

1 km	200 m	400 m	3000 m	5 km	10 km	1/2 M	Marathon	km/t
2:00	0:24	0:48	6:00	10:00	20:00	42:12	1:24:23	30.00
2:01	0:24	0:48	6:03	10:05	20:10	42:33	1:25:06	29.75
2:02	0:24	0:49	6:06	10:10	20:20	42:54	1:25:48	29.51
2:03	0:25	0:49	6:09	10:15	20:30	43:15	1:26:30	29.27
2:04	0:25	0:50	6:12	10:20	20:40	43:36	1:27:12	29.03
2:05	0:25	0:50	6:15	10:25	20:50	43:57	1:27:54	28.80
2:06	0:25	0:50	6:18	10:30	21:00	44:18	1:28:37	28.57
2:07	0:25	0:51	6:21	10:35	21:10	44:39	1:29:19	28.35
2:08	0:26	0:51	6:24	10:40	21:20	45:00	1:30:01	28.12
2:09	0:26	0:52	6:27	10:45	21:30	45:22	1:30:43	27.91
2:10	0:26	0:52	6:30	10:50	21:40	45:43	1:31:25	27.69
2:11	0:26	0:52	6:33	10:55	21:50	46:04	1:32:08	27.48
2:12	0:26	0:53	6:36	11:00	22:00	46:25	1:32:50	27.27
2:13	0:27	0:53	6:39	11:05	22:10	46:46	1:33:32	27.07
2:14	0:27	0:54	6:42	11:10	22:20	47:07	1:34:14	26.87
2:15	0:27	0:54	6:45	11:15	22:30	47:28	1:34:56	26.67
2:16	0:27	0:54	6:48	11:20	22:40	47:49	1:35:39	26.47
2:17	0:27	0:55	6:51	11:25	22:50	48:10	1:36:21	26.28
2:18	0:28	0:55	6:54	11:30	23:00	48:31	1:37:03	26.09
2:19	0:28	0:56	6:57	11:35	23:10	48:53	1:37:45	25.90
2:20	0:28	0:56	7:00	11:40	23:20	49:14	1:38:27	25.71
2:21	0:28	0:56	7:03	11:45	23:30	49:35	1:39:09	25.53
2:22	0:28	0:57	7:06	11:50	23:40	49:56	1:39:52	25.35
2:23	0:29	0:57	7:09	11:55	23:50	50:17	1:40:34	25.17
2:24	0:29	0:58	7:12	12:00	24:00	50:38	1:41:16	25.00
2:25	0:29	0:58	7:15	12:05	24:10	50:59	1:41:58	24.83
2:26	0:29	0:58	7:18	12:10	24:20	51:20	1:42:40	24.66
2:27	0:29	0:59	7:21	12:15	24:30	51:41	1:43:23	24.49
2:28	0:30	0:59	7:24	12:20	24:40	52:02	1:44:05	24.32
2:29	0:30	1:00	7:27	12:25	24:50	52:24	1:44:47	24.16
2:30	0:30	1:00	7:30	12:30	25:00	52:45	1:45:29	24.00
2:31	0:30	1:00	7:33	12:35	25:10	53:06	1:46:11	23.84
2:32	0:30	1:01	7:36	12:40	25:20	53:27	1:46:54	23.68
2:33	0:31	1:01	7:39	12:45	25:30	53:48	1:47:36	23.53
2:34	0:31	1:02	7:42	12:50	25:40	54:09	1:48:18	23.38
2:35	0:31	1:02	7:45	12:55	25:50	54:30	1:49:00	23.23
2:36	0:31	1:02	7:48	13:00	26:00	54:51	1:49:42	23.08
2:37	0:31	1:03	7:51	13:05	26:10	55:12	1:50:25	22.93
2:38	0:32	1:03	7:54	13:10	26:20	55:33	1:51:07	22.78
2:39	0:32	1:04	7:57	13:15	26:30	55:55	1:51:49	22.64
2:40	0:32	1:04	8:00	13:20	26:40	56:16	1:52:31	22.50
2:41	0:32	1:04	8:03	13:25	26:50	56:37	1:53:13	22.36
2:42	0:32	1:05	8:06	13:30	27:00	56:58	1:53:56	22.22
2:43	0:33	1:05	8:09	13:35	27:10	57:19	1:54:38	22.09
2:44	0:33	1:06	8:12	13:40	27:20	57:40	1:55:20	21.95
2:45	0:33	1:06	8:15	13:45	27:30	58:01	1:56:02	21.82
2:46	0:33	1:06	8:18	13:50	27:40	58:22	1:56:44	21.69
2:47	0:33	1:07	8:21	13:55	27:50	58:43	1:57:27	21.56
2:48	0:34	1:07	8:24	14:00	28:00	59:04	1:58:09	21.43
2:49	0:34	1:08	8:27	14:05	28:10	59:25	1:58:51	21.30
2:50	0:34	1:08	8:30	14:10	28:20	59:47	1:59:33	21.18
2:51	0:34	1:08	8:33	14:15	28:30	1:00:08	2:00:15	21.05
2:52	0:34	1:09	8:36	14:20	28:40	1:00:29	2:00:58	20.93
2:53	0:35	1:09	8:39	14:25	28:50	1:00:50	2:01:40	20.81
2:54	0:35	1:10	8:42	14:30	29:00	1:01:11	2:02:22	20.69
2:55	0:35	1:10	8:45	14:35	29:10	1:01:32	2:03:04	20.57
2:56	0:35	1:10	8:48	14:40	29:20	1:01:53	2:03:46	20.45
2:57	0:35	1:11	8:51	14:45	29:30	1:02:14	2:04:29	20.34
2:58	0:36	1:11	8:54	14:50	29:40	1:02:35	2:05:11	20.22
2:59	0:36	1:12	8:57	14:55	29:50	1:02:56	2:05:53	20.11
3:00	0:36	1:12	9:00	15:00	30:00	1:03:18	2:06:35	20.00