

km tijden duurtrainingen

10k tijd	Duur			Golvend				Olopend			
	A	B	C	A		B		A		B	
				van	tot	van	tot	van	tot	van	tot
60	07:38	06:43	06:00	07:38	07:00	07:18	06:34	08:24	06:43	07:18	06:00
59	07:31	06:37	05:55	07:31	06:54	07:12	06:28	08:16	06:37	07:12	05:55
58	07:26	06:33	05:50	07:26	06:49	07:07	06:23	08:11	06:33	07:07	05:50
57	07:21	06:28	05:46	07:21	06:44	07:02	06:19	08:05	06:28	07:02	05:46
56	07:15	06:23	05:42	07:15	06:39	06:56	06:14	07:59	06:23	06:56	05:42
55	07:10	06:18	05:38	07:10	06:34	06:51	06:09	07:53	06:18	06:51	05:38
54	07:04	06:13	05:33	07:04	06:29	06:46	06:04	07:47	06:13	06:46	05:33
53	07:01	06:10	05:30	07:01	06:26	06:42	06:01	07:43	06:10	06:42	05:30
52	06:57	06:07	05:28	06:57	06:22	06:39	05:58	07:39	06:07	06:39	05:28
51	06:53	06:04	05:25	06:53	06:19	06:35	05:55	07:34	06:04	06:35	05:25
50	06:49	06:00	05:21	06:49	06:15	06:31	05:52	07:30	06:00	06:31	05:21
49	06:41	05:53	05:15	06:41	06:07	06:23	05:45	07:21	05:53	06:23	05:15
48	06:33	05:46	05:09	06:33	06:00	06:16	05:37	07:12	05:46	06:16	05:09
47	06:25	05:38	05:02	06:25	05:52	06:08	05:30	07:03	05:38	06:08	05:02
46	06:16	05:31	04:56	06:16	05:45	06:00	05:23	06:54	05:31	06:00	04:56
45	06:08	05:24	04:49	06:08	05:37	05:52	05:16	06:45	05:24	05:52	04:49
44	06:00	05:17	04:43	06:00	05:30	05:44	05:09	06:36	05:17	05:44	04:43
43	05:52	05:10	04:36	05:52	05:23	05:37	05:02	06:27	05:10	05:37	04:36
42	05:44	05:02	04:30	05:44	05:15	05:29	04:55	06:18	05:02	05:29	04:30
41	05:35	04:55	04:24	05:35	05:07	05:21	04:48	06:09	04:55	05:21	04:24
40	05:27	04:48	04:17	05:27	05:00	05:13	04:41	06:00	04:48	05:13	04:17