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|--------------|--------------------|---------|---------|----------------|---------|---------|---------|---------|---------|
| 1 km | 2 km | 3 km | 4 km | 5 km | 6 km | 7 km | 8 km | 9 km | 10 km |
| 0:07:00 | 0:14:00 | 0:21:00 | 0:28:02 | 0:35:04 | 0:42:06 | 0:49:10 | 0:56:14 | 1:03:18 | 1:10:24 |
| 11 km | 12 km | 13 km | 14 km | 15 km | 16 km | 17 km | 18 km | 19 km | 20 km |
| 1:17:30 | 1:24:36 | 1:31:44 | 1:38:52 | 1:46:00 | 1:53:10 | 2:00:20 | 2:07:30 | 2:14:42 | 2:21:54 |
| 21 km | Félmaraton: | | | 2:29:48 | | | | | |
| 2:29:06 | | | | | | | | | |