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|----------------|---------|----------------|-----------------|---------|---------|---------|---------|---------|---------|
| 1 km | 2 km | 3 km | 4 km | 5 km | 6 km | 7 km | 8 km | 9 km | 10 km |
| 0:07:16 | 0:14:32 | 0:21:48 | 0:29:04 | 0:36:20 | 0:43:39 | 0:50:58 | 0:58:17 | 1:05:36 | 1:12:55 |
| 11 km | 12 km | 13 km | 14 km | 15 km | 16 km | 17 km | 18 km | 19 km | 20 km |
| 1:20:17 | 1:27:39 | 1:35:01 | 1:42:23 | 1:49:45 | 1:57:10 | 2:04:35 | 2:12:00 | 2:19:25 | 2:26:50 |
| 21 km | 22 km | 23 km | 24 km | 25 km | 26 km | 27 km | 28 km | 29 km | 30 km |
| 2:34:19 | 2:41:48 | 2:49:17 | 2:56:46 | 3:04:15 | 3:11:47 | 3:19:19 | 3:26:51 | 3:34:23 | 3:41:55 |
| 31 km | 32 km | 33 km | 34 km | 35 km | 36 km | 37 km | 38 km | 39 km | 40 km |
| 3:49:30 | 3:57:05 | 4:04:40 | 4:12:15 | 4:19:50 | 4:27:28 | 4:35:06 | 4:42:44 | 4:50:22 | 4:58:00 |
| 41 km | 42 km | Maraton | 5:15 óra | | | | | | |
| 5:05:41 | 5:13:22 | 5:14:54 | | | | | | | |