

Coachingsschema 1000 meter: Schaatstest.nl				
200	ronde 1	600	ronde 2	1000
00:16,0	00:26,0	00:42,0	00:27,0	01:09,0
00:16,5	00:26,0	00:42,5	00:27,5	01:10,0
00:16,5	00:26,5	00:43,0	00:28,0	01:11,0
00:17,0	00:27,0	00:44,0	00:28,0	01:12,0
00:17,0	00:27,5	00:44,5	00:28,5	01:13,0
00:17,5	00:27,5	00:45,0	00:29,0	01:14,0
00:17,5	00:28,0	00:45,5	00:29,5	01:15,0
00:17,5	00:28,5	00:46,0	00:30,0	01:16,0
00:18,0	00:29,0	00:47,0	00:30,0	01:17,0
00:18,0	00:29,5	00:47,5	00:30,5	01:18,0
00:18,5	00:29,5	00:48,0	00:31,0	01:19,0
00:18,5	00:30,0	00:48,5	00:31,5	01:20,0
00:18,5	00:30,5	00:49,0	00:32,0	01:21,0
00:19,0	00:30,5	00:49,5	00:32,5	01:22,0
00:19,0	00:31,0	00:50,0	00:33,0	01:23,0
00:19,5	00:31,5	00:51,0	00:33,0	01:24,0
00:19,5	00:32,0	00:51,5	00:33,5	01:25,0
00:19,5	00:32,5	00:52,0	00:34,0	01:26,0
00:20,0	00:33,0	00:53,0	00:34,0	01:27,0
00:20,0	00:33,5	00:53,5	00:34,5	01:28,0
00:20,5	00:33,5	00:54,0	00:35,0	01:29,0
00:20,5	00:34,0	00:54,5	00:35,5	01:30,0
00:20,5	00:34,5	00:55,0	00:36,0	01:31,0
00:21,0	00:34,5	00:55,5	00:36,5	01:32,0
00:21,0	00:35,0	00:56,0	00:37,0	01:33,0
00:21,5	00:35,5	00:57,0	00:37,0	01:34,0
00:21,5	00:36,0	00:57,5	00:37,5	01:35,0
00:21,5	00:36,5	00:58,0	00:38,0	01:36,0
00:22,0	00:36,5	00:58,5	00:38,5	01:37,0
00:22,0	00:37,0	00:59,0	00:39,0	01:38,0
00:22,5	00:37,5	01:00,0	00:39,0	01:39,0
00:22,5	00:38,0	01:00,5	00:39,5	01:40,0
00:22,5	00:38,5	01:01,0	00:40,0	01:41,0
00:23,0	00:38,5	01:01,5	00:40,5	01:42,0
00:23,0	00:39,0	01:02,0	00:41,0	01:43,0
00:23,5	00:39,5	01:03,0	00:41,0	01:44,0
00:23,5	00:40,0	01:03,5	00:41,5	01:45,0
00:23,5	00:40,5	01:04,0	00:42,0	01:46,0
00:24,0	00:40,5	01:04,5	00:42,5	01:47,0
00:24,0	00:41,0	01:05,0	00:43,0	01:48,0
00:24,0	00:41,5	01:05,5	00:43,5	01:49,0
00:24,5	00:42,0	01:06,5	00:43,5	01:50,0
00:24,5	00:42,5	01:07,0	00:44,0	01:51,0
00:25,0	00:42,5	01:07,5	00:44,5	01:52,0
00:25,0	00:43,0	01:08,0	00:45,0	01:53,0
00:25,0	00:43,5	01:08,5	00:45,5	01:54,0
00:25,5	00:43,5	01:09,0	00:46,0	01:55,0
00:25,5	00:44,0	01:09,5	00:46,5	01:56,0
00:26,0	00:44,5	01:10,5	00:46,5	01:57,0
00:26,0	00:45,0	01:11,0	00:47,0	01:58,0
00:26,0	00:45,5	01:11,5	00:47,5	01:59,0
00:26,5	00:46,0	01:12,5	00:47,5	02:00,0
00:26,5	00:46,5	01:13,0	00:48,0	02:01,0
00:27,0	00:46,5	01:13,5	00:48,5	02:02,0
00:27,0	00:47,0	01:14,0	00:49,0	02:03,0
00:27,0	00:47,5	01:14,5	00:49,5	02:04,0
00:27,5	00:47,5	01:15,0	00:50,0	02:05,0
00:27,5	00:48,0	01:15,5	00:50,5	02:06,0
00:28,0	00:48,5	01:16,5	00:50,5	02:07,0
00:28,0	00:49,0	01:17,0	00:51,0	02:08,0
00:28,0	00:49,5	01:17,5	00:51,5	02:09,0
00:28,5	00:49,5	01:18,0	00:52,0	02:10,0
00:28,5	00:50,0	01:18,5	00:52,5	02:11,0
00:29,0	00:50,5	01:19,5	00:52,5	02:12,0
00:29,0	00:51,0	01:20,0	00:53,0	02:13,0
00:29,0	00:51,5	01:20,5	00:53,5	02:14,0
00:29,5	00:51,5	01:21,0	00:54,0	02:15,0
00:29,5	00:52,0	01:21,5	00:54,5	02:16,0
00:30,0	00:52,5	01:22,5	00:54,5	02:17,0