

| 500m eindtijd behaald | 1500m eindtijd doel | 300m tijd opening | ronde tijd ronde1 | 700m tijd tussen | ronde tijd ronde2 | 1100m tijd tussen | ronde tijd ronde3 | 1500m eindtijd eindtijd |
|-----------------------------|---------------------------|-------------------------|-------------------------|------------------------|-------------------------|-------------------------|-------------------------|-------------------------------|
| 37,0 | 1,51 | 00:24,0 | 00:28,0 | 00:52,0 | 00:29,0 | 01:21,0 | 00:30,0 | 01:51,0 |
| 38,0 | 1,54 | 00:24,5 | 00:28,5 | 00:53,0 | 00:30,0 | 01:23,0 | 00:31,0 | 01:54,0 |
| 39,0 | 1,58 | 00:26,0 | 00:29,5 | 00:55,5 | 00:30,5 | 01:26,0 | 00:32,0 | 01:58,0 |
| 40,0 | 2,01 | 00:26,5 | 00:30,0 | 00:56,5 | 00:31,5 | 01:28,0 | 00:33,0 | 02:01,0 |
| 41,0 | 2,05 | 00:27,5 | 00:31,0 | 00:58,5 | 00:32,5 | 01:31,0 | 00:34,0 | 02:05,0 |
| 42,0 | 2,09 | 00:28,5 | 00:32,0 | 01:00,5 | 00:33,5 | 01:34,0 | 00:35,0 | 02:09,0 |
| 43,0 | 2,12 | 00:28,5 | 00:33,0 | 01:01,5 | 00:34,5 | 01:36,0 | 00:36,0 | 02:12,0 |
| 44,0 | 2,16 | 00:29,5 | 00:34,0 | 01:03,5 | 00:35,5 | 01:39,0 | 00:37,0 | 02:16,0 |
| 45,0 | 2,19 | 00:30,0 | 00:35,0 | 01:05,0 | 00:36,0 | 01:41,0 | 00:38,0 | 02:19,0 |
| 46,0 | 2,23 | 00:31,0 | 00:36,0 | 01:07,0 | 00:37,0 | 01:44,0 | 00:39,0 | 02:23,0 |
| 47,0 | 2,26 | 00:31,0 | 00:37,0 | 01:08,0 | 00:38,0 | 01:46,0 | 00:40,0 | 02:26,0 |
| 48,0 | 2,30 | 00:32,0 | 00:38,0 | 01:10,0 | 00:39,0 | 01:49,0 | 00:41,0 | 02:30,0 |
| 49,0 | 2,33 | 00:32,0 | 00:39,0 | 01:11,0 | 00:40,0 | 01:51,0 | 00:42,0 | 02:33,0 |
| 50,0 | 2,37 | 00:33,0 | 00:40,0 | 01:13,0 | 00:41,0 | 01:54,0 | 00:43,0 | 02:37,0 |
| 51,0 | 2,40 | 00:33,0 | 00:41,0 | 01:14,0 | 00:42,0 | 01:56,0 | 00:44,0 | 02:40,0 |
| 52,0 | 2,44 | 00:34,0 | 00:42,0 | 01:16,0 | 00:43,0 | 01:59,0 | 00:45,0 | 02:44,0 |
| 53,0 | 2,47 | 00:34,5 | 00:43,0 | 01:17,5 | 00:44,0 | 02:01,5 | 00:45,5 | 02:47,0 |
| 54,0 | 2,51 | 00:35,5 | 00:44,0 | 01:19,5 | 00:45,0 | 02:04,5 | 00:46,5 | 02:51,0 |
| 55,0 | 2,54 | 00:36,0 | 00:45,0 | 01:21,0 | 00:45,5 | 02:06,5 | 00:47,5 | 02:54,0 |
| 56,0 | 2,58 | 00:37,0 | 00:46,0 | 01:23,0 | 00:47,0 | 02:10,0 | 00:48,0 | 02:58,0 |
| 57,0 | 3,02 | 00:38,0 | 00:47,0 | 01:25,0 | 00:48,0 | 02:13,0 | 00:49,0 | 03:02,0 |
| 58,0 | 3,05 | 00:38,0 | 00:48,0 | 01:26,0 | 00:49,0 | 02:15,0 | 00:50,0 | 03:05,0 |
| 59,0 | 3,09 | 00:39,0 | 00:49,0 | 01:28,0 | 00:50,0 | 02:18,0 | 00:51,0 | 03:09,0 |
| 60,0 | 3,12 | 00:39,0 | 00:50,0 | 01:29,0 | 00:51,0 | 02:20,0 | 00:52,0 | 03:12,0 |
| 61,0 | 3,16 | 00:40,0 | 00:51,0 | 01:31,0 | 00:52,0 | 02:23,0 | 00:53,0 | 03:16,0 |
| 62,0 | 3,19 | 00:40,0 | 00:52,0 | 01:32,0 | 00:53,0 | 02:25,0 | 00:54,0 | 03:19,0 |
| 63,0 | 3,23 | 00:41,0 | 00:53,0 | 01:34,0 | 00:54,0 | 02:28,0 | 00:55,0 | 03:23,0 |
| 64,0 | 3,26 | 00:41,0 | 00:54,0 | 01:35,0 | 00:55,0 | 02:30,0 | 00:56,0 | 03:26,0 |
| 65,0 | 3,30 | 00:42,0 | 00:55,0 | 01:37,0 | 00:56,0 | 02:33,0 | 00:57,0 | 03:30,0 |
| 66,0 | 3,33 | 00:42,0 | 00:56,0 | 01:38,0 | 00:57,0 | 02:35,0 | 00:58,0 | 03:33,0 |
| 67,0 | 3,37 | 00:43,0 | 00:57,0 | 01:40,0 | 00:58,0 | 02:38,0 | 00:59,0 | 03:37,0 |
| 68,0 | 3,40 | 00:43,0 | 00:58,0 | 01:41,0 | 00:59,0 | 02:40,0 | 01:00,0 | 03:40,0 |
| 69,0 | 3,44 | 00:44,0 | 00:59,0 | 01:43,0 | 01:00,0 | 02:43,0 | 01:01,0 | 03:44,0 |
| 70,0 | 3,47 | 00:44,0 | 01:00,0 | 01:44,0 | 01:01,0 | 02:45,0 | 01:02,0 | 03:47,0 |
| 71,0 | 3,51 | 00:45,0 | 01:01,0 | 01:46,0 | 01:02,0 | 02:48,0 | 01:03,0 | 03:51,0 |
| 72,0 | 3,55 | 00:46,0 | 01:02,0 | 01:48,0 | 01:03,0 | 02:51,0 | 01:04,0 | 03:55,0 |