

1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
0:05:08	0:10:16	0:15:24	0:20:32	0:25:40	0:30:51	0:36:02	0:41:13	0:46:24	0:51:35
11 km	12 km	13 km	14 km	15 km	16 km	17 km	18 km	19 km	20 km
0:56:49	1:02:03	1:07:17	1:12:31	1:17:45	1:23:02	1:28:19	1:33:36	1:38:53	1:44:10
<b>21 km</b>	22 km	23 km	24 km	25 km	26 km	27 km	28 km	29 km	30 km
<b>1:49:30</b>	1:54:50	2:00:10	2:05:30	2:10:50	2:16:13	2:21:36	2:26:59	2:32:22	2:37:45
31 km	32 km	33 km	34 km	35 km	36 km	37 km	38 km	39 km	40 km
2:43:13	2:48:41	2:54:09	2:59:37	3:05:05	3:10:35	3:16:05	3:21:35	3:27:05	3:32:35
41 km	42 km	<b>Maraton</b>	<b>3:45 óra</b>						
3:38:08	3:43:41	<b>3:44:48</b>							