



Von 0  
zum Marathon  
in 6 Monaten

Wie schnell muss ich laufen?

# ***Die Marathon-Tempotabelle***



Diese Tabelle hilft dir dabei, damit du siehst wie schnell du pro Kilometer laufen musst bzw. welche Durchgangszeiten du benötigst um deine Wunschzeit zu erreichen.

1 Km	5 Km	10 Km	15 Km	20 Km	21,0975	25 Km	30 Km	35 Km	40 Km	Marathon
3:00	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
3:05	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
3:10	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
3:15	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
3:20	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
3:25	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
3:30	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
3:35	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
3:40	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
3:45	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
3:50	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
3:55	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
4:00	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
4:05	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
4:10	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
4:15	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
4:20	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
4:25	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
4:30	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
4:35	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
4:40	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
4:45	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
4:50	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
5:05	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
5:10	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
5:15	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
5:20	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
5:25	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
5:30	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
5:35	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
5:40	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
5:45	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
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5:55	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
6:00	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
6:05	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
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6:15	31:15	1:02:30	1:33:45	2:05:00	2:11:52	2:36:15	3:07:30	3:38:45	4:10:00	4:23:43
6:20	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
6:25	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



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6:30	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
6:35	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
6:40	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
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7:00	35:00	1:10:00	1:45:00	2:20:00	2:27:41	2:55:00	3:30:00	4:05:00	4:40:00	4:55:22
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7:25	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
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8:30	42:30	1:25:00	2:07:30	2:50:00	2:59:20	3:32:30	4:15:00	4:57:30	5:40:00	5:58:39