

Tids og tempo tabel



Konkurrence tempo			Min/Km HM	Roligtløb	Alm løb	Lange ture	Intervaller 100-400	Intervaller 500-800	Tempo ture
5 km. 21,097 Km.	10 km 21,097 Km.	21,1 km. 21,097 Km.							
00:20:00	00:41:36	01:32:00	04:22	04:57 - 05:12	04:12 - 04:32	04:39 - 04:59	03:12 - 03:22	03:22 - 03:32	03:37 - 04:02
00:21:00	00:43:41	01:36:36	04:35	05:10 - 05:25	04:25 - 04:45	04:52 - 05:12	03:25 - 03:35	03:35 - 03:45	03:50 - 04:15
00:22:00	00:45:46	01:41:12	04:48	05:23 - 05:38	04:38 - 04:58	05:05 - 05:25	03:38 - 03:48	03:48 - 03:58	04:03 - 04:28
00:23:00	00:47:51	01:45:48	05:01	05:36 - 05:51	04:51 - 05:11	05:18 - 05:38	03:51 - 04:01	04:01 - 04:11	04:16 - 04:41
00:24:00	00:49:56	01:50:24	05:14	05:49 - 06:04	05:04 - 05:24	05:31 - 05:51	04:04 - 04:14	04:14 - 04:24	04:29 - 04:54
00:25:00	00:52:01	01:55:00	05:27	06:02 - 06:17	05:17 - 05:37	05:44 - 06:04	04:17 - 04:27	04:27 - 04:37	04:42 - 05:07
00:26:00	00:54:06	01:59:36	05:40	06:15 - 06:30	05:30 - 05:50	05:57 - 06:17	04:30 - 04:40	04:40 - 04:50	04:55 - 05:20
00:27:00	00:56:11	02:04:12	05:53	06:28 - 06:43	05:43 - 06:03	06:10 - 06:30	04:43 - 04:53	04:53 - 05:03	05:08 - 05:33
00:28:00	00:58:16	02:08:48	06:06	06:41 - 06:56	05:56 - 06:16	06:23 - 06:43	04:56 - 05:06	05:06 - 05:16	05:21 - 05:46
00:29:00	01:00:21	02:13:24	06:19	06:54 - 07:09	06:09 - 06:29	06:36 - 06:56	05:09 - 05:19	05:19 - 05:29	05:34 - 05:59
00:30:00	01:02:26	02:18:00	06:32	07:07 - 07:22	06:22 - 06:42	06:49 - 07:09	05:22 - 05:32	05:32 - 05:42	05:47 - 06:12
00:31:00	01:04:31	02:22:36	06:45	07:20 - 07:35	06:35 - 06:55	07:02 - 07:22	05:35 - 05:45	05:45 - 05:55	06:00 - 06:25
00:32:00	01:06:36	02:27:12	06:59	07:34 - 07:49	06:49 - 07:09	07:16 - 07:36	05:49 - 05:59	05:59 - 06:09	06:14 - 06:39
00:33:00	01:08:41	02:31:48	07:12	07:47 - 08:02	07:02 - 07:22	07:29 - 07:49	06:02 - 06:12	06:12 - 06:22	06:27 - 06:52
00:34:00	01:10:46	02:36:24	07:25	08:00 - 08:15	07:15 - 07:35	07:42 - 08:02	06:15 - 06:25	06:25 - 06:35	06:40 - 07:05
00:35:00	01:12:51	02:41:00	07:38	08:13 - 08:28	07:28 - 07:48	07:55 - 08:15	06:28 - 06:38	06:38 - 06:48	06:53 - 07:18
00:36:00	01:14:56	02:45:36	07:51	08:26 - 08:41	07:41 - 08:01	08:08 - 08:28	06:41 - 06:51	06:51 - 07:01	07:06 - 07:31
00:37:00	01:17:01	02:50:12	08:04	08:39 - 08:54	07:54 - 08:14	08:21 - 08:41	06:54 - 07:04	07:04 - 07:14	07:19 - 07:44
00:38:00	01:19:06	02:54:48	08:17	08:52 - 09:07	08:07 - 08:27	08:34 - 08:54	07:07 - 07:17	07:17 - 07:27	07:32 - 07:57
00:39:00	01:21:11	02:59:24	08:30	09:05 - 09:20	08:20 - 08:40	08:47 - 09:07	07:20 - 07:30	07:30 - 07:40	07:45 - 08:10
00:40:00	01:23:16	03:04:00	08:43	09:18 - 09:33	08:43 - 08:53	09:00 - 09:20	07:33 - 07:43	07:43 - 07:53	07:58 - 08:23

Vejledning: Den gule markering viser en halv Marathon på lige under 2 timer.

Det vil sige at man som udgangspunkt løber 5:40 min/km som så også er det vi kalder alm løb

Tabellen viser så i hvilket tepmo man skal løbe sine intervaller og tempoture i.

En Kenyaner i rigtigt tempo er så hvad der svare til - Roligt tur- Langtur - Alm tur - Tempotur - lang interval - slut med roligtur.

I forhold til den gule markering vil en Kenyaner være i tempo 6:25 - 6:07 - 5:40 - 5:10 - 4:40 - 6:25