

10km-Zeit	200m-Intervall	1.Block	2.Block	3.Block	4.Block	5.Block	6.Block	7.Block
00:32:00	00:00:38	00:00:40	00:00:38	00:00:36	00:00:34	00:00:32	00:00:30	00:00:29
00:32:30	00:00:39	00:00:41	00:00:39	00:00:37	00:00:35	00:00:33	00:00:31	00:00:29
00:33:00	00:00:40	00:00:41	00:00:40	00:00:37	00:00:35	00:00:33	00:00:31	00:00:30
00:33:30	00:00:40	00:00:42	00:00:40	00:00:38	00:00:36	00:00:34	00:00:32	00:00:30
00:34:00	00:00:41	00:00:43	00:00:41	00:00:38	00:00:37	00:00:34	00:00:32	00:00:31
00:34:30	00:00:41	00:00:43	00:00:41	00:00:39	00:00:37	00:00:35	00:00:33	00:00:31
00:35:00	00:00:42	00:00:44	00:00:42	00:00:39	00:00:38	00:00:35	00:00:33	00:00:32
00:35:30	00:00:43	00:00:44	00:00:43	00:00:40	00:00:38	00:00:36	00:00:34	00:00:32
00:36:00	00:00:43	00:00:45	00:00:43	00:00:41	00:00:39	00:00:36	00:00:34	00:00:32
00:36:30	00:00:44	00:00:46	00:00:44	00:00:41	00:00:39	00:00:37	00:00:35	00:00:33
00:37:00	00:00:44	00:00:46	00:00:44	00:00:42	00:00:40	00:00:37	00:00:35	00:00:33
00:37:30	00:00:45	00:00:47	00:00:45	00:00:42	00:00:40	00:00:38	00:00:36	00:00:34
00:38:00	00:00:46	00:00:48	00:00:46	00:00:43	00:00:41	00:00:38	00:00:36	00:00:34
00:38:30	00:00:46	00:00:48	00:00:46	00:00:43	00:00:41	00:00:39	00:00:37	00:00:35
00:39:00	00:00:47	00:00:49	00:00:47	00:00:44	00:00:42	00:00:39	00:00:37	00:00:35
00:39:30	00:00:47	00:00:49	00:00:47	00:00:44	00:00:42	00:00:40	00:00:38	00:00:36
00:40:00	00:00:48	00:00:50	00:00:48	00:00:45	00:00:43	00:00:40	00:00:38	00:00:36
00:40:30	00:00:49	00:00:51	00:00:49	00:00:46	00:00:44	00:00:40	00:00:38	00:00:36
00:41:00	00:00:49	00:00:51	00:00:49	00:00:46	00:00:44	00:00:41	00:00:39	00:00:37
00:41:30	00:00:50	00:00:52	00:00:50	00:00:47	00:00:45	00:00:41	00:00:39	00:00:37
00:42:00	00:00:50	00:00:52	00:00:50	00:00:47	00:00:45	00:00:42	00:00:40	00:00:38
00:42:30	00:00:51	00:00:53	00:00:51	00:00:48	00:00:46	00:00:43	00:00:40	00:00:38
00:43:00	00:00:52	00:00:54	00:00:52	00:00:48	00:00:46	00:00:43	00:00:41	00:00:39