



TABELA DE RITMOS PARA CORRIDA



| 1K | 1MI | 5K | 10K | 15K | 20K | 21K | 25K | 30K | 35K | 40K | 42K |
|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| 00:03:50 | 00:06:10 | 00:19:10 | 00:38:20 | 00:57:30 | 01:16:40 | 01:20:52 | 01:35:50 | 01:55:00 | 02:14:10 | 02:33:20 | 02:41:45 |
| 00:03:55 | 00:06:18 | 00:19:35 | 00:39:10 | 00:58:45 | 01:18:20 | 01:22:37 | 01:37:55 | 01:57:30 | 02:17:05 | 02:36:40 | 02:45:15 |
| 00:04:00 | 00:06:26 | 00:20:00 | 00:40:00 | 01:00:00 | 01:20:00 | 01:24:22 | 01:40:00 | 02:00:00 | 02:20:00 | 02:40:00 | 02:48:45 |
| 00:04:05 | 00:06:34 | 00:20:25 | 00:40:50 | 01:01:15 | 01:21:40 | 01:26:07 | 01:42:05 | 02:02:30 | 02:22:55 | 02:43:20 | 02:52:15 |
| 00:04:10 | 00:06:42 | 00:20:50 | 00:41:40 | 01:02:30 | 01:23:20 | 01:27:52 | 01:44:10 | 02:05:00 | 02:25:50 | 02:46:40 | 02:55:45 |
| 00:04:15 | 00:06:50 | 00:21:15 | 00:42:30 | 01:03:45 | 01:25:00 | 01:29:37 | 01:46:15 | 02:07:30 | 02:28:45 | 02:50:00 | 02:59:15 |
| 00:04:20 | 00:06:58 | 00:21:40 | 00:43:20 | 01:05:00 | 01:26:40 | 01:31:22 | 01:48:20 | 02:10:00 | 02:31:40 | 02:53:20 | 03:02:45 |
| 00:04:25 | 00:07:06 | 00:22:05 | 00:44:10 | 01:06:15 | 01:28:20 | 01:33:07 | 01:50:25 | 02:12:30 | 02:34:35 | 02:56:40 | 03:06:15 |
| 00:04:30 | 00:07:14 | 00:22:30 | 00:45:00 | 01:07:30 | 01:30:00 | 01:34:52 | 01:52:30 | 02:15:00 | 02:37:30 | 03:00:00 | 03:09:45 |
| 00:04:35 | 00:07:22 | 00:22:55 | 00:45:50 | 01:08:45 | 01:31:40 | 01:36:37 | 01:54:35 | 02:17:30 | 02:40:25 | 03:03:20 | 03:13:15 |
| 00:04:40 | 00:07:30 | 00:23:20 | 00:46:40 | 01:10:00 | 01:33:20 | 01:38:22 | 01:56:40 | 02:20:00 | 02:43:20 | 03:06:40 | 03:16:45 |
| 00:04:45 | 00:07:38 | 00:23:45 | 00:47:30 | 01:11:15 | 01:35:00 | 01:40:07 | 01:58:45 | 02:22:30 | 02:46:15 | 03:10:00 | 03:20:15 |
| 00:04:50 | 00:07:46 | 00:24:10 | 00:48:20 | 01:12:30 | 01:36:40 | 01:41:52 | 02:00:50 | 02:25:00 | 02:49:10 | 03:13:20 | 03:23:45 |
| 00:04:55 | 00:07:54 | 00:24:35 | 00:49:10 | 01:13:45 | 01:38:20 | 01:43:37 | 02:02:55 | 02:27:30 | 02:52:05 | 03:16:40 | 03:27:15 |
| 00:05:00 | 00:08:02 | 00:25:00 | 00:50:00 | 01:15:00 | 01:40:00 | 01:45:22 | 02:05:00 | 02:30:00 | 02:55:00 | 03:20:00 | 03:30:45 |
| 00:05:05 | 00:08:10 | 00:25:25 | 00:50:50 | 01:16:15 | 01:41:40 | 01:47:07 | 02:07:05 | 02:32:30 | 02:57:55 | 03:23:20 | 03:34:15 |
| 00:05:10 | 00:08:18 | 00:25:50 | 00:51:40 | 01:17:30 | 01:43:20 | 01:48:52 | 02:09:10 | 02:35:00 | 03:00:50 | 03:26:40 | 03:37:45 |
| 00:05:15 | 00:08:26 | 00:26:15 | 00:52:30 | 01:18:45 | 01:45:00 | 01:50:37 | 02:11:15 | 02:37:30 | 03:03:45 | 03:30:00 | 03:41:15 |
| 00:05:20 | 00:08:34 | 00:26:40 | 00:53:20 | 01:20:00 | 01:46:40 | 01:52:22 | 02:13:20 | 02:40:00 | 03:06:40 | 03:33:20 | 03:44:45 |
| 00:05:25 | 00:08:42 | 00:27:05 | 00:54:10 | 01:21:15 | 01:48:20 | 01:54:07 | 02:15:25 | 02:42:30 | 03:09:35 | 03:36:40 | 03:48:15 |
| 00:05:30 | 00:08:50 | 00:27:30 | 00:55:00 | 01:22:30 | 01:50:00 | 01:55:52 | 02:17:30 | 02:45:00 | 03:12:30 | 03:40:00 | 03:51:45 |
| 00:05:35 | 00:08:58 | 00:27:55 | 00:55:50 | 01:23:45 | 01:51:40 | 01:57:37 | 02:19:35 | 02:47:30 | 03:15:25 | 03:43:20 | 03:55:15 |
| 00:05:40 | 00:09:06 | 00:28:20 | 00:56:40 | 01:25:00 | 01:53:20 | 01:59:22 | 02:21:40 | 02:50:00 | 03:18:20 | 03:46:40 | 03:58:45 |
| 00:05:45 | 00:09:14 | 00:28:45 | 00:57:30 | 01:26:15 | 01:55:00 | 02:01:07 | 02:23:45 | 02:52:30 | 03:21:15 | 03:50:00 | 04:02:15 |
| 00:05:50 | 00:09:22 | 00:29:10 | 00:58:20 | 01:27:30 | 01:56:40 | 02:02:52 | 02:25:50 | 02:55:00 | 03:24:10 | 03:53:20 | 04:05:45 |
| 00:05:55 | 00:09:30 | 00:29:35 | 00:59:10 | 01:28:45 | 01:58:20 | 02:04:37 | 02:27:55 | 02:57:30 | 03:27:05 | 03:56:40 | 04:09:15 |
| 00:06:00 | 00:09:38 | 00:30:00 | 01:00:00 | 01:30:00 | 02:00:00 | 02:06:22 | 02:30:00 | 03:00:00 | 03:30:00 | 04:00:00 | 04:12:45 |
| 00:06:05 | 00:09:46 | 00:30:25 | 01:00:50 | 01:31:15 | 02:01:40 | 02:08:07 | 02:32:05 | 03:02:30 | 03:32:55 | 04:03:20 | 04:16:15 |
| 00:06:10 | 00:09:54 | 00:30:50 | 01:01:40 | 01:32:30 | 02:03:20 | 02:09:52 | 02:34:10 | 03:05:00 | 03:35:50 | 04:06:40 | 04:19:45 |
| 00:06:15 | 00:10:02 | 00:31:15 | 01:02:30 | 01:33:45 | 02:05:00 | 02:11:37 | 02:36:15 | 03:07:30 | 03:38:45 | 04:10:00 | 04:23:15 |
| 00:06:20 | 00:10:10 | 00:31:40 | 01:03:20 | 01:35:00 | 02:06:40 | 02:13:22 | 02:38:20 | 03:10:00 | 03:41:40 | 04:13:20 | 04:26:45 |
| 00:06:25 | 00:10:18 | 00:32:05 | 01:04:10 | 01:36:15 | 02:08:20 | 02:15:07 | 02:40:25 | 03:12:30 | 03:44:35 | 04:16:40 | 04:30:15 |
| 00:06:30 | 00:10:26 | 00:32:30 | 01:05:00 | 01:37:30 | 02:10:00 | 02:16:52 | 02:42:30 | 03:15:00 | 03:47:30 | 04:20:00 | 04:33:45 |
| 00:06:35 | 00:10:34 | 00:32:55 | 01:05:50 | 01:38:45 | 02:11:40 | 02:18:37 | 02:44:35 | 03:17:30 | 03:50:25 | 04:23:20 | 04:37:15 |
| 00:06:40 | 00:10:42 | 00:33:20 | 01:06:40 | 01:40:00 | 02:13:20 | 02:20:22 | 02:46:40 | 03:20:00 | 03:53:20 | 04:26:40 | 04:40:45 |
| 00:06:45 | 00:10:50 | 00:33:45 | 01:07:30 | 01:41:15 | 02:15:00 | 02:22:07 | 02:48:45 | 03:22:30 | 03:56:15 | 04:30:00 | 04:44:15 |