

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

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