

Tx-Km	100m	200m	300m	400m	500m	600m	700m	800m	900m	1200m	1500m	2000m	3000m	5000m
02:55	00:17	00:35	00:52	01:10	01:27	01:45	02:02	02:20	02:37	03:30	04:22	05:50	08:45	14:35
03:00	00:18	00:36	00:54	01:12	01:30	01:48	02:06	02:24	02:42	03:36	04:15	06:00	09:00	15:00
03:05	00:18	00:37	00:55	01:14	01:32	01:51	02:09	02:28	02:46	03:42	04:22	06:10	09:15	15:25
03:10	00:19	00:38	00:57	01:16	01:35	01:54	02:13	02:32	02:51	03:48	04:30	06:20	09:30	15:50
03:15	00:19	00:39	00:58	01:18	01:37	01:57	02:16	02:36	02:55	03:54	04:37	06:30	09:45	16:15
03:20	00:20	00:40	01:00	01:20	01:40	02:00	02:20	02:40	03:00	04:00	04:45	06:40	10:00	16:40
03:25	00:20	00:41	01:01	01:22	01:42	02:03	02:23	02:44	03:04	04:06	04:52	06:50	10:15	17:05
03:30	00:21	00:42	01:03	01:24	01:45	02:06	02:27	02:48	03:09	04:12	05:00	07:00	10:30	17:30
03:35	00:21	00:43	01:04	01:26	01:47	02:09	02:30	02:52	03:13	04:18	05:07	07:10	10:45	17:55
03:40	00:22	00:44	01:06	01:28	01:50	02:12	02:34	02:56	03:18	04:24	05:15	07:20	11:00	18:20
03:45	00:22	00:45	01:07	01:30	01:52	02:15	02:37	03:00	03:22	04:30	05:22	07:30	11:15	18:45
03:50	00:23	00:46	01:09	01:32	01:55	02:18	02:41	03:04	03:27	04:36	05:30	07:40	11:30	19:10
03:55	00:23	00:47	01:10	01:34	01:57	02:21	02:44	03:08	03:31	04:42	05:37	07:50	11:45	19:35
04:00	00:24	00:48	01:12	01:36	02:00	02:24	02:48	03:12	03:36	04:48	05:45	08:00	12:00	20:00
04:05	00:24	00:49	01:13	01:38	02:02	02:27	02:51	03:16	03:40	04:54	05:52	08:10	12:15	20:25
04:10	00:25	00:50	01:15	01:40	02:05	02:30	02:55	03:20	03:45	05:00	06:00	08:20	12:30	20:50
04:15	00:25	00:51	01:16	01:42	02:07	02:33	02:58	03:24	03:49	05:06	06:07	08:30	12:45	21:15
04:20	00:26	00:52	01:18	01:44	02:10	02:36	03:02	03:28	03:54	05:12	06:15	08:40	13:00	21:40
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04:30	00:27	00:54	01:21	01:48	02:15	02:42	03:09	03:36	04:03	05:24	06:30	09:00	13:30	22:30
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04:45	00:28	00:57	01:25	01:54	02:22	02:51	03:19	03:48	04:16	05:42	06:52	09:30	14:15	23:44
04:50	00:29	00:58	01:27	01:56	02:25	02:54	03:23	03:52	04:21	05:48	07:00	09:40	14:30	24:10