01:17.5)	04:35.7 (01:18.0)	05:53.7 (01:18.7)	07:12.4 (01:17.8)	08:30.2 (01:18.0)	09:48.2 (01:19.1)	11:07.3 (01:18.1)	12:25.4 (01:19.1)	13:44.5 (01:17.6)	15:02.1 (01:17.6)	16:16.8 (01:14.7)
6	18	奥山 潮 オクヤマ ウシホ	16:17.3	00:42.5 (01:18.5)	02:01.0 (01:18.1)	03:19.1 (01:18.1)	04:37.2 (01:19.6)	05:56.8 (01:20.1)	07:16.9 (01:21.1)	08:38.0 (01:18.0)	09:56.0 (01:18.0)	11:14.0 (01:18.0)	12:32.7 (01:18.7)	13:50.4 (01:17.7)	15:07.1 (01:16.7)	16:17.3 (01:10.2)
7	21	丸尾 擁平 マルオ ヨウヘイ	16:19.6	00:43.1 (01:18.4)	02:01.5 (01:17.9)	03:19.4 (01:18.2)	04:37.6 (01:19.4)	05:57.0 (01:19.6)	07:16.6 (01:20.6)	08:37.2 (01:18.6)	09:55.8 (01:18.0)	11:13.8 (01:18.6)	12:32.4 (01:17.9)	13:50.3 (01:16.5)	15:06.8 (01:16.5)	16:19.6 (01:12.8)
8	1	古和田 響 コワダ ヒビキ	16:20.8	00:43.9 (01:15.5)	01:59.4 (01:18.1)	03:17.5 (01:17.9)	04:35.4 (01:17.7)	05:53.1 (01:18.5)	07:11.6 (01:17.9)	08:29.5 (01:18.2)	09:47.7 (01:19.2)	11:06.9 (01:18.0)	12:24.9 (01:19.9)	13:44.8 (01:17.1)	15:01.9 (01:17.1)	16:20.8 (01:18.9)
9	28	佐藤 竜介 サウ リョウスケ	16:23.7	00:42.6 (01:19.3)	02:01.9 (01:18.0)	03:19.9 (01:18.7)	04:38.6 (01:19.5)	05:58.1 (01:20.5)	07:18.6 (01:20.9)	08:39.5 (01:19.2)	09:58.7 (01:22.8)	11:21.5 (01:21.1)	12:42.6 (01:17.9)	14:00.5 (01:17.1)	15:17.6 (01:17.1)	16:23.7 (01:06.1)
10	7	増子 巨輝 マシコ コウキ	16:28.1	00:43.0 (01:19.2)	02:02.2 (01:18.1)	03:20.3 (01:18.5)	04:38.8 (01:19.3)	05:58.1 (01:20.3)	07:18.4 (01:20.7)	08:39.1 (01:19.4)	09:58.5 (01:22.5)	11:21.0 (01:21.0)	12:42.0 (01:19.5)	14:01.5 (01:19.1)	15:20.6 (01:19.1)	16:28.1 (01:07.5)
11	9	安田 隼 ヤスタ シュン	16:30.3	00:43.7 (01:18.2)	02:01.9 (01:17.9)	03:19.8 (01:18.3)	04:38.1 (01:19.2)	05:57.3 (01:20.6)	07:17.9 (01:20.5)	08:38.4 (01:20.1)	09:58.5 (01:22.3)	11:20.8 (01:21.0)	12:41.8 (01:18.6)	14:00.4 (01:17.5)	15:17.9 (01:17.5)	16:30.3 (01:12.4)
12	16	宮城 克基 ミヤキ カツキ	16:32.8	00:42.0 (01:18.7)	02:00.7 (01:17.9)	03:18.6 (01:18.4)	04:37.0 (01:19.4)	05:56.4 (01:19.9)	07:16.3 (01:21.8)	08:38.1 (01:19.4)	09:57.5 (01:20.0)	11:17.5 (01:20.1)	12:37.6 (01:20.6)	13:58.2 (01:19.9)	15:18.1 (01:19.9)	16:32.8 (01:14.7)
13	6	ムラカワ ユウイチ ムラカワ ユウイチ	16:34.1	00:43.0 (01:20.4)	02:03.4 (01:18.0)	03:21.4 (01:17.8)	04:39.2 (01:19.2)	05:58.4 (01:20.8)	07:19.2 (01:20.7)	08:39.9 (01:19.1)	09:59.0 (01:22.4)	11:21.4 (01:21.2)	12:42.6 (01:19.2)	14:01.8 (01:19.6)	15:21.4 (01:19.6)	16:34.1 (01:12.7)
14	45	花田 康 ハナダ ヤスシ	16:35.7	00:42.2 (01:19.1)	02:01.3 (01:18.6)	03:19.9 (01:18.3)	04:38.2 (01:19.5)	05:57.7 (01:20.3)	07:18.0 (01:20.6)	08:38.6 (01:19.7)	09:58.3 (01:22.7)	11:21.0 (01:21.0)	12:42.0 (01:19.0)	14:01.0 (01:19.6)	15:20.6 (01:19.6)	16:35.7 (01:15.1)
15	11	Pellegrini Marco ペレグリーニ マルコ	16:36.9	00:42.8 (01:19.3)	02:02.1 (01:19.4)	03:21.5 (01:19.3)	04:40.8 (01:19.8)	06:00.6 (01:20.7)	07:21.3 (01:20.0)	08:41.3 (01:19.4)	10:00.7 (01:21.0)	11:21.7 (01:21.0)	12:42.6 (01:20.9)	14:02.5 (01:19.9)	15:22.0 (01:19.5)	16:36.9 (01:14.9)

## 第72回M×Kディスタンストライアル in 代々木

## M×K Distance

2023年12月24日

## 5000m-4組

順位	ナンバ-	氏名	記録	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
16	41	井下田 雄亮 イゲタ ユウスケ	16:38.3	00:40.9 (01:19.0)	01:59.9 (01:18.1)	03:18.0 (01:18.3)	04:36.3 (01:19.8)	05:56.1 (01:20.3)	07:16.4 (01:21.1)	08:37.5 (01:20.4)	09:57.9 (01:22.3)	11:20.2 (01:22.5)	12:42.7 (01:20.9)	14:03.6 (01:20.6)	15:24.2 (01:20.6)	16:38.3 (01:14.1)
17	12	黒田 真伍 クロダ シンゴ	16:41.2	00:41.0 (01:19.1)	02:00.1 (01:17.9)	03:18.0 (01:17.7)	04:35.7 (01:18.2)	05:53.9 (01:18.2)	07:12.1 (01:17.8)	08:29.9 (01:19.1)	09:49.0 (01:26.9)	11:15.9 (01:22.4)	12:38.3 (01:23.3)	14:01.6 (01:23.6)	15:25.2 (01:23.6)	16:41.2 (01:16.0)
18	2	坂本 力哉 サカモト リキヤ	16:43.2	00:42.7 (01:19.5)	02:02.2 (01:16.3)	03:18.5 (01:17.6)	04:36.1 (01:18.0)	05:54.1 (01:19.2)	07:13.3 (01:24.5)	08:37.8 (01:20.4)	09:58.2 (01:22.3)	11:20.5 (01:21.0)	12:41.5 (01:20.1)	14:01.6 (01:20.1)	15:25.0 (01:23.4)	16:43.2 (01:18.2)
19	40	植草 光遥 ウエサ コウヨウ	16:46.1	00:44.4 (01:19.5)	02:03.9 (01:19.1)	03:23.0 (01:20.8)	04:43.8 (01:22.8)	06:06.6 (01:21.8)	07:28.4 (01:21.2)	08:49.6 (01:22.1)	10:11.7 (01:22.8)	11:34.5 (01:18.7)	12:53.2 (01:18.1)	14:11.3 (01:18.1)	15:30.4 (01:19.1)	16:46.1 (01:15.7)
20	25	島貴 弘敬 シマキ ヒロタカ	16:47.0	00:42.2 (01:20.8)	02:03.0 (01:19.3)	03:22.3 (01:21.1)	04:43.4 (01:22.8)	06:06.2 (01:21.7)	07:27.9 (01:21.4)	08:49.3 (01:22.3)	10:11.6 (01:22.7)	11:34.3 (01:18.9)	12:53.2 (01:18.5)	14:11.7 (01:19.3)	15:31.0 (01:19.3)	16:47.0 (01:16.0)
21	29	川口 翔平 カワグチ ショウヘイ	16:47.8	00:43.5 (01:21.3)	02:04.8 (01:18.9)	03:23.7 (01:20.2)	04:43.9 (01:22.6)	06:06.5 (01:21.4)	07:27.9 (01:21.4)	08:49.3 (01:22.1)	10:11.4 (01:22.9)	11:34.3 (01:18.5)	12:52.8 (01:18.7)	14:11.5 (01:18.7)	15:30.7 (01:19.2)	16:47.8 (01:17.1)
22	46	野中 善 ノカ セン	16:49.4	00:42.5 (01:18.5)	02:01.0 (01:18.4)	03:19.4 (01:18.6)	04:38.0 (01:19.4)	05:57.4 (01:20.8)	07:18.2 (01:21.3)	08:39.5 (01:21.6)	10:01.1 (01:23.6)	11:24.7 (01:24.3)	12:49.0 (01:23.1)	14:12.1 (01:23.1)	15:35.0 (01:22.9)	16:49.4 (01:14.4)
23	13	東海林 元 トウカイ 元	16:53.1	00:42.6 (01:19.8)	02:02.4 (01:19.6)	03:22.0 (01:21.2)	04:43.2 (01:22.7)	06:05.9 (01:21.6)	07:27.5 (01:21.5)	08:49.0 (01:22.1)	10:11.1 (01:23.0)	11:34.1 (01:21.3)	12:55.4 (01:21.4)	14:16.8 (01:21.4)	15:37.8 (01:21.0)	16:53.1 (01:15.3)
24	14	坂上 貴彦 サカウエ タカヒコ	16:53.6	00:41.2 (01:19.2)	02:00.4 (01:18.7)	03:19.1 (01:18.6)	04:37.7 (01:19.8)	05:57.5 (01:21.4)	07:18.9 (01:21.3)	08:40.2 (01:21.0)	10:01.2 (01:23.4)	11:24.6 (01:24.3)	12:48.9 (01:23.7)	14:12.6 (01:23.0)	15:35.6 (01:23.0)	16:53.6 (01:18.0)
25	22	小畑 光城 オハタ ミツシロ	16:57.7	00:42.5 (01:20.4)	02:02.9 (01:18.0)	03:20.9 (01:19.2)	04:40.1 (01:20.0)	06:00.1 (01:21.0)	07:21.1 (01:22.2)	08:43.3 (01:23.2)	10:06.5 (01:23.1)	11:29.6 (01:23.5)	12:53.1 (01:22.7)	14:15.8 (01:23.4)	15:39.2 (01:23.4)	16:57.7 (01:18.5)
26	37	平尾 良太 ヒラオ リョウタ	17:14.1	00:43.5 (01:22.5)	02:06.0 (01:20.8)	03:26.8 (01:22.4)	04:49.2 (01:23.7)	06:12.9 (01:23.2)	07:36.1 (01:24.0)	09:00.1 (01:24.1)	10:24.2 (01:24.1)	11:48.3 (01:24.5)	13:12.8 (01:24.5)	14:37.3 (01:22.7)	16:00.0 (01:22.7)	17:14.1 (01:14.1)
27	33	植田 晴真 ウエダ ハルマ	17:18.2	00:43.3 (01:19.5)	02:02.8 (01:19.7)	03:22.5 (01:21.0)	04:43.5 (01:22.8)	06:06.3 (01:21.5)	07:27.8 (01:21.3)	08:49.1 (01:22.2)	10:11.3 (01:23.0)	11:34.3 (01:24.3)	12:58.6 (01:29.7)	14:28.3 (01:28.5)	15:56.8 (01:28.5)	17:18.2 (01:21.4)
28	31	境野 光昭 サカイ ミツアキ	17:18.6	00:45.1 (01:22.5)	02:07.6 (01:22.1)	03:29.7 (01:21.5)	04:51.2 (01:22.4)	06:13.6 (01:22.9)	07:36.5 (01:23.1)	08:59.6 (01:24.0)	10:23.6 (01:24.2)	11:47.8 (01:24.6)	13:12.4 (01:25.5)	14:37.9 (01:23.2)	16:01.1 (01:23.2)	17:18.6 (01:17.5)
29	35	今井 純一 イマイ ジュンイチ	17:26.4	00:43.1 (01:22.1)	02:05.2 (01:20.8)	03:26.0 (01:22.8)	04:48.8 (01:23.7)	06:12.5 (01:23.0)	07:35.5 (01:24.4)	08:59.9 (01:24.0)	10:23.9 (01:24.1)	11:48.0 (01:24.5)	13:12.5 (01:25.4)	14:37.9 (01:24.9)	16:02.8 (01:24.9)	17:26.4 (01:23.6)
30	23	伊藤 範朗 イトウ ノリアキ	17:47.0	00:44.1 (01:20.4)	02:04.5 (01:19.1)	03:23.6 (01:20.7)	04:44.3 (01:23.2)	06:07.5 (01:22.5)	07:30.0 (01:27.3)	08:57.3 (01:28.6)	10:25.9 (01:29.6)	11:55.5 (01:31.1)	13:26.6 (01:30.2)	14:56.8 (01:27.6)	16:24.4 (01:27.6)	17:47.0 (01:22.6)

5000m-4組

順位	ナンバ-	氏名	記録	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
31	38	塚越 祐介 ツカシ ユウスケ	18:21.3	00:44.9 (01:22.5)	02:07.4 (01:25.9)	03:33.3 (01:27.0)	05:00.3 (01:28.8)	06:29.1 (01:27.2)	07:56.3 (01:28.6)	09:24.9 (01:29.2)	10:54.1 (01:29.9)	12:24.0 (01:30.9)	13:54.9 (01:32.0)	15:26.9 (01:29.4)	16:56.3 (01:29.4)	18:21.3 (01:25.0)
32	48	木村 蒼季 キムラ ソウキ	18:28.6	00:43.3 (01:20.4)	02:03.7 (01:19.5)	03:23.2 (01:19.6)	04:42.8 (01:22.8)	06:05.6 (01:24.3)	07:29.9 (01:27.7)	08:57.6 (01:30.9)	10:28.5 (01:36.9)	12:05.4 (01:43.3)	13:48.7 (01:41.3)	15:30.0 (01:36.9)	17:06.9 (01:36.9)	18:28.6 (01:21.7)
DNF	42	藤井 将大 フジイ マサヒロ		00:40.2 (01:19.1)	01:59.3 (01:18.0)	03:17.3 (01:18.0)	04:35.3 (01:19.7)	05:55.0 (01:22.4)	07:17.4 (01:24.8)	08:42.2 (01:27.6)	10:09.8 ( )	( )	( )	( )	( )	( )
DNF	5	加藤 悠真 カウユウマ		00:40.4 (01:19.2)	01:59.6 (01:17.9)	03:17.5 (01:17.9)	04:35.4 (01:18.3)	05:53.7 (01:19.1)	07:12.8 (01:20.1)	08:32.9 (01:21.2)	09:54.1 (01:40.4)	11:34.5 ( )	( )	( )	( )	( )
DNF	8	岩崎 太郎 イワサキ タロウ		00:41.7 (01:21.0)	02:02.7 (01:19.5)	03:22.2 (01:20.9)	04:43.1 (01:22.9)	06:06.0 (03:23.9)	09:29.9 ( )	( )	( )	( )	( )	( )	( )	( )
DNF	20	片原 照 カタハラ ヒカル		00:42.7 (01:18.9)	02:01.6 (01:18.8)	03:20.4 (01:18.4)	04:38.8 (01:19.1)	05:57.9 (01:20.5)	07:18.4 (01:20.7)	08:39.1 (01:19.6)	09:58.7 ( )	( )	( )	( )	( )	( )
DNF	26	竹内 良彰 タケウチ ヨシアキ		00:43.3 (01:20.0)	02:03.3 (01:19.4)	03:22.7 (01:21.2)	04:43.9 (01:22.9)	06:06.8 ( )	( )	( )	( )	( )	( )	( )	( )	( )
DNF	34	木村 康之 キムラ ヤスユキ		00:43.0 (01:21.5)	02:04.5 (01:22.7)	03:27.2 (01:25.6)	04:52.8 (01:27.2)	06:20.0 ( )	( )	( )	( )	( )	( )	( )	( )	( )
DNF	39	出田 周太郎 イデタ シュウタロウ		00:44.3 (01:21.5)	02:05.8 (01:21.0)	03:26.8 (01:21.7)	04:48.5 (01:25.0)	06:13.5 (02:04.1)	08:17.6 ( )	( )	( )	( )	( )	( )	( )	( )

## 5000m-5組

順位	ナンバ-	氏名	記録	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
1	7	横内 佑太朗 ヨウチ ユウタロウ	14:55.4	00:38.1 (01:11.4)	01:49.5 (01:12.5)	03:02.0 (01:12.9)	04:14.9 (01:13.2)	05:28.1 (01:10.9)	06:39.0 (01:12.5)	07:51.5 (01:12.3)	09:03.8 (01:12.1)	10:15.9 (01:11.5)	11:27.4 (01:09.3)	12:36.7 (01:11.4)	13:48.1 (01:11.4)	14:55.4 (01:07.3)
2	4	世古口 優羽 セコグチ ユウハ	14:56.3	00:37.9 (01:11.4)	01:49.3 (01:12.3)	03:01.6 (01:12.9)	04:14.5 (01:13.2)	05:27.7 (01:11.0)	06:38.7 (01:12.7)	07:51.4 (01:12.4)	09:03.8 (01:12.0)	10:15.8 (01:11.4)	11:27.2 (01:10.2)	12:37.4 (01:11.1)	13:48.5 (01:11.1)	14:56.3 (01:07.8)
3	2	古和田 響 コワダ ヒビキ	15:11.7	00:37.9 (01:11.5)	01:49.4 (01:12.1)	03:01.5 (01:12.9)	04:14.4 (01:13.3)	05:27.7 (01:11.3)	06:39.0 (01:12.9)	07:51.9 (01:12.5)	09:04.4 (01:14.2)	10:18.6 (01:13.6)	11:32.2 (01:16.0)	12:48.2 (01:15.2)	14:03.4 (01:15.2)	15:11.7 (01:08.3)
4	1	田之畑 隼 タノハタ シュン	15:12.2	00:36.1 (01:10.0)	01:46.1 (01:11.1)	02:57.2 (01:12.5)	04:09.7 (01:10.8)	05:20.5 (01:11.8)	06:32.3 (01:12.9)	07:45.2 (01:13.9)	08:59.1 (01:15.4)	10:14.5 (01:14.9)	11:29.4 (01:14.9)	12:44.3 (01:15.5)	13:59.8 (01:15.5)	15:12.2 (01:12.4)
5	13	宮坂 和樹 ミヤサカ カズキ	15:33.0	00:38.7 (01:13.0)	01:51.7 (01:13.2)	03:04.9 (01:15.2)	04:20.1 (01:14.3)	05:34.4 (01:12.9)	06:47.3 (01:15.0)	08:02.3 (01:16.7)	09:19.0 (01:17.5)	10:36.5 (01:17.6)	11:54.1 (01:16.8)	13:10.9 (01:16.8)	14:26.5 (01:15.6)	15:33.0 (01:06.5)
6	12	清原 和博 キヨハラ カズヒロ	15:35.1	00:38.5 (01:12.6)	01:51.1 (01:13.1)	03:04.2 (01:15.3)	04:19.5 (01:14.1)	05:33.6 (01:12.9)	06:46.5 (01:14.6)	08:01.1 (01:17.8)	09:18.9 (01:17.4)	10:36.3 (01:17.5)	11:53.8 (01:16.8)	13:10.6 (01:16.8)	14:27.3 (01:16.7)	15:35.1 (01:07.8)
7	11	菊地 悠人 キクチ ユウト	15:36.5	00:40.1 (01:14.5)	01:54.6 (01:14.8)	03:09.4 (01:14.1)	04:23.5 (01:13.5)	05:37.0 (01:15.0)	06:52.0 (01:16.3)	08:08.3 (01:16.7)	09:25.0 (01:15.9)	10:40.9 (01:16.2)	11:57.1 (01:15.0)	13:12.1 (01:15.0)	14:26.2 (01:14.1)	15:36.5 (01:10.3)
8	5	飯田 勇希 イダ ユウキ	15:38.8	00:39.3 (01:12.7)	01:52.0 (01:12.6)	03:04.6 (01:15.3)	04:19.9 (01:14.1)	05:34.0 (01:12.9)	06:46.9 (01:14.6)	08:01.5 (01:17.3)	09:18.8 (01:17.6)	10:36.4 (01:17.3)	11:53.7 (01:16.6)	13:10.3 (01:16.6)	14:27.3 (01:17.0)	15:38.8 (01:11.5)
9	22	本田 義人 ホンダ ヨシト	15:39.0	00:39.7 (01:15.1)	01:54.8 (01:15.6)	03:10.4 (01:15.5)	04:25.9 (01:15.9)	05:41.8 (01:16.5)	06:58.3 (01:16.2)	08:14.5 (01:16.0)	09:30.5 (01:15.7)	10:46.2 (01:14.0)	12:00.2 (01:14.9)	13:15.1 (01:13.5)	14:28.6 (01:13.5)	15:39.0 (01:10.4)
10	41	松井 啓 マツイ ケイ	15:39.7	00:38.9 (01:14.1)	01:53.0 (01:16.3)	03:09.3 (01:15.8)	04:25.1 (01:15.8)	05:40.9 (01:16.4)	06:57.3 (01:16.0)	08:13.3 (01:16.6)	09:29.9 (01:16.6)	10:46.2 (01:16.3)	12:01.5 (01:15.3)	13:16.6 (01:15.1)	14:28.8 (01:12.2)	15:39.7 (01:10.9)
11	21	高橋 徹 タカハシ トオル	15:41.0	00:39.9 (01:16.3)	01:56.2 (01:14.6)	03:10.8 (01:15.6)	04:26.4 (01:15.4)	05:41.8 (01:16.4)	06:58.2 (01:16.2)	08:14.4 (01:16.3)	09:30.7 (01:16.3)	10:47.1 (01:16.4)	12:02.1 (01:15.0)	13:17.2 (01:15.1)	14:30.3 (01:13.1)	15:41.0 (01:10.7)
12	17	宮岡 淳 ミヤオカ ジュン	15:42.0	00:39.0 (01:14.6)	01:53.6 (01:16.1)	03:09.7 (01:16.1)	04:25.8 (01:15.5)	05:41.3 (01:16.4)	06:57.7 (01:16.3)	08:14.0 (01:16.2)	09:30.2 (01:16.2)	10:46.5 (01:16.3)	12:01.8 (01:15.3)	13:16.8 (01:15.0)	14:31.9 (01:15.1)	15:42.0 (01:10.1)
13	28	笠井 勇馬 カサイ ユウマ	15:44.8	00:39.2 (01:15.0)	01:54.2 (01:15.9)	03:10.1 (01:16.5)	04:26.6 (01:15.6)	05:42.2 (01:16.4)	06:58.6 (01:16.3)	08:14.9 (01:16.6)	09:31.5 (01:17.2)	10:48.7 (01:16.1)	12:04.8 (01:15.6)	13:20.4 (01:15.6)	14:35.2 (01:14.8)	15:44.8 (01:09.6)
14	42	加藤 陽貴 カトウ ハルキ	15:48.9	00:40.1 (01:13.6)	01:53.7 (01:15.6)	03:09.3 (01:15.9)	04:25.2 (01:15.8)	05:41.0 (01:16.4)	06:57.4 (01:16.1)	08:13.5 (01:16.5)	09:30.0 (01:16.8)	10:46.8 (01:17.5)	12:04.3 (01:16.6)	13:20.9 (01:16.6)	14:37.1 (01:16.2)	15:48.9 (01:11.8)
15	25	根本 和喜 ネモト カズキ	15:50.2	00:39.3 (01:14.7)	01:54.0 (01:15.8)	03:09.8 (01:16.2)	04:26.0 (01:15.7)	05:41.7 (01:16.4)	06:58.1 (01:16.0)	08:14.1 (01:16.2)	09:30.3 (01:16.5)	10:46.8 (01:16.3)	12:03.1 (01:16.3)	13:21.0 (01:17.9)	14:38.0 (01:17.0)	15:50.2 (01:12.2)

## 第72回M×Kディスタンストライアル in 代々木

## M×K Distance

2023年12月24日

## 5000m-5組

順位	ナンバ	氏名	記録	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
16	15	上條 記男 カミジョウ リオ	15:50.5	00:40.6 (01:16.3)	01:56.9 (01:14.8)	03:11.7 (01:16.3)	04:28.0 (01:16.0)	05:44.0 (01:15.6)	06:59.6 (01:16.0)	08:15.6 (01:16.7)	09:32.3 (01:16.7)	10:49.0 (01:16.4)	12:05.4 (01:16.1)	13:21.5 (01:16.0)	14:37.5 (01:16.0)	15:50.5 (01:13.0)
17	26	孫田 礼人 マゴタ アヤト	15:51.9	00:40.0 (01:15.9)	01:55.9 (01:15.5)	03:11.4 (01:16.4)	04:27.8 (01:16.4)	05:44.2 (01:15.9)	07:00.1 (01:16.0)	08:16.1 (01:16.6)	09:32.7 (01:16.5)	10:49.2 (01:16.4)	12:05.6 (01:16.3)	13:21.9 (01:16.8)	14:38.7 (01:16.8)	15:51.9 (01:13.2)
18	30	村上 智哉 ムラカミ トモヤ	15:52.7	00:39.4 (01:15.7)	01:55.1 (01:15.3)	03:10.4 (01:16.4)	04:26.8 (01:16.0)	05:42.8 (01:16.4)	06:59.2 (01:16.0)	08:15.2 (01:16.4)	09:31.6 (01:16.7)	10:48.3 (01:16.8)	12:05.1 (01:16.3)	13:21.4 (01:17.1)	14:38.5 (01:17.1)	15:52.7 (01:14.2)
19	34	杉野 雅哉 スキノ マサヤ	15:54.6	00:38.9 (01:14.9)	01:53.8 (01:15.9)	03:09.7 (01:16.2)	04:25.9 (01:15.5)	05:41.4 (01:16.4)	06:57.8 (01:16.2)	08:14.0 (01:16.5)	09:30.5 (01:16.4)	10:46.9 (01:17.2)	12:04.1 (01:17.6)	13:21.7 (01:17.8)	14:39.5 (01:17.8)	15:54.6 (01:15.1)
20	24	佐藤 大 サウ ダイ	15:58.6	00:40.6 (01:12.8)	01:53.4 (01:16.0)	03:09.4 (01:15.9)	04:25.3 (01:15.7)	05:41.0 (01:16.4)	06:57.4 (01:16.1)	08:13.5 (01:17.6)	09:31.1 (01:17.3)	10:48.4 (01:17.9)	12:06.3 (01:16.6)	13:22.9 (01:21.2)	14:44.1 (01:21.2)	15:58.6 (01:14.5)
21	43	田辺 秀斗	15:58.9	00:38.9 (01:13.2)	01:52.1 (01:13.0)	03:05.1 (01:15.3)	04:20.4 (01:14.6)	05:35.0 (01:18.3)	06:53.3 (01:20.6)	08:13.9 (01:17.4)	09:31.3 (01:16.6)	10:47.9 (01:17.8)	12:05.7 (01:18.3)	13:24.0 (01:19.2)	14:43.2 (01:19.2)	15:58.9 (01:15.7)
22	23	守家 英斗 モリヤ ヒロト	16:01.6	00:38.6 (01:14.7)	01:53.3 (01:16.3)	03:09.6 (01:15.9)	04:25.5 (01:15.7)	05:41.2 (01:16.3)	06:57.5 (01:16.2)	08:13.7 (01:16.7)	09:30.4 (01:16.9)	10:47.3 (01:17.6)	12:04.9 (01:17.6)	13:28.1 (01:23.2)	14:49.7 (01:21.6)	16:01.6 (01:11.9)
23	27	齋藤 俊平太 サイノウ シュンペイタ	16:02.3	00:39.7 (01:17.2)	01:56.9 (01:17.5)	03:14.4 (01:18.2)	04:32.6 (01:16.7)	05:49.3 (01:18.2)	07:07.5 (01:18.3)	08:25.8 (01:18.4)	09:44.2 (01:18.2)	11:02.4 (01:18.1)	12:20.5 (01:17.7)	13:38.2 (01:15.8)	14:54.0 (01:15.8)	16:02.3 (01:08.3)
24	39	関根 大和 セキネ ヤマト	16:09.0	00:39.5 (01:16.0)	01:55.5 (01:15.4)	03:10.9 (01:16.6)	04:27.5 (01:16.3)	05:43.8 (01:15.9)	06:59.7 (01:16.0)	08:15.7 (01:16.9)	09:32.6 (01:17.3)	10:49.9 (01:24.3)	12:14.2 (01:20.8)	13:35.0 (01:19.9)	14:54.9 (01:19.9)	16:09.0 (01:14.1)
25	9	牧野 巧 マキノ タクミ	16:09.7	00:39.6 (01:14.8)	01:54.4 (01:15.7)	03:10.1 (01:16.1)	04:26.2 (01:15.9)	05:42.1 (01:16.4)	06:58.5 (01:16.2)	08:14.7 (01:17.3)	09:32.0 (01:19.5)	10:51.5 (01:22.4)	12:13.9 (01:20.9)	13:34.8 (01:20.7)	14:55.5 (01:20.7)	16:09.7 (01:14.2)
26	14	堤 直紀 ツツミ ナオキ	16:11.4	00:39.3 (01:16.4)	01:55.7 (01:15.5)	03:11.2 (01:17.0)	04:28.2 (01:17.2)	05:45.4 (01:18.6)	07:04.0 (01:19.4)	08:23.4 (01:19.2)	09:42.6 (01:18.3)	11:00.9 (01:18.9)	12:19.8 (01:18.8)	13:38.6 (01:17.4)	14:56.0 (01:17.4)	16:11.4 (01:15.4)
27	18	笠木 肇 カサギ ハジメ	16:11.9	00:37.7 (01:11.3)	01:49.0 (01:12.4)	03:01.4 (01:19.2)	04:20.6 (01:19.0)	05:39.6 (01:20.6)	07:00.2 (01:22.4)	08:22.6 (01:20.3)	09:42.9 (01:18.2)	11:01.1 (01:18.9)	12:20.0 (01:17.9)	13:37.9 (01:16.7)	14:54.6 (01:16.7)	16:11.9 (01:17.3)
28	20	美濃田 拓紀 ミノダ ヒロキ	16:13.8	00:40.9 (01:17.1)	01:58.0 (01:17.2)	03:15.2 (01:18.3)	04:33.5 (01:16.3)	05:49.8 (01:18.6)	07:08.4 (01:18.6)	08:27.0 (01:18.3)	09:45.3 (01:17.8)	11:03.1 (01:18.6)	12:21.7 (01:19.5)	13:41.2 (01:19.2)	15:00.4 (01:19.2)	16:13.8 (01:13.4)
29	33	高橋 太陽 タカハシ タイヨウ	16:16.0	00:39.2 (01:16.0)	01:55.2 (01:15.5)	03:10.7 (01:16.6)	04:27.3 (01:16.3)	05:43.6 (01:16.8)	07:00.4 (01:17.8)	08:18.2 (01:19.2)	09:37.4 (01:21.2)	10:58.6 (01:21.7)	12:20.3 (01:19.6)	13:39.9 (01:20.9)	15:00.8 (01:20.9)	16:16.0 (01:15.2)
30	37	川奈 優輝 カナ ユウキ	16:19.0	00:40.3 (01:16.3)	01:56.6 (01:17.6)	03:14.2 (01:18.1)	04:32.3 (01:16.8)	05:49.1 (01:18.0)	07:07.1 (01:18.7)	08:25.8 (01:18.4)	09:44.2 (01:18.0)	11:02.2 (01:18.6)	12:20.8 (01:20.5)	13:41.3 (01:22.6)	15:03.9 (01:22.6)	16:19.0 (01:15.1)

第72回M×Kディスタンストライアル in 代々木

M×K Distance

2023年12月24日

5000m-5組

順位	ナンバ	氏名	記録	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m
31	36	富田 貴史 トミタ タカミ	16:20.5	00:40.8 (01:16.9)	01:57.7 (01:17.8)	03:15.5 (01:18.1)	04:33.6 (01:16.6)	05:50.2 (01:17.9)	07:08.1 (01:18.4)	08:26.5 (01:18.3)	09:44.8 (01:18.0)	11:02.8 (01:19.3)	12:22.1 (01:20.1)	13:42.2 (01:21.1)	15:03.3 (01:21.1)	16:20.5 (01:17.2)
32	35	木幡 沢也 コハタ タケ	16:28.7	00:40.1 (01:17.3)	01:57.4 (01:17.6)	03:15.0 (01:18.2)	04:33.2 (01:16.3)	05:49.5 (01:18.4)	07:07.9 (01:18.3)	08:26.2 (01:18.4)	09:44.6 (01:19.7)	11:04.3 (01:23.4)	12:27.7 (01:22.8)	13:50.5 (01:22.1)	15:12.6 (01:22.1)	16:28.7 (01:16.1)
33	40	石川 直 イシカワ ナツ	16:32.2	00:40.4 (01:16.8)	01:57.2 (01:17.4)	03:14.6 (01:18.3)	04:32.9 (01:17.1)	05:50.0 (01:19.9)	07:09.9 (01:22.1)	08:32.0 (01:22.4)	09:54.4 (01:23.0)	11:17.4 (01:22.8)	12:40.2 (01:21.0)	14:01.2 (01:17.9)	15:19.1 (01:17.9)	16:32.2 (01:13.1)
34	31	高橋 貴明 タカハシ タカアキ	17:32.0	00:40.0 (01:16.7)	01:56.7 (01:17.5)	03:14.2 (01:18.1)	04:32.3 (01:16.7)	05:49.0 (01:18.3)	07:07.3 (01:18.9)	08:26.2 (01:20.3)	09:46.5 (01:22.7)	11:09.2 (01:26.3)	12:35.5 (02:13.3)	14:48.8 (01:25.1)	16:13.9 (01:25.1)	17:32.0 (01:18.1)
DNF	6	里田 輝 サトタ ヒカル		00:38.1 (01:11.6)	01:49.7 (01:12.0)	03:01.7 (01:12.8)	04:14.5 (01:13.3)	05:27.8 (01:10.9)	06:38.7 (01:12.4)	07:51.1 (01:13.0)	09:04.1 ( )	( )	( )	( )	( )	( )
DNF	32	長門 元太 ナガト ゲンタ		00:38.6 (01:14.1)	01:52.7 (01:16.8)	03:09.5 (01:16.0)	04:25.5 (01:18.1)	05:43.6 (01:23.4)	07:07.0 (01:23.8)	08:30.8 (01:26.9)	09:57.7 ( )	( )	( )	( )	( )	( )