Coachingsschema 10.000 meter: Schaatstest.nl (oplopend schema)

00:01,0	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	100000
12:19,0	00:29,0	00:28,0	00:28,0	00:28,0	00:28,0	00:28,0	00:28,5	00:28,5	00:28,5	00:28,5	00:29,0	00:29,0	00:29,0	00:29,5	00:29,5	00:30,0	00:30,0	00:30,5	00:30,5	00:31,0	00:31,0	00:31,5	00:31,5	00:32,0	00:32,0
	00:29,0	00:57,0	01:25,0	01:53,0	02:21,0	02:49,0	03:17,5	03:46,0	04:14,5	04:43,0	05:12,0	05:41,0	06:10,0	06:39,5	07:09,0	07:39,0	08:09,0	08:39,5	09:10,0	09:41,0	10:12,0	10:43,5	11:15,0	11:47,0	12:19,0
12:31,5	00:29,5	00:28,5	00:28,5	00:28,5	00:28,5	00:28,5	00:29,0	00:29,0	00:29,0	00:29,0	00:29,5	00:29,5	00:29,5	00:30,0	00:30,0	00:30,5	00:30,5	00:31,0	00:31,0	00:31,5	00:31,5	00:32,0	00:32,0	00:32,5	00:32,5
	00:29,5	00:58,0	01:26,5	01:55,0	02:23,5	02:52,0	03:21,0	03:50,0	04:19,0	04:48,0	05:17,5	05:47,0	06:16,5	06:46,5	07:16,5	07:47,0	08:17,5	08:48,5	09:19,5	09:51,0	10:22,5	10:54,5	11:26,5	11:59,0	12:31,5
12:44,0	00:30,0	00:29,0	00:29,0	00:29,0	00:29,0	00:29,0	00:29,5	00:29,5	00:29,5	00:29,5	00:30,0	00:30,0	00:30,0	00:30,5	00:30,5	00:31,0	00:31,0	00:31,5	00:31,5	00:32,0	00:32,0	00:32,5	00:32,5	00:33,0	00:33,0
	00:30,0	00:59,0	01:28,0	01:57,0	02:26,0	02:55,0	03:24,5	03:54,0	04:23,5	04:53,0	05:23,0	05:53,0	06:23,0	06:53,5	07:24,0	07:55,0	08:26,0	08:57,5	09:29,0	10:01,0	10:33,0	11:05,5	11:38,0	12:11,0	12:44,0
12:56,5	00:30,5	00:29,5	00:29,5	00:29,5	00:29,5	00:29,5	00:30,0	00:30,0	00:30,0	00:30,0	00:30,5	00:30,5	00:30,5	00:31,0	00:31,0	00:31,5	00:31,5	00:32,0	00:32,0	00:32,5	00:32,5	00:33,0	00:33,0	00:33,5	00:33,5
	00:30,5	01:00,0	01:29,5	01:59,0	02:28,5	02:58,0	03:28,0	03:58,0	04:28,0	04:58,0	05:28,5	05:59,0	06:29,5	07:00,5	07:31,5	08:03,0	08:34,5	09:06,5	09:38,5	10:11,0	10:43,5	11:16,5	11:49,5	12:23,0	12:56,5
13:09,0	00:31,0	00:30,0	00:30,0	00:30,0	00:30,0	00:30,0	00:30,5	00:30,5	00:30,5	00:30,5	00:31,0	00:31,0	00:31,0	00:31,5	00:31,5	00:32,0	00:32,0	00:32,5	00:32,5	00:33,0	00:33,0	00:33,5	00:33,5	00:34,0	00:34,0
	00:31,0	01:01,0	01:31,0	02:01,0	02:31,0	03:01,0	03:31,5	04:02,0	04:32,5	05:03,0	05:34,0	06:05,0	06:36,0	07:07,5	07:39,0	08:11,0	08:43,0	09:15,5	09:48,0	10:21,0	10:54,0	11:27,5	12:01,0	12:35,0	13:09,0
13:21,5	00:31,5	00:30,5	00:30,5	00:30,5	00:30,5	00:30,5	00:31,0	00:31,0	00:31,0	00:31,0	00:31,5	00:31,5	00:31,5	00:32,0	00:32,0	00:32,5	00:32,5	00:33,0	00:33,0	00:33,5	00:33,5	00:34,0	00:34,0	00:34,5	00:34,5
	00:31,5	01:02,0	01:32,5	02:03,0	02:33,5	03:04,0	03:35,0	04:06,0	04:37,0	05:08,0	05:39,5	06:11,0	06:42,5	07:14,5	07:46,5	08:19,0	08:51,5	09:24,5	09:57,5	10:31,0	11:04,5	11:38,5	12:12,5	12:47,0	13:21,5
13:34,0	00:32,0	00:31,0	00:31,0	00:31,0	00:31,0	00:31,0	00:31,5	00:31,5	00:31,5	00:31,5	00:32,0	00:32,0	00:32,0	00:32,5	00:32,5	00:33,0	00:33,0	00:33,5	00:33,5	00:34,0	00:34,0	00:34,5	00:34,5	00:35,0	00:35,0
	00:32,0	01:03,0	01:34,0	02:05,0	02:36,0	03:07,0	03:38,5	04:10,0	04:41,5	05:13,0	05:45,0	06:17,0	06:49,0	07:21,5	07:54,0	08:27,0	09:00,0	09:33,5	10:07,0	10:41,0	11:15,0	11:49,5	12:24,0	12:59,0	13:34,0
13:46,5	00:32,5	00:31,5	00:31,5	00:31,5	00:31,5	00:31,5	00:32,0	00:32,0	00:32,0	00:32,0	00:32,5	00:32,5	00:32,5	00:33,0	00:33,0	00:33,5	00:33,5	00:34,0	00:34,0	00:34,5	00:34,5	00:35,0	00:35,0	00:35,5	00:35,5
	00:32,5	01:04,0	01:35,5	02:07,0	02:38,5	03:10,0	03:42,0	04:14,0	04:46,0	05:18,0	05:50,5	06:23,0	06:55,5	07:28,5	08:01,5	08:35,0	09:08,5	09:42,5	10:16,5	10:51,0	11:25,5	12:00,5	12:35,5	13:11,0	13:46,5
13:59,0	00:33,0	00:32,0	00:32,0	00:32,0	00:32,0	00:32,0	00:32,5	00:32,5	00:32,5	00:32,5	00:33,0	00:33,0	00:33,0	00:33,5	00:33,5	00:34,0	00:34,0	00:34,5	00:34,5	00:35,0	00:35,0	00:35,5	00:35,5	00:36,0	00:36,0
	00:33,0	01:05,0	01:37,0	02:09,0	02:41,0	03:13,0	03:45,5	04:18,0	04:50,5	05:23,0	05:56,0	06:29,0	07:02,0	07:35,5	08:09,0	08:43,0	09:17,0	09:51,5	10:26,0	11:01,0	11:36,0	12:11,5	12:47,0	13:23,0	13:59,0
14:11,5	00:33,5	00:32,5	00:32,5	00:32,5	00:32,5	00:32,5	00:33,0	00:33,0	00:33,0	00:33,0	00:33,5	00:33,5	00:33,5	00:34,0	00:34,0	00:34,5	00:34,5	00:35,0	00:35,0	00:35,5	00:35,5	00:36,0	00:36,0	00:36,5	00:36,5
	00:33,5	01:06,0	01:38,5	02:11,0	02:43,5	03:16,0	03:49,0	04:22,0	04:55,0	05:28,0	06:01,5	06:35,0	07:08,5	07:42,5	08:16,5	08:51,0	09:25,5	10:00,5	10:35,5	11:11,0	11:46,5	12:22,5	12:58,5	13:35,0	14:11,5
14:24,0	00:34,0	00:33,0	00:33,0	00:33,0	00:33,0	00:33,0	00:33,5	00:33,5	00:33,5	00:33,5	00:34,0	00:34,0	00:34,0	00:34,5	00:34,5	00:35,0	00:35,0	00:35,5	00:35,5	00:36,0	00:36,0	00:36,5	00:36,5	00:37,0	00:37,0
	00:34,0	01:07,0	01:40,0	02:13,0	02:46,0	03:19,0	03:52,5	04:26,0	04:59,5	05:33,0	06:07,0	06:41,0	07:15,0	07:49,5	08:24,0	08:59,0	09:34,0	10:09,5	10:45,0	11:21,0	11:57,0	12:33,5	13:10,0	13:47,0	14:24,0
14:36,5	00:34,5	00:33,5	00:33,5	00:33,5	00:33,5	00:33,5	00:34,0	00:34,0	00:34,0	00:34,0	00:34,5	00:34,5	00:34,5	00:35,0	00:35,0	00:35,5	00:35,5	00:36,0	00:36,0	00:36,5	00:36,5	00:37,0	00:37,0	00:37,5	00:37,5
	00:34,5	01:08,0	01:41,5	02:15,0	02:48,5	03:22,0	03:56,0	04:30,0	05:04,0	05:38,0	06:12,5	06:47,0	07:21,5	07:56,5	08:31,5	09:07,0	09:42,5	10:18,5	10:54,5	11:31,0	12:07,5	12:44,5	13:21,5	13:59,0	14:36,5
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	00:35,0	01:09,0	01:43,0	02:17,0	02:51,0	03:25,0	03:59,5	04:34,0	05:08,5	05:43,0	06:18,0	06:53,0	07:28,0	08:03,5	08:39,0	09:15,0	09:51,0	10:27,5	11:04,0	11:41,0	12:18,0	12:55,5	13:33,0	14:11,0	14:49,0
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	00:35,5	01:10,0	01:44,5	02:19,0	02:53,5	03:28,0	04:03,0	04:38,0	05:13,0	05:48,0	06:23,5	06:59,0	07:34,5	08:10,5	08:46,5	09:23,0	09:59,5	10:36,5	11:13,5	11:51,0	12:28,5	13:06,5	13:44,5	14:23,0	15:01,5
15:14,0	00:36,0	00:35,0	00:35,0	00:35,0	00:35,0	00:35,0	00:35,5	00:35,5	00:35,5	00:35,5	00:36,0	00:36,0	00:36,0	00:36,5	00:36,5	00:37,0	00:37,0	00:37,5	00:37,5	00:38,0	00:38,0	00:38,5	00:38,5	00:39,0	00:39,0
	00:36,0	01:11,0	01:46,0	02:21,0	02:56,0	03:31,0	04:06,5	04:42,0	05:17,5	05:53,0	06:29,0	07:05,0	07:41,0	08:17,5	08:54,0	09:31,0	10:08,0	10:45,5	11:23,0	12:01,0	12:39,0	13:17,5	13:56,0	14:35,0	15:14,0
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	00:36,5	01:12,0	01:47,5	02:23,0	02:58,5	03:34,0	04:10,0	04:46,0	05:22,0	05:58,0	06:34,5	07:11,0	07:47,5	08:24,5	09:01,5	09:39,0	10:16,5	10:54,5	11:32,5	12:11,0	12:49,5	13:28,5	14:07,5	14:47,0	15:26,5
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	00:37,0	01:13,0	01:49,0	02:25,0	03:01,0	03:37,0	04:13,5	04:50,0	05:26,5	06:03,0	06:40,0	07:17,0	07:54,0	08:31,5	09:09,0	09:47,0	10:25,0	11:03,5	11:42,0	12:21,0	13:00,0	13:39,5	14:19,0	14:59,0	15:39,0
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	00:37,5	01:14,0	01:50,5	02:27,0	03:03,5	03:40,0	04:17,0	04:54,0	05:31,0	06:08,0	06:45,5	07:23,0	08:00,5	08:38,5	09:16,5	09:55,0	10:33,5	11:12,5	11:51,5	12:31,0	13:10,5	13:50,5	14:30,5	15:11,0	15:51,5
16:04,0	00:38,0	00:37,0	00:37,0	00:37,0	00:37,0	00:37,0	00:37,5	00:37,5	00:37,5	00:37,5	00:38,0	00:38,0	00:38,0	00:38,5	00:38,5	00:39,0	00:39,0	00:39,5	00:39,5	00:40,0	00:40,0	00:40,5	00:40,5	00:41,0	00:41,0
	00:38,0	01:15,0	01:52,0	02:29,0	03:06,0	03:43,0	04:20,5	04:58,0	05:35,5	06:13,0	06:51,0	07:29,0	08:07,0	08:45,5	09:24,0	10:03,0	10:42,0	11:21,5	12:01,0	12:41,0	13:21,0	14:01,5	14:42,0	15:23,0	16:04,0
16:16,5	00:38,5	00:37,5	00:37,5	00:37,5	00:37,5	00:37,5	00:38,0	00:38,0	00:38,0	00:38,0	00:38,5	00:38,5	00:38,5	00:39,0	00:39,0	00:39,5	00:39,5	00:40,0	00:40,0	00:40,5	00:40,5	00:41,0	00:41,0	00:41,5	00:41,5
	00:38,5	01:16,0	01:53,5	02:31,0	03:08,5	03:46,0	04:24,0	05:02,0	05:40,0	06:18,0	06:56,5	07:35,0	08:13,5	08:52,5	09:31,5	10:11,0	10:50,5	11:30,5	12:10,5	12:51,0	13:31,5	14:12,5	14:53,5	15:35,0	16:16,5
16:29,0	00:39,0	00:38,0	00:38,0	00:38,0	00:38,0	00:38,0	00:38,5	00:38,5	00:38,5	00:38,5	00:39,0	00:39,0	00:39,0	00:39,5	00:39,5	00:40,0	00:40,0	00:40,5	00:40,5	00:41,0	00:41,0	00:41,5	00:41,5	00:42,0	00:42,0
	00:39,0	01:17,0	01:55,0	02:33,0	03:11,0	03:49,0	04:27,5	05:06,0	05:44,5	06:23,0	07:02,0	07:41,0	08:20,0	08:59,5	09:39,0	10:19,0	10:59,0	11:39,5	12:20,0	13:01,0	13:42,0	14:23,5	15:05,0	15:47,0	16:29,0
16:41,5	00:39,5	00:38,5	00:38,5	00:38,5	00:38,5	00:38,5	00:39,0	00:39,0	00:39,0	00:39,0	00:39,5	00:39,5	00:39,5	00:40,0	00:40,0	00:40,5	00:40,5	00:41,0	00:41,0	00:41,5	00:41,5	00:42,0	00:42,0	00:42,5	00:42,5
	00:39,5	01:18,0	01:56,5	02:35,0	03:13,5	03:52,0	04:31,0	05:10,0	05:49,0	06:28,0	07:07,5	07:47,0	08:26,5	09:06,5	09:46,5	10:27,0	11:07,5	11:48,5	12:29,5	13:11,0	13:52,5	14:34,5	15:16,5	15:59,0	16:41,5
16:54,0	00:40,0	00:39,0	00:39,0	00:39,0	00:39,0	00:39,0	00:39,5	00:39,5	00:39,5	00:39,5	00:40,0	00:40,0	00:40,0	00:40,5	00:40,5	00:41,0	00:41,0	00:41,5	00:41,5	00:42,0	00:42,0	00:42,5	00:42,5	00:43,0	00:43,0
	00:40,0	01:19,0	01:58,0	02:37,0	03:16,0	03:55,0	04:34,5	05:14,0	05:53,5	06:33,0	07:13,0	07:53,0	08:33,0	09:13,5	09:54,0	10:35,0	11:16,0	11:57,5	12:39,0	13:21,0	14:03,0	14:45,5	15:28,0	16:11,0	16:54,0
17:06,5	00:40,5	00:39,5	00:39,5	00:39,5	00:39,5	00:39,5	00:40,0	00:40,0	00:40,0	00:40,0	00:40,5	00:40,5	00:40,5	00:41,0	00:41,0	00:41,5	00:41,5	00:42,0	00:42,0	00:42,5	00:42,5	00:43,0	00:43,0	00:43,5	00:43,5
	00:40,5	01:20,0	01:59,5	02:39,0	03:18,5	03:58,0	04:38,0	05:18,0	05:58,0	06:38,0	07:18,5	07:59,0	08:39,5	09:20,5	10:01,5	10:43,0	11:24,5	12:06,5	12:48,5	13:31,0	14:13,5	14:56,5	15:39,5	16:23,0	17:06,5
17:19,0	00:41,0	00:40,0	00:40,0	00:40,0	00:40,0	00:40,0	00:40,5	00:40,5	00:40,5	00:40,5	00:41,0	00:41,0	00:41,0	00:41,5	00:41,5	00:42,0	00:42,0	00:42,5	00:42,5	00:43,0	00:43,0	00:43,5	00:43,5	00:44,0	00:44,0
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