

ПРИЛОЖЕНИЕ А.

ТАБЛИЦА ТЕМПОВ

Результаты на разных дистанциях, пробегаемых в указанном темпе.

	400 м	1000 м	миля	3000 м	5000 м	10 000 м	15 000 м	10 миль	20 000 м	полу- марафон	мара- фон
50	2:05	3:21	6:15	10:25	20:50	31:15	33:31	41:40	43:57	1:27:54	
51	2:07	3:25	6:22	10:37	21:15	31:52	34:12	42:30	44:50	1:29:40	
52	2:10	3:29	6:30	10:50	21:40	32:30	34:52	43:20	45:42	1:31:25	
53	2:12	3:33	6:37	11:02	22:05	33:07	35:32	44:10	46:35	1:33:10	
54	2:15	3:37	6:45	11:15	22:30	33:45	36:12	45:00	47:28	1:34:56	
55	2:17	3:41	6:52	11:27	22:55	34:22	36:53	45:50	48:21	1:36:41	
56	2:20	3:45	7:00	11:40	23:20	35:00	37:33	46:40	49:13	1:38:27	
57	2:22	3:49	7:07	11:52	23:45	35:37	38:13	47:30	50:06	1:40:12	
58	2:25	3:53	7:15	12:05	24:10	36:15	38:53	48:20	50:59	1:41:58	
59	2:27	3:57	7:22	12:17	24:35	36:52	39:33	49:10	51:52	1:43:43	
60	2:30	4:01	7:30	12:30	25:00	37:30	40:14	50:00	52:44	1:45:29	
61	2:32	4:05	7:37	12:42	25:25	38:07	40:54	50:50	53:37	1:47:14	
62	2:35	4:09	7:45	12:55	25:50	38:45	41:34	51:40	54:30	1:49:00	
63	2:37	4:13	7:52	13:07	26:15	39:22	42:14	52:30	55:23	1:50:45	
64	2:40	4:17	8:00	13:20	26:40	40:00	42:55	53:20	56:15	1:52:31	
65	2:42	4:21	8:07	13:32	27:05	40:37	43:35	54:10	57:08	1:54:16	
66	2:45	4:25	8:15	13:45	27:30	41:15	44:15	55:00	58:01	1:56:02	
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69	2:52	4:37	8:37	14:22	28:45	43:07	46:16	57:30	1:00:39	2:01:18	
70	2:55	4:41	8:45	14:35	29:10	43:45	46:56	58:20	1:01:32	2:03:04	
71	2:57	4:45	8:52	14:47	29:35	44:22	47:36	59:10	1:02:24	2:04:49	
72	3:00	4:49	9:00	15:00	30:00	45:00	48:16	1:00:00	1:03:17	2:06:35	
73	3:02	4:53	9:07	15:12	30:25	45:37	48:57	1:00:50	1:04:10	2:08:20	
74	3:05	4:57	9:15	15:25	30:50	46:15	49:37	1:01:04	1:05:03	2:10:06	
75	3:07	5:01	9:22	15:37	31:15	46:52	50:17	1:02:30	1:05:55	2:11:51	

400 м	1000 м	миля	3000 м	5000 м	10 000 м	15 000 м	10 миль	20 000 м	полума- рафон	мара- фон
76	3:10	5:05	9:30	15:50	31:40	47:30	50:57	1:03:20	1:06:48	2:13:37
77	3:12	5:10	9:37	16:02	32:05	48:07	51:38	1:04:10	1:07:41	2:15:22
78	3:15	5:14	9:45	16:15	32:30	48:45	52:18	1:05:00	1:08:34	2:17:08
79	3:17	5:18	9:52	16:27	32:55	49:22	52:58	1:05:50	1:09:26	2:18:53
80	3:20	5:22	10:00	16:40	33:20	50:00	53:38	1:06:40	1:10:19	2:20:39
81	3:22	5:26	10:07	16:52	33:45	50:37	54:19	1:07:30	1:11:12	2:22:24
82	3:25	5:30	10:15	17:05	34:10	51:15	54:59	1:08:20	1:12:05	2:24:10
83	3:27	5:34	10:22	17:17	34:35	51:52	55:39	1:09:10	1:12:57	2:25:55
84	3:30	5:38	10:30	17:30	35:00	52:30	56:19	1:10:00	1:13:50	2:27:41
85	3:32	5:42	10:37	17:42	35:25	53:07	57:00	1:10:50	1:14:43	2:29:26
86	3:35	5:46	10:45	17:55	35:50	53:45	57:40	1:11:40	1:15:36	2:31:12
87	3:37	5:50	10:52	18:07	36:15	54:22	58:20	1:12:30	1:16:28	2:32:57
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89	3:42	5:58	11:07	18:32	37:05	55:37	59:40	1:14:10	1:18:14	2:36:28
90	3:45	6:02	11:15	18:45	37:30	56:15	1:00:21	1:15:00	1:19:07	2:38:14
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99	4:07	6:38	12:22	20:37	41:15	1:01:52	1:16:23	1:22:30	1:27:01	2:54:03
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400 м	1000 м	миля	3000 м	5000 м	10 000 м	15 000 м	10 миль	20 000 м	полу- марафон	мара- фон
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2:27	6:07	9:51	18:22	30:37	1:01:15	1:31:52	1:38:34	2:02:30	2:09:13	4:18:26
2:28	6:10	9:55	18:30	30:50	1:01:40	1:32:30	1:39:14	2:03:20	2:10:06	4:20:12
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