



RUNTASTIC

TABELA DE RITMO DE CORRIDA



1KM	5KM	10KM	15KM	20KM	HM	25KM	30KM	35KM	40KM	M	KM/H
0:03:00	0:15:00	0:30:00	0:45:00	1:00:00	1:03:18	1:15:00	1:30:00	1:45:00	2:00:00	2:06:35	20,00
0:03:05	0:15:25	0:30:50	0:46:15	1:01:40	1:05:03	1:17:05	1:32:30	1:47:55	2:03:20	2:10:06	19,46
0:03:10	0:15:50	0:31:40	0:47:30	1:03:20	1:06:49	1:19:10	1:35:00	1:50:50	2:06:40	2:13:37	18,95
0:03:15	0:16:15	0:32:30	0:48:45	1:05:00	1:08:34	1:21:15	1:37:30	1:53:45	2:10:00	2:17:08	18,46
0:03:20	0:16:40	0:33:20	0:50:00	1:06:40	1:10:20	1:23:20	1:40:00	1:56:40	2:13:20	2:20:39	18,00
0:03:25	0:17:05	0:34:10	0:51:15	1:08:20	1:12:05	1:25:25	1:42:30	1:59:35	2:16:40	2:24:10	17,56
0:03:30	0:17:30	0:35:00	0:52:30	1:10:00	1:13:50	1:27:30	1:45:00	2:02:30	2:20:00	2:27:41	17,14
0:03:35	0:17:55	0:35:50	0:53:45	1:11:40	1:15:36	1:29:35	1:47:30	2:05:25	2:23:20	2:31:12	16,74
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0:03:45	0:18:45	0:37:30	0:56:15	1:15:00	1:19:07	1:33:45	1:52:30	2:11:15	2:30:00	2:38:14	16,00
0:03:50	0:19:10	0:38:20	0:57:30	1:16:40	1:20:52	1:35:50	1:55:00	2:14:10	2:33:20	2:41:45	15,65
0:03:55	0:19:35	0:39:10	0:58:45	1:18:20	1:22:38	1:37:55	1:57:30	2:17:05	2:36:40	2:45:16	15,32
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0:04:05	0:20:25	0:40:50	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
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0:04:35	0:22:55	0:45:50	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
0:04:40	0:23:20	0:46:40	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
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0:05:00	0:25:00	0:50:00	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
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0:05:55	0:29:35	0:59:10	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
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0:06:20	0:31:40	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	09,47
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0:06:30	0:32:30	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	09,23