

Men's Long Distances and Steeplechase

Courses de Longue Distance et Steeple

by **Dr. Bojdar Spiriev**

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
1400	4:50.60	7:05.53	7:31.38	7:40.41	12:12.89	25:22.28
1399	4:50.73	7:05.68	7:31.58	7:40.57	12:13.14	25:22.86
1398	4:50.86	7:05.83	7:31.78	7:40.73	12:13.39	25:23.44
1397	4:51.00	7:05.98	7:31.99	7:40.89	12:13.65	25:24.02
1396	4:51.13	7:06.13	7:32.19	7:41.04	12:13.90	25:24.61
1395	4:51.26	7:06.27	7:32.39	7:41.20	12:14.15	25:25.19
1394	4:51.39	7:06.42	7:32.60	7:41.36	12:14.41	25:25.77
1393	4:51.53	7:06.57	7:32.80	7:41.52	12:14.66	25:26.35
1392	4:51.66	7:06.72	7:33.00	7:41.68	12:14.91	25:26.94
1391	4:51.79	7:06.87	7:33.21	7:41.84	12:15.16	25:27.52
1390	4:51.92	7:07.02	7:33.41	7:42.00	12:15.42	25:28.10
1389	4:52.05	7:07.16	7:33.62	7:42.16	12:15.67	25:28.69
1388	4:52.19	7:07.31	7:33.82	7:42.32	12:15.93	25:29.27
1387	4:52.32	7:07.46	7:34.02	7:42.48	12:16.18	25:29.85
1386	4:52.45	7:07.61	7:34.23	7:42.64	12:16.43	25:30.44
1385	4:52.58	7:07.76	7:34.43	7:42.80	12:16.69	25:31.02
1384	4:52.72	7:07.91	7:34.64	7:42.96	12:16.94	25:31.61
1383	4:52.85	7:08.06	7:34.84	7:43.12	12:17.19	25:32.19
1382	4:52.98	7:08.21	7:35.04	7:43.28	12:17.45	25:32.78
1381	4:53.12	7:08.35	7:35.25	7:43.44	12:17.70	25:33.36
1380	4:53.25	7:08.50	7:35.45	7:43.60	12:17.96	25:33.95
1379	4:53.38	7:08.65	7:35.66	7:43.76	12:18.21	25:34.53
1378	4:53.51	7:08.80	7:35.86	7:43.92	12:18.47	25:35.12
1377	4:53.65	7:08.95	7:36.07	7:44.08	12:18.72	25:35.71
1376	4:53.78	7:09.10	7:36.27	7:44.24	12:18.98	25:36.29
1375	4:53.91	7:09.25	7:36.48	7:44.40	12:19.23	25:36.88
1374	4:54.05	7:09.40	7:36.68	7:44.56	12:19.48	25:37.46
1373	4:54.18	7:09.55	7:36.89	7:44.72	12:19.74	25:38.05
1372	4:54.31	7:09.70	7:37.09	7:44.88	12:19.99	25:38.64
1371	4:54.45	7:09.85	7:37.30	7:45.04	12:20.25	25:39.23
1370	4:54.58	7:10.00	7:37.50	7:45.20	12:20.51	25:39.81
1369	4:54.71	7:10.15	7:37.71	7:45.36	12:20.76	25:40.40
1368	4:54.85	7:10.30	7:37.91	7:45.52	12:21.02	25:40.99
1367	4:54.98	7:10.45	7:38.12	7:45.68	12:21.27	25:41.58
1366	4:55.11	7:10.60	7:38.32	7:45.84	12:21.53	25:42.17
1365	4:55.25	7:10.75	7:38.53	7:46.00	12:21.78	25:42.75
1364	4:55.38	7:10.90	7:38.74	7:46.16	12:22.04	25:43.34
1363	4:55.51	7:11.05	7:38.94	7:46.32	12:22.29	25:43.93
1362	4:55.65	7:11.20	7:39.15	7:46.48	12:22.55	25:44.52
1361	4:55.78	7:11.35	7:39.35	7:46.65	12:22.81	25:45.11
1360	4:55.92	7:11.50	7:39.56	7:46.81	12:23.06	25:45.70
1359	4:56.05	7:11.65	7:39.77	7:46.97	12:23.32	25:46.29
1358	4:56.18	7:11.80	7:39.97	7:47.13	12:23.58	25:46.88
1357	4:56.32	7:11.95	7:40.18	7:47.29	12:23.83	25:47.47
1356	4:56.45	7:12.10	7:40.38	7:47.45	12:24.09	25:48.06
1355	4:56.59	7:12.25	7:40.59	7:47.61	12:24.35	25:48.65
1354	4:56.72	7:12.40	7:40.80	7:47.77	12:24.60	25:49.24
1353	4:56.85	7:12.55	7:41.00	7:47.94	12:24.86	25:49.84
1352	4:56.99	7:12.70	7:41.21	7:48.10	12:25.12	25:50.43
1351	4:57.12	7:12.85	7:41.42	7:48.26	12:25.37	25:51.02

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
1350	4:57.26	7:13.00	7:41.62	7:48.42	12:25.63	25:51.61
1349	4:57.39	7:13.15	7:41.83	7:48.58	12:25.89	25:52.20
1348	4:57.53	7:13.30	7:42.04	7:48.74	12:26.14	25:52.79
1347	4:57.66	7:13.45	7:42.24	7:48.91	12:26.40	25:53.39
1346	4:57.79	7:13.60	7:42.45	7:49.07	12:26.66	25:53.98
1345	4:57.93	7:13.76	7:42.66	7:49.23	12:26.92	25:54.57
1344	4:58.06	7:13.91	7:42.87	7:49.39	12:27.17	25:55.17
1343	4:58.20	7:14.06	7:43.07	7:49.55	12:27.43	25:55.76
1342	4:58.33	7:14.21	7:43.28	7:49.72	12:27.69	25:56.35
1341	4:58.47	7:14.36	7:43.49	7:49.88	12:27.95	25:56.95
1340	4:58.60	7:14.51	7:43.70	7:50.04	12:28.21	25:57.54
1339	4:58.74	7:14.66	7:43.90	7:50.20	12:28.46	25:58.14
1338	4:58.87	7:14.81	7:44.11	7:50.37	12:28.72	25:58.73
1337	4:59.01	7:14.97	7:44.32	7:50.53	12:28.98	25:59.32
1336	4:59.14	7:15.12	7:44.53	7:50.69	12:29.24	25:59.92
1335	4:59.28	7:15.27	7:44.73	7:50.85	12:29.50	26:00.51
1334	4:59.41	7:15.42	7:44.94	7:51.02	12:29.76	26:01.11
1333	4:59.55	7:15.57	7:45.15	7:51.18	12:30.02	26:01.71
1332	4:59.68	7:15.72	7:45.36	7:51.34	12:30.27	26:02.30
1331	4:59.82	7:15.88	7:45.57	7:51.50	12:30.53	26:02.90
1330	4:59.95	7:16.03	7:45.78	7:51.67	12:30.79	26:03.49
1329	5:00.09	7:16.18	7:45.98	7:51.83	12:31.05	26:04.09
1328	5:00.22	7:16.33	7:46.19	7:51.99	12:31.31	26:04.69
1327	5:00.36	7:16.48	7:46.40	7:52.16	12:31.57	26:05.28
1326	5:00.50	7:16.63	7:46.61	7:52.32	12:31.83	26:05.88
1325	5:00.63	7:16.79	7:46.82	7:52.48	12:32.09	26:06.48
1324	5:00.77	7:16.94	7:47.03	7:52.65	12:32.35	26:07.08
1323	5:00.90	7:17.09	7:47.24	7:52.81	12:32.61	26:07.67
1322	5:01.04	7:17.24	7:47.44	7:52.97	12:32.87	26:08.27
1321	5:01.17	7:17.40	7:47.65	7:53.14	12:33.13	26:08.87
1320	5:01.31	7:17.55	7:47.86	7:53.30	12:33.39	26:09.47
1319	5:01.45	7:17.70	7:48.07	7:53.46	12:33.65	26:10.07
1318	5:01.58	7:17.85	7:48.28	7:53.63	12:33.91	26:10.67
1317	5:01.72	7:18.01	7:48.49	7:53.79	12:34.17	26:11.27
1316	5:01.85	7:18.16	7:48.70	7:53.95	12:34.43	26:11.87
1315	5:01.99	7:18.31	7:48.91	7:54.12	12:34.69	26:12.47
1314	5:02.13	7:18.46	7:49.12	7:54.28	12:34.95	26:13.07
1313	5:02.26	7:18.62	7:49.33	7:54.44	12:35.21	26:13.67
1312	5:02.40	7:18.77	7:49.54	7:54.61	12:35.47	26:14.27
1311	5:02.53	7:18.92	7:49.75	7:54.77	12:35.73	26:14.87
1310	5:02.67	7:19.08	7:49.96	7:54.94	12:35.99	26:15.47
1309	5:02.81	7:19.23	7:50.17	7:55.10	12:36.26	26:16.07
1308	5:02.94	7:19.38	7:50.38	7:55.27	12:36.52	26:16.67
1307	5:03.08	7:19.54	7:50.59	7:55.43	12:36.78	26:17.27
1306	5:03.22	7:19.69	7:50.80	7:55.59	12:37.04	26:17.87
1305	5:03.35	7:19.84	7:51.01	7:55.76	12:37.30	26:18.48
1304	5:03.49	7:20.00	7:51.22	7:55.92	12:37.56	26:19.08
1303	5:03.63	7:20.15	7:51.43	7:56.09	12:37.82	26:19.68
1302	5:03.76	7:20.30	7:51.64	7:56.25	12:38.09	26:20.28
1301	5:03.90	7:20.46	7:51.85	7:56.42	12:38.35	26:20.89

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
1300	5:04.04	7:20.61	7:52.06	7:56.58	12:38.61	26:21.49
1299	5:04.17	7:20.76	7:52.27	7:56.75	12:38.87	26:22.09
1298	5:04.31	7:20.92	7:52.48	7:56.91	12:39.13	26:22.70
1297	5:04.45	7:21.07	7:52.69	7:57.08	12:39.40	26:23.30
1296	5:04.59	7:21.22	7:52.91	7:57.24	12:39.66	26:23.90
1295	5:04.72	7:21.38	7:53.12	7:57.41	12:39.92	26:24.51
1294	5:04.86	7:21.53	7:53.33	7:57.57	12:40.18	26:25.11
1293	5:05.00	7:21.69	7:53.54	7:57.74	12:40.45	26:25.72
1292	5:05.13	7:21.84	7:53.75	7:57.90	12:40.71	26:26.32
1291	5:05.27	7:21.99	7:53.96	7:58.07	12:40.97	26:26.93
1290	5:05.41	7:22.15	7:54.17	7:58.23	12:41.24	26:27.53
1289	5:05.55	7:22.30	7:54.38	7:58.40	12:41.50	26:28.14
1288	5:05.68	7:22.46	7:54.60	7:58.56	12:41.76	26:28.75
1287	5:05.82	7:22.61	7:54.81	7:58.73	12:42.03	26:29.35
1286	5:05.96	7:22.77	7:55.02	7:58.89	12:42.29	26:29.96
1285	5:06.10	7:22.92	7:55.23	7:59.06	12:42.55	26:30.56
1284	5:06.23	7:23.07	7:55.44	7:59.23	12:42.82	26:31.17
1283	5:06.37	7:23.23	7:55.66	7:59.39	12:43.08	26:31.78
1282	5:06.51	7:23.38	7:55.87	7:59.56	12:43.34	26:32.39
1281	5:06.65	7:23.54	7:56.08	7:59.72	12:43.61	26:32.99
1280	5:06.79	7:23.69	7:56.29	7:59.89	12:43.87	26:33.60
1279	5:06.92	7:23.85	7:56.51	8:00.06	12:44.14	26:34.21
1278	5:07.06	7:24.00	7:56.72	8:00.22	12:44.40	26:34.82
1277	5:07.20	7:24.16	7:56.93	8:00.39	12:44.66	26:35.43
1276	5:07.34	7:24.31	7:57.14	8:00.55	12:44.93	26:36.04
1275	5:07.48	7:24.47	7:57.36	8:00.72	12:45.19	26:36.64
1274	5:07.62	7:24.62	7:57.57	8:00.89	12:45.46	26:37.25
1273	5:07.75	7:24.78	7:57.78	8:01.05	12:45.72	26:37.86
1272	5:07.89	7:24.93	7:57.99	8:01.22	12:45.99	26:38.47
1271	5:08.03	7:25.09	7:58.21	8:01.39	12:46.25	26:39.08
1270	5:08.17	7:25.24	7:58.42	8:01.55	12:46.52	26:39.69
1269	5:08.31	7:25.40	7:58.63	8:01.72	12:46.78	26:40.30
1268	5:08.45	7:25.56	7:58.85	8:01.89	12:47.05	26:40.91
1267	5:08.58	7:25.71	7:59.06	8:02.05	12:47.31	26:41.53
1266	5:08.72	7:25.87	7:59.27	8:02.22	12:47.58	26:42.14
1265	5:08.86	7:26.02	7:59.49	8:02.39	12:47.84	26:42.75
1264	5:09.00	7:26.18	7:59.70	8:02.56	12:48.11	26:43.36
1263	5:09.14	7:26.33	7:59.92	8:02.72	12:48.38	26:43.97
1262	5:09.28	7:26.49	8:00.13	8:02.89	12:48.64	26:44.58
1261	5:09.42	7:26.65	8:00.34	8:03.06	12:48.91	26:45.20
1260	5:09.56	7:26.80	8:00.56	8:03.22	12:49.17	26:45.81
1259	5:09.70	7:26.96	8:00.77	8:03.39	12:49.44	26:46.42
1258	5:09.83	7:27.11	8:00.99	8:03.56	12:49.71	26:47.03
1257	5:09.97	7:27.27	8:01.20	8:03.73	12:49.97	26:47.65
1256	5:10.11	7:27.43	8:01.41	8:03.89	12:50.24	26:48.26
1255	5:10.25	7:27.58	8:01.63	8:04.06	12:50.51	26:48.88
1254	5:10.39	7:27.74	8:01.84	8:04.23	12:50.77	26:49.49
1253	5:10.53	7:27.90	8:02.06	8:04.40	12:51.04	26:50.10
1252	5:10.67	7:28.05	8:02.27	8:04.57	12:51.31	26:50.72
1251	5:10.81	7:28.21	8:02.49	8:04.73	12:51.57	26:51.33

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
1250	5:10.95	7:28.36	8:02.70	8:04.90	12:51.84	26:51.95
1249	5:11.09	7:28.52	8:02.92	8:05.07	12:52.11	26:52.56
1248	5:11.23	7:28.68	8:03.13	8:05.24	12:52.38	26:53.18
1247	5:11.37	7:28.84	8:03.35	8:05.41	12:52.64	26:53.80
1246	5:11.51	7:28.99	8:03.56	8:05.57	12:52.91	26:54.41
1245	5:11.65	7:29.15	8:03.78	8:05.74	12:53.18	26:55.03
1244	5:11.79	7:29.31	8:03.99	8:05.91	12:53.45	26:55.64
1243	5:11.93	7:29.46	8:04.21	8:06.08	12:53.72	26:56.26
1242	5:12.07	7:29.62	8:04.42	8:06.25	12:53.98	26:56.88
1241	5:12.21	7:29.78	8:04.64	8:06.42	12:54.25	26:57.50
1240	5:12.35	7:29.93	8:04.86	8:06.58	12:54.52	26:58.11
1239	5:12.49	7:30.09	8:05.07	8:06.75	12:54.79	26:58.73
1238	5:12.63	7:30.25	8:05.29	8:06.92	12:55.06	26:59.35
1237	5:12.77	7:30.41	8:05.50	8:07.09	12:55.33	26:59.97
1236	5:12.91	7:30.56	8:05.72	8:07.26	12:55.59	27:00.59
1235	5:13.05	7:30.72	8:05.94	8:07.43	12:55.86	27:01.20
1234	5:13.19	7:30.88	8:06.15	8:07.60	12:56.13	27:01.82
1233	5:13.33	7:31.04	8:06.37	8:07.77	12:56.40	27:02.44
1232	5:13.47	7:31.19	8:06.58	8:07.94	12:56.67	27:03.06
1231	5:13.61	7:31.35	8:06.80	8:08.11	12:56.94	27:03.68
1230	5:13.75	7:31.51	8:07.02	8:08.28	12:57.21	27:04.30
1229	5:13.89	7:31.67	8:07.23	8:08.44	12:57.48	27:04.92
1228	5:14.04	7:31.83	8:07.45	8:08.61	12:57.75	27:05.54
1227	5:14.18	7:31.98	8:07.67	8:08.78	12:58.02	27:06.16
1226	5:14.32	7:32.14	8:07.89	8:08.95	12:58.29	27:06.79
1225	5:14.46	7:32.30	8:08.10	8:09.12	12:58.56	27:07.41
1224	5:14.60	7:32.46	8:08.32	8:09.29	12:58.83	27:08.03
1223	5:14.74	7:32.62	8:08.54	8:09.46	12:59.10	27:08.65
1222	5:14.88	7:32.78	8:08.75	8:09.63	12:59.37	27:09.27
1221	5:15.02	7:32.93	8:08.97	8:09.80	12:59.64	27:09.89
1220	5:15.16	7:33.09	8:09.19	8:09.97	12:59.91	27:10.52
1219	5:15.31	7:33.25	8:09.41	8:10.14	13:00.18	27:11.14
1218	5:15.45	7:33.41	8:09.62	8:10.31	13:00.45	27:11.76
1217	5:15.59	7:33.57	8:09.84	8:10.48	13:00.72	27:12.39
1216	5:15.73	7:33.73	8:10.06	8:10.65	13:00.99	27:13.01
1215	5:15.87	7:33.89	8:10.28	8:10.82	13:01.26	27:13.63
1214	5:16.01	7:34.05	8:10.50	8:10.99	13:01.53	27:14.26
1213	5:16.15	7:34.20	8:10.71	8:11.17	13:01.80	27:14.88
1212	5:16.30	7:34.36	8:10.93	8:11.34	13:02.08	27:15.51
1211	5:16.44	7:34.52	8:11.15	8:11.51	13:02.35	27:16.13
1210	5:16.58	7:34.68	8:11.37	8:11.68	13:02.62	27:16.76
1209	5:16.72	7:34.84	8:11.59	8:11.85	13:02.89	27:17.38
1208	5:16.86	7:35.00	8:11.81	8:12.02	13:03.16	27:18.01
1207	5:17.01	7:35.16	8:12.02	8:12.19	13:03.43	27:18.63
1206	5:17.15	7:35.32	8:12.24	8:12.36	13:03.71	27:19.26
1205	5:17.29	7:35.48	8:12.46	8:12.53	13:03.98	27:19.89
1204	5:17.43	7:35.64	8:12.68	8:12.70	13:04.25	27:20.51
1203	5:17.57	7:35.80	8:12.90	8:12.87	13:04.52	27:21.14
1202	5:17.72	7:35.96	8:13.12	8:13.05	13:04.80	27:21.77
1201	5:17.86	7:36.12	8:13.34	8:13.22	13:05.07	27:22.40

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
1200	5:18.00	7:36.28	8:13.56	8:13.39	13:05.34	27:23.02
1199	5:18.14	7:36.44	8:13.78	8:13.56	13:05.61	27:23.65
1198	5:18.29	7:36.60	8:14.00	8:13.73	13:05.89	27:24.28
1197	5:18.43	7:36.76	8:14.22	8:13.90	13:06.16	27:24.91
1196	5:18.57	7:36.92	8:14.44	8:14.08	13:06.43	27:25.54
1195	5:18.72	7:37.08	8:14.66	8:14.25	13:06.71	27:26.17
1194	5:18.86	7:37.24	8:14.88	8:14.42	13:06.98	27:26.80
1193	5:19.00	7:37.40	8:15.10	8:14.59	13:07.25	27:27.43
1192	5:19.14	7:37.56	8:15.32	8:14.76	13:07.53	27:28.05
1191	5:19.29	7:37.72	8:15.54	8:14.94	13:07.80	27:28.69
1190	5:19.43	7:37.88	8:15.76	8:15.11	13:08.07	27:29.32
1189	5:19.57	7:38.04	8:15.98	8:15.28	13:08.35	27:29.95
1188	5:19.72	7:38.20	8:16.20	8:15.45	13:08.62	27:30.58
1187	5:19.86	7:38.36	8:16.42	8:15.62	13:08.90	27:31.21
1186	5:20.00	7:38.52	8:16.64	8:15.80	13:09.17	27:31.84
1185	5:20.15	7:38.68	8:16.86	8:15.97	13:09.45	27:32.47
1184	5:20.29	7:38.84	8:17.08	8:16.14	13:09.72	27:33.10
1183	5:20.43	7:39.01	8:17.30	8:16.31	13:09.99	27:33.74
1182	5:20.58	7:39.17	8:17.52	8:16.49	13:10.27	27:34.37
1181	5:20.72	7:39.33	8:17.74	8:16.66	13:10.54	27:35.00
1180	5:20.86	7:39.49	8:17.96	8:16.83	13:10.82	27:35.63
1179	5:21.01	7:39.65	8:18.18	8:17.01	13:11.09	27:36.27
1178	5:21.15	7:39.81	8:18.41	8:17.18	13:11.37	27:36.90
1177	5:21.30	7:39.97	8:18.63	8:17.35	13:11.65	27:37.53
1176	5:21.44	7:40.13	8:18.85	8:17.53	13:11.92	27:38.17
1175	5:21.58	7:40.30	8:19.07	8:17.70	13:12.20	27:38.80
1174	5:21.73	7:40.46	8:19.29	8:17.87	13:12.47	27:39.44
1173	5:21.87	7:40.62	8:19.51	8:18.05	13:12.75	27:40.07
1172	5:22.02	7:40.78	8:19.74	8:18.22	13:13.02	27:40.71
1171	5:22.16	7:40.94	8:19.96	8:18.39	13:13.30	27:41.34
1170	5:22.30	7:41.10	8:20.18	8:18.57	13:13.58	27:41.98
1169	5:22.45	7:41.27	8:20.40	8:18.74	13:13.85	27:42.62
1168	5:22.59	7:41.43	8:20.62	8:18.91	13:14.13	27:43.25
1167	5:22.74	7:41.59	8:20.85	8:19.09	13:14.41	27:43.89
1166	5:22.88	7:41.75	8:21.07	8:19.26	13:14.68	27:44.53
1165	5:23.03	7:41.91	8:21.29	8:19.44	13:14.96	27:45.16
1164	5:23.17	7:42.08	8:21.51	8:19.61	13:15.24	27:45.80
1163	5:23.32	7:42.24	8:21.74	8:19.78	13:15.51	27:46.44
1162	5:23.46	7:42.40	8:21.96	8:19.96	13:15.79	27:47.08
1161	5:23.61	7:42.56	8:22.18	8:20.13	13:16.07	27:47.71
1160	5:23.75	7:42.73	8:22.41	8:20.31	13:16.34	27:48.35
1159	5:23.90	7:42.89	8:22.63	8:20.48	13:16.62	27:48.99
1158	5:24.04	7:43.05	8:22.85	8:20.66	13:16.90	27:49.63
1157	5:24.19	7:43.21	8:23.08	8:20.83	13:17.18	27:50.27
1156	5:24.33	7:43.38	8:23.30	8:21.01	13:17.46	27:50.91
1155	5:24.48	7:43.54	8:23.52	8:21.18	13:17.73	27:51.55
1154	5:24.62	7:43.70	8:23.75	8:21.35	13:18.01	27:52.19
1153	5:24.77	7:43.87	8:23.97	8:21.53	13:18.29	27:52.83
1152	5:24.91	7:44.03	8:24.19	8:21.70	13:18.57	27:53.47
1151	5:25.06	7:44.19	8:24.42	8:21.88	13:18.85	27:54.11

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
1150	5:25.20	7:44.36	8:24.64	8:22.06	13:19.13	27:54.75
1149	5:25.35	7:44.52	8:24.87	8:22.23	13:19.40	27:55.39
1148	5:25.49	7:44.68	8:25.09	8:22.41	13:19.68	27:56.04
1147	5:25.64	7:44.85	8:25.31	8:22.58	13:19.96	27:56.68
1146	5:25.79	7:45.01	8:25.54	8:22.76	13:20.24	27:57.32
1145	5:25.93	7:45.17	8:25.76	8:22.93	13:20.52	27:57.96
1144	5:26.08	7:45.34	8:25.99	8:23.11	13:20.80	27:58.61
1143	5:26.22	7:45.50	8:26.21	8:23.28	13:21.08	27:59.25
1142	5:26.37	7:45.67	8:26.44	8:23.46	13:21.36	27:59.89
1141	5:26.52	7:45.83	8:26.66	8:23.63	13:21.64	28:00.54
1140	5:26.66	7:45.99	8:26.89	8:23.81	13:21.92	28:01.18
1139	5:26.81	7:46.16	8:27.11	8:23.99	13:22.20	28:01.83
1138	5:26.95	7:46.32	8:27.34	8:24.16	13:22.48	28:02.47
1137	5:27.10	7:46.49	8:27.56	8:24.34	13:22.76	28:03.11
1136	5:27.25	7:46.65	8:27.79	8:24.52	13:23.04	28:03.76
1135	5:27.39	7:46.81	8:28.01	8:24.69	13:23.32	28:04.41
1134	5:27.54	7:46.98	8:28.24	8:24.87	13:23.60	28:05.05
1133	5:27.69	7:47.14	8:28.47	8:25.04	13:23.88	28:05.70
1132	5:27.83	7:47.31	8:28.69	8:25.22	13:24.16	28:06.34
1131	5:27.98	7:47.47	8:28.92	8:25.40	13:24.44	28:06.99
1130	5:28.13	7:47.64	8:29.14	8:25.57	13:24.72	28:07.64
1129	5:28.27	7:47.80	8:29.37	8:25.75	13:25.00	28:08.28
1128	5:28.42	7:47.97	8:29.60	8:25.93	13:25.28	28:08.93
1127	5:28.57	7:48.13	8:29.82	8:26.10	13:25.57	28:09.58
1126	5:28.71	7:48.30	8:30.05	8:26.28	13:25.85	28:10.23
1125	5:28.86	7:48.46	8:30.27	8:26.46	13:26.13	28:10.88
1124	5:29.01	7:48.63	8:30.50	8:26.64	13:26.41	28:11.52
1123	5:29.16	7:48.79	8:30.73	8:26.81	13:26.69	28:12.17
1122	5:29.30	7:48.96	8:30.95	8:26.99	13:26.98	28:12.82
1121	5:29.45	7:49.12	8:31.18	8:27.17	13:27.26	28:13.47
1120	5:29.60	7:49.29	8:31.41	8:27.35	13:27.54	28:14.12
1119	5:29.75	7:49.45	8:31.64	8:27.52	13:27.82	28:14.77
1118	5:29.89	7:49.62	8:31.86	8:27.70	13:28.10	28:15.42
1117	5:30.04	7:49.79	8:32.09	8:27.88	13:28.39	28:16.07
1116	5:30.19	7:49.95	8:32.32	8:28.06	13:28.67	28:16.72
1115	5:30.34	7:50.12	8:32.54	8:28.23	13:28.95	28:17.38
1114	5:30.48	7:50.28	8:32.77	8:28.41	13:29.24	28:18.03
1113	5:30.63	7:50.45	8:33.00	8:28.59	13:29.52	28:18.68
1112	5:30.78	7:50.61	8:33.23	8:28.77	13:29.80	28:19.33
1111	5:30.93	7:50.78	8:33.46	8:28.95	13:30.09	28:19.98
1110	5:31.08	7:50.95	8:33.68	8:29.12	13:30.37	28:20.64
1109	5:31.23	7:51.11	8:33.91	8:29.30	13:30.65	28:21.29
1108	5:31.37	7:51.28	8:34.14	8:29.48	13:30.94	28:21.94
1107	5:31.52	7:51.45	8:34.37	8:29.66	13:31.22	28:22.60
1106	5:31.67	7:51.61	8:34.60	8:29.84	13:31.50	28:23.25
1105	5:31.82	7:51.78	8:34.83	8:30.02	13:31.79	28:23.90
1104	5:31.97	7:51.95	8:35.05	8:30.20	13:32.07	28:24.56
1103	5:32.12	7:52.11	8:35.28	8:30.37	13:32.36	28:25.21
1102	5:32.26	7:52.28	8:35.51	8:30.55	13:32.64	28:25.87
1101	5:32.41	7:52.45	8:35.74	8:30.73	13:32.93	28:26.52

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
1100	5:32.56	7:52.61	8:35.97	8:30.91	13:33.21	28:27.18
1099	5:32.71	7:52.78	8:36.20	8:31.09	13:33.50	28:27.84
1098	5:32.86	7:52.95	8:36.43	8:31.27	13:33.78	28:28.49
1097	5:33.01	7:53.11	8:36.66	8:31.45	13:34.07	28:29.15
1096	5:33.16	7:53.28	8:36.89	8:31.63	13:34.35	28:29.81
1095	5:33.31	7:53.45	8:37.12	8:31.81	13:34.64	28:30.46
1094	5:33.46	7:53.62	8:37.35	8:31.99	13:34.92	28:31.12
1093	5:33.61	7:53.78	8:37.58	8:32.17	13:35.21	28:31.78
1092	5:33.75	7:53.95	8:37.81	8:32.35	13:35.50	28:32.44
1091	5:33.90	7:54.12	8:38.04	8:32.53	13:35.78	28:33.09
1090	5:34.05	7:54.29	8:38.27	8:32.71	13:36.07	28:33.75
1089	5:34.20	7:54.45	8:38.50	8:32.89	13:36.35	28:34.41
1088	5:34.35	7:54.62	8:38.73	8:33.07	13:36.64	28:35.07
1087	5:34.50	7:54.79	8:38.96	8:33.25	13:36.93	28:35.73
1086	5:34.65	7:54.96	8:39.19	8:33.43	13:37.21	28:36.39
1085	5:34.80	7:55.13	8:39.42	8:33.61	13:37.50	28:37.05
1084	5:34.95	7:55.29	8:39.65	8:33.79	13:37.79	28:37.71
1083	5:35.10	7:55.46	8:39.88	8:33.97	13:38.07	28:38.37
1082	5:35.25	7:55.63	8:40.11	8:34.15	13:38.36	28:39.03
1081	5:35.40	7:55.80	8:40.34	8:34.33	13:38.65	28:39.69
1080	5:35.55	7:55.97	8:40.57	8:34.51	13:38.94	28:40.36
1079	5:35.70	7:56.14	8:40.80	8:34.69	13:39.22	28:41.02
1078	5:35.85	7:56.31	8:41.04	8:34.87	13:39.51	28:41.68
1077	5:36.00	7:56.47	8:41.27	8:35.05	13:39.80	28:42.34
1076	5:36.15	7:56.64	8:41.50	8:35.23	13:40.09	28:43.01
1075	5:36.30	7:56.81	8:41.73	8:35.42	13:40.38	28:43.67
1074	5:36.45	7:56.98	8:41.96	8:35.60	13:40.66	28:44.33
1073	5:36.61	7:57.15	8:42.19	8:35.78	13:40.95	28:45.00
1072	5:36.76	7:57.32	8:42.43	8:35.96	13:41.24	28:45.66
1071	5:36.91	7:57.49	8:42.66	8:36.14	13:41.53	28:46.33
1070	5:37.06	7:57.66	8:42.89	8:36.32	13:41.82	28:46.99
1069	5:37.21	7:57.83	8:43.12	8:36.50	13:42.11	28:47.66
1068	5:37.36	7:58.00	8:43.36	8:36.69	13:42.40	28:48.32
1067	5:37.51	7:58.17	8:43.59	8:36.87	13:42.69	28:48.99
1066	5:37.66	7:58.34	8:43.82	8:37.05	13:42.97	28:49.65
1065	5:37.81	7:58.51	8:44.05	8:37.23	13:43.26	28:50.32
1064	5:37.96	7:58.67	8:44.29	8:37.41	13:43.55	28:50.99
1063	5:38.12	7:58.84	8:44.52	8:37.60	13:43.84	28:51.65
1062	5:38.27	7:59.01	8:44.75	8:37.78	13:44.13	28:52.32
1061	5:38.42	7:59.18	8:44.99	8:37.96	13:44.42	28:52.99
1060	5:38.57	7:59.35	8:45.22	8:38.14	13:44.71	28:53.66
1059	5:38.72	7:59.52	8:45.45	8:38.33	13:45.00	28:54.32
1058	5:38.87	7:59.70	8:45.69	8:38.51	13:45.29	28:54.99
1057	5:39.03	7:59.87	8:45.92	8:38.69	13:45.58	28:55.66
1056	5:39.18	8:00.04	8:46.15	8:38.87	13:45.88	28:56.33
1055	5:39.33	8:00.21	8:46.39	8:39.06	13:46.17	28:57.00
1054	5:39.48	8:00.38	8:46.62	8:39.24	13:46.46	28:57.67
1053	5:39.63	8:00.55	8:46.85	8:39.42	13:46.75	28:58.34
1052	5:39.79	8:00.72	8:47.09	8:39.61	13:47.04	28:59.01
1051	5:39.94	8:00.89	8:47.32	8:39.79	13:47.33	28:59.68

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
1050	5:40.09	8:01.06	8:47.56	8:39.97	13:47.62	29:00.35
1049	5:40.24	8:01.23	8:47.79	8:40.16	13:47.91	29:01.02
1048	5:40.39	8:01.40	8:48.03	8:40.34	13:48.21	29:01.70
1047	5:40.55	8:01.57	8:48.26	8:40.52	13:48.50	29:02.37
1046	5:40.70	8:01.74	8:48.50	8:40.71	13:48.79	29:03.04
1045	5:40.85	8:01.92	8:48.73	8:40.89	13:49.08	29:03.71
1044	5:41.01	8:02.09	8:48.97	8:41.07	13:49.37	29:04.39
1043	5:41.16	8:02.26	8:49.20	8:41.26	13:49.67	29:05.06
1042	5:41.31	8:02.43	8:49.44	8:41.44	13:49.96	29:05.73
1041	5:41.46	8:02.60	8:49.67	8:41.63	13:50.25	29:06.41
1040	5:41.62	8:02.77	8:49.91	8:41.81	13:50.55	29:07.08
1039	5:41.77	8:02.95	8:50.14	8:41.99	13:50.84	29:07.76
1038	5:41.92	8:03.12	8:50.38	8:42.18	13:51.13	29:08.43
1037	5:42.08	8:03.29	8:50.62	8:42.36	13:51.43	29:09.11
1036	5:42.23	8:03.46	8:50.85	8:42.55	13:51.72	29:09.78
1035	5:42.38	8:03.63	8:51.09	8:42.73	13:52.01	29:10.46
1034	5:42.54	8:03.81	8:51.32	8:42.92	13:52.31	29:11.13
1033	5:42.69	8:03.98	8:51.56	8:43.10	13:52.60	29:11.81
1032	5:42.84	8:04.15	8:51.80	8:43.29	13:52.89	29:12.49
1031	5:43.00	8:04.32	8:52.03	8:43.47	13:53.19	29:13.16
1030	5:43.15	8:04.49	8:52.27	8:43.66	13:53.48	29:13.84
1029	5:43.31	8:04.67	8:52.51	8:43.84	13:53.78	29:14.52
1028	5:43.46	8:04.84	8:52.74	8:44.03	13:54.07	29:15.20
1027	5:43.61	8:05.01	8:52.98	8:44.21	13:54.37	29:15.88
1026	5:43.77	8:05.19	8:53.22	8:44.40	13:54.66	29:16.56
1025	5:43.92	8:05.36	8:53.46	8:44.58	13:54.96	29:17.23
1024	5:44.08	8:05.53	8:53.69	8:44.77	13:55.25	29:17.91
1023	5:44.23	8:05.70	8:53.93	8:44.96	13:55.55	29:18.59
1022	5:44.38	8:05.88	8:54.17	8:45.14	13:55.84	29:19.27
1021	5:44.54	8:06.05	8:54.41	8:45.33	13:56.14	29:19.95
1020	5:44.69	8:06.22	8:54.64	8:45.51	13:56.43	29:20.64
1019	5:44.85	8:06.40	8:54.88	8:45.70	13:56.73	29:21.32
1018	5:45.00	8:06.57	8:55.12	8:45.88	13:57.03	29:22.00
1017	5:45.16	8:06.75	8:55.36	8:46.07	13:57.32	29:22.68
1016	5:45.31	8:06.92	8:55.60	8:46.26	13:57.62	29:23.36
1015	5:45.47	8:07.09	8:55.83	8:46.44	13:57.92	29:24.05
1014	5:45.62	8:07.27	8:56.07	8:46.63	13:58.21	29:24.73
1013	5:45.78	8:07.44	8:56.31	8:46.82	13:58.51	29:25.41
1012	5:45.93	8:07.61	8:56.55	8:47.00	13:58.81	29:26.09
1011	5:46.09	8:07.79	8:56.79	8:47.19	13:59.10	29:26.78
1010	5:46.24	8:07.96	8:57.03	8:47.38	13:59.40	29:27.46
1009	5:46.40	8:08.14	8:57.27	8:47.56	13:59.70	29:28.15
1008	5:46.55	8:08.31	8:57.51	8:47.75	13:59.99	29:28.83
1007	5:46.71	8:08.49	8:57.75	8:47.94	14:00.29	29:29.52
1006	5:46.86	8:08.66	8:57.99	8:48.13	14:00.59	29:30.20
1005	5:47.02	8:08.84	8:58.23	8:48.31	14:00.89	29:30.89
1004	5:47.18	8:09.01	8:58.47	8:48.50	14:01.19	29:31.58
1003	5:47.33	8:09.19	8:58.71	8:48.69	14:01.48	29:32.26
1002	5:47.49	8:09.36	8:58.95	8:48.88	14:01.78	29:32.95
1001	5:47.64	8:09.54	8:59.19	8:49.06	14:02.08	29:33.64

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
1000	5:47.80	8:09.71	8:59.43	8:49.25	14:02.38	29:34.32
999	5:47.96	8:09.89	8:59.67	8:49.44	14:02.68	29:35.01
998	5:48.11	8:10.06	8:59.91	8:49.63	14:02.98	29:35.70
997	5:48.27	8:10.24	9:00.15	8:49.82	14:03.28	29:36.39
996	5:48.42	8:10.41	9:00.39	8:50.00	14:03.58	29:37.08
995	5:48.58	8:10.59	9:00.63	8:50.19	14:03.88	29:37.77
994	5:48.74	8:10.76	9:00.87	8:50.38	14:04.18	29:38.46
993	5:48.89	8:10.94	9:01.11	8:50.57	14:04.48	29:39.15
992	5:49.05	8:11.11	9:01.35	8:50.76	14:04.78	29:39.84
991	5:49.21	8:11.29	9:01.59	8:50.95	14:05.08	29:40.53
990	5:49.36	8:11.47	9:01.83	8:51.14	14:05.38	29:41.22
989	5:49.52	8:11.64	9:02.08	8:51.32	14:05.68	29:41.91
988	5:49.68	8:11.82	9:02.32	8:51.51	14:05.98	29:42.60
987	5:49.84	8:11.99	9:02.56	8:51.70	14:06.28	29:43.30
986	5:49.99	8:12.17	9:02.80	8:51.89	14:06.58	29:43.99
985	5:50.15	8:12.35	9:03.04	8:52.08	14:06.88	29:44.68
984	5:50.31	8:12.52	9:03.29	8:52.27	14:07.18	29:45.37
983	5:50.46	8:12.70	9:03.53	8:52.46	14:07.48	29:46.07
982	5:50.62	8:12.88	9:03.77	8:52.65	14:07.78	29:46.76
981	5:50.78	8:13.05	9:04.01	8:52.84	14:08.09	29:47.46
980	5:50.94	8:13.23	9:04.26	8:53.03	14:08.39	29:48.15
979	5:51.10	8:13.41	9:04.50	8:53.22	14:08.69	29:48.85
978	5:51.25	8:13.58	9:04.74	8:53.41	14:08.99	29:49.54
977	5:51.41	8:13.76	9:04.98	8:53.60	14:09.29	29:50.24
976	5:51.57	8:13.94	9:05.23	8:53.79	14:09.60	29:50.93
975	5:51.73	8:14.12	9:05.47	8:53.98	14:09.90	29:51.63
974	5:51.88	8:14.29	9:05.71	8:54.17	14:10.20	29:52.33
973	5:52.04	8:14.47	9:05.96	8:54.36	14:10.50	29:53.02
972	5:52.20	8:14.65	9:06.20	8:54.55	14:10.81	29:53.72
971	5:52.36	8:14.83	9:06.45	8:54.74	14:11.11	29:54.42
970	5:52.52	8:15.00	9:06.69	8:54.93	14:11.41	29:55.12
969	5:52.68	8:15.18	9:06.93	8:55.12	14:11.72	29:55.82
968	5:52.84	8:15.36	9:07.18	8:55.31	14:12.02	29:56.51
967	5:52.99	8:15.54	9:07.42	8:55.50	14:12.32	29:57.21
966	5:53.15	8:15.72	9:07.67	8:55.69	14:12.63	29:57.91
965	5:53.31	8:15.89	9:07.91	8:55.89	14:12.93	29:58.61
964	5:53.47	8:16.07	9:08.16	8:56.08	14:13.24	29:59.31
963	5:53.63	8:16.25	9:08.40	8:56.27	14:13.54	30:00.01
962	5:53.79	8:16.43	9:08.64	8:56.46	14:13.85	30:00.72
961	5:53.95	8:16.61	9:08.89	8:56.65	14:14.15	30:01.42
960	5:54.11	8:16.79	9:09.14	8:56.84	14:14.45	30:02.12
959	5:54.27	8:16.97	9:09.38	8:57.03	14:14.76	30:02.82
958	5:54.43	8:17.15	9:09.63	8:57.23	14:15.07	30:03.52
957	5:54.59	8:17.32	9:09.87	8:57.42	14:15.37	30:04.23
956	5:54.75	8:17.50	9:10.12	8:57.61	14:15.68	30:04.93
955	5:54.90	8:17.68	9:10.36	8:57.80	14:15.98	30:05.63
954	5:55.06	8:17.86	9:10.61	8:58.00	14:16.29	30:06.34
953	5:55.22	8:18.04	9:10.85	8:58.19	14:16.59	30:07.04
952	5:55.38	8:18.22	9:11.10	8:58.38	14:16.90	30:07.75
951	5:55.54	8:18.40	9:11.35	8:58.57	14:17.21	30:08.45

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
950	5:55.70	8:18.58	9:11.59	8:58.77	14:17.51	30:09.16
949	5:55.86	8:18.76	9:11.84	8:58.96	14:17.82	30:09.86
948	5:56.03	8:18.94	9:12.09	8:59.15	14:18.13	30:10.57
947	5:56.19	8:19.12	9:12.33	8:59.34	14:18.43	30:11.28
946	5:56.35	8:19.30	9:12.58	8:59.54	14:18.74	30:11.98
945	5:56.51	8:19.48	9:12.83	8:59.73	14:19.05	30:12.69
944	5:56.67	8:19.66	9:13.08	8:59.92	14:19.35	30:13.40
943	5:56.83	8:19.84	9:13.32	9:00.12	14:19.66	30:14.11
942	5:56.99	8:20.02	9:13.57	9:00.31	14:19.97	30:14.81
941	5:57.15	8:20.20	9:13.82	9:00.50	14:20.28	30:15.52
940	5:57.31	8:20.38	9:14.07	9:00.70	14:20.59	30:16.23
939	5:57.47	8:20.56	9:14.31	9:00.89	14:20.89	30:16.94
938	5:57.63	8:20.74	9:14.56	9:01.09	14:21.20	30:17.65
937	5:57.79	8:20.92	9:14.81	9:01.28	14:21.51	30:18.36
936	5:57.96	8:21.10	9:15.06	9:01.47	14:21.82	30:19.07
935	5:58.12	8:21.29	9:15.31	9:01.67	14:22.13	30:19.78
934	5:58.28	8:21.47	9:15.56	9:01.86	14:22.44	30:20.50
933	5:58.44	8:21.65	9:15.80	9:02.06	14:22.75	30:21.21
932	5:58.60	8:21.83	9:16.05	9:02.25	14:23.06	30:21.92
931	5:58.76	8:22.01	9:16.30	9:02.45	14:23.37	30:22.63
930	5:58.92	8:22.19	9:16.55	9:02.64	14:23.68	30:23.35
929	5:59.09	8:22.37	9:16.80	9:02.84	14:23.99	30:24.06
928	5:59.25	8:22.56	9:17.05	9:03.03	14:24.30	30:24.77
927	5:59.41	8:22.74	9:17.30	9:03.23	14:24.61	30:25.49
926	5:59.57	8:22.92	9:17.55	9:03.42	14:24.92	30:26.20
925	5:59.74	8:23.10	9:17.80	9:03.62	14:25.23	30:26.92
924	5:59.90	8:23.28	9:18.05	9:03.81	14:25.54	30:27.63
923	6:00.06	8:23.47	9:18.30	9:04.01	14:25.85	30:28.35
922	6:00.22	8:23.65	9:18.55	9:04.20	14:26.16	30:29.06
921	6:00.39	8:23.83	9:18.80	9:04.40	14:26.47	30:29.78
920	6:00.55	8:24.01	9:19.05	9:04.59	14:26.78	30:30.50
919	6:00.71	8:24.20	9:19.30	9:04.79	14:27.10	30:31.22
918	6:00.87	8:24.38	9:19.55	9:04.99	14:27.41	30:31.93
917	6:01.04	8:24.56	9:19.80	9:05.18	14:27.72	30:32.65
916	6:01.20	8:24.74	9:20.05	9:05.38	14:28.03	30:33.37
915	6:01.36	8:24.93	9:20.30	9:05.58	14:28.34	30:34.09
914	6:01.53	8:25.11	9:20.55	9:05.77	14:28.66	30:34.81
913	6:01.69	8:25.29	9:20.81	9:05.97	14:28.97	30:35.53
912	6:01.85	8:25.48	9:21.06	9:06.16	14:29.28	30:36.25
911	6:02.02	8:25.66	9:21.31	9:06.36	14:29.59	30:36.97
910	6:02.18	8:25.84	9:21.56	9:06.56	14:29.91	30:37.69
909	6:02.34	8:26.03	9:21.81	9:06.76	14:30.22	30:38.41
908	6:02.51	8:26.21	9:22.07	9:06.95	14:30.53	30:39.13
907	6:02.67	8:26.40	9:22.32	9:07.15	14:30.85	30:39.85
906	6:02.83	8:26.58	9:22.57	9:07.35	14:31.16	30:40.58
905	6:03.00	8:26.76	9:22.82	9:07.54	14:31.48	30:41.30
904	6:03.16	8:26.95	9:23.07	9:07.74	14:31.79	30:42.02
903	6:03.33	8:27.13	9:23.33	9:07.94	14:32.10	30:42.75
902	6:03.49	8:27.32	9:23.58	9:08.14	14:32.42	30:43.47
901	6:03.66	8:27.50	9:23.83	9:08.34	14:32.73	30:44.19

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
900	6:03.82	8:27.69	9:24.09	9:08.53	14:33.05	30:44.92
899	6:03.99	8:27.87	9:24.34	9:08.73	14:33.36	30:45.64
898	6:04.15	8:28.06	9:24.59	9:08.93	14:33.68	30:46.37
897	6:04.31	8:28.24	9:24.85	9:09.13	14:33.99	30:47.10
896	6:04.48	8:28.43	9:25.10	9:09.33	14:34.31	30:47.82
895	6:04.64	8:28.61	9:25.36	9:09.53	14:34.63	30:48.55
894	6:04.81	8:28.80	9:25.61	9:09.72	14:34.94	30:49.28
893	6:04.97	8:28.98	9:25.86	9:09.92	14:35.26	30:50.00
892	6:05.14	8:29.17	9:26.12	9:10.12	14:35.57	30:50.73
891	6:05.31	8:29.35	9:26.37	9:10.32	14:35.89	30:51.46
890	6:05.47	8:29.54	9:26.63	9:10.52	14:36.21	30:52.19
889	6:05.64	8:29.72	9:26.88	9:10.72	14:36.52	30:52.92
888	6:05.80	8:29.91	9:27.14	9:10.92	14:36.84	30:53.65
887	6:05.97	8:30.09	9:27.39	9:11.12	14:37.16	30:54.38
886	6:06.13	8:30.28	9:27.65	9:11.32	14:37.48	30:55.11
885	6:06.30	8:30.47	9:27.90	9:11.52	14:37.79	30:55.84
884	6:06.47	8:30.65	9:28.16	9:11.72	14:38.11	30:56.57
883	6:06.63	8:30.84	9:28.41	9:11.92	14:38.43	30:57.30
882	6:06.80	8:31.03	9:28.67	9:12.12	14:38.75	30:58.04
881	6:06.96	8:31.21	9:28.92	9:12.32	14:39.06	30:58.77
880	6:07.13	8:31.40	9:29.18	9:12.52	14:39.38	30:59.50
879	6:07.30	8:31.59	9:29.44	9:12.72	14:39.70	31:00.23
878	6:07.46	8:31.77	9:29.69	9:12.92	14:40.02	31:00.97
877	6:07.63	8:31.96	9:29.95	9:13.12	14:40.34	31:01.70
876	6:07.80	8:32.15	9:30.21	9:13.32	14:40.66	31:02.44
875	6:07.96	8:32.33	9:30.46	9:13.52	14:40.98	31:03.17
874	6:08.13	8:32.52	9:30.72	9:13.72	14:41.30	31:03.91
873	6:08.30	8:32.71	9:30.98	9:13.92	14:41.62	31:04.64
872	6:08.46	8:32.90	9:31.23	9:14.12	14:41.94	31:05.38
871	6:08.63	8:33.08	9:31.49	9:14.32	14:42.26	31:06.12
870	6:08.80	8:33.27	9:31.75	9:14.52	14:42.58	31:06.85
869	6:08.97	8:33.46	9:32.01	9:14.73	14:42.90	31:07.59
868	6:09.13	8:33.65	9:32.27	9:14.93	14:43.22	31:08.33
867	6:09.30	8:33.83	9:32.52	9:15.13	14:43.54	31:09.07
866	6:09.47	8:34.02	9:32.78	9:15.33	14:43.86	31:09.81
865	6:09.64	8:34.21	9:33.04	9:15.53	14:44.18	31:10.55
864	6:09.80	8:34.40	9:33.30	9:15.74	14:44.50	31:11.29
863	6:09.97	8:34.59	9:33.56	9:15.94	14:44.82	31:12.03
862	6:10.14	8:34.78	9:33.82	9:16.14	14:45.15	31:12.77
861	6:10.31	8:34.97	9:34.07	9:16.34	14:45.47	31:13.51
860	6:10.48	8:35.15	9:34.33	9:16.54	14:45.79	31:14.25
859	6:10.65	8:35.34	9:34.59	9:16.75	14:46.11	31:14.99
858	6:10.81	8:35.53	9:34.85	9:16.95	14:46.44	31:15.73
857	6:10.98	8:35.72	9:35.11	9:17.15	14:46.76	31:16.48
856	6:11.15	8:35.91	9:35.37	9:17.36	14:47.08	31:17.22
855	6:11.32	8:36.10	9:35.63	9:17.56	14:47.40	31:17.96
854	6:11.49	8:36.29	9:35.89	9:17.76	14:47.73	31:18.71
853	6:11.66	8:36.48	9:36.15	9:17.97	14:48.05	31:19.45
852	6:11.83	8:36.67	9:36.41	9:18.17	14:48.37	31:20.20
851	6:12.00	8:36.86	9:36.67	9:18.37	14:48.70	31:20.94

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
850	6:12.17	8:37.05	9:36.93	9:18.58	14:49.02	31:21.69
849	6:12.33	8:37.24	9:37.19	9:18.78	14:49.35	31:22.44
848	6:12.50	8:37.43	9:37.45	9:18.98	14:49.67	31:23.18
847	6:12.67	8:37.62	9:37.71	9:19.19	14:49.99	31:23.93
846	6:12.84	8:37.81	9:37.98	9:19.39	14:50.32	31:24.68
845	6:13.01	8:38.00	9:38.24	9:19.60	14:50.64	31:25.43
844	6:13.18	8:38.19	9:38.50	9:19.80	14:50.97	31:26.17
843	6:13.35	8:38.38	9:38.76	9:20.01	14:51.30	31:26.92
842	6:13.52	8:38.57	9:39.02	9:20.21	14:51.62	31:27.67
841	6:13.69	8:38.76	9:39.28	9:20.42	14:51.95	31:28.42
840	6:13.86	8:38.95	9:39.55	9:20.62	14:52.27	31:29.17
839	6:14.03	8:39.14	9:39.81	9:20.83	14:52.60	31:29.92
838	6:14.20	8:39.34	9:40.07	9:21.03	14:52.92	31:30.67
837	6:14.37	8:39.53	9:40.33	9:21.24	14:53.25	31:31.43
836	6:14.55	8:39.72	9:40.60	9:21.44	14:53.58	31:32.18
835	6:14.72	8:39.91	9:40.86	9:21.65	14:53.90	31:32.93
834	6:14.89	8:40.10	9:41.12	9:21.85	14:54.23	31:33.68
833	6:15.06	8:40.29	9:41.38	9:22.06	14:54.56	31:34.44
832	6:15.23	8:40.49	9:41.65	9:22.26	14:54.89	31:35.19
831	6:15.40	8:40.68	9:41.91	9:22.47	14:55.21	31:35.94
830	6:15.57	8:40.87	9:42.18	9:22.68	14:55.54	31:36.70
829	6:15.74	8:41.06	9:42.44	9:22.88	14:55.87	31:37.45
828	6:15.91	8:41.26	9:42.70	9:23.09	14:56.20	31:38.21
827	6:16.09	8:41.45	9:42.97	9:23.30	14:56.53	31:38.97
826	6:16.26	8:41.64	9:43.23	9:23.50	14:56.86	31:39.72
825	6:16.43	8:41.83	9:43.50	9:23.71	14:57.18	31:40.48
824	6:16.60	8:42.03	9:43.76	9:23.92	14:57.51	31:41.24
823	6:16.77	8:42.22	9:44.03	9:24.12	14:57.84	31:42.00
822	6:16.95	8:42.41	9:44.29	9:24.33	14:58.17	31:42.75
821	6:17.12	8:42.61	9:44.56	9:24.54	14:58.50	31:43.51
820	6:17.29	8:42.80	9:44.82	9:24.74	14:58.83	31:44.27
819	6:17.46	8:42.99	9:45.09	9:24.95	14:59.16	31:45.03
818	6:17.64	8:43.19	9:45.35	9:25.16	14:59.49	31:45.79
817	6:17.81	8:43.38	9:45.62	9:25.37	14:59.82	31:46.55
816	6:17.98	8:43.57	9:45.88	9:25.58	15:00.15	31:47.31
815	6:18.15	8:43.77	9:46.15	9:25.78	15:00.48	31:48.08
814	6:18.33	8:43.96	9:46.42	9:25.99	15:00.82	31:48.84
813	6:18.50	8:44.16	9:46.68	9:26.20	15:01.15	31:49.60
812	6:18.67	8:44.35	9:46.95	9:26.41	15:01.48	31:50.36
811	6:18.85	8:44.54	9:47.22	9:26.62	15:01.81	31:51.13
810	6:19.02	8:44.74	9:47.48	9:26.83	15:02.14	31:51.89
809	6:19.19	8:44.93	9:47.75	9:27.03	15:02.47	31:52.66
808	6:19.37	8:45.13	9:48.02	9:27.24	15:02.81	31:53.42
807	6:19.54	8:45.32	9:48.28	9:27.45	15:03.14	31:54.19
806	6:19.71	8:45.52	9:48.55	9:27.66	15:03.47	31:54.95
805	6:19.89	8:45.71	9:48.82	9:27.87	15:03.80	31:55.72
804	6:20.06	8:45.91	9:49.09	9:28.08	15:04.14	31:56.49
803	6:20.24	8:46.10	9:49.36	9:28.29	15:04.47	31:57.25
802	6:20.41	8:46.30	9:49.62	9:28.50	15:04.80	31:58.02
801	6:20.58	8:46.50	9:49.89	9:28.71	15:05.14	31:58.79

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
800	6:20.76	8:46.69	9:50.16	9:28.92	15:05.47	31:59.56
799	6:20.93	8:46.89	9:50.43	9:29.13	15:05.81	32:00.33
798	6:21.11	8:47.08	9:50.70	9:29.34	15:06.14	32:01.10
797	6:21.28	8:47.28	9:50.97	9:29.55	15:06.48	32:01.87
796	6:21.46	8:47.48	9:51.24	9:29.76	15:06.81	32:02.64
795	6:21.63	8:47.67	9:51.51	9:29.97	15:07.15	32:03.41
794	6:21.81	8:47.87	9:51.78	9:30.18	15:07.48	32:04.18
793	6:21.98	8:48.06	9:52.05	9:30.39	15:07.82	32:04.95
792	6:22.16	8:48.26	9:52.32	9:30.60	15:08.15	32:05.73
791	6:22.33	8:48.46	9:52.59	9:30.82	15:08.49	32:06.50
790	6:22.51	8:48.66	9:52.86	9:31.03	15:08.82	32:07.27
789	6:22.69	8:48.85	9:53.13	9:31.24	15:09.16	32:08.05
788	6:22.86	8:49.05	9:53.40	9:31.45	15:09.50	32:08.82
787	6:23.04	8:49.25	9:53.67	9:31.66	15:09.83	32:09.60
786	6:23.21	8:49.44	9:53.94	9:31.87	15:10.17	32:10.37
785	6:23.39	8:49.64	9:54.21	9:32.09	15:10.51	32:11.15
784	6:23.57	8:49.84	9:54.48	9:32.30	15:10.84	32:11.92
783	6:23.74	8:50.04	9:54.75	9:32.51	15:11.18	32:12.70
782	6:23.92	8:50.24	9:55.02	9:32.72	15:11.52	32:13.48
781	6:24.09	8:50.43	9:55.30	9:32.93	15:11.86	32:14.26
780	6:24.27	8:50.63	9:55.57	9:33.15	15:12.20	32:15.04
779	6:24.45	8:50.83	9:55.84	9:33.36	15:12.53	32:15.81
778	6:24.63	8:51.03	9:56.11	9:33.57	15:12.87	32:16.59
777	6:24.80	8:51.23	9:56.38	9:33.79	15:13.21	32:17.37
776	6:24.98	8:51.43	9:56.66	9:34.00	15:13.55	32:18.15
775	6:25.16	8:51.63	9:56.93	9:34.21	15:13.89	32:18.94
774	6:25.33	8:51.82	9:57.20	9:34.43	15:14.23	32:19.72
773	6:25.51	8:52.02	9:57.48	9:34.64	15:14.57	32:20.50
772	6:25.69	8:52.22	9:57.75	9:34.85	15:14.91	32:21.28
771	6:25.87	8:52.42	9:58.02	9:35.07	15:15.25	32:22.07
770	6:26.04	8:52.62	9:58.30	9:35.28	15:15.59	32:22.85
769	6:26.22	8:52.82	9:58.57	9:35.50	15:15.93	32:23.63
768	6:26.40	8:53.02	9:58.85	9:35.71	15:16.27	32:24.42
767	6:26.58	8:53.22	9:59.12	9:35.92	15:16.61	32:25.20
766	6:26.76	8:53.42	9:59.39	9:36.14	15:16.95	32:25.99
765	6:26.94	8:53.62	9:59.67	9:36.35	15:17.30	32:26.77
764	6:27.11	8:53.82	9:59.94	9:36.57	15:17.64	32:27.56
763	6:27.29	8:54.02	10:00.22	9:36.78	15:17.98	32:28.35
762	6:27.47	8:54.22	10:00.49	9:37.00	15:18.32	32:29.14
761	6:27.65	8:54.42	10:00.77	9:37.21	15:18.66	32:29.92
760	6:27.83	8:54.62	10:01.04	9:37.43	15:19.01	32:30.71
759	6:28.01	8:54.82	10:01.32	9:37.65	15:19.35	32:31.50
758	6:28.19	8:55.03	10:01.60	9:37.86	15:19.69	32:32.29
757	6:28.37	8:55.23	10:01.87	9:38.08	15:20.04	32:33.08
756	6:28.55	8:55.43	10:02.15	9:38.29	15:20.38	32:33.87
755	6:28.73	8:55.63	10:02.42	9:38.51	15:20.72	32:34.66
754	6:28.91	8:55.83	10:02.70	9:38.73	15:21.07	32:35.46
753	6:29.09	8:56.03	10:02.98	9:38.94	15:21.41	32:36.25
752	6:29.27	8:56.24	10:03.26	9:39.16	15:21.76	32:37.04
751	6:29.45	8:56.44	10:03.53	9:39.37	15:22.10	32:37.84

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
750	6:29.63	8:56.64	10:03.81	9:39.59	15:22.45	32:38.63
749	6:29.81	8:56.84	10:04.09	9:39.81	15:22.79	32:39.42
748	6:29.99	8:57.04	10:04.37	9:40.03	15:23.14	32:40.22
747	6:30.17	8:57.25	10:04.64	9:40.24	15:23.48	32:41.01
746	6:30.35	8:57.45	10:04.92	9:40.46	15:23.83	32:41.81
745	6:30.53	8:57.65	10:05.20	9:40.68	15:24.17	32:42.61
744	6:30.71	8:57.86	10:05.48	9:40.90	15:24.52	32:43.40
743	6:30.89	8:58.06	10:05.76	9:41.11	15:24.87	32:44.20
742	6:31.07	8:58.26	10:06.04	9:41.33	15:25.21	32:45.00
741	6:31.25	8:58.47	10:06.31	9:41.55	15:25.56	32:45.80
740	6:31.43	8:58.67	10:06.59	9:41.77	15:25.91	32:46.60
739	6:31.62	8:58.87	10:06.87	9:41.99	15:26.26	32:47.40
738	6:31.80	8:59.08	10:07.15	9:42.21	15:26.60	32:48.20
737	6:31.98	8:59.28	10:07.43	9:42.42	15:26.95	32:49.00
736	6:32.16	8:59.48	10:07.71	9:42.64	15:27.30	32:49.80
735	6:32.34	8:59.69	10:07.99	9:42.86	15:27.65	32:50.60
734	6:32.53	8:59.89	10:08.27	9:43.08	15:28.00	32:51.41
733	6:32.71	9:00.10	10:08.55	9:43.30	15:28.34	32:52.21
732	6:32.89	9:00.30	10:08.83	9:43.52	15:28.69	32:53.01
731	6:33.07	9:00.51	10:09.12	9:43.74	15:29.04	32:53.82
730	6:33.26	9:00.71	10:09.40	9:43.96	15:29.39	32:54.62
729	6:33.44	9:00.92	10:09.68	9:44.18	15:29.74	32:55.43
728	6:33.62	9:01.12	10:09.96	9:44.40	15:30.09	32:56.23
727	6:33.80	9:01.33	10:10.24	9:44.62	15:30.44	32:57.04
726	6:33.99	9:01.53	10:10.52	9:44.84	15:30.79	32:57.85
725	6:34.17	9:01.74	10:10.80	9:45.06	15:31.14	32:58.65
724	6:34.35	9:01.94	10:11.09	9:45.28	15:31.50	32:59.46
723	6:34.54	9:02.15	10:11.37	9:45.50	15:31.85	33:00.27
722	6:34.72	9:02.36	10:11.65	9:45.72	15:32.20	33:01.08
721	6:34.90	9:02.56	10:11.94	9:45.94	15:32.55	33:01.89
720	6:35.09	9:02.77	10:12.22	9:46.17	15:32.90	33:02.70
719	6:35.27	9:02.98	10:12.50	9:46.39	15:33.25	33:03.51
718	6:35.46	9:03.18	10:12.79	9:46.61	15:33.61	33:04.32
717	6:35.64	9:03.39	10:13.07	9:46.83	15:33.96	33:05.13
716	6:35.83	9:03.60	10:13.35	9:47.05	15:34.31	33:05.95
715	6:36.01	9:03.80	10:13.64	9:47.28	15:34.67	33:06.76
714	6:36.19	9:04.01	10:13.92	9:47.50	15:35.02	33:07.57
713	6:36.38	9:04.22	10:14.21	9:47.72	15:35.37	33:08.39
712	6:36.56	9:04.42	10:14.49	9:47.94	15:35.73	33:09.20
711	6:36.75	9:04.63	10:14.78	9:48.17	15:36.08	33:10.02
710	6:36.93	9:04.84	10:15.06	9:48.39	15:36.44	33:10.83
709	6:37.12	9:05.05	10:15.35	9:48.61	15:36.79	33:11.65
708	6:37.31	9:05.26	10:15.63	9:48.83	15:37.15	33:12.47
707	6:37.49	9:05.46	10:15.92	9:49.06	15:37.50	33:13.29
706	6:37.68	9:05.67	10:16.20	9:49.28	15:37.86	33:14.10
705	6:37.86	9:05.88	10:16.49	9:49.50	15:38.21	33:14.92
704	6:38.05	9:06.09	10:16.77	9:49.73	15:38.57	33:15.74
703	6:38.23	9:06.30	10:17.06	9:49.95	15:38.92	33:16.56
702	6:38.42	9:06.51	10:17.35	9:50.18	15:39.28	33:17.38
701	6:38.61	9:06.72	10:17.63	9:50.40	15:39.64	33:18.20

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
700	6:38.79	9:06.93	10:17.92	9:50.63	15:39.99	33:19.03
699	6:38.98	9:07.14	10:18.21	9:50.85	15:40.35	33:19.85
698	6:39.17	9:07.34	10:18.50	9:51.07	15:40.71	33:20.67
697	6:39.35	9:07.55	10:18.78	9:51.30	15:41.07	33:21.50
696	6:39.54	9:07.76	10:19.07	9:51.52	15:41.43	33:22.32
695	6:39.73	9:07.97	10:19.36	9:51.75	15:41.78	33:23.14
694	6:39.92	9:08.18	10:19.65	9:51.98	15:42.14	33:23.97
693	6:40.10	9:08.39	10:19.94	9:52.20	15:42.50	33:24.80
692	6:40.29	9:08.61	10:20.23	9:52.43	15:42.86	33:25.62
691	6:40.48	9:08.82	10:20.51	9:52.65	15:43.22	33:26.45
690	6:40.67	9:09.03	10:20.80	9:52.88	15:43.58	33:27.28
689	6:40.85	9:09.24	10:21.09	9:53.11	15:43.94	33:28.11
688	6:41.04	9:09.45	10:21.38	9:53.33	15:44.30	33:28.93
687	6:41.23	9:09.66	10:21.67	9:53.56	15:44.66	33:29.76
686	6:41.42	9:09.87	10:21.96	9:53.79	15:45.02	33:30.59
685	6:41.61	9:10.08	10:22.25	9:54.01	15:45.38	33:31.42
684	6:41.80	9:10.29	10:22.54	9:54.24	15:45.74	33:32.26
683	6:41.98	9:10.51	10:22.83	9:54.47	15:46.10	33:33.09
682	6:42.17	9:10.72	10:23.13	9:54.69	15:46.47	33:33.92
681	6:42.36	9:10.93	10:23.42	9:54.92	15:46.83	33:34.75
680	6:42.55	9:11.14	10:23.71	9:55.15	15:47.19	33:35.59
679	6:42.74	9:11.36	10:24.00	9:55.38	15:47.55	33:36.42
678	6:42.93	9:11.57	10:24.29	9:55.61	15:47.91	33:37.26
677	6:43.12	9:11.78	10:24.58	9:55.83	15:48.28	33:38.09
676	6:43.31	9:11.99	10:24.87	9:56.06	15:48.64	33:38.93
675	6:43.50	9:12.21	10:25.17	9:56.29	15:49.00	33:39.77
674	6:43.69	9:12.42	10:25.46	9:56.52	15:49.37	33:40.60
673	6:43.88	9:12.63	10:25.75	9:56.75	15:49.73	33:41.44
672	6:44.07	9:12.85	10:26.05	9:56.98	15:50.10	33:42.28
671	6:44.26	9:13.06	10:26.34	9:57.21	15:50.46	33:43.12
670	6:44.45	9:13.27	10:26.63	9:57.44	15:50.83	33:43.96
669	6:44.64	9:13.49	10:26.93	9:57.67	15:51.19	33:44.80
668	6:44.83	9:13.70	10:27.22	9:57.90	15:51.56	33:45.64
667	6:45.02	9:13.92	10:27.51	9:58.13	15:51.92	33:46.48
666	6:45.22	9:14.13	10:27.81	9:58.36	15:52.29	33:47.33
665	6:45.41	9:14.35	10:28.10	9:58.59	15:52.66	33:48.17
664	6:45.60	9:14.56	10:28.40	9:58.82	15:53.02	33:49.01
663	6:45.79	9:14.78	10:28.69	9:59.05	15:53.39	33:49.86
662	6:45.98	9:14.99	10:28.99	9:59.28	15:53.76	33:50.70
661	6:46.17	9:15.21	10:29.28	9:59.51	15:54.12	33:51.55
660	6:46.37	9:15.42	10:29.58	9:59.74	15:54.49	33:52.39
659	6:46.56	9:15.64	10:29.87	9:59.97	15:54.86	33:53.24
658	6:46.75	9:15.85	10:30.17	10:00.20	15:55.23	33:54.09
657	6:46.94	9:16.07	10:30.47	10:00.43	15:55.60	33:54.94
656	6:47.14	9:16.29	10:30.76	10:00.67	15:55.96	33:55.79
655	6:47.33	9:16.50	10:31.06	10:00.90	15:56.33	33:56.64
654	6:47.52	9:16.72	10:31.36	10:01.13	15:56.70	33:57.49
653	6:47.71	9:16.94	10:31.65	10:01.36	15:57.07	33:58.34
652	6:47.91	9:17.15	10:31.95	10:01.60	15:57.44	33:59.19
651	6:48.10	9:17.37	10:32.25	10:01.83	15:57.81	34:00.04

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
650	6:48.30	9:17.59	10:32.55	10:02.06	15:58.18	34:00.89
649	6:48.49	9:17.80	10:32.85	10:02.29	15:58.55	34:01.75
648	6:48.68	9:18.02	10:33.14	10:02.53	15:58.92	34:02.60
647	6:48.88	9:18.24	10:33.44	10:02.76	15:59.30	34:03.46
646	6:49.07	9:18.46	10:33.74	10:02.99	15:59.67	34:04.31
645	6:49.27	9:18.67	10:34.04	10:03.23	16:00.04	34:05.17
644	6:49.46	9:18.89	10:34.34	10:03.46	16:00.41	34:06.02
643	6:49.65	9:19.11	10:34.64	10:03.70	16:00.78	34:06.88
642	6:49.85	9:19.33	10:34.94	10:03.93	16:01.16	34:07.74
641	6:50.04	9:19.55	10:35.24	10:04.17	16:01.53	34:08.60
640	6:50.24	9:19.77	10:35.54	10:04.40	16:01.90	34:09.46
639	6:50.43	9:19.99	10:35.84	10:04.64	16:02.28	34:10.32
638	6:50.63	9:20.21	10:36.14	10:04.87	16:02.65	34:11.18
637	6:50.82	9:20.42	10:36.44	10:05.11	16:03.03	34:12.04
636	6:51.02	9:20.64	10:36.74	10:05.34	16:03.40	34:12.90
635	6:51.22	9:20.86	10:37.04	10:05.58	16:03.77	34:13.77
634	6:51.41	9:21.08	10:37.35	10:05.81	16:04.15	34:14.63
633	6:51.61	9:21.30	10:37.65	10:06.05	16:04.53	34:15.49
632	6:51.80	9:21.52	10:37.95	10:06.28	16:04.90	34:16.36
631	6:52.00	9:21.74	10:38.25	10:06.52	16:05.28	34:17.22
630	6:52.20	9:21.97	10:38.55	10:06.76	16:05.65	34:18.09
629	6:52.39	9:22.19	10:38.86	10:06.99	16:06.03	34:18.96
628	6:52.59	9:22.41	10:39.16	10:07.23	16:06.41	34:19.82
627	6:52.79	9:22.63	10:39.46	10:07.47	16:06.78	34:20.69
626	6:52.99	9:22.85	10:39.77	10:07.71	16:07.16	34:21.56
625	6:53.18	9:23.07	10:40.07	10:07.94	16:07.54	34:22.43
624	6:53.38	9:23.29	10:40.38	10:08.18	16:07.92	34:23.30
623	6:53.58	9:23.51	10:40.68	10:08.42	16:08.30	34:24.17
622	6:53.78	9:23.74	10:40.98	10:08.66	16:08.67	34:25.05
621	6:53.97	9:23.96	10:41.29	10:08.90	16:09.05	34:25.92
620	6:54.17	9:24.18	10:41.59	10:09.13	16:09.43	34:26.79
619	6:54.37	9:24.40	10:41.90	10:09.37	16:09.81	34:27.66
618	6:54.57	9:24.63	10:42.21	10:09.61	16:10.19	34:28.54
617	6:54.77	9:24.85	10:42.51	10:09.85	16:10.57	34:29.41
616	6:54.97	9:25.07	10:42.82	10:10.09	16:10.95	34:30.29
615	6:55.17	9:25.29	10:43.12	10:10.33	16:11.33	34:31.17
614	6:55.36	9:25.52	10:43.43	10:10.57	16:11.72	34:32.04
613	6:55.56	9:25.74	10:43.74	10:10.81	16:12.10	34:32.92
612	6:55.76	9:25.97	10:44.04	10:11.05	16:12.48	34:33.80
611	6:55.96	9:26.19	10:44.35	10:11.29	16:12.86	34:34.68
610	6:56.16	9:26.41	10:44.66	10:11.53	16:13.24	34:35.56
609	6:56.36	9:26.64	10:44.97	10:11.77	16:13.63	34:36.44
608	6:56.56	9:26.86	10:45.27	10:12.01	16:14.01	34:37.32
607	6:56.76	9:27.09	10:45.58	10:12.25	16:14.39	34:38.21
606	6:56.96	9:27.31	10:45.89	10:12.49	16:14.78	34:39.09
605	6:57.16	9:27.54	10:46.20	10:12.74	16:15.16	34:39.97
604	6:57.36	9:27.76	10:46.51	10:12.98	16:15.54	34:40.86
603	6:57.57	9:27.99	10:46.82	10:13.22	16:15.93	34:41.74
602	6:57.77	9:28.21	10:47.13	10:13.46	16:16.31	34:42.63
601	6:57.97	9:28.44	10:47.44	10:13.70	16:16.70	34:43.52

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
600	6:58.17	9:28.67	10:47.75	10:13.95	16:17.08	34:44.41
599	6:58.37	9:28.89	10:48.06	10:14.19	16:17.47	34:45.29
598	6:58.57	9:29.12	10:48.37	10:14.43	16:17.86	34:46.18
597	6:58.77	9:29.34	10:48.68	10:14.67	16:18.24	34:47.07
596	6:58.98	9:29.57	10:48.99	10:14.92	16:18.63	34:47.96
595	6:59.18	9:29.80	10:49.30	10:15.16	16:19.02	34:48.85
594	6:59.38	9:30.03	10:49.61	10:15.40	16:19.41	34:49.75
593	6:59.58	9:30.25	10:49.93	10:15.65	16:19.79	34:50.64
592	6:59.79	9:30.48	10:50.24	10:15.89	16:20.18	34:51.53
591	6:59.99	9:30.71	10:50.55	10:16.14	16:20.57	34:52.43
590	7:00.19	9:30.94	10:50.86	10:16.38	16:20.96	34:53.32
589	7:00.40	9:31.16	10:51.18	10:16.63	16:21.35	34:54.22
588	7:00.60	9:31.39	10:51.49	10:16.87	16:21.74	34:55.11
587	7:00.80	9:31.62	10:51.80	10:17.12	16:22.13	34:56.01
586	7:01.01	9:31.85	10:52.12	10:17.36	16:22.52	34:56.91
585	7:01.21	9:32.08	10:52.43	10:17.61	16:22.91	34:57.81
584	7:01.42	9:32.31	10:52.74	10:17.85	16:23.30	34:58.71
583	7:01.62	9:32.54	10:53.06	10:18.10	16:23.69	34:59.61
582	7:01.82	9:32.77	10:53.37	10:18.34	16:24.08	35:00.51
581	7:02.03	9:33.00	10:53.69	10:18.59	16:24.47	35:01.41
580	7:02.23	9:33.23	10:54.00	10:18.84	16:24.87	35:02.32
579	7:02.44	9:33.46	10:54.32	10:19.08	16:25.26	35:03.22
578	7:02.64	9:33.69	10:54.64	10:19.33	16:25.65	35:04.12
577	7:02.85	9:33.92	10:54.95	10:19.58	16:26.04	35:05.03
576	7:03.06	9:34.15	10:55.27	10:19.83	16:26.44	35:05.93
575	7:03.26	9:34.38	10:55.59	10:20.07	16:26.83	35:06.84
574	7:03.47	9:34.61	10:55.90	10:20.32	16:27.23	35:07.75
573	7:03.67	9:34.84	10:56.22	10:20.57	16:27.62	35:08.66
572	7:03.88	9:35.07	10:56.54	10:20.82	16:28.02	35:09.57
571	7:04.09	9:35.30	10:56.85	10:21.07	16:28.41	35:10.48
570	7:04.29	9:35.54	10:57.17	10:21.31	16:28.81	35:11.39
569	7:04.50	9:35.77	10:57.49	10:21.56	16:29.20	35:12.30
568	7:04.71	9:36.00	10:57.81	10:21.81	16:29.60	35:13.21
567	7:04.91	9:36.23	10:58.13	10:22.06	16:29.99	35:14.12
566	7:05.12	9:36.47	10:58.45	10:22.31	16:30.39	35:15.04
565	7:05.33	9:36.70	10:58.77	10:22.56	16:30.79	35:15.95
564	7:05.54	9:36.93	10:59.09	10:22.81	16:31.19	35:16.87
563	7:05.74	9:37.16	10:59.41	10:23.06	16:31.59	35:17.78
562	7:05.95	9:37.40	10:59.73	10:23.31	16:31.98	35:18.70
561	7:06.16	9:37.63	11:00.05	10:23.56	16:32.38	35:19.62
560	7:06.37	9:37.87	11:00.37	10:23.81	16:32.78	35:20.54
559	7:06.58	9:38.10	11:00.69	10:24.07	16:33.18	35:21.46
558	7:06.79	9:38.33	11:01.01	10:24.32	16:33.58	35:22.38
557	7:07.00	9:38.57	11:01.33	10:24.57	16:33.98	35:23.30
556	7:07.21	9:38.80	11:01.66	10:24.82	16:34.38	35:24.22
555	7:07.41	9:39.04	11:01.98	10:25.07	16:34.78	35:25.14
554	7:07.62	9:39.27	11:02.30	10:25.32	16:35.18	35:26.07
553	7:07.83	9:39.51	11:02.62	10:25.58	16:35.59	35:26.99
552	7:08.04	9:39.75	11:02.95	10:25.83	16:35.99	35:27.92
551	7:08.25	9:39.98	11:03.27	10:26.08	16:36.39	35:28.84

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
550	7:08.46	9:40.22	11:03.60	10:26.34	16:36.79	35:29.77
549	7:08.68	9:40.45	11:03.92	10:26.59	16:37.20	35:30.70
548	7:08.89	9:40.69	11:04.24	10:26.84	16:37.60	35:31.63
547	7:09.10	9:40.93	11:04.57	10:27.10	16:38.00	35:32.56
546	7:09.31	9:41.16	11:04.89	10:27.35	16:38.41	35:33.49
545	7:09.52	9:41.40	11:05.22	10:27.61	16:38.81	35:34.42
544	7:09.73	9:41.64	11:05.54	10:27.86	16:39.22	35:35.35
543	7:09.94	9:41.88	11:05.87	10:28.12	16:39.62	35:36.28
542	7:10.15	9:42.11	11:06.20	10:28.37	16:40.03	35:37.22
541	7:10.37	9:42.35	11:06.52	10:28.63	16:40.43	35:38.15
540	7:10.58	9:42.59	11:06.85	10:28.88	16:40.84	35:39.09
539	7:10.79	9:42.83	11:07.18	10:29.14	16:41.25	35:40.02
538	7:11.00	9:43.07	11:07.50	10:29.39	16:41.65	35:40.96
537	7:11.22	9:43.31	11:07.83	10:29.65	16:42.06	35:41.90
536	7:11.43	9:43.54	11:08.16	10:29.91	16:42.47	35:42.84
535	7:11.64	9:43.78	11:08.49	10:30.16	16:42.88	35:43.78
534	7:11.86	9:44.02	11:08.82	10:30.42	16:43.29	35:44.72
533	7:12.07	9:44.26	11:09.15	10:30.68	16:43.70	35:45.66
532	7:12.28	9:44.50	11:09.48	10:30.93	16:44.11	35:46.60
531	7:12.50	9:44.74	11:09.81	10:31.19	16:44.51	35:47.55
530	7:12.71	9:44.98	11:10.14	10:31.45	16:44.93	35:48.49
529	7:12.93	9:45.22	11:10.47	10:31.71	16:45.34	35:49.44
528	7:13.14	9:45.47	11:10.80	10:31.97	16:45.75	35:50.38
527	7:13.36	9:45.71	11:11.13	10:32.22	16:46.16	35:51.33
526	7:13.57	9:45.95	11:11.46	10:32.48	16:46.57	35:52.28
525	7:13.79	9:46.19	11:11.79	10:32.74	16:46.98	35:53.23
524	7:14.00	9:46.43	11:12.12	10:33.00	16:47.39	35:54.18
523	7:14.22	9:46.67	11:12.45	10:33.26	16:47.81	35:55.13
522	7:14.44	9:46.92	11:12.79	10:33.52	16:48.22	35:56.08
521	7:14.65	9:47.16	11:13.12	10:33.78	16:48.64	35:57.03
520	7:14.87	9:47.40	11:13.45	10:34.04	16:49.05	35:57.98
519	7:15.08	9:47.64	11:13.78	10:34.30	16:49.46	35:58.94
518	7:15.30	9:47.89	11:14.12	10:34.56	16:49.88	35:59.89
517	7:15.52	9:48.13	11:14.45	10:34.83	16:50.29	36:00.85
516	7:15.74	9:48.37	11:14.79	10:35.09	16:50.71	36:01.81
515	7:15.95	9:48.62	11:15.12	10:35.35	16:51.13	36:02.77
514	7:16.17	9:48.86	11:15.46	10:35.61	16:51.54	36:03.72
513	7:16.39	9:49.11	11:15.79	10:35.87	16:51.96	36:04.68
512	7:16.61	9:49.35	11:16.13	10:36.13	16:52.38	36:05.65
511	7:16.82	9:49.60	11:16.46	10:36.40	16:52.79	36:06.61
510	7:17.04	9:49.84	11:16.80	10:36.66	16:53.21	36:07.57
509	7:17.26	9:50.09	11:17.14	10:36.92	16:53.63	36:08.53
508	7:17.48	9:50.33	11:17.47	10:37.19	16:54.05	36:09.50
507	7:17.70	9:50.58	11:17.81	10:37.45	16:54.47	36:10.46
506	7:17.92	9:50.82	11:18.15	10:37.71	16:54.89	36:11.43
505	7:18.14	9:51.07	11:18.49	10:37.98	16:55.31	36:12.40
504	7:18.36	9:51.32	11:18.82	10:38.24	16:55.73	36:13.37
503	7:18.58	9:51.56	11:19.16	10:38.51	16:56.15	36:14.34
502	7:18.80	9:51.81	11:19.50	10:38.77	16:56.57	36:15.31
501	7:19.02	9:52.06	11:19.84	10:39.04	16:57.00	36:16.28

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
500	7:19.24	9:52.31	11:20.18	10:39.30	16:57.42	36:17.25
499	7:19.46	9:52.55	11:20.52	10:39.57	16:57.84	36:18.22
498	7:19.68	9:52.80	11:20.86	10:39.84	16:58.26	36:19.20
497	7:19.90	9:53.05	11:21.20	10:40.10	16:58.69	36:20.17
496	7:20.12	9:53.30	11:21.54	10:40.37	16:59.11	36:21.15
495	7:20.35	9:53.55	11:21.88	10:40.64	16:59.54	36:22.12
494	7:20.57	9:53.80	11:22.23	10:40.90	16:59.96	36:23.10
493	7:20.79	9:54.05	11:22.57	10:41.17	17:00.39	36:24.08
492	7:21.01	9:54.30	11:22.91	10:41.44	17:00.81	36:25.06
491	7:21.24	9:54.55	11:23.25	10:41.71	17:01.24	36:26.04
490	7:21.46	9:54.80	11:23.60	10:41.97	17:01.66	36:27.03
489	7:21.68	9:55.05	11:23.94	10:42.24	17:02.09	36:28.01
488	7:21.90	9:55.30	11:24.28	10:42.51	17:02.52	36:28.99
487	7:22.13	9:55.55	11:24.63	10:42.78	17:02.95	36:29.98
486	7:22.35	9:55.80	11:24.97	10:43.05	17:03.38	36:30.96
485	7:22.58	9:56.05	11:25.32	10:43.32	17:03.80	36:31.95
484	7:22.80	9:56.30	11:25.66	10:43.59	17:04.23	36:32.94
483	7:23.02	9:56.55	11:26.01	10:43.86	17:04.66	36:33.93
482	7:23.25	9:56.81	11:26.35	10:44.13	17:05.09	36:34.92
481	7:23.47	9:57.06	11:26.70	10:44.40	17:05.52	36:35.91
480	7:23.70	9:57.31	11:27.05	10:44.67	17:05.96	36:36.90
479	7:23.93	9:57.56	11:27.39	10:44.94	17:06.39	36:37.90
478	7:24.15	9:57.82	11:27.74	10:45.22	17:06.82	36:38.89
477	7:24.38	9:58.07	11:28.09	10:45.49	17:07.25	36:39.89
476	7:24.60	9:58.32	11:28.44	10:45.76	17:07.68	36:40.88
475	7:24.83	9:58.58	11:28.79	10:46.03	17:08.12	36:41.88
474	7:25.06	9:58.83	11:29.13	10:46.30	17:08.55	36:42.88
473	7:25.28	9:59.09	11:29.48	10:46.58	17:08.99	36:43.88
472	7:25.51	9:59.34	11:29.83	10:46.85	17:09.42	36:44.88
471	7:25.74	9:59.60	11:30.18	10:47.12	17:09.86	36:45.88
470	7:25.96	9:59.85	11:30.53	10:47.40	17:10.29	36:46.88
469	7:26.19	10:00.11	11:30.88	10:47.67	17:10.73	36:47.89
468	7:26.42	10:00.36	11:31.23	10:47.95	17:11.16	36:48.89
467	7:26.65	10:00.62	11:31.59	10:48.22	17:11.60	36:49.90
466	7:26.88	10:00.88	11:31.94	10:48.50	17:12.04	36:50.90
465	7:27.11	10:01.13	11:32.29	10:48.77	17:12.48	36:51.91
464	7:27.34	10:01.39	11:32.64	10:49.05	17:12.91	36:52.92
463	7:27.56	10:01.65	11:33.00	10:49.32	17:13.35	36:53.93
462	7:27.79	10:01.90	11:33.35	10:49.60	17:13.79	36:54.94
461	7:28.02	10:02.16	11:33.70	10:49.88	17:14.23	36:55.96
460	7:28.25	10:02.42	11:34.06	10:50.15	17:14.67	36:56.97
459	7:28.48	10:02.68	11:34.41	10:50.43	17:15.11	36:57.98
458	7:28.71	10:02.94	11:34.77	10:50.71	17:15.56	36:59.00
457	7:28.95	10:03.20	11:35.12	10:50.99	17:16.00	37:00.02
456	7:29.18	10:03.46	11:35.48	10:51.26	17:16.44	37:01.04
455	7:29.41	10:03.72	11:35.83	10:51.54	17:16.88	37:02.05
454	7:29.64	10:03.97	11:36.19	10:51.82	17:17.33	37:03.07
453	7:29.87	10:04.23	11:36.55	10:52.10	17:17.77	37:04.10
452	7:30.10	10:04.50	11:36.90	10:52.38	17:18.21	37:05.12
451	7:30.34	10:04.76	11:37.26	10:52.66	17:18.66	37:06.14

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
450	7:30.57	10:05.02	11:37.62	10:52.94	17:19.10	37:07.17
449	7:30.80	10:05.28	11:37.98	10:53.22	17:19.55	37:08.19
448	7:31.03	10:05.54	11:38.34	10:53.50	17:19.99	37:09.22
447	7:31.27	10:05.80	11:38.70	10:53.78	17:20.44	37:10.25
446	7:31.50	10:06.06	11:39.06	10:54.06	17:20.89	37:11.28
445	7:31.73	10:06.33	11:39.42	10:54.34	17:21.34	37:12.31
444	7:31.97	10:06.59	11:39.78	10:54.62	17:21.78	37:13.34
443	7:32.20	10:06.85	11:40.14	10:54.91	17:22.23	37:14.37
442	7:32.44	10:07.11	11:40.50	10:55.19	17:22.68	37:15.41
441	7:32.67	10:07.38	11:40.86	10:55.47	17:23.13	37:16.44
440	7:32.91	10:07.64	11:41.22	10:55.76	17:23.58	37:17.48
439	7:33.14	10:07.91	11:41.58	10:56.04	17:24.03	37:18.52
438	7:33.38	10:08.17	11:41.95	10:56.32	17:24.48	37:19.55
437	7:33.62	10:08.44	11:42.31	10:56.61	17:24.94	37:20.59
436	7:33.85	10:08.70	11:42.67	10:56.89	17:25.39	37:21.64
435	7:34.09	10:08.97	11:43.04	10:57.18	17:25.84	37:22.68
434	7:34.32	10:09.23	11:43.40	10:57.46	17:26.29	37:23.72
433	7:34.56	10:09.50	11:43.77	10:57.75	17:26.75	37:24.77
432	7:34.80	10:09.76	11:44.13	10:58.03	17:27.20	37:25.81
431	7:35.04	10:10.03	11:44.50	10:58.32	17:27.66	37:26.86
430	7:35.27	10:10.30	11:44.86	10:58.60	17:28.11	37:27.91
429	7:35.51	10:10.57	11:45.23	10:58.89	17:28.57	37:28.96
428	7:35.75	10:10.83	11:45.60	10:59.18	17:29.03	37:30.01
427	7:35.99	10:11.10	11:45.97	10:59.46	17:29.48	37:31.06
426	7:36.23	10:11.37	11:46.33	10:59.75	17:29.94	37:32.11
425	7:36.47	10:11.64	11:46.70	11:00.04	17:30.40	37:33.17
424	7:36.71	10:11.91	11:47.07	11:00.33	17:30.86	37:34.22
423	7:36.95	10:12.18	11:47.44	11:00.62	17:31.32	37:35.28
422	7:37.19	10:12.44	11:47.81	11:00.91	17:31.78	37:36.34
421	7:37.43	10:12.71	11:48.18	11:01.20	17:32.24	37:37.40
420	7:37.67	10:12.98	11:48.55	11:01.49	17:32.70	37:38.46
419	7:37.91	10:13.25	11:48.92	11:01.78	17:33.16	37:39.52
418	7:38.15	10:13.53	11:49.29	11:02.07	17:33.62	37:40.58
417	7:38.39	10:13.80	11:49.66	11:02.36	17:34.08	37:41.65
416	7:38.64	10:14.07	11:50.04	11:02.65	17:34.55	37:42.71
415	7:38.88	10:14.34	11:50.41	11:02.94	17:35.01	37:43.78
414	7:39.12	10:14.61	11:50.78	11:03.23	17:35.47	37:44.85
413	7:39.36	10:14.88	11:51.16	11:03.52	17:35.94	37:45.92
412	7:39.61	10:15.16	11:51.53	11:03.82	17:36.40	37:46.99
411	7:39.85	10:15.43	11:51.91	11:04.11	17:36.87	37:48.06
410	7:40.09	10:15.70	11:52.28	11:04.40	17:37.34	37:49.14
409	7:40.34	10:15.98	11:52.66	11:04.70	17:37.80	37:50.21
408	7:40.58	10:16.25	11:53.03	11:04.99	17:38.27	37:51.29
407	7:40.83	10:16.53	11:53.41	11:05.28	17:38.74	37:52.36
406	7:41.07	10:16.80	11:53.79	11:05.58	17:39.21	37:53.44
405	7:41.32	10:17.08	11:54.16	11:05.87	17:39.68	37:54.52
404	7:41.56	10:17.35	11:54.54	11:06.17	17:40.15	37:55.61
403	7:41.81	10:17.63	11:54.92	11:06.46	17:40.62	37:56.69
402	7:42.05	10:17.90	11:55.30	11:06.76	17:41.09	37:57.77
401	7:42.30	10:18.18	11:55.68	11:07.06	17:41.56	37:58.86

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
400	7:42.55	10:18.46	11:56.06	11:07.35	17:42.03	37:59.94
399	7:42.79	10:18.73	11:56.44	11:07.65	17:42.50	38:01.03
398	7:43.04	10:19.01	11:56.82	11:07.95	17:42.98	38:02.12
397	7:43.29	10:19.29	11:57.20	11:08.25	17:43.45	38:03.21
396	7:43.54	10:19.57	11:57.58	11:08.55	17:43.93	38:04.31
395	7:43.78	10:19.84	11:57.96	11:08.84	17:44.40	38:05.40
394	7:44.03	10:20.12	11:58.34	11:09.14	17:44.88	38:06.49
393	7:44.28	10:20.40	11:58.73	11:09.44	17:45.35	38:07.59
392	7:44.53	10:20.68	11:59.11	11:09.74	17:45.83	38:08.69
391	7:44.78	10:20.96	11:59.50	11:10.04	17:46.31	38:09.79
390	7:45.03	10:21.24	11:59.88	11:10.34	17:46.78	38:10.89
389	7:45.28	10:21.52	12:00.26	11:10.64	17:47.26	38:11.99
388	7:45.53	10:21.80	12:00.65	11:10.95	17:47.74	38:13.09
387	7:45.78	10:22.09	12:01.04	11:11.25	17:48.22	38:14.20
386	7:46.03	10:22.37	12:01.42	11:11.55	17:48.70	38:15.31
385	7:46.28	10:22.65	12:01.81	11:11.85	17:49.19	38:16.41
384	7:46.53	10:22.93	12:02.20	11:12.16	17:49.67	38:17.52
383	7:46.79	10:23.21	12:02.59	11:12.46	17:50.15	38:18.63
382	7:47.04	10:23.50	12:02.97	11:12.76	17:50.63	38:19.75
381	7:47.29	10:23.78	12:03.36	11:13.07	17:51.12	38:20.86
380	7:47.54	10:24.06	12:03.75	11:13.37	17:51.60	38:21.97
379	7:47.80	10:24.35	12:04.14	11:13.68	17:52.09	38:23.09
378	7:48.05	10:24.63	12:04.53	11:13.98	17:52.57	38:24.21
377	7:48.31	10:24.92	12:04.92	11:14.29	17:53.06	38:25.33
376	7:48.56	10:25.20	12:05.32	11:14.59	17:53.54	38:26.45
375	7:48.82	10:25.49	12:05.71	11:14.90	17:54.03	38:27.57
374	7:49.07	10:25.78	12:06.10	11:15.21	17:54.52	38:28.70
373	7:49.33	10:26.06	12:06.49	11:15.51	17:55.01	38:29.82
372	7:49.58	10:26.35	12:06.89	11:15.82	17:55.50	38:30.95
371	7:49.84	10:26.64	12:07.28	11:16.13	17:55.99	38:32.08
370	7:50.09	10:26.93	12:07.68	11:16.44	17:56.48	38:33.21
369	7:50.35	10:27.21	12:08.07	11:16.75	17:56.97	38:34.34
368	7:50.61	10:27.50	12:08.47	11:17.06	17:57.46	38:35.47
367	7:50.87	10:27.79	12:08.86	11:17.37	17:57.96	38:36.61
366	7:51.12	10:28.08	12:09.26	11:17.68	17:58.45	38:37.74
365	7:51.38	10:28.37	12:09.66	11:17.99	17:58.94	38:38.88
364	7:51.64	10:28.66	12:10.06	11:18.30	17:59.44	38:40.02
363	7:51.90	10:28.95	12:10.45	11:18.61	17:59.94	38:41.16
362	7:52.16	10:29.24	12:10.85	11:18.92	18:00.43	38:42.30
361	7:52.42	10:29.53	12:11.25	11:19.24	18:00.93	38:43.45
360	7:52.68	10:29.82	12:11.65	11:19.55	18:01.43	38:44.59
359	7:52.94	10:30.12	12:12.05	11:19.86	18:01.92	38:45.74
358	7:53.20	10:30.41	12:12.46	11:20.18	18:02.42	38:46.89
357	7:53.46	10:30.70	12:12.86	11:20.49	18:02.92	38:48.04
356	7:53.72	10:31.00	12:13.26	11:20.80	18:03.42	38:49.19
355	7:53.98	10:31.29	12:13.66	11:21.12	18:03.93	38:50.34
354	7:54.25	10:31.58	12:14.07	11:21.44	18:04.43	38:51.50
353	7:54.51	10:31.88	12:14.47	11:21.75	18:04.93	38:52.66
352	7:54.77	10:32.17	12:14.88	11:22.07	18:05.43	38:53.82
351	7:55.03	10:32.47	12:15.28	11:22.38	18:05.94	38:54.98

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
350	7:55.30	10:32.76	12:15.69	11:22.70	18:06.44	38:56.14
349	7:55.56	10:33.06	12:16.09	11:23.02	18:06.95	38:57.30
348	7:55.83	10:33.36	12:16.50	11:23.34	18:07.45	38:58.47
347	7:56.09	10:33.65	12:16.91	11:23.66	18:07.96	38:59.63
346	7:56.36	10:33.95	12:17.32	11:23.98	18:08.47	39:00.80
345	7:56.62	10:34.25	12:17.72	11:24.30	18:08.98	39:01.97
344	7:56.89	10:34.55	12:18.13	11:24.62	18:09.49	39:03.14
343	7:57.15	10:34.85	12:18.54	11:24.94	18:09.99	39:04.32
342	7:57.42	10:35.15	12:18.95	11:25.26	18:10.51	39:05.49
341	7:57.69	10:35.45	12:19.37	11:25.58	18:11.02	39:06.67
340	7:57.96	10:35.75	12:19.78	11:25.90	18:11.53	39:07.85
339	7:58.22	10:36.05	12:20.19	11:26.22	18:12.04	39:09.03
338	7:58.49	10:36.35	12:20.60	11:26.55	18:12.56	39:10.21
337	7:58.76	10:36.65	12:21.02	11:26.87	18:13.07	39:11.39
336	7:59.03	10:36.95	12:21.43	11:27.19	18:13.58	39:12.58
335	7:59.30	10:37.25	12:21.85	11:27.52	18:14.10	39:13.77
334	7:59.57	10:37.56	12:22.26	11:27.84	18:14.62	39:14.96
333	7:59.84	10:37.86	12:22.68	11:28.17	18:15.13	39:16.15
332	8:00.11	10:38.16	12:23.09	11:28.49	18:15.65	39:17.34
331	8:00.38	10:38.47	12:23.51	11:28.82	18:16.17	39:18.54
330	8:00.65	10:38.77	12:23.93	11:29.15	18:16.69	39:19.73
329	8:00.92	10:39.08	12:24.35	11:29.47	18:17.21	39:20.93
328	8:01.20	10:39.38	12:24.77	11:29.80	18:17.73	39:22.13
327	8:01.47	10:39.69	12:25.19	11:30.13	18:18.26	39:23.33
326	8:01.74	10:40.00	12:25.61	11:30.46	18:18.78	39:24.54
325	8:02.02	10:40.30	12:26.03	11:30.79	18:19.30	39:25.74
324	8:02.29	10:40.61	12:26.45	11:31.12	18:19.83	39:26.95
323	8:02.56	10:40.92	12:26.87	11:31.45	18:20.35	39:28.16
322	8:02.84	10:41.23	12:27.30	11:31.78	18:20.88	39:29.37
321	8:03.11	10:41.53	12:27.72	11:32.11	18:21.41	39:30.58
320	8:03.39	10:41.84	12:28.14	11:32.44	18:21.93	39:31.80
319	8:03.67	10:42.15	12:28.57	11:32.77	18:22.46	39:33.02
318	8:03.94	10:42.46	12:28.99	11:33.11	18:22.99	39:34.23
317	8:04.22	10:42.78	12:29.42	11:33.44	18:23.52	39:35.45
316	8:04.50	10:43.09	12:29.85	11:33.78	18:24.05	39:36.68
315	8:04.78	10:43.40	12:30.28	11:34.11	18:24.58	39:37.90
314	8:05.05	10:43.71	12:30.70	11:34.44	18:25.12	39:39.13
313	8:05.33	10:44.02	12:31.13	11:34.78	18:25.65	39:40.36
312	8:05.61	10:44.34	12:31.56	11:35.12	18:26.19	39:41.59
311	8:05.89	10:44.65	12:31.99	11:35.45	18:26.72	39:42.82
310	8:06.17	10:44.96	12:32.43	11:35.79	18:27.26	39:44.05
309	8:06.45	10:45.28	12:32.86	11:36.13	18:27.79	39:45.29
308	8:06.73	10:45.59	12:33.29	11:36.47	18:28.33	39:46.53
307	8:07.02	10:45.91	12:33.72	11:36.80	18:28.87	39:47.77
306	8:07.30	10:46.23	12:34.16	11:37.14	18:29.41	39:49.01
305	8:07.58	10:46.54	12:34.59	11:37.48	18:29.95	39:50.26
304	8:07.86	10:46.86	12:35.03	11:37.82	18:30.49	39:51.50
303	8:08.15	10:47.18	12:35.46	11:38.17	18:31.04	39:52.75
302	8:08.43	10:47.50	12:35.90	11:38.51	18:31.58	39:54.00
301	8:08.71	10:47.82	12:36.34	11:38.85	18:32.12	39:55.25

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
300	8:09.00	10:48.14	12:36.78	11:39.19	18:32.67	39:56.51
299	8:09.28	10:48.46	12:37.22	11:39.54	18:33.21	39:57.77
298	8:09.57	10:48.78	12:37.66	11:39.88	18:33.76	39:59.02
297	8:09.86	10:49.10	12:38.10	11:40.22	18:34.31	40:00.29
296	8:10.14	10:49.42	12:38.54	11:40.57	18:34.86	40:01.55
295	8:10.43	10:49.74	12:38.98	11:40.91	18:35.41	40:02.81
294	8:10.72	10:50.06	12:39.42	11:41.26	18:35.96	40:04.08
293	8:11.01	10:50.39	12:39.87	11:41.61	18:36.51	40:05.35
292	8:11.29	10:50.71	12:40.31	11:41.95	18:37.06	40:06.62
291	8:11.58	10:51.04	12:40.75	11:42.30	18:37.62	40:07.90
290	8:11.87	10:51.36	12:41.20	11:42.65	18:38.17	40:09.17
289	8:12.16	10:51.69	12:41.65	11:43.00	18:38.73	40:10.45
288	8:12.45	10:52.01	12:42.09	11:43.35	18:39.28	40:11.73
287	8:12.74	10:52.34	12:42.54	11:43.70	18:39.84	40:13.02
286	8:13.04	10:52.67	12:42.99	11:44.05	18:40.40	40:14.30
285	8:13.33	10:52.99	12:43.44	11:44.40	18:40.96	40:15.59
284	8:13.62	10:53.32	12:43.89	11:44.76	18:41.52	40:16.88
283	8:13.91	10:53.65	12:44.34	11:45.11	18:42.08	40:18.17
282	8:14.21	10:53.98	12:44.80	11:45.46	18:42.64	40:19.46
281	8:14.50	10:54.31	12:45.25	11:45.82	18:43.20	40:20.76
280	8:14.80	10:54.64	12:45.70	11:46.17	18:43.77	40:22.06
279	8:15.09	10:54.97	12:46.16	11:46.53	18:44.33	40:23.36
278	8:15.39	10:55.30	12:46.61	11:46.88	18:44.90	40:24.66
277	8:15.68	10:55.64	12:47.07	11:47.24	18:45.47	40:25.97
276	8:15.98	10:55.97	12:47.52	11:47.60	18:46.03	40:27.28
275	8:16.28	10:56.30	12:47.98	11:47.95	18:46.60	40:28.59
274	8:16.58	10:56.64	12:48.44	11:48.31	18:47.17	40:29.90
273	8:16.87	10:56.97	12:48.90	11:48.67	18:47.75	40:31.22
272	8:17.17	10:57.31	12:49.36	11:49.03	18:48.32	40:32.53
271	8:17.47	10:57.64	12:49.82	11:49.39	18:48.89	40:33.85
270	8:17.77	10:57.98	12:50.28	11:49.75	18:49.47	40:35.18
269	8:18.07	10:58.32	12:50.75	11:50.11	18:50.04	40:36.50
268	8:18.38	10:58.66	12:51.21	11:50.48	18:50.62	40:37.83
267	8:18.68	10:59.00	12:51.68	11:50.84	18:51.20	40:39.16
266	8:18.98	10:59.33	12:52.14	11:51.20	18:51.77	40:40.49
265	8:19.28	10:59.67	12:52.61	11:51.57	18:52.35	40:41.83
264	8:19.59	11:00.02	12:53.07	11:51.93	18:52.94	40:43.16
263	8:19.89	11:00.36	12:53.54	11:52.30	18:53.52	40:44.50
262	8:20.19	11:00.70	12:54.01	11:52.67	18:54.10	40:45.85
261	8:20.50	11:01.04	12:54.48	11:53.03	18:54.68	40:47.19
260	8:20.81	11:01.38	12:54.95	11:53.40	18:55.27	40:48.54
259	8:21.11	11:01.73	12:55.42	11:53.77	18:55.86	40:49.89
258	8:21.42	11:02.07	12:55.90	11:54.14	18:56.44	40:51.24
257	8:21.73	11:02.42	12:56.37	11:54.51	18:57.03	40:52.60
256	8:22.04	11:02.76	12:56.84	11:54.88	18:57.62	40:53.95
255	8:22.34	11:03.11	12:57.32	11:55.25	18:58.21	40:55.32
254	8:22.65	11:03.46	12:57.80	11:55.63	18:58.81	40:56.68
253	8:22.96	11:03.80	12:58.27	11:56.00	18:59.40	40:58.04
252	8:23.27	11:04.15	12:58.75	11:56.37	18:59.99	40:59.41
251	8:23.59	11:04.50	12:59.23	11:56.75	19:00.59	41:00.79

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
250	8:23.90	11:04.85	12:59.71	11:57.12	19:01.19	41:02.16
249	8:24.21	11:05.20	13:00.19	11:57.50	19:01.79	41:03.54
248	8:24.52	11:05.55	13:00.67	11:57.88	19:02.39	41:04.92
247	8:24.84	11:05.91	13:01.16	11:58.25	19:02.99	41:06.30
246	8:25.15	11:06.26	13:01.64	11:58.63	19:03.59	41:07.68
245	8:25.47	11:06.61	13:02.13	11:59.01	19:04.19	41:09.07
244	8:25.78	11:06.97	13:02.61	11:59.39	19:04.80	41:10.46
243	8:26.10	11:07.32	13:03.10	11:59.77	19:05.40	41:11.86
242	8:26.42	11:07.68	13:03.59	12:00.15	19:06.01	41:13.25
241	8:26.73	11:08.03	13:04.08	12:00.54	19:06.62	41:14.65
240	8:27.05	11:08.39	13:04.57	12:00.92	19:07.22	41:16.06
239	8:27.37	11:08.75	13:05.06	12:01.30	19:07.84	41:17.46
238	8:27.69	11:09.11	13:05.55	12:01.69	19:08.45	41:18.87
237	8:28.01	11:09.47	13:06.04	12:02.07	19:09.06	41:20.28
236	8:28.33	11:09.83	13:06.54	12:02.46	19:09.67	41:21.70
235	8:28.65	11:10.19	13:07.03	12:02.85	19:10.29	41:23.11
234	8:28.98	11:10.55	13:07.53	12:03.23	19:10.91	41:24.53
233	8:29.30	11:10.91	13:08.02	12:03.62	19:11.53	41:25.96
232	8:29.62	11:11.28	13:08.52	12:04.01	19:12.15	41:27.38
231	8:29.95	11:11.64	13:09.02	12:04.40	19:12.77	41:28.81
230	8:30.27	11:12.00	13:09.52	12:04.79	19:13.39	41:30.25
229	8:30.60	11:12.37	13:10.02	12:05.19	19:14.01	41:31.68
228	8:30.92	11:12.74	13:10.53	12:05.58	19:14.64	41:33.12
227	8:31.25	11:13.10	13:11.03	12:05.97	19:15.26	41:34.56
226	8:31.58	11:13.47	13:11.53	12:06.37	19:15.89	41:36.01
225	8:31.91	11:13.84	13:12.04	12:06.76	19:16.52	41:37.46
224	8:32.24	11:14.21	13:12.55	12:07.16	19:17.15	41:38.91
223	8:32.57	11:14.58	13:13.06	12:07.56	19:17.78	41:40.36
222	8:32.90	11:14.95	13:13.57	12:07.96	19:18.42	41:41.82
221	8:33.23	11:15.32	13:14.08	12:08.36	19:19.05	41:43.28
220	8:33.56	11:15.70	13:14.59	12:08.76	19:19.69	41:44.75
219	8:33.90	11:16.07	13:15.10	12:09.16	19:20.33	41:46.22
218	8:34.23	11:16.45	13:15.61	12:09.56	19:20.97	41:47.69
217	8:34.56	11:16.82	13:16.13	12:09.96	19:21.61	41:49.16
216	8:34.90	11:17.20	13:16.65	12:10.37	19:22.25	41:50.64
215	8:35.24	11:17.57	13:17.16	12:10.77	19:22.89	41:52.12
214	8:35.57	11:17.95	13:17.68	12:11.18	19:23.54	41:53.61
213	8:35.91	11:18.33	13:18.20	12:11.58	19:24.18	41:55.10
212	8:36.25	11:18.71	13:18.72	12:11.99	19:24.83	41:56.59
211	8:36.59	11:19.09	13:19.25	12:12.40	19:25.48	41:58.08
210	8:36.93	11:19.47	13:19.77	12:12.81	19:26.13	41:59.58
209	8:37.27	11:19.86	13:20.30	12:13.22	19:26.79	42:01.09
208	8:37.61	11:20.24	13:20.82	12:13.63	19:27.44	42:02.59
207	8:37.95	11:20.63	13:21.35	12:14.04	19:28.10	42:04.10
206	8:38.30	11:21.01	13:21.88	12:14.46	19:28.75	42:05.62
205	8:38.64	11:21.40	13:22.41	12:14.87	19:29.41	42:07.13
204	8:38.99	11:21.78	13:22.94	12:15.29	19:30.07	42:08.65
203	8:39.33	11:22.17	13:23.47	12:15.70	19:30.74	42:10.18
202	8:39.68	11:22.56	13:24.01	12:16.12	19:31.40	42:11.71
201	8:40.03	11:22.95	13:24.54	12:16.54	19:32.07	42:13.24

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
200	8:40.38	11:23.34	13:25.08	12:16.96	19:32.73	42:14.78
199	8:40.73	11:23.74	13:25.62	12:17.38	19:33.40	42:16.32
198	8:41.08	11:24.13	13:26.16	12:17.80	19:34.07	42:17.86
197	8:41.43	11:24.52	13:26.70	12:18.22	19:34.75	42:19.41
196	8:41.78	11:24.92	13:27.24	12:18.65	19:35.42	42:20.96
195	8:42.13	11:25.31	13:27.78	12:19.07	19:36.10	42:22.52
194	8:42.49	11:25.71	13:28.33	12:19.50	19:36.77	42:24.07
193	8:42.84	11:26.11	13:28.87	12:19.92	19:37.45	42:25.64
192	8:43.20	11:26.51	13:29.42	12:20.35	19:38.13	42:27.21
191	8:43.55	11:26.91	13:29.97	12:20.78	19:38.82	42:28.78
190	8:43.91	11:27.31	13:30.52	12:21.21	19:39.50	42:30.35
189	8:44.27	11:27.71	13:31.07	12:21.64	19:40.19	42:31.93
188	8:44.63	11:28.12	13:31.63	12:22.08	19:40.88	42:33.52
187	8:44.99	11:28.52	13:32.18	12:22.51	19:41.57	42:35.11
186	8:45.35	11:28.93	13:32.74	12:22.95	19:42.26	42:36.70
185	8:45.71	11:29.33	13:33.29	12:23.38	19:42.95	42:38.30
184	8:46.08	11:29.74	13:33.85	12:23.82	19:43.65	42:39.90
183	8:46.44	11:30.15	13:34.41	12:24.26	19:44.34	42:41.50
182	8:46.81	11:30.56	13:34.98	12:24.70	19:45.04	42:43.11
181	8:47.17	11:30.97	13:35.54	12:25.14	19:45.75	42:44.73
180	8:47.54	11:31.38	13:36.11	12:25.58	19:46.45	42:46.35
179	8:47.91	11:31.80	13:36.67	12:26.02	19:47.15	42:47.97
178	8:48.28	11:32.21	13:37.24	12:26.47	19:47.86	42:49.60
177	8:48.65	11:32.63	13:37.81	12:26.91	19:48.57	42:51.23
176	8:49.02	11:33.04	13:38.38	12:27.36	19:49.28	42:52.87
175	8:49.39	11:33.46	13:38.96	12:27.81	19:49.99	42:54.51
174	8:49.77	11:33.88	13:39.53	12:28.26	19:50.71	42:56.16
173	8:50.14	11:34.30	13:40.11	12:28.71	19:51.43	42:57.81
172	8:50.52	11:34.72	13:40.69	12:29.16	19:52.15	42:59.46
171	8:50.90	11:35.14	13:41.27	12:29.62	19:52.87	43:01.13
170	8:51.27	11:35.57	13:41.85	12:30.07	19:53.59	43:02.79
169	8:51.65	11:35.99	13:42.43	12:30.53	19:54.32	43:04.46
168	8:52.03	11:36.42	13:43.02	12:30.99	19:55.05	43:06.14
167	8:52.41	11:36.85	13:43.61	12:31.45	19:55.78	43:07.82
166	8:52.80	11:37.28	13:44.20	12:31.91	19:56.51	43:09.50
165	8:53.18	11:37.71	13:44.79	12:32.37	19:57.24	43:11.19
164	8:53.57	11:38.14	13:45.38	12:32.83	19:57.98	43:12.89
163	8:53.95	11:38.57	13:45.97	12:33.30	19:58.72	43:14.59
162	8:54.34	11:39.01	13:46.57	12:33.76	19:59.46	43:16.30
161	8:54.73	11:39.44	13:47.17	12:34.23	20:00.20	43:18.01
160	8:55.12	11:39.88	13:47.77	12:34.70	20:00.95	43:19.73
159	8:55.51	11:40.32	13:48.37	12:35.17	20:01.70	43:21.45
158	8:55.90	11:40.76	13:48.97	12:35.64	20:02.45	43:23.18
157	8:56.29	11:41.20	13:49.58	12:36.11	20:03.20	43:24.91
156	8:56.69	11:41.64	13:50.19	12:36.59	20:03.96	43:26.65
155	8:57.08	11:42.09	13:50.79	12:37.06	20:04.71	43:28.39
154	8:57.48	11:42.53	13:51.41	12:37.54	20:05.47	43:30.14
153	8:57.88	11:42.98	13:52.02	12:38.02	20:06.24	43:31.90
152	8:58.28	11:43.43	13:52.63	12:38.50	20:07.00	43:33.66
151	8:58.68	11:43.88	13:53.25	12:38.99	20:07.77	43:35.43

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
150	8:59.08	11:44.33	13:53.87	12:39.47	20:08.54	43:37.20
149	8:59.49	11:44.78	13:54.49	12:39.96	20:09.31	43:38.98
148	8:59.89	11:45.24	13:55.12	12:40.44	20:10.09	43:40.76
147	9:00.30	11:45.69	13:55.74	12:40.93	20:10.87	43:42.55
146	9:00.71	11:46.15	13:56.37	12:41.42	20:11.65	43:44.35
145	9:01.11	11:46.61	13:57.00	12:41.92	20:12.43	43:46.16
144	9:01.53	11:47.07	13:57.63	12:42.41	20:13.22	43:47.96
143	9:01.94	11:47.53	13:58.27	12:42.91	20:14.01	43:49.78
142	9:02.35	11:48.00	13:58.90	12:43.40	20:14.80	43:51.60
141	9:02.77	11:48.46	13:59.54	12:43.90	20:15.59	43:53.43
140	9:03.18	11:48.93	14:00.18	12:44.40	20:16.39	43:55.27
139	9:03.60	11:49.40	14:00.83	12:44.91	20:17.19	43:57.11
138	9:04.02	11:49.87	14:01.47	12:45.41	20:17.99	43:58.96
137	9:04.44	11:50.34	14:02.12	12:45.92	20:18.80	44:00.81
136	9:04.86	11:50.82	14:02.77	12:46.43	20:19.61	44:02.67
135	9:05.29	11:51.29	14:03.42	12:46.94	20:20.42	44:04.54
134	9:05.71	11:51.77	14:04.08	12:47.45	20:21.23	44:06.42
133	9:06.14	11:52.25	14:04.74	12:47.96	20:22.05	44:08.30
132	9:06.57	11:52.73	14:05.40	12:48.48	20:22.87	44:10.19
131	9:07.00	11:53.21	14:06.06	12:49.00	20:23.69	44:12.09
130	9:07.43	11:53.70	14:06.72	12:49.52	20:24.52	44:13.99
129	9:07.87	11:54.18	14:07.39	12:50.04	20:25.35	44:15.90
128	9:08.30	11:54.67	14:08.06	12:50.56	20:26.19	44:17.82
127	9:08.74	11:55.16	14:08.73	12:51.09	20:27.02	44:19.75
126	9:09.18	11:55.66	14:09.41	12:51.62	20:27.86	44:21.68
125	9:09.62	11:56.15	14:10.09	12:52.15	20:28.71	44:23.62
124	9:10.06	11:56.65	14:10.77	12:52.68	20:29.55	44:25.57
123	9:10.50	11:57.15	14:11.45	12:53.22	20:30.40	44:27.53
122	9:10.95	11:57.65	14:12.14	12:53.75	20:31.26	44:29.49
121	9:11.40	11:58.15	14:12.83	12:54.29	20:32.11	44:31.47
120	9:11.85	11:58.65	14:13.52	12:54.83	20:32.98	44:33.45
119	9:12.30	11:59.16	14:14.22	12:55.38	20:33.84	44:35.44
118	9:12.75	11:59.67	14:14.91	12:55.92	20:34.71	44:37.44
117	9:13.21	12:00.18	14:15.61	12:56.47	20:35.58	44:39.44
116	9:13.67	12:00.69	14:16.32	12:57.02	20:36.45	44:41.46
115	9:14.12	12:01.21	14:17.03	12:57.57	20:37.33	44:43.48
114	9:14.59	12:01.73	14:17.74	12:58.13	20:38.22	44:45.52
113	9:15.05	12:02.25	14:18.45	12:58.69	20:39.10	44:47.56
112	9:15.51	12:02.77	14:19.17	12:59.25	20:39.99	44:49.61
111	9:15.98	12:03.29	14:19.89	12:59.81	20:40.89	44:51.67
110	9:16.45	12:03.82	14:20.61	13:00.38	20:41.79	44:53.74
109	9:16.92	12:04.35	14:21.33	13:00.94	20:42.69	44:55.82
108	9:17.40	12:04.88	14:22.06	13:01.51	20:43.60	44:57.90
107	9:17.87	12:05.41	14:22.80	13:02.09	20:44.51	45:00.00
106	9:18.35	12:05.95	14:23.53	13:02.66	20:45.43	45:02.11
105	9:18.83	12:06.49	14:24.27	13:03.24	20:46.35	45:04.23
104	9:19.32	12:07.03	14:25.02	13:03.82	20:47.27	45:06.35
103	9:19.80	12:07.58	14:25.76	13:04.41	20:48.20	45:08.49
102	9:20.29	12:08.12	14:26.51	13:04.99	20:49.13	45:10.64
101	9:20.78	12:08.67	14:27.27	13:05.58	20:50.07	45:12.80

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
100	9:21.27	12:09.23	14:28.03	13:06.17	20:51.01	45:14.97
99	9:21.77	12:09.78	14:28.79	13:06.77	20:51.96	45:17.15
98	9:22.26	12:10.34	14:29.55	13:07.37	20:52.91	45:19.34
97	9:22.76	12:10.90	14:30.32	13:07.97	20:53.87	45:21.54
96	9:23.26	12:11.46	14:31.10	13:08.58	20:54.83	45:23.76
95	9:23.77	12:12.03	14:31.87	13:09.18	20:55.80	45:25.98
94	9:24.28	12:12.60	14:32.66	13:09.79	20:56.77	45:28.22
93	9:24.79	12:13.17	14:33.44	13:10.41	20:57.75	45:30.47
92	9:25.30	12:13.75	14:34.23	13:11.03	20:58.73	45:32.73
91	9:25.82	12:14.33	14:35.03	13:11.65	20:59.72	45:35.01
90	9:26.34	12:14.91	14:35.82	13:12.27	21:00.71	45:37.29
89	9:26.86	12:15.50	14:36.63	13:12.90	21:01.71	45:39.59
88	9:27.38	12:16.08	14:37.44	13:13.53	21:02.71	45:41.91
87	9:27.91	12:16.68	14:38.25	13:14.17	21:03.72	45:44.23
86	9:28.44	12:17.27	14:39.06	13:14.81	21:04.74	45:46.57
85	9:28.98	12:17.87	14:39.89	13:15.45	21:05.76	45:48.92
84	9:29.51	12:18.47	14:40.71	13:16.09	21:06.79	45:51.29
83	9:30.05	12:19.08	14:41.54	13:16.74	21:07.82	45:53.67
82	9:30.60	12:19.69	14:42.38	13:17.40	21:08.86	45:56.06
81	9:31.14	12:20.30	14:43.22	13:18.06	21:09.91	45:58.47
80	9:31.69	12:20.92	14:44.07	13:18.72	21:10.96	46:00.90
79	9:32.25	12:21.54	14:44.92	13:19.39	21:12.02	46:03.34
78	9:32.80	12:22.17	14:45.78	13:20.06	21:13.09	46:05.79
77	9:33.36	12:22.79	14:46.64	13:20.73	21:14.16	46:08.26
76	9:33.93	12:23.43	14:47.51	13:21.41	21:15.24	46:10.75
75	9:34.50	12:24.07	14:48.39	13:22.09	21:16.33	46:13.25
74	9:35.07	12:24.71	14:49.27	13:22.78	21:17.43	46:15.77
73	9:35.64	12:25.35	14:50.15	13:23.47	21:18.53	46:18.31
72	9:36.22	12:26.00	14:51.04	13:24.17	21:19.64	46:20.86
71	9:36.81	12:26.66	14:51.94	13:24.88	21:20.76	46:23.44
70	9:37.40	12:27.32	14:52.85	13:25.58	21:21.88	46:26.03
69	9:37.99	12:27.98	14:53.76	13:26.30	21:23.01	46:28.64
68	9:38.58	12:28.65	14:54.68	13:27.01	21:24.16	46:31.26
67	9:39.19	12:29.33	14:55.60	13:27.74	21:25.31	46:33.91
66	9:39.79	12:30.01	14:56.53	13:28.46	21:26.47	46:36.58
65	9:40.40	12:30.69	14:57.47	13:29.20	21:27.63	46:39.27
64	9:41.02	12:31.38	14:58.42	13:29.94	21:28.81	46:41.97
63	9:41.63	12:32.07	14:59.37	13:30.68	21:29.99	46:44.70
62	9:42.26	12:32.77	15:00.33	13:31.44	21:31.19	46:47.46
61	9:42.89	12:33.48	15:01.30	13:32.19	21:32.40	46:50.23
60	9:43.52	12:34.19	15:02.28	13:32.96	21:33.61	46:53.03
59	9:44.16	12:34.91	15:03.27	13:33.73	21:34.83	46:55.85
58	9:44.81	12:35.64	15:04.26	13:34.50	21:36.07	46:58.69
57	9:45.46	12:36.37	15:05.26	13:35.29	21:37.32	47:01.56
56	9:46.12	12:37.10	15:06.27	13:36.08	21:38.57	47:04.45
55	9:46.78	12:37.85	15:07.29	13:36.88	21:39.84	47:07.37
54	9:47.45	12:38.60	15:08.32	13:37.68	21:41.12	47:10.32
53	9:48.12	12:39.35	15:09.36	13:38.49	21:42.41	47:13.29
52	9:48.80	12:40.12	15:10.41	13:39.31	21:43.72	47:16.29
51	9:49.49	12:40.89	15:11.47	13:40.14	21:45.03	47:19.32

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
50	9:50.19	12:41.67	15:12.54	13:40.98	21:46.36	47:22.39
49	9:50.89	12:42.46	15:13.62	13:41.82	21:47.71	47:25.48
48	9:51.60	12:43.25	15:14.71	13:42.67	21:49.06	47:28.60
47	9:52.31	12:44.06	15:15.81	13:43.54	21:50.44	47:31.76
46	9:53.04	12:44.87	15:16.92	13:44.41	21:51.82	47:34.95
45	9:53.77	12:45.69	15:18.05	13:45.29	21:53.22	47:38.17
44	9:54.51	12:46.52	15:19.19	13:46.18	21:54.64	47:41.43
43	9:55.26	12:47.36	15:20.34	13:47.08	21:56.07	47:44.73
42	9:56.01	12:48.21	15:21.51	13:47.99	21:57.52	47:48.07
41	9:56.78	12:49.07	15:22.69	13:48.91	21:58.99	47:51.44
40	9:57.56	12:49.94	15:23.88	13:49.85	22:00.47	47:54.86
39	9:58.34	12:50.82	15:25.09	13:50.79	22:01.98	47:58.32
38	9:59.14	12:51.71	15:26.31	13:51.75	22:03.50	48:01.83
37	9:59.94	12:52.62	15:27.56	13:52.72	22:05.04	48:05.38
36	10:00.76	12:53.53	15:28.81	13:53.70	22:06.61	48:08.98
35	10:01.59	12:54.46	15:30.09	13:54.70	22:08.19	48:12.63
34	10:02.43	12:55.41	15:31.38	13:55.71	22:09.80	48:16.33
33	10:03.28	12:56.36	15:32.70	13:56.74	22:11.43	48:20.09
32	10:04.15	12:57.33	15:34.03	13:57.78	22:13.09	48:23.91
31	10:05.03	12:58.32	15:35.38	13:58.84	22:14.77	48:27.78
30	10:05.92	12:59.32	15:36.76	13:59.91	22:16.49	48:31.72
29	10:06.83	13:00.34	15:38.16	14:01.01	22:18.22	48:35.73
28	10:07.75	13:01.38	15:39.58	14:02.12	22:19.99	48:39.80
27	10:08.70	13:02.44	15:41.03	14:03.25	22:21.80	48:43.95
26	10:09.66	13:03.51	15:42.51	14:04.41	22:23.63	48:48.17
25	10:10.63	13:04.61	15:44.01	14:05.58	22:25.50	48:52.48
24	10:11.63	13:05.73	15:45.55	14:06.79	22:27.41	48:56.88
23	10:12.65	13:06.87	15:47.11	14:08.01	22:29.36	49:01.36
22	10:13.69	13:08.04	15:48.72	14:09.26	22:31.35	49:05.95
21	10:14.75	13:09.23	15:50.35	14:10.54	22:33.39	49:10.64
20	10:15.84	13:10.46	15:52.03	14:11.86	22:35.48	49:15.45
19	10:16.96	13:11.71	15:53.75	14:13.20	22:37.62	49:20.37
18	10:18.11	13:13.00	15:55.52	14:14.58	22:39.82	49:25.43
17	10:19.29	13:14.32	15:57.34	14:16.00	22:42.08	49:30.63
16	10:20.51	13:15.69	15:59.21	14:17.47	22:44.40	49:35.98
15	10:21.76	13:17.09	16:01.14	14:18.98	22:46.80	49:41.51
14	10:23.06	13:18.55	16:03.13	14:20.54	22:49.28	49:47.22
13	10:24.40	13:20.06	16:05.20	14:22.15	22:51.86	49:53.14
12	10:25.80	13:21.62	16:07.35	14:23.83	22:54.53	49:59.30
11	10:27.25	13:23.26	16:09.59	14:25.59	22:57.32	50:05.71
10	10:28.78	13:24.97	16:11.94	14:27.42	23:00.23	50:12.43
9	10:30.38	13:26.76	16:14.40	14:29.35	23:03.30	50:19.49
8	10:32.07	13:28.66	16:17.01	14:31.39	23:06.54	50:26.95
7	10:33.87	13:30.69	16:19.79	14:33.56	23:09.99	50:34.90
6	10:35.81	13:32.86	16:22.77	14:35.89	23:13.70	50:43.44
5	10:37.92	13:35.23	16:26.01	14:38.43	23:17.74	50:52.72
4	10:40.25	13:37.84	16:29.60	14:41.23	23:22.20	51:02.99
3	10:42.90	13:40.81	16:33.67	14:44.41	23:27.26	51:14.65
2	10:46.03	13:44.33	16:38.50	14:48.19	23:33.27	51:28.47
1	10:50.12	13:48.92	16:44.80	14:53.11	23:41.10	51:46.49