

Laufzeiten - Vergleiche aufgrund eines Leistungstests

16.1

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42.2

ANS km/h	Vmax km/h	Diff. Vmax -ANS	VO2 max	Cooper 12Min.	10 Meilen	Speed GP-Bern km/h	Diff. ANS Speed- GP	1/2 Marathon	Speed 1/2- Marathon	Marathon	Speed Marathon km/h	Faktor Half to Marathon
22.1	24.9	2.8	83.6	4.28	47:45	20.23	1.87	1:04:00	19.78	2:14:12	18.86	2.10
21.6	24.4	2.8	82	4.19	48:48	19.80	1.80	1:05:20	19.39	2:16:55	18.49	2.10
21.1	23.9	2.8	80.6	4.11	50:00	19.32	1.78	1:06:35	19.01	2:19:40	18.13	2.10
20.6	23.4	2.8	79.2	4.03	51:05	18.90	1.70	1:07:55	18.65	2:22:25	17.78	2.10
20.2	23	2.8	77.8	3.96	52:15	18.51	1.69	1:09:10	18.29	2:25:05	17.45	2.10
19.8	22.6	2.8	76.5	3.89	53:25	18.09	1.71	1:10:35	17.93	2:28:05	17.10	2.10
19.4	22.1	2.7	75.3	3.82	54:30	17.72	1.68	1:11:40	17.66	2:30:25	16.84	2.10
19	21.7	2.7	74.1	3.75	55:42	17.34	1.66	1:13:00	17.34	2:33:05	16.54	2.10
18.6	21.4	2.8	72.9	3.69	56:48	17.01	1.59	1:14:25	17.02	2:36:35	16.17	2.10
18.2	21	2.8	71.8	3.62	57:54	16.68	1.52	1:15:35	16.75	2:40:00	15.81	2.12
17.9	20.6	2.7	70.7	3.57	59:05	16.35	1.55	1:16:55	16.46	2:43:30	15.49	2.13
17.5	20.3	2.8	69.7	3.51	1:00:0	16.05	1.45	1:18:10	16.19	2:47:00	15.16	2.14
17.2	19.9	2.7	68.7	3.45	1:01:25	15.73	1.47	1:19:30	15.92	2:50:30	14.85	2.14
16.9	19.6	2.7	67.8	3.40	1:02:30	15.46	1.44	1:20:40	15.69	2:54:00	14.55	2.16
16.6	19.3	2.7	66.8	3.35	1:03:25	15.19	1.41	1:22:10	15.40	2:57:25	14.27	2.16
16.3	19	2.7	65.9	3.30	1:04:50	14.91	1.39	1:23:20	15.20	3:00:00	13.99	2.17
16	18.7	2.7	65.1	3.25	1:05:55	14.66	1.34	1:24:35	14.96	3:04:25	13.73	2.18
15.7	18.5	2.8	64.2	3.21	1:07:05	14.40	1.30	1:25:55	14.74	3:07:50	13.48	2.19
15.5	18.2	2.7	63.4	3.16	1:08:10	14.16	1.34	1:27:10	14.52	3:11:20	13.23	2.19
15.2	17.9	2.7	62.7	3.12	1:09:25	13.92	1.28	1:28:30	14.31	2:14:50	13.00	2.20
15	17.7	2.7	61.9	3.08	1:10:30	13.70	1.30	1:29:50	14.10	3:18:10	12.77	2.21
14.7	17.4	2.7	61.2	3.04	1:11:35	13.49	1.21	1:31:00	13.91	3:21:40	12.55	2.22
14.5	17.2	2.7	60.5	3.00	1:12:45	13.27	1.23	1:32:20	13.72	3:25:10	12.34	2.22
14.3	17	2.7	59.8	2.96	1:13:55	13.07	1.23	1:33:35	13.53	3:28:40	12.13	2.23
14.1	16.7	2.6	59.1	2.92	1:15:00	12.86	1.24	1:34:55	13.34	3:32:10	11.94	2.23
13.8	16.5	2.7	58.4	2.88	1:16:10	12.68	1.12	1:36:10	13.16	3:35:25	11.75	2.24
13.6	16.3	2.7	57.8	2.85	1:17:15	12.50	1.10	1:37:30	12.98	3:39:10	11.56	2.25
13.4	16.1	2.7	57.2	2.82	1:18:30	12.31	1.09	1:38:50	12.81	3:42:30	11.38	2.25
13.2	15.9	2.7	56.6	2.78	1:19:25	12.14	1.06	1:40:00	12.65	3:46:00	11.20	2.26
13.1	15.7	2.6	56	2.75	1:20:45	11.96	1.14	1:41:20	12.50	3:49:30	11.03	2.27
12.9	15.5	2.6	55.5	2.72	1:21:55	11.79	1.11	1:42:35	12.34	3:53:00	10.87	2.27
12.7	15.3	2.6	54.9	2.69	1:23:00	11.64	1.06	1:43:55	12.18	3:56:25	10.71	2.28
12.5	15.2	2.7	54.4	2.66	1:24:10	11.47	1.03	1:45:10	12.03	4:00:00	10.55	2.28
12.3	14.5	2.2	53.9	2.63	1:25:15	11.32	0.98	1:46:30	11.89	4:03:20	10.40	2.29
12.2	14.3	2.1	53.3	2.60	1:26:30	11.17	1.03	1:47:50	11.74	4:06:45	10.26	2.29
12	14.6	2.6	52.8	2.57	1:27:25	11.03	0.97	1:49:05	11.60	4:10:00	10.12	2.29
11.9	14.4	2.5	52.4	2.547	1:28:45	10.88	1.02	1:50:25	11.47	4:13:45	9.98	2.30
11.7	14.3	2.6	51.9	2.52	1:30:00	10.75	0.95	1:51:35	11.34	4:17:10	9.85	2.30
11.6	14.2	2.6	51.4	2.50	1:31:00	10.62	0.98	1:52:55	11.21	4:20:40	9.71	2.31
11.4	14	2.6	51	2.47	1:32:10	10.48	0.92	1:54:10	11.09	4:24:10	9.59	2.31
11.3	13.9	2.6	50.5	2.45	1:33:15	10.35	0.95	1:55:30	10.96	4:27:40	9.46	2.32
11.1	13.7	2.6	50.1	2.42	1:34:30	10.22	0.88	1:56:50	10.84	4:31:00	9.34	2.32
11	13.6	2.6	49.7	2.40	1:35:35	10.10	0.90	1:58:05	10.72	4:34:20	9.22	2.33
10.9	13.5	2.6	49.3	2.38	1:36:40	9.99	0.91	1:59:25	10.60	4:38:00	9.10	2.33
10.7	13.3	2.6	48.9	2.36	1:37:55	9.87	0.83	2:00:00	10.49	4:41:30	8.99	2.33
10.6	13.2	2.6	48.5	2.33	1:39:00	9.76	0.84	2:02:00	10.39	4:45:30	8.87	2.34
10.5	13.1	2.6	48.1	2.31	1:40:00	9.66	0.84	2:03:10	10.28	4:48:30	8.78	2.34
10	12.5	2.5	46.7	2.25	1:44:00	9.29	0.71	2:10:00	9.74			
9.5	11.8	2.3	15.2	2.15	1:49:00	8.86	0.64	-				
9	11.1	2.1	43.7	2.10	1:55:00	8.40	0.60	-				

