

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