



P'TIOT SPARNATRIL

| | 16 km/h | 13 km/h | 10 km/h | 7 km/h |
|--------|----------|----------|----------|----------|
| Départ | 07:45:00 | 07:45:00 | 07:45:00 | 07:45:00 |
| 1 km | 07:48:45 | 07:49:36 | 07:51:00 | 07:53:34 |
| 2 km | 07:52:30 | 07:54:13 | 07:57:00 | 08:02:08 |
| 3 km | 07:56:15 | 07:58:50 | 08:03:00 | 08:10:42 |
| 4 km | 08:00:00 | 08:03:27 | 08:09:00 | 08:19:17 |
| 5 km | 08:03:45 | 08:08:04 | 08:15:00 | 08:27:51 |
| 6 km | 08:07:30 | 08:12:41 | 08:21:00 | 08:36:25 |
| 7 km | 08:11:15 | 08:17:18 | 08:27:00 | 08:45:00 |
| 8 km | 08:15:00 | 08:21:55 | 08:33:00 | 08:53:34 |
| 9 km | 08:18:45 | 08:26:32 | 08:39:00 | 09:02:08 |
| 10 km | 08:22:30 | 08:31:09 | 08:45:00 | 09:10:42 |
| 11 km | 08:26:15 | 08:35:46 | 08:51:00 | 09:19:17 |
| 12 km | 08:30:00 | 08:40:23 | 08:57:00 | 09:27:51 |
| 13 km | 08:33:45 | 08:45:00 | 09:03:00 | 09:36:25 |
| 14 km | 08:37:30 | 08:49:36 | 09:09:00 | 09:45:00 |
| 15 km | 08:41:15 | 08:54:13 | 09:15:00 | 09:53:34 |
| 16 km | 08:45:00 | 08:58:50 | 09:21:00 | 10:02:08 |
| 17 km | 08:48:45 | 09:03:27 | 09:27:00 | 10:10:42 |
| 18 km | 08:52:30 | 09:08:04 | 09:33:00 | 10:19:17 |
| 19 km | 08:56:15 | 09:12:41 | 09:39:00 | 10:27:51 |
| 20 km | 09:00:00 | 09:17:18 | 09:45:00 | 10:36:25 |
| 21 km | 09:03:45 | 09:21:55 | 09:51:00 | 10:45:00 |
| 22 km | 09:07:30 | 09:26:32 | 09:57:00 | 10:53:34 |
| 23 km | 09:11:15 | 09:31:09 | 10:03:00 | 11:02:08 |
| 24 km | 09:15:00 | 09:35:46 | 10:09:00 | 11:10:42 |
| 25 km | 09:18:45 | 09:40:23 | 10:15:00 | 11:19:17 |
| 26 km | 09:22:30 | 09:45:00 | 10:21:00 | 11:27:51 |
| 27 km | 09:26:15 | 09:49:36 | 10:27:00 | 11:36:25 |
| 28 km | 09:30:00 | 09:54:13 | 10:33:00 | 11:45:00 |
| 29 km | 09:33:45 | 09:58:50 | 10:39:00 | 11:53:34 |
| 30 km | 09:37:30 | 10:03:27 | 10:45:00 | 12:02:08 |
| 31 km | 09:41:15 | 10:08:04 | 10:51:00 | 12:10:42 |
| 32 km | 09:45:00 | 10:12:41 | 10:57:00 | 12:19:17 |

