

Pace	Lap 1	2	3	4	5	6	7	8	9	10	11
05:00.0	00:58.3	01:56.6	02:55.0	03:53.3	04:51.6	05:49.9	06:48.3	07:46.6	08:44.9	09:43.2	10:41.5
05:15.0	01:01.2	02:02.5	03:03.7	04:05.0	05:06.2	06:07.4	07:08.7	08:09.9	09:11.1	10:12.4	11:13.6
05:30.0	01:04.2	02:08.3	03:12.5	04:16.6	05:20.8	06:24.9	07:29.1	08:33.2	09:37.4	10:41.5	11:45.7
05:45.0	01:07.1	02:14.1	03:21.2	04:28.3	05:35.4	06:42.4	07:49.5	08:56.6	10:03.6	11:10.7	12:17.8
06:00.0	01:10.0	02:20.0	03:30.0	04:39.9	05:49.9	06:59.9	08:09.9	09:19.9	10:29.9	11:39.9	12:49.8
06:15.0	01:12.9	02:25.8	03:38.7	04:51.6	06:04.5	07:17.4	08:30.3	09:43.2	10:56.1	12:09.0	13:21.9
06:30.0	01:15.8	02:31.6	03:47.5	05:03.3	06:19.1	07:34.9	08:50.7	10:06.5	11:22.4	12:38.2	13:54.0
06:45.0	01:18.7	02:37.5	03:56.2	05:14.9	06:33.7	07:52.4	09:11.1	10:29.9	11:48.6	13:07.3	14:26.1
07:00.0	01:21.7	02:43.3	04:05.0	05:26.6	06:48.3	08:09.9	09:31.6	10:53.2	12:14.9	13:36.5	14:58.2
07:15.0	01:24.6	02:49.1	04:13.7	05:38.3	07:02.8	08:27.4	09:52.0	11:16.5	12:41.1	14:05.7	15:30.2
07:30.0	01:27.5	02:55.0	04:22.4	05:49.9	07:17.4	08:44.9	10:12.4	11:39.9	13:07.3	14:34.8	16:02.3
07:45.0	01:30.4	03:00.8	04:31.2	06:01.6	07:32.0	09:02.4	10:32.8	12:03.2	13:33.6	15:04.0	16:34.4
08:00.0	01:33.3	03:06.6	04:39.9	06:13.3	07:46.6	09:19.9	10:53.2	12:26.5	13:59.8	15:33.2	17:06.5
08:15.0	01:36.2	03:12.5	04:48.7	06:24.9	08:01.2	09:37.4	11:13.6	12:49.8	14:26.1	16:02.3	17:38.5
08:30.0	01:39.1	03:18.3	04:57.4	06:36.6	08:15.7	09:54.9	11:34.0	13:13.2	14:52.3	16:31.5	18:10.6
08:45.0	01:42.1	03:24.1	05:06.2	06:48.3	08:30.3	10:12.4	11:54.4	13:36.5	15:18.6	17:00.6	18:42.7
09:00.0	01:45.0	03:30.0	05:14.9	06:59.9	08:44.9	10:29.9	12:14.9	13:59.8	15:44.8	17:29.8	19:14.8
09:15.0	01:47.9	03:35.8	05:23.7	07:11.6	08:59.5	10:47.4	12:35.3	14:23.2	16:11.1	17:59.0	19:46.9
09:30.0	01:50.8	03:41.6	05:32.4	07:23.2	09:14.1	11:04.9	12:55.7	14:46.5	16:37.3	18:28.1	20:18.9
09:45.0	01:53.7	03:47.5	05:41.2	07:34.9	09:28.6	11:22.4	13:16.1	15:09.8	17:03.6	18:57.3	20:51.0
10:00.0	01:56.6	03:53.3	05:49.9	07:46.6	09:43.2	11:39.9	13:36.5	15:33.2	17:29.8	19:26.4	21:23.1
10:15.0	01:59.6	03:59.1	05:58.7	07:58.2	09:57.8	11:57.4	13:56.9	15:56.5	17:56.0	19:55.6	21:55.2
10:30.0	02:02.5	04:05.0	06:07.4	08:09.9	10:12.4	12:14.9	14:17.3	16:19.8	18:22.3	20:24.8	22:27.2
10:45.0	02:05.4	04:10.8	06:16.2	08:21.6	10:27.0	12:32.4	14:37.7	16:43.1	18:48.5	20:53.9	22:59.3
11:00.0	02:08.3	04:16.6	06:24.9	08:33.2	10:41.5	12:49.8	14:58.2	17:06.5	19:14.8	21:23.1	23:31.4
11:15.0	02:11.2	04:22.4	06:33.7	08:44.9	10:56.1	13:07.3	15:18.6	17:29.8	19:41.0	21:52.2	24:03.5
11:30.0	02:14.1	04:28.3	06:42.4	08:56.6	11:10.7	13:24.8	15:39.0	17:53.1	20:07.3	22:21.4	24:35.5
11:45.0	02:17.1	04:34.1	06:51.2	09:08.2	11:25.3	13:42.3	15:59.4	18:16.5	20:33.5	22:50.6	25:07.6
12:00.0	02:20.0	04:39.9	06:59.9	09:19.9	11:39.9	13:59.8	16:19.8	18:39.8	20:59.8	23:19.7	25:39.7