

1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
0:06:59	0:13:58	0:20:57	0:27:56	0:34:55	0:41:56	0:48:57	0:55:58	1:02:59	1:10:00
11 km	12 km	13 km	14 km	15 km	16 km	17 km	18 km	19 km	20 km
1:17:03	1:24:06	1:31:09	1:38:12	1:45:15	1:52:20	1:59:25	2:06:30	2:13:35	2:20:40
21 km	22 km	23 km	24 km	25 km	26 km	27 km	28 km	29 km	30 km
2:27:47	2:34:54	2:42:01	2:49:08	2:56:15	3:03:24	3:10:33	3:17:42	3:24:51	3:32:00
31 km	32 km	33 km	34 km	35 km	36 km	37 km	38 km	39 km	40 km
3:39:11	3:46:22	3:53:33	4:00:44	4:07:55	4:15:08	4:22:21	4:29:34	4:36:47	4:44:00
41 km	42 km	Maraton	5:00 óra						
4:51:15	4:58:30	4:59:57							