

TABELA TEMPO PRI TEKU

min na 1 km	2km	3km	5km	10km	15km	20km	21,098km	25km	30km	35km	40km	42,195km
	čas	čas	čas	čas	čas	čas	čas	čas	čas	čas	čas	čas
03:00	06:00	09:00	15:00	30:00	45:00	1:00:00	1:03:18	1:15:00	1:30:00	1:45:00	2:00:00	2:06:35
03:01	06:02	09:03	15:05	30:10	45:15	1:00:20	1:03:39	1:15:25	1:30:30	1:45:35	2:00:40	2:07:17
03:02	06:04	09:06	15:10	30:20	45:30	1:00:40	1:04:00	1:15:50	1:31:00	1:46:10	2:01:20	2:07:59
03:03	06:06	09:09	15:15	30:30	45:45	1:01:00	1:04:21	1:16:15	1:31:30	1:46:45	2:02:00	2:08:42
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21,098 - pol maraton; 42,195m - maraton