

1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
0:06:18	0:12:36	0:18:54	0:25:14	0:31:34	0:37:54	0:44:16	0:50:38	0:57:00	1:03:24
11 km	12 km	13 km	14 km	15 km	16 km	17 km	18 km	19 km	20 km
1:09:48	1:16:12	1:22:38	1:29:04	1:35:30	1:41:58	1:48:26	1:54:54	2:01:24	2:07:54
21 km	Félmaraton:			2:14:56					
2:14:24									