

Minutes : Seconds or Hours : Minutes : Seconds

KM/h	0,4 KM	0,5 KM	1 KM	1,5 KM	2 KM	3 KM	4 KM	5 KM	6 KM	7 KM	8 KM	9 KM	10 KM	15 KM	20 KM	21,1 KM	25 KM	30 KM	35 KM	40 KM	42,195 KM
8	3:00	3:45	7:30	11:15	15:00	22:30	37:30	45:00	52:20	1:00:00	1:07:30	1:07:30	1:15:00	1:52:30	2:30:00	2:38:15	3:07:00	3:45:00	4:22:00	5:00:00	5:16:00
8,181	2:56	3:40	7:20	11:00	14:40	22:00	29:20	36:40	44:00	51:20	58:40	1:06:00	1:13:20	1:50:00	2:26:40	2:34:44	3:03:00	3:40:00	4:16:00	4:53:00	5:09:00
8,372	2:52	3:35	7:10	10:45	14:20	21:30	28:40	35:50	43:00	50:10	57:20	1:04:30	1:11:40	1:47:30	2:23:20	2:31:13	2:59:00	3:35:00	4:10:00	4:46:00	5:02:00
8,571	2:48	3:30	7:00	10:30	14:00	21:00	28:00	35:00	42:00	49:00	56:00	1:03:00	1:10:00	1:45:00	2:20:00	2:27:42	2:55:00	3:30:00	4:05:00	4:40:00	4:55:00
8,780	2:44	3:25	6:50	10:15	13:40	20:30	27:20	34:10	41:00	47:50	54:40	1:01:30	1:08:20	1:42:30	2:16:40	2:26:41	2:50:00	3:25:00	3:59:00	4:33:00	4:48:00
9	2:40	3:20	6:40	10:00	13:20	20:00	26:40	33:20	40:00	46:40	53:20	1:00:00	1:06:40	1:40:00	2:13:20	2:20:40	2:46:00	3:20:00	3:53:00	4:26:00	4:41:00
9,230	2:36	3:15	6:30	9:45	13:00	19:30	26:00	32:30	39:00	45:30	52:00	58:30	1:05:00	1:37:30	2:10:00	2:17:09	2:42:00	3:15:00	3:47:00	4:20:00	4:34:00
9,473	2:32	3:10	6:20	9:30	12:40	19:00	25:20	31:40	38:00	44:20	50:20	57:00	1:03:20	1:35:00	2:06:40	2:13:38	2:38:00	3:10:00	3:41:00	4:13:00	4:27:00
9,729	2:28	3:05	6:10	9:15	12:20	18:30	24:40	30:50	37:00	43:10	49:20	55:30	1:01:40	1:32:30	2:03:20	2:10:07	2:34:00	3:05:00	3:35:00	4:06:00	4:20:00
10	2:24	3:00	6:00	9:00	12:00	18:00	24:00	30:00	36:00	42:00	48:00	54:00	1:00:00	1:30:00	2:00:00	2:06:36	2:30:00	3:00:00	3:30:00	4:00:00	4:13:00
10,285	2:20	2:55	5:50	8:45	11:40	17:30	23:20	29:10	35:00	40:50	46:40	52:30	58:20	1:27:30	1:56:40	2:03:05	2:25:00	2:55:00	3:24:00	3:53:00	4:06:00
10,588	2:16	2:50	5:40	8:30	11:20	17:00	22:40	28:20	34:00	39:40	45:20	51:00	56:40	1:25:00	1:53:20	1:59:34	2:21:00	2:50:00	3:18:00	3:46:00	3:59:00
10,909	2:12	2:45	5:30	8:15	11:00	16:30	22:00	27:30	33:00	38:30	44:00	49:30	55:00	1:22:30	1:50:00	1:56:03	2:17:00	2:45:00	3:12:00	3:40:00	3:52:00
11,250	2:08	2:40	5:20	8:00	10:40	16:00	21:20	26:40	32:00	37:20	42:40	48:00	53:20	1:20:00	1:46:40	1:52:32	2:13:00	2:40:00	3:06:00	3:33:00	3:45:00
11,612	2:04	2:35	5:10	7:45	10:20	15:30	20:40	25:50	31:00	36:10	41:20	46:30	51:40	1:17:30	1:43:20	1:49:01	2:09:00	2:35:00	3:00:00	3:26:00	3:38:00
12	2:00	2:30	5:00	7:30	10:00	15:00	20:00	25:00	30:00	35:00	40:00	45:00	50:00	1:15:00	1:40:00	1:45:30	2:05:00	2:30:00	2:55:00	3:20:00	3:31:00
12,413	1:56	2:25	4:50	7:15	9:40	14:30	19:20	24:10	29:00	33:50	38:40	43:30	48:20	1:12:30	1:36:40	1:41:59	2:00:00	2:25:00	2:49:00	3:13:00	3:23:56
12,857	1:52	2:20	4:40	7:00	9:20	14:00	18:40	23:20	28:00	32:40	37:20	42:00	46:40	1:10:00	1:33:20	1:38:28	1:56:00	2:20:00	2:43:00	3:06:00	3:16:54
13,333	1:48	2:15	4:30	6:45	9:00	13:30	18:00	22:30	27:00	31:30	36:00	40:30	45:00	1:07:30	1:30:00	1:34:57	1:52:00	2:15:00	2:37:00	3:00:00	3:09:52
13,584	1:46	2:12,5	4:25	6:37,5	8:50	13:15	17:40	22:05	26:30	30:55	35:20	39:45	44:10	1:06:15	1:28:20	1:33:11	1:50:00	2:12:00	2:34:00	2:56:00	3:06:23
13,846	1:44	2:10	4:20	6:30	8:40	13:00	17:20	21:40	26:00	30:20	34:40	39:00	43:20	1:05:00	1:26:40	1:31:26	1:48:00	2:10:00	2:31:00	2:53:00	3:02:50
14,117	1:42	2:07,5	4:15	6:22,5	8:30	12:45	17:00	21:15	25:30	29:45	34:00	38:15	42:30	1:03:45	1:25:00	1:29:40	1:46:00	2:07:00	2:28:00	2:50:00	2:59:19
14,400	1:40	2:05	4:10	6:15	8:20	12:30	16:40	20:50	25:00	19:10	37:20	37:20	41:40	1:02:30	1:23:20	1:27:55	1:44:00	2:05:00	2:25:00	2:46:00	2:55:48
14,693	1:38	2:02,5	4:05	6:07,5	8:10	12:15	16:20	20:25	24:30	28:35	32:40	36:45	40:50	1:01:15	1:21:40	1:26:09	1:42:00	2:02:00	2:22:00	2:43:00	2:52:16
15	1:38	2:00	4:00	6:00	8:00	12:00	16:00	20:00	24:00	28:00	32:00	36:00	40:00	1:00:00	1:20:00	1:24:24	1:40:00	2:00:00	2:20:00	2:40:00	2:48:46
15,319	1:34	1:57,5	3:55	5:52,5	7:50	11:45	15:40	19:35	23:30	27:25	31:20	35:15	39:10	58:45	1:18:20	1:22:38	1:37:00	1:57:00	2:17:00	2:36:00	2:45:15
15,652	1:32	1:55	3:50	5:45	7:40	11:30	15:20	19:10	23:00	26:50	30:40	34:30	38:20	57:30	1:16:40	1:20:53	1:35:00	1:55:00	1:14:00	2:33:00	2:41:45
16	1:30	1:52,5	3:45	5:37,5	7:30	11:15	15:00	18:45	22:30	26:15	30:00	33:45	37:30	56:15	1:15:00	1:19:07	1:33:00	1:52:00	2:11:00	2:30:00	2:38:00
16,364	1:28	1:50	3:40	5:30	7:20	11:00	14:40	18:20	22:00	25:40	29:20	33:00	36:40	55:00	1:13:20	1:17:22	1:31:00	1:50:00	2:08:00	2:26:00	2:34:00
16,744	1:26	1:47,5	3:35	5:22,5	7:10	10:45	14:20	17:55	21:30	25:05	28:40	32:15	35:50	53:45	1:11:40	1:15:36	1:29:00	1:47:00	2:05:00	2:23:00	2:31:12
17,142	1:24	1:45	3:30	5:15	7:00	10:30	14:00	17:30	21:00	24:30	28:00	31:30	35:00	52:30	1:10:00	1:13:51	1:27:00	1:45:00	2:02:00	2:20:00	2:27:41
17,560	1:22	1:42,5	3:35	5:07,5	6:50	10:15	13:40	17:05	20:30	23:55	27:20	30:45	34:10	51:15	1:08:20	1:12:05	1:25:00	1:42:00	1:59:00	2:16:00	2:24:10
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18,460	1:18	1:37,5	3:15	4:42,5	6:30	9:45	13:00	16:15	19:30	22:45	26:00	29:15	32:30	48:45	1:05:00	1:08:34	1:21:00	1:37:00	1:53:00	2:10:00	2:17:08
18,945	1:16	1:35	3:10	4:45	6:20	9:30	12:40	15:50	19:00	22:10	25:20	28:30	31:40	47:30	1:03:20	1:06:48	1:19:00	1:35:00	1:50:00	2:06:00	2:13:37
19,200	1:15	1:33,7	3:07,5	4:41	6:15	9:22	12:30	15:37	18:45	21:52	25:00	28:07	31:15	46:53	1:02:30	1:05:56	1:18:00	1:33:00	1:49:00	2:05:00	2:11:52
19,455	1:14	1:32,5	3:05	4:37,5	6:10	9:15	12:20	15:25	18:30	21:35	24:40	27:45	30:50	46:15	1:01:40	1:05:03	1:17:00	1:32:00	1:48:00	2:03:00	2:10:06
19,760	1:13	1:31,2	3:02,5	4:33	6:05	9:07	12:10	15:12	18:15	21:17	24:20	27:22	30:25	45:37	1:00:50	1:04:10	1:16:00	1:31:00	1:46:00	2:01:00	2:08:20
20	1:12	1:30	3:00	4:30	6:00	9:00	12:00	15:00	18:00	21:00	24:00	27:00	30:00	45:00	1:00:00	1:03:17	1:15:00	1:30:00	1:45:00	2:00:00	2:06:35