

SHORT DISTANCE

100	250	500	750	1000	1250	1500	1750	2000	2250	2500	Watt
0:17.0	0:42.5	1:25.0	2:07.5	2:50.0	3:32.5	4:15.0	4:57.5	5:40.0	6:22.5	7:05.0	569.9
0:17.1	0:42.8	1:25.5	2:08.3	2:51.0	3:33.8	4:16.5	4:59.2	5:42.0	6:24.8	7:07.5	560.0
0:17.2	0:43.0	1:26.0	2:09.0	2:52.0	3:35.0	4:18.0	5:01.0	5:44.0	6:27.0	7:10.0	550.3
0:17.3	0:43.2	1:26.5	2:09.8	2:53.0	3:36.2	4:19.5	5:02.8	5:46.0	6:29.2	7:12.5	540.8
0:17.4	0:43.5	1:27.0	2:10.5	2:54.0	3:37.5	4:21.0	5:04.5	5:48.0	6:31.5	7:15.0	531.5
0:17.5	0:43.7	1:27.5	2:11.2	2:55.0	3:38.7	4:22.5	5:06.2	5:50.0	6:33.7	7:17.5	522.4
0:17.6	0:44.0	1:28.0	2:12.0	2:56.0	3:40.0	4:24.0	5:08.0	5:52.0	6:36.0	7:20.0	513.6
0:17.7	0:44.2	1:28.5	2:12.8	2:57.0	3:41.2	4:25.5	5:09.7	5:54.0	6:38.2	7:22.5	504.9
0:17.8	0:44.5	1:29.0	2:13.5	2:58.0	3:42.5	4:27.0	5:11.5	5:56.0	6:40.5	7:25.0	496.5
0:17.9	0:44.7	1:29.5	2:14.2	2:59.0	3:43.7	4:28.5	5:13.2	5:58.0	6:42.7	7:27.5	488.2
0:18.0	0:45.0	1:30.0	2:15.0	3:00.0	3:45.0	4:30.0	5:15.0	6:00.0	6:45.0	7:30.0	480.1
0:18.1	0:45.2	1:30.5	2:15.7	3:01.0	3:46.2	4:31.5	5:16.7	6:02.0	6:47.2	7:32.5	472.2
0:18.2	0:45.5	1:31.0	2:16.5	3:02.0	3:47.5	4:33.0	5:18.5	6:04.0	6:49.5	7:35.0	464.5
0:18.3	0:45.7	1:31.5	2:17.2	3:03.0	3:48.7	4:34.5	5:20.2	6:06.0	6:51.7	7:37.5	456.9
0:18.4	0:46.0	1:32.0	2:18.0	3:04.0	3:50.0	4:36.0	5:22.0	6:08.0	6:54.0	7:40.0	449.5
0:18.5	0:46.2	1:32.5	2:18.7	3:05.0	3:51.2	4:37.5	5:23.7	6:10.0	6:56.2	7:42.5	442.2
0:18.6	0:46.5	1:33.0	2:19.5	3:06.0	3:52.5	4:39.0	5:25.5	6:12.0	6:58.5	7:45.0	435.1
0:18.7	0:46.7	1:33.5	2:20.2	3:07.0	3:53.7	4:40.5	5:27.2	6:14.0	7:00.7	7:47.5	428.2
0:18.8	0:47.0	1:34.0	2:21.0	3:08.0	3:55.0	4:42.0	5:29.0	6:16.0	7:03.0	7:50.0	421.4
0:18.9	0:47.2	1:34.5	2:21.7	3:09.0	3:56.2	4:43.5	5:30.7	6:18.0	7:05.2	7:52.5	414.7
0:19.0	0:47.5	1:35.0	2:22.5	3:10.0	3:57.5	4:45.0	5:32.5	6:20.0	7:07.5	7:55.0	408.2
0:19.1	0:47.7	1:35.5	2:23.2	3:11.0	3:58.7	4:46.5	5:34.2	6:22.0	7:09.7	7:57.5	401.8
0:19.2	0:48.0	1:36.0	2:24.0	3:12.0	4:00.0	4:48.0	5:36.0	6:24.0	7:12.0	8:00.0	395.6
0:19.3	0:48.2	1:36.5	2:24.7	3:13.0	4:01.2	4:49.5	5:37.7	6:26.0	7:14.2	8:02.5	389.5
0:19.4	0:48.5	1:37.0	2:25.5	3:14.0	4:02.5	4:51.0	5:39.5	6:28.0	7:16.5	8:05.0	383.5
0:19.5	0:48.7	1:37.5	2:26.2	3:15.0	4:03.7	4:52.5	5:41.2	6:30.0	7:18.7	8:07.5	377.6
0:19.6	0:49.0	1:38.0	2:27.0	3:16.0	4:05.0	4:54.0	5:43.0	6:32.0	7:21.0	8:10.0	371.9
0:19.7	0:49.2	1:38.5	2:27.7	3:17.0	4:06.2	4:55.5	5:44.7	6:34.0	7:23.2	8:12.5	366.2
0:19.8	0:49.5	1:39.0	2:28.5	3:18.0	4:07.5	4:57.0	5:46.5	6:36.0	7:25.5	8:15.0	360.7
0:19.9	0:49.7	1:39.5	2:29.2	3:19.0	4:08.7	4:58.5	5:48.2	6:38.0	7:27.7	8:17.5	355.3
0:20.0	0:50.0	1:40.0	2:30.0	3:20.0	4:10.0	5:00.0	5:50.0	6:40.0	7:30.0	8:20.0	350.0
0:20.1	0:50.2	1:40.5	2:30.7	3:21.0	4:11.2	5:01.5	5:51.7	6:42.0	7:32.2	8:22.5	344.8
0:20.2	0:50.5	1:41.0	2:31.5	3:22.0	4:12.5	5:03.0	5:53.5	6:44.0	7:34.5	8:25.0	339.7
0:20.3	0:50.7	1:41.5	2:32.2	3:23.0	4:13.7	5:04.5	5:55.2	6:46.0	7:36.7	8:27.5	334.7
0:20.4	0:51.0	1:42.0	2:33.0	3:24.0	4:15.0	5:06.0	5:57.0	6:48.0	7:39.0	8:30.0	329.8
0:20.5	0:51.2	1:42.5	2:33.7	3:25.0	4:16.2	5:07.5	5:58.7	6:50.0	7:41.2	8:32.5	325.0
0:20.6	0:51.5	1:43.0	2:34.5	3:26.0	4:17.5	5:09.0	6:00.5	6:52.0	7:43.5	8:35.0	320.3
0:20.7	0:51.7	1:43.5	2:35.2	3:27.0	4:18.7	5:10.5	6:02.2	6:54.0	7:45.7	8:37.5	315.7
0:20.8	0:52.0	1:44.0	2:36.0	3:28.0	4:20.0	5:12.0	6:04.0	6:56.0	7:48.0	8:40.0	311.1
0:20.9	0:52.2	1:44.5	2:36.7	3:29.0	4:21.2	5:13.5	6:05.7	6:58.0	7:50.2	8:42.5	306.7
0:21.0	0:52.5	1:45.0	2:37.5	3:30.0	4:22.5	5:15.0	6:07.5	7:00.0	7:52.5	8:45.0	302.3
0:21.1	0:52.7	1:45.5	2:38.2	3:31.0	4:23.7	5:16.5	6:09.2	7:02.0	7:54.7	8:47.5	298.1
0:21.2	0:53.0	1:46.0	2:39.0	3:32.0	4:25.0	5:18.0	6:11.0	7:04.0	7:57.0	8:50.0	293.9
0:21.3	0:53.2	1:46.5	2:39.7	3:33.0	4:26.2	5:19.5	6:12.7	7:06.0	7:59.2	8:52.5	289.7
0:21.4	0:53.5	1:47.0	2:40.5	3:34.0	4:27.5	5:21.0	6:14.5	7:08.0	8:01.5	8:55.0	285.7
0:21.5	0:53.7	1:47.5	2:41.2	3:35.0	4:28.7	5:22.5	6:16.2	7:10.0	8:03.7	8:57.5	281.7
0:21.6	0:54.0	1:48.0	2:42.0	3:36.0	4:30.0	5:24.0	6:18.0	7:12.0	8:06.0	9:00.0	277.8
0:21.7	0:54.2	1:48.5	2:42.7	3:37.0	4:31.2	5:25.5	6:19.7	7:14.0	8:08.2	9:02.5	274.0
0:21.8	0:54.5	1:49.0	2:43.5	3:38.0	4:32.5	5:27.0	6:21.5	7:16.0	8:10.5	9:05.0	270.3
0:21.9	0:54.7	1:49.5	2:44.2	3:39.0	4:33.7	5:28.5	6:23.2	7:18.0	8:12.7	9:07.5	266.6
0:22.0	0:55.0	1:50.0	2:45.0	3:40.0	4:35.0	5:30.0	6:25.0	7:20.0	8:15.0	9:10.0	263.0
0:22.1	0:55.2	1:50.5	2:45.7	3:41.0	4:36.2	5:31.5	6:26.7	7:22.0	8:17.2	9:12.5	259.4
0:22.2	0:55.5	1:51.0	2:46.5	3:42.0	4:37.5	5:33.0	6:28.5	7:24.0	8:19.5	9:15.0	255.9
0:22.3	0:55.7	1:51.5	2:47.2	3:43.0	4:38.7	5:34.5	6:30.2	7:26.0	8:21.7	9:17.5	252.5
0:22.4	0:56.0	1:52.0	2:48.0	3:44.0	4:40.0	5:36.0	6:32.0	7:28.0	8:24.0	9:20.0	249.1
0:22.5	0:56.2	1:52.5	2:48.7	3:45.0	4:41.2	5:37.5	6:33.7	7:30.0	8:26.2	9:22.5	245.8
0:22.6	0:56.5	1:53.0	2:49.5	3:46.0	4:42.5	5:39.0	6:35.5	7:32.0	8:28.5	9:25.0	242.6
0:22.7	0:56.7	1:53.5	2:50.2	3:47.0	4:43.7	5:40.5	6:37.2	7:34.0	8:30.7	9:27.5	239.4
0:22.8	0:57.0	1:54.0	2:51.0	3:48.0	4:45.0	5:42.0	6:39.0	7:36.0	8:33.0	9:30.0	236.2
0:22.9	0:57.2	1:54.5	2:51.7	3:49.0	4:46.2	5:43.5	6:40.7	7:38.0	8:35.2	9:32.5	233.2
0:23.0	0:57.5	1:55.0	2:52.5	3:50.0	4:47.5	5:45.0	6:42.5	7:40.0	8:37.5	9:35.0	230.1
0:23.1	0:57.7	1:55.5	2:53.2	3:51.0	4:48.7	5:46.5	6:44.2	7:42.0	8:39.7	9:37.5	227.2
0:23.2	0:58.0	1:56.0	2:54.0	3:52.0	4:50.0	5:48.0	6:46.0	7:44.0	8:42.0	9:40.0	224.2
0:23.3	0:58.2	1:56.5	2:54.7	3:53.0	4:51.2	5:49.5	6:47.7	7:46.0	8:44.2	9:42.5	221.4
0:23.4	0:58.5	1:57.0	2:55.5	3:54.0	4:52.5	5:51.0	6:49.5	7:48.0	8:46.5	9:45.0	218.5
0:23.5	0:58.7	1:57.5	2:56.2	3:55.0	4:53.7	5:52.5	6:51.2	7:50.0	8:48.7	9:47.5	215.8
0:23.6	0:59.0	1:58.0	2:57.0	3:56.0	4:55.0	5:54.0	6:53.0	7:52.0	8:51.0	9:50.0	213.0
0:23.7	0:59.2	1:58.5	2:57.7	3:57.0	4:56.2	5:55.5	6:54.7	7:54.0	8:53.2	9:52.5	210.3
0:23.8	0:59.5	1:59.0	2:58.5	3:58.0	4:57.5	5:57.0	6:56.5	7:56.0	8:55.5	9:55.0	207.7
0:23.9	0:59.7	1:59.5	2:59.2	3:59.0	4:58.7	5:58.5	6:58.2	7:58.0	8:57.7	9:57.5	205.1
0:24.0	1:00.0	2:00.0	3:00.0	4:00.0	5:00.0	6:00.0	7:00.0	8:00.0	9:00.0	10:00.0	202.5

LONG DISTANCE

/500m	3000	4000	5000	6000	7000	8000	9000	10000	15000	Watt
1:35.0	9:30.0	12:40.0	15:50.0	19:00.0	22:10.0	25:20.0	28:30.0	31:40.0	47:30.0	408.2
1:35.5	9:33.0	12:44.0	15:55.0	19:06.0	22:17.0	25:28.0	28:39.0	31:50.0	47:45.0	401.8
1:36.0	9:36.0	12:48.0	16:00.0	19:12.0	22:24.0	25:36.0	28:48.0	32:00.0	48:00.0	395.6
1:36.5	9:39.0	12:52.0	16:05.0	19:18.0	22:31.0	25:44.0	28:57.0	32:10.0	48:15.0	389.5
1:37.0	9:42.0	12:56.0	16:10.0	19:24.0	22:38.0	25:52.0	29:06.0	32:20.0	48:30.0	383.5
1:37.5	9:45.0	13:00.0	16:15.0	19:30.0	22:45.0	26:00.0	29:15.0	32:30.0	48:45.0	377.6
1:38.0	9:48.0	13:04.0	16:20.0	19:36.0	22:52.0	26:08.0	29:24.0	32:40.0	49:00.0	371.9
1:38.5	9:51.0	13:08.0	16:25.0	19:42.0	22:59.0	26:16.0	29:33.0	32:50.0	49:15.0	366.2
1:39.0	9:54.0	13:12.0	16:30.0	19:48.0	23:06.0	26:24.0	29:42.0	33:00.0	49:30.0	360.7
1:39.5	9:57.0	13:16.0	16:35.0	19:54.0	23:13.0	26:32.0	29:51.0	33:10.0	49:45.0	355.3
1:40.0	10:00.0	13:20.0	16:40.0	20:00.0	23:20.0	26:40.0	30:00.0	33:20.0	50:00.0	350.0
1:40.5	10:03.0	13:24.0	16:45.0	20:06.0	23:27.0	26:48.0	30:09.0	33:30.0	50:15.0	344.8
1:41.0	10:06.0	13:28.0	16:50.0	20:12.0	23:34.0	26:56.0	30:18.0	33:40.0	50:30.0	339.7
1:41.5	10:09.0	13:32.0	16:55.0	20:18.0	23:41.0	27:04.0	30:27.0	33:50.0	50:45.0	334.7
1:42.0	10:12.0	13:36.0	17:00.0	20:24.0	23:48.0	27:12.0	30:36.0	34:00.0	51:00.0	329.8
1:42.5	10:15.0	13:40.0	17:05.0	20:30.0	23:55.0	27:20.0	30:45.0	34:10.0	51:15.0	325.0
1:43.0	10:18.0	13:44.0	17:10.0	20:36.0	24:02.0	27:28.0	30:54.0	34:20.0	51:30.0	320.3
1:43.5	10:21.0	13:48.0	17:15.0	20:42.0	24:09.0	27:36.0	31:03.0	34:30.0	51:45.0	315.7
1:44.0	10:24.0	13:52.0	17:20.0	20:48.0	24:16.0	27:44.0	31:12.0	34:40.0	52:00.0	311.1
1:44.5	10:27.0	13:56.0	17:25.0	20:54.0	24:23.0	27:52.0	31:21.0	34:50.0	52:15.0	306.7
1:45.0	10:30.0	14:00.0	17:30.0	21:00.0	24:30.0	28:00.0	31:30.0	35:00.0	52:30.0	302.3
1:45.5	10:33.0	14:04.0	17:35.0	21:06.0	24:37.0	28:08.0	31:39.0	35:10.0	52:45.0	298.1
1:46.0	10:36.0	14:08.0	17:40.0	21:12.0	24:44.0	28:16.0	31:48.0	35:20.0	53:00.0	293.9
1:46.5	10:39.0	14:12.0	17:45.0	21:18.0	24:51.0	28:24.0	31:57.0	35:30.0	53:15.0	289.7
1:47.0	10:42.0	14:16.0	17:50.0	21:24.0	24:58.0	28:32.0	32:06.0	35:40.0	53:30.0	285.7
1:47.5	10:45.0	14:20.0	17:55.0	21:30.0	25:05.0	28:40.0	32:15.0	35:50.0	53:45.0	281.7
1:48.0	10:48.0	14:24.0	18:00.0	21:36.0	25:12.0	28:48.0	32:24.0	36:00.0	54:00.0	277.8
1:48.5	10:51.0	14:28.0	18:05.0	21:42.0	25:19.0	28:56.0	32:33.0	36:10.0	54:15.0	274.0
1:49.0	10:54.0	14:32.0	18:10.0	21:48.0	25:26.0	29:04.0	32:42.0	36:20.0	54:30.0	270.3
1:49.5	10:57.0	14:36.0	18:15.0	21:54.0	25:33.0	29:12.0	32:51.0	36:30.0	54:45.0	266.6
1:50.0	11:00.0	14:40.0	18:20.0	22:00.0	25:40.0	29:20.0	33:00.0	36:40.0	55:00.0	263.0
1:50.5	11:03.0	14:44.0	18:25.0	22:06.0	25:47.0	29:28.0	33:09.0	36:50.0	55:15.0	259.4
1:51.0	11:06.0	14:48.0	18:30.0	22:12.0	25:54.0	29:36.0	33:18.0	37:00.0	55:30.0	255.9
1:51.5	11:09.0	14:52.0	18:35.0	22:18.0	26:01.0	29:44.0	33:27.0	37:10.0	55:45.0	252.5
1:52.0	11:12.0	14:56.0	18:40.0	22:24.0	26:08.0	29:52.0	33:36.0	37:20.0	56:00.0	249.1
1:52.5	11:15.0	15:00.0	18:45.0	22:30.0	26:15.0	30:00.0	33:45.0	37:30.0	56:15.0	245.8
1:53.0	11:18.0	15:04.0	18:50.0	22:36.0	26:22.0	30:08.0	33:54.0	37:40.0	56:30.0	242.6
1:53.5	11:21.0	15:08.0	18:55.0	22:42.0	26:29.0	30:16.0	34:03.0	37:50.0	56:45.0	239.4
1:54.0	11:24.0	15:12.0	19:00.0	22:48.0	26:36.0	30:24.0	34:12.0	38:00.0	57:00.0	236.2
1:54.5	11:27.0	15:16.0	19:05.0	22:54.0	26:43.0	30:32.0	34:21.0	38:10.0	57:15.0	233.2
1:55.0	11:30.0	15:20.0	19:10.0	23:00.0	26:50.0	30:40.0	34:30.0	38:20.0	57:30.0	230.1
1:55.5	11:33.0	15:24.0	19:15.0	23:06.0	26:57.0	30:48.0	34:39.0	38:30.0	57:45.0	227.2
1:56.0	11:36.0	15:28.0	19:20.0	23:12.0	27:04.0	30:56.0	34:48.0	38:40.0	58:00.0	224.2
1:56.5	11:39.0	15:32.0	19:25.0	23:18.0	27:11.0	31:04.0	34:57.0	38:50.0	58:15.0	221.4
1:57.0	11:42.0	15:36.0	19:30.0	23:24.0	27:18.0	31:12.0	35:06.0	39:00.0	58:30.0	218.5
1:57.5	11:45.0	15:40.0	19:35.0	23:30.0	27:25.0	31:20.0	35:15.0	39:10.0	58:45.0	215.8
1:58.0	11:48.0	15:44.0	19:40.0	23:36.0	27:32.0	31:28.0	35:24.0	39:20.0	59:00.0	213.0
1:58.5	11:51.0	15:48.0	19:45.0	23:42.0	27:39.0	31:36.0	35:33.0	39:30.0	59:15.0	210.3
1:59.0	11:54.0	15:52.0	19:50.0	23:48.0	27:46.0	31:44.0	35:42.0	39:40.0	59:30.0	207.7
1:59.5	11:57.0	15:56.0	19:55.0	23:54.0	27:53.0	31:52.0	35:51.0	39:50.0	59:45.0	205.1
2:00.0	12:00.0	16:00.0	20:00.0	24:00.0	28:00.0	32:00.0	36:00.0	40:00.0	60:00.0	202.5
2:00.5	12:03.0	16:04.0	20:05.0	24:06.0	28:07.0	32:08.0	36:09.0	40:10.0	60:15.0	200.0
2:01.0	12:06.0	16:08.0	20:10.0	24:12.0	28:14.0	32:16.0	36:18.0	40:20.0	60:30.0	197.6
2:01.5	12:09.0	16:12.0	20:15.0	24:18.0	28:21.0	32:24.0	36:27.0	40:30.0	60:45.0	195.1
2:02.0	12:12.0	16:16.0	20:20.0	24:24.0	28:28.0	32:32.0	36:36.0	40:40.0	61:00.0	192.7
2:02.5	12:15.0	16:20.0	20:25.0	24:30.0	28:35.0	32:40.0	36:45.0	40:50.0	61:15.0	190.4
2:03.0	12:18.0	16:24.0	20:30.0	24:36.0	28:42.0	32:48.0	36:54.0	41:00.0	61:30.0	188.1
2:03.5	12:21.0	16:28.0	20:35.0	24:42.0	28:49.0	32:56.0	37:03.0	41:10.0	61:45.0	185.8
2:04.0	12:24.0	16:32.0	20:40.0	24:48.0	28:56.0	33:04.0	37:12.0	41:20.0	62:00.0	183.6
2:04.5	12:27.0	16:36.0	20:45.0	24:54.0	29:03.0	33:12.0	37:21.0	41:30.0	62:15.0	181.4
2:05.0	12:30.0	16:40.0	20:50.0	25:00.0	29:10.0	33:20.0	37:30.0	41:40.0	62:30.0	179.2
2:05.5	12:33.0	16:44.0	20:55.0	25:06.0	29:17.0	33:28.0	37:39.0	41:50.0	62:45.0	177.1
2:06.0	12:36.0	16:48.0	21:00.0	25:12.0	29:24.0	33:36.0	37:48.0	42:00.0	63:00.0	175.0
2:06.5	12:39.0	16:52.0	21:05.0	25:18.0	29:31.0	33:44.0	37:57.0	42:10.0	63:15.0	172.9
2:07.0	12:42.0	16:56.0	21:10.0	25:24.0	29:38.0	33:52.0	38:06.0	42:20.0	63:30.0	170.9
2:07.5	12:45.0	17:00.0	21:15.0	25:30.0	29:45.0	34:00.0	38:15.0	42:30.0	63:45.0	168.9
2:08.0	12:48.0	17:04.0	21:20.0	25:36.0	29:52.0	34:08.0	38:24.0	42:40.0	64:00.0	166.9
2:08.5	12:51.0	17:08.0	21:25.0	25:42.0	29:59.0	34:16.0	38:33.0	42:50.0	64:15.0	165.0
2:09.0	12:54.0	17:12.0	21:30.0	25:48.0	30:06.0	34:24.0	38:42.0	43:00.0	64:30.0	163.0
2:09.5	12:57.0	17:16.0	21:35.0	25:54.0	30:13.0	34:32.0	38:51.0	43:10.0	64:45.0	161.2
2:10.0	13:00.0	17:20.0	21:40.0	26:00.0	30:20.0	34:40.0	39:00.0	43:20.0	65:00.0	159.3

SHORT TIME

/500m	1	2	3	4	5	6	7	8	9	10	Watt
1:25.0	353	706	1059	1412	1765	2118	2471	2824	3176	3529	569.9
1:25.5	351	702	1053	1404	1754	2105	2456	2807	3158	3509	560.0
1:26.0	349	698	1047	1395	1744	2093	2442	2791	3140	3488	550.3
1:26.5	347	694	1040	1387	1734	2081	2428	2775	3121	3468	540.8
1:27.0	345	690	1034	1379	1724	2069	2414	2759	3103	3448	531.5
1:27.5	343	686	1029	1371	1714	2057	2400	2743	3086	3429	522.4
1:28.0	341	682	1023	1364	1705	2045	2386	2727	3068	3409	513.6
1:28.5	339	678	1017	1356	1695	2034	2373	2712	3051	3390	504.9
1:29.0	337	674	1011	1348	1685	2022	2360	2697	3034	3371	496.5
1:29.5	335	670	1006	1341	1676	2011	2346	2682	3017	3352	488.2
1:30.0	333	667	1000	1333	1667	2000	2333	2667	3000	3333	480.1
1:30.5	331	663	994	1326	1657	1989	2320	2652	2983	3315	472.2
1:31.0	330	659	989	1319	1648	1978	2308	2637	2967	3297	464.5
1:31.5	328	656	984	1311	1639	1967	2295	2623	2951	3279	456.9
1:32.0	326	652	978	1304	1630	1957	2283	2609	2935	3261	449.5
1:32.5	324	649	973	1297	1622	1946	2270	2595	2919	3243	442.2
1:33.0	323	645	968	1290	1613	1935	2258	2581	2903	3226	435.1
1:33.5	321	642	963	1283	1604	1925	2246	2567	2888	3209	428.2
1:34.0	319	638	957	1277	1596	1915	2234	2553	2872	3191	421.4
1:34.5	317	635	952	1270	1587	1905	2222	2540	2857	3175	414.7
1:35.0	316	632	947	1263	1579	1895	2211	2526	2842	3158	408.2
1:35.5	314	628	942	1257	1571	1885	2199	2513	2827	3141	401.8
1:36.0	313	625	938	1250	1563	1875	2188	2500	2813	3125	395.6
1:36.5	311	622	933	1244	1554	1865	2176	2487	2798	3109	389.5
1:37.0	309	619	928	1237	1546	1856	2165	2474	2784	3093	383.5
1:37.5	308	615	923	1231	1538	1846	2154	2462	2769	3077	377.6
1:38.0	306	612	918	1224	1531	1837	2143	2449	2755	3061	371.9
1:38.5	305	609	914	1218	1523	1827	2132	2437	2741	3046	366.2
1:39.0	303	606	909	1212	1515	1818	2121	2424	2727	3030	360.7
1:39.5	302	603	905	1206	1508	1809	2111	2412	2714	3015	355.3
1:40.0	300	600	900	1200	1500	1800	2100	2400	2700	3000	350.0
1:40.5	299	597	896	1194	1493	1791	2090	2388	2687	2985	344.8
1:41.0	297	594	891	1188	1485	1782	2079	2376	2673	2970	339.7
1:41.5	296	591	887	1182	1478	1773	2069	2365	2660	2956	334.7
1:42.0	294	588	882	1176	1471	1765	2059	2353	2647	2941	329.8
1:42.5	293	585	878	1171	1463	1756	2049	2341	2634	2927	325.0
1:43.0	291	583	874	1165	1456	1748	2039	2330	2621	2913	320.3
1:43.5	290	580	870	1159	1449	1739	2029	2319	2609	2899	315.7
1:44.0	288	577	865	1154	1442	1731	2019	2308	2596	2885	311.1
1:44.5	287	574	861	1148	1435	1722	2010	2297	2584	2871	306.7
1:45.0	286	571	857	1143	1429	1714	2000	2286	2571	2857	302.3
1:45.5	284	569	853	1137	1422	1706	1991	2275	2559	2844	298.1
1:46.0	283	566	849	1132	1415	1698	1981	2264	2547	2830	293.9
1:46.5	282	563	845	1127	1408	1690	1972	2254	2535	2817	289.7
1:47.0	280	561	841	1121	1402	1682	1963	2243	2523	2804	285.7
1:47.5	279	558	837	1116	1395	1674	1953	2233	2512	2791	281.7
1:48.0	278	556	833	1111	1389	1667	1944	2222	2500	2778	277.8
1:48.5	276	553	829	1106	1382	1659	1935	2212	2488	2765	274.0
1:49.0	275	550	826	1101	1376	1651	1927	2202	2477	2752	270.3
1:49.5	274	548	822	1096	1370	1644	1918	2192	2466	2740	266.6
1:50.0	273	545	818	1091	1364	1636	1909	2182	2455	2727	263.0
1:50.5	271	543	814	1086	1357	1629	1900	2172	2443	2715	259.4
1:51.0	270	541	811	1081	1351	1622	1892	2162	2432	2703	255.9
1:51.5	269	538	807	1076	1345	1614	1883	2152	2422	2691	252.5
1:52.0	268	536	804	1071	1339	1607	1875	2143	2411	2679	249.1
1:52.5	267	533	800	1067	1333	1600	1867	2133	2400	2667	245.8
1:53.0	265	531	796	1062	1327	1593	1858	2124	2389	2655	242.6
1:53.5	264	529	793	1057	1322	1586	1850	2115	2379	2643	239.4
1:54.0	263	526	789	1053	1316	1579	1842	2105	2368	2632	236.2
1:54.5	262	524	786	1048	1310	1572	1834	2096	2358	2620	233.2
1:55.0	261	522	783	1043	1304	1565	1826	2087	2348	2609	230.1
1:55.5	260	519	779	1039	1299	1558	1818	2078	2338	2597	227.2
1:56.0	259	517	776	1034	1293	1552	1810	2069	2328	2586	224.2
1:56.5	258	515	773	1030	1288	1545	1803	2060	2318	2575	221.4
1:57.0	256	513	769	1026	1282	1538	1795	2051	2308	2564	218.5
1:57.5	255	511	766	1021	1277	1532	1787	2043	2298	2553	215.8
1:58.0	254	508	763	1017	1271	1525	1780	2034	2288	2542	213.0
1:58.5	253	506	759	1013	1266	1519	1772	2025	2278	2532	210.3
1:59.0	252	504	756	1008	1261	1513	1765	2017	2269	2521	207.7
1:59.5	251	502	753	1004	1255	1506	1757	2008	2259	2510	205.1
2:00.0	250	500	750	1000	1250	1500	1750	2000	2250	2500	202.5

LONG TIME

/500m	15	20	25	30	45	60	75	90	105	120	Watt
1:35.0	4737	6316	7895	9474	14211	18947	23684	28421	33158	37895	408.2
1:35.5	4712	6283	7853	9424	14136	18848	23560	28272	32984	37696	401.8
1:36.0	4688	6250	7813	9375	14063	18750	23438	28125	32813	37500	395.6
1:36.5	4663	6218	7772	9326	13990	18653	23316	27979	32642	37306	389.5
1:37.0	4639	6186	7732	9278	13918	18557	23196	27835	32474	37113	383.5
1:37.5	4615	6154	7692	9231	13846	18462	23077	27692	32308	36923	377.6
1:38.0	4592	6122	7653	9184	13776	18367	22959	27551	32143	36735	371.9
1:38.5	4569	6091	7614	9137	13706	18274	22843	27411	31980	36548	366.2
1:39.0	4545	6061	7576	9091	13636	18182	22727	27273	31818	36364	360.7
1:39.5	4523	6030	7538	9045	13568	18090	22613	27136	31658	36181	355.3
1:40.0	4500	6000	7500	9000	13500	18000	22500	27000	31500	36000	350.0
1:40.5	4478	5970	7463	8955	13433	17910	22388	26866	31343	35821	344.8
1:41.0	4455	5941	7426	8911	13366	17822	22277	26733	31188	35644	339.7
1:41.5	4433	5911	7389	8867	13300	17734	22167	26601	31034	35468	334.7
1:42.0	4412	5882	7353	8824	13235	17647	22059	26471	30882	35294	329.8
1:42.5	4390	5854	7317	8780	13171	17561	21951	26341	30732	35122	325.0
1:43.0	4369	5825	7282	8738	13107	17476	21845	26214	30583	34951	320.3
1:43.5	4348	5797	7246	8696	13043	17391	21739	26087	30435	34783	315.7
1:44.0	4327	5769	7212	8654	12981	17308	21635	25962	30288	34615	311.1
1:44.5	4306	5742	7177	8612	12919	17225	21531	25837	30144	34450	306.7
1:45.0	4286	5714	7143	8571	12857	17143	21429	25714	30000	34286	302.3
1:45.5	4265	5687	7109	8531	12796	17062	21327	25592	29858	34123	298.1
1:46.0	4245	5660	7075	8491	12736	16981	21226	25472	29717	33962	293.9
1:46.5	4225	5634	7042	8451	12676	16901	21127	25352	29577	33803	289.7
1:47.0	4206	5607	7009	8411	12617	16822	21028	25234	29439	33645	285.7
1:47.5	4186	5581	6977	8372	12558	16744	20930	25116	29302	33488	281.7
1:48.0	4167	5556	6944	8333	12500	16667	20833	25000	29167	33333	277.8
1:48.5	4147	5530	6912	8295	12442	16590	20737	24885	29032	33180	274.0
1:49.0	4128	5505	6881	8257	12385	16514	20642	24771	28899	33028	270.3
1:49.5	4110	5479	6849	8219	12329	16438	20548	24658	28767	32877	266.6
1:50.0	4091	5455	6818	8182	12273	16364	20455	24545	28636	32727	263.0
1:50.5	4072	5430	6787	8145	12217	16290	20362	24434	28507	32579	259.4
1:51.0	4054	5405	6757	8108	12162	16216	20270	24324	28378	32432	255.9
1:51.5	4036	5381	6726	8072	12108	16143	20179	24215	28251	32287	252.5
1:52.0	4018	5357	6696	8036	12054	16071	20089	24107	28125	32143	249.1
1:52.5	4000	5333	6667	8000	12000	16000	20000	24000	28000	32000	245.8
1:53.0	3982	5310	6637	7965	11947	15929	19912	23894	27876	31858	242.6
1:53.5	3965	5286	6608	7930	11894	15859	19824	23789	27753	31718	239.4
1:54.0	3947	5263	6579	7895	11842	15789	19737	23684	27632	31579	236.2
1:54.5	3930	5240	6550	7860	11790	15721	19651	23581	27511	31441	233.2
1:55.0	3913	5217	6522	7826	11739	15652	19565	23478	27391	31304	230.1
1:55.5	3896	5195	6494	7792	11688	15584	19481	23377	27273	31169	227.2
1:56.0	3879	5172	6466	7759	11638	15517	19397	23276	27155	31034	224.2
1:56.5	3863	5150	6438	7725	11588	15451	19313	23176	27039	30901	221.4
1:57.0	3846	5128	6410	7692	11538	15385	19231	23077	26923	30769	218.5
1:57.5	3830	5106	6383	7660	11489	15319	19149	22979	26809	30638	215.8
1:58.0	3814	5085	6356	7627	11441	15254	19068	22881	26695	30508	213.0
1:58.5	3797	5063	6329	7595	11392	15190	18987	22785	26582	30380	210.3
1:59.0	3782	5042	6303	7563	11345	15126	18908	22689	26471	30252	207.7
1:59.5	3766	5021	6276	7531	11297	15063	18828	22594	26360	30126	205.1
2:00.0	3750	5000	6250	7500	11250	15000	18750	22500	26250	30000	202.5
2:00.5	3734	4979	6224	7469	11203	14938	18672	22407	26141	29876	200.0
2:01.0	3719	4959	6198	7438	11157	14876	18595	22314	26033	29752	197.6
2:01.5	3704	4938	6173	7407	11111	14815	18519	22222	25926	29630	195.1
2:02.0	3689	4918	6148	7377	11066	14754	18443	22131	25820	29508	192.7
2:02.5	3673	4898	6122	7347	11020	14694	18367	22041	25714	29388	190.4
2:03.0	3659	4878	6098	7317	10976	14634	18293	21951	25610	29268	188.1
2:03.5	3644	4858	6073	7287	10931	14575	18219	21862	25506	29150	185.8
2:04.0	3629	4839	6048	7258	10887	14516	18145	21774	25403	29032	183.6
2:04.5	3614	4819	6024	7229	10843	14458	18072	21687	25301	28916	181.4
2:05.0	3600	4800	6000	7200	10800	14400	18000	21600	25200	28800	179.2
2:05.5	3586	4781	5976	7171	10757	14343	17928	21514	25100	28685	177.1
2:06.0	3571	4762	5952	7143	10714	14286	17857	21429	25000	28571	175.0
2:06.5	3557	4743	5929	7115	10672	14229	17787	21344	24901	28458	172.9
2:07.0	3543	4724	5906	7087	10630	14173	17717	21260	24803	28346	170.9
2:07.5	3529	4706	5882	7059	10588	14118	17647	21176	24706	28235	168.9
2:08.0	3516	4688	5859	7031	10547	14063	17578	21094	24609	28125	166.9
2:08.5	3502	4669	5837	7004	10506	14008	17510	21012	24514	28016	165.0
2:09.0	3488	4651	5814	6977	10465	13953	17442	20930	24419	27907	163.0
2:09.5	3475	4633	5792	6950	10425	13900	17375	20849	24324	27799	161.2
2:10.0	3462	4615	5769	6923	10385	13846	17308	20769	24231	27692	159.3

