

Wedstrijdtempo					Extensief							Intensief					
5 km	10 km	15 km	20 km	AD	Km tijd	200	400	600	800	1000	1200	200	400	600	800	1000	1200
0,48	1	1,525	2,07			0,19	0,38	0,57	0,8	1	1,2	0,167	0,342	0,535	0,72	0,9	1,08
00:23:01	00:47:50	01:12:39	01:39:23	00:04:57	00:04:47	00:00:55	00:01:49	00:02:44	00:03:50	00:04:47	00:05:44	00:00:48	00:01:38	00:02:34	00:03:27	00:04:18	00:05:10
00:23:06	00:48:00	01:12:54	01:39:44	00:04:58	00:04:48	00:00:55	00:01:49	00:02:44	00:03:50	00:04:48	00:05:46	00:00:48	00:01:38	00:02:34	00:03:27	00:04:19	00:05:11
00:23:11	00:48:10	01:13:09	01:40:05	00:04:59	00:04:49	00:00:55	00:01:50	00:02:45	00:03:51	00:04:49	00:05:47	00:00:48	00:01:39	00:02:35	00:03:28	00:04:20	00:05:12
00:23:16	00:48:20	01:13:24	01:40:26	00:05:00	00:04:50	00:00:55	00:01:50	00:02:45	00:03:52	00:04:50	00:05:48	00:00:48	00:01:39	00:02:35	00:03:29	00:04:21	00:05:13
00:23:21	00:48:30	01:13:39	01:40:47	00:05:01	00:04:51	00:00:55	00:01:51	00:02:46	00:03:53	00:04:51	00:05:49	00:00:49	00:01:40	00:02:36	00:03:30	00:04:22	00:05:14
00:23:26	00:48:40	01:13:54	01:41:08	00:05:02	00:04:52	00:00:55	00:01:51	00:02:46	00:03:54	00:04:52	00:05:50	00:00:49	00:01:40	00:02:36	00:03:30	00:04:23	00:05:15
00:23:31	00:48:50	01:14:09	01:41:29	00:05:03	00:04:53	00:00:56	00:01:51	00:02:47	00:03:54	00:04:53	00:05:52	00:00:49	00:01:40	00:02:37	00:03:31	00:04:24	00:05:16
00:23:36	00:49:00	01:14:24	01:41:50	00:05:04	00:04:54	00:00:56	00:01:52	00:02:48	00:03:55	00:04:54	00:05:53	00:00:49	00:01:41	00:02:37	00:03:32	00:04:25	00:05:18
00:23:41	00:49:10	01:14:39	01:42:11	00:05:05	00:04:55	00:00:56	00:01:52	00:02:48	00:03:56	00:04:55	00:05:54	00:00:49	00:01:41	00:02:38	00:03:32	00:04:26	00:05:19
00:23:46	00:49:20	01:14:54	01:42:32	00:05:06	00:04:56	00:00:56	00:01:52	00:02:49	00:03:57	00:04:56	00:05:55	00:00:49	00:01:41	00:02:38	00:03:33	00:04:26	00:05:20
00:23:51	00:49:30	01:15:09	01:42:53	00:05:07	00:04:57	00:00:56	00:01:53	00:02:49	00:03:58	00:04:57	00:05:56	00:00:50	00:01:42	00:02:39	00:03:34	00:04:27	00:05:21
00:23:56	00:49:40	01:15:24	01:43:14	00:05:08	00:04:58	00:00:57	00:01:53	00:02:50	00:03:58	00:04:58	00:05:58	00:00:50	00:01:42	00:02:39	00:03:35	00:04:28	00:05:22
00:24:01	00:49:50	01:15:39	01:43:35	00:05:09	00:04:59	00:00:57	00:01:54	00:02:50	00:03:59	00:04:59	00:05:59	00:00:50	00:01:42	00:02:40	00:03:35	00:04:29	00:05:23
00:24:06	00:50:00	01:15:54	01:43:56	00:05:10	00:05:00	00:00:57	00:01:54	00:02:51	00:04:00	00:05:00	00:06:00	00:00:50	00:01:43	00:02:41	00:03:36	00:04:30	00:05:24
00:24:21	00:50:30	01:16:39	01:44:59	00:05:13	00:05:03	00:00:58	00:01:55	00:02:53	00:04:02	00:05:03	00:06:04	00:00:51	00:01:44	00:02:42	00:03:38	00:04:33	00:05:27
00:24:36	00:51:00	01:17:24	01:46:02	00:05:16	00:05:06	00:00:58	00:01:56	00:02:54	00:04:05	00:05:06	00:06:07	00:00:51	00:01:45	00:02:44	00:03:40	00:04:35	00:05:30
00:24:51	00:51:30	01:18:09	01:47:05	00:05:19	00:05:09	00:00:59	00:01:57	00:02:56	00:04:07	00:05:09	00:06:11	00:00:52	00:01:46	00:02:45	00:03:42	00:04:38	00:05:34
00:25:06	00:52:00	01:18:54	01:48:08	00:05:22	00:05:12	00:00:59	00:01:59	00:02:58	00:04:10	00:05:12	00:06:14	00:00:52	00:01:47	00:02:47	00:03:45	00:04:41	00:05:37
00:25:21	00:52:30	01:19:39	01:49:11	00:05:25	00:05:15	00:01:00	00:02:00	00:03:00	00:04:12	00:05:15	00:06:18	00:00:53	00:01:48	00:02:49	00:03:47	00:04:44	00:05:40
00:25:36	00:53:00	01:20:24	01:50:14	00:05:28	00:05:18	00:01:00	00:02:01	00:03:01	00:04:14	00:05:18	00:06:22	00:00:53	00:01:49	00:02:50	00:03:49	00:04:46	00:05:43
00:25:51	00:53:30	01:21:09	01:51:17	00:05:31	00:05:21	00:01:01	00:02:02	00:03:03	00:04:17	00:05:21	00:06:25	00:00:54	00:01:50	00:02:52	00:03:51	00:04:49	00:05:47
00:26:06	00:54:00	01:21:54	01:52:20	00:05:34	00:05:24	00:01:02	00:02:03	00:03:05	00:04:19	00:05:24	00:06:29	00:00:54	00:01:51	00:02:53	00:03:53	00:04:52	00:05:50
00:26:21	00:54:30	01:22:39	01:53:23	00:05:37	00:05:27	00:01:02	00:02:04	00:03:06	00:04:22	00:05:27	00:06:32	00:00:55	00:01:52	00:02:55	00:03:55	00:04:54	00:05:53
00:26:36	00:55:00	01:23:24	01:54:26	00:05:40	00:05:30	00:01:03	00:02:05	00:03:08	00:04:24	00:05:30	00:06:36	00:00:55	00:01:53	00:02:57	00:03:58	00:04:57	00:05:56
00:26:51	00:55:30	01:24:09	01:55:29	00:05:43	00:05:33	00:01:03	00:02:07	00:03:10	00:04:26	00:05:33	00:06:40	00:00:56	00:01:54	00:02:58	00:04:00	00:05:00	00:06:00
00:27:06	00:56:00	01:24:54	01:56:32	00:05:46	00:05:36	00:01:04	00:02:08	00:03:12	00:04:29	00:05:36	00:06:43	00:00:56	00:01:55	00:03:00	00:04:02	00:05:02	00:06:03
00:27:21	00:56:30	01:25:39	01:57:35	00:05:49	00:05:39	00:01:04	00:02:09	00:03:13	00:04:31	00:05:39	00:06:47	00:00:57	00:01:56	00:03:01	00:04:04	00:05:05	00:06:06
00:27:36	00:57:00	01:26:24	01:58:38	00:05:52	00:05:42	00:01:05	00:02:10	00:03:15	00:04:34	00:05:42	00:06:50	00:00:57	00:01:57	00:03:03	00:04:06	00:05:08	00:06:09
00:27:51	00:57:30	01:27:09	01:59:41	00:05:55	00:05:45	00:01:06	00:02:11	00:03:17	00:04:36	00:05:45	00:06:54	00:00:58	00:01:58	00:03:05	00:04:08	00:05:11	00:06:13
00:28:06	00:58:00	01:27:54	02:00:44	00:05:58	00:05:48	00:01:06	00:02:12	00:03:18	00:04:38	00:05:48	00:06:58	00:00:58	00:01:59	00:03:06	00:04:11	00:05:13	00:06:16
00:28:21	00:58:30	01:28:39	02:01:47	00:06:01	00:05:51	00:01:07	00:02:13	00:03:20	00:04:41	00:05:51	00:07:01	00:00:59	00:02:00	00:03:08	00:04:13	00:05:16	00:06:19
00:28:36	00:59:00	01:29:24	02:02:50	00:06:04	00:05:54	00:01:07	00:02:15	00:03:22	00:04:43	00:05:54	00:07:05	00:00:59	00:02:01	00:03:09	00:04:15	00:05:19	00:06:22
00:28:51	00:59:30	01:30:09	02:03:53	00:06:07	00:05:57	00:01:08	00:02:16	00:03:23	00:04:46	00:05:57	00:07:08	00:01:00	00:02:02	00:03:11	00:04:17	00:05:21	00:06:26