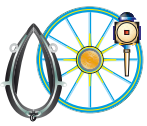




Tempozeiten Fahren / Schritt						
Meter	5 km/h	6 km/h	7 km/h	m bei 5 km/h	m bei 7 km/h	Minute
100	1:12	1:00	0:51	83	117	1
200	2:24	2:00	1:43	167	233	2
300	3:36	3:00	2:34	250	350	3
400	4:48	4:00	3:26	333	467	4
500	6:00	5:00	4:17	417	583	5
600	7:12	6:00	5:09	500	700	6
700	8:24	7:00	6:00	583	817	7
800	9:36	8:00	6:51	667	933	8
900	10:48	9:00	7:43	750	1050	9
1000	12:00	10:00	8:34	833	1167	10
1100	13:12	11:00	9:26	917	1283	11
1200	14:24	12:00	10:17	1000	1400	12
1300	15:36	13:00	11:08	1083	1517	13
1400	16:48	14:00	12:00	1167	1633	14
1500	18:00	15:00	12:51	1250	1750	15
m/Min.	83,33	100,00	116,66	83,33	116,66	m/Min.
m/Sek.	1,38	0,60	0,51	1,38	0,51	m/Sek.
Sek./m	0,724	1,666	1,944	0,724	1,944	Sek./m

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# Tempozeiten Fahren / Trab

Tempozeiten Fahren / Trab										
Meter	11 km/h	12 km/h	13 km/h	14 km/h	15 km/h	16 km/h	17 km/h	18 km/h	19 km/h	20 km/h
1000	5:27	5:00	4:37	4:17	4:00	3:45	3:32	3:20	3:10	3:00
1500	8:10	7:30	6:55	6:26	6:00	5:38	5:17	5:00	4:44	4:30
2000	10:54	10:00	9:14	8:34	8:00	7:30	7:04	6:40	6:19	6:00
2500	13:38	12:30	11:32	10:43	10:00	9:23	8:49	8:20	7:53	7:30
3000	16:21	15:00	13:51	12:51	12:00	11:15	10:36	10:00	9:28	9:00
3500	19:54	17:30	16:09	15:00	14:00	13:08	12:21	11:40	11:03	10:30
4000	21:49	20:00	18:28	17:08	16:00	15:00	14:08	13:20	12:38	12:00
4500	24:01	22:30	20:47	19:17	18:00	16:57	15:53	15:00	14:13	13:30
5000	27:01	25:01	23:05	21:25	20:00	18:45	17:40	16:40	15:47	15:00
5500	30:01	27:01	25:01	23:34	22:00	20:38	19:35	18:20	17:22	16:30
6000	32:01	30:01	27:01	25:01	24:01	22:30	21:12	20:00	18:57	18:00
6500	35:01	32:01	30:01	27:01	26:01	24:01	22:57	21:40	20:32	19:30
7000	38:01	35:01	32:01	29:01	28:01	26:01	24:01	23:20	22:07	21:00
7500	40:01	37:01	34:01	32:01	30:01	28:01	26:01	25:01	23:41	22:30
8000	43:01	40:01	36:01	34:01	32:01	30:01	28:01	26:01	25:01	24:01
8500	46:01	42:01	39:01	36:01	34:01	31:01	30:01	28:01	26:01	25:01
9000	49:01	45:01	41:01	38:01	36:01	33:01	31:01	30:01	28:01	27:01
9500	51:01	47:01	43:01	40:01	38:01	35:01	33:01	31:01	30:01	28:01
10000	54:01	50:01	46:01	42:01	40:01	37:01	35:01	33:01	31:01	30:01
10500	57:01	52:01	48:01	44:01	42:01	39:01	37:01	35:01	33:01	31:01
11000	60:01	55:01	50:01	47:01	44:01	41:01	38:01	36:01	34:01	33:01
11500		57:01	53:01	49:01	46:01	43:01	40:01	38:01	36:01	34:01
12000		60:01	55:01	51:01	48:01	45:01	42:01	40:01	37:01	36:01
12500			57:01	53:01	50:01	46:01	44:01	41:01	39:01	37:01
13000			60:01	55:01	52:01	48:01	45:01	43:01	41:01	39:01
13500				57:01	54:01	50:01	47:01	45:01	42:01	40:01
14000				60:01	56:01	52:01	49:01	46:01	44:01	42:01
14500					58:01	54:01	51:01	48:01	45:01	43:01
15000					60:01	56:01	53:01	50:01	47:01	45:01
15500						58:01	54:01	51:01	48:01	46:01
16000						60:01	56:01	53:01	50:01	48:01
16500							58:01	55:01	52:01	49:01
17000							60:01	56:01	53:01	51:01
17500								58:01	55:01	52:01
18000								60:01	56:01	54:01
18500									58:01	55:01
19000									60:01	57:01
19500										58:01
20000										60:01
m/Sek	3,16	3,33	3,61	3,89	4,17	4,44	4,72	5,00	5,28	5,56
m/Min	189,70	200,00	216,50	233,50	250,00	266,50	283,50	300,00	316,50	333,30