

1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
0:04:54	0:09:48	0:14:42	0:19:36	0:24:30	0:29:25	0:34:20	0:39:15	0:44:10	0:49:05
11 km	12 km	13 km	14 km	15 km	16 km	17 km	18 km	19 km	20 km
0:54:01	0:58:57	1:03:53	1:08:49	1:13:45	1:18:42	1:23:39	1:28:36	1:33:33	1:38:30
21 km	22 km	23 km	24 km	25 km	26 km	27 km	28 km	29 km	30 km
1:43:28	1:48:26	1:53:24	1:58:22	2:03:20	2:08:19	2:13:18	2:18:17	2:23:16	2:28:15
31 km	32 km	33 km	34 km	35 km	36 km	37 km	38 km	39 km	40 km
2:33:15	2:38:15	2:43:15	2:48:15	2:53:15	2:58:16	3:03:17	3:08:18	3:13:19	3:18:20
41 km	42 km	Maraton	3:30 óra						
3:23:22	3:28:24	3:29:24							