

Tabela międzyczasów

10 000 m.	38:55,7	36:20,0	34:03,7	32:03,5	30:16,7	28:41,1	27:15,0
	70%	75%	80%	85%	90%	95%	100%
100	0:23,4	0:21,8	0:20,4	0:19,2	0:18,2	0:17,2	0:16,3
200	0:46,7	0:43,6	0:40,9	0:38,5	0:36,3	0:34,4	0:32,7
300	1:10,1	1:05,4	1:01,3	0:57,7	0:54,5	0:51,6	0:49,0
400	1:33,4	1:27,2	1:21,8	1:16,9	1:12,7	1:08,8	1:05,4
800	3:06,9	2:54,4	2:43,5	2:33,9	2:25,3	2:17,7	2:10,8
1000	3:53,6	3:38,0	3:24,4	3:12,4	3:01,7	2:52,1	2:43,5
1200	4:40,3	4:21,6	4:05,2	3:50,8	3:38,0	3:26,5	3:16,2
1500	5:50,4	5:27,0	5:06,6	4:48,5	4:32,5	4:18,2	4:05,2
2000	7:47,1	7:16,0	6:48,7	6:24,7	6:03,3	5:44,2	5:27,0
2400	9:20,6	8:43,2	8:10,5	7:41,6	7:16,0	6:53,1	6:32,4
2800	10:54,0	10:10,4	9:32,3	8:58,6	8:28,7	8:01,9	7:37,8
3000	11:40,7	10:54,0	10:13,1	9:37,1	9:05,0	8:36,3	8:10,5
3200	12:27,4	11:37,6	10:54,0	10:15,5	9:41,3	9:10,7	8:43,2
3600	14:00,9	13:04,8	12:15,8	11:32,5	10:54,0	10:19,6	9:48,6
4000	15:34,3	14:32,0	13:37,5	12:49,4	12:06,7	11:28,4	10:54,0
4400	17:07,7	15:59,2	14:59,2	14:06,4	13:19,3	12:37,3	11:59,4
5000	19:27,9	18:10,0	17:01,9	16:01,8	15:08,3	14:20,5	13:37,5
5500	21:24,6	19:59,0	18:44,1	17:37,9	16:39,2	15:46,6	14:59,2
6000	23:21,4	21:48,0	20:26,2	19:14,1	18:10,0	17:12,6	16:21,0
6500	25:18,2	23:37,0	22:08,4	20:50,3	19:40,8	18:38,7	17:42,8
7500	29:11,8	27:15,0	25:32,8	24:02,6	22:42,5	21:30,8	20:26,2
8000	31:08,6	29:04,0	27:15,0	25:38,8	24:13,3	22:56,8	21:48,0
8500	33:05,4	30:53,0	28:57,2	27:15,0	25:44,2	24:22,9	23:09,8
9000	35:02,1	32:42,0	30:39,4	28:51,2	27:15,0	25:48,9	24:31,5
9500	36:58,9	34:31,0	32:21,6	30:27,4	28:45,8	27:15,0	25:53,3
10000	38:55,7	36:20,0	34:03,7	32:03,5	30:16,7	28:41,1	27:15,0

Tabela międzyczasów

10 000 m.	39:17,1	36:40,0	34:22,5	32:21,2	30:33,3	28:56,8	27:30,0
	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
300	1:10,7	1:06,0	1:01,9	0:58,2	0:55,0	0:52,1	0:49,5
400	1:34,3	1:28,0	1:22,5	1:17,6	1:13,3	1:09,5	1:06,0
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	3:26,2	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
2000	7:51,4	7:20,0	6:52,5	6:28,2	6:06,7	5:47,4	5:30,0
2400	9:25,7	8:48,0	8:15,0	7:45,9	7:20,0	6:56,8	6:36,0
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	10:18,7	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
3600	14:08,6	13:12,0	12:22,5	11:38,8	11:00,0	10:25,3	9:54,0
4000	15:42,9	14:40,0	13:45,0	12:56,5	12:13,3	11:34,7	11:00,0
4400	17:17,1	16:08,0	15:07,5	14:14,1	13:26,7	12:44,2	12:06,0
5000	19:38,6	18:20,0	17:11,2	16:10,6	15:16,7	14:28,4	13:45,0
5500	21:36,4	20:10,0	18:54,4	17:47,6	16:48,3	15:55,3	15:07,5
6000	23:34,3	22:00,0	20:37,5	19:24,7	18:20,0	17:22,1	16:30,0
6500	25:32,1	23:50,0	22:20,6	21:01,8	19:51,7	18:48,9	17:52,5
7500	29:27,9	27:30,0	25:46,9	24:15,9	22:55,0	21:42,6	20:37,5
8000	31:25,7	29:20,0	27:30,0	25:52,9	24:26,7	23:09,5	22:00,0
8500	33:23,6	31:10,0	29:13,1	27:30,0	25:58,3	24:36,3	23:22,5
9000	35:21,4	33:00,0	30:56,2	29:07,1	27:30,0	26:03,2	24:45,0
9500	37:19,3	34:50,0	32:39,4	30:44,1	29:01,7	27:30,0	26:07,5
10000	39:17,1	36:40,0	34:22,5	32:21,2	30:33,3	28:56,8	27:30,0

Tabela międzyczasów

10 000 m.	41:04,3	38:20,0	35:56,2	33:49,4	31:56,7	30:15,8	28:45,0
	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
800	3:17,1	3:04,0	2:52,5	2:42,4	2:33,3	2:25,3	2:18,0
1000	4:06,4	3:50,0	3:35,6	3:22,9	3:11,7	3:01,6	2:52,5
1200	4:55,7	4:36,0	4:18,7	4:03,5	3:50,0	3:37,9	3:27,0
1500	6:09,6	5:45,0	5:23,4	5:04,4	4:47,5	4:32,4	4:18,8
2000	8:12,9	7:40,0	7:11,3	6:45,9	6:23,3	6:03,2	5:45,0
2400	9:51,4	9:12,0	8:37,5	8:07,1	7:40,0	7:15,8	6:54,0
2800	11:30,0	10:44,0	10:03,8	9:28,2	8:56,7	8:28,4	8:03,0
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
3600	14:47,1	13:48,0	12:56,3	12:10,6	11:30,0	10:53,7	10:21,0
4000	16:25,7	15:20,0	14:22,5	13:31,8	12:46,7	12:06,3	11:30,0
4400	18:04,3	16:52,0	15:48,7	14:52,9	14:03,3	13:18,9	12:39,0
5000	20:32,1	19:10,0	17:58,1	16:54,7	15:58,3	15:07,9	14:22,5
5500	22:35,4	21:05,0	19:45,9	18:36,2	17:34,2	16:38,7	15:48,8
6000	24:38,6	23:00,0	21:33,8	20:17,6	19:10,0	18:09,5	17:15,0
6500	26:41,8	24:55,0	23:21,6	21:59,1	20:45,8	19:40,3	18:41,3
7500	30:48,2	28:45,0	26:57,2	25:22,1	23:57,5	22:41,8	21:33,8
8000	32:51,4	30:40,0	28:45,0	27:03,5	25:33,3	24:12,6	23:00,0
8500	34:54,6	32:35,0	30:32,8	28:45,0	27:09,2	25:43,4	24:26,3
9000	36:57,9	34:30,0	32:20,6	30:26,5	28:45,0	27:14,2	25:52,5
9500	39:01,1	36:25,0	34:08,4	32:07,9	30:20,8	28:45,0	27:18,8
10000	41:04,3	38:20,0	35:56,2	33:49,4	31:56,7	30:15,8	28:45,0

Tabela międzyczasów

10 000 m.	41:04,3	38:20,0	35:56,3	33:49,4	31:56,7	30:15,8	28:45,0
	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
800	3:17,1	3:04,0	2:52,5	2:42,4	2:33,3	2:25,3	2:18,0
1000	4:06,4	3:50,0	3:35,6	3:22,9	3:11,7	3:01,6	2:52,5
1200	4:55,7	4:36,0	4:18,8	4:03,5	3:50,0	3:37,9	3:27,0
1500	6:09,6	5:45,0	5:23,4	5:04,4	4:47,5	4:32,4	4:18,8
2000	8:12,9	7:40,0	7:11,3	6:45,9	6:23,3	6:03,2	5:45,0
2400	9:51,4	9:12,0	8:37,5	8:07,1	7:40,0	7:15,8	6:54,0
2800	11:30,0	10:44,0	10:03,8	9:28,2	8:56,7	8:28,4	8:03,0
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
3600	14:47,1	13:48,0	12:56,3	12:10,6	11:30,0	10:53,7	10:21,0
4000	16:25,7	15:20,0	14:22,5	13:31,8	12:46,7	12:06,3	11:30,0
4400	18:04,3	16:52,0	15:48,8	14:52,9	14:03,3	13:18,9	12:39,0
5000	20:32,1	19:10,0	17:58,1	16:54,7	15:58,3	15:07,9	14:22,5
5500	22:35,4	21:05,0	19:45,9	18:36,2	17:34,2	16:38,7	15:48,8
6000	24:38,6	23:00,0	21:33,8	20:17,6	19:10,0	18:09,5	17:15,0
6500	26:41,8	24:55,0	23:21,6	21:59,1	20:45,8	19:40,3	18:41,3
7500	30:48,2	28:45,0	26:57,2	25:22,1	23:57,5	22:41,8	21:33,8
8000	32:51,4	30:40,0	28:45,0	27:03,5	25:33,3	24:12,6	23:00,0
8500	34:54,6	32:35,0	30:32,8	28:45,0	27:09,2	25:43,4	24:26,3
9000	36:57,9	34:30,0	32:20,6	30:26,5	28:45,0	27:14,2	25:52,5
9500	39:01,1	36:25,0	34:08,4	32:07,9	30:20,8	28:45,0	27:18,8
10000	41:04,3	38:20,0	35:56,3	33:49,4	31:56,7	30:15,8	28:45,0

Tabela międzyczasów

10 000 m.	41:40,0	38:53,3	36:27,5	34:18,8	32:24,4	30:42,1	29:10,0
	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
800	3:20,0	3:06,7	2:55,0	2:44,7	2:35,6	2:27,4	2:20,0
1000	4:10,0	3:53,3	3:38,7	3:25,9	3:14,4	3:04,2	2:55,0
1200	5:00,0	4:40,0	4:22,5	4:07,1	3:53,3	3:41,1	3:30,0
1500	6:15,0	5:50,0	5:28,1	5:08,8	4:51,7	4:36,3	4:22,5
2000	8:20,0	7:46,7	7:17,5	6:51,8	6:28,9	6:08,4	5:50,0
2400	10:00,0	9:20,0	8:45,0	8:14,1	7:46,7	7:22,1	7:00,0
2800	11:40,0	10:53,3	10:12,5	9:36,5	9:04,4	8:35,8	8:10,0
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
3600	15:00,0	14:00,0	13:07,5	12:21,2	11:40,0	11:03,2	10:30,0
4000	16:40,0	15:33,3	14:35,0	13:43,5	12:57,8	12:16,8	11:40,0
4400	18:20,0	17:06,7	16:02,5	15:05,9	14:15,6	13:30,5	12:50,0
5000	20:50,0	19:26,7	18:13,7	17:09,4	16:12,2	15:21,1	14:35,0
5500	22:55,0	21:23,3	20:03,1	18:52,4	17:49,4	16:53,2	16:02,5
6000	25:00,0	23:20,0	21:52,5	20:35,3	19:26,7	18:25,3	17:30,0
6500	27:05,0	25:16,7	23:41,9	22:18,2	21:03,9	19:57,4	18:57,5
7500	31:15,0	29:10,0	27:20,6	25:44,1	24:18,3	23:01,6	21:52,5
8000	33:20,0	31:06,7	29:10,0	27:27,1	25:55,6	24:33,7	23:20,0
8500	35:25,0	33:03,3	30:59,4	29:10,0	27:32,8	26:05,8	24:47,5
9000	37:30,0	35:00,0	32:48,7	30:52,9	29:10,0	27:37,9	26:15,0
9500	39:35,0	36:56,7	34:38,1	32:35,9	30:47,2	29:10,0	27:42,5
10000	41:40,0	38:53,3	36:27,5	34:18,8	32:24,4	30:42,1	29:10,0

Tabela międzyczasów

10 000 m.	44:38,6	41:40,0	39:03,8	36:45,9	34:43,3	32:53,7	31:15,0
	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
800	3:34,3	3:20,0	3:07,5	2:56,5	2:46,7	2:37,9	2:30,0
1000	4:27,9	4:10,0	3:54,4	3:40,6	3:28,3	3:17,4	3:07,5
1200	5:21,4	5:00,0	4:41,3	4:24,7	4:10,0	3:56,8	3:45,0
1500	6:41,8	6:15,0	5:51,6	5:30,9	5:12,5	4:56,1	4:41,3
2000	8:55,7	8:20,0	7:48,8	7:21,2	6:56,7	6:34,7	6:15,0
2400	10:42,9	10:00,0	9:22,5	8:49,4	8:20,0	7:53,7	7:30,0
2800	12:30,0	11:40,0	10:56,3	10:17,6	9:43,3	9:12,6	8:45,0
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
3600	16:04,3	15:00,0	14:03,8	13:14,1	12:30,0	11:50,5	11:15,0
4000	17:51,4	16:40,0	15:37,5	14:42,4	13:53,3	13:09,5	12:30,0
4400	19:38,6	18:20,0	17:11,2	16:10,6	15:16,7	14:28,4	13:45,0
5000	22:19,3	20:50,0	19:31,9	18:22,9	17:21,7	16:26,8	15:37,5
5500	24:33,2	22:55,0	21:29,1	20:13,2	19:05,8	18:05,5	17:11,3
6000	26:47,1	25:00,0	23:26,3	22:03,5	20:50,0	19:44,2	18:45,0
6500	29:01,1	27:05,0	25:23,4	23:53,8	22:34,2	21:22,9	20:18,7
7500	33:28,9	31:15,0	29:17,8	27:34,4	26:02,5	24:40,3	23:26,3
8000	35:42,9	33:20,0	31:15,0	29:24,7	27:46,7	26:18,9	25:00,0
8500	37:56,8	35:25,0	33:12,2	31:15,0	29:30,8	27:57,6	26:33,7
9000	40:10,7	37:30,0	35:09,4	33:05,3	31:15,0	29:36,3	28:07,5
9500	42:24,6	39:35,0	37:06,6	34:55,6	32:59,2	31:15,0	29:41,3
10000	44:38,6	41:40,0	39:03,8	36:45,9	34:43,3	32:53,7	31:15,0

Tabela międzyczasów

10 000 m.	45:14,3	42:13,3	39:35,0	37:15,3	35:11,1	33:20,0	31:40,0
	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
800	3:37,1	3:22,7	3:10,0	2:58,8	2:48,9	2:40,0	2:32,0
1000	4:31,4	4:13,3	3:57,5	3:43,5	3:31,1	3:20,0	3:10,0
1200	5:25,7	5:04,0	4:45,0	4:28,2	4:13,3	4:00,0	3:48,0
1500	6:47,1	6:20,0	5:56,2	5:35,3	5:16,7	5:00,0	4:45,0
2000	9:02,9	8:26,7	7:55,0	7:27,1	7:02,2	6:40,0	6:20,0
2400	10:51,4	10:08,0	9:30,0	8:56,5	8:26,7	8:00,0	7:36,0
2800	12:40,0	11:49,3	11:05,0	10:25,9	9:51,1	9:20,0	8:52,0
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
3600	16:17,1	15:12,0	14:15,0	13:24,7	12:40,0	12:00,0	11:24,0
4000	18:05,7	16:53,3	15:50,0	14:54,1	14:04,4	13:20,0	12:40,0
4400	19:54,3	18:34,7	17:25,0	16:23,5	15:28,9	14:40,0	13:56,0
5000	22:37,1	21:06,7	19:47,5	18:37,6	17:35,6	16:40,0	15:50,0
5500	24:52,9	23:13,3	21:46,2	20:29,4	19:21,1	18:20,0	17:25,0
6000	27:08,6	25:20,0	23:45,0	22:21,2	21:06,7	20:00,0	19:00,0
6500	29:24,3	27:26,7	25:43,7	24:12,9	22:52,2	21:40,0	20:35,0
7500	33:55,7	31:40,0	29:41,2	27:56,5	26:23,3	25:00,0	23:45,0
8000	36:11,4	33:46,7	31:40,0	29:48,2	28:08,9	26:40,0	25:20,0
8500	38:27,1	35:53,3	33:38,7	31:40,0	29:54,4	28:20,0	26:55,0
9000	40:42,9	38:00,0	35:37,5	33:31,8	31:40,0	30:00,0	28:30,0
9500	42:58,6	40:06,7	37:36,3	35:23,5	33:25,6	31:40,0	30:05,0
10000	45:14,3	42:13,3	39:35,0	37:15,3	35:11,1	33:20,0	31:40,0

Tabela międzyczasów

10 000 m.	45:50,0	42:46,7	40:06,2	37:44,7	35:38,9	33:46,3	32:05,0
	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
800	3:40,0	3:25,3	3:12,5	3:01,2	2:51,1	2:42,1	2:34,0
1000	4:35,0	4:16,7	4:00,6	3:46,5	3:33,9	3:22,6	3:12,5
1200	5:30,0	5:08,0	4:48,7	4:31,8	4:16,7	4:03,2	3:51,0
1500	6:52,5	6:25,0	6:00,9	5:39,7	5:20,8	5:03,9	4:48,7
2000	9:10,0	8:33,3	8:01,2	7:32,9	7:07,8	6:45,3	6:25,0
2400	11:00,0	10:16,0	9:37,5	9:03,5	8:33,3	8:06,3	7:42,0
2800	12:50,0	11:58,7	11:13,7	10:34,1	9:58,9	9:27,4	8:59,0
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
3600	16:30,0	15:24,0	14:26,2	13:35,3	12:50,0	12:09,5	11:33,0
4000	18:20,0	17:06,7	16:02,5	15:05,9	14:15,6	13:30,5	12:50,0
4400	20:10,0	18:49,3	17:38,7	16:36,5	15:41,1	14:51,6	14:07,0
5000	22:55,0	21:23,3	20:03,1	18:52,4	17:49,4	16:53,2	16:02,5
5500	25:12,5	23:31,7	22:03,4	20:45,6	19:36,4	18:34,5	17:38,7
6000	27:30,0	25:40,0	24:03,7	22:38,8	21:23,3	20:15,8	19:15,0
6500	29:47,5	27:48,3	26:04,1	24:32,1	23:10,3	21:57,1	20:51,2
7500	34:22,5	32:05,0	30:04,7	28:18,5	26:44,2	25:19,7	24:03,7
8000	36:40,0	34:13,3	32:05,0	30:11,8	28:31,1	27:01,1	25:40,0
8500	38:57,5	36:21,7	34:05,3	32:05,0	30:18,1	28:42,4	27:16,2
9000	41:15,0	38:30,0	36:05,6	33:58,2	32:05,0	30:23,7	28:52,5
9500	43:32,5	40:38,3	38:05,9	35:51,5	33:51,9	32:05,0	30:28,8
10000	45:50,0	42:46,7	40:06,2	37:44,7	35:38,9	33:46,3	32:05,0

Tabela międzyczasów

10 000 m.	46:25,7	43:20,0	40:37,5	38:14,1	36:06,7	34:12,6	32:30,0
	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
800	3:42,9	3:28,0	3:15,0	3:03,5	2:53,3	2:44,2	2:36,0
1000	4:38,6	4:20,0	4:03,7	3:49,4	3:36,7	3:25,3	3:15,0
1200	5:34,3	5:12,0	4:52,5	4:35,3	4:20,0	4:06,3	3:54,0
1500	6:57,9	6:30,0	6:05,6	5:44,1	5:25,0	5:07,9	4:52,5
2000	9:17,1	8:40,0	8:07,5	7:38,8	7:13,3	6:50,5	6:30,0
2400	11:08,6	10:24,0	9:45,0	9:10,6	8:40,0	8:12,6	7:48,0
2800	13:00,0	12:08,0	11:22,5	10:42,4	10:06,7	9:34,7	9:06,0
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
3600	16:42,9	15:36,0	14:37,5	13:45,9	13:00,0	12:18,9	11:42,0
4000	18:34,3	17:20,0	16:15,0	15:17,6	14:26,7	13:41,1	13:00,0
4400	20:25,7	19:04,0	17:52,5	16:49,4	15:53,3	15:03,2	14:18,0
5000	23:12,9	21:40,0	20:18,7	19:07,1	18:03,3	17:06,3	16:15,0
5500	25:32,1	23:50,0	22:20,6	21:01,8	19:51,7	18:48,9	17:52,5
6000	27:51,4	26:00,0	24:22,5	22:56,5	21:40,0	20:31,6	19:30,0
6500	30:10,7	28:10,0	26:24,4	24:51,2	23:28,3	22:14,2	21:07,5
7500	34:49,3	32:30,0	30:28,1	28:40,6	27:05,0	25:39,5	24:22,5
8000	37:08,6	34:40,0	32:30,0	30:35,3	28:53,3	27:22,1	26:00,0
8500	39:27,9	36:50,0	34:31,9	32:30,0	30:41,7	29:04,7	27:37,5
9000	41:47,1	39:00,0	36:33,7	34:24,7	32:30,0	30:47,4	29:15,0
9500	44:06,4	41:10,0	38:35,6	36:19,4	34:18,3	32:30,0	30:52,5
10000	46:25,7	43:20,0	40:37,5	38:14,1	36:06,7	34:12,6	32:30,0

Tabela międzyczasów

10 000 m.	47:01,4	43:53,3	41:08,7	38:43,5	36:34,4	34:38,9	32:55,0
	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
800	3:45,7	3:30,7	3:17,5	3:05,9	2:55,6	2:46,3	2:38,0
1000	4:42,1	4:23,3	4:06,9	3:52,4	3:39,4	3:27,9	3:17,5
1200	5:38,6	5:16,0	4:56,2	4:38,8	4:23,3	4:09,5	3:57,0
1500	7:03,2	6:35,0	6:10,3	5:48,5	5:29,2	5:11,8	4:56,2
2000	9:24,3	8:46,7	8:13,8	7:44,7	7:18,9	6:55,8	6:35,0
2400	11:17,1	10:32,0	9:52,5	9:17,6	8:46,7	8:18,9	7:54,0
2800	13:10,0	12:17,3	11:31,2	10:50,6	10:14,4	9:42,1	9:13,0
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
3600	16:55,7	15:48,0	14:48,7	13:56,5	13:10,0	12:28,4	11:51,0
4000	18:48,6	17:33,3	16:27,5	15:29,4	14:37,8	13:51,6	13:10,0
4400	20:41,4	19:18,7	18:06,2	17:02,4	16:05,6	15:14,7	14:29,0
5000	23:30,7	21:56,7	20:34,4	19:21,8	18:17,2	17:19,5	16:27,5
5500	25:51,8	24:08,3	22:37,8	21:17,9	20:06,9	19:03,4	18:06,2
6000	28:12,9	26:20,0	24:41,2	23:14,1	21:56,7	20:47,4	19:45,0
6500	30:33,9	28:31,7	26:44,7	25:10,3	23:46,4	22:31,3	21:23,7
7500	35:16,1	32:55,0	30:51,6	29:02,6	27:25,8	25:59,2	24:41,2
8000	37:37,1	35:06,7	32:55,0	30:58,8	29:15,6	27:43,2	26:20,0
8500	39:58,2	37:18,3	34:58,4	32:55,0	31:05,3	29:27,1	27:58,7
9000	42:19,3	39:30,0	37:01,9	34:51,2	32:55,0	31:11,1	29:37,5
9500	44:40,4	41:41,7	39:05,3	36:47,4	34:44,7	32:55,0	31:16,3
10000	47:01,4	43:53,3	41:08,7	38:43,5	36:34,4	34:38,9	32:55,0

Tabela międzyczasów

10 000 m.	47:37,1	44:26,7	41:40,0	39:12,9	37:02,2	35:05,3	33:20,0
	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
300	1:25,7	1:20,0	1:15,0	1:10,6	1:06,7	1:03,2	1:00,0
400	1:54,3	1:46,7	1:40,0	1:34,1	1:28,9	1:24,2	1:20,0
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
2000	9:31,4	8:53,3	8:20,0	7:50,6	7:24,4	7:01,1	6:40,0
2400	11:25,7	10:40,0	10:00,0	9:24,7	8:53,3	8:25,3	8:00,0
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
3600	17:08,6	16:00,0	15:00,0	14:07,1	13:20,0	12:37,9	12:00,0
4000	19:02,9	17:46,7	16:40,0	15:41,2	14:48,9	14:02,1	13:20,0
4400	20:57,1	19:33,3	18:20,0	17:15,3	16:17,8	15:26,3	14:40,0
5000	23:48,6	22:13,3	20:50,0	19:36,5	18:31,1	17:32,6	16:40,0
5500	26:11,4	24:26,7	22:55,0	21:34,1	20:22,2	19:17,9	18:20,0
6000	28:34,3	26:40,0	25:00,0	23:31,8	22:13,3	21:03,2	20:00,0
6500	30:57,1	28:53,3	27:05,0	25:29,4	24:04,4	22:48,4	21:40,0
7500	35:42,9	33:20,0	31:15,0	29:24,7	27:46,7	26:18,9	25:00,0
8000	38:05,7	35:33,3	33:20,0	31:22,4	29:37,8	28:04,2	26:40,0
8500	40:28,6	37:46,7	35:25,0	33:20,0	31:28,9	29:49,5	28:20,0
9000	42:51,4	40:00,0	37:30,0	35:17,6	33:20,0	31:34,7	30:00,0
9500	45:14,3	42:13,3	39:35,0	37:15,3	35:11,1	33:20,0	31:40,0
10000	47:37,1	44:26,7	41:40,0	39:12,9	37:02,2	35:05,3	33:20,0

Tabela międzyczasów

10 000 m.	48:12,9	45:00,0	42:11,2	39:42,4	37:30,0	35:31,6	33:45,0
	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
800	3:51,4	3:36,0	3:22,5	3:10,6	3:00,0	2:50,5	2:42,0
1000	4:49,3	4:30,0	4:13,1	3:58,2	3:45,0	3:33,2	3:22,5
1200	5:47,1	5:24,0	5:03,7	4:45,9	4:30,0	4:15,8	4:03,0
1500	7:13,9	6:45,0	6:19,7	5:57,4	5:37,5	5:19,7	5:03,7
2000	9:38,6	9:00,0	8:26,3	7:56,5	7:30,0	7:06,3	6:45,0
2400	11:34,3	10:48,0	10:07,5	9:31,8	9:00,0	8:31,6	8:06,0
2800	13:30,0	12:36,0	11:48,7	11:07,1	10:30,0	9:56,8	9:27,0
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
3600	17:21,4	16:12,0	15:11,3	14:17,6	13:30,0	12:47,4	12:09,0
4000	19:17,1	18:00,0	16:52,5	15:52,9	15:00,0	14:12,6	13:30,0
4400	21:12,9	19:48,0	18:33,7	17:28,2	16:30,0	15:37,9	14:51,0
5000	24:06,4	22:30,0	21:05,6	19:51,2	18:45,0	17:45,8	16:52,5
5500	26:31,1	24:45,0	23:12,2	21:50,3	20:37,5	19:32,4	18:33,8
6000	28:55,7	27:00,0	25:18,7	23:49,4	22:30,0	21:18,9	20:15,0
6500	31:20,4	29:15,0	27:25,3	25:48,5	24:22,5	23:05,5	21:56,2
7500	36:09,6	33:45,0	31:38,4	29:46,8	28:07,5	26:38,7	25:18,7
8000	38:34,3	36:00,0	33:45,0	31:45,9	30:00,0	28:25,3	27:00,0
8500	40:58,9	38:15,0	35:51,6	33:45,0	31:52,5	30:11,8	28:41,2
9000	43:23,6	40:30,0	37:58,1	35:44,1	33:45,0	31:58,4	30:22,5
9500	45:48,2	42:45,0	40:04,7	37:43,2	35:37,5	33:45,0	32:03,7
10000	48:12,9	45:00,0	42:11,2	39:42,4	37:30,0	35:31,6	33:45,0

Tabela międzyczasów

10 000 m.	49:24,3	46:06,7	43:13,8	40:41,2	38:25,6	36:24,2	34:35,0
	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
800	3:57,1	3:41,3	3:27,5	3:15,3	3:04,4	2:54,7	2:46,0
1000	4:56,4	4:36,7	4:19,4	4:04,1	3:50,6	3:38,4	3:27,5
1200	5:55,7	5:32,0	5:11,3	4:52,9	4:36,7	4:22,1	4:09,0
1500	7:24,6	6:55,0	6:29,1	6:06,2	5:45,8	5:27,6	5:11,3
2000	9:52,9	9:13,3	8:38,8	8:08,2	7:41,1	7:16,8	6:55,0
2400	11:51,4	11:04,0	10:22,5	9:45,9	9:13,3	8:44,2	8:18,0
2800	13:50,0	12:54,7	12:06,3	11:23,5	10:45,6	10:11,6	9:41,0
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
3600	17:47,1	16:36,0	15:33,8	14:38,8	13:50,0	13:06,3	12:27,0
4000	19:45,7	18:26,7	17:17,5	16:16,5	15:22,2	14:33,7	13:50,0
4400	21:44,3	20:17,3	19:01,3	17:54,1	16:54,4	16:01,1	15:13,0
5000	24:42,1	23:03,3	21:36,9	20:20,6	19:12,8	18:12,1	17:17,5
5500	27:10,4	25:21,7	23:46,6	22:22,6	21:08,1	20:01,3	19:01,3
6000	29:38,6	27:40,0	25:56,3	24:24,7	23:03,3	21:50,5	20:45,0
6500	32:06,8	29:58,3	28:05,9	26:26,8	24:58,6	23:39,7	22:28,8
7500	37:03,2	34:35,0	32:25,3	30:30,9	28:49,2	27:18,2	25:56,3
8000	39:31,4	36:53,3	34:35,0	32:32,9	30:44,4	29:07,4	27:40,0
8500	41:59,6	39:11,7	36:44,7	34:35,0	32:39,7	30:56,6	29:23,8
9000	44:27,9	41:30,0	38:54,4	36:37,1	34:35,0	32:45,8	31:07,5
9500	46:56,1	43:48,3	41:04,1	38:39,1	36:30,3	34:35,0	32:51,3
10000	49:24,3	46:06,7	43:13,8	40:41,2	38:25,6	36:24,2	34:35,0

Tabela międzyczasów

10 000 m.	50:00,0	46:40,0	43:45,0	41:10,6	38:53,3	36:50,5	35:00,0
	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
800	4:00,0	3:44,0	3:30,0	3:17,6	3:06,7	2:56,8	2:48,0
1000	5:00,0	4:40,0	4:22,5	4:07,1	3:53,3	3:41,1	3:30,0
1200	6:00,0	5:36,0	5:15,0	4:56,5	4:40,0	4:25,3	4:12,0
1500	7:30,0	7:00,0	6:33,8	6:10,6	5:50,0	5:31,6	5:15,0
2000	10:00,0	9:20,0	8:45,0	8:14,1	7:46,7	7:22,1	7:00,0
2400	12:00,0	11:12,0	10:30,0	9:52,9	9:20,0	8:50,5	8:24,0
2800	14:00,0	13:04,0	12:15,0	11:31,8	10:53,3	10:18,9	9:48,0
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
3600	18:00,0	16:48,0	15:45,0	14:49,4	14:00,0	13:15,8	12:36,0
4000	20:00,0	18:40,0	17:30,0	16:28,2	15:33,3	14:44,2	14:00,0
4400	22:00,0	20:32,0	19:15,0	18:07,1	17:06,7	16:12,6	15:24,0
5000	25:00,0	23:20,0	21:52,5	20:35,3	19:26,7	18:25,3	17:30,0
5500	27:30,0	25:40,0	24:03,8	22:38,8	21:23,3	20:15,8	19:15,0
6000	30:00,0	28:00,0	26:15,0	24:42,4	23:20,0	22:06,3	21:00,0
6500	32:30,0	30:20,0	28:26,2	26:45,9	25:16,7	23:56,8	22:45,0
7500	37:30,0	35:00,0	32:48,8	30:52,9	29:10,0	27:37,9	26:15,0
8000	40:00,0	37:20,0	35:00,0	32:56,5	31:06,7	29:28,4	28:00,0
8500	42:30,0	39:40,0	37:11,3	35:00,0	33:03,3	31:18,9	29:45,0
9000	45:00,0	42:00,0	39:22,5	37:03,5	35:00,0	33:09,5	31:30,0
9500	47:30,0	44:20,0	41:33,8	39:07,1	36:56,7	35:00,0	33:15,0
10000	50:00,0	46:40,0	43:45,0	41:10,6	38:53,3	36:50,5	35:00,0

Tabela międzyczasów

10 000 m.	50:35,7	47:13,3	44:16,3	41:40,0	39:21,1	37:16,8	35:25,0
	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
800	4:02,9	3:46,7	3:32,5	3:20,0	3:08,9	2:58,9	2:50,0
1000	5:03,6	4:43,3	4:25,6	4:10,0	3:56,1	3:43,7	3:32,5
1200	6:04,3	5:40,0	5:18,8	5:00,0	4:43,3	4:28,4	4:15,0
1500	7:35,4	7:05,0	6:38,4	6:15,0	5:54,2	5:35,5	5:18,8
2000	10:07,1	9:26,7	8:51,3	8:20,0	7:52,2	7:27,4	7:05,0
2400	12:08,6	11:20,0	10:37,5	10:00,0	9:26,7	8:56,8	8:30,0
2800	14:10,0	13:13,3	12:23,8	11:40,0	11:01,1	10:26,3	9:55,0
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
3600	18:12,9	17:00,0	15:56,3	15:00,0	14:10,0	13:25,3	12:45,0
4000	20:14,3	18:53,3	17:42,5	16:40,0	15:44,4	14:54,7	14:10,0
4400	22:15,7	20:46,7	19:28,8	18:20,0	17:18,9	16:24,2	15:35,0
5000	25:17,9	23:36,7	22:08,1	20:50,0	19:40,6	18:38,4	17:42,5
5500	27:49,6	25:58,3	24:20,9	22:55,0	21:38,6	20:30,3	19:28,8
6000	30:21,4	28:20,0	26:33,7	25:00,0	23:36,7	22:22,1	21:15,0
6500	32:53,2	30:41,7	28:46,6	27:05,0	25:34,7	24:13,9	23:01,3
7500	37:56,8	35:25,0	33:12,2	31:15,0	29:30,8	27:57,6	26:33,8
8000	40:28,6	37:46,7	35:25,0	33:20,0	31:28,9	29:49,5	28:20,0
8500	43:00,4	40:08,3	37:37,8	35:25,0	33:26,9	31:41,3	30:06,3
9000	45:32,1	42:30,0	39:50,6	37:30,0	35:25,0	33:33,2	31:52,5
9500	48:03,9	44:51,7	42:03,4	39:35,0	37:23,1	35:25,0	33:38,8
10000	50:35,7	47:13,3	44:16,3	41:40,0	39:21,1	37:16,8	35:25,0

Tabela międzyczasów

10 000 m.	51:11,4	47:46,7	44:47,5	42:09,4	39:48,9	37:43,2	35:50,0
	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
800	4:05,7	3:49,3	3:35,0	3:22,4	3:11,1	3:01,1	2:52,0
1000	5:07,1	4:46,7	4:28,8	4:12,9	3:58,9	3:46,3	3:35,0
1200	6:08,6	5:44,0	5:22,5	5:03,5	4:46,7	4:31,6	4:18,0
1500	7:40,7	7:10,0	6:43,1	6:19,4	5:58,3	5:39,5	5:22,5
2000	10:14,3	9:33,3	8:57,5	8:25,9	7:57,8	7:32,6	7:10,0
2400	12:17,1	11:28,0	10:45,0	10:07,1	9:33,3	9:03,2	8:36,0
2800	14:20,0	13:22,7	12:32,5	11:48,2	11:08,9	10:33,7	10:02,0
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
3600	18:25,7	17:12,0	16:07,5	15:10,6	14:20,0	13:34,7	12:54,0
4000	20:28,6	19:06,7	17:55,0	16:51,8	15:55,6	15:05,3	14:20,0
4400	22:31,4	21:01,3	19:42,5	18:32,9	17:31,1	16:35,8	15:46,0
5000	25:35,7	23:53,3	22:23,8	21:04,7	19:54,4	18:51,6	17:55,0
5500	28:09,3	26:16,7	24:38,1	23:11,2	21:53,9	20:44,7	19:42,5
6000	30:42,9	28:40,0	26:52,5	25:17,6	23:53,3	22:37,9	21:30,0
6500	33:16,4	31:03,3	29:06,9	27:24,1	25:52,8	24:31,1	23:17,5
7500	38:23,6	35:50,0	33:35,6	31:37,1	29:51,7	28:17,4	26:52,5
8000	40:57,1	38:13,3	35:50,0	33:43,5	31:51,1	30:10,5	28:40,0
8500	43:30,7	40:36,7	38:04,4	35:50,0	33:50,6	32:03,7	30:27,5
9000	46:04,3	43:00,0	40:18,8	37:56,5	35:50,0	33:56,8	32:15,0
9500	48:37,9	45:23,3	42:33,1	40:02,9	37:49,4	35:50,0	34:02,5
10000	51:11,4	47:46,7	44:47,5	42:09,4	39:48,9	37:43,2	35:50,0

Tabela międzyczasów

10 000 m.	51:47,1	48:20,0	45:18,7	42:38,8	40:16,7	38:09,5	36:15,0
	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
800	4:08,6	3:52,0	3:37,5	3:24,7	3:13,3	3:03,2	2:54,0
1000	5:10,7	4:50,0	4:31,9	4:15,9	4:01,7	3:48,9	3:37,5
1200	6:12,9	5:48,0	5:26,2	5:07,1	4:50,0	4:34,7	4:21,0
1500	7:46,1	7:15,0	6:47,8	6:23,8	6:02,5	5:43,4	5:26,2
2000	10:21,4	9:40,0	9:03,7	8:31,8	8:03,3	7:37,9	7:15,0
2400	12:25,7	11:36,0	10:52,5	10:14,1	9:40,0	9:09,5	8:42,0
2800	14:30,0	13:32,0	12:41,2	11:56,5	11:16,7	10:41,1	10:09,0
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
3600	18:38,6	17:24,0	16:18,7	15:21,2	14:30,0	13:44,2	13:03,0
4000	20:42,9	19:20,0	18:07,5	17:03,5	16:06,7	15:15,8	14:30,0
4400	22:47,1	21:16,0	19:56,2	18:45,9	17:43,3	16:47,4	15:57,0
5000	25:53,6	24:10,0	22:39,4	21:19,4	20:08,3	19:04,7	18:07,5
5500	28:28,9	26:35,0	24:55,3	23:27,4	22:09,2	20:59,2	19:56,2
6000	31:04,3	29:00,0	27:11,2	25:35,3	24:10,0	22:53,7	21:45,0
6500	33:39,6	31:25,0	29:27,2	27:43,2	26:10,8	24:48,2	23:33,7
7500	38:50,4	36:15,0	33:59,1	31:59,1	30:12,5	28:37,1	27:11,2
8000	41:25,7	38:40,0	36:15,0	34:07,1	32:13,3	30:31,6	29:00,0
8500	44:01,1	41:05,0	38:30,9	36:15,0	34:14,2	32:26,1	30:48,7
9000	46:36,4	43:30,0	40:46,9	38:22,9	36:15,0	34:20,5	32:37,5
9500	49:11,8	45:55,0	43:02,8	40:30,9	38:15,8	36:15,0	34:26,2
10000	51:47,1	48:20,0	45:18,7	42:38,8	40:16,7	38:09,5	36:15,0

Tabela międzyczasów

10 000 m.	52:22,9	48:53,3	45:50,0	43:08,2	40:44,4	38:35,8	36:40,0
	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
800	4:11,4	3:54,7	3:40,0	3:27,1	3:15,6	3:05,3	2:56,0
1000	5:14,3	4:53,3	4:35,0	4:18,8	4:04,4	3:51,6	3:40,0
1200	6:17,1	5:52,0	5:30,0	5:10,6	4:53,3	4:37,9	4:24,0
1500	7:51,4	7:20,0	6:52,5	6:28,2	6:06,7	5:47,4	5:30,0
2000	10:28,6	9:46,7	9:10,0	8:37,6	8:08,9	7:43,2	7:20,0
2400	12:34,3	11:44,0	11:00,0	10:21,2	9:46,7	9:15,8	8:48,0
2800	14:40,0	13:41,3	12:50,0	12:04,7	11:24,4	10:48,4	10:16,0
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
3600	18:51,4	17:36,0	16:30,0	15:31,8	14:40,0	13:53,7	13:12,0
4000	20:57,1	19:33,3	18:20,0	17:15,3	16:17,8	15:26,3	14:40,0
4400	23:02,9	21:30,7	20:10,0	18:58,8	17:55,6	16:58,9	16:08,0
5000	26:11,4	24:26,7	22:55,0	21:34,1	20:22,2	19:17,9	18:20,0
5500	28:48,6	26:53,3	25:12,5	23:43,5	22:24,4	21:13,7	20:10,0
6000	31:25,7	29:20,0	27:30,0	25:52,9	24:26,7	23:09,5	22:00,0
6500	34:02,9	31:46,7	29:47,5	28:02,4	26:28,9	25:05,3	23:50,0
7500	39:17,1	36:40,0	34:22,5	32:21,2	30:33,3	28:56,8	27:30,0
8000	41:54,3	39:06,7	36:40,0	34:30,6	32:35,6	30:52,6	29:20,0
8500	44:31,4	41:33,3	38:57,5	36:40,0	34:37,8	32:48,4	31:10,0
9000	47:08,6	44:00,0	41:15,0	38:49,4	36:40,0	34:44,2	33:00,0
9500	49:45,7	46:26,7	43:32,5	40:58,8	38:42,2	36:40,0	34:50,0
10000	52:22,9	48:53,3	45:50,0	43:08,2	40:44,4	38:35,8	36:40,0

Tabela międzyczasów

10 000 m.	52:58,6	49:26,7	46:21,2	43:37,6	41:12,2	39:02,1	37:05,0
	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
800	4:14,3	3:57,3	3:42,5	3:29,4	3:17,8	3:07,4	2:58,0
1000	5:17,9	4:56,7	4:38,1	4:21,8	4:07,2	3:54,2	3:42,5
1200	6:21,4	5:56,0	5:33,7	5:14,1	4:56,7	4:41,1	4:27,0
1500	7:56,8	7:25,0	6:57,2	6:32,6	6:10,8	5:51,3	5:33,7
2000	10:35,7	9:53,3	9:16,3	8:43,5	8:14,4	7:48,4	7:25,0
2400	12:42,9	11:52,0	11:07,5	10:28,2	9:53,3	9:22,1	8:54,0
2800	14:50,0	13:50,7	12:58,7	12:12,9	11:32,2	10:55,8	10:23,0
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
3600	19:04,3	17:48,0	16:41,3	15:42,4	14:50,0	14:03,2	13:21,0
4000	21:11,4	19:46,7	18:32,5	17:27,1	16:28,9	15:36,8	14:50,0
4400	23:18,6	21:45,3	20:23,7	19:11,8	18:07,8	17:10,5	16:19,0
5000	26:29,3	24:43,3	23:10,6	21:48,8	20:36,1	19:31,1	18:32,5
5500	29:08,2	27:11,7	25:29,7	23:59,7	22:39,7	21:28,2	20:23,8
6000	31:47,1	29:40,0	27:48,7	26:10,6	24:43,3	23:25,3	22:15,0
6500	34:26,1	32:08,3	30:07,8	28:21,5	26:46,9	25:22,4	24:06,2
7500	39:43,9	37:05,0	34:45,9	32:43,2	30:54,2	29:16,6	27:48,8
8000	42:22,9	39:33,3	37:05,0	34:54,1	32:57,8	31:13,7	29:40,0
8500	45:01,8	42:01,7	39:24,1	37:05,0	35:01,4	33:10,8	31:31,3
9000	47:40,7	44:30,0	41:43,1	39:15,9	37:05,0	35:07,9	33:22,5
9500	50:19,6	46:58,3	44:02,2	41:26,8	39:08,6	37:05,0	35:13,8
10000	52:58,6	49:26,7	46:21,2	43:37,6	41:12,2	39:02,1	37:05,0

Tabela międzyczasów

10 000 m.	53:34,3	50:00,0	46:52,5	44:07,1	41:40,0	39:28,4	37:30,0
	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
800	4:17,1	4:00,0	3:45,0	3:31,8	3:20,0	3:09,5	3:00,0
1000	5:21,4	5:00,0	4:41,3	4:24,7	4:10,0	3:56,8	3:45,0
1200	6:25,7	6:00,0	5:37,5	5:17,6	5:00,0	4:44,2	4:30,0
1500	8:02,1	7:30,0	7:01,9	6:37,1	6:15,0	5:55,3	5:37,5
2000	10:42,9	10:00,0	9:22,5	8:49,4	8:20,0	7:53,7	7:30,0
2400	12:51,4	12:00,0	11:15,0	10:35,3	10:00,0	9:28,4	9:00,0
2800	15:00,0	14:00,0	13:07,5	12:21,2	11:40,0	11:03,2	10:30,0
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
3600	19:17,1	18:00,0	16:52,5	15:52,9	15:00,0	14:12,6	13:30,0
4000	21:25,7	20:00,0	18:45,0	17:38,8	16:40,0	15:47,4	15:00,0
4400	23:34,3	22:00,0	20:37,5	19:24,7	18:20,0	17:22,1	16:30,0
5000	26:47,1	25:00,0	23:26,3	22:03,5	20:50,0	19:44,2	18:45,0
5500	29:27,9	27:30,0	25:46,9	24:15,9	22:55,0	21:42,6	20:37,5
6000	32:08,6	30:00,0	28:07,5	26:28,2	25:00,0	23:41,1	22:30,0
6500	34:49,3	32:30,0	30:28,1	28:40,6	27:05,0	25:39,5	24:22,5
7500	40:10,7	37:30,0	35:09,4	33:05,3	31:15,0	29:36,3	28:07,5
8000	42:51,4	40:00,0	37:30,0	35:17,6	33:20,0	31:34,7	30:00,0
8500	45:32,1	42:30,0	39:50,6	37:30,0	35:25,0	33:33,2	31:52,5
9000	48:12,9	45:00,0	42:11,2	39:42,4	37:30,0	35:31,6	33:45,0
9500	50:53,6	47:30,0	44:31,9	41:54,7	39:35,0	37:30,0	35:37,5
10000	53:34,3	50:00,0	46:52,5	44:07,1	41:40,0	39:28,4	37:30,0