



5000m Women - Heat 2

329 Defar Meseret (ETH)

Pos: 1

	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
Race Time	0:20.03	0:39.48	0:59.14	1:19.09	1:38.32	1:57.18	2:15.37	2:33.78	2:51.84	3:10.28
100m	0:20.03	0:19.45	0:19.66	0:19.95	0:19.23	0:18.86	0:18.19	0:18.41	0:18.06	0:18.44
400m				1:19.09				1:14.69		
1000m										3:10.28

	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m
Race Time	3:28.74	3:47.51	4:05.89	4:24.77	4:43.45	5:02.33	5:21.02	5:39.84	5:58.60	6:17.63
100m	0:18.46	0:18.77	0:18.38	0:18.88	0:18.68	0:18.88	0:18.69	0:18.82	0:18.76	0:19.03
400m		1:13.73				1:14.82				1:15.30
1000m										3:07.35

	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m
Race Time	6:36.22	6:55.37	7:14.38	7:33.40	7:52.11	8:11.05	8:29.81	8:48.90	9:07.70	9:26.92
100m	0:18.59	0:19.15	0:19.01	0:19.02	0:18.71	0:18.94	0:18.76	0:19.09	0:18.80	0:19.22
400m				1:15.77				1:15.50		
1000m										3:09.29

	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m
Race Time	9:45.75	10:04.53	10:23.59	10:42.73	11:01.75	11:20.42	11:38.77	11:57.41	12:16.12	12:34.75
100m	0:18.83	0:18.78	0:19.06	0:19.14	0:19.02	0:18.67	0:18.35	0:18.64	0:18.71	0:18.63
400m		1:15.63				1:15.89				1:14.33
1000m										3:07.83

	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m
Race Time	12:53.03	13:11.13	13:28.92	13:46.39	14:03.86	14:20.100	14:37.45	14:53.45	15:08.49	15:22.94
100m	0:18.28	0:18.10	0:17.79	0:17.47	0:17.47	0:17.14	0:16.45	0:16.00	0:15.04	0:14.45
400m				1:11.64				1:07.06		
1000m										2:48.19

332 Diriba Buze (ETH)

Pos: 2

	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
Race Time	0:19.27	0:38.75	0:58.13	1:18.11	1:37.28	1:56.26	2:14.74	2:33.27	2:51.53	3:10.01
100m	0:19.27	0:19.48	0:19.38	0:19.98	0:19.17	0:18.98	0:18.48	0:18.53	0:18.26	0:18.48
400m				1:18.11				1:15.16		
1000m										3:10.01

	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m
Race Time	3:28.44	3:47.24	4:05.59	4:24.54	4:43.17	5:02.09	5:20.73	5:39.60	5:58.30	6:17.40
100m	0:18.43	0:18.80	0:18.35	0:18.95	0:18.63	0:18.92	0:18.64	0:18.87	0:18.70	0:19.10
400m		1:13.97				1:14.85				1:15.31
1000m										3:07.39

	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m
Race Time	6:35.96	6:55.08	7:14.13	7:33.13	7:51.85	8:10.82	8:29.55	8:48.65	9:07.57	9:26.82
100m	0:18.56	0:19.12	0:19.05	0:19.00	0:18.72	0:18.97	0:18.73	0:19.10	0:18.92	0:19.25
400m				1:15.73				1:15.52		
1000m										3:09.42

	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m
Race Time	9:45.86	10:04.64	10:23.73	10:42.83	11:01.65	11:20.33	11:38.76	11:57.43	12:16.21	12:34.84
100m	0:19.04	0:18.78	0:19.09	0:19.10	0:18.82	0:18.68	0:18.43	0:18.67	0:18.78	0:18.63
400m		1:15.99				1:15.69				1:14.51
1000m										3:08.02

	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m
Race Time	12:53.12	13:11.32	13:29.01	13:46.57	14:04.05	14:21.16	14:37.64	14:53.48	15:08.52	15:23.41
100m	0:18.28	0:18.20	0:17.69	0:17.56	0:17.48	0:17.11	0:16.48	0:15.84	0:15.04	0:14.89
400m				1:11.73				1:06.91		
1000m										2:48.57



5000m Women - Heat 2

562 Kibiwot Viola Jelagat (KEN)

Pos: 3

	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
Race Time	0:19.28	0:38.74	0:58.32	1:18.21	1:37.38	1:56.15	2:14.54	2:32.98	2:51.25	3:09.70
100m	0:19.28	0:19.46	0:19.58	0:19.89	0:19.17	0:18.77	0:18.39	0:18.44	0:18.27	0:18.45
400m				1:18.21				1:14.77		
1000m										3:09.70

	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m
Race Time	3:28.12	3:46.95	4:05.30	4:24.25	4:42.86	5:01.80	5:20.43	5:39.32	5:58.02	6:17.09
100m	0:18.42	0:18.83	0:18.35	0:18.95	0:18.61	0:18.94	0:18.63	0:18.89	0:18.70	0:19.07
400m		1:13.97				1:14.85				1:15.29
1000m										3:07.39

	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m
Race Time	6:35.70	6:54.84	7:13.82	7:32.85	7:51.59	8:10.54	8:29.26	8:48.41	9:07.34	9:26.65
100m	0:18.61	0:19.14	0:18.98	0:19.03	0:18.74	0:18.95	0:18.72	0:19.15	0:18.93	0:19.31
400m				1:15.76				1:15.56		
1000m										3:09.56

	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m
Race Time	9:45.59	10:04.50	10:23.55	10:42.58	11:01.34	11:20.09	11:38.52	11:57.21	12:15.91	12:34.56
100m	0:18.94	0:18.91	0:19.05	0:19.03	0:18.76	0:18.75	0:18.43	0:18.69	0:18.70	0:18.65
400m		1:16.09				1:15.59				1:14.47
1000m										3:07.91

	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m
Race Time	12:52.87	13:11.06	13:28.71	13:46.18	14:03.60	14:20.85	14:37.49	14:53.73	15:08.79	15:24.47
100m	0:18.31	0:18.19	0:17.65	0:17.47	0:17.42	0:17.25	0:16.64	0:16.24	0:15.06	0:15.68
400m				1:11.62				1:07.55		
1000m										2:49.91

742 Nagovitsyna Elena (RUS)

Pos: 4

	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
Race Time	0:19.01	0:38.50	0:57.85	1:17.75	1:36.74	1:55.71	2:14.04	2:32.67	2:50.85	3:09.42
100m	0:19.01	0:19.49	0:19.35	0:19.90	0:18.99	0:18.97	0:18.33	0:18.63	0:18.18	0:18.57
400m				1:17.75				1:14.92		
1000m										3:09.42

	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m
Race Time	3:27.81	3:46.65	4:04.97	4:23.98	4:42.55	5:01.53	5:20.09	5:39.08	5:57.74	6:16.84
100m	0:18.39	0:18.84	0:18.32	0:19.01	0:18.57	0:18.98	0:18.56	0:18.99	0:18.66	0:19.10
400m		1:13.98				1:14.88				1:15.31
1000m										3:07.42

	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m
Race Time	6:35.44	6:54.61	7:13.56	7:32.64	7:51.29	8:10.32	8:29.01	8:48.21	9:07.10	9:26.41
100m	0:18.60	0:19.17	0:18.95	0:19.08	0:18.65	0:19.03	0:18.69	0:19.20	0:18.89	0:19.31
400m				1:15.80				1:15.57		
1000m										3:09.57

	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m
Race Time	9:45.34	10:04.29	10:23.32	10:42.50	11:01.50	11:20.13	11:38.50	11:57.26	12:15.84	12:34.47
100m	0:18.93	0:18.95	0:19.03	0:19.18	0:19.00	0:18.63	0:18.37	0:18.76	0:18.58	0:18.63
400m		1:16.08				1:15.84				1:14.34
1000m										3:08.06

	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m
Race Time	12:52.72	13:10.93	13:28.64	13:46.29	14:03.79	14:21.10	14:38.03	14:54.74	15:11.11	15:26.95
100m	0:18.25	0:18.21	0:17.71	0:17.65	0:17.50	0:17.31	0:16.93	0:16.71	0:16.37	0:15.84
400m				1:11.82				1:08.45		
1000m										2:52.48



5000m Women - Heat 2

898 Conley Kim (USA)

Pos: 5

	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
Race Time	0:19.04	0:38.49	0:57.97	1:17.94	1:36.98	1:56.01	2:14.49	2:33.25	2:51.84	3:10.47
100m	0:19.04	0:19.45	0:19.48	0:19.97	0:19.04	0:19.03	0:18.48	0:18.76	0:18.59	0:18.63
400m				1:17.94				1:15.31		
1000m										3:10.47

	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m
Race Time	3:29.19	3:47.97	4:06.40	4:25.16	4:43.94	5:02.79	5:21.51	5:40.27	5:59.10	6:18.08
100m	0:18.72	0:18.78	0:18.43	0:18.76	0:18.78	0:18.85	0:18.72	0:18.76	0:18.83	0:18.98
400m		1:14.72				1:14.82				1:15.29
1000m										3:07.61

	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m
Race Time	6:36.68	6:55.65	7:14.52	7:33.43	7:52.31	8:11.13	8:29.92	8:48.92	9:07.76	9:26.75
100m	0:18.60	0:18.97	0:18.87	0:18.91	0:18.88	0:18.82	0:18.79	0:19.00	0:18.84	0:18.99
400m				1:15.35				1:15.49		
1000m										3:08.67

	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m
Race Time	9:45.80	10:04.60	10:23.75	10:42.35	11:01.11	11:19.86	11:38.27	11:57.05	12:15.66	12:34.29
100m	0:19.05	0:18.80	0:19.15	0:18.60	0:18.76	0:18.75	0:18.41	0:18.78	0:18.61	0:18.63
400m		1:15.68				1:15.26				1:14.43
1000m										3:07.54

	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m
Race Time	12:52.48	13:10.77	13:28.46	13:46.01	14:03.36	14:20.80	14:37.85	14:54.38	15:10.84	15:27.35
100m	0:18.19	0:18.29	0:17.69	0:17.55	0:17.35	0:17.44	0:17.05	0:16.53	0:16.46	0:16.51
400m				1:11.72				1:08.37		
1000m										2:53.06

639 Grøvdal Karoline Bjerkeli (NOR)

Pos: 6

	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
Race Time	0:19.26	0:39.01	0:58.65	1:18.69	1:37.80	1:56.79	2:15.11	2:33.53	2:52.01	3:10.63
100m	0:19.26	0:19.75	0:19.64	0:20.04	0:19.11	0:18.99	0:18.32	0:18.42	0:18.48	0:18.62
400m				1:18.69				1:14.84		
1000m										3:10.63

	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m
Race Time	3:29.44	3:48.16	4:06.64	4:25.30	4:44.19	5:02.97	5:21.77	5:40.44	5:59.34	6:18.24
100m	0:18.81	0:18.72	0:18.48	0:18.66	0:18.89	0:18.78	0:18.80	0:18.67	0:18.90	0:18.90
400m		1:14.63				1:14.81				1:15.27
1000m										3:07.61

	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m
Race Time	6:36.92	6:55.83	7:14.81	7:33.79	7:52.67	8:11.52	8:30.31	8:49.31	9:08.17	9:27.33
100m	0:18.68	0:18.91	0:18.98	0:18.98	0:18.88	0:18.85	0:18.79	0:19.00	0:18.86	0:19.16
400m				1:15.55				1:15.52		
1000m										3:09.09

	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m
Race Time	9:46.30	10:05.03	10:24.10	10:43.20	11:02.02	11:20.99	11:39.19	11:57.82	12:16.61	12:34.78
100m	0:18.97	0:18.73	0:19.07	0:19.10	0:18.82	0:18.97	0:18.20	0:18.63	0:18.79	0:18.17
400m		1:15.72				1:15.96				1:13.79
1000m										3:07.45

	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m
Race Time	12:53.16	13:11.36	13:29.04	13:46.64	14:04.25	14:21.64	14:38.31	14:55.20	15:11.99	15:29.41
100m	0:18.38	0:18.20	0:17.68	0:17.60	0:17.61	0:17.39	0:16.67	0:16.89	0:16.79	0:17.42
400m				1:11.86				1:08.56		
1000m										2:54.63



5000m Women - Heat 2

621 Kuijken Susan (NED)

Pos: 7

	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
Race Time	0:19.66	0:39.25	0:58.86	1:18.90	1:38.02	1:56.98	2:15.41	2:33.98	2:52.67	3:11.23
100m	0:19.66	0:19.59	0:19.61	0:20.04	0:19.12	0:18.96	0:18.43	0:18.57	0:18.69	0:18.56
400m				1:18.90				1:15.08		
1000m										3:11.23

	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m
Race Time	3:29.96	3:48.56	4:07.09	4:25.74	4:44.60	5:03.42	5:22.21	5:40.82	6:59.80	6:18.67
100m	0:18.73	0:18.60	0:18.53	0:18.65	0:18.86	0:18.82	0:18.79	0:18.61	0:18.98	0:18.87
400m		1:14.58				1:14.86				1:15.25
1000m										3:07.44

	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m
Race Time	6:37.34	6:56.18	7:14.95	7:33.67	7:52.54	8:11.35	8:30.15	8:49.17	9:07.92	9:27.01
100m	0:18.67	0:18.84	0:18.77	0:18.72	0:18.87	0:18.81	0:18.80	0:19.02	0:18.75	0:19.09
400m				1:15.00				1:15.50		
1000m										3:08.34

	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m
Race Time	9:46.07	10:04.83	10:23.96	10:43.07	11:01.93	11:20.67	11:38.95	11:57.61	12:16.42	12:35.08
100m	0:19.06	0:18.76	0:19.13	0:19.11	0:18.86	0:18.74	0:18.28	0:18.66	0:18.81	0:18.66
400m		1:15.66				1:15.84				1:14.41
1000m										3:08.07

	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m
Race Time	12:53.36	13:11.52	13:29.52	13:47.60	14:05.36	14:23.41	14:41.23	14:59.21	15:16.70	15:34.31
100m	0:18.28	0:18.16	0:18.00	0:18.08	0:17.76	0:18.05	0:17.82	0:17.98	0:17.49	0:17.61
400m				1:12.52				1:11.61		
1000m										2:59.23

110 Areson Jackie (AUS)

Pos: 8

	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
Race Time	0:19.67	0:39.16	0:58.67	1:18.52	1:37.74	1:56.64	2:15.17	2:33.74	2:52.43	3:10.100
100m	0:19.67	0:19.49	0:19.51	0:19.85	0:19.22	0:18.90	0:18.53	0:18.57	0:18.69	0:18.57
400m				1:18.52				1:15.22		
1000m										3:11.00

	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m
Race Time	3:29.75	3:48.35	4:06.85	4:25.51	4:44.40	5:03.19	5:22.02	5:40.61	6:59.59	6:18.45
100m	0:18.75	0:18.60	0:18.50	0:18.66	0:18.89	0:18.79	0:18.83	0:18.59	0:18.98	0:18.86
400m		1:14.61				1:14.84				1:15.26
1000m										3:07.45

	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m
Race Time	6:37.13	6:56.00	7:14.100	7:34.02	7:52.90	8:11.74	8:30.58	8:49.53	9:08.46	9:27.45
100m	0:18.68	0:18.87	0:19.00	0:19.02	0:18.88	0:18.84	0:18.84	0:18.95	0:18.93	0:18.99
400m				1:15.57				1:15.51		
1000m										3:09.00

	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m
Race Time	9:46.51	10:05.24	10:24.31	10:43.41	11:02.22	11:21.16	11:39.81	11:58.30	12:17.43	12:35.77
100m	0:19.06	0:18.73	0:19.07	0:19.10	0:18.81	0:18.94	0:18.65	0:18.49	0:19.13	0:18.34
400m		1:15.71				1:15.92				1:14.61
1000m										3:08.32

	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m
Race Time	12:54.28	13:12.66	13:31.15	13:49.86	14:08.87	14:27.54	14:45.68	15:04.76	15:22.90	15:40.21
100m	0:18.51	0:18.38	0:18.49	0:18.71	0:19.01	0:18.67	0:18.14	0:19.08	0:18.14	0:17.31
400m				1:14.09				1:14.90		
1000m										3:04.44



5000m Women - Heat 2

311 Checa Dolores (ESP)

Pos: 9

	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
Race Time	0:19.51	0:38.85	0:58.07	1:17.76	1:36.52	1:55.45	2:13.80	2:32.37	2:50.57	3:09.21
100m	0:19.51	0:19.34	0:19.22	0:19.69	0:18.76	0:18.93	0:18.35	0:18.57	0:18.20	0:18.64
400m				1:17.76				1:14.61		
1000m										3:09.21

	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m
Race Time	3:27.52	3:46.43	4:04.71	4:23.80	4:42.25	5:01.30	5:19.82	5:38.91	5:57.47	6:16.61
100m	0:18.31	0:18.91	0:18.28	0:19.09	0:18.45	0:19.05	0:18.52	0:19.09	0:18.56	0:19.14
400m		1:14.06				1:14.87				1:15.31
1000m										3:07.40

	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m
Race Time	6:35.16	6:54.43	7:13.28	7:32.45	7:51.02	8:10.10	8:28.75	8:47.100	9:06.89	9:26.32
100m	0:18.55	0:19.27	0:18.85	0:19.17	0:18.57	0:19.08	0:18.65	0:19.25	0:18.89	0:19.43
400m				1:15.84				1:15.55		
1000m										3:09.71

	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m
Race Time	9:45.11	10:04.19	10:23.07	10:42.38	11:01.36	11:20.63	11:39.26	11:58.36	12:17.62	12:36.38
100m	0:18.79	0:19.08	0:18.88	0:19.31	0:18.98	0:19.27	0:18.63	0:19.10	0:19.26	0:18.76
400m		1:16.19				1:16.44				1:15.75
1000m										3:10.06

	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m
Race Time	12:54.52	13:13.35	13:32.12	13:51.04	14:09.84	14:29.09	14:47.68	15:06.75	15:25.34	15:43.73
100m	0:18.14	0:18.83	0:18.77	0:18.92	0:18.80	0:19.25	0:18.59	0:19.07	0:18.59	0:18.39
400m				1:14.66				1:15.71		
1000m										3:07.35

658 Nowakowska Dominika (POL)

Pos: 10

	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
Race Time	0:19.53	0:38.98	0:58.42	1:18.45	1:37.57	1:56.52	2:15.01	2:33.52	2:52.21	3:10.72
100m	0:19.53	0:19.45	0:19.44	0:20.03	0:19.12	0:18.95	0:18.49	0:18.51	0:18.69	0:18.51
400m				1:18.45				1:15.07		
1000m										3:10.72

	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m
Race Time	3:28.94	3:47.74	4:06.15	4:24.98	4:43.70	5:02.59	5:21.27	5:40.12	5:58.83	6:17.93
100m	0:18.22	0:18.80	0:18.41	0:18.83	0:18.72	0:18.89	0:18.68	0:18.85	0:18.71	0:19.10
400m		1:14.22				1:14.85				1:15.34
1000m										3:07.21

	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m
Race Time	6:36.47	6:55.54	7:14.62	7:33.59	7:52.41	8:11.18	8:29.99	8:49.08	9:07.91	9:27.19
100m	0:18.54	0:19.07	0:19.08	0:18.97	0:18.82	0:18.77	0:18.81	0:19.09	0:18.83	0:19.28
400m				1:15.66				1:15.49		
1000m										3:09.26

	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m
Race Time	9:46.05	10:04.80	10:23.84	10:42.94	11:01.83	11:20.92	11:39.59	11:58.09	12:17.14	12:35.34
100m	0:18.86	0:18.75	0:19.04	0:19.10	0:18.89	0:19.09	0:18.67	0:18.50	0:19.05	0:18.20
400m		1:15.72				1:16.12				1:14.42
1000m										3:08.15

	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m
Race Time	12:54.04	13:13.19	13:32.04	13:51.44	14:10.82	14:30.54	14:49.48	15:08.58	15:27.03	15:45.10
100m	0:18.70	0:19.15	0:18.85	0:19.40	0:19.38	0:19.72	0:18.94	0:19.10	0:18.45	0:18.07
400m				1:16.10				1:17.14		
1000m										3:09.76



IAAF World Championships 2013

Moscow, Russia

**OFFICIAL
SPLIT TIMES**

5000m Women - Heat 2

405 Dekanadze Giuli (GEO)

Pos: 11

	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
Race Time	0:19.83	0:39.23	0:58.68	1:18.70	1:38.19	1:57.50	2:16.91	2:36.92	2:57.20	3:17.97
100m	0:19.83	0:19.40	0:19.45	0:20.02	0:19.49	0:19.31	0:19.41	0:20.01	0:20.28	0:20.77
400m				1:18.70				1:18.22		
1000m										3:17.97

	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m
Race Time	3:38.96	4:00.44	4:21.53	4:43.01	5:04.35	5:26.35	5:48.25	6:10.39	6:32.49	6:54.82
100m	0:20.99	0:21.48	0:21.09	0:21.48	0:21.34	0:22.00	0:21.90	0:22.14	0:22.10	0:22.33
400m		1:23.52				1:25.91				1:28.47
1000m										3:36.85

	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m
Race Time	7:16.92	7:39.21	8:01.22	8:24.12	8:46.35	9:08.51	9:30.74	9:53.90	10:16.55	10:39.30
100m	0:22.10	0:22.29	0:22.01	0:22.90	0:22.23	0:22.16	0:22.23	0:23.16	0:22.65	0:22.75
400m				1:29.30				1:29.78		
1000m										3:44.48

	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m
Race Time	11:01.27	11:22.55	11:44.73	12:07.25	12:29.62	12:52.85	13:15.77	13:38.81	14:01.75	14:25.03
100m	0:21.97	0:21.28	0:22.18	0:22.52	0:22.37	0:23.23	0:22.92	0:23.04	0:22.94	0:23.28
400m		1:28.65				1:30.30				1:32.18
1000m										3:45.73

	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m
Race Time	14:47.57	15:10.21	15:33.02	15:55.95	16:17.56	16:38.91	16:59.47	17:19.58	17:38.98	17:57.39
100m	0:22.54	0:22.64	0:22.81	0:22.93	0:21.61	0:21.35	0:20.56	0:20.11	0:19.40	0:18.41
400m				1:30.92				1:23.63		
1000m										3:32.36