

ウォーキングで1日の推奨消費カロリーである286kcalを減らすのに必要な分数。

※距離は、大人の平均時速=4.8Kmをもとに計算しています

	20分	30分	40分	50分	60分	70分	80分	90分	100分	110分	120分
距離	1.6km	2.4km	3.2km	4.0km	4.8km	5.6km	6.4km	7.2km	8.0km	8.8km	9.6km
100.0kg	105.0	157.5	210.0	262.5	315.0	367.5	420.0	472.5	525.0	577.5	630.0
99.5kg	104.5	156.7	209.0	261.2	313.4	365.7	417.9	470.1	522.4	574.6	626.9
99.0kg	104.0	155.9	207.9	259.9	311.9	363.8	415.8	467.8	519.8	571.7	623.7
98.5kg	103.4	155.1	206.9	258.6	310.3	362.0	413.7	465.4	517.1	568.8	620.6
98.0kg	102.9	154.4	205.8	257.3	308.7	360.2	411.6	463.1	514.5	566.0	617.4
97.5kg	102.4	153.6	204.8	255.9	307.1	358.3	409.5	460.7	511.9	563.1	614.3
97.0kg	101.9	152.8	203.7	254.6	305.6	356.5	407.4	458.3	509.3	560.2	611.1
96.5kg	101.3	152.0	202.7	253.3	304.0	354.6	405.3	456.0	506.6	557.3	608.0
96.0kg	100.8	151.2	201.6	252.0	302.4	352.8	403.2	453.6	504.0	554.4	604.8
95.5kg	100.3	150.4	200.6	250.7	300.8	351.0	401.1	451.2	501.4	551.5	601.7
95.0kg	99.8	149.6	199.5	249.4	299.3	349.1	399.0	448.9	498.8	548.6	598.5
94.5kg	99.2	148.8	198.5	248.1	297.7	347.3	396.9	446.5	496.1	545.7	595.4
94.0kg	98.7	148.1	197.4	246.8	296.1	345.5	394.8	444.2	493.5	542.9	592.2
93.5kg	98.2	147.3	196.4	245.4	294.5	343.6	392.7	441.8	490.9	540.0	589.1
93.0kg	97.7	146.5	195.3	244.1	293.0	341.8	390.6	439.4	488.3	537.1	585.9
92.5kg	97.1	145.7	194.3	242.8	291.4	339.9	388.5	437.1	485.6	534.2	582.8
92.0kg	96.6	144.9	193.2	241.5	289.8	338.1	386.4	434.7	483.0	531.3	579.6
91.5kg	96.1	144.1	192.2	240.2	288.2	336.3	384.3	432.3	480.4	528.4	576.5
91.0kg	95.6	143.3	191.1	238.9	286.7	334.4	382.2	430.0	477.8	525.5	573.3
90.5kg	95.0	142.5	190.1	237.6	285.1	332.6	380.1	427.6	475.1	522.6	570.2
90.0kg	94.5	141.8	189.0	236.3	283.5	330.8	378.0	425.3	472.5	519.8	567.0
89.5kg	94.0	141.0	188.0	234.9	281.9	328.9	375.9	422.9	469.9	516.9	563.9
89.0kg	93.5	140.2	186.9	233.6	280.4	327.1	373.8	420.5	467.3	514.0	560.7
88.5kg	92.9	139.4	185.9	232.3	278.8	325.2	371.7	418.2	464.6	511.1	557.6
88.0kg	92.4	138.6	184.8	231.0	277.2	323.4	369.6	415.8	462.0	508.2	554.4
87.5kg	91.9	137.8	183.8	229.7	275.6	321.6	367.5	413.4	459.4	505.3	551.3
87.0kg	91.4	137.0	182.7	228.4	274.1	319.7	365.4	411.1	456.8	502.4	548.1
86.5kg	90.8	136.2	181.7	227.1	272.5	317.9	363.3	408.7	454.1	499.5	545.0
86.0kg	90.3	135.5	180.6	225.8	270.9	316.1	361.2	406.4	451.5	496.7	541.8
85.5kg	89.8	134.7	179.6	224.4	269.3	314.2	359.1	404.0	448.9	493.8	538.7
85.0kg	89.3	133.9	178.5	223.1	267.8	312.4	357.0	401.6	446.3	490.9	535.5
84.5kg	88.7	133.1	177.5	221.8	266.2	310.5	354.9	399.3	443.6	488.0	532.4
84.0kg	88.2	132.3	176.4	220.5	264.6	308.7	352.8	396.9	441.0	485.1	529.2
83.5kg	87.7	131.5	175.4	219.2	263.0	306.9	350.7	394.5	438.4	482.2	526.1
83.0kg	87.2	130.7	174.3	217.9	261.5	305.0	348.6	392.2	435.8	479.3	522.9
82.5kg	86.6	129.9	173.3	216.6	259.9	303.2	346.5	389.8	433.1	476.4	519.8
82.0kg	86.1	129.2	172.2	215.3	258.3	301.4	344.4	387.5	430.5	473.6	516.6
81.5kg	85.6	128.4	171.2	213.9	256.7	299.5	342.3	385.1	427.9	470.7	513.5
81.0kg	85.1	127.6	170.1	212.6	255.2	297.7	340.2	382.7	425.3	467.8	510.3
80.5kg	84.5	126.8	169.1	211.3	253.6	295.8	338.1	380.4	422.6	464.9	507.2
80.0kg	84.0	126.0	168.0	210.0	252.0	294.0	336.0	378.0	420.0	462.0	504.0
79.5kg	83.5	125.2	167.0	208.7	250.4	292.2	333.9	375.6	417.4	459.1	500.9
79.0kg	83.0	124.4	165.9	207.4	248.9	290.3	331.8	373.3	414.8	456.2	497.7
78.5kg	82.4	123.6	164.9	206.1	247.3	288.5	329.7	370.9	412.1	453.3	494.6
78.0kg	81.9	122.9	163.8	204.8	245.7	286.7	327.6	368.6	409.5	450.5	491.4
77.5kg	81.4	122.1	162.8	203.4	244.1	284.8	325.5	366.2	406.9	447.6	488.3
77.0kg	80.9	121.3	161.7	202.1	242.6	283.0	323.4	363.8	404.3	444.7	485.1
76.5kg	80.3	120.5	160.7	200.8	241.0	281.1	321.3	361.5	401.6	441.8	482.0
76.0kg	79.8	119.7	159.6	199.5	239.4	279.3	319.2	359.1	399.0	438.9	478.8
75.5kg	79.3	118.9	158.6	198.2	237.8	277.5	317.1	356.7	396.4	436.0	475.7
75.0kg	78.8	118.1	157.5	196.9	236.3	275.6	315.0	354.4	393.8	433.1	472.5
74.5kg	78.2	117.3	156.5	195.6	234.7	273.8	312.9	352.0	391.1	430.2	469.4
74.0kg	77.7	116.6	155.4	194.3	233.1	272.0	310.8	349.7	388.5	427.4	466.2
73.5kg	77.2	115.8	154.4	192.9	231.5	270.1	308.7	347.3	385.9	424.5	463.1
73.0kg	76.7	115.0	153.3	191.6	230.0	268.3	306.6	344.9	383.3	421.6	459.9

72.5kg	76.1	114.2	152.3	190.3	228.4	266.4	304.5	342.6	380.6	418.7	456.8
72.0kg	75.6	113.4	151.2	189.0	226.8	264.6	302.4	340.2	378.0	415.8	453.6
71.5kg	75.1	112.6	150.2	187.7	225.2	262.8	300.3	337.8	375.4	412.9	450.5
71.0kg	74.6	111.8	149.1	186.4	223.7	260.9	298.2	335.5	372.8	410.0	447.3
70.5kg	74.0	111.0	148.1	185.1	222.1	259.1	296.1	333.1	370.1	407.1	444.2
70.0kg	73.5	110.3	147.0	183.8	220.5	257.3	294.0	330.8	367.5	404.3	441.0
69.5kg	73.0	109.5	146.0	182.4	218.9	255.4	291.9	328.4	364.9	401.4	437.9
69.0kg	72.5	108.7	144.9	181.1	217.4	253.6	289.8	326.0	362.3	398.5	434.7
68.5kg	71.9	107.9	143.9	179.8	215.8	251.7	287.7	323.7	359.6	395.6	431.6
68.0kg	71.4	107.1	142.8	178.5	214.2	249.9	285.6	321.3	357.0	392.7	428.4
67.5kg	70.9	106.3	141.8	177.2	212.6	248.1	283.5	318.9	354.4	389.8	425.3
67.0kg	70.4	105.5	140.7	175.9	211.1	246.2	281.4	316.6	351.8	386.9	422.1
66.5kg	69.8	104.7	139.7	174.6	209.5	244.4	279.3	314.2	349.1	384.0	419.0
66.0kg	69.3	104.0	138.6	173.3	207.9	242.6	277.2	311.9	346.5	381.2	415.8
65.5kg	68.8	103.2	137.6	171.9	206.3	240.7	275.1	309.5	343.9	378.3	412.7
65.0kg	68.3	102.4	136.5	170.6	204.8	238.9	273.0	307.1	341.3	375.4	409.5
64.5kg	67.7	101.6	135.5	169.3	203.2	237.0	270.9	304.8	338.6	372.5	406.4
64.0kg	67.2	100.8	134.4	168.0	201.6	235.2	268.8	302.4	336.0	369.6	403.2
63.5kg	66.7	100.0	133.4	166.7	200.0	233.4	266.7	300.0	333.4	366.7	400.1
63.0kg	66.2	99.2	132.3	165.4	198.5	231.5	264.6	297.7	330.8	363.8	396.9
62.5kg	65.6	98.4	131.3	164.1	196.9	229.7	262.5	295.3	328.1	360.9	393.8
62.0kg	65.1	97.7	130.2	162.8	195.3	227.9	260.4	293.0	325.5	358.1	390.6
61.5kg	64.6	96.9	129.2	161.4	193.7	226.0	258.3	290.6	322.9	355.2	387.5
61.0kg	64.1	96.1	128.1	160.1	192.2	224.2	256.2	288.2	320.3	352.3	384.3
60.5kg	63.5	95.3	127.1	158.8	190.6	222.3	254.1	285.9	317.6	349.4	381.2
60.0kg	63.0	94.5	126.0	157.5	189.0	220.5	252.0	283.5	315.0	346.5	378.0
59.5kg	62.5	93.7	125.0	156.2	187.4	218.7	249.9	281.1	312.4	343.6	374.9
59.0kg	62.0	92.9	123.9	154.9	185.9	216.8	247.8	278.8	309.8	340.7	371.7
58.5kg	61.4	92.1	122.9	153.6	184.3	215.0	245.7	276.4	307.1	337.8	368.6
58.0kg	60.9	91.4	121.8	152.3	182.7	213.2	243.6	274.1	304.5	335.0	365.4
57.5kg	60.4	90.6	120.8	150.9	181.1	211.3	241.5	271.7	301.9	332.1	362.3
57.0kg	59.9	89.8	119.7	149.6	179.6	209.5	239.4	269.3	299.3	329.2	359.1
56.5kg	59.3	89.0	118.7	148.3	178.0	207.6	237.3	267.0	296.6	326.3	356.0
56.0kg	58.8	88.2	117.6	147.0	176.4	205.8	235.2	264.6	294.0	323.4	352.8
55.5kg	58.3	87.4	116.6	145.7	174.8	204.0	233.1	262.2	291.4	320.5	349.7
55.0kg	57.8	86.6	115.5	144.4	173.3	202.1	231.0	259.9	288.8	317.6	346.5
54.5kg	57.2	85.8	114.5	143.1	171.7	200.3	228.9	257.5	286.1	314.7	343.4
54.0kg	56.7	85.1	113.4	141.8	170.1	198.5	226.8	255.2	283.5	311.9	340.2
53.5kg	56.2	84.3	112.4	140.4	168.5	196.6	224.7	252.8	280.9	309.0	337.1
53.0kg	55.7	83.5	111.3	139.1	167.0	194.8	222.6	250.4	278.3	306.1	333.9
52.5kg	55.1	82.7	110.3	137.8	165.4	192.9	220.5	248.1	275.6	303.2	330.8
52.0kg	54.6	81.9	109.2	136.5	163.8	191.1	218.4	245.7	273.0	300.3	327.6
51.5kg	54.1	81.1	108.2	135.2	162.2	189.3	216.3	243.3	270.4	297.4	324.5
51.0kg	53.6	80.3	107.1	133.9	160.7	187.4	214.2	241.0	267.8	294.5	321.3
50.5kg	53.0	79.5	106.1	132.6	159.1	185.6	212.1	238.6	265.1	291.6	318.2
50.0kg	52.5	78.8	105.0	131.3	157.5	183.8	210.0	236.3	262.5	288.8	315.0
49.5kg	52.0	78.0	104.0	129.9	155.9	181.9	207.9	233.9	259.9	285.9	311.9
49.0kg	51.5	77.2	102.9	128.6	154.4	180.1	205.8	231.5	257.3	283.0	308.7
48.5kg	50.9	76.4	101.9	127.3	152.8	178.2	203.7	229.2	254.6	280.1	305.6
48.0kg	50.4	75.6	100.8	126.0	151.2	176.4	201.6	226.8	252.0	277.2	302.4
47.5kg	49.9	74.8	99.8	124.7	149.6	174.6	199.5	224.4	249.4	274.3	299.3
47.0kg	49.4	74.0	98.7	123.4	148.1	172.7	197.4	222.1	246.8	271.4	296.1
46.5kg	48.8	73.2	97.7	122.1	146.5	170.9	195.3	219.7	244.1	268.5	293.0
46.0kg	48.3	72.5	96.6	120.8	144.9	169.1	193.2	217.4	241.5	265.7	289.8
45.5kg	47.8	71.7	95.6	119.4	143.3	167.2	191.1	215.0	238.9	262.8	286.7
45.0kg	47.3	70.9	94.5	118.1	141.8	165.4	189.0	212.6	236.3	259.9	283.5
44.5kg	46.7	70.1	93.5	116.8	140.2	163.5	186.9	210.3	233.6	257.0	280.4
44.0kg	46.2	69.3	92.4	115.5	138.6	161.7	184.8	207.9	231.0	254.1	277.2