

**Tabela międzyczasów
3 000 m.**

	11:15,0	10:30,0	09:50,6	09:15,9	08:45,0	08:17,4	07:52,5
	70%	75%	80%	85%	90%	95%	100%
100	0:22,5	0:21,0	0:19,7	0:18,5	0:17,5	0:16,6	0:15,7
200	0:45,0	0:42,0	0:39,4	0:37,1	0:35,0	0:33,2	0:31,5
300	1:07,5	1:03,0	0:59,1	0:55,6	0:52,5	0:49,7	0:47,2
400	1:30,0	1:24,0	1:18,7	1:14,1	1:10,0	1:06,3	1:03,0
500	1:52,5	1:45,0	1:38,4	1:32,6	1:27,5	1:22,9	1:18,7
600	2:15,0	2:06,0	1:58,1	1:51,2	1:45,0	1:39,5	1:34,5
700	2:37,5	2:27,0	2:17,8	2:09,7	2:02,5	1:56,1	1:50,3
800	3:00,0	2:48,0	2:37,5	2:28,2	2:20,0	2:12,6	2:06,0
900	3:22,5	3:09,0	2:57,2	2:46,8	2:37,5	2:29,2	2:21,7
1000	3:45,0	3:30,0	3:16,9	3:05,3	2:55,0	2:45,8	2:37,5
1100	4:07,5	3:51,0	3:36,6	3:23,8	3:12,5	3:02,4	2:53,2
1200	4:30,0	4:12,0	3:56,2	3:42,4	3:30,0	3:18,9	3:09,0
1300	4:52,5	4:33,0	4:15,9	4:00,9	3:47,5	3:35,5	3:24,8
1400	5:15,0	4:54,0	4:35,6	4:19,4	4:05,0	3:52,1	3:40,5
1500	5:37,5	5:15,0	4:55,3	4:37,9	4:22,5	4:08,7	3:56,2
1600	6:00,0	5:36,0	5:15,0	4:56,5	4:40,0	4:25,3	4:12,0
1700	6:22,5	5:57,0	5:34,7	5:15,0	4:57,5	4:41,8	4:27,8
1800	6:45,0	6:18,0	5:54,4	5:33,5	5:15,0	4:58,4	4:43,5
1900	7:07,5	6:39,0	6:14,1	5:52,1	5:32,5	5:15,0	4:59,2
2000	7:30,0	7:00,0	6:33,8	6:10,6	5:50,0	5:31,6	5:15,0
2100	7:52,5	7:21,0	6:53,4	6:29,1	6:07,5	5:48,2	5:30,7
2200	8:15,0	7:42,0	7:13,1	6:47,6	6:25,0	6:04,7	5:46,5
2300	8:37,5	8:03,0	7:32,8	7:06,2	6:42,5	6:21,3	6:02,2
2400	9:00,0	8:24,0	7:52,5	7:24,7	7:00,0	6:37,9	6:18,0
2500	9:22,5	8:45,0	8:12,2	7:43,2	7:17,5	6:54,5	6:33,8
2600	9:45,0	9:06,0	8:31,9	8:01,8	7:35,0	7:11,1	6:49,5
2700	10:07,5	9:27,0	8:51,6	8:20,3	7:52,5	7:27,6	7:05,2
2800	10:30,0	9:48,0	9:11,2	8:38,8	8:10,0	7:44,2	7:21,0
2900	10:52,5	10:09,0	9:30,9	8:57,4	8:27,5	8:00,8	7:36,7
3000	11:15,0	10:30,0	9:50,6	9:15,9	8:45,0	8:17,4	7:52,5

Tabela międzyczasów
3 000 m.

	11:25,7	10:40,0	10:00,0	09:24,7	08:53,3	08:25,3	08:00,0
	70%	75%	80%	85%	90%	95%	100%
100	0:22,9	0:21,3	0:20,0	0:18,8	0:17,8	0:16,8	0:16,0
200	0:45,7	0:42,7	0:40,0	0:37,6	0:35,6	0:33,7	0:32,0
300	1:08,6	1:04,0	1:00,0	0:56,5	0:53,3	0:50,5	0:48,0
400	1:31,4	1:25,3	1:20,0	1:15,3	1:11,1	1:07,4	1:04,0
500	1:54,3	1:46,7	1:40,0	1:34,1	1:28,9	1:24,2	1:20,0
600	2:17,1	2:08,0	2:00,0	1:52,9	1:46,7	1:41,1	1:36,0
700	2:40,0	2:29,3	2:20,0	2:11,8	2:04,4	1:57,9	1:52,0
800	3:02,9	2:50,7	2:40,0	2:30,6	2:22,2	2:14,7	2:08,0
900	3:25,7	3:12,0	3:00,0	2:49,4	2:40,0	2:31,6	2:24,0
1000	3:48,6	3:33,3	3:20,0	3:08,2	2:57,8	2:48,4	2:40,0
1100	4:11,4	3:54,7	3:40,0	3:27,1	3:15,6	3:05,3	2:56,0
1200	4:34,3	4:16,0	4:00,0	3:45,9	3:33,3	3:22,1	3:12,0
1300	4:57,1	4:37,3	4:20,0	4:04,7	3:51,1	3:38,9	3:28,0
1400	5:20,0	4:58,7	4:40,0	4:23,5	4:08,9	3:55,8	3:44,0
1500	5:42,9	5:20,0	5:00,0	4:42,4	4:26,7	4:12,6	4:00,0
1600	6:05,7	5:41,3	5:20,0	5:01,2	4:44,4	4:29,5	4:16,0
1700	6:28,6	6:02,7	5:40,0	5:20,0	5:02,2	4:46,3	4:32,0
1800	6:51,4	6:24,0	6:00,0	5:38,8	5:20,0	5:03,2	4:48,0
1900	7:14,3	6:45,3	6:20,0	5:57,6	5:37,8	5:20,0	5:04,0
2000	7:37,1	7:06,7	6:40,0	6:16,5	5:55,6	5:36,8	5:20,0
2100	8:00,0	7:28,0	7:00,0	6:35,3	6:13,3	5:53,7	5:36,0
2200	8:22,9	7:49,3	7:20,0	6:54,1	6:31,1	6:10,5	5:52,0
2300	8:45,7	8:10,7	7:40,0	7:12,9	6:48,9	6:27,4	6:08,0
2400	9:08,6	8:32,0	8:00,0	7:31,8	7:06,7	6:44,2	6:24,0
2500	9:31,4	8:53,3	8:20,0	7:50,6	7:24,4	7:01,1	6:40,0
2600	9:54,3	9:14,7	8:40,0	8:09,4	7:42,2	7:17,9	6:56,0
2700	10:17,1	9:36,0	9:00,0	8:28,2	8:00,0	7:34,7	7:12,0
2800	10:40,0	9:57,3	9:20,0	8:47,1	8:17,8	7:51,6	7:28,0
2900	11:02,9	10:18,7	9:40,0	9:05,9	8:35,6	8:08,4	7:44,0
3000	11:25,7	10:40,0	10:00,0	9:24,7	8:53,3	8:25,3	8:00,0

Tabela międzyczasów
3 000 m.

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	11:36,4	10:50,0	10:09,4	09:33,5	09:01,7	08:33,2	08:07,5
	70%	75%	80%	85%	90%	95%	100%
100	0:23,2	0:21,7	0:20,3	0:19,1	0:18,1	0:17,1	0:16,3
200	0:46,4	0:43,3	0:40,6	0:38,2	0:36,1	0:34,2	0:32,5
300	1:09,6	1:05,0	1:00,9	0:57,4	0:54,2	0:51,3	0:48,7
400	1:32,9	1:26,7	1:21,2	1:16,5	1:12,2	1:08,4	1:05,0
500	1:56,1	1:48,3	1:41,6	1:35,6	1:30,3	1:25,5	1:21,2
600	2:19,3	2:10,0	2:01,9	1:54,7	1:48,3	1:42,6	1:37,5
700	2:42,5	2:31,7	2:22,2	2:13,8	2:06,4	1:59,7	1:53,8
800	3:05,7	2:53,3	2:42,5	2:32,9	2:24,4	2:16,8	2:10,0
900	3:28,9	3:15,0	3:02,8	2:52,1	2:42,5	2:33,9	2:26,3
1000	3:52,1	3:36,7	3:23,1	3:11,2	3:00,6	2:51,1	2:42,5
1100	4:15,4	3:58,3	3:43,4	3:30,3	3:18,6	3:08,2	2:58,7
1200	4:38,6	4:20,0	4:03,7	3:49,4	3:36,7	3:25,3	3:15,0
1300	5:01,8	4:41,7	4:24,1	4:08,5	3:54,7	3:42,4	3:31,3
1400	5:25,0	5:03,3	4:44,4	4:27,6	4:12,8	3:59,5	3:47,5
1500	5:48,2	5:25,0	5:04,7	4:46,8	4:30,8	4:16,6	4:03,7
1600	6:11,4	5:46,7	5:25,0	5:05,9	4:48,9	4:33,7	4:20,0
1700	6:34,6	6:08,3	5:45,3	5:25,0	5:06,9	4:50,8	4:36,2
1800	6:57,9	6:30,0	6:05,6	5:44,1	5:25,0	5:07,9	4:52,5
1900	7:21,1	6:51,7	6:25,9	6:03,2	5:43,1	5:25,0	5:08,7
2000	7:44,3	7:13,3	6:46,2	6:22,4	6:01,1	5:42,1	5:25,0
2100	8:07,5	7:35,0	7:06,6	6:41,5	6:19,2	5:59,2	5:41,3
2200	8:30,7	7:56,7	7:26,9	7:00,6	6:37,2	6:16,3	5:57,5
2300	8:53,9	8:18,3	7:47,2	7:19,7	6:55,3	6:33,4	6:13,8
2400	9:17,1	8:40,0	8:07,5	7:38,8	7:13,3	6:50,5	6:30,0
2500	9:40,4	9:01,7	8:27,8	7:57,9	7:31,4	7:07,6	6:46,3
2600	10:03,6	9:23,3	8:48,1	8:17,1	7:49,4	7:24,7	7:02,5
2700	10:26,8	9:45,0	9:08,4	8:36,2	8:07,5	7:41,8	7:18,7
2800	10:50,0	10:06,7	9:28,8	8:55,3	8:25,6	7:58,9	7:35,0
2900	11:13,2	10:28,3	9:49,1	9:14,4	8:43,6	8:16,1	7:51,2
3000	11:36,4	10:50,0	10:09,4	9:33,5	9:01,7	8:33,2	8:07,5

Tabela międzyczasów
3 000 m.

	11:47,1	11:00,0	10:18,8	09:42,4	09:10,0	08:41,1	08:15,0
	70%	75%	80%	85%	90%	95%	100%
100	0:23,6	0:22,0	0:20,6	0:19,4	0:18,3	0:17,4	0:16,5
200	0:47,1	0:44,0	0:41,3	0:38,8	0:36,7	0:34,7	0:33,0
300	1:10,7	1:06,0	1:01,9	0:58,2	0:55,0	0:52,1	0:49,5
400	1:34,3	1:28,0	1:22,5	1:17,6	1:13,3	1:09,5	1:06,0
500	1:57,9	1:50,0	1:43,1	1:37,1	1:31,7	1:26,8	1:22,5
600	2:21,4	2:12,0	2:03,8	1:56,5	1:50,0	1:44,2	1:39,0
700	2:45,0	2:34,0	2:24,4	2:15,9	2:08,3	2:01,6	1:55,5
800	3:08,6	2:56,0	2:45,0	2:35,3	2:26,7	2:18,9	2:12,0
900	3:32,1	3:18,0	3:05,6	2:54,7	2:45,0	2:36,3	2:28,5
1000	3:55,7	3:40,0	3:26,3	3:14,1	3:03,3	2:53,7	2:45,0
1100	4:19,3	4:02,0	3:46,9	3:33,5	3:21,7	3:11,1	3:01,5
1200	4:42,9	4:24,0	4:07,5	3:52,9	3:40,0	3:28,4	3:18,0
1300	5:06,4	4:46,0	4:28,1	4:12,4	3:58,3	3:45,8	3:34,5
1400	5:30,0	5:08,0	4:48,8	4:31,8	4:16,7	4:03,2	3:51,0
1500	5:53,6	5:30,0	5:09,4	4:51,2	4:35,0	4:20,5	4:07,5
1600	6:17,1	5:52,0	5:30,0	5:10,6	4:53,3	4:37,9	4:24,0
1700	6:40,7	6:14,0	5:50,6	5:30,0	5:11,7	4:55,3	4:40,5
1800	7:04,3	6:36,0	6:11,3	5:49,4	5:30,0	5:12,6	4:57,0
1900	7:27,9	6:58,0	6:31,9	6:08,8	5:48,3	5:30,0	5:13,5
2000	7:51,4	7:20,0	6:52,5	6:28,2	6:06,7	5:47,4	5:30,0
2100	8:15,0	7:42,0	7:13,1	6:47,6	6:25,0	6:04,7	5:46,5
2200	8:38,6	8:04,0	7:33,8	7:07,1	6:43,3	6:22,1	6:03,0
2300	9:02,1	8:26,0	7:54,4	7:26,5	7:01,7	6:39,5	6:19,5
2400	9:25,7	8:48,0	8:15,0	7:45,9	7:20,0	6:56,8	6:36,0
2500	9:49,3	9:10,0	8:35,6	8:05,3	7:38,3	7:14,2	6:52,5
2600	10:12,9	9:32,0	8:56,3	8:24,7	7:56,7	7:31,6	7:09,0
2700	10:36,4	9:54,0	9:16,9	8:44,1	8:15,0	7:48,9	7:25,5
2800	11:00,0	10:16,0	9:37,5	9:03,5	8:33,3	8:06,3	7:42,0
2900	11:23,6	10:38,0	9:58,1	9:22,9	8:51,7	8:23,7	7:58,5
3000	11:47,1	11:00,0	10:18,8	9:42,4	9:10,0	8:41,1	8:15,0

**Tabela międzyczasów
3 000 m.**

	11:57,9	11:10,0	10:28,1	09:51,2	09:18,3	08:48,9	08:22,5
	70%	75%	80%	85%	90%	95%	100%
100	0:23,9	0:22,3	0:20,9	0:19,7	0:18,6	0:17,6	0:16,7
200	0:47,9	0:44,7	0:41,9	0:39,4	0:37,2	0:35,3	0:33,5
300	1:11,8	1:07,0	1:02,8	0:59,1	0:55,8	0:52,9	0:50,3
400	1:35,7	1:29,3	1:23,8	1:18,8	1:14,4	1:10,5	1:07,0
500	1:59,6	1:51,7	1:44,7	1:38,5	1:33,1	1:28,2	1:23,8
600	2:23,6	2:14,0	2:05,6	1:58,2	1:51,7	1:45,8	1:40,5
700	2:47,5	2:36,3	2:26,6	2:17,9	2:10,3	2:03,4	1:57,3
800	3:11,4	2:58,7	2:47,5	2:37,6	2:28,9	2:21,1	2:14,0
900	3:35,4	3:21,0	3:08,4	2:57,4	2:47,5	2:38,7	2:30,8
1000	3:59,3	3:43,3	3:29,4	3:17,1	3:06,1	2:56,3	2:47,5
1100	4:23,2	4:05,7	3:50,3	3:36,8	3:24,7	3:13,9	3:04,3
1200	4:47,1	4:28,0	4:11,3	3:56,5	3:43,3	3:31,6	3:21,0
1300	5:11,1	4:50,3	4:32,2	4:16,2	4:01,9	3:49,2	3:37,8
1400	5:35,0	5:12,7	4:53,1	4:35,9	4:20,6	4:06,8	3:54,5
1500	5:58,9	5:35,0	5:14,1	4:55,6	4:39,2	4:24,5	4:11,3
1600	6:22,9	5:57,3	5:35,0	5:15,3	4:57,8	4:42,1	4:28,0
1700	6:46,8	6:19,7	5:55,9	5:35,0	5:16,4	4:59,7	4:44,7
1800	7:10,7	6:42,0	6:16,9	5:54,7	5:35,0	5:17,4	5:01,5
1900	7:34,6	7:04,3	6:37,8	6:14,4	5:53,6	5:35,0	5:18,3
2000	7:58,6	7:26,7	6:58,8	6:34,1	6:12,2	5:52,6	5:35,0
2100	8:22,5	7:49,0	7:19,7	6:53,8	6:30,8	6:10,3	5:51,7
2200	8:46,4	8:11,3	7:40,6	7:13,5	6:49,4	6:27,9	6:08,5
2300	9:10,4	8:33,7	8:01,6	7:33,2	7:08,1	6:45,5	6:25,3
2400	9:34,3	8:56,0	8:22,5	7:52,9	7:26,7	7:03,2	6:42,0
2500	9:58,2	9:18,3	8:43,4	8:12,6	7:45,3	7:20,8	6:58,8
2600	10:22,1	9:40,7	9:04,4	8:32,4	8:03,9	7:38,4	7:15,5
2700	10:46,1	10:03,0	9:25,3	8:52,1	8:22,5	7:56,1	7:32,3
2800	11:10,0	10:25,3	9:46,3	9:11,8	8:41,1	8:13,7	7:49,0
2900	11:33,9	10:47,7	10:07,2	9:31,5	8:59,7	8:31,3	8:05,8
3000	11:57,9	11:10,0	10:28,1	9:51,2	9:18,3	8:48,9	8:22,5

Tabela międzyczasów
3 000 m.

	12:30,0	11:40,0	10:56,3	10:17,6	09:43,3	09:12,6	08:45,0
	70%	75%	80%	85%	90%	95%	100%
100	0:25,0	0:23,3	0:21,9	0:20,6	0:19,4	0:18,4	0:17,5
200	0:50,0	0:46,7	0:43,8	0:41,2	0:38,9	0:36,8	0:35,0
300	1:15,0	1:10,0	1:05,6	1:01,8	0:58,3	0:55,3	0:52,5
400	1:40,0	1:33,3	1:27,5	1:22,4	1:17,8	1:13,7	1:10,0
500	2:05,0	1:56,7	1:49,4	1:42,9	1:37,2	1:32,1	1:27,5
600	2:30,0	2:20,0	2:11,3	2:03,5	1:56,7	1:50,5	1:45,0
700	2:55,0	2:43,3	2:33,1	2:24,1	2:16,1	2:08,9	2:02,5
800	3:20,0	3:06,7	2:55,0	2:44,7	2:35,6	2:27,4	2:20,0
900	3:45,0	3:30,0	3:16,9	3:05,3	2:55,0	2:45,8	2:37,5
1000	4:10,0	3:53,3	3:38,8	3:25,9	3:14,4	3:04,2	2:55,0
1100	4:35,0	4:16,7	4:00,6	3:46,5	3:33,9	3:22,6	3:12,5
1200	5:00,0	4:40,0	4:22,5	4:07,1	3:53,3	3:41,1	3:30,0
1300	5:25,0	5:03,3	4:44,4	4:27,6	4:12,8	3:59,5	3:47,5
1400	5:50,0	5:26,7	5:06,3	4:48,2	4:32,2	4:17,9	4:05,0
1500	6:15,0	5:50,0	5:28,1	5:08,8	4:51,7	4:36,3	4:22,5
1600	6:40,0	6:13,3	5:50,0	5:29,4	5:11,1	4:54,7	4:40,0
1700	7:05,0	6:36,7	6:11,9	5:50,0	5:30,6	5:13,2	4:57,5
1800	7:30,0	7:00,0	6:33,8	6:10,6	5:50,0	5:31,6	5:15,0
1900	7:55,0	7:23,3	6:55,6	6:31,2	6:09,4	5:50,0	5:32,5
2000	8:20,0	7:46,7	7:17,5	6:51,8	6:28,9	6:08,4	5:50,0
2100	8:45,0	8:10,0	7:39,4	7:12,4	6:48,3	6:26,8	6:07,5
2200	9:10,0	8:33,3	8:01,3	7:32,9	7:07,8	6:45,3	6:25,0
2300	9:35,0	8:56,7	8:23,1	7:53,5	7:27,2	7:03,7	6:42,5
2400	10:00,0	9:20,0	8:45,0	8:14,1	7:46,7	7:22,1	7:00,0
2500	10:25,0	9:43,3	9:06,9	8:34,7	8:06,1	7:40,5	7:17,5
2600	10:50,0	10:06,7	9:28,8	8:55,3	8:25,6	7:58,9	7:35,0
2700	11:15,0	10:30,0	9:50,6	9:15,9	8:45,0	8:17,4	7:52,5
2800	11:40,0	10:53,3	10:12,5	9:36,5	9:04,4	8:35,8	8:10,0
2900	12:05,0	11:16,7	10:34,4	9:57,1	9:23,9	8:54,2	8:27,5
3000	12:30,0	11:40,0	10:56,3	10:17,6	9:43,3	9:12,6	8:45,0