

Dein persönliches Leistungsprofil

Anleitung: www.lauftipps.ch auf Seitencode LT123

5 km	10 km	21.1 km	42.2 km
00:13:00	00:27:01	01:00:04	02:06:02
00:13:30	00:28:03	01:02:23	02:10:53
00:14:00	00:29:05	01:04:41	02:15:44
00:14:30	00:30:08	01:07:00	02:20:35
00:15:00	00:31:10	01:09:19	02:25:26
00:15:30	00:32:12	01:11:37	02:30:16
00:16:00	00:33:15	01:13:56	02:35:07
00:16:30	00:34:17	01:16:14	02:39:58
00:17:00	00:35:19	01:18:33	02:44:49
00:17:30	00:36:22	01:20:52	02:49:40
00:18:00	00:37:24	01:23:10	02:54:31
00:18:30	00:38:26	01:25:29	02:59:22
00:19:00	00:39:29	01:27:48	03:04:12
00:19:30	00:40:31	01:30:06	03:09:03
00:20:00	00:41:33	01:32:25	03:13:54
00:20:30	00:42:36	01:34:43	03:18:45
00:21:00	00:43:38	01:37:02	03:23:36
00:21:30	00:44:40	01:39:21	03:28:27
00:22:00	00:45:43	01:41:39	03:33:18
00:22:30	00:46:45	01:43:58	03:38:08
00:23:00	00:47:47	01:46:17	03:42:59
00:23:30	00:48:50	01:48:35	03:47:50
00:24:00	00:49:52	01:50:54	03:52:41
00:24:30	00:50:54	01:53:12	03:57:32
00:25:00	00:51:57	01:55:31	04:02:23
00:25:30	00:52:59	01:57:50	04:07:14
00:26:00	00:54:01	02:00:08	04:12:04
00:26:30	00:55:04	02:02:27	04:16:55
00:27:00	00:56:06	02:04:46	04:21:46
00:27:30	00:57:08	02:07:04	04:26:37
00:28:00	00:58:11	02:09:23	04:31:28
00:28:30	00:59:13	02:11:41	04:36:19
00:29:00	01:00:15	02:14:00	04:41:10
00:29:30	01:01:18	02:16:19	04:46:00
00:30:00	01:02:20	02:18:37	04:50:51
00:30:30	01:03:22	02:20:56	04:55:42
00:31:00	01:04:25	02:23:14	05:00:33
00:31:30	01:05:27	02:25:33	05:05:24
00:32:00	01:06:29	02:27:52	05:10:15
00:32:30	01:07:32	02:30:10	05:15:06
00:33:00	01:08:34	02:32:29	05:19:56
00:33:30	01:09:36	02:34:48	05:24:47
00:34:00	01:10:39	02:37:06	05:29:38
00:34:30	01:11:41	02:39:25	05:34:29
00:35:00	01:12:43	02:41:43	05:39:20
00:35:30	01:13:46	02:44:02	05:44:11