



10 km vei

UKI p.	MU20	MS	M35-39	M40-44	M45-49	M50-54	M55-59	M60-64	M65-69	M70-74	M75-79	M80-84	M85-	UKI p.
1400	0:25:49	0:25:33	0:26:09	0:26:52	0:27:42	0:28:41	0:29:50	0:31:12	0:32:49	0:34:44	0:37:03	0:39:53	0:43:23	1400
1300	0:28:28	0:28:10	0:28:43	0:29:23	0:30:12	0:31:12	0:32:24	0:33:50	0:35:34	0:37:41	0:40:16	0:43:29	0:47:32	1300
1200	0:31:14	0:30:54	0:31:21	0:31:58	0:32:46	0:33:46	0:35:00	0:36:31	0:38:22	0:40:41	0:43:32	0:47:09	0:51:49	1200
1100	0:34:06	0:33:45	0:34:06	0:34:38	0:35:24	0:36:23	0:37:39	0:39:14	0:41:14	0:43:43	0:46:53	0:50:56	0:56:14	1100
1000	0:37:07	0:36:44	0:36:57	0:37:24	0:38:06	0:39:04	0:40:22	0:42:01	0:44:09	0:46:51	0:50:19	0:54:49	1:00:48	1000
900	0:40:22	0:39:52	0:40:06	0:40:35	0:41:21	0:42:24	0:43:48	0:45:36	0:47:55	0:50:51	0:54:36	0:59:30	1:06:00	900
800	0:43:48	0:43:10	0:43:26	0:43:58	0:44:47	0:45:56	0:47:27	0:49:24	0:51:54	0:55:04	0:59:09	1:04:26	1:11:29	800
700	0:47:29	0:46:42	0:46:59	0:47:34	0:48:27	0:49:41	0:51:20	0:53:26	0:56:08	0:59:34	1:03:59	1:09:43	1:17:20	700
600	0:51:27	0:50:30	0:50:49	0:51:26	0:52:24	0:53:44	0:55:30	0:57:47	1:00:42	1:04:25	1:09:11	1:15:23	1:23:37	600
500	0:55:47	0:54:39	0:54:58	0:55:39	0:56:41	0:58:08	1:00:03	1:02:31	1:05:41	1:09:42	1:14:51	1:21:34	1:30:28	500
400	1:00:35	0:59:14	0:59:35	1:00:19	1:01:26	1:03:00	1:05:05	1:07:46	1:11:11	1:15:33	1:21:08	1:28:24	1:38:03	400
300	1:06:04	1:04:27	1:04:50	1:05:38	1:06:51	1:08:34	1:10:49	1:13:44	1:17:28	1:22:12	1:28:17	1:36:12	1:46:42	300
200	1:12:36	1:10:41	1:11:06	1:11:58	1:13:19	1:15:11	1:17:40	1:20:52	1:24:57	1:30:09	1:36:49	1:45:29	1:57:01	200
100	1:21:14	1:18:56	1:19:24	1:20:22	1:21:52	1:23:58	1:26:44	1:30:18	1:34:52	1:40:40	1:48:07	1:57:48	2:10:40	100
1	1:38:39	1:35:39	1:36:13	1:37:24	1:39:13	1:41:45	1:45:06	1:49:26	1:54:57	2:02:00	2:11:01	2:22:45	2:38:21	1

	KU20	KS	K35-39	K40-44	K45-49	K50-54	K55-59	K60-64	K65-69	K70-74	K75-79	K80-84	K85-	UKI p.
1400	0:29:03	0:28:45	0:29:25	0:30:17	0:31:20	0:32:39	0:34:16	0:36:15	0:38:43	0:41:50	0:45:49	0:51:03	0:58:11	1400
1300	0:32:33	0:32:13	0:32:50	0:33:39	0:34:41	0:35:59	0:37:36	0:39:37	0:42:08	0:45:18	0:49:20	0:54:38	1:01:47	1300
1200	0:36:18	0:35:55	0:36:27	0:37:12	0:38:12	0:39:28	0:41:05	0:43:06	0:45:38	0:48:50	0:52:56	0:58:16	1:05:26	1200
1100	0:40:17	0:39:52	0:40:17	0:40:56	0:41:52	0:43:06	0:44:41	0:46:42	0:49:15	0:52:28	0:56:36	1:01:59	1:09:09	1100
1000	0:44:32	0:44:04	0:44:20	0:44:53	0:45:43	0:46:53	0:48:26	0:50:26	0:52:58	0:56:13	1:00:22	1:05:47	1:12:58	1000
900	0:48:26	0:47:50	0:48:07	0:48:43	0:49:37	0:50:53	0:52:34	0:54:44	0:57:29	1:01:01	1:05:31	1:11:23	1:19:12	900
800	0:52:34	0:51:49	0:52:07	0:52:46	0:53:45	0:55:07	0:56:56	0:59:17	1:02:16	1:06:05	1:10:58	1:17:20	1:25:47	800
700	0:56:59	0:56:03	0:56:23	0:57:04	0:58:08	0:59:37	1:01:35	1:04:08	1:07:22	1:11:29	1:16:47	1:23:39	1:32:48	700
600	1:01:45	1:00:36	1:00:58	1:01:43	1:02:52	1:04:29	1:06:36	1:09:21	1:12:51	1:17:18	1:23:01	1:30:28	1:40:21	600
500	1:06:57	1:05:34	1:05:58	1:06:47	1:08:01	1:09:46	1:12:04	1:15:02	1:18:49	1:23:38	1:29:50	1:37:52	1:48:34	500
400	1:12:43	1:11:04	1:11:30	1:12:23	1:13:44	1:15:37	1:18:06	1:21:19	1:25:25	1:30:39	1:37:22	1:46:05	1:57:40	400
300	1:19:17	1:17:20	1:17:48	1:18:45	1:20:14	1:22:17	1:24:59	1:28:29	1:32:57	1:38:39	1:45:57	1:55:26	2:08:03	300
200	1:27:07	1:24:49	1:25:19	1:26:22	1:27:59	1:30:14	1:33:12	1:37:02	1:41:56	1:48:11	1:56:11	2:06:35	2:20:25	200
100	1:37:29	1:34:43	1:35:17	1:36:27	1:38:15	1:40:45	1:44:05	1:48:22	1:53:50	2:00:48	2:09:44	2:21:22	2:36:48	100
1	1:58:23	1:54:46	1:55:28	1:56:53	1:59:04	2:02:06	2:06:07	2:11:19	2:17:57	2:26:24	2:37:13	2:51:18	3:10:01	0