



EXPERTS

MARATHON-GUIDE

Diese Tabelle hilft Dir Deine richtige Gruppe zu finden.

Zielzeit	5 km	10 km	15km	20 km	Halbmarathon
1:20:00h	9:30min	19:00min	28:30min	38:00min	40:00min
1:25:00h	10:05min	20:10min	30:15min	40:20min	42:30min
1:30:00h	10:40min	21:20min	32:00min	42:40min	45:00min
1:35:00h	11:15min	22:30min	33:45min	45:00min	47:30min
1:40:00h	11:50min	23:40min	35:30min	47:20min	50:00min
1:45:00h	12:25min	24:50min	37:15min	49:40min	52:30min
1:50:00h	13:00min	26:00min	39:00min	52:00min	55:00min
1:55:00h	13:35min	27:10min	40:45min	54:20min	57:30min
2:00:00h	14:15min	28:25min	42:40min	56:50min	1:00:00h
Zielzeit	25 km	30 km	35 km	40 km	Marathon
1:20:00h	47:30min	57:00min	1:06:30h	1:16:00h	1:20:00h
1:25:00h	50:25min	1:00:30h	1:10:35h	1:20:40h	1:25:00h
1:30:00h	53:20min	1:04:00h	1:14:40h	1:25:20h	1:30:00h
1:35:00h	56:15min	1:07:30h	1:18:45h	1:30:00h	1:35:00h
1:40:00h	59:10min	1:11:00h	1:22:50h	1:34:40h	1:40:00h
1:45:00h	1:02:05h	1:14:30h	1:26:55h	1:39:20h	1:45:00h
1:50:00h	1:05:00h	1:18:00h	1:31:00h	1:44:00h	1:50:00h
1:55:00h	1:07:55h	1:21:30h	1:35:05h	1:48:40h	1:55:00h
2:00:00h	1:11:05h	1:25:15h	1:39:25h	1:53:40h	2:00:00h