

10 km 50:00	1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
	0:05:00	0:10:00	0:15:00	0:20:00	0:25:00	0:30:00	0:35:00	0:40:00	0:45:00	0:50:00

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

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