		MEDIA (Km/h)															
		Km.9,610	Km.10,489	Km.12,000	Km.13,100	Km.13,600	Km.14,000	Km.14,500	Km.15,000	Km.15,500	Km.16,000	Km.16,500	Km.16,700	Km.17,150	Km.17,560	Km.18,000	Km.19,400
Giri	Km.	MINUTI	MINUTI	MINUTI	MINUTI	MINUTI	MINUTI	MINUTI	MINUTI	MINUTI	MINUTI	MINUTI	MINUTI	MINUTI	MINUTI	MINUTI	MINUTI
1	0,400	2'30"	2'15"	2'	1'50"	1'46"	1'42"8	1'39"2	1'36"	1'32"8	1'30"	1'27"2	1'26"4	1'24"	1'22"	1'20"	1'14"
2	0,800	5'	4'30"	4'	3'40"	3'32"	3'25"6	3'18"4	3'12"	3'05"6	3'	2'54"4	2'52"8	2'48"	2'44"	2'40"	2'28"
Km.	1,000	6'15"	5'37"5	5'	4'35"	4'25"	4'17"	4'08"	4'	3'52"	3'45"	3'38"	3'36"	3'30"	3'25"	3'20"	3'05"
3	1,200	7'30"	6'45"	6'	5'30"	5'18"	5'08"4	4'57"6	4'40"	4'38"4	4'30"	4'21"6	4'19"2	4'12"	4'06"	4'	3'42"
4	1,600	10'	9'	8'	7'20"	7'04"	6'51"2	6'36"8	6'24"	6'11"2	6'	5'48"8	5'45"6	5'36"	5'28"	5'20"	4'56"
5	2,000	12'30"	11'15"	10'	9'10"	8'50"	8'34"	8'16"	8'	7'44"	7'30"	7'16"	7'12"	7'	6'50"	6'40"	6'10"
6	2,400	15'	13'30"	12'	11'	10'36"	10'16"8	9'55"2	9'36"	9'16"8	9'	8'43"2	8'38"4	8'24"	8'12"	8'	7'24"
7	2,800	17'30"	15'45"	14'	12'50"	12'22"	11'59"6	11'34"4	11'12"	10'49"6	10'30"	10'10"4	10'04"8	9'48"	9'34"	9'20"	8'38"
Km.	3,000	18'45"	16'52"5	15'	13'45"	13'15"	12'05"	12'24"	12'	11'36"	11'15"	10'54"	10'48"	10'30"	10'15"	10'	9'15"
8	3,200	20'	18'	16'	14'40"	14'08"	13'42"4	13'13"6	12'48"	12'22"4	12'	11'37"6	11'31"2	11'12"	10'56"	10'40"	9'52"
9	3,600	22'30"	20'15"	18'	16'30"	15'54"	15'25"2	14'52"8	14'24"	13'55"2	13'30"	13'04"8	12'57"6	12'36"	12'18"	12'	11'16"
10	4,000	25'	22'30"	20'	18'20"	17'40"	17'08"	16'32"	16'	15'28"	15'	14'32"	14'24"	14'	13'40"	13'20"	12'30"
11	4,400	27'30"	25'45"	22'	20'10"	19'26"	18'50"8	18'11"2	17'36"	17'00"8	16'30"	15'59"2	15'50"4	15'24"	15'02"	14'40"	13'44"
12	4,800	30'	28'	24'	22'	21'12"	20'33"6	19'50"4	19'12"	18'33"6	18'	17'26"4	17'16"8	16'48"	16'24"	16'	14'58"
Km.	5,000	31'15"	29'07"5	25'	22'55"	22'05"	21'25"	20'40"	20'	19'20"	18'45"	18'10"	18'	17'30"	17'05"	16'40"	15'35"
13	5,200	32'30"	30'15"	26'	23'50"	22'58"	22'16"4	21'29"6	20'28"	20'06"4	19'30"	18'53"6	18'43"2	18'12"	17'46"	17'20"	16'12"
14	5,600	35'	32'30"	28'	25'40"	24'44"	23'59"2	23'08"8	22'24"	21'39"2	21'	20'20"8	20'09"6	19'36"	19'08"	18'40"	17'26"
15	6,000	37'30"	34'45"	30'	27'30"	26'30"	25'42"	24'48"	24'	23'12"	22'30"	21'48"	21'36"	21'	20'30"	20'	18'40"
16	6,400	40'	37'	32'	29'20"	29'16"	27'24"8	26'27"2	25'36"	24'44"8	24'	23'15"2	23'02"4	22'24"	21'52"	21'20"	19'54"
17	6,800	42'30"	39'15"	34'	31'10"	30'02"	29'07"6	28'06"4	27'12"	26'17"6	25'30"	24'42"4	24'28"8	23'48"	23'14"	22'40"	21'08"
Km.	7,000	43'45"	40'22"5	35'	32'05"	30'55"	29'59"	28'56"	28'	27'04"	26'15"	25'26"	25'12"	24'30"	23'55"	23'20"	21'45"
18	7,200	45'	41'30"	36'	33'	31'48"	30'50"4	29'45"6	28'48"	27'50"4	27'	26'09"6	25'52"2	25'12"	24'36"	24'	22'22"
19	7,600	47'30"	43'45"	38'	34'50"	33'34"	32'33"2	31'24"8	30'24"	29'23"2	28'30"	27'36"8	27'41"6	26'36"	25'58"	25'20"	23'36"
20	8,000	50'	46'	40'	36'40"	35'20"	34'16"	33'04"	32'	30'56"	30'	29'04"	28'48"	28'	27'20"	26'40"	24'50"
21	8,400	52'30"	48'15"	42'	38'30"	37'06"	35'58"8	34'43"2	33'36"	32'28"8	31'30"	30'41"2	30'14"4	29'24"	28'42"	28'	26'04"
22	8,800	55'	50'30"	44'	40'20"	38'52"	37'41"6	36'22"4	35'12"	34'01"6	33'	31'08"4	31'40"8	30'48"	30'04"	29'20"	27'18"
Km.	9,000	56'15"	51'37"5	45'	41'15"	39'45"	38'33"	37'12"	36'	34'48"	33'45"	32'52"	32'24"	31'30"	30'45"	30'	27'55"
23	9,200	57'30"	52'45"	46'	42'10"	40'38"	39'24"4	38'01"6	36'48"	35'34"4	34'30"	33'35"6	33'07"2	32'12"	31'26"	30'40"	28'32"
24	9,600	60'	55'	48'	44'	42'24"	41'07"2	39'40"8	38'24"	37'07"2	36'	35'02"8	34'33"6	33'36"	32'48"	32'	29'46"
25	10,000		57'15"	50'	45'50"	44'10"	42'50"	41'20"	40'	38'40"	37'30"	36'30"	36'	35'	34'10"	33'20"	31'
26	10,400		59'30"	52'	47'40"	45'56"	44'32"8	42'59"2	41'36"	40'12"8	39'	37'47"2	37'26"4	36'24"	35'32"	34'40"	32'14"
27	10,800		10m	54'	49'30"	47'42"	46'15"6	44'38"4	43'12"	41'45"6	40'30"	39'14"4	38'52"8	37'48"	36'54"	36'	33'28"
Km.	11,000			55'	50'25"	48'35"	47'07"	45'28"	44'	42'32"	41'15"	39'58"	39'36"	38'30"	37'35"	36'40"	34'05"
28	11,200			56'	51'20"	49'28"	47'58"4	46'17"6	44'48"	43'18"4	42'	40'41"6	40'19"2	39'12"	38'16"	37'20"	34'42"
29	11,600			58'	53'10"	51'14"	49'41"2	47'56"8	46'24"	44'51"2	43'30"	41'48"8	41'45"6	40'36"	39'38"	38'40"	35'56"
30	12,000			60'	55'	53'	51'24"	49'26"	48'	46'24"	45'	43'36"	43'12"	42'	41'	40'	37'10"
31	12,400				56'50"	54'46"	53'06"8	51'01"2	49'36"	47'56"8	46'30"	44'43"2	44'38"4	43'24"	42'22"	41'20"	38'24"
32	12,800				58'40"	56'32"	54'49"6	52'40"4	51'12"	49'29"6	48'	46'10"4	46'04"8	44'48"	43'44"	42'40"	39'38"
Km.	13,000				60'	57'25"	55'41"	53'30"	52'	50'16"	48'45"	46'54"	46'48"	45'30"	44'25"	43'20"	40'15"
33	13,200					58'18"	56'32"4	54'19"6	52'48"	51'02"4	49'30"	47'37"6	47'31"2	46'12"	45'06"	44'	40'52"
34	13,600					60'	58'15"2	55'58"8	54'24"	52'35"2	51'	49'04"8	48'57"6	47'36"	46'28"	45'20"	42'06"
35	14,000						60'	57'38"	56'	54'08"	52'30"	50'32"	50'24"	49'	47'50"	46'40"	43'20"
36	14,400							59'41"	57'46"	55'40"9	54'	51'59"2	51'50"4	50'24"	49'12"	48'	44'34"
37	14,800							100m	59'12"	57'13"6	55'30"	53'26"4	53'16"8	51'48"	50'34"	49'20"	45'48"
Km.	15,000								60'	58'	56'15"	54'10"	54'	52'30"	51'15"	50'	46'25"
38	15,200									58'46"4	57'	54'53"6	54'43"2	53'12"	51'56"	50'40"	47'02"
39	15,600										58'30"	56'20"8	56'09"6	54'36"	53'18"	52'	48'16"
40	16,000										60'	57'48"	57'36"	56'	54'40"	53'20	49'30"
41	16,400											59'15"2	59'02"4	57'24"	56'02"	54'40"	50'44"
42	16,800											100m	300m	58'48"	57'24"	56'	51'58"
Km.	17,000													59'30"	58'05"	56'40"	52'35"
43	17,200													150m	58'46"	57'20"	53'12"
44	17,600														360m	58'40"	54'26"
45	18,000															60'	55'40"
46	18,400																56'54"
47	18,800																58'08"
Km.	19,000																58'45"
48	19,200																59'22"
49	19,400																59'59"
50																	