

Tempotabelle / Anhaltswerte für das Lauftraining

Geschwindigkeit (min/km)	Zeit 5.000 m	Zeit 10.000 m	Zeit 21,1 km	Zeit 42,2 km	Geschwindigkeit (km/h)
6:40	33:20	1.06:40	2.20:00	4.41:18	9,00
6:25	32:30	1.04:06	2.14:37	4.30:29	9,36
6:10	30:52	1.01:44	2.09:38	4.20:28	9,72
5:57	29:46	59:31	2.05:00	4.11:10	10,08
5:45	28:44	57:28	2.00:41	4.02:30	10,44
5:33	27:47	55:33	1.56:40	3.54:25	10,80
5:23	26:53	53:46	1.52:54	3.46:51	11,16
5:13	26:02	52:05	1.49:23	3.39:46	11,52
5:03	15:15	50:30	1.46:40	3.33:06	11,88
4:54	24:31	49:01	1.42:56	3.26:50	12,24
4:46	23:49	47:37	1.40:00	3.20:56	12,60
4:38	23:09	46:18	1.37:13	3.15:21	12,96
4:30	22:31	45:03	1:34:36	3.10:04	13,32
4:23	21:56	43:52	1.32:06	3.05:04	13,68
4:16	21:22	42:44	1.29:45	3.00:19	14,04
4:10	20:50	41:40	1.27:30	2.55:49	14,40
4:04	20:20	40:39	1.25:22	2.51:31	14,76
3:58	19:50	39:41	1.23:20	2.47:26	15,12
3:53	19:23	38:46	1.21:24	2.43:33	15,48
3:47	18:56	37:53	1.19:33	2.39:50	15,84
3:42	18:31	37:02	1.17:47	2.36:17	16,20
3:37	18:07	36:14	1.16:05	2.32:53	16,56
3:33	17:44	35:28	1.14:28	2.29:38	16,92