

20mシャトルラン 最大酸素摂取量推定表

(平成12年3月改訂・文部科学省)

(例) 折り返し回数

							8	9	10
							27.8	28.0	28.3
11	12	13	14	15	16	17	18	19	20
28.5	28.7	28.9	29.2	29.4	29.6	29.8	30.1	30.3	30.5
21	22	23	24	25	26	27	28	29	30
30.7	31.0	31.2	31.4	31.6	31.9	32.1	32.3	32.5	32.8
31	32	33	34	35	36	37	38	39	40
33.0	33.2	33.4	33.7	33.9	34.1	34.3	34.6	34.8	35.0
41	42	43	44	45	46	47	48	49	50
35.2	35.5	35.7	35.9	36.1	36.4	36.6	36.8	37.0	37.3
51	52	53	54	55	56	57	58	59	60
37.5	37.7	37.9	38.2	38.4	38.6	38.8	39.1	39.3	39.5
61	62	63	64	65	66	67	68	69	70
39.7	40.0	40.2	40.4	40.6	40.9	41.1	41.3	41.5	41.8
71	72	73	74	75	76	77	78	79	80
42.0	42.2	42.4	42.7	42.9	43.1	43.3	43.6	43.8	44.0
81	82	83	84	85	86	87	88	89	90
44.2	44.5	44.7	44.9	45.1	45.4	45.6	45.8	46.0	46.3
91	92	93	94	95	96	97	98	99	100
46.5	46.7	46.9	47.2	47.4	47.6	47.8	48.1	48.3	48.5
101	102	103	104	105	106	107	108	109	110
48.7	49.0	49.2	49.4	49.6	49.9	50.1	50.3	50.5	50.8
111	112	113	114	115	116	117	118	119	120
51.0	51.2	51.4	51.7	51.9	52.1	52.3	52.6	52.8	53.0
121	122	123	124	125	126	127	128	129	130
53.2	53.5	53.7	53.9	54.1	54.4	54.6	54.8	55.0	55.3
131	132	133	134	135	136	137	138	139	140
55.5	55.7	55.9	56.2	56.4	56.6	56.8	57.1	57.3	57.5
141	142	143	144	145	146	147	148	149	150
57.7	58.0	58.2	58.4	58.6	58.9	59.1	59.3	59.5	59.8
151	152	153	154	155	156	157			
60.0	60.2	60.4	60.7	60.9	61.1	61.3			

24	25
31.4	31.6

推定最大酸素摂取量(ml/kg・分)