

min/ km

90%	95%	Anaerobe Drempel 100%	105%	15 km	10 km	5 km
4:05	3:50	3:40	3:30	55:00	35:50	17:14
4:10	3:55	3:45	3:35	56:15	36:38	17:37
4:15	4:00	3:50	3:40	57:30	37:25	17:59
4:20	4:05	3:55	3:45	58:45	38:13	18:22
4:25	4:15	4:00	3:50	1:00:00	39:00	18:45
4:30	4:20	4:05	3:55	1:01:15	39:48	19:08
4:40	4:25	4:10	4:00	1:02:30	40:35	19:31
4:45	4:30	4:15	4:05	1:03:45	41:23	19:54
4:50	4:35	4:20	4:10	1:05:00	42:10	20:16
4:55	4:40	4:25	4:10	1:06:15	42:57	20:39
4:54	4:39	4:25	4:12	1:07:30	43:44	21:02
5:01	4:45	4:30	4:18	1:08:45	44:31	21:24
5:06	4:50	4:35	4:22	1:10:00	45:18	21:47
5:11	4:55	4:40	4:27	1:11:15	46:05	22:10
5:17	5:00	4:45	4:32	1:12:30	46:52	22:32
5:22	5:05	4:50	4:36	1:13:45	47:39	22:55
5:23	5:06	4:50	4:36	1:15:00	48:26	23:17
5:28	5:11	4:55	4:41	1:16:15	49:13	23:40
5:33	5:16	5:00	4:46	1:17:30	50:00	24:02
5:39	5:21	5:05	4:50	1:18:45	50:47	24:25
5:44	5:26	5:10	4:55	1:20:00	51:33	24:47
5:49	5:31	5:15	5:00	1:21:15	52:20	25:10
5:50	5:32	5:15	5:00	1:22:30	53:06	25:32
5:56	5:37	5:20	5:05	1:23:45	53:53	25:54
6:01	5:42	5:25	5:10	1:25:00	54:39	26:17
6:07	5:47	5:30	5:14	1:26:15	55:26	26:39
6:12	5:53	5:35	5:19	1:27:30	56:12	27:01
6:12	5:53	5:35	5:19	1:28:45	56:58	27:24
6:18	5:58	5:40	5:24	1:30:00	57:45	27:46
6:18	5:58	5:40	5:24	1:31:15	58:31	28:08
6:23	6:03	5:45	5:29	1:32:30	59:17	28:30
6:29	6:08	5:50	5:33	1:33:45	1:00:03	28:52
6:34	6:14	5:55	5:38	1:35:00	1:00:49	29:14
6:40	6:19	6:00	5:43	1:36:15	1:01:35	29:37
6:40	6:19	6:00	5:43	1:37:30	1:02:21	29:59
6:45	6:24	6:05	5:47	1:38:45	1:03:07	30:21
6:51	6:29	6:10	5:52	1:40:00	1:03:53	30:43
6:57	6:35	6:15	5:57	1:41:15	1:04:39	31:05