

10 km Durchgangszeiten



100 m	00:14	00:14	00:15	00:15	00:15	00:16	00:16	00:16	00:17	00:17	00:17	00:17	00:18	00:18	00:18	00:19	00:19	00:19	00:20	00:20	00:20
200 m	00:28	00:29	00:29	00:30	00:31	00:31	00:32	00:32	00:33	00:34	00:34	00:35	00:35	00:36	00:37	00:37	00:38	00:38	00:39	00:40	00:40
400 m	00:56	00:58	00:59	01:00	01:01	01:02	01:04	01:05	01:06	01:07	01:08	01:10	01:11	01:12	01:13	01:14	01:16	01:17	01:18	01:19	01:20
600 m	01:25	01:26	01:28	01:30	01:32	01:34	01:35	01:37	01:39	01:41	01:43	01:44	01:46	01:48	01:50	01:52	01:53	01:55	01:57	01:59	02:01
800 m	01:53	01:55	01:58	02:00	02:02	02:05	02:07	02:10	02:12	02:14	02:17	02:19	02:22	02:24	02:26	02:29	02:31	02:34	02:36	02:38	02:41
1 km	02:21	02:24	02:27	02:30	02:33	02:36	02:39	02:42	02:45	02:48	02:51	02:54	02:57	03:00	03:03	03:06	03:09	03:12	03:15	03:18	03:21
1,5 km	03:32	03:36	03:41	03:45	03:50	03:54	03:59	04:03	04:08	04:12	04:17	04:21	04:26	04:30	04:35	04:39	04:44	04:48	04:53	04:57	05:02
2 km	04:42	04:48	04:54	05:00	05:06	05:12	05:18	05:24	05:30	05:36	05:42	05:48	05:54	06:00	06:06	06:12	06:18	06:24	06:30	06:36	06:42
3 km	07:03	07:12	07:21	07:30	07:39	07:48	07:57	08:06	08:15	08:24	08:33	08:42	08:51	09:00	09:09	09:18	09:27	09:36	09:45	09:54	10:03
4 km	09:24	09:36	09:48	10:00	10:12	10:24	10:36	10:48	11:00	11:12	11:24	11:36	11:48	12:00	12:12	12:24	12:36	12:48	13:00	13:12	13:24
5 km	11:45	12:00	12:15	12:30	12:45	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45	15:00	15:15	15:30	15:45	16:00	16:15	16:30	16:45
6 km	14:06	14:24	14:42	15:00	15:18	15:36	15:54	16:12	16:30	16:48	17:06	17:24	17:42	18:00	18:18	18:36	18:54	19:12	19:30	19:48	20:06
7 km	16:27	16:48	17:09	17:30	17:51	18:12	18:33	18:54	19:15	19:36	19:57	20:18	20:39	21:00	21:21	21:42	22:03	22:24	22:45	23:06	23:27
8 km	18:48	19:12	19:36	20:00	20:24	20:48	21:12	21:36	22:00	22:24	22:48	23:12	23:36	24:00	24:24	24:48	25:12	25:36	26:00	26:24	26:48
9 km	21:09	21:36	22:03	22:30	22:57	23:24	23:51	24:18	24:45	25:12	25:39	26:06	26:33	27:00	27:27	27:54	28:21	28:48	29:15	29:42	30:09
10 km	23:30	24:00	24:30	25:00	25:30	26:00	26:30	27:00	27:30	28:00	28:30	29:00	29:30	30:00	30:30	31:00	31:30	32:00	32:30	33:00	33:30
km/h	25,5	25,0	24,5	24,0	23,5	23,1	22,6	22,2	21,8	21,4	21,1	20,7	20,3	20,0	19,7	19,4	19,0	18,8	18,5	18,2	17,9

100 m	00:20	00:21	00:21	00:21	00:22	00:22	00:22	00:23	00:23	00:23	00:23	00:24	00:24	00:24	00:25	00:25	00:25	00:26	00:26	00:26	00:26
200 m	00:41	00:41	00:42	00:43	00:43	00:44	00:44	00:45	00:46	00:46	00:47	00:47	00:48	00:49	00:49	00:50	00:50	00:51	00:52	00:52	00:53
400 m	01:22	01:23	01:24	01:25	01:26	01:28	01:29	01:30	01:31	01:32	01:34	01:35	01:36	01:37	01:38	01:40	01:41	01:42	01:43	01:44	01:46
600 m	02:02	02:04	02:06	02:08	02:10	02:11	02:13	02:15	02:17	02:19	02:20	02:22	02:24	02:26	02:28	02:29	02:31	02:33	02:35	02:37	02:38
800 m	02:43	02:46	02:48	02:50	02:53	02:55	02:58	03:00	03:02	03:05	03:07	03:10	03:12	03:14	03:17	03:19	03:22	03:24	03:26	03:29	03:31
1 km	03:24	03:27	03:30	03:33	03:36	03:39	03:42	03:45	03:48	03:51	03:54	03:57	04:00	04:03	04:06	04:09	04:12	04:15	04:18	04:21	04:24
1,5 km	05:06	05:11	05:15	05:20	05:24	05:29	05:33	05:38	05:42	05:47	05:51	05:56	06:00	06:04	06:09	06:14	06:18	06:23	06:27	06:31	06:36
2 km	06:48	06:54	07:00	07:06	07:12	07:18	07:24	07:30	07:36	07:42	07:48	07:54	08:00	08:06	08:12	08:18	08:24	08:30	08:36	08:42	08:48
3 km	10:12	10:21	10:30	10:39	10:48	10:57	11:06	11:15	11:24	11:33	11:42	11:51	12:00	12:09	12:18	12:27	12:36	12:45	12:54	13:03	13:12
4 km	13:36	13:48	14:00	14:12	14:24	14:36	14:48	15:00	15:12	15:24	15:36	15:48	16:00	16:12	16:24	16:36	16:48	17:00	17:12	17:24	17:36
5 km	17:00	17:15	17:30	17:45	18:00	18:15	18:30	18:45	19:00	19:15	19:30	19:45	20:00	20:15	20:30	20:45	21:00	21:15	21:30	21:45	22:00
6 km	20:24	20:42	21:00	21:18	21:36	21:54	22:12	22:30	22:48	23:06	23:24	23:42	24:00	24:18	24:36	24:54	25:12	25:30	25:48	26:06	26:24
7 km	23:48	24:09	24:30	24:51	25:12	25:33	25:54	26:15	26:36	26:57	27:18	27:39	28:00	28:21	28:42	29:03	29:24	29:45	30:06	30:27	30:48
8 km	27:12	27:36	28:00	28:24	28:48	29:12	29:36	30:00	30:24	30:48	31:12	31:36	32:00	32:24	32:48	33:12	33:36	34:00	34:24	34:48	35:12
9 km	30:36	31:03	31:30	31:57	32:24	32:51	33:18	33:45	34:12	34:39	35:06	35:33	36:00	36:27	36:54	37:21	37:48	38:15	38:42	39:09	39:36
10 km	34:00	34:30	35:00	35:30	36:00	36:30	37:00	37:30	38:00	38:30	39:00	39:30	40:00	40:30	41:00	41:30	42:00	42:30	43:00	43:30	44:00
km/h	17,6	17,4	17,1	16,9	16,7	16,4	16,2	16,0	15,8	15,6	15,4	15,2	15,0	14,8	14,6	14,5	14,3	14,1	14,0	13,8	13,6