

Zwischenzeitentabelle 5 und 10 km

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