



# **Women's Long Distances and Steeplechase**

## **Femmes Courses de Longue Distance et de Steeple**

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

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
1400	5:11.48	7:37.43	8:01.31	8:10.66	13:03.68	27:20.35
1399	5:11.70	7:37.70	8:01.67	8:10.95	13:04.15	27:21.37
1398	5:11.92	7:37.96	8:02.04	8:11.23	13:04.63	27:22.39
1397	5:12.15	7:38.23	8:02.41	8:11.52	13:05.10	27:23.42
1396	5:12.37	7:38.49	8:02.78	8:11.81	13:05.57	27:24.44
1395	5:12.59	7:38.76	8:03.14	8:12.10	13:06.04	27:25.46
1394	5:12.81	7:39.03	8:03.51	8:12.39	13:06.51	27:26.48
1393	5:13.03	7:39.29	8:03.88	8:12.68	13:06.98	27:27.51
1392	5:13.26	7:39.56	8:04.25	8:12.96	13:07.45	27:28.53
1391	5:13.48	7:39.82	8:04.62	8:13.25	13:07.92	27:29.56
1390	5:13.70	7:40.09	8:04.99	8:13.54	13:08.39	27:30.58
1389	5:13.92	7:40.36	8:05.36	8:13.83	13:08.87	27:31.61
1388	5:14.15	7:40.62	8:05.72	8:14.12	13:09.34	27:32.63
1387	5:14.37	7:40.89	8:06.09	8:14.41	13:09.81	27:33.66
1386	5:14.59	7:41.16	8:06.46	8:14.70	13:10.28	27:34.68
1385	5:14.81	7:41.42	8:06.83	8:14.99	13:10.76	27:35.71
1384	5:15.04	7:41.69	8:07.20	8:15.28	13:11.23	27:36.74
1383	5:15.26	7:41.96	8:07.57	8:15.57	13:11.70	27:37.77
1382	5:15.48	7:42.22	8:07.94	8:15.85	13:12.17	27:38.79
1381	5:15.71	7:42.49	8:08.31	8:16.14	13:12.65	27:39.82
1380	5:15.93	7:42.76	8:08.68	8:16.43	13:13.12	27:40.85
1379	5:16.15	7:43.02	8:09.05	8:16.72	13:13.59	27:41.88
1378	5:16.38	7:43.29	8:09.42	8:17.01	13:14.07	27:42.91
1377	5:16.60	7:43.56	8:09.79	8:17.30	13:14.54	27:43.94
1376	5:16.82	7:43.83	8:10.16	8:17.59	13:15.02	27:44.97
1375	5:17.05	7:44.09	8:10.53	8:17.88	13:15.49	27:46.00
1374	5:17.27	7:44.36	8:10.90	8:18.17	13:15.96	27:47.03
1373	5:17.49	7:44.63	8:11.27	8:18.47	13:16.44	27:48.06
1372	5:17.72	7:44.90	8:11.64	8:18.76	13:16.91	27:49.09
1371	5:17.94	7:45.16	8:12.02	8:19.05	13:17.39	27:50.12
1370	5:18.16	7:45.43	8:12.39	8:19.34	13:17.86	27:51.15
1369	5:18.39	7:45.70	8:12.76	8:19.63	13:18.34	27:52.19
1368	5:18.61	7:45.97	8:13.13	8:19.92	13:18.82	27:53.22
1367	5:18.84	7:46.24	8:13.50	8:20.21	13:19.29	27:54.25
1366	5:19.06	7:46.51	8:13.87	8:20.50	13:19.77	27:55.29
1365	5:19.29	7:46.77	8:14.25	8:20.79	13:20.24	27:56.32
1364	5:19.51	7:47.04	8:14.62	8:21.08	13:20.72	27:57.36
1363	5:19.73	7:47.31	8:14.99	8:21.38	13:21.20	27:58.39
1362	5:19.96	7:47.58	8:15.36	8:21.67	13:21.67	27:59.43
1361	5:20.18	7:47.85	8:15.74	8:21.96	13:22.15	28:00.46
1360	5:20.41	7:48.12	8:16.11	8:22.25	13:22.63	28:01.50
1359	5:20.63	7:48.39	8:16.48	8:22.54	13:23.10	28:02.53
1358	5:20.86	7:48.66	8:16.85	8:22.84	13:23.58	28:03.57
1357	5:21.08	7:48.93	8:17.23	8:23.13	13:24.06	28:04.61
1356	5:21.31	7:49.20	8:17.60	8:23.42	13:24.53	28:05.65
1355	5:21.53	7:49.46	8:17.97	8:23.71	13:25.01	28:06.68
1354	5:21.76	7:49.73	8:18.35	8:24.00	13:25.49	28:07.72
1353	5:21.98	7:50.00	8:18.72	8:24.30	13:25.97	28:08.76
1352	5:22.21	7:50.27	8:19.09	8:24.59	13:26.45	28:09.80
1351	5:22.44	7:50.54	8:19.47	8:24.88	13:26.93	28:10.84

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
5:22.66	7:50.81	8:19.84	8:25.18	13:27.40	28:11.88	1350
5:22.89	7:51.08	8:20.22	8:25.47	13:27.88	28:12.92	1349
5:23.11	7:51.35	8:20.59	8:25.76	13:28.36	28:13.96	1348
5:23.34	7:51.62	8:20.97	8:26.06	13:28.84	28:15.00	1347
5:23.57	7:51.89	8:21.34	8:26.35	13:29.32	28:16.04	1346
5:23.79	7:52.17	8:21.71	8:26.64	13:29.80	28:17.08	1345
5:24.02	7:52.44	8:22.09	8:26.94	13:30.28	28:18.13	1344
5:24.24	7:52.71	8:22.46	8:27.23	13:30.76	28:19.17	1343
5:24.47	7:52.98	8:22.84	8:27.52	13:31.24	28:20.21	1342
5:24.70	7:53.25	8:23.22	8:27.82	13:31.72	28:21.26	1341
5:24.92	7:53.52	8:23.59	8:28.11	13:32.20	28:22.30	1340
5:25.15	7:53.79	8:23.97	8:28.41	13:32.68	28:23.34	1339
5:25.38	7:54.06	8:24.34	8:28.70	13:33.16	28:24.39	1338
5:25.60	7:54.33	8:24.72	8:28.99	13:33.64	28:25.43	1337
5:25.83	7:54.60	8:25.09	8:29.29	13:34.12	28:26.48	1336
5:26.06	7:54.88	8:25.47	8:29.58	13:34.60	28:27.52	1335
5:26.28	7:55.15	8:25.85	8:29.88	13:35.09	28:28.57	1334
5:26.51	7:55.42	8:26.22	8:30.17	13:35.57	28:29.62	1333
5:26.74	7:55.69	8:26.60	8:30.47	13:36.05	28:30.66	1332
5:26.96	7:55.96	8:26.98	8:30.76	13:36.53	28:31.71	1331
5:27.19	7:56.24	8:27.35	8:31.06	13:37.01	28:32.76	1330
5:27.42	7:56.51	8:27.73	8:31.35	13:37.50	28:33.81	1329
5:27.65	7:56.78	8:28.11	8:31.65	13:37.98	28:34.85	1328
5:27.87	7:57.05	8:28.48	8:31.94	13:38.46	28:35.90	1327
5:28.10	7:57.32	8:28.86	8:32.24	13:38.94	28:36.95	1326
5:28.33	7:57.60	8:29.24	8:32.54	13:39.43	28:38.00	1325
5:28.56	7:57.87	8:29.62	8:32.83	13:39.91	28:39.05	1324
5:28.79	7:58.14	8:30.00	8:33.13	13:40.39	28:40.10	1323
5:29.01	7:58.42	8:30.37	8:33.42	13:40.88	28:41.15	1322
5:29.24	7:58.69	8:30.75	8:33.72	13:41.36	28:42.20	1321
5:29.47	7:58.96	8:31.13	8:34.02	13:41.85	28:43.26	1320
5:29.70	7:59.23	8:31.51	8:34.31	13:42.33	28:44.31	1319
5:29.93	7:59.51	8:31.89	8:34.61	13:42.82	28:45.36	1318
5:30.16	7:59.78	8:32.27	8:34.91	13:43.30	28:46.41	1317
5:30.38	8:00.05	8:32.64	8:35.20	13:43.78	28:47.47	1316
5:30.61	8:00.33	8:33.02	8:35.50	13:44.27	28:48.52	1315
5:30.84	8:00.60	8:33.40	8:35.80	13:44.75	28:49.57	1314
5:31.07	8:00.88	8:33.78	8:36.09	13:45.24	28:50.63	1313
5:31.30	8:01.15	8:34.16	8:36.39	13:45.73	28:51.68	1312
5:31.53	8:01.42	8:34.54	8:36.69	13:46.21	28:52.74	1311
5:31.76	8:01.70	8:34.92	8:36.98	13:46.70	28:53.79	1310
5:31.99	8:01.97	8:35.30	8:37.28	13:47.18	28:54.85	1309
5:32.22	8:02.25	8:35.68	8:37.58	13:47.67	28:55.91	1308
5:32.44	8:02.52	8:36.06	8:37.88	13:48.16	28:56.96	1307
5:32.67	8:02.80	8:36.44	8:38.18	13:48.64	28:58.02	1306
5:32.90	8:03.07	8:36.82	8:38.47	13:49.13	28:59.08	1305
5:33.13	8:03.34	8:37.20	8:38.77	13:49.62	29:00.14	1304
5:33.36	8:03.62	8:37.58	8:39.07	13:50.10	29:01.19	1303
5:33.59	8:03.89	8:37.96	8:39.37	13:50.59	29:02.25	1302
5:33.82	8:04.17	8:38.34	8:39.67	13:51.08	29:03.31	1301

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
1300	5:34.05	8:04.44	8:38.73	8:39.96	13:51.57	29:04.37
1299	5:34.28	8:04.72	8:39.11	8:40.26	13:52.05	29:05.43
1298	5:34.51	8:05.00	8:39.49	8:40.56	13:52.54	29:06.49
1297	5:34.74	8:05.27	8:39.87	8:40.86	13:53.03	29:07.55
1296	5:34.97	8:05.55	8:40.25	8:41.16	13:53.52	29:08.61
1295	5:35.20	8:05.82	8:40.63	8:41.46	13:54.01	29:09.68
1294	5:35.43	8:06.10	8:41.02	8:41.76	13:54.50	29:10.74
1293	5:35.66	8:06.37	8:41.40	8:42.06	13:54.99	29:11.80
1292	5:35.89	8:06.65	8:41.78	8:42.36	13:55.48	29:12.86
1291	5:36.13	8:06.93	8:42.16	8:42.66	13:55.96	29:13.93
1290	5:36.36	8:07.20	8:42.55	8:42.96	13:56.45	29:14.99
1289	5:36.59	8:07.48	8:42.93	8:43.26	13:56.94	29:16.06
1288	5:36.82	8:07.75	8:43.31	8:43.56	13:57.43	29:17.12
1287	5:37.05	8:08.03	8:43.69	8:43.86	13:57.92	29:18.18
1286	5:37.28	8:08.31	8:44.08	8:44.16	13:58.41	29:19.25
1285	5:37.51	8:08.58	8:44.46	8:44.46	13:58.91	29:20.32
1284	5:37.74	8:08.86	8:44.84	8:44.76	13:59.40	29:21.38
1283	5:37.97	8:09.14	8:45.23	8:45.06	13:59.89	29:22.45
1282	5:38.21	8:09.42	8:45.61	8:45.36	14:00.38	29:23.52
1281	5:38.44	8:09.69	8:46.00	8:45.66	14:00.87	29:24.58
1280	5:38.67	8:09.97	8:46.38	8:45.96	14:01.36	29:25.65
1279	5:38.90	8:10.25	8:46.76	8:46.26	14:01.85	29:26.72
1278	5:39.13	8:10.52	8:47.15	8:46.56	14:02.35	29:27.79
1277	5:39.37	8:10.80	8:47.53	8:46.86	14:02.84	29:28.86
1276	5:39.60	8:11.08	8:47.92	8:47.16	14:03.33	29:29.93
1275	5:39.83	8:11.36	8:48.30	8:47.47	14:03.82	29:31.00
1274	5:40.06	8:11.64	8:48.69	8:47.77	14:04.31	29:32.07
1273	5:40.29	8:11.91	8:49.07	8:48.07	14:04.81	29:33.14
1272	5:40.53	8:12.19	8:49.46	8:48.37	14:05.30	29:34.21
1271	5:40.76	8:12.47	8:49.84	8:48.67	14:05.79	29:35.28
1270	5:40.99	8:12.75	8:50.23	8:48.97	14:06.29	29:36.35
1269	5:41.22	8:13.03	8:50.62	8:49.28	14:06.78	29:37.43
1268	5:41.46	8:13.31	8:51.00	8:49.58	14:07.28	29:38.50
1267	5:41.69	8:13.58	8:51.39	8:49.88	14:07.77	29:39.57
1266	5:41.92	8:13.86	8:51.77	8:50.18	14:08.26	29:40.65
1265	5:42.16	8:14.14	8:52.16	8:50.49	14:08.76	29:41.72
1264	5:42.39	8:14.42	8:52.55	8:50.79	14:09.25	29:42.79
1263	5:42.62	8:14.70	8:52.93	8:51.09	14:09.75	29:43.87
1262	5:42.86	8:14.98	8:53.32	8:51.40	14:10.24	29:44.95
1261	5:43.09	8:15.26	8:53.71	8:51.70	14:10.74	29:46.02
1260	5:43.32	8:15.54	8:54.09	8:52.00	14:11.23	29:47.10
1259	5:43.56	8:15.82	8:54.48	8:52.30	14:11.73	29:48.17
1258	5:43.79	8:16.10	8:54.87	8:52.61	14:12.22	29:49.25
1257	5:44.02	8:16.38	8:55.26	8:52.91	14:12.72	29:50.33
1256	5:44.26	8:16.66	8:55.65	8:53.22	14:13.22	29:51.41
1255	5:44.49	8:16.94	8:56.03	8:53.52	14:13.71	29:52.49
1254	5:44.73	8:17.22	8:56.42	8:53.82	14:14.21	29:53.56
1253	5:44.96	8:17.50	8:56.81	8:54.13	14:14.71	29:54.64
1252	5:45.19	8:17.78	8:57.20	8:54.43	14:15.20	29:55.72
1251	5:45.43	8:18.06	8:57.59	8:54.74	14:15.70	29:56.80

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
5:45.66	8:18.34	8:57.98	8:55.04	14:16.20	29:57.88	1250
5:45.90	8:18.62	8:58.36	8:55.34	14:16.70	29:58.97	1249
5:46.13	8:18.90	8:58.75	8:55.65	14:17.19	30:00.05	1248
5:46.37	8:19.18	8:59.14	8:55.95	14:17.69	30:01.13	1247
5:46.60	8:19.46	8:59.53	8:56.26	14:18.19	30:02.21	1246
5:46.84	8:19.74	8:59.92	8:56.56	14:18.69	30:03.29	1245
5:47.07	8:20.03	9:00.31	8:56.87	14:19.19	30:04.38	1244
5:47.31	8:20.31	9:00.70	8:57.17	14:19.69	30:05.46	1243
5:47.54	8:20.59	9:01.09	8:57.48	14:20.19	30:06.55	1242
5:47.78	8:20.87	9:01.48	8:57.79	14:20.68	30:07.63	1241
5:48.01	8:21.15	9:01.87	8:58.09	14:21.18	30:08.71	1240
5:48.25	8:21.43	9:02.26	8:58.40	14:21.68	30:09.80	1239
5:48.48	8:21.72	9:02.65	8:58.70	14:22.18	30:10.89	1238
5:48.72	8:22.00	9:03.04	8:59.01	14:22.68	30:11.97	1237
5:48.96	8:22.28	9:03.43	8:59.32	14:23.18	30:13.06	1236
5:49.19	8:22.56	9:03.82	8:59.62	14:23.68	30:14.15	1235
5:49.43	8:22.85	9:04.22	8:59.93	14:24.18	30:15.23	1234
5:49.66	8:23.13	9:04.61	9:00.23	14:24.69	30:16.32	1233
5:49.90	8:23.41	9:05.00	9:00.54	14:25.19	30:17.41	1232
5:50.14	8:23.69	9:05.39	9:00.85	14:25.69	30:18.50	1231
5:50.37	8:23.98	9:05.78	9:01.15	14:26.19	30:19.59	1230
5:50.61	8:24.26	9:06.17	9:01.46	14:26.69	30:20.68	1229
5:50.85	8:24.54	9:06.57	9:01.77	14:27.19	30:21.77	1228
5:51.08	8:24.83	9:06.96	9:02.08	14:27.69	30:22.86	1227
5:51.32	8:25.11	9:07.35	9:02.38	14:28.20	30:23.95	1226
5:51.56	8:25.39	9:07.74	9:02.69	14:28.70	30:25.04	1225
5:51.79	8:25.68	9:08.14	9:03.00	14:29.20	30:26.13	1224
5:52.03	8:25.96	9:08.53	9:03.31	14:29.70	30:27.23	1223
5:52.27	8:26.24	9:08.92	9:03.61	14:30.21	30:28.32	1222
5:52.51	8:26.53	9:09.32	9:03.92	14:30.71	30:29.41	1221
5:52.74	8:26.81	9:09.71	9:04.23	14:31.21	30:30.51	1220
5:52.98	8:27.10	9:10.10	9:04.54	14:31.72	30:31.60	1219
5:53.22	8:27.38	9:10.50	9:04.85	14:32.22	30:32.70	1218
5:53.46	8:27.66	9:10.89	9:05.16	14:32.73	30:33.79	1217
5:53.69	8:27.95	9:11.29	9:05.46	14:33.23	30:34.89	1216
5:53.93	8:28.23	9:11.68	9:05.77	14:33.74	30:35.98	1215
5:54.17	8:28.52	9:12.07	9:06.08	14:34.24	30:37.08	1214
5:54.41	8:28.80	9:12.47	9:06.39	14:34.74	30:38.18	1213
5:54.64	8:29.09	9:12.86	9:06.70	14:35.25	30:39.27	1212
5:54.88	8:29.37	9:13.26	9:07.01	14:35.76	30:40.37	1211
5:55.12	8:29.66	9:13.65	9:07.32	14:36.26	30:41.47	1210
5:55.36	8:29.94	9:14.05	9:07.63	14:36.77	30:42.57	1209
5:55.60	8:30.23	9:14.44	9:07.94	14:37.27	30:43.67	1208
5:55.84	8:30.51	9:14.84	9:08.25	14:37.78	30:44.77	1207
5:56.08	8:30.80	9:15.24	9:08.56	14:38.29	30:45.87	1206
5:56.31	8:31.09	9:15.63	9:08.87	14:38.79	30:46.97	1205
5:56.55	8:31.37	9:16.03	9:09.18	14:39.30	30:48.07	1204
5:56.79	8:31.66	9:16.42	9:09.49	14:39.81	30:49.17	1203
5:57.03	8:31.94	9:16.82	9:09.80	14:40.31	30:50.27	1202
5:57.27	8:32.23	9:17.22	9:10.11	14:40.82	30:51.38	1201

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
1200	5:57.51	8:32.52	9:17.61	9:10.42	14:41.33	30:52.48
1199	5:57.75	8:32.80	9:18.01	9:10.73	14:41.84	30:53.58
1198	5:57.99	8:33.09	9:18.41	9:11.04	14:42.34	30:54.69
1197	5:58.23	8:33.38	9:18.81	9:11.35	14:42.85	30:55.79
1196	5:58.47	8:33.66	9:19.20	9:11.67	14:43.36	30:56.89
1195	5:58.71	8:33.95	9:19.60	9:11.98	14:43.87	30:58.00
1194	5:58.95	8:34.24	9:20.00	9:12.29	14:44.38	30:59.11
1193	5:59.19	8:34.52	9:20.40	9:12.60	14:44.89	31:00.21
1192	5:59.43	8:34.81	9:20.79	9:12.91	14:45.40	31:01.32
1191	5:59.67	8:35.10	9:21.19	9:13.22	14:45.91	31:02.42
1190	5:59.91	8:35.39	9:21.59	9:13.54	14:46.42	31:03.53
1189	6:00.15	8:35.67	9:21.99	9:13.85	14:46.93	31:04.64
1188	6:00.39	8:35.96	9:22.39	9:14.16	14:47.44	31:05.75
1187	6:00.63	8:36.25	9:22.79	9:14.47	14:47.95	31:06.86
1186	6:00.87	8:36.54	9:23.19	9:14.78	14:48.46	31:07.97
1185	6:01.11	8:36.83	9:23.59	9:15.10	14:48.97	31:09.08
1184	6:01.35	8:37.11	9:23.98	9:15.41	14:49.48	31:10.19
1183	6:01.59	8:37.40	9:24.38	9:15.72	14:49.99	31:11.30
1182	6:01.83	8:37.69	9:24.78	9:16.04	14:50.50	31:12.41
1181	6:02.08	8:37.98	9:25.18	9:16.35	14:51.01	31:13.52
1180	6:02.32	8:38.27	9:25.58	9:16.66	14:51.53	31:14.63
1179	6:02.56	8:38.56	9:25.98	9:16.98	14:52.04	31:15.75
1178	6:02.80	8:38.85	9:26.38	9:17.29	14:52.55	31:16.86
1177	6:03.04	8:39.14	9:26.79	9:17.60	14:53.06	31:17.97
1176	6:03.28	8:39.43	9:27.19	9:17.92	14:53.58	31:19.09
1175	6:03.53	8:39.72	9:27.59	9:18.23	14:54.09	31:20.20
1174	6:03.77	8:40.00	9:27.99	9:18.55	14:54.60	31:21.32
1173	6:04.01	8:40.29	9:28.39	9:18.86	14:55.12	31:22.43
1172	6:04.25	8:40.58	9:28.79	9:19.17	14:55.63	31:23.55
1171	6:04.49	8:40.87	9:29.19	9:19.49	14:56.14	31:24.66
1170	6:04.74	8:41.16	9:29.59	9:19.80	14:56.66	31:25.78
1169	6:04.98	8:41.45	9:30.00	9:20.12	14:57.17	31:26.90
1168	6:05.22	8:41.74	9:30.40	9:20.43	14:57.69	31:28.02
1167	6:05.46	8:42.03	9:30.80	9:20.75	14:58.20	31:29.14
1166	6:05.71	8:42.33	9:31.20	9:21.06	14:58.72	31:30.25
1165	6:05.95	8:42.62	9:31.61	9:21.38	14:59.23	31:31.37
1164	6:06.19	8:42.91	9:32.01	9:21.69	14:59.75	31:32.49
1163	6:06.44	8:43.20	9:32.41	9:22.01	15:00.26	31:33.61
1162	6:06.68	8:43.49	9:32.81	9:22.33	15:00.78	31:34.73
1161	6:06.92	8:43.78	9:33.22	9:22.64	15:01.30	31:35.86
1160	6:07.17	8:44.07	9:33.62	9:22.96	15:01.81	31:36.98
1159	6:07.41	8:44.36	9:34.03	9:23.27	15:02.33	31:38.10
1158	6:07.65	8:44.65	9:34.43	9:23.59	15:02.84	31:39.22
1157	6:07.90	8:44.95	9:34.83	9:23.91	15:03.36	31:40.35
1156	6:08.14	8:45.24	9:35.24	9:24.22	15:03.88	31:41.47
1155	6:08.38	8:45.53	9:35.64	9:24.54	15:04.40	31:42.59
1154	6:08.63	8:45.82	9:36.05	9:24.86	15:04.91	31:43.72
1153	6:08.87	8:46.11	9:36.45	9:25.17	15:05.43	31:44.84
1152	6:09.12	8:46.41	9:36.86	9:25.49	15:05.95	31:45.97
1151	6:09.36	8:46.70	9:37.26	9:25.81	15:06.47	31:47.09

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
6:09.61	8:46.99	9:37.67	9:26.13	15:06.99	31:48.22	1150
6:09.85	8:47.28	9:38.07	9:26.44	15:07.51	31:49.35	1149
6:10.10	8:47.58	9:38.48	9:26.76	15:08.03	31:50.48	1148
6:10.34	8:47.87	9:38.88	9:27.08	15:08.54	31:51.60	1147
6:10.58	8:48.16	9:39.29	9:27.40	15:09.06	31:52.73	1146
6:10.83	8:48.46	9:39.70	9:27.71	15:09.58	31:53.86	1145
6:11.07	8:48.75	9:40.10	9:28.03	15:10.10	31:54.99	1144
6:11.32	8:49.04	9:40.51	9:28.35	15:10.62	31:56.12	1143
6:11.57	8:49.34	9:40.91	9:28.67	15:11.14	31:57.25	1142
6:11.81	8:49.63	9:41.32	9:28.99	15:11.66	31:58.38	1141
6:12.06	8:49.92	9:41.73	9:29.31	15:12.19	31:59.51	1140
6:12.30	8:50.22	9:42.14	9:29.63	15:12.71	32:00.65	1139
6:12.55	8:50.51	9:42.54	9:29.94	15:13.23	32:01.78	1138
6:12.79	8:50.81	9:42.95	9:30.26	15:13.75	32:02.91	1137
6:13.04	8:51.10	9:43.36	9:30.58	15:14.27	32:04.05	1136
6:13.29	8:51.39	9:43.77	9:30.90	15:14.79	32:05.18	1135
6:13.53	8:51.69	9:44.17	9:31.22	15:15.32	32:06.31	1134
6:13.78	8:51.98	9:44.58	9:31.54	15:15.84	32:07.45	1133
6:14.02	8:52.28	9:44.99	9:31.86	15:16.36	32:08.58	1132
6:14.27	8:52.57	9:45.40	9:32.18	15:16.88	32:09.72	1131
6:14.52	8:52.87	9:45.81	9:32.50	15:17.41	32:10.86	1130
6:14.76	8:53.16	9:46.22	9:32.82	15:17.93	32:11.99	1129
6:15.01	8:53.46	9:46.63	9:33.14	15:18.45	32:13.13	1128
6:15.26	8:53.76	9:47.04	9:33.46	15:18.98	32:14.27	1127
6:15.51	8:54.05	9:47.45	9:33.78	15:19.50	32:15.41	1126
6:15.75	8:54.35	9:47.86	9:34.11	15:20.03	32:16.55	1125
6:16.00	8:54.64	9:48.27	9:34.43	15:20.55	32:17.69	1124
6:16.25	8:54.94	9:48.68	9:34.75	15:21.08	32:18.83	1123
6:16.49	8:55.23	9:49.09	9:35.07	15:21.60	32:19.97	1122
6:16.74	8:55.53	9:49.50	9:35.39	15:22.13	32:21.11	1121
6:16.99	8:55.83	9:49.91	9:35.71	15:22.65	32:22.25	1120
6:17.24	8:56.12	9:50.32	9:36.03	15:23.18	32:23.39	1119
6:17.49	8:56.42	9:50.73	9:36.36	15:23.70	32:24.54	1118
6:17.73	8:56.72	9:51.14	9:36.68	15:24.23	32:25.68	1117
6:17.98	8:57.01	9:51.55	9:37.00	15:24.76	32:26.82	1116
6:18.23	8:57.31	9:51.96	9:37.32	15:25.28	32:27.97	1115
6:18.48	8:57.61	9:52.38	9:37.64	15:25.81	32:29.11	1114
6:18.73	8:57.91	9:52.79	9:37.97	15:26.34	32:30.26	1113
6:18.98	8:58.20	9:53.20	9:38.29	15:26.86	32:31.40	1112
6:19.22	8:58.50	9:53.61	9:38.61	15:27.39	32:32.55	1111
6:19.47	8:58.80	9:54.02	9:38.94	15:27.92	32:33.69	1110
6:19.72	8:59.10	9:54.44	9:39.26	15:28.45	32:34.84	1109
6:19.97	8:59.40	9:54.85	9:39.58	15:28.98	32:35.99	1108
6:20.22	8:59.69	9:55.26	9:39.91	15:29.50	32:37.14	1107
6:20.47	8:59.99	9:55.68	9:40.23	15:30.03	32:38.29	1106
6:20.72	9:00.29	9:56.09	9:40.55	15:30.56	32:39.44	1105
6:20.97	9:00.59	9:56.50	9:40.88	15:31.09	32:40.59	1104
6:21.22	9:00.89	9:56.92	9:41.20	15:31.62	32:41.74	1103
6:21.47	9:01.19	9:57.33	9:41.53	15:32.15	32:42.89	1102
6:21.72	9:01.49	9:57.75	9:41.85	15:32.68	32:44.04	1101



Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
1100	6:21.97	9:01.78	9:58.16	9:42.17	15:33.21	32:45.19
1099	6:22.22	9:02.08	9:58.57	9:42.50	15:33.74	32:46.34
1098	6:22.47	9:02.38	9:58.99	9:42.82	15:34.27	32:47.50
1097	6:22.72	9:02.68	9:59.40	9:43.15	15:34.80	32:48.65
1096	6:22.97	9:02.98	9:59.82	9:43.47	15:35.33	32:49.80
1095	6:23.22	9:03.28	10:00.23	9:43.80	15:35.87	32:50.96
1094	6:23.47	9:03.58	10:00.65	9:44.13	15:36.40	32:52.11
1093	6:23.72	9:03.88	10:01.07	9:44.45	15:36.93	32:53.27
1092	6:23.97	9:04.18	10:01.48	9:44.78	15:37.46	32:54.42
1091	6:24.22	9:04.48	10:01.90	9:45.10	15:37.99	32:55.58
1090	6:24.47	9:04.78	10:02.31	9:45.43	15:38.53	32:56.74
1089	6:24.72	9:05.08	10:02.73	9:45.75	15:39.06	32:57.90
1088	6:24.98	9:05.38	10:03.15	9:46.08	15:39.59	32:59.05
1087	6:25.23	9:05.69	10:03.56	9:46.41	15:40.13	33:00.21
1086	6:25.48	9:05.99	10:03.98	9:46.73	15:40.66	33:01.37
1085	6:25.73	9:06.29	10:04.40	9:47.06	15:41.19	33:02.53
1084	6:25.98	9:06.59	10:04.82	9:47.39	15:41.73	33:03.69
1083	6:26.23	9:06.89	10:05.23	9:47.71	15:42.26	33:04.85
1082	6:26.49	9:07.19	10:05.65	9:48.04	15:42.80	33:06.02
1081	6:26.74	9:07.49	10:06.07	9:48.37	15:43.33	33:07.18
1080	6:26.99	9:07.80	10:06.49	9:48.70	15:43.87	33:08.34
1079	6:27.24	9:08.10	10:06.91	9:49.02	15:44.40	33:09.50
1078	6:27.50	9:08.40	10:07.32	9:49.35	15:44.94	33:10.67
1077	6:27.75	9:08.70	10:07.74	9:49.68	15:45.47	33:11.83
1076	6:28.00	9:09.00	10:08.16	9:50.01	15:46.01	33:13.00
1075	6:28.25	9:09.31	10:08.58	9:50.34	15:46.55	33:14.16
1074	6:28.51	9:09.61	10:09.00	9:50.66	15:47.08	33:15.33
1073	6:28.76	9:09.91	10:09.42	9:50.99	15:47.62	33:16.49
1072	6:29.01	9:10.22	10:09.84	9:51.32	15:48.16	33:17.66
1071	6:29.27	9:10.52	10:10.26	9:51.65	15:48.69	33:18.83
1070	6:29.52	9:10.82	10:10.68	9:51.98	15:49.23	33:19.99
1069	6:29.77	9:11.13	10:11.10	9:52.31	15:49.77	33:21.16
1068	6:30.03	9:11.43	10:11.52	9:52.64	15:50.31	33:22.33
1067	6:30.28	9:11.73	10:11.94	9:52.97	15:50.85	33:23.50
1066	6:30.53	9:12.04	10:12.36	9:53.30	15:51.38	33:24.67
1065	6:30.79	9:12.34	10:12.78	9:53.63	15:51.92	33:25.84
1064	6:31.04	9:12.64	10:13.20	9:53.96	15:52.46	33:27.01
1063	6:31.30	9:12.95	10:13.63	9:54.29	15:53.00	33:28.19
1062	6:31.55	9:13.25	10:14.05	9:54.62	15:53.54	33:29.36
1061	6:31.81	9:13.56	10:14.47	9:54.95	15:54.08	33:30.53
1060	6:32.06	9:13.86	10:14.89	9:55.28	15:54.62	33:31.70
1059	6:32.32	9:14.17	10:15.31	9:55.61	15:55.16	33:32.88
1058	6:32.57	9:14.47	10:15.74	9:55.94	15:55.70	33:34.05
1057	6:32.83	9:14.78	10:16.16	9:56.27	15:56.24	33:35.23
1056	6:33.08	9:15.08	10:16.58	9:56.60	15:56.78	33:36.40
1055	6:33.34	9:15.39	10:17.01	9:56.93	15:57.33	33:37.58
1054	6:33.59	9:15.69	10:17.43	9:57.27	15:57.87	33:38.76
1053	6:33.85	9:16.00	10:17.85	9:57.60	15:58.41	33:39.93
1052	6:34.10	9:16.31	10:18.28	9:57.93	15:58.95	33:41.11
1051	6:34.36	9:16.61	10:18.70	9:58.26	15:59.49	33:42.29

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
6:34.61	9:16.92	10:19.12	9:58.59	16:00.04	33:43.47	1050
6:34.87	9:17.22	10:19.55	9:58.93	16:00.58	33:44.65	1049
6:35.13	9:17.53	10:19.97	9:59.26	16:01.12	33:45.83	1048
6:35.38	9:17.84	10:20.40	9:59.59	16:01.67	33:47.01	1047
6:35.64	9:18.14	10:20.82	9:59.92	16:02.21	33:48.19	1046
6:35.89	9:18.45	10:21.25	10:00.26	16:02.75	33:49.37	1045
6:36.15	9:18.76	10:21.67	10:00.59	16:03.30	33:50.56	1044
6:36.41	9:19.06	10:22.10	10:00.92	16:03.84	33:51.74	1043
6:36.66	9:19.37	10:22.52	10:01.26	16:04.39	33:52.92	1042
6:36.92	9:19.68	10:22.95	10:01.59	16:04.93	33:54.11	1041
6:37.18	9:19.99	10:23.38	10:01.92	16:05.48	33:55.29	1040
6:37.44	9:20.29	10:23.80	10:02.26	16:06.02	33:56.48	1039
6:37.69	9:20.60	10:24.23	10:02.59	16:06.57	33:57.66	1038
6:37.95	9:20.91	10:24.66	10:02.93	16:07.12	33:58.85	1037
6:38.21	9:21.22	10:25.08	10:03.26	16:07.66	34:00.04	1036
6:38.47	9:21.53	10:25.51	10:03.60	16:08.21	34:01.22	1035
6:38.72	9:21.84	10:25.94	10:03.93	16:08.76	34:02.41	1034
6:38.98	9:22.14	10:26.37	10:04.26	16:09.30	34:03.60	1033
6:39.24	9:22.45	10:26.79	10:04.60	16:09.85	34:04.79	1032
6:39.50	9:22.76	10:27.22	10:04.93	16:10.40	34:05.98	1031
6:39.76	9:23.07	10:27.65	10:05.27	16:10.95	34:07.17	1030
6:40.01	9:23.38	10:28.08	10:05.61	16:11.49	34:08.36	1029
6:40.27	9:23.69	10:28.51	10:05.94	16:12.04	34:09.55	1028
6:40.53	9:24.00	10:28.94	10:06.28	16:12.59	34:10.74	1027
6:40.79	9:24.31	10:29.36	10:06.61	16:13.14	34:11.94	1026
6:41.05	9:24.62	10:29.79	10:06.95	16:13.69	34:13.13	1025
6:41.31	9:24.93	10:30.22	10:07.29	16:14.24	34:14.32	1024
6:41.57	9:25.24	10:30.65	10:07.62	16:14.79	34:15.52	1023
6:41.83	9:25.55	10:31.08	10:07.96	16:15.34	34:16.71	1022
6:42.09	9:25.86	10:31.51	10:08.30	16:15.89	34:17.91	1021
6:42.35	9:26.17	10:31.94	10:08.63	16:16.44	34:19.11	1020
6:42.61	9:26.48	10:32.37	10:08.97	16:16.99	34:20.30	1019
6:42.87	9:26.79	10:32.80	10:09.31	16:17.54	34:21.50	1018
6:43.13	9:27.10	10:33.24	10:09.65	16:18.09	34:22.70	1017
6:43.39	9:27.41	10:33.67	10:09.98	16:18.65	34:23.90	1016
6:43.65	9:27.73	10:34.10	10:10.32	16:19.20	34:25.09	1015
6:43.91	9:28.04	10:34.53	10:10.66	16:19.75	34:26.29	1014
6:44.17	9:28.35	10:34.96	10:11.00	16:20.30	34:27.50	1013
6:44.43	9:28.66	10:35.39	10:11.34	16:20.85	34:28.70	1012
6:44.69	9:28.97	10:35.83	10:11.67	16:21.41	34:29.90	1011
6:44.95	9:29.29	10:36.26	10:12.01	16:21.96	34:31.10	1010
6:45.21	9:29.60	10:36.69	10:12.35	16:22.51	34:32.30	1009
6:45.47	9:29.91	10:37.12	10:12.69	16:23.07	34:33.51	1008
6:45.73	9:30.22	10:37.56	10:13.03	16:23.62	34:34.71	1007
6:45.99	9:30.54	10:37.99	10:13.37	16:24.18	34:35.91	1006
6:46.25	9:30.85	10:38.42	10:13.71	16:24.73	34:37.12	1005
6:46.52	9:31.16	10:38.86	10:14.05	16:25.29	34:38.32	1004
6:46.78	9:31.47	10:39.29	10:14.39	16:25.84	34:39.53	1003
6:47.04	9:31.79	10:39.73	10:14.73	16:26.40	34:40.74	1002
6:47.30	9:32.10	10:40.16	10:15.07	16:26.95	34:41.95	1001

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
1000	6:47.56	9:32.42	10:40.59	10:15.41	16:27.51	34:43.15
999	6:47.83	9:32.73	10:41.03	10:15.75	16:28.07	34:44.36
998	6:48.09	9:33.04	10:41.46	10:16.09	16:28.62	34:45.57
997	6:48.35	9:33.36	10:41.90	10:16.43	16:29.18	34:46.78
996	6:48.61	9:33.67	10:42.33	10:16.77	16:29.74	34:47.99
995	6:48.88	9:33.99	10:42.77	10:17.11	16:30.29	34:49.20
994	6:49.14	9:34.30	10:43.21	10:17.45	16:30.85	34:50.42
993	6:49.40	9:34.62	10:43.64	10:17.80	16:31.41	34:51.63
992	6:49.67	9:34.93	10:44.08	10:18.14	16:31.97	34:52.84
991	6:49.93	9:35.25	10:44.52	10:18.48	16:32.53	34:54.05
990	6:50.19	9:35.56	10:44.95	10:18.82	16:33.09	34:55.27
989	6:50.46	9:35.88	10:45.39	10:19.16	16:33.65	34:56.48
988	6:50.72	9:36.19	10:45.83	10:19.51	16:34.20	34:57.70
987	6:50.98	9:36.51	10:46.26	10:19.85	16:34.76	34:58.91
986	6:51.25	9:36.82	10:46.70	10:20.19	16:35.32	35:00.13
985	6:51.51	9:37.14	10:47.14	10:20.53	16:35.88	35:01.35
984	6:51.78	9:37.46	10:47.58	10:20.88	16:36.45	35:02.57
983	6:52.04	9:37.77	10:48.02	10:21.22	16:37.01	35:03.78
982	6:52.31	9:38.09	10:48.45	10:21.56	16:37.57	35:05.00
981	6:52.57	9:38.41	10:48.89	10:21.91	16:38.13	35:06.22
980	6:52.84	9:38.72	10:49.33	10:22.25	16:38.69	35:07.44
979	6:53.10	9:39.04	10:49.77	10:22.60	16:39.25	35:08.67
978	6:53.37	9:39.36	10:50.21	10:22.94	16:39.81	35:09.89
977	6:53.63	9:39.67	10:50.65	10:23.28	16:40.38	35:11.11
976	6:53.90	9:39.99	10:51.09	10:23.63	16:40.94	35:12.33
975	6:54.16	9:40.31	10:51.53	10:23.97	16:41.50	35:13.56
974	6:54.43	9:40.63	10:51.97	10:24.32	16:42.07	35:14.78
973	6:54.69	9:40.95	10:52.41	10:24.66	16:42.63	35:16.00
972	6:54.96	9:41.26	10:52.85	10:25.01	16:43.19	35:17.23
971	6:55.22	9:41.58	10:53.29	10:25.35	16:43.76	35:18.46
970	6:55.49	9:41.90	10:53.73	10:25.70	16:44.32	35:19.68
969	6:55.76	9:42.22	10:54.18	10:26.05	16:44.89	35:20.91
968	6:56.02	9:42.54	10:54.62	10:26.39	16:45.45	35:22.14
967	6:56.29	9:42.86	10:55.06	10:26.74	16:46.02	35:23.37
966	6:56.56	9:43.18	10:55.50	10:27.08	16:46.59	35:24.60
965	6:56.82	9:43.50	10:55.94	10:27.43	16:47.15	35:25.83
964	6:57.09	9:43.82	10:56.39	10:27.78	16:47.72	35:27.06
963	6:57.36	9:44.14	10:56.83	10:28.12	16:48.28	35:28.29
962	6:57.63	9:44.46	10:57.27	10:28.47	16:48.85	35:29.52
961	6:57.89	9:44.78	10:57.72	10:28.82	16:49.42	35:30.75
960	6:58.16	9:45.10	10:58.16	10:29.16	16:49.99	35:31.98
959	6:58.43	9:45.42	10:58.60	10:29.51	16:50.55	35:33.22
958	6:58.70	9:45.74	10:59.05	10:29.86	16:51.12	35:34.45
957	6:58.96	9:46.06	10:59.49	10:30.21	16:51.69	35:35.69
956	6:59.23	9:46.38	10:59.94	10:30.56	16:52.26	35:36.92
955	6:59.50	9:46.70	11:00.38	10:30.90	16:52.83	35:38.16
954	6:59.77	9:47.02	11:00.83	10:31.25	16:53.40	35:39.40
953	7:00.04	9:47.34	11:01.27	10:31.60	16:53.97	35:40.63
952	7:00.31	9:47.66	11:01.72	10:31.95	16:54.54	35:41.87
951	7:00.57	9:47.98	11:02.16	10:32.30	16:55.11	35:43.11

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
7:00.84	9:48.31	11:02.61	10:32.65	16:55.68	35:44.35	950
7:01.11	9:48.63	11:03.05	10:33.00	16:56.25	35:45.59	949
7:01.38	9:48.95	11:03.50	10:33.35	16:56.82	35:46.83	948
7:01.65	9:49.27	11:03.95	10:33.70	16:57.39	35:48.07	947
7:01.92	9:49.60	11:04.39	10:34.05	16:57.96	35:49.31	946
7:02.19	9:49.92	11:04.84	10:34.40	16:58.54	35:50.56	945
7:02.46	9:50.24	11:05.29	10:34.75	16:59.11	35:51.80	944
7:02.73	9:50.56	11:05.74	10:35.10	16:59.68	35:53.04	943
7:03.00	9:50.89	11:06.18	10:35.45	17:00.25	35:54.29	942
7:03.27	9:51.21	11:06.63	10:35.80	17:00.83	35:55.53	941
7:03.54	9:51.53	11:07.08	10:36.15	17:01.40	35:56.78	940
7:03.81	9:51.86	11:07.53	10:36.50	17:01.97	35:58.03	939
7:04.08	9:52.18	11:07.98	10:36.85	17:02.55	35:59.27	938
7:04.35	9:52.51	11:08.43	10:37.20	17:03.12	36:00.52	937
7:04.62	9:52.83	11:08.87	10:37.56	17:03.70	36:01.77	936
7:04.89	9:53.15	11:09.32	10:37.91	17:04.27	36:03.02	935
7:05.17	9:53.48	11:09.77	10:38.26	17:04.85	36:04.27	934
7:05.44	9:53.80	11:10.22	10:38.61	17:05.42	36:05.52	933
7:05.71	9:54.13	11:10.67	10:38.97	17:06.00	36:06.77	932
7:05.98	9:54.45	11:11.12	10:39.32	17:06.58	36:08.02	931
7:06.25	9:54.78	11:11.58	10:39.67	17:07.15	36:09.28	930
7:06.52	9:55.10	11:12.03	10:40.02	17:07.73	36:10.53	929
7:06.80	9:55.43	11:12.48	10:40.38	17:08.31	36:11.79	928
7:07.07	9:55.76	11:12.93	10:40.73	17:08.88	36:13.04	927
7:07.34	9:56.08	11:13.38	10:41.09	17:09.46	36:14.30	926
7:07.61	9:56.41	11:13.83	10:41.44	17:10.04	36:15.55	925
7:07.89	9:56.73	11:14.28	10:41.79	17:10.62	36:16.81	924
7:08.16	9:57.06	11:14.74	10:42.15	17:11.20	36:18.07	923
7:08.43	9:57.39	11:15.19	10:42.50	17:11.78	36:19.32	922
7:08.71	9:57.71	11:15.64	10:42.86	17:12.36	36:20.58	921
7:08.98	9:58.04	11:16.09	10:43.21	17:12.94	36:21.84	920
7:09.25	9:58.37	11:16.55	10:43.57	17:13.52	36:23.10	919
7:09.53	9:58.70	11:17.00	10:43.92	17:14.10	36:24.36	918
7:09.80	9:59.02	11:17.46	10:44.28	17:14.68	36:25.63	917
7:10.07	9:59.35	11:17.91	10:44.63	17:15.26	36:26.89	916
7:10.35	9:59.68	11:18.36	10:44.99	17:15.84	36:28.15	915
7:10.62	10:00.01	11:18.82	10:45.34	17:16.42	36:29.41	914
7:10.90	10:00.34	11:19.27	10:45.70	17:17.00	36:30.68	913
7:11.17	10:00.66	11:19.73	10:46.06	17:17.59	36:31.94	912
7:11.45	10:00.99	11:20.18	10:46.41	17:18.17	36:33.21	911
7:11.72	10:01.32	11:20.64	10:46.77	17:18.75	36:34.48	910
7:12.00	10:01.65	11:21.10	10:47.13	17:19.33	36:35.74	909
7:12.27	10:01.98	11:21.55	10:47.48	17:19.92	36:37.01	908
7:12.55	10:02.31	11:22.01	10:47.84	17:20.50	36:38.28	907
7:12.82	10:02.64	11:22.46	10:48.20	17:21.09	36:39.55	906
7:13.10	10:02.97	11:22.92	10:48.56	17:21.67	36:40.82	905
7:13.37	10:03.30	11:23.38	10:48.92	17:22.26	36:42.09	904
7:13.65	10:03.63	11:23.84	10:49.27	17:22.84	36:43.36	903
7:13.92	10:03.96	11:24.29	10:49.63	17:23.43	36:44.63	902
7:14.20	10:04.29	11:24.75	10:49.99	17:24.01	36:45.90	901

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
900	7:14.48	10:04.62	11:25.21	10:50.35	17:24.60	36:47.18
899	7:14.75	10:04.95	11:25.67	10:50.71	17:25.19	36:48.45
898	7:15.03	10:05.28	11:26.13	10:51.07	17:25.77	36:49.73
897	7:15.31	10:05.61	11:26.58	10:51.43	17:26.36	36:51.00
896	7:15.58	10:05.95	11:27.04	10:51.79	17:26.95	36:52.28
895	7:15.86	10:06.28	11:27.50	10:52.15	17:27.53	36:53.56
894	7:16.14	10:06.61	11:27.96	10:52.51	17:28.12	36:54.83
893	7:16.41	10:06.94	11:28.42	10:52.87	17:28.71	36:56.11
892	7:16.69	10:07.27	11:28.88	10:53.23	17:29.30	36:57.39
891	7:16.97	10:07.61	11:29.34	10:53.59	17:29.89	36:58.67
890	7:17.25	10:07.94	11:29.80	10:53.95	17:30.48	36:59.95
889	7:17.53	10:08.27	11:30.26	10:54.31	17:31.07	37:01.23
888	7:17.80	10:08.60	11:30.73	10:54.67	17:31.66	37:02.51
887	7:18.08	10:08.94	11:31.19	10:55.03	17:32.25	37:03.80
886	7:18.36	10:09.27	11:31.65	10:55.39	17:32.84	37:05.08
885	7:18.64	10:09.60	11:32.11	10:55.75	17:33.43	37:06.37
884	7:18.92	10:09.94	11:32.57	10:56.12	17:34.02	37:07.65
883	7:19.20	10:10.27	11:33.04	10:56.48	17:34.61	37:08.94
882	7:19.48	10:10.60	11:33.50	10:56.84	17:35.21	37:10.22
881	7:19.76	10:10.94	11:33.96	10:57.20	17:35.80	37:11.51
880	7:20.04	10:11.27	11:34.42	10:57.57	17:36.39	37:12.80
879	7:20.32	10:11.61	11:34.89	10:57.93	17:36.98	37:14.09
878	7:20.59	10:11.94	11:35.35	10:58.29	17:37.58	37:15.37
877	7:20.87	10:12.28	11:35.82	10:58.66	17:38.17	37:16.66
876	7:21.15	10:12.61	11:36.28	10:59.02	17:38.77	37:17.96
875	7:21.44	10:12.95	11:36.74	10:59.38	17:39.36	37:19.25
874	7:21.72	10:13.28	11:37.21	10:59.75	17:39.96	37:20.54
873	7:22.00	10:13.62	11:37.67	11:00.11	17:40.55	37:21.83
872	7:22.28	10:13.96	11:38.14	11:00.48	17:41.15	37:23.13
871	7:22.56	10:14.29	11:38.61	11:00.84	17:41.74	37:24.42
870	7:22.84	10:14.63	11:39.07	11:01.21	17:42.34	37:25.72
869	7:23.12	10:14.96	11:39.54	11:01.57	17:42.93	37:27.01
868	7:23.40	10:15.30	11:40.00	11:01.94	17:43.53	37:28.31
867	7:23.68	10:15.64	11:40.47	11:02.30	17:44.13	37:29.61
866	7:23.96	10:15.98	11:40.94	11:02.67	17:44.73	37:30.90
865	7:24.25	10:16.31	11:41.41	11:03.03	17:45.32	37:32.20
864	7:24.53	10:16.65	11:41.87	11:03.40	17:45.92	37:33.50
863	7:24.81	10:16.99	11:42.34	11:03.77	17:46.52	37:34.80
862	7:25.09	10:17.33	11:42.81	11:04.13	17:47.12	37:36.10
861	7:25.38	10:17.66	11:43.28	11:04.50	17:47.72	37:37.41
860	7:25.66	10:18.00	11:43.75	11:04.87	17:48.32	37:38.71
859	7:25.94	10:18.34	11:44.21	11:05.23	17:48.92	37:40.01
858	7:26.22	10:18.68	11:44.68	11:05.60	17:49.52	37:41.32
857	7:26.51	10:19.02	11:45.15	11:05.97	17:50.12	37:42.62
856	7:26.79	10:19.36	11:45.62	11:06.34	17:50.72	37:43.93
855	7:27.07	10:19.70	11:46.09	11:06.70	17:51.32	37:45.23
854	7:27.36	10:20.04	11:46.56	11:07.07	17:51.92	37:46.54
853	7:27.64	10:20.38	11:47.03	11:07.44	17:52.53	37:47.85
852	7:27.93	10:20.72	11:47.50	11:07.81	17:53.13	37:49.16
851	7:28.21	10:21.06	11:47.98	11:08.18	17:53.73	37:50.47

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
7:28.49	10:21.40	11:48.45	11:08.55	17:54.33	37:51.78	850
7:28.78	10:21.74	11:48.92	11:08.92	17:54.94	37:53.09	849
7:29.06	10:22.08	11:49.39	11:09.29	17:55.54	37:54.40	848
7:29.35	10:22.42	11:49.86	11:09.66	17:56.15	37:55.71	847
7:29.63	10:22.76	11:50.34	11:10.03	17:56.75	37:57.03	846
7:29.92	10:23.10	11:50.81	11:10.40	17:57.36	37:58.34	845
7:30.20	10:23.44	11:51.28	11:10.77	17:57.96	37:59.66	844
7:30.49	10:23.78	11:51.75	11:11.14	17:58.57	38:00.97	843
7:30.77	10:24.12	11:52.23	11:11.51	17:59.17	38:02.29	842
7:31.06	10:24.47	11:52.70	11:11.88	17:59.78	38:03.61	841
7:31.35	10:24.81	11:53.18	11:12.25	18:00.39	38:04.92	840
7:31.63	10:25.15	11:53.65	11:12.62	18:00.99	38:06.24	839
7:31.92	10:25.49	11:54.13	11:13.00	18:01.60	38:07.56	838
7:32.21	10:25.84	11:54.60	11:13.37	18:02.21	38:08.88	837
7:32.49	10:26.18	11:55.08	11:13.74	18:02.82	38:10.20	836
7:32.78	10:26.52	11:55.55	11:14.11	18:03.42	38:11.53	835
7:33.07	10:26.87	11:56.03	11:14.48	18:04.03	38:12.85	834
7:33.35	10:27.21	11:56.50	11:14.86	18:04.64	38:14.17	833
7:33.64	10:27.55	11:56.98	11:15.23	18:05.25	38:15.50	832
7:33.93	10:27.90	11:57.46	11:15.60	18:05.86	38:16.82	831
7:34.22	10:28.24	11:57.93	11:15.98	18:06.47	38:18.15	830
7:34.50	10:28.59	11:58.41	11:16.35	18:07.08	38:19.47	829
7:34.79	10:28.93	11:58.89	11:16.73	18:07.69	38:20.80	828
7:35.08	10:29.28	11:59.37	11:17.10	18:08.31	38:22.13	827
7:35.37	10:29.62	11:59.84	11:17.47	18:08.92	38:23.46	826
7:35.66	10:29.97	12:00.32	11:17.85	18:09.53	38:24.79	825
7:35.95	10:30.31	12:00.80	11:18.22	18:10.14	38:26.12	824
7:36.23	10:30.66	12:01.28	11:18.60	18:10.76	38:27.45	823
7:36.52	10:31.01	12:01.76	11:18.97	18:11.37	38:28.78	822
7:36.81	10:31.35	12:02.24	11:19.35	18:11.98	38:30.12	821
7:37.10	10:31.70	12:02.72	11:19.73	18:12.60	38:31.45	820
7:37.39	10:32.04	12:03.20	11:20.10	18:13.21	38:32.79	819
7:37.68	10:32.39	12:03.68	11:20.48	18:13.83	38:34.12	818
7:37.97	10:32.74	12:04.16	11:20.85	18:14.44	38:35.46	817
7:38.26	10:33.09	12:04.64	11:21.23	18:15.06	38:36.80	816
7:38.55	10:33.43	12:05.12	11:21.61	18:15.67	38:38.13	815
7:38.84	10:33.78	12:05.60	11:21.99	18:16.29	38:39.47	814
7:39.13	10:34.13	12:06.09	11:22.36	18:16.91	38:40.81	813
7:39.43	10:34.48	12:06.57	11:22.74	18:17.52	38:42.15	812
7:39.72	10:34.83	12:07.05	11:23.12	18:18.14	38:43.50	811
7:40.01	10:35.17	12:07.53	11:23.50	18:18.76	38:44.84	810
7:40.30	10:35.52	12:08.02	11:23.88	18:19.38	38:46.18	809
7:40.59	10:35.87	12:08.50	11:24.25	18:19.99	38:47.52	808
7:40.88	10:36.22	12:08.98	11:24.63	18:20.61	38:48.87	807
7:41.17	10:36.57	12:09.47	11:25.01	18:21.23	38:50.22	806
7:41.47	10:36.92	12:09.95	11:25.39	18:21.85	38:51.56	805
7:41.76	10:37.27	12:10.44	11:25.77	18:22.47	38:52.91	804
7:42.05	10:37.62	12:10.92	11:26.15	18:23.09	38:54.26	803
7:42.34	10:37.97	12:11.41	11:26.53	18:23.71	38:55.61	802
7:42.64	10:38.32	12:11.89	11:26.91	18:24.34	38:56.96	801

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
800	7:42.93	10:38.67	12:12.38	11:27.29	18:24.96	38:58.31
799	7:43.22	10:39.02	12:12.87	11:27.67	18:25.58	38:59.66
798	7:43.52	10:39.37	12:13.35	11:28.05	18:26.20	39:01.01
797	7:43.81	10:39.72	12:13.84	11:28.43	18:26.83	39:02.36
796	7:44.10	10:40.08	12:14.33	11:28.82	18:27.45	39:03.72
795	7:44.40	10:40.43	12:14.81	11:29.20	18:28.07	39:05.07
794	7:44.69	10:40.78	12:15.30	11:29.58	18:28.70	39:06.43
793	7:44.99	10:41.13	12:15.79	11:29.96	18:29.32	39:07.78
792	7:45.28	10:41.48	12:16.28	11:30.34	18:29.95	39:09.14
791	7:45.58	10:41.84	12:16.77	11:30.73	18:30.57	39:10.50
790	7:45.87	10:42.19	12:17.25	11:31.11	18:31.20	39:11.86
789	7:46.17	10:42.54	12:17.74	11:31.49	18:31.82	39:13.22
788	7:46.46	10:42.90	12:18.23	11:31.88	18:32.45	39:14.58
787	7:46.76	10:43.25	12:18.72	11:32.26	18:33.08	39:15.94
786	7:47.05	10:43.60	12:19.21	11:32.64	18:33.70	39:17.30
785	7:47.35	10:43.96	12:19.70	11:33.03	18:34.33	39:18.67
784	7:47.64	10:44.31	12:20.19	11:33.41	18:34.96	39:20.03
783	7:47.94	10:44.67	12:20.69	11:33.80	18:35.59	39:21.40
782	7:48.24	10:45.02	12:21.18	11:34.18	18:36.22	39:22.76
781	7:48.53	10:45.38	12:21.67	11:34.57	18:36.84	39:24.13
780	7:48.83	10:45.73	12:22.16	11:34.95	18:37.47	39:25.50
779	7:49.13	10:46.09	12:22.65	11:35.34	18:38.10	39:26.87
778	7:49.42	10:46.44	12:23.15	11:35.72	18:38.73	39:28.24
777	7:49.72	10:46.80	12:23.64	11:36.11	18:39.37	39:29.61
776	7:50.02	10:47.15	12:24.13	11:36.50	18:40.00	39:30.98
775	7:50.32	10:47.51	12:24.63	11:36.88	18:40.63	39:32.35
774	7:50.62	10:47.87	12:25.12	11:37.27	18:41.26	39:33.72
773	7:50.91	10:48.22	12:25.61	11:37.66	18:41.89	39:35.10
772	7:51.21	10:48.58	12:26.11	11:38.04	18:42.53	39:36.47
771	7:51.51	10:48.94	12:26.60	11:38.43	18:43.16	39:37.85
770	7:51.81	10:49.30	12:27.10	11:38.82	18:43.79	39:39.23
769	7:52.11	10:49.65	12:27.59	11:39.21	18:44.43	39:40.60
768	7:52.41	10:50.01	12:28.09	11:39.60	18:45.06	39:41.98
767	7:52.71	10:50.37	12:28.59	11:39.98	18:45.70	39:43.36
766	7:53.01	10:50.73	12:29.08	11:40.37	18:46.33	39:44.74
765	7:53.31	10:51.09	12:29.58	11:40.76	18:46.97	39:46.12
764	7:53.61	10:51.45	12:30.08	11:41.15	18:47.60	39:47.50
763	7:53.91	10:51.81	12:30.57	11:41.54	18:48.24	39:48.89
762	7:54.21	10:52.16	12:31.07	11:41.93	18:48.88	39:50.27
761	7:54.51	10:52.52	12:31.57	11:42.32	18:49.51	39:51.66
760	7:54.81	10:52.88	12:32.07	11:42.71	18:50.15	39:53.04
759	7:55.11	10:53.24	12:32.57	11:43.10	18:50.79	39:54.43
758	7:55.41	10:53.60	12:33.07	11:43.49	18:51.43	39:55.82
757	7:55.71	10:53.96	12:33.57	11:43.88	18:52.07	39:57.20
756	7:56.01	10:54.33	12:34.07	11:44.28	18:52.71	39:58.59
755	7:56.31	10:54.69	12:34.57	11:44.67	18:53.35	39:59.98
754	7:56.62	10:55.05	12:35.07	11:45.06	18:53.99	40:01.38
753	7:56.92	10:55.41	12:35.57	11:45.45	18:54.63	40:02.77
752	7:57.22	10:55.77	12:36.07	11:45.84	18:55.27	40:04.16
751	7:57.52	10:56.13	12:36.57	11:46.24	18:55.91	40:05.55

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
7:57.82	10:56.50	12:37.07	11:46.63	18:56.55	40:06.95	750
7:58.13	10:56.86	12:37.57	11:47.02	18:57.20	40:08.34	749
7:58.43	10:57.22	12:38.08	11:47.42	18:57.84	40:09.74	748
7:58.73	10:57.58	12:38.58	11:47.81	18:58.48	40:11.14	747
7:59.04	10:57.95	12:39.08	11:48.20	18:59.13	40:12.54	746
7:59.34	10:58.31	12:39.59	11:48.60	18:59.77	40:13.94	745
7:59.65	10:58.67	12:40.09	11:48.99	19:00.42	40:15.34	744
7:59.95	10:59.04	12:40.59	11:49.39	19:01.06	40:16.74	743
8:00.25	10:59.40	12:41.10	11:49.78	19:01.71	40:18.14	742
8:00.56	10:59.77	12:41.60	11:50.18	19:02.35	40:19.55	741
8:00.86	11:00.13	12:42.11	11:50.57	19:03.00	40:20.95	740
8:01.17	11:00.50	12:42.61	11:50.97	19:03.65	40:22.35	739
8:01.47	11:00.86	12:43.12	11:51.37	19:04.29	40:23.76	738
8:01.78	11:01.23	12:43.63	11:51.76	19:04.94	40:25.17	737
8:02.08	11:01.59	12:44.13	11:52.16	19:05.59	40:26.58	736
8:02.39	11:01.96	12:44.64	11:52.56	19:06.24	40:27.99	735
8:02.70	11:02.32	12:45.15	11:52.95	19:06.89	40:29.40	734
8:03.00	11:02.69	12:45.65	11:53.35	19:07.54	40:30.81	733
8:03.31	11:03.06	12:46.16	11:53.75	19:08.19	40:32.22	732
8:03.61	11:03.42	12:46.67	11:54.15	19:08.84	40:33.63	731
8:03.92	11:03.79	12:47.18	11:54.55	19:09.49	40:35.04	730
8:04.23	11:04.16	12:47.69	11:54.94	19:10.14	40:36.46	729
8:04.54	11:04.53	12:48.20	11:55.34	19:10.79	40:37.88	728
8:04.84	11:04.89	12:48.71	11:55.74	19:11.44	40:39.29	727
8:05.15	11:05.26	12:49.22	11:56.14	19:12.09	40:40.71	726
8:05.46	11:05.63	12:49.73	11:56.54	19:12.75	40:42.13	725
8:05.77	11:06.00	12:50.24	11:56.94	19:13.40	40:43.55	724
8:06.07	11:06.37	12:50.75	11:57.34	19:14.06	40:44.97	723
8:06.38	11:06.74	12:51.26	11:57.74	19:14.71	40:46.39	722
8:06.69	11:07.11	12:51.77	11:58.14	19:15.36	40:47.81	721
8:07.00	11:07.48	12:52.28	11:58.54	19:16.02	40:49.24	720
8:07.31	11:07.85	12:52.80	11:58.94	19:16.68	40:50.66	719
8:07.62	11:08.22	12:53.31	11:59.35	19:17.33	40:52.09	718
8:07.93	11:08.59	12:53.82	11:59.75	19:17.99	40:53.51	717
8:08.24	11:08.96	12:54.34	12:00.15	19:18.65	40:54.94	716
8:08.55	11:09.33	12:54.85	12:00.55	19:19.30	40:56.37	715
8:08.86	11:09.70	12:55.36	12:00.96	19:19.96	40:57.80	714
8:09.17	11:10.07	12:55.88	12:01.36	19:20.62	40:59.23	713
8:09.48	11:10.44	12:56.39	12:01.76	19:21.28	41:00.66	712
8:09.79	11:10.81	12:56.91	12:02.17	19:21.94	41:02.09	711
8:10.10	11:11.19	12:57.42	12:02.57	19:22.60	41:03.53	710
8:10.41	11:11.56	12:57.94	12:02.97	19:23.26	41:04.96	709
8:10.72	11:11.93	12:58.46	12:03.38	19:23.92	41:06.40	708
8:11.04	11:12.31	12:58.97	12:03.78	19:24.58	41:07.84	707
8:11.35	11:12.68	12:59.49	12:04.19	19:25.24	41:09.27	706
8:11.66	11:13.05	13:00.01	12:04.59	19:25.90	41:10.71	705
8:11.97	11:13.43	13:00.53	12:05.00	19:26.57	41:12.15	704
8:12.29	11:13.80	13:01.04	12:05.40	19:27.23	41:13.59	703
8:12.60	11:14.17	13:01.56	12:05.81	19:27.89	41:15.03	702
8:12.91	11:14.55	13:02.08	12:06.22	19:28.56	41:16.48	701



Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
700	8:13.22	11:14.92	13:02.60	12:06.62	19:29.22	41:17.92
699	8:13.54	11:15.30	13:03.12	12:07.03	19:29.89	41:19.37
698	8:13.85	11:15.68	13:03.64	12:07.44	19:30.55	41:20.81
697	8:14.17	11:16.05	13:04.16	12:07.85	19:31.22	41:22.26
696	8:14.48	11:16.43	13:04.68	12:08.25	19:31.89	41:23.71
695	8:14.79	11:16.80	13:05.20	12:08.66	19:32.55	41:25.16
694	8:15.11	11:17.18	13:05.73	12:09.07	19:33.22	41:26.61
693	8:15.42	11:17.56	13:06.25	12:09.48	19:33.89	41:28.06
692	8:15.74	11:17.93	13:06.77	12:09.89	19:34.56	41:29.51
691	8:16.05	11:18.31	13:07.29	12:10.30	19:35.23	41:30.96
690	8:16.37	11:18.69	13:07.82	12:10.71	19:35.90	41:32.42
689	8:16.69	11:19.07	13:08.34	12:11.12	19:36.57	41:33.87
688	8:17.00	11:19.44	13:08.86	12:11.53	19:37.24	41:35.33
687	8:17.32	11:19.82	13:09.39	12:11.94	19:37.91	41:36.78
686	8:17.63	11:20.20	13:09.91	12:12.35	19:38.58	41:38.24
685	8:17.95	11:20.58	13:10.44	12:12.76	19:39.25	41:39.70
684	8:18.27	11:20.96	13:10.96	12:13.17	19:39.92	41:41.16
683	8:18.59	11:21.34	13:11.49	12:13.58	19:40.59	41:42.63
682	8:18.90	11:21.72	13:12.02	12:14.00	19:41.27	41:44.09
681	8:19.22	11:22.10	13:12.54	12:14.41	19:41.94	41:45.55
680	8:19.54	11:22.48	13:13.07	12:14.82	19:42.62	41:47.02
679	8:19.86	11:22.86	13:13.60	12:15.23	19:43.29	41:48.48
678	8:20.17	11:23.24	13:14.12	12:15.65	19:43.97	41:49.95
677	8:20.49	11:23.62	13:14.65	12:16.06	19:44.64	41:51.42
676	8:20.81	11:24.00	13:15.18	12:16.48	19:45.32	41:52.89
675	8:21.13	11:24.39	13:15.71	12:16.89	19:45.99	41:54.36
674	8:21.45	11:24.77	13:16.24	12:17.30	19:46.67	41:55.83
673	8:21.77	11:25.15	13:16.77	12:17.72	19:47.35	41:57.30
672	8:22.09	11:25.53	13:17.30	12:18.13	19:48.03	41:58.77
671	8:22.41	11:25.92	13:17.83	12:18.55	19:48.71	42:00.25
670	8:22.73	11:26.30	13:18.36	12:18.97	19:49.39	42:01.73
669	8:23.05	11:26.68	13:18.89	12:19.38	19:50.07	42:03.20
668	8:23.37	11:27.07	13:19.42	12:19.80	19:50.75	42:04.68
667	8:23.69	11:27.45	13:19.95	12:20.21	19:51.43	42:06.16
666	8:24.01	11:27.83	13:20.49	12:20.63	19:52.11	42:07.64
665	8:24.33	11:28.22	13:21.02	12:21.05	19:52.79	42:09.12
664	8:24.66	11:28.60	13:21.55	12:21.47	19:53.47	42:10.60
663	8:24.98	11:28.99	13:22.09	12:21.88	19:54.16	42:12.09
662	8:25.30	11:29.38	13:22.62	12:22.30	19:54.84	42:13.57
661	8:25.62	11:29.76	13:23.16	12:22.72	19:55.52	42:15.06
660	8:25.95	11:30.15	13:23.69	12:23.14	19:56.21	42:16.54
659	8:26.27	11:30.53	13:24.23	12:23.56	19:56.89	42:18.03
658	8:26.59	11:30.92	13:24.76	12:23.98	19:57.58	42:19.52
657	8:26.91	11:31.31	13:25.30	12:24.40	19:58.26	42:21.01
656	8:27.24	11:31.69	13:25.83	12:24.82	19:58.95	42:22.50
655	8:27.56	11:32.08	13:26.37	12:25.24	19:59.64	42:24.00
654	8:27.89	11:32.47	13:26.91	12:25.66	20:00.33	42:25.49
653	8:28.21	11:32.86	13:27.45	12:26.08	20:01.01	42:26.98
652	8:28.54	11:33.25	13:27.98	12:26.50	20:01.70	42:28.48
651	8:28.86	11:33.64	13:28.52	12:26.92	20:02.39	42:29.98

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
8:29.19	11:34.02	13:29.06	12:27.35	20:03.08	42:31.48	650
8:29.51	11:34.41	13:29.60	12:27.77	20:03.77	42:32.97	649
8:29.84	11:34.80	13:30.14	12:28.19	20:04.46	42:34.48	648
8:30.16	11:35.19	13:30.68	12:28.61	20:05.15	42:35.98	647
8:30.49	11:35.58	13:31.22	12:29.04	20:05.84	42:37.48	646
8:30.81	11:35.97	13:31.76	12:29.46	20:06.54	42:38.98	645
8:31.14	11:36.37	13:32.30	12:29.89	20:07.23	42:40.49	644
8:31.47	11:36.76	13:32.85	12:30.31	20:07.92	42:42.00	643
8:31.80	11:37.15	13:33.39	12:30.74	20:08.62	42:43.50	642
8:32.12	11:37.54	13:33.93	12:31.16	20:09.31	42:45.01	641
8:32.45	11:37.93	13:34.47	12:31.59	20:10.01	42:46.52	640
8:32.78	11:38.32	13:35.02	12:32.01	20:10.70	42:48.03	639
8:33.11	11:38.72	13:35.56	12:32.44	20:11.40	42:49.55	638
8:33.43	11:39.11	13:36.11	12:32.86	20:12.10	42:51.06	637
8:33.76	11:39.50	13:36.65	12:33.29	20:12.79	42:52.57	636
8:34.09	11:39.90	13:37.20	12:33.72	20:13.49	42:54.09	635
8:34.42	11:40.29	13:37.74	12:34.14	20:14.19	42:55.61	634
8:34.75	11:40.68	13:38.29	12:34.57	20:14.89	42:57.12	633
8:35.08	11:41.08	13:38.83	12:35.00	20:15.59	42:58.64	632
8:35.41	11:41.47	13:39.38	12:35.43	20:16.29	43:00.16	631
8:35.74	11:41.87	13:39.93	12:35.86	20:16.99	43:01.69	630
8:36.07	11:42.26	13:40.48	12:36.29	20:17.69	43:03.21	629
8:36.40	11:42.66	13:41.03	12:36.72	20:18.39	43:04.73	628
8:36.73	11:43.06	13:41.57	12:37.15	20:19.09	43:06.26	627
8:37.06	11:43.45	13:42.12	12:37.58	20:19.79	43:07.79	626
8:37.40	11:43.85	13:42.67	12:38.01	20:20.50	43:09.31	625
8:37.73	11:44.25	13:43.22	12:38.44	20:21.20	43:10.84	624
8:38.06	11:44.64	13:43.77	12:38.87	20:21.91	43:12.37	623
8:38.39	11:45.04	13:44.32	12:39.30	20:22.61	43:13.91	622
8:38.73	11:45.44	13:44.88	12:39.73	20:23.32	43:15.44	621
8:39.06	11:45.84	13:45.43	12:40.16	20:24.02	43:16.97	620
8:39.39	11:46.24	13:45.98	12:40.60	20:24.73	43:18.51	619
8:39.72	11:46.64	13:46.53	12:41.03	20:25.44	43:20.04	618
8:40.06	11:47.04	13:47.09	12:41.46	20:26.14	43:21.58	617
8:40.39	11:47.44	13:47.64	12:41.90	20:26.85	43:23.12	616
8:40.73	11:47.84	13:48.19	12:42.33	20:27.56	43:24.66	615
8:41.06	11:48.24	13:48.75	12:42.76	20:28.27	43:26.20	614
8:41.40	11:48.64	13:49.30	12:43.20	20:28.98	43:27.75	613
8:41.73	11:49.04	13:49.86	12:43.63	20:29.69	43:29.29	612
8:42.07	11:49.44	13:50.41	12:44.07	20:30.40	43:30.84	611
8:42.40	11:49.84	13:50.97	12:44.51	20:31.12	43:32.38	610
8:42.74	11:50.24	13:51.53	12:44.94	20:31.83	43:33.93	609
8:43.07	11:50.64	13:52.09	12:45.38	20:32.54	43:35.48	608
8:43.41	11:51.05	13:52.64	12:45.81	20:33.26	43:37.03	607
8:43.75	11:51.45	13:53.20	12:46.25	20:33.97	43:38.58	606
8:44.08	11:51.85	13:53.76	12:46.69	20:34.68	43:40.13	605
8:44.42	11:52.26	13:54.32	12:47.13	20:35.40	43:41.69	604
8:44.76	11:52.66	13:54.88	12:47.57	20:36.12	43:43.24	603
8:45.10	11:53.06	13:55.44	12:48.00	20:36.83	43:44.80	602
8:45.43	11:53.47	13:56.00	12:48.44	20:37.55	43:46.36	601

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
600	8:45.77	11:53.87	13:56.56	12:48.88	20:38.27	43:47.92
599	8:46.11	11:54.28	13:57.12	12:49.32	20:38.99	43:49.48
598	8:46.45	11:54.68	13:57.68	12:49.76	20:39.70	43:51.04
597	8:46.79	11:55.09	13:58.25	12:50.20	20:40.42	43:52.60
596	8:47.13	11:55.50	13:58.81	12:50.64	20:41.14	43:54.17
595	8:47.47	11:55.90	13:59.37	12:51.08	20:41.87	43:55.73
594	8:47.81	11:56.31	13:59.94	12:51.53	20:42.59	43:57.30
593	8:48.15	11:56.72	14:00.50	12:51.97	20:43.31	43:58.87
592	8:48.49	11:57.13	14:01.06	12:52.41	20:44.03	44:00.44
591	8:48.83	11:57.53	14:01.63	12:52.85	20:44.75	44:02.01
590	8:49.17	11:57.94	14:02.20	12:53.30	20:45.48	44:03.58
589	8:49.51	11:58.35	14:02.76	12:53.74	20:46.20	44:05.16
588	8:49.86	11:58.76	14:03.33	12:54.18	20:46.93	44:06.73
587	8:50.20	11:59.17	14:03.90	12:54.63	20:47.65	44:08.31
586	8:50.54	11:59.58	14:04.46	12:55.07	20:48.38	44:09.89
585	8:50.88	11:59.99	14:05.03	12:55.52	20:49.11	44:11.47
584	8:51.23	12:00.40	14:05.60	12:55.96	20:49.83	44:13.05
583	8:51.57	12:00.81	14:06.17	12:56.41	20:50.56	44:14.63
582	8:51.91	12:01.22	14:06.74	12:56.85	20:51.29	44:16.21
581	8:52.26	12:01.63	14:07.31	12:57.30	20:52.02	44:17.80
580	8:52.60	12:02.04	14:07.88	12:57.75	20:52.75	44:19.38
579	8:52.94	12:02.46	14:08.45	12:58.19	20:53.48	44:20.97
578	8:53.29	12:02.87	14:09.02	12:58.64	20:54.21	44:22.56
577	8:53.63	12:03.28	14:09.59	12:59.09	20:54.95	44:24.15
576	8:53.98	12:03.70	14:10.17	12:59.54	20:55.68	44:25.74
575	8:54.33	12:04.11	14:10.74	12:59.99	20:56.41	44:27.33
574	8:54.67	12:04.52	14:11.31	13:00.44	20:57.15	44:28.93
573	8:55.02	12:04.94	14:11.89	13:00.89	20:57.88	44:30.52
572	8:55.36	12:05.35	14:12.46	13:01.34	20:58.61	44:32.12
571	8:55.71	12:05.77	14:13.04	13:01.79	20:59.35	44:33.72
570	8:56.06	12:06.18	14:13.61	13:02.24	21:00.09	44:35.32
569	8:56.41	12:06.60	14:14.19	13:02.69	21:00.82	44:36.92
568	8:56.75	12:07.01	14:14.76	13:03.14	21:01.56	44:38.52
567	8:57.10	12:07.43	14:15.34	13:03.59	21:02.30	44:40.13
566	8:57.45	12:07.85	14:15.92	13:04.04	21:03.04	44:41.73
565	8:57.80	12:08.27	14:16.50	13:04.50	21:03.78	44:43.34
564	8:58.15	12:08.68	14:17.08	13:04.95	21:04.52	44:44.95
563	8:58.50	12:09.10	14:17.65	13:05.40	21:05.26	44:46.56
562	8:58.85	12:09.52	14:18.23	13:05.86	21:06.00	44:48.17
561	8:59.20	12:09.94	14:18.81	13:06.31	21:06.74	44:49.78
560	8:59.55	12:10.36	14:19.39	13:06.77	21:07.49	44:51.40
559	8:59.90	12:10.78	14:19.98	13:07.22	21:08.23	44:53.01
558	9:00.25	12:11.20	14:20.56	13:07.68	21:08.98	44:54.63
557	9:00.60	12:11.62	14:21.14	13:08.13	21:09.72	44:56.25
556	9:00.95	12:12.04	14:21.72	13:08.59	21:10.47	44:57.87
555	9:01.30	12:12.46	14:22.31	13:09.05	21:11.21	44:59.49
554	9:01.66	12:12.88	14:22.89	13:09.50	21:11.96	45:01.11
553	9:02.01	12:13.30	14:23.47	13:09.96	21:12.71	45:02.74
552	9:02.36	12:13.72	14:24.06	13:10.42	21:13.46	45:04.36
551	9:02.71	12:14.15	14:24.64	13:10.88	21:14.20	45:05.99

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
9:03.07	12:14.57	14:25.23	13:11.34	21:14.95	45:07.62	550
9:03.42	12:14.99	14:25.82	13:11.80	21:15.70	45:09.25	549
9:03.77	12:15.42	14:26.40	13:12.25	21:16.46	45:10.88	548
9:04.13	12:15.84	14:26.99	13:12.71	21:17.21	45:12.51	547
9:04.48	12:16.27	14:27.58	13:13.18	21:17.96	45:14.15	546
9:04.84	12:16.69	14:28.17	13:13.64	21:18.71	45:15.78	545
9:05.19	12:17.12	14:28.76	13:14.10	21:19.47	45:17.42	544
9:05.55	12:17.54	14:29.35	13:14.56	21:20.22	45:19.06	543
9:05.91	12:17.97	14:29.94	13:15.02	21:20.98	45:20.70	542
9:06.26	12:18.39	14:30.53	13:15.48	21:21.73	45:22.34	541
9:06.62	12:18.82	14:31.12	13:15.95	21:22.49	45:23.99	540
9:06.98	12:19.25	14:31.71	13:16.41	21:23.25	45:25.63	539
9:07.33	12:19.68	14:32.30	13:16.87	21:24.00	45:27.28	538
9:07.69	12:20.10	14:32.90	13:17.34	21:24.76	45:28.93	537
9:08.05	12:20.53	14:33.49	13:17.80	21:25.52	45:30.58	536
9:08.41	12:20.96	14:34.08	13:18.27	21:26.28	45:32.23	535
9:08.77	12:21.39	14:34.68	13:18.73	21:27.04	45:33.88	534
9:09.12	12:21.82	14:35.27	13:19.20	21:27.80	45:35.54	533
9:09.48	12:22.25	14:35.87	13:19.67	21:28.57	45:37.19	532
9:09.84	12:22.68	14:36.46	13:20.13	21:29.33	45:38.85	531
9:10.20	12:23.11	14:37.06	13:20.60	21:30.09	45:40.51	530
9:10.56	12:23.54	14:37.66	13:21.07	21:30.86	45:42.17	529
9:10.92	12:23.97	14:38.26	13:21.54	21:31.62	45:43.83	528
9:11.29	12:24.41	14:38.86	13:22.01	21:32.39	45:45.49	527
9:11.65	12:24.84	14:39.45	13:22.48	21:33.16	45:47.16	526
9:12.01	12:25.27	14:40.05	13:22.95	21:33.92	45:48.83	525
9:12.37	12:25.70	14:40.65	13:23.42	21:34.69	45:50.50	524
9:12.73	12:26.14	14:41.26	13:23.89	21:35.46	45:52.17	523
9:13.10	12:26.57	14:41.86	13:24.36	21:36.23	45:53.84	522
9:13.46	12:27.01	14:42.46	13:24.83	21:37.00	45:55.51	521
9:13.82	12:27.44	14:43.06	13:25.30	21:37.77	45:57.19	520
9:14.19	12:27.88	14:43.66	13:25.77	21:38.54	45:58.86	519
9:14.55	12:28.31	14:44.27	13:26.25	21:39.31	46:00.54	518
9:14.92	12:28.75	14:44.87	13:26.72	21:40.09	46:02.22	517
9:15.28	12:29.19	14:45.48	13:27.19	21:40.86	46:03.90	516
9:15.65	12:29.62	14:46.08	13:27.67	21:41.64	46:05.59	515
9:16.01	12:30.06	14:46.69	13:28.14	21:42.41	46:07.27	514
9:16.38	12:30.50	14:47.30	13:28.62	21:43.19	46:08.96	513
9:16.74	12:30.94	14:47.90	13:29.09	21:43.97	46:10.64	512
9:17.11	12:31.37	14:48.51	13:29.57	21:44.74	46:12.33	511
9:17.48	12:31.81	14:49.12	13:30.04	21:45.52	46:14.03	510
9:17.84	12:32.25	14:49.73	13:30.52	21:46.30	46:15.72	509
9:18.21	12:32.69	14:50.34	13:31.00	21:47.08	46:17.41	508
9:18.58	12:33.13	14:50.95	13:31.48	21:47.86	46:19.11	507
9:18.95	12:33.57	14:51.56	13:31.96	21:48.64	46:20.81	506
9:19.32	12:34.02	14:52.17	13:32.43	21:49.43	46:22.51	505
9:19.69	12:34.46	14:52.78	13:32.91	21:50.21	46:24.21	504
9:20.06	12:34.90	14:53.39	13:33.39	21:50.99	46:25.91	503
9:20.43	12:35.34	14:54.01	13:33.87	21:51.78	46:27.62	502
9:20.80	12:35.79	14:54.62	13:34.35	21:52.56	46:29.32	501

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
500	9:21.17	12:36.23	14:55.24	13:34.84	21:53.35	46:31.03
499	9:21.54	12:36.67	14:55.85	13:35.32	21:54.14	46:32.74
498	9:21.91	12:37.12	14:56.47	13:35.80	21:54.92	46:34.45
497	9:22.28	12:37.56	14:57.08	13:36.28	21:55.71	46:36.16
496	9:22.65	12:38.01	14:57.70	13:36.77	21:56.50	46:37.88
495	9:23.03	12:38.45	14:58.32	13:37.25	21:57.29	46:39.60
494	9:23.40	12:38.90	14:58.94	13:37.73	21:58.08	46:41.31
493	9:23.77	12:39.35	14:59.55	13:38.22	21:58.87	46:43.04
492	9:24.15	12:39.79	15:00.17	13:38.70	21:59.67	46:44.76
491	9:24.52	12:40.24	15:00.79	13:39.19	22:00.46	46:46.48
490	9:24.89	12:40.69	15:01.41	13:39.67	22:01.26	46:48.21
489	9:25.27	12:41.14	15:02.04	13:40.16	22:02.05	46:49.93
488	9:25.64	12:41.59	15:02.66	13:40.65	22:02.85	46:51.66
487	9:26.02	12:42.04	15:03.28	13:41.14	22:03.64	46:53.39
486	9:26.39	12:42.49	15:03.90	13:41.62	22:04.44	46:55.13
485	9:26.77	12:42.94	15:04.53	13:42.11	22:05.24	46:56.86
484	9:27.15	12:43.39	15:05.15	13:42.60	22:06.04	46:58.60
483	9:27.53	12:43.84	15:05.78	13:43.09	22:06.84	47:00.33
482	9:27.90	12:44.29	15:06.40	13:43.58	22:07.64	47:02.07
481	9:28.28	12:44.74	15:07.03	13:44.07	22:08.44	47:03.81
480	9:28.66	12:45.20	15:07.66	13:44.56	22:09.24	47:05.56
479	9:29.04	12:45.65	15:08.28	13:45.05	22:10.05	47:07.30
478	9:29.42	12:46.10	15:08.91	13:45.55	22:10.85	47:09.05
477	9:29.80	12:46.56	15:09.54	13:46.04	22:11.65	47:10.80
476	9:30.18	12:47.01	15:10.17	13:46.53	22:12.46	47:12.55
475	9:30.56	12:47.47	15:10.80	13:47.03	22:13.27	47:14.30
474	9:30.94	12:47.92	15:11.43	13:47.52	22:14.07	47:16.06
473	9:31.32	12:48.38	15:12.06	13:48.02	22:14.88	47:17.81
472	9:31.70	12:48.83	15:12.70	13:48.51	22:15.69	47:19.57
471	9:32.08	12:49.29	15:13.33	13:49.01	22:16.50	47:21.33
470	9:32.46	12:49.75	15:13.96	13:49.50	22:17.31	47:23.09
469	9:32.85	12:50.21	15:14.60	13:50.00	22:18.13	47:24.86
468	9:33.23	12:50.66	15:15.23	13:50.50	22:18.94	47:26.62
467	9:33.61	12:51.12	15:15.87	13:50.99	22:19.75	47:28.39
466	9:34.00	12:51.58	15:16.51	13:51.49	22:20.57	47:30.16
465	9:34.38	12:52.04	15:17.14	13:51.99	22:21.38	47:31.93
464	9:34.77	12:52.50	15:17.78	13:52.49	22:22.20	47:33.70
463	9:35.15	12:52.96	15:18.42	13:52.99	22:23.01	47:35.48
462	9:35.54	12:53.43	15:19.06	13:53.49	22:23.83	47:37.25
461	9:35.92	12:53.89	15:19.70	13:53.99	22:24.65	47:39.03
460	9:36.31	12:54.35	15:20.34	13:54.50	22:25.47	47:40.81
459	9:36.70	12:54.81	15:20.98	13:55.00	22:26.29	47:42.60
458	9:37.08	12:55.28	15:21.62	13:55.50	22:27.11	47:44.38
457	9:37.47	12:55.74	15:22.26	13:56.00	22:27.94	47:46.17
456	9:37.86	12:56.20	15:22.91	13:56.51	22:28.76	47:47.96
455	9:38.25	12:56.67	15:23.55	13:57.01	22:29.58	47:49.75
454	9:38.64	12:57.14	15:24.20	13:57.52	22:30.41	47:51.54
453	9:39.03	12:57.60	15:24.84	13:58.02	22:31.23	47:53.33
452	9:39.42	12:58.07	15:25.49	13:58.53	22:32.06	47:55.13
451	9:39.81	12:58.53	15:26.14	13:59.04	22:32.89	47:56.93

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
9:40.20	12:59.00	15:26.78	13:59.54	22:33.72	47:58.73	450
9:40.59	12:59.47	15:27.43	14:00.05	22:34.55	48:00.53	449
9:40.98	12:59.94	15:28.08	14:00.56	22:35.38	48:02.34	448
9:41.37	13:00.41	15:28.73	14:01.07	22:36.21	48:04.14	447
9:41.76	13:00.88	15:29.38	14:01.58	22:37.04	48:05.95	446
9:42.16	13:01.35	15:30.03	14:02.09	22:37.87	48:07.76	445
9:42.55	13:01.82	15:30.68	14:02.60	22:38.71	48:09.57	444
9:42.94	13:02.29	15:31.34	14:03.11	22:39.54	48:11.39	443
9:43.34	13:02.76	15:31.99	14:03.62	22:40.38	48:13.20	442
9:43.73	13:03.23	15:32.64	14:04.13	22:41.22	48:15.02	441
9:44.13	13:03.71	15:33.30	14:04.65	22:42.06	48:16.84	440
9:44.52	13:04.18	15:33.96	14:05.16	22:42.89	48:18.67	439
9:44.92	13:04.65	15:34.61	14:05.67	22:43.73	48:20.49	438
9:45.32	13:05.13	15:35.27	14:06.19	22:44.58	48:22.32	437
9:45.71	13:05.60	15:35.93	14:06.70	22:45.42	48:24.15	436
9:46.11	13:06.08	15:36.59	14:07.22	22:46.26	48:25.98	435
9:46.51	13:06.55	15:37.25	14:07.74	22:47.10	48:27.81	434
9:46.91	13:07.03	15:37.91	14:08.25	22:47.95	48:29.65	433
9:47.30	13:07.51	15:38.57	14:08.77	22:48.79	48:31.48	432
9:47.70	13:07.99	15:39.23	14:09.29	22:49.64	48:33.32	431
9:48.10	13:08.46	15:39.89	14:09.81	22:50.49	48:35.17	430
9:48.50	13:08.94	15:40.55	14:10.33	22:51.34	48:37.01	429
9:48.90	13:09.42	15:41.22	14:10.85	22:52.19	48:38.86	428
9:49.30	13:09.90	15:41.88	14:11.37	22:53.04	48:40.70	427
9:49.71	13:10.38	15:42.55	14:11.89	22:53.89	48:42.55	426
9:50.11	13:10.86	15:43.21	14:12.41	22:54.74	48:44.41	425
9:50.51	13:11.34	15:43.88	14:12.93	22:55.60	48:46.26	424
9:50.91	13:11.83	15:44.55	14:13.46	22:56.45	48:48.12	423
9:51.32	13:12.31	15:45.22	14:13.98	22:57.31	48:49.98	422
9:51.72	13:12.79	15:45.89	14:14.50	22:58.16	48:51.84	421
9:52.13	13:13.28	15:46.56	14:15.03	22:59.02	48:53.70	420
9:52.53	13:13.76	15:47.23	14:15.56	22:59.88	48:55.57	419
9:52.94	13:14.25	15:47.90	14:16.08	23:00.74	48:57.44	418
9:53.34	13:14.73	15:48.57	14:16.61	23:01.60	48:59.31	417
9:53.75	13:15.22	15:49.25	14:17.14	23:02.46	49:01.18	416
9:54.15	13:15.71	15:49.92	14:17.66	23:03.33	49:03.05	415
9:54.56	13:16.19	15:50.60	14:18.19	23:04.19	49:04.93	414
9:54.97	13:16.68	15:51.27	14:18.72	23:05.06	49:06.81	413
9:55.38	13:17.17	15:51.95	14:19.25	23:05.92	49:08.69	412
9:55.79	13:17.66	15:52.63	14:19.78	23:06.79	49:10.58	411
9:56.20	13:18.15	15:53.31	14:20.31	23:07.66	49:12.46	410
9:56.61	13:18.64	15:53.99	14:20.85	23:08.53	49:14.35	409
9:57.02	13:19.13	15:54.67	14:21.38	23:09.40	49:16.24	408
9:57.43	13:19.62	15:55.35	14:21.91	23:10.27	49:18.13	407
9:57.84	13:20.11	15:56.03	14:22.45	23:11.14	49:20.03	406
9:58.25	13:20.61	15:56.71	14:22.98	23:12.01	49:21.93	405
9:58.66	13:21.10	15:57.40	14:23.52	23:12.89	49:23.83	404
9:59.07	13:21.59	15:58.08	14:24.05	23:13.76	49:25.73	403
9:59.49	13:22.09	15:58.76	14:24.59	23:14.64	49:27.63	402
9:59.90	13:22.58	15:59.45	14:25.13	23:15.52	49:29.54	401

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
400	10:00.32	13:23.08	16:00.14	14:25.66	23:16.40	49:31.45
399	10:00.73	13:23.58	16:00.83	14:26.20	23:17.28	49:33.36
398	10:01.15	13:24.07	16:01.51	14:26.74	23:18.16	49:35.28
397	10:01.56	13:24.57	16:02.20	14:27.28	23:19.04	49:37.19
396	10:01.98	13:25.07	16:02.89	14:27.82	23:19.92	49:39.11
395	10:02.40	13:25.57	16:03.59	14:28.36	23:20.81	49:41.03
394	10:02.81	13:26.07	16:04.28	14:28.91	23:21.69	49:42.96
393	10:03.23	13:26.57	16:04.97	14:29.45	23:22.58	49:44.88
392	10:03.65	13:27.07	16:05.66	14:29.99	23:23.47	49:46.81
391	10:04.07	13:27.57	16:06.36	14:30.54	23:24.36	49:48.74
390	10:04.49	13:28.07	16:07.05	14:31.08	23:25.25	49:50.68
389	10:04.91	13:28.57	16:07.75	14:31.63	23:26.14	49:52.61
388	10:05.33	13:29.08	16:08.45	14:32.17	23:27.03	49:54.55
387	10:05.75	13:29.58	16:09.15	14:32.72	23:27.93	49:56.49
386	10:06.17	13:30.09	16:09.85	14:33.27	23:28.82	49:58.44
385	10:06.59	13:30.59	16:10.55	14:33.82	23:29.72	50:00.38
384	10:07.02	13:31.10	16:11.25	14:34.36	23:30.61	50:02.33
383	10:07.44	13:31.61	16:11.95	14:34.91	23:31.51	50:04.28
382	10:07.86	13:32.11	16:12.65	14:35.47	23:32.41	50:06.24
381	10:08.29	13:32.62	16:13.36	14:36.02	23:33.31	50:08.19
380	10:08.71	13:33.13	16:14.06	14:36.57	23:34.21	50:10.15
379	10:09.14	13:33.64	16:14.77	14:37.12	23:35.12	50:12.12
378	10:09.57	13:34.15	16:15.47	14:37.67	23:36.02	50:14.08
377	10:09.99	13:34.66	16:16.18	14:38.23	23:36.93	50:16.05
376	10:10.42	13:35.17	16:16.89	14:38.78	23:37.83	50:18.02
375	10:10.85	13:35.68	16:17.60	14:39.34	23:38.74	50:19.99
374	10:11.28	13:36.20	16:18.31	14:39.89	23:39.65	50:21.96
373	10:11.71	13:36.71	16:19.02	14:40.45	23:40.56	50:23.94
372	10:12.14	13:37.22	16:19.73	14:41.01	23:41.47	50:25.92
371	10:12.57	13:37.74	16:20.44	14:41.57	23:42.38	50:27.90
370	10:13.00	13:38.25	16:21.16	14:42.13	23:43.30	50:29.89
369	10:13.43	13:38.77	16:21.87	14:42.69	23:44.21	50:31.88
368	10:13.86	13:39.29	16:22.59	14:43.25	23:45.13	50:33.87
367	10:14.29	13:39.80	16:23.31	14:43.81	23:46.05	50:35.86
366	10:14.73	13:40.32	16:24.03	14:44.37	23:46.96	50:37.86
365	10:15.16	13:40.84	16:24.74	14:44.94	23:47.88	50:39.85
364	10:15.59	13:41.36	16:25.46	14:45.50	23:48.81	50:41.86
363	10:16.03	13:41.88	16:26.19	14:46.06	23:49.73	50:43.86
362	10:16.46	13:42.40	16:26.91	14:46.63	23:50.65	50:45.87
361	10:16.90	13:42.92	16:27.63	14:47.20	23:51.58	50:47.88
360	10:17.34	13:43.45	16:28.35	14:47.76	23:52.50	50:49.89
359	10:17.77	13:43.97	16:29.08	14:48.33	23:53.43	50:51.91
358	10:18.21	13:44.49	16:29.81	14:48.90	23:54.36	50:53.92
357	10:18.65	13:45.02	16:30.53	14:49.47	23:55.29	50:55.95
356	10:19.09	13:45.55	16:31.26	14:50.04	23:56.22	50:57.97
355	10:19.53	13:46.07	16:31.99	14:50.61	23:57.16	51:00.00
354	10:19.97	13:46.60	16:32.72	14:51.18	23:58.09	51:02.03
353	10:20.41	13:47.13	16:33.45	14:51.75	23:59.03	51:04.06
352	10:20.85	13:47.65	16:34.18	14:52.33	23:59.96	51:06.09
351	10:21.29	13:48.18	16:34.92	14:52.90	24:00.90	51:08.13

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
10:21.74	13:48.71	16:35.65	14:53.48	24:01.84	51:10.17	350
10:22.18	13:49.24	16:36.39	14:54.05	24:02.78	51:12.22	349
10:22.63	13:49.78	16:37.12	14:54.63	24:03.72	51:14.26	348
10:23.07	13:50.31	16:37.86	14:55.21	24:04.67	51:16.31	347
10:23.52	13:50.84	16:38.60	14:55.79	24:05.61	51:18.37	346
10:23.96	13:51.38	16:39.34	14:56.36	24:06.56	51:20.42	345
10:24.41	13:51.91	16:40.08	14:56.94	24:07.51	51:22.48	344
10:24.86	13:52.45	16:40.82	14:57.53	24:08.45	51:24.54	343
10:25.30	13:52.98	16:41.56	14:58.11	24:09.41	51:26.61	342
10:25.75	13:53.52	16:42.31	14:58.69	24:10.36	51:28.68	341
10:26.20	13:54.06	16:43.05	14:59.27	24:11.31	51:30.75	340
10:26.65	13:54.60	16:43.80	14:59.86	24:12.26	51:32.82	339
10:27.10	13:55.13	16:44.54	15:00.44	24:13.22	51:34.90	338
10:27.55	13:55.67	16:45.29	15:01.03	24:14.18	51:36.98	337
10:28.01	13:56.22	16:46.04	15:01.62	24:15.14	51:39.06	336
10:28.46	13:56.76	16:46.79	15:02.20	24:16.10	51:41.15	335
10:28.91	13:57.30	16:47.54	15:02.79	24:17.06	51:43.24	334
10:29.37	13:57.84	16:48.30	15:03.38	24:18.02	51:45.33	333
10:29.82	13:58.39	16:49.05	15:03.97	24:18.99	51:47.42	332
10:30.28	13:58.93	16:49.81	15:04.56	24:19.95	51:49.52	331
10:30.73	13:59.48	16:50.56	15:05.16	24:20.92	51:51.63	330
10:31.19	14:00.02	16:51.32	15:05.75	24:21.89	51:53.73	329
10:31.65	14:00.57	16:52.08	15:06.34	24:22.86	51:55.84	328
10:32.11	14:01.12	16:52.84	15:06.94	24:23.83	51:57.95	327
10:32.56	14:01.67	16:53.60	15:07.53	24:24.81	52:00.07	326
10:33.02	14:02.22	16:54.36	15:08.13	24:25.78	52:02.18	325
10:33.48	14:02.77	16:55.12	15:08.73	24:26.76	52:04.30	324
10:33.94	14:03.32	16:55.89	15:09.33	24:27.74	52:06.43	323
10:34.41	14:03.87	16:56.65	15:09.93	24:28.71	52:08.56	322
10:34.87	14:04.43	16:57.42	15:10.53	24:29.70	52:10.69	321
10:35.33	14:04.98	16:58.19	15:11.13	24:30.68	52:12.82	320
10:35.80	14:05.54	16:58.96	15:11.73	24:31.66	52:14.96	319
10:36.26	14:06.09	16:59.73	15:12.33	24:32.65	52:17.10	318
10:36.73	14:06.65	17:00.50	15:12.94	24:33.64	52:19.25	317
10:37.19	14:07.21	17:01.27	15:13.54	24:34.62	52:21.39	316
10:37.66	14:07.77	17:02.04	15:14.15	24:35.61	52:23.55	315
10:38.13	14:08.33	17:02.82	15:14.76	24:36.61	52:25.70	314
10:38.59	14:08.89	17:03.60	15:15.36	24:37.60	52:27.86	313
10:39.06	14:09.45	17:04.37	15:15.97	24:38.59	52:30.02	312
10:39.53	14:10.01	17:05.15	15:16.58	24:39.59	52:32.19	311
10:40.00	14:10.57	17:05.93	15:17.19	24:40.59	52:34.35	310
10:40.48	14:11.14	17:06.71	15:17.81	24:41.59	52:36.53	309
10:40.95	14:11.70	17:07.50	15:18.42	24:42.59	52:38.70	308
10:41.42	14:12.27	17:08.28	15:19.03	24:43.59	52:40.88	307
10:41.89	14:12.84	17:09.07	15:19.65	24:44.60	52:43.06	306
10:42.37	14:13.40	17:09.85	15:20.26	24:45.60	52:45.25	305
10:42.84	14:13.97	17:10.64	15:20.88	24:46.61	52:47.44	304
10:43.32	14:14.54	17:11.43	15:21.50	24:47.62	52:49.63	303
10:43.80	14:15.11	17:12.22	15:22.12	24:48.63	52:51.83	302
10:44.27	14:15.68	17:13.01	15:22.74	24:49.65	52:54.03	301



Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
300	10:44.75	14:16.26	17:13.80	15:23.36	24:50.66	52:56.24
299	10:45.23	14:16.83	17:14.60	15:23.98	24:51.68	52:58.44
298	10:45.71	14:17.40	17:15.39	15:24.60	24:52.70	53:00.66
297	10:46.19	14:17.98	17:16.19	15:25.23	24:53.72	53:02.87
296	10:46.67	14:18.55	17:16.99	15:25.85	24:54.74	53:05.09
295	10:47.16	14:19.13	17:17.79	15:26.48	24:55.76	53:07.31
294	10:47.64	14:19.71	17:18.59	15:27.11	24:56.79	53:09.54
293	10:48.12	14:20.29	17:19.39	15:27.73	24:57.81	53:11.77
292	10:48.61	14:20.87	17:20.20	15:28.36	24:58.84	53:14.01
291	10:49.09	14:21.45	17:21.00	15:28.99	24:59.87	53:16.24
290	10:49.58	14:22.03	17:21.81	15:29.63	25:00.90	53:18.49
289	10:50.07	14:22.62	17:22.62	15:30.26	25:01.94	53:20.73
288	10:50.56	14:23.20	17:23.43	15:30.89	25:02.97	53:22.98
287	10:51.05	14:23.79	17:24.24	15:31.53	25:04.01	53:25.24
286	10:51.53	14:24.37	17:25.05	15:32.16	25:05.05	53:27.49
285	10:52.03	14:24.96	17:25.86	15:32.80	25:06.09	53:29.75
284	10:52.52	14:25.55	17:26.68	15:33.44	25:07.13	53:32.02
283	10:53.01	14:26.14	17:27.49	15:34.08	25:08.18	53:34.29
282	10:53.50	14:26.73	17:28.31	15:34.72	25:09.22	53:36.56
281	10:54.00	14:27.32	17:29.13	15:35.36	25:10.27	53:38.84
280	10:54.49	14:27.91	17:29.95	15:36.00	25:11.32	53:41.12
279	10:54.99	14:28.50	17:30.77	15:36.65	25:12.38	53:43.41
278	10:55.49	14:29.10	17:31.60	15:37.29	25:13.43	53:45.70
277	10:55.98	14:29.70	17:32.42	15:37.94	25:14.49	53:47.99
276	10:56.48	14:30.29	17:33.25	15:38.59	25:15.54	53:50.29
275	10:56.98	14:30.89	17:34.08	15:39.23	25:16.60	53:52.59
274	10:57.48	14:31.49	17:34.91	15:39.88	25:17.66	53:54.90
273	10:57.98	14:32.09	17:35.74	15:40.54	25:18.73	53:57.21
272	10:58.49	14:32.69	17:36.57	15:41.19	25:19.79	53:59.52
271	10:58.99	14:33.29	17:37.41	15:41.84	25:20.86	54:01.84
270	10:59.49	14:33.90	17:38.24	15:42.50	25:21.93	54:04.17
269	11:00.00	14:34.50	17:39.08	15:43.15	25:23.00	54:06.50
268	11:00.50	14:35.11	17:39.92	15:43.81	25:24.08	54:08.83
267	11:01.01	14:35.71	17:40.76	15:44.47	25:25.15	54:11.16
266	11:01.52	14:36.32	17:41.60	15:45.13	25:26.23	54:13.50
265	11:02.03	14:36.93	17:42.44	15:45.79	25:27.31	54:15.85
264	11:02.54	14:37.54	17:43.29	15:46.45	25:28.39	54:18.20
263	11:03.05	14:38.15	17:44.14	15:47.11	25:29.47	54:20.55
262	11:03.56	14:38.76	17:44.98	15:47.78	25:30.56	54:22.91
261	11:04.07	14:39.38	17:45.83	15:48.44	25:31.65	54:25.28
260	11:04.59	14:39.99	17:46.69	15:49.11	25:32.74	54:27.64
259	11:05.10	14:40.61	17:47.54	15:49.78	25:33.83	54:30.02
258	11:05.62	14:41.22	17:48.39	15:50.45	25:34.92	54:32.39
257	11:06.13	14:41.84	17:49.25	15:51.12	25:36.02	54:34.77
256	11:06.65	14:42.46	17:50.11	15:51.79	25:37.12	54:37.16
255	11:07.17	14:43.08	17:50.97	15:52.46	25:38.22	54:39.55
254	11:07.69	14:43.70	17:51.83	15:53.14	25:39.32	54:41.95
253	11:08.21	14:44.33	17:52.69	15:53.82	25:40.42	54:44.35
252	11:08.73	14:44.95	17:53.56	15:54.49	25:41.53	54:46.75
251	11:09.26	14:45.58	17:54.43	15:55.17	25:42.64	54:49.16

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
11:09.78	14:46.21	17:55.29	15:55.85	25:43.75	54:51.57	250
11:10.30	14:46.83	17:56.16	15:56.53	25:44.87	54:53.99	249
11:10.83	14:47.46	17:57.04	15:57.22	25:45.98	54:56.42	248
11:11.36	14:48.09	17:57.91	15:57.90	25:47.10	54:58.85	247
11:11.89	14:48.73	17:58.79	15:58.59	25:48.22	55:01.28	246
11:12.42	14:49.36	17:59.66	15:59.27	25:49.34	55:03.72	245
11:12.95	14:49.99	18:00.54	15:59.96	25:50.47	55:06.16	244
11:13.48	14:50.63	18:01.42	16:00.65	25:51.59	55:08.61	243
11:14.01	14:51.27	18:02.31	16:01.34	25:52.72	55:11.07	242
11:14.54	14:51.91	18:03.19	16:02.04	25:53.86	55:13.53	241
11:15.08	14:52.55	18:04.08	16:02.73	25:54.99	55:15.99	240
11:15.61	14:53.19	18:04.97	16:03.43	25:56.13	55:18.46	239
11:16.15	14:53.83	18:05.86	16:04.12	25:57.27	55:20.93	238
11:16.69	14:54.47	18:06.75	16:04.82	25:58.41	55:23.41	237
11:17.23	14:55.12	18:07.64	16:05.52	25:59.55	55:25.90	236
11:17.77	14:55.76	18:08.54	16:06.22	26:00.70	55:28.39	235
11:18.31	14:56.41	18:09.43	16:06.93	26:01.85	55:30.88	234
11:18.85	14:57.06	18:10.33	16:07.63	26:03.00	55:33.38	233
11:19.40	14:57.71	18:11.24	16:08.34	26:04.15	55:35.89	232
11:19.94	14:58.36	18:12.14	16:09.04	26:05.31	55:38.40	231
11:20.49	14:59.02	18:13.04	16:09.75	26:06.47	55:40.92	230
11:21.03	14:59.67	18:13.95	16:10.46	26:07.63	55:43.44	229
11:21.58	15:00.33	18:14.86	16:11.18	26:08.79	55:45.97	228
11:22.13	15:00.99	18:15.77	16:11.89	26:09.96	55:48.50	227
11:22.68	15:01.65	18:16.69	16:12.61	26:11.13	55:51.04	226
11:23.24	15:02.31	18:17.60	16:13.32	26:12.30	55:53.59	225
11:23.79	15:02.97	18:18.52	16:14.04	26:13.47	55:56.14	224
11:24.34	15:03.63	18:19.44	16:14.76	26:14.65	55:58.69	223
11:24.90	15:04.30	18:20.36	16:15.48	26:15.83	56:01.25	222
11:25.46	15:04.97	18:21.28	16:16.21	26:17.01	56:03.82	221
11:26.02	15:05.63	18:22.21	16:16.93	26:18.19	56:06.40	220
11:26.57	15:06.30	18:23.14	16:17.66	26:19.38	56:08.98	219
11:27.14	15:06.98	18:24.07	16:18.39	26:20.57	56:11.56	218
11:27.70	15:07.65	18:25.00	16:19.12	26:21.76	56:14.15	217
11:28.26	15:08.32	18:25.93	16:19.85	26:22.96	56:16.75	216
11:28.83	15:09.00	18:26.87	16:20.58	26:24.16	56:19.35	215
11:29.39	15:09.68	18:27.81	16:21.32	26:25.36	56:21.96	214
11:29.96	15:10.36	18:28.75	16:22.05	26:26.56	56:24.58	213
11:30.53	15:11.04	18:29.69	16:22.79	26:27.77	56:27.20	212
11:31.10	15:11.72	18:30.64	16:23.53	26:28.98	56:29.83	211
11:31.67	15:12.40	18:31.59	16:24.27	26:30.19	56:32.46	210
11:32.24	15:13.09	18:32.54	16:25.02	26:31.41	56:35.10	209
11:32.82	15:13.77	18:33.49	16:25.76	26:32.62	56:37.75	208
11:33.39	15:14.46	18:34.44	16:26.51	26:33.84	56:40.40	207
11:33.97	15:15.15	18:35.40	16:27.26	26:35.07	56:43.06	206
11:34.55	15:15.85	18:36.36	16:28.01	26:36.30	56:45.72	205
11:35.13	15:16.54	18:37.32	16:28.76	26:37.53	56:48.40	204
11:35.71	15:17.24	18:38.28	16:29.52	26:38.76	56:51.07	203
11:36.29	15:17.93	18:39.25	16:30.27	26:39.99	56:53.76	202
11:36.88	15:18.63	18:40.22	16:31.03	26:41.23	56:56.45	201

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
200	11:37.46	15:19.33	18:41.19	16:31.79	26:42.48	56:59.15
199	11:38.05	15:20.04	18:42.16	16:32.56	26:43.72	57:01.86
198	11:38.64	15:20.74	18:43.14	16:33.32	26:44.97	57:04.57
197	11:39.23	15:21.45	18:44.11	16:34.09	26:46.22	57:07.29
196	11:39.82	15:22.15	18:45.09	16:34.85	26:47.48	57:10.01
195	11:40.41	15:22.86	18:46.08	16:35.62	26:48.73	57:12.75
194	11:41.01	15:23.57	18:47.06	16:36.40	26:50.00	57:15.49
193	11:41.60	15:24.29	18:48.05	16:37.17	26:51.26	57:18.23
192	11:42.20	15:25.00	18:49.04	16:37.95	26:52.53	57:20.99
191	11:42.80	15:25.72	18:50.04	16:38.72	26:53.80	57:23.75
190	11:43.40	15:26.44	18:51.03	16:39.50	26:55.07	57:26.52
189	11:44.00	15:27.16	18:52.03	16:40.29	26:56.35	57:29.29
188	11:44.61	15:27.88	18:53.03	16:41.07	26:57.63	57:32.08
187	11:45.21	15:28.61	18:54.04	16:41.86	26:58.92	57:34.87
186	11:45.82	15:29.33	18:55.04	16:42.64	27:00.21	57:37.67
185	11:46.43	15:30.06	18:56.05	16:43.43	27:01.50	57:40.47
184	11:47.04	15:30.79	18:57.06	16:44.23	27:02.79	57:43.29
183	11:47.65	15:31.53	18:58.08	16:45.02	27:04.09	57:46.11
182	11:48.27	15:32.26	18:59.10	16:45.82	27:05.39	57:48.94
181	11:48.88	15:33.00	19:00.12	16:46.62	27:06.70	57:51.77
180	11:49.50	15:33.74	19:01.14	16:47.42	27:08.01	57:54.62
179	11:50.12	15:34.48	19:02.17	16:48.22	27:09.32	57:57.47
178	11:50.74	15:35.22	19:03.19	16:49.03	27:10.64	58:00.33
177	11:51.36	15:35.96	19:04.23	16:49.84	27:11.96	58:03.20
176	11:51.98	15:36.71	19:05.26	16:50.65	27:13.28	58:06.07
175	11:52.61	15:37.46	19:06.30	16:51.46	27:14.61	58:08.96
174	11:53.24	15:38.21	19:07.34	16:52.27	27:15.94	58:11.85
173	11:53.87	15:38.96	19:08.38	16:53.09	27:17.28	58:14.75
172	11:54.50	15:39.72	19:09.43	16:53.91	27:18.62	58:17.66
171	11:55.13	15:40.48	19:10.48	16:54.73	27:19.96	58:20.58
170	11:55.77	15:41.24	19:11.53	16:55.56	27:21.31	58:23.51
169	11:56.40	15:42.00	19:12.59	16:56.39	27:22.66	58:26.44
168	11:57.04	15:42.76	19:13.65	16:57.21	27:24.01	58:29.38
167	11:57.68	15:43.53	19:14.71	16:58.05	27:25.37	58:32.34
166	11:58.33	15:44.30	19:15.77	16:58.88	27:26.73	58:35.30
165	11:58.97	15:45.07	19:16.84	16:59.72	27:28.10	58:38.27
164	11:59.62	15:45.84	19:17.91	17:00.56	27:29.47	58:41.25
163	12:00.27	15:46.62	19:18.99	17:01.40	27:30.85	58:44.24
162	12:00.92	15:47.40	19:20.07	17:02.24	27:32.23	58:47.24
161	12:01.57	15:48.18	19:21.15	17:03.09	27:33.61	58:50.24
160	12:02.22	15:48.96	19:22.23	17:03.94	27:35.00	58:53.26
159	12:02.88	15:49.75	19:23.32	17:04.79	27:36.39	58:56.28
158	12:03.54	15:50.54	19:24.41	17:05.65	27:37.79	58:59.32
157	12:04.20	15:51.33	19:25.51	17:06.51	27:39.19	59:02.36
156	12:04.86	15:52.12	19:26.61	17:07.37	27:40.60	59:05.42
155	12:05.53	15:52.92	19:27.71	17:08.23	27:42.01	59:08.48
154	12:06.19	15:53.72	19:28.82	17:09.10	27:43.42	59:11.56
153	12:06.86	15:54.52	19:29.93	17:09.96	27:44.84	59:14.64
152	12:07.53	15:55.32	19:31.04	17:10.84	27:46.27	59:17.74
151	12:08.21	15:56.13	19:32.16	17:11.71	27:47.70	59:20.84

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
12:08.88	15:56.93	19:33.28	17:12.59	27:49.13	59:23.96	150
12:09.56	15:57.75	19:34.40	17:13.47	27:50.57	59:27.08	149
12:10.24	15:58.56	19:35.53	17:14.35	27:52.01	59:30.22	148
12:10.93	15:59.38	19:36.66	17:15.24	27:53.46	59:33.36	147
12:11.61	16:00.20	19:37.80	17:16.13	27:54.91	59:36.52	146
12:12.30	16:01.02	19:38.94	17:17.02	27:56.37	59:39.69	145
12:12.99	16:01.85	19:40.08	17:17.92	27:57.84	59:42.87	144
12:13.68	16:02.67	19:41.23	17:18.82	27:59.30	59:46.06	143
12:14.37	16:03.50	19:42.38	17:19.72	28:00.78	59:49.26	142
12:15.07	16:04.34	19:43.54	17:20.62	28:02.26	59:52.47	141
12:15.77	16:05.18	19:44.69	17:21.53	28:03.74	59:55.70	140
12:16.47	16:06.02	19:45.86	17:22.44	28:05.23	59:58.93	139
12:17.18	16:06.86	19:47.03	17:23.36	28:06.73	1:00:02.18	138
12:17.88	16:07.71	19:48.20	17:24.27	28:08.23	1:00:05.44	137
12:18.59	16:08.56	19:49.38	17:25.20	28:09.73	1:00:08.71	136
12:19.31	16:09.41	19:50.56	17:26.12	28:11.24	1:00:11.99	135
12:20.02	16:10.26	19:51.74	17:27.05	28:12.76	1:00:15.29	134
12:20.74	16:11.12	19:52.93	17:27.98	28:14.28	1:00:18.59	133
12:21.46	16:11.98	19:54.13	17:28.92	28:15.81	1:00:21.91	132
12:22.18	16:12.85	19:55.32	17:29.86	28:17.34	1:00:25.25	131
12:22.91	16:13.72	19:56.53	17:30.80	28:18.88	1:00:28.59	130
12:23.64	16:14.59	19:57.74	17:31.74	28:20.43	1:00:31.95	129
12:24.37	16:15.47	19:58.95	17:32.69	28:21.98	1:00:35.32	128
12:25.10	16:16.34	20:00.17	17:33.65	28:23.54	1:00:38.70	127
12:25.84	16:17.23	20:01.39	17:34.60	28:25.10	1:00:42.10	126
12:26.58	16:18.11	20:02.62	17:35.57	28:26.67	1:00:45.51	125
12:27.32	16:19.00	20:03.85	17:36.53	28:28.25	1:00:48.94	124
12:28.07	16:19.89	20:05.08	17:37.50	28:29.83	1:00:52.38	123
12:28.82	16:20.79	20:06.33	17:38.47	28:31.42	1:00:55.83	122
12:29.57	16:21.69	20:07.57	17:39.45	28:33.02	1:00:59.30	121
12:30.33	16:22.60	20:08.83	17:40.43	28:34.62	1:01:02.78	120
12:31.09	16:23.50	20:10.08	17:41.41	28:36.23	1:01:06.27	119
12:31.85	16:24.41	20:11.35	17:42.40	28:37.84	1:01:09.78	118
12:32.61	16:25.33	20:12.61	17:43.40	28:39.47	1:01:13.31	117
12:33.38	16:26.25	20:13.89	17:44.39	28:41.10	1:01:16.85	116
12:34.15	16:27.17	20:15.17	17:45.40	28:42.73	1:01:20.40	115
12:34.93	16:28.10	20:16.45	17:46.40	28:44.38	1:01:23.98	114
12:35.71	16:29.03	20:17.74	17:47.41	28:46.03	1:01:27.56	113
12:36.49	16:29.97	20:19.04	17:48.43	28:47.69	1:01:31.17	112
12:37.27	16:30.91	20:20.34	17:49.45	28:49.35	1:01:34.78	111
12:38.06	16:31.85	20:21.65	17:50.47	28:51.03	1:01:38.42	110
12:38.85	16:32.80	20:22.96	17:51.50	28:52.71	1:01:42.07	109
12:39.65	16:33.75	20:24.28	17:52.53	28:54.39	1:01:45.74	108
12:40.45	16:34.71	20:25.61	17:53.57	28:56.09	1:01:49.43	107
12:41.25	16:35.67	20:26.94	17:54.61	28:57.80	1:01:53.13	106
12:42.06	16:36.64	20:28.28	17:55.66	28:59.51	1:01:56.85	105
12:42.87	16:37.61	20:29.62	17:56.72	29:01.23	1:02:00.59	104
12:43.69	16:38.58	20:30.97	17:57.77	29:02.96	1:02:04.34	103
12:44.51	16:39.56	20:32.33	17:58.84	29:04.70	1:02:08.12	102
12:45.33	16:40.55	20:33.70	17:59.91	29:06.44	1:02:11.91	101

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
100	12:46.16	16:41.54	20:35.07	18:00.98	29:08.20	1:02:15.72
99	12:46.99	16:42.53	20:36.44	18:02.06	29:09.96	1:02:19.55
98	12:47.82	16:43.53	20:37.83	18:03.14	29:11.73	1:02:23.40
97	12:48.66	16:44.54	20:39.22	18:04.23	29:13.51	1:02:27.27
96	12:49.51	16:45.55	20:40.62	18:05.33	29:15.30	1:02:31.16
95	12:50.35	16:46.56	20:42.03	18:06.43	29:17.10	1:02:35.07
94	12:51.21	16:47.58	20:43.44	18:07.54	29:18.91	1:02:39.01
93	12:52.07	16:48.61	20:44.86	18:08.65	29:20.73	1:02:42.96
92	12:52.93	16:49.64	20:46.29	18:09.77	29:22.56	1:02:46.93
91	12:53.79	16:50.68	20:47.73	18:10.90	29:24.40	1:02:50.93
90	12:54.67	16:51.72	20:49.17	18:12.03	29:26.25	1:02:54.94
89	12:55.54	16:52.77	20:50.63	18:13.17	29:28.11	1:02:58.98
88	12:56.42	16:53.82	20:52.09	18:14.31	29:29.98	1:03:03.04
87	12:57.31	16:54.89	20:53.56	18:15.46	29:31.86	1:03:07.13
86	12:58.20	16:55.95	20:55.04	18:16.62	29:33.75	1:03:11.24
85	12:59.10	16:57.03	20:56.52	18:17.78	29:35.65	1:03:15.37
84	13:00.00	16:58.11	20:58.02	18:18.96	29:37.57	1:03:19.53
83	13:00.91	16:59.19	20:59.52	18:20.13	29:39.49	1:03:23.71
82	13:01.82	17:00.28	21:01.04	18:21.32	29:41.43	1:03:27.92
81	13:02.74	17:01.38	21:02.56	18:22.51	29:43.38	1:03:32.15
80	13:03.66	17:02.49	21:04.09	18:23.71	29:45.34	1:03:36.41
79	13:04.59	17:03.60	21:05.63	18:24.92	29:47.31	1:03:40.69
78	13:05.53	17:04.72	21:07.18	18:26.13	29:49.29	1:03:45.01
77	13:06.47	17:05.85	21:08.75	18:27.36	29:51.29	1:03:49.35
76	13:07.42	17:06.98	21:10.32	18:28.59	29:53.30	1:03:53.72
75	13:08.37	17:08.13	21:11.90	18:29.83	29:55.33	1:03:58.12
74	13:09.33	17:09.27	21:13.49	18:31.07	29:57.37	1:04:02.54
73	13:10.30	17:10.43	21:15.10	18:32.33	29:59.42	1:04:07.00
72	13:11.28	17:11.60	21:16.71	18:33.59	30:01.48	1:04:11.49
71	13:12.26	17:12.77	21:18.34	18:34.87	30:03.56	1:04:16.01
70	13:13.24	17:13.95	21:19.97	18:36.15	30:05.66	1:04:20.56
69	13:14.24	17:15.14	21:21.62	18:37.44	30:07.77	1:04:25.14
68	13:15.24	17:16.34	21:23.28	18:38.74	30:09.89	1:04:29.76
67	13:16.25	17:17.55	21:24.96	18:40.05	30:12.04	1:04:34.41
66	13:17.27	17:18.77	21:26.64	18:41.37	30:14.19	1:04:39.10
65	13:18.29	17:19.99	21:28.34	18:42.70	30:16.37	1:04:43.82
64	13:19.32	17:21.23	21:30.05	18:44.04	30:18.56	1:04:48.58
63	13:20.36	17:22.47	21:31.78	18:45.39	30:20.76	1:04:53.37
62	13:21.41	17:23.73	21:33.52	18:46.76	30:22.99	1:04:58.21
61	13:22.47	17:24.99	21:35.27	18:48.13	30:25.23	1:05:03.08
60	13:23.54	17:26.27	21:37.04	18:49.51	30:27.49	1:05:07.99
59	13:24.61	17:27.56	21:38.82	18:50.91	30:29.77	1:05:12.95
58	13:25.70	17:28.85	21:40.62	18:52.32	30:32.07	1:05:17.94
57	13:26.79	17:30.16	21:42.43	18:53.74	30:34.39	1:05:22.98
56	13:27.89	17:31.48	21:44.26	18:55.17	30:36.73	1:05:28.07
55	13:29.01	17:32.81	21:46.10	18:56.61	30:39.09	1:05:33.20
54	13:30.13	17:34.16	21:47.96	18:58.07	30:41.48	1:05:38.37
53	13:31.26	17:35.52	21:49.84	18:59.54	30:43.88	1:05:43.60
52	13:32.41	17:36.88	21:51.74	19:01.03	30:46.31	1:05:48.87
51	13:33.56	17:38.27	21:53.66	19:02.53	30:48.76	1:05:54.20

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
13:34.73	17:39.66	21:55.59	19:04.04	30:51.24	1:05:59.57	50
13:35.91	17:41.07	21:57.54	19:05.57	30:53.74	1:06:05.00	49
13:37.10	17:42.50	21:59.52	19:07.12	30:56.26	1:06:10.49	48
13:38.30	17:43.94	22:01.51	19:08.68	30:58.81	1:06:16.04	47
13:39.52	17:45.39	22:03.53	19:10.26	31:01.39	1:06:21.64	46
13:40.75	17:46.87	22:05.57	19:11.86	31:04.00	1:06:27.31	45
13:41.99	17:48.35	22:07.63	19:13.47	31:06.64	1:06:33.03	44
13:43.25	17:49.86	22:09.71	19:15.10	31:09.31	1:06:38.83	43
13:44.52	17:51.38	22:11.82	19:16.75	31:12.00	1:06:44.69	42
13:45.81	17:52.92	22:13.95	19:18.43	31:14.73	1:06:50.62	41
13:47.11	17:54.48	22:16.11	19:20.12	31:17.50	1:06:56.63	40
13:48.43	17:56.06	22:18.30	19:21.83	31:20.30	1:07:02.71	39
13:49.76	17:57.66	22:20.52	19:23.57	31:23.13	1:07:08.87	38
13:51.12	17:59.28	22:22.76	19:25.32	31:26.00	1:07:15.11	37
13:52.49	18:00.92	22:25.04	19:27.11	31:28.92	1:07:21.43	36
13:53.88	18:02.59	22:27.34	19:28.91	31:31.87	1:07:27.85	35
13:55.29	18:04.28	22:29.69	19:30.75	31:34.86	1:07:34.35	34
13:56.73	18:05.99	22:32.06	19:32.61	31:37.90	1:07:40.95	33
13:58.18	18:07.73	22:34.47	19:34.49	31:40.99	1:07:47.66	32
13:59.66	18:09.50	22:36.92	19:36.41	31:44.12	1:07:54.47	31
14:01.16	18:11.30	22:39.41	19:38.36	31:47.31	1:08:01.39	30
14:02.69	18:13.12	22:41.94	19:40.34	31:50.55	1:08:08.42	29
14:04.24	18:14.98	22:44.52	19:42.36	31:53.84	1:08:15.58	28
14:05.82	18:16.87	22:47.14	19:44.41	31:57.19	1:08:22.87	27
14:07.43	18:18.80	22:49.81	19:46.51	32:00.61	1:08:30.29	26
14:09.08	18:20.77	22:52.53	19:48.64	32:04.10	1:08:37.86	25
14:10.75	18:22.77	22:55.31	19:50.81	32:07.65	1:08:45.58	24
14:12.46	18:24.82	22:58.14	19:53.03	32:11.28	1:08:53.46	23
14:14.21	18:26.91	23:01.04	19:55.30	32:14.99	1:09:01.52	22
14:16.00	18:29.05	23:04.01	19:57.63	32:18.78	1:09:09.76	21
14:17.83	18:31.24	23:07.04	20:00.00	32:22.67	1:09:18.20	20
14:19.71	18:33.49	23:10.16	20:02.44	32:26.65	1:09:26.86	19
14:21.64	18:35.80	23:13.35	20:04.94	32:30.74	1:09:35.74	18
14:23.62	18:38.17	23:16.64	20:07.52	32:34.94	1:09:44.88	17
14:25.66	18:40.61	23:20.02	20:10.17	32:39.28	1:09:54.29	16
14:27.77	18:43.13	23:23.52	20:12.90	32:43.74	1:10:03.99	15
14:29.94	18:45.74	23:27.13	20:15.73	32:48.36	1:10:14.03	14
14:32.20	18:48.44	23:30.87	20:18.66	32:53.15	1:10:24.43	13
14:34.55	18:51.25	23:34.76	20:21.71	32:58.13	1:10:35.24	12
14:36.99	18:54.17	23:38.81	20:24.88	33:03.32	1:10:46.51	11
14:39.55	18:57.24	23:43.05	20:28.21	33:08.75	1:10:58.31	10
14:42.24	19:00.46	23:47.52	20:31.70	33:14.46	1:11:10.71	9
14:45.09	19:03.86	23:52.23	20:35.39	33:20.49	1:11:23.83	8
14:48.12	19:07.49	23:57.26	20:39.33	33:26.92	1:11:37.79	7
14:51.37	19:11.38	24:02.65	20:43.55	33:33.82	1:11:52.79	6
14:54.91	19:15.62	24:08.52	20:48.15	33:41.33	1:12:09.10	5
14:58.83	19:20.30	24:15.01	20:53.23	33:49.64	1:12:27.14	4
15:03.27	19:25.62	24:22.38	20:59.00	33:59.06	1:12:47.62	3
15:08.54	19:31.93	24:31.11	21:05.84	34:10.24	1:13:11.91	2
15:15.41	19:40.15	24:42.50	21:14.76	34:24.82	1:13:43.57	1