

Cooper tasaisen vauhdin taulukko

Väliajat

| Tavoite (min/km) | 400m | 800m | 1200m | 1600m | 2000m | 2400m | 2800m | 3200m | 3600m | 4000m | |
|-------------------------|------|------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 1800m | 6:40 | 2:40 | 5:20 | 8:00 | 10:40 | | | | | | |
| 1900m | 6:19 | 2:31 | 5:03 | 7:35 | 10:06 | | | | | | |
| 2000m | 6:00 | 2:24 | 4:48 | 7:12 | 9:36 | 12:00 | | | | | |
| 2100m | 5:43 | 2:17 | 4:34 | 6:51 | 9:08 | 11:26 | | | | | |
| 2200m | 5:27 | 2:11 | 4:22 | 6:33 | 8:44 | 10:55 | | | | | |
| 2300m | 5:13 | 2:05 | 4:10 | 6:16 | 8:21 | 10:26 | | | | | |
| 2400m | 5:00 | 2:00 | 4:00 | 6:00 | 8:00 | 10:00 | 12:00 | | | | |
| 2500m | 4:48 | 1:55 | 3:50 | 5:46 | 7:41 | 9:36 | 11:31 | | | | |
| 2600m | 4:37 | 1:51 | 3:42 | 5:32 | 7:23 | 9:14 | 11:05 | | | | |
| 2700m | 4:27 | 1:47 | 3:33 | 5:20 | 7:07 | 8:53 | 10:40 | | | | |
| 2800m | 4:17 | 1:43 | 3:26 | 5:09 | 6:51 | 8:34 | 10:17 | 12:00 | | | |
| 2900m | 4:08 | 1:39 | 3:19 | 4:58 | 6:37 | 8:17 | 9:56 | 11:35 | | | |
| 3000m | 4:00 | 1:36 | 3:12 | 4:48 | 6:24 | 8:00 | 9:36 | 11:12 | | | |
| 3100m | 3:52 | 1:33 | 3:06 | 4:39 | 6:12 | 7:45 | 9:17 | 10:50 | | | |
| 3200m | 3:45 | 1:30 | 3:00 | 4:30 | 6:00 | 7:30 | 9:00 | 10:30 | 12:00 | | |
| 3300m | 3:38 | 1:27 | 2:55 | 4:22 | 5:49 | 7:16 | 8:44 | 10:11 | 11:38 | | |
| 3400m | 3:32 | 1:25 | 2:49 | 4:14 | 5:39 | 7:04 | 8:28 | 9:53 | 11:18 | | |
| 3500m | 3:26 | 1:22 | 2:45 | 4:07 | 5:29 | 6:51 | 8:14 | 9:36 | 10:58 | | |
| 3600m | 3:20 | 1:20 | 2:40 | 4:00 | 5:20 | 6:40 | 8:00 | 9:20 | 10:40 | 12:00 | |
| 3700m | 3:15 | 1:18 | 2:36 | 3:54 | 5:11 | 6:29 | 7:47 | 9:05 | 10:23 | 11:41 | |
| 3800m | 3:09 | 1:16 | 2:32 | 3:47 | 5:03 | 6:19 | 7:35 | 8:51 | 10:06 | 11:22 | |
| 3900m | 3:05 | 1:14 | 2:28 | 3:42 | 4:55 | 6:09 | 7:23 | 8:37 | 9:51 | 11:05 | |
| 4000m | 3:00 | 1:12 | 2:24 | 3:36 | 4:48 | 6:00 | 7:12 | 8:24 | 9:36 | 10:48 | 12:00 |