

0:09:32	0:08:40	09:32	11:16	12:08	T42	1500 Meters	T42						
0:09:32	0:08:40	09:32	11:16	12:08	T43	1500 Meters	T43	10:38	09:40	10:38	12:34	13:32	
0:07:02	0:06:24	07:02	08:19	08:58	T44	1500 Meters	T44	10:38	09:40	10:38	12:34	13:32	
0:07:02	0:06:24	07:02	08:19	08:58	T45	1500 Meters	T45	07:42	07:00	07:42	09:06	09:48	
					T46	1500 Meters	T46	07:42	07:00	07:42	09:06	09:48	
					T47	1500 Meters	T47						
0:11:33	0:10:30	11:33	13:39		T51	1500 Meters	T51	15:24	14:00	15:24	18:12		
0:07:29	0:06:48	07:29	08:50	09:31	T52	1500 Meters	T52	09:10	08:20	09:10	10:50	11:40	
0:04:23	0:03:59	04:23	05:11	05:35	T53	1500 Meters	T53	05:30	05:00	05:30	06:30	07:00	
0:04:23	0:03:59	04:23	05:11	05:35	T54	1500 Meters	T54	05:30	05:00	05:30	06:30	07:00	
					T61	1500 Meters	T61						
0:09:32	0:08:40	09:32	11:16	13:00	T62	1500 Meters	T62	10:38	09:40	10:38	12:34	13:32	
					T63	1500 Meters	T63						
0:09:32	0:08:40	09:32	11:16	13:00	T64	1500 Meters	T64	10:38	09:40	10:38	12:34	13:32	
					T71	1500 Meters	T71						
					T72	1500 Meters	T72						
0:04:23	0:03:59	04:23	05:11	05:35	T90	1500 Meters	T90	05:30	05:00	05:30	06:30	07:00	
0:11:00	0:10:00	11:00	13:00	14:00	T91	1500 Meters	T91	13:12	12:00	13:12	15:36	16:48	
0:14:36	0:13:17	14:36	17:16	18:36	T11	3000 Meters	T11	17:37	16:01	17:37	20:49	22:25	
0:13:52	0:12:36	13:52	16:23	17:38	T12	3000 Meters	T12	16:43	15:12	16:43	19:46	21:17	
0:13:52	0:12:36	13:52	16:23	17:38	T13	3000 Meters	T13	16:43	15:12	16:43	19:46	21:17	
0:13:52	0:12:36	13:52	16:23	17:38	T20-23	3000 Meters	T20-23	16:43	15:12	16:43	19:46	21:17	
					T31	3000 Meters	T31						
					T32	3000 Meters	T32						
0:18:38	0:16:56	18:38	22:01	23:42	T33	3000 Meters	T33	21:27	19:30	21:27	25:21	27:18	
0:15:46	0:14:20	15:46	18:38	20:04	T34	3000 Meters	T34	19:50	18:02	19:50	23:27	25:15	
0:22:00	0:20:00	22:00	26:00	28:00	T35	3000 Meters	T35	26:24	24:00	26:24	31:12	33:36	
					T35a	3000 Meters	T35a						
0:19:00	0:17:16	19:00	22:27	24:10	T36	3000 Meters	T36	22:44	20:40	22:44	26:52	28:56	
0:14:32	0:13:12	14:32	17:10	18:29	T37	3000 Meters	T37	19:48	18:00	19:48	23:24	25:12	
0:14:32	0:13:12	14:32	17:10	18:29	T38	3000 Meters	T38	19:48	18:00	19:48	23:24	25:12	
					T40	3000 Meters	T40						
					T41	3000 Meters	T41						
					T42	3000 Meters	T42						
0:19:04	0:17:20	19:04	22:32	24:16	T43	3000 Meters	T43	21:16	19:20	21:16	25:08	27:04	
0:19:04	0:17:20	19:04	22:32	24:16	T44	3000 Meters	T44	21:16	19:20	21:16	25:08	27:04	
0:14:05	0:12:48	14:05	16:38	17:55	T45	3000 Meters	T45	15:24	14:00	15:24	18:12	19:36	
0:14:05	0:12:48	14:05	16:38	17:55	T46	3000 Meters	T46	15:24	14:00	15:24	18:12	19:36	
					T47	3000 Meters	T47						
0:23:06	0:21:00	23:06	27:18		T51	3000 Meters	T51	30:48	28:00	30:48	36:24		
0:14:58	0:13:36	14:58	17:41	19:02	T52	3000 Meters	T52	18:20	16:40	18:20	21:40	23:20	
0:08:46	0:07:58	08:46	10:21	11:09	T53	3000 Meters	T53	11:00	10:00	11:00	13:00	14:00	
0:08:46	0:07:58	08:46	10:21	11:09	T54	3000 Meters	T54	11:00	10:00	11:00	13:00	14:00	
					T61	3000 Meters	T61						
0:19:04	0:17:20	19:04	22:32	26:00	T62	3000 Meters	T62	21:16	19:20	21:16	25:08	27:04	
					T63	3000 Meters	T63						
					T64	3000 Meters	T64	21:16	19:20	21:16	25:08	27:04	
0:19:04	0:17:20	19:04	22:32	26:00	T71	3000 Meters	T71						
					T72	3000 Meters	T72						
0:08:46	0:07:58	08:46	10:21	11:09	T90	3000 Meters	T90	11:00	10:00	11:00	13:00	14:00	
0:22:00	0:20:00	22:00	26:00	28:00	T91	3000 Meters	T91	26:24	24:00	26:24	31:12	33:36	
0:25:00	0:25:00	25:00	25:00	25:00	T11	5000 Meters	T11	27:00	27:00	27:00	27:00	27:00	27:00
0:25:00	0:25:00	25:00	25:00	25:00	T12	5000 Meters	T12	27:00	27:00	27:00	27:00	27:00	27:00
0:25:00	0:25:00	25:00	25:00	25:00	T13	5000 Meters	T13	27:00	27:00	27:00	27:00	27:00	27:00
0:25:00	0:25:00	25:00	25:00	25:00	T20-23	5000 Meters	T20-23	27:00	27:00	27:00	27:00	27:00	27:00
					T31	5000 Meters	T31						
					T32	5000 Meters	T32						
0:15:50	0:15:50	15:50	15:50	15:50	T33	5000 Meters	T33	20:00	20:00	20:00	20:00	20:00	20:00
0:15:50	0:15:50	15:50	15:50	15:50	T34	5000 Meters	T34	20:00	20:00	20:00	20:00	20:00	20:00
0:25:00	0:25:00	25:00	25:00	25:00	T35	5000 Meters	T35	27:00	27:00	27:00	27:00	27:00	27:00
0:25:00	0:25:00	25:00	25:00	25:00	T36	5000 Meters	T36	27:00	27:00	27:00	27:00	27:00	27:00
0:25:00	0:25:00	25:00	25:00	25:00	T37	5000 Meters	T37	27:00	27:00	27:00	27:00	27:00	27:00
0:25:00	0:25:00	25:00	25:00	25:00	T38	5000 Meters	T38	27:00	27:00	27:00	27:00	27:00	27:00
					T40	5000 Meters	T40						
					T41	5000 Meters	T41						
					T42	5000 Meters	T42						
0:25:00	0:25:00	25:00	25:00	25:00	T43	5000 Meters	T43	27:00	27:00	27:00	27:00	27:00	27:00
0:25:00	0:25:00	25:00	25:00	25:00	T44	5000 Meters	T44	27:00	27:00	27:00	27:00	27:00	27:00
0:25:00	0:25:00	25:00	25:00	25:00	T45	5000 Meters	T45	27:00	27:00	27:00	27:00	27:00	27:00
0:25:00	0:25:00	25:00	25:00	25:00	T46	5000 Meters	T46	27:00	27:00	27:00	27:00	27:00	27:00
					T47	5000 Meters	T47						
0:15:50	0:15:50	15:50	15:50	15:50	T51	5000 Meters	T51	20:00	20:00	20:00	20:00	20:00	20:00
0:15:50	0:15:50	15:50	15:50	15:50	T52	5000 Meters	T52	20:00	20:00	20:00	20:00	20:00	20:00
0:15:50	0:15:50	15:50	15:50	15:50	T53	5000 Meters	T53	20:00	20:00	20:00	20:00	20:00	20:00
0:15:50	0:15:50	15:50	15:50	15:50	T54	5000 Meters	T54	20:00	20:00	20:00	20:00	20:00	20:00
					T61	5000 Meters	T61						
0:25:00	0:25:00	25:00	25:00	25:00	T62	5000 Meters	T62	27:00	27:00	27:00	27:00	27:00	27:00
					T63	5000 Meters	T63						
0:25:00	0:25:00	25:00	25:00	25:00	T64	5000 Meters	T64	27:00	27:00	27:00	27:00	27:00	27:00
					T71	5000 Meters	T71						
					T72	5000 Meters	T72						
0:15:50	0:15:50	15:50	15:50	15:50	T90	5000 Meters	T90	20:00	20:00	20:00	20:00	20:00	20:00
0:25:00	0:25:00	25:00	25:00	25:00	T91	5000 Meters	T91	27:00	27:00	27:00	27:00	27:00	27:00