

Tidstabel - halv marathon træning



Halv marathon tid 21,097 Km.	Min/Km	Restitutionsløb 00:22 - 00:37	Tempoløb 00:05 - 00:15	Distancetræning 00:20 - 00:45	Korte intervaller 00:55 - 00:43	Lange intervaller 00:40 - 00:30
01:30:00	04:16	04:38 - 04:53	04:21 - 04:31	04:36 - 05:01	03:21 - 03:33	03:36 - 03:46
01:35:00	04:30	04:52 - 05:07	04:35 - 04:45	04:50 - 05:15	03:35 - 03:47	03:50 - 04:00
01:40:00	04:44	05:06 - 05:21	04:49 - 04:59	05:04 - 05:29	03:49 - 04:01	04:04 - 04:14
01:45:00	04:59	05:21 - 05:36	05:04 - 05:14	05:19 - 05:44	04:04 - 04:16	04:19 - 04:29
01:50:00	05:13	05:35 - 05:50	05:18 - 05:28	05:33 - 05:58	04:18 - 04:30	04:33 - 04:43
01:55:00	05:27	05:49 - 06:04	05:32 - 05:42	05:47 - 06:12	04:32 - 04:44	04:47 - 04:57
02:00:00	05:41	06:03 - 06:18	05:46 - 05:56	06:01 - 06:26	04:46 - 04:58	05:01 - 05:11
02:05:00	05:55	06:17 - 06:32	06:00 - 06:10	06:15 - 06:40	05:00 - 05:12	05:15 - 05:25
02:10:00	06:10	06:32 - 06:47	06:15 - 06:25	06:30 - 06:55	05:15 - 05:27	05:30 - 05:40
02:15:00	06:24	06:46 - 07:01	06:29 - 06:39	06:44 - 07:09	05:29 - 05:41	05:44 - 05:54
02:20:00	06:38	07:00 - 07:15	06:43 - 06:53	06:58 - 07:23	05:43 - 05:55	05:58 - 06:08
02:25:00	06:52	07:14 - 07:29	06:57 - 07:07	07:12 - 07:37	05:57 - 06:09	06:12 - 06:22
02:30:00	07:07	07:29 - 07:44	07:12 - 07:22	07:27 - 07:52	06:12 - 06:24	06:27 - 06:37