

	100	200	300	400	500	600	700	800	900	1000
4	1' 30''	3'	4' 30''	6'	7' 30''	9'	10' 30''	12'	13' 30''	15'
4,5	1' 20''	2' 40''	4'	5' 20''	6' 40''	8'	9' 20''	10' 40''	12'	13' 20''
5	1' 12''	2' 24''	3' 16''	4' 48''	6'	7' 12''	8' 24''	9' 36''	10' 48''	12''
5,5	1' 5''	2' 11''	2' 24''	4' 22''	5' 27''	6' 33''	7' 38''	8' 44''	9' 49''	10' 55''
6	1'	2'	3'	4'	5'	6'	7'	8'	9'	10'
6,5	55''	1' 51''	2' 46''	3' 41''	4' 37''	5' 32''	6' 27''	7' 23''	8' 19''	9' 14''
7	51''	1' 42''	2' 34''	3' 26''	4' 17''	5' 08''	6'	6' 51''	7' 43''	8' 34''
7,5	48''	1' 36''	2' 24''	3' 12''	4'	4' 48''	5' 36''	6' 24''	7' 12''	8'
8	45''	1' 30''	2' 15''	3'	3' 45''	4' 30''	5' 15''	6'	6' 45''	7' 30''
8,5	42''	1' 25''	2' 07''	2' 49''	3' 31''	4' 14''	4' 56''	5' 38''	6' 21''	7' 03''
9	40''	1' 20''	2'	2' 40''	3' 20''	4'	4' 40''	5' 20''	6'	6' 40''
9,5	38''	1' 16''	1' 53''	2' 32''	3' 09''	3' 47''	4' 25''	5' 03''	5' 41''	6' 19''
10	36''	1' 12''	1' 48''	2' 24''	3'	3' 36''	4' 12''	4' 48''	5' 24''	6'
10,5	34''	1' 08''	1' 43''	2' 17''	2' 51''	3' 26''	4'	4' 34''	5' 08''	5' 43''
11	33''	1' 05''	1' 38''	2' 11''	2' 44''	3' 16''	3' 49''	4' 22''	4' 54''	5' 27''
11,5	31''	1' 03''	1' 34''	2' 05''	2' 36''	3' 08''	3' 39''	4' 10''	4' 42''	5' 13''
12	30''	1'	1' 30''	2'	2' 30''	3'	3' 30''	4'	4' 30''	5'

	1,5 km	2 km	2,5 km	3 km	3,5 km	4 km	4,5 km	5 km	5,5 km	6 km	6,5 km	7 km	7,5 km	8 km	8,5 km	9 km	9,5 km	10 km
4	22' 30''	30'	37' 30''	45'	52' 30''	1 h	1h 7'	1h 15'	1h 22'	1h 30'	1h 37'	1h 45'	1h 52'	2h	2h 7'	2h 15'	2h 22'	2h 30'
4,5	20'	26' 40''	33' 20''	40'	46' 39''	53' 20''	1h	1h 7'	1h 13'	1h 20'	1h 26'	1h 33'	1h 40'	1h 47'	1h 53'	2h	2h 6'	2h 13'
5	18'	24'	30'	36'	42'	48'	54'	1h	1h 6'	1h 12'	1h 18'	1h 24'	1h 30'	1h 36'	1h 42'	1h 48'	1h 54'	2h
5,5	16' 22''	21' 49''	27' 16	32' 44''	38' 10''	43' 38''	49' 5''	54' 33''	1h	1h 5'	1h 10'	1h 16'	1h 21'	1h 27'	1h 32'	1h 38'	1h 43	1h 49'
6	15'	20'	25'	30'	35'	40'	45'	50'	55'	1h	1h 5'	1h 10'	1h 15'	1h 20'	1h 25'	1h 30'	1h 35'	1h 40'
6,5	13' 51''	18' 28''	23' 4''	27' 42''	32' 18	36' 56''	41' 32''	46' 10''	50' 46''	55' 16''	1h	1h 05'	1h 9'	1h 15'	1h 18'	1h 23'	1h 27'	1h 32'
7	12' 52''	17' 08''	21' 25	25' 42''	30'	34' 16''	38' 34''	42' 50''	47' 8''	51' 24''	55' 42''	59' 58''	1h 4'	1h 09'	1h 12'	1h 18'	1h 21'	1h 26'
7,5	12'	16'	20'	24'	28'	32'	36'	40'	44'	48'	52'	56'	1h	1h 04'	1h 8'	1h 12'	1h 16'	1h 20'
8	11' 15''	15'	18' 45''	22' 30''	26' 15''	30'	33' 45''	37' 30''	41' 15''	45'	48' 45''	52' 30''	56' 15''	1h	1h 3'	1h 07'	1h 11'	1h 15'
8,5	10' 35	14' 06''	17' 38''	21' 09''	24' 42''	28' 12''	31' 45''	35' 15''	38' 49''	42' 18''	45' 52''	49' 21''	52' 56''	56' 24''	1h	1h 03'	1h 7'	1h 11'
9	10'	13' 20''	16' 40''	20'	23' 19''	26' 40''	30'	33' 20''	36' 39''	40'	43' 20''	46' 40''	50'	53' 20''	56' 39''	1h	1h 3'	1h 07'
9,5	9' 28''	12' 38''	15' 47''	18' 57''	22' 6''	25' 16''	28' 25''	31' 35''	34' 44''	37' 54''	41' 3''	44' 13''	47' 22''	50' 32''	53' 41''	56' 51''	1h	1h 03'
10	9'	12'	15'	18'	21'	24'	27'	30'	33'	36'	39'	42'	45'	48'	51'	54'	57'	1h
10,5	8' 34''	11' 26''	14' 17''	17' 09''	20'	22' 52''	25' 42''	28' 35''	31' 25''	34' 18''	37' 8''	40' 01''	42' 51''	45' 44''	48' 34''	51' 27''	54' 17''	57' 10''
11	8' 11''	10' 54''	13' 38''	16' 21''	19' 5''	21' 48''	24' 32''	27' 15''	30'	32' 42''	35' 27''	38' 09''	40' 54''	43' 36''	46' 21''	49' 03''	51' 49''	54' 30''
11,5	7' 50''	10' 26''	13' 2''	15' 39''	18' 15''	20' 52''	23' 28''	26' 50''	28' 41''	31' 18''	33' 54''	36' 31''	39' 7''	41' 44''	44' 20''	46' 57''	49' 33''	52' 10''
12	7' 30''	10'	12' 30''	15'	17' 30''	20'	22' 30''	25'	27' 30''	30'	32' 30''	35'	37' 30''	40'	42' 30''	45'	47' 30''	50'