



# **Women's Middle Distances Femmes Courses de Demi-Fond**

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

Points	600m	800m	1000m	1500m	Mile	2000m
1400	1:15.82	1:47.35	2:18.56	3:36.77	3:53.34	4:55.11
1399	1:15.86	1:47.40	2:18.62	3:36.88	3:53.46	4:55.28
1398	1:15.89	1:47.45	2:18.69	3:37.00	3:53.58	4:55.44
1397	1:15.93	1:47.50	2:18.76	3:37.11	3:53.71	4:55.60
1396	1:15.97	1:47.55	2:18.83	3:37.23	3:53.83	4:55.76
1395	1:16.00	1:47.60	2:18.90	3:37.34	3:53.96	4:55.93
1394	1:16.04	1:47.65	2:18.97	3:37.46	3:54.08	4:56.09
1393	1:16.08	1:47.70	2:19.03	3:37.57	3:54.20	4:56.25
1392	1:16.12	1:47.75	2:19.10	3:37.69	3:54.33	4:56.42
1391	1:16.15	1:47.80	2:19.17	3:37.81	3:54.45	4:56.58
1390	1:16.19	1:47.86	2:19.24	3:37.92	3:54.58	4:56.74
1389	1:16.23	1:47.91	2:19.31	3:38.04	3:54.70	4:56.90
1388	1:16.27	1:47.96	2:19.38	3:38.15	3:54.83	4:57.07
1387	1:16.30	1:48.01	2:19.45	3:38.27	3:54.95	4:57.23
1386	1:16.34	1:48.06	2:19.51	3:38.39	3:55.07	4:57.39
1385	1:16.38	1:48.11	2:19.58	3:38.50	3:55.20	4:57.56
1384	1:16.42	1:48.16	2:19.65	3:38.62	3:55.32	4:57.72
1383	1:16.45	1:48.21	2:19.72	3:38.73	3:55.45	4:57.88
1382	1:16.49	1:48.27	2:19.79	3:38.85	3:55.57	4:58.05
1381	1:16.53	1:48.32	2:19.86	3:38.97	3:55.70	4:58.21
1380	1:16.57	1:48.37	2:19.93	3:39.08	3:55.82	4:58.37
1379	1:16.60	1:48.42	2:20.00	3:39.20	3:55.95	4:58.54
1378	1:16.64	1:48.47	2:20.07	3:39.31	3:56.07	4:58.70
1377	1:16.68	1:48.52	2:20.13	3:39.43	3:56.20	4:58.87
1376	1:16.72	1:48.57	2:20.20	3:39.55	3:56.32	4:59.03
1375	1:16.75	1:48.63	2:20.27	3:39.66	3:56.45	4:59.19
1374	1:16.79	1:48.68	2:20.34	3:39.78	3:56.57	4:59.36
1373	1:16.83	1:48.73	2:20.41	3:39.90	3:56.70	4:59.52
1372	1:16.87	1:48.78	2:20.48	3:40.01	3:56.82	4:59.69
1371	1:16.90	1:48.83	2:20.55	3:40.13	3:56.95	4:59.85
1370	1:16.94	1:48.88	2:20.62	3:40.25	3:57.07	5:00.01
1369	1:16.98	1:48.93	2:20.69	3:40.36	3:57.20	5:00.18
1368	1:17.02	1:48.99	2:20.76	3:40.48	3:57.32	5:00.34
1367	1:17.05	1:49.04	2:20.82	3:40.60	3:57.45	5:00.51
1366	1:17.09	1:49.09	2:20.89	3:40.71	3:57.57	5:00.67
1365	1:17.13	1:49.14	2:20.96	3:40.83	3:57.70	5:00.84
1364	1:17.17	1:49.19	2:21.03	3:40.95	3:57.82	5:01.00
1363	1:17.20	1:49.24	2:21.10	3:41.06	3:57.95	5:01.16
1362	1:17.24	1:49.29	2:21.17	3:41.18	3:58.07	5:01.33
1361	1:17.28	1:49.35	2:21.24	3:41.30	3:58.20	5:01.49
1360	1:17.32	1:49.40	2:21.31	3:41.42	3:58.33	5:01.66
1359	1:17.36	1:49.45	2:21.38	3:41.53	3:58.45	5:01.82
1358	1:17.39	1:49.50	2:21.45	3:41.65	3:58.58	5:01.99
1357	1:17.43	1:49.55	2:21.52	3:41.77	3:58.70	5:02.15
1356	1:17.47	1:49.61	2:21.59	3:41.88	3:58.83	5:02.32
1355	1:17.51	1:49.66	2:21.66	3:42.00	3:58.95	5:02.48
1354	1:17.54	1:49.71	2:21.73	3:42.12	3:59.08	5:02.65
1353	1:17.58	1:49.76	2:21.80	3:42.24	3:59.21	5:02.81
1352	1:17.62	1:49.81	2:21.87	3:42.35	3:59.33	5:02.98
1351	1:17.66	1:49.86	2:21.94	3:42.47	3:59.46	5:03.15

600m	800m	1000m	1500m	Mile	2000m	Points
1:17.70	1:49.92	2:22.00	3:42.59	3:59.58	5:03.31	1350
1:17.73	1:49.97	2:22.07	3:42.71	3:59.71	5:03.48	1349
1:17.77	1:50.02	2:22.14	3:42.82	3:59.84	5:03.64	1348
1:17.81	1:50.07	2:22.21	3:42.94	3:59.96	5:03.81	1347
1:17.85	1:50.12	2:22.28	3:43.06	4:00.09	5:03.97	1346
1:17.89	1:50.18	2:22.35	3:43.18	4:00.21	5:04.14	1345
1:17.92	1:50.23	2:22.42	3:43.30	4:00.34	5:04.30	1344
1:17.96	1:50.28	2:22.49	3:43.41	4:00.47	5:04.47	1343
1:18.00	1:50.33	2:22.56	3:43.53	4:00.59	5:04.64	1342
1:18.04	1:50.38	2:22.63	3:43.65	4:00.72	5:04.80	1341
1:18.08	1:50.44	2:22.70	3:43.77	4:00.85	5:04.97	1340
1:18.11	1:50.49	2:22.77	3:43.89	4:00.97	5:05.13	1339
1:18.15	1:50.54	2:22.84	3:44.00	4:01.10	5:05.30	1338
1:18.19	1:50.59	2:22.91	3:44.12	4:01.23	5:05.47	1337
1:18.23	1:50.64	2:22.98	3:44.24	4:01.35	5:05.63	1336
1:18.27	1:50.70	2:23.05	3:44.36	4:01.48	5:05.80	1335
1:18.30	1:50.75	2:23.12	3:44.48	4:01.61	5:05.97	1334
1:18.34	1:50.80	2:23.19	3:44.59	4:01.73	5:06.13	1333
1:18.38	1:50.85	2:23.26	3:44.71	4:01.86	5:06.30	1332
1:18.42	1:50.91	2:23.33	3:44.83	4:01.99	5:06.46	1331
1:18.46	1:50.96	2:23.40	3:44.95	4:02.11	5:06.63	1330
1:18.49	1:51.01	2:23.47	3:45.07	4:02.24	5:06.80	1329
1:18.53	1:51.06	2:23.54	3:45.19	4:02.37	5:06.97	1328
1:18.57	1:51.11	2:23.61	3:45.30	4:02.50	5:07.13	1327
1:18.61	1:51.17	2:23.68	3:45.42	4:02.62	5:07.30	1326
1:18.65	1:51.22	2:23.75	3:45.54	4:02.75	5:07.47	1325
1:18.69	1:51.27	2:23.82	3:45.66	4:02.88	5:07.63	1324
1:18.72	1:51.32	2:23.89	3:45.78	4:03.01	5:07.80	1323
1:18.76	1:51.38	2:23.96	3:45.90	4:03.13	5:07.97	1322
1:18.80	1:51.43	2:24.03	3:46.02	4:03.26	5:08.13	1321
1:18.84	1:51.48	2:24.11	3:46.14	4:03.39	5:08.30	1320
1:18.88	1:51.53	2:24.18	3:46.25	4:03.51	5:08.47	1319
1:18.92	1:51.59	2:24.25	3:46.37	4:03.64	5:08.64	1318
1:18.95	1:51.64	2:24.32	3:46.49	4:03.77	5:08.80	1317
1:18.99	1:51.69	2:24.39	3:46.61	4:03.90	5:08.97	1316
1:19.03	1:51.74	2:24.46	3:46.73	4:04.03	5:09.14	1315
1:19.07	1:51.80	2:24.53	3:46.85	4:04.15	5:09.31	1314
1:19.11	1:51.85	2:24.60	3:46.97	4:04.28	5:09.47	1313
1:19.15	1:51.90	2:24.67	3:47.09	4:04.41	5:09.64	1312
1:19.18	1:51.95	2:24.74	3:47.21	4:04.54	5:09.81	1311
1:19.22	1:52.01	2:24.81	3:47.33	4:04.66	5:09.98	1310
1:19.26	1:52.06	2:24.88	3:47.45	4:04.79	5:10.15	1309
1:19.30	1:52.11	2:24.95	3:47.57	4:04.92	5:10.31	1308
1:19.34	1:52.17	2:25.02	3:47.69	4:05.05	5:10.48	1307
1:19.38	1:52.22	2:25.09	3:47.80	4:05.18	5:10.65	1306
1:19.42	1:52.27	2:25.16	3:47.92	4:05.31	5:10.82	1305
1:19.45	1:52.32	2:25.24	3:48.04	4:05.43	5:10.99	1304
1:19.49	1:52.38	2:25.31	3:48.16	4:05.56	5:11.15	1303
1:19.53	1:52.43	2:25.38	3:48.28	4:05.69	5:11.32	1302
1:19.57	1:52.48	2:25.45	3:48.40	4:05.82	5:11.49	1301

Points	600m	800m	1000m	1500m	Mile	2000m
1300	1:19.61	1:52.53	2:25.52	3:48.52	4:05.95	5:11.66
1299	1:19.65	1:52.59	2:25.59	3:48.64	4:06.08	5:11.83
1298	1:19.69	1:52.64	2:25.66	3:48.76	4:06.20	5:12.00
1297	1:19.72	1:52.69	2:25.73	3:48.88	4:06.33	5:12.17
1296	1:19.76	1:52.75	2:25.80	3:49.00	4:06.46	5:12.34
1295	1:19.80	1:52.80	2:25.87	3:49.12	4:06.59	5:12.50
1294	1:19.84	1:52.85	2:25.95	3:49.24	4:06.72	5:12.67
1293	1:19.88	1:52.91	2:26.02	3:49.36	4:06.85	5:12.84
1292	1:19.92	1:52.96	2:26.09	3:49.48	4:06.98	5:13.01
1291	1:19.96	1:53.01	2:26.16	3:49.60	4:07.11	5:13.18
1290	1:20.00	1:53.06	2:26.23	3:49.72	4:07.23	5:13.35
1289	1:20.03	1:53.12	2:26.30	3:49.84	4:07.36	5:13.52
1288	1:20.07	1:53.17	2:26.37	3:49.96	4:07.49	5:13.69
1287	1:20.11	1:53.22	2:26.44	3:50.08	4:07.62	5:13.86
1286	1:20.15	1:53.28	2:26.51	3:50.20	4:07.75	5:14.03
1285	1:20.19	1:53.33	2:26.59	3:50.32	4:07.88	5:14.20
1284	1:20.23	1:53.38	2:26.66	3:50.45	4:08.01	5:14.37
1283	1:20.27	1:53.44	2:26.73	3:50.57	4:08.14	5:14.54
1282	1:20.31	1:53.49	2:26.80	3:50.69	4:08.27	5:14.71
1281	1:20.34	1:53.54	2:26.87	3:50.81	4:08.40	5:14.88
1280	1:20.38	1:53.60	2:26.94	3:50.93	4:08.53	5:15.05
1279	1:20.42	1:53.65	2:27.02	3:51.05	4:08.66	5:15.22
1278	1:20.46	1:53.70	2:27.09	3:51.17	4:08.79	5:15.39
1277	1:20.50	1:53.76	2:27.16	3:51.29	4:08.92	5:15.56
1276	1:20.54	1:53.81	2:27.23	3:51.41	4:09.05	5:15.73
1275	1:20.58	1:53.86	2:27.30	3:51.53	4:09.17	5:15.90
1274	1:20.62	1:53.92	2:27.37	3:51.65	4:09.30	5:16.07
1273	1:20.66	1:53.97	2:27.44	3:51.77	4:09.43	5:16.24
1272	1:20.70	1:54.02	2:27.52	3:51.90	4:09.56	5:16.41
1271	1:20.73	1:54.08	2:27.59	3:52.02	4:09.69	5:16.58
1270	1:20.77	1:54.13	2:27.66	3:52.14	4:09.82	5:16.75
1269	1:20.81	1:54.18	2:27.73	3:52.26	4:09.95	5:16.92
1268	1:20.85	1:54.24	2:27.80	3:52.38	4:10.08	5:17.09
1267	1:20.89	1:54.29	2:27.88	3:52.50	4:10.21	5:17.26
1266	1:20.93	1:54.34	2:27.95	3:52.62	4:10.34	5:17.43
1265	1:20.97	1:54.40	2:28.02	3:52.74	4:10.47	5:17.60
1264	1:21.01	1:54.45	2:28.09	3:52.87	4:10.60	5:17.77
1263	1:21.05	1:54.50	2:28.16	3:52.99	4:10.74	5:17.94
1262	1:21.09	1:54.56	2:28.24	3:53.11	4:10.87	5:18.11
1261	1:21.13	1:54.61	2:28.31	3:53.23	4:11.00	5:18.29
1260	1:21.16	1:54.67	2:28.38	3:53.35	4:11.13	5:18.46
1259	1:21.20	1:54.72	2:28.45	3:53.47	4:11.26	5:18.63
1258	1:21.24	1:54.77	2:28.52	3:53.60	4:11.39	5:18.80
1257	1:21.28	1:54.83	2:28.60	3:53.72	4:11.52	5:18.97
1256	1:21.32	1:54.88	2:28.67	3:53.84	4:11.65	5:19.14
1255	1:21.36	1:54.93	2:28.74	3:53.96	4:11.78	5:19.31
1254	1:21.40	1:54.99	2:28.81	3:54.08	4:11.91	5:19.49
1253	1:21.44	1:55.04	2:28.88	3:54.21	4:12.04	5:19.66
1252	1:21.48	1:55.10	2:28.96	3:54.33	4:12.17	5:19.83
1251	1:21.52	1:55.15	2:29.03	3:54.45	4:12.30	5:20.00

600m	800m	1000m	1500m	Mile	2000m	Points
1:21.56	1:55.20	2:29.10	3:54.57	4:12.43	5:20.17	1250
1:21.60	1:55.26	2:29.17	3:54.69	4:12.57	5:20.34	1249
1:21.64	1:55.31	2:29.25	3:54.82	4:12.70	5:20.52	1248
1:21.68	1:55.37	2:29.32	3:54.94	4:12.83	5:20.69	1247
1:21.72	1:55.42	2:29.39	3:55.06	4:12.96	5:20.86	1246
1:21.75	1:55.47	2:29.46	3:55.18	4:13.09	5:21.03	1245
1:21.79	1:55.53	2:29.54	3:55.31	4:13.22	5:21.21	1244
1:21.83	1:55.58	2:29.61	3:55.43	4:13.35	5:21.38	1243
1:21.87	1:55.64	2:29.68	3:55.55	4:13.48	5:21.55	1242
1:21.91	1:55.69	2:29.75	3:55.67	4:13.62	5:21.72	1241
1:21.95	1:55.74	2:29.83	3:55.80	4:13.75	5:21.90	1240
1:21.99	1:55.80	2:29.90	3:55.92	4:13.88	5:22.07	1239
1:22.03	1:55.85	2:29.97	3:56.04	4:14.01	5:22.24	1238
1:22.07	1:55.91	2:30.04	3:56.16	4:14.14	5:22.41	1237
1:22.11	1:55.96	2:30.12	3:56.29	4:14.27	5:22.59	1236
1:22.15	1:56.02	2:30.19	3:56.41	4:14.41	5:22.76	1235
1:22.19	1:56.07	2:30.26	3:56.53	4:14.54	5:22.93	1234
1:22.23	1:56.12	2:30.34	3:56.66	4:14.67	5:23.11	1233
1:22.27	1:56.18	2:30.41	3:56.78	4:14.80	5:23.28	1232
1:22.31	1:56.23	2:30.48	3:56.90	4:14.93	5:23.45	1231
1:22.35	1:56.29	2:30.55	3:57.02	4:15.07	5:23.63	1230
1:22.39	1:56.34	2:30.63	3:57.15	4:15.20	5:23.80	1229
1:22.43	1:56.40	2:30.70	3:57.27	4:15.33	5:23.97	1228
1:22.47	1:56.45	2:30.77	3:57.39	4:15.46	5:24.15	1227
1:22.51	1:56.50	2:30.85	3:57.52	4:15.59	5:24.32	1226
1:22.55	1:56.56	2:30.92	3:57.64	4:15.73	5:24.49	1225
1:22.59	1:56.61	2:30.99	3:57.76	4:15.86	5:24.67	1224
1:22.63	1:56.67	2:31.07	3:57.89	4:15.99	5:24.84	1223
1:22.67	1:56.72	2:31.14	3:58.01	4:16.12	5:25.01	1222
1:22.71	1:56.78	2:31.21	3:58.14	4:16.26	5:25.19	1221
1:22.75	1:56.83	2:31.29	3:58.26	4:16.39	5:25.36	1220
1:22.79	1:56.89	2:31.36	3:58.38	4:16.52	5:25.54	1219
1:22.83	1:56.94	2:31.43	3:58.51	4:16.65	5:25.71	1218
1:22.87	1:57.00	2:31.51	3:58.63	4:16.79	5:25.88	1217
1:22.91	1:57.05	2:31.58	3:58.75	4:16.92	5:26.06	1216
1:22.95	1:57.10	2:31.65	3:58.88	4:17.05	5:26.23	1215
1:22.99	1:57.16	2:31.73	3:59.00	4:17.19	5:26.41	1214
1:23.03	1:57.21	2:31.80	3:59.13	4:17.32	5:26.58	1213
1:23.07	1:57.27	2:31.87	3:59.25	4:17.45	5:26.76	1212
1:23.11	1:57.32	2:31.95	3:59.37	4:17.58	5:26.93	1211
1:23.15	1:57.38	2:32.02	3:59.50	4:17.72	5:27.11	1210
1:23.19	1:57.43	2:32.09	3:59.62	4:17.85	5:27.28	1209
1:23.23	1:57.49	2:32.17	3:59.75	4:17.98	5:27.46	1208
1:23.27	1:57.54	2:32.24	3:59.87	4:18.12	5:27.63	1207
1:23.31	1:57.60	2:32.31	4:00.00	4:18.25	5:27.81	1206
1:23.35	1:57.65	2:32.39	4:00.12	4:18.38	5:27.98	1205
1:23.39	1:57.71	2:32.46	4:00.24	4:18.52	5:28.16	1204
1:23.43	1:57.76	2:32.53	4:00.37	4:18.65	5:28.33	1203
1:23.47	1:57.82	2:32.61	4:00.49	4:18.78	5:28.51	1202
1:23.51	1:57.87	2:32.68	4:00.62	4:18.92	5:28.68	1201

Points	600m	800m	1000m	1500m	Mile	2000m
1200	1:23.55	1:57.93	2:32.76	4:00.74	4:19.05	5:28.86
1199	1:23.59	1:57.98	2:32.83	4:00.87	4:19.19	5:29.03
1198	1:23.63	1:58.04	2:32.90	4:00.99	4:19.32	5:29.21
1197	1:23.67	1:58.09	2:32.98	4:01.12	4:19.45	5:29.38
1196	1:23.71	1:58.15	2:33.05	4:01.24	4:19.59	5:29.56
1195	1:23.75	1:58.20	2:33.13	4:01.37	4:19.72	5:29.74
1194	1:23.79	1:58.26	2:33.20	4:01.49	4:19.86	5:29.91
1193	1:23.83	1:58.31	2:33.27	4:01.62	4:19.99	5:30.09
1192	1:23.87	1:58.37	2:33.35	4:01.74	4:20.12	5:30.26
1191	1:23.91	1:58.42	2:33.42	4:01.87	4:20.26	5:30.44
1190	1:23.95	1:58.48	2:33.50	4:01.99	4:20.39	5:30.62
1189	1:23.99	1:58.53	2:33.57	4:02.12	4:20.53	5:30.79
1188	1:24.03	1:58.59	2:33.64	4:02.24	4:20.66	5:30.97
1187	1:24.07	1:58.64	2:33.72	4:02.37	4:20.80	5:31.14
1186	1:24.11	1:58.70	2:33.79	4:02.49	4:20.93	5:31.32
1185	1:24.15	1:58.76	2:33.87	4:02.62	4:21.06	5:31.50
1184	1:24.19	1:58.81	2:33.94	4:02.74	4:21.20	5:31.67
1183	1:24.23	1:58.87	2:34.02	4:02.87	4:21.33	5:31.85
1182	1:24.27	1:58.92	2:34.09	4:03.00	4:21.47	5:32.03
1181	1:24.31	1:58.98	2:34.16	4:03.12	4:21.60	5:32.20
1180	1:24.35	1:59.03	2:34.24	4:03.25	4:21.74	5:32.38
1179	1:24.39	1:59.09	2:34.31	4:03.37	4:21.87	5:32.56
1178	1:24.43	1:59.14	2:34.39	4:03.50	4:22.01	5:32.74
1177	1:24.48	1:59.20	2:34.46	4:03.62	4:22.14	5:32.91
1176	1:24.52	1:59.25	2:34.54	4:03.75	4:22.28	5:33.09
1175	1:24.56	1:59.31	2:34.61	4:03.88	4:22.41	5:33.27
1174	1:24.60	1:59.37	2:34.69	4:04.00	4:22.55	5:33.44
1173	1:24.64	1:59.42	2:34.76	4:04.13	4:22.68	5:33.62
1172	1:24.68	1:59.48	2:34.84	4:04.25	4:22.82	5:33.80
1171	1:24.72	1:59.53	2:34.91	4:04.38	4:22.95	5:33.98
1170	1:24.76	1:59.59	2:34.99	4:04.51	4:23.09	5:34.15
1169	1:24.80	1:59.64	2:35.06	4:04.63	4:23.22	5:34.33
1168	1:24.84	1:59.70	2:35.14	4:04.76	4:23.36	5:34.51
1167	1:24.88	1:59.76	2:35.21	4:04.89	4:23.50	5:34.69
1166	1:24.92	1:59.81	2:35.29	4:05.01	4:23.63	5:34.87
1165	1:24.96	1:59.87	2:35.36	4:05.14	4:23.77	5:35.04
1164	1:25.00	1:59.92	2:35.43	4:05.27	4:23.90	5:35.22
1163	1:25.04	1:59.98	2:35.51	4:05.39	4:24.04	5:35.40
1162	1:25.09	2:00.04	2:35.58	4:05.52	4:24.17	5:35.58
1161	1:25.13	2:00.09	2:35.66	4:05.65	4:24.31	5:35.76
1160	1:25.17	2:00.15	2:35.74	4:05.77	4:24.45	5:35.94
1159	1:25.21	2:00.20	2:35.81	4:05.90	4:24.58	5:36.11
1158	1:25.25	2:00.26	2:35.89	4:06.03	4:24.72	5:36.29
1157	1:25.29	2:00.32	2:35.96	4:06.15	4:24.85	5:36.47
1156	1:25.33	2:00.37	2:36.04	4:06.28	4:24.99	5:36.65
1155	1:25.37	2:00.43	2:36.11	4:06.41	4:25.13	5:36.83
1154	1:25.41	2:00.48	2:36.19	4:06.53	4:25.26	5:37.01
1153	1:25.45	2:00.54	2:36.26	4:06.66	4:25.40	5:37.19
1152	1:25.50	2:00.60	2:36.34	4:06.79	4:25.54	5:37.37
1151	1:25.54	2:00.65	2:36.41	4:06.92	4:25.67	5:37.54

600m	800m	1000m	1500m	Mile	2000m	Points
1:25.58	2:00.71	2:36.49	4:07.04	4:25.81	5:37.72	1150
1:25.62	2:00.76	2:36.56	4:07.17	4:25.95	5:37.90	1149
1:25.66	2:00.82	2:36.64	4:07.30	4:26.08	5:38.08	1148
1:25.70	2:00.88	2:36.71	4:07.43	4:26.22	5:38.26	1147
1:25.74	2:00.93	2:36.79	4:07.55	4:26.36	5:38.44	1146
1:25.78	2:00.99	2:36.87	4:07.68	4:26.49	5:38.62	1145
1:25.82	2:01.05	2:36.94	4:07.81	4:26.63	5:38.80	1144
1:25.86	2:01.10	2:37.02	4:07.94	4:26.77	5:38.98	1143
1:25.91	2:01.16	2:37.09	4:08.06	4:26.90	5:39.16	1142
1:25.95	2:01.21	2:37.17	4:08.19	4:27.04	5:39.34	1141
1:25.99	2:01.27	2:37.24	4:08.32	4:27.18	5:39.52	1140
1:26.03	2:01.33	2:37.32	4:08.45	4:27.32	5:39.70	1139
1:26.07	2:01.38	2:37.40	4:08.58	4:27.45	5:39.88	1138
1:26.11	2:01.44	2:37.47	4:08.70	4:27.59	5:40.06	1137
1:26.15	2:01.50	2:37.55	4:08.83	4:27.73	5:40.24	1136
1:26.19	2:01.55	2:37.62	4:08.96	4:27.87	5:40.42	1135
1:26.24	2:01.61	2:37.70	4:09.09	4:28.00	5:40.60	1134
1:26.28	2:01.67	2:37.78	4:09.22	4:28.14	5:40.78	1133
1:26.32	2:01.72	2:37.85	4:09.34	4:28.28	5:40.96	1132
1:26.36	2:01.78	2:37.93	4:09.47	4:28.42	5:41.14	1131
1:26.40	2:01.84	2:38.00	4:09.60	4:28.55	5:41.32	1130
1:26.44	2:01.89	2:38.08	4:09.73	4:28.69	5:41.51	1129
1:26.48	2:01.95	2:38.16	4:09.86	4:28.83	5:41.69	1128
1:26.53	2:02.01	2:38.23	4:09.99	4:28.97	5:41.87	1127
1:26.57	2:02.06	2:38.31	4:10.12	4:29.11	5:42.05	1126
1:26.61	2:02.12	2:38.38	4:10.24	4:29.24	5:42.23	1125
1:26.65	2:02.18	2:38.46	4:10.37	4:29.38	5:42.41	1124
1:26.69	2:02.23	2:38.54	4:10.50	4:29.52	5:42.59	1123
1:26.73	2:02.29	2:38.61	4:10.63	4:29.66	5:42.77	1122
1:26.78	2:02.35	2:38.69	4:10.76	4:29.80	5:42.96	1121
1:26.82	2:02.41	2:38.77	4:10.89	4:29.93	5:43.14	1120
1:26.86	2:02.46	2:38.84	4:11.02	4:30.07	5:43.32	1119
1:26.90	2:02.52	2:38.92	4:11.15	4:30.21	5:43.50	1118
1:26.94	2:02.58	2:39.00	4:11.28	4:30.35	5:43.68	1117
1:26.98	2:02.63	2:39.07	4:11.41	4:30.49	5:43.86	1116
1:27.03	2:02.69	2:39.15	4:11.54	4:30.63	5:44.05	1115
1:27.07	2:02.75	2:39.23	4:11.66	4:30.77	5:44.23	1114
1:27.11	2:02.80	2:39.30	4:11.79	4:30.91	5:44.41	1113
1:27.15	2:02.86	2:39.38	4:11.92	4:31.04	5:44.59	1112
1:27.19	2:02.92	2:39.46	4:12.05	4:31.18	5:44.77	1111
1:27.23	2:02.98	2:39.53	4:12.18	4:31.32	5:44.96	1110
1:27.28	2:03.03	2:39.61	4:12.31	4:31.46	5:45.14	1109
1:27.32	2:03.09	2:39.69	4:12.44	4:31.60	5:45.32	1108
1:27.36	2:03.15	2:39.76	4:12.57	4:31.74	5:45.50	1107
1:27.40	2:03.21	2:39.84	4:12.70	4:31.88	5:45.69	1106
1:27.44	2:03.26	2:39.92	4:12.83	4:32.02	5:45.87	1105
1:27.48	2:03.32	2:39.99	4:12.96	4:32.16	5:46.05	1104
1:27.53	2:03.38	2:40.07	4:13.09	4:32.30	5:46.24	1103
1:27.57	2:03.43	2:40.15	4:13.22	4:32.44	5:46.42	1102
1:27.61	2:03.49	2:40.22	4:13.35	4:32.58	5:46.60	1101



Points	600m	800m	1000m	1500m	Mile	2000m
1100	1:27.65	2:03.55	2:40.30	4:13.48	4:32.72	5:46.79
1099	1:27.69	2:03.61	2:40.38	4:13.61	4:32.86	5:46.97
1098	1:27.74	2:03.66	2:40.46	4:13.74	4:33.00	5:47.15
1097	1:27.78	2:03.72	2:40.53	4:13.87	4:33.13	5:47.34
1096	1:27.82	2:03.78	2:40.61	4:14.00	4:33.27	5:47.52
1095	1:27.86	2:03.84	2:40.69	4:14.13	4:33.41	5:47.70
1094	1:27.90	2:03.90	2:40.77	4:14.26	4:33.55	5:47.89
1093	1:27.95	2:03.95	2:40.84	4:14.40	4:33.69	5:48.07
1092	1:27.99	2:04.01	2:40.92	4:14.53	4:33.84	5:48.25
1091	1:28.03	2:04.07	2:41.00	4:14.66	4:33.98	5:48.44
1090	1:28.07	2:04.13	2:41.07	4:14.79	4:34.12	5:48.62
1089	1:28.12	2:04.18	2:41.15	4:14.92	4:34.26	5:48.81
1088	1:28.16	2:04.24	2:41.23	4:15.05	4:34.40	5:48.99
1087	1:28.20	2:04.30	2:41.31	4:15.18	4:34.54	5:49.18
1086	1:28.24	2:04.36	2:41.39	4:15.31	4:34.68	5:49.36
1085	1:28.28	2:04.41	2:41.46	4:15.44	4:34.82	5:49.54
1084	1:28.33	2:04.47	2:41.54	4:15.57	4:34.96	5:49.73
1083	1:28.37	2:04.53	2:41.62	4:15.70	4:35.10	5:49.91
1082	1:28.41	2:04.59	2:41.70	4:15.84	4:35.24	5:50.10
1081	1:28.45	2:04.65	2:41.77	4:15.97	4:35.38	5:50.28
1080	1:28.50	2:04.70	2:41.85	4:16.10	4:35.52	5:50.47
1079	1:28.54	2:04.76	2:41.93	4:16.23	4:35.66	5:50.65
1078	1:28.58	2:04.82	2:42.01	4:16.36	4:35.80	5:50.84
1077	1:28.62	2:04.88	2:42.09	4:16.49	4:35.95	5:51.02
1076	1:28.67	2:04.94	2:42.16	4:16.63	4:36.09	5:51.21
1075	1:28.71	2:05.00	2:42.24	4:16.76	4:36.23	5:51.39
1074	1:28.75	2:05.05	2:42.32	4:16.89	4:36.37	5:51.58
1073	1:28.79	2:05.11	2:42.40	4:17.02	4:36.51	5:51.77
1072	1:28.84	2:05.17	2:42.48	4:17.15	4:36.65	5:51.95
1071	1:28.88	2:05.23	2:42.55	4:17.28	4:36.79	5:52.14
1070	1:28.92	2:05.29	2:42.63	4:17.42	4:36.93	5:52.32
1069	1:28.96	2:05.34	2:42.71	4:17.55	4:37.08	5:52.51
1068	1:29.01	2:05.40	2:42.79	4:17.68	4:37.22	5:52.69
1067	1:29.05	2:05.46	2:42.87	4:17.81	4:37.36	5:52.88
1066	1:29.09	2:05.52	2:42.94	4:17.94	4:37.50	5:53.07
1065	1:29.13	2:05.58	2:43.02	4:18.08	4:37.64	5:53.25
1064	1:29.18	2:05.64	2:43.10	4:18.21	4:37.79	5:53.44
1063	1:29.22	2:05.69	2:43.18	4:18.34	4:37.93	5:53.63
1062	1:29.26	2:05.75	2:43.26	4:18.47	4:38.07	5:53.81
1061	1:29.30	2:05.81	2:43.34	4:18.61	4:38.21	5:54.00
1060	1:29.35	2:05.87	2:43.42	4:18.74	4:38.35	5:54.18
1059	1:29.39	2:05.93	2:43.49	4:18.87	4:38.50	5:54.37
1058	1:29.43	2:05.99	2:43.57	4:19.01	4:38.64	5:54.56
1057	1:29.48	2:06.05	2:43.65	4:19.14	4:38.78	5:54.75
1056	1:29.52	2:06.10	2:43.73	4:19.27	4:38.92	5:54.93
1055	1:29.56	2:06.16	2:43.81	4:19.40	4:39.07	5:55.12
1054	1:29.60	2:06.22	2:43.89	4:19.54	4:39.21	5:55.31
1053	1:29.65	2:06.28	2:43.97	4:19.67	4:39.35	5:55.49
1052	1:29.69	2:06.34	2:44.05	4:19.80	4:39.49	5:55.68
1051	1:29.73	2:06.40	2:44.12	4:19.94	4:39.64	5:55.87

600m	800m	1000m	1500m	Mile	2000m	Points
1:29.78	2:06.46	2:44.20	4:20.07	4:39.78	5:56.06	1050
1:29.82	2:06.52	2:44.28	4:20.20	4:39.92	5:56.24	1049
1:29.86	2:06.57	2:44.36	4:20.34	4:40.07	5:56.43	1048
1:29.90	2:06.63	2:44.44	4:20.47	4:40.21	5:56.62	1047
1:29.95	2:06.69	2:44.52	4:20.60	4:40.35	5:56.81	1046
1:29.99	2:06.75	2:44.60	4:20.74	4:40.50	5:57.00	1045
1:30.03	2:06.81	2:44.68	4:20.87	4:40.64	5:57.18	1044
1:30.08	2:06.87	2:44.76	4:21.00	4:40.78	5:57.37	1043
1:30.12	2:06.93	2:44.84	4:21.14	4:40.93	5:57.56	1042
1:30.16	2:06.99	2:44.92	4:21.27	4:41.07	5:57.75	1041
1:30.21	2:07.05	2:44.99	4:21.41	4:41.21	5:57.94	1040
1:30.25	2:07.11	2:45.07	4:21.54	4:41.36	5:58.13	1039
1:30.29	2:07.16	2:45.15	4:21.67	4:41.50	5:58.31	1038
1:30.34	2:07.22	2:45.23	4:21.81	4:41.64	5:58.50	1037
1:30.38	2:07.28	2:45.31	4:21.94	4:41.79	5:58.69	1036
1:30.42	2:07.34	2:45.39	4:22.08	4:41.93	5:58.88	1035
1:30.47	2:07.40	2:45.47	4:22.21	4:42.08	5:59.07	1034
1:30.51	2:07.46	2:45.55	4:22.34	4:42.22	5:59.26	1033
1:30.55	2:07.52	2:45.63	4:22.48	4:42.36	5:59.45	1032
1:30.60	2:07.58	2:45.71	4:22.61	4:42.51	5:59.64	1031
1:30.64	2:07.64	2:45.79	4:22.75	4:42.65	5:59.83	1030
1:30.68	2:07.70	2:45.87	4:22.88	4:42.80	6:00.02	1029
1:30.73	2:07.76	2:45.95	4:23.02	4:42.94	6:00.21	1028
1:30.77	2:07.82	2:46.03	4:23.15	4:43.09	6:00.39	1027
1:30.81	2:07.88	2:46.11	4:23.29	4:43.23	6:00.58	1026
1:30.86	2:07.94	2:46.19	4:23.42	4:43.38	6:00.77	1025
1:30.90	2:08.00	2:46.27	4:23.56	4:43.52	6:00.96	1024
1:30.94	2:08.06	2:46.35	4:23.69	4:43.67	6:01.15	1023
1:30.99	2:08.12	2:46.43	4:23.83	4:43.81	6:01.34	1022
1:31.03	2:08.17	2:46.51	4:23.96	4:43.96	6:01.53	1021
1:31.07	2:08.23	2:46.59	4:24.10	4:44.10	6:01.72	1020
1:31.12	2:08.29	2:46.67	4:24.23	4:44.25	6:01.92	1019
1:31.16	2:08.35	2:46.75	4:24.37	4:44.39	6:02.11	1018
1:31.20	2:08.41	2:46.83	4:24.50	4:44.54	6:02.30	1017
1:31.25	2:08.47	2:46.91	4:24.64	4:44.68	6:02.49	1016
1:31.29	2:08.53	2:46.99	4:24.77	4:44.83	6:02.68	1015
1:31.34	2:08.59	2:47.07	4:24.91	4:44.97	6:02.87	1014
1:31.38	2:08.65	2:47.15	4:25.05	4:45.12	6:03.06	1013
1:31.42	2:08.71	2:47.23	4:25.18	4:45.26	6:03.25	1012
1:31.47	2:08.77	2:47.31	4:25.32	4:45.41	6:03.44	1011
1:31.51	2:08.83	2:47.39	4:25.45	4:45.55	6:03.63	1010
1:31.55	2:08.89	2:47.47	4:25.59	4:45.70	6:03.82	1009
1:31.60	2:08.95	2:47.55	4:25.73	4:45.85	6:04.02	1008
1:31.64	2:09.01	2:47.63	4:25.86	4:45.99	6:04.21	1007
1:31.69	2:09.07	2:47.71	4:26.00	4:46.14	6:04.40	1006
1:31.73	2:09.13	2:47.79	4:26.13	4:46.28	6:04.59	1005
1:31.77	2:09.19	2:47.88	4:26.27	4:46.43	6:04.78	1004
1:31.82	2:09.25	2:47.96	4:26.41	4:46.58	6:04.97	1003
1:31.86	2:09.31	2:48.04	4:26.54	4:46.72	6:05.17	1002
1:31.91	2:09.37	2:48.12	4:26.68	4:46.87	6:05.36	1001

Points	600m	800m	1000m	1500m	Mile	2000m
1000	1:31.95	2:09.43	2:48.20	4:26.82	4:47.02	6:05.55
999	1:31.99	2:09.49	2:48.28	4:26.95	4:47.16	6:05.74
998	1:32.04	2:09.55	2:48.36	4:27.09	4:47.31	6:05.93
997	1:32.08	2:09.62	2:48.44	4:27.23	4:47.46	6:06.13
996	1:32.13	2:09.68	2:48.52	4:27.36	4:47.60	6:06.32
995	1:32.17	2:09.74	2:48.60	4:27.50	4:47.75	6:06.51
994	1:32.21	2:09.80	2:48.68	4:27.64	4:47.90	6:06.71
993	1:32.26	2:09.86	2:48.77	4:27.77	4:48.04	6:06.90
992	1:32.30	2:09.92	2:48.85	4:27.91	4:48.19	6:07.09
991	1:32.35	2:09.98	2:48.93	4:28.05	4:48.34	6:07.28
990	1:32.39	2:10.04	2:49.01	4:28.19	4:48.48	6:07.48
989	1:32.44	2:10.10	2:49.09	4:28.32	4:48.63	6:07.67
988	1:32.48	2:10.16	2:49.17	4:28.46	4:48.78	6:07.86
987	1:32.52	2:10.22	2:49.25	4:28.60	4:48.93	6:08.06
986	1:32.57	2:10.28	2:49.34	4:28.73	4:49.07	6:08.25
985	1:32.61	2:10.34	2:49.42	4:28.87	4:49.22	6:08.44
984	1:32.66	2:10.40	2:49.50	4:29.01	4:49.37	6:08.64
983	1:32.70	2:10.46	2:49.58	4:29.15	4:49.52	6:08.83
982	1:32.75	2:10.52	2:49.66	4:29.29	4:49.66	6:09.03
981	1:32.79	2:10.59	2:49.74	4:29.42	4:49.81	6:09.22
980	1:32.83	2:10.65	2:49.82	4:29.56	4:49.96	6:09.41
979	1:32.88	2:10.71	2:49.91	4:29.70	4:50.11	6:09.61
978	1:32.92	2:10.77	2:49.99	4:29.84	4:50.26	6:09.80
977	1:32.97	2:10.83	2:50.07	4:29.98	4:50.40	6:10.00
976	1:33.01	2:10.89	2:50.15	4:30.11	4:50.55	6:10.19
975	1:33.06	2:10.95	2:50.23	4:30.25	4:50.70	6:10.39
974	1:33.10	2:11.01	2:50.32	4:30.39	4:50.85	6:10.58
973	1:33.15	2:11.07	2:50.40	4:30.53	4:51.00	6:10.78
972	1:33.19	2:11.13	2:50.48	4:30.67	4:51.15	6:10.97
971	1:33.24	2:11.20	2:50.56	4:30.81	4:51.30	6:11.17
970	1:33.28	2:11.26	2:50.64	4:30.94	4:51.44	6:11.36
969	1:33.33	2:11.32	2:50.73	4:31.08	4:51.59	6:11.56
968	1:33.37	2:11.38	2:50.81	4:31.22	4:51.74	6:11.75
967	1:33.41	2:11.44	2:50.89	4:31.36	4:51.89	6:11.95
966	1:33.46	2:11.50	2:50.97	4:31.50	4:52.04	6:12.14
965	1:33.50	2:11.56	2:51.06	4:31.64	4:52.19	6:12.34
964	1:33.55	2:11.62	2:51.14	4:31.78	4:52.34	6:12.53
963	1:33.59	2:11.69	2:51.22	4:31.92	4:52.49	6:12.73
962	1:33.64	2:11.75	2:51.30	4:32.06	4:52.64	6:12.93
961	1:33.68	2:11.81	2:51.39	4:32.20	4:52.79	6:13.12
960	1:33.73	2:11.87	2:51.47	4:32.34	4:52.94	6:13.32
959	1:33.77	2:11.93	2:51.55	4:32.47	4:53.08	6:13.51
958	1:33.82	2:11.99	2:51.63	4:32.61	4:53.23	6:13.71
957	1:33.86	2:12.05	2:51.72	4:32.75	4:53.38	6:13.91
956	1:33.91	2:12.12	2:51.80	4:32.89	4:53.53	6:14.10
955	1:33.95	2:12.18	2:51.88	4:33.03	4:53.68	6:14.30
954	1:34.00	2:12.24	2:51.96	4:33.17	4:53.83	6:14.50
953	1:34.04	2:12.30	2:52.05	4:33.31	4:53.98	6:14.69
952	1:34.09	2:12.36	2:52.13	4:33.45	4:54.13	6:14.89
951	1:34.13	2:12.43	2:52.21	4:33.59	4:54.28	6:15.09

600m	800m	1000m	1500m	Mile	2000m	Points
1:34.18	2:12.49	2:52.30	4:33.73	4:54.43	6:15.28	950
1:34.22	2:12.55	2:52.38	4:33.87	4:54.58	6:15.48	949
1:34.27	2:12.61	2:52.46	4:34.01	4:54.73	6:15.68	948
1:34.31	2:12.67	2:52.54	4:34.15	4:54.89	6:15.88	947
1:34.36	2:12.73	2:52.63	4:34.29	4:55.04	6:16.07	946
1:34.41	2:12.80	2:52.71	4:34.43	4:55.19	6:16.27	945
1:34.45	2:12.86	2:52.79	4:34.58	4:55.34	6:16.47	944
1:34.50	2:12.92	2:52.88	4:34.72	4:55.49	6:16.67	943
1:34.54	2:12.98	2:52.96	4:34.86	4:55.64	6:16.87	942
1:34.59	2:13.04	2:53.04	4:35.00	4:55.79	6:17.06	941
1:34.63	2:13.11	2:53.13	4:35.14	4:55.94	6:17.26	940
1:34.68	2:13.17	2:53.21	4:35.28	4:56.09	6:17.46	939
1:34.72	2:13.23	2:53.29	4:35.42	4:56.24	6:17.66	938
1:34.77	2:13.29	2:53.38	4:35.56	4:56.39	6:17.86	937
1:34.81	2:13.36	2:53.46	4:35.70	4:56.55	6:18.06	936
1:34.86	2:13.42	2:53.55	4:35.84	4:56.70	6:18.25	935
1:34.90	2:13.48	2:53.63	4:35.98	4:56.85	6:18.45	934
1:34.95	2:13.54	2:53.71	4:36.13	4:57.00	6:18.65	933
1:35.00	2:13.61	2:53.80	4:36.27	4:57.15	6:18.85	932
1:35.04	2:13.67	2:53.88	4:36.41	4:57.30	6:19.05	931
1:35.09	2:13.73	2:53.96	4:36.55	4:57.46	6:19.25	930
1:35.13	2:13.79	2:54.05	4:36.69	4:57.61	6:19.45	929
1:35.18	2:13.86	2:54.13	4:36.83	4:57.76	6:19.65	928
1:35.22	2:13.92	2:54.22	4:36.98	4:57.91	6:19.85	927
1:35.27	2:13.98	2:54.30	4:37.12	4:58.06	6:20.05	926
1:35.32	2:14.04	2:54.38	4:37.26	4:58.22	6:20.25	925
1:35.36	2:14.11	2:54.47	4:37.40	4:58.37	6:20.45	924
1:35.41	2:14.17	2:54.55	4:37.54	4:58.52	6:20.65	923
1:35.45	2:14.23	2:54.64	4:37.69	4:58.67	6:20.85	922
1:35.50	2:14.29	2:54.72	4:37.83	4:58.83	6:21.05	921
1:35.55	2:14.36	2:54.81	4:37.97	4:58.98	6:21.25	920
1:35.59	2:14.42	2:54.89	4:38.11	4:59.13	6:21.45	919
1:35.64	2:14.48	2:54.97	4:38.26	4:59.28	6:21.65	918
1:35.68	2:14.55	2:55.06	4:38.40	4:59.44	6:21.85	917
1:35.73	2:14.61	2:55.14	4:38.54	4:59.59	6:22.05	916
1:35.77	2:14.67	2:55.23	4:38.68	4:59.74	6:22.25	915
1:35.82	2:14.73	2:55.31	4:38.83	4:59.90	6:22.45	914
1:35.87	2:14.80	2:55.40	4:38.97	5:00.05	6:22.65	913
1:35.91	2:14.86	2:55.48	4:39.11	5:00.20	6:22.86	912
1:35.96	2:14.92	2:55.57	4:39.26	5:00.36	6:23.06	911
1:36.01	2:14.99	2:55.65	4:39.40	5:00.51	6:23.26	910
1:36.05	2:15.05	2:55.74	4:39.54	5:00.66	6:23.46	909
1:36.10	2:15.11	2:55.82	4:39.69	5:00.82	6:23.66	908
1:36.14	2:15.18	2:55.91	4:39.83	5:00.97	6:23.86	907
1:36.19	2:15.24	2:55.99	4:39.97	5:01.13	6:24.06	906
1:36.24	2:15.30	2:56.08	4:40.12	5:01.28	6:24.27	905
1:36.28	2:15.37	2:56.16	4:40.26	5:01.43	6:24.47	904
1:36.33	2:15.43	2:56.25	4:40.40	5:01.59	6:24.67	903
1:36.38	2:15.49	2:56.33	4:40.55	5:01.74	6:24.87	902
1:36.42	2:15.56	2:56.42	4:40.69	5:01.90	6:25.08	901

Points	600m	800m	1000m	1500m	Mile	2000m
900	1:36.47	2:15.62	2:56.50	4:40.83	5:02.05	6:25.28
899	1:36.51	2:15.68	2:56.59	4:40.98	5:02.20	6:25.48
898	1:36.56	2:15.75	2:56.67	4:41.12	5:02.36	6:25.68
897	1:36.61	2:15.81	2:56.76	4:41.27	5:02.51	6:25.89
896	1:36.65	2:15.88	2:56.84	4:41.41	5:02.67	6:26.09
895	1:36.70	2:15.94	2:56.93	4:41.56	5:02.82	6:26.29
894	1:36.75	2:16.00	2:57.01	4:41.70	5:02.98	6:26.50
893	1:36.79	2:16.07	2:57.10	4:41.84	5:03.13	6:26.70
892	1:36.84	2:16.13	2:57.19	4:41.99	5:03.29	6:26.90
891	1:36.89	2:16.19	2:57.27	4:42.13	5:03.44	6:27.11
890	1:36.93	2:16.26	2:57.36	4:42.28	5:03.60	6:27.31
889	1:36.98	2:16.32	2:57.44	4:42.42	5:03.75	6:27.51
888	1:37.03	2:16.39	2:57.53	4:42.57	5:03.91	6:27.72
887	1:37.07	2:16.45	2:57.61	4:42.71	5:04.07	6:27.92
886	1:37.12	2:16.51	2:57.70	4:42.86	5:04.22	6:28.13
885	1:37.17	2:16.58	2:57.79	4:43.00	5:04.38	6:28.33
884	1:37.21	2:16.64	2:57.87	4:43.15	5:04.53	6:28.54
883	1:37.26	2:16.71	2:57.96	4:43.29	5:04.69	6:28.74
882	1:37.31	2:16.77	2:58.04	4:43.44	5:04.84	6:28.94
881	1:37.35	2:16.83	2:58.13	4:43.58	5:05.00	6:29.15
880	1:37.40	2:16.90	2:58.22	4:43.73	5:05.16	6:29.35
879	1:37.45	2:16.96	2:58.30	4:43.88	5:05.31	6:29.56
878	1:37.50	2:17.03	2:58.39	4:44.02	5:05.47	6:29.76
877	1:37.54	2:17.09	2:58.48	4:44.17	5:05.62	6:29.97
876	1:37.59	2:17.16	2:58.56	4:44.31	5:05.78	6:30.17
875	1:37.64	2:17.22	2:58.65	4:44.46	5:05.94	6:30.38
874	1:37.68	2:17.29	2:58.74	4:44.61	5:06.09	6:30.59
873	1:37.73	2:17.35	2:58.82	4:44.75	5:06.25	6:30.79
872	1:37.78	2:17.41	2:58.91	4:44.90	5:06.41	6:31.00
871	1:37.82	2:17.48	2:58.99	4:45.04	5:06.57	6:31.20
870	1:37.87	2:17.54	2:59.08	4:45.19	5:06.72	6:31.41
869	1:37.92	2:17.61	2:59.17	4:45.34	5:06.88	6:31.61
868	1:37.97	2:17.67	2:59.26	4:45.48	5:07.04	6:31.82
867	1:38.01	2:17.74	2:59.34	4:45.63	5:07.19	6:32.03
866	1:38.06	2:17.80	2:59.43	4:45.78	5:07.35	6:32.23
865	1:38.11	2:17.87	2:59.52	4:45.92	5:07.51	6:32.44
864	1:38.16	2:17.93	2:59.60	4:46.07	5:07.67	6:32.65
863	1:38.20	2:18.00	2:59.69	4:46.22	5:07.82	6:32.85
862	1:38.25	2:18.06	2:59.78	4:46.36	5:07.98	6:33.06
861	1:38.30	2:18.13	2:59.86	4:46.51	5:08.14	6:33.27
860	1:38.35	2:18.19	2:59.95	4:46.66	5:08.30	6:33.48
859	1:38.39	2:18.26	3:00.04	4:46.81	5:08.46	6:33.68
858	1:38.44	2:18.32	3:00.13	4:46.95	5:08.61	6:33.89
857	1:38.49	2:18.39	3:00.21	4:47.10	5:08.77	6:34.10
856	1:38.54	2:18.45	3:00.30	4:47.25	5:08.93	6:34.31
855	1:38.58	2:18.52	3:00.39	4:47.40	5:09.09	6:34.51
854	1:38.63	2:18.58	3:00.48	4:47.54	5:09.25	6:34.72
853	1:38.68	2:18.65	3:00.56	4:47.69	5:09.41	6:34.93
852	1:38.73	2:18.71	3:00.65	4:47.84	5:09.56	6:35.14
851	1:38.77	2:18.78	3:00.74	4:47.99	5:09.72	6:35.35

600m	800m	1000m	1500m	Mile	2000m	Points
1:38.82	2:18.84	3:00.83	4:48.14	5:09.88	6:35.55	850
1:38.87	2:18.91	3:00.91	4:48.28	5:10.04	6:35.76	849
1:38.92	2:18.97	3:01.00	4:48.43	5:10.20	6:35.97	848
1:38.96	2:19.04	3:01.09	4:48.58	5:10.36	6:36.18	847
1:39.01	2:19.11	3:01.18	4:48.73	5:10.52	6:36.39	846
1:39.06	2:19.17	3:01.27	4:48.88	5:10.68	6:36.60	845
1:39.11	2:19.24	3:01.35	4:49.03	5:10.84	6:36.81	844
1:39.16	2:19.30	3:01.44	4:49.18	5:11.00	6:37.02	843
1:39.20	2:19.37	3:01.53	4:49.32	5:11.16	6:37.23	842
1:39.25	2:19.43	3:01.62	4:49.47	5:11.32	6:37.44	841
1:39.30	2:19.50	3:01.71	4:49.62	5:11.47	6:37.65	840
1:39.35	2:19.57	3:01.79	4:49.77	5:11.63	6:37.86	839
1:39.40	2:19.63	3:01.88	4:49.92	5:11.79	6:38.07	838
1:39.44	2:19.70	3:01.97	4:50.07	5:11.95	6:38.28	837
1:39.49	2:19.76	3:02.06	4:50.22	5:12.12	6:38.49	836
1:39.54	2:19.83	3:02.15	4:50.37	5:12.28	6:38.70	835
1:39.59	2:19.89	3:02.24	4:50.52	5:12.44	6:38.91	834
1:39.64	2:19.96	3:02.33	4:50.67	5:12.60	6:39.12	833
1:39.69	2:20.03	3:02.41	4:50.82	5:12.76	6:39.33	832
1:39.73	2:20.09	3:02.50	4:50.97	5:12.92	6:39.54	831
1:39.78	2:20.16	3:02.59	4:51.12	5:13.08	6:39.75	830
1:39.83	2:20.23	3:02.68	4:51.27	5:13.24	6:39.96	829
1:39.88	2:20.29	3:02.77	4:51.42	5:13.40	6:40.17	828
1:39.93	2:20.36	3:02.86	4:51.57	5:13.56	6:40.38	827
1:39.98	2:20.42	3:02.95	4:51.72	5:13.72	6:40.59	826
1:40.02	2:20.49	3:03.04	4:51.87	5:13.88	6:40.81	825
1:40.07	2:20.56	3:03.13	4:52.02	5:14.04	6:41.02	824
1:40.12	2:20.62	3:03.21	4:52.17	5:14.21	6:41.23	823
1:40.17	2:20.69	3:03.30	4:52.32	5:14.37	6:41.44	822
1:40.22	2:20.76	3:03.39	4:52.47	5:14.53	6:41.65	821
1:40.27	2:20.82	3:03.48	4:52.62	5:14.69	6:41.87	820
1:40.32	2:20.89	3:03.57	4:52.77	5:14.85	6:42.08	819
1:40.36	2:20.96	3:03.66	4:52.92	5:15.01	6:42.29	818
1:40.41	2:21.02	3:03.75	4:53.07	5:15.18	6:42.50	817
1:40.46	2:21.09	3:03.84	4:53.22	5:15.34	6:42.72	816
1:40.51	2:21.16	3:03.93	4:53.38	5:15.50	6:42.93	815
1:40.56	2:21.22	3:04.02	4:53.53	5:15.66	6:43.14	814
1:40.61	2:21.29	3:04.11	4:53.68	5:15.83	6:43.35	813
1:40.66	2:21.36	3:04.20	4:53.83	5:15.99	6:43.57	812
1:40.71	2:21.42	3:04.29	4:53.98	5:16.15	6:43.78	811
1:40.75	2:21.49	3:04.38	4:54.13	5:16.31	6:43.99	810
1:40.80	2:21.56	3:04.47	4:54.29	5:16.48	6:44.21	809
1:40.85	2:21.62	3:04.56	4:54.44	5:16.64	6:44.42	808
1:40.90	2:21.69	3:04.65	4:54.59	5:16.80	6:44.64	807
1:40.95	2:21.76	3:04.74	4:54.74	5:16.97	6:44.85	806
1:41.00	2:21.83	3:04.83	4:54.89	5:17.13	6:45.06	805
1:41.05	2:21.89	3:04.92	4:55.05	5:17.29	6:45.28	804
1:41.10	2:21.96	3:05.01	4:55.20	5:17.46	6:45.49	803
1:41.15	2:22.03	3:05.10	4:55.35	5:17.62	6:45.71	802
1:41.20	2:22.09	3:05.19	4:55.50	5:17.78	6:45.92	801

Points	600m	800m	1000m	1500m	Mile	2000m
800	1:41.25	2:22.16	3:05.28	4:55.66	5:17.95	6:46.14
799	1:41.29	2:22.23	3:05.37	4:55.81	5:18.11	6:46.35
798	1:41.34	2:22.30	3:05.46	4:55.96	5:18.27	6:46.57
797	1:41.39	2:22.36	3:05.55	4:56.11	5:18.44	6:46.78
796	1:41.44	2:22.43	3:05.64	4:56.27	5:18.60	6:47.00
795	1:41.49	2:22.50	3:05.73	4:56.42	5:18.77	6:47.21
794	1:41.54	2:22.57	3:05.82	4:56.57	5:18.93	6:47.43
793	1:41.59	2:22.64	3:05.91	4:56.73	5:19.10	6:47.64
792	1:41.64	2:22.70	3:06.01	4:56.88	5:19.26	6:47.86
791	1:41.69	2:22.77	3:06.10	4:57.03	5:19.42	6:48.08
790	1:41.74	2:22.84	3:06.19	4:57.19	5:19.59	6:48.29
789	1:41.79	2:22.91	3:06.28	4:57.34	5:19.75	6:48.51
788	1:41.84	2:22.97	3:06.37	4:57.50	5:19.92	6:48.73
787	1:41.89	2:23.04	3:06.46	4:57.65	5:20.08	6:48.94
786	1:41.94	2:23.11	3:06.55	4:57.80	5:20.25	6:49.16
785	1:41.99	2:23.18	3:06.64	4:57.96	5:20.41	6:49.38
784	1:42.04	2:23.25	3:06.73	4:58.11	5:20.58	6:49.59
783	1:42.09	2:23.31	3:06.83	4:58.27	5:20.75	6:49.81
782	1:42.14	2:23.38	3:06.92	4:58.42	5:20.91	6:50.03
781	1:42.19	2:23.45	3:07.01	4:58.58	5:21.08	6:50.24
780	1:42.24	2:23.52	3:07.10	4:58.73	5:21.24	6:50.46
779	1:42.29	2:23.59	3:07.19	4:58.88	5:21.41	6:50.68
778	1:42.34	2:23.66	3:07.28	4:59.04	5:21.57	6:50.90
777	1:42.39	2:23.72	3:07.38	4:59.19	5:21.74	6:51.12
776	1:42.44	2:23.79	3:07.47	4:59.35	5:21.91	6:51.33
775	1:42.49	2:23.86	3:07.56	4:59.50	5:22.07	6:51.55
774	1:42.54	2:23.93	3:07.65	4:59.66	5:22.24	6:51.77
773	1:42.59	2:24.00	3:07.74	4:59.81	5:22.41	6:51.99
772	1:42.64	2:24.07	3:07.84	4:59.97	5:22.57	6:52.21
771	1:42.69	2:24.13	3:07.93	5:00.13	5:22.74	6:52.43
770	1:42.74	2:24.20	3:08.02	5:00.28	5:22.91	6:52.65
769	1:42.79	2:24.27	3:08.11	5:00.44	5:23.07	6:52.87
768	1:42.84	2:24.34	3:08.20	5:00.59	5:23.24	6:53.08
767	1:42.89	2:24.41	3:08.30	5:00.75	5:23.41	6:53.30
766	1:42.94	2:24.48	3:08.39	5:00.90	5:23.58	6:53.52
765	1:42.99	2:24.55	3:08.48	5:01.06	5:23.74	6:53.74
764	1:43.04	2:24.62	3:08.57	5:01.22	5:23.91	6:53.96
763	1:43.09	2:24.69	3:08.67	5:01.37	5:24.08	6:54.18
762	1:43.14	2:24.75	3:08.76	5:01.53	5:24.25	6:54.40
761	1:43.19	2:24.82	3:08.85	5:01.69	5:24.41	6:54.62
760	1:43.24	2:24.89	3:08.94	5:01.84	5:24.58	6:54.84
759	1:43.29	2:24.96	3:09.04	5:02.00	5:24.75	6:55.06
758	1:43.34	2:25.03	3:09.13	5:02.16	5:24.92	6:55.29
757	1:43.39	2:25.10	3:09.22	5:02.31	5:25.09	6:55.51
756	1:43.44	2:25.17	3:09.32	5:02.47	5:25.25	6:55.73
755	1:43.49	2:25.24	3:09.41	5:02.63	5:25.42	6:55.95
754	1:43.54	2:25.31	3:09.50	5:02.78	5:25.59	6:56.17
753	1:43.59	2:25.38	3:09.60	5:02.94	5:25.76	6:56.39
752	1:43.64	2:25.45	3:09.69	5:03.10	5:25.93	6:56.61
751	1:43.69	2:25.52	3:09.78	5:03.26	5:26.10	6:56.83

600m	800m	1000m	1500m	Mile	2000m	Points
1:43.75	2:25.59	3:09.88	5:03.41	5:26.27	6:57.06	750
1:43.80	2:25.66	3:09.97	5:03.57	5:26.44	6:57.28	749
1:43.85	2:25.73	3:10.06	5:03.73	5:26.61	6:57.50	748
1:43.90	2:25.80	3:10.16	5:03.89	5:26.78	6:57.72	747
1:43.95	2:25.87	3:10.25	5:04.05	5:26.94	6:57.95	746
1:44.00	2:25.93	3:10.34	5:04.20	5:27.11	6:58.17	745
1:44.05	2:26.00	3:10.44	5:04.36	5:27.28	6:58.39	744
1:44.10	2:26.07	3:10.53	5:04.52	5:27.45	6:58.61	743
1:44.15	2:26.14	3:10.62	5:04.68	5:27.62	6:58.84	742
1:44.20	2:26.21	3:10.72	5:04.84	5:27.79	6:59.06	741
1:44.26	2:26.28	3:10.81	5:05.00	5:27.96	6:59.28	740
1:44.31	2:26.35	3:10.91	5:05.16	5:28.13	6:59.51	739
1:44.36	2:26.43	3:11.00	5:05.32	5:28.31	6:59.73	738
1:44.41	2:26.50	3:11.10	5:05.47	5:28.48	6:59.95	737
1:44.46	2:26.57	3:11.19	5:05.63	5:28.65	7:00.18	736
1:44.51	2:26.64	3:11.28	5:05.79	5:28.82	7:00.40	735
1:44.56	2:26.71	3:11.38	5:05.95	5:28.99	7:00.63	734
1:44.61	2:26.78	3:11.47	5:06.11	5:29.16	7:00.85	733
1:44.67	2:26.85	3:11.57	5:06.27	5:29.33	7:01.08	732
1:44.72	2:26.92	3:11.66	5:06.43	5:29.50	7:01.30	731
1:44.77	2:26.99	3:11.76	5:06.59	5:29.67	7:01.53	730
1:44.82	2:27.06	3:11.85	5:06.75	5:29.84	7:01.75	729
1:44.87	2:27.13	3:11.95	5:06.91	5:30.02	7:01.98	728
1:44.92	2:27.20	3:12.04	5:07.07	5:30.19	7:02.20	727
1:44.98	2:27.27	3:12.14	5:07.23	5:30.36	7:02.43	726
1:45.03	2:27.34	3:12.23	5:07.39	5:30.53	7:02.65	725
1:45.08	2:27.41	3:12.33	5:07.55	5:30.70	7:02.88	724
1:45.13	2:27.48	3:12.42	5:07.71	5:30.88	7:03.10	723
1:45.18	2:27.55	3:12.52	5:07.87	5:31.05	7:03.33	722
1:45.23	2:27.62	3:12.61	5:08.03	5:31.22	7:03.56	721
1:45.29	2:27.70	3:12.71	5:08.19	5:31.39	7:03.78	720
1:45.34	2:27.77	3:12.80	5:08.36	5:31.57	7:04.01	719
1:45.39	2:27.84	3:12.90	5:08.52	5:31.74	7:04.24	718
1:45.44	2:27.91	3:12.99	5:08.68	5:31.91	7:04.46	717
1:45.49	2:27.98	3:13.09	5:08.84	5:32.09	7:04.69	716
1:45.55	2:28.05	3:13.18	5:09.00	5:32.26	7:04.92	715
1:45.60	2:28.12	3:13.28	5:09.16	5:32.43	7:05.14	714
1:45.65	2:28.19	3:13.38	5:09.32	5:32.61	7:05.37	713
1:45.70	2:28.27	3:13.47	5:09.49	5:32.78	7:05.60	712
1:45.75	2:28.34	3:13.57	5:09.65	5:32.95	7:05.83	711
1:45.81	2:28.41	3:13.66	5:09.81	5:33.13	7:06.06	710
1:45.86	2:28.48	3:13.76	5:09.97	5:33.30	7:06.28	709
1:45.91	2:28.55	3:13.86	5:10.13	5:33.47	7:06.51	708
1:45.96	2:28.62	3:13.95	5:10.30	5:33.65	7:06.74	707
1:46.02	2:28.70	3:14.05	5:10.46	5:33.82	7:06.97	706
1:46.07	2:28.77	3:14.14	5:10.62	5:34.00	7:07.20	705
1:46.12	2:28.84	3:14.24	5:10.78	5:34.17	7:07.43	704
1:46.17	2:28.91	3:14.34	5:10.95	5:34.35	7:07.66	703
1:46.23	2:28.98	3:14.43	5:11.11	5:34.52	7:07.89	702
1:46.28	2:29.05	3:14.53	5:11.27	5:34.70	7:08.12	701



Points	600m	800m	1000m	1500m	Mile	2000m
700	1:46.33	2:29.13	3:14.63	5:11.44	5:34.87	7:08.35
699	1:46.38	2:29.20	3:14.72	5:11.60	5:35.05	7:08.58
698	1:46.44	2:29.27	3:14.82	5:11.76	5:35.22	7:08.81
697	1:46.49	2:29.34	3:14.92	5:11.93	5:35.40	7:09.04
696	1:46.54	2:29.42	3:15.01	5:12.09	5:35.57	7:09.27
695	1:46.59	2:29.49	3:15.11	5:12.25	5:35.75	7:09.50
694	1:46.65	2:29.56	3:15.21	5:12.42	5:35.92	7:09.73
693	1:46.70	2:29.63	3:15.31	5:12.58	5:36.10	7:09.96
692	1:46.75	2:29.70	3:15.40	5:12.75	5:36.28	7:10.19
691	1:46.81	2:29.78	3:15.50	5:12.91	5:36.45	7:10.42
690	1:46.86	2:29.85	3:15.60	5:13.08	5:36.63	7:10.65
689	1:46.91	2:29.92	3:15.69	5:13.24	5:36.80	7:10.88
688	1:46.97	2:30.00	3:15.79	5:13.40	5:36.98	7:11.11
687	1:47.02	2:30.07	3:15.89	5:13.57	5:37.16	7:11.35
686	1:47.07	2:30.14	3:15.99	5:13.73	5:37.33	7:11.58
685	1:47.12	2:30.21	3:16.08	5:13.90	5:37.51	7:11.81
684	1:47.18	2:30.29	3:16.18	5:14.06	5:37.69	7:12.04
683	1:47.23	2:30.36	3:16.28	5:14.23	5:37.87	7:12.28
682	1:47.28	2:30.43	3:16.38	5:14.39	5:38.04	7:12.51
681	1:47.34	2:30.51	3:16.48	5:14.56	5:38.22	7:12.74
680	1:47.39	2:30.58	3:16.57	5:14.73	5:38.40	7:12.97
679	1:47.44	2:30.65	3:16.67	5:14.89	5:38.58	7:13.21
678	1:47.50	2:30.72	3:16.77	5:15.06	5:38.75	7:13.44
677	1:47.55	2:30.80	3:16.87	5:15.22	5:38.93	7:13.67
676	1:47.61	2:30.87	3:16.97	5:15.39	5:39.11	7:13.91
675	1:47.66	2:30.94	3:17.07	5:15.56	5:39.29	7:14.14
674	1:47.71	2:31.02	3:17.16	5:15.72	5:39.47	7:14.38
673	1:47.77	2:31.09	3:17.26	5:15.89	5:39.64	7:14.61
672	1:47.82	2:31.16	3:17.36	5:16.05	5:39.82	7:14.84
671	1:47.87	2:31.24	3:17.46	5:16.22	5:40.00	7:15.08
670	1:47.93	2:31.31	3:17.56	5:16.39	5:40.18	7:15.31
669	1:47.98	2:31.39	3:17.66	5:16.56	5:40.36	7:15.55
668	1:48.03	2:31.46	3:17.76	5:16.72	5:40.54	7:15.78
667	1:48.09	2:31.53	3:17.86	5:16.89	5:40.72	7:16.02
666	1:48.14	2:31.61	3:17.96	5:17.06	5:40.90	7:16.25
665	1:48.20	2:31.68	3:18.05	5:17.22	5:41.08	7:16.49
664	1:48.25	2:31.75	3:18.15	5:17.39	5:41.26	7:16.73
663	1:48.30	2:31.83	3:18.25	5:17.56	5:41.44	7:16.96
662	1:48.36	2:31.90	3:18.35	5:17.73	5:41.62	7:17.20
661	1:48.41	2:31.98	3:18.45	5:17.90	5:41.80	7:17.43
660	1:48.47	2:32.05	3:18.55	5:18.06	5:41.98	7:17.67
659	1:48.52	2:32.13	3:18.65	5:18.23	5:42.16	7:17.91
658	1:48.58	2:32.20	3:18.75	5:18.40	5:42.34	7:18.14
657	1:48.63	2:32.27	3:18.85	5:18.57	5:42.52	7:18.38
656	1:48.68	2:32.35	3:18.95	5:18.74	5:42.70	7:18.62
655	1:48.74	2:32.42	3:19.05	5:18.91	5:42.88	7:18.86
654	1:48.79	2:32.50	3:19.15	5:19.07	5:43.06	7:19.09
653	1:48.85	2:32.57	3:19.25	5:19.24	5:43.24	7:19.33
652	1:48.90	2:32.65	3:19.35	5:19.41	5:43.42	7:19.57
651	1:48.96	2:32.72	3:19.45	5:19.58	5:43.61	7:19.81

600m	800m	1000m	1500m	Mile	2000m	Points
1:49.01	2:32.80	3:19.55	5:19.75	5:43.79	7:20.05	650
1:49.07	2:32.87	3:19.65	5:19.92	5:43.97	7:20.28	649
1:49.12	2:32.95	3:19.75	5:20.09	5:44.15	7:20.52	648
1:49.17	2:33.02	3:19.85	5:20.26	5:44.33	7:20.76	647
1:49.23	2:33.10	3:19.95	5:20.43	5:44.52	7:21.00	646
1:49.28	2:33.17	3:20.05	5:20.60	5:44.70	7:21.24	645
1:49.34	2:33.25	3:20.15	5:20.77	5:44.88	7:21.48	644
1:49.39	2:33.32	3:20.26	5:20.94	5:45.06	7:21.72	643
1:49.45	2:33.40	3:20.36	5:21.11	5:45.25	7:21.96	642
1:49.50	2:33.47	3:20.46	5:21.28	5:45.43	7:22.20	641
1:49.56	2:33.55	3:20.56	5:21.45	5:45.61	7:22.44	640
1:49.61	2:33.62	3:20.66	5:21.62	5:45.79	7:22.68	639
1:49.67	2:33.70	3:20.76	5:21.79	5:45.98	7:22.92	638
1:49.72	2:33.77	3:20.86	5:21.96	5:46.16	7:23.16	637
1:49.78	2:33.85	3:20.96	5:22.14	5:46.35	7:23.40	636
1:49.83	2:33.92	3:21.06	5:22.31	5:46.53	7:23.64	635
1:49.89	2:34.00	3:21.17	5:22.48	5:46.71	7:23.88	634
1:49.95	2:34.08	3:21.27	5:22.65	5:46.90	7:24.13	633
1:50.00	2:34.15	3:21.37	5:22.82	5:47.08	7:24.37	632
1:50.06	2:34.23	3:21.47	5:22.99	5:47.27	7:24.61	631
1:50.11	2:34.30	3:21.57	5:23.17	5:47.45	7:24.85	630
1:50.17	2:34.38	3:21.68	5:23.34	5:47.63	7:25.09	629
1:50.22	2:34.45	3:21.78	5:23.51	5:47.82	7:25.34	628
1:50.28	2:34.53	3:21.88	5:23.68	5:48.00	7:25.58	627
1:50.33	2:34.61	3:21.98	5:23.86	5:48.19	7:25.82	626
1:50.39	2:34.68	3:22.08	5:24.03	5:48.37	7:26.06	625
1:50.44	2:34.76	3:22.19	5:24.20	5:48.56	7:26.31	624
1:50.50	2:34.84	3:22.29	5:24.37	5:48.75	7:26.55	623
1:50.56	2:34.91	3:22.39	5:24.55	5:48.93	7:26.80	622
1:50.61	2:34.99	3:22.49	5:24.72	5:49.12	7:27.04	621
1:50.67	2:35.07	3:22.60	5:24.89	5:49.30	7:27.28	620
1:50.72	2:35.14	3:22.70	5:25.07	5:49.49	7:27.53	619
1:50.78	2:35.22	3:22.80	5:25.24	5:49.68	7:27.77	618
1:50.84	2:35.30	3:22.91	5:25.41	5:49.86	7:28.02	617
1:50.89	2:35.37	3:23.01	5:25.59	5:50.05	7:28.26	616
1:50.95	2:35.45	3:23.11	5:25.76	5:50.23	7:28.51	615
1:51.00	2:35.53	3:23.21	5:25.94	5:50.42	7:28.75	614
1:51.06	2:35.60	3:23.32	5:26.11	5:50.61	7:29.00	613
1:51.12	2:35.68	3:23.42	5:26.29	5:50.80	7:29.24	612
1:51.17	2:35.76	3:23.52	5:26.46	5:50.98	7:29.49	611
1:51.23	2:35.83	3:23.63	5:26.64	5:51.17	7:29.73	610
1:51.29	2:35.91	3:23.73	5:26.81	5:51.36	7:29.98	609
1:51.34	2:35.99	3:23.84	5:26.99	5:51.55	7:30.23	608
1:51.40	2:36.07	3:23.94	5:27.16	5:51.73	7:30.47	607
1:51.46	2:36.14	3:24.04	5:27.34	5:51.92	7:30.72	606
1:51.51	2:36.22	3:24.15	5:27.51	5:52.11	7:30.97	605
1:51.57	2:36.30	3:24.25	5:27.69	5:52.30	7:31.21	604
1:51.63	2:36.38	3:24.36	5:27.86	5:52.49	7:31.46	603
1:51.68	2:36.45	3:24.46	5:28.04	5:52.68	7:31.71	602
1:51.74	2:36.53	3:24.56	5:28.22	5:52.87	7:31.96	601

Points	600m	800m	1000m	1500m	Mile	2000m
600	1:51.80	2:36.61	3:24.67	5:28.39	5:53.05	7:32.21
599	1:51.85	2:36.69	3:24.77	5:28.57	5:53.24	7:32.45
598	1:51.91	2:36.76	3:24.88	5:28.74	5:53.43	7:32.70
597	1:51.97	2:36.84	3:24.98	5:28.92	5:53.62	7:32.95
596	1:52.02	2:36.92	3:25.09	5:29.10	5:53.81	7:33.20
595	1:52.08	2:37.00	3:25.19	5:29.27	5:54.00	7:33.45
594	1:52.14	2:37.08	3:25.30	5:29.45	5:54.19	7:33.70
593	1:52.19	2:37.16	3:25.40	5:29.63	5:54.38	7:33.95
592	1:52.25	2:37.23	3:25.51	5:29.81	5:54.57	7:34.20
591	1:52.31	2:37.31	3:25.61	5:29.98	5:54.76	7:34.45
590	1:52.37	2:37.39	3:25.72	5:30.16	5:54.95	7:34.70
589	1:52.42	2:37.47	3:25.82	5:30.34	5:55.14	7:34.95
588	1:52.48	2:37.55	3:25.93	5:30.52	5:55.34	7:35.20
587	1:52.54	2:37.63	3:26.03	5:30.70	5:55.53	7:35.45
586	1:52.60	2:37.71	3:26.14	5:30.87	5:55.72	7:35.70
585	1:52.65	2:37.78	3:26.24	5:31.05	5:55.91	7:35.95
584	1:52.71	2:37.86	3:26.35	5:31.23	5:56.10	7:36.20
583	1:52.77	2:37.94	3:26.46	5:31.41	5:56.29	7:36.45
582	1:52.83	2:38.02	3:26.56	5:31.59	5:56.48	7:36.71
581	1:52.88	2:38.10	3:26.67	5:31.77	5:56.68	7:36.96
580	1:52.94	2:38.18	3:26.77	5:31.95	5:56.87	7:37.21
579	1:53.00	2:38.26	3:26.88	5:32.13	5:57.06	7:37.46
578	1:53.06	2:38.34	3:26.99	5:32.31	5:57.25	7:37.72
577	1:53.12	2:38.42	3:27.09	5:32.49	5:57.45	7:37.97
576	1:53.17	2:38.50	3:27.20	5:32.67	5:57.64	7:38.22
575	1:53.23	2:38.58	3:27.31	5:32.85	5:57.83	7:38.48
574	1:53.29	2:38.65	3:27.41	5:33.03	5:58.03	7:38.73
573	1:53.35	2:38.73	3:27.52	5:33.21	5:58.22	7:38.98
572	1:53.41	2:38.81	3:27.63	5:33.39	5:58.41	7:39.24
571	1:53.46	2:38.89	3:27.73	5:33.57	5:58.61	7:39.49
570	1:53.52	2:38.97	3:27.84	5:33.75	5:58.80	7:39.75
569	1:53.58	2:39.05	3:27.95	5:33.93	5:58.99	7:40.00
568	1:53.64	2:39.13	3:28.06	5:34.11	5:59.19	7:40.26
567	1:53.70	2:39.21	3:28.16	5:34.29	5:59.38	7:40.51
566	1:53.76	2:39.29	3:28.27	5:34.47	5:59.58	7:40.77
565	1:53.81	2:39.37	3:28.38	5:34.66	5:59.77	7:41.02
564	1:53.87	2:39.45	3:28.49	5:34.84	5:59.97	7:41.28
563	1:53.93	2:39.53	3:28.59	5:35.02	6:00.16	7:41.53
562	1:53.99	2:39.61	3:28.70	5:35.20	6:00.36	7:41.79
561	1:54.05	2:39.70	3:28.81	5:35.38	6:00.55	7:42.05
560	1:54.11	2:39.78	3:28.92	5:35.57	6:00.75	7:42.30
559	1:54.17	2:39.86	3:29.03	5:35.75	6:00.95	7:42.56
558	1:54.23	2:39.94	3:29.13	5:35.93	6:01.14	7:42.82
557	1:54.28	2:40.02	3:29.24	5:36.11	6:01.34	7:43.07
556	1:54.34	2:40.10	3:29.35	5:36.30	6:01.53	7:43.33
555	1:54.40	2:40.18	3:29.46	5:36.48	6:01.73	7:43.59
554	1:54.46	2:40.26	3:29.57	5:36.66	6:01.93	7:43.85
553	1:54.52	2:40.34	3:29.68	5:36.85	6:02.12	7:44.11
552	1:54.58	2:40.42	3:29.79	5:37.03	6:02.32	7:44.37
551	1:54.64	2:40.50	3:29.89	5:37.22	6:02.52	7:44.62

600m	800m	1000m	1500m	Mile	2000m	Points
1:54.70	2:40.58	3:30.00	5:37.40	6:02.72	7:44.88	550
1:54.76	2:40.67	3:30.11	5:37.58	6:02.91	7:45.14	549
1:54.82	2:40.75	3:30.22	5:37.77	6:03.11	7:45.40	548
1:54.88	2:40.83	3:30.33	5:37.95	6:03.31	7:45.66	547
1:54.94	2:40.91	3:30.44	5:38.14	6:03.51	7:45.92	546
1:55.00	2:40.99	3:30.55	5:38.32	6:03.71	7:46.18	545
1:55.06	2:41.07	3:30.66	5:38.51	6:03.90	7:46.44	544
1:55.12	2:41.16	3:30.77	5:38.69	6:04.10	7:46.70	543
1:55.18	2:41.24	3:30.88	5:38.88	6:04.30	7:46.96	542
1:55.24	2:41.32	3:30.99	5:39.06	6:04.50	7:47.23	541
1:55.30	2:41.40	3:31.10	5:39.25	6:04.70	7:47.49	540
1:55.36	2:41.48	3:31.21	5:39.44	6:04.90	7:47.75	539
1:55.42	2:41.57	3:31.32	5:39.62	6:05.10	7:48.01	538
1:55.48	2:41.65	3:31.43	5:39.81	6:05.30	7:48.27	537
1:55.54	2:41.73	3:31.54	5:40.00	6:05.50	7:48.54	536
1:55.60	2:41.81	3:31.65	5:40.18	6:05.70	7:48.80	535
1:55.66	2:41.89	3:31.76	5:40.37	6:05.90	7:49.06	534
1:55.72	2:41.98	3:31.87	5:40.56	6:06.10	7:49.32	533
1:55.78	2:42.06	3:31.98	5:40.74	6:06.30	7:49.59	532
1:55.84	2:42.14	3:32.09	5:40.93	6:06.50	7:49.85	531
1:55.90	2:42.23	3:32.21	5:41.12	6:06.70	7:50.11	530
1:55.96	2:42.31	3:32.32	5:41.31	6:06.90	7:50.38	529
1:56.02	2:42.39	3:32.43	5:41.49	6:07.11	7:50.64	528
1:56.08	2:42.47	3:32.54	5:41.68	6:07.31	7:50.91	527
1:56.14	2:42.56	3:32.65	5:41.87	6:07.51	7:51.17	526
1:56.20	2:42.64	3:32.76	5:42.06	6:07.71	7:51.44	525
1:56.26	2:42.72	3:32.87	5:42.25	6:07.91	7:51.70	524
1:56.32	2:42.81	3:32.99	5:42.44	6:08.12	7:51.97	523
1:56.38	2:42.89	3:33.10	5:42.62	6:08.32	7:52.24	522
1:56.44	2:42.97	3:33.21	5:42.81	6:08.52	7:52.50	521
1:56.50	2:43.06	3:33.32	5:43.00	6:08.72	7:52.77	520
1:56.57	2:43.14	3:33.43	5:43.19	6:08.93	7:53.03	519
1:56.63	2:43.22	3:33.55	5:43.38	6:09.13	7:53.30	518
1:56.69	2:43.31	3:33.66	5:43.57	6:09.33	7:53.57	517
1:56.75	2:43.39	3:33.77	5:43.76	6:09.54	7:53.84	516
1:56.81	2:43.48	3:33.88	5:43.95	6:09.74	7:54.10	515
1:56.87	2:43.56	3:34.00	5:44.14	6:09.95	7:54.37	514
1:56.93	2:43.64	3:34.11	5:44.33	6:10.15	7:54.64	513
1:57.00	2:43.73	3:34.22	5:44.52	6:10.36	7:54.91	512
1:57.06	2:43.81	3:34.34	5:44.71	6:10.56	7:55.18	511
1:57.12	2:43.90	3:34.45	5:44.91	6:10.77	7:55.45	510
1:57.18	2:43.98	3:34.56	5:45.10	6:10.97	7:55.72	509
1:57.24	2:44.07	3:34.68	5:45.29	6:11.18	7:55.99	508
1:57.30	2:44.15	3:34.79	5:45.48	6:11.38	7:56.26	507
1:57.37	2:44.24	3:34.90	5:45.67	6:11.59	7:56.53	506
1:57.43	2:44.32	3:35.02	5:45.86	6:11.79	7:56.80	505
1:57.49	2:44.41	3:35.13	5:46.06	6:12.00	7:57.07	504
1:57.55	2:44.49	3:35.25	5:46.25	6:12.21	7:57.34	503
1:57.61	2:44.58	3:35.36	5:46.44	6:12.41	7:57.61	502
1:57.68	2:44.66	3:35.47	5:46.64	6:12.62	7:57.88	501

Points	600m	800m	1000m	1500m	Mile	2000m
500	1:57.74	2:44.75	3:35.59	5:46.83	6:12.83	7:58.15
499	1:57.80	2:44.83	3:35.70	5:47.02	6:13.03	7:58.42
498	1:57.86	2:44.92	3:35.82	5:47.21	6:13.24	7:58.70
497	1:57.92	2:45.00	3:35.93	5:47.41	6:13.45	7:58.97
496	1:57.99	2:45.09	3:36.05	5:47.60	6:13.66	7:59.24
495	1:58.05	2:45.17	3:36.16	5:47.80	6:13.87	7:59.51
494	1:58.11	2:45.26	3:36.28	5:47.99	6:14.07	7:59.79
493	1:58.18	2:45.34	3:36.39	5:48.19	6:14.28	8:00.06
492	1:58.24	2:45.43	3:36.51	5:48.38	6:14.49	8:00.33
491	1:58.30	2:45.52	3:36.62	5:48.57	6:14.70	8:00.61
490	1:58.36	2:45.60	3:36.74	5:48.77	6:14.91	8:00.88
489	1:58.43	2:45.69	3:36.85	5:48.96	6:15.12	8:01.16
488	1:58.49	2:45.77	3:36.97	5:49.16	6:15.33	8:01.43
487	1:58.55	2:45.86	3:37.08	5:49.36	6:15.54	8:01.71
486	1:58.62	2:45.95	3:37.20	5:49.55	6:15.75	8:01.98
485	1:58.68	2:46.03	3:37.32	5:49.75	6:15.96	8:02.26
484	1:58.74	2:46.12	3:37.43	5:49.94	6:16.17	8:02.54
483	1:58.81	2:46.21	3:37.55	5:50.14	6:16.38	8:02.81
482	1:58.87	2:46.29	3:37.67	5:50.34	6:16.59	8:03.09
481	1:58.93	2:46.38	3:37.78	5:50.53	6:16.80	8:03.37
480	1:59.00	2:46.47	3:37.90	5:50.73	6:17.01	8:03.64
479	1:59.06	2:46.56	3:38.02	5:50.93	6:17.22	8:03.92
478	1:59.12	2:46.64	3:38.13	5:51.13	6:17.44	8:04.20
477	1:59.19	2:46.73	3:38.25	5:51.32	6:17.65	8:04.48
476	1:59.25	2:46.82	3:38.37	5:51.52	6:17.86	8:04.76
475	1:59.31	2:46.90	3:38.48	5:51.72	6:18.07	8:05.03
474	1:59.38	2:46.99	3:38.60	5:51.92	6:18.29	8:05.31
473	1:59.44	2:47.08	3:38.72	5:52.12	6:18.50	8:05.59
472	1:59.51	2:47.17	3:38.84	5:52.31	6:18.71	8:05.87
471	1:59.57	2:47.25	3:38.96	5:52.51	6:18.92	8:06.15
470	1:59.63	2:47.34	3:39.07	5:52.71	6:19.14	8:06.43
469	1:59.70	2:47.43	3:39.19	5:52.91	6:19.35	8:06.71
468	1:59.76	2:47.52	3:39.31	5:53.11	6:19.57	8:06.99
467	1:59.83	2:47.61	3:39.43	5:53.31	6:19.78	8:07.28
466	1:59.89	2:47.70	3:39.55	5:53.51	6:20.00	8:07.56
465	1:59.96	2:47.78	3:39.66	5:53.71	6:20.21	8:07.84
464	2:00.02	2:47.87	3:39.78	5:53.91	6:20.42	8:08.12
463	2:00.09	2:47.96	3:39.90	5:54.11	6:20.64	8:08.40
462	2:00.15	2:48.05	3:40.02	5:54.31	6:20.86	8:08.69
461	2:00.22	2:48.14	3:40.14	5:54.51	6:21.07	8:08.97
460	2:00.28	2:48.23	3:40.26	5:54.72	6:21.29	8:09.25
459	2:00.34	2:48.32	3:40.38	5:54.92	6:21.50	8:09.54
458	2:00.41	2:48.40	3:40.50	5:55.12	6:21.72	8:09.82
457	2:00.47	2:48.49	3:40.62	5:55.32	6:21.94	8:10.10
456	2:00.54	2:48.58	3:40.74	5:55.52	6:22.15	8:10.39
455	2:00.61	2:48.67	3:40.86	5:55.73	6:22.37	8:10.67
454	2:00.67	2:48.76	3:40.98	5:55.93	6:22.59	8:10.96
453	2:00.74	2:48.85	3:41.10	5:56.13	6:22.80	8:11.24
452	2:00.80	2:48.94	3:41.22	5:56.33	6:23.02	8:11.53
451	2:00.87	2:49.03	3:41.34	5:56.54	6:23.24	8:11.82

600m	800m	1000m	1500m	Mile	2000m	Points
2:00.93	2:49.12	3:41.46	5:56.74	6:23.46	8:12.10	450
2:01.00	2:49.21	3:41.58	5:56.94	6:23.68	8:12.39	449
2:01.06	2:49.30	3:41.70	5:57.15	6:23.90	8:12.68	448
2:01.13	2:49.39	3:41.82	5:57.35	6:24.11	8:12.96	447
2:01.20	2:49.48	3:41.94	5:57.56	6:24.33	8:13.25	446
2:01.26	2:49.57	3:42.06	5:57.76	6:24.55	8:13.54	445
2:01.33	2:49.66	3:42.18	5:57.97	6:24.77	8:13.83	444
2:01.39	2:49.75	3:42.31	5:58.17	6:24.99	8:14.12	443
2:01.46	2:49.84	3:42.43	5:58.38	6:25.21	8:14.40	442
2:01.53	2:49.93	3:42.55	5:58.58	6:25.43	8:14.69	441
2:01.59	2:50.02	3:42.67	5:58.79	6:25.65	8:14.98	440
2:01.66	2:50.12	3:42.79	5:58.99	6:25.88	8:15.27	439
2:01.73	2:50.21	3:42.92	5:59.20	6:26.10	8:15.56	438
2:01.79	2:50.30	3:43.04	5:59.41	6:26.32	8:15.85	437
2:01.86	2:50.39	3:43.16	5:59.61	6:26.54	8:16.14	436
2:01.93	2:50.48	3:43.28	5:59.82	6:26.76	8:16.44	435
2:01.99	2:50.57	3:43.41	6:00.03	6:26.98	8:16.73	434
2:02.06	2:50.66	3:43.53	6:00.24	6:27.21	8:17.02	433
2:02.13	2:50.75	3:43.65	6:00.44	6:27.43	8:17.31	432
2:02.19	2:50.85	3:43.77	6:00.65	6:27.65	8:17.60	431
2:02.26	2:50.94	3:43.90	6:00.86	6:27.88	8:17.90	430
2:02.33	2:51.03	3:44.02	6:01.07	6:28.10	8:18.19	429
2:02.39	2:51.12	3:44.15	6:01.28	6:28.32	8:18.48	428
2:02.46	2:51.21	3:44.27	6:01.49	6:28.55	8:18.78	427
2:02.53	2:51.31	3:44.39	6:01.69	6:28.77	8:19.07	426
2:02.60	2:51.40	3:44.52	6:01.90	6:29.00	8:19.37	425
2:02.66	2:51.49	3:44.64	6:02.11	6:29.22	8:19.66	424
2:02.73	2:51.58	3:44.77	6:02.32	6:29.45	8:19.96	423
2:02.80	2:51.68	3:44.89	6:02.53	6:29.67	8:20.25	422
2:02.87	2:51.77	3:45.01	6:02.74	6:29.90	8:20.55	421
2:02.94	2:51.86	3:45.14	6:02.95	6:30.12	8:20.85	420
2:03.00	2:51.96	3:45.26	6:03.17	6:30.35	8:21.14	419
2:03.07	2:52.05	3:45.39	6:03.38	6:30.58	8:21.44	418
2:03.14	2:52.14	3:45.51	6:03.59	6:30.80	8:21.74	417
2:03.21	2:52.24	3:45.64	6:03.80	6:31.03	8:22.04	416
2:03.28	2:52.33	3:45.77	6:04.01	6:31.26	8:22.33	415
2:03.34	2:52.42	3:45.89	6:04.22	6:31.48	8:22.63	414
2:03.41	2:52.52	3:46.02	6:04.44	6:31.71	8:22.93	413
2:03.48	2:52.61	3:46.14	6:04.65	6:31.94	8:23.23	412
2:03.55	2:52.70	3:46.27	6:04.86	6:32.17	8:23.53	411
2:03.62	2:52.80	3:46.39	6:05.07	6:32.40	8:23.83	410
2:03.69	2:52.89	3:46.52	6:05.29	6:32.63	8:24.13	409
2:03.76	2:52.99	3:46.65	6:05.50	6:32.85	8:24.43	408
2:03.83	2:53.08	3:46.77	6:05.72	6:33.08	8:24.73	407
2:03.89	2:53.18	3:46.90	6:05.93	6:33.31	8:25.03	406
2:03.96	2:53.27	3:47.03	6:06.14	6:33.54	8:25.34	405
2:04.03	2:53.37	3:47.16	6:06.36	6:33.77	8:25.64	404
2:04.10	2:53.46	3:47.28	6:06.57	6:34.01	8:25.94	403
2:04.17	2:53.56	3:47.41	6:06.79	6:34.24	8:26.24	402
2:04.24	2:53.65	3:47.54	6:07.01	6:34.47	8:26.55	401

Points	600m	800m	1000m	1500m	Mile	2000m
400	2:04.31	2:53.75	3:47.67	6:07.22	6:34.70	8:26.85
399	2:04.38	2:53.84	3:47.79	6:07.44	6:34.93	8:27.15
398	2:04.45	2:53.94	3:47.92	6:07.65	6:35.16	8:27.46
397	2:04.52	2:54.03	3:48.05	6:07.87	6:35.39	8:27.76
396	2:04.59	2:54.13	3:48.18	6:08.09	6:35.63	8:28.07
395	2:04.66	2:54.22	3:48.31	6:08.30	6:35.86	8:28.38
394	2:04.73	2:54.32	3:48.44	6:08.52	6:36.09	8:28.68
393	2:04.80	2:54.42	3:48.57	6:08.74	6:36.33	8:28.99
392	2:04.87	2:54.51	3:48.69	6:08.96	6:36.56	8:29.29
391	2:04.94	2:54.61	3:48.82	6:09.18	6:36.80	8:29.60
390	2:05.01	2:54.70	3:48.95	6:09.39	6:37.03	8:29.91
389	2:05.08	2:54.80	3:49.08	6:09.61	6:37.26	8:30.22
388	2:05.15	2:54.90	3:49.21	6:09.83	6:37.50	8:30.53
387	2:05.22	2:55.00	3:49.34	6:10.05	6:37.73	8:30.83
386	2:05.29	2:55.09	3:49.47	6:10.27	6:37.97	8:31.14
385	2:05.36	2:55.19	3:49.60	6:10.49	6:38.21	8:31.45
384	2:05.44	2:55.29	3:49.73	6:10.71	6:38.44	8:31.76
383	2:05.51	2:55.38	3:49.86	6:10.93	6:38.68	8:32.07
382	2:05.58	2:55.48	3:50.00	6:11.15	6:38.92	8:32.38
381	2:05.65	2:55.58	3:50.13	6:11.37	6:39.15	8:32.70
380	2:05.72	2:55.68	3:50.26	6:11.60	6:39.39	8:33.01
379	2:05.79	2:55.77	3:50.39	6:11.82	6:39.63	8:33.32
378	2:05.86	2:55.87	3:50.52	6:12.04	6:39.87	8:33.63
377	2:05.94	2:55.97	3:50.65	6:12.26	6:40.10	8:33.94
376	2:06.01	2:56.07	3:50.78	6:12.48	6:40.34	8:34.26
375	2:06.08	2:56.17	3:50.92	6:12.71	6:40.58	8:34.57
374	2:06.15	2:56.27	3:51.05	6:12.93	6:40.82	8:34.89
373	2:06.22	2:56.36	3:51.18	6:13.15	6:41.06	8:35.20
372	2:06.29	2:56.46	3:51.31	6:13.38	6:41.30	8:35.52
371	2:06.37	2:56.56	3:51.45	6:13.60	6:41.54	8:35.83
370	2:06.44	2:56.66	3:51.58	6:13.83	6:41.78	8:36.15
369	2:06.51	2:56.76	3:51.71	6:14.05	6:42.02	8:36.46
368	2:06.58	2:56.86	3:51.84	6:14.28	6:42.26	8:36.78
367	2:06.66	2:56.96	3:51.98	6:14.50	6:42.51	8:37.10
366	2:06.73	2:57.06	3:52.11	6:14.73	6:42.75	8:37.41
365	2:06.80	2:57.16	3:52.25	6:14.95	6:42.99	8:37.73
364	2:06.88	2:57.26	3:52.38	6:15.18	6:43.23	8:38.05
363	2:06.95	2:57.36	3:52.51	6:15.41	6:43.48	8:38.37
362	2:07.02	2:57.46	3:52.65	6:15.63	6:43.72	8:38.69
361	2:07.09	2:57.56	3:52.78	6:15.86	6:43.96	8:39.01
360	2:07.17	2:57.66	3:52.92	6:16.09	6:44.21	8:39.33
359	2:07.24	2:57.76	3:53.05	6:16.32	6:44.45	8:39.65
358	2:07.31	2:57.86	3:53.19	6:16.54	6:44.70	8:39.97
357	2:07.39	2:57.96	3:53.32	6:16.77	6:44.94	8:40.29
356	2:07.46	2:58.06	3:53.46	6:17.00	6:45.19	8:40.61
355	2:07.54	2:58.16	3:53.59	6:17.23	6:45.43	8:40.94
354	2:07.61	2:58.26	3:53.73	6:17.46	6:45.68	8:41.26
353	2:07.68	2:58.37	3:53.87	6:17.69	6:45.92	8:41.58
352	2:07.76	2:58.47	3:54.00	6:17.92	6:46.17	8:41.91
351	2:07.83	2:58.57	3:54.14	6:18.15	6:46.42	8:42.23

600m	800m	1000m	1500m	Mile	2000m	Points
2:07.91	2:58.67	3:54.28	6:18.38	6:46.67	8:42.55	350
2:07.98	2:58.77	3:54.41	6:18.61	6:46.91	8:42.88	349
2:08.06	2:58.87	3:54.55	6:18.84	6:47.16	8:43.21	348
2:08.13	2:58.98	3:54.69	6:19.07	6:47.41	8:43.53	347
2:08.21	2:59.08	3:54.82	6:19.31	6:47.66	8:43.86	346
2:08.28	2:59.18	3:54.96	6:19.54	6:47.91	8:44.18	345
2:08.36	2:59.28	3:55.10	6:19.77	6:48.16	8:44.51	344
2:08.43	2:59.39	3:55.24	6:20.00	6:48.41	8:44.84	343
2:08.51	2:59.49	3:55.38	6:20.24	6:48.66	8:45.17	342
2:08.58	2:59.59	3:55.51	6:20.47	6:48.91	8:45.50	341
2:08.66	2:59.70	3:55.65	6:20.71	6:49.16	8:45.83	340
2:08.73	2:59.80	3:55.79	6:20.94	6:49.41	8:46.16	339
2:08.81	2:59.90	3:55.93	6:21.17	6:49.66	8:46.49	338
2:08.88	3:00.01	3:56.07	6:21.41	6:49.92	8:46.82	337
2:08.96	3:00.11	3:56.21	6:21.65	6:50.17	8:47.15	336
2:09.04	3:00.22	3:56.35	6:21.88	6:50.42	8:47.48	335
2:09.11	3:00.32	3:56.49	6:22.12	6:50.67	8:47.81	334
2:09.19	3:00.42	3:56.63	6:22.35	6:50.93	8:48.15	333
2:09.26	3:00.53	3:56.77	6:22.59	6:51.18	8:48.48	332
2:09.34	3:00.63	3:56.91	6:22.83	6:51.44	8:48.81	331
2:09.42	3:00.74	3:57.05	6:23.07	6:51.69	8:49.15	330
2:09.49	3:00.84	3:57.19	6:23.30	6:51.95	8:49.48	329
2:09.57	3:00.95	3:57.33	6:23.54	6:52.20	8:49.82	328
2:09.65	3:01.05	3:57.47	6:23.78	6:52.46	8:50.15	327
2:09.72	3:01.16	3:57.62	6:24.02	6:52.71	8:50.49	326
2:09.80	3:01.26	3:57.76	6:24.26	6:52.97	8:50.83	325
2:09.88	3:01.37	3:57.90	6:24.50	6:53.23	8:51.17	324
2:09.96	3:01.48	3:58.04	6:24.74	6:53.49	8:51.50	323
2:10.03	3:01.58	3:58.18	6:24.98	6:53.74	8:51.84	322
2:10.11	3:01.69	3:58.33	6:25.22	6:54.00	8:52.18	321
2:10.19	3:01.80	3:58.47	6:25.46	6:54.26	8:52.52	320
2:10.27	3:01.90	3:58.61	6:25.70	6:54.52	8:52.86	319
2:10.35	3:02.01	3:58.76	6:25.95	6:54.78	8:53.20	318
2:10.42	3:02.12	3:58.90	6:26.19	6:55.04	8:53.54	317
2:10.50	3:02.22	3:59.04	6:26.43	6:55.30	8:53.88	316
2:10.58	3:02.33	3:59.19	6:26.67	6:55.56	8:54.23	315
2:10.66	3:02.44	3:59.33	6:26.92	6:55.82	8:54.57	314
2:10.74	3:02.55	3:59.48	6:27.16	6:56.08	8:54.91	313
2:10.82	3:02.65	3:59.62	6:27.41	6:56.35	8:55.26	312
2:10.89	3:02.76	3:59.77	6:27.65	6:56.61	8:55.60	311
2:10.97	3:02.87	3:59.91	6:27.90	6:56.87	8:55.95	310
2:11.05	3:02.98	4:00.06	6:28.14	6:57.13	8:56.29	309
2:11.13	3:03.09	4:00.20	6:28.39	6:57.40	8:56.64	308
2:11.21	3:03.20	4:00.35	6:28.63	6:57.66	8:56.98	307
2:11.29	3:03.30	4:00.49	6:28.88	6:57.93	8:57.33	306
2:11.37	3:03.41	4:00.64	6:29.13	6:58.19	8:57.68	305
2:11.45	3:03.52	4:00.79	6:29.37	6:58.46	8:58.03	304
2:11.53	3:03.63	4:00.93	6:29.62	6:58.72	8:58.38	303
2:11.61	3:03.74	4:01.08	6:29.87	6:58.99	8:58.73	302
2:11.69	3:03.85	4:01.23	6:30.12	6:59.26	8:59.08	301



Points	600m	800m	1000m	1500m	1 Mile	2000m
300	2:11.77	3:03.96	4:01.38	6:30.37	6:59.52	8:59.43
299	2:11.85	3:04.07	4:01.52	6:30.62	6:59.79	8:59.78
298	2:11.93	3:04.18	4:01.67	6:30.87	7:00.06	9:00.13
297	2:12.01	3:04.29	4:01.82	6:31.12	7:00.33	9:00.48
296	2:12.09	3:04.40	4:01.97	6:31.37	7:00.60	9:00.83
295	2:12.17	3:04.51	4:02.12	6:31.62	7:00.87	9:01.19
294	2:12.26	3:04.62	4:02.27	6:31.87	7:01.14	9:01.54
293	2:12.34	3:04.74	4:02.42	6:32.12	7:01.41	9:01.90
292	2:12.42	3:04.85	4:02.57	6:32.38	7:01.68	9:02.25
291	2:12.50	3:04.96	4:02.71	6:32.63	7:01.95	9:02.61
290	2:12.58	3:05.07	4:02.87	6:32.88	7:02.22	9:02.97
289	2:12.66	3:05.18	4:03.02	6:33.14	7:02.49	9:03.32
288	2:12.75	3:05.30	4:03.17	6:33.39	7:02.77	9:03.68
287	2:12.83	3:05.41	4:03.32	6:33.65	7:03.04	9:04.04
286	2:12.91	3:05.52	4:03.47	6:33.90	7:03.31	9:04.40
285	2:12.99	3:05.63	4:03.62	6:34.16	7:03.59	9:04.76
284	2:13.07	3:05.75	4:03.77	6:34.41	7:03.86	9:05.12
283	2:13.16	3:05.86	4:03.92	6:34.67	7:04.14	9:05.48
282	2:13.24	3:05.97	4:04.08	6:34.93	7:04.41	9:05.84
281	2:13.32	3:06.09	4:04.23	6:35.18	7:04.69	9:06.20
280	2:13.41	3:06.20	4:04.38	6:35.44	7:04.96	9:06.57
279	2:13.49	3:06.31	4:04.53	6:35.70	7:05.24	9:06.93
278	2:13.57	3:06.43	4:04.69	6:35.96	7:05.52	9:07.29
277	2:13.66	3:06.54	4:04.84	6:36.22	7:05.80	9:07.66
276	2:13.74	3:06.66	4:04.99	6:36.48	7:06.08	9:08.02
275	2:13.82	3:06.77	4:05.15	6:36.74	7:06.36	9:08.39
274	2:13.91	3:06.89	4:05.30	6:37.00	7:06.63	9:08.76
273	2:13.99	3:07.00	4:05.46	6:37.26	7:06.92	9:09.12
272	2:14.08	3:07.12	4:05.61	6:37.52	7:07.20	9:09.49
271	2:14.16	3:07.23	4:05.77	6:37.78	7:07.48	9:09.86
270	2:14.25	3:07.35	4:05.92	6:38.05	7:07.76	9:10.23
269	2:14.33	3:07.47	4:06.08	6:38.31	7:08.04	9:10.60
268	2:14.42	3:07.58	4:06.24	6:38.57	7:08.32	9:10.97
267	2:14.50	3:07.70	4:06.39	6:38.84	7:08.61	9:11.34
266	2:14.59	3:07.82	4:06.55	6:39.10	7:08.89	9:11.72
265	2:14.67	3:07.93	4:06.71	6:39.37	7:09.17	9:12.09
264	2:14.76	3:08.05	4:06.86	6:39.63	7:09.46	9:12.46
263	2:14.84	3:08.17	4:07.02	6:39.90	7:09.74	9:12.84
262	2:14.93	3:08.28	4:07.18	6:40.17	7:10.03	9:13.21
261	2:15.01	3:08.40	4:07.34	6:40.43	7:10.32	9:13.59
260	2:15.10	3:08.52	4:07.49	6:40.70	7:10.60	9:13.97
259	2:15.19	3:08.64	4:07.65	6:40.97	7:10.89	9:14.34
258	2:15.27	3:08.76	4:07.81	6:41.24	7:11.18	9:14.72
257	2:15.36	3:08.88	4:07.97	6:41.51	7:11.47	9:15.10
256	2:15.45	3:09.00	4:08.13	6:41.78	7:11.76	9:15.48
255	2:15.53	3:09.11	4:08.29	6:42.05	7:12.05	9:15.86
254	2:15.62	3:09.23	4:08.45	6:42.32	7:12.34	9:16.24
253	2:15.71	3:09.35	4:08.61	6:42.59	7:12.63	9:16.62
252	2:15.80	3:09.47	4:08.77	6:42.86	7:12.92	9:17.01
251	2:15.88	3:09.59	4:08.94	6:43.13	7:13.21	9:17.39

600m	800m	1000m	1500m	Mile	2000m	Points
2:15.97	3:09.71	4:09.10	6:43.41	7:13.51	9:17.77	250
2:16.06	3:09.84	4:09.26	6:43.68	7:13.80	9:18.16	249
2:16.15	3:09.96	4:09.42	6:43.95	7:14.09	9:18.54	248
2:16.24	3:10.08	4:09.58	6:44.23	7:14.39	9:18.93	247
2:16.33	3:10.20	4:09.75	6:44.50	7:14.68	9:19.32	246
2:16.41	3:10.32	4:09.91	6:44.78	7:14.98	9:19.70	245
2:16.50	3:10.44	4:10.07	6:45.05	7:15.27	9:20.09	244
2:16.59	3:10.56	4:10.24	6:45.33	7:15.57	9:20.48	243
2:16.68	3:10.69	4:10.40	6:45.61	7:15.87	9:20.87	242
2:16.77	3:10.81	4:10.57	6:45.89	7:16.17	9:21.26	241
2:16.86	3:10.93	4:10.73	6:46.17	7:16.47	9:21.66	240
2:16.95	3:11.06	4:10.90	6:46.44	7:16.76	9:22.05	239
2:17.04	3:11.18	4:11.06	6:46.72	7:17.06	9:22.44	238
2:17.13	3:11.30	4:11.23	6:47.00	7:17.36	9:22.84	237
2:17.22	3:11.43	4:11.39	6:47.29	7:17.67	9:23.23	236
2:17.31	3:11.55	4:11.56	6:47.57	7:17.97	9:23.63	235
2:17.40	3:11.68	4:11.73	6:47.85	7:18.27	9:24.03	234
2:17.50	3:11.80	4:11.90	6:48.13	7:18.57	9:24.42	233
2:17.59	3:11.93	4:12.06	6:48.41	7:18.88	9:24.82	232
2:17.68	3:12.05	4:12.23	6:48.70	7:19.18	9:25.22	231
2:17.77	3:12.18	4:12.40	6:48.98	7:19.49	9:25.62	230
2:17.86	3:12.30	4:12.57	6:49.27	7:19.79	9:26.02	229
2:17.95	3:12.43	4:12.74	6:49.55	7:20.10	9:26.43	228
2:18.05	3:12.55	4:12.91	6:49.84	7:20.41	9:26.83	227
2:18.14	3:12.68	4:13.08	6:50.13	7:20.71	9:27.23	226
2:18.23	3:12.81	4:13.25	6:50.41	7:21.02	9:27.64	225
2:18.32	3:12.94	4:13.42	6:50.70	7:21.33	9:28.04	224
2:18.42	3:13.06	4:13.59	6:50.99	7:21.64	9:28.45	223
2:18.51	3:13.19	4:13.76	6:51.28	7:21.95	9:28.86	222
2:18.60	3:13.32	4:13.93	6:51.57	7:22.26	9:29.27	221
2:18.70	3:13.45	4:14.11	6:51.86	7:22.58	9:29.67	220
2:18.79	3:13.58	4:14.28	6:52.15	7:22.89	9:30.08	219
2:18.89	3:13.70	4:14.45	6:52.45	7:23.20	9:30.50	218
2:18.98	3:13.83	4:14.63	6:52.74	7:23.52	9:30.91	217
2:19.08	3:13.96	4:14.80	6:53.03	7:23.83	9:31.32	216
2:19.17	3:14.09	4:14.97	6:53.33	7:24.15	9:31.74	215
2:19.27	3:14.22	4:15.15	6:53.62	7:24.46	9:32.15	214
2:19.36	3:14.35	4:15.32	6:53.92	7:24.78	9:32.57	213
2:19.46	3:14.48	4:15.50	6:54.21	7:25.10	9:32.98	212
2:19.55	3:14.62	4:15.67	6:54.51	7:25.42	9:33.40	211
2:19.65	3:14.75	4:15.85	6:54.81	7:25.73	9:33.82	210
2:19.74	3:14.88	4:16.03	6:55.11	7:26.06	9:34.24	209
2:19.84	3:15.01	4:16.20	6:55.41	7:26.38	9:34.66	208
2:19.94	3:15.14	4:16.38	6:55.71	7:26.70	9:35.08	207
2:20.03	3:15.28	4:16.56	6:56.01	7:27.02	9:35.51	206
2:20.13	3:15.41	4:16.74	6:56.31	7:27.34	9:35.93	205
2:20.23	3:15.54	4:16.92	6:56.61	7:27.67	9:36.36	204
2:20.33	3:15.68	4:17.10	6:56.91	7:27.99	9:36.78	203
2:20.42	3:15.81	4:17.28	6:57.22	7:28.32	9:37.21	202
2:20.52	3:15.94	4:17.46	6:57.52	7:28.64	9:37.64	201

Points	600m	800m	1000m	1500m	Mile	2000m
200	2:20.62	3:16.08	4:17.64	6:57.83	7:28.97	9:38.07
199	2:20.72	3:16.21	4:17.82	6:58.13	7:29.30	9:38.50
198	2:20.82	3:16.35	4:18.00	6:58.44	7:29.63	9:38.93
197	2:20.92	3:16.48	4:18.18	6:58.75	7:29.96	9:39.36
196	2:21.02	3:16.62	4:18.36	6:59.05	7:30.29	9:39.79
195	2:21.12	3:16.76	4:18.55	6:59.36	7:30.62	9:40.23
194	2:21.22	3:16.89	4:18.73	6:59.67	7:30.95	9:40.66
193	2:21.32	3:17.03	4:18.92	6:59.98	7:31.28	9:41.10
192	2:21.42	3:17.17	4:19.10	7:00.29	7:31.62	9:41.54
191	2:21.52	3:17.31	4:19.28	7:00.61	7:31.95	9:41.98
190	2:21.62	3:17.44	4:19.47	7:00.92	7:32.29	9:42.42
189	2:21.72	3:17.58	4:19.66	7:01.23	7:32.62	9:42.86
188	2:21.82	3:17.72	4:19.84	7:01.55	7:32.96	9:43.30
187	2:21.92	3:17.86	4:20.03	7:01.86	7:33.30	9:43.75
186	2:22.02	3:18.00	4:20.22	7:02.18	7:33.64	9:44.19
185	2:22.13	3:18.14	4:20.40	7:02.50	7:33.98	9:44.64
184	2:22.23	3:18.28	4:20.59	7:02.81	7:34.32	9:45.09
183	2:22.33	3:18.42	4:20.78	7:03.13	7:34.66	9:45.54
182	2:22.43	3:18.56	4:20.97	7:03.45	7:35.01	9:45.99
181	2:22.54	3:18.70	4:21.16	7:03.77	7:35.35	9:46.44
180	2:22.64	3:18.85	4:21.35	7:04.09	7:35.69	9:46.89
179	2:22.74	3:18.99	4:21.54	7:04.42	7:36.04	9:47.34
178	2:22.85	3:19.13	4:21.73	7:04.74	7:36.39	9:47.80
177	2:22.95	3:19.27	4:21.93	7:05.06	7:36.73	9:48.25
176	2:23.06	3:19.42	4:22.12	7:05.39	7:37.08	9:48.71
175	2:23.16	3:19.56	4:22.31	7:05.72	7:37.43	9:49.17
174	2:23.27	3:19.71	4:22.50	7:06.04	7:37.78	9:49.63
173	2:23.37	3:19.85	4:22.70	7:06.37	7:38.14	9:50.09
172	2:23.48	3:20.00	4:22.89	7:06.70	7:38.49	9:50.55
171	2:23.59	3:20.14	4:23.09	7:07.03	7:38.84	9:51.02
170	2:23.69	3:20.29	4:23.28	7:07.36	7:39.20	9:51.48
169	2:23.80	3:20.43	4:23.48	7:07.69	7:39.55	9:51.95
168	2:23.91	3:20.58	4:23.68	7:08.02	7:39.91	9:52.42
167	2:24.01	3:20.73	4:23.88	7:08.36	7:40.27	9:52.89
166	2:24.12	3:20.87	4:24.07	7:08.69	7:40.63	9:53.36
165	2:24.23	3:21.02	4:24.27	7:09.03	7:40.99	9:53.83
164	2:24.34	3:21.17	4:24.47	7:09.37	7:41.35	9:54.31
163	2:24.45	3:21.32	4:24.67	7:09.70	7:41.71	9:54.78
162	2:24.56	3:21.47	4:24.87	7:10.04	7:42.07	9:55.26
161	2:24.67	3:21.62	4:25.07	7:10.38	7:42.44	9:55.74
160	2:24.78	3:21.77	4:25.28	7:10.72	7:42.80	9:56.22
159	2:24.89	3:21.92	4:25.48	7:11.07	7:43.17	9:56.70
158	2:25.00	3:22.07	4:25.68	7:11.41	7:43.54	9:57.18
157	2:25.11	3:22.22	4:25.89	7:11.75	7:43.91	9:57.67
156	2:25.22	3:22.38	4:26.09	7:12.10	7:44.28	9:58.15
155	2:25.33	3:22.53	4:26.30	7:12.44	7:44.65	9:58.64
154	2:25.44	3:22.68	4:26.50	7:12.79	7:45.02	9:59.13
153	2:25.56	3:22.84	4:26.71	7:13.14	7:45.40	9:59.62
152	2:25.67	3:22.99	4:26.92	7:13.49	7:45.77	10:00.11
151	2:25.78	3:23.15	4:27.12	7:13.84	7:46.15	10:00.60

600m	800m	1000m	1500m	Mile	2000m	Points
2:25.90	3:23.30	4:27.33	7:14.19	7:46.52	10:01.10	150
2:26.01	3:23.46	4:27.54	7:14.55	7:46.90	10:01.60	149
2:26.12	3:23.61	4:27.75	7:14.90	7:47.28	10:02.10	148
2:26.24	3:23.77	4:27.96	7:15.26	7:47.67	10:02.60	147
2:26.35	3:23.93	4:28.17	7:15.61	7:48.05	10:03.10	146
2:26.47	3:24.09	4:28.38	7:15.97	7:48.43	10:03.60	145
2:26.58	3:24.25	4:28.60	7:16.33	7:48.82	10:04.11	144
2:26.70	3:24.40	4:28.81	7:16.69	7:49.20	10:04.62	143
2:26.82	3:24.56	4:29.03	7:17.05	7:49.59	10:05.13	142
2:26.93	3:24.72	4:29.24	7:17.42	7:49.98	10:05.64	141
2:27.05	3:24.89	4:29.46	7:17.78	7:50.37	10:06.15	140
2:27.17	3:25.05	4:29.67	7:18.15	7:50.76	10:06.66	139
2:27.29	3:25.21	4:29.89	7:18.51	7:51.16	10:07.18	138
2:27.41	3:25.37	4:30.11	7:18.88	7:51.55	10:07.70	137
2:27.53	3:25.53	4:30.33	7:19.25	7:51.95	10:08.22	136
2:27.65	3:25.70	4:30.55	7:19.62	7:52.35	10:08.74	135
2:27.77	3:25.86	4:30.77	7:20.00	7:52.75	10:09.27	134
2:27.89	3:26.03	4:30.99	7:20.37	7:53.15	10:09.79	133
2:28.01	3:26.19	4:31.21	7:20.74	7:53.55	10:10.32	132
2:28.13	3:26.36	4:31.43	7:21.12	7:53.95	10:10.85	131
2:28.25	3:26.53	4:31.66	7:21.50	7:54.36	10:11.38	130
2:28.37	3:26.69	4:31.88	7:21.88	7:54.77	10:11.92	129
2:28.50	3:26.86	4:32.11	7:22.26	7:55.18	10:12.45	128
2:28.62	3:27.03	4:32.34	7:22.64	7:55.59	10:12.99	127
2:28.74	3:27.20	4:32.56	7:23.03	7:56.00	10:13.53	126
2:28.87	3:27.37	4:32.79	7:23.41	7:56.41	10:14.07	125
2:28.99	3:27.54	4:33.02	7:23.80	7:56.83	10:14.62	124
2:29.12	3:27.71	4:33.25	7:24.19	7:57.24	10:15.16	123
2:29.24	3:27.88	4:33.48	7:24.58	7:57.66	10:15.71	122
2:29.37	3:28.06	4:33.71	7:24.97	7:58.08	10:16.27	121
2:29.50	3:28.23	4:33.95	7:25.36	7:58.50	10:16.82	120
2:29.62	3:28.41	4:34.18	7:25.76	7:58.93	10:17.38	119
2:29.75	3:28.58	4:34.42	7:26.15	7:59.35	10:17.93	118
2:29.88	3:28.76	4:34.65	7:26.55	7:59.78	10:18.49	117
2:30.01	3:28.93	4:34.89	7:26.95	8:00.21	10:19.06	116
2:30.14	3:29.11	4:35.13	7:27.36	8:00.64	10:19.62	115
2:30.27	3:29.29	4:35.37	7:27.76	8:01.07	10:20.19	114
2:30.40	3:29.47	4:35.61	7:28.16	8:01.51	10:20.76	113
2:30.53	3:29.65	4:35.85	7:28.57	8:01.95	10:21.34	112
2:30.66	3:29.83	4:36.09	7:28.98	8:02.38	10:21.91	111
2:30.79	3:30.01	4:36.33	7:29.39	8:02.82	10:22.49	110
2:30.93	3:30.19	4:36.58	7:29.80	8:03.27	10:23.07	109
2:31.06	3:30.37	4:36.82	7:30.22	8:03.71	10:23.65	108
2:31.19	3:30.56	4:37.07	7:30.64	8:04.16	10:24.24	107
2:31.33	3:30.74	4:37.32	7:31.05	8:04.61	10:24.83	106
2:31.47	3:30.93	4:37.57	7:31.47	8:05.06	10:25.42	105
2:31.60	3:31.12	4:37.82	7:31.90	8:05.51	10:26.02	104
2:31.74	3:31.30	4:38.07	7:32.32	8:05.97	10:26.61	103
2:31.88	3:31.49	4:38.32	7:32.75	8:06.42	10:27.21	102
2:32.01	3:31.68	4:38.58	7:33.18	8:06.88	10:27.82	101

Points	600m	800m	1000m	1500m	1 Mile	2000m
100	2:32.15	3:31.87	4:38.83	7:33.61	8:07.35	10:28.42
99	2:32.29	3:32.06	4:39.09	7:34.04	8:07.81	10:29.03
98	2:32.43	3:32.25	4:39.34	7:34.48	8:08.28	10:29.64
97	2:32.57	3:32.45	4:39.60	7:34.91	8:08.75	10:30.26
96	2:32.72	3:32.64	4:39.86	7:35.35	8:09.22	10:30.88
95	2:32.86	3:32.84	4:40.13	7:35.80	8:09.69	10:31.50
94	2:33.00	3:33.03	4:40.39	7:36.24	8:10.17	10:32.13
93	2:33.14	3:33.23	4:40.65	7:36.69	8:10.65	10:32.76
92	2:33.29	3:33.43	4:40.92	7:37.14	8:11.13	10:33.39
91	2:33.44	3:33.63	4:41.19	7:37.59	8:11.61	10:34.02
90	2:33.58	3:33.83	4:41.46	7:38.04	8:12.10	10:34.66
89	2:33.73	3:34.03	4:41.73	7:38.50	8:12.59	10:35.30
88	2:33.88	3:34.23	4:42.00	7:38.96	8:13.08	10:35.95
87	2:34.03	3:34.43	4:42.27	7:39.42	8:13.58	10:36.60
86	2:34.18	3:34.64	4:42.55	7:39.88	8:14.08	10:37.25
85	2:34.33	3:34.85	4:42.82	7:40.35	8:14.58	10:37.91
84	2:34.48	3:35.05	4:43.10	7:40.82	8:15.08	10:38.57
83	2:34.63	3:35.26	4:43.38	7:41.29	8:15.59	10:39.24
82	2:34.78	3:35.47	4:43.66	7:41.77	8:16.10	10:39.91
81	2:34.94	3:35.68	4:43.95	7:42.25	8:16.61	10:40.58
80	2:35.09	3:35.90	4:44.23	7:42.73	8:17.13	10:41.26
79	2:35.25	3:36.11	4:44.52	7:43.21	8:17.65	10:41.94
78	2:35.41	3:36.32	4:44.81	7:43.70	8:18.17	10:42.63
77	2:35.56	3:36.54	4:45.10	7:44.19	8:18.70	10:43.32
76	2:35.72	3:36.76	4:45.39	7:44.68	8:19.23	10:44.01
75	2:35.88	3:36.98	4:45.69	7:45.18	8:19.76	10:44.71
74	2:36.04	3:37.20	4:45.98	7:45.68	8:20.30	10:45.41
73	2:36.21	3:37.42	4:46.28	7:46.19	8:20.84	10:46.12
72	2:36.37	3:37.65	4:46.58	7:46.69	8:21.38	10:46.84
71	2:36.53	3:37.87	4:46.88	7:47.20	8:21.93	10:47.56
70	2:36.70	3:38.10	4:47.19	7:47.72	8:22.48	10:48.28
69	2:36.87	3:38.33	4:47.49	7:48.24	8:23.04	10:49.01
68	2:37.04	3:38.56	4:47.80	7:48.76	8:23.60	10:49.74
67	2:37.21	3:38.79	4:48.12	7:49.28	8:24.16	10:50.48
66	2:37.38	3:39.02	4:48.43	7:49.81	8:24.73	10:51.23
65	2:37.55	3:39.26	4:48.74	7:50.35	8:25.30	10:51.98
64	2:37.72	3:39.50	4:49.06	7:50.89	8:25.88	10:52.74
63	2:37.90	3:39.73	4:49.38	7:51.43	8:26.46	10:53.50
62	2:38.07	3:39.98	4:49.71	7:51.97	8:27.04	10:54.27
61	2:38.25	3:40.22	4:50.03	7:52.52	8:27.63	10:55.04
60	2:38.43	3:40.46	4:50.36	7:53.08	8:28.23	10:55.83
59	2:38.61	3:40.71	4:50.69	7:53.64	8:28.83	10:56.61
58	2:38.79	3:40.96	4:51.03	7:54.20	8:29.44	10:57.41
57	2:38.97	3:41.21	4:51.37	7:54.77	8:30.05	10:58.21
56	2:39.16	3:41.47	4:51.71	7:55.35	8:30.66	10:59.02
55	2:39.35	3:41.72	4:52.05	7:55.93	8:31.29	10:59.83
54	2:39.54	3:41.98	4:52.40	7:56.51	8:31.91	11:00.66
53	2:39.73	3:42.24	4:52.75	7:57.10	8:32.55	11:01.49
52	2:39.92	3:42.50	4:53.10	7:57.70	8:33.19	11:02.33
51	2:40.11	3:42.77	4:53.46	7:58.30	8:33.83	11:03.18

600m	800m	1000m	1500m	Mile	2000m	Points
2:40.31	3:43.04	4:53.82	7:58.91	8:34.48	11:04.03	50
2:40.51	3:43.31	4:54.18	7:59.52	8:35.14	11:04.89	49
2:40.71	3:43.58	4:54.55	8:00.14	8:35.81	11:05.77	48
2:40.91	3:43.86	4:54.92	8:00.77	8:36.48	11:06.65	47
2:41.11	3:44.14	4:55.29	8:01.40	8:37.16	11:07.54	46
2:41.32	3:44.42	4:55.67	8:02.04	8:37.84	11:08.44	45
2:41.53	3:44.71	4:56.06	8:02.69	8:38.54	11:09.35	44
2:41.74	3:45.00	4:56.44	8:03.35	8:39.24	11:10.27	43
2:41.95	3:45.29	4:56.84	8:04.01	8:39.95	11:11.21	42
2:42.17	3:45.58	4:57.23	8:04.68	8:40.67	11:12.15	41
2:42.39	3:45.88	4:57.64	8:05.36	8:41.40	11:13.11	40
2:42.61	3:46.19	4:58.04	8:06.05	8:42.14	11:14.07	39
2:42.83	3:46.49	4:58.46	8:06.74	8:42.88	11:15.05	38
2:43.06	3:46.80	4:58.87	8:07.45	8:43.64	11:16.05	37
2:43.29	3:47.12	4:59.30	8:08.16	8:44.41	11:17.05	36
2:43.52	3:47.44	4:59.73	8:08.89	8:45.18	11:18.07	35
2:43.76	3:47.76	5:00.16	8:09.62	8:45.97	11:19.11	34
2:44.00	3:48.09	5:00.60	8:10.37	8:46.77	11:20.16	33
2:44.25	3:48.43	5:01.05	8:11.13	8:47.59	11:21.22	32
2:44.49	3:48.77	5:01.51	8:11.90	8:48.41	11:22.31	31
2:44.75	3:49.11	5:01.97	8:12.68	8:49.25	11:23.41	30
2:45.00	3:49.46	5:02.44	8:13.47	8:50.10	11:24.53	29
2:45.26	3:49.82	5:02.92	8:14.28	8:50.97	11:25.67	28
2:45.53	3:50.18	5:03.41	8:15.11	8:51.85	11:26.82	27
2:45.80	3:50.56	5:03.91	8:15.95	8:52.75	11:28.01	26
2:46.07	3:50.93	5:04.41	8:16.80	8:53.67	11:29.21	25
2:46.36	3:51.32	5:04.93	8:17.67	8:54.61	11:30.44	24
2:46.64	3:51.71	5:05.46	8:18.57	8:55.56	11:31.69	23
2:46.94	3:52.11	5:06.00	8:19.48	8:56.54	11:32.97	22
2:47.24	3:52.52	5:06.55	8:20.41	8:57.54	11:34.28	21
2:47.54	3:52.95	5:07.11	8:21.36	8:58.56	11:35.63	20
2:47.86	3:53.38	5:07.69	8:22.34	8:59.61	11:37.00	19
2:48.18	3:53.82	5:08.29	8:23.34	9:00.69	11:38.42	18
2:48.52	3:54.28	5:08.90	8:24.38	9:01.80	11:39.87	17
2:48.86	3:54.75	5:09.53	8:25.44	9:02.94	11:41.37	16
2:49.21	3:55.23	5:10.18	8:26.54	9:04.11	11:42.91	15
2:49.58	3:55.73	5:10.85	8:27.67	9:05.33	11:44.51	14
2:49.96	3:56.25	5:11.55	8:28.85	9:06.59	11:46.16	13
2:50.35	3:56.79	5:12.27	8:30.07	9:07.90	11:47.88	12
2:50.76	3:57.35	5:13.03	8:31.34	9:09.27	11:49.67	11
2:51.19	3:57.94	5:13.82	8:32.68	9:10.70	11:51.55	10
2:51.64	3:58.56	5:14.65	8:34.08	9:12.20	11:53.52	9
2:52.12	3:59.21	5:15.52	8:35.56	9:13.79	11:55.61	8
2:52.63	3:59.91	5:16.46	8:37.14	9:15.48	11:57.83	7
2:53.18	4:00.66	5:17.46	8:38.83	9:17.30	12:00.22	6
2:53.77	4:01.47	5:18.55	8:40.68	9:19.28	12:02.81	5
2:54.43	4:02.37	5:19.76	8:42.72	9:21.47	12:05.68	4
2:55.17	4:03.39	5:21.13	8:45.03	9:23.95	12:08.94	3
2:56.06	4:04.60	5:22.76	8:47.78	9:26.89	12:12.80	2
2:57.21	4:06.18	5:24.88	8:51.36	9:30.73	12:17.84	1