

	100km	125km	150km	175km	200km	225km	250km	275km	300km	325km	350km	375km	400km	425km	450km	475km	500km	525km
2100m	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
1900m	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
1800m	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
1700m	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
1600m	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
1550m	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
1500m	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
1450m	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
1400m	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
1350m	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
1300m	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
1250m	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
1200m	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
1150m	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
1100m	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
1050m	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
1000m	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	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	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	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	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	1000km	1100km
2000m	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
1900m	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
1800m	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
1700m	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
1600m	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
1550m	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
1500m	6:06	6:23	6:40	6:56	7:13	7:30	7:46	8:03	8:20	8:36	8:53	9:10	9:26	9:43	10:00	10:33	11:06	12:13
1450m	6:19	6:36	6:53	7:11	7:28	7:45	8:02	8:20	8:37	8:54	9:11	9:28	9:46	10:03	10:20	10:55	11:29	12:38
1400m	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
1350m	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
1300m	7:03	7:22	7:41	8:00	8:20	8:39	8:58	9:17	9:36	9:56	10:15	10:34	10:53	11:13	11:32	12:10	12:49	14:06
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1200m	7:38	7:59	8:20	8:40	9:01	9:22	9:43	10:04	10:25	10:45	11:06	11:27	11:48	12:09	12:30	13:11	13:53	15:16
1150m	7:58	8:20	8:41	9:03	9:25	9:46	10:08	10:30	10:52	11:13	11:35	11:57	12:19	12:40	13:02	13:46	14:29	15:56
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