

2km UKK vauhtiveto

Tavoiteaika 400 metrin rata

			Väliaika								Loppuaika
			Testiveto		1. kierros		2.kierros		3.kierros	4.kierros	2 KM
			50m	100 m	200m	400m	800m	1200m	1600m	2000m	
Naiset	20-35v	Paras 1/4	00:24	00:48	01:36	03:12	06:24	09:36	12:48	Paras 1/4	16:00
			00:25	00:49	01:39	03:18	06:36	09:54	13:12		16:30
			00:26	00:51	01:43	03:26	06:51	10:17	13:42		17:08
		Heikoin 1/4	00:30	01:00	02:00	04:00	08:00	12:00	16:00	Heikoin 1/4	20:00
	40-55 v	Paras 1/4	00:24	00:48	01:37	03:14	06:28	09:42	12:56	Paras 1/4	16:10
			00:26	00:51	01:42	03:25	06:50	10:15	13:40		17:05
			00:26	00:52	01:45	03:29	06:58	10:28	13:57		17:26
		Heikoin 1/4	00:27	00:54	01:48	03:36	07:12	10:48	14:24	Heikoin 1/4	18:00
	60-75v	Paras 1/4	00:24	00:48	01:35	03:11	06:22	09:33	12:44	Paras 1/4	15:55
			00:27	00:54	01:48	03:36	07:12	10:48	14:24		18:00
			00:29	00:59	01:57	03:54	07:48	11:42	15:36		19:30
		Heikoin 1/4	00:30	01:00	02:00	04:01	08:02	12:03	16:04	Heikoin 1/4	20:05
Miehet	20-35 v	Paras 1/4	00:22	00:44	01:27	02:54	05:48	08:42	11:36	Paras 1/4	14:30
			00:23	00:45	01:30	03:00	06:00	09:00	12:00		15:00
			00:23	00:47	01:34	03:08	06:16	09:24	12:32		15:40
		Heikoin 1/4	00:25	00:49	01:38	03:16	06:32	09:48	13:04	Heikoin 1/4	16:20
	40-55v	Paras 1/4	00:22	00:45	01:29	02:58	05:56	08:54	11:52	Paras 1/4	14:50
			00:23	00:46	01:32	03:04	06:08	09:12	12:16		15:20
			00:25	00:49	01:39	03:18	06:36	09:54	13:12		16:30
		Heikoin 1/4	00:26	00:51	01:43	03:25	06:50	10:16	13:41	Heikoin 1/4	17:06
	60-75v	Paras 1/4	00:24	00:48	01:36	03:12	06:24	09:36	12:48	Paras 1/4	16:00
			00:25	00:50	01:39	03:19	06:38	09:57	13:16		16:35
			00:26	00:53	01:45	03:30	07:00	10:30	14:00		17:30
		Heikoin 1/4	00:28	00:55	01:50	03:40	07:20	11:00	14:40	Heikoin 1/4	18:20

Alfa testaajan oppaan viitearvot ovat pohjana tälle taulokolle; Perustuu UKK-instituutin väestöntutkimukseen