

	400	800	1200	1600	2000	2400	2800	3200	3600	4000	4400	4800	5200	5600	6000	6400	6800	7200	7600	8000	8400	8800	9200	9600	10000		
0:50																											
0:49	1:20	1:51	2:22	2:53	3:24	3:55	4:26	4:57	5:28	5:59	6:30	7:01	7:32	8:03	8:34	9:05	9:36	10:07	10:38	11:09	11:40	12:11	12:42	13:13			
0:48																											
0:47	1:18	1:49	2:20	2:51	3:22	3:53	4:24	4:55	5:26	5:57	6:28	6:59	7:30	8:01	8:32	9:03	9:34	10:05	10:36	11:07	11:38	12:09	12:40	13:11			
0:46																											
0:45	1:16	1:47	2:18	2:49	3:20	3:51	4:22	4:53	5:24	5:55	6:26	6:57	7:28	7:59	8:30	9:01	9:32	10:03	10:34	11:05	11:36	12:07	12:38	13:09			
0:44																											
0:43	1:14	1:45	2:16	2:47	3:18	3:49	4:20	4:51	5:22	5:53	6:24	6:55	7:26	7:57	8:28	8:59	9:30	10:01	10:32	11:03	11:34	12:05	12:36	13:07			
0:42																											
0:41	1:12	1:43	2:14	2:45	3:16	3:47	4:18	4:49	5:20	5:51	6:22	6:53	7:24	7:55	8:26	8:57	9:28	9:59	10:30	11:01	11:32	12:03	12:34	13:05			
0:40																											
0:39	1:10	1:41	2:12	2:43	3:14	3:45	4:16	4:47	5:18	5:49	6:20	6:51	7:22	7:53	8:24	8:55	9:26	9:57	10:28	10:59	11:30	12:01	12:32	13:03			
0:38																											
0:37	1:08	1:39	2:10	2:41	3:12	3:43	4:14	4:45	5:16	5:47	6:18	6:49	7:20	7:51	8:22	8:53	9:24	9:55	10:26	10:57	11:28	11:59	12:30	13:01			
0:36																											
0:35	1:06	1:37	2:08	2:39	3:10	3:41	4:12	4:43	5:14	5:45	6:16	6:47	7:18	7:49	8:20	8:51	9:22	9:53	10:24	10:55	11:26	11:57	12:28	12:59			
0:34																											
0:33	1:04	1:35	2:06	2:37	3:08	3:39	4:10	4:41	5:12	5:43	6:14	6:45	7:16	7:47	8:18	8:49	9:20	9:51	10:22	10:53	11:24	11:55	12:26	12:57			
0:32																											
0:31	1:02	1:33	2:04	2:35	3:06	3:37	4:08	4:39	5:10	5:41	6:12	6:43	7:14	7:45	8:16	8:47	9:18	9:49	10:20	10:51	11:22	11:53	12:24	12:55			
0:30																											
0:29	1:00	1:31	2:02	2:33	3:04	3:35	4:06	4:37	5:08	5:39	6:10	6:41	7:12	7:43	8:14	8:45	9:16	9:47	10:18	10:49	11:20	11:51	12:22	12:53			
0:28																											
0:27	0:58	1:29	2:00	2:31	3:02	3:33	4:04	4:35	5:06	5:37	6:08	6:39	7:10	7:41	8:12	8:43	9:14	9:45	10:16	10:47	11:18	11:49	12:20	12:51			
0:26																											
0:25	0:56	1:27	1:58	2:29	3:00	3:31	4:02	4:33	5:04	5:35	6:06	6:37	7:08	7:39	8:10	8:41	9:12	9:43	10:14	10:45	11:16	11:47	12:18	12:49			
0:24																											
0:23	0:54	1:25	1:56	2:27	2:58	3:29	4:00	4:31	5:02	5:33	6:04	6:35	7:06	7:37	8:08	8:39	9:10	9:41	10:12	10:43	11:14	11:45	12:16	12:47			
0:22																											
0:21	0:52	1:23	1:54	2:25	2:56	3:27	3:58	4:29	5:00	5:31	6:02	6:33	7:04	7:35	8:06	8:37	9:08	9:39	10:10	10:41	11:12	11:43	12:14	12:45			
0:20																											
0:19	0:50	1:21	1:52	2:23	2:54	3:25	3:56	4:27	4:58	5:29	6:00	6:31	7:02	7:33	8:04	8:35	9:06	9:37	10:08	10:39	11:10	11:41	12:12	12:43			
0:18																											
0:17	0:48	1:19	1:50	2:21	2:52	3:23	3:54	4:25	4:56	5:27	5:58	6:29	7:00	7:31	8:02	8:33	9:04	9:35	10:06	10:37	11:08	11:39	12:10	12:41			
0:16																											
0:15	0:46	1:17	1:48	2:19	2:50	3:21	3:52	4:23	4:54	5:25	5:56	6:27	6:58	7:29	8:00	8:31	9:02	9:33	10:04	10:35	11:06	11:37	12:08	12:39			
0:14																											
0:13	0:44	1:15	1:46	2:17	2:48	3:19	3:50	4:21	4:52	5:23	5:54	6:25	6:56	7:27	7:58	8:29	9:00	9:31	10:02	10:33	11:04	11:35	12:06	12:37			
0:12																											
0:11	0:42	1:13	1:44	2:15	2:46	3:17	3:48	4:19	4:50	5:21	5:52	6:23	6:54	7:25	7:56	8:27	8:58	9:29	10:00	10:31	11:02	11:33	12:04	12:35			

BR 12.45,09
 Sven Kramer