

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