



# **Men's Middle Distances**

## **Hommes Courses de Demi-Fond**

**by Dr. Bojidar Spiriev**  
**updated by Attila Spiriev**

Points	600m	800m	1000m	1500m	Mile	2000m
1400	1:09.25	1:37.91	2:05.84	3:19.44	3:35.28	4:34.64
1399	1:09.27	1:37.94	2:05.88	3:19.50	3:35.35	4:34.73
1398	1:09.29	1:37.97	2:05.92	3:19.57	3:35.42	4:34.82
1397	1:09.31	1:38.00	2:05.96	3:19.64	3:35.49	4:34.91
1396	1:09.33	1:38.03	2:06.00	3:19.70	3:35.57	4:35.00
1395	1:09.36	1:38.06	2:06.04	3:19.77	3:35.64	4:35.09
1394	1:09.38	1:38.09	2:06.08	3:19.83	3:35.71	4:35.18
1393	1:09.40	1:38.12	2:06.12	3:19.90	3:35.78	4:35.27
1392	1:09.42	1:38.15	2:06.16	3:19.97	3:35.85	4:35.36
1391	1:09.44	1:38.18	2:06.20	3:20.03	3:35.92	4:35.45
1390	1:09.46	1:38.21	2:06.24	3:20.10	3:35.99	4:35.54
1389	1:09.48	1:38.24	2:06.28	3:20.17	3:36.07	4:35.63
1388	1:09.51	1:38.27	2:06.32	3:20.23	3:36.14	4:35.72
1387	1:09.53	1:38.30	2:06.36	3:20.30	3:36.21	4:35.82
1386	1:09.55	1:38.33	2:06.40	3:20.37	3:36.28	4:35.91
1385	1:09.57	1:38.36	2:06.44	3:20.43	3:36.35	4:36.00
1384	1:09.59	1:38.39	2:06.48	3:20.50	3:36.42	4:36.09
1383	1:09.61	1:38.42	2:06.52	3:20.57	3:36.50	4:36.18
1382	1:09.64	1:38.45	2:06.56	3:20.63	3:36.57	4:36.27
1381	1:09.66	1:38.48	2:06.60	3:20.70	3:36.64	4:36.36
1380	1:09.68	1:38.51	2:06.64	3:20.77	3:36.71	4:36.45
1379	1:09.70	1:38.54	2:06.68	3:20.83	3:36.78	4:36.54
1378	1:09.72	1:38.57	2:06.72	3:20.90	3:36.86	4:36.63
1377	1:09.74	1:38.60	2:06.76	3:20.97	3:36.93	4:36.73
1376	1:09.77	1:38.63	2:06.80	3:21.03	3:37.00	4:36.82
1375	1:09.79	1:38.66	2:06.84	3:21.10	3:37.07	4:36.91
1374	1:09.81	1:38.69	2:06.88	3:21.17	3:37.14	4:37.00
1373	1:09.83	1:38.72	2:06.92	3:21.23	3:37.22	4:37.09
1372	1:09.85	1:38.75	2:06.96	3:21.30	3:37.29	4:37.18
1371	1:09.87	1:38.78	2:07.00	3:21.37	3:37.36	4:37.27
1370	1:09.90	1:38.81	2:07.04	3:21.44	3:37.43	4:37.37
1369	1:09.92	1:38.84	2:07.08	3:21.50	3:37.50	4:37.46
1368	1:09.94	1:38.87	2:07.12	3:21.57	3:37.58	4:37.55
1367	1:09.96	1:38.90	2:07.16	3:21.64	3:37.65	4:37.64
1366	1:09.98	1:38.93	2:07.21	3:21.70	3:37.72	4:37.73
1365	1:10.01	1:38.97	2:07.25	3:21.77	3:37.79	4:37.82
1364	1:10.03	1:39.00	2:07.29	3:21.84	3:37.86	4:37.91
1363	1:10.05	1:39.03	2:07.33	3:21.91	3:37.94	4:38.01
1362	1:10.07	1:39.06	2:07.37	3:21.97	3:38.01	4:38.10
1361	1:10.09	1:39.09	2:07.41	3:22.04	3:38.08	4:38.19
1360	1:10.11	1:39.12	2:07.45	3:22.11	3:38.15	4:38.28
1359	1:10.14	1:39.15	2:07.49	3:22.17	3:38.23	4:38.37
1358	1:10.16	1:39.18	2:07.53	3:22.24	3:38.30	4:38.47
1357	1:10.18	1:39.21	2:07.57	3:22.31	3:38.37	4:38.56
1356	1:10.20	1:39.24	2:07.61	3:22.38	3:38.44	4:38.65
1355	1:10.22	1:39.27	2:07.65	3:22.44	3:38.52	4:38.74
1354	1:10.25	1:39.30	2:07.69	3:22.51	3:38.59	4:38.83
1353	1:10.27	1:39.33	2:07.73	3:22.58	3:38.66	4:38.93
1352	1:10.29	1:39.36	2:07.77	3:22.65	3:38.73	4:39.02
1351	1:10.31	1:39.39	2:07.81	3:22.71	3:38.81	4:39.11

600m	800m	1000m	1500m	Mile	2000m	Points
1:10.33	1:39.42	2:07.85	3:22.78	3:38.88	4:39.20	1350
1:10.36	1:39.45	2:07.89	3:22.85	3:38.95	4:39.29	1349
1:10.38	1:39.48	2:07.93	3:22.92	3:39.02	4:39.39	1348
1:10.40	1:39.51	2:07.97	3:22.98	3:39.10	4:39.48	1347
1:10.42	1:39.55	2:08.02	3:23.05	3:39.17	4:39.57	1346
1:10.44	1:39.58	2:08.06	3:23.12	3:39.24	4:39.66	1345
1:10.46	1:39.61	2:08.10	3:23.19	3:39.32	4:39.75	1344
1:10.49	1:39.64	2:08.14	3:23.25	3:39.39	4:39.85	1343
1:10.51	1:39.67	2:08.18	3:23.32	3:39.46	4:39.94	1342
1:10.53	1:39.70	2:08.22	3:23.39	3:39.53	4:40.03	1341
1:10.55	1:39.73	2:08.26	3:23.46	3:39.61	4:40.12	1340
1:10.57	1:39.76	2:08.30	3:23.52	3:39.68	4:40.22	1339
1:10.60	1:39.79	2:08.34	3:23.59	3:39.75	4:40.31	1338
1:10.62	1:39.82	2:08.38	3:23.66	3:39.83	4:40.40	1337
1:10.64	1:39.85	2:08.42	3:23.73	3:39.90	4:40.49	1336
1:10.66	1:39.88	2:08.46	3:23.80	3:39.97	4:40.59	1335
1:10.68	1:39.91	2:08.50	3:23.86	3:40.04	4:40.68	1334
1:10.71	1:39.94	2:08.55	3:23.93	3:40.12	4:40.77	1333
1:10.73	1:39.98	2:08.59	3:24.00	3:40.19	4:40.87	1332
1:10.75	1:40.01	2:08.63	3:24.07	3:40.26	4:40.96	1331
1:10.77	1:40.04	2:08.67	3:24.14	3:40.34	4:41.05	1330
1:10.80	1:40.07	2:08.71	3:24.20	3:40.41	4:41.14	1329
1:10.82	1:40.10	2:08.75	3:24.27	3:40.48	4:41.24	1328
1:10.84	1:40.13	2:08.79	3:24.34	3:40.56	4:41.33	1327
1:10.86	1:40.16	2:08.83	3:24.41	3:40.63	4:41.42	1326
1:10.88	1:40.19	2:08.87	3:24.48	3:40.70	4:41.52	1325
1:10.91	1:40.22	2:08.91	3:24.54	3:40.78	4:41.61	1324
1:10.93	1:40.25	2:08.95	3:24.61	3:40.85	4:41.70	1323
1:10.95	1:40.28	2:09.00	3:24.68	3:40.92	4:41.80	1322
1:10.97	1:40.31	2:09.04	3:24.75	3:41.00	4:41.89	1321
1:10.99	1:40.35	2:09.08	3:24.82	3:41.07	4:41.98	1320
1:11.02	1:40.38	2:09.12	3:24.88	3:41.14	4:42.07	1319
1:11.04	1:40.41	2:09.16	3:24.95	3:41.22	4:42.17	1318
1:11.06	1:40.44	2:09.20	3:25.02	3:41.29	4:42.26	1317
1:11.08	1:40.47	2:09.24	3:25.09	3:41.36	4:42.35	1316
1:11.11	1:40.50	2:09.28	3:25.16	3:41.44	4:42.45	1315
1:11.13	1:40.53	2:09.32	3:25.23	3:41.51	4:42.54	1314
1:11.15	1:40.56	2:09.37	3:25.29	3:41.59	4:42.63	1313
1:11.17	1:40.59	2:09.41	3:25.36	3:41.66	4:42.73	1312
1:11.19	1:40.62	2:09.45	3:25.43	3:41.73	4:42.82	1311
1:11.22	1:40.66	2:09.49	3:25.50	3:41.81	4:42.92	1310
1:11.24	1:40.69	2:09.53	3:25.57	3:41.88	4:43.01	1309
1:11.26	1:40.72	2:09.57	3:25.64	3:41.95	4:43.10	1308
1:11.28	1:40.75	2:09.61	3:25.71	3:42.03	4:43.20	1307
1:11.31	1:40.78	2:09.65	3:25.77	3:42.10	4:43.29	1306
1:11.33	1:40.81	2:09.70	3:25.84	3:42.18	4:43.38	1305
1:11.35	1:40.84	2:09.74	3:25.91	3:42.25	4:43.48	1304
1:11.37	1:40.87	2:09.78	3:25.98	3:42.32	4:43.57	1303
1:11.39	1:40.90	2:09.82	3:26.05	3:42.40	4:43.66	1302
1:11.42	1:40.94	2:09.86	3:26.12	3:42.47	4:43.76	1301

Points	600m	800m	1000m	1500m	Mile	2000m
1300	1:11.44	1:40.97	2:09.90	3:26.19	3:42.54	4:43.85
1299	1:11.46	1:41.00	2:09.94	3:26.26	3:42.62	4:43.95
1298	1:11.48	1:41.03	2:09.99	3:26.32	3:42.69	4:44.04
1297	1:11.51	1:41.06	2:10.03	3:26.39	3:42.77	4:44.13
1296	1:11.53	1:41.09	2:10.07	3:26.46	3:42.84	4:44.23
1295	1:11.55	1:41.12	2:10.11	3:26.53	3:42.92	4:44.32
1294	1:11.57	1:41.15	2:10.15	3:26.60	3:42.99	4:44.42
1293	1:11.60	1:41.18	2:10.19	3:26.67	3:43.06	4:44.51
1292	1:11.62	1:41.22	2:10.23	3:26.74	3:43.14	4:44.60
1291	1:11.64	1:41.25	2:10.28	3:26.81	3:43.21	4:44.70
1290	1:11.66	1:41.28	2:10.32	3:26.88	3:43.29	4:44.79
1289	1:11.69	1:41.31	2:10.36	3:26.94	3:43.36	4:44.89
1288	1:11.71	1:41.34	2:10.40	3:27.01	3:43.44	4:44.98
1287	1:11.73	1:41.37	2:10.44	3:27.08	3:43.51	4:45.08
1286	1:11.75	1:41.40	2:10.48	3:27.15	3:43.58	4:45.17
1285	1:11.77	1:41.44	2:10.53	3:27.22	3:43.66	4:45.26
1284	1:11.80	1:41.47	2:10.57	3:27.29	3:43.73	4:45.36
1283	1:11.82	1:41.50	2:10.61	3:27.36	3:43.81	4:45.45
1282	1:11.84	1:41.53	2:10.65	3:27.43	3:43.88	4:45.55
1281	1:11.86	1:41.56	2:10.69	3:27.50	3:43.96	4:45.64
1280	1:11.89	1:41.59	2:10.73	3:27.57	3:44.03	4:45.74
1279	1:11.91	1:41.62	2:10.78	3:27.64	3:44.11	4:45.83
1278	1:11.93	1:41.65	2:10.82	3:27.71	3:44.18	4:45.93
1277	1:11.95	1:41.69	2:10.86	3:27.78	3:44.25	4:46.02
1276	1:11.98	1:41.72	2:10.90	3:27.84	3:44.33	4:46.12
1275	1:12.00	1:41.75	2:10.94	3:27.91	3:44.40	4:46.21
1274	1:12.02	1:41.78	2:10.98	3:27.98	3:44.48	4:46.31
1273	1:12.05	1:41.81	2:11.03	3:28.05	3:44.55	4:46.40
1272	1:12.07	1:41.84	2:11.07	3:28.12	3:44.63	4:46.50
1271	1:12.09	1:41.88	2:11.11	3:28.19	3:44.70	4:46.59
1270	1:12.11	1:41.91	2:11.15	3:28.26	3:44.78	4:46.69
1269	1:12.14	1:41.94	2:11.19	3:28.33	3:44.85	4:46.78
1268	1:12.16	1:41.97	2:11.24	3:28.40	3:44.93	4:46.88
1267	1:12.18	1:42.00	2:11.28	3:28.47	3:45.00	4:46.97
1266	1:12.20	1:42.03	2:11.32	3:28.54	3:45.08	4:47.07
1265	1:12.23	1:42.06	2:11.36	3:28.61	3:45.15	4:47.16
1264	1:12.25	1:42.10	2:11.40	3:28.68	3:45.23	4:47.26
1263	1:12.27	1:42.13	2:11.44	3:28.75	3:45.30	4:47.35
1262	1:12.29	1:42.16	2:11.49	3:28.82	3:45.38	4:47.45
1261	1:12.32	1:42.19	2:11.53	3:28.89	3:45.45	4:47.54
1260	1:12.34	1:42.22	2:11.57	3:28.96	3:45.53	4:47.64
1259	1:12.36	1:42.25	2:11.61	3:29.03	3:45.60	4:47.73
1258	1:12.38	1:42.29	2:11.65	3:29.10	3:45.68	4:47.83
1257	1:12.41	1:42.32	2:11.70	3:29.17	3:45.75	4:47.92
1256	1:12.43	1:42.35	2:11.74	3:29.24	3:45.83	4:48.02
1255	1:12.45	1:42.38	2:11.78	3:29.31	3:45.91	4:48.12
1254	1:12.48	1:42.41	2:11.82	3:29.38	3:45.98	4:48.21
1253	1:12.50	1:42.44	2:11.87	3:29.45	3:46.06	4:48.31
1252	1:12.52	1:42.48	2:11.91	3:29.52	3:46.13	4:48.40
1251	1:12.54	1:42.51	2:11.95	3:29.59	3:46.21	4:48.50

600m	800m	1000m	1500m	Mile	2000m	Points
1:12.57	1:42.54	2:11.99	3:29.66	3:46.28	4:48.59	1250
1:12.59	1:42.57	2:12.03	3:29.73	3:46.36	4:48.69	1249
1:12.61	1:42.60	2:12.08	3:29.80	3:46.43	4:48.78	1248
1:12.63	1:42.64	2:12.12	3:29.87	3:46.51	4:48.88	1247
1:12.66	1:42.67	2:12.16	3:29.94	3:46.58	4:48.98	1246
1:12.68	1:42.70	2:12.20	3:30.01	3:46.66	4:49.07	1245
1:12.70	1:42.73	2:12.25	3:30.08	3:46.74	4:49.17	1244
1:12.73	1:42.76	2:12.29	3:30.15	3:46.81	4:49.26	1243
1:12.75	1:42.79	2:12.33	3:30.22	3:46.89	4:49.36	1242
1:12.77	1:42.83	2:12.37	3:30.29	3:46.96	4:49.46	1241
1:12.79	1:42.86	2:12.41	3:30.36	3:47.04	4:49.55	1240
1:12.82	1:42.89	2:12.46	3:30.43	3:47.11	4:49.65	1239
1:12.84	1:42.92	2:12.50	3:30.50	3:47.19	4:49.75	1238
1:12.86	1:42.95	2:12.54	3:30.57	3:47.27	4:49.84	1237
1:12.89	1:42.99	2:12.58	3:30.64	3:47.34	4:49.94	1236
1:12.91	1:43.02	2:12.63	3:30.71	3:47.42	4:50.03	1235
1:12.93	1:43.05	2:12.67	3:30.78	3:47.49	4:50.13	1234
1:12.95	1:43.08	2:12.71	3:30.86	3:47.57	4:50.23	1233
1:12.98	1:43.11	2:12.75	3:30.93	3:47.65	4:50.32	1232
1:13.00	1:43.15	2:12.80	3:31.00	3:47.72	4:50.42	1231
1:13.02	1:43.18	2:12.84	3:31.07	3:47.80	4:50.52	1230
1:13.05	1:43.21	2:12.88	3:31.14	3:47.87	4:50.61	1229
1:13.07	1:43.24	2:12.92	3:31.21	3:47.95	4:50.71	1228
1:13.09	1:43.27	2:12.97	3:31.28	3:48.03	4:50.81	1227
1:13.12	1:43.31	2:13.01	3:31.35	3:48.10	4:50.90	1226
1:13.14	1:43.34	2:13.05	3:31.42	3:48.18	4:51.00	1225
1:13.16	1:43.37	2:13.09	3:31.49	3:48.26	4:51.10	1224
1:13.18	1:43.40	2:13.14	3:31.56	3:48.33	4:51.19	1223
1:13.21	1:43.43	2:13.18	3:31.63	3:48.41	4:51.29	1222
1:13.23	1:43.47	2:13.22	3:31.70	3:48.48	4:51.39	1221
1:13.25	1:43.50	2:13.27	3:31.78	3:48.56	4:51.48	1220
1:13.28	1:43.53	2:13.31	3:31.85	3:48.64	4:51.58	1219
1:13.30	1:43.56	2:13.35	3:31.92	3:48.71	4:51.68	1218
1:13.32	1:43.60	2:13.39	3:31.99	3:48.79	4:51.77	1217
1:13.35	1:43.63	2:13.44	3:32.06	3:48.87	4:51.87	1216
1:13.37	1:43.66	2:13.48	3:32.13	3:48.94	4:51.97	1215
1:13.39	1:43.69	2:13.52	3:32.20	3:49.02	4:52.07	1214
1:13.42	1:43.72	2:13.57	3:32.27	3:49.10	4:52.16	1213
1:13.44	1:43.76	2:13.61	3:32.34	3:49.17	4:52.26	1212
1:13.46	1:43.79	2:13.65	3:32.42	3:49.25	4:52.36	1211
1:13.48	1:43.82	2:13.69	3:32.49	3:49.33	4:52.45	1210
1:13.51	1:43.85	2:13.74	3:32.56	3:49.40	4:52.55	1209
1:13.53	1:43.89	2:13.78	3:32.63	3:49.48	4:52.65	1208
1:13.55	1:43.92	2:13.82	3:32.70	3:49.56	4:52.75	1207
1:13.58	1:43.95	2:13.87	3:32.77	3:49.63	4:52.84	1206
1:13.60	1:43.98	2:13.91	3:32.84	3:49.71	4:52.94	1205
1:13.62	1:44.02	2:13.95	3:32.92	3:49.79	4:53.04	1204
1:13.65	1:44.05	2:13.99	3:32.99	3:49.86	4:53.14	1203
1:13.67	1:44.08	2:14.04	3:33.06	3:49.94	4:53.23	1202
1:13.69	1:44.11	2:14.08	3:33.13	3:50.02	4:53.33	1201

Points	600m	800m	1000m	1500m	Mile	2000m
1200	1:13.72	1:44.15	2:14.12	3:33.20	3:50.09	4:53.43
1199	1:13.74	1:44.18	2:14.17	3:33.27	3:50.17	4:53.53
1198	1:13.76	1:44.21	2:14.21	3:33.34	3:50.25	4:53.63
1197	1:13.79	1:44.24	2:14.25	3:33.42	3:50.33	4:53.72
1196	1:13.81	1:44.27	2:14.30	3:33.49	3:50.40	4:53.82
1195	1:13.83	1:44.31	2:14.34	3:33.56	3:50.48	4:53.92
1194	1:13.86	1:44.34	2:14.38	3:33.63	3:50.56	4:54.02
1193	1:13.88	1:44.37	2:14.43	3:33.70	3:50.64	4:54.12
1192	1:13.90	1:44.41	2:14.47	3:33.78	3:50.71	4:54.21
1191	1:13.93	1:44.44	2:14.51	3:33.85	3:50.79	4:54.31
1190	1:13.95	1:44.47	2:14.56	3:33.92	3:50.87	4:54.41
1189	1:13.97	1:44.50	2:14.60	3:33.99	3:50.94	4:54.51
1188	1:14.00	1:44.54	2:14.64	3:34.06	3:51.02	4:54.61
1187	1:14.02	1:44.57	2:14.68	3:34.13	3:51.10	4:54.70
1186	1:14.04	1:44.60	2:14.73	3:34.21	3:51.18	4:54.80
1185	1:14.07	1:44.63	2:14.77	3:34.28	3:51.25	4:54.90
1184	1:14.09	1:44.67	2:14.81	3:34.35	3:51.33	4:55.00
1183	1:14.11	1:44.70	2:14.86	3:34.42	3:51.41	4:55.10
1182	1:14.14	1:44.73	2:14.90	3:34.49	3:51.49	4:55.20
1181	1:14.16	1:44.76	2:14.95	3:34.57	3:51.56	4:55.29
1180	1:14.18	1:44.80	2:14.99	3:34.64	3:51.64	4:55.39
1179	1:14.21	1:44.83	2:15.03	3:34.71	3:51.72	4:55.49
1178	1:14.23	1:44.86	2:15.08	3:34.78	3:51.80	4:55.59
1177	1:14.25	1:44.89	2:15.12	3:34.86	3:51.88	4:55.69
1176	1:14.28	1:44.93	2:15.16	3:34.93	3:51.95	4:55.79
1175	1:14.30	1:44.96	2:15.21	3:35.00	3:52.03	4:55.89
1174	1:14.32	1:44.99	2:15.25	3:35.07	3:52.11	4:55.99
1173	1:14.35	1:45.03	2:15.29	3:35.15	3:52.19	4:56.08
1172	1:14.37	1:45.06	2:15.34	3:35.22	3:52.26	4:56.18
1171	1:14.39	1:45.09	2:15.38	3:35.29	3:52.34	4:56.28
1170	1:14.42	1:45.12	2:15.42	3:35.36	3:52.42	4:56.38
1169	1:14.44	1:45.16	2:15.47	3:35.43	3:52.50	4:56.48
1168	1:14.47	1:45.19	2:15.51	3:35.51	3:52.58	4:56.58
1167	1:14.49	1:45.22	2:15.55	3:35.58	3:52.66	4:56.68
1166	1:14.51	1:45.26	2:15.60	3:35.65	3:52.73	4:56.78
1165	1:14.54	1:45.29	2:15.64	3:35.73	3:52.81	4:56.88
1164	1:14.56	1:45.32	2:15.69	3:35.80	3:52.89	4:56.98
1163	1:14.58	1:45.35	2:15.73	3:35.87	3:52.97	4:57.07
1162	1:14.61	1:45.39	2:15.77	3:35.94	3:53.05	4:57.17
1161	1:14.63	1:45.42	2:15.82	3:36.02	3:53.12	4:57.27
1160	1:14.65	1:45.45	2:15.86	3:36.09	3:53.20	4:57.37
1159	1:14.68	1:45.49	2:15.90	3:36.16	3:53.28	4:57.47
1158	1:14.70	1:45.52	2:15.95	3:36.23	3:53.36	4:57.57
1157	1:14.73	1:45.55	2:15.99	3:36.31	3:53.44	4:57.67
1156	1:14.75	1:45.59	2:16.04	3:36.38	3:53.52	4:57.77
1155	1:14.77	1:45.62	2:16.08	3:36.45	3:53.59	4:57.87
1154	1:14.80	1:45.65	2:16.12	3:36.53	3:53.67	4:57.97
1153	1:14.82	1:45.68	2:16.17	3:36.60	3:53.75	4:58.07
1152	1:14.84	1:45.72	2:16.21	3:36.67	3:53.83	4:58.17
1151	1:14.87	1:45.75	2:16.26	3:36.75	3:53.91	4:58.27

600m	800m	1000m	1500m	Mile	2000m	Points
1:14.89	1:45.78	2:16.30	3:36.82	3:53.99	4:58.37	1150
1:14.91	1:45.82	2:16.34	3:36.89	3:54.07	4:58.47	1149
1:14.94	1:45.85	2:16.39	3:36.96	3:54.15	4:58.57	1148
1:14.96	1:45.88	2:16.43	3:37.04	3:54.22	4:58.67	1147
1:14.99	1:45.92	2:16.48	3:37.11	3:54.30	4:58.77	1146
1:15.01	1:45.95	2:16.52	3:37.18	3:54.38	4:58.87	1145
1:15.03	1:45.98	2:16.56	3:37.26	3:54.46	4:58.97	1144
1:15.06	1:46.02	2:16.61	3:37.33	3:54.54	4:59.07	1143
1:15.08	1:46.05	2:16.65	3:37.40	3:54.62	4:59.17	1142
1:15.11	1:46.08	2:16.70	3:37.48	3:54.70	4:59.27	1141
1:15.13	1:46.12	2:16.74	3:37.55	3:54.78	4:59.37	1140
1:15.15	1:46.15	2:16.79	3:37.62	3:54.86	4:59.47	1139
1:15.18	1:46.18	2:16.83	3:37.70	3:54.93	4:59.57	1138
1:15.20	1:46.22	2:16.87	3:37.77	3:55.01	4:59.67	1137
1:15.22	1:46.25	2:16.92	3:37.85	3:55.09	4:59.77	1136
1:15.25	1:46.28	2:16.96	3:37.92	3:55.17	4:59.87	1135
1:15.27	1:46.32	2:17.01	3:37.99	3:55.25	4:59.97	1134
1:15.30	1:46.35	2:17.05	3:38.07	3:55.33	5:00.07	1133
1:15.32	1:46.38	2:17.10	3:38.14	3:55.41	5:00.17	1132
1:15.34	1:46.42	2:17.14	3:38.21	3:55.49	5:00.27	1131
1:15.37	1:46.45	2:17.18	3:38.29	3:55.57	5:00.37	1130
1:15.39	1:46.48	2:17.23	3:38.36	3:55.65	5:00.48	1129
1:15.42	1:46.52	2:17.27	3:38.43	3:55.73	5:00.58	1128
1:15.44	1:46.55	2:17.32	3:38.51	3:55.81	5:00.68	1127
1:15.46	1:46.58	2:17.36	3:38.58	3:55.89	5:00.78	1126
1:15.49	1:46.62	2:17.41	3:38.66	3:55.97	5:00.88	1125
1:15.51	1:46.65	2:17.45	3:38.73	3:56.05	5:00.98	1124
1:15.54	1:46.68	2:17.50	3:38.80	3:56.13	5:01.08	1123
1:15.56	1:46.72	2:17.54	3:38.88	3:56.21	5:01.18	1122
1:15.58	1:46.75	2:17.58	3:38.95	3:56.28	5:01.28	1121
1:15.61	1:46.78	2:17.63	3:39.03	3:56.36	5:01.38	1120
1:15.63	1:46.82	2:17.67	3:39.10	3:56.44	5:01.49	1119
1:15.66	1:46.85	2:17.72	3:39.17	3:56.52	5:01.59	1118
1:15.68	1:46.89	2:17.76	3:39.25	3:56.60	5:01.69	1117
1:15.70	1:46.92	2:17.81	3:39.32	3:56.68	5:01.79	1116
1:15.73	1:46.95	2:17.85	3:39.40	3:56.76	5:01.89	1115
1:15.75	1:46.99	2:17.90	3:39.47	3:56.84	5:01.99	1114
1:15.78	1:47.02	2:17.94	3:39.55	3:56.92	5:02.09	1113
1:15.80	1:47.05	2:17.99	3:39.62	3:57.00	5:02.19	1112
1:15.82	1:47.09	2:18.03	3:39.69	3:57.08	5:02.30	1111
1:15.85	1:47.12	2:18.08	3:39.77	3:57.16	5:02.40	1110
1:15.87	1:47.16	2:18.12	3:39.84	3:57.24	5:02.50	1109
1:15.90	1:47.19	2:18.17	3:39.92	3:57.32	5:02.60	1108
1:15.92	1:47.22	2:18.21	3:39.99	3:57.40	5:02.70	1107
1:15.95	1:47.26	2:18.25	3:40.07	3:57.48	5:02.80	1106
1:15.97	1:47.29	2:18.30	3:40.14	3:57.56	5:02.91	1105
1:15.99	1:47.32	2:18.34	3:40.22	3:57.65	5:03.01	1104
1:16.02	1:47.36	2:18.39	3:40.29	3:57.73	5:03.11	1103
1:16.04	1:47.39	2:18.43	3:40.37	3:57.81	5:03.21	1102
1:16.07	1:47.43	2:18.48	3:40.44	3:57.89	5:03.31	1101



Points	600m	800m	1000m	1500m	Mile	2000m
1100	1:16.09	1:47.46	2:18.52	3:40.52	3:57.97	5:03.42
1099	1:16.12	1:47.49	2:18.57	3:40.59	3:58.05	5:03.52
1098	1:16.14	1:47.53	2:18.61	3:40.66	3:58.13	5:03.62
1097	1:16.16	1:47.56	2:18.66	3:40.74	3:58.21	5:03.72
1096	1:16.19	1:47.60	2:18.70	3:40.81	3:58.29	5:03.83
1095	1:16.21	1:47.63	2:18.75	3:40.89	3:58.37	5:03.93
1094	1:16.24	1:47.66	2:18.79	3:40.96	3:58.45	5:04.03
1093	1:16.26	1:47.70	2:18.84	3:41.04	3:58.53	5:04.13
1092	1:16.29	1:47.73	2:18.88	3:41.11	3:58.61	5:04.23
1091	1:16.31	1:47.76	2:18.93	3:41.19	3:58.69	5:04.34
1090	1:16.33	1:47.80	2:18.98	3:41.26	3:58.77	5:04.44
1089	1:16.36	1:47.83	2:19.02	3:41.34	3:58.85	5:04.54
1088	1:16.38	1:47.87	2:19.07	3:41.41	3:58.93	5:04.64
1087	1:16.41	1:47.90	2:19.11	3:41.49	3:59.02	5:04.75
1086	1:16.43	1:47.94	2:19.16	3:41.57	3:59.10	5:04.85
1085	1:16.46	1:47.97	2:19.20	3:41.64	3:59.18	5:04.95
1084	1:16.48	1:48.00	2:19.25	3:41.72	3:59.26	5:05.06
1083	1:16.51	1:48.04	2:19.29	3:41.79	3:59.34	5:05.16
1082	1:16.53	1:48.07	2:19.34	3:41.87	3:59.42	5:05.26
1081	1:16.55	1:48.11	2:19.38	3:41.94	3:59.50	5:05.36
1080	1:16.58	1:48.14	2:19.43	3:42.02	3:59.58	5:05.47
1079	1:16.60	1:48.17	2:19.47	3:42.09	3:59.66	5:05.57
1078	1:16.63	1:48.21	2:19.52	3:42.17	3:59.75	5:05.67
1077	1:16.65	1:48.24	2:19.56	3:42.24	3:59.83	5:05.78
1076	1:16.68	1:48.28	2:19.61	3:42.32	3:59.91	5:05.88
1075	1:16.70	1:48.31	2:19.66	3:42.39	3:59.99	5:05.98
1074	1:16.73	1:48.35	2:19.70	3:42.47	4:00.07	5:06.09
1073	1:16.75	1:48.38	2:19.75	3:42.55	4:00.15	5:06.19
1072	1:16.78	1:48.41	2:19.79	3:42.62	4:00.23	5:06.29
1071	1:16.80	1:48.45	2:19.84	3:42.70	4:00.32	5:06.40
1070	1:16.82	1:48.48	2:19.88	3:42.77	4:00.40	5:06.50
1069	1:16.85	1:48.52	2:19.93	3:42.85	4:00.48	5:06.60
1068	1:16.87	1:48.55	2:19.97	3:42.93	4:00.56	5:06.71
1067	1:16.90	1:48.59	2:20.02	3:43.00	4:00.64	5:06.81
1066	1:16.92	1:48.62	2:20.07	3:43.08	4:00.72	5:06.91
1065	1:16.95	1:48.65	2:20.11	3:43.15	4:00.81	5:07.02
1064	1:16.97	1:48.69	2:20.16	3:43.23	4:00.89	5:07.12
1063	1:17.00	1:48.72	2:20.20	3:43.31	4:00.97	5:07.23
1062	1:17.02	1:48.76	2:20.25	3:43.38	4:01.05	5:07.33
1061	1:17.05	1:48.79	2:20.29	3:43.46	4:01.13	5:07.43
1060	1:17.07	1:48.83	2:20.34	3:43.53	4:01.22	5:07.54
1059	1:17.10	1:48.86	2:20.39	3:43.61	4:01.30	5:07.64
1058	1:17.12	1:48.90	2:20.43	3:43.69	4:01.38	5:07.75
1057	1:17.15	1:48.93	2:20.48	3:43.76	4:01.46	5:07.85
1056	1:17.17	1:48.97	2:20.52	3:43.84	4:01.54	5:07.95
1055	1:17.20	1:49.00	2:20.57	3:43.91	4:01.63	5:08.06
1054	1:17.22	1:49.03	2:20.62	3:43.99	4:01.71	5:08.16
1053	1:17.24	1:49.07	2:20.66	3:44.07	4:01.79	5:08.27
1052	1:17.27	1:49.10	2:20.71	3:44.14	4:01.87	5:08.37
1051	1:17.29	1:49.14	2:20.75	3:44.22	4:01.95	5:08.48

600m	800m	1000m	1500m	Mile	2000m	Points
1:17.32	1:49.17	2:20.80	3:44.30	4:02.04	5:08.58	1050
1:17.34	1:49.21	2:20.85	3:44.37	4:02.12	5:08.68	1049
1:17.37	1:49.24	2:20.89	3:44.45	4:02.20	5:08.79	1048
1:17.39	1:49.28	2:20.94	3:44.53	4:02.28	5:08.89	1047
1:17.42	1:49.31	2:20.98	3:44.60	4:02.37	5:09.00	1046
1:17.44	1:49.35	2:21.03	3:44.68	4:02.45	5:09.10	1045
1:17.47	1:49.38	2:21.08	3:44.76	4:02.53	5:09.21	1044
1:17.49	1:49.42	2:21.12	3:44.83	4:02.61	5:09.31	1043
1:17.52	1:49.45	2:21.17	3:44.91	4:02.70	5:09.42	1042
1:17.54	1:49.49	2:21.22	3:44.99	4:02.78	5:09.52	1041
1:17.57	1:49.52	2:21.26	3:45.06	4:02.86	5:09.63	1040
1:17.59	1:49.56	2:21.31	3:45.14	4:02.95	5:09.73	1039
1:17.62	1:49.59	2:21.35	3:45.22	4:03.03	5:09.84	1038
1:17.64	1:49.63	2:21.40	3:45.29	4:03.11	5:09.94	1037
1:17.67	1:49.66	2:21.45	3:45.37	4:03.19	5:10.05	1036
1:17.69	1:49.70	2:21.49	3:45.45	4:03.28	5:10.15	1035
1:17.72	1:49.73	2:21.54	3:45.53	4:03.36	5:10.26	1034
1:17.74	1:49.77	2:21.59	3:45.60	4:03.44	5:10.36	1033
1:17.77	1:49.80	2:21.63	3:45.68	4:03.53	5:10.47	1032
1:17.79	1:49.83	2:21.68	3:45.76	4:03.61	5:10.57	1031
1:17.82	1:49.87	2:21.73	3:45.83	4:03.69	5:10.68	1030
1:17.84	1:49.90	2:21.77	3:45.91	4:03.78	5:10.78	1029
1:17.87	1:49.94	2:21.82	3:45.99	4:03.86	5:10.89	1028
1:17.89	1:49.98	2:21.86	3:46.07	4:03.94	5:11.00	1027
1:17.92	1:50.01	2:21.91	3:46.14	4:04.02	5:11.10	1026
1:17.94	1:50.05	2:21.96	3:46.22	4:04.11	5:11.21	1025
1:17.97	1:50.08	2:22.00	3:46.30	4:04.19	5:11.31	1024
1:17.99	1:50.12	2:22.05	3:46.38	4:04.28	5:11.42	1023
1:18.02	1:50.15	2:22.10	3:46.45	4:04.36	5:11.53	1022
1:18.04	1:50.19	2:22.14	3:46.53	4:04.44	5:11.63	1021
1:18.07	1:50.22	2:22.19	3:46.61	4:04.53	5:11.74	1020
1:18.10	1:50.26	2:22.24	3:46.69	4:04.61	5:11.84	1019
1:18.12	1:50.29	2:22.28	3:46.76	4:04.69	5:11.95	1018
1:18.15	1:50.33	2:22.33	3:46.84	4:04.78	5:12.06	1017
1:18.17	1:50.36	2:22.38	3:46.92	4:04.86	5:12.16	1016
1:18.20	1:50.40	2:22.43	3:47.00	4:04.94	5:12.27	1015
1:18.22	1:50.43	2:22.47	3:47.08	4:05.03	5:12.37	1014
1:18.25	1:50.47	2:22.52	3:47.15	4:05.11	5:12.48	1013
1:18.27	1:50.50	2:22.57	3:47.23	4:05.20	5:12.59	1012
1:18.30	1:50.54	2:22.61	3:47.31	4:05.28	5:12.69	1011
1:18.32	1:50.57	2:22.66	3:47.39	4:05.36	5:12.80	1010
1:18.35	1:50.61	2:22.71	3:47.47	4:05.45	5:12.91	1009
1:18.37	1:50.64	2:22.75	3:47.54	4:05.53	5:13.01	1008
1:18.40	1:50.68	2:22.80	3:47.62	4:05.62	5:13.12	1007
1:18.42	1:50.72	2:22.85	3:47.70	4:05.70	5:13.23	1006
1:18.45	1:50.75	2:22.89	3:47.78	4:05.78	5:13.33	1005
1:18.47	1:50.79	2:22.94	3:47.86	4:05.87	5:13.44	1004
1:18.50	1:50.82	2:22.99	3:47.93	4:05.95	5:13.55	1003
1:18.53	1:50.86	2:23.04	3:48.01	4:06.04	5:13.65	1002
1:18.55	1:50.89	2:23.08	3:48.09	4:06.12	5:13.76	1001

Points	600m	800m	1000m	1500m	Mile	2000m
1000	1:18.58	1:50.93	2:23.13	3:48.17	4:06.21	5:13.87
999	1:18.60	1:50.96	2:23.18	3:48.25	4:06.29	5:13.97
998	1:18.63	1:51.00	2:23.22	3:48.33	4:06.37	5:14.08
997	1:18.65	1:51.03	2:23.27	3:48.41	4:06.46	5:14.19
996	1:18.68	1:51.07	2:23.32	3:48.48	4:06.54	5:14.30
995	1:18.70	1:51.11	2:23.37	3:48.56	4:06.63	5:14.40
994	1:18.73	1:51.14	2:23.41	3:48.64	4:06.71	5:14.51
993	1:18.76	1:51.18	2:23.46	3:48.72	4:06.80	5:14.62
992	1:18.78	1:51.21	2:23.51	3:48.80	4:06.88	5:14.73
991	1:18.81	1:51.25	2:23.56	3:48.88	4:06.97	5:14.83
990	1:18.83	1:51.28	2:23.60	3:48.96	4:07.05	5:14.94
989	1:18.86	1:51.32	2:23.65	3:49.03	4:07.14	5:15.05
988	1:18.88	1:51.36	2:23.70	3:49.11	4:07.22	5:15.16
987	1:18.91	1:51.39	2:23.75	3:49.19	4:07.31	5:15.26
986	1:18.93	1:51.43	2:23.79	3:49.27	4:07.39	5:15.37
985	1:18.96	1:51.46	2:23.84	3:49.35	4:07.48	5:15.48
984	1:18.99	1:51.50	2:23.89	3:49.43	4:07.56	5:15.59
983	1:19.01	1:51.53	2:23.94	3:49.51	4:07.65	5:15.70
982	1:19.04	1:51.57	2:23.98	3:49.59	4:07.73	5:15.80
981	1:19.06	1:51.61	2:24.03	3:49.67	4:07.82	5:15.91
980	1:19.09	1:51.64	2:24.08	3:49.75	4:07.90	5:16.02
979	1:19.11	1:51.68	2:24.13	3:49.83	4:07.99	5:16.13
978	1:19.14	1:51.71	2:24.17	3:49.90	4:08.07	5:16.24
977	1:19.17	1:51.75	2:24.22	3:49.98	4:08.16	5:16.34
976	1:19.19	1:51.79	2:24.27	3:50.06	4:08.24	5:16.45
975	1:19.22	1:51.82	2:24.32	3:50.14	4:08.33	5:16.56
974	1:19.24	1:51.86	2:24.37	3:50.22	4:08.41	5:16.67
973	1:19.27	1:51.89	2:24.41	3:50.30	4:08.50	5:16.78
972	1:19.29	1:51.93	2:24.46	3:50.38	4:08.58	5:16.89
971	1:19.32	1:51.97	2:24.51	3:50.46	4:08.67	5:17.00
970	1:19.35	1:52.00	2:24.56	3:50.54	4:08.76	5:17.10
969	1:19.37	1:52.04	2:24.60	3:50.62	4:08.84	5:17.21
968	1:19.40	1:52.07	2:24.65	3:50.70	4:08.93	5:17.32
967	1:19.42	1:52.11	2:24.70	3:50.78	4:09.01	5:17.43
966	1:19.45	1:52.15	2:24.75	3:50.86	4:09.10	5:17.54
965	1:19.48	1:52.18	2:24.80	3:50.94	4:09.19	5:17.65
964	1:19.50	1:52.22	2:24.84	3:51.02	4:09.27	5:17.76
963	1:19.53	1:52.26	2:24.89	3:51.10	4:09.36	5:17.87
962	1:19.55	1:52.29	2:24.94	3:51.18	4:09.44	5:17.98
961	1:19.58	1:52.33	2:24.99	3:51.26	4:09.53	5:18.08
960	1:19.61	1:52.36	2:25.04	3:51.34	4:09.62	5:18.19
959	1:19.63	1:52.40	2:25.08	3:51.42	4:09.70	5:18.30
958	1:19.66	1:52.44	2:25.13	3:51.50	4:09.79	5:18.41
957	1:19.68	1:52.47	2:25.18	3:51.58	4:09.87	5:18.52
956	1:19.71	1:52.51	2:25.23	3:51.66	4:09.96	5:18.63
955	1:19.74	1:52.55	2:25.28	3:51.74	4:10.05	5:18.74
954	1:19.76	1:52.58	2:25.33	3:51.82	4:10.13	5:18.85
953	1:19.79	1:52.62	2:25.37	3:51.90	4:10.22	5:18.96
952	1:19.81	1:52.65	2:25.42	3:51.98	4:10.31	5:19.07
951	1:19.84	1:52.69	2:25.47	3:52.06	4:10.39	5:19.18

600m	800m	1000m	1500m	Mile	2000m	Points
1:19.87	1:52.73	2:25.52	3:52.14	4:10.48	5:19.29	950
1:19.89	1:52.76	2:25.57	3:52.22	4:10.57	5:19.40	949
1:19.92	1:52.80	2:25.62	3:52.30	4:10.65	5:19.51	948
1:19.94	1:52.84	2:25.66	3:52.38	4:10.74	5:19.62	947
1:19.97	1:52.87	2:25.71	3:52.46	4:10.83	5:19.73	946
1:20.00	1:52.91	2:25.76	3:52.54	4:10.91	5:19.84	945
1:20.02	1:52.95	2:25.81	3:52.62	4:11.00	5:19.95	944
1:20.05	1:52.98	2:25.86	3:52.70	4:11.09	5:20.06	943
1:20.08	1:53.02	2:25.91	3:52.79	4:11.17	5:20.17	942
1:20.10	1:53.06	2:25.96	3:52.87	4:11.26	5:20.28	941
1:20.13	1:53.09	2:26.00	3:52.95	4:11.35	5:20.39	940
1:20.15	1:53.13	2:26.05	3:53.03	4:11.43	5:20.50	939
1:20.18	1:53.17	2:26.10	3:53.11	4:11.52	5:20.61	938
1:20.21	1:53.20	2:26.15	3:53.19	4:11.61	5:20.72	937
1:20.23	1:53.24	2:26.20	3:53.27	4:11.70	5:20.83	936
1:20.26	1:53.28	2:26.25	3:53.35	4:11.78	5:20.94	935
1:20.29	1:53.31	2:26.30	3:53.43	4:11.87	5:21.05	934
1:20.31	1:53.35	2:26.35	3:53.51	4:11.96	5:21.17	933
1:20.34	1:53.39	2:26.40	3:53.60	4:12.04	5:21.28	932
1:20.36	1:53.42	2:26.44	3:53.68	4:12.13	5:21.39	931
1:20.39	1:53.46	2:26.49	3:53.76	4:12.22	5:21.50	930
1:20.42	1:53.50	2:26.54	3:53.84	4:12.31	5:21.61	929
1:20.44	1:53.53	2:26.59	3:53.92	4:12.40	5:21.72	928
1:20.47	1:53.57	2:26.64	3:54.00	4:12.48	5:21.83	927
1:20.50	1:53.61	2:26.69	3:54.08	4:12.57	5:21.94	926
1:20.52	1:53.65	2:26.74	3:54.17	4:12.66	5:22.05	925
1:20.55	1:53.68	2:26.79	3:54.25	4:12.75	5:22.17	924
1:20.58	1:53.72	2:26.84	3:54.33	4:12.83	5:22.28	923
1:20.60	1:53.76	2:26.89	3:54.41	4:12.92	5:22.39	922
1:20.63	1:53.79	2:26.93	3:54.49	4:13.01	5:22.50	921
1:20.66	1:53.83	2:26.98	3:54.57	4:13.10	5:22.61	920
1:20.68	1:53.87	2:27.03	3:54.66	4:13.19	5:22.72	919
1:20.71	1:53.90	2:27.08	3:54.74	4:13.27	5:22.83	918
1:20.74	1:53.94	2:27.13	3:54.82	4:13.36	5:22.95	917
1:20.76	1:53.98	2:27.18	3:54.90	4:13.45	5:23.06	916
1:20.79	1:54.02	2:27.23	3:54.98	4:13.54	5:23.17	915
1:20.82	1:54.05	2:27.28	3:55.06	4:13.63	5:23.28	914
1:20.84	1:54.09	2:27.33	3:55.15	4:13.71	5:23.39	913
1:20.87	1:54.13	2:27.38	3:55.23	4:13.80	5:23.51	912
1:20.90	1:54.16	2:27.43	3:55.31	4:13.89	5:23.62	911
1:20.92	1:54.20	2:27.48	3:55.39	4:13.98	5:23.73	910
1:20.95	1:54.24	2:27.53	3:55.48	4:14.07	5:23.84	909
1:20.98	1:54.28	2:27.58	3:55.56	4:14.16	5:23.96	908
1:21.00	1:54.31	2:27.63	3:55.64	4:14.25	5:24.07	907
1:21.03	1:54.35	2:27.67	3:55.72	4:14.33	5:24.18	906
1:21.06	1:54.39	2:27.72	3:55.80	4:14.42	5:24.29	905
1:21.08	1:54.43	2:27.77	3:55.89	4:14.51	5:24.41	904
1:21.11	1:54.46	2:27.82	3:55.97	4:14.60	5:24.52	903
1:21.14	1:54.50	2:27.87	3:56.05	4:14.69	5:24.63	902
1:21.16	1:54.54	2:27.92	3:56.13	4:14.78	5:24.74	901

Points	600m	800m	1000m	1500m	Mile	2000m
900	1:21.19	1:54.58	2:27.97	3:56.22	4:14.87	5:24.86
899	1:21.22	1:54.61	2:28.02	3:56.30	4:14.96	5:24.97
898	1:21.24	1:54.65	2:28.07	3:56.38	4:15.04	5:25.08
897	1:21.27	1:54.69	2:28.12	3:56.47	4:15.13	5:25.19
896	1:21.30	1:54.73	2:28.17	3:56.55	4:15.22	5:25.31
895	1:21.32	1:54.76	2:28.22	3:56.63	4:15.31	5:25.42
894	1:21.35	1:54.80	2:28.27	3:56.71	4:15.40	5:25.53
893	1:21.38	1:54.84	2:28.32	3:56.80	4:15.49	5:25.65
892	1:21.40	1:54.88	2:28.37	3:56.88	4:15.58	5:25.76
891	1:21.43	1:54.91	2:28.42	3:56.96	4:15.67	5:25.87
890	1:21.46	1:54.95	2:28.47	3:57.05	4:15.76	5:25.99
889	1:21.49	1:54.99	2:28.52	3:57.13	4:15.85	5:26.10
888	1:21.51	1:55.03	2:28.57	3:57.21	4:15.94	5:26.21
887	1:21.54	1:55.06	2:28.62	3:57.30	4:16.03	5:26.33
886	1:21.57	1:55.10	2:28.67	3:57.38	4:16.12	5:26.44
885	1:21.59	1:55.14	2:28.72	3:57.46	4:16.21	5:26.56
884	1:21.62	1:55.18	2:28.77	3:57.55	4:16.30	5:26.67
883	1:21.65	1:55.21	2:28.82	3:57.63	4:16.39	5:26.78
882	1:21.68	1:55.25	2:28.87	3:57.71	4:16.48	5:26.90
881	1:21.70	1:55.29	2:28.92	3:57.80	4:16.57	5:27.01
880	1:21.73	1:55.33	2:28.97	3:57.88	4:16.66	5:27.13
879	1:21.76	1:55.37	2:29.02	3:57.96	4:16.75	5:27.24
878	1:21.78	1:55.40	2:29.07	3:58.05	4:16.84	5:27.35
877	1:21.81	1:55.44	2:29.12	3:58.13	4:16.93	5:27.47
876	1:21.84	1:55.48	2:29.17	3:58.21	4:17.02	5:27.58
875	1:21.87	1:55.52	2:29.22	3:58.30	4:17.11	5:27.70
874	1:21.89	1:55.56	2:29.28	3:58.38	4:17.20	5:27.81
873	1:21.92	1:55.59	2:29.33	3:58.47	4:17.29	5:27.93
872	1:21.95	1:55.63	2:29.38	3:58.55	4:17.38	5:28.04
871	1:21.97	1:55.67	2:29.43	3:58.63	4:17.47	5:28.16
870	1:22.00	1:55.71	2:29.48	3:58.72	4:17.56	5:28.27
869	1:22.03	1:55.75	2:29.53	3:58.80	4:17.65	5:28.39
868	1:22.06	1:55.78	2:29.58	3:58.89	4:17.74	5:28.50
867	1:22.08	1:55.82	2:29.63	3:58.97	4:17.83	5:28.61
866	1:22.11	1:55.86	2:29.68	3:59.05	4:17.92	5:28.73
865	1:22.14	1:55.90	2:29.73	3:59.14	4:18.01	5:28.85
864	1:22.17	1:55.94	2:29.78	3:59.22	4:18.10	5:28.96
863	1:22.19	1:55.98	2:29.83	3:59.31	4:18.19	5:29.08
862	1:22.22	1:56.01	2:29.88	3:59.39	4:18.28	5:29.19
861	1:22.25	1:56.05	2:29.93	3:59.48	4:18.37	5:29.31
860	1:22.28	1:56.09	2:29.98	3:59.56	4:18.47	5:29.42
859	1:22.30	1:56.13	2:30.04	3:59.65	4:18.56	5:29.54
858	1:22.33	1:56.17	2:30.09	3:59.73	4:18.65	5:29.65
857	1:22.36	1:56.21	2:30.14	3:59.82	4:18.74	5:29.77
856	1:22.39	1:56.24	2:30.19	3:59.90	4:18.83	5:29.88
855	1:22.41	1:56.28	2:30.24	3:59.98	4:18.92	5:30.00
854	1:22.44	1:56.32	2:30.29	4:00.07	4:19.01	5:30.12
853	1:22.47	1:56.36	2:30.34	4:00.15	4:19.10	5:30.23
852	1:22.50	1:56.40	2:30.39	4:00.24	4:19.20	5:30.35
851	1:22.52	1:56.44	2:30.44	4:00.32	4:19.29	5:30.46

600m	800m	1000m	1500m	Mile	2000m	Points
1:22.55	1:56.47	2:30.49	4:00.41	4:19.38	5:30.58	850
1:22.58	1:56.51	2:30.55	4:00.49	4:19.47	5:30.70	849
1:22.61	1:56.55	2:30.60	4:00.58	4:19.56	5:30.81	848
1:22.63	1:56.59	2:30.65	4:00.66	4:19.65	5:30.93	847
1:22.66	1:56.63	2:30.70	4:00.75	4:19.74	5:31.04	846
1:22.69	1:56.67	2:30.75	4:00.84	4:19.84	5:31.16	845
1:22.72	1:56.71	2:30.80	4:00.92	4:19.93	5:31.28	844
1:22.74	1:56.74	2:30.85	4:01.01	4:20.02	5:31.39	843
1:22.77	1:56.78	2:30.91	4:01.09	4:20.11	5:31.51	842
1:22.80	1:56.82	2:30.96	4:01.18	4:20.20	5:31.63	841
1:22.83	1:56.86	2:31.01	4:01.26	4:20.30	5:31.74	840
1:22.86	1:56.90	2:31.06	4:01.35	4:20.39	5:31.86	839
1:22.88	1:56.94	2:31.11	4:01.43	4:20.48	5:31.98	838
1:22.91	1:56.98	2:31.16	4:01.52	4:20.57	5:32.09	837
1:22.94	1:57.02	2:31.21	4:01.60	4:20.67	5:32.21	836
1:22.97	1:57.06	2:31.27	4:01.69	4:20.76	5:32.33	835
1:22.99	1:57.09	2:31.32	4:01.78	4:20.85	5:32.45	834
1:23.02	1:57.13	2:31.37	4:01.86	4:20.94	5:32.56	833
1:23.05	1:57.17	2:31.42	4:01.95	4:21.03	5:32.68	832
1:23.08	1:57.21	2:31.47	4:02.03	4:21.13	5:32.80	831
1:23.11	1:57.25	2:31.52	4:02.12	4:21.22	5:32.92	830
1:23.13	1:57.29	2:31.58	4:02.21	4:21.31	5:33.03	829
1:23.16	1:57.33	2:31.63	4:02.29	4:21.41	5:33.15	828
1:23.19	1:57.37	2:31.68	4:02.38	4:21.50	5:33.27	827
1:23.22	1:57.41	2:31.73	4:02.46	4:21.59	5:33.39	826
1:23.25	1:57.45	2:31.78	4:02.55	4:21.68	5:33.50	825
1:23.27	1:57.48	2:31.84	4:02.64	4:21.78	5:33.62	824
1:23.30	1:57.52	2:31.89	4:02.72	4:21.87	5:33.74	823
1:23.33	1:57.56	2:31.94	4:02.81	4:21.96	5:33.86	822
1:23.36	1:57.60	2:31.99	4:02.90	4:22.06	5:33.98	821
1:23.39	1:57.64	2:32.04	4:02.98	4:22.15	5:34.09	820
1:23.41	1:57.68	2:32.10	4:03.07	4:22.24	5:34.21	819
1:23.44	1:57.72	2:32.15	4:03.16	4:22.34	5:34.33	818
1:23.47	1:57.76	2:32.20	4:03.24	4:22.43	5:34.45	817
1:23.50	1:57.80	2:32.25	4:03.33	4:22.52	5:34.57	816
1:23.53	1:57.84	2:32.30	4:03.42	4:22.62	5:34.69	815
1:23.56	1:57.88	2:32.36	4:03.50	4:22.71	5:34.81	814
1:23.58	1:57.92	2:32.41	4:03.59	4:22.80	5:34.92	813
1:23.61	1:57.96	2:32.46	4:03.68	4:22.90	5:35.04	812
1:23.64	1:58.00	2:32.51	4:03.77	4:22.99	5:35.16	811
1:23.67	1:58.03	2:32.57	4:03.85	4:23.08	5:35.28	810
1:23.70	1:58.07	2:32.62	4:03.94	4:23.18	5:35.40	809
1:23.73	1:58.11	2:32.67	4:04.03	4:23.27	5:35.52	808
1:23.75	1:58.15	2:32.72	4:04.11	4:23.37	5:35.64	807
1:23.78	1:58.19	2:32.78	4:04.20	4:23.46	5:35.76	806
1:23.81	1:58.23	2:32.83	4:04.29	4:23.55	5:35.88	805
1:23.84	1:58.27	2:32.88	4:04.38	4:23.65	5:36.00	804
1:23.87	1:58.31	2:32.93	4:04.46	4:23.74	5:36.11	803
1:23.90	1:58.35	2:32.99	4:04.55	4:23.84	5:36.23	802
1:23.92	1:58.39	2:33.04	4:04.64	4:23.93	5:36.35	801

Points	600m	800m	1000m	1500m	Mile	2000m
800	1:23.95	1:58.43	2:33.09	4:04.73	4:24.02	5:36.47
799	1:23.98	1:58.47	2:33.15	4:04.81	4:24.12	5:36.59
798	1:24.01	1:58.51	2:33.20	4:04.90	4:24.21	5:36.71
797	1:24.04	1:58.55	2:33.25	4:04.99	4:24.31	5:36.83
796	1:24.07	1:58.59	2:33.30	4:05.08	4:24.40	5:36.95
795	1:24.09	1:58.63	2:33.36	4:05.17	4:24.50	5:37.07
794	1:24.12	1:58.67	2:33.41	4:05.25	4:24.59	5:37.19
793	1:24.15	1:58.71	2:33.46	4:05.34	4:24.69	5:37.31
792	1:24.18	1:58.75	2:33.52	4:05.43	4:24.78	5:37.43
791	1:24.21	1:58.79	2:33.57	4:05.52	4:24.88	5:37.55
790	1:24.24	1:58.83	2:33.62	4:05.61	4:24.97	5:37.67
789	1:24.27	1:58.87	2:33.67	4:05.69	4:25.07	5:37.79
788	1:24.30	1:58.91	2:33.73	4:05.78	4:25.16	5:37.92
787	1:24.32	1:58.95	2:33.78	4:05.87	4:25.26	5:38.04
786	1:24.35	1:58.99	2:33.83	4:05.96	4:25.35	5:38.16
785	1:24.38	1:59.03	2:33.89	4:06.05	4:25.45	5:38.28
784	1:24.41	1:59.07	2:33.94	4:06.14	4:25.54	5:38.40
783	1:24.44	1:59.11	2:33.99	4:06.22	4:25.64	5:38.52
782	1:24.47	1:59.15	2:34.05	4:06.31	4:25.73	5:38.64
781	1:24.50	1:59.19	2:34.10	4:06.40	4:25.83	5:38.76
780	1:24.53	1:59.23	2:34.15	4:06.49	4:25.92	5:38.88
779	1:24.55	1:59.27	2:34.21	4:06.58	4:26.02	5:39.00
778	1:24.58	1:59.31	2:34.26	4:06.67	4:26.12	5:39.13
777	1:24.61	1:59.35	2:34.31	4:06.76	4:26.21	5:39.25
776	1:24.64	1:59.39	2:34.37	4:06.85	4:26.31	5:39.37
775	1:24.67	1:59.43	2:34.42	4:06.94	4:26.40	5:39.49
774	1:24.70	1:59.47	2:34.48	4:07.02	4:26.50	5:39.61
773	1:24.73	1:59.51	2:34.53	4:07.11	4:26.59	5:39.73
772	1:24.76	1:59.55	2:34.58	4:07.20	4:26.69	5:39.86
771	1:24.79	1:59.59	2:34.64	4:07.29	4:26.79	5:39.98
770	1:24.81	1:59.63	2:34.69	4:07.38	4:26.88	5:40.10
769	1:24.84	1:59.67	2:34.74	4:07.47	4:26.98	5:40.22
768	1:24.87	1:59.72	2:34.80	4:07.56	4:27.07	5:40.34
767	1:24.90	1:59.76	2:34.85	4:07.65	4:27.17	5:40.47
766	1:24.93	1:59.80	2:34.91	4:07.74	4:27.27	5:40.59
765	1:24.96	1:59.84	2:34.96	4:07.83	4:27.36	5:40.71
764	1:24.99	1:59.88	2:35.01	4:07.92	4:27.46	5:40.83
763	1:25.02	1:59.92	2:35.07	4:08.01	4:27.56	5:40.96
762	1:25.05	1:59.96	2:35.12	4:08.10	4:27.65	5:41.08
761	1:25.08	2:00.00	2:35.18	4:08.19	4:27.75	5:41.20
760	1:25.11	2:00.04	2:35.23	4:08.28	4:27.85	5:41.32
759	1:25.13	2:00.08	2:35.28	4:08.37	4:27.94	5:41.45
758	1:25.16	2:00.12	2:35.34	4:08.46	4:28.04	5:41.57
757	1:25.19	2:00.16	2:35.39	4:08.55	4:28.14	5:41.69
756	1:25.22	2:00.20	2:35.45	4:08.64	4:28.24	5:41.81
755	1:25.25	2:00.24	2:35.50	4:08.73	4:28.33	5:41.94
754	1:25.28	2:00.29	2:35.56	4:08.82	4:28.43	5:42.06
753	1:25.31	2:00.33	2:35.61	4:08.91	4:28.53	5:42.18
752	1:25.34	2:00.37	2:35.66	4:09.00	4:28.62	5:42.31
751	1:25.37	2:00.41	2:35.72	4:09.09	4:28.72	5:42.43

600m	800m	1000m	1500m	Mile	2000m	Points
1:25.40	2:00.45	2:35.77	4:09.18	4:28.82	5:42.56	750
1:25.43	2:00.49	2:35.83	4:09.27	4:28.92	5:42.68	749
1:25.46	2:00.53	2:35.88	4:09.36	4:29.01	5:42.80	748
1:25.49	2:00.57	2:35.94	4:09.45	4:29.11	5:42.93	747
1:25.52	2:00.61	2:35.99	4:09.54	4:29.21	5:43.05	746
1:25.55	2:00.65	2:36.05	4:09.63	4:29.31	5:43.17	745
1:25.58	2:00.70	2:36.10	4:09.72	4:29.40	5:43.30	744
1:25.60	2:00.74	2:36.15	4:09.82	4:29.50	5:43.42	743
1:25.63	2:00.78	2:36.21	4:09.91	4:29.60	5:43.55	742
1:25.66	2:00.82	2:36.26	4:10.00	4:29.70	5:43.67	741
1:25.69	2:00.86	2:36.32	4:10.09	4:29.80	5:43.80	740
1:25.72	2:00.90	2:36.37	4:10.18	4:29.89	5:43.92	739
1:25.75	2:00.94	2:36.43	4:10.27	4:29.99	5:44.04	738
1:25.78	2:00.98	2:36.48	4:10.36	4:30.09	5:44.17	737
1:25.81	2:01.03	2:36.54	4:10.45	4:30.19	5:44.29	736
1:25.84	2:01.07	2:36.59	4:10.55	4:30.29	5:44.42	735
1:25.87	2:01.11	2:36.65	4:10.64	4:30.39	5:44.54	734
1:25.90	2:01.15	2:36.70	4:10.73	4:30.48	5:44.67	733
1:25.93	2:01.19	2:36.76	4:10.82	4:30.58	5:44.79	732
1:25.96	2:01.23	2:36.81	4:10.91	4:30.68	5:44.92	731
1:25.99	2:01.28	2:36.87	4:11.00	4:30.78	5:45.04	730
1:26.02	2:01.32	2:36.92	4:11.10	4:30.88	5:45.17	729
1:26.05	2:01.36	2:36.98	4:11.19	4:30.98	5:45.30	728
1:26.08	2:01.40	2:37.04	4:11.28	4:31.08	5:45.42	727
1:26.11	2:01.44	2:37.09	4:11.37	4:31.18	5:45.55	726
1:26.14	2:01.48	2:37.15	4:11.46	4:31.28	5:45.67	725
1:26.17	2:01.53	2:37.20	4:11.56	4:31.37	5:45.80	724
1:26.20	2:01.57	2:37.26	4:11.65	4:31.47	5:45.92	723
1:26.23	2:01.61	2:37.31	4:11.74	4:31.57	5:46.05	722
1:26.26	2:01.65	2:37.37	4:11.83	4:31.67	5:46.18	721
1:26.29	2:01.69	2:37.42	4:11.92	4:31.77	5:46.30	720
1:26.32	2:01.73	2:37.48	4:12.02	4:31.87	5:46.43	719
1:26.35	2:01.78	2:37.54	4:12.11	4:31.97	5:46.55	718
1:26.38	2:01.82	2:37.59	4:12.20	4:32.07	5:46.68	717
1:26.41	2:01.86	2:37.65	4:12.29	4:32.17	5:46.81	716
1:26.44	2:01.90	2:37.70	4:12.39	4:32.27	5:46.93	715
1:26.47	2:01.94	2:37.76	4:12.48	4:32.37	5:47.06	714
1:26.50	2:01.99	2:37.81	4:12.57	4:32.47	5:47.19	713
1:26.53	2:02.03	2:37.87	4:12.67	4:32.57	5:47.31	712
1:26.56	2:02.07	2:37.93	4:12.76	4:32.67	5:47.44	711
1:26.59	2:02.11	2:37.98	4:12.85	4:32.77	5:47.57	710
1:26.62	2:02.16	2:38.04	4:12.94	4:32.87	5:47.70	709
1:26.65	2:02.20	2:38.09	4:13.04	4:32.97	5:47.82	708
1:26.68	2:02.24	2:38.15	4:13.13	4:33.07	5:47.95	707
1:26.71	2:02.28	2:38.21	4:13.22	4:33.17	5:48.08	706
1:26.74	2:02.32	2:38.26	4:13.32	4:33.27	5:48.20	705
1:26.77	2:02.37	2:38.32	4:13.41	4:33.37	5:48.33	704
1:26.80	2:02.41	2:38.37	4:13.50	4:33.47	5:48.46	703
1:26.83	2:02.45	2:38.43	4:13.60	4:33.57	5:48.59	702
1:26.86	2:02.49	2:38.49	4:13.69	4:33.67	5:48.72	701



Points	600m	800m	1000m	1500m	Mile	2000m
700	1:26.89	2:02.54	2:38.54	4:13.79	4:33.78	5:48.84
699	1:26.92	2:02.58	2:38.60	4:13.88	4:33.88	5:48.97
698	1:26.95	2:02.62	2:38.66	4:13.97	4:33.98	5:49.10
697	1:26.98	2:02.66	2:38.71	4:14.07	4:34.08	5:49.23
696	1:27.02	2:02.71	2:38.77	4:14.16	4:34.18	5:49.36
695	1:27.05	2:02.75	2:38.83	4:14.25	4:34.28	5:49.48
694	1:27.08	2:02.79	2:38.88	4:14.35	4:34.38	5:49.61
693	1:27.11	2:02.83	2:38.94	4:14.44	4:34.48	5:49.74
692	1:27.14	2:02.88	2:39.00	4:14.54	4:34.58	5:49.87
691	1:27.17	2:02.92	2:39.05	4:14.63	4:34.69	5:50.00
690	1:27.20	2:02.96	2:39.11	4:14.73	4:34.79	5:50.13
689	1:27.23	2:03.01	2:39.17	4:14.82	4:34.89	5:50.26
688	1:27.26	2:03.05	2:39.22	4:14.91	4:34.99	5:50.39
687	1:27.29	2:03.09	2:39.28	4:15.01	4:35.09	5:50.51
686	1:27.32	2:03.13	2:39.34	4:15.10	4:35.19	5:50.64
685	1:27.35	2:03.18	2:39.39	4:15.20	4:35.30	5:50.77
684	1:27.38	2:03.22	2:39.45	4:15.29	4:35.40	5:50.90
683	1:27.41	2:03.26	2:39.51	4:15.39	4:35.50	5:51.03
682	1:27.44	2:03.31	2:39.57	4:15.48	4:35.60	5:51.16
681	1:27.48	2:03.35	2:39.62	4:15.58	4:35.70	5:51.29
680	1:27.51	2:03.39	2:39.68	4:15.67	4:35.81	5:51.42
679	1:27.54	2:03.43	2:39.74	4:15.77	4:35.91	5:51.55
678	1:27.57	2:03.48	2:39.79	4:15.86	4:36.01	5:51.68
677	1:27.60	2:03.52	2:39.85	4:15.96	4:36.11	5:51.81
676	1:27.63	2:03.56	2:39.91	4:16.05	4:36.22	5:51.94
675	1:27.66	2:03.61	2:39.97	4:16.15	4:36.32	5:52.07
674	1:27.69	2:03.65	2:40.02	4:16.25	4:36.42	5:52.20
673	1:27.72	2:03.69	2:40.08	4:16.34	4:36.53	5:52.33
672	1:27.75	2:03.74	2:40.14	4:16.44	4:36.63	5:52.46
671	1:27.79	2:03.78	2:40.20	4:16.53	4:36.73	5:52.59
670	1:27.82	2:03.82	2:40.25	4:16.63	4:36.83	5:52.72
669	1:27.85	2:03.87	2:40.31	4:16.72	4:36.94	5:52.86
668	1:27.88	2:03.91	2:40.37	4:16.82	4:37.04	5:52.99
667	1:27.91	2:03.95	2:40.43	4:16.92	4:37.14	5:53.12
666	1:27.94	2:04.00	2:40.48	4:17.01	4:37.25	5:53.25
665	1:27.97	2:04.04	2:40.54	4:17.11	4:37.35	5:53.38
664	1:28.00	2:04.09	2:40.60	4:17.20	4:37.45	5:53.51
663	1:28.03	2:04.13	2:40.66	4:17.30	4:37.56	5:53.64
662	1:28.07	2:04.17	2:40.72	4:17.40	4:37.66	5:53.77
661	1:28.10	2:04.22	2:40.77	4:17.49	4:37.77	5:53.91
660	1:28.13	2:04.26	2:40.83	4:17.59	4:37.87	5:54.04
659	1:28.16	2:04.30	2:40.89	4:17.69	4:37.97	5:54.17
658	1:28.19	2:04.35	2:40.95	4:17.78	4:38.08	5:54.30
657	1:28.22	2:04.39	2:41.01	4:17.88	4:38.18	5:54.43
656	1:28.25	2:04.44	2:41.07	4:17.98	4:38.29	5:54.57
655	1:28.29	2:04.48	2:41.12	4:18.07	4:38.39	5:54.70
654	1:28.32	2:04.52	2:41.18	4:18.17	4:38.49	5:54.83
653	1:28.35	2:04.57	2:41.24	4:18.27	4:38.60	5:54.96
652	1:28.38	2:04.61	2:41.30	4:18.36	4:38.70	5:55.09
651	1:28.41	2:04.65	2:41.36	4:18.46	4:38.81	5:55.23

600m	800m	1000m	1500m	Mile	2000m	Points
1:28.44	2:04.70	2:41.42	4:18.56	4:38.91	5:55.36	650
1:28.47	2:04.74	2:41.47	4:18.66	4:39.02	5:55.49	649
1:28.51	2:04.79	2:41.53	4:18.75	4:39.12	5:55.63	648
1:28.54	2:04.83	2:41.59	4:18.85	4:39.23	5:55.76	647
1:28.57	2:04.88	2:41.65	4:18.95	4:39.33	5:55.89	646
1:28.60	2:04.92	2:41.71	4:19.05	4:39.44	5:56.03	645
1:28.63	2:04.96	2:41.77	4:19.14	4:39.54	5:56.16	644
1:28.66	2:05.01	2:41.83	4:19.24	4:39.65	5:56.29	643
1:28.70	2:05.05	2:41.89	4:19.34	4:39.75	5:56.43	642
1:28.73	2:05.10	2:41.94	4:19.44	4:39.86	5:56.56	641
1:28.76	2:05.14	2:42.00	4:19.53	4:39.96	5:56.69	640
1:28.79	2:05.19	2:42.06	4:19.63	4:40.07	5:56.83	639
1:28.82	2:05.23	2:42.12	4:19.73	4:40.17	5:56.96	638
1:28.86	2:05.27	2:42.18	4:19.83	4:40.28	5:57.10	637
1:28.89	2:05.32	2:42.24	4:19.93	4:40.39	5:57.23	636
1:28.92	2:05.36	2:42.30	4:20.03	4:40.49	5:57.36	635
1:28.95	2:05.41	2:42.36	4:20.12	4:40.60	5:57.50	634
1:28.98	2:05.45	2:42.42	4:20.22	4:40.70	5:57.63	633
1:29.02	2:05.50	2:42.48	4:20.32	4:40.81	5:57.77	632
1:29.05	2:05.54	2:42.54	4:20.42	4:40.92	5:57.90	631
1:29.08	2:05.59	2:42.60	4:20.52	4:41.02	5:58.04	630
1:29.11	2:05.63	2:42.65	4:20.62	4:41.13	5:58.17	629
1:29.14	2:05.68	2:42.71	4:20.72	4:41.23	5:58.31	628
1:29.18	2:05.72	2:42.77	4:20.82	4:41.34	5:58.44	627
1:29.21	2:05.77	2:42.83	4:20.91	4:41.45	5:58.58	626
1:29.24	2:05.81	2:42.89	4:21.01	4:41.55	5:58.71	625
1:29.27	2:05.86	2:42.95	4:21.11	4:41.66	5:58.85	624
1:29.30	2:05.90	2:43.01	4:21.21	4:41.77	5:58.98	623
1:29.34	2:05.95	2:43.07	4:21.31	4:41.88	5:59.12	622
1:29.37	2:05.99	2:43.13	4:21.41	4:41.98	5:59.26	621
1:29.40	2:06.04	2:43.19	4:21.51	4:42.09	5:59.39	620
1:29.43	2:06.08	2:43.25	4:21.61	4:42.20	5:59.53	619
1:29.47	2:06.13	2:43.31	4:21.71	4:42.30	5:59.66	618
1:29.50	2:06.17	2:43.37	4:21.81	4:42.41	5:59.80	617
1:29.53	2:06.22	2:43.43	4:21.91	4:42.52	5:59.94	616
1:29.56	2:06.26	2:43.49	4:22.01	4:42.63	6:00.07	615
1:29.60	2:06.31	2:43.55	4:22.11	4:42.73	6:00.21	614
1:29.63	2:06.35	2:43.61	4:22.21	4:42.84	6:00.35	613
1:29.66	2:06.40	2:43.67	4:22.31	4:42.95	6:00.48	612
1:29.69	2:06.44	2:43.73	4:22.41	4:43.06	6:00.62	611
1:29.73	2:06.49	2:43.79	4:22.51	4:43.17	6:00.76	610
1:29.76	2:06.54	2:43.85	4:22.61	4:43.27	6:00.89	609
1:29.79	2:06.58	2:43.91	4:22.71	4:43.38	6:01.03	608
1:29.82	2:06.63	2:43.98	4:22.81	4:43.49	6:01.17	607
1:29.86	2:06.67	2:44.04	4:22.91	4:43.60	6:01.31	606
1:29.89	2:06.72	2:44.10	4:23.01	4:43.71	6:01.44	605
1:29.92	2:06.76	2:44.16	4:23.11	4:43.82	6:01.58	604
1:29.96	2:06.81	2:44.22	4:23.22	4:43.92	6:01.72	603
1:29.99	2:06.86	2:44.28	4:23.32	4:44.03	6:01.86	602
1:30.02	2:06.90	2:44.34	4:23.42	4:44.14	6:01.99	601

Points	600m	800m	1000m	1500m	Mile	2000m
600	1:30.05	2:06.95	2:44.40	4:23.52	4:44.25	6:02.13
599	1:30.09	2:06.99	2:44.46	4:23.62	4:44.36	6:02.27
598	1:30.12	2:07.04	2:44.52	4:23.72	4:44.47	6:02.41
597	1:30.15	2:07.08	2:44.58	4:23.82	4:44.58	6:02.55
596	1:30.19	2:07.13	2:44.64	4:23.92	4:44.69	6:02.69
595	1:30.22	2:07.18	2:44.71	4:24.03	4:44.80	6:02.83
594	1:30.25	2:07.22	2:44.77	4:24.13	4:44.91	6:02.96
593	1:30.28	2:07.27	2:44.83	4:24.23	4:45.02	6:03.10
592	1:30.32	2:07.32	2:44.89	4:24.33	4:45.13	6:03.24
591	1:30.35	2:07.36	2:44.95	4:24.43	4:45.24	6:03.38
590	1:30.38	2:07.41	2:45.01	4:24.54	4:45.35	6:03.52
589	1:30.42	2:07.45	2:45.07	4:24.64	4:45.45	6:03.66
588	1:30.45	2:07.50	2:45.13	4:24.74	4:45.56	6:03.80
587	1:30.48	2:07.55	2:45.20	4:24.84	4:45.68	6:03.94
586	1:30.52	2:07.59	2:45.26	4:24.94	4:45.79	6:04.08
585	1:30.55	2:07.64	2:45.32	4:25.05	4:45.90	6:04.22
584	1:30.58	2:07.69	2:45.38	4:25.15	4:46.01	6:04.36
583	1:30.62	2:07.73	2:45.44	4:25.25	4:46.12	6:04.50
582	1:30.65	2:07.78	2:45.51	4:25.35	4:46.23	6:04.64
581	1:30.68	2:07.83	2:45.57	4:25.46	4:46.34	6:04.78
580	1:30.72	2:07.87	2:45.63	4:25.56	4:46.45	6:04.92
579	1:30.75	2:07.92	2:45.69	4:25.66	4:46.56	6:05.06
578	1:30.78	2:07.97	2:45.75	4:25.77	4:46.67	6:05.20
577	1:30.82	2:08.01	2:45.81	4:25.87	4:46.78	6:05.34
576	1:30.85	2:08.06	2:45.88	4:25.97	4:46.89	6:05.48
575	1:30.88	2:08.11	2:45.94	4:26.08	4:47.00	6:05.62
574	1:30.92	2:08.15	2:46.00	4:26.18	4:47.12	6:05.77
573	1:30.95	2:08.20	2:46.06	4:26.28	4:47.23	6:05.91
572	1:30.99	2:08.25	2:46.13	4:26.39	4:47.34	6:06.05
571	1:31.02	2:08.29	2:46.19	4:26.49	4:47.45	6:06.19
570	1:31.05	2:08.34	2:46.25	4:26.59	4:47.56	6:06.33
569	1:31.09	2:08.39	2:46.31	4:26.70	4:47.67	6:06.47
568	1:31.12	2:08.43	2:46.38	4:26.80	4:47.79	6:06.62
567	1:31.15	2:08.48	2:46.44	4:26.91	4:47.90	6:06.76
566	1:31.19	2:08.53	2:46.50	4:27.01	4:48.01	6:06.90
565	1:31.22	2:08.58	2:46.56	4:27.11	4:48.12	6:07.04
564	1:31.26	2:08.62	2:46.63	4:27.22	4:48.23	6:07.19
563	1:31.29	2:08.67	2:46.69	4:27.32	4:48.35	6:07.33
562	1:31.32	2:08.72	2:46.75	4:27.43	4:48.46	6:07.47
561	1:31.36	2:08.77	2:46.82	4:27.53	4:48.57	6:07.61
560	1:31.39	2:08.81	2:46.88	4:27.64	4:48.68	6:07.76
559	1:31.43	2:08.86	2:46.94	4:27.74	4:48.80	6:07.90
558	1:31.46	2:08.91	2:47.01	4:27.85	4:48.91	6:08.04
557	1:31.49	2:08.96	2:47.07	4:27.95	4:49.02	6:08.19
556	1:31.53	2:09.00	2:47.13	4:28.06	4:49.14	6:08.33
555	1:31.56	2:09.05	2:47.19	4:28.16	4:49.25	6:08.47
554	1:31.60	2:09.10	2:47.26	4:28.27	4:49.36	6:08.62
553	1:31.63	2:09.15	2:47.32	4:28.37	4:49.48	6:08.76
552	1:31.66	2:09.19	2:47.39	4:28.48	4:49.59	6:08.91
551	1:31.70	2:09.24	2:47.45	4:28.58	4:49.70	6:09.05

600m	800m	1000m	1500m	Mile	2000m	Points
1:31.73	2:09.29	2:47.51	4:28.69	4:49.82	6:09.19	550
1:31.77	2:09.34	2:47.58	4:28.80	4:49.93	6:09.34	549
1:31.80	2:09.39	2:47.64	4:28.90	4:50.04	6:09.48	548
1:31.84	2:09.43	2:47.70	4:29.01	4:50.16	6:09.63	547
1:31.87	2:09.48	2:47.77	4:29.11	4:50.27	6:09.77	546
1:31.90	2:09.53	2:47.83	4:29.22	4:50.39	6:09.92	545
1:31.94	2:09.58	2:47.89	4:29.33	4:50.50	6:10.06	544
1:31.97	2:09.63	2:47.96	4:29.43	4:50.62	6:10.21	543
1:32.01	2:09.68	2:48.02	4:29.54	4:50.73	6:10.35	542
1:32.04	2:09.72	2:48.09	4:29.65	4:50.85	6:10.50	541
1:32.08	2:09.77	2:48.15	4:29.75	4:50.96	6:10.64	540
1:32.11	2:09.82	2:48.22	4:29.86	4:51.08	6:10.79	539
1:32.15	2:09.87	2:48.28	4:29.97	4:51.19	6:10.94	538
1:32.18	2:09.92	2:48.34	4:30.07	4:51.31	6:11.08	537
1:32.22	2:09.97	2:48.41	4:30.18	4:51.42	6:11.23	536
1:32.25	2:10.01	2:48.47	4:30.29	4:51.54	6:11.37	535
1:32.29	2:10.06	2:48.54	4:30.39	4:51.65	6:11.52	534
1:32.32	2:10.11	2:48.60	4:30.50	4:51.77	6:11.67	533
1:32.36	2:10.16	2:48.67	4:30.61	4:51.88	6:11.81	532
1:32.39	2:10.21	2:48.73	4:30.72	4:52.00	6:11.96	531
1:32.43	2:10.26	2:48.80	4:30.82	4:52.11	6:12.11	530
1:32.46	2:10.31	2:48.86	4:30.93	4:52.23	6:12.26	529
1:32.50	2:10.36	2:48.93	4:31.04	4:52.35	6:12.40	528
1:32.53	2:10.40	2:48.99	4:31.15	4:52.46	6:12.55	527
1:32.57	2:10.45	2:49.06	4:31.26	4:52.58	6:12.70	526
1:32.60	2:10.50	2:49.12	4:31.36	4:52.70	6:12.84	525
1:32.64	2:10.55	2:49.19	4:31.47	4:52.81	6:12.99	524
1:32.67	2:10.60	2:49.25	4:31.58	4:52.93	6:13.14	523
1:32.71	2:10.65	2:49.32	4:31.69	4:53.05	6:13.29	522
1:32.74	2:10.70	2:49.38	4:31.80	4:53.16	6:13.44	521
1:32.78	2:10.75	2:49.45	4:31.91	4:53.28	6:13.59	520
1:32.81	2:10.80	2:49.51	4:32.02	4:53.40	6:13.73	519
1:32.85	2:10.85	2:49.58	4:32.12	4:53.51	6:13.88	518
1:32.88	2:10.90	2:49.64	4:32.23	4:53.63	6:14.03	517
1:32.92	2:10.95	2:49.71	4:32.34	4:53.75	6:14.18	516
1:32.95	2:10.99	2:49.78	4:32.45	4:53.87	6:14.33	515
1:32.99	2:11.04	2:49.84	4:32.56	4:53.98	6:14.48	514
1:33.03	2:11.09	2:49.91	4:32.67	4:54.10	6:14.63	513
1:33.06	2:11.14	2:49.97	4:32.78	4:54.22	6:14.78	512
1:33.10	2:11.19	2:50.04	4:32.89	4:54.34	6:14.93	511
1:33.13	2:11.24	2:50.11	4:33.00	4:54.45	6:15.08	510
1:33.17	2:11.29	2:50.17	4:33.11	4:54.57	6:15.23	509
1:33.20	2:11.34	2:50.24	4:33.22	4:54.69	6:15.38	508
1:33.24	2:11.39	2:50.30	4:33.33	4:54.81	6:15.53	507
1:33.27	2:11.44	2:50.37	4:33.44	4:54.93	6:15.68	506
1:33.31	2:11.49	2:50.44	4:33.55	4:55.05	6:15.83	505
1:33.35	2:11.54	2:50.50	4:33.66	4:55.17	6:15.98	504
1:33.38	2:11.59	2:50.57	4:33.77	4:55.28	6:16.13	503
1:33.42	2:11.64	2:50.64	4:33.88	4:55.40	6:16.28	502
1:33.45	2:11.69	2:50.70	4:33.99	4:55.52	6:16.43	501

Points	600m	800m	1000m	1500m	Mile	2000m
500	1:33.49	2:11.74	2:50.77	4:34.10	4:55.64	6:16.58
499	1:33.53	2:11.79	2:50.84	4:34.21	4:55.76	6:16.74
498	1:33.56	2:11.84	2:50.90	4:34.32	4:55.88	6:16.89
497	1:33.60	2:11.89	2:50.97	4:34.44	4:56.00	6:17.04
496	1:33.63	2:11.94	2:51.04	4:34.55	4:56.12	6:17.19
495	1:33.67	2:12.00	2:51.10	4:34.66	4:56.24	6:17.34
494	1:33.71	2:12.05	2:51.17	4:34.77	4:56.36	6:17.50
493	1:33.74	2:12.10	2:51.24	4:34.88	4:56.48	6:17.65
492	1:33.78	2:12.15	2:51.30	4:34.99	4:56.60	6:17.80
491	1:33.82	2:12.20	2:51.37	4:35.11	4:56.72	6:17.95
490	1:33.85	2:12.25	2:51.44	4:35.22	4:56.84	6:18.11
489	1:33.89	2:12.30	2:51.51	4:35.33	4:56.96	6:18.26
488	1:33.92	2:12.35	2:51.57	4:35.44	4:57.08	6:18.41
487	1:33.96	2:12.40	2:51.64	4:35.55	4:57.20	6:18.57
486	1:34.00	2:12.45	2:51.71	4:35.67	4:57.33	6:18.72
485	1:34.03	2:12.50	2:51.78	4:35.78	4:57.45	6:18.87
484	1:34.07	2:12.55	2:51.85	4:35.89	4:57.57	6:19.03
483	1:34.11	2:12.60	2:51.91	4:36.00	4:57.69	6:19.18
482	1:34.14	2:12.66	2:51.98	4:36.12	4:57.81	6:19.33
481	1:34.18	2:12.71	2:52.05	4:36.23	4:57.93	6:19.49
480	1:34.22	2:12.76	2:52.12	4:36.34	4:58.05	6:19.64
479	1:34.25	2:12.81	2:52.19	4:36.46	4:58.18	6:19.80
478	1:34.29	2:12.86	2:52.25	4:36.57	4:58.30	6:19.95
477	1:34.33	2:12.91	2:52.32	4:36.68	4:58.42	6:20.11
476	1:34.36	2:12.96	2:52.39	4:36.80	4:58.54	6:20.26
475	1:34.40	2:13.02	2:52.46	4:36.91	4:58.66	6:20.42
474	1:34.44	2:13.07	2:52.53	4:37.02	4:58.79	6:20.57
473	1:34.48	2:13.12	2:52.60	4:37.14	4:58.91	6:20.73
472	1:34.51	2:13.17	2:52.66	4:37.25	4:59.03	6:20.88
471	1:34.55	2:13.22	2:52.73	4:37.37	4:59.16	6:21.04
470	1:34.59	2:13.27	2:52.80	4:37.48	4:59.28	6:21.20
469	1:34.62	2:13.33	2:52.87	4:37.60	4:59.40	6:21.35
468	1:34.66	2:13.38	2:52.94	4:37.71	4:59.52	6:21.51
467	1:34.70	2:13.43	2:53.01	4:37.82	4:59.65	6:21.67
466	1:34.74	2:13.48	2:53.08	4:37.94	4:59.77	6:21.82
465	1:34.77	2:13.53	2:53.15	4:38.05	4:59.90	6:21.98
464	1:34.81	2:13.59	2:53.22	4:38.17	5:00.02	6:22.14
463	1:34.85	2:13.64	2:53.29	4:38.28	5:00.14	6:22.29
462	1:34.89	2:13.69	2:53.35	4:38.40	5:00.27	6:22.45
461	1:34.92	2:13.74	2:53.42	4:38.52	5:00.39	6:22.61
460	1:34.96	2:13.80	2:53.49	4:38.63	5:00.52	6:22.77
459	1:35.00	2:13.85	2:53.56	4:38.75	5:00.64	6:22.92
458	1:35.04	2:13.90	2:53.63	4:38.86	5:00.77	6:23.08
457	1:35.07	2:13.95	2:53.70	4:38.98	5:00.89	6:23.24
456	1:35.11	2:14.01	2:53.77	4:39.09	5:01.01	6:23.40
455	1:35.15	2:14.06	2:53.84	4:39.21	5:01.14	6:23.56
454	1:35.19	2:14.11	2:53.91	4:39.33	5:01.27	6:23.72
453	1:35.22	2:14.16	2:53.98	4:39.44	5:01.39	6:23.88
452	1:35.26	2:14.22	2:54.05	4:39.56	5:01.52	6:24.04
451	1:35.30	2:14.27	2:54.12	4:39.68	5:01.64	6:24.19

600m	800m	1000m	1500m	Mile	2000m	Points
1:35.34	2:14.32	2:54.19	4:39.79	5:01.77	6:24.35	450
1:35.38	2:14.37	2:54.26	4:39.91	5:01.89	6:24.51	449
1:35.41	2:14.43	2:54.33	4:40.03	5:02.02	6:24.67	448
1:35.45	2:14.48	2:54.40	4:40.14	5:02.15	6:24.83	447
1:35.49	2:14.53	2:54.48	4:40.26	5:02.27	6:24.99	446
1:35.53	2:14.59	2:54.55	4:40.38	5:02.40	6:25.15	445
1:35.57	2:14.64	2:54.62	4:40.50	5:02.52	6:25.31	444
1:35.60	2:14.69	2:54.69	4:40.61	5:02.65	6:25.48	443
1:35.64	2:14.75	2:54.76	4:40.73	5:02.78	6:25.64	442
1:35.68	2:14.80	2:54.83	4:40.85	5:02.91	6:25.80	441
1:35.72	2:14.85	2:54.90	4:40.97	5:03.03	6:25.96	440
1:35.76	2:14.91	2:54.97	4:41.09	5:03.16	6:26.12	439
1:35.80	2:14.96	2:55.04	4:41.21	5:03.29	6:26.28	438
1:35.83	2:15.02	2:55.11	4:41.32	5:03.41	6:26.44	437
1:35.87	2:15.07	2:55.19	4:41.44	5:03.54	6:26.61	436
1:35.91	2:15.12	2:55.26	4:41.56	5:03.67	6:26.77	435
1:35.95	2:15.18	2:55.33	4:41.68	5:03.80	6:26.93	434
1:35.99	2:15.23	2:55.40	4:41.80	5:03.93	6:27.09	433
1:36.03	2:15.29	2:55.47	4:41.92	5:04.05	6:27.26	432
1:36.07	2:15.34	2:55.54	4:42.04	5:04.18	6:27.42	431
1:36.11	2:15.39	2:55.62	4:42.16	5:04.31	6:27.58	430
1:36.14	2:15.45	2:55.69	4:42.28	5:04.44	6:27.75	429
1:36.18	2:15.50	2:55.76	4:42.40	5:04.57	6:27.91	428
1:36.22	2:15.56	2:55.83	4:42.52	5:04.70	6:28.07	427
1:36.26	2:15.61	2:55.90	4:42.64	5:04.83	6:28.24	426
1:36.30	2:15.67	2:55.98	4:42.76	5:04.96	6:28.40	425
1:36.34	2:15.72	2:56.05	4:42.88	5:05.09	6:28.57	424
1:36.38	2:15.77	2:56.12	4:43.00	5:05.22	6:28.73	423
1:36.42	2:15.83	2:56.19	4:43.12	5:05.35	6:28.89	422
1:36.46	2:15.88	2:56.27	4:43.24	5:05.48	6:29.06	421
1:36.50	2:15.94	2:56.34	4:43.36	5:05.61	6:29.22	420
1:36.54	2:15.99	2:56.41	4:43.48	5:05.74	6:29.39	419
1:36.57	2:16.05	2:56.49	4:43.60	5:05.87	6:29.56	418
1:36.61	2:16.10	2:56.56	4:43.72	5:06.00	6:29.72	417
1:36.65	2:16.16	2:56.63	4:43.85	5:06.13	6:29.89	416
1:36.69	2:16.21	2:56.70	4:43.97	5:06.26	6:30.05	415
1:36.73	2:16.27	2:56.78	4:44.09	5:06.39	6:30.22	414
1:36.77	2:16.32	2:56.85	4:44.21	5:06.52	6:30.39	413
1:36.81	2:16.38	2:56.92	4:44.33	5:06.65	6:30.55	412
1:36.85	2:16.43	2:57.00	4:44.46	5:06.79	6:30.72	411
1:36.89	2:16.49	2:57.07	4:44.58	5:06.92	6:30.89	410
1:36.93	2:16.55	2:57.15	4:44.70	5:07.05	6:31.05	409
1:36.97	2:16.60	2:57.22	4:44.82	5:07.18	6:31.22	408
1:37.01	2:16.66	2:57.29	4:44.95	5:07.31	6:31.39	407
1:37.05	2:16.71	2:57.37	4:45.07	5:07.45	6:31.56	406
1:37.09	2:16.77	2:57.44	4:45.19	5:07.58	6:31.73	405
1:37.13	2:16.82	2:57.52	4:45.32	5:07.71	6:31.89	404
1:37.17	2:16.88	2:57.59	4:45.44	5:07.84	6:32.06	403
1:37.21	2:16.94	2:57.66	4:45.56	5:07.98	6:32.23	402
1:37.25	2:16.99	2:57.74	4:45.69	5:08.11	6:32.40	401

Points	600m	800m	1000m	1500m	Mile	2000m
400	1:37.29	2:17.05	2:57.81	4:45.81	5:08.24	6:32.57
399	1:37.33	2:17.10	2:57.89	4:45.93	5:08.38	6:32.74
398	1:37.37	2:17.16	2:57.96	4:46.06	5:08.51	6:32.91
397	1:37.41	2:17.22	2:58.04	4:46.18	5:08.64	6:33.08
396	1:37.45	2:17.27	2:58.11	4:46.31	5:08.78	6:33.25
395	1:37.49	2:17.33	2:58.19	4:46.43	5:08.91	6:33.42
394	1:37.53	2:17.39	2:58.26	4:46.56	5:09.05	6:33.59
393	1:37.57	2:17.44	2:58.34	4:46.68	5:09.18	6:33.76
392	1:37.62	2:17.50	2:58.41	4:46.81	5:09.32	6:33.93
391	1:37.66	2:17.56	2:58.49	4:46.93	5:09.45	6:34.10
390	1:37.70	2:17.61	2:58.56	4:47.06	5:09.59	6:34.27
389	1:37.74	2:17.67	2:58.64	4:47.18	5:09.72	6:34.44
388	1:37.78	2:17.73	2:58.72	4:47.31	5:09.86	6:34.62
387	1:37.82	2:17.78	2:58.79	4:47.43	5:09.99	6:34.79
386	1:37.86	2:17.84	2:58.87	4:47.56	5:10.13	6:34.96
385	1:37.90	2:17.90	2:58.94	4:47.69	5:10.26	6:35.13
384	1:37.94	2:17.96	2:59.02	4:47.81	5:10.40	6:35.31
383	1:37.98	2:18.01	2:59.10	4:47.94	5:10.54	6:35.48
382	1:38.02	2:18.07	2:59.17	4:48.07	5:10.67	6:35.65
381	1:38.07	2:18.13	2:59.25	4:48.19	5:10.81	6:35.82
380	1:38.11	2:18.19	2:59.32	4:48.32	5:10.95	6:36.00
379	1:38.15	2:18.24	2:59.40	4:48.45	5:11.08	6:36.17
378	1:38.19	2:18.30	2:59.48	4:48.58	5:11.22	6:36.35
377	1:38.23	2:18.36	2:59.55	4:48.70	5:11.36	6:36.52
376	1:38.27	2:18.42	2:59.63	4:48.83	5:11.49	6:36.69
375	1:38.31	2:18.48	2:59.71	4:48.96	5:11.63	6:36.87
374	1:38.36	2:18.53	2:59.79	4:49.09	5:11.77	6:37.04
373	1:38.40	2:18.59	2:59.86	4:49.22	5:11.91	6:37.22
372	1:38.44	2:18.65	2:59.94	4:49.34	5:12.05	6:37.39
371	1:38.48	2:18.71	3:00.02	4:49.47	5:12.19	6:37.57
370	1:38.52	2:18.77	3:00.10	4:49.60	5:12.32	6:37.75
369	1:38.56	2:18.83	3:00.17	4:49.73	5:12.46	6:37.92
368	1:38.61	2:18.88	3:00.25	4:49.86	5:12.60	6:38.10
367	1:38.65	2:18.94	3:00.33	4:49.99	5:12.74	6:38.28
366	1:38.69	2:19.00	3:00.41	4:50.12	5:12.88	6:38.45
365	1:38.73	2:19.06	3:00.48	4:50.25	5:13.02	6:38.63
364	1:38.77	2:19.12	3:00.56	4:50.38	5:13.16	6:38.81
363	1:38.82	2:19.18	3:00.64	4:50.51	5:13.30	6:38.98
362	1:38.86	2:19.24	3:00.72	4:50.64	5:13.44	6:39.16
361	1:38.90	2:19.30	3:00.80	4:50.77	5:13.58	6:39.34
360	1:38.94	2:19.35	3:00.88	4:50.90	5:13.72	6:39.52
359	1:38.99	2:19.41	3:00.95	4:51.03	5:13.86	6:39.70
358	1:39.03	2:19.47	3:01.03	4:51.16	5:14.00	6:39.88
357	1:39.07	2:19.53	3:01.11	4:51.29	5:14.14	6:40.06
356	1:39.11	2:19.59	3:01.19	4:51.42	5:14.29	6:40.23
355	1:39.16	2:19.65	3:01.27	4:51.56	5:14.43	6:40.41
354	1:39.20	2:19.71	3:01.35	4:51.69	5:14.57	6:40.59
353	1:39.24	2:19.77	3:01.43	4:51.82	5:14.71	6:40.77
352	1:39.29	2:19.83	3:01.51	4:51.95	5:14.85	6:40.95
351	1:39.33	2:19.89	3:01.59	4:52.08	5:15.00	6:41.13

600m	800m	1000m	1500m	Mile	2000m	Points
1:39.37	2:19.95	3:01.67	4:52.22	5:15.14	6:41.32	350
1:39.41	2:20.01	3:01.75	4:52.35	5:15.28	6:41.50	349
1:39.46	2:20.07	3:01.83	4:52.48	5:15.42	6:41.68	348
1:39.50	2:20.13	3:01.91	4:52.61	5:15.57	6:41.86	347
1:39.54	2:20.19	3:01.99	4:52.75	5:15.71	6:42.04	346
1:39.59	2:20.25	3:02.07	4:52.88	5:15.85	6:42.22	345
1:39.63	2:20.31	3:02.15	4:53.01	5:16.00	6:42.41	344
1:39.67	2:20.37	3:02.23	4:53.15	5:16.14	6:42.59	343
1:39.72	2:20.43	3:02.31	4:53.28	5:16.29	6:42.77	342
1:39.76	2:20.50	3:02.39	4:53.42	5:16.43	6:42.95	341
1:39.80	2:20.56	3:02.47	4:53.55	5:16.57	6:43.14	340
1:39.85	2:20.62	3:02.55	4:53.69	5:16.72	6:43.32	339
1:39.89	2:20.68	3:02.63	4:53.82	5:16.86	6:43.51	338
1:39.94	2:20.74	3:02.71	4:53.96	5:17.01	6:43.69	337
1:39.98	2:20.80	3:02.80	4:54.09	5:17.16	6:43.87	336
1:40.02	2:20.86	3:02.88	4:54.23	5:17.30	6:44.06	335
1:40.07	2:20.92	3:02.96	4:54.36	5:17.45	6:44.24	334
1:40.11	2:20.99	3:03.04	4:54.50	5:17.59	6:44.43	333
1:40.16	2:21.05	3:03.12	4:54.63	5:17.74	6:44.62	332
1:40.20	2:21.11	3:03.20	4:54.77	5:17.89	6:44.80	331
1:40.24	2:21.17	3:03.29	4:54.91	5:18.03	6:44.99	330
1:40.29	2:21.23	3:03.37	4:55.04	5:18.18	6:45.17	329
1:40.33	2:21.29	3:03.45	4:55.18	5:18.33	6:45.36	328
1:40.38	2:21.36	3:03.53	4:55.32	5:18.47	6:45.55	327
1:40.42	2:21.42	3:03.62	4:55.45	5:18.62	6:45.74	326
1:40.47	2:21.48	3:03.70	4:55.59	5:18.77	6:45.92	325
1:40.51	2:21.54	3:03.78	4:55.73	5:18.92	6:46.11	324
1:40.56	2:21.61	3:03.86	4:55.87	5:19.07	6:46.30	323
1:40.60	2:21.67	3:03.95	4:56.00	5:19.22	6:46.49	322
1:40.65	2:21.73	3:04.03	4:56.14	5:19.36	6:46.68	321
1:40.69	2:21.79	3:04.11	4:56.28	5:19.51	6:46.87	320
1:40.74	2:21.86	3:04.20	4:56.42	5:19.66	6:47.06	319
1:40.78	2:21.92	3:04.28	4:56.56	5:19.81	6:47.25	318
1:40.83	2:21.98	3:04.37	4:56.70	5:19.96	6:47.44	317
1:40.87	2:22.05	3:04.45	4:56.84	5:20.11	6:47.63	316
1:40.92	2:22.11	3:04.53	4:56.98	5:20.26	6:47.82	315
1:40.96	2:22.17	3:04.62	4:57.12	5:20.41	6:48.01	314
1:41.01	2:22.24	3:04.70	4:57.26	5:20.56	6:48.20	313
1:41.05	2:22.30	3:04.79	4:57.40	5:20.71	6:48.39	312
1:41.10	2:22.36	3:04.87	4:57.54	5:20.87	6:48.58	311
1:41.14	2:22.43	3:04.95	4:57.68	5:21.02	6:48.77	310
1:41.19	2:22.49	3:05.04	4:57.82	5:21.17	6:48.97	309
1:41.24	2:22.55	3:05.12	4:57.96	5:21.32	6:49.16	308
1:41.28	2:22.62	3:05.21	4:58.10	5:21.47	6:49.35	307
1:41.33	2:22.68	3:05.29	4:58.24	5:21.63	6:49.55	306
1:41.37	2:22.75	3:05.38	4:58.39	5:21.78	6:49.74	305
1:41.42	2:22.81	3:05.47	4:58.53	5:21.93	6:49.93	304
1:41.47	2:22.88	3:05.55	4:58.67	5:22.08	6:50.13	303
1:41.51	2:22.94	3:05.64	4:58.81	5:22.24	6:50.32	302
1:41.56	2:23.01	3:05.72	4:58.96	5:22.39	6:50.52	301



Points	600m	800m	1000m	1500m	Mile	2000m
300	1:41.61	2:23.07	3:05.81	4:59.10	5:22.54	6:50.71
299	1:41.65	2:23.13	3:05.90	4:59.24	5:22.70	6:50.91
298	1:41.70	2:23.20	3:05.98	4:59.39	5:22.85	6:51.10
297	1:41.75	2:23.27	3:06.07	4:59.53	5:23.01	6:51.30
296	1:41.79	2:23.33	3:06.15	4:59.67	5:23.16	6:51.50
295	1:41.84	2:23.40	3:06.24	4:59.82	5:23.32	6:51.69
294	1:41.89	2:23.46	3:06.33	4:59.96	5:23.47	6:51.89
293	1:41.93	2:23.53	3:06.42	5:00.11	5:23.63	6:52.09
292	1:41.98	2:23.59	3:06.50	5:00.25	5:23.79	6:52.29
291	1:42.03	2:23.66	3:06.59	5:00.40	5:23.94	6:52.49
290	1:42.07	2:23.72	3:06.68	5:00.54	5:24.10	6:52.68
289	1:42.12	2:23.79	3:06.77	5:00.69	5:24.26	6:52.88
288	1:42.17	2:23.86	3:06.85	5:00.83	5:24.41	6:53.08
287	1:42.22	2:23.92	3:06.94	5:00.98	5:24.57	6:53.28
286	1:42.26	2:23.99	3:07.03	5:01.13	5:24.73	6:53.48
285	1:42.31	2:24.06	3:07.12	5:01.27	5:24.89	6:53.68
284	1:42.36	2:24.12	3:07.21	5:01.42	5:25.04	6:53.88
283	1:42.41	2:24.19	3:07.30	5:01.57	5:25.20	6:54.08
282	1:42.46	2:24.26	3:07.38	5:01.71	5:25.36	6:54.29
281	1:42.50	2:24.32	3:07.47	5:01.86	5:25.52	6:54.49
280	1:42.55	2:24.39	3:07.56	5:02.01	5:25.68	6:54.69
279	1:42.60	2:24.46	3:07.65	5:02.16	5:25.84	6:54.89
278	1:42.65	2:24.52	3:07.74	5:02.31	5:26.00	6:55.09
277	1:42.70	2:24.59	3:07.83	5:02.46	5:26.16	6:55.30
276	1:42.74	2:24.66	3:07.92	5:02.61	5:26.32	6:55.50
275	1:42.79	2:24.73	3:08.01	5:02.76	5:26.48	6:55.71
274	1:42.84	2:24.80	3:08.10	5:02.90	5:26.64	6:55.91
273	1:42.89	2:24.86	3:08.19	5:03.05	5:26.80	6:56.11
272	1:42.94	2:24.93	3:08.28	5:03.20	5:26.96	6:56.32
271	1:42.99	2:25.00	3:08.37	5:03.36	5:27.13	6:56.53
270	1:43.04	2:25.07	3:08.46	5:03.51	5:27.29	6:56.73
269	1:43.09	2:25.14	3:08.55	5:03.66	5:27.45	6:56.94
268	1:43.14	2:25.20	3:08.64	5:03.81	5:27.61	6:57.14
267	1:43.18	2:25.27	3:08.73	5:03.96	5:27.78	6:57.35
266	1:43.23	2:25.34	3:08.83	5:04.11	5:27.94	6:57.56
265	1:43.28	2:25.41	3:08.92	5:04.26	5:28.11	6:57.77
264	1:43.33	2:25.48	3:09.01	5:04.42	5:28.27	6:57.97
263	1:43.38	2:25.55	3:09.10	5:04.57	5:28.43	6:58.18
262	1:43.43	2:25.62	3:09.19	5:04.72	5:28.60	6:58.39
261	1:43.48	2:25.69	3:09.29	5:04.88	5:28.76	6:58.60
260	1:43.53	2:25.76	3:09.38	5:05.03	5:28.93	6:58.81
259	1:43.58	2:25.83	3:09.47	5:05.18	5:29.09	6:59.02
258	1:43.63	2:25.90	3:09.56	5:05.34	5:29.26	6:59.23
257	1:43.68	2:25.97	3:09.66	5:05.49	5:29.43	6:59.44
256	1:43.73	2:26.04	3:09.75	5:05.65	5:29.59	6:59.65
255	1:43.78	2:26.11	3:09.84	5:05.80	5:29.76	6:59.87
254	1:43.83	2:26.18	3:09.94	5:05.96	5:29.93	7:00.08
253	1:43.88	2:26.25	3:10.03	5:06.11	5:30.10	7:00.29
252	1:43.93	2:26.32	3:10.12	5:06.27	5:30.26	7:00.50
251	1:43.98	2:26.39	3:10.22	5:06.43	5:30.43	7:00.72

600m	800m	1000m	1500m	Mile	2000m	Points
1:44.04	2:26.46	3:10.31	5:06.58	5:30.60	7:00.93	250
1:44.09	2:26.53	3:10.41	5:06.74	5:30.77	7:01.15	249
1:44.14	2:26.60	3:10.50	5:06.90	5:30.94	7:01.36	248
1:44.19	2:26.68	3:10.60	5:07.05	5:31.11	7:01.58	247
1:44.24	2:26.75	3:10.69	5:07.21	5:31.28	7:01.79	246
1:44.29	2:26.82	3:10.79	5:07.37	5:31.45	7:02.01	245
1:44.34	2:26.89	3:10.88	5:07.53	5:31.62	7:02.22	244
1:44.39	2:26.96	3:10.98	5:07.69	5:31.79	7:02.44	243
1:44.45	2:27.03	3:11.07	5:07.85	5:31.96	7:02.66	242
1:44.50	2:27.11	3:11.17	5:08.01	5:32.13	7:02.88	241
1:44.55	2:27.18	3:11.27	5:08.17	5:32.31	7:03.09	240
1:44.60	2:27.25	3:11.36	5:08.33	5:32.48	7:03.31	239
1:44.65	2:27.32	3:11.46	5:08.49	5:32.65	7:03.53	238
1:44.71	2:27.40	3:11.56	5:08.65	5:32.82	7:03.75	237
1:44.76	2:27.47	3:11.65	5:08.81	5:33.00	7:03.97	236
1:44.81	2:27.54	3:11.75	5:08.97	5:33.17	7:04.19	235
1:44.86	2:27.62	3:11.85	5:09.13	5:33.35	7:04.41	234
1:44.92	2:27.69	3:11.95	5:09.30	5:33.52	7:04.64	233
1:44.97	2:27.76	3:12.04	5:09.46	5:33.70	7:04.86	232
1:45.02	2:27.84	3:12.14	5:09.62	5:33.87	7:05.08	231
1:45.08	2:27.91	3:12.24	5:09.78	5:34.05	7:05.30	230
1:45.13	2:27.99	3:12.34	5:09.95	5:34.22	7:05.53	229
1:45.18	2:28.06	3:12.44	5:10.11	5:34.40	7:05.75	228
1:45.24	2:28.14	3:12.54	5:10.28	5:34.58	7:05.98	227
1:45.29	2:28.21	3:12.63	5:10.44	5:34.75	7:06.20	226
1:45.34	2:28.29	3:12.73	5:10.61	5:34.93	7:06.43	225
1:45.40	2:28.36	3:12.83	5:10.77	5:35.11	7:06.65	224
1:45.45	2:28.44	3:12.93	5:10.94	5:35.29	7:06.88	223
1:45.50	2:28.51	3:13.03	5:11.10	5:35.47	7:07.10	222
1:45.56	2:28.59	3:13.13	5:11.27	5:35.65	7:07.33	221
1:45.61	2:28.66	3:13.23	5:11.44	5:35.83	7:07.56	220
1:45.67	2:28.74	3:13.33	5:11.60	5:36.01	7:07.79	219
1:45.72	2:28.81	3:13.44	5:11.77	5:36.19	7:08.02	218
1:45.78	2:28.89	3:13.54	5:11.94	5:36.37	7:08.25	217
1:45.83	2:28.97	3:13.64	5:12.11	5:36.55	7:08.48	216
1:45.89	2:29.04	3:13.74	5:12.28	5:36.73	7:08.71	215
1:45.94	2:29.12	3:13.84	5:12.45	5:36.91	7:08.94	214
1:46.00	2:29.20	3:13.94	5:12.62	5:37.10	7:09.17	213
1:46.05	2:29.27	3:14.05	5:12.79	5:37.28	7:09.40	212
1:46.11	2:29.35	3:14.15	5:12.96	5:37.46	7:09.64	211
1:46.16	2:29.43	3:14.25	5:13.13	5:37.65	7:09.87	210
1:46.22	2:29.51	3:14.35	5:13.30	5:37.83	7:10.10	209
1:46.27	2:29.58	3:14.46	5:13.47	5:38.01	7:10.34	208
1:46.33	2:29.66	3:14.56	5:13.64	5:38.20	7:10.57	207
1:46.38	2:29.74	3:14.67	5:13.82	5:38.39	7:10.81	206
1:46.44	2:29.82	3:14.77	5:13.99	5:38.57	7:11.04	205
1:46.50	2:29.90	3:14.87	5:14.16	5:38.76	7:11.28	204
1:46.55	2:29.98	3:14.98	5:14.34	5:38.95	7:11.52	203
1:46.61	2:30.05	3:15.08	5:14.51	5:39.13	7:11.76	202
1:46.67	2:30.13	3:15.19	5:14.69	5:39.32	7:12.00	201

Points	600m	800m	1000m	1500m	Mile	2000m
200	1:46.72	2:30.21	3:15.29	5:14.86	5:39.51	7:12.23
199	1:46.78	2:30.29	3:15.40	5:15.04	5:39.70	7:12.47
198	1:46.84	2:30.37	3:15.51	5:15.21	5:39.89	7:12.71
197	1:46.90	2:30.45	3:15.61	5:15.39	5:40.08	7:12.96
196	1:46.95	2:30.53	3:15.72	5:15.57	5:40.27	7:13.20
195	1:47.01	2:30.61	3:15.82	5:15.74	5:40.46	7:13.44
194	1:47.07	2:30.69	3:15.93	5:15.92	5:40.65	7:13.68
193	1:47.13	2:30.77	3:16.04	5:16.10	5:40.84	7:13.93
192	1:47.18	2:30.86	3:16.15	5:16.28	5:41.03	7:14.17
191	1:47.24	2:30.94	3:16.25	5:16.46	5:41.23	7:14.41
190	1:47.30	2:31.02	3:16.36	5:16.64	5:41.42	7:14.66
189	1:47.36	2:31.10	3:16.47	5:16.82	5:41.62	7:14.90
188	1:47.42	2:31.18	3:16.58	5:17.00	5:41.81	7:15.15
187	1:47.48	2:31.26	3:16.69	5:17.18	5:42.00	7:15.40
186	1:47.54	2:31.35	3:16.80	5:17.36	5:42.20	7:15.65
185	1:47.59	2:31.43	3:16.91	5:17.54	5:42.40	7:15.90
184	1:47.65	2:31.51	3:17.02	5:17.72	5:42.59	7:16.14
183	1:47.71	2:31.59	3:17.13	5:17.91	5:42.79	7:16.39
182	1:47.77	2:31.68	3:17.24	5:18.09	5:42.99	7:16.65
181	1:47.83	2:31.76	3:17.35	5:18.28	5:43.18	7:16.90
180	1:47.89	2:31.84	3:17.46	5:18.46	5:43.38	7:17.15
179	1:47.95	2:31.93	3:17.57	5:18.64	5:43.58	7:17.40
178	1:48.01	2:32.01	3:17.68	5:18.83	5:43.78	7:17.65
177	1:48.07	2:32.10	3:17.79	5:19.02	5:43.98	7:17.91
176	1:48.13	2:32.18	3:17.91	5:19.20	5:44.18	7:18.16
175	1:48.19	2:32.27	3:18.02	5:19.39	5:44.39	7:18.42
174	1:48.26	2:32.35	3:18.13	5:19.58	5:44.59	7:18.68
173	1:48.32	2:32.44	3:18.25	5:19.77	5:44.79	7:18.93
172	1:48.38	2:32.52	3:18.36	5:19.95	5:44.99	7:19.19
171	1:48.44	2:32.61	3:18.47	5:20.14	5:45.20	7:19.45
170	1:48.50	2:32.69	3:18.59	5:20.33	5:45.40	7:19.71
169	1:48.56	2:32.78	3:18.70	5:20.52	5:45.61	7:19.97
168	1:48.62	2:32.87	3:18.82	5:20.72	5:45.81	7:20.23
167	1:48.69	2:32.95	3:18.93	5:20.91	5:46.02	7:20.49
166	1:48.75	2:33.04	3:19.05	5:21.10	5:46.22	7:20.75
165	1:48.81	2:33.13	3:19.16	5:21.29	5:46.43	7:21.02
164	1:48.87	2:33.22	3:19.28	5:21.49	5:46.64	7:21.28
163	1:48.94	2:33.30	3:19.40	5:21.68	5:46.85	7:21.54
162	1:49.00	2:33.39	3:19.51	5:21.87	5:47.06	7:21.81
161	1:49.06	2:33.48	3:19.63	5:22.07	5:47.27	7:22.08
160	1:49.13	2:33.57	3:19.75	5:22.26	5:47.48	7:22.34
159	1:49.19	2:33.66	3:19.87	5:22.46	5:47.69	7:22.61
158	1:49.26	2:33.75	3:19.99	5:22.66	5:47.90	7:22.88
157	1:49.32	2:33.84	3:20.10	5:22.86	5:48.11	7:23.15
156	1:49.38	2:33.93	3:20.22	5:23.05	5:48.33	7:23.42
155	1:49.45	2:34.02	3:20.34	5:23.25	5:48.54	7:23.69
154	1:49.51	2:34.11	3:20.46	5:23.45	5:48.76	7:23.97
153	1:49.58	2:34.20	3:20.58	5:23.65	5:48.97	7:24.24
152	1:49.64	2:34.29	3:20.70	5:23.85	5:49.19	7:24.51
151	1:49.71	2:34.38	3:20.83	5:24.05	5:49.41	7:24.79

600m	800m	1000m	1500m	Mile	2000m	Points
1:49.77	2:34.47	3:20.95	5:24.26	5:49.62	7:25.06	150
1:49.84	2:34.56	3:21.07	5:24.46	5:49.84	7:25.34	149
1:49.91	2:34.66	3:21.19	5:24.66	5:50.06	7:25.62	148
1:49.97	2:34.75	3:21.31	5:24.87	5:50.28	7:25.90	147
1:50.04	2:34.84	3:21.44	5:25.07	5:50.50	7:26.18	146
1:50.11	2:34.93	3:21.56	5:25.28	5:50.72	7:26.46	145
1:50.17	2:35.03	3:21.69	5:25.48	5:50.94	7:26.74	144
1:50.24	2:35.12	3:21.81	5:25.69	5:51.17	7:27.02	143
1:50.31	2:35.21	3:21.94	5:25.90	5:51.39	7:27.31	142
1:50.38	2:35.31	3:22.06	5:26.11	5:51.61	7:27.59	141
1:50.44	2:35.40	3:22.19	5:26.32	5:51.84	7:27.88	140
1:50.51	2:35.50	3:22.31	5:26.53	5:52.07	7:28.16	139
1:50.58	2:35.59	3:22.44	5:26.74	5:52.29	7:28.45	138
1:50.65	2:35.69	3:22.57	5:26.95	5:52.52	7:28.74	137
1:50.72	2:35.79	3:22.69	5:27.16	5:52.75	7:29.03	136
1:50.79	2:35.88	3:22.82	5:27.37	5:52.98	7:29.32	135
1:50.86	2:35.98	3:22.95	5:27.59	5:53.21	7:29.61	134
1:50.93	2:36.08	3:23.08	5:27.80	5:53.44	7:29.90	133
1:51.00	2:36.18	3:23.21	5:28.02	5:53.67	7:30.20	132
1:51.07	2:36.27	3:23.34	5:28.23	5:53.90	7:30.49	131
1:51.14	2:36.37	3:23.47	5:28.45	5:54.14	7:30.79	130
1:51.21	2:36.47	3:23.60	5:28.67	5:54.37	7:31.09	129
1:51.28	2:36.57	3:23.73	5:28.89	5:54.61	7:31.39	128
1:51.35	2:36.67	3:23.87	5:29.11	5:54.84	7:31.69	127
1:51.42	2:36.77	3:24.00	5:29.33	5:55.08	7:31.99	126
1:51.49	2:36.87	3:24.13	5:29.55	5:55.32	7:32.29	125
1:51.56	2:36.97	3:24.27	5:29.77	5:55.56	7:32.59	124
1:51.64	2:37.07	3:24.40	5:29.99	5:55.80	7:32.90	123
1:51.71	2:37.17	3:24.53	5:30.22	5:56.04	7:33.20	122
1:51.78	2:37.27	3:24.67	5:30.44	5:56.28	7:33.51	121
1:51.86	2:37.38	3:24.81	5:30.67	5:56.52	7:33.82	120
1:51.93	2:37.48	3:24.94	5:30.90	5:56.77	7:34.13	119
1:52.00	2:37.58	3:25.08	5:31.12	5:57.01	7:34.44	118
1:52.08	2:37.69	3:25.22	5:31.35	5:57.26	7:34.75	117
1:52.15	2:37.79	3:25.36	5:31.58	5:57.51	7:35.07	116
1:52.23	2:37.90	3:25.49	5:31.81	5:57.76	7:35.38	115
1:52.30	2:38.00	3:25.63	5:32.04	5:58.00	7:35.70	114
1:52.38	2:38.11	3:25.77	5:32.28	5:58.26	7:36.02	113
1:52.45	2:38.21	3:25.91	5:32.51	5:58.51	7:36.33	112
1:52.53	2:38.32	3:26.06	5:32.75	5:58.76	7:36.65	111
1:52.61	2:38.42	3:26.20	5:32.98	5:59.01	7:36.98	110
1:52.68	2:38.53	3:26.34	5:33.22	5:59.27	7:37.30	109
1:52.76	2:38.64	3:26.48	5:33.46	5:59.52	7:37.63	108
1:52.84	2:38.75	3:26.63	5:33.70	5:59.78	7:37.95	107
1:52.92	2:38.86	3:26.77	5:33.94	6:00.04	7:38.28	106
1:53.00	2:38.97	3:26.92	5:34.18	6:00.30	7:38.61	105
1:53.07	2:39.08	3:27.06	5:34.42	6:00.56	7:38.94	104
1:53.15	2:39.19	3:27.21	5:34.66	6:00.82	7:39.27	103
1:53.23	2:39.30	3:27.36	5:34.91	6:01.09	7:39.61	102
1:53.31	2:39.41	3:27.51	5:35.16	6:01.35	7:39.94	101

Points	600m	800m	1000m	1500m	Mile	2000m
100	1:53.39	2:39.52	3:27.65	5:35.40	6:01.62	7:40.28
99	1:53.47	2:39.63	3:27.80	5:35.65	6:01.89	7:40.62
98	1:53.56	2:39.75	3:27.95	5:35.90	6:02.16	7:40.96
97	1:53.64	2:39.86	3:28.11	5:36.15	6:02.43	7:41.31
96	1:53.72	2:39.98	3:28.26	5:36.40	6:02.70	7:41.65
95	1:53.80	2:40.09	3:28.41	5:36.66	6:02.97	7:42.00
94	1:53.88	2:40.21	3:28.56	5:36.91	6:03.24	7:42.34
93	1:53.97	2:40.32	3:28.72	5:37.17	6:03.52	7:42.69
92	1:54.05	2:40.44	3:28.87	5:37.43	6:03.80	7:43.05
91	1:54.13	2:40.56	3:29.03	5:37.69	6:04.08	7:43.40
90	1:54.22	2:40.67	3:29.19	5:37.95	6:04.36	7:43.76
89	1:54.30	2:40.79	3:29.34	5:38.21	6:04.64	7:44.11
88	1:54.39	2:40.91	3:29.50	5:38.47	6:04.92	7:44.47
87	1:54.48	2:41.03	3:29.66	5:38.74	6:05.21	7:44.84
86	1:54.56	2:41.15	3:29.82	5:39.00	6:05.50	7:45.20
85	1:54.65	2:41.28	3:29.98	5:39.27	6:05.78	7:45.57
84	1:54.74	2:41.40	3:30.15	5:39.54	6:06.08	7:45.93
83	1:54.83	2:41.52	3:30.31	5:39.81	6:06.37	7:46.31
82	1:54.91	2:41.64	3:30.47	5:40.09	6:06.66	7:46.68
81	1:55.00	2:41.77	3:30.64	5:40.36	6:06.96	7:47.05
80	1:55.09	2:41.89	3:30.80	5:40.64	6:07.25	7:47.43
79	1:55.18	2:42.02	3:30.97	5:40.92	6:07.55	7:47.81
78	1:55.27	2:42.15	3:31.14	5:41.20	6:07.85	7:48.19
77	1:55.37	2:42.27	3:31.31	5:41.48	6:08.16	7:48.58
76	1:55.46	2:42.40	3:31.48	5:41.76	6:08.46	7:48.96
75	1:55.55	2:42.53	3:31.65	5:42.05	6:08.77	7:49.35
74	1:55.64	2:42.66	3:31.82	5:42.33	6:09.08	7:49.75
73	1:55.74	2:42.79	3:32.00	5:42.62	6:09.39	7:50.14
72	1:55.83	2:42.93	3:32.17	5:42.91	6:09.70	7:50.54
71	1:55.93	2:43.06	3:32.35	5:43.21	6:10.02	7:50.94
70	1:56.02	2:43.19	3:32.53	5:43.50	6:10.34	7:51.34
69	1:56.12	2:43.33	3:32.71	5:43.80	6:10.66	7:51.75
68	1:56.22	2:43.46	3:32.89	5:44.10	6:10.98	7:52.16
67	1:56.32	2:43.60	3:33.07	5:44.40	6:11.30	7:52.57
66	1:56.41	2:43.74	3:33.25	5:44.71	6:11.63	7:52.98
65	1:56.51	2:43.88	3:33.44	5:45.01	6:11.96	7:53.40
64	1:56.61	2:44.02	3:33.62	5:45.32	6:12.29	7:53.82
63	1:56.71	2:44.16	3:33.81	5:45.63	6:12.63	7:54.25
62	1:56.82	2:44.30	3:34.00	5:45.95	6:12.97	7:54.68
61	1:56.92	2:44.44	3:34.19	5:46.26	6:13.31	7:55.11
60	1:57.02	2:44.59	3:34.38	5:46.58	6:13.65	7:55.54
59	1:57.13	2:44.73	3:34.57	5:46.90	6:14.00	7:55.98
58	1:57.23	2:44.88	3:34.77	5:47.23	6:14.35	7:56.43
57	1:57.34	2:45.03	3:34.97	5:47.55	6:14.70	7:56.87
56	1:57.45	2:45.18	3:35.16	5:47.88	6:15.05	7:57.32
55	1:57.55	2:45.33	3:35.36	5:48.22	6:15.41	7:57.78
54	1:57.66	2:45.48	3:35.57	5:48.55	6:15.77	7:58.24
53	1:57.77	2:45.63	3:35.77	5:48.89	6:16.14	7:58.70
52	1:57.88	2:45.79	3:35.98	5:49.23	6:16.50	7:59.17
51	1:58.00	2:45.95	3:36.18	5:49.58	6:16.88	7:59.64

600m	800m	1000m	1500m	Mile	2000m	Points
1:58.11	2:46.10	3:36.39	5:49.93	6:17.25	8:00.11	50
1:58.22	2:46.26	3:36.61	5:50.28	6:17.63	8:00.60	49
1:58.34	2:46.43	3:36.82	5:50.64	6:18.01	8:01.08	48
1:58.46	2:46.59	3:37.04	5:51.00	6:18.40	8:01.57	47
1:58.57	2:46.75	3:37.26	5:51.36	6:18.79	8:02.07	46
1:58.69	2:46.92	3:37.48	5:51.73	6:19.19	8:02.57	45
1:58.81	2:47.09	3:37.70	5:52.10	6:19.59	8:03.08	44
1:58.94	2:47.26	3:37.93	5:52.47	6:19.99	8:03.59	43
1:59.06	2:47.43	3:38.16	5:52.86	6:20.40	8:04.11	42
1:59.18	2:47.61	3:38.39	5:53.24	6:20.82	8:04.64	41
1:59.31	2:47.78	3:38.62	5:53.63	6:21.24	8:05.17	40
1:59.44	2:47.96	3:38.86	5:54.02	6:21.66	8:05.71	39
1:59.57	2:48.14	3:39.10	5:54.42	6:22.09	8:06.25	38
1:59.70	2:48.33	3:39.34	5:54.83	6:22.53	8:06.81	37
1:59.83	2:48.51	3:39.59	5:55.24	6:22.97	8:07.37	36
1:59.97	2:48.70	3:39.84	5:55.66	6:23.42	8:07.94	35
2:00.11	2:48.89	3:40.09	5:56.08	6:23.87	8:08.51	34
2:00.25	2:49.09	3:40.35	5:56.51	6:24.33	8:09.10	33
2:00.39	2:49.28	3:40.61	5:56.94	6:24.80	8:09.69	32
2:00.53	2:49.48	3:40.88	5:57.38	6:25.28	8:10.29	31
2:00.68	2:49.69	3:41.15	5:57.83	6:25.76	8:10.91	30
2:00.82	2:49.89	3:41.43	5:58.29	6:26.25	8:11.53	29
2:00.97	2:50.10	3:41.70	5:58.75	6:26.75	8:12.16	28
2:01.13	2:50.32	3:41.99	5:59.23	6:27.26	8:12.81	27
2:01.28	2:50.54	3:42.28	5:59.71	6:27.78	8:13.47	26
2:01.44	2:50.76	3:42.57	6:00.20	6:28.31	8:14.14	25
2:01.61	2:50.99	3:42.88	6:00.70	6:28.85	8:14.82	24
2:01.77	2:51.22	3:43.18	6:01.21	6:29.40	8:15.52	23
2:01.94	2:51.45	3:43.50	6:01.73	6:29.96	8:16.23	22
2:02.12	2:51.70	3:43.82	6:02.27	6:30.54	8:16.96	21
2:02.29	2:51.94	3:44.15	6:02.82	6:31.12	8:17.71	20
2:02.48	2:52.20	3:44.49	6:03.38	6:31.73	8:18.48	19
2:02.66	2:52.46	3:44.83	6:03.95	6:32.35	8:19.27	18
2:02.86	2:52.73	3:45.19	6:04.55	6:32.99	8:20.08	17
2:03.05	2:53.01	3:45.56	6:05.16	6:33.64	8:20.91	16
2:03.26	2:53.29	3:45.94	6:05.79	6:34.32	8:21.77	15
2:03.47	2:53.59	3:46.33	6:06.44	6:35.02	8:22.66	14
2:03.69	2:53.89	3:46.74	6:07.11	6:35.75	8:23.58	13
2:03.92	2:54.21	3:47.16	6:07.82	6:36.50	8:24.54	12
2:04.15	2:54.54	3:47.60	6:08.55	6:37.29	8:25.54	11
2:04.40	2:54.89	3:48.06	6:09.31	6:38.12	8:26.58	10
2:04.66	2:55.25	3:48.54	6:10.12	6:38.98	8:27.68	9
2:04.94	2:55.64	3:49.05	6:10.97	6:39.90	8:28.84	8
2:05.23	2:56.05	3:49.60	6:11.87	6:40.87	8:30.08	7
2:05.55	2:56.49	3:50.19	6:12.85	6:41.92	8:31.41	6
2:05.89	2:56.97	3:50.82	6:13.91	6:43.06	8:32.85	5
2:06.27	2:57.50	3:51.53	6:15.08	6:44.32	8:34.45	4
2:06.71	2:58.10	3:52.33	6:16.41	6:45.75	8:36.27	3
2:07.22	2:58.82	3:53.27	6:17.98	6:47.45	8:38.42	2
2:07.88	2:59.75	3:54.51	6:20.04	6:49.66	8:41.22	1