

| 1 km | 200 m | 400 m | 3000 m | 5 km | 10 km | 1/2 M | Marathon | km/t |
|------|-------|-------|--------|-------|-------|---------|----------|-------|
| 3:00 | 0:36 | 1:12 | 9:00 | 15:00 | 30:00 | 1:03:18 | 2:06:35 | 20.00 |
| 3:01 | 0:36 | 1:12 | 9:03 | 15:05 | 30:10 | 1:03:39 | 2:07:17 | 19.89 |
| 3:02 | 0:36 | 1:13 | 9:06 | 15:10 | 30:20 | 1:04:00 | 2:07:59 | 19.78 |
| 3:03 | 0:37 | 1:13 | 9:09 | 15:15 | 30:30 | 1:04:21 | 2:08:42 | 19.67 |
| 3:04 | 0:37 | 1:14 | 9:12 | 15:20 | 30:40 | 1:04:42 | 2:09:24 | 19.57 |
| 3:05 | 0:37 | 1:14 | 9:15 | 15:25 | 30:50 | 1:05:03 | 2:10:06 | 19.46 |
| 3:06 | 0:37 | 1:14 | 9:18 | 15:30 | 31:00 | 1:05:24 | 2:10:48 | 19.35 |
| 3:07 | 0:37 | 1:15 | 9:21 | 15:35 | 31:10 | 1:05:45 | 2:11:30 | 19.25 |
| 3:08 | 0:38 | 1:15 | 9:24 | 15:40 | 31:20 | 1:06:06 | 2:12:13 | 19.15 |
| 3:09 | 0:38 | 1:16 | 9:27 | 15:45 | 31:30 | 1:06:27 | 2:12:55 | 19.05 |
| 3:10 | 0:38 | 1:16 | 9:30 | 15:50 | 31:40 | 1:06:49 | 2:13:37 | 18.95 |
| 3:11 | 0:38 | 1:16 | 9:33 | 15:55 | 31:50 | 1:07:10 | 2:14:19 | 18.85 |
| 3:12 | 0:38 | 1:17 | 9:36 | 16:00 | 32:00 | 1:07:31 | 2:15:01 | 18.75 |
| 3:13 | 0:39 | 1:17 | 9:39 | 16:05 | 32:10 | 1:07:52 | 2:15:44 | 18.65 |
| 3:14 | 0:39 | 1:18 | 9:42 | 16:10 | 32:20 | 1:08:13 | 2:16:26 | 18.56 |
| 3:15 | 0:39 | 1:18 | 9:45 | 16:15 | 32:30 | 1:08:34 | 2:17:08 | 18.46 |
| 3:16 | 0:39 | 1:18 | 9:48 | 16:20 | 32:40 | 1:08:55 | 2:17:50 | 18.37 |
| 3:17 | 0:39 | 1:19 | 9:51 | 16:25 | 32:50 | 1:09:16 | 2:18:32 | 18.27 |
| 3:18 | 0:40 | 1:19 | 9:54 | 16:30 | 33:00 | 1:09:37 | 2:19:15 | 18.18 |
| 3:19 | 0:40 | 1:20 | 9:57 | 16:35 | 33:10 | 1:09:58 | 2:19:57 | 18.09 |
| 3:20 | 0:40 | 1:20 | 10:00 | 16:40 | 33:20 | 1:10:20 | 2:20:39 | 18.00 |
| 3:21 | 0:40 | 1:20 | 10:03 | 16:45 | 33:30 | 1:10:41 | 2:21:21 | 17.91 |
| 3:22 | 0:40 | 1:21 | 10:06 | 16:50 | 33:40 | 1:11:02 | 2:22:03 | 17.82 |
| 3:23 | 0:41 | 1:21 | 10:09 | 16:55 | 33:50 | 1:11:23 | 2:22:46 | 17.73 |
| 3:24 | 0:41 | 1:22 | 10:12 | 17:00 | 34:00 | 1:11:44 | 2:23:28 | 17.65 |
| 3:25 | 0:41 | 1:22 | 10:15 | 17:05 | 34:10 | 1:12:05 | 2:24:10 | 17.56 |
| 3:26 | 0:41 | 1:22 | 10:18 | 17:10 | 34:20 | 1:12:26 | 2:24:52 | 17.48 |
| 3:27 | 0:41 | 1:23 | 10:21 | 17:15 | 34:30 | 1:12:47 | 2:25:34 | 17.39 |
| 3:28 | 0:42 | 1:23 | 10:24 | 17:20 | 34:40 | 1:13:08 | 2:26:17 | 17.31 |
| 3:29 | 0:42 | 1:24 | 10:27 | 17:25 | 34:50 | 1:13:29 | 2:26:59 | 17.22 |
| 3:30 | 0:42 | 1:24 | 10:30 | 17:30 | 35:00 | 1:13:50 | 2:27:41 | 17.14 |
| 3:31 | 0:42 | 1:24 | 10:33 | 17:35 | 35:10 | 1:14:12 | 2:28:23 | 17.06 |
| 3:32 | 0:42 | 1:25 | 10:36 | 17:40 | 35:20 | 1:14:33 | 2:29:05 | 16.98 |
| 3:33 | 0:43 | 1:25 | 10:39 | 17:45 | 35:30 | 1:14:54 | 2:29:48 | 16.90 |
| 3:34 | 0:43 | 1:26 | 10:42 | 17:50 | 35:40 | 1:15:15 | 2:30:30 | 16.82 |
| 3:35 | 0:43 | 1:26 | 10:45 | 17:55 | 35:50 | 1:15:36 | 2:31:12 | 16.74 |
| 3:36 | 0:43 | 1:26 | 10:48 | 18:00 | 36:00 | 1:15:57 | 2:31:54 | 16.67 |
| 3:37 | 0:43 | 1:27 | 10:51 | 18:05 | 36:10 | 1:16:18 | 2:32:36 | 16.59 |
| 3:38 | 0:44 | 1:27 | 10:54 | 18:10 | 36:20 | 1:16:39 | 2:33:19 | 16.51 |
| 3:39 | 0:44 | 1:28 | 10:57 | 18:15 | 36:30 | 1:17:00 | 2:34:01 | 16.44 |
| 3:40 | 0:44 | 1:28 | 11:00 | 18:20 | 36:40 | 1:17:21 | 2:34:43 | 16.36 |
| 3:41 | 0:44 | 1:28 | 11:03 | 18:25 | 36:50 | 1:17:43 | 2:35:25 | 16.29 |
| 3:42 | 0:44 | 1:29 | 11:06 | 18:30 | 37:00 | 1:18:04 | 2:36:07 | 16.22 |
| 3:43 | 0:45 | 1:29 | 11:09 | 18:35 | 37:10 | 1:18:25 | 2:36:49 | 16.14 |
| 3:44 | 0:45 | 1:30 | 11:12 | 18:40 | 37:20 | 1:18:46 | 2:37:32 | 16.07 |
| 3:45 | 0:45 | 1:30 | 11:15 | 18:45 | 37:30 | 1:19:07 | 2:38:14 | 16.00 |
| 3:46 | 0:45 | 1:30 | 11:18 | 18:50 | 37:40 | 1:19:28 | 2:38:56 | 15.93 |
| 3:47 | 0:45 | 1:31 | 11:21 | 18:55 | 37:50 | 1:19:49 | 2:39:38 | 15.86 |
| 3:48 | 0:46 | 1:31 | 11:24 | 19:00 | 38:00 | 1:20:10 | 2:40:20 | 15.79 |
| 3:49 | 0:46 | 1:32 | 11:27 | 19:05 | 38:10 | 1:20:31 | 2:41:03 | 15.72 |
| 3:50 | 0:46 | 1:32 | 11:30 | 19:10 | 38:20 | 1:20:52 | 2:41:45 | 15.65 |
| 3:51 | 0:46 | 1:32 | 11:33 | 19:15 | 38:30 | 1:21:14 | 2:42:27 | 15.58 |
| 3:52 | 0:46 | 1:33 | 11:36 | 19:20 | 38:40 | 1:21:35 | 2:43:09 | 15.52 |
| 3:53 | 0:47 | 1:33 | 11:39 | 19:25 | 38:50 | 1:21:56 | 2:43:51 | 15.45 |
| 3:54 | 0:47 | 1:34 | 11:42 | 19:30 | 39:00 | 1:22:17 | 2:44:34 | 15.38 |
| 3:55 | 0:47 | 1:34 | 11:45 | 19:35 | 39:10 | 1:22:38 | 2:45:16 | 15.32 |
| 3:56 | 0:47 | 1:34 | 11:48 | 19:40 | 39:20 | 1:22:59 | 2:45:58 | 15.25 |
| 3:57 | 0:47 | 1:35 | 11:51 | 19:45 | 39:30 | 1:23:20 | 2:46:40 | 15.19 |
| 3:58 | 0:48 | 1:35 | 11:54 | 19:50 | 39:40 | 1:23:41 | 2:47:22 | 15.13 |
| 3:59 | 0:48 | 1:36 | 11:57 | 19:55 | 39:50 | 1:24:02 | 2:48:05 | 15.06 |
| 4:00 | 0:48 | 1:36 | 12:00 | 20:00 | 40:00 | 1:24:23 | 2:48:47 | 15.00 |