

1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
0:06:37	0:13:14	0:19:51	0:26:28	0:33:05	0:39:44	0:46:23	0:53:02	0:59:41	1:06:20
11 km	12 km	13 km	14 km	15 km	16 km	17 km	18 km	19 km	20 km
1:13:01	1:19:42	1:26:23	1:33:04	1:39:45	1:46:28	1:53:11	1:59:54	2:06:37	2:13:20
<b>21 km</b>	22 km	23 km	24 km	25 km	26 km	27 km	28 km	29 km	30 km
<b>2:20:06</b>	2:26:52	2:33:38	2:40:24	2:47:10	2:53:58	3:00:46	3:07:34	3:14:22	3:21:10
31 km	32 km	33 km	34 km	35 km	36 km	37 km	38 km	39 km	40 km
3:28:00	3:34:50	3:41:40	3:48:30	3:55:20	4:02:12	4:09:04	4:15:56	4:22:48	4:29:40
41 km	42 km	<b>Maraton</b>	<b>4:45 óra</b>						
4:36:34	4:43:28	<b>4:44:51</b>							