

Tabela międzyczasów

5 000 m.

	18:34,3	17:20,0	16:15,0	15:17,6	14:26,7	13:41,1	13:00,0
	70%	75%	80%	85%	90%	95%	100%
100	0:22,3	0:20,8	0:19,5	0:18,4	0:17,3	0:16,4	0:15,6
200	0:44,6	0:41,6	0:39,0	0:36,7	0:34,7	0:32,8	0:31,2
300	1:06,9	1:02,4	0:58,5	0:55,1	0:52,0	0:49,3	0:46,8
400	1:29,1	1:23,2	1:18,0	1:13,4	1:09,3	1:05,7	1:02,4
500	1:51,4	1:44,0	1:37,5	1:31,8	1:26,7	1:22,1	1:18,0
600	2:13,7	2:04,8	1:57,0	1:50,1	1:44,0	1:38,5	1:33,6
700	2:36,0	2:25,6	2:16,5	2:08,5	2:01,3	1:54,9	1:49,2
800	2:58,3	2:46,4	2:36,0	2:26,8	2:18,7	2:11,4	2:04,8
900	3:20,6	3:07,2	2:55,5	2:45,2	2:36,0	2:27,8	2:20,4
1000	3:42,9	3:28,0	3:15,0	3:03,5	2:53,3	2:44,2	2:36,0
1100	4:05,1	3:48,8	3:34,5	3:21,9	3:10,7	3:00,6	2:51,6
1200	4:27,4	4:09,6	3:54,0	3:40,2	3:28,0	3:17,1	3:07,2
1300	4:49,7	4:30,4	4:13,5	3:58,6	3:45,3	3:33,5	3:22,8
1400	5:12,0	4:51,2	4:33,0	4:16,9	4:02,7	3:49,9	3:38,4
1500	5:34,3	5:12,0	4:52,5	4:35,3	4:20,0	4:06,3	3:54,0
1600	5:56,6	5:32,8	5:12,0	4:53,6	4:37,3	4:22,7	4:09,6
1700	6:18,9	5:53,6	5:31,5	5:12,0	4:54,7	4:39,2	4:25,2
1800	6:41,1	6:14,4	5:51,0	5:30,4	5:12,0	4:55,6	4:40,8
1900	7:03,4	6:35,2	6:10,5	5:48,7	5:29,3	5:12,0	4:56,4
2000	7:25,7	6:56,0	6:30,0	6:07,1	5:46,7	5:28,4	5:12,0
2100	7:48,0	7:16,8	6:49,5	6:25,4	6:04,0	5:44,8	5:27,6
2200	8:10,3	7:37,6	7:09,0	6:43,8	6:21,3	6:01,3	5:43,2
2300	8:32,6	7:58,4	7:28,5	7:02,1	6:38,7	6:17,7	5:58,8
2400	8:54,9	8:19,2	7:48,0	7:20,5	6:56,0	6:34,1	6:14,4
2500	9:17,1	8:40,0	8:07,5	7:38,8	7:13,3	6:50,5	6:30,0
2600	9:39,4	9:00,8	8:27,0	7:57,2	7:30,7	7:06,9	6:45,6
2700	10:01,7	9:21,6	8:46,5	8:15,5	7:48,0	7:23,4	7:01,2
2800	10:24,0	9:42,4	9:06,0	8:33,9	8:05,3	7:39,8	7:16,8
2900	10:46,3	10:03,2	9:25,5	8:52,2	8:22,7	7:56,2	7:32,4
3000	11:08,6	10:24,0	9:45,0	9:10,6	8:40,0	8:12,6	7:48,0
3200	11:53,1	11:05,6	10:24,0	9:47,3	9:14,7	8:45,5	8:19,2
3400	12:37,7	11:47,2	11:03,0	10:24,0	9:49,3	9:18,3	8:50,4
3600	13:22,3	12:28,8	11:42,0	11:00,7	10:24,0	9:51,2	9:21,6
3800	14:06,9	13:10,4	12:21,0	11:37,4	10:58,7	10:24,0	9:52,8
4000	14:51,4	13:52,0	13:00,0	12:14,1	11:33,3	10:56,8	10:24,0
4200	15:36,0	14:33,6	13:39,0	12:50,8	12:08,0	11:29,7	10:55,2
4400	16:20,6	15:15,2	14:18,0	13:27,5	12:42,7	12:02,5	11:26,4
4600	17:05,1	15:56,8	14:57,0	14:04,2	13:17,3	12:35,4	11:57,6
4800	17:49,7	16:38,4	15:36,0	14:40,9	13:52,0	13:08,2	12:28,8
5000	18:34,3	17:20,0	16:15,0	15:17,6	14:26,7	13:41,1	13:00,0

Tabela międzyczasów
5 000 m.

	19:20,7	18:03,3	16:55,6	15:55,9	15:02,8	14:15,3	13:32,5
	70%	75%	80%	85%	90%	95%	100%
100	0:23,2	0:21,7	0:20,3	0:19,1	0:18,1	0:17,1	0:16,3
200	0:46,4	0:43,3	0:40,6	0:38,2	0:36,1	0:34,2	0:32,5
300	1:09,6	1:05,0	1:00,9	0:57,4	0:54,2	0:51,3	0:48,7
400	1:32,9	1:26,7	1:21,2	1:16,5	1:12,2	1:08,4	1:05,0
500	1:56,1	1:48,3	1:41,6	1:35,6	1:30,3	1:25,5	1:21,2
600	2:19,3	2:10,0	2:01,9	1:54,7	1:48,3	1:42,6	1:37,5
700	2:42,5	2:31,7	2:22,2	2:13,8	2:06,4	1:59,7	1:53,8
800	3:05,7	2:53,3	2:42,5	2:32,9	2:24,4	2:16,8	2:10,0
900	3:28,9	3:15,0	3:02,8	2:52,1	2:42,5	2:33,9	2:26,3
1000	3:52,1	3:36,7	3:23,1	3:11,2	3:00,6	2:51,1	2:42,5
1100	4:15,4	3:58,3	3:43,4	3:30,3	3:18,6	3:08,2	2:58,7
1200	4:38,6	4:20,0	4:03,7	3:49,4	3:36,7	3:25,3	3:15,0
1300	5:01,8	4:41,7	4:24,1	4:08,5	3:54,7	3:42,4	3:31,2
1400	5:25,0	5:03,3	4:44,4	4:27,6	4:12,8	3:59,5	3:47,5
1500	5:48,2	5:25,0	5:04,7	4:46,8	4:30,8	4:16,6	4:03,7
1600	6:11,4	5:46,7	5:25,0	5:05,9	4:48,9	4:33,7	4:20,0
1700	6:34,6	6:08,3	5:45,3	5:25,0	5:06,9	4:50,8	4:36,2
1800	6:57,9	6:30,0	6:05,6	5:44,1	5:25,0	5:07,9	4:52,5
1900	7:21,1	6:51,7	6:25,9	6:03,2	5:43,1	5:25,0	5:08,7
2000	7:44,3	7:13,3	6:46,3	6:22,4	6:01,1	5:42,1	5:25,0
2100	8:07,5	7:35,0	7:06,6	6:41,5	6:19,2	5:59,2	5:41,3
2200	8:30,7	7:56,7	7:26,9	7:00,6	6:37,2	6:16,3	5:57,5
2300	8:53,9	8:18,3	7:47,2	7:19,7	6:55,3	6:33,4	6:13,8
2400	9:17,1	8:40,0	8:07,5	7:38,8	7:13,3	6:50,5	6:30,0
2500	9:40,4	9:01,7	8:27,8	7:57,9	7:31,4	7:07,6	6:46,3
2600	10:03,6	9:23,3	8:48,1	8:17,1	7:49,4	7:24,7	7:02,5
2700	10:26,8	9:45,0	9:08,4	8:36,2	8:07,5	7:41,8	7:18,8
2800	10:50,0	10:06,7	9:28,7	8:55,3	8:25,6	7:58,9	7:35,0
2900	11:13,2	10:28,3	9:49,1	9:14,4	8:43,6	8:16,1	7:51,3
3000	11:36,4	10:50,0	10:09,4	9:33,5	9:01,7	8:33,2	8:07,5
3200	12:22,9	11:33,3	10:50,0	10:11,8	9:37,8	9:07,4	8:40,0
3400	13:09,3	12:16,7	11:30,6	10:50,0	10:13,9	9:41,6	9:12,5
3600	13:55,7	13:00,0	12:11,2	11:28,2	10:50,0	10:15,8	9:45,0
3800	14:42,1	13:43,3	12:51,9	12:06,5	11:26,1	10:50,0	10:17,5
4000	15:28,6	14:26,7	13:32,5	12:44,7	12:02,2	11:24,2	10:50,0
4200	16:15,0	15:10,0	14:13,1	13:22,9	12:38,3	11:58,4	11:22,5
4400	17:01,4	15:53,3	14:53,7	14:01,2	13:14,4	12:32,6	11:55,0
4600	17:47,9	16:36,7	15:34,4	14:39,4	13:50,6	13:06,8	12:27,5
4800	18:34,3	17:20,0	16:15,0	15:17,6	14:26,7	13:41,1	13:00,0
5000	19:20,7	18:03,3	16:55,6	15:55,9	15:02,8	14:15,3	13:32,5

Tabela międzyczasów

5 000 m.

	19:38,6	18:20,0	17:11,3	16:10,6	15:16,7	14:28,4	13:45,0
	70%	75%	80%	85%	90%	95%	100%
100	0:23,6	0:22,0	0:20,6	0:19,4	0:18,3	0:17,4	0:16,5
200	0:47,1	0:44,0	0:41,3	0:38,8	0:36,7	0:34,7	0:33,0
400	1:34,3	1:28,0	1:22,5	1:17,6	1:13,3	1:09,5	1:06,0
600	2:21,4	2:12,0	2:03,8	1:56,5	1:50,0	1:44,2	1:39,0
800	3:08,6	2:56,0	2:45,0	2:35,3	2:26,7	2:18,9	2:12,0
1000	3:55,7	3:40,0	3:26,3	3:14,1	3:03,3	2:53,7	2:45,0
1200	4:42,9	4:24,0	4:07,5	3:52,9	3:40,0	3:28,4	3:18,0
1500	5:53,6	5:30,0	5:09,4	4:51,2	4:35,0	4:20,5	4:07,5
1600	6:17,1	5:52,0	5:30,0	5:10,6	4:53,3	4:37,9	4:24,0
2000	7:51,4	7:20,0	6:52,5	6:28,2	6:06,7	5:47,4	5:30,0
2200	8:38,6	8:04,0	7:33,8	7:07,1	6:43,3	6:22,1	6:03,0
2500	9:49,3	9:10,0	8:35,6	8:05,3	7:38,3	7:14,2	6:52,5
2800	11:00,0	10:16,0	9:37,5	9:03,5	8:33,3	8:06,3	7:42,0
3000	11:47,1	11:00,0	10:18,8	9:42,4	9:10,0	8:41,1	8:15,0
3200	12:34,3	11:44,0	11:00,0	10:21,2	9:46,7	9:15,8	8:48,0
3500	13:45,0	12:50,0	12:01,9	11:19,4	10:41,7	10:07,9	9:37,5
3600	14:08,6	13:12,0	12:22,5	11:38,8	11:00,0	10:25,3	9:54,0
3800	14:55,7	13:56,0	13:03,8	12:17,6	11:36,7	11:00,0	10:27,0
4000	15:42,9	14:40,0	13:45,0	12:56,5	12:13,3	11:34,7	11:00,0
4300	16:53,6	15:46,0	14:46,9	13:54,7	13:08,3	12:26,8	11:49,5
4400	17:17,1	16:08,0	15:07,5	14:14,1	13:26,7	12:44,2	12:06,0
4500	17:40,7	16:30,0	15:28,1	14:33,5	13:45,0	13:01,6	12:22,5
4600	18:04,3	16:52,0	15:48,8	14:52,9	14:03,3	13:18,9	12:39,0
4700	18:27,9	17:14,0	16:09,4	15:12,4	14:21,7	13:36,3	12:55,5
4800	18:51,4	17:36,0	16:30,0	15:31,8	14:40,0	13:53,7	13:12,0
4900	19:15,0	17:58,0	16:50,6	15:51,2	14:58,3	14:11,1	13:28,5
5000	19:38,6	18:20,0	17:11,3	16:10,6	15:16,7	14:28,4	13:45,0

Tabela międzyczasów
5 000 m.

	20:14,3	18:53,3	17:42,5	16:40,0	15:44,4	14:54,7	14:10,0
	70%	75%	80%	85%	90%	95%	100%
100	0:24,3	0:22,7	0:21,2	0:20,0	0:18,9	0:17,9	0:17,0
200	0:48,6	0:45,3	0:42,5	0:40,0	0:37,8	0:35,8	0:34,0
300	1:12,9	1:08,0	1:03,7	1:00,0	0:56,7	0:53,7	0:51,0
400	1:37,1	1:30,7	1:25,0	1:20,0	1:15,6	1:11,6	1:08,0
500	2:01,4	1:53,3	1:46,3	1:40,0	1:34,4	1:29,5	1:25,0
600	2:25,7	2:16,0	2:07,5	2:00,0	1:53,3	1:47,4	1:42,0
700	2:50,0	2:38,7	2:28,7	2:20,0	2:12,2	2:05,3	1:59,0
800	3:14,3	3:01,3	2:50,0	2:40,0	2:31,1	2:23,2	2:16,0
900	3:38,6	3:24,0	3:11,3	3:00,0	2:50,0	2:41,1	2:33,0
1000	4:02,9	3:46,7	3:32,5	3:20,0	3:08,9	2:58,9	2:50,0
1100	4:27,1	4:09,3	3:53,7	3:40,0	3:27,8	3:16,8	3:07,0
1200	4:51,4	4:32,0	4:15,0	4:00,0	3:46,7	3:34,7	3:24,0
1300	5:15,7	4:54,7	4:36,2	4:20,0	4:05,6	3:52,6	3:41,0
1400	5:40,0	5:17,3	4:57,5	4:40,0	4:24,4	4:10,5	3:58,0
1500	6:04,3	5:40,0	5:18,7	5:00,0	4:43,3	4:28,4	4:15,0
1600	6:28,6	6:02,7	5:40,0	5:20,0	5:02,2	4:46,3	4:32,0
1700	6:52,9	6:25,3	6:01,2	5:40,0	5:21,1	5:04,2	4:49,0
1800	7:17,1	6:48,0	6:22,5	6:00,0	5:40,0	5:22,1	5:06,0
1900	7:41,4	7:10,7	6:43,7	6:20,0	5:58,9	5:40,0	5:23,0
2000	8:05,7	7:33,3	7:05,0	6:40,0	6:17,8	5:57,9	5:40,0
2100	8:30,0	7:56,0	7:26,3	7:00,0	6:36,7	6:15,8	5:57,0
2200	8:54,3	8:18,7	7:47,5	7:20,0	6:55,6	6:33,7	6:14,0
2300	9:18,6	8:41,3	8:08,7	7:40,0	7:14,4	6:51,6	6:31,0
2400	9:42,9	9:04,0	8:30,0	8:00,0	7:33,3	7:09,5	6:48,0
2500	10:07,1	9:26,7	8:51,3	8:20,0	7:52,2	7:27,4	7:05,0
2600	10:31,4	9:49,3	9:12,5	8:40,0	8:11,1	7:45,3	7:22,0
2700	10:55,7	10:12,0	9:33,7	9:00,0	8:30,0	8:03,2	7:39,0
2800	11:20,0	10:34,7	9:55,0	9:20,0	8:48,9	8:21,1	7:56,0
2900	11:44,3	10:57,3	10:16,2	9:40,0	9:07,8	8:38,9	8:13,0
3000	12:08,6	11:20,0	10:37,5	10:00,0	9:26,7	8:56,8	8:30,0
3200	12:57,1	12:05,3	11:20,0	10:40,0	10:04,4	9:32,6	9:04,0
3400	13:45,7	12:50,7	12:02,5	11:20,0	10:42,2	10:08,4	9:38,0
3600	14:34,3	13:36,0	12:45,0	12:00,0	11:20,0	10:44,2	10:12,0
3800	15:22,9	14:21,3	13:27,5	12:40,0	11:57,8	11:20,0	10:46,0
4000	16:11,4	15:06,7	14:10,0	13:20,0	12:35,6	11:55,8	11:20,0
4200	17:00,0	15:52,0	14:52,5	14:00,0	13:13,3	12:31,6	11:54,0
4400	17:48,6	16:37,3	15:35,0	14:40,0	13:51,1	13:07,4	12:28,0
4600	18:37,1	17:22,7	16:17,5	15:20,0	14:28,9	13:43,2	13:02,0
4800	19:25,7	18:08,0	17:00,0	16:00,0	15:06,7	14:18,9	13:36,0
5000	20:14,3	18:53,3	17:42,5	16:40,0	15:44,4	14:54,7	14:10,0

Tabela międzyczasów

5 000 m.

	20:32,1	19:10,0	17:58,1	16:54,7	15:58,3	15:07,9	14:22,5
	70%	75%	80%	85%	90%	95%	100%
100	0:24,6	0:23,0	0:21,6	0:20,3	0:19,2	0:18,2	0:17,3
200	0:49,3	0:46,0	0:43,1	0:40,6	0:38,3	0:36,3	0:34,5
300	1:13,9	1:09,0	1:04,7	1:00,9	0:57,5	0:54,5	0:51,8
400	1:38,6	1:32,0	1:26,3	1:21,2	1:16,7	1:12,6	1:09,0
500	2:03,2	1:55,0	1:47,8	1:41,5	1:35,8	1:30,8	1:26,3
600	2:27,9	2:18,0	2:09,4	2:01,8	1:55,0	1:48,9	1:43,5
700	2:52,5	2:41,0	2:30,9	2:22,1	2:14,2	2:07,1	2:00,8
800	3:17,1	3:04,0	2:52,5	2:42,4	2:33,3	2:25,3	2:18,0
900	3:41,8	3:27,0	3:14,1	3:02,6	2:52,5	2:43,4	2:35,3
1000	4:06,4	3:50,0	3:35,6	3:22,9	3:11,7	3:01,6	2:52,5
1100	4:31,1	4:13,0	3:57,2	3:43,2	3:30,8	3:19,7	3:09,7
1200	4:55,7	4:36,0	4:18,7	4:03,5	3:50,0	3:37,9	3:27,0
1300	5:20,4	4:59,0	4:40,3	4:23,8	4:09,2	3:56,1	3:44,2
1400	5:45,0	5:22,0	5:01,9	4:44,1	4:28,3	4:14,2	4:01,5
1500	6:09,6	5:45,0	5:23,4	5:04,4	4:47,5	4:32,4	4:18,8
1600	6:34,3	6:08,0	5:45,0	5:24,7	5:06,7	4:50,5	4:36,0
1700	6:58,9	6:31,0	6:06,6	5:45,0	5:25,8	5:08,7	4:53,3
1800	7:23,6	6:54,0	6:28,1	6:05,3	5:45,0	5:26,8	5:10,5
1900	7:48,2	7:17,0	6:49,7	6:25,6	6:04,2	5:45,0	5:27,7
2000	8:12,9	7:40,0	7:11,3	6:45,9	6:23,3	6:03,2	5:45,0
2100	8:37,5	8:03,0	7:32,8	7:06,2	6:42,5	6:21,3	6:02,3
2200	9:02,1	8:26,0	7:54,4	7:26,5	7:01,7	6:39,5	6:19,5
2300	9:26,8	8:49,0	8:15,9	7:46,8	7:20,8	6:57,6	6:36,8
2400	9:51,4	9:12,0	8:37,5	8:07,1	7:40,0	7:15,8	6:54,0
2500	10:16,1	9:35,0	8:59,1	8:27,4	7:59,2	7:33,9	7:11,3
2600	10:40,7	9:58,0	9:20,6	8:47,6	8:18,3	7:52,1	7:28,5
2700	11:05,4	10:21,0	9:42,2	9:07,9	8:37,5	8:10,3	7:45,8
2800	11:30,0	10:44,0	10:03,8	9:28,2	8:56,7	8:28,4	8:03,0
2900	11:54,6	11:07,0	10:25,3	9:48,5	9:15,8	8:46,6	8:20,3
3000	12:19,3	11:30,0	10:46,9	10:08,8	9:35,0	9:04,7	8:37,5
3200	13:08,6	12:16,0	11:30,0	10:49,4	10:13,3	9:41,1	9:12,0
3400	13:57,9	13:02,0	12:13,1	11:30,0	10:51,7	10:17,4	9:46,5
3600	14:47,1	13:48,0	12:56,3	12:10,6	11:30,0	10:53,7	10:21,0
3800	15:36,4	14:34,0	13:39,4	12:51,2	12:08,3	11:30,0	10:55,5
4000	16:25,7	15:20,0	14:22,5	13:31,8	12:46,7	12:06,3	11:30,0
4200	17:15,0	16:06,0	15:05,6	14:12,4	13:25,0	12:42,6	12:04,5
4400	18:04,3	16:52,0	15:48,7	14:52,9	14:03,3	13:18,9	12:39,0
4600	18:53,6	17:38,0	16:31,9	15:33,5	14:41,7	13:55,3	13:13,5
4800	19:42,9	18:24,0	17:15,0	16:14,1	15:20,0	14:31,6	13:48,0
5000	20:32,1	19:10,0	17:58,1	16:54,7	15:58,3	15:07,9	14:22,5

Tabela międzyczasów**5 000 m.**

	20:50,0	19:26,7	18:13,7	17:09,4	16:12,2	15:21,1	14:35,0
	70%	75%	80%	85%	90%	95%	100%
100	0:25,0	0:23,3	0:21,9	0:20,6	0:19,4	0:18,4	0:17,5
200	0:50,0	0:46,7	0:43,7	0:41,2	0:38,9	0:36,8	0:35,0
300	1:15,0	1:10,0	1:05,6	1:01,8	0:58,3	0:55,3	0:52,5
400	1:40,0	1:33,3	1:27,5	1:22,4	1:17,8	1:13,7	1:10,0
500	2:05,0	1:56,7	1:49,4	1:42,9	1:37,2	1:32,1	1:27,5
600	2:30,0	2:20,0	2:11,2	2:03,5	1:56,7	1:50,5	1:45,0
700	2:55,0	2:43,3	2:33,1	2:24,1	2:16,1	2:08,9	2:02,5
800	3:20,0	3:06,7	2:55,0	2:44,7	2:35,6	2:27,4	2:20,0
900	3:45,0	3:30,0	3:16,9	3:05,3	2:55,0	2:45,8	2:37,5
1000	4:10,0	3:53,3	3:38,7	3:25,9	3:14,4	3:04,2	2:55,0
1100	4:35,0	4:16,7	4:00,6	3:46,5	3:33,9	3:22,6	3:12,5
1200	5:00,0	4:40,0	4:22,5	4:07,1	3:53,3	3:41,1	3:30,0
1300	5:25,0	5:03,3	4:44,4	4:27,6	4:12,8	3:59,5	3:47,5
1400	5:50,0	5:26,7	5:06,2	4:48,2	4:32,2	4:17,9	4:05,0
1500	6:15,0	5:50,0	5:28,1	5:08,8	4:51,7	4:36,3	4:22,5
1600	6:40,0	6:13,3	5:50,0	5:29,4	5:11,1	4:54,7	4:40,0
1700	7:05,0	6:36,7	6:11,9	5:50,0	5:30,6	5:13,2	4:57,5
1800	7:30,0	7:00,0	6:33,7	6:10,6	5:50,0	5:31,6	5:15,0
1900	7:55,0	7:23,3	6:55,6	6:31,2	6:09,4	5:50,0	5:32,5
2000	8:20,0	7:46,7	7:17,5	6:51,8	6:28,9	6:08,4	5:50,0
2100	8:45,0	8:10,0	7:39,4	7:12,4	6:48,3	6:26,8	6:07,5
2200	9:10,0	8:33,3	8:01,2	7:32,9	7:07,8	6:45,3	6:25,0
2300	9:35,0	8:56,7	8:23,1	7:53,5	7:27,2	7:03,7	6:42,5
2400	10:00,0	9:20,0	8:45,0	8:14,1	7:46,7	7:22,1	7:00,0
2500	10:25,0	9:43,3	9:06,9	8:34,7	8:06,1	7:40,5	7:17,5
2600	10:50,0	10:06,7	9:28,7	8:55,3	8:25,6	7:58,9	7:35,0
2700	11:15,0	10:30,0	9:50,6	9:15,9	8:45,0	8:17,4	7:52,5
2800	11:40,0	10:53,3	10:12,5	9:36,5	9:04,4	8:35,8	8:10,0
2900	12:05,0	11:16,7	10:34,4	9:57,1	9:23,9	8:54,2	8:27,5
3000	12:30,0	11:40,0	10:56,2	10:17,6	9:43,3	9:12,6	8:45,0
3200	13:20,0	12:26,7	11:40,0	10:58,8	10:22,2	9:49,5	9:20,0
3400	14:10,0	13:13,3	12:23,7	11:40,0	11:01,1	10:26,3	9:55,0
3600	15:00,0	14:00,0	13:07,5	12:21,2	11:40,0	11:03,2	10:30,0
3800	15:50,0	14:46,7	13:51,3	13:02,4	12:18,9	11:40,0	11:05,0
4000	16:40,0	15:33,3	14:35,0	13:43,5	12:57,8	12:16,8	11:40,0
4200	17:30,0	16:20,0	15:18,7	14:24,7	13:36,7	12:53,7	12:15,0
4400	18:20,0	17:06,7	16:02,5	15:05,9	14:15,6	13:30,5	12:50,0
4600	19:10,0	17:53,3	16:46,2	15:47,1	14:54,4	14:07,4	13:25,0
4800	20:00,0	18:40,0	17:30,0	16:28,2	15:33,3	14:44,2	14:00,0
5000	20:50,0	19:26,7	18:13,7	17:09,4	16:12,2	15:21,1	14:35,0

Tabela międzyczasów**5 000 m.**

	21:07,9	19:43,3	18:29,4	17:24,1	16:26,1	15:34,2	14:47,5
	70%	75%	80%	85%	90%	95%	100%
100	0:25,4	0:23,7	0:22,2	0:20,9	0:19,7	0:18,7	0:17,7
200	0:50,7	0:47,3	0:44,4	0:41,8	0:39,4	0:37,4	0:35,5
300	1:16,1	1:11,0	1:06,6	1:02,6	0:59,2	0:56,1	0:53,2
400	1:41,4	1:34,7	1:28,8	1:23,5	1:18,9	1:14,7	1:11,0
500	2:06,8	1:58,3	1:50,9	1:44,4	1:38,6	1:33,4	1:28,8
600	2:32,1	2:22,0	2:13,1	2:05,3	1:58,3	1:52,1	1:46,5
700	2:57,5	2:45,7	2:35,3	2:26,2	2:18,1	2:10,8	2:04,2
800	3:22,9	3:09,3	2:57,5	2:47,1	2:37,8	2:29,5	2:22,0
900	3:48,2	3:33,0	3:19,7	3:07,9	2:57,5	2:48,2	2:39,7
1000	4:13,6	3:56,7	3:41,9	3:28,8	3:17,2	3:06,8	2:57,5
1100	4:38,9	4:20,3	4:04,1	3:49,7	3:36,9	3:25,5	3:15,2
1200	5:04,3	4:44,0	4:26,2	4:10,6	3:56,7	3:44,2	3:33,0
1300	5:29,6	5:07,7	4:48,4	4:31,5	4:16,4	4:02,9	3:50,7
1400	5:55,0	5:31,3	5:10,6	4:52,4	4:36,1	4:21,6	4:08,5
1500	6:20,4	5:55,0	5:32,8	5:13,2	4:55,8	4:40,3	4:26,2
1600	6:45,7	6:18,7	5:55,0	5:34,1	5:15,6	4:58,9	4:44,0
1700	7:11,1	6:42,3	6:17,2	5:55,0	5:35,3	5:17,6	5:01,7
1800	7:36,4	7:06,0	6:39,4	6:15,9	5:55,0	5:36,3	5:19,5
1900	8:01,8	7:29,7	7:01,6	6:36,8	6:14,7	5:55,0	5:37,2
2000	8:27,1	7:53,3	7:23,7	6:57,6	6:34,4	6:13,7	5:55,0
2100	8:52,5	8:17,0	7:45,9	7:18,5	6:54,2	6:32,4	6:12,7
2200	9:17,9	8:40,7	8:08,1	7:39,4	7:13,9	6:51,1	6:30,5
2300	9:43,2	9:04,3	8:30,3	8:00,3	7:33,6	7:09,7	6:48,2
2400	10:08,6	9:28,0	8:52,5	8:21,2	7:53,3	7:28,4	7:06,0
2500	10:33,9	9:51,7	9:14,7	8:42,1	8:13,1	7:47,1	7:23,7
2600	10:59,3	10:15,3	9:36,9	9:02,9	8:32,8	8:05,8	7:41,5
2700	11:24,6	10:39,0	9:59,1	9:23,8	8:52,5	8:24,5	7:59,2
2800	11:50,0	11:02,7	10:21,2	9:44,7	9:12,2	8:43,2	8:17,0
2900	12:15,4	11:26,3	10:43,4	10:05,6	9:31,9	9:01,8	8:34,8
3000	12:40,7	11:50,0	11:05,6	10:26,5	9:51,7	9:20,5	8:52,5
3200	13:31,4	12:37,3	11:50,0	11:08,2	10:31,1	9:57,9	9:28,0
3400	14:22,1	13:24,7	12:34,4	11:50,0	11:10,6	10:35,3	10:03,5
3600	15:12,9	14:12,0	13:18,8	12:31,8	11:50,0	11:12,6	10:39,0
3800	16:03,6	14:59,3	14:03,1	13:13,5	12:29,4	11:50,0	11:14,5
4000	16:54,3	15:46,7	14:47,5	13:55,3	13:08,9	12:27,4	11:50,0
4200	17:45,0	16:34,0	15:31,9	14:37,1	13:48,3	13:04,7	12:25,5
4400	18:35,7	17:21,3	16:16,2	15:18,8	14:27,8	13:42,1	13:01,0
4600	19:26,4	18:08,7	17:00,6	16:00,6	15:07,2	14:19,5	13:36,5
4800	20:17,1	18:56,0	17:45,0	16:42,4	15:46,7	14:56,8	14:12,0
5000	21:07,9	19:43,3	18:29,4	17:24,1	16:26,1	15:34,2	14:47,5

Tabela międzyczasów
5 000 m.

	21:25,7	20:00,0	18:45,0	17:38,8	16:40,0	15:47,4	15:00,0
	70%	75%	80%	85%	90%	95%	100%
100	0:25,7	0:24,0	0:22,5	0:21,2	0:20,0	0:18,9	0:18,0
200	0:51,4	0:48,0	0:45,0	0:42,4	0:40,0	0:37,9	0:36,0
300	1:17,1	1:12,0	1:07,5	1:03,5	1:00,0	0:56,8	0:54,0
400	1:42,9	1:36,0	1:30,0	1:24,7	1:20,0	1:15,8	1:12,0
500	2:08,6	2:00,0	1:52,5	1:45,9	1:40,0	1:34,7	1:30,0
600	2:34,3	2:24,0	2:15,0	2:07,1	2:00,0	1:53,7	1:48,0
700	3:00,0	2:48,0	2:37,5	2:28,2	2:20,0	2:12,6	2:06,0
800	3:25,7	3:12,0	3:00,0	2:49,4	2:40,0	2:31,6	2:24,0
900	3:51,4	3:36,0	3:22,5	3:10,6	3:00,0	2:50,5	2:42,0
1000	4:17,1	4:00,0	3:45,0	3:31,8	3:20,0	3:09,5	3:00,0
1100	4:42,9	4:24,0	4:07,5	3:52,9	3:40,0	3:28,4	3:18,0
1200	5:08,6	4:48,0	4:30,0	4:14,1	4:00,0	3:47,4	3:36,0
1300	5:34,3	5:12,0	4:52,5	4:35,3	4:20,0	4:06,3	3:54,0
1400	6:00,0	5:36,0	5:15,0	4:56,5	4:40,0	4:25,3	4:12,0
1500	6:25,7	6:00,0	5:37,5	5:17,6	5:00,0	4:44,2	4:30,0
1600	6:51,4	6:24,0	6:00,0	5:38,8	5:20,0	5:03,2	4:48,0
1700	7:17,1	6:48,0	6:22,5	6:00,0	5:40,0	5:22,1	5:06,0
1800	7:42,9	7:12,0	6:45,0	6:21,2	6:00,0	5:41,1	5:24,0
1900	8:08,6	7:36,0	7:07,5	6:42,4	6:20,0	6:00,0	5:42,0
2000	8:34,3	8:00,0	7:30,0	7:03,5	6:40,0	6:18,9	6:00,0
2100	9:00,0	8:24,0	7:52,5	7:24,7	7:00,0	6:37,9	6:18,0
2200	9:25,7	8:48,0	8:15,0	7:45,9	7:20,0	6:56,8	6:36,0
2300	9:51,4	9:12,0	8:37,5	8:07,1	7:40,0	7:15,8	6:54,0
2400	10:17,1	9:36,0	9:00,0	8:28,2	8:00,0	7:34,7	7:12,0
2500	10:42,9	10:00,0	9:22,5	8:49,4	8:20,0	7:53,7	7:30,0
2600	11:08,6	10:24,0	9:45,0	9:10,6	8:40,0	8:12,6	7:48,0
2700	11:34,3	10:48,0	10:07,5	9:31,8	9:00,0	8:31,6	8:06,0
2800	12:00,0	11:12,0	10:30,0	9:52,9	9:20,0	8:50,5	8:24,0
2900	12:25,7	11:36,0	10:52,5	10:14,1	9:40,0	9:09,5	8:42,0
3000	12:51,4	12:00,0	11:15,0	10:35,3	10:00,0	9:28,4	9:00,0
3200	13:42,9	12:48,0	12:00,0	11:17,6	10:40,0	10:06,3	9:36,0
3400	14:34,3	13:36,0	12:45,0	12:00,0	11:20,0	10:44,2	10:12,0
3600	15:25,7	14:24,0	13:30,0	12:42,4	12:00,0	11:22,1	10:48,0
3800	16:17,1	15:12,0	14:15,0	13:24,7	12:40,0	12:00,0	11:24,0
4000	17:08,6	16:00,0	15:00,0	14:07,1	13:20,0	12:37,9	12:00,0
4200	18:00,0	16:48,0	15:45,0	14:49,4	14:00,0	13:15,8	12:36,0
4400	18:51,4	17:36,0	16:30,0	15:31,8	14:40,0	13:53,7	13:12,0
4600	19:42,9	18:24,0	17:15,0	16:14,1	15:20,0	14:31,6	13:48,0
4800	20:34,3	19:12,0	18:00,0	16:56,5	16:00,0	15:09,5	14:24,0
5000	21:25,7	20:00,0	18:45,0	17:38,8	16:40,0	15:47,4	15:00,0

Tabela międzyczasów

5 000 m.

	21:42,9	20:16,0	19:00,0	17:52,9	16:53,3	16:00,0	15:12,0
	70%	75%	80%	85%	90%	95%	100%
100	0:26,1	0:24,3	0:22,8	0:21,5	0:20,3	0:19,2	0:18,2
200	0:52,1	0:48,6	0:45,6	0:42,9	0:40,5	0:38,4	0:36,5
400	1:44,2	1:37,3	1:31,2	1:25,8	1:21,1	1:16,8	1:13,0
600	2:36,3	2:25,9	2:16,8	2:08,8	2:01,6	1:55,2	1:49,4
800	3:28,5	3:14,6	3:02,4	2:51,7	2:42,1	2:33,6	2:25,9
1000	4:20,6	4:03,2	3:48,0	3:34,6	3:22,7	3:12,0	3:02,4
1200	5:12,7	4:51,8	4:33,6	4:17,5	4:03,2	3:50,4	3:38,9
1500	6:30,9	6:04,8	5:42,0	5:21,9	5:04,0	4:48,0	4:33,6
1600	6:56,9	6:29,1	6:04,8	5:43,3	5:24,3	5:07,2	4:51,8
2000	8:41,1	8:06,4	7:36,0	7:09,2	6:45,3	6:24,0	6:04,8
2200	9:33,3	8:55,0	8:21,6	7:52,1	7:25,9	7:02,4	6:41,3
2500	10:51,4	10:08,0	9:30,0	8:56,5	8:26,7	8:00,0	7:36,0
2800	12:09,6	11:21,0	10:38,4	10:00,8	9:27,5	8:57,6	8:30,7
3000	13:01,7	12:09,6	11:24,0	10:43,8	10:08,0	9:36,0	9:07,2
3200	13:53,8	12:58,2	12:09,6	11:26,7	10:48,5	10:14,4	9:43,7
3500	15:12,0	14:11,2	13:18,0	12:31,1	11:49,3	11:12,0	10:38,4
3600	15:38,1	14:35,5	13:40,8	12:52,5	12:09,6	11:31,2	10:56,6
3800	16:30,2	15:24,2	14:26,4	13:35,4	12:50,1	12:09,6	11:33,1
4000	17:22,3	16:12,8	15:12,0	14:18,4	13:30,7	12:48,0	12:09,6
4300	18:40,5	17:25,8	16:20,4	15:22,7	14:31,5	13:45,6	13:04,3
4400	19:06,5	17:50,1	16:43,2	15:44,2	14:51,7	14:04,8	13:22,6
4500	19:32,6	18:14,4	17:06,0	16:05,6	15:12,0	14:24,0	13:40,8
4600	19:58,6	18:38,7	17:28,8	16:27,1	15:32,3	14:43,2	13:59,0
4700	20:24,7	19:03,0	17:51,6	16:48,6	15:52,5	15:02,4	14:17,3
4800	20:50,7	19:27,4	18:14,4	17:10,0	16:12,8	15:21,6	14:35,5
4900	21:16,8	19:51,7	18:37,2	17:31,5	16:33,1	15:40,8	14:53,8
5000	21:42,9	20:16,0	19:00,0	17:52,9	16:53,3	16:00,0	15:12,0

Tabela międzyczasów

5 000 m.

	22:01,4	20:33,3	19:16,2	18:08,2	17:07,8	16:13,7	15:25,0
	70%	75%	80%	85%	90%	95%	100%
400	1:45,7	1:38,7	1:32,5	1:27,1	1:22,2	1:17,9	1:14,0
1000	4:24,3	4:06,7	3:51,2	3:37,6	3:25,6	3:14,7	3:05,0
2000	8:48,6	8:13,3	7:42,5	7:15,3	6:51,1	6:29,5	6:10,0
3000	13:12,9	12:20,0	11:33,7	10:52,9	10:16,7	9:44,2	9:15,0
4000	17:37,1	16:26,7	15:25,0	14:30,6	13:42,2	12:58,9	12:20,0
5000	22:01,4	20:33,3	19:16,2	18:08,2	17:07,8	16:13,7	15:25,0

Tabela międzyczasów

5 000 m.

	22:01,4	20:33,3	19:16,2	18:08,2	17:07,8	16:13,7	15:25,0
	70%	75%	80%	85%	90%	95%	100%
100	0:26,4	0:24,7	0:23,1	0:21,8	0:20,6	0:19,5	0:18,5
200	0:52,9	0:49,3	0:46,2	0:43,5	0:41,1	0:38,9	0:37,0
300	1:19,3	1:14,0	1:09,4	1:05,3	1:01,7	0:58,4	0:55,5
400	1:45,7	1:38,7	1:32,5	1:27,1	1:22,2	1:17,9	1:14,0
500	2:12,1	2:03,3	1:55,6	1:48,8	1:42,8	1:37,4	1:32,5
600	2:38,6	2:28,0	2:18,7	2:10,6	2:03,3	1:56,8	1:51,0
700	3:05,0	2:52,7	2:41,9	2:32,4	2:23,9	2:16,3	2:09,5
800	3:31,4	3:17,3	3:05,0	2:54,1	2:44,4	2:35,8	2:28,0
900	3:57,9	3:42,0	3:28,1	3:15,9	3:05,0	2:55,3	2:46,5
1000	4:24,3	4:06,7	3:51,2	3:37,6	3:25,6	3:14,7	3:05,0
1100	4:50,7	4:31,3	4:14,4	3:59,4	3:46,1	3:34,2	3:23,5
1200	5:17,1	4:56,0	4:37,5	4:21,2	4:06,7	3:53,7	3:42,0
1300	5:43,6	5:20,7	5:00,6	4:42,9	4:27,2	4:13,2	4:00,5
1400	6:10,0	5:45,3	5:23,7	5:04,7	4:47,8	4:32,6	4:19,0
1500	6:36,4	6:10,0	5:46,9	5:26,5	5:08,3	4:52,1	4:37,5
1600	7:02,9	6:34,7	6:10,0	5:48,2	5:28,9	5:11,6	4:56,0
1700	7:29,3	6:59,3	6:33,1	6:10,0	5:49,4	5:31,1	5:14,5
1800	7:55,7	7:24,0	6:56,2	6:31,8	6:10,0	5:50,5	5:33,0
1900	8:22,1	7:48,7	7:19,4	6:53,5	6:30,6	6:10,0	5:51,5
2000	8:48,6	8:13,3	7:42,5	7:15,3	6:51,1	6:29,5	6:10,0
2100	9:15,0	8:38,0	8:05,6	7:37,1	7:11,7	6:48,9	6:28,5
2200	9:41,4	9:02,7	8:28,7	7:58,8	7:32,2	7:08,4	6:47,0
2300	10:07,9	9:27,3	8:51,9	8:20,6	7:52,8	7:27,9	7:05,5
2400	10:34,3	9:52,0	9:15,0	8:42,4	8:13,3	7:47,4	7:24,0
2500	11:00,7	10:16,7	9:38,1	9:04,1	8:33,9	8:06,8	7:42,5
2600	11:27,1	10:41,3	10:01,2	9:25,9	8:54,4	8:26,3	8:01,0
2700	11:53,6	11:06,0	10:24,4	9:47,6	9:15,0	8:45,8	8:19,5
2800	12:20,0	11:30,7	10:47,5	10:09,4	9:35,6	9:05,3	8:38,0
2900	12:46,4	11:55,3	11:10,6	10:31,2	9:56,1	9:24,7	8:56,5
3000	13:12,9	12:20,0	11:33,7	10:52,9	10:16,7	9:44,2	9:15,0
3200	14:05,7	13:09,3	12:20,0	11:36,5	10:57,8	10:23,2	9:52,0
3400	14:58,6	13:58,7	13:06,2	12:20,0	11:38,9	11:02,1	10:29,0
3600	15:51,4	14:48,0	13:52,5	13:03,5	12:20,0	11:41,1	11:06,0
3800	16:44,3	15:37,3	14:38,7	13:47,1	13:01,1	12:20,0	11:43,0
4000	17:37,1	16:26,7	15:25,0	14:30,6	13:42,2	12:58,9	12:20,0
4200	18:30,0	17:16,0	16:11,2	15:14,1	14:23,3	13:37,9	12:57,0
4400	19:22,9	18:05,3	16:57,5	15:57,6	15:04,4	14:16,8	13:34,0
4600	20:15,7	18:54,7	17:43,8	16:41,2	15:45,6	14:55,8	14:11,0
4800	21:08,6	19:44,0	18:30,0	17:24,7	16:26,7	15:34,7	14:48,0
5000	22:01,4	20:33,3	19:16,2	18:08,2	17:07,8	16:13,7	15:25,0

Tabela międzyczasów
5 000 m.

	22:19,3	20:50,0	19:31,9	18:22,9	17:21,7	16:26,8	15:37,5
	70%	75%	80%	85%	90%	95%	100%
100	0:26,8	0:25,0	0:23,4	0:22,1	0:20,8	0:19,7	0:18,8
200	0:53,6	0:50,0	0:46,9	0:44,1	0:41,7	0:39,5	0:37,5
300	1:20,4	1:15,0	1:10,3	1:06,2	1:02,5	0:59,2	0:56,3
400	1:47,1	1:40,0	1:33,8	1:28,2	1:23,3	1:18,9	1:15,0
500	2:13,9	2:05,0	1:57,2	1:50,3	1:44,2	1:38,7	1:33,8
600	2:40,7	2:30,0	2:20,6	2:12,4	2:05,0	1:58,4	1:52,5
700	3:07,5	2:55,0	2:44,1	2:34,4	2:25,8	2:18,2	2:11,3
800	3:34,3	3:20,0	3:07,5	2:56,5	2:46,7	2:37,9	2:30,0
900	4:01,1	3:45,0	3:30,9	3:18,5	3:07,5	2:57,6	2:48,8
1000	4:27,9	4:10,0	3:54,4	3:40,6	3:28,3	3:17,4	3:07,5
1100	4:54,6	4:35,0	4:17,8	4:02,6	3:49,2	3:37,1	3:26,3
1200	5:21,4	5:00,0	4:41,3	4:24,7	4:10,0	3:56,8	3:45,0
1300	5:48,2	5:25,0	5:04,7	4:46,8	4:30,8	4:16,6	4:03,8
1400	6:15,0	5:50,0	5:28,1	5:08,8	4:51,7	4:36,3	4:22,5
1500	6:41,8	6:15,0	5:51,6	5:30,9	5:12,5	4:56,1	4:41,3
1600	7:08,6	6:40,0	6:15,0	5:52,9	5:33,3	5:15,8	5:00,0
1700	7:35,4	7:05,0	6:38,4	6:15,0	5:54,2	5:35,5	5:18,8
1800	8:02,1	7:30,0	7:01,9	6:37,1	6:15,0	5:55,3	5:37,5
1900	8:28,9	7:55,0	7:25,3	6:59,1	6:35,8	6:15,0	5:56,3
2000	8:55,7	8:20,0	7:48,8	7:21,2	6:56,7	6:34,7	6:15,0
2100	9:22,5	8:45,0	8:12,2	7:43,2	7:17,5	6:54,5	6:33,8
2200	9:49,3	9:10,0	8:35,6	8:05,3	7:38,3	7:14,2	6:52,5
2300	10:16,1	9:35,0	8:59,1	8:27,4	7:59,2	7:33,9	7:11,3
2400	10:42,9	10:00,0	9:22,5	8:49,4	8:20,0	7:53,7	7:30,0
2500	11:09,6	10:25,0	9:45,9	9:11,5	8:40,8	8:13,4	7:48,8
2600	11:36,4	10:50,0	10:09,4	9:33,5	9:01,7	8:33,2	8:07,5
2700	12:03,2	11:15,0	10:32,8	9:55,6	9:22,5	8:52,9	8:26,3
2800	12:30,0	11:40,0	10:56,3	10:17,6	9:43,3	9:12,6	8:45,0
2900	12:56,8	12:05,0	11:19,7	10:39,7	10:04,2	9:32,4	9:03,8
3000	13:23,6	12:30,0	11:43,1	11:01,8	10:25,0	9:52,1	9:22,5
3200	14:17,1	13:20,0	12:30,0	11:45,9	11:06,7	10:31,6	10:00,0
3400	15:10,7	14:10,0	13:16,9	12:30,0	11:48,3	11:11,1	10:37,5
3600	16:04,3	15:00,0	14:03,8	13:14,1	12:30,0	11:50,5	11:15,0
3800	16:57,9	15:50,0	14:50,6	13:58,2	13:11,7	12:30,0	11:52,5
4000	17:51,4	16:40,0	15:37,5	14:42,4	13:53,3	13:09,5	12:30,0
4200	18:45,0	17:30,0	16:24,4	15:26,5	14:35,0	13:48,9	13:07,5
4400	19:38,6	18:20,0	17:11,2	16:10,6	15:16,7	14:28,4	13:45,0
4600	20:32,1	19:10,0	17:58,1	16:54,7	15:58,3	15:07,9	14:22,5
4800	21:25,7	20:00,0	18:45,0	17:38,8	16:40,0	15:47,4	15:00,0
5000	22:19,3	20:50,0	19:31,9	18:22,9	17:21,7	16:26,8	15:37,5

Tabela międzyczasów
5 000 m.

	22:37,1	21:06,7	19:47,5	18:37,6	17:35,6	16:40,0	15:50,0
	70%	75%	80%	85%	90%	95%	100%
100	0:27,1	0:25,3	0:23,7	0:22,4	0:21,1	0:20,0	0:19,0
200	0:54,3	0:50,7	0:47,5	0:44,7	0:42,2	0:40,0	0:38,0
300	1:21,4	1:16,0	1:11,2	1:07,1	1:03,3	1:00,0	0:57,0
400	1:48,6	1:41,3	1:35,0	1:29,4	1:24,4	1:20,0	1:16,0
500	2:15,7	2:06,7	1:58,7	1:51,8	1:45,6	1:40,0	1:35,0
600	2:42,9	2:32,0	2:22,5	2:14,1	2:06,7	2:00,0	1:54,0
700	3:10,0	2:57,3	2:46,2	2:36,5	2:27,8	2:20,0	2:13,0
800	3:37,1	3:22,7	3:10,0	2:58,8	2:48,9	2:40,0	2:32,0
900	4:04,3	3:48,0	3:33,7	3:21,2	3:10,0	3:00,0	2:51,0
1000	4:31,4	4:13,3	3:57,5	3:43,5	3:31,1	3:20,0	3:10,0
1100	4:58,6	4:38,7	4:21,2	4:05,9	3:52,2	3:40,0	3:29,0
1200	5:25,7	5:04,0	4:45,0	4:28,2	4:13,3	4:00,0	3:48,0
1300	5:52,9	5:29,3	5:08,7	4:50,6	4:34,4	4:20,0	4:07,0
1400	6:20,0	5:54,7	5:32,5	5:12,9	4:55,6	4:40,0	4:26,0
1500	6:47,1	6:20,0	5:56,2	5:35,3	5:16,7	5:00,0	4:45,0
1600	7:14,3	6:45,3	6:20,0	5:57,6	5:37,8	5:20,0	5:04,0
1700	7:41,4	7:10,7	6:43,7	6:20,0	5:58,9	5:40,0	5:23,0
1800	8:08,6	7:36,0	7:07,5	6:42,4	6:20,0	6:00,0	5:42,0
1900	8:35,7	8:01,3	7:31,2	7:04,7	6:41,1	6:20,0	6:01,0
2000	9:02,9	8:26,7	7:55,0	7:27,1	7:02,2	6:40,0	6:20,0
2100	9:30,0	8:52,0	8:18,7	7:49,4	7:23,3	7:00,0	6:39,0
2200	9:57,1	9:17,3	8:42,5	8:11,8	7:44,4	7:20,0	6:58,0
2300	10:24,3	9:42,7	9:06,3	8:34,1	8:05,6	7:40,0	7:17,0
2400	10:51,4	10:08,0	9:30,0	8:56,5	8:26,7	8:00,0	7:36,0
2500	11:18,6	10:33,3	9:53,7	9:18,8	8:47,8	8:20,0	7:55,0
2600	11:45,7	10:58,7	10:17,5	9:41,2	9:08,9	8:40,0	8:14,0
2700	12:12,9	11:24,0	10:41,2	10:03,5	9:30,0	9:00,0	8:33,0
2800	12:40,0	11:49,3	11:05,0	10:25,9	9:51,1	9:20,0	8:52,0
2900	13:07,1	12:14,7	11:28,8	10:48,2	10:12,2	9:40,0	9:11,0
3000	13:34,3	12:40,0	11:52,5	11:10,6	10:33,3	10:00,0	9:30,0
3200	14:28,6	13:30,7	12:40,0	11:55,3	11:15,6	10:40,0	10:08,0
3400	15:22,9	14:21,3	13:27,5	12:40,0	11:57,8	11:20,0	10:46,0
3600	16:17,1	15:12,0	14:15,0	13:24,7	12:40,0	12:00,0	11:24,0
3800	17:11,4	16:02,7	15:02,5	14:09,4	13:22,2	12:40,0	12:02,0
4000	18:05,7	16:53,3	15:50,0	14:54,1	14:04,4	13:20,0	12:40,0
4200	19:00,0	17:44,0	16:37,5	15:38,8	14:46,7	14:00,0	13:18,0
4400	19:54,3	18:34,7	17:25,0	16:23,5	15:28,9	14:40,0	13:56,0
4600	20:48,6	19:25,3	18:12,5	17:08,2	16:11,1	15:20,0	14:34,0
4800	21:42,9	20:16,0	19:00,0	17:52,9	16:53,3	16:00,0	15:12,0
5000	22:37,1	21:06,7	19:47,5	18:37,6	17:35,6	16:40,0	15:50,0

Tabela międzyczasów
5 000 m.

	22:55,0	21:23,3	20:03,1	18:52,4	17:49,4	16:53,2	16:02,5
	70%	75%	80%	85%	90%	95%	100%
100	0:27,5	0:25,7	0:24,1	0:22,6	0:21,4	0:20,3	0:19,3
200	0:55,0	0:51,3	0:48,1	0:45,3	0:42,8	0:40,5	0:38,5
300	1:22,5	1:17,0	1:12,2	1:07,9	1:04,2	1:00,8	0:57,7
400	1:50,0	1:42,7	1:36,2	1:30,6	1:25,6	1:21,1	1:17,0
500	2:17,5	2:08,3	2:00,3	1:53,2	1:46,9	1:41,3	1:36,2
600	2:45,0	2:34,0	2:24,4	2:15,9	2:08,3	2:01,6	1:55,5
700	3:12,5	2:59,7	2:48,4	2:38,5	2:29,7	2:21,8	2:14,7
800	3:40,0	3:25,3	3:12,5	3:01,2	2:51,1	2:42,1	2:34,0
900	4:07,5	3:51,0	3:36,6	3:23,8	3:12,5	3:02,4	2:53,2
1000	4:35,0	4:16,7	4:00,6	3:46,5	3:33,9	3:22,6	3:12,5
1100	5:02,5	4:42,3	4:24,7	4:09,1	3:55,3	3:42,9	3:31,7
1200	5:30,0	5:08,0	4:48,7	4:31,8	4:16,7	4:03,2	3:51,0
1300	5:57,5	5:33,7	5:12,8	4:54,4	4:38,1	4:23,4	4:10,2
1400	6:25,0	5:59,3	5:36,9	5:17,1	4:59,4	4:43,7	4:29,5
1500	6:52,5	6:25,0	6:00,9	5:39,7	5:20,8	5:03,9	4:48,7
1600	7:20,0	6:50,7	6:25,0	6:02,4	5:42,2	5:24,2	5:08,0
1700	7:47,5	7:16,3	6:49,1	6:25,0	6:03,6	5:44,5	5:27,2
1800	8:15,0	7:42,0	7:13,1	6:47,6	6:25,0	6:04,7	5:46,5
1900	8:42,5	8:07,7	7:37,2	7:10,3	6:46,4	6:25,0	6:05,8
2000	9:10,0	8:33,3	8:01,2	7:32,9	7:07,8	6:45,3	6:25,0
2100	9:37,5	8:59,0	8:25,3	7:55,6	7:29,2	7:05,5	6:44,2
2200	10:05,0	9:24,7	8:49,4	8:18,2	7:50,6	7:25,8	7:03,5
2300	10:32,5	9:50,3	9:13,4	8:40,9	8:11,9	7:46,1	7:22,7
2400	11:00,0	10:16,0	9:37,5	9:03,5	8:33,3	8:06,3	7:42,0
2500	11:27,5	10:41,7	10:01,6	9:26,2	8:54,7	8:26,6	8:01,2
2600	11:55,0	11:07,3	10:25,6	9:48,8	9:16,1	8:46,8	8:20,5
2700	12:22,5	11:33,0	10:49,7	10:11,5	9:37,5	9:07,1	8:39,7
2800	12:50,0	11:58,7	11:13,7	10:34,1	9:58,9	9:27,4	8:59,0
2900	13:17,5	12:24,3	11:37,8	10:56,8	10:20,3	9:47,6	9:18,3
3000	13:45,0	12:50,0	12:01,9	11:19,4	10:41,7	10:07,9	9:37,5
3200	14:40,0	13:41,3	12:50,0	12:04,7	11:24,4	10:48,4	10:16,0
3400	15:35,0	14:32,7	13:38,1	12:50,0	12:07,2	11:28,9	10:54,5
3600	16:30,0	15:24,0	14:26,2	13:35,3	12:50,0	12:09,5	11:33,0
3800	17:25,0	16:15,3	15:14,4	14:20,6	13:32,8	12:50,0	12:11,5
4000	18:20,0	17:06,7	16:02,5	15:05,9	14:15,6	13:30,5	12:50,0
4200	19:15,0	17:58,0	16:50,6	15:51,2	14:58,3	14:11,1	13:28,5
4400	20:10,0	18:49,3	17:38,7	16:36,5	15:41,1	14:51,6	14:07,0
4600	21:05,0	19:40,7	18:26,9	17:21,8	16:23,9	15:32,1	14:45,5
4800	22:00,0	20:32,0	19:15,0	18:07,1	17:06,7	16:12,6	15:24,0
5000	22:55,0	21:23,3	20:03,1	18:52,4	17:49,4	16:53,2	16:02,5

Tabela międzyczasów
5 000 m.

	23:12,9	21:40,0	20:18,7	19:07,1	18:03,3	17:06,3	16:15,0
	70%	75%	80%	85%	90%	95%	100%
100	0:27,9	0:26,0	0:24,4	0:22,9	0:21,7	0:20,5	0:19,5
200	0:55,7	0:52,0	0:48,7	0:45,9	0:43,3	0:41,1	0:39,0
300	1:23,6	1:18,0	1:13,1	1:08,8	1:05,0	1:01,6	0:58,5
400	1:51,4	1:44,0	1:37,5	1:31,8	1:26,7	1:22,1	1:18,0
500	2:19,3	2:10,0	2:01,9	1:54,7	1:48,3	1:42,6	1:37,5
600	2:47,1	2:36,0	2:26,2	2:17,6	2:10,0	2:03,2	1:57,0
700	3:15,0	3:02,0	2:50,6	2:40,6	2:31,7	2:23,7	2:16,5
800	3:42,9	3:28,0	3:15,0	3:03,5	2:53,3	2:44,2	2:36,0
900	4:10,7	3:54,0	3:39,4	3:26,5	3:15,0	3:04,7	2:55,5
1000	4:38,6	4:20,0	4:03,7	3:49,4	3:36,7	3:25,3	3:15,0
1100	5:06,4	4:46,0	4:28,1	4:12,4	3:58,3	3:45,8	3:34,5
1200	5:34,3	5:12,0	4:52,5	4:35,3	4:20,0	4:06,3	3:54,0
1300	6:02,1	5:38,0	5:16,9	4:58,2	4:41,7	4:26,8	4:13,5
1400	6:30,0	6:04,0	5:41,2	5:21,2	5:03,3	4:47,4	4:33,0
1500	6:57,9	6:30,0	6:05,6	5:44,1	5:25,0	5:07,9	4:52,5
1600	7:25,7	6:56,0	6:30,0	6:07,1	5:46,7	5:28,4	5:12,0
1700	7:53,6	7:22,0	6:54,4	6:30,0	6:08,3	5:48,9	5:31,5
1800	8:21,4	7:48,0	7:18,7	6:52,9	6:30,0	6:09,5	5:51,0
1900	8:49,3	8:14,0	7:43,1	7:15,9	6:51,7	6:30,0	6:10,5
2000	9:17,1	8:40,0	8:07,5	7:38,8	7:13,3	6:50,5	6:30,0
2100	9:45,0	9:06,0	8:31,9	8:01,8	7:35,0	7:11,1	6:49,5
2200	10:12,9	9:32,0	8:56,2	8:24,7	7:56,7	7:31,6	7:09,0
2300	10:40,7	9:58,0	9:20,6	8:47,6	8:18,3	7:52,1	7:28,5
2400	11:08,6	10:24,0	9:45,0	9:10,6	8:40,0	8:12,6	7:48,0
2500	11:36,4	10:50,0	10:09,4	9:33,5	9:01,7	8:33,2	8:07,5
2600	12:04,3	11:16,0	10:33,7	9:56,5	9:23,3	8:53,7	8:27,0
2700	12:32,1	11:42,0	10:58,1	10:19,4	9:45,0	9:14,2	8:46,5
2800	13:00,0	12:08,0	11:22,5	10:42,4	10:06,7	9:34,7	9:06,0
2900	13:27,9	12:34,0	11:46,9	11:05,3	10:28,3	9:55,3	9:25,5
3000	13:55,7	13:00,0	12:11,2	11:28,2	10:50,0	10:15,8	9:45,0
3200	14:51,4	13:52,0	13:00,0	12:14,1	11:33,3	10:56,8	10:24,0
3400	15:47,1	14:44,0	13:48,7	13:00,0	12:16,7	11:37,9	11:03,0
3600	16:42,9	15:36,0	14:37,5	13:45,9	13:00,0	12:18,9	11:42,0
3800	17:38,6	16:28,0	15:26,2	14:31,8	13:43,3	13:00,0	12:21,0
4000	18:34,3	17:20,0	16:15,0	15:17,6	14:26,7	13:41,1	13:00,0
4200	19:30,0	18:12,0	17:03,8	16:03,5	15:10,0	14:22,1	13:39,0
4400	20:25,7	19:04,0	17:52,5	16:49,4	15:53,3	15:03,2	14:18,0
4600	21:21,4	19:56,0	18:41,2	17:35,3	16:36,7	15:44,2	14:57,0
4800	22:17,1	20:48,0	19:30,0	18:21,2	17:20,0	16:25,3	15:36,0
5000	23:12,9	21:40,0	20:18,7	19:07,1	18:03,3	17:06,3	16:15,0

Tabela międzyczasów
5 000 m.

	23:30,7	21:56,7	20:34,4	19:21,8	18:17,2	17:19,5	16:27,5
	70%	75%	80%	85%	90%	95%	100%
100	0:28,2	0:26,3	0:24,7	0:23,2	0:21,9	0:20,8	0:19,7
200	0:56,4	0:52,7	0:49,4	0:46,5	0:43,9	0:41,6	0:39,5
300	1:24,6	1:19,0	1:14,1	1:09,7	1:05,8	1:02,4	0:59,2
400	1:52,9	1:45,3	1:38,8	1:32,9	1:27,8	1:23,2	1:19,0
500	2:21,1	2:11,7	2:03,4	1:56,2	1:49,7	1:43,9	1:38,8
600	2:49,3	2:38,0	2:28,1	2:19,4	2:11,7	2:04,7	1:58,5
700	3:17,5	3:04,3	2:52,8	2:42,6	2:33,6	2:25,5	2:18,2
800	3:45,7	3:30,7	3:17,5	3:05,9	2:55,6	2:46,3	2:38,0
900	4:13,9	3:57,0	3:42,2	3:29,1	3:17,5	3:07,1	2:57,7
1000	4:42,1	4:23,3	4:06,9	3:52,4	3:39,4	3:27,9	3:17,5
1100	5:10,4	4:49,7	4:31,6	4:15,6	4:01,4	3:48,7	3:37,2
1200	5:38,6	5:16,0	4:56,2	4:38,8	4:23,3	4:09,5	3:57,0
1300	6:06,8	5:42,3	5:20,9	5:02,1	4:45,3	4:30,3	4:16,7
1400	6:35,0	6:08,7	5:45,6	5:25,3	5:07,2	4:51,1	4:36,5
1500	7:03,2	6:35,0	6:10,3	5:48,5	5:29,2	5:11,8	4:56,2
1600	7:31,4	7:01,3	6:35,0	6:11,8	5:51,1	5:32,6	5:16,0
1700	7:59,6	7:27,7	6:59,7	6:35,0	6:13,1	5:53,4	5:35,7
1800	8:27,9	7:54,0	7:24,4	6:58,2	6:35,0	6:14,2	5:55,5
1900	8:56,1	8:20,3	7:49,1	7:21,5	6:56,9	6:35,0	6:15,2
2000	9:24,3	8:46,7	8:13,8	7:44,7	7:18,9	6:55,8	6:35,0
2100	9:52,5	9:13,0	8:38,4	8:07,9	7:40,8	7:16,6	6:54,7
2200	10:20,7	9:39,3	9:03,1	8:31,2	8:02,8	7:37,4	7:14,5
2300	10:48,9	10:05,7	9:27,8	8:54,4	8:24,7	7:58,2	7:34,2
2400	11:17,1	10:32,0	9:52,5	9:17,6	8:46,7	8:18,9	7:54,0
2500	11:45,4	10:58,3	10:17,2	9:40,9	9:08,6	8:39,7	8:13,8
2600	12:13,6	11:24,7	10:41,9	10:04,1	9:30,6	9:00,5	8:33,5
2700	12:41,8	11:51,0	11:06,6	10:27,4	9:52,5	9:21,3	8:53,2
2800	13:10,0	12:17,3	11:31,2	10:50,6	10:14,4	9:42,1	9:13,0
2900	13:38,2	12:43,7	11:55,9	11:13,8	10:36,4	10:02,9	9:32,7
3000	14:06,4	13:10,0	12:20,6	11:37,1	10:58,3	10:23,7	9:52,5
3200	15:02,9	14:02,7	13:10,0	12:23,5	11:42,2	11:05,3	10:32,0
3400	15:59,3	14:55,3	13:59,4	13:10,0	12:26,1	11:46,8	11:11,5
3600	16:55,7	15:48,0	14:48,7	13:56,5	13:10,0	12:28,4	11:51,0
3800	17:52,1	16:40,7	15:38,1	14:42,9	13:53,9	13:10,0	12:30,5
4000	18:48,6	17:33,3	16:27,5	15:29,4	14:37,8	13:51,6	13:10,0
4200	19:45,0	18:26,0	17:16,9	16:15,9	15:21,7	14:33,2	13:49,5
4400	20:41,4	19:18,7	18:06,2	17:02,4	16:05,6	15:14,7	14:29,0
4600	21:37,9	20:11,3	18:55,6	17:48,8	16:49,4	15:56,3	15:08,5
4800	22:34,3	21:04,0	19:45,0	18:35,3	17:33,3	16:37,9	15:48,0
5000	23:30,7	21:56,7	20:34,4	19:21,8	18:17,2	17:19,5	16:27,5

Tabela międzyczasów

5 000 m.

	23:48,6	22:13,3	20:50,0	19:36,5	18:31,1	17:32,6	16:40,0
	70%	75%	80%	85%	90%	95%	100%
100	0:28,6	0:26,7	0:25,0	0:23,5	0:22,2	0:21,1	0:20,0
200	0:57,1	0:53,3	0:50,0	0:47,1	0:44,4	0:42,1	0:40,0
400	1:54,3	1:46,7	1:40,0	1:34,1	1:28,9	1:24,2	1:20,0
600	2:51,4	2:40,0	2:30,0	2:21,2	2:13,3	2:06,3	2:00,0
800	3:48,6	3:33,3	3:20,0	3:08,2	2:57,8	2:48,4	2:40,0
1000	4:45,7	4:26,7	4:10,0	3:55,3	3:42,2	3:30,5	3:20,0
1200	5:42,9	5:20,0	5:00,0	4:42,4	4:26,7	4:12,6	4:00,0
1500	7:08,6	6:40,0	6:15,0	5:52,9	5:33,3	5:15,8	5:00,0
1600	7:37,1	7:06,7	6:40,0	6:16,5	5:55,6	5:36,8	5:20,0
2000	9:31,4	8:53,3	8:20,0	7:50,6	7:24,4	7:01,1	6:40,0
2200	10:28,6	9:46,7	9:10,0	8:37,6	8:08,9	7:43,2	7:20,0
2500	11:54,3	11:06,7	10:25,0	9:48,2	9:15,6	8:46,3	8:20,0
2800	13:20,0	12:26,7	11:40,0	10:58,8	10:22,2	9:49,5	9:20,0
3000	14:17,1	13:20,0	12:30,0	11:45,9	11:06,7	10:31,6	10:00,0
3200	15:14,3	14:13,3	13:20,0	12:32,9	11:51,1	11:13,7	10:40,0
3500	16:40,0	15:33,3	14:35,0	13:43,5	12:57,8	12:16,8	11:40,0
3600	17:08,6	16:00,0	15:00,0	14:07,1	13:20,0	12:37,9	12:00,0
3800	18:05,7	16:53,3	15:50,0	14:54,1	14:04,4	13:20,0	12:40,0
4000	19:02,9	17:46,7	16:40,0	15:41,2	14:48,9	14:02,1	13:20,0
4300	20:28,6	19:06,7	17:55,0	16:51,8	15:55,6	15:05,3	14:20,0
4400	20:57,1	19:33,3	18:20,0	17:15,3	16:17,8	15:26,3	14:40,0
4500	21:25,7	20:00,0	18:45,0	17:38,8	16:40,0	15:47,4	15:00,0
4600	21:54,3	20:26,7	19:10,0	18:02,4	17:02,2	16:08,4	15:20,0
4700	22:22,9	20:53,3	19:35,0	18:25,9	17:24,4	16:29,5	15:40,0
4800	22:51,4	21:20,0	20:00,0	18:49,4	17:46,7	16:50,5	16:00,0
4900	23:20,0	21:46,7	20:25,0	19:12,9	18:08,9	17:11,6	16:20,0
5000	23:48,6	22:13,3	20:50,0	19:36,5	18:31,1	17:32,6	16:40,0

Tabela międzyczasów

5 000 m.

	24:06,4	22:30,0	21:05,6	19:51,2	18:45,0	17:45,8	16:52,5
	70%	75%	80%	85%	90%	95%	100%
100	0:28,9	0:27,0	0:25,3	0:23,8	0:22,5	0:21,3	0:20,3
200	0:57,9	0:54,0	0:50,6	0:47,6	0:45,0	0:42,6	0:40,5
300	1:26,8	1:21,0	1:15,9	1:11,5	1:07,5	1:03,9	1:00,7
400	1:55,7	1:48,0	1:41,3	1:35,3	1:30,0	1:25,3	1:21,0
500	2:24,6	2:15,0	2:06,6	1:59,1	1:52,5	1:46,6	1:41,3
600	2:53,6	2:42,0	2:31,9	2:22,9	2:15,0	2:07,9	2:01,5
700	3:22,5	3:09,0	2:57,2	2:46,8	2:37,5	2:29,2	2:21,7
800	3:51,4	3:36,0	3:22,5	3:10,6	3:00,0	2:50,5	2:42,0
900	4:20,4	4:03,0	3:47,8	3:34,4	3:22,5	3:11,8	3:02,2
1000	4:49,3	4:30,0	4:13,1	3:58,2	3:45,0	3:33,2	3:22,5
1100	5:18,2	4:57,0	4:38,4	4:22,1	4:07,5	3:54,5	3:42,7
1200	5:47,1	5:24,0	5:03,7	4:45,9	4:30,0	4:15,8	4:03,0
1300	6:16,1	5:51,0	5:29,1	5:09,7	4:52,5	4:37,1	4:23,3
1400	6:45,0	6:18,0	5:54,4	5:33,5	5:15,0	4:58,4	4:43,5
1500	7:13,9	6:45,0	6:19,7	5:57,4	5:37,5	5:19,7	5:03,7
1600	7:42,9	7:12,0	6:45,0	6:21,2	6:00,0	5:41,1	5:24,0
1700	8:11,8	7:39,0	7:10,3	6:45,0	6:22,5	6:02,4	5:44,3
1800	8:40,7	8:06,0	7:35,6	7:08,8	6:45,0	6:23,7	6:04,5
1900	9:09,6	8:33,0	8:00,9	7:32,6	7:07,5	6:45,0	6:24,8
2000	9:38,6	9:00,0	8:26,3	7:56,5	7:30,0	7:06,3	6:45,0
2100	10:07,5	9:27,0	8:51,6	8:20,3	7:52,5	7:27,6	7:05,3
2200	10:36,4	9:54,0	9:16,9	8:44,1	8:15,0	7:48,9	7:25,5
2300	11:05,4	10:21,0	9:42,2	9:07,9	8:37,5	8:10,3	7:45,8
2400	11:34,3	10:48,0	10:07,5	9:31,8	9:00,0	8:31,6	8:06,0
2500	12:03,2	11:15,0	10:32,8	9:55,6	9:22,5	8:52,9	8:26,3
2600	12:32,1	11:42,0	10:58,1	10:19,4	9:45,0	9:14,2	8:46,5
2700	13:01,1	12:09,0	11:23,4	10:43,2	10:07,5	9:35,5	9:06,7
2800	13:30,0	12:36,0	11:48,7	11:07,1	10:30,0	9:56,8	9:27,0
2900	13:58,9	13:03,0	12:14,1	11:30,9	10:52,5	10:18,2	9:47,3
3000	14:27,9	13:30,0	12:39,4	11:54,7	11:15,0	10:39,5	10:07,5
3200	15:25,7	14:24,0	13:30,0	12:42,4	12:00,0	11:22,1	10:48,0
3400	16:23,6	15:18,0	14:20,6	13:30,0	12:45,0	12:04,7	11:28,5
3600	17:21,4	16:12,0	15:11,3	14:17,6	13:30,0	12:47,4	12:09,0
3800	18:19,3	17:06,0	16:01,9	15:05,3	14:15,0	13:30,0	12:49,5
4000	19:17,1	18:00,0	16:52,5	15:52,9	15:00,0	14:12,6	13:30,0
4200	20:15,0	18:54,0	17:43,1	16:40,6	15:45,0	14:55,3	14:10,5
4400	21:12,9	19:48,0	18:33,7	17:28,2	16:30,0	15:37,9	14:51,0
4600	22:10,7	20:42,0	19:24,4	18:15,9	17:15,0	16:20,5	15:31,5
4800	23:08,6	21:36,0	20:15,0	19:03,5	18:00,0	17:03,2	16:12,0
5000	24:06,4	22:30,0	21:05,6	19:51,2	18:45,0	17:45,8	16:52,5

Tabela międzyczasów

5 000 m.

	24:24,3	22:46,7	21:21,3	20:05,9	18:58,9	17:58,9	17:05,0
	70%	75%	80%	85%	90%	95%	100%
100	0:29,3	0:27,3	0:25,6	0:24,1	0:22,8	0:21,6	0:20,5
200	0:58,6	0:54,7	0:51,2	0:48,2	0:45,6	0:43,2	0:41,0
300	1:27,9	1:22,0	1:16,9	1:12,4	1:08,3	1:04,7	1:01,5
400	1:57,1	1:49,3	1:42,5	1:36,5	1:31,1	1:26,3	1:22,0
500	2:26,4	2:16,7	2:08,1	2:00,6	1:53,9	1:47,9	1:42,5
600	2:55,7	2:44,0	2:33,8	2:24,7	2:16,7	2:09,5	2:03,0
700	3:25,0	3:11,3	2:59,4	2:48,8	2:39,4	2:31,1	2:23,5
800	3:54,3	3:38,7	3:25,0	3:12,9	3:02,2	2:52,6	2:44,0
900	4:23,6	4:06,0	3:50,6	3:37,1	3:25,0	3:14,2	3:04,5
1000	4:52,9	4:33,3	4:16,2	4:01,2	3:47,8	3:35,8	3:25,0
1100	5:22,1	5:00,7	4:41,9	4:25,3	4:10,6	3:57,4	3:45,5
1200	5:51,4	5:28,0	5:07,5	4:49,4	4:33,3	4:18,9	4:06,0
1300	6:20,7	5:55,3	5:33,1	5:13,5	4:56,1	4:40,5	4:26,5
1400	6:50,0	6:22,7	5:58,8	5:37,6	5:18,9	5:02,1	4:47,0
1500	7:19,3	6:50,0	6:24,4	6:01,8	5:41,7	5:23,7	5:07,5
1600	7:48,6	7:17,3	6:50,0	6:25,9	6:04,4	5:45,3	5:28,0
1700	8:17,9	7:44,7	7:15,6	6:50,0	6:27,2	6:06,8	5:48,5
1800	8:47,1	8:12,0	7:41,3	7:14,1	6:50,0	6:28,4	6:09,0
1900	9:16,4	8:39,3	8:06,9	7:38,2	7:12,8	6:50,0	6:29,5
2000	9:45,7	9:06,7	8:32,5	8:02,4	7:35,6	7:11,6	6:50,0
2100	10:15,0	9:34,0	8:58,1	8:26,5	7:58,3	7:33,2	7:10,5
2200	10:44,3	10:01,3	9:23,7	8:50,6	8:21,1	7:54,7	7:31,0
2300	11:13,6	10:28,7	9:49,4	9:14,7	8:43,9	8:16,3	7:51,5
2400	11:42,9	10:56,0	10:15,0	9:38,8	9:06,7	8:37,9	8:12,0
2500	12:12,1	11:23,3	10:40,6	10:02,9	9:29,4	8:59,5	8:32,5
2600	12:41,4	11:50,7	11:06,3	10:27,1	9:52,2	9:21,1	8:53,0
2700	13:10,7	12:18,0	11:31,9	10:51,2	10:15,0	9:42,6	9:13,5
2800	13:40,0	12:45,3	11:57,5	11:15,3	10:37,8	10:04,2	9:34,0
2900	14:09,3	13:12,7	12:23,1	11:39,4	11:00,6	10:25,8	9:54,5
3000	14:38,6	13:40,0	12:48,7	12:03,5	11:23,3	10:47,4	10:15,0
3200	15:37,1	14:34,7	13:40,0	12:51,8	12:08,9	11:30,5	10:56,0
3400	16:35,7	15:29,3	14:31,2	13:40,0	12:54,4	12:13,7	11:37,0
3600	17:34,3	16:24,0	15:22,5	14:28,2	13:40,0	12:56,8	12:18,0
3800	18:32,9	17:18,7	16:13,7	15:16,5	14:25,6	13:40,0	12:59,0
4000	19:31,4	18:13,3	17:05,0	16:04,7	15:11,1	14:23,2	13:40,0
4200	20:30,0	19:08,0	17:56,3	16:52,9	15:56,7	15:06,3	14:21,0
4400	21:28,6	20:02,7	18:47,5	17:41,2	16:42,2	15:49,5	15:02,0
4600	22:27,1	20:57,3	19:38,8	18:29,4	17:27,8	16:32,6	15:43,0
4800	23:25,7	21:52,0	20:30,0	19:17,6	18:13,3	17:15,8	16:24,0
5000	24:24,3	22:46,7	21:21,3	20:05,9	18:58,9	17:58,9	17:05,0

Tabela międzyczasów

5 000 m.

	24:42,1	23:03,3	21:36,9	20:20,6	19:12,8	18:12,1	17:17,5
	70%	75%	80%	85%	90%	95%	100%
100	0:29,6	0:27,7	0:25,9	0:24,4	0:23,1	0:21,8	0:20,8
200	0:59,3	0:55,3	0:51,9	0:48,8	0:46,1	0:43,7	0:41,5
300	1:28,9	1:23,0	1:17,8	1:13,2	1:09,2	1:05,5	1:02,2
400	1:58,6	1:50,7	1:43,8	1:37,6	1:32,2	1:27,4	1:23,0
500	2:28,2	2:18,3	2:09,7	2:02,1	1:55,3	1:49,2	1:43,8
600	2:57,9	2:46,0	2:35,6	2:26,5	2:18,3	2:11,1	2:04,5
700	3:27,5	3:13,7	3:01,6	2:50,9	2:41,4	2:32,9	2:25,3
800	3:57,1	3:41,3	3:27,5	3:15,3	3:04,4	2:54,7	2:46,0
900	4:26,8	4:09,0	3:53,4	3:39,7	3:27,5	3:16,6	3:06,8
1000	4:56,4	4:36,7	4:19,4	4:04,1	3:50,6	3:38,4	3:27,5
1100	5:26,1	5:04,3	4:45,3	4:28,5	4:13,6	4:00,3	3:48,2
1200	5:55,7	5:32,0	5:11,3	4:52,9	4:36,7	4:22,1	4:09,0
1300	6:25,4	5:59,7	5:37,2	5:17,4	4:59,7	4:43,9	4:29,8
1400	6:55,0	6:27,3	6:03,1	5:41,8	5:22,8	5:05,8	4:50,5
1500	7:24,6	6:55,0	6:29,1	6:06,2	5:45,8	5:27,6	5:11,3
1600	7:54,3	7:22,7	6:55,0	6:30,6	6:08,9	5:49,5	5:32,0
1700	8:23,9	7:50,3	7:20,9	6:55,0	6:31,9	6:11,3	5:52,7
1800	8:53,6	8:18,0	7:46,9	7:19,4	6:55,0	6:33,2	6:13,5
1900	9:23,2	8:45,7	8:12,8	7:43,8	7:18,1	6:55,0	6:34,3
2000	9:52,9	9:13,3	8:38,8	8:08,2	7:41,1	7:16,8	6:55,0
2100	10:22,5	9:41,0	9:04,7	8:32,6	8:04,2	7:38,7	7:15,8
2200	10:52,1	10:08,7	9:30,6	8:57,1	8:27,2	8:00,5	7:36,5
2300	11:21,8	10:36,3	9:56,6	9:21,5	8:50,3	8:22,4	7:57,3
2400	11:51,4	11:04,0	10:22,5	9:45,9	9:13,3	8:44,2	8:18,0
2500	12:21,1	11:31,7	10:48,4	10:10,3	9:36,4	9:06,1	8:38,8
2600	12:50,7	11:59,3	11:14,4	10:34,7	9:59,4	9:27,9	8:59,5
2700	13:20,4	12:27,0	11:40,3	10:59,1	10:22,5	9:49,7	9:20,3
2800	13:50,0	12:54,7	12:06,3	11:23,5	10:45,6	10:11,6	9:41,0
2900	14:19,6	13:22,3	12:32,2	11:47,9	11:08,6	10:33,4	10:01,8
3000	14:49,3	13:50,0	12:58,1	12:12,4	11:31,7	10:55,3	10:22,5
3200	15:48,6	14:45,3	13:50,0	13:01,2	12:17,8	11:38,9	11:04,0
3400	16:47,9	15:40,7	14:41,9	13:50,0	13:03,9	12:22,6	11:45,5
3600	17:47,1	16:36,0	15:33,8	14:38,8	13:50,0	13:06,3	12:27,0
3800	18:46,4	17:31,3	16:25,6	15:27,6	14:36,1	13:50,0	13:08,5
4000	19:45,7	18:26,7	17:17,5	16:16,5	15:22,2	14:33,7	13:50,0
4200	20:45,0	19:22,0	18:09,4	17:05,3	16:08,3	15:17,4	14:31,5
4400	21:44,3	20:17,3	19:01,3	17:54,1	16:54,4	16:01,1	15:13,0
4600	22:43,6	21:12,7	19:53,1	18:42,9	17:40,6	16:44,7	15:54,5
4800	23:42,9	22:08,0	20:45,0	19:31,8	18:26,7	17:28,4	16:36,0
5000	24:42,1	23:03,3	21:36,9	20:20,6	19:12,8	18:12,1	17:17,5

**Tabela międzyczasów
5 000 m.**

	25:00,0	23:20,0	21:52,5	20:35,3	19:26,7	18:25,3	17:30,0
	70%	75%	80%	85%	90%	95%	100%
100	0:30,0	0:28,0	0:26,3	0:24,7	0:23,3	0:22,1	0:21,0
200	1:00,0	0:56,0	0:52,5	0:49,4	0:46,7	0:44,2	0:42,0
300	1:30,0	1:24,0	1:18,7	1:14,1	1:10,0	1:06,3	1:03,0
400	2:00,0	1:52,0	1:45,0	1:38,8	1:33,3	1:28,4	1:24,0
500	2:30,0	2:20,0	2:11,3	2:03,5	1:56,7	1:50,5	1:45,0
600	3:00,0	2:48,0	2:37,5	2:28,2	2:20,0	2:12,6	2:06,0
700	3:30,0	3:16,0	3:03,8	2:52,9	2:43,3	2:34,7	2:27,0
800	4:00,0	3:44,0	3:30,0	3:17,6	3:06,7	2:56,8	2:48,0
900	4:30,0	4:12,0	3:56,2	3:42,4	3:30,0	3:18,9	3:09,0
1000	5:00,0	4:40,0	4:22,5	4:07,1	3:53,3	3:41,1	3:30,0
1100	5:30,0	5:08,0	4:48,8	4:31,8	4:16,7	4:03,2	3:51,0
1200	6:00,0	5:36,0	5:15,0	4:56,5	4:40,0	4:25,3	4:12,0
1300	6:30,0	6:04,0	5:41,3	5:21,2	5:03,3	4:47,4	4:33,0
1400	7:00,0	6:32,0	6:07,5	5:45,9	5:26,7	5:09,5	4:54,0
1500	7:30,0	7:00,0	6:33,8	6:10,6	5:50,0	5:31,6	5:15,0
1600	8:00,0	7:28,0	7:00,0	6:35,3	6:13,3	5:53,7	5:36,0
1700	8:30,0	7:56,0	7:26,3	7:00,0	6:36,7	6:15,8	5:57,0
1800	9:00,0	8:24,0	7:52,5	7:24,7	7:00,0	6:37,9	6:18,0
1900	9:30,0	8:52,0	8:18,8	7:49,4	7:23,3	7:00,0	6:39,0
2000	10:00,0	9:20,0	8:45,0	8:14,1	7:46,7	7:22,1	7:00,0
2100	10:30,0	9:48,0	9:11,3	8:38,8	8:10,0	7:44,2	7:21,0
2200	11:00,0	10:16,0	9:37,5	9:03,5	8:33,3	8:06,3	7:42,0
2300	11:30,0	10:44,0	10:03,8	9:28,2	8:56,7	8:28,4	8:03,0
2400	12:00,0	11:12,0	10:30,0	9:52,9	9:20,0	8:50,5	8:24,0
2500	12:30,0	11:40,0	10:56,3	10:17,6	9:43,3	9:12,6	8:45,0
2600	13:00,0	12:08,0	11:22,5	10:42,4	10:06,7	9:34,7	9:06,0
2700	13:30,0	12:36,0	11:48,7	11:07,1	10:30,0	9:56,8	9:27,0
2800	14:00,0	13:04,0	12:15,0	11:31,8	10:53,3	10:18,9	9:48,0
2900	14:30,0	13:32,0	12:41,3	11:56,5	11:16,7	10:41,1	10:09,0
3000	15:00,0	14:00,0	13:07,5	12:21,2	11:40,0	11:03,2	10:30,0
3200	16:00,0	14:56,0	14:00,0	13:10,6	12:26,7	11:47,4	11:12,0
3400	17:00,0	15:52,0	14:52,5	14:00,0	13:13,3	12:31,6	11:54,0
3600	18:00,0	16:48,0	15:45,0	14:49,4	14:00,0	13:15,8	12:36,0
3800	19:00,0	17:44,0	16:37,5	15:38,8	14:46,7	14:00,0	13:18,0
4000	20:00,0	18:40,0	17:30,0	16:28,2	15:33,3	14:44,2	14:00,0
4200	21:00,0	19:36,0	18:22,5	17:17,6	16:20,0	15:28,4	14:42,0
4400	22:00,0	20:32,0	19:15,0	18:07,1	17:06,7	16:12,6	15:24,0
4600	23:00,0	21:28,0	20:07,5	18:56,5	17:53,3	16:56,8	16:06,0
4800	24:00,0	22:24,0	21:00,0	19:45,9	18:40,0	17:41,1	16:48,0
5000	25:00,0	23:20,0	21:52,5	20:35,3	19:26,7	18:25,3	17:30,0

Tabela międzyczasów

5 000 m.

	25:17,9	23:36,7	22:08,1	20:50,0	19:40,6	18:38,4	17:42,5
	70%	75%	80%	85%	90%	95%	100%
100	0:30,4	0:28,3	0:26,6	0:25,0	0:23,6	0:22,4	0:21,3
200	1:00,7	0:56,7	0:53,1	0:50,0	0:47,2	0:44,7	0:42,5
300	1:31,1	1:25,0	1:19,7	1:15,0	1:10,8	1:07,1	1:03,8
400	2:01,4	1:53,3	1:46,3	1:40,0	1:34,4	1:29,5	1:25,0
500	2:31,8	2:21,7	2:12,8	2:05,0	1:58,1	1:51,8	1:46,3
600	3:02,1	2:50,0	2:39,4	2:30,0	2:21,7	2:14,2	2:07,5
700	3:32,5	3:18,3	3:05,9	2:55,0	2:45,3	2:36,6	2:28,8
800	4:02,9	3:46,7	3:32,5	3:20,0	3:08,9	2:58,9	2:50,0
900	4:33,2	4:15,0	3:59,1	3:45,0	3:32,5	3:21,3	3:11,3
1000	5:03,6	4:43,3	4:25,6	4:10,0	3:56,1	3:43,7	3:32,5
1100	5:33,9	5:11,7	4:52,2	4:35,0	4:19,7	4:06,1	3:53,7
1200	6:04,3	5:40,0	5:18,8	5:00,0	4:43,3	4:28,4	4:15,0
1300	6:34,6	6:08,3	5:45,3	5:25,0	5:06,9	4:50,8	4:36,2
1400	7:05,0	6:36,7	6:11,9	5:50,0	5:30,6	5:13,2	4:57,5
1500	7:35,4	7:05,0	6:38,4	6:15,0	5:54,2	5:35,5	5:18,8
1600	8:05,7	7:33,3	7:05,0	6:40,0	6:17,8	5:57,9	5:40,0
1700	8:36,1	8:01,7	7:31,6	7:05,0	6:41,4	6:20,3	6:01,3
1800	9:06,4	8:30,0	7:58,1	7:30,0	7:05,0	6:42,6	6:22,5
1900	9:36,8	8:58,3	8:24,7	7:55,0	7:28,6	7:05,0	6:43,7
2000	10:07,1	9:26,7	8:51,3	8:20,0	7:52,2	7:27,4	7:05,0
2100	10:37,5	9:55,0	9:17,8	8:45,0	8:15,8	7:49,7	7:26,3
2200	11:07,9	10:23,3	9:44,4	9:10,0	8:39,4	8:12,1	7:47,5
2300	11:38,2	10:51,7	10:10,9	9:35,0	9:03,1	8:34,5	8:08,8
2400	12:08,6	11:20,0	10:37,5	10:00,0	9:26,7	8:56,8	8:30,0
2500	12:38,9	11:48,3	11:04,1	10:25,0	9:50,3	9:19,2	8:51,3
2600	13:09,3	12:16,7	11:30,6	10:50,0	10:13,9	9:41,6	9:12,5
2700	13:39,6	12:45,0	11:57,2	11:15,0	10:37,5	10:03,9	9:33,8
2800	14:10,0	13:13,3	12:23,8	11:40,0	11:01,1	10:26,3	9:55,0
2900	14:40,4	13:41,7	12:50,3	12:05,0	11:24,7	10:48,7	10:16,3
3000	15:10,7	14:10,0	13:16,9	12:30,0	11:48,3	11:11,1	10:37,5
3200	16:11,4	15:06,7	14:10,0	13:20,0	12:35,6	11:55,8	11:20,0
3400	17:12,1	16:03,3	15:03,1	14:10,0	13:22,8	12:40,5	12:02,5
3600	18:12,9	17:00,0	15:56,3	15:00,0	14:10,0	13:25,3	12:45,0
3800	19:13,6	17:56,7	16:49,4	15:50,0	14:57,2	14:10,0	13:27,5
4000	20:14,3	18:53,3	17:42,5	16:40,0	15:44,4	14:54,7	14:10,0
4200	21:15,0	19:50,0	18:35,6	17:30,0	16:31,7	15:39,5	14:52,5
4400	22:15,7	20:46,7	19:28,8	18:20,0	17:18,9	16:24,2	15:35,0
4600	23:16,4	21:43,3	20:21,9	19:10,0	18:06,1	17:08,9	16:17,5
4800	24:17,1	22:40,0	21:15,0	20:00,0	18:53,3	17:53,7	17:00,0
5000	25:17,9	23:36,7	22:08,1	20:50,0	19:40,6	18:38,4	17:42,5

Tabela międzyczasów
5 000 m.

	25:35,7	23:53,3	22:23,8	21:04,7	19:54,4	18:51,6	17:55,0
	70%	75%	80%	85%	90%	95%	100%
100	0:30,7	0:28,7	0:26,9	0:25,3	0:23,9	0:22,6	0:21,5
200	1:01,4	0:57,3	0:53,7	0:50,6	0:47,8	0:45,3	0:43,0
300	1:32,1	1:26,0	1:20,6	1:15,9	1:11,7	1:07,9	1:04,5
400	2:02,9	1:54,7	1:47,5	1:41,2	1:35,6	1:30,5	1:26,0
500	2:33,6	2:23,3	2:14,4	2:06,5	1:59,4	1:53,2	1:47,5
600	3:04,3	2:52,0	2:41,3	2:31,8	2:23,3	2:15,8	2:09,0
700	3:35,0	3:20,7	3:08,1	2:57,1	2:47,2	2:38,4	2:30,5
800	4:05,7	3:49,3	3:35,0	3:22,4	3:11,1	3:01,1	2:52,0
900	4:36,4	4:18,0	4:01,9	3:47,6	3:35,0	3:23,7	3:13,5
1000	5:07,1	4:46,7	4:28,8	4:12,9	3:58,9	3:46,3	3:35,0
1100	5:37,9	5:15,3	4:55,6	4:38,2	4:22,8	4:08,9	3:56,5
1200	6:08,6	5:44,0	5:22,5	5:03,5	4:46,7	4:31,6	4:18,0
1300	6:39,3	6:12,7	5:49,4	5:28,8	5:10,6	4:54,2	4:39,5
1400	7:10,0	6:41,3	6:16,3	5:54,1	5:34,4	5:16,8	5:01,0
1500	7:40,7	7:10,0	6:43,1	6:19,4	5:58,3	5:39,5	5:22,5
1600	8:11,4	7:38,7	7:10,0	6:44,7	6:22,2	6:02,1	5:44,0
1700	8:42,1	8:07,3	7:36,9	7:10,0	6:46,1	6:24,7	6:05,5
1800	9:12,9	8:36,0	8:03,8	7:35,3	7:10,0	6:47,4	6:27,0
1900	9:43,6	9:04,7	8:30,6	8:00,6	7:33,9	7:10,0	6:48,5
2000	10:14,3	9:33,3	8:57,5	8:25,9	7:57,8	7:32,6	7:10,0
2100	10:45,0	10:02,0	9:24,4	8:51,2	8:21,7	7:55,3	7:31,5
2200	11:15,7	10:30,7	9:51,3	9:16,5	8:45,6	8:17,9	7:53,0
2300	11:46,4	10:59,3	10:18,1	9:41,8	9:09,4	8:40,5	8:14,5
2400	12:17,1	11:28,0	10:45,0	10:07,1	9:33,3	9:03,2	8:36,0
2500	12:47,9	11:56,7	11:11,9	10:32,4	9:57,2	9:25,8	8:57,5
2600	13:18,6	12:25,3	11:38,8	10:57,6	10:21,1	9:48,4	9:19,0
2700	13:49,3	12:54,0	12:05,6	11:22,9	10:45,0	10:11,1	9:40,5
2800	14:20,0	13:22,7	12:32,5	11:48,2	11:08,9	10:33,7	10:02,0
2900	14:50,7	13:51,3	12:59,4	12:13,5	11:32,8	10:56,3	10:23,5
3000	15:21,4	14:20,0	13:26,3	12:38,8	11:56,7	11:18,9	10:45,0
3200	16:22,9	15:17,3	14:20,0	13:29,4	12:44,4	12:04,2	11:28,0
3400	17:24,3	16:14,7	15:13,8	14:20,0	13:32,2	12:49,5	12:11,0
3600	18:25,7	17:12,0	16:07,5	15:10,6	14:20,0	13:34,7	12:54,0
3800	19:27,1	18:09,3	17:01,3	16:01,2	15:07,8	14:20,0	13:37,0
4000	20:28,6	19:06,7	17:55,0	16:51,8	15:55,6	15:05,3	14:20,0
4200	21:30,0	20:04,0	18:48,8	17:42,4	16:43,3	15:50,5	15:03,0
4400	22:31,4	21:01,3	19:42,5	18:32,9	17:31,1	16:35,8	15:46,0
4600	23:32,9	21:58,7	20:36,3	19:23,5	18:18,9	17:21,1	16:29,0
4800	24:34,3	22:56,0	21:30,0	20:14,1	19:06,7	18:06,3	17:12,0
5000	25:35,7	23:53,3	22:23,8	21:04,7	19:54,4	18:51,6	17:55,0

**Tabela międzyczasów
5 000 m.**

	25:53,6	24:10,0	22:39,4	21:19,4	20:08,3	19:04,7	18:07,5
	70%	75%	80%	85%	90%	95%	100%
100	0:31,1	0:29,0	0:27,2	0:25,6	0:24,2	0:22,9	0:21,8
200	1:02,1	0:58,0	0:54,4	0:51,2	0:48,3	0:45,8	0:43,5
300	1:33,2	1:27,0	1:21,6	1:16,8	1:12,5	1:08,7	1:05,2
400	2:04,3	1:56,0	1:48,7	1:42,4	1:36,7	1:31,6	1:27,0
500	2:35,4	2:25,0	2:15,9	2:07,9	2:00,8	1:54,5	1:48,7
600	3:06,4	2:54,0	2:43,1	2:33,5	2:25,0	2:17,4	2:10,5
700	3:37,5	3:23,0	3:10,3	2:59,1	2:49,2	2:40,3	2:32,2
800	4:08,6	3:52,0	3:37,5	3:24,7	3:13,3	3:03,2	2:54,0
900	4:39,6	4:21,0	4:04,7	3:50,3	3:37,5	3:26,1	3:15,7
1000	5:10,7	4:50,0	4:31,9	4:15,9	4:01,7	3:48,9	3:37,5
1100	5:41,8	5:19,0	4:59,1	4:41,5	4:25,8	4:11,8	3:59,2
1200	6:12,9	5:48,0	5:26,2	5:07,1	4:50,0	4:34,7	4:21,0
1300	6:43,9	6:17,0	5:53,4	5:32,6	5:14,2	4:57,6	4:42,7
1400	7:15,0	6:46,0	6:20,6	5:58,2	5:38,3	5:20,5	5:04,5
1500	7:46,1	7:15,0	6:47,8	6:23,8	6:02,5	5:43,4	5:26,2
1600	8:17,1	7:44,0	7:15,0	6:49,4	6:26,7	6:06,3	5:48,0
1700	8:48,2	8:13,0	7:42,2	7:15,0	6:50,8	6:29,2	6:09,7
1800	9:19,3	8:42,0	8:09,4	7:40,6	7:15,0	6:52,1	6:31,5
1900	9:50,4	9:11,0	8:36,6	8:06,2	7:39,2	7:15,0	6:53,2
2000	10:21,4	9:40,0	9:03,7	8:31,8	8:03,3	7:37,9	7:15,0
2100	10:52,5	10:09,0	9:30,9	8:57,4	8:27,5	8:00,8	7:36,7
2200	11:23,6	10:38,0	9:58,1	9:22,9	8:51,7	8:23,7	7:58,5
2300	11:54,6	11:07,0	10:25,3	9:48,5	9:15,8	8:46,6	8:20,2
2400	12:25,7	11:36,0	10:52,5	10:14,1	9:40,0	9:09,5	8:42,0
2500	12:56,8	12:05,0	11:19,7	10:39,7	10:04,2	9:32,4	9:03,7
2600	13:27,9	12:34,0	11:46,9	11:05,3	10:28,3	9:55,3	9:25,5
2700	13:58,9	13:03,0	12:14,1	11:30,9	10:52,5	10:18,2	9:47,3
2800	14:30,0	13:32,0	12:41,2	11:56,5	11:16,7	10:41,1	10:09,0
2900	15:01,1	14:01,0	13:08,4	12:22,1	11:40,8	11:03,9	10:30,8
3000	15:32,1	14:30,0	13:35,6	12:47,6	12:05,0	11:26,8	10:52,5
3200	16:34,3	15:28,0	14:30,0	13:38,8	12:53,3	12:12,6	11:36,0
3400	17:36,4	16:26,0	15:24,4	14:30,0	13:41,7	12:58,4	12:19,5
3600	18:38,6	17:24,0	16:18,7	15:21,2	14:30,0	13:44,2	13:03,0
3800	19:40,7	18:22,0	17:13,1	16:12,4	15:18,3	14:30,0	13:46,5
4000	20:42,9	19:20,0	18:07,5	17:03,5	16:06,7	15:15,8	14:30,0
4200	21:45,0	20:18,0	19:01,9	17:54,7	16:55,0	16:01,6	15:13,5
4400	22:47,1	21:16,0	19:56,2	18:45,9	17:43,3	16:47,4	15:57,0
4600	23:49,3	22:14,0	20:50,6	19:37,1	18:31,7	17:33,2	16:40,5
4800	24:51,4	23:12,0	21:45,0	20:28,2	19:20,0	18:18,9	17:24,0
5000	25:53,6	24:10,0	22:39,4	21:19,4	20:08,3	19:04,7	18:07,5

Tabela międzyczasów
5 000 m.

	26:11,4	24:26,7	22:55,0	21:34,1	20:22,2	19:17,9	18:20,0
	70%	75%	80%	85%	90%	95%	100%
100	0:31,4	0:29,3	0:27,5	0:25,9	0:24,4	0:23,2	0:22,0
200	1:02,9	0:58,7	0:55,0	0:51,8	0:48,9	0:46,3	0:44,0
300	1:34,3	1:28,0	1:22,5	1:17,6	1:13,3	1:09,5	1:06,0
400	2:05,7	1:57,3	1:50,0	1:43,5	1:37,8	1:32,6	1:28,0
500	2:37,1	2:26,7	2:17,5	2:09,4	2:02,2	1:55,8	1:50,0
600	3:08,6	2:56,0	2:45,0	2:35,3	2:26,7	2:18,9	2:12,0
700	3:40,0	3:25,3	3:12,5	3:01,2	2:51,1	2:42,1	2:34,0
800	4:11,4	3:54,7	3:40,0	3:27,1	3:15,6	3:05,3	2:56,0
900	4:42,9	4:24,0	4:07,5	3:52,9	3:40,0	3:28,4	3:18,0
1000	5:14,3	4:53,3	4:35,0	4:18,8	4:04,4	3:51,6	3:40,0
1100	5:45,7	5:22,7	5:02,5	4:44,7	4:28,9	4:14,7	4:02,0
1200	6:17,1	5:52,0	5:30,0	5:10,6	4:53,3	4:37,9	4:24,0
1300	6:48,6	6:21,3	5:57,5	5:36,5	5:17,8	5:01,1	4:46,0
1400	7:20,0	6:50,7	6:25,0	6:02,4	5:42,2	5:24,2	5:08,0
1500	7:51,4	7:20,0	6:52,5	6:28,2	6:06,7	5:47,4	5:30,0
1600	8:22,9	7:49,3	7:20,0	6:54,1	6:31,1	6:10,5	5:52,0
1700	8:54,3	8:18,7	7:47,5	7:20,0	6:55,6	6:33,7	6:14,0
1800	9:25,7	8:48,0	8:15,0	7:45,9	7:20,0	6:56,8	6:36,0
1900	9:57,1	9:17,3	8:42,5	8:11,8	7:44,4	7:20,0	6:58,0
2000	10:28,6	9:46,7	9:10,0	8:37,6	8:08,9	7:43,2	7:20,0
2100	11:00,0	10:16,0	9:37,5	9:03,5	8:33,3	8:06,3	7:42,0
2200	11:31,4	10:45,3	10:05,0	9:29,4	8:57,8	8:29,5	8:04,0
2300	12:02,9	11:14,7	10:32,5	9:55,3	9:22,2	8:52,6	8:26,0
2400	12:34,3	11:44,0	11:00,0	10:21,2	9:46,7	9:15,8	8:48,0
2500	13:05,7	12:13,3	11:27,5	10:47,1	10:11,1	9:38,9	9:10,0
2600	13:37,1	12:42,7	11:55,0	11:12,9	10:35,6	10:02,1	9:32,0
2700	14:08,6	13:12,0	12:22,5	11:38,8	11:00,0	10:25,3	9:54,0
2800	14:40,0	13:41,3	12:50,0	12:04,7	11:24,4	10:48,4	10:16,0
2900	15:11,4	14:10,7	13:17,5	12:30,6	11:48,9	11:11,6	10:38,0
3000	15:42,9	14:40,0	13:45,0	12:56,5	12:13,3	11:34,7	11:00,0
3200	16:45,7	15:38,7	14:40,0	13:48,2	13:02,2	12:21,1	11:44,0
3400	17:48,6	16:37,3	15:35,0	14:40,0	13:51,1	13:07,4	12:28,0
3600	18:51,4	17:36,0	16:30,0	15:31,8	14:40,0	13:53,7	13:12,0
3800	19:54,3	18:34,7	17:25,0	16:23,5	15:28,9	14:40,0	13:56,0
4000	20:57,1	19:33,3	18:20,0	17:15,3	16:17,8	15:26,3	14:40,0
4200	22:00,0	20:32,0	19:15,0	18:07,1	17:06,7	16:12,6	15:24,0
4400	23:02,9	21:30,7	20:10,0	18:58,8	17:55,6	16:58,9	16:08,0
4600	24:05,7	22:29,3	21:05,0	19:50,6	18:44,4	17:45,3	16:52,0
4800	25:08,6	23:28,0	22:00,0	20:42,4	19:33,3	18:31,6	17:36,0
5000	26:11,4	24:26,7	22:55,0	21:34,1	20:22,2	19:17,9	18:20,0

Tabela międzyczasów

5 000 m.

	26:29,3	24:43,3	23:10,6	21:48,8	20:36,1	19:31,1	18:32,5
	70%	75%	80%	85%	90%	95%	100%
100	0:31,8	0:29,7	0:27,8	0:26,2	0:24,7	0:23,4	0:22,3
200	1:03,6	0:59,3	0:55,6	0:52,4	0:49,4	0:46,8	0:44,5
300	1:35,4	1:29,0	1:23,4	1:18,5	1:14,2	1:10,3	1:06,7
400	2:07,1	1:58,7	1:51,3	1:44,7	1:38,9	1:33,7	1:29,0
500	2:38,9	2:28,3	2:19,1	2:10,9	2:03,6	1:57,1	1:51,3
600	3:10,7	2:58,0	2:46,9	2:37,1	2:28,3	2:20,5	2:13,5
700	3:42,5	3:27,7	3:14,7	3:03,2	2:53,1	2:43,9	2:35,7
800	4:14,3	3:57,3	3:42,5	3:29,4	3:17,8	3:07,4	2:58,0
900	4:46,1	4:27,0	4:10,3	3:55,6	3:42,5	3:30,8	3:20,3
1000	5:17,9	4:56,7	4:38,1	4:21,8	4:07,2	3:54,2	3:42,5
1100	5:49,6	5:26,3	5:05,9	4:47,9	4:31,9	4:17,6	4:04,7
1200	6:21,4	5:56,0	5:33,7	5:14,1	4:56,7	4:41,1	4:27,0
1300	6:53,2	6:25,7	6:01,6	5:40,3	5:21,4	5:04,5	4:49,2
1400	7:25,0	6:55,3	6:29,4	6:06,5	5:46,1	5:27,9	5:11,5
1500	7:56,8	7:25,0	6:57,2	6:32,6	6:10,8	5:51,3	5:33,7
1600	8:28,6	7:54,7	7:25,0	6:58,8	6:35,6	6:14,7	5:56,0
1700	9:00,4	8:24,3	7:52,8	7:25,0	7:00,3	6:38,2	6:18,2
1800	9:32,1	8:54,0	8:20,6	7:51,2	7:25,0	7:01,6	6:40,5
1900	10:03,9	9:23,7	8:48,4	8:17,4	7:49,7	7:25,0	7:02,7
2000	10:35,7	9:53,3	9:16,3	8:43,5	8:14,4	7:48,4	7:25,0
2100	11:07,5	10:23,0	9:44,1	9:09,7	8:39,2	8:11,8	7:47,3
2200	11:39,3	10:52,7	10:11,9	9:35,9	9:03,9	8:35,3	8:09,5
2300	12:11,1	11:22,3	10:39,7	10:02,1	9:28,6	8:58,7	8:31,8
2400	12:42,9	11:52,0	11:07,5	10:28,2	9:53,3	9:22,1	8:54,0
2500	13:14,6	12:21,7	11:35,3	10:54,4	10:18,1	9:45,5	9:16,3
2600	13:46,4	12:51,3	12:03,1	11:20,6	10:42,8	10:08,9	9:38,5
2700	14:18,2	13:21,0	12:30,9	11:46,8	11:07,5	10:32,4	10:00,8
2800	14:50,0	13:50,7	12:58,7	12:12,9	11:32,2	10:55,8	10:23,0
2900	15:21,8	14:20,3	13:26,6	12:39,1	11:56,9	11:19,2	10:45,3
3000	15:53,6	14:50,0	13:54,4	13:05,3	12:21,7	11:42,6	11:07,5
3200	16:57,1	15:49,3	14:50,0	13:57,6	13:11,1	12:29,5	11:52,0
3400	18:00,7	16:48,7	15:45,6	14:50,0	14:00,6	13:16,3	12:36,5
3600	19:04,3	17:48,0	16:41,3	15:42,4	14:50,0	14:03,2	13:21,0
3800	20:07,9	18:47,3	17:36,9	16:34,7	15:39,4	14:50,0	14:05,5
4000	21:11,4	19:46,7	18:32,5	17:27,1	16:28,9	15:36,8	14:50,0
4200	22:15,0	20:46,0	19:28,1	18:19,4	17:18,3	16:23,7	15:34,5
4400	23:18,6	21:45,3	20:23,7	19:11,8	18:07,8	17:10,5	16:19,0
4600	24:22,1	22:44,7	21:19,4	20:04,1	18:57,2	17:57,4	17:03,5
4800	25:25,7	23:44,0	22:15,0	20:56,5	19:46,7	18:44,2	17:48,0
5000	26:29,3	24:43,3	23:10,6	21:48,8	20:36,1	19:31,1	18:32,5

Tabela międzyczasów

5 000 m.

	26:47,1	25:00,0	23:26,3	22:03,5	20:50,0	19:44,2	18:45,0
	70%	75%	80%	85%	90%	95%	100%
100	0:32,1	0:30,0	0:28,1	0:26,5	0:25,0	0:23,7	0:22,5
200	1:04,3	1:00,0	0:56,3	0:52,9	0:50,0	0:47,4	0:45,0
300	1:36,4	1:30,0	1:24,4	1:19,4	1:15,0	1:11,1	1:07,5
400	2:08,6	2:00,0	1:52,5	1:45,9	1:40,0	1:34,7	1:30,0
500	2:40,7	2:30,0	2:20,6	2:12,4	2:05,0	1:58,4	1:52,5
600	3:12,9	3:00,0	2:48,7	2:38,8	2:30,0	2:22,1	2:15,0
700	3:45,0	3:30,0	3:16,9	3:05,3	2:55,0	2:45,8	2:37,5
800	4:17,1	4:00,0	3:45,0	3:31,8	3:20,0	3:09,5	3:00,0
900	4:49,3	4:30,0	4:13,1	3:58,2	3:45,0	3:33,2	3:22,5
1000	5:21,4	5:00,0	4:41,3	4:24,7	4:10,0	3:56,8	3:45,0
1100	5:53,6	5:30,0	5:09,4	4:51,2	4:35,0	4:20,5	4:07,5
1200	6:25,7	6:00,0	5:37,5	5:17,6	5:00,0	4:44,2	4:30,0
1300	6:57,9	6:30,0	6:05,6	5:44,1	5:25,0	5:07,9	4:52,5
1400	7:30,0	7:00,0	6:33,8	6:10,6	5:50,0	5:31,6	5:15,0
1500	8:02,1	7:30,0	7:01,9	6:37,1	6:15,0	5:55,3	5:37,5
1600	8:34,3	8:00,0	7:30,0	7:03,5	6:40,0	6:18,9	6:00,0
1700	9:06,4	8:30,0	7:58,1	7:30,0	7:05,0	6:42,6	6:22,5
1800	9:38,6	9:00,0	8:26,3	7:56,5	7:30,0	7:06,3	6:45,0
1900	10:10,7	9:30,0	8:54,4	8:22,9	7:55,0	7:30,0	7:07,5
2000	10:42,9	10:00,0	9:22,5	8:49,4	8:20,0	7:53,7	7:30,0
2100	11:15,0	10:30,0	9:50,6	9:15,9	8:45,0	8:17,4	7:52,5
2200	11:47,1	11:00,0	10:18,8	9:42,4	9:10,0	8:41,1	8:15,0
2300	12:19,3	11:30,0	10:46,9	10:08,8	9:35,0	9:04,7	8:37,5
2400	12:51,4	12:00,0	11:15,0	10:35,3	10:00,0	9:28,4	9:00,0
2500	13:23,6	12:30,0	11:43,1	11:01,8	10:25,0	9:52,1	9:22,5
2600	13:55,7	13:00,0	12:11,3	11:28,2	10:50,0	10:15,8	9:45,0
2700	14:27,9	13:30,0	12:39,4	11:54,7	11:15,0	10:39,5	10:07,5
2800	15:00,0	14:00,0	13:07,5	12:21,2	11:40,0	11:03,2	10:30,0
2900	15:32,1	14:30,0	13:35,6	12:47,6	12:05,0	11:26,8	10:52,5
3000	16:04,3	15:00,0	14:03,8	13:14,1	12:30,0	11:50,5	11:15,0
3200	17:08,6	16:00,0	15:00,0	14:07,1	13:20,0	12:37,9	12:00,0
3400	18:12,9	17:00,0	15:56,3	15:00,0	14:10,0	13:25,3	12:45,0
3600	19:17,1	18:00,0	16:52,5	15:52,9	15:00,0	14:12,6	13:30,0
3800	20:21,4	19:00,0	17:48,7	16:45,9	15:50,0	15:00,0	14:15,0
4000	21:25,7	20:00,0	18:45,0	17:38,8	16:40,0	15:47,4	15:00,0
4200	22:30,0	21:00,0	19:41,3	18:31,8	17:30,0	16:34,7	15:45,0
4400	23:34,3	22:00,0	20:37,5	19:24,7	18:20,0	17:22,1	16:30,0
4600	24:38,6	23:00,0	21:33,8	20:17,6	19:10,0	18:09,5	17:15,0
4800	25:42,9	24:00,0	22:30,0	21:10,6	20:00,0	18:56,8	18:00,0
5000	26:47,1	25:00,0	23:26,3	22:03,5	20:50,0	19:44,2	18:45,0