

		Marathontijd										
		2u25	2u30	2u40	2u50	3u	3u15	3u30	3u45	4u	4u15	4u30
Relatie met Duurloop tempi	Zones											
DL1	Z1	03:52	04:01	04:17	04:33	04:49	05:13	05:37	06:01	06:25	06:49	07:13
DL2	Z2	03:39	03:46	04:01	04:17	04:32	04:54	05:17	05:40	06:02	06:25	06:48
DL3	Z3 (marathontempo)	03:27	03:34	03:48	04:02	04:17	04:38	04:59	05:21	05:42	06:03	06:24
Tempotraining	Z4	03:13	03:19	03:33	03:46	03:59	04:19	04:39	04:59	05:19	05:39	05:59
Interval	Z5	02:57	03:03	03:15	03:28	03:40	03:58	04:17	04:35	04:53	05:11	05:29

		10 km										
		00:30	00:32	00:34	00:36	00:38	00:40	00:42	00:44	00:46	00:48	00:50
Relatie met Duurloop tempi												
DL1	Z1	03:45	04:00	04:15	04:30	04:45	05:00	05:15	05:30	05:45	06:00	06:15
DL2	Z2	03:31	03:45	04:00	04:14	04:28	04:42	04:56	05:10	05:24	05:38	05:52
DL3	Z3	03:20	03:33	03:46	04:00	04:13	04:26	04:40	04:53	05:06	05:20	05:33
Tempotraining	Z4	03:06	03:18	03:31	03:43	03:56	04:08	04:21	04:33	04:46	04:58	05:10
Interval	Z5	02:51	03:02	03:14	03:25	03:37	03:48	04:00	04:11	04:22	04:34	04:45

		15 km tijd																	
		00:46	00:48	00:50	00:52	00:54	00:56	00:58	01:00	01:02	01:04	01:06	01:08	01:10	01:12	01:14	01:16	01:18	01:20
DL1	Z1	03:32	03:42	03:51	04:00	04:10	04:19	04:28	04:37	04:47	04:56	05:05	05:14	05:24	05:33	05:42	05:51	06:01	06:10
DL2	Z2	03:20	03:29	03:37	03:46	03:55	04:04	04:12	04:21	04:30	04:38	04:47	04:56	05:05	05:13	05:22	05:31	05:39	05:48
DL3	Z3	03:09	03:17	03:25	03:34	03:42	03:50	03:58	04:06	04:15	04:23	04:31	04:39	04:48	04:56	05:04	05:12	05:21	05:29
Tempotraining	Z4	02:56	03:04	03:11	03:19	03:27	03:34	03:42	03:50	03:57	04:05	04:13	04:21	04:28	04:36	04:44	04:51	04:59	05:07
Interval	Z5	02:42	02:49	02:56	03:03	03:10	03:17	03:24	03:31	03:38	03:45	03:52	03:59	04:06	04:13	04:21	04:28	04:35	04:42

Afstand	CP		300		
Power zone	%	%		W	W
Zone 1 Easy	65	80		195	240
Zone 2 Moderate	80	90		240	270
Zone 3 Threshold	90	100		270	300
Zone 4 Interval	100	115		300	345
Zone 5 Repetition	115	300		345	900

Afstand (m)	%CP	Wattage (Watt)
2000	100	300
1600	102	306
1200	104	312
1000	107	321
800	109	327
600	114	342
400	120	360
200	126	378
100	133	399

Interval %xCP

Dus 1000m => CP 380 Watt => $1.07 \cdot 380 = 407$ Watt

Ref. 'LOPEN OP VERMOGEN'

INTERVAL AFSTAND	PERCENTAGE ADV
[m]	[%]
2000	100%
1600	102%
1200	104%
1000	107%
800	109%
600	114%
400	120%
200	126%
100	133%

Afbeelding 6: intervallen op vermogen