

Mitjana: 42 Km./hora (8,57 segons per hectòmetre = 100 metres)

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



Mitjana: 48 Km./hora (7,50 segons per hectòmetre = 100 metres)

Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps
0,100	00:07,5	5,100	06:22,5	10,100	12:37,5	15,100	18:52,5	20,100	25:07,5	25,100	31:22,5
0,200	00:15,0	5,200	06:30,0	10,200	12:45,0	15,200	19:00,0	20,200	25:15,0	25,200	31:30,0
0,300	00:22,5	5,300	06:37,5	10,300	12:52,5	15,300	19:07,5	20,300	25:22,5	25,300	31:37,5
0,400	00:30,0	5,400	06:45,0	10,400	13:00,0	15,400	19:15,0	20,400	25:30,0	25,400	31:45,0
0,500	00:37,5	5,500	06:52,5	10,500	13:07,5	15,500	19:22,5	20,500	25:37,5	25,500	31:52,5
0,600	00:45,0	5,600	07:00,0	10,600	13:15,0	15,600	19:30,0	20,600	25:45,0	25,600	32:00,0
0,700	00:52,5	5,700	07:07,5	10,700	13:22,5	15,700	19:37,5	20,700	25:52,5	25,700	32:07,5
0,800	01:00,0	5,800	07:15,0	10,800	13:30,0	15,800	19:45,0	20,800	26:00,0	25,800	32:15,0
0,900	01:07,5	5,900	07:22,5	10,900	13:37,5	15,900	19:52,5	20,900	26:07,5	25,900	32:22,5
1,000	01:15,0	6,000	07:30,0	11,000	13:45,0	16,000	20:00,0	21,000	26:15,0	26,000	32:30,0
1,100	01:22,5	6,100	07:37,5	11,100	13:52,5	16,100	20:07,5	21,100	26:22,5	26,100	32:37,5
1,200	01:30,0	6,200	07:45,0	11,200	14:00,0	16,200	20:15,0	21,200	26:30,0	26,200	32:45,0
1,300	01:37,5	6,300	07:52,5	11,300	14:07,5	16,300	20:22,5	21,300	26:37,5	26,300	32:52,5
1,400	01:45,0	6,400	08:00,0	11,400	14:15,0	16,400	20:30,0	21,400	26:45,0	26,400	33:00,0
1,500	01:52,5	6,500	08:07,5	11,500	14:22,5	16,500	20:37,5	21,500	26:52,5	26,500	33:07,5
1,600	02:00,0	6,600	08:15,0	11,600	14:30,0	16,600	20:45,0	21,600	27:00,0	26,600	33:15,0
1,700	02:07,5	6,700	08:22,5	11,700	14:37,5	16,700	20:52,5	21,700	27:07,5	26,700	33:22,5
1,800	02:15,0	6,800	08:30,0	11,800	14:45,0	16,800	21:00,0	21,800	27:15,0	26,800	33:30,0
1,900	02:22,5	6,900	08:37,5	11,900	14:52,5	16,900	21:07,5	21,900	27:22,5	26,900	33:37,5
2,000	02:30,0	7,000	08:45,0	12,000	15:00,0	17,000	21:15,0	22,000	27:30,0	27,000	33:45,0
2,100	02:37,5	7,100	08:52,5	12,100	15:07,5	17,100	21:22,5	22,100	27:37,5	27,100	33:52,5
2,200	02:45,0	7,200	09:00,0	12,200	15:15,0	17,200	21:30,0	22,200	27:45,0	27,200	34:00,0
2,300	02:52,5	7,300	09:07,5	12,300	15:22,5	17,300	21:37,5	22,300	27:52,5	27,300	34:07,5
2,400	03:00,0	7,400	09:15,0	12,400	15:30,0	17,400	21:45,0	22,400	28:00,0	27,400	34:15,0
2,500	03:07,5	7,500	09:22,5	12,500	15:37,5	17,500	21:52,5	22,500	28:07,5	27,500	34:22,5
2,600	03:15,0	7,600	09:30,0	12,600	15:45,0	17,600	22:00,0	22,600	28:15,0	27,600	34:30,0
2,700	03:22,5	7,700	09:37,5	12,700	15:52,5	17,700	22:07,5	22,700	28:22,5	27,700	34:37,5
2,800	03:30,0	7,800	09:45,0	12,800	16:00,0	17,800	22:15,0	22,800	28:30,0	27,800	34:45,0
2,900	03:37,5	7,900	09:52,5	12,900	16:07,5	17,900	22:22,5	22,900	28:37,5	27,900	34:52,5
3,000	03:45,0	8,000	10:00,0	13,000	16:15,0	18,000	22:30,0	23,000	28:45,0	28,000	35:00,0
3,100	03:52,5	8,100	10:07,5	13,100	16:22,5	18,100	22:37,5	23,100	28:52,5	28,100	35:07,5
3,200	04:00,0	8,200	10:15,0	13,200	16:30,0	18,200	22:45,0	23,200	29:00,0	28,200	35:15,0
3,300	04:07,5	8,300	10:22,5	13,300	16:37,5	18,300	22:52,5	23,300	29:07,5	28,300	35:22,5
3,400	04:15,0	8,400	10:30,0	13,400	16:45,0	18,400	23:00,0	23,400	29:15,0	28,400	35:30,0
3,500	04:22,5	8,500	10:37,5	13,500	16:52,5	18,500	23:07,5	23,500	29:22,5	28,500	35:37,5
3,600	04:30,0	8,600	10:45,0	13,600	17:00,0	18,600	23:15,0	23,600	29:30,0	28,600	35:45,0
3,700	04:37,5	8,700	10:52,5	13,700	17:07,5	18,700	23:22,5	23,700	29:37,5	28,700	35:52,5
3,800	04:45,0	8,800	11:00,0	13,800	17:15,0	18,800	23:30,0	23,800	29:45,0	28,800	36:00,0
3,900	04:52,5	8,900	11:07,5	13,900	17:22,5	18,900	23:37,5	23,900	29:52,5	28,900	36:07,5
4,000	05:00,0	9,000	11:15,0	14,000	17:30,0	19,000	23:45,0	24,000	30:00,0	29,000	36:15,0
4,100	05:07,5	9,100	11:22,5	14,100	17:37,5	19,100	23:52,5	24,100	30:07,5	29,100	36:22,5
4,200	05:15,0	9,200	11:30,0	14,200	17:45,0	19,200	24:00,0	24,200	30:15,0	29,200	36:30,0
4,300	05:22,5	9,300	11:37,5	14,300	17:52,5	19,300	24:07,5	24,300	30:22,5	29,300	36:37,5
4,400	05:30,0	9,400	11:45,0	14,400	18:00,0	19,400	24:15,0	24,400	30:30,0	29,400	36:45,0
4,500	05:37,5	9,500	11:52,5	14,500	18:07,5	19,500	24:22,5	24,500	30:37,5	29,500	36:52,5
4,600	05:45,0	9,600	12:00,0	14,600	18:15,0	19,600	24:30,0	24,600	30:45,0	29,600	37:00,0
4,700	05:52,5	9,700	12:07,5	14,700	18:22,5	19,700	24:37,5	24,700	30:52,5	29,700	37:07,5
4,800	06:00,0	9,800	12:15,0	14,800	18:30,0	19,800	24:45,0	24,800	31:00,0	29,800	37:15,0
4,900	06:07,5	9,900	12:22,5	14,900	18:37,5	19,900	24:52,5	24,900	31:07,5	29,900	37:22,5
5,000	06:15,0	10,000	12:30,0	15,000	18:45,0	20,000	25:00,0	25,000	31:15,0	30,000	37:30,0

Mitjana: 49 Km./hora (7,35 segons per hectòmetre = 100 metres)

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

Mitjana: 49,50 Km./hora (7,27 segons per hectòmetre = 100 metres)

Km.	Temps	Km.	Temps	Km.	Temps
0,100	00:07,3	5,100	06:10,9	10,100	12:14,5
0,200	00:14,5	5,200	06:18,2	10,200	12:21,8
0,300	00:21,8	5,300	06:25,5	10,300	12:29,1
0,400	00:29,1	5,400	06:32,7	10,400	12:36,4
0,500	00:36,4	5,500	06:40,0	10,500	12:43,6
0,600	00:43,6	5,600	06:47,3	10,600	12:50,9
0,700	00:50,9	5,700	06:54,5	10,700	12:58,2
0,800	00:58,2	5,800	07:01,8	10,800	13:05,5
0,900	01:05,5	5,900	07:09,1	10,900	13:12,7
1,000	01:12,7	6,000	07:16,4	11,000	13:20,0
1,100	01:20,0	6,100	07:23,6	11,100	13:27,3
1,200	01:27,3	6,200	07:30,9	11,200	13:34,5
1,300	01:34,5	6,300	07:38,2	11,300	13:41,8
1,400	01:41,8	6,400	07:45,5	11,400	13:49,1
1,500	01:49,1	6,500	07:52,7	11,500	13:56,4
1,600	01:56,4	6,600	08:00,0	11,600	14:03,6
1,700	02:03,6	6,700	08:07,3	11,700	14:10,9
1,800	02:10,9	6,800	08:14,5	11,800	14:18,2
1,900	02:18,2	6,900	08:21,8	11,900	14:25,5
2,000	02:25,5	7,000	08:29,1	12,000	14:32,7
2,100	02:32,7	7,100	08:36,4	12,100	14:40,0
2,200	02:40,0	7,200	08:43,6	12,200	14:47,3
2,300	02:47,3	7,300	08:50,9	12,300	14:54,5
2,400	02:54,5	7,400	08:58,2	12,400	15:01,8
2,500	03:01,8	7,500	09:05,5	12,500	15:09,1
2,600	03:09,1	7,600	09:12,7	12,600	15:16,4
2,700	03:16,4	7,700	09:20,0	12,700	15:23,6
2,800	03:23,6	7,800	09:27,3	12,800	15:30,9
2,900	03:30,9	7,900	09:34,5	12,900	15:38,2
3,000	03:38,2	8,000	09:41,8	13,000	15:45,5
3,100	03:45,5	8,100	09:49,1	13,100	15:52,7
3,200	03:52,7	8,200	09:56,4	13,200	16:00,0
3,300	04:00,0	8,300	10:03,6	13,300	16:07,3
3,400	04:07,3	8,400	10:10,9	13,400	16:14,5
3,500	04:14,5	8,500	10:18,2	13,500	16:21,8
3,600	04:21,8	8,600	10:25,5	13,600	16:29,1
3,700	04:29,1	8,700	10:32,7	13,700	16:36,4
3,800	04:36,4	8,800	10:40,0	13,800	16:43,6
3,900	04:43,6	8,900	10:47,3	13,900	16:50,9
4,000	04:50,9	9,000	10:54,5	14,000	16:58,2
4,100	04:58,2	9,100	11:01,8	14,100	17:05,5
4,200	05:05,5	9,200	11:09,1	14,200	17:12,7
4,300	05:12,7	9,300	11:16,4	14,300	17:20,0
4,400	05:20,0	9,400	11:23,6	14,400	17:27,3
4,500	05:27,3	9,500	11:30,9	14,500	17:34,5
4,600	05:34,5	9,600	11:38,2	14,600	17:41,8
4,700	05:41,8	9,700	11:45,5	14,700	17:49,1
4,800	05:49,1	9,800	11:52,7	14,800	17:56,4
4,900	05:56,4	9,900	12:00,0	14,900	18:03,6
5,000	06:03,6	10,000	12:07,3	15,000	18:10,9