

陸王選手権得点表

各種目 1000点の目安							
100m		1000m		走幅跳		ジャベリックボール	
13.80	1,000	3. 26.20	1,000	4m67	1001	40m00	1,001

100m		1000m		走幅跳		ジャベリックボール	
22.00	208	6. 00.00	180	1m50	195	10m00	178
21.50	240	5. 50.00	214	1m75	243	12m50	235
21.00	274	5. 40.00	252	2m00	295	15m00	295
20.50	311	5. 30.00	292	2m25	350	17m50	357
20.00	349	5. 20.00	334	2m50	407	20m00	422
19.50	390	5. 10.00	380	2m75	467	22m50	489
19.00	432	5. 00.00	428	3m00	529	25m00	557
18.50	477	4. 50.00	478	3m25	594	27m50	628
18.00	524	4. 40.00	531	3m50	661	30m00	699
17.50	573	4. 30.00	587	3m75	730	32m50	773
17.00	624	4. 20.00	645	4m00	801	35m00	848
16.50	677	4. 10.00	706	4m25	874	37m50	924
16.00	733	4. 00.00	769	4m50	949	40m00	1,001
15.50	790	3. 50.00	835	4m75	1026	42m50	1,079
15.00	850	3. 40.00	903	5m00	1105	45m00	1,159
14.50	911	3. 30.00	973	5m25	1185	47m50	1,240
14.00	975	3. 20.00	1,046	5m50	1267	50m00	1,322
13.50	1,040	3. 10.00	1,121	5m75	1351	52m50	1,404
13.00	1,108	3. 00.00	1,199	6m00	1437	55m00	1,488
12.50	1,177	2. 50.00	1,279	6m25	1524	57m50	1,573
12.00	1,249	2. 40.00	1,361	6m50	1612	60m00	1,658
11.50	1,323	2. 30.00	1,446	6m75	1702	62m50	1,745
11.00	1,398	2. 20.00	1,533	7m00	1794	65m00	1,832
10.50	1,476	2. 10.00	1,622	7m25	1887	67m50	1,920
10.00	1,556	2. 00.00	1,714	7m50	1981	70m00	2,009