

1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
0:04:15	0:08:29	0:12:44	0:16:58	0:21:13	0:25:27	0:29:42	0:33:56	0:38:11	0:42:25
11 km	12 km	13 km	14 km	15 km	16 km	17 km	18 km	19 km	20 km
0:46:40	0:50:54	0:55:09	0:59:23	1:03:38	1:07:52	1:12:07	1:16:21	1:20:36	1:24:50
21 km	Félmaraton:			1:29:55					
1:29:05									

1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
0:04:58	0:09:57	0:14:55	0:19:54	0:24:52	0:29:51	0:34:49	0:39:48	0:44:46	0:49:45
11 km	12 km	13 km	14 km	15 km	16 km	17 km	18 km	19 km	20 km
0:54:43	0:59:42	1:04:40	1:09:39	1:14:37	1:19:36	1:24:34	1:29:33	1:34:31	1:39:30
21 km	Félmaraton:			1:44:57					
1:44:28									

1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
0:05:38	0:11:16	0:16:54	0:22:33	0:28:12	0:33:51	0:39:31	0:45:11	0:50:51	0:56:32
11 km	12 km	13 km	14 km	15 km	16 km	17 km	18 km	19 km	20 km
1:02:13	1:07:54	1:13:36	1:19:18	1:25:00	1:30:43	1:36:26	1:42:09	1:47:53	1:53:37
21 km	Félmaraton:			1:59:54					
1:59:21									

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									