

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
03:05	19,5	09:15	15:25	30:50	46:15	1:01:40	1:05:04	1:17:05	1:32:30	1:47:55	2:03:20	2:10:06	02:10	02:43	22,2
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
03:15	18,5	09:45	16:15	32:30	48:45	1:05:00	1:08:35	1:21:15	1:37:30	1:53:45	2:10:00	2:17:08	02:17	02:51	21,0
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
03:25	17,6	10:15	17:05	34:10	51:15	1:08:20	1:12:06	1:25:25	1:42:30	1:59:35	2:16:40	2:24:10	02:24	03:00	20,0
03:30	17,1	10:30	17:30	35:00	0:52:30	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
03:35	16,7	10:45	17:55	35:50	0:53:45	1:11:40	1:15:37	1:29:35	1:47:30	2:05:25	2:23:20	2:31:12	02:31	03:09	19,1
03:40	16,4	11:00	18:20	36:40	0:55:00	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
03:45	16,0	11:15	18:45	37:30	0:56:15	1:15:00	1:19:08	1:33:45	1:52:30	2:11:15	2:30:00	2:38:14	02:38	03:18	18,2
03:50	15,7	11:30	19:10	38:20	0:57:30	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
03:55	15,3	11:45	19:35	39:10	0:58:45	1:18:20	1:22:39	1:37:55	1:57:30	2:17:05	2:36:40	2:45:16	02:45	03:26	17,5
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