

# コースハンディキャップ換算表 - スロープレーティング

|                 | 女性/Red      | 男性/White    | 男性/Blue<br>女性/White | 男性/Black    | 女性/Blue     | 女性/Black    |
|-----------------|-------------|-------------|---------------------|-------------|-------------|-------------|
| コース<br>ハンディキャップ | 121         | 126         | 130                 | 131         | 133         | 140         |
| +4              | +3.5 ~ +3.3 | +3.5 ~ +3.2 | +3.5 ~ +3.1         | +3.5 ~ +3.1 | +3.5 ~ +3.0 | +3.5 ~ +2.9 |
| +3              | +3.2 ~ +2.4 | +3.1 ~ +2.3 | +3.0 ~ +2.2         | +3.0 ~ +2.2 | +2.9 ~ +2.2 | +2.8 ~ +2.1 |
| +2              | +2.3 ~ +1.5 | +2.2 ~ +1.4 | +2.1 ~ +1.4         | +2.1 ~ +1.3 | +2.1 ~ +1.3 | +2.0 ~ +1.3 |
| +1              | +1.4 ~ +0.5 | +1.3 ~ +0.5 | +1.3 ~ +0.5         | +1.2 ~ +0.5 | +1.2 ~ +0.5 | +1.2 ~ +0.5 |
| 0               | +0.4 ~ 0.4  | +0.4 ~ 0.4  | +0.4 ~ 0.4          | +0.4 ~ 0.4  | +0.4 ~ 0.4  | +0.4 ~ 0.4  |
| 1               | 0.5 ~ 1.4   | 0.5 ~ 1.3   | 0.5 ~ 1.3           | 0.5 ~ 1.2   | 0.5 ~ 1.2   | 0.5 ~ 1.2   |
| 2               | 1.5 ~ 2.3   | 1.4 ~ 2.2   | 1.4 ~ 2.1           | 1.3 ~ 2.1   | 1.3 ~ 2.1   | 1.3 ~ 2.0   |
| 3               | 2.4 ~ 3.2   | 2.3 ~ 3.1   | 2.2 ~ 3.0           | 2.2 ~ 3.0   | 2.2 ~ 2.9   | 2.1 ~ 2.8   |
| 4               | 3.3 ~ 4.2   | 3.2 ~ 4.0   | 3.1 ~ 3.9           | 3.1 ~ 3.8   | 3.0 ~ 3.8   | 2.9 ~ 3.6   |
| 5               | 4.3 ~ 5.1   | 4.1 ~ 4.9   | 4.0 ~ 4.7           | 3.9 ~ 4.7   | 3.9 ~ 4.6   | 3.7 ~ 4.4   |
| 6               | 5.2 ~ 6.0   | 5.0 ~ 5.8   | 4.8 ~ 5.6           | 4.8 ~ 5.6   | 4.7 ~ 5.5   | 4.5 ~ 5.2   |
| 7               | 6.1 ~ 7.0   | 5.9 ~ 6.7   | 5.7 ~ 6.5           | 5.7 ~ 6.4   | 5.6 ~ 6.3   | 5.3 ~ 6.0   |
| 8               | 7.1 ~ 7.9   | 6.8 ~ 7.6   | 6.6 ~ 7.3           | 6.5 ~ 7.3   | 6.4 ~ 7.2   | 6.1 ~ 6.8   |
| 9               | 8.0 ~ 8.8   | 7.7 ~ 8.5   | 7.4 ~ 8.2           | 7.4 ~ 8.1   | 7.3 ~ 8.0   | 6.9 ~ 7.6   |
| 10              | 8.9 ~ 9.8   | 8.6 ~ 9.4   | 8.3 ~ 9.1           | 8.2 ~ 9.0   | 8.1 ~ 8.9   | 7.7 ~ 8.4   |
| 11              | 9.9 ~ 10.7  | 9.5 ~ 10.3  | 9.2 ~ 9.9           | 9.1 ~ 9.9   | 9.0 ~ 9.7   | 8.5 ~ 9.2   |
| 12              | 10.8 ~ 11.6 | 10.4 ~ 11.2 | 10.0 ~ 10.8         | 10.0 ~ 10.7 | 9.8 ~ 10.6  | 9.3 ~ 10.0  |
| 13              | 11.7 ~ 12.6 | 11.3 ~ 12.1 | 10.9 ~ 11.7         | 10.8 ~ 11.6 | 10.7 ~ 11.4 | 10.1 ~ 10.8 |
| 14              | 12.7 ~ 13.5 | 12.2 ~ 13.0 | 11.8 ~ 12.6         | 11.7 ~ 12.5 | 11.5 ~ 12.3 | 10.9 ~ 11.7 |
| 15              | 13.6 ~ 14.4 | 13.1 ~ 13.9 | 12.7 ~ 13.4         | 12.6 ~ 13.3 | 12.4 ~ 13.1 | 11.8 ~ 12.5 |
| 16              | 14.5 ~ 15.4 | 14.0 ~ 14.7 | 13.5 ~ 14.3         | 13.4 ~ 14.2 | 13.2 ~ 14.0 | 12.6 ~ 13.3 |
| 17              | 15.5 ~ 16.3 | 14.8 ~ 15.6 | 14.4 ~ 15.2         | 14.3 ~ 15.0 | 14.1 ~ 14.8 | 13.4 ~ 14.1 |
| 18              | 16.4 ~ 17.2 | 15.7 ~ 16.5 | 15.3 ~ 16.0         | 15.1 ~ 15.9 | 14.9 ~ 15.7 | 14.2 ~ 14.9 |
| 19              | 17.3 ~ 18.2 | 16.6 ~ 17.4 | 16.1 ~ 16.9         | 16.0 ~ 16.8 | 15.8 ~ 16.5 | 15.0 ~ 15.7 |
| 20              | 18.3 ~ 19.1 | 17.5 ~ 18.3 | 17.0 ~ 17.8         | 16.9 ~ 17.6 | 16.6 ~ 17.4 | 15.8 ~ 16.5 |
| 21              | 19.2 ~ 20.0 | 18.4 ~ 19.2 | 17.9 ~ 18.6         | 17.7 ~ 18.5 | 17.5 ~ 18.2 | 16.6 ~ 17.3 |
| 22              | 20.1 ~ 21.0 | 19.3 ~ 20.1 | 18.7 ~ 19.5         | 18.6 ~ 19.4 | 18.3 ~ 19.1 | 17.4 ~ 18.1 |
| 23              | 21.1 ~ 21.9 | 20.2 ~ 21.0 | 19.6 ~ 20.4         | 19.5 ~ 20.2 | 19.2 ~ 19.9 | 18.2 ~ 18.9 |
| 24              | 22.0 ~ 22.8 | 21.1 ~ 21.9 | 20.5 ~ 21.2         | 20.3 ~ 21.1 | 20.0 ~ 20.8 | 19.0 ~ 19.7 |
| 25              | 22.9 ~ 23.8 | 22.0 ~ 22.8 | 21.3 ~ 22.1         | 21.2 ~ 21.9 | 20.9 ~ 21.6 | 19.8 ~ 20.5 |
| 26              | 23.9 ~ 24.7 | 22.9 ~ 23.7 | 22.2 ~ 23.0         | 22.0 ~ 22.8 | 21.7 ~ 22.5 | 20.6 ~ 21.3 |
| 27              | 24.8 ~ 25.6 | 23.8 ~ 24.6 | 23.1 ~ 23.9         | 22.9 ~ 23.7 | 22.6 ~ 23.3 | 21.4 ~ 22.1 |
| 28              | 25.7 ~ 26.6 | 24.7 ~ 25.5 | 24.0 ~ 24.7         | 23.8 ~ 24.5 | 23.4 ~ 24.2 | 22.2 ~ 23.0 |
| 29              | 26.7 ~ 27.5 | 25.6 ~ 26.4 | 24.8 ~ 25.6         | 24.6 ~ 25.4 | 24.3 ~ 25.0 | 23.1 ~ 23.8 |
| 30              | 27.6 ~ 28.4 | 26.5 ~ 27.3 | 25.7 ~ 26.5         | 25.5 ~ 26.3 | 25.1 ~ 25.9 | 23.9 ~ 24.6 |
| 31              | 28.5 ~ 29.4 | 27.4 ~ 28.2 | 26.6 ~ 27.3         | 26.4 ~ 27.1 | 26.0 ~ 26.7 | 24.7 ~ 25.4 |
| 32              | 29.5 ~ 30.3 | 28.3 ~ 29.1 | 27.4 ~ 28.2         | 27.2 ~ 28.0 | 26.8 ~ 27.6 | 25.5 ~ 26.2 |
| 33              | 30.4 ~ 31.2 | 29.2 ~ 30.0 | 28.3 ~ 29.1         | 28.1 ~ 28.8 | 27.7 ~ 28.4 | 26.3 ~ 27.0 |
| 34              | 31.3 ~ 32.2 | 30.1 ~ 30.9 | 29.2 ~ 29.9         | 28.9 ~ 29.7 | 28.5 ~ 29.3 | 27.1 ~ 27.8 |
| 35              | 32.3 ~ 33.1 | 31.0 ~ 31.8 | 30.0 ~ 30.8         | 29.8 ~ 30.6 | 29.4 ~ 30.1 | 27.9 ~ 28.6 |
| 36              | 33.2 ~ 34.0 | 31.9 ~ 32.7 | 30.9 ~ 31.7         | 30.7 ~ 31.4 | 30.2 ~ 31.0 | 28.7 ~ 29.4 |
| 37              | 34.1 ~ 35.0 | 32.8 ~ 33.6 | 31.8 ~ 32.5         | 31.5 ~ 32.3 | 31.1 ~ 31.8 | 29.5 ~ 30.2 |
| 38              | 35.1 ~ 35.9 | 33.7 ~ 34.5 | 32.6 ~ 33.4         | 32.4 ~ 33.2 | 31.9 ~ 32.7 | 30.3 ~ 31.0 |
| 39              | 36.0 ~ 36.8 | 34.6 ~ 35.4 | 33.5 ~ 34.3         | 33.3 ~ 34.0 | 32.8 ~ 33.5 | 31.1 ~ 31.8 |
| 40              | 36.9 ~ 37.8 | 35.5 ~ 36.3 | 34.4 ~ 35.2         | 34.1 ~ 34.9 | 33.6 ~ 34.4 | 31.9 ~ 32.6 |
| 41              | 37.9 ~ 38.7 | 36.4 ~ 37.2 | 35.3 ~ 36.0         | 35.0 ~ 35.7 | 34.5 ~ 35.2 | 32.7 ~ 33.4 |
| 42              | 38.8 ~ 39.6 | 37.3 ~ 38.1 | 36.1 ~ 36.9         | 35.8 ~ 36.6 | 35.3 ~ 36.1 | 33.5 ~ 34.3 |
| 43              | 39.7 ~ 40.4 | 38.2 ~ 39.0 | 37.0 ~ 37.8         | 36.7 ~ 37.5 | 36.2 ~ 36.9 | 34.4 ~ 35.1 |
| 44              | —           | 39.1 ~ 39.9 | 37.9 ~ 38.6         | 37.6 ~ 38.3 | 37.0 ~ 37.8 | 35.2 ~ 35.9 |
| 45              |             | 40.0 ~ 40.4 | 38.7 ~ 39.5         | 38.4 ~ 39.2 | 37.9 ~ 38.6 | 36.0 ~ 36.7 |
| 46              |             |             | 39.6 ~ 40.4         | 39.3 ~ 40.1 | 38.7 ~ 39.5 | 36.8 ~ 37.5 |
| 47              |             |             | —                   | 40.2 ~ 40.4 | 39.6 ~ 40.3 | 37.6 ~ 38.3 |
| 48              |             |             |                     |             | 40.4 ~ 40.4 | 38.4 ~ 39.1 |
| 49              |             |             |                     |             |             | 39.2 ~ 39.9 |
| 50              |             |             |                     |             |             | 40.0 ~ 40.4 |

【注】：上記の表を使用して、プレーするティーのスロープレーティングに基づいてハンディキャップインデックスをコースハンディキャップに換算する。