

Mitjana: 37 Km./hora (9,73 segons per hectòmetre = 100 metres)

Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps
0,100	00:09,7	5,100	08:16,2	10,100	16:22,7	15,100	24:29,2	20,100	32:35,7	25,100	40:42,2
0,200	00:19,5	5,200	08:25,9	10,200	16:32,4	15,200	24:38,9	20,200	32:45,4	25,200	40:51,9
0,300	00:29,2	5,300	08:35,7	10,300	16:42,2	15,300	24:48,6	20,300	32:55,1	25,300	41:01,6
0,400	00:38,9	5,400	08:45,4	10,400	16:51,9	15,400	24:58,4	20,400	33:04,9	25,400	41:11,4
0,500	00:48,6	5,500	08:55,1	10,500	17:01,6	15,500	25:08,1	20,500	33:14,6	25,500	41:21,1
0,600	00:58,4	5,600	09:04,9	10,600	17:11,4	15,600	25:17,8	20,600	33:24,3	25,600	41:30,8
0,700	01:08,1	5,700	09:14,6	10,700	17:21,1	15,700	25:27,6	20,700	33:34,1	25,700	41:40,5
0,800	01:17,8	5,800	09:24,3	10,800	17:30,8	15,800	25:37,3	20,800	33:43,8	25,800	41:50,3
0,900	01:27,6	5,900	09:34,1	10,900	17:40,5	15,900	25:47,0	20,900	33:53,5	25,900	42:00,0
1,000	01:37,3	6,000	09:43,8	11,000	17:50,3	16,000	25:56,8	21,000	34:03,2	26,000	42:09,7
1,100	01:47,0	6,100	09:53,5	11,100	18:00,0	16,100	26:06,5	21,100	34:13,0	26,100	42:19,5
1,200	01:56,8	6,200	10:03,2	11,200	18:09,7	16,200	26:16,2	21,200	34:22,7	26,200	42:29,2
1,300	02:06,5	6,300	10:13,0	11,300	18:19,5	16,300	26:25,9	21,300	34:32,4	26,300	42:38,9
1,400	02:16,2	6,400	10:22,7	11,400	18:29,2	16,400	26:35,7	21,400	34:42,2	26,400	42:48,6
1,500	02:25,9	6,500	10:32,4	11,500	18:38,9	16,500	26:45,4	21,500	34:51,9	26,500	42:58,4
1,600	02:35,7	6,600	10:42,2	11,600	18:48,6	16,600	26:55,1	21,600	35:01,6	26,600	43:08,1
1,700	02:45,4	6,700	10:51,9	11,700	18:58,4	16,700	27:04,9	21,700	35:11,4	26,700	43:17,8
1,800	02:55,1	6,800	11:01,6	11,800	19:08,1	16,800	27:14,6	21,800	35:21,1	26,800	43:27,6
1,900	03:04,9	6,900	11:11,4	11,900	19:17,8	16,900	27:24,3	21,900	35:30,8	26,900	43:37,3
2,000	03:14,6	7,000	11:21,1	12,000	19:27,6	17,000	27:34,1	22,000	35:40,5	27,000	43:47,0
2,100	03:24,3	7,100	11:30,8	12,100	19:37,3	17,100	27:43,8	22,100	35:50,3	27,100	43:56,8
2,200	03:34,1	7,200	11:40,5	12,200	19:47,0	17,200	27:53,5	22,200	36:00,0	27,200	44:06,5
2,300	03:43,8	7,300	11:50,3	12,300	19:56,8	17,300	28:03,2	22,300	36:09,7	27,300	44:16,2
2,400	03:53,5	7,400	12:00,0	12,400	20:06,5	17,400	28:13,0	22,400	36:19,5	27,400	44:25,9
2,500	04:03,2	7,500	12:09,7	12,500	20:16,2	17,500	28:22,7	22,500	36:29,2	27,500	44:35,7
2,600	04:13,0	7,600	12:19,5	12,600	20:25,9	17,600	28:32,4	22,600	36:38,9	27,600	44:45,4
2,700	04:22,7	7,700	12:29,2	12,700	20:35,7	17,700	28:42,2	22,700	36:48,6	27,700	44:55,1
2,800	04:32,4	7,800	12:38,9	12,800	20:45,4	17,800	28:51,9	22,800	36:58,4	27,800	45:04,9
2,900	04:42,2	7,900	12:48,6	12,900	20:55,1	17,900	29:01,6	22,900	37:08,1	27,900	45:14,6
3,000	04:51,9	8,000	12:58,4	13,000	21:04,9	18,000	29:11,4	23,000	37:17,8	28,000	45:24,3
3,100	05:01,6	8,100	13:08,1	13,100	21:14,6	18,100	29:21,1	23,100	37:27,6	28,100	45:34,1
3,200	05:11,4	8,200	13:17,8	13,200	21:24,3	18,200	29:30,8	23,200	37:37,3	28,200	45:43,8
3,300	05:21,1	8,300	13:27,6	13,300	21:34,1	18,300	29:40,5	23,300	37:47,0	28,300	45:53,5
3,400	05:30,8	8,400	13:37,3	13,400	21:43,8	18,400	29:50,3	23,400	37:56,8	28,400	46:03,2
3,500	05:40,5	8,500	13:47,0	13,500	21:53,5	18,500	30:00,0	23,500	38:06,5	28,500	46:13,0
3,600	05:50,3	8,600	13:56,8	13,600	22:03,2	18,600	30:09,7	23,600	38:16,2	28,600	46:22,7
3,700	06:00,0	8,700	14:06,5	13,700	22:13,0	18,700	30:19,5	23,700	38:25,9	28,700	46:32,4
3,800	06:09,7	8,800	14:16,2	13,800	22:22,7	18,800	30:29,2	23,800	38:35,7	28,800	46:42,2
3,900	06:19,5	8,900	14:25,9	13,900	22:32,4	18,900	30:38,9	23,900	38:45,4	28,900	46:51,9
4,000	06:29,2	9,000	14:35,7	14,000	22:42,2	19,000	30:48,6	24,000	38:55,1	29,000	47:01,6
4,100	06:38,9	9,100	14:45,4	14,100	22:51,9	19,100	30:58,4	24,100	39:04,9	29,100	47:11,4
4,200	06:48,6	9,200	14:55,1	14,200	23:01,6	19,200	31:08,1	24,200	39:14,6	29,200	47:21,1
4,300	06:58,4	9,300	15:04,9	14,300	23:11,4	19,300	31:17,8	24,300	39:24,3	29,300	47:30,8
4,400	07:08,1	9,400	15:14,6	14,400	23:21,1	19,400	31:27,6	24,400	39:34,1	29,400	47:40,5
4,500	07:17,8	9,500	15:24,3	14,500	23:30,8	19,500	31:37,3	24,500	39:43,8	29,500	47:50,3
4,600	07:27,6	9,600	15:34,1	14,600	23:40,5	19,600	31:47,0	24,600	39:53,5	29,600	48:00,0
4,700	07:37,3	9,700	15:43,8	14,700	23:50,3	19,700	31:56,8	24,700	40:03,2	29,700	48:09,7
4,800	07:47,0	9,800	15:53,5	14,800	24:00,0	19,800	32:06,5	24,800	40:13,0	29,800	48:19,5
4,900	07:56,8	9,900	16:03,2	14,900	24:09,7	19,900	32:16,2	24,900	40:22,7	29,900	48:29,2
5,000	08:06,5	10,000	16:13,0	15,000	24:19,5	20,000	32:25,9	25,000	40:32,4	30,000	48:38,9

Mitjana: 43 Km./hora (8,37 segons per hectòmetre = 100 metres)

Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps
0,100	00:08,4	5,100	07:07,0	10,100	14:05,6	15,100	21:04,2	20,100	28:02,8	25,100	35:01,4
0,200	00:16,7	5,200	07:15,3	10,200	14:13,9	15,200	21:12,5	20,200	28:11,1	25,200	35:09,7
0,300	00:25,1	5,300	07:23,7	10,300	14:22,3	15,300	21:20,9	20,300	28:19,5	25,300	35:18,1
0,400	00:33,5	5,400	07:32,1	10,400	14:30,7	15,400	21:29,3	20,400	28:27,9	25,400	35:26,5
0,500	00:41,9	5,500	07:40,5	10,500	14:39,1	15,500	21:37,7	20,500	28:36,3	25,500	35:34,9
0,600	00:50,2	5,600	07:48,8	10,600	14:47,4	15,600	21:46,0	20,600	28:44,6	25,600	35:43,2
0,700	00:58,6	5,700	07:57,2	10,700	14:55,8	15,700	21:54,4	20,700	28:53,0	25,700	35:51,6
0,800	01:07,0	5,800	08:05,6	10,800	15:04,2	15,800	22:02,8	20,800	29:01,4	25,800	36:00,0
0,900	01:15,3	5,900	08:13,9	10,900	15:12,5	15,900	22:11,1	20,900	29:09,7	25,900	36:08,3
1,000	01:23,7	6,000	08:22,3	11,000	15:20,9	16,000	22:19,5	21,000	29:18,1	26,000	36:16,7
1,100	01:32,1	6,100	08:30,7	11,100	15:29,3	16,100	22:27,9	21,100	29:26,5	26,100	36:25,1
1,200	01:40,5	6,200	08:39,1	11,200	15:37,7	16,200	22:36,3	21,200	29:34,9	26,200	36:33,5
1,300	01:48,8	6,300	08:47,4	11,300	15:46,0	16,300	22:44,6	21,300	29:43,2	26,300	36:41,8
1,400	01:57,2	6,400	08:55,8	11,400	15:54,4	16,400	22:53,0	21,400	29:51,6	26,400	36:50,2
1,500	02:05,6	6,500	09:04,2	11,500	16:02,8	16,500	23:01,4	21,500	30:00,0	26,500	36:58,6
1,600	02:14,0	6,600	09:12,6	11,600	16:11,2	16,600	23:09,8	21,600	30:08,4	26,600	37:07,0
1,700	02:22,3	6,700	09:20,9	11,700	16:19,5	16,700	23:18,1	21,700	30:16,7	26,700	37:15,3
1,800	02:30,7	6,800	09:29,3	11,800	16:27,9	16,800	23:26,5	21,800	30:25,1	26,800	37:23,7
1,900	02:39,1	6,900	09:37,7	11,900	16:36,3	16,900	23:34,9	21,900	30:33,5	26,900	37:32,1
2,000	02:47,4	7,000	09:46,0	12,000	16:44,6	17,000	23:43,2	22,000	30:41,8	27,000	37:40,4
2,100	02:55,8	7,100	09:54,4	12,100	16:53,0	17,100	23:51,6	22,100	30:50,2	27,100	37:48,8
2,200	03:04,2	7,200	10:02,8	12,200	17:01,4	17,200	24:00,0	22,200	30:58,6	27,200	37:57,2
2,300	03:12,6	7,300	10:11,2	12,300	17:09,8	17,300	24:08,4	22,300	31:07,0	27,300	38:05,6
2,400	03:20,9	7,400	10:19,5	12,400	17:18,1	17,400	24:16,7	22,400	31:15,3	27,400	38:13,9
2,500	03:29,3	7,500	10:27,9	12,500	17:26,5	17,500	24:25,1	22,500	31:23,7	27,500	38:22,3
2,600	03:37,7	7,600	10:36,3	12,600	17:34,9	17,600	24:33,5	22,600	31:32,1	27,600	38:30,7
2,700	03:46,0	7,700	10:44,6	12,700	17:43,2	17,700	24:41,8	22,700	31:40,4	27,700	38:39,0
2,800	03:54,4	7,800	10:53,0	12,800	17:51,6	17,800	24:50,2	22,800	31:48,8	27,800	38:47,4
2,900	04:02,8	7,900	11:01,4	12,900	18:00,0	17,900	24:58,6	22,900	31:57,2	27,900	38:55,8
3,000	04:11,2	8,000	11:09,8	13,000	18:08,4	18,000	25:07,0	23,000	32:05,6	28,000	39:04,2
3,100	04:19,5	8,100	11:18,1	13,100	18:16,7	18,100	25:15,3	23,100	32:13,9	28,100	39:12,5
3,200	04:27,9	8,200	11:26,5	13,200	18:25,1	18,200	25:23,7	23,200	32:22,3	28,200	39:20,9
3,300	04:36,3	8,300	11:34,9	13,300	18:33,5	18,300	25:32,1	23,300	32:30,7	28,300	39:29,3
3,400	04:44,6	8,400	11:43,2	13,400	18:41,8	18,400	25:40,4	23,400	32:39,0	28,400	39:37,6
3,500	04:53,0	8,500	11:51,6	13,500	18:50,2	18,500	25:48,8	23,500	32:47,4	28,500	39:46,0
3,600	05:01,4	8,600	12:00,0	13,600	18:58,6	18,600	25:57,2	23,600	32:55,8	28,600	39:54,4
3,700	05:09,8	8,700	12:08,4	13,700	19:07,0	18,700	26:05,6	23,700	33:04,2	28,700	40:02,8
3,800	05:18,1	8,800	12:16,7	13,800	19:15,3	18,800	26:13,9	23,800	33:12,5	28,800	40:11,1
3,900	05:26,5	8,900	12:25,1	13,900	19:23,7	18,900	26:22,3	23,900	33:20,9	28,900	40:19,5
4,000	05:34,9	9,000	12:33,5	14,000	19:32,1	19,000	26:30,7	24,000	33:29,3	29,000	40:27,9
4,100	05:43,3	9,100	12:41,9	14,100	19:40,5	19,100	26:39,1	24,100	33:37,7	29,100	40:36,3
4,200	05:51,6	9,200	12:50,2	14,200	19:48,8	19,200	26:47,4	24,200	33:46,0	29,200	40:44,6
4,300	06:00,0	9,300	12:58,6	14,300	19:57,2	19,300	26:55,8	24,300	33:54,4	29,300	40:53,0
4,400	06:08,4	9,400	13:07,0	14,400	20:05,6	19,400	27:04,2	24,400	34:02,8	29,400	41:01,4
4,500	06:16,7	9,500	13:15,3	14,500	20:13,9	19,500	27:12,5	24,500	34:11,1	29,500	41:09,7
4,600	06:25,1	9,600	13:23,7	14,600	20:22,3	19,600	27:20,9	24,600	34:19,5	29,600	41:18,1
4,700	06:33,5	9,700	13:32,1	14,700	20:30,7	19,700	27:29,3	24,700	34:27,9	29,700	41:26,5
4,800	06:41,9	9,800	13:40,5	14,800	20:39,1	19,800	27:37,7	24,800	34:36,3	29,800	41:34,9
4,900	06:50,2	9,900	13:48,8	14,900	20:47,4	19,900	27:46,0	24,900	34:44,6	29,900	41:43,2
5,000	06:58,6	10,000	13:57,2	15,000	20:55,8	20,000	27:54,4	25,000	34:53,0	30,000	41:51,6

Mitjana: 44 Km./hora (8,18 segons per hectòmetre = 100 metres)

Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps
0,100	00:08,2	5,100	06:57,3	10,100	13:46,4	15,100	20:35,5	20,100	27:24,5	25,100	34:13,6
0,200	00:16,4	5,200	07:05,5	10,200	13:54,5	15,200	20:43,6	20,200	27:32,7	25,200	34:21,8
0,300	00:24,5	5,300	07:13,6	10,300	14:02,7	15,300	20:51,8	20,300	27:40,9	25,300	34:30,0
0,400	00:32,7	5,400	07:21,8	10,400	14:10,9	15,400	21:00,0	20,400	27:49,1	25,400	34:38,2
0,500	00:40,9	5,500	07:30,0	10,500	14:19,1	15,500	21:08,2	20,500	27:57,3	25,500	34:46,4
0,600	00:49,1	5,600	07:38,2	10,600	14:27,3	15,600	21:16,4	20,600	28:05,5	25,600	34:54,5
0,700	00:57,3	5,700	07:46,4	10,700	14:35,5	15,700	21:24,5	20,700	28:13,6	25,700	35:02,7
0,800	01:05,5	5,800	07:54,5	10,800	14:43,6	15,800	21:32,7	20,800	28:21,8	25,800	35:10,9
0,900	01:13,6	5,900	08:02,7	10,900	14:51,8	15,900	21:40,9	20,900	28:30,0	25,900	35:19,1
1,000	01:21,8	6,000	08:10,9	11,000	15:00,0	16,000	21:49,1	21,000	28:38,2	26,000	35:27,3
1,100	01:30,0	6,100	08:19,1	11,100	15:08,2	16,100	21:57,3	21,100	28:46,4	26,100	35:35,5
1,200	01:38,2	6,200	08:27,3	11,200	15:16,4	16,200	22:05,5	21,200	28:54,5	26,200	35:43,6
1,300	01:46,4	6,300	08:35,5	11,300	15:24,5	16,300	22:13,6	21,300	29:02,7	26,300	35:51,8
1,400	01:54,5	6,400	08:43,6	11,400	15:32,7	16,400	22:21,8	21,400	29:10,9	26,400	36:00,0
1,500	02:02,7	6,500	08:51,8	11,500	15:40,9	16,500	22:30,0	21,500	29:19,1	26,500	36:08,2
1,600	02:10,9	6,600	09:00,0	11,600	15:49,1	16,600	22:38,2	21,600	29:27,3	26,600	36:16,4
1,700	02:19,1	6,700	09:08,2	11,700	15:57,3	16,700	22:46,4	21,700	29:35,5	26,700	36:24,5
1,800	02:27,3	6,800	09:16,4	11,800	16:05,5	16,800	22:54,5	21,800	29:43,6	26,800	36:32,7
1,900	02:35,5	6,900	09:24,5	11,900	16:13,6	16,900	23:02,7	21,900	29:51,8	26,900	36:40,9
2,000	02:43,6	7,000	09:32,7	12,000	16:21,8	17,000	23:10,9	22,000	30:00,0	27,000	36:49,1
2,100	02:51,8	7,100	09:40,9	12,100	16:30,0	17,100	23:19,1	22,100	30:08,2	27,100	36:57,3
2,200	03:00,0	7,200	09:49,1	12,200	16:38,2	17,200	23:27,3	22,200	30:16,4	27,200	37:05,5
2,300	03:08,2	7,300	09:57,3	12,300	16:46,4	17,300	23:35,5	22,300	30:24,5	27,300	37:13,6
2,400	03:16,4	7,400	10:05,5	12,400	16:54,5	17,400	23:43,6	22,400	30:32,7	27,400	37:21,8
2,500	03:24,5	7,500	10:13,6	12,500	17:02,7	17,500	23:51,8	22,500	30:40,9	27,500	37:30,0
2,600	03:32,7	7,600	10:21,8	12,600	17:10,9	17,600	24:00,0	22,600	30:49,1	27,600	37:38,2
2,700	03:40,9	7,700	10:30,0	12,700	17:19,1	17,700	24:08,2	22,700	30:57,3	27,700	37:46,4
2,800	03:49,1	7,800	10:38,2	12,800	17:27,3	17,800	24:16,4	22,800	31:05,5	27,800	37:54,5
2,900	03:57,3	7,900	10:46,4	12,900	17:35,5	17,900	24:24,5	22,900	31:13,6	27,900	38:02,7
3,000	04:05,5	8,000	10:54,5	13,000	17:43,6	18,000	24:32,7	23,000	31:21,8	28,000	38:10,9
3,100	04:13,6	8,100	11:02,7	13,100	17:51,8	18,100	24:40,9	23,100	31:30,0	28,100	38:19,1
3,200	04:21,8	8,200	11:10,9	13,200	18:00,0	18,200	24:49,1	23,200	31:38,2	28,200	38:27,3
3,300	04:30,0	8,300	11:19,1	13,300	18:08,2	18,300	24:57,3	23,300	31:46,4	28,300	38:35,5
3,400	04:38,2	8,400	11:27,3	13,400	18:16,4	18,400	25:05,5	23,400	31:54,5	28,400	38:43,6
3,500	04:46,4	8,500	11:35,5	13,500	18:24,5	18,500	25:13,6	23,500	32:02,7	28,500	38:51,8
3,600	04:54,5	8,600	11:43,6	13,600	18:32,7	18,600	25:21,8	23,600	32:10,9	28,600	39:00,0
3,700	05:02,7	8,700	11:51,8	13,700	18:40,9	18,700	25:30,0	23,700	32:19,1	28,700	39:08,2
3,800	05:10,9	8,800	12:00,0	13,800	18:49,1	18,800	25:38,2	23,800	32:27,3	28,800	39:16,4
3,900	05:19,1	8,900	12:08,2	13,900	18:57,3	18,900	25:46,4	23,900	32:35,5	28,900	39:24,5
4,000	05:27,3	9,000	12:16,4	14,000	19:05,5	19,000	25:54,5	24,000	32:43,6	29,000	39:32,7
4,100	05:35,5	9,100	12:24,5	14,100	19:13,6	19,100	26:02,7	24,100	32:51,8	29,100	39:40,9
4,200	05:43,6	9,200	12:32,7	14,200	19:21,8	19,200	26:10,9	24,200	33:00,0	29,200	39:49,1
4,300	05:51,8	9,300	12:40,9	14,300	19:30,0	19,300	26:19,1	24,300	33:08,2	29,300	39:57,3
4,400	06:00,0	9,400	12:49,1	14,400	19:38,2	19,400	26:27,3	24,400	33:16,4	29,400	40:05,5
4,500	06:08,2	9,500	12:57,3	14,500	19:46,4	19,500	26:35,5	24,500	33:24,5	29,500	40:13,6
4,600	06:16,4	9,600	13:05,5	14,600	19:54,5	19,600	26:43,6	24,600	33:32,7	29,600	40:21,8
4,700	06:24,5	9,700	13:13,6	14,700	20:02,7	19,700	26:51,8	24,700	33:40,9	29,700	40:30,0
4,800	06:32,7	9,800	13:21,8	14,800	20:10,9	19,800	27:00,0	24,800	33:49,1	29,800	40:38,2
4,900	06:40,9	9,900	13:30,0	14,900	20:19,1	19,900	27:08,2	24,900	33:57,3	29,900	40:46,4
5,000	06:49,1	10,000	13:38,2	15,000	20:27,3	20,000	27:16,4	25,000	34:05,5	30,000	40:54,5

Mitjana: 44,50 Km./hora (8,09 segons per hectòmetre = 100 metres)

Km.	Temps	Km.	Temps	Km.	Temps
0,100	00:08,1	5,100	06:52,6	10,100	13:37,1
0,200	00:16,2	5,200	07:00,7	10,200	13:45,2
0,300	00:24,3	5,300	07:08,8	10,300	13:53,3
0,400	00:32,4	5,400	07:16,9	10,400	14:01,3
0,500	00:40,4	5,500	07:24,9	10,500	14:09,4
0,600	00:48,5	5,600	07:33,0	10,600	14:17,5
0,700	00:56,6	5,700	07:41,1	10,700	14:25,6
0,800	01:04,7	5,800	07:49,2	10,800	14:33,7
0,900	01:12,8	5,900	07:57,3	10,900	14:41,8
1,000	01:20,9	6,000	08:05,4	11,000	14:49,9
1,100	01:29,0	6,100	08:13,5	11,100	14:58,0
1,200	01:37,1	6,200	08:21,6	11,200	15:06,1
1,300	01:45,2	6,300	08:29,7	11,300	15:14,2
1,400	01:53,3	6,400	08:37,8	11,400	15:22,2
1,500	02:01,3	6,500	08:45,8	11,500	15:30,3
1,600	02:09,4	6,600	08:53,9	11,600	15:38,4
1,700	02:17,5	6,700	09:02,0	11,700	15:46,5
1,800	02:25,6	6,800	09:10,1	11,800	15:54,6
1,900	02:33,7	6,900	09:18,2	11,900	16:02,7
2,000	02:41,8	7,000	09:26,3	12,000	16:10,8
2,100	02:49,9	7,100	09:34,4	12,100	16:18,9
2,200	02:58,0	7,200	09:42,5	12,200	16:27,0
2,300	03:06,1	7,300	09:50,6	12,300	16:35,1
2,400	03:14,2	7,400	09:58,7	12,400	16:43,1
2,500	03:22,2	7,500	10:06,7	12,500	16:51,2
2,600	03:30,3	7,600	10:14,8	12,600	16:59,3
2,700	03:38,4	7,700	10:22,9	12,700	17:07,4
2,800	03:46,5	7,800	10:31,0	12,800	17:15,5
2,900	03:54,6	7,900	10:39,1	12,900	17:23,6
3,000	04:02,7	8,000	10:47,2	13,000	17:31,7
3,100	04:10,8	8,100	10:55,3	13,100	17:39,8
3,200	04:18,9	8,200	11:03,4	13,200	17:47,9
3,300	04:27,0	8,300	11:11,5	13,300	17:56,0
3,400	04:35,1	8,400	11:19,6	13,400	18:04,0
3,500	04:43,1	8,500	11:27,6	13,500	18:12,1
3,600	04:51,2	8,600	11:35,7	13,600	18:20,2
3,700	04:59,3	8,700	11:43,8	13,700	18:28,3
3,800	05:07,4	8,800	11:51,9	13,800	18:36,4
3,900	05:15,5	8,900	12:00,0	13,900	18:44,5
4,000	05:23,6	9,000	12:08,1	14,000	18:52,6
4,100	05:31,7	9,100	12:16,2	14,100	19:00,7
4,200	05:39,8	9,200	12:24,3	14,200	19:08,8
4,300	05:47,9	9,300	12:32,4	14,300	19:16,9
4,400	05:56,0	9,400	12:40,4	14,400	19:24,9
4,500	06:04,0	9,500	12:48,5	14,500	19:33,0
4,600	06:12,1	9,600	12:56,6	14,600	19:41,1
4,700	06:20,2	9,700	13:04,7	14,700	19:49,2
4,800	06:28,3	9,800	13:12,8	14,800	19:57,3
4,900	06:36,4	9,900	13:20,9	14,900	20:05,4
5,000	06:44,5	10,000	13:29,0	15,000	20:13,5