W Y N I K I
czołowych zawodników Europy i Świata w biegu w maratonie i wyniki na innych dystansach

Lp.	Nazwisko i imię	Rocz.	Pań-stwo	Maraton	10.000 m	5.000 m
1.	LOPES Carlos	47	POR	2:07,11/85	27:17,48/84	13:16,38/84
2.	JONES Steve	55	WB	2.07,13/85	27:39,14/83	13:18,6/82
3.	De CASTELLA Rob	57	AUS	2.07,51/86	28:02,73/83	13:34,28/81
4.	SALAZAR Alberto	58	USA	2.08,13/81	27:25,61/82	13:11,93/82
5.	CLAYTON Darek	42	AUS	2.08,33/69	28:35,0/69	13:46,9/69
6.	PETER Jörg	55	NRD	2.08.47/88	27:55,50/77	13:23,5/78
7.	RODGERS Bill	47	USA	2.09,27/79	28:04,4/76	
8.	CIERPIŃSKI Waldemar	50	NRD	2.09.55/76	28:28,2/75	13:36,6/75
9.	DRAYTON Jerone	45	CAN	2.10,08/75	28:25,8/70	13:50,8/70
10.	SCHORTER Frank	47	USA	2.10,30/72	27:45,4/75	13:26,62/77
11.	MOSEJEV Leonid	52	SOV	2.11.17/78	28:00,9/78	13:34,7/78

Maraton

DYS-TANSE	Dystanse treningowe	AKUMULA-CJA	INTENSY-FIKACJA	TRANSFOR-MACJA	BPS
		2.53,28 ÷ 2.42,38	2.42,38÷2.33,04	2.16,57÷2.10,06	2.16,57÷2.10,06
		75 ÷ 80%	80 ÷ 85%	95 ÷ 100%	95 ÷ 100%
10.000m 28:20,00	400m	1:30,7 ÷ 1:25,0	1:25,0 ÷1:20,0	1:11,6 ÷ 1:08,0	1:11,6 ÷ 1:08,0
	1.000m	3:46,7 ÷ 3:32,5	3:32,5 ÷ 3:20,0	2:58,9 ÷ 2:50,0	2:58,9 ÷ 2:50,0
	2.000m	7:33,3 ÷ 7:05,0	7:05,0 ÷ 6:40,0	5:57,9 8 5:40,0	5:57,9 8 5:40,0
	3.000m	11:20,0÷10:37,5	10:37,5÷10:00,0	8:56,8÷8:30,0	8:56,8÷8:30,0
	4.000m	15:06,7÷14:10,0	14:10,0÷13:20,0	11:55,8÷11:20,0	11:55,8÷11:20,0
	5.000m	18:53,3÷17:42,5	17:42,5÷16:40,0	14:54,7÷14:10,0	14:54,7÷14:10,0
5.000m 13:32,5	400m	1:26,7 ÷ 1:21,2	1:21,2 ÷ 1:16,5	1:08,4 ÷ 1:05,0	1:08,4 ÷ 1:05,0
	800m	2:53,3 ÷ 2:42,5	2:42,5 ÷ 2:32,9	2:16,8 ÷ 2:10,0	2:16,8 ÷ 2:10,0
	1.000m	3:36,7 ÷ 3:23,1	3:23,1 ÷ 3:11,2	2:51,1 ÷ 2:42,5	2:51,1 ÷ 2:42,5
	1.500m	5:25,0 ÷ 5:04,7	5:04,7 ÷ 4:46,8	4:16,6 ÷ 4:03,7	4:16,6 ÷ 4:03,7
	2.000m	7:13,3 ÷ 6:46,3	6:43,3 ÷ 6:22,4	5:42,1 ÷ 5:25,0	5:42,1 ÷ 5:25,0
3.000m 7:52,5	400m	1:24,0 ÷ 1:18,7	1:18,7 ÷ 1:14,1	1:06,3 ÷ 1:03,0	1:06,3 ÷ 1:03,0
	600m	2:06,0 ÷ 1:58,1	1:58,1 ÷ 1:51,2	1:39,5 ÷ 1:34,5	1:39,5 ÷ 1:34,5
	800m	2:48,0 ÷ 2:37,5	2:37,5 ÷ 2:28,2	2:12,6 ÷ 2:06,0	2:12,6 ÷ 2:06,0
	1.000m	3:30,0 ÷ 3:16,9	3:16,9 ÷ 3:05,3	2:45,8 ÷ 2:37,5	2:45,8 ÷ 2:37,5
Maraton 2.10,06	1.000m	4:07,0 ÷ 3:51,0	3:51,0 ÷ 3:38,0	3:15,0 ÷ 3:05,0	3:15,0 ÷ 3:05,0
	2.000m	8:13,0 ÷ 7:42,0	7:42,0 ÷ 7:15,0	6:29,0 ÷ 6:10,0	6:29,0 ÷ 6:10,0
	3.000m	12:20,0÷11:34,0	11:34,0÷10:53,0	9:44 ÷ 9:15,0	9:44 ÷ 9:15,0
	4.000m	16:27,0÷15:25,0	15:25,0÷14:31,0	12:59,0÷12:20,0	12:59,0÷12:20,0
	8.000m	32:53,0+30:50,0	30:50,0+29:01,0	25:58,0+24:40,0	25:58,0+24:40,0
	10.000m	41:07,0÷38:32,0	38:32,0÷36:26,0	32:37,0÷30:50,0	32:37,0+30:50,0