

1 km	200 m	400 m	3000 m	5 km	10 km	1/2 M	Marathon	km/t
4:00	0:48	1:36	12:00	20:00	40:00	1:24:23	2:48:47	15.00
4:01	0:48	1:36	12:03	20:05	40:10	1:24:44	2:49:29	14.94
4:02	0:48	1:37	12:06	20:10	40:20	1:25:06	2:50:11	14.88
4:03	0:49	1:37	12:09	20:15	40:30	1:25:27	2:50:53	14.81
4:04	0:49	1:38	12:12	20:20	40:40	1:25:48	2:51:36	14.75
4:05	0:49	1:38	12:15	20:25	40:50	1:26:09	2:52:18	14.69
4:06	0:49	1:38	12:18	20:30	41:00	1:26:30	2:53:00	14.63
4:07	0:49	1:39	12:21	20:35	41:10	1:26:51	2:53:42	14.57
4:08	0:50	1:39	12:24	20:40	41:20	1:27:12	2:54:24	14.52
4:09	0:50	1:40	12:27	20:45	41:30	1:27:33	2:55:07	14.46
4:10	0:50	1:40	12:30	20:50	41:40	1:27:54	2:55:49	14.40
4:11	0:50	1:40	12:33	20:55	41:50	1:28:15	2:56:31	14.34
4:12	0:50	1:41	12:36	21:00	42:00	1:28:37	2:57:13	14.29
4:13	0:51	1:41	12:39	21:05	42:10	1:28:58	2:57:55	14.23
4:14	0:51	1:42	12:42	21:10	42:20	1:29:19	2:58:38	14.17
4:15	0:51	1:42	12:45	21:15	42:30	1:29:40	2:59:20	14.12
4:16	0:51	1:42	12:48	21:20	42:40	1:30:01	3:00:02	14.06
4:17	0:51	1:43	12:51	21:25	42:50	1:30:22	3:00:44	14.01
4:18	0:52	1:43	12:54	21:30	43:00	1:30:43	3:01:26	13.95
4:19	0:52	1:44	12:57	21:35	43:10	1:31:04	3:02:09	13.90
4:20	0:52	1:44	13:00	21:40	43:20	1:31:25	3:02:51	13.85
4:21	0:52	1:44	13:03	21:45	43:30	1:31:46	3:03:33	13.79
4:22	0:52	1:45	13:06	21:50	43:40	1:32:08	3:04:15	13.74
4:23	0:53	1:45	13:09	21:55	43:50	1:32:29	3:04:57	13.69
4:24	0:53	1:46	13:12	22:00	44:00	1:32:50	3:05:39	13.64
4:25	0:53	1:46	13:15	22:05	44:10	1:33:11	3:06:22	13.58
4:26	0:53	1:46	13:18	22:10	44:20	1:33:32	3:07:04	13.53
4:27	0:53	1:47	13:21	22:15	44:30	1:33:53	3:07:46	13.48
4:28	0:54	1:47	13:24	22:20	44:40	1:34:14	3:08:28	13.43
4:29	0:54	1:48	13:27	22:25	44:50	1:34:35	3:09:10	13.38
4:30	0:54	1:48	13:30	22:30	45:00	1:34:56	3:09:53	13.33
4:31	0:54	1:48	13:33	22:35	45:10	1:35:17	3:10:35	13.28
4:32	0:54	1:49	13:36	22:40	45:20	1:35:39	3:11:17	13.24
4:33	0:55	1:49	13:39	22:45	45:30	1:36:00	3:11:59	13.19
4:34	0:55	1:50	13:42	22:50	45:40	1:36:21	3:12:41	13.14
4:35	0:55	1:50	13:45	22:55	45:50	1:36:42	3:13:24	13.09
4:36	0:55	1:50	13:48	23:00	46:00	1:37:03	3:14:06	13.04
4:37	0:55	1:51	13:51	23:05	46:10	1:37:24	3:14:48	13.00
4:38	0:56	1:51	13:54	23:10	46:20	1:37:45	3:15:30	12.95
4:39	0:56	1:52	13:57	23:15	46:30	1:38:06	3:16:12	12.90
4:40	0:56	1:52	14:00	23:20	46:40	1:38:27	3:16:55	12.86
4:41	0:56	1:52	14:03	23:25	46:50	1:38:48	3:17:37	12.81
4:42	0:56	1:53	14:06	23:30	47:00	1:39:09	3:18:19	12.77
4:43	0:57	1:53	14:09	23:35	47:10	1:39:31	3:19:01	12.72
4:44	0:57	1:54	14:12	23:40	47:20	1:39:52	3:19:43	12.68
4:45	0:57	1:54	14:15	23:45	47:30	1:40:13	3:20:26	12.63
4:46	0:57	1:54	14:18	23:50	47:40	1:40:34	3:21:08	12.59
4:47	0:57	1:55	14:21	23:55	47:50	1:40:55	3:21:50	12.54
4:48	0:58	1:55	14:24	24:00	48:00	1:41:16	3:22:32	12.50
4:49	0:58	1:56	14:27	24:05	48:10	1:41:37	3:23:14	12.46
4:50	0:58	1:56	14:30	24:10	48:20	1:41:58	3:23:57	12.41
4:51	0:58	1:56	14:33	24:15	48:30	1:42:19	3:24:39	12.37
4:52	0:58	1:57	14:36	24:20	48:40	1:42:40	3:25:21	12.33
4:53	0:59	1:57	14:39	24:25	48:50	1:43:02	3:26:03	12.29
4:54	0:59	1:58	14:42	24:30	49:00	1:43:23	3:26:45	12.24
4:55	0:59	1:58	14:45	24:35	49:10	1:43:44	3:27:28	12.20
4:56	0:59	1:58	14:48	24:40	49:20	1:44:05	3:28:10	12.16
4:57	0:59	1:59	14:51	24:45	49:30	1:44:26	3:28:52	12.12
4:58	1:00	1:59	14:54	24:50	49:40	1:44:47	3:29:34	12.08
4:59	1:00	2:00	14:57	24:55	49:50	1:45:08	3:30:16	12.04
5:00	1:00	2:00	15:00	25:00	50:00	1:45:29	3:30:58	12.00