

TABLA DE TIEMPOS DE PASO PARA EL MARATÓN

1 KM	KM 5	KM 10	KM 15	KM 20	½ Maratón	KM 25	KM 30	KM 35	KM 40	FINAL
2:55	14:35	29:10	43:45	58:20	1:01:32	1:12:55	1:27:30	1:41:55	1:56:40	2:03:04
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3:05	15:25	30:50	46:15	1:01:40	1:05:03	1:17:05	1:32:30	1:47:55	2:03:20	2:10:06
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