

| mile pace | 5km      |     | 5m       |     | 10km     |     | 10m      |     | Half M   |     | Marathon |     |
|-----------|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
|           | 00:00:00 | 0   | 00:00:00 | 0   | 00:00:00 | 0   | 00:00:00 | 0   | 00:00:00 | 0   | 00:00:00 | 0   |
| 0:04:40   | 0:14:30  | 144 | 00:23:20 | 148 | 0:29:00  | 150 | 00:46:40 | 156 | 1:01:11  | 160 | 2:12:00  | 160 |
| 0:04:42   | 0:14:36  | 143 | 00:23:30 | 147 | 0:29:12  | 149 | 00:47:00 | 155 | 1:01:37  | 159 | 2:13:00  | 159 |
| 0:04:44   | 0:14:42  | 142 | 00:23:40 | 146 | 0:29:25  | 148 | 00:47:20 | 154 | 1:02:03  | 158 | 2:14:00  | 158 |
| 0:04:46   | 0:14:49  | 141 | 00:23:50 | 145 | 0:29:37  | 147 | 00:47:40 | 153 | 1:02:29  | 157 | 2:15:00  | 157 |
| 0:04:48   | 0:14:55  | 140 | 00:24:00 | 144 | 0:29:50  | 146 | 00:48:00 | 152 | 1:02:55  | 156 | 2:16:00  | 156 |
| 0:04:50   | 0:15:01  | 139 | 00:24:10 | 143 | 0:30:02  | 145 | 00:48:20 | 151 | 1:03:22  | 155 | 2:17:00  | 155 |
| 0:04:52   | 0:15:07  | 138 | 00:24:20 | 142 | 0:30:14  | 144 | 00:48:40 | 150 | 1:03:48  | 154 | 2:18:00  | 154 |
| 0:04:54   | 0:15:13  | 137 | 00:24:30 | 141 | 0:30:27  | 143 | 00:49:00 | 149 | 1:04:14  | 153 | 2:19:00  | 153 |
| 0:04:56   | 0:15:20  | 136 | 00:24:40 | 140 | 0:30:39  | 142 | 00:49:20 | 148 | 1:04:40  | 152 | 2:20:00  | 152 |
| 0:04:58   | 0:15:26  | 135 | 00:24:50 | 139 | 0:30:52  | 141 | 00:49:40 | 147 | 1:05:06  | 151 | 2:21:00  | 151 |
| 0:05:00   | 0:15:32  | 134 | 00:25:00 | 138 | 0:31:04  | 140 | 00:50:00 | 146 | 1:05:33  | 150 | 2:22:00  | 150 |
| 0:05:02   | 0:15:38  | 133 | 00:25:10 | 137 | 0:31:17  | 139 | 00:50:20 | 145 | 1:05:59  | 149 | 2:23:00  | 149 |
| 0:05:04   | 0:15:45  | 132 | 00:25:20 | 136 | 0:31:29  | 138 | 00:50:40 | 144 | 1:06:25  | 148 | 2:24:00  | 148 |
| 0:05:06   | 0:15:51  | 131 | 00:25:30 | 135 | 0:31:41  | 137 | 00:51:00 | 143 | 1:06:51  | 147 | 2:25:00  | 147 |
| 0:05:08   | 0:15:57  | 130 | 00:25:40 | 134 | 0:31:54  | 136 | 00:51:20 | 142 | 1:07:18  | 146 | 2:26:00  | 146 |
| 0:05:10   | 0:16:03  | 129 | 00:25:50 | 133 | 0:32:06  | 135 | 00:51:40 | 141 | 1:07:44  | 145 | 2:27:00  | 145 |
| 0:05:12   | 0:16:09  | 128 | 00:26:00 | 132 | 0:32:19  | 134 | 00:52:00 | 140 | 1:08:10  | 144 | 2:28:00  | 144 |
| 0:05:14   | 0:16:16  | 127 | 00:26:10 | 131 | 0:32:31  | 133 | 00:52:20 | 139 | 1:08:36  | 143 | 2:29:00  | 143 |
| 0:05:16   | 0:16:22  | 126 | 00:26:20 | 130 | 0:32:44  | 132 | 00:52:40 | 138 | 1:09:02  | 142 | 2:30:00  | 142 |
| 0:05:18   | 0:16:28  | 125 | 00:26:30 | 129 | 0:32:56  | 131 | 00:53:00 | 137 | 1:09:29  | 141 | 2:31:00  | 141 |
| 0:05:20   | 0:16:34  | 124 | 00:26:40 | 128 | 0:33:08  | 130 | 00:53:20 | 136 | 1:09:55  | 140 | 2:32:00  | 140 |
| 0:05:22   | 0:16:40  | 123 | 00:26:50 | 127 | 0:33:21  | 129 | 00:53:40 | 135 | 1:10:21  | 139 | 2:33:00  | 139 |
| 0:05:24   | 0:16:47  | 122 | 00:27:00 | 126 | 0:33:33  | 128 | 00:54:00 | 134 | 1:10:47  | 138 | 2:34:00  | 138 |
| 0:05:26   | 0:16:53  | 121 | 00:27:10 | 125 | 0:33:46  | 127 | 00:54:20 | 133 | 1:11:14  | 137 | 2:35:00  | 137 |
| 0:05:28   | 0:16:59  | 120 | 00:27:20 | 124 | 0:33:58  | 126 | 00:54:40 | 132 | 1:11:40  | 136 | 2:36:00  | 136 |
| 0:05:30   | 0:17:05  | 119 | 00:27:30 | 123 | 0:34:11  | 125 | 00:55:00 | 131 | 1:12:06  | 135 | 2:37:00  | 135 |
| 0:05:32   | 0:17:12  | 118 | 00:27:40 | 122 | 0:34:23  | 124 | 00:55:20 | 130 | 1:12:32  | 134 | 2:38:00  | 134 |
| 0:05:34   | 0:17:18  | 117 | 00:27:50 | 121 | 0:34:35  | 123 | 00:55:40 | 129 | 1:12:58  | 133 | 2:39:00  | 133 |
| 0:05:36   | 0:17:24  | 116 | 00:28:00 | 120 | 0:34:48  | 122 | 00:56:00 | 128 | 1:13:25  | 132 | 2:40:00  | 132 |
| 0:05:38   | 0:17:30  | 115 | 00:28:10 | 119 | 0:35:00  | 121 | 00:56:20 | 127 | 1:13:51  | 131 | 2:41:00  | 131 |
| 0:05:40   | 0:17:36  | 114 | 00:28:20 | 118 | 0:35:13  | 120 | 00:56:40 | 126 | 1:14:17  | 130 | 2:42:00  | 130 |
| 0:05:42   | 0:17:43  | 113 | 00:28:30 | 117 | 0:35:25  | 119 | 00:57:00 | 125 | 1:14:43  | 129 | 2:43:00  | 129 |
| 0:05:44   | 0:17:49  | 112 | 00:28:40 | 116 | 0:35:38  | 118 | 00:57:20 | 124 | 1:15:09  | 128 | 2:44:00  | 128 |
| 0:05:46   | 0:17:55  | 111 | 00:28:50 | 115 | 0:35:50  | 117 | 00:57:40 | 123 | 1:15:36  | 127 | 2:45:00  | 127 |

|         |         |     |          |     |         |     |          |     |         |     |         |     |
|---------|---------|-----|----------|-----|---------|-----|----------|-----|---------|-----|---------|-----|
| 0:05:48 | 0:18:01 | 110 | 00:29:00 | 114 | 0:36:02 | 116 | 00:58:00 | 122 | 1:16:02 | 126 | 2:46:00 | 126 |
| 0:05:50 | 0:18:07 | 109 | 00:29:10 | 113 | 0:36:15 | 115 | 00:58:20 | 121 | 1:16:28 | 125 | 2:47:00 | 125 |
| 0:05:52 | 0:18:14 | 108 | 00:29:20 | 112 | 0:36:27 | 114 | 00:58:40 | 120 | 1:16:54 | 124 | 2:48:00 | 124 |
| 0:05:54 | 0:18:20 | 107 | 00:29:30 | 111 | 0:36:40 | 113 | 00:59:00 | 119 | 1:17:21 | 123 | 2:49:00 | 123 |
| 0:05:56 | 0:18:26 | 106 | 00:29:40 | 110 | 0:36:52 | 112 | 00:59:20 | 118 | 1:17:47 | 122 | 2:50:00 | 122 |
| 0:05:58 | 0:18:32 | 105 | 00:29:50 | 109 | 0:37:05 | 111 | 00:59:40 | 117 | 1:18:13 | 121 | 2:51:00 | 121 |
| 0:06:00 | 0:18:38 | 104 | 00:30:00 | 108 | 0:37:17 | 110 | 01:00:00 | 116 | 1:18:39 | 120 | 2:52:00 | 120 |
| 0:06:02 | 0:18:45 | 103 | 00:30:10 | 107 | 0:37:29 | 109 | 01:00:20 | 115 | 1:19:05 | 119 | 2:53:00 | 119 |
| 0:06:04 | 0:18:51 | 102 | 00:30:20 | 106 | 0:37:42 | 108 | 01:00:40 | 114 | 1:19:32 | 118 | 2:54:00 | 118 |
| 0:06:06 | 0:18:57 | 101 | 00:30:30 | 105 | 0:37:54 | 107 | 01:01:00 | 113 | 1:19:58 | 117 | 2:55:00 | 117 |
| 0:06:08 | 0:19:03 | 100 | 00:30:40 | 104 | 0:38:07 | 106 | 01:01:20 | 112 | 1:20:24 | 116 | 2:56:00 | 116 |
| 0:06:10 | 0:19:10 | 99  | 00:30:50 | 103 | 0:38:19 | 105 | 01:01:40 | 111 | 1:20:50 | 115 | 2:57:00 | 115 |
| 0:06:12 | 0:19:16 | 98  | 00:31:00 | 102 | 0:38:32 | 104 | 01:02:00 | 110 | 1:21:17 | 114 | 2:58:00 | 114 |
| 0:06:14 | 0:19:22 | 97  | 00:31:10 | 101 | 0:38:44 | 103 | 01:02:20 | 109 | 1:21:43 | 113 | 2:59:00 | 113 |
| 0:06:16 | 0:19:28 | 96  | 00:31:20 | 100 | 0:38:56 | 102 | 01:02:40 | 108 | 1:22:09 | 112 | 3:00:00 | 112 |
| 0:06:18 | 0:19:34 | 95  | 00:31:30 | 99  | 0:39:09 | 101 | 01:03:00 | 107 | 1:22:35 | 111 | 3:01:00 | 111 |
| 0:06:20 | 0:19:41 | 94  | 00:31:40 | 98  | 0:39:21 | 100 | 01:03:20 | 106 | 1:23:01 | 110 | 3:02:00 | 110 |
| 0:06:22 | 0:19:47 | 93  | 00:31:50 | 97  | 0:39:34 | 99  | 01:03:40 | 105 | 1:23:28 | 109 | 3:03:00 | 109 |
| 0:06:24 | 0:19:53 | 92  | 00:32:00 | 96  | 0:39:46 | 98  | 01:04:00 | 104 | 1:23:54 | 108 | 3:04:00 | 108 |
| 0:06:26 | 0:19:59 | 91  | 00:32:10 | 95  | 0:39:59 | 97  | 01:04:20 | 103 | 1:24:20 | 107 | 3:05:00 | 107 |
| 0:06:28 | 0:20:05 | 90  | 00:32:20 | 94  | 0:40:11 | 96  | 01:04:40 | 102 | 1:24:46 | 106 | 3:06:00 | 106 |
| 0:06:30 | 0:20:12 | 89  | 00:32:30 | 93  | 0:40:23 | 95  | 01:05:00 | 101 | 1:25:13 | 105 | 3:07:00 | 105 |
| 0:06:32 | 0:20:18 | 88  | 00:32:40 | 92  | 0:40:36 | 94  | 01:05:20 | 100 | 1:25:39 | 104 | 3:08:00 | 104 |
| 0:06:34 | 0:20:24 | 87  | 00:32:50 | 91  | 0:40:48 | 93  | 01:05:40 | 99  | 1:26:05 | 103 | 3:09:00 | 103 |
| 0:06:36 | 0:20:30 | 86  | 00:33:00 | 90  | 0:41:01 | 92  | 01:06:00 | 98  | 1:26:31 | 102 | 3:10:00 | 102 |
| 0:06:38 | 0:20:37 | 85  | 00:33:10 | 89  | 0:41:13 | 91  | 01:06:20 | 97  | 1:26:57 | 101 | 3:11:00 | 101 |
| 0:06:40 | 0:20:43 | 84  | 00:33:20 | 88  | 0:41:26 | 90  | 01:06:40 | 96  | 1:27:24 | 100 | 3:12:00 | 100 |
| 0:06:42 | 0:20:49 | 83  | 00:33:30 | 87  | 0:41:38 | 89  | 01:07:00 | 95  | 1:27:50 | 99  | 3:13:00 | 99  |
| 0:06:44 | 0:20:55 | 82  | 00:33:40 | 86  | 0:41:50 | 88  | 01:07:20 | 94  | 1:28:16 | 98  | 3:14:00 | 98  |
| 0:06:46 | 0:21:01 | 81  | 00:33:50 | 85  | 0:42:03 | 87  | 01:07:40 | 93  | 1:28:42 | 97  | 3:15:00 | 97  |
| 0:06:48 | 0:21:08 | 80  | 00:34:00 | 84  | 0:42:15 | 86  | 01:08:00 | 92  | 1:29:08 | 96  | 3:16:00 | 96  |
| 0:06:50 | 0:21:14 | 79  | 00:34:10 | 83  | 0:42:28 | 85  | 01:08:20 | 91  | 1:29:35 | 95  | 3:17:00 | 95  |
| 0:06:52 | 0:21:20 | 78  | 00:34:20 | 82  | 0:42:40 | 84  | 01:08:40 | 90  | 1:30:01 | 94  | 3:18:00 | 94  |
| 0:06:54 | 0:21:26 | 77  | 00:34:30 | 81  | 0:42:53 | 83  | 01:09:00 | 89  | 1:30:27 | 93  | 3:19:00 | 93  |
| 0:06:56 | 0:21:32 | 76  | 00:34:40 | 80  | 0:43:05 | 82  | 01:09:20 | 88  | 1:30:53 | 92  | 3:20:00 | 92  |
| 0:06:58 | 0:21:39 | 75  | 00:34:50 | 79  | 0:43:17 | 81  | 01:09:40 | 87  | 1:31:20 | 91  | 3:21:00 | 91  |
| 0:07:00 | 0:21:45 | 74  | 00:35:00 | 78  | 0:43:30 | 80  | 01:10:00 | 86  | 1:31:46 | 90  | 3:22:00 | 90  |

|         |         |    |          |    |         |    |          |    |         |    |         |    |
|---------|---------|----|----------|----|---------|----|----------|----|---------|----|---------|----|
| 0:07:02 | 0:21:51 | 73 | 00:35:10 | 77 | 0:43:42 | 79 | 01:10:20 | 85 | 1:32:12 | 89 | 3:23:00 | 89 |
| 0:07:04 | 0:21:57 | 72 | 00:35:20 | 76 | 0:43:55 | 78 | 01:10:40 | 84 | 1:32:38 | 88 | 3:24:00 | 88 |
| 0:07:06 | 0:22:04 | 71 | 00:35:30 | 75 | 0:44:07 | 77 | 01:11:00 | 83 | 1:33:04 | 87 | 3:25:00 | 87 |
| 0:07:08 | 0:22:10 | 70 | 00:35:40 | 74 | 0:44:20 | 76 | 01:11:20 | 82 | 1:33:31 | 86 | 3:26:00 | 86 |
| 0:07:10 | 0:22:16 | 69 | 00:35:50 | 73 | 0:44:32 | 75 | 01:11:40 | 81 | 1:33:57 | 85 | 3:27:00 | 85 |
| 0:07:12 | 0:22:22 | 68 | 00:36:00 | 72 | 0:44:44 | 74 | 01:12:00 | 80 | 1:34:23 | 84 | 3:28:00 | 84 |
| 0:07:14 | 0:22:28 | 67 | 00:36:10 | 71 | 0:44:57 | 73 | 01:12:20 | 79 | 1:34:49 | 83 | 3:29:00 | 83 |
| 0:07:16 | 0:22:35 | 66 | 00:36:20 | 70 | 0:45:09 | 72 | 01:12:40 | 78 | 1:35:16 | 82 | 3:30:00 | 82 |
| 0:07:18 | 0:22:41 | 65 | 00:36:30 | 69 | 0:45:22 | 71 | 01:13:00 | 77 | 1:35:42 | 81 | 3:31:00 | 81 |
| 0:07:20 | 0:22:47 | 64 | 00:36:40 | 68 | 0:45:34 | 70 | 01:13:20 | 76 | 1:36:08 | 80 | 3:32:00 | 80 |
| 0:07:22 | 0:22:53 | 63 | 00:36:50 | 67 | 0:45:47 | 69 | 01:13:40 | 75 | 1:36:34 | 79 | 3:33:00 | 79 |
| 0:07:24 | 0:22:59 | 62 | 00:37:00 | 66 | 0:45:59 | 68 | 01:14:00 | 74 | 1:37:00 | 78 | 3:34:00 | 78 |
| 0:07:26 | 0:23:06 | 61 | 00:37:10 | 65 | 0:46:11 | 67 | 01:14:20 | 73 | 1:37:27 | 77 | 3:35:00 | 77 |
| 0:07:28 | 0:23:12 | 60 | 00:37:20 | 64 | 0:46:24 | 66 | 01:14:40 | 72 | 1:37:53 | 76 | 3:36:00 | 76 |
| 0:07:30 | 0:23:18 | 59 | 00:37:30 | 63 | 0:46:36 | 65 | 01:15:00 | 71 | 1:38:19 | 75 | 3:37:00 | 75 |
| 0:07:32 | 0:23:24 | 58 | 00:37:40 | 62 | 0:46:49 | 64 | 01:15:20 | 70 | 1:38:45 | 74 | 3:38:00 | 74 |
| 0:07:34 | 0:23:31 | 57 | 00:37:50 | 61 | 0:47:01 | 63 | 01:15:40 | 69 | 1:39:11 | 73 | 3:39:00 | 73 |
| 0:07:36 | 0:23:37 | 56 | 00:38:00 | 60 | 0:47:14 | 62 | 01:16:00 | 68 | 1:39:38 | 72 | 3:40:00 | 72 |
| 0:07:38 | 0:23:43 | 55 | 00:38:10 | 59 | 0:47:26 | 61 | 01:16:20 | 67 | 1:40:04 | 71 | 3:41:00 | 71 |
| 0:07:40 | 0:23:49 | 54 | 00:38:20 | 58 | 0:47:38 | 60 | 01:16:40 | 66 | 1:40:30 | 70 | 3:42:00 | 70 |
| 0:07:42 | 0:23:55 | 53 | 00:38:30 | 57 | 0:47:51 | 59 | 01:17:00 | 65 | 1:40:56 | 69 | 3:43:00 | 69 |
| 0:07:44 | 0:24:02 | 52 | 00:38:40 | 56 | 0:48:03 | 58 | 01:17:20 | 64 | 1:41:23 | 68 | 3:44:00 | 68 |
| 0:07:46 | 0:24:08 | 51 | 00:38:50 | 55 | 0:48:16 | 57 | 01:17:40 | 63 | 1:41:49 | 67 | 3:45:00 | 67 |
| 0:07:48 | 0:24:14 | 50 | 00:39:00 | 54 | 0:48:28 | 56 | 01:18:00 | 62 | 1:42:15 | 66 | 3:46:00 | 66 |
| 0:07:50 | 0:24:20 | 49 | 00:39:10 | 53 | 0:48:41 | 55 | 01:18:20 | 61 | 1:42:41 | 65 | 3:47:00 | 65 |
| 0:07:52 | 0:24:26 | 48 | 00:39:20 | 52 | 0:48:53 | 54 | 01:18:40 | 60 | 1:43:07 | 64 | 3:48:00 | 64 |
| 0:07:54 | 0:24:33 | 47 | 00:39:30 | 51 | 0:49:05 | 53 | 01:19:00 | 59 | 1:43:34 | 63 | 3:49:00 | 63 |
| 0:07:56 | 0:24:39 | 46 | 00:39:40 | 50 | 0:49:18 | 52 | 01:19:20 | 58 | 1:44:00 | 62 | 3:50:00 | 62 |
| 0:07:58 | 0:24:45 | 45 | 00:39:50 | 49 | 0:49:30 | 51 | 01:19:40 | 57 | 1:44:26 | 61 | 3:51:00 | 61 |
| 0:08:00 | 0:24:51 | 44 | 00:40:00 | 48 | 0:49:43 | 50 | 01:20:00 | 56 | 1:44:52 | 60 | 3:52:00 | 60 |
| 0:08:02 | 0:24:58 | 43 | 00:40:10 | 47 | 0:49:55 | 49 | 01:20:20 | 55 | 1:45:19 | 59 | 3:53:00 | 59 |
| 0:08:04 | 0:25:04 | 42 | 00:40:20 | 46 | 0:50:08 | 48 | 01:20:40 | 54 | 1:45:45 | 58 | 3:54:00 | 58 |
| 0:08:06 | 0:25:10 | 41 | 00:40:30 | 45 | 0:50:20 | 47 | 01:21:00 | 53 | 1:46:11 | 57 | 3:55:00 | 57 |
| 0:08:08 | 0:25:16 | 40 | 00:40:40 | 44 | 0:50:32 | 46 | 01:21:20 | 52 | 1:46:37 | 56 | 3:56:00 | 56 |
| 0:08:10 | 0:25:22 | 39 | 00:40:50 | 43 | 0:50:45 | 45 | 01:21:40 | 51 | 1:47:03 | 55 | 3:57:00 | 55 |
| 0:08:12 | 0:25:29 | 38 | 00:41:00 | 42 | 0:50:57 | 44 | 01:22:00 | 50 | 1:47:30 | 54 | 3:58:00 | 54 |
| 0:08:14 | 0:25:35 | 37 | 00:41:10 | 41 | 0:51:10 | 43 | 01:22:20 | 49 | 1:47:56 | 53 | 3:59:00 | 53 |

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

|         |          |   |         |   |          |    |         |    |         |    |
|---------|----------|---|---------|---|----------|----|---------|----|---------|----|
| 0:09:30 | 00:47:30 | 3 | 0:59:02 | 5 | 01:35:00 | 11 | 2:04:32 | 15 | 4:37:00 | 15 |
| 0:09:32 | 00:47:40 | 2 | 0:59:14 | 4 | 01:35:20 | 10 | 2:04:58 | 14 | 4:38:00 | 14 |
| 0:09:34 | 00:47:50 | 1 | 0:59:27 | 3 | 01:35:40 | 9  | 2:05:25 | 13 | 4:39:00 | 13 |
| 0:09:36 | 00:48:00 | 1 | 0:59:39 | 2 | 01:36:00 | 8  | 2:05:51 | 12 | 4:40:00 | 12 |
| 0:09:38 |          |   | 0:59:52 | 1 | 01:36:20 | 7  | 2:06:17 | 11 | 4:41:00 | 11 |
| 0:09:40 |          |   | 1:00:04 | 1 | 01:36:40 | 6  | 2:06:43 | 10 | 4:42:00 | 10 |
| 0:09:42 |          |   |         |   | 01:37:00 | 5  | 2:07:09 | 9  | 4:43:00 | 9  |
| 0:09:44 |          |   |         |   | 01:37:20 | 4  | 2:07:36 | 8  | 4:44:00 | 8  |
| 0:09:46 |          |   |         |   | 01:37:40 | 3  | 2:08:02 | 7  | 4:45:00 | 7  |
| 0:09:48 |          |   |         |   | 01:38:00 | 2  | 2:08:28 | 6  | 4:46:00 | 6  |
| 0:09:50 |          |   |         |   | 01:38:20 | 1  | 2:08:54 | 5  | 4:47:00 | 5  |
| 0:09:52 |          |   |         |   | 01:38:40 | 1  | 2:09:21 | 4  | 4:48:00 | 4  |
| 0:09:54 |          |   |         |   |          |    | 2:09:47 | 3  | 4:49:00 | 3  |
| 0:09:56 |          |   |         |   |          |    | 2:10:13 | 2  | 4:50:00 | 2  |
| 0:09:58 |          |   |         |   |          |    | 2:10:39 | 1  | 4:51:00 | 1  |
| 0:10:00 |          |   |         |   |          |    | 2:11:05 | 1  |         |    |