

1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
0:04:58	0:09:57	0:14:55	0:19:54	0:24:52	0:29:51	0:34:49	0:39:48	0:44:46	0:49:45
11 km	12 km	13 km	14 km	15 km	16 km	17 km	18 km	19 km	20 km
0:54:43	0:59:42	1:04:40	1:09:39	1:14:37	1:19:36	1:24:34	1:29:33	1:34:31	1:39:30
<b>21 km</b>	<b>Félmaraton:</b>			<b>1:44:57</b>					
<b>1:44:28</b>									