

**TÜRKİYE ORYANTİRİNG FEDERASYONU
MİLLİ TAKIMLAR SEÇME VE SEÇİLME KRİTERLERİ****Amaç**

Madde 1. Türkiye Oryantiring Federasyonu'nun koşarak oryantiring dalında milli takım aday sporcu havuzunun oluşturulması, milli takım kampına davet edilecek sporcuların belirlenmesi ve milli takım asıl sporcu kadrosunun seçilmesinde uygulanacak kıstasları belirlemektir.

Kapsam

Madde 2. yurtiçinde ve yurtdışında düzenlenen, katılan sporcuların ülkeleri adına koşarak oryantiring dalında yarışacakları yarışmalarda 16, 18, 20 ve 21 yaş kategorilerinde Türkiye adına yarışacak kadın ve erkek sporcuları kapsar.

Milli Takım Aday Havuzu

Madde 3. (1) Türkiye Oryantiring Federasyonu'nun o sezon için Madde 2'de belirtilen kategorilerin her biri için, kadın ve erkek ayrı ayrı olmak üzere bir Milli Takım Aday Havuzu vardır. Türkiye Oryantiring Federasyonu'nun Faaliyet Programında yer alan uluslararası yarışmalarda Türkiye adına yarışmaya katılması öngörülen Milli Takım Asıl Kadrosu, Milli Takım Aday Havuzu'nda yer alan sporcular arasından, Madde 4'de yer alan kriterlere göre seçmelere alınır ve Madde 5'teki kriterlere göre seçilir.

Sporcular, Sezon Yarış Kuralları'ndaki esaslara göre her puanlı yarış sonrasında toplam puan sırasına göre sıralanır ve Faaliyet Programında yer alan uluslararası yarışmalardaki her kategori için katılım sınırının 3 katına kadar sayıda sporcu, Milli Takım Aday Havuzunda yer alır (bkz Çizelge 1). Örneğin 20 yaş kategorisinde milli sporcuların gönderileceği bir uluslararası yarışa, o yarışın kuralları gereği bir ülke en çok 3 erkek, 3 kadın sporcu gönderebiliyorsa bu yarış için Milli Takım Aday Havuzunda 20 yaş kategorisinde puan sırasına göre ilk 9 erkek ve ilk 9 kadın sporcu bulunur.

Çizelge 1. Bazı yarışlarda azami sayı ile Milli Takım Aday Havuzunda bulunacak sayı

WOC		EOC		JWOC		EYOC		MCO		SEEOC	
Kategori	Azami / Havuzda	Kategori	Azami / Havuzda	Kategori	Azami / Havuzda	Kategori	Azami / Havuzda	Kategori	Azami / Havuzda	Kategori	Azami / Havuzda
21 E	3 / 9	21 E	3 / 9	20 E	6 / 18	18 E	4 / 12	21 E	2 / 6	21 E	4 / 12
21 K	3 / 9	21 K	3 / 9	20 K	6 / 18	18 K	4 / 12	21 K	2 / 6	21 K	4 / 12
						16 E	4 / 12	20 E	2 / 6	20 E	4 / 12
						16 K	4 / 12	20 K	2 / 6	20 K	4 / 12
										18 E	4 / 12
										18 K	4 / 12
										16 E	4 / 12
										16 K	4 / 12

E: Erkek Sporcu

K: Kadın Sporcu

Sezon süresince her puanlı yarış sonrasında sporcuların topladıkları puan sıralamasına göre Milli Takım Aday Havuzu güncellenir ve ilan edilir (bkz. Sezon Yarış Kuralları Puan Sistemi).

(2) Sezonun başında yapılacak bir uluslararası yarış için Milli Takım oluşturulması söz konusu ise bir önceki sezonun yarışlarındaki puan sıralaması göz önüne alınarak, sezon içinde veya bitiminden sonra yapılacak bir uluslararası yarış için Milli Takım oluşturulması söz konusu ise de o sezonun puan sıralaması geçerlidir.

Milli Takım Seçme Sürecine Çağırılma

Madde 4. (1) Milli Takım seçme sürecine çağrılacak sporcular Milli Takım Aday Havuzu'nda yer alan

sporcular arasından, hazırlık yapılacak yarışın niteliği, yarış kapsamındaki yarış tipleri ve kategoriler göz önüne alınarak atanmışsa Milli Takım Antrenörleri'nin önerileri ve Teknik Kurul kararı ile aşağıdaki kurallar ışığında belirlenir ve ilan edilir.

(2) Havuzdan her kategoriden kaç sporcunun seçme sürecine çağrılacağı belirlenmesinde;

- O yarışta bir ülkeyi bir kategoride temsil edecek milli takımın en çok kaç kişiden oluşacağı (azami sayı),
- Federasyon bütçe olanakları göz önüne alınarak o yarışa en çok kaç sporcunun katılmasının öngörüldüğü (öngörülen sayı),
- O yarışın teknik içeriği dikkate alındığında havuzda o içeriğe yatkın toplam sporcu sayısı dikkate alınır.

(3) Yarışın teknik içeriğinin dikkate alınmasında sezon içi yarışlardan hangilerinin ağırlıklı olacağı aşağıdaki kriterlere göre belirlenir ve en kötü yarış puanları bu kriterlere göre silinerek toplam puan sırası yeniden belirlenir.

O tipte resmi yarış sayısı (*)	Silinecek yarış sayısı
5 veya altında	Hiçbiri silinmez
6 – 8 yarış	En kötü biri silinir
9 ve daha çok yarış	En kötü ikisi silinir

(*) Seçmelere konu olan uluslararası yarış, yalnızca orman etaplarından oluşacak bir yarış ise (orman tipi) sezon içindeki yarışlar arasından yalnızca orman etapları dikkate alınır. Seçmelere konu olan uluslararası yarış, yalnızca sürat etaplarından oluşacak bir yarış ise (sürat tipi) sezon içindeki yarışlar arasından yalnızca sürat etapları dikkate alınır. Seçmelere konu olan uluslararası yarış, hem sürat, hem de orman etaplarından oluşacak bir yarış ise (karma tip) sezon içindeki yarışların tümü sayılarak en kötü yarış puanlarının silinmesi, çizelgede belirtilen şekilde uygulanır.

Yarış tipine göre (orman, sürat veya karma) özel yarışlar arasından bu yarış tipine göre en iyi iki puan eklenir.

(4) Seçme sürecine Çizelge 1'de verilen azami sporcu sayısının en çok 3 katı kadar sporcu arasından, (3)'e göre yeniden belirlenen puan toplamı birincinin %20 puan gerisinde olandan daha düşük puanlı olanlar, Milli Takım Aday Havuzunda yer alsa dahi seçmelere alınmaz.

Örneğin (3)'teki işlemlerden sonra yapılan puan sıralamasında birincinin toplam puanı 9863 olsun.

$$9863 \times 20 / 100 = 1972,6$$

$$9863 - 1972,6 = 7890,4$$

Bu örnekte toplam puanı 7890,4'den daha az olan sporcular seçmelere çağrılmaz.

(5) Bir yarış için seçme sürecine çağrılacak sporcuların belirlenmesinde alt kategori ve yaşlardaki sporcular da değerlendirilir. Uygun görülenler, Milli Takım Antrenörlerinin yazılı görüşleri alınarak Teknik Kurul'un gerekçeli kararı ile ilan edilir.

(6) Milli Takım seçme sürecine çağrılıp da mazereti ne olursa olsun katılmayan sporcu, o yarış için Milli Takım Asıl Kadrosu'na alınmaz.

Milli Takım Seçme Kriterleri

Madde 5. (1) Milli Takım seçme sürecinde adaylar, yaş kategorilerine uygun sınırlar çerçevesinde aşağıdaki kriterlere göre puanlanır.

1. Sezon İçi Yarış Puanı (puan A)

Seçmelere alınan sporcular, seçmelere çağrılmalarına esas olan sezon içi toplam yarış puanı, birinciye 2000 verilerek doğru orantıyla yeniden belirlenir ve seçme süreci sonunda toplama katılır. Örneğin seçmelere çağrılırken 9862 sezon toplamıyla birinci sırada yer alan sporcu için bu rakamın seçme toplam puanına etkisi 2000 olacaktır. İkinci sıradaki sporcunun toplam puanı 9793 puan olsun. Bu sporcunun sezon içi yarışma puanlarının seçme toplam puanına etkisi $9793 \times 2000 / 9862 = 1986$ puan olacaktır.

2. Genel Kondisyon/Dayanıklılık testi puanı (puan B)

Seçme sürecinde bu testler atletizm pistinde, sürat yarışı için 3000, orman yarışı için 5000 metre koşusu düzenlenerek belirlenir. Sonuçlar, yaş, cinsiyet ve etapların niteliğinde halen en etkin skalalardan biri olarak kabul edilen World Athletics'ın Scoring Table for Athletics 2022 versiyonuna göre puanlanacaktır. İlgili çizelgeler bu yönergenin ekinde verilmiştir.

3. Oryantiring Performansı (puan C)

Seçme sürecinde, katılınacak yarışmanın tipi yalnızca sürat ise en az iki sürat parkuru, katılınacak yarışmanın tipi yalnızca orman ise biri orta mesafe özelliklerini barındıran, diğeri uzun mesafe özelliklerinde en az iki orman parkuru, katılınacak yarışmanın tipi karma ise en az bir sürat parkuru ile en az bir orman parkuru düzenlenir.

Parkurlar; katılınacak yarışa mümkün olduğunca benzer arazilerde, dünya standartlarında hazırlanır, mümkün olduğunca yeni haritada yapılır, kazanma zamanlarının IOF kurallarına uygun olmasına özen gösterilir.

Seçme sürecinde farklı yaş kategorileri varsa 20 ve 21 kategorileri için tek parkur, 16 ve 18 kategorileri için de tek parkur düzenlenir.

Her bir parkur için süreler Federasyon Sezon Kurallarında yer alan puan sistemine göre puanlanır. Sezon Yarış Kurallarında Puan sistemi birincinin 1000 puan aldığı sistemden farklı ise süreler yine de 1000 sistemine göre puanlanır. Seçme sürecindeki parkurların tümü puanlanır ve toplama dahil edilir, kötü sonuçların silinmesi gibi düzeltmeler yapılmaz.

Milli Takımın Belirlenmesi

Madde 6. Milli takım sporcusu olarak klasmana alınacak ve ilan edilecek sporcuların belirlenmesinde aşağıdaki koşullar uygulanır:

- (1) Oryantiring performansı ve genel kondisyon puan toplamı (B + C) alınır. 20 ve 21 kategorilerinde birincinin toplamının %30'undan aşağıda olan sporcu bölgesel yarışlar (SEEOC vb) dışında milli takıma alınmaz. 16 ve 18 kategorilerinde bu kural uygulanmaz.
- (2) Oryantiring performansı ve genel kondisyon puan toplamı (B + C) tüm kategoriler için kendi kategorisinde birincinin toplam puanının %15'inden aşağıda olan sporcular bölgesel yarışlar (SEEOC vb) dışında milli takıma alınmaz.
- (3) Oryantiring performansına ilişkin (1) ve (2)'deki elemeler varsa yapılır ve eldeki sporcular, sezon sıralamasından getirdikleri puanların 2000'e çevrilmiş şekli eklenerek toplam puan sıralamasına göre (A + B + C) ilan edilir. Puanlarda eşitlik durumunda sezon içi sıralamasına bakılır. Sezon toplam puan sıralamasında daha yukarıda olan sporcu önde kabul edilir.
- (4) Katılınacak yarışmanın kurallarına göre bir ülke bir kategoride en çok kaç sporcuyla katılabilecekse (Çizelge 1'deki azami sayı) (3)'deki toplam puan sıralamasına göre o sayıda sporcu belirlenir ve puanlarıyla birlikte ilan edilir. İlan edilen bu listedeki sıralamaya göre Federasyon Yönetim Kurulunca bütçe durumu ışığında belirlenecek (öngörülen sayı) belli sayıda sporcu, Milli Takım Asıl Kadrosu'na alınır ve ilan edilir.



- (5) Milli Takım Asıl Kadrosundaki sporcular arasından sakatlık, yurtdışına çıkış yasağı gibi mücbir sebeplerden dolayı yarışmaya gidemeyecek varsa yerine azami sayı listesinden sıradaki sporcu alınır. Mücbir sebep dışında (4)'de ilan edilen Milli Takım Asıl Kadrosuna bir başka sporcunun aktarılması kesinlikle yapılmaz.
- (6) Bütçe olanaklarıyla belirlenen Milli Takım Asıl Kadrosu dışında Federasyonun uygun görmesiyle sıradaki sporcu veya sporcuların kendi olanaklarıyla yarışmaya katılması sözkonusu ise bu sporcuların (4)'de ilan edilen azami sayı içinden olması zorunludur. Olanakları uygun olsa dahi bu liste dışından herhangi bir sporcu kadroya alınmaz.
- (7) Milli takım sporcusu olarak ilan edilenler arasından kendi olanaklarıyla gidecek olanlara millilik belgesi verilmesi GSB mevzuatıyla tanımlanmıştır. Sporcu bu koşulları bilerek kabul eder.
- (8) Bu kriterler arasında yer almayan, ortaya çıkabilecek olağanüstü durumlarda karar verme konusunda Teknik Kurul yetkilidir.



**SCORING TABLES OF ATHLETICS
TABLES DE COTATION D'ATHLETISME**

2022 REVISED EDITION

By Dr. Bojidar Spiriev

Updated by Attila Spiriev

©2022 World Athletics

ERKEKLER

KADINLAR

Puan	3000m	5000m	Puan	3000m	5000m	Puan	3000m	5000m	Puan	3000m	5000m
1400	7:05.53	12:10.09	1350	7:13.00	12:22.89	1400	7:37.43	13:03.68	1350	7:50.81	13:27.40
1399	7:05.68	12:10.35	1349	7:13.15	12:23.14	1399	7:37.70	13:04.15	1349	7:51.08	13:27.88
1398	7:05.83	12:10.60	1348	7:13.30	12:23.40	1398	7:37.96	13:04.63	1348	7:51.35	13:28.36
1397	7:05.98	12:10.85	1347	7:13.45	12:23.66	1397	7:38.23	13:05.10	1347	7:51.62	13:28.84
1396	7:06.13	12:11.11	1346	7:13.60	12:23.92	1396	7:38.49	13:05.57	1346	7:51.89	13:29.32
1395	7:06.27	12:11.36	1345	7:13.76	12:24.18	1395	7:38.76	13:06.04	1345	7:52.17	13:29.80
1394	7:06.42	12:11.62	1344	7:13.91	12:24.44	1394	7:39.03	13:06.51	1344	7:52.44	13:30.28
1393	7:06.57	12:11.87	1343	7:14.06	12:24.70	1393	7:39.29	13:06.98	1343	7:52.71	13:30.76
1392	7:06.72	12:12.13	1342	7:14.21	12:24.95	1392	7:39.56	13:07.45	1342	7:52.98	13:31.24
1391	7:06.87	12:12.38	1341	7:14.36	12:25.21	1391	7:39.82	13:07.92	1341	7:53.25	13:31.72
1390	7:07.02	12:12.63	1340	7:14.51	12:25.47	1390	7:40.09	13:08.39	1340	7:53.52	13:32.20
1389	7:07.16	12:12.89	1339	7:14.66	12:25.73	1389	7:40.36	13:08.87	1339	7:53.79	13:32.68
1388	7:07.31	12:13.14	1338	7:14.81	12:25.99	1388	7:40.62	13:09.34	1338	7:54.06	13:33.16
1387	7:07.46	12:13.40	1337	7:14.97	12:26.25	1387	7:40.89	13:09.81	1337	7:54.33	13:33.64
1386	7:07.61	12:13.65	1336	7:15.12	12:26.51	1386	7:41.16	13:10.28	1336	7:54.60	13:34.12
1385	7:07.76	12:13.91	1335	7:15.27	12:26.77	1385	7:41.42	13:10.76	1335	7:54.88	13:34.60
1384	7:07.91	12:14.16	1334	7:15.42	12:27.03	1384	7:41.69	13:11.23	1334	7:55.15	13:35.09
1383	7:08.06	12:14.42	1333	7:15.57	12:27.29	1383	7:41.96	13:11.70	1333	7:55.42	13:35.57
1382	7:08.21	12:14.67	1332	7:15.72	12:27.55	1382	7:42.22	13:12.17	1332	7:55.69	13:36.05
1381	7:08.35	12:14.93	1331	7:15.88	12:27.81	1381	7:42.49	13:12.65	1331	7:55.96	13:36.53
1380	7:08.50	12:15.18	1330	7:16.03	12:28.07	1380	7:42.76	13:13.12	1330	7:56.24	13:37.01
1379	7:08.65	12:15.44	1329	7:16.18	12:28.33	1379	7:43.02	13:13.59	1329	7:56.51	13:37.50
1378	7:08.80	12:15.69	1328	7:16.33	12:28.59	1378	7:43.29	13:14.07	1328	7:56.78	13:37.98
1377	7:08.95	12:15.95	1327	7:16.48	12:28.85	1377	7:43.56	13:14.54	1327	7:57.05	13:38.46
1376	7:09.10	12:16.20	1326	7:16.63	12:29.11	1376	7:43.83	13:15.02	1326	7:57.32	13:38.94
1375	7:09.25	12:16.46	1325	7:16.79	12:29.37	1375	7:44.09	13:15.49	1325	7:57.60	13:39.43
1374	7:09.40	12:16.72	1324	7:16.94	12:29.63	1374	7:44.36	13:15.96	1324	7:57.87	13:39.91
1373	7:09.55	12:16.97	1323	7:17.09	12:29.89	1373	7:44.63	13:16.44	1323	7:58.14	13:40.39
1372	7:09.70	12:17.23	1322	7:17.24	12:30.15	1372	7:44.90	13:16.91	1322	7:58.42	13:40.88
1371	7:09.85	12:17.48	1321	7:17.40	12:30.41	1371	7:45.16	13:17.39	1321	7:58.69	13:41.36
1370	7:10.00	12:17.74	1320	7:17.55	12:30.68	1370	7:45.43	13:17.86	1320	7:58.96	13:41.85
1369	7:10.15	12:18.00	1319	7:17.70	12:30.94	1369	7:45.70	13:18.34	1319	7:59.23	13:42.33
1368	7:10.30	12:18.25	1318	7:17.85	12:31.20	1368	7:45.97	13:18.82	1318	7:59.51	13:42.82
1367	7:10.45	12:18.51	1317	7:18.01	12:31.46	1367	7:46.24	13:19.29	1317	7:59.78	13:43.30
1366	7:10.60	12:18.77	1316	7:18.16	12:31.72	1366	7:46.51	13:19.77	1316	8:00.05	13:43.78
1365	7:10.75	12:19.02	1315	7:18.31	12:31.98	1365	7:46.77	13:20.24	1315	8:00.33	13:44.27
1364	7:10.90	12:19.28	1314	7:18.46	12:32.24	1364	7:47.04	13:20.72	1314	8:00.60	13:44.75
1363	7:11.05	12:19.54	1313	7:18.62	12:32.51	1363	7:47.31	13:21.20	1313	8:00.88	13:45.24
1362	7:11.20	12:19.79	1312	7:18.77	12:32.77	1362	7:47.58	13:21.67	1312	8:01.15	13:45.73
1361	7:11.35	12:20.05	1311	7:18.92	12:33.03	1361	7:47.85	13:22.15	1311	8:01.42	13:46.21
1360	7:11.50	12:20.31	1310	7:19.08	12:33.29	1360	7:48.12	13:22.63	1310	8:01.70	13:46.70
1359	7:11.65	12:20.57	1309	7:19.23	12:33.55	1359	7:48.39	13:23.10	1309	8:01.97	13:47.18

1358	7:11.80	12:20.82	1308	7:19.38	12:33.82	1358	7:48.66	13:23.58	1308	8:02.25	13:47.67
1357	7:11.95	12:21.08	1307	7:19.54	12:34.08	1357	7:48.93	13:24.06	1307	8:02.52	13:48.16
1356	7:12.10	12:21.34	1306	7:19.69	12:34.34	1356	7:49.20	13:24.53	1306	8:02.80	13:48.64
1355	7:12.25	12:21.60	1305	7:19.84	12:34.60	1355	7:49.46	13:25.01	1305	8:03.07	13:49.13
1354	7:12.40	12:21.85	1304	7:20.00	12:34.87	1354	7:49.73	13:25.49	1304	8:03.34	13:49.62
1353	7:12.55	12:22.11	1303	7:20.15	12:35.13	1353	7:50.00	13:25.97	1303	8:03.62	13:50.10
1352	7:12.70	12:22.37	1302	7:20.30	12:35.39	1352	7:50.27	13:26.45	1302	8:03.89	13:50.59
1351	7:12.85	12:22.63	1301	7:20.46	12:35.65	1351	7:50.54	13:26.93	1301	8:04.17	13:51.08
Points	3000m	5000m	Points	3000m	5000m	Points	3000m	5000m	Points	3000m	5000m
1300	7:20.61	12:35.92	1250	7:28.36	12:49.20	1300	8:04.44	13:51.57	1250	8:18.34	14:16.20
1299	7:20.76	12:36.18	1249	7:28.52	12:49.47	1299	8:04.72	13:52.05	1249	8:18.62	14:16.70
1298	7:20.92	12:36.44	1248	7:28.68	12:49.74	1298	8:05.00	13:52.54	1248	8:18.90	14:17.19
1297	7:21.07	12:36.71	1247	7:28.84	12:50.01	1297	8:05.27	13:53.03	1247	8:19.18	14:17.69
1296	7:21.22	12:36.97	1246	7:28.99	12:50.28	1296	8:05.55	13:53.52	1246	8:19.46	14:18.19
1295	7:21.38	12:37.23	1245	7:29.15	12:50.54	1295	8:05.82	13:54.01	1245	8:19.74	14:18.69
1294	7:21.53	12:37.50	1244	7:29.31	12:50.81	1294	8:06.10	13:54.50	1244	8:20.03	14:19.19
1293	7:21.69	12:37.76	1243	7:29.46	12:51.08	1293	8:06.37	13:54.99	1243	8:20.31	14:19.69
1292	7:21.84	12:38.03	1242	7:29.62	12:51.35	1292	8:06.65	13:55.48	1242	8:20.59	14:20.19
1291	7:21.99	12:38.29	1241	7:29.78	12:51.62	1291	8:06.93	13:55.96	1241	8:20.87	14:20.68
1290	7:22.15	12:38.55	1240	7:29.93	12:51.89	1290	8:07.20	13:56.45	1240	8:21.15	14:21.18
1289	7:22.30	12:38.82	1239	7:30.09	12:52.16	1289	8:07.48	13:56.94	1239	8:21.43	14:21.68
1288	7:22.46	12:39.08	1238	7:30.25	12:52.43	1288	8:07.75	13:57.43	1238	8:21.72	14:22.18
1287	7:22.61	12:39.35	1237	7:30.41	12:52.70	1287	8:08.03	13:57.92	1237	8:22.00	14:22.68
1286	7:22.77	12:39.61	1236	7:30.56	12:52.97	1286	8:08.31	13:58.41	1236	8:22.28	14:23.18
1285	7:22.92	12:39.88	1235	7:30.72	12:53.24	1285	8:08.58	13:58.91	1235	8:22.56	14:23.68
1284	7:23.07	12:40.14	1234	7:30.88	12:53.51	1284	8:08.86	13:59.40	1234	8:22.85	14:24.18
1283	7:23.23	12:40.40	1233	7:31.04	12:53.78	1283	8:09.14	13:59.89	1233	8:23.13	14:24.69
1282	7:23.38	12:40.67	1232	7:31.19	12:54.05	1282	8:09.42	14:00.38	1232	8:23.41	14:25.19
1281	7:23.54	12:40.93	1231	7:31.35	12:54.32	1281	8:09.69	14:00.87	1231	8:23.69	14:25.69
1280	7:23.69	12:41.20	1230	7:31.51	12:54.59	1280	8:09.97	14:01.36	1230	8:23.98	14:26.19
1279	7:23.85	12:41.46	1229	7:31.67	12:54.86	1279	8:10.25	14:01.85	1229	8:24.26	14:26.69
1278	7:24.00	12:41.73	1228	7:31.83	12:55.13	1278	8:10.52	14:02.35	1228	8:24.54	14:27.19
1277	7:24.16	12:42.00	1227	7:31.98	12:55.40	1277	8:10.80	14:02.84	1227	8:24.83	14:27.69
1276	7:24.31	12:42.26	1226	7:32.14	12:55.67	1276	8:11.08	14:03.33	1226	8:25.11	14:28.20
1275	7:24.47	12:42.53	1225	7:32.30	12:55.94	1275	8:11.36	14:03.82	1225	8:25.39	14:28.70
1274	7:24.62	12:42.79	1224	7:32.46	12:56.21	1274	8:11.64	14:04.31	1224	8:25.68	14:29.20
1273	7:24.78	12:43.06	1223	7:32.62	12:56.49	1273	8:11.91	14:04.81	1223	8:25.96	14:29.70
1272	7:24.93	12:43.32	1222	7:32.78	12:56.76	1272	8:12.19	14:05.30	1222	8:26.24	14:30.21
1271	7:25.09	12:43.59	1221	7:32.93	12:57.03	1271	8:12.47	14:05.79	1221	8:26.53	14:30.71
1270	7:25.24	12:43.86	1220	7:33.09	12:57.30	1270	8:12.75	14:06.29	1220	8:26.81	14:31.21
1269	7:25.40	12:44.12	1219	7:33.25	12:57.57	1269	8:13.03	14:06.78	1219	8:27.10	14:31.72
1268	7:25.56	12:44.39	1218	7:33.41	12:57.84	1268	8:13.31	14:07.28	1218	8:27.38	14:32.22
1267	7:25.71	12:44.66	1217	7:33.57	12:58.12	1267	8:13.58	14:07.77	1217	8:27.66	14:32.73
1266	7:25.87	12:44.92	1216	7:33.73	12:58.39	1266	8:13.86	14:08.26	1216	8:27.95	14:33.23
1265	7:26.02	12:45.19	1215	7:33.89	12:58.66	1265	8:14.14	14:08.76	1215	8:28.23	14:33.74
1264	7:26.18	12:45.46	1214	7:34.05	12:58.93	1264	8:14.42	14:09.25	1214	8:28.52	14:34.24
1263	7:26.33	12:45.72	1213	7:34.20	12:59.20	1263	8:14.70	14:09.75	1213	8:28.80	14:34.74
1262	7:26.49	12:45.99	1212	7:34.36	12:59.48	1262	8:14.98	14:10.24	1212	8:29.09	14:35.25
1261	7:26.65	12:46.26	1211	7:34.52	12:59.75	1261	8:15.26	14:10.74	1211	8:29.37	14:35.76
1260	7:26.80	12:46.52	1210	7:34.68	13:00.02	1260	8:15.54	14:11.23	1210	8:29.66	14:36.26
1259	7:26.96	12:46.79	1209	7:34.84	13:00.29	1259	8:15.82	14:11.73	1209	8:29.94	14:36.77
1258	7:27.11	12:47.06	1208	7:35.00	13:00.57	1258	8:16.10	14:12.22	1208	8:30.23	14:37.27
1257	7:27.27	12:47.33	1207	7:35.16	13:00.84	1257	8:16.38	14:12.72	1207	8:30.51	14:37.78
1256	7:27.43	12:47.59	1206	7:35.32	13:01.11	1256	8:16.66	14:13.22	1206	8:30.80	14:38.29
1255	7:27.58	12:47.86	1205	7:35.48	13:01.39	1255	8:16.94	14:13.71	1205	8:31.09	14:38.79
1254	7:27.74	12:48.13	1204	7:35.64	13:01.66	1254	8:17.22	14:14.21	1204	8:31.37	14:39.30

1253	7:27.90	12:48.40	1203	7:35.80	13:01.93	1253	8:17.50	14:14.71	1203	8:31.66	14:39.81
1252	7:28.05	12:48.67	1202	7:35.96	13:02.21	1252	8:17.78	14:15.20	1202	8:31.94	14:40.31
1251	7:28.21	12:48.93	1201	7:36.12	13:02.48	1251	8:18.06	14:15.70	1201	8:32.23	14:40.82
Points	3000m	5000m	Points	3000m	5000m	Points	3000m	5000m	Points	3000m	5000m
1200	7:36.28	13:02.75	1150	7:44.36	13:16.59	1200	8:32.52	14:41.33	1150	8:46.99	15:06.99
1199	7:36.44	13:03.03	1149	7:44.52	13:16.87	1199	8:32.80	14:41.84	1149	8:47.28	15:07.51
1198	7:36.60	13:03.30	1148	7:44.68	13:17.15	1198	8:33.09	14:42.34	1148	8:47.58	15:08.03
1197	7:36.76	13:03.58	1147	7:44.85	13:17.43	1197	8:33.38	14:42.85	1147	8:47.87	15:08.54
1196	7:36.92	13:03.85	1146	7:45.01	13:17.71	1196	8:33.66	14:43.36	1146	8:48.16	15:09.06
1195	7:37.08	13:04.12	1145	7:45.17	13:17.99	1195	8:33.95	14:43.87	1145	8:48.46	15:09.58
1194	7:37.24	13:04.40	1144	7:45.34	13:18.27	1194	8:34.24	14:44.38	1144	8:48.75	15:10.10
1193	7:37.40	13:04.67	1143	7:45.50	13:18.55	1193	8:34.52	14:44.89	1143	8:49.04	15:10.62
1192	7:37.56	13:04.95	1142	7:45.67	13:18.83	1192	8:34.81	14:45.40	1142	8:49.34	15:11.14
1191	7:37.72	13:05.22	1141	7:45.83	13:19.12	1191	8:35.10	14:45.91	1141	8:49.63	15:11.66
1190	7:37.88	13:05.50	1140	7:45.99	13:19.40	1190	8:35.39	14:46.42	1140	8:49.92	15:12.19
1189	7:38.04	13:05.77	1139	7:46.16	13:19.68	1189	8:35.67	14:46.93	1139	8:50.22	15:12.71
1188	7:38.20	13:06.05	1138	7:46.32	13:19.96	1188	8:35.96	14:47.44	1138	8:50.51	15:13.23
1187	7:38.36	13:06.32	1137	7:46.49	13:20.24	1187	8:36.25	14:47.95	1137	8:50.81	15:13.75
1186	7:38.52	13:06.60	1136	7:46.65	13:20.52	1186	8:36.54	14:48.46	1136	8:51.10	15:14.27
1185	7:38.68	13:06.87	1135	7:46.81	13:20.80	1185	8:36.83	14:48.97	1135	8:51.39	15:14.79
1184	7:38.84	13:07.15	1134	7:46.98	13:21.08	1184	8:37.11	14:49.48	1134	8:51.69	15:15.32
1183	7:39.01	13:07.43	1133	7:47.14	13:21.37	1183	8:37.40	14:49.99	1133	8:51.98	15:15.84
1182	7:39.17	13:07.70	1132	7:47.31	13:21.65	1182	8:37.69	14:50.50	1132	8:52.28	15:16.36
1181	7:39.33	13:07.98	1131	7:47.47	13:21.93	1181	8:37.98	14:51.01	1131	8:52.57	15:16.88
1180	7:39.49	13:08.25	1130	7:47.64	13:22.21	1180	8:38.27	14:51.53	1130	8:52.87	15:17.41
1179	7:39.65	13:08.53	1129	7:47.80	13:22.49	1179	8:38.56	14:52.04	1129	8:53.16	15:17.93
1178	7:39.81	13:08.81	1128	7:47.97	13:22.78	1178	8:38.85	14:52.55	1128	8:53.46	15:18.45
1177	7:39.97	13:09.08	1127	7:48.13	13:23.06	1177	8:39.14	14:53.06	1127	8:53.76	15:18.98
1176	7:40.13	13:09.36	1126	7:48.30	13:23.34	1176	8:39.43	14:53.58	1126	8:54.05	15:19.50
1175	7:40.30	13:09.64	1125	7:48.46	13:23.62	1175	8:39.72	14:54.09	1125	8:54.35	15:20.03
1174	7:40.46	13:09.91	1124	7:48.63	13:23.91	1174	8:40.00	14:54.60	1124	8:54.64	15:20.55
1173	7:40.62	13:10.19	1123	7:48.79	13:24.19	1173	8:40.29	14:55.12	1123	8:54.94	15:21.08
1172	7:40.78	13:10.47	1122	7:48.96	13:24.47	1172	8:40.58	14:55.63	1122	8:55.23	15:21.60
1171	7:40.94	13:10.74	1121	7:49.12	13:24.76	1171	8:40.87	14:56.14	1121	8:55.53	15:22.13
1170	7:41.10	13:11.02	1120	7:49.29	13:25.04	1170	8:41.16	14:56.66	1120	8:55.83	15:22.65
1169	7:41.27	13:11.30	1119	7:49.45	13:25.32	1169	8:41.45	14:57.17	1119	8:56.12	15:23.18
1168	7:41.43	13:11.58	1118	7:49.62	13:25.61	1168	8:41.74	14:57.69	1118	8:56.42	15:23.70
1167	7:41.59	13:11.85	1117	7:49.79	13:25.89	1167	8:42.03	14:58.20	1117	8:56.72	15:24.23
1166	7:41.75	13:12.13	1116	7:49.95	13:26.17	1166	8:42.33	14:58.72	1116	8:57.01	15:24.76
1165	7:41.91	13:12.41	1115	7:50.12	13:26.46	1165	8:42.62	14:59.23	1115	8:57.31	15:25.28
1164	7:42.08	13:12.69	1114	7:50.28	13:26.74	1164	8:42.91	14:59.75	1114	8:57.61	15:25.81
1163	7:42.24	13:12.97	1113	7:50.45	13:27.03	1163	8:43.20	15:00.26	1113	8:57.91	15:26.34
1162	7:42.40	13:13.24	1112	7:50.61	13:27.31	1162	8:43.49	15:00.78	1112	8:58.20	15:26.86
1161	7:42.56	13:13.52	1111	7:50.78	13:27.60	1161	8:43.78	15:01.30	1111	8:58.50	15:27.39
1160	7:42.73	13:13.80	1110	7:50.95	13:27.88	1160	8:44.07	15:01.81	1110	8:58.80	15:27.92
1159	7:42.89	13:14.08	1109	7:51.11	13:28.17	1159	8:44.36	15:02.33	1109	8:59.10	15:28.45
1158	7:43.05	13:14.36	1108	7:51.28	13:28.45	1158	8:44.65	15:02.84	1108	8:59.40	15:28.98
1157	7:43.21	13:14.64	1107	7:51.45	13:28.74	1157	8:44.95	15:03.36	1107	8:59.69	15:29.50
1156	7:43.38	13:14.92	1106	7:51.61	13:29.02	1156	8:45.24	15:03.88	1106	8:59.99	15:30.03
1155	7:43.54	13:15.20	1105	7:51.78	13:29.31	1155	8:45.53	15:04.40	1105	9:00.29	15:30.56
1154	7:43.70	13:15.47	1104	7:51.95	13:29.59	1154	8:45.82	15:04.91	1104	9:00.59	15:31.09
1153	7:43.87	13:15.75	1103	7:52.11	13:29.88	1153	8:46.11	15:05.43	1103	9:00.89	15:31.62
1152	7:44.03	13:16.03	1102	7:52.28	13:30.16	1152	8:46.41	15:05.95	1102	9:01.19	15:32.15
1151	7:44.19	13:16.31	1101	7:52.45	13:30.45	1151	8:46.70	15:06.47	1101	9:01.49	15:32.68
Points	3000m	5000m	Points	3000m	5000m	Points	3000m	5000m	Points	3000m	5000m
1100	7:52.61	13:30.73	1050	8:01.06	13:45.20	1100	9:01.78	15:33.21	1050	9:16.92	16:00.04

1099	7:52.78	13:31.02	1049	8:01.23	13:45.50	1099	9:02.08	15:33.74	1049	9:17.22	16:00.58
1098	7:52.95	13:31.31	1048	8:01.40	13:45.79	1098	9:02.38	15:34.27	1048	9:17.53	16:01.12
1097	7:53.11	13:31.59	1047	8:01.57	13:46.08	1097	9:02.68	15:34.80	1047	9:17.84	16:01.67
1096	7:53.28	13:31.88	1046	8:01.74	13:46.37	1096	9:02.98	15:35.33	1046	9:18.14	16:02.21
1095	7:53.45	13:32.17	1045	8:01.92	13:46.67	1095	9:03.28	15:35.87	1045	9:18.45	16:02.75
1094	7:53.62	13:32.45	1044	8:02.09	13:46.96	1094	9:03.58	15:36.40	1044	9:18.76	16:03.30
1093	7:53.78	13:32.74	1043	8:02.26	13:47.26	1093	9:03.88	15:36.93	1043	9:19.06	16:03.84
1092	7:53.95	13:33.03	1042	8:02.43	13:47.55	1092	9:04.18	15:37.46	1042	9:19.37	16:04.39
1091	7:54.12	13:33.31	1041	8:02.60	13:47.84	1091	9:04.48	15:37.99	1041	9:19.68	16:04.93
1090	7:54.29	13:33.60	1040	8:02.77	13:48.14	1090	9:04.78	15:38.53	1040	9:19.99	16:05.48
1089	7:54.45	13:33.89	1039	8:02.95	13:48.43	1089	9:05.08	15:39.06	1039	9:20.29	16:06.02
1088	7:54.62	13:34.18	1038	8:03.12	13:48.73	1088	9:05.38	15:39.59	1038	9:20.60	16:06.57
1087	7:54.79	13:34.46	1037	8:03.29	13:49.02	1087	9:05.69	15:40.13	1037	9:20.91	16:07.12
1086	7:54.96	13:34.75	1036	8:03.46	13:49.31	1086	9:05.99	15:40.66	1036	9:21.22	16:07.66
1085	7:55.13	13:35.04	1035	8:03.63	13:49.61	1085	9:06.29	15:41.19	1035	9:21.53	16:08.21
1084	7:55.29	13:35.33	1034	8:03.81	13:49.90	1084	9:06.59	15:41.73	1034	9:21.84	16:08.76
1083	7:55.46	13:35.62	1033	8:03.98	13:50.20	1083	9:06.89	15:42.26	1033	9:22.14	16:09.30
1082	7:55.63	13:35.90	1032	8:04.15	13:50.49	1082	9:07.19	15:42.80	1032	9:22.45	16:09.85
1081	7:55.80	13:36.19	1031	8:04.32	13:50.79	1081	9:07.49	15:43.33	1031	9:22.76	16:10.40
1080	7:55.97	13:36.48	1030	8:04.49	13:51.09	1080	9:07.80	15:43.87	1030	9:23.07	16:10.95
1079	7:56.14	13:36.77	1029	8:04.67	13:51.38	1079	9:08.10	15:44.40	1029	9:23.38	16:11.49
1078	7:56.31	13:37.06	1028	8:04.84	13:51.68	1078	9:08.40	15:44.94	1028	9:23.69	16:12.04
1077	7:56.47	13:37.35	1027	8:05.01	13:51.97	1077	9:08.70	15:45.47	1027	9:24.00	16:12.59
1076	7:56.64	13:37.64	1026	8:05.19	13:52.27	1076	9:09.00	15:46.01	1026	9:24.31	16:13.14
1075	7:56.81	13:37.93	1025	8:05.36	13:52.57	1075	9:09.31	15:46.55	1025	9:24.62	16:13.69
1074	7:56.98	13:38.22	1024	8:05.53	13:52.86	1074	9:09.61	15:47.08	1024	9:24.93	16:14.24
1073	7:57.15	13:38.51	1023	8:05.70	13:53.16	1073	9:09.91	15:47.62	1023	9:25.24	16:14.79
1072	7:57.32	13:38.80	1022	8:05.88	13:53.46	1072	9:10.22	15:48.16	1022	9:25.55	16:15.34
1071	7:57.49	13:39.09	1021	8:06.05	13:53.75	1071	9:10.52	15:48.69	1021	9:25.86	16:15.89
1070	7:57.66	13:39.37	1020	8:06.22	13:54.05	1070	9:10.82	15:49.23	1020	9:26.17	16:16.44
1069	7:57.83	13:39.67	1019	8:06.40	13:54.35	1069	9:11.13	15:49.77	1019	9:26.48	16:16.99
1068	7:58.00	13:39.96	1018	8:06.57	13:54.64	1068	9:11.43	15:50.31	1018	9:26.79	16:17.54
1067	7:58.17	13:40.25	1017	8:06.75	13:54.94	1067	9:11.73	15:50.85	1017	9:27.10	16:18.09
1066	7:58.34	13:40.54	1016	8:06.92	13:55.24	1066	9:12.04	15:51.38	1016	9:27.41	16:18.65
1065	7:58.51	13:40.83	1015	8:07.09	13:55.54	1065	9:12.34	15:51.92	1015	9:27.73	16:19.20
1064	7:58.67	13:41.12	1014	8:07.27	13:55.83	1064	9:12.64	15:52.46	1014	9:28.04	16:19.75
1063	7:58.84	13:41.41	1013	8:07.44	13:56.13	1063	9:12.95	15:53.00	1013	9:28.35	16:20.30
1062	7:59.01	13:41.70	1012	8:07.61	13:56.43	1062	9:13.25	15:53.54	1012	9:28.66	16:20.85
1061	7:59.18	13:41.99	1011	8:07.79	13:56.73	1061	9:13.56	15:54.08	1011	9:28.97	16:21.41
1060	7:59.35	13:42.28	1010	8:07.96	13:57.03	1060	9:13.86	15:54.62	1010	9:29.29	16:21.96
1059	7:59.52	13:42.57	1009	8:08.14	13:57.33	1059	9:14.17	15:55.16	1009	9:29.60	16:22.51
1058	7:59.70	13:42.86	1008	8:08.31	13:57.62	1058	9:14.47	15:55.70	1008	9:29.91	16:23.07
1057	7:59.87	13:43.16	1007	8:08.49	13:57.92	1057	9:14.78	15:56.24	1007	9:30.22	16:23.62
1056	8:00.04	13:43.45	1006	8:08.66	13:58.22	1056	9:15.08	15:56.78	1006	9:30.54	16:24.18
1055	8:00.21	13:43.74	1005	8:08.84	13:58.52	1055	9:15.39	15:57.33	1005	9:30.85	16:24.73
1054	8:00.38	13:44.03	1004	8:09.01	13:58.82	1054	9:15.69	15:57.87	1004	9:31.16	16:25.29
1053	8:00.55	13:44.32	1003	8:09.19	13:59.12	1053	9:16.00	15:58.41	1003	9:31.47	16:25.84
1052	8:00.72	13:44.62	1002	8:09.36	13:59.42	1052	9:16.31	15:58.95	1002	9:31.79	16:26.40
1051	8:00.89	13:44.91	1001	8:09.54	13:59.72	1051	9:16.61	15:59.49	1001	9:32.10	16:26.95
Points	3000m	5000m	Points	3000m	5000m	Points	3000m	5000m	Points	3000m	5000m
1000	8:09.71	14:00.02	950	8:18.58	14:15.21	1000	9:32.42	16:27.51	950	9:48.31	16:55.68
999	8:09.89	14:00.32	949	8:18.76	14:15.52	999	9:32.73	16:28.07	949	9:48.63	16:56.25
998	8:10.06	14:00.62	948	8:18.94	14:15.83	998	9:33.04	16:28.62	948	9:48.95	16:56.82
997	8:10.24	14:00.92	947	8:19.12	14:16.13	997	9:33.36	16:29.18	947	9:49.27	16:57.39
996	8:10.41	14:01.22	946	8:19.30	14:16.44	996	9:33.67	16:29.74	946	9:49.60	16:57.96
995	8:10.59	14:01.52	945	8:19.48	14:16.75	995	9:33.99	16:30.29	945	9:49.92	16:58.54

994	8:10.76	14:01.82	944	8:19.66	14:17.06	994	9:34.30	16:30.85	944	9:50.24	16:59.11
993	8:10.94	14:02.12	943	8:19.84	14:17.37	993	9:34.62	16:31.41	943	9:50.56	16:59.68
992	8:11.11	14:02.42	942	8:20.02	14:17.68	992	9:34.93	16:31.97	942	9:50.89	17:00.25
991	8:11.29	14:02.72	941	8:20.20	14:17.99	991	9:35.25	16:32.53	941	9:51.21	17:00.83
990	8:11.47	14:03.03	940	8:20.38	14:18.30	990	9:35.56	16:33.09	940	9:51.53	17:01.40
989	8:11.64	14:03.33	939	8:20.56	14:18.61	989	9:35.88	16:33.65	939	9:51.86	17:01.97
988	8:11.82	14:03.63	938	8:20.74	14:18.92	988	9:36.19	16:34.20	938	9:52.18	17:02.55
987	8:11.99	14:03.93	937	8:20.92	14:19.23	987	9:36.51	16:34.76	937	9:52.51	17:03.12
986	8:12.17	14:04.23	936	8:21.10	14:19.54	986	9:36.82	16:35.32	936	9:52.83	17:03.70
985	8:12.35	14:04.54	935	8:21.29	14:19.85	985	9:37.14	16:35.88	935	9:53.15	17:04.27
984	8:12.52	14:04.84	934	8:21.47	14:20.16	984	9:37.46	16:36.45	934	9:53.48	17:04.85
983	8:12.70	14:05.14	933	8:21.65	14:20.47	983	9:37.77	16:37.01	933	9:53.80	17:05.42
982	8:12.88	14:05.44	932	8:21.83	14:20.78	982	9:38.09	16:37.57	932	9:54.13	17:06.00
981	8:13.05	14:05.75	931	8:22.01	14:21.09	981	9:38.41	16:38.13	931	9:54.45	17:06.58
980	8:13.23	14:06.05	930	8:22.19	14:21.40	980	9:38.72	16:38.69	930	9:54.78	17:07.15
979	8:13.41	14:06.35	929	8:22.37	14:21.71	979	9:39.04	16:39.25	929	9:55.10	17:07.73
978	8:13.58	14:06.66	928	8:22.56	14:22.02	978	9:39.36	16:39.81	928	9:55.43	17:08.31
977	8:13.76	14:06.96	927	8:22.74	14:22.33	977	9:39.67	16:40.38	927	9:55.76	17:08.88
976	8:13.94	14:07.26	926	8:22.92	14:22.64	976	9:39.99	16:40.94	926	9:56.08	17:09.46
975	8:14.12	14:07.57	925	8:23.10	14:22.96	975	9:40.31	16:41.50	925	9:56.41	17:10.04
974	8:14.29	14:07.87	924	8:23.28	14:23.27	974	9:40.63	16:42.07	924	9:56.73	17:10.62
973	8:14.47	14:08.17	923	8:23.47	14:23.58	973	9:40.95	16:42.63	923	9:57.06	17:11.20
972	8:14.65	14:08.48	922	8:23.65	14:23.89	972	9:41.26	16:43.19	922	9:57.39	17:11.78
971	8:14.83	14:08.78	921	8:23.83	14:24.21	971	9:41.58	16:43.76	921	9:57.71	17:12.36
970	8:15.00	14:09.09	920	8:24.01	14:24.52	970	9:41.90	16:44.32	920	9:58.04	17:12.94
969	8:15.18	14:09.39	919	8:24.20	14:24.83	969	9:42.22	16:44.89	919	9:58.37	17:13.52
968	8:15.36	14:09.70	918	8:24.38	14:25.14	968	9:42.54	16:45.45	918	9:58.70	17:14.10
967	8:15.54	14:10.00	917	8:24.56	14:25.46	967	9:42.86	16:46.02	917	9:59.02	17:14.68
966	8:15.72	14:10.31	916	8:24.74	14:25.77	966	9:43.18	16:46.59	916	9:59.35	17:15.26
965	8:15.89	14:10.61	915	8:24.93	14:26.08	965	9:43.50	16:47.15	915	9:59.68	17:15.84
964	8:16.07	14:10.92	914	8:25.11	14:26.40	964	9:43.82	16:47.72	914	10:00.01	17:16.42
963	8:16.25	14:11.22	913	8:25.29	14:26.71	963	9:44.14	16:48.28	913	10:00.34	17:17.00
962	8:16.43	14:11.53	912	8:25.48	14:27.03	962	9:44.46	16:48.85	912	10:00.66	17:17.59
961	8:16.61	14:11.83	911	8:25.66	14:27.34	961	9:44.78	16:49.42	911	10:00.99	17:18.17
960	8:16.79	14:12.14	910	8:25.84	14:27.65	960	9:45.10	16:49.99	910	10:01.32	17:18.75
959	8:16.97	14:12.45	909	8:26.03	14:27.97	959	9:45.42	16:50.55	909	10:01.65	17:19.33
958	8:17.15	14:12.75	908	8:26.21	14:28.28	958	9:45.74	16:51.12	908	10:01.98	17:19.92
957	8:17.32	14:13.06	907	8:26.40	14:28.60	957	9:46.06	16:51.69	907	10:02.31	17:20.50
956	8:17.50	14:13.37	906	8:26.58	14:28.91	956	9:46.38	16:52.26	906	10:02.64	17:21.09
955	8:17.68	14:13.67	905	8:26.76	14:29.23	955	9:46.70	16:52.83	905	10:02.97	17:21.67
954	8:17.86	14:13.98	904	8:26.95	14:29.54	954	9:47.02	16:53.40	904	10:03.30	17:22.26
953	8:18.04	14:14.29	903	8:27.13	14:29.86	953	9:47.34	16:53.97	903	10:03.63	17:22.84
952	8:18.22	14:14.60	902	8:27.32	14:30.18	952	9:47.66	16:54.54	902	10:03.96	17:23.43
951	8:18.40	14:14.90	901	8:27.50	14:30.49	951	9:47.98	16:55.11	901	10:04.29	17:24.01
Points	3000m	5000m	Points	3000m	5000m	Points	3000m	5000m	Points	3000m	5000m
900	8:27.69	14:30.81	850	8:37.05	14:46.84	900	10:04.62	17:24.60	850	10:21.40	17:54.33
899	8:27.87	14:31.12	849	8:37.24	14:47.17	899	10:04.95	17:25.19	849	10:21.74	17:54.94
898	8:28.06	14:31.44	848	8:37.43	14:47.50	898	10:05.28	17:25.77	848	10:22.08	17:55.54
897	8:28.24	14:31.76	847	8:37.62	14:47.82	897	10:05.61	17:26.36	847	10:22.42	17:56.15
896	8:28.43	14:32.07	846	8:37.81	14:48.15	896	10:05.95	17:26.95	846	10:22.76	17:56.75
895	8:28.61	14:32.39	845	8:38.00	14:48.47	895	10:06.28	17:27.53	845	10:23.10	17:57.36
894	8:28.80	14:32.71	844	8:38.19	14:48.80	894	10:06.61	17:28.12	844	10:23.44	17:57.96
893	8:28.98	14:33.03	843	8:38.38	14:49.13	893	10:06.94	17:28.71	843	10:23.78	17:58.57
892	8:29.17	14:33.34	842	8:38.57	14:49.45	892	10:07.27	17:29.30	842	10:24.12	17:59.17
891	8:29.35	14:33.66	841	8:38.76	14:49.78	891	10:07.61	17:29.89	841	10:24.47	17:59.78
890	8:29.54	14:33.98	840	8:38.95	14:50.11	890	10:07.94	17:30.48	840	10:24.81	18:00.39

889	8:29.72	14:34.30	839	8:39.14	14:50.44	889	10:08.27	17:31.07	839	10:25.15	18:00.99
888	8:29.91	14:34.62	838	8:39.34	14:50.76	888	10:08.60	17:31.66	838	10:25.49	18:01.60
887	8:30.09	14:34.93	837	8:39.53	14:51.09	887	10:08.94	17:32.25	837	10:25.84	18:02.21
886	8:30.28	14:35.25	836	8:39.72	14:51.42	886	10:09.27	17:32.84	836	10:26.18	18:02.82
885	8:30.47	14:35.57	835	8:39.91	14:51.75	885	10:09.60	17:33.43	835	10:26.52	18:03.42
884	8:30.65	14:35.89	834	8:40.10	14:52.08	884	10:09.94	17:34.02	834	10:26.87	18:04.03
883	8:30.84	14:36.21	833	8:40.29	14:52.40	883	10:10.27	17:34.61	833	10:27.21	18:04.64
882	8:31.03	14:36.53	832	8:40.49	14:52.73	882	10:10.60	17:35.21	832	10:27.55	18:05.25
881	8:31.21	14:36.85	831	8:40.68	14:53.06	881	10:10.94	17:35.80	831	10:27.90	18:05.86
880	8:31.40	14:37.17	830	8:40.87	14:53.39	880	10:11.27	17:36.39	830	10:28.24	18:06.47
879	8:31.59	14:37.49	829	8:41.06	14:53.72	879	10:11.61	17:36.98	829	10:28.59	18:07.08
878	8:31.77	14:37.81	828	8:41.26	14:54.05	878	10:11.94	17:37.58	828	10:28.93	18:07.69
877	8:31.96	14:38.13	827	8:41.45	14:54.38	877	10:12.28	17:38.17	827	10:29.28	18:08.31
876	8:32.15	14:38.45	826	8:41.64	14:54.71	876	10:12.61	17:38.77	826	10:29.62	18:08.92
875	8:32.33	14:38.77	825	8:41.83	14:55.04	875	10:12.95	17:39.36	825	10:29.97	18:09.53
874	8:32.52	14:39.09	824	8:42.03	14:55.37	874	10:13.28	17:39.96	824	10:30.31	18:10.14
873	8:32.71	14:39.41	823	8:42.22	14:55.70	873	10:13.62	17:40.55	823	10:30.66	18:10.76
872	8:32.90	14:39.73	822	8:42.41	14:56.03	872	10:13.96	17:41.15	822	10:31.01	18:11.37
871	8:33.08	14:40.05	821	8:42.61	14:56.36	871	10:14.29	17:41.74	821	10:31.35	18:11.98
870	8:33.27	14:40.37	820	8:42.80	14:56.69	870	10:14.63	17:42.34	820	10:31.70	18:12.60
869	8:33.46	14:40.70	819	8:42.99	14:57.03	869	10:14.96	17:42.93	819	10:32.04	18:13.21
868	8:33.65	14:41.02	818	8:43.19	14:57.36	868	10:15.30	17:43.53	818	10:32.39	18:13.83
867	8:33.83	14:41.34	817	8:43.38	14:57.69	867	10:15.64	17:44.13	817	10:32.74	18:14.44
866	8:34.02	14:41.66	816	8:43.57	14:58.02	866	10:15.98	17:44.73	816	10:33.09	18:15.06
865	8:34.21	14:41.99	815	8:43.77	14:58.35	865	10:16.31	17:45.32	815	10:33.43	18:15.67
864	8:34.40	14:42.31	814	8:43.96	14:58.68	864	10:16.65	17:45.92	814	10:33.78	18:16.29
863	8:34.59	14:42.63	813	8:44.16	14:59.02	863	10:16.99	17:46.52	813	10:34.13	18:16.91
862	8:34.78	14:42.95	812	8:44.35	14:59.35	862	10:17.33	17:47.12	812	10:34.48	18:17.52
861	8:34.97	14:43.28	811	8:44.54	14:59.68	861	10:17.66	17:47.72	811	10:34.83	18:18.14
860	8:35.15	14:43.60	810	8:44.74	15:00.02	860	10:18.00	17:48.32	810	10:35.17	18:18.76
859	8:35.34	14:43.92	809	8:44.93	15:00.35	859	10:18.34	17:48.92	809	10:35.52	18:19.38
858	8:35.53	14:44.25	808	8:45.13	15:00.68	858	10:18.68	17:49.52	808	10:35.87	18:19.99
857	8:35.72	14:44.57	807	8:45.32	15:01.02	857	10:19.02	17:50.12	807	10:36.22	18:20.61
856	8:35.91	14:44.90	806	8:45.52	15:01.35	856	10:19.36	17:50.72	806	10:36.57	18:21.23
855	8:36.10	14:45.22	805	8:45.71	15:01.69	855	10:19.70	17:51.32	805	10:36.92	18:21.85
854	8:36.29	14:45.54	804	8:45.91	15:02.02	854	10:20.04	17:51.92	804	10:37.27	18:22.47
853	8:36.48	14:45.87	803	8:46.10	15:02.35	853	10:20.38	17:52.53	803	10:37.62	18:23.09
852	8:36.67	14:46.19	802	8:46.30	15:02.69	852	10:20.72	17:53.13	802	10:37.97	18:23.71
851	8:36.86	14:46.52	801	8:46.50	15:03.02	Points	3000m	5000m	Points	3000m	5000m
800	8:46.69	15:03.36	750	8:56.64	15:20.40	800	10:38.67	18:24.96	750	10:56.50	18:56.55
799	8:46.89	15:03.70	749	8:56.84	15:20.75	799	10:39.02	18:25.58	749	10:56.86	18:57.20
798	8:47.08	15:04.03	748	8:57.04	15:21.09	798	10:39.37	18:26.20	748	10:57.22	18:57.84
797	8:47.28	15:04.37	747	8:57.25	15:21.44	797	10:39.72	18:26.83	747	10:57.58	18:58.48
796	8:47.48	15:04.70	746	8:57.45	15:21.79	796	10:40.08	18:27.45	746	10:57.95	18:59.13
795	8:47.67	15:05.04	745	8:57.65	15:22.14	795	10:40.43	18:28.07	745	10:58.31	18:59.77
794	8:47.87	15:05.38	744	8:57.86	15:22.48	794	10:40.78	18:28.70	744	10:58.67	19:00.42
793	8:48.06	15:05.71	743	8:58.06	15:22.83	793	10:41.13	18:29.32	743	10:59.04	19:01.06
792	8:48.26	15:06.05	742	8:58.26	15:23.18	792	10:41.48	18:29.95	742	10:59.40	19:01.71
791	8:48.46	15:06.39	741	8:58.47	15:23.53	791	10:41.84	18:30.57	741	10:59.77	19:02.35
790	8:48.66	15:06.72	740	8:58.67	15:23.88	790	10:42.19	18:31.20	740	11:00.13	19:03.00
789	8:48.85	15:07.06	739	8:58.87	15:24.22	789	10:42.54	18:31.82	739	11:00.50	19:03.65
788	8:49.05	15:07.40	738	8:59.08	15:24.57	788	10:42.90	18:32.45	738	11:00.86	19:04.29
787	8:49.25	15:07.74	737	8:59.28	15:24.92	787	10:43.25	18:33.08	737	11:01.23	19:04.94
786	8:49.44	15:08.08	736	8:59.48	15:25.27	786	10:43.60	18:33.70	736	11:01.59	19:05.59
785	8:49.64	15:08.41	735	8:59.69	15:25.62	785	10:43.96	18:34.33	735	11:01.96	19:06.24
						784	10:44.31	18:34.96	734	11:02.32	19:06.89

784	8:49.84	15:08.75	734	8:59.89	15:25.97	783	10:44.67	18:35.59	733	11:02.69	19:07.54
783	8:50.04	15:09.09	733	9:00.10	15:26.32	782	10:45.02	18:36.22	732	11:03.06	19:08.19
782	8:50.24	15:09.43	732	9:00.30	15:26.67	781	10:45.38	18:36.84	731	11:03.42	19:08.84
781	8:50.43	15:09.77	731	9:00.51	15:27.02	780	10:45.73	18:37.47	730	11:03.79	19:09.49
780	8:50.63	15:10.11	730	9:00.71	15:27.38	779	10:46.09	18:38.10	729	11:04.16	19:10.14
779	8:50.83	15:10.45	729	9:00.92	15:27.73	778	10:46.44	18:38.73	728	11:04.53	19:10.79
778	8:51.03	15:10.79	728	9:01.12	15:28.08	777	10:46.80	18:39.37	727	11:04.89	19:11.44
777	8:51.23	15:11.13	727	9:01.33	15:28.43	776	10:47.15	18:40.00	726	11:05.26	19:12.09
776	8:51.43	15:11.47	726	9:01.53	15:28.78	775	10:47.51	18:40.63	725	11:05.63	19:12.75
775	8:51.63	15:11.81	725	9:01.74	15:29.13	774	10:47.87	18:41.26	724	11:06.00	19:13.40
774	8:51.82	15:12.15	724	9:01.94	15:29.49	773	10:48.22	18:41.89	723	11:06.37	19:14.06
773	8:52.02	15:12.49	723	9:02.15	15:29.84	772	10:48.58	18:42.53	722	11:06.74	19:14.71
772	8:52.22	15:12.83	722	9:02.36	15:30.19	771	10:48.94	18:43.16	721	11:07.11	19:15.36
771	8:52.42	15:13.18	721	9:02.56	15:30.55	770	10:49.30	18:43.79	720	11:07.48	19:16.02
770	8:52.62	15:13.52	720	9:02.77	15:30.90	769	10:49.65	18:44.43	719	11:07.85	19:16.68
769	8:52.82	15:13.86	719	9:02.98	15:31.25	768	10:50.01	18:45.06	718	11:08.22	19:17.33
768	8:53.02	15:14.20	718	9:03.18	15:31.61	767	10:50.37	18:45.70	717	11:08.59	19:17.99
767	8:53.22	15:14.54	717	9:03.39	15:31.96	766	10:50.73	18:46.33	716	11:08.96	19:18.65
766	8:53.42	15:14.89	716	9:03.60	15:32.31	765	10:51.09	18:46.97	715	11:09.33	19:19.30
765	8:53.62	15:15.23	715	9:03.80	15:32.67	764	10:51.45	18:47.60	714	11:09.70	19:19.96
764	8:53.82	15:15.57	714	9:04.01	15:33.02	763	10:51.81	18:48.24	713	11:10.07	19:20.62
763	8:54.02	15:15.92	713	9:04.22	15:33.38	762	10:52.16	18:48.88	712	11:10.44	19:21.28
762	8:54.22	15:16.26	712	9:04.42	15:33.73	761	10:52.52	18:49.51	711	11:10.81	19:21.94
761	8:54.42	15:16.60	711	9:04.63	15:34.09	760	10:52.88	18:50.15	710	11:11.19	19:22.60
760	8:54.62	15:16.95	710	9:04.84	15:34.45	759	10:53.24	18:50.79	709	11:11.56	19:23.26
759	8:54.82	15:17.29	709	9:05.05	15:34.80	758	10:53.60	18:51.43	708	11:11.93	19:23.92
758	8:55.03	15:17.64	708	9:05.26	15:35.16	757	10:53.96	18:52.07	707	11:12.31	19:24.58
757	8:55.23	15:17.98	707	9:05.46	15:35.52	756	10:54.33	18:52.71	706	11:12.68	19:25.24
756	8:55.43	15:18.33	706	9:05.67	15:35.87	755	10:54.69	18:53.35	705	11:13.05	19:25.90
755	8:55.63	15:18.67	705	9:05.88	15:36.23	754	10:55.05	18:53.99	704	11:13.43	19:26.57
754	8:55.83	15:19.02	704	9:06.09	15:36.59	753	10:55.41	18:54.63	703	11:13.80	19:27.23
753	8:56.03	15:19.36	703	9:06.30	15:36.94	752	10:55.77	18:55.27	702	11:14.17	19:27.89
752	8:56.24	15:19.71	702	9:06.51	15:37.30	751	10:56.13	18:55.91	701	11:14.55	19:28.56
751	8:56.44	15:20.05	701	9:06.72	15:37.66	Points 3000m 5000m Points 3000m 5000m					
Points	3000m	5000m	Points	3000m	5000m	700	11:14.92	19:29.22	650	11:34.02	20:03.08
700	9:06.93	15:38.02	650	9:17.59	15:56.28	699	11:15.30	19:29.89	649	11:34.41	20:03.77
699	9:07.14	15:38.38	649	9:17.80	15:56.65	698	11:15.68	19:30.55	648	11:34.80	20:04.46
698	9:07.34	15:38.74	648	9:18.02	15:57.02	697	11:16.05	19:31.22	647	11:35.19	20:05.15
697	9:07.55	15:39.10	647	9:18.24	15:57.40	696	11:16.43	19:31.89	646	11:35.58	20:05.84
696	9:07.76	15:39.46	646	9:18.46	15:57.77	695	11:16.80	19:32.55	645	11:35.97	20:06.54
695	9:07.97	15:39.82	645	9:18.67	15:58.14	694	11:17.18	19:33.22	644	11:36.37	20:07.23
694	9:08.18	15:40.18	644	9:18.89	15:58.52	693	11:17.56	19:33.89	643	11:36.76	20:07.92
693	9:08.39	15:40.54	643	9:19.11	15:58.89	692	11:17.93	19:34.56	642	11:37.15	20:08.62
692	9:08.61	15:40.90	642	9:19.33	15:59.26	691	11:18.31	19:35.23	641	11:37.54	20:09.31
691	9:08.82	15:41.26	641	9:19.55	15:59.64	690	11:18.69	19:35.90	640	11:37.93	20:10.01
690	9:09.03	15:41.62	640	9:19.77	16:00.01	689	11:19.07	19:36.57	639	11:38.32	20:10.70
689	9:09.24	15:41.98	639	9:19.99	16:00.39	688	11:19.44	19:37.24	638	11:38.72	20:11.40
688	9:09.45	15:42.34	638	9:20.21	16:00.76	687	11:19.82	19:37.91	637	11:39.11	20:12.10
687	9:09.66	15:42.70	637	9:20.42	16:01.14	686	11:20.20	19:38.58	636	11:39.50	20:12.79
686	9:09.87	15:43.06	636	9:20.64	16:01.52	685	11:20.58	19:39.25	635	11:39.90	20:13.49
685	9:10.08	15:43.43	635	9:20.86	16:01.89	684	11:20.96	19:39.92	634	11:40.29	20:14.19
684	9:10.29	15:43.79	634	9:21.08	16:02.27	683	11:21.34	19:40.59	633	11:40.68	20:14.89
683	9:10.51	15:44.15	633	9:21.30	16:02.65	682	11:21.72	19:41.27	632	11:41.08	20:15.59
682	9:10.72	15:44.52	632	9:21.52	16:03.02	681	11:22.10	19:41.94	631	11:41.47	20:16.29
681	9:10.93	15:44.88	631	9:21.74	16:03.40	680	11:22.48	19:42.62	630	11:41.87	20:16.99
680	9:11.14	15:45.24	630	9:21.97	16:03.78	679	11:22.86	19:43.29	629	11:42.26	20:17.69

679	9:11.36	15:45.61	629	9:22.19	16:04.16	678	11:23.24	19:43.97	628	11:42.66	20:18.39
678	9:11.57	15:45.97	628	9:22.41	16:04.54	677	11:23.62	19:44.64	627	11:43.06	20:19.09
677	9:11.78	15:46.33	627	9:22.63	16:04.91	676	11:24.00	19:45.32	626	11:43.45	20:19.79
676	9:11.99	15:46.70	626	9:22.85	16:05.29	675	11:24.39	19:45.99	625	11:43.85	20:20.50
675	9:12.21	15:47.06	625	9:23.07	16:05.67	674	11:24.77	19:46.67	624	11:44.25	20:21.20
674	9:12.42	15:47.43	624	9:23.29	16:06.05	673	11:25.15	19:47.35	623	11:44.64	20:21.91
673	9:12.63	15:47.80	623	9:23.51	16:06.43	672	11:25.53	19:48.03	622	11:45.04	20:22.61
672	9:12.85	15:48.16	622	9:23.74	16:06.81	671	11:25.92	19:48.71	621	11:45.44	20:23.32
671	9:13.06	15:48.53	621	9:23.96	16:07.19	670	11:26.30	19:49.39	620	11:45.84	20:24.02
670	9:13.27	15:48.89	620	9:24.18	16:07.57	669	11:26.68	19:50.07	619	11:46.24	20:24.73
669	9:13.49	15:49.26	619	9:24.40	16:07.95	668	11:27.07	19:50.75	618	11:46.64	20:25.44
668	9:13.70	15:49.63	618	9:24.63	16:08.34	667	11:27.45	19:51.43	617	11:47.04	20:26.14
667	9:13.92	15:49.99	617	9:24.85	16:08.72	666	11:27.83	19:52.11	616	11:47.44	20:26.85
666	9:14.13	15:50.36	616	9:25.07	16:09.10	665	11:28.22	19:52.79	615	11:47.84	20:27.56
665	9:14.35	15:50.73	615	9:25.29	16:09.48	664	11:28.60	19:53.47	614	11:48.24	20:28.27
664	9:14.56	15:51.10	614	9:25.52	16:09.86	663	11:28.99	19:54.16	613	11:48.64	20:28.98
663	9:14.78	15:51.47	613	9:25.74	16:10.25	662	11:29.38	19:54.84	612	11:49.04	20:29.69
662	9:14.99	15:51.83	612	9:25.97	16:10.63	661	11:29.76	19:55.52	611	11:49.44	20:30.40
661	9:15.21	15:52.20	611	9:26.19	16:11.01	660	11:30.15	19:56.21	610	11:49.84	20:31.12
660	9:15.42	15:52.57	610	9:26.41	16:11.40	659	11:30.53	19:56.89	609	11:50.24	20:31.83
659	9:15.64	15:52.94	609	9:26.64	16:11.78	658	11:30.92	19:57.58	608	11:50.64	20:32.54
658	9:15.85	15:53.31	608	9:26.86	16:12.17	657	11:31.31	19:58.26	607	11:51.05	20:33.26
657	9:16.07	15:53.68	607	9:27.09	16:12.55	656	11:31.69	19:58.95	606	11:51.45	20:33.97
656	9:16.29	15:54.05	606	9:27.31	16:12.94	655	11:32.08	19:59.64	605	11:51.85	20:34.68
655	9:16.50	15:54.42	605	9:27.54	16:13.32	654	11:32.47	20:00.33	604	11:52.26	20:35.40
654	9:16.72	15:54.79	604	9:27.76	16:13.71	653	11:32.86	20:01.01	603	11:52.66	20:36.12
653	9:16.94	15:55.16	603	9:27.99	16:14.10	652	11:33.25	20:01.70	602	11:53.06	20:36.83
652	9:17.15	15:55.54	602	9:28.21	16:14.48	651	11:33.64	20:02.39	601	11:53.47	20:37.55
651	9:17.37	15:55.91	601	9:28.44	16:14.87	Points	3000m	5000m	Points	3000m	5000m
Points	3000m	5000m	Points	3000m	5000m	600	11:53.87	20:38.27	550	12:14.57	21:14.95
600	9:28.67	16:15.26	550	9:40.22	16:35.04	599	11:54.28	20:38.99	549	12:14.99	21:15.70
599	9:28.89	16:15.64	549	9:40.45	16:35.45	598	11:54.68	20:39.70	548	12:15.42	21:16.46
598	9:29.12	16:16.03	548	9:40.69	16:35.85	597	11:55.09	20:40.42	547	12:15.84	21:17.21
597	9:29.34	16:16.42	547	9:40.93	16:36.26	596	11:55.50	20:41.14	546	12:16.27	21:17.96
596	9:29.57	16:16.81	546	9:41.16	16:36.66	595	11:55.90	20:41.87	545	12:16.69	21:18.71
595	9:29.80	16:17.20	545	9:41.40	16:37.07	594	11:56.31	20:42.59	544	12:17.12	21:19.47
594	9:30.03	16:17.59	544	9:41.64	16:37.47	593	11:56.72	20:43.31	543	12:17.54	21:20.22
593	9:30.25	16:17.97	543	9:41.88	16:37.88	592	11:57.13	20:44.03	542	12:17.97	21:20.98
592	9:30.48	16:18.36	542	9:42.11	16:38.29	591	11:57.53	20:44.75	541	12:18.39	21:21.73
591	9:30.71	16:18.75	541	9:42.35	16:38.70	590	11:57.94	20:45.48	540	12:18.82	21:22.49
590	9:30.94	16:19.14	540	9:42.59	16:39.10	589	11:58.35	20:46.20	539	12:19.25	21:23.25
589	9:31.16	16:19.54	539	9:42.83	16:39.51	588	11:58.76	20:46.93	538	12:19.68	21:24.00
588	9:31.39	16:19.93	538	9:43.07	16:39.92	587	11:59.17	20:47.65	537	12:20.10	21:24.76
587	9:31.62	16:20.32	537	9:43.31	16:40.33	586	11:59.58	20:48.38	536	12:20.53	21:25.52
586	9:31.85	16:20.71	536	9:43.54	16:40.74	585	11:59.99	20:49.11	535	12:20.96	21:26.28
585	9:32.08	16:21.10	535	9:43.78	16:41.15	584	12:00.40	20:49.83	534	12:21.39	21:27.04
584	9:32.31	16:21.49	534	9:44.02	16:41.56	583	12:00.81	20:50.56	533	12:21.82	21:27.80
583	9:32.54	16:21.89	533	9:44.26	16:41.97	582	12:01.22	20:51.29	532	12:22.25	21:28.57
582	9:32.77	16:22.28	532	9:44.50	16:42.38	581	12:01.63	20:52.02	531	12:22.68	21:29.33
581	9:33.00	16:22.67	531	9:44.74	16:42.79	580	12:02.04	20:52.75	530	12:23.11	21:30.09
580	9:33.23	16:23.07	530	9:44.98	16:43.21	579	12:02.46	20:53.48	529	12:23.54	21:30.86
579	9:33.46	16:23.46	529	9:45.22	16:43.62	578	12:02.87	20:54.21	528	12:23.97	21:31.62
578	9:33.69	16:23.86	528	9:45.47	16:44.03	577	12:03.28	20:54.95	527	12:24.41	21:32.39
577	9:33.92	16:24.25	527	9:45.71	16:44.44	576	12:03.70	20:55.68	526	12:24.84	21:33.16
576	9:34.15	16:24.65	526	9:45.95	16:44.86	575	12:04.11	20:56.41	525	12:25.27	21:33.92
575	9:34.38	16:25.04	525	9:46.19	16:45.27	574	12:04.52	20:57.15	524	12:25.70	21:34.69

574	9:34.61	16:25.44	524	9:46.43	16:45.69	573	12:04.94	20:57.88	523	12:26.14	21:35.46
573	9:34.84	16:25.83	523	9:46.67	16:46.10	572	12:05.35	20:58.61	522	12:26.57	21:36.23
572	9:35.07	16:26.23	522	9:46.92	16:46.51	571	12:05.77	20:59.35	521	12:27.01	21:37.00
571	9:35.30	16:26.63	521	9:47.16	16:46.93	570	12:06.18	21:00.09	520	12:27.44	21:37.77
570	9:35.54	16:27.02	520	9:47.40	16:47.35	569	12:06.60	21:00.82	519	12:27.88	21:38.54
569	9:35.77	16:27.42	519	9:47.64	16:47.76	568	12:07.01	21:01.56	518	12:28.31	21:39.31
568	9:36.00	16:27.82	518	9:47.89	16:48.18	567	12:07.43	21:02.30	517	12:28.75	21:40.09
567	9:36.23	16:28.22	517	9:48.13	16:48.60	566	12:07.85	21:03.04	516	12:29.19	21:40.86
566	9:36.47	16:28.62	516	9:48.37	16:49.01	565	12:08.27	21:03.78	515	12:29.62	21:41.64
565	9:36.70	16:29.01	515	9:48.62	16:49.43	564	12:08.68	21:04.52	514	12:30.06	21:42.41
564	9:36.93	16:29.41	514	9:48.86	16:49.85	563	12:09.10	21:05.26	513	12:30.50	21:43.19
563	9:37.16	16:29.81	513	9:49.11	16:50.27	562	12:09.52	21:06.00	512	12:30.94	21:43.97
562	9:37.40	16:30.21	512	9:49.35	16:50.69	561	12:09.94	21:06.74	511	12:31.37	21:44.74
561	9:37.63	16:30.61	511	9:49.60	16:51.11	560	12:10.36	21:07.49	510	12:31.81	21:45.52
560	9:37.87	16:31.01	510	9:49.84	16:51.53	559	12:10.78	21:08.23	509	12:32.25	21:46.30
559	9:38.10	16:31.42	509	9:50.09	16:51.95	558	12:11.20	21:08.98	508	12:32.69	21:47.08
558	9:38.33	16:31.82	508	9:50.33	16:52.37	557	12:11.62	21:09.72	507	12:33.13	21:47.86
557	9:38.57	16:32.22	507	9:50.58	16:52.79	556	12:12.04	21:10.47	506	12:33.57	21:48.64
556	9:38.80	16:32.62	506	9:50.82	16:53.21	555	12:12.46	21:11.21	505	12:34.02	21:49.43
555	9:39.04	16:33.02	505	9:51.07	16:53.63	554	12:12.88	21:11.96	504	12:34.46	21:50.21
554	9:39.27	16:33.43	504	9:51.32	16:54.05	553	12:13.30	21:12.71	503	12:34.90	21:50.99
553	9:39.51	16:33.83	503	9:51.56	16:54.48	552	12:13.72	21:13.46	502	12:35.34	21:51.78
552	9:39.75	16:34.23	502	9:51.81	16:54.90	551	12:14.15	21:14.20	501	12:35.79	21:52.56
551	9:39.98	16:34.64	501	9:52.06	16:55.32	Points	3000m	5000m	Points	3000m	5000m
500	9:52.31	16:55.75	450	10:05.02	17:17.52	500	12:36.23	21:53.35	450	12:59.00	22:33.72
499	9:52.55	16:56.17	449	10:05.28	17:17.97	499	12:36.67	21:54.14	449	12:59.47	22:34.55
498	9:52.80	16:56.60	448	10:05.54	17:18.41	498	12:37.12	21:54.92	448	12:59.94	22:35.38
497	9:53.05	16:57.02	447	10:05.80	17:18.86	497	12:37.56	21:55.71	447	13:00.41	22:36.21
496	9:53.30	16:57.45	446	10:06.06	17:19.31	496	12:38.01	21:56.50	446	13:00.88	22:37.04
495	9:53.55	16:57.87	445	10:06.33	17:19.76	495	12:38.45	21:57.29	445	13:01.35	22:37.87
494	9:53.80	16:58.30	444	10:06.59	17:20.21	494	12:38.90	21:58.08	444	13:01.82	22:38.71
493	9:54.05	16:58.73	443	10:06.85	17:20.66	493	12:39.35	21:58.87	443	13:02.29	22:39.54
492	9:54.30	16:59.16	442	10:07.11	17:21.11	492	12:39.79	21:59.67	442	13:02.76	22:40.38
491	9:54.55	16:59.58	441	10:07.38	17:21.56	491	12:40.24	22:00.46	441	13:03.23	22:41.22
490	9:54.80	17:00.01	440	10:07.64	17:22.02	490	12:40.69	22:01.26	440	13:03.71	22:42.06
489	9:55.05	17:00.44	439	10:07.91	17:22.47	489	12:41.14	22:02.05	439	13:04.18	22:42.89
488	9:55.30	17:00.87	438	10:08.17	17:22.92	488	12:41.59	22:02.85	438	13:04.65	22:43.73
487	9:55.55	17:01.30	437	10:08.44	17:23.38	487	12:42.04	22:03.64	437	13:05.13	22:44.58
486	9:55.80	17:01.73	436	10:08.70	17:23.83	486	12:42.49	22:04.44	436	13:05.60	22:45.42
485	9:56.05	17:02.16	435	10:08.97	17:24.28	485	12:42.94	22:05.24	435	13:06.08	22:46.26
484	9:56.30	17:02.59	434	10:09.23	17:24.74	484	12:43.39	22:06.04	434	13:06.55	22:47.10
483	9:56.55	17:03.02	433	10:09.50	17:25.19	483	12:43.84	22:06.84	433	13:07.03	22:47.95
482	9:56.81	17:03.45	432	10:09.76	17:25.65	482	12:44.29	22:07.64	432	13:07.51	22:48.79
481	9:57.06	17:03.89	431	10:10.03	17:26.11	481	12:44.74	22:08.44	431	13:07.99	22:49.64
480	9:57.31	17:04.32	430	10:10.30	17:26.56	480	12:45.20	22:09.24	430	13:08.46	22:50.49
479	9:57.56	17:04.75	429	10:10.57	17:27.02	479	12:45.65	22:10.05	429	13:08.94	22:51.34
478	9:57.82	17:05.19	428	10:10.83	17:27.48	478	12:46.10	22:10.85	428	13:09.42	22:52.19
477	9:58.07	17:05.62	427	10:11.10	17:27.94	477	12:46.56	22:11.65	427	13:09.90	22:53.04
476	9:58.32	17:06.06	426	10:11.37	17:28.40	476	12:47.01	22:12.46	426	13:10.38	22:53.89
475	9:58.58	17:06.49	425	10:11.64	17:28.86	475	12:47.47	22:13.27	425	13:10.86	22:54.74
474	9:58.83	17:06.93	424	10:11.91	17:29.32	474	12:47.92	22:14.07	424	13:11.34	22:55.60
473	9:59.09	17:07.36	423	10:12.18	17:29.78	473	12:48.38	22:14.88	423	13:11.83	22:56.45
472	9:59.34	17:07.80	422	10:12.44	17:30.24	472	12:48.83	22:15.69	422	13:12.31	22:57.31
471	9:59.60	17:08.23	421	10:12.71	17:30.70	471	12:49.29	22:16.50	421	13:12.79	22:58.16
470	9:59.85	17:08.67	420	10:12.98	17:31.17	470	12:49.75	22:17.31	420	13:13.28	22:59.02
						469	12:50.21	22:18.13	419	13:13.76	22:59.88

469	10:00.11	17:09.11	419	10:13.25	17:31.63	468	12:50.66	22:18.94	418	13:14.25	23:00.74
468	10:00.36	17:09.55	418	10:13.53	17:32.09	467	12:51.12	22:19.75	417	13:14.73	23:01.60
467	10:00.62	17:09.99	417	10:13.80	17:32.56	466	12:51.58	22:20.57	416	13:15.22	23:02.46
466	10:00.88	17:10.43	416	10:14.07	17:33.02	465	12:52.04	22:21.38	415	13:15.71	23:03.33
465	10:01.13	17:10.87	415	10:14.34	17:33.49	464	12:52.50	22:22.20	414	13:16.19	23:04.19
464	10:01.39	17:11.31	414	10:14.61	17:33.95	463	12:52.96	22:23.01	413	13:16.68	23:05.06
463	10:01.65	17:11.75	413	10:14.88	17:34.42	462	12:53.43	22:23.83	412	13:17.17	23:05.92
462	10:01.90	17:12.19	412	10:15.16	17:34.89	461	12:53.89	22:24.65	411	13:17.66	23:06.79
461	10:02.16	17:12.63	411	10:15.43	17:35.35	460	12:54.35	22:25.47	410	13:18.15	23:07.66
460	10:02.42	17:13.07	410	10:15.70	17:35.82	459	12:54.81	22:26.29	409	13:18.64	23:08.53
459	10:02.68	17:13.51	409	10:15.98	17:36.29	458	12:55.28	22:27.11	408	13:19.13	23:09.40
458	10:02.94	17:13.96	408	10:16.25	17:36.76	457	12:55.74	22:27.94	407	13:19.62	23:10.27
457	10:03.20	17:14.40	407	10:16.53	17:37.23	456	12:56.20	22:28.76	406	13:20.11	23:11.14
456	10:03.46	17:14.84	406	10:16.80	17:37.70	455	12:56.67	22:29.58	405	13:20.61	23:12.01
455	10:03.72	17:15.29	405	10:17.08	17:38.17	454	12:57.14	22:30.41	404	13:21.10	23:12.89
454	10:03.97	17:15.73	404	10:17.35	17:38.64	453	12:57.60	22:31.23	403	13:21.59	23:13.76
453	10:04.23	17:16.18	403	10:17.63	17:39.12	452	12:58.07	22:32.06	402	13:22.09	23:14.64
452	10:04.50	17:16.63	402	10:17.90	17:39.59	451	12:58.53	22:32.89	401	13:22.58	23:15.52
451	10:04.76	17:17.07	401	10:18.18	17:40.06	Points	3000m	5000m	Points	3000m	5000m
Points	3000m	5000m	Points	3000m	5000m	400	13:23.08	23:16.40	350	13:48.71	24:01.84
400	10:18.46	17:40.54	350	10:32.76	18:05.04	399	13:23.58	23:17.28	349	13:49.24	24:02.78
399	10:18.73	17:41.01	349	10:33.06	18:05.55	398	13:24.07	23:18.16	348	13:49.78	24:03.72
398	10:19.01	17:41.49	348	10:33.36	18:06.06	397	13:24.57	23:19.04	347	13:50.31	24:04.67
397	10:19.29	17:41.96	347	10:33.65	18:06.57	396	13:25.07	23:19.92	346	13:50.84	24:05.61
396	10:19.57	17:42.44	346	10:33.95	18:07.08	395	13:25.57	23:20.81	345	13:51.38	24:06.56
395	10:19.84	17:42.92	345	10:34.25	18:07.59	394	13:26.07	23:21.69	344	13:51.91	24:07.51
394	10:20.12	17:43.39	344	10:34.55	18:08.10	393	13:26.57	23:22.58	343	13:52.45	24:08.45
393	10:20.40	17:43.87	343	10:34.85	18:08.61	392	13:27.07	23:23.47	342	13:52.98	24:09.41
392	10:20.68	17:44.35	342	10:35.15	18:09.12	391	13:27.57	23:24.36	341	13:53.52	24:10.36
391	10:20.96	17:44.83	341	10:35.45	18:09.64	390	13:28.07	23:25.25	340	13:54.06	24:11.31
390	10:21.24	17:45.31	340	10:35.75	18:10.15	389	13:28.57	23:26.14	339	13:54.60	24:12.26
389	10:21.52	17:45.79	339	10:36.05	18:10.67	388	13:29.08	23:27.03	338	13:55.13	24:13.22
388	10:21.80	17:46.27	338	10:36.35	18:11.18	387	13:29.58	23:27.93	337	13:55.67	24:14.18
387	10:22.09	17:46.75	337	10:36.65	18:11.70	386	13:30.09	23:28.82	336	13:56.22	24:15.14
386	10:22.37	17:47.24	336	10:36.95	18:12.22	385	13:30.59	23:29.72	335	13:56.76	24:16.10
385	10:22.65	17:47.72	335	10:37.25	18:12.73	384	13:31.10	23:30.61	334	13:57.30	24:17.06
384	10:22.93	17:48.20	334	10:37.56	18:13.25	383	13:31.61	23:31.51	333	13:57.84	24:18.02
383	10:23.21	17:48.69	333	10:37.86	18:13.77	382	13:32.11	23:32.41	332	13:58.39	24:18.99
382	10:23.50	17:49.17	332	10:38.16	18:14.29	381	13:32.62	23:33.31	331	13:58.93	24:19.95
381	10:23.78	17:49.66	331	10:38.47	18:14.81	380	13:33.13	23:34.21	330	13:59.48	24:20.92
380	10:24.06	17:50.14	330	10:38.77	18:15.34	379	13:33.64	23:35.12	329	14:00.02	24:21.89
379	10:24.35	17:50.63	329	10:39.08	18:15.86	378	13:34.15	23:36.02	328	14:00.57	24:22.86
378	10:24.63	17:51.12	328	10:39.38	18:16.38	377	13:34.66	23:36.93	327	14:01.12	24:23.83
377	10:24.92	17:51.61	327	10:39.69	18:16.91	376	13:35.17	23:37.83	326	14:01.67	24:24.81
376	10:25.20	17:52.10	326	-	18:17.43	375	13:35.68	23:38.74	325	14:02.22	24:25.78
375	10:25.49	17:52.59	325	10:40.30	18:17.96	374	13:36.20	23:39.65	324	14:02.77	24:26.76
374	10:25.78	17:53.08	324	10:40.61	18:18.48	373	13:36.71	23:40.56	323	14:03.32	24:27.74
373	10:26.06	17:53.57	323	10:40.92	18:19.01	372	13:37.22	23:41.47	322	14:03.87	24:28.71
372	10:26.35	17:54.06	322	10:41.23	18:19.54	371	13:37.74	23:42.38	321	14:04.43	24:29.70
371	10:26.64	17:54.55	321	10:41.53	18:20.07	370	13:38.25	23:43.30	320	14:04.98	24:30.68
370	10:26.93	17:55.04	320	10:41.84	18:20.60	369	13:38.77	23:44.21	319	14:05.54	24:31.66
369	10:27.21	17:55.54	319	10:42.15	18:21.13	368	13:39.29	23:45.13	318	14:06.09	24:32.65
368	10:27.50	17:56.03	318	10:42.46	18:21.66	367	13:39.80	23:46.05	317	14:06.65	24:33.64
367	10:27.79	17:56.53	317	10:42.78	18:22.19	366	13:40.32	23:46.96	316	14:07.21	24:34.62
366	10:28.08	17:57.02	316	10:43.09	18:22.73	365	13:40.84	23:47.88	315	14:07.77	24:35.61
365	10:28.37	17:57.52	315	10:43.40	18:23.26	364	13:41.36	23:48.81	314	14:08.33	24:36.61

364	10:28.66	17:58.02	314	10:43.71	18:23.79	363	13:41.88	23:49.73	313	14:08.89	24:37.60
363	10:28.95	17:58.51	313	10:44.02	18:24.33	362	13:42.40	23:50.65	312	14:09.45	24:38.59
362	10:29.24	17:59.01	312	10:44.34	18:24.87	361	13:42.92	23:51.58	311	14:10.01	24:39.59
361	10:29.53	17:59.51	311	10:44.65	18:25.40	360	13:43.45	23:52.50	310	14:10.57	24:40.59
360	10:29.82	18:00.01	310	10:44.96	18:25.94	359	13:43.97	23:53.43	309	14:11.14	24:41.59
359	10:30.12	18:00.51	309	10:45.28	18:26.48	358	13:44.49	23:54.36	308	14:11.70	24:42.59
358	10:30.41	18:01.01	308	10:45.59	18:27.02	357	13:45.02	23:55.29	307	14:12.27	24:43.59
357	10:30.70	18:01.51	307	10:45.91	18:27.56	356	13:45.55	23:56.22	306	14:12.84	24:44.60
356	10:31.00	18:02.01	306	10:46.23	18:28.10	355	13:46.07	23:57.16	305	14:13.40	24:45.60
355	10:31.29	18:02.52	305	10:46.54	18:28.65	354	13:46.60	23:58.09	304	14:13.97	24:46.61
354	10:31.58	18:03.02	304	10:46.86	18:29.19	353	13:47.13	23:59.03	303	14:14.54	24:47.62
353	10:31.88	18:03.53	303	10:47.18	18:29.74	352	13:47.65	23:59.96	302	14:15.11	24:48.63
352	10:32.17	18:04.03	302	10:47.50	18:30.28	351	13:48.18	24:00.90	301	14:15.68	24:49.65
351	10:32.47	18:04.54	301	10:47.82	18:30.83	Points	3000m	5000m	Points	3000m	5000m
Points	3000m	5000m	Points	3000m	5000m	300	14:16.26	24:50.66	250	14:46.21	25:43.75
300	10:48.14	18:31.37	250	11:04.85	19:00.01	299	14:16.83	24:51.68	249	14:46.83	25:44.87
299	10:48.46	18:31.92	249	11:05.20	19:00.61	298	14:17.40	24:52.70	248	14:47.46	25:45.98
298	10:48.78	18:32.47	248	11:05.55	19:01.21	297	14:17.98	24:53.72	247	14:48.09	25:47.10
297	10:49.10	18:33.02	247	11:05.91	19:01.81	296	14:18.55	24:54.74	246	14:48.73	25:48.22
296	10:49.42	18:33.57	246	11:06.26	19:02.42	295	14:19.13	24:55.76	245	14:49.36	25:49.34
295	10:49.74	18:34.12	245	11:06.61	19:03.02	294	14:19.71	24:56.79	244	14:49.99	25:50.47
294	10:50.06	18:34.68	244	11:06.97	19:03.63	293	14:20.29	24:57.81	243	14:50.63	25:51.59
293	10:50.39	18:35.23	243	11:07.32	19:04.24	292	14:20.87	24:58.84	242	14:51.27	25:52.72
292	10:50.71	18:35.79	242	11:07.68	19:04.85	291	14:21.45	24:59.87	241	14:51.91	25:53.86
291	10:51.04	18:36.34	241	11:08.03	19:05.46	290	14:22.03	25:00.90	240	14:52.55	25:54.99
290	10:51.36	18:36.90	240	11:08.39	19:06.07	289	14:22.62	25:01.94	239	14:53.19	25:56.13
289	10:51.69	18:37.46	239	11:08.75	19:06.68	288	14:23.20	25:02.97	238	14:53.83	25:57.27
288	10:52.01	18:38.01	238	11:09.11	19:07.30	287	14:23.79	25:04.01	237	14:54.47	25:58.41
287	10:52.34	18:38.57	237	11:09.47	19:07.91	286	14:24.37	25:05.05	236	14:55.12	25:59.55
286	10:52.67	18:39.13	236	11:09.83	19:08.53	285	14:24.96	25:06.09	235	14:55.76	26:00.70
285	10:52.99	18:39.70	235	11:10.19	19:09.15	284	14:25.55	25:07.13	234	14:56.41	26:01.85
284	10:53.32	18:40.26	234	11:10.55	19:09.77	283	14:26.14	25:08.18	233	14:57.06	26:03.00
283	10:53.65	18:40.82	233	11:10.91	19:10.39	282	14:26.73	25:09.22	232	14:57.71	26:04.15
282	10:53.98	18:41.39	232	11:11.28	19:11.01	281	14:27.32	25:10.27	231	14:58.36	26:05.31
281	10:54.31	18:41.95	231	11:11.64	19:11.63	280	14:27.91	25:11.32	230	14:59.02	26:06.47
280	10:54.64	18:42.52	230	11:12.00	19:12.26	279	14:28.50	25:12.38	229	14:59.67	26:07.63
279	10:54.97	18:43.08	229	11:12.37	19:12.88	278	14:29.10	25:13.43	228	15:00.33	26:08.79
278	10:55.30	18:43.65	228	11:12.74	19:13.51	277	14:29.70	25:14.49	227	15:00.99	26:09.96
277	10:55.64	18:44.22	227	11:13.10	19:14.14	276	14:30.29	25:15.54	226	15:01.65	26:11.13
276	10:55.97	18:44.79	226	11:13.47	19:14.77	275	14:30.89	25:16.60	225	15:02.31	26:12.30
275	10:56.30	18:45.36	225	11:13.84	19:15.40	274	14:31.49	25:17.66	224	15:02.97	26:13.47
274	10:56.64	18:45.94	224	11:14.21	19:16.03	273	14:32.09	25:18.73	223	15:03.63	26:14.65
273	10:56.97	18:46.51	223	11:14.58	19:16.67	272	14:32.69	25:19.79	222	15:04.30	26:15.83
272	10:57.31	18:47.09	222	11:14.95	19:17.31	271	14:33.29	25:20.86	221	15:04.97	26:17.01
271	10:57.64	18:47.66	221	11:15.32	19:17.94	270	14:33.90	25:21.93	220	15:05.63	26:18.19
270	10:57.98	18:48.24	220	11:15.70	19:18.58	269	14:34.50	25:23.00	219	15:06.30	26:19.38
269	10:58.32	18:48.82	219	11:16.07	19:19.22	268	14:35.11	25:24.08	218	15:06.98	26:20.57
268	10:58.66	18:49.40	218	11:16.45	19:19.86	267	14:35.71	25:25.15	217	15:07.65	26:21.76
267	10:59.00	18:49.98	217	11:16.82	19:20.51	266	14:36.32	25:26.23	216	15:08.32	26:22.96
266	10:59.33	18:50.56	216	11:17.20	19:21.15	265	14:36.93	25:27.31	215	15:09.00	26:24.16
265	10:59.67	18:51.14	215	11:17.57	19:21.80	264	14:37.54	25:28.39	214	15:09.68	26:25.36
264	11:00.02	18:51.72	214	11:17.95	19:22.45	263	14:38.15	25:29.47	213	15:10.36	26:26.56
263	11:00.36	18:52.31	213	11:18.33	19:23.09	262	14:38.76	25:30.56	212	15:11.04	26:27.77
262	11:00.70	18:52.89	212	11:18.71	19:23.75	261	14:39.38	25:31.65	211	15:11.72	26:28.98
261	11:01.04	18:53.48	211	11:19.09	19:24.40	260	14:39.99	25:32.74	210	15:12.40	26:30.19
260	11:01.38	18:54.07	210	11:19.47	19:25.05	259	14:40.61	25:33.83	209	15:13.09	26:31.41

259	11:01.73	18:54.65	209	11:19.86	19:25.71	258	14:41.22	25:34.92	208	15:13.77	26:32.62
258	11:02.07	18:55.24	208	11:20.24	19:26.36	257	14:41.84	25:36.02	207	15:14.46	26:33.84
257	11:02.42	18:55.84	207	11:20.63	19:27.02	256	14:42.46	25:37.12	206	15:15.15	26:35.07
256	11:02.76	18:56.43	206	11:21.01	19:27.68	255	14:43.08	25:38.22	205	15:15.85	26:36.30
255	11:03.11	18:57.02	205	11:21.40	19:28.34	254	14:43.70	25:39.32	204	15:16.54	26:37.53
254	11:03.46	18:57.62	204	11:21.78	19:29.01	253	14:44.33	25:40.42	203	15:17.24	26:38.76
253	11:03.80	18:58.21	203	11:22.17	19:29.67	252	14:44.95	25:41.53	202	15:17.93	26:39.99
252	11:04.15	18:58.81	202	11:22.56	19:30.34	251	14:45.58	25:42.64	201	15:18.63	26:41.23
251	11:04.50	18:59.41	201	11:22.95	19:31.01	Points	3000m	5000m	Points	3000m	5000m
Points	3000m	5000m	Points	3000m	5000m	200	15:19.33	26:42.48	150	15:56.93	27:49.13
200	11:23.34	19:31.68	150	11:44.33	20:07.63	199	15:20.04	26:43.72	149	15:57.75	27:50.57
199	11:23.74	19:32.35	149	11:44.78	20:08.40	198	15:20.74	26:44.97	148	15:58.56	27:52.01
198	11:24.13	19:33.02	148	11:45.24	20:09.18	197	15:21.45	26:46.22	147	15:59.38	27:53.46
197	11:24.52	19:33.70	147	11:45.69	20:09.96	196	15:22.15	26:47.48	146	16:00.20	27:54.91
196	11:24.92	19:34.37	146	11:46.15	20:10.74	195	15:22.86	26:48.73	145	16:01.02	27:56.37
195	11:25.31	19:35.05	145	11:46.61	20:11.53	194	15:23.57	26:50.00	144	16:01.85	27:57.84
194	11:25.71	19:35.73	144	11:47.07	20:12.32	193	15:24.29	26:51.26	143	16:02.67	27:59.30
193	11:26.11	19:36.41	143	11:47.53	20:13.11	192	15:25.00	26:52.53	142	16:03.50	28:00.78
192	11:26.51	19:37.10	142	11:48.00	20:13.91	191	15:25.72	26:53.80	141	16:04.34	28:02.26
191	11:26.91	19:37.78	141	11:48.46	20:14.70	190	15:26.44	26:55.07	140	16:05.18	28:03.74
190	11:27.31	19:38.47	140	11:48.93	20:15.50	189	15:27.16	26:56.35	139	16:06.02	28:05.23
189	11:27.71	19:39.16	139	11:49.40	20:16.31	188	15:27.88	26:57.63	138	16:06.86	28:06.73
188	11:28.12	19:39.85	138	11:49.87	20:17.11	187	15:28.61	26:58.92	137	16:07.71	28:08.23
187	11:28.52	19:40.54	137	11:50.34	20:17.92	186	15:29.33	27:00.21	136	16:08.56	28:09.73
186	11:28.93	19:41.24	136	11:50.82	20:18.73	185	15:30.06	27:01.50	135	16:09.41	28:11.24
185	11:29.33	19:41.94	135	11:51.29	20:19.55	184	15:30.79	27:02.79	134	16:10.26	28:12.76
184	11:29.74	19:42.63	134	11:51.77	20:20.37	183	15:31.53	27:04.09	133	16:11.12	28:14.28
183	11:30.15	19:43.33	133	11:52.25	20:21.19	182	15:32.26	27:05.39	132	16:11.98	28:15.81
182	11:30.56	19:44.04	132	11:52.73	20:22.01	181	15:33.00	27:06.70	131	16:12.85	28:17.34
181	11:30.97	19:44.74	131	11:53.21	20:22.84	180	15:33.74	27:08.01	130	16:13.72	28:18.88
180	11:31.38	19:45.45	130	11:53.70	20:23.67	179	15:34.48	27:09.32	129	16:14.59	28:20.43
179	11:31.80	19:46.15	129	11:54.18	20:24.50	178	15:35.22	27:10.64	128	16:15.47	28:21.98
178	11:32.21	19:46.86	128	11:54.67	20:25.34	177	15:35.96	27:11.96	127	16:16.34	28:23.54
177	11:32.63	19:47.58	127	11:55.16	20:26.18	176	15:36.71	27:13.28	126	16:17.23	28:25.10
176	11:33.04	19:48.29	126	11:55.66	20:27.02	175	15:37.46	27:14.61	125	16:18.11	28:26.67
175	11:33.46	19:49.01	125	11:56.15	20:27.87	174	15:38.21	27:15.94	124	16:19.00	28:28.25
174	11:33.88	19:49.73	124	11:56.65	20:28.72	173	15:38.96	27:17.28	123	16:19.89	28:29.83
173	11:34.30	19:50.45	123	11:57.15	20:29.58	172	15:39.72	27:18.62	122	16:20.79	28:31.42
172	11:34.72	19:51.17	122	11:57.65	20:30.43	171	15:40.48	27:19.96	121	16:21.69	28:33.02
171	11:35.14	19:51.89	121	11:58.15	20:31.29	170	15:41.24	27:21.31	120	16:22.60	28:34.62
170	11:35.57	19:52.62	120	11:58.65	20:32.16	169	15:42.00	27:22.66	119	16:23.50	28:36.23
169	11:35.99	19:53.35	119	11:59.16	20:33.03	168	15:42.76	27:24.01	118	16:24.41	28:37.84
168	11:36.42	19:54.08	118	11:59.67	20:33.90	167	15:43.53	27:25.37	117	16:25.33	28:39.47
167	11:36.85	19:54.81	117	12:00.18	20:34.77	166	15:44.30	27:26.73	116	16:26.25	28:41.10
166	11:37.28	19:55.55	116	12:00.69	20:35.65	165	15:45.07	27:28.10	115	16:27.17	28:42.73
165	11:37.71	19:56.28	115	12:01.21	20:36.53	164	15:45.84	27:29.47	114	16:28.10	28:44.38
164	11:38.14	19:57.02	114	12:01.73	20:37.42	163	15:46.62	27:30.85	113	16:29.03	28:46.03
163	11:38.57	19:57.77	113	12:02.25	20:38.31	162	15:47.40	27:32.23	112	16:29.97	28:47.69
162	11:39.01	19:58.51	112	12:02.77	20:39.20	161	15:48.18	27:33.61	111	16:30.91	28:49.35
161	11:39.44	19:59.26	111	12:03.29	20:40.10	160	15:48.96	27:35.00	110	16:31.85	28:51.03
160	11:39.88	20:00.00	110	12:03.82	20:41.01	159	15:49.75	27:36.39	109	16:32.80	28:52.71
159	11:40.32	20:00.76	109	12:04.35	20:41.91	158	15:50.54	27:37.79	108	16:33.75	28:54.39
158	11:40.76	20:01.51	108	12:04.88	20:42.82	157	15:51.33	27:39.19	107	16:34.71	28:56.09
157	11:41.20	20:02.27	107	12:05.41	20:43.74	156	15:52.12	27:40.60	106	16:35.67	28:57.80
156	11:41.64	20:03.02	106	12:05.95	20:44.66	155	15:52.92	27:42.01	105	16:36.64	28:59.51
155	11:42.09	20:03.78	105	12:06.49	20:45.58	154	15:53.72	27:43.42	104	16:37.61	29:01.23

154	11:42.53	20:04.55	104	12:07.03	20:46.51	153	15:54.52	27:44.84	103	16:38.58	29:02.96
153	11:42.98	20:05.31	103	12:07.58	20:47.44	152	15:55.32	27:46.27	102	16:39.56	29:04.70
152	11:43.43	20:06.08	102	12:08.12	20:48.38	151	15:56.13	27:47.70	101	16:40.55	29:06.44
151	11:43.88	20:06.85	101	12:08.67	20:49.32	Points	3000m	5000m	Points	3000m	5000m
Points	3000m	5000m	Points	3000m	5000m	100	16:41.54	29:08.20	50	17:39.66	30:51.24
100	12:09.23	20:50.27	50	12:41.67	21:45.84	99	16:42.53	29:09.96	49	17:41.07	30:53.74
99	12:09.78	20:51.22	49	12:42.46	21:47.18	98	16:43.53	29:11.73	48	17:42.50	30:56.26
98	12:10.34	20:52.17	48	12:43.25	21:48.55	97	16:44.54	29:13.51	47	17:43.94	30:58.81
97	12:10.90	20:53.13	47	12:44.06	21:49.92	96	16:45.55	29:15.30	46	17:45.39	31:01.39
96	12:11.46	20:54.10	46	12:44.87	21:51.31	95	16:46.56	29:17.10	45	17:46.87	31:04.00
95	12:12.03	20:55.07	45	12:45.69	21:52.72	94	16:47.58	29:18.91	44	17:48.35	31:06.64
94	12:12.60	20:56.05	44	12:46.52	21:54.14	93	16:48.61	29:20.73	43	17:49.86	31:09.31
93	12:13.17	20:57.03	43	12:47.36	21:55.58	92	16:49.64	29:22.56	42	17:51.38	31:12.00
92	12:13.75	20:58.01	42	12:48.21	21:57.04	91	16:50.68	29:24.40	41	17:52.92	31:14.73
91	12:14.33	20:59.01	41	12:49.07	21:58.51	90	16:51.72	29:26.25	40	17:54.48	31:17.50
90	12:14.91	21:00.00	40	12:49.94	22:00.00	89	16:52.77	29:28.11	39	17:56.06	31:20.30
89	12:15.50	21:01.00	39	12:50.82	22:01.51	88	16:53.82	29:29.98	38	17:57.66	31:23.13
88	12:16.08	21:02.01	38	12:51.71	22:03.04	87	16:54.89	29:31.86	37	17:59.28	31:26.00
87	12:16.68	21:03.03	37	12:52.62	22:04.59	86	16:55.95	29:33.75	36	18:00.92	31:28.92
86	12:17.27	21:04.05	36	12:53.53	22:06.16	85	16:57.03	29:35.65	35	18:02.59	31:31.87
85	12:17.87	21:05.07	35	12:54.46	22:07.75	84	16:58.11	29:37.57	34	18:04.28	31:34.86
84	12:18.47	21:06.11	34	12:55.41	22:09.36	83	16:59.19	29:39.49	33	18:05.99	31:37.90
83	12:19.08	21:07.14	33	12:56.36	22:11.00	82	17:00.28	29:41.43	32	18:07.73	31:40.99
82	12:19.69	21:08.19	32	12:57.33	22:12.67	81	17:01.38	29:43.38	31	18:09.50	31:44.12
81	12:20.30	21:09.24	31	12:58.32	22:14.36	80	17:02.49	29:45.34	30	18:11.30	31:47.31
80	12:20.92	21:10.30	30	12:59.32	22:16.08	79	17:03.60	29:47.31	29	18:13.12	31:50.55
79	12:21.54	21:11.36	29	13:00.34	22:17.82	78	17:04.72	29:49.29	28	18:14.98	31:53.84
78	12:22.17	21:12.43	28	13:01.38	22:19.60	77	17:05.85	29:51.29	27	18:16.87	31:57.19
77	12:22.79	21:13.51	27	13:02.44	22:21.41	76	17:06.98	29:53.30	26	18:18.80	32:00.61
76	12:23.43	21:14.59	26	13:03.51	22:23.25	75	17:08.13	29:55.33	25	18:20.77	32:04.10
75	12:24.07	21:15.68	25	13:04.61	22:25.13	74	17:09.27	29:57.37	24	18:22.77	32:07.65
74	12:24.71	21:16.78	24	13:05.73	22:27.05	73	17:10.43	29:59.42	23	18:24.82	32:11.28
73	12:25.35	21:17.89	23	13:06.87	22:29.00	72	17:11.60	30:01.48	22	18:26.91	32:14.99
72	12:26.00	21:19.00	22	13:08.04	22:31.00	71	17:12.77	30:03.56	21	18:29.05	32:18.78
71	12:26.66	21:20.13	21	13:09.23	22:33.05	70	17:13.95	30:05.66	20	18:31.24	32:22.67
70	12:27.32	21:21.26	20	13:10.46	22:35.15	69	17:15.14	30:07.77	19	18:33.49	32:26.65
69	12:27.98	21:22.39	19	13:11.71	22:37.29	68	17:16.34	30:09.89	18	18:35.80	32:30.74
68	12:28.65	21:23.54	18	13:13.00	22:39.50	67	17:17.55	30:12.04	17	18:38.17	32:34.94
67	12:29.33	21:24.70	17	13:14.32	22:41.77	66	17:18.77	30:14.19	16	18:40.61	32:39.28
66	12:30.01	21:25.86	16	13:15.69	22:44.10	65	17:19.99	30:16.37	15	18:43.13	32:43.74
65	12:30.69	21:27.03	15	13:17.09	22:46.51	64	17:21.23	30:18.56	14	18:45.74	32:48.36
64	12:31.38	21:28.21	14	13:18.55	22:49.00	63	17:22.47	30:20.76	13	18:48.44	32:53.15
63	12:32.07	21:29.40	13	13:20.06	22:51.59	62	17:23.73	30:22.99	12	18:51.25	32:58.13
62	12:32.77	21:30.60	12	13:21.62	22:54.27	61	17:24.99	30:25.23	11	18:54.17	33:03.32
61	12:33.48	21:31.81	11	13:23.26	22:57.07	60	17:26.27	30:27.49	10	18:57.24	33:08.75
60	12:34.19	21:33.03	10	13:24.97	23:00.00	59	17:27.56	30:29.77	9	19:00.46	33:14.46
59	12:34.91	21:34.26	9	13:26.76	23:03.08	58	17:28.85	30:32.07	8	19:03.86	33:20.49
58	12:35.64	21:35.50	8	13:28.66	23:06.33	57	17:30.16	30:34.39	7	19:07.49	33:26.92
57	12:36.37	21:36.75	7	13:30.69	23:09.80	56	17:31.48	30:36.73	6	19:11.38	33:33.82
56	12:37.10	21:38.01	6	13:32.86	23:13.52	55	17:32.81	30:39.09	5	19:15.62	33:41.33
55	12:37.85	21:39.29	5	13:35.23	23:17.57	54	17:34.16	30:41.48	4	19:20.30	33:49.64
54	12:38.60	21:40.57	4	13:37.84	23:22.05	53	17:35.52	30:43.88	3	19:25.62	33:59.06
53	12:39.35	21:41.87	3	13:40.81	23:27.13	52	17:36.88	30:46.31	2	19:31.93	34:10.24
52	12:40.12	21:43.18	2	13:44.33	23:33.16	51	17:38.27	30:48.76	1	19:40.15	34:24.82
51	12:40.89	21:44.50	1	13:48.92	23:41.02						



EK – 3000 ve 5000 m koşu testleri puan çizelgesi