

Previsione Tempo della Maratona in base al tempo ottenuto nella 21km

| Tempo 21km | Tempo nella Maratona (Ore/min/sec) | | | | | |
|------------|------------------------------------|----------|--------------------|----------|-----------------|----------|
| | PRINCIPANTE | | AMATORE ESORDIENTE | | AMATORE ESPERTO | |
| 1.20' | 2.57'35" | 3.01'06" | 2.54'06" | 2.57'35" | 2.50'33" | 2.54'06" |
| 1.22' | 3.01'35" | 3'05'06" | 2.58'06" | 3.01'35" | 2.54'33" | 2.58'06" |
| 1.24' | 3.05'35" | 3.09'06" | 3.02'06" | 3.05'35" | 2.58'33" | 3.02'06" |
| 1.26' | 3.09'35" | 3.13'06" | 3.06'06" | 3.09'35" | 3.02'33" | 3.06'06" |
| 1.28' | 3.13'35" | 3.17'06" | 3.10'06" | 3.13'35" | 3.06'33" | 3.10'06" |
| 1.30' | 3.17'35" | 3.21'06" | 3.14'06" | 3.17'35" | 3.10'33" | 3.14'06" |
| 1.32' | 3.21'35" | 3.25'06" | 3.18'06" | 3.21'35" | 3.14'33" | 3'18'06" |
| 1.34' | 3.25'35" | 3.29'06" | 3.22'06" | 3.25'35" | 3.18'33" | 3.22'06" |
| 1.36' | 3.29'35" | 3.33'06" | 3.26'06" | 3.29'35" | 3.22'33" | 3.26'06" |
| 1.38' | 3.33'35" | 3.39'06" | 3.30'06" | 3.33'35" | 3.26'33" | 3.30'06" |
| 1.40' | 3.37'35" | 3.41'06" | 3.34'06" | 3.37'35" | 3.30'33" | 3.34'06" |
| 1.42' | 3.41'35" | 3.45'06" | 3.38'06" | 3.41'35" | 3.34'33" | 3.38'06" |
| 1.44' | 3.45'35" | 3.49'06" | 3.42'06" | 3.45'35" | 3.38'33" | 3'42'06" |
| 1.46' | 3.49'35" | 3.53'06" | 3.46'06" | 3.49'35" | 3.42'33" | 3.46'06" |
| 1.48' | 3.53'35" | 3.57'06" | 3.50'06" | 3.53'35" | 3.46'33" | 3.50'06" |
| 1.50' | 3.57'35" | 4.01'06" | 3.54'06" | 3.57'35" | 3.50'33" | 3.54'06" |
| 1.52' | 4.01'35" | 4.07'06" | 3.58'06" | 4.01'35" | 3.54'33" | 3.58'06" |
| 1.54' | 4.05'35" | 4.09'06" | 4.02'06" | 4.05'35" | 3.58'33" | 4.02'06" |
| 1.56' | 4.09'35" | 4.13'06" | 4.06'06" | 4.09'35" | 4.02'33" | 4.06'06" |
| 1.58' | 4.13'35" | 4.17'06" | 4.10'06" | 4.13'35" | 4.06'33" | 4.10'06" |
| 2.00' | 4.17'35" | 4.21'06" | 4.14'06" | 4.17'35" | 4.10'33" | 4.14'06" |
| 2.02' | 4.21'35" | 4.25'06" | 4.18'06" | 4.21'35" | 4.14'33" | 4.18'06" |
| 2.04' | 4.25'35" | 4'29'06" | 4.22'06" | 4.25'35" | 4.18'33" | 4.22'06" |
| 2.06' | 4.29'35" | 4.31'06" | 4.26'06" | 4.29'35" | 4.22'33" | 4.26'06" |
| 2.08' | 4.33'35" | 4.35'06" | 4'30'06" | 4.33'35" | 4.26'33" | 4'30'06" |
| 2.10' | 4.37'35" | 4.39'06" | 4'34'06" | 4'37'35" | 4.30'33" | 4.34'06" |
| 2.12' | 4.41'35" | 4.43'04" | 4.38'06" | 4.41'35" | 4.34'33" | 4.38'06" |
| 2.14' | 4.45'35" | 4.47'06" | 4.42'06" | 4.45'35" | 4.38'33" | 4.42'06" |
| 2.16' | 4.49'35" | 4.51'06" | 4.46'06" | 4.49'35" | 4.42'33" | 4.46'06" |
| 2.18' | 4.53'35" | 4.55'06" | 4.50'06" | 4.53'35" | 4.46'33" | 4.50'06" |
| 2.20' | 4.57'35" | 4.59'06" | 4.54'06" | 4.57'35" | 4.50'33" | 4.54'06" |
| 2.22' | 5.01'35" | 5.03'06" | 4.58'06" | 5.01'35" | 4.54'33" | 4.58'06" |
| 2.24' | 5.05'35" | 5.07'06" | 5.02'06" | 5.05'35" | 4.58'33" | 5.02'06" |
| 2.26' | 5.09'35" | 5.11'06" | 5.06'06" | 5.09'35" | 5.02'33" | 5.06'06" |
| 2.28' | 5.13'35" | 5.15'06" | 5'10'06" | 5'13'35" | 5.06'33" | 5.10'06" |
| 2.30' | 5.17'35" | 5.21'06" | 5.14'06" | 5.17'06" | 5.10'33' | 5.14'06" |
| 2.32' | 5.21'35" | 5.25'06" | 5.18'06" | 5.21'35" | 5.14'33" | 5.18'06" |
| 2.34' | 5.25'35" | 5.29'06" | 5.22'06" | 5.25'35" | 5.18'33" | 5.22'06" |
| 2.36' | 5.29'35" | 5.33'06" | 5.26'06" | 5.29'35" | 5.22'33" | 5.26'06" |
| 2.38' | 5.33'35" | 5.37'06" | 5.30'06" | 5.33'35" | 5.26'33" | 5.30'06" |
| 2.40' | 5.37'35" | 5.41'06" | 5.34'06" | 5.37'35" | 5.30'33" | 5'34'06" |

Fonte originale : La mia Maratona - Enrico Arcelli ; Fulvio Massini ; Ed correre