

Women's Road Running

Courses sur Route

| Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km |
|--------|-------|-------|----------|-------|---------|---------|---------|----------|---------|
| 1400 | 27:45 | 42:28 | 45:37 | 57:18 | 1:00:45 | 1:12:32 | 1:27:25 | 2:08:37 | 5:56:35 |
| 1399 | 27:46 | 42:29 | 45:38 | 57:20 | 1:00:47 | 1:12:35 | 1:27:28 | 2:08:41 | 5:56:47 |
| 1398 | 27:47 | 42:31 | 45:40 | 57:22 | 1:00:49 | 1:12:37 | 1:27:31 | 2:08:46 | 5:56:59 |
| 1397 | 27:48 | 42:32 | 45:42 | 57:25 | 1:00:51 | 1:12:40 | 1:27:34 | 2:08:50 | 5:57:10 |
| 1396 | 27:49 | 42:34 | 45:43 | 57:27 | 1:00:54 | 1:12:42 | 1:27:37 | 2:08:54 | 5:57:22 |
| 1395 | 27:50 | 42:35 | 45:45 | 57:29 | 1:00:56 | 1:12:45 | 1:27:40 | 2:08:59 | 5:57:34 |
| 1394 | 27:51 | 42:37 | 45:47 | 57:31 | 1:00:58 | 1:12:48 | 1:27:44 | 2:09:03 | 5:57:45 |
| 1393 | 27:52 | 42:38 | 45:48 | 57:33 | 1:01:00 | 1:12:50 | 1:27:47 | 2:09:07 | 5:57:57 |
| 1392 | 27:53 | 42:40 | 45:50 | 57:35 | 1:01:02 | 1:12:53 | 1:27:50 | 2:09:12 | 5:58:09 |
| 1391 | 27:54 | 42:41 | 45:52 | 57:37 | 1:01:05 | 1:12:55 | 1:27:53 | 2:09:16 | 5:58:20 |
| 1390 | 27:55 | 42:43 | 45:53 | 57:39 | 1:01:07 | 1:12:58 | 1:27:56 | 2:09:20 | 5:58:32 |
| 1389 | 27:56 | 42:44 | 45:55 | 57:41 | 1:01:09 | 1:13:01 | 1:27:59 | 2:09:25 | 5:58:44 |
| 1388 | 27:57 | 42:46 | 45:57 | 57:43 | 1:01:11 | 1:13:03 | 1:28:02 | 2:09:29 | 5:58:56 |
| 1387 | 27:58 | 42:47 | 45:58 | 57:45 | 1:01:13 | 1:13:06 | 1:28:05 | 2:09:33 | 5:59:07 |
| 1386 | 27:59 | 42:49 | 46:00 | 57:47 | 1:01:16 | 1:13:08 | 1:28:09 | 2:09:38 | 5:59:19 |
| 1385 | 28:00 | 42:51 | 46:02 | 57:49 | 1:01:18 | 1:13:11 | 1:28:12 | 2:09:42 | 5:59:31 |
| 1384 | 28:01 | 42:52 | 46:03 | 57:52 | 1:01:20 | 1:13:14 | 1:28:15 | 2:09:46 | 5:59:42 |
| 1383 | 28:02 | 42:54 | 46:05 | 57:54 | 1:01:22 | 1:13:16 | 1:28:18 | 2:09:51 | 5:59:54 |
| 1382 | 28:03 | 42:55 | 46:07 | 57:56 | 1:01:24 | 1:13:19 | 1:28:21 | 2:09:55 | 6:00:06 |
| 1381 | 28:04 | 42:57 | 46:08 | 57:58 | 1:01:27 | 1:13:21 | 1:28:24 | 2:09:59 | 6:00:17 |
| 1380 | 28:05 | 42:58 | 46:10 | 58:00 | 1:01:29 | 1:13:24 | 1:28:27 | 2:10:04 | 6:00:29 |
| 1379 | 28:06 | 43:00 | 46:12 | 58:02 | 1:01:31 | 1:13:27 | 1:28:31 | 2:10:08 | 6:00:41 |
| 1378 | 28:07 | 43:01 | 46:13 | 58:04 | 1:01:33 | 1:13:29 | 1:28:34 | 2:10:12 | 6:00:53 |
| 1377 | 28:08 | 43:03 | 46:15 | 58:06 | 1:01:35 | 1:13:32 | 1:28:37 | 2:10:17 | 6:01:04 |
| 1376 | 28:09 | 43:04 | 46:17 | 58:08 | 1:01:38 | 1:13:34 | 1:28:40 | 2:10:21 | 6:01:16 |
| 1375 | 28:10 | 43:06 | 46:18 | 58:10 | 1:01:40 | 1:13:37 | 1:28:43 | 2:10:25 | 6:01:28 |
| 1374 | 28:11 | 43:08 | 46:20 | 58:12 | 1:01:42 | 1:13:40 | 1:28:46 | 2:10:30 | 6:01:40 |
| 1373 | 28:12 | 43:09 | 46:22 | 58:15 | 1:01:44 | 1:13:42 | 1:28:49 | 2:10:34 | 6:01:51 |
| 1372 | 28:13 | 43:11 | 46:23 | 58:17 | 1:01:46 | 1:13:45 | 1:28:53 | 2:10:38 | 6:02:03 |
| 1371 | 28:14 | 43:12 | 46:25 | 58:19 | 1:01:49 | 1:13:48 | 1:28:56 | 2:10:43 | 6:02:15 |
| 1370 | 28:15 | 43:14 | 46:27 | 58:21 | 1:01:51 | 1:13:50 | 1:28:59 | 2:10:47 | 6:02:27 |
| 1369 | 28:16 | 43:15 | 46:28 | 58:23 | 1:01:53 | 1:13:53 | 1:29:02 | 2:10:52 | 6:02:38 |
| 1368 | 28:17 | 43:17 | 46:30 | 58:25 | 1:01:55 | 1:13:55 | 1:29:05 | 2:10:56 | 6:02:50 |
| 1367 | 28:18 | 43:18 | 46:32 | 58:27 | 1:01:58 | 1:13:58 | 1:29:08 | 2:11:00 | 6:03:02 |
| 1366 | 28:19 | 43:20 | 46:33 | 58:29 | 1:02:00 | 1:14:01 | 1:29:12 | 2:11:05 | 6:03:14 |
| 1365 | 28:20 | 43:22 | 46:35 | 58:31 | 1:02:02 | 1:14:03 | 1:29:15 | 2:11:09 | 6:03:26 |
| 1364 | 28:21 | 43:23 | 46:37 | 58:33 | 1:02:04 | 1:14:06 | 1:29:18 | 2:11:13 | 6:03:37 |
| 1363 | 28:22 | 43:25 | 46:38 | 58:35 | 1:02:06 | 1:14:09 | 1:29:21 | 2:11:18 | 6:03:49 |
| 1362 | 28:23 | 43:26 | 46:40 | 58:38 | 1:02:09 | 1:14:11 | 1:29:24 | 2:11:22 | 6:04:01 |
| 1361 | 28:24 | 43:28 | 46:42 | 58:40 | 1:02:11 | 1:14:14 | 1:29:27 | 2:11:27 | 6:04:13 |
| 1360 | 28:25 | 43:29 | 46:43 | 58:42 | 1:02:13 | 1:14:16 | 1:29:31 | 2:11:31 | 6:04:25 |
| 1359 | 28:26 | 43:31 | 46:45 | 58:44 | 1:02:15 | 1:14:19 | 1:29:34 | 2:11:35 | 6:04:36 |
| 1358 | 28:27 | 43:32 | 46:47 | 58:46 | 1:02:18 | 1:14:22 | 1:29:37 | 2:11:40 | 6:04:48 |
| 1357 | 28:28 | 43:34 | 46:48 | 58:48 | 1:02:20 | 1:14:24 | 1:29:40 | 2:11:44 | 6:05:00 |
| 1356 | 28:29 | 43:36 | 46:50 | 58:50 | 1:02:22 | 1:14:27 | 1:29:43 | 2:11:48 | 6:05:12 |
| 1355 | 28:31 | 43:37 | 46:52 | 58:52 | 1:02:24 | 1:14:30 | 1:29:46 | 2:11:53 | 6:05:24 |
| 1354 | 28:32 | 43:39 | 46:53 | 58:54 | 1:02:26 | 1:14:32 | 1:29:50 | 2:11:57 | 6:05:36 |
| 1353 | 28:33 | 43:40 | 46:55 | 58:57 | 1:02:29 | 1:14:35 | 1:29:53 | 2:12:02 | 6:05:47 |
| 1352 | 28:34 | 43:42 | 46:57 | 58:59 | 1:02:31 | 1:14:38 | 1:29:56 | 2:12:06 | 6:05:59 |
| 1351 | 28:35 | 43:43 | 46:58 | 59:01 | 1:02:33 | 1:14:40 | 1:29:59 | 2:12:10 | 6:06:11 |

| Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km | Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km |
|--------|-------|-------|----------|---------|---------|---------|---------|----------|---------|--------|-------|-------|----------|---------|---------|---------|---------|----------|---------|
| 1350 | 28:36 | 43:45 | 47:00 | 59:03 | 1:02:35 | 1:14:43 | 1:30:02 | 2:12:15 | 6:06:23 | 1300 | 29:28 | 45:04 | 48:25 | 1:00:49 | 1:04:28 | 1:16:56 | 1:32:43 | 2:15:57 | 6:16:21 |
| 1349 | 28:37 | 43:46 | 47:02 | 59:05 | 1:02:38 | 1:14:45 | 1:30:05 | 2:12:19 | 6:06:35 | 1299 | 29:29 | 45:05 | 48:26 | 1:00:51 | 1:04:30 | 1:16:59 | 1:32:46 | 2:16:01 | 6:16:34 |
| 1348 | 28:38 | 43:48 | 47:03 | 59:07 | 1:02:40 | 1:14:48 | 1:30:09 | 2:12:24 | 6:06:47 | 1298 | 29:30 | 45:07 | 48:28 | 1:00:54 | 1:04:33 | 1:17:01 | 1:32:49 | 2:16:06 | 6:16:46 |
| 1347 | 28:39 | 43:50 | 47:05 | 59:09 | 1:02:42 | 1:14:51 | 1:30:12 | 2:12:28 | 6:06:59 | 1297 | 29:31 | 45:08 | 48:30 | 1:00:56 | 1:04:35 | 1:17:04 | 1:32:52 | 2:16:10 | 6:16:58 |
| 1346 | 28:40 | 43:51 | 47:07 | 59:11 | 1:02:44 | 1:14:53 | 1:30:15 | 2:12:32 | 6:07:10 | 1296 | 29:32 | 45:10 | 48:31 | 1:00:58 | 1:04:37 | 1:17:07 | 1:32:56 | 2:16:14 | 6:17:10 |
| 1345 | 28:41 | 43:53 | 47:08 | 59:13 | 1:02:47 | 1:14:56 | 1:30:18 | 2:12:37 | 6:07:22 | 1295 | 29:33 | 45:12 | 48:33 | 1:01:00 | 1:04:39 | 1:17:09 | 1:32:59 | 2:16:19 | 6:17:22 |
| 1344 | 28:42 | 43:54 | 47:10 | 59:16 | 1:02:49 | 1:14:59 | 1:30:21 | 2:12:41 | 6:07:34 | 1294 | 29:34 | 45:13 | 48:35 | 1:01:02 | 1:04:42 | 1:17:12 | 1:33:02 | 2:16:23 | 6:17:34 |
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| 1342 | 28:44 | 43:57 | 47:13 | 59:20 | 1:02:53 | 1:15:04 | 1:30:28 | 2:12:50 | 6:07:58 | 1292 | 29:36 | 45:16 | 48:38 | 1:01:07 | 1:04:46 | 1:17:18 | 1:33:09 | 2:16:32 | 6:17:58 |
| 1341 | 28:45 | 43:59 | 47:15 | 59:22 | 1:02:55 | 1:15:07 | 1:30:31 | 2:12:54 | 6:08:10 | 1291 | 29:37 | 45:18 | 48:40 | 1:01:09 | 1:04:48 | 1:17:20 | 1:33:12 | 2:16:37 | 6:18:10 |
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| 1337 | 28:49 | 44:05 | 47:22 | 59:30 | 1:03:04 | 1:15:17 | 1:30:44 | 2:13:12 | 6:08:58 | 1287 | 29:41 | 45:24 | 48:47 | 1:01:17 | 1:04:58 | 1:17:31 | 1:33:25 | 2:16:55 | 6:18:59 |
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| 1335 | 28:51 | 44:08 | 47:25 | 59:35 | 1:03:09 | 1:15:22 | 1:30:50 | 2:13:21 | 6:09:21 | 1285 | 29:44 | 45:28 | 48:50 | 1:01:22 | 1:05:02 | 1:17:36 | 1:33:31 | 2:17:04 | 6:19:23 |
| 1334 | 28:52 | 44:10 | 47:27 | 59:37 | 1:03:11 | 1:15:25 | 1:30:53 | 2:13:25 | 6:09:33 | 1284 | 29:45 | 45:29 | 48:52 | 1:01:24 | 1:05:04 | 1:17:39 | 1:33:35 | 2:17:08 | 6:19:35 |
| 1333 | 28:53 | 44:11 | 47:29 | 59:39 | 1:03:13 | 1:15:28 | 1:30:56 | 2:13:30 | 6:09:45 | 1283 | 29:46 | 45:31 | 48:54 | 1:01:26 | 1:05:07 | 1:17:42 | 1:33:38 | 2:17:13 | 6:19:48 |
| 1332 | 28:54 | 44:13 | 47:30 | 59:41 | 1:03:16 | 1:15:30 | 1:31:00 | 2:13:34 | 6:09:57 | 1282 | 29:47 | 45:32 | 48:56 | 1:01:28 | 1:05:09 | 1:17:45 | 1:33:41 | 2:17:17 | 6:20:00 |
| 1331 | 28:55 | 44:15 | 47:32 | 59:43 | 1:03:18 | 1:15:33 | 1:31:03 | 2:13:39 | 6:10:09 | 1281 | 29:48 | 45:34 | 48:57 | 1:01:30 | 1:05:11 | 1:17:47 | 1:33:44 | 2:17:22 | 6:20:12 |
| 1330 | 28:56 | 44:16 | 47:34 | 59:45 | 1:03:20 | 1:15:36 | 1:31:06 | 2:13:43 | 6:10:21 | 1280 | 29:49 | 45:36 | 48:59 | 1:01:32 | 1:05:14 | 1:17:50 | 1:33:48 | 2:17:26 | 6:20:24 |
| 1329 | 28:57 | 44:18 | 47:35 | 59:47 | 1:03:22 | 1:15:38 | 1:31:09 | 2:13:47 | 6:10:33 | 1279 | 29:50 | 45:37 | 49:01 | 1:01:35 | 1:05:16 | 1:17:53 | 1:33:51 | 2:17:31 | 6:20:36 |
| 1328 | 28:58 | 44:19 | 47:37 | 59:49 | 1:03:25 | 1:15:41 | 1:31:12 | 2:13:52 | 6:10:45 | 1278 | 29:51 | 45:39 | 49:02 | 1:01:37 | 1:05:18 | 1:17:55 | 1:33:54 | 2:17:36 | 6:20:48 |
| 1327 | 28:59 | 44:21 | 47:39 | 59:52 | 1:03:27 | 1:15:44 | 1:31:16 | 2:13:56 | 6:10:57 | 1277 | 29:52 | 45:40 | 49:04 | 1:01:39 | 1:05:20 | 1:17:58 | 1:33:57 | 2:17:40 | 6:21:01 |
| 1326 | 29:01 | 44:22 | 47:40 | 59:54 | 1:03:29 | 1:15:46 | 1:31:19 | 2:14:01 | 6:11:09 | 1276 | 29:53 | 45:42 | 49:06 | 1:01:41 | 1:05:23 | 1:18:01 | 1:34:00 | 2:17:45 | 6:21:13 |
| 1325 | 29:02 | 44:24 | 47:42 | 59:56 | 1:03:31 | 1:15:49 | 1:31:22 | 2:14:05 | 6:11:21 | 1275 | 29:54 | 45:44 | 49:08 | 1:01:43 | 1:05:25 | 1:18:04 | 1:34:04 | 2:17:49 | 6:21:25 |
| 1324 | 29:03 | 44:26 | 47:44 | 59:58 | 1:03:34 | 1:15:52 | 1:31:25 | 2:14:10 | 6:11:33 | 1274 | 29:55 | 45:45 | 49:09 | 1:01:46 | 1:05:27 | 1:18:06 | 1:34:07 | 2:17:54 | 6:21:37 |
| 1323 | 29:04 | 44:27 | 47:45 | 1:00:00 | 1:03:36 | 1:15:54 | 1:31:28 | 2:14:14 | 6:11:45 | 1273 | 29:56 | 45:47 | 49:11 | 1:01:48 | 1:05:30 | 1:18:09 | 1:34:10 | 2:17:58 | 6:21:49 |
| 1322 | 29:05 | 44:29 | 47:47 | 1:00:02 | 1:03:38 | 1:15:57 | 1:31:32 | 2:14:18 | 6:11:57 | 1272 | 29:57 | 45:48 | 49:13 | 1:01:50 | 1:05:32 | 1:18:12 | 1:34:14 | 2:18:03 | 6:22:02 |
| 1321 | 29:06 | 44:30 | 47:49 | 1:00:04 | 1:03:40 | 1:16:00 | 1:31:35 | 2:14:23 | 6:12:09 | 1271 | 29:58 | 45:50 | 49:14 | 1:01:52 | 1:05:34 | 1:18:14 | 1:34:17 | 2:18:07 | 6:22:14 |
| 1320 | 29:07 | 44:32 | 47:51 | 1:00:06 | 1:03:43 | 1:16:02 | 1:31:38 | 2:14:27 | 6:12:21 | 1270 | 29:59 | 45:52 | 49:16 | 1:01:54 | 1:05:37 | 1:18:17 | 1:34:20 | 2:18:12 | 6:22:26 |
| 1319 | 29:08 | 44:34 | 47:52 | 1:00:09 | 1:03:45 | 1:16:05 | 1:31:41 | 2:14:32 | 6:12:33 | 1269 | 30:00 | 45:53 | 49:18 | 1:01:56 | 1:05:39 | 1:18:20 | 1:34:24 | 2:18:16 | 6:22:38 |
| 1318 | 29:09 | 44:35 | 47:54 | 1:00:11 | 1:03:47 | 1:16:08 | 1:31:45 | 2:14:36 | 6:12:45 | 1268 | 30:02 | 45:55 | 49:20 | 1:01:59 | 1:05:41 | 1:18:23 | 1:34:27 | 2:18:21 | 6:22:51 |
| 1317 | 29:10 | 44:37 | 47:56 | 1:00:13 | 1:03:49 | 1:16:10 | 1:31:48 | 2:14:41 | 6:12:57 | 1267 | 30:03 | 45:56 | 49:21 | 1:02:01 | 1:05:43 | 1:18:25 | 1:34:30 | 2:18:25 | 6:23:03 |
| 1316 | 29:11 | 44:38 | 47:57 | 1:00:15 | 1:03:52 | 1:16:13 | 1:31:51 | 2:14:45 | 6:13:09 | 1266 | 30:04 | 45:58 | 49:23 | 1:02:03 | 1:05:46 | 1:18:28 | 1:34:33 | 2:18:30 | 6:23:15 |
| 1315 | 29:12 | 44:40 | 47:59 | 1:00:17 | 1:03:54 | 1:16:16 | 1:31:54 | 2:14:50 | 6:13:21 | 1265 | 30:05 | 46:00 | 49:25 | 1:02:05 | 1:05:48 | 1:18:31 | 1:34:37 | 2:18:34 | 6:23:27 |
| 1314 | 29:13 | 44:41 | 48:01 | 1:00:19 | 1:03:56 | 1:16:18 | 1:31:57 | 2:14:54 | 6:13:33 | 1264 | 30:06 | 46:01 | 49:27 | 1:02:07 | 1:05:50 | 1:18:34 | 1:34:40 | 2:18:39 | 6:23:40 |
| 1313 | 29:14 | 44:43 | 48:02 | 1:00:21 | 1:03:58 | 1:16:21 | 1:32:01 | 2:14:58 | 6:13:45 | 1263 | 30:07 | 46:03 | 49:28 | 1:02:09 | 1:05:53 | 1:18:36 | 1:34:43 | 2:18:43 | 6:23:52 |
| 1312 | 29:15 | 44:45 | 48:04 | 1:00:24 | 1:04:01 | 1:16:24 | 1:32:04 | 2:15:03 | 6:13:57 | 1262 | 30:08 | 46:05 | 49:30 | 1:02:12 | 1:05:55 | 1:18:39 | 1:34:47 | 2:18:48 | 6:24:04 |
| 1311 | 29:16 | 44:46 | 48:06 | 1:00:26 | 1:04:03 | 1:16:26 | 1:32:07 | 2:15:07 | 6:14:09 | 1261 | 30:09 | 46:06 | 49:32 | 1:02:14 | 1:05:57 | 1:18:42 | 1:34:50 | 2:18:53 | 6:24:16 |
| 1310 | 29:17 | 44:48 | 48:08 | 1:00:28 | 1:04:05 | 1:16:29 | 1:32:10 | 2:15:12 | 6:14:21 | 1260 | 30:10 | 46:08 | 49:34 | 1:02:16 | 1:06:00 | 1:18:44 | 1:34:53 | 2:18:57 | 6:24:29 |
| 1309 | 29:18 | 44:49 | 48:09 | 1:00:30 | 1:04:08 | 1:16:32 | 1:32:13 | 2:15:16 | 6:14:33 | 1259 | 30:11 | 46:09 | 49:35 | 1:02:18 | 1:06:02 | 1:18:50 | 1:34:56 | 2:19:02 | 6:24:43 |
| 1308 | 29:19 | 44:51 | 48:11 | 1:00:32 | 1:04:10 | 1:16:35 | 1:32:17 | 2:15:21 | 6:14:45 | 1258 | 30:12 | 46:11 | 49:37 | 1:02:20 | 1:06:04 | 1:18:50 | 1:35:00 | 2:19:06 | 6:24:53 |
| 1307 | 29:20 | 44:53 | 48:13 | 1:00:34 | 1:04:12 | 1:16:37 | 1:32:20 | 2:15:25 | 6:14:57 | 1257 | 30:13 | 46:13 | 49:39 | 1:02:23 | 1:06:07 | 1:18:53 | 1:35:03 | 2:19:11 | 6:25:05 |
| 1306 | 29:21 | 44:54 | 48:14 | 1:00:36 | 1:04:14 | 1:16:40 | 1:32:23 | 2:15:30 | 6:15:09 | 1256 | 30:14 | 46:14 | 49:41 | 1:02:25 | 1:06:09 | 1:18:55 | 1:35:06 | 2:19:15 | 6:25:18 |
| 1305 | 29:22 | 44:56 | 48:16 | 1:00:39 | 1:04:17 | 1:16:43 | 1:32:26 | 2:15:34 | 6:15:21 | 1255 | 30:15 | 46:16 | 49:42 | 1:02:27 | 1:06:11 | 1:18:58 | 1:35:10 | 2:19:20 | 6:25:30 |
| 1304 | 29:24 | 44:57 | 48:18 | 1:00:41 | 1:04:19 | 1:16:45 | 1:32:30 | 2:15:39 | 6:15:33 | 1254 | 30:16 | 46:17 | 49:44 | 1:02:29 | 1:06:13 | 1:19:01 | 1:35:13 | 2:19:24 | 6:25:42 |
| 1303 | 29:25 | 44:59 | 48:20 | 1:00:43 | 1:04:21 | 1:16:48 | 1:32:33 | 2:15:43 | 6:15:45 | 1253 | 30:18 | 46:19 | 49:46 | 1:02:31 | 1:06:16 | 1:19:04 | 1:35:16 | 2:19:29 | 6:25:55 |
| 1302 | 29:26 | 45:00 | 48:21 | 1:00:45 | 1:04:23 | 1:16:51 | 1:32:36 | 2:15:48 | 6:15:57 | 1252 | 30:19 | 46:21 | 49:47 | 1:02:34 | 1:06:18 | 1:19:06 | 1:35:19 | 2:19:34 | 6:26:07 |
| 1301 | 29:27 | 45:02 | 48:23 | 1:00:47 | 1:04:26 | 1:16:53 | 1:32:39 | 2:15:52 | 6:16:09 | 1251 | 30:20 | 46:22 | 49:49 | 1:02:36 | 1:06:20 | 1:19:09 | 1:35:23 | 2:19:38 | 6:26:19 |

| Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km | Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km |
|--------|-------|-------|----------|---------|---------|---------|---------|----------|---------|--------|-------|-------|----------|---------|---------|---------|---------|----------|---------|
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| Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km | Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km |
|--------|-------|-------|----------|---------|---------|---------|---------|----------|---------|--------|-------|-------|----------|---------|---------|---------|---------|----------|---------|
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| 1101 | 33:05 | 50:33 | 54:19 | 1:08:15 | 1:12:19 | 1:26:13 | 1:43:54 | 2:31:25 | 6:58:06 | 1051 | 34:03 | 52:01 | 55:53 | 1:10:13 | 1:14:24 | 1:28:41 | 1:46:51 | 2:35:31 | 7:09:10 |

| Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km | Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km |
|--------|-------|-------|----------|---------|---------|---------|---------|----------|---------|--------|-------|-------|----------|---------|---------|---------|---------|----------|---------|
| 1050 | 34:04 | 52:03 | 55:55 | 1:10:16 | 1:14:27 | 1:28:44 | 1:46:55 | 2:35:36 | 7:09:24 | 1000 | 35:04 | 53:32 | 57:31 | 1:12:17 | 1:16:35 | 1:31:16 | 1:49:57 | 2:39:48 | 7:20:44 |
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| 1047 | 34:08 | 52:08 | 56:01 | 1:10:23 | 1:14:34 | 1:28:53 | 1:47:06 | 2:35:51 | 7:10:04 | 997 | 35:07 | 53:38 | 57:37 | 1:12:24 | 1:16:43 | 1:31:25 | 1:50:08 | 2:40:03 | 7:21:25 |
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| Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km | Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km |
|--------|-------|-------|----------|---------|---------|---------|---------|----------|---------|--------|-------|-------|----------|---------|---------|---------|---------|----------|---------|
| 950 | 36:04 | 55:04 | 59:10 | 1:14:21 | 1:18:46 | 1:33:51 | 1:53:04 | 2:44:07 | 7:32:22 | 900 | 37:07 | 56:38 | 1:00:51 | 1:16:28 | 1:21:01 | 1:36:31 | 1:56:16 | 2:48:32 | 7:44:18 |
| 949 | 36:05 | 55:06 | 59:12 | 1:14:23 | 1:18:49 | 1:33:54 | 1:53:08 | 2:44:12 | 7:32:36 | 899 | 37:08 | 56:40 | 1:00:53 | 1:16:31 | 1:21:04 | 1:36:34 | 1:56:20 | 2:48:37 | 7:44:33 |
| 948 | 36:07 | 55:08 | 59:14 | 1:14:26 | 1:18:51 | 1:33:57 | 1:53:12 | 2:44:17 | 7:32:50 | 898 | 37:09 | 56:42 | 1:00:55 | 1:16:33 | 1:21:06 | 1:36:37 | 1:56:24 | 2:48:43 | 7:44:47 |
| 947 | 36:08 | 55:10 | 59:16 | 1:14:28 | 1:18:54 | 1:34:01 | 1:53:16 | 2:44:22 | 7:33:04 | 897 | 37:10 | 56:44 | 1:00:57 | 1:16:36 | 1:21:09 | 1:36:40 | 1:56:28 | 2:48:48 | 7:45:02 |
| 946 | 36:09 | 55:11 | 59:18 | 1:14:31 | 1:18:57 | 1:34:04 | 1:53:19 | 2:44:28 | 7:33:18 | 896 | 37:12 | 56:46 | 1:00:59 | 1:16:39 | 1:21:12 | 1:36:44 | 1:56:32 | 2:48:54 | 7:45:16 |
| 945 | 36:10 | 55:13 | 59:20 | 1:14:33 | 1:18:59 | 1:34:07 | 1:53:23 | 2:44:33 | 7:33:33 | 895 | 37:13 | 56:48 | 1:01:01 | 1:16:41 | 1:21:14 | 1:36:47 | 1:56:36 | 2:48:59 | 7:45:31 |
| 944 | 36:12 | 55:15 | 59:22 | 1:14:36 | 1:19:02 | 1:34:10 | 1:53:27 | 2:44:38 | 7:33:47 | 894 | 37:14 | 56:50 | 1:01:03 | 1:16:44 | 1:21:17 | 1:36:50 | 1:56:40 | 2:49:04 | 7:45:45 |
| 943 | 36:13 | 55:17 | 59:24 | 1:14:38 | 1:19:05 | 1:34:13 | 1:53:31 | 2:44:43 | 7:34:01 | 893 | 37:15 | 56:52 | 1:01:06 | 1:16:46 | 1:21:20 | 1:36:53 | 1:56:43 | 2:49:10 | 7:46:00 |
| 942 | 36:14 | 55:19 | 59:26 | 1:14:41 | 1:19:07 | 1:34:16 | 1:53:35 | 2:44:49 | 7:34:15 | 892 | 37:17 | 56:54 | 1:01:08 | 1:16:49 | 1:21:23 | 1:36:56 | 1:56:47 | 2:49:15 | 7:46:15 |
| 941 | 36:15 | 55:21 | 59:28 | 1:14:43 | 1:19:10 | 1:34:19 | 1:53:38 | 2:44:54 | 7:34:29 | 891 | 37:18 | 56:56 | 1:01:10 | 1:16:52 | 1:21:25 | 1:37:00 | 1:56:51 | 2:49:21 | 7:46:29 |
| 940 | 36:17 | 55:23 | 59:30 | 1:14:46 | 1:19:13 | 1:34:23 | 1:53:42 | 2:44:59 | 7:34:44 | 890 | 37:19 | 56:57 | 1:01:12 | 1:16:54 | 1:21:28 | 1:37:03 | 1:56:55 | 2:49:26 | 7:46:44 |
| 939 | 36:18 | 55:24 | 59:32 | 1:14:48 | 1:19:15 | 1:34:26 | 1:53:46 | 2:45:04 | 7:34:58 | 889 | 37:20 | 56:59 | 1:01:14 | 1:16:57 | 1:21:31 | 1:37:06 | 1:56:59 | 2:49:31 | 7:46:58 |
| 938 | 36:19 | 55:26 | 59:34 | 1:14:51 | 1:19:18 | 1:34:29 | 1:53:50 | 2:45:10 | 7:35:12 | 888 | 37:22 | 57:01 | 1:01:16 | 1:17:02 | 1:21:34 | 1:37:09 | 1:57:03 | 2:49:37 | 7:47:13 |
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| 936 | 36:21 | 55:30 | 59:38 | 1:14:56 | 1:19:23 | 1:34:35 | 1:53:57 | 2:45:20 | 7:35:40 | 886 | 37:24 | 57:05 | 1:01:20 | 1:17:08 | 1:21:40 | 1:37:16 | 1:57:11 | 2:49:48 | 7:47:42 |
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| 934 | 36:24 | 55:34 | 59:42 | 1:15:01 | 1:19:29 | 1:34:42 | 1:54:05 | 2:45:31 | 7:36:09 | 884 | 37:27 | 57:09 | 1:01:24 | 1:17:13 | 1:21:45 | 1:37:23 | 1:57:19 | 2:49:58 | 7:48:12 |
| 933 | 36:25 | 55:36 | 59:44 | 1:15:04 | 1:19:31 | 1:34:45 | 1:54:09 | 2:45:36 | 7:36:23 | 883 | 37:28 | 57:11 | 1:01:26 | 1:17:16 | 1:21:48 | 1:37:26 | 1:57:23 | 2:50:04 | 7:48:26 |
| 932 | 36:26 | 55:38 | 59:46 | 1:15:06 | 1:19:34 | 1:34:48 | 1:54:13 | 2:45:41 | 7:36:37 | 882 | 37:29 | 57:13 | 1:01:28 | 1:17:19 | 1:21:51 | 1:37:29 | 1:57:27 | 2:50:09 | 7:48:41 |
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| 930 | 36:29 | 55:41 | 59:50 | 1:15:11 | 1:19:39 | 1:34:54 | 1:54:20 | 2:45:52 | 7:37:06 | 880 | 37:32 | 57:17 | 1:01:32 | 1:17:25 | 1:21:57 | 1:37:36 | 1:57:34 | 2:50:20 | 7:49:10 |
| 929 | 36:30 | 55:43 | 59:52 | 1:15:14 | 1:19:42 | 1:34:58 | 1:54:24 | 2:45:57 | 7:37:20 | 879 | 37:33 | 57:19 | 1:01:35 | 1:17:28 | 1:22:00 | 1:37:39 | 1:57:38 | 2:50:26 | 7:49:25 |
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| 923 | 36:38 | 55:55 | 1:00:04 | 1:15:29 | 1:19:58 | 1:35:17 | 1:54:47 | 2:46:29 | 7:38:46 | 873 | 37:41 | 57:30 | 1:01:47 | 1:17:46 | 1:22:18 | 1:37:59 | 1:58:02 | 2:50:58 | 7:50:53 |
| 922 | 36:39 | 55:56 | 1:00:06 | 1:15:32 | 1:20:01 | 1:35:20 | 1:54:51 | 2:46:34 | 7:39:01 | 872 | 37:42 | 57:32 | 1:01:49 | 1:17:49 | 1:22:21 | 1:38:05 | 1:58:10 | 2:51:04 | 7:51:08 |
| 921 | 36:40 | 55:58 | 1:00:08 | 1:15:34 | 1:20:04 | 1:35:23 | 1:54:55 | 2:46:40 | 7:39:15 | 871 | 37:43 | 57:34 | 1:01:51 | 1:17:52 | 1:22:24 | 1:38:08 | 1:58:14 | 2:51:09 | 7:51:23 |
| 920 | 36:41 | 56:00 | 1:00:10 | 1:15:37 | 1:20:06 | 1:35:26 | 1:54:59 | 2:46:45 | 7:39:29 | 870 | 37:45 | 57:36 | 1:01:53 | 1:17:55 | 1:22:27 | 1:38:12 | 1:58:18 | 2:51:15 | 7:51:38 |
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| 918 | 36:44 | 56:04 | 1:00:14 | 1:15:42 | 1:20:12 | 1:35:33 | 1:55:07 | 2:46:56 | 7:39:58 | 868 | 37:47 | 57:40 | 1:01:57 | 1:18:01 | 1:22:33 | 1:38:18 | 1:58:26 | 2:51:26 | 7:52:07 |
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| 911 | 36:53 | 56:17 | 1:00:29 | 1:16:00 | 1:20:31 | 1:35:55 | 1:55:34 | 2:47:33 | 7:41:39 | 861 | 37:56 | 57:54 | 1:02:12 | 1:18:22 | 1:22:54 | 1:38:42 | 1:58:54 | 2:52:06 | 7:53:51 |
| 910 | 36:54 | 56:19 | 1:00:31 | 1:16:02 | 1:20:34 | 1:35:58 | 1:55:37 | 2:47:38 | 7:41:53 | 860 | 37:58 | 57:56 | 1:02:14 | 1:18:25 | 1:22:57 | 1:38:45 | 1:59:02 | 2:52:12 | 7:54:06 |
| 909 | 36:55 | 56:21 | 1:00:33 | 1:16:05 | 1:20:36 | 1:36:02 | 1:55:41 | 2:47:44 | 7:42:08 | 859 | 37:59 | 57:58 | 1:02:16 | 1:18:28 | 1:23:00 | 1:38:48 | 1:59:06 | 2:52:18 | 7:54:21 |
| 908 | 36:56 | 56:23 | 1:00:35 | 1:16:08 | 1:20:39 | 1:36:05 | 1:55:45 | 2:47:49 | 7:42:22 | 858 | 38:00 | 58:00 | 1:02:18 | 1:18:31 | 1:23:03 | 1:38:52 | 1:59:10 | 2:52:24 | 7:54:35 |
| 907 | 36:58 | 56:25 | 1:00:37 | 1:16:10 | 1:20:42 | 1:36:08 | 1:55:49 | 2:47:54 | 7:42:37 | 857 | 38:01 | 58:01 | 1:02:20 | 1:18:34 | 1:23:06 | 1:38:55 | 1:59:14 | 2:52:30 | 7:54:50 |
| 906 | 36:59 | 56:27 | 1:00:39 | 1:16:13 | 1:20:44 | 1:36:11 | 1:55:53 | 2:48:00 | 7:42:51 | 856 | 38:03 | 58:03 | 1:02:23 | 1:18:37 | 1:23:09 | 1:38:58 | 1:59:18 | 2:52:36 | 7:55:05 |
| 905 | 37:00 | 56:29 | 1:00:41 | 1:16:15 | 1:20:47 | 1:36:14 | 1:55:57 | 2:48:05 | 7:43:06 | 855 | 38:04 | 58:05 | 1:02:25 | 1:18:40 | 1:23:12 | 1:39:02 | 1:59:22 | 2:52:42 | 7:55:20 |
| 904 | 37:01 | 56:31 | 1:00:43 | 1:16:18 | 1:20:50 | 1:36:18 | 1:56:01 | 2:48:10 | 7:43:20 | 854 | 38:05 | 58:07 | 1:02:27 | 1:18:43 | 1:23:15 | 1:39:05 | 1:59:26 | 2:52:48 | 7:55:35 |
| 903 | 37:03 | 56:33 | 1:00:45 | 1:16:20 | 1:20:53 | 1:36:21 | 1:56:05 | 2:48:16 | 7:43:35 | 853 | 38:07 | 58:09 | 1:02:29 | 1:18:46 | 1:23:18 | 1:39:08 | 1:59:30 | 2:52:54 | 7:55:50 |
| 902 | 37:04 | 56:34 | 1:00:47 | 1:16:23 | 1:20:55 | 1:36:24 | 1:56:08 | 2:48:21 | 7:43:49 | 852 | 38:08 | 58:11 | 1:02:31 | 1:18:49 | 1:23:21 | 1:39:11 | 1:59:34 | 2:53:00 | 7:56:05 |
| 901 | 37:05 | 56:36 | 1:00:49 | 1:16:26 | 1:20:58 | 1:36:27 | 1:56:12 | 2:48:27 | 7:44:04 | 851 | 38:09 | 58:13 | 1:02:33 | 1:18:52 | 1:23:24 | 1:39:14 | 1:59:36 | 2:53:06 | 7:56:20 |

| Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km | Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km |
|--------|-------|-------|----------|---------|---------|---------|---------|----------|---------|--------|-------|---------|----------|---------|---------|---------|---------|----------|---------|
| 850 | 38:11 | 58:15 | 1:02:35 | 1:18:39 | 1:23:19 | 1:39:15 | 1:59:34 | 2:53:05 | 7:56:35 | 800 | 39:17 | 59:55 | 1:04:23 | 1:20:54 | 1:25:42 | 1:42:03 | 2:02:57 | 2:57:46 | 8:09:13 |
| 849 | 38:12 | 58:17 | 1:02:37 | 1:18:42 | 1:23:22 | 1:39:18 | 1:59:38 | 2:53:10 | 7:56:50 | 799 | 39:18 | 59:57 | 1:04:25 | 1:20:57 | 1:25:45 | 1:42:07 | 2:03:01 | 2:57:52 | 8:09:29 |
| 848 | 38:13 | 58:19 | 1:02:40 | 1:18:45 | 1:23:25 | 1:39:21 | 1:59:42 | 2:53:16 | 7:57:05 | 798 | 39:19 | 59:59 | 1:04:27 | 1:21:00 | 1:25:48 | 1:42:10 | 2:03:05 | 2:57:57 | 8:09:44 |
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| 843 | 38:20 | 58:29 | 1:02:50 | 1:18:58 | 1:23:39 | 1:39:38 | 2:00:02 | 2:53:44 | 7:58:19 | 793 | 39:26 | 1:00:09 | 1:04:38 | 1:21:13 | 1:26:02 | 1:42:27 | 2:03:26 | 2:58:26 | 8:11:01 |
| 842 | 38:21 | 58:31 | 1:02:52 | 1:19:01 | 1:23:42 | 1:39:41 | 2:00:06 | 2:53:49 | 7:58:34 | 792 | 39:27 | 1:00:11 | 1:04:40 | 1:21:16 | 1:26:05 | 1:42:31 | 2:03:30 | 2:58:32 | 8:11:17 |
| 841 | 38:22 | 58:33 | 1:02:54 | 1:19:03 | 1:23:45 | 1:39:45 | 2:00:10 | 2:53:55 | 7:58:50 | 791 | 39:29 | 1:00:13 | 1:04:42 | 1:21:19 | 1:26:08 | 1:42:34 | 2:03:34 | 2:58:38 | 8:11:32 |
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| 838 | 38:26 | 58:39 | 1:03:01 | 1:19:11 | 1:23:53 | 1:39:55 | 2:00:22 | 2:54:12 | 7:59:35 | 788 | 39:33 | 1:00:19 | 1:04:49 | 1:21:27 | 1:26:17 | 1:42:45 | 2:03:46 | 2:58:55 | 8:12:19 |
| 837 | 38:28 | 58:41 | 1:03:03 | 1:19:14 | 1:23:56 | 1:39:58 | 2:00:26 | 2:54:17 | 7:59:50 | 787 | 39:34 | 1:00:22 | 1:04:51 | 1:21:30 | 1:26:20 | 1:42:48 | 2:03:51 | 2:59:01 | 8:12:34 |
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| 835 | 38:30 | 58:45 | 1:03:07 | 1:19:19 | 1:24:02 | 1:40:05 | 2:00:34 | 2:54:28 | 8:00:20 | 785 | 39:37 | 1:00:26 | 1:04:56 | 1:21:36 | 1:26:26 | 1:42:55 | 2:03:59 | 2:59:12 | 8:13:05 |
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| 832 | 38:34 | 58:51 | 1:03:14 | 1:19:27 | 1:24:10 | 1:40:15 | 2:00:46 | 2:54:45 | 8:01:05 | 782 | 39:41 | 1:00:32 | 1:05:02 | 1:21:44 | 1:26:35 | 1:43:05 | 2:04:11 | 2:59:29 | 8:13:52 |
| 831 | 38:35 | 58:53 | 1:03:16 | 1:19:30 | 1:24:13 | 1:40:18 | 2:00:50 | 2:54:51 | 8:01:20 | 781 | 39:42 | 1:00:34 | 1:05:04 | 1:21:47 | 1:26:38 | 1:43:09 | 2:04:16 | 2:59:35 | 8:14:08 |
| 830 | 38:37 | 58:55 | 1:03:18 | 1:19:33 | 1:24:16 | 1:40:21 | 2:00:54 | 2:54:56 | 8:01:35 | 780 | 39:43 | 1:00:36 | 1:05:07 | 1:21:49 | 1:26:40 | 1:43:12 | 2:04:20 | 2:59:41 | 8:14:23 |
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| 821 | 38:49 | 59:13 | 1:03:37 | 1:19:57 | 1:24:42 | 1:40:52 | 2:01:31 | 2:55:47 | 8:03:52 | 771 | 39:56 | 1:00:54 | 1:05:26 | 1:22:14 | 1:27:07 | 1:43:44 | 2:04:57 | 3:00:33 | 8:16:44 |
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| 802 | 39:14 | 59:51 | 1:04:18 | 1:20:49 | 1:25:36 | 1:41:56 | 2:02:48 | 2:57:35 | 8:08:42 | 752 | 40:22 | 1:01:34 | 1:06:09 | 1:23:08 | 1:28:03 | 1:44:50 | 2:06:18 | 3:02:24 | 8:21:44 |
| 801 | 39:15 | 59:53 | 1:04:20 | 1:20:51 | 1:25:39 | 1:42:00 | 2:02:53 | 2:57:40 | 8:08:58 | 751 | 40:23 | 1:01:36 | 1:06:11 | 1:23:11 | 1:28:06 | 1:44:54 | 2:06:22 | 3:02:30 | 8:22:00 |

| Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km | Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km |
|--------|-------|---------|----------|---------|---------|---------|---------|----------|---------|--------|-------|---------|----------|---------|---------|---------|---------|----------|---------|
| 750 | 40:25 | 1:01:38 | 1:06:13 | 1:23:13 | 1:28:09 | 1:44:58 | 2:06:26 | 3:02:36 | 8:22:16 | 700 | 41:35 | 1:03:25 | 1:08:08 | 1:25:37 | 1:30:42 | 1:47:58 | 2:10:03 | 3:07:36 | 8:35:45 |
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| 748 | 40:27 | 1:01:42 | 1:06:18 | 1:23:19 | 1:28:15 | 1:45:05 | 2:06:35 | 3:02:48 | 8:22:48 | 698 | 41:38 | 1:03:29 | 1:08:13 | 1:25:43 | 1:30:48 | 1:48:05 | 2:10:12 | 3:07:48 | 8:36:18 |
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| 708 | 41:23 | 1:03:07 | 1:07:49 | 1:25:14 | 1:30:17 | 1:47:28 | 2:09:28 | 3:06:47 | 8:33:34 | 658 | 42:36 | 1:04:57 | 1:09:47 | 1:27:42 | 1:32:54 | 1:50:34 | 2:13:11 | 3:11:56 | 8:47:27 |
| 707 | 41:25 | 1:03:09 | 1:07:52 | 1:25:17 | 1:30:20 | 1:47:32 | 2:09:32 | 3:06:53 | 8:33:50 | 657 | 42:37 | 1:04:59 | 1:09:50 | 1:27:45 | 1:32:57 | 1:50:38 | 2:13:16 | 3:12:02 | 8:47:44 |
| 706 | 41:26 | 1:03:12 | 1:07:54 | 1:25:20 | 1:30:23 | 1:47:36 | 2:09:37 | 3:06:59 | 8:34:06 | 656 | 42:39 | 1:05:02 | 1:09:52 | 1:27:48 | 1:33:00 | 1:50:42 | 2:13:20 | 3:12:09 | 8:48:01 |
| 705 | 41:28 | 1:03:14 | 1:07:56 | 1:25:23 | 1:30:26 | 1:47:39 | 2:09:41 | 3:07:05 | 8:34:23 | 655 | 42:40 | 1:05:04 | 1:09:54 | 1:27:51 | 1:33:03 | 1:50:45 | 2:13:25 | 3:12:15 | 8:48:18 |
| 704 | 41:29 | 1:03:16 | 1:07:59 | 1:25:26 | 1:30:29 | 1:47:43 | 2:09:46 | 3:07:12 | 8:34:39 | 654 | 42:42 | 1:05:06 | 1:09:57 | 1:27:55 | 1:33:07 | 1:50:49 | 2:13:30 | 3:12:21 | 8:48:35 |
| 703 | 41:31 | 1:03:18 | 1:08:01 | 1:25:29 | 1:30:32 | 1:47:47 | 2:09:50 | 3:07:18 | 8:34:56 | 653 | 42:43 | 1:05:08 | 1:09:59 | 1:27:58 | 1:33:10 | 1:50:53 | 2:13:34 | 3:12:28 | 8:48:52 |
| 702 | 41:32 | 1:03:20 | 1:08:03 | 1:25:32 | 1:30:35 | 1:47:50 | 2:09:54 | 3:07:24 | 8:35:12 | 652 | 42:45 | 1:05:11 | 1:10:02 | 1:28:01 | 1:33:13 | 1:50:57 | 2:13:39 | 3:12:34 | 8:49:09 |
| 701 | 41:33 | 1:03:22 | 1:08:06 | 1:25:35 | 1:30:39 | 1:47:54 | 2:09:59 | 3:07:30 | 8:35:29 | 651 | 42:46 | 1:05:13 | 1:10:04 | 1:28:04 | 1:33:16 | 1:51:01 | 2:13:43 | 3:12:40 | 8:49:27 |

| Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km | Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km |
|--------|-------|---------|----------|---------|---------|---------|---------|----------|---------|--------|-------|---------|----------|---------|---------|---------|---------|----------|---------|
| 650 | 42:48 | 1:05:15 | 1:10:07 | 1:28:07 | 1:33:19 | 1:51:04 | 2:13:48 | 3:12:47 | 8:49:44 | 600 | 44:04 | 1:07:10 | 1:12:10 | 1:30:42 | 1:36:03 | 1:54:18 | 2:17:41 | 3:18:10 | 9:04:15 |
| 649 | 42:49 | 1:05:17 | 1:10:09 | 1:28:10 | 1:33:23 | 1:51:08 | 2:13:52 | 3:12:53 | 8:50:01 | 599 | 44:05 | 1:07:12 | 1:12:12 | 1:30:45 | 1:36:07 | 1:54:22 | 2:17:46 | 3:18:16 | 9:04:33 |
| 648 | 42:51 | 1:05:20 | 1:10:11 | 1:28:13 | 1:33:26 | 1:51:12 | 2:13:57 | 3:12:59 | 8:50:18 | 598 | 44:07 | 1:07:14 | 1:12:15 | 1:30:48 | 1:36:10 | 1:54:26 | 2:17:51 | 3:18:23 | 9:04:51 |
| 647 | 42:52 | 1:05:22 | 1:10:14 | 1:28:16 | 1:33:29 | 1:51:16 | 2:14:02 | 3:13:06 | 8:50:35 | 597 | 44:08 | 1:07:17 | 1:12:17 | 1:30:51 | 1:36:13 | 1:54:30 | 2:17:56 | 3:18:29 | 9:05:09 |
| 646 | 42:54 | 1:05:24 | 1:10:16 | 1:28:19 | 1:33:32 | 1:51:20 | 2:14:06 | 3:13:12 | 8:50:52 | 596 | 44:10 | 1:07:19 | 1:12:20 | 1:30:54 | 1:36:17 | 1:54:34 | 2:18:00 | 3:18:36 | 9:05:26 |
| 645 | 42:55 | 1:05:26 | 1:10:19 | 1:28:22 | 1:33:36 | 1:51:23 | 2:14:11 | 3:13:18 | 8:51:09 | 595 | 44:11 | 1:07:21 | 1:12:22 | 1:30:58 | 1:36:20 | 1:54:38 | 2:18:05 | 3:18:43 | 9:05:44 |
| 644 | 42:57 | 1:05:29 | 1:10:21 | 1:28:25 | 1:33:39 | 1:51:27 | 2:14:15 | 3:13:25 | 8:51:26 | 594 | 44:13 | 1:07:24 | 1:12:25 | 1:31:01 | 1:36:24 | 1:54:42 | 2:18:10 | 3:18:49 | 9:06:02 |
| 643 | 42:58 | 1:05:31 | 1:10:23 | 1:28:28 | 1:33:42 | 1:51:31 | 2:14:20 | 3:13:31 | 8:51:44 | 593 | 44:14 | 1:07:26 | 1:12:27 | 1:31:04 | 1:36:27 | 1:54:46 | 2:18:15 | 3:18:56 | 9:06:20 |
| 642 | 43:00 | 1:05:33 | 1:10:26 | 1:28:31 | 1:33:45 | 1:51:35 | 2:14:25 | 3:13:38 | 8:52:01 | 592 | 44:16 | 1:07:29 | 1:12:30 | 1:31:07 | 1:36:30 | 1:54:50 | 2:18:20 | 3:19:03 | 9:06:38 |
| 641 | 43:01 | 1:05:35 | 1:10:28 | 1:28:34 | 1:33:48 | 1:51:39 | 2:14:29 | 3:13:44 | 8:52:18 | 591 | 44:18 | 1:07:31 | 1:12:33 | 1:31:10 | 1:36:34 | 1:54:54 | 2:18:24 | 3:19:09 | 9:06:56 |
| 640 | 43:03 | 1:05:38 | 1:10:31 | 1:28:37 | 1:33:52 | 1:51:43 | 2:14:34 | 3:13:50 | 8:52:35 | 590 | 44:19 | 1:07:33 | 1:12:35 | 1:31:14 | 1:36:37 | 1:54:58 | 2:18:29 | 3:19:16 | 9:07:14 |
| 639 | 43:04 | 1:05:40 | 1:10:33 | 1:28:40 | 1:33:55 | 1:51:46 | 2:14:38 | 3:13:57 | 8:52:52 | 589 | 44:21 | 1:07:36 | 1:12:38 | 1:31:17 | 1:36:40 | 1:55:02 | 2:18:34 | 3:19:23 | 9:07:32 |
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| 637 | 43:07 | 1:05:44 | 1:10:38 | 1:28:46 | 1:34:01 | 1:51:54 | 2:14:48 | 3:14:09 | 8:53:27 | 587 | 44:24 | 1:07:40 | 1:12:43 | 1:31:23 | 1:36:47 | 1:55:10 | 2:18:44 | 3:19:36 | 9:08:08 |
| 636 | 43:09 | 1:05:47 | 1:10:41 | 1:28:49 | 1:34:05 | 1:51:58 | 2:14:52 | 3:14:16 | 8:53:44 | 586 | 44:25 | 1:07:43 | 1:12:45 | 1:31:26 | 1:36:51 | 1:55:14 | 2:18:48 | 3:19:43 | 9:08:26 |
| 635 | 43:10 | 1:05:49 | 1:10:43 | 1:28:53 | 1:34:08 | 1:52:02 | 2:14:57 | 3:14:22 | 8:54:01 | 585 | 44:27 | 1:07:45 | 1:12:48 | 1:31:30 | 1:36:54 | 1:55:18 | 2:18:53 | 3:19:49 | 9:08:44 |
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| 633 | 43:13 | 1:05:54 | 1:10:48 | 1:28:59 | 1:34:14 | 1:52:09 | 2:15:06 | 3:14:35 | 8:54:36 | 583 | 44:30 | 1:07:50 | 1:12:53 | 1:31:36 | 1:37:01 | 1:55:26 | 2:19:03 | 3:20:03 | 9:09:20 |
| 632 | 43:15 | 1:05:56 | 1:10:50 | 1:29:02 | 1:34:18 | 1:52:13 | 2:15:11 | 3:14:41 | 8:54:53 | 582 | 44:32 | 1:07:52 | 1:12:55 | 1:31:39 | 1:37:04 | 1:55:30 | 2:19:08 | 3:20:09 | 9:09:38 |
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| 630 | 43:18 | 1:06:00 | 1:10:55 | 1:29:08 | 1:34:24 | 1:52:21 | 2:15:20 | 3:14:54 | 8:55:28 | 580 | 44:35 | 1:07:57 | 1:13:01 | 1:31:46 | 1:37:11 | 1:55:38 | 2:19:17 | 3:20:23 | 9:10:14 |
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| 628 | 43:21 | 1:06:05 | 1:11:00 | 1:29:14 | 1:34:31 | 1:52:29 | 2:15:29 | 3:15:07 | 8:56:03 | 578 | 44:38 | 1:08:02 | 1:13:06 | 1:31:52 | 1:37:18 | 1:55:46 | 2:19:27 | 3:20:36 | 9:10:50 |
| 627 | 43:22 | 1:06:07 | 1:11:03 | 1:29:17 | 1:34:34 | 1:52:33 | 2:15:34 | 3:15:14 | 8:56:20 | 577 | 44:40 | 1:08:04 | 1:13:08 | 1:31:55 | 1:37:21 | 1:55:50 | 2:19:32 | 3:20:43 | 9:11:08 |
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| 623 | 43:28 | 1:06:16 | 1:11:12 | 1:29:30 | 1:34:47 | 1:52:48 | 2:15:53 | 3:15:40 | 8:57:30 | 573 | 44:46 | 1:08:14 | 1:13:19 | 1:32:08 | 1:37:35 | 1:56:06 | 2:19:51 | 3:21:10 | 9:12:21 |
| 622 | 43:30 | 1:06:19 | 1:11:15 | 1:29:33 | 1:34:50 | 1:52:52 | 2:15:57 | 3:15:46 | 8:57:47 | 572 | 44:47 | 1:08:16 | 1:13:21 | 1:32:11 | 1:37:38 | 1:56:11 | 2:19:56 | 3:21:16 | 9:12:39 |
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| 620 | 43:33 | 1:06:23 | 1:11:20 | 1:29:39 | 1:34:57 | 1:53:00 | 2:16:07 | 3:15:59 | 8:58:22 | 570 | 44:51 | 1:08:21 | 1:13:26 | 1:32:18 | 1:37:45 | 1:56:19 | 2:20:06 | 3:21:30 | 9:13:16 |
| 619 | 43:34 | 1:06:26 | 1:11:22 | 1:29:42 | 1:35:00 | 1:53:04 | 2:16:11 | 3:16:05 | 8:58:40 | 569 | 44:52 | 1:08:23 | 1:13:29 | 1:32:21 | 1:37:49 | 1:56:23 | 2:20:11 | 3:21:37 | 9:13:34 |
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| 615 | 43:41 | 1:06:35 | 1:11:32 | 1:29:55 | 1:35:14 | 1:53:19 | 2:16:30 | 3:16:31 | 8:59:50 | 565 | 44:59 | 1:08:33 | 1:13:39 | 1:32:34 | 1:38:02 | 1:56:39 | 2:20:31 | 3:22:04 | 9:14:47 |
| 614 | 43:42 | 1:06:37 | 1:11:35 | 1:29:58 | 1:35:17 | 1:53:23 | 2:16:35 | 3:16:38 | 9:00:08 | 564 | 45:00 | 1:08:35 | 1:13:42 | 1:32:37 | 1:38:06 | 1:56:43 | 2:20:36 | 3:22:11 | 9:15:05 |
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| 611 | 43:47 | 1:06:44 | 1:11:42 | 1:30:07 | 1:35:27 | 1:53:35 | 2:16:49 | 3:16:58 | 9:01:00 | 561 | 45:05 | 1:08:43 | 1:13:50 | 1:32:47 | 1:38:16 | 1:56:55 | 2:20:50 | 3:22:31 | 9:16:01 |
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| 607 | 43:53 | 1:06:53 | 1:11:52 | 1:30:19 | 1:35:40 | 1:53:51 | 2:17:08 | 3:17:24 | 9:02:11 | 557 | 45:11 | 1:08:52 | 1:14:00 | 1:33:00 | 1:38:30 | 1:57:12 | 2:21:10 | 3:22:58 | 9:17:14 |
| 606 | 43:54 | 1:06:56 | 1:11:55 | 1:30:23 | 1:35:43 | 1:53:55 | 2:17:13 | 3:17:30 | 9:02:29 | 556 | 45:13 | 1:08:55 | 1:14:03 | 1:33:04 | 1:38:33 | 1:57:16 | 2:21:15 | 3:23:05 | 9:17:33 |
| 605 | 43:56 | 1:06:58 | 1:11:57 | 1:30:26 | 1:35:47 | 1:53:59 | 2:17:18 | 3:17:37 | 9:02:46 | 555 | 45:15 | 1:08:57 | 1:14:05 | 1:33:07 | 1:38:37 | 1:57:20 | 2:21:20 | 3:23:12 | 9:17:51 |
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| 601 | 44:02 | 1:07:07 | 1:12:07 | 1:30:39 | 1:36:00 | 1:54:14 | 2:17:37 | 3:18:03 | 9:03:57 | 551 | 45:21 | 1:09:07 | 1:14:16 | 1:33:20 | 1:38:51 | 1:57:36 | 2:21:40 | 3:23:40 | 9:19:05 |

| Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km | Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km |
|--------|-------|---------|----------|---------|---------|---------|---------|----------|---------|--------|-------|---------|----------|---------|---------|---------|---------|----------|---------|
| 550 | 45:23 | 1:09:09 | 1:14:18 | 1:33:23 | 1:38:54 | 1:57:41 | 2:21:45 | 3:23:46 | 9:19:24 | 500 | 46:45 | 1:11:15 | 1:16:33 | 1:36:13 | 1:41:53 | 2:01:12 | 2:26:00 | 3:29:39 | 9:35:15 |
| 549 | 45:24 | 1:09:12 | 1:14:21 | 1:33:27 | 1:38:58 | 1:57:45 | 2:21:50 | 3:23:53 | 9:19:42 | 499 | 46:47 | 1:11:17 | 1:16:36 | 1:36:16 | 1:41:57 | 2:01:17 | 2:26:05 | 3:29:46 | 9:35:34 |
| 548 | 45:26 | 1:09:14 | 1:14:24 | 1:33:30 | 1:39:01 | 1:57:49 | 2:21:55 | 3:24:00 | 9:20:01 | 498 | 46:49 | 1:11:20 | 1:16:38 | 1:36:20 | 1:42:01 | 2:01:21 | 2:26:10 | 3:29:53 | 9:35:54 |
| 547 | 45:27 | 1:09:17 | 1:14:26 | 1:33:33 | 1:39:05 | 1:57:53 | 2:22:00 | 3:24:07 | 9:20:20 | 497 | 46:50 | 1:11:22 | 1:16:41 | 1:36:23 | 1:42:04 | 2:01:25 | 2:26:15 | 3:30:01 | 9:36:13 |
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| 545 | 45:31 | 1:09:22 | 1:14:32 | 1:33:40 | 1:39:12 | 1:58:01 | 2:22:10 | 3:24:21 | 9:20:57 | 495 | 46:54 | 1:11:27 | 1:16:47 | 1:36:30 | 1:42:12 | 2:01:34 | 2:26:26 | 3:30:15 | 9:36:53 |
| 544 | 45:32 | 1:09:24 | 1:14:34 | 1:33:43 | 1:39:15 | 1:58:06 | 2:22:15 | 3:24:28 | 9:21:16 | 494 | 46:56 | 1:11:30 | 1:16:50 | 1:36:33 | 1:42:15 | 2:01:38 | 2:26:31 | 3:30:22 | 9:37:12 |
| 543 | 45:34 | 1:09:27 | 1:14:37 | 1:33:47 | 1:39:19 | 1:58:10 | 2:22:20 | 3:24:35 | 9:21:34 | 493 | 46:57 | 1:11:33 | 1:16:52 | 1:36:37 | 1:42:19 | 2:01:43 | 2:26:36 | 3:30:30 | 9:37:32 |
| 542 | 45:36 | 1:09:29 | 1:14:39 | 1:33:50 | 1:39:22 | 1:58:14 | 2:22:25 | 3:24:42 | 9:21:53 | 492 | 46:59 | 1:11:35 | 1:16:55 | 1:36:40 | 1:42:23 | 2:01:47 | 2:26:41 | 3:30:37 | 9:37:51 |
| 541 | 45:37 | 1:09:31 | 1:14:42 | 1:33:53 | 1:39:26 | 1:58:18 | 2:22:30 | 3:24:49 | 9:22:12 | 491 | 47:01 | 1:11:38 | 1:16:58 | 1:36:44 | 1:42:26 | 2:01:52 | 2:26:47 | 3:30:44 | 9:38:11 |
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| Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km | Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km |
|--------|-------|---------|----------|---------|---------|---------|---------|----------|----------|--------|-------|---------|----------|---------|---------|---------|---------|----------|----------|
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| 420 | 49:07 | 1:14:49 | 1:20:23 | 1:41:02 | 1:46:59 | 2:07:14 | 2:33:15 | 3:39:42 | 10:02:22 | 370 | 50:42 | 1:17:13 | 1:22:58 | 1:44:17 | 1:50:26 | 2:11:19 | 2:38:09 | 3:46:28 | 10:20:38 |
| 419 | 49:09 | 1:14:51 | 1:20:26 | 1:41:06 | 1:47:03 | 2:07:19 | 2:33:21 | 3:39:50 | 10:02:43 | 369 | 50:44 | 1:17:16 | 1:23:01 | 1:44:21 | 1:50:30 | 2:11:24 | 2:38:15 | 3:46:36 | 10:21:01 |
| 418 | 49:10 | 1:14:54 | 1:20:29 | 1:41:10 | 1:47:07 | 2:07:24 | 2:33:27 | 3:39:57 | 10:03:04 | 368 | 50:46 | 1:17:19 | 1:23:05 | 1:44:25 | 1:50:34 | 2:11:29 | 2:38:21 | 3:46:45 | 10:21:24 |
| 417 | 49:12 | 1:14:57 | 1:20:32 | 1:41:13 | 1:47:11 | 2:07:29 | 2:33:32 | 3:40:05 | 10:03:25 | 367 | 50:48 | 1:17:22 | 1:23:08 | 1:44:29 | 1:50:39 | 2:11:34 | 2:38:27 | 3:46:53 | 10:21:46 |
| 416 | 49:14 | 1:15:00 | 1:20:35 | 1:41:17 | 1:47:15 | 2:07:33 | 2:33:38 | 3:40:13 | 10:03:47 | 366 | 50:50 | 1:17:25 | 1:23:11 | 1:44:33 | 1:50:43 | 2:11:39 | 2:38:33 | 3:47:02 | 10:22:09 |
| 415 | 49:16 | 1:15:03 | 1:20:38 | 1:41:21 | 1:47:19 | 2:07:38 | 2:33:44 | 3:40:21 | 10:04:08 | 365 | 50:52 | 1:17:28 | 1:23:14 | 1:44:37 | 1:50:47 | 2:11:44 | 2:38:40 | 3:47:10 | 10:22:32 |
| 414 | 49:18 | 1:15:06 | 1:20:41 | 1:41:25 | 1:47:23 | 2:07:43 | 2:33:50 | 3:40:29 | 10:04:30 | 364 | 50:54 | 1:17:31 | 1:23:17 | 1:44:41 | 1:50:51 | 2:11:49 | 2:38:46 | 3:47:19 | 10:22:55 |
| 413 | 49:20 | 1:15:08 | 1:20:44 | 1:41:29 | 1:47:28 | 2:07:48 | 2:33:55 | 3:40:37 | 10:04:51 | 363 | 50:56 | 1:17:34 | 1:23:21 | 1:44:46 | 1:50:56 | 2:11:54 | 2:38:52 | 3:47:27 | 10:23:17 |
| 412 | 49:22 | 1:15:11 | 1:20:47 | 1:41:32 | 1:47:32 | 2:07:52 | 2:34:01 | 3:40:45 | 10:05:12 | 362 | 50:58 | 1:17:37 | 1:23:24 | 1:44:50 | 1:51:00 | 2:11:59 | 2:38:58 | 3:47:36 | 10:23:40 |
| 411 | 49:23 | 1:15:14 | 1:20:50 | 1:41:36 | 1:47:36 | 2:07:57 | 2:34:07 | 3:40:53 | 10:05:34 | 361 | 51:00 | 1:17:40 | 1:23:27 | 1:44:54 | 1:51:04 | 2:12:04 | 2:39:04 | 3:47:44 | 10:24:03 |
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| 408 | 49:29 | 1:15:23 | 1:20:59 | 1:41:48 | 1:47:48 | 2:08:12 | 2:34:24 | 3:41:17 | 10:06:39 | 358 | 51:06 | 1:17:49 | 1:23:37 | 1:45:06 | 1:51:17 | 2:12:20 | 2:39:23 | 3:48:10 | 10:25:12 |
| 407 | 49:31 | 1:15:25 | 1:21:02 | 1:41:52 | 1:47:52 | 2:08:16 | 2:34:30 | 3:41:25 | 10:07:00 | 357 | 51:08 | 1:17:52 | 1:23:40 | 1:45:10 | 1:51:22 | 2:12:25 | 2:39:29 | 3:48:18 | 10:25:35 |
| 406 | 49:33 | 1:15:28 | 1:21:06 | 1:41:55 | 1:47:56 | 2:08:21 | 2:34:36 | 3:41:33 | 10:07:22 | 356 | 51:10 | 1:17:55 | 1:23:43 | 1:45:14 | 1:51:26 | 2:12:30 | 2:39:35 | 3:48:27 | 10:25:58 |
| 405 | 49:35 | 1:15:31 | 1:21:09 | 1:41:59 | 1:48:00 | 2:08:26 | 2:34:42 | 3:41:41 | 10:07:43 | 355 | 51:12 | 1:17:58 | 1:23:47 | 1:45:18 | 1:51:30 | 2:12:35 | 2:39:41 | 3:48:35 | 10:26:21 |
| 404 | 49:37 | 1:15:34 | 1:21:12 | 1:42:03 | 1:48:04 | 2:08:31 | 2:34:47 | 3:41:49 | 10:08:05 | 354 | 51:14 | 1:18:01 | 1:23:50 | 1:45:22 | 1:51:35 | 2:12:40 | 2:39:47 | 3:48:44 | 10:26:45 |
| 403 | 49:39 | 1:15:37 | 1:21:15 | 1:42:07 | 1:48:08 | 2:08:36 | 2:34:53 | 3:41:57 | 10:08:27 | 353 | 51:16 | 1:18:04 | 1:23:53 | 1:45:26 | 1:51:39 | 2:12:45 | 2:39:53 | 3:48:52 | 10:27:08 |
| 402 | 49:40 | 1:15:40 | 1:21:18 | 1:42:11 | 1:48:12 | 2:08:41 | 2:34:59 | 3:42:05 | 10:08:48 | 352 | 51:18 | 1:18:07 | 1:23:57 | 1:45:31 | 1:51:43 | 2:12:50 | 2:40:00 | 3:49:01 | 10:27:31 |
| 401 | 49:42 | 1:15:42 | 1:21:21 | 1:42:15 | 1:48:16 | 2:08:45 | 2:35:05 | 3:42:13 | 10:09:10 | 351 | 51:20 | 1:18:10 | 1:24:00 | 1:45:35 | 1:51:48 | 2:12:56 | 2:40:06 | 3:49:10 | 10:27:54 |

| Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km | Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km |
|--------|-------|---------|----------|---------|---------|---------|---------|----------|----------|--------|-------|---------|----------|---------|---------|---------|---------|----------|----------|
| 350 | 51:22 | 1:18:14 | 1:24:03 | 1:45:39 | 1:51:52 | 2:13:01 | 2:40:12 | 3:49:18 | 10:28:17 | 300 | 53:07 | 1:20:53 | 1:26:54 | 1:49:14 | 1:55:40 | 2:17:30 | 2:45:36 | 3:56:46 | 10:48:27 |
| 349 | 51:24 | 1:18:17 | 1:24:06 | 1:45:43 | 1:51:57 | 2:13:06 | 2:40:18 | 3:49:27 | 10:28:41 | 299 | 53:09 | 1:20:56 | 1:26:58 | 1:49:19 | 1:55:44 | 2:17:36 | 2:45:43 | 3:56:56 | 10:48:52 |
| 348 | 51:26 | 1:18:20 | 1:24:10 | 1:45:47 | 1:52:01 | 2:13:11 | 2:40:25 | 3:49:36 | 10:29:04 | 298 | 53:12 | 1:20:59 | 1:27:01 | 1:49:23 | 1:55:49 | 2:17:41 | 2:45:50 | 3:57:05 | 10:49:17 |
| 347 | 51:28 | 1:18:23 | 1:24:13 | 1:45:51 | 1:52:05 | 2:13:16 | 2:40:31 | 3:49:44 | 10:29:28 | 297 | 53:14 | 1:21:03 | 1:27:05 | 1:49:28 | 1:55:54 | 2:17:47 | 2:45:56 | 3:57:14 | 10:49:42 |
| 346 | 51:30 | 1:18:26 | 1:24:16 | 1:45:56 | 1:52:10 | 2:13:22 | 2:40:37 | 3:49:53 | 10:29:51 | 296 | 53:16 | 1:21:06 | 1:27:09 | 1:49:32 | 1:55:59 | 2:17:52 | 2:46:03 | 3:57:24 | 10:50:08 |
| 345 | 51:32 | 1:18:29 | 1:24:20 | 1:46:00 | 1:52:14 | 2:13:27 | 2:40:43 | 3:50:02 | 10:30:14 | 295 | 53:18 | 1:21:09 | 1:27:12 | 1:49:37 | 1:56:03 | 2:17:58 | 2:46:10 | 3:57:33 | 10:50:33 |
| 344 | 51:34 | 1:18:32 | 1:24:23 | 1:46:04 | 1:52:19 | 2:13:32 | 2:40:50 | 3:50:10 | 10:30:38 | 294 | 53:20 | 1:21:13 | 1:27:16 | 1:49:41 | 1:56:08 | 2:18:04 | 2:46:17 | 3:57:43 | 10:50:58 |
| 343 | 51:36 | 1:18:35 | 1:24:26 | 1:46:08 | 1:52:23 | 2:13:37 | 2:40:56 | 3:50:19 | 10:31:01 | 293 | 53:23 | 1:21:16 | 1:27:19 | 1:49:46 | 1:56:13 | 2:18:09 | 2:46:24 | 3:57:52 | 10:51:24 |
| 342 | 51:38 | 1:18:38 | 1:24:30 | 1:46:12 | 1:52:27 | 2:13:42 | 2:41:02 | 3:50:28 | 10:31:25 | 292 | 53:25 | 1:21:19 | 1:27:23 | 1:49:50 | 1:56:18 | 2:18:15 | 2:46:30 | 3:58:01 | 10:51:49 |
| 341 | 51:40 | 1:18:41 | 1:24:33 | 1:46:16 | 1:52:32 | 2:13:48 | 2:41:09 | 3:50:36 | 10:31:48 | 291 | 53:27 | 1:21:23 | 1:27:27 | 1:49:55 | 1:56:23 | 2:18:21 | 2:46:37 | 3:58:11 | 10:52:15 |
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| 337 | 51:49 | 1:18:54 | 1:24:46 | 1:46:33 | 1:52:50 | 2:14:09 | 2:41:34 | 3:51:12 | 10:33:23 | 287 | 53:36 | 1:21:36 | 1:27:41 | 1:50:13 | 1:56:42 | 2:18:44 | 2:47:05 | 3:58:49 | 10:53:57 |
| 336 | 51:51 | 1:18:57 | 1:24:50 | 1:46:38 | 1:52:54 | 2:14:14 | 2:41:40 | 3:51:20 | 10:33:47 | 286 | 53:38 | 1:21:40 | 1:27:45 | 1:50:17 | 1:56:47 | 2:18:49 | 2:47:12 | 3:58:58 | 10:54:23 |
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| 334 | 51:55 | 1:19:03 | 1:24:57 | 1:46:46 | 1:53:03 | 2:14:25 | 2:41:53 | 3:51:38 | 10:34:34 | 284 | 53:43 | 1:21:46 | 1:27:52 | 1:50:27 | 1:56:56 | 2:19:01 | 2:47:25 | 3:59:18 | 10:55:15 |
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| 331 | 52:01 | 1:19:13 | 1:25:07 | 1:46:59 | 1:53:17 | 2:14:41 | 2:42:12 | 3:52:05 | 10:35:46 | 281 | 53:49 | 1:21:57 | 1:28:03 | 1:50:40 | 1:57:11 | 2:19:18 | 2:47:46 | 3:59:46 | 10:56:33 |
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| 327 | 52:09 | 1:19:25 | 1:25:20 | 1:47:16 | 1:53:35 | 2:15:02 | 2:42:38 | 3:52:40 | 10:37:22 | 277 | 53:58 | 1:22:10 | 1:28:18 | 1:50:59 | 1:57:31 | 2:19:41 | 2:48:14 | 4:00:25 | 10:58:17 |
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| 324 | 52:16 | 1:19:35 | 1:25:30 | 1:47:29 | 1:53:48 | 2:15:18 | 2:42:58 | 3:53:07 | 10:38:35 | 274 | 54:05 | 1:22:21 | 1:28:29 | 1:51:13 | 1:57:46 | 2:19:59 | 2:48:35 | 4:00:54 | 10:59:36 |
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| 321 | 52:22 | 1:19:44 | 1:25:41 | 1:47:42 | 1:54:02 | 2:15:34 | 2:43:17 | 3:53:34 | 10:39:47 | 271 | 54:12 | 1:22:31 | 1:28:40 | 1:51:27 | 1:58:00 | 2:20:16 | 2:48:57 | 4:01:24 | 11:00:55 |
| 320 | 52:24 | 1:19:48 | 1:25:44 | 1:47:46 | 1:54:07 | 2:15:40 | 2:43:24 | 3:53:43 | 10:40:12 | 270 | 54:15 | 1:22:35 | 1:28:44 | 1:51:32 | 1:58:05 | 2:20:22 | 2:49:04 | 4:01:33 | 11:01:21 |
| 319 | 52:26 | 1:19:51 | 1:25:48 | 1:47:50 | 1:54:11 | 2:15:45 | 2:43:30 | 3:53:52 | 10:40:36 | 269 | 54:17 | 1:22:38 | 1:28:48 | 1:51:37 | 1:58:10 | 2:20:28 | 2:49:11 | 4:01:43 | 11:01:48 |
| 318 | 52:28 | 1:19:54 | 1:25:51 | 1:47:55 | 1:54:16 | 2:15:51 | 2:43:37 | 3:54:01 | 10:41:01 | 268 | 54:19 | 1:22:42 | 1:28:51 | 1:51:41 | 1:58:15 | 2:20:34 | 2:49:18 | 4:01:53 | 11:02:14 |
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| 314 | 52:37 | 1:20:07 | 1:26:05 | 1:48:12 | 1:54:34 | 2:16:12 | 2:44:03 | 3:54:37 | 10:42:39 | 264 | 54:28 | 1:22:56 | 1:29:06 | 1:52:00 | 1:58:36 | 2:20:58 | 2:49:46 | 4:02:33 | 11:04:01 |
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| 312 | 52:41 | 1:20:13 | 1:26:12 | 1:48:21 | 1:54:43 | 2:16:23 | 2:44:16 | 3:54:56 | 10:43:28 | 262 | 54:33 | 1:23:03 | 1:29:14 | 1:52:10 | 1:58:46 | 2:21:10 | 2:50:01 | 4:02:53 | 11:04:55 |
| 311 | 52:43 | 1:20:17 | 1:26:15 | 1:48:25 | 1:54:48 | 2:16:29 | 2:44:23 | 3:55:05 | 10:43:53 | 261 | 54:35 | 1:23:06 | 1:29:18 | 1:52:15 | 1:58:51 | 2:21:16 | 2:50:08 | 4:03:03 | 11:05:22 |
| 310 | 52:45 | 1:20:20 | 1:26:19 | 1:48:30 | 1:54:53 | 2:16:34 | 2:44:29 | 3:55:14 | 10:44:17 | 260 | 54:38 | 1:23:10 | 1:29:22 | 1:52:20 | 1:58:56 | 2:21:22 | 2:50:15 | 4:03:13 | 11:05:49 |
| 309 | 52:48 | 1:20:23 | 1:26:22 | 1:48:34 | 1:54:57 | 2:16:40 | 2:44:36 | 3:55:23 | 10:44:42 | 259 | 54:40 | 1:23:13 | 1:29:26 | 1:52:24 | 1:59:01 | 2:21:28 | 2:50:23 | 4:03:23 | 11:06:16 |
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| 307 | 52:52 | 1:20:30 | 1:26:29 | 1:48:43 | 1:55:07 | 2:16:51 | 2:44:49 | 3:55:42 | 10:45:32 | 257 | 54:45 | 1:23:21 | 1:29:33 | 1:52:34 | 1:59:11 | 2:21:40 | 2:50:37 | 4:03:43 | 11:07:10 |
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| 305 | 52:56 | 1:20:36 | 1:26:37 | 1:48:52 | 1:55:16 | 2:17:02 | 2:45:03 | 3:56:00 | 10:46:22 | 255 | 54:50 | 1:23:28 | 1:29:41 | 1:52:44 | 1:59:21 | 2:21:52 | 2:50:52 | 4:04:03 | 11:08:05 |
| 304 | 52:58 | 1:20:39 | 1:26:40 | 1:48:56 | 1:55:21 | 2:17:08 | 2:45:09 | 3:56:09 | 10:46:46 | 254 | 54:52 | 1:23:31 | 1:29:45 | 1:52:49 | 1:59:26 | 2:21:58 | 2:50:59 | 4:04:13 | 11:08:32 |
| 303 | 53:01 | 1:20:43 | 1:26:44 | 1:49:01 | 1:55:26 | 2:17:13 | 2:45:16 | 3:56:19 | 10:47:11 | 253 | 54:54 | 1:23:35 | 1:29:49 | 1:52:53 | 1:59:32 | 2:22:04 | 2:51:06 | 4:04:23 | 11:08:59 |
| 302 | 53:03 | 1:20:46 | 1:26:47 | 1:49:05 | 1:55:30 | 2:17:19 | 2:45:23 | 3:56:28 | 10:47:37 | 252 | 54:57 | 1:23:39 | 1:29:53 | 1:52:58 | 1:59:37 | 2:22:10 | 2:51:14 | 4:04:33 | 11:09:27 |
| 301 | 53:05 | 1:20:49 | 1:26:51 | 1:49:10 | 1:55:35 | 2:17:24 | 2:45:29 | 3:56:37 | 10:48:02 | 251 | 54:59 | 1:23:42 | 1:29:56 | 1:53:03 | 1:59:42 | 2:22:17 | 2:51:21 | 4:04:44 | 11:09:54 |

| Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km | Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km |
|--------|-------|---------|----------|---------|---------|---------|---------|----------|----------|--------|-------|---------|----------|---------|---------|---------|---------|----------|----------|
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| 248 | 55:06 | 1:23:53 | 1:30:08 | 1:53:18 | 1:59:58 | 2:22:35 | 2:51:43 | 4:05:14 | 11:11:17 | 198 | 57:13 | 1:27:05 | 1:33:35 | 1:57:38 | 2:04:32 | 2:28:00 | 2:58:15 | 4:14:16 | 11:35:38 |
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| 246 | 55:11 | 1:24:00 | 1:30:16 | 1:53:28 | 2:00:08 | 2:22:47 | 2:51:58 | 4:05:35 | 11:12:12 | 196 | 57:19 | 1:27:14 | 1:33:44 | 1:57:49 | 2:04:44 | 2:28:14 | 2:58:31 | 4:14:39 | 11:36:40 |
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| Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km | Points | 10 km | 15 km | 10 Miles | 20 km | HM | 25 km | 30 km | Marathon | 100 km |
|--------|---------|---------|----------|---------|---------|---------|---------|----------|----------|--------|---------|---------|----------|---------|---------|---------|---------|----------|----------|
| 150 | 59:32 | 1:30:35 | 1:37:20 | 2:02:21 | 2:09:31 | 2:33:54 | 3:05:20 | 4:24:05 | 12:02:07 | 100 | 1:02:22 | 1:34:52 | 1:41:57 | 2:08:09 | 2:15:40 | 2:41:10 | 3:14:05 | 4:36:10 | 12:34:46 |
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| 127 | 1:00:46 | 1:32:27 | 1:39:20 | 2:04:52 | 2:12:12 | 2:37:04 | 3:09:09 | 4:29:20 | 12:16:20 | 77 | 1:03:55 | 1:37:13 | 1:44:28 | 2:11:19 | 2:19:01 | 2:45:07 | 3:18:51 | 4:42:46 | 12:52:33 |
| 126 | 1:00:50 | 1:32:32 | 1:39:26 | 2:04:59 | 2:12:19 | 2:37:12 | 3:09:19 | 4:29:35 | 12:16:58 | 76 | 1:03:59 | 1:37:19 | 1:44:35 | 2:11:28 | 2:19:10 | 2:45:19 | 3:19:04 | 4:43:04 | 12:53:23 |
| 125 | 1:00:52 | 1:32:37 | 1:39:31 | 2:05:06 | 2:12:26 | 2:37:21 | 3:09:30 | 4:29:49 | 12:17:37 | 75 | 1:04:03 | 1:37:26 | 1:44:42 | 2:11:37 | 2:19:20 | 2:45:30 | 3:19:18 | 4:43:23 | 12:54:13 |
| 124 | 1:00:56 | 1:32:42 | 1:39:37 | 2:05:13 | 2:12:34 | 2:37:30 | 3:09:40 | 4:30:04 | 12:18:16 | 74 | 1:04:08 | 1:37:33 | 1:44:49 | 2:11:46 | 2:19:29 | 2:45:41 | 3:19:31 | 4:43:42 | 12:55:04 |
| 123 | 1:00:59 | 1:32:47 | 1:39:42 | 2:05:20 | 2:12:41 | 2:37:38 | 3:09:50 | 4:30:18 | 12:18:55 | 73 | 1:04:12 | 1:37:39 | 1:44:56 | 2:11:55 | 2:19:39 | 2:45:52 | 3:19:45 | 4:44:00 | 12:55:54 |
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| 121 | 1:01:06 | 1:32:58 | 1:39:53 | 2:05:34 | 2:12:56 | 2:37:56 | 3:10:12 | 4:30:47 | 12:20:14 | 71 | 1:04:21 | 1:37:53 | 1:45:11 | 2:12:13 | 2:19:58 | 2:46:15 | 3:20:12 | 4:44:39 | 12:57:37 |
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| 116 | 1:01:23 | 1:33:24 | 1:40:22 | 2:06:10 | 2:13:34 | 2:38:40 | 3:11:05 | 4:32:02 | 12:23:34 | 66 | 1:04:44 | 1:38:28 | 1:45:48 | 2:13:00 | 2:20:48 | 2:47:14 | 3:21:23 | 4:46:16 | 13:02:00 |
| 115 | 1:01:27 | 1:33:29 | 1:40:27 | 2:06:17 | 2:13:41 | 2:38:49 | 3:11:16 | 4:32:17 | 12:24:15 | 65 | 1:04:49 | 1:38:35 | 1:45:56 | 2:13:10 | 2:20:58 | 2:47:26 | 3:21:37 | 4:46:36 | 13:02:54 |
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| 112 | 1:01:38 | 1:33:46 | 1:40:45 | 2:06:39 | 2:14:04 | 2:39:17 | 3:11:49 | 4:33:02 | 12:26:18 | 62 | 1:05:03 | 1:38:56 | 1:46:19 | 2:13:39 | 2:21:29 | 2:48:02 | 3:22:21 | 4:47:37 | 13:05:38 |
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| 110 | 1:01:45 | 1:33:56 | 1:40:57 | 2:06:53 | 2:14:20 | 2:39:35 | 3:12:11 | 4:33:33 | 12:27:40 | 60 | 1:05:13 | 1:39:11 | 1:46:35 | 2:13:59 | 2:21:49 | 2:48:27 | 3:22:51 | 4:48:18 | 13:07:30 |
| 109 | 1:01:48 | 1:34:02 | 1:41:02 | 2:07:01 | 2:14:28 | 2:39:44 | 3:12:22 | 4:33:48 | 12:28:22 | 59 | 1:05:18 | 1:39:18 | 1:46:43 | 2:14:09 | 2:22:00 | 2:48:40 | 3:23:06 | 4:48:39 | 13:08:26 |
| 108 | 1:01:52 | 1:34:07 | 1:41:08 | 2:07:08 | 2:14:36 | 2:39:54 | 3:12:33 | 4:34:04 | 12:29:04 | 58 | 1:05:22 | 1:39:26 | 1:46:51 | 2:14:19 | 2:22:11 | 2:48:52 | 3:23:22 | 4:49:00 | 13:09:23 |
| 107 | 1:01:56 | 1:34:13 | 1:41:14 | 2:07:16 | 2:14:44 | 2:40:03 | 3:12:45 | 4:34:19 | 12:29:46 | 57 | 1:05:27 | 1:39:33 | 1:46:59 | 2:14:29 | 2:22:22 | 2:49:05 | 3:23:37 | 4:49:22 | 13:10:21 |
| 106 | 1:01:59 | 1:34:19 | 1:41:20 | 2:07:23 | 2:14:51 | 2:40:13 | 3:12:56 | 4:34:35 | 12:30:28 | 56 | 1:05:33 | 1:39:41 | 1:47:07 | 2:14:39 | 2:22:33 | 2:49:18 | 3:23:53 | 4:49:43 | 13:11:19 |
| 105 | 1:02:03 | 1:34:24 | 1:41:26 | 2:07:31 | 2:14:59 | 2:40:22 | 3:13:07 | 4:34:51 | 12:31:11 | 55 | 1:05:38 | 1:39:49 | 1:47:15 | 2:14:50 | 2:22:44 | 2:49:31 | 3:24:08 | 4:50:05 | 13:12:17 |
| 104 | 1:02:07 | 1:34:30 | 1:41:32 | 2:07:38 | 2:15:07 | 2:40:31 | 3:13:19 | 4:35:06 | 12:31:53 | 54 | 1:05:43 | 1:39:57 | 1:47:24 | 2:15:00 | 2:22:55 | 2:49:44 | 3:24:24 | 4:50:27 | 13:13:16 |
| 103 | 1:02:11 | 1:34:35 | 1:41:38 | 2:07:46 | 2:15:16 | 2:40:41 | 3:13:30 | 4:35:22 | 12:32:36 | 53 | 1:05:48 | 1:40:04 | 1:47:32 | 2:15:11 | 2:23:06 | 2:49:57 | 3:24:40 | 4:50:49 | 13:14:16 |
| 102 | 1:02:14 | 1:34:41 | 1:41:44 | 2:07:54 | 2:15:24 | 2:40:51 | 3:13:42 | 4:35:38 | 12:33:19 | 52 | 1:05:53 | 1:40:12 | 1:47:41 | 2:15:21 | 2:23:17 | 2:50:11 | 3:24:56 | 4:51:11 | 13:15:16 |
| 101 | 1:02:18 | 1:34:47 | 1:41:51 | 2:08:01 | 2:15:32 | 2:41:00 | 3:13:53 | 4:35:54 | 12:34:02 | 51 | 1:05:58 | 1:40:20 | 1:47:49 | 2:15:32 | 2:23:29 | 2:50:24 | 3:25:12 | 4:51:33 | 13:16:17 |

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