

CSAA	M35	M40	M45	M50	M55	M60	M65	M70	M75
100	12.8	13.2	13.7	14.2	15.0	15.5	16.0	17.0	17.5
200	26.0	27.0	28.0	29.0	31.0	32.0	33.5	35.0	36.5
400	58.0	60.0	63.0	66.0	70.0	73.0	78.0	85.0	88.0
800	02:15.0	2.21.0	02:26.0	02:35.0	02:42.0	02:50.0	3.05.0	3.30.0	3.45.0
1500	04:35.0	04:50.0	05:00.0	05:15.0	05:30.0	05:50.0	6.20.0	7.20.0	7.50.0
3000	09:45.0	10:00.0	10:15.0	10:40.0	11:15.0	12:00.0	13:45.0		
5000	17:00.0	17:30.0	18:30.0	19:15.0	20:00.0	21:30.0	24.00.0	27.00.0	29.30.0
2000SC	7.30.0	8.00.0	8.30.0	9.00.0	9.30.0	10.00.0			
SprintH	17.0	19.00	21.00	18.0	20.0	21.0	22.0		
80H								19.5	21.0
300HW						58.0	65.0	70.0	75.0
400H	68.0	72.0	76.0	80.0	82.0				
3000W	16:00.0	16:30.0	17:00.0	18:00.0	19:00.0	19.45.0	20.10.0	21.35.0	23.00.0
HJ	1.50	1.48	1.41	1.33	1.26	1.20	1.15	1.05	1.00
LJ	5.00	4.85	4.50	4.30	4.00	3.65	3.30	2.90	2.70
TJ	10.50	10.00	9.50	8.75	8.00	7.50	7.00	6.50	6.25
SP	10.00	9.75	9.25	9.00	8.50	8.00	7.50	7.00	6.50
DT	29.00	28.00	27.00	26.00	25.00	25.00	22.50	20.00	18.00
HT	28.00	26.00	28.00	26.00	25.00	25.00	22.50	20.00	18.00
JT	32.00	28.00	26.00	25.00	24.00	23.00	21.50	19.50	18.00

	W35	W40	W45	W50	W55	W60	W65
100	14.2	14.8	15.4	16.0	16.8	17.6	18.4
200	29.0	31.0	33.0	34.0	35.0	36.0	37.0
400	68.0	72.0	76.0	80.0	84.0	88.0	92.0
800	02:45.0	02:55.0	03:05.0	3.15.0	3.25.0	3.40.0	3.55.0
1500	05:30.0	5.50.0	6.10.0	6.25.0	6.45.0	7.00.00	7.15.00
3000	11.50.0	12.25.0	13.00.0	13:30.0	14.15.0	15.00.0	15.45.0
5000	21:30.0	22:00.0	22:45.0	23:30.0	24:30.0	26:00.0	27:30.0
2000SC	09:00.0	09:00.0	09:00.0	09:00.0			
SprintH	19.0						
80H		15.5	16.0	17.0	18.00	18.5	19.0
300HW				61.0	63.0	66.0	70.0
400H	76.0	79.0	82.0				
3000W	19.00.0	19:45:00	20:30:00	21:15:00	22:00:00	23.00.0	24.00.0
HJ	1.25	1.20	1.15	1.10	1.05	1.00	0.95
LJ	4.20	3.80	3.50	3.20	3.00	2.80	2.60
TJ	8.50	8.00	7.50	6.75	6.50	6.00	5.75
SP	8.00	7.40	6.80	6.60	6.20	6.00	5.75
DT	24.00	22.50	20.00	18.00	16.00	14.00	12.50
HT	24.00	22.50	20.00	22.00	20.00	18.50	17.00
JT	22.00	20.00	18.00	17.00	15.00	14.25	13.50