

Tempoflex-træning

Distance i "m" 500		Fix tid i "min:st01:15				
Stigning i "sek" :	00:01	100	200	300	400	500
Interval nr. 1	00:01	00:18	00:17	00:16	00:15	00:14
Summeret tid		00:18	00:35	00:51	01:06	01:20
Interval nr. 2	00:01	00:18	00:17	00:16	00:15	00:14
Summeret tid		00:18	00:35	00:51	01:06	01:20
Interval nr. 3	00:02	00:21	00:19	00:17	00:15	00:13
Summeret tid		00:21	00:40	00:57	01:12	01:25
Interval nr. 4	00:02	00:21	00:19	00:17	00:15	00:13
Summeret tid		00:21	00:40	00:57	01:12	01:25
Interval nr. 5	00:03	00:24	00:21	00:18	00:15	00:12
Summeret tid		00:24	00:45	01:03	01:18	01:30

Distance i "m" 500		Fix tid i "min:st01:20				
Stigning i "sek" :	00:01	100	200	300	400	500
Interval nr. 1	00:01	00:19	00:18	00:17	00:16	00:15
Summeret tid		00:19	00:37	00:54	01:10	01:25
Interval nr. 2	00:01	00:19	00:18	00:17	00:16	00:15
Summeret tid		00:19	00:37	00:54	01:10	01:25
Interval nr. 3	00:02	00:22	00:20	00:18	00:16	00:14
Summeret tid		00:22	00:42	01:00	01:16	01:30
Interval nr. 4	00:02	00:22	00:20	00:18	00:16	00:14
Summeret tid		00:22	00:42	01:00	01:16	01:30
Interval nr. 5	00:03	00:25	00:22	00:19	00:16	00:13
Summeret tid		00:25	00:47	01:06	01:22	01:35

Distance i "m" 500		Fix tid i "min:st01:25				
Stigning i "sek" :	00:01	100	200	300	400	500
Interval nr. 1	00:01	00:20	00:19	00:18	00:17	00:16
Summeret tid		00:20	00:39	00:57	01:14	01:30
Interval nr. 2	00:01	00:20	00:19	00:18	00:17	00:16
Summeret tid		00:20	00:39	00:57	01:14	01:30
Interval nr. 3	00:02	00:23	00:21	00:19	00:17	00:15
Summeret tid		00:23	00:44	01:03	01:20	01:35
Interval nr. 4	00:02	00:23	00:21	00:19	00:17	00:15
Summeret tid		00:23	00:44	01:03	01:20	01:35
Interval nr. 5	00:03	00:26	00:23	00:20	00:17	00:14
Summeret tid		00:26	00:49	01:09	01:26	01:40

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Distance i "m" 500		Fix tid i "min:st01:30				
Stigning i "sek" :	00:01	100	200	300	400	500
Interval nr. 1	00:01	00:21	00:20	00:19	00:18	00:17
Summeret tid		00:21	00:41	01:00	01:18	01:35
Interval nr. 2	00:01	00:21	00:20	00:19	00:18	00:17
Summeret tid		00:21	00:41	01:00	01:18	01:35
Interval nr. 3	00:02	00:24	00:22	00:20	00:18	00:16
Summeret tid		00:24	00:46	01:06	01:24	01:40
Interval nr. 4	00:02	00:24	00:22	00:20	00:18	00:16
Summeret tid		00:24	00:46	01:06	01:24	01:40
Interval nr. 5	00:03	00:27	00:24	00:21	00:18	00:15
Summeret tid		00:27	00:51	01:12	01:30	01:45

Distance i "m" 500		Fix tid i "min:st01:35				
Stigning i "sek" :	00:01	100	200	300	400	500
Interval nr. 1	00:01	00:22	00:21	00:20	00:19	00:18
Summeret tid		00:22	00:43	01:03	01:22	01:40
Interval nr. 2	00:01	00:22	00:21	00:20	00:19	00:18
Summeret tid		00:22	00:43	01:03	01:22	01:40
Interval nr. 3	00:02	00:25	00:23	00:21	00:19	00:17
Summeret tid		00:25	00:48	01:09	01:28	01:45
Interval nr. 4	00:02	00:25	00:23	00:21	00:19	00:17
Summeret tid		00:25	00:48	01:09	01:28	01:45
Interval nr. 5	00:03	00:28	00:25	00:22	00:19	00:16
Summeret tid		00:28	00:53	01:15	01:34	01:50

Distance i "m" 500		Fix tid i "min:st01:40				
Stigning i "sek" :	00:01	100	200	300	400	500
Interval nr. 1	00:01	00:23	00:22	00:21	00:20	00:19
Summeret tid		00:23	00:45	01:06	01:26	01:45
Interval nr. 2	00:01	00:23	00:22	00:21	00:20	00:19
Summeret tid		00:23	00:45	01:06	01:26	01:45
Interval nr. 3	00:02	00:26	00:24	00:22	00:20	00:18
Summeret tid		00:26	00:50	01:12	01:32	01:50
Interval nr. 4	00:02	00:26	00:24	00:22	00:20	00:18
Summeret tid		00:26	00:50	01:12	01:32	01:50
Interval nr. 5	00:03	00:29	00:26	00:23	00:20	00:17
Summeret tid		00:29	00:55	01:18	01:38	01:55

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Distance i "m" 500		Fix tid i "min:st01:45				
Stigning i "sek" :	00:01	100	200	300	400	500
Interval nr. 1	00:01	00:24	00:23	00:22	00:21	00:20
Summeret tid		00:24	00:47	01:09	01:30	01:50
Interval nr. 2	00:01	00:24	00:23	00:22	00:21	00:20
Summeret tid		00:24	00:47	01:09	01:30	01:50
Interval nr. 3	00:02	00:27	00:25	00:23	00:21	00:19
Summeret tid		00:27	00:52	01:15	01:36	01:55
Interval nr. 4	00:02	00:27	00:25	00:23	00:21	00:19
Summeret tid		00:27	00:52	01:15	01:36	01:55
Interval nr. 5	00:03	00:30	00:27	00:24	00:21	00:18
Summeret tid		00:30	00:57	01:21	01:42	02:00

Distance i "m" 500		Fix tid i "min:st01:50				
Stigning i "sek" :	00:01	100	200	300	400	500
Interval nr. 1	00:01	00:25	00:24	00:23	00:22	00:21
Summeret tid		00:25	00:49	01:12	01:34	01:55
Interval nr. 2	00:01	00:25	00:24	00:23	00:22	00:21
Summeret tid		00:25	00:49	01:12	01:34	01:55
Interval nr. 3	00:02	00:28	00:26	00:24	00:22	00:20
Summeret tid		00:28	00:54	01:18	01:40	02:00
Interval nr. 4	00:02	00:28	00:26	00:24	00:22	00:20
Summeret tid		00:28	00:54	01:18	01:40	02:00
Interval nr. 5	00:03	00:31	00:28	00:25	00:22	00:19
Summeret tid		00:31	00:59	01:24	01:46	02:05

Distance i "m" 500		Fix tid i "min:st01:55				
Stigning i "sek" :	00:01	100	200	300	400	500
Interval nr. 1	00:01	00:26	00:25	00:24	00:23	00:22
Summeret tid		00:26	00:51	01:15	01:38	02:00
Interval nr. 2	00:01	00:26	00:25	00:24	00:23	00:22
Summeret tid		00:26	00:51	01:15	01:38	02:00
Interval nr. 3	00:02	00:29	00:27	00:25	00:23	00:21
Summeret tid		00:29	00:56	01:21	01:44	02:05
Interval nr. 4	00:02	00:29	00:27	00:25	00:23	00:21
Summeret tid		00:29	00:56	01:21	01:44	02:05
Interval nr. 5	00:03	00:32	00:29	00:26	00:23	00:20
Summeret tid		00:32	01:01	01:27	01:50	02:10