

Intervaltijden

| 10k tijd | 200m T3 | 200m T2 | 300m T3 | 300m T2 | 300m T1 | 400m T3 | 400m T2 | 400m T1 | 800m T2 | 800m T1 | 1000m T2 | 1000m T1 |
|----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|----------|----------|
| 60 | 00:57 | 01:02 | 01:31 | 01:38 | 01:44 | 02:11 | 02:20 | 02:28 | 04:45 | 05:03 | 06:00 | 06:23 |
| 59 | 00:56 | 01:02 | 01:30 | 01:37 | 01:42 | 02:09 | 02:17 | 02:26 | 04:40 | 04:58 | 05:54 | 06:17 |
| 58 | 00:56 | 01:01 | 01:29 | 01:35 | 01:41 | 02:07 | 02:15 | 02:24 | 04:36 | 04:53 | 05:48 | 06:10 |
| 57 | 00:55 | 01:00 | 01:27 | 01:34 | 01:39 | 02:04 | 02:13 | 02:21 | 04:31 | 04:48 | 05:42 | 06:04 |
| 56 | 00:54 | 00:59 | 01:26 | 01:33 | 01:38 | 02:02 | 02:10 | 02:19 | 04:26 | 04:43 | 05:36 | 05:57 |
| 55 | 00:54 | 00:59 | 01:25 | 01:31 | 01:37 | 02:00 | 02:08 | 02:16 | 04:21 | 04:38 | 05:30 | 05:51 |
| 54 | 00:53 | 00:58 | 01:24 | 01:30 | 01:35 | 01:58 | 02:06 | 02:14 | 04:17 | 04:33 | 05:24 | 05:45 |
| 53 | 00:52 | 00:57 | 01:22 | 01:28 | 01:34 | 01:56 | 02:03 | 02:11 | 04:12 | 04:28 | 05:18 | 05:38 |
| 52 | 00:51 | 00:56 | 01:21 | 01:27 | 01:32 | 01:53 | 02:01 | 02:09 | 04:07 | 04:23 | 05:12 | 05:32 |
| 51 | 00:51 | 00:55 | 01:19 | 01:25 | 01:30 | 01:51 | 01:59 | 02:06 | 04:02 | 04:18 | 05:06 | 05:26 |
| 50 | 00:50 | 00:55 | 01:18 | 01:23 | 01:28 | 01:49 | 01:57 | 02:04 | 03:58 | 04:13 | 05:00 | 05:19 |
| 49 | 00:49 | 00:53 | 01:16 | 01:22 | 01:26 | 01:47 | 01:54 | 02:01 | 03:53 | 04:08 | 04:54 | 05:13 |
| 48 | 00:48 | 00:52 | 01:14 | 01:20 | 01:25 | 01:45 | 01:52 | 01:59 | 03:48 | 04:03 | 04:48 | 05:06 |
| 47 | 00:47 | 00:51 | 01:13 | 01:18 | 01:23 | 01:43 | 01:50 | 01:56 | 03:43 | 03:57 | 04:42 | 05:00 |
| 46 | 00:46 | 00:50 | 01:11 | 01:17 | 01:21 | 01:40 | 01:47 | 01:54 | 03:39 | 03:52 | 04:36 | 04:54 |
| 45 | 00:45 | 00:49 | 01:10 | 01:15 | 01:19 | 01:38 | 01:45 | 01:51 | 03:34 | 03:47 | 04:30 | 04:47 |
| 44 | 00:44 | 00:48 | 01:08 | 01:13 | 01:18 | 01:36 | 01:43 | 01:49 | 03:29 | 03:42 | 04:24 | 04:41 |
| 43 | 00:43 | 00:47 | 01:07 | 01:12 | 01:16 | 01:34 | 01:40 | 01:46 | 03:24 | 03:37 | 04:18 | 04:34 |
| 42 | 00:42 | 00:46 | 01:05 | 01:10 | 01:14 | 01:32 | 01:38 | 01:44 | 03:20 | 03:32 | 04:12 | 04:28 |
| 41 | 00:41 | 00:45 | 01:04 | 01:08 | 01:12 | 01:29 | 01:36 | 01:41 | 03:15 | 03:27 | 04:06 | 04:22 |
| 40 | 00:40 | 00:44 | 01:02 | 01:07 | 01:11 | 01:27 | 01:33 | 01:39 | 03:10 | 03:22 | 04:00 | 04:15 |
| 39 | 00:39 | 00:43 | 01:01 | 01:05 | 01:09 | 01:25 | 01:31 | 01:36 | 03:05 | 03:17 | 03:54 | 04:09 |
| 38 | 00:38 | 00:41 | 00:59 | 01:03 | 01:07 | 01:23 | 01:29 | 01:34 | 03:01 | 03:12 | 03:48 | 04:03 |
| 37 | 00:37 | 00:40 | 00:57 | 01:02 | 01:05 | 01:21 | 01:26 | 01:32 | 02:56 | 03:07 | 03:42 | 03:56 |