

Pace per KM	5 KM	10 KM	15 KM	20 KM	HALF!	25 KM	30 KM	35 KM	40 KM	FULL!
0:08:32	0:42:40	1:25:19	2:07:59	2:50:38	3:00:00	3:33:18	4:15:57	4:58:37	5:41:16	6:00:00
0:08:25	0:42:04	1:24:08	2:06:12	2:48:16	2:57:30	3:30:20	4:12:24	4:54:28	5:36:32	5:55:00
0:08:18	0:41:28	1:22:57	2:04:25	2:45:54	2:55:00	3:27:22	4:08:51	4:50:19	5:31:48	5:50:00
0:08:11	0:40:53	1:21:46	2:02:39	2:43:32	2:52:30	3:24:24	4:05:17	4:46:10	5:27:03	5:45:00
0:08:03	0:40:17	1:20:35	2:00:52	2:41:09	2:50:00	3:21:27	4:01:44	4:42:01	5:22:19	5:40:00
0:07:56	0:39:42	1:19:24	1:59:05	2:38:47	2:47:30	3:18:29	3:58:11	4:37:53	5:17:34	5:35:00
0:07:49	0:39:06	1:18:12	1:57:19	2:36:25	2:45:00	3:15:31	3:54:37	4:33:44	5:12:50	5:30:00
0:07:42	0:38:31	1:17:01	1:55:32	2:34:03	2:42:30	3:12:34	3:51:04	4:29:35	5:08:06	5:25:00
0:07:35	0:37:55	1:15:50	1:53:45	2:31:41	2:40:00	3:09:36	3:47:31	4:25:26	5:03:21	5:20:00
0:07:28	0:37:20	1:14:39	1:51:59	2:29:18	2:37:30	3:06:38	3:43:58	4:21:17	4:58:37	5:15:00
0:07:21	0:36:44	1:13:28	1:50:12	2:26:56	2:35:00	3:03:40	3:40:24	4:17:08	4:53:52	5:10:00
0:07:14	0:36:09	1:12:17	1:48:26	2:24:34	2:32:30	3:00:43	3:36:51	4:13:00	4:49:08	5:05:00
0:07:07	0:35:33	1:11:06	1:46:39	2:22:12	2:30:00	2:57:45	3:33:18	4:08:51	4:44:24	5:00:00
0:06:59	0:34:57	1:09:55	1:44:52	2:19:50	2:27:30	2:54:47	3:29:44	4:04:42	4:39:39	4:55:00
0:06:52	0:34:22	1:08:44	1:43:06	2:17:27	2:25:00	2:51:49	3:26:11	4:00:33	4:34:55	4:50:00
0:06:45	0:33:46	1:07:33	1:41:19	2:15:05	2:22:30	2:48:52	3:22:38	3:56:24	4:30:10	4:45:00
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0:06:03	0:30:13	1:00:26	1:30:39	2:00:52	2:07:30	2:31:05	3:01:18	3:31:31	4:01:44	4:15:00
0:05:55	0:29:37	0:59:15	1:28:52	1:58:30	2:05:00	2:28:07	2:57:45	3:27:22	3:57:00	4:10:00
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0:05:13	0:26:04	0:52:08	1:18:59	1:44:17	1:50:00	2:10:21	2:36:25	3:02:29	3:28:33	3:40:00
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0:04:59	0:24:53	0:49:46	1:14:39	1:39:32	1:45:00	2:04:25	2:29:18	2:54:11	3:19:05	3:30:00
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0:04:37	0:23:06	0:46:13	1:09:06	1:32:26	1:37:30	1:55:32	2:18:39	2:41:45	3:04:51	3:15:00
0:04:30	0:22:31	0:45:02	1:07:33	1:30:03	1:35:00	1:52:34	2:15:05	2:37:36	3:00:07	3:10:00
0:04:23	0:21:55	0:43:51	1:05:46	1:27:41	1:32:30	1:49:37	2:11:32	2:33:27	2:55:23	3:05:00
0:04:16	0:21:20	0:42:40	1:03:59	1:25:19	1:30:00	1:46:39	2:07:59	2:29:18	2:50:38	3:00:00