

**RUNNING**

# HOJA DE TIEMPOS

**TABLA COMPLETA**



**POR PARTIDA  
DOBLE**

**DESCARGAR**

**TABLA DE TIEMPOS**

POR PARTIDA DOBLE

Ritmo min/km	400m	600m	800m	1k	1.5k	1 milla (1.6)	2k	5k	10k	21k	42k
3:00	1:12	1:48	2:24	3:00	4:30	4:48	6:00	15:00	30:00	1:03:17	2:06:35
3:05	1:14	1:51	2:28	3:05	4:37	4:56	6:10	15:25	30:50	1:05:02	2:10:06
3:10	1:15	1:54	2:32	3:10	4:45	5:03	6:20	15:50	31:39	1:06:48	2:13:37
3:15	1:18	1:57	2:36	3:15	4:52	5:12	6:30	16:15	32:30	1:08:33	2:17:08
3:20	1:20	2:00	2:40	3:20	5:00	5:20	6:40	16:40	33:20	1:10:19	2:20:39
3:25	1:22	2:02	2:44	3:25	5:07	5:28	6:49	17:04	34:09	1:12:04	2:24:09
3:30	1:24	2:06	2:48	3:30	5:15	5:36	7:00	17:30	35:00	1:13:50	2:27:40
3:35	1:26	2:08	2:52	3:35	5:22	5:44	7:10	17:55	35:50	1:15:35	2:31:11
3:40	1:28	2:12	2:56	3:40	5:30	5:52	7:20	18:20	36:69	1:17:21	2:34:42
3:45	1:30	2:15	3:00	3:45	5:37	6:00	7:30	18:45	37:30	1:19:06	2:38:13
3:50	1:32	2:17	3:04	3:50	5:45	6:08	7:40	19:10	38:20	1:20:52	2:41:44
3:55	1:34	2:20	3:07	3:55	5:52	6:15	7:49	19:34	39:09	1:22:37	2:45:15
4:00	1:36	2:23	3:12	4:00	6:00	6:24	8:00	20:00	40:00	1:24:23	2:48:46
4:05	1:38	2:26	3:15	4:05	6:07	6:31	8:09	20:24	40:49	1:26:08	2:52:17
4:10	1:40	2:30	3:20	4:10	6:15	6:40	8:20	20:50	41:40	1:27:54	2:55:48
4:15	1:42	2:32	3:24	4:15	6:22	6:48	8:30	21:15	42:30	1:29:39	2:59:19
4:20	1:44	2:35	3:28	4:20	6:30	6:56	8:39	21:39	43:19	1:31:25	3:02:50
4:25	1:46	2:38	3:32	4:25	6:37	7:04	8:50	22:05	44:10	1:33:10	3:06:21
4:30	1:48	2:41	3:36	4:30	6:45	7:12	9:00	22:30	45:00	1:34:56	3:09:52
4:35	1:49	2:44	3:39	4:35	6:52	7:19	9:09	22:54	45:49	1:36:41	3:13:23
4:40	1:52	2:48	3:44	4:40	7:00	7:28	9:20	23:20	46:40	1:38:27	3:16:54
4:45	1:54	2:51	3:48	4:45	7:07	7:36	9:30	23:45	47:30	1:40:12	3:20:25
4:50	1:56	2:53	3:52	4:50	7:15	7:44	9:39	24:09	48:19	1:41:58	3:23:56
4:55	1:58	2:57	3:56	4:55	7:22	7:52	9:50	24:35	49:10	1:43:43	3:27:27
5:00	2:00	3:00	4:00	5:00	7:30	8:00	10:00	25:00	50:00	1:45:29	3:30:58
5:05	2:01	3:02	4:03	5:05	7:37	8:07	10:09	25:24	50:49	1:47:14	3:34:29
5:10	2:04	3:06	4:08	5:10	7:45	8:16	10:20	25:50	51:40	1:49:00	3:38:00
5:15	2:06	3:08	4:12	5:15	7:52	8:24	10:30	26:15	52:30	1:50:45	3:41:31
5:20	2:07	3:11	4:15	5:20	8:00	8:31	10:39	26:39	53:19	1:52:31	3:45:02
5:25	2:10	3:15	4:20	5:25	8:07	8:40	10:50	27:05	54:10	1:54:16	3:48:33
5:30	2:12	3:17	4:24	5:30	8:15	8:48	11:00	27:30	55:00	1:56:02	3:52:04
5:35	2:14	3:20	4:28	5:35	8:22	8:56	11:09	27:54	55:49	1:57:47	3:55:35
5:40	2:16	3:23	4:32	5:40	8:30	9:04	11:20	28:20	56:40	1:59:32	3:59:06
5:45	2:18	3:26	4:36	5:45	8:37	9:12	11:30	28:45	57:30	2:01:18	4:02:37
5:50	2:20	3:29	4:40	5:50	8:45	9:20	11:39	29:09	58:19	2:03:03	4:06:08
5:55	2:22	3:33	4:44	5:55	8:52	9:28	11:50	29:35	59:10	2:04:49	4:09:39
6:00	2:24	3:35	4:48	6:00	9:00	9:36	12:00	30:00	1:00:00	2:06:34	4:13:10
6:05	2:26	3:38	4:52	6:05	9:07	9:44	12:09	30:24	1:00:49	2:08:20	4:16:41
6:10	2:28	3:42	4:56	6:10	9:15	9:52	12:20	30:50	1:01:40	2:10:05	4:20:12
6:15	2:30	3:45	5:00	6:15	9:22	10:00	12:30	31:15	1:02:30	2:11:51	4:23:43
6:20	2:31	3:47	5:03	6:20	9:30	10:07	12:39	31:39	1:03:19	2:13:36	4:27:14
6:25	2:34	3:51	5:08	6:25	9:37	10:16	12:50	32:05	1:04:10	2:15:22	4:30:45
6:30	2:36	3:53	5:12	6:30	9:45	10:24	13:00	32:30	1:05:00	2:17:07	4:34:16
6:35	2:38	3:56	5:15	6:35	9:52	10:31	13:09	32:54	1:05:49	2:18:53	4:37:47
6:40	2:40	4:00	5:20	6:40	10:00	10:40	13:20	33:20	1:06:40	2:20:38	4:41:18
6:45	2:42	4:02	5:24	6:45	10:07	10:48	13:30	33:45	1:07:30	2:22:24	4:44:48
6:50	2:44	4:05	5:28	6:50	10:15	10:56	13:39	34:09	1:08:19	2:24:09	4:48:19
6:55	2:46	4:09	5:32	6:55	10:22	11:04	13:50	34:35	1:09:10	2:25:55	4:51:50
7:00	2:48	4:12	5:36	7:00	10:30	11:12	14:00	35:00	1:10:00	2:27:40	4:55:21
7:05	2:50	4:15	5:40	7:05	10:37	11:20	14:09	35:24	1:10:49	2:29:26	4:58:52
7:10	2:52	4:17	5:44	7:10	10:45	11:28	14:20	35:50	1:11:40	2:31:11	5:02:23
7:15	2:54	4:20	5:48	7:15	10:52	11:36	14:30	36:15	1:12:30	2:32:57	5:05:54
7:20	2:56	4:23	5:52	7:20	11:00	11:44	14:39	36:39	1:13:19	2:34:42	5:09:25
7:25	2:58	4:27	5:56	7:25	11:07	11:52	14:50	37:05	1:14:10	2:36:28	5:12:56
7:30	3:00	4:30	6:00	7:30	11:15	12:00	15:00	37:30	1:15:00	2:38:13	5:16:27
7:35	3:01	4:32	6:03	7:35	11:22	12:07	15:09	37:54	1:15:49	2:39:59	5:19:58
7:40	3:04	4:35	6:08	7:40	11:30	12:16	15:20	38:20	1:16:40	2:41:44	5:23:29
7:45	3:06	4:38	6:12	7:45	11:37	12:24	15:30	38:45	1:17:30	2:43:30	5:27:00
7:50	3:07	4:41	6:15	7:50	11:45	12:31	15:39	39:09	1:18:19	2:45:15	5:30:31
7:55	3:10	4:45	6:20	7:55	11:52	12:40	15:50	39:35	1:19:10	2:47:01	5:34:02
8:00	3:12	4:47	6:24	8:00	12:00	12:48	16:00	40:00	1:20:00	2:48:46	5:37:33