

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