

Men's Road Running – Part I

Hommes Courses sur Route – Partie I

by Dr. Bojidar Spiriev
updated by Attila Spiriev

Points	5km	10km	15km	10 Miles	20km
1400	12:10	25:15	38:43	41:40	51:50
1399	-	25:16	38:44	41:41	51:52
1398	-	-	38:45	41:42	51:53
1397	-	25:17	38:46	41:43	51:54
1396	12:11	-	-	41:44	51:56
1395	-	25:18	38:47	41:45	51:57
1394	-	-	38:48	41:46	51:58
1393	-	25:19	38:49	41:47	51:59
1392	12:12	25:20	38:50	41:48	52:01
1391	-	-	38:51	41:49	52:02
1390	-	25:21	38:52	41:50	52:03
1389	-	-	38:53	41:51	52:05
1388	12:13	25:22	38:54	41:52	52:06
1387	-	25:23	38:55	41:53	52:07
1386	-	-	38:56	41:54	52:08
1385	-	25:24	-	41:55	52:10
1384	12:14	-	38:57	41:56	52:11
1383	-	25:25	38:58	41:57	52:12
1382	-	-	38:59	41:58	52:14
1381	-	25:26	39:00	41:59	52:15
1380	12:15	25:27	39:01	42:00	52:16
1379	-	-	39:02	42:01	52:17
1378	-	25:28	39:03	42:02	52:19
1377	-	-	39:04	42:03	52:20
1376	12:16	25:29	39:05	42:04	52:21
1375	-	25:30	39:06	42:05	52:23
1374	-	-	39:07	42:06	52:24
1373	-	25:31	-	42:07	52:25
1372	12:17	-	39:08	42:08	52:26
1371	-	25:32	39:09	42:09	52:28
1370	-	25:33	39:10	42:10	52:29
1369	12:18	-	39:11	42:11	52:30
1368	-	25:34	39:12	42:12	52:32
1367	-	-	39:13	42:13	52:33
1366	-	25:35	39:14	42:14	52:34
1365	12:19	25:36	39:15	42:15	52:36
1364	-	-	39:16	42:16	52:37
1363	-	25:37	39:17	42:17	52:38
1362	-	-	39:18	42:18	52:39
1361	12:20	25:38	-	42:19	52:41
1360	-	-	39:19	42:20	52:42
1359	-	25:39	39:20	42:21	52:43
1358	-	25:40	39:21	42:22	52:45
1357	12:21	-	39:22	42:23	52:46
1356	-	25:41	39:23	42:24	52:47
1355	-	-	39:24	42:25	52:49
1354	-	25:42	39:25	42:26	52:50
1353	12:22	25:43	39:26	42:27	52:51
1352	-	-	39:27	42:28	52:53
1351	-	25:44	39:28	42:29	52:54

5km	10km	15km	10 Miles	20km	Points
-	-	39:29	42:30	52:55	1350
12:23	25:45	39:30	42:31	52:56	1349
-	25:46	39:31	42:32	52:58	1348
-	-	-	42:33	52:59	1347
-	25:47	39:32	42:34	53:00	1346
12:24	-	39:33	42:35	53:02	1345
-	25:48	39:34	42:36	53:03	1344
-	25:49	39:35	42:37	53:04	1343
-	-	39:36	42:38	53:06	1342
12:25	25:50	39:37	42:39	53:07	1341
-	-	39:38	42:40	53:08	1340
-	25:51	39:39	42:41	53:10	1339
-	25:52	39:40	42:42	53:11	1338
12:26	-	39:41	42:43	53:12	1337
-	25:53	39:42	42:44	53:13	1336
-	-	39:43	42:45	53:15	1335
12:27	25:54	39:44	42:46	53:16	1334
-	25:55	-	42:47	53:17	1333
-	-	39:45	42:48	53:19	1332
-	25:56	39:46	42:49	53:20	1331
12:28	-	39:47	42:50	53:21	1330
-	25:57	39:48	42:51	53:23	1329
-	25:58	39:49	42:52	53:24	1328
-	-	39:50	42:53	53:25	1327
12:29	25:59	39:51	42:54	53:27	1326
-	-	39:52	42:55	53:28	1325
-	26:00	39:53	42:56	53:29	1324
-	26:01	39:54	42:57	53:31	1323
12:30	-	39:55	42:58	53:32	1322
-	26:02	39:56	42:59	53:33	1321
-	-	39:57	43:00	53:35	1320
-	26:03	39:58	43:01	53:36	1319
12:31	26:04	-	43:02	53:37	1318
-	-	39:59	43:03	53:39	1317
-	26:05	40:00	43:04	53:40	1316
-	-	40:01	43:05	53:41	1315
12:32	26:06	40:02	43:06	53:42	1314
-	26:07	40:03	43:07	53:44	1313
-	-	40:04	43:08	53:45	1312
12:33	26:08	40:05	43:09	53:46	1311
-	-	40:06	43:10	53:48	1310
-	26:09	40:07	43:11	53:49	1309
-	26:10	40:08	43:12	53:50	1308
12:34	-	40:09	43:13	53:52	1307
-	26:11	40:10	43:14	53:53	1306
-	-	40:11	43:15	53:54	1305
-	26:12	40:12	43:16	53:56	1304
12:35	26:13	40:13	43:17	53:57	1303
-	-	-	43:18	53:58	1302
-	26:14	40:14	43:19	54:00	1301

Points	5km	10km	15km	10 Miles	20km
1300	-	-	40:15	43:20	54:01
1299	12:36	26:15	40:16	43:21	54:02
1298	-	26:16	40:17	43:22	54:04
1297	-	-	40:18	43:23	54:05
1296	-	26:17	40:19	43:24	54:06
1295	12:37	-	40:20	43:25	54:08
1294	-	26:18	40:21	43:26	54:09
1293	-	26:19	40:22	43:27	54:10
1292	12:38	-	40:23	43:28	54:12
1291	-	26:20	40:24	43:29	54:13
1290	-	-	40:25	43:30	54:14
1289	-	26:21	40:26	43:31	54:16
1288	12:39	26:22	40:27	43:32	54:17
1287	-	-	40:28	43:33	54:18
1286	-	26:23	40:29	43:34	54:20
1285	-	26:24	40:30	43:35	54:21
1284	12:40	-	40:31	43:36	54:22
1283	-	26:25	-	43:37	54:24
1282	-	-	40:32	43:38	54:25
1281	-	26:26	40:33	43:40	54:26
1280	12:41	26:27	40:34	43:41	54:28
1279	-	-	40:35	43:42	54:29
1278	-	26:28	40:36	43:43	54:30
1277	12:42	-	40:37	43:44	54:32
1276	-	26:29	40:38	43:45	54:33
1275	-	26:30	40:39	43:46	54:35
1274	-	-	40:40	43:47	54:36
1273	12:43	26:31	40:41	43:48	54:37
1272	-	-	40:42	43:49	54:39
1271	-	26:32	40:43	43:50	54:40
1270	-	26:33	40:44	43:51	54:41
1269	12:44	-	40:45	43:52	54:43
1268	-	26:34	40:46	43:53	54:44
1267	-	26:35	40:47	43:54	54:45
1266	-	-	40:48	43:55	54:47
1265	12:45	26:36	40:49	43:56	54:48
1264	-	-	40:50	43:57	54:49
1263	-	26:37	40:51	43:58	54:51
1262	-	26:38	-	43:59	54:52
1261	12:46	-	40:52	44:00	54:53
1260	-	26:39	40:53	44:01	54:55
1259	-	-	40:54	44:02	54:56
1258	12:47	26:40	40:55	44:03	54:57
1257	-	26:41	40:56	44:04	54:59
1256	-	-	40:57	44:05	55:00
1255	-	26:42	40:58	44:06	55:01
1254	12:48	26:43	40:59	44:07	55:03
1253	-	-	41:00	44:08	55:04
1252	-	26:44	41:01	44:09	55:06
1251	-	-	41:02	44:10	55:07

5km	10km	15km	10 Miles	20km	Points
12:49	26:45	41:03	44:12	55:08	1250
-	26:46	41:04	44:13	55:10	1249
-	-	41:05	44:14	55:11	1248
12:50	26:47	41:06	44:15	55:12	1247
-	-	41:07	44:16	55:14	1246
-	26:48	41:08	44:17	55:15	1245
-	26:49	41:09	44:18	55:16	1244
12:51	-	41:10	44:19	55:18	1243
-	26:50	41:11	44:20	55:19	1242
-	26:51	41:12	44:21	55:21	1241
-	-	41:13	44:22	55:22	1240
12:52	26:52	41:14	44:23	55:23	1239
-	-	41:15	44:24	55:25	1238
-	26:53	41:16	44:25	55:26	1237
-	26:54	-	44:26	55:27	1236
12:53	-	41:17	44:27	55:29	1235
-	26:55	41:18	44:28	55:30	1234
-	26:56	41:19	44:29	55:31	1233
12:54	-	41:20	44:30	55:33	1232
-	26:57	41:21	44:31	55:34	1231
-	-	41:22	44:32	55:36	1230
-	26:58	41:23	44:33	55:37	1229
12:55	26:59	41:24	44:34	55:38	1228
-	-	41:25	44:36	55:40	1227
-	27:00	41:26	44:37	55:41	1226
-	27:01	41:27	44:38	55:42	1225
12:56	-	41:28	44:39	55:44	1224
-	27:02	41:29	44:40	55:45	1223
-	-	41:30	44:41	55:47	1222
12:57	27:03	41:31	44:42	55:48	1221
-	27:04	41:32	44:43	55:49	1220
-	-	41:33	44:44	55:51	1219
-	27:05	41:34	44:45	55:52	1218
12:58	27:06	41:35	44:46	55:53	1217
-	-	41:36	44:47	55:55	1216
-	27:07	41:37	44:48	55:56	1215
-	-	41:38	44:49	55:58	1214
12:59	27:08	41:39	44:50	55:59	1213
-	27:09	41:40	44:51	56:00	1212
-	-	41:41	44:52	56:02	1211
13:00	27:10	41:42	44:53	56:03	1210
-	27:11	41:43	44:54	56:04	1209
-	-	41:44	44:56	56:06	1208
-	27:12	41:45	44:57	56:07	1207
13:01	-	41:46	44:58	56:09	1206
-	27:13	41:47	44:59	56:10	1205
-	27:14	41:48	45:00	56:11	1204
-	-	41:49	45:01	56:13	1203
13:02	27:15	41:50	45:02	56:14	1202
-	27:16	41:51	45:03	56:15	1201

Points	5km	10km	15km	10 Miles	20km
1200	-	-	41:52	45:04	56:17
1199	13:03	27:17	41:53	45:05	56:18
1198	-	-	41:54	45:06	56:20
1197	-	27:18	41:55	45:07	56:21
1196	-	27:19	-	45:08	56:22
1195	13:04	-	41:56	45:09	56:24
1194	-	27:20	41:57	45:10	56:25
1193	-	27:21	41:58	45:11	56:27
1192	-	-	41:59	45:13	56:28
1191	13:05	27:22	42:00	45:14	56:29
1190	-	27:23	42:01	45:15	56:31
1189	-	-	42:02	45:16	56:32
1188	13:06	27:24	42:03	45:17	56:34
1187	-	-	42:04	45:18	56:35
1186	-	27:25	42:05	45:19	56:36
1185	-	27:26	42:06	45:20	56:38
1184	13:07	-	42:07	45:21	56:39
1183	-	27:27	42:08	45:22	56:40
1182	-	27:28	42:09	45:23	56:42
1181	-	-	42:10	45:24	56:43
1180	13:08	27:29	42:11	45:25	56:45
1179	-	27:30	42:12	45:26	56:46
1178	-	-	42:13	45:27	56:47
1177	13:09	27:31	42:14	45:29	56:49
1176	-	-	42:15	45:30	56:50
1175	-	27:32	42:16	45:31	56:52
1174	-	27:33	42:17	45:32	56:53
1173	13:10	-	42:18	45:33	56:54
1172	-	27:34	42:19	45:34	56:56
1171	-	27:35	42:20	45:35	56:57
1170	13:11	-	42:21	45:36	56:59
1169	-	27:36	42:22	45:37	57:00
1168	-	27:37	42:23	45:38	57:01
1167	-	-	42:24	45:39	57:03
1166	13:12	27:38	42:25	45:40	57:04
1165	-	-	42:26	45:41	57:06
1164	-	27:39	42:27	45:42	57:07
1163	-	27:40	42:28	45:44	57:09
1162	13:13	-	42:29	45:45	57:10
1161	-	27:41	42:30	45:46	57:11
1160	-	27:42	42:31	45:47	57:13
1159	13:14	-	42:32	45:48	57:14
1158	-	27:43	42:33	45:49	57:16
1157	-	27:44	42:34	45:50	57:17
1156	-	-	42:35	45:51	57:18
1155	13:15	27:45	42:36	45:52	57:20
1154	-	-	42:37	45:53	57:21
1153	-	27:46	42:38	45:54	57:23
1152	13:16	27:47	42:39	45:55	57:24
1151	-	-	42:40	45:57	57:25

5km	10km	15km	10 Miles	20km	Points
-	27:48	42:41	45:58	57:27	1150
-	27:49	42:42	45:59	57:28	1149
13:17	-	42:43	46:00	57:30	1148
-	27:50	42:44	46:01	57:31	1147
-	27:51	42:45	46:02	57:33	1146
-	-	42:46	46:03	57:34	1145
13:18	27:52	42:47	46:04	57:35	1144
-	27:53	42:48	46:05	57:37	1143
-	-	42:49	46:06	57:38	1142
13:19	27:54	42:50	46:07	57:40	1141
-	27:55	42:51	46:08	57:41	1140
-	-	42:52	46:10	57:42	1139
-	27:56	42:53	46:11	57:44	1138
13:20	-	42:54	46:12	57:45	1137
-	27:57	42:55	46:13	57:47	1136
-	27:58	42:56	46:14	57:48	1135
13:21	-	42:57	46:15	57:50	1134
-	27:59	42:58	46:16	57:51	1133
-	28:00	42:59	46:17	57:52	1132
-	-	43:00	46:18	57:54	1131
13:22	28:01	43:01	46:19	57:55	1130
-	28:02	43:02	46:20	57:57	1129
-	-	43:03	46:22	57:58	1128
13:23	28:03	43:04	46:23	58:00	1127
-	28:04	43:05	46:24	58:01	1126
-	-	43:06	46:25	58:02	1125
-	28:05	43:07	46:26	58:04	1124
13:24	28:06	43:08	46:27	58:05	1123
-	-	43:09	46:28	58:07	1122
-	28:07	43:10	46:29	58:08	1121
13:25	28:08	43:11	46:30	58:10	1120
-	-	43:12	46:31	58:11	1119
-	28:09	43:13	46:33	58:12	1118
-	-	43:15	46:34	58:14	1117
13:26	28:10	43:16	46:35	58:15	1116
-	28:11	43:17	46:36	58:17	1115
-	-	43:18	46:37	58:18	1114
13:27	28:12	43:19	46:38	58:20	1113
-	28:13	43:20	46:39	58:21	1112
-	-	43:21	46:40	58:23	1111
-	28:14	43:22	46:41	58:24	1110
13:28	28:15	43:23	46:42	58:25	1109
-	-	43:24	46:44	58:27	1108
-	28:16	43:25	46:45	58:28	1107
13:29	28:17	43:26	46:46	58:30	1106
-	-	43:27	46:47	58:31	1105
-	28:18	43:28	46:48	58:33	1104
-	28:19	43:29	46:49	58:34	1103
13:30	-	43:30	46:50	58:36	1102
-	28:20	43:31	46:51	58:37	1101

Points	5km	10km	15km	10 Miles	20km
1100	-	28:21	43:32	46:52	58:38
1099	13:31	-	43:33	46:53	58:40
1098	-	28:22	43:34	46:55	58:41
1097	-	28:23	43:35	46:56	58:43
1096	-	-	43:36	46:57	58:44
1095	13:32	28:24	43:37	46:58	58:46
1094	-	28:25	43:38	46:59	58:47
1093	-	-	43:39	47:00	58:49
1092	13:33	28:26	43:40	47:01	58:50
1091	-	28:27	43:41	47:02	58:51
1090	-	-	43:42	47:03	58:53
1089	-	28:28	43:43	47:05	58:54
1088	13:34	28:29	43:44	47:06	58:56
1087	-	-	43:45	47:07	58:57
1086	-	28:30	43:46	47:08	58:59
1085	13:35	28:31	43:47	47:09	59:00
1084	-	-	43:48	47:10	59:02
1083	-	28:32	43:49	47:11	59:03
1082	-	28:33	43:50	47:12	59:05
1081	13:36	-	43:51	47:14	59:06
1080	-	28:34	43:52	47:15	59:08
1079	-	28:35	43:54	47:16	59:09
1078	13:37	-	43:55	47:17	59:10
1077	-	28:36	43:56	47:18	59:12
1076	-	28:37	43:57	47:19	59:13
1075	-	-	43:58	47:20	59:15
1074	13:38	28:38	43:59	47:21	59:16
1073	-	28:39	44:00	47:22	59:18
1072	-	-	44:01	47:24	59:19
1071	13:39	28:40	44:02	47:25	59:21
1070	-	28:41	44:03	47:26	59:22
1069	-	-	44:04	47:27	59:24
1068	-	28:42	44:05	47:28	59:25
1067	13:40	28:43	44:06	47:29	59:27
1066	-	-	44:07	47:30	59:28
1065	-	28:44	44:08	47:31	59:30
1064	13:41	28:45	44:09	47:33	59:31
1063	-	-	44:10	47:34	59:32
1062	-	28:46	44:11	47:35	59:34
1061	-	28:47	44:12	47:36	59:35
1060	13:42	-	44:13	47:37	59:37
1059	-	28:48	44:14	47:38	59:38
1058	-	28:49	44:15	47:39	59:40
1057	13:43	-	44:16	47:40	59:41
1056	-	28:50	44:17	47:42	59:43
1055	-	28:51	44:18	47:43	59:44
1054	13:44	-	44:20	47:44	59:46
1053	-	28:52	44:21	47:45	59:47
1052	-	28:53	44:22	47:46	59:49
1051	-	-	44:23	47:47	59:50

5km	10km	15km	10 Miles	20km	Points
13:45	28:54	44:24	47:48	59:52	1050
-	28:55	44:25	47:50	59:53	1049
-	-	44:26	47:51	59:55	1048
13:46	28:56	44:27	47:52	59:56	1047
-	28:57	44:28	47:53	59:58	1046
-	-	44:29	47:54	59:59	1045
-	28:58	44:30	47:55	1:00:01	1044
13:47	28:59	44:31	47:56	1:00:02	1043
-	-	44:32	47:58	1:00:04	1042
-	29:00	44:33	47:59	1:00:05	1041
13:48	29:01	44:34	48:00	1:00:06	1040
-	-	44:35	48:01	1:00:08	1039
-	29:02	44:36	48:02	1:00:09	1038
13:49	29:03	44:37	48:03	1:00:11	1037
-	-	44:38	48:04	1:00:12	1036
-	29:04	44:40	48:05	1:00:14	1035
-	29:05	44:41	48:07	1:00:15	1034
13:50	-	44:42	48:08	1:00:17	1033
-	29:06	44:43	48:09	1:00:18	1032
-	29:07	44:44	48:10	1:00:20	1031
13:51	-	44:45	48:11	1:00:21	1030
-	29:08	44:46	48:12	1:00:23	1029
-	29:09	44:47	48:13	1:00:24	1028
-	29:10	44:48	48:15	1:00:26	1027
13:52	-	44:49	48:16	1:00:27	1026
-	29:11	44:50	48:17	1:00:29	1025
-	29:12	44:51	48:18	1:00:30	1024
13:53	-	44:52	48:19	1:00:32	1023
-	29:13	44:53	48:20	1:00:33	1022
-	29:14	44:54	48:22	1:00:35	1021
13:54	-	44:55	48:23	1:00:36	1020
-	29:15	44:57	48:24	1:00:38	1019
-	29:16	44:58	48:25	1:00:39	1018
-	-	44:59	48:26	1:00:41	1017
13:55	29:17	45:00	48:27	1:00:42	1016
-	29:18	45:01	48:28	1:00:44	1015
-	-	45:02	48:30	1:00:45	1014
13:56	29:19	45:03	48:31	1:00:47	1013
-	29:20	45:04	48:32	1:00:48	1012
-	-	45:05	48:33	1:00:50	1011
13:57	29:21	45:06	48:34	1:00:51	1010
-	29:22	45:07	48:35	1:00:53	1009
-	29:23	45:08	48:37	1:00:54	1008
-	-	45:09	48:38	1:00:56	1007
13:58	29:24	45:10	48:39	1:00:58	1006
-	29:25	45:11	48:40	1:00:59	1005
-	-	45:13	48:41	1:01:01	1004
13:59	29:26	45:14	48:42	1:01:02	1003
-	29:27	45:15	48:43	1:01:04	1002
-	-	45:16	48:45	1:01:05	1001

Points	5km	10km	15km	10 Miles	20km
1000	14:00	29:28	45:17	48:46	1:01:07
999	-	29:29	45:18	48:47	1:01:08
998	-	-	45:19	48:48	1:01:10
997	-	29:30	45:20	48:49	1:01:11
996	14:01	29:31	45:21	48:50	1:01:13
995	-	29:32	45:22	48:52	1:01:14
994	-	-	45:23	48:53	1:01:16
993	14:02	29:33	45:24	48:54	1:01:17
992	-	29:34	45:25	48:55	1:01:19
991	-	-	45:27	48:56	1:01:20
990	14:03	29:35	45:28	48:57	1:01:22
989	-	29:36	45:29	48:59	1:01:23
988	-	-	45:30	49:00	1:01:25
987	-	29:37	45:31	49:01	1:01:26
986	14:04	29:38	45:32	49:02	1:01:28
985	-	-	45:33	49:03	1:01:29
984	-	29:39	45:34	49:04	1:01:31
983	14:05	29:40	45:35	49:06	1:01:33
982	-	29:41	45:36	49:07	1:01:34
981	-	-	45:37	49:08	1:01:36
980	14:06	29:42	45:38	49:09	1:01:37
979	-	29:43	45:40	49:10	1:01:39
978	-	-	45:41	49:12	1:01:40
977	-	29:44	45:42	49:13	1:01:42
976	14:07	29:45	45:43	49:14	1:01:43
975	-	-	45:44	49:15	1:01:45
974	-	29:46	45:45	49:16	1:01:46
973	14:08	29:47	45:46	49:17	1:01:48
972	-	29:48	45:47	49:19	1:01:49
971	-	-	45:48	49:20	1:01:51
970	14:09	29:49	45:49	49:21	1:01:53
969	-	29:50	45:50	49:22	1:01:54
968	-	-	45:52	49:23	1:01:56
967	14:10	29:51	45:53	49:24	1:01:57
966	-	29:52	45:54	49:26	1:01:59
965	-	-	45:55	49:27	1:02:00
964	-	29:53	45:56	49:28	1:02:02
963	14:11	29:54	45:57	49:29	1:02:03
962	-	29:55	45:58	49:30	1:02:05
961	-	-	45:59	49:32	1:02:06
960	14:12	29:56	46:00	49:33	1:02:08
959	-	29:57	46:01	49:34	1:02:10
958	-	-	46:02	49:35	1:02:11
957	14:13	29:58	46:04	49:36	1:02:13
956	-	29:59	46:05	49:37	1:02:14
955	-	-	46:06	49:39	1:02:16
954	-	30:00	46:07	49:40	1:02:17
953	14:14	30:01	46:08	49:41	1:02:19
952	-	30:02	46:09	49:42	1:02:20
951	-	-	46:10	49:43	1:02:22

5km	10km	15km	10 Miles	20km	Points
14:15	30:03	46:11	49:45	1:02:23	950
-	30:04	46:12	49:46	1:02:25	949
-	-	46:14	49:47	1:02:27	948
14:16	30:05	46:15	49:48	1:02:28	947
-	30:06	46:16	49:49	1:02:30	946
-	30:07	46:17	49:51	1:02:31	945
14:17	-	46:18	49:52	1:02:33	944
-	30:08	46:19	49:53	1:02:34	943
-	30:09	46:20	49:54	1:02:36	942
-	-	46:21	49:55	1:02:38	941
14:18	30:10	46:22	49:57	1:02:39	940
-	30:11	46:23	49:58	1:02:41	939
-	30:12	46:25	49:59	1:02:42	938
14:19	-	46:26	50:00	1:02:44	937
-	30:13	46:27	50:01	1:02:45	936
-	30:14	46:28	50:03	1:02:47	935
14:20	-	46:29	50:04	1:02:49	934
-	30:15	46:30	50:05	1:02:50	933
-	30:16	46:31	50:06	1:02:52	932
14:21	30:17	46:32	50:07	1:02:53	931
-	-	46:33	50:09	1:02:55	930
-	30:18	46:35	50:10	1:02:56	929
14:22	30:19	46:36	50:11	1:02:58	928
-	-	46:37	50:12	1:03:00	927
-	30:20	46:38	50:13	1:03:01	926
-	30:21	46:39	50:15	1:03:03	925
14:23	30:22	46:40	50:16	1:03:04	924
-	-	46:41	50:17	1:03:06	923
-	30:23	46:42	50:18	1:03:07	922
14:24	30:24	46:44	50:19	1:03:09	921
-	-	46:45	50:21	1:03:11	920
-	30:25	46:46	50:22	1:03:12	919
14:25	30:26	46:47	50:23	1:03:14	918
-	30:27	46:48	50:24	1:03:15	917
-	-	46:49	50:26	1:03:17	916
14:26	30:28	46:50	50:27	1:03:19	915
-	30:29	46:51	50:28	1:03:20	914
-	30:30	46:53	50:29	1:03:22	913
14:27	-	46:54	50:30	1:03:23	912
-	30:31	46:55	50:32	1:03:25	911
-	30:32	46:56	50:33	1:03:26	910
-	-	46:57	50:34	1:03:28	909
14:28	30:33	46:58	50:35	1:03:30	908
-	30:34	46:59	50:36	1:03:31	907
-	30:35	47:00	50:38	1:03:33	906
14:29	-	47:02	50:39	1:03:34	905
-	30:36	47:03	50:40	1:03:36	904
-	30:37	47:04	50:41	1:03:38	903
14:30	-	47:05	50:43	1:03:39	902
-	30:38	47:06	50:44	1:03:41	901

Points	5km	10km	15km	10 Miles	20km
900	-	30:39	47:07	50:45	1:03:42
899	14:31	30:40	47:08	50:46	1:03:44
898	-	-	47:09	50:47	1:03:46
897	-	30:41	47:11	50:49	1:03:47
896	14:32	30:42	47:12	50:50	1:03:49
895	-	30:43	47:13	50:51	1:03:50
894	-	-	47:14	50:52	1:03:52
893	14:33	30:44	47:15	50:54	1:03:54
892	-	30:45	47:16	50:55	1:03:55
891	-	30:46	47:17	50:56	1:03:57
890	-	-	47:19	50:57	1:03:58
889	14:34	30:47	47:20	50:59	1:04:00
888	-	30:48	47:21	51:00	1:04:02
887	-	-	47:22	51:01	1:04:03
886	14:35	30:49	47:23	51:02	1:04:05
885	-	30:50	47:24	51:03	1:04:07
884	-	30:51	47:25	51:05	1:04:08
883	14:36	-	47:27	51:06	1:04:10
882	-	30:52	47:28	51:07	1:04:11
881	-	30:53	47:29	51:08	1:04:13
880	14:37	30:54	47:30	51:10	1:04:15
879	-	-	47:31	51:11	1:04:16
878	-	30:55	47:32	51:12	1:04:18
877	14:38	30:56	47:33	51:13	1:04:19
876	-	30:57	47:35	51:15	1:04:21
875	-	-	47:36	51:16	1:04:23
874	14:39	30:58	47:37	51:17	1:04:24
873	-	30:59	47:38	51:18	1:04:26
872	-	-	47:39	51:20	1:04:28
871	14:40	31:00	47:40	51:21	1:04:29
870	-	31:01	47:41	51:22	1:04:31
869	-	31:02	47:43	51:23	1:04:32
868	14:41	-	47:44	51:25	1:04:34
867	-	31:03	47:45	51:26	1:04:36
866	-	31:04	47:46	51:27	1:04:37
865	-	31:05	47:47	51:28	1:04:39
864	14:42	-	47:48	51:30	1:04:41
863	-	31:06	47:50	51:31	1:04:42
862	-	31:07	47:51	51:32	1:04:44
861	14:43	31:08	47:52	51:33	1:04:46
860	-	-	47:53	51:35	1:04:47
859	-	31:09	47:54	51:36	1:04:49
858	14:44	31:10	47:55	51:37	1:04:50
857	-	31:11	47:57	51:38	1:04:52
856	-	-	47:58	51:40	1:04:54
855	14:45	31:12	47:59	51:41	1:04:55
854	-	31:13	48:00	51:42	1:04:57
853	-	31:14	48:01	51:43	1:04:59
852	14:46	-	48:02	51:45	1:05:00
851	-	31:15	48:04	51:46	1:05:02

5km	10km	15km	10 Miles	20km	Points
-	31:16	48:05	51:47	1:05:04	850
14:47	31:17	48:06	51:48	1:05:05	849
-	-	48:07	51:50	1:05:07	848
-	31:18	48:08	51:51	1:05:08	847
14:48	31:19	48:09	51:52	1:05:10	846
-	31:20	48:11	51:53	1:05:12	845
-	-	48:12	51:55	1:05:13	844
14:49	31:21	48:13	51:56	1:05:15	843
-	31:22	48:14	51:57	1:05:17	842
-	31:23	48:15	51:59	1:05:18	841
14:50	-	48:16	52:00	1:05:20	840
-	31:24	48:18	52:01	1:05:22	839
-	31:25	48:19	52:02	1:05:23	838
14:51	31:26	48:20	52:04	1:05:25	837
-	-	48:21	52:05	1:05:27	836
-	31:27	48:22	52:06	1:05:28	835
14:52	31:28	48:23	52:07	1:05:30	834
-	31:29	48:25	52:09	1:05:32	833
-	-	48:26	52:10	1:05:33	832
14:53	31:30	48:27	52:11	1:05:35	831
-	31:31	48:28	52:13	1:05:37	830
-	31:32	48:29	52:14	1:05:38	829
14:54	-	48:31	52:15	1:05:40	828
-	31:33	48:32	52:16	1:05:42	827
-	31:34	48:33	52:18	1:05:43	826
14:55	31:35	48:34	52:19	1:05:45	825
-	-	48:35	52:20	1:05:47	824
-	31:36	48:36	52:21	1:05:48	823
14:56	31:37	48:38	52:23	1:05:50	822
-	31:38	48:39	52:24	1:05:52	821
-	31:39	48:40	52:25	1:05:53	820
14:57	-	48:41	52:27	1:05:55	819
-	31:40	48:42	52:28	1:05:57	818
-	31:41	48:44	52:29	1:05:58	817
14:58	31:42	48:45	52:30	1:06:00	816
-	-	48:46	52:32	1:06:02	815
-	31:43	48:47	52:33	1:06:03	814
14:59	31:44	48:48	52:34	1:06:05	813
-	31:45	48:50	52:36	1:06:07	812
-	-	48:51	52:37	1:06:09	811
15:00	31:46	48:52	52:38	1:06:10	810
-	31:47	48:53	52:39	1:06:12	809
-	31:48	48:54	52:41	1:06:14	808
15:01	31:49	48:55	52:42	1:06:15	807
-	-	48:57	52:43	1:06:17	806
-	31:50	48:58	52:45	1:06:19	805
15:02	31:51	48:59	52:46	1:06:20	804
-	31:52	49:00	52:47	1:06:22	803
-	-	49:01	52:49	1:06:24	802
15:03	31:53	49:03	52:50	1:06:25	801

Points	5km	10km	15km	10 Miles	20km
800	-	31:54	49:04	52:51	1:06:27
799	-	31:55	49:05	52:52	1:06:29
798	15:04	-	49:06	52:54	1:06:31
797	-	31:56	49:07	52:55	1:06:32
796	-	31:57	49:09	52:56	1:06:34
795	15:05	31:58	49:10	52:58	1:06:36
794	-	31:59	49:11	52:59	1:06:37
793	-	-	49:12	53:00	1:06:39
792	15:06	32:00	49:14	53:02	1:06:41
791	-	32:01	49:15	53:03	1:06:42
790	-	32:02	49:16	53:04	1:06:44
789	15:07	-	49:17	53:05	1:06:46
788	-	32:03	49:18	53:07	1:06:48
787	-	32:04	49:20	53:08	1:06:49
786	15:08	32:05	49:21	53:09	1:06:51
785	-	32:06	49:22	53:11	1:06:53
784	-	-	49:23	53:12	1:06:54
783	15:09	32:07	49:24	53:13	1:06:56
782	-	32:08	49:26	53:15	1:06:58
781	-	32:09	49:27	53:16	1:07:00
780	15:10	-	49:28	53:17	1:07:01
779	-	32:10	49:29	53:19	1:07:03
778	-	32:11	49:31	53:20	1:07:05
777	15:11	32:12	49:32	53:21	1:07:06
776	-	32:13	49:33	53:23	1:07:08
775	-	-	49:34	53:24	1:07:10
774	15:12	32:14	49:35	53:25	1:07:12
773	-	32:15	49:37	53:26	1:07:13
772	-	32:16	49:38	53:28	1:07:15
771	15:13	-	49:39	53:29	1:07:17
770	-	32:17	49:40	53:30	1:07:19
769	-	32:18	49:42	53:32	1:07:20
768	15:14	32:19	49:43	53:33	1:07:22
767	-	32:20	49:44	53:34	1:07:24
766	-	-	49:45	53:36	1:07:25
765	15:15	32:21	49:46	53:37	1:07:27
764	-	32:22	49:48	53:38	1:07:29
763	-	32:23	49:49	53:40	1:07:31
762	15:16	32:24	49:50	53:41	1:07:32
761	-	-	49:51	53:42	1:07:34
760	-	32:25	49:53	53:44	1:07:36
759	15:17	32:26	49:54	53:45	1:07:38
758	-	32:27	49:55	53:46	1:07:39
757	-	32:28	49:56	53:48	1:07:41
756	15:18	-	49:58	53:49	1:07:43
755	-	32:29	49:59	53:50	1:07:45
754	15:19	32:30	50:00	53:52	1:07:46
753	-	32:31	50:01	53:53	1:07:48
752	-	32:32	50:02	53:54	1:07:50
751	15:20	-	50:04	53:56	1:07:52

5km	10km	15km	10 Miles	20km	Points
-	32:33	50:05	53:57	1:07:53	750
-	32:34	50:06	53:58	1:07:55	749
15:21	32:35	50:07	54:00	1:07:57	748
-	32:36	50:09	54:01	1:07:59	747
-	-	50:10	54:02	1:08:00	746
15:22	32:37	50:11	54:04	1:08:02	745
-	32:38	50:12	54:05	1:08:04	744
-	32:39	50:14	54:07	1:08:06	743
15:23	32:40	50:15	54:08	1:08:07	742
-	-	50:16	54:09	1:08:09	741
-	32:41	50:17	54:11	1:08:11	740
15:24	32:42	50:19	54:12	1:08:13	739
-	32:43	50:20	54:13	1:08:14	738
-	32:44	50:21	54:15	1:08:16	737
15:25	-	50:22	54:16	1:08:18	736
-	32:45	50:24	54:17	1:08:20	735
-	32:46	50:25	54:19	1:08:22	734
15:26	32:47	50:26	54:20	1:08:23	733
-	32:48	50:27	54:21	1:08:25	732
15:27	-	50:29	54:23	1:08:27	731
-	32:49	50:30	54:24	1:08:29	730
-	32:50	50:31	54:25	1:08:30	729
15:28	32:51	50:32	54:27	1:08:32	728
-	32:52	50:34	54:28	1:08:34	727
-	-	50:35	54:30	1:08:36	726
15:29	32:53	50:36	54:31	1:08:38	725
-	32:54	50:38	54:32	1:08:39	724
-	32:55	50:39	54:34	1:08:41	723
15:30	32:56	50:40	54:35	1:08:43	722
-	-	50:41	54:36	1:08:45	721
-	32:57	50:43	54:38	1:08:46	720
15:31	32:58	50:44	54:39	1:08:48	719
-	32:59	50:45	54:41	1:08:50	718
-	33:00	50:46	54:42	1:08:52	717
15:32	33:01	50:48	54:43	1:08:54	716
-	-	50:49	54:45	1:08:55	715
15:33	33:02	50:50	54:46	1:08:57	714
-	33:03	50:51	54:47	1:08:59	713
-	33:04	50:53	54:49	1:09:01	712
15:34	33:05	50:54	54:50	1:09:03	711
-	-	50:55	54:52	1:09:04	710
-	33:06	50:57	54:53	1:09:06	709
15:35	33:07	50:58	54:54	1:09:08	708
-	33:08	50:59	54:56	1:09:10	707
-	33:09	51:00	54:57	1:09:12	706
15:36	33:10	51:02	54:58	1:09:13	705
-	-	51:03	55:00	1:09:15	704
-	33:11	51:04	55:01	1:09:17	703
15:37	33:12	51:06	55:03	1:09:19	702
-	33:13	51:07	55:04	1:09:21	701

Points	5km	10km	15km	10 Miles	20km
700	15:38	33:14	51:08	55:05	1:09:22
699	-	33:15	51:09	55:07	1:09:24
698	-	-	51:11	55:08	1:09:26
697	15:39	33:16	51:12	55:10	1:09:28
696	-	33:17	51:13	55:11	1:09:30
695	-	33:18	51:15	55:12	1:09:32
694	15:40	33:19	51:16	55:14	1:09:33
693	-	-	51:17	55:15	1:09:35
692	-	33:20	51:18	55:16	1:09:37
691	15:41	33:21	51:20	55:18	1:09:39
690	-	33:22	51:21	55:19	1:09:41
689	-	33:23	51:22	55:21	1:09:43
688	15:42	33:24	51:24	55:22	1:09:44
687	-	-	51:25	55:23	1:09:46
686	15:43	33:25	51:26	55:25	1:09:48
685	-	33:26	51:28	55:26	1:09:50
684	-	33:27	51:29	55:28	1:09:52
683	15:44	33:28	51:30	55:29	1:09:54
682	-	33:29	51:31	55:31	1:09:55
681	-	-	51:33	55:32	1:09:57
680	15:45	33:30	51:34	55:33	1:09:59
679	-	33:31	51:35	55:35	1:10:01
678	-	33:32	51:37	55:36	1:10:03
677	15:46	33:33	51:38	55:38	1:10:05
676	-	33:34	51:39	55:39	1:10:06
675	15:47	33:35	51:41	55:40	1:10:08
674	-	-	51:42	55:42	1:10:10
673	-	33:36	51:43	55:43	1:10:12
672	15:48	33:37	51:44	55:45	1:10:14
671	-	33:38	51:46	55:46	1:10:16
670	-	33:39	51:47	55:47	1:10:18
669	15:49	33:40	51:48	55:49	1:10:19
668	-	-	51:50	55:50	1:10:21
667	-	33:41	51:51	55:52	1:10:23
666	15:50	33:42	51:52	55:53	1:10:25
665	-	33:43	51:54	55:55	1:10:27
664	15:51	33:44	51:55	55:56	1:10:29
663	-	33:45	51:56	55:57	1:10:31
662	-	33:46	51:58	55:59	1:10:32
661	15:52	-	51:59	56:00	1:10:34
660	-	33:47	52:00	56:02	1:10:36
659	-	33:48	52:02	56:03	1:10:38
658	15:53	33:49	52:03	56:05	1:10:40
657	-	33:50	52:04	56:06	1:10:42
656	15:54	33:51	52:06	56:07	1:10:44
655	-	-	52:07	56:09	1:10:45
654	-	33:52	52:08	56:10	1:10:47
653	15:55	33:53	52:10	56:12	1:10:49
652	-	33:54	52:11	56:13	1:10:51
651	-	33:55	52:12	56:15	1:10:53

5km	10km	15km	10 Miles	20km	Points
15:56	33:56	52:14	56:16	1:10:55	650
-	33:57	52:15	56:18	1:10:57	649
15:57	-	52:16	56:19	1:10:59	648
-	33:58	52:18	56:20	1:11:01	647
-	33:59	52:19	56:22	1:11:02	646
15:58	34:00	52:20	56:23	1:11:04	645
-	34:01	52:22	56:25	1:11:06	644
-	34:02	52:23	56:26	1:11:08	643
15:59	34:03	52:24	56:28	1:11:10	642
-	-	52:26	56:29	1:11:12	641
16:00	34:04	52:27	56:31	1:11:14	640
-	34:05	52:28	56:32	1:11:16	639
-	34:06	52:30	56:33	1:11:18	638
16:01	34:07	52:31	56:35	1:11:19	637
-	34:08	52:32	56:36	1:11:21	636
-	34:09	52:34	56:38	1:11:23	635
16:02	34:10	52:35	56:39	1:11:25	634
-	-	52:36	56:41	1:11:27	633
16:03	34:11	52:38	56:42	1:11:29	632
-	34:12	52:39	56:44	1:11:31	631
-	34:13	52:40	56:45	1:11:33	630
16:04	34:14	52:42	56:47	1:11:35	629
-	34:15	52:43	56:48	1:11:37	628
-	34:16	52:45	56:50	1:11:39	627
16:05	-	52:46	56:51	1:11:41	626
-	34:17	52:47	56:52	1:11:42	625
16:06	34:18	52:49	56:54	1:11:44	624
-	34:19	52:50	56:55	1:11:46	623
-	34:20	52:51	56:57	1:11:48	622
16:07	34:21	52:53	56:58	1:11:50	621
-	34:22	52:54	57:00	1:11:52	620
-	34:23	52:55	57:01	1:11:54	619
16:08	34:24	52:57	57:03	1:11:56	618
-	-	52:58	57:04	1:11:58	617
16:09	34:25	53:00	57:06	1:12:00	616
-	34:26	53:01	57:07	1:12:02	615
-	34:27	53:02	57:09	1:12:04	614
16:10	34:28	53:04	57:10	1:12:06	613
-	34:29	53:05	57:12	1:12:08	612
16:11	34:30	53:06	57:13	1:12:09	611
-	34:31	53:08	57:15	1:12:11	610
-	-	53:09	57:16	1:12:13	609
16:12	34:32	53:11	57:18	1:12:15	608
-	34:33	53:12	57:19	1:12:17	607
-	34:34	53:13	57:21	1:12:19	606
16:13	34:35	53:15	57:22	1:12:21	605
-	34:36	53:16	57:24	1:12:23	604
16:14	34:37	53:17	57:25	1:12:25	603
-	34:38	53:19	57:27	1:12:27	602
-	34:39	53:20	57:28	1:12:29	601

Points	5km	10km	15km	10 Miles	20km
600	16:15	-	53:22	57:30	1:12:31
599	-	34:40	53:23	57:31	1:12:33
598	16:16	34:41	53:24	57:33	1:12:35
597	-	34:42	53:26	57:34	1:12:37
596	-	34:43	53:27	57:36	1:12:39
595	16:17	34:44	53:29	57:37	1:12:41
594	-	34:45	53:30	57:39	1:12:43
593	-	34:46	53:31	57:40	1:12:45
592	16:18	34:47	53:33	57:42	1:12:47
591	-	-	53:34	57:43	1:12:49
590	16:19	34:48	53:36	57:45	1:12:51
589	-	34:49	53:37	57:46	1:12:53
588	-	34:50	53:38	57:48	1:12:55
587	16:20	34:51	53:40	57:49	1:12:57
586	-	34:52	53:41	57:51	1:12:59
585	16:21	34:53	53:43	57:52	1:13:00
584	-	34:54	53:44	57:54	1:13:02
583	-	34:55	53:45	57:55	1:13:04
582	16:22	34:56	53:47	57:57	1:13:06
581	-	34:57	53:48	57:58	1:13:08
580	16:23	-	53:50	58:00	1:13:10
579	-	34:58	53:51	58:01	1:13:12
578	-	34:59	53:52	58:03	1:13:14
577	16:24	35:00	53:54	58:04	1:13:16
576	-	35:01	53:55	58:06	1:13:18
575	16:25	35:02	53:57	58:07	1:13:20
574	-	35:03	53:58	58:09	1:13:22
573	-	35:04	54:00	58:11	1:13:24
572	16:26	35:05	54:01	58:12	1:13:26
571	-	35:06	54:02	58:14	1:13:28
570	16:27	35:07	54:04	58:15	1:13:30
569	-	-	54:05	58:17	1:13:32
568	-	35:08	54:07	58:18	1:13:34
567	16:28	35:09	54:08	58:20	1:13:36
566	-	35:10	54:09	58:21	1:13:39
565	16:29	35:11	54:11	58:23	1:13:41
564	-	35:12	54:12	58:24	1:13:43
563	-	35:13	54:14	58:26	1:13:45
562	16:30	35:14	54:15	58:28	1:13:47
561	-	35:15	54:17	58:29	1:13:49
560	16:31	35:16	54:18	58:31	1:13:51
559	-	35:17	54:20	58:32	1:13:53
558	-	35:18	54:21	58:34	1:13:55
557	16:32	-	54:22	58:35	1:13:57
556	-	35:19	54:24	58:37	1:13:59
555	16:33	35:20	54:25	58:38	1:14:01
554	-	35:21	54:27	58:40	1:14:03
553	-	35:22	54:28	58:42	1:14:05
552	16:34	35:23	54:30	58:43	1:14:07
551	-	35:24	54:31	58:45	1:14:09

5km	10km	15km	10 Miles	20km	Points
16:35	35:25	54:33	58:46	1:14:11	550
-	35:26	54:34	58:48	1:14:13	549
-	35:27	54:35	58:49	1:14:15	548
16:36	35:28	54:37	58:51	1:14:17	547
-	35:29	54:38	58:52	1:14:19	546
16:37	35:30	54:40	58:54	1:14:21	545
-	35:31	54:41	58:56	1:14:23	544
-	35:32	54:43	58:57	1:14:25	543
16:38	-	54:44	58:59	1:14:27	542
-	35:33	54:46	59:00	1:14:30	541
16:39	35:34	54:47	59:02	1:14:32	540
-	35:35	54:49	59:04	1:14:34	539
-	35:36	54:50	59:05	1:14:36	538
16:40	35:37	54:51	59:07	1:14:38	537
-	35:38	54:53	59:08	1:14:40	536
16:41	35:39	54:54	59:10	1:14:42	535
-	35:40	54:56	59:11	1:14:44	534
-	35:41	54:57	59:13	1:14:46	533
16:42	35:42	54:59	59:15	1:14:48	532
-	35:43	55:00	59:16	1:14:50	531
16:43	35:44	55:02	59:18	1:14:52	530
-	35:45	55:03	59:19	1:14:54	529
16:44	35:46	55:05	59:21	1:14:57	528
-	35:47	55:06	59:23	1:14:59	527
-	35:48	55:08	59:24	1:15:01	526
16:45	35:49	55:09	59:26	1:15:03	525
-	35:50	55:11	59:27	1:15:05	524
16:46	-	55:12	59:29	1:15:07	523
-	35:51	55:14	59:31	1:15:09	522
-	35:52	55:15	59:32	1:15:11	521
16:47	35:53	55:17	59:34	1:15:13	520
-	35:54	55:18	59:35	1:15:15	519
16:48	35:55	55:20	59:37	1:15:18	518
-	35:56	55:21	59:39	1:15:20	517
16:49	35:57	55:23	59:40	1:15:22	516
-	35:58	55:24	59:42	1:15:24	515
-	35:59	55:26	59:44	1:15:26	514
16:50	36:00	55:27	59:45	1:15:28	513
-	36:01	55:29	59:47	1:15:30	512
16:51	36:02	55:30	59:48	1:15:32	511
-	36:03	55:32	59:50	1:15:34	510
-	36:04	55:33	59:52	1:15:37	509
16:52	36:05	55:35	59:53	1:15:39	508
-	36:06	55:36	59:55	1:15:41	507
16:53	36:07	55:38	59:57	1:15:43	506
-	36:08	55:39	59:58	1:15:45	505
16:54	36:09	55:41	1:00:00	1:15:47	504
-	36:10	55:42	1:00:01	1:15:49	503
-	36:11	55:44	1:00:03	1:15:52	502
16:55	36:12	55:45	1:00:05	1:15:54	501

Points	5km	10km	15km	10 Miles	20km
500	-	36:13	55:47	1:00:06	1:15:56
499	16:56	36:14	55:48	1:00:08	1:15:58
498	-	36:15	55:50	1:00:10	1:16:00
497	16:57	36:16	55:51	1:00:11	1:16:02
496	-	36:17	55:53	1:00:13	1:16:04
495	-	36:18	55:54	1:00:15	1:16:07
494	16:58	36:19	55:56	1:00:16	1:16:09
493	-	36:20	55:57	1:00:18	1:16:11
492	16:59	36:21	55:59	1:00:20	1:16:13
491	-	36:22	56:01	1:00:21	1:16:15
490	17:00	-	56:02	1:00:23	1:16:17
489	-	36:23	56:04	1:00:25	1:16:20
488	-	36:24	56:05	1:00:26	1:16:22
487	17:01	36:25	56:07	1:00:28	1:16:24
486	-	36:26	56:08	1:00:30	1:16:26
485	17:02	36:27	56:10	1:00:31	1:16:28
484	-	36:28	56:11	1:00:33	1:16:30
483	17:03	36:29	56:13	1:00:35	1:16:33
482	-	36:30	56:14	1:00:36	1:16:35
481	-	36:31	56:16	1:00:38	1:16:37
480	17:04	36:32	56:17	1:00:40	1:16:39
479	-	36:33	56:19	1:00:41	1:16:41
478	17:05	36:34	56:21	1:00:43	1:16:44
477	-	36:35	56:22	1:00:45	1:16:46
476	17:06	36:36	56:24	1:00:46	1:16:48
475	-	36:37	56:25	1:00:48	1:16:50
474	-	36:38	56:27	1:00:50	1:16:52
473	17:07	36:39	56:28	1:00:51	1:16:55
472	-	36:40	56:30	1:00:53	1:16:57
471	17:08	36:41	56:32	1:00:55	1:16:59
470	-	36:42	56:33	1:00:56	1:17:01
469	17:09	36:43	56:35	1:00:58	1:17:03
468	-	36:44	56:36	1:01:00	1:17:06
467	-	36:45	56:38	1:01:02	1:17:08
466	17:10	36:46	56:39	1:01:03	1:17:10
465	-	36:47	56:41	1:01:05	1:17:12
464	17:11	36:48	56:43	1:01:07	1:17:15
463	-	36:50	56:44	1:01:08	1:17:17
462	17:12	36:51	56:46	1:01:10	1:17:19
461	-	36:52	56:47	1:01:12	1:17:21
460	17:13	36:53	56:49	1:01:13	1:17:23
459	-	36:54	56:50	1:01:15	1:17:26
458	-	36:55	56:52	1:01:17	1:17:28
457	17:14	36:56	56:54	1:01:19	1:17:30
456	-	36:57	56:55	1:01:20	1:17:32
455	17:15	36:58	56:57	1:01:22	1:17:35
454	-	36:59	56:58	1:01:24	1:17:37
453	17:16	37:00	57:00	1:01:26	1:17:39
452	-	37:01	57:02	1:01:27	1:17:41
451	17:17	37:02	57:03	1:01:29	1:17:44

5km	10km	15km	10 Miles	20km	Points
-	37:03	57:05	1:01:31	1:17:46	450
-	37:04	57:06	1:01:32	1:17:48	449
17:18	37:05	57:08	1:01:34	1:17:50	448
-	37:06	57:10	1:01:36	1:17:53	447
17:19	37:07	57:11	1:01:38	1:17:55	446
-	37:08	57:13	1:01:39	1:17:57	445
17:20	37:09	57:14	1:01:41	1:18:00	444
-	37:10	57:16	1:01:43	1:18:02	443
17:21	37:11	57:18	1:01:45	1:18:04	442
-	37:12	57:19	1:01:46	1:18:06	441
17:22	37:13	57:21	1:01:48	1:18:09	440
-	37:14	57:23	1:01:50	1:18:11	439
-	37:15	57:24	1:01:52	1:18:13	438
17:23	37:16	57:26	1:01:53	1:18:16	437
-	37:17	57:27	1:01:55	1:18:18	436
17:24	37:18	57:29	1:01:57	1:18:20	435
-	37:19	57:31	1:01:59	1:18:23	434
17:25	37:20	57:32	1:02:00	1:18:25	433
-	37:22	57:34	1:02:02	1:18:27	432
17:26	37:23	57:36	1:02:04	1:18:29	431
-	37:24	57:37	1:02:06	1:18:32	430
17:27	37:25	57:39	1:02:08	1:18:34	429
-	37:26	57:41	1:02:09	1:18:36	428
-	37:27	57:42	1:02:11	1:18:39	427
17:28	37:28	57:44	1:02:13	1:18:41	426
-	37:29	57:45	1:02:15	1:18:43	425
17:29	37:30	57:47	1:02:16	1:18:46	424
-	37:31	57:49	1:02:18	1:18:48	423
17:30	37:32	57:50	1:02:20	1:18:50	422
-	37:33	57:52	1:02:22	1:18:53	421
17:31	37:34	57:54	1:02:24	1:18:55	420
-	37:35	57:55	1:02:25	1:18:57	419
17:32	37:36	57:57	1:02:27	1:19:00	418
-	37:37	57:59	1:02:29	1:19:02	417
17:33	37:38	58:00	1:02:31	1:19:04	416
-	37:40	58:02	1:02:33	1:19:07	415
-	37:41	58:04	1:02:34	1:19:09	414
17:34	37:42	58:05	1:02:36	1:19:11	413
-	37:43	58:07	1:02:38	1:19:14	412
17:35	37:44	58:09	1:02:40	1:19:16	411
-	37:45	58:10	1:02:42	1:19:19	410
17:36	37:46	58:12	1:02:43	1:19:21	409
-	37:47	58:14	1:02:45	1:19:23	408
17:37	37:48	58:15	1:02:47	1:19:26	407
-	37:49	58:17	1:02:49	1:19:28	406
17:38	37:50	58:19	1:02:51	1:19:30	405
-	37:51	58:21	1:02:53	1:19:33	404
17:39	37:53	58:22	1:02:54	1:19:35	403
-	37:54	58:24	1:02:56	1:19:38	402
17:40	37:55	58:26	1:02:58	1:19:40	401

Points	5km	10km	15km	10 Miles	20km
400	-	37:56	58:27	1:03:00	1:19:42
399	17:41	37:57	58:29	1:03:02	1:19:45
398	-	37:58	58:31	1:03:04	1:19:47
397	-	37:59	58:32	1:03:05	1:19:50
396	17:42	38:00	58:34	1:03:07	1:19:52
395	-	38:01	58:36	1:03:09	1:19:54
394	17:43	38:02	58:38	1:03:11	1:19:57
393	-	38:03	58:39	1:03:13	1:19:59
392	17:44	38:05	58:41	1:03:15	1:20:02
391	-	38:06	58:43	1:03:16	1:20:04
390	17:45	38:07	58:44	1:03:18	1:20:07
389	-	38:08	58:46	1:03:20	1:20:09
388	17:46	38:09	58:48	1:03:22	1:20:11
387	-	38:10	58:50	1:03:24	1:20:14
386	17:47	38:11	58:51	1:03:26	1:20:16
385	-	38:12	58:53	1:03:28	1:20:19
384	17:48	38:13	58:55	1:03:30	1:20:21
383	-	38:15	58:57	1:03:31	1:20:24
382	17:49	38:16	58:58	1:03:33	1:20:26
381	-	38:17	59:00	1:03:35	1:20:29
380	17:50	38:18	59:02	1:03:37	1:20:31
379	-	38:19	59:03	1:03:39	1:20:34
378	17:51	38:20	59:05	1:03:41	1:20:36
377	-	38:21	59:07	1:03:43	1:20:38
376	17:52	38:22	59:09	1:03:45	1:20:41
375	-	38:24	59:10	1:03:47	1:20:43
374	17:53	38:25	59:12	1:03:48	1:20:46
373	-	38:26	59:14	1:03:50	1:20:48
372	17:54	38:27	59:16	1:03:52	1:20:51
371	-	38:28	59:18	1:03:54	1:20:53
370	17:55	38:29	59:19	1:03:56	1:20:56
369	-	38:30	59:21	1:03:58	1:20:58
368	17:56	38:31	59:23	1:04:00	1:21:01
367	-	38:33	59:25	1:04:02	1:21:03
366	17:57	38:34	59:26	1:04:04	1:21:06
365	-	38:35	59:28	1:04:06	1:21:08
364	17:58	38:36	59:30	1:04:08	1:21:11
363	-	38:37	59:32	1:04:09	1:21:13
362	17:59	38:38	59:34	1:04:11	1:21:16
361	-	38:39	59:35	1:04:13	1:21:18
360	18:00	38:41	59:37	1:04:15	1:21:21
359	-	38:42	59:39	1:04:17	1:21:24
358	18:01	38:43	59:41	1:04:19	1:21:26
357	-	38:44	59:42	1:04:21	1:21:29
356	18:02	38:45	59:44	1:04:23	1:21:31
355	-	38:46	59:46	1:04:25	1:21:34
354	18:03	38:48	59:48	1:04:27	1:21:36
353	-	38:49	59:50	1:04:29	1:21:39
352	18:04	38:50	59:52	1:04:31	1:21:41
351	-	38:51	59:53	1:04:33	1:21:44

5km	10km	15km	10 Miles	20km	Points
18:05	38:52	59:55	1:04:35	1:21:46	350
-	38:53	59:57	1:04:37	1:21:49	349
18:06	38:55	59:59	1:04:39	1:21:52	348
-	38:56	1:00:01	1:04:41	1:21:54	347
18:07	38:57	1:00:02	1:04:43	1:21:57	346
-	38:58	1:00:04	1:04:45	1:21:59	345
18:08	38:59	1:00:06	1:04:47	1:22:02	344
-	39:00	1:00:08	1:04:49	1:22:04	343
18:09	39:02	1:00:10	1:04:51	1:22:07	342
-	39:03	1:00:12	1:04:53	1:22:10	341
18:10	39:04	1:00:13	1:04:55	1:22:12	340
-	39:05	1:00:15	1:04:57	1:22:15	339
18:11	39:06	1:00:17	1:04:59	1:22:18	338
-	39:08	1:00:19	1:05:01	1:22:20	337
18:12	39:09	1:00:21	1:05:03	1:22:23	336
-	39:10	1:00:23	1:05:05	1:22:25	335
18:13	39:11	1:00:25	1:05:07	1:22:28	334
-	39:12	1:00:26	1:05:09	1:22:31	333
18:14	39:14	1:00:28	1:05:11	1:22:33	332
-	39:15	1:00:30	1:05:13	1:22:36	331
18:15	39:16	1:00:32	1:05:15	1:22:39	330
-	39:17	1:00:34	1:05:17	1:22:41	329
18:16	39:18	1:00:36	1:05:19	1:22:44	328
-	39:20	1:00:38	1:05:21	1:22:46	327
18:17	39:21	1:00:40	1:05:23	1:22:49	326
-	39:22	1:00:41	1:05:25	1:22:52	325
18:18	39:23	1:00:43	1:05:27	1:22:54	324
18:19	39:24	1:00:45	1:05:29	1:22:57	323
-	39:26	1:00:47	1:05:31	1:23:00	322
18:20	39:27	1:00:49	1:05:33	1:23:02	321
-	39:28	1:00:51	1:05:35	1:23:05	320
18:21	39:29	1:00:53	1:05:37	1:23:08	319
-	39:30	1:00:55	1:05:39	1:23:11	318
18:22	39:32	1:00:57	1:05:41	1:23:13	317
-	39:33	1:00:59	1:05:43	1:23:16	316
18:23	39:34	1:01:00	1:05:45	1:23:19	315
-	39:35	1:01:02	1:05:47	1:23:21	314
18:24	39:37	1:01:04	1:05:49	1:23:24	313
-	39:38	1:01:06	1:05:52	1:23:27	312
18:25	39:39	1:01:08	1:05:54	1:23:29	311
-	39:40	1:01:10	1:05:56	1:23:32	310
18:26	39:42	1:01:12	1:05:58	1:23:35	309
18:27	39:43	1:01:14	1:06:00	1:23:38	308
-	39:44	1:01:16	1:06:02	1:23:40	307
18:28	39:45	1:01:18	1:06:04	1:23:43	306
-	39:47	1:01:20	1:06:06	1:23:46	305
18:29	39:48	1:01:22	1:06:08	1:23:49	304
-	39:49	1:01:24	1:06:10	1:23:51	303
18:30	39:50	1:01:26	1:06:13	1:23:54	302
-	39:52	1:01:28	1:06:15	1:23:57	301

Points	5km	10km	15km	10 Miles	20km
300	18:31	39:53	1:01:30	1:06:17	1:24:00
299	-	39:54	1:01:31	1:06:19	1:24:02
298	18:32	39:55	1:01:33	1:06:21	1:24:05
297	18:33	39:57	1:01:35	1:06:23	1:24:08
296	-	39:58	1:01:37	1:06:25	1:24:11
295	18:34	39:59	1:01:39	1:06:27	1:24:14
294	-	40:00	1:01:41	1:06:30	1:24:16
293	18:35	40:02	1:01:43	1:06:32	1:24:19
292	-	40:03	1:01:45	1:06:34	1:24:22
291	18:36	40:04	1:01:47	1:06:36	1:24:25
290	-	40:06	1:01:49	1:06:38	1:24:28
289	18:37	40:07	1:01:51	1:06:40	1:24:30
288	18:38	40:08	1:01:53	1:06:42	1:24:33
287	-	40:09	1:01:55	1:06:45	1:24:36
286	18:39	40:11	1:01:57	1:06:47	1:24:39
285	-	40:12	1:01:59	1:06:49	1:24:42
284	18:40	40:13	1:02:01	1:06:51	1:24:45
283	-	40:15	1:02:03	1:06:53	1:24:47
282	18:41	40:16	1:02:05	1:06:56	1:24:50
281	-	40:17	1:02:07	1:06:58	1:24:53
280	18:42	40:19	1:02:09	1:07:00	1:24:56
279	18:43	40:20	1:02:12	1:07:02	1:24:59
278	-	40:21	1:02:14	1:07:04	1:25:02
277	18:44	40:22	1:02:16	1:07:07	1:25:05
276	-	40:24	1:02:18	1:07:09	1:25:08
275	18:45	40:25	1:02:20	1:07:11	1:25:10
274	-	40:26	1:02:22	1:07:13	1:25:13
273	18:46	40:28	1:02:24	1:07:15	1:25:16
272	18:47	40:29	1:02:26	1:07:18	1:25:19
271	-	40:30	1:02:28	1:07:20	1:25:22
270	18:48	40:32	1:02:30	1:07:22	1:25:25
269	-	40:33	1:02:32	1:07:24	1:25:28
268	18:49	40:34	1:02:34	1:07:27	1:25:31
267	-	40:36	1:02:36	1:07:29	1:25:34
266	18:50	40:37	1:02:38	1:07:31	1:25:37
265	18:51	40:38	1:02:40	1:07:33	1:25:40
264	-	40:40	1:02:42	1:07:36	1:25:43
263	18:52	40:41	1:02:45	1:07:38	1:25:46
262	-	40:42	1:02:47	1:07:40	1:25:49
261	18:53	40:44	1:02:49	1:07:42	1:25:52
260	18:54	40:45	1:02:51	1:07:45	1:25:54
259	-	40:46	1:02:53	1:07:47	1:25:57
258	18:55	40:48	1:02:55	1:07:49	1:26:00
257	-	40:49	1:02:57	1:07:51	1:26:03
256	18:56	40:51	1:02:59	1:07:54	1:26:06
255	18:57	40:52	1:03:01	1:07:56	1:26:09
254	-	40:53	1:03:04	1:07:58	1:26:12
253	18:58	40:55	1:03:06	1:08:01	1:26:15
252	-	40:56	1:03:08	1:08:03	1:26:18
251	18:59	40:57	1:03:10	1:08:05	1:26:22

5km	10km	15km	10 Miles	20km	Points
19:00	40:59	1:03:12	1:08:08	1:26:25	250
-	41:00	1:03:14	1:08:10	1:26:28	249
19:01	41:02	1:03:16	1:08:12	1:26:31	248
-	41:03	1:03:19	1:08:15	1:26:34	247
19:02	41:04	1:03:21	1:08:17	1:26:37	246
19:03	41:06	1:03:23	1:08:19	1:26:40	245
-	41:07	1:03:25	1:08:22	1:26:43	244
19:04	41:09	1:03:27	1:08:24	1:26:46	243
-	41:10	1:03:30	1:08:26	1:26:49	242
19:05	41:11	1:03:32	1:08:29	1:26:52	241
19:06	41:13	1:03:34	1:08:31	1:26:55	240
-	41:14	1:03:36	1:08:33	1:26:58	239
19:07	41:16	1:03:38	1:08:36	1:27:01	238
-	41:17	1:03:41	1:08:38	1:27:05	237
19:08	41:18	1:03:43	1:08:41	1:27:08	236
19:09	41:20	1:03:45	1:08:43	1:27:11	235
-	41:21	1:03:47	1:08:45	1:27:14	234
19:10	41:23	1:03:49	1:08:48	1:27:17	233
19:11	41:24	1:03:52	1:08:50	1:27:20	232
-	41:26	1:03:54	1:08:53	1:27:23	231
19:12	41:27	1:03:56	1:08:55	1:27:27	230
-	41:28	1:03:58	1:08:58	1:27:30	229
19:13	41:30	1:04:01	1:09:00	1:27:33	228
19:14	41:31	1:04:03	1:09:02	1:27:36	227
-	41:33	1:04:05	1:09:05	1:27:39	226
19:15	41:34	1:04:07	1:09:07	1:27:42	225
19:16	41:36	1:04:10	1:09:10	1:27:46	224
-	41:37	1:04:12	1:09:12	1:27:49	223
19:17	41:39	1:04:14	1:09:15	1:27:52	222
-	41:40	1:04:16	1:09:17	1:27:55	221
19:18	41:42	1:04:19	1:09:20	1:27:59	220
19:19	41:43	1:04:21	1:09:22	1:28:02	219
-	41:44	1:04:23	1:09:25	1:28:05	218
19:20	41:46	1:04:26	1:09:27	1:28:08	217
19:21	41:47	1:04:28	1:09:30	1:28:12	216
-	41:49	1:04:30	1:09:32	1:28:15	215
19:22	41:50	1:04:33	1:09:35	1:28:18	214
19:23	41:52	1:04:35	1:09:37	1:28:21	213
-	41:53	1:04:37	1:09:40	1:28:25	212
19:24	41:55	1:04:40	1:09:42	1:28:28	211
19:25	41:56	1:04:42	1:09:45	1:28:31	210
-	41:58	1:04:44	1:09:47	1:28:35	209
19:26	41:59	1:04:47	1:09:50	1:28:38	208
19:27	42:01	1:04:49	1:09:52	1:28:41	207
-	42:02	1:04:51	1:09:55	1:28:45	206
19:28	42:04	1:04:54	1:09:57	1:28:48	205
19:29	42:06	1:04:56	1:10:00	1:28:51	204
-	42:07	1:04:59	1:10:03	1:28:55	203
19:30	42:09	1:05:01	1:10:05	1:28:58	202
19:31	42:10	1:05:03	1:10:08	1:29:01	201

Points	5km	10km	15km	10 Miles	20km
200	-	42:12	1:05:06	1:10:10	1:29:05
199	19:32	42:13	1:05:08	1:10:13	1:29:08
198	19:33	42:15	1:05:11	1:10:16	1:29:12
197	-	42:16	1:05:13	1:10:18	1:29:15
196	19:34	42:18	1:05:15	1:10:21	1:29:18
195	19:35	42:19	1:05:18	1:10:23	1:29:22
194	-	42:21	1:05:20	1:10:26	1:29:25
193	19:36	42:23	1:05:23	1:10:29	1:29:29
192	19:37	42:24	1:05:25	1:10:31	1:29:32
191	-	42:26	1:05:28	1:10:34	1:29:36
190	19:38	42:27	1:05:30	1:10:37	1:29:39
189	19:39	42:29	1:05:33	1:10:39	1:29:43
188	-	42:31	1:05:35	1:10:42	1:29:46
187	19:40	42:32	1:05:37	1:10:45	1:29:50
186	19:41	42:34	1:05:40	1:10:47	1:29:53
185	-	42:35	1:05:42	1:10:50	1:29:57
184	19:42	42:37	1:05:45	1:10:53	1:30:00
183	19:43	42:39	1:05:47	1:10:55	1:30:04
182	19:44	42:40	1:05:50	1:10:58	1:30:07
181	-	42:42	1:05:53	1:11:01	1:30:11
180	19:45	42:43	1:05:55	1:11:04	1:30:14
179	19:46	42:45	1:05:58	1:11:06	1:30:18
178	-	42:47	1:06:00	1:11:09	1:30:22
177	19:47	42:48	1:06:03	1:11:12	1:30:25
176	19:48	42:50	1:06:05	1:11:15	1:30:29
175	19:49	42:52	1:06:08	1:11:17	1:30:32
174	-	42:53	1:06:10	1:11:20	1:30:36
173	19:50	42:55	1:06:13	1:11:23	1:30:40
172	19:51	42:57	1:06:16	1:11:26	1:30:43
171	-	42:58	1:06:18	1:11:29	1:30:47
170	19:52	43:00	1:06:21	1:11:31	1:30:51
169	19:53	43:02	1:06:23	1:11:34	1:30:54
168	19:54	43:03	1:06:26	1:11:37	1:30:58
167	-	43:05	1:06:29	1:11:40	1:31:02
166	19:55	43:07	1:06:31	1:11:43	1:31:06
165	19:56	43:08	1:06:34	1:11:46	1:31:09
164	19:57	43:10	1:06:37	1:11:48	1:31:13
163	-	43:12	1:06:39	1:11:51	1:31:17
162	19:58	43:13	1:06:42	1:11:54	1:31:21
161	19:59	43:15	1:06:45	1:11:57	1:31:24
160	20:00	43:17	1:06:47	1:12:00	1:31:28
159	-	43:19	1:06:50	1:12:03	1:31:32
158	20:01	43:20	1:06:53	1:12:06	1:31:36
157	20:02	43:22	1:06:55	1:12:09	1:31:40
156	20:03	43:24	1:06:58	1:12:12	1:31:43
155	-	43:26	1:07:01	1:12:15	1:31:47
154	20:04	43:27	1:07:04	1:12:18	1:31:51
153	20:05	43:29	1:07:06	1:12:21	1:31:55
152	20:06	43:31	1:07:09	1:12:24	1:31:59
151	-	43:33	1:07:12	1:12:27	1:32:03

5km	10km	15km	10 Miles	20km	Points
20:07	43:34	1:07:15	1:12:30	1:32:07	150
20:08	43:36	1:07:17	1:12:33	1:32:11	149
20:09	43:38	1:07:20	1:12:36	1:32:15	148
-	43:40	1:07:23	1:12:39	1:32:19	147
20:10	43:42	1:07:26	1:12:42	1:32:22	146
20:11	43:43	1:07:29	1:12:45	1:32:26	145
20:12	43:45	1:07:31	1:12:48	1:32:30	144
20:13	43:47	1:07:34	1:12:51	1:32:34	143
-	43:49	1:07:37	1:12:54	1:32:38	142
20:14	43:51	1:07:40	1:12:57	1:32:43	141
20:15	43:53	1:07:43	1:13:00	1:32:47	140
20:16	43:54	1:07:46	1:13:03	1:32:51	139
20:17	43:56	1:07:49	1:13:06	1:32:55	138
-	43:58	1:07:51	1:13:09	1:32:59	137
20:18	44:00	1:07:54	1:13:13	1:33:03	136
20:19	44:02	1:07:57	1:13:16	1:33:07	135
20:20	44:04	1:08:00	1:13:19	1:33:11	134
20:21	44:06	1:08:03	1:13:22	1:33:15	133
20:22	44:08	1:08:06	1:13:25	1:33:20	132
-	44:10	1:08:09	1:13:28	1:33:24	131
20:23	44:11	1:08:12	1:13:32	1:33:28	130
20:24	44:13	1:08:15	1:13:35	1:33:32	129
20:25	44:15	1:08:18	1:13:38	1:33:36	128
20:26	44:17	1:08:21	1:13:41	1:33:41	127
20:27	44:19	1:08:24	1:13:45	1:33:45	126
-	44:21	1:08:27	1:13:48	1:33:49	125
20:28	44:23	1:08:30	1:13:51	1:33:53	124
20:29	44:25	1:08:33	1:13:55	1:33:58	123
20:30	44:27	1:08:36	1:13:58	1:34:02	122
20:31	44:29	1:08:39	1:14:01	1:34:06	121
20:32	44:31	1:08:42	1:14:05	1:34:11	120
20:33	44:33	1:08:46	1:14:08	1:34:15	119
-	44:35	1:08:49	1:14:11	1:34:20	118
20:34	44:37	1:08:52	1:14:15	1:34:24	117
20:35	44:39	1:08:55	1:14:18	1:34:29	116
20:36	44:41	1:08:58	1:14:21	1:34:33	115
20:37	44:43	1:09:01	1:14:25	1:34:37	114
20:38	44:45	1:09:05	1:14:28	1:34:42	113
20:39	44:47	1:09:08	1:14:32	1:34:46	112
20:40	44:49	1:09:11	1:14:35	1:34:51	111
20:41	44:51	1:09:14	1:14:39	1:34:56	110
-	44:53	1:09:17	1:14:42	1:35:00	109
20:42	44:56	1:09:21	1:14:46	1:35:05	108
20:43	44:58	1:09:24	1:14:49	1:35:09	107
20:44	45:00	1:09:27	1:14:53	1:35:14	106
20:45	45:02	1:09:31	1:14:57	1:35:19	105
20:46	45:04	1:09:34	1:15:00	1:35:23	104
20:47	45:06	1:09:37	1:15:04	1:35:28	103
20:48	45:08	1:09:41	1:15:07	1:35:33	102
20:49	45:10	1:09:44	1:15:11	1:35:38	101

Points	5km	10km	15km	10 Miles	20km
100	20:50	45:13	1:09:47	1:15:15	1:35:42
99	20:51	45:15	1:09:51	1:15:18	1:35:47
98	20:52	45:17	1:09:54	1:15:22	1:35:52
97	20:53	45:19	1:09:58	1:15:26	1:35:57
96	20:54	45:21	1:10:01	1:15:30	1:36:02
95	20:55	45:24	1:10:05	1:15:33	1:36:07
94	20:56	45:26	1:10:08	1:15:37	1:36:12
93	20:57	45:28	1:10:12	1:15:41	1:36:17
92	20:58	45:30	1:10:15	1:15:45	1:36:22
91	20:59	45:33	1:10:19	1:15:49	1:36:27
90	21:00	45:35	1:10:22	1:15:52	1:36:32
89	21:01	45:37	1:10:26	1:15:56	1:36:37
88	21:02	45:40	1:10:30	1:16:00	1:36:42
87	21:03	45:42	1:10:33	1:16:04	1:36:47
86	21:04	45:44	1:10:37	1:16:08	1:36:52
85	21:05	45:47	1:10:40	1:16:12	1:36:57
84	21:06	45:49	1:10:44	1:16:16	1:37:03
83	21:07	45:52	1:10:48	1:16:20	1:37:08
82	21:08	45:54	1:10:52	1:16:24	1:37:13
81	21:09	45:56	1:10:55	1:16:28	1:37:18
80	21:10	45:59	1:10:59	1:16:32	1:37:24
79	21:11	46:01	1:11:03	1:16:36	1:37:29
78	21:12	46:04	1:11:07	1:16:41	1:37:35
77	21:13	46:06	1:11:11	1:16:45	1:37:40
76	21:14	46:09	1:11:15	1:16:49	1:37:46
75	21:15	46:11	1:11:19	1:16:53	1:37:51
74	21:16	46:14	1:11:22	1:16:57	1:37:57
73	21:17	46:16	1:11:26	1:17:02	1:38:02
72	21:19	46:19	1:11:30	1:17:06	1:38:08
71	21:20	46:21	1:11:34	1:17:10	1:38:14
70	21:21	46:24	1:11:38	1:17:15	1:38:19
69	21:22	46:27	1:11:43	1:17:19	1:38:25
68	21:23	46:29	1:11:47	1:17:24	1:38:31
67	21:24	46:32	1:11:51	1:17:28	1:38:37
66	21:25	46:35	1:11:55	1:17:33	1:38:43
65	21:27	46:37	1:11:59	1:17:37	1:38:48
64	21:28	46:40	1:12:03	1:17:42	1:38:54
63	21:29	46:43	1:12:08	1:17:46	1:39:00
62	21:30	46:46	1:12:12	1:17:51	1:39:07
61	21:31	46:48	1:12:16	1:17:56	1:39:13
60	21:33	46:51	1:12:21	1:18:00	1:39:19
59	21:34	46:54	1:12:25	1:18:05	1:39:25
58	21:35	46:57	1:12:30	1:18:10	1:39:31
57	21:36	47:00	1:12:34	1:18:15	1:39:38
56	21:38	47:03	1:12:39	1:18:20	1:39:44
55	21:39	47:06	1:12:43	1:18:25	1:39:51
54	21:40	47:08	1:12:48	1:18:30	1:39:57
53	21:41	47:11	1:12:52	1:18:35	1:40:04
52	21:43	47:14	1:12:57	1:18:40	1:40:10
51	21:44	47:18	1:13:02	1:18:45	1:40:17

5km	10km	15km	10 Miles	20km	Points
21:45	47:21	1:13:07	1:18:50	1:40:24	50
21:47	47:24	1:13:11	1:18:55	1:40:30	49
21:48	47:27	1:13:16	1:19:00	1:40:37	48
21:49	47:30	1:13:21	1:19:06	1:40:44	47
21:51	47:33	1:13:26	1:19:11	1:40:51	46
21:52	47:36	1:13:31	1:19:17	1:40:58	45
21:54	47:40	1:13:36	1:19:22	1:41:06	44
21:55	47:43	1:13:42	1:19:28	1:41:13	43
21:57	47:46	1:13:47	1:19:33	1:41:20	42
21:58	47:50	1:13:52	1:19:39	1:41:28	41
22:00	47:53	1:13:57	1:19:45	1:41:35	40
22:01	47:57	1:14:03	1:19:51	1:41:43	39
22:03	48:00	1:14:08	1:19:57	1:41:51	38
22:04	48:04	1:14:14	1:20:03	1:41:59	37
22:06	48:07	1:14:19	1:20:09	1:42:06	36
22:07	48:11	1:14:25	1:20:15	1:42:15	35
22:09	48:15	1:14:31	1:20:21	1:42:23	34
22:11	48:19	1:14:37	1:20:27	1:42:31	33
22:12	48:22	1:14:43	1:20:34	1:42:39	32
22:14	48:26	1:14:49	1:20:40	1:42:48	31
22:16	48:30	1:14:55	1:20:47	1:42:57	30
22:17	48:34	1:15:01	1:20:54	1:43:06	29
22:19	48:38	1:15:08	1:21:01	1:43:14	28
22:21	48:43	1:15:14	1:21:08	1:43:24	27
22:23	48:47	1:15:21	1:21:15	1:43:33	26
22:25	48:51	1:15:27	1:21:22	1:43:42	25
22:27	48:55	1:15:34	1:21:30	1:43:52	24
22:29	49:00	1:15:41	1:21:37	1:44:02	23
22:31	49:05	1:15:49	1:21:45	1:44:12	22
22:33	49:09	1:15:56	1:21:53	1:44:23	21
22:35	49:14	1:16:03	1:22:01	1:44:33	20
22:37	49:19	1:16:11	1:22:09	1:44:44	19
22:39	49:24	1:16:19	1:22:18	1:44:55	18
22:41	49:29	1:16:27	1:22:27	1:45:07	17
22:44	49:35	1:16:35	1:22:36	1:45:18	16
22:46	49:40	1:16:44	1:22:45	1:45:31	15
22:49	49:46	1:16:53	1:22:55	1:45:43	14
22:51	49:52	1:17:02	1:23:05	1:45:56	13
22:54	49:58	1:17:12	1:23:15	1:46:10	12
22:57	50:05	1:17:22	1:23:26	1:46:24	11
23:00	50:11	1:17:32	1:23:37	1:46:39	10
23:03	50:18	1:17:43	1:23:49	1:46:54	9
23:06	50:26	1:17:55	1:24:02	1:47:11	8
23:09	50:34	1:18:08	1:24:15	1:47:28	7
23:13	50:42	1:18:21	1:24:30	1:47:47	6
23:17	50:52	1:18:35	1:24:45	1:48:08	5
23:22	51:02	1:18:51	1:25:03	1:48:30	4
23:27	51:14	1:19:10	1:25:22	1:48:56	3
23:33	51:28	1:19:31	1:25:46	1:49:27	2
23:41	51:46	1:19:59	1:26:16	1:50:06	1

Men's Road Running – Part II

Hommes Courses sur Route – Partie II

by Dr. Bojidar Spiriev
updated by Attila Spiriev

Points	HM	25km	30km	Marathon	100km
1400	54:55	1:05:58	1:20:24	1:56:14	5:40:36
1399	54:56	1:06:00	1:20:26	1:56:17	5:40:46
1398	54:57	1:06:02	1:20:29	1:56:21	5:40:56
1397	54:59	1:06:03	1:20:31	1:56:24	5:41:06
1396	55:00	1:06:05	1:20:33	1:56:27	5:41:16
1395	55:01	1:06:07	1:20:35	1:56:31	5:41:26
1394	55:03	1:06:08	1:20:37	1:56:34	5:41:36
1393	55:04	1:06:10	1:20:39	1:56:37	5:41:46
1392	55:06	1:06:12	1:20:42	1:56:41	5:41:56
1391	55:07	1:06:14	1:20:44	1:56:44	5:42:06
1390	55:08	1:06:15	1:20:46	1:56:47	5:42:16
1389	55:10	1:06:17	1:20:48	1:56:51	5:42:27
1388	55:11	1:06:19	1:20:50	1:56:54	5:42:37
1387	55:12	1:06:20	1:20:52	1:56:57	5:42:47
1386	55:14	1:06:22	1:20:54	1:57:00	5:42:57
1385	55:15	1:06:24	1:20:57	1:57:04	5:43:07
1384	55:17	1:06:26	1:20:59	1:57:07	5:43:17
1383	55:18	1:06:27	1:21:01	1:57:10	5:43:27
1382	55:19	1:06:29	1:21:03	1:57:14	5:43:37
1381	55:21	1:06:31	1:21:05	1:57:17	5:43:47
1380	55:22	1:06:32	1:21:07	1:57:20	5:43:58
1379	55:24	1:06:34	1:21:10	1:57:24	5:44:08
1378	55:25	1:06:36	1:21:12	1:57:27	5:44:18
1377	55:26	1:06:38	1:21:14	1:57:30	5:44:28
1376	55:28	1:06:39	1:21:16	1:57:34	5:44:38
1375	55:29	1:06:41	1:21:18	1:57:37	5:44:48
1374	55:30	1:06:43	1:21:20	1:57:40	5:44:58
1373	55:32	1:06:44	1:21:22	1:57:44	5:45:09
1372	55:33	1:06:46	1:21:25	1:57:47	5:45:19
1371	55:35	1:06:48	1:21:27	1:57:50	5:45:29
1370	55:36	1:06:50	1:21:29	1:57:54	5:45:39
1369	55:37	1:06:51	1:21:31	1:57:57	5:45:49
1368	55:39	1:06:53	1:21:33	1:58:00	5:45:59
1367	55:40	1:06:55	1:21:35	1:58:04	5:46:10
1366	55:42	1:06:56	1:21:38	1:58:07	5:46:20
1365	55:43	1:06:58	1:21:40	1:58:10	5:46:30
1364	55:44	1:07:00	1:21:42	1:58:14	5:46:40
1363	55:46	1:07:02	1:21:44	1:58:17	5:46:50
1362	55:47	1:07:03	1:21:46	1:58:20	5:47:01
1361	55:48	1:07:05	1:21:49	1:58:24	5:47:11
1360	55:50	1:07:07	1:21:51	1:58:27	5:47:21
1359	55:51	1:07:09	1:21:53	1:58:30	5:47:31
1358	55:53	1:07:10	1:21:55	1:58:34	5:47:41
1357	55:54	1:07:12	1:21:57	1:58:37	5:47:52
1356	55:55	1:07:14	1:21:59	1:58:40	5:48:02
1355	55:57	1:07:15	1:22:02	1:58:44	5:48:12
1354	55:58	1:07:17	1:22:04	1:58:47	5:48:22
1353	56:00	1:07:19	1:22:06	1:58:50	5:48:32
1352	56:01	1:07:21	1:22:08	1:58:54	5:48:43
1351	56:02	1:07:22	1:22:10	1:58:57	5:48:53

HM	25km	30km	Marathon	100km	Points
56:04	1:07:24	1:22:12	1:59:00	5:49:03	1350
56:05	1:07:26	1:22:15	1:59:04	5:49:13	1349
56:07	1:07:28	1:22:17	1:59:07	5:49:24	1348
56:08	1:07:29	1:22:19	1:59:10	5:49:34	1347
56:09	1:07:31	1:22:21	1:59:14	5:49:44	1346
56:11	1:07:33	1:22:23	1:59:17	5:49:54	1345
56:12	1:07:35	1:22:26	1:59:21	5:50:05	1344
56:14	1:07:36	1:22:28	1:59:24	5:50:15	1343
56:15	1:07:38	1:22:30	1:59:27	5:50:25	1342
56:16	1:07:40	1:22:32	1:59:31	5:50:36	1341
56:18	1:07:41	1:22:34	1:59:34	5:50:46	1340
56:19	1:07:43	1:22:37	1:59:37	5:50:56	1339
56:21	1:07:45	1:22:39	1:59:41	5:51:06	1338
56:22	1:07:47	1:22:41	1:59:44	5:51:17	1337
56:23	1:07:48	1:22:43	1:59:48	5:51:27	1336
56:25	1:07:50	1:22:45	1:59:51	5:51:37	1335
56:26	1:07:52	1:22:47	1:59:54	5:51:48	1334
56:28	1:07:54	1:22:50	1:59:58	5:51:58	1333
56:29	1:07:55	1:22:52	2:00:01	5:52:08	1332
56:31	1:07:57	1:22:54	2:00:04	5:52:18	1331
56:32	1:07:59	1:22:56	2:00:08	5:52:29	1330
56:33	1:08:01	1:22:58	2:00:11	5:52:39	1329
56:35	1:08:02	1:23:01	2:00:15	5:52:49	1328
56:36	1:08:04	1:23:03	2:00:18	5:53:00	1327
56:38	1:08:06	1:23:05	2:00:21	5:53:10	1326
56:39	1:08:08	1:23:07	2:00:25	5:53:20	1325
56:40	1:08:09	1:23:09	2:00:28	5:53:31	1324
56:42	1:08:11	1:23:12	2:00:31	5:53:41	1323
56:43	1:08:13	1:23:14	2:00:35	5:53:51	1322
56:45	1:08:15	1:23:16	2:00:38	5:54:02	1321
56:46	1:08:16	1:23:18	2:00:42	5:54:12	1320
56:47	1:08:18	1:23:20	2:00:45	5:54:23	1319
56:49	1:08:20	1:23:23	2:00:48	5:54:33	1318
56:50	1:08:22	1:23:25	2:00:52	5:54:43	1317
56:52	1:08:23	1:23:27	2:00:55	5:54:54	1316
56:53	1:08:25	1:23:29	2:00:59	5:55:04	1315
56:55	1:08:27	1:23:32	2:01:02	5:55:14	1314
56:56	1:08:29	1:23:34	2:01:05	5:55:25	1313
56:57	1:08:30	1:23:36	2:01:09	5:55:35	1312
56:59	1:08:32	1:23:38	2:01:12	5:55:46	1311
57:00	1:08:34	1:23:40	2:01:16	5:55:56	1310
57:02	1:08:36	1:23:43	2:01:19	5:56:06	1309
57:03	1:08:37	1:23:45	2:01:22	5:56:17	1308
57:04	1:08:39	1:23:47	2:01:26	5:56:27	1307
57:06	1:08:41	1:23:49	2:01:29	5:56:38	1306
57:07	1:08:43	1:23:51	2:01:33	5:56:48	1305
57:09	1:08:45	1:23:54	2:01:36	5:56:58	1304
57:10	1:08:46	1:23:56	2:01:40	5:57:09	1303
57:12	1:08:48	1:23:58	2:01:43	5:57:19	1302
57:13	1:08:50	1:24:00	2:01:46	5:57:30	1301

Points	HM	25km	30km	Marathon	100km
1300	57:14	1:08:52	1:24:03	2:01:50	5:57:40
1299	57:16	1:08:53	1:24:05	2:01:53	5:57:51
1298	57:17	1:08:55	1:24:07	2:01:57	5:58:01
1297	57:19	1:08:57	1:24:09	2:02:00	5:58:11
1296	57:20	1:08:59	1:24:11	2:02:03	5:58:22
1295	57:22	1:09:00	1:24:14	2:02:07	5:58:32
1294	57:23	1:09:02	1:24:16	2:02:10	5:58:43
1293	57:24	1:09:04	1:24:18	2:02:14	5:58:53
1292	57:26	1:09:06	1:24:20	2:02:17	5:59:04
1291	57:27	1:09:08	1:24:23	2:02:21	5:59:14
1290	57:29	1:09:09	1:24:25	2:02:24	5:59:25
1289	57:30	1:09:11	1:24:27	2:02:27	5:59:35
1288	57:32	1:09:13	1:24:29	2:02:31	5:59:46
1287	57:33	1:09:15	1:24:32	2:02:34	5:59:56
1286	57:34	1:09:16	1:24:34	2:02:38	6:00:07
1285	57:36	1:09:18	1:24:36	2:02:41	6:00:17
1284	57:37	1:09:20	1:24:38	2:02:45	6:00:28
1283	57:39	1:09:22	1:24:41	2:02:48	6:00:38
1282	57:40	1:09:24	1:24:43	2:02:52	6:00:49
1281	57:42	1:09:25	1:24:45	2:02:55	6:00:59
1280	57:43	1:09:27	1:24:47	2:02:58	6:01:10
1279	57:44	1:09:29	1:24:49	2:03:02	6:01:20
1278	57:46	1:09:31	1:24:52	2:03:05	6:01:31
1277	57:47	1:09:32	1:24:54	2:03:09	6:01:41
1276	57:49	1:09:34	1:24:56	2:03:12	6:01:52
1275	57:50	1:09:36	1:24:58	2:03:16	6:02:02
1274	57:52	1:09:38	1:25:01	2:03:19	6:02:13
1273	57:53	1:09:40	1:25:03	2:03:23	6:02:23
1272	57:55	1:09:41	1:25:05	2:03:26	6:02:34
1271	57:56	1:09:43	1:25:07	2:03:29	6:02:45
1270	57:57	1:09:45	1:25:10	2:03:33	6:02:55
1269	57:59	1:09:47	1:25:12	2:03:36	6:03:06
1268	58:00	1:09:48	1:25:14	2:03:40	6:03:16
1267	58:02	1:09:50	1:25:16	2:03:43	6:03:27
1266	58:03	1:09:52	1:25:19	2:03:47	6:03:37
1265	58:05	1:09:54	1:25:21	2:03:50	6:03:48
1264	58:06	1:09:56	1:25:23	2:03:54	6:03:59
1263	58:08	1:09:57	1:25:25	2:03:57	6:04:09
1262	58:09	1:09:59	1:25:28	2:04:01	6:04:20
1261	58:10	1:10:01	1:25:30	2:04:04	6:04:30
1260	58:12	1:10:03	1:25:32	2:04:08	6:04:41
1259	58:13	1:10:05	1:25:34	2:04:11	6:04:52
1258	58:15	1:10:06	1:25:37	2:04:15	6:05:02
1257	58:16	1:10:08	1:25:39	2:04:18	6:05:13
1256	58:18	1:10:10	1:25:41	2:04:22	6:05:23
1255	58:19	1:10:12	1:25:44	2:04:25	6:05:34
1254	58:21	1:10:14	1:25:46	2:04:28	6:05:45
1253	58:22	1:10:15	1:25:48	2:04:32	6:05:55
1252	58:23	1:10:17	1:25:50	2:04:35	6:06:06
1251	58:25	1:10:19	1:25:53	2:04:39	6:06:17

HM	25km	30km	Marathon	100km	Points
58:26	1:10:21	1:25:55	2:04:42	6:06:27	1250
58:28	1:10:23	1:25:57	2:04:46	6:06:38	1249
58:29	1:10:24	1:25:59	2:04:49	6:06:48	1248
58:31	1:10:26	1:26:02	2:04:53	6:06:59	1247
58:32	1:10:28	1:26:04	2:04:56	6:07:10	1246
58:34	1:10:30	1:26:06	2:05:00	6:07:20	1245
58:35	1:10:32	1:26:08	2:05:03	6:07:31	1244
58:37	1:10:33	1:26:11	2:05:07	6:07:42	1243
58:38	1:10:35	1:26:13	2:05:10	6:07:52	1242
58:39	1:10:37	1:26:15	2:05:14	6:08:03	1241
58:41	1:10:39	1:26:18	2:05:17	6:08:14	1240
58:42	1:10:41	1:26:20	2:05:21	6:08:25	1239
58:44	1:10:42	1:26:22	2:05:24	6:08:35	1238
58:45	1:10:44	1:26:24	2:05:28	6:08:46	1237
58:47	1:10:46	1:26:27	2:05:31	6:08:57	1236
58:48	1:10:48	1:26:29	2:05:35	6:09:07	1235
58:50	1:10:50	1:26:31	2:05:38	6:09:18	1234
58:51	1:10:52	1:26:34	2:05:42	6:09:29	1233
58:53	1:10:53	1:26:36	2:05:45	6:09:39	1232
58:54	1:10:55	1:26:38	2:05:49	6:09:50	1231
58:56	1:10:57	1:26:40	2:05:52	6:10:01	1230
58:57	1:10:59	1:26:43	2:05:56	6:10:12	1229
58:58	1:11:01	1:26:45	2:05:59	6:10:22	1228
59:00	1:11:02	1:26:47	2:06:03	6:10:33	1227
59:01	1:11:04	1:26:50	2:06:06	6:10:44	1226
59:03	1:11:06	1:26:52	2:06:10	6:10:55	1225
59:04	1:11:08	1:26:54	2:06:14	6:11:05	1224
59:06	1:11:10	1:26:56	2:06:17	6:11:16	1223
59:07	1:11:12	1:26:59	2:06:21	6:11:27	1222
59:09	1:11:13	1:27:01	2:06:24	6:11:38	1221
59:10	1:11:15	1:27:03	2:06:28	6:11:48	1220
59:12	1:11:17	1:27:06	2:06:31	6:11:59	1219
59:13	1:11:19	1:27:08	2:06:35	6:12:10	1218
59:15	1:11:21	1:27:10	2:06:38	6:12:21	1217
59:16	1:11:22	1:27:12	2:06:42	6:12:32	1216
59:18	1:11:24	1:27:15	2:06:45	6:12:42	1215
59:19	1:11:26	1:27:17	2:06:49	6:12:53	1214
59:21	1:11:28	1:27:19	2:06:52	6:13:04	1213
59:22	1:11:30	1:27:22	2:06:56	6:13:15	1212
59:24	1:11:32	1:27:24	2:06:59	6:13:26	1211
59:25	1:11:33	1:27:26	2:07:03	6:13:36	1210
59:26	1:11:35	1:27:29	2:07:07	6:13:47	1209
59:28	1:11:37	1:27:31	2:07:10	6:13:58	1208
59:29	1:11:39	1:27:33	2:07:14	6:14:09	1207
59:31	1:11:41	1:27:36	2:07:17	6:14:20	1206
59:32	1:11:43	1:27:38	2:07:21	6:14:31	1205
59:34	1:11:44	1:27:40	2:07:24	6:14:41	1204
59:35	1:11:46	1:27:42	2:07:28	6:14:52	1203
59:37	1:11:48	1:27:45	2:07:31	6:15:03	1202
59:38	1:11:50	1:27:47	2:07:35	6:15:14	1201

Points	HM	25km	30km	Marathon	100km
1200	59:40	1:11:52	1:27:49	2:07:39	6:15:25
1199	59:41	1:11:54	1:27:52	2:07:42	6:15:36
1198	59:43	1:11:56	1:27:54	2:07:46	6:15:47
1197	59:44	1:11:57	1:27:56	2:07:49	6:15:57
1196	59:46	1:11:59	1:27:59	2:07:53	6:16:08
1195	59:47	1:12:01	1:28:01	2:07:56	6:16:19
1194	59:49	1:12:03	1:28:03	2:08:00	6:16:30
1193	59:50	1:12:05	1:28:06	2:08:03	6:16:41
1192	59:52	1:12:07	1:28:08	2:08:07	6:16:52
1191	59:53	1:12:08	1:28:10	2:08:11	6:17:03
1190	59:55	1:12:10	1:28:13	2:08:14	6:17:14
1189	59:56	1:12:12	1:28:15	2:08:18	6:17:25
1188	59:58	1:12:14	1:28:17	2:08:21	6:17:36
1187	59:59	1:12:16	1:28:20	2:08:25	6:17:46
1186	1:00:01	1:12:18	1:28:22	2:08:28	6:17:57
1185	1:00:02	1:12:19	1:28:24	2:08:32	6:18:08
1184	1:00:04	1:12:21	1:28:27	2:08:36	6:18:19
1183	1:00:05	1:12:23	1:28:29	2:08:39	6:18:30
1182	1:00:07	1:12:25	1:28:31	2:08:43	6:18:41
1181	1:00:08	1:12:27	1:28:34	2:08:46	6:18:52
1180	1:00:10	1:12:29	1:28:36	2:08:50	6:19:03
1179	1:00:11	1:12:31	1:28:38	2:08:54	6:19:14
1178	1:00:13	1:12:32	1:28:41	2:08:57	6:19:25
1177	1:00:14	1:12:34	1:28:43	2:09:01	6:19:36
1176	1:00:16	1:12:36	1:28:45	2:09:04	6:19:47
1175	1:00:17	1:12:38	1:28:48	2:09:08	6:19:58
1174	1:00:19	1:12:40	1:28:50	2:09:12	6:20:09
1173	1:00:20	1:12:42	1:28:52	2:09:15	6:20:20
1172	1:00:22	1:12:44	1:28:55	2:09:19	6:20:31
1171	1:00:23	1:12:45	1:28:57	2:09:22	6:20:42
1170	1:00:25	1:12:47	1:28:59	2:09:26	6:20:53
1169	1:00:26	1:12:49	1:29:02	2:09:30	6:21:04
1168	1:00:28	1:12:51	1:29:04	2:09:33	6:21:15
1167	1:00:29	1:12:53	1:29:06	2:09:37	6:21:26
1166	1:00:31	1:12:55	1:29:09	2:09:40	6:21:37
1165	1:00:32	1:12:57	1:29:11	2:09:44	6:21:48
1164	1:00:34	1:12:59	1:29:13	2:09:48	6:21:59
1163	1:00:35	1:13:00	1:29:16	2:09:51	6:22:10
1162	1:00:37	1:13:02	1:29:18	2:09:55	6:22:21
1161	1:00:38	1:13:04	1:29:20	2:09:58	6:22:32
1160	1:00:40	1:13:06	1:29:23	2:10:02	6:22:43
1159	1:00:41	1:13:08	1:29:25	2:10:06	6:22:54
1158	1:00:43	1:13:10	1:29:27	2:10:09	6:23:05
1157	1:00:44	1:13:12	1:29:30	2:10:13	6:23:16
1156	1:00:46	1:13:13	1:29:32	2:10:17	6:23:27
1155	1:00:47	1:13:15	1:29:35	2:10:20	6:23:38
1154	1:00:49	1:13:17	1:29:37	2:10:24	6:23:50
1153	1:00:50	1:13:19	1:29:39	2:10:27	6:24:01
1152	1:00:52	1:13:21	1:29:42	2:10:31	6:24:12
1151	1:00:53	1:13:23	1:29:44	2:10:35	6:24:23

HM	25km	30km	Marathon	100km	Points
1:00:55	1:13:25	1:29:46	2:10:38	6:24:34	1150
1:00:56	1:13:27	1:29:49	2:10:42	6:24:45	1149
1:00:58	1:13:29	1:29:51	2:10:46	6:24:56	1148
1:00:59	1:13:30	1:29:53	2:10:49	6:25:07	1147
1:01:01	1:13:32	1:29:56	2:10:53	6:25:18	1146
1:01:02	1:13:34	1:29:58	2:10:57	6:25:29	1145
1:01:04	1:13:36	1:30:01	2:11:00	6:25:41	1144
1:01:05	1:13:38	1:30:03	2:11:04	6:25:52	1143
1:01:07	1:13:40	1:30:05	2:11:07	6:26:03	1142
1:01:08	1:13:42	1:30:08	2:11:11	6:26:14	1141
1:01:10	1:13:44	1:30:10	2:11:15	6:26:25	1140
1:01:11	1:13:45	1:30:12	2:11:18	6:26:36	1139
1:01:13	1:13:47	1:30:15	2:11:22	6:26:47	1138
1:01:14	1:13:49	1:30:17	2:11:26	6:26:59	1137
1:01:16	1:13:51	1:30:20	2:11:29	6:27:10	1136
1:01:18	1:13:53	1:30:22	2:11:33	6:27:21	1135
1:01:19	1:13:55	1:30:24	2:11:37	6:27:32	1134
1:01:21	1:13:57	1:30:27	2:11:40	6:27:43	1133
1:01:22	1:13:59	1:30:29	2:11:44	6:27:54	1132
1:01:24	1:14:01	1:30:31	2:11:48	6:28:06	1131
1:01:25	1:14:02	1:30:34	2:11:51	6:28:17	1130
1:01:27	1:14:04	1:30:36	2:11:55	6:28:28	1129
1:01:28	1:14:06	1:30:39	2:11:59	6:28:39	1128
1:01:30	1:14:08	1:30:41	2:12:02	6:28:50	1127
1:01:31	1:14:10	1:30:43	2:12:06	6:29:02	1126
1:01:33	1:14:12	1:30:46	2:12:10	6:29:13	1125
1:01:34	1:14:14	1:30:48	2:12:13	6:29:24	1124
1:01:36	1:14:16	1:30:51	2:12:17	6:29:35	1123
1:01:37	1:14:18	1:30:53	2:12:21	6:29:47	1122
1:01:39	1:14:20	1:30:55	2:12:24	6:29:58	1121
1:01:40	1:14:21	1:30:58	2:12:28	6:30:09	1120
1:01:42	1:14:23	1:31:00	2:12:32	6:30:20	1119
1:01:44	1:14:25	1:31:02	2:12:36	6:30:32	1118
1:01:45	1:14:27	1:31:05	2:12:39	6:30:43	1117
1:01:47	1:14:29	1:31:07	2:12:43	6:30:54	1116
1:01:48	1:14:31	1:31:10	2:12:47	6:31:05	1115
1:01:50	1:14:33	1:31:12	2:12:50	6:31:17	1114
1:01:51	1:14:35	1:31:14	2:12:54	6:31:28	1113
1:01:53	1:14:37	1:31:17	2:12:58	6:31:39	1112
1:01:54	1:14:39	1:31:19	2:13:01	6:31:50	1111
1:01:56	1:14:41	1:31:22	2:13:05	6:32:02	1110
1:01:57	1:14:42	1:31:24	2:13:09	6:32:13	1109
1:01:59	1:14:44	1:31:27	2:13:12	6:32:24	1108
1:02:01	1:14:46	1:31:29	2:13:16	6:32:36	1107
1:02:02	1:14:48	1:31:31	2:13:20	6:32:47	1106
1:02:04	1:14:50	1:31:34	2:13:24	6:32:58	1105
1:02:05	1:14:52	1:31:36	2:13:27	6:33:10	1104
1:02:07	1:14:54	1:31:39	2:13:31	6:33:21	1103
1:02:08	1:14:56	1:31:41	2:13:35	6:33:32	1102
1:02:10	1:14:58	1:31:43	2:13:38	6:33:44	1101

Points	HM	25km	30km	Marathon	100km
1100	1:02:11	1:15:00	1:31:46	2:13:42	6:33:55
1099	1:02:13	1:15:02	1:31:48	2:13:46	6:34:06
1098	1:02:14	1:15:04	1:31:51	2:13:50	6:34:18
1097	1:02:16	1:15:05	1:31:53	2:13:53	6:34:29
1096	1:02:18	1:15:07	1:31:56	2:13:57	6:34:40
1095	1:02:19	1:15:09	1:31:58	2:14:01	6:34:52
1094	1:02:21	1:15:11	1:32:00	2:14:04	6:35:03
1093	1:02:22	1:15:13	1:32:03	2:14:08	6:35:14
1092	1:02:24	1:15:15	1:32:05	2:14:12	6:35:26
1091	1:02:25	1:15:17	1:32:08	2:14:16	6:35:37
1090	1:02:27	1:15:19	1:32:10	2:14:19	6:35:49
1089	1:02:28	1:15:21	1:32:12	2:14:23	6:36:00
1088	1:02:30	1:15:23	1:32:15	2:14:27	6:36:11
1087	1:02:32	1:15:25	1:32:17	2:14:31	6:36:23
1086	1:02:33	1:15:27	1:32:20	2:14:34	6:36:34
1085	1:02:35	1:15:29	1:32:22	2:14:38	6:36:46
1084	1:02:36	1:15:31	1:32:25	2:14:42	6:36:57
1083	1:02:38	1:15:33	1:32:27	2:14:46	6:37:09
1082	1:02:39	1:15:34	1:32:30	2:14:49	6:37:20
1081	1:02:41	1:15:36	1:32:32	2:14:53	6:37:31
1080	1:02:42	1:15:38	1:32:34	2:14:57	6:37:43
1079	1:02:44	1:15:40	1:32:37	2:15:01	6:37:54
1078	1:02:46	1:15:42	1:32:39	2:15:04	6:38:06
1077	1:02:47	1:15:44	1:32:42	2:15:08	6:38:17
1076	1:02:49	1:15:46	1:32:44	2:15:12	6:38:29
1075	1:02:50	1:15:48	1:32:47	2:15:16	6:38:40
1074	1:02:52	1:15:50	1:32:49	2:15:19	6:38:52
1073	1:02:53	1:15:52	1:32:51	2:15:23	6:39:03
1072	1:02:55	1:15:54	1:32:54	2:15:27	6:39:15
1071	1:02:57	1:15:56	1:32:56	2:15:31	6:39:26
1070	1:02:58	1:15:58	1:32:59	2:15:34	6:39:38
1069	1:03:00	1:16:00	1:33:01	2:15:38	6:39:49
1068	1:03:01	1:16:02	1:33:04	2:15:42	6:40:01
1067	1:03:03	1:16:04	1:33:06	2:15:46	6:40:12
1066	1:03:04	1:16:06	1:33:09	2:15:50	6:40:24
1065	1:03:06	1:16:08	1:33:11	2:15:53	6:40:35
1064	1:03:08	1:16:09	1:33:14	2:15:57	6:40:47
1063	1:03:09	1:16:11	1:33:16	2:16:01	6:40:58
1062	1:03:11	1:16:13	1:33:18	2:16:05	6:41:10
1061	1:03:12	1:16:15	1:33:21	2:16:08	6:41:21
1060	1:03:14	1:16:17	1:33:23	2:16:12	6:41:33
1059	1:03:15	1:16:19	1:33:26	2:16:16	6:41:45
1058	1:03:17	1:16:21	1:33:28	2:16:20	6:41:56
1057	1:03:19	1:16:23	1:33:31	2:16:24	6:42:08
1056	1:03:20	1:16:25	1:33:33	2:16:27	6:42:19
1055	1:03:22	1:16:27	1:33:36	2:16:31	6:42:31
1054	1:03:23	1:16:29	1:33:38	2:16:35	6:42:42
1053	1:03:25	1:16:31	1:33:41	2:16:39	6:42:54
1052	1:03:27	1:16:33	1:33:43	2:16:43	6:43:06
1051	1:03:28	1:16:35	1:33:46	2:16:46	6:43:17

HM	25km	30km	Marathon	100km	Points
1:03:30	1:16:37	1:33:48	2:16:50	6:43:29	1050
1:03:31	1:16:39	1:33:51	2:16:54	6:43:41	1049
1:03:33	1:16:41	1:33:53	2:16:58	6:43:52	1048
1:03:34	1:16:43	1:33:56	2:17:02	6:44:04	1047
1:03:36	1:16:45	1:33:58	2:17:05	6:44:15	1046
1:03:38	1:16:47	1:34:00	2:17:09	6:44:27	1045
1:03:39	1:16:49	1:34:03	2:17:13	6:44:39	1044
1:03:41	1:16:51	1:34:05	2:17:17	6:44:50	1043
1:03:42	1:16:53	1:34:08	2:17:21	6:45:02	1042
1:03:44	1:16:55	1:34:10	2:17:24	6:45:14	1041
1:03:46	1:16:57	1:34:13	2:17:28	6:45:25	1040
1:03:47	1:16:59	1:34:15	2:17:32	6:45:37	1039
1:03:49	1:17:01	1:34:18	2:17:36	6:45:49	1038
1:03:50	1:17:03	1:34:20	2:17:40	6:46:00	1037
1:03:52	1:17:05	1:34:23	2:17:44	6:46:12	1036
1:03:54	1:17:06	1:34:25	2:17:47	6:46:24	1035
1:03:55	1:17:08	1:34:28	2:17:51	6:46:35	1034
1:03:57	1:17:10	1:34:30	2:17:55	6:46:47	1033
1:03:58	1:17:12	1:34:33	2:17:59	6:46:59	1032
1:04:00	1:17:14	1:34:35	2:18:03	6:47:11	1031
1:04:02	1:17:16	1:34:38	2:18:07	6:47:22	1030
1:04:03	1:17:18	1:34:40	2:18:10	6:47:34	1029
1:04:05	1:17:20	1:34:43	2:18:14	6:47:46	1028
1:04:06	1:17:22	1:34:45	2:18:18	6:47:58	1027
1:04:08	1:17:24	1:34:48	2:18:22	6:48:09	1026
1:04:10	1:17:26	1:34:50	2:18:26	6:48:21	1025
1:04:11	1:17:28	1:34:53	2:18:30	6:48:33	1024
1:04:13	1:17:30	1:34:55	2:18:34	6:48:45	1023
1:04:14	1:17:32	1:34:58	2:18:37	6:48:56	1022
1:04:16	1:17:34	1:35:00	2:18:41	6:49:08	1021
1:04:18	1:17:36	1:35:03	2:18:45	6:49:20	1020
1:04:19	1:17:38	1:35:05	2:18:49	6:49:32	1019
1:04:21	1:17:40	1:35:08	2:18:53	6:49:43	1018
1:04:22	1:17:42	1:35:10	2:18:57	6:49:55	1017
1:04:24	1:17:44	1:35:13	2:19:01	6:50:07	1016
1:04:26	1:17:46	1:35:15	2:19:04	6:50:19	1015
1:04:27	1:17:48	1:35:18	2:19:08	6:50:31	1014
1:04:29	1:17:50	1:35:20	2:19:12	6:50:43	1013
1:04:30	1:17:52	1:35:23	2:19:16	6:50:54	1012
1:04:32	1:17:54	1:35:25	2:19:20	6:51:06	1011
1:04:34	1:17:56	1:35:28	2:19:24	6:51:18	1010
1:04:35	1:17:58	1:35:31	2:19:28	6:51:30	1009
1:04:37	1:18:00	1:35:33	2:19:32	6:51:42	1008
1:04:39	1:18:02	1:35:36	2:19:35	6:51:54	1007
1:04:40	1:18:04	1:35:38	2:19:39	6:52:05	1006
1:04:42	1:18:06	1:35:41	2:19:43	6:52:17	1005
1:04:43	1:18:08	1:35:43	2:19:47	6:52:29	1004
1:04:45	1:18:10	1:35:46	2:19:51	6:52:41	1003
1:04:47	1:18:12	1:35:48	2:19:55	6:52:53	1002
1:04:48	1:18:14	1:35:51	2:19:59	6:53:05	1001

Points	HM	25km	30km	Marathon	100km
1000	1:04:50	1:18:16	1:35:53	2:20:03	6:53:17
999	1:04:52	1:18:18	1:35:56	2:20:07	6:53:29
998	1:04:53	1:18:20	1:35:58	2:20:10	6:53:41
997	1:04:55	1:18:22	1:36:01	2:20:14	6:53:52
996	1:04:56	1:18:24	1:36:03	2:20:18	6:54:04
995	1:04:58	1:18:26	1:36:06	2:20:22	6:54:16
994	1:05:00	1:18:28	1:36:09	2:20:26	6:54:28
993	1:05:01	1:18:31	1:36:11	2:20:30	6:54:40
992	1:05:03	1:18:33	1:36:14	2:20:34	6:54:52
991	1:05:05	1:18:35	1:36:16	2:20:38	6:55:04
990	1:05:06	1:18:37	1:36:19	2:20:42	6:55:16
989	1:05:08	1:18:39	1:36:21	2:20:46	6:55:28
988	1:05:09	1:18:41	1:36:24	2:20:50	6:55:40
987	1:05:11	1:18:43	1:36:26	2:20:54	6:55:52
986	1:05:13	1:18:45	1:36:29	2:20:57	6:56:04
985	1:05:14	1:18:47	1:36:31	2:21:01	6:56:16
984	1:05:16	1:18:49	1:36:34	2:21:05	6:56:28
983	1:05:18	1:18:51	1:36:37	2:21:09	6:56:40
982	1:05:19	1:18:53	1:36:39	2:21:13	6:56:52
981	1:05:21	1:18:55	1:36:42	2:21:17	6:57:04
980	1:05:23	1:18:57	1:36:44	2:21:21	6:57:16
979	1:05:24	1:18:59	1:36:47	2:21:25	6:57:28
978	1:05:26	1:19:01	1:36:49	2:21:29	6:57:40
977	1:05:28	1:19:03	1:36:52	2:21:33	6:57:52
976	1:05:29	1:19:05	1:36:55	2:21:37	6:58:04
975	1:05:31	1:19:07	1:36:57	2:21:41	6:58:16
974	1:05:32	1:19:09	1:37:00	2:21:45	6:58:28
973	1:05:34	1:19:11	1:37:02	2:21:49	6:58:40
972	1:05:36	1:19:13	1:37:05	2:21:53	6:58:52
971	1:05:37	1:19:15	1:37:07	2:21:57	6:59:04
970	1:05:39	1:19:17	1:37:10	2:22:01	6:59:16
969	1:05:41	1:19:19	1:37:13	2:22:04	6:59:29
968	1:05:42	1:19:21	1:37:15	2:22:08	6:59:41
967	1:05:44	1:19:23	1:37:18	2:22:12	6:59:53
966	1:05:46	1:19:25	1:37:20	2:22:16	7:00:05
965	1:05:47	1:19:28	1:37:23	2:22:20	7:00:17
964	1:05:49	1:19:30	1:37:25	2:22:24	7:00:29
963	1:05:51	1:19:32	1:37:28	2:22:28	7:00:41
962	1:05:52	1:19:34	1:37:31	2:22:32	7:00:53
961	1:05:54	1:19:36	1:37:33	2:22:36	7:01:05
960	1:05:56	1:19:38	1:37:36	2:22:40	7:01:18
959	1:05:57	1:19:40	1:37:38	2:22:44	7:01:30
958	1:05:59	1:19:42	1:37:41	2:22:48	7:01:42
957	1:06:01	1:19:44	1:37:44	2:22:52	7:01:54
956	1:06:02	1:19:46	1:37:46	2:22:56	7:02:06
955	1:06:04	1:19:48	1:37:49	2:23:00	7:02:18
954	1:06:06	1:19:50	1:37:51	2:23:04	7:02:31
953	1:06:07	1:19:52	1:37:54	2:23:08	7:02:43
952	1:06:09	1:19:54	1:37:56	2:23:12	7:02:55
951	1:06:11	1:19:56	1:37:59	2:23:16	7:03:07

HM	25km	30km	Marathon	100km	Points
1:06:12	1:19:58	1:38:02	2:23:20	7:03:19	950
1:06:14	1:20:00	1:38:04	2:23:24	7:03:32	949
1:06:16	1:20:03	1:38:07	2:23:28	7:03:44	948
1:06:17	1:20:05	1:38:09	2:23:32	7:03:56	947
1:06:19	1:20:07	1:38:12	2:23:36	7:04:08	946
1:06:21	1:20:09	1:38:15	2:23:40	7:04:21	945
1:06:22	1:20:11	1:38:17	2:23:44	7:04:33	944
1:06:24	1:20:13	1:38:20	2:23:48	7:04:45	943
1:06:26	1:20:15	1:38:23	2:23:52	7:04:57	942
1:06:27	1:20:17	1:38:25	2:23:56	7:05:10	941
1:06:29	1:20:19	1:38:28	2:24:00	7:05:22	940
1:06:31	1:20:21	1:38:30	2:24:04	7:05:34	939
1:06:32	1:20:23	1:38:33	2:24:08	7:05:46	938
1:06:34	1:20:25	1:38:36	2:24:12	7:05:59	937
1:06:36	1:20:27	1:38:38	2:24:16	7:06:11	936
1:06:37	1:20:30	1:38:41	2:24:20	7:06:23	935
1:06:39	1:20:32	1:38:43	2:24:24	7:06:36	934
1:06:41	1:20:34	1:38:46	2:24:28	7:06:48	933
1:06:42	1:20:36	1:38:49	2:24:32	7:07:00	932
1:06:44	1:20:38	1:38:51	2:24:36	7:07:13	931
1:06:46	1:20:40	1:38:54	2:24:41	7:07:25	930
1:06:47	1:20:42	1:38:57	2:24:45	7:07:37	929
1:06:49	1:20:44	1:38:59	2:24:49	7:07:50	928
1:06:51	1:20:46	1:39:02	2:24:53	7:08:02	927
1:06:52	1:20:48	1:39:05	2:24:57	7:08:14	926
1:06:54	1:20:50	1:39:07	2:25:01	7:08:27	925
1:06:56	1:20:53	1:39:10	2:25:05	7:08:39	924
1:06:58	1:20:55	1:39:12	2:25:09	7:08:51	923
1:06:59	1:20:57	1:39:15	2:25:13	7:09:04	922
1:07:01	1:20:59	1:39:18	2:25:17	7:09:16	921
1:07:03	1:21:01	1:39:20	2:25:21	7:09:29	920
1:07:04	1:21:03	1:39:23	2:25:25	7:09:41	919
1:07:06	1:21:05	1:39:26	2:25:29	7:09:54	918
1:07:08	1:21:07	1:39:28	2:25:33	7:10:06	917
1:07:09	1:21:09	1:39:31	2:25:37	7:10:18	916
1:07:11	1:21:11	1:39:34	2:25:41	7:10:31	915
1:07:13	1:21:14	1:39:36	2:25:45	7:10:43	914
1:07:15	1:21:16	1:39:39	2:25:50	7:10:56	913
1:07:16	1:21:18	1:39:42	2:25:54	7:11:08	912
1:07:18	1:21:20	1:39:44	2:25:58	7:11:21	911
1:07:20	1:21:22	1:39:47	2:26:02	7:11:33	910
1:07:21	1:21:24	1:39:49	2:26:06	7:11:46	909
1:07:23	1:21:26	1:39:52	2:26:10	7:11:58	908
1:07:25	1:21:28	1:39:55	2:26:14	7:12:11	907
1:07:26	1:21:30	1:39:57	2:26:18	7:12:23	906
1:07:28	1:21:33	1:40:00	2:26:22	7:12:36	905
1:07:30	1:21:35	1:40:03	2:26:26	7:12:48	904
1:07:32	1:21:37	1:40:05	2:26:30	7:13:01	903
1:07:33	1:21:39	1:40:08	2:26:35	7:13:13	902
1:07:35	1:21:41	1:40:11	2:26:39	7:13:26	901

Points	HM	25km	30km	Marathon	100km
900	1:07:37	1:21:43	1:40:13	2:26:43	7:13:38
899	1:07:38	1:21:45	1:40:16	2:26:47	7:13:51
898	1:07:40	1:21:47	1:40:19	2:26:51	7:14:03
897	1:07:42	1:21:50	1:40:22	2:26:55	7:14:16
896	1:07:44	1:21:52	1:40:24	2:26:59	7:14:28
895	1:07:45	1:21:54	1:40:27	2:27:03	7:14:41
894	1:07:47	1:21:56	1:40:30	2:27:07	7:14:54
893	1:07:49	1:21:58	1:40:32	2:27:12	7:15:06
892	1:07:50	1:22:00	1:40:35	2:27:16	7:15:19
891	1:07:52	1:22:02	1:40:38	2:27:20	7:15:31
890	1:07:54	1:22:04	1:40:40	2:27:24	7:15:44
889	1:07:56	1:22:07	1:40:43	2:27:28	7:15:57
888	1:07:57	1:22:09	1:40:46	2:27:32	7:16:09
887	1:07:59	1:22:11	1:40:48	2:27:36	7:16:22
886	1:08:01	1:22:13	1:40:51	2:27:41	7:16:35
885	1:08:02	1:22:15	1:40:54	2:27:45	7:16:47
884	1:08:04	1:22:17	1:40:56	2:27:49	7:17:00
883	1:08:06	1:22:19	1:40:59	2:27:53	7:17:12
882	1:08:08	1:22:22	1:41:02	2:27:57	7:17:25
881	1:08:09	1:22:24	1:41:05	2:28:01	7:17:38
880	1:08:11	1:22:26	1:41:07	2:28:05	7:17:51
879	1:08:13	1:22:28	1:41:10	2:28:10	7:18:03
878	1:08:15	1:22:30	1:41:13	2:28:14	7:18:16
877	1:08:16	1:22:32	1:41:15	2:28:18	7:18:29
876	1:08:18	1:22:34	1:41:18	2:28:22	7:18:41
875	1:08:20	1:22:37	1:41:21	2:28:26	7:18:54
874	1:08:22	1:22:39	1:41:23	2:28:30	7:19:07
873	1:08:23	1:22:41	1:41:26	2:28:35	7:19:20
872	1:08:25	1:22:43	1:41:29	2:28:39	7:19:32
871	1:08:27	1:22:45	1:41:32	2:28:43	7:19:45
870	1:08:29	1:22:47	1:41:34	2:28:47	7:19:58
869	1:08:30	1:22:50	1:41:37	2:28:51	7:20:11
868	1:08:32	1:22:52	1:41:40	2:28:55	7:20:23
867	1:08:34	1:22:54	1:41:42	2:29:00	7:20:36
866	1:08:35	1:22:56	1:41:45	2:29:04	7:20:49
865	1:08:37	1:22:58	1:41:48	2:29:08	7:21:02
864	1:08:39	1:23:00	1:41:51	2:29:12	7:21:14
863	1:08:41	1:23:03	1:41:53	2:29:16	7:21:27
862	1:08:42	1:23:05	1:41:56	2:29:21	7:21:40
861	1:08:44	1:23:07	1:41:59	2:29:25	7:21:53
860	1:08:46	1:23:09	1:42:02	2:29:29	7:22:06
859	1:08:48	1:23:11	1:42:04	2:29:33	7:22:19
858	1:08:49	1:23:13	1:42:07	2:29:37	7:22:31
857	1:08:51	1:23:16	1:42:10	2:29:42	7:22:44
856	1:08:53	1:23:18	1:42:13	2:29:46	7:22:57
855	1:08:55	1:23:20	1:42:15	2:29:50	7:23:10
854	1:08:57	1:23:22	1:42:18	2:29:54	7:23:23
853	1:08:58	1:23:24	1:42:21	2:29:59	7:23:36
852	1:09:00	1:23:26	1:42:24	2:30:03	7:23:49
851	1:09:02	1:23:29	1:42:26	2:30:07	7:24:02

HM	25km	30km	Marathon	100km	Points
1:09:04	1:23:31	1:42:29	2:30:11	7:24:14	850
1:09:05	1:23:33	1:42:32	2:30:15	7:24:27	849
1:09:07	1:23:35	1:42:35	2:30:20	7:24:40	848
1:09:09	1:23:37	1:42:37	2:30:24	7:24:53	847
1:09:11	1:23:40	1:42:40	2:30:28	7:25:06	846
1:09:12	1:23:42	1:42:43	2:30:32	7:25:19	845
1:09:14	1:23:44	1:42:46	2:30:37	7:25:32	844
1:09:16	1:23:46	1:42:48	2:30:41	7:25:45	843
1:09:18	1:23:48	1:42:51	2:30:45	7:25:58	842
1:09:19	1:23:51	1:42:54	2:30:49	7:26:11	841
1:09:21	1:23:53	1:42:57	2:30:54	7:26:24	840
1:09:23	1:23:55	1:42:59	2:30:58	7:26:37	839
1:09:25	1:23:57	1:43:02	2:31:02	7:26:50	838
1:09:27	1:23:59	1:43:05	2:31:06	7:27:03	837
1:09:28	1:24:02	1:43:08	2:31:11	7:27:16	836
1:09:30	1:24:04	1:43:10	2:31:15	7:27:29	835
1:09:32	1:24:06	1:43:13	2:31:19	7:27:42	834
1:09:34	1:24:08	1:43:16	2:31:23	7:27:55	833
1:09:35	1:24:10	1:43:19	2:31:28	7:28:08	832
1:09:37	1:24:13	1:43:22	2:31:32	7:28:21	831
1:09:39	1:24:15	1:43:24	2:31:36	7:28:34	830
1:09:41	1:24:17	1:43:27	2:31:41	7:28:47	829
1:09:43	1:24:19	1:43:30	2:31:45	7:29:00	828
1:09:44	1:24:21	1:43:33	2:31:49	7:29:13	827
1:09:46	1:24:24	1:43:35	2:31:53	7:29:26	826
1:09:48	1:24:26	1:43:38	2:31:58	7:29:40	825
1:09:50	1:24:28	1:43:41	2:32:02	7:29:53	824
1:09:52	1:24:30	1:43:44	2:32:06	7:30:06	823
1:09:53	1:24:33	1:43:47	2:32:11	7:30:19	822
1:09:55	1:24:35	1:43:49	2:32:15	7:30:32	821
1:09:57	1:24:37	1:43:52	2:32:19	7:30:45	820
1:09:59	1:24:39	1:43:55	2:32:23	7:30:58	819
1:10:00	1:24:41	1:43:58	2:32:28	7:31:11	818
1:10:02	1:24:44	1:44:01	2:32:32	7:31:25	817
1:10:04	1:24:46	1:44:03	2:32:36	7:31:38	816
1:10:06	1:24:48	1:44:06	2:32:41	7:31:51	815
1:10:08	1:24:50	1:44:09	2:32:45	7:32:04	814
1:10:09	1:24:53	1:44:12	2:32:49	7:32:17	813
1:10:11	1:24:55	1:44:15	2:32:54	7:32:31	812
1:10:13	1:24:57	1:44:18	2:32:58	7:32:44	811
1:10:15	1:24:59	1:44:20	2:33:02	7:32:57	810
1:10:17	1:25:02	1:44:23	2:33:07	7:33:10	809
1:10:19	1:25:04	1:44:26	2:33:11	7:33:23	808
1:10:20	1:25:06	1:44:29	2:33:15	7:33:37	807
1:10:22	1:25:08	1:44:32	2:33:20	7:33:50	806
1:10:24	1:25:11	1:44:34	2:33:24	7:34:03	805
1:10:26	1:25:13	1:44:37	2:33:28	7:34:16	804
1:10:28	1:25:15	1:44:40	2:33:33	7:34:30	803
1:10:29	1:25:17	1:44:43	2:33:37	7:34:43	802
1:10:31	1:25:19	1:44:46	2:33:41	7:34:56	801

Points	HM	25km	30km	Marathon	100km
800	1:10:33	1:25:22	1:44:49	2:33:46	7:35:10
799	1:10:35	1:25:24	1:44:51	2:33:50	7:35:23
798	1:10:37	1:25:26	1:44:54	2:33:55	7:35:36
797	1:10:38	1:25:29	1:44:57	2:33:59	7:35:50
796	1:10:40	1:25:31	1:45:00	2:34:03	7:36:03
795	1:10:42	1:25:33	1:45:03	2:34:08	7:36:16
794	1:10:44	1:25:35	1:45:06	2:34:12	7:36:30
793	1:10:46	1:25:38	1:45:08	2:34:16	7:36:43
792	1:10:48	1:25:40	1:45:11	2:34:21	7:36:56
791	1:10:49	1:25:42	1:45:14	2:34:25	7:37:10
790	1:10:51	1:25:44	1:45:17	2:34:30	7:37:23
789	1:10:53	1:25:47	1:45:20	2:34:34	7:37:37
788	1:10:55	1:25:49	1:45:23	2:34:38	7:37:50
787	1:10:57	1:25:51	1:45:26	2:34:43	7:38:03
786	1:10:59	1:25:53	1:45:28	2:34:47	7:38:17
785	1:11:00	1:25:56	1:45:31	2:34:52	7:38:30
784	1:11:02	1:25:58	1:45:34	2:34:56	7:38:44
783	1:11:04	1:26:00	1:45:37	2:35:00	7:38:57
782	1:11:06	1:26:03	1:45:40	2:35:05	7:39:11
781	1:11:08	1:26:05	1:45:43	2:35:09	7:39:24
780	1:11:10	1:26:07	1:45:46	2:35:14	7:39:37
779	1:11:11	1:26:09	1:45:48	2:35:18	7:39:51
778	1:11:13	1:26:12	1:45:51	2:35:22	7:40:04
777	1:11:15	1:26:14	1:45:54	2:35:27	7:40:18
776	1:11:17	1:26:16	1:45:57	2:35:31	7:40:31
775	1:11:19	1:26:19	1:46:00	2:35:36	7:40:45
774	1:11:21	1:26:21	1:46:03	2:35:40	7:40:58
773	1:11:22	1:26:23	1:46:06	2:35:45	7:41:12
772	1:11:24	1:26:25	1:46:09	2:35:49	7:41:26
771	1:11:26	1:26:28	1:46:12	2:35:53	7:41:39
770	1:11:28	1:26:30	1:46:14	2:35:58	7:41:53
769	1:11:30	1:26:32	1:46:17	2:36:02	7:42:06
768	1:11:32	1:26:35	1:46:20	2:36:07	7:42:20
767	1:11:34	1:26:37	1:46:23	2:36:11	7:42:33
766	1:11:35	1:26:39	1:46:26	2:36:16	7:42:47
765	1:11:37	1:26:41	1:46:29	2:36:20	7:43:01
764	1:11:39	1:26:44	1:46:32	2:36:25	7:43:14
763	1:11:41	1:26:46	1:46:35	2:36:29	7:43:28
762	1:11:43	1:26:48	1:46:38	2:36:33	7:43:41
761	1:11:45	1:26:51	1:46:40	2:36:38	7:43:55
760	1:11:47	1:26:53	1:46:43	2:36:42	7:44:09
759	1:11:48	1:26:55	1:46:46	2:36:47	7:44:22
758	1:11:50	1:26:58	1:46:49	2:36:51	7:44:36
757	1:11:52	1:27:00	1:46:52	2:36:56	7:44:50
756	1:11:54	1:27:02	1:46:55	2:37:00	7:45:03
755	1:11:56	1:27:05	1:46:58	2:37:05	7:45:17
754	1:11:58	1:27:07	1:47:01	2:37:09	7:45:31
753	1:12:00	1:27:09	1:47:04	2:37:14	7:45:45
752	1:12:02	1:27:12	1:47:07	2:37:18	7:45:58
751	1:12:03	1:27:14	1:47:10	2:37:23	7:46:12

HM	25km	30km	Marathon	100km	Points
1:12:05	1:27:16	1:47:13	2:37:27	7:46:26	750
1:12:07	1:27:19	1:47:16	2:37:32	7:46:39	749
1:12:09	1:27:21	1:47:18	2:37:36	7:46:53	748
1:12:11	1:27:23	1:47:21	2:37:41	7:47:07	747
1:12:13	1:27:26	1:47:24	2:37:45	7:47:21	746
1:12:15	1:27:28	1:47:27	2:37:50	7:47:35	745
1:12:17	1:27:30	1:47:30	2:37:54	7:47:48	744
1:12:18	1:27:33	1:47:33	2:37:59	7:48:02	743
1:12:20	1:27:35	1:47:36	2:38:03	7:48:16	742
1:12:22	1:27:37	1:47:39	2:38:08	7:48:30	741
1:12:24	1:27:40	1:47:42	2:38:12	7:48:44	740
1:12:26	1:27:42	1:47:45	2:38:17	7:48:57	739
1:12:28	1:27:44	1:47:48	2:38:21	7:49:11	738
1:12:30	1:27:47	1:47:51	2:38:26	7:49:25	737
1:12:32	1:27:49	1:47:54	2:38:31	7:49:39	736
1:12:34	1:27:51	1:47:57	2:38:35	7:49:53	735
1:12:35	1:27:54	1:48:00	2:38:40	7:50:07	734
1:12:37	1:27:56	1:48:03	2:38:44	7:50:21	733
1:12:39	1:27:58	1:48:06	2:38:49	7:50:35	732
1:12:41	1:28:01	1:48:09	2:38:53	7:50:48	731
1:12:43	1:28:03	1:48:12	2:38:58	7:51:02	730
1:12:45	1:28:05	1:48:14	2:39:02	7:51:16	729
1:12:47	1:28:08	1:48:17	2:39:07	7:51:30	728
1:12:49	1:28:10	1:48:20	2:39:12	7:51:44	727
1:12:51	1:28:12	1:48:23	2:39:16	7:51:58	726
1:12:53	1:28:15	1:48:26	2:39:21	7:52:12	725
1:12:55	1:28:17	1:48:29	2:39:25	7:52:26	724
1:12:56	1:28:20	1:48:32	2:39:30	7:52:40	723
1:12:58	1:28:22	1:48:35	2:39:35	7:52:54	722
1:13:00	1:28:24	1:48:38	2:39:39	7:53:08	721
1:13:02	1:28:27	1:48:41	2:39:44	7:53:22	720
1:13:04	1:28:29	1:48:44	2:39:48	7:53:36	719
1:13:06	1:28:31	1:48:47	2:39:53	7:53:50	718
1:13:08	1:28:34	1:48:50	2:39:57	7:54:04	717
1:13:10	1:28:36	1:48:53	2:40:02	7:54:18	716
1:13:12	1:28:39	1:48:56	2:40:07	7:54:32	715
1:13:14	1:28:41	1:48:59	2:40:11	7:54:47	714
1:13:16	1:28:43	1:49:02	2:40:16	7:55:01	713
1:13:18	1:28:46	1:49:05	2:40:21	7:55:15	712
1:13:19	1:28:48	1:49:08	2:40:25	7:55:29	711
1:13:21	1:28:51	1:49:11	2:40:30	7:55:43	710
1:13:23	1:28:53	1:49:14	2:40:34	7:55:57	709
1:13:25	1:28:55	1:49:17	2:40:39	7:56:11	708
1:13:27	1:28:58	1:49:20	2:40:44	7:56:25	707
1:13:29	1:29:00	1:49:23	2:40:48	7:56:40	706
1:13:31	1:29:02	1:49:26	2:40:53	7:56:54	705
1:13:33	1:29:05	1:49:29	2:40:58	7:57:08	704
1:13:35	1:29:07	1:49:32	2:41:02	7:57:22	703
1:13:37	1:29:10	1:49:35	2:41:07	7:57:36	702
1:13:39	1:29:12	1:49:38	2:41:12	7:57:50	701

Points	HM	25km	30km	Marathon	100km
700	1:13:41	1:29:15	1:49:41	2:41:16	7:58:05
699	1:13:43	1:29:17	1:49:44	2:41:21	7:58:19
698	1:13:45	1:29:19	1:49:48	2:41:26	7:58:33
697	1:13:47	1:29:22	1:49:51	2:41:30	7:58:47
696	1:13:48	1:29:24	1:49:54	2:41:35	7:59:02
695	1:13:50	1:29:27	1:49:57	2:41:40	7:59:16
694	1:13:52	1:29:29	1:50:00	2:41:44	7:59:30
693	1:13:54	1:29:31	1:50:03	2:41:49	7:59:44
692	1:13:56	1:29:34	1:50:06	2:41:54	7:59:59
691	1:13:58	1:29:36	1:50:09	2:41:58	8:00:13
690	1:14:00	1:29:39	1:50:12	2:42:03	8:00:27
689	1:14:02	1:29:41	1:50:15	2:42:08	8:00:42
688	1:14:04	1:29:44	1:50:18	2:42:12	8:00:56
687	1:14:06	1:29:46	1:50:21	2:42:17	8:01:10
686	1:14:08	1:29:48	1:50:24	2:42:22	8:01:25
685	1:14:10	1:29:51	1:50:27	2:42:26	8:01:39
684	1:14:12	1:29:53	1:50:30	2:42:31	8:01:54
683	1:14:14	1:29:56	1:50:33	2:42:36	8:02:08
682	1:14:16	1:29:58	1:50:36	2:42:41	8:02:22
681	1:14:18	1:30:01	1:50:39	2:42:45	8:02:37
680	1:14:20	1:30:03	1:50:43	2:42:50	8:02:51
679	1:14:22	1:30:05	1:50:46	2:42:55	8:03:06
678	1:14:24	1:30:08	1:50:49	2:43:00	8:03:20
677	1:14:26	1:30:10	1:50:52	2:43:04	8:03:35
676	1:14:28	1:30:13	1:50:55	2:43:09	8:03:49
675	1:14:30	1:30:15	1:50:58	2:43:14	8:04:04
674	1:14:32	1:30:18	1:51:01	2:43:19	8:04:18
673	1:14:34	1:30:20	1:51:04	2:43:23	8:04:33
672	1:14:36	1:30:23	1:51:07	2:43:28	8:04:47
671	1:14:38	1:30:25	1:51:10	2:43:33	8:05:02
670	1:14:40	1:30:28	1:51:13	2:43:38	8:05:16
669	1:14:42	1:30:30	1:51:16	2:43:42	8:05:31
668	1:14:44	1:30:32	1:51:20	2:43:47	8:05:45
667	1:14:46	1:30:35	1:51:23	2:43:52	8:06:00
666	1:14:48	1:30:37	1:51:26	2:43:57	8:06:14
665	1:14:50	1:30:40	1:51:29	2:44:01	8:06:29
664	1:14:52	1:30:42	1:51:32	2:44:06	8:06:44
663	1:14:54	1:30:45	1:51:35	2:44:11	8:06:58
662	1:14:56	1:30:47	1:51:38	2:44:16	8:07:13
661	1:14:58	1:30:50	1:51:41	2:44:21	8:07:27
660	1:15:00	1:30:52	1:51:44	2:44:25	8:07:42
659	1:15:02	1:30:55	1:51:48	2:44:30	8:07:57
658	1:15:04	1:30:57	1:51:51	2:44:35	8:08:11
657	1:15:06	1:31:00	1:51:54	2:44:40	8:08:26
656	1:15:08	1:31:02	1:51:57	2:44:45	8:08:41
655	1:15:10	1:31:05	1:52:00	2:44:49	8:08:55
654	1:15:12	1:31:07	1:52:03	2:44:54	8:09:10
653	1:15:14	1:31:10	1:52:06	2:44:59	8:09:25
652	1:15:16	1:31:12	1:52:09	2:45:04	8:09:40
651	1:15:18	1:31:15	1:52:13	2:45:09	8:09:54

HM	25km	30km	Marathon	100km	Points
1:15:20	1:31:17	1:52:16	2:45:14	8:10:09	650
1:15:22	1:31:20	1:52:19	2:45:18	8:10:24	649
1:15:24	1:31:22	1:52:22	2:45:23	8:10:39	648
1:15:26	1:31:25	1:52:25	2:45:28	8:10:53	647
1:15:28	1:31:27	1:52:28	2:45:33	8:11:08	646
1:15:30	1:31:30	1:52:32	2:45:38	8:11:23	645
1:15:32	1:31:32	1:52:35	2:45:43	8:11:38	644
1:15:34	1:31:35	1:52:38	2:45:47	8:11:53	643
1:15:36	1:31:37	1:52:41	2:45:52	8:12:08	642
1:15:38	1:31:40	1:52:44	2:45:57	8:12:22	641
1:15:40	1:31:42	1:52:47	2:46:02	8:12:37	640
1:15:42	1:31:45	1:52:51	2:46:07	8:12:52	639
1:15:44	1:31:47	1:52:54	2:46:12	8:13:07	638
1:15:46	1:31:50	1:52:57	2:46:17	8:13:22	637
1:15:48	1:31:52	1:53:00	2:46:22	8:13:37	636
1:15:50	1:31:55	1:53:03	2:46:26	8:13:52	635
1:15:52	1:31:57	1:53:06	2:46:31	8:14:07	634
1:15:54	1:32:00	1:53:10	2:46:36	8:14:22	633
1:15:56	1:32:02	1:53:13	2:46:41	8:14:37	632
1:15:58	1:32:05	1:53:16	2:46:46	8:14:52	631
1:16:00	1:32:07	1:53:19	2:46:51	8:15:07	630
1:16:02	1:32:10	1:53:22	2:46:56	8:15:22	629
1:16:04	1:32:13	1:53:26	2:47:01	8:15:37	628
1:16:06	1:32:15	1:53:29	2:47:06	8:15:52	627
1:16:08	1:32:18	1:53:32	2:47:11	8:16:07	626
1:16:10	1:32:20	1:53:35	2:47:16	8:16:22	625
1:16:13	1:32:23	1:53:38	2:47:21	8:16:37	624
1:16:15	1:32:25	1:53:42	2:47:25	8:16:52	623
1:16:17	1:32:28	1:53:45	2:47:30	8:17:07	622
1:16:19	1:32:30	1:53:48	2:47:35	8:17:22	621
1:16:21	1:32:33	1:53:51	2:47:40	8:17:37	620
1:16:23	1:32:36	1:53:54	2:47:45	8:17:52	619
1:16:25	1:32:38	1:53:58	2:47:50	8:18:07	618
1:16:27	1:32:41	1:54:01	2:47:55	8:18:23	617
1:16:29	1:32:43	1:54:04	2:48:00	8:18:38	616
1:16:31	1:32:46	1:54:07	2:48:05	8:18:53	615
1:16:33	1:32:48	1:54:11	2:48:10	8:19:08	614
1:16:35	1:32:51	1:54:14	2:48:15	8:19:23	613
1:16:37	1:32:54	1:54:17	2:48:20	8:19:38	612
1:16:39	1:32:56	1:54:20	2:48:25	8:19:54	611
1:16:42	1:32:59	1:54:24	2:48:30	8:20:09	610
1:16:44	1:33:01	1:54:27	2:48:35	8:20:24	609
1:16:46	1:33:04	1:54:30	2:48:40	8:20:39	608
1:16:48	1:33:06	1:54:33	2:48:45	8:20:55	607
1:16:50	1:33:09	1:54:37	2:48:50	8:21:10	606
1:16:52	1:33:12	1:54:40	2:48:55	8:21:25	605
1:16:54	1:33:14	1:54:43	2:49:00	8:21:41	604
1:16:56	1:33:17	1:54:46	2:49:05	8:21:56	603
1:16:58	1:33:19	1:54:50	2:49:10	8:22:11	602
1:17:00	1:33:22	1:54:53	2:49:15	8:22:27	601

Points	HM	25km	30km	Marathon	100km
600	1:17:02	1:33:25	1:54:56	2:49:20	8:22:42
599	1:17:04	1:33:27	1:54:59	2:49:25	8:22:57
598	1:17:07	1:33:30	1:55:03	2:49:30	8:23:13
597	1:17:09	1:33:32	1:55:06	2:49:35	8:23:28
596	1:17:11	1:33:35	1:55:09	2:49:40	8:23:44
595	1:17:13	1:33:38	1:55:13	2:49:45	8:23:59
594	1:17:15	1:33:40	1:55:16	2:49:50	8:24:14
593	1:17:17	1:33:43	1:55:19	2:49:55	8:24:30
592	1:17:19	1:33:45	1:55:22	2:50:01	8:24:45
591	1:17:21	1:33:48	1:55:26	2:50:06	8:25:01
590	1:17:23	1:33:51	1:55:29	2:50:11	8:25:16
589	1:17:26	1:33:53	1:55:32	2:50:16	8:25:32
588	1:17:28	1:33:56	1:55:36	2:50:21	8:25:47
587	1:17:30	1:33:59	1:55:39	2:50:26	8:26:03
586	1:17:32	1:34:01	1:55:42	2:50:31	8:26:18
585	1:17:34	1:34:04	1:55:46	2:50:36	8:26:34
584	1:17:36	1:34:06	1:55:49	2:50:41	8:26:49
583	1:17:38	1:34:09	1:55:52	2:50:46	8:27:05
582	1:17:40	1:34:12	1:55:55	2:50:51	8:27:21
581	1:17:43	1:34:14	1:55:59	2:50:57	8:27:36
580	1:17:45	1:34:17	1:56:02	2:51:02	8:27:52
579	1:17:47	1:34:20	1:56:05	2:51:07	8:28:07
578	1:17:49	1:34:22	1:56:09	2:51:12	8:28:23
577	1:17:51	1:34:25	1:56:12	2:51:17	8:28:39
576	1:17:53	1:34:28	1:56:15	2:51:22	8:28:54
575	1:17:55	1:34:30	1:56:19	2:51:27	8:29:10
574	1:17:58	1:34:33	1:56:22	2:51:32	8:29:26
573	1:18:00	1:34:36	1:56:26	2:51:38	8:29:42
572	1:18:02	1:34:38	1:56:29	2:51:43	8:29:57
571	1:18:04	1:34:41	1:56:32	2:51:48	8:30:13
570	1:18:06	1:34:44	1:56:36	2:51:53	8:30:29
569	1:18:08	1:34:46	1:56:39	2:51:58	8:30:45
568	1:18:10	1:34:49	1:56:42	2:52:03	8:31:00
567	1:18:13	1:34:52	1:56:46	2:52:09	8:31:16
566	1:18:15	1:34:54	1:56:49	2:52:14	8:31:32
565	1:18:17	1:34:57	1:56:52	2:52:19	8:31:48
564	1:18:19	1:35:00	1:56:56	2:52:24	8:32:04
563	1:18:21	1:35:02	1:56:59	2:52:29	8:32:19
562	1:18:23	1:35:05	1:57:03	2:52:34	8:32:35
561	1:18:26	1:35:08	1:57:06	2:52:40	8:32:51
560	1:18:28	1:35:10	1:57:09	2:52:45	8:33:07
559	1:18:30	1:35:13	1:57:13	2:52:50	8:33:23
558	1:18:32	1:35:16	1:57:16	2:52:55	8:33:39
557	1:18:34	1:35:18	1:57:19	2:53:01	8:33:55
556	1:18:36	1:35:21	1:57:23	2:53:06	8:34:11
555	1:18:39	1:35:24	1:57:26	2:53:11	8:34:27
554	1:18:41	1:35:27	1:57:30	2:53:16	8:34:43
553	1:18:43	1:35:29	1:57:33	2:53:21	8:34:59
552	1:18:45	1:35:32	1:57:37	2:53:27	8:35:15
551	1:18:47	1:35:35	1:57:40	2:53:32	8:35:31

HM	25km	30km	Marathon	100km	Points
1:18:50	1:35:37	1:57:43	2:53:37	8:35:47	550
1:18:52	1:35:40	1:57:47	2:53:42	8:36:03	549
1:18:54	1:35:43	1:57:50	2:53:48	8:36:19	548
1:18:56	1:35:46	1:57:54	2:53:53	8:36:35	547
1:18:58	1:35:48	1:57:57	2:53:58	8:36:51	546
1:19:01	1:35:51	1:58:00	2:54:04	8:37:07	545
1:19:03	1:35:54	1:58:04	2:54:09	8:37:23	544
1:19:05	1:35:57	1:58:07	2:54:14	8:37:40	543
1:19:07	1:35:59	1:58:11	2:54:19	8:37:56	542
1:19:09	1:36:02	1:58:14	2:54:25	8:38:12	541
1:19:12	1:36:05	1:58:18	2:54:30	8:38:28	540
1:19:14	1:36:07	1:58:21	2:54:35	8:38:44	539
1:19:16	1:36:10	1:58:25	2:54:41	8:39:01	538
1:19:18	1:36:13	1:58:28	2:54:46	8:39:17	537
1:19:20	1:36:16	1:58:32	2:54:51	8:39:33	536
1:19:23	1:36:18	1:58:35	2:54:57	8:39:49	535
1:19:25	1:36:21	1:58:38	2:55:02	8:40:06	534
1:19:27	1:36:24	1:58:42	2:55:07	8:40:22	533
1:19:29	1:36:27	1:58:45	2:55:13	8:40:38	532
1:19:32	1:36:29	1:58:49	2:55:18	8:40:54	531
1:19:34	1:36:32	1:58:52	2:55:23	8:41:11	530
1:19:36	1:36:35	1:58:56	2:55:29	8:41:27	529
1:19:38	1:36:38	1:58:59	2:55:34	8:41:44	528
1:19:40	1:36:41	1:59:03	2:55:39	8:42:00	527
1:19:43	1:36:43	1:59:06	2:55:45	8:42:16	526
1:19:45	1:36:46	1:59:10	2:55:50	8:42:33	525
1:19:47	1:36:49	1:59:13	2:55:56	8:42:49	524
1:19:49	1:36:52	1:59:17	2:56:01	8:43:06	523
1:19:52	1:36:54	1:59:20	2:56:06	8:43:22	522
1:19:54	1:36:57	1:59:24	2:56:12	8:43:39	521
1:19:56	1:37:00	1:59:27	2:56:17	8:43:55	520
1:19:58	1:37:03	1:59:31	2:56:23	8:44:12	519
1:20:01	1:37:06	1:59:34	2:56:28	8:44:28	518
1:20:03	1:37:08	1:59:38	2:56:33	8:44:45	517
1:20:05	1:37:11	1:59:41	2:56:39	8:45:01	516
1:20:07	1:37:14	1:59:45	2:56:44	8:45:18	515
1:20:10	1:37:17	1:59:48	2:56:50	8:45:34	514
1:20:12	1:37:20	1:59:52	2:56:55	8:45:51	513
1:20:14	1:37:23	1:59:56	2:57:01	8:46:08	512
1:20:17	1:37:25	1:59:59	2:57:06	8:46:24	511
1:20:19	1:37:28	2:00:03	2:57:11	8:46:41	510
1:20:21	1:37:31	2:00:06	2:57:17	8:46:58	509
1:20:23	1:37:34	2:00:10	2:57:22	8:47:14	508
1:20:26	1:37:37	2:00:13	2:57:28	8:47:31	507
1:20:28	1:37:39	2:00:17	2:57:33	8:47:48	506
1:20:30	1:37:42	2:00:20	2:57:39	8:48:04	505
1:20:33	1:37:45	2:00:24	2:57:44	8:48:21	504
1:20:35	1:37:48	2:00:28	2:57:50	8:48:38	503
1:20:37	1:37:51	2:00:31	2:57:55	8:48:55	502
1:20:39	1:37:54	2:00:35	2:58:01	8:49:12	501

Points	HM	25km	30km	Marathon	100km
500	1:20:42	1:37:56	2:00:38	2:58:06	8:49:28
499	1:20:44	1:37:59	2:00:42	2:58:12	8:49:45
498	1:20:46	1:38:02	2:00:46	2:58:17	8:50:02
497	1:20:49	1:38:05	2:00:49	2:58:23	8:50:19
496	1:20:51	1:38:08	2:00:53	2:58:28	8:50:36
495	1:20:53	1:38:11	2:00:56	2:58:34	8:50:53
494	1:20:56	1:38:14	2:01:00	2:58:40	8:51:10
493	1:20:58	1:38:16	2:01:04	2:58:45	8:51:27
492	1:21:00	1:38:19	2:01:07	2:58:51	8:51:44
491	1:21:02	1:38:22	2:01:11	2:58:56	8:52:01
490	1:21:05	1:38:25	2:01:14	2:59:02	8:52:18
489	1:21:07	1:38:28	2:01:18	2:59:07	8:52:35
488	1:21:09	1:38:31	2:01:22	2:59:13	8:52:52
487	1:21:12	1:38:34	2:01:25	2:59:18	8:53:09
486	1:21:14	1:38:37	2:01:29	2:59:24	8:53:26
485	1:21:16	1:38:40	2:01:33	2:59:30	8:53:43
484	1:21:19	1:38:42	2:01:36	2:59:35	8:54:00
483	1:21:21	1:38:45	2:01:40	2:59:41	8:54:17
482	1:21:23	1:38:48	2:01:43	2:59:46	8:54:34
481	1:21:26	1:38:51	2:01:47	2:59:52	8:54:51
480	1:21:28	1:38:54	2:01:51	2:59:58	8:55:08
479	1:21:30	1:38:57	2:01:54	3:00:03	8:55:26
478	1:21:33	1:39:00	2:01:58	3:00:09	8:55:43
477	1:21:35	1:39:03	2:02:02	3:00:15	8:56:00
476	1:21:38	1:39:06	2:02:05	3:00:20	8:56:17
475	1:21:40	1:39:09	2:02:09	3:00:26	8:56:35
474	1:21:42	1:39:12	2:02:13	3:00:32	8:56:52
473	1:21:45	1:39:14	2:02:16	3:00:37	8:57:09
472	1:21:47	1:39:17	2:02:20	3:00:43	8:57:26
471	1:21:49	1:39:20	2:02:24	3:00:49	8:57:44
470	1:21:52	1:39:23	2:02:28	3:00:54	8:58:01
469	1:21:54	1:39:26	2:02:31	3:01:00	8:58:19
468	1:21:56	1:39:29	2:02:35	3:01:06	8:58:36
467	1:21:59	1:39:32	2:02:39	3:01:11	8:58:53
466	1:22:01	1:39:35	2:02:42	3:01:17	8:59:11
465	1:22:04	1:39:38	2:02:46	3:01:23	8:59:28
464	1:22:06	1:39:41	2:02:50	3:01:29	8:59:46
463	1:22:08	1:39:44	2:02:54	3:01:34	9:00:03
462	1:22:11	1:39:47	2:02:57	3:01:40	9:00:21
461	1:22:13	1:39:50	2:03:01	3:01:46	9:00:38
460	1:22:16	1:39:53	2:03:05	3:01:51	9:00:56
459	1:22:18	1:39:56	2:03:08	3:01:57	9:01:13
458	1:22:20	1:39:59	2:03:12	3:02:03	9:01:31
457	1:22:23	1:40:02	2:03:16	3:02:09	9:01:48
456	1:22:25	1:40:05	2:03:20	3:02:14	9:02:06
455	1:22:28	1:40:08	2:03:23	3:02:20	9:02:24
454	1:22:30	1:40:11	2:03:27	3:02:26	9:02:41
453	1:22:32	1:40:14	2:03:31	3:02:32	9:02:59
452	1:22:35	1:40:17	2:03:35	3:02:38	9:03:17
451	1:22:37	1:40:20	2:03:39	3:02:43	9:03:34

HM	25km	30km	Marathon	100km	Points
1:22:40	1:40:23	2:03:42	3:02:49	9:03:52	450
1:22:42	1:40:26	2:03:46	3:02:55	9:04:10	449
1:22:44	1:40:29	2:03:50	3:03:01	9:04:28	448
1:22:47	1:40:32	2:03:54	3:03:07	9:04:45	447
1:22:49	1:40:35	2:03:57	3:03:13	9:05:03	446
1:22:52	1:40:38	2:04:01	3:03:18	9:05:21	445
1:22:54	1:40:41	2:04:05	3:03:24	9:05:39	444
1:22:57	1:40:44	2:04:09	3:03:30	9:05:57	443
1:22:59	1:40:47	2:04:13	3:03:36	9:06:15	442
1:23:02	1:40:50	2:04:16	3:03:42	9:06:33	441
1:23:04	1:40:53	2:04:20	3:03:48	9:06:51	440
1:23:06	1:40:56	2:04:24	3:03:54	9:07:08	439
1:23:09	1:40:59	2:04:28	3:03:59	9:07:26	438
1:23:11	1:41:02	2:04:32	3:04:05	9:07:44	437
1:23:14	1:41:05	2:04:36	3:04:11	9:08:02	436
1:23:16	1:41:08	2:04:39	3:04:17	9:08:20	435
1:23:19	1:41:11	2:04:43	3:04:23	9:08:39	434
1:23:21	1:41:14	2:04:47	3:04:29	9:08:57	433
1:23:24	1:41:17	2:04:51	3:04:35	9:09:15	432
1:23:26	1:41:20	2:04:55	3:04:41	9:09:33	431
1:23:29	1:41:23	2:04:59	3:04:47	9:09:51	430
1:23:31	1:41:27	2:05:03	3:04:53	9:10:09	429
1:23:34	1:41:30	2:05:06	3:04:59	9:10:27	428
1:23:36	1:41:33	2:05:10	3:05:05	9:10:46	427
1:23:39	1:41:36	2:05:14	3:05:11	9:11:04	426
1:23:41	1:41:39	2:05:18	3:05:17	9:11:22	425
1:23:44	1:41:42	2:05:22	3:05:23	9:11:40	424
1:23:46	1:41:45	2:05:26	3:05:29	9:11:59	423
1:23:49	1:41:48	2:05:30	3:05:35	9:12:17	422
1:23:51	1:41:51	2:05:34	3:05:41	9:12:35	421
1:23:54	1:41:54	2:05:38	3:05:47	9:12:54	420
1:23:56	1:41:57	2:05:42	3:05:53	9:13:12	419
1:23:59	1:42:01	2:05:45	3:05:59	9:13:30	418
1:24:01	1:42:04	2:05:49	3:06:05	9:13:49	417
1:24:04	1:42:07	2:05:53	3:06:11	9:14:07	416
1:24:06	1:42:10	2:05:57	3:06:17	9:14:26	415
1:24:09	1:42:13	2:06:01	3:06:23	9:14:44	414
1:24:11	1:42:16	2:06:05	3:06:29	9:15:03	413
1:24:14	1:42:19	2:06:09	3:06:35	9:15:21	412
1:24:16	1:42:22	2:06:13	3:06:41	9:15:40	411
1:24:19	1:42:26	2:06:17	3:06:47	9:15:58	410
1:24:21	1:42:29	2:06:21	3:06:53	9:16:17	409
1:24:24	1:42:32	2:06:25	3:06:59	9:16:36	408
1:24:26	1:42:35	2:06:29	3:07:05	9:16:54	407
1:24:29	1:42:38	2:06:33	3:07:12	9:17:13	406
1:24:31	1:42:41	2:06:37	3:07:18	9:17:32	405
1:24:34	1:42:45	2:06:41	3:07:24	9:17:50	404
1:24:37	1:42:48	2:06:45	3:07:30	9:18:09	403
1:24:39	1:42:51	2:06:49	3:07:36	9:18:28	402
1:24:42	1:42:54	2:06:53	3:07:42	9:18:46	401

Points	HM	25km	30km	Marathon	100km
400	1:24:44	1:42:57	2:06:57	3:07:48	9:19:05
399	1:24:47	1:43:00	2:07:01	3:07:55	9:19:24
398	1:24:49	1:43:04	2:07:05	3:08:01	9:19:43
397	1:24:52	1:43:07	2:07:09	3:08:07	9:20:02
396	1:24:55	1:43:10	2:07:13	3:08:13	9:20:21
395	1:24:57	1:43:13	2:07:17	3:08:19	9:20:40
394	1:25:00	1:43:16	2:07:21	3:08:25	9:20:59
393	1:25:02	1:43:20	2:07:25	3:08:32	9:21:18
392	1:25:05	1:43:23	2:07:29	3:08:38	9:21:37
391	1:25:08	1:43:26	2:07:33	3:08:44	9:21:56
390	1:25:10	1:43:29	2:07:37	3:08:50	9:22:15
389	1:25:13	1:43:33	2:07:41	3:08:57	9:22:34
388	1:25:15	1:43:36	2:07:45	3:09:03	9:22:53
387	1:25:18	1:43:39	2:07:49	3:09:09	9:23:12
386	1:25:21	1:43:42	2:07:53	3:09:15	9:23:31
385	1:25:23	1:43:46	2:07:58	3:09:22	9:23:50
384	1:25:26	1:43:49	2:08:02	3:09:28	9:24:09
383	1:25:28	1:43:52	2:08:06	3:09:34	9:24:29
382	1:25:31	1:43:55	2:08:10	3:09:41	9:24:48
381	1:25:34	1:43:59	2:08:14	3:09:47	9:25:07
380	1:25:36	1:44:02	2:08:18	3:09:53	9:25:26
379	1:25:39	1:44:05	2:08:22	3:10:00	9:25:46
378	1:25:42	1:44:08	2:08:26	3:10:06	9:26:05
377	1:25:44	1:44:12	2:08:30	3:10:12	9:26:25
376	1:25:47	1:44:15	2:08:35	3:10:19	9:26:44
375	1:25:50	1:44:18	2:08:39	3:10:25	9:27:03
374	1:25:52	1:44:21	2:08:43	3:10:31	9:27:23
373	1:25:55	1:44:25	2:08:47	3:10:38	9:27:42
372	1:25:58	1:44:28	2:08:51	3:10:44	9:28:02
371	1:26:00	1:44:31	2:08:55	3:10:50	9:28:21
370	1:26:03	1:44:35	2:08:59	3:10:57	9:28:41
369	1:26:06	1:44:38	2:09:04	3:11:03	9:29:00
368	1:26:08	1:44:41	2:09:08	3:11:10	9:29:20
367	1:26:11	1:44:45	2:09:12	3:11:16	9:29:40
366	1:26:14	1:44:48	2:09:16	3:11:23	9:29:59
365	1:26:16	1:44:51	2:09:20	3:11:29	9:30:19
364	1:26:19	1:44:55	2:09:25	3:11:35	9:30:39
363	1:26:22	1:44:58	2:09:29	3:11:42	9:30:58
362	1:26:24	1:45:01	2:09:33	3:11:48	9:31:18
361	1:26:27	1:45:05	2:09:37	3:11:55	9:31:38
360	1:26:30	1:45:08	2:09:41	3:12:01	9:31:58
359	1:26:32	1:45:11	2:09:46	3:12:08	9:32:18
358	1:26:35	1:45:15	2:09:50	3:12:14	9:32:38
357	1:26:38	1:45:18	2:09:54	3:12:21	9:32:57
356	1:26:41	1:45:21	2:09:58	3:12:27	9:33:17
355	1:26:43	1:45:25	2:10:03	3:12:34	9:33:37
354	1:26:46	1:45:28	2:10:07	3:12:41	9:33:57
353	1:26:49	1:45:32	2:10:11	3:12:47	9:34:17
352	1:26:52	1:45:35	2:10:15	3:12:54	9:34:37
351	1:26:54	1:45:38	2:10:20	3:13:00	9:34:57

HM	25km	30km	Marathon	100km	Points
1:26:57	1:45:42	2:10:24	3:13:07	9:35:18	350
1:27:00	1:45:45	2:10:28	3:13:13	9:35:38	349
1:27:03	1:45:49	2:10:33	3:13:20	9:35:58	348
1:27:05	1:45:52	2:10:37	3:13:27	9:36:18	347
1:27:08	1:45:56	2:10:41	3:13:33	9:36:38	346
1:27:11	1:45:59	2:10:45	3:13:40	9:36:59	345
1:27:14	1:46:02	2:10:50	3:13:47	9:37:19	344
1:27:16	1:46:06	2:10:54	3:13:53	9:37:39	343
1:27:19	1:46:09	2:10:58	3:14:00	9:37:59	342
1:27:22	1:46:13	2:11:03	3:14:07	9:38:20	341
1:27:25	1:46:16	2:11:07	3:14:13	9:38:40	340
1:27:27	1:46:20	2:11:11	3:14:20	9:39:01	339
1:27:30	1:46:23	2:11:16	3:14:27	9:39:21	338
1:27:33	1:46:27	2:11:20	3:14:33	9:39:42	337
1:27:36	1:46:30	2:11:25	3:14:40	9:40:02	336
1:27:39	1:46:33	2:11:29	3:14:47	9:40:23	335
1:27:41	1:46:37	2:11:33	3:14:54	9:40:43	334
1:27:44	1:46:40	2:11:38	3:15:00	9:41:04	333
1:27:47	1:46:44	2:11:42	3:15:07	9:41:24	332
1:27:50	1:46:47	2:11:46	3:15:14	9:41:45	331
1:27:53	1:46:51	2:11:51	3:15:21	9:42:06	330
1:27:56	1:46:54	2:11:55	3:15:27	9:42:27	329
1:27:58	1:46:58	2:12:00	3:15:34	9:42:47	328
1:28:01	1:47:01	2:12:04	3:15:41	9:43:08	327
1:28:04	1:47:05	2:12:09	3:15:48	9:43:29	326
1:28:07	1:47:09	2:12:13	3:15:55	9:43:50	325
1:28:10	1:47:12	2:12:17	3:16:01	9:44:11	324
1:28:13	1:47:16	2:12:22	3:16:08	9:44:32	323
1:28:16	1:47:19	2:12:26	3:16:15	9:44:53	322
1:28:18	1:47:23	2:12:31	3:16:22	9:45:14	321
1:28:21	1:47:26	2:12:35	3:16:29	9:45:35	320
1:28:24	1:47:30	2:12:40	3:16:36	9:45:56	319
1:28:27	1:47:33	2:12:44	3:16:43	9:46:17	318
1:28:30	1:47:37	2:12:49	3:16:50	9:46:38	317
1:28:33	1:47:41	2:12:53	3:16:57	9:46:59	316
1:28:36	1:47:44	2:12:58	3:17:04	9:47:20	315
1:28:39	1:47:48	2:13:02	3:17:11	9:47:41	314
1:28:41	1:47:51	2:13:07	3:17:17	9:48:03	313
1:28:44	1:47:55	2:13:11	3:17:24	9:48:24	312
1:28:47	1:47:59	2:13:16	3:17:31	9:48:45	311
1:28:50	1:48:02	2:13:21	3:17:38	9:49:07	310
1:28:53	1:48:06	2:13:25	3:17:45	9:49:28	309
1:28:56	1:48:09	2:13:30	3:17:52	9:49:49	308
1:28:59	1:48:13	2:13:34	3:17:59	9:50:11	307
1:29:02	1:48:17	2:13:39	3:18:07	9:50:32	306
1:29:05	1:48:20	2:13:43	3:18:14	9:50:54	305
1:29:08	1:48:24	2:13:48	3:18:21	9:51:16	304
1:29:11	1:48:28	2:13:53	3:18:28	9:51:37	303
1:29:14	1:48:31	2:13:57	3:18:35	9:51:59	302
1:29:17	1:48:35	2:14:02	3:18:42	9:52:20	301

Points	HM	25km	30km	Marathon	100km
300	1:29:20	1:48:39	2:14:06	3:18:49	9:52:42
299	1:29:23	1:48:42	2:14:11	3:18:56	9:53:04
298	1:29:26	1:48:46	2:14:16	3:19:03	9:53:26
297	1:29:29	1:48:50	2:14:20	3:19:10	9:53:48
296	1:29:32	1:48:53	2:14:25	3:19:18	9:54:09
295	1:29:35	1:48:57	2:14:30	3:19:25	9:54:31
294	1:29:38	1:49:01	2:14:34	3:19:32	9:54:53
293	1:29:41	1:49:05	2:14:39	3:19:39	9:55:15
292	1:29:44	1:49:08	2:14:44	3:19:46	9:55:37
291	1:29:47	1:49:12	2:14:48	3:19:54	9:55:59
290	1:29:50	1:49:16	2:14:53	3:20:01	9:56:21
289	1:29:53	1:49:19	2:14:58	3:20:08	9:56:43
288	1:29:56	1:49:23	2:15:03	3:20:15	9:57:06
287	1:29:59	1:49:27	2:15:07	3:20:23	9:57:28
286	1:30:02	1:49:31	2:15:12	3:20:30	9:57:50
285	1:30:05	1:49:35	2:15:17	3:20:37	9:58:12
284	1:30:08	1:49:38	2:15:22	3:20:44	9:58:35
283	1:30:11	1:49:42	2:15:26	3:20:52	9:58:57
282	1:30:14	1:49:46	2:15:31	3:20:59	9:59:19
281	1:30:17	1:49:50	2:15:36	3:21:06	9:59:42
280	1:30:20	1:49:53	2:15:41	3:21:14	10:00:04
279	1:30:23	1:49:57	2:15:45	3:21:21	10:00:27
278	1:30:26	1:50:01	2:15:50	3:21:29	10:00:49
277	1:30:29	1:50:05	2:15:55	3:21:36	10:01:12
276	1:30:32	1:50:09	2:16:00	3:21:43	10:01:35
275	1:30:35	1:50:13	2:16:05	3:21:51	10:01:57
274	1:30:39	1:50:16	2:16:10	3:21:58	10:02:20
273	1:30:42	1:50:20	2:16:14	3:22:06	10:02:43
272	1:30:45	1:50:24	2:16:19	3:22:13	10:03:05
271	1:30:48	1:50:28	2:16:24	3:22:21	10:03:28
270	1:30:51	1:50:32	2:16:29	3:22:28	10:03:51
269	1:30:54	1:50:36	2:16:34	3:22:36	10:04:14
268	1:30:57	1:50:40	2:16:39	3:22:43	10:04:37
267	1:31:00	1:50:44	2:16:44	3:22:51	10:05:00
266	1:31:04	1:50:47	2:16:49	3:22:58	10:05:23
265	1:31:07	1:50:51	2:16:53	3:23:06	10:05:46
264	1:31:10	1:50:55	2:16:58	3:23:13	10:06:09
263	1:31:13	1:50:59	2:17:03	3:23:21	10:06:33
262	1:31:16	1:51:03	2:17:08	3:23:29	10:06:56
261	1:31:19	1:51:07	2:17:13	3:23:36	10:07:19
260	1:31:23	1:51:11	2:17:18	3:23:44	10:07:42
259	1:31:26	1:51:15	2:17:23	3:23:52	10:08:06
258	1:31:29	1:51:19	2:17:28	3:23:59	10:08:29
257	1:31:32	1:51:23	2:17:33	3:24:07	10:08:53
256	1:31:35	1:51:27	2:17:38	3:24:15	10:09:16
255	1:31:39	1:51:31	2:17:43	3:24:22	10:09:40
254	1:31:42	1:51:35	2:17:48	3:24:30	10:10:03
253	1:31:45	1:51:39	2:17:53	3:24:38	10:10:27
252	1:31:48	1:51:43	2:17:58	3:24:46	10:10:51
251	1:31:51	1:51:47	2:18:03	3:24:53	10:11:14

HM	25km	30km	Marathon	100km	Points
1:31:55	1:51:51	2:18:08	3:25:01	10:11:38	250
1:31:58	1:51:55	2:18:13	3:25:09	10:12:02	249
1:32:01	1:51:59	2:18:19	3:25:17	10:12:26	248
1:32:04	1:52:03	2:18:24	3:25:25	10:12:50	247
1:32:08	1:52:07	2:18:29	3:25:32	10:13:14	246
1:32:11	1:52:11	2:18:34	3:25:40	10:13:38	245
1:32:14	1:52:15	2:18:39	3:25:48	10:14:02	244
1:32:18	1:52:19	2:18:44	3:25:56	10:14:26	243
1:32:21	1:52:23	2:18:49	3:26:04	10:14:50	242
1:32:24	1:52:28	2:18:54	3:26:12	10:15:14	241
1:32:28	1:52:32	2:19:00	3:26:20	10:15:39	240
1:32:31	1:52:36	2:19:05	3:26:28	10:16:03	239
1:32:34	1:52:40	2:19:10	3:26:36	10:16:27	238
1:32:38	1:52:44	2:19:15	3:26:44	10:16:52	237
1:32:41	1:52:48	2:19:20	3:26:52	10:17:16	236
1:32:44	1:52:52	2:19:26	3:27:00	10:17:41	235
1:32:48	1:52:56	2:19:31	3:27:08	10:18:05	234
1:32:51	1:53:01	2:19:36	3:27:16	10:18:30	233
1:32:54	1:53:05	2:19:41	3:27:24	10:18:55	232
1:32:58	1:53:09	2:19:47	3:27:32	10:19:19	231
1:33:01	1:53:13	2:19:52	3:27:40	10:19:44	230
1:33:04	1:53:17	2:19:57	3:27:48	10:20:09	229
1:33:08	1:53:22	2:20:03	3:27:57	10:20:34	228
1:33:11	1:53:26	2:20:08	3:28:05	10:20:59	227
1:33:15	1:53:30	2:20:13	3:28:13	10:21:24	226
1:33:18	1:53:34	2:20:18	3:28:21	10:21:49	225
1:33:22	1:53:39	2:20:24	3:28:29	10:22:14	224
1:33:25	1:53:43	2:20:29	3:28:38	10:22:39	223
1:33:28	1:53:47	2:20:35	3:28:46	10:23:04	222
1:33:32	1:53:51	2:20:40	3:28:54	10:23:30	221
1:33:35	1:53:56	2:20:45	3:29:02	10:23:55	220
1:33:39	1:54:00	2:20:51	3:29:11	10:24:20	219
1:33:42	1:54:04	2:20:56	3:29:19	10:24:46	218
1:33:46	1:54:09	2:21:02	3:29:27	10:25:11	217
1:33:49	1:54:13	2:21:07	3:29:36	10:25:37	216
1:33:53	1:54:17	2:21:13	3:29:44	10:26:03	215
1:33:56	1:54:22	2:21:18	3:29:53	10:26:28	214
1:34:00	1:54:26	2:21:24	3:30:01	10:26:54	213
1:34:03	1:54:30	2:21:29	3:30:10	10:27:20	212
1:34:07	1:54:35	2:21:35	3:30:18	10:27:46	211
1:34:10	1:54:39	2:21:40	3:30:27	10:28:12	210
1:34:14	1:54:44	2:21:46	3:30:35	10:28:38	209
1:34:17	1:54:48	2:21:51	3:30:44	10:29:04	208
1:34:21	1:54:52	2:21:57	3:30:52	10:29:30	207
1:34:25	1:54:57	2:22:02	3:31:01	10:29:56	206
1:34:28	1:55:01	2:22:08	3:31:09	10:30:22	205
1:34:32	1:55:06	2:22:13	3:31:18	10:30:49	204
1:34:35	1:55:10	2:22:19	3:31:27	10:31:15	203
1:34:39	1:55:15	2:22:25	3:31:35	10:31:41	202
1:34:43	1:55:19	2:22:30	3:31:44	10:32:08	201

Points	HM	25km	30km	Marathon	100km
200	1:34:46	1:55:24	2:22:36	3:31:53	10:32:35
199	1:34:50	1:55:28	2:22:42	3:32:01	10:33:01
198	1:34:54	1:55:33	2:22:47	3:32:10	10:33:28
197	1:34:57	1:55:37	2:22:53	3:32:19	10:33:55
196	1:35:01	1:55:42	2:22:59	3:32:28	10:34:22
195	1:35:05	1:55:46	2:23:05	3:32:37	10:34:48
194	1:35:08	1:55:51	2:23:10	3:32:45	10:35:15
193	1:35:12	1:55:55	2:23:16	3:32:54	10:35:43
192	1:35:16	1:56:00	2:23:22	3:33:03	10:36:10
191	1:35:19	1:56:05	2:23:28	3:33:12	10:36:37
190	1:35:23	1:56:09	2:23:33	3:33:21	10:37:04
189	1:35:27	1:56:14	2:23:39	3:33:30	10:37:31
188	1:35:31	1:56:19	2:23:45	3:33:39	10:37:59
187	1:35:34	1:56:23	2:23:51	3:33:48	10:38:26
186	1:35:38	1:56:28	2:23:57	3:33:57	10:38:54
185	1:35:42	1:56:33	2:24:03	3:34:06	10:39:22
184	1:35:46	1:56:37	2:24:09	3:34:15	10:39:49
183	1:35:49	1:56:42	2:24:15	3:34:24	10:40:17
182	1:35:53	1:56:47	2:24:20	3:34:33	10:40:45
181	1:35:57	1:56:51	2:24:26	3:34:42	10:41:13
180	1:36:01	1:56:56	2:24:32	3:34:52	10:41:41
179	1:36:05	1:57:01	2:24:38	3:35:01	10:42:09
178	1:36:09	1:57:06	2:24:44	3:35:10	10:42:37
177	1:36:12	1:57:10	2:24:50	3:35:19	10:43:05
176	1:36:16	1:57:15	2:24:56	3:35:29	10:43:34
175	1:36:20	1:57:20	2:25:02	3:35:38	10:44:02
174	1:36:24	1:57:25	2:25:09	3:35:47	10:44:31
173	1:36:28	1:57:30	2:25:15	3:35:57	10:44:59
172	1:36:32	1:57:35	2:25:21	3:36:06	10:45:28
171	1:36:36	1:57:39	2:25:27	3:36:15	10:45:57
170	1:36:40	1:57:44	2:25:33	3:36:25	10:46:25
169	1:36:44	1:57:49	2:25:39	3:36:34	10:46:54
168	1:36:48	1:57:54	2:25:45	3:36:44	10:47:23
167	1:36:52	1:57:59	2:25:52	3:36:53	10:47:52
166	1:36:56	1:58:04	2:25:58	3:37:03	10:48:22
165	1:37:00	1:58:09	2:26:04	3:37:12	10:48:51
164	1:37:04	1:58:14	2:26:10	3:37:22	10:49:20
163	1:37:08	1:58:19	2:26:16	3:37:32	10:49:50
162	1:37:12	1:58:24	2:26:23	3:37:41	10:50:19
161	1:37:16	1:58:29	2:26:29	3:37:51	10:50:49
160	1:37:20	1:58:34	2:26:35	3:38:01	10:51:18
159	1:37:24	1:58:39	2:26:42	3:38:11	10:51:48
158	1:37:28	1:58:44	2:26:48	3:38:20	10:52:18
157	1:37:32	1:58:49	2:26:55	3:38:30	10:52:48
156	1:37:36	1:58:54	2:27:01	3:38:40	10:53:18
155	1:37:40	1:58:59	2:27:07	3:38:50	10:53:48
154	1:37:44	1:59:04	2:27:14	3:39:00	10:54:19
153	1:37:48	1:59:10	2:27:20	3:39:10	10:54:49
152	1:37:53	1:59:15	2:27:27	3:39:20	10:55:19
151	1:37:57	1:59:20	2:27:33	3:39:30	10:55:50

HM	25km	30km	Marathon	100km	Points
1:38:01	1:59:25	2:27:40	3:39:40	10:56:21	150
1:38:05	1:59:30	2:27:46	3:39:50	10:56:52	149
1:38:09	1:59:35	2:27:53	3:40:00	10:57:22	148
1:38:14	1:59:41	2:28:00	3:40:10	10:57:53	147
1:38:18	1:59:46	2:28:06	3:40:20	10:58:24	146
1:38:22	1:59:51	2:28:13	3:40:31	10:58:56	145
1:38:26	1:59:57	2:28:19	3:40:41	10:59:27	144
1:38:31	2:00:02	2:28:26	3:40:51	10:59:58	143
1:38:35	2:00:07	2:28:33	3:41:01	11:00:30	142
1:38:39	2:00:13	2:28:40	3:41:12	11:01:02	141
1:38:44	2:00:18	2:28:46	3:41:22	11:01:33	140
1:38:48	2:00:23	2:28:53	3:41:33	11:02:05	139
1:38:52	2:00:29	2:29:00	3:41:43	11:02:37	138
1:38:57	2:00:34	2:29:07	3:41:54	11:03:09	137
1:39:01	2:00:40	2:29:14	3:42:04	11:03:41	136
1:39:06	2:00:45	2:29:21	3:42:15	11:04:14	135
1:39:10	2:00:51	2:29:28	3:42:25	11:04:46	134
1:39:14	2:00:56	2:29:34	3:42:36	11:05:19	133
1:39:19	2:01:02	2:29:41	3:42:47	11:05:52	132
1:39:23	2:01:07	2:29:48	3:42:58	11:06:24	131
1:39:28	2:01:13	2:29:55	3:43:08	11:06:57	130
1:39:32	2:01:18	2:30:02	3:43:19	11:07:30	129
1:39:37	2:01:24	2:30:10	3:43:30	11:08:04	128
1:39:41	2:01:30	2:30:17	3:43:41	11:08:37	127
1:39:46	2:01:35	2:30:24	3:43:52	11:09:10	126
1:39:51	2:01:41	2:30:31	3:44:03	11:09:44	125
1:39:55	2:01:47	2:30:38	3:44:14	11:10:18	124
1:40:00	2:01:52	2:30:45	3:44:25	11:10:52	123
1:40:04	2:01:58	2:30:53	3:44:36	11:11:26	122
1:40:09	2:02:04	2:31:00	3:44:47	11:12:00	121
1:40:14	2:02:10	2:31:07	3:44:59	11:12:34	120
1:40:19	2:02:16	2:31:14	3:45:10	11:13:08	119
1:40:23	2:02:21	2:31:22	3:45:21	11:13:43	118
1:40:28	2:02:27	2:31:29	3:45:33	11:14:18	117
1:40:33	2:02:33	2:31:37	3:45:44	11:14:53	116
1:40:38	2:02:39	2:31:44	3:45:55	11:15:28	115
1:40:42	2:02:45	2:31:52	3:46:07	11:16:03	114
1:40:47	2:02:51	2:31:59	3:46:19	11:16:38	113
1:40:52	2:02:57	2:32:07	3:46:30	11:17:14	112
1:40:57	2:03:03	2:32:14	3:46:42	11:17:49	111
1:41:02	2:03:09	2:32:22	3:46:54	11:18:25	110
1:41:07	2:03:15	2:32:30	3:47:05	11:19:01	109
1:41:12	2:03:21	2:32:37	3:47:17	11:19:37	108
1:41:17	2:03:28	2:32:45	3:47:29	11:20:13	107
1:41:22	2:03:34	2:32:53	3:47:41	11:20:50	106
1:41:27	2:03:40	2:33:01	3:47:53	11:21:27	105
1:41:32	2:03:46	2:33:08	3:48:05	11:22:03	104
1:41:37	2:03:52	2:33:16	3:48:17	11:22:40	103
1:41:42	2:03:59	2:33:24	3:48:29	11:23:18	102
1:41:47	2:04:05	2:33:32	3:48:42	11:23:55	101

Points	HM	25km	30km	Marathon	100km
100	1:41:52	2:04:11	2:33:40	3:48:54	11:24:32
99	1:41:57	2:04:18	2:33:48	3:49:06	11:25:10
98	1:42:02	2:04:24	2:33:56	3:49:19	11:25:48
97	1:42:07	2:04:31	2:34:04	3:49:31	11:26:26
96	1:42:13	2:04:37	2:34:13	3:49:44	11:27:04
95	1:42:18	2:04:44	2:34:21	3:49:56	11:27:43
94	1:42:23	2:04:50	2:34:29	3:50:09	11:28:22
93	1:42:29	2:04:57	2:34:37	3:50:22	11:29:01
92	1:42:34	2:05:03	2:34:46	3:50:35	11:29:40
91	1:42:39	2:05:10	2:34:54	3:50:47	11:30:19
90	1:42:45	2:05:17	2:35:02	3:51:00	11:30:59
89	1:42:50	2:05:23	2:35:11	3:51:13	11:31:38
88	1:42:56	2:05:30	2:35:19	3:51:27	11:32:18
87	1:43:01	2:05:37	2:35:28	3:51:40	11:32:59
86	1:43:07	2:05:44	2:35:37	3:51:53	11:33:39
85	1:43:12	2:05:51	2:35:45	3:52:06	11:34:20
84	1:43:18	2:05:58	2:35:54	3:52:20	11:35:01
83	1:43:23	2:06:05	2:36:03	3:52:33	11:35:42
82	1:43:29	2:06:12	2:36:12	3:52:47	11:36:23
81	1:43:35	2:06:19	2:36:20	3:53:00	11:37:05
80	1:43:40	2:06:26	2:36:29	3:53:14	11:37:47
79	1:43:46	2:06:33	2:36:38	3:53:28	11:38:29
78	1:43:52	2:06:40	2:36:47	3:53:42	11:39:12
77	1:43:58	2:06:47	2:36:57	3:53:56	11:39:54
76	1:44:04	2:06:55	2:37:06	3:54:10	11:40:38
75	1:44:10	2:07:02	2:37:15	3:54:24	11:41:21
74	1:44:16	2:07:09	2:37:24	3:54:39	11:42:04
73	1:44:22	2:07:17	2:37:34	3:54:53	11:42:48
72	1:44:28	2:07:24	2:37:43	3:55:07	11:43:33
71	1:44:34	2:07:32	2:37:53	3:55:22	11:44:17
70	1:44:40	2:07:39	2:38:02	3:55:37	11:45:02
69	1:44:46	2:07:47	2:38:12	3:55:51	11:45:47
68	1:44:52	2:07:55	2:38:21	3:56:06	11:46:32
67	1:44:58	2:08:03	2:38:31	3:56:21	11:47:18
66	1:45:05	2:08:10	2:38:41	3:56:36	11:48:04
65	1:45:11	2:08:18	2:38:51	3:56:52	11:48:51
64	1:45:17	2:08:26	2:39:01	3:57:07	11:49:38
63	1:45:24	2:08:34	2:39:11	3:57:23	11:50:25
62	1:45:30	2:08:42	2:39:21	3:57:38	11:51:13
61	1:45:37	2:08:50	2:39:31	3:57:54	11:52:01
60	1:45:44	2:08:59	2:39:42	3:58:10	11:52:49
59	1:45:50	2:09:07	2:39:52	3:58:26	11:53:38
58	1:45:57	2:09:15	2:40:02	3:58:42	11:54:27
57	1:46:04	2:09:24	2:40:13	3:58:58	11:55:17
56	1:46:11	2:09:32	2:40:24	3:59:14	11:56:07
55	1:46:17	2:09:41	2:40:34	3:59:31	11:56:57
54	1:46:24	2:09:49	2:40:45	3:59:48	11:57:48
53	1:46:31	2:09:58	2:40:56	4:00:05	11:58:40
52	1:46:38	2:10:07	2:41:07	4:00:22	11:59:32
51	1:46:46	2:10:16	2:41:18	4:00:39	12:00:24

HM	25km	30km	Marathon	100km	Points
1:46:53	2:10:25	2:41:30	4:00:56	12:01:17	50
1:47:00	2:10:34	2:41:41	4:01:14	12:02:11	49
1:47:08	2:10:43	2:41:53	4:01:31	12:03:05	48
1:47:15	2:10:52	2:42:04	4:01:49	12:03:59	47
1:47:23	2:11:01	2:42:16	4:02:07	12:04:54	46
1:47:30	2:11:11	2:42:28	4:02:26	12:05:50	45
1:47:38	2:11:20	2:42:40	4:02:44	12:06:47	44
1:47:46	2:11:30	2:42:52	4:03:03	12:07:44	43
1:47:54	2:11:40	2:43:04	4:03:22	12:08:41	42
1:48:02	2:11:50	2:43:17	4:03:41	12:09:40	41
1:48:10	2:12:00	2:43:29	4:04:00	12:10:39	40
1:48:18	2:12:10	2:43:42	4:04:20	12:11:39	39
1:48:26	2:12:20	2:43:55	4:04:40	12:12:39	38
1:48:34	2:12:30	2:44:08	4:05:00	12:13:41	37
1:48:43	2:12:41	2:44:21	4:05:20	12:14:43	36
1:48:52	2:12:52	2:44:35	4:05:41	12:15:46	35
1:49:00	2:13:03	2:44:49	4:06:02	12:16:50	34
1:49:09	2:13:14	2:45:02	4:06:23	12:17:56	33
1:49:18	2:13:25	2:45:17	4:06:45	12:19:02	32
1:49:27	2:13:36	2:45:31	4:07:07	12:20:09	31
1:49:37	2:13:48	2:45:45	4:07:29	12:21:17	30
1:49:46	2:13:59	2:46:00	4:07:52	12:22:26	29
1:49:56	2:14:11	2:46:15	4:08:15	12:23:37	28
1:50:06	2:14:23	2:46:30	4:08:38	12:24:48	27
1:50:16	2:14:36	2:46:46	4:09:02	12:26:01	26
1:50:26	2:14:48	2:47:02	4:09:27	12:27:16	25
1:50:36	2:15:01	2:47:18	4:09:52	12:28:32	24
1:50:47	2:15:14	2:47:35	4:10:17	12:29:50	23
1:50:58	2:15:28	2:47:51	4:10:43	12:31:09	22
1:51:09	2:15:42	2:48:09	4:11:10	12:32:30	21
1:51:20	2:15:56	2:48:26	4:11:37	12:33:53	20
1:51:32	2:16:10	2:48:45	4:12:05	12:35:19	19
1:51:44	2:16:25	2:49:03	4:12:33	12:36:46	18
1:51:56	2:16:40	2:49:22	4:13:03	12:38:16	17
1:52:08	2:16:56	2:49:42	4:13:33	12:39:49	16
1:52:22	2:17:12	2:50:03	4:14:05	12:41:24	15
1:52:35	2:17:29	2:50:24	4:14:37	12:43:03	14
1:52:49	2:17:46	2:50:45	4:15:11	12:44:46	13
1:53:04	2:18:04	2:51:08	4:15:45	12:46:32	12
1:53:19	2:18:23	2:51:32	4:16:22	12:48:23	11
1:53:35	2:18:43	2:51:56	4:17:00	12:50:19	10
1:53:51	2:19:03	2:52:22	4:17:40	12:52:21	9
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1:54:28	2:19:48	2:53:19	4:19:07	12:56:48	7
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1:55:10	2:20:41	2:54:25	4:20:48	13:01:56	5
1:55:34	2:21:11	2:55:03	4:21:46	13:04:54	4
1:56:02	2:21:45	2:55:46	4:22:52	13:08:16	3
1:56:34	2:22:25	2:56:37	4:24:11	13:12:15	2
1:57:17	2:23:18	2:57:43	4:25:53	13:17:27	1

