

CSAA	SM	M35	M40	M45	M50	M55	M60	M65	M70	M75
100	12.4	12.8	13.2	13.7	14.2	15.0	15.5	16.0	17.0	17.5
200	25.0	26.0	27.0	28.0	29.0	31.0	32.0	33.5	35.0	36.5
400	56.0	58.0	60.0	63.0	66.0	70.0	73.0	78.0	85.0	88.0
800	2:10.0	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	4:25.0	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										
5000	16:30.0	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	6:40.0	7:30.0	8:00.0	8:30.0	9:00.0	9:30.0	10:00.0			
SprintH	18.0	17.0	19.00	21.00	18.0	20.0	21.0	22.0		
80H									19.5	21.0
300HW						54.0	58.0	65.0	70.0	75.0
400H	64.0	68.0	72.0	76.0	80.0					
3000W	15:30.0	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	1.60	1.50	1.48	1.41	1.33	1.26	1.20	1.15	1.05	1.00
LJ	5.30	5.00	4.85	4.50	4.30	4.00	3.65	3.30	2.90	2.70
TJ	11.00	10.50	10.00	9.50	8.75	8.00	7.50	7.00	6.50	6.25
SP	11.00	10.00	9.75	9.25	9.00	8.50	8.00	7.50	7.00	6.50
DT	31.00	29.00	28.00	27.00	26.00	25.00	25.00	22.50	20.00	18.00
HT	33.00	28.00	26.00	28.00	26.00	25.00	25.00	22.50	20.00	18.00
JT	36.00	32.00	28.00	26.00	25.00	24.00	23.00	21.50	19.50	18.00
	SW	W35	W40	W45	W50	W55	W60	W65		
100	13.8	14.2	14.8	15.3	16.0	16.8	17.6	18.4		
200	28.0	29.0	31.0	32.5	34.0	35.0	36.0	37.0		
400	66.0	68.0	72.0	76.0	80.0	84.0	88.0	92.0		
800	2:38.0	02:45.0	02:55.0	03:05.0	3:15.0	3:25.0	3:40.0	3:55.0		
1500	5:20.0	05:30.0	5:50.0	6:10.0	6:25.0	6:45.0	7:00.00	7:15.00		
3000	11:40.0	11:50.0	12:25.0	13:00.0	13:30.0	14:15.0	15:00.0	15:45.0		
5000	8:30.0	09:00.0	09:00.0	09:00.0	09:00.0					
SprintH	17.5	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	74.0	76.0	79.0	82.0						
3000W	18:30.0	19:00.0	19:45:00	20:30:00	21:15:00	22:00:00	23:00.0	24:00.0		
HJ	1.30	1.25	1.20	1.15	1.10	1.05	1.00	1.00		
LJ	4.40	4.20	3.80	3.50	3.20	3.00	2.80	2.60		
TJ	8.70	8.50	8.00	7.50	6.75	6.20	6.00	5.75		
SP	8.50	8.00	7.40	6.80	6.60	6.20	6.00	5.75		
DT	27.00	24.00	22.50	20.00	18.00	16.00	14.00	12.50		
HT	26.00	24.00	22.50	20.00	22.00	20.00	18.50	17.00		
JT	24.00	22.00	20.00	18.00	17.00	15.00	14.25	13.50		