



21.1K 21.1K 21.1K 21.1K 21.1K

00:04:13 · 1 KM	00:04:41 · 1 KM	00:04:58 · 1 KM	00:05:38 · 1 KM	00:06:23 · 1 KM
00:08:26 · 2 KM	00:09:23 · 2 KM	00:09:57 · 2 KM	00:11:16 · 2 KM	00:12:47 · 2 KM
00:12:39 · 3 KM	00:14:04 · 3 KM	00:14:55 · 3 KM	00:16:55 · 3 KM	00:19:11 · 3 KM
00:16:52 · 4 KM	00:18:46 · 4 KM	00:19:54 · 4 KM	00:22:33 · 4 KM	00:25:35 · 4 KM
00:21:05 · 5 KM	00:23:27 · 5 KM	00:24:53 · 5 KM	00:28:12 · 5 KM	00:31:59 · 5 KM
00:25:18 · 6 KM	00:28:09 · 6 KM	00:29:51 · 6 KM	00:33:50 · 6 KM	00:38:23 · 6 KM
00:29:31 · 7 KM	00:32:50 · 7 KM	00:34:50 · 7 KM	00:39:29 · 7 KM	00:44:47 · 7 KM
00:33:44 · 8 KM	00:37:32 · 8 KM	00:39:48 · 8 KM	00:45:07 · 8 KM	00:51:11 · 8 KM
00:37:58 · 9 KM	00:42:14 · 9 KM	00:44:47 · 9 KM	00:50:45 · 9 KM	00:57:35 · 9 KM
00:42:11 · 10 KM	00:46:55 · 10 KM	00:49:46 · 10 KM	00:56:24 · 10 KM	01:03:59 · 10 KM
00:46:24 · 11 KM	00:51:37 · 11 KM	00:54:44 · 11 KM	01:02:02 · 11 KM	01:10:23 · 11 KM
00:50:37 · 12 KM	00:56:18 · 12 KM	00:59:43 · 12 KM	01:07:41 · 12 KM	01:16:47 · 12 KM
00:54:50 · 13 KM	01:01:00 · 13 KM	01:04:42 · 13 KM	01:13:19 · 13 KM	01:23:11 · 13 KM
00:59:03 · 14 KM	01:05:41 · 14 KM	01:09:40 · 14 KM	01:18:58 · 14 KM	01:29:35 · 14 KM
01:03:16 · 15 KM	01:10:23 · 15 KM	01:14:39 · 15 KM	01:24:36 · 15 KM	01:35:59 · 15 KM
01:07:29 · 16 KM	01:15:04 · 16 KM	01:19:37 · 16 KM	01:30:14 · 16 KM	01:42:23 · 16 KM
01:11:42 · 17 KM	01:19:46 · 17 KM	01:24:36 · 17 KM	01:35:53 · 17 KM	01:48:46 · 17 KM
01:15:56 · 18 KM	01:24:28 · 18 KM	01:29:35 · 18 KM	01:41:31 · 18 KM	01:55:10 · 18 KM
01:20:09 · 19 KM	01:29:09 · 19 KM	01:34:33 · 19 KM	01:47:10 · 19 KM	02:01:34 · 19 KM
01:24:22 · 20 KM	01:33:51 · 20 KM	01:39:32 · 20 KM	01:52:48 · 20 KM	02:07:58 · 20 KM
01:28:35 · 21 KM	01:38:32 · 21 KM	01:44:31 · 21 KM	01:58:27 · 21 KM	02:14:22 · 21 KM
01:29:00 · 21.1 KM	01:39:00 · 21.1 KM	01:44:59 · 21.1 KM	01:59:00 · 21.1 KM	02:14:59 · 21.1 KM

FINISH! 01:29:00 FINISH! 01:39:00 FINISH! 01:45:00 FINISH! 01:59:00 FINISH! 02:15:00





10K 10K 10K 10K 10K

1 KM 00:04:00	1 KM 00:05:00	1 KM 00:06:00	1 KM 00:07:00	1 KM 00:09:00
2 KM 00:08:00	2 KM 00:10:00	2 KM 00:12:00	2 KM 00:14:00	2 KM 00:18:00
3 KM 00:12:00	3 KM 00:15:00	3 KM 00:18:00	3 KM 00:21:00	3 KM 00:27:00
4 KM 00:16:00	4 KM 00:20:00	4 KM 00:24:00	4 KM 00:28:00	4 KM 00:36:00
5 KM 00:20:00	5 KM 00:25:00	5 KM 00:30:00	5 KM 00:35:00	5 KM 00:45:00
6 KM 00:24:00	6 KM 00:30:00	6 KM 00:36:00	6 KM 00:42:00	6 KM 00:54:00
7 KM 00:28:00	7 KM 00:35:00	7 KM 00:42:00	7 KM 00:49:00	7 KM 01:03:00
8 KM 00:32:00	8 KM 00:40:00	8 KM 00:48:00	8 KM 00:56:00	8 KM 01:12:00
9 KM 00:36:00	9 KM 00:45:00	9 KM 00:54:00	9 KM 01:03:00	9 KM 01:21:00
10 KM 00:40:00	10 KM 00:50:00	10 KM 01:00:00	10 KM 01:10:00	10 KM 01:30:00

FINISH! 00:40:00 FINISH! 00:50:00 FINISH! 01:00:00 FINISH! 01:10:00 FINISH! 01:30:00

