

## Tabla de Tiempos de Paso y de Final en el Medio Maratón

Tabla para calcular el ritmo por km, y de paso, en función del objetivo final:

Ritmo 1KM	KM 5	KM 10	KM 15	KM 20	½ Mar.
3:45	18:45	37:30	56:15	1:15:00	1:19:07
3:50	19:10	38:20	57:30	1:16:40	1:20:52
3:55	19:35	39:10	58:45	1:18:20	1:22:38
4:00	20:00	40:00	1:00:00	1:20:00	1:24:23
4:05	20:25	40:50	1:01:15	1:21:40	1:26:09
4:10	20:50	41:40	1:02:30	1:23:20	1:27:54
4:15	21:15	42:30	1:03:45	1:25:00	1:29:40
4:20	21:40	43:20	1:05:00	1:26:40	1:31:25
4:25	22:05	44:10	1:06:15	1:28:20	1:33:11
4:30	22:30	45:00	1:07:30	1:30:00	1:34:56
4:35	22:55	45:50	1:08:45	1:31:40	1:36:42
4:40	23:20	46:40	1:10:00	1:33:20	1:38:27
4:45	23:45	47:30	1:11:15	1:35:00	1:40:13
4:50	24:10	48:20	1:12:30	1:36:40	1:41:58
4:55	24:35	49:10	1:13:45	1:38:20	1:43:44
5:00	25:00	50:00	1:15:00	1:40:00	1:45:29
5:05	25:25	50:50	1:16:15	1:41:40	1:47:15
5:10	25:50	51:40	1:17:30	1:43:20	1:49:00
5:15	26:15	52:30	1:18:45	1:45:00	1:50:46
5:20	26:40	53:20	1:20:00	1:46:40	1:52:31
5:25	27:05	54:10	1:21:15	1:48:20	1:54:17
5:30	27:30	55:00	1:22:30	1:50:00	1:56:02
5:35	27:55	55:50	1:23:45	1:51:40	1:57:48
5:40	28:20	56:40	1:25:00	1:53:20	1:59:34
5:45	28:45	57:30	1:26:15	1:55:00	2:01:20
5:50	29:10	58:20	1:27:30	1:56:40	2:03:05
5:55	29:35	59:10	1:28:45	1:58:20	2:04:52
6:00	30:00	1:00:00	1:30:00	2:00:00	2:06:36
6:05	30:25	1:00:50	1:31:15	2:01:40	2:08:22
6:10	30:50	1:01:40	1:32:30	2:03:20	2:10:08
6:15	31:15	1:02:30	1:33:45	2:05:00	2:11:52
6:20	31:40	1:03:20	1:35:00	2:06:40	2:13:48
6:25	32:05	1:04:10	1:42:00	2:07:58	2:15:06
6:30	32:30	1:05:00	1:37:30	2:10:00	2:17:10
6:35	32:55	1:05:50	1:38:45	2:11:40	2:18:55
6:40	33:20	1:06:40	1:40:00	2:13:20	2:20:40
6:45	33:45	1:07:30	1:41:15	2:15:00	2:22:25
6:50	34:10	1:08:20	1:42:30	2:16:00	2:23:31
6:55	34:35	1:09:10	1:43:45	2:18:15	2:25:51
7:00	35:00	1:10:00	1:45:00	2:20:00	2:27:39
7:05	35:25	1:11:00	1:46:38	2:22:11	2:29:59