

4. Guía de Parciales

Esta guía te dará el tiempo final para gran variedad de trabajos, permitiéndote mantener un parcial durante el tiempo que remes.

500m	2,000m	5,000m	10,000m	Marathon	100,000m
1:22	5:28	13:40	27:20	1:55.20	4:33:20
1:24	5:36	14:00	28:00	1:58.09	4:40:00
1:26	5:44	14:20	28:40	2:00.58	4:46:40
1:28	5:52	14:40	29:20	2:03.46	4:53:20
1:30	6:00	15:00	30:00	2:06.35	5:00:00
1:32	6:08	15:20	30:40	2:09.24	5:06:40
1:34	6:16	15:40	31:20	2:12.13	5:13:20
1:36	6:24	16:00	32:00	2:15.01	5:20:00
1:38	6:32	16:20	32:40	2:17.50	5:26:40
1:40	6:40	16:40	33:20	2:20.39	5:33:20
1:42	6:48	17:00	34:00	2:23.28	5:40:00
1:44	6:56	17:20	34:40	2:26.17	5:46:40
1:46	7:04	17:40	35:20	2:29.05	5:53:20
1:48	7:12	18:00	36:00	2:31.54	6:00:00
1:50	7:20	18:20	36:40	2:34.43	6:06:40
1:52	7:28	18:40	37:20	2:37.32	6:13:20
1:54	7:36	19:00	38:00	2:40.20	6:20:00
1:56	7:44	19:20	38:40	2:43.09	6:26:40
1:58	7:52	19:40	39:20	2:45.58	6:33:20
2:00	8:00	20:00	40:00	2:48.47	6:40:00
2:02	8:08	20:20	40:40	2:51.36	6:46:40
2:04	8:16	20:40	41:20	2:54.24	6:53:20
2:06	8:24	21:00	42:00	2:57.13	7:00:00
2:08	8:32	21:20	42:40	3:00.02	7:06:40
2:10	8:40	21:40	43:20	3:02.51	7:13:20
2:12	8:48	22:00	44:00	3:05.39	7:20:00
2:14	8:56	22:20	44:40	3:08.28	7:26:40
2:16	9:04	22:40	45:20	3:11.17	7:33:20
2:18	9:12	23:00	46:00	3:14.06	7:40:00
2:20	9:20	23:20	46:40	3:16.55	7:46:40
2:22	9:28	23:40	47:20	3:19.43	7:53:20
2:24	9:36	24:00	48:00	3:22.32	8:00:00
2:26	9:44	24:20	48:40	3:25.21	8:06:40
2:28	9:52	24:40	49:20	3:28.10	8:13:20
2:30	10:00	25:00	50:00	3:30.59	8:20:00
2:32	10:08	25:20	50:40	3:33.47	8:26:40
2:34	10:16	25:40	51:20	3:36.36	8:33:20
2:36	10:24	26:00	52:00	3:39.25	8:40:00
2:38	10:32	26:20	52:40	3:42.14	8:46:40
2:40	10:40	26:40	53:20	3:45.02	8:53:20
2:42	10:48	27:00	54:00	3:47.51	9:00:00
2:44	10:56	27:20	54:40	3:50.40	9:06:40
2:46	11:04	27:40	55:20	3:53.29	9:13:20
2:48	11:12	28:00	56:00	3:56.18	9:20:00
2:50	11:20	28:20	56:40	3:59.06	9:26:40
2:52	11:28	28:40	57:20	4:01.55	9:33:20
2:54	11:36	29:00	58:00	4:04.44	9:40:00
2:56	11:44	29:20	58:40	4:07.33	9:46:40
2:58	11:52	29:40	59:20	4:10.21	9:53:20
3:00	12:00	30:00	60:00	4:13.10	10:00:00

Maratón: 42.194 metros o 26.2 millas.