

Geplante Zeiten in (h):min:sec über				5000 m Renntem po	10 km- Renntem po	Halbmara- thon- Renntem po	Marathon- Renntem po
5000 m	10 km	HM	Marathon	für Einheit	für Einheit	für Einheit	für Einheit
(10km - 1 min)/2		10 km * 2,2	10 km * 4,7	30*200 m	20*400 m	15*800 m	10*1000 m
14:30	30:00	1:06:00	2:21:00	0:35	1:12	2:30	3:20
15:00	31:00	1:08:12	2:25:42	0:36	1:14	2:35	3:27
15:30	32:00	1:10:24	2:30:24	0:37	1:17	2:40	3:34
16:00	33:00	1:12:36	2:35:06	0:38	1:19	2:45	3:41
16:30	34:00	1:14:48	2:39:48	0:40	1:22	2:50	3:47
17:00	35:00	1:17:00	2:44:30	0:41	1:24	2:55	3:54
17:30	36:00	1:19:12	2:49:12	0:42	1:26	3:00	4:01
18:00	37:00	1:21:24	2:53:54	0:43	1:29	3:05	4:07
18:30	38:00	1:23:36	2:58:36	0:44	1:31	3:10	4:14
19:00	39:00	1:25:48	3:03:18	0:46	1:34	3:15	4:21
19:30	40:00	1:28:00	3:08:00	0:47	1:36	3:20	4:27
20:00	41:00	1:30:12	3:12:42	0:48	1:38	3:25	4:34
20:30	42:00	1:32:24	3:17:24	0:49	1:41	3:30	4:41
21:00	43:00	1:34:36	3:22:06	0:50	1:43	3:35	4:47
21:30	44:00	1:36:48	3:26:48	0:52	1:46	3:40	4:54
22:00	45:00	1:39:00	3:31:30	0:53	1:48	3:45	5:01
22:30	46:00	1:41:12	3:36:12	0:54	1:50	3:50	5:07
23:00	47:00	1:43:24	3:40:54	0:55	1:53	3:55	5:14
23:30	48:00	1:45:36	3:45:36	0:56	1:55	4:00	5:21
24:00	49:00	1:47:48	3:50:18	0:58	1:58	4:05	5:27
24:30	50:00	1:50:00	3:55:00	0:59	2:00	4:10	5:34

25:00	51:00	1:52:12	3:59:42	1:00	2:02	4:15	5:41
25:30	52:00	1:54:24	4:04:24	1:01	2:05	4:20	5:47
26:00	53:00	1:56:36	4:09:06	1:02	2:07	4:25	5:54
26:30	54:00	1:58:48	4:13:48	1:04	2:10	4:30	6:01
27:00	55:00	2:01:00	4:18:30	1:05	2:12	4:35	6:08
27:30	56:00	2:03:12	4:23:12	1:06	2:14	4:40	6:14
28:00	57:00	2:05:24	4:27:54	1:07	2:17	4:45	6:21
28:30	58:00	2:07:36	4:32:36	1:08	2:19	4:50	6:28
29:00	59:00	2:09:48	4:37:18	1:10	2:22	4:55	6:34
29:30	1:00:00	2:12:00	4:42:00	1:11	2:24	5:00	6:41
30:00	1:01:00	2:14:12	4:46:42	1:12	2:26	5:05	6:48
30:30	1:02:00	2:16:24	4:51:24	1:13	2:29	5:10	6:54
31:00	1:03:00	2:18:36	4:56:06	1:14	2:31	5:15	7:01
31:30	1:04:00	2:20:48	5:00:48	1:16	2:34	5:20	7:08
32:00	1:05:00	2:23:00	5:05:30	1:17	2:36	5:25	7:14