

PACE AND RACE

Brug vores tabel til at regne dine kilometertider, slutstidspunkter eller beregne dit næste mål.



KM/T	3km	5km	10km	12km	15km	20km	21,1km	25km	30km	35km	42,195
20,00	00:09:00	00:15:00	00:30:00	00:36:00	00:45:00	01:00:00	01:03:18	01:15:00	01:30:00	01:45:00	02:06:35
19,50	00:09:14	00:15:23	00:30:48	00:36:55	00:46:09	01:01:32	01:04:55	01:16:55	01:32:18	01:47:42	02:09:50
19,00	00:09:28	00:15:47	00:31:35	00:37:54	00:47:22	01:03:09	01:06:37	01:18:57	01:34:44	01:50:32	02:13:15
18,50	00:09:44	00:16:13	00:32:26	00:38:55	00:48:39	01:04:52	01:08:25	01:21:05	01:37:18	01:53:31	02:16:51
18,00	00:10:00	00:16:40	00:33:20	00:40:00	00:50:00	01:06:40	01:10:20	01:23:20	01:40:00	01:56:40	02:20:39
17,50	00:10:17	00:17:09	00:34:17	00:41:09	00:51:26	01:08:34	01:12:20	01:25:43	01:42:51	02:00:00	02:24:40
17,00	00:10:35	00:17:39	00:35:18	00:42:21	00:52:56	01:10:35	01:14:28	01:28:14	01:45:53	02:03:32	02:28:55
16,50	00:10:55	00:18:11	00:36:22	00:43:38	00:54:33	01:12:44	01:16:43	01:30:55	01:49:05	02:07:16	02:33:26
16,00	00:11:15	00:18:45	00:37:30	00:45:00	00:56:15	01:15:00	01:19:07	01:33:45	01:52:30	02:11:15	02:38:14
15,50	00:11:37	00:19:21	00:38:43	00:46:27	00:58:04	01:17:25	01:21:40	01:36:46	01:56:08	02:15:29	02:43:20
15,00	00:12:00	00:20:00	00:40:00	00:48:00	01:00:00	01:20:00	01:24:23	01:40:00	02:00:00	02:20:00	02:48:47
14,50	00:12:25	00:20:41	00:41:23	00:49:39	01:02:04	01:22:46	01:27:16	01:43:27	02:04:08	02:24:50	02:54:36
14,00	00:12:51	00:21:26	00:42:51	00:51:26	01:04:17	01:25:43	01:30:25	01:47:09	02:08:34	02:30:00	03:00:50
13,50	00:13:20	00:22:13	00:44:27	00:53:20	01:06:40	01:28:53	01:33:46	01:51:07	02:13:20	02:35:33	03:07:32
13,00	00:13:51	00:23:05	00:46:09	00:55:23	01:09:14	01:32:18	01:37:22	01:55:23	02:18:28	02:41:32	03:14:45
12,50	00:14:24	00:24:00	00:48:00	00:57:36	01:12:00	01:36:00	01:41:16	02:00:00	02:24:00	02:48:00	03:22:32
12,00	00:15:00	00:25:00	00:50:00	01:00:00	01:15:00	01:40:00	01:45:29	02:05:00	02:30:00	02:55:00	03:30:59
11,50	00:15:39	00:26:05	00:52:10	01:02:37	01:18:16	01:44:21	01:50:04	02:10:26	02:36:31	03:02:37	03:40:09
11,00	00:16:22	00:27:16	00:54:33	01:05:27	01:21:49	01:49:05	01:55:05	02:16:22	02:43:38	03:10:55	03:50:09
10,50	00:17:09	00:28:34	00:57:09	01:08:34	01:25:43	01:54:17	02:00:33	02:22:51	02:51:26	03:20:00	04:01:07
10,00	00:18:00	00:30:00	01:00:00	01:12:00	01:30:00	02:00:00	02:06:35	02:30:00	03:00:00	03:30:00	04:13:10
9,50	00:18:57	00:31:35	01:03:09	01:15:47	01:34:44	02:06:19	02:13:15	02:37:54	03:09:28	03:41:03	04:26:30
9,00	00:20:00	00:33:20	01:06:40	01:20:00	01:40:00	02:13:20	02:20:39	02:46:40	03:20:00	03:53:20	04:41:18
8,50	00:21:11	00:35:18	01:10:35	01:24:42	01:45:53	02:21:11	02:28:55	02:58:28	03:31:46	04:07:04	04:57:51

PACE AND RACE

Brug vores tabel til at regne dine kilometertider, sluttidspunkter eller beregne dit næste mål.



Min pr. km	3km	5km	10km	12km	15km	20km	21,1km	25km	30km	35km	42,195
03:00	00:09:00	00:15:00	00:30:00	00:36:00	00:45:00	01:00:00	01:03:18	01:15:00	01:30:00	01:45:00	02:06:35
03:15	09:45:00	00:16:15	00:32:30	00:39:00	00:48:45	01:05:00	01:08:34	01:21:15	01:37:30	01:53:45	02:17:08
03:30	00:10:30	00:17:30	00:35:00	00:42:00	00:52:30	01:10:00	01:13:50	01:27:30	01:45:00	02:02:30	02:27:41
03:45	00:11:15	00:18:45	00:37:30	00:45:00	00:56:15	01:15:00	01:19:07	01:33:45	01:52:30	02:11:15	02:38:14
04:00	00:12:00	00:20:00	00:40:00	00:48:00	01:00:00	01:20:00	01:24:23	01:40:00	02:00:00	02:20:00	02:48:47
04:15	00:12:45	00:21:15	00:42:30	00:51:00	01:03:45	01:25:00	01:29:40	01:46:15	02:07:30	02:28:45	02:59:20
04:30	00:13:30	00:22:30	00:45:00	00:54:00	01:07:30	01:30:00	01:34:56	01:52:30	02:15:00	02:37:30	03:09:53
04:45	00:14:15	00:23:45	00:47:30	00:57:00	01:11:15	01:35:00	01:40:13	01:58:45	02:22:30	02:46:15	03:20:26
05:00	00:15:00	00:25:00	00:50:00	01:00:00	01:15:00	01:40:00	01:45:29	02:05:00	02:30:00	02:55:00	03:30:59
05:15	00:15:45	00:26:15	00:52:30	01:03:00	01:18:45	01:45:00	01:50:46	02:11:15	02:37:30	03:03:45	03:41:31
05:30	00:16:30	00:27:30	00:55:00	01:06:00	01:22:30	01:50:00	01:56:02	02:17:30	02:45:00	03:12:30	03:52:04
05:45	00:17:15	00:28:45	00:57:30	01:09:00	01:26:15	01:55:00	02:01:19	02:23:45	02:52:30	03:21:15	04:02:37
06:00	00:18:00	00:30:00	01:00:00	01:12:00	01:30:00	02:00:00	02:06:35	02:30:00	03:00:00	03:30:00	04:13:10
06:15	00:18:45	00:31:15	01:02:30	01:15:00	01:33:45	02:05:00	02:11:52	02:38:15	03:07:30	03:38:45	04:23:43
06:30	00:19:30	00:32:30	01:05:00	01:18:00	01:37:30	02:10:00	02:17:08	02:42:30	03:15:00	03:47:30	04:34:16
06:45	00:20:15	00:33:45	01:07:30	01:21:00	01:41:15	02:15:00	02:22:24	02:48:45	03:22:30	03:58:15	04:44:49
07:00	00:21:00	00:35:00	01:10:00	01:24:00	01:45:00	02:20:00	02:27:41	02:55:00	03:30:00	04:05:00	04:55:22
07:15	00:21:45	00:36:15	01:12:30	01:27:00	01:48:45	02:25:00	02:32:57	03:01:15	03:37:30	04:13:45	05:05:55
07:30	00:22:30	00:37:30	01:15:00	01:30:00	01:52:30	02:30:00	02:38:14	03:07:30	03:45:00	04:22:30	05:16:28
07:45	00:23:15	00:38:45	01:17:30	01:33:00	01:56:15	02:35:00	02:43:30	03:13:45	03:52:30	04:31:15	05:27:01
08:00	00:24:00	00:40:00	01:20:00	01:36:00	02:00:00	02:40:00	02:48:47	03:20:00	04:00:00	04:40:00	05:37:34
08:15	00:24:45	00:41:15	01:22:30	01:39:00	02:03:45	02:45:00	02:54:03	03:26:15	04:07:30	04:48:45	05:48:07
08:30	00:25:30	00:42:30	01:25:00	01:42:00	02:07:30	02:50:00	02:59:20	03:32:30	04:15:00	04:57:30	05:58:39
08:45	00:26:15	00:43:45	01:27:30	01:45:00	02:11:15	02:55:00	03:04:36	03:38:45	04:22:30	05:06:15	06:09:12