

Coachingsschema 10.000 meter: Schaatsfest.nl

	ronde 1	ronde 2	ronde 3	ronde 4	ronde 5	ronde 6	ronde 7	ronde 8	ronde 9	ronde 10	ronde 11	ronde 12	ronde 13	ronde 14	ronde 15	ronde 16	ronde 17	ronde 18	ronde 19	ronde 20	ronde 21	ronde 22	ronde 23	ronde 24	ronde 25	
	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	5200	5600	6000	6400	6800	7200	7600	8000	8400	8800	9200	9600	10000	
12.56.0	00:34.0	00:30.1	00:30.1	00:30.1	00:30.5	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0
	00:34.0	01:04.5	01:35.0	02:05.5	02:36.0	03:07.0	03:38.0	04:09.0	04:40.0	05:11.0	05:42.0	06:13.0	06:44.0	07:15.0	07:46.0	08:17.0	08:48.0	09:19.0	09:50.0	10:21.0	10:52.0	11:23.0	11:54.0	12:25.0	12:56.0	
13.03.0	00:34.0	00:30.1	00:30.5	00:30.5	00:30.5	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0
	00:34.0	01:04.5	01:35.0	02:05.5	02:36.0	03:07.0	03:38.0	04:09.0	04:40.0	05:11.0	05:42.0	06:13.0	06:44.0	07:15.0	07:47.0	08:18.5	08:50.0	09:21.5	09:53.0	10:24.5	10:56.0	11:27.5	11:59.0	12:31.0	13:03.0	
13.10.0	00:34.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0
	00:34.0	01:05.0	01:36.0	02:07.0	02:38.0	03:09.0	03:40.0	04:11.0	04:42.0	05:13.0	05:44.5	06:16.0	06:47.5	07:19.0	07:50.5	08:22.0	08:53.5	09:25.0	09:57.0	10:29.0	11:01.0	11:33.0	12:05.0	12:37.5	13:10.0	
13.16.0	00:34.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0
	00:34.0	01:05.0	01:36.0	02:07.0	02:38.0	03:09.0	03:40.0	04:11.0	04:42.0	05:13.0	05:44.5	06:16.0	06:47.5	07:19.5	07:51.5	08:23.5	08:55.5	09:27.5	10:00.0	10:32.0	11:04.0	11:36.0	12:08.0	12:40.0	13:12.0	13:16.0
13.23.5	00:34.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5
	00:34.5	01:06.0	01:37.5	02:09.0	02:40.5	03:11.5	03:42.5	04:13.5	04:44.5	05:15.5	05:47.5	06:19.5	06:51.5	07:23.5	07:55.5	08:27.5	08:59.5	09:31.5	10:04.5	10:37.5	11:10.5	11:43.5	12:16.5	12:50.0	13:23.5	
13.29.5	00:34.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5	00:31.5
	00:34.5	01:06.0	01:37.5	02:09.0	02:40.5	03:11.5	03:42.5	04:13.5	04:44.5	05:15.5	05:47.5	06:19.5	06:51.5	07:24.0	07:56.5	08:29.0	09:01.5	09:34.0	10:07.5	10:41.0	11:14.5	11:48.0	12:21.5	12:55.5	13:29.5	
13.36.5	00:34.5	00:32.0	00:32.0	00:32.0	00:32.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0
	00:34.5	01:06.5	01:38.5	02:10.5	02:42.5	03:13.5	03:44.5	04:15.5	04:46.5	05:17.5	05:50.0	06:22.5	06:55.0	07:27.5	08:00.0	08:32.5	09:05.0	09:37.5	10:10.0	10:42.5	11:15.0	11:47.5	12:20.0	12:52.5	13:25.0	13:36.5
13.42.5	00:34.5	00:32.0	00:32.0	00:32.0	00:32.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0
	00:34.5	01:06.5	01:38.5	02:10.5	02:42.5	03:13.5	03:44.5	04:15.5	04:46.5	05:17.5	05:50.0	06:22.5	06:55.0	07:28.0	08:01.0	08:34.0	09:07.0	09:40.0	10:13.0	10:46.0	11:19.0	11:52.0	12:25.0	12:58.0	13:31.0	13:42.5
13.50.0	00:35.0	00:32.5	00:32.5	00:32.5	00:32.5	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0
	00:35.0	01:07.5	01:40.0	02:12.5	02:45.0	03:16.0	03:47.0	04:18.0	04:49.0	05:20.0	05:53.0	06:26.0	06:59.0	07:32.0	08:05.0	08:38.0	09:11.0	09:44.0	10:17.0	10:50.0	11:23.0	11:56.0	12:29.0	13:02.0	13:35.0	13:50.0
13.56.0	00:35.0	00:32.5	00:32.5	00:32.5	00:32.5	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0
	00:35.0	01:07.5	01:40.0	02:12.5	02:45.0	03:16.0	03:47.0	04:18.0	04:49.0	05:20.0	05:53.0	06:26.0	06:59.0	07:32.5	08:06.0	08:39.5	09:13.0	09:46.5	10:20.0	10:53.5	11:27.0	12:00.5	12:34.0	13:07.5	13:41.0	13:56.0
14.03.0	00:35.0	00:33.0	00:33.0	00:33.0	00:33.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0
	00:35.0	01:08.0	01:41.0	02:14.0	02:47.0	03:18.0	03:49.0	04:20.0	04:51.0	05:22.0	05:55.5	06:29.0	07:02.5	07:36.0	08:09.5	08:43.0	09:16.5	09:50.0	10:23.5	10:57.0	11:30.5	12:04.0	12:37.5	13:11.0	13:44.5	14:03.0
14.09.0	00:35.0	00:33.0	00:33.0	00:33.0	00:33.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0
	00:35.0	01:08.0	01:41.0	02:14.0	02:47.0	03:18.0	03:49.0	04:20.0	04:51.0	05:22.0	05:55.5	06:29.0	07:02.5	07:36.0	08:10.5	08:44.5	09:18.5	09:52.5	10:26.5	11:00.5	11:34.0	12:07.5	12:41.0	13:14.5	13:48.0	14:09.0
14.16.5	00:35.5	00:33.5	00:33.5	00:33.5	00:33.5	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0
	00:35.5	01:09.0	01:42.5	02:16.0	02:49.5	03:20.5	03:51.5	04:22.5	04:53.5	05:24.5	05:58.5	06:32.5	07:06.5	07:40.5	08:14.5	08:48.5	09:22.5	09:56.5	10:30.5	11:04.5	11:38.5	12:12.5	12:46.5	13:20.5	13:54.5	14:16.5
14.22.5	00:35.5	00:33.5	00:33.5	00:33.5	00:33.5	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0
	00:35.5	01:09.0	01:42.5	02:16.0	02:49.5	03:20.5	03:51.5	04:22.5	04:53.5	05:24.5	05:58.5	06:32.5	07:06.5	07:41.0	08:15.5	08:50.0	09:24.5	09:59.0	10:33.5	11:08.0	11:42.0	12:16.0	12:50.0	13:24.0	13:58.0	14:22.5
14.29.5	00:35.5	00:34.0	00:34.0	00:34.0	00:34.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0
	00:35.5	01:09.5	01:43.5	02:17.5	02:51.5	03:22.5	03:53.5	04:24.5	04:55.5	05:26.5	06:01.0	06:35.5	07:10.0	07:44.5	08:19.0	08:53.5	09:28.0	10:02.5	10:40.5	11:18.5	11:56.5	12:34.5	13:12.5	13:51.0	14:29.5	
14.35.5	00:35.5	00:34.0	00:34.0	00:34.0	00:34.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0
	00:35.5	01:09.5	01:43.5	02:17.5	02:51.5	03:22.5	03:53.5	04:24.5	04:55.5	05:26.5	06:01.0	06:35.5	07:10.0	07:44.5	08:19.0	08:53.5	09:28.0	10:02.5	10:40.5	11:18.5	11:56.5	12:34.5	13:12.5	13:51.0	14:29.5	
14.43.0	00:36.0	00:34.5	00:34.5	00:34.5	00:34.5	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0	00:31.0
	00:36.0	01:10.5	01:45.0																							