|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **5000 Meter = 12,5 Runden** | **Name 🡪** |  |  |  |
| **Runde** | **Strecke** | **Zeit** | **Zeit** | **Zeit** |
| **Noch 12** | **Nach 200 m** |  |  |  |
| **11** | **600 m** |  |  |  |
| **10** | **1000 m** |  |  |  |
| **9** | **1400 m** |  |  |  |
| **8** | **1800 m** |  |  |  |
| **7** | **2200 m** |  |  |  |
| **6** | **2600 m** |  |  |  |
| **5** | **3000 m** |  |  |  |
| **4** | **3400 m** |  |  |  |
| **3** | **3800 m** |  |  |  |
| **2** | **4200 m** |  |  |  |
| **Noch 1** | **4600 m** |  |  |  |
| **Ziel** | **Nach 5000 m** |  |  |  |