

1 $1 + 9 + 5 =$

16 $1 + 5 + 1 =$

31 $6 + 5 + 7 =$

2 $6 + 1 + 3 =$

17 $9 + 5 + 4 =$

32 $3 + 5 + 6 =$

3 $1 + 7 + 9 =$

18 $4 + 9 + 6 =$

33 $8 + 6 + 1 =$

4 $2 + 7 + 4 =$

19 $2 + 2 + 7 =$

34 $6 + 4 + 2 =$

5 $7 + 9 + 8 =$

20 $1 + 3 + 1 =$

35 $6 + 2 + 2 =$

6 $4 + 2 + 6 =$

21 $2 + 1 + 9 =$

36 $2 + 3 + 8 =$

7 $9 + 8 + 1 =$

22 $6 + 6 + 6 =$

37 $7 + 4 + 8 =$

8 $1 + 4 + 9 =$

23 $2 + 7 + 7 =$

38 $3 + 6 + 1 =$

9 $5 + 8 + 9 =$

24 $6 + 7 + 4 =$

39 $7 + 3 + 7 =$

10 $6 + 6 + 9 =$

25 $7 + 5 + 7 =$

40 $1 + 9 + 8 =$

11 $8 + 4 + 5 =$

26 $3 + 7 + 9 =$

41 $9 + 5 + 3 =$

12 $7 + 9 + 7 =$

27 $8 + 5 + 8 =$

42 $6 + 3 + 4 =$

13 $8 + 3 + 8 =$

28 $2 + 9 + 7 =$

43 $8 + 8 + 9 =$

14 $1 + 8 + 2 =$

29 $8 + 1 + 9 =$

44 $6 + 7 + 8 =$

15 $4 + 3 + 1 =$

30 $2 + 3 + 6 =$

45 $6 + 2 + 6 =$



1 $5+9+3=$

16 $8+2+6=$

31 $2+3+8=$

2 $4+4+9=$

17 $4+1+6=$

32 $4+1+3=$

3 $8+6+9=$

18 $7+2+7=$

33 $7+8+9=$

4 $6+9+4=$

19 $7+6+2=$

34 $4+2+3=$

5 $8+2+8=$

20 $8+6+3=$

35 $3+4+9=$

6 $1+1+7=$

21 $4+1+9=$

36 $9+1+9=$

7 $7+1+1=$

22 $7+3+5=$

37 $8+5+8=$

8 $8+2+9=$

23 $5+6+9=$

38 $2+6+1=$

9 $8+6+5=$

24 $4+8+3=$

39 $3+5+7=$

10 $3+8+5=$

25 $4+5+2=$

40 $3+8+1=$

11 $9+1+2=$

26 $7+9+4=$

41 $1+5+7=$

12 $6+9+1=$

27 $3+8+9=$

42 $9+7+7=$

13 $7+1+4=$

28 $9+3+6=$

43 $8+8+9=$

14 $8+4+4=$

29 $6+5+1=$

44 $2+4+3=$

15 $2+3+8=$

30 $1+1+1=$

45 $3+3+8=$



[3数字加算 45 3B004]

1 15 16 7 31 18

2 10 17 18 32 14

3 17 18 19 33 15

4 13 19 11 34 12

5 24 20 5 35 10

6 12 21 12 36 13

7 18 22 18 37 19

8 14 23 16 38 10

9 22 24 17 39 17

10 21 25 19 40 18

11 17 26 19 41 17

12 23 27 21 42 13

13 19 28 18 43 25

14 11 29 18 44 21

15 8 30 11 45 14

1 17 16 16 31 13

2 17 17 11 32 8

3 23 18 16 33 24

4 19 19 15 34 9

5 18 20 17 35 16

6 9 21 14 36 19

7 9 22 15 37 21

8 19 23 20 38 9

9 19 24 15 39 15

10 16 25 11 40 12

11 12 26 20 41 13

12 16 27 20 42 23

13 12 28 18 43 25

14 16 29 12 44 9

15 13 30 3 45 14



脳の健康をサポートする情報とトレーニング

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