

KONDITIONSIDROTT.SE

Utbildning & Kunskap



5 kilometer - Mål: 15/20/25/30 minuter

	15 min	20min	25 min	30 min
Kravprofil				
400m	00:53	01:10	01:28	01:46
1000m	02:33	03:24	04:15	05:06
3000m	08:32	11:23	14:13	17:04
5000m	15:00	20:00	25:00	30:00
10000m	31:09:00	41:32:00	51:55:00	01:02:18
1/2 mara	01:09:27	01:32:36	01:55:45	02:18:54
Marathon	02:26:10	03:14:53	04:03:36	04:52:00

10 kilometer - Mål: 35/40/50/55 minuter

	35 min	40 min	50 min	55 min
Kravprofil				
400m	00:59	01:08	01:25	01:34
1000m	02:51	03:16	04:05	04:30
3000m	09:36	10:57	13:42	15:04
5000m	16:51	19:16	24:05	16:29
10000m	35:00:00	40:00:00	50:00:00	55:00:00
1/2 mara	01:18:00	01:29:10	01:51:28	02:02:37
Marathon	02:44:13	03:07:40	03:54:35	04:18:03

Halvmarathon - Mål: 1.20/1.45/2.00/2.15 minuter

	1h 20 min	1h 45 min	2h	2h 15 min
Kravprofil				
400m	01:01	01:20	01:31	01:43
1000m	02:56	03:51	04:24	04:57
3000m	09:50	12:54	14:45	16:35
5000m	17:17	22:41	25:55:00	29:09:00
10000m	35:53:00	47:06:00	53:50:00	01:00:33
1/2 mara	01:20:00	01:45:00	02:00:00	02:15:00
Marathon	02:48:22	03:40:59	04:12:33	04:44:07

Marathon - Mål: 1.20/1.45/2.00/2.15 minuter

	3h	3h 30 min	4h	4h 30 min
Kravprofil				
400m	01:05	01:16	01:27	01:37
1000m	03:08	03:39	04:11	04:42
3000m	10:31	15:16	14:01	15:46
5000m	18:28	21:33	24:38:00	27:43:00
10000m	38:22:00	44:46:00	51:09:00	57:33:00
1/2 mara	01:25:32	01:39:47	01:54:02	02:08:18
Marathon	03:00:00	03:30:00	04:00:00	04:30:00

