

Tabela międzyczasów
maraton

	3:03:50	2:51:35	2:40:51	2:31:24	2:22:59	2:15:27	2:08:41
	70%	75%	80%	85%	90%	95%	100%
400	0:01:45	0:01:38	0:01:31	0:01:26	0:01:21	0:01:17	0:01:13
1 000	0:04:21	0:04:04	0:03:49	0:03:35	0:03:23	0:03:13	0:03:03
2 000	0:08:43	0:08:08	0:07:37	0:07:11	0:06:47	0:06:25	0:06:06
3 000	0:13:04	0:12:12	0:11:26	0:10:46	0:10:10	0:09:38	0:09:09
4 000	0:17:26	0:16:16	0:15:15	0:14:21	0:13:33	0:12:50	0:12:12
5 000	0:21:47	0:20:20	0:19:04	0:17:56	0:16:57	0:16:03	0:15:15
6 000	0:26:08	0:24:24	0:22:52	0:21:32	0:20:20	0:19:16	0:18:18
7 000	0:30:30	0:28:28	0:26:41	0:25:07	0:23:43	0:22:28	0:21:21
8 000	0:34:51	0:32:32	0:30:30	0:28:42	0:27:07	0:25:41	0:24:24
9 000	0:39:13	0:36:36	0:34:19	0:32:17	0:30:30	0:28:54	0:27:27
10 000	0:43:34	0:40:40	0:38:07	0:35:53	0:33:53	0:32:06	0:30:30
15 000	1:05:21	1:01:00	0:57:11	0:53:49	0:50:50	0:48:09	0:45:45
20 000	1:27:08	1:21:20	1:16:15	1:11:46	1:07:46	1:04:12	1:01:00
25 000	1:48:55	1:41:39	1:35:18	1:29:42	1:24:43	1:20:15	1:16:15
30 000	2:10:42	2:01:59	1:54:22	1:47:38	1:41:39	1:36:18	1:31:30
35 000	2:32:29	2:22:19	2:13:26	2:05:35	1:58:36	1:52:22	1:46:44
40 000	2:54:16	2:42:39	2:32:29	2:23:31	2:15:33	2:08:25	2:01:59
42 000	3:02:59	2:50:47	2:40:07	2:30:42	2:22:19	2:14:50	2:08:05
42 195	3:03:50	2:51:35	2:40:51	2:31:24	2:22:59	2:15:27	2:08:41

Tabela międzyczasów
maraton

	3:05:51	2:53:28	2:42:38	2:33:04	2:24:33	2:16:57	2:10:06
	70%	75%	80%	85%	90%	95%	100%
400	0:01:46	0:01:39	0:01:32	0:01:27	0:01:22	0:01:18	0:01:14
1 000	0:04:24	0:04:07	0:03:51	0:03:38	0:03:26	0:03:15	0:03:05
2 000	0:08:49	0:08:13	0:07:42	0:07:15	0:06:51	0:06:29	0:06:10
3 000	0:13:13	0:12:20	0:11:34	0:10:53	0:10:17	0:09:44	0:09:15
4 000	0:17:37	0:16:27	0:15:25	0:14:31	0:13:42	0:12:59	0:12:20
5 000	0:22:01	0:20:33	0:19:16	0:18:08	0:17:08	0:16:14	0:15:25
6 000	0:26:26	0:24:40	0:23:07	0:21:46	0:20:33	0:19:28	0:18:30
7 000	0:30:50	0:28:47	0:26:59	0:25:24	0:23:59	0:22:43	0:21:35
8 000	0:35:14	0:32:53	0:30:50	0:29:01	0:27:24	0:25:58	0:24:40
9 000	0:39:39	0:37:00	0:34:41	0:32:39	0:30:50	0:29:13	0:27:45
10 000	0:44:03	0:41:07	0:38:32	0:36:16	0:34:16	0:32:27	0:30:50
15 000	1:06:04	1:01:40	0:57:49	0:54:25	0:51:23	0:48:41	0:46:15
20 000	1:28:06	1:22:13	1:17:05	1:12:33	1:08:31	1:04:55	1:01:40
25 000	1:50:07	1:42:47	1:36:21	1:30:41	1:25:39	1:21:08	1:17:05
30 000	2:12:08	2:03:20	1:55:37	1:48:49	1:42:47	1:37:22	1:32:30
35 000	2:34:10	2:23:53	2:14:54	2:06:58	1:59:54	1:53:36	1:47:55
40 000	2:56:11	2:44:27	2:34:10	2:25:06	2:17:02	2:09:49	2:03:20
42 000	3:05:00	2:52:40	2:41:52	2:32:21	2:23:53	2:16:19	2:09:30
42 195	3:05:51	2:53:28	2:42:38	2:33:04	2:24:33	2:16:57	2:10:06