

W Y N I K I
czołowych zawodników Europy i Świata w biegu na 3.000m pprz
i wyniki na innych dystansach

Lp.	Nazwisko i imię	Rocz.	Państwo	3000 pprz	1.500	3.000	5.000	10.000
1.	KARIUKI Julius	1961	KEN	8:05,51/88	3:37,79/86	7:47,35/86	13:26,30/88	
2.	KOECH Peter	1958	KEN	8:06,79/88	3:35,67/86	7:39,09/82	13:09,50/82	28:07,28/82
3.	MAHMOUD Joseph	1955	FRA	8:07,62/84	3:38,39/84	7:45,26/85	13:48,19/84	
4.	GÄRDERUD Anders	1946	SWE	8:08,02/76	3:36,73/74	7:47,8/72	13:17,59/76	28:59,2/73
5.	PANETTA Francesco	1963	ITA	8:08,57/87	3:39,88/87	7:42,73/87	13:20,93/85	27:26,95/87
6.	MALINOWSKI Bro.	1951	POL	8:09,11/76	3:37,4/78	7:42,4/74	13:17,69/76	28:25,19/74
7.	MARCH Henri	1954	USA	8:09,17/85	3:43,52/85	7:56,2/85	13:45,2/84	
8.	MAMIŃSKI Bogusł.	1955	POL	8:09,18/84	3:38,93/80	7:47,12/85	13:26,09/80	
9.	MELCER Hagen	1959	NRD	8:10,32/87	3:40,78/84	7:51,18/83	13:31,64/88	29:28,1/82
10.	SCARTEZZINI Mari.	1954	ITA	8:12,5/80	3:41,63/83	7:52,60/80	13:32,01/81	
11.	KARST Michael	1952	RFN	8:14,05/77	3:40,7/77	8:14,05/77	13:38,8/75	28:51,0/76
12.	ILG Patritz	1957	RFN	8:15,06/83	3:40,54/83	7:45,06/78	13:24,4/83	28:47,6/78
13.	MORAVČÍK Dušan	1948	CZE	8:23,8/72	3:42,4/71	7:59,8/76	13:40,3/72	

3.000 z przeszkodami

DYS- TANSE	Dystanse treningowe	AKUMULA- CJA	INTENSY- FIKACJA	TRANSFOR- MACJA	BPS
		75 ÷ 80%	80 ÷ 85%	95 ÷ 100%	95 ÷ 100%
10.000m 29:10,00	400m	1:33,3 ÷ 1:27,5	1:27,5 ÷ 1:22,4	1:13,7 ÷ 1:10,0	1:13,7 ÷ 1:10,0
	1.000m	3:53,3 ÷ 3:38,7	3:38,7 ÷ 3:25,9	3:04,2 ÷ 2:55,0	3:04,2 ÷ 2:55,0
	2.000m	7:46,7 ÷ 7:17,5	7:17,5 ÷ 6:51,8	6:08,4 ÷ 5:50,0	6:08,4 ÷ 5:50,0
	3.000m	11:40,0 ÷ 10:56,2	10:56,2 ÷ 10:17,6	9:12,6 ÷ 8:45,0	9:12,6 ÷ 8:45,0
5.000m 13:45,0	400m	1:28,0 ÷ 1:22,5	1:22,5 ÷ 1:17,6	1:09,5 ÷ 1:06,0	1:09,5 ÷ 1:06,0
	1.000m	3:40,0 ÷ 3:26,2	2:26,2 ÷ 3:14,1	2:53,7 ÷ 2:45,0	2:53,7 ÷ 2:45,0
	1.500m	5:30,0 ÷ 5:09,4	5:09,4 ÷ 4:51,2	4:20,5 ÷ 4:07,5	4:20,5 ÷ 4:07,5
	2.000m	7:20,0 ÷ 6:52,5	6:52,5 ÷ 6:28,2	5:47,4 ÷ 5:30,0	5:47,4 ÷ 5:30,0
3.000m 8:00,00	400m	1:25,3 ÷ 1:20,0	1:20,0 ÷ 1:15,3	1:07,4 ÷ 1:04,0	1:07,4 ÷ 1:04,0
	600m	2:08,0 ÷ 2:00,0	2:00,0 ÷ 1:52,0	1:41,1 ÷ 1:36,0	1:41,1 ÷ 1:36,0
	800m	2:50,7 ÷ 2:40,0	2:40,0 ÷ 2:30,6	2:14,7 ÷ 2:08,0	2:14,7 ÷ 2:08,0
	1.000m	3:33,3 ÷ 3:20,0	3:20,0 ÷ 3:08,2	2:48,4 ÷ 2:40,0	2:48,4 ÷ 2:40,0
1.500m 3:45,0	200m	0:40,0 ÷ 0:37,5	0:37,5 ÷ 0:35,3	0:31,6 ÷ 0:30,0	0:31,6 ÷ 0:30,0
	300m	1:00,0 ÷ 0:56,3	0:56,3 ÷ 0:52,9	0:47,4 ÷ 0:46,0	0:47,4 ÷ 0:46,0
	500m	1:40,0 ÷ 1:33,7	1:33,7 ÷ 1:28,2	1:18,9 ÷ 1:15,0	1:18,9 ÷ 1:15,0
	800m	2:00,0 ÷ 1:52,5	1:52,5 ÷ 1:45,9	1:34,7 ÷ 1:30,0	1:34,7 ÷ 1:30,0
	1.200m	4:00,0 ÷ 3:45,0	3:45,0 ÷ 3:31,8	3:09,5 ÷ 3:00,0	3:09,5 ÷ 3:00,0
3000m pprz 8:22,5	400m	1:29,3 ÷ 1:23,8	1:23,8 ÷ 1:18,8	1:10,5 ÷ 1:07,0	1:10,5 ÷ 1:07,0
	600m	2:14,0 ÷ 2:05,6	2:05,6 ÷ 1:58,2	1:45,8 ÷ 1:40,5	1:45,8 ÷ 1:40,5
	800m	2:58,7 ÷ 2:47,5	2:47,5 ÷ 2:37,6	2:21,1 ÷ 2:13,0	2:21,1 ÷ 2:13,0
	1.000m	3:43,3 ÷ 3:29,4	3:29,4 ÷ 3:17,1	2:56,3 ÷ 2:47,5	2:56,3 ÷ 2:47,5

3.000 z przeszkodami

DYS - TANSE	Dystanse treningow e	AKUMULA - CJA	INTENSY- FIKACJA	TRANSFOR - MACJA	BPS
		75 - 80%	80 - 85%	95 - 100%	95 - 100%
10.000m 29:10,0	400m				
	1.000m				
	2.000m				
	3.000m.				
5.000m 13:45,0	400m				
	1.000m				
	1.500m				
	2.000m				
3.000m 08:00,0	400m				
	600m				
	800m				
	1.000m				
1.500m 03:45,0	200m				
	300m				
	500m				
	1.200m				
3000m pprz 08:22,5	400m				
	600m				
	800m				
	1.000m				

2000m z przeszkodami

DYS - TANSE	Dystanse treningowe	AKUMULA - CJA	INTENSY- FIKACJA	TRANSFOR - MACJA	BPS
		75 - 80%	80 - 85%	90 - 95%	95 - 100%
5.000m 15:25,0	400m	1:38,7-1:32,5	1:32,5-1:27,1	1:22,2-1:17,9	1:17,9-1:14,0
	1.000m	4:06,7-3:51,2	3:51,2-3:37,6	3:25,6-3:14,7	3:14,7-3:05,0
	1.500m	6:10,0-5:46,9	5:46,9-5:26,5	5:08,3-4:52,1	4:52,1-4:37,5
	2.000m.	8:13,3-7:42,5	7:42,5-7:15,3	6:51,1-6:29,5	6:29,5-6:10,0
3.000m 8:45,0	400m	1:33,3-1:27,5	1:27,5-1:22,4	1:17,8-1:13,7	1:13,7-1:10,0
	600m	2:20,0-2:11,3	2:11,3-2:03,5	1:56,7-1:50,5	1:50,5-1:45,0
	1.000m	3:53,3-3:38,8	3:38,8-3:25,9	3:14,4-3:04,2	3:04,2-2:55,0
	1.500m	5:50,0-5:28,1	5:28,1-5:08,8	4:51,7-4:36,3	4:36,3-4:22,5
2.000m 6:00,0	400m	1:36,0-1:30,0	1:30,0-1:24,7	1:20,0-1:15,8	1:15,8-1:12,0
	600m	2:24,0-2:15,0	2:15,0-2:07,1	2:00,0-1:53,7	1:53,7-1:48,0
	800m	3:12,0-3:00,0	3:00,0-2:49,4	2:40,0-2:31,6	2:31,6-2:24,0
	1.000m	4:00,0-3:45,0	3:45,0-3:31,8	3:20,0-3:09,5	3:09,5-3:00,0
1.500m 4:00,0	300m	1:04,0-1:00,0	1:00,0-56,5	53,3-50,5	50,5-48,0
	500m	1:46,7-1:40,0	1:40,0-1:34,1	1:28,9-1:24,2	1:24,2-1:20,0
	800m	2:50,7-2:40,0	2:40,0-2:30,6	2:22,2-2:14,7	2:14,7-2:08,0
	1.200m	4:16,0-4:00,0	4:00,0-3:45,9	3:33,3-3:22,1	3:22,1-3:12,0
800m 1:56,0	200m	38,7-36,2	36,2-34,1	32,2-30,5	30,5-29,0
	300m	58,0-54,4	54,4-51,2	48,3-45,8	45,8-43,5
	400m	1:17,3-1:12,5	1:12,5-1:08,2	1:04,4;1:01,1	1:01,1-58,0
	600m	1:56,0-1:48,7	1:48,7-1:42,4	1:36,7-1:31,6	1:31,6-1:27,0