

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
04:00	15,0	12:00	20:00	40:00	60:00	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
04:05	14,7	12:15	20:25	40:50	61:15	1:21:40	1:26:10	1:42:05	2:02:30	2:22:55	2:43:20	2:52:18	02:52	03:35	16,7
04:10	14,4	12:30	20:50	41:40	62:30	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
04:15	14,1	12:45	21:15	42:30	63:45	1:25:00	1:29:41	1:46:15	2:07:30	2:28:45	2:50:00	2:59:20	02:59	03:44	16,1
04:20	13,8	13:00	21:40	43:20	65:00	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
04:25	13,6	13:15	22:05	44:10	66:15	1:28:20	1:33:12	1:50:25	2:12:30	2:34:35	2:56:40	3:06:22	03:06	03:53	15,5
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
04:35	13,1	13:45	22:55	45:50	1:08:45	1:31:40	1:36:43	1:54:35	2:17:30	2:40:25	3:03:20	3:13:24	03:13	04:01	14,9
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
04:45	12,6	14:15	23:45	47:30	1:11:15	1:35:00	1:40:14	1:58:45	2:22:30	2:46:15	3:10:00	3:20:26	03:20	04:10	14,4
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
04:55	12,2	14:45	24:35	49:10	1:13:45	1:38:20	1:43:45	2:02:55	2:27:30	2:52:05	3:16:40	3:27:28	03:27	04:19	13,9
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