

1 $1 + 8 + 1 =$

16 $6 + 7 + 2 =$

31 $9 + 2 + 9 =$

2 $5 + 4 + 8 =$

17 $5 + 5 + 4 =$

32 $2 + 9 + 3 =$

3 $9 + 3 + 8 =$

18 $7 + 7 + 8 =$

33 $9 + 9 + 2 =$

4 $9 + 7 + 3 =$

19 $5 + 6 + 1 =$

34 $2 + 6 + 5 =$

5 $3 + 2 + 6 =$

20 $9 + 1 + 5 =$

35 $4 + 9 + 1 =$

6 $2 + 9 + 8 =$

21 $1 + 9 + 3 =$

36 $7 + 5 + 6 =$

7 $6 + 2 + 1 =$

22 $6 + 8 + 4 =$

37 $9 + 3 + 9 =$

8 $1 + 3 + 4 =$

23 $3 + 6 + 5 =$

38 $6 + 4 + 7 =$

9 $2 + 8 + 4 =$

24 $4 + 3 + 5 =$

39 $7 + 4 + 6 =$

10 $7 + 3 + 3 =$

25 $9 + 5 + 3 =$

40 $6 + 4 + 6 =$

11 $5 + 1 + 6 =$

26 $9 + 7 + 2 =$

41 $4 + 3 + 9 =$

12 $7 + 6 + 4 =$

27 $2 + 7 + 5 =$

42 $6 + 1 + 8 =$

13 $6 + 4 + 9 =$

28 $9 + 4 + 4 =$

43 $3 + 7 + 8 =$

14 $2 + 1 + 5 =$

29 $9 + 3 + 8 =$

44 $3 + 6 + 2 =$

15 $8 + 8 + 7 =$

30 $1 + 5 + 8 =$

45 $1 + 1 + 7 =$



1 $5+1+1=$

16 $9+4+8=$

31 $8+9+7=$

2 $2+2+7=$

17 $1+1+9=$

32 $1+7+2=$

3 $8+7+6=$

18 $7+9+4=$

33 $9+7+9=$

4 $4+3+3=$

19 $5+6+5=$

34 $3+3+9=$

5 $3+3+2=$

20 $9+3+2=$

35 $6+8+4=$

6 $8+9+4=$

21 $9+5+7=$

36 $3+1+2=$

7 $8+9+2=$

22 $7+8+6=$

37 $8+8+4=$

8 $3+3+6=$

23 $1+9+9=$

38 $9+2+3=$

9 $2+4+3=$

24 $9+9+9=$

39 $5+7+8=$

10 $6+3+2=$

25 $8+8+1=$

40 $7+2+1=$

11 $8+6+4=$

26 $4+3+6=$

41 $7+7+5=$

12 $9+9+8=$

27 $6+7+5=$

42 $2+6+8=$

13 $8+1+6=$

28 $2+4+6=$

43 $3+5+2=$

14 $7+8+3=$

29 $3+8+9=$

44 $9+7+7=$

15 $3+8+4=$

30 $9+4+2=$

45 $2+6+7=$



[3数字加算 45 3B001]

1 10 16 15 31 20

2 17 17 14 32 14

3 20 18 22 33 20

4 19 19 12 34 13

5 11 20 15 35 14

6 19 21 13 36 18

7 9 22 18 37 21

8 8 23 14 38 17

9 14 24 12 39 17

10 13 25 17 40 16

11 12 26 18 41 16

12 17 27 14 42 15

13 19 28 17 43 18

14 8 29 20 44 11

15 23 30 14 45 9

1 7 16 21 31 24

2 11 17 11 32 10

3 21 18 20 33 25

4 10 19 16 34 15

5 8 20 14 35 18

6 21 21 21 36 6

7 19 22 21 37 20

8 12 23 19 38 14

9 9 24 27 39 20

10 11 25 17 40 10

11 18 26 13 41 19

12 26 27 18 42 16

13 15 28 12 43 10

14 18 29 20 44 23

15 15 30 15 45 15



脳の健康をサポートする情報とトレーニング

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