

日本身体障がい者陸上競技連盟 強化指定選手標準記録

【男子】

2014年4月1日制定

No.	種目	クラス	強化指定標準記録		
			A	B	
1	100m	T11	T11	11.40	11.53
2		T12	T12	11.18	11.28
3		T13	T13	11.14	11.26
4		T34	T33/34	16.51	17.17
5		T35	T35	13.16	13.95
6		T36	T36	12.33	12.90
7		T37	T37	11.76	12.01
8		T38	T38	11.26	12.04
9		T42	T42	12.70	13.26
10		T43	T43	11.87	12.42
11		T44	T44	11.16	11.66
12		T46	T45/46	11.07	11.32
13		T51	T51	23.05	25.30
14		T52	T52	18.04	18.80
15		T53	T53	14.95	15.58
16		T54	T54	14.02	14.50
17	200m	T11	T11	22.98	23.04
18		T12	T12	22.26	22.52
19		T13	T13	22.18	22.60
20		T34	T33/34	29.18	30.75
21		T35	T35	26.36	28.76
22		T36	T36	25.10	26.68
23		T37	T37	23.39	24.38
24		T38	T38	22.99	24.41
25		T42	T42	26.01	26.87
26		T43	T43	23.60	24.93
27		T44	T44	22.40	23.86
28		T46	T45/46	22.25	22.78
29		T51	T51	42.79	48.02
30		T52	T52	32.22	34.37
31		T53	T53	26.45	27.24
32		T54	T54	25.13	25.75
33	400m	T11	T11	52.29	52.41
34		T12	T12	50.79	51.30
35		T13	T13	49.80	52.10
36		T34	T33/34	54.69	57.70
37		T36	T36	57.73	1:03.33
38		T37	T37	52.80	1:02.78
39		T38	T35/38	52.68	57.66
40		T44	T43/44	50.50	56.91
41		T46	T45/46	49.85	51.67
42		T52	T51/52	1:03.26	1:05.88
43		T53	T53	49.71	50.92
44		T54	T54	47.33	48.35
45	800m	T11	T11	2:05.27	2:06.98
46		T12	T12	1:56.45	1:57.47
47		T13	T13	1:55.84	1:58.47
48		T34	T34	1:51.10	1:55.86
49		T36	T36	2:11.25	2:27.74
50		T37	T37	2:03.55	2:10.50
51		T46	T45/46	1:55.15	1:57.97
52		T52	T51/52	2:02.44	2:11.11
53		T53	T53	1:38.78	1:41.03
54		T54	T54	1:35.94	1:37.02

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			A	B		
55	1500m	T11	T11	4:10.13	4:18.86	
56		T12	T12	3:58.78	4:04.55	
57		T13	T13	3:55.11	3:56.24	
58		T36	T36	4:48.57	5:00.69	
59		T38	T37/38	4:18.52	4:25.97	
60		T46	T45/46	3:56.29	4:01.34	
61		T52	T51/52	3:52.91	4:50.05	
62		T54	T53/54	3:00.72	3:01.51	
63		5000m	T11	T11	16:00.51	16:07.59
64			T12	T12	14:50.40	15:42.46
65	T46		T45/46	14:52.30	15:56.59	
66	T54		T53/54	10:20.98	10:27.51	
67	10000m	T12	T11/12	32:46.32	33:21.51	
68		T54	T53/54	21:36.02	23:15.00	
69	4x100m	T11-13	T11-13	N/A		
70		T35-38	T35-38			
71		T42-46	T42-46			
72	4x400m	T53/54	T53/54			
75	Marathon	T46	T45/46	2:32:29	2:44:28	
76		T54	T53/54	1:22:34	1:27:01	
77	High Jump	T13	T12/13	1m84	1m70	
78		T42/44	T42	1m73	1m55	
		T44	T44	2m05	1m83	
79	Long Jump	T11	T11	6m15	5m42	
80		T12	T12	6m73	6m32	
81		T13	T13	6m76	6m21	
82		T36	T36	5m05	4m55	
83		T37/38	T37	5m93	5m24	
		T38	T38	6m13	5m42	
84		T42	T42	5m98	5m15	
85		T44	T43/44	6m49	6m16	
86	T46	T45/46	6m60	6m24		
87	Triple Jump	T11	T11	12m54	11m10	
88		T12	T12	14m41	13m45	
89		T46	T45/46	13m65	12m66	
90	Club Throw	F31/32/F51	F31	21m04	19m05	
			F32	33m33	30m17	
			F51	25m42	23m01	
91	Shot Put	F11	F11	12m40	10m55	
92		F12	F12	14m18	11m19	
93		F32/33	F32	9m78	8m63	
			F33	10m51	9m27	
94		F34	F34	12m79	11m35	
95		F35	F35	11m67	9m29	
96		F36	F36	12m71	10m81	
97		F37	F37	14m06	12m04	
98		F38	F38	13m83	11m40	
99		F41	F40/41	11m81	10m38	
100		F42	F42	13m26	11m18	
101		F44	F44	14m66	13m26	
102		F46	F46	14m62	12m67	
103		F52/53	F52	9m35	7m89	
			F53	8m14	6m87	
104		F54/55	F54	9m72	9m09	
			F55	11m16	10m44	
105		F56/57	F56	11m90	10m56	
	F57		13m91	12m34		
106	F58	F58	15m02	12m46		

No.	種目		クラス	強化指定標準記録	
				A	B
107	Discus Throw	F11	F11	35m70	30m16
108		F12	F12	42m08	31m70
109		F32/33/34	F32	20m65	18m04
			F33	32m65	28m52
			F34	43m56	38m06
			F35	40m00	35m15
110		F35/36	F36	38m25	33m62
			F37	51m53	45m41
111		F37/38	F38	48m02	42m32
			F40/41	38m33	31m17
112		F41	F40/41	38m33	31m17
113		F42	F42	41m77	37m50
114		F44	F44	54m63	41m04
115		F46	F46	45m45	40m32
116		F51/52/53	F51	11m50	9m98
			F52	18m89	16m39
			F53	24m52	21m28
117		F54/55/56	F54	31m05	26m30
			F55	37m50	31m77
			F56	42m79	36m24
118		F57/58	F57	45m21	40m48
			F58	53m78	48m15
			F11	39m45	32m82
119	Javelin Throw	F11	F11	39m45	32m82
120		F12/13	F12	59m66	50m83
			F13	58m25	49m62
121		F33/34	F33	23m44	19m90
			F34	38m44	32m66
122		F37/38	F37	44m77	39m58
			F38	42m45	37m53
			F40/41	35m12	31m93
123		F41	F40/41	35m12	31m93
124		F42	F42	46m09	39m20
125		F44	F44	53m36	46m91
126		F46	F46	49m71	37m49
127		F52/53	F52	15m85	13m84
			F53	19m62	17m13
			F54	28m19	25m11
128		F54/55/56	F54	28m19	25m11
			F55	30m37	27m05
			F56	33m01	29m40
129		F57/58	F57	42m28	38m74
			F58	47m11	43m17

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【女子】

2014年4月1日制定

No.	種目	クラス	強化指定標準記録		
			A	B	
1	100m	T11	T11	12.91	13.04
2		T12	T12	12.48	12.60
3		T13	T13	12.70	13.31
4		T34	T33/34	19.75	22.23
5		T35	T35	16.48	17.61
6		T36	T36	15.06	15.96
7		T37	T37	14.32	14.71
8		T38	T38	13.59	14.81
9		T42	T42	16.31	18.12
10		T44	T43/44	13.56	14.28
11		T46	T45/46	12.92	13.65
12		T52	T51/52	20.51	23.32
13		T53	T53	17.28	18.00
14		T54	T54	16.73	17.48
15	200m	T11	T11	27.10	27.35
16		T12	T12	25.71	25.80
17		T13	T13	26.66	28.33
18		T34	T33/34	34.41	39.26
19		T35	T35	34.61	36.03
20		T36	T36	32.14	34.08
21		T37	T37	29.52	30.41
22		T38	T38	27.97	30.00
23		T44	T43/44	28.40	29.96
24		T46	T45/46	26.03	27.56
25		T52	T51/52	37.80	41.77
26		T53	T53	30.56	32.72
27		T54	T54	29.93	31.44
28	400m	T11	T11	1:01.60	1:03.00
29		T12	T12	59.93	1:00.23
30		T13	T13	57.71	1:03.23
31		T37	T37	1:09.20	1:13.42
32		T46	T45/46	59.68	1:04.58
33		T53	T53	56.95	59.74
34		T54	T54	56.23	57.94
35	800m	T11	T11	2:28.23	2:33.48
36		T52	T51/52	2:23.42	2:37.75
37		T53	T53	1:52.92	1:55.68
38		T54	T54	1:49.68	1:53.08
39	1500m	T12	T11/12	4:51.15	5:13.00
40		T54	T53/54	3:27.04	3:31.39
41	5000m	T54	T53/54	11:53.26	11:55.57
42	4x100m	T11-13	T11-13	N/A	
43		T35-38	T35-38		
44	4X400m	T53-54	T53-54		
45	Marathon	T54	T52/53/54	1:44:42	1:47:46

No.	種目	クラス	強化指定標準記録			
			A	B		
46	Long Jump	T11	T11	4m19	3m71	
47		T12	T12	5m63	5m07	
48		T13	T13	5m31	5m09	
49		T37/38	T37	4m25	3m95	
			T38	4m59	4m26	
50		T42	T42	3m79	3m23	
51		T44	T44	4m78	4m67	
52	T46	T46	5m23	4m73		
53	Club Throw	F31/32/51	F31	12m78	10m73	
			F32	21m11	17m72	
			F51	14m03	11m78	
54	Shot Put	F11	F11	9m85	7m84	
55		F12	F12	11m68	9m52	
56		F32/33/34	F32	6m02	5m43	
			F33	6m30	5m69	
			F34	7m93	7m15	
57		F35/36	F35	10m60	8m15	
			F36	10m38	7m98	
58		F37	F37	10m46	9m06	
59		F42/44	F42	9m23	8m10	
			F44	12m03	10m56	
60		F52/53	F52	5m65	4m49	
F53			4m47	3m73		
61		F54	F54	6m37	5m99	
62		F55/56/57	F55	7m79	6m47	
			F56	8m48	7m05	
	F57		9m42	7m83		
63	F58	F58	11m14	10m33		
64	Discus Throw	F11/12	F11	26m55	22m47	
			F12	42m06	35m60	
		F35/36	F35	29m99	23m69	
			F36	25m02	19m76	
		66	F37	F37	29m42	25m75
		67	F41	F40/41	26m13	21m75
		68	F51/52/53	F51	5m81	4m86
				F52	13m01	10m89
				F53	12m19	10m20
		69	F54/55/56	F54	16m96	14m09
				F55	27m12	23m79
70	F57/58	F56	23m08	20m25		
		F57	28m74	23m55		
71	F12/13	F58	37m18	30m47		
		F12	38m27	26m67		
72	F33/34	F13	35m41	24m67		
		F33	11m45	9m87		
73	F46	F34	20m60	17m76		
		F46	33m72	27m90		
74	F52/53	F52	8m98	7m38		
		F53	10m24	8m41		
75	F54/55/56	F54	17m22	14m16		
		F55	19m54	16m06		
		F56	20m01	16m46		
76	F57/58	F57	20m62	17m95		
		F58	25m46	22m16		