

国際トレイルランニング協会 (ITRA) を検索 (<https://itra.run/>)

1.ご自身のパフォーマンスインデックス、出場したレースのポイント確認手順

TOP ページ→Runners→Find a runner→氏名 (アルファベット) を入力・検索。 ※氏名スペース半角

### ■ パフォーマンスインデックス

Performance index

Become a member to access all functionalities and see the detailed stats and results of this runner

Become a member

赤枠内の数値がパフォーマンスインデックス値です

About Race Results Statistics

Last race result

Date	Race name	Distance / elevation gain	Time	Ranking	ITRA Score
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Click here to see Tsuyoshi's result

Ranking overview

ITRA points achievement

- ITRA 0
- ITRA 1
- ITRA 2

Become an ITRA member for 8€ per year to unlock all your race statistics

### ■ ポイント・リザルト確認

①Race Results→②Course Characteristics

results of this runner

Become a member

About Race Results Statistics

Tsuyoshi's Race Results

Only races registered by organizers in ITRA will appear in your results  
If some of your results are missing make sure that the race is registered in our calendar or directly contact the race organizer and ask him to join ITRA

Results/Race Information: General Course Characteristics

2019

Date	Name of the race	Country	ITRA Points	Mountain Points	Finisher Level
2019-10-27	<a href="#">Huangshan Int'l Mountain Marathon - Marathon Distance</a>	China	ITRA 2	9	
2019-08-30	<a href="#">UTMB® - UTMB®</a>	France	ITRA 6	8	
2019-07-14	<a href="#">OSJ Ontake 100 - 100 Km</a>	Japan	ITRA 4	4	

BECOME A MEMBER to view all race statistics

