

10 km 01:00:00	1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
	0:06:00	0:12:00	0:18:00	0:24:00	0:30:00	0:36:00	0:42:00	0:48:00	0:54:00	1:00:00