



Distance: 5 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:	00:25:00	00:27:30	00:30:00	00:32:30	00:35:00	00:37:30	00:40:00

Mellemtider ved KM

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