

1km/1000m

Zeit	MU10	MU12	MU14
00:04:00			150
00:04:01			149
00:04:02			148
00:04:03			147
00:04:04			146
00:04:05			145
00:04:06			144
00:04:07			143
00:04:08			142
00:04:09			141
00:04:10			140
00:04:11			139
00:04:12			138
00:04:13			137
00:04:14			136
00:04:15			135
00:04:16			134
00:04:17			133
00:04:18			132
00:04:19			131
00:04:20		150	130
00:04:21		149	129
00:04:22		148	128
00:04:23		147	127
00:04:24		146	126
00:04:25		145	125
00:04:26		144	124
00:04:27		143	123
00:04:28		142	122
00:04:29		141	121
00:04:30		140	120
00:04:31		139	119
00:04:32		138	118
00:04:33		137	117
00:04:34		136	116
00:04:35		135	115
00:04:36		134	114
00:04:37		133	113
00:04:38		132	112
00:04:39		131	111
00:04:40		130	110
00:04:41	150	129	109
00:04:42	149	128	108

1km/1000m

Zeit	MU10	MU12	MU14
00:04:43	148	127	107
00:04:44	147	126	106
00:04:45	146	125	105
00:04:46	145	124	104
00:04:47	144	123	103
00:04:48	143	122	102
00:04:49	142	121	101
00:04:50	141	120	100
00:04:51	140	119	99
00:04:52	139	118	98
00:04:53	138	117	97
00:04:54	137	116	96
00:04:55	136	115	95
00:04:56	135	114	94
00:04:57	134	113	93
00:04:58	133	112	92
00:04:59	132	111	91
00:05:00	131	110	90
00:05:01	130	109	89
00:05:02	129	108	88
00:05:03	128	107	87
00:05:04	127	106	86
00:05:05	126	105	85
00:05:06	125	104	84
00:05:07	124	103	83
00:05:08	123	102	82
00:05:09	122	101	81
00:05:10	121	100	80
00:05:11	120	99	79
00:05:12	119	98	78
00:05:13	118	97	77
00:05:14	117	96	76
00:05:15	116	95	75
00:05:16	115	94	74
00:05:17	114	93	73
00:05:18	113	92	72
00:05:19	112	91	71
00:05:20	111	90	70
00:05:21	110	89	69
00:05:22	109	88	68
00:05:23	108	87	67
00:05:24	107	86	66
00:05:25	106	85	65

1km/1000m

Zeit	MU10	MU12	MU14
00:05:26	105	84	64
00:05:27	104	83	63
00:05:28	103	82	62
00:05:29	102	81	61
00:05:30	101	80	60
00:05:31	100	79	59
00:05:32	99	78	58
00:05:33	98	77	57
00:05:34	97	76	56
00:05:35	96	75	55
00:05:36	95	74	54
00:05:37	94	73	53
00:05:38	93	72	52
00:05:39	92	71	51
00:05:40	91	70	50
00:05:41	90	69	49
00:05:42	89	68	48
00:05:43	88	67	47
00:05:44	87	66	46
00:05:45	86	65	45
00:05:46	85	64	44
00:05:47	84	63	43
00:05:48	83	62	42
00:05:49	82	61	41
00:05:50	81	60	40
00:05:51	80	59	39
00:05:52	79	58	38
00:05:53	78	57	37
00:05:54	77	56	36
00:05:55	76	55	35
00:05:56	75	54	34
00:05:57	74	53	33
00:05:58	73	52	32
00:05:59	72	51	31
00:06:00	71	50	30
00:06:01	70	49	29
00:06:02	69	48	28
00:06:03	68	47	27
00:06:04	67	46	26
00:06:05	66	45	25
00:06:06	65	44	24
00:06:07	64	43	23
00:06:08	63	42	22

1km/1000m

Zeit	MU10	MU12	MU14
00:06:09	62	41	21
00:06:10	61	40	20
00:06:11	60	39	19
00:06:12	59	38	18
00:06:13	58	37	17
00:06:14	57	36	16
00:06:15	56	35	15
00:06:16	55	34	14
00:06:17	54	33	13
00:06:18	53	32	12
00:06:19	52	31	11
00:06:20	51	30	10
00:06:21	50	29	9
00:06:22	49	28	8
00:06:23	48	27	7
00:06:24	47	26	6
00:06:25	46	25	5
00:06:26	45	24	4
00:06:27	44	23	3
00:06:28	43	22	2
00:06:29	42	21	1
00:06:30	41	20	
00:06:31	40	19	
00:06:32	39	18	
00:06:33	38	17	
00:06:34	37	16	
00:06:35	36	15	
00:06:36	35	14	
00:06:37	34	13	
00:06:38	33	12	
00:06:39	32	11	
00:06:40	31	10	
00:06:41	30	9	
00:06:42	29	8	
00:06:43	28	7	
00:06:44	27	6	
00:06:45	26	5	
00:06:46	25	4	
00:06:47	24	3	
00:06:48	23	2	
00:06:49	22	1	
00:06:50	21		
00:06:51	20		

1km/1000m

Zeit	MU10	MU12	MU14
00:06:52	19		
00:06:53	18		
00:06:54	17		
00:06:55	16		
00:06:56	15		
00:06:57	14		
00:06:58	13		
00:06:59	12		
00:07:00	11		
00:07:01	10		
00:07:02	9		
00:07:03	8		
00:07:04	7		
00:07:05	6		
00:07:06	5		
00:07:07	4		
00:07:08	3		
00:07:09	2		
00:07:10	1		