Nielsen tempi.

First movement:

measure 1: quarter note=100

(slow down 1 measure before 34)

measure 34:quarter note=84

measure 81: quarter note=100

measure 110: quarter note=80

measure 122: quarter note=96

measure 134:quarter note=104

measure 147: quarter note=66

(I slow down on 3rd beat of 155)

measure 158: quarter note=76

measure 183: quarter note= 60

Second movement:

measure 1:quarter note= 92

measure 62: quarter note=66

measure 93: quarter note=92

measure 109: quarter note=100

(I also take 140-144 slower and out of tempo)

measure 138: quarter note=72

measure 145: quarter note=96

measure 200: quarter note=80

measure 231: quarter note=88