

Teampuls Marathon-pacetabel

Yasso-tal

min/km	km/t	3 km	5 km	10 km	15 km	20 km	21.1 km	25 km	30 km	35 km	40 km	42.195 km	800m tid	min/km	km/t
03:00	20,0	09:00	15:00	30:00	45:00	1:00:00	1:03:18	1:15:00	1:30:00	1:45:00	2:00:00	2:06:35	02:06	02:38	22,9
03:10	18,9	09:30	15:50	31:40	47:30	1:03:20	1:06:49	1:19:10	1:35:00	1:50:50	2:06:40	2:13:37	02:13	02:46	21,7
03:20	18,0	10:00	16:40	33:20	50:00	1:06:40	1:10:20	1:23:20	1:40:00	1:56:40	2:13:20	2:20:39	02:20	02:55	20,6
03:30	17,1	10:30	17:30	35:00	52:30	1:10:00	1:13:51	1:27:30	1:45:00	2:02:30	2:20:00	2:27:41	02:27	03:04	19,6
03:40	16,4	11:00	18:20	36:40	55:00	1:13:20	1:17:22	1:31:40	1:50:00	2:08:20	2:26:40	2:34:43	02:34	03:13	18,7
03:50	15,7	11:30	19:10	38:20	57:30	1:16:40	1:20:53	1:35:50	1:55:00	2:14:10	2:33:20	2:41:45	02:41	03:21	17,9
04:00	15,0	12:00	20:00	40:00	1:00:00	1:20:00	1:24:24	1:40:00	2:00:00	2:20:00	2:40:00	2:48:47	02:48	03:30	17,1
04:10	14,4	12:30	20:50	41:40	1:02:30	1:23:20	1:27:55	1:44:10	2:05:00	2:25:50	2:46:40	2:55:49	02:55	03:39	16,5
04:20	13,8	13:00	21:40	43:20	1:05:00	1:26:40	1:31:26	1:48:20	2:10:00	2:31:40	2:53:20	3:02:51	03:02	03:48	15,8
04:30	13,3	13:30	22:30	45:00	1:07:30	1:30:00	1:34:57	1:52:30	2:15:00	2:37:30	3:00:00	3:09:53	03:09	03:56	15,2
04:40	12,9	14:00	23:20	46:40	1:10:00	1:33:20	1:38:28	1:56:40	2:20:00	2:43:20	3:06:40	3:16:55	03:16	04:05	14,7
04:50	12,4	14:30	24:10	48:20	1:12:30	1:36:40	1:41:59	2:00:50	2:25:00	2:49:10	3:13:20	3:23:57	03:23	04:14	14,2
05:00	12,0	15:00	25:00	50:00	1:15:00	1:40:00	1:45:30	2:05:00	2:30:00	2:55:00	3:20:00	3:30:59	03:30	04:23	13,7
05:10	11,6	15:30	25:50	51:40	1:17:30	1:43:20	1:49:01	2:09:10	2:35:00	3:00:50	3:26:40	3:38:00	03:38	04:33	13,2
05:20	11,3	16:00	26:40	53:20	1:20:00	1:46:40	1:52:32	2:13:20	2:40:00	3:06:40	3:33:20	3:45:02	03:45	04:41	12,8
05:30	10,9	16:30	27:30	55:00	1:22:30	1:50:00	1:56:03	2:17:30	2:45:00	3:12:30	3:40:00	3:52:04	03:52	04:50	12,4
05:40	10,6	17:00	28:20	56:40	1:25:00	1:53:20	1:59:34	2:21:40	2:50:00	3:18:20	3:46:40	3:59:06	03:59	04:59	12,1
05:50	10,3	17:30	29:10	58:20	1:27:30	1:56:40	2:03:05	2:25:50	2:55:00	3:24:10	3:53:20	4:06:08	04:06	05:08	11,7
06:00	10,0	18:00	30:00	1:00:00	1:30:00	2:00:00	2:06:36	2:30:00	3:00:00	3:30:00	4:00:00	4:13:10	04:13	05:16	11,4
06:10	9,7	18:30	30:50	1:01:40	1:32:30	2:03:20	2:10:07	2:34:10	3:05:00	3:35:50	4:06:40	4:20:12	04:20	05:25	11,1
06:20	9,5	19:00	31:40	1:03:20	1:35:00	2:06:40	2:13:38	2:38:20	3:10:00	3:41:40	4:13:20	4:27:14	04:27	05:34	10,8
06:30	9,2	19:30	32:30	1:05:00	1:37:30	2:10:00	2:17:09	2:42:30	3:15:00	3:47:30	4:20:00	4:34:16	04:34	05:43	10,5
06:40	9,0	20:00	33:20	1:06:40	1:40:00	2:13:20	2:20:40	2:46:40	3:20:00	3:53:20	4:26:40	4:41:18	04:41	05:51	10,2
06:50	8,8	20:30	34:10	1:08:20	1:42:30	2:16:40	2:24:11	2:50:50	3:25:00	3:59:10	4:33:20	4:48:20	04:48	06:00	10,0
07:00	8,6	21:00	35:00	1:10:00	1:45:00	2:20:00	2:27:42	2:55:00	3:30:00	4:05:00	4:40:00	4:55:22	04:55	06:09	9,8