



	Mellemtid				Samlet tid		
	Distance	Tid	Placering	Tempo	Tid	Placering	Klokken
10 KM	10 km	48:08	322	4:48 min/km	48:08	322	10:49:20
20 KM	10 km	48:40	308	4:52 min/km	1:36:48	313	11:38:00
Halvmarathon	1,1 km	5:22	356	4:53 min/km	1:42:10	313	11:43:22
30 KM	8,9 km	50:55	667	5:43 min/km	2:33:05	407	12:34:17
40 KM	10 km	1:03:59	641	6:23 min/km	3:37:04	476	13:38:16
Marathon	2,2 km	13:56	677	6:20 min/km	3:51:00	503	13:52:12
<b>Total</b>	<b>42,2 km</b>	<b>3:51:00</b>	<b>503</b>	<b>5:28 min/km</b>	<b>3:51:00</b>	<b>503</b>	<b>13:52:12</b>