

回数	日付	年齢	経過日数		休肝日率(%)		一週間の休肝日
			延べ	ラップ	延べ	ラップ	
1	H13.4.16	34.8	-	-	-	-	-
500	H14.12.5	36.4	598	598	16.4	16.6	1.2
600	H15.3.31	36.7	714	116	16.0	13.8	1.0
700	H15.7.28	37.1	833	119	16.0	16.0	1.1
800	H15.11.12	37.4	940	107	14.9	6.5	0.5
900	H16.3.13	37.7	1,062	122	15.3	18.0	1.3
1,001	H16.7.1	38.0	1,172	110	14.6	8.2	0.6
1,101	H16.10.19	38.3	1,282	110	14.1	9.1	0.6
1,203	H17.2.16	38.6	1,402	120	14.2	15.0	1.1
1,309	H17.6.19	39.0	1,525	123	14.2	13.8	1.0
1,402	H17.9.30	39.2	1,628	103	13.9	11.9	0.8
1,510	H18.2.7	39.6	1,758	130	14.1	16.9	1.2
1,599	H18.5.18	39.9	1,858	100	13.9	11.0	0.8
1,700	H18.9.16	40.2	1,980	122	14.1	17.1	1.2
1,800	H19.1.10	40.5	2,096	116	14.1	13.6	0.9
1,900	H19.5.6	40.8	2,211	116	14.1	13.6	0.9
2,000	H19.8.29	41.2	2,327	116	14.0	13.6	0.9
2,100	H19.12.23	41.5	2,443	116	14.0	13.6	0.9
10,000	H44.12.30	66.5	11,581	9,139	13.7	13.6	0.9

年齢の基準
S41.7.1

m= 1.156777143
b= 35548.35927

m= 1.41
H51.2.1 72.6

週2日を休肝日にしたら

1,599	H18.5.18	39.9	1,858	120	13.9	15.0	1.1
1,700	H18.10.6	40.3	1,999	141	15.0	28.6	2.0
1,800	H19.2.23	40.6	2,139	140	15.9	28.6	2.0
1,900	H19.7.13	41.0	2,279	140	16.6	28.6	2.0
2,000	H19.11.30	41.4	2,419	140	17.3	28.6	2.0
2,100	H20.4.18	41.8	2,559	140	17.9	28.6	2.0
2,200	H20.9.5	42.2	2,699	140	18.5	28.6	2.0
2,300	H21.1.23	42.6	2,839	140	19.0	28.6	2.0
2,400	H21.6.12	42.9	2,979	140	19.4	28.6	2.0
10,000	H50.7.30	72.1	13,619	10,640	26.6	28.6	2.0

