

	100	200	400	600	800	1000	1200	1600	2000	3000	5000	10000
60	00:15,00	00:30,00	01:00,00	01:30,00	02:00,00	02:30,00	03:00,00	04:00,00	05:00,00	07:30,00	12:30,00	25:00,00
61	00:15,25	00:30,50	01:01,00	01:31,50	02:02,00	02:32,50	03:03,00	04:04,00	05:05,00	07:37,50	12:42,50	25:25,00
62	00:15,50	00:31,00	01:02,00	01:33,00	02:04,00	02:35,00	03:06,00	04:08,00	05:10,00	07:45,00	12:55,00	25:50,00
63	00:15,75	00:31,50	01:03,00	01:34,50	02:06,00	02:37,50	03:09,00	04:12,00	05:15,00	07:52,50	13:07,50	26:15,00
64	00:16,00	00:32,00	01:04,00	01:36,00	02:08,00	02:40,00	03:12,00	04:16,00	05:20,00	08:00,00	13:20,00	26:40,00
65	00:16,25	00:32,50	01:05,00	01:37,50	02:10,00	02:42,50	03:15,00	04:20,00	05:25,00	08:07,50	13:32,50	27:05,00
66	00:16,50	00:33,00	01:06,00	01:39,00	02:12,00	02:45,00	03:18,00	04:24,00	05:30,00	08:15,00	13:45,00	27:30,00
67	00:16,75	00:33,50	01:07,00	01:40,50	02:14,00	02:47,50	03:21,00	04:28,00	05:35,00	08:22,50	13:57,50	27:55,00
68	00:17,00	00:34,00	01:08,00	01:42,00	02:16,00	02:50,00	03:24,00	04:32,00	05:40,00	08:30,00	14:10,00	28:20,00
69	00:17,25	00:34,50	01:09,00	01:43,50	02:18,00	02:52,50	03:27,00	04:36,00	05:45,00	08:37,50	14:22,50	28:45,00
70	00:17,50	00:35,00	01:10,00	01:45,00	02:20,00	02:55,00	03:30,00	04:40,00	05:50,00	08:45,00	14:35,00	29:10,00
71	00:17,75	00:35,50	01:11,00	01:46,50	02:22,00	02:57,50	03:33,00	04:44,00	05:55,00	08:52,50	14:47,50	29:35,00
72	00:18,00	00:36,00	01:12,00	01:48,00	02:24,00	03:00,00	03:36,00	04:48,00	06:00,00	09:00,00	15:00,00	30:00,00
73	00:18,25	00:36,50	01:13,00	01:49,50	02:26,00	03:02,50	03:39,00	04:52,00	06:05,00	09:07,50	15:12,50	30:25,00
74	00:18,50	00:37,00	01:14,00	01:51,00	02:28,00	03:05,00	03:42,00	04:56,00	06:10,00	09:15,00	15:25,00	30:50,00
75	00:18,75	00:37,50	01:15,00	01:52,50	02:30,00	03:07,50	03:45,00	05:00,00	06:15,00	09:22,50	15:37,50	31:15,00
76	00:19,00	00:38,00	01:16,00	01:54,00	02:32,00	03:10,00	03:48,00	05:04,00	06:20,00	09:30,00	15:50,00	31:40,00
77	00:19,25	00:38,50	01:17,00	01:55,50	02:34,00	03:12,50	03:51,00	05:08,00	06:25,00	09:37,50	16:02,50	32:05,00
78	00:19,50	00:39,00	01:18,00	01:57,00	02:36,00	03:15,00	03:54,00	05:12,00	06:30,00	09:45,00	16:15,00	32:30,00
79	00:19,75	00:39,50	01:19,00	01:58,50	02:38,00	03:17,50	03:57,00	05:16,00	06:35,00	09:52,50	16:27,50	32:55,00

	100	200	400	600	800	1000	1200	1600	2000	3000	5000	10000
80	00:20,00	00:40,00	01:20,00	02:00,00	02:40,00	03:20,00	04:00,00	05:20,00	06:40,00	10:00,00	16:40,00	33:20,00
81	00:20,25	00:40,50	01:21,00	02:01,50	02:42,00	03:22,50	04:03,00	05:24,00	06:45,00	10:07,50	16:52,50	33:45,00
82	00:20,50	00:41,00	01:22,00	02:03,00	02:44,00	03:25,00	04:06,00	05:28,00	06:50,00	10:15,00	17:05,00	34:10,00
83	00:20,75	00:41,50	01:23,00	02:04,50	02:46,00	03:27,50	04:09,00	05:32,00	06:55,00	10:22,50	17:17,50	34:35,00
84	00:21,00	00:42,00	01:24,00	02:06,00	02:48,00	03:30,00	04:12,00	05:36,00	07:00,00	10:30,00	17:30,00	35:00,00
85	00:21,25	00:42,50	01:25,00	02:07,50	02:50,00	03:32,50	04:15,00	05:40,00	07:05,00	10:37,50	17:42,50	35:25,00
86	00:21,50	00:43,00	01:26,00	02:09,00	02:52,00	03:35,00	04:18,00	05:44,00	07:10,00	10:45,00	17:55,00	35:50,00
87	00:21,75	00:43,50	01:27,00	02:10,50	02:54,00	03:37,50	04:21,00	05:48,00	07:15,00	10:52,50	18:07,50	36:15,00
88	00:22,00	00:44,00	01:28,00	02:12,00	02:56,00	03:40,00	04:24,00	05:52,00	07:20,00	11:00,00	18:20,00	36:40,00
89	00:22,25	00:44,50	01:29,00	02:13,50	02:58,00	03:42,50	04:27,00	05:56,00	07:25,00	11:07,50	18:32,50	37:05,00
90	00:22,50	00:45,00	01:30,00	02:15,00	03:00,00	03:45,00	04:30,00	06:00,00	07:30,00	11:15,00	18:45,00	37:30,00
91	00:22,75	00:45,50	01:31,00	02:16,50	03:02,00	03:47,50	04:33,00	06:04,00	07:35,00	11:22,50	18:57,50	37:55,00
92	00:23,00	00:46,00	01:32,00	02:18,00	03:04,00	03:50,00	04:36,00	06:08,00	07:40,00	11:30,00	19:10,00	38:20,00
93	00:23,25	00:46,50	01:33,00	02:19,50	03:06,00	03:52,50	04:39,00	06:12,00	07:45,00	11:37,50	19:22,50	38:45,00
94	00:23,50	00:47,00	01:34,00	02:21,00	03:08,00	03:55,00	04:42,00	06:16,00	07:50,00	11:45,00	19:35,00	39:10,00
95	00:23,75	00:47,50	01:35,00	02:22,50	03:10,00	03:57,50	04:45,00	06:20,00	07:55,00	11:52,50	19:47,50	39:35,00
96	00:24,00	00:48,00	01:36,00	02:24,00	03:12,00	04:00,00	04:48,00	06:24,00	08:00,00	12:00,00	20:00,00	40:00,00
97	00:24,25	00:48,50	01:37,00	02:25,50	03:14,00	04:02,50	04:51,00	06:28,00	08:05,00	12:07,50	20:12,50	40:25,00
98	00:24,50	00:49,00	01:38,00	02:27,00	03:16,00	04:05,00	04:54,00	06:32,00	08:10,00	12:15,00	20:25,00	40:50,00
99	00:24,75	00:49,50	01:39,00	02:28,50	03:18,00	04:07,50	04:57,00	06:36,00	08:15,00	12:22,50	20:37,50	41:15,00

	100	200	400	600	800	1000	1200	1600	2000	3000	5000	10000
100	00:25,00	00:50,00	01:40,00	02:30,00	03:20,00	04:10,00	05:00,00	06:40,00	08:20,00	12:30,00	20:50,00	41:40,00
101	00:25,25	00:50,50	01:41,00	02:31,50	03:22,00	04:12,50	05:03,00	06:44,00	08:25,00	12:37,50	21:02,50	42:05,00
102	00:25,50	00:51,00	01:42,00	02:33,00	03:24,00	04:15,00	05:06,00	06:48,00	08:30,00	12:45,00	21:15,00	42:30,00
103	00:25,75	00:51,50	01:43,00	02:34,50	03:26,00	04:17,50	05:09,00	06:52,00	08:35,00	12:52,50	21:27,50	42:55,00
104	00:26,00	00:52,00	01:44,00	02:36,00	03:28,00	04:20,00	05:12,00	06:56,00	08:40,00	13:00,00	21:40,00	43:20,00
105	00:26,25	00:52,50	01:45,00	02:37,50	03:30,00	04:22,50	05:15,00	07:00,00	08:45,00	13:07,50	21:52,50	43:45,00
106	00:26,50	00:53,00	01:46,00	02:39,00	03:32,00	04:25,00	05:18,00	07:04,00	08:50,00	13:15,00	22:05,00	44:10,00
107	00:26,75	00:53,50	01:47,00	02:40,50	03:34,00	04:27,50	05:21,00	07:08,00	08:55,00	13:22,50	22:17,50	44:35,00
108	00:27,00	00:54,00	01:48,00	02:42,00	03:36,00	04:30,00	05:24,00	07:12,00	09:00,00	13:30,00	22:30,00	45:00,00
109	00:27,25	00:54,50	01:49,00	02:43,50	03:38,00	04:32,50	05:27,00	07:16,00	09:05,00	13:37,50	22:42,50	45:25,00
110	00:27,50	00:55,00	01:50,00	02:45,00	03:40,00	04:35,00	05:30,00	07:20,00	09:10,00	13:45,00	22:55,00	45:50,00
111	00:27,75	00:55,50	01:51,00	02:46,50	03:42,00	04:37,50	05:33,00	07:24,00	09:15,00	13:52,50	23:07,50	46:15,00
112	00:28,00	00:56,00	01:52,00	02:48,00	03:44,00	04:40,00	05:36,00	07:28,00	09:20,00	14:00,00	23:20,00	46:40,00
113	00:28,25	00:56,50	01:53,00	02:49,50	03:46,00	04:42,50	05:39,00	07:32,00	09:25,00	14:07,50	23:32,50	47:05,00
114	00:28,50	00:57,00	01:54,00	02:51,00	03:48,00	04:45,00	05:42,00	07:36,00	09:30,00	14:15,00	23:45,00	47:30,00
115	00:28,75	00:57,50	01:55,00	02:52,50	03:50,00	04:47,50	05:45,00	07:40,00	09:35,00	14:22,50	23:57,50	47:55,00
116	00:29,00	00:58,00	01:56,00	02:54,00	03:52,00	04:50,00	05:48,00	07:44,00	09:40,00	14:30,00	24:10,00	48:20,00
117	00:29,25	00:58,50	01:57,00	02:55,50	03:54,00	04:52,50	05:51,00	07:48,00	09:45,00	14:37,50	24:22,50	48:45,00
118	00:29,50	00:59,00	01:58,00	02:57,00	03:56,00	04:55,00	05:54,00	07:52,00	09:50,00	14:45,00	24:35,00	49:10,00
119	00:29,75	00:59,50	01:59,00	02:58,50	03:58,00	04:57,50	05:57,00	07:56,00	09:55,00	14:52,50	24:47,50	49:35,00