

200m	400m	800m	1km	Mile	5km	10km	20km	½ M'thon	25km	30km	M'thon
00:30	01:00	01:59	02:29	04:00	12:26	24:51	49:43	52:26	01:02:08	01:14:34	01:44:52
00:31	01:02	02:04	02:35	04:10	12:57	25:53	51:47	54:37	01:04:44	01:17:40	01:49:15
00:32	01:05	02:09	02:42	04:20	13:28	26:56	53:51	56:48	01:07:19	01:20:47	01:53:37
00:34	01:07	02:14	02:48	04:30	13:59	27:58	55:55	59:00	01:09:54	01:23:53	01:57:59
00:35	01:10	02:19	02:54	04:40	14:30	29:00	58:00	01:01:11	01:12:30	01:27:00	02:02:21
00:36	01:12	02:24	03:00	04:50	15:01	30:02	01:00:04	01:03:22	01:15:05	01:30:06	02:06:43
00:37	01:15	02:29	03:06	05:00	15:32	31:04	01:02:08	01:05:33	01:17:40	01:33:12	02:11:06
00:39	01:17	02:34	03:13	05:10	16:03	32:06	01:04:13	01:07:44	01:20:16	01:36:19	02:15:28
00:40	01:20	02:39	03:19	05:20	16:34	33:08	01:06:17	01:09:55	01:22:51	01:39:25	02:19:50
00:41	01:22	02:44	03:25	05:30	17:05	34:11	01:08:21	01:12:06	01:25:26	01:42:32	02:24:12
00:42	01:25	02:49	03:31	05:40	17:36	35:13	01:10:25	01:14:17	01:28:02	01:45:38	02:28:34
00:43	01:27	02:54	03:37	05:50	18:07	36:15	01:12:30	01:16:28	01:30:37	01:48:44	02:32:57
00:45	01:29	02:59	03:44	06:00	18:38	37:17	01:14:34	01:18:39	01:33:12	01:51:51	02:37:19
00:46	01:32	03:04	03:50	06:10	19:10	38:19	01:16:38	01:20:50	01:35:48	01:54:57	02:41:41
00:47	01:34	03:09	03:56	06:20	19:41	39:21	01:18:42	01:23:02	01:38:23	01:58:04	02:46:03
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