



TABLA DE RITMOS DE RUNNING

| ENSAYO DE 5K | COMPETICIÓN DE 10K | | MEDIA MARATÓN | | MARATÓN | |
|--------------|--------------------|---------|---------------|---------|---------|---------|
| | Total | 1 km | Total | 1 km | Total | 1 km |
| 0:37:30 | 1:15:00 | 0:07:30 | 2:45:47 | 0:07:54 | 6:10:35 | 0:08:49 |
| 0:36:40 | 1:13:20 | 0:07:20 | 2:42:06 | 0:07:43 | 6:02:21 | 0:08:38 |
| 0:35:50 | 1:11:40 | 0:07:10 | 2:38:25 | 0:07:33 | 5:54:07 | 0:08:26 |
| 0:35:00 | 1:10:00 | 0:07:00 | 2:34:44 | 0:07:22 | 5:45:53 | 0:08:14 |
| 0:34:10 | 1:08:20 | 0:06:50 | 2:31:03 | 0:07:12 | 5:37:39 | 0:08:02 |
| 0:33:20 | 1:06:40 | 0:06:40 | 2:27:22 | 0:07:01 | 5:29:25 | 0:07:51 |
| 0:32:30 | 1:05:00 | 0:06:30 | 2:23:41 | 0:06:51 | 5:21:11 | 0:07:39 |
| 0:31:40 | 1:03:20 | 0:06:20 | 2:20:00 | 0:06:40 | 5:12:56 | 0:07:27 |
| 0:30:50 | 1:01:40 | 0:06:10 | 2:16:19 | 0:06:29 | 5:04:42 | 0:07:15 |
| 0:30:00 | 1:00:00 | 0:06:00 | 2:12:38 | 0:06:19 | 4:56:28 | 0:07:04 |
| 0:29:10 | 0:58:20 | 0:05:50 | 2:08:57 | 0:06:08 | 4:48:14 | 0:06:52 |
| 0:28:20 | 0:56:40 | 0:05:40 | 2:05:16 | 0:05:58 | 4:40:00 | 0:06:40 |
| 0:27:30 | 0:55:00 | 0:05:30 | 2:01:35 | 0:05:47 | 4:31:46 | 0:06:28 |
| 0:26:40 | 0:53:20 | 0:05:20 | 1:57:54 | 0:05:37 | 4:23:32 | 0:06:16 |
| 0:25:50 | 0:51:40 | 0:05:10 | 1:54:13 | 0:05:26 | 4:15:18 | 0:06:05 |
| 0:25:00 | 0:50:00 | 0:05:00 | 1:50:32 | 0:05:16 | 4:07:04 | 0:05:53 |
| 0:24:10 | 0:48:20 | 0:04:50 | 1:46:51 | 0:05:05 | 3:58:49 | 0:05:41 |
| 0:23:20 | 0:46:40 | 0:04:40 | 1:43:09 | 0:04:55 | 3:50:35 | 0:05:29 |
| 0:22:30 | 0:45:00 | 0:04:30 | 1:39:28 | 0:04:44 | 3:42:21 | 0:05:18 |
| 0:21:40 | 0:43:20 | 0:04:20 | 1:35:47 | 0:04:34 | 3:34:07 | 0:05:06 |
| 0:20:50 | 0:41:40 | 0:04:10 | 1:32:06 | 0:04:23 | 3:25:53 | 0:04:54 |
| 0:20:00 | 0:40:00 | 0:04:00 | 1:28:25 | 0:04:13 | 3:17:39 | 0:04:42 |
| 0:19:10 | 0:38:20 | 0:03:50 | 1:24:44 | 0:04:02 | 3:09:25 | 0:04:31 |
| 0:18:20 | 0:36:40 | 0:03:40 | 1:21:03 | 0:03:52 | 3:01:11 | 0:04:19 |
| 0:17:30 | 0:35:00 | 0:03:30 | 1:17:22 | 0:03:41 | 2:52:56 | 0:04:07 |
| 0:16:40 | 0:33:20 | 0:03:20 | 1:13:41 | 0:03:31 | 2:44:42 | 0:03:55 |
| 0:15:50 | 0:31:40 | 0:03:10 | 1:10:00 | 0:03:20 | 2:36:28 | 0:03:44 |
| 0:15:00 | 0:30:00 | 0:03:00 | 1:06:19 | 0:03:09 | 2:28:14 | 0:03:32 |