

1 km	200 m	400 m	3000 m	5 km	10 km	1/2 M	Marathon	km/t
5:00	1:00	2:00	15:00	25:00	50:00	1:45:29	3:30:58	12.00
5:01	1:00	2:00	15:03	25:05	50:10	1:45:50	3:31:41	11.96
5:02	1:00	2:01	15:06	25:10	50:20	1:46:11	3:32:23	11.92
5:03	1:01	2:01	15:09	25:15	50:30	1:46:33	3:33:05	11.88
5:04	1:01	2:02	15:12	25:20	50:40	1:46:54	3:33:47	11.84
5:05	1:01	2:02	15:15	25:25	50:50	1:47:15	3:34:29	11.80
5:06	1:01	2:02	15:18	25:30	51:00	1:47:36	3:35:12	11.76
5:07	1:01	2:03	15:21	25:35	51:10	1:47:57	3:35:54	11.73
5:08	1:02	2:03	15:24	25:40	51:20	1:48:18	3:36:36	11.69
5:09	1:02	2:04	15:27	25:45	51:30	1:48:39	3:37:18	11.65
5:10	1:02	2:04	15:30	25:50	51:40	1:49:00	3:38:00	11.61
5:11	1:02	2:04	15:33	25:55	51:50	1:49:21	3:38:43	11.58
5:12	1:02	2:05	15:36	26:00	52:00	1:49:42	3:39:25	11.54
5:13	1:03	2:05	15:39	26:05	52:10	1:50:04	3:40:07	11.50
5:14	1:03	2:06	15:42	26:10	52:20	1:50:25	3:40:49	11.46
5:15	1:03	2:06	15:45	26:15	52:30	1:50:46	3:41:31	11.43
5:16	1:03	2:06	15:48	26:20	52:40	1:51:07	3:42:14	11.39
5:17	1:03	2:07	15:51	26:25	52:50	1:51:28	3:42:56	11.36
5:18	1:04	2:07	15:54	26:30	53:00	1:51:49	3:43:38	11.32
5:19	1:04	2:08	15:57	26:35	53:10	1:52:10	3:44:20	11.29
5:20	1:04	2:08	16:00	26:40	53:20	1:52:31	3:45:02	11.25
5:21	1:04	2:08	16:03	26:45	53:30	1:52:52	3:45:45	11.21
5:22	1:04	2:09	16:06	26:50	53:40	1:53:13	3:46:27	11.18
5:23	1:05	2:09	16:09	26:55	53:50	1:53:34	3:47:09	11.15
5:24	1:05	2:10	16:12	27:00	54:00	1:53:56	3:47:51	11.11
5:25	1:05	2:10	16:15	27:05	54:10	1:54:17	3:48:33	11.08
5:26	1:05	2:10	16:18	27:10	54:20	1:54:38	3:49:16	11.04
5:27	1:05	2:11	16:21	27:15	54:30	1:54:59	3:49:58	11.01
5:28	1:06	2:11	16:24	27:20	54:40	1:55:20	3:50:40	10.98
5:29	1:06	2:12	16:27	27:25	54:50	1:55:41	3:51:22	10.94
5:30	1:06	2:12	16:30	27:30	55:00	1:56:02	3:52:04	10.91
5:31	1:06	2:12	16:33	27:35	55:10	1:56:23	3:52:47	10.88
5:32	1:06	2:13	16:36	27:40	55:20	1:56:44	3:53:29	10.84
5:33	1:07	2:13	16:39	27:45	55:30	1:57:05	3:54:11	10.81
5:34	1:07	2:14	16:42	27:50	55:40	1:57:27	3:54:53	10.78
5:35	1:07	2:14	16:45	27:55	55:50	1:57:48	3:55:35	10.75
5:36	1:07	2:14	16:48	28:00	56:00	1:58:09	3:56:18	10.71
5:37	1:07	2:15	16:51	28:05	56:10	1:58:30	3:57:00	10.68
5:38	1:08	2:15	16:54	28:10	56:20	1:58:51	3:57:42	10.65
5:39	1:08	2:16	16:57	28:15	56:30	1:59:12	3:58:24	10.62
5:40	1:08	2:16	17:00	28:20	56:40	1:59:33	3:59:06	10.59
5:41	1:08	2:16	17:03	28:25	56:50	1:59:54	3:59:48	10.56
5:42	1:08	2:17	17:06	28:30	57:00	2:00:15	4:00:31	10.53
5:43	1:09	2:17	17:09	28:35	57:10	2:00:36	4:01:13	10.50
5:44	1:09	2:18	17:12	28:40	57:20	2:00:58	4:01:55	10.47
5:45	1:09	2:18	17:15	28:45	57:30	2:01:19	4:02:37	10.43
5:46	1:09	2:18	17:18	28:50	57:40	2:01:40	4:03:19	10.40
5:47	1:09	2:19	17:21	28:55	57:50	2:02:01	4:04:02	10.37
5:48	1:10	2:19	17:24	29:00	58:00	2:02:22	4:04:44	10.34
5:49	1:10	2:20	17:27	29:05	58:10	2:02:43	4:05:26	10.32
5:50	1:10	2:20	17:30	29:10	58:20	2:03:04	4:06:08	10.29
5:51	1:10	2:20	17:33	29:15	58:30	2:03:25	4:06:50	10.26
5:52	1:10	2:21	17:36	29:20	58:40	2:03:46	4:07:33	10.23
5:53	1:11	2:21	17:39	29:25	58:50	2:04:07	4:08:15	10.20
5:54	1:11	2:22	17:42	29:30	59:00	2:04:29	4:08:57	10.17
5:55	1:11	2:22	17:45	29:35	59:10	2:04:50	4:09:39	10.14
5:56	1:11	2:22	17:48	29:40	59:20	2:05:11	4:10:21	10.11
5:57	1:11	2:23	17:51	29:45	59:30	2:05:32	4:11:04	10.08
5:58	1:12	2:23	17:54	29:50	59:40	2:05:53	4:11:46	10.06
5:59	1:12	2:24	17:57	29:55	59:50	2:06:14	4:12:28	10.03
6:00	1:12	2:24	18:00	30:00	1:00:00	2:06:35	4:13:10	10.00