

1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
0:04:15	0:08:29	0:12:44	0:16:58	0:21:13	0:25:27	0:29:42	0:33:56	0:38:11	0:42:25
11 km	12 km	13 km	14 km	15 km	16 km	17 km	18 km	19 km	20 km
0:46:40	0:50:54	0:55:09	0:59:23	1:03:38	1:07:52	1:12:07	1:16:21	1:20:36	1:24:50
<b>21 km</b>	<b>Félmaraton:</b>			<b>1:29:55</b>					
<b>1:29:05</b>									