

Strecke 2000m 3300m 5300m 6600m 7300m 9900m Datum _____

Zeit _____ Name _____

Puls 145 146 147 148 149 150 151 152 153 154

| | | | | | | | | | |
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| | | | | | | | | | |
| 155 | 156 | 157 | 158 | 159 | 160 | 161 | 162 | 163 | 164 |
| | | | | | | | | | |
| 165 | 166 | 167 | 168 | 169 | 170 | 171 | 172 | 173 | 174 |
| | | | | | | | | | |
| 175 | 176 | 177 | 178 | 179 | 180 | 181 | 182 | 183 | 184 |
| | | | | | | | | | |
| 185 | 186 | 187 | 188 | 189 | 190 | 191 | 192 | 193 | 194 |
| | | | | | | | | | |

Borg

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|--|---------------------------|
| | 6 |
| | 7 sehr, sehr leicht |
| | 8 |
| | 9 sehr, sehr leicht |
| | 10 |
| | 11 relativ leicht |
| | 12 |
| | 13 etwas anstrengend |
| | 14 |
| | 15 anstrengend |
| | 16 |
| | 17 sehr anstrengend |
| | 18 |
| | 19 sehr, sehr anstrengend |
| | 20 |

Temperatur -5 -4 -3 -2 -1 0 1 2 3 4

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|----|----|----|----|----|----|----|----|----|----|
| | | | | | | | | | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | | | | | | | | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | | | | | | | | | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 |
| | | | | | | | | | |

Wetter _____

Bemerkung _____

Strecke 2000m 3300m 5300m 6600m 7300m 9900m Datum _____

Zeit _____ Name _____

Puls 145 146 147 148 149 150 151 152 153 154

| | | | | | | | | | |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| | | | | | | | | | |
| 155 | 156 | 157 | 158 | 159 | 160 | 161 | 162 | 163 | 164 |
| | | | | | | | | | |
| 165 | 166 | 167 | 168 | 169 | 170 | 171 | 172 | 173 | 174 |
| | | | | | | | | | |
| 175 | 176 | 177 | 178 | 179 | 180 | 181 | 182 | 183 | 184 |
| | | | | | | | | | |
| 185 | 186 | 187 | 188 | 189 | 190 | 191 | 192 | 193 | 194 |
| | | | | | | | | | |

Borg

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|--|---------------------------|
| | 6 |
| | 7 sehr, sehr leicht |
| | 8 |
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| | 12 |
| | 13 etwas anstrengend |
| | 14 |
| | 15 anstrengend |
| | 16 |
| | 17 sehr anstrengend |
| | 18 |
| | 19 sehr, sehr anstrengend |
| | 20 |

Temperatur -5 -4 -3 -2 -1 0 1 2 3 4

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| 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
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| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | | | | | | | | | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 |
| | | | | | | | | | |

Wetter _____

Bemerkung _____