

5K Time	km	2 km	3 km	4 km
15:00	3:00	6:00	9:00	12:00
15:15	3:03	6:06	9:09	12:12
15:30	3:06	6:12	9:18	12:24
15:45	3:09	6:18	9:27	12:36
16:00	3:12	6:24	9:36	12:48
16:15	3:15	6:30	9:45	13:00
16:30	3:18	6:36	9:54	13:12
16:45	3:21	6:42	10:03	13:24
17:00	3:24	6:48	10:12	13:36
17:15	3:27	6:54	10:21	13:48
17:30	3:30	7:00	10:30	14:00
17:45	3:33	7:06	10:39	14:12
18:00	3:36	7:12	10:48	14:24
18:15	3:39	7:18	10:57	14:36
18:30	3:42	7:24	11:06	14:48
18:45	3:45	7:30	11:15	15:00
19:00	3:48	7:36	11:24	15:12
19:15	3:51	7:42	11:33	15:24
19:30	3:54	7:48	11:42	15:36
19:45	3:57	7:54	11:51	15:48
20:00	4:00	8:00	12:00	20:00
20:15	4:03	8:06	12:09	16:12
20:30	4:06	8:12	12:18	16:24
20:45	4:09	8:18	12:27	16:36
21:00	4:12	8:24	12:36	16:48
21:15	4:15	8:30	12:45	17:00
21:30	4:18	8:36	12:54	17:12
21:45	4:21	8:42	13:03	17:24
22:00	4:24	8:48	13:12	17:36
22:15	4:27	8:54	13:21	17:48
22:30	4:30	9:00	13:30	18:00
22:45	4:33	9:06	13:39	18:12
23:00	4:36	9:12	13:48	18:24
23:15	4:39	9:18	13:57	18:36
23:30	4:42	9:24	14:06	18:48
23:45	4:45	9:30	14:15	19:00
24:00	4:48	9:36	14:24	19:12
24:15	4:51	9:42	14:33	19:24
24:30	4:54	9:48	14:42	19:36
24:45	4:57	9:54	14:51	19:48
25:00	5:00	10:00	15:00	20:00

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