

2023

4X100mR	41"06	40"82			2 1 3 2	(8/2)	
25km	1:27:27	1:26:36 1:27:25				2023(12/3) (6/25)	
300m	41"26	40"07 40"10 40"16 40"77	DohokuAthleteClub		2 2 2	(8/13) (10/13) (8/13) (8/13)	
800m	2' 11"21	2' 11"08			1	2 (7/5)	
100mH (0.838m/8.5m)	13"86	13"64(+1.1) 13"75(+1.0)	DohokuAthleteClub DohokuAthleteClub			(7/9) (7/15)	
300mH (0.762m)	47"52	46"00 47"31			2 2	(8/12) (8/12)	
4X100mR	47"80	46"46 46"77 47"00 47"07 47"31 47"33 47"53 47"65			2 1 2 1 2 1 2 2 1 2 1 2 2 1 2 1	(8/3) (7/9) (6/15) (7/16) (5/17) (9/22) (6/13) (8/26)	
4X400mR	3' 51"19	3' 45"58 3' 47"06 3' 48"69 3' 50"04			2 1 2 2	(10/7) (8/5) (9/22) (7/25)	
	3m40	3m40			2	(9/21)	

4X100mR	41"06	40"82			2 1 3 2	(8/2)	
300m	41"26	40"10 40"16 40"77			2 2 2	(10/13) (8/13) (8/13)	
800m	2' 11"21	2' 11"08			1	2 (7/5)	
300mH (0.762m)	47"52	46"00 47"31			2 2	(8/12) (8/12)	
200m	24"82	24"65(-0.4) 24"74(+0.9)			1 1	(6/16) (7/9)	
4X100mR	47"80	46"46 46"77 47"00 47"07 47"31 47"33 47"53			2 1 2 1 2 1 2 2 1 2 2 1	(8/3) (7/9) (6/15) (7/16) (5/17) (9/22) (6/13)	

2023

		47"65			2	(8/26)	
					1		
					2		
					1		
4X400mR	3' 51" 19	3' 45" 58			2	(10/7)	/
		3' 47" 06			1		
		3' 48" 69			2	(8/5)	
		3' 50" 04			2	(9/22)	
						(7/25)	
	3m20	3m40			2	(9/21)	
		3m20			2	(7/16)	
	5m60	5m61(+1.4)			3	(9/10)	
	11m82	11m83(+1.9)			3	(8/13)	

100mH(0.762/8.5m)	15"28	14"13(-0'6)			1	(10/16)	
		14"17(-0'2)			1	(8/13)	
		14"37(+1'5)			1	(8/13)	
		14"92(+0'8)			1	4 (7/2)	

100m	11"01	10"82(+1.6)			3	(7/26)	
		10"87(+2.0)			3	(8/12)	
		10"89(+1.7)			3	(7/25)	
		10"96(+2.0)			3	(9/3)	
		10"98(+1.8)			3	(9/3)	
		11"01(+0.3)			3	(8/24)	
400m	1'00"45	58"97		AC	J3	6 (10/14)	
		59"87		AC	J3	2 (8/11)	

300m		42"14		AC	J3	(9/3)	
1000m	3'08"00	3'02"10		AC	J3	(9/3)	
		3'05"84			1	(9/3)	
		3'06"65		RyukokuAC	J2	(9/3)	
		3'06"98		RyukokuAC	J2	(9/3)	
100mH(0.762/8.5m)	15"55	15"18(-1.6)			3	3 (5/27)	
	9m64	10m91(+1.4)			3	JOC_UI6 (10/22)	/
		10m79(+0.5)			3	(9/3)	/
		10m57(-0.3)			3	4 (8/8)	
		9m77(+0.5)			3	4 (8/8)	