

MILE PACE	5K		5 MILES		10K		10 Miles		Half Marathon		15 Miles		20 Miles		Marathon	
	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
04:40	14:30	144	23:20	148	29:00	150	00:46:40	156	01:01:11	160	01:10:00	164	01:33:20	170	02:02:21	178
04:42	14:36	143	23:30	147	29:12	149	00:47:00	155	01:01:37	159	01:10:30	163	01:34:00	169	02:03:13	177
04:44	14:42	142	23:40	146	29:25	148	00:47:20	154	01:02:03	158	01:11:00	162	01:34:40	168	02:04:06	176
04:46	14:49	141	23:50	145	29:37	147	00:47:40	153	01:02:29	157	01:11:30	161	01:35:20	167	02:04:58	175
04:48	14:55	140	24:00	144	29:50	146	00:48:00	152	01:02:55	156	01:12:00	160	01:36:00	166	02:05:51	174
04:50	15:01	139	24:10	143	30:02	145	00:48:20	151	01:03:22	155	01:12:30	159	01:36:40	165	02:06:43	173
04:52	15:07	138	24:20	142	30:14	144	00:48:40	150	01:03:48	154	01:13:00	158	01:37:20	164	02:07:36	172
04:54	15:13	137	24:30	141	30:27	143	00:49:00	149	01:04:14	153	01:13:30	157	01:38:00	163	02:08:28	171
04:56	15:20	136	24:40	140	30:39	142	00:49:20	148	01:04:40	152	01:14:00	156	01:38:40	162	02:09:21	170
04:58	15:26	135	24:50	139	30:52	141	00:49:40	147	01:05:06	151	01:14:30	155	01:39:20	161	02:10:13	169
05:00	15:32	134	25:00	138	31:04	140	00:50:00	146	01:05:33	150	01:15:00	154	01:40:00	160	02:11:05	168
05:02	15:38	133	25:10	137	31:17	139	00:50:20	145	01:05:59	149	01:15:30	153	01:40:40	159	02:11:58	167
05:04	15:45	132	25:20	136	31:29	138	00:50:40	144	01:06:25	148	01:16:00	152	01:41:20	158	02:12:50	166
05:06	15:51	131	25:30	135	31:41	137	00:51:00	143	01:06:51	147	01:16:30	151	01:42:00	157	02:13:43	165
05:08	15:57	130	25:40	134	31:54	136	00:51:20	142	01:07:18	146	01:17:00	150	01:42:40	156	02:14:35	164
05:10	16:03	129	25:50	133	32:06	135	00:51:40	141	01:07:44	145	01:17:30	149	01:43:20	155	02:15:28	163
05:12	16:09	128	26:00	132	32:19	134	00:52:00	140	01:08:10	144	01:18:00	148	01:44:00	154	02:16:20	162
05:14	16:16	127	26:10	131	32:31	133	00:52:20	139	01:08:36	143	01:18:30	147	01:44:40	153	02:17:12	161
05:16	16:22	126	26:20	130	32:44	132	00:52:40	138	01:09:02	142	01:19:00	146	01:45:20	152	02:18:05	160
05:18	16:28	125	26:30	129	32:56	131	00:53:00	137	01:09:29	141	01:19:30	145	01:46:00	151	02:18:57	159
05:20	16:34	124	26:40	128	33:08	130	00:53:20	136	01:09:55	140	01:20:00	144	01:46:40	150	02:19:50	158
05:22	16:40	123	26:50	127	33:21	129	00:53:40	135	01:10:21	139	01:20:30	143	01:47:20	149	02:20:42	157
05:24	16:47	122	27:00	126	33:33	128	00:54:00	134	01:10:47	138	01:21:00	142	01:48:00	148	02:21:35	156
05:26	16:53	121	27:10	125	33:46	127	00:54:20	133	01:11:14	137	01:21:30	141	01:48:40	147	02:22:27	155
05:28	16:59	120	27:20	124	33:58	126	00:54:40	132	01:11:40	136	01:22:00	140	01:49:20	146	02:23:20	154
05:30	17:05	119	27:30	123	34:11	125	00:55:00	131	01:12:06	135	01:22:30	139	01:50:00	145	02:24:12	153
05:32	17:12	118	27:40	122	34:23	124	00:55:20	130	01:12:32	134	01:23:00	138	01:50:40	144	02:25:04	152
05:34	17:18	117	27:50	121	34:35	123	00:55:40	129	01:12:58	133	01:23:30	137	01:51:20	143	02:25:57	151
05:36	17:24	116	28:00	120	34:48	122	00:56:00	128	01:13:25	132	01:24:00	136	01:52:00	142	02:26:49	150
05:38	17:30	115	28:10	119	35:00	121	00:56:20	127	01:13:51	131	01:24:30	135	01:52:40	141	02:27:42	149
05:40	17:36	114	28:20	118	35:13	120	00:56:40	126	01:14:17	130	01:25:00	134	01:53:20	140	02:28:34	148
05:42	17:43	113	28:30	117	35:25	119	00:57:00	125	01:14:43	129	01:25:30	133	01:54:00	139	02:29:27	147
05:44	17:49	112	28:40	116	35:38	118	00:57:20	124	01:15:09	128	01:26:00	132	01:54:40	138	02:30:19	146
05:46	17:55	111	28:50	115	35:50	117	00:57:40	123	01:15:36	127	01:26:30	131	01:55:20	137	02:31:11	145
05:48	18:01	110	29:00	114	36:02	116	00:58:00	122	01:16:02	126	01:27:00	130	01:56:00	136	02:32:04	144
05:50	18:07	109	29:10	113	36:15	115	00:58:20	121	01:16:28	125	01:27:30	129	01:56:40	135	02:32:56	143
05:52	18:14	108	29:20	112	36:27	114	00:58:40	120	01:16:54	124	01:28:00	128	01:57:20	134	02:33:49	142
05:54	18:20	107	29:30	111	36:40	113	00:59:00	119	01:17:21	123	01:28:30	127	01:58:00	133	02:34:41	141
05:56	18:26	106	29:40	110	36:52	112	00:59:20	118	01:17:47	122	01:29:00	126	01:58:40	132	02:35:34	140
05:58	18:32	105	29:50	109	37:05	111	00:59:40	117	01:18:13	121	01:29:30	125	01:59:20	131	02:36:26	139
06:00	18:39	104	30:00	108	37:17	110	01:00:00	116	01:18:39	120	01:30:00	124	02:00:00	130	02:37:18	138

MILE PACE	5K		5 MILES		10K		10 Miles		Half Marathon		15 Miles		20 Miles		Marathon	
	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
06:02	18:45	103	30:10	107	37:29	109	01:00:20	115	01:19:05	119	01:30:30	123	02:00:40	129	02:38:11	137
06:04	18:51	102	30:20	106	37:42	108	01:00:40	114	01:19:32	118	01:31:00	122	02:01:20	128	02:39:03	136
06:06	18:57	101	30:30	105	37:54	107	01:01:00	113	01:19:58	117	01:31:30	121	02:02:00	127	02:39:56	135
06:08	19:03	100	30:40	104	38:07	106	01:01:20	112	01:20:24	116	01:32:00	120	02:02:40	126	02:40:48	134
06:10	19:10	99	30:50	103	38:19	105	01:01:40	111	01:20:50	115	01:32:30	119	02:03:20	125	02:41:41	133
06:12	19:16	98	31:00	102	38:31	104	01:02:00	110	01:21:17	114	01:33:00	118	02:04:00	124	02:42:33	132
06:14	19:22	97	31:10	101	38:44	103	01:02:20	109	01:21:43	113	01:33:30	117	02:04:40	123	02:43:26	131
06:16	19:28	96	31:20	100	38:56	102	01:02:40	108	01:22:09	112	01:34:00	116	02:05:20	122	02:44:18	130
06:18	19:34	95	31:30	99	39:09	101	01:03:00	107	01:22:35	111	01:34:30	115	02:06:00	121	02:45:10	129
06:20	19:41	94	31:40	98	39:21	100	01:03:20	106	01:23:01	110	01:35:00	114	02:06:40	120	02:46:03	128
06:22	19:47	93	31:50	97	39:34	99	01:03:40	105	01:23:28	109	01:35:30	113	02:07:20	119	02:46:55	127
06:24	19:53	92	32:00	96	39:46	98	01:04:00	104	01:23:54	108	01:36:00	112	02:08:00	118	02:47:48	126
06:26	19:59	91	32:10	95	39:58	97	01:04:20	103	01:24:20	107	01:36:30	111	02:08:40	117	02:48:40	125
06:28	20:06	90	32:20	94	40:11	96	01:04:40	102	01:24:46	106	01:37:00	110	02:09:20	116	02:49:33	124
06:30	20:12	89	32:30	93	40:23	95	01:05:00	101	01:25:13	105	01:37:30	109	02:10:00	115	02:50:25	123
06:32	20:18	88	32:40	92	40:36	94	01:05:20	100	01:25:39	104	01:38:00	108	02:10:40	114	02:51:17	122
06:34	20:24	87	32:50	91	40:48	93	01:05:40	99	01:26:05	103	01:38:30	107	02:11:20	113	02:52:10	121
06:36	20:30	86	33:00	90	41:01	92	01:06:00	98	01:26:31	102	01:39:00	106	02:12:00	112	02:53:02	120
06:38	20:37	85	33:10	89	41:13	91	01:06:20	97	01:26:57	101	01:39:30	105	02:12:40	111	02:53:55	119
06:40	20:43	84	33:20	88	41:25	90	01:06:40	96	01:27:24	100	01:40:00	104	02:13:20	110	02:54:47	118
06:42	20:49	83	33:30	87	41:38	89	01:07:00	95	01:27:50	99	01:40:30	103	02:14:00	109	02:55:40	117
06:44	20:55	82	33:40	86	41:50	88	01:07:20	94	01:28:16	98	01:41:00	102	02:14:40	108	02:56:32	116
06:46	21:01	81	33:50	85	42:03	87	01:07:40	93	01:28:42	97	01:41:30	101	02:15:20	107	02:57:25	115
06:48	21:08	80	34:00	84	42:15	86	01:08:00	92	01:29:08	96	01:42:00	100	02:16:00	106	02:58:17	114
06:50	21:14	79	34:10	83	42:28	85	01:08:20	91	01:29:35	95	01:42:30	99	02:16:40	105	02:59:09	113
06:52	21:20	78	34:20	82	42:40	84	01:08:40	90	01:30:01	94	01:43:00	98	02:17:20	104	03:00:02	112
06:54	21:26	77	34:30	81	42:52	83	01:09:00	89	01:30:27	93	01:43:30	97	02:18:00	103	03:00:54	111
06:56	21:33	76	34:40	80	43:05	82	01:09:20	88	01:30:53	92	01:44:00	96	02:18:40	102	03:01:47	110
06:58	21:39	75	34:50	79	43:17	81	01:09:40	87	01:31:20	91	01:44:30	95	02:19:20	101	03:02:39	109
07:00	21:45	74	35:00	78	43:30	80	01:10:00	86	01:31:46	90	01:45:00	94	02:20:00	100	03:03:32	108
07:02	21:51	73	35:10	77	43:42	79	01:10:20	85	01:32:12	89	01:45:30	93	02:20:40	99	03:04:24	107
07:04	21:57	72	35:20	76	43:55	78	01:10:40	84	01:32:38	88	01:46:00	92	02:21:20	98	03:05:16	106
07:06	22:04	71	35:30	75	44:07	77	01:11:00	83	01:33:04	87	01:46:30	91	02:22:00	97	03:06:09	105
07:08	22:10	70	35:40	74	44:19	76	01:11:20	82	01:33:31	86	01:47:00	90	02:22:40	96	03:07:01	104
07:10	22:16	69	35:50	73	44:32	75	01:11:40	81	01:33:57	85	01:47:30	89	02:23:20	95	03:07:54	103
07:12	22:22	68	36:00	72	44:44	74	01:12:00	80	01:34:23	84	01:48:00	88	02:24:00	94	03:08:46	102
07:14	22:28	67	36:10	71	44:57	73	01:12:20	79	01:34:49	83	01:48:30	87	02:24:40	93	03:09:39	101
07:16	22:35	66	36:20	70	45:09	72	01:12:40	78	01:35:16	82	01:49:00	86	02:25:20	92	03:10:31	100
07:18	22:41	65	36:30	69	45:22	71	01:13:00	77	01:35:42	81	01:49:30	85	02:26:00	91	03:11:23	99
07:20	22:47	64	36:40	68	45:34	70	01:13:20	76	01:36:08	80	01:50:00	84	02:26:40	90	03:12:16	98
07:22	22:53	63	36:50	67	45:46	69	01:13:40	75	01:36:34	79	01:50:30	83	02:27:20	89	03:13:08	97

MILE PACE	5K		5 MILES		10K		10 Miles		Half Marathon		15 Miles		20 Miles		Marathon	
	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
07:24	23:00	62	37:00	66	45:59	68	01:14:00	74	01:37:00	78	01:51:00	82	02:28:00	88	03:14:01	96
07:26	23:06	61	37:10	65	46:11	67	01:14:20	73	01:37:27	77	01:51:30	81	02:28:40	87	03:14:53	95
07:28	23:12	60	37:20	64	46:24	66	01:14:40	72	01:37:53	76	01:52:00	80	02:29:20	86	03:15:46	94
07:30	23:18	59	37:30	63	46:36	65	01:15:00	71	01:38:19	75	01:52:30	79	02:30:00	85	03:16:38	93
07:32	23:24	58	37:40	62	46:49	64	01:15:20	70	01:38:45	74	01:53:00	78	02:30:40	84	03:17:31	92
07:34	23:31	57	37:50	61	47:01	63	01:15:40	69	01:39:11	73	01:53:30	77	02:31:20	83	03:18:23	91
07:36	23:37	56	38:00	60	47:13	62	01:16:00	68	01:39:38	72	01:54:00	76	02:32:00	82	03:19:15	90
07:38	23:43	55	38:10	59	47:26	61	01:16:20	67	01:40:04	71	01:54:30	75	02:32:40	81	03:20:08	89
07:40	23:49	54	38:20	58	47:38	60	01:16:40	66	01:40:30	70	01:55:00	74	02:33:20	80	03:21:00	88
07:42	23:55	53	38:30	57	47:51	59	01:17:00	65	01:40:56	69	01:55:30	73	02:34:00	79	03:21:53	87
07:44	24:02	52	38:40	56	48:03	58	01:17:20	64	01:41:23	68	01:56:00	72	02:34:40	78	03:22:45	86
07:46	24:08	51	38:50	55	48:16	57	01:17:40	63	01:41:49	67	01:56:30	71	02:35:20	77	03:23:38	85
07:48	24:14	50	39:00	54	48:28	56	01:18:00	62	01:42:15	66	01:57:00	70	02:36:00	76	03:24:30	84
07:50	24:20	49	39:10	53	48:40	55	01:18:20	61	01:42:41	65	01:57:30	69	02:36:40	75	03:25:22	83
07:52	24:27	48	39:20	52	48:53	54	01:18:40	60	01:43:07	64	01:58:00	68	02:37:20	74	03:26:15	82
07:54	24:33	47	39:30	51	49:05	53	01:19:00	59	01:43:34	63	01:58:30	67	02:38:00	73	03:27:07	81
07:56	24:39	46	39:40	50	49:18	52	01:19:20	58	01:44:00	62	01:59:00	66	02:38:40	72	03:28:00	80
07:58	24:45	45	39:50	49	49:30	51	01:19:40	57	01:44:26	61	01:59:30	65	02:39:20	71	03:28:52	79
08:00	24:51	44	40:00	48	49:43	50	01:20:00	56	01:44:52	60	02:00:00	64	02:40:00	70	03:29:45	78
08:02	24:58	43	40:10	47	49:55	49	01:20:20	55	01:45:19	59	02:00:30	63	02:40:40	69	03:30:37	77
08:04	25:04	42	40:20	46	50:07	48	01:20:40	54	01:45:45	58	02:01:00	62	02:41:20	68	03:31:30	76
08:06	25:10	41	40:30	45	50:20	47	01:21:00	53	01:46:11	57	02:01:30	61	02:42:00	67	03:32:22	75
08:08	25:16	40	40:40	43	50:32	46	01:21:20	52	01:46:37	56	02:02:00	60	02:42:40	66	03:33:14	74
08:10	25:22	39	40:50	42	50:45	45	01:21:40	51	01:47:03	55	02:02:30	59	02:43:20	65	03:34:07	73
08:12	25:29	38	41:00	41	50:57	44	01:22:00	50	01:47:30	54	02:03:00	58	02:44:00	64	03:34:59	72
08:14	25:35	37	41:10	40	51:10	43	01:22:20	49	01:47:56	53	02:03:30	57	02:44:40	63	03:35:52	71
08:16	25:41	36	41:20	40	51:22	42	01:22:40	48	01:48:22	52	02:04:00	56	02:45:20	62	03:36:44	70
08:18	25:47	35	41:30	39	51:34	41	01:23:00	47	01:48:48	51	02:04:30	55	02:46:00	61	03:37:37	69
08:20	25:53	34	41:40	38	51:47	40	01:23:20	46	01:49:14	50	02:05:00	54	02:46:40	60	03:38:29	68
08:22	26:00	33	41:50	37	51:59	39	01:23:40	45	01:49:41	49	02:05:30	53	02:47:20	59	03:39:21	67
08:24	26:06	32	42:00	36	52:12	38	01:24:00	44	01:50:07	48	02:06:00	52	02:48:00	58	03:40:14	66
08:26	26:12	31	42:10	35	52:24	37	01:24:20	43	01:50:33	47	02:06:30	51	02:48:40	57	03:41:06	65
08:28	26:18	30	42:20	34	52:37	36	01:24:40	42	01:50:59	46	02:07:00	50	02:49:20	56	03:41:59	64
08:30	26:25	29	42:30	33	52:49	35	01:25:00	41	01:51:26	45	02:07:30	49	02:50:00	55	03:42:51	63
08:32	26:31	28	42:40	32	53:01	34	01:25:20	40	01:51:52	44	02:08:00	48	02:50:40	54	03:43:44	62
08:34	26:37	27	42:50	31	53:14	33	01:25:40	39	01:52:18	43	02:08:30	47	02:51:20	53	03:44:36	61
08:36	26:43	26	43:00	30	53:26	32	01:26:00	38	01:52:44	42	02:09:00	46	02:52:00	52	03:45:28	60
08:38	26:49	25	43:10	29	53:39	31	01:26:20	37	01:53:10	41	02:09:30	45	02:52:40	51	03:46:21	59
08:40	26:56	24	43:20	28	53:51	30	01:26:40	36	01:53:37	40	02:10:00	44	02:53:20	50	03:47:13	58
08:42	27:02	23	43:30	27	54:04	29	01:27:00	35	01:54:03	39	02:10:30	43	02:54:00	49	03:48:06	57
08:44	27:08	22	43:40	26	54:16	28	01:27:20	34	01:54:29	38	02:11:00	42	02:54:40	48	03:48:58	56

MILE PACE	5K		5 MILES		10K		10 Miles		Half Marathon		15 Miles		20 Miles		Marathon	
	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
08:46	27:14	21	43:50	25	54:28	27	01:27:40	33	01:54:55	37	02:11:30	41	02:55:20	47	03:49:51	55
08:48	27:20	20	44:00	24	54:41	26	01:28:00	32	01:55:22	36	02:12:00	40	02:56:00	46	03:50:43	54
08:50	27:27	19	44:10	23	54:53	25	01:28:20	31	01:55:48	35	02:12:30	39	02:56:40	45	03:51:36	53
08:52	27:33	18	44:20	22	55:06	24	01:28:40	30	01:56:14	34	02:13:00	38	02:57:20	44	03:52:28	52
08:54	27:39	17	44:30	21	55:18	23	01:29:00	29	01:56:40	33	02:13:30	37	02:58:00	43	03:53:20	51
08:56	27:45	16	44:40	20	55:31	22	01:29:20	28	01:57:06	32	02:14:00	36	02:58:40	42	03:54:13	50
08:58	27:52	15	44:50	19	55:43	21	01:29:40	27	01:57:33	31	02:14:30	35	02:59:20	41	03:55:05	49
09:00	27:58	14	45:00	18	55:55	20	01:30:00	26	01:57:59	30	02:15:00	34	03:00:00	40	03:55:58	48
09:02	28:04	13	45:10	17	56:08	19	01:30:20	25	01:58:25	29	02:15:30	33	03:00:40	39	03:56:50	47
09:04	28:10	12	45:20	16	56:20	18	01:30:40	24	01:58:51	28	02:16:00	32	03:01:20	38	03:57:43	46
09:06	28:16	11	45:30	15	56:33	17	01:31:00	23	01:59:18	27	02:16:30	31	03:02:00	37	03:58:35	45
09:08	28:23	10	45:40	14	56:45	16	01:31:20	22	01:59:44	26	02:17:00	30	03:02:40	36	03:59:27	44
09:10	28:29	9	45:50	13	56:58	15	01:31:40	21	02:00:10	25	02:17:30	29	03:03:20	35	04:00:20	43
09:12	28:35	8	46:00	12	57:10	14	01:32:00	20	02:00:36	24	02:18:00	28	03:04:00	34	04:01:12	42
09:14	28:41	7	46:10	11	57:22	13	01:32:20	19	02:01:02	23	02:18:30	27	03:04:40	33	04:02:05	41
09:16	28:47	6	46:20	10	57:35	12	01:32:40	18	02:01:29	22	02:19:00	26	03:05:20	32	04:02:57	40
09:18	28:54	5	46:30	9	57:47	11	01:33:00	17	02:01:55	21	02:19:30	25	03:06:00	31	04:03:50	39
09:20	29:00	4	46:40	8	58:00	10	01:33:20	16	02:02:21	20	02:20:00	24	03:06:40	30	04:04:42	38
09:22	29:06	3	46:50	7	58:12	9	01:33:40	15	02:02:47	19	02:20:30	23	03:07:20	29	04:05:35	37
09:24	29:12	2	47:00	6	58:25	8	01:34:00	14	02:03:13	18	02:21:00	22	03:08:00	28	04:06:27	36
09:26	29:19	1	47:10	5	58:37	7	01:34:20	13	02:03:40	17	02:21:30	21	03:08:40	27	04:07:19	35
09:28	29:25	0	47:20	4	58:49	6	01:34:40	12	02:04:06	16	02:22:00	20	03:09:20	26	04:08:12	34
09:30			47:30	3	59:02	5	01:35:00	11	02:04:32	15	02:22:30	19	03:10:00	25	04:09:04	33
09:32			47:40	2	59:14	4	01:35:20	10	02:04:58	14	02:23:00	18	03:10:40	24	04:09:57	32
09:34			47:50	1	59:27	3	01:35:40	9	02:05:25	13	02:23:30	17	03:11:20	23	04:10:49	31
09:36			48:00	0	59:39	2	01:36:00	8	02:05:51	12	02:24:00	16	03:12:00	22	04:11:42	30
09:38					59:52	1	01:36:20	7	02:06:17	11	02:24:30	15	03:12:40	21	04:12:34	29
09:40					00:04	0	01:36:40	6	02:06:43	10	02:25:00	14	03:13:20	20	04:13:26	28
09:42							01:37:00	5	02:07:09	9	02:25:30	13	03:14:00	19	04:14:19	27
09:44							01:37:20	4	02:07:36	8	02:26:00	12	03:14:40	18	04:15:11	26
09:46							01:37:40	3	02:08:02	7	02:26:30	11	03:15:20	17	04:16:04	25
09:48							01:38:00	2	02:08:28	6	02:27:00	10	03:16:00	16	04:16:56	24
09:50							01:38:20	1	02:08:54	5	02:27:30	9	03:16:40	15	04:17:49	23
09:52							01:38:40	0	02:09:21	4	02:28:00	8	03:17:20	14	04:18:41	22
09:54									02:09:47	3	02:28:30	7	03:18:00	13	04:19:33	21
09:56									02:10:13	2	02:29:00	6	03:18:40	12	04:20:26	20
09:58									02:10:39	1	02:29:30	5	03:19:20	11	04:21:18	19
10:00									02:11:05	0	02:30:00	4	03:20:00	10	04:22:11	18
10:02											02:30:30	3	03:20:40	9	04:23:03	17
10:04											02:31:00	2	03:21:20	8	04:23:56	16
10:06											02:31:30	1	03:22:00	7	04:24:48	15

MILE PACE	5K		5 MILES		10K		10 Miles		Half Marathon		15 Miles		20 Miles		Marathon	
	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
10:08											02:32:00	0	03:22:40	6	04:25:41	14
10:10													03:23:20	5	04:26:33	13
10:12													03:24:00	4	04:27:25	12
10:14													03:24:40	3	04:28:18	11
10:16													03:25:20	2	04:29:10	10
10:18													03:26:00	1	04:30:03	9
10:20													03:26:40	0	04:30:55	8
10:22															04:31:48	7
10:24															04:32:40	6
10:26															04:33:32	5
10:28															04:34:25	4
10:30															04:35:17	3
10:32															04:36:10	2
10:34															04:37:02	1
10:36															04:37:55	0