

1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
0:07:38	0:15:16	0:22:54	0:30:32	0:38:10	0:45:50	0:53:30	1:01:10	1:08:50	1:16:30
11 km	12 km	13 km	14 km	15 km	16 km	17 km	18 km	19 km	20 km
1:24:12	1:31:54	1:39:36	1:47:18	1:55:00	2:02:45	2:10:30	2:18:15	2:26:00	2:33:45
21 km	22 km	23 km	24 km	25 km	26 km	27 km	28 km	29 km	30 km
2:41:33	2:49:21	2:57:09	3:04:57	3:12:45	3:20:36	3:28:27	3:36:18	3:44:09	3:52:00
31 km	32 km	33 km	34 km	35 km	36 km	37 km	38 km	39 km	40 km
3:59:55	4:07:50	4:15:45	4:23:40	4:31:35	4:39:37	4:47:39	4:55:41	5:03:43	5:11:45
41 km	42 km	Maraton	5:30 óra						
5:19:52	5:27:59	5:29:36							