

<b>AD</b>	<b>Verschuivingstabel op basis van geschatte Anareobe Drempel (beste 10 kilometer)</b>																			
<b>105%</b>	32:18	33:15	34:12	35:09	36:06	37:03	38:00	38:57	39:54	40:51	41:48	42:45	43:42	44:39	45:36	46:33	47:30	48:27	49:24	50:21
<b>100%</b>	34:00	35:00	36:00	37:00	38:00	39:00	40:00	41:00	42:00	43:00	44:00	45:00	46:00	47:00	48:00	49:00	50:00	51:00	52:00	53:00
<b>95%</b>	35:42	36:45	37:48	38:51	39:54	40:57	42:00	43:03	44:06	45:09	46:12	47:15	48:18	49:21	50:24	51:27	52:30	53:33	54:36	55:39
<b>90%</b>	37:24	38:30	39:36	40:42	41:48	42:54	44:00	45:06	46:12	47:18	48:24	49:30	50:36	51:42	52:48	53:54	55:00	56:06	57:12	58:18
<b>85%</b>	39:06	40:15	41:24	42:33	43:42	44:51	46:00	47:09	48:18	49:27	50:36	51:45	52:54	54:03	55:12	56:21	57:30	58:39	59:48	01:00:57
<b>80%</b>	40:48	42:00	43:12	44:24	45:36	46:48	48:00	49:12	50:24	51:36	52:48	54:00	55:12	56:24	57:36	58:48	01:00:00	01:01:12	01:02:24	01:03:36
<b>75%</b>	42:30	43:45	45:00	46:15	47:30	48:45	50:00	51:15	52:30	53:45	55:00	56:15	57:30	58:45	01:00:00	01:01:15	01:02:30	01:03:45	01:05:00	01:06:15
<b>70%</b>	44:12	45:30	46:48	48:06	49:24	50:42	52:00	53:18	54:36	55:54	57:12	58:30	59:48	01:01:06	01:02:24	01:03:42	01:05:00	01:06:18	01:07:36	01:08:54