

## London Marathon 2008

**Pedro T.**

	Acumulado	Ritmo acum.	Splits	Ritmo splits		
5 km	00:23:10	00:04:38	00:23:10	00:04:38		
10 km	00:45:09	00:04:31	00:21:59	00:04:24		
15 km	01:07:13	00:04:29	00:22:04	00:04:25		
20 km	01:29:16	00:04:28	00:22:03	00:04:25	<b>1ª meia</b>	<b>Ritmo 1ª meia</b>
Meia	<b>01:33:48</b>	<b>00:04:27</b>	00:04:32	00:04:08	01:33:48	00:04:27
25 km	01:49:47	00:04:23	00:20:31	<b>00:04:06</b>		
30 km	02:10:48	00:04:22	00:21:01	00:04:12		
35 km	02:32:03	00:04:21	00:21:15	00:04:15		
40 km	02:53:20	00:04:20	00:21:17	00:04:15	<b>2ª meia</b>	<b>Ritmo 2ª meia</b>
Fim	<b>03:02:37</b>	<b>00:04:20</b>	00:09:17	00:04:14	01:28:49	00:04:13

**Luís N.**

	Acumulado	Ritmo acum.	Splits	Ritmo splits		
5 km	00:23:10	00:04:38	00:23:10	00:04:38		
10 km	00:45:09	00:04:31	00:21:59	<b>00:04:24</b>		
15 km	01:07:14	00:04:29	00:22:05	00:04:25		
20 km	01:29:21	00:04:28	00:22:07	00:04:25	<b>1ª meia</b>	<b>Ritmo 1ª meia</b>
Meia	<b>01:34:14</b>	<b>00:04:28</b>	00:04:53	00:04:28	01:34:14	00:04:28
25 km	01:53:31	00:04:32	00:24:10	00:04:50		
30 km	02:21:58	00:04:44	00:28:27	00:05:41		
35 km	02:50:03	00:04:52	00:28:05	00:05:37		
40 km	03:15:50	00:04:54	00:25:47	00:05:09	<b>2ª meia</b>	<b>Ritmo 2ª meia</b>
Fim	<b>03:26:53</b>	<b>00:04:54</b>	00:11:03	00:05:02	01:52:39	00:05:20

**Carlos F. e Pedro O.**

	Acumulado	Ritmo acum.	Splits	Ritmo splits		
5 km	00:25:44	00:05:09	00:25:44	00:05:09		
10 km	00:50:08	00:05:01	00:24:24	<b>00:04:53</b>		
15 km	01:14:55	00:05:00	00:24:47	00:04:57		
20 km	01:39:47	00:04:59	00:24:52	00:04:58	<b>1ª meia</b>	<b>Ritmo 1ª meia</b>
Meia	<b>01:45:13</b>	<b>00:04:59</b>	00:05:26	00:04:58	01:45:13	00:04:59
25 km	02:04:45	<b>00:04:59</b>	00:24:58	00:05:00		
30 km	02:30:02	00:05:00	00:25:17	00:05:03		
35 km	02:55:02	00:05:00	00:25:00	00:05:00		
40 km	03:20:12	00:05:00	00:25:10	00:05:02	<b>2ª meia</b>	<b>Ritmo 2ª meia</b>
Fim	<b>03:30:53</b>	<b>00:05:00</b>	00:10:41	00:04:52	01:45:40	00:05:01

**Nuno C.**

	Acumulado	Ritmo acum.	Splits	Ritmo splits		
5 km	00:25:55	00:05:11	00:25:55	00:05:11		
10 km	00:50:10	00:05:01	00:24:15	<b>00:04:51</b>		
15 km	01:14:42	00:04:59	00:24:32	00:04:54		
20 km	01:39:20	00:04:58	00:24:38	00:04:56	<b>1ª meia</b>	<b>Ritmo 1ª meia</b>
Meia	<b>01:44:38</b>	<b>00:04:58</b>	00:05:18	00:04:50	01:44:38	00:04:58
25 km	02:04:11	<b>00:04:58</b>	00:24:51	00:04:58		
30 km	02:30:05	00:05:00	00:25:54	00:05:11		
35 km	02:57:45	00:05:05	00:27:40	00:05:32		
40 km	03:26:22	00:05:10	00:28:37	00:05:43	<b>2ª meia</b>	<b>Ritmo 2ª meia</b>
Fim	<b>03:39:48</b>	<b>00:05:13</b>	00:13:26	00:06:07	01:55:10	00:05:28