

10 km 50:00	1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
	0:05:00	0:10:00	0:15:00	0:20:00	0:25:00	0:30:00	0:35:00	0:40:00	0:45:00	0:50:00