

## 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>05:00</b> | 12,0 | 15:00 | 25:00 | 50:00 | 75:00   | 1:40:00 | <b>1:45:30</b> | 2:05:00 | 2:30:00 | 2:55:00 | 3:20:00 | <b>3:30:59</b> | <b>03:30</b> | 04:23  | <b>13,7</b> |
| <b>05:05</b> | 11,8 | 15:15 | 25:25 | 50:50 | 76:15   | 1:41:40 | <b>1:47:16</b> | 2:07:05 | 2:32:30 | 2:57:55 | 3:23:20 | <b>3:34:29</b> | <b>03:34</b> | 04:28  | <b>13,5</b> |
| <b>05:10</b> | 11,6 | 15:30 | 25:50 | 51:40 | 77:30   | 1:43:20 | <b>1:49:01</b> | 2:09:10 | 2:35:00 | 3:00:50 | 3:26:40 | <b>3:38:00</b> | <b>03:38</b> | 04:33  | <b>13,2</b> |
| <b>05:15</b> | 11,4 | 15:45 | 26:15 | 52:30 | 78:45   | 1:45:00 | <b>1:50:47</b> | 2:11:15 | 2:37:30 | 3:03:45 | 3:30:00 | <b>3:41:31</b> | <b>03:41</b> | 04:36  | <b>13,0</b> |
| <b>05:20</b> | 11,3 | 16:00 | 26:40 | 53:20 | 80:00   | 1:46:40 | <b>1:52:32</b> | 2:13:20 | 2:40:00 | 3:06:40 | 3:33:20 | <b>3:45:02</b> | <b>03:45</b> | 04:41  | <b>12,8</b> |
| <b>05:25</b> | 11,1 | 16:15 | 27:05 | 54:10 | 81:15   | 1:48:20 | <b>1:54:18</b> | 2:15:25 | 2:42:30 | 3:09:35 | 3:36:40 | <b>3:48:33</b> | <b>03:48</b> | 04:45  | <b>12,6</b> |
| <b>05:30</b> | 10,9 | 16:30 | 27:30 | 55:00 | 1:22:30 | 1:50:00 | <b>1:56:03</b> | 2:17:30 | 2:45:00 | 3:12:30 | 3:40:00 | <b>3:52:04</b> | <b>03:52</b> | 04:50  | <b>12,4</b> |
| <b>05:35</b> | 10,7 | 16:45 | 27:55 | 55:50 | 1:23:45 | 1:51:40 | <b>1:57:49</b> | 2:19:35 | 2:47:30 | 3:15:25 | 3:43:20 | <b>3:55:35</b> | <b>03:55</b> | 04:54  | <b>12,3</b> |
| <b>05:40</b> | 10,6 | 17:00 | 28:20 | 56:40 | 1:25:00 | 1:53:20 | <b>1:59:34</b> | 2:21:40 | 2:50:00 | 3:18:20 | 3:46:40 | <b>3:59:06</b> | <b>03:59</b> | 04:59  | <b>12,1</b> |
| <b>05:45</b> | 10,4 | 17:15 | 28:45 | 57:30 | 1:26:15 | 1:55:00 | <b>2:01:20</b> | 2:23:45 | 2:52:30 | 3:21:15 | 3:50:00 | <b>4:02:37</b> | <b>04:02</b> | 05:03  | <b>11,9</b> |
| <b>05:50</b> | 10,3 | 17:30 | 29:10 | 58:20 | 1:27:30 | 1:56:40 | <b>2:03:05</b> | 2:25:50 | 2:55:00 | 3:24:10 | 3:53:20 | <b>4:06:08</b> | <b>04:06</b> | 05:08  | <b>11,7</b> |
| <b>05:55</b> | 10,1 | 17:45 | 29:35 | 59:10 | 1:28:45 | 1:58:20 | <b>2:04:51</b> | 2:27:55 | 2:57:30 | 3:27:05 | 3:56:40 | <b>4:09:39</b> | <b>04:09</b> | 05:11  | <b>11,6</b> |
| <b>06:00</b> | 10,0 | 18:00 | 30:00 | 60:00 | 1:30:00 | 2:00:00 | <b>2:06:36</b> | 2:30:00 | 3:00:00 | 3:30:00 | 4:00:00 | <b>4:13:10</b> | <b>04:13</b> | 05:16  | <b>11,4</b> |