

Tempoflex-træning

Distance i "m" 800		Fix tid i "min:s"02:00			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	00:34	00:32	00:30	00:28
Summeret tid		00:34	01:06	01:36	02:04
Interval nr. 2	00:03	00:36	00:33	00:30	00:27
Summeret tid		00:36	01:09	01:39	02:06
Interval nr. 3	00:04	00:38	00:34	00:30	00:26
Summeret tid		00:38	01:12	01:42	02:08
Interval nr. 4	00:05	00:40	00:35	00:30	00:25
Summeret tid		00:40	01:15	01:45	02:10

Distance i "m" 800		Fix tid i "min:s"02:05			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	00:35	00:33	00:31	00:29
Summeret tid		00:35	01:08	01:39	02:09
Interval nr. 2	00:03	00:37	00:34	00:31	00:28
Summeret tid		00:37	01:11	01:42	02:11
Interval nr. 3	00:04	00:39	00:35	00:31	00:27
Summeret tid		00:39	01:14	01:45	02:13
Interval nr. 4	00:05	00:41	00:36	00:31	00:26
Summeret tid		00:41	01:17	01:48	02:15

Distance i "m" 800		Fix tid i "min:s"02:10			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	00:36	00:34	00:32	00:30
Summeret tid		00:36	01:11	01:43	02:14
Interval nr. 2	00:03	00:38	00:35	00:32	00:29
Summeret tid		00:38	01:14	01:46	02:16
Interval nr. 3	00:04	00:40	00:36	00:32	00:28
Summeret tid		00:40	01:17	01:49	02:18
Interval nr. 4	00:05	00:42	00:37	00:32	00:27
Summeret tid		00:42	01:20	01:52	02:20

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Distance i "m" 800		Fix tid i "min:s"02:15			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	00:37	00:35	00:33	00:31
Summeret tid		00:37	01:13	01:47	02:19
Interval nr. 2	00:03	00:39	00:36	00:33	00:30
Summeret tid		00:39	01:16	01:50	02:21
Interval nr. 3	00:04	00:41	00:37	00:33	00:29
Summeret tid		00:41	01:19	01:53	02:23
Interval nr. 4	00:05	00:43	00:38	00:33	00:28
Summeret tid		00:43	01:22	01:56	02:25

Distance i "m" 800		Fix tid i "min:s"02:20			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	00:39	00:37	00:35	00:33
Summeret tid		00:39	01:16	01:51	02:24
Interval nr. 2	00:03	00:41	00:38	00:35	00:32
Summeret tid		00:41	01:19	01:54	02:26
Interval nr. 3	00:04	00:43	00:39	00:35	00:31
Summeret tid		00:43	01:22	01:57	02:28
Interval nr. 4	00:05	00:45	00:40	00:35	00:30
Summeret tid		00:45	01:25	02:00	02:30

Distance i "m" 800		Fix tid i "min:s"02:25			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	00:40	00:38	00:36	00:34
Summeret tid		00:40	01:18	01:54	02:29
Interval nr. 2	00:03	00:42	00:39	00:36	00:33
Summeret tid		00:42	01:21	01:57	02:31
Interval nr. 3	00:04	00:44	00:40	00:36	00:32
Summeret tid		00:44	01:24	02:00	02:33
Interval nr. 4	00:05	00:46	00:41	00:36	00:31
Summeret tid		00:46	01:27	02:03	02:35

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Distance i "m" 800		Fix tid i "min:s"02:30			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	00:41	00:39	00:37	00:35
Summeret tid		00:41	01:21	01:58	02:34
Interval nr. 2	00:03	00:43	00:40	00:37	00:34
Summeret tid		00:43	01:24	02:01	02:36
Interval nr. 3	00:04	00:45	00:41	00:37	00:33
Summeret tid		00:45	01:27	02:04	02:38
Interval nr. 4	00:05	00:47	00:42	00:37	00:32
Summeret tid		00:47	01:30	02:07	02:40

Distance i "m" 800		Fix tid i "min:s"02:35			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	00:42	00:40	00:38	00:36
Summeret tid		00:42	01:23	02:02	02:39
Interval nr. 2	00:03	00:44	00:41	00:38	00:35
Summeret tid		00:44	01:26	02:05	02:41
Interval nr. 3	00:04	00:46	00:42	00:38	00:34
Summeret tid		00:46	01:29	02:08	02:43
Interval nr. 4	00:05	00:48	00:43	00:38	00:33
Summeret tid		00:48	01:32	02:11	02:45

Distance i "m" 800		Fix tid i "min:s"02:40			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	00:44	00:42	00:40	00:38
Summeret tid		00:44	01:26	02:06	02:44
Interval nr. 2	00:03	00:46	00:43	00:40	00:37
Summeret tid		00:46	01:29	02:09	02:46
Interval nr. 3	00:04	00:48	00:44	00:40	00:36
Summeret tid		00:48	01:32	02:12	02:48
Interval nr. 4	00:05	00:50	00:45	00:40	00:35
Summeret tid		00:50	01:35	02:15	02:50

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Distance i "m" 800		Fix tid i "min:s"02:45			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	00:45	00:43	00:41	00:39
Summeret tid		00:45	01:28	02:09	02:49
Interval nr. 2	00:03	00:47	00:44	00:41	00:38
Summeret tid		00:47	01:31	02:12	02:51
Interval nr. 3	00:04	00:49	00:45	00:41	00:37
Summeret tid		00:49	01:34	02:15	02:53
Interval nr. 4	00:05	00:51	00:46	00:41	00:36
Summeret tid		00:51	01:37	02:18	02:55

Distance i "m" 800		Fix tid i "min:s"02:50			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	00:46	00:44	00:42	00:40
Summeret tid		00:46	01:31	02:13	02:54
Interval nr. 2	00:03	00:48	00:45	00:42	00:39
Summeret tid		00:48	01:34	02:16	02:56
Interval nr. 3	00:04	00:50	00:46	00:42	00:38
Summeret tid		00:50	01:37	02:19	02:58
Interval nr. 4	00:05	00:52	00:47	00:42	00:37
Summeret tid		00:52	01:40	02:22	03:00

Distance i "m" 800		Fix tid i "min:s"02:55			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	00:47	00:45	00:43	00:41
Summeret tid		00:47	01:33	02:17	02:59
Interval nr. 2	00:03	00:49	00:46	00:43	00:40
Summeret tid		00:49	01:36	02:20	03:01
Interval nr. 3	00:04	00:51	00:47	00:43	00:39
Summeret tid		00:51	01:39	02:23	03:03
Interval nr. 4	00:05	00:53	00:48	00:43	00:38
Summeret tid		00:53	01:42	02:26	03:05

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Distance i "m" 800		Fix tid i "min:s"03:00			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	00:49	00:47	00:45	00:43
Summeret tid		00:49	01:36	02:21	03:04
Interval nr. 2	00:03	00:51	00:48	00:45	00:42
Summeret tid		00:51	01:39	02:24	03:06
Interval nr. 3	00:04	00:53	00:49	00:45	00:41
Summeret tid		00:53	01:42	02:27	03:08
Interval nr. 4	00:05	00:55	00:50	00:45	00:40
Summeret tid		00:55	01:45	02:30	03:10

Distance i "m" 800		Fix tid i "min:s"03:05			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	00:50	00:48	00:46	00:44
Summeret tid		00:50	01:38	02:24	03:09
Interval nr. 2	00:03	00:52	00:49	00:46	00:43
Summeret tid		00:52	01:41	02:27	03:11
Interval nr. 3	00:04	00:54	00:50	00:46	00:42
Summeret tid		00:54	01:44	02:30	03:13
Interval nr. 4	00:05	00:56	00:51	00:46	00:41
Summeret tid		00:56	01:47	02:33	03:15

Distance i "m" 800		Fix tid i "min:s"03:10			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	00:51	00:49	00:47	00:45
Summeret tid		00:51	01:41	02:28	03:14
Interval nr. 2	00:03	00:53	00:50	00:47	00:44
Summeret tid		00:53	01:44	02:31	03:16
Interval nr. 3	00:04	00:55	00:51	00:47	00:43
Summeret tid		00:55	01:47	02:34	03:18
Interval nr. 4	00:05	00:57	00:52	00:47	00:42
Summeret tid		00:57	01:50	02:37	03:20

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Distance i "m" 800		Fix tid i "min:s"03:15			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	00:52	00:50	00:48	00:46
Summeret tid		00:52	01:43	02:32	03:19
Interval nr. 2	00:03	00:54	00:51	00:48	00:45
Summeret tid		00:54	01:46	02:35	03:21
Interval nr. 3	00:04	00:56	00:52	00:48	00:44
Summeret tid		00:56	01:49	02:38	03:23
Interval nr. 4	00:05	00:58	00:53	00:48	00:43
Summeret tid		00:58	01:52	02:41	03:25

Distance i "m" 800		Fix tid i "min:s"03:20			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	00:54	00:52	00:50	00:48
Summeret tid		00:54	01:46	02:36	03:24
Interval nr. 2	00:03	00:56	00:53	00:50	00:47
Summeret tid		00:56	01:49	02:39	03:26
Interval nr. 3	00:04	00:58	00:54	00:50	00:46
Summeret tid		00:58	01:52	02:42	03:28
Interval nr. 4	00:05	01:00	00:55	00:50	00:45
Summeret tid		01:00	01:55	02:45	03:30

Distance i "m" 800		Fix tid i "min:s"03:25			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	00:55	00:53	00:51	00:49
Summeret tid		00:55	01:48	02:39	03:29
Interval nr. 2	00:03	00:57	00:54	00:51	00:48
Summeret tid		00:57	01:51	02:42	03:31
Interval nr. 3	00:04	00:59	00:55	00:51	00:47
Summeret tid		00:59	01:54	02:45	03:33
Interval nr. 4	00:05	01:01	00:56	00:51	00:46
Summeret tid		01:01	01:57	02:48	03:35

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Distance i "m" 800		Fix tid i "min:s"03:30			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	00:56	00:54	00:52	00:50
Summeret tid		00:56	01:51	02:43	03:34
Interval nr. 2	00:03	00:58	00:55	00:52	00:49
Summeret tid		00:58	01:54	02:46	03:36
Interval nr. 3	00:04	01:00	00:56	00:52	00:48
Summeret tid		01:00	01:57	02:49	03:38
Interval nr. 4	00:05	01:02	00:57	00:52	00:47
Summeret tid		01:02	02:00	02:52	03:40

Distance i "m" 800		Fix tid i "min:s"03:35			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	00:57	00:55	00:53	00:51
Summeret tid		00:57	01:53	02:47	03:39
Interval nr. 2	00:03	00:59	00:56	00:53	00:50
Summeret tid		00:59	01:56	02:50	03:41
Interval nr. 3	00:04	01:01	00:57	00:53	00:49
Summeret tid		01:01	01:59	02:53	03:43
Interval nr. 4	00:05	01:03	00:58	00:53	00:48
Summeret tid		01:03	02:02	02:56	03:45

Distance i "m" 800		Fix tid i "min:s"03:40			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	00:59	00:57	00:55	00:53
Summeret tid		00:59	01:56	02:51	03:44
Interval nr. 2	00:03	01:01	00:58	00:55	00:52
Summeret tid		01:01	01:59	02:54	03:46
Interval nr. 3	00:04	01:03	00:59	00:55	00:51
Summeret tid		01:03	02:02	02:57	03:48
Interval nr. 4	00:05	01:05	01:00	00:55	00:50
Summeret tid		01:05	02:05	03:00	03:50

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Distance i "m" 800		Fix tid i "min:s"03:45			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	01:00	00:58	00:56	00:54
Summeret tid		01:00	01:58	02:54	03:49
Interval nr. 2	00:03	01:02	00:59	00:56	00:53
Summeret tid		01:02	02:01	02:57	03:51
Interval nr. 3	00:04	01:04	01:00	00:56	00:52
Summeret tid		01:04	02:04	03:00	03:53
Interval nr. 4	00:05	01:06	01:01	00:56	00:51
Summeret tid		01:06	02:07	03:03	03:55

Distance i "m" 800		Fix tid i "min:s"03:50			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	01:01	00:59	00:57	00:55
Summeret tid		01:01	02:01	02:58	03:54
Interval nr. 2	00:03	01:03	01:00	00:57	00:54
Summeret tid		01:03	02:04	03:01	03:56
Interval nr. 3	00:04	01:05	01:01	00:57	00:53
Summeret tid		01:05	02:07	03:04	03:58
Interval nr. 4	00:05	01:07	01:02	00:57	00:52
Summeret tid		01:07	02:10	03:07	04:00

Distance i "m" 800		Fix tid i "min:s"03:55			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	01:02	01:00	00:58	00:56
Summeret tid		01:02	02:03	03:02	03:59
Interval nr. 2	00:03	01:04	01:01	00:58	00:55
Summeret tid		01:04	02:06	03:05	04:01
Interval nr. 3	00:04	01:06	01:02	00:58	00:54
Summeret tid		01:06	02:09	03:08	04:03
Interval nr. 4	00:05	01:08	01:03	00:58	00:53
Summeret tid		01:08	02:12	03:11	04:05

Tempoflex-træning

Distance i "m" 800		Fix tid i "min:s"04:00			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	01:04	01:02	01:00	00:58
Summeret tid		01:04	02:06	03:06	04:04
Interval nr. 2	00:03	01:06	01:03	01:00	00:57
Summeret tid		01:06	02:09	03:09	04:06
Interval nr. 3	00:04	01:08	01:04	01:00	00:56
Summeret tid		01:08	02:12	03:12	04:08
Interval nr. 4	00:05	01:10	01:05	01:00	00:55
Summeret tid		01:10	02:15	03:15	04:10

Distance i "m" 800		Fix tid i "min:s"04:05			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	01:05	01:03	01:01	00:59
Summeret tid		01:05	02:08	03:09	04:09
Interval nr. 2	00:03	01:07	01:04	01:01	00:58
Summeret tid		01:07	02:11	03:12	04:11
Interval nr. 3	00:04	01:09	01:05	01:01	00:57
Summeret tid		01:09	02:14	03:15	04:13
Interval nr. 4	00:05	01:11	01:06	01:01	00:56
Summeret tid		01:11	02:17	03:18	04:15

Distance i "m" 800		Fix tid i "min:s"04:10			
Stigning i "sek" :	00:01	200	400	600	800
Interval nr. 1	00:02	01:06	01:04	01:02	01:00
Summeret tid		01:06	02:11	03:13	04:14
Interval nr. 2	00:03	01:08	01:05	01:02	00:59
Summeret tid		01:08	02:14	03:16	04:16
Interval nr. 3	00:04	01:10	01:06	01:02	00:58
Summeret tid		01:10	02:17	03:19	04:18
Interval nr. 4	00:05	01:12	01:07	01:02	00:57
Summeret tid		01:12	02:20	03:22	04:20