

3km/3000m

Zeit	WU14	WU16	WU18	WU20	Frauen	W35	W40	W45	W50	W55	W60	W65	W70	W75
00:11:30					150									
00:11:33					149									
00:11:36					148									
00:11:39					147									
00:11:42					146									
00:11:45					145									
00:11:48					144									
00:11:51					143									
00:11:54					142									
00:11:57					141									
00:12:00				150	140	150								
00:12:03				149	139	149								
00:12:06				148	138	148								
00:12:09				147	137	147								
00:12:12				146	136	146								
00:12:15				145	135	145								
00:12:18				144	134	144								
00:12:21				143	133	143								
00:12:24				142	132	142								
00:12:27				141	131	141								
00:12:30			150	140	130	140	150							
00:12:33			149	139	129	139	149							
00:12:36			148	138	128	138	148							
00:12:39			147	137	127	137	147							
00:12:42			146	136	126	136	146							
00:12:45			145	135	125	135	145							
00:12:48			144	134	124	134	144							
00:12:51			143	133	123	133	143							
00:12:54			142	132	122	132	142							
00:12:57			141	131	121	131	141							
00:13:00			140	130	120	130	140							
00:13:03			139	129	119	129	139							
00:13:06			138	128	118	128	138							
00:13:09			137	127	117	127	137							
00:13:12			136	126	116	126	136							
00:13:15			135	125	115	125	135							
00:13:18			134	124	114	124	134							
00:13:21			133	123	113	123	133							
00:13:24			132	122	112	122	132							

3km/3000m

Zeit	WU14	WU16	WU18	WU20	Frauen	W35	W40	W45	W50	W55	W60	W65	W70	W75
00:13:27			131	121	111	121	131							
00:13:30		150	130	120	110	120	130	150						
00:13:33		149	129	119	109	119	129	149						
00:13:36		148	128	118	108	118	128	148						
00:13:39		147	127	117	107	117	127	147						
00:13:42		146	126	116	106	116	126	146						
00:13:45		145	125	115	105	115	125	145						
00:13:48		144	124	114	104	114	124	144						
00:13:51		143	123	113	103	113	123	143						
00:13:54		142	122	112	102	112	122	142						
00:13:57		141	121	111	101	111	121	141						
00:14:00		140	120	110	100	110	120	140						
00:14:03		139	119	109	99	109	119	139						
00:14:06		138	118	108	98	108	118	138						
00:14:09		137	117	107	97	107	117	137						
00:14:12		136	116	106	96	106	116	136						
00:14:15		135	115	105	95	105	115	135						
00:14:18		134	114	104	94	104	114	134						
00:14:21		133	113	103	93	103	113	133						
00:14:24		132	112	102	92	102	112	132						
00:14:27		131	111	101	91	101	111	131						
00:14:30	150	130	110	100	90	100	110	130	150					
00:14:33	149	129	109	99	89	99	109	129	149					
00:14:36	148	128	108	98	88	98	108	128	148					
00:14:39	147	127	107	97	87	97	107	127	147					
00:14:42	146	126	106	96	86	96	106	126	146					
00:14:45	145	125	105	95	85	95	105	125	145					
00:14:48	144	124	104	94	84	94	104	124	144					
00:14:51	143	123	103	93	83	93	103	123	143					
00:14:54	142	122	102	92	82	92	102	122	142					
00:14:57	141	121	101	91	81	91	101	121	141					
00:15:00	140	120	100	90	80	90	100	120	140	150				
00:15:03	139	119	99	89	79	89	99	119	139	149				
00:15:06	138	118	98	88	78	88	98	118	138	148				
00:15:09	137	117	97	87	77	87	97	117	137	147				
00:15:12	136	116	96	86	76	86	96	116	136	146				
00:15:15	135	115	95	85	75	85	95	115	135	145				
00:15:18	134	114	94	84	74	84	94	114	134	144				
00:15:21	133	113	93	83	73	83	93	113	133	143				

3km/3000m

Zeit	WU14	WU16	WU18	WU20	Frauen	W35	W40	W45	W50	W55	W60	W65	W70	W75
00:15:24	132	112	92	82	72	82	92	112	132	142				
00:15:27	131	111	91	81	71	81	91	111	131	141				
00:15:30	130	110	90	80	70	80	90	110	130	140	150			
00:15:33	129	109	89	79	69	79	89	109	129	139	149			
00:15:36	128	108	88	78	68	78	88	108	128	138	148			
00:15:39	127	107	87	77	67	77	87	107	127	137	147			
00:15:42	126	106	86	76	66	76	86	106	126	136	146			
00:15:45	125	105	85	75	65	75	85	105	125	135	145			
00:15:48	124	104	84	74	64	74	84	104	124	134	144			
00:15:51	123	103	83	73	63	73	83	103	123	133	143			
00:15:54	122	102	82	72	62	72	82	102	122	132	142			
00:15:57	121	101	81	71	61	71	81	101	121	131	141			
00:16:00	120	100	80	70	60	70	80	100	120	130	140	150		
00:16:03	119	99	79	69	59	69	79	99	119	129	139	149		
00:16:06	118	98	78	68	58	68	78	98	118	128	138	148		
00:16:09	117	97	77	67	57	67	77	97	117	127	137	147		
00:16:12	116	96	76	66	56	66	76	96	116	126	136	146		
00:16:15	115	95	75	65	55	65	75	95	115	125	135	145		
00:16:18	114	94	74	64	54	64	74	94	114	124	134	144		
00:16:21	113	93	73	63	53	63	73	93	113	123	133	143		
00:16:24	112	92	72	62	52	62	72	92	112	122	132	142		
00:16:27	111	91	71	61	51	61	71	91	111	121	131	141		
00:16:30	110	90	70	60	50	60	70	90	110	120	130	140	150	
00:16:33	109	89	69	59	49	59	69	89	109	119	129	139	149	
00:16:36	108	88	68	58	48	58	68	88	108	118	128	138	148	
00:16:39	107	87	67	57	47	57	67	87	107	117	127	137	147	
00:16:42	106	86	66	56	46	56	66	86	106	116	126	136	146	
00:16:45	105	85	65	55	45	55	65	85	105	115	125	135	145	
00:16:48	104	84	64	54	44	54	64	84	104	114	124	134	144	
00:16:51	103	83	63	53	43	53	63	83	103	113	123	133	143	
00:16:54	102	82	62	52	42	52	62	82	102	112	122	132	142	
00:16:57	101	81	61	51	41	51	61	81	101	111	121	131	141	
00:17:00	100	80	60	50	40	50	60	80	100	110	120	130	140	150
00:17:03	99	79	59	49	39	49	59	79	99	109	119	129	139	149
00:17:06	98	78	58	48	38	48	58	78	98	108	118	128	138	148
00:17:09	97	77	57	47	37	47	57	77	97	107	117	127	137	147
00:17:12	96	76	56	46	36	46	56	76	96	106	116	126	136	146
00:17:15	95	75	55	45	35	45	55	75	95	105	115	125	135	145
00:17:18	94	74	54	44	34	44	54	74	94	104	114	124	134	144

3km/3000m

Zeit	WU14	WU16	WU18	WU20	Frauen	W35	W40	W45	W50	W55	W60	W65	W70	W75
00:17:21	93	73	53	43	33	43	53	73	93	103	113	123	133	143
00:17:24	92	72	52	42	32	42	52	72	92	102	112	122	132	142
00:17:27	91	71	51	41	31	41	51	71	91	101	111	121	131	141
00:17:30	90	70	50	40	30	40	50	70	90	100	110	120	130	140
00:17:33	89	69	49	39	29	39	49	69	89	99	109	119	129	139
00:17:36	88	68	48	38	28	38	48	68	88	98	108	118	128	138
00:17:39	87	67	47	37	27	37	47	67	87	97	107	117	127	137
00:17:42	86	66	46	36	26	36	46	66	86	96	106	116	126	136
00:17:45	85	65	45	35	25	35	45	65	85	95	105	115	125	135
00:17:48	84	64	44	34	24	34	44	64	84	94	104	114	124	134
00:17:51	83	63	43	33	23	33	43	63	83	93	103	113	123	133
00:17:54	82	62	42	32	22	32	42	62	82	92	102	112	122	132
00:17:57	81	61	41	31	21	31	41	61	81	91	101	111	121	131
00:18:00	80	60	40	30	20	30	40	60	80	90	100	110	120	130
00:18:03	79	59	39	29	19	29	39	59	79	89	99	109	119	129
00:18:06	78	58	38	28	18	28	38	58	78	88	98	108	118	128
00:18:09	77	57	37	27	17	27	37	57	77	87	97	107	117	127
00:18:12	76	56	36	26	16	26	36	56	76	86	96	106	116	126
00:18:15	75	55	35	25	15	25	35	55	75	85	95	105	115	125
00:18:18	74	54	34	24	14	24	34	54	74	84	94	104	114	124
00:18:21	73	53	33	23	13	23	33	53	73	83	93	103	113	123
00:18:24	72	52	32	22	12	22	32	52	72	82	92	102	112	122
00:18:27	71	51	31	21	11	21	31	51	71	81	91	101	111	121
00:18:30	70	50	30	20	10	20	30	50	70	80	90	100	110	120
00:18:33	69	49	29	19	9	19	29	49	69	79	89	99	109	119
00:18:36	68	48	28	18	8	18	28	48	68	78	88	98	108	118
00:18:39	67	47	27	17	7	17	27	47	67	77	87	97	107	117
00:18:42	66	46	26	16	6	16	26	46	66	76	86	96	106	116
00:18:45	65	45	25	15	5	15	25	45	65	75	85	95	105	115
00:18:48	64	44	24	14	4	14	24	44	64	74	84	94	104	114
00:18:51	63	43	23	13	3	13	23	43	63	73	83	93	103	113
00:18:54	62	42	22	12	2	12	22	42	62	72	82	92	102	112
00:18:57	61	41	21	11	1	11	21	41	61	71	81	91	101	111
00:19:00	60	40	20	10		10	20	40	60	70	80	90	100	110
00:19:03	59	39	19	9		9	19	39	59	69	79	89	99	109
00:19:06	58	38	18	8		8	18	38	58	68	78	88	98	108
00:19:09	57	37	17	7		7	17	37	57	67	77	87	97	107
00:19:12	56	36	16	6		6	16	36	56	66	76	86	96	106
00:19:15	55	35	15	5		5	15	35	55	65	75	85	95	105

3km/3000m

Zeit	WU14	WU16	WU18	WU20	Frauen	W35	W40	W45	W50	W55	W60	W65	W70	W75
00:19:18	54	34	14	4		4	14	34	54	64	74	84	94	104
00:19:21	53	33	13	3		3	13	33	53	63	73	83	93	103
00:19:24	52	32	12	2		2	12	32	52	62	72	82	92	102
00:19:27	51	31	11	1		1	11	31	51	61	71	81	91	101
00:19:30	50	30	10				10	30	50	60	70	80	90	100
00:19:33	49	29	9				9	29	49	59	69	79	89	99
00:19:36	48	28	8				8	28	48	58	68	78	88	98
00:19:39	47	27	7				7	27	47	57	67	77	87	97
00:19:42	46	26	6				6	26	46	56	66	76	86	96
00:19:45	45	25	5				5	25	45	55	65	75	85	95
00:19:48	44	24	4				4	24	44	54	64	74	84	94
00:19:51	43	23	3				3	23	43	53	63	73	83	93
00:19:54	42	22	2				2	22	42	52	62	72	82	92
00:19:57	41	21	1				1	21	41	51	61	71	81	91
00:20:00	40	20						20	40	50	60	70	80	90
00:20:03	39	19						19	39	49	59	69	79	89
00:20:06	38	18						18	38	48	58	68	78	88
00:20:09	37	17						17	37	47	57	67	77	87
00:20:12	36	16						16	36	46	56	66	76	86
00:20:15	35	15						15	35	45	55	65	75	85
00:20:18	34	14						14	34	44	54	64	74	84
00:20:21	33	13						13	33	43	53	63	73	83
00:20:24	32	12						12	32	42	52	62	72	82
00:20:27	31	11						11	31	41	51	61	71	81
00:20:30	30	10						10	30	40	50	60	70	80
00:20:33	29	9						9	29	39	49	59	69	79
00:20:36	28	8						8	28	38	48	58	68	78
00:20:39	27	7						7	27	37	47	57	67	77
00:20:42	26	6						6	26	36	46	56	66	76
00:20:45	25	5						5	25	35	45	55	65	75
00:20:48	24	4						4	24	34	44	54	64	74
00:20:51	23	3						3	23	33	43	53	63	73
00:20:54	22	2						2	22	32	42	52	62	72
00:20:57	21	1						1	21	31	41	51	61	71
00:21:00	20								20	30	40	50	60	70
00:21:03	19								19	29	39	49	59	69
00:21:06	18								18	28	38	48	58	68
00:21:09	17								17	27	37	47	57	67
00:21:12	16								16	26	36	46	56	66

3km/3000m

Zeit	WU14	WU16	WU18	WU20	Frauen	W35	W40	W45	W50	W55	W60	W65	W70	W75
00:21:15	15								15	25	35	45	55	65
00:21:18	14								14	24	34	44	54	64
00:21:21	13								13	23	33	43	53	63
00:21:24	12								12	22	32	42	52	62
00:21:27	11								11	21	31	41	51	61
00:21:30	10								10	20	30	40	50	60
00:21:33	9								9	19	29	39	49	59
00:21:36	8								8	18	28	38	48	58
00:21:39	7								7	17	27	37	47	57
00:21:42	6								6	16	26	36	46	56
00:21:45	5								5	15	25	35	45	55
00:21:48	4								4	14	24	34	44	54
00:21:51	3								3	13	23	33	43	53
00:21:54	2								2	12	22	32	42	52
00:21:57	1								1	11	21	31	41	51
00:22:00										10	20	30	40	50
00:22:03										9	19	29	39	49
00:22:06										8	18	28	38	48
00:22:09										7	17	27	37	47
00:22:12										6	16	26	36	46
00:22:15										5	15	25	35	45
00:22:18										4	14	24	34	44
00:22:21										3	13	23	33	43
00:22:24										2	12	22	32	42
00:22:27										1	11	21	31	41
00:22:30											10	20	30	40
00:22:33											9	19	29	39
00:22:36											8	18	28	38
00:22:39											7	17	27	37
00:22:42											6	16	26	36
00:22:45											5	15	25	35
00:22:48											4	14	24	34
00:22:51											3	13	23	33
00:22:54											2	12	22	32
00:22:57											1	11	21	31
00:23:00												10	20	30
00:23:03												9	19	29
00:23:06												8	18	28
00:23:09												7	17	27

