

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	
00:29:06	01:00:00	01:30:54	02:04:56	00:06:10	00:06:00	00:01:08	00:02:17	00:03:25	00:04:48	00:06:00	00:07:12	00:01:00	00:02:03	00:03:13	00:04:19	00:05:24	00:06:29	
00:29:21	01:00:30	01:31:39	02:05:59	00:06:13	00:06:03	00:01:09	00:02:18	00:03:27	00:04:50	00:06:03	00:07:16	00:01:01	00:02:04	00:03:14	00:04:21	00:05:27	00:06:32	
00:29:36	01:01:00	01:32:24	02:07:02	00:06:16	00:06:06	00:01:10	00:02:19	00:03:29	00:04:53	00:06:06	00:07:19	00:01:01	00:02:05	00:03:16	00:04:24	00:05:29	00:06:35	
00:29:51	01:01:30	01:33:09	02:08:05	00:06:19	00:06:09	00:01:10	00:02:20	00:03:30	00:04:55	00:06:09	00:07:23	00:01:02	00:02:06	00:03:17	00:04:26	00:05:32	00:06:39	
00:30:06	01:02:00	01:33:54	02:09:08	00:06:22	00:06:12	00:01:11	00:02:21	00:03:32	00:04:58	00:06:12	00:07:26	00:01:02	00:02:07	00:03:19	00:04:28	00:05:35	00:06:42	
00:30:21	01:02:30	01:34:39	02:10:11	00:06:25	00:06:15	00:01:11	00:02:23	00:03:34	00:05:00	00:06:15	00:07:30	00:01:03	00:02:08	00:03:21	00:04:30	00:05:38	00:06:45	
00:30:36	01:03:00	01:35:24	02:11:14	00:06:28	00:06:18	00:01:12	00:02:24	00:03:35	00:05:02	00:06:18	00:07:34	00:01:03	00:02:09	00:03:22	00:04:32	00:05:40	00:06:48	
00:30:51	01:03:30	01:36:09	02:12:17	00:06:31	00:06:21	00:01:12	00:02:25	00:03:37	00:05:05	00:06:21	00:07:37	00:01:04	00:02:10	00:03:24	00:04:34	00:05:43	00:06:51	
00:31:06	01:04:00	01:36:54	02:13:20	00:06:34	00:06:24	00:01:13	00:02:26	00:03:39	00:05:07	00:06:24	00:07:41	00:01:04	00:02:11	00:03:25	00:04:36	00:05:46	00:06:55	
00:31:21	01:04:30	01:37:39	02:14:23	00:06:37	00:06:27	00:01:14	00:02:27	00:03:41	00:05:10	00:06:27	00:07:44	00:01:05	00:02:12	00:03:27	00:04:39	00:05:48	00:06:58	
00:31:36	01:05:00	01:38:24	02:15:26	00:06:40	00:06:30	00:01:14	00:02:28	00:03:42	00:05:12	00:06:30	00:07:48	00:01:05	00:02:13	00:03:29	00:04:41	00:05:51	00:07:01	
00:31:51	01:05:30	01:39:09	02:16:29	00:06:43	00:06:33	00:01:15	00:02:29	00:03:44	00:05:14	00:06:33	00:07:52	00:01:06	00:02:14	00:03:30	00:04:43	00:05:54	00:07:04	
00:32:06	01:06:00	01:39:54	02:17:32	00:06:46	00:06:36	00:01:15	00:02:30	00:03:46	00:05:17	00:06:36	00:07:55	00:01:06	00:02:15	00:03:32	00:04:45	00:05:56	00:07:08	
00:32:21	01:06:30	01:40:39	02:18:35	00:06:49	00:06:39	00:01:16	00:02:32	00:03:47	00:05:19	00:06:39	00:07:59	00:01:07	00:02:16	00:03:33	00:04:47	00:05:59	00:07:11	
00:32:36	01:07:00	01:41:24	02:19:38	00:06:52	00:06:42	00:01:16	00:02:33	00:03:49	00:05:22	00:06:42	00:08:02	00:01:07	00:02:17	00:03:35	00:04:49	00:06:02	00:07:14	
00:32:51	01:07:30	01:42:09	02:20:41	00:06:55	00:06:45	00:01:17	00:02:34	00:03:51	00:05:24	00:06:45	00:08:06	00:01:08	00:02:19	00:03:37	00:04:52	00:06:05	00:07:17	
00:33:06	01:08:00	01:42:54	02:21:44	00:06:58	00:06:48	00:01:18	00:02:35	00:03:53	00:05:26	00:06:48	00:08:10	00:01:08	00:02:20	00:03:38	00:04:54	00:06:07	00:07:21	
00:33:21	01:08:30	01:43:39	02:22:47	00:07:01	00:06:51	00:01:18	00:02:36	00:03:54	00:05:29	00:06:51	00:08:13	00:01:09	00:02:21	00:03:40	00:04:56	00:06:10	00:07:24	
00:33:36	01:09:00	01:44:24	02:23:50	00:07:04	00:06:54	00:01:19	00:02:37	00:03:56	00:05:31	00:06:54	00:08:17	00:01:09	00:02:22	00:03:41	00:04:58	00:06:13	00:07:27	
00:33:51	01:09:30	01:45:09	02:24:53	00:07:07	00:06:57	00:01:19	00:02:38	00:03:58	00:05:34	00:06:57	00:08:20	00:01:10	00:02:23	00:03:43	00:05:00	00:06:15	00:07:30	
00:34:06	01:10:00	01:45:54	02:25:56	00:07:10	00:07:00	00:01:20	00:02:40	00:03:59	00:05:36	00:07:00	00:08:24	00:01:10	00:02:24	00:03:45	00:05:02	00:06:18	00:07:34	
00:34:21	01:10:30	01:46:39	02:26:59	00:07:13	00:07:03	00:01:20	00:02:41	00:04:01	00:05:38	00:07:03	00:08:28	00:01:11	00:02:25	00:03:46	00:05:05	00:06:21	00:07:37	
00:34:36	01:11:00	01:47:24	02:28:02	00:07:16	00:07:06	00:01:21	00:02:42	00:04:03	00:05:41	00:07:06	00:08:31	00:01:11	00:02:26	00:03:48	00:05:07	00:06:23	00:07:40	
00:34:51	01:11:30	01:48:09	02:29:05	00:07:19	00:07:09	00:01:22	00:02:43	00:04:05	00:05:43	00:07:09	00:08:35	00:01:12	00:02:27	00:03:50	00:05:09	00:06:26	00:07:43	
00:35:06	01:12:00	01:48:54	02:30:08	00:07:22	00:07:12	00:01:22	00:02:44	00:04:06	00:05:46	00:07:12	00:08:38	00:01:12	00:02:28	00:03:51	00:05:11	00:06:29	00:07:47	
00:35:21	01:12:30	01:49:39	02:31:11	00:07:25	00:07:15	00:01:23	00:02:45	00:04:08	00:05:48	00:07:15	00:08:42	00:01:13	00:02:29	00:03:53	00:05:13	00:06:32	00:07:50	
00:35:36	01:13:00	01:50:24	02:32:14	00:07:28	00:07:18	00:01:23	00:02:46	00:04:10	00:05:50	00:07:18	00:08:46	00:01:13	00:02:30	00:03:54	00:05:15	00:06:34	00:07:53	
00:35:51	01:13:30	01:51:09	02:33:17	00:07:31	00:07:21	00:01:24	00:02:48	00:04:11	00:05:53	00:07:21	00:08:49	00:01:14	00:02:31	00:03:56	00:05:18	00:06:37	00:07:56	
00:36:06	01:14:00	01:51:54	02:34:20	00:07:34	00:07:24	00:01:24	00:02:49	00:04:13	00:05:55	00:07:24	00:08:53	00:01:14	00:02:32	00:03:58	00:05:20	00:06:40	00:08:00	
00:36:21	01:14:30	01:52:39	02:35:23	00:07:37	00:07:27	00:01:25	00:02:50	00:04:15	00:05:58	00:07:27	00:08:56	00:01:15	00:02:33	00:03:59	00:05:22	00:06:42	00:08:03	
00:36:36	01:15:00	01:53:24	02:36:26	00:07:40	00:07:30	00:01:26	00:02:51	00:04:17	00:06:00	00:07:30	00:09:00	00:01:15	00:02:34	00:04:01	00:05:24	00:06:45	00:08:06	
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00:37:21	01:16:30	01:55:39	02:39:35	00:07:49	00:07:39	00:01:27	00:02:54	00:04:22	00:06:07	00:07:39	00:09:11	00:01:17	00:02:37	00:04:06	00:05:30	00:06:53	00:08:16	
00:37:36	01:17:00	01:56:24	02:40:38	00:07:52	00:07:42	00:01:28	00:02:56	00:04:23	00:06:10	00:07:42	00:09:14	00:01:17	00:02:38	00:04:07	00:05:33	00:06:56	00:08:19	
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00:38:51	01:19:30	02:00:09	02:45:53	00:08:07	00:07:57	00:01:31	00:03:01	00:04:32	00:06:22	00:07:57	00:09:32	00:01:20	00:02:43	00:04:15	00:05:43	00:07:09	00:08:35
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