

1 km	2 km	3 km	4 km	5 km	6 km	7 km	8 km	9 km	10 km
0:07:38	0:15:16	0:22:54	0:30:35	0:38:16	0:45:57	0:53:41	1:01:25	1:09:09	1:16:56
11 km	12 km	13 km	14 km	15 km	16 km	17 km	18 km	19 km	20 km
1:24:43	1:32:30	1:40:20	1:48:10	1:56:00	2:03:53	2:11:46	2:19:39	2:27:35	2:35:31
21 km	Félmaraton:			2:45:00					
2:43:27									