

5km/5000m

Zeit	WU16	WU18	WU20	Frauen	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
00:22:40	144	132	120	111	138	147								
00:22:45	143	131	119	110	137	146								
00:22:50	142	130	118	109	136	145								
00:22:55	141	129	117	108	135	144								
00:23:00	140	128	116	107	134	143								
00:23:05	139	127	115	106	133	142								
00:23:10	138	126	114	105	132	141	150							
00:23:15	137	125	113	104	131	140	149							
00:23:20	136	124	112	103	130	139	148							
00:23:25	135	123	111	102	129	138	147							
00:23:30	134	122	110	101	128	137	146							
00:23:35	133	121	109	100	127	136	145							
00:23:40	132	120	108	99	126	135	144							
00:23:45	131	119	107	98	125	134	143							
00:23:50	130	118	106	97	124	133	142							
00:23:55	129	117	105	96	123	132	141							
00:24:00	128	116	104	95	122	131	140							
00:24:05	127	115	103	94	121	130	139							
00:24:10	126	114	102	93	120	129	138	150						
00:24:15	125	113	101	92	119	128	137	149						
00:24:20	124	112	100	91	118	127	136	148						
00:24:25	123	111	99	90	117	126	135	147						
00:24:30	122	110	98	89	116	125	134	146						
00:24:35	121	109	97	88	115	124	133	145						
00:24:40	120	108	96	87	114	123	132	144						
00:24:45	119	107	95	86	113	122	131	143						
00:24:50	118	106	94	85	112	121	130	142						
00:24:55	117	105	93	84	111	120	129	141						
00:25:00	116	104	92	83	110	119	128	140						
00:25:05	115	103	91	82	109	118	127	139						
00:25:10	114	102	90	81	108	117	126	138	150					
00:25:15	113	101	89	80	107	116	125	137	149					
00:25:20	112	100	88	79	106	115	124	136	148					
00:25:25	111	99	87	78	105	114	123	135	147					
00:25:30	110	98	86	77	104	113	122	134	146					
00:25:35	109	97	85	76	103	112	121	133	145					
00:25:40	108	96	84	75	102	111	120	132	144					
00:25:45	107	95	83	74	101	110	119	131	143					
00:25:50	106	94	82	73	100	109	118	130	142					

5km/5000m

Zeit	WU16	WU18	WU20	Frauen	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
00:25:55	105	93	81	72	99	108	117	129	141					
00:26:00	104	92	80	71	98	107	116	128	140					
00:26:05	103	91	79	70	97	106	115	127	139					
00:26:10	102	90	78	69	96	105	114	126	138	150				
00:26:15	101	89	77	68	95	104	113	125	137	149				
00:26:20	100	88	76	67	94	103	112	124	136	148				
00:26:25	99	87	75	66	93	102	111	123	135	147				
00:26:30	98	86	74	65	92	101	110	122	134	146				
00:26:35	97	85	73	64	91	100	109	121	133	145				
00:26:40	96	84	72	63	90	99	108	120	132	144				
00:26:45	95	83	71	62	89	98	107	119	131	143				
00:26:50	94	82	70	61	88	97	106	118	130	142				
00:26:55	93	81	69	60	87	96	105	117	129	141				
00:27:00	92	80	68	59	86	95	104	116	128	140				
00:27:05	91	79	67	58	85	94	103	115	127	139				
00:27:10	90	78	66	57	84	93	102	114	126	138				
00:27:15	89	77	65	56	83	92	101	113	125	137				
00:27:20	88	76	64	55	82	91	100	112	124	136				
00:27:25	87	75	63	54	81	90	99	111	123	135				
00:27:30	86	74	62	53	80	89	98	110	122	134				
00:27:35	85	73	61	52	79	88	97	109	121	133				
00:27:40	84	72	60	51	78	87	96	108	120	132				
00:27:45	83	71	59	50	77	86	95	107	119	131				
00:27:50	82	70	58	49	76	85	94	106	118	130				
00:27:55	81	69	57	48	75	84	93	105	117	129				
00:28:00	80	68	56	47	74	83	92	104	116	128				
00:28:05	79	67	55	46	73	82	91	103	115	127				
00:28:10	78	66	54	45	72	81	90	102	114	126	150			
00:28:15	77	65	53	44	71	80	89	101	113	125	149			
00:28:20	76	64	52	43	70	79	88	100	112	124	148			
00:28:25	75	63	51	42	69	78	87	99	111	123	147			
00:28:30	74	62	50	41	68	77	86	98	110	122	146			
00:28:35	73	61	49	40	67	76	85	97	109	121	145			
00:28:40	72	60	48	39	66	75	84	96	108	120	144			
00:28:45	71	59	47	38	65	74	83	95	107	119	143			
00:28:50	70	58	46	37	64	73	82	94	106	118	142			
00:28:55	69	57	45	36	63	72	81	93	105	117	141			
00:29:00	68	56	44	35	62	71	80	92	104	116	140			
00:29:05	67	55	43	34	61	70	79	91	103	115	139			

5km/5000m

Zeit	WU16	WU18	WU20	Frauen	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
00:29:10	66	54	42	33	60	69	78	90	102	114	138			
00:29:15	65	53	41	32	59	68	77	89	101	113	137			
00:29:20	64	52	40	31	58	67	76	88	100	112	136			
00:29:25	63	51	39	30	57	66	75	87	99	111	135			
00:29:30	62	50	38	29	56	65	74	86	98	110	134			
00:29:35	61	49	37	28	55	64	73	85	97	109	133			
00:29:40	60	48	36	27	54	63	72	84	96	108	132			
00:29:45	59	47	35	26	53	62	71	83	95	107	131			
00:29:50	58	46	34	25	52	61	70	82	94	106	130			
00:29:55	57	45	33	24	51	60	69	81	93	105	129			
00:30:00	56	44	32	23	50	59	68	80	92	104	128			
00:30:05	55	43	31	22	49	58	67	79	91	103	127			
00:30:10	54	42	30	21	48	57	66	78	90	102	126	150		
00:30:15	53	41	29	20	47	56	65	77	89	101	125	149		
00:30:20	52	40	28	19	46	55	64	76	88	100	124	148		
00:30:25	51	39	27	18	45	54	63	75	87	99	123	147		
00:30:30	50	38	26	17	44	53	62	74	86	98	122	146		
00:30:35	49	37	25	16	43	52	61	73	85	97	121	145		
00:30:40	48	36	24	15	42	51	60	72	84	96	120	144		
00:30:45	47	35	23	14	41	50	59	71	83	95	119	143		
00:30:50	46	34	22	13	40	49	58	70	82	94	118	142		
00:30:55	45	33	21	12	39	48	57	69	81	93	117	141		
00:31:00	44	32	20	11	38	47	56	68	80	92	116	140		
00:31:05	43	31	19	10	37	46	55	67	79	91	115	139		
00:31:10	42	30	18	9	36	45	54	66	78	90	114	138		
00:31:15	41	29	17	8	35	44	53	65	77	89	113	137		
00:31:20	40	28	16	7	34	43	52	64	76	88	112	136		
00:31:25	39	27	15	6	33	42	51	63	75	87	111	135		
00:31:30	38	26	14	5	32	41	50	62	74	86	110	134		
00:31:35	37	25	13	4	31	40	49	61	73	85	109	133		
00:31:40	36	24	12	3	30	39	48	60	72	84	108	132		
00:31:45	35	23	11	2	29	38	47	59	71	83	107	131		
00:31:50	34	22	10	1	28	37	46	58	70	82	106	130		
00:31:55	33	21	9		27	36	45	57	69	81	105	129		
00:32:00	32	20	8		26	35	44	56	68	80	104	128		
00:32:05	31	19	7		25	34	43	55	67	79	103	127		
00:32:10	30	18	6		24	33	42	54	66	78	102	126	150	
00:32:15	29	17	5		23	32	41	53	65	77	101	125	149	
00:32:20	28	16	4		22	31	40	52	64	76	100	124	148	

5km/5000m

Zeit	WU16	WU18	WU20	Frauen	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
00:32:25	27	15	3		21	30	39	51	63	75	99	123	147	
00:32:30	26	14	2		20	29	38	50	62	74	98	122	146	
00:32:35	25	13	1		19	28	37	49	61	73	97	121	145	
00:32:40	24	12			18	27	36	48	60	72	96	120	144	
00:32:45	23	11			17	26	35	47	59	71	95	119	143	
00:32:50	22	10			16	25	34	46	58	70	94	118	142	
00:32:55	21	9			15	24	33	45	57	69	93	117	141	
00:33:00	20	8			14	23	32	44	56	68	92	116	140	
00:33:05	19	7			13	22	31	43	55	67	91	115	139	
00:33:10	18	6			12	21	30	42	54	66	90	114	138	
00:33:15	17	5			11	20	29	41	53	65	89	113	137	
00:33:20	16	4			10	19	28	40	52	64	88	112	136	
00:33:25	15	3			9	18	27	39	51	63	87	111	135	
00:33:30	14	2			8	17	26	38	50	62	86	110	134	
00:33:35	13	1			7	16	25	37	49	61	85	109	133	
00:33:40	12				6	15	24	36	48	60	84	108	132	
00:33:45	11				5	14	23	35	47	59	83	107	131	
00:33:50	10				4	13	22	34	46	58	82	106	130	
00:33:55	9				3	12	21	33	45	57	81	105	129	
00:34:00	8				2	11	20	32	44	56	80	104	128	
00:34:05	7				1	10	19	31	43	55	79	103	127	
00:34:10	6					9	18	30	42	54	78	102	126	150
00:34:15	5					8	17	29	41	53	77	101	125	149
00:34:20	4					7	16	28	40	52	76	100	124	148
00:34:25	3					6	15	27	39	51	75	99	123	147
00:34:30	2					5	14	26	38	50	74	98	122	146
00:34:35	1					4	13	25	37	49	73	97	121	145
00:34:40						3	12	24	36	48	72	96	120	144
00:34:45						2	11	23	35	47	71	95	119	143
00:34:50						1	10	22	34	46	70	94	118	142
00:34:55							9	21	33	45	69	93	117	141
00:35:00							8	20	32	44	68	92	116	140
00:35:05							7	19	31	43	67	91	115	139
00:35:10							6	18	30	42	66	90	114	138
00:35:15							5	17	29	41	65	89	113	137
00:35:20							4	16	28	40	64	88	112	136
00:35:25							3	15	27	39	63	87	111	135
00:35:30							2	14	26	38	62	86	110	134
00:35:35							1	13	25	37	61	85	109	133

5km/5000m

Zeit	WU16	WU18	WU20	Frauen	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
00:35:40								12	24	36	60	84	108	132
00:35:45								11	23	35	59	83	107	131
00:35:50								10	22	34	58	82	106	130
00:35:55								9	21	33	57	81	105	129
00:36:00								8	20	32	56	80	104	128
00:36:05								7	19	31	55	79	103	127
00:36:10								6	18	30	54	78	102	126
00:36:15								5	17	29	53	77	101	125
00:36:20								4	16	28	52	76	100	124
00:36:25								3	15	27	51	75	99	123
00:36:30								2	14	26	50	74	98	122
00:36:35								1	13	25	49	73	97	121
00:36:40									12	24	48	72	96	120
00:36:45									11	23	47	71	95	119
00:36:50									10	22	46	70	94	118
00:36:55									9	21	45	69	93	117
00:37:00									8	20	44	68	92	116
00:37:05									7	19	43	67	91	115
00:37:10									6	18	42	66	90	114
00:37:15									5	17	41	65	89	113
00:37:20									4	16	40	64	88	112
00:37:25									3	15	39	63	87	111
00:37:30									2	14	38	62	86	110
00:37:35									1	13	37	61	85	109
00:37:40										12	36	60	84	108
00:37:45										11	35	59	83	107
00:37:50										10	34	58	82	106
00:37:55										9	33	57	81	105
00:38:00										8	32	56	80	104
00:38:05										7	31	55	79	103
00:38:10										6	30	54	78	102
00:38:15										5	29	53	77	101
00:38:20										4	28	52	76	100
00:38:25										3	27	51	75	99
00:38:30										2	26	50	74	98
00:38:35										1	25	49	73	97
00:38:40											24	48	72	96
00:38:45											23	47	71	95
00:38:50											22	46	70	94

5km/5000m

Zeit	WU16	WU18	WU20	Frauen	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
00:38:55											21	45	69	93
00:39:00											20	44	68	92
00:39:05											19	43	67	91
00:39:10											18	42	66	90
00:39:15											17	41	65	89
00:39:20											16	40	64	88
00:39:25											15	39	63	87
00:39:30											14	38	62	86
00:39:35											13	37	61	85
00:39:40											12	36	60	84
00:39:45											11	35	59	83
00:39:50											10	34	58	82
00:39:55											9	33	57	81
00:40:00											8	32	56	80
00:40:05											7	31	55	79
00:40:10											6	30	54	78
00:40:15											5	29	53	77
00:40:20											4	28	52	76
00:40:25											3	27	51	75
00:40:30											2	26	50	74
00:40:35											1	25	49	73
00:40:40												24	48	72
00:40:45												23	47	71
00:40:50												22	46	70
00:40:55												21	45	69
00:41:00												20	44	68
00:41:05												19	43	67
00:41:10												18	42	66
00:41:15												17	41	65
00:41:20												16	40	64
00:41:25												15	39	63
00:41:30												14	38	62
00:41:35												13	37	61
00:41:40												12	36	60
00:41:45												11	35	59
00:41:50												10	34	58
00:41:55												9	33	57
00:42:00												8	32	56
00:42:05												7	31	55

