

MARATHON

Tableau des temps de passage par fraction de 5 km

Kilomètre	km 5	km 10	km 15	km 20	Demi-Marathon 21 km 097	km 25	km 30	km 35	km 40	Marathon km 42,1
3'00"	15'00"	30'00"	45'00"	1 h 00'00"	1 h 03'17"	1 h 15'00"	1 h 30'00"	1 h 45'00"	2 h 00'00"	2 h 06'35"
3'01"	15'05"	30'10"	45'15"	1 h 00'20"	1 h 03'38"	1 h 15'25"	1 h 30'30"	1 h 45'35"	2 h 00'40"	2 h 07'17"
3'02"	15'10"	30'20"	45'30"	1 h 00'40"	1 h 04'00"	1 h 15'50"	1 h 31'00"	1 h 46'10"	2 h 01'20"	2 h 07'59"
3'03"	15'15"	30'30"	45'45"	1 h 01'00"	1 h 04'21"	1 h 16'15"	1 h 31'30"	1 h 46'45"	2 h 02'00"	2 h 08'41"
3'04"	15'20"	30'40"	46'00"	1 h 01'20"	1 h 04'42"	1 h 16'40"	1 h 32'00"	1 h 47'20"	2 h 02'40"	2 h 09'23"
3'05"	15'25"	30'50"	46'15"	1 h 01'40"	1 h 05'03"	1 h 17'05"	1 h 32'30"	1 h 47'55"	2 h 03'20"	2 h 10'06"
3'06"	15'30"	31'00"	46'30"	1 h 02'00"	1 h 05'24"	1 h 17'30"	1 h 33'00"	1 h 48'30"	2 h 04'00"	2 h 10'48"
3'07"	15'35"	31'10"	46'45"	1 h 02'20"	1 h 05'45"	1 h 17'55"	1 h 33'30"	1 h 49'05"	2 h 04'40"	2 h 11'30"
3'08"	15'40"	31'20"	47'00"	1 h 02'40"	1 h 06'06"	1 h 18'20"	1 h 34'00"	1 h 49'40"	2 h 05'20"	2 h 12'12"
3'09"	15'45"	31'30"	47'15"	1 h 03'00"	1 h 06'27"	1 h 18'45"	1 h 34'30"	1 h 50'15"	2 h 06'00"	2 h 12'54"
3'10"	15'50"	31'40"	47'30"	1 h 03'20"	1 h 06'48"	1 h 19'10"	1 h 35'00"	1 h 50'50"	2 h 06'40"	2 h 13'37"
3'11"	15'55"	31'50"	47'45"	1 h 03'40"	1 h 07'09"	1 h 19'35"	1 h 35'30"	1 h 51'25"	2 h 07'20"	2 h 14'19"
3'12"	16'00"	32'00"	48'00"	1 h 04'00"	1 h 07'31"	1 h 20'00"	1 h 36'00"	1 h 52'00"	2 h 08'00"	2 h 15'01"
3'13"	16'05"	32'10"	48'15"	1 h 04'20"	1 h 07'52"	1 h 20'25"	1 h 36'30"	1 h 52'35"	2 h 08'40"	2 h 15'43"
3'14"	16'10"	32'20"	48'30"	1 h 04'40"	1 h 08'13"	1 h 20'50"	1 h 37'00"	1 h 53'10"	2 h 09'20"	2 h 16'25"
3'15"	16'15"	32'30"	48'45"	1 h 05'00"	1 h 08'34"	1 h 21'15"	1 h 37'30"	1 h 53'45"	2 h 10'00"	2 h 17'08"
3'16"	16'20"	32'40"	49'00"	1 h 05'20"	1 h 08'55"	1 h 21'40"	1 h 38'00"	1 h 54'20"	2 h 10'40"	2 h 17'50"
3'17"	16'25"	32'50"	49'15"	1 h 05'40"	1 h 09'16"	1 h 22'05"	1 h 38'30"	1 h 54'55"	2 h 11'20"	2 h 18'32"
3'18"	16'30"	33'00"	49'30"	1 h 06'00"	1 h 09'37"	1 h 22'30"	1 h 39'00"	1 h 55'30"	2 h 12'00"	2 h 19'14"
3'19"	16'35"	33'10"	49'45"	1 h 06'20"	1 h 09'58"	1 h 22'55"	1 h 39'30"	1 h 56'05"	2 h 12'40"	2 h 19'56"
3'20"	16'40"	33'20"	50'00"	1 h 06'40"	1 h 10'20"	1 h 23'20"	1 h 40'00"	1 h 56'40"	2 h 13'20"	2 h 20'39"
3'21"	16'45"	33'30"	50'15"	1 h 07'00"	1 h 10'40"	1 h 23'45"	1 h 40'30"	1 h 57'15"	2 h 14'00"	2 h 21'21"
3'22"	16'50"	33'40"	50'30"	1 h 07'20"	1 h 11'02"	1 h 24'10"	1 h 41'00"	1 h 57'50"	2 h 14'40"	2 h 22'03"
3'23"	16'55"	33'50"	50'45"	1 h 07'40"	1 h 11'23"	1 h 24'35"	1 h 41'30"	1 h 58'25"	2 h 15'20"	2 h 22'45"
3'24"	17'00"	34'00"	51'00"	1 h 08'00"	1 h 11'44"	1 h 25'00"	1 h 42'00"	1 h 59'00"	2 h 16'00"	2 h 23'27"
3'25"	17'05"	34'10"	51'15"	1 h 08'20"	1 h 12'05"	1 h 25'25"	1 h 42'30"	1 h 59'35"	2 h 16'40"	2 h 24'09"
3'26"	17'10"	34'20"	51'30"	1 h 08'40"	1 h 12'26"	1 h 25'50"	1 h 43'00"	2 h 00'10"	2 h 17'20"	2 h 24'52"
3'27"	17'15"	34'30"	51'45"	1 h 09'00"	1 h 12'47"	1 h 26'15"	1 h 43'30"	2 h 00'45"	2 h 18'00"	2 h 25'34"
3'28"	17'20"	34'40"	52'00"	1 h 09'20"	1 h 13'08"	1 h 26'40"	1 h 44'00"	2 h 01'20"	2 h 18'40"	2 h 26'16"
3'29"	17'25"	34'50"	52'15"	1 h 09'40"	1 h 13'29"	1 h 27'05"	1 h 44'30"	2 h 01'55"	2 h 19'20"	2 h 26'58"
3'30"	17'30"	35'00"	52'30"	1 h 10'00"	1 h 13'50"	1 h 27'30"	1 h 45'00"	2 h 02'30"	2 h 20'00"	2 h 27'40"
3'31"	17'35"	35'10"	52'45"	1 h 10'20"	1 h 14'12"	1 h 27'55"	1 h 45'30"	2 h 03'05"	2 h 20'40"	2 h 28'23"
3'32"	17'40"	35'20"	53'00"	1 h 10'40"	1 h 14'33"	1 h 28'20"	1 h 46'00"	2 h 03'40"	2 h 21'20"	2 h 29'05"
3'33"	17'45"	35'30"	53'15"	1 h 11'00"	1 h 14'54"	1 h 28'45"	1 h 46'30"	2 h 04'15"	2 h 22'00"	2 h 29'47"
3'34"	17'50"	35'40"	53'30"	1 h 11'20"	1 h 15'15"	1 h 29'10"	1 h 47'00"	2 h 04'50"	2 h 22'40"	2 h 30'29"
3'35"	17'55"	35'50"	53'45"	1 h 11'40"	1 h 15'36"	1 h 29'35"	1 h 47'30"	2 h 05'25"	2 h 23'20"	2 h 31'11"
3'36"	18'00"	36'00"	54'00"	1 h 12'00"	1 h 15'57"	1 h 30'00"	1 h 48'00"	2 h 06'00"	2 h 24'00"	2 h 31'54"
3'37"	18'05"	36'10"	54'15"	1 h 12'20"	1 h 16'18"	1 h 30'25"	1 h 48'30"	2 h 06'35"	2 h 24'40"	2 h 32'36"
3'38"	18'10"	36'20"	54'30"	1 h 12'40"	1 h 16'39"	1 h 30'50"	1 h 49'00"	2 h 07'10"	2 h 25'20"	2 h 33'18"
3'39"	18'15"	36'30"	54'45"	1 h 13'00"	1 h 17'	1 h 31'15"	1 h 49'30"	2 h 07'45"	2 h 26'00"	2 h 34'00"
3'40"	18'20"	36'40"	55'00"	1 h 13'20"	1 h 17'21"	1 h 31'40"	1 h 50'00"	2 h 08'20"	2 h 26'40"	2 h 34'42"
3'41"	18'25"	36'50"	55'15"	1 h 13'40"	1 h 17'43"	1 h 32'05"	1 h 50'30"	2 h 08'55"	2 h 27'20"	2 h 35'25"
3'42"	18'30"	37'00"	55'30"	1 h 14'00"	1 h 18'03"	1 h 32'30"	1 h 51'00"	2 h 09'30"	2 h 28'00"	2 h 36'07"
3'43"	18'35"	37'10"	55'45"	1 h 14'20"	1 h 18'25"	1 h 32'55"	1 h 51'30"	2 h 10'05"	2 h 28'40"	2 h 36'49"
3'44"	18'40"	37'20"	56'00"	1 h 14'40"	1 h 18'46"	1 h 33'20"	1 h 52'00"	2 h 10'40"	2 h 29'20"	2 h 37'31"
3'45"	18'45"	37'30"	56'15"	1 h 15'00"	1 h 19'07"	1 h 23'45"	1 h 52'30"	2 h 11'15"	2 h 30'00"	2 h 38'13"