

VM Halvmaraton Tempotabel

5 km-test-tid	Forventet VM Halvmaraton-tid	VM Halvmaraton pace (min/km)	Km-tid på lange ture (> 1 t) og rolige ture	Km-tid på almindelige ture (15-60 min.)	Km-tid på tempoture og intensive perioder på fartlegspas	Km-tid på almindelige intervaller (å ca. 2½-6 min. varighed)
00:18:00	01:22:48	00:03:55	00:04:19	00:04:10	00:03:41	00:03:25
00:19:00	01:27:24	00:04:09	00:04:30	00:04:20	00:03:52	00:03:35
00:20:00	01:32:00	00:04:22	00:04:42	00:04:30	00:04:02	00:03:45
00:21:00	01:36:36	00:04:35	00:04:54	00:04:41	00:04:13	00:03:55
00:22:00	01:41:12	00:04:48	00:05:08	00:04:53	00:04:24	00:04:04
00:23:00	01:45:48	00:05:01	00:05:23	00:05:05	00:04:34	00:04:13
00:24:00	01:50:24	00:05:14	00:05:38	00:05:17	00:04:44	00:04:22
00:25:00	01:55:00	00:05:27	00:05:53	00:05:29	00:04:54	00:04:31
00:26:00	01:59:36	00:05:40	00:06:08	00:05:41	00:05:05	00:04:40
00:27:00	02:04:12	00:05:53	00:06:23	00:05:53	00:05:15	00:04:49
00:28:00	02:08:48	00:06:06	00:06:38	00:06:05	00:05:24	00:04:58
00:29:00	02:13:24	00:06:19	00:06:54	00:06:16	00:05:34	00:05:06
00:30:00	02:18:00	00:06:32	00:07:09	00:06:28	00:05:44	00:05:15
00:31:00	02:22:36	00:06:45	00:07:22	00:06:38	00:05:54	00:05:23
00:32:00	02:27:12	00:06:59	00:07:35	00:06:47	00:06:03	00:05:31
00:33:00	02:31:48	00:07:12	00:07:48	00:06:57	00:06:13	00:05:39
00:34:00	02:36:24	00:07:25	00:08:01	00:07:06	00:06:22	00:05:47
00:35:00	02:41:00	00:07:38	00:08:14	00:07:15	00:06:31	00:05:55

De angivne træningstempi er vejledende og er bl.a. afhængige af præcis distance, form / træningsbaggrund, pauselængde mellem intervaller mv. Du skal tage højde for vejr, underlag og terræn. De angivne tempi er vejledende under gode forhold (fast underlag, godt vejr, flad rute).