

Tempo	Wettkampfstrecken					Trainingsstrecken														
	3000 m	5 km	10 km	Halbmarathon	Marathon	100	200	300	400	500	600	800	1000	1200	1500	1600	2000	2400	2800	3000
02:55	08:45	14:35	29:10	01:01:32	02:03:04	17,5	35,0	52,5	01:10,0	01:27,5	01:45,0	02:20,0	02:55,0	03:30,0	04:22,5	04:40,0	05:50,0	07:00,0	08:10,0	08:45,0
03:00	09:00	15:00	30:00	01:03:18	02:06:35	18,0	36,0	54,0	01:12,0	01:30,0	01:48,0	02:24,0	03:00,0	03:36,0	04:30,0	04:48,0	06:00,0	07:12,0	08:24,0	09:00,0
03:05	09:15	15:25	30:50	01:05:03	02:10:06	18,5	37,0	55,5	01:14,0	01:32,5	01:51,0	02:28,0	03:05,0	03:42,0	04:37,5	04:56,0	06:10,0	07:24,0	08:38,0	09:15,0
03:10	09:30	15:50	31:40	01:06:49	02:13:37	19,0	38,0	57,0	01:16,0	01:35,0	01:54,0	02:32,0	03:10,0	03:48,0	04:45,0	05:04,0	06:20,0	07:36,0	08:52,0	09:30,0
03:15	09:45	16:15	32:30	01:08:34	02:17:08	19,5	39,0	58,5	01:18,0	01:37,5	01:57,0	02:36,0	03:15,0	03:54,0	04:52,5	05:12,0	06:30,0	07:48,0	09:06,0	09:45,0
03:20	10:00	16:40	33:20	01:10:20	02:20:39	20,0	40,0	01:00,0	01:20,0	01:40,0	02:00,0	02:40,0	03:20,0	04:00,0	05:00,0	05:20,0	06:40,0	08:00,0	09:20,0	10:00,0
03:25	10:15	17:05	34:10	01:12:05	02:24:10	20,5	41,0	01:01,5	01:22,0	01:42,5	02:03,0	02:44,0	03:25,0	04:06,0	05:07,5	05:28,0	06:50,0	08:12,0	09:34,0	10:15,0
03:30	10:30	17:30	35:00	01:13:50	02:27:41	21,0	42,0	01:03,0	01:24,0	01:45,0	02:06,0	02:48,0	03:30,0	04:12,0	05:15,0	05:36,0	07:00,0	08:24,0	09:48,0	10:30,0
03:35	10:45	17:55	35:50	01:15:36	02:31:12	21,5	43,0	01:04,5	01:26,0	01:47,5	02:09,0	02:52,0	03:35,0	04:18,0	05:22,5	05:44,0	07:10,0	08:36,0	10:02,0	10:45,0
03:40	11:00	18:20	36:40	01:17:21	02:34:43	22,0	44,0	01:06,0	01:28,0	01:50,0	02:12,0	02:56,0	03:40,0	04:24,0	05:30,0	05:52,0	07:20,0	08:48,0	10:16,0	11:00,0
03:45	11:15	18:45	37:30	01:19:07	02:38:14	22,5	45,0	01:07,5	01:30,0	01:52,5	02:15,0	03:00,0	03:45,0	04:30,0	05:37,5	06:00,0	07:30,0	09:00,0	10:30,0	11:15,0
03:50	11:30	19:10	38:20	01:20:52	02:41:45	23,0	46,0	01:09,0	01:32,0	01:55,0	02:18,0	03:04,0	03:50,0	04:36,0	05:45,0	06:08,0	07:40,0	09:12,0	10:44,0	11:30,0
03:55	11:45	19:35	39:10	01:22:38	02:45:16	23,5	47,0	01:10,5	01:34,0	01:57,5	02:21,0	03:08,0	03:55,0	04:42,0	05:52,5	06:16,0	07:50,0	09:24,0	10:58,0	11:45,0
04:00	12:00	20:00	40:00	01:24:23	02:48:47	24,0	48,0	01:12,0	01:36,0	02:00,0	02:24,0	03:12,0	04:00,0	04:48,0	06:00,0	06:24,0	08:00,0	09:36,0	11:12,0	12:00,0
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04:20	13:00	21:40	43:20	01:31:25	03:02:51	26,0	52,0	01:18,0	01:44,0	02:10,0	02:36,0	03:28,0	04:20,0	05:12,0	06:30,0	06:56,0	08:40,0	10:24,0	12:08,0	13:00,0
04:25	13:15	22:05	44:10	01:33:11	03:06:22	26,5	53,0	01:19,5	01:46,0	02:12,5	02:39,0	03:32,0	04:25,0	05:18,0	06:37,5	07:04,0	08:50,0	10:36,0	12:22,0	13:15,0
04:30	13:30	22:30	45:00	01:34:56	03:09:53	27,0	54,0	01:21,0	01:48,0	02:15,0	02:42,0	03:36,0	04:30,0	05:24,0	06:45,0	07:12,0	09:00,0	10:48,0	12:36,0	13:30,0
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05:30	16:30	27:30	55:00	01:56:02	03:52:04	33,0	01:06,0	01:39,0	02:12,0	02:45,0	03:18,0	04:24,0	05:30,0	06:36,0	08:15,0	08:48,0	11:00,0	13:12,0	15:24,0	16:30,0