

Zwischenzeitentabelle Halbmarathon und Marathon

min/km	5 km	10 km	15 km	20 km	21,0975 km	25 km	30 km	35 km	40 km	42,125 km
00:05:00	00:25:00	00:50:00	01:15:00	01:40:00	01:45:29	02:05:00	02:30:00	02:55:00	03:20:00	03:30:59
00:05:10	00:25:50	00:51:40	01:17:30	01:43:20	01:49:00	02:09:10	02:35:00	03:00:50	03:26:40	03:38:00
00:05:20	00:26:40	00:53:20	01:20:00	01:46:40	01:52:31	02:13:20	02:40:00	03:06:40	03:33:20	03:45:01
00:05:30	00:27:30	00:55:00	01:22:30	01:50:00	01:56:02	02:17:30	02:45:00	03:12:30	03:40:00	03:52:02
00:05:40	00:28:20	00:56:40	01:25:00	01:53:20	01:59:33	02:21:40	02:50:00	03:18:20	03:46:40	03:59:03
00:05:50	00:29:10	00:58:20	01:27:30	01:56:40	02:03:04	02:25:50	02:55:00	03:24:10	03:53:20	04:06:04
00:06:00	00:30:00	01:00:00	01:30:00	02:00:00	02:06:35	02:30:00	03:00:00	03:30:00	04:00:00	04:13:05
00:06:10	00:30:50	01:01:40	01:32:30	02:03:20	02:10:06	02:34:10	03:05:00	03:35:50	04:06:40	04:20:06
00:06:20	00:31:40	01:03:20	01:35:00	02:06:40	02:13:37	02:38:20	03:10:00	03:41:40	04:13:20	04:27:07
00:06:30	00:32:30	01:05:00	01:37:30	02:10:00	02:17:08	02:42:30	03:15:00	03:47:30	04:20:00	04:34:08
00:06:40	00:33:20	01:06:40	01:40:00	02:13:20	02:20:39	02:46:40	03:20:00	03:53:20	04:26:40	04:41:09
00:06:50	00:34:10	01:08:20	01:42:30	02:16:40	02:24:10	02:50:50	03:25:00	03:59:10	04:33:20	04:48:10
00:07:00	00:35:00	01:10:00	01:45:00	02:20:00	02:27:41	02:55:00	03:30:00	04:05:00	04:40:00	04:55:11
00:07:10	00:35:50	01:11:40	01:47:30	02:23:20	02:31:12	02:59:10	03:35:00	04:10:50	04:46:40	05:02:12
00:07:20	00:36:40	01:13:20	01:50:00	02:26:40	02:34:43	03:03:20	03:40:00	04:16:40	04:53:20	05:09:13
00:07:30	00:37:30	01:15:00	01:52:30	02:30:00	02:38:14	03:07:30	03:45:00	04:22:30	05:00:00	05:16:14
00:07:40	00:38:20	01:16:40	01:55:00	02:33:20	02:41:45	03:11:40	03:50:00	04:28:20	05:06:40	05:23:15
00:07:50	00:39:10	01:18:20	01:57:30	02:36:40	02:45:16	03:15:50	03:55:00	04:34:10	05:13:20	05:30:16
00:08:00	00:40:00	01:20:00	02:00:00	02:40:00	02:48:47	03:20:00	04:00:00	04:40:00	05:20:00	05:37:17
00:08:10	00:40:50	01:21:40	02:02:30	02:43:20	02:52:18	03:24:10	04:05:00	04:45:50	05:26:40	05:44:18
00:08:20	00:41:40	01:23:20	02:05:00	02:46:40	02:55:49	03:28:20	04:10:00	04:51:40	05:33:20	05:51:19
00:08:30	00:42:30	01:25:00	02:07:30	02:50:00	02:59:20	03:32:30	04:15:00	04:57:30	05:40:00	05:58:20