

1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
0:06:17	0:12:36	0:18:55	0:25:14	0:31:33	0:37:53	0:44:13	0:50:33	0:56:53	1:03:13
11 km	12 km	13 km	14 km	15 km	16 km	17 km	18 km	19 km	20 km
1:09:34	1:15:55	1:22:16	1:28:37	1:34:58	1:41:20	1:47:42	1:54:04	2:00:26	2:06:48
21 km	22 km	23 km	24 km	25 km	26 km	27 km	28 km	29 km	30 km
2:13:11	2:19:34	2:25:57	2:32:20	2:38:43	2:45:08	2:51:33	2:57:58	3:04:23	3:10:48
31 km	32 km	33 km	34 km	35 km	36 km	37 km	38 km	39 km	40 km
3:17:15	3:23:42	3:30:09	3:36:36	3:43:03	3:49:32	3:56:01	4:02:30	4:08:59	4:15:28
41 km	42 km	Maraton	4:30 óra						
4:21:59	4:28:30	4:29:48							