

10 km Durchgangszeiten



100 m	00:27	00:27	00:27	00:28	00:28	00:28	00:29	00:29	00:29	00:29	00:30	00:30	00:30	00:31	00:31	00:31	00:32	00:32	00:32	00:32	00:33
200 m	00:53	00:54	00:55	00:55	00:56	00:56	00:57	00:58	00:58	00:59	00:59	01:00	01:01	01:01	01:02	01:02	01:03	01:04	01:04	01:05	01:05
400 m	01:47	01:48	01:49	01:50	01:52	01:53	01:54	01:55	01:56	01:58	01:59	02:00	02:01	02:02	02:04	02:05	02:06	02:07	02:08	02:10	02:11
600 m	02:40	02:42	02:44	02:46	02:47	02:49	02:51	02:53	02:55	02:56	02:58	03:00	03:02	03:04	03:05	03:07	03:09	03:11	03:13	03:14	03:16
800 m	03:34	03:36	03:38	03:41	03:43	03:46	03:48	03:50	03:53	03:55	03:58	04:00	04:02	04:05	04:07	04:10	04:12	04:14	04:17	04:19	04:22
1 km	04:27	04:30	04:33	04:36	04:39	04:42	04:45	04:48	04:51	04:54	04:57	05:00	05:03	05:06	05:09	05:12	05:15	05:18	05:21	05:24	05:27
1,5 km	06:41	06:45	06:50	06:54	06:59	07:03	07:08	07:12	07:17	07:21	07:26	07:30	07:35	07:39	07:44	07:48	07:52	07:57	08:01	08:06	08:10
2 km	08:54	09:00	09:06	09:12	09:18	09:24	09:30	09:36	09:42	09:48	09:54	10:00	10:06	10:12	10:18	10:24	10:30	10:36	10:42	10:48	10:54
3 km	13:21	13:30	13:39	13:48	13:57	14:06	14:15	14:24	14:33	14:42	14:51	15:00	15:09	15:18	15:27	15:36	15:45	15:54	16:03	16:12	16:21
4 km	17:48	18:00	18:12	18:24	18:36	18:48	19:00	19:12	19:24	19:36	19:48	20:00	20:12	20:24	20:36	20:48	21:00	21:12	21:24	21:36	21:48
5 km	22:15	22:30	22:45	23:00	23:15	23:30	23:45	24:00	24:15	24:30	24:45	25:00	25:15	25:30	25:45	26:00	26:15	26:30	26:45	27:00	27:15
6 km	26:42	27:00	27:18	27:36	27:54	28:12	28:30	28:48	29:06	29:24	29:42	30:00	30:18	30:36	30:54	31:12	31:30	31:48	32:06	32:24	32:42
7 km	31:09	31:30	31:51	32:12	32:33	32:54	33:15	33:36	33:57	34:18	34:39	35:00	35:21	35:42	36:03	36:24	36:45	37:06	37:27	37:48	38:09
8 km	35:36	36:00	36:24	36:48	37:12	37:36	38:00	38:24	38:48	39:12	39:36	40:00	40:24	40:48	41:12	41:36	42:00	42:24	42:48	43:12	43:36
9 km	40:03	40:30	40:57	41:24	41:51	42:18	42:45	43:12	43:39	44:06	44:33	45:00	45:27	45:54	46:21	46:48	47:15	47:42	48:09	48:36	49:03
10 km	44:30	45:00	45:30	46:00	46:30	47:00	47:30	48:00	48:30	49:00	49:30	50:00	50:30	51:00	51:30	52:00	52:30	53:00	53:30	54:00	54:30
km/h	13,5	13,3	13,2	13,0	12,9	12,8	12,6	12,5	12,4	12,2	12,1	12,0	11,9	11,8	11,7	11,5	11,4	11,3	11,2	11,1	11,0

100 m	00:33	00:33	00:34	00:34	00:34	00:35	00:35	00:35	00:35	00:36	00:36	00:36	00:37	00:37	00:37	00:38	00:38	00:38	00:38	00:39	00:39
200 m	01:06	01:07	01:07	01:08	01:08	01:09	01:10	01:10	01:11	01:11	01:12	01:13	01:13	01:14	01:14	01:15	01:16	01:16	01:17	01:17	01:18
400 m	02:12	02:13	02:14	02:16	02:17	02:18	02:19	02:20	02:22	02:23	02:24	02:25	02:26	02:28	02:29	02:30	02:31	02:32	02:34	02:35	02:36
600 m	03:18	03:20	03:22	03:23	03:25	03:27	03:29	03:31	03:32	03:34	03:36	03:38	03:40	03:41	03:43	03:45	03:47	03:49	03:50	03:52	03:54
800 m	04:24	04:26	04:29	04:31	04:34	04:36	04:38	04:41	04:43	04:46	04:48	04:50	04:53	04:55	04:58	05:00	05:02	05:05	05:07	05:10	05:12
1 km	05:30	05:33	05:36	05:39	05:42	05:45	05:48	05:51	05:54	05:57	06:00	06:03	06:06	06:09	06:12	06:15	06:18	06:21	06:24	06:27	06:30
1,5 km	08:15	08:20	08:24	08:29	08:33	08:38	08:42	08:47	08:51	08:56	09:00	09:05	09:09	09:14	09:18	09:22	09:27	09:32	09:36	09:41	09:45
2 km	11:00	11:06	11:12	11:18	11:24	11:30	11:36	11:42	11:48	11:54	12:00	12:06	12:12	12:18	12:24	12:30	12:36	12:42	12:48	12:54	13:00
3 km	16:30	16:39	16:48	16:57	17:06	17:15	17:24	17:33	17:42	17:51	18:00	18:09	18:18	18:27	18:36	18:45	18:54	19:03	19:12	19:21	19:30
4 km	22:00	22:12	22:24	22:36	22:48	23:00	23:12	23:24	23:36	23:48	24:00	24:12	24:24	24:36	24:48	25:00	25:12	25:24	25:36	25:48	26:00
5 km	27:30	27:45	28:00	28:15	28:30	28:45	29:00	29:15	29:30	29:45	30:00	30:15	30:30	30:45	31:00	31:15	31:30	31:45	32:00	32:15	32:30
6 km	33:00	33:18	33:36	33:54	34:12	34:30	34:48	35:06	35:24	35:42	36:00	36:18	36:36	36:54	37:12	37:30	37:48	38:06	38:24	38:42	39:00
7 km	38:30	38:51	39:12	39:33	39:54	40:15	40:36	40:57	41:18	41:39	42:00	42:21	42:42	43:03	43:24	43:45	44:06	44:27	44:48	45:09	45:30
8 km	44:00	44:24	44:48	45:12	45:36	46:00	46:24	46:48	47:12	47:36	48:00	48:24	48:48	49:12	49:36	50:00	50:24	50:48	51:12	51:36	52:00
9 km	49:30	49:57	50:24	50:51	51:18	51:45	52:12	52:39	53:06	53:33	54:00	54:27	54:54	55:21	55:48	56:15	56:42	57:09	57:36	58:03	58:30
10 km	55:00	55:30	56:00	56:30	57:00	57:30	58:00	58:30	59:00	59:30	1:00:00	1:00:30	1:01:00	1:01:30	1:02:00	1:02:30	1:03:00	1:03:30	1:04:00	1:04:30	1:05:00
km/h	10,9	10,8	10,7	10,6	10,5	10,4	10,3	10,3	10,2	10,1	10,0	9,9	9,8	9,8	9,7	9,6	9,5	9,4	9,4	9,3	9,2