

Angestrebte 5km Wettkampfzeit												
Lauf- einheit	Gehen Traben	17:00	18:00	19:00	20:00	21:00	22:00	23:00	25:00	27:00	30:00	35:00
200m	200m	00:39	00:41	00:44	00:46	00:48	00:51	00:53	00:58	01:03	01:10	01:22
250m	250m	00:49	00:51	00:55	00:58	01:01	01:04	01:06	01:13	01:19	01:28	01:43
400m	100m 300m	01:20	01:24	01:29	01:34	01:39	01:44	01:48	01:58	02:08	02:22	02:46
500m	100m 400m	01:39	01:43	01:51	01:57	02:03	02:09	02:13	02:27	02:39	02:57	03:27
1000m = Wkt	100m 650-700m	03:24 03:24	03:36 03:36	03:48 03:48	04:00 04:00	04:12 04:12	04:24 04:24	04:36 04:36	05:00 05:00	05:24 05:24	06:00 06:00	07:00 07:00

Angestrebte 10km Wettkampfzeit												
Lauf- einheit	Gehen Traben	35:00	36:00	37:00	38:00	39:00	40:00	41:00	42:00	45:00	50:00	01:00
400m	100m 300m	01:22	01:24	01:27	01:29	01:32	01:34	01:36	01:39	01:46	01:58	02:22
500m	100m 400m	01:45	01:48	01:51	01:54	01:57	02:00	02:03	02:06	02:15	02:30	03:00
1000m	100m 650-700m	03:35	03:41	03:47	03:53	03:59	04:05	04:11	04:17	04:35	05:05	06:05
Wettkampf- tempo		03:30	03:36	03:42	03:48	03:54	04:00	04:06	04:12	04:30	05:00	06:00

Angestrebte HM Wettkampfzeit												
Lauf- einheit	Gehen Traben	01:18	01:20	01:25	01:30	01:35	01:40	01:50	02:00	02:10	02:20	02:30
1000m	100m 650-700m	03:37	03:42	03:58	04:11	04:25	04:39	05:08	05:36	06:05	06:33	07:02
1500m	100m 650m	05:33	05:40	06:04	06:24	06:45	07:06	07:49	08:31	09:15	09:57	10:33
2000m	100m 900m	07:34	07:44	08:16	08:42	09:10	09:38	10:36	11:32	12:30	13:26	14:24
Wettkampf- tempo		03:42	03:47	04:03	04:16	04:30	04:44	05:13	05:41	06:10	06:38	07:07