

	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	07:49:37	07:51:00	07:53:34
2 km	07:52:30	07:54:14	07:57:00	08:02:09
3 km	07:56:15	07:58:51	08:03:00	08:10:43
4 km	08:00:00	08:03:28	08:09:00	08:19:17
5 km	08:03:45	08:08:05	08:15:00	08:27:51
6 km	08:07:30	08:12:42	08:21:00	08:36:26
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	09:02:09
10 km	08:22:30	08:31:09	08:45:00	09:10:43
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	09:36:26
14 km	08:37:30	08:49:37	09:09:00	09:45:00
15 km	08:41:15	08:54:14	09:15:00	09:53:34
16 km	08:45:00	08:58:51	09:21:00	10:02:09
17 km	08:48:45	09:03:28	09:27:00	10:10:43
18 km	08:52:30	09:08:05	09:33:00	10:19:17
19 km	08:56:15	09:12:42	09:39:00	10:27:51
20 km	09:00:00	09:17:18	09:45:00	10:36:26
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	11:02:09
24 km	09:15:00	09:35:46	10:09:00	11:10:43
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	09:49:37	10:27:00	11:36:26
28 km	09:30:00	09:54:14	10:33:00	11:45:00
29 km	09:33:45	09:58:51	10:39:00	11:53:34
30 km	09:37:30	10:03:28	10:45:00	12:02:09
31 km	09:41:15	10:08:05	10:51:00	12:10:43
32 km	09:45:00	10:12:42	10:57:00	12:19:17
33 km	09:48:45	10:17:18	11:03:00	12:27:51
34 km	09:52:30	10:21:55	11:09:00	12:36:26
35 km	09:56:15	10:26:32	11:15:00	12:45:00
36 km	10:00:00	10:31:09	11:21:00	12:53:34
37 km	10:03:45	10:35:46	11:27:00	13:02:09
38 km	10:07:30	10:40:23	11:33:00	13:10:43
39 km	10:11:15	10:45:00	11:39:00	13:19:17
40 km	10:15:00	10:49:37	11:45:00	13:27:51
41 km	10:18:45	10:54:14	11:51:00	13:36:26
42 km	10:22:30	10:58:51	11:57:00	13:45:00
43 km	10:26:15	11:03:28	12:03:00	13:53:34
44 km	10:30:00	11:08:05	12:09:00	14:02:09
45 km	10:33:45	11:12:42	12:15:00	14:10:43
46 km	10:37:30	11:17:18	12:21:00	14:19:17
47 km	10:41:15	11:21:55	12:27:00	14:27:51
48 km	10:45:00	11:26:32	12:33:00	14:36:26
49 km	10:48:45	11:31:09	12:39:00	14:45:00
50 km	10:52:30	11:35:46	12:45:00	14:53:34
51 km	10:56:15	11:40:23	12:51:00	15:02:09
52 km	11:00:00	11:45:00	12:57:00	15:10:43
53 km	11:03:45	11:49:37	13:03:00	15:19:17
54 km	11:07:30	11:54:14	13:09:00	15:27:51
55 km	11:11:15	11:58:51	13:15:00	15:36:26
56 km	11:15:00	12:03:28	13:21:00	15:45:00

