

運動強度表

50m	AN				EN3						EN2			EN1		
	96%	94%	92%	90%	88%	86%	84%	82%	80%	75%	70%	65%	60%			
22.5	23.4	23.9	24.3	24.8	25.2	25.7	26.1	26.6	27.0	28.1	29.3	30.4	31.5			
23.0	23.9	24.4	24.8	25.3	25.8	26.2	26.7	27.1	27.6	28.8	29.9	31.1	32.2			
23.5	24.4	24.9	25.4	25.9	26.3	26.8	27.3	27.7	28.2	29.4	30.6	31.7	32.9			
24.0	25.0	25.4	25.9	26.4	26.9	27.4	27.8	28.3	28.8	30.0	31.2	32.4	33.6			
24.5	25.5	26.0	26.5	27.0	27.4	27.9	28.4	28.9	29.4	30.6	31.9	33.1	34.3			
25.0	26.0	26.5	27.0	27.5	28.0	28.5	29.0	29.5	30.0	31.3	32.5	33.8	35.0			
25.5	26.5	27.0	27.5	28.1	28.6	29.1	29.6	30.1	30.6	31.9	33.2	34.4	35.7			
26.0	27.0	27.6	28.1	28.6	29.1	29.6	30.2	30.7	31.2	32.5	33.8	35.1	36.4			
26.5	27.6	28.1	28.6	29.2	29.7	30.2	30.7	31.3	31.8	33.1	34.5	35.8	37.1			
27.0	28.1	28.6	29.2	29.7	30.2	30.8	31.3	31.9	32.4	33.8	35.1	36.5	37.8			
27.5	28.6	29.2	29.7	30.3	30.8	31.4	31.9	32.5	33.0	34.4	35.8	37.1	38.5			
28.0	29.1	29.7	30.2	30.8	31.4	31.9	32.5	33.0	33.6	35.0	36.4	37.8	39.2			
28.5	29.6	30.2	30.8	31.4	31.9	32.5	33.1	33.6	34.2	35.6	37.1	38.5	39.9			
29.0	30.2	30.7	31.3	31.9	32.5	33.1	33.6	34.2	34.8	36.3	37.7	39.2	40.6			
29.5	30.7	31.3	31.9	32.5	33.0	33.6	34.2	34.8	35.4	36.9	38.4	39.8	41.3			
30.0	31.2	31.8	32.4	33.0	33.6	34.2	34.8	35.4	36.0	37.5	39.0	40.5	42.0			
30.5	31.7	32.3	32.9	33.6	34.2	34.8	35.4	36.0	36.6	38.1	39.7	41.2	42.7			
31.0	32.2	32.9	33.5	34.1	34.7	35.3	36.0	36.6	37.2	38.8	40.3	41.9	43.4			
31.5	32.8	33.4	34.0	34.7	35.3	35.9	36.5	37.2	37.8	39.4	41.0	42.5	44.1			
32.0	33.3	33.9	34.6	35.2	35.8	36.5	37.1	37.8	38.4	40.0	41.6	43.2	44.8			
32.5	33.8	34.5	35.1	35.8	36.4	37.1	37.7	38.4	39.0	40.6	42.3	43.9	45.5			
33.0	34.3	35.0	35.6	36.3	37.0	37.6	38.3	38.9	39.6	41.3	42.9	44.6	46.2			
33.5	34.8	35.5	36.2	36.9	37.5	38.2	38.9	39.5	40.2	41.9	43.6	45.2	46.9			
34.0	35.4	36.0	36.7	37.4	38.1	38.8	39.4	40.1	40.8	42.5	44.2	45.9	47.6			
34.5	35.9	36.6	37.3	38.0	38.6	39.3	40.0	40.7	41.4	43.1	44.9	46.6	48.3			
35.0	36.4	37.1	37.8	38.5	39.2	39.9	40.6	41.3	42.0	43.8	45.5	47.3	49.0			
35.5	36.9	37.6	38.3	39.1	39.8	40.5	41.2	41.9	42.6	44.4	46.2	47.9	49.7			
36.0	37.4	38.2	38.9	39.6	40.3	41.0	41.8	42.5	43.2	45.0	46.8	48.6	50.4			
36.5	38.0	38.7	39.4	40.2	40.9	41.6	42.3	43.1	43.8	45.6	47.5	49.3	51.1			
37.0	38.5	39.2	40.0	40.7	41.4	42.2	42.9	43.7	44.4	46.3	48.1	50.0	51.8			
37.5	39.0	39.8	40.5	41.3	42.0	42.8	43.5	44.3	45.0	46.9	48.8	50.6	52.5			
38.0	39.5	40.3	41.0	41.8	42.6	43.3	44.1	44.8	45.6	47.5	49.4	51.3	53.2			
38.5	40.0	40.8	41.6	42.4	43.1	43.9	44.7	45.4	46.2	48.1	50.1	52.0	53.9			
39.0	40.6	41.3	42.1	42.9	43.7	44.5	45.2	46.0	46.8	48.8	50.7	52.7	54.6			
39.5	41.1	41.9	42.7	43.5	44.2	45.0	45.8	46.6	47.4	49.4	51.4	53.3	55.3			
40.0	41.6	42.4	43.2	44.0	44.8	45.6	46.4	47.2	48.0	50.0	52.0	54.0	56.0			
40.5	42.1	42.9	43.7	44.6	45.4	46.2	47.0	47.8	48.6	50.6	52.7	54.7	56.7			
41.0	42.6	43.5	44.3	45.1	45.9	46.7	47.6	48.4	49.2	51.3	53.3	55.4	57.4			
41.5	43.2	44.0	44.8	45.7	46.5	47.3	48.1	49.0	49.8	51.9	54.0	56.0	58.1			
42.0	43.7	44.5	45.4	46.2	47.0	47.9	48.7	49.6	50.4	52.5	54.6	56.7	58.8			
42.5	44.2	45.1	45.9	46.8	47.6	48.5	49.3	50.2	51.0	53.1	55.3	57.4	59.5			
43.0	44.7	45.6	46.4	47.3	48.2	49.0	49.9	50.7	51.6	53.8	55.9	58.1	60.2			
43.5	45.2	46.1	47.0	47.9	48.7	49.6	50.5	51.3	52.2	54.4	56.6	58.7	60.9			
44.0	45.8	46.6	47.5	48.4	49.3	50.2	51.0	51.9	52.8	55.0	57.2	59.4	61.6			
44.5	46.3	47.2	48.1	49.0	49.8	50.7	51.6	52.5	53.4	55.6	57.9	60.1	62.3			
45.0	46.8	47.7	48.6	49.5	50.4	51.3	52.2	53.1	54.0	56.3	58.5	60.8	63.0			
45.5	47.3	48.2	49.1	50.1	51.0	51.9	52.8	53.7	54.6	56.9	59.2	61.4	63.7			
46.0	47.8	48.8	49.7	50.6	51.5	52.4	53.4	54.3	55.2	57.5	59.8	62.1	64.4			
46.5	48.4	49.3	50.2	51.2	52.1	53.0	53.9	54.9	55.8	58.1	60.5	62.8	65.1			
47.0	48.9	49.8	50.8	51.7	52.6	53.6	54.5	55.5	56.4	58.8	61.1	63.5	65.8			
47.5	49.4	50.4	51.3	52.3	53.2	54.2	55.1	56.1	57.0	59.4	61.8	64.1	66.5			
48.0	49.9	50.9	51.8	52.8	53.8	54.7	55.7	56.6	57.6	60.0	62.4	64.8	67.2			
48.5	50.4	51.4	52.4	53.4	54.3	55.3	56.3	57.2	58.2	60.6	63.1	65.5	67.9			
49.0	51.0	51.9	52.9	53.9	54.9	55.9	56.8	57.8	58.8	61.3	63.7	66.2	68.6			
49.5	51.5	52.5	53.5	54.5	55.4	56.4	57.4	58.4	59.4	61.9	64.4	66.8	69.3			

クラブチームStyle1

100m	AN				EN3						EN2			EN1		
	96%	94%	92%	90%	88%	86%	84%	82%	80%	75%	70%	65%	60%			
0:50:00	0:52:00	0:53:00	0:54:00	0:55:00	0:56:00	0:57:00	0:58:00	0:59:00	1:00:00	1:02:30	1:05:00	1:07:30	1:10:00			
0:51:00	0:53:02	0:54:04	0:55:05	0:56:06	0:57:07	0:58:08	0:59:10	1:00:11	1:01:12	1:03:45	1:06:18	1:08:51	1:11:24			
0:52:00	0:54:05	0:55:07	0:56:10	0:57:12	0:58:14	0:59:17	1:00:19	1:01:22	1:02:24	1:05:00	1:07:36	1:10:12	1:12:48			
0:53:00	0:55:07	0:56:11	0:57:14	0:58:18	0:59:22	1:00:25	1:01:29	1:02:32	1:03:36	1:06:15	1:08:54	1:11:33	1:14:12			
0:54:00	0:56:10	0:57:14	0:58:19	0:59:24	1:00:29	1:01:34	1:02:38	1:03:43	1:04:48	1:07:30	1:10:12	1:12:54	1:15:36			
0:55:00	0:57:12	0:58:18	0:59:24	1:00:30	1:01:36	1:02:42	1:03:48	1:04:54	1:06:00	1:08:45	1:11:30	1:14:15	1:17:00			
0:56:00	0:58:14	0:59:22	1:00:29	1:01:36	1:02:43	1:03:50	1:04:58	1:06:05	1:07:12	1:10:00	1:12:48	1:15:36	1:18:24			
0:57:00	0:59:17	1:00:25	1:01:34	1:02:42	1:03:50	1:04:59	1:06:07	1:07:16	1:08:24	1:11:15	1:14:06	1:16:57	1:19:48			
0:58:00	1:00:19	1:01:29	1:02:38	1:03:48	1:04:58	1:06:07	1:07:17	1:08:26	1:09:36	1:12:30	1:15:24	1:18:18	1:21:12			
0:59:00	1:01:22	1:02:32	1:03:43	1:04:54	1:06:05	1:07:16	1:08:26	1:09:37	1:10:48	1:13:45	1:16:42	1:19:39	1:22:36			
1:00:00	1:02:24	1:03:36	1:04:48	1:06:00	1:07:12	1:08:24	1:09:36	1:10:48	1:12:00	1:15:00	1:18:00	1:21:00	1:24:00			
1:01:00	1:03:26	1:04:40	1:05:53	1:07:06	1:08:19	1:09:32	1:10:46	1:11:59	1:13:12	1:16:15	1:19:18	1:22:21	1:25:24			
1:02:00	1:04:29	1:05:43	1:06:58	1:08:12	1:09:26	1:10:41	1:11:55	1:13:10	1:14:24	1:17:30	1:20:36	1:23:42	1:26:48			
1:03:00	1:05:31	1:06:47	1:08:02	1:09:18	1:10:34	1:11:49	1:13:05	1:14:20	1:15:36	1:18:45	1:21:54	1:25:03	1:28:12			
1:04:00	1:06:34	1:07:50	1:09:07	1:10:24	1:11:41	1:12:58	1:14:14	1:15:31	1:16:48	1:20:00	1:23:12	1:26:24	1:29:36			
1:05:00	1:07:36	1:08:54	1:10:12	1:11:30	1:12:48	1:14:06	1:15:24	1:16:42	1:18:00	1:21:15	1:24:30	1:27:45	1:31:00			
1:06:00	1:08:38	1:09:58	1:11:17	1:12:36	1:13:55	1:15:14	1:16:34	1:17:53	1:19:12	1:22:30	1:25:48	1:29:06	1:32:24			
1:07:00	1:09:41	1:11:01	1:12:22	1:13:42	1:15:02	1:16:23	1:17:43	1:19:04	1:20:24	1:23:45	1:27:06	1:30:27	1:33:48			
1:08:00	1:10:43	1:12:05	1:13:26	1:14:48	1:16:10	1:17:31	1:18:53	1:20:14	1:21:36	1:25:00	1:28:24	1:31:48	1:35:12			
1:09:00	1:11:46	1:13:08	1:14:31	1:15:54	1:17:17	1:18:40	1:20:02	1:21:25	1:22:48	1:26:15	1:29:42	1:33:09	1:36:36			
1:10:00	1:12:48	1:14:12	1:15:36	1:17:00	1:18:24	1:19:48	1:21:12	1:22:36	1:24:00	1:27:30	1:31:00	1:34:30	1:38:00			
1:11:00	1:13:50	1:15:16	1:16:41	1:18:06	1:19:31	1:20:56	1:22:22	1:23:47	1:25:12	1:28:45	1:32:18	1:35:51	1:39:24			
1:12:00	1:14:53	1:16:19	1:17:46	1:19:12	1:20:38	1:22:05	1:23:31	1:24:58	1:26:24	1:30:00	1:33:36	1:37:12	1:40:48			
1:13:00	1:15:55	1:17:23	1:18:50	1:20:18	1:21:46	1:23:13	1:24:41	1:26:08	1:27:36	1:31:15	1:34:54	1:38:33	1:42:12			
1:14:00	1:16:58	1:18:26	1:19:55	1:21:24	1:22:53	1:24:22	1:25:50	1:27:19	1:28:48	1:32:30	1:36:12	1:39:54	1:43:36			
1:15:00	1:18:00	1:19:30	1:21:00	1:22:30	1:24:00	1:25:30	1:27:00	1:28:30	1:30:00	1:33:45	1:37:30	1:41:15	1:45:00			
1:16:00	1:19:02	1:20:34	1:22:05	1:23:36	1:25:07	1:26:38	1:28:10	1:29:41	1:31:12	1:35:00	1:38:48	1:42:36				