

## TABELLA DEI TEMPI PER LA MARATONA E LA MEZZA

min al Km	Km 5	Km 10	Km 15	Km 20	Km 21,097	Km 25	Km 30	Km 35	Km 40	Km 42,195
<b>3</b>	15.00	30.00.00	45.00.00	1.00.00	1.03.18	1.15.00	1.30.00	1.45.00	2.00.00	2.06.35
<b>3,05</b>	15.25	30.50.00	46.15.00	1.01.40	1.05.04	1.17.05	1.32.30	1.47.55	2.03.20	2.10.06
<b>3,1</b>	15.50	31.40.00	47.30.00	1.03.20	1.06.49	1.19.10	1.35.00	1.50.50	2.06.40	2.13.37
<b>3,15</b>	16.15	32.30.00	48.45.00	1.05.00	1.08.35	1.21.15	1.37.30	1.53.45	2.10.00	2.17.08
<b>3,2</b>	16.40	33.20.00	50.00.00	1.06.40	1.10.20	1.23.20	1.40.00	1.56.40	2.13.20	2.20.39
<b>3,25</b>	17.05	34.10.00	51.15.00	1.08.20	1.12.06	1.25.25	1.42.30	1.59.35	2.16.40	2.24.10
<b>3,3</b>	17.30	35.00.00	52.30.00	1.10.00	1.13.51	1.27.30	1.45.00	2.02.30	2.20.00	2.27.41
<b>3,35</b>	17.55	35.50.00	53.45.00	1.11.40	1.15.37	1.29.35	1.47.30	2.05.25	2.23.20	2.31.12
<b>3,4</b>	18.20	36.40.00	55.00.00	1.13.20	1.17.22	1.31.40	1.50.00	2.08.20	2.26.40	2.34.43
<b>3,45</b>	18.45	37.30.00	56.15.00	1.15.00	1.19.08	1.33.45	1.52.30	2.11.15	2.30.00	2.38.14
<b>3,5</b>	19.10	38.20.00	57.30.00	1.16.40	1.20.53	1.35.50	1.55.00	2.14.10	2.33.20	2.41.45
<b>3,55</b>	19.35	39.10.00	58.45.00	1.18.20	1.22.39	1.37.55	1.57.30	2.17.05	2.36.40	2.45.16
<b>4</b>	20.00	40.00.00	1.00.00	1.20.00	1.24.24	1.40.00	2.00.00	2.20.00	2.40.00	2.48.47
<b>4,05</b>	20.25	40.50.00	1.01.15	1.21.40	1.26.10	1.42.05	2.02.30	2.22.55	2.43.20	2.52.18
<b>4,1</b>	20.50	41.40.00	1.02.30	1.23.20	1.27.55	1.44.10	2.05.00	2.25.50	2.46.40	2.55.49
<b>4,15</b>	21.15	42.30.00	1.03.45	1.25.00	1.29.41	1.46.15	2.07.30	2.28.45	2.50.00	2.59.20
<b>4,2</b>	21.40	43.20.00	1.05.00	1.26.40	1.31.26	1.48.20	2.10.00	2.31.40	2.53.20	3.02.51
<b>4,25</b>	22.05	44.10.00	1.06.15	1.28.20	1.33.11	1.50.25	2.12.30	2.34.35	2.56.40	3.06.22
<b>4,3</b>	22.30	45.00.00	1.07.30	1.30.00	1.34.57	1.52.30	2.15.00	2.37.30	3.00.00	3.09.53
<b>4,35</b>	22.55	45.50.00	1.08.45	1.31.40	1.36.42	1.54.35	2.17.30	2.40.25	3.03.20	3.13.24
<b>4,4</b>	23.20	46.40.00	1.10.00	1.33.20	1.38.28	1.56.40	2.20.00	2.43.20	3.06.40	3.16.55
<b>4,45</b>	23.45	47.30.00	1.11.15	1.35.00	1.40.14	1.58.45	2.22.30	2.46.15	3.10.00	3.20.26
<b>4,5</b>	24.10.00	48.20.00	1.12.30	1.36.40	1.41.59	2.00.50	2.25.00	2.49.10	3.13.20	3.23.57
<b>4,55</b>	24.35.00	49.10.00	1.13.45	1.38.20	1.43.45	2.02.55	2.27.30	2.52.05	3.16.40	3.27.28
<b>5</b>	25.00.00	50.00.00	1.15.00	1.40.00	1.45.30	2.05.00	2.30.00	2.55.00	3.20.00	3.30.59
<b>5,05</b>	25.25.00	50.50.00	1.16.15	1.41.40	1.47.15	2.07.05	2.32.30	2.57.55	3.23.20	3.34.29
<b>5,1</b>	25.50.00	51.40.00	1.17.30	1.43.20	1.49.01	2.09.10	2.35.00	3.00.50	3.26.40	3.38.00
<b>5,15</b>	26.15.00	52.30.00	1.18.45	1.45.00	1.50.46	2.11.15	2.37.30	3.03.45	3.30.00	3.41.31
<b>5,2</b>	26.40.00	53.20.00	1.20.00	1.46.40	1.52.32	2.13.20	2.40.00	3.06.40	3.33.20	3.45.02
<b>5,25</b>	27.05.00	54.10.00	1.21.15	1.48.20	1.54.18	2.15.25	2.42.30	3.09.35	3.36.40	3.48.33
<b>5,3</b>	27.30.00	55.00.00	1.22.30	1.50.00	1.56.03	2.17.30	2.45.00	3.12.30	3.40.00	3.52.04
<b>5,35</b>	27.55.00	55.50.00	1.23.45	1.51.40	1.57.48	2.19.35	2.47.30	3.15.25	3.43.20	3.55.35
<b>5,4</b>	28.20.00	56.40.00	1.25.00	1.53.20	1.59.34	2.21.40	2.50.00	3.18.20	3.46.40	3.59.06
<b>5,45</b>	28.45.00	57.30.00	1.26.15	1.55.00	2.01.20	2.23.45	2.52.30	3.21.15	3.50.00	4.02.37
<b>5,5</b>	29.10.00	58.20.00	1.27.30	1.56.40	2.03.05	2.25.50	2.55.00	3.24.10	3.53.20	4.06.08
<b>5,55</b>	29.35.00	59.10.00	1.28.45	1.58.20	2.04.51	2.27.55	2.57.30	3.27.05	3.56.40	4.09.39
<b>6</b>	30.00.00	1.00.00	1.30.00	2.00.00	2.06.36	2.30.00	3.00.00	3.30.00	4.00.00	4.13.10
<b>6,05</b>	30.25.00	1.00.50	1.31.15	2.01.40	2.08.22	2.32.05	3.02.30	3.32.55	4.03.20	4.16.41
<b>6,1</b>	30.50.00	1.01.40	1.32.30	2.03.20	2.10.07	2.34.10	3.05.00	3.35.50	4.06.40	4.20.12
<b>6,15</b>	31.15.00	1.02.30	1.33.45	2.05.00	2.11.52	2.36.15	3.07.30	3.38.45	4.10.00	4.23.43
<b>6,2</b>	31.40.00	1.03.20	1.35.00	2.06.40	2.13.38	2.38.20	3.10.00	3.41.40	4.13.20	4.27.14
<b>6,25</b>	32.05.00	1.04.10	1.36.15	2.08.20	2.15.24	2.40.25	3.12.30	3.44.35	4.16.40	4.30.45
<b>6,3</b>	32.30.00	1.05.00	1.37.30	2.10.00	2.17.09	2.42.30	3.15.00	3.47.30	4.20.00	4.34.16