10K Run	67:00
10K Run	60:00
10K Run	56:00
10K Run	54:00
10K Run	52:00
10K Run	50:00
5K Walk	47:00
10K Run	45:00
5K Run	24:30
5K Run	29:00
5K Run	29:00
5K Run	29:00
5K Run	27:30
5K Run	26:00
	10K Run 10K Run 10K Run 10K Run 5K Walk 10K Run 5K Run 5K Run 5K Run 5K Run 5K Run