

KM	Pace (min/km)	Time	Elevation (m)
1	05:20	00:05:20	2
2	05:20	00:10:40	0
3	05:20	00:16:00	1
4	05:20	00:21:20	0
5	05:20	00:26:40	0
6	05:20	00:32:00	0
7	05:20	00:37:20	0
8	05:20	00:42:40	0
9	05:20	00:48:00	0
10	05:30	00:53:30	20
11	05:20	00:58:50	4
12	05:00	01:03:50	-20
13	05:20	01:09:10	-2
14	05:20	01:14:30	1
15	05:20	01:19:50	0
16	05:20	01:25:10	0
17	05:30	01:30:40	9
18	05:20	01:36:00	2
19	05:30	01:41:30	8
20	05:10	01:46:40	-7
21	05:10	01:51:50	-5
22	05:20	01:57:10	1
23	05:20	02:02:30	1
24	05:20	02:07:50	-2
25	05:20	02:13:10	-1
26	05:20	02:18:30	0
27	05:20	02:23:50	0
28	05:20	02:29:10	0
29	05:20	02:34:30	0
30	05:20	02:39:50	-1
31	05:10	02:45:00	-6
32	05:20	02:50:20	2
33	05:20	02:55:40	-1
34	05:20	03:01:00	1
35	05:20	03:06:20	-1
36	05:40	03:12:00	25
37	05:10	03:17:10	-11
38	05:10	03:22:20	-13
39	05:20	03:27:40	-1
40	05:20	03:33:00	-1
41	05:20	03:38:20	0
42	05:20	03:43:40	0
42.195	05:20	03:44:42	0