

# TABUĽKA TEMPA

Priemerné tempo na:	Výsledný čas na:					Výsledná vzdialenosť za:	
	500 m	1 000 m	2 000 m	5 000 m	6 000 m	10 000 m	30 min.
01:40:00	3:20	6:40	16:40	20:00	33:20	9 000	18 000
01:42:00	3:24	6:48	17:00	20:24	34:00	8 824	17 647
01:44:00	3:28	6:56	17:20	20:48	34:40	8 654	17 308
01:46:00	3:32	7:04	17:40	21:12	35:20	8 491	16 981
01:48:00	3:36	7:12	18:00	21:36	36:00	8 333	16 667
01:50:00	3:40	7:20	18:20	22:00	36:40	8 182	16 364
01:52:00	3:44	7:28	18:40	22:24	37:20	8 036	16 071
01:54:00	3:48	7:36	19:00	22:48	38:00	7 895	15 789
01:56:00	3:52	7:44	19:20	23:12	38:40	7 759	15 517
01:58:00	3:56	7:52	19:40	23:36	39:20	7 627	15 254
02:00:00	4:00	8:00	20:00	24:00	40:00	7 500	15 000
02:02:00	4:04	8:08	20:20	24:24	40:40	7 377	14 754
02:04:00	4:08	8:16	20:40	24:48	41:20	7 258	14 516
02:06:00	4:12	8:24	21:00	25:12	42:00	7 143	14 286
02:08:00	4:16	8:32	21:20	25:36	42:40	7 031	14 063
02:10:00	4:20	8:40	21:40	26:00	43:20	6 923	13 846
02:12:00	4:24	8:48	22:00	26:24	44:00	6 818	13 636
02:14:00	4:28	8:56	22:20	26:48	44:40	6 716	13 433
02:16:00	4:32	9:04	22:40	27:12	45:20	6 618	13 235
02:18:00	4:36	9:12	23:00	27:36	46:00	6 522	13 043
02:20:00	4:40	9:20	23:20	28:00	46:40	6 429	12 857
02:22:00	4:44	9:28	23:40	28:24	47:20	6 338	12 676
02:24:00	4:48	9:36	24:00	28:48	48:00	6 250	12 500
02:26:00	4:52	9:44	24:20	29:12	48:40	6 164	12 329
02:28:00	4:56	9:52	24:40	29:36	49:20	6 081	12 162
02:30:00	5:00	10:00	25:00	30:00	50:00	6 000	12 000
02:32:00	5:04	10:08	25:20	30:24	50:40	5 921	11 842
02:34:00	5:08	10:16	25:40	30:48	51:20	5 844	11 688
02:36:00	5:12	10:24	26:00	31:12	52:00	5 769	11 538
02:38:00	5:16	10:32	26:20	31:36	52:40	5 696	11 392
02:40:00	5:20	10:40	26:40	32:00	53:20	5 625	11 250
02:42:00	5:24	10:48	27:00	32:24	54:00	5 556	11 111
02:44:00	5:28	10:56	27:20	32:48	54:40	5 488	10 976
02:46:00	5:32	11:04	27:40	33:12	55:20	5 422	10 843
02:48:00	5:36	11:12	28:00	33:36	56:00	5 357	10 714
02:50:00	5:40	11:20	28:20	34:00	56:40	5 294	10 588
02:52:00	5:44	11:28	28:40	34:24	57:20	5 233	10 465
02:54:00	5:48	11:36	29:00	34:48	58:00	5 172	10 345
02:56:00	5:52	11:44	29:20	35:12	58:40	5 114	10 227
02:58:00	5:56	11:52	29:40	35:36	59:20	5 056	10 112
03:00:00	6:00	12:00	30:00	36:00	60:00	5 000	10 000