

Darlington Harriers 2014/15

Senior Race Championships

Season dates

The season to run from 1st November 2014 to 31st October 2015

Age Categories

The athlete's age as of the 1st September 2014 will dictate the age category. The athlete will remain in this category until the commencement of the following season.

Senior – Male 20 to 39, Female 20 to 34

Vet 1 – Male 40 to 49, Female 35 to 44

Vet 2 – Male 50 to 59, Female 45 to 54

Vet 3 – Male 60 to 69+, Female 55 to 64

Vet 4 – Male 70+, female 65+

Championship Scoring

Scoring

Scoring will be by the use of Road race scheme table below

Scoring Seniors & Vets

Best 6 races at certified distances up to marathon. 1 race must be 10 miles or over and 1 race must be less than 10 miles. No more than 2 races at any one distance to count. Track races will count.

Awards will be made to the athlete with the highest points in each category. In the event of two athletes being tied, the person with the best performance on their 1st event will be declared the winner.

Best Overall

These awards (male & female) will be judged from the winners of the above categories, calculated on best average points score i.e. points total divided by 6.

Most Improved

An award will be made to the athlete (male and female) who makes the greatest improvement from one season to next, based on his/her average score. To qualify the athlete must have a minimum of 3 scoring races in the first season and the full complement in the second season (6 Races). A member who wins or has previously won any of the individual road race categories defined above, is ineligible for this award.

10k Grand Prix

Scoring

Scoring will be by the use of Road race scheme table below

Scoring Seniors & Vets

Points scored at the following 10k events (best 7 from the 10)

- Pitstop 10k
- Darlington 10k
- Middlesboro 10k
- Aycliffe 10k
- Mermaid 10k
- Ray Harrison 10k
- Everyone Active (aka Victorian 10k)
- Tees Barrage 10k
- Heaton 10k
- Raby Castle 10k

Awards will be made to the athlete with the highest points in each category. In the event of two athletes being tied performances in 8th, 9th then 10th event will be taken into account.

The Ian Barnes Award

Awarded for the best age related performance over any distance* during the season - using the WAVA calculator

*recognised on the points table

Darlington Harriers Marathon Award

Awarded for the best age related performance over the marathon distance during the season - using the WAVA calculator

XC

Points will be scored based on position, ie 10 points for 1st, 9 points for second.

There are 6 races in the XC NYSD LEAGUE and 3 MAJOR CHAMPIONSHIPS (NE counties, Northern and National).

You can drop one event, so the total points from 8 races will be considered and the highest score will win.

Prizes awarded down to 3rd place.

Point scoring

Athletes will be responsible for supplying their own results to the championship organiser. This can be done retrospectively in the 1st year (2014/15) but in subsequent years must be done within 14 days or they will not be accepted.

| Mile Pace | 5k | points | 5m | points | 10k | points | 10m | points | %mara | points | 15m | points | 20m | points | mara | points |
|-----------|-------|--------|----------|--------|----------|--------|----------|--------|----------|--------|----------|--------|----------|--------|----------|--------|
| 04:18 | 13:22 | 193 | 00:21:30 | 197 | 00:26:43 | 199 | 00:43:00 | 208 | 00:56:22 | 212 | 01:04:30 | 216 | 01:26:00 | 222 | 01:52:45 | 230 |
| 04:20 | 13:28 | 192 | 00:21:40 | 196 | 00:26:56 | 198 | 00:43:20 | 207 | 00:56:48 | 211 | 01:05:00 | 215 | 01:26:40 | 221 | 01:53:37 | 229 |
| 04:22 | 13:34 | 191 | 00:21:50 | 195 | 00:27:08 | 197 | 00:43:40 | 206 | 00:57:15 | 210 | 01:05:30 | 214 | 01:27:20 | 220 | 01:54:29 | 228 |
| 04:24 | 13:40 | 190 | 00:22:00 | 194 | 00:27:21 | 196 | 00:44:00 | 205 | 00:57:41 | 209 | 01:06:00 | 213 | 01:28:00 | 219 | 01:55:22 | 227 |
| 04:26 | 13:46 | 189 | 00:22:10 | 193 | 00:27:33 | 195 | 00:44:20 | 204 | 00:58:07 | 208 | 01:06:30 | 212 | 01:28:40 | 218 | 01:56:14 | 226 |
| 04:28 | 13:53 | 188 | 00:22:20 | 192 | 00:27:46 | 194 | 00:44:40 | 203 | 00:58:33 | 207 | 01:07:00 | 211 | 01:29:20 | 217 | 01:57:07 | 225 |
| 04:30 | 13:59 | 187 | 00:22:30 | 191 | 00:27:58 | 193 | 00:45:00 | 202 | 00:58:59 | 206 | 01:07:30 | 210 | 01:30:00 | 216 | 01:57:59 | 224 |
| 04:32 | 14:05 | 186 | 00:22:40 | 190 | 00:28:10 | 192 | 00:45:20 | 201 | 00:59:26 | 205 | 01:08:00 | 209 | 01:30:40 | 215 | 01:58:52 | 223 |
| 04:34 | 14:11 | 185 | 00:22:50 | 189 | 00:28:23 | 191 | 00:45:40 | 200 | 00:59:52 | 204 | 01:08:30 | 208 | 01:31:20 | 214 | 01:59:44 | 222 |
| 04:36 | 14:18 | 184 | 00:23:00 | 188 | 00:28:35 | 190 | 00:46:00 | 199 | 01:00:18 | 203 | 01:09:00 | 207 | 01:32:00 | 213 | 02:00:36 | 221 |
| 04:38 | 14:24 | 183 | 00:23:10 | 187 | 00:28:48 | 189 | 00:46:20 | 198 | 01:00:44 | 202 | 01:09:30 | 206 | 01:32:40 | 212 | 02:01:29 | 220 |
| 04:40 | 14:30 | 182 | 00:23:20 | 186 | 00:29:00 | 188 | 00:46:40 | 197 | 01:01:11 | 201 | 01:10:00 | 205 | 01:33:20 | 211 | 02:02:21 | 219 |
| 04:42 | 14:36 | 181 | 00:23:30 | 185 | 00:29:13 | 187 | 00:47:00 | 196 | 01:01:37 | 200 | 01:10:30 | 204 | 01:34:00 | 210 | 02:03:14 | 218 |
| 04:44 | 14:42 | 180 | 00:23:40 | 184 | 00:29:25 | 186 | 00:47:20 | 195 | 01:02:03 | 199 | 01:11:00 | 203 | 01:34:40 | 209 | 02:04:06 | 217 |
| 04:46 | 14:49 | 179 | 00:23:50 | 183 | 00:29:37 | 185 | 00:47:40 | 194 | 01:02:29 | 198 | 01:11:30 | 202 | 01:35:20 | 208 | 02:04:59 | 216 |
| 04:48 | 14:55 | 178 | 00:24:00 | 182 | 00:29:50 | 184 | 00:48:00 | 193 | 01:02:55 | 197 | 01:12:00 | 201 | 01:36:00 | 207 | 02:05:51 | 215 |
| 04:50 | 15:01 | 177 | 00:24:10 | 181 | 00:30:02 | 183 | 00:48:20 | 192 | 01:03:22 | 196 | 01:12:30 | 200 | 01:36:40 | 206 | 02:06:44 | 214 |
| 04:52 | 15:07 | 176 | 00:24:20 | 180 | 00:30:15 | 182 | 00:48:40 | 191 | 01:03:48 | 195 | 01:13:00 | 199 | 01:37:20 | 205 | 02:07:36 | 213 |
| 04:54 | 15:13 | 175 | 00:24:30 | 179 | 00:30:27 | 181 | 00:49:00 | 190 | 01:04:14 | 194 | 01:13:30 | 198 | 01:38:00 | 204 | 02:08:28 | 212 |
| 04:56 | 15:20 | 174 | 00:24:40 | 178 | 00:30:40 | 180 | 00:49:20 | 189 | 01:04:40 | 193 | 01:14:00 | 197 | 01:38:40 | 203 | 02:09:21 | 211 |
| 04:58 | 15:26 | 173 | 00:24:50 | 177 | 00:30:52 | 179 | 00:49:40 | 188 | 01:05:06 | 192 | 01:14:30 | 196 | 01:39:20 | 202 | 02:10:13 | 210 |
| 05:00 | 15:32 | 172 | 00:25:00 | 176 | 00:31:04 | 178 | 00:50:00 | 187 | 01:05:33 | 191 | 01:15:00 | 195 | 01:40:00 | 201 | 02:11:06 | 209 |
| 05:02 | 15:38 | 171 | 00:25:10 | 175 | 00:31:17 | 177 | 00:50:20 | 186 | 01:05:59 | 190 | 01:15:30 | 194 | 01:40:40 | 200 | 02:11:58 | 208 |
| 05:04 | 15:45 | 170 | 00:25:20 | 174 | 00:31:29 | 176 | 00:50:40 | 185 | 01:06:25 | 189 | 01:16:00 | 193 | 01:41:20 | 199 | 02:12:51 | 207 |
| 05:06 | 15:51 | 169 | 00:25:30 | 173 | 00:31:42 | 175 | 00:51:00 | 184 | 01:06:51 | 188 | 01:16:30 | 192 | 01:42:00 | 198 | 02:13:43 | 206 |
| 05:08 | 15:57 | 168 | 00:25:40 | 172 | 00:31:54 | 174 | 00:51:20 | 183 | 01:07:18 | 187 | 01:17:00 | 191 | 01:42:40 | 197 | 02:14:35 | 205 |
| 05:10 | 16:03 | 167 | 00:25:50 | 171 | 00:32:07 | 173 | 00:51:40 | 182 | 01:07:44 | 186 | 01:17:30 | 190 | 01:43:20 | 196 | 02:15:28 | 204 |
| 05:12 | 16:09 | 166 | 00:26:00 | 170 | 00:32:19 | 172 | 00:52:00 | 181 | 01:08:10 | 185 | 01:18:00 | 189 | 01:44:00 | 195 | 02:16:20 | 203 |
| 05:14 | 16:16 | 165 | 00:26:10 | 169 | 00:32:32 | 171 | 00:52:20 | 180 | 01:08:36 | 184 | 01:18:30 | 188 | 01:44:40 | 194 | 02:17:13 | 202 |
| 05:16 | 16:22 | 164 | 00:26:20 | 168 | 00:32:44 | 170 | 00:52:40 | 179 | 01:09:02 | 183 | 01:19:00 | 187 | 01:45:20 | 193 | 02:18:05 | 201 |
| 05:18 | 16:28 | 163 | 00:26:30 | 167 | 00:32:56 | 169 | 00:53:00 | 178 | 01:09:29 | 182 | 01:19:30 | 186 | 01:46:00 | 192 | 02:18:58 | 200 |
| 05:20 | 16:34 | 162 | 00:26:40 | 166 | 00:33:09 | 168 | 00:53:20 | 177 | 01:09:55 | 181 | 01:20:00 | 185 | 01:46:40 | 191 | 02:19:50 | 199 |
| 05:22 | 16:40 | 161 | 00:26:50 | 165 | 00:33:21 | 167 | 00:53:40 | 176 | 01:10:21 | 180 | 01:20:30 | 184 | 01:47:20 | 190 | 02:20:43 | 198 |
| 05:24 | 16:47 | 160 | 00:27:00 | 164 | 00:33:34 | 166 | 00:54:00 | 175 | 01:10:47 | 179 | 01:21:00 | 183 | 01:48:00 | 189 | 02:21:35 | 197 |
| 05:26 | 16:53 | 159 | 00:27:10 | 163 | 00:33:46 | 165 | 00:54:20 | 174 | 01:11:14 | 178 | 01:21:30 | 182 | 01:48:40 | 188 | 02:22:27 | 196 |
| 05:28 | 16:59 | 158 | 00:27:20 | 162 | 00:33:59 | 164 | 00:54:40 | 173 | 01:11:40 | 177 | 01:22:00 | 181 | 01:49:20 | 187 | 02:23:20 | 195 |
| 05:30 | 17:05 | 157 | 00:27:30 | 161 | 00:34:11 | 163 | 00:55:00 | 172 | 01:12:06 | 176 | 01:22:30 | 180 | 01:50:00 | 186 | 02:24:12 | 194 |

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|-------|-------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 05:32 | 17:12 | 156 | 00:27:40 | 160 | 00:34:23 | 162 | 00:55:20 | 171 | 01:12:32 | 175 | 01:23:00 | 179 | 01:50:40 | 185 | 02:25:05 | 193 |
| 05:34 | 17:18 | 155 | 00:27:50 | 159 | 00:34:36 | 161 | 00:55:40 | 170 | 01:12:58 | 174 | 01:23:30 | 178 | 01:51:20 | 184 | 02:25:57 | 192 |
| 05:36 | 17:24 | 154 | 00:28:00 | 158 | 00:34:48 | 160 | 00:56:00 | 169 | 01:13:25 | 173 | 01:24:00 | 177 | 01:52:00 | 183 | 02:26:50 | 191 |
| 05:38 | 17:30 | 153 | 00:28:10 | 157 | 00:35:01 | 159 | 00:56:20 | 168 | 01:13:51 | 172 | 01:24:30 | 176 | 01:52:40 | 182 | 02:27:42 | 190 |
| 05:40 | 17:36 | 152 | 00:28:20 | 156 | 00:35:13 | 158 | 00:56:40 | 167 | 01:14:17 | 171 | 01:25:00 | 175 | 01:53:20 | 181 | 02:28:34 | 189 |
| 05:42 | 17:43 | 151 | 00:28:30 | 155 | 00:35:26 | 157 | 00:57:00 | 166 | 01:14:43 | 170 | 01:25:30 | 174 | 01:54:00 | 180 | 02:29:27 | 188 |
| 05:44 | 17:49 | 150 | 00:28:40 | 154 | 00:35:38 | 156 | 00:57:20 | 165 | 01:15:09 | 169 | 01:26:00 | 173 | 01:54:40 | 179 | 02:30:19 | 187 |
| 05:46 | 17:55 | 149 | 00:28:50 | 153 | 00:35:50 | 155 | 00:57:40 | 164 | 01:15:36 | 168 | 01:26:30 | 172 | 01:55:20 | 178 | 02:31:12 | 186 |
| 05:48 | 18:01 | 148 | 00:29:00 | 152 | 00:36:03 | 154 | 00:58:00 | 163 | 01:16:02 | 167 | 01:27:00 | 171 | 01:56:00 | 177 | 02:32:04 | 185 |
| 05:50 | 18:07 | 147 | 00:29:10 | 151 | 00:36:15 | 153 | 00:58:20 | 162 | 01:16:28 | 166 | 01:27:30 | 170 | 01:56:40 | 176 | 02:32:57 | 184 |
| 05:52 | 18:14 | 146 | 00:29:20 | 150 | 00:36:28 | 152 | 00:58:40 | 161 | 01:16:54 | 165 | 01:28:00 | 169 | 01:57:20 | 175 | 02:33:49 | 183 |
| 05:54 | 18:20 | 145 | 00:29:30 | 149 | 00:36:40 | 151 | 00:59:00 | 160 | 01:17:21 | 164 | 01:28:30 | 168 | 01:58:00 | 174 | 02:34:42 | 182 |
| 05:56 | 18:26 | 144 | 00:29:40 | 148 | 00:36:53 | 150 | 00:59:20 | 159 | 01:17:47 | 163 | 01:29:00 | 167 | 01:58:40 | 173 | 02:35:34 | 181 |
| 05:58 | 18:32 | 143 | 00:29:50 | 147 | 00:37:05 | 149 | 00:59:40 | 158 | 01:18:13 | 162 | 01:29:30 | 166 | 01:59:20 | 172 | 02:36:26 | 180 |
| 06:00 | 18:39 | 142 | 00:30:00 | 146 | 00:37:17 | 148 | 01:00:00 | 157 | 01:18:39 | 161 | 01:30:00 | 165 | 02:00:00 | 171 | 02:37:19 | 179 |
| 06:02 | 18:45 | 141 | 00:30:10 | 145 | 00:37:30 | 147 | 01:00:20 | 156 | 01:19:05 | 160 | 01:30:30 | 164 | 02:00:40 | 170 | 02:38:11 | 178 |
| 06:04 | 18:51 | 140 | 00:30:20 | 144 | 00:37:42 | 146 | 01:00:40 | 155 | 01:19:32 | 159 | 01:31:00 | 163 | 02:01:20 | 169 | 02:39:04 | 177 |
| 06:06 | 18:57 | 139 | 00:30:30 | 143 | 00:37:55 | 145 | 01:01:00 | 154 | 01:19:58 | 158 | 01:31:30 | 162 | 02:02:00 | 168 | 02:39:56 | 176 |
| 06:08 | 19:03 | 138 | 00:30:40 | 142 | 00:38:07 | 144 | 01:01:20 | 153 | 01:20:24 | 157 | 01:32:00 | 161 | 02:02:40 | 167 | 02:40:49 | 175 |
| 06:10 | 19:10 | 137 | 00:30:50 | 141 | 00:38:20 | 143 | 01:01:40 | 152 | 01:20:50 | 156 | 01:32:30 | 160 | 02:03:20 | 166 | 02:41:41 | 174 |
| 06:12 | 19:16 | 136 | 00:31:00 | 140 | 00:38:32 | 142 | 01:02:00 | 151 | 01:21:17 | 155 | 01:33:00 | 159 | 02:04:00 | 165 | 02:42:33 | 173 |
| 06:14 | 19:22 | 135 | 00:31:10 | 139 | 00:38:44 | 141 | 01:02:20 | 150 | 01:21:43 | 154 | 01:33:30 | 158 | 02:04:40 | 164 | 02:43:26 | 172 |
| 06:16 | 19:28 | 134 | 00:31:20 | 138 | 00:38:57 | 140 | 01:02:40 | 149 | 01:22:09 | 153 | 01:34:00 | 157 | 02:05:20 | 163 | 02:44:18 | 171 |
| 06:18 | 19:34 | 133 | 00:31:30 | 137 | 00:39:09 | 139 | 01:03:00 | 148 | 01:22:35 | 152 | 01:34:30 | 156 | 02:06:00 | 162 | 02:45:11 | 170 |
| 06:20 | 19:41 | 132 | 00:31:40 | 136 | 00:39:22 | 138 | 01:03:20 | 147 | 01:23:01 | 151 | 01:35:00 | 155 | 02:06:40 | 161 | 02:46:03 | 169 |
| 06:22 | 19:47 | 131 | 00:31:50 | 135 | 00:39:34 | 137 | 01:03:40 | 146 | 01:23:28 | 150 | 01:35:30 | 154 | 02:07:20 | 160 | 02:46:56 | 168 |
| 06:24 | 19:53 | 130 | 00:32:00 | 134 | 00:39:47 | 136 | 01:04:00 | 145 | 01:23:54 | 149 | 01:36:00 | 153 | 02:08:00 | 159 | 02:47:48 | 167 |
| 06:26 | 19:59 | 129 | 00:32:10 | 133 | 00:39:59 | 135 | 01:04:20 | 144 | 01:24:20 | 148 | 01:36:30 | 152 | 02:08:40 | 158 | 02:48:41 | 166 |
| 06:28 | 20:06 | 128 | 00:32:20 | 132 | 00:40:11 | 134 | 01:04:40 | 143 | 01:24:46 | 147 | 01:37:00 | 151 | 02:09:20 | 157 | 02:49:33 | 165 |
| 06:30 | 20:12 | 127 | 00:32:30 | 131 | 00:40:24 | 133 | 01:05:00 | 142 | 01:25:13 | 146 | 01:37:30 | 150 | 02:10:00 | 156 | 02:50:25 | 164 |
| 06:32 | 20:18 | 126 | 00:32:40 | 130 | 00:40:36 | 132 | 01:05:20 | 141 | 01:25:39 | 145 | 01:38:00 | 149 | 02:10:40 | 155 | 02:51:18 | 163 |
| 06:34 | 20:24 | 125 | 00:32:50 | 129 | 00:40:49 | 131 | 01:05:40 | 140 | 01:26:05 | 144 | 01:38:30 | 148 | 02:11:20 | 154 | 02:52:10 | 162 |
| 06:36 | 20:30 | 124 | 00:33:00 | 128 | 00:41:01 | 130 | 01:06:00 | 139 | 01:26:31 | 143 | 01:39:00 | 147 | 02:12:00 | 153 | 02:53:03 | 161 |
| 06:38 | 20:37 | 123 | 00:33:10 | 127 | 00:41:14 | 129 | 01:06:20 | 138 | 01:26:57 | 142 | 01:39:30 | 146 | 02:12:40 | 152 | 02:53:55 | 160 |
| 06:40 | 20:43 | 122 | 00:33:20 | 126 | 00:41:26 | 128 | 01:06:40 | 137 | 01:27:24 | 141 | 01:40:00 | 145 | 02:13:20 | 151 | 02:54:48 | 159 |
| 06:42 | 20:49 | 121 | 00:33:30 | 125 | 00:41:38 | 127 | 01:07:00 | 136 | 01:27:50 | 140 | 01:40:30 | 144 | 02:14:00 | 150 | 02:55:40 | 158 |
| 06:44 | 20:55 | 120 | 00:33:40 | 124 | 00:41:51 | 126 | 01:07:20 | 135 | 01:28:16 | 139 | 01:41:00 | 143 | 02:14:40 | 149 | 02:56:32 | 157 |
| 06:46 | 21:01 | 119 | 00:33:50 | 123 | 00:42:03 | 125 | 01:07:40 | 134 | 01:28:42 | 138 | 01:41:30 | 142 | 02:15:20 | 148 | 02:57:25 | 156 |
| 06:48 | 21:08 | 118 | 00:34:00 | 122 | 00:42:16 | 124 | 01:08:00 | 133 | 01:29:08 | 137 | 01:42:00 | 141 | 02:16:00 | 147 | 02:58:17 | 155 |

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|-------|-------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|----------|-----|
| 06:50 | 21:14 | 117 | 00:34:10 | 121 | 00:42:28 | 123 | 01:08:20 | 132 | 01:29:35 | 136 | 01:42:30 | 140 | 02:16:40 | 146 | 02:59:10 | 154 |
| 06:52 | 21:20 | 116 | 00:34:20 | 120 | 00:42:41 | 122 | 01:08:40 | 131 | 01:30:01 | 135 | 01:43:00 | 139 | 02:17:20 | 145 | 03:00:02 | 153 |
| 06:54 | 21:26 | 115 | 00:34:30 | 119 | 00:42:53 | 121 | 01:09:00 | 130 | 01:30:27 | 134 | 01:43:30 | 138 | 02:18:00 | 144 | 03:00:55 | 152 |
| 06:56 | 21:33 | 114 | 00:34:40 | 118 | 00:43:05 | 120 | 01:09:20 | 129 | 01:30:53 | 133 | 01:44:00 | 137 | 02:18:40 | 143 | 03:01:47 | 151 |
| 06:58 | 21:39 | 113 | 00:34:50 | 117 | 00:43:18 | 119 | 01:09:40 | 128 | 01:31:20 | 132 | 01:44:30 | 136 | 02:19:20 | 142 | 03:02:40 | 150 |
| 07:00 | 21:45 | 112 | 00:35:00 | 116 | 00:43:30 | 118 | 01:10:00 | 127 | 01:31:46 | 131 | 01:45:00 | 135 | 02:20:00 | 141 | 03:03:32 | 149 |
| 07:02 | 21:51 | 111 | 00:35:10 | 115 | 00:43:43 | 117 | 01:10:20 | 126 | 01:32:12 | 130 | 01:45:30 | 134 | 02:20:40 | 140 | 03:04:24 | 148 |
| 07:04 | 21:57 | 110 | 00:35:20 | 114 | 00:43:55 | 116 | 01:10:40 | 125 | 01:32:38 | 129 | 01:46:00 | 133 | 02:21:20 | 139 | 03:05:17 | 147 |
| 07:06 | 22:04 | 109 | 00:35:30 | 113 | 00:44:08 | 115 | 01:11:00 | 124 | 01:33:04 | 128 | 01:46:30 | 132 | 02:22:00 | 138 | 03:06:09 | 146 |
| 07:08 | 22:10 | 108 | 00:35:40 | 112 | 00:44:20 | 114 | 01:11:20 | 123 | 01:33:31 | 127 | 01:47:00 | 131 | 02:22:40 | 137 | 03:07:02 | 145 |
| 07:10 | 22:16 | 107 | 00:35:50 | 111 | 00:44:32 | 113 | 01:11:40 | 122 | 01:33:57 | 126 | 01:47:30 | 130 | 02:23:20 | 136 | 03:07:54 | 144 |
| 07:12 | 22:22 | 106 | 00:36:00 | 110 | 00:44:45 | 112 | 01:12:00 | 121 | 01:34:23 | 125 | 01:48:00 | 129 | 02:24:00 | 135 | 03:08:47 | 143 |
| 07:14 | 22:28 | 105 | 00:36:10 | 109 | 00:44:57 | 111 | 01:12:20 | 120 | 01:34:49 | 124 | 01:48:30 | 128 | 02:24:40 | 134 | 03:09:39 | 142 |
| 07:16 | 22:35 | 104 | 00:36:20 | 108 | 00:45:10 | 110 | 01:12:40 | 119 | 01:35:16 | 123 | 01:49:00 | 127 | 02:25:20 | 133 | 03:10:31 | 141 |
| 07:18 | 22:41 | 103 | 00:36:30 | 107 | 00:45:22 | 109 | 01:13:00 | 118 | 01:35:42 | 122 | 01:49:30 | 126 | 02:26:00 | 132 | 03:11:24 | 140 |
| 07:20 | 22:47 | 102 | 00:36:40 | 106 | 00:45:35 | 108 | 01:13:20 | 117 | 01:36:08 | 121 | 01:50:00 | 125 | 02:26:40 | 131 | 03:12:16 | 139 |
| 07:22 | 22:53 | 101 | 00:36:50 | 105 | 00:45:47 | 107 | 01:13:40 | 116 | 01:36:34 | 120 | 01:50:30 | 124 | 02:27:20 | 130 | 03:13:09 | 138 |
| 07:24 | 23:00 | 100 | 00:37:00 | 104 | 00:45:59 | 106 | 01:14:00 | 115 | 01:37:00 | 119 | 01:51:00 | 123 | 02:28:00 | 129 | 03:14:01 | 137 |
| 07:26 | 23:06 | 99 | 00:37:10 | 103 | 00:46:12 | 105 | 01:14:20 | 114 | 01:37:27 | 118 | 01:51:30 | 122 | 02:28:40 | 128 | 03:14:54 | 136 |
| 07:28 | 23:12 | 98 | 00:37:20 | 102 | 00:46:24 | 104 | 01:14:40 | 113 | 01:37:53 | 117 | 01:52:00 | 121 | 02:29:20 | 127 | 03:15:46 | 135 |
| 07:30 | 23:18 | 97 | 00:37:30 | 101 | 00:46:37 | 103 | 01:15:00 | 112 | 01:38:19 | 116 | 01:52:30 | 120 | 02:30:00 | 126 | 03:16:39 | 134 |
| 07:32 | 23:24 | 96 | 00:37:40 | 100 | 00:46:49 | 102 | 01:15:20 | 111 | 01:38:45 | 115 | 01:53:00 | 119 | 02:30:40 | 125 | 03:17:31 | 133 |
| 07:34 | 23:31 | 95 | 00:37:50 | 99 | 00:47:02 | 101 | 01:15:40 | 110 | 01:39:11 | 114 | 01:53:30 | 118 | 02:31:20 | 124 | 03:18:23 | 132 |
| 07:36 | 23:37 | 94 | 00:38:00 | 98 | 00:47:14 | 100 | 01:16:00 | 109 | 01:39:38 | 113 | 01:54:00 | 117 | 02:32:00 | 123 | 03:19:16 | 131 |
| 07:38 | 23:43 | 93 | 00:38:10 | 97 | 00:47:26 | 99 | 01:16:20 | 108 | 01:40:04 | 112 | 01:54:30 | 116 | 02:32:40 | 122 | 03:20:08 | 130 |
| 07:40 | 23:49 | 92 | 00:38:20 | 96 | 00:47:39 | 98 | 01:16:40 | 107 | 01:40:30 | 111 | 01:55:00 | 115 | 02:33:20 | 121 | 03:21:01 | 129 |
| 07:42 | 23:55 | 91 | 00:38:30 | 95 | 00:47:51 | 97 | 01:17:00 | 106 | 01:40:56 | 110 | 01:55:30 | 114 | 02:34:00 | 120 | 03:21:53 | 128 |
| 07:44 | 24:02 | 90 | 00:38:40 | 94 | 00:48:04 | 96 | 01:17:20 | 105 | 01:41:23 | 109 | 01:56:00 | 113 | 02:34:40 | 119 | 03:22:46 | 127 |
| 07:46 | 24:08 | 89 | 00:38:50 | 93 | 00:48:16 | 95 | 01:17:40 | 104 | 01:41:49 | 108 | 01:56:30 | 112 | 02:35:20 | 118 | 03:23:38 | 126 |
| 07:48 | 24:14 | 88 | 00:39:00 | 92 | 00:48:29 | 94 | 01:18:00 | 103 | | | | | | | | |

| | | | | | | | | | | | | | | | | |
|-------|-------|----|----------|----|----------|----|----------|----|----------|----|----------|-----|----------|-----|----------|-----|
| 08:08 | 25:16 | 78 | 00:40:40 | 82 | 00:50:33 | 84 | 01:21:20 | 93 | 01:46:37 | 97 | 02:02:00 | 101 | 02:42:40 | 107 | 03:33:15 | 115 |
| 08:10 | 25:22 | 77 | 00:40:50 | 81 | 00:50:45 | 83 | 01:21:40 | 92 | 01:47:03 | 96 | 02:02:30 | 100 | 02:43:20 | 106 | 03:34:07 | 114 |
| 08:12 | 25:29 | 76 | 00:41:00 | 80 | 00:50:58 | 82 | 01:22:00 | 91 | 01:47:30 | 95 | 02:03:00 | 99 | 02:44:00 | 105 | 03:35:00 | 113 |
| 08:14 | 25:35 | 75 | 00:41:10 | 79 | 00:51:10 | 81 | 01:22:20 | 90 | 01:47:56 | 94 | 02:03:30 | 98 | 02:44:40 | 104 | 03:35:52 | 112 |
| 08:16 | 25:41 | 74 | 00:41:20 | 78 | 00:51:23 | 80 | 01:22:40 | 89 | 01:48:22 | 93 | 02:04:00 | 97 | 02:45:20 | 103 | 03:36:45 | 111 |
| 08:18 | 25:47 | 73 | 00:41:30 | 77 | 00:51:35 | 79 | 01:23:00 | 88 | 01:48:48 | 92 | 02:04:30 | 96 | 02:46:00 | 102 | 03:37:37 | 110 |
| 08:20 | 25:53 | 72 | 00:41:40 | 76 | 00:51:47 | 78 | 01:23:20 | 87 | 01:49:14 | 91 | 02:05:00 | 95 | 02:46:40 | 101 | 03:38:29 | 109 |
| 08:22 | 26:00 | 71 | 00:41:50 | 75 | 00:52:00 | 77 | 01:23:40 | 86 | 01:49:41 | 90 | 02:05:30 | 94 | 02:47:20 | 100 | 03:39:22 | 108 |
| 08:24 | 26:06 | 70 | 00:42:00 | 74 | 00:52:12 | 76 | 01:24:00 | 85 | 01:50:07 | 89 | 02:06:00 | 93 | 02:48:00 | 99 | 03:40:14 | 107 |
| 08:26 | 26:12 | 69 | 00:42:10 | 73 | 00:52:25 | 75 | 01:24:20 | 84 | 01:50:33 | 88 | 02:06:30 | 92 | 02:48:40 | 98 | 03:41:07 | 106 |
| 08:28 | 26:18 | 68 | 00:42:20 | 72 | 00:52:37 | 74 | 01:24:40 | 83 | 01:50:59 | 87 | 02:07:00 | 91 | 02:49:20 | 97 | 03:41:59 | 105 |
| 08:30 | 26:25 | 67 | 00:42:30 | 71 | 00:52:50 | 73 | 01:25:00 | 82 | 01:51:26 | 86 | 02:07:30 | 90 | 02:50:00 | 96 | 03:42:52 | 104 |
| 08:32 | 26:31 | 66 | 00:42:40 | 70 | 00:53:02 | 72 | 01:25:20 | 81 | 01:51:52 | 85 | 02:08:00 | 89 | 02:50:40 | 95 | 03:43:44 | 103 |
| 08:34 | 26:37 | 65 | 00:42:50 | 69 | 00:53:15 | 71 | 01:25:40 | 80 | 01:52:18 | 84 | 02:08:30 | 88 | 02:51:20 | 94 | 03:44:37 | 102 |
| 08:36 | 26:43 | 64 | 00:43:00 | 68 | 00:53:27 | 70 | 01:26:00 | 79 | 01:52:44 | 83 | 02:09:00 | 87 | 02:52:00 | 93 | 03:45:29 | 101 |
| 08:38 | 26:49 | 63 | 00:43:10 | 67 | 00:53:39 | 69 | 01:26:20 | 78 | 01:53:10 | 82 | 02:09:30 | 86 | 02:52:40 | 92 | 03:46:21 | 100 |
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| 08:42 | 27:02 | 61 | 00:43:30 | 65 | 00:54:04 | 67 | 01:27:00 | 76 | 01:54:03 | 80 | 02:10:30 | 84 | 02:54:00 | 90 | 03:48:06 | 98 |
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| 08:46 | 27:14 | 59 | 00:43:50 | 63 | 00:54:29 | 65 | 01:27:40 | 74 | 01:54:55 | 78 | 02:11:30 | 82 | 02:55:20 | 88 | 03:49:51 | 96 |
| 08:48 | 27:20 | 58 | 00:44:00 | 62 | 00:54:42 | 64 | 01:28:00 | 73 | 01:55:22 | 77 | 02:12:00 | 81 | 02:56:00 | 87 | 03:50:44 | 95 |
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| 08:52 | 27:33 | 56 | 00:44:20 | 60 | 00:55:06 | 62 | 01:28:40 | 71 | 01:56:14 | 75 | 02:13:00 | 79 | 02:57:20 | 85 | 03:52:29 | 93 |
| 08:54 | 27:39 | 55 | 00:44:30 | 59 | 00:55:19 | 61 | 01:29:00 | 70 | 01:56:40 | 74 | 02:13:30 | 78 | 02:58:00 | 84 | 03:53:21 | 92 |
| 08:56 | 27:45 | 54 | 00:44:40 | 58 | 00:55:31 | 60 | 01:29:20 | 69 | 01:57:06 | 73 | 02:14:00 | 77 | 02:58:40 | 83 | 03:54:13 | 91 |
| 08:58 | 27:52 | 53 | 00:44:50 | 57 | 00:55:44 | 59 | 01:29:40 | 68 | 01:57:33 | 72 | 02:14:30 | 76 | 02:59:20 | 82 | 03:55:06 | 90 |
| 09:00 | 27:58 | 52 | 00:45:00 | 56 | 00:55:56 | 58 | 01:30:00 | 67 | 01:57:59 | 71 | 02:15:00 | 75 | 03:00:00 | 81 | 03:55:58 | 89 |
| 09:02 | 28:04 | 51 | 00:45:10 | 55 | 00:56:09 | 57 | 01:30:20 | 66 | 01:58:25 | 70 | 02:15:30 | 74 | 03:00:40 | 80 | 03:56:51 | 88 |
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| 09:08 | 28:23 | 48 | 00:45:40 | 52 | 00:56:46 | 54 | 01:31:20 | 63 | 01:59:44 | 67 | 02:17:00 | 71 | 03:02:40 | 77 | 03:59:28 | 85 |
| 09:10 | 28:29 | 47 | 00:45:50 | 51 | 00:56:58 | 53 | 01:31:40 | 62 | 02:00:10 | 66 | 02:17:30 | 70 | 03:03:20 | 76 | 04:00:20 | 84 |
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| 09:18 | 28:54 | 43 | 00:46:30 | 47 | 00:57:48 | 49 | 01:33:00 | 58 | 02:01:55 | 62 | 02:19:30 | 66 | 03:06:00 | 72 | 04:03:50 | 80 |
| 09:20 | 29:00 | 42 | 00:46:40 | 46 | 00:58:00 | 48 | 01:33:20 | 57 | 02:02:21 | 61 | 02:20:00 | 65 | 03:06:40 | 71 | 04:04:43 | 79 |
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| 09:24 | 29:12 | 40 | 00:47:00 | 44 | 00:58:25 | 46 | 01:34:00 | 55 | 02:03:13 | 59 | 02:21:00 | 63 | 03:08:00 | 69 | 04:06:28 | 77 |

| | | | | | | | | | | | | | | | | |
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| 09:28 | 29:25 | 38 | 00:47:20 | 42 | 00:58:50 | 44 | 01:34:40 | 53 | 02:04:06 | 57 | 02:22:00 | 61 | 03:09:20 | 67 | 04:08:12 | 75 |
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| 09:32 | 29:37 | 36 | 00:47:40 | 40 | 00:59:15 | 42 | 01:35:20 | 51 | 02:04:58 | 55 | 02:23:00 | 59 | 03:10:40 | 65 | 04:09:57 | 73 |
| 09:34 | 29:43 | 35 | 00:47:50 | 39 | 00:59:27 | 41 | 01:35:40 | 50 | 02:05:25 | 54 | 02:23:30 | 58 | 03:11:20 | 64 | 04:10:50 | 72 |
| 09:36 | 29:50 | 34 | 00:48:00 | 38 | 00:59:40 | 40 | 01:36:00 | 49 | 02:05:51 | 53 | 02:24:00 | 57 | 03:12:00 | 63 | 04:11:42 | 71 |
| 09:38 | 29:56 | 33 | 00:48:10 | 37 | 00:59:52 | 39 | 01:36:20 | 48 | 02:06:17 | 52 | 02:24:30 | 56 | 03:12:40 | 62 | 04:12:35 | 70 |
| 09:40 | 30:02 | 32 | 00:48:20 | 36 | 01:00:05 | 38 | 01:36:40 | 47 | 02:06:43 | 51 | 02:25:00 | 55 | 03:13:20 | 61 | 04:13:27 | 69 |
| 09:42 | 30:08 | 31 | 00:48:30 | 35 | 01:00:17 | 37 | 01:37:00 | 46 | 02:07:09 | 50 | 02:25:30 | 54 | 03:14:00 | 60 | 04:14:19 | 68 |
| 09:44 | 30:14 | 30 | 00:48:40 | 34 | 01:00:30 | 36 | 01:37:20 | 45 | 02:07:36 | 49 | 02:26:00 | 53 | 03:14:40 | 59 | 04:15:12 | 67 |
| 09:46 | 30:21 | 29 | 00:48:50 | 33 | 01:00:42 | 35 | 01:37:40 | 44 | 02:08:02 | 48 | 02:26:30 | 52 | 03:15:20 | 58 | 04:16:04 | 66 |
| 09:48 | 30:27 | 28 | 00:49:00 | 32 | 01:00:54 | 34 | 01:38:00 | 43 | 02:08:28 | 47 | 02:27:00 | 51 | 03:16:00 | 57 | 04:16:57 | 65 |
| 09:50 | 30:33 | 27 | 00:49:10 | 31 | 01:01:07 | 33 | 01:38:20 | 42 | 02:08:54 | 46 | 02:27:30 | 50 | 03:16:40 | 56 | 04:17:49 | 64 |
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| 10:00 | 31:04 | 22 | 00:50:00 | 26 | 01:02:09 | 28 | 01:40:00 | 37 | 02:11:05 | 41 | 02:30:00 | 45 | 03:20:00 | 51 | 04:22:11 | 59 |
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| 10:10 | 31:35 | 17 | 00:50:50 | 21 | 01:03:11 | 23 | 01:41:40 | 32 | 02:13:16 | 36 | 02:32:30 | 40 | 03:23:20 | 46 | 04:26:34 | 54 |
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| | | | | | | | | | | | | | | | | |
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