1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
0:05:38	0:11:16	0:16:54	0:22:33	0:28:12	0:33:51	0:39:31	0:45:11	0:50:51	0:56:32
11 km	12 km	13 km	14 km	15 km	16 km	17 km	18 km	19 km	20 km
1:02:13	1:07:54	1:13:36	1:19:18	1:25:00	1:30:43	1:36:26	1:42:09	1:47:53	1:53:37
21 km	**Félmaraton:**			**1:59:54**					
1:59:21									