

1 $1 + 1 + 5 =$

16 $1 + 1 + 4 =$

31 $2 + 2 + 2 =$

2 $4 + 3 + 5 =$

17 $5 + 5 + 2 =$

32 $2 + 5 + 3 =$

3 $3 + 3 + 1 =$

18 $1 + 2 + 3 =$

33 $1 + 1 + 2 =$

4 $5 + 4 + 5 =$

19 $4 + 1 + 2 =$

34 $3 + 5 + 5 =$

5 $2 + 5 + 3 =$

20 $3 + 3 + 4 =$

35 $3 + 4 + 4 =$

6 $2 + 5 + 5 =$

21 $4 + 5 + 5 =$

36 $4 + 1 + 5 =$

7 $4 + 3 + 2 =$

22 $2 + 3 + 5 =$

37 $5 + 3 + 5 =$

8 $5 + 1 + 2 =$

23 $4 + 1 + 2 =$

38 $5 + 1 + 3 =$

9 $2 + 4 + 5 =$

24 $2 + 4 + 5 =$

39 $1 + 2 + 2 =$

10 $5 + 1 + 1 =$

25 $2 + 3 + 3 =$

40 $5 + 5 + 3 =$

11 $4 + 5 + 3 =$

26 $5 + 2 + 3 =$

41 $3 + 4 + 2 =$

12 $1 + 1 + 3 =$

27 $5 + 4 + 2 =$

42 $3 + 2 + 3 =$

13 $5 + 1 + 5 =$

28 $1 + 4 + 1 =$

43 $4 + 3 + 4 =$

14 $5 + 2 + 3 =$

29 $4 + 2 + 3 =$

44 $3 + 2 + 1 =$

15 $3 + 3 + 3 =$

30 $2 + 3 + 3 =$

45 $4 + 2 + 1 =$



1 $1 + 3 + 4 =$

16 $5 + 2 + 1 =$

31 $2 + 1 + 3 =$

2 $1 + 5 + 3 =$

17 $5 + 4 + 5 =$

32 $5 + 5 + 1 =$

3 $4 + 5 + 3 =$

18 $5 + 1 + 1 =$

33 $1 + 5 + 4 =$

4 $4 + 3 + 1 =$

19 $4 + 5 + 3 =$

34 $5 + 1 + 3 =$

5 $4 + 5 + 2 =$

20 $5 + 2 + 3 =$

35 $3 + 3 + 5 =$

6 $1 + 1 + 2 =$

21 $5 + 4 + 2 =$

36 $1 + 5 + 4 =$

7 $2 + 5 + 3 =$

22 $1 + 2 + 1 =$

37 $1 + 2 + 5 =$

8 $4 + 1 + 3 =$

23 $3 + 1 + 2 =$

38 $1 + 3 + 3 =$

9 $3 + 5 + 2 =$

24 $4 + 5 + 3 =$

39 $5 + 5 + 5 =$

10 $4 + 5 + 4 =$

25 $3 + 2 + 1 =$

40 $4 + 1 + 4 =$

11 $2 + 2 + 4 =$

26 $3 + 4 + 5 =$

41 $4 + 4 + 3 =$

12 $5 + 3 + 4 =$

27 $4 + 1 + 1 =$

42 $4 + 5 + 4 =$

13 $4 + 5 + 2 =$

28 $5 + 4 + 4 =$

43 $1 + 3 + 2 =$

14 $4 + 5 + 1 =$

29 $2 + 2 + 3 =$

44 $2 + 4 + 5 =$

15 $4 + 4 + 1 =$

30 $1 + 2 + 5 =$

45 $1 + 4 + 5 =$



[3数字加算 45 3A005]

1	7	16	6	31	6
2	12	17	12	32	10
3	7	18	6	33	4
4	14	19	7	34	13
5	10	20	10	35	11
6	12	21	14	36	10
7	9	22	10	37	13
8	8	23	7	38	9
9	11	24	11	39	5
10	7	25	8	40	13
11	12	26	10	41	9
12	5	27	11	42	8
13	11	28	6	43	11
14	10	29	9	44	6
15	9	30	8	45	7

1	8	16	8	31	6
2	9	17	14	32	11
3	12	18	7	33	10
4	8	19	12	34	9
5	11	20	10	35	11
6	4	21	11	36	10
7	10	22	4	37	8
8	8	23	6	38	7
9	10	24	12	39	15
10	13	25	6	40	9
11	8	26	12	41	11
12	12	27	6	42	13
13	11	28	13	43	6
14	10	29	7	44	11
15	9	30	8	45	10



脳の健康をサポートする情報とトレーニング

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