

100	200	300	400	600	800	1000	1200	1500	1600	2000	3000	4000	5000	6000	8000	10,000
11.5	23	34.5	46													
11.75	23.50	35.25	47													
12.00	24.00	36.00	48	1:12.00												
12.25	24.50	36.75	49	1:13.5	1:38											
12.50	25.00	37.50	50	1:15.0	1:40											
12.75	25.50	38.25	51	1:16.5	1:42	02:08.5										
13.00	26.00	39.00	52	1:18.0	1:44	02:10.0										
13.25	26.50	39.75	53	1:19.5	1:46	2:12.5	2:40									
13.50	27.00	40.50	54	1:21.0	1:48	2:15.0	2:43									
13.75	27.50	41.25	55	1:22.5	1:50	2:17.5	2:45									
14.00	28.00	42.00	56	1:24.0	1:52	2:20.0	2:48									
14.25	28.50	42.75	57	1:25.5	1:54	2:22.5	2:51	3:33.7	3:48							
14.50	29.00	43.50	58	1:27.0	1:56	2:25.0	2:54	3:37.5	3:52	4:50						
14.75	29.50	44.25	59	1:28.5	1:58	2:27.5	2:57	3:41.2	3:56	4:55	7:22.5					
15.00	30.00	45.00	60	1:30.0	2:00	2:30.0	3:00	3:45.0	4:00	5:00	7:30.0	10:00				
15.25	30.50	45.75	61	1:31.5	2:02	2:32.5	3:03	3:48.7	4:04	5:05	7:37.5	10:10				
15.50	31.00	46.50	62	1:33.0	2:04	2:35.0	3:06	3:52.5	4:08	5:10	7:45.0	10:20				
15.75	31.50	47.25	63	1:34.5	2:06	2:37.5	3:09	3:56.2	4:12	5:15	7:52.5	10:30	13:08.5			
16.00	32.00	48.00	64	1:36.0	2:08	2:40.0	3:12	4:00.0	4:16	5:20	8:00.0	10:40	13:20.0	16:00		
16.25	32.50	48.75	65	1:37.5	2:10	2:42.5	3:15	4:03.7	4:20	5:25	8:07.5	10:50	13:32.5	16:15	21:40	
16.50	33.00	49.50	66	1:39.0	2:12	2:45.0	3:18	4:07.5	4:24	5:30	8:15.0	11:00	13:45.0	16:30	22:00	27:30
16.75	33.50	50.25	67	1:40.5	2:14	2:47.5	3:21	4:11.2	4:28	5:35	8:22.5	11:10	13:57.5	16:45	22:20	27:55
17.00	34.00	51.00	68	1:42.0	2:16	2:50.0	3:24	4:15.0	4:32	5:40	8:30.0	11:20	14:10.0	17:00	22:40	28:20
17.25	34.50	51.75	69	1:43.5	2:18	2:52.5	3:27	4:18.7	4:36	5:45	8:37.5	11:30	14:22.5	17:15	23:00	28:45
17.50	35.00	52.50	70	1:45.0	2:20	2:55.0	3:30	4:22.5	4:40	5:50	8:45.0	11:40	14:35.0	17:30	23:20	29:10
17.75	35.50	53.25	71	1:46.5	2:22	2:57.5	3:33	4:26.2	4:44	5:55	8:52.5	11:50	14:47.5	17:45	23:40	29:45
18.00	36.00	54.00	72	1:48.0	2:24	3:00.0	3:36	4:30.0	4:48	6:00	9:00.0	12:00	15:00.0	18:00	24:00	30:00
18.25	36.50	54.75	73	1:49.5	2:26	3:02.5	3:39	4:33.7	4:52	6:05	9:07.5	12:10	15:12.5	18:15	24:20	30:25
18.50	37.00	55.50	74	1:52.5	2:28	3:05.0	3:42	4:37.5	4:56	6:10	9:15.0	12:20	15:25.0	18:30	24:40	30:50
18.75	37.50	56.25	75	1:51.0	2:30	3:07.5	3:45	4:41.2	5:00	6:15	9:22.5	12:30	15:37.5	18:45	25:00	31:15
19.00	38.00	57.00	76	1:54.0	2:32	3:10.0	3:48	4:45.0	5:04	6:20	9:30.0	12:40	15:50.0	19:00	25:20	31:40
19.25	38.50	57.75	77	1:55.5	2:34	3:12.5	3:51	4:48.7	5:08	6:25	9:37.5	12:50	16:02.5	19:15	25:40	32:05
19.50	39.00	58.50	78	1:57.0	2:36	3:15.0	3:54	4:52.5	5:12	6:30	9:45.0	13:00	16:15.0	19:30	26:00	32:30
19.75	39.5	59.25	79	1:58.5	2:38	3:17.5	3:57	4:56.2	5:16	6:35	9:52.5	13:10	16:27.5	19:45	26:20	32:55
20.0	40.0	60.0	80	2:00.0	2:40	3:20	4:00	5:00	5:20	6:40	10:00	13:20	16:40	20:00	26:40	33:20

