

		distance	pace	time	distance	pace		distance	pace	time	distance	pace	
1	1	35	02:22,9	00:10	35	02:22,9							
	2	35	02:22,9	00:20	70	02:22,9	1	35	02:22,9	00:10	35	02:22,9	
	3	35	02:22,9	00:30	105	02:22,9		2	35	02:22,9	00:20	70	02:22,9
	4	35	02:22,9	00:40	140	02:22,9		3	35	02:22,9	00:30	105	02:22,9
2	1	37	02:15,1	00:50	177	02:21,2	2	37	02:15,1	00:40	142	02:20,8	
	2	37	02:15,1	01:00	214	02:20,2		2	37	02:15,1	00:50	179	02:19,7
	3	37	02:15,1	01:10	251	02:19,4		3	37	02:15,1	01:00	216	02:18,9
3	1	39	02:08,2	01:20	290	02:17,9	3	39	02:08,2	01:10	255	02:17,3	
	2	39	02:08,2	01:30	329	02:16,8		2	39	02:08,2	01:20	294	02:16,1
	3	39	02:08,2	01:40	368	02:15,9		3	39	02:08,2	01:30	333	02:15,1
4	1	41	02:02,0	01:50	409	02:14,5	4	41	02:02,0	01:40	374	02:13,7	
	2	41	02:02,0	02:00	450	02:13,3		2	41	02:02,0	01:50	415	02:12,5
	3	41	02:02,0	02:10	491	02:12,4		3	41	02:02,0	02:00	456	02:11,6
5	1	43	01:56,3	02:20	534	02:11,1	5	43	01:56,3	02:10	499	02:10,3	
	2	43	01:56,3	02:30	577	02:10,0		2	43	01:56,3	02:20	542	02:09,2
	3	43	01:56,3	02:40	620	02:09,0		3	43	01:56,3	02:30	585	02:08,2
6	1	45	01:51,1	02:50	665	02:07,8	6	45	01:51,1	02:40	630	02:07,0	
	2	45	01:51,1	03:00	710	02:06,8		2	45	01:51,1	02:50	675	02:05,9
	3	45	01:51,1	03:10	755	02:05,8		3	45	01:51,1	03:00	720	02:05,0
7	1	47	01:46,4	03:20	802	02:04,7	7	47	01:46,4	03:10	767	02:03,9	
	2	47	01:46,4	03:30	849	02:03,7		2	47	01:46,4	03:20	814	02:02,9
	3	47	01:46,4	03:40	896	02:02,8		3	47	01:46,4	03:30	861	02:02,0
8	1	49	01:42,0	03:50	945	02:01,7	8	49	01:42,0	03:40	910	02:00,9	
	2	49	01:42,0	04:00	994	02:00,7		2	49	01:42,0	03:50	959	01:59,9
	3	49	01:42,0	04:10	1043	01:59,8		3	49	01:42,0	04:00	1008	01:59,0
9	1	51	01:38,0	04:20	1094	01:58,8	9	51	01:38,0	04:10	1059	01:58,0	
	2	51	01:38,0	04:30	1145	01:57,9		2	51	01:38,0	04:20	1110	01:57,1
	3	51	01:38,0	04:40	1196	01:57,1		3	51	01:38,0	04:30	1161	01:56,3
10	1	53	01:34,3	04:50	1249	01:56,1	10	53	01:34,3	04:40	1214	01:55,3	
	2	53	01:34,3	05:00	1302	01:55,2		2	53	01:34,3	04:50	1267	01:54,4
	3	53	01:34,3	05:10	1355	01:54,4		3	53	01:34,3	05:00	1320	01:53,6
11	1	55	01:30,9	05:20	1410	01:53,5	11	55	01:30,9	05:10	1375	01:52,7	
	2	55	01:30,9	05:30	1465	01:52,6		2	55	01:30,9	05:20	1430	01:51,9
	3	55	01:30,9	05:40	1520	01:51,8		3	55	01:30,9	05:30	1485	01:51,1
12	1	57	01:27,7	05:50	1577	01:51,0	12	57	01:27,7	05:40	1542	01:50,2	
	2	57	01:27,7	06:00	1634	01:50,2		2	57	01:27,7	05:50	1599	01:49,4
	3	57	01:27,7	06:10	1691	01:49,4		3	57	01:27,7	06:00	1656	01:48,7
13	1	59	01:24,7	06:20	1750	01:48,6	13	59	01:24,7	06:10	1715	01:47,9	
	2	59	01:24,7	06:30	1809	01:47,8		2	59	01:24,7	06:20	1774	01:47,1
	3	59	01:24,7	06:40	1868	01:47,1		3	59	01:24,7	06:30	1833	01:46,4
14	1	61	01:22,0	06:50	1929	01:46,3	14	61	01:22,0	06:40	1894	01:45,6	
	2	61	01:22,0	07:00	1990	01:45,5		2	61	01:22,0	06:50	1955	01:44,9
	3	61	01:22,0	07:10	2051	01:44,8		3	61	01:22,0	07:00	2016	01:44,2
15	1	63	01:19,4	07:20	2114	01:44,1	15	63	01:19,4	07:10	2079	01:43,4	
	2	63	01:19,4	07:30	2177	01:43,4		2	63	01:19,4	07:20	2142	01:42,7
	3	63	01:19,4	07:40	2240	01:42,7		3	63	01:19,4	07:30	2205	01:42,0
16	1	65	01:16,9	07:50	2305	01:42,0	16	65	01:16,9	07:40	2270	01:41,3	
	2	65	01:16,9	08:00	2370	01:41,3		2	65	01:16,9	07:50	2335	01:40,6
	3	65	01:16,9	08:10	2435	01:40,6		3	65	01:16,9	08:00	2400	01:40,0
17	1	67	01:14,6	08:20	2502	01:39,9	17	67	01:14,6	08:10	2467	01:39,3	
	2	67	01:14,6	08:30	2569	01:39,3		2	67	01:14,6	08:20	2534	01:38,7
	3	67	01:14,6	08:40	2636	01:38,6		3	67	01:14,6	08:30	2601	01:38,0
18	1	69	01:12,5	08:50	2705	01:38,0	18	69	01:12,5	08:40	2670	01:37,4	
	2	69	01:12,5	09:00	2774	01:37,3		2	69	01:12,5	08:50	2739	01:36,8
	3	69	01:12,5	09:10	2843	01:36,7		3	69	01:12,5	09:00	2808	01:36,2
19	1	71	01:10,4	09:20	2914	01:36,1	19	71	01:10,4	09:10	2879	01:35,5	
	2	71	01:10,4	09:30	2985	01:35,5		2	71	01:10,4	09:20	2950	01:34,9
	3	71	01:10,4	09:40	3056	01:34,9		3	71	01:10,4	09:30	3021	01:34,3
20	1	73	01:08,5	09:50	3129	01:34,3	20	73	01:08,5	09:40	3094	01:33,7	
	2	73	01:08,5	10:00	3202	01:33,7		2	73	01:08,5	09:50	3167	01:33,1
	3	73	01:08,5	10:10	3275	01:33,1		3	73	01:08,5	10:00	3240	01:32,6
21	1	75	01:06,7	10:20	3350	01:32,5	21	75	01:06,7	10:10	3315	01:32,0	
	2	75	01:06,7	10:30	3425	01:32,0		2	75	01:06,7	10:20	3390	01:31,4
	3	75	01:06,7	10:40	3500	01:31,4		3	75	01:06,7	10:30	3465	01:30,9
22	1	77	01:04,9	10:50	3577	01:30,9	22	77	01:04,9	10:40	3542	01:30,3	
	2	77	01:04,9	11:00	3654	01:30,3		2	77	01:04,9	10:50	3619	01:29,8
	3	77	01:04,9	11:10	3731	01:29,8		3	77	01:04,9	11:00	3696	01:29,3