

1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
0:05:52	0:11:50	0:17:48	0:23:46	0:29:44	0:35:44	0:41:44	0:47:44	0:53:44	0:59:44
11 km	12 km	13 km	14 km	15 km	16 km	17 km	18 km	19 km	20 km
1:05:45	1:11:46	1:17:47	1:23:48	1:29:49	1:35:51	1:41:53	1:47:55	1:53:57	1:59:59
21 km	22 km	23 km	24 km	25 km	26 km	27 km	28 km	29 km	30 km
2:06:02	2:12:05	2:18:08	2:24:11	2:30:14	2:36:18	2:42:22	2:48:26	2:54:30	3:00:34
31 km	32 km	33 km	34 km	35 km	36 km	37 km	38 km	39 km	40 km
3:06:39	3:12:44	3:18:49	3:24:54	3:30:59	3:37:05	3:43:11	3:49:17	3:55:23	4:01:29
41 km	42 km	Maraton	4:15 óra						
4:07:36	4:13:43	4:14:56							