

| VO2T | 5000m | 10Km | Half Maraton | Maraton | VO2T | E/L Pace km | T Pace 1000 | I Pace 1000 | R Pace | | | 1000 | VO2T | | | | |
|------|----------|----------|--------------|---------|------|----------------|----------------|----------------|--------|------|------|-------|------|--|--|--|--|
| | | | | | | | | | 200 | 400 | 800 | | | | | | |
| 30 | 30:40:00 | 63:46:00 | 2:21:04 | 4:49:17 | 30 | 7:13 | 6:24 | — | 67 | 2:16 | — | | 30 | | | | |
| 32 | 29:05:00 | 60:26:00 | 2:13:49 | 4:34:59 | 32 | 7:16 | 6:05 | — | 63 | 2:08 | — | | 32 | | | | |
| 34 | 27:39:00 | 57:26:00 | 2:07:16 | 4:22:03 | 34 | 6:56 | 5:48 | — | 60 | 2:02 | — | | 34 | | | | |
| 36 | 26:22:00 | 54:44:00 | 2:01:19 | 4:10:19 | 36 | 3:38 | 5:33 | 5:07 | 57 | 1:55 | — | | 36 | | | | |
| 38 | 25:12:00 | 52:17:00 | 1:55:55 | 3:59:35 | 38 | 6:22 | 5:19 | 4:54 | 54 | 1:50 | — | | 38 | | | | |
| 40 | 24:08:00 | 50:03:00 | 1:50:59 | 3:49:45 | 40 | 6:07 | 5:06 | 4:42 | 52 | 1:46 | — | | 40 | | | | |
| 42 | 23:09 | 48:01:00 | 1:46:27 | 3:40:43 | 42 | 5:53 | 4:54 | 4:31 | 50 | 1:42 | — | | 42 | | | | |
| 44 | 22:15 | 46:09:00 | 1:42:17 | 3:32:23 | 44 | 5:40 | 4:43 | 4:21 | 48 | 98 | — | | 44 | | | | |
| 45 | 21:50 | 45:16:00 | 1:40:20 | 3:28:26 | 45 | 5:34 | 4:38 | 4:16 | 47 | 96 | — | | 45 | | | | |
| 46 | 21:25 | 44:25:00 | 1:38:27 | 3:24:39 | 46 | 5:28 | 4:33 | 4:12 | 46 | 94 | — | 03:55 | 46 | | | | |
| 47 | 21:02 | 43:36:00 | 1:36:38 | 3:21:00 | 47 | 5:23 | 4:29 | 4:07 | 45 | 92 | — | | 47 | | | | |
| 48 | 20:39 | 42:50:00 | 1:34:53 | 3:17:29 | 48 | 5:17 | 4:24 | 4:03 | 44 | 90 | — | | 48 | | | | |
| 49 | 20:18 | 42:04:00 | 1:33:12 | 3:14:06 | 49 | 5:12 | 4:20 | 3:59 | 44 | 89 | — | | 49 | | | | |
| 50 | 19:57 | 41:21:00 | 1:31:35 | 3:10:49 | 50 | 5:07 | 4:15 | 3:55 | 43 | 87 | — | | 50 | | | | |
| 51 | 19:36 | 40:39:00 | 1:30:02 | 3:07:39 | 51 | 5:02 | 04:11 | 3:51 | 42 | 86 | — | | 51 | | | | |
| 52 | 19:17 | 39:59:00 | 1:28:31 | 3:04:36 | 52 | 4:58 | 4:07 | 3:48 | 42 | 85 | — | | 52 | | | | |
| 53 | 18:58 | 39:20:00 | 1:27:04 | 3:01:39 | 53 | 4:53 | 4:04 | 3:44 | 41 | 84 | — | | 53 | | | | |
| 54 | 18:40 | 38:42:00 | 1:25:40 | 2:58:47 | 54 | 4:49 | 4:00 | 3:41 | 40 | 82 | — | | 54 | | | | |
| 55 | 18:22 | 38:06:00 | 1:24:18 | 2:56:01 | 55 | 4:45 | 3:56 | 3:37 | 40 | 81 | — | | 55 | | | | |
| 56 | 18:05 | 37:31:00 | 1:23:00 | 2:53:20 | 56 | 4:40 | 3:53 | 3:34 | 39 | 80 | — | | 56 | | | | |
| 57 | 17:49 | 36:07:00 | 1:21:43 | 2:50:45 | 57 | 4:36 | 3:50 | 3:31 | 39 | 79 | — | | 57 | | | | |
| 58 | 17:33 | 36:24:00 | 1:20:30 | 2:48:14 | 58 | 4:33 | 3:45 | 3:28 | 38 | 77 | — | | 58 | | | | |
| 59 | 17:17 | 35:52:00 | 1:19:18 | 2:45:47 | 59 | 4:29 | 3:43 | 3:25 | 37 | 76 | — | | 59 | | | | |
| 60 | 17:03 | 35:22:00 | 1:18:09 | 2:43:25 | 60 | 4:25 | 3:40 | 3:23 | 37 | 75 | 2:30 | | 60 | | | | |
| 61 | 16:48 | 34:52:00 | 1:17:02 | 2:41:08 | 61 | 4:22 | 3:37 | 3:20 | 36 | 74 | 2:28 | | 61 | | | | |
| 62 | 16:34 | 34:21:00 | 1:14:57 | 2:38:54 | 62 | 4:18 | 3:34 | 3:17 | 36 | 73 | 2:26 | | 62 | | | | |
| 63 | 16:20 | 33:55:00 | 1:14:54 | 2:36:44 | 63 | 4:15 | 3:32 | 3:15 | 35 | 72 | 2:24 | | 63 | | | | |
| 64 | 16:07 | 33:28:00 | 1:13:53 | 2:34:38 | 64 | 4:12 | 3:29 | 3:12 | 35 | 71 | 2:22 | | 64 | | | | |
| 65 | 15:54 | 33:01:00 | 1:12:53 | 2:32:35 | 65 | 4:09 | 3:26 | 3:10 | 34 | 70 | 2:20 | | 65 | | | | |
| 66 | 15:42 | 32:35:00 | 1:11:56 | 2:30:36 | 66 | 4:05 | 3:24 | 3:06 | 34 | 69 | 2:18 | | 66 | | | | |
| 67 | 15:29 | 32:11:00 | 1:11:00 | 2:28:40 | 67 | 4:02 | 3:21 | 3:05 | 33 | 68 | 2:16 | | 67 | | | | |
| 68 | 15:18 | 31:46:00 | 1:10:05 | 2:26:47 | 68 | 4:00 | 3:19 | 3:03 | 33 | 67 | 2:14 | | 68 | | | | |
| 69 | 15:06 | 31:23:00 | 1:09:12 | 2:24:57 | 69 | 3:57 | 3:16 | 3:01 | 32 | 66 | 2:12 | | 69 | | | | |
| 70 | 14:55 | 31:00:00 | 1:08:21 | 2:23:10 | 70 | 3:54 | 3:14 | 2:59 | 32 | 65 | 2:10 | | 70 | | | | |
| 71 | 14:44 | 30:38:00 | 1:07:31 | 2:21:26 | 71 | 3:51 | 3:12 | 2:57 | 31 | 64 | 2:08 | | 71 | | | | |
| 72 | 14:33 | 30:16:00 | 1:06:42 | 2:19:44 | 72 | 3:49 | 3:10 | 2:55 | 31 | 63 | 2:06 | | 72 | | | | |
| 73 | 14:23 | 29:55:00 | 1:05:54 | 2:18:05 | 73 | 3:46 | 3:08 | 2:53 | 31 | 62 | 2:05 | | 73 | | | | |
| 74 | 14:13 | 29:34:00 | 1:05:08 | 2:16:29 | 74 | 3:44 | 3:06 | 2 51 | 30 | 62 | 2:04 | | 74 | | | | |
| 75 | 14:03 | 29:14:00 | 1:04:23 | 2:14:55 | 75 | 3:41 | 3:04 | 2:49 | 30 | 61 | 2:03 | | 75 | | | | |
| 76 | 13:54 | 28:55:00 | 1:03:39 | 2:13:23 | 76 | 3:39 | 3:02 | 2:48 | 29 | 60 | 2:02 | | 76 | | | | |
| 77 | 13:44 | 28:36:00 | 1:02:56 | 2:11:54 | 77 | 3:36 | 3:00 | 2:46 | 29 | 59 | 2:00 | | 77 | | | | |
| 78 | 13:35 | 28:17:00 | 1:02:15 | 2:10:27 | 78 | 3:34 | 2:58 | 2:44 | 29 | 59 | 1:59 | | 78 | | | | |
| 79 | 13:26 | 27:59:00 | 1:01:34 | 2:09:02 | 79 | 3:32 | 2:56 | 2:42 | 28 | 58 | 1:58 | | 79 | | | | |
| 80 | 13:17.8 | 27:41:00 | 1:00:54 | 2:07:38 | 80 | 3:30 | 2:54 | 2:41 | 28 | 58 | 1:56 | | 80 | | | | |
| 81 | 13:09.3 | 27:24:00 | 1:00:15 | 2:06:17 | 81 | 3:28 | 2:53 | 2:39 | 28 | 57 | 1:55 | | 81 | | | | |
| 82 | 13:01.1 | 27:07:00 | 59:38:00 | 2:04:57 | 82 | 3:26 | 2:51 | 2:38 | 27 | 56 | 1:54 | | 82 | | | | |
| 83 | 12:53.0 | 26:51:00 | 59:01:00 | 2:03:40 | 83 | 3:24 | 2:49 | 2:36 | 27 | 56 | 1:53 | | 83 | | | | |
| 84 | 12:45.2 | 26:34:00 | 58:25:00 | 2:02:24 | 84 | 3:22 | 2:48 | 2:35 | 27 | 55 | 1:52 | | 84 | | | | |
| 85 | 12:37.4 | 26:19:00 | 57:50:00 | 2:01:10 | 85 | 3:20 | 2:46 | 2:33 | 27 | 55 | 1:51 | | 85 | | | | |