

Age	Sex	1000m						2000m						4000m						5000m						6000m						8000m						10000m						Average %													
		1	%	2	%	3	%	1	%	2	%	3	%	4	%	1	%	2	%	3	%	4	%	1	%	2	%	3	%	4	%	1	%	2	%	3	%	4	%	1	%	2	%		3	%	4	%	1	%	2	%	3	%	4	%	
66	M																																																							71.4	7
13	F	3:45	70.3					7:02	67.4					15:04	81.5			18:50	69.5	19:49	72.8			22:59	73.1					28:52:00	70.5					42:23:00	62.4	47:38:00	68.01					69.7	1												
40	M																																					40:58:00	68					68	1												
46	M													16:26	67.2			15:17	65.4	19:21	65.4																							67.2	3												
30	M																																					39:35:00	67.5					66.1	1												
40	M																																					64.2	3																		
13	F				3:58	67.1						8:27	68.4					18:19	67.1					23:53	58.7			29:51:00	65.8			42:23:00	62.4					43:24:00	64.2	64.1	8																
17	M				2:50	79.9						8:37	57.4					13:32	77.1					17:00	77			20:12	90.5			40:47:00	52.4					46:46:00	57.6	63.9	4																
71	M		4:46	63.7						10:16	63.6					21:30	64.1																									63.8	7														
61	M	5:50	47.4					12:18	48.1					25:44:00	48.6	25:32:00	49							32:26:00	48.8			39:56:00	48.1			58:59:00	47					61:12:00	54	48.9	7																
34	F																																					46.1	3																		
22	M			11:02	31					20:42	33					46:51:00	30									1:11:00	30.3													31.1	1																