

# Tempotabelle

## *Split Time Table*

1km	5km	10km	15km	18km	20km	Ziel
2:42	13:30	27:00	40:30	48:46	54:00	56:58
2:43	13:35	27:10	40:45	49:04	54:20	57:19
2:44	13:40	27:20	41:00	49:22	54:40	57:40
2:45	13:45	27:30	41:15	49:30	55:00	58:01
2:46	13:50	27:40	41:30	49:48	55:20	58:23
2:47	13:55	27:50	41:45	50:06	55:40	58:44
2:48	14:00	28:00	42:00	50:24	56:00	59:05
2:49	14:05	28:10	42:15	50:42	56:20	59:26
2:50	14:10	28:20	42:30	51:00	56:40	59:47
2:51	14:15	28:30	42:45	51:18	57:00	1:00:08
2:52	14:20	28:40	43:00	51:36	57:20	1:00:29
2:53	14:25	28:50	43:15	51:54	57:40	1:00:50
2:54	14:30	29:00	43:30	52:12	58:00	1:01:11
2:55	14:35	29:10	43:45	52:30	58:20	1:01:32
2:56	14:40	29:20	44:00	52:48	58:40	1:01:54
2:57	14:45	29:30	44:15	53:06	59:00	1:02:15
2:58	14:50	29:40	44:30	53:24	59:20	1:02:36
2:59	14:55	29:50	44:45	53:42	59:40	1:02:57
3:00	15:00	30:00	45:00	54:00	1:00:00	1:03:18
3:01	15:05	30:10	45:15	54:18	1:00:20	1:03:39
3:02	15:10	30:20	45:30	54:36	1:00:40	1:04:00
3:03	15:15	30:30	45:45	54:54	1:01:00	1:04:21
3:04	15:20	30:40	46:00	55:12	1:01:20	1:04:42
3:05	15:25	30:50	46:15	55:30	1:01:40	1:05:03
3:06	15:30	31:00	46:30	55:48	1:02:00	1:05:25
3:07	15:35	31:10	46:45	56:06	1:02:20	1:05:46
3:08	15:40	31:20	47:00	56:24	1:02:40	1:06:07
3:09	15:45	31:30	47:15	56:42	1:03:00	1:06:28
3:10	15:50	31:40	47:30	57:00	1:03:20	1:06:49
3:11	15:55	31:50	47:45	57:18	1:03:40	1:07:10
3:12	16:00	32:00	48:00	57:36	1:04:00	1:07:31
3:13	16:05	32:10	48:15	57:54	1:04:20	1:07:52
3:14	16:10	32:20	48:30	58:12	1:04:40	1:08:13
3:15	16:15	32:30	48:45	58:30	1:05:00	1:08:34
3:16	16:20	32:40	49:00	58:48	1:05:20	1:08:56
3:17	16:25	32:50	49:15	59:06	1:05:40	1:09:17
3:18	16:30	33:00	49:30	59:24	1:06:00	1:09:38
3:19	16:35	33:10	49:45	59:42	1:06:20	1:09:59
3:20	16:40	33:20	50:00	1:00:00	1:06:40	1:10:20
3:21	16:45	33:30	50:15	1:00:18	1:07:00	1:10:41
3:22	16:50	33:40	50:30	1:00:36	1:07:20	1:11:02
3:23	16:55	33:50	50:45	1:00:54	1:07:40	1:11:23
3:24	17:00	34:00	51:00	1:01:12	1:08:00	1:11:44