

中长跑训练百分强度表

国家体委体育科学研究所

1974.5.

关于中长跑训练使用百分强度的建议

当前，中长跑的训练中，量和强度以及它们之间的关系是一个很重要的问题。根据过去的经验，训练量是提高中长跑运动员负担能力和运动成绩的基础，强度是衡量运动员训练水平和运动成绩的主要标志。因此，关键问题是训练强度的掌握和运用。过去我国中长跑运动员由于强度安排不当而遭失败的例子很多。量和强度二者比较，前者较易安排，国外资料报导多而具体，但强度安排较前者难些，国外资料报导少而不具体。因此，认真研究和合理安排中长跑训练强度问题，是我们当前训练中亟待解决的重要课题。

中长跑训练中，安排训练强度的主要困难是评定强度的方法问题。世界各国对这个问题没有统一的标度。但就目前较为广泛采用的，归纳起来可概括为两种方法：即用某一段落的练习强度与该段落的最高成绩的百分比（百分强度）和用几分之几力量跑某一段落（分式强度）来评定的。例如新西兰教练员里地亚德在训练中用 $\frac{1}{4}$ 、 $\frac{1}{2}$ 和 $\frac{2}{3}$ 三种分式强度，折合成百分强度分别为 81.3%、87.5% 和 93.7%。我们认为分式强度有很大的主观性，不够准确和客观。百分强度评定法较为准确、客观。但百分强度也有不足之处，在于第一年使用时，由于没有确切各个段落的最高成绩而难于计算。但是，只要我们注意积累资料，第二年运用时就能较准确的计算。基于上述看法，我们建议大家用百分强度计算方法，评定中长跑运动员的训练强度。为了使用方便，减少运算上的麻烦，我们列出〈不同距离的平均时间表〉，并根据蔡国钧同志的百分强度计算公式，推算出各个段落的《百分强度表》，供广大中长跑教练员和运动员训

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练中参考。

强度表的推算公式为：

$$B = A(2 - C)$$

已知训练成绩求百分强度的公式为：

$$C = (1 - \frac{B - A}{A}) \times 100\%$$

其中：C——百分强度(%) A——所采用距离的最高成绩，
B——所采用距离的练习成绩。

关于如何根据运动员的年龄、训练年限、训练水平和不同项目、不同时期的需要，安排百分之几的训练强度为宜，因缺乏实践经验和科学实验，目前还没有较为成熟的意见。关于百分强度的运用问题，根据苏联有关材料介绍：在95%—100%范围内的跑相当于比赛、测验和检查跑；85%—90%的跑，相当于无氧代谢训练；80%以下强度的跑主要是在有氧代谢的情况下进行的，但有时也有无氧代谢成分参与。全年训练中，准备期末和比赛期初，主要采用最大速度的80%—85%来跑不同的距离；在最紧张的比赛期，主要用85%—95%的训练强度。以上情况仅供参考。主要是需要我们在实践中不断总结，就能摸索出适合我国中长跑运动员不同时期训练强度安排的正确意见，更好地计划和掌握训练过程。

宋麟海

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不同距离平均时间表

100m	200m	300m	400m	600m	800m	1000m	1200m	1500m	2000	3000	4000	5000	6000	8000	10000
12.8	25.6	38.4	51.2	1'16.8	1'42.4										
13.0	26.0	39.0	52	1'18.0	1'44.0										
13.2	26.4	39.6	52.8	1'19.2	1'45.6	2'12.0									
13.4	26.8	40.2	53.6	1'20.4	1'47.2	2'13.8									
13.6	27.2	40.8	54.4	1'21.6	1'48.8	2'15.6	2'43.2								
13.8	27.6	41.4	55.2	1'22.8	1'50.4	2'18.0	2'45.6								
14.0	28.0	42.0	56	1'24.0	1'52.0	2'20.0	2'48.0	3'30.0							
14.2	28.4	42.6	56.8	1'25.2	1'53.6	2'22.0	2'50.4	3'33.0							
14.4	28.8	43.2	57.6	1'26.4	1'55.2	2'24.0	2'52.8	3'36.0	4'48.0						
14.6	29.2	43.8	58.4	1'27.6	1'56.8	2'26.0	2'55.2	3'39.0	4'51.6						
14.8	29.6	44.4	59.2	1'28.8	1'58.4	2'28.0	2'57.6	3'42.0	4'55.8	7'24.0					
15.0	30.0	45.0	60	1'30.0	2'00.0	2'30.0	3'00.0	3'45.0	5'00.0	7'32.0					
15.2	30.4	45.6	60.8	1'31.2	2'01.6	2'32.0	3'02.4	3'48.0	5'04.0	7'36.0	10'07.8				
15.4	30.8	46.2	61.6	1'32.4	2'03.2	2'34.0	3'04.8	3'51.0	5'08.0	7'42.0	10'15.6				
15.6	31.2	46.8	62.4	1'33.6	2'04.8	2'36.0	3'07.2	3'54.0	5'12.0	7'48.0	10'24.0	13'00.0			
15.8	31.6	47.4	63.2	1'34.8	2'06.4	2'38.0	3'09.6	3'57.0	5'16.0	7'54.0	10'31.8	13'10.0			
16.0	32.0	48.0	64	1'36.0	2'08.0	2'40.0	3'12.0	4'00.0	5'20.0	8'00.0	10'42.0	13'20.0	16'00.0		
16.2	32.4	48.6	64.8	1'37.2	2'09.6	2'42.0	3'14.4	4'03.0	5'24.0	8'06.0	10'48.0	13'30.0	16'12.0	21'36.0	
16.4	32.8	49.2	65.6	1'38.4	2'11.2	2'44.0	3'16.8	4'06.0	5'28.0	8'12.0	10'55.8	13'40.0	16'24.0	21'52.0	27'20.0
16.6	33.2	49.8	66.4	1'39.6	2'12.8	2'46.0	3'19.2	4'09.0	5'32.0	8'18.0	11'03.6	13'50.0	16'36.0	22'08.0	27'40.0

16.8	33.6	50.4	67.2	1'40.8	2'14.4	2'48.0	3'21.6	4'12.0	5'36.0	8'24.0	11'12.0	14'00.0	16'48.0	20'00.0
17.0	34.0	51.0	68	1'42.0	2'16.0	2'50.0	3'24.0	4'15.0	5'40.0	8'30.0	11'20.0	14'10.0	17'00.0	20'10.0
17.2	34.4	51.6	68.8	1'43.2	2'17.6	2'52.0	3'26.4	4'18.0	5'44.0	8'36.0	11'27.6	14'20.0	17'10.0	20'20.0
17.4	34.8	52.2	69.6	1'44.4	2'19.2	2'54.0	3'28.8	4'21.0	5'48.0	8'42.0	11'36.0	14'30.0	17'24.0	20'30.0
17.6	35.2	52.8	70.4	1'45.6	2'20.8	2'56.0	3'31.2	4'24.0	5'52.0	8'48.0	11'43.8	14'40.0	17'36.0	20'40.0
17.8	35.6	53.4	71.2	1'46.8	2'22.4	2'58.0	3'33.6	4'27.0	5'56.0	8'54.0	11'51.6	14'50.0	17'48.0	20'50.0
18.0	36.0	54.0	72	1'48.0	2'24.0	3'00.0	3'36.0	4'30.0	6'00.0	9'00.0	12'00.0	15'00.0	18'00.0	21'00.0
18.2	36.4	54.6	72.8	1'49.2	2'25.6	3'02.0	3'38.4	4'33.0	6'04.0	9'06.0	12'07.8	15'10.0	18'12.0	21'10.0
18.4	36.8	55.2	73.6	1'50.4	2'27.2	3'04.0	3'40.8	4'36.0	6'08.0	9'12.0	12'15.6	15'20.0	18'24.0	21'20.0
18.6	37.2	55.8	74.4	1'51.6	2'28.8	3'06.0	3'43.2	4'39.0	6'12.0	9'18.0	12'23.4	15'30.0	18'36.0	21'30.0
18.8	37.6	56.4	75.2	1'52.8	2'30.4	3'08.0	3'45.6	4'42.0	6'16.0	9'24.0	12'31.8	15'40.0	18'48.0	21'40.0
19.0	38.0	57.0	76	1'54.0	2'32.0	3'10.0	3'48.0	4'45.0	6'20.0	9'30.0	12'40.0	15'50.0	19'00.0	21'50.0
19.2	38.4	57.6	76.8	1'55.2	2'33.6	3'12.0	3'50.4	4'48.0	6'24.0	9'36.0	12'48.0	16'00.0	19'12.0	22'00.0
19.4	38.8	58.2	77.6	1'56.4	2'35.2	3'14.0	3'52.8	4'51.0	6'28.0	9'42.0	12'55.8	16'10.0	19'24.0	22'10.0
19.6	39.2	58.8	78.4	1'57.6	2'36.8	3'16.0	3'55.2	4'54.0	6'32.0	9'48.0	13'03.6	16'20.0	19'36.0	22'20.0
19.8	39.6	59.4	79.0	1'58.8	2'38.4	3'18.0	3'57.6	4'57.0	6'36.0	9'54.0	13'12.0	16'30.0	19'48.0	22'30.0
20.0	40.0	60.0	80	2'00.0	2'40.0	3'20.0	4'00.0	5'00.0	6'40.0	10'00.0	13'20.0	16'40.0	20'00.0	23'20.0
20.2	40.4	60.6	80.8	2'01.2	2'41.6	3'22.0	4'02.4	5'03.0	6'44.0	10'06.0	13'27.6	16'50.0	20'12.0	23'30.0
20.4	40.8	61.2	81.6	2'02.4	2'43.2	3'24.0	4'04.8	5'06.0	6'48.0	10'12.0	13'36.0	17'00.0	20'24.0	23'40.0
100	200	300	400	600	800	1000	1200	1500	2000	3000	4000	5000	6000	10000

百分强度表

距离	100%	95%	90%	85%	80%	75%	70%	65%	60%
二 百 米	22.0	23.1	24.2	25.3	26.4	27.5	28.6	29.7	30.8
	22.5	23.6	24.8	25.9	27.0	28.1	29.3	30.4	31.5
	23.0	24.2	25.3	26.5	27.6	28.8	29.9	31.1	32.2
	23.5	24.7	25.9	27.0	28.2	29.4	30.6	31.7	32.9
	24.0	25.2	26.4	27.6	28.8	30.0	31.2	32.4	33.6
	24.5	25.7	27.0	28.2	29.4	30.6	31.9	33.1	34.3
	25.0	26.3	27.5	28.8	30.0	31.3	32.5	33.8	35.0
	25.5	26.8	28.1	29.3	30.6	31.9	33.2	34.4	35.7
	26.0	27.3	28.6	29.9	31.2	32.5	33.8	35.1	36.4
	26.5	27.8	29.2	30.5	31.8	33.1	34.5	35.8	37.1
	27.0	28.4	29.7	31.1	32.4	33.8	35.1	36.5	37.8
	27.5	28.9	30.3	31.6	33.0	34.4	35.8	37.1	38.5
	28.0	29.4	30.8	32.2	33.6	35.0	36.4	37.8	39.2
	28.5	29.9	31.4	32.8	34.2	35.6	37.1	38.5	39.9
	29.0	30.5	32.9	33.4	34.8	36.3	37.7	39.2	40.6
	29.5	31.0	32.5	33.9	35.4	36.9	38.4	39.9	41.3
	30.0	31.5	33.0	34.5	36.0	37.5	39.0	40.5	42.0
	30.5	32.0	33.6	35.1	36.6	38.1	39.7	41.2	42.7
	31.0	32.6	34.1	35.7	37.2	38.8	40.3	41.9	43.4
	31.5	33.1	34.7	36.2	37.8	39.4	41.0	42.5	44.1
	32.0	33.6	35.2	36.8	38.4	40.0	41.6	43.2	44.8
	32.5	34.1	35.8	37.4	39.0	40.6	42.3	43.9	45.5
	33.0	34.7	36.3	38.0	39.6	41.3	42.9	44.6	46.2
	33.5	35.2	36.9	38.5	40.2	41.9	43.6	45.2	46.9
	34.0	35.7	37.4	39.1	40.8	42.5	44.2	45.9	47.6
	34.5	36.2	38.0	39.7	41.4	43.1	44.9	46.6	48.3
	35.0	36.8	38.5	40.3	42.0	43.8	45.5	47.3	49.0
	35.5	37.3	39.1	40.8	42.6	44.4	46.2	47.9	49.7
	36.0	37.8	39.6	41.4	43.2	45	46.8	48.6	50.4
	36.5	38.3	40.2	42.0	43.8	45.6	47.5	49.3	51.1
	37.0	38.9	40.7	42.6	44.4	46.3	48.1	50.0	51.8

距离	100%	95%	90%	85%	80%	75%	70%	65%	60%
三 百 米	33.0	34.7	36.3	38.0	39.6	41.3	42.9	44.6	46.2
	33.5	35.2	36.9	38.5	40.2	41.9	43.6	45.2	46.9
	34.0	35.7	37.4	39.1	40.8	42.5	44.2	45.9	47.6
	34.5	36.2	38.0	39.7	41.4	43.1	44.9	46.6	48.3
	35.0	36.8	38.5	40.3	42.0	43.8	45.5	47.3	49.0
	35.5	37.3	39.1	40.8	42.6	44.4	46.2	47.9	49.7
	36.0	37.8	39.6	41.4	43.2	45.0	46.8	48.6	50.4
	36.5	38.3	40.2	42.0	43.8	45.6	47.5	49.3	51.1
	37.0	38.9	40.7	42.6	44.4	46.3	48.1	50.0	51.8
	37.5	39.4	41.3	43.1	45.0	46.9	48.8	50.6	52.5
	38.0	39.9	41.8	43.7	45.6	47.5	49.4	51.3	53.2
	38.5	40.4	42.4	44.3	46.2	48.1	50.1	52.0	53.9
	39.0	41.0	42.9	44.9	46.8	48.8	50.8	52.7	54.7
	39.5	41.5	43.5	45.4	47.4	49.4	51.4	53.3	55.3
	40.0	42.0	44.0	46.0	48.0	50.0	52.0	54.0	56.0
	40.5	42.5	44.5	46.6	48.6	50.6	52.6	54.7	56.7
	41.0	43.1	45.1	47.2	49.2	51.3	53.3	55.4	57.4
	41.5	43.6	45.6	47.7	49.8	51.9	53.9	56.0	58.1
	42.0	44.1	46.2	48.3	50.4	52.5	54.6	56.7	58.8
	42.5	44.6	46.7	48.9	51.0	53.1	55.2	57.3	59.5
	43.0	45.2	47.3	49.5	51.6	53.8	55.9	58.1	60.2
	43.5	45.7	47.9	50.1	52.2	54.4	56.5	58.7	60.9
	44.0	46.2	48.4	50.6	52.8	55.0	57.2	59.4	61.6
	44.5	46.7	48.9	51.2	53.4	55.6	57.8	60.0	62.3
	45.0	47.3	49.5	51.8	54.0	56.3	58.5	60.7	63.0
	45.5	47.8	50.0	52.3	54.6	56.9	59.1	61.4	63.7
	46.0	48.3	50.6	52.9	55.2	57.5	59.8	62.1	64.4
	46.5	48.8	51.2	53.5	55.8	58.1	60.3	62.8	65.1
	47.0	49.4	51.7	54.1	56.4	58.8	61.1	63.5	65.8
	47.5	49.9	52.2	54.7	57.0	59.5	61.8	64.2	66.5
	48.0	50.4	52.8	55.2	57.6	60.0	62.4	64.8	67.2
	48.5	50.9	53.3	55.7	58.2	60.6	63.0	65.4	67.8
	49.0	51.5	53.9	56.4	58.8	61.2	63.7	66.1	68.5
	49.5	52.0	54.4	56.9	59.4	61.9	64.3	66.8	69.3
	50.0	52.5	55.0	57.5	60.0	62.5	65.0	67.5	70.0
	50.5	53.0	55.5	58.0	60.6	63.1	65.6	68.1	70.6
	51.0	53.6	56.1	58.7	61.2	63.8	66.3	68.9	71.4

距離	100%	95%	90%	85%	80%	75%	70%	65%	60%
三 百 米 (續)	51.5	54.1	56.6	59.2	61.8	64.4	66.9	69.5	72.1
	52.0	54.6	57.2	59.8	62.4	65.0	67.6	70.2	72.8
	52.5	55.1	57.8	60.4	63.0	65.6	68.3	70.9	73.5
	53.0	55.7	58.3	61.0	63.6	66.3	68.9	71.6	74.2
	53.5	56.2	58.9	61.5	64.2	66.9	69.6	72.2	74.9
	54.0	56.7	59.4	62.1	64.8	67.5	70.2	72.9	75.5
	54.5	57.2	60.0	62.7	65.4	68.1	70.9	73.6	76.3
	55.0	57.8	60.5	63.3	66.0	68.8	71.5	74.3	77.0
	55.5	58.3	61.1	63.8	66.6	69.4	72.2	74.9	77.7
	56.0	58.8	61.6	64.4	67.2	70.0	72.8	75.6	78.4
	56.5	59.3	62.2	65.0	67.8	70.6	73.5	76.3	79.1
	57.0	59.9	62.7	65.6	68.4	71.3	74.1	77.0	79.8
	57.5	60.4	63.3	66.1	69.0	71.9	74.8	77.6	80.5
	58.0	60.9	63.8	66.7	69.6	72.5	75.4	78.3	81.2
	58.5	61.4	64.4	67.3	70.2	73.1	76.1	79.0	81.9
	59.0	62.0	64.9	67.9	70.8	73.8	76.7	79.7	82.6
	59.5	62.5	65.5	68.4	71.4	74.4	77.4	80.3	83.3
	60.0	63.0	66.0	69.0	72.0	75.0	78.0	81.0	84.0
四 百 米	47.0	49.4	51.7	54.1	56.4	58.8	61.1	63.5	65.8
	48.0	50.4	52.8	55.2	57.6	60.0	62.4	64.8	67.2
	49.0	51.5	53.9	56.4	58.8	61.3	63.7	66.2	68.6
	50.0	52.5	55.0	57.5	60.0	62.5	65.0	67.5	70.0
	51.0	53.6	56.1	58.7	61.2	63.8	66.3	68.9	71.4
	52.0	54.6	57.2	59.8	62.4	65.0	67.6	70.2	72.8
	53.0	55.7	58.3	61.0	63.6	66.3	68.9	71.6	74.2
	54.0	56.7	59.4	62.1	64.8	67.5	70.2	72.9	75.6
	55.0	57.8	60.5	63.3	66.0	68.8	71.5	74.3	77.0
	56.0	58.8	61.6	64.4	67.2	70.0	72.8	75.6	78.4
	57.0	59.9	62.7	65.6	68.4	71.3	74.1	77.0	79.8
	58.0	60.9	63.8	66.7	69.6	72.5	75.4	78.3	81.2
	59.0	62.0	64.9	67.9	70.8	73.8	76.7	79.7	82.6
	60.0	63.0	66.0	69.0	72.0	75.0	78.0	81.0	84.0
	61.0	64.1	67.1	70.2	73.2	76.3	79.3	82.4	85.4
	62.0	65.4	68.2	71.3	74.4	77.5	80.6	83.7	86.8
	63.0	66.2	69.3	72.5	75.6	78.8	81.9	85.1	88.2

距离	100%	95%	90%	85%	80%	75%	70%	65%	60%
四 百 米 (续)	64.0	67.2	70.4	73.6	76.8	80.0	83.2	86.4	89.6
	65.0	68.3	71.5	74.8	78.0	81.3	84.5	87.8	91.0
	66.0	69.3	72.6	75.9	79.2	82.5	85.8	89.1	92.4
	67.0	70.4	73.7	77.1	80.4	83.8	87.1	90.5	93.8
	68.0	71.4	74.8	78.2	81.6	85.0	88.4	91.8	95.2
	69.0	72.5	75.9	79.4	82.8	86.3	89.7	93.2	96.6
	70.0	73.5	77.0	80.5	84.0	87.5	91.0	94.5	98.0
	71.0	74.6	78.1	81.7	85.2	88.8	92.3	95.9	99.4
	72.0	75.6	79.2	82.8	86.4	90.0	93.6	97.2	100.8
	73.0	76.7	80.3	84.0	87.6	91.3	94.9	98.6	102.2
	74.0	77.7	81.4	85.1	88.8	92.5	96.2	99.9	103.6
	75.0	78.8	82.5	86.3	90.0	93.8	97.5	101.3	105.0
	76.0	79.8	83.6	87.4	91.2	95.0	98.8	102.6	106.4
	77.0	80.9	84.7	88.6	92.4	96.3	100.1	104.0	107.8
	78.0	81.9	85.8	89.7	93.6	97.5	101.4	105.2	109.2
	79.0	83.0	86.9	90.9	94.8	98.8	102.7	106.7	110.6
	80.0	84.0	88.0	92.0	96.0	100.0	104.0	108.0	112.0

(续下页)

距离	100%	95%	90%	85%	80%	75%	70%	65%	60%
六 百 米	1'18.0	1'21.9	1'25.8	1'29.7	1'33.6	1'37.5	1'41.4	1'45.3	1'49.2
	1'19.0	1'23.0	1'26.9	1'30.9	1'34.8	1'38.8	1'42.7	1'46.7	1'50.6
	1'20.0	1'24.0	1'28.0	1'32.0	1'36.0	1'40.0	1'44.0	1'48.0	1'52.0
	1'21.0	1'25.1	1'29.1	1'33.2	1'37.2	1'41.3	1'45.3	1'49.4	1'53.4
	1'22.0	1'26.1	1'30.2	1'34.3	1'38.4	1'42.5	1'46.6	1'50.7	1'54.8
	1'23.0	1'27.2	1'31.3	1'35.5	1'39.6	1'43.8	1'47.9	1'52.1	1'56.2
	1'24.0	1'28.2	1'32.4	1'36.6	1'40.8	1'45.0	1'49.2	1'53.4	1'57.6
	1'25.0	1'29.3	1'33.5	1'37.8	1'42.0	1'46.3	1'50.5	1'54.8	1'59.0
	1'26.0	1'30.3	1'34.6	1'38.9	1'43.2	1'47.5	1'51.8	1'56.1	2'00.4
	1'27.0	1'31.4	1'35.7	1'40.1	1'44.4	1'48.8	1'53.1	1'57.5	2'01.8
	1'28.0	1'32.4	1'36.8	1'41.2	1'45.6	1'50.0	1'54.4	1'58.8	2'03.2
	1'29.0	1'33.5	1'37.9	1'42.4	1'46.8	1'51.3	1'55.7	2'00.2	2'04.6
	1'30.0	1'34.5	1'39.0	1'43.5	1'48.0	1'52.5	1'57.0	2'01.5	2'06.0
	1'31.0	1'35.6	1'40.1	1'44.7	1'49.2	1'53.8	1'58.3	2'02.9	2'07.4
	1'32.0	1'36.6	1'41.2	1'45.8	1'50.4	1'55.0	1'59.6	2'04.2	2'08.8
	1'33.0	1'37.7	1'42.3	1'47.0	1'51.6	1'56.3	2'00.9	2'05.6	2'10.2
	1'34.0	1'38.7	1'43.4	1'48.1	1'52.8	1'57.5	2'02.2	2'06.9	2'11.6
	1'35.0	1'39.8	1'44.5	1'49.3	1'54.0	1'58.8	2'03.5	2'08.3	2'13.0
	1'36.0	1'40.8	1'45.6	1'50.4	1'55.2	2'00.0	2'04.8	2'09.6	2'14.4
	1'37.0	1'41.9	1'46.7	1'51.6	1'56.4	2'01.3	2'06.1	2'11.0	2'15.8
	1'38.0	1'42.9	1'47.8	1'51.7	1'57.6	2'02.5	2'07.4	2'12.3	2'17.2
	1'39.0	1'44.0	1'48.9	1'53.9	1'58.8	2'03.8	2'08.7	2'13.7	2'18.6
	1'40.0	1'45.0	1'50.0	1'55.0	2'00.0	2'05.0	2'10.0	2'15.0	2'20.0
	1'41.0	1'46.1	1'51.1	1'56.2	2'01.2	2'06.3	2'11.3	2'16.4	2'21.4
	1'42.0	1'47.1	1'52.2	1'57.3	2'02.4	2'07.5	2'12.6	2'17.7	2'22.8
	1'43.0	1'48.2	1'53.3	1'58.5	2'03.6	2'08.8	2'13.9	2'19.1	2'24.2
	1'44.0	1'49.2	1'54.4	1'59.6	2'04.8	2'10.0	2'15.2	2'20.4	2'25.6
	1'45.0	1'50.3	1'55.5	2'00.8	2'06.0	2'11.3	2'16.5	2'21.8	2'27.0
	1'46.0	1'51.3	1'56.6	2'01.9	2'07.2	2'12.5	2'17.8	2'23.1	2'28.4
	1'47.0	1'52.4	1'57.7	2'03.1	2'08.4	2'13.8	2'19.1	2'24.5	2'29.8
	1'48.0	1'53.4	1'58.8	2'04.2	2'09.6	2'15.0	2'20.4	2'25.8	2'31.2
	1'49.0	1'54.5	1'59.9	2'05.4	2'10.8	2'16.3	2'21.7	2'27.2	2'32.6
	1'50.0	1'55.5	2'01.0	2'06.5	2'12.0	2'16.5	2'23.0	2'28.5	2'34.0
	1'51.0	1'56.6	2'02.1	2'07.7	2'13.2	2'18.8	2'24.3	2'29.9	2'35.4
	1'52.0	1'57.6	2'03.2	2'08.8	2'14.4	2'20.0	2'25.6	2'31.2	2'36.8
	1'53.0	1'58.7	2'04.3	2'10.0	2'15.6	2'21.3	2'26.9	2'32.6	2'38.2
	1'54.0	1'59.7	2'05.4	2'11.1	2'16.8	2'22.5	2'28.2	2'33.9	2'39.6

距离	100%	95%	90%	85%	80%	75%	70%	65%	60%
六百米(续)	1'55.0	2'00.8	2'06.5	2'12.3	2'18.0	2'23.8	2'29.5	2'35.3	2'41.0
	1'56.0	2'01.8	2'07.6	2'13.4	2'19.2	2'25.0	2'30.8	2'36.6	2'42.4
	1'57.0	2'02.9	2'08.7	2'14.6	2'20.4	2'26.3	2'32.1	2'38.0	2'43.8
	1'58.0	2'03.9	2'09.8	2'15.7	2'21.6	2'27.5	2'33.4	2'39.3	2'45.2
	1'59.0	2'05.0	2'10.9	2'16.9	2'22.8	2'28.8	2'34.7	2'40.7	2'46.6
	2'00.0	2'06.0	2'12.0	2'18.0	2'24.0	2'30.0	2'36.0	2'42.0	2'48.0
八百米	1'45.0	1'50.3	1'55.5	2'00.8	2'06.0	2'11.3	2'16.5	2'21.8	2'27.0
	1'46.0	1'51.3	1'56.6	2'01.9	2'07.2	2'12.5	2'17.8	2'23.1	2'28.4
	1'47.0	1'52.4	1'57.7	2'03.1	2'08.4	2'13.8	2'19.1	2'24.5	2'29.8
	1'48.0	1'53.4	1'58.8	2'04.2	2'09.6	2'15.0	2'20.4	2'25.8	2'31.2
	1'49.0	1'54.5	1'59.9	2'05.4	2'10.8	2'16.3	2'21.7	2'27.2	2'32.6
	1'50.0	1'55.5	2'01.0	2'06.5	2'12.0	2'17.5	2'23.0	2'28.5	2'34.0
	1'51.0	1'56.6	2'02.1	2'07.7	2'13.2	2'18.8	2'24.3	2'29.9	2'35.4
	1'52.0	1'57.6	2'03.2	2'08.8	2'14.4	2'20.0	2'25.6	2'31.2	2'36.8
	1'53.0	1'58.7	2'04.3	2'10.0	2'15.6	2'21.3	2'26.9	2'32.6	2'38.2
	1'54.0	1'59.7	2'05.4	2'11.1	2'16.8	2'22.5	2'28.2	2'33.9	2'39.6
	1'55.0	2'00.8	2'06.5	2'12.3	2'18.0	2'23.8	2'29.5	2'35.3	2'41.0
	1'56.0	2'01.8	2'07.6	2'13.4	2'19.2	2'25.0	2'30.8	2'36.6	2'42.4
	1'57.0	2'02.9	2'08.7	2'14.6	2'20.4	2'26.3	2'32.1	2'38.0	2'43.8
	1'58.0	2'03.9	2'09.8	2'15.7	2'21.6	2'27.5	2'33.4	2'39.3	2'45.2
	1'59.0	2'05.0	2'10.9	2'16.9	2'22.8	2'28.8	2'34.7	2'40.7	2'46.6
	2'00.0	2'06.0	2'12.0	2'18.0	2'24.0	2'30.0	2'36.0	2'42.0	2'48.0
	2'01.0	2'07.1	2'13.1	2'19.2	2'25.2	2'31.3	2'37.3	2'43.4	2'49.4
	2'02.0	2'08.1	2'14.2	2'20.3	2'26.4	2'32.5	2'38.6	2'44.7	2'50.8
	2'03.0	2'09.2	2'15.3	2'21.5	2'27.6	2'33.8	2'39.9	2'46.1	2'52.2
	2'04.0	2'10.2	2'16.4	2'22.6	2'28.8	2'35.0	2'41.2	2'47.4	2'53.6
	2'05.0	2'11.3	2'17.5	2'23.8	2'30.0	2'36.3	2'42.5	2'48.8	2'55.0
	2'06.0	2'12.3	2'18.6	2'24.9	2'31.2	2'37.5	2'43.8	2'50.1	2'56.4
	2'07.0	2'13.4	2'19.7	2'26.1	2'32.4	2'38.8	2'45.1	2'51.5	2'57.8
	2'08.0	2'14.4	2'20.8	2'27.2	2'33.6	2'40.0	2'46.4	2'52.8	2'59.2
	2'09.0	2'15.5	2'21.9	2'28.4	2'34.8	2'41.3	2'47.7	2'54.2	3'00.6
	2'10.0	2'16.5	2'23.0	2'29.5	2'36.0	2'42.5	2'49.0	2'55.5	3'02.0
	2'11.0	2'17.6	2'24.1	2'30.7	2'37.2	2'43.8	2'50.3	2'56.9	3'03.4
	2'12.0	2'18.6	2'25.2	2'31.8	2'38.4	2'45.0	2'51.6	2'58.2	3'04.8
	2'13.0	2'19.7	2'26.3	2'33.0	2'39.6	2'46.3	2'52.9	2'59.6	3'06.2
	2'14.0	2'20.7	2'27.4	2'34.1	2'40.8	2'47.5	2'54.2	3'00.9	3'07.6

距离	100%	95%	90%	85%	80%	75%	70%	65%	60%
八 百 米 (级	2'15.0	2'21.8	2'28.5	2'35.3	2'42.0	2'48.8	2'55.5	3'02.3	3'09.0
	2'16.0	2'22.8	2'29.6	2'36.4	2'43.2	2'50.0	2'56.8	3'03.6	3'10.4
	2'17.0	2'23.9	2'30.7	2'37.6	2'44.4	2'51.3	2'58.1	3'05.0	3'11.8
	2'18.0	2'24.9	2'31.8	2'38.7	2'45.6	2'52.5	2'59.4	3'06.3	3'13.2
	2'19.0	2'26.0	2'32.9	2'39.9	2'46.8	2'53.8	3'00.7	3'07.7	3'14.6
	2'20.0	2'27.0	2'34.0	2'41.0	2'48.0	2'55.0	3'02.0	3'09.0	3'16.0
	2'21.0	2'28.1	2'35.1	2'42.2	2'49.2	2'56.3	3'03.3	3'10.4	3'17.4
	2'22.0	2'29.1	2'36.2	2'43.3	2'50.4	2'57.5	3'04.6	3'11.7	3'18.8
	2'23.0	2'30.2	2'37.3	2'44.5	2'51.6	2'58.8	3'05.9	3'13.1	3'20.2
	2'24.0	2'31.2	2'38.4	2'45.6	2'52.8	3'00.0	3'07.2	3'14.4	3'21.6
	2'25.0	2'32.3	2'39.5	2'46.8	2'54.0	3'01.3	3'08.5	3'15.8	3'23.0
	2'26.0	2'33.3	2'40.6	2'47.9	2'55.2	3'02.5	3'09.8	3'17.1	3'24.4
	2'27.0	2'34.4	2'41.7	2'49.1	2'56.4	3'03.8	3'11.1	3'18.5	3'25.8
	2'28.0	2'35.4	2'42.8	2'50.2	2'57.6	3'05.0	3'12.4	3'19.8	3'27.2
	2'29.0	2'36.5	2'43.9	2'51.4	2'58.8	3'06.3	3'13.7	3'21.2	3'28.6
	2'30.0	2'37.5	2'45.0	2'52.5	3'00.0	3'07.5	3'15.0	3'22.5	3'30.0

距離	100%	95%	90%	85%	80%	75%	70%	65%	60%
— 千 米	2'20.0	2'27.0	2'34.0	2'41.0	2'48.0	2'55.0	3'02.0	3'09.0	3'16.0
	2'21.0	2'28.1	2'35.1	2'42.2	2'49.2	2'56.3	3'03.3	3'10.4	3'17.4
	2'22.0	2'29.1	2'36.2	2'43.3	2'50.4	2'57.5	3'04.6	3'11.7	3'18.8
	2'23.0	2'30.2	2'37.3	2'44.5	2'51.6	2'58.8	3'05.9	3'13.1	3'20.2
	2'24.0	2'31.2	2'38.4	2'45.6	2'52.8	3'00.0	3'07.2	3'14.4	3'21.6
	2'25.0	2'32.3	2'39.5	2'46.8	2'54.0	3'01.3	3'08.5	3'15.8	3'23.0
	2'26.0	2'33.3	2'40.6	2'47.9	2'55.2	3'02.5	3'09.8	3'17.1	3'24.4
	2'27.0	2'34.4	2'41.7	2'49.1	2'56.4	3'03.8	3'11.1	3'18.5	3'25.8
	2'28.0	2'35.4	2'42.8	2'50.2	2'57.6	3'05.0	3'12.4	3'19.8	3'27.2
	2'29.0	2'36.5	2'43.9	2'51.4	2'58.8	3'06.3	3'13.7	3'21.2	3'28.6
	2'30.0	2'37.5	2'45.0	2'52.5	3'00.0	3'07.5	3'15.0	3'22.5	3'30.0
	2'31.0	2'38.6	2'46.1	2'53.7	3'01.2	3'08.8	3'16.3	3'23.9	3'31.4
	2'32.0	2'39.6	2'47.2	2'54.8	3'02.4	3'10.0	3'17.6	3'25.2	3'32.8
	2'33.0	2'40.7	2'48.3	2'56.0	3'03.6	3'11.3	3'18.9	3'26.6	3'34.2
	2'34.0	2'41.7	2'49.4	2'57.1	3'04.8	3'12.5	3'20.2	3'27.9	3'35.6
	2'35.0	2'42.8	2'50.5	2'58.3	3'06.0	3'13.8	3'21.5	3'29.3	3'37.0
	2'36.0	2'43.8	2'51.6	2'59.4	3'07.2	3'15.0	3'22.8	3'30.6	3'38.4
	2'37.0	2'44.9	2'52.7	3'00.6	3'08.4	3'16.3	3'24.1	3'32.0	3'39.8
	2'38.0	2'45.9	2'53.8	3'01.7	3'09.6	3'17.5	3'25.4	3'33.3	3'41.2
	2'39.0	2'47.0	2'54.9	3'02.9	3'10.8	3'18.8	3'26.7	3'34.7	3'42.6
	2'40.0	2'48.0	2'56.0	3'04.0	3'12.0	3'20.0	3'28.0	3'36.0	3'44.0
	2'41.0	2'49.1	2'57.1	3'05.2	3'13.2	3'21.3	3'29.3	3'37.4	3'45.4
	2'42.0	2'50.1	2'58.2	3'06.3	3'14.4	3'22.5	3'30.6	3'38.7	3'46.8
	2'43.0	2'51.2	2'59.3	3'07.5	3'15.6	3'23.8	3'31.9	3'40.1	3'48.2
	2'44.0	2'52.2	3'00.4	3'08.6	3'16.8	3'25.0	3'33.2	3'41.4	3'49.6
	2'45.0	2'53.3	3'01.5	3'09.8	3'18.0	3'26.3	3'34.5	3'42.8	3'51.0
	2'46.0	2'54.3	3'02.6	3'10.9	3'19.2	3'27.5	3'35.8	3'44.1	3'52.4
	2'47.0	2'55.4	3'03.7	3'12.1	3'20.4	3'28.8	3'37.1	3'45.5	3'53.8
	2'48.0	2'56.4	3'04.8	3'13.2	3'21.6	3'30.0	3'38.4	3'46.8	3'55.2
	2'49.0	2'57.5	3'05.9	3'14.4	3'22.8	3'31.3	3'39.7	3'48.2	3'56.6
	2'50.0	2'58.5	3'07.0	3'15.5	3'24.0	3'32.5	3'41.0	3'49.5	3'58.0
	2'51.0	2'59.6	3'08.1	3'16.7	3'25.2	3'33.8	3'42.3	3'50.9	3'59.4
	2'52.0	3'00.6	3'09.2	3'17.8	3'26.4	3'35.0	3'43.6	3'52.2	4'00.8
	2'53.0	3'01.7	3'10.3	3'19.0	3'27.6	3'36.3	3'44.9	3'53.6	4'02.2
	2'54.0	3'02.7	3'11.4	3'20.1	3'28.8	3'37.5	3'46.2	3'54.9	4'03.6
	2'55.0	3'03.8	3'12.5	3'21.3	3'30.0	3'38.8	3'47.5	3'56.3	4'05.0
	2'56.0	3'04.8	3'13.6	3'22.4	3'31.2	3'40.0	3'48.8	3'57.6	4'06.4

距离	100%	95%	90%	85%	80%	75%	70%	65%	60%
—	2'57.0	3'05.9	3'14.7	3'23.6	3'32.4	3'41.3	3'50.1	3'59.0	4'07.8
—	2'58.0	3'06.9	3'15.8	3'24.7	3'33.6	3'42.5	3'51.4	4'00.3	4'09.2
—	2'59.0	3'08.0	3'16.9	3'25.9	3'34.8	3'43.8	3'52.7	4'01.7	4'10.6
—	3'00.0	3'09.0	3'18.0	3'27.0	3'36.0	3'45.0	3'54.0	4'03.0	4'12.0
—	3'01.0	3'10.1	3'19.1	3'28.2	3'37.2	3'46.3	3'55.3	4'04.4	4'13.4
—	3'02.0	3'11.1	3'20.2	3'29.3	3'38.4	3'47.5	3'56.6	4'05.7	4'14.8
—	3'03.0	3'12.2	3'21.3	3'30.5	3'39.6	3'48.8	3'57.9	4'07.1	4'16.2
—	3'04.0	3'13.2	3'22.4	3'31.6	3'40.8	3'50.0	3'59.2	4'08.4	4'17.6
—	3'05.0	3'14.3	3'23.5	3'32.8	3'42.0	3'51.3	4'00.5	4'09.8	4'19.0
—	3'06.0	3'15.3	3'24.6	3'33.9	3'43.2	3'52.5	4'01.8	4'11.1	4'20.4
—	3'07.0	3'16.4	3'25.7	3'35.1	3'44.4	3'53.8	4'03.1	4'12.5	4'21.8
—	3'08.0	3'17.4	3'26.8	3'36.2	3'45.6	3'55.0	4'04.4	4'13.8	4'23.2
—	3'09.0	3'18.5	3'27.9	3'37.4	3'46.8	3'56.3	4'05.7	4'15.2	4'24.6
—	3'10.0	3'19.5	3'29.0	3'38.5	3'48.0	3'57.5	4'07.0	4'16.5	4'26.0
—	3'11.0	3'20.6	3'30.1	3'39.7	3'49.2	3'58.8	4'08.3	4'17.9	4'27.4
—	3'12.0	3'21.6	3'31.2	3'40.8	3'50.4	4'00.0	4'09.6	4'19.2	4'28.8
—	3'13.0	3'22.7	3'32.3	3'42.0	3'51.6	4'01.3	4'10.9	4'20.6	4'30.2
—	3'14.0	3'23.7	3'33.4	3'43.1	3'52.8	4'02.5	4'12.2	4'21.9	4'31.6
—	3'15.0	3'24.8	3'34.5	3'44.3	3'54.0	4'03.8	4'13.5	4'23.3	4'33.0
—	3'16.0	3'25.8	3'35.6	3'45.4	3'55.2	4'05.0	4'14.8	4'24.6	4'34.4
—	3'17.0	3'26.9	3'36.7	3'46.6	3'56.4	4'06.3	4'16.1	4'26.0	4'35.8
—	3'18.0	3'27.9	3'37.8	3'47.7	3'57.6	4'07.5	4'17.4	4'27.3	4'37.2
—	3'19.0	3'29.0	3'38.9	3'48.9	3'58.8	4'08.8	4'18.7	4'28.7	4'38.6
—	3'20.0	3'30.1	3'40.0	3'50.0	4'00.0	4'10.0	4'20.0	4'30.0	4'40.0

距离	100%	95%	90%	85%	80%	75%	70%	65%	60%
— 千 五 百 米	3'32.0	3'42.6	3'52.8	4'03.6	4'14.4	4'24.6	4'35.4	4'46.2	4'56.4
	3'34.0	3'44.4	3'55.2	4'06.0	4'16.8	4'27.0	4'37.8	4'48.6	4'59.4
	3'36.0	3'46.8	3'57.6	4'08.4	4'19.2	4'30.0	4'40.8	4'51.6	5'02.4
	3'38.0	3'48.6	3'59.4	4'10.2	4'21.6	4'32.4	4'43.2	4'54.0	5'04.8
	3'40.0	3'51.0	4'01.8	4'12.6	4'24.0	4'34.8	4'45.6	4'57.0	5'07.8
	3'42.0	3'52.8	4'04.2	4'15.0	4'26.4	4'37.2	4'48.6	4'59.4	5'10.8
	3'44.0	3'55.2	4'06.0	4'17.4	4'28.8	4'39.6	4'51.0	5'02.4	5'13.2
	3'46.0	3'57.0	4'08.4	4'19.8	4'31.2	4'42.0	4'53.4	5'04.8	5'16.2
	3'48.0	3'59.4	4'10.8	4'22.2	4'33.6	4'45.0	4'56.4	5'07.8	5'19.2
	3'50.0	4'01.2	4'12.6	4'24.0	4'36.0	4'47.4	4'58.8	5'10.2	5'21.6
	3'52.0	4'03.6	4'15.0	4'26.4	4'38.4	4'49.4	5'01.2	5'13.2	5'24.6
	3'54.0	4'05.4	4'17.4	4'28.8	4'40.8	4'52.2	5'04.2	5'15.6	5'27.6
	3'56.0	4'07.8	4'19.8	4'31.2	4'43.2	4'54.6	5'06.6	5'18.6	5'30.0
	3'58.0	4'09.6	4'21.6	4'33.6	4'45.6	4'57.0	5'09.0	5'21.0	5'33.0
	4'00.0	4'12.0	4'24.0	4'36.0	4'48.0	5'00.0	5'12.0	5'24.0	5'36.0
	4'02.0	4'13.8	4'25.8	4'37.8	4'50.4	5'02.4	5'14.4	5'26.4	5'38.4
	4'04.0	4'16.2	4'28.2	4'40.2	4'52.8	5'04.8	5'16.8	5'29.4	5'41.4
	4'06.0	4'18.0	4'30.6	4'42.6	4'55.2	5'07.2	5'19.8	5'31.8	5'44.4
	4'08.0	4'20.4	4'32.4	4'45.0	4'57.6	5'09.6	5'22.2	5'34.8	5'46.8
	4'10.0	4'22.2	4'34.8	4'47.4	5'00.0	5'12.0	5'24.6	5'37.2	5'49.8
	4'12.0	4'24.6	4'37.2	4'49.8	5'02.4	5'15.0	5'27.6	5'40.2	5'52.8
	4'14.0	4'26.4	4'39.0	4'51.6	5'04.8	5'17.4	5'30.0	5'42.6	5'55.2
	4'16.0	4'28.8	4'41.4	4'54.0	5'07.2	5'19.8	5'32.4	5'45.6	5'58.2
	4'18.0	4'30.6	4'43.8	4'56.4	5'09.6	5'22.2	5'35.4	5'48.0	6'01.2
	4'20.0	4'33.0	4'45.6	4'58.8	5'12.0	5'24.6	5'37.8	5'51.0	6'03.6
	4'22.0	4'34.8	4'48.0	5'01.2	5'14.4	5'27.0	5'40.2	5'53.4	6'06.6
	4'24.0	4'37.2	4'50.4	5'03.6	5'16.8	5'30.0	5'43.2	5'56.4	6'09.6
	4'26.0	4'39.0	4'52.2	5'05.4	5'19.2	5'32.4	5'45.6	5'58.8	6'12.0
	4'28.0	4'41.4	4'54.6	5'07.8	5'21.6	5'34.8	5'48.0	6'01.8	6'15.0
	4'30.0	4'43.2	4'57.0	5'10.2	5'24.0	5'37.2	5'51.0	6'04.2	6'18.0
	4'32.0	4'45.6	4'58.8	5'12.6	5'26.4	5'39.6	5'53.4	6'07.2	6'20.4
	4'34.0	4'47.4	5'01.2	5'15.0	5'28.8	5'42.0	5'55.8	6'09.6	6'23.4
	4'36.0	4'49.8	5'03.6	5'17.4	5'31.2	5'45.0	5'58.8	6'10.6	6'26.4
	4'38.0	4'51.6	5'05.4	5'19.2	5'33.6	5'47.4	6'01.2	6'15.0	6'28.8
	4'40.0	4'54.0	5'07.8	5'20.6	5'36.0	5'49.8	6'03.6	6'18.0	6'31.8
	4'42.0	4'55.8	5'10.2	5'24.0	5'38.4	5'52.2	6'06.6	6'20.4	6'34.8
	4'44.0	4'58.2	5'12.0	5'26.4	5'40.8	5'54.6	6'09.0	6'23.4	6'37.2