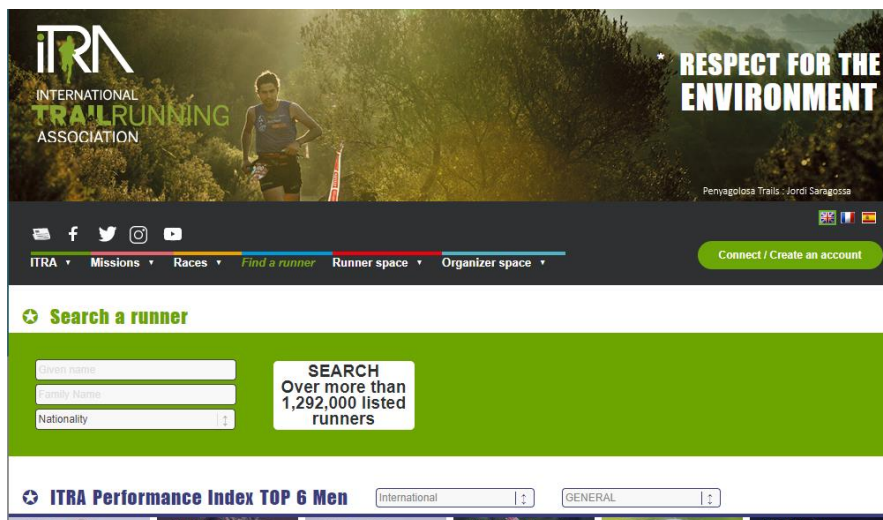
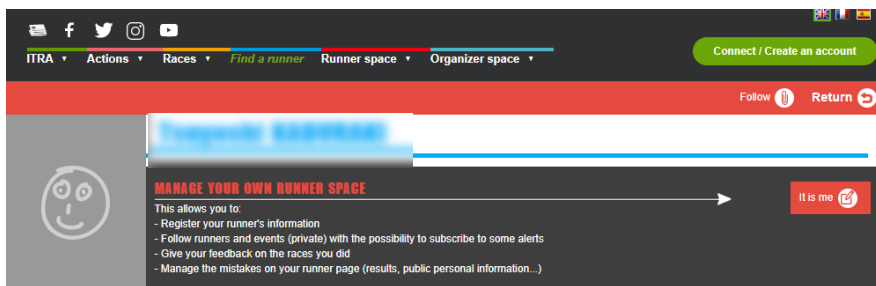


## 国際トレイルランニング協会 (ITRA) の確認方法

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・リザルトの確認  
TOP ページ→Find a runner→氏名・国籍を入力・検索。



## パフォーマンスインデックス



## Performance index

| Trail Category | New Performance Index (/1000) | Previous Performance Index (/1000) | Best Performance Index Men |
|----------------|-------------------------------|------------------------------------|----------------------------|
| GENERAL        | 6                             |                                    |                            |
| XXL            |                               |                                    |                            |
| XL             |                               |                                    |                            |
| L              |                               |                                    |                            |
| M              |                               |                                    |                            |
| S              |                               |                                    |                            |
| XS             |                               |                                    |                            |

赤丸内の数値を確認

## ポイント・リザルト確認 Results→Route's characteristics

| Date       | Name of the race                                       | Distance / D+     | Status   | Qualifying race | Route certified | ITRA points | Mountain |
|------------|--|-------------------|----------|-----------------|-----------------|-------------|----------|
| 2019-08-30 | Utm® 2019  | 170.7km / 9925m+  | Finisher | Yes             | Yes             | ITRA 6      | Q8       |
| 07-14      | Osj Ontake 100 2019 - 100 Km                           | 102.8km / 3075m+  | Finisher | Yes             | Yes             | ITRA 4      | Q4       |
| 2018-09-15 | Shinetsu Five Mountains Trail 2018 - 100 Miles         | 164.3km / 6425m+  | Finisher | Yes             | Yes             | ITRA 6      | Q5       |
| 04-22      | The North Face 100 Challenge Beijing 2018 - 50 Km      | 48.7km / 2450m+   | Finisher | Yes             | No              | ITRA 3      | Q5       |
| 2017-10-19 | Grand Raid De La Réunion 2017 - La Diagonale Des Fous  | 164.9km / 10000m+ | Finisher | Yes             | Yes             | ITRA 6      | Q9       |
| 2016-04-14 | Ultra Fiord 2016 - 100 Miles                           | 141km / 4600m+    | Finisher | Yes             | Yes             | ITRA 5      | Q4       |
| 2015-12-12 | The North Face 100 Hong Kong 2015 - 50K                | 49.9km / 2475m+   | Finisher | Yes             | Yes             | ITRA 3      | Q5       |
| 2014-12-13 | The North Face 100 Hong Kong 2014 - 100K               | 101.8km / 6000m+  | Finisher | Yes             | Yes             | ITRA 5      | Q7       |
| 07-11      | Hardrock 100 Endurance Run 2014 - Hardrock 100         | 161.8km / 10375m+ | Finisher | -               | No              |             |          |
| 2013-06-14 | Bighorn Mountain Wild And Scenic Trail Run 2013 - 100M | 161.3km / 5500m+  | Finisher | -               | No              |             |          |
| 2012-08-31 | The North Face Ultra-Trail Du Mont-Blanc® 2012 - Utm®  | 105km / 5900m+    | Finisher | -               | No              |             |          |
| 07-15      | Osj Ontake Ultra-Trail® 2012 - 100 Miles               | 155km / 4200m+    | Finisher | -               | No              |             |          |
| 06-03      | Osj Okukuji Trail 2012 - 50 Km                         | 50km / 4200m+     | Finisher | -               | No              |             |          |

## 2.ITRA のポイント認定レースの確認

TOP ページ→Races→Calendar

Route characteristics  
Only for evaluated races

- Endurance points: 0 to 6
- Mountain level: 0 to ≥12
- Finisher criteria: 100 to 600

Filter... Calendar  
Results  
Trail World Championships  
September 2018 to 9 September 2018

| Race Name                             | Location              | Date             | Distance     | ITRA Points          |
|---------------------------------------|-----------------------|------------------|--------------|----------------------|
| CAMINHOS DE ROSA - ULTRAMARATHON 2018 | Brazil - Minas Gerais | 6 September 2018 | 57km - 299km | IRN 3, IRN 6         |
| ULTRA TOUR MONTE ROSA 2018            | Switzerland - Valais  | 5 September 2018 | 98km - 170km | IRN 5, IRN 6, IRN 10 |
| BIEG 7 DOLIN 2018                     | Poland - Malopolskie  | 8 September 2018 | 34km - 101km | IRN 2, IRN 5, IRN 5  |

→開催期間 (Period) ・開催国 (Location) 等を入力・検索。

Filter... Name of the event, race  
79 result(s) < 1 / 4 >

Route characteristics  
Only for evaluated races

- ITRA points: 0 to 6
- Mountain level: 0 to ≥12
- Finisher criteria: 100 to 600

Period

- This week
- Next 30 days
- Next 6 months
- Personalised

Between the: 16/10/2016  
And the: 15/10/2019

| Week    | Period                             | Race Name               | Location      | Date            | Distance | ITRA Points  |
|---------|------------------------------------|-------------------------|---------------|-----------------|----------|--------------|
| Week 41 | 10 October 2016 to 16 October 2016 | OSJ HYONOSEN TRAIL 2016 | Japan - Hyogo | 16 October 2016 | 76km     |              |
| Week 42 | 17 October 2016 to 23 October 2016 | WAKASAJI TRAIL RUN 2016 | Japan - Fukui | 23 October 2016 | 41km     | IRN 2, IRN 6 |