

1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
0:05:37	0:11:14	0:16:51	0:22:28	0:28:05	0:33:43	0:39:21	0:44:59	0:50:37	0:56:15
11 km	12 km	13 km	14 km	15 km	16 km	17 km	18 km	19 km	20 km
1:01:54	1:07:33	1:13:12	1:18:51	1:24:30	1:30:10	1:35:50	1:41:30	1:47:10	1:52:50
21 km	22 km	23 km	24 km	25 km	26 km	27 km	28 km	29 km	30 km
1:58:31	2:04:12	2:09:53	2:15:34	2:21:15	2:26:57	2:32:39	2:38:21	2:44:03	2:49:45
31 km	32 km	33 km	34 km	35 km	36 km	37 km	38 km	39 km	40 km
2:55:28	3:01:11	3:06:54	3:12:37	3:18:20	3:24:04	3:29:48	3:35:32	3:41:16	3:47:00
41 km	42 km	Maraton	4:00 óra						
3:52:45	3:58:30	3:59:39							