

Tempoflex-træning

Distance i "m" 1000		Fix tid i "min:st02:30				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:33	00:32	00:31	00:30	00:29
Summeret tid		00:33	01:05	01:36	02:06	02:35
Interval nr. 2	00:02	00:36	00:34	00:32	00:30	00:28
Summeret tid		00:36	01:10	01:42	02:12	02:40
Interval nr. 3	00:03	00:39	00:36	00:33	00:30	00:27
Summeret tid		00:39	01:15	01:48	02:18	02:45
Interval nr. 4	00:04	00:42	00:38	00:34	00:30	00:26
Summeret tid		00:42	01:20	01:54	02:24	02:50
Interval nr. 5	00:05	00:45	00:40	00:35	00:30	00:25
Summeret tid		00:45	01:25	02:00	02:30	02:55

Distance i "m" 1000		Fix tid i "min:st02:35				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:34	00:33	00:32	00:31	00:30
Summeret tid		00:34	01:07	01:39	02:10	02:40
Interval nr. 2	00:02	00:37	00:35	00:33	00:31	00:29
Summeret tid		00:37	01:12	01:45	02:16	02:45
Interval nr. 3	00:03	00:40	00:37	00:34	00:31	00:28
Summeret tid		00:40	01:17	01:51	02:22	02:50
Interval nr. 4	00:04	00:43	00:39	00:35	00:31	00:27
Summeret tid		00:43	01:22	01:57	02:28	02:55
Interval nr. 5	00:05	00:46	00:41	00:36	00:31	00:26
Summeret tid		00:46	01:27	02:03	02:34	03:00

Distance i "m" 1000		Fix tid i "min:st02:40				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:35	00:34	00:33	00:32	00:31
Summeret tid		00:35	01:09	01:42	02:14	02:45
Interval nr. 2	00:02	00:38	00:36	00:34	00:32	00:30
Summeret tid		00:38	01:14	01:48	02:20	02:50
Interval nr. 3	00:03	00:41	00:38	00:35	00:32	00:29
Summeret tid		00:41	01:19	01:54	02:26	02:55
Interval nr. 4	00:04	00:44	00:40	00:36	00:32	00:28
Summeret tid		00:44	01:24	02:00	02:32	03:00
Interval nr. 5	00:05	00:47	00:42	00:37	00:32	00:27
Summeret tid		00:47	01:29	02:06	02:38	03:05

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Distance i "m" 1000		Fix tid i "min:st02:45				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:36	00:35	00:34	00:33	00:32
Summeret tid		00:36	01:11	01:45	02:18	02:50
Interval nr. 2	00:02	00:39	00:37	00:35	00:33	00:31
Summeret tid		00:39	01:16	01:51	02:24	02:55
Interval nr. 3	00:03	00:42	00:39	00:36	00:33	00:30
Summeret tid		00:42	01:21	01:57	02:30	03:00
Interval nr. 4	00:04	00:45	00:41	00:37	00:33	00:29
Summeret tid		00:45	01:26	02:03	02:36	03:05
Interval nr. 5	00:05	00:48	00:43	00:38	00:33	00:28
Summeret tid		00:48	01:31	02:09	02:42	03:10

Distance i "m" 1000		Fix tid i "min:st02:50				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:37	00:36	00:35	00:34	00:33
Summeret tid		00:37	01:13	01:48	02:22	02:55
Interval nr. 2	00:02	00:40	00:38	00:36	00:34	00:32
Summeret tid		00:40	01:18	01:54	02:28	03:00
Interval nr. 3	00:03	00:43	00:40	00:37	00:34	00:31
Summeret tid		00:43	01:23	02:00	02:34	03:05
Interval nr. 4	00:04	00:46	00:42	00:38	00:34	00:30
Summeret tid		00:46	01:28	02:06	02:40	03:10
Interval nr. 5	00:05	00:49	00:44	00:39	00:34	00:29
Summeret tid		00:49	01:33	02:12	02:46	03:15

Distance i "m" 1000		Fix tid i "min:st02:55				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:38	00:37	00:36	00:35	00:34
Summeret tid		00:38	01:15	01:51	02:26	03:00
Interval nr. 2	00:02	00:41	00:39	00:37	00:35	00:33
Summeret tid		00:41	01:20	01:57	02:32	03:05
Interval nr. 3	00:03	00:44	00:41	00:38	00:35	00:32
Summeret tid		00:44	01:25	02:03	02:38	03:10
Interval nr. 4	00:04	00:47	00:43	00:39	00:35	00:31
Summeret tid		00:47	01:30	02:09	02:44	03:15
Interval nr. 5	00:05	00:50	00:45	00:40	00:35	00:30
Summeret tid		00:50	01:35	02:15	02:50	03:20

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Distance i "m" 1000		Fix tid i "min:st03:00				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:39	00:38	00:37	00:36	00:35
Summeret tid		00:39	01:17	01:54	02:30	03:05
Interval nr. 2	00:02	00:42	00:40	00:38	00:36	00:34
Summeret tid		00:42	01:22	02:00	02:36	03:10
Interval nr. 3	00:03	00:45	00:42	00:39	00:36	00:33
Summeret tid		00:45	01:27	02:06	02:42	03:15
Interval nr. 4	00:04	00:48	00:44	00:40	00:36	00:32
Summeret tid		00:48	01:32	02:12	02:48	03:20
Interval nr. 5	00:05	00:51	00:46	00:41	00:36	00:31
Summeret tid		00:51	01:37	02:18	02:54	03:25

Distance i "m" 1000		Fix tid i "min:st03:05				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:40	00:39	00:38	00:37	00:36
Summeret tid		00:40	01:19	01:57	02:34	03:10
Interval nr. 2	00:02	00:43	00:41	00:39	00:37	00:35
Summeret tid		00:43	01:24	02:03	02:40	03:15
Interval nr. 3	00:03	00:46	00:43	00:40	00:37	00:34
Summeret tid		00:46	01:29	02:09	02:46	03:20
Interval nr. 4	00:04	00:49	00:45	00:41	00:37	00:33
Summeret tid		00:49	01:34	02:15	02:52	03:25
Interval nr. 5	00:05	00:52	00:47	00:42	00:37	00:32
Summeret tid		00:52	01:39	02:21	02:58	03:30

Distance i "m" 1000		Fix tid i "min:st03:10				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:41	00:40	00:39	00:38	00:37
Summeret tid		00:41	01:21	02:00	02:38	03:15
Interval nr. 2	00:02	00:44	00:42	00:40	00:38	00:36
Summeret tid		00:44	01:26	02:06	02:44	03:20
Interval nr. 3	00:03	00:47	00:44	00:41	00:38	00:35
Summeret tid		00:47	01:31	02:12	02:50	03:25
Interval nr. 4	00:04	00:50	00:46	00:42	00:38	00:34
Summeret tid		00:50	01:36	02:18	02:56	03:30
Interval nr. 5	00:05	00:53	00:48	00:43	00:38	00:33
Summeret tid		00:53	01:41	02:24	03:02	03:35

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Distance i "m" 1000		Fix tid i "min:st03:15				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:42	00:41	00:40	00:39	00:38
Summeret tid		00:42	01:23	02:03	02:42	03:20
Interval nr. 2	00:02	00:45	00:43	00:41	00:39	00:37
Summeret tid		00:45	01:28	02:09	02:48	03:25
Interval nr. 3	00:03	00:48	00:45	00:42	00:39	00:36
Summeret tid		00:48	01:33	02:15	02:54	03:30
Interval nr. 4	00:04	00:51	00:47	00:43	00:39	00:35
Summeret tid		00:51	01:38	02:21	03:00	03:35
Interval nr. 5	00:05	00:54	00:49	00:44	00:39	00:34
Summeret tid		00:54	01:43	02:27	03:06	03:40

Distance i "m" 1000		Fix tid i "min:st03:20				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:43	00:42	00:41	00:40	00:39
Summeret tid		00:43	01:25	02:06	02:46	03:25
Interval nr. 2	00:02	00:46	00:44	00:42	00:40	00:38
Summeret tid		00:46	01:30	02:12	02:52	03:30
Interval nr. 3	00:03	00:49	00:46	00:43	00:40	00:37
Summeret tid		00:49	01:35	02:18	02:58	03:35
Interval nr. 4	00:04	00:52	00:48	00:44	00:40	00:36
Summeret tid		00:52	01:40	02:24	03:04	03:40
Interval nr. 5	00:05	00:55	00:50	00:45	00:40	00:35
Summeret tid		00:55	01:45	02:30	03:10	03:45

Distance i "m" 1000		Fix tid i "min:st03:25				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:44	00:43	00:42	00:41	00:40
Summeret tid		00:44	01:27	02:09	02:50	03:30
Interval nr. 2	00:02	00:47	00:45	00:43	00:41	00:39
Summeret tid		00:47	01:32	02:15	02:56	03:35
Interval nr. 3	00:03	00:50	00:47	00:44	00:41	00:38
Summeret tid		00:50	01:37	02:21	03:02	03:40
Interval nr. 4	00:04	00:53	00:49	00:45	00:41	00:37
Summeret tid		00:53	01:42	02:27	03:08	03:45
Interval nr. 5	00:05	00:56	00:51	00:46	00:41	00:36
Summeret tid		00:56	01:47	02:33	03:14	03:50

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Distance i "m" 1000		Fix tid i "min:st03:30				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:45	00:44	00:43	00:42	00:41
Summeret tid		00:45	01:29	02:12	02:54	03:35
Interval nr. 2	00:02	00:48	00:46	00:44	00:42	00:40
Summeret tid		00:48	01:34	02:18	03:00	03:40
Interval nr. 3	00:03	00:51	00:48	00:45	00:42	00:39
Summeret tid		00:51	01:39	02:24	03:06	03:45
Interval nr. 4	00:04	00:54	00:50	00:46	00:42	00:38
Summeret tid		00:54	01:44	02:30	03:12	03:50
Interval nr. 5	00:05	00:57	00:52	00:47	00:42	00:37
Summeret tid		00:57	01:49	02:36	03:18	03:55

Distance i "m" 1000		Fix tid i "min:st03:35				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:46	00:45	00:44	00:43	00:42
Summeret tid		00:46	01:31	02:15	02:58	03:40
Interval nr. 2	00:02	00:49	00:47	00:45	00:43	00:41
Summeret tid		00:49	01:36	02:21	03:04	03:45
Interval nr. 3	00:03	00:52	00:49	00:46	00:43	00:40
Summeret tid		00:52	01:41	02:27	03:10	03:50
Interval nr. 4	00:04	00:55	00:51	00:47	00:43	00:39
Summeret tid		00:55	01:46	02:33	03:16	03:55
Interval nr. 5	00:05	00:58	00:53	00:48	00:43	00:38
Summeret tid		00:58	01:51	02:39	03:22	04:00

Distance i "m" 1000		Fix tid i "min:st03:40				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:47	00:46	00:45	00:44	00:43
Summeret tid		00:47	01:33	02:18	03:02	03:45
Interval nr. 2	00:02	00:50	00:48	00:46	00:44	00:42
Summeret tid		00:50	01:38	02:24	03:08	03:50
Interval nr. 3	00:03	00:53	00:50	00:47	00:44	00:41
Summeret tid		00:53	01:43	02:30	03:14	03:55
Interval nr. 4	00:04	00:56	00:52	00:48	00:44	00:40
Summeret tid		00:56	01:48	02:36	03:20	04:00
Interval nr. 5	00:05	00:59	00:54	00:49	00:44	00:39
Summeret tid		00:59	01:53	02:42	03:26	04:05

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Distance i "m" 1000		Fix tid i "min:st03:45				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:48	00:47	00:46	00:45	00:44
Summeret tid		00:48	01:35	02:21	03:06	03:50
Interval nr. 2	00:02	00:51	00:49	00:47	00:45	00:43
Summeret tid		00:51	01:40	02:27	03:12	03:55
Interval nr. 3	00:03	00:54	00:51	00:48	00:45	00:42
Summeret tid		00:54	01:45	02:33	03:18	04:00
Interval nr. 4	00:04	00:57	00:53	00:49	00:45	00:41
Summeret tid		00:57	01:50	02:39	03:24	04:05
Interval nr. 5	00:05	01:00	00:55	00:50	00:45	00:40
Summeret tid		01:00	01:55	02:45	03:30	04:10

Distance i "m" 1000		Fix tid i "min:st03:50				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:49	00:48	00:47	00:46	00:45
Summeret tid		00:49	01:37	02:24	03:10	03:55
Interval nr. 2	00:02	00:52	00:50	00:48	00:46	00:44
Summeret tid		00:52	01:42	02:30	03:16	04:00
Interval nr. 3	00:03	00:55	00:52	00:49	00:46	00:43
Summeret tid		00:55	01:47	02:36	03:22	04:05
Interval nr. 4	00:04	00:58	00:54	00:50	00:46	00:42
Summeret tid		00:58	01:52	02:42	03:28	04:10
Interval nr. 5	00:05	01:01	00:56	00:51	00:46	00:41
Summeret tid		01:01	01:57	02:48	03:34	04:15

Distance i "m" 1000		Fix tid i "min:st03:55				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:50	00:49	00:48	00:47	00:46
Summeret tid		00:50	01:39	02:27	03:14	04:00
Interval nr. 2	00:02	00:53	00:51	00:49	00:47	00:45
Summeret tid		00:53	01:44	02:33	03:20	04:05
Interval nr. 3	00:03	00:56	00:53	00:50	00:47	00:44
Summeret tid		00:56	01:49	02:39	03:26	04:10
Interval nr. 4	00:04	00:59	00:55	00:51	00:47	00:43
Summeret tid		00:59	01:54	02:45	03:32	04:15
Interval nr. 5	00:05	01:02	00:57	00:52	00:47	00:42
Summeret tid		01:02	01:59	02:51	03:38	04:20

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Distance i "m" 1000		Fix tid i "min:sek" 04:00				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:51	00:50	00:49	00:48	00:47
Summeret tid		00:51	01:41	02:30	03:18	04:05
Interval nr. 2	00:02	00:54	00:52	00:50	00:48	00:46
Summeret tid		00:54	01:46	02:36	03:24	04:10
Interval nr. 3	00:03	00:57	00:54	00:51	00:48	00:45
Summeret tid		00:57	01:51	02:42	03:30	04:15
Interval nr. 4	00:04	01:00	00:56	00:52	00:48	00:44
Summeret tid		01:00	01:56	02:48	03:36	04:20
Interval nr. 5	00:05	01:03	00:58	00:53	00:48	00:43
Summeret tid		01:03	02:01	02:54	03:42	04:25

Distance i "m" 1000		Fix tid i "min:sek" 04:05				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:52	00:51	00:50	00:49	00:48
Summeret tid		00:52	01:43	02:33	03:22	04:10
Interval nr. 2	00:02	00:55	00:53	00:51	00:49	00:47
Summeret tid		00:55	01:48	02:39	03:28	04:15
Interval nr. 3	00:03	00:58	00:55	00:52	00:49	00:46
Summeret tid		00:58	01:53	02:45	03:34	04:20
Interval nr. 4	00:04	01:01	00:57	00:53	00:49	00:45
Summeret tid		01:01	01:58	02:51	03:40	04:25
Interval nr. 5	00:05	01:04	00:59	00:54	00:49	00:44
Summeret tid		01:04	02:03	02:57	03:46	04:30

Distance i "m" 1000		Fix tid i "min:sek" 04:10				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:53	00:52	00:51	00:50	00:49
Summeret tid		00:53	01:45	02:36	03:26	04:15
Interval nr. 2	00:02	00:56	00:54	00:52	00:50	00:48
Summeret tid		00:56	01:50	02:42	03:32	04:20
Interval nr. 3	00:03	00:59	00:56	00:53	00:50	00:47
Summeret tid		00:59	01:55	02:48	03:38	04:25
Interval nr. 4	00:04	01:02	00:58	00:54	00:50	00:46
Summeret tid		01:02	02:00	02:54	03:44	04:30
Interval nr. 5	00:05	01:05	01:00	00:55	00:50	00:45
Summeret tid		01:05	02:05	03:00	03:50	04:35

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Distance i "m" 1000		Fix tid i "min:st04:15				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:54	00:53	00:52	00:51	00:50
Summeret tid		00:54	01:47	02:39	03:30	04:20
Interval nr. 2	00:02	00:57	00:55	00:53	00:51	00:49
Summeret tid		00:57	01:52	02:45	03:36	04:25
Interval nr. 3	00:03	01:00	00:57	00:54	00:51	00:48
Summeret tid		01:00	01:57	02:51	03:42	04:30
Interval nr. 4	00:04	01:03	00:59	00:55	00:51	00:47
Summeret tid		01:03	02:02	02:57	03:48	04:35
Interval nr. 5	00:05	01:06	01:01	00:56	00:51	00:46
Summeret tid		01:06	02:07	03:03	03:54	04:40

Distance i "m" 1000		Fix tid i "min:st04:20				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:55	00:54	00:53	00:52	00:51
Summeret tid		00:55	01:49	02:42	03:34	04:25
Interval nr. 2	00:02	00:58	00:56	00:54	00:52	00:50
Summeret tid		00:58	01:54	02:48	03:40	04:30
Interval nr. 3	00:03	01:01	00:58	00:55	00:52	00:49
Summeret tid		01:01	01:59	02:54	03:46	04:35
Interval nr. 4	00:04	01:04	01:00	00:56	00:52	00:48
Summeret tid		01:04	02:04	03:00	03:52	04:40
Interval nr. 5	00:05	01:07	01:02	00:57	00:52	00:47
Summeret tid		01:07	02:09	03:06	03:58	04:45

Distance i "m" 1000		Fix tid i "min:st04:25				
Stigning i "sek" :	00:01	200	400	600	800	1000
Interval nr. 1	00:01	00:56	00:55	00:54	00:53	00:52
Summeret tid		00:56	01:51	02:45	03:38	04:30
Interval nr. 2	00:02	00:59	00:57	00:55	00:53	00:51
Summeret tid		00:59	01:56	02:51	03:44	04:35
Interval nr. 3	00:03	01:02	00:59	00:56	00:53	00:50
Summeret tid		01:02	02:01	02:57	03:50	04:40
Interval nr. 4	00:04	01:05	01:01	00:57	00:53	00:49
Summeret tid		01:05	02:06	03:03	03:56	04:45
Interval nr. 5	00:05	01:08	01:03	00:58	00:53	00:48
Summeret tid		01:08	02:11	03:09	04:02	04:50