

1 km	200 m	400 m	3000 m	5 km	10 km	1/2 M	Marathon	km/t
6:00	1:12	2:24	18:00	30:00	1:00:00	2:06:35	4:13:10	10.00
6:01	1:12	2:24	18:03	30:05	1:00:10	2:06:56	4:13:52	9.97
6:02	1:12	2:25	18:06	30:10	1:00:20	2:07:17	4:14:35	9.94
6:03	1:13	2:25	18:09	30:15	1:00:30	2:07:38	4:15:17	9.92
6:04	1:13	2:26	18:12	30:20	1:00:40	2:07:59	4:15:59	9.89
6:05	1:13	2:26	18:15	30:25	1:00:50	2:08:21	4:16:41	9.86
6:06	1:13	2:26	18:18	30:30	1:01:00	2:08:42	4:17:23	9.84
6:07	1:13	2:27	18:21	30:35	1:01:10	2:09:03	4:18:06	9.81
6:08	1:14	2:27	18:24	30:40	1:01:20	2:09:24	4:18:48	9.78
6:09	1:14	2:28	18:27	30:45	1:01:30	2:09:45	4:19:30	9.76
6:10	1:14	2:28	18:30	30:50	1:01:40	2:10:06	4:20:12	9.73
6:11	1:14	2:28	18:33	30:55	1:01:50	2:10:27	4:20:54	9.70
6:12	1:14	2:29	18:36	31:00	1:02:00	2:10:48	4:21:37	9.68
6:13	1:15	2:29	18:39	31:05	1:02:10	2:11:09	4:22:19	9.65
6:14	1:15	2:30	18:42	31:10	1:02:20	2:11:30	4:23:01	9.63
6:15	1:15	2:30	18:45	31:15	1:02:30	2:11:52	4:23:43	9.60
6:16	1:15	2:30	18:48	31:20	1:02:40	2:12:13	4:24:25	9.57
6:17	1:15	2:31	18:51	31:25	1:02:50	2:12:34	4:25:08	9.55
6:18	1:16	2:31	18:54	31:30	1:03:00	2:12:55	4:25:50	9.52
6:19	1:16	2:32	18:57	31:35	1:03:10	2:13:16	4:26:32	9.50
6:20	1:16	2:32	19:00	31:40	1:03:20	2:13:37	4:27:14	9.47
6:21	1:16	2:32	19:03	31:45	1:03:30	2:13:58	4:27:56	9.45
6:22	1:16	2:33	19:06	31:50	1:03:40	2:14:19	4:28:38	9.42
6:23	1:17	2:33	19:09	31:55	1:03:50	2:14:40	4:29:21	9.40
6:24	1:17	2:34	19:12	32:00	1:04:00	2:15:01	4:30:03	9.38
6:25	1:17	2:34	19:15	32:05	1:04:10	2:15:23	4:30:45	9.35
6:26	1:17	2:34	19:18	32:10	1:04:20	2:15:44	4:31:27	9.33
6:27	1:17	2:35	19:21	32:15	1:04:30	2:16:05	4:32:09	9.30
6:28	1:18	2:35	19:24	32:20	1:04:40	2:16:26	4:32:52	9.28
6:29	1:18	2:36	19:27	32:25	1:04:50	2:16:47	4:33:34	9.25
6:30	1:18	2:36	19:30	32:30	1:05:00	2:17:08	4:34:16	9.23
6:31	1:18	2:36	19:33	32:35	1:05:10	2:17:29	4:34:58	9.21
6:32	1:18	2:37	19:36	32:40	1:05:20	2:17:50	4:35:40	9.18
6:33	1:19	2:37	19:39	32:45	1:05:30	2:18:11	4:36:23	9.16
6:34	1:19	2:38	19:42	32:50	1:05:40	2:18:32	4:37:05	9.14
6:35	1:19	2:38	19:45	32:55	1:05:50	2:18:54	4:37:47	9.11
6:36	1:19	2:38	19:48	33:00	1:06:00	2:19:15	4:38:29	9.09
6:37	1:19	2:39	19:51	33:05	1:06:10	2:19:36	4:39:11	9.07
6:38	1:20	2:39	19:54	33:10	1:06:20	2:19:57	4:39:54	9.05
6:39	1:20	2:40	19:57	33:15	1:06:30	2:20:18	4:40:36	9.02
6:40	1:20	2:40	20:00	33:20	1:06:40	2:20:39	4:41:18	9.00
6:41	1:20	2:40	20:03	33:25	1:06:50	2:21:00	4:42:00	8.98
6:42	1:20	2:41	20:06	33:30	1:07:00	2:21:21	4:42:42	8.96
6:43	1:21	2:41	20:09	33:35	1:07:10	2:21:42	4:43:25	8.93
6:44	1:21	2:42	20:12	33:40	1:07:20	2:22:03	4:44:07	8.91
6:45	1:21	2:42	20:15	33:45	1:07:30	2:22:24	4:44:49	8.89
6:46	1:21	2:42	20:18	33:50	1:07:40	2:22:46	4:45:31	8.87
6:47	1:21	2:43	20:21	33:55	1:07:50	2:23:07	4:46:13	8.85
6:48	1:22	2:43	20:24	34:00	1:08:00	2:23:28	4:46:56	8.82
6:49	1:22	2:44	20:27	34:05	1:08:10	2:23:49	4:47:38	8.80
6:50	1:22	2:44	20:30	34:10	1:08:20	2:24:10	4:48:20	8.78
6:51	1:22	2:44	20:33	34:15	1:08:30	2:24:31	4:49:02	8.76
6:52	1:22	2:45	20:36	34:20	1:08:40	2:24:52	4:49:44	8.74
6:53	1:23	2:45	20:39	34:25	1:08:50	2:25:13	4:50:27	8.72
6:54	1:23	2:46	20:42	34:30	1:09:00	2:25:34	4:51:09	8.70
6:55	1:23	2:46	20:45	34:35	1:09:10	2:25:55	4:51:51	8.67
6:56	1:23	2:46	20:48	34:40	1:09:20	2:26:17	4:52:33	8.65
6:57	1:23	2:47	20:51	34:45	1:09:30	2:26:38	4:53:15	8.63
6:58	1:24	2:47	20:54	34:50	1:09:40	2:26:59	4:53:58	8.61
6:59	1:24	2:48	20:57	34:55	1:09:50	2:27:20	4:54:40	8.59
7:00	1:24	2:48	21:00	35:00	1:10:00	2:27:41	4:55:22	8.57