

5000 m NAC		Tour Spaghetti		10 km route		10 Miles		20 km de Bxl		Semi-Marathon		Marathon	
14:00	0,005	05:00	0,009	00:28	0,009	00:48	0,090	01:00	0,090	01:04	0,099	02:15	0,135
14:05	0,009	05:02	0,018	00:29	0,072	00:49	0,117	01:01	0,104	01:05	0,117	02:16	0,144
14:10	0,014	05:04	0,027	00:30	0,122	00:50	0,153	01:02	0,122	01:06	0,135	02:17	0,153
14:15	0,018	05:06	0,036	00:31	0,207	00:51	0,198	01:03	0,144	01:07	0,153	02:18	0,162
14:20	0,023	05:08	0,045	00:32	0,340	00:52	0,252	01:04	0,171	01:08	0,189	02:19	0,171
14:25	0,027	05:10	0,068	00:33	0,425	00:53	0,315	01:05	0,207	01:09	0,225	02:20	0,180
14:30	0,036	05:12	0,090	00:34	0,668	00:54	0,396	01:06	0,252	01:10	0,270	02:21	0,198
14:35	0,045	05:14	0,113	00:35	0,851	00:55	0,495	01:07	0,306	01:11	0,324	02:22	0,216
14:40	0,054	05:16	0,135	00:36	1,094	00:56	0,630	01:08	0,369	01:12	0,387	02:23	0,234
14:45	0,063	05:18	0,158	00:37	2,430	00:57	0,810	01:09	0,450	01:13	0,468	02:24	0,252
14:50	0,072	05:20	0,203	00:38	4,107	00:58	1,053	01:10	0,549	01:14	0,567	02:25	0,270
14:55	0,081	05:22	0,248	00:39	5,237	00:59	1,377	01:11	0,666	01:15	0,675	02:26	0,288
15:00	0,099	05:24	0,293	00:40	5,516	01:00	1,800	01:12	0,801	01:16	0,801	02:27	0,306
15:05	0,117	05:26	0,338	00:41	10,413	01:01	2,349	01:13	0,981	01:17	0,981	02:28	0,324
15:10	0,135	05:28	0,383	00:42	13,268	01:02	3,042	01:14	1,206	01:18	1,188	02:29	0,342
15:15	0,153	05:30	0,450	00:43	15,156	01:03	3,879	01:15	1,476	01:19	1,440	02:30	0,360
15:20	0,171	05:32	0,518	00:44	19,440	01:04	4,860	01:16	1,836	01:20	1,773	02:31	0,378
15:25	0,189	05:34	0,585	00:45	21,676	01:05	5,967	01:17	2,286	01:21	2,187	02:32	0,396
15:30	0,216	05:36	0,653	00:46	26,305	01:06	7,173	01:18	2,826	01:22	2,682	02:33	0,414
15:35	0,243	05:38	0,720	00:47	31,043	01:07	8,460	01:19	3,456	01:23	3,240	02:34	0,432
15:40	0,270	05:40	0,788	00:48	33,413	01:08	9,828	01:20	4,176	01:24	3,897	02:35	0,450
15:45	0,297	05:42	0,855	00:49	38,151	01:09	11,277	01:21	4,986	01:25	4,635	02:36	0,468
15:50	0,324	05:44	0,923	00:50	40,520	01:10	12,807	01:22	5,841	01:26	5,427	02:37	0,486
15:55	0,351	05:46	1,013	00:51	45,259	01:11	14,400	01:23	6,741	01:27	6,255	02:38	0,504
16:00	0,396	05:48	1,103	00:52	50,000	01:12	16,056	01:24	7,686	01:28	7,128	02:39	0,522
16:05	0,441	05:50	1,193	00:53	52,367	01:13	17,757	01:25	8,676	01:29	8,046	02:40	0,540
16:10	0,486	05:52	1,283	00:54	57,105	01:14	19,485	01:26	9,711	01:30	8,982	02:41	0,558
16:15	0,531	05:54	1,373	00:55	61,844	01:15	21,240	01:27	10,791	01:31	9,981	02:42	0,630
16:20	0,576	05:56	1,463	00:56	64,213	01:16	22,995	01:28	11,961	01:32	11,025	02:43	0,675
16:25	0,621	05:58	1,553	00:57	68,951	01:17	24,750	01:29	13,176	01:33	12,141	02:44	0,720
16:30	0,711	06:00	1,733	00:58	71,321	01:18	26,505	01:30	14,436	01:34	13,302	02:45	0,765
16:35	0,801	06:02	1,913	00:59	76,059	01:19	28,260	01:31	15,741	01:35	14,499	02:46	0,855
16:40	0,891	06:04	2,093	01:00	80,798	01:20	30,015	01:32	17,091	01:36	15,741	02:47	0,945
16:45	0,981	06:06	2,273	01:01	81,000	01:21	31,770	01:33	18,441	01:37	17,019	02:48	1,035
16:50	1,071	06:08	2,453	01:02	81,000	01:22	33,525	01:34	19,791	01:38	18,279	02:49	1,125
16:55	1,161	06:10	2,633	01:03	81,000	01:23	35,280	01:35	21,141	01:39	19,566	02:50	1,215
17:00	1,296	06:12	2,813	01:04	81,000	01:24	37,035	01:36	22,491	01:40	20,844	02:51	1,440
17:05	1,431	06:14	2,993	01:05	81,000	01:25	38,790	01:37	23,841	01:41	22,131	02:52	1,665
17:10	1,566	06:16	3,353	01:06	81,000	01:26	40,545	01:38	25,191	01:42	23,409	02:53	1,890

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

20:45	18,081	07:42	36,563	01:49	81,000	02:09	81,000	02:21	81,000	02:25	78,426	03:36	20,430
20:50	18,666	07:44	37,643	01:50	81,000	02:10	81,000	02:22	81,000	02:26	81,000	03:37	20,970
20:55	19,251	07:46	38,813	01:51	81,000	02:11	81,000	02:23	81,000	02:27	81,000	03:38	21,510
21:00	19,881	07:48	39,983	01:52	81,000	02:12	81,000	02:24	81,000	02:28	81,000	03:39	22,050
21:05	20,511	07:50	41,153	01:53	81,000	02:13	81,000	02:25	81,000	02:29	81,000	03:40	22,590
21:10	21,141	07:52	42,323	01:54	81,000	02:14	81,000	02:26	81,000	02:30	81,000	03:41	23,130
21:15	21,771	07:54	43,493	01:55	81,000	02:15	81,000	02:27	81,000	02:35	81,000	03:42	23,670
21:20	22,401	07:56	44,663	01:56	81,000	02:16	81,000	02:28	81,000	02:36	81,000	03:43	24,210
21:25	23,031	07:58	45,833	01:57	81,000	02:17	81,000	02:29	81,000	02:37	81,000	03:44	24,750
21:30	23,661	08:00	47,093	01:58	81,000	02:18	81,000	02:30	81,000	02:38	81,000	03:45	25,290
21:35	24,291	08:02	48,353	01:59	81,000	02:19	81,000			02:39	81,000	03:46	25,830
21:40	24,921	08:04	49,613	02:00	81,000	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
24:20 47,601
24:25 48,411
24:30 49,221
24:35 50,031
24:40 50,841
24:45 51,651
24:50 52,461
24:55 53,271
25:00 54,171
25:05 55,071
25:10 55,971
25:15 56,871
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

09:06 81,000
09:08 81,000
09:10 81,000
09:12 81,000
09:14 81,000
09:16 81,000
09:18 81,000
09:20 81,000
09:22 81,000
09:24 81,000
09:26 81,000
09:28 81,000
09:30 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