

Men's Middle Distances

Courses de Demi-Fond

by **Dr. Bojdar Spiriev**

Points	600m	800m	1000m	1500m	Mile	2000m
1400	1:09.21	1:37.65	2:06.45	3:19.44	3:35.31	4:34.64
1399	1:09.24	1:37.68	2:06.49	3:19.50	3:35.38	4:34.73
1398	1:09.26	1:37.71	2:06.53	3:19.57	3:35.45	4:34.82
1397	1:09.28	1:37.74	2:06.58	3:19.64	3:35.52	4:34.91
1396	1:09.30	1:37.77	2:06.62	3:19.70	3:35.59	4:35.00
1395	1:09.32	1:37.80	2:06.66	3:19.77	3:35.67	4:35.09
1394	1:09.34	1:37.83	2:06.70	3:19.83	3:35.74	4:35.18
1393	1:09.37	1:37.87	2:06.74	3:19.90	3:35.81	4:35.27
1392	1:09.39	1:37.90	2:06.79	3:19.97	3:35.88	4:35.36
1391	1:09.41	1:37.93	2:06.83	3:20.03	3:35.95	4:35.45
1390	1:09.43	1:37.96	2:06.87	3:20.10	3:36.02	4:35.54
1389	1:09.45	1:37.99	2:06.91	3:20.17	3:36.09	4:35.63
1388	1:09.48	1:38.02	2:06.96	3:20.23	3:36.17	4:35.72
1387	1:09.50	1:38.05	2:07.00	3:20.30	3:36.24	4:35.82
1386	1:09.52	1:38.08	2:07.04	3:20.37	3:36.31	4:35.91
1385	1:09.54	1:38.11	2:07.08	3:20.43	3:36.38	4:36.00
1384	1:09.56	1:38.14	2:07.13	3:20.50	3:36.45	4:36.09
1383	1:09.58	1:38.18	2:07.17	3:20.57	3:36.52	4:36.18
1382	1:09.61	1:38.21	2:07.21	3:20.63	3:36.60	4:36.27
1381	1:09.63	1:38.24	2:07.26	3:20.70	3:36.67	4:36.36
1380	1:09.65	1:38.27	2:07.30	3:20.77	3:36.74	4:36.45
1379	1:09.67	1:38.30	2:07.34	3:20.83	3:36.81	4:36.54
1378	1:09.69	1:38.33	2:07.38	3:20.90	3:36.88	4:36.63
1377	1:09.72	1:38.36	2:07.43	3:20.97	3:36.96	4:36.73
1376	1:09.74	1:38.39	2:07.47	3:21.03	3:37.03	4:36.82
1375	1:09.76	1:38.42	2:07.51	3:21.10	3:37.10	4:36.91
1374	1:09.78	1:38.46	2:07.55	3:21.17	3:37.17	4:37.00
1373	1:09.80	1:38.49	2:07.60	3:21.23	3:37.24	4:37.09
1372	1:09.82	1:38.52	2:07.64	3:21.30	3:37.32	4:37.18
1371	1:09.85	1:38.55	2:07.68	3:21.37	3:37.39	4:37.27
1370	1:09.87	1:38.58	2:07.72	3:21.44	3:37.46	4:37.37
1369	1:09.89	1:38.61	2:07.77	3:21.50	3:37.53	4:37.46
1368	1:09.91	1:38.64	2:07.81	3:21.57	3:37.60	4:37.55
1367	1:09.93	1:38.67	2:07.85	3:21.64	3:37.68	4:37.64
1366	1:09.96	1:38.70	2:07.90	3:21.70	3:37.75	4:37.73
1365	1:09.98	1:38.74	2:07.94	3:21.77	3:37.82	4:37.82
1364	1:10.00	1:38.77	2:07.98	3:21.84	3:37.89	4:37.91
1363	1:10.02	1:38.80	2:08.02	3:21.91	3:37.96	4:38.01
1362	1:10.04	1:38.83	2:08.07	3:21.97	3:38.04	4:38.10
1361	1:10.07	1:38.86	2:08.11	3:22.04	3:38.11	4:38.19
1360	1:10.09	1:38.89	2:08.15	3:22.11	3:38.18	4:38.28
1359	1:10.11	1:38.92	2:08.20	3:22.17	3:38.25	4:38.37
1358	1:10.13	1:38.95	2:08.24	3:22.24	3:38.33	4:38.47
1357	1:10.15	1:38.99	2:08.28	3:22.31	3:38.40	4:38.56
1356	1:10.18	1:39.02	2:08.33	3:22.38	3:38.47	4:38.65
1355	1:10.20	1:39.05	2:08.37	3:22.44	3:38.54	4:38.74
1354	1:10.22	1:39.08	2:08.41	3:22.51	3:38.62	4:38.83
1353	1:10.24	1:39.11	2:08.45	3:22.58	3:38.69	4:38.93
1352	1:10.27	1:39.14	2:08.50	3:22.65	3:38.76	4:39.02
1351	1:10.29	1:39.17	2:08.54	3:22.71	3:38.83	4:39.11

Points	600m	800m	1000m	1500m	Mile	2000m
1350	1:10.31	1:39.21	2:08.58	3:22.78	3:38.91	4:39.20
1349	1:10.33	1:39.24	2:08.63	3:22.85	3:38.98	4:39.29
1348	1:10.35	1:39.27	2:08.67	3:22.92	3:39.05	4:39.39
1347	1:10.38	1:39.30	2:08.71	3:22.98	3:39.12	4:39.48
1346	1:10.40	1:39.33	2:08.76	3:23.05	3:39.20	4:39.57
1345	1:10.42	1:39.36	2:08.80	3:23.12	3:39.27	4:39.66
1344	1:10.44	1:39.39	2:08.84	3:23.19	3:39.34	4:39.75
1343	1:10.46	1:39.43	2:08.89	3:23.25	3:39.42	4:39.85
1342	1:10.49	1:39.46	2:08.93	3:23.32	3:39.49	4:39.94
1341	1:10.51	1:39.49	2:08.97	3:23.39	3:39.56	4:40.03
1340	1:10.53	1:39.52	2:09.02	3:23.46	3:39.63	4:40.12
1339	1:10.55	1:39.55	2:09.06	3:23.52	3:39.71	4:40.22
1338	1:10.58	1:39.58	2:09.10	3:23.59	3:39.78	4:40.31
1337	1:10.60	1:39.61	2:09.15	3:23.66	3:39.85	4:40.40
1336	1:10.62	1:39.65	2:09.19	3:23.73	3:39.93	4:40.49
1335	1:10.64	1:39.68	2:09.23	3:23.80	3:40.00	4:40.59
1334	1:10.66	1:39.71	2:09.28	3:23.86	3:40.07	4:40.68
1333	1:10.69	1:39.74	2:09.32	3:23.93	3:40.15	4:40.77
1332	1:10.71	1:39.77	2:09.36	3:24.00	3:40.22	4:40.87
1331	1:10.73	1:39.80	2:09.41	3:24.07	3:40.29	4:40.96
1330	1:10.75	1:39.84	2:09.45	3:24.14	3:40.36	4:41.05
1329	1:10.78	1:39.87	2:09.49	3:24.20	3:40.44	4:41.14
1328	1:10.80	1:39.90	2:09.54	3:24.27	3:40.51	4:41.24
1327	1:10.82	1:39.93	2:09.58	3:24.34	3:40.58	4:41.33
1326	1:10.84	1:39.96	2:09.62	3:24.41	3:40.66	4:41.42
1325	1:10.86	1:39.99	2:09.67	3:24.48	3:40.73	4:41.52
1324	1:10.89	1:40.03	2:09.71	3:24.54	3:40.80	4:41.61
1323	1:10.91	1:40.06	2:09.75	3:24.61	3:40.88	4:41.70
1322	1:10.93	1:40.09	2:09.80	3:24.68	3:40.95	4:41.80
1321	1:10.95	1:40.12	2:09.84	3:24.75	3:41.02	4:41.89
1320	1:10.98	1:40.15	2:09.88	3:24.82	3:41.10	4:41.98
1319	1:11.00	1:40.18	2:09.93	3:24.88	3:41.17	4:42.07
1318	1:11.02	1:40.22	2:09.97	3:24.95	3:41.24	4:42.17
1317	1:11.04	1:40.25	2:10.02	3:25.02	3:41.32	4:42.26
1316	1:11.07	1:40.28	2:10.06	3:25.09	3:41.39	4:42.35
1315	1:11.09	1:40.31	2:10.10	3:25.16	3:41.47	4:42.45
1314	1:11.11	1:40.34	2:10.15	3:25.23	3:41.54	4:42.54
1313	1:11.13	1:40.38	2:10.19	3:25.29	3:41.61	4:42.63
1312	1:11.16	1:40.41	2:10.23	3:25.36	3:41.69	4:42.73
1311	1:11.18	1:40.44	2:10.28	3:25.43	3:41.76	4:42.82
1310	1:11.20	1:40.47	2:10.32	3:25.50	3:41.83	4:42.92
1309	1:11.22	1:40.50	2:10.37	3:25.57	3:41.91	4:43.01
1308	1:11.25	1:40.53	2:10.41	3:25.64	3:41.98	4:43.10
1307	1:11.27	1:40.57	2:10.45	3:25.71	3:42.05	4:43.20
1306	1:11.29	1:40.60	2:10.50	3:25.77	3:42.13	4:43.29
1305	1:11.31	1:40.63	2:10.54	3:25.84	3:42.20	4:43.38
1304	1:11.33	1:40.66	2:10.58	3:25.91	3:42.28	4:43.48
1303	1:11.36	1:40.69	2:10.63	3:25.98	3:42.35	4:43.57
1302	1:11.38	1:40.73	2:10.67	3:26.05	3:42.42	4:43.66
1301	1:11.40	1:40.76	2:10.72	3:26.12	3:42.50	4:43.76

Points	600m	800m	1000m	1500m	Mile	2000m
1300	1:11.43	1:40.79	2:10.76	3:26.19	3:42.57	4:43.85
1299	1:11.45	1:40.82	2:10.80	3:26.26	3:42.65	4:43.95
1298	1:11.47	1:40.85	2:10.85	3:26.32	3:42.72	4:44.04
1297	1:11.49	1:40.89	2:10.89	3:26.39	3:42.79	4:44.13
1296	1:11.52	1:40.92	2:10.94	3:26.46	3:42.87	4:44.23
1295	1:11.54	1:40.95	2:10.98	3:26.53	3:42.94	4:44.32
1294	1:11.56	1:40.98	2:11.02	3:26.60	3:43.02	4:44.42
1293	1:11.58	1:41.01	2:11.07	3:26.67	3:43.09	4:44.51
1292	1:11.61	1:41.05	2:11.11	3:26.74	3:43.17	4:44.60
1291	1:11.63	1:41.08	2:11.16	3:26.81	3:43.24	4:44.70
1290	1:11.65	1:41.11	2:11.20	3:26.88	3:43.31	4:44.79
1289	1:11.67	1:41.14	2:11.24	3:26.94	3:43.39	4:44.89
1288	1:11.70	1:41.18	2:11.29	3:27.01	3:43.46	4:44.98
1287	1:11.72	1:41.21	2:11.33	3:27.08	3:43.54	4:45.08
1286	1:11.74	1:41.24	2:11.38	3:27.15	3:43.61	4:45.17
1285	1:11.76	1:41.27	2:11.42	3:27.22	3:43.69	4:45.26
1284	1:11.79	1:41.30	2:11.47	3:27.29	3:43.76	4:45.36
1283	1:11.81	1:41.34	2:11.51	3:27.36	3:43.83	4:45.45
1282	1:11.83	1:41.37	2:11.55	3:27.43	3:43.91	4:45.55
1281	1:11.85	1:41.40	2:11.60	3:27.50	3:43.98	4:45.64
1280	1:11.88	1:41.43	2:11.64	3:27.57	3:44.06	4:45.74
1279	1:11.90	1:41.47	2:11.69	3:27.64	3:44.13	4:45.83
1278	1:11.92	1:41.50	2:11.73	3:27.71	3:44.21	4:45.93
1277	1:11.95	1:41.53	2:11.78	3:27.78	3:44.28	4:46.02
1276	1:11.97	1:41.56	2:11.82	3:27.84	3:44.36	4:46.12
1275	1:11.99	1:41.59	2:11.86	3:27.91	3:44.43	4:46.21
1274	1:12.01	1:41.63	2:11.91	3:27.98	3:44.51	4:46.31
1273	1:12.04	1:41.66	2:11.95	3:28.05	3:44.58	4:46.40
1272	1:12.06	1:41.69	2:12.00	3:28.12	3:44.66	4:46.50
1271	1:12.08	1:41.72	2:12.04	3:28.19	3:44.73	4:46.59
1270	1:12.10	1:41.76	2:12.09	3:28.26	3:44.81	4:46.69
1269	1:12.13	1:41.79	2:12.13	3:28.33	3:44.88	4:46.78
1268	1:12.15	1:41.82	2:12.17	3:28.40	3:44.96	4:46.88
1267	1:12.17	1:41.85	2:12.22	3:28.47	3:45.03	4:46.97
1266	1:12.20	1:41.89	2:12.26	3:28.54	3:45.11	4:47.07
1265	1:12.22	1:41.92	2:12.31	3:28.61	3:45.18	4:47.16
1264	1:12.24	1:41.95	2:12.35	3:28.68	3:45.26	4:47.26
1263	1:12.26	1:41.98	2:12.40	3:28.75	3:45.33	4:47.35
1262	1:12.29	1:42.02	2:12.44	3:28.82	3:45.41	4:47.45
1261	1:12.31	1:42.05	2:12.49	3:28.89	3:45.48	4:47.54
1260	1:12.33	1:42.08	2:12.53	3:28.96	3:45.56	4:47.64
1259	1:12.36	1:42.11	2:12.58	3:29.03	3:45.63	4:47.73
1258	1:12.38	1:42.15	2:12.62	3:29.10	3:45.71	4:47.83
1257	1:12.40	1:42.18	2:12.67	3:29.17	3:45.78	4:47.92
1256	1:12.42	1:42.21	2:12.71	3:29.24	3:45.86	4:48.02
1255	1:12.45	1:42.24	2:12.75	3:29.31	3:45.93	4:48.12
1254	1:12.47	1:42.28	2:12.80	3:29.38	3:46.01	4:48.21
1253	1:12.49	1:42.31	2:12.84	3:29.45	3:46.08	4:48.31
1252	1:12.52	1:42.34	2:12.89	3:29.52	3:46.16	4:48.40
1251	1:12.54	1:42.37	2:12.93	3:29.59	3:46.23	4:48.50

Points	600m	800m	1000m	1500m	Mile	2000m
1250	1:12.56	1:42.41	2:12.98	3:29.66	3:46.31	4:48.59
1249	1:12.59	1:42.44	2:13.02	3:29.73	3:46.38	4:48.69
1248	1:12.61	1:42.47	2:13.07	3:29.80	3:46.46	4:48.78
1247	1:12.63	1:42.50	2:13.11	3:29.87	3:46.54	4:48.88
1246	1:12.65	1:42.54	2:13.16	3:29.94	3:46.61	4:48.98
1245	1:12.68	1:42.57	2:13.20	3:30.01	3:46.69	4:49.07
1244	1:12.70	1:42.60	2:13.25	3:30.08	3:46.76	4:49.17
1243	1:12.72	1:42.64	2:13.29	3:30.15	3:46.84	4:49.26
1242	1:12.75	1:42.67	2:13.34	3:30.22	3:46.91	4:49.36
1241	1:12.77	1:42.70	2:13.38	3:30.29	3:46.99	4:49.46
1240	1:12.79	1:42.73	2:13.43	3:30.36	3:47.07	4:49.55
1239	1:12.82	1:42.77	2:13.47	3:30.43	3:47.14	4:49.65
1238	1:12.84	1:42.80	2:13.52	3:30.50	3:47.22	4:49.75
1237	1:12.86	1:42.83	2:13.56	3:30.57	3:47.29	4:49.84
1236	1:12.88	1:42.86	2:13.61	3:30.64	3:47.37	4:49.94
1235	1:12.91	1:42.90	2:13.65	3:30.71	3:47.44	4:50.03
1234	1:12.93	1:42.93	2:13.70	3:30.78	3:47.52	4:50.13
1233	1:12.95	1:42.96	2:13.74	3:30.86	3:47.60	4:50.23
1232	1:12.98	1:43.00	2:13.79	3:30.93	3:47.67	4:50.32
1231	1:13.00	1:43.03	2:13.83	3:31.00	3:47.75	4:50.42
1230	1:13.02	1:43.06	2:13.88	3:31.07	3:47.82	4:50.52
1229	1:13.05	1:43.09	2:13.92	3:31.14	3:47.90	4:50.61
1228	1:13.07	1:43.13	2:13.97	3:31.21	3:47.98	4:50.71
1227	1:13.09	1:43.16	2:14.01	3:31.28	3:48.05	4:50.81
1226	1:13.12	1:43.19	2:14.06	3:31.35	3:48.13	4:50.90
1225	1:13.14	1:43.23	2:14.10	3:31.42	3:48.21	4:51.00
1224	1:13.16	1:43.26	2:14.15	3:31.49	3:48.28	4:51.10
1223	1:13.19	1:43.29	2:14.19	3:31.56	3:48.36	4:51.19
1222	1:13.21	1:43.33	2:14.24	3:31.63	3:48.43	4:51.29
1221	1:13.23	1:43.36	2:14.29	3:31.70	3:48.51	4:51.39
1220	1:13.26	1:43.39	2:14.33	3:31.78	3:48.59	4:51.48
1219	1:13.28	1:43.42	2:14.38	3:31.85	3:48.66	4:51.58
1218	1:13.30	1:43.46	2:14.42	3:31.92	3:48.74	4:51.68
1217	1:13.33	1:43.49	2:14.47	3:31.99	3:48.82	4:51.77
1216	1:13.35	1:43.52	2:14.51	3:32.06	3:48.89	4:51.87
1215	1:13.37	1:43.56	2:14.56	3:32.13	3:48.97	4:51.97
1214	1:13.40	1:43.59	2:14.60	3:32.20	3:49.05	4:52.07
1213	1:13.42	1:43.62	2:14.65	3:32.27	3:49.12	4:52.16
1212	1:13.44	1:43.66	2:14.69	3:32.34	3:49.20	4:52.26
1211	1:13.47	1:43.69	2:14.74	3:32.42	3:49.28	4:52.36
1210	1:13.49	1:43.72	2:14.79	3:32.49	3:49.35	4:52.45
1209	1:13.51	1:43.76	2:14.83	3:32.56	3:49.43	4:52.55
1208	1:13.54	1:43.79	2:14.88	3:32.63	3:49.51	4:52.65
1207	1:13.56	1:43.82	2:14.92	3:32.70	3:49.58	4:52.75
1206	1:13.58	1:43.86	2:14.97	3:32.77	3:49.66	4:52.84
1205	1:13.61	1:43.89	2:15.01	3:32.84	3:49.74	4:52.94
1204	1:13.63	1:43.92	2:15.06	3:32.92	3:49.81	4:53.04
1203	1:13.65	1:43.95	2:15.10	3:32.99	3:49.89	4:53.14
1202	1:13.68	1:43.99	2:15.15	3:33.06	3:49.97	4:53.23
1201	1:13.70	1:44.02	2:15.20	3:33.13	3:50.04	4:53.33

Points	600m	800m	1000m	1500m	Mile	2000m
1200	1:13.72	1:44.05	2:15.24	3:33.20	3:50.12	4:53.43
1199	1:13.75	1:44.09	2:15.29	3:33.27	3:50.20	4:53.53
1198	1:13.77	1:44.12	2:15.33	3:33.34	3:50.28	4:53.63
1197	1:13.79	1:44.15	2:15.38	3:33.42	3:50.35	4:53.72
1196	1:13.82	1:44.19	2:15.42	3:33.49	3:50.43	4:53.82
1195	1:13.84	1:44.22	2:15.47	3:33.56	3:50.51	4:53.92
1194	1:13.86	1:44.25	2:15.52	3:33.63	3:50.58	4:54.02
1193	1:13.89	1:44.29	2:15.56	3:33.70	3:50.66	4:54.12
1192	1:13.91	1:44.32	2:15.61	3:33.78	3:50.74	4:54.21
1191	1:13.93	1:44.36	2:15.65	3:33.85	3:50.82	4:54.31
1190	1:13.96	1:44.39	2:15.70	3:33.92	3:50.89	4:54.41
1189	1:13.98	1:44.42	2:15.75	3:33.99	3:50.97	4:54.51
1188	1:14.00	1:44.46	2:15.79	3:34.06	3:51.05	4:54.61
1187	1:14.03	1:44.49	2:15.84	3:34.13	3:51.13	4:54.70
1186	1:14.05	1:44.52	2:15.88	3:34.21	3:51.20	4:54.80
1185	1:14.08	1:44.56	2:15.93	3:34.28	3:51.28	4:54.90
1184	1:14.10	1:44.59	2:15.98	3:34.35	3:51.36	4:55.00
1183	1:14.12	1:44.62	2:16.02	3:34.42	3:51.44	4:55.10
1182	1:14.15	1:44.66	2:16.07	3:34.49	3:51.51	4:55.20
1181	1:14.17	1:44.69	2:16.11	3:34.57	3:51.59	4:55.29
1180	1:14.19	1:44.72	2:16.16	3:34.64	3:51.67	4:55.39
1179	1:14.22	1:44.76	2:16.21	3:34.71	3:51.75	4:55.49
1178	1:14.24	1:44.79	2:16.25	3:34.78	3:51.82	4:55.59
1177	1:14.26	1:44.82	2:16.30	3:34.86	3:51.90	4:55.69
1176	1:14.29	1:44.86	2:16.34	3:34.93	3:51.98	4:55.79
1175	1:14.31	1:44.89	2:16.39	3:35.00	3:52.06	4:55.89
1174	1:14.34	1:44.93	2:16.44	3:35.07	3:52.14	4:55.99
1173	1:14.36	1:44.96	2:16.48	3:35.15	3:52.21	4:56.08
1172	1:14.38	1:44.99	2:16.53	3:35.22	3:52.29	4:56.18
1171	1:14.41	1:45.03	2:16.58	3:35.29	3:52.37	4:56.28
1170	1:14.43	1:45.06	2:16.62	3:35.36	3:52.45	4:56.38
1169	1:14.45	1:45.09	2:16.67	3:35.43	3:52.52	4:56.48
1168	1:14.48	1:45.13	2:16.72	3:35.51	3:52.60	4:56.58
1167	1:14.50	1:45.16	2:16.76	3:35.58	3:52.68	4:56.68
1166	1:14.53	1:45.20	2:16.81	3:35.65	3:52.76	4:56.78
1165	1:14.55	1:45.23	2:16.85	3:35.73	3:52.84	4:56.88
1164	1:14.57	1:45.26	2:16.90	3:35.80	3:52.92	4:56.98
1163	1:14.60	1:45.30	2:16.95	3:35.87	3:52.99	4:57.07
1162	1:14.62	1:45.33	2:16.99	3:35.94	3:53.07	4:57.17
1161	1:14.64	1:45.36	2:17.04	3:36.02	3:53.15	4:57.27
1160	1:14.67	1:45.40	2:17.09	3:36.09	3:53.23	4:57.37
1159	1:14.69	1:45.43	2:17.13	3:36.16	3:53.31	4:57.47
1158	1:14.72	1:45.47	2:17.18	3:36.23	3:53.39	4:57.57
1157	1:14.74	1:45.50	2:17.23	3:36.31	3:53.46	4:57.67
1156	1:14.76	1:45.53	2:17.27	3:36.38	3:53.54	4:57.77
1155	1:14.79	1:45.57	2:17.32	3:36.45	3:53.62	4:57.87
1154	1:14.81	1:45.60	2:17.37	3:36.53	3:53.70	4:57.97
1153	1:14.84	1:45.64	2:17.41	3:36.60	3:53.78	4:58.07
1152	1:14.86	1:45.67	2:17.46	3:36.67	3:53.86	4:58.17
1151	1:14.88	1:45.70	2:17.51	3:36.75	3:53.94	4:58.27

Points	600m	800m	1000m	1500m	Mile	2000m
1150	1:14.91	1:45.74	2:17.55	3:36.82	3:54.01	4:58.37
1149	1:14.93	1:45.77	2:17.60	3:36.89	3:54.09	4:58.47
1148	1:14.96	1:45.81	2:17.65	3:36.96	3:54.17	4:58.57
1147	1:14.98	1:45.84	2:17.69	3:37.04	3:54.25	4:58.67
1146	1:15.00	1:45.87	2:17.74	3:37.11	3:54.33	4:58.77
1145	1:15.03	1:45.91	2:17.79	3:37.18	3:54.41	4:58.87
1144	1:15.05	1:45.94	2:17.83	3:37.26	3:54.49	4:58.97
1143	1:15.08	1:45.98	2:17.88	3:37.33	3:54.57	4:59.07
1142	1:15.10	1:46.01	2:17.93	3:37.40	3:54.64	4:59.17
1141	1:15.12	1:46.04	2:17.97	3:37.48	3:54.72	4:59.27
1140	1:15.15	1:46.08	2:18.02	3:37.55	3:54.80	4:59.37
1139	1:15.17	1:46.11	2:18.07	3:37.62	3:54.88	4:59.47
1138	1:15.20	1:46.15	2:18.11	3:37.70	3:54.96	4:59.57
1137	1:15.22	1:46.18	2:18.16	3:37.77	3:55.04	4:59.67
1136	1:15.24	1:46.22	2:18.21	3:37.85	3:55.12	4:59.77
1135	1:15.27	1:46.25	2:18.26	3:37.92	3:55.20	4:59.87
1134	1:15.29	1:46.28	2:18.30	3:37.99	3:55.28	4:59.97
1133	1:15.32	1:46.32	2:18.35	3:38.07	3:55.36	5:00.07
1132	1:15.34	1:46.35	2:18.40	3:38.14	3:55.44	5:00.17
1131	1:15.36	1:46.39	2:18.44	3:38.21	3:55.52	5:00.27
1130	1:15.39	1:46.42	2:18.49	3:38.29	3:55.59	5:00.37
1129	1:15.41	1:46.46	2:18.54	3:38.36	3:55.67	5:00.48
1128	1:15.44	1:46.49	2:18.59	3:38.43	3:55.75	5:00.58
1127	1:15.46	1:46.52	2:18.63	3:38.51	3:55.83	5:00.68
1126	1:15.49	1:46.56	2:18.68	3:38.58	3:55.91	5:00.78
1125	1:15.51	1:46.59	2:18.73	3:38.66	3:55.99	5:00.88
1124	1:15.53	1:46.63	2:18.77	3:38.73	3:56.07	5:00.98
1123	1:15.56	1:46.66	2:18.82	3:38.80	3:56.15	5:01.08
1122	1:15.58	1:46.70	2:18.87	3:38.88	3:56.23	5:01.18
1121	1:15.61	1:46.73	2:18.92	3:38.95	3:56.31	5:01.28
1120	1:15.63	1:46.77	2:18.96	3:39.03	3:56.39	5:01.38
1119	1:15.66	1:46.80	2:19.01	3:39.10	3:56.47	5:01.49
1118	1:15.68	1:46.83	2:19.06	3:39.17	3:56.55	5:01.59
1117	1:15.70	1:46.87	2:19.11	3:39.25	3:56.63	5:01.69
1116	1:15.73	1:46.90	2:19.15	3:39.32	3:56.71	5:01.79
1115	1:15.75	1:46.94	2:19.20	3:39.40	3:56.79	5:01.89
1114	1:15.78	1:46.97	2:19.25	3:39.47	3:56.87	5:01.99
1113	1:15.80	1:47.01	2:19.30	3:39.55	3:56.95	5:02.09
1112	1:15.83	1:47.04	2:19.34	3:39.62	3:57.03	5:02.19
1111	1:15.85	1:47.08	2:19.39	3:39.69	3:57.11	5:02.30
1110	1:15.87	1:47.11	2:19.44	3:39.77	3:57.19	5:02.40
1109	1:15.90	1:47.15	2:19.49	3:39.84	3:57.27	5:02.50
1108	1:15.92	1:47.18	2:19.53	3:39.92	3:57.35	5:02.60
1107	1:15.95	1:47.21	2:19.58	3:39.99	3:57.43	5:02.70
1106	1:15.97	1:47.25	2:19.63	3:40.07	3:57.51	5:02.80
1105	1:16.00	1:47.28	2:19.68	3:40.14	3:57.59	5:02.91
1104	1:16.02	1:47.32	2:19.72	3:40.22	3:57.67	5:03.01
1103	1:16.05	1:47.35	2:19.77	3:40.29	3:57.75	5:03.11
1102	1:16.07	1:47.39	2:19.82	3:40.37	3:57.83	5:03.21
1101	1:16.09	1:47.42	2:19.87	3:40.44	3:57.91	5:03.31

Points	600m	800m	1000m	1500m	Mile	2000m
1100	1:16.12	1:47.46	2:19.91	3:40.52	3:57.99	5:03.42
1099	1:16.14	1:47.49	2:19.96	3:40.59	3:58.07	5:03.52
1098	1:16.17	1:47.53	2:20.01	3:40.66	3:58.15	5:03.62
1097	1:16.19	1:47.56	2:20.06	3:40.74	3:58.23	5:03.72
1096	1:16.22	1:47.60	2:20.11	3:40.81	3:58.31	5:03.83
1095	1:16.24	1:47.63	2:20.15	3:40.89	3:58.39	5:03.93
1094	1:16.27	1:47.67	2:20.20	3:40.96	3:58.48	5:04.03
1093	1:16.29	1:47.70	2:20.25	3:41.04	3:58.56	5:04.13
1092	1:16.31	1:47.74	2:20.30	3:41.11	3:58.64	5:04.23
1091	1:16.34	1:47.77	2:20.35	3:41.19	3:58.72	5:04.34
1090	1:16.36	1:47.81	2:20.39	3:41.26	3:58.80	5:04.44
1089	1:16.39	1:47.84	2:20.44	3:41.34	3:58.88	5:04.54
1088	1:16.41	1:47.88	2:20.49	3:41.41	3:58.96	5:04.64
1087	1:16.44	1:47.91	2:20.54	3:41.49	3:59.04	5:04.75
1086	1:16.46	1:47.95	2:20.59	3:41.57	3:59.12	5:04.85
1085	1:16.49	1:47.98	2:20.63	3:41.64	3:59.20	5:04.95
1084	1:16.51	1:48.02	2:20.68	3:41.72	3:59.28	5:05.06
1083	1:16.54	1:48.05	2:20.73	3:41.79	3:59.36	5:05.16
1082	1:16.56	1:48.09	2:20.78	3:41.87	3:59.45	5:05.26
1081	1:16.59	1:48.12	2:20.83	3:41.94	3:59.53	5:05.36
1080	1:16.61	1:48.16	2:20.87	3:42.02	3:59.61	5:05.47
1079	1:16.64	1:48.19	2:20.92	3:42.09	3:59.69	5:05.57
1078	1:16.66	1:48.23	2:20.97	3:42.17	3:59.77	5:05.67
1077	1:16.68	1:48.26	2:21.02	3:42.24	3:59.85	5:05.78
1076	1:16.71	1:48.30	2:21.07	3:42.32	3:59.93	5:05.88
1075	1:16.73	1:48.33	2:21.12	3:42.40	4:00.01	5:05.98
1074	1:16.76	1:48.37	2:21.16	3:42.47	4:00.10	5:06.09
1073	1:16.78	1:48.40	2:21.21	3:42.55	4:00.18	5:06.19
1072	1:16.81	1:48.44	2:21.26	3:42.62	4:00.26	5:06.29
1071	1:16.83	1:48.47	2:21.31	3:42.70	4:00.34	5:06.40
1070	1:16.86	1:48.51	2:21.36	3:42.77	4:00.42	5:06.50
1069	1:16.88	1:48.54	2:21.41	3:42.85	4:00.50	5:06.60
1068	1:16.91	1:48.58	2:21.45	3:42.93	4:00.59	5:06.71
1067	1:16.93	1:48.61	2:21.50	3:43.00	4:00.67	5:06.81
1066	1:16.96	1:48.65	2:21.55	3:43.08	4:00.75	5:06.91
1065	1:16.98	1:48.69	2:21.60	3:43.15	4:00.83	5:07.02
1064	1:17.01	1:48.72	2:21.65	3:43.23	4:00.91	5:07.12
1063	1:17.03	1:48.76	2:21.70	3:43.31	4:00.99	5:07.23
1062	1:17.06	1:48.79	2:21.75	3:43.38	4:01.08	5:07.33
1061	1:17.08	1:48.83	2:21.79	3:43.46	4:01.16	5:07.43
1060	1:17.11	1:48.86	2:21.84	3:43.53	4:01.24	5:07.54
1059	1:17.13	1:48.90	2:21.89	3:43.61	4:01.32	5:07.64
1058	1:17.16	1:48.93	2:21.94	3:43.69	4:01.40	5:07.75
1057	1:17.18	1:48.97	2:21.99	3:43.76	4:01.49	5:07.85
1056	1:17.21	1:49.00	2:22.04	3:43.84	4:01.57	5:07.95
1055	1:17.23	1:49.04	2:22.09	3:43.91	4:01.65	5:08.06
1054	1:17.26	1:49.08	2:22.13	3:43.99	4:01.73	5:08.16
1053	1:17.28	1:49.11	2:22.18	3:44.07	4:01.81	5:08.27
1052	1:17.31	1:49.15	2:22.23	3:44.14	4:01.90	5:08.37
1051	1:17.33	1:49.18	2:22.28	3:44.22	4:01.98	5:08.48

Points	600m	800m	1000m	1500m	Mile	2000m
1050	1:17.36	1:49.22	2:22.33	3:44.30	4:02.06	5:08.58
1049	1:17.38	1:49.25	2:22.38	3:44.37	4:02.14	5:08.68
1048	1:17.41	1:49.29	2:22.43	3:44.45	4:02.23	5:08.79
1047	1:17.43	1:49.32	2:22.48	3:44.53	4:02.31	5:08.89
1046	1:17.46	1:49.36	2:22.53	3:44.60	4:02.39	5:09.00
1045	1:17.48	1:49.40	2:22.57	3:44.68	4:02.47	5:09.10
1044	1:17.51	1:49.43	2:22.62	3:44.76	4:02.56	5:09.21
1043	1:17.53	1:49.47	2:22.67	3:44.83	4:02.64	5:09.31
1042	1:17.56	1:49.50	2:22.72	3:44.91	4:02.72	5:09.42
1041	1:17.58	1:49.54	2:22.77	3:44.99	4:02.80	5:09.52
1040	1:17.61	1:49.57	2:22.82	3:45.06	4:02.89	5:09.63
1039	1:17.63	1:49.61	2:22.87	3:45.14	4:02.97	5:09.73
1038	1:17.66	1:49.65	2:22.92	3:45.22	4:03.05	5:09.84
1037	1:17.68	1:49.68	2:22.97	3:45.29	4:03.14	5:09.94
1036	1:17.71	1:49.72	2:23.02	3:45.37	4:03.22	5:10.05
1035	1:17.73	1:49.75	2:23.07	3:45.45	4:03.30	5:10.15
1034	1:17.76	1:49.79	2:23.12	3:45.53	4:03.38	5:10.26
1033	1:17.79	1:49.83	2:23.16	3:45.60	4:03.47	5:10.36
1032	1:17.81	1:49.86	2:23.21	3:45.68	4:03.55	5:10.47
1031	1:17.84	1:49.90	2:23.26	3:45.76	4:03.63	5:10.57
1030	1:17.86	1:49.93	2:23.31	3:45.83	4:03.72	5:10.68
1029	1:17.89	1:49.97	2:23.36	3:45.91	4:03.80	5:10.78
1028	1:17.91	1:50.01	2:23.41	3:45.99	4:03.88	5:10.89
1027	1:17.94	1:50.04	2:23.46	3:46.07	4:03.97	5:11.00
1026	1:17.96	1:50.08	2:23.51	3:46.14	4:04.05	5:11.10
1025	1:17.99	1:50.11	2:23.56	3:46.22	4:04.13	5:11.21
1024	1:18.01	1:50.15	2:23.61	3:46.30	4:04.22	5:11.31
1023	1:18.04	1:50.19	2:23.66	3:46.38	4:04.30	5:11.42
1022	1:18.06	1:50.22	2:23.71	3:46.45	4:04.38	5:11.53
1021	1:18.09	1:50.26	2:23.76	3:46.53	4:04.47	5:11.63
1020	1:18.11	1:50.29	2:23.81	3:46.61	4:04.55	5:11.74
1019	1:18.14	1:50.33	2:23.86	3:46.69	4:04.63	5:11.84
1018	1:18.17	1:50.37	2:23.91	3:46.76	4:04.72	5:11.95
1017	1:18.19	1:50.40	2:23.96	3:46.84	4:04.80	5:12.06
1016	1:18.22	1:50.44	2:24.01	3:46.92	4:04.88	5:12.16
1015	1:18.24	1:50.47	2:24.06	3:47.00	4:04.97	5:12.27
1014	1:18.27	1:50.51	2:24.11	3:47.08	4:05.05	5:12.37
1013	1:18.29	1:50.55	2:24.16	3:47.15	4:05.14	5:12.48
1012	1:18.32	1:50.58	2:24.21	3:47.23	4:05.22	5:12.59
1011	1:18.34	1:50.62	2:24.25	3:47.31	4:05.30	5:12.69
1010	1:18.37	1:50.66	2:24.30	3:47.39	4:05.39	5:12.80
1009	1:18.40	1:50.69	2:24.35	3:47.47	4:05.47	5:12.91
1008	1:18.42	1:50.73	2:24.40	3:47.54	4:05.56	5:13.01
1007	1:18.45	1:50.76	2:24.45	3:47.62	4:05.64	5:13.12
1006	1:18.47	1:50.80	2:24.50	3:47.70	4:05.72	5:13.23
1005	1:18.50	1:50.84	2:24.55	3:47.78	4:05.81	5:13.33
1004	1:18.52	1:50.87	2:24.60	3:47.86	4:05.89	5:13.44
1003	1:18.55	1:50.91	2:24.65	3:47.93	4:05.98	5:13.55
1002	1:18.57	1:50.95	2:24.70	3:48.01	4:06.06	5:13.65
1001	1:18.60	1:50.98	2:24.75	3:48.09	4:06.14	5:13.76

Points	600m	800m	1000m	1500m	Mile	2000m
1000	1:18.63	1:51.02	2:24.80	3:48.17	4:06.23	5:13.87
999	1:18.65	1:51.06	2:24.85	3:48.25	4:06.31	5:13.97
998	1:18.68	1:51.09	2:24.90	3:48.33	4:06.40	5:14.08
997	1:18.70	1:51.13	2:24.95	3:48.41	4:06.48	5:14.19
996	1:18.73	1:51.17	2:25.01	3:48.48	4:06.57	5:14.30
995	1:18.75	1:51.20	2:25.06	3:48.56	4:06.65	5:14.40
994	1:18.78	1:51.24	2:25.11	3:48.64	4:06.74	5:14.51
993	1:18.81	1:51.28	2:25.16	3:48.72	4:06.82	5:14.62
992	1:18.83	1:51.31	2:25.21	3:48.80	4:06.91	5:14.73
991	1:18.86	1:51.35	2:25.26	3:48.88	4:06.99	5:14.83
990	1:18.88	1:51.39	2:25.31	3:48.96	4:07.08	5:14.94
989	1:18.91	1:51.42	2:25.36	3:49.03	4:07.16	5:15.05
988	1:18.93	1:51.46	2:25.41	3:49.11	4:07.24	5:15.16
987	1:18.96	1:51.50	2:25.46	3:49.19	4:07.33	5:15.26
986	1:18.99	1:51.53	2:25.51	3:49.27	4:07.41	5:15.37
985	1:19.01	1:51.57	2:25.56	3:49.35	4:07.50	5:15.48
984	1:19.04	1:51.61	2:25.61	3:49.43	4:07.58	5:15.59
983	1:19.06	1:51.64	2:25.66	3:49.51	4:07.67	5:15.70
982	1:19.09	1:51.68	2:25.71	3:49.59	4:07.75	5:15.80
981	1:19.12	1:51.72	2:25.76	3:49.67	4:07.84	5:15.91
980	1:19.14	1:51.75	2:25.81	3:49.75	4:07.93	5:16.02
979	1:19.17	1:51.79	2:25.86	3:49.83	4:08.01	5:16.13
978	1:19.19	1:51.83	2:25.91	3:49.90	4:08.10	5:16.24
977	1:19.22	1:51.86	2:25.96	3:49.98	4:08.18	5:16.34
976	1:19.25	1:51.90	2:26.01	3:50.06	4:08.27	5:16.45
975	1:19.27	1:51.94	2:26.06	3:50.14	4:08.35	5:16.56
974	1:19.30	1:51.97	2:26.12	3:50.22	4:08.44	5:16.67
973	1:19.32	1:52.01	2:26.17	3:50.30	4:08.52	5:16.78
972	1:19.35	1:52.05	2:26.22	3:50.38	4:08.61	5:16.89
971	1:19.38	1:52.09	2:26.27	3:50.46	4:08.69	5:17.00
970	1:19.40	1:52.12	2:26.32	3:50.54	4:08.78	5:17.10
969	1:19.43	1:52.16	2:26.37	3:50.62	4:08.87	5:17.21
968	1:19.45	1:52.20	2:26.42	3:50.70	4:08.95	5:17.32
967	1:19.48	1:52.23	2:26.47	3:50.78	4:09.04	5:17.43
966	1:19.51	1:52.27	2:26.52	3:50.86	4:09.12	5:17.54
965	1:19.53	1:52.31	2:26.57	3:50.94	4:09.21	5:17.65
964	1:19.56	1:52.35	2:26.62	3:51.02	4:09.29	5:17.76
963	1:19.59	1:52.38	2:26.68	3:51.10	4:09.38	5:17.87
962	1:19.61	1:52.42	2:26.73	3:51.18	4:09.47	5:17.98
961	1:19.64	1:52.46	2:26.78	3:51.26	4:09.55	5:18.08
960	1:19.66	1:52.49	2:26.83	3:51.34	4:09.64	5:18.19
959	1:19.69	1:52.53	2:26.88	3:51.42	4:09.73	5:18.30
958	1:19.72	1:52.57	2:26.93	3:51.50	4:09.81	5:18.41
957	1:19.74	1:52.61	2:26.98	3:51.58	4:09.90	5:18.52
956	1:19.77	1:52.64	2:27.03	3:51.66	4:09.98	5:18.63
955	1:19.79	1:52.68	2:27.08	3:51.74	4:10.07	5:18.74
954	1:19.82	1:52.72	2:27.14	3:51.82	4:10.16	5:18.85
953	1:19.85	1:52.76	2:27.19	3:51.90	4:10.24	5:18.96
952	1:19.87	1:52.79	2:27.24	3:51.98	4:10.33	5:19.07
951	1:19.90	1:52.83	2:27.29	3:52.06	4:10.42	5:19.18

Points	600m	800m	1000m	1500m	Mile	2000m
950	1:19.93	1:52.87	2:27.34	3:52.14	4:10.50	5:19.29
949	1:19.95	1:52.91	2:27.39	3:52.22	4:10.59	5:19.40
948	1:19.98	1:52.94	2:27.44	3:52.30	4:10.68	5:19.51
947	1:20.01	1:52.98	2:27.50	3:52.38	4:10.76	5:19.62
946	1:20.03	1:53.02	2:27.55	3:52.46	4:10.85	5:19.73
945	1:20.06	1:53.05	2:27.60	3:52.54	4:10.94	5:19.84
944	1:20.08	1:53.09	2:27.65	3:52.62	4:11.02	5:19.95
943	1:20.11	1:53.13	2:27.70	3:52.70	4:11.11	5:20.06
942	1:20.14	1:53.17	2:27.75	3:52.79	4:11.20	5:20.17
941	1:20.16	1:53.21	2:27.81	3:52.87	4:11.28	5:20.28
940	1:20.19	1:53.24	2:27.86	3:52.95	4:11.37	5:20.39
939	1:20.22	1:53.28	2:27.91	3:53.03	4:11.46	5:20.50
938	1:20.24	1:53.32	2:27.96	3:53.11	4:11.54	5:20.61
937	1:20.27	1:53.36	2:28.01	3:53.19	4:11.63	5:20.72
936	1:20.30	1:53.39	2:28.06	3:53.27	4:11.72	5:20.83
935	1:20.32	1:53.43	2:28.12	3:53.35	4:11.81	5:20.94
934	1:20.35	1:53.47	2:28.17	3:53.43	4:11.89	5:21.05
933	1:20.38	1:53.51	2:28.22	3:53.51	4:11.98	5:21.17
932	1:20.40	1:53.54	2:28.27	3:53.60	4:12.07	5:21.28
931	1:20.43	1:53.58	2:28.32	3:53.68	4:12.16	5:21.39
930	1:20.46	1:53.62	2:28.37	3:53.76	4:12.24	5:21.50
929	1:20.48	1:53.66	2:28.43	3:53.84	4:12.33	5:21.61
928	1:20.51	1:53.70	2:28.48	3:53.92	4:12.42	5:21.72
927	1:20.54	1:53.73	2:28.53	3:54.00	4:12.51	5:21.83
926	1:20.56	1:53.77	2:28.58	3:54.08	4:12.59	5:21.94
925	1:20.59	1:53.81	2:28.63	3:54.17	4:12.68	5:22.05
924	1:20.62	1:53.85	2:28.69	3:54.25	4:12.77	5:22.17
923	1:20.64	1:53.89	2:28.74	3:54.33	4:12.86	5:22.28
922	1:20.67	1:53.92	2:28.79	3:54.41	4:12.94	5:22.39
921	1:20.70	1:53.96	2:28.84	3:54.49	4:13.03	5:22.50
920	1:20.72	1:54.00	2:28.90	3:54.57	4:13.12	5:22.61
919	1:20.75	1:54.04	2:28.95	3:54.66	4:13.21	5:22.72
918	1:20.78	1:54.08	2:29.00	3:54.74	4:13.30	5:22.83
917	1:20.80	1:54.11	2:29.05	3:54.82	4:13.38	5:22.95
916	1:20.83	1:54.15	2:29.10	3:54.90	4:13.47	5:23.06
915	1:20.86	1:54.19	2:29.16	3:54.98	4:13.56	5:23.17
914	1:20.88	1:54.23	2:29.21	3:55.06	4:13.65	5:23.28
913	1:20.91	1:54.27	2:29.26	3:55.15	4:13.74	5:23.39
912	1:20.94	1:54.30	2:29.31	3:55.23	4:13.83	5:23.51
911	1:20.96	1:54.34	2:29.37	3:55.31	4:13.91	5:23.62
910	1:20.99	1:54.38	2:29.42	3:55.39	4:14.00	5:23.73
909	1:21.02	1:54.42	2:29.47	3:55.48	4:14.09	5:23.84
908	1:21.05	1:54.46	2:29.52	3:55.56	4:14.18	5:23.96
907	1:21.07	1:54.50	2:29.58	3:55.64	4:14.27	5:24.07
906	1:21.10	1:54.53	2:29.63	3:55.72	4:14.36	5:24.18
905	1:21.13	1:54.57	2:29.68	3:55.80	4:14.45	5:24.29
904	1:21.15	1:54.61	2:29.73	3:55.89	4:14.53	5:24.41
903	1:21.18	1:54.65	2:29.79	3:55.97	4:14.62	5:24.52
902	1:21.21	1:54.69	2:29.84	3:56.05	4:14.71	5:24.63
901	1:21.23	1:54.73	2:29.89	3:56.13	4:14.80	5:24.74

Points	600m	800m	1000m	1500m	Mile	2000m
900	1:21.26	1:54.76	2:29.95	3:56.22	4:14.89	5:24.86
899	1:21.29	1:54.80	2:30.00	3:56.30	4:14.98	5:24.97
898	1:21.32	1:54.84	2:30.05	3:56.38	4:15.07	5:25.08
897	1:21.34	1:54.88	2:30.10	3:56.47	4:15.16	5:25.19
896	1:21.37	1:54.92	2:30.16	3:56.55	4:15.25	5:25.31
895	1:21.40	1:54.96	2:30.21	3:56.63	4:15.34	5:25.42
894	1:21.42	1:55.00	2:30.26	3:56.71	4:15.42	5:25.53
893	1:21.45	1:55.03	2:30.32	3:56.80	4:15.51	5:25.65
892	1:21.48	1:55.07	2:30.37	3:56.88	4:15.60	5:25.76
891	1:21.51	1:55.11	2:30.42	3:56.96	4:15.69	5:25.87
890	1:21.53	1:55.15	2:30.48	3:57.05	4:15.78	5:25.99
889	1:21.56	1:55.19	2:30.53	3:57.13	4:15.87	5:26.10
888	1:21.59	1:55.23	2:30.58	3:57.21	4:15.96	5:26.21
887	1:21.62	1:55.27	2:30.63	3:57.30	4:16.05	5:26.33
886	1:21.64	1:55.31	2:30.69	3:57.38	4:16.14	5:26.44
885	1:21.67	1:55.34	2:30.74	3:57.46	4:16.23	5:26.56
884	1:21.70	1:55.38	2:30.79	3:57.55	4:16.32	5:26.67
883	1:21.72	1:55.42	2:30.85	3:57.63	4:16.41	5:26.78
882	1:21.75	1:55.46	2:30.90	3:57.71	4:16.50	5:26.90
881	1:21.78	1:55.50	2:30.95	3:57.80	4:16.59	5:27.01
880	1:21.81	1:55.54	2:31.01	3:57.88	4:16.68	5:27.13
879	1:21.83	1:55.58	2:31.06	3:57.96	4:16.77	5:27.24
878	1:21.86	1:55.62	2:31.11	3:58.05	4:16.86	5:27.35
877	1:21.89	1:55.65	2:31.17	3:58.13	4:16.95	5:27.47
876	1:21.92	1:55.69	2:31.22	3:58.21	4:17.04	5:27.58
875	1:21.94	1:55.73	2:31.28	3:58.30	4:17.13	5:27.70
874	1:21.97	1:55.77	2:31.33	3:58.38	4:17.22	5:27.81
873	1:22.00	1:55.81	2:31.38	3:58.47	4:17.31	5:27.93
872	1:22.03	1:55.85	2:31.44	3:58.55	4:17.40	5:28.04
871	1:22.05	1:55.89	2:31.49	3:58.63	4:17.49	5:28.16
870	1:22.08	1:55.93	2:31.54	3:58.72	4:17.58	5:28.27
869	1:22.11	1:55.97	2:31.60	3:58.80	4:17.67	5:28.39
868	1:22.14	1:56.01	2:31.65	3:58.89	4:17.76	5:28.50
867	1:22.16	1:56.05	2:31.70	3:58.97	4:17.85	5:28.61
866	1:22.19	1:56.08	2:31.76	3:59.05	4:17.94	5:28.73
865	1:22.22	1:56.12	2:31.81	3:59.14	4:18.03	5:28.85
864	1:22.25	1:56.16	2:31.87	3:59.22	4:18.12	5:28.96
863	1:22.27	1:56.20	2:31.92	3:59.31	4:18.22	5:29.08
862	1:22.30	1:56.24	2:31.97	3:59.39	4:18.31	5:29.19
861	1:22.33	1:56.28	2:32.03	3:59.48	4:18.40	5:29.31
860	1:22.36	1:56.32	2:32.08	3:59.56	4:18.49	5:29.42
859	1:22.38	1:56.36	2:32.14	3:59.65	4:18.58	5:29.54
858	1:22.41	1:56.40	2:32.19	3:59.73	4:18.67	5:29.65
857	1:22.44	1:56.44	2:32.24	3:59.82	4:18.76	5:29.77
856	1:22.47	1:56.48	2:32.30	3:59.90	4:18.85	5:29.88
855	1:22.50	1:56.52	2:32.35	3:59.98	4:18.94	5:30.00
854	1:22.52	1:56.56	2:32.41	4:00.07	4:19.03	5:30.12
853	1:22.55	1:56.60	2:32.46	4:00.15	4:19.13	5:30.23
852	1:22.58	1:56.64	2:32.52	4:00.24	4:19.22	5:30.35
851	1:22.61	1:56.68	2:32.57	4:00.32	4:19.31	5:30.46

Points	600m	800m	1000m	1500m	Mile	2000m
850	1:22.63	1:56.72	2:32.62	4:00.41	4:19.40	5:30.58
849	1:22.66	1:56.75	2:32.68	4:00.49	4:19.49	5:30.70
848	1:22.69	1:56.79	2:32.73	4:00.58	4:19.58	5:30.81
847	1:22.72	1:56.83	2:32.79	4:00.66	4:19.68	5:30.93
846	1:22.75	1:56.87	2:32.84	4:00.75	4:19.77	5:31.04
845	1:22.77	1:56.91	2:32.90	4:00.84	4:19.86	5:31.16
844	1:22.80	1:56.95	2:32.95	4:00.92	4:19.95	5:31.28
843	1:22.83	1:56.99	2:33.01	4:01.01	4:20.04	5:31.39
842	1:22.86	1:57.03	2:33.06	4:01.09	4:20.13	5:31.51
841	1:22.89	1:57.07	2:33.11	4:01.18	4:20.23	5:31.63
840	1:22.91	1:57.11	2:33.17	4:01.26	4:20.32	5:31.74
839	1:22.94	1:57.15	2:33.22	4:01.35	4:20.41	5:31.86
838	1:22.97	1:57.19	2:33.28	4:01.43	4:20.50	5:31.98
837	1:23.00	1:57.23	2:33.33	4:01.52	4:20.59	5:32.09
836	1:23.03	1:57.27	2:33.39	4:01.60	4:20.69	5:32.21
835	1:23.05	1:57.31	2:33.44	4:01.69	4:20.78	5:32.33
834	1:23.08	1:57.35	2:33.50	4:01.78	4:20.87	5:32.45
833	1:23.11	1:57.39	2:33.55	4:01.86	4:20.96	5:32.56
832	1:23.14	1:57.43	2:33.61	4:01.95	4:21.06	5:32.68
831	1:23.17	1:57.47	2:33.66	4:02.03	4:21.15	5:32.80
830	1:23.20	1:57.51	2:33.72	4:02.12	4:21.24	5:32.92
829	1:23.22	1:57.55	2:33.77	4:02.21	4:21.33	5:33.03
828	1:23.25	1:57.59	2:33.83	4:02.29	4:21.43	5:33.15
827	1:23.28	1:57.63	2:33.88	4:02.38	4:21.52	5:33.27
826	1:23.31	1:57.67	2:33.94	4:02.46	4:21.61	5:33.39
825	1:23.34	1:57.71	2:33.99	4:02.55	4:21.71	5:33.50
824	1:23.36	1:57.75	2:34.05	4:02.64	4:21.80	5:33.62
823	1:23.39	1:57.79	2:34.10	4:02.72	4:21.89	5:33.74
822	1:23.42	1:57.83	2:34.16	4:02.81	4:21.98	5:33.86
821	1:23.45	1:57.87	2:34.21	4:02.90	4:22.08	5:33.98
820	1:23.48	1:57.91	2:34.27	4:02.98	4:22.17	5:34.09
819	1:23.51	1:57.95	2:34.32	4:03.07	4:22.26	5:34.21
818	1:23.53	1:57.99	2:34.38	4:03.16	4:22.36	5:34.33
817	1:23.56	1:58.03	2:34.43	4:03.24	4:22.45	5:34.45
816	1:23.59	1:58.07	2:34.49	4:03.33	4:22.54	5:34.57
815	1:23.62	1:58.11	2:34.55	4:03.42	4:22.64	5:34.69
814	1:23.65	1:58.16	2:34.60	4:03.50	4:22.73	5:34.81
813	1:23.68	1:58.20	2:34.66	4:03.59	4:22.82	5:34.92
812	1:23.71	1:58.24	2:34.71	4:03.68	4:22.92	5:35.04
811	1:23.73	1:58.28	2:34.77	4:03.77	4:23.01	5:35.16
810	1:23.76	1:58.32	2:34.82	4:03.85	4:23.11	5:35.28
809	1:23.79	1:58.36	2:34.88	4:03.94	4:23.20	5:35.40
808	1:23.82	1:58.40	2:34.93	4:04.03	4:23.29	5:35.52
807	1:23.85	1:58.44	2:34.99	4:04.11	4:23.39	5:35.64
806	1:23.88	1:58.48	2:35.05	4:04.20	4:23.48	5:35.76
805	1:23.91	1:58.52	2:35.10	4:04.29	4:23.58	5:35.88
804	1:23.93	1:58.56	2:35.16	4:04.38	4:23.67	5:36.00
803	1:23.96	1:58.60	2:35.21	4:04.46	4:23.76	5:36.11
802	1:23.99	1:58.64	2:35.27	4:04.55	4:23.86	5:36.23
801	1:24.02	1:58.68	2:35.33	4:04.64	4:23.95	5:36.35

Points	600m	800m	1000m	1500m	Mile	2000m
800	1:24.05	1:58.72	2:35.38	4:04.73	4:24.05	5:36.47
799	1:24.08	1:58.76	2:35.44	4:04.81	4:24.14	5:36.59
798	1:24.11	1:58.81	2:35.49	4:04.90	4:24.24	5:36.71
797	1:24.14	1:58.85	2:35.55	4:04.99	4:24.33	5:36.83
796	1:24.16	1:58.89	2:35.61	4:05.08	4:24.42	5:36.95
795	1:24.19	1:58.93	2:35.66	4:05.17	4:24.52	5:37.07
794	1:24.22	1:58.97	2:35.72	4:05.25	4:24.61	5:37.19
793	1:24.25	1:59.01	2:35.77	4:05.34	4:24.71	5:37.31
792	1:24.28	1:59.05	2:35.83	4:05.43	4:24.80	5:37.43
791	1:24.31	1:59.09	2:35.89	4:05.52	4:24.90	5:37.55
790	1:24.34	1:59.13	2:35.94	4:05.61	4:24.99	5:37.67
789	1:24.37	1:59.17	2:36.00	4:05.69	4:25.09	5:37.79
788	1:24.39	1:59.22	2:36.06	4:05.78	4:25.18	5:37.92
787	1:24.42	1:59.26	2:36.11	4:05.87	4:25.28	5:38.04
786	1:24.45	1:59.30	2:36.17	4:05.96	4:25.37	5:38.16
785	1:24.48	1:59.34	2:36.23	4:06.05	4:25.47	5:38.28
784	1:24.51	1:59.38	2:36.28	4:06.14	4:25.56	5:38.40
783	1:24.54	1:59.42	2:36.34	4:06.22	4:25.66	5:38.52
782	1:24.57	1:59.46	2:36.40	4:06.31	4:25.75	5:38.64
781	1:24.60	1:59.50	2:36.45	4:06.40	4:25.85	5:38.76
780	1:24.63	1:59.55	2:36.51	4:06.49	4:25.95	5:38.88
779	1:24.66	1:59.59	2:36.57	4:06.58	4:26.04	5:39.00
778	1:24.69	1:59.63	2:36.62	4:06.67	4:26.14	5:39.13
777	1:24.71	1:59.67	2:36.68	4:06.76	4:26.23	5:39.25
776	1:24.74	1:59.71	2:36.74	4:06.85	4:26.33	5:39.37
775	1:24.77	1:59.75	2:36.79	4:06.94	4:26.42	5:39.49
774	1:24.80	1:59.79	2:36.85	4:07.02	4:26.52	5:39.61
773	1:24.83	1:59.83	2:36.91	4:07.11	4:26.62	5:39.73
772	1:24.86	1:59.88	2:36.96	4:07.20	4:26.71	5:39.86
771	1:24.89	1:59.92	2:37.02	4:07.29	4:26.81	5:39.98
770	1:24.92	1:59.96	2:37.08	4:07.38	4:26.90	5:40.10
769	1:24.95	2:00.00	2:37.14	4:07.47	4:27.00	5:40.22
768	1:24.98	2:00.04	2:37.19	4:07.56	4:27.10	5:40.34
767	1:25.01	2:00.08	2:37.25	4:07.65	4:27.19	5:40.47
766	1:25.04	2:00.13	2:37.31	4:07.74	4:27.29	5:40.59
765	1:25.07	2:00.17	2:37.36	4:07.83	4:27.39	5:40.71
764	1:25.09	2:00.21	2:37.42	4:07.92	4:27.48	5:40.83
763	1:25.12	2:00.25	2:37.48	4:08.01	4:27.58	5:40.96
762	1:25.15	2:00.29	2:37.54	4:08.10	4:27.67	5:41.08
761	1:25.18	2:00.33	2:37.59	4:08.19	4:27.77	5:41.20
760	1:25.21	2:00.38	2:37.65	4:08.28	4:27.87	5:41.32
759	1:25.24	2:00.42	2:37.71	4:08.37	4:27.97	5:41.45
758	1:25.27	2:00.46	2:37.77	4:08.46	4:28.06	5:41.57
757	1:25.30	2:00.50	2:37.82	4:08.55	4:28.16	5:41.69
756	1:25.33	2:00.54	2:37.88	4:08.64	4:28.26	5:41.81
755	1:25.36	2:00.59	2:37.94	4:08.73	4:28.35	5:41.94
754	1:25.39	2:00.63	2:38.00	4:08.82	4:28.45	5:42.06
753	1:25.42	2:00.67	2:38.05	4:08.91	4:28.55	5:42.18
752	1:25.45	2:00.71	2:38.11	4:09.00	4:28.64	5:42.31
751	1:25.48	2:00.75	2:38.17	4:09.09	4:28.74	5:42.43

Points	600m	800m	1000m	1500m	Mile	2000m
750	1:25.51	2:00.80	2:38.23	4:09.18	4:28.84	5:42.56
749	1:25.54	2:00.84	2:38.29	4:09.27	4:28.94	5:42.68
748	1:25.57	2:00.88	2:38.34	4:09.36	4:29.03	5:42.80
747	1:25.60	2:00.92	2:38.40	4:09.45	4:29.13	5:42.93
746	1:25.63	2:00.97	2:38.46	4:09.54	4:29.23	5:43.05
745	1:25.66	2:01.01	2:38.52	4:09.63	4:29.33	5:43.17
744	1:25.69	2:01.05	2:38.58	4:09.72	4:29.43	5:43.30
743	1:25.72	2:01.09	2:38.63	4:09.82	4:29.52	5:43.42
742	1:25.75	2:01.13	2:38.69	4:09.91	4:29.62	5:43.55
741	1:25.78	2:01.18	2:38.75	4:10.00	4:29.72	5:43.67
740	1:25.81	2:01.22	2:38.81	4:10.09	4:29.82	5:43.80
739	1:25.84	2:01.26	2:38.87	4:10.18	4:29.92	5:43.92
738	1:25.87	2:01.30	2:38.92	4:10.27	4:30.01	5:44.04
737	1:25.90	2:01.35	2:38.98	4:10.36	4:30.11	5:44.17
736	1:25.93	2:01.39	2:39.04	4:10.45	4:30.21	5:44.29
735	1:25.96	2:01.43	2:39.10	4:10.55	4:30.31	5:44.42
734	1:25.99	2:01.47	2:39.16	4:10.64	4:30.41	5:44.54
733	1:26.01	2:01.52	2:39.22	4:10.73	4:30.51	5:44.67
732	1:26.05	2:01.56	2:39.27	4:10.82	4:30.60	5:44.79
731	1:26.08	2:01.60	2:39.33	4:10.91	4:30.70	5:44.92
730	1:26.11	2:01.64	2:39.39	4:11.00	4:30.80	5:45.04
729	1:26.14	2:01.69	2:39.45	4:11.10	4:30.90	5:45.17
728	1:26.17	2:01.73	2:39.51	4:11.19	4:31.00	5:45.30
727	1:26.20	2:01.77	2:39.57	4:11.28	4:31.10	5:45.42
726	1:26.23	2:01.82	2:39.63	4:11.37	4:31.20	5:45.55
725	1:26.26	2:01.86	2:39.69	4:11.46	4:31.30	5:45.67
724	1:26.29	2:01.90	2:39.74	4:11.56	4:31.40	5:45.80
723	1:26.32	2:01.94	2:39.80	4:11.65	4:31.49	5:45.92
722	1:26.35	2:01.99	2:39.86	4:11.74	4:31.59	5:46.05
721	1:26.38	2:02.03	2:39.92	4:11.83	4:31.69	5:46.18
720	1:26.41	2:02.07	2:39.98	4:11.92	4:31.79	5:46.30
719	1:26.44	2:02.12	2:40.04	4:12.02	4:31.89	5:46.43
718	1:26.47	2:02.16	2:40.10	4:12.11	4:31.99	5:46.55
717	1:26.50	2:02.20	2:40.16	4:12.20	4:32.09	5:46.68
716	1:26.53	2:02.25	2:40.22	4:12.29	4:32.19	5:46.81
715	1:26.56	2:02.29	2:40.28	4:12.39	4:32.29	5:46.93
714	1:26.59	2:02.33	2:40.34	4:12.48	4:32.39	5:47.06
713	1:26.62	2:02.38	2:40.39	4:12.57	4:32.49	5:47.19
712	1:26.65	2:02.42	2:40.45	4:12.67	4:32.59	5:47.31
711	1:26.68	2:02.46	2:40.51	4:12.76	4:32.69	5:47.44
710	1:26.71	2:02.50	2:40.57	4:12.85	4:32.79	5:47.57
709	1:26.74	2:02.55	2:40.63	4:12.94	4:32.89	5:47.70
708	1:26.77	2:02.59	2:40.69	4:13.04	4:32.99	5:47.82
707	1:26.80	2:02.64	2:40.75	4:13.13	4:33.09	5:47.95
706	1:26.83	2:02.68	2:40.81	4:13.22	4:33.19	5:48.08
705	1:26.86	2:02.72	2:40.87	4:13.32	4:33.29	5:48.20
704	1:26.89	2:02.77	2:40.93	4:13.41	4:33.39	5:48.33
703	1:26.92	2:02.81	2:40.99	4:13.50	4:33.49	5:48.46
702	1:26.96	2:02.85	2:41.05	4:13.60	4:33.59	5:48.59
701	1:26.99	2:02.90	2:41.11	4:13.69	4:33.69	5:48.72

Points	600m	800m	1000m	1500m	Mile	2000m
700	1:27.02	2:02.94	2:41.17	4:13.79	4:33.80	5:48.84
699	1:27.05	2:02.98	2:41.23	4:13.88	4:33.90	5:48.97
698	1:27.08	2:03.03	2:41.29	4:13.97	4:34.00	5:49.10
697	1:27.11	2:03.07	2:41.35	4:14.07	4:34.10	5:49.23
696	1:27.14	2:03.11	2:41.41	4:14.16	4:34.20	5:49.36
695	1:27.17	2:03.16	2:41.47	4:14.25	4:34.30	5:49.48
694	1:27.20	2:03.20	2:41.53	4:14.35	4:34.40	5:49.61
693	1:27.23	2:03.25	2:41.59	4:14.44	4:34.50	5:49.74
692	1:27.26	2:03.29	2:41.65	4:14.54	4:34.60	5:49.87
691	1:27.29	2:03.33	2:41.71	4:14.63	4:34.71	5:50.00
690	1:27.32	2:03.38	2:41.77	4:14.73	4:34.81	5:50.13
689	1:27.36	2:03.42	2:41.83	4:14.82	4:34.91	5:50.26
688	1:27.39	2:03.47	2:41.89	4:14.92	4:35.01	5:50.39
687	1:27.42	2:03.51	2:41.95	4:15.01	4:35.11	5:50.51
686	1:27.45	2:03.55	2:42.01	4:15.10	4:35.21	5:50.64
685	1:27.48	2:03.60	2:42.07	4:15.20	4:35.32	5:50.77
684	1:27.51	2:03.64	2:42.13	4:15.29	4:35.42	5:50.90
683	1:27.54	2:03.69	2:42.19	4:15.39	4:35.52	5:51.03
682	1:27.57	2:03.73	2:42.25	4:15.48	4:35.62	5:51.16
681	1:27.60	2:03.77	2:42.32	4:15.58	4:35.72	5:51.29
680	1:27.63	2:03.82	2:42.38	4:15.67	4:35.83	5:51.42
679	1:27.67	2:03.86	2:42.44	4:15.77	4:35.93	5:51.55
678	1:27.70	2:03.91	2:42.50	4:15.86	4:36.03	5:51.68
677	1:27.73	2:03.95	2:42.56	4:15.96	4:36.13	5:51.81
676	1:27.76	2:04.00	2:42.62	4:16.05	4:36.24	5:51.94
675	1:27.79	2:04.04	2:42.68	4:16.15	4:36.34	5:52.07
674	1:27.82	2:04.08	2:42.74	4:16.25	4:36.44	5:52.20
673	1:27.85	2:04.13	2:42.80	4:16.34	4:36.55	5:52.33
672	1:27.88	2:04.17	2:42.86	4:16.44	4:36.65	5:52.46
671	1:27.92	2:04.22	2:42.92	4:16.53	4:36.75	5:52.59
670	1:27.95	2:04.26	2:42.99	4:16.63	4:36.85	5:52.72
669	1:27.98	2:04.31	2:43.05	4:16.72	4:36.96	5:52.86
668	1:28.01	2:04.35	2:43.11	4:16.82	4:37.06	5:52.99
667	1:28.04	2:04.40	2:43.17	4:16.92	4:37.16	5:53.12
666	1:28.07	2:04.44	2:43.23	4:17.01	4:37.27	5:53.25
665	1:28.10	2:04.49	2:43.29	4:17.11	4:37.37	5:53.38
664	1:28.14	2:04.53	2:43.35	4:17.20	4:37.47	5:53.51
663	1:28.17	2:04.58	2:43.42	4:17.30	4:37.58	5:53.64
662	1:28.20	2:04.62	2:43.48	4:17.40	4:37.68	5:53.77
661	1:28.23	2:04.66	2:43.54	4:17.49	4:37.79	5:53.91
660	1:28.26	2:04.71	2:43.60	4:17.59	4:37.89	5:54.04
659	1:28.29	2:04.75	2:43.66	4:17.69	4:37.99	5:54.17
658	1:28.33	2:04.80	2:43.72	4:17.78	4:38.10	5:54.30
657	1:28.36	2:04.84	2:43.79	4:17.88	4:38.20	5:54.43
656	1:28.39	2:04.89	2:43.85	4:17.98	4:38.31	5:54.57
655	1:28.42	2:04.93	2:43.91	4:18.07	4:38.41	5:54.70
654	1:28.45	2:04.98	2:43.97	4:18.17	4:38.51	5:54.83
653	1:28.48	2:05.02	2:44.03	4:18.27	4:38.62	5:54.96
652	1:28.52	2:05.07	2:44.09	4:18.36	4:38.72	5:55.09
651	1:28.55	2:05.12	2:44.16	4:18.46	4:38.83	5:55.23

Points	600m	800m	1000m	1500m	Mile	2000m
650	1:28.58	2:05.16	2:44.22	4:18.56	4:38.93	5:55.36
649	1:28.61	2:05.21	2:44.28	4:18.66	4:39.04	5:55.49
648	1:28.64	2:05.25	2:44.34	4:18.75	4:39.14	5:55.63
647	1:28.68	2:05.30	2:44.41	4:18.85	4:39.25	5:55.76
646	1:28.71	2:05.34	2:44.47	4:18.95	4:39.35	5:55.89
645	1:28.74	2:05.39	2:44.53	4:19.05	4:39.46	5:56.03
644	1:28.77	2:05.43	2:44.59	4:19.14	4:39.56	5:56.16
643	1:28.80	2:05.48	2:44.65	4:19.24	4:39.67	5:56.29
642	1:28.84	2:05.52	2:44.72	4:19.34	4:39.77	5:56.43
641	1:28.87	2:05.57	2:44.78	4:19.44	4:39.88	5:56.56
640	1:28.90	2:05.61	2:44.84	4:19.53	4:39.98	5:56.69
639	1:28.93	2:05.66	2:44.91	4:19.63	4:40.09	5:56.83
638	1:28.96	2:05.71	2:44.97	4:19.73	4:40.19	5:56.96
637	1:29.00	2:05.75	2:45.03	4:19.83	4:40.30	5:57.10
636	1:29.03	2:05.80	2:45.09	4:19.93	4:40.40	5:57.23
635	1:29.06	2:05.84	2:45.16	4:20.03	4:40.51	5:57.36
634	1:29.09	2:05.89	2:45.22	4:20.12	4:40.62	5:57.50
633	1:29.12	2:05.93	2:45.28	4:20.22	4:40.72	5:57.63
632	1:29.16	2:05.98	2:45.35	4:20.32	4:40.83	5:57.77
631	1:29.19	2:06.03	2:45.41	4:20.42	4:40.93	5:57.90
630	1:29.22	2:06.07	2:45.47	4:20.52	4:41.04	5:58.04
629	1:29.25	2:06.12	2:45.53	4:20.62	4:41.15	5:58.17
628	1:29.29	2:06.16	2:45.60	4:20.72	4:41.25	5:58.31
627	1:29.32	2:06.21	2:45.66	4:20.82	4:41.36	5:58.44
626	1:29.35	2:06.26	2:45.72	4:20.91	4:41.47	5:58.58
625	1:29.38	2:06.30	2:45.79	4:21.01	4:41.57	5:58.71
624	1:29.42	2:06.35	2:45.85	4:21.11	4:41.68	5:58.85
623	1:29.45	2:06.40	2:45.91	4:21.21	4:41.79	5:58.98
622	1:29.48	2:06.44	2:45.98	4:21.31	4:41.89	5:59.12
621	1:29.51	2:06.49	2:46.04	4:21.41	4:42.00	5:59.26
620	1:29.55	2:06.53	2:46.10	4:21.51	4:42.11	5:59.39
619	1:29.58	2:06.58	2:46.17	4:21.61	4:42.22	5:59.53
618	1:29.61	2:06.63	2:46.23	4:21.71	4:42.32	5:59.66
617	1:29.64	2:06.67	2:46.30	4:21.81	4:42.43	5:59.80
616	1:29.68	2:06.72	2:46.36	4:21.91	4:42.54	5:59.94
615	1:29.71	2:06.77	2:46.42	4:22.01	4:42.65	6:00.07
614	1:29.74	2:06.81	2:46.49	4:22.11	4:42.75	6:00.21
613	1:29.78	2:06.86	2:46.55	4:22.21	4:42.86	6:00.35
612	1:29.81	2:06.91	2:46.62	4:22.31	4:42.97	6:00.48
611	1:29.84	2:06.95	2:46.68	4:22.41	4:43.08	6:00.62
610	1:29.87	2:07.00	2:46.74	4:22.51	4:43.18	6:00.76
609	1:29.91	2:07.05	2:46.81	4:22.61	4:43.29	6:00.89
608	1:29.94	2:07.09	2:46.87	4:22.71	4:43.40	6:01.03
607	1:29.97	2:07.14	2:46.94	4:22.81	4:43.51	6:01.17
606	1:30.01	2:07.19	2:47.00	4:22.91	4:43.62	6:01.31
605	1:30.04	2:07.23	2:47.07	4:23.01	4:43.73	6:01.44
604	1:30.07	2:07.28	2:47.13	4:23.11	4:43.83	6:01.58
603	1:30.11	2:07.33	2:47.19	4:23.22	4:43.94	6:01.72
602	1:30.14	2:07.37	2:47.26	4:23.32	4:44.05	6:01.86
601	1:30.17	2:07.42	2:47.32	4:23.42	4:44.16	6:01.99

Points	600m	800m	1000m	1500m	Mile	2000m
600	1:30.20	2:07.47	2:47.39	4:23.52	4:44.27	6:02.13
599	1:30.24	2:07.52	2:47.45	4:23.62	4:44.38	6:02.27
598	1:30.27	2:07.56	2:47.52	4:23.72	4:44.49	6:02.41
597	1:30.30	2:07.61	2:47.58	4:23.82	4:44.60	6:02.55
596	1:30.34	2:07.66	2:47.65	4:23.92	4:44.71	6:02.69
595	1:30.37	2:07.70	2:47.71	4:24.03	4:44.82	6:02.83
594	1:30.40	2:07.75	2:47.78	4:24.13	4:44.92	6:02.96
593	1:30.44	2:07.80	2:47.84	4:24.23	4:45.03	6:03.10
592	1:30.47	2:07.85	2:47.91	4:24.33	4:45.14	6:03.24
591	1:30.50	2:07.89	2:47.97	4:24.43	4:45.25	6:03.38
590	1:30.54	2:07.94	2:48.04	4:24.54	4:45.36	6:03.52
589	1:30.57	2:07.99	2:48.10	4:24.64	4:45.47	6:03.66
588	1:30.60	2:08.04	2:48.17	4:24.74	4:45.58	6:03.80
587	1:30.64	2:08.08	2:48.23	4:24.84	4:45.69	6:03.94
586	1:30.67	2:08.13	2:48.30	4:24.94	4:45.80	6:04.08
585	1:30.71	2:08.18	2:48.36	4:25.05	4:45.91	6:04.22
584	1:30.74	2:08.23	2:48.43	4:25.15	4:46.02	6:04.36
583	1:30.77	2:08.28	2:48.50	4:25.25	4:46.13	6:04.50
582	1:30.81	2:08.32	2:48.56	4:25.35	4:46.25	6:04.64
581	1:30.84	2:08.37	2:48.63	4:25.46	4:46.36	6:04.78
580	1:30.87	2:08.42	2:48.69	4:25.56	4:46.47	6:04.92
579	1:30.91	2:08.47	2:48.76	4:25.66	4:46.58	6:05.06
578	1:30.94	2:08.51	2:48.82	4:25.77	4:46.69	6:05.20
577	1:30.97	2:08.56	2:48.89	4:25.87	4:46.80	6:05.34
576	1:31.01	2:08.61	2:48.96	4:25.97	4:46.91	6:05.48
575	1:31.04	2:08.66	2:49.02	4:26.08	4:47.02	6:05.62
574	1:31.08	2:08.71	2:49.09	4:26.18	4:47.13	6:05.77
573	1:31.11	2:08.76	2:49.15	4:26.28	4:47.24	6:05.91
572	1:31.14	2:08.80	2:49.22	4:26.39	4:47.36	6:06.05
571	1:31.18	2:08.85	2:49.29	4:26.49	4:47.47	6:06.19
570	1:31.21	2:08.90	2:49.35	4:26.59	4:47.58	6:06.33
569	1:31.25	2:08.95	2:49.42	4:26.70	4:47.69	6:06.47
568	1:31.28	2:09.00	2:49.49	4:26.80	4:47.80	6:06.62
567	1:31.31	2:09.05	2:49.55	4:26.91	4:47.92	6:06.76
566	1:31.35	2:09.09	2:49.62	4:27.01	4:48.03	6:06.90
565	1:31.38	2:09.14	2:49.69	4:27.11	4:48.14	6:07.04
564	1:31.42	2:09.19	2:49.75	4:27.22	4:48.25	6:07.19
563	1:31.45	2:09.24	2:49.82	4:27.32	4:48.36	6:07.33
562	1:31.49	2:09.29	2:49.89	4:27.43	4:48.48	6:07.47
561	1:31.52	2:09.34	2:49.95	4:27.53	4:48.59	6:07.61
560	1:31.55	2:09.39	2:50.02	4:27.64	4:48.70	6:07.76
559	1:31.59	2:09.43	2:50.09	4:27.74	4:48.82	6:07.90
558	1:31.62	2:09.48	2:50.15	4:27.85	4:48.93	6:08.04
557	1:31.66	2:09.53	2:50.22	4:27.95	4:49.04	6:08.19
556	1:31.69	2:09.58	2:50.29	4:28.06	4:49.15	6:08.33
555	1:31.73	2:09.63	2:50.35	4:28.16	4:49.27	6:08.47
554	1:31.76	2:09.68	2:50.42	4:28.27	4:49.38	6:08.62
553	1:31.79	2:09.73	2:50.49	4:28.37	4:49.49	6:08.76
552	1:31.83	2:09.78	2:50.56	4:28.48	4:49.61	6:08.91
551	1:31.86	2:09.83	2:50.62	4:28.58	4:49.72	6:09.05

Points	600m	800m	1000m	1500m	Mile	2000m
550	1:31.90	2:09.88	2:50.69	4:28.69	4:49.83	6:09.19
549	1:31.93	2:09.92	2:50.76	4:28.80	4:49.95	6:09.34
548	1:31.97	2:09.97	2:50.83	4:28.90	4:50.06	6:09.48
547	1:32.00	2:10.02	2:50.89	4:29.01	4:50.18	6:09.63
546	1:32.04	2:10.07	2:50.96	4:29.11	4:50.29	6:09.77
545	1:32.07	2:10.12	2:51.03	4:29.22	4:50.41	6:09.92
544	1:32.11	2:10.17	2:51.10	4:29.33	4:50.52	6:10.06
543	1:32.14	2:10.22	2:51.17	4:29.43	4:50.63	6:10.21
542	1:32.18	2:10.27	2:51.23	4:29.54	4:50.75	6:10.35
541	1:32.21	2:10.32	2:51.30	4:29.65	4:50.86	6:10.50
540	1:32.25	2:10.37	2:51.37	4:29.75	4:50.98	6:10.64
539	1:32.28	2:10.42	2:51.44	4:29.86	4:51.09	6:10.79
538	1:32.32	2:10.47	2:51.51	4:29.97	4:51.21	6:10.94
537	1:32.35	2:10.52	2:51.58	4:30.07	4:51.32	6:11.08
536	1:32.39	2:10.57	2:51.64	4:30.18	4:51.44	6:11.23
535	1:32.42	2:10.62	2:51.71	4:30.29	4:51.55	6:11.37
534	1:32.46	2:10.67	2:51.78	4:30.39	4:51.67	6:11.52
533	1:32.49	2:10.72	2:51.85	4:30.50	4:51.78	6:11.67
532	1:32.53	2:10.77	2:51.92	4:30.61	4:51.90	6:11.81
531	1:32.56	2:10.82	2:51.99	4:30.72	4:52.02	6:11.96
530	1:32.60	2:10.87	2:52.06	4:30.82	4:52.13	6:12.11
529	1:32.63	2:10.92	2:52.12	4:30.93	4:52.25	6:12.26
528	1:32.67	2:10.97	2:52.19	4:31.04	4:52.36	6:12.40
527	1:32.70	2:11.02	2:52.26	4:31.15	4:52.48	6:12.55
526	1:32.74	2:11.07	2:52.33	4:31.26	4:52.60	6:12.70
525	1:32.77	2:11.12	2:52.40	4:31.36	4:52.71	6:12.84
524	1:32.81	2:11.17	2:52.47	4:31.47	4:52.83	6:12.99
523	1:32.85	2:11.22	2:52.54	4:31.58	4:52.95	6:13.14
522	1:32.88	2:11.27	2:52.61	4:31.69	4:53.06	6:13.29
521	1:32.92	2:11.32	2:52.68	4:31.80	4:53.18	6:13.44
520	1:32.95	2:11.37	2:52.75	4:31.91	4:53.30	6:13.59
519	1:32.99	2:11.42	2:52.82	4:32.02	4:53.41	6:13.73
518	1:33.02	2:11.47	2:52.89	4:32.12	4:53.53	6:13.88
517	1:33.06	2:11.52	2:52.96	4:32.23	4:53.65	6:14.03
516	1:33.09	2:11.57	2:53.02	4:32.34	4:53.77	6:14.18
515	1:33.13	2:11.63	2:53.09	4:32.45	4:53.88	6:14.33
514	1:33.17	2:11.68	2:53.16	4:32.56	4:54.00	6:14.48
513	1:33.20	2:11.73	2:53.23	4:32.67	4:54.12	6:14.63
512	1:33.24	2:11.78	2:53.30	4:32.78	4:54.24	6:14.78
511	1:33.27	2:11.83	2:53.37	4:32.89	4:54.35	6:14.93
510	1:33.31	2:11.88	2:53.44	4:33.00	4:54.47	6:15.08
509	1:33.35	2:11.93	2:53.51	4:33.11	4:54.59	6:15.23
508	1:33.38	2:11.98	2:53.59	4:33.22	4:54.71	6:15.38
507	1:33.42	2:12.03	2:53.66	4:33.33	4:54.83	6:15.53
506	1:33.45	2:12.09	2:53.73	4:33.44	4:54.95	6:15.68
505	1:33.49	2:12.14	2:53.80	4:33.55	4:55.06	6:15.83
504	1:33.53	2:12.19	2:53.87	4:33.66	4:55.18	6:15.98
503	1:33.56	2:12.24	2:53.94	4:33.77	4:55.30	6:16.13
502	1:33.60	2:12.29	2:54.01	4:33.88	4:55.42	6:16.28
501	1:33.64	2:12.34	2:54.08	4:33.99	4:55.54	6:16.43

Points	600m	800m	1000m	1500m	Mile	2000m
500	1:33.67	2:12.39	2:54.15	4:34.10	4:55.66	6:16.58
499	1:33.71	2:12.45	2:54.22	4:34.21	4:55.78	6:16.74
498	1:33.74	2:12.50	2:54.29	4:34.32	4:55.90	6:16.89
497	1:33.78	2:12.55	2:54.36	4:34.44	4:56.02	6:17.04
496	1:33.82	2:12.60	2:54.43	4:34.55	4:56.14	6:17.19
495	1:33.85	2:12.65	2:54.50	4:34.66	4:56.26	6:17.34
494	1:33.89	2:12.70	2:54.58	4:34.77	4:56.38	6:17.50
493	1:33.93	2:12.76	2:54.65	4:34.88	4:56.50	6:17.65
492	1:33.96	2:12.81	2:54.72	4:34.99	4:56.62	6:17.80
491	1:34.00	2:12.86	2:54.79	4:35.11	4:56.74	6:17.95
490	1:34.04	2:12.91	2:54.86	4:35.22	4:56.86	6:18.11
489	1:34.07	2:12.96	2:54.93	4:35.33	4:56.98	6:18.26
488	1:34.11	2:13.02	2:55.00	4:35.44	4:57.10	6:18.41
487	1:34.15	2:13.07	2:55.08	4:35.55	4:57.22	6:18.57
486	1:34.18	2:13.12	2:55.15	4:35.67	4:57.34	6:18.72
485	1:34.22	2:13.17	2:55.22	4:35.78	4:57.46	6:18.87
484	1:34.26	2:13.23	2:55.29	4:35.89	4:57.58	6:19.03
483	1:34.29	2:13.28	2:55.36	4:36.00	4:57.71	6:19.18
482	1:34.33	2:13.33	2:55.44	4:36.12	4:57.83	6:19.33
481	1:34.37	2:13.38	2:55.51	4:36.23	4:57.95	6:19.49
480	1:34.41	2:13.44	2:55.58	4:36.34	4:58.07	6:19.64
479	1:34.44	2:13.49	2:55.65	4:36.46	4:58.19	6:19.80
478	1:34.48	2:13.54	2:55.73	4:36.57	4:58.31	6:19.95
477	1:34.52	2:13.59	2:55.80	4:36.68	4:58.44	6:20.11
476	1:34.55	2:13.65	2:55.87	4:36.80	4:58.56	6:20.26
475	1:34.59	2:13.70	2:55.94	4:36.91	4:58.68	6:20.42
474	1:34.63	2:13.75	2:56.02	4:37.02	4:58.80	6:20.57
473	1:34.67	2:13.81	2:56.09	4:37.14	4:58.93	6:20.73
472	1:34.70	2:13.86	2:56.16	4:37.25	4:59.05	6:20.88
471	1:34.74	2:13.91	2:56.23	4:37.37	4:59.17	6:21.04
470	1:34.78	2:13.97	2:56.31	4:37.48	4:59.29	6:21.20
469	1:34.82	2:14.02	2:56.38	4:37.60	4:59.42	6:21.35
468	1:34.85	2:14.07	2:56.45	4:37.71	4:59.54	6:21.51
467	1:34.89	2:14.13	2:56.53	4:37.82	4:59.66	6:21.67
466	1:34.93	2:14.18	2:56.60	4:37.94	4:59.79	6:21.82
465	1:34.97	2:14.23	2:56.67	4:38.05	4:59.91	6:21.98
464	1:35.00	2:14.29	2:56.75	4:38.17	5:00.04	6:22.14
463	1:35.04	2:14.34	2:56.82	4:38.28	5:00.16	6:22.29
462	1:35.08	2:14.39	2:56.89	4:38.40	5:00.28	6:22.45
461	1:35.12	2:14.45	2:56.97	4:38.52	5:00.41	6:22.61
460	1:35.15	2:14.50	2:57.04	4:38.63	5:00.53	6:22.77
459	1:35.19	2:14.55	2:57.12	4:38.75	5:00.66	6:22.92
458	1:35.23	2:14.61	2:57.19	4:38.86	5:00.78	6:23.08
457	1:35.27	2:14.66	2:57.26	4:38.98	5:00.91	6:23.24
456	1:35.31	2:14.72	2:57.34	4:39.09	5:01.03	6:23.40
455	1:35.34	2:14.77	2:57.41	4:39.21	5:01.16	6:23.56
454	1:35.38	2:14.82	2:57.49	4:39.33	5:01.28	6:23.72
453	1:35.42	2:14.88	2:57.56	4:39.44	5:01.41	6:23.88
452	1:35.46	2:14.93	2:57.64	4:39.56	5:01.53	6:24.04
451	1:35.50	2:14.99	2:57.71	4:39.68	5:01.66	6:24.19

Points	600m	800m	1000m	1500m	Mile	2000m
450	1:35.54	2:15.04	2:57.79	4:39.79	5:01.78	6:24.35
449	1:35.57	2:15.10	2:57.86	4:39.91	5:01.91	6:24.51
448	1:35.61	2:15.15	2:57.93	4:40.03	5:02.04	6:24.67
447	1:35.65	2:15.21	2:58.01	4:40.14	5:02.16	6:24.83
446	1:35.69	2:15.26	2:58.08	4:40.26	5:02.29	6:24.99
445	1:35.73	2:15.31	2:58.16	4:40.38	5:02.41	6:25.15
444	1:35.77	2:15.37	2:58.23	4:40.50	5:02.54	6:25.31
443	1:35.80	2:15.42	2:58.31	4:40.61	5:02.67	6:25.48
442	1:35.84	2:15.48	2:58.39	4:40.73	5:02.79	6:25.64
441	1:35.88	2:15.53	2:58.46	4:40.85	5:02.92	6:25.80
440	1:35.92	2:15.59	2:58.54	4:40.97	5:03.05	6:25.96
439	1:35.96	2:15.64	2:58.61	4:41.09	5:03.18	6:26.12
438	1:36.00	2:15.70	2:58.69	4:41.21	5:03.30	6:26.28
437	1:36.04	2:15.75	2:58.76	4:41.32	5:03.43	6:26.44
436	1:36.08	2:15.81	2:58.84	4:41.44	5:03.56	6:26.61
435	1:36.11	2:15.86	2:58.91	4:41.56	5:03.69	6:26.77
434	1:36.15	2:15.92	2:58.99	4:41.68	5:03.81	6:26.93
433	1:36.19	2:15.98	2:59.07	4:41.80	5:03.94	6:27.09
432	1:36.23	2:16.03	2:59.14	4:41.92	5:04.07	6:27.26
431	1:36.27	2:16.09	2:59.22	4:42.04	5:04.20	6:27.42
430	1:36.31	2:16.14	2:59.30	4:42.16	5:04.33	6:27.58
429	1:36.35	2:16.20	2:59.37	4:42.28	5:04.46	6:27.75
428	1:36.39	2:16.25	2:59.45	4:42.40	5:04.59	6:27.91
427	1:36.43	2:16.31	2:59.53	4:42.52	5:04.71	6:28.07
426	1:36.47	2:16.37	2:59.60	4:42.64	5:04.84	6:28.24
425	1:36.51	2:16.42	2:59.68	4:42.76	5:04.97	6:28.40
424	1:36.55	2:16.48	2:59.76	4:42.88	5:05.10	6:28.57
423	1:36.59	2:16.53	2:59.83	4:43.00	5:05.23	6:28.73
422	1:36.62	2:16.59	2:59.91	4:43.12	5:05.36	6:28.89
421	1:36.66	2:16.65	2:59.99	4:43.24	5:05.49	6:29.06
420	1:36.70	2:16.70	3:00.06	4:43.36	5:05.62	6:29.22
419	1:36.74	2:16.76	3:00.14	4:43.48	5:05.75	6:29.39
418	1:36.78	2:16.81	3:00.22	4:43.60	5:05.88	6:29.56
417	1:36.82	2:16.87	3:00.30	4:43.72	5:06.01	6:29.72
416	1:36.86	2:16.93	3:00.37	4:43.85	5:06.14	6:29.89
415	1:36.90	2:16.98	3:00.45	4:43.97	5:06.28	6:30.05
414	1:36.94	2:17.04	3:00.53	4:44.09	5:06.41	6:30.22
413	1:36.98	2:17.10	3:00.61	4:44.21	5:06.54	6:30.39
412	1:37.02	2:17.15	3:00.69	4:44.33	5:06.67	6:30.55
411	1:37.06	2:17.21	3:00.76	4:44.46	5:06.80	6:30.72
410	1:37.10	2:17.27	3:00.84	4:44.58	5:06.93	6:30.89
409	1:37.14	2:17.33	3:00.92	4:44.70	5:07.06	6:31.05
408	1:37.18	2:17.38	3:01.00	4:44.82	5:07.20	6:31.22
407	1:37.22	2:17.44	3:01.08	4:44.95	5:07.33	6:31.39
406	1:37.26	2:17.50	3:01.16	4:45.07	5:07.46	6:31.56
405	1:37.30	2:17.55	3:01.23	4:45.19	5:07.59	6:31.73
404	1:37.34	2:17.61	3:01.31	4:45.32	5:07.73	6:31.89
403	1:37.38	2:17.67	3:01.39	4:45.44	5:07.86	6:32.06
402	1:37.43	2:17.73	3:01.47	4:45.56	5:07.99	6:32.23
401	1:37.47	2:17.78	3:01.55	4:45.69	5:08.12	6:32.40

Points	600m	800m	1000m	1500m	Mile	2000m
400	1:37.51	2:17.84	3:01.63	4:45.81	5:08.26	6:32.57
399	1:37.55	2:17.90	3:01.71	4:45.93	5:08.39	6:32.74
398	1:37.59	2:17.96	3:01.79	4:46.06	5:08.53	6:32.91
397	1:37.63	2:18.01	3:01.87	4:46.18	5:08.66	6:33.08
396	1:37.67	2:18.07	3:01.95	4:46.31	5:08.79	6:33.25
395	1:37.71	2:18.13	3:02.03	4:46.43	5:08.93	6:33.42
394	1:37.75	2:18.19	3:02.11	4:46.56	5:09.06	6:33.59
393	1:37.79	2:18.25	3:02.19	4:46.68	5:09.20	6:33.76
392	1:37.83	2:18.31	3:02.27	4:46.81	5:09.33	6:33.93
391	1:37.87	2:18.36	3:02.35	4:46.93	5:09.47	6:34.10
390	1:37.91	2:18.42	3:02.43	4:47.06	5:09.60	6:34.27
389	1:37.96	2:18.48	3:02.51	4:47.18	5:09.74	6:34.44
388	1:38.00	2:18.54	3:02.59	4:47.31	5:09.87	6:34.62
387	1:38.04	2:18.60	3:02.67	4:47.44	5:10.01	6:34.79
386	1:38.08	2:18.66	3:02.75	4:47.56	5:10.14	6:34.96
385	1:38.12	2:18.72	3:02.83	4:47.69	5:10.28	6:35.13
384	1:38.16	2:18.77	3:02.91	4:47.81	5:10.41	6:35.31
383	1:38.20	2:18.83	3:02.99	4:47.94	5:10.55	6:35.48
382	1:38.25	2:18.89	3:03.07	4:48.07	5:10.69	6:35.65
381	1:38.29	2:18.95	3:03.15	4:48.19	5:10.82	6:35.82
380	1:38.33	2:19.01	3:03.23	4:48.32	5:10.96	6:36.00
379	1:38.37	2:19.07	3:03.31	4:48.45	5:11.10	6:36.17
378	1:38.41	2:19.13	3:03.40	4:48.58	5:11.23	6:36.35
377	1:38.45	2:19.19	3:03.48	4:48.70	5:11.37	6:36.52
376	1:38.50	2:19.25	3:03.56	4:48.83	5:11.51	6:36.69
375	1:38.54	2:19.31	3:03.64	4:48.96	5:11.65	6:36.87
374	1:38.58	2:19.37	3:03.72	4:49.09	5:11.79	6:37.04
373	1:38.62	2:19.43	3:03.80	4:49.22	5:11.92	6:37.22
372	1:38.66	2:19.49	3:03.89	4:49.34	5:12.06	6:37.39
371	1:38.71	2:19.55	3:03.97	4:49.47	5:12.20	6:37.57
370	1:38.75	2:19.61	3:04.05	4:49.60	5:12.34	6:37.75
369	1:38.79	2:19.67	3:04.13	4:49.73	5:12.48	6:37.92
368	1:38.83	2:19.73	3:04.22	4:49.86	5:12.62	6:38.10
367	1:38.88	2:19.79	3:04.30	4:49.99	5:12.76	6:38.28
366	1:38.92	2:19.85	3:04.38	4:50.12	5:12.90	6:38.45
365	1:38.96	2:19.91	3:04.46	4:50.25	5:13.03	6:38.63
364	1:39.00	2:19.97	3:04.55	4:50.38	5:13.17	6:38.81
363	1:39.05	2:20.03	3:04.63	4:50.51	5:13.31	6:38.98
362	1:39.09	2:20.09	3:04.71	4:50.64	5:13.45	6:39.16
361	1:39.13	2:20.15	3:04.80	4:50.77	5:13.59	6:39.34
360	1:39.17	2:20.21	3:04.88	4:50.90	5:13.74	6:39.52
359	1:39.22	2:20.27	3:04.96	4:51.03	5:13.88	6:39.70
358	1:39.26	2:20.33	3:05.05	4:51.16	5:14.02	6:39.88
357	1:39.30	2:20.39	3:05.13	4:51.29	5:14.16	6:40.06
356	1:39.35	2:20.45	3:05.22	4:51.42	5:14.30	6:40.23
355	1:39.39	2:20.52	3:05.30	4:51.56	5:14.44	6:40.41
354	1:39.43	2:20.58	3:05.38	4:51.69	5:14.58	6:40.59
353	1:39.47	2:20.64	3:05.47	4:51.82	5:14.72	6:40.77
352	1:39.52	2:20.70	3:05.55	4:51.95	5:14.87	6:40.95
351	1:39.56	2:20.76	3:05.64	4:52.08	5:15.01	6:41.13

Points	600m	800m	1000m	1500m	Mile	2000m
350	1:39.60	2:20.82	3:05.72	4:52.22	5:15.15	6:41.32
349	1:39.65	2:20.88	3:05.81	4:52.35	5:15.29	6:41.50
348	1:39.69	2:20.95	3:05.89	4:52.48	5:15.44	6:41.68
347	1:39.74	2:21.01	3:05.98	4:52.61	5:15.58	6:41.86
346	1:39.78	2:21.07	3:06.06	4:52.75	5:15.72	6:42.04
345	1:39.82	2:21.13	3:06.15	4:52.88	5:15.87	6:42.22
344	1:39.87	2:21.19	3:06.23	4:53.01	5:16.01	6:42.41
343	1:39.91	2:21.26	3:06.32	4:53.15	5:16.16	6:42.59
342	1:39.95	2:21.32	3:06.40	4:53.28	5:16.30	6:42.77
341	1:40.00	2:21.38	3:06.49	4:53.42	5:16.44	6:42.95
340	1:40.04	2:21.44	3:06.57	4:53.55	5:16.59	6:43.14
339	1:40.09	2:21.51	3:06.66	4:53.69	5:16.73	6:43.32
338	1:40.13	2:21.57	3:06.75	4:53.82	5:16.88	6:43.51
337	1:40.17	2:21.63	3:06.83	4:53.96	5:17.02	6:43.69
336	1:40.22	2:21.69	3:06.92	4:54.09	5:17.17	6:43.87
335	1:40.26	2:21.76	3:07.01	4:54.23	5:17.31	6:44.06
334	1:40.31	2:21.82	3:07.09	4:54.36	5:17.46	6:44.24
333	1:40.35	2:21.88	3:07.18	4:54.50	5:17.61	6:44.43
332	1:40.40	2:21.95	3:07.27	4:54.63	5:17.75	6:44.62
331	1:40.44	2:22.01	3:07.35	4:54.77	5:17.90	6:44.80
330	1:40.49	2:22.07	3:07.44	4:54.91	5:18.05	6:44.99
329	1:40.53	2:22.14	3:07.53	4:55.04	5:18.19	6:45.17
328	1:40.58	2:22.20	3:07.61	4:55.18	5:18.34	6:45.36
327	1:40.62	2:22.26	3:07.70	4:55.32	5:18.49	6:45.55
326	1:40.66	2:22.33	3:07.79	4:55.45	5:18.64	6:45.74
325	1:40.71	2:22.39	3:07.88	4:55.59	5:18.78	6:45.92
324	1:40.76	2:22.46	3:07.97	4:55.73	5:18.93	6:46.11
323	1:40.80	2:22.52	3:08.05	4:55.87	5:19.08	6:46.30
322	1:40.85	2:22.59	3:08.14	4:56.00	5:19.23	6:46.49
321	1:40.89	2:22.65	3:08.23	4:56.14	5:19.38	6:46.68
320	1:40.94	2:22.71	3:08.32	4:56.28	5:19.53	6:46.87
319	1:40.98	2:22.78	3:08.41	4:56.42	5:19.68	6:47.06
318	1:41.03	2:22.84	3:08.50	4:56.56	5:19.83	6:47.25
317	1:41.07	2:22.91	3:08.58	4:56.70	5:19.98	6:47.44
316	1:41.12	2:22.97	3:08.67	4:56.84	5:20.13	6:47.63
315	1:41.16	2:23.04	3:08.76	4:56.98	5:20.28	6:47.82
314	1:41.21	2:23.10	3:08.85	4:57.12	5:20.43	6:48.01
313	1:41.26	2:23.17	3:08.94	4:57.26	5:20.58	6:48.20
312	1:41.30	2:23.23	3:09.03	4:57.40	5:20.73	6:48.39
311	1:41.35	2:23.30	3:09.12	4:57.54	5:20.88	6:48.58
310	1:41.39	2:23.36	3:09.21	4:57.68	5:21.03	6:48.77
309	1:41.44	2:23.43	3:09.30	4:57.82	5:21.18	6:48.97
308	1:41.49	2:23.50	3:09.39	4:57.96	5:21.33	6:49.16
307	1:41.53	2:23.56	3:09.48	4:58.10	5:21.49	6:49.35
306	1:41.58	2:23.63	3:09.57	4:58.24	5:21.64	6:49.55
305	1:41.63	2:23.69	3:09.66	4:58.39	5:21.79	6:49.74
304	1:41.67	2:23.76	3:09.75	4:58.53	5:21.94	6:49.93
303	1:41.72	2:23.83	3:09.84	4:58.67	5:22.10	6:50.13
302	1:41.77	2:23.89	3:09.94	4:58.81	5:22.25	6:50.32
301	1:41.81	2:23.96	3:10.03	4:58.96	5:22.40	6:50.52

Points	600m	800m	1000m	1500m	Mile	2000m
300	1:41.86	2:24.02	3:10.12	4:59.10	5:22.56	6:50.71
299	1:41.91	2:24.09	3:10.21	4:59.24	5:22.71	6:50.91
298	1:41.95	2:24.16	3:10.30	4:59.39	5:22.87	6:51.10
297	1:42.00	2:24.23	3:10.39	4:59.53	5:23.02	6:51.30
296	1:42.05	2:24.29	3:10.49	4:59.67	5:23.18	6:51.50
295	1:42.09	2:24.36	3:10.58	4:59.82	5:23.33	6:51.69
294	1:42.14	2:24.43	3:10.67	4:59.96	5:23.49	6:51.89
293	1:42.19	2:24.49	3:10.76	5:00.11	5:23.64	6:52.09
292	1:42.24	2:24.56	3:10.86	5:00.25	5:23.80	6:52.29
291	1:42.28	2:24.63	3:10.95	5:00.40	5:23.96	6:52.49
290	1:42.33	2:24.70	3:11.04	5:00.54	5:24.11	6:52.68
289	1:42.38	2:24.76	3:11.13	5:00.69	5:24.27	6:52.88
288	1:42.43	2:24.83	3:11.23	5:00.83	5:24.43	6:53.08
287	1:42.48	2:24.90	3:11.32	5:00.98	5:24.58	6:53.28
286	1:42.52	2:24.97	3:11.41	5:01.13	5:24.74	6:53.48
285	1:42.57	2:25.04	3:11.51	5:01.27	5:24.90	6:53.68
284	1:42.62	2:25.11	3:11.60	5:01.42	5:25.06	6:53.88
283	1:42.67	2:25.17	3:11.70	5:01.57	5:25.22	6:54.08
282	1:42.72	2:25.24	3:11.79	5:01.71	5:25.37	6:54.29
281	1:42.76	2:25.31	3:11.88	5:01.86	5:25.53	6:54.49
280	1:42.81	2:25.38	3:11.98	5:02.01	5:25.69	6:54.69
279	1:42.86	2:25.45	3:12.07	5:02.16	5:25.85	6:54.89
278	1:42.91	2:25.52	3:12.17	5:02.31	5:26.01	6:55.09
277	1:42.96	2:25.59	3:12.26	5:02.46	5:26.17	6:55.30
276	1:43.01	2:25.66	3:12.36	5:02.61	5:26.33	6:55.50
275	1:43.06	2:25.73	3:12.45	5:02.76	5:26.49	6:55.71
274	1:43.11	2:25.80	3:12.55	5:02.90	5:26.65	6:55.91
273	1:43.15	2:25.87	3:12.65	5:03.05	5:26.82	6:56.11
272	1:43.20	2:25.94	3:12.74	5:03.20	5:26.98	6:56.32
271	1:43.25	2:26.01	3:12.84	5:03.36	5:27.14	6:56.53
270	1:43.30	2:26.08	3:12.93	5:03.51	5:27.30	6:56.74
269	1:43.35	2:26.15	3:13.03	5:03.66	5:27.46	6:56.94
268	1:43.40	2:26.22	3:13.13	5:03.81	5:27.63	6:57.14
267	1:43.45	2:26.29	3:13.22	5:03.96	5:27.79	6:57.35
266	1:43.50	2:26.36	3:13.32	5:04.11	5:27.95	6:57.56
265	1:43.55	2:26.43	3:13.42	5:04.26	5:28.12	6:57.77
264	1:43.60	2:26.50	3:13.52	5:04.42	5:28.28	6:57.97
263	1:43.65	2:26.57	3:13.61	5:04.57	5:28.45	6:58.18
262	1:43.70	2:26.64	3:13.71	5:04.72	5:28.61	6:58.39
261	1:43.75	2:26.71	3:13.81	5:04.88	5:28.78	6:58.60
260	1:43.80	2:26.78	3:13.91	5:05.03	5:28.94	6:58.81
259	1:43.85	2:26.86	3:14.01	5:05.18	5:29.11	6:59.02
258	1:43.90	2:26.93	3:14.10	5:05.34	5:29.27	6:59.23
257	1:43.95	2:27.00	3:14.20	5:05.49	5:29.44	6:59.44
256	1:44.00	2:27.07	3:14.30	5:05.65	5:29.61	6:59.65
255	1:44.05	2:27.14	3:14.40	5:05.80	5:29.77	6:59.87
254	1:44.11	2:27.22	3:14.50	5:05.96	5:29.94	7:00.08
253	1:44.16	2:27.29	3:14.60	5:06.11	5:30.11	7:00.29
252	1:44.21	2:27.36	3:14.70	5:06.27	5:30.28	7:00.50
251	1:44.26	2:27.43	3:14.80	5:06.43	5:30.44	7:00.72

Points	600m	800m	1000m	1500m	Mile	2000m
250	1:44.31	2:27.51	3:14.90	5:06.58	5:30.61	7:00.93
249	1:44.36	2:27.58	3:15.00	5:06.74	5:30.78	7:01.15
248	1:44.41	2:27.65	3:15.10	5:06.90	5:30.95	7:01.36
247	1:44.46	2:27.73	3:15.20	5:07.05	5:31.12	7:01.58
246	1:44.52	2:27.80	3:15.30	5:07.21	5:31.29	7:01.79
245	1:44.57	2:27.87	3:15.40	5:07.37	5:31.46	7:02.01
244	1:44.62	2:27.95	3:15.50	5:07.53	5:31.63	7:02.22
243	1:44.67	2:28.02	3:15.61	5:07.69	5:31.80	7:02.44
242	1:44.72	2:28.10	3:15.71	5:07.85	5:31.97	7:02.66
241	1:44.78	2:28.17	3:15.81	5:08.01	5:32.14	7:02.88
240	1:44.83	2:28.24	3:15.91	5:08.17	5:32.32	7:03.09
239	1:44.88	2:28.32	3:16.01	5:08.33	5:32.49	7:03.31
238	1:44.93	2:28.39	3:16.12	5:08.49	5:32.66	7:03.53
237	1:44.99	2:28.47	3:16.22	5:08.65	5:32.84	7:03.75
236	1:45.04	2:28.54	3:16.32	5:08.81	5:33.01	7:03.97
235	1:45.09	2:28.62	3:16.43	5:08.97	5:33.18	7:04.19
234	1:45.15	2:28.69	3:16.53	5:09.13	5:33.36	7:04.41
233	1:45.20	2:28.77	3:16.63	5:09.30	5:33.53	7:04.64
232	1:45.25	2:28.85	3:16.74	5:09.46	5:33.71	7:04.86
231	1:45.31	2:28.92	3:16.84	5:09.62	5:33.88	7:05.08
230	1:45.36	2:29.00	3:16.95	5:09.78	5:34.06	7:05.30
229	1:45.41	2:29.07	3:17.05	5:09.95	5:34.23	7:05.53
228	1:45.47	2:29.15	3:17.15	5:10.11	5:34.41	7:05.75
227	1:45.52	2:29.23	3:17.26	5:10.28	5:34.59	7:05.98
226	1:45.57	2:29.30	3:17.36	5:10.44	5:34.76	7:06.20
225	1:45.63	2:29.38	3:17.47	5:10.61	5:34.94	7:06.43
224	1:45.68	2:29.46	3:17.58	5:10.77	5:35.12	7:06.65
223	1:45.74	2:29.53	3:17.68	5:10.94	5:35.30	7:06.88
222	1:45.79	2:29.61	3:17.79	5:11.10	5:35.48	7:07.10
221	1:45.85	2:29.69	3:17.89	5:11.27	5:35.66	7:07.33
220	1:45.90	2:29.77	3:18.00	5:11.44	5:35.84	7:07.56
219	1:45.96	2:29.84	3:18.11	5:11.60	5:36.02	7:07.79
218	1:46.01	2:29.92	3:18.22	5:11.77	5:36.20	7:08.02
217	1:46.07	2:30.00	3:18.32	5:11.94	5:36.38	7:08.25
216	1:46.12	2:30.08	3:18.43	5:12.11	5:36.56	7:08.48
215	1:46.18	2:30.16	3:18.54	5:12.28	5:36.74	7:08.71
214	1:46.23	2:30.24	3:18.65	5:12.45	5:36.92	7:08.94
213	1:46.29	2:30.32	3:18.76	5:12.62	5:37.11	7:09.17
212	1:46.34	2:30.39	3:18.86	5:12.79	5:37.29	7:09.40
211	1:46.40	2:30.47	3:18.97	5:12.96	5:37.47	7:09.64
210	1:46.45	2:30.55	3:19.08	5:13.13	5:37.66	7:09.87
209	1:46.51	2:30.63	3:19.19	5:13.30	5:37.84	7:10.10
208	1:46.57	2:30.71	3:19.30	5:13.47	5:38.03	7:10.34
207	1:46.62	2:30.79	3:19.41	5:13.64	5:38.21	7:10.57
206	1:46.68	2:30.87	3:19.52	5:13.82	5:38.40	7:10.81
205	1:46.74	2:30.95	3:19.63	5:13.99	5:38.58	7:11.04
204	1:46.79	2:31.03	3:19.74	5:14.16	5:38.77	7:11.28
203	1:46.85	2:31.12	3:19.85	5:14.34	5:38.96	7:11.52
202	1:46.91	2:31.20	3:19.96	5:14.51	5:39.14	7:11.76
201	1:46.96	2:31.28	3:20.08	5:14.69	5:39.33	7:12.00

Points	600m	800m	1000m	1500m	Mile	2000m
200	1:47.02	2:31.36	3:20.19	5:14.86	5:39.52	7:12.23
199	1:47.08	2:31.44	3:20.30	5:15.04	5:39.71	7:12.47
198	1:47.14	2:31.52	3:20.41	5:15.21	5:39.90	7:12.71
197	1:47.19	2:31.61	3:20.53	5:15.39	5:40.09	7:12.96
196	1:47.25	2:31.69	3:20.64	5:15.57	5:40.28	7:13.20
195	1:47.31	2:31.77	3:20.75	5:15.74	5:40.47	7:13.44
194	1:47.37	2:31.85	3:20.87	5:15.92	5:40.66	7:13.68
193	1:47.43	2:31.94	3:20.98	5:16.10	5:40.85	7:13.93
192	1:47.49	2:32.02	3:21.09	5:16.28	5:41.05	7:14.17
191	1:47.54	2:32.10	3:21.21	5:16.46	5:41.24	7:14.41
190	1:47.60	2:32.19	3:21.32	5:16.64	5:41.43	7:14.66
189	1:47.66	2:32.27	3:21.44	5:16.82	5:41.63	7:14.90
188	1:47.72	2:32.35	3:21.55	5:17.00	5:41.82	7:15.15
187	1:47.78	2:32.44	3:21.67	5:17.18	5:42.01	7:15.40
186	1:47.84	2:32.52	3:21.79	5:17.36	5:42.21	7:15.65
185	1:47.90	2:32.61	3:21.90	5:17.54	5:42.41	7:15.90
184	1:47.96	2:32.69	3:22.02	5:17.72	5:42.60	7:16.14
183	1:48.02	2:32.78	3:22.13	5:17.91	5:42.80	7:16.39
182	1:48.08	2:32.86	3:22.25	5:18.09	5:43.00	7:16.65
181	1:48.14	2:32.95	3:22.37	5:18.28	5:43.20	7:16.90
180	1:48.20	2:33.03	3:22.49	5:18.46	5:43.39	7:17.15
179	1:48.26	2:33.12	3:22.61	5:18.64	5:43.59	7:17.40
178	1:48.32	2:33.21	3:22.72	5:18.83	5:43.79	7:17.65
177	1:48.38	2:33.29	3:22.84	5:19.02	5:43.99	7:17.91
176	1:48.44	2:33.38	3:22.96	5:19.20	5:44.19	7:18.16
175	1:48.51	2:33.47	3:23.08	5:19.39	5:44.40	7:18.42
174	1:48.57	2:33.55	3:23.20	5:19.58	5:44.60	7:18.68
173	1:48.63	2:33.64	3:23.32	5:19.77	5:44.80	7:18.93
172	1:48.69	2:33.73	3:23.44	5:19.96	5:45.00	7:19.19
171	1:48.75	2:33.82	3:23.56	5:20.14	5:45.21	7:19.45
170	1:48.81	2:33.91	3:23.69	5:20.33	5:45.41	7:19.71
169	1:48.88	2:34.00	3:23.81	5:20.52	5:45.62	7:19.97
168	1:48.94	2:34.08	3:23.93	5:20.72	5:45.82	7:20.23
167	1:49.00	2:34.17	3:24.05	5:20.91	5:46.03	7:20.49
166	1:49.07	2:34.26	3:24.17	5:21.10	5:46.23	7:20.75
165	1:49.13	2:34.35	3:24.30	5:21.29	5:46.44	7:21.02
164	1:49.19	2:34.44	3:24.42	5:21.49	5:46.65	7:21.28
163	1:49.26	2:34.53	3:24.54	5:21.68	5:46.86	7:21.54
162	1:49.32	2:34.62	3:24.67	5:21.87	5:47.07	7:21.81
161	1:49.38	2:34.71	3:24.79	5:22.07	5:47.28	7:22.08
160	1:49.45	2:34.80	3:24.92	5:22.26	5:47.49	7:22.34
159	1:49.51	2:34.90	3:25.04	5:22.46	5:47.70	7:22.61
158	1:49.58	2:34.99	3:25.17	5:22.66	5:47.91	7:22.88
157	1:49.64	2:35.08	3:25.30	5:22.86	5:48.12	7:23.15
156	1:49.71	2:35.17	3:25.42	5:23.05	5:48.34	7:23.42
155	1:49.77	2:35.26	3:25.55	5:23.25	5:48.55	7:23.69
154	1:49.84	2:35.36	3:25.68	5:23.45	5:48.77	7:23.97
153	1:49.90	2:35.45	3:25.81	5:23.65	5:48.98	7:24.24
152	1:49.97	2:35.54	3:25.93	5:23.85	5:49.20	7:24.51
151	1:50.03	2:35.64	3:26.06	5:24.05	5:49.41	7:24.79

Points	600m	800m	1000m	1500m	Mile	2000m
150	1:50.10	2:35.73	3:26.19	5:24.26	5:49.63	7:25.06
149	1:50.17	2:35.83	3:26.32	5:24.46	5:49.85	7:25.34
148	1:50.23	2:35.92	3:26.45	5:24.66	5:50.07	7:25.62
147	1:50.30	2:36.02	3:26.58	5:24.87	5:50.29	7:25.90
146	1:50.37	2:36.11	3:26.71	5:25.07	5:50.51	7:26.18
145	1:50.43	2:36.21	3:26.84	5:25.28	5:50.73	7:26.46
144	1:50.50	2:36.30	3:26.98	5:25.48	5:50.95	7:26.74
143	1:50.57	2:36.40	3:27.11	5:25.69	5:51.18	7:27.02
142	1:50.64	2:36.50	3:27.24	5:25.90	5:51.40	7:27.31
141	1:50.71	2:36.59	3:27.37	5:26.11	5:51.62	7:27.59
140	1:50.77	2:36.69	3:27.51	5:26.32	5:51.85	7:27.88
139	1:50.84	2:36.79	3:27.64	5:26.53	5:52.07	7:28.16
138	1:50.91	2:36.89	3:27.78	5:26.74	5:52.30	7:28.45
137	1:50.98	2:36.98	3:27.91	5:26.95	5:52.53	7:28.74
136	1:51.05	2:37.08	3:28.05	5:27.16	5:52.76	7:29.03
135	1:51.12	2:37.18	3:28.18	5:27.37	5:52.99	7:29.32
134	1:51.19	2:37.28	3:28.32	5:27.59	5:53.22	7:29.61
133	1:51.26	2:37.38	3:28.46	5:27.80	5:53.45	7:29.90
132	1:51.33	2:37.48	3:28.59	5:28.02	5:53.68	7:30.20
131	1:51.40	2:37.58	3:28.73	5:28.23	5:53.91	7:30.49
130	1:51.47	2:37.68	3:28.87	5:28.45	5:54.15	7:30.79
129	1:51.54	2:37.78	3:29.01	5:28.67	5:54.38	7:31.09
128	1:51.62	2:37.89	3:29.15	5:28.89	5:54.62	7:31.39
127	1:51.69	2:37.99	3:29.29	5:29.11	5:54.85	7:31.69
126	1:51.76	2:38.09	3:29.43	5:29.33	5:55.09	7:31.99
125	1:51.83	2:38.19	3:29.57	5:29.55	5:55.33	7:32.29
124	1:51.91	2:38.30	3:29.71	5:29.77	5:55.57	7:32.59
123	1:51.98	2:38.40	3:29.86	5:29.99	5:55.81	7:32.90
122	1:52.05	2:38.51	3:30.00	5:30.22	5:56.05	7:33.20
121	1:52.13	2:38.61	3:30.14	5:30.44	5:56.29	7:33.51
120	1:52.20	2:38.72	3:30.29	5:30.67	5:56.53	7:33.82
119	1:52.27	2:38.82	3:30.43	5:30.90	5:56.78	7:34.13
118	1:52.35	2:38.93	3:30.58	5:31.12	5:57.02	7:34.44
117	1:52.42	2:39.03	3:30.72	5:31.35	5:57.27	7:34.75
116	1:52.50	2:39.14	3:30.87	5:31.58	5:57.52	7:35.07
115	1:52.57	2:39.25	3:31.02	5:31.81	5:57.76	7:35.38
114	1:52.65	2:39.36	3:31.17	5:32.04	5:58.01	7:35.70
113	1:52.73	2:39.46	3:31.32	5:32.28	5:58.26	7:36.02
112	1:52.80	2:39.57	3:31.46	5:32.51	5:58.52	7:36.33
111	1:52.88	2:39.68	3:31.61	5:32.75	5:58.77	7:36.65
110	1:52.96	2:39.79	3:31.77	5:32.98	5:59.02	7:36.98
109	1:53.04	2:39.90	3:31.92	5:33.22	5:59.28	7:37.30
108	1:53.11	2:40.01	3:32.07	5:33.46	5:59.53	7:37.63
107	1:53.19	2:40.12	3:32.22	5:33.70	5:59.79	7:37.95
106	1:53.27	2:40.24	3:32.38	5:33.94	6:00.05	7:38.28
105	1:53.35	2:40.35	3:32.53	5:34.18	6:00.31	7:38.61
104	1:53.43	2:40.46	3:32.68	5:34.42	6:00.57	7:38.94
103	1:53.51	2:40.57	3:32.84	5:34.66	6:00.83	7:39.27
102	1:53.59	2:40.69	3:33.00	5:34.91	6:01.10	7:39.61
101	1:53.67	2:40.80	3:33.15	5:35.16	6:01.36	7:39.94

Points	600m	800m	1000m	1500m	Mile	2000m
100	1:53.75	2:40.92	3:33.31	5:35.40	6:01.63	7:40.28
99	1:53.83	2:41.03	3:33.47	5:35.65	6:01.89	7:40.62
98	1:53.91	2:41.15	3:33.63	5:35.90	6:02.16	7:40.96
97	1:54.00	2:41.27	3:33.79	5:36.15	6:02.43	7:41.31
96	1:54.08	2:41.38	3:33.95	5:36.40	6:02.70	7:41.65
95	1:54.16	2:41.50	3:34.11	5:36.66	6:02.98	7:42.00
94	1:54.25	2:41.62	3:34.28	5:36.91	6:03.25	7:42.34
93	1:54.33	2:41.74	3:34.44	5:37.17	6:03.53	7:42.69
92	1:54.41	2:41.86	3:34.61	5:37.43	6:03.81	7:43.05
91	1:54.50	2:41.98	3:34.77	5:37.69	6:04.08	7:43.40
90	1:54.58	2:42.10	3:34.94	5:37.95	6:04.37	7:43.76
89	1:54.67	2:42.22	3:35.11	5:38.21	6:04.65	7:44.11
88	1:54.76	2:42.35	3:35.27	5:38.47	6:04.93	7:44.47
87	1:54.84	2:42.47	3:35.44	5:38.74	6:05.22	7:44.84
86	1:54.93	2:42.59	3:35.61	5:39.00	6:05.50	7:45.20
85	1:55.02	2:42.72	3:35.78	5:39.27	6:05.79	7:45.57
84	1:55.11	2:42.84	3:35.96	5:39.54	6:06.08	7:45.93
83	1:55.20	2:42.97	3:36.13	5:39.81	6:06.37	7:46.31
82	1:55.29	2:43.10	3:36.30	5:40.09	6:06.67	7:46.68
81	1:55.38	2:43.23	3:36.48	5:40.36	6:06.96	7:47.05
80	1:55.47	2:43.35	3:36.66	5:40.64	6:07.26	7:47.43
79	1:55.56	2:43.48	3:36.83	5:40.92	6:07.56	7:47.81
78	1:55.65	2:43.61	3:37.01	5:41.20	6:07.86	7:48.19
77	1:55.74	2:43.75	3:37.19	5:41.48	6:08.16	7:48.58
76	1:55.83	2:43.88	3:37.37	5:41.76	6:08.47	7:48.96
75	1:55.93	2:44.01	3:37.56	5:42.05	6:08.78	7:49.35
74	1:56.02	2:44.14	3:37.74	5:42.33	6:09.09	7:49.75
73	1:56.12	2:44.28	3:37.93	5:42.62	6:09.40	7:50.14
72	1:56.21	2:44.41	3:38.11	5:42.91	6:09.71	7:50.54
71	1:56.31	2:44.55	3:38.30	5:43.21	6:10.03	7:50.94
70	1:56.40	2:44.69	3:38.49	5:43.50	6:10.34	7:51.34
69	1:56.50	2:44.83	3:38.68	5:43.80	6:10.66	7:51.75
68	1:56.60	2:44.97	3:38.87	5:44.10	6:10.99	7:52.16
67	1:56.70	2:45.11	3:39.06	5:44.40	6:11.31	7:52.57
66	1:56.80	2:45.25	3:39.26	5:44.71	6:11.64	7:52.98
65	1:56.90	2:45.39	3:39.45	5:45.01	6:11.97	7:53.40
64	1:57.00	2:45.53	3:39.65	5:45.32	6:12.30	7:53.82
63	1:57.10	2:45.68	3:39.85	5:45.63	6:12.64	7:54.25
62	1:57.20	2:45.82	3:40.05	5:45.95	6:12.97	7:54.68
61	1:57.31	2:45.97	3:40.25	5:46.26	6:13.31	7:55.11
60	1:57.41	2:46.12	3:40.45	5:46.58	6:13.66	7:55.54
59	1:57.52	2:46.27	3:40.66	5:46.90	6:14.00	7:55.98
58	1:57.62	2:46.42	3:40.87	5:47.23	6:14.35	7:56.43
57	1:57.73	2:46.57	3:41.07	5:47.55	6:14.70	7:56.87
56	1:57.84	2:46.73	3:41.29	5:47.88	6:15.06	7:57.32
55	1:57.95	2:46.88	3:41.50	5:48.22	6:15.42	7:57.78
54	1:58.06	2:47.04	3:41.71	5:48.55	6:15.78	7:58.24
53	1:58.17	2:47.19	3:41.93	5:48.89	6:16.14	7:58.70
52	1:58.28	2:47.35	3:42.15	5:49.23	6:16.51	7:59.17
51	1:58.39	2:47.51	3:42.37	5:49.58	6:16.88	7:59.64

Points	600m	800m	1000m	1500m	Mile	2000m
50	1:58.51	2:47.68	3:42.59	5:49.93	6:17.26	8:00.11
49	1:58.62	2:47.84	3:42.82	5:50.28	6:17.64	8:00.60
48	1:58.74	2:48.01	3:43.04	5:50.64	6:18.02	8:01.08
47	1:58.86	2:48.17	3:43.27	5:51.00	6:18.41	8:01.57
46	1:58.98	2:48.34	3:43.51	5:51.36	6:18.80	8:02.07
45	1:59.10	2:48.51	3:43.74	5:51.73	6:19.19	8:02.57
44	1:59.22	2:48.69	3:43.98	5:52.10	6:19.59	8:03.08
43	1:59.34	2:48.86	3:44.22	5:52.48	6:20.00	8:03.59
42	1:59.47	2:49.04	3:44.46	5:52.86	6:20.41	8:04.11
41	1:59.59	2:49.22	3:44.71	5:53.24	6:20.82	8:04.64
40	1:59.72	2:49.40	3:44.96	5:53.63	6:21.24	8:05.17
39	1:59.85	2:49.58	3:45.21	5:54.02	6:21.67	8:05.71
38	1:59.98	2:49.77	3:45.46	5:54.42	6:22.10	8:06.25
37	2:00.11	2:49.96	3:45.72	5:54.83	6:22.53	8:06.81
36	2:00.25	2:50.15	3:45.99	5:55.24	6:22.97	8:07.37
35	2:00.38	2:50.34	3:46.25	5:55.66	6:23.42	8:07.94
34	2:00.52	2:50.54	3:46.52	5:56.08	6:23.88	8:08.51
33	2:00.66	2:50.74	3:46.79	5:56.51	6:24.34	8:09.10
32	2:00.81	2:50.94	3:47.07	5:56.94	6:24.81	8:09.69
31	2:00.95	2:51.15	3:47.35	5:57.38	6:25.28	8:10.29
30	2:01.10	2:51.36	3:47.64	5:57.83	6:25.76	8:10.91
29	2:01.25	2:51.57	3:47.93	5:58.29	6:26.26	8:11.53
28	2:01.40	2:51.78	3:48.23	5:58.75	6:26.76	8:12.16
27	2:01.55	2:52.00	3:48.53	5:59.23	6:27.26	8:12.81
26	2:01.71	2:52.23	3:48.84	5:59.71	6:27.78	8:13.47
25	2:01.87	2:52.46	3:49.15	6:00.20	6:28.31	8:14.14
24	2:02.04	2:52.69	3:49.47	6:00.70	6:28.85	8:14.82
23	2:02.20	2:52.93	3:49.80	6:01.21	6:29.40	8:15.52
22	2:02.38	2:53.17	3:50.13	6:01.73	6:29.96	8:16.23
21	2:02.55	2:53.42	3:50.48	6:02.27	6:30.54	8:16.96
20	2:02.73	2:53.67	3:50.83	6:02.82	6:31.13	8:17.71
19	2:02.91	2:53.94	3:51.18	6:03.38	6:31.73	8:18.48
18	2:03.10	2:54.20	3:51.55	6:03.95	6:32.35	8:19.27
17	2:03.30	2:54.48	3:51.93	6:04.55	6:32.99	8:20.08
16	2:03.50	2:54.76	3:52.32	6:05.16	6:33.65	8:20.91
15	2:03.70	2:55.06	3:52.72	6:05.79	6:34.33	8:21.77
14	2:03.92	2:55.36	3:53.14	6:06.44	6:35.03	8:22.66
13	2:04.14	2:55.67	3:53.57	6:07.11	6:35.75	8:23.58
12	2:04.37	2:56.00	3:54.02	6:07.82	6:36.51	8:24.54
11	2:04.61	2:56.34	3:54.49	6:08.55	6:37.29	8:25.54
10	2:04.86	2:56.70	3:54.98	6:09.31	6:38.12	8:26.58
9	2:05.12	2:57.07	3:55.49	6:10.12	6:38.98	8:27.68
8	2:05.40	2:57.47	3:56.03	6:10.97	6:39.90	8:28.84
7	2:05.70	2:57.89	3:56.61	6:11.87	6:40.88	8:30.08
6	2:06.02	2:58.34	3:57.23	6:12.85	6:41.92	8:31.41
5	2:06.36	2:58.83	3:57.91	6:13.91	6:43.06	8:32.85
4	2:06.75	2:59.38	3:58.66	6:15.08	6:44.32	8:34.45
3	2:07.18	3:00.00	3:59.51	6:16.41	6:45.75	8:36.27
2	2:07.70	3:00.73	4:00.51	6:17.98	6:47.45	8:38.42
1	2:08.37	3:01.69	4:01.83	6:20.04	6:49.66	8:41.22