

PACE CHARTS (3:00 - 3:59 Pace per Kilometer)

Km/Hrs	Pace/Km	5K	8K	5 Mi	10K	10 Mi	1/2 Mar	Mar
16.0	3:00	15:00	24:00	24:08	30:00	48:17	1:03:18	2:06:35
	3:01	15:05	24:08	24:16	30:10	48:33	1:03:39	2:07:17
	3:02	15:10	24:16	24:25	30:20	48:49	1:04:00	2:07:59
15.9	3:03	15:15	24:24	24:33	30:30	49:05	1:04:21	2:08:42
	3:04	15:20	24:32	24:41	30:40	49:21	1:04:42	2:09:24
	3:05	15:25	24:40	24:49	30:50	49:37	1:05:03	2:10:06
15.8	3:06	15:30	24:48	24:57	31:00	49:53	1:05:24	2:10:48
	3:07	15:35	24:56	25:05	31:10	50:09	1:05:45	2:11:30
	3:08	15:40	25:04	25:13	31:20	50:26	1:06:06	2:12:13
15.7	3:09	15:45	25:12	25:21	31:30	50:42	1:06:27	2:12:55
	3:10	15:50	25:20	25:29	31:40	50:58	1:06:49	2:13:37
	3:11	15:55	25:28	25:37	31:50	51:14	1:07:10	2:14:19
15.6	3:12	16:00	25:36	25:45	32:00	51:30	1:07:31	2:15:01
	3:13	16:05	25:44	25:53	32:10	51:46	1:07:52	2:15:44
	3:14	16:10	25:52	26:01	32:20	52:02	1:08:13	2:16:26
15.5	3:15	16:15	26:00	26:09	32:30	52:18	1:08:34	2:17:08
	3:16	16:20	26:08	26:17	32:40	52:34	1:08:55	2:17:50
	3:17	16:25	26:16	26:25	32:50	52:50	1:09:16	2:18:32
15.4	3:18	16:30	26:24	26:33	33:00	53:07	1:09:37	2:19:15
	3:19	16:35	26:32	26:41	33:10	53:23	1:09:58	2:19:57
	3:20	16:40	26:40	26:49	33:20	53:39	1:10:20	2:20:39
15.3	3:21	16:45	26:48	26:57	33:30	53:55	1:10:41	2:21:21
	3:22	16:50	26:56	27:05	33:40	54:11	1:11:02	2:22:03
	3:23	16:55	27:04	27:13	33:50	54:27	1:11:23	2:22:46
15.2	3:24	17:00	27:12	27:22	34:00	54:43	1:11:44	2:23:28
	3:25	17:05	27:20	27:30	34:10	54:59	1:12:05	2:24:10
	3:26	17:10	27:28	27:38	34:20	55:15	1:12:26	2:24:52
15.1	3:27	17:15	27:36	27:46	34:30	55:31	1:12:47	2:25:34
	3:28	17:20	27:44	27:54	34:40	55:47	1:13:08	2:26:17
	3:29	17:25	27:52	28:02	34:50	56:04	1:13:29	2:26:59
15.0	3:30	17:30	28:00	28:10	35:00	56:20	1:13:50	2:27:41
	3:31	17:35	28:08	28:18	35:10	56:36	1:14:12	2:28:23
	3:32	17:40	28:16	28:26	35:20	56:52	1:14:33	2:29:05
14.9	3:33	17:45	28:24	28:34	35:30	57:08	1:14:54	2:29:48
	3:34	17:50	28:32	28:42	35:40	57:24	1:15:15	2:30:30
	3:35	17:55	28:40	28:50	35:50	57:40	1:15:36	2:31:12
14.8	3:36	18:00	28:48	28:58	36:00	57:56	1:15:57	2:31:54
	3:37	18:05	28:56	29:06	36:10	58:12	1:16:18	2:32:36
	3:38	18:10	29:04	29:14	36:20	58:28	1:16:39	2:33:19
14.7	3:39	18:15	29:12	29:22	36:30	58:44	1:17:00	2:34:01
	3:40	18:20	29:20	29:30	36:40	59:01	1:17:21	2:34:43
	3:41	18:25	29:28	29:38	36:50	59:17	1:17:43	2:35:25
14.6	3:42	18:30	29:36	29:46	37:00	59:33	1:18:04	2:36:07
	3:43	18:35	29:44	29:54	37:10	59:49	1:18:25	2:36:49
	3:44	18:40	29:52	30:02	37:20	1:00:05	1:18:46	2:37:32
14.5	3:45	18:45	30:00	30:11	37:30	1:00:21	1:19:07	2:38:14
	3:46	18:50	30:08	30:19	37:40	1:00:37	1:19:28	2:38:56
	3:47	18:55	30:16	30:27	37:50	1:00:53	1:19:49	2:39:38
14.4	3:48	19:00	30:24	30:35	38:00	1:01:09	1:20:10	2:40:20
	3:49	19:05	30:32	30:43	38:10	1:01:25	1:20:31	2:41:03
	3:50	19:10	30:40	30:51	38:20	1:01:41	1:20:52	2:41:45
14.3	3:51	19:15	30:48	30:59	38:30	1:01:58	1:21:14	2:42:27
	3:52	19:20	30:56	31:07	38:40	1:02:14	1:21:35	2:43:09
	3:53	19:25	31:04	31:15	38:50	1:02:30	1:21:56	2:43:51
14.2	3:54	19:30	31:12	31:23	39:00	1:02:46	1:22:17	2:44:34
	3:55	19:35	31:20	31:31	39:10	1:03:02	1:22:38	2:45:16
	3:56	19:40	31:28	31:39	39:20	1:03:18	1:22:59	2:45:58
14.1	3:57	19:45	31:36	31:47	39:30	1:03:34	1:23:20	2:46:40
	3:58	19:50	31:44	31:55	39:40	1:03:50	1:23:41	2:47:22
	3:59	19:55	31:52	32:03	39:50	1:04:06	1:24:02	2:48:05

PACE CHARTS (4:00 - 4:59 Pace per Kilometer)

Km/Hrs	Pace/Km	5K	8K	5 Mi	10K	10 Mi	1/2 Mar	Mar
14.0	4:00	20:00	32:00	32:11	40:00	1:04:22	1:24:23	2:48:47
	4:01	20:05	32:08	32:19	40:10	1:04:39	1:24:44	2:49:29
	4:02	20:10	32:16	32:27	40:20	1:04:55	1:25:06	2:50:11
13.9	4:03	20:15	32:24	32:35	40:30	1:05:11	1:25:27	2:50:53
	4:04	20:20	32:32	32:43	40:40	1:05:27	1:25:48	2:51:36
	4:05	20:25	32:40	32:51	40:50	1:05:43	1:26:09	2:52:18
13.8	4:06	20:30	32:48	32:59	41:00	1:05:59	1:26:30	2:53:00
	4:07	20:35	32:56	33:08	41:10	1:06:15	1:26:51	2:53:42
	4:08	20:40	33:04	33:16	41:20	1:06:31	1:27:12	2:54:24
13.7	4:09	20:45	33:12	33:24	41:30	1:06:47	1:27:33	2:55:07
	4:10	20:50	33:20	33:32	41:40	1:07:03	1:27:54	2:55:49
	4:11	20:55	33:28	33:40	41:50	1:07:19	1:28:15	2:56:31
13.6	4:12	21:00	33:36	33:48	42:00	1:07:36	1:28:37	2:57:13
	4:13	21:05	33:44	33:56	42:10	1:07:52	1:28:58	2:57:55
	4:14	21:10	33:52	34:04	42:20	1:08:08	1:29:19	2:58:38
13.5	4:15	21:15	34:00	34:12	42:30	1:08:24	1:29:40	2:59:20
	4:16	21:20	34:08	34:20	42:40	1:08:40	1:30:01	3:00:02
	4:17	21:25	34:16	34:28	42:50	1:08:56	1:30:22	3:00:44
13.4	4:18	21:30	34:24	34:36	43:00	1:09:12	1:30:43	3:01:26
	4:19	21:35	34:32	34:44	43:10	1:09:28	1:31:04	3:02:09
	4:20	21:40	34:40	34:52	43:20	1:09:44	1:31:25	3:02:51
13.3	4:21	21:45	34:48	35:00	43:30	1:10:00	1:31:46	3:03:33
	4:22	21:50	34:56	35:08	43:40	1:10:16	1:32:08	3:04:15
	4:23	21:55	35:04	35:16	43:50	1:10:33	1:32:29	3:04:57
13.2	4:24	22:00	35:12	35:24	44:00	1:10:49	1:32:50	3:05:39
	4:25	22:05	35:20	35:32	44:10	1:11:05	1:33:11	3:06:22
	4:26	22:10	35:28	35:40	44:20	1:11:21	1:33:32	3:07:04
13.1	4:27	22:15	35:36	35:48	44:30	1:11:37	1:33:53	3:07:46
	4:28	22:20	35:44	35:57	44:40	1:11:53	1:34:14	3:08:28
	4:29	22:25	35:52	36:05	44:50	1:12:09	1:34:35	3:09:10
13.0	4:30	22:30	36:00	36:13	45:00	1:12:25	1:34:56	3:09:53
	4:31	22:35	36:08	36:21	45:10	1:12:41	1:35:17	3:10:35
	4:32	22:40	36:16	36:29	45:20	1:12:57	1:35:39	3:11:17
12.9	4:33	22:45	36:24	36:37	45:30	1:13:14	1:36:00	3:11:59
	4:34	22:50	36:32	36:45	45:40	1:13:30	1:36:21	3:12:41
	4:35	22:55	36:40	36:53	45:50	1:13:46	1:36:42	3:13:24
12.8	4:36	23:00	36:48	37:01	46:00	1:14:02	1:37:03	3:14:06
	4:37	23:05	36:56	37:09	46:10	1:14:18	1:37:24	3:14:48
	4:38	23:10	37:04	37:17	46:20	1:14:34	1:37:45	3:15:30
12.7	4:39	23:15	37:12	37:25	46:30	1:14:50	1:38:06	3:16:12
	4:40	23:20	37:20	37:33	46:40	1:15:06	1:38:27	3:16:55
	4:41	23:25	37:28	37:41	46:50	1:15:22	1:38:48	3:17:37
12.6	4:42	23:30	37:36	37:49	47:00	1:15:38	1:39:09	3:18:19
	4:43	23:35	37:44	37:57	47:10	1:15:54	1:39:31	3:19:01
	4:44	23:40	37:52	38:05	47:20	1:16:11	1:39:52	3:19:43
12.5	4:45	23:45	38:00	38:13	47:30	1:16:27	1:40:13	3:20:26
	4:46	23:50	38:08	38:21	47:40	1:16:43	1:40:34	3:21:08
	4:47	23:55	38:16	38:29	47:50	1:16:59	1:40:55	3:21:50
12.4	4:48	24:00	38:24	38:37	48:00	1:17:15	1:41:16	3:22:32
	4:49	24:05	38:32	38:46	48:10	1:17:31	1:41:37	3:23:14
	4:50	24:10	38:40	38:54	48:20	1:17:47	1:41:58	3:23:57
12.3	4:51	24:15	38:48	39:02	48:30	1:18:03	1:42:19	3:24:39
	4:52	24:20	38:56	39:10	48:40	1:18:19	1:42:40	3:25:21
	4:53	24:25	39:04	39:18	48:50	1:18:35	1:43:02	3:26:03
12.2	4:54	24:30	39:12	39:26	49:00	1:18:51	1:43:23	3:26:45
	4:55	24:35	39:20	39:34	49:10	1:19:08	1:43:44	3:27:28
	4:56	24:40	39:28	39:42	49:20	1:19:24	1:44:05	3:28:10
12.1	4:57	24:45	39:36	39:50	49:30	1:19:40	1:44:26	3:28:52
	4:58	24:50	39:44	39:58	49:40	1:19:56	1:44:47	3:29:34
	4:59	24:55	39:52	40:06	49:50	1:20:12	1:45:08	3:30:16

PACE CHARTS (5:00 - 5:59 Pace per Kilometer)

Km/Hrs	Pace/Km	5K	8K	5 Mi	10K	10 Mi	1/2 Mar	Mar
12.0	5:00	25:00	40:00	40:14	50:00	1:20:28	1:45:29	3:30:58
	5:01	25:05	40:08	40:22	50:10	1:20:44	1:45:50	3:31:41
	5:02	25:10	40:16	40:30	50:20	1:21:00	1:46:11	3:32:23
11.9	5:03	25:15	40:24	40:38	50:30	1:21:16	1:46:33	3:33:05
	5:04	25:20	40:32	40:46	50:40	1:21:32	1:46:54	3:33:47
	5:05	25:25	40:40	40:54	50:50	1:21:48	1:47:15	3:34:29
11.8	5:06	25:30	40:48	41:02	51:00	1:22:05	1:47:36	3:35:12
	5:07	25:35	40:56	41:10	51:10	1:22:21	1:47:57	3:35:54
	5:08	25:40	41:04	41:18	51:20	1:22:37	1:48:18	3:36:36
11.7	5:09	25:45	41:12	41:26	51:30	1:22:53	1:48:39	3:37:18
	5:10	25:50	41:20	41:34	51:40	1:23:09	1:49:00	3:38:00
	5:11	25:55	41:28	41:43	51:50	1:23:25	1:49:21	3:38:43
11.6	5:12	26:00	41:36	41:51	52:00	1:23:41	1:49:42	3:39:25
	5:13	26:05	41:44	41:59	52:10	1:23:57	1:50:04	3:40:07
	5:14	26:10	41:52	42:07	52:20	1:24:13	1:50:25	3:40:49
11.5	5:15	26:15	42:00	42:15	52:30	1:24:29	1:50:46	3:41:31
	5:16	26:20	42:08	42:23	52:40	1:24:46	1:51:07	3:42:14
	5:17	26:25	42:16	42:31	52:50	1:25:02	1:51:28	3:42:56
11.4	5:18	26:30	42:24	42:39	53:00	1:25:18	1:51:49	3:43:38
	5:19	26:35	42:32	42:47	53:10	1:25:34	1:52:10	3:44:20
	5:20	26:40	42:40	42:55	53:20	1:25:50	1:52:31	3:45:02
11.3	5:21	26:45	42:48	43:03	53:30	1:26:06	1:52:52	3:45:45
	5:22	26:50	42:56	43:11	53:40	1:26:22	1:53:13	3:46:27
	5:23	26:55	43:04	43:19	53:50	1:26:38	1:53:34	3:47:09
11.2	5:24	27:00	43:12	43:27	54:00	1:26:54	1:53:56	3:47:51
	5:25	27:05	43:20	43:35	54:10	1:27:10	1:54:17	3:48:33
	5:26	27:10	43:28	43:43	54:20	1:27:26	1:54:38	3:49:16
11.1	5:27	27:15	43:36	43:51	54:30	1:27:43	1:54:59	3:49:58
	5:28	27:20	43:44	43:59	54:40	1:27:59	1:55:20	3:50:40
	5:29	27:25	43:52	44:07	54:50	1:28:15	1:55:41	3:51:22
11.0	5:30	27:30	44:00	44:15	55:00	1:28:31	1:56:02	3:52:04
	5:31	27:35	44:08	44:23	55:10	1:28:47	1:56:23	3:52:47
	5:32	27:40	44:16	44:32	55:20	1:29:03	1:56:44	3:53:29
10.9	5:33	27:45	44:24	44:40	55:30	1:29:19	1:57:05	3:54:11
	5:34	27:50	44:32	44:48	55:40	1:29:35	1:57:27	3:54:53
	5:35	27:55	44:40	44:56	55:50	1:29:51	1:57:48	3:55:35
10.8	5:36	28:00	44:48	45:04	56:00	1:30:07	1:58:09	3:56:18
	5:37	28:05	44:56	45:12	56:10	1:30:23	1:58:30	3:57:00
	5:38	28:10	45:04	45:20	56:20	1:30:40	1:58:51	3:57:42
10.7	5:39	28:15	45:12	45:28	56:30	1:30:56	1:59:12	3:58:24
	5:40	28:20	45:20	45:36	56:40	1:31:12	1:59:33	3:59:06
	5:41	28:25	45:28	45:44	56:50	1:31:28	1:59:54	3:59:48
10.6	5:42	28:30	45:36	45:52	57:00	1:31:44	2:00:15	4:00:31
	5:43	28:35	45:44	46:00	57:10	1:32:00	2:00:36	4:01:13
	5:44	28:40	45:52	46:08	57:20	1:32:16	2:00:58	4:01:55
10.5	5:45	28:45	46:00	46:16	57:30	1:32:32	2:01:19	4:02:37
	5:46	28:50	46:08	46:24	57:40	1:32:48	2:01:40	4:03:19
	5:47	28:55	46:16	46:32	57:50	1:33:04	2:02:01	4:04:02
10.4	5:48	29:00	46:24	46:40	58:00	1:33:21	2:02:22	4:04:44
	5:49	29:05	46:32	46:48	58:10	1:33:37	2:02:43	4:05:26
	5:50	29:10	46:40	46:56	58:20	1:33:53	2:03:04	4:06:08
10.3	5:51	29:15	46:48	47:04	58:30	1:34:09	2:03:25	4:06:50
	5:52	29:20	46:56	47:12	58:40	1:34:25	2:03:46	4:07:33
	5:53	29:25	47:04	47:20	58:50	1:34:41	2:04:07	4:08:15
10.2	5:54	29:30	47:12	47:29	59:00	1:34:57	2:04:29	4:08:57
	5:55	29:35	47:20	47:37	59:10	1:35:13	2:04:50	4:09:39
	5:56	29:40	47:28	47:45	59:20	1:35:29	2:05:11	4:10:21
10.1	5:57	29:45	47:36	47:53	59:30	1:35:45	2:05:32	4:11:04
	5:58	29:50	47:44	48:01	59:40	1:36:01	2:05:53	4:11:46
	5:59	29:55	47:52	48:09	59:50	1:36:18	2:06:14	4:12:28

PACE CHARTS (6:00 - 6:59 Pace per Kilometer)

Km/Hrs	Pace/Km	5K	8K	5 Mi	10K	10 Mi	1/2 Mar	Mar
10.0	6:00	30:00	48:00	48:17	1:00:00	1:36:34	2:06:35	4:13:10
	6:01	30:05	48:08	48:25	1:00:10	1:36:50	2:06:56	4:13:52
	6:02	30:10	48:16	48:33	1:00:20	1:37:06	2:07:17	4:14:35
9.9	6:03	30:15	48:24	48:41	1:00:30	1:37:22	2:07:38	4:15:17
	6:04	30:20	48:32	48:49	1:00:40	1:37:38	2:07:59	4:15:59
	6:05	30:25	48:40	48:57	1:00:50	1:37:54	2:08:21	4:16:41
9.8	6:06	30:30	48:48	49:05	1:01:00	1:38:10	2:08:42	4:17:23
	6:07	30:35	48:56	49:13	1:01:10	1:38:26	2:09:03	4:18:06
	6:08	30:40	49:04	49:21	1:01:20	1:38:42	2:09:24	4:18:48
9.7	6:09	30:45	49:12	49:29	1:01:30	1:38:58	2:09:45	4:19:30
	6:10	30:50	49:20	49:37	1:01:40	1:39:15	2:10:06	4:20:12
	6:11	30:55	49:28	49:45	1:01:50	1:39:31	2:10:27	4:20:54
9.6	6:12	31:00	49:36	49:53	1:02:00	1:39:47	2:10:48	4:21:37
	6:13	31:05	49:44	50:01	1:02:10	1:40:03	2:11:09	4:22:19
	6:14	31:10	49:52	50:09	1:02:20	1:40:19	2:11:30	4:23:01
9.5	6:15	31:15	50:00	50:18	1:02:30	1:40:35	2:11:52	4:23:43
	6:16	31:20	50:08	50:26	1:02:40	1:40:51	2:12:13	4:24:25
	6:17	31:25	50:16	50:34	1:02:50	1:41:07	2:12:34	4:25:08
9.4	6:18	31:30	50:24	50:42	1:03:00	1:41:23	2:12:55	4:25:50
	6:19	31:35	50:32	50:50	1:03:10	1:41:39	2:13:16	4:26:32
	6:20	31:40	50:40	50:58	1:03:20	1:41:56	2:13:37	4:27:14
9.3	6:21	31:45	50:48	51:06	1:03:30	1:42:12	2:13:58	4:27:56
	6:22	31:50	50:56	51:14	1:03:40	1:42:28	2:14:19	4:28:38
	6:23	31:55	51:04	51:22	1:03:50	1:42:44	2:14:40	4:29:21
9.2	6:24	32:00	51:12	51:30	1:04:00	1:43:00	2:15:01	4:30:03
	6:25	32:05	51:20	51:38	1:04:10	1:43:16	2:15:23	4:30:45
	6:26	32:10	51:28	51:46	1:04:20	1:43:32	2:15:44	4:31:27
9.1	6:27	32:15	51:36	51:54	1:04:30	1:43:48	2:16:05	4:32:09
	6:28	32:20	51:44	52:02	1:04:40	1:44:04	2:16:26	4:32:52
	6:29	32:25	51:52	52:10	1:04:50	1:44:20	2:16:47	4:33:34
9.0	6:30	32:30	52:00	52:18	1:05:00	1:44:36	2:17:08	4:34:16
	6:31	32:35	52:08	52:26	1:05:10	1:44:53	2:17:29	4:34:58
	6:32	32:40	52:16	52:34	1:05:20	1:45:09	2:17:50	4:35:40
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	6:38	33:10	53:04	53:23	1:06:20	1:46:45	2:19:57	4:39:54
8.7	6:39	33:15	53:12	53:31	1:06:30	1:47:01	2:20:18	4:40:36
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	6:41	33:25	53:28	53:47	1:06:50	1:47:33	2:21:00	4:42:00
8.6	6:42	33:30	53:36	53:55	1:07:00	1:47:50	2:21:21	4:42:42
	6:43	33:35	53:44	54:03	1:07:10	1:48:06	2:21:42	4:43:25
	6:44	33:40	53:52	54:11	1:07:20	1:48:22	2:22:03	4:44:07
8.5	6:45	33:45	54:00	54:19	1:07:30	1:48:38	2:22:24	4:44:49
	6:46	33:50	54:08	54:27	1:07:40	1:48:54	2:22:46	4:45:31
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8.4	6:48	34:00	54:24	54:43	1:08:00	1:49:26	2:23:28	4:46:56
	6:49	34:05	54:32	54:51	1:08:10	1:49:42	2:23:49	4:47:38
	6:50	34:10	54:40	54:59	1:08:20	1:49:58	2:24:10	4:48:20
8.3	6:51	34:15	54:48	55:07	1:08:30	1:50:14	2:24:31	4:49:02
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	6:53	34:25	55:04	55:23	1:08:50	1:50:47	2:25:13	4:50:27
8.2	6:54	34:30	55:12	55:31	1:09:00	1:51:03	2:25:34	4:51:09
	6:55	34:35	55:20	55:39	1:09:10	1:51:19	2:25:55	4:51:51
	6:56	34:40	55:28	55:47	1:09:20	1:51:35	2:26:17	4:52:33
8.1	6:57	34:45	55:36	55:55	1:09:30	1:51:51	2:26:38	4:53:15
	6:58	34:50	55:44	56:04	1:09:40	1:52:07	2:26:59	4:53:58
	6:59	34:55	55:52	56:12	1:09:50	1:52:23	2:27:20	4:54:40

PACE CHARTS (7:00 - 7:59 Pace per Kilometer)

Km/Hrs	Pace/Km	5K	8K	5 Mi	10K	10 Mi	1/2 Mar	Mar
8.0	7:00	35:00	56:00	56:20	1:10:00	1:52:39	2:27:41	4:55:22
	7:01	35:05	56:08	56:28	1:10:10	1:52:55	2:28:02	4:56:04
	7:02	35:10	56:16	56:36	1:10:20	1:53:11	2:28:23	4:56:46
7.9	7:03	35:15	56:24	56:44	1:10:30	1:53:28	2:28:44	4:57:28
	7:04	35:20	56:32	56:52	1:10:40	1:53:44	2:29:05	4:58:11
	7:05	35:25	56:40	57:00	1:10:50	1:54:00	2:29:26	4:58:53
7.8	7:06	35:30	56:48	57:08	1:11:00	1:54:16	2:29:48	4:59:35
	7:07	35:35	56:56	57:16	1:11:10	1:54:32	2:30:09	5:00:17
	7:08	35:40	57:04	57:24	1:11:20	1:54:48	2:30:30	5:00:59
7.7	7:09	35:45	57:12	57:32	1:11:30	1:55:04	2:30:51	5:01:42
	7:10	35:50	57:20	57:40	1:11:40	1:55:20	2:31:12	5:02:24
	7:11	35:55	57:28	57:48	1:11:50	1:55:36	2:31:33	5:03:06
7.6	7:12	36:00	57:36	57:56	1:12:00	1:55:52	2:31:54	5:03:48
	7:13	36:05	57:44	58:04	1:12:10	1:56:08	2:32:15	5:04:30
	7:14	36:10	57:52	58:12	1:12:20	1:56:25	2:32:36	5:05:13
7.5	7:15	36:15	58:00	58:20	1:12:30	1:56:41	2:32:57	5:05:55
	7:16	36:20	58:08	58:28	1:12:40	1:56:57	2:33:19	5:06:37
	7:17	36:25	58:16	58:36	1:12:50	1:57:13	2:33:40	5:07:19
7.4	7:18	36:30	58:24	58:44	1:13:00	1:57:29	2:34:01	5:08:01
	7:19	36:35	58:32	58:53	1:13:10	1:57:45	2:34:22	5:08:44
	7:20	36:40	58:40	59:01	1:13:20	1:58:01	2:34:43	5:09:26
7.3	7:21	36:45	58:48	59:09	1:13:30	1:58:17	2:35:04	5:10:08
	7:22	36:50	58:56	59:17	1:13:40	1:58:33	2:35:25	5:10:50
	7:23	36:55	59:04	59:25	1:13:50	1:58:49	2:35:46	5:11:32
7.2	7:24	37:00	59:12	59:33	1:14:00	1:59:05	2:36:07	5:12:15
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7.1	7:27	37:15	59:36	59:57	1:14:30	1:59:54	2:37:11	5:14:21
	7:28	37:20	59:44	1:00:05	1:14:40	2:00:10	2:37:32	5:15:03
	7:29	37:25	59:52	1:00:13	1:14:50	2:00:26	2:37:53	5:15:46
7.0	7:30	37:30	1:00:00	1:00:21	1:15:00	2:00:42	2:38:14	5:16:28
	7:31	37:35	1:00:08	1:00:29	1:15:10	2:00:58	2:38:35	5:17:10
	7:32	37:40	1:00:16	1:00:37	1:15:20	2:01:14	2:38:56	5:17:52
6.9	7:33	37:45	1:00:24	1:00:45	1:15:30	2:01:30	2:39:17	5:18:34
	7:34	37:50	1:00:32	1:00:53	1:15:40	2:01:46	2:39:38	5:19:17
	7:35	37:55	1:00:40	1:01:01	1:15:50	2:02:03	2:39:59	5:19:59
6.8	7:36	38:00	1:00:48	1:01:09	1:16:00	2:02:19	2:40:20	5:20:41
	7:37	38:05	1:00:56	1:01:17	1:16:10	2:02:35	2:40:42	5:21:23
	7:38	38:10	1:01:04	1:01:25	1:16:20	2:02:51	2:41:03	5:22:05
6.7	7:39	38:15	1:01:12	1:01:33	1:16:30	2:03:07	2:41:24	5:22:47
	7:40	38:20	1:01:20	1:01:41	1:16:40	2:03:23	2:41:45	5:23:30
	7:41	38:25	1:01:28	1:01:50	1:16:50	2:03:39	2:42:06	5:24:12
6.6	7:42	38:30	1:01:36	1:01:58	1:17:00	2:03:55	2:42:27	5:24:54
	7:43	38:35	1:01:44	1:02:06	1:17:10	2:04:11	2:42:48	5:25:36
	7:44	38:40	1:01:52	1:02:14	1:17:20	2:04:27	2:43:09	5:26:18
6.5	7:45	38:45	1:02:00	1:02:22	1:17:30	2:04:43	2:43:30	5:27:01
	7:46	38:50	1:02:08	1:02:30	1:17:40	2:05:00	2:43:51	5:27:43
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6.2	7:54	39:30	1:03:12	1:03:34	1:19:00	2:07:08	2:46:40	5:33:20
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6.1	7:57	39:45	1:03:36	1:03:58	1:19:30	2:07:57	2:47:44	5:35:27
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	7:59	39:55	1:03:52	1:04:14	1:19:50	2:08:29	2:48:26	5:36:51