



1:50 800m 100m :14 150m :21 200m :28 250m :34 300m :41 400m :55 500m 1:09	2:00 800m 100m :15 150m :23 200m :30 250m :38 300m :45 400m 1:00 500m 1:15	2:10 800m 100m :16 150m :24 200m :33 250m :41 300m :49 400m 1:05 500m 1:21	2:20 800m 100m :18 150m :26 200m :35 250m :44 300m :53 400m 1:10 500m 1:28	2:30 800m 100m :19 150m :28 200m :38 250m :47 300m :56 400m 1:15 500m 1:34
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2:40 800m 100m :20 150m :30 200m :40 250m :50 300m 1:00 400m 1:20 500m 1:40	2:50 800m 100m :21 150m :32 200m :43 250m :53 300m 1:04 400m 1:25 500m 1:46	3:00 800m 100m :23 150m :34 200m :45 250m :56 300m 1:08 400m 1:30 500m 1:53	3:10 800m 100m :24 150m :36 200m :48 250m :59 300m 1:11 400m 1:35 500m 1:59	3:20 800m 100m :25 150m :38 200m :50 250m 1:03 300m 1:15 400m 1:40 500m 2:05
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4:05 1600m 200m :31 300m :46 400m 1:01 500m 1:17 600m 1:32 800m 2:03 1000m 2:33	4:15 1600m 200m :32 300m :48 400m 1:04 500m 1:20 600m 1:36 800m 2:08 1000m 2:39	4:25 1600m 200m :33 300m :50 400m 1:06 500m 1:23 600m 1:39 800m 2:13 1000m 2:46	4:35 1600m 200m :34 300m :52 400m 1:09 500m 1:26 600m 1:43 800m 2:18 1000m 2:52	4:45 1600m 200m :36 300m :53 400m 1:11 500m 1:29 600m 1:47 800m 2:23 1000m 2:58
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4:55 1600m 200m :37 300m :55 400m 1:14 500m 1:32 600m 1:51 800m 2:28 1000m 3:04	5:05 1600m 200m :38 300m :57 400m 1:16 500m 1:35 600m 1:54 800m 2:33 1000m 3:11	5:15 1600m 200m :39 300m :59 400m 1:19 500m 1:38 600m 1:58 800m 2:38 1000m 3:17	5:25 1600m 200m :41 300m 1:01 400m 1:21 500m 1:42 600m 2:02 800m 2:43 1000m 3:23	5:35 1600m 200m :42 300m 1:03 400m 1:24 500m 1:45 600m 2:06 800m 2:48 1000m 3:29
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5:45 1600m 200m :43 300m 1:05 400m 1:26 500m 1:48 600m 2:09 800m 2:53 1000m 3:36	5:55 1600m 200m :44 300m 1:07 400m 1:29 500m 1:51 600m 2:13 800m 2:58 1000m 3:42	6:05 1600m 200m :46 300m 1:08 400m 1:31 500m 1:54 600m 2:17 800m 3:03 1000m 3:48	6:15 1600m 200m :47 300m 1:10 400m 1:34 500m 1:57 600m 2:21 800m 3:08 1000m 3:54	6:25 1600m 200m :48 300m 1:12 400m 1:36 500m 2:00 600m 2:24 800m 3:13 1000m 4:01
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6:35 1600m 200m :49 300m 1:14 400m 1:39 500m 2:03 600m 2:28 800m 3:18 1000m 4:07	6:45 1600m 200m :51 300m 1:16 400m 1:41 500m 2:07 600m 2:32 800m 3:23 1000m 4:13	6:55 1600m 200m :52 300m 1:18 400m 1:44 500m 2:10 600m 2:36 800m 3:28 1000m 4:19	7:05 1600m 200m :53 300m 1:20 400m 1:46 500m 2:13 600m 2:39 800m 3:33 1000m 4:26	7:15 1600m 200m :54 300m 1:22 400m 1:49 500m 2:16 600m 2:43 800m 3:38 1000m 4:32
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