



## Tempotabel duurlopen

Prestatie-niveau 10km	Geschat AD in min/km	60%	70%	80%	85%	90%	95% >
		DLH	DL1	DL2	DL3		DL4
35:00	03:44	05:14	04:51	04:29	04:18	04:06	03:55 >
35:45	03:48	05:19	04:56	04:34	04:22	04:11	03:59 >
36:30	03:52	05:25	05:02	04:38	04:27	04:15	04:04 >
37:15	03:56	05:30	05:07	04:43	04:31	04:20	04:08 >
38:00	04:00	05:36	05:12	04:48	04:36	04:24	04:12 >
38:45	04:04	05:42	05:17	04:53	04:41	04:28	04:16 >
39:30	04:08	05:47	05:22	04:58	04:45	04:33	04:20 >
40:15	04:13	05:54	05:29	05:04	04:51	04:38	04:26 >
41:00	04:17	06:00	05:34	05:08	04:56	04:43	04:30 >
41:45	04:21	06:05	05:39	05:13	05:00	04:47	04:34 >
42:30	04:25	06:11	05:45	05:18	05:05	04:52	04:38 >
43:15	04:29	06:17	05:50	05:23	05:09	04:56	04:42 >
44:00	04:33	06:22	05:55	05:28	05:14	05:00	04:47 >
44:45	04:38	06:29	06:01	05:34	05:20	05:06	04:52 >
45:30	04:42	06:35	06:07	05:38	05:24	05:10	04:56 >
46:15	04:46	06:40	06:12	05:43	05:29	05:15	05:00 >
47:00	04:50	06:46	06:17	05:48	05:33	05:19	05:05 >
47:45	04:54	06:52	06:22	05:53	05:38	05:23	05:09 >
48:30	04:58	06:57	06:27	05:58	05:43	05:28	05:13 >
49:15	05:03	07:04	06:34	06:04	05:48	05:33	05:18 >
50:00	05:07	07:10	06:39	06:08	05:53	05:38	05:22 >
50:45	05:11	07:15	06:44	06:13	05:58	05:42	05:27 >
51:30	05:15	07:21	06:49	06:18	06:02	05:46	05:31 >
52:15	05:19	07:27	06:55	06:23	06:07	05:51	05:35 >
53:00	05:23	07:32	07:00	06:28	06:11	05:55	05:39 >
53:45	05:27	07:38	07:05	06:32	06:16	06:00	05:43 >
54:30	05:31	07:43	07:10	06:37	06:21	06:04	05:48 >
55:15	05:35	07:49	07:15	06:42	06:25	06:08	05:52 >
56:00	05:39	07:55	07:21	06:47	06:30	06:13	05:56 >
56:45	05:43	08:00	07:26	06:52	06:34	06:17	06:00 >
57:30	05:47	08:06	07:31	06:56	06:39	06:22	06:04 >
58:15	05:51	08:11	07:36	07:01	06:44	06:26	06:09 >
59:00	05:55	08:17	07:42	07:06	06:48	06:31	06:13 >
59:45	05:59	08:23	07:47	07:11	06:53	06:35	06:17 >
00:30	06:03	08:28	07:52	07:16	06:57	06:39	06:21 >
01:15	06:07	08:34	07:57	07:20	07:02	06:44	06:25 >
02:00	06:11	08:39	08:02	07:25	07:07	06:48	06:30 >