

Hastigheder (min/km) ved forskellig belastning							
5 km tid	100%	95%	90%	85%	80%	75%	70%
00:18:30	00:03:42	00:03:53	00:04:04	00:04:15	00:04:26	00:04:37	00:04:49
00:18:45	00:03:45	00:03:56	00:04:08	00:04:19	00:04:30	00:04:41	00:04:53
00:19:00	00:03:48	00:03:59	00:04:11	00:04:22	00:04:34	00:04:45	00:04:56
00:19:15	00:03:51	00:04:03	00:04:14	00:04:26	00:04:37	00:04:49	00:05:00
00:19:30	00:03:54	00:04:06	00:04:17	00:04:29	00:04:41	00:04:53	00:05:04
00:19:45	00:03:57	00:04:09	00:04:21	00:04:33	00:04:44	00:04:56	00:05:08
00:20:00	00:04:00	00:04:12	00:04:24	00:04:36	00:04:48	00:05:00	00:05:12
00:20:15	00:04:03	00:04:15	00:04:27	00:04:39	00:04:52	00:05:04	00:05:16
00:20:30	00:04:06	00:04:18	00:04:31	00:04:43	00:04:55	00:05:07	00:05:20
00:20:45	00:04:09	00:04:21	00:04:34	00:04:46	00:04:59	00:05:11	00:05:24
00:21:00	00:04:12	00:04:25	00:04:37	00:04:50	00:05:02	00:05:15	00:05:28
00:21:15	00:04:15	00:04:28	00:04:41	00:04:53	00:05:06	00:05:19	00:05:32
00:21:30	00:04:18	00:04:31	00:04:44	00:04:57	00:05:10	00:05:23	00:05:35
00:21:45	00:04:21	00:04:34	00:04:47	00:05:00	00:05:13	00:05:26	00:05:39
00:22:00	00:04:24	00:04:37	00:04:50	00:05:04	00:05:17	00:05:30	00:05:43
00:22:15	00:04:27	00:04:40	00:04:54	00:05:07	00:05:20	00:05:34	00:05:47
00:22:30	00:04:30	00:04:44	00:04:57	00:05:11	00:05:24	00:05:37	00:05:51
00:22:45	00:04:33	00:04:47	00:05:00	00:05:14	00:05:28	00:05:41	00:05:55
00:23:00	00:04:36	00:04:50	00:05:04	00:05:17	00:05:31	00:05:45	00:05:59
00:23:15	00:04:39	00:04:53	00:05:07	00:05:21	00:05:35	00:05:49	00:06:03
00:23:30	00:04:42	00:04:56	00:05:10	00:05:24	00:05:38	00:05:53	00:06:07
00:23:45	00:04:45	00:04:59	00:05:14	00:05:28	00:05:42	00:05:56	00:06:11
00:24:00	00:04:48	00:05:02	00:05:17	00:05:31	00:05:46	00:06:00	00:06:14
00:24:15	00:04:51	00:05:06	00:05:20	00:05:35	00:05:49	00:06:04	00:06:18
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00:26:15	00:05:15	00:05:31	00:05:47	00:06:02	00:06:18	00:06:34	00:06:50
00:26:30	00:05:18	00:05:34	00:05:50	00:06:06	00:06:22	00:06:38	00:06:53
00:26:45	00:05:21	00:05:37	00:05:53	00:06:09	00:06:25	00:06:41	00:06:57
00:27:00	00:05:24	00:05:40	00:05:56	00:06:13	00:06:29	00:06:45	00:07:01
00:27:15	00:05:27	00:05:43	00:06:00	00:06:16	00:06:32	00:06:49	00:07:05
00:27:30	00:05:30	00:05:46	00:06:03	00:06:19	00:06:36	00:06:52	00:07:09
00:27:45	00:05:33	00:05:50	00:06:06	00:06:23	00:06:40	00:06:56	00:07:13
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00:28:45	00:05:45	00:06:02	00:06:20	00:06:37	00:06:54	00:07:11	00:07:29
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00:30:15	00:06:03	00:06:21	00:06:39	00:06:57	00:07:16	00:07:34	00:07:52

Hastigheder (min/km) ved forskellig belastning							
5 km tid	100%	95%	90%	85%	80%	75%	70%
00:30:30	00:06:06	00:06:24	00:06:43	00:07:01	00:07:19	00:07:37	00:07:56
00:30:45	00:06:09	00:06:27	00:06:46	00:07:04	00:07:23	00:07:41	00:08:00
00:31:00	00:06:12	00:06:31	00:06:49	00:07:08	00:07:26	00:07:45	00:08:04
00:31:15	00:06:15	00:06:34	00:06:53	00:07:11	00:07:30	00:07:49	00:08:08
00:31:30	00:06:18	00:06:37	00:06:56	00:07:15	00:07:34	00:07:52	00:08:11
00:31:45	00:06:21	00:06:40	00:06:59	00:07:18	00:07:37	00:07:56	00:08:15
00:32:00	00:06:24	00:06:43	00:07:02	00:07:22	00:07:41	00:08:00	00:08:19
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00:33:15	00:06:39	00:06:59	00:07:19	00:07:39	00:07:59	00:08:19	00:08:39
00:33:30	00:06:42	00:07:02	00:07:22	00:07:42	00:08:02	00:08:23	00:08:43
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00:38:45	00:07:45	00:08:08	00:08:31	00:08:55	00:09:18	00:09:41	00:10:04
00:39:00	00:07:48	00:08:11	00:08:35	00:08:58	00:09:22	00:09:45	00:10:08