

Планирование нагрузки на уровне ПАНУ на Concept 2

в % от результата на 2000м

Результат на 2000 м	Время на 500 м, мин, сек				
	80%	82,5%	85%	87,5%	90%
05:36,0	01:40,8	01:38,7	01:36,6	01:34,5	01:32,4
05:38,0	01:41,4	01:39,3	01:37,2	01:35,1	01:33,0
05:40,0	01:42,0	01:39,9	01:37,8	01:35,6	01:33,5
05:42,0	01:42,6	01:40,5	01:38,3	01:36,2	01:34,1
05:44,0	01:43,2	01:41,1	01:38,9	01:36,8	01:34,6
05:46,0	01:43,8	01:41,6	01:39,5	01:37,3	01:35,2
05:48,0	01:44,4	01:42,2	01:40,1	01:37,9	01:35,7
05:50,0	01:45,0	01:42,8	01:40,6	01:38,4	01:36,2
05:52,0	01:45,6	01:43,4	01:41,2	01:39,0	01:36,8
05:54,0	01:46,2	01:44,0	01:41,8	01:39,6	01:37,4
05:56,0	01:46,8	01:44,6	01:42,4	01:40,1	01:37,9
05:58,0	01:47,4	01:45,2	01:42,9	01:40,7	01:38,5
06:00,0	01:48,0	01:45,8	01:43,5	01:41,3	01:39,0
06:02,0	01:48,6	01:46,3	01:44,1	01:41,8	01:39,6
06:04,0	01:49,2	01:46,9	01:44,7	01:42,4	01:40,1
06:06,0	01:49,8	01:47,5	01:45,2	01:42,9	01:40,7
06:08,0	01:50,4	01:48,1	01:45,8	01:43,5	01:41,2
06:10,0	01:51,0	01:48,7	01:46,4	01:44,1	01:41,8
06:12,0	01:51,6	01:49,3	01:47,0	01:44,6	01:42,3
06:14,0	01:52,2	01:49,9	01:47,5	01:45,2	01:42,9
06:16,0	01:52,8	01:50,5	01:48,1	01:45,8	01:43,4
06:18,0	01:53,4	01:51,0	01:48,7	01:46,3	01:44,0
06:20,0	01:54,0	01:51,6	01:49,3	01:46,9	01:44,5
06:22,0	01:54,6	01:52,2	01:49,8	01:47,4	01:45,1
06:24,0	01:55,2	01:52,8	01:50,4	01:48,0	01:45,6
06:26,0	01:55,8	01:53,4	01:51,0	01:48,6	01:46,2
06:28,0	01:56,4	01:54,0	01:51,6	01:49,1	01:46,7
06:30,0	01:57,0	01:54,6	01:52,1	01:49,7	01:47,3
06:32,0	01:57,6	01:55,2	01:52,7	01:50,3	01:47,8
06:34,0	01:58,2	01:55,7	01:53,3	01:50,8	01:48,4
06:36,0	01:58,8	01:56,3	01:53,9	01:51,4	01:48,9

06:38,0	01:59,4	01:56,9	01:54,4	01:51,9	01:49,5
06:40,0	02:00,0	01:57,5	01:55,0	01:52,5	01:50,0
06:42,0	02:00,6	01:58,1	01:55,6	01:53,1	01:50,6
06:44,0	02:01,2	01:58,7	01:56,2	01:53,6	01:51,1
06:46,0	02:01,8	01:59,3	01:56,7	01:54,2	01:51,7
06:48,0	02:02,4	01:59,9	01:57,3	01:54,8	01:52,2
06:50,0	02:03,0	02:00,4	01:57,9	01:55,3	01:52,8
06:52,0	02:03,6	02:01,0	01:58,5	01:55,9	01:53,3
06:54,0	02:04,2	02:01,6	01:59,0	01:56,4	01:53,9
06:56,0	02:04,8	02:02,2	01:59,6	01:57,0	01:54,4
06:58,0	02:05,4	02:02,8	02:00,2	01:57,6	01:55,0
07:00,0	02:06,0	02:03,4	02:00,8	01:58,1	01:55,5
07:02,0	02:06,6	02:04,0	02:01,3	01:58,7	01:56,1
07:04,0	02:07,2	02:04,6	02:01,9	01:59,3	01:56,6
07:06,0	02:07,8	02:05,1	02:02,5	01:59,8	01:57,2
07:08,0	02:08,4	02:05,7	02:03,1	02:00,4	01:57,7
07:10,0	02:09,0	02:06,3	02:03,6	02:00,9	01:58,3
07:12,0	02:09,6	02:06,9	02:04,2	02:01,5	01:58,8
07:14,0	02:10,2	02:07,5	02:04,8	02:02,1	01:59,4
07:16,0	02:10,8	02:08,1	02:05,4	02:02,6	01:59,9
07:18,0	02:11,4	02:08,7	02:05,9	02:03,2	02:00,5
07:20,0	02:12,0	02:09,3	02:06,5	02:03,8	02:01,0
07:22,0	02:12,6	02:09,8	02:07,1	02:04,3	02:01,6
07:24,0	02:13,2	02:10,4	02:07,7	02:04,9	02:02,1
07:26,0	02:13,8	02:11,0	02:08,2	02:05,4	02:02,7
07:28,0	02:14,4	02:11,6	02:08,8	02:06,0	02:03,2
07:30,0	02:15,0	02:12,2	02:09,4	02:06,6	02:03,8
07:32,0	02:15,6	02:12,8	02:10,0	02:07,1	02:04,3
07:34,0	02:16,2	02:13,4	02:10,5	02:07,7	02:04,9
07:36,0	02:16,8	02:14,0	02:11,1	02:08,3	02:05,4
07:38,0	02:17,4	02:14,5	02:11,7	02:08,8	02:06,0
07:40,0	02:18,0	02:15,1	02:12,3	02:09,4	02:06,5
07:42,0	02:18,6	02:15,7	02:12,8	02:09,9	02:07,1
07:44,0	02:19,2	02:16,3	02:13,4	02:10,5	02:07,6
07:46,0	02:19,8	02:16,9	02:14,0	02:11,1	02:08,2
07:48,0	02:20,4	02:17,5	02:14,6	02:11,6	02:08,7
07:50,0	02:21,0	02:18,1	02:15,1	02:12,2	02:09,3

07:52,0	02:21,6	02:18,7	02:15,7	02:12,8	02:09,8
07:54,0	02:22,2	02:19,2	02:16,3	02:13,3	02:10,4
07:56,0	02:22,8	02:19,8	02:16,9	02:13,9	02:10,9
07:58,0	02:23,4	02:20,4	02:17,4	02:14,4	02:11,5
08:00,0	02:24,0	02:21,0	02:18,0	02:15,0	02:12,0
08:02,0	02:24,6	02:21,6	02:18,6	02:15,6	02:12,6
08:04,0	02:25,2	02:22,2	02:19,2	02:16,1	02:13,1
08:06,0	02:25,8	02:22,8	02:19,7	02:16,7	02:13,7
08:08,0	02:26,4	02:23,4	02:20,3	02:17,3	02:14,2
08:10,0	02:27,0	02:23,9	02:20,9	02:17,8	02:14,8