

Cooper tulostavoitteita ja vauhtilaskelmia					0:12:00	
Tulos (m)	min/km	km/h	m/s	aika / 100m	aika / 200m	aika / 400m
2000	0:06:00	10,00	2,78	00:36,0	01:12,0	02:24,0
2050	0:05:51	10,25	2,85	00:35,1	01:10,2	02:20,5
2100	0:05:43	10,50	2,92	00:34,3	01:08,6	02:17,1
2150	0:05:35	10,75	2,99	00:33,5	01:07,0	02:14,0
2200	0:05:27	11,00	3,06	00:32,7	01:05,5	02:10,9
2250	0:05:20	11,25	3,13	00:32,0	01:04,0	02:08,0
2300	0:05:13	11,50	3,19	00:31,3	01:02,6	02:05,2
2350	0:05:06	11,75	3,26	00:30,6	01:01,3	02:02,6
2400	0:05:00	12,00	3,33	00:30,0	01:00,0	02:00,0
2450	0:04:54	12,25	3,40	00:29,4	00:58,8	01:57,6
2500	0:04:48	12,50	3,47	00:28,8	00:57,6	01:55,2
2550	0:04:42	12,75	3,54	00:28,2	00:56,5	01:52,9
2600	0:04:37	13,00	3,61	00:27,7	00:55,4	01:50,8
2650	0:04:32	13,25	3,68	00:27,2	00:54,3	01:48,7
2700	0:04:27	13,50	3,75	00:26,7	00:53,3	01:46,7
2750	0:04:22	13,75	3,82	00:26,2	00:52,4	01:44,7
2800	0:04:17	14,00	3,89	00:25,7	00:51,4	01:42,9
2850	0:04:13	14,25	3,96	00:25,3	00:50,5	01:41,1
2900	0:04:08	14,50	4,03	00:24,8	00:49,7	01:39,3
2950	0:04:04	14,75	4,10	00:24,4	00:48,8	01:37,6
3000	0:04:00	15,00	4,17	00:24,0	00:48,0	01:36,0
3050	0:03:56	15,25	4,24	00:23,6	00:47,2	01:34,4
3100	0:03:52	15,50	4,31	00:23,2	00:46,5	01:32,9
3150	0:03:49	15,75	4,38	00:22,9	00:45,7	01:31,4
3200	0:03:45	16,00	4,44	00:22,5	00:45,0	01:30,0
3250	0:03:42	16,25	4,51	00:22,2	00:44,3	01:28,6
3300	0:03:38	16,50	4,58	00:21,8	00:43,6	01:27,3
3350	0:03:35	16,75	4,65	00:21,5	00:43,0	01:26,0
3400	0:03:32	17,00	4,72	00:21,2	00:42,4	01:24,7
3450	0:03:29	17,25	4,79	00:20,9	00:41,7	01:23,5
3500	0:03:26	17,50	4,86	00:20,6	00:41,1	01:22,3
3550	0:03:23	17,75	4,93	00:20,3	00:40,6	01:21,1
3600	0:03:20	18,00	5,00	00:20,0	00:40,0	01:20,0
3650	0:03:17	18,25	5,07	00:19,7	00:39,5	01:18,9
3700	0:03:15	18,50	5,14	00:19,5	00:38,9	01:17,8
3750	0:03:12	18,75	5,21	00:19,2	00:38,4	01:16,8
3800	0:03:09	19,00	5,28	00:18,9	00:37,9	01:15,8
3850	0:03:07	19,25	5,35	00:18,7	00:37,4	01:14,8
3900	0:03:05	19,50	5,42	00:18,5	00:36,9	01:13,8
3950	0:03:02	19,75	5,49	00:18,2	00:36,5	01:12,9
4000	0:03:00	20,00	5,56	00:18,0	00:36,0	01:12,0