

クラス別アジア新記録(2013年度)

男子

◆100m

M35	10.66	Itou Junichi	JPN	Saitama	2010
M40	10.87	Fukuzato Takeshi	JPN	Okinawa	2011
M45	11.1	Kaihara Kozabu	JPN	Nagasaki	1993
M50	11.47	Morishita Koichi	JPN	Fukui	2012
M55	11.5	Tsurumaki Ryosuke	JPN	Nagaoka	1993
M60	12.21	Asamura Shiro	JPN	Tokyo	2004
M65	12.72	Ito Tsuneo	JPN	Ohoita	1997
M70	13.35	Saeki Isamu	JPN	Ehime	2006
M75	13.82	Ishigami Saburo	JPN	Osaka	2005
M80	14.42	Hijiya Hisamitsu	JPN	Miyazaki	2012
M85	16.16	Suda Giichi	JPN	Konosu	1998
M90	18.08	Haraguchi Kozo	JPN	Miyazaki	2000
M95	21.69	Haraguchi Kozo	JPN	Osaka	2005
M100	29.83	Miyazaki Hidekichi	JPN	Shiga	2010

◆200m

M35	21.57	Watanabe Jyunichi	JPN	Saitama	2012
M40	22.48	Fukuzato Takeshi	JPN	Okinawa	2012
M45	23.2	Kaihara Kozabu	JPN	Singapore	1992
M45	23.45	Isashi Yasuhiro	JPN	Osaka	2012
M50	23.91	Kaihara Kozabu	JPN	Durban	1997
M55	24.39	Tsurumaki Ryosuke	JPN	Miyazaki	1993
M60	25.3	Uchida Tamotsu	JPN	Saga	1994
M65	25.60	Miki Hideo	JPN	Ibaraki	2013
M70	27.88	Tanaka Hiroo	JPN	Tokyo	2002
M75	29.35	Hijiya Hisamitsu	JPN	Fukuoka	2009
M80	29.54	Hijiya Hisamitsu	JPN	Miyazaki	2012
M85	35.77	Nagai Zensyunn	JPN	Wakayama	2011
M90	43.50	Kimura Kizo	JPN	Tokyo	2001
M95	59.25	Kojima Toshio	JPN	Tokyo	2000
M100	1.36.67	Omiya Ryohei	JPN	Hokkaido	2004

◆400m

M35	48.37	Watanabe Jyunichi	JPN	Saitama	2012
M40	49.46	Yonekawa Yoshitaka	JPN	Mie	2012
M45	52.4	Takase Yukio	JPN	Kumamoto	1981
M50	52.87	Akiyama Shunji	JPN	Okayama	2012
M55	56.1	M.Gunasena	SIN	Singapore	1992
M60	58.76	Fukunaga Yoshio	JPN	Maebashi	1996
M65	1.01.12	Okamoto Kazuo	JPN	Tokyo	1997
M70	1.02.91	Tanaka Hiroo	JPN	Brisbane	2001
M75	1.08.40	Nakazawa Tsuneaki	JPN	Yamanashi	2011
M80	1.10.01	Hijiya Hisamitsu	JPN	Miyazaki	2012
M85	1.23.71	Kamehama Toshio	JPN	Wakayama	2011
M90	1.45.16	Saito Kazuyoshi	JPN	Miyazaki	2008
M95	2.43.17	Kojima Toshio	JPN	Tokyo	2000
M100	4.00.42	Omiya Ryohei	JPN	Hokkaido	2004

◆800m

M35	1.54.39	Izumi Norimasa	JPN	Kanagawa	2010
M40	1.58.7	Tanaka Kazuto	JPN	Tottori	1995
M45	2.00.15	Konishi Wataru	JPN	Kanagawa	2013
M50	2.04.87	Akiyama Shunji	JPN	Tokushima	2012
M55	2.10.3	Watanabe Morio	JPN	Tokyo	1982
M60	2.17.31	Fukuoka Toyonori	JPN	Saitama	2003
M65	2.21.62	Isowaki Hajime	JPN	Saga	2013
M70	2.32.85	Tanaka Hiroo	JPN	Fukushima	2001
M75	2.44.73	Midorikawa Shichiro	JPN	Fukushima	2007

M80	2.54.19	Midorikawa Shichiro	JPN	Kyoto	2013
M85	3.18.85	Miyauchi Yoshimitsu	JPN	Nagasaki	2010
M90	4.52.23	Ueda Yoshiharu	JPN	Yasugi	1999
M100	9.47.7	Omiya Ryohei	JPN	Hokkaido	2004
◆1500m					
M35	3.56.63	Izumi Norimasa	JPN	Kanagawa	2012
M40	3.59.46	Tonegawa Hiroo	JPN	Nagano	2012
M45	4.07.29	Konishi Wataru	JPN	Ibaraki	2013
M50	4.17.88	Mikawa Kazuo	JPN	Ichinoseki	2000
M55	4.24.90	Hosaka Yoshihisa	JPN	Tokyo	2004
M60	4.34.86	Maeda Toshiyasu	JPN	Miyazaki	2000
M65	4.49.98	Midorikawa Shichiro	JPN	Tokyo	1997
M70	5.08.71	Miyauchi Yoshimitsu	JPN	Kagoshima	1995
M75	5.22.40	Midorikawa Shichiro	JPN	Fukushima	2007
M80	5.59.11	Miyauchi Yoshimitsu	JPN	Kagoshima	2004
M85	6.51.32	Miyauchi Yoshimitsu	JPN	Aichi	2009
M90	10.10.08	Nozawa Masaharu	JPN	Aichi	2013
M95	8.59.97	Iwamoto Nobukatsu	JPN	Kanagawa	2008
◆3000m					
M35	8.22.55	Tonegawa Hiroo	JPN	Nagano	2009
M40	8.28.90	Tonegawa Hiroo	JPN	Nagano	2012
M45	8.47.72	Konishi Wataru	JPN	Ibaraki	2013
M50	9.06.95	Iwanaga Yoshitsugu	JPN	Saga	2011
M55	9.33.97	Hosaka Yoshihisa	JPN	Osaka	2005
M60	9.56.67	Tomura Yoshikatsu	JPN	Saitama	2002
M65	10.20.05	Midorikawa Shichiro	JPN	Tokyo	1997
M70	10.49.75	Midorikawa Shichiro	JPN	Tokyo	2002
M75	12.00.94	Miyauchi Yoshimitsu	JPN	Kanazawa	2000
M80	13.10.46	Miyauchi Yoshimitsu	JPN	Kagoshima	2004
M85	14.40.70	Miyauchi Yoshimitsu	JPN	Fukuoka	2009
◆5000m					
M35	14.26.70	Tonegawa Hiroo	JPN	Nagano	2009
M40	14.15.34	Tonegawa Hiroo	JPN	Nagano	2012
M45	14.54.21	Konishi Wataru	JPN	Tokyo	2013
M50	15.09.30	Iwanaga Yoshitsugu	JPN	Kagoshima	2011
M55	16.21.53	Irie Toshiichi	JPN	Kitakyusyu	1994
M60	16.52.4	Maeda Toshiyasu	JPN	Kagoshima	2000
M65	17.45.48	Midorikawa Shichiro	JPN	Kumamoto	1999
M70	18.53.26	Tottori Katsuyuki	JPN	Tochigi	2011
M75	20.10.70	Miyauchi Yoshimitsu	JPN	Kumamoto	1999
M80	22.04.20	Miyauchi Yoshimitsu	JPN	Kagoshima	2004
M85	25.50.97	Ueda Yoshiharu	JPN	Ageo	1994
M90	38.07.84	Takagi Kyozo	JPN	Ishikawa	2000
M95	52.03.78	Nakatomi Masayoshi	JPN	Saga	2001
◆10000m					
M35	29.57.4	Taniguchi Yasuo	JPN	Hyogo	1989
M40	29.55.05	Tonegawa Hiroo	JPN	Kanagawa	2011
M45	30.59.03	Koyama Wataru	JPN	Tochigi	2013
M50	31.41.64	Iwanaga Yoshitsugu	JPN	Saga	2010
M55	34.59.4	Aoki Takao	JPN	Tokyo	1997
M60	36.25.57	Tomura Yoshikatsu	JPN	Tokyo	2004
M65	37.05.0	Midorikawa Shichiro	JPN	Machida	1998
M70	39.22.18	Yamaguchi Isao	JPN	Tokyo	2011
M75	43.34.77	Ichikawa Kunio	JPN	Tokyo	2009
M80	49.31.99	Tamoi Soichi	JPN	PuertoRico	2003
M85	1:04.14.50	Tamoi Soichi	JPN	Osaka	2009
M90	1:46:52.10	Morikawa Kazuo	JPN	Buffalo	1995
◆80mH					
M70	13.21	Yasui Takeo	JPN	Gunma	2012

M75	14.56	Tasaki Motoichi	JPN	Dalian	2002
M80	14.91	Tanaka Juji	JPN	Nagano	2003
M85	18.61	Tanaka Juji	JPN	Ishikawa	2008
M90	45.13	Ishikawa Kichisuke	JPN	Ishikawa	2002

The rule of Hurdle has been changed since 2002.

◆100mH

M50	14.40	Sato Masao	JPN	Fukushima	2013
M55	14.53	Takahashi Masayuki	JPN	Shizuoka	2005
M60	14.51	Takahashi Masayuki	JPN	Nagano	2011
M65	15.66	Haga Kazuhiro	JPN	Akita	2008

The rule of Hurdle has been changed since 2002.

◆110mH

M35	14.10	Yoshioka Yasunori	JPN	Gifu	2011
M40	14.72	Tanaka Kiyotaka	JPN	Nagano	2012
M45	15.66	Maeda Hiroki	JPN	Tokyo	2010
M50	18.51	Ito Koichi	JPN	Tainan	1988

The rule of Hurdle has been changed since 2002.

◆200mH

M35	33.28	Hoshino Toshimasa	JPN	Wakayama	2013
M40	28.64	Yamanaka Yasuhiro	JPN	Wakayama	2013
M45	28.30	Ikeno Masahiro	JPN	Wakayama	2013
M50	27.20	Kobayashi Hiroshi	JPN	Wakayama	2013
M55	32.24	Oota Tadashi	JPN	Wakayama	2013
M60	34.65	Oota Kenichi	JPN	Wakayama	2013
M80	39.36	Uchida Tamotsu	JPN	Okayama	2012
M85	45.88	Tasaki Motoichi	JPN	Aomori	2012

◆300mH

M60	46.38	Haga Kazuhiro	JPN	Shimane	2002
M65	48.19	Haga Kazuhiro	JPN	Akita	2008
M70	50.99	Higo Hidehiko	JPN	Kagoshima	2004
M75	55.50	Uchida Tamotsu	JPN	Kagoshima	2006
M80	1.03.33	Tasaki Motoichi	JPN	Riccione	2007

The rule of Hurdle has been changed since 2002.

◆400mH

M35	53.25	Yamoto Tomokazu	JPN	Okayama	2012
M40	55.35	Sato Noriaki	JPN	Osaka	2005
M45	56.91	Sato Noriaki	JPN	Yamagata	2009
M50	1.01.11	Sugisaki Kazuhiko	JPN	Ishikawa	2013
M55	1.04.02	Tsuhako Mitsuya	JPN	Kagoshima	2013
M60	1.21.07	S.D. Agnihtri	IND	KualaLumpur	1990

The rule of Hurdle has been changed since 2002.

◆2000mSC

M60	7.15.35	Shikano Katsuo	JPN	Ishikawa	2003
M65	7.32.34	Kato Keiichi	JPN	Wakayama	2011
M70	8.21.40	Ichikawa Kunio	JPN	Ishikawa	2003
M75	9.07.34	Yamamoto Tsutae	JPN	Miyagi	2006
M80	10.01.18	Tamoi Soichi	JPN	Ishikawa	2003
M85	11.36.93	Tamoi Soichi	JPN	Ishikawa	2008

◆3000mSC

M35	9.26.19	Katagiri Ryo	JPN	Toyama	1996
M40	9.32.77	Takenaka Yasutomo	JPN	Mie	2013
M45	10.08.22	Ushiroguchi Hiroshi	JPN	Kyoto	2013
M50	10.26.65	Yoshida Nobuo	JPN	Toyama	1996
M55	11.04.51	Sono Nasao	JPN	America	2011
M65	12.57.9	B.P. Verma	IND	Bangalore	2006

◆3000mW

M35	12.57.77	Omori Kenichi	JPN	Ishikawa	1998
M40	13.08.08	Higashi Hisakage	JPN	Kyoto	2006
M45	13.13.4	Uemori Yoshiaki	JPN	Hiroshima	1992
M50	13.24.16	Uchida Takayuki	JPN	Hikone	1998
M55	14.24.85	Sasaki Shigeru	JPN	Akita	2013
M60	14.24.4	Nakamichi Shin	JPN	Osaka	1992
M65	15.15.5	Nakamura Nobuyuki	JPN	Hokkaido	2002
M70	16.10.57	Sigehara Kazuhiro	JPN	Hiroshima	2010
M75	17.14.23	Nakamichi Shin	JPN	Yamaguchi	2007
M80	17.19.51	Nakamichi Shin	JPN	Wakayama	2008
M85	22.29.97	Amano Kozo	JPN	Okayama	2012
M90	26.33.35	Murasaki Hideichi	JPN	Kanagawa	2003

◆5000mW

M35	22.42.52	Omori Kenichi	JPN	Fukui	1998
M40	22.15.99	Sakchai Samutkao	THA	Bangkok	2004
M45	22.36.84	Omori Kenichi	JPN	Nigata	2010
M50	23.47.93	Sasaki Shigeru	JPN	Iwate	2004
M55	24.50.85	Uchida Takayuki	JPN	Ishikawa	2002
M60	25.08.41	Kimura Iwazo	JPN	Muroran	2000
M65	26.45.0	Tanaka Toshiaki	JPN	Kumamoto	1999
M70	28.23.04	Nakamichi Shin	JPN	Shizuoka	2001
M75	29.38.91	Nakamichi Shin	JPN	Osaka	2007
M80	31.43.08	Nakamichi Shin	JPN	Osaka	2011
M85	37.42.0	Pritam Singh Kuchhar	IND	Bangkok	2004
M90	49.42.70	Morikawa Kazuo	JPN	Buffalo	1995

◆10000mW

M40	54.24.1	P. Ramanaidu	MAS	KualaLumpur	1990
M45	52.48.6	Bill Purves	HKG	KualaLumpur	1990
M50	56.35.8	M.Karuppiah	MAS	KualaLumpur	1990
M55	56.50.9	Tanaka Toshiaki	JPN	KualaLumpur	1990
M60	58.56.70	Yaegashi Satoru	JPN	Iwate	2011
M65	1.01.14.09	Takeda Seiichi	JPN	Iwate	2011
M70	1.09.27.3	Chuh Bee Chuan	MAS	KualaLumpur	1990
M75	1.13.18.2	Kay Seong Chuah	MAS	KualaLumpur	1990
M80	1.38.29.4	Ong Choon San	MAS	KualaLumpur	1990

◆走高跳

M35	2.10	Nonaka Satoru	JPN	Okinawa	1998
M40	2.00	Nonaka Satoru	JPN	Ishikawa	2003
M45	1.92	Sawai Takehide	JPN	Shizuoka	2012
M50	1.80	Azato Katsumasa	JPN	Okinawa	1998
M55	1.71	Kurokawa Takao	JPN	Saga	2013
M60	1.65	Azato Katsumasa	JPN	Okinawa	2008
M65	1.55	Tanaka Gihei	JPN	Kumamoto	1999
M65	1.55	Kibamoto Koji	JPN	Yamaguchi	2007
M70	1.46	Tanaka Gihei	JPN	Hokkaido	2005
M75	1.36	Tanaka Gihei	JPN	Hokkaido	2010
M80	1.28	Miura Takuro	JPN	Nara	1997
M85	1.20	Kimura Kizo	JPN	Kofu	1997
M90	1.10	Kimura Kizo	JPN	Fukushima	2002

◆棒高跳

M35	5.00	Funatsu Tetsushi	JPN	Osaka	2011
M40	4.80	Kokudai Kouji	JPN	Shizuoka	2012
M45	4.40	Takanezawa Itsuo	JPN	Toyama	1996
M50	4.02	Koyama Yoshiaki	JPN	Tokyo	2008
M55	3.90	Miyake Kiyohusa	JPN	Iwate	2009
M60	3.40	Taguchi Hideo	JPN	Kobe	1993
M65	3.14	Miyabe Fuminori	JPN	Miyazaki	2013
M70	3.00	Kobayashi Sueo	JPN	Mito	2000
M75	2.80	Tanaka Juji	JPN	Atsugi	1998
M80	2.52	Tanaka Juji	JPN	Saitama	2003

M85	2.05	Tanaka Juji	JPN	Yamanashi	2009
M90	1.25	Kimura Kizo	JPN	Yamanashi	2003

◆走幅跳

M35	7.25	Nakatani Keiji	JPN	Tokyo	1990
M40	6.81	Tanaka Kiyotaka	JPN	Gihu	2012
M45	6.61	Kawahara Norihiko	JPN	Osaka	2001
M50	6.28	Miura Masashi	JPN	Iwate	2009
M55	5.92	Yamada Nobuya	JPN	Ageo	1994
M60	5.58	Omine Hidenobu	JPN	Shimane	2002
M65	5.29	Shimizu Kyushichiro	JPN	Gunma	2006
M70	5.13	Ishigami Saburo	JPN	Okinawa	2000
M75	4.83	Ishigami Saburo	JPN	Osaka	2005
M80	4.36	Ishigami Saburo	JPN	Tokyo	2010
M85	3.76	Morita Mazumi	JPN	Shizuoka	1998
M90	2.97	Kimura Kizo	JPN	Saitama	2002
M95	1.86	Takenaka Toshio	JPN	Hyogo	2009

◆三段跳

M35	15.02	Tsutsumi Masanori	JPN	Oita	1988
M40	14.57	Matsumura Satoru	JPN	Nagano	2007
M45	13.85	Imahashi Yoshihito	JPN	OSAKA	1993
M50	13.34	Aoki Hideharu	JPN	Kanagawa	2012
M55	12.35	Aibe Norio	JPN	Wakayama	1990
M60	12.01	Aibe Norio	JPN	Kagoshima	1994
M65	11.48	Shimizu Kyushichiro	JPN	Tokyo	2006
M70	10.78	Shimizu Kyushichiro	JPN	Gunma	2012
M75	10.05	Morita Mazumi	JPN	Akita	1988
M80	8.95	Morita Mazumi	JPN	Miyazaki	1993
M85	7.91	Morita Mazumi	JPN	Musashino	1998
M90	6.59	Kimura Kizo	JPN	Chiba	2001
M95	4.33	Aoyama Hiroshi	JPN	Kagoshima	2004

◆砲丸投

M35	15.40	Urita Yoshihisa	JPN	Kagoshima	1995
M40	15.01	Gurdeep Singh	IND	Singapore	1981
M45	15.31	Joginder Singh	IND	Singapore	1981
M50	14.68	Taniguchi Kunihiko	JPN	Shizuoka	1997
M55	13.37	Yamada Hiroshi	JPN	Osaka	1997
M60	15.40	A.Sibidol	MAS	Singapore	1986
M65	13.10	Kondo Harukuni	JPN	Ise	2000
M70	12.90	Fukagawa Hiroo	JPN	Hiroshima	2009
M75	11.77	Kondo Harukuni	JPN	Nara	2010
M80	10.15	Nakagawa Koukichi	JPN	Ishikawa	2013
M85	8.71	Ogura Takashi	JPN	Miyazaki	2008
M90	7.38	Hasegawa Kameji	JPN	Shizuoka	2013
M95	5.11	Okazaki Masami	JPN	Ichinoseki	2000
M100	5.11	Shimokawara Takashi	JPN	Miyazaki	2008

Weight of Shot Put for over 80 has changed to 3kg since 2006.

◆円盤投

M35	49.06	Oishi Hiroaki	JPN	Yamaguchi	2009
M40	48.40	Weinan Li	CHN	Durban	1997
M45	44.59	Yamasaki Yuji	JPN	Ishikawa	2003
M50	47.47	Yamasaki Yuji	JPN	Ibaragi	2009
M55	42.58	Uehara Iwao	JPN	Hiratsuka	1995
M60	51.00	Takahashi Minoru	JPN	Toyama	1996
M65	49.74	Takahashi Minoru	JPN	Yamagata	1998
M70	46.27	Takahashi Minoru	JPN	Ishikawa	2003
M75	41.50	Takahashi Minoru	JPN	Akita	2009
M80	32.58	Nonaka Takeo	JPN	Miyazaki	1994
M85	26.40	Nonaka Takeo	JPN	Miyazaki	1999
M90	19.46	Kimura Kizo	JPN	Utsunomiya	2001
M95	13.00	Okazaki Masami	JPN	Matsue	2000

M100	10.72	Shimokawara Takashi	JPN	Iwate	2007
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◆ハンマー投

M35	59.02	Takakuwa Hidero	JPN	Iwate	2004
M40	53.42	Ikeda Akiyoshi	JPN	Shizuoka	2001
M45	63.46	Murofushi Shigenobu	JPN	Miyazaki	1993
M50	54.55	Hayashi Hideaki	JPN	Miyagi	2006
M55	49.15	Hayashi Hideaki	JPN	Chiba	2010
M60	54.33	Murofushi Shigenobu	JPN	Wakayama	2007
M65	50.24	Yamada Hirotsugu	JPN	Chiba	2007
M70	52.95	Takahashi Minoru	JPN	Akita	2003
M75	44.36	Takahashi Minoru	JPN	Akita	2008
M80	37.85	Aso Katsuya	JPN	Fukuoka	2006 (3kg)
M85	28.31	Aso Katsuya	JPN	Oita	2011 (3kg)
M90	19.00	Endo Takashi	JPN	Kyoto	2013 (3kg)
M95	9.07	Okazaki Masami	JPN	Hamayama	2000

Weight of Hammer for over 80 has changed to 3kg since 2006.

◆やり投

M35	70.39	Hiraoka Hideki	JPN	Wakayama	2007
M40	62.70	Kuriyama Yoshiya	JPN	Toyama	1996
M45	60.40	Kaneko Kenji	JPN	Gunma	2006
M50	59.30	Kuriyama Yoshiya	JPN	Osaka	2005
M55	52.18	Okuno Koji	JPN	Kyoto	2013
M60	54.20	A.Sibidol	MAS	Singapore	1981
M65	50.87	Nakanisi Kenji	JPN	Taipei	2012
M70	43.60	Yoshikawa Osamu	JPN	Yamaguchi	2007
M75	40.82	Yoshikawa Osamu	JPN	Taipei	2012
M80	33.33	Nakagawa Koukichi	JPN	Ishikawa	2013
M85	28.12	Sato Saburo	JPN	Shimane	2002
M90	19.06	Sato Saburo	JPN	Yamaguchi	2007
M95	12.08	Shimokawara Takashi	JPN	Iwate	2006
M100	12.42	Shimokawara Takashi	JPN	Yamaguchi	2007

The rule of Javelin Throw has been changed since 2002.

◆4x100m

M35	42.96		JPN	Aichi	2008
M40	44.07		JPN	Mie	2013
M45	44.96		JPN	Kyoto	2013
M50	46.77		JPN	Miyazaki	1993
M55	48.30		JPN	Aichi	2011
M60	50.22		JPN	Miyazaki	1993
M65	51.65		JPN	Miyazaki	1993
M70	54.12		JPN	Taipei	2012
M75	58.97		JPN	Miyazaki	1993
M80	1.03.12		JPN	Miyazaki	1993

◆4x400m

M35	3.35.45		JPN	Okayama	2013
M40	3.30.42		JPN	America	2011
M45	3.42.45		JPN	Shizuoka	2011
M50	3.48.76		JPN	Taipei	2012
M55	4.00.69		JPN	Miyazaki	1993
M60	4.06.21		JPN	Miyazaki	1993
M65	4.32.61		JPN	Miyazaki	1993
M70	4.47.50		JPN	Bangkok	2004
M75	5.07.61		JPN	Miyazaki	1993
M80	6.00.03		JPN	Okinawa	1998

◆五種競技

M35	3048	Isashi Yasuhiro	JPN	Ishikawa	2005
M40	3030	Ogawa Tomoaki	JPN	Ishikawa	2012
M45	3246	Ikeno Masahiro	JPN	Osaka	2010
M50	3217	Soyano Takao	JPN	Nagano	2004

M55	3403	Moriwaki Shinpei	JPN	Tokyo	2005
M60	3448	Tojyo Kazukuni	JPN	Ishikawa	2008
M65	3750	Yamada Eiichiro	JPN	Ishikawa	2005
M70	3739	Yamada Eiichiro	JPN	Nagano	2010
M75	3315	Terao Shinichi	JPN	Kanagawa	2007
M80	3226	Terao Shinichi	JPN	Shizuoka	2011
M85	2679	Murai Seiichi	JPN	Shizuoka	2011
M90	2809	Yamamoto Sachio	JPN	Ishikawa	2005

The rule of Pentathlon was changed in 2010.

◆十種競技

M35	6337	Yamada Shinichi	JPN	Ishikawa	2011
M40	6637	Furukawa Katsuhiko	JPN	Okayama	2013
M45	6636	Ikeno Masahiro	JPN	Ishikawa	2011
M50	6298	Sotoyama Teruyuki	JPN	Ishikawa	2004
M55	6359	Takemura Eiichi	JPN	Ishikawa	2006
M60	6966	Haga Kazuhiro	JPN	Ishikawa	2004
M65	6926	Tajima Kiyoshi	JPN	Ishikawa	2004
M70	6598	Tajima Kiyoshi	JPN	Osaka	2010
M75	6074	Ishikawa Nobuo	JPN	Osaka	2010
M80	6453	Sakurai Hisaichi	JPN	Ishikawa	2007
M85	5964	Tanaka Juji	JPN	Ishikawa	2008
M90	4224	Ishikawa Kichisuke	JPN	Ishikawa	2002

The rule of Decathlon was changed in 2010.

◆重量五種

M35	3207	Tsuiki Ryusuke	JPN	Niigata	2012
M40	3175	Takahashi Osamu	JPN	Ibaragi	2008
M45	3392	Ikeda Akiyoshi	JPN	Ishikawa	2008
M50	3596	Ikeda Akiyoshi	JPN	Ibaragi	2011
M55	3687	Hayashi Hideaki	JPN	Kanagawa	2010
M60	3971	Yamada Hirotsugu	JPN	Osaka	2002
M65	4017	Yamada Hirotsugu	JPN	Ishikawa	2008
M70	4149	Yamada Hirotsugu	JPN	Kanagawa	2011
M75	3772	Kondo Harukuni	JPN	Hokkaido	2010
M80	3973	Aso Katsuya	JPN	Ibaragi	2006
M85	3321	Ogura Takashi	JPN	Ibaragi	2008
M90	2479	Nakashio Zenjiro	JPN	Ishikawa	2013
M95	914	Fukuda Kosaku	JPN	Ishikawa	2007

The rule of WeightPentathlon was changed in 2010.

女子

◆100m

W30	12.1	Murayama Ritsuko	JPN	Saga	1987
W35	12.1	Murayama Ritsuko	JPN	Saga	1989
W40	12.3	Nishiuchi Kumiko	JPN	Kochi	1988
W45	12.6	Nishiuchi Kumiko	JPN	Kochi	1993
W50	13.78	Tasaki Sumako	JPN	Kyushu	2003
W55	14.07	Nakamura Masako	JPN	Okinawa	2005
W60	14.41	Nakamura Noriko	JPN	Hiroshima	2002
W65	14.91	Nakamura Noriko	JPN	Tokyo	2005
W70	15.78	Nakamura Noriko	JPN	Tokyo	2010
W75	16.46	Hosokawa Mineko	JPN	Osaka	2012
W80	18.73	Morita Mitsu	JPN	Tokyo	2003
W85	19.83	Morita Mitsu	JPN	Nagasaki	2008
W90	23.15	Morita Mitsu	JPN	Kyoto	2013
W95	35.48	Iwaki Katsuko	JPN	Shizuoka	2010

◆200m

W30	25.0	Murayama Ritsuko	JPN	Saga	1987
W35	25.40	Murayama Ritsuko	JPN	Wakayama	1989
W40	25.90	Murayama Ritsuko	JPN	Miyazaki	1993
W45	27.23	Fugisawa Harumi	JPN	Kagoshima	1995
W50	28.33	Togawa Takako	JPN	Miyazaki	1993
W55	29.38	Nakamura Noriko	JPN	Ohoita	1997
W60	29.92	Nakamura Noriko	JPN	Hiroshima	2002
W65	30.74	Nakamura Noriko	JPN	Tokyo	2004
W70	32.74	Nakamura Noriko	JPN	Tokyo	2010
W75	35.95	Hosokawa Mineko	JPN	Kyoto	2013
W80	40.78	Morita Mitsu	JPN	Kumamoto	2003
W85	45.65	Morita Mitsu	JPN	Nagasaki	2008
W90	55.62	Morita Mitsu	JPN	Nagasaki	2013
W95	1.19.96	Iwaki Katsuko	JPN	Shizuoka	2011

◆400m

W30	58.76	Iritakashima Miyuki	JPN	Okinawa	2012
W35	57.6	Soo Chong Peng	MAS	Bangalore	2000
W40	58.96	Kurokawa Yuko	JPN	Toyama	2013
W45	1.01.18	Usui Yukiko	JPN	Aichi	2008
W50	1.01.10	Honma Akiko	JPN	Hyogo	2013
W55	1.07.57	M. Satchitananda	SRI	Jakarta	1994
W60	1.13.49	Soma Katsuko	JPN	Iwate	2004
W65	1.18.73	Soma Katsuko	JPN	Aichi	2009
W70	1.24.51	Honma Yuriko	JPN	Kyoto	2012
W75	1.32.05	Morita Mitsu	JPN	Kumamoto	1999
W80	1.49.49	Yamane Tomoko	JPN	Simane	2010
W85	2.11.2	Nishiyama Matsue	JPN	Kyoto	1992

◆800m

W30	2.15.39	Kurokawa Yuko	JPN	Toyama	2008
W35	2.08.77	Kurokawa Yuko	JPN	Tokushima	2011
W40	2.11.91	Kurokawa Yuko	JPN	Saitama	2013
W45	2.24.5	Azuma Emiko	JPN	Osaka	1995
W50	2.29.52	Sueyoshi Makiko	JPN	Ishikawa	2013
W55	2.33.47	Takahashi Mitsuko	JPN	Ishikawa	2003
W60	2.44.81	Kyotani Komae	JPN	Nara	2013
W65	2.58.16	Ide Masako	JPN	Yamaguchi	2007
W70	3.16.09	Suzuki Ikuko	JPN	Lahati	2009
W75	3.20.79	Nakano Yoko	JPN	Okayama	2012
W80	4.04.54	Yamane Tomoko	JPN	Tochigi	2011
W85	5.14.43	Nishiyama Matsue	JPN	Miyazaki	1993

◆1500m

W30	4.36.34	Kurosaki Shinobu	JPN	Wakayama	1989
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W35	4.35.4	Seri Tunaal White	SIN	Singapore	1981
W40	4.44.73	Hashimoto Haruko	JPN	Lahati	2009
W45	4.55.7	Azuma Emiko	JPN	Osaka	1995
W50	5.05.57	Takahashi Mitsuko	JPN	Toyonaka	1998
W55	5.09.70	Kyotani Komae	JPN	Osaka	2005
W60	5.30.81	Kyotani Komae	JPN	Wakayama	2011
W65	5.58.62	Matsuda Mizue	JPN	Chiba	2011
W70	6.24.58	Ide Masako	JPN	Okayama	2012
W75	6.35.46	Nakano Yoko	JPN	Okayama	2012
W80	7.25.26	Xiufen Lin	CHN	Bangkok	2004

◆3000m

W30	10.09.88	Igarashi Miki	JPN	Gunma	2006
W35	9.55.59	Morigami Mayumi	JPN	Yamaguchi	2007
W40	10.09.3	Kurosaki Shinobu	JPN	Osaka	1998
W45	10.27.30	Hirohama Yoshiko	JPN	Tokyo	1994
W50	10.41.97	Takahashi Mitsuko	JPN	Osaka	1998
W55	11.02.83	Nakayama Jyunko	JPN	Saga	2013
W60	11.42.5	Kawasaki Hiroko	JPN	Kochi	2000
W65	12.34.35	Tani Suemi	JPN	Fukuoka	2009
W70	13.36.64	Muramoto Minoru	JPN	Kyoto	2011
W75	13.55.58	Nakano Yoko	JPN	Okayama	2012
W80	21.03.47	Yamane Tomoko	JPN	Tottri	2011

◆5000m

W30	16.49.42	Horiki Mayu	JPN	Wakayama	2008
W35	16.46.12	Hoshino Yoshimi	JPN	Shizuoka	2002
W40	16.59.91	Hirohama Yoshiko	JPN	Wakayama	1989
W45	17.37.81	Saegusa Emi	JPN	Hyogo	2005
W50	17.55.57	Terasaki Tomoko	JPN	Hokkaido	2012
W55	18.56.98	Takahashi Mitsuko	JPN	Ishikawa	2003
W60	20.00.71	Muramoto Minoru	JPN	Osaka	2001
W65	21.24.12	Tani Suemi	JPN	Osaka	2009
W70	22.33.98	Muramoto Minoru	JPN	Osaka	2011
W75	24.03.90	Nakano Yoko	JPN	Kyoto	2013
W80	36.35.3	Li Song Jin	CHN	Dalian	2002
W85	37.02.30	Nishiyama Matsue	JPN	Miyazaki	1993

◆10000m

W30	36.03.86	Hoshino Yoshimi	JPN	Ishikawa	1999
W35	35.27.96	Hoshino Yoshimi	JPN	Shizuoka	2001
W40	37.23.82	Nagai Mayumi	JPN	Ibaragi	2006
W45	37.42.91	Sueyoshi Makiko	JPN	Ishikawa	2007
W50	38.34.86	Hiyama Keiko	JPN	Tokyo	2009
W55	41.34.53	Hashimoto Taeko	JPN	Miyazaki	1993
W60	42.58.10	Okura Setsuko	JPN	Osaka	2006
W65	46.22.27	Muramoto Minoru	JPN	Osaka	2008
W70	48.54.93	Ikeno Masako	JPN	Osaka	2004
W75	58.29.15	Ikeno Masako	JPN	Osaka	2009

◆80mH

W40	11.77	Ooasa Naoko	JPN	Tokyo	2009
W45	11.94	Ooasa Naoko	JPN	Tokyo	2013
W50	13.47	Ando Yukari	JPN	Kyoto	2013
W55	13.96	Oota Kurumi	JPN	Aichi	2009
W60	14.19	Takahashi Rieko	JPN	Malaysia	2010
W65	16.80	Nara Takako	JPN	Ishikawa	2003
W70	18.14	Koshikawa Hideko	JPN	Chiba	2003
W75	19.02	Mabuchi Hiroko	JPN	Kyoto	2011
W80	31.66	Yamane Tomoko	JPN	Okayama	2010

◆100mH

W30	14.94	Hara Mieko	JPN	Okayama	2005
W35	14.99	Soo Chong Peng	MAS	Durban	1998

◆200mH

W60	37.77	Ota Kurumi	JPN	Wakayama	2013
W70	40.32	Nakamura Noriko	JPN	Wakayama	2011
W75	48.40	Mabuchi Hiroko	JPN	Wakayama	2011
W80	1.02.70	Yamane Tomoko	JPN	Tottori	2011

◆300mH

W50	49.99	Yamasaki Machiko	JPN	Okayama	2012
W55	53.90	Ota Kurumi	JPN	Miyazaki	2008
W60	58.02	Takahashi Rieko	JPN	Malysia	2010
W65	1.02.92	Miyamoto Yoko	JPN	Lahati	2009
W70	1.43.68	Teratani Katsue	JPN	Tottori	2008
W75	1.32.19	Yamane Tomoko	JPN	Tottori	2008

◆400mH

W30	1.06.91	Fukushima Mina	JPN	Okayama	2012
W35	1.03.9	Soo Chong Peng	MAS	Bangalore	2000
W40	1.08.23	Soo Chong Peng	MAS	Dalian	2002
W45	1.11.17	Suzuki Miki	JPN	Shizuoka	2008

The rule of H has been changed since 2002.

◆2000mSC

W30	7.40.58	Kurokawa Yuko	JPN	Ishikawa	2007
W35	7.32.72	Ishii Yukie	JPN	Shizuoka	2001
W40	7.16.91	Ishii Yukie	JPN	Miyagi	2006
W45	7.29.62	Sueyoshi Makiko	JPN	Ishikawa	2007
W50	7.48.61	Sueyoshi Makiko	JPN	Kyoto	2013
W55	10.06.34	Nakamura Kimiko	JPN	Buffalo	1995
W60	10.17.10	Nakamura Kimiko	JPN	Brisbane	2001
W65	11.31.81	Nakamura Kimiko	JPN	Riccione	2007
W70	11.30.84	Suzuki Ikuko	JPN	Malysia	2010
W75	11.48.79	Suzuki Ikuko	JPN	Taipei	2012

◆3000mWalk

W30	17.00.51	Sugimoto Emika	JPN	Saitama	2012
W35	16.48.56	Kawata Chiaki	JPN	Kyoto	2004
W40	16.18.92	Yamazaki Sachiko	JPN	Tochigi	2007
W45	15.43.7	Itami Tamae	JPN	Aichi	1992
W50	15.53.8	Okada Shimiko	JPN	Tokyo	1995
W55	17.23.8	Nagate Masako	JPN	Chiba	1997
W60	17.01.5	Okada Shimiko	JPN	Tokyo	2003
W65	17.53.72	Okada Shimiko	JPN	Tokyo	2008
W70	18.53.48	Ozawa Suzuka	JPN	Tokyo	2012
W75	23.02.31	Sakata Yaeko	JPN	Okayama	2012
W80	27.59.48	Tsuzitani Fumiko	JPN	Miyazaki	2008
W85	34.34.03	Oikawa Fumiyo	JPN	Iwate	2013

◆5000mWalk

W30	36.52.95	Sado Chie	JPN	Ishikawa	2013
W35	27.29.6	Tan Sinong Keow	SIN	Singapore	1992
W40	27.10.8	Low Guay Hoon	SIN	Singapore	1992
W45	27.41.69	Itami Tamae	JPN	Miyazaki	1993
W50	27.45.94	Nagate Masako	JPN	Chiba	1994
W55	28.23.51	Nagate Masako	JPN	Chiba	1998
W60	29.54.06	Yazawa Miyoko	JPN	Nagano	2013
W65	33.07.26	Matsumoto Hatsue	JPN	Lahati	2009
W70	32.01.34	Matsumoto Hatsue	JPN	Taipei	2012
W75	40.35.16	Mogam Keiko	JPN	Iwate	2005

◆10000mWalk

W35	1.07.00	Michelle Patiselano	SIN	KualaLumpur	1990
W40	1.05.27.0	Nagammah Vellasamy	MAS	KualaLumpur	1990
W45	1.10.59.8	Rosmanizar Zulfikar	INA	KualaLumpur	1990
W50	1.12.16.3	Irene Singam	MAS	KualaLumpur	1990

W55	1.14.08.6	V. Seethalakshmi	IND	KualaLumpur	1990
W60	1.11.42.1	Chuiki Hanumavua	IND	KualaLumpur	1990
W65	1.17.53.5	Kok Kek Kee	MAS	KualaLumpur	1990

◆走高跳

W30	1.68	Ichihara Keiko	JPN	Chiba	1991
W30	1.68	Sudo Shuri	JPN	Tokyo	2000
W35	1.70	Ono Mitsuko	JPN	Okayama	2003
W40	1.65	Ono Mitsuko	JPN	Okayama	2007
W45	1.55	Shinoda Yasue	JPN	Hokkaido	2004
	1.55	Ono Mitsuko	JPN	Okayama	2013
W50	1.40	Fuchiwaki Reiko	JPN	Toyama	1996
W55	1.31	Saeki Nobuko	JPN	Ishikawa	2006
W60	1.25	Sato Yoko	JPN	Yamato	2001
W60	1.25	Saeki Nobuko	JPN	Ishikawa	2009
W65	1.20	Nagata Junko	JPN	Wakayama	2007
W70	1.15	Mabuchi Hiroko	JPN	Aomori	2007
W75	1.11	Mabuchi Hiroko	JPN	Osaka	2011
W80	0.98	Hasegawa Masako	JPN	Nagano	2009
W85	0.92	Hasegawa Masako	JPN	Wakayama	2011

◆棒高跳

W30	3.50	Yamauchi Miwa	JPN	Okinawa	2006
W35	2.80	Yasui Kimiko	JPN	Kagoshima	2004
W40	2.63	Izumi Keiko	JPN	Mie	2006
W45	3.40	Kobayashi Keiko	JPN	Gunma	2013
W50	3.00	Yamasaki Machiko	JPN	Tokyo	2013
W55	2.58	Yamamoto Masumi	JPN	Osaka	2006
W60	2.45	Yamamoto Masumi	JPN	Aichi	2009
W65	2.32	Yamamoto Midori	JPN	Osaka	2003
W70	2.35	Yamamoto Midori	JPN	Bangkok	2004
W75	2.00	Yamamoto Midori	JPN	Sydney	2009
W80	2.35	Tsuji Mitsue	JPN	Kyoto	2012

◆走幅跳

W30	5.62	Koseki Terumi	JPN	Kumamoto	1995
W35	5.72	Nishiuchi Kumiko	JPN	Kochi	1985
W40	5.71	Nishiuchi Kumiko	JPN	Kochi	1988
W45	5.52	Togawa Takako	JPN	Kyoto	1988
W45	5.52	Ohinata Akiko	JPN	Kanagawa	1995
W50	5.14	Ohinata Akiko	JPN	Gunma	2004
W55	4.95	Nishiuchi Kumiko	JPN	Kagawa	2003
W60	4.54	Nishiuchi Kumiko	JPN	Kochi	2008
W65	4.05	Kuratsu Midori	JPN	Nagasaki	2007
W70	3.99	Kuratsu Midori	JPN	Nagasaki	2009
W75	3.22	Nara Takako	JPN	Tokyo	2013
W80	2.61	Hasegawa Masako	JPN	Nagano	2009
W85	2.54	Hasegawa Masako	JPN	Wakayama	2011

◆三段跳

W30	11.94	Nakiri Hidemi	JPN	Osaka	1993
W35	11.69	Yoden Masae	JPN	Osaka	1990
W40	12.14	Ohinata Akiko	JPN	Nagoya	1994
W45	11.98	Ohinata Akiko	JPN	Matsumoto	1995
W50	11.66	Ohinata Akiko	JPN	Gunma	2004
W55	10.97	Ohinata Akiko	JPN	Yamanashi	2006
W60	11.04	Ohinata Akiko	JPN	Gihu	2010
W65	8.63	Kuratsu Midori	JPN	Kagoshima	2004
W70	8.64	Kuratsu Midori	JPN	Nagasaki	2010
W75	6.92	Mabuchi Hiroko	JPN	Nara	2011
W80	5.63	Hasegawa Masako	JPN	Aichi	2006
W85	5.11	Hasegawa Masako	JPN	Mie	2011

◆砲丸投

W30	11.55	Kumamoto Katsuyo	JPN	Hyogo	1993
W35	12.07	Kanari Tomoko	JPN	Wakayama	1980
W40	13.96	Lu Cheng	CHN	Seoul	1996
W45	11.36	Narushima Ryoko	JPN	Kofu	1990
W50	12.54	Ohoiwa Kiyomi	JPN	Kumamoto	1999
W55	11.91	Oiwa Kiyomi	JPN	Hyogo	2004
W60	11.19	Wen Lan	CHN	Dalian	2002
W65	10.63	Kanari Tomoko	JPN	Bangalore	2006
W70	9.77	Kanari Tomoko	JPN	Ibaraki	2013
W75	9.01	Kodama Sumiko	JPN	Hokkaido	2012
W80	7.71	Kono Masayo	JPN	Tokushima	1995
W85	4.83	Kitajima Kimi	JPN	Tokushima	2013
W90	3.32	Nambu Hisako	JPN	Mastue	2002
W95	2.74	Nanbu Hisako	JPN	Wakayama	2007

◆円盤投

W30	38.88	Harano Midori	JPN	Hiroshima	1990
W35	42.44	Aoki Sanae	JPN	Maebashi	1996
W40	49.68	Wang Dan	CHN	Seoul	1996
W45	37.72	Kageyama Tomiko	JPN	Shizuoka	2011
W50	33.51	Nakagawa Akemi	JPN	Shiga	2007
W55	31.54	Kanari Tomoko	JPN	Aomori	2000
W60	31.85	Kato Atsuko	JPN	Aichi	2008
W65	29.42	Kanari Tomoko	JPN	Changmai	2008
W70	28.63	Kanari Tomoko	JPN	America	2011
W75	19.02	Suzuki Teruko	JPN	Okayama	2012
W80	14.17	Okabe Mutsuki	JPN	Tokyo	2010
W85	20.04	Hasegawa Masako	JPN	Aichi	2012
W95	4.00	Hashitani Hatsue	JPN	Ishikawa	2007

◆ハンマー投

W30	40.42	Umeda Mayumi	JPN	Tokyo	2013
W35	38.22	Tokumine Ayano	JPN	Kagoshima	2013
W40	36.79	Fukushima Ayako	JPN	Nagasaki	2007
W45	34.52	Oiwa Kiyomi	JPN	Aichi	1998
W50	41.36	Oiwa Kiyomi	JPN	Ishikawa	2002
W55	38.74	Oiwa Kiyomi	JPN	Hyogo	2004
W60	35.26	Kato Atsuko	JPN	Miyazaki	2008
W65	31.79	Kato Atsuko	JPN	Nara	2011
W70	27.59	Kanari Tomoko	JPN	Ishikawa	2013
W75	27.63	Karube Hiroko	JPN	Wakayama	2013
W80	16.73	Takami Taeko	JPN	Saga	2013
W85	3.10	Yamagishi Kiyoko	JPN	Ishikawa	2007
W95	1.77	Hashitani Hatsue	JPN	Ishikawa	2007

◆やり投

W30	45.06	Kajiwara Maki	JPN	Okayama	2012
W35	45.28	Saito Izumi	JPN	Kagawa	2003
W40	45.15	Matsui Emi	JPN	Kagoshima	2004
W45	39.92	Lavanda Eriine	PHI	Okinawa	1998
W50	41.24	Fujimoto Emi	JPN	Saga	2013
W55	35.25	Fuse Akiyo	JPN	Siga	2008
W60	34.64	Suzuki Masako	JPN	Gihu	2010
W65	33.94	Suzuki Masako	JPN	Wakayama	2011
W70	23.60	Karube Hiroko	JPN	Hyogo	2009
W75	20.25	Karube Hiroko	JPN	Wakayama	2013
W80	15.71	Yatooshi Sachiko	JPN	Miyazaki	2010
W85	8.32	Kitajima Kimi	JPN	Tokushima	2013
W95	3.35	Hashitani Hatsue	JPN	Ishikawa	2007

◆4x100m

W35	51.57		JPN	Miyazaki	1993
W40	50.85		JPN	Miyazaki	1993
W45	54.47		JPN	Kyoto	2013

W50	56.3		JPN	KualaLumpur	1990
W55	57.84		JPN	Miyazaki	1993
W60	1.03.50		JPN	Dalian	2002
W65	1.05.49		JPN	Taipei	2012
W70	1.11.85		JPN	Bangkok	2004
W75	1.17.03		JPN	Taipei	2012

◆4x400m

W35	4.28.23		JPN	Okinawa	1998
W40	4.34.33		JPN	Miyazaki	1993
W45	5.02.45		CHN	Dalian	2002
W50	5.35.08		JPN	Shimane	2011
W55	6.14.70		CHN	Dalian	2002
W60	5.59.54		JPN	Dalian	2002
W65	6.24.35		JPN	Taipei	2012
W70	6.56.63		JPN	Bangkok	2004
W75	9.27.22		CHN	Bangkok	2004

◆五種競技

W30	2413	Fukushima Mina	JPN	Okayama	2013
W35	3092	Ono Mitsuko	JPN	Okayama	2004
W40	3229	Ono Mitsuko	JPN	Okayama	2007
W45	3283	Suzuki Miki	JPN	Kanagawa	2008
W50	3692	Yamasaki Machiko	JPN	Kanagawa	2012
W55	3377	Saeki Nobuko	JPN	Saitama	2006
W60	3499	佐伯 信子	JPN	Kanagawa	2010
W65	3441	長田 順子	JPN	Okayama	2008
W70	2918	Mabuchi Hiroko	JPN	Ishikawa	2008
W75	3177	Mabuchi Hiroko	JPN	Ishikawa	2013
W80	2624	Yamane Tomoko	JPN	Okayama	2010

The rule of Pentathlon was changed in 2010.

◆七種競技

W30	3336	Shimotakahara Asa	JPN	Ishikawa	2007
W35	4175	Ono Mitsuko	JPN	Ishikawa	2006
W40	4216	Nakao Harumi	JPN	Ishikawa	2009
W45	4829	Nakao Harumi	JPN	Ishikawa	2011
W50	4921	Yamasaki Machiko	JPN	Kanagawa	2013
W55	4511	Fujikawa Chikako	JPN	PuerutoRico	2003
W60	4709	Saeki Nobuko	JPN	Ishikawa	2010
W65	4685	Nagata Junko	JPN	Ishikawa	2007
W70	4408	Nagata Junko	JPN	Kanagawa	2013
W75	4986	Mabuchi Hiroko	JPN	America	2011

The rule of Heptathlon was changed in 2010.

◆重量五種

W30	2420	Katayama Natsuko	JPN	Ishikawa	2006
W35	2465	Hosoda Yuko	JPN	Osaka	2006
W40	2813	Yamada Michi	JPN	Osaka	2005
W45	3002	Yamada Michi	JPN	Osaka	2007
W50	3621	Oiwa Kiyomi	JPN	Osaka	2003
W55	3742	Oiwa Kiyomi	JPN	Osaka	2004
W60	3842	Kanari Tomoko	JPN	Fukushima	2003
W65	4210	Kanari Tomoko	JPN	Ibaragi	2007
W70	4427	Kanari Tomoko	JPN	Ishikawa	2013
W75	3671	Kodama Sumiko	JPN	Hokkaido	2013
W80	2178	Takami Taeko	JPN	Ishikawa	2013
W95	871	Hashitani Hatsue	JPN	Ishikawa	2007

The rule of WeightPentathlon was changed in 2010.

Old rule (~2009)

◆五種競技

M35	3144	Isashi Yasuhiro	JPN	Osaka	2005
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M40	3238	Eto Masatoshi	JPN	Kanagawa	2000
M45	3319	Eto Masatoshi	JPN	Ibaragi	2005
M50	3383	Seiyano Takao	JPN	Nagano	2004
M55	3581	Moriwaki Shinpei	JPN	Tokyo	2005
M60	3650	Tojyo Kazukuni	JPN	Ishikawa	2008
M65	3967	Yamada Eiichiro	JPN	Osaka	2005
M70	3552	Tajima Kiyoshi	JPN	Kanagawa	2008
M75	3577	Terao Shinichi	JPN	Kanagawa	2007
M80	2858	Tamoto Hisaki	JPN	Osaka	2005
M85	2913	Miura Takuro	JPN	Osaka	2002
M90	3434	Yamamoto Sachio	JPN	Osaka	2005
W30	1836	Sakuma Fumie	JPN	Kanagawa	2007
W35	3063	Ono Mitsuko	JPN	Okayama	2004
W40	3381	Ono Mitsuko	JPN	Okayama	2007
W45	3408	Suzuki Miki	JPN	Kanagawa	2008
W50	3478	Ota Kurumi	JPN	Osaka	2003
W55	3544	Saeki Nobuko	JPN	Ishikawa	2006
W60	3426	Saeki Nobuko	JPN	Kanagawa	2009
W65	3822	Nagata Jyunko	JPN	Okayama	2008
W70	3481	Mabuchi Hiroko	JPN	Ishikawa	2008
W75	2732	Yamane Michiko	JPN	Okayama	2007