

distance	dist	100	400	1600	dist	100	400	1600	dist	100	400	1600	over
100	0:00:17	16.6	01:06	04:26	0:00:21	20.5	01:22	05:28	0:00:17	16.6	01:06	04:26	0.1%
200	0:00:40	20.0	01:20	05:20	0:00:45	22.5	01:30	06:00	0:00:37	18.6	01:14	04:57	7.2%
300	<i>0:01:03</i>	20.9	01:23	05:34	0:01:11	23.6	01:34	06:18	0:00:59	19.7	01:19	05:15	5.5%
400	0:01:23	20.9	01:23	05:34	0:01:38	24.4	01:38	06:31	0:01:22	20.5	01:22	05:28	1.6%
600	<i>0:02:32</i>	25.2	01:41	06:44	0:02:33	25.6	01:42	06:49	0:02:10	21.7	01:27	05:47	14.2%
800	0:03:22	25.2	01:41	06:44	0:03:31	26.4	01:46	07:02	0:03:00	22.5	01:30	06:00	11.0%
1200	<i>0:05:10</i>	25.8	01:43	06:53	0:05:30	27.5	01:50	07:20	0:04:43	23.6	01:34	06:18	8.5%
1600	0:06:53	25.8	01:43	06:53	0:07:33	28.3	01:53	07:33	0:06:31	24.4	01:38	06:31	5.4%
2500	<i>0:12:30</i>	30.0	02:00	08:00	0:12:20	29.6	01:58	07:54	0:10:42	25.7	01:43	06:51	14.4%
3200	<i>0:16:00</i>	30.0	02:00	08:00	0:16:09	30.3	02:01	08:05	0:14:04	26.4	01:46	07:02	12.1%
5000	0:25:00	30.0	02:00	08:00	0:26:18	31.6	02:06	08:25	0:23:02	27.6	01:51	07:22	7.9%
6400	<i>0:35:12</i>	33.0	02:12	08:48	0:34:24	32.3	02:09	08:36	0:30:14	28.3	01:53	07:33	14.1%
10000	0:55:00	33.0	02:12	08:48	0:55:51	33.5	02:14	08:56	0:49:20	29.6	01:58	07:54	10.3%
12000	<i>1:08:15</i>	34.1	02:17	09:06	1:08:03	34.0	02:16	09:04	1:00:14	30.1	02:00	08:02	11.8%
21097	2:00:00	34.1	02:17	09:06	2:05:15	35.6	02:22	09:30	1:51:29	31.7	02:07	08:27	7.1%
42195	4:30:00	38.4	02:34	10:14	4:24:16	37.6	02:30	10:01	3:56:45	33.7	02:15	08:59	12.3%