Min/Km	Km/h	10 KM	Halb	Marathon	Min/Km	Km/h	10 KM	Halb	Marathon
00:02:30	24,00	00:25:00	00:52:45	01:45:29	00:06:15	9,60	01:02:30	02:11:52	04:23:43
00:02:35	23,23	00:25:50	00:54:30	01:49:00	00:06:20	9,47	01:03:20	02:13:37	04:27:14
00:02:40	22,50	00:26:40	00:56:16	01:52:31	00:06:25	9,35	01:04:10	02:15:23	04:30:45
00:02:45	21,82	00:27:30	00:58:01	01:56:02	00:06:30	9,23	01:05:00	02:17:08	04:34:16
00:02:50	21,18	00:28:20	00:59:47	01:59:33	00:06:35	9,11	01:05:50	02:18:54	04:37:47
00:02:55	20,57	00:29:10	01:01:32	02:03:04	00:06:40	9,00	01:06:40	02:20:39	04:41:18
00:03:00	20,00	00:30:00	01:03:18	02:06:35	00:06:45	8,89	01:07:30	02:22:24	04:44:49
00:03:05	19,46	00:30:50	01:05:03	02:10:06	00:06:50	8,78	01:08:20	02:24:10	04:48:20
00:03:10	18,95	00:31:40	01:06:49	02:13:37	00:06:55	8,67	01:09:10	02:25:55	04:51:51
00:03:15	18,46	00:32:30	01:08:34	02:17:08	00:07:00	8,57	01:10:00	02:27:41	04:55:22
00:03:20	18,00	00:33:20	01:10:20	02:20:39	00:07:05	8,47	01:10:50	02:29:26	04:58:53
00:03:25	17,56	00:34:10	01:12:05	02:24:10	00:07:10	8,37	01:11:40	02:31:12	05:02:24
00:03:30	17,14	00:35:00	01:13:50	02:27:41	00:07:15	8,28	01:12:30	02:32:57	05:05:55
00:03:35	16,74	00:35:50	01:15:36	02:31:12	00:07:20	8,18	01:13:20	02:34:43	05:09:26
00:03:40	16,36	00:36:40	01:17:21	02:34:43	00:07:25	8,09	01:14:10	02:36:28	05:12:57
00:03:45	16,00	00:37:30	01:19:07	02:38:14	00:07:30	8,00	01:15:00	02:38:14	05:16:28
00:03:50	15,65	00:38:20	01:20:52	02:41:45	00:07:35	7,91	01:15:50	02:39:59	05:19:59
00:03:55	15,32	00:39:10	01:22:38	02:45:16	00:07:40	7,83	01:16:40	02:41:45	05:23:30
00:04:00	15,00	00:40:00	01:24:23	02:48:47	00:07:45	7,74	01:17:30	02:43:30	05:27:01
00:04:05	14,69	00:40:50	01:26:09	02:52:18	00:07:50	7,66	01:18:20	02:45:16	05:30:32
00:04:10	14,40	00:41:40	01:27:54	02:55:49	00:07:55	7,58	01:19:10	02:47:01	05:34:03
00:04:15	14,12	00:42:30	01:29:40	02:59:20	00:08:00	7,50	01:20:00	02:48:47	05:37:34
00:04:20	13,85	00:43:20	01:31:25	03:02:51	00:08:05	7,42	01:20:50	02:50:32	05:41:05
00:04:25	13,58	00:44:10	01:33:11	03:06:22	00:08:10	7,35	01:21:40	02:52:18	05:44:36
00:04:30	13,33	00:45:00	01:34:56	03:09:53	00:08:15	7,27	01:22:30	02:54:03	05:48:07
00:04:35	13,09	00:45:50	01:36:42	03:13:24	00:08:20	7,20	01:23:20	02:55:49	05:51:38
00:04:40	12,86	00:46:40	01:38:27	03:16:55	00:08:25	7,13	01:24:10	02:57:34	05:55:08
00:04:45	12,63	00:47:30	01:40:13	03:20:26	00:08:30	7,06	01:25:00	02:59:20	05:58:39
00:04:50	12,41	00:48:20	01:41:58	03:23:57	00:08:35	6,99	01:25:50	03:01:05	06:02:10
00:04:55	12,20	00:49:10	01:43:44	03:27:28	00:08:40	6,92	01:26:40	03:02:51	06:05:41
00:05:00	12,00	00:50:00	01:45:29	03:30:59	00:08:45	6,86	01:27:30	03:04:36	06:09:12
00:05:05	11,80	00:50:50	01:47:15	03:34:29	00:08:50	6,79	01:28:20	03:06:22	06:12:43
00:05:10	11,61	00:51:40	01:49:00	03:38:00	00:08:55	6,73	01:29:10	03:08:07	06:16:14
00:05:15	11,43	00:52:30	01:50:46	03:41:31	00:09:00	6,67	01:30:00	03:09:53	06:19:45
00:05:20	11,25	00:53:20	01:52:31	03:45:02	00:09:05	6,61	01:30:50	03:11:38	06:23:16
00:05:25	11,08	00:54:10	01:54:17	03:48:33	00:09:10	6,55	01:31:40	03:13:24	06:26:47
00:05:30	10,91	00:55:00	01:56:02	03:52:04	00:09:15	6,49	01:32:30	03:15:09	06:30:18
00:05:35	10,75	00:55:50	01:57:48	03:55:35	00:09:20	6,43	01:33:20	03:16:55	06:33:49
00:05:40	10,59	00:56:40	01:59:33	03:59:06	00:09:25	6,37	01:34:10	03:18:40	06:37:20
00:05:45	10,43	00:57:30	02:01:19	04:02:37	00:09:30	6,32	01:35:00	03:20:26	06:40:51
00:05:50	10,29	00:58:20	02:03:04	04:06:08	00:09:35	6,26	01:35:50	03:22:11	06:44:22
00:05:55	10,14	00:59:10	02:04:50	04:09:39	00:09:40	6,21	01:36:40	03:23:57	06:47:53
00:06:00	10,00	01:00:00	02:06:35	04:13:10	00:09:45	6,15	01:37:30	03:25:42	06:51:24
00:06:05	9,86	01:00:50	02:08:21	04:16:41	00:09:50	6,10	01:38:20	03:27:28	06:54:55
00:06:10	9,73	01:01:40	02:10:06	04:20:12	00:09:55	6,05	01:39:10	03:29:13	06:58:26
00:06:15	9,60	01:02:30	02:11:52	04:23:43	00:10:00	6,00	01:40:00	03:30:59	07:01:57