

Tabela - Ritmo de Corrida

Minutos /km	5km	10km	15km	20km	Meia Maratona	25km	30km	35km	40km	Maratona
03:00	15:00	00:30:00	00:45:00	01:00:00	01:03:17	01:15:00	01:30:00	01:45:00	02:00:00	02:06:35
03:05	15:25	00:30:50	00:46:15	01:01:40	01:05:02	01:17:05	01:32:30	01:47:55	02:03:20	02:10:06
03:10	15:50	00:31:40	00:47:30	01:03:20	01:06:48	01:19:10	01:35:00	01:50:50	02:06:40	02:13:37
03:15	16:15	00:32:30	00:48:45	01:05:00	01:08:33	01:21:15	01:37:30	01:53:45	02:10:00	02:17:08
03:20	16:40	00:33:20	00:50:00	01:06:40	01:10:19	01:23:20	01:40:00	01:56:40	02:13:20	02:20:39
03:25	17:05	00:34:10	00:51:15	01:08:20	01:12:04	01:25:25	01:42:30	01:59:35	02:16:40	02:24:10
03:30	17:30	00:35:00	00:52:30	01:10:00	01:13:50	01:27:30	01:45:00	02:02:30	02:20:00	02:27:41
03:35	17:55	00:35:50	00:53:45	01:11:40	01:15:35	01:29:35	01:47:30	02:05:25	02:23:20	02:31:12
03:40	18:20	00:36:40	00:55:00	01:13:20	01:17:21	01:31:40	01:50:00	02:08:20	02:26:40	02:34:43
03:45	18:45	00:37:30	00:56:15	01:15:00	01:19:06	01:33:45	01:52:30	02:11:15	02:30:00	02:38:14
03:50	19:10	00:38:20	00:57:30	01:16:40	01:20:52	01:35:50	01:55:00	02:14:10	02:33:20	02:41:45
03:55	19:35	00:39:10	00:58:45	01:18:20	01:22:37	01:37:55	01:57:30	02:17:05	02:36:40	02:45:16
04:00	20:00	00:40:00	01:00:00	01:20:00	01:24:23	01:40:00	02:00:00	02:20:00	02:40:00	02:48:47
04:05	20:25	00:40:50	01:01:15	01:21:40	01:26:08	01:42:05	02:02:30	02:22:55	02:43:20	02:52:18
04:10	20:50	00:41:40	01:02:30	01:23:20	01:27:54	01:44:10	02:05:00	02:25:50	02:46:40	02:55:49
04:15	21:15	00:42:30	01:03:45	01:25:00	01:29:39	01:46:15	02:07:30	02:28:45	02:50:00	02:59:20
04:20	21:40	00:43:20	01:05:00	01:26:40	01:31:25	01:48:20	02:10:00	02:31:40	02:53:20	03:02:51
04:25	22:05	00:44:10	01:06:15	01:28:20	01:33:10	01:50:25	02:12:30	02:34:35	02:56:40	03:06:22
04:30	22:30	00:45:00	01:07:30	01:30:00	01:34:56	01:52:30	02:15:00	02:37:30	03:00:00	03:09:53
04:35	22:55	00:45:50	01:08:45	01:31:40	01:36:41	01:54:35	02:17:30	02:40:25	03:03:20	03:13:24
04:40	23:20	00:46:40	01:10:00	01:33:20	01:38:27	01:56:40	02:20:00	02:43:20	03:06:40	03:16:55
04:45	23:45	00:47:30	01:11:15	01:35:00	01:40:12	01:58:45	02:22:30	02:46:15	03:10:00	03:20:26
04:50	24:10:00	00:48:20	01:12:30	01:36:40	01:41:58	02:00:50	02:25:00	02:49:10	03:13:20	03:23:57
04:55	24:35:00	00:49:10	01:13:45	01:38:20	01:43:43	02:02:55	02:27:30	02:52:05	03:16:40	03:27:28
05:00	25:00:00	00:50:00	01:15:00	01:40:00	01:45:29	02:05:00	02:30:00	02:55:00	03:20:00	03:30:59
05:05	25:25:00	00:50:50	01:16:15	01:41:40	01:47:14	02:07:05	02:32:30	02:57:55	03:23:20	03:34:30
05:10	25:50:00	00:51:40	01:17:30	01:43:20	01:49:00	02:09:10	02:35:00	03:00:50	03:26:40	03:38:00
05:15	26:15:00	00:52:30	01:18:45	01:45:00	01:50:45	02:11:15	02:37:30	03:03:45	03:30:00	03:41:31
05:20	26:40:00	00:53:20	01:20:00	01:46:40	01:52:31	02:13:20	02:40:00	03:06:40	03:33:20	03:45:02
05:25	27:05:00	00:54:10	01:21:15	01:48:20	01:54:16	02:15:25	02:42:30	03:09:35	03:36:40	03:48:33
05:30	27:30:00	00:55:00	01:22:30	01:50:00	01:56:02	02:17:30	02:45:00	03:12:30	03:40:00	03:52:04
05:35	27:55:00	00:55:50	01:23:45	01:51:40	01:57:47	02:19:35	02:47:30	03:15:25	03:43:20	03:55:35
05:40	28:20:00	00:56:40	01:25:00	01:53:20	01:59:33	02:21:40	02:50:00	03:18:20	03:46:40	03:59:06
05:45	28:45:00	00:57:30	01:26:15	01:55:10	02:01:18	02:23:45	02:52:30	03:21:15	03:50:00	04:02:37
05:50	29:10:00	00:58:20	01:27:30	01:56:40	02:03:04	02:25:50	02:55:00	03:24:10	03:53:20	04:06:08
05:55	29:35:00	00:59:10	01:28:45	01:58:20	02:04:49	02:27:55	02:57:30	03:27:05	03:56:40	04:09:39
06:00	30:00:00	01:00:00	01:30:00	02:00:00	02:06:35	02:30:00	03:00:00	03:30:00	04:00:00	04:13:10
06:05	30:25:00	01:00:50	01:31:15	02:01:40	02:08:20	02:32:05	03:02:30	03:32:55	04:03:20	04:16:41
06:10	30:50:00	01:01:40	01:32:30	02:03:20	02:10:06	02:34:10	03:05:00	03:35:50	04:06:40	04:20:12
06:15	31:15:00	01:02:30	01:33:45	02:05:00	02:11:51	02:36:15	03:07:30	03:38:45	04:10:00	04:23:43
06:20	31:40:00	01:03:20	01:35:00	02:06:40	02:13:37	02:38:20	03:10:00	03:41:40	04:13:20	04:27:14
06:25	32:05:00	01:04:10	01:36:15	02:28:20	02:15:22	02:40:25	03:12:30	03:44:35	04:16:40	04:30:45
06:30	32:30:00	01:05:00	01:37:30	02:10:00	02:17:08	02:42:30	03:15:00	03:47:30	04:20:00	04:34:16
06:35	32:55:00	01:05:50	01:38:45	02:11:40	02:18:53	02:44:35	03:17:30	03:50:25	04:23:20	04:37:47
06:40	33:20:00	01:06:40	01:40:00	02:13:20	02:20:39	02:46:40	03:20:00	03:53:20	04:26:40	04:41:18
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06:50	34:10:00	01:08:20	01:42:30	02:16:40	02:24:10	02:50:50	03:25:00	03:59:10	04:33:20	04:48:20
06:55	34:35:00	01:09:10	01:43:45	02:18:20	02:25:55	02:52:55	03:27:30	03:52:05	04:36:40	04:51:51
07:00	35:00:00	01:10:00	01:45:00	02:20:00	02:27:41	02:55:00	03:30:00	04:05:00	04:40:00	04:55:22
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07:30	37:30:00	01:15:00	01:52:30	02:30:00	02:38:14	03:07:30	03:45:00	04:22:30	05:00:00	05:16:28
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