

tabel voor Concept ergometer

p(W)	v(m/s)	snelheid	t/500m	1000 m	2000 m	5000 m	8000 m	10 min	12 min	15 min	20 min	30 min	40 min	50 min	60 min
90	3.179519	11.45	2:37.26	5:14.5	10:29	26:13	41:56	1908 m	2289 m	2862 m	3815 m	5723 m	7631 m	9539 m	11446 m
95	3.237342	11.65	2:34.45	5:08.9	10:18	25:44	41:11	1942 m	2331 m	2914 m	3885 m	5827 m	7770 m	9712 m	11654 m
100	3.293169	11.86	2:31.83	5:03.7	10:07	25:18	40:29	1976 m	2371 m	2964 m	3952 m	5928 m	7904 m	9880 m	11855 m
105	3.347165	12.05	2:29.38	4:58.8	9:58	24:54	39:50	2008 m	2410 m	3012 m	4017 m	6025 m	8033 m	10041 m	12050 m
110	3.399473	12.24	2:27.08	4:54.2	9:48	24:31	39:13	2040 m	2448 m	3060 m	4079 m	6119 m	8159 m	10198 m	12238 m
115	3.450219	12.42	2:24.92	4:49.8	9:40	24:09	38:39	2070 m	2484 m	3105 m	4140 m	6210 m	8281 m	10351 m	12421 m
120	3.499514	12.60	2:22.88	4:45.8	9:32	23:49	38:06	2100 m	2520 m	3150 m	4199 m	6299 m	8399 m	10499 m	12598 m
125	3.547459	12.77	2:20.95	4:41.9	9:24	23:29	37:35	2128 m	2554 m	3193 m	4257 m	6385 m	8514 m	10642 m	12771 m
130	3.594141	12.94	2:19.12	4:38.2	9:16	23:11	37:06	2156 m	2588 m	3235 m	4313 m	6469 m	8626 m	10782 m	12939 m
135	3.639641	13.10	2:17.38	4:34.8	9:10	22:54	36:38	2184 m	2621 m	3276 m	4368 m	6551 m	8735 m	10919 m	13103 m
140	3.684031	13.26	2:15.72	4:31.4	9:03	22:37	36:12	2210 m	2653 m	3316 m	4421 m	6631 m	8842 m	11052 m	13263 m
145	3.727377	13.42	2:14.14	4:28.3	8:57	22:21	35:46	2236 m	2684 m	3355 m	4473 m	6709 m	8946 m	11182 m	13419 m
150	3.769737	13.57	2:12.64	4:25.3	8:51	22:06	35:22	2262 m	2714 m	3393 m	4524 m	6786 m	9047 m	11309 m	13571 m
155	3.811166	13.72	2:11.19	4:22.4	8:45	21:52	34:59	2287 m	2744 m	3430 m	4573 m	6860 m	9147 m	11433 m	13720 m
160	3.851714	13.87	2:09.81	4:19.6	8:39	21:38	34:37	2311 m	2773 m	3467 m	4622 m	6933 m	9244 m	11555 m	13866 m
165	3.891425	14.01	2:08.49	4:17.0	8:34	21:25	34:16	2335 m	2802 m	3502 m	4670 m	7005 m	9339 m	11674 m	14009 m
170	3.930342	14.15	2:07.22	4:14.4	8:29	21:12	33:55	2358 m	2830 m	3537 m	4716 m	7075 m	9433 m	11791 m	14149 m
175	3.968503	14.29	2:05.99	4:12.0	8:24	20:60	33:36	2381 m	2857 m	3572 m	4762 m	7143 m	9524 m	11906 m	14287 m
180	4.005944	14.42	2:04.81	4:09.6	8:19	20:48	33:17	2404 m	2884 m	3605 m	4807 m	7211 m	9614 m	12018 m	14421 m
185	4.042697	14.55	2:03.68	4:07.4	8:15	20:37	32:59	2426 m	2911 m	3638 m	4851 m	7277 m	9702 m	12128 m	14554 m
190	4.078795	14.68	2:02.59	4:05.2	8:10	20:26	32:41	2447 m	2937 m	3671 m	4895 m	7342 m	9789 m	12236 m	14684 m
195	4.114264	14.81	2:01.53	4:03.1	8:06	20:15	32:24	2469 m	2962 m	3703 m	4937 m	7406 m	9874 m	12343 m	14811 m
200	4.149133	14.94	2:00.51	4:01.0	8:02	20:05	32:08	2489 m	2987 m	3734 m	4979 m	7468 m	9958 m	12447 m	14937 m
205	4.183425	15.06	1:59.52	3:59.0	7:58	19:55	31:52	2510 m	3012 m	3765 m	5020 m	7530 m	10040 m	12550 m	15060 m
210	4.217163	15.18	1:58.56	3:57.1	7:54	19:46	31:37	2530 m	3036 m	3795 m	5061 m	7591 m	10121 m	12651 m	15182 m
215	4.250371	15.30	1:57.64	3:55.3	7:51	19:36	31:22	2550 m	3060 m	3825 m	5100 m	7651 m	10201 m	12751 m	15301 m
220	4.283067	15.42	1:56.74	3:53.5	7:47	19:27	31:08	2570 m	3084 m	3855 m	5140 m	7710 m	10279 m	12849 m	15419 m
225	4.315272	15.53	1:55.87	3:51.7	7:43	19:19	30:54	2589 m	3107 m	3884 m	5178 m	7767 m	10357 m	12946 m	15535 m
230	4.347003	15.65	1:55.02	3:50.0	7:40	19:10	30:40	2608 m	3130 m	3912 m	5216 m	7825 m	10433 m	13041 m	15649 m
235	4.378277	15.76	1:54.20	3:48.4	7:37	19:02	30:27	2627 m	3152 m	3940 m	5254 m	7881 m	10508 m	13135 m	15762 m
240	4.409111	15.87	1:53.40	3:46.8	7:34	18:54	30:14	2645 m	3175 m	3968 m	5291 m	7936 m	10582 m	13227 m	15873 m
245	4.43952	15.98	1:52.62	3:45.3	7:31	18:46	30:02	2664 m	3196 m	3996 m	5327 m	7991 m	10655 m	13319 m	15982 m
250	4.469518	16.09	1:51.87	3:43.7	7:27	18:39	29:50	2682 m	3218 m	4023 m	5363 m	8045 m	10727 m	13409 m	16090 m
255	4.499118	16.20	1:51.13	3:42.3	7:25	18:31	29:38	2699 m	3239 m	4049 m	5399 m	8098 m	10798 m	13497 m	16197 m
260	4.528334	16.30	1:50.42	3:40.8	7:22	18:24	29:27	2717 m	3260 m	4076 m	5434 m	8151 m	10868 m	13585 m	16302 m
265	4.557178	16.41	1:49.72	3:39.4	7:19	18:17	29:15	2734 m	3281 m	4101 m	5469 m	8203 m	10937 m	13672 m	16406 m
270	4.585661	16.51	1:49.04	3:38.1	7:16	18:10	29:05	2751 m	3302 m	4127 m	5503 m	8254 m	11006 m	13757 m	16508 m
275	4.613794	16.61	1:48.37	3:36.7	7:13	18:04	28:54	2768 m	3322 m	4152 m	5537 m	8305 m	11073 m	13841 m	16610 m
280	4.641589	16.71	1:47.72	3:35.4	7:11	17:57	28:44	2785 m	3342 m	4177 m	5570 m	8355 m	11140 m	13925 m	16710 m
285	4.669054	16.81	1:47.09	3:34.2	7:08	17:51	28:33	2801 m	3362 m	4202 m	5603 m	8404 m	11206 m	14007 m	16809 m
290	4.696201	16.91	1:46.47	3:32.9	7:06	17:45	28:24	2818 m	3381 m	4227 m	5635 m	8453 m	11271 m	14089 m	16906 m
295	4.723037	17.00	1:45.86	3:31.7	7:03	17:39	28:14	2834 m	3401 m	4251 m	5668 m	8501 m	11335 m	14169 m	17003 m
300	4.749571	17.10	1:45.27	3:30.6	7:01	17:33	28:04	2850 m	3420 m	4275 m	5699 m	8549 m	11399 m	14249 m	17098 m