

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