

Coachingschema

300 meter	rondetijd	700 meter	rondetijd	1100 meter	rondetijd	1500 meter
00:38,2	00:45,9	01:24,1	00:47,0	02:11,0	00:49,0	03:00,0
00:37,5	00:45,1	01:22,7	00:46,2	02:08,9	00:48,1	02:57,0
00:36,9	00:44,4	01:21,3	00:45,4	02:06,7	00:47,3	02:54,0
00:36,3	00:43,6	01:19,9	00:44,6	02:04,5	00:46,5	02:51,0
00:35,6	00:42,8	01:18,5	00:43,8	02:02,3	00:45,7	02:48,0
00:35,4	00:42,3	01:17,7	00:43,3	02:01,0	00:45,0	02:46,0
00:34,9	00:41,8	01:16,8	00:42,8	01:59,6	00:44,4	02:44,0
00:34,5	00:41,3	01:15,8	00:42,3	01:58,1	00:43,9	02:42,0
00:34,1	00:40,8	01:14,9	00:41,8	01:56,6	00:43,4	02:40,0
00:33,7	00:40,3	01:13,9	00:41,2	01:55,2	00:42,8	02:38,0
00:33,4	00:39,8	01:13,2	00:40,7	01:53,9	00:42,1	02:36,0
00:33,0	00:39,3	01:12,2	00:40,2	01:52,4	00:41,6	02:34,0
00:32,5	00:38,8	01:11,3	00:39,7	01:51,0	00:41,0	02:32,0
00:32,1	00:38,2	01:10,4	00:39,2	01:49,5	00:40,5	02:30,0
00:31,7	00:37,7	01:09,4	00:38,6	01:48,0	00:40,0	02:28,0
00:31,4	00:37,2	01:08,6	00:38,0	01:46,6	00:39,4	02:26,0
00:31,0	00:36,7	01:07,7	00:37,4	01:45,1	00:38,9	02:24,0
00:30,5	00:36,2	01:06,7	00:36,9	01:43,7	00:38,3	02:22,0
00:30,1	00:35,7	01:05,8	00:36,4	01:42,2	00:37,8	02:20,0
00:29,7	00:35,2	01:04,9	00:35,9	01:40,7	00:37,3	02:18,0
00:29,4	00:34,5	01:03,9	00:35,4	01:39,3	00:36,7	02:16,0
00:28,9	00:34,0	01:03,0	00:34,8	01:37,8	00:36,2	02:14,0
00:28,5	00:33,5	01:02,0	00:34,3	01:36,4	00:35,6	02:12,0
00:28,1	00:33,0	01:01,1	00:33,8	01:34,9	00:35,1	02:10,0
00:27,6	00:32,5	01:00,2	00:33,3	01:33,4	00:34,6	02:08,0
00:27,2	00:32,0	00:59,2	00:32,8	01:32,0	00:34,0	02:06,0
00:26,9	00:31,4	00:58,3	00:32,2	01:30,5	00:33,5	02:04,0
00:26,5	00:30,9	00:57,3	00:31,7	01:29,1	00:32,9	02:02,0
00:26,0	00:30,4	00:56,4	00:31,2	01:27,6	00:32,4	02:00,0
00:25,8	00:30,1	00:55,9	00:30,9	01:26,9	00:32,1	01:59,0
00:25,6	00:29,9	00:55,5	00:30,7	01:26,1	00:31,9	01:58,0
00:25,4	00:29,6	00:55,0	00:30,4	01:25,4	00:31,6	01:57,0
00:25,2	00:29,3	00:54,5	00:30,2	01:24,7	00:31,3	01:56,0
00:25,1	00:29,0	00:54,0	00:29,9	01:23,9	00:31,0	01:55,0
00:24,9	00:28,7	00:53,6	00:29,6	01:23,2	00:30,8	01:54,0
00:24,6	00:28,5	00:53,1	00:29,4	01:22,5	00:30,5	01:53,0
00:24,4	00:28,2	00:52,6	00:29,1	01:21,8	00:30,2	01:52,0
00:24,2	00:28,0	00:52,2	00:28,9	01:21,0	00:30,0	01:51,0
00:24,0	00:27,7	00:51,7	00:28,6	01:20,3	00:29,7	01:50,0
00:23,9	00:27,4	00:51,2	00:28,3	01:19,6	00:29,4	01:49,0
00:23,7	00:27,1	00:50,8	00:28,1	01:18,8	00:29,2	01:48,0
00:23,5	00:26,7	00:50,3	00:27,8	01:18,1	00:28,9	01:47,0
00:23,4	00:26,4	00:49,8	00:27,6	01:17,4	00:28,6	01:46,0
00:23,3	00:26,0	00:49,3	00:27,3	01:16,6	00:28,3	01:45,0
00:23,2	00:25,7	00:48,9	00:27,0	01:15,9	00:28,1	01:44,0
00:23,1	00:25,3	00:48,4	00:26,8	01:15,2	00:27,8	01:43,0
00:23,0	00:25,1	00:48,0	00:26,4	01:14,5	00:27,5	01:42,0
00:22,9	00:24,7	00:47,7	00:25,3	01:12,9	00:27,1	01:41,0

