

# Tijdschema NN Halve Marathon



Approved by Like2Run



**CPC LOOP  
DEN HAAG**

<b>1 km</b>	<b>5 km</b>	<b>10 km</b>	<b>15 km</b>	<b>20 km</b>	<b>½ m</b>
2:47	13:55	27:50	41:45	55:40	58:44
2:48	14:00	28:00	42:00	56:00	59:05
2:49	14:05	28:10	42:15	56:20	59:26
2:50	14:10	28:20	42:30	56:40	59:47
2:51	14:15	28:30	42:45	57:00	1.00:08
2:52	14:20	28:40	43:00	57:20	1.00:29
2:53	14:25	28:50	43:15	57:40	1.00:50
2:54	14:30	29:00	43:30	58:00	1.01:11
2:55	14:35	29:10	43:45	58:20	1.01:32
2:56	14:40	29:20	44:00	58:40	1.01:54
2:57	14:45	29:30	44:15	59:00	1.02:15
2:58	14:50	29:40	44:30	59:20	1.02:36
2:59	14:55	29:50	44:45	59:40	1.02:57
3:00	15:00	30:00	45:00	1.00:00	1.03:18
3:01	15:05	30:10	45:15	1.00:20	1.03:38
3:02	15:10	30:20	45:30	1.00:40	1.04:00
3:03	15:15	30:30	45:45	1.01:00	1.04:22
3:04	15:20	30:40	46:00	1.01:20	1.04:42
3:05	15:25	30:50	46:15	1.01:40	1.05:03
3:06	15:30	31:00	46:30	1.02:00	1.05:24
3:07	15:35	31:10	46:45	1.02:20	1.05:45
3:08	15:40	31:20	47:00	1.02:40	1.06:06
3:09	15:45	31:30	47:15	1.03:00	1.06:27
3:10	15:50	31:40	47:30	1.03:20	1.06:49
3:11	15:55	31:50	47:45	1.03:40	1.07:10
3:12	16:00	32:00	48:00	1.04:00	1.07:31
3:13	16:05	32:10	48:15	1.04:20	1.07:52
3:14	16:10	32:20	48:30	1.04:40	1.08:13
3:15	16:15	32:30	48:45	1.05:00	1.08:34
3:16	16:20	32:40	49:00	1.05:20	1.08:55
3:17	16:25	32:50	49:15	1.05:40	1.09:16
3:18	16:30	33:00	49:30	1.06:00	1.09:37
3:19	16:35	33:10	49:45	1.06:20	1.09:58
3:20	16:40	33:20	50:00	1.06:40	1.10:20
3:21	16:45	33:30	50:15	1.07:00	1.10:41
3:22	16:50	33:40	50:30	1.07:20	1.11:02
3:23	16:55	33:50	50:45	1.07:40	1.11:23
3:24	17:00	34:00	51:00	1.08:00	1.11:44
3:25	17:05	34:10	51:15	1.08:20	1.12:05
3:26	17:10	34:20	51:30	1.08:40	1.12:26
3:27	17:15	34:30	51:45	1.09:00	1.12:47
3:28	17:20	34:40	52:00	1.09:20	1.13:08
3:29	17:25	34:50	52:15	1.09:40	1.13:29
3:30	17:30	35:00	52:30	1.10:00	1.13:50
3:31	17:35	35:10	52:45	1.10:20	1.14:12
3:32	17:40	35:20	53:00	1.10:40	1.14:33
3:33	17:45	35:30	53:15	1.11:00	1.14:54
3:34	17:50	35:40	53:30	1.11:20	1.15:15
3:35	17:55	35:50	53:45	1.11:40	1.15:36