

1	2	3	4	5	6	7	8	9	10
0:05:38	0:11:16	0:16:54	0:22:32	0:28:10	0:33:48	0:39:26	0:45:04	0:50:42	0:56:20
11	12	13	14	15	16	17	18	19	20
1:01:58	1:07:36	1:13:14	1:18:52	1:24:30	1:30:08	1:35:46	1:41:24	1:47:02	1:52:40
21	22	23	24	25	26	27	28	29	30
1:58:18	2:03:56	2:09:34	2:15:12	2:20:50	2:26:35	2:32:20	2:38:05	2:43:50	2:49:35
31	32	33	34	35	36	37	38	39	40
2:55:20	3:01:05	3:06:50	3:12:35	3:18:20	3:24:05	3:29:50	3:35:35	3:41:20	3:47:05
41	42	Maraton	4:00 óra						
3:52:50	3:58:35	3:59:44							