

10000mまで1000m毎											
△	400m	1000m	2000m	3000m	4000m	5000m	6000m	7000m	8000m	9000m	10000m
5:00	2:00	5:00	10:00	15:00	20:00	25:00	30:00	35:00	40:00	45:00	50:00
4:50	1:56	4:50	9:40	14:30	19:20	24:10	29:00	33:50	38:40	43:30	47:20
4:40	1:52	4:40	9:20	14:00	18:40	23:20	28:00	32:40	37:20	42:00	46:40
4:30	1:48	4:30	9:00	13:30	18:00	22:30	27:00	31:30	36:00	40:30	45:00
4:20	1:44	4:20	8:40	13:00	17:20	21:40	26:00	30:20	34:40	39:00	43:20
4:10	1:40	4:10	8:20	12:30	16:40	22:50	25:00	29:10	33:20	37:30	41:40
4:00	1:36	4:00	8:00	12:00	16:00	21:00	24:00	28:00	32:00	36:00	40:00
3:55	1:34	3:55	7:50	11:45	15:40	19:35	23:30	27:25	31:20	35:15	39:10
3:50	1:32	3:50	7:40	11:30	15:20	19:10	23:00	26:50	30:40	34:30	38:20
3:45	1:30	3:45	7:30	11:15	15:00	18:45	22:30	26:15	30:00	33:45	37:30
3:40	1:28	3:40	7:20	11:00	14:40	18:20	22:00	25:40	29:20	33:00	36:40
3:35	1:26	3:35	7:10	10:45	14:20	17:55	21:30	25:05	28:40	32:15	35:50
3:30	1:24	3:30	7:00	10:30	14:00	17:30	21:00	24:30	28:00	31:30	35:00
3:25	1:22	3:25	6:50	10:15	13:40	17:05	20:30	23:55	27:20	30:45	34:10
3:20	1:20	3:20	6:40	10:00	13:20	16:40	20:00	23:20	26:40	30:00	33:20
3:15	1:18	3:15	6:30	9:45	13:00	16:15	19:30	22:45	26:00	29:15	32:30
3:10	1:16	3:10	6:20	9:30	12:40	15:50	19:00	21:10	25:20	28:30	31:40
3:05	1:14	3:05	6:10	9:15	12:20	15:25	18:30	21:35	24:40	27:45	30:50
3:00	1:12	3:00	6:00	9:00	12:00	15:00	18:00	21:00	24:00	27:00	30:00
2:55	1:10	2:55	5:50	8:45	11:40	14:35	17:30	20:25	23:20	26:15	29:10
2:50	1:08	2:50	5:40	8:30	11:20	14:10	17:00	19:50	22:40	25:30	28:20
2:45	1:06	2:45	5:30	8:15	11:00	13:45	16:30	19:15	22:00	24:45	27:30
2:40	1:04	2:40	5:20	8:00	10:40	13:20	16:00	18:40	21:20	24:00	26:40
2:35	1:02	2:35	5:10	7:45	10:20	12:55	15:30	18:05	20:40	23:15	25:50
2:30	1:00	2:30	5:00	7:30	10:00	12:30	15:00	17:30	20:00	22:30	25:00
2:25	0:58	2:25	4:50	7:15	9:40	12:05	14:30	16:55	19:20	21:45	24:10
2:20	0:56	2:20	4:40	7:00	9:20	11:40	14:00	16:20	18:40	21:00	23:20
2:15	0:54	2:15	4:30	6:45	9:00	11:15	13:30	15:45	18:00	20:15	22:30
2:10	0:52	2:10	4:20	6:30	8:40	10:50	13:00	15:10	17:20	19:30	21:40
2:05	0:50	2:05	4:10	6:15	8:20	10:25	12:30	14:35	16:40	18:45	20:50