

Kmh	100 m	200 m	400 m	800 m	1 Km	5 Km	10 Km
20,00	00:18	00:36	01:12	02:24	03:00	15:00	30:00
19,78	00:18	00:36	01:13	02:26	03:02	15:10	30:20
19,57	00:18	00:37	01:14	02:27	03:04	15:20	30:40
19,35	00:19	00:37	01:14	02:29	03:06	15:30	31:00
19,15	00:19	00:38	01:15	02:30	03:08	15:40	31:20
18,95	00:19	00:38	01:16	02:32	03:10	15:50	31:40
18,75	00:19	00:38	01:17	02:34	03:12	16:00	32:00
18,56	00:19	00:39	01:18	02:35	03:14	16:10	32:20
18,37	00:20	00:39	01:18	02:37	03:16	16:20	32:40
18,18	00:20	00:40	01:19	02:38	03:18	16:30	33:00
18,00	00:20	00:40	02:40	00:40	03:20	16:40	33:20
17,82	00:20	00:40	01:21	03:2	03:22	16:50	33:40
17,65	00:20	00:41	01:22	02:43	03:24	17:00	34:00
17,48	00:21	00:41	01:22	02:45	03:26	17:10	34:20
17,31	00:21	00:42	01:23	02:46	03:28	17:20	34:40
17,14	00:21	00:42	01:24	02:48	03:30	17:30	35:00
17,06	00:21	00:42	01:24	02:49	03:31	17:35	35:10
16,98	00:21	00:42	01:25	02:50	03:32	17:40	35:20
16,90	00:21	00:43	01:25	02:50	03:33	17:45	35:30
16,82	00:21	00:43	01:26	02:51	03:34	17:50	35:40
16,74	00:22	00:43	01:26	02:52	03:35	17:55	35:50
16,67	00:22	00:43	01:26	02:53	03:36	18:00	36:00
16,59	00:22	00:43	01:27	02:54	03:37	18:05	36:10
16,51	00:22	00:44	01:27	02:54	03:38	18:10	36:20
16,44	00:22	00:44	01:28	02:55	03:39	18:15	36:30
16,36	00:22	00:44	01:28	02:56	03:40	18:20	36:40
16,29	00:22	00:44	01:28	02:57	03:41	18:25	36:50
16,22	00:22	00:44	01:29	02:58	03:42	18:30	37:00
16,14	00:22	00:45	01:29	02:58	03:43	18:35	37:10
16,07	00:22	00:45	01:30	02:59	03:44	18:40	37:20
16,00	00:23	00:45	01:30	03:00	03:45	18:45	37:30
15,93	00:23	00:45	01:30	03:01	03:46	18:50	37:40
15,86	00:23	00:45	01:31	03:02	03:47	18:55	37:50
15,79	00:23	00:46	01:31	03:02	03:48	19:00	38:00
15,72	00:23	00:46	01:32	03:03	03:49	19:05	38:10
15,65	00:23	00:46	01:32	03:04	03:50	19:10	38:20
15,58	00:23	00:46	01:32	03:05	03:51	19:15	38:30
15,52	00:23	00:46	01:33	03:06	03:52	19:20	38:40
15,45	00:23	00:47	01:33	03:06	03:53	19:25	38:50
15,38	00:23	00:47	01:34	03:07	03:54	19:30	39:00
15,32	00:24	00:47	01:34	03:08	03:55	19:35	39:10
15,25	00:24	00:47	01:34	03:09	03:56	19:40	39:20
15,19	00:24	00:47	01:35	03:10	03:57	19:45	39:30
15,13	00:24	00:48	01:35	03:10	03:58	19:50	39:40
15,06	00:24	00:48	01:36	03:11	03:59	19:55	39:50
15,00	00:24	00:48	01:36	03:12	04:00	40:00	40:00

Km/h	100 m	200 m	400 m	800 m	1 Km	5 Km	10 Km
15,00	00:24	00:48	01:36	03:12	04:00	40:00	40:00
14,94	00:24	00:48	01:36	03:13	04:01	20:05	40:10
14,88	00:24	00:48	01:37	03:14	04:02	20:10	40:20
14,81	00:24	00:49	01:37	03:14	04:03	20:15	40:30
14,75	00:24	00:49	01:38	03:15	0:204	20:20	40:40
14,69	00:24	00:49	01:38	03:16	04:05	20:25	40:50
14,63	00:25	00:49	01:38	03:17	04:06	20:30	41:00
14,57	00:25	00:49	01:39	03:18	04:07	20:35	41:10
14,52	00:25	00:250	01:39	03:18	04:08	20:40	41:20
14,46	00:25	00:250	01:40	03:19	04:09	20:45	41:30
14,40	00:25	00:250	04:40	03:20	04:10	20:50	41:40
14,34	00:25	00:250	01:40	03:21	04:11	20:55	41:50
14,29	00:25	00:250	01:41	03:22	04:12	2: 00	42:00
14,23	00:25	00:51	01:41	03:22	04:13	21:05	42:10
14,17	00:25	00:51	01:42	03:23	04:14	21:10	42:20
14,12	00:26	00:51	01:42	03:24	04:15	21:15	42:30
14,06	00:26	00:51	01:42	03:25	04:16	21:20	42:40
14,01	00:26	00:51	01:43	03:26	04:17	21:25	42:50
13,95	00:26	00:52	01:43	03:26	04:18	20:40	43:00
13,90	00:26	00:52	01:44	03:27	04:19	21:35	43:10
13,85	00:26	00:52	01:44	03:28	04:20	21:40	43:20
13,79	00:26	00:52	01:44	03:29	04:21	21:45	43:30
13,74	00:26	00:52	01:45	03:30	04:22	21:50	43:40
13,69	00:26	00:53	01:45	03:30	04:23	21:55	43:50
13,64	00:26	00:53	01:46	03:31	04:24	22:00	44:00
13,58	00:27	00:53	01:46	04:252	04:25	22:05	44:10
13,53	00:27	00:53	01:46	03:33	04:26	22:10	44:20
13,48	00:27	00:53	01:47	03:34	04:27	22:15	44:30
13,43	00:27	00:54	01:47	03:34	04:28	22:20	44:40
13,38	00:27	00:54	01:48	03:35	04:29	22:25	44:50
13,33	00:27	00:54	01:48	03:36	04:500	22:30	45:00
13,24	00:27	00:54	01:49	03:38	04:32	22:40	45:20
13,14	00:27	00:55	01:50	03:39	04:34	22:50	45:40
13,04	00:28	00:55	03:410	03:41	04:36	46:00	46:00
12,95	00:28	00:56	01:51	03:42	04:38	23:10	46:20
12,86	00:28	00:56	01:52	03:44	04:40	23:20	46:40
12,77	00:28	00:56	01:53	03:46	04:42	23:30	47:00
12,68	00:28	00:57	01:54	03:47	04:44	23:40	47:20
12,59	00:29	00:57	01:54	03:49	04:46	23:50	47:40
12,50	00:29	00:58	01:55	03:50	04:48	24:00	48:00
12,41	00:29	00:58	01:56	03:52	04:50	24:10	48:20
12,33	00:29	00:58	01:57	03:54	04:52	24:20	48:40
12,24	00:29	00:59	01:58	03:55	04:54	24:30	49:00
12,16	00:30	00:59	01:58	03:57	04:56	24:40	49:20
12,08	00:30	01:00	01:59	03:58	04:58	24:50	49:40
12,00	00:30	01:00	0: 00	00:50	05:00	05:00	50:00