

**Previsione Tempo della Maratona in base al tempo ottenuto nella 21km**

Tempo 21km	Tempo nella Maratona (Ore/min/sec)					
	PRINCIPANTE		AMATORE ESORDIENTE		AMATORE ESPERTO	
1.20'	2.57'35"	3.01'06"	2.54'06"	2.57'35"	2.50'33"	2.54'06"
1.22'	3.01'35"	3'05'06"	2.58'06"	3.01'35"	2.54'33"	2.58'06"
1.24'	3.05'35"	3.09'06"	3.02'06"	3.05'35"	2.58'33"	3.02'06"
1.26'	3.09'35"	3.13'06"	3.06'06"	3.09'35"	3.02'33"	3.06'06"
1.28'	3.13'35"	3.17'06"	3.10'06"	3.13'35"	3.06'33"	3.10'06"
1.30'	3.17'35"	3.21'06"	3.14'06"	3.17'35"	3.10'33"	3.14'06"
1.32'	3.21'35"	3.25'06"	3.18'06"	3.21'35"	3.14'33"	3'18'06"
1.34'	3.25'35"	3.29'06"	3.22'06"	3.25'35"	3.18'33"	3.22'06"
1.36'	3.29'35"	3.33'06"	3.26'06"	3.29'35"	3.22'33"	3.26'06"
1.38'	3.33'35"	3.39'06"	3.30'06"	3.33'35"	3.26'33"	3.30'06"
1.40'	3.37'35"	3.41'06"	3.34'06"	3.37'35"	3.30'33"	3.34'06"
1.42'	3.41'35"	3.45'06"	3.38'06"	3.41'35"	3.34'33"	3.38'06"
1.44'	3.45'35"	3.49'06"	3.42'06"	3.45'35"	3.38'33"	3'42'06"
1.46'	3.49'35"	3.53'06"	3.46'06"	3.49'35"	3.42'33"	3.46'06"
1.48'	3.53'35"	3.57'06"	3.50'06"	3.53'35"	3.46'33"	3.50'06"
1.50'	3.57'35"	4.01'06"	3.54'06"	3.57'35"	3.50'33"	3.54'06"
1.52'	4.01'35"	4.07'06"	3.58'06"	4.01'35"	3.54'33"	3.58'06"
1.54'	4.05'35"	4.09'06"	4.02'06"	4.05'35"	3.58'33"	4.02'06"
1.56'	4.09'35"	4.13'06"	4.06'06"	4.09'35"	4.02'33"	4.06'06"
1.58'	4.13'35"	4.17'06"	4.10'06"	4.13'35"	4.06'33"	4.10'06"
2.00'	4.17'35"	4.21'06"	4.14'06"	4.17'35"	4.10'33"	4.14'06"
2.02'	4.21'35"	4.25'06"	4.18'06"	4.21'35"	4.14'33"	4.18'06"
2.04'	4.25'35"	4'29'06"	4.22'06"	4.25'35"	4.18'33"	4.22'06"
2.06'	4.29'35"	4.31'06"	4.26'06"	4.29'35"	4.22'33"	4.26'06"
2.08'	4.33'35"	4.35'06"	4'30'06"	4.33'35"	4.26'33"	4'30'06"
2.10'	4.37'35"	4.39'06"	4'34'06"	4'37'35"	4.30'33"	4.34'06"
2.12'	4.41'35"	4.43'04"	4.38'06"	4.41'35"	4.34'33"	4.38'06"
2.14'	4.45'35"	4.47'06"	4.42'06"	4.45'35"	4.38'33"	4.42'06"
2.16'	4.49'35"	4.51'06"	4.46'06"	4.49'35"	4.42'33"	4.46'06"
2.18'	4.53'35"	4.55'06"	4.50'06"	4.53'35"	4.46'33"	4.50'06"
2.20'	4.57'35"	4.59'06"	4.54'06"	4.57'35"	4.50'33"	4.54'06"
2.22'	5.01'35"	5.03'06"	4.58'06"	5.01'35"	4.54'33"	4.58'06"
2.24'	5.05'35"	5.07'06"	5.02'06"	5.05'35"	4.58'33"	5.02'06"
2.26'	5.09'35"	5.11'06"	5.06'06"	5.09'35"	5.02'33"	5.06'06"
2.28'	5.13'35"	5.15'06"	5'10'06"	5'13'35"	5.06'33"	5.10'06"
2.30'	5.17'35"	5.21'06"	5.14'06"	5.17'06"	5.10'33'	5.14'06"
2.32'	5.21'35"	5.25'06"	5.18'06"	5.21'35"	5.14'33"	5.18'06"
2.34'	5.25'35"	5.29'06"	5.22'06"	5.25'35"	5.18'33"	5.22'06"
2.36'	5.29'35"	5.33'06"	5.26'06"	5.29'35"	5.22'33"	5.26'06"
2.38'	5.33'35"	5.37'06"	5.30'06"	5.33'35"	5.26'33"	5.30'06"
2.40'	5.37'35"	5.41'06"	5.34'06"	5.37'35"	5.30'33"	5'34'06"

**Fonte originale : La mia Maratona - Enrico Arcelli ; Fulvio Massini ; Ed correre**