

DISTANCE	1KM	8KM	10KM	16KM	21.1KM	32KM	42.2KM
Time: hr, min, sec	3: 00	24: 00	30: 00	48: 00	1: 03: 18	1: 36: 00	2: 06: 36
	3: 10	25: 22	31: 42	50: 43	1: 06: 53	1: 41: 26	2: 13: 46
	3: 20	26: 38	33: 18	53: 17	1: 10: 16	1: 46: 34	2: 20: 32
	3: 30	28: 00	35: 00	56: 00	1: 13: 51	1: 52: 00	2: 27: 42
	3: 40	29: 22	36: 42	58: 43	1: 17: 26	1: 57: 26	2: 34: 52
	3: 50	30: 38	38: 18	1: 01: 17	1: 20: 49	2: 02: 34	2: 41: 38
	4: 00	32: 00	40: 00	1: 04: 00	1: 24: 24	2: 08: 00	2: 48: 48
	<b>4: 10</b>	<b>33: 22</b>	<b>41: 42</b>	<b>1: 06: 43</b>	<b>1: 27: 59</b>	<b>2: 13: 26</b>	<b>2: 55: 58</b>
	4: 20	34: 38	43: 18	1: 09: 17	1: 31: 22	2: 18: 34	3: 02: 44
	4: 30	36: 00	45: 00	1: 12: 00	1: 34: 27	2: 24: 00	3: 09: 54
	4: 40	37: 22	46: 42	1: 14: 43	1: 38: 32	2: 29: 36	3: 17: 04
	4: 50	38: 38	48: 18	1: 17: 17	1: 41: 25	2: 34: 34	3: 23: 50
	5: 00	40: 00	50: 00	1: 20: 00	1: 45: 30	2: 40: 00	3: 31: 00
	5: 10	41: 22	51: 42	1: 22: 43	1: 49: 05	2: 45: 26	3: 38: 10
	5: 20	42: 38	53: 18	1: 25: 17	1: 52: 28	2: 50: 34	3: 44: 56
	5: 30	44: 00	50: 00	1: 28: 00	1: 56: 03	2: 56: 00	3: 52: 06
	<b>5: 40</b>	<b>45: 22</b>	<b>56: 42</b>	<b>1: 30: 43</b>	<b>1: 59: 08</b>	<b>3: 01: 26</b>	<b>3: 59: 16</b>
	5: 50	46: 38	58: 18	1: 33: 17	2: 03: 01	3: 06: 34	4: 06: 02
	6: 00	48: 00	1: 00: 00	1: 36: 00	2: 06: 36	3: 12: 00	4: 13: 12
	6: 10	49: 22	1: 01: 42	1: 38: 43	2: 10: 11	3: 17: 26	4: 20: 22
	6: 20	50: 38	1: 03: 18	1: 41: 17	2: 13: 34	3: 22: 34	4: 27: 08
	6: 30	52: 00	1: 05: 00	1: 44: 00	2: 17: 09	3: 28: 00	4: 34: 18
	6: 40	53: 22	1: 06: 42	1: 46: 32	2: 20: 44	3: 33: 26	4: 41: 28
	6: 50	54: 38	1: 08: 18	1: 49: 17	2: 24: 07	3: 38: 34	4: 48: 14
	<b>7: 00</b>	<b>56: 00</b>	<b>1: 10: 00</b>	<b>1: 52: 00</b>	<b>2: 27: 42</b>	<b>3: 44: 00</b>	<b>4: 55: 24</b>
	7: 10	57: 22	1: 11: 42	1: 54: 53	2: 31: 17	3: 44: 26	5: 02: 34
	7: 20	58: 38	1: 13: 18	1: 57: 17	2: 34: 10	3: 54: 34	5: 09: 20
	7: 30	1: 00: 00	1: 15: 00	2: 00: 00	2: 38: 15	4: 00: 00	5: 16: 30
	7: 40	1: 01: 22	1: 16: 42	2: 02: 43	2: 41: 20	4: 05: 26	5: 23: 40
	7: 50	1: 02: 38	1: 18: 18	2: 05: 17	2: 45: 13	4: 10: 34	5: 30: 26