

Women's Long Distances and Steeplechase

Courses de Longue Distance et de Steeple

by **Dr. Bojdar Spiriev**

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
1400	5:22.22	7:37.43	7:51.37	8:21.80	13:16.76	27:45.08
1399	5:22.42	7:37.70	7:51.75	8:22.08	13:17.23	27:46.09
1398	5:22.62	7:37.96	7:52.12	8:22.36	13:17.70	27:47.11
1397	5:22.82	7:38.23	7:52.49	8:22.64	13:18.16	27:48.12
1396	5:23.02	7:38.49	7:52.86	8:22.92	13:18.63	27:49.13
1395	5:23.22	7:38.76	7:53.23	8:23.21	13:19.09	27:50.15
1394	5:23.42	7:39.03	7:53.60	8:23.49	13:19.56	27:51.16
1393	5:23.62	7:39.29	7:53.97	8:23.77	13:20.03	27:52.18
1392	5:23.82	7:39.56	7:54.35	8:24.05	13:20.49	27:53.19
1391	5:24.02	7:39.82	7:54.72	8:24.33	13:20.96	27:54.21
1390	5:24.22	7:40.09	7:55.09	8:24.61	13:21.43	27:55.22
1389	5:24.42	7:40.36	7:55.46	8:24.90	13:21.89	27:56.24
1388	5:24.62	7:40.62	7:55.84	8:25.18	13:22.36	27:57.26
1387	5:24.82	7:40.89	7:56.21	8:25.46	13:22.83	27:58.27
1386	5:25.02	7:41.16	7:56.58	8:25.74	13:23.30	27:59.29
1385	5:25.22	7:41.42	7:56.95	8:26.02	13:23.76	28:00.31
1384	5:25.42	7:41.69	7:57.33	8:26.31	13:24.23	28:01.33
1383	5:25.62	7:41.96	7:57.70	8:26.59	13:24.70	28:02.35
1382	5:25.82	7:42.22	7:58.07	8:26.87	13:25.17	28:03.36
1381	5:26.02	7:42.49	7:58.45	8:27.15	13:25.64	28:04.38
1380	5:26.22	7:42.76	7:58.82	8:27.44	13:26.11	28:05.40
1379	5:26.42	7:43.02	7:59.19	8:27.72	13:26.58	28:06.42
1378	5:26.62	7:43.29	7:59.57	8:28.00	13:27.04	28:07.44
1377	5:26.82	7:43.56	7:59.94	8:28.29	13:27.51	28:08.46
1376	5:27.02	7:43.83	8:00.32	8:28.57	13:27.98	28:09.48
1375	5:27.22	7:44.09	8:00.69	8:28.85	13:28.45	28:10.51
1374	5:27.43	7:44.36	8:01.06	8:29.14	13:28.92	28:11.53
1373	5:27.63	7:44.63	8:01.44	8:29.42	13:29.39	28:12.55
1372	5:27.83	7:44.90	8:01.81	8:29.70	13:29.86	28:13.57
1371	5:28.03	7:45.16	8:02.19	8:29.99	13:30.33	28:14.60
1370	5:28.23	7:45.43	8:02.56	8:30.27	13:30.80	28:15.62
1369	5:28.43	7:45.70	8:02.94	8:30.55	13:31.27	28:16.64
1368	5:28.63	7:45.97	8:03.31	8:30.84	13:31.74	28:17.67
1367	5:28.83	7:46.24	8:03.69	8:31.12	13:32.22	28:18.69
1366	5:29.04	7:46.51	8:04.06	8:31.41	13:32.69	28:19.72
1365	5:29.24	7:46.77	8:04.44	8:31.69	13:33.16	28:20.74
1364	5:29.44	7:47.04	8:04.82	8:31.97	13:33.63	28:21.77
1363	5:29.64	7:47.31	8:05.19	8:32.26	13:34.10	28:22.79
1362	5:29.84	7:47.58	8:05.57	8:32.54	13:34.57	28:23.82
1361	5:30.05	7:47.85	8:05.94	8:32.83	13:35.04	28:24.85
1360	5:30.25	7:48.12	8:06.32	8:33.11	13:35.52	28:25.87
1359	5:30.45	7:48.39	8:06.70	8:33.40	13:35.99	28:26.90
1358	5:30.65	7:48.66	8:07.07	8:33.68	13:36.46	28:27.93
1357	5:30.85	7:48.93	8:07.45	8:33.97	13:36.93	28:28.96
1356	5:31.06	7:49.20	8:07.83	8:34.25	13:37.41	28:29.98
1355	5:31.26	7:49.46	8:08.20	8:34.54	13:37.88	28:31.01
1354	5:31.46	7:49.73	8:08.58	8:34.82	13:38.35	28:32.04
1353	5:31.66	7:50.00	8:08.96	8:35.11	13:38.83	28:33.07
1352	5:31.87	7:50.27	8:09.33	8:35.40	13:39.30	28:34.10
1351	5:32.07	7:50.54	8:09.71	8:35.68	13:39.77	28:35.13

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m	Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
1350	5:32.27	7:50.81	8:10.09	8:35.97	13:40.25	28:36.16	1300	5:42.51	8:04.44	8:29.16	8:50.40	14:04.17	29:28.20
1349	5:32.48	7:51.08	8:10.47	8:36.25	13:40.72	28:37.20	1299	5:42.72	8:04.72	8:29.54	8:50.69	14:04.65	29:29.25
1348	5:32.68	7:51.35	8:10.85	8:36.54	13:41.20	28:38.23	1298	5:42.92	8:05.00	8:29.93	8:50.98	14:05.14	29:30.31
1347	5:32.88	7:51.62	8:11.22	8:36.83	13:41.67	28:39.26	1297	5:43.13	8:05.27	8:30.31	8:51.27	14:05.62	29:31.36
1346	5:33.08	7:51.89	8:11.60	8:37.11	13:42.14	28:40.29	1296	5:43.34	8:05.55	8:30.70	8:51.57	14:06.10	29:32.41
1345	5:33.29	7:52.17	8:11.98	8:37.40	13:42.62	28:41.32	1295	5:43.55	8:05.82	8:31.08	8:51.86	14:06.59	29:33.46
1344	5:33.49	7:52.44	8:12.36	8:37.69	13:43.09	28:42.36	1294	5:43.75	8:06.10	8:31.47	8:52.15	14:07.07	29:34.51
1343	5:33.69	7:52.71	8:12.74	8:37.97	13:43.57	28:43.39	1293	5:43.96	8:06.37	8:31.85	8:52.44	14:07.56	29:35.57
1342	5:33.90	7:52.98	8:13.12	8:38.26	13:44.05	28:44.43	1292	5:44.17	8:06.65	8:32.24	8:52.73	14:08.04	29:36.62
1341	5:34.10	7:53.25	8:13.50	8:38.55	13:44.52	28:45.46	1291	5:44.37	8:06.93	8:32.63	8:53.03	14:08.52	29:37.68
1340	5:34.30	7:53.52	8:13.87	8:38.83	13:45.00	28:46.49	1290	5:44.58	8:07.20	8:33.01	8:53.32	14:09.01	29:38.73
1339	5:34.51	7:53.79	8:14.25	8:39.12	13:45.47	28:47.53	1289	5:44.79	8:07.48	8:33.40	8:53.61	14:09.49	29:39.79
1338	5:34.71	7:54.06	8:14.63	8:39.41	13:45.95	28:48.56	1288	5:45.00	8:07.75	8:33.79	8:53.90	14:09.98	29:40.84
1337	5:34.92	7:54.33	8:15.01	8:39.69	13:46.42	28:49.60	1287	5:45.21	8:08.03	8:34.17	8:54.20	14:10.47	29:41.90
1336	5:35.12	7:54.60	8:15.39	8:39.98	13:46.90	28:50.64	1286	5:45.41	8:08.31	8:34.56	8:54.49	14:10.95	29:42.95
1335	5:35.32	7:54.88	8:15.77	8:40.27	13:47.38	28:51.67	1285	5:45.62	8:08.58	8:34.95	8:54.78	14:11.44	29:44.01
1334	5:35.53	7:55.15	8:16.15	8:40.56	13:47.85	28:52.71	1284	5:45.83	8:08.86	8:35.33	8:55.08	14:11.92	29:45.07
1333	5:35.73	7:55.42	8:16.53	8:40.84	13:48.33	28:53.75	1283	5:46.04	8:09.14	8:35.72	8:55.37	14:12.41	29:46.12
1332	5:35.94	7:55.69	8:16.91	8:41.13	13:48.81	28:54.79	1282	5:46.25	8:09.42	8:36.11	8:55.66	14:12.89	29:47.18
1331	5:36.14	7:55.96	8:17.29	8:41.42	13:49.29	28:55.82	1281	5:46.45	8:09.69	8:36.50	8:55.96	14:13.38	29:48.24
1330	5:36.34	7:56.24	8:17.67	8:41.71	13:49.76	28:56.86	1280	5:46.66	8:09.97	8:36.88	8:56.25	14:13.87	29:49.30
1329	5:36.55	7:56.51	8:18.05	8:42.00	13:50.24	28:57.90	1279	5:46.87	8:10.25	8:37.27	8:56.54	14:14.35	29:50.36
1328	5:36.75	7:56.78	8:18.43	8:42.28	13:50.72	28:58.94	1278	5:47.08	8:10.52	8:37.66	8:56.84	14:14.84	29:51.42
1327	5:36.96	7:57.05	8:18.82	8:42.57	13:51.20	28:59.98	1277	5:47.29	8:10.80	8:38.05	8:57.13	14:15.33	29:52.48
1326	5:37.17	7:57.32	8:19.20	8:42.86	13:51.67	29:01.02	1276	5:47.50	8:11.08	8:38.44	8:57.42	14:15.82	29:53.54
1325	5:37.37	7:57.60	8:19.58	8:43.15	13:52.15	29:02.06	1275	5:47.70	8:11.36	8:38.83	8:57.72	14:16.30	29:54.60
1324	5:37.57	7:57.87	8:19.96	8:43.44	13:52.63	29:03.10	1274	5:47.91	8:11.64	8:39.21	8:58.01	14:16.79	29:55.66
1323	5:37.78	7:58.14	8:20.34	8:43.73	13:53.11	29:04.14	1273	5:48.12	8:11.91	8:39.60	8:58.31	14:17.28	29:56.72
1322	5:37.98	7:58.42	8:20.72	8:44.02	13:53.59	29:05.19	1272	5:48.33	8:12.19	8:39.99	8:58.60	14:17.77	29:57.78
1321	5:38.19	7:58.69	8:21.10	8:44.30	13:54.07	29:06.23	1271	5:48.54	8:12.47	8:40.38	8:58.90	14:18.26	29:58.85
1320	5:38.39	7:58.96	8:21.49	8:44.59	13:54.55	29:07.27	1270	5:48.75	8:12.75	8:40.77	8:59.19	14:18.75	29:59.91
1319	5:38.60	7:59.23	8:21.87	8:44.88	13:55.03	29:08.31	1269	5:48.96	8:13.03	8:41.16	8:59.49	14:19.23	30:00.97
1318	5:38.80	7:59.51	8:22.25	8:45.17	13:55.51	29:09.36	1268	5:49.17	8:13.31	8:41.55	8:59.78	14:19.72	30:02.03
1317	5:39.01	7:59.78	8:22.63	8:45.46	13:55.99	29:10.40	1267	5:49.38	8:13.58	8:41.94	9:00.08	14:20.21	30:03.10
1316	5:39.21	8:00.05	8:23.02	8:45.75	13:56.47	29:11.44	1266	5:49.59	8:13.86	8:42.33	9:00.37	14:20.70	30:04.16
1315	5:39.42	8:00.33	8:23.40	8:46.04	13:56.95	29:12.49	1265	5:49.80	8:14.14	8:42.72	9:00.67	14:21.19	30:05.23
1314	5:39.62	8:00.60	8:23.78	8:46.33	13:57.43	29:13.53	1264	5:50.01	8:14.42	8:43.11	9:00.96	14:21.68	30:06.29
1313	5:39.83	8:00.88	8:24.16	8:46.62	13:57.91	29:14.58	1263	5:50.22	8:14.70	8:43.50	9:01.26	14:22.17	30:07.36
1312	5:40.04	8:01.15	8:24.55	8:46.91	13:58.39	29:15.62	1262	5:50.42	8:14.98	8:43.89	9:01.55	14:22.66	30:08.43
1311	5:40.24	8:01.42	8:24.93	8:47.20	13:58.87	29:16.67	1261	5:50.63	8:15.26	8:44.28	9:01.85	14:23.15	30:09.49
1310	5:40.45	8:01.70	8:25.31	8:47.49	13:59.35	29:17.72	1260	5:50.84	8:15.54	8:44.67	9:02.15	14:23.64	30:10.56
1309	5:40.65	8:01.97	8:25.70	8:47.78	13:59.83	29:18.76	1259	5:51.05	8:15.82	8:45.06	9:02.44	14:24.13	30:11.63
1308	5:40.86	8:02.25	8:26.08	8:48.07	14:00.31	29:19.81	1258	5:51.26	8:16.10	8:45.46	9:02.74	14:24.62	30:12.69
1307	5:41.07	8:02.52	8:26.46	8:48.36	14:00.79	29:20.86	1257	5:51.48	8:16.38	8:45.85	9:03.03	14:25.11	30:13.76
1306	5:41.27	8:02.80	8:26.85	8:48.65	14:01.28	29:21.91	1256	5:51.69	8:16.66	8:46.24	9:03.33	14:25.61	30:14.83
1305	5:41.48	8:03.07	8:27.23	8:48.94	14:01.76	29:22.95	1255	5:51.90	8:16.94	8:46.63	9:03.63	14:26.10	30:15.90
1304	5:41.68	8:03.34	8:27.62	8:49.23	14:02.24	29:24.00	1254	5:52.11	8:17.22	8:47.02	9:03.92	14:26.59	30:16.97
1303	5:41.89	8:03.62	8:28.00	8:49.53	14:02.72	29:25.05	1253	5:52.32	8:17.50	8:47.41	9:04.22	14:27.08	30:18.04
1302	5:42.10	8:03.89	8:28.39	8:49.82	14:03.20	29:26.10	1252	5:52.53	8:17.78	8:47.81	9:04.52	14:27.57	30:19.11
1301	5:42.30	8:04.17	8:28.77	8:50.11	14:03.69	29:27.15	1251	5:52.74	8:18.06	8:48.20	9:04.81	14:28.07	30:20.18

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m	Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
1250	5:52.95	8:18.34	8:48.59	9:05.11	14:28.56	30:21.25	1200	6:03.60	8:32.52	9:08.42	9:20.12	14:53.44	31:15.37
1249	5:53.16	8:18.62	8:48.98	9:05.41	14:29.05	30:22.32	1199	6:03.81	8:32.80	9:08.82	9:20.42	14:53.94	31:16.47
1248	5:53.37	8:18.90	8:49.38	9:05.71	14:29.54	30:23.40	1198	6:04.03	8:33.09	9:09.22	9:20.73	14:54.44	31:17.56
1247	5:53.58	8:19.18	8:49.77	9:06.00	14:30.04	30:24.47	1197	6:04.24	8:33.38	9:09.62	9:21.03	14:54.95	31:18.66
1246	5:53.79	8:19.46	8:50.16	9:06.30	14:30.53	30:25.54	1196	6:04.46	8:33.66	9:10.02	9:21.33	14:55.45	31:19.75
1245	5:54.00	8:19.74	8:50.56	9:06.60	14:31.02	30:26.62	1195	6:04.67	8:33.95	9:10.42	9:21.64	14:55.95	31:20.85
1244	5:54.22	8:20.03	8:50.95	9:06.90	14:31.52	30:27.69	1194	6:04.89	8:34.24	9:10.83	9:21.94	14:56.46	31:21.94
1243	5:54.43	8:20.31	8:51.34	9:07.19	14:32.01	30:28.76	1193	6:05.11	8:34.52	9:11.23	9:22.25	14:56.96	31:23.04
1242	5:54.64	8:20.59	8:51.74	9:07.49	14:32.50	30:29.84	1192	6:05.32	8:34.81	9:11.63	9:22.55	14:57.47	31:24.14
1241	5:54.85	8:20.87	8:52.13	9:07.79	14:33.00	30:30.91	1191	6:05.54	8:35.10	9:12.03	9:22.86	14:57.97	31:25.24
1240	5:55.06	8:21.15	8:52.52	9:08.09	14:33.49	30:31.99	1190	6:05.75	8:35.39	9:12.43	9:23.16	14:58.48	31:26.33
1239	5:55.27	8:21.43	8:52.92	9:08.39	14:33.99	30:33.07	1189	6:05.97	8:35.67	9:12.84	9:23.46	14:58.98	31:27.43
1238	5:55.48	8:21.72	8:53.31	9:08.69	14:34.48	30:34.14	1188	6:06.19	8:35.96	9:13.24	9:23.77	14:59.49	31:28.53
1237	5:55.70	8:22.00	8:53.71	9:08.98	14:34.98	30:35.22	1187	6:06.40	8:36.25	9:13.64	9:24.07	14:59.99	31:29.63
1236	5:55.91	8:22.28	8:54.10	9:09.28	14:35.47	30:36.30	1186	6:06.62	8:36.54	9:14.05	9:24.38	15:00.50	31:30.73
1235	5:56.12	8:22.56	8:54.50	9:09.58	14:35.97	30:37.37	1185	6:06.83	8:36.83	9:14.45	9:24.68	15:01.00	31:31.83
1234	5:56.33	8:22.85	8:54.89	9:09.88	14:36.46	30:38.45	1184	6:07.05	8:37.11	9:14.85	9:24.99	15:01.51	31:32.93
1233	5:56.54	8:23.13	8:55.29	9:10.18	14:36.96	30:39.53	1183	6:07.27	8:37.40	9:15.25	9:25.29	15:02.01	31:34.03
1232	5:56.76	8:23.41	8:55.68	9:10.48	14:37.46	30:40.61	1182	6:07.48	8:37.69	9:15.66	9:25.60	15:02.52	31:35.13
1231	5:56.97	8:23.69	8:56.08	9:10.78	14:37.95	30:41.69	1181	6:07.70	8:37.98	9:16.06	9:25.91	15:03.03	31:36.24
1230	5:57.18	8:23.98	8:56.47	9:11.08	14:38.45	30:42.77	1180	6:07.92	8:38.27	9:16.47	9:26.21	15:03.53	31:37.34
1229	5:57.39	8:24.26	8:56.87	9:11.38	14:38.95	30:43.85	1179	6:08.14	8:38.56	9:16.87	9:26.52	15:04.04	31:38.44
1228	5:57.61	8:24.54	8:57.27	9:11.68	14:39.44	30:44.93	1178	6:08.35	8:38.85	9:17.27	9:26.82	15:04.55	31:39.54
1227	5:57.82	8:24.83	8:57.66	9:11.98	14:40.44	30:46.01	1177	6:08.57	8:39.14	9:17.68	9:27.13	15:05.06	31:40.65
1226	5:58.05	8:25.11	8:58.06	9:12.28	14:40.93	30:47.09	1176	6:08.79	8:39.43	9:18.08	9:27.44	15:05.56	31:41.75
1225	5:58.25	8:25.39	8:58.45	9:12.58	14:41.43	30:48.18	1175	6:09.00	8:39.72	9:18.49	9:27.74	15:06.07	31:42.86
1224	5:58.46	8:25.68	8:58.85	9:12.88	14:41.93	30:49.26	1174	6:09.22	8:40.00	9:18.89	9:28.05	15:06.58	31:43.96
1223	5:58.67	8:25.96	8:59.25	9:13.18	14:42.43	30:50.34	1173	6:09.44	8:40.29	9:19.30	9:28.36	15:07.09	31:45.07
1222	5:58.89	8:26.24	8:59.65	9:13.48	14:42.93	30:51.42	1172	6:09.66	8:40.58	9:19.70	9:28.66	15:07.60	31:46.18
1221	5:59.10	8:26.53	9:00.04	9:13.78	14:43.42	30:52.51	1171	6:09.88	8:40.87	9:20.11	9:28.97	15:08.11	31:47.29
1220	5:59.31	8:26.81	9:00.44	9:14.08	14:43.92	30:53.59	1170	6:10.09	8:41.16	9:20.52	9:29.28	15:08.62	31:48.39
1219	5:59.53	8:27.10	9:00.84	9:14.38	14:44.42	30:54.68	1169	6:10.31	8:41.45	9:20.92	9:29.58	15:09.12	31:49.50
1218	5:59.74	8:27.38	9:01.23	9:14.68	14:44.92	30:55.76	1168	6:10.53	8:41.74	9:21.33	9:29.89	15:09.63	31:50.61
1217	5:59.95	8:27.66	9:01.63	9:14.98	14:45.42	30:56.85	1167	6:10.75	8:42.03	9:21.73	9:30.20	15:10.14	31:51.71
1216	6:00.17	8:27.95	9:02.03	9:15.28	14:45.92	30:57.93	1166	6:10.97	8:42.33	9:22.14	9:30.51	15:10.65	31:52.82
1215	6:00.38	8:28.23	9:02.43	9:15.59	14:46.42	30:59.02	1165	6:11.18	8:42.62	9:22.55	9:30.81	15:11.16	31:53.93
1214	6:00.59	8:28.52	9:02.83	9:15.89	14:46.92	31:00.11	1164	6:11.40	8:42.91	9:22.95	9:31.12	15:11.67	31:55.04
1213	6:00.81	8:28.80	9:03.22	9:16.19	14:47.42	31:01.20	1163	6:11.62	8:43.20	9:23.36	9:31.43	15:12.18	31:56.15
1212	6:01.02	8:29.09	9:03.62	9:16.49	14:47.92	31:02.28	1162	6:11.84	8:43.49	9:23.77	9:31.74	15:12.70	31:57.27
1211	6:01.24	8:29.37	9:04.02	9:16.79	14:48.42	31:03.37	1161	6:12.06	8:43.78	9:24.17	9:32.05	15:13.21	31:58.38
1210	6:01.45	8:29.66	9:04.42	9:17.09	14:48.92	31:04.46	1160	6:12.28	8:44.07	9:24.58	9:32.35	15:13.72	31:59.49
1209	6:01.66	8:29.94	9:04.82	9:17.40	14:49.42	31:05.55	1159	6:12.50	8:44.36	9:24.99	9:32.66	15:14.23	32:00.60
1208	6:01.88	8:30.23	9:05.22	9:17.70	14:49.92	31:06.64	1158	6:12.71	8:44.65	9:25.40	9:32.97	15:14.74	32:01.71
1207	6:02.09	8:30.51	9:05.62	9:18.00	14:50.43	31:07.73	1157	6:12.93	8:44.95	9:25.80	9:33.28	15:15.25	32:02.83
1206	6:02.31	8:30.80	9:06.02	9:18.30	14:50.93	31:08.82	1156	6:13.15	8:45.24	9:26.21	9:33.59	15:15.76	32:03.94
1205	6:02.52	8:31.09	9:06.42	9:18.61	14:51.43	31:09.91	1155	6:13.37	8:45.53	9:26.62	9:33.90	15:16.28	32:05.06
1204	6:02.74	8:31.37	9:06.82	9:18.91	14:51.93	31:11.00	1154	6:13.59	8:45.82	9:27.03	9:34.21	15:16.79	32:06.17
1203	6:02.95	8:31.66	9:07.22	9:19.21	14:52.43	31:12.10	1153	6:13.81	8:46.11	9:27.44	9:34.52	15:17.30	32:07.29
1202	6:03.17	8:31.94	9:07.62	9:19.51	14:52.94	31:13.19	1152	6:14.03	8:46.41	9:27.85	9:34.83	15:17.82	32:08.40
1201	6:03.38	8:32.23	9:08.02	9:19.82	14:53.44	31:14.28	1151	6:14.25	8:46.70	9:28.26	9:35.14	15:18.33	32:09.52

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m	Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
1150	6:14.47	8:46.99	9:28.67	9:35.45	15:18.84	32:10.64	1100	6:25.58	9:01.78	9:49.36	9:51.11	15:44.80	33:07.11
1149	6:14.69	8:47.28	9:29.07	9:35.76	15:19.36	32:11.75	1099	6:25.81	9:02.08	9:49.78	9:51.43	15:45.33	33:08.25
1148	6:14.91	8:47.58	9:29.48	9:36.07	15:19.87	32:12.87	1098	6:26.03	9:02.38	9:50.19	9:51.74	15:45.85	33:09.40
1147	6:15.13	8:47.87	9:29.89	9:36.38	15:20.38	32:13.99	1097	6:26.26	9:02.68	9:50.61	9:52.06	15:46.38	33:10.54
1146	6:15.35	8:48.16	9:30.30	9:36.69	15:20.90	32:15.11	1096	6:26.48	9:02.98	9:51.03	9:52.38	15:46.91	33:11.69
1145	6:15.57	8:48.46	9:30.71	9:37.00	15:21.41	32:16.23	1095	6:26.71	9:03.28	9:51.45	9:52.69	15:47.43	33:12.83
1144	6:15.79	8:48.75	9:31.12	9:37.31	15:21.93	32:17.35	1094	6:26.93	9:03.58	9:51.87	9:53.01	15:47.96	33:13.97
1143	6:16.01	8:49.04	9:31.53	9:37.62	15:22.44	32:18.47	1093	6:27.16	9:03.88	9:52.29	9:53.33	15:48.49	33:15.12
1142	6:16.23	8:49.34	9:31.95	9:37.93	15:22.96	32:19.59	1092	6:27.38	9:04.18	9:52.71	9:53.65	15:49.01	33:16.27
1141	6:16.45	8:49.63	9:32.36	9:38.24	15:23.47	32:20.71	1091	6:27.61	9:04.48	9:53.13	9:53.96	15:49.54	33:17.41
1140	6:16.67	8:49.92	9:32.77	9:38.55	15:23.99	32:21.83	1090	6:27.83	9:04.78	9:53.55	9:54.28	15:50.07	33:18.56
1139	6:16.89	8:50.22	9:33.18	9:38.86	15:24.50	32:22.95	1089	6:28.06	9:05.08	9:53.97	9:54.60	15:50.59	33:19.71
1138	6:17.11	8:50.51	9:33.59	9:39.17	15:25.02	32:24.08	1088	6:28.29	9:05.38	9:54.39	9:54.92	15:51.12	33:20.86
1137	6:17.34	8:50.81	9:34.00	9:39.48	15:25.54	32:25.20	1087	6:28.51	9:05.69	9:54.81	9:55.24	15:51.65	33:22.01
1136	6:17.56	8:51.10	9:34.41	9:39.80	15:26.05	32:26.32	1086	6:28.74	9:05.99	9:55.23	9:55.56	15:52.18	33:23.15
1135	6:17.78	8:51.39	9:34.82	9:40.11	15:26.57	32:27.45	1085	6:28.96	9:06.29	9:55.66	9:55.88	15:52.71	33:24.30
1134	6:18.00	8:51.69	9:35.24	9:40.42	15:27.09	32:28.57	1084	6:29.19	9:06.59	9:56.08	9:56.20	15:53.24	33:25.45
1133	6:18.22	8:51.98	9:35.65	9:40.73	15:27.60	32:29.70	1083	6:29.42	9:06.89	9:56.50	9:56.51	15:53.77	33:26.61
1132	6:18.44	8:52.28	9:36.06	9:41.04	15:28.12	32:30.82	1082	6:29.64	9:07.19	9:56.92	9:56.83	15:54.29	33:27.76
1131	6:18.66	8:52.57	9:36.47	9:41.36	15:28.64	32:31.95	1081	6:29.87	9:07.49	9:57.34	9:57.15	15:54.82	33:28.91
1130	6:18.89	8:52.87	9:36.89	9:41.67	15:29.16	32:33.08	1080	6:30.10	9:07.80	9:57.76	9:57.47	15:55.35	33:30.06
1129	6:19.11	8:53.16	9:37.30	9:41.98	15:29.68	32:34.20	1079	6:30.32	9:08.10	9:58.19	9:57.79	15:55.88	33:31.21
1128	6:19.33	8:53.46	9:37.71	9:42.29	15:30.19	32:35.33	1078	6:30.55	9:08.40	9:58.61	9:58.11	15:56.41	33:32.37
1127	6:19.55	8:53.76	9:38.13	9:42.61	15:30.71	32:36.46	1077	6:30.78	9:08.70	9:59.03	9:58.43	15:56.95	33:33.52
1126	6:19.77	8:54.05	9:38.54	9:42.92	15:31.23	32:37.59	1076	6:31.01	9:09.00	9:59.46	9:58.75	15:57.48	33:34.68
1125	6:19.99	8:54.35	9:38.95	9:43.23	15:31.75	32:38.72	1075	6:31.23	9:09.31	9:59.88	9:59.07	15:58.01	33:35.83
1124	6:20.22	8:54.64	9:39.37	9:43.55	15:32.27	32:39.85	1074	6:31.46	9:09.61	10:00.30	9:59.39	15:58.54	33:36.99
1123	6:20.44	8:54.94	9:39.78	9:43.86	15:32.79	32:40.98	1073	6:31.69	9:09.91	10:00.73	9:59.71	15:59.07	33:38.14
1122	6:20.66	8:55.23	9:40.20	9:44.17	15:33.31	32:42.11	1072	6:31.91	9:10.22	10:01.15	10:00.03	15:59.60	33:39.30
1121	6:20.88	8:55.53	9:40.61	9:44.49	15:33.83	32:43.24	1071	6:32.14	9:10.52	10:01.57	10:00.36	16:00.13	33:40.46
1120	6:21.11	8:55.83	9:41.02	9:44.80	15:34.35	32:44.37	1070	6:32.37	9:10.82	10:02.00	10:00.68	16:00.67	33:41.62
1119	6:21.33	8:56.12	9:41.44	9:45.12	15:34.87	32:45.50	1069	6:32.60	9:11.13	10:02.42	10:01.00	16:01.20	33:42.77
1118	6:21.55	8:56.42	9:41.85	9:45.43	15:35.39	32:46.64	1068	6:32.83	9:11.43	10:02.85	10:01.32	16:01.73	33:43.93
1117	6:21.78	8:56.72	9:42.27	9:45.74	15:35.91	32:47.77	1067	6:33.05	9:11.73	10:03.27	10:01.64	16:02.26	33:45.09
1116	6:22.00	8:57.01	9:42.69	9:46.06	15:36.43	32:48.90	1066	6:33.28	9:12.04	10:03.70	10:01.96	16:02.80	33:46.25
1115	6:22.22	8:57.31	9:43.10	9:46.37	15:36.95	32:50.04	1065	6:33.51	9:12.34	10:04.12	10:02.28	16:03.33	33:47.41
1114	6:22.45	8:57.61	9:43.52	9:46.69	15:37.48	32:51.17	1064	6:33.74	9:12.64	10:04.55	10:02.61	16:03.86	33:48.57
1113	6:22.67	8:57.91	9:43.93	9:47.00	15:38.00	32:52.31	1063	6:33.97	9:12.95	10:04.97	10:02.93	16:04.40	33:49.74
1112	6:22.89	8:58.20	9:44.35	9:47.32	15:38.52	32:53.44	1062	6:34.20	9:13.25	10:05.40	10:03.25	16:04.93	33:50.90
1111	6:23.12	8:58.50	9:44.76	9:47.63	15:39.04	32:54.58	1061	6:34.43	9:13.56	10:05.82	10:03.57	16:05.47	33:52.06
1110	6:23.34	8:58.80	9:45.18	9:47.95	15:39.57	32:55.72	1060	6:34.65	9:13.86	10:06.25	10:03.90	16:06.00	33:53.22
1109	6:23.56	8:59.10	9:45.60	9:48.26	15:40.09	32:56.85	1059	6:34.88	9:14.17	10:06.68	10:04.22	16:06.54	33:54.39
1108	6:23.79	8:59.40	9:46.01	9:48.58	15:40.61	32:57.99	1058	6:35.11	9:14.47	10:07.10	10:04.54	16:07.07	33:55.55
1107	6:24.01	8:59.69	9:46.43	9:48.89	15:41.13	32:59.13	1057	6:35.34	9:14.78	10:07.53	10:04.86	16:07.61	33:56.72
1106	6:24.24	8:59.99	9:46.85	9:49.21	15:41.66	33:00.27	1056	6:35.57	9:15.08	10:07.96	10:05.19	16:08.14	33:57.88
1105	6:24.46	9:00.29	9:47.27	9:49.53	15:42.18	33:01.41	1055	6:35.80	9:15.39	10:08.38	10:05.51	16:08.68	33:59.05
1104	6:24.68	9:00.59	9:47.68	9:49.84	15:42.71	33:02.55	1054	6:36.03	9:15.69	10:08.81	10:05.84	16:09.22	34:00.22
1103	6:24.91	9:00.89	9:48.10	9:50.16	15:43.23	33:03.69	1053	6:36.26	9:16.00	10:09.24	10:06.16	16:09.75	34:01.38
1102	6:25.13	9:01.19	9:48.52	9:50.47	15:43.75	33:04.83	1052	6:36.49	9:16.31	10:09.67	10:06.48	16:10.29	34:02.55
1101	6:25.36	9:01.49	9:48.94	9:50.79	15:44.28	33:05.97	1051	6:36.72	9:16.61	10:10.10	10:06.81	16:10.83	34:03.72

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
1050	6:36.95	9:16.92	10:10.52	10:07.13	16:11.36	34:04.89
1049	6:37.18	9:17.22	10:10.95	10:07.46	16:11.90	34:06.06
1048	6:37.41	9:17.53	10:11.38	10:07.78	16:12.44	34:07.23
1047	6:37.64	9:17.84	10:11.81	10:08.10	16:12.98	34:08.40
1046	6:37.87	9:18.14	10:12.24	10:08.43	16:13.52	34:09.57
1045	6:38.10	9:18.45	10:12.67	10:08.75	16:14.05	34:10.74
1044	6:38.33	9:18.76	10:13.10	10:09.08	16:14.59	34:11.91
1043	6:38.56	9:19.06	10:13.53	10:09.40	16:15.13	34:13.08
1042	6:38.79	9:19.37	10:13.96	10:09.73	16:15.67	34:14.26
1041	6:39.02	9:19.68	10:14.39	10:10.05	16:16.21	34:15.43
1040	6:39.25	9:19.99	10:14.82	10:10.38	16:16.75	34:16.61
1039	6:39.49	9:20.29	10:15.25	10:10.71	16:17.29	34:17.78
1038	6:39.72	9:20.60	10:15.68	10:11.03	16:17.83	34:18.96
1037	6:39.95	9:20.91	10:16.11	10:11.36	16:18.37	34:20.13
1036	6:40.18	9:21.22	10:16.54	10:11.69	16:18.91	34:21.31
1035	6:40.41	9:21.53	10:16.97	10:12.01	16:19.45	34:22.49
1034	6:40.64	9:21.84	10:17.40	10:12.34	16:20.00	34:23.66
1033	6:40.88	9:22.14	10:17.83	10:12.66	16:20.54	34:24.84
1032	6:41.11	9:22.45	10:18.27	10:12.99	16:21.08	34:26.02
1031	6:41.34	9:22.76	10:18.70	10:13.32	16:21.62	34:27.20
1030	6:41.57	9:23.07	10:19.13	10:13.65	16:22.16	34:28.38
1029	6:41.80	9:23.38	10:19.56	10:13.97	16:22.71	34:29.56
1028	6:42.04	9:23.69	10:20.00	10:14.30	16:23.25	34:30.74
1027	6:42.27	9:24.00	10:20.43	10:14.63	16:23.79	34:31.93
1026	6:42.50	9:24.31	10:20.86	10:14.96	16:24.34	34:33.11
1025	6:42.73	9:24.62	10:21.30	10:15.29	16:24.88	34:34.29
1024	6:42.97	9:24.93	10:21.73	10:15.61	16:25.43	34:35.47
1023	6:43.20	9:25.24	10:22.16	10:15.94	16:25.97	34:36.66
1022	6:43.43	9:25.55	10:22.60	10:16.27	16:26.51	34:37.84
1021	6:43.67	9:25.86	10:23.03	10:16.60	16:27.06	34:39.03
1020	6:43.90	9:26.17	10:23.47	10:16.93	16:27.60	34:40.21
1019	6:44.13	9:26.48	10:23.90	10:17.26	16:28.15	34:41.40
1018	6:44.37	9:26.79	10:24.34	10:17.59	16:28.70	34:42.59
1017	6:44.60	9:27.10	10:24.77	10:17.92	16:29.24	34:43.78
1016	6:44.83	9:27.41	10:25.21	10:18.24	16:29.79	34:44.96
1015	6:45.07	9:27.73	10:25.64	10:18.57	16:30.33	34:46.15
1014	6:45.30	9:28.04	10:26.08	10:18.90	16:30.88	34:47.34
1013	6:45.54	9:28.35	10:26.51	10:19.23	16:31.43	34:48.53
1012	6:45.77	9:28.66	10:26.95	10:19.56	16:31.97	34:49.72
1011	6:46.00	9:28.97	10:27.39	10:19.89	16:32.52	34:50.91
1010	6:46.24	9:29.29	10:27.82	10:20.23	16:33.07	34:52.11
1009	6:46.47	9:29.60	10:28.26	10:20.56	16:33.62	34:53.30
1008	6:46.71	9:29.91	10:28.70	10:20.89	16:34.17	34:54.49
1007	6:46.94	9:30.22	10:29.13	10:21.22	16:34.72	34:55.68
1006	6:47.18	9:30.54	10:29.57	10:21.55	16:35.26	34:56.88
1005	6:47.41	9:30.85	10:30.01	10:21.88	16:35.81	34:58.07
1004	6:47.65	9:31.16	10:30.45	10:22.21	16:36.36	34:59.27
1003	6:47.88	9:31.47	10:30.88	10:22.54	16:36.91	35:00.46
1002	6:48.12	9:31.79	10:31.32	10:22.88	16:37.46	35:01.66
1001	6:48.35	9:32.10	10:31.76	10:23.21	16:38.01	35:02.86

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
999	6:48.59	9:32.42	10:32.20	10:23.54	16:38.56	35:04.06
998	6:48.83	9:32.73	10:32.64	10:23.87	16:39.11	35:05.25
997	6:49.06	9:33.04	10:33.08	10:24.20	16:39.67	35:06.45
996	6:49.30	9:33.36	10:33.52	10:24.54	16:40.22	35:07.65
995	6:49.53	9:33.67	10:33.96	10:24.87	16:40.77	35:08.85
994	6:49.77	9:33.99	10:34.40	10:25.20	16:41.32	35:10.05
993	6:50.01	9:34.30	10:34.84	10:25.54	16:41.87	35:11.25
992	6:50.24	9:34.62	10:35.28	10:25.87	16:42.43	35:12.46
991	6:50.48	9:34.93	10:35.72	10:26.20	16:42.98	35:13.66
990	6:50.72	9:35.25	10:36.16	10:26.54	16:43.53	35:14.86
989	6:50.95	9:35.56	10:36.60	10:26.87	16:44.08	35:16.06
988	6:51.19	9:35.88	10:37.04	10:27.20	16:44.64	35:17.27
987	6:51.43	9:36.21	10:37.48	10:27.54	16:45.19	35:18.47
986	6:51.66	9:36.51	10:37.93	10:27.87	16:45.75	35:19.68
985	6:51.90	9:36.82	10:38.37	10:28.21	16:46.30	35:20.89
984	6:52.14	9:37.14	10:38.81	10:28.54	16:46.86	35:22.09
983	6:52.38	9:37.46	10:39.25	10:28.88	16:47.41	35:23.30
982	6:52.61	9:37.77	10:39.69	10:29.21	16:47.97	35:24.51
981	6:52.85	9:38.09	10:40.14	10:29.55	16:48.52	35:25.72
980	6:53.09	9:38.41	10:40.58	10:29.88	16:49.08	35:26.93
979	6:53.33	9:38.72	10:41.02	10:30.22	16:49.63	35:28.14
978	6:53.57	9:39.04	10:41.47	10:30.55	16:50.19	35:29.35
977	6:53.80	9:39.36	10:41.91	10:30.89	16:50.75	35:30.56
976	6:54.04	9:39.67	10:42.35	10:31.23	16:51.30	35:31.77
975	6:54.28	9:40.01	10:42.80	10:31.56	16:51.86	35:32.98
974	6:54.52	9:40.31	10:43.24	10:31.90	16:52.42	35:34.19
973	6:54.76	9:40.63	10:43.69	10:32.23	16:52.98	35:35.41
972	6:55.00	9:40.95	10:44.13	10:32.57	16:53.53	35:36.62
971	6:55.24	9:41.26	10:44.58	10:32.91	16:54.09	35:37.84
970	6:55.48	9:41.58	10:45.02	10:33.24	16:54.65	35:39.05
969	6:55.72	9:41.90	10:45.47	10:33.58	16:55.21	35:40.27
968	6:55.95	9:42.22	10:45.91	10:33.92	16:55.77	35:41.48
967	6:56.19	9:42.54	10:46.36	10:34.26	16:56.33	35:42.70
966	6:56.43	9:42.86	10:46.81	10:34.59	16:56.89	35:43.92
965	6:56.67	9:43.18	10:47.25	10:34.93	16:57.45	35:45.14
964	6:56.91	9:43.50	10:47.70	10:35.27	16:58.01	35:46.36
963	6:57.15	9:43.82	10:48.15	10:35.61	16:58.57	35:47.58
962	6:57.39	9:44.14	10:48.59	10:35.95	16:59.13	35:48.80
961	6:57.63	9:44.46	10:49.04	10:36.29	16:59.69	35:50.02
960	6:57.87	9:44.78	10:49.49	10:36.63	17:00.26	35:51.24
959	6:58.11	9:45.10	10:49.94	10:36.96	17:00.82	35:52.46
958	6:58.36	9:45.42	10:50.38	10:37.30	17:01.38	35:53.69
957	6:58.60	9:45.74	10:50.83	10:37.64	17:01.94	35:54.91
956	6:58.84	9:46.06	10:51.28	10:37.98	17:02.50	35:56.13
955	6:59.08	9:46.38	10:51.73	10:38.32	17:03.07	35:57.36
954	6:59.32	9:46.70	10:52.18	10:38.66	17:03.63	35:58.58
953	6:59.56	9:47.02	10:52.63	10:39.00	17:04.19	35:59.81
952	6:59.80	9:47.34	10:53.08	10:39.34	17:04.76	36:01.04
951	7:00.04	9:47.66	10:53.53	10:39.68	17:05.32	36:02.26
950	7:00.28	9:47.98	10:53.98	10:40.02	17:05.89	36:03.49

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m	Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
950	7:00.53	9:48.31	10:54.43	10:40.36	17:06.45	36:04.72	900	7:12.78	10:04.62	11:17.25	10:57.64	17:35.09	37:07.01
949	7:00.77	9:48.63	10:54.88	10:40.70	17:07.02	36:05.95	899	7:13.03	10:04.95	11:17.71	10:57.99	17:35.67	37:08.27
948	7:01.01	9:48.95	10:55.33	10:41.05	17:07.58	36:07.18	898	7:13.28	10:05.28	11:18.17	10:58.34	17:36.25	37:09.53
947	7:01.25	9:49.27	10:55.78	10:41.39	17:08.15	36:08.41	897	7:13.53	10:05.61	11:18.64	10:58.69	17:36.83	37:10.80
946	7:01.50	9:49.60	10:56.23	10:41.73	17:08.72	36:09.64	896	7:13.78	10:05.95	11:19.10	10:59.04	17:37.41	37:12.06
945	7:01.74	9:49.92	10:56.68	10:42.07	17:09.28	36:10.88	895	7:14.03	10:06.28	11:19.56	10:59.39	17:37.99	37:13.33
944	7:01.98	9:50.24	10:57.13	10:42.41	17:09.85	36:12.11	894	7:14.27	10:06.61	11:20.03	10:59.74	17:38.57	37:14.60
943	7:02.22	9:50.56	10:57.58	10:42.75	17:10.42	36:13.34	893	7:14.52	10:06.94	11:20.49	11:00.09	17:39.16	37:15.86
942	7:02.47	9:50.89	10:58.04	10:43.10	17:10.98	36:14.58	892	7:14.77	10:07.27	11:20.96	11:00.45	17:39.74	37:17.13
941	7:02.71	9:51.21	10:58.49	10:43.44	17:11.55	36:15.81	891	7:15.02	10:07.61	11:21.42	11:00.80	17:40.32	37:18.40
940	7:02.95	9:51.53	10:58.94	10:43.78	17:12.12	36:17.05	890	7:15.27	10:07.94	11:21.89	11:01.15	17:40.91	37:19.67
939	7:03.19	9:51.86	10:59.39	10:44.12	17:12.69	36:18.28	889	7:15.52	10:08.27	11:22.35	11:01.50	17:41.49	37:20.94
938	7:03.44	9:52.18	10:59.85	10:44.47	17:13.25	36:19.52	888	7:15.77	10:08.60	11:22.82	11:01.85	17:42.08	37:22.21
937	7:03.68	9:52.51	11:00.30	10:44.81	17:13.82	36:20.75	887	7:16.02	10:08.94	11:23.28	11:02.21	17:42.66	37:23.48
936	7:03.92	9:52.83	11:00.75	10:45.15	17:14.39	36:21.99	886	7:16.27	10:09.27	11:23.75	11:02.56	17:43.24	37:24.75
935	7:04.17	9:53.15	11:01.21	10:45.50	17:14.96	36:23.23	885	7:16.52	10:09.60	11:24.21	11:02.91	17:43.83	37:26.03
934	7:04.41	9:53.48	11:01.66	10:45.84	17:15.53	36:24.47	884	7:16.77	10:09.94	11:24.68	11:03.27	17:44.42	37:27.30
933	7:04.66	9:53.80	11:02.12	10:46.18	17:16.10	36:25.71	883	7:17.03	10:10.27	11:25.15	11:03.62	17:45.00	37:28.58
932	7:04.90	9:54.13	11:02.57	10:46.53	17:16.67	36:26.95	882	7:17.28	10:10.60	11:25.62	11:03.97	17:45.59	37:29.85
931	7:05.14	9:54.45	11:03.03	10:46.87	17:17.24	36:28.19	881	7:17.53	10:10.94	11:26.08	11:04.33	17:46.17	37:31.13
930	7:05.39	9:54.78	11:03.48	10:47.22	17:17.81	36:29.43	880	7:17.78	10:11.27	11:26.55	11:04.68	17:46.76	37:32.40
929	7:05.63	9:55.10	11:03.94	10:47.56	17:18.38	36:30.68	879	7:18.03	10:11.61	11:27.02	11:05.03	17:47.35	37:33.68
928	7:05.88	9:55.43	11:04.39	10:47.91	17:18.96	36:31.92	878	7:18.28	10:11.94	11:27.49	11:05.39	17:47.94	37:34.96
927	7:06.12	9:55.76	11:04.85	10:48.25	17:19.53	36:33.16	877	7:18.53	10:12.28	11:27.96	11:05.74	17:48.52	37:36.24
926	7:06.37	9:56.08	11:05.30	10:48.60	17:20.10	36:34.41	876	7:18.78	10:12.61	11:28.42	11:06.10	17:49.11	37:37.52
925	7:06.61	9:56.41	11:05.76	10:48.94	17:20.67	36:35.65	875	7:19.04	10:12.95	11:28.89	11:06.45	17:49.70	37:38.80
924	7:06.86	9:56.73	11:06.22	10:49.29	17:21.25	36:36.90	874	7:19.29	10:13.28	11:29.36	11:06.81	17:50.29	37:40.08
923	7:07.10	9:57.06	11:06.67	10:49.63	17:21.82	36:38.15	873	7:19.54	10:13.62	11:29.83	11:07.16	17:50.88	37:41.36
922	7:07.35	9:57.39	11:07.13	10:49.98	17:22.39	36:39.39	872	7:19.79	10:13.96	11:30.30	11:07.52	17:51.47	37:42.64
921	7:07.59	9:57.71	11:07.59	10:50.33	17:22.97	36:40.64	871	7:20.05	10:14.29	11:30.77	11:07.88	17:52.06	37:43.93
920	7:07.84	9:58.04	11:08.04	10:50.67	17:23.54	36:41.89	870	7:20.30	10:14.63	11:31.24	11:08.23	17:52.65	37:45.21
919	7:08.09	9:58.37	11:08.50	10:51.02	17:24.11	36:43.14	869	7:20.55	10:14.96	11:31.71	11:08.59	17:53.24	37:46.50
918	7:08.33	9:58.70	11:08.96	10:51.36	17:24.69	36:44.39	868	7:20.80	10:15.30	11:32.18	11:08.94	17:53.83	37:47.78
917	7:08.58	9:59.02	11:09.42	10:51.71	17:25.26	36:45.64	867	7:21.06	10:15.64	11:32.66	11:09.30	17:54.42	37:49.07
916	7:08.82	9:59.35	11:09.88	10:52.06	17:25.84	36:46.89	866	7:21.31	10:15.98	11:33.13	11:09.66	17:55.01	37:50.35
915	7:09.07	9:59.68	11:10.34	10:52.41	17:26.41	36:48.14	865	7:21.56	10:16.31	11:33.60	11:10.02	17:55.60	37:51.64
914	7:09.32	10:00.01	11:10.79	10:52.75	17:26.99	36:49.40	864	7:21.82	10:16.65	11:34.07	11:10.37	17:56.20	37:52.93
913	7:09.56	10:00.34	11:11.25	10:53.10	17:27.57	36:50.65	863	7:22.07	10:16.99	11:34.54	11:10.73	17:56.79	37:54.22
912	7:09.81	10:00.66	11:11.71	10:53.45	17:28.14	36:51.90	862	7:22.32	10:17.33	11:35.02	11:11.09	17:57.38	37:55.51
911	7:10.06	10:00.99	11:12.17	10:53.80	17:28.72	36:53.16	861	7:22.58	10:17.66	11:35.49	11:11.45	17:57.98	37:56.80
910	7:10.30	10:01.32	11:12.63	10:54.14	17:29.30	36:54.41	860	7:22.83	10:18.00	11:35.96	11:11.80	17:58.57	37:58.09
909	7:10.55	10:01.65	11:13.09	10:54.49	17:29.87	36:55.67	859	7:23.09	10:18.34	11:36.44	11:12.16	17:59.16	37:59.38
908	7:10.80	10:01.98	11:13.55	10:54.84	17:30.45	36:56.93	858	7:23.34	10:18.68	11:36.91	11:12.52	17:59.76	38:00.68
907	7:11.05	10:02.31	11:14.01	10:55.19	17:31.03	36:58.18	857	7:23.60	10:19.02	11:37.38	11:12.88	18:00.35	38:01.97
906	7:11.29	10:02.64	11:14.47	10:55.54	17:31.61	36:59.44	856	7:23.85	10:19.36	11:37.86	11:13.24	18:00.95	38:03.26
905	7:11.54	10:02.97	11:14.94	10:55.89	17:32.19	37:00.70	855	7:24.11	10:19.70	11:38.33	11:13.60	18:01.54	38:04.56
904	7:11.79	10:03.30	11:15.40	10:56.24	17:32.77	37:01.96	854	7:24.36	10:20.04	11:38.81	11:13.96	18:02.14	38:05.86
903	7:12.04	10:03.63	11:15.86	10:56.59	17:33.35	37:03.22	853	7:24.62	10:20.38	11:39.28	11:14.32	18:02.74	38:07.15
902	7:12.28	10:03.96	11:16.32	10:56.94	17:33.93	37:04.48	852	7:24.87	10:20.72	11:39.76	11:14.68	18:03.33	38:08.45
901	7:12.53	10:04.29	11:16.78	10:57.29	17:34.51	37:05.74	851	7:25.13	10:21.06	11:40.23	11:15.04	18:03.93	38:09.75

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m	Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
850	7:25.38	10:21.40	11:40.71	11:15.40	18:04.53	38:11.05	800	7:38.36	10:38.67	12:04.87	11:33.69	18:34.85	39:17.00
849	7:25.64	10:21.74	11:41.18	11:15.76	18:05.12	38:12.35	799	7:38.62	10:39.02	12:05.36	11:34.06	18:35.46	39:18.34
848	7:25.89	10:22.08	11:41.66	11:16.12	18:05.72	38:13.65	798	7:38.89	10:39.37	12:05.85	11:34.43	18:36.08	39:19.68
847	7:26.15	10:22.42	11:42.14	11:16.48	18:06.32	38:14.95	797	7:39.15	10:39.72	12:06.35	11:34.80	18:36.69	39:21.02
846	7:26.41	10:22.76	11:42.62	11:16.84	18:06.92	38:16.25	796	7:39.41	10:40.08	12:06.84	11:35.18	18:37.31	39:22.37
845	7:26.66	10:23.10	11:43.09	11:17.20	18:07.52	38:17.55	795	7:39.68	10:40.43	12:07.32	11:35.55	18:37.93	39:23.71
844	7:26.92	10:23.44	11:43.57	11:17.56	18:08.12	38:18.86	794	7:39.94	10:40.78	12:07.82	11:35.92	18:38.55	39:25.05
843	7:27.17	10:23.78	11:44.05	11:17.92	18:08.72	38:20.16	793	7:40.21	10:41.13	12:08.31	11:36.29	18:39.16	39:26.40
842	7:27.43	10:24.12	11:44.53	11:18.29	18:09.32	38:21.47	792	7:40.47	10:41.48	12:08.81	11:36.67	18:39.78	39:27.74
841	7:27.69	10:24.47	11:45.00	11:18.65	18:09.92	38:22.77	791	7:40.74	10:41.84	12:09.30	11:37.04	18:40.40	39:29.09
840	7:27.95	10:24.81	11:45.48	11:19.01	18:10.52	38:24.08	790	7:41.00	10:42.19	12:09.79	11:37.41	18:41.02	39:30.44
839	7:28.20	10:25.15	11:45.96	11:19.37	18:11.12	38:25.39	789	7:41.27	10:42.54	12:10.29	11:37.79	18:41.64	39:31.79
838	7:28.46	10:25.49	11:46.44	11:19.74	18:11.72	38:26.70	788	7:41.53	10:42.90	12:10.78	11:38.16	18:42.26	39:33.13
837	7:28.72	10:25.84	11:46.92	11:20.10	18:12.32	38:28.00	787	7:41.80	10:43.25	12:11.28	11:38.54	18:42.88	39:34.48
836	7:28.98	10:26.18	11:47.40	11:20.46	18:12.92	38:29.31	786	7:42.06	10:43.60	12:11.77	11:38.91	18:43.50	39:35.84
835	7:29.23	10:26.52	11:47.88	11:20.83	18:13.53	38:30.63	785	7:42.33	10:43.96	12:12.27	11:39.29	18:44.12	39:37.19
834	7:29.49	10:26.87	11:48.36	11:21.19	18:14.13	38:31.94	784	7:42.60	10:44.31	12:12.76	11:39.66	18:44.75	39:38.54
833	7:29.75	10:27.21	11:48.84	11:21.55	18:14.73	38:33.25	783	7:42.86	10:44.67	12:13.26	11:40.04	18:45.37	39:39.89
832	7:30.01	10:27.55	11:49.32	11:21.92	18:15.34	38:34.56	782	7:43.13	10:45.02	12:13.75	11:40.41	18:45.99	39:41.25
831	7:30.27	10:27.90	11:49.80	11:22.28	18:15.94	38:35.88	781	7:43.39	10:45.38	12:14.25	11:40.79	18:46.61	39:42.60
830	7:30.53	10:28.24	11:50.29	11:22.65	18:16.54	38:37.19	780	7:43.66	10:45.73	12:14.75	11:41.16	18:47.24	39:43.96
829	7:30.78	10:28.59	11:50.77	11:23.01	18:17.15	38:38.51	779	7:43.93	10:46.09	12:15.25	11:41.54	18:47.86	39:45.32
828	7:31.04	10:28.93	11:51.25	11:23.38	18:17.75	38:39.82	778	7:44.20	10:46.44	12:15.74	11:41.92	18:48.49	39:46.67
827	7:31.30	10:29.28	11:51.73	11:23.74	18:18.36	38:41.14	777	7:44.46	10:46.80	12:16.24	11:42.29	18:49.11	39:48.03
826	7:31.56	10:29.62	11:52.22	11:24.11	18:18.96	38:42.46	776	7:44.73	10:47.15	12:16.74	11:42.67	18:49.73	39:49.39
825	7:31.82	10:29.97	11:52.70	11:24.47	18:19.57	38:43.77	775	7:45.00	10:47.51	12:17.24	11:43.05	18:50.36	39:50.75
824	7:32.08	10:30.31	11:53.18	11:24.84	18:20.18	38:45.09	774	7:45.27	10:47.87	12:17.74	11:43.43	18:50.99	39:52.11
823	7:32.34	10:30.66	11:53.67	11:25.21	18:20.78	38:46.41	773	7:45.53	10:48.22	12:18.23	11:43.80	18:51.61	39:53.47
822	7:32.60	10:31.01	11:54.15	11:25.57	18:21.39	38:47.73	772	7:45.80	10:48.58	12:18.73	11:44.18	18:52.24	39:54.84
821	7:32.86	10:31.35	11:54.63	11:25.94	18:22.00	38:49.06	771	7:46.07	10:48.94	12:19.23	11:44.56	18:52.87	39:56.20
820	7:33.12	10:31.70	11:55.12	11:26.30	18:22.61	38:50.38	770	7:46.34	10:49.30	12:19.73	11:44.94	18:53.49	39:57.57
819	7:33.38	10:32.04	11:55.60	11:26.67	18:23.22	38:51.70	769	7:46.61	10:49.65	12:20.23	11:45.32	18:54.12	39:58.93
818	7:33.64	10:32.39	11:56.09	11:27.04	18:23.82	38:53.03	768	7:46.88	10:50.01	12:20.73	11:45.70	18:54.75	40:00.30
817	7:33.90	10:32.74	11:56.57	11:27.41	18:24.43	38:54.35	767	7:47.15	10:50.37	12:21.24	11:46.07	18:55.38	40:01.67
816	7:34.16	10:33.09	11:57.06	11:27.77	18:25.04	38:55.68	766	7:47.42	10:50.73	12:21.74	11:46.45	18:56.01	40:03.03
815	7:34.42	10:33.43	11:57.55	11:28.14	18:25.65	38:57.00	765	7:47.68	10:51.09	12:22.24	11:46.83	18:56.64	40:04.40
814	7:34.68	10:33.78	11:58.03	11:28.51	18:26.26	38:58.33	764	7:47.95	10:51.45	12:22.74	11:47.21	18:57.27	40:05.77
813	7:34.95	10:34.13	11:58.52	11:28.88	18:26.87	38:59.66	763	7:48.22	10:51.81	12:23.24	11:47.59	18:57.90	40:07.14
812	7:35.21	10:34.48	11:59.01	11:29.25	18:27.48	39:00.99	762	7:48.49	10:52.16	12:23.75	11:47.97	18:58.53	40:08.52
811	7:35.47	10:34.83	11:59.49	11:29.62	18:28.10	39:02.32	761	7:48.76	10:52.52	12:24.25	11:48.36	18:59.16	40:09.89
810	7:35.73	10:35.17	11:59.98	11:29.99	18:28.71	39:03.65	760	7:49.03	10:52.88	12:24.75	11:48.74	18:59.79	40:11.26
809	7:35.99	10:35.52	12:00.47	11:30.35	18:29.32	39:04.98	759	7:49.30	10:53.24	12:25.26	11:49.12	19:00.42	40:12.64
808	7:36.26	10:35.87	12:00.96	11:30.72	18:29.93	39:06.31	758	7:49.58	10:53.60	12:25.76	11:49.50	19:01.05	40:14.01
807	7:36.52	10:36.22	12:01.44	11:31.09	18:30.54	39:07.65	757	7:49.85	10:53.96	12:26.26	11:49.88	19:01.69	40:15.39
806	7:36.78	10:36.57	12:01.93	11:31.46	18:31.16	39:08.98	756	7:50.12	10:54.33	12:26.77	11:50.26	19:02.32	40:16.77
805	7:37.04	10:36.92	12:02.42	11:31.83	18:31.77	39:10.31	755	7:50.39	10:54.69	12:27.27	11:50.64	19:02.95	40:18.15
804	7:37.31	10:37.27	12:02.91	11:32.20	18:32.39	39:11.65	754	7:50.66	10:55.05	12:27.78	11:51.03	19:03.59	40:19.52
803	7:37.57	10:37.62	12:03.40	11:32.57	18:33.00	39:12.99	753	7:50.93	10:55.41	12:28.28	11:51.41	19:04.22	40:20.90
802	7:37.83	10:37.97	12:03.89	11:32.95	18:33.61	39:14.32	752	7:51.20	10:55.77	12:28.79	11:51.79	19:04.86	40:22.29
801	7:38.09	10:38.32	12:04.38	11:33.32	18:34.23	39:15.66	751	7:51.47	10:56.13	12:29.30	11:52.18	19:05.49	40:23.67

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m	Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
750	7:51.75	10:56.50	12:29.80	11:52.56	19:06.13	40:25.05	700	8:05.59	11:14.92	12:55.58	12:12.07	19:38.47	41:35.41
749	7:52.02	10:56.86	12:30.31	11:52.94	19:06.76	40:26.43	699	8:05.87	11:15.30	12:56.10	12:12.47	19:39.13	41:36.84
748	7:52.29	10:57.22	12:30.82	11:53.33	19:07.40	40:27.82	698	8:06.15	11:15.68	12:56.63	12:12.87	19:39.79	41:38.27
747	7:52.56	10:57.58	12:31.32	11:53.71	19:08.04	40:29.20	697	8:06.44	11:16.05	12:57.16	12:13.26	19:40.45	41:39.71
746	7:52.84	10:57.95	12:31.83	11:54.10	19:08.67	40:30.59	696	8:06.72	11:16.43	12:57.68	12:13.66	19:41.11	41:41.14
745	7:53.11	10:58.31	12:32.34	11:54.48	19:09.31	40:31.98	695	8:07.00	11:16.80	12:58.21	12:14.06	19:41.77	41:42.58
744	7:53.38	10:58.67	12:32.85	11:54.87	19:09.95	40:33.37	694	8:07.28	11:17.18	12:58.73	12:14.46	19:42.43	41:44.02
743	7:53.66	10:59.04	12:33.36	11:55.25	19:10.59	40:34.76	693	8:07.57	11:17.56	12:59.26	12:14.86	19:43.09	41:45.46
742	7:53.93	10:59.40	12:33.87	11:55.64	19:11.23	40:36.15	692	8:07.85	11:17.93	12:59.79	12:15.26	19:43.75	41:46.90
741	7:54.20	10:59.77	12:34.38	11:56.02	19:11.87	40:37.54	691	8:08.13	11:18.31	13:00.32	12:15.66	19:44.41	41:48.34
740	7:54.48	11:00.13	12:34.89	11:56.41	19:12.51	40:38.93	690	8:08.42	11:18.69	13:00.84	12:16.06	19:45.08	41:49.78
739	7:54.75	11:00.50	12:35.40	11:56.80	19:13.15	40:40.32	689	8:08.70	11:19.07	13:01.37	12:16.46	19:45.74	41:51.22
738	7:55.03	11:00.86	12:35.91	11:57.18	19:13.79	40:41.72	688	8:08.98	11:19.44	13:01.90	12:16.86	19:46.40	41:52.66
737	7:55.30	11:01.23	12:36.42	11:57.57	19:14.43	40:43.11	687	8:09.27	11:19.82	13:02.43	12:17.26	19:47.07	41:54.11
736	7:55.57	11:01.59	12:36.93	11:57.96	19:15.07	40:44.51	686	8:09.55	11:20.20	13:02.96	12:17.66	19:47.73	41:55.55
735	7:55.85	11:01.96	12:37.44	11:58.34	19:15.71	40:45.90	685	8:09.84	11:20.58	13:03.49	12:18.06	19:48.40	41:57.00
734	7:56.12	11:02.32	12:37.96	11:58.73	19:16.36	40:47.30	684	8:10.12	11:20.96	13:04.02	12:18.46	19:49.06	41:58.45
733	7:56.40	11:02.69	12:38.47	11:59.12	19:17.00	40:48.70	683	8:10.41	11:21.34	13:04.55	12:18.86	19:49.73	41:59.90
732	7:56.68	11:03.06	12:38.98	11:59.51	19:17.64	40:50.10	682	8:10.69	11:21.72	13:05.08	12:19.27	19:50.40	42:01.35
731	7:56.95	11:03.42	12:39.49	11:59.90	19:18.29	40:51.50	681	8:10.98	11:22.10	13:05.62	12:19.67	19:51.06	42:02.80
730	7:57.23	11:03.79	12:40.01	12:00.28	19:18.93	40:52.90	680	8:11.26	11:22.48	13:06.15	12:20.07	19:51.73	42:04.25
729	7:57.50	11:04.16	12:40.52	12:00.67	19:19.58	40:54.31	679	8:11.55	11:22.86	13:06.68	12:20.47	19:52.40	42:05.71
728	7:57.78	11:04.53	12:41.04	12:01.06	19:20.22	40:55.71	678	8:11.84	11:23.24	13:07.21	12:20.88	19:53.07	42:07.16
727	7:58.06	11:04.89	12:41.55	12:01.45	19:20.87	40:57.11	677	8:12.12	11:23.62	13:07.75	12:21.28	19:53.74	42:08.62
726	7:58.33	11:05.26	12:42.06	12:01.84	19:21.51	40:58.52	676	8:12.41	11:24.00	13:08.28	12:21.68	19:54.41	42:10.07
725	7:58.61	11:05.63	12:42.58	12:02.23	19:22.16	40:59.93	675	8:12.70	11:24.39	13:08.81	12:22.09	19:55.08	42:11.53
724	7:58.89	11:06.00	12:43.10	12:02.62	19:22.81	41:01.33	674	8:12.98	11:24.77	13:09.35	12:22.49	19:55.75	42:12.99
723	7:59.16	11:06.37	12:43.61	12:03.01	19:23.45	41:02.74	673	8:13.27	11:25.15	13:09.88	12:22.90	19:56.42	42:14.45
722	7:59.44	11:06.74	12:44.13	12:03.40	19:24.10	41:04.15	672	8:13.56	11:25.53	13:10.42	12:23.30	19:57.09	42:15.91
721	7:59.72	11:07.11	12:44.64	12:03.79	19:24.75	41:05.56	671	8:13.85	11:25.92	13:10.95	12:23.71	19:57.76	42:17.37
720	7:59.99	11:07.48	12:45.16	12:04.19	19:25.40	41:06.97	670	8:14.13	11:26.30	13:11.49	12:24.11	19:58.43	42:18.83
719	8:00.27	11:07.85	12:45.68	12:04.58	19:26.05	41:08.38	669	8:14.42	11:26.68	13:12.03	12:24.52	19:59.11	42:20.30
718	8:00.55	11:08.22	12:46.20	12:04.97	19:26.70	41:09.80	668	8:14.71	11:27.07	13:12.56	12:24.93	19:59.78	42:21.76
717	8:00.83	11:08.59	12:46.72	12:05.36	19:27.35	41:11.21	667	8:15.00	11:27.45	13:13.10	12:25.33	20:00.46	42:23.23
716	8:01.11	11:08.96	12:47.23	12:05.75	19:28.00	41:12.63	666	8:15.29	11:27.83	13:13.64	12:25.74	20:01.13	42:24.70
715	8:01.39	11:09.33	12:47.75	12:06.15	19:28.65	41:14.04	665	8:15.58	11:28.22	13:14.18	12:26.15	20:01.81	42:26.17
714	8:01.67	11:09.70	12:48.27	12:06.54	19:29.30	41:15.46	664	8:15.87	11:28.60	13:14.71	12:26.56	20:02.48	42:27.63
713	8:01.94	11:10.07	12:48.79	12:06.93	19:29.95	41:16.88	663	8:16.15	11:28.99	13:15.25	12:26.96	20:03.16	42:29.11
712	8:02.22	11:10.44	12:49.31	12:07.33	19:30.61	41:18.30	662	8:16.44	11:29.38	13:15.79	12:27.37	20:03.83	42:30.58
711	8:02.50	11:10.81	12:49.83	12:07.72	19:31.26	41:19.72	661	8:16.73	11:29.76	13:16.33	12:27.78	20:04.51	42:32.05
710	8:02.78	11:11.19	12:50.35	12:08.11	19:31.91	41:21.14	660	8:17.02	11:30.15	13:16.87	12:28.19	20:05.19	42:33.52
709	8:03.06	11:11.56	12:50.87	12:08.51	19:32.57	41:22.56	659	8:17.31	11:30.53	13:17.41	12:28.60	20:05.87	42:35.00
708	8:03.34	11:11.93	12:51.39	12:08.90	19:33.22	41:23.99	658	8:17.60	11:30.92	13:17.95	12:29.01	20:06.54	42:36.48
707	8:03.62	11:12.31	12:51.92	12:09.30	19:33.88	41:25.41	657	8:17.90	11:31.31	13:18.49	12:29.42	20:07.22	42:37.95
706	8:03.90	11:12.68	12:52.44	12:09.69	19:34.53	41:26.84	656	8:18.19	11:31.69	13:19.04	12:29.83	20:07.90	42:39.43
705	8:04.18	11:13.05	12:52.96	12:10.09	19:35.19	41:28.26	655	8:18.48	11:32.08	13:19.58	12:30.24	20:08.58	42:40.91
704	8:04.46	11:13.43	12:53.48	12:10.49	19:35.84	41:29.69	654	8:18.77	11:32.47	13:20.12	12:30.65	20:09.26	42:42.39
703	8:04.75	11:13.80	12:54.01	12:10.88	19:36.50	41:31.12	653	8:19.06	11:32.86	13:20.66	12:31.06	20:09.95	42:43.87
702	8:05.03	11:14.17	12:54.53	12:11.28	19:37.16	41:32.55	652	8:19.35	11:33.25	13:21.21	12:31.47	20:10.63	42:45.36
701	8:05.31	11:14.55	12:55.06	12:11.67	19:37.81	41:33.98	651	8:19.64	11:33.64	13:21.75	12:31.88	20:11.31	42:46.84

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m	Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
650	8:19.94	11:34.02	13:22.29	12:32.29	20:11.99	42:48.33	600	8:34.85	11:53.87	13:50.06	12:53.31	20:46.83	44:04.11
649	8:20.23	11:34.41	13:22.84	12:32.71	20:12.68	42:49.81	599	8:35.15	11:54.28	13:50.63	12:53.74	20:47.54	44:05.66
648	8:20.52	11:34.80	13:23.38	12:33.12	20:13.36	42:51.30	598	8:35.46	11:54.68	13:51.19	12:54.17	20:48.25	44:07.20
647	8:20.81	11:35.19	13:23.93	12:33.53	20:14.04	42:52.79	597	8:35.76	11:55.09	13:51.76	12:54.60	20:48.97	44:08.75
646	8:21.11	11:35.58	13:24.48	12:33.94	20:14.73	42:54.28	596	8:36.07	11:55.50	13:52.33	12:55.03	20:49.68	44:10.30
645	8:21.40	11:35.97	13:25.02	12:34.36	20:15.41	42:55.77	595	8:36.37	11:55.90	13:52.90	12:55.46	20:50.39	44:11.86
644	8:21.69	11:36.37	13:25.57	12:34.77	20:16.10	42:57.26	594	8:36.68	11:56.31	13:53.47	12:55.89	20:51.11	44:13.41
643	8:21.99	11:36.76	13:26.12	12:35.19	20:16.79	42:58.76	593	8:36.98	11:56.72	13:54.04	12:56.32	20:51.82	44:14.97
642	8:22.28	11:37.15	13:26.66	12:35.60	20:17.47	43:00.25	592	8:37.29	11:57.13	13:54.61	12:56.75	20:52.54	44:16.52
641	8:22.58	11:37.54	13:27.21	12:36.02	20:18.16	43:01.75	591	8:37.60	11:57.53	13:55.18	12:57.18	20:53.25	44:18.08
640	8:22.87	11:37.93	13:27.76	12:36.43	20:18.85	43:03.24	590	8:37.90	11:57.94	13:55.75	12:57.62	20:53.97	44:19.64
639	8:23.17	11:38.32	13:28.31	12:36.85	20:19.54	43:04.74	589	8:38.21	11:58.35	13:56.32	12:58.05	20:54.69	44:21.20
638	8:23.46	11:38.72	13:28.86	12:37.26	20:20.23	43:06.24	588	8:38.52	11:58.76	13:56.89	12:58.48	20:55.40	44:22.76
637	8:23.76	11:39.11	13:29.41	12:37.68	20:20.92	43:07.74	587	8:38.82	11:59.17	13:57.46	12:58.92	20:56.12	44:24.32
636	8:24.05	11:39.50	13:29.96	12:38.09	20:21.61	43:09.24	586	8:39.13	11:59.58	13:58.04	12:59.35	20:56.84	44:25.89
635	8:24.35	11:39.90	13:30.51	12:38.51	20:22.30	43:10.75	585	8:39.44	11:59.99	13:58.61	12:59.78	20:57.56	44:27.45
634	8:24.64	11:40.29	13:31.06	12:38.93	20:22.99	43:12.25	584	8:39.75	12:00.40	13:59.19	13:00.22	20:58.28	44:29.02
633	8:24.94	11:40.68	13:31.61	12:39.35	20:23.68	43:13.75	583	8:40.06	12:00.81	13:59.76	13:00.65	20:59.00	44:30.59
632	8:25.24	11:41.08	13:32.16	12:39.76	20:24.37	43:15.26	582	8:40.37	12:01.22	14:00.34	13:01.09	20:59.73	44:32.16
631	8:25.53	11:41.47	13:32.71	12:40.18	20:25.07	43:16.77	581	8:40.67	12:01.63	14:00.91	13:01.52	21:00.45	44:33.73
630	8:25.83	11:41.87	13:33.27	12:40.60	20:25.76	43:18.28	580	8:40.98	12:02.04	14:01.49	13:01.96	21:01.17	44:35.30
629	8:26.13	11:42.26	13:33.82	12:41.02	20:26.46	43:19.79	579	8:41.29	12:02.46	14:02.06	13:02.40	21:01.89	44:36.88
628	8:26.42	11:42.66	13:34.37	12:41.44	20:27.15	43:21.30	578	8:41.60	12:02.87	14:02.64	13:02.83	21:02.62	44:38.45
627	8:26.72	11:43.06	13:34.93	12:41.86	20:27.85	43:22.81	577	8:42.22	12:03.28	14:03.22	13:03.27	21:03.34	44:40.03
626	8:27.02	11:43.45	13:35.48	12:42.28	20:28.54	43:24.32	576	8:42.85	12:03.70	14:03.80	13:03.71	21:04.07	44:41.60
625	8:27.32	11:43.85	13:36.04	12:42.70	20:29.24	43:25.84	575	8:42.53	12:04.11	14:04.37	13:04.15	21:04.79	44:43.18
624	8:27.62	11:44.25	13:36.59	12:43.12	20:29.93	43:27.35	574	8:42.85	12:04.52	14:04.95	13:04.58	21:05.52	44:44.76
623	8:27.91	11:44.64	13:37.15	12:43.54	20:30.63	43:28.87	573	8:43.16	12:04.94	14:05.53	13:05.02	21:06.25	44:46.35
622	8:28.21	11:45.04	13:37.71	12:43.96	20:31.33	43:30.39	572	8:43.47	12:05.35	14:06.11	13:05.46	21:06.98	44:47.93
621	8:28.51	11:45.44	13:38.26	12:44.38	20:32.03	43:31.91	571	8:43.78	12:05.77	14:06.69	13:05.90	21:07.70	44:49.51
620	8:28.81	11:45.84	13:38.82	12:44.80	20:32.73	43:33.43	570	8:44.09	12:06.18	14:07.27	13:06.34	21:08.43	44:51.10
619	8:29.11	11:46.24	13:39.38	12:45.22	20:33.43	43:34.95	569	8:44.40	12:06.60	14:07.86	13:06.78	21:09.16	44:52.69
618	8:29.41	11:46.64	13:39.93	12:45.65	20:34.13	43:36.48	568	8:44.72	12:07.01	14:08.44	13:07.22	21:09.89	44:54.28
617	8:29.71	11:47.04	13:40.49	12:46.07	20:34.83	43:38.00	567	8:45.03	12:07.43	14:09.02	13:07.66	21:10.62	44:55.87
616	8:30.01	11:47.44	13:41.05	12:46.49	20:35.53	43:39.53	566	8:45.34	12:07.85	14:09.60	13:08.11	21:11.36	44:57.46
615	8:30.31	11:47.84	13:41.61	12:46.92	20:36.23	43:41.05	565	8:45.66	12:08.27	14:10.19	13:08.55	21:12.09	44:59.05
614	8:30.61	11:48.24	13:42.17	12:47.34	20:36.93	43:42.58	564	8:45.97	12:08.68	14:10.77	13:08.99	21:12.82	45:00.65
613	8:30.91	11:48.64	13:42.73	12:47.76	20:37.64	43:44.11	563	8:46.28	12:09.10	14:11.36	13:09.43	21:13.55	45:02.24
612	8:31.21	11:49.04	13:43.29	12:48.19	20:38.34	43:45.64	562	8:46.60	12:09.52	14:11.94	13:09.87	21:14.29	45:03.84
611	8:31.51	11:49.44	13:43.85	12:48.61	20:39.04	43:47.17	561	8:46.91	12:09.94	14:12.53	13:10.32	21:15.02	45:05.44
610	8:31.82	11:49.84	13:44.42	12:49.04	20:39.75	43:48.71	560	8:47.23	12:10.36	14:13.11	13:10.76	21:15.76	45:07.04
609	8:32.12	11:50.24	13:44.98	12:49.46	20:40.46	43:50.24	559	8:47.54	12:10.78	14:13.70	13:11.21	21:16.50	45:08.64
608	8:32.42	11:50.64	13:45.54	12:49.89	20:41.16	43:51.78	558	8:47.86	12:11.20	14:14.29	13:11.65	21:17.23	45:10.24
607	8:32.72	11:51.05	13:46.10	12:50.32	20:41.87	43:53.31	557	8:48.17	12:11.62	14:14.88	13:12.10	21:17.97	45:11.85
606	8:33.03	11:51.45	13:46.67	12:50.74	20:42.57	43:54.85	556	8:48.49	12:12.04	14:15.46	13:12.54	21:18.71	45:13.45
605	8:33.33	11:51.85	13:47.23	12:51.17	20:43.28	43:56.39	555	8:48.81	12:12.46	14:16.05	13:12.99	21:19.45	45:15.06
604	8:33.63	11:52.26	13:47.80	12:51.60	20:43.99	43:57.93	554	8:49.12	12:12.88	14:16.64	13:13.43	21:20.19	45:16.67
603	8:33.93	11:52.66	13:48.36	12:52.02	20:44.70	43:59.47	553	8:49.44	12:13.30	14:17.23	13:13.88	21:20.93	45:18.28
602	8:34.24	11:53.06	13:48.93	12:52.45	20:45.41	44:01.02	552	8:49.76	12:13.72	14:17.82	13:14.33	21:21.67	45:19.89
601	8:34.54	11:53.47	13:49.49	12:52.88	20:46.12	44:02.56	551	8:50.07	12:14.15	14:18.41	13:14.77	21:22.41	45:21.50

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m	Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
550	8:50.39	12:14.57	14:19.01	13:15.22	21:23.15	45:23.12	500	9:06.66	12:36.23	14:49.30	13:38.15	22:01.17	46:45.81
549	8:50.71	12:14.99	14:19.60	13:15.67	21:23.89	45:24.73	499	9:07.00	12:36.67	14:49.92	13:38.62	22:01.94	46:47.50
548	8:51.03	12:15.42	14:20.19	13:16.12	21:24.64	45:26.35	498	9:07.33	12:37.12	14:50.54	13:39.09	22:02.72	46:49.20
547	8:51.35	12:15.84	14:20.78	13:16.57	21:25.38	45:27.97	497	9:07.66	12:37.56	14:51.17	13:39.57	22:03.51	46:50.90
546	8:51.67	12:16.27	14:21.38	13:17.02	21:26.13	45:29.59	496	9:08.00	12:38.01	14:51.79	13:40.04	22:04.29	46:52.60
545	8:51.98	12:16.69	14:21.97	13:17.47	21:26.87	45:31.21	495	9:08.33	12:38.45	14:52.41	13:40.51	22:05.07	46:54.30
544	8:52.30	12:17.12	14:22.57	13:17.92	21:27.62	45:32.84	494	9:08.67	12:38.90	14:53.04	13:40.98	22:05.85	46:56.01
543	8:52.62	12:17.54	14:23.16	13:18.37	21:28.37	45:34.46	493	9:09.00	12:39.35	14:53.66	13:41.45	22:06.64	46:57.71
542	8:52.94	12:17.97	14:23.76	13:18.82	21:29.11	45:36.09	492	9:09.34	12:39.79	14:54.29	13:41.93	22:07.42	46:59.42
541	8:53.26	12:18.39	14:24.35	13:19.27	21:29.86	45:37.72	491	9:09.68	12:40.24	14:54.91	13:42.40	22:08.21	47:01.13
540	8:53.58	12:18.82	14:24.95	13:19.72	21:30.61	45:39.35	490	9:10.01	12:40.69	14:55.54	13:42.88	22:08.99	47:02.84
539	8:53.91	12:19.25	14:25.55	13:20.17	21:31.36	45:40.98	489	9:10.35	12:41.14	14:56.17	13:43.35	22:09.78	47:04.55
538	8:54.23	12:19.68	14:26.15	13:20.63	21:32.11	45:42.61	488	9:10.69	12:41.59	14:56.79	13:43.83	22:10.57	47:06.26
537	8:54.55	12:20.10	14:26.74	13:21.08	21:32.86	45:44.24	487	9:11.02	12:42.04	14:57.42	13:44.30	22:11.36	47:07.98
536	8:54.87	12:20.53	14:27.34	13:21.53	21:33.62	45:45.88	486	9:11.36	12:42.49	14:58.05	13:44.78	22:12.15	47:09.70
535	8:55.19	12:20.96	14:27.94	13:21.99	21:34.37	45:47.52	485	9:11.70	12:42.94	14:58.68	13:45.26	22:12.94	47:11.42
534	8:55.51	12:21.39	14:28.54	13:22.44	21:35.12	45:49.15	484	9:12.04	12:43.39	14:59.31	13:45.73	22:13.73	47:13.14
533	8:55.84	12:21.82	14:29.15	13:22.90	21:35.87	45:50.79	483	9:12.38	12:43.84	14:59.94	13:46.21	22:14.52	47:14.86
532	8:56.16	12:22.25	14:29.75	13:23.35	21:36.63	45:52.44	482	9:12.72	12:44.29	15:00.58	13:46.69	22:15.31	47:16.58
531	8:56.48	12:22.68	14:30.35	13:23.81	21:37.38	45:54.08	481	9:13.06	12:44.74	15:01.21	13:47.17	22:16.11	47:18.31
530	8:56.81	12:23.11	14:30.95	13:24.26	21:38.14	45:55.72	480	9:13.40	12:45.20	15:01.84	13:47.65	22:16.90	47:20.04
529	8:57.13	12:23.54	14:31.55	13:24.72	21:38.90	45:57.37	479	9:13.74	12:45.65	15:02.48	13:48.13	22:17.70	47:21.77
528	8:57.46	12:23.97	14:32.16	13:25.18	21:39.66	45:59.02	478	9:14.08	12:46.10	15:03.11	13:48.61	22:18.49	47:23.50
527	8:57.78	12:24.41	14:32.76	13:25.64	21:40.41	46:00.67	477	9:14.42	12:46.56	15:03.74	13:49.09	22:19.29	47:25.23
526	8:58.10	12:24.84	14:33.37	13:26.09	21:41.17	46:02.32	476	9:14.76	12:47.01	15:04.38	13:49.57	22:20.09	47:26.97
525	8:58.43	12:25.27	14:33.97	13:26.55	21:41.93	46:03.97	475	9:15.10	12:47.47	15:05.02	13:50.05	22:20.89	47:28.71
524	8:58.76	12:25.70	14:34.58	13:27.01	21:42.69	46:05.63	474	9:15.44	12:47.92	15:05.65	13:50.53	22:21.69	47:30.45
523	8:59.08	12:26.14	14:35.19	13:27.47	21:43.45	46:07.28	473	9:15.79	12:48.38	15:06.29	13:51.02	22:22.49	47:32.19
522	8:59.41	12:26.57	14:35.79	13:27.93	21:44.22	46:08.94	472	9:16.13	12:48.83	15:06.93	13:51.50	22:23.29	47:33.93
521	8:59.73	12:27.01	14:36.40	13:28.39	21:44.98	46:10.60	471	9:16.47	12:49.29	15:07.57	13:51.98	22:24.09	47:35.67
520	9:00.06	12:27.44	14:37.01	13:28.85	21:45.74	46:12.26	470	9:16.82	12:49.75	15:08.21	13:52.47	22:24.89	47:37.42
519	9:00.39	12:27.88	14:37.62	13:29.31	21:46.51	46:13.92	469	9:17.16	12:50.21	15:08.85	13:52.95	22:25.70	47:39.17
518	9:00.71	12:28.31	14:38.23	13:29.77	21:47.27	46:15.58	468	9:17.50	12:50.66	15:09.49	13:53.44	22:26.50	47:40.92
517	9:01.04	12:28.75	14:38.84	13:30.23	21:48.04	46:17.25	467	9:17.85	12:51.12	15:10.13	13:53.92	22:27.31	47:42.67
516	9:01.37	12:29.19	14:39.45	13:30.70	21:48.80	46:18.92	466	9:18.19	12:51.58	15:10.78	13:54.41	22:28.11	47:44.43
515	9:01.70	12:29.62	14:40.06	13:31.16	21:49.57	46:20.58	465	9:18.54	12:52.04	15:11.42	13:54.90	22:28.92	47:46.18
514	9:02.03	12:30.06	14:40.67	13:31.62	21:50.34	46:22.25	464	9:18.89	12:52.50	15:12.06	13:55.38	22:29.73	47:47.94
513	9:02.36	12:30.50	14:41.28	13:32.09	21:51.11	46:23.93	463	9:19.23	12:52.96	15:12.71	13:55.87	22:30.54	47:49.70
512	9:02.69	12:30.94	14:41.90	13:32.55	21:51.88	46:25.60	462	9:19.58	12:53.43	15:13.35	13:56.36	22:31.35	47:51.46
511	9:03.01	12:31.37	14:42.51	13:33.01	21:52.65	46:27.27	461	9:19.93	12:53.89	15:14.00	13:56.85	22:32.16	47:53.22
510	9:03.34	12:31.81	14:43.12	13:33.48	21:53.42	46:28.95	460	9:20.27	12:54.35	15:14.65	13:57.34	22:32.97	47:54.99
509	9:03.68	12:32.25	14:43.74	13:33.94	21:54.19	46:30.63	459	9:20.62	12:54.81	15:15.29	13:57.83	22:33.78	47:56.76
508	9:04.01	12:32.69	14:44.35	13:34.41	21:54.96	46:32.31	458	9:20.97	12:55.28	15:15.94	13:58.32	22:34.59	47:58.53
507	9:04.34	12:33.13	14:44.97	13:34.88	21:55.73	46:33.99	457	9:21.32	12:55.74	15:16.59	13:58.81	22:35.41	48:00.30
506	9:04.67	12:33.57	14:45.59	13:35.34	21:56.51	46:35.67	456	9:21.67	12:56.20	15:17.24	13:59.30	22:36.22	48:02.07
505	9:05.00	12:34.02	14:46.20	13:35.81	21:57.28	46:37.36	455	9:22.02	12:56.67	15:17.89	13:59.80	22:37.04	48:03.85
504	9:05.33	12:34.46	14:46.82	13:36.28	21:58.06	46:39.05	454	9:22.36	12:57.14	15:18.54	14:00.29	22:37.86	48:05.62
503	9:05.66	12:34.90	14:47.44	13:36.75	21:58.83	46:40.73	453	9:22.71	12:57.60	15:19.19	14:00.78	22:38.67	48:07.40
502	9:06.00	12:35.34	14:48.06	13:37.22	21:59.61	46:42.42	452	9:23.07	12:58.07	15:19.85	14:01.28	22:39.49	48:09.18
501	9:06.33	12:35.79	14:48.68	13:37.68	22:00.39	46:44.12	451	9:23.42	12:58.53	15:20.50	14:01.77	22:40.31	48:10.96

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m	Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
450	9:23.77	12:59.00	15:21.15	14:02.26	22:41.13	48:12.75	400	9:41.85	13:23.08	15:54.83	14:27.76	23:23.39	49:44.67
449	9:24.12	12:59.47	15:21.81	14:02.76	22:41.95	48:14.54	399	9:42.23	13:23.58	15:55.52	14:28.28	23:24.26	49:46.56
448	9:24.47	12:59.94	15:22.46	14:03.26	22:42.78	48:16.33	398	9:42.60	13:24.07	15:56.22	14:28.81	23:25.13	49:48.46
447	9:24.82	13:00.41	15:23.12	14:03.75	22:43.60	48:18.12	397	9:42.97	13:24.57	15:56.91	14:29.34	23:26.01	49:50.36
446	9:25.18	13:00.88	15:23.78	14:04.25	22:44.42	48:19.91	396	9:43.35	13:25.07	15:57.61	14:29.86	23:26.88	49:52.27
445	9:25.53	13:01.35	15:24.43	14:04.75	22:45.25	48:21.70	395	9:43.72	13:25.57	15:58.31	14:30.39	23:27.76	49:54.17
444	9:25.88	13:01.82	15:25.09	14:05.25	22:46.07	48:23.50	394	9:44.10	13:26.07	15:59.01	14:30.92	23:28.63	49:56.08
443	9:26.24	13:02.29	15:25.75	14:05.75	22:46.90	48:25.30	393	9:44.47	13:26.57	15:59.71	14:31.45	23:29.51	49:57.99
442	9:26.59	13:02.76	15:26.41	14:06.24	22:47.73	48:27.10	392	9:44.85	13:27.07	16:00.41	14:31.98	23:30.39	49:59.90
441	9:26.95	13:03.23	15:27.07	14:06.74	22:48.56	48:28.90	391	9:45.23	13:27.57	16:01.11	14:32.51	23:31.27	50:01.81
440	9:27.30	13:03.71	15:27.73	14:07.25	22:49.39	48:30.71	390	9:45.60	13:28.07	16:01.81	14:33.04	23:32.15	50:03.73
439	9:27.66	13:04.18	15:28.39	14:07.75	22:50.22	48:32.52	389	9:45.98	13:28.57	16:02.52	14:33.58	23:33.03	50:05.65
438	9:28.01	13:04.65	15:29.06	14:08.25	22:51.05	48:34.32	388	9:46.36	13:29.08	16:03.22	14:34.11	23:33.92	50:07.57
437	9:28.37	13:05.13	15:29.72	14:08.75	22:51.88	48:36.14	387	9:46.74	13:29.58	16:03.93	14:34.64	23:34.80	50:09.50
436	9:28.73	13:05.60	15:30.38	14:09.25	22:52.72	48:37.95	386	9:47.12	13:30.09	16:04.63	14:35.18	23:35.69	50:11.42
435	9:29.08	13:06.08	15:31.05	14:09.76	22:53.55	48:39.76	385	9:47.50	13:30.59	16:05.34	14:35.71	23:36.57	50:13.35
434	9:29.44	13:06.55	15:31.72	14:10.26	22:54.39	48:41.58	384	9:47.88	13:31.10	16:06.05	14:36.25	23:37.46	50:15.29
433	9:29.80	13:07.03	15:32.38	14:10.77	22:55.22	48:43.40	383	9:48.26	13:31.61	16:06.75	14:36.78	23:38.35	50:17.22
432	9:30.16	13:07.51	15:33.05	14:11.27	22:56.06	48:45.22	382	9:48.64	13:32.11	16:07.46	14:37.32	23:39.24	50:19.16
431	9:30.52	13:07.99	15:33.72	14:11.78	22:56.90	48:47.05	381	9:49.02	13:32.62	16:08.17	14:37.86	23:40.13	50:21.10
430	9:30.87	13:08.46	15:34.39	14:12.28	22:57.74	48:48.87	380	9:49.40	13:33.13	16:08.89	14:38.40	23:41.03	50:23.04
429	9:31.23	13:08.94	15:35.06	14:12.79	22:58.58	48:50.70	379	9:49.78	13:33.64	16:09.60	14:38.94	23:41.92	50:24.98
428	9:31.59	13:09.42	15:35.73	14:13.30	22:59.42	48:52.53	378	9:50.17	13:34.15	16:10.31	14:39.48	23:42.82	50:26.93
427	9:31.95	13:09.90	15:36.40	14:13.80	23:00.26	48:54.36	377	9:50.55	13:34.66	16:11.03	14:40.02	23:43.71	50:28.88
426	9:32.32	13:10.38	15:37.07	14:14.31	23:01.11	48:56.20	376	9:50.94	13:35.17	16:11.74	14:40.56	23:44.61	50:30.83
425	9:32.68	13:10.86	15:37.74	14:14.82	23:01.95	48:58.03	375	9:51.32	13:35.68	16:12.46	14:41.10	23:45.51	50:32.79
424	9:33.04	13:11.34	15:38.42	14:15.33	23:02.79	48:59.87	374	9:51.71	13:36.20	16:13.18	14:41.64	23:46.41	50:34.75
423	9:33.40	13:11.83	15:39.09	14:15.84	23:03.64	49:01.71	373	9:52.09	13:36.71	16:13.89	14:42.19	23:47.31	50:36.71
422	9:33.76	13:12.31	15:39.77	14:16.35	23:04.49	49:03.56	372	9:52.48	13:37.22	16:14.61	14:42.73	23:48.21	50:38.67
421	9:34.13	13:12.79	15:40.44	14:16.87	23:05.34	49:05.40	371	9:52.86	13:37.74	16:15.33	14:43.28	23:49.12	50:40.63
420	9:34.49	13:13.28	15:41.12	14:17.38	23:06.19	49:07.25	370	9:53.25	13:38.25	16:16.05	14:43.82	23:50.02	50:42.60
419	9:34.85	13:13.76	15:41.80	14:17.89	23:07.04	49:09.10	369	9:53.64	13:38.77	16:16.78	14:44.37	23:50.93	50:44.57
418	9:35.22	13:14.25	15:42.48	14:18.41	23:07.89	49:10.95	368	9:54.03	13:39.29	16:17.50	14:44.92	23:51.83	50:46.55
417	9:35.58	13:14.73	15:43.15	14:18.92	23:08.74	49:12.80	367	9:54.42	13:39.80	16:18.22	14:45.46	23:52.74	50:48.52
416	9:35.95	13:15.22	15:43.83	14:19.43	23:09.59	49:14.66	366	9:54.80	13:40.32	16:18.95	14:46.01	23:53.65	50:50.50
415	9:36.31	13:15.71	15:44.52	14:19.95	23:10.45	49:16.52	365	9:55.19	13:40.84	16:19.67	14:46.56	23:54.56	50:52.48
414	9:36.68	13:16.19	15:45.20	14:20.47	23:11.30	49:18.38	364	9:55.59	13:41.36	16:20.40	14:47.11	23:55.48	50:54.47
413	9:37.05	13:16.68	15:45.88	14:20.98	23:12.16	49:20.24	363	9:55.98	13:41.88	16:21.13	14:47.66	23:56.39	50:56.45
412	9:37.41	13:17.17	15:46.56	14:21.50	23:13.02	49:22.11	362	9:56.37	13:42.40	16:21.86	14:48.22	23:57.30	50:58.44
411	9:37.78	13:17.66	15:47.25	14:22.02	23:13.88	49:23.98	361	9:56.76	13:42.92	16:22.59	14:48.77	23:58.22	51:00.44
410	9:38.15	13:18.15	15:47.93	14:22.54	23:14.73	49:25.84	360	9:57.15	13:43.45	16:23.32	14:49.32	23:59.14	51:02.43
409	9:38.52	13:18.64	15:48.62	14:23.06	23:15.60	49:27.72	359	9:57.55	13:43.97	16:24.05	14:49.88	24:00.05	51:04.43
408	9:38.89	13:19.13	15:49.30	14:23.57	23:16.46	49:29.59	358	9:57.94	13:44.49	16:24.78	14:50.43	24:00.97	51:06.43
407	9:39.26	13:19.62	15:49.99	14:24.10	23:17.32	49:31.47	357	9:58.33	13:45.02	16:25.52	14:50.99	24:01.90	51:08.43
406	9:39.62	13:20.11	15:50.68	14:24.62	23:18.18	49:33.35	356	9:58.73	13:45.55	16:26.25	14:51.54	24:02.82	51:10.44
405	9:39.99	13:20.61	15:51.37	14:25.14	23:19.05	49:35.23	355	9:59.12	13:46.07	16:26.99	14:52.10	24:03.74	51:12.45
404	9:40.37	13:21.10	15:52.06	14:25.66	23:19.91	49:37.11	354	9:59.52	13:46.60	16:27.73	14:52.66	24:04.67	51:14.46
403	9:40.74	13:21.59	15:52.75	14:26.18	23:20.78	49:39.00	353	9:59.92	13:47.13	16:28.46	14:53.22	24:05.59	51:16.48
402	9:41.11	13:22.09	15:53.44	14:26.71	23:21.65	49:40.89	352	10:00.31	13:47.65	16:29.20	14:53.78	24:06.52	51:18.49
401	9:41.48	13:22.58	15:54.14	14:27.23	23:22.52	49:42.78	351	10:00.71	13:48.18	16:29.94	14:54.34	24:07.45	51:20.51

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m	Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
350	10:01.11	13:48.71	16:30.68	14:54.90	24:08.38	51:22.54	300	10:21.80	14:16.26	17:09.21	15:24.06	24:56.72	53:07.68
349	10:01.51	13:49.24	16:31.43	14:55.46	24:09.31	51:24.56	299	10:22.23	14:16.83	17:10.01	15:24.66	24:57.72	53:09.87
348	10:01.91	13:49.78	16:32.17	14:56.02	24:10.24	51:26.59	298	10:22.66	14:17.40	17:10.81	15:25.27	24:58.73	53:12.07
347	10:02.31	13:50.31	16:32.92	14:56.59	24:11.18	51:28.63	297	10:23.09	14:17.98	17:11.62	15:25.88	24:59.74	53:14.26
346	10:02.71	13:50.84	16:33.66	14:57.15	24:12.11	51:30.66	296	10:23.52	14:18.55	17:12.42	15:26.49	25:00.75	53:16.46
345	10:03.11	13:51.38	16:34.41	14:57.72	24:13.05	51:32.70	295	10:23.96	14:19.13	17:13.23	15:27.10	25:01.76	53:18.67
344	10:03.51	13:51.91	16:35.16	14:58.28	24:13.99	51:34.74	294	10:24.39	14:19.71	17:14.04	15:27.72	25:02.78	53:20.87
343	10:03.91	13:52.45	16:35.90	14:58.85	24:14.93	51:36.78	293	10:24.83	14:20.29	17:14.85	15:28.33	25:03.80	53:23.09
342	10:04.31	13:52.98	16:36.65	14:59.42	24:15.87	51:38.83	292	10:25.26	14:20.87	17:15.66	15:28.94	25:04.81	53:25.30
341	10:04.72	13:53.52	16:37.41	14:59.98	24:16.81	51:40.88	291	10:25.70	14:21.45	17:16.47	15:29.56	25:05.83	53:27.52
340	10:05.12	13:54.06	16:38.16	15:00.55	24:17.76	51:42.93	290	10:26.14	14:22.03	17:17.29	15:30.17	25:06.86	53:29.74
339	10:05.53	13:54.60	16:38.91	15:01.12	24:18.70	51:44.99	289	10:26.57	14:22.62	17:18.10	15:30.79	25:07.88	53:31.97
338	10:05.93	13:55.13	16:39.66	15:01.70	24:19.65	51:47.05	288	10:27.01	14:23.20	17:18.92	15:31.41	25:08.91	53:34.20
337	10:06.34	13:55.67	16:40.42	15:02.27	24:20.60	51:49.11	287	10:27.45	14:23.79	17:19.74	15:32.03	25:09.93	53:36.43
336	10:06.74	13:56.22	16:41.18	15:02.84	24:21.54	51:51.18	286	10:27.89	14:24.37	17:20.56	15:32.65	25:10.96	53:38.67
335	10:07.15	13:56.76	16:41.93	15:03.41	24:22.50	51:53.24	285	10:28.33	14:24.96	17:21.38	15:33.27	25:11.99	53:40.91
334	10:07.56	13:57.30	16:42.69	15:03.99	24:23.45	51:55.32	284	10:28.78	14:25.55	17:22.20	15:33.90	25:13.02	53:43.16
333	10:07.97	13:57.84	16:43.45	15:04.56	24:24.40	51:57.39	283	10:29.22	14:26.14	17:23.03	15:34.52	25:14.06	53:45.41
332	10:08.37	13:58.39	16:44.21	15:05.14	24:25.36	51:59.47	282	10:29.66	14:26.73	17:23.85	15:35.14	25:15.09	53:47.66
331	10:08.78	13:58.93	16:44.98	15:05.72	24:26.31	52:01.55	281	10:30.11	14:27.32	17:24.68	15:35.77	25:16.13	53:49.92
330	10:09.19	13:59.48	16:45.74	15:06.29	24:27.27	52:03.63	280	10:30.55	14:27.91	17:25.51	15:36.40	25:17.17	53:52.18
329	10:09.60	14:00.02	16:46.51	15:06.87	24:28.23	52:05.72	279	10:31.00	14:28.50	17:26.34	15:37.03	25:18.21	53:54.45
328	10:10.02	14:00.57	16:47.27	15:07.45	24:29.19	52:07.81	278	10:31.44	14:29.10	17:27.17	15:37.66	25:19.26	53:56.72
327	10:10.43	14:01.12	16:48.04	15:08.03	24:30.15	52:09.90	277	10:31.89	14:29.70	17:28.00	15:38.29	25:20.30	53:58.99
326	10:10.84	14:01.67	16:48.81	15:08.61	24:31.12	52:12.00	276	10:32.34	14:30.29	17:28.84	15:38.92	25:21.35	54:01.27
325	10:11.25	14:02.22	16:49.58	15:09.20	24:32.08	52:14.10	275	10:32.79	14:30.89	17:29.68	15:39.55	25:22.40	54:03.55
324	10:11.67	14:02.77	16:50.35	15:09.78	24:33.05	52:16.20	274	10:33.24	14:31.49	17:30.51	15:40.19	25:23.45	54:05.84
323	10:12.08	14:03.32	16:51.12	15:10.36	24:34.02	52:18.31	273	10:33.69	14:32.09	17:31.35	15:40.82	25:24.50	54:08.13
322	10:12.50	14:03.87	16:51.89	15:10.95	24:34.99	52:20.42	272	10:34.14	14:32.69	17:32.19	15:41.46	25:25.56	54:10.43
321	10:12.91	14:04.43	16:52.66	15:11.54	24:35.96	52:22.53	271	10:34.59	14:33.29	17:33.04	15:42.10	25:26.62	54:12.72
320	10:13.33	14:04.98	16:53.44	15:12.12	24:36.93	52:24.65	270	10:35.05	14:33.90	17:33.88	15:42.73	25:27.67	54:15.03
319	10:13.75	14:05.54	16:54.22	15:12.71	24:37.91	52:26.77	269	10:35.50	14:34.50	17:34.73	15:43.37	25:28.74	54:17.34
318	10:14.16	14:06.09	16:54.99	15:13.30	24:38.88	52:28.89	268	10:35.95	14:35.11	17:35.57	15:44.01	25:29.80	54:19.65
317	10:14.58	14:06.65	16:55.77	15:13.89	24:39.86	52:31.01	267	10:36.41	14:35.71	17:36.42	15:44.66	25:30.86	54:21.96
316	10:15.00	14:07.21	16:56.55	15:14.48	24:40.84	52:33.14	266	10:36.87	14:36.32	17:37.27	15:45.30	25:31.93	54:24.28
315	10:15.42	14:07.77	16:57.33	15:15.07	24:41.82	52:35.28	265	10:37.32	14:36.93	17:38.12	15:45.95	25:33.00	54:26.61
314	10:15.84	14:08.33	16:58.12	15:15.66	24:42.80	52:37.41	264	10:37.78	14:37.54	17:38.98	15:46.59	25:34.07	54:28.94
313	10:16.26	14:08.89	16:58.90	15:16.26	24:43.78	52:39.55	263	10:38.24	14:38.15	17:39.83	15:47.24	25:35.14	54:31.27
312	10:16.68	14:09.45	16:59.69	15:16.85	24:44.77	52:41.70	262	10:38.70	14:38.76	17:40.69	15:47.89	25:36.22	54:33.61
311	10:17.11	14:10.01	17:00.47	15:17.45	24:45.76	52:43.84	261	10:39.16	14:39.38	17:41.55	15:48.54	25:37.29	54:35.95
310	10:17.53	14:10.57	17:01.26	15:18.04	24:46.74	52:45.99	260	10:39.62	14:39.99	17:42.41	15:49.19	25:38.37	54:38.30
309	10:17.95	14:11.14	17:02.05	15:18.64	24:47.73	52:48.15	259	10:40.09	14:40.61	17:43.27	15:49.84	25:39.45	54:40.65
308	10:18.38	14:11.70	17:02.84	15:19.24	24:48.73	52:50.30	258	10:40.55	14:41.22	17:44.13	15:50.49	25:40.54	54:43.01
307	10:18.80	14:12.27	17:03.63	15:19.84	24:49.72	52:52.46	257	10:41.02	14:41.84	17:45.00	15:51.15	25:41.62	54:45.37
306	10:19.23	14:12.84	17:04.42	15:20.44	24:50.71	52:54.63	256	10:41.48	14:42.46	17:45.86	15:51.80	25:42.71	54:47.73
305	10:19.65	14:13.40	17:05.22	15:21.04	24:51.71	52:56.79	255	10:41.95	14:43.08	17:46.73	15:52.46	25:43.80	54:50.10
304	10:20.08	14:13.97	17:06.01	15:21.64	24:52.71	52:58.96	254	10:42.41	14:43.70	17:47.60	15:53.12	25:44.89	54:52.48
303	10:20.51	14:14.54	17:06.81	15:22.24	24:53.71	53:01.14	253	10:42.88	14:44.33	17:48.47	15:53.78	25:45.98	54:54.86
302	10:20.94	14:15.11	17:07.61	15:22.85	24:54.71	53:03.32	252	10:43.35	14:44.95	17:49.35	15:54.44	25:47.08	54:57.24
301	10:21.37	14:15.68	17:08.41	15:23.45	24:55.71	53:05.50	251	10:43.82	14:45.58	17:50.22	15:55.10	25:48.18	54:59.63

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m	Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
250	10:44.29	14:46.21	17:51.10	15:55.77	25:49.28	55:02.03	200	11:09.18	15:19.33	18:37.43	16:30.84	26:47.42	57:08.50
249	10:44.76	14:46.83	17:51.98	15:56.43	25:50.38	55:04.42	199	11:09.70	15:20.04	18:38.42	16:31.59	26:48.65	57:11.18
248	10:45.24	14:47.46	17:52.86	15:57.10	25:51.49	55:06.83	198	11:10.23	15:20.74	18:39.40	16:32.33	26:49.89	57:13.87
247	10:45.71	14:48.09	17:53.74	15:57.77	25:52.59	55:09.23	197	11:10.76	15:21.45	18:40.39	16:33.08	26:51.13	57:16.56
246	10:46.19	14:48.73	17:54.62	15:58.44	25:53.70	55:11.65	196	11:11.30	15:22.15	18:41.38	16:33.83	26:52.37	57:19.27
245	10:46.66	14:49.36	17:55.51	15:59.11	25:54.81	55:14.07	195	11:11.83	15:22.86	18:42.37	16:34.58	26:53.62	57:21.98
244	10:47.14	14:49.99	17:56.40	15:59.78	25:55.93	55:16.49	194	11:12.36	15:23.57	18:43.37	16:35.33	26:54.86	57:24.69
243	10:47.62	14:50.63	17:57.29	16:00.45	25:57.04	55:18.92	193	11:12.90	15:24.29	18:44.36	16:36.09	26:56.12	57:27.42
242	10:48.09	14:51.27	17:58.18	16:01.13	25:58.16	55:21.35	192	11:13.44	15:25.00	18:45.36	16:36.85	26:57.37	57:30.15
241	10:48.57	14:51.91	17:59.07	16:01.80	25:59.28	55:23.79	191	11:13.97	15:25.72	18:46.37	16:37.60	26:58.63	57:32.88
240	10:49.05	14:52.55	17:59.97	16:02.48	26:00.41	55:26.23	190	11:14.51	15:26.44	18:47.37	16:38.37	26:59.89	57:35.63
239	10:49.54	14:53.19	18:00.86	16:03.16	26:01.53	55:28.68	189	11:15.06	15:27.16	18:48.38	16:39.13	27:01.16	57:38.38
238	10:50.02	14:53.83	18:01.76	16:03.84	26:02.66	55:31.13	188	11:15.60	15:27.88	18:49.39	16:39.89	27:02.43	57:41.14
237	10:50.50	14:54.47	18:02.66	16:04.52	26:03.79	55:33.59	187	11:16.14	15:28.61	18:50.41	16:40.66	27:03.70	57:43.91
236	10:50.99	14:55.12	18:03.56	16:05.20	26:04.92	55:36.05	186	11:16.69	15:29.33	18:51.42	16:41.43	27:04.97	57:46.68
235	10:51.47	14:55.76	18:04.47	16:05.89	26:06.06	55:38.52	185	11:17.24	15:30.06	18:52.44	16:42.20	27:06.25	57:49.46
234	10:51.96	14:56.41	18:05.37	16:06.57	26:07.19	55:40.99	184	11:17.78	15:30.79	18:53.46	16:42.98	27:07.53	57:52.25
233	10:52.45	14:57.06	18:06.28	16:07.26	26:08.33	55:43.47	183	11:18.34	15:31.53	18:54.49	16:43.75	27:08.82	57:55.05
232	10:52.94	14:57.71	18:07.19	16:07.95	26:09.48	55:45.96	182	11:18.89	15:32.26	18:55.52	16:44.53	27:10.11	57:57.85
231	10:53.43	14:58.36	18:08.11	16:08.64	26:10.62	55:48.45	181	11:19.44	15:33.00	18:56.55	16:45.31	27:11.40	58:00.66
230	10:53.92	14:59.02	18:09.02	16:09.33	26:11.77	55:50.94	180	11:19.99	15:33.74	18:57.58	16:46.09	27:12.70	58:03.48
229	10:54.41	14:59.67	18:09.94	16:10.03	26:12.92	55:53.44	179	11:20.55	15:34.48	18:58.61	16:46.87	27:14.00	58:06.31
228	10:54.90	15:00.33	18:10.85	16:10.72	26:14.07	55:55.95	178	11:21.11	15:35.22	18:59.65	16:47.66	27:15.30	58:09.15
227	10:55.40	15:00.99	18:11.77	16:11.42	26:15.22	55:58.46	177	11:21.67	15:35.96	19:00.69	16:48.45	27:16.61	58:11.99
226	10:55.89	15:01.65	18:12.70	16:12.12	26:16.38	56:00.98	176	11:22.23	15:36.71	19:01.74	16:49.24	27:17.92	58:14.84
225	10:56.39	15:02.31	18:13.62	16:12.82	26:17.54	56:03.50	175	11:22.79	15:37.46	19:02.79	16:50.03	27:19.23	58:17.70
224	10:56.89	15:02.97	18:14.55	16:13.52	26:18.70	56:06.03	174	11:23.36	15:38.21	19:03.84	16:50.83	27:20.55	58:20.57
223	10:57.38	15:03.63	18:15.48	16:14.22	26:19.87	56:08.56	173	11:23.92	15:38.96	19:04.89	16:51.63	27:21.87	58:23.45
222	10:57.88	15:04.30	18:16.41	16:14.92	26:21.04	56:11.10	172	11:24.49	15:39.72	19:05.95	16:52.43	27:23.20	58:26.33
221	10:58.38	15:04.97	18:17.34	16:15.63	26:22.21	56:13.65	171	11:25.06	15:40.48	19:07.01	16:53.23	27:24.53	58:29.22
220	10:58.89	15:05.63	18:18.27	16:16.34	26:23.38	56:16.20	170	11:25.63	15:41.24	19:08.07	16:54.03	27:25.86	58:32.12
219	10:59.39	15:06.30	18:19.21	16:17.05	26:24.55	56:18.76	169	11:26.20	15:42.00	19:09.14	16:54.84	27:27.20	58:35.03
218	10:59.89	15:06.98	18:20.15	16:17.76	26:25.73	56:21.32	168	11:26.78	15:42.76	19:10.21	16:55.65	27:28.54	58:37.95
217	11:00.40	15:07.65	18:21.09	16:18.47	26:26.91	56:23.89	167	11:27.35	15:43.53	19:11.28	16:56.46	27:29.89	58:40.88
216	11:00.91	15:08.32	18:22.03	16:19.18	26:28.10	56:26.46	166	11:27.93	15:44.30	19:12.35	16:57.28	27:31.24	58:43.81
215	11:01.41	15:09.00	18:22.98	16:19.90	26:29.28	56:29.04	165	11:28.51	15:45.07	19:13.43	16:58.09	27:32.59	58:46.76
214	11:01.92	15:09.68	18:23.93	16:20.62	26:30.47	56:31.63	164	11:29.09	15:45.84	19:14.52	16:58.91	27:33.95	58:49.71
213	11:02.43	15:10.36	18:24.88	16:21.34	26:31.66	56:34.22	163	11:29.67	15:46.62	19:15.60	16:59.73	27:35.31	58:52.68
212	11:02.94	15:11.04	18:25.83	16:22.06	26:32.86	56:36.82	162	11:30.26	15:47.40	19:16.69	17:00.56	27:36.68	58:55.65
211	11:03.46	15:11.72	18:26.78	16:22.78	26:34.06	56:39.43	161	11:30.84	15:48.18	19:17.78	17:01.38	27:38.05	58:58.63
210	11:03.97	15:12.40	18:27.74	16:23.50	26:35.26	56:42.04	160	11:31.43	15:48.96	19:18.88	17:02.21	27:39.42	59:01.62
209	11:04.49	15:13.09	18:28.70	16:24.23	26:36.46	56:44.65	159	11:32.02	15:49.75	19:19.98	17:03.04	27:40.80	59:04.62
208	11:05.00	15:13.77	18:29.66	16:24.96	26:37.67	56:47.28	158	11:32.62	15:50.54	19:21.08	17:03.88	27:42.18	59:07.63
207	11:05.52	15:14.46	18:30.62	16:25.69	26:38.87	56:49.91	157	11:33.21	15:51.33	19:22.18	17:04.72	27:43.57	59:10.65
206	11:06.04	15:15.15	18:31.59	16:26.42	26:40.09	56:52.54	156	11:33.81	15:52.12	19:23.29	17:05.56	27:44.96	59:13.67
205	11:06.56	15:15.85	18:32.56	16:27.15	26:41.30	56:55.19	155	11:34.40	15:52.92	19:24.41	17:06.40	27:46.36	59:16.71
204	11:07.08	15:16.54	18:33.53	16:27.88	26:42.52	56:57.84	154	11:35.00	15:53.72	19:25.52	17:07.24	27:47.76	59:19.76
203	11:07.60	15:17.24	18:34.50	16:28.62	26:43.74	57:00.49	153	11:35.60	15:54.52	19:26.64	17:08.09	27:49.17	59:22.82
202	11:08.13	15:17.93	18:35.48	16:29.36	26:44.96	57:03.15	152	11:36.21	15:55.32	19:27.77	17:08.94	27:50.58	59:25.89
201	11:08.65	15:18.63	18:36.45	16:30.10	26:46.19	57:05.82	151	11:36.81	15:56.13	19:28.90	17:09.80	27:51.99	59:28.96

	Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m	Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
150	11:37.42	15:56.93	19:30.03	17:10.65	27:53.41	59:32.05	12:10.92	16:41.54	20:32.41	17:57.88	29:11.69	1:02:22.33		
149	11:38.03	15:57.75	19:31.16	17:11.51	27:54.84	59:35.15	12:11.67	16:42.53	20:33.80	17:58.93	29:13.44	1:02:26.13		
148	11:38.64	15:58.56	19:32.30	17:12.37	27:56.27	59:38.26	12:12.42	16:43.53	20:35.20	17:59.99	29:15.19	1:02:29.95		
147	11:39.26	15:59.38	19:33.44	17:13.24	27:57.70	59:41.38	12:13.18	16:44.54	20:36.61	18:01.05	29:16.96	1:02:33.78		
146	11:39.87	16:00.20	19:34.59	17:14.11	27:59.14	59:44.51	12:13.94	16:45.55	20:38.02	18:02.12	29:18.73	1:02:37.64		
145	11:40.49	16:01.02	19:35.74	17:14.98	28:00.58	59:47.65	12:14.70	16:46.56	20:39.44	18:03.20	29:20.51	1:02:41.52		
144	11:41.11	16:01.85	19:36.90	17:15.85	28:02.03	59:50.80	12:15.47	16:47.58	20:40.87	18:04.28	29:22.30	1:02:45.41		
143	11:41.73	16:02.67	19:38.05	17:16.73	28:03.49	59:53.96	12:16.24	16:48.61	20:42.30	18:05.36	29:24.10	1:02:49.33		
142	11:42.36	16:03.50	19:39.22	17:17.61	28:04.94	59:57.14	12:17.01	16:49.64	20:43.75	18:06.46	29:25.91	1:02:53.27		
141	11:42.98	16:04.34	19:40.38	17:18.49	28:06.41	59:58.88	12:17.79	16:50.68	20:45.20	18:07.55	29:27.74	1:02:57.23		
140	11:43.61	16:05.18	19:41.55	17:19.38	28:07.88	59:58.88	12:18.57	16:51.72	20:46.66	18:08.66	29:29.57	1:03:01.21		
139	11:44.24	16:06.02	19:42.73	17:20.27	28:09.35	59:58.88	12:19.36	16:52.77	20:48.12	18:09.77	29:31.41	1:03:05.22		
138	11:44.88	16:06.86	19:43.91	17:21.16	28:10.83	59:58.88	12:20.15	16:53.82	20:49.60	18:10.89	29:33.26	1:03:09.24		
137	11:45.51	16:07.71	19:45.09	17:22.06	28:12.32	59:58.88	12:20.95	16:54.89	20:51.08	18:12.01	29:35.12	1:03:13.29		
136	11:46.15	16:08.56	19:46.28	17:22.96	28:13.81	59:58.88	12:21.75	16:55.95	20:52.58	18:13.14	29:36.99	1:03:17.37		
135	11:46.79	16:09.41	19:47.47	17:23.86	28:15.30	59:58.88	12:22.56	16:57.03	20:54.08	18:14.27	29:38.88	1:03:21.46		
134	11:47.43	16:10.26	19:48.67	17:24.76	28:16.81	59:58.88	12:23.37	16:58.11	20:55.59	18:15.42	29:40.77	1:03:25.59		
133	11:48.08	16:11.12	19:49.87	17:25.67	28:18.31	59:58.88	12:24.18	17:00.28	20:57.10	18:16.57	29:42.68	1:03:29.73		
132	11:48.73	16:11.98	19:51.08	17:26.59	28:19.83	59:58.88	12:25.01	17:01.38	20:58.63	18:17.72	29:44.59	1:03:33.90		
131	11:49.38	16:12.85	19:52.29	17:27.50	28:21.34	59:58.88	12:25.83	17:02.49	21:00.17	18:18.89	29:46.52	1:03:38.10		
130	11:50.03	16:13.72	19:53.50	17:28.42	28:22.87	59:58.88	12:26.66	17:03.60	21:01.72	18:20.06	29:48.46	1:03:42.32		
129	11:50.68	16:14.59	19:54.72	17:29.35	28:24.40	59:58.88	12:27.50	17:04.72	21:03.27	18:21.24	29:50.42	1:03:46.57		
128	11:51.34	16:15.47	19:55.95	17:30.27	28:25.94	59:58.88	12:28.34	17:05.85	21:04.84	18:22.42	29:52.38	1:03:50.85		
127	11:52.00	16:16.34	19:57.17	17:31.20	28:27.48	59:58.88	12:29.19	17:06.98	21:06.42	18:23.62	29:54.36	1:03:55.15		
126	11:52.66	16:17.23	19:58.41	17:32.14	28:29.03	59:58.88	12:30.00	17:08.13	21:08.00	18:24.82	29:56.35	1:03:59.48		
125	11:53.33	16:18.11	19:59.65	17:33.07	28:30.58	59:58.88	12:30.90	17:09.27	21:09.60	18:26.03	29:58.36	1:04:03.84		
124	11:54.00	16:19.00	20:00.89	17:34.02	28:32.14	59:58.88	12:31.76	17:10.43	21:11.21	18:27.24	30:00.37	1:04:08.23		
123	11:54.67	16:19.89	20:02.14	17:34.96	28:33.71	59:58.88	12:32.63	17:11.60	21:12.83	18:28.47	30:02.40	1:04:12.65		
122	11:55.34	16:20.79	20:03.39	17:35.91	28:35.28	59:58.88	12:33.50	17:12.77	21:14.46	18:29.70	30:04.45	1:04:17.10		
121	11:56.02	16:21.69	20:04.65	17:36.86	28:36.86	59:58.88	12:34.39	17:13.95	21:16.10	18:30.95	30:06.51	1:04:21.58		
120	11:56.70	16:22.60	20:05.92	17:37.82	28:38.45	59:58.88	12:35.27	17:15.14	21:17.75	18:32.20	30:08.58	1:04:26.09		
119	11:57.38	16:23.50	20:07.19	17:38.78	28:40.04	59:58.88	12:36.17	17:16.34	21:19.42	18:33.46	30:10.67	1:04:30.63		
118	11:58.06	16:24.41	20:08.46	17:39.75	28:41.64	59:58.88	12:37.07	17:17.55	21:21.09	18:34.73	30:12.78	1:04:35.21		
117	11:58.75	16:25.33	20:09.74	17:40.72	28:43.25	59:58.88	12:37.97	17:18.77	21:22.78	18:36.00	30:14.90	1:04:39.82		
116	11:59.44	16:26.25	20:11.03	17:41.69	28:44.86	59:58.88	12:38.89	17:19.99	21:24.49	18:37.29	30:17.03	1:04:44.47		
115	12:00.13	16:27.17	20:12.32	17:42.67	28:46.48	59:58.88	12:39.81	17:21.23	21:26.20	18:38.59	30:19.18	1:04:49.15		
114	12:00.83	16:28.10	20:13.62	17:43.65	28:48.11	59:58.88	12:40.74	17:22.47	21:27.93	18:39.90	30:21.35	1:04:53.86		
113	12:01.53	16:29.03	20:14.92	17:44.64	28:49.74	59:58.88	12:41.67	17:23.73	21:29.67	18:41.22	30:23.54	1:04:58.62		
112	12:02.23	16:29.97	20:16.23	17:45.63	28:51.39	59:58.88	12:42.62	17:25.03	21:31.43	18:42.55	30:25.74	1:05:03.41		
111	12:02.94	16:30.91	20:17.54	17:46.62	28:53.03	59:58.88	12:43.57	17:26.34	21:33.20	18:43.89	30:27.96	1:05:08.24		
110	12:03.65	16:31.85	20:18.86	17:47.62	28:54.69	59:58.88	12:44.52	17:27.66	21:34.98	18:45.24	30:30.20	1:05:13.11		
109	12:04.36	16:32.80	20:20.19	17:48.62	28:56.36	59:58.88	12:45.49	17:28.99	21:36.78	18:46.60	30:32.46	1:05:18.02		
108	12:05.08	16:33.75	20:21.52	17:49.63	28:58.03	59:58.88	12:46.47	17:30.32	21:38.59	18:47.97	30:34.74	1:05:22.98		
107	12:05.79	16:34.71	20:22.86	17:50.65	28:59.71	59:58.88	12:47.45	17:31.66	21:40.42	18:49.36	30:37.03	1:05:27.97		
106	12:06.52	16:35.67	20:24.21	17:51.66	29:01.39	59:58.88	12:48.44	17:33.01	21:42.27	18:50.76	30:39.35	1:05:33.01		
105	12:07.24	16:36.64	20:25.56	17:52.69	29:03.09	59:58.88	12:49.44	17:34.36	21:44.13	18:52.17	30:41.69	1:05:38.10		
104	12:07.97	16:37.61	20:26.91	17:53.71	29:04.79	59:58.88	12:50.45	17:35.71	21:46.01	18:53.59	30:44.05	1:05:43.23		
103	12:08.70	16:38.58	20:28.28	17:54.75	29:06.51	59:58.88	12:51.47	17:37.06	21:47.91	18:55.03	30:46.43	1:05:48.41		
102	12:09.44	16:39.56	20:29.65	17:55.78	29:08.23	59:58.88	12:52.50	17:38.41	21:49.83	18:56.48	30:48.83	1:05:53.64		
101	12:10.18	16:40.55	20:31.03	17:56.83	29:09.95	59:58.88	12:53.54	17:39.76	21:51.76	18:57.94	30:51.26	1:05:58.92		

Points	2000m SC	3000m	3000m SC	2 Miles	5000m	10,000m
50	12:54.59	17:39.66	21:53.71	18:59.42	30:53.71	1:06:04.25
49	12:55.65	17:41.07	21:55.69	19:00.91	30:56.18	1:06:09.63
48	12:56.72	17:42.50	21:57.68	19:02.42	30:58.68	1:06:15.07
47	12:57.80	17:43.94	21:59.69	19:03.94	31:01.21	1:06:20.57
46	12:58.89	17:45.39	22:01.73	19:05.49	31:03.76	1:06:26.12
45	12:59.99	17:46.87	22:03.79	19:07.04	31:06.35	1:06:31.74
44	13:01.11	17:48.35	22:05.87	19:08.62	31:08.96	1:06:37.42
43	13:02.24	17:49.86	22:07.97	19:10.21	31:11.60	1:06:43.16
42	13:03.39	17:51.38	22:10.10	19:11.82	31:14.27	1:06:48.97
41	13:04.54	17:52.92	22:12.26	19:13.45	31:16.97	1:06:54.85
40	13:05.71	17:54.48	22:14.44	19:15.10	31:19.71	1:07:00.81
39	13:06.90	17:56.06	22:16.64	19:16.78	31:22.48	1:07:06.83
38	13:08.10	17:57.66	22:18.88	19:18.47	31:25.29	1:07:12.94
37	13:09.32	17:59.28	22:21.15	19:20.18	31:28.13	1:07:19.13
36	13:10.55	18:00.92	22:23.45	19:21.92	31:31.01	1:07:25.40
35	13:11.80	18:02.59	22:25.77	19:23.69	31:33.94	1:07:31.76
34	13:13.07	18:04.28	22:28.14	19:25.48	31:36.90	1:07:38.21
33	13:14.36	18:05.99	22:30.54	19:27.29	31:39.91	1:07:44.75
32	13:15.67	18:07.73	22:32.97	19:29.13	31:42.97	1:07:51.40
31	13:17.00	18:09.50	22:35.44	19:31.01	31:46.07	1:07:58.15
30	13:18.35	18:11.30	22:37.96	19:32.91	31:49.22	1:08:05.01
29	13:19.72	18:13.12	22:40.51	19:34.84	31:52.43	1:08:11.98
28	13:21.11	18:14.98	22:43.11	19:36.81	31:55.69	1:08:19.08
27	13:22.54	18:16.87	22:45.76	19:38.81	31:59.01	1:08:26.30
26	13:23.98	18:18.80	22:48.45	19:40.85	32:02.39	1:08:33.66
25	13:25.46	18:20.77	22:51.20	19:42.94	32:05.84	1:08:41.16
24	13:26.97	18:22.77	22:54.01	19:45.06	32:09.36	1:08:48.82
23	13:28.50	18:24.82	22:56.87	19:47.23	32:12.95	1:08:56.63
22	13:30.07	18:26.91	22:59.80	19:49.44	32:16.63	1:09:04.62
21	13:31.68	18:29.05	23:02.79	19:51.71	32:20.38	1:09:12.79
20	13:33.33	18:31.24	23:05.86	19:54.03	32:24.23	1:09:21.16
19	13:35.02	18:33.49	23:09.00	19:56.41	32:28.17	1:09:29.74
18	13:36.75	18:35.80	23:12.23	19:58.85	32:32.22	1:09:38.55
17	13:38.53	18:38.17	23:15.54	20:01.36	32:36.39	1:09:47.60
16	13:40.37	18:40.61	23:18.96	20:03.95	32:40.67	1:09:56.93
15	13:42.26	18:43.13	23:22.49	20:06.62	32:45.10	1:10:06.55
14	13:44.22	18:45.74	23:26.13	20:09.38	32:49.67	1:10:16.50
13	13:46.25	18:48.44	23:29.91	20:12.24	32:54.41	1:10:26.82
12	13:48.36	18:51.25	23:33.84	20:15.21	32:59.34	1:10:37.53
11	13:50.55	18:54.17	23:37.93	20:18.31	33:04.48	1:10:48.71
10	13:52.85	18:57.24	23:42.22	20:21.55	33:09.85	1:11:00.40
9	13:55.27	19:00.46	23:46.72	20:24.96	33:15.50	1:11:12.70
8	13:57.83	19:03.86	23:51.48	20:28.56	33:21.84	1:11:25.70
7	14:00.55	19:07.49	23:56.55	20:32.40	33:27.84	1:11:39.54
6	14:03.48	19:11.38	24:02.00	20:36.53	33:34.68	1:11:54.41
5	14:06.66	19:15.62	24:07.93	20:41.01	33:42.11	1:12:10.58
4	14:10.18	19:20.30	24:14.48	20:45.97	33:50.33	1:12:28.46
3	14:14.18	19:25.62	24:21.92	20:51.60	33:59.67	1:12:48.76
2	14:18.91	19:31.93	24:30.74	20:58.28	34:10.74	1:13:12.85
1	14:25.09	19:40.15	24:42.24	21:06.98	34:25.16	1:13:44.23