

# Tids og tempo tabel



5 km. 21,097 Km.	10 km 21,097 Km.	21,1 km. 21,097 Km.	Roligtløb 00:30 - 00:55	Alm løb 00:10 - 00:10	Lange ture 00:17 - 00:37	Intervaller 100-400 01:20 - 01:00	Intervaller 500-800 01:10 - 00:50	Tempo ture 00:40 - 00:20
00:20:00	00:41:36	01:32:00	04:52 - 05:17	04:12 - 04:32	04:39 - 04:59	03:02 - 03:22	03:12 - 03:32	03:42 - 04:02
00:21:00	00:43:41	01:36:36	05:05 - 05:30	04:25 - 04:45	04:52 - 05:12	03:15 - 03:35	03:25 - 03:45	03:55 - 04:15
00:22:00	00:45:46	01:41:12	05:18 - 05:43	04:38 - 04:58	05:05 - 05:25	03:28 - 03:48	03:38 - 03:58	04:08 - 04:28
00:23:00	00:47:51	01:45:48	05:31 - 05:56	04:51 - 05:11	05:18 - 05:38	03:41 - 04:01	03:51 - 04:11	04:21 - 04:41
00:24:00	00:49:56	01:50:24	05:44 - 06:09	05:04 - 05:24	05:31 - 05:51	03:54 - 04:14	04:04 - 04:24	04:34 - 04:54
00:25:00	00:52:01	01:55:00	05:57 - 06:22	05:17 - 05:37	05:44 - 06:04	04:07 - 04:27	04:17 - 04:37	04:47 - 05:07
00:26:00	00:54:06	01:59:36	06:10 - 06:35	05:30 - 05:50	05:57 - 06:17	04:20 - 04:40	04:30 - 04:50	05:00 - 05:20
00:27:00	00:56:11	02:04:12	06:23 - 06:48	05:43 - 06:03	06:10 - 06:30	04:33 - 04:53	04:43 - 05:03	05:13 - 05:33
00:28:00	00:58:16	02:08:48	06:36 - 07:01	05:56 - 06:16	06:23 - 06:43	04:46 - 05:06	04:56 - 05:16	05:26 - 05:46
00:29:00	01:00:21	02:13:24	06:49 - 07:14	06:09 - 06:29	06:36 - 06:56	04:59 - 05:19	05:09 - 05:29	05:39 - 05:59
00:30:00	01:02:26	02:18:00	07:02 - 07:27	06:22 - 06:42	06:49 - 07:09	05:12 - 05:32	05:22 - 05:42	05:52 - 06:12
00:31:00	01:04:31	02:22:36	07:15 - 07:40	06:35 - 06:55	07:02 - 07:22	05:25 - 05:45	05:35 - 05:55	06:05 - 06:25
00:32:00	01:06:36	02:27:12	07:29 - 07:54	06:49 - 07:09	07:16 - 07:36	05:39 - 05:59	05:49 - 06:09	06:19 - 06:39