

Rundenzeiten Bahntraining

Tempo / 1000 m	100 m	200 m	300 m	400 m	500 m
6:35 / 395s	39,5s	79s (1:19)	119,5s (2:00)	158s (2:38)	197,5s (3:18)
6:30 / 390s	39s	78s (1:18)	117s (1:57)	156s (2:36)	195s (3:15)
6:25 / 385s	38,5s	77s (1:17)	115,5s (1:56)	154s (2:34)	192,5s (3:13)
6:20 / 380s	38s	76s (1:16)	114s (1:54)	152s (2:32)	190s (3:10)
6:15 / 375s	37,5s	75s (1:15)	112,5s (1:53)	150s (2:30)	187,5s (3:08)
6:10 / 370s	37s	74s (1:14)	111s (1:51)	148s (2:28)	185s (3:05)
6:05 / 365s	36,5s	73s (1:13)	109,5s (1:50)	146s (2:26)	182,5s (3:03)
6:00 / 360s	36s	72s (1:12)	108s (1:48)	144s (2:24)	180s (3:00)
5:55 / 355s	35,5s	71s (1:11)	106,5s (1:47)	142s (2:22)	177,5s (2:58)
5:50 / 350s	35s	70s (1:10)	105s (1:45)	140s (2:20)	175s (2:55)
5:45 / 345s	34,5s	69s (1:09)	103,5s (1:44)	138s (2:18)	172,5s (2:53)
5:40 / 340s	34s	68s (1:08)	102s (1:42)	136s (2:16)	170s (2:50)
5:35 / 335s	33,5s	67s (1:07)	100,5s (1:41)	134s (2:14)	167,5s (2:48)
5:30 / 330s	33s	66s (1:06)	99s (1:39)	132s (2:12)	165s (2:45)
5:25 / 325s	32,5s	65s (1:05)	97,5s (1:38)	130s (2:10)	162,5s (2:43)
5:20 / 320s	32s	64s (1:04)	96s (1:36)	128s (2:08)	160s (2:40)
5:15 / 315s	31,5s	63s (1:03)	94,5s (1:35)	126s (2:06)	157,5s (2:38)
5:10 / 310s	31s	62s (1:02)	93s (1:33)	124s (2:04)	155s (2:35)
5:05 / 305s	30,5s	61s (1:01)	91,5s (1:32)	122s (2:02)	152,5s (2:33)
5:00 / 300s	30s	60s	90s (1:30)	120s (2:00)	150s (2:30)
4:55 / 295s	29,5s	59s	88,5s (1:29)	118s (1:58)	147,5s (2:28)
4:50 / 290s	29s	58s	87s (1:27)	116s (1:56)	145s (2:25)
4:45 / 285s	28,5s	57s	85,5s (1:26)	114s (1:54)	142,5s (2:23)
4:40 / 280s	28s	56s	84s (1:24)	112s (1:52)	140s (2:20)
4:35 / 275s	27,5s	55s	82,5s (1:23)	110s (1:50)	137,5s (2:18)
4:30 / 270s	27s	54s	81s (1:21)	108s (1:48)	135s (2:15)
4:25 / 265s	26,5s	53s	79,5s (1:20)	106s (1:46)	132,5s (2:13)
4:20 / 260s	26s	52s	78s (1:18)	104s (1:44)	130s (2:10)
4:15 / 255s	25,5s	51s	76,5s (1:17)	102s (1:42)	127,5s (2:08)
4:10 / 250s	25s	50s	75s (1:15)	100s (1:40)	125s (2:05)
4:05 / 245s	24,5s	49s	73,5s (1:14)	98s (1:38)	122,5s (2:03)
4:00 / 240s	24s	48s	72s (1:12)	96s (1:36)	120s (2:00)
3:55 / 235s	23,5s	47s	70,5s (1:11)	94s (1:34)	117,5s (1:58)
3:50 / 230s	23s	46s	69s (1:09)	92s (1:32)	115s (1:55)
3:45 / 225s	22,5s	45s	67,5s (1:08)	90s (1:30)	112,5s (1:53)
3:40 / 220s	22s	44s	66s (1:06)	88s (1:28)	110s (1:50)
3:35 / 215s	21,5s	43s	64,5s (1:05)	86s (1:26)	107,5s (1:48)
3:30 / 210s	21s	42s	63s (1:03)	84s (1:24)	105s (1:45)
3:25 / 205s	20,5s	41s	61,5s (1:02)	82s (1:22)	102,5s (1:43)
3:20 / 200s	20s	40s	60s	80s (1:20)	100s (1:40)
3:15 / 195s	19,5s	39s	58,5s	78s (1:18)	97,5s (1:38)
3:10 / 190s	19s	38s	57s	76s (1:16)	95s (1:35)
3:05 / 185s	18,5s	37s	55,5s	74s (1:14)	92,5s (1:33)
3:00 / 180s	18s	36s	54s	72s (1:12)	90s (1:30)
2:55 / 175s	17,5s	35s	52,5s	70s (1:10)	87,5s (1:28)
2:50 / 170s	17s	34s	50s	68s (1:08)	85s (1:25)
2:45 / 165s	16,5s	33s	48,5s	66s (1:06)	
2:40 / 160s	16s	32s	47s	64s (1:04)	
2:35 / 155s	15,5s	31s	45,5s	62s (1:02)	
2:30 / 150s	15s	30s	44s	60s (1:00)	
2:25 / 145s	14,5s	29s	42,5	58s (0:58)	
2:20 / 140s	14s	28s	41s	56s (0:56)	
2:15 / 135s	13,5s				