

# TABLA DE RITMOS DE RUNNING

1KM	5KM	10KM	15KM	20KM	HM	25KM	30KM	35KM	40KM	M	KM/H
0:03:00	0:15:00	0:30:00	0:45:00	1:00:00	<b>1:03:18</b>	1:15:00	1:30:00	1:45:00	2:00:00	<b>2:06:35</b>	20,00
0:03:05	0:15:25	0:30:50	0:46:15	1:01:40	<b>1:05:03</b>	1:17:05	1:32:30	1:47:55	2:03:20	<b>2:10:06</b>	19,46
0:03:10	0:15:50	0:31:40	0:47:30	1:03:20	<b>1:06:49</b>	1:19:10	1:35:00	1:50:50	2:06:40	<b>2:13:37</b>	18,95
0:03:15	0:16:15	0:32:30	0:48:45	1:05:00	<b>1:08:34</b>	1:21:15	1:37:30	1:53:45	2:10:00	<b>2:17:08</b>	18,46
0:03:20	0:16:40	0:33:20	0:50:00	1:06:40	<b>1:10:20</b>	1:23:20	1:40:00	1:56:40	2:13:20	<b>2:20:39</b>	18,00
0:03:25	0:17:05	0:34:10	0:51:15	1:08:20	<b>1:12:05</b>	1:25:25	1:42:30	1:59:35	2:16:40	<b>2:24:10</b>	17,56
0:03:30	0:17:30	0:35:00	0:52:30	1:10:00	<b>1:13:50</b>	1:27:30	1:45:00	2:02:30	2:20:00	<b>2:27:41</b>	17,14
0:03:35	0:17:55	0:35:50	0:53:45	1:11:40	<b>1:15:36</b>	1:29:35	1:47:30	2:05:25	2:23:20	<b>2:31:12</b>	16,74
0:03:40	0:18:20	0:36:40	0:55:00	1:13:20	<b>1:17:21</b>	1:31:40	1:50:00	2:08:20	2:26:40	<b>2:34:43</b>	16,36
0:03:45	0:18:45	0:37:30	0:56:15	1:15:00	<b>1:19:07</b>	1:33:45	1:52:30	2:11:15	2:30:00	<b>2:38:14</b>	16,00
0:03:50	0:19:10	0:38:20	0:57:30	1:16:40	<b>1:20:52</b>	1:35:50	1:55:00	2:14:10	2:33:20	<b>2:41:45</b>	15,65
0:03:55	0:19:35	0:39:10	0:58:45	1:18:20	<b>1:22:38</b>	1:37:55	1:57:30	2:17:05	2:36:40	<b>2:45:16</b>	15,32
0:04:00	0:20:00	0:40:00	1:00:00	1:20:00	<b>1:24:23</b>	1:40:00	2:00:00	2:20:00	2:40:00	<b>2:48:47</b>	15,00
0:04:05	0:20:25	0:40:50	1:01:15	1:21:40	<b>1:26:09</b>	1:42:05	2:02:30	2:22:55	2:43:20	<b>2:52:18</b>	14,69
0:04:10	0:20:50	0:41:40	1:02:30	1:23:20	<b>1:27:54</b>	1:44:10	2:05:00	2:25:50	2:46:40	<b>2:55:49</b>	14,40
0:04:15	0:21:15	0:42:30	1:03:45	1:25:00	<b>1:29:40</b>	1:46:15	2:07:30	2:28:45	2:50:00	<b>2:59:20</b>	14,12
0:04:20	0:21:40	0:43:20	1:05:00	1:26:40	<b>1:31:25</b>	1:48:20	2:10:00	2:31:40	2:53:20	<b>3:02:51</b>	13,85
0:04:25	0:22:05	0:44:10	1:06:15	1:28:20	<b>1:33:11</b>	1:50:25	2:12:30	2:34:35	2:56:40	<b>3:06:22</b>	13,58
0:04:30	0:22:30	0:45:00	1:07:30	1:30:00	<b>1:34:56</b>	1:52:30	2:15:00	2:37:30	3:00:00	<b>3:09:53</b>	13,33
0:04:35	0:22:55	0:45:50	1:08:45	1:31:40	<b>1:36:42</b>	1:54:35	2:17:30	2:40:25	3:03:20	<b>3:13:24</b>	13,09
0:04:40	0:23:20	0:46:40	1:10:00	1:33:20	<b>1:38:27</b>	1:56:40	2:20:00	2:43:20	3:06:40	<b>3:16:55</b>	12,86
0:04:45	0:23:45	0:47:30	1:11:15	1:35:00	<b>1:40:13</b>	1:58:45	2:22:30	2:46:15	3:10:00	<b>3:20:26</b>	12,63
0:04:50	0:24:10	0:48:20	1:12:30	1:36:40	<b>1:41:58</b>	2:00:50	2:25:00	2:49:10	3:13:20	<b>3:23:57</b>	12,41
0:04:55	0:24:35	0:49:10	1:13:45	1:38:20	<b>1:43:44</b>	2:02:55	2:27:30	2:52:05	3:16:40	<b>3:27:28</b>	12,20
0:05:00	0:25:00	0:50:00	1:15:00	1:40:00	<b>1:45:29</b>	2:05:00	2:30:00	2:55:00	3:20:00	<b>3:30:59</b>	12,00
0:05:05	0:25:25	0:50:50	1:16:15	1:41:40	<b>1:47:15</b>	2:07:05	2:32:30	2:57:55	3:23:20	<b>3:34:29</b>	11,80
0:05:10	0:25:50	0:51:40	1:17:30	1:43:20	<b>1:49:00</b>	2:09:10	2:35:00	3:00:50	3:26:40	<b>3:38:00</b>	11,61
0:05:15	0:26:15	0:52:30	1:18:45	1:45:00	<b>1:50:46</b>	2:11:15	2:37:30	3:03:45	3:30:00	<b>3:41:31</b>	11,43
0:05:20	0:26:40	0:53:20	1:20:00	1:46:40	<b>1:52:31</b>	2:13:20	2:40:00	3:06:40	3:33:20	<b>3:45:02</b>	11,25
0:05:25	0:27:05	0:54:10	1:21:15	1:48:20	<b>1:54:17</b>	2:15:25	2:42:30	3:09:35	3:36:40	<b>3:48:33</b>	11,08
0:05:30	0:27:30	0:55:00	1:22:30	1:50:00	<b>1:56:02</b>	2:17:30	2:45:00	3:12:30	3:40:00	<b>3:52:04</b>	10,91
0:05:35	0:27:55	0:55:50	1:23:45	1:51:40	<b>1:57:48</b>	2:19:35	2:47:30	3:15:25	3:43:20	<b>3:55:35</b>	10,75
0:05:40	0:28:20	0:56:40	1:25:00	1:53:20	<b>1:59:33</b>	2:21:40	2:50:00	3:18:20	3:46:40	<b>3:59:06</b>	10,59
0:05:45	0:28:45	0:57:30	1:26:15	1:55:00	<b>2:01:19</b>	2:23:45	2:52:30	3:21:15	3:50:00	<b>4:02:37</b>	10,43
0:05:50	0:29:10	0:58:20	1:27:30	1:56:40	<b>2:03:04</b>	2:25:50	2:55:00	3:24:10	3:53:20	<b>4:06:08</b>	10,29
0:05:55	0:29:35	0:59:10	1:28:45	1:58:20	<b>2:04:50</b>	2:27:55	2:57:30	3:27:05	3:56:40	<b>4:09:39</b>	10,14
0:06:00	0:30:00	1:00:00	1:30:00	2:00:00	<b>2:06:35</b>	2:30:00	3:00:00	3:30:00	4:00:00	<b>4:13:10</b>	10,00
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0:06:10	0:30:50	1:01:40	1:32:30	2:03:20	<b>2:10:06</b>	2:34:10	3:05:00	3:35:50	4:06:40	<b>4:20:12</b>	09,73
0:06:15	0:31:15	1:02:30	1:33:45	2:05:00	<b>2:11:52</b>	2:36:15	3:07:30	3:38:45	4:10:00	<b>4:23:43</b>	09,60
0:06:20	0:31:40	1:03:20	1:35:00	2:06:40	<b>2:13:37</b>	2:38:20	3:10:00	3:41:40	4:13:20	<b>4:27:14</b>	09,47
0:06:25	0:32:05	1:04:10	1:36:15	2:08:20	<b>2:15:23</b>	2:30:25	3:12:30	3:44:35	4:16:40	<b>4:30:45</b>	09,35
0:06:30	0:32:30	1:05:00	1:37:30	2:10:00	<b>2:17:08</b>	2:42:30	3:15:00	3:47:30	4:20:00	<b>4:34:16</b>	09,23