

1km/1000m

Zeit	WU10	WU12	WU14
00:04:20			150
00:04:21			149
00:04:22			148
00:04:23			147
00:04:24			146
00:04:25			145
00:04:26			144
00:04:27			143
00:04:28			142
00:04:29			141
00:04:30			140
00:04:31			139
00:04:32			138
00:04:33			137
00:04:34			136
00:04:35			135
00:04:36			134
00:04:37			133
00:04:38			132
00:04:39			131
00:04:40		150	130
00:04:41		149	129
00:04:42		148	128
00:04:43		147	127
00:04:44		146	126
00:04:45		145	125
00:04:46		144	124
00:04:47		143	123
00:04:48		142	122
00:04:49		141	121
00:04:50		140	120
00:04:51		139	119
00:04:52		138	118
00:04:53		137	117
00:04:54		136	116
00:04:55		135	115
00:04:56		134	114
00:04:57		133	113
00:04:58		132	112
00:04:59		131	111
00:05:00	150	130	110
00:05:01	149	129	109
00:05:02	148	128	108

1km/1000m

Zeit	WU10	WU12	WU14
00:05:03	147	127	107
00:05:04	146	126	106
00:05:05	145	125	105
00:05:06	144	124	104
00:05:07	143	123	103
00:05:08	142	122	102
00:05:09	141	121	101
00:05:10	140	120	100
00:05:11	139	119	99
00:05:12	138	118	98
00:05:13	137	117	97
00:05:14	136	116	96
00:05:15	135	115	95
00:05:16	134	114	94
00:05:17	133	113	93
00:05:18	132	112	92
00:05:19	131	111	91
00:05:20	130	110	90
00:05:21	129	109	89
00:05:22	128	108	88
00:05:23	127	107	87
00:05:24	126	106	86
00:05:25	125	105	85
00:05:26	124	104	84
00:05:27	123	103	83
00:05:28	122	102	82
00:05:29	121	101	81
00:05:30	120	100	80
00:05:31	119	99	79
00:05:32	118	98	78
00:05:33	117	97	77
00:05:34	116	96	76
00:05:35	115	95	75
00:05:36	114	94	74
00:05:37	113	93	73
00:05:38	112	92	72
00:05:39	111	91	71
00:05:40	110	90	70
00:05:41	109	89	69
00:05:42	108	88	68
00:05:43	107	87	67
00:05:44	106	86	66
00:05:45	105	85	65

1km/1000m

Zeit	WU10	WU12	WU14
00:05:46	104	84	64
00:05:47	103	83	63
00:05:48	102	82	62
00:05:49	101	81	61
00:05:50	100	80	60
00:05:51	99	79	59
00:05:52	98	78	58
00:05:53	97	77	57
00:05:54	96	76	56
00:05:55	95	75	55
00:05:56	94	74	54
00:05:57	93	73	53
00:05:58	92	72	52
00:05:59	91	71	51
00:06:00	90	70	50
00:06:01	89	69	49
00:06:02	88	68	48
00:06:03	87	67	47
00:06:04	86	66	46
00:06:05	85	65	45
00:06:06	84	64	44
00:06:07	83	63	43
00:06:08	82	62	42
00:06:09	81	61	41
00:06:10	80	60	40
00:06:11	79	59	39
00:06:12	78	58	38
00:06:13	77	57	37
00:06:14	76	56	36
00:06:15	75	55	35
00:06:16	74	54	34
00:06:17	73	53	33
00:06:18	72	52	32
00:06:19	71	51	31
00:06:20	70	50	30
00:06:21	69	49	29
00:06:22	68	48	28
00:06:23	67	47	27
00:06:24	66	46	26
00:06:25	65	45	25
00:06:26	64	44	24
00:06:27	63	43	23
00:06:28	62	42	22

1km/1000m

Zeit	WU10	WU12	WU14
00:06:29	61	41	21
00:06:30	60	40	20
00:06:31	59	39	19
00:06:32	58	38	18
00:06:33	57	37	17
00:06:34	56	36	16
00:06:35	55	35	15
00:06:36	54	34	14
00:06:37	53	33	13
00:06:38	52	32	12
00:06:39	51	31	11
00:06:40	50	30	10
00:06:41	49	29	9
00:06:42	48	28	8
00:06:43	47	27	7
00:06:44	46	26	6
00:06:45	45	25	5
00:06:46	44	24	4
00:06:47	43	23	3
00:06:48	42	22	2
00:06:49	41	21	1
00:06:50	40	20	
00:06:51	39	19	
00:06:52	38	18	
00:06:53	37	17	
00:06:54	36	16	
00:06:55	35	15	
00:06:56	34	14	
00:06:57	33	13	
00:06:58	32	12	
00:06:59	31	11	
00:07:00	30	10	
00:07:01	29	9	
00:07:02	28	8	
00:07:03	27	7	
00:07:04	26	6	
00:07:05	25	5	
00:07:06	24	4	
00:07:07	23	3	
00:07:08	22	2	
00:07:09	21	1	
00:07:10	20		
00:07:11	19		

1km/1000m

Zeit	WU10	WU12	WU14
00:07:12	18		
00:07:13	17		
00:07:14	16		
00:07:15	15		
00:07:16	14		
00:07:17	13		
00:07:18	12		
00:07:19	11		
00:07:20	10		
00:07:21	9		
00:07:22	8		
00:07:23	7		
00:07:24	6		
00:07:25	5		
00:07:26	4		
00:07:27	3		
00:07:28	2		
00:07:29	1		