

1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
0:04:15	0:08:30	0:12:45	0:17:00	0:21:15	0:25:30	0:29:45	0:34:00	0:38:15	0:42:30
11 km	12 km	13 km	14 km	15 km	16 km	17 km	18 km	19 km	20 km
0:46:45	0:51:00	0:55:15	0:59:30	1:03:45	1:08:00	1:12:15	1:16:30	1:20:45	1:25:00
21 km	22 km	23 km	24 km	25 km	26 km	27 km	28 km	29 km	30 km
1:29:15	1:33:30	1:37:45	1:42:00	1:46:15	1:50:30	1:54:45	1:59:00	2:03:15	2:07:30
31 km	32 km	33 km	34 km	35 km	36 km	37 km	38 km	39 km	40 km
2:11:45	2:16:00	2:20:15	2:24:30	2:28:45	2:33:00	2:37:15	2:41:30	2:45:45	2:50:00
41 km	42 km	Maraton	3:00 óra						
2:54:15	2:58:30	2:59:21							