

Marathon Durchgangszeiten 2:45:00 bis 03:58:00



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

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

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