

KM/T	3km	5km	7km	10km	12km	15km	20km	HALVMARATON	25km	30km	35km	MARATON
19,0	00:09:28	00:15:47	00:22:06	00:31:35	00:37:54	00:47:22	01:03:09	01:06:37	01:18:57	01:34:45	01:50:32	02:13:15
18,5	00:09:44	00:16:13	00:22:42	00:32:26	00:38:55	00:48:39	01:04:52	01:08:25	01:21:05	01:37:18	01:53:31	02:16:51
18,0	00:10:00	00:16:40	00:23:20	00:33:20	00:40:00	00:50:00	01:06:10	01:10:20	01:23:20	01:40:00	01:56:40	02:20:39
17,5	00:10:17	00:17:09	00:24:00	00:34:17	00:41:09	00:51:26	01:08:34	01:12:20	01:25:43	01:42:51	02:00:00	02:24:40
17,0	00:10:35	00:17:39	00:24:42	00:35:18	00:42:21	00:52:56	01:10:35	01:14:28	01:28:14	01:45:53	02:03:32	02:28:55
16,5	00:10:55	00:18:11	00:25:27	00:36:22	00:43:38	00:54:33	01:12:44	01:16:43	01:30:55	01:49:05	02:07:16	02:33:26
16,0	00:11:15	00:18:45	00:26:15	00:37:30	00:45:00	00:56:15	01:15:00	01:19:07	01:33:45	01:52:30	02:11:15	02:38:14
15,5	00:11:37	00:19:21	00:27:05	00:38:43	00:46:27	00:58:04	01:17:25	01:21:40	01:36:46	01:58:08	02:15:29	02:43:20
15,0	00:12:00	00:20:00	00:28:00	00:40:00	00:48:00	01:00:00	01:20:00	01:24:23	01:40:00	02:00:00	02:20:00	02:48:47
14,5	00:12:25	00:20:41	00:28:58	00:41:23	00:49:39	01:02:04	01:22:46	01:27:16	01:43:27	02:04:08	02:24:50	02:54:36
14,0	00:12:51	00:21:26	00:30:00	00:42:51	00:51:26	01:04:17	01:25:43	01:30:25	01:47:09	02:08:34	02:30:00	03:00:50
13,5	00:13:20	00:22:13	00:31:07	00:44:27	00:53:20	01:06:40	01:28:53	01:33:45	01:51:07	02:13:20	02:35:33	03:07:32
13,0	00:13:51	00:23:05	00:32:18	00:46:09	00:55:23	01:09:14	01:32:18	01:37:22	01:55:23	02:18:28	02:41:32	03:14:45
12,5	00:14:24	00:24:00	00:33:36	00:48:00	00:57:36	01:12:00	01:38:00	01:41:16	02:00:00	02:24:00	02:48:00	03:22:32
12,0	00:15:00	00:25:00	00:35:00	00:50:00	01:00:00	01:15:00	01:40:00	01:45:29	02:05:00	02:30:00	02:55:00	03:30:59
11,5	00:15:39	00:26:05	00:36:31	00:52:10	01:02:37	01:18:16	01:44:21	01:50:04	02:10:26	02:36:31	03:02:37	03:40:09
11,0	00:16:22	00:27:16	00:38:11	00:54:33	01:05:27	01:21:49	01:49:05	01:55:05	02:16:22	02:43:35	03:10:55	03:50:09
10,5	00:17:09	00:28:35	00:40:00	00:57:09	01:08:34	01:25:43	01:54:17	02:00:33	02:22:51	02:51:26	03:20:00	04:01:07
10,0	00:18:00	00:30:00	00:42:00	01:00:00	01:12:00	01:30:00	02:00:00	02:06:35	02:30:00	03:00:00	03:30:00	04:13:10
9,5	00:18:57	00:31:35	00:44:13	01:03:09	01:15:47	01:34:44	02:06:19	02:13:15	02:37:55	03:09:28	03:41:03	04:26:30
9,0	00:20:00	00:33:20	00:46:40	01:06:40	01:20:00	01:40:00	02:13:20	02:20:39	02:46:40	03:20:00	03:53:20	04:41:18
8,0	00:22:30	00:37:30	00:52:30	01:15:00	01:30:00	01:52:30	02:30:00	02:38:14	03:07:30	03:45:00	04:22:30	05:18:25
7,0	00:25:43	00:42:50	01:00:00	01:25:43	01:42:55	02:08:34	02:51:25	03:00:58	03:34:17	04:17:09	05:00:00	06:01:30