

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

## **Hommes 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	4:50.06	7:05.53	7:30.46	7:38.54	12:10.09	25:15.44
1399	4:50.19	7:05.68	7:30.66	7:38.70	12:10.35	25:16.03
1398	4:50.32	7:05.83	7:30.86	7:38.86	12:10.60	25:16.61
1397	4:50.46	7:05.98	7:31.07	7:39.02	12:10.85	25:17.20
1396	4:50.59	7:06.13	7:31.27	7:39.17	12:11.11	25:17.78
1395	4:50.72	7:06.27	7:31.47	7:39.33	12:11.36	25:18.37
1394	4:50.85	7:06.42	7:31.68	7:39.49	12:11.62	25:18.95
1393	4:50.99	7:06.57	7:31.88	7:39.65	12:11.87	25:19.54
1392	4:51.12	7:06.72	7:32.09	7:39.81	12:12.13	25:20.12
1391	4:51.25	7:06.87	7:32.29	7:39.97	12:12.38	25:20.71
1390	4:51.38	7:07.02	7:32.49	7:40.13	12:12.63	25:21.29
1389	4:51.52	7:07.16	7:32.70	7:40.29	12:12.89	25:21.88
1388	4:51.65	7:07.31	7:32.90	7:40.45	12:13.14	25:22.46
1387	4:51.78	7:07.46	7:33.11	7:40.61	12:13.40	25:23.05
1386	4:51.91	7:07.61	7:33.31	7:40.77	12:13.65	25:23.64
1385	4:52.05	7:07.76	7:33.52	7:40.93	12:13.91	25:24.22
1384	4:52.18	7:07.91	7:33.72	7:41.09	12:14.16	25:24.81
1383	4:52.31	7:08.06	7:33.92	7:41.25	12:14.42	25:25.40
1382	4:52.45	7:08.21	7:34.13	7:41.41	12:14.67	25:25.99
1381	4:52.58	7:08.35	7:34.33	7:41.58	12:14.93	25:26.57
1380	4:52.71	7:08.50	7:34.54	7:41.74	12:15.18	25:27.16
1379	4:52.84	7:08.65	7:34.74	7:41.90	12:15.44	25:27.75
1378	4:52.98	7:08.80	7:34.95	7:42.06	12:15.69	25:28.34
1377	4:53.11	7:08.95	7:35.15	7:42.22	12:15.95	25:28.93
1376	4:53.24	7:09.10	7:35.36	7:42.38	12:16.20	25:29.52
1375	4:53.38	7:09.25	7:35.56	7:42.54	12:16.46	25:30.10
1374	4:53.51	7:09.40	7:35.77	7:42.70	12:16.72	25:30.69
1373	4:53.64	7:09.55	7:35.97	7:42.86	12:16.97	25:31.28
1372	4:53.78	7:09.70	7:36.18	7:43.02	12:17.23	25:31.87
1371	4:53.91	7:09.85	7:36.39	7:43.18	12:17.48	25:32.46
1370	4:54.04	7:10.00	7:36.59	7:43.34	12:17.74	25:33.05
1369	4:54.18	7:10.15	7:36.80	7:43.51	12:18.00	25:33.64
1368	4:54.31	7:10.30	7:37.00	7:43.67	12:18.25	25:34.23
1367	4:54.45	7:10.45	7:37.21	7:43.83	12:18.51	25:34.82
1366	4:54.58	7:10.60	7:37.41	7:43.99	12:18.77	25:35.41
1365	4:54.71	7:10.75	7:37.62	7:44.15	12:19.02	25:36.01
1364	4:54.85	7:10.90	7:37.83	7:44.31	12:19.28	25:36.60
1363	4:54.98	7:11.05	7:38.03	7:44.47	12:19.54	25:37.19
1362	4:55.11	7:11.20	7:38.24	7:44.63	12:19.79	25:37.78
1361	4:55.25	7:11.35	7:38.45	7:44.80	12:20.05	25:38.37
1360	4:55.38	7:11.50	7:38.65	7:44.96	12:20.31	25:38.96
1359	4:55.52	7:11.65	7:38.86	7:45.12	12:20.57	25:39.56
1358	4:55.65	7:11.80	7:39.06	7:45.28	12:20.82	25:40.15
1357	4:55.78	7:11.95	7:39.27	7:45.44	12:21.08	25:40.74
1356	4:55.92	7:12.10	7:39.48	7:45.61	12:21.34	25:41.34
1355	4:56.05	7:12.25	7:39.68	7:45.77	12:21.60	25:41.93
1354	4:56.19	7:12.40	7:39.89	7:45.93	12:21.85	25:42.52
1353	4:56.32	7:12.55	7:40.10	7:46.09	12:22.11	25:43.12
1352	4:56.46	7:12.70	7:40.30	7:46.25	12:22.37	25:43.71
1351	4:56.59	7:12.85	7:40.51	7:46.42	12:22.63	25:44.30

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
4:56.73	7:13.00	7:40.72	7:46.58	12:22.89	25:44.90	1350
4:56.86	7:13.15	7:40.93	7:46.74	12:23.14	25:45.49	1349
4:56.99	7:13.30	7:41.13	7:46.90	12:23.40	25:46.09	1348
4:57.13	7:13.45	7:41.34	7:47.07	12:23.66	25:46.68	1347
4:57.26	7:13.60	7:41.55	7:47.23	12:23.92	25:47.28	1346
4:57.40	7:13.76	7:41.76	7:47.39	12:24.18	25:47.87	1345
4:57.53	7:13.91	7:41.96	7:47.55	12:24.44	25:48.47	1344
4:57.67	7:14.06	7:42.17	7:47.72	12:24.70	25:49.06	1343
4:57.80	7:14.21	7:42.38	7:47.88	12:24.95	25:49.66	1342
4:57.94	7:14.36	7:42.59	7:48.04	12:25.21	25:50.26	1341
4:58.07	7:14.51	7:42.79	7:48.20	12:25.47	25:50.85	1340
4:58.21	7:14.66	7:43.00	7:48.37	12:25.73	25:51.45	1339
4:58.34	7:14.81	7:43.21	7:48.53	12:25.99	25:52.05	1338
4:58.48	7:14.97	7:43.42	7:48.69	12:26.25	25:52.65	1337
4:58.61	7:15.12	7:43.63	7:48.86	12:26.51	25:53.24	1336
4:58.75	7:15.27	7:43.83	7:49.02	12:26.77	25:53.84	1335
4:58.88	7:15.42	7:44.04	7:49.18	12:27.03	25:54.44	1334
4:59.02	7:15.57	7:44.25	7:49.35	12:27.29	25:55.04	1333
4:59.16	7:15.72	7:44.46	7:49.51	12:27.55	25:55.63	1332
4:59.29	7:15.88	7:44.67	7:49.67	12:27.81	25:56.23	1331
4:59.43	7:16.03	7:44.88	7:49.84	12:28.07	25:56.83	1330
4:59.56	7:16.18	7:45.09	7:50.00	12:28.33	25:57.43	1329
4:59.70	7:16.33	7:45.29	7:50.16	12:28.59	25:58.03	1328
4:59.83	7:16.48	7:45.50	7:50.33	12:28.85	25:58.63	1327
4:59.97	7:16.63	7:45.71	7:50.49	12:29.11	25:59.23	1326
5:00.10	7:16.79	7:45.92	7:50.65	12:29.37	25:59.83	1325
5:00.24	7:16.94	7:46.13	7:50.82	12:29.63	26:00.43	1324
5:00.38	7:17.09	7:46.34	7:50.98	12:29.89	26:01.03	1323
5:00.51	7:17.24	7:46.55	7:51.15	12:30.15	26:01.63	1322
5:00.65	7:17.40	7:46.76	7:51.31	12:30.41	26:02.23	1321
5:00.78	7:17.55	7:46.97	7:51.47	12:30.68	26:02.83	1320
5:00.92	7:17.70	7:47.18	7:51.64	12:30.94	26:03.43	1319
5:01.06	7:17.85	7:47.39	7:51.80	12:31.20	26:04.04	1318
5:01.19	7:18.01	7:47.60	7:51.97	12:31.46	26:04.64	1317
5:01.33	7:18.16	7:47.81	7:52.13	12:31.72	26:05.24	1316
5:01.47	7:18.31	7:48.02	7:52.30	12:31.98	26:05.84	1315
5:01.60	7:18.46	7:48.23	7:52.46	12:32.24	26:06.44	1314
5:01.74	7:18.62	7:48.44	7:52.62	12:32.51	26:07.05	1313
5:01.87	7:18.77	7:48.65	7:52.79	12:32.77	26:07.65	1312
5:02.01	7:18.92	7:48.86	7:52.95	12:33.03	26:08.25	1311
5:02.15	7:19.08	7:49.07	7:53.12	12:33.29	26:08.86	1310
5:02.28	7:19.23	7:49.28	7:53.28	12:33.55	26:09.46	1309
5:02.42	7:19.38	7:49.49	7:53.45	12:33.82	26:10.06	1308
5:02.56	7:19.54	7:49.70	7:53.61	12:34.08	26:10.67	1307
5:02.69	7:19.69	7:49.91	7:53.78	12:34.34	26:11.27	1306
5:02.83	7:19.84	7:50.12	7:53.94	12:34.60	26:11.88	1305
5:02.97	7:20.00	7:50.33	7:54.11	12:34.87	26:12.48	1304
5:03.10	7:20.15	7:50.54	7:54.27	12:35.13	26:13.09	1303
5:03.24	7:20.30	7:50.75	7:54.44	12:35.39	26:13.69	1302
5:03.38	7:20.46	7:50.96	7:54.60	12:35.65	26:14.30	1301

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
1300	5:03.52	7:20.61	7:51.17	7:54.77	12:35.92	26:14.90
1299	5:03.65	7:20.76	7:51.38	7:54.94	12:36.18	26:15.51
1298	5:03.79	7:20.92	7:51.60	7:55.10	12:36.44	26:16.11
1297	5:03.93	7:21.07	7:51.81	7:55.27	12:36.71	26:16.72
1296	5:04.06	7:21.22	7:52.02	7:55.43	12:36.97	26:17.33
1295	5:04.20	7:21.38	7:52.23	7:55.60	12:37.23	26:17.93
1294	5:04.34	7:21.53	7:52.44	7:55.76	12:37.50	26:18.54
1293	5:04.48	7:21.69	7:52.65	7:55.93	12:37.76	26:19.15
1292	5:04.61	7:21.84	7:52.86	7:56.09	12:38.03	26:19.76
1291	5:04.75	7:21.99	7:53.08	7:56.26	12:38.29	26:20.36
1290	5:04.89	7:22.15	7:53.29	7:56.43	12:38.55	26:20.97
1289	5:05.03	7:22.30	7:53.50	7:56.59	12:38.82	26:21.58
1288	5:05.17	7:22.46	7:53.71	7:56.76	12:39.08	26:22.19
1287	5:05.30	7:22.61	7:53.92	7:56.93	12:39.35	26:22.80
1286	5:05.44	7:22.77	7:54.14	7:57.09	12:39.61	26:23.41
1285	5:05.58	7:22.92	7:54.35	7:57.26	12:39.88	26:24.02
1284	5:05.72	7:23.07	7:54.56	7:57.42	12:40.14	26:24.63
1283	5:05.85	7:23.23	7:54.77	7:57.59	12:40.40	26:25.24
1282	5:05.99	7:23.38	7:54.99	7:57.76	12:40.67	26:25.85
1281	5:06.13	7:23.54	7:55.20	7:57.92	12:40.93	26:26.46
1280	5:06.27	7:23.69	7:55.41	7:58.09	12:41.20	26:27.07
1279	5:06.41	7:23.85	7:55.62	7:58.26	12:41.46	26:27.68
1278	5:06.55	7:24.00	7:55.84	7:58.42	12:41.73	26:28.29
1277	5:06.68	7:24.16	7:56.05	7:58.59	12:42.00	26:28.90
1276	5:06.82	7:24.31	7:56.26	7:58.76	12:42.26	26:29.51
1275	5:06.96	7:24.47	7:56.48	7:58.92	12:42.53	26:30.12
1274	5:07.10	7:24.62	7:56.69	7:59.09	12:42.79	26:30.73
1273	5:07.24	7:24.78	7:56.90	7:59.26	12:43.06	26:31.35
1272	5:07.38	7:24.93	7:57.12	7:59.43	12:43.32	26:31.96
1271	5:07.51	7:25.09	7:57.33	7:59.59	12:43.59	26:32.57
1270	5:07.65	7:25.24	7:57.54	7:59.76	12:43.86	26:33.18
1269	5:07.79	7:25.40	7:57.76	7:59.93	12:44.12	26:33.80
1268	5:07.93	7:25.56	7:57.97	8:00.10	12:44.39	26:34.41
1267	5:08.07	7:25.71	7:58.18	8:00.26	12:44.66	26:35.02
1266	5:08.21	7:25.87	7:58.40	8:00.43	12:44.92	26:35.64
1265	5:08.35	7:26.02	7:58.61	8:00.60	12:45.19	26:36.25
1264	5:08.49	7:26.18	7:58.83	8:00.77	12:45.46	26:36.86
1263	5:08.63	7:26.33	7:59.04	8:00.93	12:45.72	26:37.48
1262	5:08.76	7:26.49	7:59.25	8:01.10	12:45.99	26:38.09
1261	5:08.90	7:26.65	7:59.47	8:01.27	12:46.26	26:38.71
1260	5:09.04	7:26.80	7:59.68	8:01.44	12:46.52	26:39.32
1259	5:09.18	7:26.96	7:59.90	8:01.61	12:46.79	26:39.94
1258	5:09.32	7:27.11	8:00.11	8:01.77	12:47.06	26:40.56
1257	5:09.46	7:27.27	8:00.33	8:01.94	12:47.33	26:41.17
1256	5:09.60	7:27.43	8:00.54	8:02.11	12:47.59	26:41.79
1255	5:09.74	7:27.58	8:00.76	8:02.28	12:47.86	26:42.40
1254	5:09.88	7:27.74	8:00.97	8:02.45	12:48.13	26:43.02
1253	5:10.02	7:27.90	8:01.19	8:02.61	12:48.40	26:43.64
1252	5:10.16	7:28.05	8:01.40	8:02.78	12:48.67	26:44.25
1251	5:10.30	7:28.21	8:01.62	8:02.95	12:48.93	26:44.87

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
5:10.44	7:28.36	8:01.83	8:03.12	12:49.20	26:45.49	1250
5:10.58	7:28.52	8:02.05	8:03.29	12:49.47	26:46.11	1249
5:10.72	7:28.68	8:02.26	8:03.46	12:49.74	26:46.73	1248
5:10.86	7:28.84	8:02.48	8:03.63	12:50.01	26:47.34	1247
5:11.00	7:28.99	8:02.69	8:03.80	12:50.28	26:47.96	1246
5:11.14	7:29.15	8:02.91	8:03.96	12:50.54	26:48.58	1245
5:11.28	7:29.31	8:03.12	8:04.13	12:50.81	26:49.20	1244
5:11.42	7:29.46	8:03.34	8:04.30	12:51.08	26:49.82	1243
5:11.56	7:29.62	8:03.56	8:04.47	12:51.35	26:50.44	1242
5:11.70	7:29.78	8:03.77	8:04.64	12:51.62	26:51.06	1241
5:11.84	7:29.93	8:03.99	8:04.81	12:51.89	26:51.68	1240
5:11.98	7:30.09	8:04.20	8:04.98	12:52.16	26:52.30	1239
5:12.12	7:30.25	8:04.42	8:05.15	12:52.43	26:52.92	1238
5:12.26	7:30.41	8:04.64	8:05.32	12:52.70	26:53.54	1237
5:12.40	7:30.56	8:04.85	8:05.49	12:52.97	26:54.16	1236
5:12.54	7:30.72	8:05.07	8:05.66	12:53.24	26:54.78	1235
5:12.68	7:30.88	8:05.29	8:05.83	12:53.51	26:55.41	1234
5:12.82	7:31.04	8:05.50	8:06.00	12:53.78	26:56.03	1233
5:12.96	7:31.19	8:05.72	8:06.17	12:54.05	26:56.65	1232
5:13.11	7:31.35	8:05.94	8:06.34	12:54.32	26:57.27	1231
5:13.25	7:31.51	8:06.15	8:06.51	12:54.59	26:57.90	1230
5:13.39	7:31.67	8:06.37	8:06.68	12:54.86	26:58.52	1229
5:13.53	7:31.83	8:06.59	8:06.85	12:55.13	26:59.14	1228
5:13.67	7:31.98	8:06.81	8:07.02	12:55.40	26:59.77	1227
5:13.81	7:32.14	8:07.02	8:07.19	12:55.67	27:00.39	1226
5:13.95	7:32.30	8:07.24	8:07.36	12:55.94	27:01.01	1225
5:14.09	7:32.46	8:07.46	8:07.53	12:56.21	27:01.64	1224
5:14.23	7:32.62	8:07.68	8:07.70	12:56.49	27:02.26	1223
5:14.38	7:32.78	8:07.89	8:07.87	12:56.76	27:02.89	1222
5:14.52	7:32.93	8:08.11	8:08.04	12:57.03	27:03.51	1221
5:14.66	7:33.09	8:08.33	8:08.21	12:57.30	27:04.14	1220
5:14.80	7:33.25	8:08.55	8:08.38	12:57.57	27:04.76	1219
5:14.94	7:33.41	8:08.76	8:08.55	12:57.84	27:05.39	1218
5:15.08	7:33.57	8:08.98	8:08.72	12:58.12	27:06.01	1217
5:15.23	7:33.73	8:09.20	8:08.89	12:58.39	27:06.64	1216
5:15.37	7:33.89	8:09.42	8:09.07	12:58.66	27:07.27	1215
5:15.51	7:34.05	8:09.64	8:09.24	12:58.93	27:07.89	1214
5:15.65	7:34.20	8:09.86	8:09.41	12:59.20	27:08.52	1213
5:15.79	7:34.36	8:10.07	8:09.58	12:59.48	27:09.15	1212
5:15.93	7:34.52	8:10.29	8:09.75	12:59.75	27:09.78	1211
5:16.08	7:34.68	8:10.51	8:09.92	13:00.02	27:10.40	1210
5:16.22	7:34.84	8:10.73	8:10.09	13:00.29	27:11.03	1209
5:16.36	7:35.00	8:10.95	8:10.27	13:00.57	27:11.66	1208
5:16.50	7:35.16	8:11.17	8:10.44	13:00.84	27:12.29	1207
5:16.65	7:35.32	8:11.39	8:10.61	13:01.11	27:12.92	1206
5:16.79	7:35.48	8:11.61	8:10.78	13:01.39	27:13.55	1205
5:16.93	7:35.64	8:11.83	8:10.95	13:01.66	27:14.18	1204
5:17.07	7:35.80	8:12.05	8:11.12	13:01.93	27:14.80	1203
5:17.22	7:35.96	8:12.27	8:11.30	13:02.21	27:15.43	1202
5:17.36	7:36.12	8:12.48	8:11.47	13:02.48	27:16.06	1201

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
1200	5:17.50	7:36.28	8:12.70	8:11.64	13:02.75	27:16.70
1199	5:17.64	7:36.44	8:12.92	8:11.81	13:03.03	27:17.33
1198	5:17.79	7:36.60	8:13.14	8:11.98	13:03.30	27:17.96
1197	5:17.93	7:36.76	8:13.36	8:12.16	13:03.58	27:18.59
1196	5:18.07	7:36.92	8:13.58	8:12.33	13:03.85	27:19.22
1195	5:18.22	7:37.08	8:13.80	8:12.50	13:04.12	27:19.85
1194	5:18.36	7:37.24	8:14.02	8:12.67	13:04.40	27:20.48
1193	5:18.50	7:37.40	8:14.24	8:12.85	13:04.67	27:21.12
1192	5:18.64	7:37.56	8:14.47	8:13.02	13:04.95	27:21.75
1191	5:18.79	7:37.72	8:14.69	8:13.19	13:05.22	27:22.38
1190	5:18.93	7:37.88	8:14.91	8:13.37	13:05.50	27:23.01
1189	5:19.07	7:38.04	8:15.13	8:13.54	13:05.77	27:23.65
1188	5:19.22	7:38.20	8:15.35	8:13.71	13:06.05	27:24.28
1187	5:19.36	7:38.36	8:15.57	8:13.88	13:06.32	27:24.91
1186	5:19.50	7:38.52	8:15.79	8:14.06	13:06.60	27:25.55
1185	5:19.65	7:38.68	8:16.01	8:14.23	13:06.87	27:26.18
1184	5:19.79	7:38.84	8:16.23	8:14.40	13:07.15	27:26.82
1183	5:19.94	7:39.01	8:16.45	8:14.58	13:07.43	27:27.45
1182	5:20.08	7:39.17	8:16.67	8:14.75	13:07.70	27:28.09
1181	5:20.22	7:39.33	8:16.90	8:14.92	13:07.98	27:28.72
1180	5:20.37	7:39.49	8:17.12	8:15.10	13:08.25	27:29.36
1179	5:20.51	7:39.65	8:17.34	8:15.27	13:08.53	27:29.99
1178	5:20.66	7:39.81	8:17.56	8:15.44	13:08.81	27:30.63
1177	5:20.80	7:39.97	8:17.78	8:15.62	13:09.08	27:31.27
1176	5:20.94	7:40.13	8:18.00	8:15.79	13:09.36	27:31.90
1175	5:21.09	7:40.30	8:18.23	8:15.97	13:09.64	27:32.54
1174	5:21.23	7:40.46	8:18.45	8:16.14	13:09.91	27:33.18
1173	5:21.38	7:40.62	8:18.67	8:16.31	13:10.19	27:33.82
1172	5:21.52	7:40.78	8:18.89	8:16.49	13:10.47	27:34.45
1171	5:21.66	7:40.94	8:19.11	8:16.66	13:10.74	27:35.09
1170	5:21.81	7:41.10	8:19.34	8:16.84	13:11.02	27:35.73
1169	5:21.95	7:41.27	8:19.56	8:17.01	13:11.30	27:36.37
1168	5:22.10	7:41.43	8:19.78	8:17.19	13:11.58	27:37.01
1167	5:22.24	7:41.59	8:20.01	8:17.36	13:11.85	27:37.65
1166	5:22.39	7:41.75	8:20.23	8:17.54	13:12.13	27:38.29
1165	5:22.53	7:41.91	8:20.45	8:17.71	13:12.41	27:38.93
1164	5:22.68	7:42.08	8:20.67	8:17.88	13:12.69	27:39.57
1163	5:22.82	7:42.24	8:20.90	8:18.06	13:12.97	27:40.21
1162	5:22.97	7:42.40	8:21.12	8:18.23	13:13.24	27:40.85
1161	5:23.11	7:42.56	8:21.34	8:18.41	13:13.52	27:41.49
1160	5:23.26	7:42.73	8:21.57	8:18.58	13:13.80	27:42.13
1159	5:23.40	7:42.89	8:21.79	8:18.76	13:14.08	27:42.77
1158	5:23.55	7:43.05	8:22.01	8:18.93	13:14.36	27:43.41
1157	5:23.69	7:43.21	8:22.24	8:19.11	13:14.64	27:44.06
1156	5:23.84	7:43.38	8:22.46	8:19.29	13:14.92	27:44.70
1155	5:23.98	7:43.54	8:22.69	8:19.46	13:15.20	27:45.34
1154	5:24.13	7:43.70	8:22.91	8:19.64	13:15.47	27:45.98
1153	5:24.28	7:43.87	8:23.13	8:19.81	13:15.75	27:46.63
1152	5:24.42	7:44.03	8:23.36	8:19.99	13:16.03	27:47.27
1151	5:24.57	7:44.19	8:23.58	8:20.16	13:16.31	27:47.91

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
5:24.71	7:44.36	8:23.81	8:20.34	13:16.59	27:48.56	1150
5:24.86	7:44.52	8:24.03	8:20.51	13:16.87	27:49.20	1149
5:25.00	7:44.68	8:24.26	8:20.69	13:17.15	27:49.85	1148
5:25.15	7:44.85	8:24.48	8:20.87	13:17.43	27:50.49	1147
5:25.30	7:45.01	8:24.71	8:21.04	13:17.71	27:51.14	1146
5:25.44	7:45.17	8:24.93	8:21.22	13:17.99	27:51.78	1145
5:25.59	7:45.34	8:25.15	8:21.40	13:18.27	27:52.43	1144
5:25.73	7:45.50	8:25.38	8:21.57	13:18.55	27:53.07	1143
5:25.88	7:45.67	8:25.61	8:21.75	13:18.83	27:53.72	1142
5:26.03	7:45.83	8:25.83	8:21.92	13:19.12	27:54.37	1141
5:26.17	7:45.99	8:26.06	8:22.10	13:19.40	27:55.01	1140
5:26.32	7:46.16	8:26.28	8:22.28	13:19.68	27:55.66	1139
5:26.47	7:46.32	8:26.51	8:22.45	13:19.96	27:56.31	1138
5:26.61	7:46.49	8:26.73	8:22.63	13:20.24	27:56.95	1137
5:26.76	7:46.65	8:26.96	8:22.81	13:20.52	27:57.60	1136
5:26.91	7:46.81	8:27.18	8:22.99	13:20.80	27:58.25	1135
5:27.05	7:46.98	8:27.41	8:23.16	13:21.08	27:58.90	1134
5:27.20	7:47.14	8:27.64	8:23.34	13:21.37	27:59.55	1133
5:27.35	7:47.31	8:27.86	8:23.52	13:21.65	28:00.20	1132
5:27.49	7:47.47	8:28.09	8:23.69	13:21.93	28:00.85	1131
5:27.64	7:47.64	8:28.31	8:23.87	13:22.21	28:01.50	1130
5:27.79	7:47.80	8:28.54	8:24.05	13:22.49	28:02.15	1129
5:27.93	7:47.97	8:28.77	8:24.23	13:22.78	28:02.80	1128
5:28.08	7:48.13	8:28.99	8:24.40	13:23.06	28:03.45	1127
5:28.23	7:48.30	8:29.22	8:24.58	13:23.34	28:04.10	1126
5:28.38	7:48.46	8:29.45	8:24.76	13:23.62	28:04.75	1125
5:28.52	7:48.63	8:29.68	8:24.94	13:23.91	28:05.40	1124
5:28.67	7:48.79	8:29.90	8:25.12	13:24.19	28:06.05	1123
5:28.82	7:48.96	8:30.13	8:25.29	13:24.47	28:06.70	1122
5:28.97	7:49.12	8:30.36	8:25.47	13:24.76	28:07.36	1121
5:29.11	7:49.29	8:30.58	8:25.65	13:25.04	28:08.01	1120
5:29.26	7:49.45	8:30.81	8:25.83	13:25.32	28:08.66	1119
5:29.41	7:49.62	8:31.04	8:26.01	13:25.61	28:09.31	1118
5:29.56	7:49.79	8:31.27	8:26.18	13:25.89	28:09.97	1117
5:29.71	7:49.95	8:31.49	8:26.36	13:26.17	28:10.62	1116
5:29.85	7:50.12	8:31.72	8:26.54	13:26.46	28:11.28	1115
5:30.00	7:50.28	8:31.95	8:26.72	13:26.74	28:11.93	1114
5:30.15	7:50.45	8:32.18	8:26.90	13:27.03	28:12.58	1113
5:30.30	7:50.61	8:32.41	8:27.08	13:27.31	28:13.24	1112
5:30.45	7:50.78	8:32.63	8:27.26	13:27.60	28:13.89	1111
5:30.59	7:50.95	8:32.86	8:27.44	13:27.88	28:14.55	1110
5:30.74	7:51.11	8:33.09	8:27.61	13:28.17	28:15.21	1109
5:30.89	7:51.28	8:33.32	8:27.79	13:28.45	28:15.86	1108
5:31.04	7:51.45	8:33.55	8:27.97	13:28.74	28:16.52	1107
5:31.19	7:51.61	8:33.78	8:28.15	13:29.02	28:17.17	1106
5:31.34	7:51.78	8:34.01	8:28.33	13:29.31	28:17.83	1105
5:31.49	7:51.95	8:34.24	8:28.51	13:29.59	28:18.49	1104
5:31.64	7:52.11	8:34.46	8:28.69	13:29.88	28:19.15	1103
5:31.78	7:52.28	8:34.69	8:28.87	13:30.16	28:19.80	1102
5:31.93	7:52.45	8:34.92	8:29.05	13:30.45	28:20.46	1101

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
1100	5:32.08	7:52.61	8:35.15	8:29.23	13:30.73	28:21.12
1099	5:32.23	7:52.78	8:35.38	8:29.41	13:31.02	28:21.78
1098	5:32.38	7:52.95	8:35.61	8:29.59	13:31.31	28:22.44
1097	5:32.53	7:53.11	8:35.84	8:29.77	13:31.59	28:23.10
1096	5:32.68	7:53.28	8:36.07	8:29.95	13:31.88	28:23.76
1095	5:32.83	7:53.45	8:36.30	8:30.13	13:32.17	28:24.42
1094	5:32.98	7:53.62	8:36.53	8:30.31	13:32.45	28:25.08
1093	5:33.13	7:53.78	8:36.76	8:30.49	13:32.74	28:25.74
1092	5:33.28	7:53.95	8:36.99	8:30.67	13:33.03	28:26.40
1091	5:33.43	7:54.12	8:37.22	8:30.85	13:33.31	28:27.06
1090	5:33.58	7:54.29	8:37.45	8:31.03	13:33.60	28:27.72
1089	5:33.73	7:54.45	8:37.68	8:31.21	13:33.89	28:28.38
1088	5:33.88	7:54.62	8:37.91	8:31.39	13:34.18	28:29.05
1087	5:34.03	7:54.79	8:38.14	8:31.57	13:34.46	28:29.71
1086	5:34.18	7:54.96	8:38.38	8:31.75	13:34.75	28:30.37
1085	5:34.33	7:55.13	8:38.61	8:31.94	13:35.04	28:31.03
1084	5:34.48	7:55.29	8:38.84	8:32.12	13:35.33	28:31.70
1083	5:34.63	7:55.46	8:39.07	8:32.30	13:35.62	28:32.36
1082	5:34.78	7:55.63	8:39.30	8:32.48	13:35.90	28:33.02
1081	5:34.93	7:55.80	8:39.53	8:32.66	13:36.19	28:33.69
1080	5:35.08	7:55.97	8:39.76	8:32.84	13:36.48	28:34.35
1079	5:35.23	7:56.14	8:40.00	8:33.02	13:36.77	28:35.02
1078	5:35.38	7:56.31	8:40.23	8:33.20	13:37.06	28:35.68
1077	5:35.53	7:56.47	8:40.46	8:33.39	13:37.35	28:36.35
1076	5:35.68	7:56.64	8:40.69	8:33.57	13:37.64	28:37.01
1075	5:35.83	7:56.81	8:40.92	8:33.75	13:37.93	28:37.68
1074	5:35.98	7:56.98	8:41.15	8:33.93	13:38.22	28:38.35
1073	5:36.13	7:57.15	8:41.39	8:34.11	13:38.51	28:39.01
1072	5:36.28	7:57.32	8:41.62	8:34.30	13:38.80	28:39.68
1071	5:36.43	7:57.49	8:41.85	8:34.48	13:39.09	28:40.35
1070	5:36.58	7:57.66	8:42.08	8:34.66	13:39.37	28:41.01
1069	5:36.74	7:57.83	8:42.32	8:34.84	13:39.67	28:41.68
1068	5:36.89	7:58.00	8:42.55	8:35.03	13:39.96	28:42.35
1067	5:37.04	7:58.17	8:42.78	8:35.21	13:40.25	28:43.02
1066	5:37.19	7:58.34	8:43.02	8:35.39	13:40.54	28:43.69
1065	5:37.34	7:58.51	8:43.25	8:35.57	13:40.83	28:44.36
1064	5:37.49	7:58.67	8:43.48	8:35.76	13:41.12	28:45.03
1063	5:37.64	7:58.84	8:43.72	8:35.94	13:41.41	28:45.70
1062	5:37.80	7:59.01	8:43.95	8:36.12	13:41.70	28:46.37
1061	5:37.95	7:59.18	8:44.18	8:36.30	13:41.99	28:47.04
1060	5:38.10	7:59.35	8:44.42	8:36.49	13:42.28	28:47.71
1059	5:38.25	7:59.52	8:44.65	8:36.67	13:42.57	28:48.38
1058	5:38.40	7:59.70	8:44.88	8:36.85	13:42.86	28:49.05
1057	5:38.56	7:59.87	8:45.12	8:37.04	13:43.16	28:49.72
1056	5:38.71	8:00.04	8:45.35	8:37.22	13:43.45	28:50.39
1055	5:38.86	8:00.21	8:45.59	8:37.40	13:43.74	28:51.07
1054	5:39.01	8:00.38	8:45.82	8:37.59	13:44.03	28:51.74
1053	5:39.16	8:00.55	8:46.06	8:37.77	13:44.32	28:52.41
1052	5:39.32	8:00.72	8:46.29	8:37.96	13:44.62	28:53.09
1051	5:39.47	8:00.89	8:46.53	8:38.14	13:44.91	28:53.76



2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
5:39.62	8:01.06	8:46.76	8:38.32	13:45.20	28:54.43	1050
5:39.77	8:01.23	8:46.99	8:38.51	13:45.50	28:55.11	1049
5:39.93	8:01.40	8:47.23	8:38.69	13:45.79	28:55.78	1048
5:40.08	8:01.57	8:47.47	8:38.88	13:46.08	28:56.46	1047
5:40.23	8:01.74	8:47.70	8:39.06	13:46.37	28:57.13	1046
5:40.39	8:01.92	8:47.94	8:39.25	13:46.67	28:57.81	1045
5:40.54	8:02.09	8:48.17	8:39.43	13:46.96	28:58.48	1044
5:40.69	8:02.26	8:48.41	8:39.61	13:47.26	28:59.16	1043
5:40.84	8:02.43	8:48.64	8:39.80	13:47.55	28:59.84	1042
5:41.00	8:02.60	8:48.88	8:39.98	13:47.84	29:00.51	1041
5:41.15	8:02.77	8:49.11	8:40.17	13:48.14	29:01.19	1040
5:41.30	8:02.95	8:49.35	8:40.35	13:48.43	29:01.87	1039
5:41.46	8:03.12	8:49.59	8:40.54	13:48.73	29:02.54	1038
5:41.61	8:03.29	8:49.82	8:40.72	13:49.02	29:03.22	1037
5:41.76	8:03.46	8:50.06	8:40.91	13:49.31	29:03.90	1036
5:41.92	8:03.63	8:50.30	8:41.09	13:49.61	29:04.58	1035
5:42.07	8:03.81	8:50.53	8:41.28	13:49.90	29:05.26	1034
5:42.23	8:03.98	8:50.77	8:41.47	13:50.20	29:05.94	1033
5:42.38	8:04.15	8:51.01	8:41.65	13:50.49	29:06.62	1032
5:42.53	8:04.32	8:51.24	8:41.84	13:50.79	29:07.30	1031
5:42.69	8:04.49	8:51.48	8:42.02	13:51.09	29:07.98	1030
5:42.84	8:04.67	8:51.72	8:42.21	13:51.38	29:08.66	1029
5:43.00	8:04.84	8:51.95	8:42.39	13:51.68	29:09.34	1028
5:43.15	8:05.01	8:52.19	8:42.58	13:51.97	29:10.02	1027
5:43.30	8:05.19	8:52.43	8:42.77	13:52.27	29:10.70	1026
5:43.46	8:05.36	8:52.67	8:42.95	13:52.57	29:11.39	1025
5:43.61	8:05.53	8:52.90	8:43.14	13:52.86	29:12.07	1024
5:43.77	8:05.70	8:53.14	8:43.33	13:53.16	29:12.75	1023
5:43.92	8:05.88	8:53.38	8:43.51	13:53.46	29:13.43	1022
5:44.08	8:06.05	8:53.62	8:43.70	13:53.75	29:14.12	1021
5:44.23	8:06.22	8:53.86	8:43.88	13:54.05	29:14.80	1020
5:44.39	8:06.40	8:54.10	8:44.07	13:54.35	29:15.49	1019
5:44.54	8:06.57	8:54.33	8:44.26	13:54.64	29:16.17	1018
5:44.70	8:06.75	8:54.57	8:44.45	13:54.94	29:16.85	1017
5:44.85	8:06.92	8:54.81	8:44.63	13:55.24	29:17.54	1016
5:45.01	8:07.09	8:55.05	8:44.82	13:55.54	29:18.23	1015
5:45.16	8:07.27	8:55.29	8:45.01	13:55.83	29:18.91	1014
5:45.32	8:07.44	8:55.53	8:45.19	13:56.13	29:19.60	1013
5:45.47	8:07.61	8:55.77	8:45.38	13:56.43	29:20.28	1012
5:45.63	8:07.79	8:56.01	8:45.57	13:56.73	29:20.97	1011
5:45.78	8:07.96	8:56.25	8:45.76	13:57.03	29:21.66	1010
5:45.94	8:08.14	8:56.49	8:45.94	13:57.33	29:22.35	1009
5:46.09	8:08.31	8:56.73	8:46.13	13:57.62	29:23.03	1008
5:46.25	8:08.49	8:56.97	8:46.32	13:57.92	29:23.72	1007
5:46.41	8:08.66	8:57.20	8:46.51	13:58.22	29:24.41	1006
5:46.56	8:08.84	8:57.45	8:46.70	13:58.52	29:25.10	1005
5:46.72	8:09.01	8:57.69	8:46.88	13:58.82	29:25.79	1004
5:46.87	8:09.19	8:57.93	8:47.07	13:59.12	29:26.48	1003
5:47.03	8:09.36	8:58.17	8:47.26	13:59.42	29:27.17	1002
5:47.19	8:09.54	8:58.41	8:47.45	13:59.72	29:27.86	1001

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
1000	5:47.34	8:09.71	8:58.65	8:47.64	14:00.02	29:28.55
999	5:47.50	8:09.89	8:58.89	8:47.83	14:00.32	29:29.24
998	5:47.66	8:10.06	8:59.13	8:48.02	14:00.62	29:29.93
997	5:47.81	8:10.24	8:59.37	8:48.20	14:00.92	29:30.62
996	5:47.97	8:10.41	8:59.61	8:48.39	14:01.22	29:31.31
995	5:48.12	8:10.59	8:59.85	8:48.58	14:01.52	29:32.01
994	5:48.28	8:10.76	9:00.09	8:48.77	14:01.82	29:32.70
993	5:48.44	8:10.94	9:00.33	8:48.96	14:02.12	29:33.39
992	5:48.60	8:11.11	9:00.58	8:49.15	14:02.42	29:34.08
991	5:48.75	8:11.29	9:00.82	8:49.34	14:02.72	29:34.78
990	5:48.91	8:11.47	9:01.06	8:49.53	14:03.03	29:35.47
989	5:49.07	8:11.64	9:01.30	8:49.72	14:03.33	29:36.17
988	5:49.22	8:11.82	9:01.54	8:49.91	14:03.63	29:36.86
987	5:49.38	8:11.99	9:01.79	8:50.10	14:03.93	29:37.56
986	5:49.54	8:12.17	9:02.03	8:50.29	14:04.23	29:38.25
985	5:49.70	8:12.35	9:02.27	8:50.48	14:04.54	29:38.95
984	5:49.85	8:12.52	9:02.51	8:50.67	14:04.84	29:39.64
983	5:50.01	8:12.70	9:02.76	8:50.86	14:05.14	29:40.34
982	5:50.17	8:12.88	9:03.00	8:51.05	14:05.44	29:41.04
981	5:50.33	8:13.05	9:03.24	8:51.24	14:05.75	29:41.73
980	5:50.48	8:13.23	9:03.48	8:51.43	14:06.05	29:42.43
979	5:50.64	8:13.41	9:03.73	8:51.62	14:06.35	29:43.13
978	5:50.80	8:13.58	9:03.97	8:51.81	14:06.66	29:43.83
977	5:50.96	8:13.76	9:04.21	8:52.00	14:06.96	29:44.53
976	5:51.12	8:13.94	9:04.46	8:52.19	14:07.26	29:45.23
975	5:51.28	8:14.12	9:04.70	8:52.38	14:07.57	29:45.92
974	5:51.43	8:14.29	9:04.95	8:52.57	14:07.87	29:46.62
973	5:51.59	8:14.47	9:05.19	8:52.76	14:08.17	29:47.32
972	5:51.75	8:14.65	9:05.43	8:52.96	14:08.48	29:48.03
971	5:51.91	8:14.83	9:05.68	8:53.15	14:08.78	29:48.73
970	5:52.07	8:15.00	9:05.92	8:53.34	14:09.09	29:49.43
969	5:52.23	8:15.18	9:06.17	8:53.53	14:09.39	29:50.13
968	5:52.39	8:15.36	9:06.41	8:53.72	14:09.70	29:50.83
967	5:52.54	8:15.54	9:06.66	8:53.91	14:10.00	29:51.53
966	5:52.70	8:15.72	9:06.90	8:54.10	14:10.31	29:52.24
965	5:52.86	8:15.89	9:07.15	8:54.30	14:10.61	29:52.94
964	5:53.02	8:16.07	9:07.39	8:54.49	14:10.92	29:53.64
963	5:53.18	8:16.25	9:07.64	8:54.68	14:11.22	29:54.35
962	5:53.34	8:16.43	9:07.88	8:54.87	14:11.53	29:55.05
961	5:53.50	8:16.61	9:08.13	8:55.07	14:11.83	29:55.75
960	5:53.66	8:16.79	9:08.37	8:55.26	14:12.14	29:56.46
959	5:53.82	8:16.97	9:08.62	8:55.45	14:12.45	29:57.16
958	5:53.98	8:17.15	9:08.86	8:55.64	14:12.75	29:57.87
957	5:54.14	8:17.32	9:09.11	8:55.84	14:13.06	29:58.58
956	5:54.30	8:17.50	9:09.36	8:56.03	14:13.37	29:59.28
955	5:54.46	8:17.68	9:09.60	8:56.22	14:13.67	29:59.99
954	5:54.62	8:17.86	9:09.85	8:56.41	14:13.98	30:00.69
953	5:54.78	8:18.04	9:10.09	8:56.61	14:14.29	30:01.40
952	5:54.94	8:18.22	9:10.34	8:56.80	14:14.60	30:02.11
951	5:55.10	8:18.40	9:10.59	8:56.99	14:14.90	30:02.82

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
5:55.26	8:18.58	9:10.83	8:57.19	14:15.21	30:03.53	950
5:55.42	8:18.76	9:11.08	8:57.38	14:15.52	30:04.24	949
5:55.58	8:18.94	9:11.33	8:57.57	14:15.83	30:04.94	948
5:55.74	8:19.12	9:11.58	8:57.77	14:16.13	30:05.65	947
5:55.90	8:19.30	9:11.82	8:57.96	14:16.44	30:06.36	946
5:56.06	8:19.48	9:12.07	8:58.16	14:16.75	30:07.07	945
5:56.22	8:19.66	9:12.32	8:58.35	14:17.06	30:07.79	944
5:56.38	8:19.84	9:12.57	8:58.54	14:17.37	30:08.50	943
5:56.54	8:20.02	9:12.81	8:58.74	14:17.68	30:09.21	942
5:56.71	8:20.20	9:13.06	8:58.93	14:17.99	30:09.92	941
5:56.87	8:20.38	9:13.31	8:59.13	14:18.30	30:10.63	940
5:57.03	8:20.56	9:13.56	8:59.32	14:18.61	30:11.34	939
5:57.19	8:20.74	9:13.81	8:59.52	14:18.92	30:12.06	938
5:57.35	8:20.92	9:14.06	8:59.71	14:19.23	30:12.77	937
5:57.51	8:21.10	9:14.30	8:59.91	14:19.54	30:13.48	936
5:57.67	8:21.29	9:14.55	9:00.10	14:19.85	30:14.20	935
5:57.84	8:21.47	9:14.80	9:00.30	14:20.16	30:14.91	934
5:58.00	8:21.65	9:15.05	9:00.49	14:20.47	30:15.63	933
5:58.16	8:21.83	9:15.30	9:00.69	14:20.78	30:16.34	932
5:58.32	8:22.01	9:15.55	9:00.88	14:21.09	30:17.06	931
5:58.48	8:22.19	9:15.80	9:01.08	14:21.40	30:17.78	930
5:58.65	8:22.37	9:16.05	9:01.27	14:21.71	30:18.49	929
5:58.81	8:22.56	9:16.30	9:01.47	14:22.02	30:19.21	928
5:58.97	8:22.74	9:16.55	9:01.66	14:22.33	30:19.93	927
5:59.13	8:22.92	9:16.80	9:01.86	14:22.64	30:20.64	926
5:59.30	8:23.10	9:17.05	9:02.06	14:22.96	30:21.36	925
5:59.46	8:23.28	9:17.30	9:02.25	14:23.27	30:22.08	924
5:59.62	8:23.47	9:17.55	9:02.45	14:23.58	30:22.80	923
5:59.78	8:23.65	9:17.80	9:02.65	14:23.89	30:23.52	922
5:59.95	8:23.83	9:18.05	9:02.84	14:24.21	30:24.24	921
6:00.11	8:24.01	9:18.30	9:03.04	14:24.52	30:24.96	920
6:00.27	8:24.20	9:18.55	9:03.24	14:24.83	30:25.68	919
6:00.44	8:24.38	9:18.80	9:03.43	14:25.14	30:26.40	918
6:00.60	8:24.56	9:19.06	9:03.63	14:25.46	30:27.12	917
6:00.76	8:24.74	9:19.31	9:03.83	14:25.77	30:27.84	916
6:00.93	8:24.93	9:19.56	9:04.02	14:26.08	30:28.56	915
6:01.09	8:25.11	9:19.81	9:04.22	14:26.40	30:29.29	914
6:01.25	8:25.29	9:20.06	9:04.42	14:26.71	30:30.01	913
6:01.42	8:25.48	9:20.31	9:04.61	14:27.03	30:30.73	912
6:01.58	8:25.66	9:20.57	9:04.81	14:27.34	30:31.45	911
6:01.74	8:25.84	9:20.82	9:05.01	14:27.65	30:32.18	910
6:01.91	8:26.03	9:21.07	9:05.21	14:27.97	30:32.90	909
6:02.07	8:26.21	9:21.32	9:05.41	14:28.28	30:33.63	908
6:02.24	8:26.40	9:21.58	9:05.60	14:28.60	30:34.35	907
6:02.40	8:26.58	9:21.83	9:05.80	14:28.91	30:35.08	906
6:02.56	8:26.76	9:22.08	9:06.00	14:29.23	30:35.80	905
6:02.73	8:26.95	9:22.33	9:06.20	14:29.54	30:36.53	904
6:02.89	8:27.13	9:22.59	9:06.40	14:29.86	30:37.26	903
6:03.06	8:27.32	9:22.84	9:06.59	14:30.18	30:37.98	902
6:03.22	8:27.50	9:23.09	9:06.79	14:30.49	30:38.71	901

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
900	6:03.39	8:27.69	9:23.35	9:06.99	14:30.81	30:39.44
899	6:03.55	8:27.87	9:23.60	9:07.19	14:31.12	30:40.17
898	6:03.72	8:28.06	9:23.86	9:07.39	14:31.44	30:40.90
897	6:03.88	8:28.24	9:24.11	9:07.59	14:31.76	30:41.62
896	6:04.05	8:28.43	9:24.36	9:07.79	14:32.07	30:42.35
895	6:04.21	8:28.61	9:24.62	9:07.99	14:32.39	30:43.08
894	6:04.38	8:28.80	9:24.87	9:08.19	14:32.71	30:43.81
893	6:04.54	8:28.98	9:25.13	9:08.39	14:33.03	30:44.55
892	6:04.71	8:29.17	9:25.38	9:08.59	14:33.34	30:45.28
891	6:04.87	8:29.35	9:25.64	9:08.79	14:33.66	30:46.01
890	6:05.04	8:29.54	9:25.89	9:08.99	14:33.98	30:46.74
889	6:05.20	8:29.72	9:26.15	9:09.19	14:34.30	30:47.47
888	6:05.37	8:29.91	9:26.40	9:09.39	14:34.62	30:48.21
887	6:05.54	8:30.09	9:26.66	9:09.59	14:34.93	30:48.94
886	6:05.70	8:30.28	9:26.91	9:09.79	14:35.25	30:49.67
885	6:05.87	8:30.47	9:27.17	9:09.99	14:35.57	30:50.41
884	6:06.03	8:30.65	9:27.43	9:10.19	14:35.89	30:51.14
883	6:06.20	8:30.84	9:27.68	9:10.39	14:36.21	30:51.88
882	6:06.37	8:31.03	9:27.94	9:10.59	14:36.53	30:52.61
881	6:06.53	8:31.21	9:28.19	9:10.79	14:36.85	30:53.35
880	6:06.70	8:31.40	9:28.45	9:10.99	14:37.17	30:54.08
879	6:06.87	8:31.59	9:28.71	9:11.19	14:37.49	30:54.82
878	6:07.03	8:31.77	9:28.96	9:11.39	14:37.81	30:55.56
877	6:07.20	8:31.96	9:29.22	9:11.59	14:38.13	30:56.29
876	6:07.37	8:32.15	9:29.48	9:11.80	14:38.45	30:57.03
875	6:07.54	8:32.33	9:29.74	9:12.00	14:38.77	30:57.77
874	6:07.70	8:32.52	9:29.99	9:12.20	14:39.09	30:58.51
873	6:07.87	8:32.71	9:30.25	9:12.40	14:39.41	30:59.25
872	6:08.04	8:32.90	9:30.51	9:12.60	14:39.73	30:59.99
871	6:08.20	8:33.08	9:30.77	9:12.80	14:40.05	31:00.73
870	6:08.37	8:33.27	9:31.02	9:13.01	14:40.37	31:01.47
869	6:08.54	8:33.46	9:31.28	9:13.21	14:40.70	31:02.21
868	6:08.71	8:33.65	9:31.54	9:13.41	14:41.02	31:02.95
867	6:08.88	8:33.83	9:31.80	9:13.61	14:41.34	31:03.69
866	6:09.04	8:34.02	9:32.06	9:13.82	14:41.66	31:04.43
865	6:09.21	8:34.21	9:32.32	9:14.02	14:41.99	31:05.17
864	6:09.38	8:34.40	9:32.57	9:14.22	14:42.31	31:05.92
863	6:09.55	8:34.59	9:32.83	9:14.42	14:42.63	31:06.66
862	6:09.72	8:34.78	9:33.09	9:14.63	14:42.95	31:07.40
861	6:09.88	8:34.97	9:33.35	9:14.83	14:43.28	31:08.15
860	6:10.05	8:35.15	9:33.61	9:15.03	14:43.60	31:08.89
859	6:10.22	8:35.34	9:33.87	9:15.24	14:43.92	31:09.64
858	6:10.39	8:35.53	9:34.13	9:15.44	14:44.25	31:10.38
857	6:10.56	8:35.72	9:34.39	9:15.64	14:44.57	31:11.13
856	6:10.73	8:35.91	9:34.65	9:15.85	14:44.90	31:11.88
855	6:10.90	8:36.10	9:34.91	9:16.05	14:45.22	31:12.62
854	6:11.07	8:36.29	9:35.17	9:16.26	14:45.54	31:13.37
853	6:11.24	8:36.48	9:35.43	9:16.46	14:45.87	31:14.12
852	6:11.40	8:36.67	9:35.69	9:16.66	14:46.19	31:14.87
851	6:11.57	8:36.86	9:35.95	9:16.87	14:46.52	31:15.61

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
6:11.74	8:37.05	9:36.21	9:17.07	14:46.84	31:16.36	850
6:11.91	8:37.24	9:36.48	9:17.28	14:47.17	31:17.11	849
6:12.08	8:37.43	9:36.74	9:17.48	14:47.50	31:17.86	848
6:12.25	8:37.62	9:37.00	9:17.69	14:47.82	31:18.61	847
6:12.42	8:37.81	9:37.26	9:17.89	14:48.15	31:19.36	846
6:12.59	8:38.00	9:37.52	9:18.10	14:48.47	31:20.11	845
6:12.76	8:38.19	9:37.78	9:18.30	14:48.80	31:20.87	844
6:12.93	8:38.38	9:38.05	9:18.51	14:49.13	31:21.62	843
6:13.10	8:38.57	9:38.31	9:18.71	14:49.45	31:22.37	842
6:13.27	8:38.76	9:38.57	9:18.92	14:49.78	31:23.12	841
6:13.44	8:38.95	9:38.83	9:19.12	14:50.11	31:23.88	840
6:13.61	8:39.14	9:39.09	9:19.33	14:50.44	31:24.63	839
6:13.79	8:39.34	9:39.36	9:19.54	14:50.76	31:25.39	838
6:13.96	8:39.53	9:39.62	9:19.74	14:51.09	31:26.14	837
6:14.13	8:39.72	9:39.88	9:19.95	14:51.42	31:26.90	836
6:14.30	8:39.91	9:40.15	9:20.16	14:51.75	31:27.65	835
6:14.47	8:40.10	9:40.41	9:20.36	14:52.08	31:28.41	834
6:14.64	8:40.29	9:40.67	9:20.57	14:52.40	31:29.16	833
6:14.81	8:40.49	9:40.94	9:20.77	14:52.73	31:29.92	832
6:14.98	8:40.68	9:41.20	9:20.98	14:53.06	31:30.68	831
6:15.15	8:40.87	9:41.47	9:21.19	14:53.39	31:31.44	830
6:15.33	8:41.06	9:41.73	9:21.40	14:53.72	31:32.19	829
6:15.50	8:41.26	9:41.99	9:21.60	14:54.05	31:32.95	828
6:15.67	8:41.45	9:42.26	9:21.81	14:54.38	31:33.71	827
6:15.84	8:41.64	9:42.52	9:22.02	14:54.71	31:34.47	826
6:16.01	8:41.83	9:42.79	9:22.23	14:55.04	31:35.23	825
6:16.19	8:42.03	9:43.05	9:22.43	14:55.37	31:35.99	824
6:16.36	8:42.22	9:43.32	9:22.64	14:55.70	31:36.75	823
6:16.53	8:42.41	9:43.58	9:22.85	14:56.03	31:37.52	822
6:16.70	8:42.61	9:43.85	9:23.06	14:56.36	31:38.28	821
6:16.88	8:42.80	9:44.12	9:23.26	14:56.69	31:39.04	820
6:17.05	8:42.99	9:44.38	9:23.47	14:57.03	31:39.80	819
6:17.22	8:43.19	9:44.65	9:23.68	14:57.36	31:40.57	818
6:17.39	8:43.38	9:44.91	9:23.89	14:57.69	31:41.33	817
6:17.57	8:43.57	9:45.18	9:24.10	14:58.02	31:42.10	816
6:17.74	8:43.77	9:45.45	9:24.31	14:58.35	31:42.86	815
6:17.91	8:43.96	9:45.71	9:24.52	14:58.68	31:43.63	814
6:18.09	8:44.16	9:45.98	9:24.73	14:59.02	31:44.39	813
6:18.26	8:44.35	9:46.25	9:24.93	14:59.35	31:45.16	812
6:18.43	8:44.54	9:46.51	9:25.14	14:59.68	31:45.93	811
6:18.61	8:44.74	9:46.78	9:25.35	15:00.02	31:46.69	810
6:18.78	8:44.93	9:47.05	9:25.56	15:00.35	31:47.46	809
6:18.96	8:45.13	9:47.32	9:25.77	15:00.68	31:48.23	808
6:19.13	8:45.32	9:47.58	9:25.98	15:01.02	31:49.00	807
6:19.30	8:45.52	9:47.85	9:26.19	15:01.35	31:49.77	806
6:19.48	8:45.71	9:48.12	9:26.40	15:01.69	31:50.54	805
6:19.65	8:45.91	9:48.39	9:26.61	15:02.02	31:51.31	804
6:19.83	8:46.10	9:48.66	9:26.82	15:02.35	31:52.08	803
6:20.00	8:46.30	9:48.93	9:27.03	15:02.69	31:52.85	802
6:20.18	8:46.50	9:49.20	9:27.24	15:03.02	31:53.62	801

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
800	6:20.35	8:46.69	9:49.46	9:27.46	15:03.36	31:54.39
799	6:20.52	8:46.89	9:49.73	9:27.67	15:03.70	31:55.16
798	6:20.70	8:47.08	9:50.00	9:27.88	15:04.03	31:55.94
797	6:20.87	8:47.28	9:50.27	9:28.09	15:04.37	31:56.71
796	6:21.05	8:47.48	9:50.54	9:28.30	15:04.70	31:57.48
795	6:21.23	8:47.67	9:50.81	9:28.51	15:05.04	31:58.26
794	6:21.40	8:47.87	9:51.08	9:28.72	15:05.38	31:59.03
793	6:21.58	8:48.06	9:51.35	9:28.93	15:05.71	31:59.81
792	6:21.75	8:48.26	9:51.62	9:29.15	15:06.05	32:00.58
791	6:21.93	8:48.46	9:51.89	9:29.36	15:06.39	32:01.36
790	6:22.10	8:48.66	9:52.16	9:29.57	15:06.72	32:02.14
789	6:22.28	8:48.85	9:52.43	9:29.78	15:07.06	32:02.92
788	6:22.46	8:49.05	9:52.71	9:30.00	15:07.40	32:03.69
787	6:22.63	8:49.25	9:52.98	9:30.21	15:07.74	32:04.47
786	6:22.81	8:49.44	9:53.25	9:30.42	15:08.08	32:05.25
785	6:22.98	8:49.64	9:53.52	9:30.63	15:08.41	32:06.03
784	6:23.16	8:49.84	9:53.79	9:30.85	15:08.75	32:06.81
783	6:23.34	8:50.04	9:54.06	9:31.06	15:09.09	32:07.59
782	6:23.51	8:50.24	9:54.34	9:31.27	15:09.43	32:08.37
781	6:23.69	8:50.43	9:54.61	9:31.49	15:09.77	32:09.15
780	6:23.87	8:50.63	9:54.88	9:31.70	15:10.11	32:09.93
779	6:24.04	8:50.83	9:55.15	9:31.91	15:10.45	32:10.72
778	6:24.22	8:51.03	9:55.43	9:32.13	15:10.79	32:11.50
777	6:24.40	8:51.23	9:55.70	9:32.34	15:11.13	32:12.28
776	6:24.58	8:51.43	9:55.97	9:32.55	15:11.47	32:13.07
775	6:24.75	8:51.63	9:56.24	9:32.77	15:11.81	32:13.85
774	6:24.93	8:51.82	9:56.52	9:32.98	15:12.15	32:14.64
773	6:25.11	8:52.02	9:56.79	9:33.20	15:12.49	32:15.42
772	6:25.29	8:52.22	9:57.07	9:33.41	15:12.83	32:16.21
771	6:25.47	8:52.42	9:57.34	9:33.63	15:13.18	32:16.99
770	6:25.64	8:52.62	9:57.61	9:33.84	15:13.52	32:17.78
769	6:25.82	8:52.82	9:57.89	9:34.06	15:13.86	32:18.57
768	6:26.00	8:53.02	9:58.16	9:34.27	15:14.20	32:19.36
767	6:26.18	8:53.22	9:58.44	9:34.49	15:14.54	32:20.14
766	6:26.36	8:53.42	9:58.71	9:34.70	15:14.89	32:20.93
765	6:26.54	8:53.62	9:58.99	9:34.92	15:15.23	32:21.72
764	6:26.71	8:53.82	9:59.26	9:35.13	15:15.57	32:22.51
763	6:26.89	8:54.02	9:59.54	9:35.35	15:15.92	32:23.30
762	6:27.07	8:54.22	9:59.81	9:35.56	15:16.26	32:24.09
761	6:27.25	8:54.42	10:00.09	9:35.78	15:16.60	32:24.89
760	6:27.43	8:54.62	10:00.37	9:36.00	15:16.95	32:25.68
759	6:27.61	8:54.82	10:00.64	9:36.21	15:17.29	32:26.47
758	6:27.79	8:55.03	10:00.92	9:36.43	15:17.64	32:27.26
757	6:27.97	8:55.23	10:01.19	9:36.65	15:17.98	32:28.06
756	6:28.15	8:55.43	10:01.47	9:36.86	15:18.33	32:28.85
755	6:28.33	8:55.63	10:01.75	9:37.08	15:18.67	32:29.65
754	6:28.51	8:55.83	10:02.03	9:37.30	15:19.02	32:30.44
753	6:28.69	8:56.03	10:02.30	9:37.51	15:19.36	32:31.24
752	6:28.87	8:56.24	10:02.58	9:37.73	15:19.71	32:32.03
751	6:29.05	8:56.44	10:02.86	9:37.95	15:20.05	32:32.83

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
6:29.23	8:56.64	10:03.14	9:38.17	15:20.40	32:33.63	750
6:29.41	8:56.84	10:03.41	9:38.39	15:20.75	32:34.42	749
6:29.59	8:57.04	10:03.69	9:38.60	15:21.09	32:35.22	748
6:29.77	8:57.25	10:03.97	9:38.82	15:21.44	32:36.02	747
6:29.95	8:57.45	10:04.25	9:39.04	15:21.79	32:36.82	746
6:30.13	8:57.65	10:04.53	9:39.26	15:22.14	32:37.62	745
6:30.32	8:57.86	10:04.81	9:39.48	15:22.48	32:38.42	744
6:30.50	8:58.06	10:05.09	9:39.70	15:22.83	32:39.22	743
6:30.68	8:58.26	10:05.36	9:39.91	15:23.18	32:40.02	742
6:30.86	8:58.47	10:05.64	9:40.13	15:23.53	32:40.83	741
6:31.04	8:58.67	10:05.92	9:40.35	15:23.88	32:41.63	740
6:31.22	8:58.87	10:06.20	9:40.57	15:24.22	32:42.43	739
6:31.40	8:59.08	10:06.48	9:40.79	15:24.57	32:43.24	738
6:31.59	8:59.28	10:06.76	9:41.01	15:24.92	32:44.04	737
6:31.77	8:59.48	10:07.04	9:41.23	15:25.27	32:44.85	736
6:31.95	8:59.69	10:07.32	9:41.45	15:25.62	32:45.65	735
6:32.13	8:59.89	10:07.61	9:41.67	15:25.97	32:46.46	734
6:32.32	9:00.10	10:07.89	9:41.89	15:26.32	32:47.26	733
6:32.50	9:00.30	10:08.17	9:42.11	15:26.67	32:48.07	732
6:32.68	9:00.51	10:08.45	9:42.33	15:27.02	32:48.88	731
6:32.86	9:00.71	10:08.73	9:42.55	15:27.38	32:49.69	730
6:33.05	9:00.92	10:09.01	9:42.77	15:27.73	32:50.49	729
6:33.23	9:01.12	10:09.29	9:42.99	15:28.08	32:51.30	728
6:33.41	9:01.33	10:09.58	9:43.21	15:28.43	32:52.11	727
6:33.60	9:01.53	10:09.86	9:43.44	15:28.78	32:52.92	726
6:33.78	9:01.74	10:10.14	9:43.66	15:29.13	32:53.73	725
6:33.96	9:01.94	10:10.42	9:43.88	15:29.49	32:54.55	724
6:34.15	9:02.15	10:10.71	9:44.10	15:29.84	32:55.36	723
6:34.33	9:02.36	10:10.99	9:44.32	15:30.19	32:56.17	722
6:34.52	9:02.56	10:11.27	9:44.54	15:30.55	32:56.98	721
6:34.70	9:02.77	10:11.56	9:44.77	15:30.90	32:57.80	720
6:34.88	9:02.98	10:11.84	9:44.99	15:31.25	32:58.61	719
6:35.07	9:03.18	10:12.13	9:45.21	15:31.61	32:59.43	718
6:35.25	9:03.39	10:12.41	9:45.43	15:31.96	33:00.24	717
6:35.44	9:03.60	10:12.69	9:45.66	15:32.31	33:01.06	716
6:35.62	9:03.80	10:12.98	9:45.88	15:32.67	33:01.88	715
6:35.81	9:04.01	10:13.26	9:46.10	15:33.02	33:02.69	714
6:35.99	9:04.22	10:13.55	9:46.33	15:33.38	33:03.51	713
6:36.18	9:04.42	10:13.83	9:46.55	15:33.73	33:04.33	712
6:36.36	9:04.63	10:14.12	9:46.77	15:34.09	33:05.15	711
6:36.55	9:04.84	10:14.40	9:47.00	15:34.45	33:05.97	710
6:36.73	9:05.05	10:14.69	9:47.22	15:34.80	33:06.79	709
6:36.92	9:05.26	10:14.98	9:47.44	15:35.16	33:07.61	708
6:37.11	9:05.46	10:15.26	9:47.67	15:35.52	33:08.43	707
6:37.29	9:05.67	10:15.55	9:47.89	15:35.87	33:09.25	706
6:37.48	9:05.88	10:15.83	9:48.12	15:36.23	33:10.07	705
6:37.66	9:06.09	10:16.12	9:48.34	15:36.59	33:10.90	704
6:37.85	9:06.30	10:16.41	9:48.57	15:36.94	33:11.72	703
6:38.04	9:06.51	10:16.70	9:48.79	15:37.30	33:12.54	702
6:38.22	9:06.72	10:16.98	9:49.02	15:37.66	33:13.37	701

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
700	6:38.41	9:06.93	10:17.27	9:49.24	15:38.02	33:14.19
699	6:38.60	9:07.14	10:17.56	9:49.47	15:38.38	33:15.02
698	6:38.78	9:07.34	10:17.85	9:49.69	15:38.74	33:15.85
697	6:38.97	9:07.55	10:18.13	9:49.92	15:39.10	33:16.67
696	6:39.16	9:07.76	10:18.42	9:50.15	15:39.46	33:17.50
695	6:39.35	9:07.97	10:18.71	9:50.37	15:39.82	33:18.33
694	6:39.53	9:08.18	10:19.00	9:50.60	15:40.18	33:19.16
693	6:39.72	9:08.39	10:19.29	9:50.82	15:40.54	33:19.99
692	6:39.91	9:08.61	10:19.58	9:51.05	15:40.90	33:20.82
691	6:40.10	9:08.82	10:19.87	9:51.28	15:41.26	33:21.65
690	6:40.29	9:09.03	10:20.16	9:51.50	15:41.62	33:22.48
689	6:40.47	9:09.24	10:20.45	9:51.73	15:41.98	33:23.31
688	6:40.66	9:09.45	10:20.74	9:51.96	15:42.34	33:24.14
687	6:40.85	9:09.66	10:21.03	9:52.19	15:42.70	33:24.98
686	6:41.04	9:09.87	10:21.32	9:52.41	15:43.06	33:25.81
685	6:41.23	9:10.08	10:21.61	9:52.64	15:43.43	33:26.64
684	6:41.42	9:10.29	10:21.90	9:52.87	15:43.79	33:27.48
683	6:41.61	9:10.51	10:22.19	9:53.10	15:44.15	33:28.31
682	6:41.80	9:10.72	10:22.48	9:53.33	15:44.52	33:29.15
681	6:41.99	9:10.93	10:22.77	9:53.55	15:44.88	33:29.99
680	6:42.17	9:11.14	10:23.07	9:53.78	15:45.24	33:30.82
679	6:42.36	9:11.36	10:23.36	9:54.01	15:45.61	33:31.66
678	6:42.55	9:11.57	10:23.65	9:54.24	15:45.97	33:32.50
677	6:42.74	9:11.78	10:23.94	9:54.47	15:46.33	33:33.34
676	6:42.93	9:11.99	10:24.23	9:54.70	15:46.70	33:34.18
675	6:43.12	9:12.21	10:24.53	9:54.93	15:47.06	33:35.02
674	6:43.31	9:12.42	10:24.82	9:55.16	15:47.43	33:35.86
673	6:43.51	9:12.63	10:25.11	9:55.39	15:47.80	33:36.70
672	6:43.70	9:12.85	10:25.41	9:55.62	15:48.16	33:37.55
671	6:43.89	9:13.06	10:25.70	9:55.85	15:48.53	33:38.39
670	6:44.08	9:13.27	10:25.99	9:56.08	15:48.89	33:39.23
669	6:44.27	9:13.49	10:26.29	9:56.31	15:49.26	33:40.08
668	6:44.46	9:13.70	10:26.58	9:56.54	15:49.63	33:40.92
667	6:44.65	9:13.92	10:26.88	9:56.77	15:49.99	33:41.77
666	6:44.84	9:14.13	10:27.17	9:57.00	15:50.36	33:42.61
665	6:45.03	9:14.35	10:27.47	9:57.23	15:50.73	33:43.46
664	6:45.23	9:14.56	10:27.76	9:57.46	15:51.10	33:44.31
663	6:45.42	9:14.78	10:28.06	9:57.70	15:51.47	33:45.15
662	6:45.61	9:14.99	10:28.35	9:57.93	15:51.83	33:46.00
661	6:45.80	9:15.21	10:28.65	9:58.16	15:52.20	33:46.85
660	6:45.99	9:15.42	10:28.95	9:58.39	15:52.57	33:47.70
659	6:46.19	9:15.64	10:29.24	9:58.62	15:52.94	33:48.55
658	6:46.38	9:15.85	10:29.54	9:58.86	15:53.31	33:49.40
657	6:46.57	9:16.07	10:29.84	9:59.09	15:53.68	33:50.26
656	6:46.77	9:16.29	10:30.13	9:59.32	15:54.05	33:51.11
655	6:46.96	9:16.50	10:30.43	9:59.55	15:54.42	33:51.96
654	6:47.15	9:16.72	10:30.73	9:59.79	15:54.79	33:52.81
653	6:47.35	9:16.94	10:31.03	10:00.02	15:55.16	33:53.67
652	6:47.54	9:17.15	10:31.32	10:00.25	15:55.54	33:54.52
651	6:47.73	9:17.37	10:31.62	10:00.49	15:55.91	33:55.38



2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
6:47.93	9:17.59	10:31.92	10:00.72	15:56.28	33:56.24	650
6:48.12	9:17.80	10:32.22	10:00.96	15:56.65	33:57.09	649
6:48.31	9:18.02	10:32.52	10:01.19	15:57.02	33:57.95	648
6:48.51	9:18.24	10:32.82	10:01.42	15:57.40	33:58.81	647
6:48.70	9:18.46	10:33.12	10:01.66	15:57.77	33:59.67	646
6:48.90	9:18.67	10:33.42	10:01.89	15:58.14	34:00.53	645
6:49.09	9:18.89	10:33.72	10:02.13	15:58.52	34:01.39	644
6:49.29	9:19.11	10:34.02	10:02.36	15:58.89	34:02.25	643
6:49.48	9:19.33	10:34.32	10:02.60	15:59.26	34:03.11	642
6:49.68	9:19.55	10:34.62	10:02.83	15:59.64	34:03.97	641
6:49.87	9:19.77	10:34.92	10:03.07	16:00.01	34:04.84	640
6:50.07	9:19.99	10:35.22	10:03.31	16:00.39	34:05.70	639
6:50.26	9:20.21	10:35.52	10:03.54	16:00.76	34:06.57	638
6:50.46	9:20.42	10:35.82	10:03.78	16:01.14	34:07.43	637
6:50.66	9:20.64	10:36.12	10:04.01	16:01.52	34:08.30	636
6:50.85	9:20.86	10:36.42	10:04.25	16:01.89	34:09.16	635
6:51.05	9:21.08	10:36.73	10:04.49	16:02.27	34:10.03	634
6:51.24	9:21.30	10:37.03	10:04.72	16:02.65	34:10.90	633
6:51.44	9:21.52	10:37.33	10:04.96	16:03.02	34:11.77	632
6:51.64	9:21.74	10:37.63	10:05.20	16:03.40	34:12.64	631
6:51.83	9:21.97	10:37.94	10:05.44	16:03.78	34:13.51	630
6:52.03	9:22.19	10:38.24	10:05.67	16:04.16	34:14.38	629
6:52.23	9:22.41	10:38.54	10:05.91	16:04.54	34:15.25	628
6:52.43	9:22.63	10:38.85	10:06.15	16:04.91	34:16.12	627
6:52.62	9:22.85	10:39.15	10:06.39	16:05.29	34:16.99	626
6:52.82	9:23.07	10:39.46	10:06.63	16:05.67	34:17.86	625
6:53.02	9:23.29	10:39.76	10:06.86	16:06.05	34:18.74	624
6:53.22	9:23.51	10:40.07	10:07.10	16:06.43	34:19.61	623
6:53.42	9:23.74	10:40.37	10:07.34	16:06.81	34:20.49	622
6:53.61	9:23.96	10:40.68	10:07.58	16:07.19	34:21.37	621
6:53.81	9:24.18	10:40.98	10:07.82	16:07.57	34:22.24	620
6:54.01	9:24.40	10:41.29	10:08.06	16:07.95	34:23.12	619
6:54.21	9:24.63	10:41.59	10:08.30	16:08.34	34:24.00	618
6:54.41	9:24.85	10:41.90	10:08.54	16:08.72	34:24.88	617
6:54.61	9:25.07	10:42.21	10:08.78	16:09.10	34:25.76	616
6:54.81	9:25.29	10:42.51	10:09.02	16:09.48	34:26.64	615
6:55.01	9:25.52	10:42.82	10:09.26	16:09.86	34:27.52	614
6:55.21	9:25.74	10:43.13	10:09.50	16:10.25	34:28.40	613
6:55.41	9:25.97	10:43.43	10:09.74	16:10.63	34:29.28	612
6:55.61	9:26.19	10:43.74	10:09.98	16:11.01	34:30.17	611
6:55.81	9:26.41	10:44.05	10:10.23	16:11.40	34:31.05	610
6:56.01	9:26.64	10:44.36	10:10.47	16:11.78	34:31.93	609
6:56.21	9:26.86	10:44.67	10:10.71	16:12.17	34:32.82	608
6:56.41	9:27.09	10:44.98	10:10.95	16:12.55	34:33.71	607
6:56.61	9:27.31	10:45.28	10:11.19	16:12.94	34:34.59	606
6:56.81	9:27.54	10:45.59	10:11.44	16:13.32	34:35.48	605
6:57.01	9:27.76	10:45.90	10:11.68	16:13.71	34:36.37	604
6:57.21	9:27.99	10:46.21	10:11.92	16:14.10	34:37.26	603
6:57.41	9:28.21	10:46.52	10:12.16	16:14.48	34:38.15	602
6:57.61	9:28.44	10:46.83	10:12.41	16:14.87	34:39.04	601

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
600	6:57.82	9:28.67	10:47.14	10:12.65	16:15.26	34:39.93
599	6:58.02	9:28.89	10:47.46	10:12.89	16:15.64	34:40.82
598	6:58.22	9:29.12	10:47.77	10:13.14	16:16.03	34:41.72
597	6:58.42	9:29.34	10:48.08	10:13.38	16:16.42	34:42.61
596	6:58.62	9:29.57	10:48.39	10:13.63	16:16.81	34:43.50
595	6:58.83	9:29.80	10:48.70	10:13.87	16:17.20	34:44.40
594	6:59.03	9:30.03	10:49.01	10:14.11	16:17.59	34:45.29
593	6:59.23	9:30.25	10:49.33	10:14.36	16:17.97	34:46.19
592	6:59.44	9:30.48	10:49.64	10:14.60	16:18.36	34:47.09
591	6:59.64	9:30.71	10:49.95	10:14.85	16:18.75	34:47.99
590	6:59.84	9:30.94	10:50.26	10:15.10	16:19.14	34:48.89
589	7:00.05	9:31.16	10:50.58	10:15.34	16:19.54	34:49.78
588	7:00.25	9:31.39	10:50.89	10:15.59	16:19.93	34:50.69
587	7:00.45	9:31.62	10:51.21	10:15.83	16:20.32	34:51.59
586	7:00.66	9:31.85	10:51.52	10:16.08	16:20.71	34:52.49
585	7:00.86	9:32.08	10:51.83	10:16.33	16:21.10	34:53.39
584	7:01.07	9:32.31	10:52.15	10:16.57	16:21.49	34:54.29
583	7:01.27	9:32.54	10:52.46	10:16.82	16:21.89	34:55.20
582	7:01.48	9:32.77	10:52.78	10:17.07	16:22.28	34:56.10
581	7:01.68	9:33.00	10:53.10	10:17.31	16:22.67	34:57.01
580	7:01.89	9:33.23	10:53.41	10:17.56	16:23.07	34:57.92
579	7:02.09	9:33.46	10:53.73	10:17.81	16:23.46	34:58.82
578	7:02.30	9:33.69	10:54.04	10:18.06	16:23.86	34:59.73
577	7:02.50	9:33.92	10:54.36	10:18.30	16:24.25	35:00.64
576	7:02.71	9:34.15	10:54.68	10:18.55	16:24.65	35:01.55
575	7:02.91	9:34.38	10:54.99	10:18.80	16:25.04	35:02.46
574	7:03.12	9:34.61	10:55.31	10:19.05	16:25.44	35:03.37
573	7:03.33	9:34.84	10:55.63	10:19.30	16:25.83	35:04.28
572	7:03.53	9:35.07	10:55.95	10:19.55	16:26.23	35:05.20
571	7:03.74	9:35.30	10:56.27	10:19.80	16:26.63	35:06.11
570	7:03.95	9:35.54	10:56.59	10:20.05	16:27.02	35:07.03
569	7:04.15	9:35.77	10:56.90	10:20.30	16:27.42	35:07.94
568	7:04.36	9:36.00	10:57.22	10:20.55	16:27.82	35:08.86
567	7:04.57	9:36.23	10:57.54	10:20.80	16:28.22	35:09.77
566	7:04.78	9:36.47	10:57.86	10:21.05	16:28.62	35:10.69
565	7:04.98	9:36.70	10:58.18	10:21.30	16:29.01	35:11.61
564	7:05.19	9:36.93	10:58.50	10:21.55	16:29.41	35:12.53
563	7:05.40	9:37.16	10:58.82	10:21.80	16:29.81	35:13.45
562	7:05.61	9:37.40	10:59.14	10:22.05	16:30.21	35:14.37
561	7:05.82	9:37.63	10:59.47	10:22.30	16:30.61	35:15.29
560	7:06.03	9:37.87	10:59.79	10:22.56	16:31.01	35:16.21
559	7:06.24	9:38.10	11:00.11	10:22.81	16:31.42	35:17.14
558	7:06.45	9:38.33	11:00.43	10:23.06	16:31.82	35:18.06
557	7:06.65	9:38.57	11:00.75	10:23.31	16:32.22	35:18.99
556	7:06.86	9:38.80	11:01.08	10:23.57	16:32.62	35:19.91
555	7:07.07	9:39.04	11:01.40	10:23.82	16:33.02	35:20.84
554	7:07.28	9:39.27	11:01.72	10:24.07	16:33.43	35:21.77
553	7:07.49	9:39.51	11:02.05	10:24.33	16:33.83	35:22.70
552	7:07.70	9:39.75	11:02.37	10:24.58	16:34.23	35:23.63
551	7:07.91	9:39.98	11:02.69	10:24.83	16:34.64	35:24.56

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
7:08.13	9:40.22	11:03.02	10:25.09	16:35.04	35:25.49	550
7:08.34	9:40.45	11:03.34	10:25.34	16:35.45	35:26.42	549
7:08.55	9:40.69	11:03.67	10:25.60	16:35.85	35:27.35	548
7:08.76	9:40.93	11:03.99	10:25.85	16:36.26	35:28.28	547
7:08.97	9:41.16	11:04.32	10:26.11	16:36.66	35:29.22	546
7:09.18	9:41.40	11:04.64	10:26.36	16:37.07	35:30.15	545
7:09.39	9:41.64	11:04.97	10:26.62	16:37.47	35:31.09	544
7:09.61	9:41.88	11:05.30	10:26.87	16:37.88	35:32.03	543
7:09.82	9:42.11	11:05.62	10:27.13	16:38.29	35:32.96	542
7:10.03	9:42.35	11:05.95	10:27.39	16:38.70	35:33.90	541
7:10.24	9:42.59	11:06.28	10:27.64	16:39.10	35:34.84	540
7:10.46	9:42.83	11:06.61	10:27.90	16:39.51	35:35.78	539
7:10.67	9:43.07	11:06.93	10:28.16	16:39.92	35:36.72	538
7:10.88	9:43.31	11:07.26	10:28.41	16:40.33	35:37.67	537
7:11.10	9:43.54	11:07.59	10:28.67	16:40.74	35:38.61	536
7:11.31	9:43.78	11:07.92	10:28.93	16:41.15	35:39.55	535
7:11.52	9:44.02	11:08.25	10:29.19	16:41.56	35:40.50	534
7:11.74	9:44.26	11:08.58	10:29.44	16:41.97	35:41.44	533
7:11.95	9:44.50	11:08.91	10:29.70	16:42.38	35:42.39	532
7:12.17	9:44.74	11:09.24	10:29.96	16:42.79	35:43.34	531
7:12.38	9:44.98	11:09.57	10:30.22	16:43.21	35:44.29	530
7:12.60	9:45.22	11:09.90	10:30.48	16:43.62	35:45.24	529
7:12.81	9:45.47	11:10.23	10:30.74	16:44.03	35:46.19	528
7:13.03	9:45.71	11:10.56	10:31.00	16:44.44	35:47.14	527
7:13.24	9:45.95	11:10.89	10:31.26	16:44.86	35:48.09	526
7:13.46	9:46.19	11:11.23	10:31.52	16:45.27	35:49.04	525
7:13.67	9:46.43	11:11.56	10:31.78	16:45.69	35:49.99	524
7:13.89	9:46.67	11:11.89	10:32.04	16:46.10	35:50.95	523
7:14.10	9:46.92	11:12.22	10:32.30	16:46.51	35:51.91	522
7:14.32	9:47.16	11:12.56	10:32.56	16:46.93	35:52.86	521
7:14.54	9:47.40	11:12.89	10:32.82	16:47.35	35:53.82	520
7:14.75	9:47.64	11:13.22	10:33.08	16:47.76	35:54.78	519
7:14.97	9:47.89	11:13.56	10:33.35	16:48.18	35:55.74	518
7:15.19	9:48.13	11:13.89	10:33.61	16:48.60	35:56.70	517
7:15.41	9:48.37	11:14.23	10:33.87	16:49.01	35:57.66	516
7:15.62	9:48.62	11:14.56	10:34.13	16:49.43	35:58.62	515
7:15.84	9:48.86	11:14.90	10:34.40	16:49.85	35:59.58	514
7:16.06	9:49.11	11:15.23	10:34.66	16:50.27	36:00.55	513
7:16.28	9:49.35	11:15.57	10:34.92	16:50.69	36:01.51	512
7:16.50	9:49.60	11:15.91	10:35.19	16:51.11	36:02.48	511
7:16.72	9:49.84	11:16.24	10:35.45	16:51.53	36:03.44	510
7:16.94	9:50.09	11:16.58	10:35.72	16:51.95	36:04.41	509
7:17.15	9:50.33	11:16.92	10:35.98	16:52.37	36:05.38	508
7:17.37	9:50.58	11:17.26	10:36.24	16:52.79	36:06.35	507
7:17.59	9:50.82	11:17.59	10:36.51	16:53.21	36:07.32	506
7:17.81	9:51.07	11:17.93	10:36.77	16:53.63	36:08.29	505
7:18.03	9:51.32	11:18.27	10:37.04	16:54.05	36:09.26	504
7:18.25	9:51.56	11:18.61	10:37.31	16:54.48	36:10.24	503
7:18.47	9:51.81	11:18.95	10:37.57	16:54.90	36:11.21	502
7:18.70	9:52.06	11:19.29	10:37.84	16:55.32	36:12.19	501

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
500	7:18.92	9:52.31	11:19.63	10:38.10	16:55.75	36:13.16
499	7:19.14	9:52.55	11:19.97	10:38.37	16:56.17	36:14.14
498	7:19.36	9:52.80	11:20.31	10:38.64	16:56.60	36:15.12
497	7:19.58	9:53.05	11:20.65	10:38.91	16:57.02	36:16.10
496	7:19.80	9:53.30	11:20.99	10:39.17	16:57.45	36:17.08
495	7:20.02	9:53.55	11:21.34	10:39.44	16:57.87	36:18.06
494	7:20.25	9:53.80	11:21.68	10:39.71	16:58.30	36:19.04
493	7:20.47	9:54.05	11:22.02	10:39.98	16:58.73	36:20.03
492	7:20.69	9:54.30	11:22.36	10:40.25	16:59.16	36:21.01
491	7:20.91	9:54.55	11:22.71	10:40.52	16:59.58	36:22.00
490	7:21.14	9:54.80	11:23.05	10:40.78	17:00.01	36:22.98
489	7:21.36	9:55.05	11:23.40	10:41.05	17:00.44	36:23.97
488	7:21.59	9:55.30	11:23.74	10:41.32	17:00.87	36:24.96
487	7:21.81	9:55.55	11:24.08	10:41.59	17:01.30	36:25.95
486	7:22.03	9:55.80	11:24.43	10:41.86	17:01.73	36:26.94
485	7:22.26	9:56.05	11:24.77	10:42.14	17:02.16	36:27.93
484	7:22.48	9:56.30	11:25.12	10:42.41	17:02.59	36:28.92
483	7:22.71	9:56.55	11:25.47	10:42.68	17:03.02	36:29.91
482	7:22.93	9:56.81	11:25.81	10:42.95	17:03.45	36:30.91
481	7:23.16	9:57.06	11:26.16	10:43.22	17:03.89	36:31.90
480	7:23.38	9:57.31	11:26.51	10:43.49	17:04.32	36:32.90
479	7:23.61	9:57.56	11:26.85	10:43.77	17:04.75	36:33.90
478	7:23.83	9:57.82	11:27.20	10:44.04	17:05.19	36:34.90
477	7:24.06	9:58.07	11:27.55	10:44.31	17:05.62	36:35.90
476	7:24.29	9:58.32	11:27.90	10:44.58	17:06.06	36:36.90
475	7:24.51	9:58.58	11:28.25	10:44.86	17:06.49	36:37.90
474	7:24.74	9:58.83	11:28.60	10:45.13	17:06.93	36:38.90
473	7:24.97	9:59.09	11:28.95	10:45.41	17:07.36	36:39.90
472	7:25.20	9:59.34	11:29.30	10:45.68	17:07.80	36:40.91
471	7:25.42	9:59.60	11:29.65	10:45.95	17:08.23	36:41.92
470	7:25.65	9:59.85	11:30.00	10:46.23	17:08.67	36:42.92
469	7:25.88	10:00.11	11:30.35	10:46.50	17:09.11	36:43.93
468	7:26.11	10:00.36	11:30.70	10:46.78	17:09.55	36:44.94
467	7:26.34	10:00.62	11:31.05	10:47.06	17:09.99	36:45.95
466	7:26.57	10:00.88	11:31.41	10:47.33	17:10.43	36:46.96
465	7:26.79	10:01.13	11:31.76	10:47.61	17:10.87	36:47.97
464	7:27.02	10:01.39	11:32.11	10:47.88	17:11.31	36:48.99
463	7:27.25	10:01.65	11:32.47	10:48.16	17:11.75	36:50.00
462	7:27.48	10:01.90	11:32.82	10:48.44	17:12.19	36:51.02
461	7:27.71	10:02.16	11:33.17	10:48.72	17:12.63	36:52.03
460	7:27.94	10:02.42	11:33.53	10:48.99	17:13.07	36:53.05
459	7:28.17	10:02.68	11:33.88	10:49.27	17:13.51	36:54.07
458	7:28.41	10:02.94	11:34.24	10:49.55	17:13.96	36:55.09
457	7:28.64	10:03.20	11:34.60	10:49.83	17:14.40	36:56.11
456	7:28.87	10:03.46	11:34.95	10:50.11	17:14.84	36:57.13
455	7:29.10	10:03.72	11:35.31	10:50.39	17:15.29	36:58.16
454	7:29.33	10:03.97	11:35.66	10:50.67	17:15.73	36:59.18
453	7:29.56	10:04.23	11:36.02	10:50.95	17:16.18	37:00.21
452	7:29.80	10:04.50	11:36.38	10:51.23	17:16.63	37:01.23
451	7:30.03	10:04.76	11:36.74	10:51.51	17:17.07	37:02.26

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
7:30.26	10:05.02	11:37.10	10:51.79	17:17.52	37:03.29	450
7:30.49	10:05.28	11:37.46	10:52.07	17:17.97	37:04.32	449
7:30.73	10:05.54	11:37.82	10:52.35	17:18.41	37:05.35	448
7:30.96	10:05.80	11:38.17	10:52.64	17:18.86	37:06.39	447
7:31.20	10:06.06	11:38.54	10:52.92	17:19.31	37:07.42	446
7:31.43	10:06.33	11:38.90	10:53.20	17:19.76	37:08.45	445
7:31.66	10:06.59	11:39.26	10:53.48	17:20.21	37:09.49	444
7:31.90	10:06.85	11:39.62	10:53.77	17:20.66	37:10.53	443
7:32.13	10:07.11	11:39.98	10:54.05	17:21.11	37:11.57	442
7:32.37	10:07.38	11:40.34	10:54.33	17:21.56	37:12.61	441
7:32.60	10:07.64	11:40.70	10:54.62	17:22.02	37:13.65	440
7:32.84	10:07.91	11:41.07	10:54.90	17:22.47	37:14.69	439
7:33.08	10:08.17	11:41.43	10:55.19	17:22.92	37:15.73	438
7:33.31	10:08.44	11:41.80	10:55.47	17:23.38	37:16.78	437
7:33.55	10:08.70	11:42.16	10:55.76	17:23.83	37:17.82	436
7:33.79	10:08.97	11:42.52	10:56.04	17:24.28	37:18.87	435
7:34.02	10:09.23	11:42.89	10:56.33	17:24.74	37:19.92	434
7:34.26	10:09.50	11:43.25	10:56.62	17:25.19	37:20.96	433
7:34.50	10:09.76	11:43.62	10:56.90	17:25.65	37:22.02	432
7:34.74	10:10.03	11:43.99	10:57.19	17:26.11	37:23.07	431
7:34.97	10:10.30	11:44.35	10:57.48	17:26.56	37:24.12	430
7:35.21	10:10.57	11:44.72	10:57.76	17:27.02	37:25.17	429
7:35.45	10:10.83	11:45.09	10:58.05	17:27.48	37:26.23	428
7:35.69	10:11.10	11:45.46	10:58.34	17:27.94	37:27.28	427
7:35.93	10:11.37	11:45.83	10:58.63	17:28.40	37:28.34	426
7:36.17	10:11.64	11:46.19	10:58.92	17:28.86	37:29.40	425
7:36.41	10:11.91	11:46.56	10:59.21	17:29.32	37:30.46	424
7:36.65	10:12.18	11:46.93	10:59.50	17:29.78	37:31.52	423
7:36.89	10:12.44	11:47.30	10:59.79	17:30.24	37:32.59	422
7:37.13	10:12.71	11:47.67	11:00.08	17:30.70	37:33.65	421
7:37.37	10:12.98	11:48.05	11:00.37	17:31.17	37:34.71	420
7:37.61	10:13.25	11:48.42	11:00.66	17:31.63	37:35.78	419
7:37.86	10:13.53	11:48.79	11:00.95	17:32.09	37:36.85	418
7:38.10	10:13.80	11:49.16	11:01.24	17:32.56	37:37.92	417
7:38.34	10:14.07	11:49.53	11:01.54	17:33.02	37:38.99	416
7:38.58	10:14.34	11:49.91	11:01.83	17:33.49	37:40.06	415
7:38.83	10:14.61	11:50.28	11:02.12	17:33.95	37:41.13	414
7:39.07	10:14.88	11:50.66	11:02.41	17:34.42	37:42.21	413
7:39.31	10:15.16	11:51.03	11:02.71	17:34.89	37:43.28	412
7:39.56	10:15.43	11:51.41	11:03.00	17:35.35	37:44.36	411
7:39.80	10:15.70	11:51.78	11:03.30	17:35.82	37:45.44	410
7:40.04	10:15.98	11:52.16	11:03.59	17:36.29	37:46.52	409
7:40.29	10:16.25	11:52.53	11:03.89	17:36.76	37:47.60	408
7:40.53	10:16.53	11:52.91	11:04.18	17:37.23	37:48.68	407
7:40.78	10:16.80	11:53.29	11:04.48	17:37.70	37:49.76	406
7:41.02	10:17.08	11:53.67	11:04.77	17:38.17	37:50.85	405
7:41.27	10:17.35	11:54.05	11:05.07	17:38.64	37:51.93	404
7:41.52	10:17.63	11:54.42	11:05.37	17:39.12	37:53.02	403
7:41.76	10:17.90	11:54.80	11:05.66	17:39.59	37:54.11	402
7:42.01	10:18.18	11:55.18	11:05.96	17:40.06	37:55.20	401

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
400	7:42.26	10:18.46	11:55.56	11:06.26	17:40.54	37:56.29
399	7:42.50	10:18.73	11:55.94	11:06.56	17:41.01	37:57.38
398	7:42.75	10:19.01	11:56.33	11:06.86	17:41.49	37:58.48
397	7:43.00	10:19.29	11:56.71	11:07.16	17:41.96	37:59.57
396	7:43.25	10:19.57	11:57.09	11:07.46	17:42.44	38:00.67
395	7:43.50	10:19.84	11:57.47	11:07.76	17:42.92	38:01.77
394	7:43.74	10:20.12	11:57.86	11:08.06	17:43.39	38:02.87
393	7:43.99	10:20.40	11:58.24	11:08.36	17:43.87	38:03.97
392	7:44.24	10:20.68	11:58.62	11:08.66	17:44.35	38:05.07
391	7:44.49	10:20.96	11:59.01	11:08.96	17:44.83	38:06.18
390	7:44.74	10:21.24	11:59.39	11:09.26	17:45.31	38:07.28
389	7:44.99	10:21.52	11:59.78	11:09.56	17:45.79	38:08.39
388	7:45.24	10:21.80	12:00.16	11:09.87	17:46.27	38:09.50
387	7:45.50	10:22.09	12:00.55	11:10.17	17:46.75	38:10.61
386	7:45.75	10:22.37	12:00.94	11:10.47	17:47.24	38:11.72
385	7:46.00	10:22.65	12:01.33	11:10.78	17:47.72	38:12.83
384	7:46.25	10:22.93	12:01.71	11:11.08	17:48.20	38:13.94
383	7:46.50	10:23.21	12:02.10	11:11.38	17:48.69	38:15.06
382	7:46.76	10:23.50	12:02.49	11:11.69	17:49.17	38:16.18
381	7:47.01	10:23.78	12:02.88	11:11.99	17:49.66	38:17.29
380	7:47.26	10:24.06	12:03.27	11:12.30	17:50.14	38:18.41
379	7:47.52	10:24.35	12:03.66	11:12.61	17:50.63	38:19.53
378	7:47.77	10:24.63	12:04.05	11:12.91	17:51.12	38:20.66
377	7:48.03	10:24.92	12:04.45	11:13.22	17:51.61	38:21.78
376	7:48.28	10:25.20	12:04.84	11:13.53	17:52.10	38:22.91
375	7:48.54	10:25.49	12:05.23	11:13.83	17:52.59	38:24.03
374	7:48.79	10:25.78	12:05.62	11:14.14	17:53.08	38:25.16
373	7:49.05	10:26.06	12:06.02	11:14.45	17:53.57	38:26.29
372	7:49.30	10:26.35	12:06.41	11:14.76	17:54.06	38:27.43
371	7:49.56	10:26.64	12:06.81	11:15.07	17:54.55	38:28.56
370	7:49.82	10:26.93	12:07.20	11:15.38	17:55.04	38:29.69
369	7:50.07	10:27.21	12:07.60	11:15.69	17:55.54	38:30.83
368	7:50.33	10:27.50	12:07.99	11:16.00	17:56.03	38:31.97
367	7:50.59	10:27.79	12:08.39	11:16.31	17:56.53	38:33.11
366	7:50.85	10:28.08	12:08.79	11:16.62	17:57.02	38:34.25
365	7:51.11	10:28.37	12:09.19	11:16.93	17:57.52	38:35.39
364	7:51.36	10:28.66	12:09.59	11:17.25	17:58.02	38:36.53
363	7:51.62	10:28.95	12:09.99	11:17.56	17:58.51	38:37.68
362	7:51.88	10:29.24	12:10.38	11:17.87	17:59.01	38:38.83
361	7:52.14	10:29.53	12:10.79	11:18.19	17:59.51	38:39.98
360	7:52.40	10:29.82	12:11.19	11:18.50	18:00.01	38:41.13
359	7:52.66	10:30.12	12:11.59	11:18.82	18:00.51	38:42.28
358	7:52.93	10:30.41	12:11.99	11:19.13	18:01.01	38:43.43
357	7:53.19	10:30.70	12:12.39	11:19.45	18:01.51	38:44.59
356	7:53.45	10:31.00	12:12.80	11:19.76	18:02.01	38:45.74
355	7:53.71	10:31.29	12:13.20	11:20.08	18:02.52	38:46.90
354	7:53.97	10:31.58	12:13.60	11:20.39	18:03.02	38:48.06
353	7:54.24	10:31.88	12:14.01	11:20.71	18:03.53	38:49.22
352	7:54.50	10:32.17	12:14.41	11:21.03	18:04.03	38:50.39
351	7:54.76	10:32.47	12:14.82	11:21.35	18:04.54	38:51.55

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
7:55.03	10:32.76	12:15.23	11:21.67	18:05.04	38:52.72	350
7:55.29	10:33.06	12:15.63	11:21.98	18:05.55	38:53.89	349
7:55.56	10:33.36	12:16.04	11:22.30	18:06.06	38:55.06	348
7:55.82	10:33.65	12:16.45	11:22.62	18:06.57	38:56.23	347
7:56.09	10:33.95	12:16.86	11:22.94	18:07.08	38:57.40	346
7:56.35	10:34.25	12:17.27	11:23.27	18:07.59	38:58.58	345
7:56.62	10:34.55	12:17.68	11:23.59	18:08.10	38:59.76	344
7:56.89	10:34.85	12:18.09	11:23.91	18:08.61	39:00.93	343
7:57.15	10:35.15	12:18.50	11:24.23	18:09.12	39:02.11	342
7:57.42	10:35.45	12:18.91	11:24.55	18:09.64	39:03.30	341
7:57.69	10:35.75	12:19.32	11:24.88	18:10.15	39:04.48	340
7:57.96	10:36.05	12:19.74	11:25.20	18:10.67	39:05.67	339
7:58.23	10:36.35	12:20.15	11:25.52	18:11.18	39:06.85	338
7:58.49	10:36.65	12:20.56	11:25.85	18:11.70	39:08.04	337
7:58.76	10:36.95	12:20.98	11:26.17	18:12.22	39:09.23	336
7:59.03	10:37.25	12:21.39	11:26.50	18:12.73	39:10.42	335
7:59.30	10:37.56	12:21.81	11:26.83	18:13.25	39:11.62	334
7:59.58	10:37.86	12:22.23	11:27.15	18:13.77	39:12.81	333
7:59.85	10:38.16	12:22.64	11:27.48	18:14.29	39:14.01	332
8:00.12	10:38.47	12:23.06	11:27.81	18:14.81	39:15.21	331
8:00.39	10:38.77	12:23.48	11:28.13	18:15.34	39:16.41	330
8:00.66	10:39.08	12:23.90	11:28.46	18:15.86	39:17.62	329
8:00.93	10:39.38	12:24.32	11:28.79	18:16.38	39:18.82	328
8:01.21	10:39.69	12:24.74	11:29.12	18:16.91	39:20.03	327
8:01.48	-	12:25.16	11:29.45	18:17.43	39:21.24	326
8:01.76	10:40.30	12:25.58	11:29.78	18:17.96	39:22.45	325
8:02.03	10:40.61	12:26.01	11:30.11	18:18.48	39:23.66	324
8:02.30	10:40.92	12:26.43	11:30.44	18:19.01	39:24.88	323
8:02.58	10:41.23	12:26.85	11:30.78	18:19.54	39:26.09	322
8:02.86	10:41.53	12:27.28	11:31.11	18:20.07	39:27.31	321
8:03.13	10:41.84	12:27.70	11:31.44	18:20.60	39:28.53	320
8:03.41	10:42.15	12:28.13	11:31.78	18:21.13	39:29.75	319
8:03.69	10:42.46	12:28.56	11:32.11	18:21.66	39:30.98	318
8:03.96	10:42.78	12:28.98	11:32.45	18:22.19	39:32.20	317
8:04.24	10:43.09	12:29.41	11:32.78	18:22.73	39:33.43	316
8:04.52	10:43.40	12:29.84	11:33.12	18:23.26	39:34.66	315
8:04.80	10:43.71	12:30.27	11:33.45	18:23.79	39:35.89	314
8:05.08	10:44.02	12:30.70	11:33.79	18:24.33	39:37.12	313
8:05.36	10:44.34	12:31.13	11:34.13	18:24.87	39:38.36	312
8:05.64	10:44.65	12:31.56	11:34.46	18:25.40	39:39.60	311
8:05.92	10:44.96	12:31.99	11:34.80	18:25.94	39:40.84	310
8:06.20	10:45.28	12:32.42	11:35.14	18:26.48	39:42.08	309
8:06.48	10:45.59	12:32.86	11:35.48	18:27.02	39:43.32	308
8:06.76	10:45.91	12:33.29	11:35.82	18:27.56	39:44.57	307
8:07.04	10:46.23	12:33.73	11:36.16	18:28.10	39:45.82	306
8:07.33	10:46.54	12:34.16	11:36.50	18:28.65	39:47.07	305
8:07.61	10:46.86	12:34.60	11:36.84	18:29.19	39:48.32	304
8:07.89	10:47.18	12:35.03	11:37.19	18:29.74	39:49.57	303
8:08.18	10:47.50	12:35.47	11:37.53	18:30.28	39:50.83	302
8:08.46	10:47.82	12:35.91	11:37.87	18:30.83	39:52.09	301

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
300	8:08.75	10:48.14	12:36.35	11:38.22	18:31.37	39:53.35
299	8:09.03	10:48.46	12:36.79	11:38.56	18:31.92	39:54.61
298	8:09.32	10:48.78	12:37.23	11:38.91	18:32.47	39:55.87
297	8:09.61	10:49.10	12:37.67	11:39.25	18:33.02	39:57.14
296	8:09.89	10:49.42	12:38.11	11:39.60	18:33.57	39:58.41
295	8:10.18	10:49.74	12:38.56	11:39.95	18:34.12	39:59.68
294	8:10.47	10:50.06	12:39.00	11:40.29	18:34.68	40:00.95
293	8:10.76	10:50.39	12:39.44	11:40.64	18:35.23	40:02.22
292	8:11.05	10:50.71	12:39.89	11:40.99	18:35.79	40:03.50
291	8:11.34	10:51.04	12:40.33	11:41.34	18:36.34	40:04.78
290	8:11.63	10:51.36	12:40.78	11:41.69	18:36.90	40:06.06
289	8:11.92	10:51.69	12:41.23	11:42.04	18:37.46	40:07.35
288	8:12.21	10:52.01	12:41.68	11:42.39	18:38.01	40:08.63
287	8:12.50	10:52.34	12:42.13	11:42.74	18:38.57	40:09.92
286	8:12.79	10:52.67	12:42.57	11:43.10	18:39.13	40:11.21
285	8:13.08	10:52.99	12:43.03	11:43.45	18:39.70	40:12.50
284	8:13.38	10:53.32	12:43.48	11:43.80	18:40.26	40:13.80
283	8:13.67	10:53.65	12:43.93	11:44.16	18:40.82	40:15.10
282	8:13.96	10:53.98	12:44.38	11:44.51	18:41.39	40:16.40
281	8:14.26	10:54.31	12:44.84	11:44.87	18:41.95	40:17.70
280	8:14.55	10:54.64	12:45.29	11:45.22	18:42.52	40:19.00
279	8:14.85	10:54.97	12:45.74	11:45.58	18:43.08	40:20.31
278	8:15.15	10:55.30	12:46.20	11:45.94	18:43.65	40:21.62
277	8:15.44	10:55.64	12:46.66	11:46.29	18:44.22	40:22.93
276	8:15.74	10:55.97	12:47.12	11:46.65	18:44.79	40:24.24
275	8:16.04	10:56.30	12:47.57	11:47.01	18:45.36	40:25.56
274	8:16.34	10:56.64	12:48.03	11:47.37	18:45.94	40:26.88
273	8:16.64	10:56.97	12:48.49	11:47.73	18:46.51	40:28.20
272	8:16.94	10:57.31	12:48.95	11:48.09	18:47.09	40:29.52
271	8:17.24	10:57.64	12:49.42	11:48.46	18:47.66	40:30.85
270	8:17.54	10:57.98	12:49.88	11:48.82	18:48.24	40:32.17
269	8:17.84	10:58.32	12:50.34	11:49.18	18:48.82	40:33.50
268	8:18.14	10:58.66	12:50.81	11:49.55	18:49.40	40:34.84
267	8:18.44	10:59.00	12:51.27	11:49.91	18:49.98	40:36.17
266	8:18.74	10:59.33	12:51.74	11:50.28	18:50.56	40:37.51
265	8:19.05	10:59.67	12:52.21	11:50.64	18:51.14	40:38.85
264	8:19.35	11:00.02	12:52.67	11:51.01	18:51.72	40:40.19
263	8:19.66	11:00.36	12:53.14	11:51.38	18:52.31	40:41.54
262	8:19.96	11:00.70	12:53.61	11:51.74	18:52.89	40:42.89
261	8:20.27	11:01.04	12:54.08	11:52.11	18:53.48	40:44.24
260	8:20.57	11:01.38	12:54.55	11:52.48	18:54.07	40:45.59
259	8:20.88	11:01.73	12:55.03	11:52.85	18:54.65	40:46.95
258	8:21.19	11:02.07	12:55.50	11:53.22	18:55.24	40:48.31
257	8:21.50	11:02.42	12:55.97	11:53.59	18:55.84	40:49.67
256	8:21.80	11:02.76	12:56.45	11:53.97	18:56.43	40:51.03
255	8:22.11	11:03.11	12:56.93	11:54.34	18:57.02	40:52.40
254	8:22.42	11:03.46	12:57.40	11:54.71	18:57.62	40:53.77
253	8:22.73	11:03.80	12:57.88	11:55.09	18:58.21	40:55.14
252	8:23.04	11:04.15	12:58.36	11:55.46	18:58.81	40:56.51
251	8:23.36	11:04.50	12:58.84	11:55.84	18:59.41	40:57.89



2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
8:23.67	11:04.85	12:59.32	11:56.22	19:00.01	40:59.27	250
8:23.98	11:05.20	12:59.80	11:56.59	19:00.61	41:00.65	249
8:24.30	11:05.55	13:00.29	11:56.97	19:01.21	41:02.04	248
8:24.61	11:05.91	13:00.77	11:57.35	19:01.81	41:03.43	247
8:24.92	11:06.26	13:01.25	11:57.73	19:02.42	41:04.82	246
8:25.24	11:06.61	13:01.74	11:58.11	19:03.02	41:06.21	245
8:25.56	11:06.97	13:02.23	11:58.49	19:03.63	41:07.61	244
8:25.87	11:07.32	13:02.71	11:58.88	19:04.24	41:09.01	243
8:26.19	11:07.68	13:03.20	11:59.26	19:04.85	41:10.41	242
8:26.51	11:08.03	13:03.69	11:59.64	19:05.46	41:11.82	241
8:26.83	11:08.39	13:04.18	12:00.03	19:06.07	41:13.23	240
8:27.15	11:08.75	13:04.68	12:00.41	19:06.68	41:14.64	239
8:27.47	11:09.11	13:05.17	12:00.80	19:07.30	41:16.05	238
8:27.79	11:09.47	13:05.66	12:01.18	19:07.91	41:17.47	237
8:28.11	11:09.83	13:06.16	12:01.57	19:08.53	41:18.89	236
8:28.43	11:10.19	13:06.65	12:01.96	19:09.15	41:20.31	235
8:28.75	11:10.55	13:07.15	12:02.35	19:09.77	41:21.74	234
8:29.08	11:10.91	13:07.65	12:02.74	19:10.39	41:23.17	233
8:29.40	11:11.28	13:08.15	12:03.13	19:11.01	41:24.60	232
8:29.73	11:11.64	13:08.65	12:03.52	19:11.63	41:26.04	231
8:30.05	11:12.00	13:09.15	12:03.92	19:12.26	41:27.48	230
8:30.38	11:12.37	13:09.65	12:04.31	19:12.88	41:28.92	229
8:30.71	11:12.74	13:10.15	12:04.70	19:13.51	41:30.36	228
8:31.03	11:13.10	13:10.66	12:05.10	19:14.14	41:31.81	227
8:31.36	11:13.47	13:11.16	12:05.50	19:14.77	41:33.26	226
8:31.69	11:13.84	13:11.67	12:05.89	19:15.40	41:34.72	225
8:32.02	11:14.21	13:12.18	12:06.29	19:16.03	41:36.17	224
8:32.35	11:14.58	13:12.69	12:06.69	19:16.67	41:37.64	223
8:32.68	11:14.95	13:13.20	12:07.09	19:17.31	41:39.10	222
8:33.01	11:15.32	13:13.71	12:07.49	19:17.94	41:40.57	221
8:33.35	11:15.70	13:14.22	12:07.89	19:18.58	41:42.04	220
8:33.68	11:16.07	13:14.74	12:08.30	19:19.22	41:43.51	219
8:34.02	11:16.45	13:15.25	12:08.70	19:19.86	41:44.99	218
8:34.35	11:16.82	13:15.77	12:09.10	19:20.51	41:46.47	217
8:34.69	11:17.20	13:16.28	12:09.51	19:21.15	41:47.96	216
8:35.02	11:17.57	13:16.80	12:09.91	19:21.80	41:49.44	215
8:35.36	11:17.95	13:17.32	12:10.32	19:22.45	41:50.94	214
8:35.70	11:18.33	13:17.84	12:10.73	19:23.09	41:52.43	213
8:36.04	11:18.71	13:18.37	12:11.14	19:23.75	41:53.93	212
8:36.38	11:19.09	13:18.89	12:11.55	19:24.40	41:55.43	211
8:36.72	11:19.47	13:19.41	12:11.96	19:25.05	41:56.94	210
8:37.06	11:19.86	13:19.94	12:12.37	19:25.71	41:58.45	209
8:37.40	11:20.24	13:20.47	12:12.78	19:26.36	41:59.96	208
8:37.75	11:20.63	13:20.99	12:13.20	19:27.02	42:01.47	207
8:38.09	11:21.01	13:21.52	12:13.61	19:27.68	42:02.99	206
8:38.44	11:21.40	13:22.06	12:14.03	19:28.34	42:04.52	205
8:38.78	11:21.78	13:22.59	12:14.45	19:29.01	42:06.05	204
8:39.13	11:22.17	13:23.12	12:14.86	19:29.67	42:07.58	203
8:39.48	11:22.56	13:23.66	12:15.28	19:30.34	42:09.11	202
8:39.82	11:22.95	13:24.19	12:15.70	19:31.01	42:10.65	201

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
200	8:40.17	11:23.34	13:24.73	12:16.13	19:31.68	42:12.19
199	8:40.52	11:23.74	13:25.27	12:16.55	19:32.35	42:13.74
198	8:40.87	11:24.13	13:25.81	12:16.97	19:33.02	42:15.29
197	8:41.23	11:24.52	13:26.35	12:17.40	19:33.70	42:16.84
196	8:41.58	11:24.92	13:26.89	12:17.82	19:34.37	42:18.40
195	8:41.93	11:25.31	13:27.44	12:18.25	19:35.05	42:19.96
194	8:42.29	11:25.71	13:27.98	12:18.67	19:35.73	42:21.53
193	8:42.64	11:26.11	13:28.53	12:19.10	19:36.41	42:23.10
192	8:43.00	11:26.51	13:29.08	12:19.53	19:37.10	42:24.68
191	8:43.35	11:26.91	13:29.63	12:19.96	19:37.78	42:26.25
190	8:43.71	11:27.31	13:30.18	12:20.40	19:38.47	42:27.84
189	8:44.07	11:27.71	13:30.73	12:20.83	19:39.16	42:29.42
188	8:44.43	11:28.12	13:31.29	12:21.26	19:39.85	42:31.01
187	8:44.79	11:28.52	13:31.84	12:21.70	19:40.54	42:32.61
186	8:45.16	11:28.93	13:32.40	12:22.14	19:41.24	42:34.21
185	8:45.52	11:29.33	13:32.96	12:22.57	19:41.94	42:35.81
184	8:45.88	11:29.74	13:33.52	12:23.01	19:42.63	42:37.42
183	8:46.25	11:30.15	13:34.08	12:23.45	19:43.33	42:39.03
182	8:46.61	11:30.56	13:34.64	12:23.89	19:44.04	42:40.65
181	8:46.98	11:30.97	13:35.21	12:24.34	19:44.74	42:42.27
180	8:47.35	11:31.38	13:35.78	12:24.78	19:45.45	42:43.90
179	8:47.72	11:31.80	13:36.34	12:25.23	19:46.15	42:45.53
178	8:48.09	11:32.21	13:36.91	12:25.67	19:46.86	42:47.16
177	8:48.46	11:32.63	13:37.49	12:26.12	19:47.58	42:48.80
176	8:48.83	11:33.04	13:38.06	12:26.57	19:48.29	42:50.45
175	8:49.20	11:33.46	13:38.63	12:27.02	19:49.01	42:52.09
174	8:49.58	11:33.88	13:39.21	12:27.47	19:49.73	42:53.75
173	8:49.95	11:34.30	13:39.79	12:27.92	19:50.45	42:55.41
172	8:50.33	11:34.72	13:40.37	12:28.38	19:51.17	42:57.07
171	8:50.71	11:35.14	13:40.95	12:28.83	19:51.89	42:58.74
170	8:51.08	11:35.57	13:41.53	12:29.29	19:52.62	43:00.41
169	8:51.46	11:35.99	13:42.11	12:29.75	19:53.35	43:02.09
168	8:51.85	11:36.42	13:42.70	12:30.21	19:54.08	43:03.77
167	8:52.23	11:36.85	13:43.29	12:30.67	19:54.81	43:05.46
166	8:52.61	11:37.28	13:43.88	12:31.13	19:55.55	43:07.15
165	8:52.99	11:37.71	13:44.47	12:31.59	19:56.28	43:08.85
164	8:53.38	11:38.14	13:45.06	12:32.06	19:57.02	43:10.55
163	8:53.77	11:38.57	13:45.66	12:32.52	19:57.77	43:12.26
162	8:54.15	11:39.01	13:46.26	12:32.99	19:58.51	43:13.97
161	8:54.54	11:39.44	13:46.86	12:33.46	19:59.26	43:15.69
160	8:54.93	11:39.88	13:47.46	12:33.93	20:00.00	43:17.42
159	8:55.33	11:40.32	13:48.06	12:34.40	20:00.76	43:19.15
158	8:55.72	11:40.76	13:48.66	12:34.88	20:01.51	43:20.88
157	8:56.11	11:41.20	13:49.27	12:35.35	20:02.27	43:22.62
156	8:56.51	11:41.64	13:49.88	12:35.83	20:03.02	43:24.37
155	8:56.90	11:42.09	13:50.49	12:36.31	20:03.78	43:26.12
154	8:57.30	11:42.53	13:51.10	12:36.79	20:04.55	43:27.88
153	8:57.70	11:42.98	13:51.71	12:37.27	20:05.31	43:29.64
152	8:58.10	11:43.43	13:52.33	12:37.75	20:06.08	43:31.41
151	8:58.50	11:43.88	13:52.95	12:38.24	20:06.85	43:33.18

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
8:58.91	11:44.33	13:53.57	12:38.72	20:07.63	43:34.96	150
8:59.31	11:44.78	13:54.19	12:39.21	20:08.40	43:36.75	149
8:59.72	11:45.24	13:54.82	12:39.70	20:09.18	43:38.54	148
9:00.12	11:45.69	13:55.44	12:40.19	20:09.96	43:40.34	147
9:00.53	11:46.15	13:56.07	12:40.68	20:10.74	43:42.14	146
9:00.94	11:46.61	13:56.70	12:41.18	20:11.53	43:43.96	145
9:01.35	11:47.07	13:57.34	12:41.67	20:12.32	43:45.77	144
9:01.76	11:47.53	13:57.97	12:42.17	20:13.11	43:47.60	143
9:02.18	11:48.00	13:58.61	12:42.67	20:13.91	43:49.43	142
9:02.59	11:48.46	13:59.25	12:43.17	20:14.70	43:51.26	141
9:03.01	11:48.93	13:59.89	12:43.68	20:15.50	43:53.10	140
9:03.43	11:49.40	14:00.54	12:44.18	20:16.31	43:54.95	139
9:03.85	11:49.87	14:01.18	12:44.69	20:17.11	43:56.81	138
9:04.27	11:50.34	14:01.83	12:45.20	20:17.92	43:58.67	137
9:04.69	11:50.82	14:02.48	12:45.71	20:18.73	44:00.54	136
9:05.12	11:51.29	14:03.14	12:46.22	20:19.55	44:02.42	135
9:05.55	11:51.77	14:03.79	12:46.73	20:20.37	44:04.30	134
9:05.97	11:52.25	14:04.45	12:47.25	20:21.19	44:06.19	133
9:06.40	11:52.73	14:05.11	12:47.77	20:22.01	44:08.09	132
9:06.83	11:53.21	14:05.78	12:48.29	20:22.84	44:09.99	131
9:07.27	11:53.70	14:06.44	12:48.81	20:23.67	44:11.91	130
9:07.70	11:54.18	14:07.11	12:49.33	20:24.50	44:13.83	129
9:08.14	11:54.67	14:07.78	12:49.86	20:25.34	44:15.75	128
9:08.57	11:55.16	14:08.46	12:50.39	20:26.18	44:17.69	127
9:09.01	11:55.66	14:09.13	12:50.92	20:27.02	44:19.63	126
9:09.46	11:56.15	14:09.81	12:51.45	20:27.87	44:21.58	125
9:09.90	11:56.65	14:10.49	12:51.98	20:28.72	44:23.54	124
9:10.34	11:57.15	14:11.18	12:52.52	20:29.58	44:25.50	123
9:10.79	11:57.65	14:11.87	12:53.06	20:30.43	44:27.48	122
9:11.24	11:58.15	14:12.56	12:53.60	20:31.29	44:29.46	121
9:11.69	11:58.65	14:13.25	12:54.14	20:32.16	44:31.45	120
9:12.14	11:59.16	14:13.95	12:54.69	20:33.03	44:33.45	119
9:12.60	11:59.67	14:14.65	12:55.24	20:33.90	44:35.45	118
9:13.05	12:00.18	14:15.35	12:55.79	20:34.77	44:37.47	117
9:13.51	12:00.69	14:16.05	12:56.34	20:35.65	44:39.49	116
9:13.97	12:01.21	14:16.76	12:56.89	20:36.53	44:41.52	115
9:14.43	12:01.73	14:17.47	12:57.45	20:37.42	44:43.56	114
9:14.90	12:02.25	14:18.19	12:58.01	20:38.31	44:45.61	113
9:15.36	12:02.77	14:18.91	12:58.57	20:39.20	44:47.67	112
9:15.83	12:03.29	14:19.63	12:59.14	20:40.10	44:49.74	111
9:16.30	12:03.82	14:20.35	12:59.71	20:41.01	44:51.82	110
9:16.77	12:04.35	14:21.08	13:00.28	20:41.91	44:53.91	109
9:17.25	12:04.88	14:21.81	13:00.85	20:42.82	44:56.01	108
9:17.72	12:05.41	14:22.54	13:01.42	20:43.74	44:58.11	107
9:18.20	12:05.95	14:23.28	13:02.00	20:44.66	45:00.23	106
9:18.68	12:06.49	14:24.02	13:02.58	20:45.58	45:02.35	105
9:19.17	12:07.03	14:24.76	13:03.17	20:46.51	45:04.49	104
9:19.65	12:07.58	14:25.51	13:03.75	20:47.44	45:06.64	103
9:20.14	12:08.12	14:26.26	13:04.34	20:48.38	45:08.80	102
9:20.63	12:08.67	14:27.02	13:04.93	20:49.32	45:10.96	101

Points	2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m
100	9:21.13	12:09.23	14:27.78	13:05.53	20:50.27	45:13.14
99	9:21.62	12:09.78	14:28.54	13:06.13	20:51.22	45:15.33
98	9:22.12	12:10.34	14:29.31	13:06.73	20:52.17	45:17.53
97	9:22.62	12:10.90	14:30.08	13:07.33	20:53.13	45:19.75
96	9:23.12	12:11.46	14:30.85	13:07.94	20:54.10	45:21.97
95	9:23.63	12:12.03	14:31.63	13:08.55	20:55.07	45:24.20
94	9:24.14	12:12.60	14:32.42	13:09.16	20:56.05	45:26.45
93	9:24.65	12:13.17	14:33.20	13:09.78	20:57.03	45:28.71
92	9:25.16	12:13.75	14:33.99	13:10.40	20:58.01	45:30.98
91	9:25.68	12:14.33	14:34.79	13:11.02	20:59.01	45:33.26
90	9:26.20	12:14.91	14:35.59	13:11.65	21:00.00	45:35.56
89	9:26.72	12:15.50	14:36.40	13:12.28	21:01.00	45:37.87
88	9:27.25	12:16.08	14:37.20	13:12.91	21:02.01	45:40.19
87	9:27.78	12:16.68	14:38.02	13:13.55	21:03.03	45:42.53
86	9:28.31	12:17.27	14:38.84	13:14.19	21:04.05	45:44.88
85	9:28.84	12:17.87	14:39.66	13:14.84	21:05.07	45:47.24
84	9:29.38	12:18.47	14:40.49	13:15.48	21:06.11	45:49.61
83	9:29.92	12:19.08	14:41.32	13:16.14	21:07.14	45:52.00
82	9:30.46	12:19.69	14:42.16	13:16.79	21:08.19	45:54.41
81	9:31.01	12:20.30	14:43.00	13:17.45	21:09.24	45:56.83
80	9:31.56	12:20.92	14:43.85	13:18.12	21:10.30	45:59.26
79	9:32.12	12:21.54	14:44.70	13:18.79	21:11.36	46:01.71
78	9:32.68	12:22.17	14:45.56	13:19.46	21:12.43	46:04.18
77	9:33.24	12:22.79	14:46.43	13:20.14	21:13.51	46:06.66
76	9:33.80	12:23.43	14:47.30	13:20.82	21:14.59	46:09.16
75	9:34.37	12:24.07	14:48.17	13:21.51	21:15.68	46:11.67
74	9:34.94	12:24.71	14:49.05	13:22.20	21:16.78	46:14.20
73	9:35.52	12:25.35	14:49.94	13:22.89	21:17.89	46:16.75
72	9:36.10	12:26.00	14:50.84	13:23.59	21:19.00	46:19.31
71	9:36.69	12:26.66	14:51.74	13:24.30	21:20.13	46:21.90
70	9:37.27	12:27.32	14:52.64	13:25.01	21:21.26	46:24.50
69	9:37.87	12:27.98	14:53.56	13:25.72	21:22.39	46:27.12
68	9:38.47	12:28.65	14:54.47	13:26.44	21:23.54	46:29.76
67	9:39.07	12:29.33	14:55.40	13:27.17	21:24.70	46:32.42
66	9:39.67	12:30.01	14:56.33	13:27.90	21:25.86	46:35.09
65	9:40.28	12:30.69	14:57.27	13:28.64	21:27.03	46:37.79
64	9:40.90	12:31.38	14:58.22	13:29.38	21:28.21	46:40.51
63	9:41.52	12:32.07	14:59.18	13:30.13	21:29.40	46:43.25
62	9:42.15	12:32.77	15:00.14	13:30.88	21:30.60	46:46.02
61	9:42.78	12:33.48	15:01.11	13:31.64	21:31.81	46:48.80
60	9:43.41	12:34.19	15:02.09	13:32.41	21:33.03	46:51.61
59	9:44.05	12:34.91	15:03.08	13:33.18	21:34.26	46:54.44
58	9:44.70	12:35.64	15:04.07	13:33.96	21:35.50	46:57.30
57	9:45.35	12:36.37	15:05.07	13:34.75	21:36.75	47:00.18
56	9:46.01	12:37.10	15:06.09	13:35.54	21:38.01	47:03.08
55	9:46.67	12:37.85	15:07.11	13:36.34	21:39.29	47:06.02
54	9:47.34	12:38.60	15:08.14	13:37.15	21:40.57	47:08.98
53	9:48.02	12:39.35	15:09.18	13:37.97	21:41.87	47:11.96
52	9:48.70	12:40.12	15:10.23	13:38.79	21:43.18	47:14.98
51	9:49.39	12:40.89	15:11.29	13:39.62	21:44.50	47:18.02

2000mSC	3000m	3000mSC	2 Miles	5000m	10,000m	Points
9:50.08	12:41.67	15:12.36	13:40.46	21:45.84	47:21.09	50
9:50.79	12:42.46	15:13.44	13:41.31	21:47.18	47:24.20	49
9:51.50	12:43.25	15:14.54	13:42.16	21:48.55	47:27.34	48
9:52.21	12:44.06	15:15.64	13:43.03	21:49.92	47:30.50	47
9:52.94	12:44.87	15:16.76	13:43.90	21:51.31	47:33.71	46
9:53.67	12:45.69	15:17.89	13:44.79	21:52.72	47:36.95	45
9:54.41	12:46.52	15:19.03	13:45.68	21:54.14	47:40.22	44
9:55.16	12:47.36	15:20.18	13:46.59	21:55.58	47:43.53	43
9:55.92	12:48.21	15:21.35	13:47.50	21:57.04	47:46.88	42
9:56.69	12:49.07	15:22.53	13:48.43	21:58.51	47:50.27	41
9:57.46	12:49.94	15:23.73	13:49.36	22:00.00	47:53.71	40
9:58.25	12:50.82	15:24.94	13:50.31	22:01.51	47:57.18	39
9:59.05	12:51.71	15:26.16	13:51.27	22:03.04	48:00.70	38
9:59.86	12:52.62	15:27.41	13:52.25	22:04.59	48:04.27	37
10:00.67	12:53.53	15:28.67	13:53.23	22:06.16	48:07.88	36
10:01.50	12:54.46	15:29.94	13:54.24	22:07.75	48:11.55	35
10:02.34	12:55.41	15:31.24	13:55.25	22:09.36	48:15.27	34
10:03.20	12:56.36	15:32.55	13:56.28	22:11.00	48:19.04	33
10:04.07	12:57.33	15:33.89	13:57.33	22:12.67	48:22.87	32
10:04.95	12:58.32	15:35.24	13:58.39	22:14.36	48:26.77	31
10:05.84	12:59.32	15:36.62	13:59.47	22:16.08	48:30.72	30
10:06.75	13:00.34	15:38.02	14:00.57	22:17.82	48:34.74	29
10:07.68	13:01.38	15:39.45	14:01.68	22:19.60	48:38.83	28
10:08.62	13:02.44	15:40.90	14:02.82	22:21.41	48:43.00	27
10:09.58	13:03.51	15:42.38	14:03.98	22:23.25	48:47.24	26
10:10.56	13:04.61	15:43.89	14:05.16	22:25.13	48:51.57	25
10:11.56	13:05.73	15:45.42	14:06.37	22:27.05	48:55.98	24
10:12.58	13:06.87	15:46.99	14:07.60	22:29.00	49:00.49	23
10:13.62	13:08.04	15:48.60	14:08.85	22:31.00	49:05.09	22
10:14.69	13:09.23	15:50.24	14:10.14	22:33.05	49:09.80	21
10:15.78	13:10.46	15:51.92	14:11.46	22:35.15	49:14.63	20
10:16.90	13:11.71	15:53.65	14:12.81	22:37.29	49:19.58	19
10:18.05	13:13.00	15:55.42	14:14.19	22:39.50	49:24.65	18
10:19.23	13:14.32	15:57.23	14:15.62	22:41.77	49:29.88	17
10:20.45	13:15.69	15:59.11	14:17.09	22:44.10	49:35.25	16
10:21.70	13:17.09	16:01.04	14:18.60	22:46.51	49:40.80	15
10:23.00	13:18.55	16:03.04	14:20.17	22:49.00	49:46.54	14
10:24.35	13:20.06	16:05.11	14:21.79	22:51.59	49:52.49	13
10:25.75	13:21.62	16:07.27	14:23.48	22:54.27	49:58.67	12
10:27.20	13:23.26	16:09.51	14:25.24	22:57.07	50:05.11	11
10:28.73	13:24.97	16:11.86	14:27.08	23:00.00	50:11.85	10
10:30.33	13:26.76	16:14.33	14:29.01	23:03.08	50:18.94	9
10:32.03	13:28.66	16:16.94	14:31.06	23:06.33	50:26.43	8
10:33.84	13:30.69	16:19.72	14:33.24	23:09.80	50:34.41	7
10:35.78	13:32.86	16:22.71	14:35.58	23:13.52	50:42.99	6
10:37.89	13:35.23	16:25.96	14:38.13	23:17.57	50:52.31	5
10:40.22	13:37.84	16:29.55	14:40.94	23:22.05	51:02.62	4
10:42.87	13:40.81	16:33.63	14:44.14	23:27.13	51:14.33	3
10:46.01	13:44.33	16:38.47	14:47.93	23:33.16	51:28.21	2
10:50.11	13:48.92	16:44.77	14:52.87	23:41.02	51:46.31	1

