

1 km	3 km	5 km	10 km	15 km	10 EM	20 km	halve marathon	25 km	30 km	35 km	40 km	marathon	gemiddeld km p. uur
3.00	9.00	15.00	30.00	45.00	48.17	1.00.00	1.03.18	1.15.00	1.30.00	1.45.00	2.00.00	2.06.35	20.00
3.02	9.06	15.10	30.20	45.30	48.49	1.00.40	1.04.00	1.15.50	1.31.00	1.46.10	2.01.20	2.07.59	19.78
3.04	9.12	15.20	30.40	46.00	49.21	1.01.20	1.04.42	1.16.40	1.32.00	1.47.20	2.02.40	2.09.24	19.57
3.06	9.18	15.30	31.00	46.30	49.53	1.02.00	1.05.24	1.17.30	1.33.00	1.48.30	2.04.00	2.10.48	19.35
3.08	9.24	15.40	31.20	47.00	50.25	1.02.40	1.06.06	1.18.20	1.34.00	1.49.40	2.05.20	2.12.13	19.15
3.10	9.30	15.50	31.40	47.30	50.58	1.03.20	1.06.49	1.19.10	1.35.00	1.50.50	2.06.40	2.13.37	18.95
3.12	9.36	16.00	32.00	48.00	51.30	1.04.00	1.07.31	1.20.00	1.36.00	1.52.00	2.08.00	2.15.01	18.75
3.14	9.42	16.10	32.20	48.30	52.02	1.04.40	1.08.13	1.20.50	1.37.00	1.53.10	2.09.20	2.16.26	18.56
3.16	9.48	16.20	32.40	49.00	52.34	1.05.20	1.08.55	1.21.40	1.38.00	1.54.20	2.10.40	2.17.50	18.37
3.18	9.54	16.30	33.00	49.30	53.06	1.06.00	1.09.37	1.22.30	1.39.00	1.55.30	2.12.00	2.19.15	18.18
3.20	10.00	16.40	33.20	50.00	53.39	1.06.40	1.10.20	1.23.20	1.40.00	1.56.40	2.13.20	2.20.39	18.00
3.22	10.06	16.50	33.40	50.30	54.11	1.07.20	1.11.02	1.24.10	1.41.00	1.57.50	2.14.40	2.22.03	17.82
3.24	10.12	17.00	34.00	51.00	54.43	1.08.00	1.11.44	1.25.00	1.42.00	1.59.00	2.16.00	2.23.28	17.65
3.26	10.18	17.10	34.20	51.30	55.15	1.08.40	1.12.26	1.25.50	1.43.00	2.00.10	2.17.20	2.24.52	17.48
3.28	10.24	17.20	34.40	52.00	55.47	1.09.20	1.13.08	1.26.40	1.44.00	2.01.20	2.18.40	2.26.17	17.31
3.30	10.30	17.30	35.00	52.30	56.20	1.10.00	1.13.50	1.27.30	1.45.00	2.02.30	2.20.00	2.27.41	17.14
3.32	10.36	17.40	35.20	53.00	56.52	1.10.40	1.14.33	1.28.20	1.46.00	2.03.40	2.21.20	2.29.05	16.98
3.34	10.42	17.50	35.40	53.30	57.24	1.11.20	1.15.15	1.29.10	1.47.00	2.04.50	2.22.40	2.30.30	16.82
3.36	10.48	18.00	36.00	54.00	57.56	1.12.00	1.15.57	1.30.00	1.48.00	2.06.00	2.24.00	2.31.54	16.67
3.38	10.54	18.10	36.20	54.30	58.28	1.12.40	1.16.39	1.30.50	1.49.00	2.07.10	2.25.20	2.33.19	16.51
3.40	11.00	18.20	36.40	55.00	59.00	1.13.20	1.17.21	1.31.40	1.50.00	2.08.20	2.26.40	2.34.43	16.36
3.42	11.06	18.30	37.00	55.30	59.33	1.14.00	1.18.14	1.32.30	1.51.00	2.09.30	2.28.00	2.36.07	16.22
3.44	11.12	18.40	37.20	56.00	1.00.05	1.14.40	1.18.46	1.33.20	1.52.00	2.10.40	2.29.20	2.37.32	16.07
3.46	11.18	18.50	37.40	56.30	1.00.37	1.15.20	1.19.28	1.34.10	1.53.00	2.11.50	2.30.40	2.38.56	15.93
3.48	11.24	19.00	38.00	57.00	1.01.09	1.16.00	1.20.10	1.35.00	1.54.00	2.13.00	2.32.00	2.40.20	15.79
3.50	11.30	19.10	38.20	57.30	1.01.41	1.16.40	1.20.52	1.35.50	1.55.00	2.14.10	2.33.20	2.41.45	15.65
3.52	11.36	19.20	38.40	58.00	1.02.14	1.17.20	1.21.35	1.36.40	1.56.00	2.15.20	2.34.40	2.43.09	15.52
3.54	11.42	19.30	39.00	58.30	1.02.46	1.18.00	1.22.17	1.37.30	1.57.00	2.16.30	2.36.00	2.44.34	15.38
3.56	11.48	19.40	39.20	59.00	1.03.18	1.18.40	1.22.59	1.38.20	1.58.00	2.17.40	2.37.20	2.45.58	15.25
3.58	11.54	19.50	39.40	59.30	1.03.50	1.19.20	1.23.41	1.39.10	1.59.00	2.18.50	2.38.40	2.47.22	15.13
4.00	12.00	20.00	40.00	1.00.00	1.04.22	1.20.00	1.24.23	1.40.00	2.00.00	2.20.00	2.40.00	2.48.47	15.00
4.02	12.06	20.10	40.20	1.00.30	1.04.55	1.20.40	1.25.06	1.40.50	2.01.00	2.21.10	2.41.20	2.50.11	14.88
4.04	12.12	20.20	40.40	1.01.00	1.05.27	1.21.20	1.25.48	1.41.40	2.02.00	2.22.20	2.42.40	2.51.36	14.75
4.06	12.18	20.30	41.00	1.01.30	1.05.59	1.22.00	1.26.30	1.42.30	2.03.00	2.23.30	2.44.00	2.53.00	14.63
4.08	12.24	20.40	41.20	1.02.00	1.06.31	1.22.40	1.27.12	1.43.20	2.04.00	2.24.40	2.45.20	2.54.24	14.52
4.10	12.30	20.50	41.40	1.02.30	1.07.03	1.23.20	1.27.54	1.44.10	2.05.00	2.25.50	2.46.40	2.55.49	14.40
4.12	12.36	21.00	42.00	1.03.00	1.07.35	1.24.00	1.28.37	1.45.00	2.06.00	2.27.00	2.48.00	2.57.13	14.29
4.14	12.42	21.10	42.20	1.03.30	1.08.08	1.24.40	1.29.19	1.45.50	2.07.00	2.28.10	2.49.20	2.58.38	14.17
4.16	12.48	21.20	42.40	1.04.00	1.08.40	1.25.20	1.30.01	1.46.40	2.08.00	2.29.20	2.50.40	3.00.02	14.06
4.18	12.54	21.30	43.00	1.04.30	1.09.12	1.26.00	1.30.43	1.47.30	2.09.00	2.30.30	2.52.00	3.01.26	13.95
4.20	13.00	21.40	43.20	1.05.00	1.09.44	1.26.40	1.31.25	1.48.20	2.10.00	2.31.40	2.53.20	3.02.51	13.85
4.24	13.12	22.00	44.00	1.06.00	1.10.49	1.28.00	1.32.50	1.50.00	2.12.00	2.34.00	2.56.00	3.05.39	13.64
4.28	13.24	22.20	44.40	1.07.00	1.11.53	1.29.20	1.34.14	1.51.40	2.14.00	2.36.20	2.58.40	3.08.28	13.43
4.32	13.36	22.40	45.20	1.08.00	1.12.57	1.30.40	1.35.39	1.53.20	2.16.00	2.38.40	3.01.20	3.11.17	13.24
4.36	13.48	23.00	46.00	1.09.00	1.14.02	1.32.00	1.37.03	1.55.00	2.18.00	2.41.00	3.04.00	3.14.06	13.04
4.40	14.00	23.20	46.40	1.10.00	1.15.06	1.33.20	1.38.27	1.56.40	2.20.00	2.43.20	3.06.40	3.16.55	12.86
4.44	14.12	23.40	47.20	1.11.00	1.16.10	1.34.40	1.39.52	1.58.20	2.22.00	2.45.40	3.09.20	3.19.43	12.68
4.48	14.24	24.00	48.00	1.12.00	1.17.15	1.36.00	1.41.16	2.00.00	2.24.00	2.48.00	3.12.00	3.22.32	12.50
4.52	14.36	24.20	48.40	1.13.00	1.18.19	1.37.20	1.42.40	2.01.40	2.26.00	2.50.20	3.14.40	3.25.21	12.33
4.56	14.48	24.40	49.20	1.14.00	1.19.24	1.38.40	1.44.05	2.03.20	2.28.00	2.52.40	3.17.20	3.28.10	12.16
5.00	15.00	25.00	50.00	1.15.00	1.20.28	1.40.00	1.45.29	2.05.00	2.30.00	2.55.00	3.20.00	3.30.59	12.00
5.04	15.12	25.20	50.40	1.16.00	1.21.32	1.41.20	1.46.54	2.06.40	2.32.00	2.57.20	3.22.40	3.33.47	11.84
5.08	15.24	25.40	51.20	1.17.00	1.22.37	1.42.40	1.48.18	2.08.20	2.34.00	2.59.40	3.25.20	3.36.36	11.69
5.12	15.36	26.00	52.00	1.18.00	1.23.41	1.44.00	1.49.42	2.10.00	2.36.00	3.02.00	3.28.00	3.39.25	11.54
5.16	15.48	26.20	52.40	1.19.00	1.24.45	1.45.20	1.51.07	2.11.40	2.38.00	3.04.20	3.30.40	3.42.14	11.39
5.20	16.00	26.40	53.20	1.20.00	1.25.50	1.46.40	1.52.31	2.13.20	2.40.00	3.06.40	3.33.20	3.45.02	11.25
5.24	16.12	27.00	54.00	1.21.00	1.26.54	1.48.00	1.53.56	2.15.00	2.42.00	3.09.00	3.36.00	3.47.51	11.11
5.28	16.24	27.20	54.40	1.22.00	1.27.59	1.49.20	1.55.20	2.16.40	2.44.00	3.11.20	3.38.40	3.50.40	10.98
5.32	16.36	27.40	55.20	1.23.00	1.29.03	1.50.40	1.56.44	2.18.20	2.46.00	3.13.40	3.41.20	3.53.29	10.84
5.36	16.48	28.00	56.00	1.24.00	1.30.07	1.52.00	1.58.09	2.20.00	2.48.00	3.16.00	3.44.00	3.56.18	10.71
5.40	17.00	28.20	56.40	1.25.00	1.31.12	1.53.20	1.59.33	2.21.40	2.50.00	3.18.20	3.46.40	3.59.06	10.59