

	Wedstrijdtempo				AD
	5 km	10 km	15 km	20 km	
<b>Naam</b>	0,48	1,00	1,525	2,07	
10k PB 50	00:23:45	00:50:00	01:16:15	01:43:30	00:05:10
10k PB 49	00:23:16	00:49:00	01:14:43	01:41:26	00:05:04
10k PB 48	00:22:48	00:48:00	01:13:12	01:39:22	00:04:58
10k PB 47	00:22:20	00:47:00	01:11:41	01:37:17	00:04:52
10k PB 46	00:21:51	00:46:00	01:10:09	01:35:13	00:04:46
10k PB 45	00:21:22	00:45:00	01:08:38	01:33:09	00:04:40
10k PB 44	00:20:54	00:44:00	01:07:06	01:31:05	00:04:34
10k PB 43	00:20:25	00:43:00	01:05:34	01:29:01	00:04:28
10k PB 42	00:19:57	00:42:00	01:04:03	01:26:56	00:04:22
10k PB 41	00:19:28	00:41:00	01:02:31	01:24:52	00:04:16
10k PB 40	00:19:00	00:40:00	01:01:00	01:22:48	00:04:10
10k PB 39	00:18:31	00:39:00	00:59:28	01:20:44	00:04:04
10k PB 38	00:00:31	00:38:00	00:57:57	01:18:40	00:03:58
10k PB 37	00:17:34	00:37:00	00:56:25	01:16:35	00:03:52
10k PB 36	00:17:06	00:36:00	00:54:54	01:14:31	00:03:46
10k PB 35	00:16:37	00:35:00	00:53:22	01:12:27	00:03:40
10k PB 34	00:16:09	00:34:00	00:51:51	01:10:23	00:03:34
10k PB 33	00:15:40	00:33:00	00:50:19	01:08:19	00:03:28
10k PB 32	00:15:12	00:32:00	00:48:48	01:06:14	00:03:22

	Extensief					
	200 m	400 m	600 m	800 m	1000 m	1200 m
<b>Naam</b>	0,19	0,38	0,57	0,80	1,00	1,20
10k PB 50	00:00:56	00:01:54	00:02:51	00:04:00	00:05:00	00:06:00
10k PB 49	00:00:54	00:01:52	00:02:48	00:03:55	00:04:54	00:05:53
10k PB 48	00:00:53	00:01:49	00:02:44	00:03:50	00:04:48	00:05:46
10k PB 47	00:00:52	00:01:47	00:02:41	00:03:46	00:04:42	00:05:38
10k PB 46	00:00:51	00:01:45	00:02:37	00:03:41	00:04:36	00:05:31
10k PB 45	00:00:50	00:01:43	00:02:34	00:03:36	00:04:30	00:05:24
10k PB 44	00:00:49	00:01:40	00:02:30	00:03:31	00:04:24	00:05:17
10k PB 43	00:00:48	00:01:38	00:02:27	00:03:26	00:04:18	00:05:10
10k PB 42	00:00:47	00:01:36	00:02:24	00:03:22	00:04:12	00:05:02
10k PB 41	00:00:46	00:01:33	00:02:20	00:03:17	00:04:06	00:04:55
10k PB 40	00:00:44	00:01:31	00:02:17	00:03:12	00:04:00	00:04:48
10k PB 39	00:00:43	00:01:29	00:02:13	00:03:07	00:03:54	00:04:41
10k PB 38	00:00:42	00:01:27	00:02:10	00:03:02	00:03:48	00:04:34
10k PB 37	00:00:41	00:01:24	00:02:07	00:02:58	00:03:42	00:04:26
10k PB 36	00:00:40	00:01:22	00:02:03	00:02:53	00:03:36	00:04:19
10k PB 35	00:00:39	00:01:20	00:02:00	00:02:48	00:03:30	00:04:12
10k PB 34	00:00:38	00:01:18	00:01:56	00:02:43	00:03:24	00:04:05
10k PB 33	00:00:37	00:01:15	00:01:53	00:02:38	00:03:18	00:03:58
10k PB 32	00:00:36	00:01:13	00:01:49	00:02:34	00:03:12	00:03:50

	Intensief					
	200 m	400 m	600 m	800 m	1000 m	1200 m
<b>Naam</b>	0,167	0,342	0,535	0,72	0,9	1,08
10k PB 50	00:00:50	00:01:43	00:02:41	00:03:36	00:04:30	00:05:24
10k PB 49	00:00:49	00:01:41	00:02:37	00:03:32	00:04:25	00:05:18
10k PB 48	00:00:48	00:01:38	00:02:34	00:03:27	00:04:19	00:05:11
10k PB 47	00:00:47	00:01:36	00:02:31	00:03:23	00:04:14	00:05:05
10k PB 46	00:00:46	00:01:34	00:02:28	00:03:19	00:04:08	00:04:58
10k PB 45	00:00:45	00:01:32	00:02:24	00:03:14	00:04:03	00:04:52
10k PB 44	00:00:44	00:01:30	00:02:21	00:03:10	00:03:58	00:04:45
10k PB 43	00:00:43	00:01:28	00:02:18	00:03:06	00:03:52	00:04:39
10k PB 42	00:00:42	00:01:26	00:02:15	00:03:01	00:03:47	00:04:32
10k PB 41	00:00:41	00:01:24	00:02:12	00:02:57	00:03:41	00:04:26
10k PB 40	00:00:40	00:01:22	00:02:08	00:02:53	00:03:36	00:04:19
10k PB 39	00:00:39	00:01:20	00:02:05	00:02:48	00:03:31	00:04:13
10k PB 38	00:00:38	00:01:18	00:02:02	00:02:44	00:03:25	00:04:06
10k PB 37	00:00:37	00:01:16	00:01:59	00:02:40	00:03:20	00:04:00
10k PB 36	00:00:36	00:01:14	00:01:56	00:02:36	00:03:14	00:03:53
10k PB 35	00:00:35	00:01:12	00:01:52	00:02:31	00:03:09	00:03:47
10k PB 34	00:00:34	00:01:10	00:01:49	00:02:27	00:03:04	00:03:40
10k PB 33	00:00:33	00:01:08	00:01:46	00:02:23	00:02:58	00:03:34
10k PB 32	00:00:32	00:01:06	00:01:43	00:02:18	00:02:53	00:03:27

Naam	Duurlopen				
	HDL 75%	DL1 80%	DL2 85%	DL3 90%	TD 95%
10k PB 50	00:06:53	00:06:28	00:06:05	00:05:44	00:05:26
10k PB 49	00:06:45	00:06:20	00:05:58	00:05:38	00:05:20
10k PB 48	00:06:37	00:06:12	00:05:51	00:05:31	00:05:14
10k PB 47	00:06:29	00:06:05	00:05:44	00:05:24	00:05:07
10k PB 46	00:06:21	00:05:57	00:05:36	00:05:18	00:05:01
10k PB 45	00:06:13	00:05:50	00:05:29	00:05:11	00:04:55
10k PB 44	00:06:05	00:05:42	00:05:22	00:05:04	00:04:48
10k PB 43	00:05:57	00:05:35	00:05:15	00:04:58	00:04:42
10k PB 42	00:05:49	00:05:27	00:05:08	00:04:51	00:04:36
10k PB 41	00:05:41	00:05:20	00:05:01	00:04:44	00:04:29
10k PB 40	00:05:33	00:05:12	00:04:54	00:04:38	00:04:23
10k PB 39	00:05:25	00:05:05	00:04:47	00:04:31	00:04:17
10k PB 38	00:05:17	00:04:57	00:04:40	00:04:24	00:04:11
10k PB 37	00:05:09	00:04:50	00:04:33	00:04:18	00:04:04
10k PB 36	00:05:01	00:04:42	00:04:26	00:04:11	00:03:58
10k PB 35	00:04:53	00:04:35	00:04:19	00:04:04	00:03:52
10k PB 34	00:04:45	00:04:27	00:04:12	00:03:58	00:03:45
10k PB 33	00:04:37	00:04:20	00:04:05	00:03:51	00:03:39
10k PB 32	00:04:29	00:04:12	00:03:58	00:03:44	00:03:33