

Tempotabelle Indoor Marathon

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