

## Intensiteit - te lopen tempo's:

A.D.	70 %	75%	80%	85%	90%	95%	100%	105%	110%	115%	120%	
<b>3'00"</b>	25.5"	24"	22.5"	21"	20"	19"	18"	17"	16.5"	15.5"	15"	<b>100 M.</b>
	4'17"	4'00"	3'45"	3'32"	3'20"	3'09"	3'00"	2'51"	2'44"	2'37"	2'30"	<b>1000 M.</b>
<b>3'05"</b>	26.5"	24.5"	23"	22"	20.5"	19.5"	18.5"	17.5"	17"	16"	15.5"	<b>100 M.</b>
	4'24"	4'07"	3'51"	3'38"	3'26"	3'15"	3'05"	2'56"	2'48"	2'41"	2'34"	<b>1000 M.</b>
<b>3'10"</b>	27"	25.5"	24"	22.5"	21"	21.5"	19"	18"	17.5"	16.5"	16"	<b>100 M.</b>
	4'31"	4'13"	3'58"	3'44"	3'31"	3'36"	3'10"	3'01"	2'53"	2'45"	2'38"	<b>1000 M.</b>
<b>3'15"</b>	28"	26"	24.5"	23"	21.5"	20.5"	19.5"	18.5"	17.5"	17"	16"	<b>100 M.</b>
	4'39"	4'20"	4'04"	3'49"	3'37"	3'25"	3'15"	3'06"	2'57"	2'49"	2'42"	<b>1000 M.</b>
<b>3'20"</b>	28.5"	26.5"	25"	23.5"	22"	21"	20"	19"	18"	17.5"	16.5"	<b>100 M.</b>
	4'46"	4'27"	4'10"	3'55"	3'42"	3'31"	3'20"	3'10"	3'01"	2'54"	2'46"	<b>1000 M.</b>
<b>3'25"</b>	29.5"	27.5"	25.5"	24"	23"	21.5"	20.5"	19.5"	18.5"	18"	17"	<b>100 M.</b>
	4'53"	4'33"	4'16"	4'01"	3'48"	3'36"	3'25"	3'15"	3'06"	2'58"	2'51"	<b>1000 M.</b>
<b>3'30"</b>	30"	28"	26.5"	24.5"	23.5"	22"	21"	20"	19"	18.5"	17.5"	<b>100 M.</b>
	5'00"	4'40"	4'23"	4'07"	3'53"	3'41"	3'30"	3'20"	3'11"	3'03"	2'55"	<b>1000 M.</b>
<b>3'35"</b>	30.5"	28.5"	27"	25.5"	24"	22.5"	21.5"	20.5"	19.5"	18.5"	18"	<b>100 M.</b>
	5'07"	4'47"	4'29"	4'13"	3'59"	3'46"	3'35"	3'25"	3'15"	3'07"	2'59"	<b>1000 M.</b>
<b>3'40"</b>	31.5"	29.5"	27.5"	26"	24.5"	23"	22"	21"	20"	19"	18.5"	<b>100 M.</b>
	5'14"	4'53"	4'35"	4'19"	4'04"	3'52"	3'40"	3'30"	3'20"	3'11"	3'03"	<b>1000 M.</b>
<b>3'45"</b>	32"	30"	28"	26.5"	25"	23.5"	22.5"	21.5"	20.5"	19.5"	19"	<b>100 M.</b>
	5'21"	5'00"	4'41"	4'25"	4'10"	3'57"	3'45"	3'35"	3'25"	3'16"	3'08"	<b>1000 M.</b>
<b>3'50"</b>	33"	30.5"	29"	27"	25.5"	24"	23"	22"	21"	20"	19"	<b>100 M.</b>
	5'29"	5'07"	4'48"	4'31"	4'16"	4'02"	3'50"	3'39"	3'29"	3'20"	3'12"	<b>1000 M.</b>
<b>3'55"</b>	33.5"	31.5"	29.5"	27.5"	26"	24.5"	23.5"	22.5"	21.5"	20.5"	19.5"	<b>100 M.</b>
	5'36"	5'13"	4'54"	4'36"	4'21"	4'07"	3'55"	3'44"	3'34"	3'24"	3'16"	<b>1000 M.</b>
<b>4'00"</b>	34.5"	32"	30"	28"	26.5"	25.5"	24"	23"	22"	21"	20"	<b>100 M.</b>
	5'43"	5'20"	5'00"	4'42"	4'27"	4'13"	4'00"	3'49"	3'38"	3'28"	3'20"	<b>1000 M.</b>
<b>4'05"</b>	35"	32.5"	30.5"	29"	27"	26"	24'5"	23.5"	22.5"	21.5"	20.5"	<b>100 M.</b>
	5'50"	5'26"	5'06"	4'48"	4'32"	4'18"	4'05"	3'54"	3'43"	3'33"	3'24"	<b>1000 M.</b>
<b>4'10"</b>	35.5"	33.5"	31.5"	29.5"	28"	26.5"	25"	24"	22.5"	21.5"	21"	<b>100 M.</b>
	5'57"	5'33"	5'13"	4'54"	4'38"	4'23"	4'10"	3'58"	3'47"	3'37"	3'28"	<b>1000 M.</b>
<b>4'15"</b>	36.5"	34"	32"	30"	28.5"	27"	25'5"	24.5"	23"	22"	21.5"	<b>100 M.</b>
	6'04"	5'40"	5'19"	5'00"	4'43"	4'28"	4'15"	4'03"	3'52"	3'42"	3'33"	<b>1000 M.</b>
<b>4'20"</b>	37"	34.5"	32.5"	30.5"	29"	27.5"	26"	25"	23.5"	22.5"	21.5"	<b>100 M.</b>
	6'11"	5'47"	5'25"	5'06"	4'49"	4'34"	4'20"	4'08"	3'56"	3'46"	3'36"	<b>1000 M.</b>
<b>4'25"</b>	38"	35"	33"	31"	29.5"	28"	26.5"	25.5"	24"	23"	22"	<b>100 M.</b>
	6'19"	5'53"	5'31"	5'12"	4'54"	4'39"	4'25"	4'13"	4'01"	3'50"	3'41"	<b>1000 M.</b>
<b>4'30"</b>	38.5"	36"	34"	32"	30"	28.5"	27"	25.5"	24.5"	23.5"	22.5"	<b>100 M.</b>
	6'26"	6'00"	5'38"	5'18"	5'00"	4'44"	4'30"	4'17"	4'05"	3'55"	3'45"	<b>1000 M.</b>

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A.D.	70 %	75%	80%	85%	90%	95%	100%	105%	110%	115%	120%	
<b>4'30"</b>	38.5"	36"	34"	32"	30"	28.5"	27"	25.5"	24.5"	23.5"	22.5"	<b>100 M.</b>
	6'26"	6'00"	5'38"	5'18"	5'00"	4'44"	4'30"	4'17"	4'05"	3'55"	3'45"	<b>1000 M.</b>
<b>4'35"</b>	39.5"	36.5"	34.5"	32.5"	30.5"	29"	27.5"	26"	25"	24"	23"	<b>100 M.</b>
	6'33"	6'07"	5'44"	5'24"	5'06"	4'49"	4'35"	4'22"	4'10"	3'59"	3'49"	<b>1000 M.</b>
<b>4'40"</b>	40"	37.5"	35"	33"	31"	29.5"	28"	26.5"	25.5"	24.5"	23.5"	<b>100 M.</b>
	6'40"	6'13"	5'50"	5'29"	5'11"	4'55"	4'40"	4'27"	4'15"	4'03"	3'53"	<b>1000 M.</b>
<b>4'45"</b>	40.5"	38"	35.5"	33.5"	31.5"	30"	28.5"	27"	26"	25"	24"	<b>100 M.</b>
	6'47"	6'20"	5'56"	5'35"	5'17"	5'00"	4'45"	4'31"	4'19"	4'08"	3'58"	<b>1000 M.</b>
<b>4'50"</b>	41.5"	38.5"	36.5"	34"	32"	30.5"	29"	27.5"	26.5"	25"	24"	<b>100 M.</b>
	6'54"	6'27"	6'03"	5'41"	5'22"	5'05"	4'50"	4'36"	4'24"	4'12"	4'02"	<b>1000 M.</b>
<b>4'55"</b>	42"	39.5"	37"	34.5"	33"	31"	29.5"	28"	27"	25.5"	24.5"	<b>100 M.</b>
	7'01"	6'33"	6'09"	5'47"	5'28"	5'11"	4'55"	4'41"	4'28"	4'17"	4'06"	<b>1000 M.</b>
<b>5'00"</b>	43"	40"	37.5"	35.5"	33.5"	31.5"	30"	28.5"	27.5"	26"	25"	<b>100 M.</b>
	7'09"	6'40"	6'15"	5'53"	5'33"	5'16"	5'00"	4'46"	4'33"	4'21"	4'10"	<b>1000 M.</b>
<b>5'05"</b>	43.5"	40.5"	38"	36"	34"	32"	30.5"	29"	27.5"	26.5"	25.5"	<b>100 M.</b>
	7'16"	6'47"	6'21"	5'59"	5'39"	5'21"	5'05"	4'50"	4'37"	4'25"	4'14"	<b>1000 M.</b>
<b>5'10"</b>	44.5"	41.5"	39"	36.5"	34.5"	32.5"	31"	29.5"	28"	27"	26"	<b>100 M.</b>
	7'23"	6'53"	6'28"	6'05"	5'44"	5'26"	5'10"	4'55"	4'41"	4'30"	4'18"	<b>1000 M.</b>
<b>5'15"</b>	45"	42"	39.5"	37"	35"	33"	31.5"	30"	28.5"	27.5"	26"	<b>100 M.</b>
	7'30"	7'00"	6'34"	6'11"	5'50"	5'32"	5'15"	5'00"	4'46"	4'34"	4'22"	<b>1000 M.</b>
<b>5'20"</b>	45.5"	42.5"	40"	37.5"	35.5"	33.5"	32"	30.5"	29"	28"	26.5"	<b>100 M.</b>
	7'37"	7'07"	6'40"	6'16"	5'55"	5'37"	5'20"	5'05"	4'51"	4'38"	4'27"	<b>1000 M.</b>
<b>5'25"</b>	46.5"	43.5"	40.5"	38"	36"	34"	32.5"	31"	29.5"	28.5"	27"	<b>100 M.</b>
	7'44"	7'13"	6'46"	6'22"	6'01"	5'42"	5'25"	5'10"	4'55"	4'43"	4'31"	<b>1000 M.</b>
<b>5'30"</b>	47"	44"	41"	39"	36.5"	34.5"	33"	31.5"	30"	28.5"	27.5"	<b>100 M.</b>
	7'51"	7'20"	6'52"	6'28"	6'07"	5'47"	5'30"	5'14"	5'00"	4'47"	4'35"	<b>1000 M.</b>
<b>5'35"</b>	48"	44.5"	42"	39.5"	37"	35.5"	33.5"	32"	30.5"	29"	28"	<b>100 M.</b>
	7'59"	7'27"	6'59"	6'34"	6'12"	6'53"	5'35"	5'19"	5'05"	4'51"	4'39"	<b>1000 M.</b>
<b>5'40"</b>	48.5"	45.5"	42.5"	40"	38"	36"	34"	32.5"	31"	29.5"	28.5"	<b>100 M.</b>
	8'06"	7'33"	7'05"	6'40"	6'18"	6'58"	5'40"	5'24"	5'09"	4'56"	4'43"	<b>1000 M.</b>
<b>5'45"</b>	49.5"	46"	43"	40.5"	38.5"	36.5"	34.5"	33"	31.5"	30"	28.5"	<b>100 M.</b>
	8'13"	7'40"	7'11"	6'46"	6'23"	6'03"	5'45"	5'29"	5'14"	5'00"	4'47"	<b>1000 M.</b>
<b>5'50"</b>	50"	46.5"	43.5"	41"	39"	37"	35"	33.5"	32"	30.5"	29"	<b>100 M.</b>
	8'20"	7'47"	7'17"	6'52"	6'29"	6'08"	5'50"	5'33"	5'18"	5'04"	4'52"	<b>1000 M.</b>
<b>5'55"</b>	50.5"	47.5"	44.5"	41.5"	39.5"	37.5"	35.5"	34"	32.5"	31"	29.5"	<b>100 M.</b>
	8'27"	7'53"	7'24"	6'58"	6'34"	6'14"	5'55"	5'38"	5'23"	5'09"	4'56"	<b>1000 M.</b>
<b>6'00"</b>	51.5"	48"	45"	42.5"	40"	38"	36"	34.5"	32.5"	31.5"	30"	<b>100 M.</b>
	8'34"	8'00"	7'30"	7'03"	6'40"	6'19"	6'00"	5'43"	5'27"	5'13"	5'00"	<b>1000 M.</b>