

Pacing Calculator

100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m	1200m	1500m	1600m	Mile	2000m	3K	5K	8K	10K	15K	1/2 Mar	Mar
12.0	24.0	36.0	48.0	01:00	01:12.0	01:24.0	01:36.0	01:48	02:00	02:24	03:00	03:12	03:13	04:00	06:00	10:00	16:00	20:00	30:00	42:12	1:24:23
12.2	24.4	36.6	48.8	01:01	01:13.2	01:25.4	01:37.6	01:50	02:02	02:26	03:03	03:15	03:16	04:04	06:06	10:10	16:16	20:20	30:30	42:54	1:25:48
12.4	24.8	37.2	49.6	01:02	01:14.4	01:26.8	01:39.2	01:52	02:04	02:29	03:06	03:18	03:20	04:08	06:12	10:20	16:32	20:40	31:00	43:36	1:27:12
12.6	25.2	37.8	50.4	01:03	01:15.6	01:28.2	01:40.8	01:53	02:06	02:31	03:09	03:22	03:23	04:12	06:18	10:30	16:48	21:00	31:30	44:18	1:28:37
12.8	25.6	38.4	51.2	01:04	01:16.8	01:29.6	01:42.4	01:55	02:08	02:34	03:12	03:25	03:26	04:16	06:24	10:40	17:04	21:20	32:00	45:00	1:30:01
13.0	26.0	39.0	52.0	01:05	01:18.0	01:31.0	01:44.0	01:57	02:10	02:36	03:15	03:28	03:29	04:20	06:30	10:50	17:20	21:40	32:30	45:43	1:31:25
13.2	26.4	39.6	52.8	01:06	01:19.2	01:32.4	01:45.6	01:59	02:12	02:38	03:18	03:31	03:32	04:24	06:36	11:00	17:36	22:00	33:00	46:25	1:32:50
13.4	26.8	40.2	53.6	01:07	01:20.4	01:33.8	01:47.2	02:01	02:14	02:41	03:21	03:34	03:36	04:28	06:42	11:10	17:52	22:20	33:30	47:07	1:34:14
13.6	27.2	40.8	54.4	01:08	01:21.6	01:35.2	01:48.8	02:02	02:16	02:43	03:24	03:38	03:39	04:32	06:48	11:20	18:08	22:40	34:00	47:49	1:35:39
13.8	27.6	41.4	55.2	01:09	01:22.8	01:36.6	01:50.4	02:04	02:18	02:46	03:27	03:41	03:42	04:36	06:54	11:30	18:24	23:00	34:30	48:31	1:37:03
14.0	28.0	42.0	56.0	01:10	01:24.0	01:38.0	01:52.0	02:06	02:20	02:48	03:30	03:44	03:45	04:40	07:00	11:40	18:40	23:20	35:00	49:14	1:38:27
14.2	28.4	42.6	56.8	01:11	01:25.2	01:39.4	01:53.6	02:08	02:22	02:50	03:33	03:47	03:49	04:44	07:06	11:50	18:56	23:40	35:30	49:56	1:39:52
14.4	28.8	43.2	57.6	01:12	01:26.4	01:40.8	01:55.2	02:10	02:24	02:53	03:36	03:50	03:52	04:48	07:12	12:00	19:12	24:00	36:00	50:38	1:41:16
14.6	29.2	43.8	58.4	01:13	01:27.6	01:42.2	01:56.8	02:11	02:26	02:55	03:39	03:54	03:55	04:52	07:18	12:10	19:28	24:20	36:30	51:20	1:42:40
14.8	29.6	44.4	59.2	01:14	01:28.8	01:43.6	01:58.4	02:13	02:28	02:58	03:42	03:57	03:58	04:56	07:24	12:20	19:44	24:40	37:00	52:02	1:44:05
15.0	30.0	45.0	01:00.0	01:15	01:30.0	01:45.0	02:00.0	02:15	02:30	03:00	03:45	04:00	04:01	05:00	07:30	12:30	20:00	25:00	37:30	52:45	1:45:29
15.2	30.4	45.6	01:00.8	01:16	01:31.2	01:46.4	02:01.6	02:17	02:32	03:02	03:48	04:03	04:05	05:04	07:36	12:40	20:16	25:20	38:00	53:27	1:46:54
15.4	30.8	46.2	01:01.6	01:17	01:32.4	01:47.8	02:03.2	02:19	02:34	03:05	03:51	04:06	04:08	05:08	07:42	12:50	20:32	25:40	38:30	54:09	1:48:18
15.6	31.2	46.8	01:02.4	01:18	01:33.6	01:49.2	02:04.8	02:20	02:36	03:07	03:54	04:10	04:11	05:12	07:48	13:00	20:48	26:00	39:00	54:51	1:49:42
15.8	31.6	47.4	01:03.2	01:19	01:34.8	01:50.6	02:06.4	02:22	02:38	03:10	03:57	04:13	04:14	05:16	07:54	13:10	21:04	26:20	39:30	55:33	1:51:07
16.0	32.0	48.0	01:04.0	01:20	01:36.0	01:52.0	02:08.0	02:24	02:40	03:12	04:00	04:16	04:17	05:20	08:00	13:20	21:20	26:40	40:00	56:16	1:52:31
16.2	32.4	48.6	01:04.8	01:21	01:37.2	01:53.4	02:09.6	02:26	02:42	03:14	04:03	04:19	04:21	05:24	08:06	13:30	21:36	27:00	40:30	56:58	1:53:56
16.4	32.8	49.2	01:05.6	01:22	01:38.4	01:54.8	02:11.2	02:28	02:44	03:17	04:06	04:22	04:24	05:28	08:12	13:40	21:52	27:20	41:00	57:40	1:55:20
16.6	33.2	49.8	01:06.4	01:23	01:39.6	01:56.2	02:12.8	02:29	02:46	03:19	04:09	04:26	04:27	05:32	08:18	13:50	22:08	27:40	41:30	58:22	1:56:44
16.8	33.6	50.4	01:07.2	01:24	01:40.8	01:57.6	02:14.4	02:31	02:48	03:22	04:12	04:29	04:30	05:36	08:24	14:00	22:24	28:00	42:00	59:04	1:58:09
17.0	34.0	51.0	01:08.0	01:25	01:42.0	01:59.0	02:16.0	02:33	02:50	03:24	04:15	04:32	04:34	05:40	08:30	14:10	22:40	28:20	42:30	59:47	1:59:33
17.2	34.4	51.6	01:08.8	01:26	01:43.2	02:00.4	02:17.6	02:35	02:52	03:26	04:18	04:35	04:37	05:44	08:36	14:20	22:56	28:40	43:00	1:00:29	2:00:58
17.4	34.8	52.2	01:09.6	01:27	01:44.4	02:01.8	02:19.2	02:37	02:54	03:29	04:21	04:38	04:40	05:48	08:42	14:30	23:12	29:00	43:30	1:01:11	2:02:22
17.6	35.2	52.8	01:10.4	01:28	01:45.6	02:03.2	02:20.8	02:38	02:56	03:31	04:24	04:42	04:43	05:52	08:48	14:40	23:28	29:20	44:00	1:01:53	2:03:46
17.8	35.6	53.4	01:11.2	01:29	01:46.8	02:04.6	02:22.4	02:40	02:58	03:34	04:27	04:45	04:46	05:56	08:54	14:50	23:44	29:40	44:30	1:02:35	2:05:11
18.0	36.0	54.0	01:12.0	01:30	01:48.0	02:06.0	02:24.0	02:42	03:00	03:36	04:30	04:48	04:50	06:00	09:00	15:00	24:00	30:00	45:00	1:03:18	2:06:35
18.2	36.4	54.6	01:12.8	01:31	01:49.2	02:07.4	02:25.6	02:44	03:02	03:38	04:33	04:51	04:53	06:04	09:06	15:10	24:16	30:20	45:30	1:04:00	2:07:59
18.4	36.8	55.2	01:13.6	01:32	01:50.4	02:08.8	02:27.2	02:46	03:04	03:41	04:36	04:54	04:56	06:08	09:12	15:20	24:32	30:40	46:00	1:04:42	2:09:24

100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m	1200m	1500m	1600m	Mile	2000m	3K	5K	8K	10K	15K	1/2 Mar	Mar
18.6	37.2	55.8	01:14.4	01:33	01:51.6	02:10.2	02:28.8	02:47	03:06	03:43	04:39	04:58	04:59	06:12	09:18	15:30	24:48	31:00	46:30	1:05:24	2:10:48
18.8	37.6	56.4	01:15.2	01:34	01:52.8	02:11.6	02:30.4	02:49	03:08	03:46	04:42	05:01	05:03	06:16	09:24	15:40	25:04	31:20	47:00	1:06:06	2:12:13
19.0	38.0	57.0	01:16.0	01:35	01:54.0	02:13.0	02:32.0	02:51	03:10	03:48	04:45	05:04	05:06	06:20	09:30	15:50	25:20	31:40	47:30	1:06:49	2:13:37
19.2	38.4	57.6	01:16.8	01:36	01:55.2	02:14.4	02:33.6	02:53	03:12	03:50	04:48	05:07	05:09	06:24	09:36	16:00	25:36	32:00	48:00	1:07:31	2:15:01
19.4	38.8	58.2	01:17.6	01:37	01:56.4	02:15.8	02:35.2	02:55	03:14	03:53	04:51	05:10	05:12	06:28	09:42	16:10	25:52	32:20	48:30	1:08:13	2:16:26
19.6	39.2	58.8	01:18.4	01:38	01:57.6	02:17.2	02:36.8	02:56	03:16	03:55	04:54	05:14	05:15	06:32	09:48	16:20	26:08	32:40	49:00	1:08:55	2:17:50
19.8	39.6	59.4	01:19.2	01:39	01:58.8	02:18.6	02:38.4	02:58	03:18	03:58	04:57	05:17	05:19	06:36	09:54	16:30	26:24	33:00	49:30	1:09:37	2:19:15
20.0	40.0	01:00.0	01:20.0	01:40	02:00.0	02:20.0	02:40.0	03:00	03:20	04:00	05:00	05:20	05:22	06:40	10:00	16:40	26:40	33:20	50:00	1:10:19	2:20:39
20.2	40.4	01:00.6	01:20.8	01:41	02:01.2	02:21.4	02:41.6	03:02	03:22	04:02	05:03	05:23	05:25	06:44	10:06	16:50	26:56	33:40	50:30	1:11:02	2:22:03
20.4	40.8	01:01.2	01:21.6	01:42	02:02.4	02:22.8	02:43.2	03:04	03:24	04:05	05:06	05:26	05:28	06:48	10:12	17:00	27:12	34:00	51:00	1:11:44	2:23:28
20.6	41.2	01:01.8	01:22.4	01:43	02:03.6	02:24.2	02:44.8	03:05	03:26	04:07	05:09	05:30	05:32	06:52	10:18	17:10	27:28	34:20	51:30	1:12:26	2:24:52
20.8	41.6	01:02.4	01:23.2	01:44	02:04.8	02:25.6	02:46.4	03:07	03:28	04:10	05:12	05:33	05:35	06:56	10:24	17:20	27:44	34:40	52:00	1:13:08	2:26:17
21.0	42.0	01:03.0	01:24.0	01:45	02:06.0	02:27.0	02:48.0	03:09	03:30	04:12	05:15	05:36	05:38	07:00	10:30	17:30	28:00	35:00	52:30	1:13:50	2:27:41
21.2	42.4	01:03.6	01:24.8	01:46	02:07.2	02:28.4	02:49.6	03:11	03:32	04:14	05:18	05:39	05:41	07:04	10:36	17:40	28:16	35:20	53:00	1:14:33	2:29:05
21.4	42.8	01:04.2	01:25.6	01:47	02:08.4	02:29.8	02:51.2	03:13	03:34	04:17	05:21	05:42	05:44	07:08	10:42	17:50	28:32	35:40	53:30	1:15:15	2:30:30
21.6	43.2	01:04.8	01:26.4	01:48	02:09.6	02:31.2	02:52.8	03:14	03:36	04:19	05:24	05:46	05:48	07:12	10:48	18:00	28:48	36:00	54:00	1:15:57	2:31:54
21.8	43.6	01:05.4	01:27.2	01:49	02:10.8	02:32.6	02:54.4	03:16	03:38	04:22	05:27	05:49	05:51	07:16	10:54	18:10	29:04	36:20	54:30	1:16:39	2:33:19
22.0	44.0	01:06.0	01:28.0	01:50	02:12.0	02:34.0	02:56.0	03:18	03:40	04:24	05:30	05:52	05:54	07:20	11:00	18:20	29:20	36:40	55:00	1:17:21	2:34:43
22.2	44.4	01:06.6	01:28.8	01:51	02:13.2	02:35.4	02:57.6	03:20	03:42	04:26	05:33	05:55	05:57	07:24	11:06	18:30	29:36	37:00	55:30	1:18:04	2:36:07
22.4	44.8	01:07.2	01:29.6	01:52	02:14.4	02:36.8	02:59.2	03:22	03:44	04:29	05:36	05:58	06:00	07:28	11:12	18:40	29:52	37:20	56:00	1:18:46	2:37:32
22.6	45.2	01:07.8	01:30.4	01:53	02:15.6	02:38.2	03:00.8	03:23	03:46	04:31	05:39	06:02	06:04	07:32	11:18	18:50	30:08	37:40	56:30	1:19:28	2:38:56
22.8	45.6	01:08.4	01:31.2	01:54	02:16.8	02:39.6	03:02.4	03:25	03:48	04:34	05:42	06:05	06:07	07:36	11:24	19:00	30:24	38:00	57:00	1:20:10	2:40:20
23.0	46.0	01:09.0	01:32.0	01:55	02:18.0	02:41.0	03:04.0	03:27	03:50	04:36	05:45	06:08	06:10	07:40	11:30	19:10	30:40	38:20	57:30	1:20:52	2:41:45
23.2	46.4	01:09.6	01:32.8	01:56	02:19.2	02:42.4	03:05.6	03:29	03:52	04:38	05:48	06:11	06:13	07:44	11:36	19:20	30:56	38:40	58:00	1:21:35	2:43:09
23.4	46.8	01:10.2	01:33.6	01:57	02:20.4	02:43.8	03:07.2	03:31	03:54	04:41	05:51	06:14	06:17	07:48	11:42	19:30	31:12	39:00	58:30	1:22:17	2:44:34
23.6	47.2	01:10.8	01:34.4	01:58	02:21.6	02:45.2	03:08.8	03:32	03:56	04:43	05:54	06:18	06:20	07:52	11:48	19:40	31:28	39:20	59:00	1:22:59	2:45:58
23.8	47.6	01:11.4	01:35.2	01:59	02:22.8	02:46.6	03:10.4	03:34	03:58	04:46	05:57	06:21	06:23	07:56	11:54	19:50	31:44	39:40	59:30	1:23:41	2:47:22
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24.2	48.4	01:12.6	01:36.8	02:01	02:25.2	02:49.4	03:13.6	03:38	04:02	04:50	06:03	06:27	06:29	08:04	12:06	20:10	32:16	40:20	1:00:30	1:25:06	2:50:11
24.4	48.8	01:13.2	01:37.6	02:02	02:26.4	02:50.8	03:15.2	03:40	04:04	04:53	06:06	06:30	06:33	08:08	12:12	20:20	32:32	40:40	1:01:00	1:25:48	2:51:36
24.6	49.2	01:13.8	01:38.4	02:03	02:27.6	02:52.2	03:16.8	03:41	04:06	04:55	06:09	06:34	06:36	08:12	12:18	20:30	32:48	41:00	1:01:30	1:26:30	2:53:00
24.8	49.6	01:14.4	01:39.2	02:04	02:28.8	02:53.6	03:18.4	03:43	04:08	04:58	06:12	06:37	06:39	08:16	12:24	20:40	33:04	41:20	1:02:00	1:27:12	2:54:24
25.0	50.0	01:15.0	01:40.0	02:05	02:30.0	02:55.0	03:20.0	03:45	04:10	05:00	06:15	06:40	06:42	08:20	12:30	20:50	33:20	41:40	1:02:30	1:27:54	2:55:49
25.2	50.4	01:15.6	01:40.8	02:06	02:31.2	02:56.4	03:21.6	03:47	04:12	05:02	06:18	06:43	06:46	08:24	12:36	21:00	33:36	42:00	1:03:00	1:28:37	2:57:13
25.4	50.8	01:16.2	01:41.6	02:07	02:32.4	02:57.8	03:23.2	03:49	04:14	05:05	06:21	06:46	06:49	08:28	12:42	21:10	33:52	42:20	1:03:30	1:29:19	2:58:38
25.6	51.2	01:16.8	01:42.4	02:08	02:33.6	02:59.2	03:24.8	03:50	04:16	05:07	06:24	06:50	06:52	08:32	12:48	21:20	34:08	42:40	1:04:00	1:30:01	3:00:02

100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m	1200m	1500m	1600m	Mile	2000m	3K	5K	8K	10K	15K	1/2 Mar	Mar
25.8	51.6	01:17.4	01:43.2	02:09	02:34.8	03:00.6	03:26.4	03:52	04:18	05:10	06:27	06:53	06:55	08:36	12:54	21:30	34:24	43:00	1:04:30	1:30:43	3:01:26
26.0	52.0	01:18.0	01:44.0	02:10	02:36.0	03:02.0	03:28.0	03:54	04:20	05:12	06:30	06:56	06:58	08:40	13:00	21:40	34:40	43:20	1:05:00	1:31:25	3:02:51
26.2	52.4	01:18.6	01:44.8	02:11	02:37.2	03:03.4	03:29.6	03:56	04:22	05:14	06:33	06:59	07:02	08:44	13:06	21:50	34:56	43:40	1:05:30	1:32:08	3:04:15
26.4	52.8	01:19.2	01:45.6	02:12	02:38.4	03:04.8	03:31.2	03:58	04:24	05:17	06:36	07:02	07:05	08:48	13:12	22:00	35:12	44:00	1:06:00	1:32:50	3:05:39
26.6	53.2	01:19.8	01:46.4	02:13	02:39.6	03:06.2	03:32.8	03:59	04:26	05:19	06:39	07:06	07:08	08:52	13:18	22:10	35:28	44:20	1:06:30	1:33:32	3:07:04
26.8	53.6	01:20.4	01:47.2	02:14	02:40.8	03:07.6	03:34.4	04:01	04:28	05:22	06:42	07:09	07:11	08:56	13:24	22:20	35:44	44:40	1:07:00	1:34:14	3:08:28
27.0	54.0	01:21.0	01:48.0	02:15	02:42.0	03:09.0	03:36.0	04:03	04:30	05:24	06:45	07:12	07:15	09:00	13:30	22:30	36:00	45:00	1:07:30	1:34:56	3:09:53
27.2	54.4	01:21.6	01:48.8	02:16	02:43.2	03:10.4	03:37.6	04:05	04:32	05:26	06:48	07:15	07:18	09:04	13:36	22:40	36:16	45:20	1:08:00	1:35:39	3:11:17
27.4	54.8	01:22.2	01:49.6	02:17	02:44.4	03:11.8	03:39.2	04:07	04:34	05:29	06:51	07:18	07:21	09:08	13:42	22:50	36:32	45:40	1:08:30	1:36:21	3:12:41
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29.0	58.0	01:27.0	01:56.0	02:25	02:54.0	03:23.0	03:52.0	04:21	04:50	05:48	07:15	07:44	07:47	09:40	14:30	24:10	38:40	48:20	1:12:30	1:41:58	3:23:57
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30.0	60.0	01:30.0	02:00.0	02:30	03:00.0	03:30.0	04:00.0	04:30	05:00	06:00	07:30	08:00	08:03	10:00	15:00	25:00	40:00	50:00	1:15:00	1:45:29	3:30:58
30.2	60.4	01:30.6	02:00.8	02:31	03:01.2	03:31.4	04:01.6	04:32	05:02	06:02	07:33	08:03	08:06	10:04	15:06	25:10	40:16	50:20	1:15:30	1:46:11	3:32:23
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30.8	61.6	01:32.4	02:03.2	02:34	03:04.8	03:35.6	04:06.4	04:37	05:08	06:10	07:42	08:13	08:16	10:16	15:24	25:40	41:04	51:20	1:17:00	1:48:18	3:36:36
31.0	62.0	01:33.0	02:04.0	02:35	03:06.0	03:37.0	04:08.0	04:39	05:10	06:12	07:45	08:16	08:19	10:20	15:30	25:50	41:20	51:40	1:17:30	1:49:00	3:38:00
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32.6	65.2	01:37.8	02:10.4	02:43	03:15.6	03:48.2	04:20.8	04:53	05:26	06:31	08:09	08:42	08:45	10:52	16:18	27:10	43:28	54:20	1:21:30	1:54:38	3:49:16
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100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m	1200m	1500m	1600m	Mile	2000m	3K	5K	8K	10K	15K	1/2 Mar	Mar
33.0	66.0	01:39.0	02:12.0	02:45	03:18.0	03:51.0	04:24.0	04:57	05:30	06:36	08:15	08:48	08:51	11:00	16:30	27:30	44:00	55:00	1:22:30	1:56:02	3:52:04
33.2	66.4	01:39.6	02:12.8	02:46	03:19.2	03:52.4	04:25.6	04:59	05:32	06:38	08:18	08:51	08:54	11:04	16:36	27:40	44:16	55:20	1:23:00	1:56:44	3:53:29
33.4	66.8	01:40.2	02:13.6	02:47	03:20.4	03:53.8	04:27.2	05:01	05:34	06:41	08:21	08:54	08:58	11:08	16:42	27:50	44:32	55:40	1:23:30	1:57:27	3:54:53
33.6	67.2	01:40.8	02:14.4	02:48	03:21.6	03:55.2	04:28.8	05:02	05:36	06:43	08:24	08:58	09:01	11:12	16:48	28:00	44:48	56:00	1:24:00	1:58:09	3:56:18
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34.0	68.0	01:42.0	02:16.0	02:50	03:24.0	03:58.0	04:32.0	05:06	05:40	06:48	08:30	09:04	09:07	11:20	17:00	28:20	45:20	56:40	1:25:00	1:59:33	3:59:06
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35.0	70.0	01:45.0	02:20.0	02:55	03:30.0	04:05.0	04:40.0	05:15	05:50	07:00	08:45	09:20	09:23	11:40	17:30	29:10	46:40	58:20	1:27:30	2:03:04	4:06:08
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37.2	74.4	01:51.6	02:28.8	03:06	03:43.2	04:20.4	04:57.6	05:35	06:12	07:26	09:18	09:55	09:59	12:24	18:36	31:00	49:36	1:02:00	1:33:00	2:10:48	4:21:37
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39.6	79.2	01:58.8	02:38.4	03:18	03:57.6	04:37.2	05:16.8	05:56	06:36	07:55	09:54	10:34	10:37	13:12	19:48	33:00	52:48	1:06:00	1:39:00	2:19:15	4:38:29
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100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m	1200m	1500m	1600m	Mile	2000m	3K	5K	8K	10K	15K	1/2 Mar	Mar
40.2	80.4	02:00.6	02:40.8	03:21	04:01.2	04:41.4	05:21.6	06:02	06:42	08:02	10:03	10:43	10:47	13:24	20:06	33:30	53:36	1:07:00	1:40:30	2:21:21	4:42:42
40.4	80.8	02:01.2	02:41.6	03:22	04:02.4	04:42.8	05:23.2	06:04	06:44	08:05	10:06	10:46	10:50	13:28	20:12	33:40	53:52	1:07:20	1:41:00	2:22:03	4:44:07
40.6	81.2	02:01.8	02:42.4	03:23	04:03.6	04:44.2	05:24.8	06:05	06:46	08:07	10:09	10:50	10:53	13:32	20:18	33:50	54:08	1:07:40	1:41:30	2:22:46	4:45:31
40.8	81.6	02:02.4	02:43.2	03:24	04:04.8	04:45.6	05:26.4	06:07	06:48	08:10	10:12	10:53	10:57	13:36	20:24	34:00	54:24	1:08:00	1:42:00	2:23:28	4:46:56
41.0	82.0	02:03.0	02:44.0	03:25	04:06.0	04:47.0	05:28.0	06:09	06:50	08:12	10:15	10:56	11:00	13:40	20:30	34:10	54:40	1:08:20	1:42:30	2:24:10	4:48:20
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42.0	84.0	02:06.0	02:48.0	03:30	04:12.0	04:54.0	05:36.0	06:18	07:00	08:24	10:30	11:12	11:16	14:00	21:00	35:00	56:00	1:10:00	1:45:00	2:27:41	4:55:22
42.2	84.4	02:06.6	02:48.8	03:31	04:13.2	04:55.4	05:37.6	06:20	07:02	08:26	10:33	11:15	11:19	14:04	21:06	35:10	56:16	1:10:20	1:45:30	2:28:23	4:56:46
42.4	84.8	02:07.2	02:49.6	03:32	04:14.4	04:56.8	05:39.2	06:22	07:04	08:29	10:36	11:18	11:22	14:08	21:12	35:20	56:32	1:10:40	1:46:00	2:29:05	4:58:11
42.6	85.2	02:07.8	02:50.4	03:33	04:15.6	04:58.2	05:40.8	06:23	07:06	08:31	10:39	11:22	11:26	14:12	21:18	35:30	56:48	1:11:00	1:46:30	2:29:48	4:59:35
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43.0	86.0	02:09.0	02:52.0	03:35	04:18.0	05:01.0	05:44.0	06:27	07:10	08:36	10:45	11:28	11:32	14:20	21:30	35:50	57:20	1:11:40	1:47:30	2:31:12	5:02:24
43.2	86.4	02:09.6	02:52.8	03:36	04:19.2	05:02.4	05:45.6	06:29	07:12	08:38	10:48	11:31	11:35	14:24	21:36	36:00	57:36	1:12:00	1:48:00	2:31:54	5:03:48
43.4	86.8	02:10.2	02:53.6	03:37	04:20.4	05:03.8	05:47.2	06:31	07:14	08:41	10:51	11:34	11:38	14:28	21:42	36:10	57:52	1:12:20	1:48:30	2:32:36	5:05:13
43.6	87.2	02:10.8	02:54.4	03:38	04:21.6	05:05.2	05:48.8	06:32	07:16	08:43	10:54	11:38	11:42	14:32	21:48	36:20	58:08	1:12:40	1:49:00	2:33:19	5:06:37
43.8	87.6	02:11.4	02:55.2	03:39	04:22.8	05:06.6	05:50.4	06:34	07:18	08:46	10:57	11:41	11:45	14:36	21:54	36:30	58:24	1:13:00	1:49:30	2:34:01	5:08:01
44.0	88.0	02:12.0	02:56.0	03:40	04:24.0	05:08.0	05:52.0	06:36	07:20	08:48	11:00	11:44	11:48	14:40	22:00	36:40	58:40	1:13:20	1:50:00	2:34:43	5:09:26
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47.0	94.0	02:21.0	03:08.0	03:55	04:42.0	05:29.0	06:16.0	07:03	07:50	09:24	11:45	12:32	12:36	15:40	23:30	39:10	1:02:40	1:18:20	1:57:30	2:45:16	5:30:32