

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

1K	00:05:19		12K	01:03:48
2K	00:10:38		13K	01:09:07
3K	00:15:57		14K	01:14:26
4K	00:21:16		15K	01:19:45
5K	00:26:35		16K	01:25:04
6K	00:31:54		17K	01:30:23
7K	00:37:13		18K	01:35:42
8K	00:42:32		19K	01:41:01
9K	00:47:51		20K	01:46:20
10K	00:53:10		21K	01:51:39
11K	00:58:29		HALF	01:52:10

22K	01:56:58		33K	02:55:27
23K	02:02:17		34K	03:00:46
24K	02:07:36		35K	03:06:05
25K	02:12:55		36K	03:11:24
26K	02:18:14		37K	03:16:43
27K	02:23:33		38K	03:22:02
28K	02:28:52		39K	03:27:21
29K	02:34:11		40K	03:32:40
30K	02:39:30		41K	03:37:59
31K	02:44:49		42K	03:43:18
32K	02:50:08		FULL	03:44:20

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3K	00:15:57		14K	01:14:26
4K	00:21:16		15K	01:19:45
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30K	02:39:30		41K	03:37:59
31K	02:44:49		42K	03:43:18
32K	02:50:08		FULL	03:44:20