

IHR PERSÖNLICHER MARATHON-FAHRPLAN

DIE ZWISCHENZEITEN AUF DEM WEG ZUR BESTZEIT

In der Spitze werden Marathonrennen auf der zweiten Streckenhälfte gewonnen. Für Breitensportler ist ein möglichst gleichmäßiges Renntempo Indiz einer guten Einteilung. In der RUNNING-

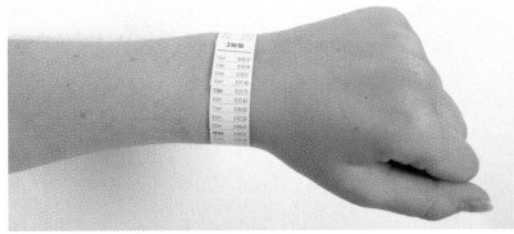
Tabelle finden Sie die Kilometer-Zwischenzeiten auf dem Weg zu Ihrer persönlichen Bestzeit. Viel Erfolg!

2:30:00		2:40:00		2:50:00		3:00:00		3:10:00		3:20:00		3:30:00		3:40:00		3:50:00	
1 km	0:03:33	1 km	0:03:48	1 km	0:04:02	1 km	0:04:16	1 km	0:04:30	1 km	0:04:44	1 km	0:04:59	1 km	0:05:13	1 km	0:05:27
2 km	0:07:07	2 km	0:07:35	2 km	0:08:03	2 km	0:08:32	2 km	0:09:00	2 km	0:09:29	2 km	0:09:57	2 km	0:10:26	2 km	0:10:54
3 km	0:10:40	3 km	0:11:23	3 km	0:12:05	3 km	0:12:48	3 km	0:13:31	3 km	0:14:13	3 km	0:14:56	3 km	0:15:38	3 km	0:16:21
4 km	0:14:13	4 km	0:15:10	4 km	0:16:07	4 km	0:17:04	4 km	0:18:01	4 km	0:18:58	4 km	0:19:54	4 km	0:20:51	4 km	0:21:48
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37 km	2:11:32	37 km	2:20:18	37 km	2:29:04	37 km	2:37:50	37 km	2:46:36	37 km	2:55:23	37 km	3:04:09	37 km	3:12:55	37 km	3:21:41
38 km	2:15:05	38 km	2:24:06	38 km	2:33:06	38 km	2:42:06	38 km	2:51:07	38 km	3:00:07	38 km	3:09:07	38 km	3:18:08	38 km	3:27:08
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42 km	2:29:18	42 km	2:39:16	42 km	2:49:13	42 km	2:59:10	42 km	3:09:07	42 km	3:19:05	42 km	3:29:02	42 km	3:38:59	42 km	3:48:56
42,195 km	2:30:00	42,195 km	2:40:00	42,195 km	2:50:00	42,195 km	3:00:00	42,195 km	3:10:00	42,195 km	3:20:00	42,195 km	3:30:00	42,195 km	3:40:00	42,195 km	3:50:00



Unser Tipp

Schneiden Sie sich Ihre Marschtabelle aus und bekleben sie hinten und vorne mit durchsichtigem Kleband. Um das Handgelenk als Armband entsteht ein Wegbegleiter für Ihren Marathon. Die regelmäßige Kontrolle der Zwischenzeiten lässt Ihre Traumzeit in greifbare Nähe rücken.



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2 km	0:11:23	2 km	0:11:51	2 km	0:12:19	2 km	0:12:48	2 km	0:13:16	2 km	0:13:45	2 km	0:14:13	2 km	0:14:42	2 km	0:15:10	2 km	0:15:38
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