**Нормативы общей физической и специальной физической подготовки для зачисления**

**в группы на этап начальной подготовки,**

**учебно-тренировочный этап (этап спортивной специализации)**

**по виду спорта «велосипедный спорт»**

**Минимальный возраст для зачисления:**

этап начальной подготовки – с 7 лет;

учебно-тренировочный этап (этап спортивной специализации) – с 11 лет;

Отсутствие медицинских противопоказаний.

**Уровень спортивной квалификации** (спортивные разряды) в зависимости от периода обучения на этапе спортивной подготовки:

учебно-тренировочный этап (этап спортивной специализации) ***до трех лет*** – спортивные разряды «третий юношеский спортивный разряд», «второй юношеский спортивный разряд», «первый юношеский спортивный разряд»;

учебно-тренировочный этап (этап спортивной специализации) ***свыше трех лет*** – спортивные разряды «третий спортивный разряд», «второй спортивный разряд», «первый спортивный разряд».

**Оценка** уровня физических качеств и двигательных способностей проводится по результатам тестирования по ОФП и СФП.

Оценка контрольных упражнений проводится по балльной системе.

Для зачисления на этапы спортивной подготовки поступающему (обучающемуся) необходимо набрать ***по общей физической подготовке*** на:

учебно-тренировочном этапе (этапе спортивной специализации) – не менее 300 баллов для мужчин и 255 баллов для женщин;

Для зачисления на этапы спортивной подготовки поступающему (обучающемуся) необходимо набрать ***по специальной физической подготовке*** на:

учебно-тренировочном этапе (этапе спортивной специализации) – не менее 300 баллов;

При проведении тестирования следует обратить особое внимание на соблюдение требований инструкции и создание одинаковых условий для всех поступающих при выполнении упражнений.

Тестирование проводится приемной комиссией в виде поэтапного выполнения поступающим контрольных упражнений.

Форма одежды: спортивный костюм, кроссовки.

**Контрольные упражнения (тесты)**

**1. Нормативы общей физической подготовки**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| № п/п | Упражнения | Единица измерения | Результат | Очки |
| 1. | Бег на 3 км | мин, сек | 0:14:45 и более | 0,0 |
| 0:14:40 | 0,1 |
| 0:14:35 | 0,2 |
| 0:14:30 | 0,3 |
| 0:14:25 | 0,5 |
| 0:14:20 | 0,8 |
| 0:14:15 | 1,1 |
| 0:14:10 | 1,4 |
| 0:14:05 | 1,8 |
| 0:14:00 | 2,3 |
| 0:13:55 | 2,8 |
| 0:13:50 | 3,3 |
| 0:13:45 | 3,9 |
| 0:13:40 | 4,6 |
| 0:13:35 | 5,3 |
| 0:13:30 | 6,1 |
| 0:13:25 | 6,9 |
| 0:13:20 | 7,8 |
| 0:13:15 | 8,7 |
| 0:13:10 | 9,7 |
| 0:13:05 | 10,7 |
| 0:12:45 | 15,5 |
| 0:12:40 | 16,8 |
| 0:12:35 | 18,2 |
| 0:12:30 | 19,7 |
| 0:12:25 | 21,2 |
| 0:12:20 | 22,8 |
| 0:12:15 | 24,4 |
| 0:12:10 | 26,1 |
| 0:12:05 | 27,8 |
| 0:12:00 | 29,6 |
| 0:11:55 | 31,5 |
| 0:11:50 | 33,4 |
| 0:11:45 | 35,3 |
| 0:11:40 | 37,3 |
| 0:11:35 | 39,4 |
| 0:11:30 | 41,5 |
| 0:11:25 | 43,6 |
| 0:11:20 | 45,8 |
| 0:11:15 | 48,0 |
| 0:11:10 | 50,3 |
| 0:11:05 | 52,6 |
| 0:11:00 | 54,9 |
| 0:10:55 | 57,3 |
| 0:10:50 | 59,7 |
| 0:10:45 | 62,1 |
| 0:10:40 | 64,5 |
| 0:10:35 | 66,9 |
| 0:10:30 | 69,3 |
| 0:10:25 | 71,7 |
| 0:10:20 | 74,0 |
| 0:10:15 | 76,4 |
| 0:10:10 | 78,7 |
| 0:10:05 | 81,0 |
| 0:10:00 | 83,2 |
| 0:09:55 | 85,4 |
| 0:09:50 | 87,5 |
| 0:09:45 | 89,4 |
| 0:09:40 | 91,3 |
| 0:09:35 | 93,1 |
| 0:09:30 | 94,7 |
| 0:09:25 | 96,1 |
| 0:09:20 | 97,3 |
| 0:09:15 | 98,4 |
| 0:09:10 | 99,2 |
| 0:09:05 | 99,7 |
| 0:09:00 | 100,0 |
| 2. | Бег на 400 м | мин, сек | 01:24,0 и более | 0,0 |
| 01:23,5 | 0,1 |
| 01:23,0 | 0,2 |
| 01:22,5 | 0,4 |
| 01:22,0 | 0,6 |
| 01:21,5 | 0,9 |
| 01:21,0 | 1,2 |
| 01:20,5 | 1,7 |
| 01:20,0 | 2,1 |
| 01:19,5 | 2,7 |
| 01:19,0 | 3,3 |
| 01:18,5 | 3,9 |
| 01:18,0 | 4,6 |
| 01:17,5 | 5,4 |
| 01:17,0 | 6,3 |
| 01:16,5 | 7,2 |
| 01:16,2 | 7,8 |
| 01:16,0 | 8,2 |
| 01:15,5 | 9,2 |
| 01:15,0 | 10,4 |
| 01:14,5 | 11,5 |
| 01:14,0 | 12,8 |
| 01:13,5 | 14,1 |
| 01:13,0 | 15,5 |
| 01:12,5 | 17,0 |
| 01:12,0 | 18,5 |
| 01:11,5 | 20,1 |
| 01:11,0 | 21,7 |
| 01:10,5 | 23,5 |
| 01:10,0 | 25,3 |
| 01:09,5 | 27,1 |
| 01:09,0 | 29,0 |
| 01:08,5 | 31,0 |
| 01:08,0 | 33,1 |
| 01:07,5 | 35,2 |
| 01:07,0 | 37,3 |
| 01:06,5 | 39,6 |
| 01:06,0 | 41,8 |
| 01:05,5 | 44,2 |
| 01:05,0 | 46,5 |
| 01:04,5 | 48,9 |
| 01:04,0 | 51,4 |
| 01:03,5 | 53,9 |
| 01:03,0 | 56,4 |
| 01:02,5 | 59,0 |
| 01:02,0 | 61,5 |
| 01:01,5 | 64,1 |
| 01:01,0 | 66,7 |
| 01:00,5 | 69,3 |
| 01:00,0 | 71,9 |
| 00:59,5 | 74,4 |
| 00:59,0 | 76,9 |
| 00:58,5 | 79,4 |
| 00:58,0 | 81,8 |
| 00:57,5 | 84,2 |
| 00:57,0 | 86,4 |
| 00:56,5 | 88,6 |
| 00:56,0 | 90,7 |
| 00:55,5 | 92,6 |
| 00:55,0 | 94,3 |
| 00:54,5 | 95,9 |
| 00:54,0 | 97,2 |
| 00:53,5 | 98,4 |
| 00:53,0 | 99,2 |
| 00:52,5 | 99,8 |
| 00:52,0 | 100,0 |
| 3. | Бег на 60 м | с | 10,0 и более | 0,0 |
| 9,9 | 0,1 |
| 9,8 | 0,5 |
| 9,7 | 1,4 |
| 9,6 | 2,6 |
| 9,5 | 4,2 |
| 9,4 | 6,2 |
| 9,3 | 8,5 |
| 9,2 | 11,3 |
| 9,1 | 14,4 |
| 9,0 | 17,8 |
| 8,9 | 21,6 |
| 8,8 | 25,7 |
| 8,7 | 30,1 |
| 8,6 | 34,8 |
| 8,5 | 39,7 |
| 8,4 | 44,9 |
| 8,3 | 50,2 |
| 8,2 | 55,7 |
| 8,1 | 61,2 |
| 8,0 | 66,8 |
| 7,9 | 72,2 |
| 7,8 | 77,5 |
| 7,7 | 82,6 |
| 7,6 | 87,3 |
| 7,5 | 91,5 |
| 7,4 | 95,0 |
| 7,3 | 97,8 |
| 7,2 | 99,5 |
| 7,1 | 100,0 |
| 4. | Подтягивание на перекладине | количество раз | 0 | 0,0 |
| 1 | 0,2 |
| 2 | 1,0 |
| 3 | 2,5 |
| 4 | 4,5 |
| 5 | 7,0 |
| 6 | 10,0 |
| 7 | 13,4 |
| 8 | 17,2 |
| 9 | 21,3 |
| 10 | 25,6 |
| 11 | 30,2 |
| 12 | 35,0 |
| 13 | 39,9 |
| 14 | 44,9 |
| 15 | 50,0 |
| 16 | 55,1 |
| 17 | 60,1 |
| 18 | 65,0 |
| 19 | 69,8 |
| 20 | 74,4 |
| 21 | 78,8 |
| 22 | 82,8 |
| 23 | 86,6 |
| 24 | 90,0 |
| 25 | 93,0 |
| 26 | 95,5 |
| 27 | 97,5 |
| 28 | 99,0 |
| 29 | 99,8 |
| 30 | 100,0 |
| 5. | Сгибание и разгибание рук в упоре лежа на полу | количество раз | 0 | 0,0 |
| 1 | 0,1 |
| 2 | 0,3 |
| 3 | 0,5 |
| 4 | 0,8 |
| 5 | 1,1 |
| 6 | 1,4 |
| 7 | 1,8 |
| 8 | 2,3 |
| 9 | 2,8 |
| 10 | 3,4 |
| 11 | 4,0 |
| 12 | 4,6 |
| 13 | 5,3 |
| 14 | 6,0 |
| 15 | 6,8 |
| 16 | 7,6 |
| 17 | 8,4 |
| 18 | 9,3 |
| 19 | 10,2 |
| 20 | 11,1 |
| 21 | 12,1 |
| 22 | 13,1 |
| 23 | 14,2 |
| 24 | 15,2 |
| 25 | 16,3 |
| 26 | 17,5 |
| 27 | 18,6 |
| 28 | 19,8 |
| 29 | 21,0 |
| 30 | 22,2 |
| 31 | 23,5 |
| 32 | 24,8 |
| 33 | 26,1 |
| 34 | 27,4 |
| 35 | 28,7 |
| 36 | 30,0 |
| 37 | 31,4 |
| 38 | 32,8 |
| 39 | 34,2 |
| 40 | 35,6 |
| 41 | 37,0 |
| 42 | 38,4 |
| 43 | 39,8 |
| 44 | 41,3 |
| 45 | 42,7 |
| 46 | 44,2 |
| 47 | 45,6 |
| 48 | 47,1 |
| 49 | 48,5 |
| 50 | 50,0 |
| 51 | 51,5 |
| 52 | 52,9 |
| 53 | 54,4 |
| 54 | 55,8 |
| 55 | 57,3 |
| 56 | 58,7 |
| 57 | 60,2 |
| 58 | 61,6 |
| 59 | 63,0 |
| 60 | 64,4 |
| 61 | 65,8 |
| 62 | 67,2 |
| 63 | 68,6 |
| 64 | 70,0 |
| 65 | 71,3 |
| 66 | 72,6 |
| 67 | 73,9 |
| 68 | 75,2 |
| 69 | 76,5 |
| 70 | 77,8 |
| 71 | 79,0 |
| 72 | 80,2 |
| 73 | 81,4 |
| 74 | 82,5 |
| 75 | 83,7 |
| 76 | 84,8 |
| 77 | 85,8 |
| 78 | 86,9 |
| 79 | 87,9 |
| 80 | 88,9 |
| 81 | 89,8 |
| 82 | 90,7 |
| 83 | 91,6 |
| 84 | 92,4 |
| 85 | 93,2 |
| 86 | 94,0 |
| 87 | 94,7 |
| 88 | 95,4 |
| 89 | 96,0 |
| 90 | 96,6 |
| 91 | 97,2 |
| 92 | 97,7 |
| 93 | 98,2 |
| 94 | 98,6 |
| 95 | 98,9 |
| 96 | 99,2 |
| 97 | 99,5 |
| 98 | 99,7 |
| 99 | 99,9 |
| 100 | 100,0 |
| 6. | Прыжок в длину с места толчком двумя ногами | см | 50,0 | 0,00 |
| 55,0 | 0,03 |
| 60,0 | 0,26 |
| 65,0 | 0,70 |
| 70,0 | 1,32 |
| 75,0 | 2,13 |
| 80,0 | 3,11 |
| 85,0 | 4,26 |
| 90,0 | 5,56 |
| 95,0 | 7,02 |
| 100,0 | 8,62 |
| 105,0 | 10,36 |
| 110,0 | 12,22 |
| 115,0 | 14,20 |
| 120,0 | 16,29 |
| 125,0 | 18,49 |
| 130,0 | 20,78 |
| 135,0 | 23,16 |
| 140,0 | 25,62 |
| 140,0 | 25,62 |
| 145,0 | 28,15 |
| 150,0 | 30,74 |
| 155,0 | 33,39 |
| 160,0 | 36,08 |
| 165,0 | 38,82 |
| 170,0 | 41,59 |
| 175,0 | 44,38 |
| 180,0 | 47,18 |
| 185,0 | 50,00 |
| 190,0 | 52,82 |
| 195,0 | 55,62 |
| 200,0 | 58,41 |
| 205,0 | 61,18 |
| 210,0 | 63,92 |
| 215,0 | 66,61 |
| 220,0 | 69,26 |
| 225,0 | 71,85 |
| 230,0 | 74,38 |
| 235,0 | 76,84 |
| 240,0 | 79,22 |
| 245,0 | 81,51 |
| 250,0 | 83,71 |
| 255,0 | 85,80 |
| 260,0 | 87,78 |
| 265,0 | 89,64 |
| 270,0 | 91,38 |
| 275,0 | 92,98 |
| 280,0 | 94,44 |
| 285,0 | 95,74 |
| 290,0 | 96,89 |
| 295,0 | 97,87 |
| 300,0 | 98,68 |
| 305,0 | 99,30 |
| 310,0 | 99,74 |
| 315,0 | 99,97 |
| 320,0 | 100,00 |
| 7. | Десятерной прыжок с места | м | 10,0 | 0,0 |
| 10,2 | 0,1 |
| 10,4 | 0,3 |
| 10,6 | 0,5 |
| 10,8 | 0,8 |
| 11,0 | 1,1 |
| 11,2 | 1,4 |
| 11,4 | 1,8 |
| 11,6 | 2,3 |
| 11,8 | 2,8 |
| 12,0 | 3,4 |
| 12,2 | 4,0 |
| 12,4 | 4,6 |
| 12,6 | 5,3 |
| 12,8 | 6,0 |
| 13,0 | 6,8 |
| 13,2 | 7,6 |
| 13,4 | 8,4 |
| 13,6 | 9,3 |
| 13,8 | 10,2 |
| 14,0 | 11,1 |
| 14,2 | 12,1 |
| 14,4 | 13,1 |
| 14,6 | 14,2 |
| 14,8 | 15,2 |
| 15,0 | 16,3 |
| 15,2 | 17,5 |
| 15,4 | 18,6 |
| 15,6 | 19,8 |
| 15,8 | 21,0 |
| 16,0 | 22,2 |
| 16,2 | 23,5 |
| 16,4 | 24,8 |
| 16,6 | 26,1 |
| 16,8 | 27,4 |
| 17,0 | 28,7 |
| 17,2 | 30,0 |
| 17,4 | 31,4 |
| 17,6 | 32,8 |
| 17,8 | 34,2 |
| 18,0 | 35,6 |
| 18,2 | 37,0 |
| 18,4 | 38,4 |
| 18,6 | 39,8 |
| 18,8 | 41,3 |
| 19,0 | 42,7 |
| 19,2 | 44,2 |
| 19,4 | 45,6 |
| 19,6 | 47,1 |
| 19,8 | 48,5 |
| 20,0 | 50,0 |
| 20,2 | 51,5 |
| 20,4 | 52,9 |
| 20,6 | 54,4 |
| 20,8 | 55,8 |
| 21,0 | 57,3 |
| 21,2 | 58,7 |
| 21,4 | 60,2 |
| 21,6 | 61,6 |
| 21,8 | 63,0 |
| 22,0 | 64,4 |
| 22,2 | 65,8 |
| 22,4 | 67,2 |
| 22,6 | 68,6 |
| 22,8 | 70,0 |
| 23,0 | 71,3 |
| 23,2 | 72,6 |
| 23,4 | 73,9 |
| 23,6 | 75,2 |
| 23,8 | 76,5 |
| 24,0 | 77,8 |
| 24,2 | 79,0 |
| 24,4 | 80,2 |
| 24,6 | 81,4 |
| 24,8 | 82,5 |
| 25,0 | 83,7 |
| 25,2 | 84,8 |
| 25,4 | 85,8 |
| 25,6 | 86,9 |
| 25,8 | 87,9 |
| 26,0 | 88,9 |
| 26,2 | 89,8 |
| 26,4 | 90,7 |
| 26,6 | 91,6 |
| 26,8 | 92,4 |
| 27,0 | 93,2 |
| 27,2 | 94,0 |
| 27,4 | 94,7 |
| 27,6 | 95,4 |
| 27,8 | 96,0 |
| 28,0 | 96,6 |
| 28,2 | 97,2 |
| 28,4 | 97,7 |
| 28,6 | 98,2 |
| 28,8 | 98,6 |
| 29,0 | 98,9 |
| 29,2 | 99,2 |
| 29,4 | 99,5 |
| 29,6 | 99,7 |
| 29,8 | 99,9 |
| 30,0 | 100,0 |
| 8. | Запрыгивание в упор присев на препятствие | см | 30,0 | 0,0 |
| 35,0 | 0,3 |
| 40,0 | 1,4 |
| 45,0 | 3,4 |
| 50,0 | 6,0 |
| 55,0 | 9,3 |
| 60,0 | 13,1 |
| 65,0 | 17,5 |
| 70,0 | 22,2 |
| 75,0 | 27,4 |
| 80,0 | 32,8 |
| 85,0 | 38,4 |
| 90,0 | 44,2 |
| 95,0 | 50,0 |
| 100,0 | 55,8 |
| 105,0 | 61,6 |
| 110,0 | 67,2 |
| 115,0 | 72,6 |
| 120,0 | 77,8 |
| 125,0 | 82,5 |
| 130,0 | 86,9 |
| 135,0 | 90,7 |
| 140,0 | 94,0 |
| 145,0 | 96,6 |
| 150,0 | 98,6 |
| 155,0 | 99,7 |
| 160,0 | 100,0 |
| 9. | Подъем и опускание туловища из положения «вис на согнутых ногах» (с опорой на голени) | количество раз | 0 | 0,0 |
| 1 | 0,1 |
| 2 | 0,5 |
| 3 | 1,4 |
| 4 | 2,5 |
| 5 | 4,0 |
| 6 | 5,7 |
| 7 | 7,7 |
| 8 | 10,0 |
| 9 | 12,5 |
| 10 | 15,2 |
| 11 | 18,2 |
| 12 | 21,3 |
| 13 | 24,5 |
| 14 | 27,9 |
| 15 | 31,4 |
| 16 | 35,0 |
| 17 | 38,7 |
| 18 | 42,4 |
| 19 | 46,2 |
| 20 | 50,0 |
| 21 | 53,8 |
| 22 | 57,6 |
| 23 | 61,3 |
| 24 | 65,0 |
| 25 | 68,6 |
| 26 | 72,1 |
| 27 | 75,5 |
| 28 | 78,8 |
| 29 | 81,8 |
| 30 | 84,8 |
| 31 | 87,5 |
| 32 | 90,0 |
| 33 | 92,3 |
| 34 | 94,3 |
| 35 | 96,0 |
| 36 | 97,5 |
| 37 | 98,6 |
| 38 | 99,5 |
| 39 | 99,9 |
| 40 | 100,0 |
| 10. | Приседания на одной ноге | количество раз | 0 | 0,0 |
| 2 | 0,2 |
| 4 | 0,5 |
| 6 | 1,0 |
| 8 | 1,6 |
| 10 | 2,3 |
| 12 | 3,2 |
| 14 | 4,2 |
| 16 | 5,3 |
| 18 | 6,6 |
| 20 | 7,9 |
| 22 | 9,4 |
| 24 | 10,9 |
| 26 | 12,6 |
| 28 | 14,3 |
| 30 | 16,2 |
| 32 | 18,1 |
| 34 | 20,0 |
| 36 | 22,1 |
| 38 | 24,2 |
| 40 | 26,3 |
| 42 | 28,6 |
| 44 | 30,8 |
| 46 | 33,1 |
| 48 | 35,5 |
| 50 | 37,8 |
| 52 | 40,2 |
| 54 | 42,7 |
| 56 | 45,1 |
| 58 | 47,5 |
| 60 | 50,0 |
| 62 | 52,5 |
| 64 | 54,9 |
| 66 | 57,3 |
| 68 | 59,8 |
| 70 | 62,2 |
| 72 | 64,5 |
| 74 | 66,9 |
| 76 | 69,2 |
| 78 | 71,4 |
| 80 | 73,7 |
| 82 | 75,8 |
| 84 | 77,9 |
| 86 | 80,0 |
| 88 | 81,9 |
| 90 | 83,8 |
| 92 | 85,7 |
| 94 | 87,4 |
| 96 | 89,1 |
| 98 | 90,6 |
| 100 | 92,1 |
| 102 | 93,4 |
| 104 | 94,7 |
| 106 | 95,8 |
| 108 | 96,8 |
| 110 | 97,7 |
| 112 | 98,4 |
| 114 | 99,0 |
| 116 | 99,5 |
| 118 | 99,8 |
| 120 | 100,0 |

**2. Нормативы специальной физической подготовки**

Для спортивной дисциплины «***шоссе***» (индивидуальная гонка на время, мужчины)

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Уровень  специальной физической подготовки (балл) | Дистанция; результат (км; ч:мин:сек,0) | | | | | | | | | | |
| 1 км | 2 км | 3 км | 5 км | 10 км | 15 км | 20 км | 25 км | 30 км | 40 км | 50 км |
| 0 | 0:02:08,9  и более | 0:04:24,8  и более | 0:06:43,6  и более | 0:11:26,6  и более | 0:23:33,1  и более | 0:35:56,3  и более | 0:48:30,7  и более | 1:01:13,7  и более | 1:14:03,7  и более | 1:40:00,6  и более | 2:06:15,8  и более |
| 10 | 0:02:08,5 | 0:04:23,9 | 0:06:42,3 | 0:11:24,4 | 0:23:28,6 | 0:35:49,4 | 0:48:21,4 | 1:01:01,9 | 1:13:49,4 | 1:39:41,4 | 2:05:51,6 |
| 20 | 0:02:08,0 | 0:04:23,0 | 0:06:40,9 | 0:11:22,0 | 0:23:23,5 | 0:35:41,6 | 0:48:10,8 | 1:00:48,6 | 1:13:33,3 | 1:39:19,6 | 2:05:24,1 |
| 30 | 0:02:07,5 | 0:04:21,9 | 0:06:39,2 | 0:11:19,2 | 0:23:17,8 | 0:35:32,9 | 0:47:59,1 | 1:00:33,8 | 1:13:15,4 | 1:38:55,5 | 2:04:53,6 |
| 40 | 0:02:06,9 | 0:04:20,8 | 0:06:37,4 | 0:11:16,2 | 0:23:11,6 | 0:35:23,4 | 0:47:46,3 | 1:00:17,6 | 1:12:55,8 | 1:38:29,0 | 2:04:20,2 |
| 50 | 0:02:06,3 | 0:04:19,5 | 0:06:35,5 | 0:11:12,9 | 0:23:04,8 | 0:35:13,1 | 0:47:32,4 | 1:00:00,1 | 1:12:34,6 | 1:38:00,4 | 2:03:44,1 |
| 60 | 0:02:05,7 | 0:04:18,1 | 0:06:33,5 | 0:11:09,4 | 0:22:57,6 | 0:35:02,0 | 0:47:17,5 | 0:59:41,3 | 1:12:11,9 | 1:37:29,7 | 2:03:05,3 |
| 70 | 0:02:05,0 | 0:04:16,7 | 0:06:31,3 | 0:11:05,6 | 0:22:49,9 | 0:34:50,3 | 0:47:01,6 | 0:59:21,3 | 1:11:47,7 | 1:36:57,0 | 2:02:24,1 |
| 80 | 0:02:04,2 | 0:04:15,2 | 0:06:28,9 | 0:11:01,7 | 0:22:41,8 | 0:34:37,9 | 0:46:44,9 | 0:59:00,2 | 1:11:22,2 | 1:36:22,6 | 2:01:40,6 |
| 90 | 0:02:03,4 | 0:04:13,6 | 0:06:26,5 | 0:10:57,6 | 0:22:33,3 | 0:34:24,9 | 0:46:27,4 | 0:58:38,0 | 1:10:55,4 | 1:35:46,4 | 2:00:54,9 |
| 100 | 0:02:02,6 | 0:04:11,9 | 0:06:24,0 | 0:10:53,2 | 0:22:24,4 | 0:34:11,4 | 0:46:09,1 | 0:58:14,9 | 1:10:27,5 | 1:35:08,6 | 2:00:07,2 |
| 110 | 0:02:01,8 | 0:04:10,2 | 0:06:21,3 | 0:10:48,8 | 0:22:15,1 | 0:33:57,3 | 0:45:50,0 | 0:57:50,9 | 1:09:58,4 | 1:34:29,4 | 1:59:17,7 |
| 120 | 0:02:00,9 | 0:04:08,4 | 0:06:18,6 | 0:10:44,1 | 0:22:05,6 | 0:33:42,7 | 0:45:30,4 | 0:57:26,1 | 1:09:28,4 | 1:33:48,9 | 1:58:26,6 |
| 130 | 0:02:00,0 | 0:04:06,5 | 0:06:15,8 | 0:10:39,3 | 0:21:55,8 | 0:33:27,7 | 0:45:10,1 | 0:57:00,5 | 1:08:57,5 | 1:33:07,1 | 1:57:33,8 |
| 140 | 0:01:59,1 | 0:04:04,7 | 0:06:12,9 | 0:10:34,4 | 0:21:45,7 | 0:33:12,3 | 0:44:49,3 | 0:56:34,3 | 1:08:25,7 | 1:32:24,3 | 1:56:39,7 |
| 150 | 0:01:58,1 | 0:04:02,7 | 0:06:10,0 | 0:10:29,4 | 0:21:35,3 | 0:32:56,5 | 0:44:28,0 | 0:56:07,4 | 1:07:53,2 | 1:31:40,4 | 1:55:44,3 |
| 160 | 0:01:57,2 | 0:04:00,7 | 0:06:07,0 | 0:10:24,3 | 0:21:24,8 | 0:32:40,4 | 0:44:06,3 | 0:55:40,0 | 1:07:20,1 | 1:30:55,6 | 1:54:47,8 |
| 170 | 0:01:56,2 | 0:03:58,7 | 0:06:03,9 | 0:10:19,1 | 0:21:14,1 | 0:32:24,1 | 0:43:44,2 | 0:55:12,2 | 1:06:46,4 | 1:30:10,1 | 1:53:50,3 |
| 180 | 0:01:55,2 | 0:03:56,7 | 0:06:00,8 | 0:10:13,8 | 0:21:03,2 | 0:32:07,5 | 0:43:21,8 | 0:54:43,9 | 1:06:12,1 | 1:29:23,9 | 1:52:52,0 |
| 190 | 0:01:54,2 | 0:03:54,6 | 0:05:57,6 | 0:10:08,4 | 0:20:52,2 | 0:31:50,7 | 0:42:59,1 | 0:54:15,2 | 1:05:37,5 | 1:28:37,1 | 1:51:52,9 |
| 200 | 0:01:53,2 | 0:03:52,5 | 0:05:54,4 | 0:10:03,0 | 0:20:41,0 | 0:31:33,7 | 0:42:36,2 | 0:53:46,2 | 1:05:02,5 | 1:27:49,8 | 1:50:53,2 |
| 210 | 0:01:52,2 | 0:03:50,4 | 0:05:51,2 | 0:09:57,6 | 0:20:29,8 | 0:31:16,5 | 0:42:13,0 | 0:53:17,0 | 1:04:27,1 | 1:27:02,1 | 1:49:52,9 |
| 220 | 0:01:51,1 | 0:03:48,3 | 0:05:48,0 | 0:09:52,1 | 0:20:18,5 | 0:30:59,3 | 0:41:49,8 | 0:52:47,7 | 1:03:51,6 | 1:26:14,1 | 1:48:52,3 |
| 230 | 0:01:50,1 | 0:03:46,2 | 0:05:44,8 | 0:09:46,5 | 0:20:07,1 | 0:30:41,9 | 0:41:26,4 | 0:52:18,1 | 1:03:15,9 | 1:25:25,8 | 1:47:51,4 |
| 240 | 0:01:49,1 | 0:03:44,1 | 0:05:41,5 | 0:09:41,0 | 0:19:55,7 | 0:30:24,5 | 0:41:02,9 | 0:51:48,5 | 1:02:40,0 | 1:24:37,4 | 1:46:50,3 |
| 250 | 0:01:48,0 | 0:03:41,9 | 0:05:38,3 | 0:09:35,5 | 0:19:44,3 | 0:30:07,1 | 0:40:39,4 | 0:51:18,8 | 1:02:04,1 | 1:23:48,9 | 1:45:49,1 |
| 260 | 0:01:47,0 | 0:03:39,8 | 0:05:35,0 | 0:09:29,9 | 0:19:32,9 | 0:29:49,7 | 0:40:15,8 | 0:50:49,1 | 1:01:28,2 | 1:23:00,4 | 1:44:47,9 |
| 270 | 0:01:45,9 | 0:03:37,6 | 0:05:31,7 | 0:09:24,4 | 0:19:21,5 | 0:29:32,3 | 0:39:52,3 | 0:50:19,5 | 1:00:52,3 | 1:22:12,0 | 1:43:46,7 |
| 280 | 0:01:44,9 | 0:03:35,5 | 0:05:28,5 | 0:09:18,8 | 0:19:10,1 | 0:29:14,9 | 0:39:28,9 | 0:49:49,9 | 1:00:16,5 | 1:21:23,7 | 1:42:45,7 |
| 290 | 0:01:43,9 | 0:03:33,4 | 0:05:25,2 | 0:09:13,3 | 0:18:58,8 | 0:28:57,6 | 0:39:05,5 | 0:49:20,4 | 0:59:40,9 | 1:20:35,5 | 1:41:44,9 |
| 300 | 0:01:42,8 | 0:03:31,3 | 0:05:22,0 | 0:09:07,8 | 0:18:47,5 | 0:28:40,4 | 0:38:42,3 | 0:48:51,0 | 0:59:05,4 | 1:19:47,6 | 1:40:44,4 |
| 310 | 0:01:41,8 | 0:03:29,2 | 0:05:18,8 | 0:09:02,4 | 0:18:36,2 | 0:28:23,2 | 0:38:19,1 | 0:48:21,8 | 0:58:30,1 | 1:18:59,9 | 1:39:44,2 |
| 320 | 0:01:40,8 | 0:03:27,1 | 0:05:15,6 | 0:08:57,0 | 0:18:25,1 | 0:28:06,2 | 0:37:56,2 | 0:47:52,8 | 0:57:55,0 | 1:18:12,5 | 1:38:44,4 |
| 330 | 0:01:39,8 | 0:03:25,0 | 0:05:12,5 | 0:08:51,6 | 0:18:14,0 | 0:27:49,3 | 0:37:33,4 | 0:47:24,1 | 0:57:20,2 | 1:17:25,5 | 1:37:45,0 |
| 340 | 0:01:38,8 | 0:03:22,9 | 0:05:09,3 | 0:08:46,3 | 0:18:03,0 | 0:27:32,6 | 0:37:10,8 | 0:46:55,5 | 0:56:45,7 | 1:16:38,9 | 1:36:46,2 |
| 350 | 0:01:37,8 | 0:03:20,9 | 0:05:06,2 | 0:08:41,0 | 0:17:52,2 | 0:27:16,0 | 0:36:48,4 | 0:46:27,3 | 0:56:11,5 | 1:15:52,8 | 1:35:47,9 |
| 360 | 0:01:36,8 | 0:03:18,9 | 0:05:03,1 | 0:08:35,7 | 0:17:41,4 | 0:26:59,6 | 0:36:26,2 | 0:45:59,3 | 0:55:37,7 | 1:15:07,1 | 1:34:50,2 |
| 370 | 0:01:35,8 | 0:03:16,9 | 0:05:00,1 | 0:08:30,6 | 0:17:30,8 | 0:26:43,3 | 0:36:04,3 | 0:45:31,6 | 0:55:04,2 | 1:14:21,9 | 1:33:53,2 |
| 380 | 0:01:34,9 | 0:03:14,9 | 0:04:57,1 | 0:08:25,5 | 0:17:20,2 | 0:26:27,3 | 0:35:42,6 | 0:45:04,3 | 0:54:31,1 | 1:13:37,2 | 1:32:56,8 |
| 390 | 0:01:33,9 | 0:03:13,0 | 0:04:54,1 | 0:08:20,4 | 0:17:09,9 | 0:26:11,4 | 0:35:21,2 | 0:44:37,3 | 0:53:58,4 | 1:12:53,1 | 1:32:01,1 |
| 400 | 0:01:33,0 | 0:03:11,1 | 0:04:51,2 | 0:08:15,4 | 0:16:59,6 | 0:25:55,8 | 0:35:00,1 | 0:44:10,6 | 0:53:26,2 | 1:12:09,5 | 1:31:06,1 |
| 410 | 0:01:32,1 | 0:03:09,2 | 0:04:48,3 | 0:08:10,5 | 0:16:49,5 | 0:25:40,4 | 0:34:39,3 | 0:43:44,3 | 0:52:54,4 | 1:11:26,6 | 1:30:11,9 |
| 420 | 0:01:31,2 | 0:03:07,3 | 0:04:45,5 | 0:08:05,7 | 0:16:39,5 | 0:25:25,1 | 0:34:18,7 | 0:43:18,4 | 0:52:23,0 | 1:10:44,2 | 1:29:18,4 |
| 430 | 0:01:30,3 | 0:03:05,4 | 0:04:42,7 | 0:08:00,9 | 0:16:29,7 | 0:25:10,2 | 0:33:58,5 | 0:42:52,9 | 0:51:52,1 | 1:10:02,5 | 1:28:25,8 |
| 440 | 0:01:29,4 | 0:03:03,6 | 0:04:39,9 | 0:07:56,2 | 0:16:20,0 | 0:24:55,4 | 0:33:38,6 | 0:42:27,7 | 0:51:21,7 | 1:09:21,5 | 1:27:33,9 |
| 450 | 0:01:28,5 | 0:03:01,9 | 0:04:37,2 | 0:07:51,6 | 0:16:10,5 | 0:24:40,9 | 0:33:19,0 | 0:42:03,0 | 0:50:51,8 | 1:08:41,0 | 1:26:42,9 |
| 460 | 0:01:27,7 | 0:03:00,1 | 0:04:34,5 | 0:07:47,0 | 0:16:01,1 | 0:24:26,6 | 0:32:59,7 | 0:41:38,6 | 0:50:22,3 | 1:08:01,3 | 1:25:52,7 |
| 470 | 0:01:26,8 | 0:02:58,4 | 0:04:31,9 | 0:07:42,6 | 0:15:51,9 | 0:24:12,5 | 0:32:40,7 | 0:41:14,7 | 0:49:53,4 | 1:07:22,2 | 1:25:03,4 |
| 480 | 0:01:26,0 | 0:02:56,7 | 0:04:29,3 | 0:07:38,2 | 0:15:42,9 | 0:23:58,8 | 0:32:22,1 | 0:40:51,2 | 0:49:25,0 | 1:06:43,8 | 1:24:14,9 |
| 490 | 0:01:25,2 | 0:02:55,0 | 0:04:26,8 | 0:07:33,8 | 0:15:34,0 | 0:23:45,2 | 0:32:03,8 | 0:40:28,1 | 0:48:57,1 | 1:06:06,1 | 1:23:27,3 |
| 500 | 0:01:24,4 | 0:02:53,4 | 0:04:24,3 | 0:07:29,6 | 0:15:25,3 | 0:23:31,9 | 0:31:45,9 | 0:40:05,5 | 0:48:29,7 | 1:05:29,1 | 1:22:40,6 |
| 510 | 0:01:23,6 | 0:02:51,8 | 0:04:21,8 | 0:07:25,5 | 0:15:16,7 | 0:23:18,9 | 0:31:28,3 | 0:39:43,2 | 0:48:02,8 | 1:04:52,8 | 1:21:54,7 |
| 520 | 0:01:22,9 | 0:02:50,2 | 0:04:19,4 | 0:07:21,4 | 0:15:08,4 | 0:23:06,1 | 0:31:11,0 | 0:39:21,4 | 0:47:36,4 | 1:04:17,2 | 1:21:09,8 |
| 530 | 0:01:22,1 | 0:02:48,7 | 0:04:17,1 | 0:07:17,4 | 0:15:00,1 | 0:22:53,5 | 0:30:54,1 | 0:39:00,1 | 0:47:10,6 | 1:03:42,3 | 1:20:25,7 |
| 540 | 0:01:21,4 | 0:02:47,2 | 0:04:14,8 | 0:07:13,5 | 0:14:52,1 | 0:22:41,2 | 0:30:37,5 | 0:38:39,1 | 0:46:45,2 | 1:03:08,1 | 1:19:42,5 |
| 550 | 0:01:20,7 | 0:02:45,7 | 0:04:12,5 | 0:07:09,6 | 0:14:44,2 | 0:22:29,2 | 0:30:21,2 | 0:38:18,6 | 0:46:20,4 | 1:02:34,6 | 1:19:00,3 |
| 560 | 0:01:19,9 | 0:02:44,2 | 0:04:10,3 | 0:07:05,9 | 0:14:36,5 | 0:22:17,4 | 0:30:05,3 | 0:37:58,6 | 0:45:56,2 | 1:02:01,8 | 1:18:18,9 |
| 570 | 0:01:19,3 | 0:02:42,8 | 0:04:08,2 | 0:07:02,2 | 0:14:28,9 | 0:22:05,9 | 0:29:49,8 | 0:37:38,9 | 0:45:32,4 | 1:01:29,8 | 1:17:38,4 |
| 580 | 0:01:18,6 | 0:02:41,4 | 0:04:06,1 | 0:06:58,6 | 0:14:21,5 | 0:21:54,6 | 0:29:34,6 | 0:37:19,7 | 0:45:09,2 | 1:00:58,4 | 1:16:58,8 |
| 590 | 0:01:17,9 | 0:02:40,1 | 0:04:04,0 | 0:06:55,1 | 0:14:14,3 | 0:21:43,6 | 0:29:19,7 | 0:37:01,0 | 0:44:46,5 | 1:00:27,7 | 1:16:20,1 |
| 600 | 0:01:17,3 | 0:02:38,8 | 0:04:02,0 | 0:06:51,7 | 0:14:07,3 | 0:21:32,8 | 0:29:05,2 | 0:36:42,6 | 0:44:24,3 | 0:59:57,8 | 1:15:42,3 |
| 610 | 0:01:16,7 | 0:02:37,5 | 0:04:00,0 | 0:06:48,3 | 0:14:00,4 | 0:21:22,3 | 0:28:51,0 | 0:36:24,7 | 0:44:02,6 | 0:59:28,5 | 1:15:05,3 |
| 620 | 0:01:16,0 | 0:02:36,2 | 0:03:58,1 | 0:06:45,1 | 0:13:53,7 | 0:21:12,1 | 0:28:37,1 | 0:36:07,2 | 0:43:41,5 | 0:58:60,0 | 1:14:29,2 |
| 630 | 0:01:15,4 | 0:02:35,0 | 0:03:56,2 | 0:06:41,9 | 0:13:47,1 | 0:21:02,0 | 0:28:23,6 | 0:35:50,2 | 0:43:20,8 | 0:58:32,1 | 1:13:54,1 |
| 640 | 0:01:14,9 | 0:02:33,8 | 0:03:54,4 | 0:06:38,8 | 0:13:40,7 | 0:20:52,3 | 0:28:10,4 | 0:35:33,5 | 0:43:00,7 | 0:58:04,9 | 1:13:19,7 |
| 650 | 0:01:14,3 | 0:02:32,6 | 0:03:52,6 | 0:06:35,7 | 0:13:34,4 | 0:20:42,8 | 0:27:57,6 | 0:35:17,3 | 0:42:41,1 | 0:57:38,4 | 1:12:46,3 |
| 660 | 0:01:13,7 | 0:02:31,5 | 0:03:50,9 | 0:06:32,8 | 0:13:28,4 | 0:20:33,5 | 0:27:45,0 | 0:35:01,5 | 0:42:22,0 | 0:57:12,6 | 1:12:13,7 |
| 670 | 0:01:13,2 | 0:02:30,4 | 0:03:49,2 | 0:06:29,9 | 0:13:22,5 | 0:20:24,5 | 0:27:32,8 | 0:34:46,1 | 0:42:03,4 | 0:56:47,5 | 1:11:42,0 |
| 680 | 0:01:12,7 | 0:02:29,3 | 0:03:47,5 | 0:06:27,1 | 0:13:16,7 | 0:20:15,7 | 0:27:21,0 | 0:34:31,1 | 0:41:45,3 | 0:56:23,0 | 1:11:11,1 |
| 690 | 0:01:12,2 | 0:02:28,2 | 0:03:45,9 | 0:06:24,4 | 0:13:11,1 | 0:20:07,1 | 0:27:09,5 | 0:34:16,6 | 0:41:27,6 | 0:55:59,2 | 1:10:41,1 |
| 700 | 0:01:11,7 | 0:02:27,2 | 0:03:44,4 | 0:06:21,8 | 0:13:05,7 | 0:19:58,8 | 0:26:58,2 | 0:34:02,4 | 0:41:10,5 | 0:55:36,1 | 1:10:11,9 |
| 710 | 0:01:11,2 | 0:02:26,2 | 0:03:42,9 | 0:06:19,2 | 0:13:00,4 | 0:19:50,8 | 0:26:47,4 | 0:33:48,7 | 0:40:53,9 | 0:55:13,7 | 1:09:43,6 |
| 720 | 0:01:10,7 | 0:02:25,3 | 0:03:41,4 | 0:06:16,7 | 0:12:55,2 | 0:19:42,9 | 0:26:36,8 | 0:33:35,4 | 0:40:37,8 | 0:54:51,9 | 1:09:16,1 |
| 730 | 0:01:10,3 | 0:02:24,3 | 0:03:40,0 | 0:06:14,3 | 0:12:50,3 | 0:19:35,3 | 0:26:26,5 | 0:33:22,4 | 0:40:22,1 | 0:54:30,8 | 1:08:49,4 |
| 740 | 0:01:09,8 | 0:02:23,4 | 0:03:38,6 | 0:06:11,9 | 0:12:45,4 | 0:19:28,0 | 0:26:16,6 | 0:33:09,9 | 0:40:07,0 | 0:54:10,3 | 1:08:23,6 |
| 750 | 0:01:09,4 | 0:02:22,6 | 0:03:37,3 | 0:06:09,7 | 0:12:40,8 | 0:19:20,9 | 0:26:07,0 | 0:32:57,8 | 0:39:52,3 | 0:53:50,5 | 1:07:58,5 |
| 760 | 0:01:09,0 | 0:02:21,7 | 0:03:36,0 | 0:06:07,5 | 0:12:36,3 | 0:19:14,0 | 0:25:57,7 | 0:32:46,0 | 0:39:38,1 | 0:53:31,3 | 1:07:34,3 |
| 770 | 0:01:08,6 | 0:02:20,9 | 0:03:34,7 | 0:06:05,4 | 0:12:31,9 | 0:19:07,3 | 0:25:48,7 | 0:32:34,7 | 0:39:24,4 | 0:53:12,8 | 1:07:10,9 |
| 780 | 0:01:08,2 | 0:02:20,1 | 0:03:33,5 | 0:06:03,3 | 0:12:27,7 | 0:19:00,9 | 0:25:40,0 | 0:32:23,7 | 0:39:11,1 | 0:52:54,9 | 1:06:48,4 |
| 790 | 0:01:07,8 | 0:02:19,3 | 0:03:32,4 | 0:06:01,3 | 0:12:23,6 | 0:18:54,7 | 0:25:31,7 | 0:32:13,2 | 0:38:58,4 | 0:52:37,7 | 1:06:26,6 |
| 800 | 0:01:07,5 | 0:02:18,6 | 0:03:31,3 | 0:05:59,4 | 0:12:19,7 | 0:18:48,7 | 0:25:23,6 | 0:32:03,0 | 0:38:46,1 | 0:52:21,0 | 1:06:05,6 |
| 810 | 0:01:07,1 | 0:02:17,9 | 0:03:30,2 | 0:05:57,6 | 0:12:15,9 | 0:18:43,0 | 0:25:15,9 | 0:31:53,2 | 0:38:34,2 | 0:52:05,1 | 1:05:45,4 |
| 820 | 0:01:06,8 | 0:02:17,2 | 0:03:29,2 | 0:05:55,8 | 0:12:12,3 | 0:18:37,5 | 0:25:08,4 | 0:31:43,8 | 0:38:22,9 | 0:51:49,7 | 1:05:26,1 |
| 830 | 0:01:06,5 | 0:02:16,6 | 0:03:28,2 | 0:05:54,2 | 0:12:08,9 | 0:18:32,2 | 0:25:01,3 | 0:31:34,8 | 0:38:12,0 | 0:51:35,0 | 1:05:07,5 |
| 840 | 0:01:06,2 | 0:02:16,0 | 0:03:27,2 | 0:05:52,6 | 0:12:05,6 | 0:18:27,1 | 0:24:54,5 | 0:31:26,2 | 0:38:01,6 | 0:51:20,9 | 1:04:49,7 |
| 850 | 0:01:05,9 | 0:02:15,4 | 0:03:26,3 | 0:05:51,0 | 0:12:02,4 | 0:18:22,3 | 0:24:47,9 | 0:31:18,0 | 0:37:51,6 | 0:51:07,5 | 1:04:32,8 |
| 860 | 0:01:05,6 | 0:02:14,8 | 0:03:25,5 | 0:05:49,5 | 0:11:59,4 | 0:18:17,7 | 0:24:41,7 | 0:31:10,1 | 0:37:42,1 | 0:50:54,7 | 1:04:16,6 |
| 870 | 0:01:05,4 | 0:02:14,3 | 0:03:24,6 | 0:05:48,2 | 0:11:56,5 | 0:18:13,3 | 0:24:35,8 | 0:31:02,7 | 0:37:33,1 | 0:50:42,5 | 1:04:01,2 |
| 880 | 0:01:05,1 | 0:02:13,7 | 0:03:23,9 | 0:05:46,8 | 0:11:53,8 | 0:18:09,1 | 0:24:30,2 | 0:30:55,6 | 0:37:24,5 | 0:50:30,9 | 1:03:46,6 |
| 890 | 0:01:04,9 | 0:02:13,3 | 0:03:23,1 | 0:05:45,6 | 0:11:51,2 | 0:18:05,2 | 0:24:24,9 | 0:30:48,9 | 0:37:16,4 | 0:50:20,0 | 1:03:32,8 |
| 900 | 0:01:04,6 | 0:02:12,8 | 0:03:22,4 | 0:05:44,4 | 0:11:48,8 | 0:18:01,5 | 0:24:19,9 | 0:30:42,6 | 0:37:08,8 | 0:50:09,7 | 1:03:19,8 |
| 910 | 0:01:04,4 | 0:02:12,4 | 0:03:21,8 | 0:05:43,3 | 0:11:46,5 | 0:17:58,0 | 0:24:15,2 | 0:30:36,7 | 0:37:01,6 | 0:50:00,0 | 1:03:07,6 |
| 920 | 0:01:04,2 | 0:02:12,0 | 0:03:21,2 | 0:05:42,3 | 0:11:44,4 | 0:17:54,8 | 0:24:10,8 | 0:30:31,1 | 0:36:55,0 | 0:49:51,0 | 1:02:56,2 |
| 930 | 0:01:04,1 | 0:02:11,6 | 0:03:20,6 | 0:05:41,3 | 0:11:42,4 | 0:17:51,8 | 0:24:06,8 | 0:30:26,0 | 0:36:48,7 | 0:49:42,6 | 1:02:45,6 |
| 940 | 0:01:03,9 | 0:02:11,3 | 0:03:20,1 | 0:05:40,4 | 0:11:40,6 | 0:17:49,0 | 0:24:03,0 | 0:30:21,3 | 0:36:43,0 | 0:49:34,9 | 1:02:35,8 |
| 950 | 0:01:03,7 | 0:02:11,0 | 0:03:19,6 | 0:05:39,6 | 0:11:38,9 | 0:17:46,4 | 0:23:59,6 | 0:30:16,9 | 0:36:37,7 | 0:49:27,8 | 1:02:26,9 |
| 960 | 0:01:03,6 | 0:02:10,7 | 0:03:19,2 | 0:05:38,9 | 0:11:37,4 | 0:17:44,1 | 0:23:56,4 | 0:30:13,0 | 0:36:33,0 | 0:49:21,3 | 1:02:18,7 |
| 970 | 0:01:03,5 | 0:02:10,4 | 0:03:18,8 | 0:05:38,2 | 0:11:36,0 | 0:17:42,0 | 0:23:53,6 | 0:30:09,4 | 0:36:28,7 | 0:49:15,5 | 1:02:11,4 |
| 980 | 0:01:03,4 | 0:02:10,2 | 0:03:18,4 | 0:05:37,6 | 0:11:34,8 | 0:17:40,2 | 0:23:51,1 | 0:30:06,3 | 0:36:24,9 | 0:49:10,4 | 1:02:04,9 |
| 990 | 0:01:03,3 | 0:02:10,0 | 0:03:18,1 | 0:05:37,1 | 0:11:33,8 | 0:17:38,6 | 0:23:49,0 | 0:30:03,6 | 0:36:21,6 | 0:49:05,9 | 1:01:59,3 |
| 1000 | 0:01:03,2 | 0:02:09,8 | 0:03:17,9 | 0:05:36,7 | 0:11:32,9 | 0:17:37,2 | 0:23:47,1 | 0:30:01,2 | 0:36:18,8 | 0:49:02,1 | 1:01:54,5 |

Для спортивной дисциплины «***шоссе***» (индивидуальная гонка на время, женщины)

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Уровень специальной физической подготовки (балл) | Дистанция; результат (км; ч:мин:сек,0) | | | | | | | | | | |
| 1 км | 2 км | 3 км | 5 км | 10 км | 15 км | 20 км | 25 км | 30 км | 40 км | 50 км |
| 0 | 0:02:27,1  и более | 0:05:02,3  и более | 0:07:40,7  и более | 0:13:03,8  и более | 0:26:53,2  и более | 0:41:01,5  и более | 0:55:22,7  и более | 1:09:53,7  и более | 1:24:32,7  и более | 1:54:10,0  и более | 2:24:08,2  и более |
| 10 | 0:02:26,7 | 0:05:01,3 | 0:07:39,3 | 0:13:01,3 | 0:26:48,0 | 0:40:53,6 | 0:55:12,0 | 1:09:40,3 | 1:24:16,4 | 1:53:48,0 | 2:23:40,5 |
| 20 | 0:02:26,1 | 0:05:00,2 | 0:07:37,6 | 0:12:58,5 | 0:26:42,1 | 0:40:44,7 | 0:55:00,0 | 1:09:25,1 | 1:23:58,0 | 1:53:23,2 | 2:23:09,2 |
| 30 | 0:02:25,5 | 0:04:59,0 | 0:07:35,7 | 0:12:55,3 | 0:26:35,7 | 0:40:34,8 | 0:54:46,6 | 1:09:08,2 | 1:23:37,6 | 1:52:55,7 | 2:22:34,4 |
| 40 | 0:02:24,9 | 0:04:57,7 | 0:07:33,7 | 0:12:51,9 | 0:26:28,5 | 0:40:23,9 | 0:54:32,0 | 1:08:49,7 | 1:23:15,3 | 1:52:25,4 | 2:21:56,2 |
| 50 | 0:02:24,2 | 0:04:56,2 | 0:07:31,5 | 0:12:48,1 | 0:26:20,8 | 0:40:12,2 | 0:54:16,1 | 1:08:29,7 | 1:22:51,0 | 1:51:52,8 | 2:21:14,9 |
| 60 | 0:02:23,4 | 0:04:54,7 | 0:07:29,1 | 0:12:44,1 | 0:26:12,6 | 0:39:59,6 | 0:53:59,1 | 1:08:08,2 | 1:22:25,1 | 1:51:17,7 | 2:20:30,7 |
| 70 | 0:02:22,6 | 0:04:53,0 | 0:07:26,6 | 0:12:39,9 | 0:26:03,8 | 0:39:46,2 | 0:53:41,0 | 1:07:45,4 | 1:21:57,5 | 1:50:40,4 | 2:19:43,6 |
| 80 | 0:02:21,8 | 0:04:51,3 | 0:07:24,0 | 0:12:35,4 | 0:25:54,5 | 0:39:32,1 | 0:53:22,0 | 1:07:21,3 | 1:21:28,3 | 1:50:01,1 | 2:18:54,0 |
| 90 | 0:02:20,9 | 0:04:49,5 | 0:07:21,2 | 0:12:30,6 | 0:25:44,8 | 0:39:17,2 | 0:53:01,9 | 1:06:56,0 | 1:20:57,8 | 1:49:19,8 | 2:18:01,8 |
| 100 | 0:02:20,0 | 0:04:47,6 | 0:07:18,3 | 0:12:25,7 | 0:25:34,7 | 0:39:01,7 | 0:52:41,0 | 1:06:29,6 | 1:20:25,9 | 1:48:36,7 | 2:17:07,4 |
| 110 | 0:02:19,0 | 0:04:45,6 | 0:07:15,3 | 0:12:20,6 | 0:25:24,1 | 0:38:45,7 | 0:52:19,3 | 1:06:02,3 | 1:19:52,7 | 1:47:52,0 | 2:16:10,9 |
| 120 | 0:02:18,0 | 0:04:43,6 | 0:07:12,2 | 0:12:15,3 | 0:25:13,2 | 0:38:29,0 | 0:51:56,9 | 1:05:33,9 | 1:19:18,4 | 1:47:05,7 | 2:15:12,5 |
| 130 | 0:02:17,0 | 0:04:41,4 | 0:07:09,0 | 0:12:09,8 | 0:25:02,0 | 0:38:11,9 | 0:51:33,7 | 1:05:04,7 | 1:18:43,1 | 1:46:18,0 | 2:14:12,3 |
| 140 | 0:02:15,9 | 0:04:39,3 | 0:07:05,7 | 0:12:04,2 | 0:24:50,5 | 0:37:54,3 | 0:51:10,0 | 1:04:34,8 | 1:18:06,9 | 1:45:29,1 | 2:13:10,5 |
| 150 | 0:02:14,9 | 0:04:37,1 | 0:07:02,3 | 0:11:58,5 | 0:24:38,7 | 0:37:36,3 | 0:50:45,7 | 1:04:04,1 | 1:17:29,8 | 1:44:39,0 | 2:12:07,3 |
| 160 | 0:02:13,8 | 0:04:34,8 | 0:06:58,9 | 0:11:52,7 | 0:24:26,7 | 0:37:18,0 | 0:50:20,9 | 1:03:32,8 | 1:16:52,0 | 1:43:47,9 | 2:11:02,8 |
| 170 | 0:02:12,7 | 0:04:32,5 | 0:06:55,4 | 0:11:46,7 | 0:24:14,4 | 0:36:59,3 | 0:49:55,7 | 1:03:01,0 | 1:16:13,5 | 1:42:55,9 | 2:09:57,2 |
| 180 | 0:02:11,5 | 0:04:30,2 | 0:06:51,8 | 0:11:40,7 | 0:24:02,0 | 0:36:40,3 | 0:49:30,1 | 1:02:28,7 | 1:15:34,4 | 1:42:03,1 | 2:08:50,5 |
| 190 | 0:02:10,4 | 0:04:27,8 | 0:06:48,3 | 0:11:34,6 | 0:23:49,4 | 0:36:21,1 | 0:49:04,2 | 1:01:56,0 | 1:14:54,8 | 1:41:09,7 | 2:07:43,1 |
| 200 | 0:02:09,2 | 0:04:25,5 | 0:06:44,6 | 0:11:28,4 | 0:23:36,7 | 0:36:01,7 | 0:48:38,0 | 1:01:22,9 | 1:14:14,9 | 1:40:15,7 | 2:06:34,9 |
| 210 | 0:02:08,0 | 0:04:23,1 | 0:06:41,0 | 0:11:22,1 | 0:23:23,9 | 0:35:42,1 | 0:48:11,6 | 1:00:49,6 | 1:13:34,5 | 1:39:21,3 | 2:05:26,2 |
| 220 | 0:02:06,9 | 0:04:20,6 | 0:06:37,3 | 0:11:15,9 | 0:23:11,0 | 0:35:22,5 | 0:47:45,0 | 1:00:16,0 | 1:12:54,0 | 1:38:26,5 | 2:04:17,0 |
| 230 | 0:02:05,7 | 0:04:18,2 | 0:06:33,6 | 0:11:09,6 | 0:22:58,0 | 0:35:02,7 | 0:47:18,3 | 0:59:42,3 | 1:12:13,2 | 1:37:31,4 | 2:03:07,5 |
| 240 | 0:02:04,5 | 0:04:15,8 | 0:06:29,9 | 0:11:03,3 | 0:22:45,0 | 0:34:42,8 | 0:46:51,5 | 0:59:08,5 | 1:11:32,3 | 1:36:36,1 | 2:01:57,7 |
| 250 | 0:02:03,3 | 0:04:13,3 | 0:06:26,1 | 0:10:56,9 | 0:22:31,9 | 0:34:22,9 | 0:46:24,7 | 0:58:34,6 | 1:10:51,3 | 1:35:40,8 | 2:00:47,8 |
| 260 | 0:02:02,1 | 0:04:10,9 | 0:06:22,4 | 0:10:50,6 | 0:22:18,9 | 0:34:03,0 | 0:45:57,8 | 0:58:00,7 | 1:10:10,3 | 1:34:45,4 | 1:59:37,9 |
| 270 | 0:02:00,9 | 0:04:08,4 | 0:06:18,7 | 0:10:44,3 | 0:22:05,9 | 0:33:43,2 | 0:45:31,0 | 0:57:26,9 | 1:09:29,3 | 1:33:50,1 | 1:58:28,1 |
| 280 | 0:01:59,8 | 0:04:06,0 | 0:06:15,0 | 0:10:37,9 | 0:21:52,9 | 0:33:23,3 | 0:45:04,2 | 0:56:53,1 | 1:08:48,5 | 1:32:55,0 | 1:57:18,5 |
| 290 | 0:01:58,6 | 0:04:03,6 | 0:06:11,3 | 0:10:31,7 | 0:21:39,9 | 0:33:03,6 | 0:44:37,5 | 0:56:19,4 | 1:08:07,7 | 1:32:00,0 | 1:56:09,0 |
| 300 | 0:01:57,4 | 0:04:01,2 | 0:06:07,6 | 0:10:25,4 | 0:21:27,1 | 0:32:43,9 | 0:44:11,0 | 0:55:45,9 | 1:07:27,2 | 1:31:05,2 | 1:54:59,9 |
| 310 | 0:01:56,2 | 0:03:58,8 | 0:06:03,9 | 0:10:19,2 | 0:21:14,2 | 0:32:24,3 | 0:43:44,6 | 0:55:12,6 | 1:06:46,9 | 1:30:10,8 | 1:53:51,2 |
| 320 | 0:01:55,1 | 0:03:56,4 | 0:06:00,3 | 0:10:13,0 | 0:21:01,5 | 0:32:04,9 | 0:43:18,4 | 0:54:39,5 | 1:06:06,9 | 1:29:16,8 | 1:52:43,0 |
| 330 | 0:01:53,9 | 0:03:54,0 | 0:05:56,7 | 0:10:06,8 | 0:20:48,9 | 0:31:45,6 | 0:42:52,4 | 0:54:06,7 | 1:05:27,2 | 1:28:23,1 | 1:51:35,3 |
| 340 | 0:01:52,8 | 0:03:51,7 | 0:05:53,1 | 0:10:00,7 | 0:20:36,3 | 0:31:26,5 | 0:42:26,6 | 0:53:34,1 | 1:04:47,8 | 1:27:29,9 | 1:50:28,1 |
| 350 | 0:01:51,6 | 0:03:49,3 | 0:05:49,6 | 0:09:54,7 | 0:20:23,9 | 0:31:07,6 | 0:42:01,0 | 0:53:01,8 | 1:04:08,7 | 1:26:37,2 | 1:49:21,6 |
| 360 | 0:01:50,5 | 0:03:47,0 | 0:05:46,1 | 0:09:48,7 | 0:20:11,7 | 0:30:48,8 | 0:41:35,7 | 0:52:29,9 | 1:03:30,1 | 1:25:45,1 | 1:48:15,7 |
| 370 | 0:01:49,4 | 0:03:44,8 | 0:05:42,6 | 0:09:42,8 | 0:19:59,5 | 0:30:30,3 | 0:41:10,7 | 0:51:58,3 | 1:02:51,9 | 1:24:53,5 | 1:47:10,6 |
| 380 | 0:01:48,3 | 0:03:42,5 | 0:05:39,2 | 0:09:37,0 | 0:19:47,5 | 0:30:12,0 | 0:40:45,9 | 0:51:27,1 | 1:02:14,1 | 1:24:02,5 | 1:46:06,2 |
| 390 | 0:01:47,2 | 0:03:40,3 | 0:05:35,8 | 0:09:31,2 | 0:19:35,6 | 0:29:53,9 | 0:40:21,5 | 0:50:56,3 | 1:01:36,8 | 1:23:12,1 | 1:45:02,6 |
| 400 | 0:01:46,2 | 0:03:38,1 | 0:05:32,4 | 0:09:25,6 | 0:19:23,9 | 0:29:36,0 | 0:39:57,4 | 0:50:25,8 | 1:01:00,0 | 1:22:22,4 | 1:43:59,8 |
| 410 | 0:01:45,1 | 0:03:35,9 | 0:05:29,1 | 0:09:19,9 | 0:19:12,4 | 0:29:18,4 | 0:39:33,6 | 0:49:55,8 | 1:00:23,7 | 1:21:33,4 | 1:42:57,9 |
| 420 | 0:01:44,1 | 0:03:33,8 | 0:05:25,9 | 0:09:14,4 | 0:19:01,0 | 0:29:01,0 | 0:39:10,2 | 0:49:26,2 | 0:59:47,9 | 1:20:45,0 | 1:41:56,9 |
| 430 | 0:01:43,0 | 0:03:31,7 | 0:05:22,7 | 0:09:09,0 | 0:18:49,8 | 0:28:43,9 | 0:38:47,1 | 0:48:57,1 | 0:59:12,7 | 1:19:57,4 | 1:40:56,8 |
| 440 | 0:01:42,0 | 0:03:29,6 | 0:05:19,5 | 0:09:03,6 | 0:18:38,7 | 0:28:27,1 | 0:38:24,3 | 0:48:28,4 | 0:58:37,9 | 1:19:10,5 | 1:39:57,6 |
| 450 | 0:01:41,1 | 0:03:27,6 | 0:05:16,4 | 0:08:58,3 | 0:18:27,9 | 0:28:10,5 | 0:38:01,9 | 0:48:00,1 | 0:58:03,8 | 1:18:24,4 | 1:38:59,4 |
| 460 | 0:01:40,1 | 0:03:25,6 | 0:05:13,4 | 0:08:53,1 | 0:18:17,2 | 0:27:54,2 | 0:37:39,9 | 0:47:32,3 | 0:57:30,2 | 1:17:39,0 | 1:38:02,1 |
| 470 | 0:01:39,1 | 0:03:23,6 | 0:05:10,4 | 0:08:48,0 | 0:18:06,7 | 0:27:38,2 | 0:37:18,3 | 0:47:05,0 | 0:56:57,1 | 1:16:54,4 | 1:37:05,8 |
| 480 | 0:01:38,2 | 0:03:21,7 | 0:05:07,4 | 0:08:43,0 | 0:17:56,4 | 0:27:22,4 | 0:36:57,0 | 0:46:38,2 | 0:56:24,7 | 1:16:10,6 | 1:36:10,4 |
| 489 | 0:01:37,3 | 0:03:20,0 | 0:05:04,8 | 0:08:38,6 | 0:17:47,2 | 0:27:08,5 | 0:36:38,2 | 0:46:14,5 | 0:55:56,0 | 1:15:31,8 | 1:35:21,5 |
| 490 | 0:01:37,3 | 0:03:19,8 | 0:05:04,5 | 0:08:38,1 | 0:17:46,2 | 0:27:06,9 | 0:36:36,2 | 0:46:11,8 | 0:55:52,8 | 1:15:27,5 | 1:35:16,1 |
| 500 | 0:01:36,3 | 0:03:17,9 | 0:05:01,7 | 0:08:33,3 | 0:17:36,3 | 0:26:51,8 | 0:36:15,7 | 0:45:46,0 | 0:55:21,5 | 1:14:45,3 | 1:34:22,7 |
| 510 | 0:01:35,5 | 0:03:16,1 | 0:04:58,9 | 0:08:28,5 | 0:17:26,5 | 0:26:36,9 | 0:35:55,6 | 0:45:20,6 | 0:54:50,8 | 1:14:03,8 | 1:33:30,4 |
| 520 | 0:01:34,6 | 0:03:14,3 | 0:04:56,2 | 0:08:23,9 | 0:17:16,9 | 0:26:22,3 | 0:35:35,8 | 0:44:55,7 | 0:54:20,7 | 1:13:23,2 | 1:32:39,1 |
| 530 | 0:01:33,7 | 0:03:12,5 | 0:04:53,5 | 0:08:19,3 | 0:17:07,6 | 0:26:07,9 | 0:35:16,5 | 0:44:31,3 | 0:53:51,2 | 1:12:43,4 | 1:31:48,8 |
| 540 | 0:01:32,9 | 0:03:10,8 | 0:04:50,9 | 0:08:14,8 | 0:16:58,4 | 0:25:53,9 | 0:34:57,6 | 0:44:07,4 | 0:53:22,3 | 1:12:04,3 | 1:30:59,5 |
| 550 | 0:01:32,1 | 0:03:09,1 | 0:04:48,3 | 0:08:10,5 | 0:16:49,4 | 0:25:40,2 | 0:34:39,0 | 0:43:44,0 | 0:52:54,0 | 1:11:26,1 | 1:30:11,3 |
| 560 | 0:01:31,3 | 0:03:07,5 | 0:04:45,8 | 0:08:06,2 | 0:16:40,6 | 0:25:26,7 | 0:34:20,9 | 0:43:21,1 | 0:52:26,3 | 1:10:48,7 | 1:29:24,0 |
| 570 | 0:01:30,5 | 0:03:05,9 | 0:04:43,3 | 0:08:02,0 | 0:16:31,9 | 0:25:13,6 | 0:34:03,1 | 0:42:58,7 | 0:51:59,2 | 1:10:12,1 | 1:28:37,8 |
| 580 | 0:01:29,7 | 0:03:04,3 | 0:04:40,9 | 0:07:57,9 | 0:16:23,5 | 0:25:00,7 | 0:33:45,8 | 0:42:36,8 | 0:51:32,7 | 1:09:36,3 | 1:27:52,6 |
| 590 | 0:01:29,0 | 0:03:02,7 | 0:04:38,5 | 0:07:53,9 | 0:16:15,3 | 0:24:48,1 | 0:33:28,8 | 0:42:15,4 | 0:51:06,7 | 1:09:01,3 | 1:27:08,4 |
| 600 | 0:01:28,2 | 0:03:01,2 | 0:04:36,2 | 0:07:50,0 | 0:16:07,2 | 0:24:35,9 | 0:33:12,2 | 0:41:54,4 | 0:50:41,4 | 1:08:27,1 | 1:26:25,2 |
| 610 | 0:01:27,5 | 0:02:59,8 | 0:04:34,0 | 0:07:46,1 | 0:15:59,3 | 0:24:23,8 | 0:32:56,0 | 0:41:34,0 | 0:50:16,7 | 1:07:53,6 | 1:25:43,0 |
| 620 | 0:01:26,8 | 0:02:58,3 | 0:04:31,8 | 0:07:42,4 | 0:15:51,7 | 0:24:12,1 | 0:32:40,2 | 0:41:14,0 | 0:49:52,5 | 1:07:21,0 | 1:25:01,9 |
| 630 | 0:01:26,1 | 0:02:56,9 | 0:04:29,7 | 0:07:38,8 | 0:15:44,2 | 0:24:00,7 | 0:32:24,7 | 0:40:54,5 | 0:49:29,0 | 1:06:49,2 | 1:24:21,7 |
| 640 | 0:01:25,5 | 0:02:55,5 | 0:04:27,6 | 0:07:35,2 | 0:15:36,9 | 0:23:49,5 | 0:32:09,7 | 0:40:35,5 | 0:49:06,0 | 1:06:18,2 | 1:23:42,5 |
| 650 | 0:01:24,8 | 0:02:54,2 | 0:04:25,5 | 0:07:31,8 | 0:15:29,7 | 0:23:38,7 | 0:31:55,0 | 0:40:17,0 | 0:48:43,6 | 1:05:48,0 | 1:23:04,3 |
| 660 | 0:01:24,2 | 0:02:52,9 | 0:04:23,6 | 0:07:28,4 | 0:15:22,8 | 0:23:28,1 | 0:31:40,7 | 0:39:59,0 | 0:48:21,8 | 1:05:18,5 | 1:22:27,2 |
| 670 | 0:01:23,6 | 0:02:51,6 | 0:04:21,6 | 0:07:25,1 | 0:15:16,0 | 0:23:17,8 | 0:31:26,8 | 0:39:41,4 | 0:48:00,5 | 1:04:49,8 | 1:21:50,9 |
| 680 | 0:01:23,0 | 0:02:50,4 | 0:04:19,8 | 0:07:21,9 | 0:15:09,5 | 0:23:07,7 | 0:31:13,3 | 0:39:24,3 | 0:47:39,9 | 1:04:21,9 | 1:21:15,7 |
| 690 | 0:01:22,4 | 0:02:49,2 | 0:04:17,9 | 0:07:18,8 | 0:15:03,1 | 0:22:58,0 | 0:31:00,1 | 0:39:07,7 | 0:47:19,8 | 1:03:54,8 | 1:20:41,4 |
| 700 | 0:01:21,8 | 0:02:48,1 | 0:04:16,2 | 0:07:15,8 | 0:14:56,9 | 0:22:48,5 | 0:30:47,3 | 0:38:51,6 | 0:47:00,2 | 1:03:28,4 | 1:20:08,1 |
| 710 | 0:01:21,3 | 0:02:46,9 | 0:04:14,4 | 0:07:12,9 | 0:14:50,8 | 0:22:39,3 | 0:30:34,9 | 0:38:35,9 | 0:46:41,3 | 1:03:02,7 | 1:19:35,8 |
| 720 | 0:01:20,7 | 0:02:45,8 | 0:04:12,8 | 0:07:10,0 | 0:14:45,0 | 0:22:30,4 | 0:30:22,8 | 0:38:20,6 | 0:46:22,8 | 1:02:37,9 | 1:19:04,4 |
| 730 | 0:01:20,2 | 0:02:44,8 | 0:04:11,1 | 0:07:07,3 | 0:14:39,3 | 0:22:21,7 | 0:30:11,1 | 0:38:05,9 | 0:46:05,0 | 1:02:13,8 | 1:18:33,9 |
| 740 | 0:01:19,7 | 0:02:43,7 | 0:04:09,6 | 0:07:04,6 | 0:14:33,8 | 0:22:13,3 | 0:29:59,8 | 0:37:51,6 | 0:45:47,7 | 1:01:50,4 | 1:18:04,4 |
| 750 | 0:01:19,2 | 0:02:42,7 | 0:04:08,0 | 0:07:02,0 | 0:14:28,5 | 0:22:05,2 | 0:29:48,8 | 0:37:37,7 | 0:45:30,9 | 1:01:27,8 | 1:17:35,9 |
| 760 | 0:01:18,7 | 0:02:41,8 | 0:04:06,6 | 0:06:59,5 | 0:14:23,3 | 0:21:57,3 | 0:29:38,2 | 0:37:24,3 | 0:45:14,7 | 1:01:05,9 | 1:17:08,2 |
| 770 | 0:01:18,3 | 0:02:40,8 | 0:04:05,1 | 0:06:57,1 | 0:14:18,3 | 0:21:49,7 | 0:29:27,9 | 0:37:11,4 | 0:44:59,1 | 1:00:44,7 | 1:16:41,5 |
| 780 | 0:01:17,9 | 0:02:39,9 | 0:04:03,8 | 0:06:54,7 | 0:14:13,5 | 0:21:42,4 | 0:29:18,0 | 0:36:58,9 | 0:44:43,9 | 1:00:24,3 | 1:16:15,8 |
| 790 | 0:01:17,4 | 0:02:39,1 | 0:04:02,5 | 0:06:52,5 | 0:14:08,9 | 0:21:35,3 | 0:29:08,5 | 0:36:46,8 | 0:44:29,4 | 1:00:04,6 | 1:15:50,9 |
| 800 | 0:01:17,0 | 0:02:38,2 | 0:04:01,2 | 0:06:50,3 | 0:14:04,4 | 0:21:28,5 | 0:28:59,3 | 0:36:35,2 | 0:44:15,3 | 0:59:45,7 | 1:15:27,0 |
| 810 | 0:01:16,6 | 0:02:37,4 | 0:03:59,9 | 0:06:48,2 | 0:14:00,1 | 0:21:21,9 | 0:28:50,4 | 0:36:24,0 | 0:44:01,8 | 0:59:27,4 | 1:15:03,9 |
| 820 | 0:01:16,3 | 0:02:36,7 | 0:03:58,8 | 0:06:46,2 | 0:13:56,0 | 0:21:15,6 | 0:28:41,9 | 0:36:13,3 | 0:43:48,8 | 0:59:09,9 | 1:14:41,8 |
| 830 | 0:01:15,9 | 0:02:35,9 | 0:03:57,6 | 0:06:44,3 | 0:13:52,0 | 0:21:09,6 | 0:28:33,8 | 0:36:03,0 | 0:43:36,4 | 0:58:53,1 | 1:14:20,6 |
| 840 | 0:01:15,5 | 0:02:35,2 | 0:03:56,6 | 0:06:42,5 | 0:13:48,3 | 0:21:03,8 | 0:28:26,0 | 0:35:53,2 | 0:43:24,5 | 0:58:37,1 | 1:14:00,3 |
| 850 | 0:01:15,2 | 0:02:34,5 | 0:03:55,5 | 0:06:40,7 | 0:13:44,6 | 0:20:58,3 | 0:28:18,6 | 0:35:43,8 | 0:43:13,1 | 0:58:21,7 | 1:13:41,0 |
| 860 | 0:01:14,9 | 0:02:33,9 | 0:03:54,5 | 0:06:39,0 | 0:13:41,2 | 0:20:53,1 | 0:28:11,5 | 0:35:34,8 | 0:43:02,3 | 0:58:07,1 | 1:13:22,5 |
| 870 | 0:01:14,6 | 0:02:33,3 | 0:03:53,6 | 0:06:37,4 | 0:13:37,9 | 0:20:48,1 | 0:28:04,7 | 0:35:26,3 | 0:42:52,0 | 0:57:53,2 | 1:13:04,9 |
| 880 | 0:01:14,3 | 0:02:32,7 | 0:03:52,7 | 0:06:35,9 | 0:13:34,8 | 0:20:43,3 | 0:27:58,3 | 0:35:18,3 | 0:42:42,2 | 0:57:40,0 | 1:12:48,2 |
| 890 | 0:01:14,1 | 0:02:32,1 | 0:03:51,9 | 0:06:34,5 | 0:13:31,9 | 0:20:38,8 | 0:27:52,3 | 0:35:10,6 | 0:42:33,0 | 0:57:27,5 | 1:12:32,5 |
| 900 | 0:01:13,8 | 0:02:31,6 | 0:03:51,1 | 0:06:33,2 | 0:13:29,1 | 0:20:34,6 | 0:27:46,6 | 0:35:03,4 | 0:42:24,3 | 0:57:15,7 | 1:12:17,7 |
| 910 | 0:01:13,6 | 0:02:31,1 | 0:03:50,3 | 0:06:31,9 | 0:13:26,5 | 0:20:30,6 | 0:27:41,2 | 0:34:56,7 | 0:42:16,1 | 0:57:04,7 | 1:12:03,7 |
| 920 | 0:01:13,3 | 0:02:30,7 | 0:03:49,7 | 0:06:30,7 | 0:13:24,1 | 0:20:26,9 | 0:27:36,2 | 0:34:50,4 | 0:42:08,5 | 0:56:54,4 | 1:11:50,7 |
| 930 | 0:01:13,1 | 0:02:30,2 | 0:03:49,0 | 0:06:29,6 | 0:13:21,8 | 0:20:23,5 | 0:27:31,6 | 0:34:44,5 | 0:42:01,4 | 0:56:44,8 | 1:11:38,6 |
| 940 | 0:01:12,9 | 0:02:29,9 | 0:03:48,4 | 0:06:28,6 | 0:13:19,7 | 0:20:20,3 | 0:27:27,3 | 0:34:39,1 | 0:41:54,8 | 0:56:36,0 | 1:11:27,5 |
| 950 | 0:01:12,8 | 0:02:29,5 | 0:03:47,9 | 0:06:27,7 | 0:13:17,8 | 0:20:17,4 | 0:27:23,3 | 0:34:34,1 | 0:41:48,8 | 0:56:27,9 | 1:11:17,2 |
| 960 | 0:01:12,6 | 0:02:29,2 | 0:03:47,4 | 0:06:26,8 | 0:13:16,1 | 0:20:14,8 | 0:27:19,8 | 0:34:29,6 | 0:41:43,4 | 0:56:20,5 | 1:11:07,9 |
| 970 | 0:01:12,5 | 0:02:28,9 | 0:03:46,9 | 0:06:26,1 | 0:13:14,5 | 0:20:12,4 | 0:27:16,6 | 0:34:25,6 | 0:41:38,5 | 0:56:13,9 | 1:10:59,6 |
| 980 | 0:01:12,3 | 0:02:28,6 | 0:03:46,5 | 0:06:25,4 | 0:13:13,2 | 0:20:10,3 | 0:27:13,7 | 0:34:22,0 | 0:41:34,1 | 0:56:08,0 | 1:10:52,2 |
| 990 | 0:01:12,2 | 0:02:28,4 | 0:03:46,2 | 0:06:24,8 | 0:13:12,0 | 0:20:08,4 | 0:27:11,2 | 0:34:18,8 | 0:41:30,4 | 0:56:02,9 | 1:10:45,7 |
| 1000 | 0:01:12,1 | 0:02:28,2 | 0:03:45,9 | 0:06:24,3 | 0:13:10,9 | 0:20:06,9 | 0:27:09,1 | 0:34:16,2 | 0:41:27,2 | 0:55:58,6 | 1:10:40,3 |

Для спортивной дисциплины «***маунтинбайк***» (индивидуальная гонка на время, мужчины)

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Уровень  специальной физической подготовки (балл) | Дистанция; результат (км; ч:мин:сек,0) | | | | | | | | | | |
| 1 км | 2 км | 3 км | 5 км | 10 км | 15 км | 20 км | 25 км | 30 км | 40 км | 50 км |
| 0 | 0:02:54,3 и более | 0:05:58,0  и более | 0:09:05,6  и более | 0:15:28,3  и более | 0:31:50,4  и более | 0:48:35,1  и более | 1:05:34,9  и более | 1:22:46,4  и более | 1:40:07,4  и более | 2:15:12,2  и более | 2:50:41,7  и более |
| 10 | 0:02:53,7 | 0:05:56,8 | 0:09:03,9 | 0:15:25,3 | 0:31:44,3 | 0:48:25,7 | 1:05:22,3 | 1:22:30,5 | 1:39:48,1 | 2:14:46,2 | 2:50:09,0 |
| 20 | 0:02:53,1 | 0:05:55,5 | 0:09:01,9 | 0:15:21,9 | 0:31:37,4 | 0:48:15,2 | 1:05:08,1 | 1:22:12,5 | 1:39:26,4 | 2:14:16,8 | 2:49:31,8 |
| 30 | 0:02:52,4 | 0:05:54,1 | 0:08:59,7 | 0:15:18,2 | 0:31:29,7 | 0:48:03,4 | 1:04:52,2 | 1:21:52,5 | 1:39:02,2 | 2:13:44,2 | 2:48:50,6 |
| 40 | 0:02:51,6 | 0:05:52,5 | 0:08:57,3 | 0:15:14,1 | 0:31:21,3 | 0:47:50,6 | 1:04:34,9 | 1:21:30,6 | 1:38:35,7 | 2:13:08,4 | 2:48:05,5 |
| 50 | 0:02:50,8 | 0:05:50,8 | 0:08:54,7 | 0:15:09,7 | 0:31:12,1 | 0:47:36,7 | 1:04:16,1 | 1:21:06,9 | 1:38:07,0 | 2:12:29,7 | 2:47:16,6 |
| 60 | 0:02:49,9 | 0:05:49,0 | 0:08:51,9 | 0:15:04,9 | 0:31:02,4 | 0:47:21,8 | 1:03:56,0 | 1:20:41,5 | 1:37:36,3 | 2:11:48,2 | 2:46:24,2 |
| 70 | 0:02:48,9 | 0:05:47,0 | 0:08:48,9 | 0:14:59,9 | 0:30:52,0 | 0:47:05,9 | 1:03:34,6 | 1:20:14,5 | 1:37:03,6 | 2:11:04,0 | 2:45:28,4 |
| 80 | 0:02:47,9 | 0:05:45,0 | 0:08:45,8 | 0:14:54,5 | 0:30:41,0 | 0:46:49,1 | 1:03:12,0 | 1:19:46,0 | 1:36:29,1 | 2:10:17,4 | 2:44:29,6 |
| 90 | 0:02:46,9 | 0:05:42,8 | 0:08:42,5 | 0:14:49,0 | 0:30:29,5 | 0:46:31,6 | 1:02:48,2 | 1:19:16,0 | 1:35:52,9 | 2:09:28,5 | 2:43:27,9 |
| 100 | 0:02:45,8 | 0:05:40,6 | 0:08:39,1 | 0:14:43,1 | 0:30:17,5 | 0:46:13,2 | 1:02:23,5 | 1:18:44,8 | 1:35:15,1 | 2:08:37,5 | 2:42:23,5 |
| 110 | 0:02:44,6 | 0:05:38,2 | 0:08:35,5 | 0:14:37,1 | 0:30:05,0 | 0:45:54,2 | 1:01:57,8 | 1:18:12,3 | 1:34:35,8 | 2:07:44,5 | 2:41:16,5 |
| 120 | 0:02:43,5 | 0:05:35,8 | 0:08:31,8 | 0:14:30,8 | 0:29:52,1 | 0:45:34,5 | 1:01:31,2 | 1:17:38,8 | 1:33:55,3 | 2:06:49,7 | 2:40:07,3 |
| 130 | 0:02:42,2 | 0:05:33,3 | 0:08:28,0 | 0:14:24,3 | 0:29:38,8 | 0:45:14,2 | 1:01:03,8 | 1:17:04,2 | 1:33:13,4 | 2:05:53,2 | 2:38:56,1 |
| 140 | 0:02:41,0 | 0:05:30,8 | 0:08:24,1 | 0:14:17,7 | 0:29:25,1 | 0:44:53,4 | 1:00:35,7 | 1:16:28,7 | 1:32:30,5 | 2:04:55,3 | 2:37:42,9 |
| 150 | 0:02:39,7 | 0:05:28,1 | 0:08:20,1 | 0:14:10,9 | 0:29:11,2 | 0:44:32,1 | 1:00:06,9 | 1:15:52,4 | 1:31:46,6 | 2:03:56,0 | 2:36:28,0 |
| 160 | 0:02:38,4 | 0:05:25,5 | 0:08:16,1 | 0:14:04,0 | 0:28:56,9 | 0:44:10,3 | 0:59:37,6 | 1:15:15,4 | 1:31:01,8 | 2:02:55,5 | 2:35:11,6 |
| 170 | 0:02:37,1 | 0:05:22,7 | 0:08:11,9 | 0:13:56,9 | 0:28:42,4 | 0:43:48,2 | 0:59:07,7 | 1:14:37,7 | 1:30:16,2 | 2:01:53,9 | 2:33:53,9 |
| 180 | 0:02:35,8 | 0:05:20,0 | 0:08:07,7 | 0:13:49,8 | 0:28:27,7 | 0:43:25,7 | 0:58:37,4 | 1:13:59,4 | 1:29:29,9 | 2:00:51,4 | 2:32:35,0 |
| 190 | 0:02:34,4 | 0:05:17,2 | 0:08:03,5 | 0:13:42,5 | 0:28:12,8 | 0:43:03,0 | 0:58:06,7 | 1:13:20,7 | 1:28:43,1 | 1:59:48,1 | 2:31:15,1 |
| 200 | 0:02:33,0 | 0:05:14,4 | 0:07:59,2 | 0:13:35,2 | 0:27:57,7 | 0:42:40,0 | 0:57:35,7 | 1:12:41,6 | 1:27:55,7 | 1:58:44,2 | 2:29:54,4 |
| 210 | 0:02:31,6 | 0:05:11,5 | 0:07:54,8 | 0:13:27,8 | 0:27:42,5 | 0:42:16,9 | 0:57:04,4 | 1:12:02,1 | 1:27:08,0 | 1:57:39,7 | 2:28:33,0 |
| 220 | 0:02:30,3 | 0:05:08,7 | 0:07:50,5 | 0:13:20,4 | 0:27:27,3 | 0:41:53,5 | 0:56:32,9 | 1:11:22,4 | 1:26:19,9 | 1:56:34,8 | 2:27:11,0 |
| 230 | 0:02:28,8 | 0:05:05,8 | 0:07:46,1 | 0:13:13,0 | 0:27:11,9 | 0:41:30,1 | 0:56:01,3 | 1:10:42,4 | 1:25:31,6 | 1:55:29,6 | 2:25:48,7 |
| 240 | 0:02:27,4 | 0:05:02,9 | 0:07:41,7 | 0:13:05,5 | 0:26:56,5 | 0:41:06,6 | 0:55:29,6 | 1:10:02,4 | 1:24:43,2 | 1:54:24,2 | 2:24:26,1 |
| 250 | 0:02:26,0 | 0:05:00,0 | 0:07:37,3 | 0:12:58,0 | 0:26:41,1 | 0:40:43,0 | 0:54:57,8 | 1:09:22,2 | 1:23:54,6 | 1:53:18,6 | 2:23:03,4 |
| 260 | 0:02:24,6 | 0:04:57,1 | 0:07:32,9 | 0:12:50,5 | 0:26:25,6 | 0:40:19,5 | 0:54:26,0 | 1:08:42,1 | 1:23:06,1 | 1:52:13,1 | 2:21:40,6 |
| 270 | 0:02:23,2 | 0:04:54,2 | 0:07:28,5 | 0:12:43,0 | 0:26:10,2 | 0:39:55,9 | 0:53:54,2 | 1:08:02,0 | 1:22:17,6 | 1:51:07,6 | 2:20:17,9 |
| 280 | 0:02:21,8 | 0:04:51,3 | 0:07:24,1 | 0:12:35,5 | 0:25:54,8 | 0:39:32,5 | 0:53:22,5 | 1:07:22,0 | 1:21:29,2 | 1:50:02,2 | 2:18:55,4 |
| 290 | 0:02:20,4 | 0:04:48,5 | 0:07:19,7 | 0:12:28,0 | 0:25:39,5 | 0:39:09,1 | 0:52:50,9 | 1:06:42,1 | 1:20:41,0 | 1:48:57,1 | 2:17:33,2 |
| 300 | 0:02:19,0 | 0:04:45,6 | 0:07:15,3 | 0:12:20,6 | 0:25:24,2 | 0:38:45,8 | 0:52:19,5 | 1:06:02,5 | 1:19:53,0 | 1:47:52,3 | 2:16:11,4 |
| 310 | 0:02:17,6 | 0:04:42,8 | 0:07:11,0 | 0:12:13,3 | 0:25:09,0 | 0:38:22,6 | 0:51:48,2 | 1:05:23,0 | 1:19:05,2 | 1:46:47,8 | 2:14:50,0 |
| 320 | 0:02:16,3 | 0:04:39,9 | 0:07:06,7 | 0:12:05,9 | 0:24:54,0 | 0:37:59,6 | 0:51:17,2 | 1:04:43,8 | 1:18:17,8 | 1:45:43,8 | 2:13:29,2 |
| 330 | 0:02:14,9 | 0:04:37,1 | 0:07:02,4 | 0:11:58,7 | 0:24:39,0 | 0:37:36,8 | 0:50:46,3 | 1:04:04,9 | 1:17:30,8 | 1:44:40,3 | 2:12:09,0 |
| 340 | 0:02:13,5 | 0:04:34,4 | 0:06:58,2 | 0:11:51,4 | 0:24:24,2 | 0:37:14,1 | 0:50:15,8 | 1:03:26,3 | 1:16:44,1 | 1:43:37,3 | 2:10:49,4 |
| 350 | 0:02:12,2 | 0:04:31,6 | 0:06:54,0 | 0:11:44,3 | 0:24:09,5 | 0:36:51,7 | 0:49:45,5 | 1:02:48,1 | 1:15:57,9 | 1:42:34,9 | 2:09:30,6 |
| 360 | 0:02:10,9 | 0:04:28,9 | 0:06:49,8 | 0:11:37,2 | 0:23:54,9 | 0:36:29,5 | 0:49:15,6 | 1:02:10,3 | 1:15:12,2 | 1:41:33,1 | 2:08:12,6 |
| 370 | 0:02:09,6 | 0:04:26,2 | 0:06:45,7 | 0:11:30,2 | 0:23:40,5 | 0:36:07,6 | 0:48:45,9 | 1:01:32,9 | 1:14:26,9 | 1:40:32,0 | 2:06:55,5 |
| 380 | 0:02:08,3 | 0:04:23,5 | 0:06:41,7 | 0:11:23,3 | 0:23:26,3 | 0:35:45,9 | 0:48:16,6 | 1:00:55,9 | 1:13:42,2 | 1:39:31,6 | 2:05:39,3 |
| 390 | 0:02:07,0 | 0:04:20,9 | 0:06:37,6 | 0:11:16,5 | 0:23:12,3 | 0:35:24,4 | 0:47:47,7 | 1:00:19,4 | 1:12:58,0 | 1:38:32,0 | 2:04:23,9 |
| 400 | 0:02:05,7 | 0:04:18,3 | 0:06:33,7 | 0:11:09,8 | 0:22:58,4 | 0:35:03,3 | 0:47:19,1 | 0:59:43,4 | 1:12:14,4 | 1:37:33,1 | 2:03:09,6 |
| 410 | 0:02:04,5 | 0:04:15,7 | 0:06:29,8 | 0:11:03,1 | 0:22:44,7 | 0:34:42,4 | 0:46:51,0 | 0:59:07,8 | 1:11:31,4 | 1:36:35,0 | 2:01:56,3 |
| 420 | 0:02:03,2 | 0:04:13,2 | 0:06:25,9 | 0:10:56,6 | 0:22:31,2 | 0:34:21,8 | 0:46:23,2 | 0:58:32,8 | 1:10:49,0 | 1:35:37,8 | 2:00:44,0 |
| 430 | 0:02:02,0 | 0:04:10,7 | 0:06:22,1 | 0:10:50,1 | 0:22:18,0 | 0:34:01,6 | 0:45:55,8 | 0:57:58,3 | 1:10:07,3 | 1:34:41,4 | 1:59:32,8 |
| 440 | 0:02:00,8 | 0:04:08,3 | 0:06:18,4 | 0:10:43,8 | 0:22:04,9 | 0:33:41,6 | 0:45:28,9 | 0:57:24,3 | 1:09:26,2 | 1:33:45,9 | 1:58:22,7 |
| 450 | 0:01:59,7 | 0:04:05,8 | 0:06:14,7 | 0:10:37,5 | 0:21:52,0 | 0:33:22,0 | 0:45:02,4 | 0:56:50,8 | 1:08:45,7 | 1:32:51,2 | 1:57:13,8 |
| 460 | 0:01:58,5 | 0:04:03,5 | 0:06:11,1 | 0:10:31,4 | 0:21:39,4 | 0:33:02,7 | 0:44:36,3 | 0:56:17,9 | 1:08:05,9 | 1:31:57,5 | 1:56:05,9 |
| 470 | 0:01:57,4 | 0:04:01,1 | 0:06:07,6 | 0:10:25,3 | 0:21:26,9 | 0:32:43,7 | 0:44:10,7 | 0:55:45,6 | 1:07:26,8 | 1:31:04,7 | 1:54:59,2 |
| 480 | 0:01:56,3 | 0:03:58,9 | 0:06:04,1 | 0:10:19,4 | 0:21:14,7 | 0:32:25,0 | 0:43:45,5 | 0:55:13,8 | 1:06:48,4 | 1:30:12,8 | 1:53:53,7 |
| 490 | 0:01:55,2 | 0:03:56,6 | 0:06:00,6 | 0:10:13,6 | 0:21:02,7 | 0:32:06,7 | 0:43:20,8 | 0:54:42,6 | 1:06:10,6 | 1:29:21,8 | 1:52:49,4 |
| 500 | 0:01:54,1 | 0:03:54,4 | 0:05:57,3 | 0:10:07,8 | 0:20:50,9 | 0:31:48,8 | 0:42:56,6 | 0:54:12,0 | 1:05:33,6 | 1:28:31,8 | 1:51:46,2 |
| 510 | 0:01:53,0 | 0:03:52,2 | 0:05:54,0 | 0:10:02,2 | 0:20:39,4 | 0:31:31,1 | 0:42:32,7 | 0:53:41,9 | 1:04:57,2 | 1:27:42,7 | 1:50:44,2 |
| 520 | 0:01:52,0 | 0:03:50,1 | 0:05:50,7 | 0:09:56,7 | 0:20:28,0 | 0:31:13,8 | 0:42:09,4 | 0:53:12,4 | 1:04:21,6 | 1:26:54,5 | 1:49:43,4 |
| 530 | 0:01:51,0 | 0:03:48,0 | 0:05:47,6 | 0:09:51,3 | 0:20:16,9 | 0:30:56,9 | 0:41:46,5 | 0:52:43,6 | 1:03:46,6 | 1:26:07,4 | 1:48:43,9 |
| 540 | 0:01:50,0 | 0:03:46,0 | 0:05:44,5 | 0:09:46,0 | 0:20:06,0 | 0:30:40,3 | 0:41:24,1 | 0:52:15,3 | 1:03:12,4 | 1:25:21,1 | 1:47:45,5 |
| 550 | 0:01:49,0 | 0:03:44,0 | 0:05:41,4 | 0:09:40,8 | 0:19:55,4 | 0:30:24,0 | 0:41:02,1 | 0:51:47,5 | 1:02:38,9 | 1:24:35,9 | 1:46:48,4 |
| 560 | 0:01:48,1 | 0:03:42,0 | 0:05:38,4 | 0:09:35,8 | 0:19:44,9 | 0:30:08,1 | 0:40:40,6 | 0:51:20,4 | 1:02:06,1 | 1:23:51,6 | 1:45:52,4 |
| 570 | 0:01:47,1 | 0:03:40,1 | 0:05:35,5 | 0:09:30,8 | 0:19:34,7 | 0:29:52,5 | 0:40:19,6 | 0:50:53,9 | 1:01:33,9 | 1:23:08,2 | 1:44:57,7 |
| 580 | 0:01:46,2 | 0:03:38,2 | 0:05:32,7 | 0:09:25,9 | 0:19:24,7 | 0:29:37,2 | 0:39:59,0 | 0:50:27,9 | 1:01:02,5 | 1:22:25,8 | 1:44:04,1 |
| 590 | 0:01:45,3 | 0:03:36,4 | 0:05:29,9 | 0:09:21,2 | 0:19:15,0 | 0:29:22,3 | 0:39:38,9 | 0:50:02,5 | 1:00:31,8 | 1:21:44,3 | 1:43:11,8 |
| 600 | 0:01:44,5 | 0:03:34,6 | 0:05:27,1 | 0:09:16,6 | 0:19:05,4 | 0:29:07,8 | 0:39:19,3 | 0:49:37,7 | 1:00:01,9 | 1:21:03,9 | 1:42:20,7 |
| 610 | 0:01:43,6 | 0:03:32,9 | 0:05:24,5 | 0:09:12,0 | 0:18:56,1 | 0:28:53,6 | 0:39:00,1 | 0:49:13,5 | 0:59:32,6 | 1:20:24,3 | 1:41:30,7 |
| 620 | 0:01:42,8 | 0:03:31,2 | 0:05:21,9 | 0:09:07,6 | 0:18:47,0 | 0:28:39,7 | 0:38:41,4 | 0:48:49,9 | 0:59:04,0 | 1:19:45,7 | 1:40:42,0 |
| 630 | 0:01:42,0 | 0:03:29,5 | 0:05:19,4 | 0:09:03,3 | 0:18:38,1 | 0:28:26,2 | 0:38:23,1 | 0:48:26,8 | 0:58:36,1 | 1:19:08,0 | 1:39:54,4 |
| 640 | 0:01:41,2 | 0:03:27,9 | 0:05:16,9 | 0:08:59,1 | 0:18:29,5 | 0:28:13,0 | 0:38:05,3 | 0:48:04,3 | 0:58:08,8 | 1:18:31,2 | 1:39:08,0 |
| 650 | 0:01:40,4 | 0:03:26,3 | 0:05:14,5 | 0:08:55,0 | 0:18:21,1 | 0:28:00,1 | 0:37:47,9 | 0:47:42,4 | 0:57:42,3 | 1:17:55,4 | 1:38:22,8 |
| 660 | 0:01:39,7 | 0:03:24,8 | 0:05:12,1 | 0:08:51,0 | 0:18:12,8 | 0:27:47,5 | 0:37:31,0 | 0:47:21,0 | 0:57:16,5 | 1:17:20,5 | 1:37:38,7 |
| 670 | 0:01:38,9 | 0:03:23,3 | 0:05:09,8 | 0:08:47,1 | 0:18:04,8 | 0:27:35,3 | 0:37:14,5 | 0:47:00,2 | 0:56:51,3 | 1:16:46,6 | 1:36:55,8 |
| 680 | 0:01:38,2 | 0:03:21,8 | 0:05:07,6 | 0:08:43,3 | 0:17:57,1 | 0:27:23,5 | 0:36:58,4 | 0:46:40,0 | 0:56:26,8 | 1:16:13,5 | 1:36:14,1 |
| 690 | 0:01:37,5 | 0:03:20,4 | 0:05:05,5 | 0:08:39,7 | 0:17:49,5 | 0:27:11,9 | 0:36:42,9 | 0:46:20,3 | 0:56:03,0 | 1:15:41,4 | 1:35:33,5 |
| 700 | 0:01:36,9 | 0:03:19,0 | 0:05:03,4 | 0:08:36,1 | 0:17:42,1 | 0:27:00,7 | 0:36:27,7 | 0:46:01,2 | 0:55:39,9 | 1:15:10,1 | 1:34:54,1 |
| 710 | 0:01:36,2 | 0:03:17,7 | 0:05:01,3 | 0:08:32,6 | 0:17:35,0 | 0:26:49,8 | 0:36:13,0 | 0:45:42,6 | 0:55:17,4 | 1:14:39,8 | 1:34:15,8 |
| 720 | 0:01:35,6 | 0:03:16,4 | 0:04:59,3 | 0:08:29,3 | 0:17:28,0 | 0:26:39,2 | 0:35:58,7 | 0:45:24,6 | 0:54:55,6 | 1:14:10,3 | 1:33:38,6 |
| 730 | 0:01:35,0 | 0:03:15,1 | 0:04:57,4 | 0:08:26,0 | 0:17:21,3 | 0:26:28,9 | 0:35:44,8 | 0:45:07,1 | 0:54:34,5 | 1:13:41,8 | 1:33:02,5 |
| 740 | 0:01:34,4 | 0:03:13,9 | 0:04:55,6 | 0:08:22,8 | 0:17:14,8 | 0:26:19,0 | 0:35:31,4 | 0:44:50,1 | 0:54:14,0 | 1:13:14,1 | 1:32:27,6 |
| 750 | 0:01:33,8 | 0:03:12,7 | 0:04:53,7 | 0:08:19,8 | 0:17:08,5 | 0:26:09,4 | 0:35:18,4 | 0:44:33,7 | 0:53:54,1 | 1:12:47,3 | 1:31:53,8 |
| 760 | 0:01:33,3 | 0:03:11,6 | 0:04:52,0 | 0:08:16,8 | 0:17:02,4 | 0:26:00,0 | 0:35:05,8 | 0:44:17,9 | 0:53:34,9 | 1:12:21,4 | 1:31:21,0 |
| 770 | 0:01:32,7 | 0:03:10,5 | 0:04:50,3 | 0:08:13,9 | 0:16:56,5 | 0:25:51,0 | 0:34:53,7 | 0:44:02,5 | 0:53:16,4 | 1:11:56,3 | 1:30:49,4 |
| 780 | 0:01:32,2 | 0:03:09,4 | 0:04:48,7 | 0:08:11,2 | 0:16:50,8 | 0:25:42,4 | 0:34:42,0 | 0:43:47,7 | 0:52:58,5 | 1:11:32,1 | 1:30:18,9 |
| 790 | 0:01:31,7 | 0:03:08,4 | 0:04:47,1 | 0:08:08,5 | 0:16:45,3 | 0:25:34,0 | 0:34:30,7 | 0:43:33,5 | 0:52:41,2 | 1:11:08,8 | 1:29:49,5 |
| 800 | 0:01:31,2 | 0:03:07,4 | 0:04:45,6 | 0:08:05,9 | 0:16:40,0 | 0:25:25,9 | 0:34:19,8 | 0:43:19,7 | 0:52:24,6 | 1:10:46,4 | 1:29:21,1 |
| 810 | 0:01:30,7 | 0:03:06,4 | 0:04:44,2 | 0:08:03,4 | 0:16:34,9 | 0:25:18,1 | 0:34:09,3 | 0:43:06,5 | 0:52:08,6 | 1:10:24,8 | 1:28:53,8 |
| 820 | 0:01:30,3 | 0:03:05,5 | 0:04:42,8 | 0:08:01,1 | 0:16:30,0 | 0:25:10,7 | 0:33:59,2 | 0:42:53,8 | 0:51:53,2 | 1:10:04,0 | 1:28:27,7 |
| 830 | 0:01:29,9 | 0:03:04,6 | 0:04:41,4 | 0:07:58,8 | 0:16:25,4 | 0:25:03,6 | 0:33:49,6 | 0:42:41,6 | 0:51:38,5 | 1:09:44,2 | 1:28:02,6 |
| 840 | 0:01:29,5 | 0:03:03,8 | 0:04:40,2 | 0:07:56,6 | 0:16:20,9 | 0:24:56,7 | 0:33:40,4 | 0:42:30,0 | 0:51:24,4 | 1:09:25,1 | 1:27:38,5 |
| 850 | 0:01:29,1 | 0:03:03,0 | 0:04:38,9 | 0:07:54,5 | 0:16:16,6 | 0:24:50,2 | 0:33:31,5 | 0:42:18,8 | 0:51:11,0 | 1:09:06,9 | 1:27:15,6 |
| 860 | 0:01:28,7 | 0:03:02,2 | 0:04:37,8 | 0:07:52,6 | 0:16:12,5 | 0:24:44,0 | 0:33:23,1 | 0:42:08,2 | 0:50:58,1 | 1:08:49,6 | 1:26:53,7 |
| 870 | 0:01:28,4 | 0:03:01,5 | 0:04:36,7 | 0:07:50,7 | 0:16:08,6 | 0:24:38,0 | 0:33:15,1 | 0:41:58,1 | 0:50:45,9 | 1:08:33,1 | 1:26:32,9 |
| 880 | 0:01:28,0 | 0:03:00,8 | 0:04:35,6 | 0:07:48,9 | 0:16:05,0 | 0:24:32,4 | 0:33:07,6 | 0:41:48,6 | 0:50:34,4 | 1:08:17,5 | 1:26:13,2 |
| 890 | 0:01:27,7 | 0:03:00,2 | 0:04:34,6 | 0:07:47,2 | 0:16:01,5 | 0:24:27,1 | 0:33:00,4 | 0:41:39,5 | 0:50:23,4 | 1:08:02,7 | 1:25:54,5 |
| 900 | 0:01:27,4 | 0:02:59,5 | 0:04:33,7 | 0:07:45,6 | 0:15:58,2 | 0:24:22,1 | 0:32:53,6 | 0:41:31,0 | 0:50:13,1 | 1:07:48,8 | 1:25:36,9 |
| 910 | 0:01:27,1 | 0:02:59,0 | 0:04:32,8 | 0:07:44,1 | 0:15:55,1 | 0:24:17,4 | 0:32:47,3 | 0:41:23,0 | 0:50:03,4 | 1:07:35,7 | 1:25:20,4 |
| 920 | 0:01:26,9 | 0:02:58,4 | 0:04:32,0 | 0:07:42,7 | 0:15:52,2 | 0:24:13,0 | 0:32:41,4 | 0:41:15,5 | 0:49:54,4 | 1:07:23,5 | 1:25:05,0 |
| 930 | 0:01:26,6 | 0:02:57,9 | 0:04:31,2 | 0:07:41,4 | 0:15:49,6 | 0:24:08,9 | 0:32:35,9 | 0:41:08,6 | 0:49:46,0 | 1:07:12,2 | 1:24:50,7 |
| 940 | 0:01:26,4 | 0:02:57,5 | 0:04:30,5 | 0:07:40,2 | 0:15:47,1 | 0:24:05,2 | 0:32:30,8 | 0:41:02,2 | 0:49:38,2 | 1:07:01,7 | 1:24:37,5 |
| 950 | 0:01:26,2 | 0:02:57,0 | 0:04:29,9 | 0:07:39,1 | 0:15:44,8 | 0:24:01,7 | 0:32:26,1 | 0:40:56,3 | 0:49:31,1 | 1:06:52,1 | 1:24:25,4 |
| 960 | 0:01:26,0 | 0:02:56,7 | 0:04:29,3 | 0:07:38,1 | 0:15:42,8 | 0:23:58,6 | 0:32:21,9 | 0:40:51,0 | 0:49:24,7 | 1:06:43,4 | 1:24:14,4 |
| 970 | 0:01:25,8 | 0:02:56,3 | 0:04:28,7 | 0:07:37,2 | 0:15:40,9 | 0:23:55,8 | 0:32:18,1 | 0:40:46,2 | 0:49:18,9 | 1:06:35,6 | 1:24:04,5 |
| 980 | 0:01:25,7 | 0:02:56,0 | 0:04:28,3 | 0:07:36,4 | 0:15:39,3 | 0:23:53,3 | 0:32:14,7 | 0:40:41,9 | 0:49:13,7 | 1:06:28,6 | 1:23:55,7 |
| 990 | 0:01:25,5 | 0:02:55,7 | 0:04:27,9 | 0:07:35,7 | 0:15:37,9 | 0:23:51,1 | 0:32:11,8 | 0:40:38,2 | 0:49:09,3 | 1:06:22,6 | 1:23:48,1 |
| 1000 | 0:01:25,4 | 0:02:55,5 | 0:04:27,5 | 0:07:35,1 | 0:15:36,7 | 0:23:49,3 | 0:32:09,3 | 0:40:35,1 | 0:49:05,5 | 1:06:17,5 | 1:23:41,6 |

Для спортивной дисциплины «***маунтинбайк***» (индивидуальная гонка на время, женщины)

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Уровень  специальной физической подготовки (балл) | Дистанция; результат (км; ч:мин:сек,0) | | | | | | | | | | |
| 1 км | 2 км | 3 км | 5 км | 10 км | 15 км | 20 км | 25 км | 30 км | 40 км | 50 км |
| 0 | 0:03:18,9  и более | 0:06:48,6  и более | 0:10:22,9  и более | 0:17:39,7  и более | 0:36:20,8  и более | 0:55:27,7  и более | 1:14:51,9  и более | 1:34:29,4  и более | 1:54:17,7  и более | 2:34:20,5  и более | 3:14:51,5  и более |
| 10 | 0:03:18,3 | 0:06:47,3 | 0:10:20,9 | 0:17:36,3 | 0:36:13,8 | 0:55:17,0 | 1:14:37,6 | 1:34:11,3 | 1:53:55,8 | 2:33:50,8 | 3:14:14,1 |
| 20 | 0:03:17,6 | 0:06:45,9 | 0:10:18,6 | 0:17:32,4 | 0:36:05,9 | 0:55:05,0 | 1:14:21,3 | 1:33:50,7 | 1:53:30,9 | 2:33:17,3 | 3:13:31,7 |
| 30 | 0:03:16,8 | 0:06:44,2 | 0:10:16,1 | 0:17:28,2 | 0:35:57,2 | 0:54:51,6 | 1:14:03,2 | 1:33:27,9 | 1:53:03,3 | 2:32:40,0 | 3:12:44,6 |
| 40 | 0:03:15,9 | 0:06:42,4 | 0:10:13,4 | 0:17:23,5 | 0:35:47,5 | 0:54:36,9 | 1:13:43,4 | 1:33:02,9 | 1:52:33,1 | 2:31:59,2 | 3:11:53,1 |
| 50 | 0:03:14,9 | 0:06:40,5 | 0:10:10,4 | 0:17:18,5 | 0:35:37,1 | 0:54:21,0 | 1:13:21,9 | 1:32:35,9 | 1:52:00,3 | 2:31:15,0 | 3:10:57,3 |
| 60 | 0:03:13,9 | 0:06:38,4 | 0:10:07,2 | 0:17:13,0 | 0:35:26,0 | 0:54:04,0 | 1:12:59,0 | 1:32:06,9 | 1:51:25,3 | 2:30:27,6 | 3:09:57,5 |
| 70 | 0:03:12,8 | 0:06:36,1 | 0:10:03,8 | 0:17:07,3 | 0:35:14,1 | 0:53:45,9 | 1:12:34,5 | 1:31:36,0 | 1:50:47,9 | 2:29:37,2 | 3:08:53,8 |
| 80 | 0:03:11,7 | 0:06:33,8 | 0:10:00,2 | 0:17:01,2 | 0:35:01,6 | 0:53:26,8 | 1:12:08,7 | 1:31:03,4 | 1:50:08,6 | 2:28:44,0 | 3:07:46,7 |
| 90 | 0:03:10,5 | 0:06:31,3 | 0:09:56,5 | 0:16:54,8 | 0:34:48,4 | 0:53:06,7 | 1:11:41,6 | 1:30:29,3 | 1:49:27,2 | 2:27:48,2 | 3:06:36,2 |
| 100 | 0:03:09,2 | 0:06:28,8 | 0:09:52,6 | 0:16:48,1 | 0:34:34,7 | 0:52:45,8 | 1:11:13,4 | 1:29:53,6 | 1:48:44,1 | 2:26:49,9 | 3:05:22,7 |
| 110 | 0:03:07,9 | 0:06:26,1 | 0:09:48,5 | 0:16:41,2 | 0:34:20,5 | 0:52:24,1 | 1:10:44,0 | 1:29:16,6 | 1:47:59,3 | 2:25:49,4 | 3:04:06,3 |
| 120 | 0:03:06,6 | 0:06:23,3 | 0:09:44,3 | 0:16:34,0 | 0:34:05,7 | 0:52:01,6 | 1:10:13,7 | 1:28:38,3 | 1:47:12,9 | 2:24:46,9 | 3:02:47,3 |
| 130 | 0:03:05,2 | 0:06:20,5 | 0:09:40,0 | 0:16:26,7 | 0:33:50,6 | 0:51:38,4 | 1:09:42,4 | 1:27:58,8 | 1:46:25,2 | 2:23:42,4 | 3:01:25,9 |
| 140 | 0:03:03,8 | 0:06:17,6 | 0:09:35,5 | 0:16:19,1 | 0:33:35,0 | 0:51:14,6 | 1:09:10,3 | 1:27:18,3 | 1:45:36,2 | 2:22:36,2 | 3:00:02,4 |
| 150 | 0:03:02,3 | 0:06:14,6 | 0:09:30,9 | 0:16:11,3 | 0:33:19,0 | 0:50:50,3 | 1:08:37,5 | 1:26:36,8 | 1:44:46,1 | 2:21:28,5 | 2:58:36,9 |
| 160 | 0:03:00,9 | 0:06:11,5 | 0:09:26,3 | 0:16:03,4 | 0:33:02,8 | 0:50:25,5 | 1:08:04,0 | 1:25:54,6 | 1:43:54,9 | 2:20:19,5 | 2:57:09,7 |
| 170 | 0:02:59,3 | 0:06:08,4 | 0:09:21,6 | 0:15:55,4 | 0:32:46,2 | 0:50:00,2 | 1:07:29,9 | 1:25:11,5 | 1:43:02,9 | 2:19:09,2 | 2:55:41,0 |
| 180 | 0:02:57,8 | 0:06:05,3 | 0:09:16,8 | 0:15:47,2 | 0:32:29,4 | 0:49:34,6 | 1:06:55,3 | 1:24:27,9 | 1:42:10,1 | 2:17:57,9 | 2:54:10,9 |
| 190 | 0:02:56,3 | 0:06:02,1 | 0:09:11,9 | 0:15:39,0 | 0:32:12,4 | 0:49:08,6 | 1:06:20,3 | 1:23:43,6 | 1:41:16,6 | 2:16:45,6 | 2:52:39,7 |
| 200 | 0:02:54,7 | 0:05:58,9 | 0:09:07,0 | 0:15:30,6 | 0:31:55,2 | 0:48:42,4 | 1:05:44,9 | 1:22:59,0 | 1:40:22,5 | 2:15:32,6 | 2:51:07,6 |
| 210 | 0:02:53,1 | 0:05:55,6 | 0:09:02,1 | 0:15:22,2 | 0:31:37,9 | 0:48:16,0 | 1:05:09,2 | 1:22:13,9 | 1:39:28,0 | 2:14:19,0 | 2:49:34,6 |
| 220 | 0:02:51,5 | 0:05:52,4 | 0:08:57,1 | 0:15:13,7 | 0:31:20,4 | 0:47:49,3 | 1:04:33,2 | 1:21:28,5 | 1:38:33,1 | 2:13:04,9 | 2:48:01,1 |
| 230 | 0:02:49,9 | 0:05:49,1 | 0:08:52,1 | 0:15:05,2 | 0:31:02,9 | 0:47:22,6 | 1:03:57,1 | 1:20:42,9 | 1:37:38,0 | 2:11:50,5 | 2:46:27,1 |
| 240 | 0:02:48,3 | 0:05:45,8 | 0:08:47,0 | 0:14:56,7 | 0:30:45,3 | 0:46:55,7 | 1:03:20,9 | 1:19:57,2 | 1:36:42,7 | 2:10:35,8 | 2:44:52,8 |
| 250 | 0:02:46,7 | 0:05:42,5 | 0:08:42,0 | 0:14:48,1 | 0:30:27,7 | 0:46:28,9 | 1:02:44,6 | 1:19:11,4 | 1:35:47,3 | 2:09:21,0 | 2:43:18,3 |
| 260 | 0:02:45,1 | 0:05:39,2 | 0:08:37,0 | 0:14:39,5 | 0:30:10,1 | 0:46:02,0 | 1:02:08,3 | 1:18:25,6 | 1:34:51,9 | 2:08:06,1 | 2:41:43,9 |
| 270 | 0:02:43,5 | 0:05:35,9 | 0:08:31,9 | 0:14:31,0 | 0:29:52,5 | 0:45:35,1 | 1:01:32,0 | 1:17:39,8 | 1:33:56,5 | 2:06:51,4 | 2:40:09,5 |
| 280 | 0:02:41,9 | 0:05:32,6 | 0:08:26,9 | 0:14:22,4 | 0:29:34,9 | 0:45:08,3 | 1:00:55,8 | 1:16:54,2 | 1:33:01,3 | 2:05:36,8 | 2:38:35,3 |
| 290 | 0:02:40,3 | 0:05:29,3 | 0:08:21,9 | 0:14:13,9 | 0:29:17,4 | 0:44:41,6 | 1:00:19,8 | 1:16:08,6 | 1:32:06,2 | 2:04:22,5 | 2:37:01,4 |
| 300 | 0:02:38,7 | 0:05:26,0 | 0:08:17,0 | 0:14:05,5 | 0:29:00,0 | 0:44:15,0 | 0:59:43,9 | 1:15:23,4 | 1:31:11,4 | 2:03:08,5 | 2:35:28,0 |
| 310 | 0:02:37,1 | 0:05:22,8 | 0:08:12,0 | 0:13:57,0 | 0:28:42,6 | 0:43:48,6 | 0:59:08,2 | 1:14:38,3 | 1:30:16,9 | 2:01:54,9 | 2:33:55,1 |
| 320 | 0:02:35,6 | 0:05:19,6 | 0:08:07,1 | 0:13:48,7 | 0:28:25,4 | 0:43:22,3 | 0:58:32,7 | 1:13:53,6 | 1:29:22,8 | 2:00:41,8 | 2:32:22,9 |
| 330 | 0:02:34,0 | 0:05:16,4 | 0:08:02,2 | 0:13:40,4 | 0:28:08,4 | 0:42:56,2 | 0:57:57,6 | 1:13:09,2 | 1:28:29,1 | 1:59:29,3 | 2:30:51,3 |
| 340 | 0:02:32,5 | 0:05:13,2 | 0:07:57,4 | 0:13:32,2 | 0:27:51,4 | 0:42:30,4 | 0:57:22,7 | 1:12:25,1 | 1:27:35,9 | 1:58:17,4 | 2:29:20,5 |
| 350 | 0:02:30,9 | 0:05:10,0 | 0:07:52,6 | 0:13:24,0 | 0:27:34,6 | 0:42:04,8 | 0:56:48,1 | 1:11:41,5 | 1:26:43,1 | 1:57:06,1 | 2:27:50,6 |
| 360 | 0:02:29,4 | 0:05:06,9 | 0:07:47,8 | 0:13:15,9 | 0:27:18,0 | 0:41:39,5 | 0:56:13,9 | 1:10:58,3 | 1:25:50,9 | 1:55:55,6 | 2:26:21,5 |
| 370 | 0:02:27,9 | 0:05:03,9 | 0:07:43,1 | 0:13:07,9 | 0:27:01,6 | 0:41:14,4 | 0:55:40,1 | 1:10:15,6 | 1:24:59,2 | 1:54:45,9 | 2:24:53,5 |
| 380 | 0:02:26,4 | 0:05:00,8 | 0:07:38,5 | 0:13:00,1 | 0:26:45,4 | 0:40:49,6 | 0:55:06,6 | 1:09:33,4 | 1:24:08,2 | 1:53:36,9 | 2:23:26,5 |
| 390 | 0:02:25,0 | 0:04:57,8 | 0:07:33,9 | 0:12:52,3 | 0:26:29,3 | 0:40:25,1 | 0:54:33,6 | 1:08:51,8 | 1:23:17,8 | 1:52:28,8 | 2:22:00,5 |
| 400 | 0:02:23,5 | 0:04:54,8 | 0:07:29,4 | 0:12:44,6 | 0:26:13,5 | 0:40:01,0 | 0:54:01,0 | 1:08:10,6 | 1:22:28,0 | 1:51:21,6 | 2:20:35,6 |
| 410 | 0:02:22,1 | 0:04:51,9 | 0:07:25,0 | 0:12:37,0 | 0:25:57,9 | 0:39:37,2 | 0:53:28,9 | 1:07:30,0 | 1:21:38,9 | 1:50:15,3 | 2:19:12,0 |
| 420 | 0:02:20,7 | 0:04:49,0 | 0:07:20,6 | 0:12:29,5 | 0:25:42,5 | 0:39:13,7 | 0:52:57,2 | 1:06:50,0 | 1:20:50,5 | 1:49:10,0 | 2:17:49,5 |
| 430 | 0:02:19,3 | 0:04:46,2 | 0:07:16,2 | 0:12:22,2 | 0:25:27,4 | 0:38:50,6 | 0:52:25,9 | 1:06:10,6 | 1:20:02,8 | 1:48:05,6 | 2:16:28,2 |
| 440 | 0:02:18,0 | 0:04:43,4 | 0:07:12,0 | 0:12:14,9 | 0:25:12,4 | 0:38:27,8 | 0:51:55,2 | 1:05:31,8 | 1:19:15,9 | 1:47:02,2 | 2:15:08,2 |
| 450 | 0:02:16,6 | 0:04:40,6 | 0:07:07,8 | 0:12:07,8 | 0:24:57,7 | 0:38:05,4 | 0:51:24,9 | 1:04:53,6 | 1:18:29,7 | 1:45:59,9 | 2:13:49,4 |
| 460 | 0:02:15,3 | 0:04:37,9 | 0:07:03,6 | 0:12:00,7 | 0:24:43,3 | 0:37:43,3 | 0:50:55,2 | 1:04:16,1 | 1:17:44,3 | 1:44:58,5 | 2:12:32,0 |
| 470 | 0:02:14,0 | 0:04:35,3 | 0:06:59,6 | 0:11:53,8 | 0:24:29,1 | 0:37:21,7 | 0:50:25,9 | 1:03:39,1 | 1:16:59,6 | 1:43:58,2 | 2:11:15,8 |
| 480 | 0:02:12,7 | 0:04:32,7 | 0:06:55,6 | 0:11:47,1 | 0:24:15,1 | 0:37:00,4 | 0:49:57,2 | 1:03:02,9 | 1:16:15,7 | 1:42:59,0 | 2:10:01,0 |
| 490 | 0:02:11,5 | 0:04:30,1 | 0:06:51,7 | 0:11:40,4 | 0:24:01,4 | 0:36:39,5 | 0:49:29,0 | 1:02:27,3 | 1:15:32,7 | 1:42:00,8 | 2:08:47,6 |
| 500 | 0:02:10,2 | 0:04:27,6 | 0:06:47,8 | 0:11:33,9 | 0:23:48,0 | 0:36:18,9 | 0:49:01,3 | 1:01:52,3 | 1:14:50,4 | 1:41:03,7 | 2:07:35,5 |
| 510 | 0:02:09,0 | 0:04:25,1 | 0:06:44,1 | 0:11:27,5 | 0:23:34,8 | 0:35:58,8 | 0:48:34,1 | 1:01:18,0 | 1:14:08,9 | 1:40:07,6 | 2:06:24,7 |
| 520 | 0:02:07,9 | 0:04:22,7 | 0:06:40,4 | 0:11:21,2 | 0:23:21,8 | 0:35:39,1 | 0:48:07,4 | 1:00:44,3 | 1:13:28,2 | 1:39:12,7 | 2:05:15,3 |
| 530 | 0:02:06,7 | 0:04:20,3 | 0:06:36,8 | 0:11:15,0 | 0:23:09,2 | 0:35:19,7 | 0:47:41,3 | 1:00:11,4 | 1:12:48,3 | 1:38:18,8 | 2:04:07,3 |
| 540 | 0:02:05,6 | 0:04:18,0 | 0:06:33,2 | 0:11:09,0 | 0:22:56,7 | 0:35:00,7 | 0:47:15,7 | 0:59:39,1 | 1:12:09,2 | 1:37:26,0 | 2:03:00,7 |
| 550 | 0:02:04,5 | 0:04:15,7 | 0:06:29,7 | 0:11:03,1 | 0:22:44,6 | 0:34:42,2 | 0:46:50,6 | 0:59:07,4 | 1:11:30,9 | 1:36:34,4 | 2:01:55,5 |
| 560 | 0:02:03,4 | 0:04:13,5 | 0:06:26,3 | 0:10:57,3 | 0:22:32,7 | 0:34:24,0 | 0:46:26,1 | 0:58:36,4 | 1:10:53,5 | 1:35:43,8 | 2:00:51,6 |
| 570 | 0:02:02,3 | 0:04:11,3 | 0:06:23,0 | 0:10:51,6 | 0:22:21,0 | 0:34:06,2 | 0:46:02,1 | 0:58:06,1 | 1:10:16,8 | 1:34:54,3 | 1:59:49,1 |
| 580 | 0:02:01,3 | 0:04:09,1 | 0:06:19,7 | 0:10:46,1 | 0:22:09,6 | 0:33:48,8 | 0:45:38,6 | 0:57:36,5 | 1:09:41,0 | 1:34:05,9 | 1:58:48,0 |
| 590 | 0:02:00,3 | 0:04:07,1 | 0:06:16,6 | 0:10:40,6 | 0:21:58,4 | 0:33:31,8 | 0:45:15,7 | 0:57:07,5 | 1:09:05,9 | 1:33:18,6 | 1:57:48,3 |
| 600 | 0:01:59,3 | 0:04:05,0 | 0:06:13,5 | 0:10:35,4 | 0:21:47,6 | 0:33:15,2 | 0:44:53,2 | 0:56:39,2 | 1:08:31,7 | 1:32:32,3 | 1:56:49,9 |
| 610 | 0:01:58,3 | 0:04:03,0 | 0:06:10,4 | 0:10:30,2 | 0:21:36,9 | 0:32:59,0 | 0:44:31,3 | 0:56:11,6 | 1:07:58,3 | 1:31:47,2 | 1:55:52,9 |
| 620 | 0:01:57,3 | 0:04:01,1 | 0:06:07,5 | 0:10:25,1 | 0:21:26,5 | 0:32:43,1 | 0:44:09,9 | 0:55:44,6 | 1:07:25,6 | 1:31:03,1 | 1:54:57,2 |
| 630 | 0:01:56,4 | 0:03:59,2 | 0:06:04,6 | 0:10:20,2 | 0:21:16,4 | 0:32:27,7 | 0:43:49,1 | 0:55:18,3 | 1:06:53,8 | 1:30:20,1 | 1:54:02,9 |
| 640 | 0:01:55,5 | 0:03:57,3 | 0:06:01,7 | 0:10:15,4 | 0:21:06,5 | 0:32:12,6 | 0:43:28,7 | 0:54:52,6 | 1:06:22,7 | 1:29:38,1 | 1:53:10,0 |
| 650 | 0:01:54,6 | 0:03:55,5 | 0:05:59,0 | 0:10:10,7 | 0:20:56,9 | 0:31:57,9 | 0:43:08,9 | 0:54:27,6 | 1:05:52,4 | 1:28:57,2 | 1:52:18,3 |
| 660 | 0:01:53,8 | 0:03:53,8 | 0:05:56,3 | 0:10:06,2 | 0:20:47,5 | 0:31:43,6 | 0:42:49,6 | 0:54:03,2 | 1:05:22,9 | 1:28:17,4 | 1:51:28,1 |
| 670 | 0:01:53,0 | 0:03:52,1 | 0:05:53,7 | 0:10:01,7 | 0:20:38,4 | 0:31:29,7 | 0:42:30,8 | 0:53:39,4 | 1:04:54,2 | 1:27:38,6 | 1:50:39,1 |
| 680 | 0:01:52,1 | 0:03:50,4 | 0:05:51,2 | 0:09:57,4 | 0:20:29,5 | 0:31:16,1 | 0:42:12,5 | 0:53:16,3 | 1:04:26,3 | 1:27:00,9 | 1:49:51,5 |
| 690 | 0:01:51,4 | 0:03:48,8 | 0:05:48,7 | 0:09:53,2 | 0:20:20,9 | 0:31:02,9 | 0:41:54,7 | 0:52:53,9 | 1:03:59,1 | 1:26:24,2 | 1:49:05,1 |
| 700 | 0:01:50,6 | 0:03:47,2 | 0:05:46,3 | 0:09:49,1 | 0:20:12,5 | 0:30:50,1 | 0:41:37,4 | 0:52:32,0 | 1:03:32,7 | 1:25:48,5 | 1:48:20,1 |
| 710 | 0:01:49,8 | 0:03:45,7 | 0:05:44,0 | 0:09:45,2 | 0:20:04,3 | 0:30:37,6 | 0:41:20,6 | 0:52:10,8 | 1:03:07,0 | 1:25:13,9 | 1:47:36,4 |
| 720 | 0:01:49,1 | 0:03:44,2 | 0:05:41,7 | 0:09:41,3 | 0:19:56,4 | 0:30:25,6 | 0:41:04,3 | 0:51:50,2 | 1:02:42,1 | 1:24:40,3 | 1:46:53,9 |
| 730 | 0:01:48,4 | 0:03:42,7 | 0:05:39,5 | 0:09:37,6 | 0:19:48,7 | 0:30:13,9 | 0:40:48,4 | 0:51:30,3 | 1:02:18,0 | 1:24:07,7 | 1:46:12,8 |
| 740 | 0:01:47,7 | 0:03:41,3 | 0:05:37,4 | 0:09:34,0 | 0:19:41,3 | 0:30:02,5 | 0:40:33,1 | 0:51:10,9 | 1:01:54,6 | 1:23:36,1 | 1:45:32,9 |
| 750 | 0:01:47,1 | 0:03:40,0 | 0:05:35,3 | 0:09:30,5 | 0:19:34,1 | 0:29:51,5 | 0:40:18,3 | 0:50:52,2 | 1:01:31,9 | 1:23:05,5 | 1:44:54,3 |
| 760 | 0:01:46,5 | 0:03:38,7 | 0:05:33,3 | 0:09:27,1 | 0:19:27,1 | 0:29:40,9 | 0:40:03,9 | 0:50:34,1 | 1:01:10,0 | 1:22:35,9 | 1:44:16,9 |
| 770 | 0:01:45,8 | 0:03:37,4 | 0:05:31,4 | 0:09:23,8 | 0:19:20,4 | 0:29:30,6 | 0:39:50,1 | 0:50:16,6 | 1:00:48,9 | 1:22:07,3 | 1:43:40,8 |
| 780 | 0:01:45,2 | 0:03:36,2 | 0:05:29,6 | 0:09:20,7 | 0:19:13,9 | 0:29:20,7 | 0:39:36,7 | 0:49:59,7 | 1:00:28,4 | 1:21:39,7 | 1:43:06,0 |
| 790 | 0:01:44,7 | 0:03:35,0 | 0:05:27,8 | 0:09:17,6 | 0:19:07,6 | 0:29:11,1 | 0:39:23,8 | 0:49:43,4 | 1:00:08,7 | 1:21:13,1 | 1:42:32,4 |
| 800 | 0:01:44,1 | 0:03:33,9 | 0:05:26,0 | 0:09:14,7 | 0:19:01,6 | 0:29:01,9 | 0:39:11,3 | 0:49:27,7 | 0:59:49,7 | 1:20:47,5 | 1:42:00,0 |
| 810 | 0:01:43,6 | 0:03:32,8 | 0:05:24,4 | 0:09:11,9 | 0:18:55,8 | 0:28:53,0 | 0:38:59,4 | 0:49:12,6 | 0:59:31,5 | 1:20:22,8 | 1:41:28,9 |
| 820 | 0:01:43,1 | 0:03:31,8 | 0:05:22,8 | 0:09:09,2 | 0:18:50,2 | 0:28:44,5 | 0:38:47,9 | 0:48:58,1 | 0:59:13,9 | 1:19:59,1 | 1:40:59,0 |
| 830 | 0:01:42,6 | 0:03:30,8 | 0:05:21,3 | 0:09:06,6 | 0:18:44,8 | 0:28:36,4 | 0:38:36,9 | 0:48:44,2 | 0:58:57,1 | 1:19:36,4 | 1:40:30,3 |
| 840 | 0:01:42,1 | 0:03:29,8 | 0:05:19,8 | 0:09:04,1 | 0:18:39,7 | 0:28:28,6 | 0:38:26,3 | 0:48:30,9 | 0:58:41,0 | 1:19:14,7 | 1:40:02,9 |
| 850 | 0:01:41,7 | 0:03:28,9 | 0:05:18,4 | 0:09:01,7 | 0:18:34,8 | 0:28:21,1 | 0:38:16,3 | 0:48:18,2 | 0:58:25,7 | 1:18:54,0 | 1:39:36,7 |
| 860 | 0:01:41,3 | 0:03:28,0 | 0:05:17,1 | 0:08:59,4 | 0:18:30,2 | 0:28:14,0 | 0:38:06,7 | 0:48:06,1 | 0:58:11,0 | 1:18:34,2 | 1:39:11,7 |
| 870 | 0:01:40,9 | 0:03:27,2 | 0:05:15,8 | 0:08:57,3 | 0:18:25,7 | 0:28:07,2 | 0:37:57,6 | 0:47:54,6 | 0:57:57,1 | 1:18:15,4 | 1:38:48,0 |
| 880 | 0:01:40,5 | 0:03:26,4 | 0:05:14,6 | 0:08:55,2 | 0:18:21,5 | 0:28:00,8 | 0:37:48,9 | 0:47:43,7 | 0:57:43,9 | 1:17:57,5 | 1:38:25,4 |
| 890 | 0:01:40,1 | 0:03:25,7 | 0:05:13,5 | 0:08:53,3 | 0:18:17,6 | 0:27:54,8 | 0:37:40,7 | 0:47:33,3 | 0:57:31,4 | 1:17:40,7 | 1:38:04,1 |
| 900 | 0:01:39,8 | 0:03:25,0 | 0:05:12,4 | 0:08:51,5 | 0:18:13,8 | 0:27:49,1 | 0:37:33,0 | 0:47:23,6 | 0:57:19,6 | 1:17:24,8 | 1:37:44,1 |
| 910 | 0:01:39,5 | 0:03:24,3 | 0:05:11,4 | 0:08:49,8 | 0:18:10,3 | 0:27:43,7 | 0:37:25,8 | 0:47:14,5 | 0:57:08,6 | 1:17:09,8 | 1:37:25,2 |
| 920 | 0:01:39,2 | 0:03:23,7 | 0:05:10,5 | 0:08:48,2 | 0:18:07,0 | 0:27:38,7 | 0:37:19,0 | 0:47:05,9 | 0:56:58,3 | 1:16:55,9 | 1:37:07,7 |
| 930 | 0:01:38,9 | 0:03:23,1 | 0:05:09,6 | 0:08:46,7 | 0:18:04,0 | 0:27:34,0 | 0:37:12,7 | 0:46:58,0 | 0:56:48,7 | 1:16:43,0 | 1:36:51,3 |
| 940 | 0:01:38,6 | 0:03:22,6 | 0:05:08,8 | 0:08:45,4 | 0:18:01,2 | 0:27:29,8 | 0:37:06,9 | 0:46:50,7 | 0:56:39,8 | 1:16:31,0 | 1:36:36,2 |
| 950 | 0:01:38,4 | 0:03:22,1 | 0:05:08,1 | 0:08:44,1 | 0:17:58,6 | 0:27:25,8 | 0:37:01,6 | 0:46:44,0 | 0:56:31,7 | 1:16:20,1 | 1:36:22,4 |
| 960 | 0:01:38,2 | 0:03:21,7 | 0:05:07,4 | 0:08:43,0 | 0:17:56,2 | 0:27:22,2 | 0:36:56,8 | 0:46:37,9 | 0:56:24,3 | 1:16:10,1 | 1:36:09,8 |
| 970 | 0:01:38,0 | 0:03:21,3 | 0:05:06,8 | 0:08:41,9 | 0:17:54,1 | 0:27:19,0 | 0:36:52,5 | 0:46:32,4 | 0:56:17,7 | 1:16:01,2 | 1:35:58,5 |
| 980 | 0:01:37,8 | 0:03:20,9 | 0:05:06,3 | 0:08:41,0 | 0:17:52,3 | 0:27:16,2 | 0:36:48,6 | 0:46:27,6 | 0:56:11,8 | 1:15:53,2 | 1:35:48,5 |
| 990 | 0:01:37,7 | 0:03:20,6 | 0:05:05,8 | 0:08:40,2 | 0:17:50,7 | 0:27:13,7 | 0:36:45,3 | 0:46:23,4 | 0:56:06,7 | 1:15:46,3 | 1:35:39,8 |
| 1000 | 0:01:37,5 | 0:03:20,4 | 0:05:05,4 | 0:08:39,6 | 0:17:49,3 | 0:27:11,6 | 0:36:42,4 | 0:46:19,8 | 0:56:02,4 | 1:15:40,5 | 1:35:32,4 |