

Marathon Durchgangszeiten 4:00:00 bis 05:28:00



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