

| | 4:30 | | | 5:00 | | | 5:30 | | | 6:00 | | | 06:30 | | | 06:45 | | |
|--------------------|-------|---|-------|-------|---|-------|-------|---|-------|-------|---|-------|-------|---|-------|-------|---|-------|
| Varighedsløb | 04:10 | - | 04:34 | 04:39 | - | 05:06 | 05:26 | - | 05:57 | 06:14 | - | 06:49 | 06:26 | - | 07:03 | 06:54 | - | 07:33 |
| Marathon tempo | 03:57 | - | 04:10 | 04:24 | - | 04:39 | 05:08 | - | 05:26 | 05:53 | - | 06:14 | 06:05 | - | 06:26 | 06:31 | - | 06:54 |
| Halvmarathon tempo | 03:45 | - | 03:57 | 04:11 | - | 04:24 | 04:53 | - | 05:08 | 05:36 | - | 05:53 | 05:47 | - | 06:47 | 06:12 | - | 06:31 |
| 10km tempo | 03:37 | - | 03:45 | 04:03 | - | 04:11 | 04:43 | - | 04:53 | 05:25 | - | 05:36 | 05:35 | - | 05:47 | 06:00 | - | 06:12 |
| 5km tempo | 03:25 | - | 03:37 | 03:48 | - | 04:03 | 04:27 | - | 04:43 | 05:06 | - | 05:25 | 05:16 | - | 06:35 | 05:38 | - | 06:00 |
| 3km tempo | 03:20 | - | 03:25 | 03:44 | - | 03:48 | 04:21 | - | 04:27 | 04:59 | - | 05:06 | 05:09 | - | 05:16 | 05:31 | - | 05:38 |
| 1500m tempo | 03:14 | - | 03:10 | 03:36 | - | 03:44 | 04:12 | - | 04:21 | 04:49 | - | 04:59 | 04:59 | - | 05:09 | 05:20 | - | 05:31 |
| 400m-1000m tempo | ? | - | 03:14 | ? | - | 03:36 | ? | - | 04:12 | ? | - | 04:49 | ? | - | 04:59 | ? | - | 05:20 |