

Conversione distanza - tempo equivalente su 7,5 Km

Distanza percorsa (km)	passo min/km	T. equiv (7,5km)
8,990	3'20"	25:01,65
8,980	3'20"	25:03,30
8,970	3'21"	25:04,95
8,960	3'21"	25:06,68
8,950	3'21"	25:08,33
8,940	3'21"	25:10,05
8,930	3'22"	25:11,70
8,920	3'22"	25:13,42
8,910	3'22"	25:15,15
8,900	3'22"	25:16,80
8,890	3'22"	25:18,52
8,880	3'23"	25:20,25
8,870	3'23"	25:21,98
8,860	3'23"	25:23,70
8,850	3'23"	25:25,35
8,840	3'24"	25:27,08
8,830	3'24"	25:28,87
8,820	3'24"	25:30,60
8,810	3'24"	25:32,33
8,800	3'25"	25:34,05
8,790	3'25"	25:35,78
8,780	3'25"	25:37,58
8,770	3'25"	25:39,30
8,760	3'25"	25:41,03
8,750	3'26"	25:42,83
8,740	3'26"	25:44,55
8,730	3'26"	25:46,35
8,720	3'26"	25:48,15
8,710	3'27"	25:49,87
8,700	3'27"	25:51,68
8,690	3'27"	25:53,48
8,680	3'27"	25:55,28
8,670	3'28"	25:57,08
8,660	3'28"	25:58,87
8,650	3'28"	26:00,68
8,640	3'28"	26:02,47
8,630	3'29"	26:04,28
8,620	3'29"	26:06,07
8,610	3'29"	26:07,87
8,600	3'29"	26:09,75
8,590	3'30"	26:11,55
8,580	3'30"	26:13,43
8,570	3'30"	26:15,23
8,560	3'30"	26:17,10
8,550	3'31"	26:18,90
8,540	3'31"	26:20,77
8,530	3'31"	26:22,58
8,520	3'31"	26:24,45
8,510	3'32"	26:26,32
8,500	3'32"	26:28,20
8,490	3'32"	26:30,08
8,480	3'32"	26:31,95
8,470	3'33"	26:33,82
8,460	3'33"	26:35,70
8,450	3'33"	26:37,58
8,440	3'33"	26:39,52
8,430	3'34"	26:41,40
8,420	3'34"	26:43,28
8,410	3'34"	26:45,22
8,400	3'34"	26:47,10
8,390	3'35"	26:49,05
8,380	3'35"	26:50,92
8,370	3'35"	26:52,88

Conversione distanza - tempo equivalente su 7,5 Km

Distanza percorsa (km)	passo min/km	T. equiv (7,5km)
8,360	3'35"	26:54,82
8,350	3'36"	26:56,70
8,340	3'36"	26:58,65
8,330	3'36"	27:00,60
8,320	3'36"	27:02,55
8,310	3'37"	27:04,50
8,300	3'37"	27:06,45
8,290	3'37"	27:08,40
8,280	3'37"	27:10,43
8,270	3'38"	27:12,37
8,260	3'38"	27:14,32
8,250	3'38"	27:16,35
8,240	3'38"	27:18,30
8,230	3'39"	27:20,33
8,220	3'39"	27:22,27
8,210	3'39"	27:24,30
8,200	3'40"	27:26,33
8,190	3'40"	27:28,35
8,180	3'40"	27:30,30
8,170	3'40"	27:32,32
8,160	3'41"	27:34,35
8,150	3'41"	27:36,37
8,140	3'41"	27:38,47
8,130	3'41"	27:40,50
8,120	3'42"	27:42,53
8,110	3'42"	27:44,55
8,100	3'42"	27:46,65
8,090	3'42"	27:48,67
8,080	3'43"	27:50,78
8,070	3'43"	27:52,80
8,060	3'43"	27:54,90
8,050	3'44"	27:57,00
8,040	3'44"	27:59,10
8,030	3'44"	28:01,12
8,020	3'44"	28:03,23
8,010	3'45"	28:05,33
8,000	3'45"	28:07,43
7,990	3'45"	28:09,60
7,980	3'46"	28:11,70
7,970	3'46"	28:13,80
7,960	3'46"	28:15,97
7,950	3'46"	28:18,08
7,940	3'47"	28:20,25
7,930	3'47"	28:22,35
7,920	3'47"	28:24,53
7,910	3'48"	28:26,70
7,900	3'48"	28:28,80
7,890	3'48"	28:30,97
7,880	3'48"	28:33,15
7,870	3'49"	28:35,33
7,860	3'49"	28:37,50
7,850	3'49"	28:39,68
7,840	3'50"	28:41,93
7,830	3'50"	28:44,10
7,820	3'50"	28:46,27
7,810	3'50"	28:48,52
7,800	3'51"	28:50,70
7,790	3'51"	28:52,95
7,780	3'51"	28:55,20
7,770	3'52"	28:57,45
7,760	3'52"	28:59,63
7,750	3'52"	29:01,88
7,740	3'53"	29:04,12

Conversione distanza - tempo equivalente su 7,5 Km

Distanza percorsa (km)	passo min/km	T. equiv (7,5km)
7,730	3'53"	29:06,38
7,720	3'53"	29:08,70
7,710	3'53"	29:10,95
7,700	3'54"	29:13,20
7,690	3'54"	29:15,53
7,680	3'54"	29:17,77
7,670	3'55"	29:20,10
7,660	3'55"	29:22,35
7,650	3'55"	29:24,68
7,640	3'56"	29:27,00
7,630	3'56"	29:29,33
7,620	3'56"	29:31,65
7,610	3'57"	29:33,97
7,600	3'57"	29:36,30
7,590	3'57"	29:38,62
7,580	3'57"	29:40,95
7,570	3'58"	29:43,35
7,560	3'58"	29:45,68
7,550	3'58"	29:48,08
7,540	3'59"	29:50,40
7,530	3'59"	29:52,80
7,520	3'59"	29:55,20
7,510	3'60"	29:57,60
7,500	3'60"	29:59,92
7,490	4'0"	30:00,00
7,480	4'1"	30:04,81
7,470	4'1"	30:07,22
7,460	4'1"	30:09,65
7,450	4'2"	30:12,08
7,440	4'2"	30:14,51
7,430	4'2"	30:16,96
7,420	4'3"	30:19,40
7,410	4'3"	30:21,85
7,400	4'3"	30:24,32
7,390	4'4"	30:26,79
7,380	4'4"	30:29,26
7,370	4'4"	30:31,75
7,360	4'5"	30:34,24
7,350	4'5"	30:36,73
7,340	4'5"	30:39,23
7,330	4'6"	30:41,74
7,320	4'6"	30:44,26
7,310	4'6"	30:46,78
7,300	4'7"	30:49,31
7,290	4'7"	30:51,85
7,280	4'7"	30:54,39
7,270	4'8"	30:56,94
7,260	4'8"	30:59,50
7,250	4'8"	31:02,06
7,240	4'9"	31:04,64
7,230	4'9"	31:07,21
7,220	4'9"	31:09,80
7,210	4'10"	31:12,40
7,200	4'10"	31:14,99
7,190	4'10"	31:17,55
7,180	4'11"	31:20,17
7,170	4'11"	31:22,80
7,160	4'11"	31:25,43
7,150	4'12"	31:28,05
7,140	4'12"	31:30,75
7,130	4'12"	31:33,37
7,120	4'13"	31:36,00
7,110	4'13"	31:38,70

Conversione distanza - tempo equivalente su 7,5 Km

Distanza percorsa (km)	passo min/km	T. equiv (7,5km)
7,100	4'14"	31:41,40
7,090	4'14"	31:44,02
7,080	4'14"	31:46,73
7,070	4'15"	31:49,42
7,060	4'15"	31:52,13
7,050	4'15"	31:54,83
7,040	4'16"	31:57,60
7,030	4'16"	32:00,30
7,020	4'16"	32:03,08
7,010	4'17"	32:05,78
7,000	4'17"	32:08,55
6,990	4'18"	32:11,32
6,980	4'18"	32:14,03
6,970	4'18"	32:16,80
6,960	4'19"	32:19,65
6,950	4'19"	32:22,42
6,940	4'19"	32:25,20
6,930	4'20"	32:28,05
6,920	4'20"	32:30,83
6,910	4'20"	32:33,67
6,900	4'21"	32:36,45
6,890	4'21"	32:39,30
6,880	4'22"	32:42,15
6,870	4'22"	32:45,00
6,860	4'22"	32:47,93
6,850	4'23"	32:50,77
6,840	4'23"	32:53,62
6,830	4'24"	32:56,55
6,820	4'24"	32:59,40
6,810	4'24"	33:02,32
6,800	4'25"	33:05,25
6,790	4'25"	33:08,18
6,780	4'25"	33:11,10
6,770	4'26"	33:14,03
6,760	4'26"	33:17,03
6,750	4'27"	33:19,95
6,740	4'27"	33:22,95
6,730	4'27"	33:25,88
6,720	4'28"	33:28,87
6,710	4'28"	33:31,88
6,700	4'29"	33:34,87
6,690	4'29"	33:37,88
6,680	4'29"	33:40,95
6,670	4'30"	33:43,95
6,660	4'30"	33:47,03
6,650	4'31"	33:50,03
6,640	4'31"	33:53,10
6,630	4'31"	33:56,18
6,620	4'32"	33:59,25
6,610	4'32"	34:02,33
6,600	4'33"	34:05,40
6,590	4'33"	34:08,55
6,580	4'34"	34:11,62
6,570	4'34"	34:14,77
6,560	4'34"	34:17,92
6,550	4'35"	34:21,00
6,540	4'35"	34:24,15
6,530	4'36"	34:27,37
6,520	4'36"	34:30,53
6,510	4'36"	34:33,67
6,500	4'37"	34:36,90
6,490	4'37"	34:40,05
6,480	4'38"	34:43,28

Conversione distanza - tempo equivalente su 7,5 Km

Distanza percorsa (km)	passo min/km	T. equiv (7,5km)
6,470	4'38"	34:46,50
6,460	4'39"	34:49,73
6,450	4'39"	34:52,95
6,440	4'40"	34:56,25
6,430	4'40"	34:59,47
6,420	4'40"	35:02,77
6,410	4'41"	35:06,08
6,400	4'41"	35:09,30
6,390	4'42"	35:12,67
6,380	4'42"	35:15,98
6,370	4'43"	35:19,28
6,360	4'43"	35:22,58
6,350	4'43"	35:25,95
6,340	4'44"	35:29,32
6,330	4'44"	35:32,70
6,320	4'45"	35:36,07
6,310	4'45"	35:39,45
6,300	4'46"	35:42,83
6,290	4'46"	35:46,20
6,280	4'47"	35:49,65
6,270	4'47"	35:53,10
6,260	4'48"	35:56,47
6,250	4'48"	35:59,93
6,240	4'48"	36:03,45
6,230	4'49"	36:06,90
6,220	4'49"	36:10,35
6,210	4'50"	36:13,88
6,200	4'50"	36:17,40
6,190	4'51"	36:20,93
6,180	4'51"	36:24,45
6,170	4'52"	36:27,98
6,160	4'52"	36:31,50
6,150	4'53"	36:35,10
6,140	4'53"	36:38,62
6,130	4'54"	36:42,23
6,120	4'54"	36:45,83
6,110	4'55"	36:49,43
6,100	4'55"	36:53,10
6,090	4'56"	36:56,70
6,080	4'56"	37:00,38
6,070	4'57"	37:04,05
6,060	4'57"	37:07,65
6,050	4'58"	37:11,40
6,040	4'58"	37:15,08
6,030	4'59"	37:18,75
6,020	4'59"	37:22,50
6,010	4'60"	37:26,25
6,000	4'60"	37:29,92
5,990	5'1"	37:33,75
5,980	5'1"	37:37,52
5,970	5'2"	37:41,30
5,960	5'2"	37:45,10
5,950	5'3"	37:48,91
5,940	5'3"	37:52,73
5,930	5'4"	37:56,56
5,920	5'4"	38:00,40
5,910	5'5"	38:04,26
5,900	5'5"	38:08,13
5,890	5'6"	38:12,01
5,880	5'6"	38:15,91
5,870	5'7"	38:19,82
5,860	5'7"	38:23,75
5,850	5'8"	38:27,69

Conversione distanza - tempo equivalente su 7,5 Km

Distanza percorsa (km)	passo min/km	T. equiv (7,5km)
5,840	5'8"	38:31,64
5,830	5'9"	38:35,60
5,820	5'9"	38:39,58
5,810	5'10"	38:43,58
5,800	5'10"	38:47,55
5,790	5'11"	38:51,60
5,780	5'11"	38:55,57
5,770	5'12"	38:59,63
5,760	5'12"	39:03,68
5,750	5'13"	39:07,80
5,740	5'14"	39:11,85
5,730	5'14"	39:15,98
5,720	5'15"	39:20,10
5,710	5'15"	39:24,23
5,700	5'16"	39:28,35
5,690	5'16"	39:32,55
5,680	5'17"	39:36,75
5,670	5'17"	39:40,95
5,660	5'18"	39:45,15
5,650	5'19"	39:49,35
5,640	5'19"	39:53,55
5,630	5'20"	39:57,83
5,620	5'20"	40:02,10
5,610	5'21"	40:06,37
5,600	5'21"	40:10,65
5,590	5'22"	40:15,00
5,580	5'23"	40:19,35
5,570	5'23"	40:23,62
5,560	5'24"	40:28,05
5,550	5'24"	40:32,40
5,540	5'25"	40:36,75
5,530	5'25"	40:41,17
5,520	5'26"	40:45,60
5,510	5'27"	40:50,02
5,500	5'27"	40:54,53
5,490	5'28"	40:58,95
5,480	5'28"	41:03,45
5,470	5'29"	41:07,95
5,460	5'30"	41:12,52
5,450	5'30"	41:17,03
5,440	5'31"	41:21,60
5,430	5'31"	41:26,18
5,420	5'32"	41:30,75
5,410	5'33"	41:35,33
5,400	5'33"	41:39,97
5,390	5'34"	41:44,62
5,380	5'35"	41:49,28
5,370	5'35"	41:53,93
5,360	5'36"	41:58,65
5,350	5'36"	42:03,30
5,340	5'37"	42:08,03
5,330	5'38"	42:12,82
5,320	5'38"	42:17,55
5,310	5'39"	42:22,35
5,300	5'40"	42:27,15
5,290	5'40"	42:31,95
5,280	5'41"	42:36,75
5,270	5'42"	42:41,62
5,260	5'42"	42:46,50
5,250	5'43"	42:51,37
5,240	5'44"	42:56,33
5,230	5'44"	43:01,20
5,220	5'45"	43:06,15

Conversione distanza - tempo equivalente su 7,5 Km

Distanza percorsa (km)	passo min/km	T. equiv (7,5km)
5,210	5'45"	43:11,10
5,200	5'46"	43:16,12
5,190	5'47"	43:21,15
5,180	5'47"	43:26,18
5,170	5'48"	43:31,20
5,160	5'49"	43:36,22
5,150	5'50"	43:41,32
5,140	5'50"	43:46,43
5,130	5'51"	43:51,52
5,120	5'52"	43:56,70
5,110	5'52"	44:01,88
5,100	5'53"	44:07,05
5,090	5'54"	44:12,23
5,080	5'54"	44:17,48
5,070	5'55"	44:22,65
5,060	5'56"	44:27,98
5,050	5'56"	44:33,23
5,040	5'57"	44:38,55
5,030	5'58"	44:43,87
5,020	5'59"	44:49,20
5,010	5'59"	44:54,60
5,000	5'60"	44:59,93
4,990	6'1"	45:05,41
4,980	6'1"	45:10,84
4,970	6'2"	45:16,30
4,960	6'3"	45:21,77
4,950	6'4"	45:27,27
4,940	6'4"	45:32,79
4,930	6'5"	45:38,33
4,920	6'6"	45:43,90
4,910	6'7"	45:49,49
4,900	6'7"	45:55,10
4,890	6'8"	46:00,73
4,880	6'9"	46:06,39
4,870	6'10"	46:12,07
4,860	6'10"	46:17,78
4,850	6'11"	46:23,48
4,840	6'12"	46:29,25
4,830	6'13"	46:35,02
4,820	6'13"	46:40,80
4,810	6'14"	46:46,65
4,800	6'15"	46:52,43
4,790	6'16"	46:58,35
4,780	6'17"	47:04,20
4,770	6'17"	47:10,12
4,760	6'18"	47:16,13
4,750	6'19"	47:22,05
4,740	6'20"	47:28,05
4,730	6'21"	47:34,05
4,720	6'21"	47:40,13
4,710	6'22"	47:46,20
4,700	6'23"	47:52,27
4,690	6'24"	47:58,42
4,680	6'25"	48:04,57
4,670	6'25"	48:10,73
4,660	6'26"	48:16,95
4,650	6'27"	48:23,17
4,640	6'28"	48:29,47
4,630	6'29"	48:35,70
4,620	6'30"	48:42,08
4,610	6'30"	48:48,37
4,600	6'31"	48:54,75
4,590	6'32"	49:01,13

Conversione distanza - tempo equivalente su 7,5 Km

Distanza percorsa (km)	passo min/km	T. equiv (7,5km)
4,580	6'33"	49:07,57
4,570	6'34"	49:14,02
4,560	6'35"	49:20,48
4,550	6'36"	49:27,00
4,540	6'36"	49:33,52
4,530	6'37"	49:40,13
4,520	6'38"	49:46,72
4,510	6'39"	49:53,32
4,500	6'40"	49:59,92
4,490	6'41"	50:06,67
4,480	6'42"	50:13,35
4,470	6'43"	50:20,10
4,460	6'44"	50:26,85
4,450	6'44"	50:33,68
4,440	6'45"	50:40,50
4,430	6'46"	50:47,40
4,420	6'47"	50:54,23
4,410	6'48"	51:01,20
4,400	6'49"	51:08,17
4,390	6'50"	51:15,15
4,380	6'51"	51:22,12
4,370	6'52"	51:29,17
4,360	6'53"	51:36,30
4,350	6'54"	51:43,43
4,340	6'55"	51:50,55
4,330	6'56"	51:57,75
4,320	6'57"	52:04,95
4,310	6'58"	52:12,23
4,300	6'59"	52:19,50
4,290	7'0"	52:26,85
4,280	7'1"	52:34,20
4,270	7'2"	52:41,59
4,260	7'3"	52:49,01
4,250	7'4"	52:56,47
4,240	7'5"	53:03,96
4,230	7'6"	53:11,48
4,220	7'7"	53:19,05
4,210	7'8"	53:26,65
4,200	7'9"	53:34,28
4,190	7'10"	53:41,95
4,180	7'11"	53:49,65
4,170	7'12"	53:57,37
4,160	7'13"	54:05,18
4,150	7'14"	54:12,97
4,140	7'15"	54:20,85
4,130	7'16"	54:28,73
4,120	7'17"	54:36,67
4,110	7'18"	54:44,63
4,100	7'19"	54:52,65
4,090	7'20"	55:00,67
4,080	7'21"	55:08,77
4,070	7'22"	55:16,95
4,060	7'23"	55:25,05
4,050	7'24"	55:33,30
4,040	7'26"	55:41,55
4,030	7'27"	55:49,87
4,020	7'28"	55:58,20
4,010	7'29"	56:06,52
4,000	7'30"	56:15,00