

## Marschtabelle

## Lauffreff VfL Ahaus

1 km	1 mi = 1,61 km	5 km	8 km ≈ 5 mi	10 km	12 km	15 km	10 mi = 16,1 km	18 km	20 km	1/2-Marath. 21,0975 km	25 km	30 km	35 km	40 km	Marathon 42,195 km
03:30	00:05:38	00:17:30	00:28:00	00:35:00	00:42:00	00:52:30	00:56:21	01:03:00	01:10:00	01:13:50	01:27:30	01:45:00	02:02:30	02:20:00	02:27:41
03:35	00:05:46	00:17:55	00:28:40	00:35:50	00:43:00	00:53:45	00:57:42	01:04:30	01:11:40	01:15:36	01:29:35	01:47:30	02:05:25	02:23:20	02:31:12
03:40	00:05:54	00:18:20	00:29:20	00:36:40	00:44:00	00:55:00	00:59:02	01:06:00	01:13:20	01:17:21	01:31:40	01:50:00	02:08:20	02:26:40	02:34:43
03:45	00:06:02	00:18:45	00:30:00	00:37:30	00:45:00	00:56:15	01:00:23	01:07:30	01:15:00	01:19:07	01:33:45	01:52:30	02:11:15	02:30:00	02:38:14
03:50	00:06:10	00:19:10	00:30:40	00:38:20	00:46:00	00:57:30	01:01:43	01:09:00	01:16:40	01:20:52	01:35:50	01:55:00	02:14:10	02:33:20	02:41:45
03:55	00:06:18	00:19:35	00:31:20	00:39:10	00:47:00	00:58:45	01:03:04	01:10:30	01:18:20	01:22:38	01:37:55	01:57:30	02:17:05	02:36:40	02:45:16
04:00	00:06:26	00:20:00	00:32:00	00:40:00	00:48:00	01:00:00	01:04:24	01:12:00	01:20:00	01:24:23	01:40:00	02:00:00	02:20:00	02:40:00	02:48:47
04:05	00:06:34	00:20:25	00:32:40	00:40:50	00:49:00	01:01:15	01:05:45	01:13:30	01:21:40	01:26:09	01:42:05	02:02:30	02:22:55	02:43:20	02:52:18
04:10	00:06:43	00:20:50	00:33:20	00:41:40	00:50:00	01:02:30	01:07:05	01:15:00	01:23:20	01:27:54	01:44:10	02:05:00	02:25:50	02:46:40	02:55:49
04:15	00:06:51	00:21:15	00:34:00	00:42:30	00:51:00	01:03:45	01:08:26	01:16:30	01:25:00	01:29:40	01:46:15	02:07:30	02:28:45	02:50:00	02:59:20
04:20	00:06:59	00:21:40	00:34:40	00:43:20	00:52:00	01:05:00	01:09:46	01:18:00	01:26:40	01:31:25	01:48:20	02:10:00	02:31:40	02:53:20	03:02:51
04:25	00:07:07	00:22:05	00:35:20	00:44:10	00:53:00	01:06:15	01:11:07	01:19:30	01:28:20	01:33:11	01:50:25	02:12:30	02:34:35	02:56:40	03:06:22
04:30	00:07:15	00:22:30	00:36:00	00:45:00	00:54:00	01:07:30	01:12:27	01:21:00	01:30:00	01:34:56	01:52:30	02:15:00	02:37:30	03:00:00	03:09:53
04:35	00:07:23	00:22:55	00:36:40	00:45:50	00:55:00	01:08:45	01:13:47	01:22:30	01:31:40	01:36:42	01:54:35	02:17:30	02:40:25	03:03:20	03:13:24
04:40	00:07:31	00:23:20	00:37:20	00:46:40	00:56:00	01:10:00	01:15:08	01:24:00	01:33:20	01:38:27	01:56:40	02:20:00	02:43:20	03:06:40	03:16:55
04:45	00:07:39	00:23:45	00:38:00	00:47:30	00:57:00	01:11:15	01:16:28	01:25:30	01:35:00	01:40:13	01:58:45	02:22:30	02:46:15	03:10:00	03:20:26
04:50	00:07:47	00:24:10	00:38:40	00:48:20	00:58:00	01:12:30	01:17:49	01:27:00	01:36:40	01:41:58	02:00:50	02:25:00	02:49:10	03:13:20	03:23:57
04:55	00:07:55	00:24:35	00:39:20	00:49:10	00:59:00	01:13:45	01:19:09	01:28:30	01:38:20	01:43:44	02:02:55	02:27:30	02:52:05	03:16:40	03:27:28
05:00	00:08:03	00:25:00	00:40:00	00:50:00	01:00:00	01:15:00	01:20:30	01:30:00	01:40:00	01:45:29	02:05:00	02:30:00	02:55:00	03:20:00	03:30:58
05:05	00:08:11	00:25:25	00:40:40	00:50:50	01:01:00	01:16:15	01:21:50	01:31:30	01:41:40	01:47:15	02:07:05	02:32:30	02:57:55	03:23:20	03:34:29
05:10	00:08:19	00:25:50	00:41:20	00:51:40	01:02:00	01:17:30	01:23:11	01:33:00	01:43:20	01:49:00	02:09:10	02:35:00	03:00:50	03:26:40	03:38:00
05:15	00:08:27	00:26:15	00:42:00	00:52:30	01:03:00	01:18:45	01:24:31	01:34:30	01:45:00	01:50:46	02:11:15	02:37:30	03:03:45	03:30:00	03:41:31
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