

	100Km	125Km	150Km	175Km	200Km	225Km	250Km	275Km	300Km	325Km	350Km	375Km	400Km	425Km	450Km	475Km	500Km	525Km
2 000m/m	0:50	1:02	1:15	1:27	1:40	1:52	2:05	2:17	2:30	2:42	2:55	3:07	3:20	3:32	3:45	3:57	4:10	4:22
1 900m/m	0:52	1:05	1:18	1:32	1:45	1:58	2:11	2:24	2:37	2:51	3:04	3:17	3:30	3:43	3:56	4:10	4:23	4:36
1 800m/m	0:55	1:09	1:23	1:37	1:51	2:05	2:18	2:32	2:46	3:00	3:14	3:28	3:42	3:56	4:10	4:23	4:37	4:51
1 700m/m	0:58	1:13	1:28	1:42	1:57	2:12	2:27	2:41	2:56	3:11	3:25	3:40	3:55	4:10	4:24	4:39	4:54	5:08
1 600m/m	1:02	1:18	1:33	1:49	2:05	2:20	2:36	2:51	3:07	3:23	3:38	3:54	4:10	4:25	4:41	4:56	5:12	5:28
1 550m/m	1:04	1:20	1:36	1:52	2:09	2:25	2:41	2:57	3:13	3:29	3:45	4:01	4:18	4:34	4:50	5:06	5:22	5:38
1 500m/m	1:06	1:23	1:40	1:56	2:13	2:30	2:46	3:03	3:20	3:36	3:53	4:10	4:26	4:43	5:00	5:16	5:33	5:50
1 450m/m	1:08	1:26	1:43	2:00	2:17	2:35	2:52	3:09	3:26	3:44	4:01	4:18	4:35	4:53	5:10	5:27	5:44	6:02
1 400m/m	1:11	1:29	1:47	2:05	2:22	2:40	2:58	3:16	3:34	3:52	4:10	4:27	4:45	5:03	5:21	5:39	5:57	6:15
1 350m/m	1:14	1:32	1:51	2:09	2:28	2:46	3:05	3:23	3:42	4:00	4:19	4:37	4:56	5:14	5:33	5:51	6:10	6:28
1 300m/m	1:16	1:36	1:55	2:14	2:33	2:53	3:12	3:31	3:50	4:10	4:29	4:48	5:07	5:26	5:46	6:05	6:24	6:43
1 250m/m	1:20	1:40	2:00	2:20	2:40	3:00	3:20	3:40	4:00	4:20	4:40	5:00	5:20	5:40	6:00	6:20	6:40	7:00
1 200m/m	1:23	1:44	2:05	2:25	2:46	3:07	3:28	3:49	4:10	4:30	4:51	5:12	5:33	5:54	6:15	6:35	6:56	7:17
1 150m/m	1:26	1:48	2:10	2:32	2:53	3:15	3:37	3:59	4:20	4:42	5:04	5:26	5:47	6:09	6:31	6:53	7:14	7:36
1 100m/m	1:30	1:53	2:16	2:39	3:01	3:24	3:47	4:10	4:32	4:55	5:18	5:40	6:03	6:26	6:49	7:11	7:34	7:57
1 050m/m	1:35	1:59	2:22	2:46	3:10	3:34	3:58	4:21	4:45	5:09	5:33	5:57	6:20	6:44	7:08	7:32	7:56	8:20
1 000m/m	1:40	2:05	2:30	2:55	3:20	3:45	4:10	4:35	5:00	5:25	5:50	6:15	6:40	7:05	7:30	7:55	8:20	8:45
950m/m	1:45	2:11	2:37	3:04	3:30	3:56	4:23	4:49	5:15	5:42	6:08	6:34	7:01	7:27	7:53	8:20	8:46	9:12
900m/m	1:51	2:18	2:46	3:14	3:42	4:10	4:37	5:05	5:33	6:01	6:28	6:56	7:24	7:52	8:20	8:47	9:15	9:43
850m/m	1:57	2:27	2:56	3:25	3:55	4:24	4:54	5:23	5:52	6:22	6:51	7:21	7:50	8:20	8:49	9:18	9:48	10:17
800m/m	2:05	2:36	3:07	3:38	4:10	4:41	5:12	5:43	6:15	6:46	7:17	7:48	8:20	8:51	9:22	9:53	10:25	10:56

	550Km	575Km	600Km	625Km	650Km	675Km	700Km	725Km	750Km	775Km	800Km	825Km	850Km	875Km	900Km	950Km	1 000Km	1 100Km
2 000m/m	4:35	4:47	5:00	5:12	5:25	5:37	5:50	6:02	6:15	6:27	6:40	6:52	7:05	7:17	7:30	7:55	8:20	9:10
1 900m/m	4:49	5:02	5:15	5:28	5:42	5:55	6:08	6:21	6:34	6:47	7:01	7:14	7:27	7:40	7:53	8:20	8:46	9:38
1 800m/m	5:05	5:19	5:33	5:47	6:01	6:15	6:28	6:42	6:56	7:10	7:24	7:38	7:52	8:06	8:20	8:47	9:15	10:11
1 700m/m	5:23	5:38	5:52	6:07	6:22	6:37	6:51	7:06	7:21	7:35	7:50	8:05	8:20	8:34	8:49	9:18	9:48	10:47
1 600m/m	5:43	5:59	6:15	6:30	6:46	7:01	7:17	7:33	7:48	8:04	8:20	8:35	8:51	9:06	9:22	9:53	10:25	11:27
1 550m/m	5:54	6:10	6:27	6:43	6:59	7:15	7:31	7:47	8:03	8:20	8:36	8:52	9:08	9:24	9:40	10:12	10:45	11:49
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1 400m/m	6:32	6:50	7:08	7:26	7:44	8:02	8:20	8:37	8:55	9:13	9:31	9:49	10:07	10:25	10:42	11:18	11:54	13:05
1 350m/m	6:47	7:05	7:24	7:42	8:01	8:20	8:38	8:57	9:15	9:34	9:52	10:11	10:29	10:48	11:06	11:43	12:20	13:34
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1 250m/m	7:20	7:40	8:00	8:20	8:40	9:00	9:20	9:40	10:00	10:20	10:40	11:00	11:20	11:40	12:00	12:40	13:20	14:40
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1 100m/m	8:20	8:42	9:05	9:28	9:50	10:13	10:36	10:59	11:21	11:44	12:07	12:30	12:52	13:15	13:38	14:23	15:09	16:40
1 050m/m	8:43	9:07	9:31	9:55	10:19	10:42	11:06	11:30	11:54	12:18	12:41	13:05	13:29	13:53	14:17	15:04	15:52	17:27
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950m/m	9:38	10:05	10:31	10:57	11:24	11:50	12:16	12:43	13:09	13:35	14:02	14:28	14:54	15:21	15:47	16:40	17:32	19:17
900m/m	10:11	10:38	11:06	11:34	12:02	12:30	12:57	13:25	13:53	14:21	14:48	15:16	15:44	16:12	16:40	17:35	18:31	20:22
850m/m	10:47	11:16	11:45	12:15	12:44	13:14	13:43	14:12	14:42	15:11	15:41	16:10	16:40	17:09	17:38	18:37	19:36	21:34
800m/m	11:27	11:58	12:30	13:01	13:32	14:03	14:35	15:06	15:37	16:08	16:40	17:11	17:42	18:13	18:45	19:47	20:50	22:55