

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
05:00	12,0	15:00	25:00	50:00	75:00	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
05:05	11,8	15:15	25:25	50:50	76:15	1:41:40	1:47:16	2:07:05	2:32:30	2:57:55	3:23:20	3:34:29	03:34	04:28	13,5
05:10	11,6	15:30	25:50	51:40	77:30	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
05:15	11,4	15:45	26:15	52:30	78:45	1:45:00	1:50:47	2:11:15	2:37:30	3:03:45	3:30:00	3:41:31	03:41	04:36	13,0
05:20	11,3	16:00	26:40	53:20	80:00	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
05:25	11,1	16:15	27:05	54:10	81:15	1:48:20	1:54:18	2:15:25	2:42:30	3:09:35	3:36:40	3:48:33	03:48	04:45	12,6
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
05:35	10,7	16:45	27:55	55:50	1:23:45	1:51:40	1:57:49	2:19:35	2:47:30	3:15:25	3:43:20	3:55:35	03:55	04:54	12,3
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
05:45	10,4	17:15	28:45	57:30	1:26:15	1:55:00	2:01:20	2:23:45	2:52:30	3:21:15	3:50:00	4:02:37	04:02	05:03	11,9
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
05:55	10,1	17:45	29:35	59:10	1:28:45	1:58:20	2:04:51	2:27:55	2:57:30	3:27:05	3:56:40	4:09:39	04:09	05:11	11,6
06:00	10,0	18:00	30:00	60:00	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