

**10 KILOMÉTER
IRAMTÁBLÁK**

10 km 50:00	50 perc									
	1	2	3	4	5	6	7	8	9	10
	0:05:00	0:10:00	0:15:00	0:20:00	0:25:00	0:30:00	0:35:00	0:40:00	0:45:00	0:50:00

10 km 1:00:00	60 perc									
	1	2	3	4	5	6	7	8	9	10
	0:05:55	0:11:51	0:17:48	0:23:46	0:29:46	0:35:46	0:41:48	0:47:51	0:53:55	1:00:00

10 km 1:10:00	70 perc									
	1	2	3	4	5	6	7	8	9	10
	0:06:51	0:13:44	0:20:39	0:27:36	0:34:35	0:41:36	0:48:39	0:55:44	1:02:51	1:10:00

10 km 1:20:00	80 perc									
	1	2	3	4	5	6	7	8	9	10
	0:07:49	0:15:40	0:23:33	0:31:28	0:39:25	0:47:25	0:55:28	1:03:35	1:11:46	1:20:00

10 km 1:30:00	90 perc									
	1	2	3	4	5	6	7	8	9	10
	0:08:45	0:17:33	0:26:25	0:35:21	0:44:20	0:53:22	1:02:27	1:11:35	1:20:46	1:30:00