

Tempotabelle Marathon



Für eine optimale Rennteilung ist es wichtig, möglichst gleichmäßig zu laufen. Der größte Fehler bei einem Marathon ist, das Rennen zu schnell anzulaufen. Ein zu hohes Tempo zu Beginn kostet unnötig viel Energie und führt zu einer schnelleren Ermüdung.

Im optimalen Fall, läuft Ihr die zweite Hälfte etwas schneller als die erste Hälfte. Setzt Euch eine realistische Zielzeit, die Eurem tatsächlichen Leistungsvermögen entspricht und haltet Euch an die Zwischenzeiten. Viel Spaß beim Umsetzen!

km 1	km 5	km 10	km 15	km 20	HM	km 25	km 30	km 35	km 40	Ziel	Ø km/h
02:50	14:10	28:20	42:30	56:40	0:59:48	1:10:50	1:25:00	1:39:10	1:53:20	1:59:34	21,38
02:51	14:15	28:30	42:45	57:00	1:00:09	1:11:15	1:25:30	1:39:45	1:54:00	2:00:16	21,19
02:52	14:26	28:42	43:08	57:39	1:00:48	1:11:08	1:25:40	1:40:20	1:54:53	2:00:35*	21,00
02:53	14:25	28:50	43:15	57:40	1:00:51	1:12:05	1:26:30	1:40:55	1:55:20	2:01:40	20,81
02:54	14:30	29:00	43:30	58:00	1:01:12	1:12:30	1:27:00	1:41:30	1:56:00	2:02:22	20,69
02:55	14:35	29:10	43:45	58:20	1:01:33	1:12:55	1:27:30	1:42:05	1:56:40	2:03:04	20,57
03:00	15:00	30:00	45:00	1:00:00	1:03:18	1:15:00	1:30:00	1:45:00	2:00:00	2:06:35	20,00
03:05	15:25	30:50	46:15	1:01:40	1:05:03	1:17:05	1:32:30	1:47:55	2:03:20	2:10:06	19,46
03:10	15:50	31:40	47:30	1:03:20	1:06:49	1:19:10	1:35:00	1:50:50	2:06:40	2:13:37	18,95
03:15	16:15	32:30	48:45	1:05:00	1:08:34	1:21:15	1:37:30	1:53:45	2:10:00	2:17:08	18,46
03:20	16:40	33:20	50:00	1:06:40	1:10:20	1:23:20	1:40:00	1:56:40	2:13:20	2:20:39	18,00
03:25	17:05	34:10	51:15	1:08:20	1:12:05	1:25:25	1:42:30	1:59:35	2:16:40	2:24:10	17,56
03:30	17:30	35:00	52:30	1:10:00	1:13:50	1:27:30	1:45:00	2:02:30	2:20:00	2:27:41	17,14
03:35	17:55	35:50	53:45	1:11:40	1:15:36	1:29:35	1:47:30	2:05:25	2:23:20	2:31:12	16,74
03:40	18:20	36:40	55:00	1:13:20	1:17:21	1:31:40	1:50:00	2:08:20	2:26:40	2:34:43	16,36
03:45	18:45	37:30	56:15	1:15:00	1:19:07	1:33:45	1:52:30	2:11:15	2:30:00	2:38:14	16,00
03:50	19:10	38:20	57:30	1:16:40	1:20:52	1:35:50	1:55:00	2:14:10	2:33:20	2:41:45	15,65
03:55	19:35	39:10	58:45	1:18:20	1:22:38	1:37:55	1:57:30	2:17:05	2:36:40	2:45:16	15,32
04:00	20:00	40:00	1:00:00	1:20:00	1:24:23	1:40:00	2:00:00	2:20:00	2:40:00	2:48:47	15,00
04:05	20:25	40:50	1:01:15	1:21:40	1:26:09	1:42:05	2:02:30	2:22:55	2:43:20	2:52:18	14,69
04:10	20:50	41:40	1:02:30	1:23:20	1:27:54	1:44:10	2:05:00	2:25:50	2:46:40	2:55:49	14,40
04:15	21:15	42:30	1:03:45	1:25:00	1:29:40	1:46:15	2:07:30	2:28:45	2:50:00	2:59:20	14,12
04:20	21:40	43:20	1:05:00	1:26:40	1:31:25	1:48:20	2:10:00	2:31:40	2:53:20	3:02:51	13,85
04:25	22:05	44:10	1:06:15	1:28:20	1:33:11	1:50:25	2:12:30	2:34:35	2:56:40	3:06:22	13,58
04:30	22:30	45:00	1:07:30	1:30:00	1:34:56	1:52:30	2:15:00	2:37:30	3:00:00	3:09:53	13,33
04:35	22:55	45:50	1:08:45	1:31:40	1:36:42	1:54:35	2:17:30	2:40:25	3:03:20	3:13:24	13,09
04:40	23:20	46:40	1:10:00	1:33:20	1:38:27	1:56:40	2:20:00	2:43:20	3:06:40	3:16:55	12,86
04:45	23:45	47:30	1:11:15	1:35:00	1:40:13	1:58:45	2:22:30	2:46:15	3:10:00	3:20:26	12,63
04:50	24:10	48:20	1:12:30	1:36:40	1:41:58	2:00:50	2:25:00	2:49:10	3:13:20	3:23:57	12,41
04:55	24:35	49:10	1:13:45	1:38:20	1:43:44	2:02:55	2:27:30	2:52:05	3:16:40	3:27:28	12,20
05:00	25:00	50:00	1:15:00	1:40:00	1:45:29	2:05:00	2:30:00	2:55:00	3:20:00	3:30:59	12,00
05:05	25:25	50:50	1:16:15	1:41:40	1:47:15	2:07:05	2:32:30	2:57:55	3:23:20	3:34:29	11,80
05:10	25:50	51:40	1:17:30	1:43:20	1:49:00	2:09:10	2:35:00	3:00:50	3:26:40	3:38:00	11,61
05:15	26:15	52:30	1:18:45	1:45:00	1:50:46	2:11:15	2:37:30	3:03:45	3:30:00	3:41:31	11,43
05:20	26:40	53:20	1:20:00	1:46:40	1:52:31	2:13:20	2:40:00	3:06:40	3:33:20	3:45:02	11,25
05:25	27:05	54:10	1:21:15	1:48:20	1:54:17	2:15:25	2:42:30	3:09:35	3:36:40	3:48:33	11,08
05:30	27:30	55:00	1:22:30	1:50:00	1:56:02	2:17:30	2:45:00	3:12:30	3:40:00	3:52:04	10,91
05:35	27:55	55:50	1:23:45	1:51:40	1:57:48	2:19:35	2:47:30	3:15:25	3:43:20	3:55:35	10,75
05:40	28:20	56:40	1:25:00	1:53:20	1:59:33	2:21:40	2:50:00	3:18:20	3:46:40	3:59:06	10,59
05:45	28:45	57:30	1:26:15	1:55:00	2:01:19	2:23:45	2:52:30	3:21:15	3:50:00	4:02:37	10,43
05:50	29:10	58:20	1:27:30	1:56:40	2:03:04	2:25:50	2:55:00	3:24:10	3:53:20	4:06:08	10,29
05:55	29:35	59:10	1:28:45	1:58:20	2:04:50	2:27:55	2:57:30	3:27:05	3:56:40	4:09:39	10,14
06:00	30:00	1:00:00	1:30:00	2:00:00	2:06:35	2:30:00	3:00:00	3:30:00	4:00:00	4:13:10	10,00
06:05	30:25	1:00:50	1:31:15	2:01:40	2:08:21	2:32:05	3:02:30	3:32:55	4:03:20	4:16:41	9,86
06:10	30:50	1:01:40	1:32:30	2:03:20	2:10:06	2:34:10	3:05:00	3:35:50	4:06:40	4:20:12	9,73
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06:20	31:40	1:03:20	1:35:00	2:06:40	2:13:37	2:38:20	3:10:00	3:41:40	4:13:20	4:27:14	9,47
06:25	32:05	1:04:10	1:36:15	2:08:20	2:15:23	2:40:25	3:12:30	3:44:35	4:16:40	4:30:45	9,35
06:30	32:30	1:05:00	1:37:30	2:10:00	2:17:08	2:42:30	3:15:00	3:47:30	4:20:00	4:34:16	9,23
06:35	32:55	1:05:50	1:38:45	2:11:40	2:18:54	2:44:35	3:17:30	3:50:25	4:23:20	4:37:47	9,11
06:40	33:20	1:06:40	1:40:00	2:13:20	2:20:39	2:46:40	3:20:00	3:53:20	4:26:40	4:41:18	9,00
06:45	33:45	1:07:30	1:41:15	2:15:00	2:22:24	2:48:45	3:22:30	3:56:15	4:30:00	4:44:49	8,89
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07:25	37:05	1:14:10	1:51:15	2:28:20	2:36:28	3:05:25	3:42:30	4:19:35	4:56:40	5:12:57	8,09
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07:35	37:55	1:15:50	1:53:45	2:31:40	2:39:59	3:09:35	3:47:30	4:25:25	5:03:20	5:19:59	7,91
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08:10	40:25	1:20:50	2:02:30	2:43:20	2:52:18	3:24:10	4:05:00	4:45:50	5:26:40	5:44:36	7,35
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08:30	41:15	1:22:30	2:07:30	2:50:00	2:59:20	3:32:30	4:15:00	4:57:30	5:40:00	5:58:39	7,06
08:40	41:40	1:23:20	2:10:00	2:53:20	3:02:51	3:36:40	4:20:00	5:03:20	5:46:40	6:05:40	6,92
km 1	km 5	km 10	km 15	km 20	HM	km 25	km 30	km 35	km 40	Ziel	Ø km/h

*world record