

Tempotabelle																	Herzfrequenz / max Herzfrequenz
Faktor																	
4,66	2:19:48	2:29:07	2:38:26	2:47:46	2:57:05	3:06:24	3:15:43	3:25:02	3:34:22	3:43:41	3:53:00	4:02:19	4:11:38	4:20:58	4:30:17	MRT-Bestzeit	
2,21	1:06:18	1:10:43	1:15:08	1:19:34	1:23:59	1:28:24	1:32:49	1:37:14	1:41:40	1:46:05	1:50:30	1:54:55	1:59:20	2:03:46	2:08:11	HMRT-Bestzeit	
	30:00	32:00	34:00	36:00	38:00	40:00	42:00	44:00	46:00	48:00	50:00	52:00	54:00	56:00	58:00	10 km-Bestzeit	
00:15	03:15	03:27	03:39	03:51	04:03	04:15	04:27	04:39	04:51	05:03	05:15	05:27	05:39	05:51	06:03	10 km-Bestzeit/10 in sec. + 15 sec.	
	min./ km	min./ km	min./ km	min./ km	min./ km	min./ km	min./ km	min./ km	min./ km	min./ km	min./ km	min./ km	min./ km	min./ km	min./ km		
	min./ 400m	min./ 400m	min./ 400m	min./ 400m	min./ 400m	min./ 400m	min./ 400m	min./ 400m	min./ 400m	min./ 400m	min./ 400m	min./ 400m	min./ 400m	min./ 400m	min./ 400m		
HMRT	03:09	03:21	03:34	03:46	03:59	04:11	04:24	04:37	04:49	05:02	05:14	05:27	05:39	05:52	06:05		
	01:15	01:20	01:25	01:31	01:36	01:41	01:46	01:51	01:56	02:01	02:06	02:11	02:16	02:21	02:26		
TDL 1	03:15	03:27	03:39	03:51	04:03	04:15	04:27	04:39	04:51	05:03	05:15	05:27	05:39	05:51	06:03	10 km-Bestzeit/10 in sec. + 15 sec.	84% - 88%
	01:18	01:23	01:28	01:32	01:37	01:42	01:47	01:52	01:56	02:01	02:06	02:11	02:16	02:20	02:25		
TDL 2	03:19	03:32	03:45	03:59	04:12	04:25	04:38	04:52	05:05	05:18	05:31	05:45	05:58	06:11	06:24	MRT-Tempo	80% - 84%
	01:20	01:25	01:30	01:35	01:41	01:46	01:51	01:57	02:02	02:07	02:13	02:18	02:23	02:28	02:34		
IDL	03:40	03:52	04:04	04:16	04:28	04:40	04:52	05:04	05:16	05:28	05:40	05:52	06:04	06:16	06:28	TDL 1 + 25 sec.	76% - 80%
	01:28	01:33	01:38	01:42	01:47	01:52	01:57	02:02	02:06	02:11	02:16	02:21	02:26	02:30	02:35		
EDL	04:04	04:19	04:34	04:49	05:04	05:19	05:34	05:49	06:04	06:19	06:34	06:49	07:04	07:19	07:34	TDL 1 x 1,25	68% - 72%
	01:38	01:44	01:50	01:56	02:02	02:08	02:14	02:20	02:26	02:32	02:38	02:44	02:50	02:56	03:02		
RDL	04:27	04:44	05:00	05:16	05:33	05:49	06:06	06:22	06:39	06:55	07:12	07:28	07:44	08:01	08:17	TDL 1 x 1,37	65% -68 %
	01:47	01:53	02:00	02:07	02:13	02:20	02:26	02:33	02:39	02:46	02:53	02:59	03:06	03:12	03:19		
WHL 3	03:03	03:15	03:26	03:37	03:48	04:00	04:11	04:22	04:34	04:45	04:56	05:07	05:19	05:30	05:41	TDL 1 - 6%	über 90%
	01:13	01:18	01:22	01:27	01:31	01:36	01:40	01:45	01:49	01:54	01:58	02:03	02:07	02:12	02:16		
WHL 2	02:59	03:10	03:21	03:33	03:44	03:55	04:06	04:17	04:28	04:39	04:50	05:01	05:12	05:23	05:34	TDL 1 - 8%	über 90%
	01:12	01:16	01:21	01:25	01:29	01:34	01:38	01:43	01:47	01:52	01:56	02:00	02:05	02:09	02:14		
WHL 1	02:48	02:58	03:08	03:19	03:29	03:39	03:50	04:00	04:10	04:21	04:31	04:41	04:52	05:02	05:12	TDL 1- 14%	über 90%
	01:07	01:11	01:15	01:19	01:24	01:28	01:32	01:36	01:40	01:44	01:48	01:52	01:57	02:01	02:05		
WHL 0,4	01:05	01:09	01:13	01:17	01:22	01:26	01:30	01:34	01:38	01:42	01:46	01:50	01:55	01:59	02:03	WHL 1 – 2 sec.	über 90%