

Gesamtmeter pro 12 min.	Zeiten für die folgenden Strecken		
	200m	400m	1000m
3200	00:45,0	01:30,0	03:45,0
3150	00:45,7	01:31,4	03:48,6
3100	00:46,5	01:32,9	03:52,3
3050	00:47,2	01:34,4	03:56,1
3000	00:48,0	01:36,0	04:00,0
2950	00:48,8	01:37,6	04:04,1
2900	00:49,7	01:39,3	04:08,3
2850	00:50,5	01:41,1	04:12,6
2800	00:51,4	01:42,9	04:17,1
2750	00:52,4	01:44,7	04:21,8
2700	00:53,3	01:46,7	04:26,7
2650	00:54,3	01:48,7	04:31,7
2600	00:55,4	01:50,8	04:36,9
2550	00:56,5	01:52,9	04:42,4
2500	00:57,6	01:55,2	04:48,0
2450	00:58,8	01:57,6	04:53,9
2400	01:00,0	02:00,0	05:00,0
2350	01:01,3	02:02,6	05:06,4
2300	01:02,6	02:05,2	05:13,0
2250	01:04,0	02:08,0	05:20,0
2200	01:05,5	02:10,9	05:27,3
2150	01:07,0	02:14,0	05:34,9
2100	01:08,6	02:17,1	05:42,9
2050	01:10,2	02:20,5	05:51,2
2000	01:12,0	02:24,0	06:00,0
1950	01:13,8	02:27,7	06:09,2
1900	01:15,8	02:31,6	06:18,9
1850	01:17,8	02:35,7	06:29,2
1800	01:20,0	02:40,0	06:40,0
1750	01:22,3	02:44,6	06:51,4
1700	01:24,7	02:49,4	07:03,5
1650	01:27,3	02:54,5	07:16,4
1600	01:30,0	03:00,0	07:30,0