

Men's Race Walking

Épreuves de Marche

by Dr. Bojdar Spiriev

Points	3km W	5km W	10km W	20km W	30km W	35km W	50km W
1400	-	16:11	34:06	1:10:15	1:45:40	2:03:46	3:06:14
1399	9:42	-	34:07	1:10:17	1:45:46	2:03:52	3:06:25
1398	-	16:12	34:08	1:10:20	1:45:51	2:03:59	3:06:37
1397	-	-	34:09	1:10:23	1:45:56	2:04:05	3:06:48
1396	-	16:13	34:10	1:10:26	1:46:01	2:04:12	3:07:00
1395	9:43	-	34:12	1:10:28	1:46:07	2:04:19	3:07:11
1394	-	16:14	34:13	1:10:31	1:46:12	2:04:25	3:07:23
1393	-	-	34:14	1:10:34	1:46:17	2:04:32	3:07:34
1392	9:44	16:15	34:15	1:10:37	1:46:22	2:04:38	3:07:46
1391	-	-	34:16	1:10:40	1:46:28	2:04:45	3:07:57
1390	-	16:16	34:17	1:10:42	1:46:33	2:04:52	3:08:08
1389	-	16:17	34:18	1:10:45	1:46:38	2:04:58	3:08:20
1388	9:45	-	34:19	1:10:48	1:46:43	2:05:05	3:08:31
1387	-	16:18	34:21	1:10:51	1:46:49	2:05:11	3:08:43
1386	-	-	34:22	1:10:54	1:46:54	2:05:18	3:08:54
1385	9:46	16:19	34:23	1:10:56	1:46:59	2:05:24	3:09:06
1384	-	-	34:24	1:10:59	1:47:04	2:05:31	3:09:17
1383	-	16:20	34:25	1:11:02	1:47:10	2:05:38	3:09:29
1382	-	-	34:26	1:11:05	1:47:15	2:05:44	3:09:40
1381	9:47	16:21	34:27	1:11:08	1:47:20	2:05:51	3:09:52
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1375	-	16:24	34:34	1:11:24	1:47:52	2:06:31	3:11:01
1374	9:49	16:25	34:35	1:11:27	1:47:57	2:06:37	3:11:13
1373	-	-	34:37	1:11:30	1:48:02	2:06:44	3:11:24
1372	-	16:26	34:38	1:11:33	1:48:08	2:06:50	3:11:36
1371	9:50	-	34:39	1:11:36	1:48:13	2:06:57	3:11:47
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1351	-	16:37	35:02	1:12:32	1:49:59	2:09:10	3:15:39

Points	3km W	5km W	10km W	20km W	30km W	35km W	50km W	Points	3km W	5km W	10km W	20km W	30km W	35km W	50km W
1350	9:56	16:38	35:03	1:12:35	1:50:05	2:09:17	3:15:51	1300	-	17:05	36:01	1:14:58	1:54:34	2:14:54	3:25:39
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Points	3km W	5km W	10km W	20km W	30km W	35km W	50km W	Points	3km W	5km W	10km W	20km W	30km W	35km W	50km W
1250	-	17:33	37:01	1:17:23	1:59:08	2:20:38	3:35:38	1200	-	-	38:01	1:19:52	2:03:48	2:26:29	3:45:50
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1226	-	-	37:30	1:18:34	2:01:22	2:23:25	3:40:30	1176	-	18:15	38:31	1:21:04	2:06:10	2:29:20	3:50:48
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1012	11:41	19:54	42:01	1:29:41	2:22:16	2:49:38	4:26:11	962	11:58	-	43:09	1:32:26	2:27:28	2:56:09	4:37:32
1011	-	-	42:03	1:29:44	2:22:22	2:49:46	4:26:24	961	-	20:26	43:10	1:32:30	2:27:34	2:56:17	4:37:46
1010	-	19:55	42:04	1:29:47	2:22:29	2:49:53	4:26:38	960	-	20:27	43:11	1:32:33	2:27:41	2:56:25	4:38:00
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1008	-	-	42:07	1:29:54	2:22:41	2:50:09	4:27:05	958	-	20:28	43:14	1:32:40	2:27:53	2:56:40	4:38:27
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1005	-	19:58	42:11	1:30:04	2:22:59	2:50:32	4:27:45	955	-	20:30	43:18	1:32:50	2:28:12	2:57:04	4:39:09
1004	-	19:59	42:12	1:30:07	2:23:06	2:50:40	4:27:59	954	12:01	-	43:20	1:32:53	2:28:19	2:57:12	4:39:23
1003	11:44	-	42:13	1:30:10	2:23:12	2:50:48	4:28:12	953	-	20:31	43:21	1:32:56	2:28:25	2:57:20	4:39:37
1002	-	20:00	42:15	1:30:13	2:23:18	2:50:55	4:28:26	952	-	20:32	43:22	1:33:00	2:28:31	2:57:28	4:39:50
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Points	3km W	5km W	10km W	20km W	30km W	35km W	50km W	Points	3km W	5km W	10km W	20km W	30km W	35km W	50km W
950	-	20:33	43:25	1:33:07	2:28:44	2:57:44	4:40:18	900	-	21:06	44:35	1:35:58	2:34:06	3:04:28	4:52:02
949	-	20:34	43:27	1:33:10	2:28:50	2:57:52	4:40:32	899	12:20	-	44:36	1:36:01	2:34:13	3:04:36	4:52:16
948	12:03	-	43:28	1:33:13	2:28:57	2:58:00	4:40:46	898	-	21:07	44:38	1:36:05	2:34:19	3:04:44	4:52:30
947	-	20:35	43:29	1:33:17	2:29:03	2:58:08	4:41:00	897	12:21	21:08	44:39	1:36:08	2:34:26	3:04:52	4:52:45
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Points	3km W	5km W	10km W	20km W	30km W	35km W	50km W	Points	3km W	5km W	10km W	20km W	30km W	35km W	50km W
850	-	-	45:47	1:38:53	2:39:37	3:11:23	5:04:05	800	-	22:14	47:00	1:41:55	2:45:18	3:18:30	5:16:30
849	12:38	21:40	45:48	1:38:57	2:39:44	3:11:31	5:04:20	799	-	22:15	47:02	1:41:58	2:45:25	3:18:39	5:16:46
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806	12:54	22:10	46:51	1:41:33	2:44:37	3:17:38	5:15:00	756	-	-	48:07	1:44:39	2:50:27	3:25:07	5:28:01
805	-	22:11	46:53	1:41:36	2:44:44	3:17:47	5:15:15	755	13:14	22:46	48:09	1:44:43	2:50:34	3:25:16	5:28:17
804	12:55	-	46:54	1:41:40	2:44:51	3:17:56	5:15:30	754	-	22:47	48:10	1:44:46	2:50:42	3:25:24	5:28:32
803	-	22:12	46:56	1:41:44	2:44:58	3:18:04	5:15:45	753	-	22:48	48:12	1:44:50	2:50:49	3:25:33	5:28:48
802	-	22:13	46:57	1:41:47	2:45:04	3:18:13	5:16:00	752	-	-	48:14	1:44:54	2:50:56	3:25:42	5:29:04
801	12:56	-	46:59	1:41:51	2:45:11	3:18:22	5:16:15	751	13:15	22:49	48:15	1:44:58	2:51:03	3:25:51	5:29:19

Points	3km W	5km W	10km W	20km W	30km W	35km W	50km W	Points	3km W	5km W	10km W	20km W	30km W	35km W	50km W
750	-	22:50	48:17	1:45:01	2:51:10	3:25:51	5:29:19	700	-	23:27	49:35	1:48:15	2:57:14	3:33:27	5:42:34
749	13:16	22:51	48:18	1:45:05	2:51:17	3:26:00	5:29:35	699	-	-	49:37	1:48:19	2:57:21	3:33:37	5:42:50
748	-	-	48:20	1:45:09	2:51:24	3:26:09	5:29:50	698	13:36	23:28	49:39	1:48:23	2:57:29	3:33:46	5:43:06
747	-	22:52	48:21	1:45:13	2:51:32	3:26:18	5:30:06	697	-	23:29	49:40	1:48:26	2:57:36	3:33:55	5:43:23
746	13:17	22:53	48:23	1:45:17	2:51:39	3:26:27	5:30:22	696	13:37	23:30	49:42	1:48:30	2:57:44	3:34:04	5:43:39
745	-	-	48:24	1:45:20	2:51:46	3:26:36	5:30:37	695	-	23:31	49:43	1:48:34	2:57:51	3:34:14	5:43:55
744	13:18	22:54	48:26	1:45:24	2:51:53	3:26:45	5:30:53	694	-	-	49:45	1:48:38	2:57:58	3:34:23	5:44:11
743	-	22:55	48:28	1:45:28	2:52:00	3:26:54	5:31:09	693	13:38	23:32	49:47	1:48:42	2:58:06	3:34:32	5:44:27
742	-	22:56	48:29	1:45:32	2:52:08	3:27:03	5:31:24	692	-	23:33	49:48	1:48:46	2:58:13	3:34:42	5:44:44
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740	-	22:57	48:32	1:45:40	2:52:22	3:27:21	5:31:56	690	-	-	49:51	1:48:54	2:58:28	3:35:00	5:45:16
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738	-	22:59	48:35	1:45:47	2:52:36	3:27:39	5:32:27	688	13:40	23:36	49:55	1:49:02	2:58:43	3:35:19	5:45:49
737	-	-	48:37	1:45:51	2:52:44	3:27:48	5:32:43	687	-	23:37	49:56	1:49:06	2:58:51	3:35:29	5:46:05
736	13:21	23:00	48:38	1:45:55	2:52:51	3:27:57	5:32:59	686	13:41	-	49:58	1:49:10	2:58:58	3:35:38	5:46:22
735	-	23:01	48:40	1:45:59	2:52:58	3:28:06	5:33:15	685	-	23:38	50:00	1:49:14	2:59:06	3:35:47	5:46:38
734	-	-	48:42	1:46:03	2:53:05	3:28:16	5:33:31	684	13:42	23:39	50:01	1:49:18	2:59:13	3:35:57	5:46:54
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732	-	23:03	48:45	1:46:10	2:53:20	3:28:34	5:34:02	682	-	-	50:04	1:49:26	2:59:28	3:36:15	5:47:27
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730	-	-	48:48	1:46:18	2:53:34	3:28:52	5:34:34	680	-	23:42	50:08	1:49:34	2:59:43	3:36:34	5:48:00
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727	-	23:07	48:53	1:46:30	2:53:56	3:29:19	5:35:21	677	13:45	23:44	50:13	1:49:46	3:00:06	3:37:03	5:48:49
726	13:25	-	48:56	1:46:33	2:54:03	3:29:28	5:35:37	676	-	23:45	50:14	1:49:50	3:00:13	3:37:12	5:49:06
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723	13:26	23:10	48:59	1:46:49	2:54:25	3:29:56	5:36:25	673	-	23:47	50:19	1:50:02	3:00:36	3:37:40	5:49:55
722	-	-	49:00	1:46:49	2:54:32	3:30:05	5:36:41	672	-	23:48	50:21	1:50:06	3:00:43	3:37:50	5:50:11
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718	13:28	-	49:07	1:47:04	2:55:02	3:30:41	5:37:45	668	-	23:51	50:27	1:50:22	3:01:14	3:38:28	5:51:18
717	-	23:14	49:08	1:47:08	2:55:09	3:30:51	5:38:01	667	13:49	23:52	50:29	1:50:26	3:01:21	3:38:37	5:51:34
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715	-	23:16	49:11	1:47:16	2:55:23	3:31:09	5:38:33	665	-	-	50:32	1:50:34	3:01:36	3:38:56	5:52:07
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712	-	23:18	49:16	1:47:28	2:55:45	3:31:36	5:39:21	662	13:51	23:56	50:37	1:50:46	3:01:59	3:39:25	5:52:57
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710	-	-	49:19	1:47:36	2:56:00	3:31:55	5:39:53	660	-	23:57	50:40	1:50:54	3:02:14	3:39:44	5:53:30
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708	-	23:21	49:23	1:47:43	2:56:15	3:32:13	5:40:25	658	-	23:59	50:44	1:51:02	3:02:30	3:40:03	5:54:04
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706	13:33	23:22	49:26	1:47:51	2:56:30	3:32:32	5:40:57	656	-	-	50:47	1:51:10	3:02:45	3:40:22	5:54:37
705	-	23:23	49:27	1:47:55	2:56:37	3:32:41	5:41:13	655	-	24:01	50:49	1:51:15	3:02:53	3:40:32	5:54:54
704	-	23:24	49:29	1:47:59	2:56:44	3:32:50	5:41:29	654	13:54	24:02	50:50	1:51:19	3:03:00	3:40:41	5:55:11
703	13:34	-	49:31	1:48:03	2:56:52	3:33:00	5:41:45	653	-	24:03	50:52	1:51:23	3:03:08	3:40:51	5:55:27
702	-	23:25	49:32	1:48:07	2:56:59	3:33:09	5:42:02	652	13:55	-	50:54	1:51:27	3:03:16	3:41:01	5:55:44
701	13:35	23:26	49:34	1:48:11	2:57:07	3:33:18	5:42:18	651	-	24:04	50:55	1:51:31	3:03:23	3:41:10	5:56:01

Points	3km W	5km W	10km W	20km W	30km W	35km W	50km W	Points	3km W	5km W	10km W	20km W	30km W	35km W	50km W
650	13:56	24:05	50:57	1:51:35	3:03:31	3:41:20	5:56:18	600	14:17	24:45	52:22	1:55:03	3:10:03	3:49:31	6:10:34
649	-	24:06	50:59	1:51:39	3:03:39	3:41:30	5:56:35	599	-	24:46	52:24	1:55:07	3:10:11	3:49:41	6:10:51
648	-	24:07	51:00	1:51:43	3:03:46	3:41:39	5:56:51	598	14:18	-	52:25	1:55:12	3:10:19	3:49:51	6:11:09
647	13:57	-	51:02	1:51:47	3:03:54	3:41:49	5:57:08	597	-	24:47	52:27	1:55:16	3:10:27	3:50:01	6:11:26
646	-	24:08	51:04	1:51:51	3:04:02	3:41:59	5:57:25	596	14:19	24:48	52:29	1:55:20	3:10:35	3:50:11	6:11:44
645	13:58	24:09	51:05	1:51:55	3:04:10	3:42:08	5:57:42	595	-	24:49	52:31	1:55:24	3:10:43	3:50:21	6:12:01
644	-	24:10	51:07	1:51:59	3:04:17	3:42:18	5:57:59	594	14:20	24:50	52:32	1:55:29	3:10:51	3:50:31	6:12:19
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642	-	-	51:10	1:52:08	3:04:33	3:42:37	5:58:32	592	-	-	52:36	1:55:37	3:11:07	3:50:52	6:12:54
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639	-	24:14	51:15	1:52:20	3:04:56	3:43:06	5:59:23	589	14:22	24:54	52:41	1:55:50	3:11:31	3:51:22	6:13:47
638	14:01	-	51:17	1:52:24	3:05:04	3:43:16	5:59:40	588	-	24:55	52:43	1:55:54	3:11:39	3:51:32	6:14:05
637	-	24:15	51:19	1:52:28	3:05:11	3:43:26	5:59:57	587	14:23	-	52:45	1:55:59	3:11:47	3:51:42	6:14:22
636	-	24:16	51:20	1:52:32	3:05:19	3:43:35	6:00:14	586	-	24:56	52:46	1:56:03	3:11:55	3:51:52	6:14:40
635	14:02	24:17	51:22	1:52:36	3:05:27	3:43:45	6:00:31	585	-	24:57	52:48	1:56:07	3:12:04	3:52:02	6:14:58
634	-	24:18	51:24	1:52:41	3:05:35	3:43:55	6:00:48	584	14:24	24:58	52:50	1:56:11	3:12:12	3:52:13	6:15:15
633	14:03	-	51:25	1:52:45	3:05:43	3:44:05	6:01:05	583	-	24:59	52:52	1:56:16	3:12:20	3:52:23	6:15:33
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630	-	24:21	51:31	1:52:57	3:06:06	3:44:34	6:01:56	580	14:26	25:01	52:57	1:56:29	3:12:44	3:52:53	6:16:26
629	-	24:22	51:32	1:53:01	3:06:14	3:44:44	6:02:13	579	-	25:02	52:59	1:56:33	3:12:52	3:53:03	6:16:44
628	14:05	-	51:34	1:53:05	3:06:22	3:44:54	6:02:30	578	14:27	25:03	53:00	1:56:37	3:13:00	3:53:14	6:17:02
627	-	24:23	51:36	1:53:10	3:06:29	3:45:03	6:02:47	577	-	25:04	53:02	1:56:42	3:13:09	3:53:24	6:17:20
626	14:06	24:24	51:37	1:53:14	3:06:37	3:45:13	6:03:04	576	-	25:05	53:04	1:56:46	3:13:17	3:53:34	6:17:37
625	-	24:25	51:39	1:53:18	3:06:45	3:45:23	6:03:21	575	14:28	-	53:06	1:56:50	3:13:25	3:53:44	6:17:55
624	14:07	24:26	51:41	1:53:22	3:06:53	3:45:33	6:03:39	574	-	25:06	53:07	1:56:55	3:13:33	3:53:55	6:18:13
623	-	24:27	51:42	1:53:26	3:07:01	3:45:43	6:03:56	573	14:29	25:07	53:09	1:56:59	3:13:41	3:54:05	6:18:31
622	-	24:28	51:44	1:53:30	3:07:09	3:45:53	6:04:13	572	-	25:08	53:11	1:57:03	3:13:49	3:54:15	6:18:49
621	14:08	24:28	51:46	1:53:35	3:07:16	3:46:02	6:04:30	571	14:30	25:09	53:13	1:57:08	3:13:58	3:54:25	6:19:07
620	-	24:29	51:48	1:53:39	3:07:24	3:46:12	6:04:47	570	-	25:10	53:14	1:57:12	3:14:06	3:54:36	6:19:25
619	14:09	24:30	51:49	1:53:43	3:07:32	3:46:22	6:05:04	569	14:31	-	53:16	1:57:16	3:14:14	3:54:46	6:19:43
618	-	-	51:51	1:53:47	3:07:40	3:46:32	6:05:22	568	-	25:11	53:18	1:57:21	3:14:22	3:54:56	6:20:01
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616	-	24:32	51:54	1:53:56	3:07:56	3:46:52	6:05:56	566	14:32	25:13	53:22	1:57:30	3:14:39	3:55:17	6:20:36
615	-	24:33	51:56	1:54:00	3:08:04	3:47:02	6:06:13	565	-	25:14	53:23	1:57:34	3:14:47	3:55:27	6:20:54
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613	-	-	51:59	1:54:08	3:08:19	3:47:21	6:06:48	563	-	-	53:27	1:57:43	3:15:03	3:55:48	6:21:31
612	14:12	24:35	52:01	1:54:12	3:08:27	3:47:31	6:07:05	562	14:34	25:16	53:29	1:57:47	3:15:12	3:55:58	6:21:49
611	-	24:36	52:03	1:54:17	3:08:35	3:47:41	6:07:22	561	-	25:17	53:31	1:57:51	3:15:20	3:56:09	6:22:07
610	14:13	24:37	52:05	1:54:21	3:08:43	3:47:51	6:07:40	560	14:35	25:18	53:32	1:57:56	3:15:28	3:56:19	6:22:25
609	-	24:38	52:06	1:54:25	3:08:51	3:48:01	6:07:57	559	-	25:19	53:34	1:58:00	3:15:37	3:56:29	6:22:43
608	-	-	52:08	1:54:29	3:09:00	3:48:11	6:08:14	558	14:36	25:20	53:36	1:58:05	3:15:45	3:56:40	6:23:01
607	14:14	24:39	52:10	1:54:33	3:09:07	3:48:21	6:08:32	557	-	-	53:38	1:58:09	3:15:53	3:56:50	6:23:19
606	-	24:40	52:12	1:54:38	3:09:15	3:48:31	6:08:49	556	-	25:21	53:39	1:58:13	3:16:01	3:57:01	6:23:37
605	14:15	24:41	52:13	1:54:42	3:09:23	3:48:41	6:09:07	555	14:37	25:22	53:41	1:58:18	3:16:10	3:57:11	6:23:55
604	-	24:42	52:15	1:54:46	3:09:31	3:48:51	6:09:24	554	-	25:23	53:43	1:58:22	3:16:18	3:57:21	6:24:14
603	14:16	-	52:17	1:54:50	3:09:39	3:49:01	6:09:41	553	14:38	25:24	53:45	1:58:27	3:16:26	3:57:32	6:24:32
602	-	24:43	52:18	1:54:55	3:09:47	3:49:11	6:09:59	552	-	25:25	53:47	1:58:31	3:16:35	3:57:42	6:24:50
601	-	24:44	52:20	1:54:59	3:09:55	3:49:21	6:10:16	551	14:39	-	53:49	1:58:36	3:16:43	3:57:53	6:25:08

Points	3km W	5km W	10km W	20km W	30km W	35km W	50km W	Points	3km W	5km W	10km W	20km W	30km W	35km W	50km W
550	-	25:26	53:50	1:58:40	3:16:51	3:58:03	6:25:26	500	-	26:10	55:23	2:02:27	3:23:59	4:06:59	6:41:01
549	14:40	25:27	53:52	1:58:44	3:17:00	3:58:14	6:25:45	499	15:03	26:11	55:25	2:02:32	3:24:08	4:07:10	6:41:20
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547	14:41	25:29	53:56	1:58:53	3:17:17	3:58:35	6:26:21	497	15:04	-	55:29	2:02:41	3:24:25	4:07:32	6:41:58
546	-	25:30	53:58	1:58:58	3:17:25	3:58:45	6:26:40	496	-	26:13	55:30	2:02:46	3:24:34	4:07:43	6:42:17
545	-	25:31	53:59	1:59:02	3:17:33	3:58:56	6:26:58	495	15:05	26:14	55:32	2:02:50	3:24:43	4:07:54	6:42:36
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523	14:52	25:50	54:40	2:00:41	3:20:40	4:02:49	6:33:45	473	15:16	26:34	56:15	2:04:34	3:27:59	4:12:00	6:49:44
522	-	-	54:42	2:00:46	3:20:48	4:03:00	6:34:04	472	-	26:35	56:17	2:04:39	3:28:08	4:12:11	6:50:04
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509	-	26:02	55:06	2:01:45	3:22:41	4:05:21	6:38:09	459	-	26:47	56:42	2:05:42	3:30:06	4:14:39	6:54:22
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503	-	26:07	55:17	2:02:13	3:23:33	4:06:26	6:40:03	453	-	26:53	56:54	2:06:11	3:31:01	4:15:48	6:56:22
502	-	26:08	55:19	2:02:18	3:23:42	4:06:37	6:40:22	452	15:26	26:54	56:56	2:06:16	3:31:10	4:15:59	6:56:42
501	15:02	26:09	55:21	2:02:22	3:23:50	4:06:48	6:40:41	451	-	-	56:58	2:06:21	3:31:19	4:16:11	6:57:03

Points	3km W	5km W	10km W	20km W	30km W	35km W	50km W	Points	3km W	5km W	10km W	20km W	30km W	35km W	50km W
450	15:27	26:55	57:00	2:06:26	3:31:29	4:16:23	6:57:23	400	15:53	27:44	58:43	2:10:38	3:39:24	4:26:18	7:14:41
449	-	26:56	57:02	2:06:31	3:31:38	4:16:34	6:57:43	399	-	27:45	58:45	2:10:43	3:39:34	4:26:31	7:15:02
448	15:28	26:57	57:04	2:06:36	3:31:47	4:16:46	6:58:03	398	15:54	27:46	58:47	2:10:49	3:39:44	4:26:43	7:15:24
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402	15:52	27:42	58:39	2:10:28	3:39:04	4:25:54	7:13:58	352	-	28:33	1:00:28	2:14:56	3:47:29	4:36:26	7:32:21
401	-	27:43	58:41	2:10:33	3:39:14	4:26:06	7:14:20	351	16:20	28:34	1:00:30	2:15:01	3:47:39	4:36:40	7:32:44

Points	3km W	5km W	10km W	20km W	30km W	35km W	50km W	Points	3km W	5km W	10km W	20km W	30km W	35km W	50km W
350	-	28:35	1:00:33	2:15:07	3:47:50	4:36:53	7:33:07	300	16:50	29:30	1:02:30	2:19:56	3:56:54	4:48:14	7:52:55
349	16:21	28:36	1:00:35	2:15:13	3:48:00	4:37:06	7:33:30	299	16:51	29:31	1:02:33	2:20:02	3:57:05	4:48:28	7:53:19
348	16:22	28:37	1:00:37	2:15:18	3:48:11	4:37:19	7:33:53	298	-	29:33	1:02:35	2:20:08	3:57:16	4:48:43	7:53:44
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Points	3km W	5km W	10km W	20km W	30km W	35km W	50km W	Points	3km W	5km W	10km W	20km W	30km W	35km W	50km W
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150	18:38	32:52	1:09:41	2:37:31	4:30:01	5:29:45	9:05:17	100	19:26	34:22	1:12:51	2:45:19	4:44:42	5:48:09	9:37:20
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