

Wedstrijdtempo		Tempo per km	
5km	10km	Tempo 5km	Tempo 10km
		min/km	min/km
00:19:00	00:40:00	00:03:48	00:04:00
00:19:32	00:41:00	00:03:54	00:04:06
00:20:00	00:42:00	00:04:00	00:04:12
00:20:29	00:43:00	00:04:06	00:04:18
00:20:57	00:44:00	00:04:11	00:04:24
00:21:26	00:45:00	00:04:18	00:04:30
00:21:55	00:46:00	00:04:24	00:04:36
00:22:23	00:47:00	00:04:29	00:04:42
00:22:52	00:48:00	00:04:36	00:04:48
00:23:20	00:49:00	00:04:42	00:04:54
00:23:49	00:50:00	00:04:46	00:05:00
00:24:18	00:51:00	00:04:51	00:05:06
00:24:46	00:52:00	00:04:57	00:05:12
00:25:15	00:53:00	00:05:03	00:05:18
00:25:43	00:54:00	00:05:09	00:05:24
00:26:12	00:55:00	00:05:14	00:05:30
00:26:40	00:56:00	00:05:20	00:05:36
00:27:09	00:57:00	00:05:26	00:05:42
00:27:38	00:58:00	00:05:32	00:05:48
00:28:06	00:59:00	00:05:38	00:05:54
00:28:35	01:00:00	00:05:43	00:06:00
00:29:03	01:01:00	00:05:49	00:06:06
00:29:32	01:02:00	00:05:55	00:06:12
00:30:00	01:03:00	00:06:00	00:06:18
00:30:29	01:04:00	00:06:06	00:06:24
00:30:58	01:05:00	00:06:12	00:06:30
00:31:26	01:06:00	00:06:17	00:06:36
00:31:55	01:07:00	00:06:23	00:06:42
00:32:23	01:08:00	00:06:29	00:06:48
00:32:52	01:09:00	00:06:34	00:06:54
00:33:21	01:10:00	00:06:40	00:07:00
00:33:49	01:11:00	00:06:46	00:07:06
00:34:18	01:12:00	00:06:52	00:07:12
00:34:46	01:13:00	00:06:57	00:07:18
00:35:15	01:14:00	00:07:03	00:07:24
00:35:43	01:15:00	00:07:09	00:07:30