

| km    | 5km   | 10km  | 15km    | 20km    | 21.097  | 25km    | 30km    | 35km    | 40m     | 42.195  |
|-------|-------|-------|---------|---------|---------|---------|---------|---------|---------|---------|
| 03:00 | 15:00 | 30:00 | 45:00   | 1:00:00 | 1:03:18 | 1:15:00 | 1:30:00 | 1:45:00 | 2:00:00 | 2:06:35 |
| 03:05 | 15:25 | 30:50 | 46:15   | 1:01:40 | 1:05:03 | 1:17:05 | 1:32:30 | 1:47:55 | 2:03:20 | 2:10:06 |
| 03:10 | 15:50 | 31:40 | 47:30   | 1:03:20 | 1:06:49 | 1:19:10 | 1:35:00 | 1:50:50 | 2:06:40 | 2:13:37 |
| 03:15 | 16:15 | 32:30 | 48:45   | 1:05:00 | 1:08:34 | 1:21:15 | 1:37:30 | 1:53:45 | 2:10:00 | 2:17:08 |
| 03:20 | 16:40 | 33:20 | 50:00   | 1:06:40 | 1:10:20 | 1:23:20 | 1:40:00 | 1:56:40 | 2:13:20 | 2:20:39 |
| 03:25 | 17:05 | 34:10 | 51:15   | 1:08:20 | 1:12:05 | 1:25:25 | 1:42:30 | 1:59:35 | 2:16:40 | 2:24:10 |
| 03:30 | 17:30 | 35:00 | 52:30   | 1:10:00 | 1:13:50 | 1:27:30 | 1:45:00 | 2:02:30 | 2:20:00 | 2:27:41 |
| 03:35 | 17:55 | 35:50 | 53:45   | 1:11:40 | 1:15:36 | 1:29:35 | 1:47:30 | 2:05:25 | 2:23:20 | 2:31:12 |
| 03:40 | 18:20 | 36:40 | 55:00   | 1:13:20 | 1:17:21 | 1:31:40 | 1:50:00 | 2:08:20 | 2:26:40 | 2:34:43 |
| 03:45 | 18:45 | 37:30 | 56:15   | 1:15:00 | 1:19:07 | 1:33:45 | 1:52:30 | 2:11:15 | 2:30:00 | 2:38:14 |
| 03:50 | 19:10 | 38:20 | 57:30   | 1:16:40 | 1:20:52 | 1:35:50 | 1:55:00 | 2:14:10 | 2:33:20 | 2:41:45 |
| 03:55 | 19:35 | 39:10 | 58:45   | 1:18:20 | 1:22:38 | 1:37:55 | 1:57:30 | 2:17:05 | 2:36:40 | 2:45:16 |
| 04:00 | 20:00 | 40:00 | 1:00:00 | 1:20:00 | 1:24:23 | 1:40:00 | 2:00:00 | 2:20:00 | 2:40:00 | 2:48:47 |
| 04:05 | 20:25 | 40:50 | 1:01:15 | 1:21:40 | 1:26:09 | 1:42:05 | 2:02:30 | 2:22:55 | 2:43:20 | 2:52:18 |
| 04:10 | 20:50 | 41:40 | 1:02:30 | 1:23:20 | 1:27:54 | 1:44:10 | 2:05:00 | 2:25:50 | 2:46:40 | 2:55:49 |
| 04:15 | 21:15 | 42:30 | 1:03:45 | 1:25:00 | 1:29:40 | 1:46:15 | 2:07:30 | 2:28:45 | 2:50:00 | 2:59:20 |
| 04:20 | 21:40 | 43:20 | 1:05:00 | 1:26:40 | 1:31:25 | 1:48:20 | 2:10:00 | 2:31:40 | 2:53:20 | 3:02:51 |
| 04:25 | 22:05 | 44:10 | 1:06:15 | 1:28:20 | 1:33:11 | 1:50:25 | 2:12:30 | 2:34:35 | 2:56:40 | 3:06:22 |
| 04:30 | 22:30 | 45:00 | 1:07:30 | 1:30:00 | 1:34:56 | 1:52:30 | 2:15:00 | 2:37:30 | 3:00:00 | 3:09:53 |
| 04:35 | 22:55 | 45:50 | 1:08:45 | 1:31:40 | 1:36:42 | 1:54:35 | 2:17:30 | 2:40:25 | 3:03:20 | 3:13:24 |
| 04:40 | 23:20 | 46:40 | 1:10:00 | 1:33:20 | 1:38:27 | 1:56:40 | 2:20:00 | 2:43:20 | 3:06:40 | 3:16:55 |
| 04:45 | 23:45 | 47:30 | 1:11:15 | 1:35:00 | 1:40:13 | 1:58:45 | 2:22:30 | 2:46:15 | 3:10:00 | 3:20:26 |
| 04:50 | 24:10 | 48:20 | 1:12:30 | 1:36:40 | 1:41:58 | 2:00:50 | 2:25:00 | 2:49:10 | 3:13:20 | 3:23:57 |
| 04:55 | 24:35 | 49:10 | 1:13:45 | 1:38:20 | 1:43:44 | 2:02:55 | 2:27:30 | 2:52:05 | 3:16:40 | 3:27:28 |
| 05:00 | 25:00 | 50:00 | 1:15:00 | 1:40:00 | 1:45:29 | 2:05:00 | 2:30:00 | 2:55:00 | 3:20:00 | 3:30:59 |
| 05:05 | 25:25 | 50:50 | 1:16:15 | 1:41:40 | 1:47:15 | 2:07:05 | 2:32:30 | 2:57:55 | 3:23:20 | 3:34:29 |
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| 05:15 | 26:15 | 52:30 | 1:18:45 | 1:45:00 | 1:50:46 | 2:11:15 | 2:37:30 | 3:03:45 | 3:30:00 | 3:41:31 |
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|       |       |         |         |         |         |         |         |         |         |         |
|-------|-------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
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