

UKK 2km Vauhtikävely

Tavoite kierrosaika 326 m rata(ulkorata)

Ouluhallin ulkorata 6 krs. + 48 m

			Väliaika								Maali	
			Testiveto väliaika			1. kierros	2.kierros	3.kierros	4.kierros	5.kierros	6.kierros	
			50m, 100m ja 200m			(326+ 48 m)						
			50m	100 m	200m	<u>374m</u>	<u>696m</u>	<u>1022m</u>	<u>1350m</u>	<u>1677m</u>	<u>2000m</u>	
Naiset	20-35v	Paras 1/4	00:24	00:48	01:36	03:00	05:34	08:11	10:48	13:25	16:00	
			00:25	00:49	01:39	03:05	05:45	08:26	11:08	13:50	16:30	
			00:26	00:51	01:43	03:12	05:58	08:45	11:34	14:22	17:08	
			Heikoin 1/4	00:30	01:00	02:00	03:44	06:58	10:13	13:30	16:46	20:00
	40-55 v	Paras 1/4	00:24	00:48	01:37	03:01	05:38	08:16	10:55	13:33	16:10	
			00:26	00:51	01:42	03:12	05:57	08:44	11:32	14:19	17:05	
			00:26	00:52	01:45	03:16	06:04	08:55	11:46	14:37	17:26	
			00:27	00:54	01:48	03:22	06:16	09:12	12:09	15:06	18:00	
	60-75v	Paras 1/4	00:24	00:48	01:35	02:59	05:32	08:08	10:45	13:21	15:55	
			00:27	00:54	01:48	03:22	06:16	09:12	12:09	15:06	18:00	
			00:29	00:59	01:57	03:39	06:47	09:58	13:10	16:21	19:30	
			00:30	01:00	02:00	03:45	06:59	10:16	13:33	16:50	20:05	
Miehet	20-35 v	Paras 1/4	00:22	00:44	01:27	02:43	05:03	07:25	09:47	12:09	14:30	
			00:23	00:45	01:30	02:48	05:13	07:40	10:07	12:35	15:00	
			00:23	00:47	01:34	02:56	05:27	08:00	10:34	13:08	15:40	
			Heikoin 1/4	00:25	00:49	01:38	03:03	05:41	08:21	11:01	13:42	16:20
	40-55v	Paras 1/4	00:22	00:45	01:29	02:46	05:10	07:35	10:01	12:26	14:50	
			00:23	00:46	01:32	02:52	05:20	07:50	10:21	12:51	15:20	
			00:25	00:49	01:39	03:05	05:45	08:26	11:08	13:50	16:30	
			00:26	00:51	01:43	03:12	05:57	08:44	11:33	14:20	17:06	
	60-75v	Paras 1/4	00:24	00:48	01:36	03:00	05:34	08:11	10:48	13:25	16:00	
			00:25	00:50	01:39	03:06	05:46	08:28	11:12	13:54	16:35	
			00:26	00:53	01:45	03:16	06:05	08:57	11:49	14:40	17:30	
			00:28	00:55	01:50	03:26	06:23	09:22	12:23	15:22	18:20	
		Heikoin 1/4										
Taulukko perustuu UKK-instituutin väestöntutkimuksiin												
Kovia kävelyajoja			00:21	00:42	01:25	02:39	04:56	07:14	09:34	11:53	14:10	
alle tutkimustaulukon			00:20	00:41	01:21	02:31	04:42	06:54	09:07	11:19	13:30	
			00:20	00:39	01:18	02:26	04:31	06:39	08:46	10:54	13:00	