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|---------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| kg % | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 |
| 100% | 06:10,3 | 06:09,4 | 06:08,5 | 06:07,6 | 06:06,7 | 06:05,8 | 06:04,9 | 06:04,0 | 06:03,1 | 06:02,2 | 06:01,2 | 06:00,3 | 05:59,4 | 05:58,5 | 05:57,6 | 05:56,7 | 05:55,8 | 05:54,9 | 05:54,0 | 05:53,1 | 05:52,2 |
| 99 | 06:14,07 | 06:13,15 | 06:12,24 | 06:11,32 | 06:10,40 | 06:09,48 | 06:08,56 | 06:07,65 | 06:06,73 | 06:05,81 | 06:04,89 | 06:03,97 | 06:03,06 | 06:02,14 | 06:01,22 | 06:00,30 | 05:59,39 | 05:58,47 | 05:57,55 | 05:56,63 | 05:55,71 |
| 98 | 06:17,89 | 06:16,96 | 06:16,03 | 06:15,11 | 06:14,18 | 06:13,25 | 06:12,32 | 06:11,40 | 06:10,47 | 06:09,54 | 06:08,62 | 06:07,69 | 06:06,76 | 06:05,83 | 06:04,91 | 06:03,98 | 06:03,05 | 06:02,13 | 06:01,20 | 06:00,27 | 05:59,34 |
| 97 | 06:21,78 | 06:20,85 | 06:19,91 | 06:18,97 | 06:18,04 | 06:17,10 | 06:16,16 | 06:15,23 | 06:14,29 | 06:13,35 | 06:12,42 | 06:11,48 | 06:10,54 | 06:09,61 | 06:08,67 | 06:07,73 | 06:06,80 | 06:05,86 | 06:04,92 | 06:03,98 | 06:03,05 |
| 96 | 06:25,76 | 06:24,81 | 06:23,87 | 06:22,92 | 06:21,97 | 06:21,03 | 06:20,08 | 06:19,13 | 06:18,19 | 06:17,24 | 06:16,30 | 06:15,35 | 06:14,40 | 06:13,46 | 06:12,51 | 06:11,56 | 06:10,62 | 06:09,67 | 06:08,72 | 06:07,78 | 06:06,83 |
| 95 | 06:29,82 | 06:28,86 | 06:27,91 | 06:26,95 | 06:26,00 | 06:25,04 | 06:24,08 | 06:23,13 | 06:22,17 | 06:21,21 | 06:20,26 | 06:19,30 | 06:18,34 | 06:17,39 | 06:16,43 | 06:15,47 | 06:14,52 | 06:13,56 | 06:12,60 | 06:11,65 | 06:10,69 |
| 94 | 06:33,97 | 06:33,00 | 06:32,04 | 06:31,07 | 06:30,10 | 06:29,14 | 06:28,17 | 06:27,20 | 06:26,23 | 06:25,27 | 06:24,30 | 06:23,33 | 06:22,37 | 06:21,40 | 06:20,43 | 06:19,47 | 06:18,50 | 06:17,53 | 06:16,57 | 06:15,60 | 06:14,63 |
| 93 | 06:38,20 | 06:37,23 | 06:36,25 | 06:35,27 | 06:34,30 | 06:33,32 | 06:32,34 | 06:31,37 | 06:30,39 | 06:29,41 | 06:28,43 | 06:27,46 | 06:26,48 | 06:25,50 | 06:24,53 | 06:23,55 | 06:22,57 | 06:21,59 | 06:20,62 | 06:19,64 | 06:18,66 |
| 92 | 06:42,53 | 06:41,55 | 06:40,56 | 06:39,57 | 06:38,58 | 06:37,59 | 06:36,61 | 06:35,62 | 06:34,63 | 06:33,64 | 06:32,66 | 06:31,67 | 06:30,68 | 06:29,69 | 06:28,71 | 06:27,72 | 06:26,73 | 06:25,74 | 06:24,75 | 06:23,77 | 06:22,78 |
| 91 | 06:46,96 | 06:45,96 | 06:44,96 | 06:43,96 | 06:42,96 | 06:41,96 | 06:40,97 | 06:39,97 | 06:38,97 | 06:37,97 | 06:36,97 | 06:35,97 | 06:34,97 | 06:33,98 | 06:32,98 | 06:31,98 | 06:30,98 | 06:29,98 | 06:28,98 | 06:27,98 | 06:26,99 |
| 90 | 06:51,48 | 06:50,47 | 06:49,46 | 06:48,45 | 06:47,44 | 06:46,43 | 06:45,42 | 06:44,41 | 06:43,40 | 06:42,39 | 06:41,38 | 06:40,37 | 06:39,36 | 06:38,35 | 06:37,34 | 06:36,33 | 06:35,32 | 06:34,31 | 06:33,30 | 06:32,29 | 06:31,29 |
| 89 | 06:56,10 | 06:55,08 | 06:54,06 | 06:53,04 | 06:52,02 | 06:51,00 | 06:49,98 | 06:48,95 | 06:47,93 | 06:46,91 | 06:45,89 | 06:44,87 | 06:43,85 | 06:42,83 | 06:41,81 | 06:40,79 | 06:39,77 | 06:38,74 | 06:37,72 | 06:36,70 | 06:35,68 |
| 88 | 07:00,83 | 06:59,80 | 06:58,76 | 06:57,73 | 06:56,70 | 06:55,67 | 06:54,63 | 06:53,60 | 06:52,57 | 06:51,54 | 06:50,50 | 06:49,47 | 06:48,44 | 06:47,41 | 06:46,37 | 06:45,34 | 06:44,31 | 06:43,28 | 06:42,24 | 06:41,21 | 06:40,18 |
| 87 | 07:05,67 | 07:04,62 | 07:03,58 | 07:02,53 | 07:01,49 | 07:00,44 | 06:59,40 | 06:58,36 | 06:57,31 | 06:56,27 | 06:55,22 | 06:54,18 | 06:53,13 | 06:52,09 | 06:51,04 | 06:50,00 | 06:48,96 | 06:47,91 | 06:46,87 | 06:45,82 | 06:44,78 |
| 86 | 07:10,62 | 07:09,56 | 07:08,50 | 07:07,45 | 07:06,39 | 07:05,33 | 07:04,28 | 07:03,22 | 07:02,16 | 07:01,11 | 07:00,05 | 06:58,99 | 06:57,94 | 06:56,88 | 06:55,82 | 06:54,77 | 06:53,71 | 06:52,65 | 06:51,60 | 06:50,54 | 06:49,48 |
| 85 | 07:15,68 | 07:14,61 | 07:13,54 | 07:12,48 | 07:11,41 | 07:10,34 | 07:09,27 | 07:08,20 | 07:07,13 | 07:06,06 | 07:04,99 | 07:03,92 | 07:02,85 | 07:01,79 | 07:00,72 | 06:59,65 | 06:58,58 | 06:57,51 | 06:56,44 | 06:55,37 | 06:54,30 |
| 84 | 07:20,87 | 07:19,79 | 07:18,71 | 07:17,62 | 07:16,54 | 07:15,46 | 07:14,38 | 07:13,30 | 07:12,22 | 07:11,13 | 07:10,05 | 07:08,97 | 07:07,89 | 07:06,81 | 07:05,72 | 07:04,64 | 07:03,56 | 07:02,48 | 07:01,40 | 07:00,32 | 06:59,23 |
| 83 | 07:26,18 | 07:25,09 | 07:23,99 | 07:22,90 | 07:21,80 | 07:20,71 | 07:19,61 | 07:18,52 | 07:17,42 | 07:16,33 | 07:15,23 | 07:14,14 | 07:13,04 | 07:11,95 | 07:10,85 | 07:09,76 | 07:08,66 | 07:07,57 | 07:06,47 | 07:05,38 | 07:04,28 |
| 82 | 07:31,62 | 07:30,51 | 07:29,41 | 07:28,30 | 07:27,19 | 07:26,08 | 07:24,97 | 07:23,87 | 07:22,76 | 07:21,65 | 07:20,54 | 07:19,43 | 07:18,32 | 07:17,22 | 07:16,11 | 07:15,00 | 07:13,89 | 07:12,78 | 07:11,68 | 07:10,57 | 07:09,46 |
| 81 | 07:37,20 | 07:36,08 | 07:34,95 | 07:33,83 | 07:32,71 | 07:31,59 | 07:30,47 | 07:29,35 | 07:28,22 | 07:27,10 | 07:25,98 | 07:24,86 | 07:23,74 | 07:22,61 | 07:21,49 | 07:20,37 | 07:19,25 | 07:18,13 | 07:17,00 | 07:15,88 | 07:14,76 |
| 80 | 07:42,91 | 07:41,78 | 07:40,64 | 07:39,51 | 07:38,37 | 07:37,23 | 07:36,10 | 07:34,96 | 07:33,83 | 07:32,69 | 07:31,55 | 07:30,42 | 07:29,28 | 07:28,15 | 07:27,01 | 07:25,88 | 07:24,74 | 07:23,60 | 07:22,47 | 07:21,33 | 07:20,20 |

| kg % | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 | 101 |
|---------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| 100% | 05:51,2 | 05:50,3 | 05:49,4 | 05:48,5 | 05:47,6 | 05:46,7 | 05:45,8 | 05:44,9 | 05:44,0 | 05:43,1 | 05:42,2 | 05:41,3 | 05:40,3 | 05:39,4 | 05:38,5 | 05:37,6 | 05:36,7 | 05:35,8 | 05:34,9 | 05:34,0 | 05:33,1 |
| 99 | 05:54,80 | 05:53,88 | 05:52,96 | 05:52,04 | 05:51,12 | 05:50,21 | 05:49,29 | 05:48,37 | 05:47,45 | 05:46,53 | 05:45,62 | 05:44,70 | 05:43,78 | 05:42,86 | 05:41,95 | 05:41,03 | 05:40,11 | 05:39,19 | 05:38,27 | 05:37,36 | 05:36,44 |
| 98 | 05:58,42 | 05:57,49 | 05:56,56 | 05:55,63 | 05:54,71 | 05:53,78 | 05:52,85 | 05:51,93 | 05:51,00 | 05:50,07 | 05:49,14 | 05:48,22 | 05:47,29 | 05:46,36 | 05:45,43 | 05:44,51 | 05:43,58 | 05:42,65 | 05:41,73 | 05:40,80 | 05:39,87 |
| 97 | 06:02,11 | 06:01,17 | 06:00,24 | 05:59,30 | 05:58,36 | 05:57,43 | 05:56,49 | 05:55,55 | 05:54,62 | 05:53,68 | 05:52,74 | 05:51,81 | 05:50,87 | 05:49,93 | 05:49,00 | 05:48,06 | 05:47,12 | 05:46,19 | 05:45,25 | 05:44,31 | 05:43,38 |
| 96 | 06:05,88 | 06:04,94 | 06:03,99 | 06:03,04 | 06:02,10 | 06:01,15 | 06:00,20 | 05:59,26 | 05:58,31 | 05:57,36 | 05:56,42 | 05:55,47 | 05:54,52 | 05:53,58 | 05:52,63 | 05:51,68 | 05:50,74 | 05:49,79 | 05:48,85 | 05:47,90 | 05:46,95 |
| 95 | 06:09,73 | 06:08,78 | 06:07,82 | 06:06,86 | 06:05,91 | 06:04,95 | 06:04,00 | 06:03,04 | 06:02,08 | 06:01,13 | 06:00,17 | 05:59,21 | 05:58,26 | 05:57,30 | 05:56,34 | 05:55,39 | 05:54,43 | 05:53,47 | 05:52,52 | 05:51,56 | 05:50,60 |
| 94 | 06:13,67 | 06:12,70 | 06:11,73 | 06:10,77 | 06:09,80 | 06:08,83 | 06:07,87 | 06:06,90 | 06:05,93 | 06:04,97 | 06:04,00 | 06:03,03 | 06:02,07 | 06:01,10 | 06:00,13 | 05:59,17 | 05:58,20 | 05:57,23 | 05:56,27 | 05:55,30 | 05:54,33 |
| 93 | 06:17,69 | 06:16,71 | 06:15,73 | 06:14,75 | 06:13,78 | 06:12,80 | 06:11,82 | 06:10,85 | 06:09,87 | 06:08,89 | 06:07,91 | 06:06,94 | 06:05,96 | 06:04,98 | 06:04,01 | 06:03,03 | 06:02,05 | 06:01,08 | 06:00,10 | 05:59,12 | 05:58,14 |
| 92 | 06:21,79 | 06:20,80 | 06:19,82 | 06:18,83 | 06:17,84 | 06:16,85 | 06:15,86 | 06:14,88 | 06:13,89 | 06:12,90 | 06:11,91 | 06:10,93 | 06:09,94 | 06:08,95 | 06:07,96 | 06:06,98 | 06:05,99 | 06:05,00 | 06:04,01 | 06:03,02 | 06:02,04 |
| 91 | 06:25,99 | 06:24,99 | 06:23,99 | 06:22,99 | 06:21,99 | 06:20,99 | 06:20,00 | 06:19,00 | 06:18,00 | 06:17,00 | 06:16,00 | 06:15,00 | 06:14,00 | 06:13,01 | 06:12,01 | 06:11,01 | 06:10,01 | 06:09,01 | 06:08,01 | 06:07,01 | 06:06,02 |
| 90 | 06:30,28 | 06:29,27 | 06:28,26 | 06:27,25 | 06:26,24 | 06:25,23 | 06:24,22 | 06:23,21 | 06:22,20 | 06:21,19 | 06:20,18 | 06:19,17 | 06:18,16 | 06:17,15 | 06:16,14 | 06:15,13 | 06:14,12 | 06:13,11 | 06:12,10 | 06:11,09 | 06:10,08 |
| 89 | 06:34,66 | 06:33,64 | 06:32,62 | 06:31,60 | 06:30,58 | 06:29,56 | 06:28,53 | 06:27,51 | 06:26,49 | 06:25,47 | 06:24,45 | 06:23,43 | 06:22,41 | 06:21,39 | 06:20,37 | 06:19,35 | 06:18,32 | 06:17,30 | 06:16,28 | 06:15,26 | 06:14,24 |
| 88 | 06:39,15 | 06:38,11 | 06:37,08 | 06:36,05 | 06:35,01 | 06:33,98 | 06:32,95 | 06:31,92 | 06:30,88 | 06:29,85 | 06:28,82 | 06:27,79 | 06:26,75 | 06:25,72 | 06:24,69 | 06:23,66 | 06:22,62 | 06:21,59 | 06:20,56 | 06:19,53 | 06:18,49 |
| 87 | 06:43,73 | 06:42,69 | 06:41,64 | 06:40,60 | 06:39,56 | 06:38,51 | 06:37,47 | 06:36,42 | 06:35,38 | 06:34,33 | 06:33,29 | 06:32,24 | 06:31,20 | 06:30,15 | 06:29,11 | 06:28,07 | 06:27,02 | 06:25,98 | 29:55,54 | 06:23,89 | 06:22,84 |
| 86 | 06:48,43 | 06:47,37 | 06:46,31 | 06:45,26 | 06:44,20 | 06:43,14 | 06:42,09 | 06:41,03 | 06:39,97 | 06:38,92 | 06:37,86 | 06:36,80 | 06:35,75 | 06:34,69 | 06:33,63 | 06:32,58 | 06:31,52 | 06:30,47 | 06:29,41 | 06:28,35 | 06:27,30 |
| 85 | 06:53,23 | 06:52,16 | 06:51,09 | 06:50,03 | 06:48,96 | 06:47,89 | 06:46,82 | 06:45,75 | 06:44,68 | 06:43,61 | 06:42,54 | 06:41,47 | 06:40,40 | 06:39,34 | 06:38,27 | 06:37,20 | 06:36,13 | 06:35,06 | 06:33,99 | 06:32,92 | 06:31,85 |
| 84 | 06:58,15 | 06:57,07 | 06:55,99 | 06:54,91 | 06:53,83 | 06:52,74 | 06:51,66 | 06:50,58 | 06:49,50 | 06:48,42 | 06:47,33 | 06:46,25 | 06:45,17 | 06:44,09 | 06:43,01 | 06:41,93 | 06:40,84 | 06:39,76 | 06:38,68 | 36:47,16 | 06:36,52 |
| 83 | 07:03,19 | 07:02,10 | 07:01,00 | 06:59,91 | 06:58,81 | 06:57,72 | 06:56,62 | 06:55,53 | 06:54,43 | 06:53,34 | 06:52,24 | 06:51,15 | 06:50,05 | 06:48,96 | 06:47,86 | 06:46,77 | 06:45,67 | 06:44,58 | 06:43,48 | 06:42,39 | 06:41,29 |
| 82 | 07:08,35 | 07:07,24 | 07:06,13 | 07:05,03 | 07:03,92 | 07:02,81 | 07:01,70 | 07:00,59 | 06:59,49 | 06:58,38 | 06:57,27 | 06:56,16 | 06:55,05 | 06:53,94 | 06:52,84 | 06:51,73 | 06:50,62 | 06:49,51 | 06:48,40 | 06:47,30 | 06:46,19 |
| 81 | 07:13,64 | 07:12,52 | 07:11,40 | 07:10,27 | 07:09,15 | 07:08,03 | 07:06,91 | 07:05,79 | 07:04,66 | 07:03,54 | 07:02,42 | 07:01,30 | 07:00,18 | 06:59,06 | 06:57,93 | 06:56,81 | 06:55,69 | 06:54,57 | 06:53,45 | 06:52,32 | 06:51,20 |
| 80 | 07:19,06 | 07:17,92 | 07:16,79 | 07:15,65 | 07:14,52 | 07:13,38 | 07:12,24 | 07:11,11 | 07:09,97 | 07:08,84 | 07:07 | | | | | | | | | | |