

Rechenzeiten 200m - Strecken

Prozent	125%	120%	115%	110%	109%	108%	107%	106%	105%	104%	103%	102%	101%	100%	99%	98%	97%	96%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%
Zeit	03:07,50	03:20,00	03:32,50	03:45,00	03:47,50	03:50,00	03:52,50	03:55,00	03:57,50	04:00,00	04:02,50	04:05,00	04:07,50	04:10,00	04:12,50	04:15,00	04:17,50	04:20,00	04:22,50	04:35,00	04:47,50	05:00,00	05:12,50	05:25,00	05:37,50	05:50,00	06:02,50	06:15,00
	03:06,75	03:19,20	03:31,65	03:44,10	03:46,59	03:49,08	03:51,57	03:54,06	03:56,55	03:59,04	04:01,53	04:04,02	04:06,51	04:09,00	04:11,49	04:13,98	04:16,47	04:18,96	04:21,45	04:33,90	04:46,35	04:58,80	05:11,25	05:23,70	05:36,15	05:48,60	06:01,05	06:13,50
	03:06,00	03:18,40	03:30,80	03:43,20	03:45,68	03:48,16	03:50,64	03:53,12	03:55,60	03:58,08	04:00,56	04:03,04	04:05,52	04:08,00	04:10,48	04:12,96	04:15,44	04:17,92	04:20,40	04:32,80	04:45,20	04:57,60	05:10,00	05:22,40	05:34,80	05:47,20	05:59,60	06:12,00
	03:05,25	03:17,60	03:29,95	03:42,30	03:44,77	03:47,24	03:49,71	03:52,18	03:54,65	03:57,12	03:59,59	04:02,06	04:04,53	04:07,00	04:09,47	04:11,94	04:14,41	04:16,88	04:19,35	04:31,70	04:44,05	04:56,40	05:08,75	05:21,10	05:33,45	05:45,80	05:58,15	06:10,50
	03:04,50	03:16,80	03:29,10	03:41,40	03:43,86	03:46,32	03:48,78	03:51,24	03:53,70	03:56,16	03:58,62	04:01,08	04:03,54	04:06,00	04:08,46	04:10,92	04:13,38	04:15,84	04:18,30	04:30,60	04:42,90	04:55,20	05:07,50	05:19,80	05:32,10	05:44,40	05:56,70	06:09,00
	03:03,75	03:16,00	03:28,25	03:40,50	03:42,95	03:45,40	03:47,85	03:50,30	03:52,75	03:55,20	03:57,65	04:00,10	04:02,55	04:05,00	04:07,45	04:09,90	04:12,35	04:14,80	04:17,25	04:29,50	04:41,75	04:54,00	05:06,25	05:18,50	05:30,75	05:43,00	05:55,25	06:07,50
	03:03,00	03:15,20	03:27,40	03:39,60	03:42,04	03:44,48	03:46,92	03:49,36	03:51,80	03:54,24	03:56,68	03:59,12	04:01,56	04:04,00	04:06,44	04:08,88	04:11,32	04:13,76	04:16,20	04:28,40	04:40,60	04:52,80	05:05,00	05:17,20	05:29,40	05:41,60	05:53,80	06:06,00
	03:02,25	03:14,40	03:26,55	03:38,70	03:41,13	03:43,56	03:45,99	03:48,42	03:50,85	03:53,28	03:55,71	03:58,14	04:00,57	04:03,00	04:05,43	04:07,86	04:10,29	04:12,72	04:15,15	04:27,30	04:39,45	04:51,60	05:03,75	05:15,90	05:28,05	05:40,20	05:52,35	06:04,50
	03:01,50	03:13,60	03:25,70	03:37,80	03:40,22	03:42,64	03:45,06	03:47,48	03:49,90	03:52,32	03:54,74	03:57,16	03:59,58	04:02,00	04:04,42	04:06,84	04:09,26	04:11,68	04:14,10	04:26,20	04:38,30	04:50,40	05:02,50	05:14,60	05:26,70	05:38,80	05:50,90	06:03,00
	03:00,75	03:12,80	03:24,85	03:36,90	03:39,31	03:41,72	03:44,13	03:46,54	03:48,95	03:51,36	03:53,77	03:56,18	03:58,59	04:01,00	04:03,41	04:05,82	04:08,23	04:10,64	04:13,05	04:25,10	04:37,15	04:49,20	05:01,25	05:13,30	05:25,35	05:37,40	05:49,45	06:01,50
	03:00,00	03:12,00	03:24,00	03:36,00	03:38,40	03:40,80	03:43,20	03:45,60	03:48,00	03:50,40	03:52,80	03:55,20	03:57,60	04:00,00	04:02,40	04:04,80	04:07,20	04:09,60	04:12,00	04:24,00	04:36,00	04:48,00	05:00,00	05:12,00	05:24,00	05:36,00	05:48,00	06:00,00
	02:59,25	03:11,20	03:23,15	03:35,10	03:37,49	03:39,88	03:42,27	03:44,66	03:47,05	03:49,44	03:51,83	03:54,22	03:56,61	03:59,00	04:01,39	04:03,78	04:06,17	04:08,56	04:10,95	04:22,90	04:34,85	04:46,80	04:58,75	05:10,70	05:22,65	05:34,60	05:46,55	05:58,50
	02:58,50	03:10,40	03:22,30	03:34,20	03:36,58	03:38,96	03:41,34	03:43,72	03:46,10	03:48,48	03:50,86	03:53,24	03:55,62	03:58,00	04:00,38	04:02,76	04:05,14	04:07,52	04:09,90	04:21,80	04:33,70	04:45,60	04:57,50	05:09,40	05:21,30	05:33,20	05:45,10	05:57,00
	02:57,75	03:09,60	03:21,45	03:33,30	03:35,67	03:38,04	03:40,41	03:42,78	03:45,15	03:47,52	03:49,89	03:52,26	03:54,63	03:57,00	03:59,37	04:01,74	04:04,11	04:06,48	04:08,85	04:20,70	04:32,55	04:44,40	04:56,25	05:08,10	05:19,95	05:31,80	05:43,65	05:55,50
	02:57,00	03:08,80	03:20,60	03:32,40	03:34,76	03:37,12	03:39,48	03:41,84	03:44,20	03:46,56	03:48,92	03:51,28	03:53,64	03:56,00	03:58,36	04:00,72	04:03,08	04:05,44	04:07,80	04:19,60	04:31,40	04:43,20	04:55,00	05:06,80	05:18,60	05:30,40	05:42,20	05:54,00
	02:56,25	03:08,00	03:19,75	03:31,50	03:33,85	03:36,20	03:38,55	03:40,90	03:43,25	03:45,60	03:47,95	03:50,30	03:52,65	03:55,00	03:57,35	03:59,70	04:02,05	04:04,40	04:06,75	04:18,50	04:30,25	04:42,00	04:53,75	05:05,50	05:17,25	05:29,00	05:40,75	05:52,50
	02:55,50	03:07,20	03:18,90	03:30,60	03:32,94	03:35,28	03:37,62	03:39,96	03:42,30	03:44,64	03:46,98	03:49,32	03:51,66	03:54,00	03:56,34	03:58,68	04:01,02	04:03,36	04:05,70	04:17,40	04:29,10	04:40,80	04:52,50	05:04,20	05:15,90	05:27,60	05:39,30	05:51,00
	02:54,75	03:06,40	03:18,05	03:29,70	03:32,03	03:34,36	03:36,69	03:39,02	03:41,35	03:43,68	03:46,01	03:48,34	03:50,67	03:53,00	03:55,33	03:57,66	03:59,99	04:02,32	04:04,65	04:16,30	04:27,95	04:39,60	04:51,25	05:02,90	05:14,55	05:26,20	05:37,85	05:49,50
	02:54,00	03:05,60	03:17,20	03:28,80	03:31,12	03:33,44	03:35,76	03:38,08	03:40,40	03:42,72	03:45,04	03:47,36	03:49,68	03:52,00	03:54,32	03:56,64	03:58,96	04:01,28	04:03,60	04:15,20	04:26,80	04:38,40	04:50,00	05:01,60	05:13,20	05:24,80	05:36,40	05:48,00
	02:53,25	03:04,80	03:16,35	03:27,90	03:30,21	03:32,52	03:34,83	03:37,14	03:39,45	03:41,76	03:44,07	03:46,38	03:48,69	03:51,00	03:53,31	03:55,62	03:57,93	04:00,24	04:02,55	04:14,10	04:25,65	04:37,20	04:48,75	05:00,30	05:11,85	05:23,40	05:34,95	05:46,50
	02:52,50	03:04,00	03:15,50	03:27,00	03:29,30	03:31,60	03:33,90	03:36,20	03:38,50	03:40,80	03:43,10	03:45,40	03:47,70	03:50,00	03:52,30	03:54,60	03:56,90	03:59,20	04:01,50	04:13,00	04:24,50	04:36,00	04:47,50	04:59,00	05:10,50	05:22,00	05:33,50	05:45,00
	02:51,75	03:03,20	03:14,65	03:26,10	03:28,39	03:30,68	03:32,97	03:35,26	03:37,55	03:39,84	03:42,13	03:44,42	03:46,71	03:49,00	03:51,29	03:53,58	03:55,87	03:58,16	04:00,45	04:11,90	04:23,35	04:34,80	04:46,25	04:57,70	05:09,15	05:20,60	05:32,05	05:43,50
	02:51,00	03:02,40	03:13,80	03:25,20	03:27,48	03:29,76	03:32,04	03:34,32	03:36,60	03:38,88	03:41,16	03:43,44	03:45,72	03:48,00	03:50,28	03:52,56	03:54,84	03:57,12	03:59,40	04:10,80	04:22,20	04:33,60	04:45,00	04:56,40	05:07,80	05:19,20	05:30,60	05:42,00
	02:50,25	03:01,60	03:12,95	03:24,30	03:26,57	03:28,84	03:31,11	03:33,38	03:35,65	03:37,92	03:40,19	03:42,46	03:44,73	03:47,00	03:49,27	03:51,54	03:53,81	03:56,08	03:58,35	04:09,70	04:21,05	04:32,40	04:43,75	04:55,10	05:06,45	05:17,80	05:29,15	05:40,50
	02:49,50	03:00,80	03:12,10	03:23,40	03:25,66	03:27,92	03:30,18	03:32,44	03:34,70	03:36,96	03:39,22	03:41,48	03:43,74	03:46,00	03:48,26	03:50,52	03:52,78	03:55,04	03:57,30	04:08,60	04:19,90	04:31,20	04:42,50	04:53,80	05:05,10	05:16,40	05:27,70	05:39,00
	02:48,75	03:00,00	03:11,25	03:22,50	03:24,75	03:27,00	03:29,25	03:31,50	03:33,75	03:36,00	03:38,25	03:40,50	03:42,75	03:45,00	03:47,25	03:49,50	03:51,75	03:54,00	03:56,25	04:07,50	04:18,75	04:30,00	04:41,25	04:52,50	05:03,75	05:15,00	05:26,25	05:37,50
	02:48,00	02:59,20	03:10,40	03:21,60	03:23,84	03:26,08	03:28,32	03:30,56	03:32,80	03:35,04	03:37,28	03:39,52	03:41,76	03:44,00	03:46,24	03:48,48	03:50,72	03:52,96	03:55,20	04:06,40	04:17,60	04:28,80	04:40,00	04:51,20	05:02,40	05:13,60	05:24,80	05:36,00
	02:47,25	02:58,40	03:09,55	03:20,70	03:22,93	03:25,16	03:27,39	03:29,62	03:31,85	03:34,08	03:36,31	03:38,54	03:40,77	03:43,00	03:45,23	03:47,46	03:49,69	03:51,92	03:54,15	04:05,30	04:16,45	04:27,60	04:38,75	04:49,90	05:01,05	05:12,20	05:23,35	05:34,50
	02:46,50	02:57,60	03:08,70	03:19,80	03:22,02	03:24,24	03:26,46	03:28,68	03:30,90	03:33,12	03:35,34	03:37,56	03:39,78	03:42,00	03:44,22	03:46,44	03:48,66	03:50,88	03:53,10	04:04,20	04:15,30	04:26,40	04:37,50	04:48,60	04:59,70	05:10,80	05:21,90	05:33,00
	02:45,75	02:56,80	03:07,85	03:18,90	03:21,11	03:23,32	03:25,53	03:27,74	03:29,95	03:32,16	03:34,37	03:36,58	03:38,79	03:41,00	03:43,21	03:45,42	03:47,63	03:49,84	03:52,05	04:03,10	04:14,15	04:25,20	04:36,25	04:47,30	04:58,35	05:09,40	05:20,45	05:31,50
	02:45,00	02:56,00	03:07,00	03:18,00	03:20,20	03:22,40	03:24,60	03:26,80	03:29,00	03:31,20	03:33,40	03:35,60	03:37,80	03:40,00	03:42,20	03:44,40	03:46,60	03:48,80	03:51,00	04:02,00	04:13,00	04:24,00	04:35,00	04:46,00	04:57,00	05:08,00	05:19,00	05:30,00
	02:44,25	02:55,20	03:06,15	03:17,10	03:19,29	03:21,48	03:23,67	03:25,86	03:28,05	03:30,24	03:32,43	03:34,62	03:36,81	03:39,00	03:41,19	03:43,38	03:45,57	03:47,76	03:49,95	04:00,90	04:11,85	04:22,80	04:33,75	04:44,70	04:55,65	05:06,60	05:17,55	05:28,50
	02:43,50	02:54,40	03:05,30	03:16,20	03:18,38	03:20,56	03:2																					

Rechenzeiten 200m - Strecken

Prozent	125%	120%	115%	110%	109%	108%	107%	106%	105%	104%	103%	102%	101%	100%	99%	98%	97%	96%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%
02:18,00	02:27,20	02:36,40	02:45,60	02:47,44	02:49,28	02:51,12	02:52,96	02:54,80	02:56,64	02:58,48	03:00,32	03:02,16	03:04,00	03:05,84	03:07,68	03:09,52	03:11,36	03:13,20	03:22,40	03:31,60	03:40,80	03:50,00	03:59,20	04:08,40	04:17,60	04:26,80	04:36,00	04:45,20
02:17,25	02:26,40	02:35,55	02:44,70	02:46,53	02:48,36	02:50,19	02:52,02	02:53,85	02:55,68	02:57,51	02:59,34	03:01,17	03:03,00	03:04,83	03:06,66	03:08,49	03:10,32	03:12,15	03:21,30	03:30,45	03:39,60	03:48,75	03:57,90	04:07,05	04:16,20	04:25,35	04:34,50	04:43,65
02:16,50	02:25,60	02:34,70	02:43,80	02:45,62	02:47,44	02:49,26	02:51,08	02:52,90	02:54,72	02:56,54	02:58,36	03:00,18	03:02,00	03:03,82	03:05,64	03:07,46	03:09,28	03:11,10	03:20,20	03:29,30	03:38,40	03:47,50	03:56,60	04:05,70	04:14,80	04:23,90	04:33,00	04:42,10
02:15,75	02:24,80	02:33,85	02:42,90	02:44,71	02:46,52	02:48,33	02:50,14	02:51,95	02:53,76	02:55,57	02:57,38	02:59,19	03:01,00	03:02,81	03:04,62	03:06,43	03:08,24	03:10,05	03:19,10	03:28,15	03:37,20	03:46,25	03:55,30	04:04,35	04:13,40	04:22,45	04:31,50	04:40,55
02:15,00	02:24,00	02:33,00	02:42,00	02:43,80	02:45,60	02:47,40	02:49,20	02:51,00	02:52,80	02:54,60	02:56,40	02:58,20	03:00,00	03:01,80	03:03,60	03:05,40	03:07,20	03:09,00	03:18,00	03:27,00	03:36,00	03:45,00	03:54,00	04:03,00	04:12,00	04:21,00	04:30,00	04:39,00
02:14,25	02:23,20	02:32,15	02:41,10	02:42,89	02:44,68	02:46,47	02:48,26	02:50,05	02:51,84	02:53,63	02:55,42	02:57,21	02:59,00	03:00,79	03:02,58	03:04,37	03:06,16	03:07,95	03:16,90	03:25,85	03:34,80	03:43,75	03:52,70	04:01,65	04:10,60	04:19,55	04:28,50	04:37,45
02:13,50	02:22,40	02:31,30	02:40,20	02:41,98	02:43,76	02:45,54	02:47,32	02:49,10	02:50,88	02:52,66	02:54,44	02:56,22	02:58,00	02:59,78	03:01,56	03:03,34	03:05,12	03:06,90	03:15,80	03:24,70	03:33,60	03:42,50	03:51,40	04:00,30	04:09,20	04:18,10	04:27,00	04:35,90
02:12,75	02:21,60	02:30,45	02:39,30	02:41,07	02:42,84	02:44,61	02:46,38	02:48,15	02:49,92	02:51,69	02:53,46	02:55,23	02:57,00	02:58,77	03:00,54	03:02,31	03:04,08	03:05,85	03:14,70	03:23,55	03:32,40	03:41,25	03:50,10	03:58,95	04:07,80	04:16,65	04:25,50	04:34,35
02:12,00	02:20,80	02:29,60	02:38,40	02:40,16	02:41,92	02:43,68	02:45,44	02:47,20	02:48,96	02:50,72	02:52,48	02:54,24	02:56,00	02:57,76	02:59,52	03:01,28	03:03,04	03:04,80	03:13,60	03:22,40	03:31,20	03:40,00	03:48,80	03:57,60	04:06,40	04:15,20	04:24,00	04:32,80
02:11,25	02:20,00	02:28,75	02:37,50	02:39,25	02:41,00	02:42,75	02:44,50	02:46,25	02:48,00	02:49,75	02:51,50	02:53,25	02:55,00	02:56,75	02:58,50	03:00,25	03:02,00	03:03,75	03:12,50	03:21,25	03:30,00	03:38,75	03:47,50	03:56,25	04:05,00	04:13,75	04:22,50	04:31,25
02:10,50	02:19,20	02:27,90	02:36,60	02:38,34	02:40,08	02:41,82	02:43,56	02:45,30	02:47,04	02:48,78	02:50,52	02:52,26	02:54,00	02:55,74	02:57,48	02:59,22	03:00,96	03:02,70	03:11,40	03:20,10	03:28,80	03:37,50	03:46,20	03:54,90	04:03,60	04:12,30	04:21,00	04:29,70
02:09,75	02:18,40	02:27,05	02:35,70	02:37,43	02:39,16	02:40,89	02:42,62	02:44,35	02:46,08	02:47,81	02:49,54	02:51,27	02:53,00	02:54,73	02:56,46	02:58,19	02:59,92	03:01,65	03:10,30	03:18,95	03:27,60	03:36,25	03:44,90	03:53,55	04:02,20	04:10,85	04:19,50	04:28,15
02:09,00	02:17,60	02:26,20	02:34,80	02:36,52	02:38,24	02:39,96	02:41,68	02:43,40	02:45,12	02:46,84	02:48,56	02:50,28	02:52,00	02:53,72	02:55,44	02:57,16	02:58,88	03:00,60	03:09,20	03:17,80	03:26,40	03:35,00	03:43,60	03:52,20	04:00,80	04:09,40	04:18,00	04:26,60
02:08,25	02:16,80	02:25,35	02:33,90	02:35,61	02:37,32	02:39,03	02:40,74	02:42,45	02:44,16	02:45,87	02:47,58	02:49,29	02:51,00	02:52,71	02:54,42	02:56,13	02:57,84	02:59,55	03:08,10	03:16,65	03:25,20	03:33,75	03:42,30	03:50,85	03:59,40	04:07,95	04:16,50	04:25,05
02:07,50	02:16,00	02:24,50	02:33,00	02:34,70	02:36,40	02:38,10	02:39,80	02:41,50	02:43,20	02:44,90	02:46,60	02:48,30	02:50,00	02:51,70	02:53,40	02:55,10	02:56,80	02:58,50	03:07,00	03:15,50	03:24,00	03:32,50	03:41,00	03:49,50	03:58,00	04:06,50	04:15,00	04:23,50
02:06,75	02:15,20	02:23,65	02:32,10	02:33,79	02:35,48	02:37,17	02:38,86	02:40,55	02:42,24	02:43,93	02:45,62	02:47,31	02:49,00	02:50,69	02:52,38	02:54,07	02:55,76	02:57,45	03:05,90	03:14,35	03:22,80	03:31,25	03:39,70	03:48,15	03:56,60	04:05,05	04:13,50	04:21,95
02:06,00	02:14,40	02:22,80	02:31,20	02:32,88	02:34,56	02:36,24	02:37,92	02:39,60	02:41,28	02:42,96	02:44,64	02:46,32	02:48,00	02:49,68	02:51,36	02:53,04	02:54,72	02:56,40	03:04,80	03:13,20	03:21,60	03:30,00	03:38,40	03:46,80	03:55,20	04:03,60	04:12,00	04:20,40
02:05,25	02:13,60	02:21,95	02:30,30	02:31,97	02:33,64	02:35,31	02:36,98	02:38,65	02:40,32	02:41,99	02:43,66	02:45,33	02:47,00	02:48,67	02:50,34	02:52,01	02:53,68	02:55,35	03:03,70	03:12,05	03:20,40	03:28,75	03:37,10	03:45,45	03:53,80	04:02,15	04:10,50	04:18,85
02:04,50	02:12,80	02:21,10	02:29,40	02:31,06	02:32,72	02:34,38	02:36,04	02:37,70	02:39,36	02:41,02	02:42,68	02:44,34	02:46,00	02:47,66	02:49,32	02:50,98	02:52,64	02:54,30	03:02,60	03:10,90	03:19,20	03:27,50	03:35,80	03:44,10	03:52,40	04:00,70	04:09,00	04:17,30
02:03,75	02:12,00	02:20,25	02:28,50	02:30,15	02:31,80	02:33,45	02:35,10	02:36,75	02:38,40	02:40,05	02:41,70	02:43,35	02:45,00	02:46,65	02:48,30	02:49,95	02:51,60	02:53,25	03:01,50	03:09,75	03:18,00	03:26,25	03:34,50	03:42,75	03:51,00	03:59,25	04:07,50	04:15,75
02:03,00	02:11,20	02:19,40	02:27,60	02:29,24	02:30,88	02:32,52	02:34,16	02:35,80	02:37,44	02:39,08	02:40,72	02:42,36	02:44,00	02:45,64	02:47,28	02:48,92	02:50,56	02:52,20	03:00,40	03:08,60	03:16,80	03:25,00	03:33,20	03:41,40	03:49,60	03:57,80	04:06,00	04:14,20
02:02,25	02:10,40	02:18,55	02:26,70	02:28,33	02:29,96	02:31,59	02:33,22	02:34,85	02:36,48	02:38,11	02:39,74	02:41,37	02:43,00	02:44,63	02:46,26	02:47,89	02:49,52	02:51,15	02:59,30	03:07,45	03:15,60	03:23,75	03:31,90	03:40,05	03:48,20	03:56,35	04:04,50	04:12,65
02:01,50	02:09,60	02:17,70	02:25,80	02:27,42	02:29,04	02:30,66	02:32,28	02:33,90	02:35,52	02:37,14	02:38,76	02:40,38	02:42,00	02:43,62	02:45,24	02:46,86	02:48,48	02:50,10	02:58,20	03:06,30	03:14,40	03:22,50	03:30,60	03:38,70	03:46,80	03:54,90	04:03,00	04:11,10
02:00,75	02:08,80	02:16,85	02:24,90	02:26,51	02:28,12	02:29,73	02:31,34	02:32,95	02:34,56	02:36,17	02:37,78	02:39,39	02:41,00	02:42,61	02:44,22	02:45,83	02:47,44	02:49,05	02:57,10	03:05,15	03:13,20	03:21,25	03:29,30	03:37,35	03:45,40	03:53,45	04:01,50	04:09,55
02:00,00	02:08,00	02:16,00	02:24,00	02:25,60	02:27,20	02:28,80	02:30,40	02:32,00	02:33,60	02:35,20	02:36,80	02:38,40	02:40,00	02:41,60	02:43,20	02:44,80	02:46,40	02:48,00	02:56,00	03:04,00	03:12,00	03:20,00	03:28,00	03:36,00	03:44,00	03:52,00	04:00,00	04:08,00
01:59,25	02:07,20	02:15,15	02:23,10	02:24,69	02:26,28	02:27,87	02:29,46	02:31,05	02:32,64	02:34,23	02:35,82	02:37,41	02:39,00	02:40,59	02:42,18	02:43,77	02:45,36	02:46,95	02:54,90	03:02,85	03:10,80	03:18,75	03:26,70	03:34,65	03:42,60	03:50,55	03:58,50	04:06,45
01:58,50	02:06,40	02:14,30	02:22,20	02:23,78	02:25,36	02:26,94	02:28,52	02:30,10	02:31,68	02:33,26	02:34,84	02:36,42	02:38,00	02:39,58	02:41,16	02:42,74	02:44,32	02:45,90	02:53,80	03:01,70	03:09,60	03:17,50	03:25,40	03:33,30	03:41,20	03:49,10	03:57,00	04:04,90
01:57,75	02:05,60	02:13,45	02:21,30	02:22,87	02:24,44	02:26,01	02:27,58	02:29,15	02:30,72	02:32,29	02:33,86	02:35,43	02:37,00	02:38,57	02:40,14	02:41,71	02:43,28	02:44,85	02:52,70	03:00,55	03:08,40	03:16,25	03:24,10	03:31,95	03:39,80	03:47,65	03:55,50	04:03,35
01:57,00	02:04,80	02:12,60	02:20,40	02:21,96	02:23,52	02:25,08	02:26,64	02:28,20	02:29,76	02:31,32	02:32,88	02:34,44	02:36,00	02:37,56	02:39,12	02:40,68	02:42,24	02:43,80	02:51,60	02:59,40	03:07,20	03:15,00	03:22,80	03:30,60	03:38,40	03:46,20	03:54,00	04:01,80
01:56,25	02:04,00	02:11,75	02:19,50	02:21,05	02:22,60	02:24,15	02:25,70	02:27,25	02:28,80	02:30,35	02:31,90	02:33,45	02:35,00	02:36,55	02:38,10	02:39,65	02:41,20	02:42,75	02:50,50	02:58,25	03:06,00	03:13,75	03:21,50	03:29,25	03:37,00	03:44,75	03:52,50	04:00,25
01:55,50	02:03,20	02:10,90	02:18,60	02:20,14	02:21,68	02:23,22	02:24,76	02:26,30	02:27,84	02:29,38	02:30,92	02:32,46	02:34,00	02:35,54	02:37,08	02:38,62	02:40,16	02:41,70	02:49,40	02:57,10	03:04,80	03:12,50	03:20,20	03:27,90	03:35,60	03:43,30	03:51,00	03:58,70
01:54,75	02:02,40	02:10,05	02:17,70	02:19,23	02:20,76	02:22,29	02:23,82	02:25,35	02:26,88	02:28,41	02:29,94	02:31,47	02:33,00															