

Endzeit	Min/Km	Km/h	5 KM	10 KM	15 KM	20 KM	Halb	25 KM	30 KM	35 KM	40 KM
04:56:00	00:07:01	8,55	00:35:05	01:10:09	01:45:14	02:20:18	02:28:00	02:55:23	03:30:27	04:05:32	04:40:36
04:58:00	00:07:04	8,50	00:35:19	01:10:37	01:45:56	02:21:15	02:29:00	02:56:34	03:31:52	04:07:11	04:42:30
05:00:00	00:07:07	8,44	00:35:33	01:11:06	01:46:39	02:22:12	02:30:00	02:57:45	03:33:18	04:08:51	04:44:24
05:02:00	00:07:09	8,38	00:35:47	01:11:34	01:47:22	02:23:09	02:31:00	02:58:56	03:34:43	04:10:30	04:46:17
05:04:00	00:07:12	8,33	00:36:01	01:12:03	01:48:04	02:24:06	02:32:00	03:00:07	03:36:08	04:12:10	04:48:11
05:06:00	00:07:15	8,27	00:36:16	01:12:31	01:48:47	02:25:02	02:33:00	03:01:18	03:37:34	04:13:49	04:50:05
05:08:00	00:07:18	8,22	00:36:30	01:13:00	01:49:29	02:25:59	02:34:00	03:02:29	03:38:59	04:15:29	04:51:59
05:10:00	00:07:21	8,17	00:36:44	01:13:28	01:50:12	02:26:56	02:35:00	03:03:40	03:40:24	04:17:08	04:53:52
05:12:00	00:07:24	8,11	00:36:58	01:13:57	01:50:55	02:27:53	02:36:00	03:04:51	03:41:50	04:18:48	04:55:46
05:14:00	00:07:26	8,06	00:37:12	01:14:25	01:51:37	02:28:50	02:37:00	03:06:02	03:43:15	04:20:27	04:57:40
05:16:00	00:07:29	8,01	00:37:27	01:14:53	01:52:20	02:29:47	02:38:00	03:07:14	03:44:40	04:22:07	04:59:34
05:18:00	00:07:32	7,96	00:37:41	01:15:22	01:53:03	02:30:44	02:39:00	03:08:25	03:46:06	04:23:47	05:01:27
05:20:00	00:07:35	7,91	00:37:55	01:15:50	01:53:45	02:31:41	02:40:00	03:09:36	03:47:31	04:25:26	05:03:21
05:22:00	00:07:38	7,86	00:38:09	01:16:19	01:54:28	02:32:37	02:41:00	03:10:47	03:48:56	04:27:06	05:05:15
05:24:00	00:07:41	7,81	00:38:24	01:16:47	01:55:11	02:33:34	02:42:00	03:11:58	03:50:22	04:28:45	05:07:09
05:26:00	00:07:44	7,77	00:38:38	01:17:16	01:55:53	02:34:31	02:43:00	03:13:09	03:51:47	04:30:25	05:09:02
05:28:00	00:07:46	7,72	00:38:52	01:17:44	01:56:36	02:35:28	02:44:00	03:14:20	03:53:12	04:32:04	05:10:56
05:30:00	00:07:49	7,67	00:39:06	01:18:12	01:57:19	02:36:25	02:45:00	03:15:31	03:54:37	04:33:44	05:12:50
05:32:00	00:07:52	7,63	00:39:20	01:18:41	01:58:01	02:37:22	02:46:00	03:16:42	03:56:03	04:35:23	05:14:44
05:34:00	00:07:55	7,58	00:39:35	01:19:09	01:58:44	02:38:19	02:47:00	03:17:53	03:57:28	04:37:03	05:16:38
05:36:00	00:07:58	7,53	00:39:49	01:19:38	01:59:27	02:39:16	02:48:00	03:19:05	03:58:53	04:38:42	05:18:31
05:38:00	00:08:01	7,49	00:40:03	01:20:06	02:00:09	02:40:13	02:49:00	03:20:16	04:00:19	04:40:22	05:20:25
05:40:00	00:08:03	7,45	00:40:17	01:20:35	02:00:52	02:41:09	02:50:00	03:21:27	04:01:44	04:42:01	05:22:19
05:42:00	00:08:06	7,40	00:40:32	01:21:03	02:01:35	02:42:06	02:51:00	03:22:38	04:03:09	04:43:41	05:24:13
05:44:00	00:08:09	7,36	00:40:46	01:21:32	02:02:17	02:43:03	02:52:00	03:23:49	04:04:35	04:45:21	05:26:06
05:46:00	00:08:12	7,32	00:41:00	01:22:00	02:03:00	02:44:00	02:53:00	03:25:00	04:06:00	04:47:00	05:28:00
05:48:00	00:08:15	7,28	00:41:14	01:22:28	02:03:43	02:44:57	02:54:00	03:26:11	04:07:25	04:48:40	05:29:54
05:50:00	00:08:18	7,23	00:41:28	01:22:57	02:04:25	02:45:54	02:55:00	03:27:22	04:08:51	04:50:19	05:31:48
05:52:00	00:08:21	7,19	00:41:43	01:23:25	02:05:08	02:46:51	02:56:00	03:28:33	04:10:16	04:51:59	05:33:41
05:54:00	00:08:23	7,15	00:41:57	01:23:54	02:05:51	02:47:48	02:57:00	03:29:44	04:11:41	04:53:38	05:35:35
05:56:00	00:08:26	7,11	00:42:11	01:24:22	02:06:33	02:48:44	02:58:00	03:30:56	04:13:07	04:55:18	05:37:29
05:58:00	00:08:29	7,07	00:42:25	01:24:51	02:07:16	02:49:41	02:59:00	03:32:07	04:14:32	04:56:57	05:39:23
06:00:00	00:08:32	7,03	00:42:40	01:25:19	02:07:59	02:50:38	03:00:00	03:33:18	04:15:57	04:58:37	05:41:16
06:02:00	00:08:35	6,99	00:42:54	01:25:48	02:08:41	02:51:35	03:01:00	03:34:29	04:17:23	05:00:16	05:43:10
06:04:00	00:08:38	6,96	00:43:08	01:26:16	02:09:24	02:52:32	03:02:00	03:35:40	04:18:48	05:01:56	05:45:04