

Kilpailutulos nykykunnossa			Suositus juoksuvauhdeiksi		
5km	10km	½-maraton	Taso 1 - Taso 2 Pitkä / Kevyt lenkki min/km	Taso 3 Reipas juoksu min/km	Taso 4 Vauhtikestävyys- toistot min/km
36:40	1:17:30	2:48	9:35-8:45	08:15	07:35
35:30	1:15:00	2:42	9:20-8:30	08:00	07:20
34:30	1:12:30	2:38	9:05-8:15	07:50	07:10
33:30	1:10:30	2:33	8:50-8:00	07:35	06:55
32:30	1:08:30	2:29	8:35-7:50	07:25	06:45
31:30	1:06:30	2:24	8:25-7:40	07:15	06:35
30:40	1:04:30	2:21	8:15-7:30	07:05	06:25
29:50	1:02:30	2:17	8:00-7:15	06:55	06:15
29:00	1:00:30	2:13	7:50-7:05	06:40	06:05
28:20	59:00	2:10	7:40-6:55	06:30	05:56
27:40	57:30	2:07	7:30-6:45	06:20	05:48
27:00	56:00	2:04	7:20-6:35	06:10	05:40
26:20	54:45	2:01	7:10-6:30	06:01	05:33
25:45	53:30	1:58	7:00-6:20	05:53	05:26
25:10	52:15	1:55	6:55-6:10	05:45	05:19
24:40	51:10	1:53	6:45-6:00	05:37	05:12
24:10	50:00	1:51	6:40-5:55	05:29	05:06
23:40	49:00	1:48	6:30-5:50	05:22	05:00
23:10	48:00	1:46	6:20-5:40	05:16	04:54
22:40	47:00	1:44	6:15-5:35	05:09	04:49
22:15	46:10	1:42	6:10-5:30	05:03	04:43
21:50	45:15	1:40	6:05-5:20	04:57	04:38
21:25	44:25	1:38	6:00-5:15	04:51	04:33
21:00	43:35	1:36	5:50-5:10	04:46	04:29
20:40	42:50	1:34	5:45-5:05	04:41	04:24
20:20	42:05	1:33	5:40-5:00	04:36	04:20
20:00	41:20	1:31	5:35-4:55	04:31	04:15
19:40	40:40	1:30	5:30-4:50	04:27	04:11
19:20	40:00	1:28	5:25-4:45	04:22	04:07
19:00	39:20	1:27	5:20-4:40	04:18	04:04
18:40	38:40	1:25	5:15-4:35	04:14	04:00