

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