

# Tempotabellen

## Split Time Tables

1 km	5 km	10 km	15 km	20 km	25 km	30 km	35 km	40 km	total
2:51	14:15	28:30	42:45	57:00	1:11:15	1:25:30	1:39:45	1:54:00	2:00:15
2:52	14:20	28:40	43:00	57:20	1:11:40	1:26:00	1:40:20	1:54:40	2:00:57
2:53	14:25	28:50	43:15	57:40	1:12:05	1:26:30	1:40:55	1:55:20	2:01:39
2:54	14:30	29:00	43:30	58:00	1:12:30	1:27:00	1:41:30	1:56:00	2:02:21
2:55	14:35	29:10	43:45	58:20	1:12:55	1:27:30	1:42:05	1:56:40	2:03:04
2:56	14:40	29:20	44:00	58:40	1:13:20	1:28:00	1:42:40	1:57:20	2:03:46
2:57	14:45	29:30	44:15	59:00	1:13:45	1:28:30	1:43:15	1:58:00	2:04:28
2:58	14:50	29:40	44:30	59:20	1:14:10	1:29:00	1:43:50	1:58:40	2:05:10
2:59	14:55	29:50	44:45	59:40	1:14:35	1:29:30	1:44:25	1:59:20	2:05:52
3:00	15:00	30:00	45:00	1:00:00	1:15:00	1:30:00	1:45:00	2:00:00	2:06:35
3:01	15:05	30:10	45:15	1:00:20	1:15:25	1:30:30	1:45:35	2:00:40	2:07:17
3:02	15:10	30:20	45:30	1:00:40	1:15:50	1:31:00	1:46:10	2:01:20	2:07:59
3:03	15:15	30:30	45:45	1:01:00	1:16:15	1:31:30	1:46:45	2:02:00	2:08:41
3:04	15:20	30:40	46:00	1:01:20	1:16:40	1:32:00	1:47:20	2:02:40	2:09:23
3:05	15:25	30:50	46:15	1:01:40	1:17:05	1:32:30	1:47:55	2:03:20	2:10:06
3:06	15:30	31:00	46:30	1:02:00	1:17:30	1:33:00	1:48:30	2:04:00	2:10:48
3:07	15:35	31:10	46:45	1:02:20	1:17:55	1:33:30	1:49:05	2:04:40	2:11:30
3:08	15:40	31:20	47:00	1:02:40	1:18:20	1:34:00	1:49:40	2:05:20	2:12:12
3:09	15:45	31:30	47:15	1:03:00	1:18:45	1:34:30	1:50:15	2:06:00	2:12:54
3:10	15:50	31:40	47:30	1:03:20	1:19:10	1:35:00	1:50:50	2:06:40	2:13:37
3:11	15:55	31:50	47:45	1:03:40	1:19:35	1:35:30	1:51:25	2:07:20	2:14:19
3:12	16:00	32:00	48:00	1:04:00	1:20:00	1:36:00	1:52:00	2:08:00	2:15:01
3:13	16:05	32:10	48:15	1:04:20	1:20:25	1:36:30	1:52:35	2:08:40	2:15:43
3:14	16:10	32:20	48:30	1:04:40	1:20:50	1:37:00	1:53:10	2:09:20	2:16:25
3:15	16:15	32:30	48:45	1:05:00	1:21:15	1:37:30	1:53:45	2:10:00	2:17:08

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