

10 km 01:10:00	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	0:28:00	0:35:00	0:42:00	0:49:00	0:56:00	1:03:00	1:10:00