

1	2	3	4	5	6	7	8	9	10
0:06:40	0:13:20	0:20:00	0:26:40	0:33:20	0:40:00	0:46:40	0:53:20	1:00:00	1:06:40
11	12	13	14	15	16	17	18	19	20
1:13:22	1:20:04	1:26:46	1:33:28	1:40:10	1:46:52	1:53:34	2:00:16	2:06:58	2:13:40
21	22	23	24	25	26	27	28	29	30
2:20:22	2:27:04	2:33:46	2:40:28	2:47:10	2:53:52	3:00:34	3:07:16	3:14:00	3:20:42
31	32	33	34	35	36	37	38	39	40
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	42	Maraton	4:45 óra						
4:36:33	4:43:26	4:44:49							