

5000 m NAC

Tour Spaghetti

10 Miles

20 km de Bxl

Semi-Marathon

Marathon

14:00	0,005	05:00	0,0090	00:48	0,090	01:00	0,0900	01:04	0,099	02:15	0,135
14:05	0,009	05:02	0,0180	00:49	0,117	01:01	0,1035	01:05	0,117	02:16	0,144
14:10	0,014	05:04	0,0270	00:50	0,153	01:02	0,1215	01:06	0,135	02:17	0,153
14:15	0,018	05:06	0,0360	00:51	0,198	01:03	0,1440	01:07	0,153	02:18	0,162
14:20	0,023	05:08	0,0450	00:52	0,252	01:04	0,1710	01:08	0,189	02:19	0,171
14:25	0,027	05:10	0,0675	00:53	0,315	01:05	0,2070	01:09	0,225	02:20	0,180
14:30	0,036	05:12	0,0900	00:54	0,396	01:06	0,2520	01:10	0,270	02:21	0,198
14:35	0,045	05:14	0,1125	00:55	0,495	01:07	0,3060	01:11	0,324	02:22	0,216
14:40	0,054	05:16	0,1350	00:56	0,630	01:08	0,3690	01:12	0,387	02:23	0,234
14:45	0,063	05:18	0,1575	00:57	0,810	01:09	0,4500	01:13	0,468	02:24	0,252
14:50	0,072	05:20	0,2025	00:58	1,053	01:10	0,5490	01:14	0,567	02:25	0,270
14:55	0,081	05:22	0,2475	00:59	1,377	01:11	0,6660	01:15	0,675	02:26	0,288
15:00	0,099	05:24	0,2925	01:00	1,800	01:12	0,8010	01:16	0,801	02:27	0,306
15:05	0,117	05:26	0,3375	01:01	2,349	01:13	0,9810	01:17	0,981	02:28	0,324
15:10	0,135	05:28	0,3825	01:02	3,042	01:14	1,2060	01:18	1,188	02:29	0,342
15:15	0,153	05:30	0,4500	01:03	3,879	01:15	1,4760	01:19	1,440	02:30	0,360
15:20	0,171	05:32	0,5175	01:04	4,860	01:16	1,8360	01:20	1,773	02:31	0,378
15:25	0,189	05:34	0,5850	01:05	5,967	01:17	2,2860	01:21	2,187	02:32	0,396
15:30	0,216	05:36	0,6525	01:06	7,173	01:18	2,8260	01:22	2,682	02:33	0,414
15:35	0,243	05:38	0,7200	01:07	8,460	01:19	3,4560	01:23	3,240	02:34	0,432
15:40	0,270	05:40	0,7875	01:08	9,828	01:20	4,1760	01:24	3,897	02:35	0,450
15:45	0,297	05:42	0,8550	01:09	11,277	01:21	4,9860	01:25	4,635	02:36	0,468
15:50	0,324	05:44	0,923	01:10	12,807	01:22	5,8410	01:26	5,427	02:37	0,486
15:55	0,351	05:46	1,013	01:11	14,400	01:23	6,7410	01:27	6,255	02:38	0,504
16:00	0,396	05:48	1,103	01:12	16,056	01:24	7,6860	01:28	7,128	02:39	0,522
16:05	0,441	05:50	1,193	01:13	17,757	01:25	8,6760	01:29	8,046	02:40	0,540
16:10	0,486	05:52	1,283	01:14	19,485	01:26	9,7110	01:30	8,982	02:41	0,558
16:15	0,531	05:54	1,373	01:15	21,240	01:27	10,7910	01:31	9,981	02:42	0,630
16:20	0,576	05:56	1,463	01:16	22,995	01:28	11,9610	01:32	11,025	02:43	0,675
16:25	0,621	05:58	1,553	01:17	24,750	01:29	13,1760	01:33	12,141	02:44	0,720
16:30	0,711	06:00	1,733	01:18	26,505	01:30	14,4360	01:34	13,302	02:45	0,765
16:35	0,801	06:02	1,913	01:19	28,260	01:31	15,7410	01:35	14,499	02:46	0,855
16:40	0,891	06:04	2,093	01:20	30,015	01:32	17,0910	01:36	15,741	02:47	0,945
16:45	0,981	06:06	2,273	01:21	31,770	01:33	18,4410	01:37	17,019	02:48	1,035
16:50	1,071	06:08	2,453	01:22	33,525	01:34	19,7910	01:38	18,279	02:49	1,125
16:55	1,161	06:10	2,633	01:23	35,280	01:35	21,1410	01:39	19,566	02:50	1,215
17:00	1,296	06:12	2,813	01:24	37,035	01:36	22,4910	01:40	20,844	02:51	1,440
17:05	1,431	06:14	2,993	01:25	38,790	01:37	23,8410	01:41	22,131	02:52	1,665
17:10	1,566	06:16	3,353	01:26	40,545	01:38	25,1910	01:42	23,409	02:53	1,890

17:15	1,701	06:18	3,713	01:27	42,300	01:39	26,5410	01:43	24,696	02:54	2,115
17:20	1,836	06:20	4,073	01:28	44,055	01:40	27,8910	01:44	25,979	02:55	2,340
17:25	1,971	06:22	4,433	01:29	45,810	01:41	29,2410	01:45	27,261	02:56	2,565
17:30	2,151	06:24	4,793	01:30	47,565	01:42	30,5910	01:46	28,521	02:57	2,790
17:35	2,331	06:26	5,153	01:31	49,320	01:43	31,9410	01:47	29,804	02:58	3,015
17:40	2,511	06:28	5,513	01:32	51,075	01:44	33,2910	01:48	31,086	02:59	3,240
17:45	2,691	06:30	6,053	01:33	52,830	01:45	34,6410	01:49	32,368	03:00	3,690
17:50	2,871	06:32	6,593	01:34	54,585	01:46	35,9910	01:50	33,651	03:01	4,140
17:55	3,051	06:34	7,133	01:35	56,340	01:47	37,341	01:51	34,933	03:02	4,590
18:00	3,321	06:36	7,673	01:36	58,095	01:48	38,691	01:52	36,216	03:03	5,040
18:05	3,591	06:38	8,213	01:37	59,850	01:49	40,041	01:53	37,498	03:04	5,490
18:10	3,861	06:40	8,753	01:38	61,605	01:50	41,391	01:54	38,758	03:05	5,940
18:15	4,131	06:42	9,293	01:39	63,360	01:51	42,741	01:55	40,041	03:06	6,390
18:20	4,401	06:44	9,833	01:40	65,115	01:52	44,091	01:56	41,323	03:07	6,840
18:25	4,671	06:46	10,553	01:41	66,870	01:53	45,441	01:57	42,600	03:08	7,290
18:30	5,031	06:48	11,273	01:42	68,625	01:54	46,791	01:58	43,888	03:09	7,740
18:35	5,391	06:50	11,993	01:43	70,380	01:55	48,141	01:59	45,171	03:10	8,190
18:40	5,751	06:52	12,713	01:44	72,135	01:56	49,491	02:00	46,453	03:11	8,640
18:45	6,111	06:54	13,433	01:45	73,890	01:57	50,841	02:01	47,736	03:12	9,090
18:50	6,471	06:56	14,153	01:46	75,645	01:58	52,191	02:02	48,996	03:13	9,540
18:55	6,831	06:58	14,873	01:47	77,400	01:59	53,541	02:03	50,278	03:14	9,990
19:00	7,281	07:00	15,773	01:48	79,155	02:00	54,891	02:04	51,561	03:15	10,440
19:05	7,731	07:02	16,673	01:49	81,000	02:01	56,241	02:05	52,845	03:16	10,890
19:10	8,181	07:04	17,573	01:50	81,000	02:02	57,591	02:06	54,126	03:17	11,340
19:15	8,631	07:06	18,473	01:51	81,000	02:03	58,941	02:07	55,408	03:18	11,790
19:20	9,081	07:08	19,373	01:52	81,000	02:04	60,291	02:08	56,691	03:19	12,240
19:25	9,531	07:10	20,273	01:53	81,000	02:05	61,641	02:09	57,951	03:20	12,690
19:30	10,026	07:12	21,173	01:54	81,000	02:06	62,991	02:10	59,652	03:21	13,140
19:35	10,521	07:14	22,073	01:55	81,000	02:07	64,341	02:11	60,516	03:22	13,590
19:40	11,016	07:16	23,063	01:56	81,000	02:08	65,691	02:12	61,798	03:23	14,040
19:45	11,511	07:18	24,053	01:57	81,000	02:09	67,041	02:13	63,081	03:24	14,490
19:50	12,006	07:20	25,043	01:58	81,000	02:10	68,391	02:14	64,363	03:25	14,940
19:55	12,501	07:22	26,033	01:59	81,000	02:11	69,741	02:15	65,646	03:26	15,390
20:00	13,041	07:24	27,023	02:00	81,000	02:12	71,091	02:16	66,928	03:27	15,840
20:05	13,581	07:26	28,013	02:01	81,000	02:13	72,441	02:17	68,188	03:28	16,290
20:10	14,121	07:28	29,003	02:02	81,000	02:14	73,791	02:18	69,471	03:29	16,740
20:15	14,661	07:30	30,083	02:03	81,000	02:15	75,141	02:19	70,861	03:30	17,190
20:20	15,201	07:32	31,163	02:04	81,000	02:16	76,491	02:20	72,036	03:31	17,730
20:25	15,741	07:34	32,243	02:05	81,000	02:17	77,841	02:21	73,318	03:32	18,270
20:30	16,326	07:36	33,323	02:06	81,000	02:18	79,191	02:22	74,601	03:33	18,810
20:35	16,911	07:38	34,403	02:07	81,000	02:19	80,541	02:23	75,883	03:34	19,350
20:40	17,496	07:40	35,483	02:08	81,000	02:20	81,000	02:24	77,166	03:35	19,890

20:45	18,081	07:42	36,563	02:09	81,000	02:21	81,000	02:25	78,426	03:36	20,430
20:50	18,666	07:44	37,643	02:10	81,000	02:22	81,000	02:26	81,000	03:37	20,970
20:55	19,251	07:46	38,813	02:11	81,000	02:23	81,000	02:27	81,000	03:38	21,510
21:00	19,881	07:48	39,983	02:12	81,000	02:24	81,000	02:28	81,000	03:39	22,050
21:05	20,511	07:50	41,153	02:13	81,000	02:25	81,000	02:29	81,000	03:40	22,590
21:10	21,141	07:52	42,323	02:14	81,000	02:26	81,000	02:30	81,000	03:41	23,130
21:15	21,771	07:54	43,493	02:15	81,000	02:27	81,000	02:35	81,000	03:42	23,670
21:20	22,401	07:56	44,663	02:16	81,000	02:28	81,000	02:36	81,000	03:43	24,210
21:25	23,031	07:58	45,833	02:17	81,000	02:29	81,000	02:37	81,000	03:44	24,750
21:30	23,661	08:00	47,093	02:18	81,000	02:30	81,000	02:38	81,000	03:45	25,290
21:35	24,291	08:02	48,353	02:19	81,000			02:39	81,000	03:46	25,830
21:40	24,921	08:04	49,613	02:20	81,000			02:40	81,000	03:47	26,370
21:45	25,551	08:06	50,873					02:41	81,000	03:48	26,910
21:50	26,181	08:08	52,133					02:42	81,000	03:49	27,450
21:55	26,811	08:10	53,393					02:39	81,000	03:50	27,990
22:00	27,486	08:12	54,653					02:40	81,000	03:51	28,530
22:05	28,161	08:14	55,913					02:41	81,000	03:52	29,070
22:10	28,836	08:16	57,263					02:42	81,000	03:53	29,610
22:15	29,511	08:18	58,613							03:54	30,150
22:20	30,186	08:20	59,963							03:55	30,690
22:25	30,861	08:22	61,313							03:56	31,230
22:30	31,536	08:24	62,663							03:57	31,770
22:35	32,211	08:26	64,013							03:58	32,310
22:40	32,886	08:28	65,363							03:59	32,850
22:45	33,561	08:30	66,803							04:00	33,390
22:50	34,236	08:32	68,243							04:01	33,930
22:55	34,911	08:34	69,683							04:02	34,470
23:00	35,631	08:36	71,123							04:03	35,010
23:05	36,351	08:38	72,563							04:04	35,550
23:10	37,071	08:40	74,003							04:05	36,090
23:15	37,791	08:42	75,443							04:06	36,630
23:20	38,511	08:44	76,883							04:07	37,170
23:25	39,231	08:46	78,413							04:08	37,710
23:30	39,951	08:48	79,943							04:09	38,250
23:35	40,671	08:50	81,000							04:10	38,790
23:40	41,391	08:52	81,000							04:11	39,330
23:45	42,111	08:54	81,000							04:12	39,870
23:50	42,831	08:56	81,000							04:13	40,410
23:55	43,551	08:58	81,000							04:14	40,950
24:00	44,361	09:00	81,000							04:15	41,490
24:05	45,171	09:02	81,000							04:16	42,030
24:10	45,981	09:04	81,000							04:17	42,570

24:15	46,791	09:06	81,000
24:20	47,601	09:08	81,000
24:25	48,411	09:10	81,000
24:30	49,221	09:12	81,000
24:35	50,031	09:14	81,000
24:40	50,841	09:16	81,000
24:45	51,651	09:18	81,000
24:50	52,461	09:20	81,000
24:55	53,271	09:22	81,000
25:00	54,171	09:24	81,000
25:05	55,071	09:26	81,000
25:10	55,971	09:28	81,000
25:15	56,871	09:30	81,000
25:20	57,771		
25:25	58,671		
25:30	59,571		
25:35	60,471		
25:40	61,371		
25:45	62,271		
25:50	63,171		
25:55	64,071		
26:00	64,971		
26:05	65,871		
26:10	66,771		
26:15	67,671		
26:20	68,571		
26:25	69,471		
26:30	70,371		
26:35	71,271		
26:40	72,171		
26:45	73,071		
26:50	73,971		
26:55	74,871		
27:00	75,771		
27:05	76,671		
27:10	77,571		
27:15	78,471		
27:20	79,371		
27:25	80,271		
27:30	81,000		
27:35	81,000		
27:40	81,000		

04:18	43,110
04:19	43,650
04:20	44,190
04:21	44,730
04:22	45,270
04:23	45,810
04:24	46,350
04:25	46,890
04:26	47,430
04:27	47,970
04:28	48,510
04:29	49,050
04:30	49,590
04:31	50,130
04:32	50,670
04:33	51,210
04:34	51,750
04:35	52,290
04:36	52,830
04:37	53,370
04:38	53,910
04:39	54,000
04:40	54,000
04:41	54,000
04:42	54,000
04:43	54,000
04:44	54,000
04:45	54,000