

	22,5 km/h	21,2 km/h	20,0 km/h	18,9 km/h	18,0 km/h	17,1 km/h	16,4 km/h	15,7 km/h	15,0 km/h	14,4 km/h	13,8 km/h	13,3 km/h	12,9 km/h	12,4 km/h	12,0 km/h	11,6 km/h	11,3 km/h	10,9 km/h
Distans	2.40 min/km	2.50 min/km	3.00 min/km	3.10 min/km	3.20 min/km	3.30 min/km	3.40 min/km	3.50 min/km	4.00 min/km	4.10 min/km	4.20 min/km	4.30 min/km	4.40 min/km	4.50 min/km	5.00 min/km	5.10 min/km	5.20 min/km	5.30 min/km
200 m	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60	62	64	66
300 m	48	51	54	57	60	63	66	69	72	75	78	81	84	87	90	93	96	99
400 m	1.04	1.08	1.12	1.16	1.20	1.24	1.28	1.32	1.36	1.40	1.44	1.48	1.52	1.56	2.00	2.04	2.08	2.12
500 m	1.20	1.25	1.30	1.35	1.40	1.45	1.50	1.55	2.00	2.05	2.10	2.15	2.20	2.25	2.30	2.35	2.40	2.45
600 m	1.36	1.42	1.48	1.54	2.00	2.06	2.12	2.18	2.24	2.30	2.36	2.42	2.48	2.54	3.00	3.06	3.12	3.18
800 m	2.08	2.16	2.24	2.32	2.40	2.48	2.56	3.04	3.12	3.20	3.28	3.36	3.44	3.52	4.00	4.08	4.16	4.24
1 km	2.40	2.50	3.00	3.10	3.20	3.30	3.40	3.50	4.00	4.10	4.20	4.30	4.40	4.50	5.00	5.10	5.20	5.30
1200 m	3.12	3.24	3.36	3.48	4.00	4.12	4.24	4.36	4.48	5.00	5.12	5.24	5.36	5.48	6.00	6.12	6.24	6.36
1500 m	4.00	4.15	4.30	4.45	5.00	5.15	5.30	5.45	6.00	6.15	6.30	6.45	7.00	7.15	7.30	7.45	8.00	8.15
2 km	5.20	5.40	6.00	6.20	6.40	7.00	7.20	7.40	8.00	8.20	8.40	9.00	9.20	9.40	10.00	10.20	10.40	11.00
3 km	8.00	8.30	9.00	9.30	10.00	10.30	11.00	11.30	12.00	12.30	13.00	13.30	14.00	14.30	15.00	15.30	16.00	16.30
4 km	10.40	11.20	12.00	12.40	13.20	14.00	14.40	15.20	16.00	16.40	17.20	18.00	18.40	19.20	20.00	20.40	21.20	22.00
5 km	13.20	14.10	15.00	15.50	16.40	17.30	18.20	19.10	20.00	20.50	21.40	22.30	23.20	24.10	25.00	25.50	26.40	27.30
6 km		17.00	18.00	19.00	20.00	21.00	22.00	23.00	24.00	25.00	26.00	27.00	28.00	29.00	30.00	31.00	32.00	33.00
7 km		19.50	21.00	22.10	23.20	24.30	25.40	26.50	28.00	29.10	30.20	31.30	32.40	33.50	35.00	36.10	37.20	38.30
8 km		22.40	24.00	25.20	26.40	28.00	29.20	30.40	32.00	33.20	34.40	36.00	37.20	38.40	40.00	41.20	42.40	44.00
9 km		25.30	27.00	28.30	30.00	31.30	33.00	34.30	36.00	37.30	39.00	40.30	42.00	43.30	45.00	46.30	48.00	49.30
10 km		28.20	30.00	31.40	33.20	35.00	36.40	38.20	40.00	41.40	43.20	45.00	46.40	48.20	50.00	51.40	53.20	55.00
Kvartsmara 10,549 km		29.53	31.39	33.24	35.10	36.55	38.41	40.26	42.12	43.57	45.43	47.28	49.14	50.59	52.45	54.30	56.16	58.01
11 km			33.00	34.50	36.40	38.30	40.20	42.10	44.00	45.50	47.40	49.30	51.20	53.10	55.00	56.50	58.40	1.00.30
12 km			36.00	38.00	40.00	42.00	44.00	46.00	48.00	50.00	52.00	54.00	56.00	58.00	1.00.00	1.02.00	1.04.00	1.06.00
13 km			39.00	41.10	43.20	45.30	47.40	49.50	52.00	54.10	56.20	58.30	1.00.40	1.02.50	1.05.00	1.07.10	1.09.20	1.11.30
14 km			42.00	44.20	46.40	49.00	51.20	53.40	56.00	58.20	1.00.40	1.03.00	1.05.20	1.07.40	1.10.00	1.12.20	1.14.40	1.17.00
15 km			45.00	47.30	50.00	52.30	55.00	57.30	1.00.00	1.02.30	1.05.00	1.07.30	1.10.00	1.12.30	1.15.00	1.17.30	1.20.00	1.22.30
16 km				50.40	53.20	56.00	58.40	1.01.20	1.04.00	1.06.40	1.09.20	1.12.00	1.14.40	1.17.20	1.20.00	1.22.40	1.25.20	1.28.00
17 km				53.50	56.40	59.30	1.02.20	1.05.10	1.08.00	1.10.50	1.13.40	1.16.30	1.19.20	1.22.10	1.25.00	1.27.50	1.30.40	1.33.30
18 km				57.00	1.00.00	1.03.00	1.06.00	1.09.00	1.12.00	1.15.00	1.18.00	1.21.00	1.24.00	1.27.00	1.30.00	1.33.00	1.36.00	1.39.00
19 km				1.00.10	1.03.20	1.06.30	1.09.40	1.12.50	1.16.00	1.19.10	1.22.20	1.25.30	1.28.40	1.31.50	1.35.00	1.38.10	1.41.20	1.44.30
20 km				1.03.20	1.06.40	1.10.00	1.13.20	1.16.40	1.20.00	1.23.20	1.26.40	1.30.00	1.33.20	1.36.40	1.40.00	1.43.20	1.46.40	1.50.00
21 km				1.06.30	1.10.00	1.13.30	1.17.00	1.20.30	1.24.00	1.27.30	1.31.00	1.34.30	1.38.00	1.41.30	1.45.00	1.48.30	1.52.00	1.55.30
Halvmara 21,0975 km				1.06.49	1.10.20	1.13.50	1.17.21	1.20.52	1.24.23	1.27.54	1.31.25	1.34.56	1.38.27	1.41.58	1.45.29	1.49.00	1.52.31	1.56.02
22 km					1.13.20	1.17.00	1.20.40	1.24.20	1.28.00	1.31.40	1.35.20	1.39.00	1.42.40	1.46.20	1.50.00	1.53.40	1.57.20	2.01.00
23 km					1.16.40	1.20.30	1.24.20	1.28.10	1.32.00	1.35.50	1.39.40	1.43.30	1.47.20	1.51.10	1.55.00	1.58.50	2.02.40	2.06.30
24 km					1.20.00	1.24.00	1.28.00	1.32.00	1.36.00	1.40.00	1.44.00	1.48.00	1.52.00	1.56.00	2.00.00	2.04.00	2.08.00	2.12.00
25 km					1.23.20	1.27.30	1.31.40	1.35.50	1.40.00	1.44.10	1.48.20	1.52.30	1.56.40	2.00.50	2.05.00	2.09.10	2.13.20	2.17.30
26 km					1.26.40	1.31.00	1.35.20	1.39.40	1.44.00	1.48.20	1.52.40	1.57.00	2.01.20	2.05.40	2.10.00	2.14.20	2.18.40	2.23.00
27 km					1.30.00	1.34.30	1.39.00	1.43.30	1.48.00	1.52.30	1.57.00	2.01.30	2.06.00	2.10.30	2.15.00	2.19.30	2.24.00	2.28.30
28 km					1.33.20	1.38.00	1.42.40	1.47.20	1.52.00	1.56.40	2.01.20	2.06.00	2.10.40	2.15.20	2.20.00	2.24.40	2.29.20	2.34.00
29 km					1.36.40	1.41.30	1.46.20	1.51.10	1.56.00	2.00.50	2.05.40	2.10.30	2.15.20	2.20.10	2.25.00	2.29.50	2.34.40	2.39.30
30 km					1.40.00	1.45.00	1.50.00	1.55.00	2.00.00	2.05.00	2.10.00	2.15.00	2.20.00	2.25.00	2.30.00	2.35.00	2.40.00	2.45.00
31 km					1.43.20	1.48.30	1.53.40	1.58.50	2.04.00	2.09.10	2.14.20	2.19.30	2.24.40	2.29.50	2.35.00	2.40.10	2.45.20	2.50.30
32 km					1.46.40	1.52.00	1.57.20	1.62.40	2.08.00	2.13.20	2.18.40	2.24.00	2.29.20	2.34.40	2.40.00	2.45.20	2.50.40	2.56.00
33 km					1.50.00	1.55.30	2.01.00	2.06.30	2.12.00	2.17.30	2.23.00	2.28.30	2.34.00	2.39.30	2.45.00	2.50.30	2.56.00	3.01.30
34 km					1.53.20	1.59.00	2.04.40	1.10.20	2.16.00	2.21.40	2.27.20	2.33.00	2.38.40	2.44.20	2.50.00	2.55.40	3.01.20	3.07.00
35 km					1.56.40	2.02.30	2.08.20	2.14.10	2.20.00	2.25.50	2.31.40	2.37.30	2.43.20	2.49.10	2.55.00	3.00.50	3.06.40	3.12.30
36 km					2.00.00	2.06.00	2.12.00	2.18.00	2.24.00	2.30.00	2.36.00	2.42.00	2.48.00	2.54.00	3.00.00	3.06.00	3.12.00	3.18.00
37 km					2.03.20	2.09.30	2.15.40	2.21.50	2.28.00	2.34.10	2.40.20	2.46.30	2.52.40	2.58.50	3.05.00	3.11.10	3.17.20	3.23.30
38 km					2.06.40	2.13.00	2.19.20	2.25.40	2.32.00	2.38.20	2.44.40	2.51.00	2.57.20	3.03.40	3.10.00	3.16.20	3.22.40	3.29.00
39 km					2.10.00	2.16.30	2.23.00	2.29.30	2.36.00	2.42.30	2.49.00	2.55.30	3.02.00	3.08.30	3.15.00	3.21.30	3.28.00	3.34.30
40 km					2.13.20	2.20.00	2.26.40	2.33.20	2.40.00	2.46.40	2.53.20	3.00.00	3.06.40	3.13.20	3.20.00	3.26.40	3.33.20	3.40.00
41 km					2.16.40	2.23.30	2.30.20	2.37.10	2.44.00	2.50.50	2.57.40	3.04.30	3.11.20	3.18.10	3.25.00	3.31.50	3.38.40	3.45.30
42 km					2.20.00	2.27.00	2.34.00	2.41.00	2.48.00	2.55.00	3.02.00	3.09.00	3.16.00	3.23.00	3.30.00	3.37.00	3.44.00	3.51.00
Maraton 42,195 km					2.20.39	2.27.40	2.34.42	2.41.45	2.48.47	2.55.49	3.02.51	3.09.53	3.16.55	3.23.57	3.30.59	3.38.00	3.45.02	3.52.04

