

FARTHOLDERE / PACERS



MIN/KM	SLUTTIDER
4:15	5 km: 21:15 min 10km: 42:30 min 15km: 1:03:45 min
4:30	5 km: 22:30 min 10km: 45:00 min 15km: 1:07:30 min
4:45	5 km: 23:45 min 10km: 47:30 min 15km: 1:11:15 min
5:00	5 km: 25:00 min 10km: 50:00 min 15km: 1:15:00 min
5:15	5 km: 26:15 min 10km: 52:30 min 15km: 1:18:45 min
5:30	5 km: 27:30 min 10km: 55:00 min 15km: 1:22:30 min
5:45	5 km: 28:45 min 10km: 57:30 min 15km: 1:26:15 min
6:00	5 km: 30:00 min 10km: 60:00 min 15km: 1:30:00 min
6:15	5 km: 31:15 min 10km: 1:02:30 min 15km: 1:33:45 min
6:30	5 km: 32:35 min 10km: 1:05:00 min 15km: 1:37:35 min
7:00	5 km: 35:00 min 10km: 1:10:00 min 15km: 1:45:00 min