



Distance: 10 km

Hastighed min/KM	05:00	05:30	06:00	06:30	07:00	07:30	08:00
KM/time	12,0	10,9	10,0	9,2	8,6	8,0	7,5
Tidsforbrug:	00:50:00	00:55:00	01:00:00	01:05:00	01:10:00	01:15:00	01:20:00

Mellemtider

1	00:05:00	00:05:30	00:06:00	00:06:30	00:07:00	00:07:30	00:08:00
2	00:10:00	00:11:00	00:12:00	00:13:00	00:14:00	00:15:00	00:16:00
3	00:15:00	00:16:30	00:18:00	00:19:30	00:21:00	00:22:30	00:24:00
4	00:20:00	00:22:00	00:24:00	00:26:00	00:28:00	00:30:00	00:32:00
5	00:25:00	00:27:30	00:30:00	00:32:30	00:35:00	00:37:30	00:40:00
6	00:30:00	00:33:00	00:36:00	00:39:00	00:42:00	00:45:00	00:48:00
7	00:35:00	00:38:30	00:42:00	00:45:30	00:49:00	00:52:30	00:56:00
8	00:40:00	00:44:00	00:48:00	00:52:00	00:56:00	01:00:00	01:04:00
9	00:45:00	00:49:30	00:54:00	00:58:30	01:03:00	01:07:30	01:12:00