

1km	50km	70km	100km	140km	200km	250km
4'00	3:20'00	4:40'00	6:40'00	9:20'00	13:20'00	16:40'00
4'05	3:24'10	4:45'50	6:48'20	9:31'40	13:36'40	17:00'50
4'10	3:28'20	4:51'40	6:56'40	9:43'20	13:53'20	17:21'40
4'15	3:32'30	4:57'30	7:05'00	9:55'00	14:10'00	17:42'30
4'20	3:36'40	5:03'20	7:13'20	10:06'40	14:26'40	18:03'20
4'25	3:40'50	5:09'10	7:21'40	10:18'20	14:43'20	18:24'10
4'30	3:45'00	5:15'00	7:30'00	10:30'00	15:00'00	18:45'00
4'35	3:49'10	5:20'50	7:38'20	10:41'40	15:16'40	19:05'50
4'40	3:53'20	5:26'40	7:46'40	10:53'20	15:33'20	19:26'40
4'45	3:57'30	5:32'30	7:55'00	11:05'00	15:50'00	19:47'30
4'50	4:01'40	5:38'20	8:03'20	11:16'40	16:06'40	20:08'20
4'55	4:05'50	5:44'10	8:11'40	11:28'20	16:23'20	20:29'10
5'00	4:10'00	5:50'00	8:20'00	11:40'00	16:40'00	20:50'00
5'05	4:14'10	5:55'50	8:28'20	11:51'40	16:56'40	21:10'50
5'10	4:18'20	6:01'40	8:36'40	12:03'20	17:13'20	21:31'40
5'15	4:22'30	6:07'30	8:45'00	12:15'00	17:30'00	21:52'30
5'20	4:26'40	6:13'20	8:53'20	12:26'40	17:46'40	22:13'20
5'25	4:30'50	6:19'10	9:01'40	12:38'20	18:03'20	22:34'10
5'30	4:35'00	6:25'00	9:10'00	12:50'00	18:20'00	22:55'00
5'35	4:39'10	6:30'50	9:18'20	13:01'40	18:36'40	23:15'50
5'40	4:43'20	6:36'40	9:26'40	13:13'20	18:53'20	23:36'40
5'45	4:47'30	6:42'30	9:35'00	13:25'00	19:10'00	23:57'30
5'50	4:51'40	6:48'20	9:43'20	13:36'40	19:26'40	24:18'20
5'55	4:55'50	6:54'10	9:51'40	13:48'20	19:43'20	24:39'10
6'00	5:00'00	7:00'00	10:00'00	14:00'00	20:00'00	25:00'00
6'05	5:04'10	7:05'50	10:08'20	14:11'40	20:16'40	25:20'50
6'10	5:08'20	7:11'40	10:16'40	14:23'20	20:33'20	25:41'40
6'15	5:12'30	7:17'30	10:25'00	14:35'00	20:50'00	26:02'30
6'20	5:16'40	7:23'20	10:33'20	14:46'40	21:06'40	26:23'20
6'25	5:20'50	7:29'10	10:41'40	14:58'20	21:23'20	26:44'10
6'30	5:25'00	7:35'00	10:50'00	15:10'00	21:40'00	27:05'00
6'35	5:29'10	7:40'50	10:58'20	15:21'40	21:56'40	27:25'50
6'40	5:33'20	7:46'40	11:06'40	15:33'20	22:13'20	27:46'40
6'45	5:37'30	7:52'30	11:15'00	15:45'00	22:30'00	28:07'30
6'50	5:41'40	7:58'20	11:23'20	15:56'40	22:46'40	28:28'20
6'55	5:45'50	8:04'10	11:31'40	16:08'20	23:03'20	28:49'10
7'00	5:50'00	8:10'00	11:40'00	16:20'00	23:20'00	29:10'00
7'05	5:54'10	8:15'50	11:48'20	16:31'40	23:36'40	29:30'50
7'10	5:58'20	8:21'40	11:56'40	16:43'20	23:53'20	29:51'40
7'15	6:02'30	8:27'30	12:05'00	16:55'00	24:10'00	30:12'30
7'20	6:06'40	8:33'20	12:13'20	17:06'40	24:26'40	30:33'20
7'25	6:10'50	8:39'10	12:21'40	17:18'20	24:43'20	30:54'10
7'30	6:15'00	8:45'00	12:30'00	17:30'00	25:00'00	31:15'00
7'35	6:19'10	8:50'50	12:38'20	17:41'40	25:16'40	31:35'50
7'40	6:23'20	8:56'40	12:46'40	17:53'20	25:33'20	31:56'40
7'45	6:27'30	9:02'30	12:55'00	18:05'00	25:50'00	32:17'30
7'50	6:31'40	9:08'20	13:03'20	18:16'40	26:06'40	32:38'20
7'55	6:35'50	9:14'10	13:11'40	18:28'20	26:23'20	32:59'10
8'00	6:40'00	9:20'00	13:20'00	18:40'00	26:40'00	33:20'00
8'05	6:44'10	9:25'50	13:28'20	18:51'40	26:56'40	33:40'50
8'10	6:48'20	9:31'40	13:36'40	19:03'20	27:13'20	34:01'40
8'15	6:52'30	9:37'30	13:45'00	19:15'00	27:30'00	34:22'30
8'20	6:56'40	9:43'20	13:53'20	19:26'40	27:46'40	34:43'20
8'25	7:00'50	9:49'10	14:01'40	19:38'20	28:03'20	35:04'10
8'30	7:05'00	9:55'00	14:10'00	19:50'00	28:20'00	35:25'00
8'35	7:09'10	10:00'50	14:18'20	20:01'40	28:36'40	35:45'50
8'40	7:13'20	10:06'40	14:26'40	20:13'20	28:53'20	36:06'40
8'45	7:17'30	10:12'30	14:35'00	20:25'00	29:10'00	36:27'30
8'50	7:21'40	10:18'20	14:43'20	20:36'40	29:26'40	36:48'20
8'55	7:25'50	10:24'10	14:51'40	20:48'20	29:43'20	37:09'10
9'00	7:30'00	10:30'00	15:00'00	21:00'00	30:00'00	37:30'00