

STAGE 1
RT 1.1

KM TOTAL	AVERAGE SPEED H1	IDEAL TIME H1	AVERAGE SPEED H2	IDEAL TIME H2	AVERAGE SPEED H3	IDEAL TIME H3	AVERAGE SPEED H4	IDEAL TIME H4
45,37	45	0:00:00	50	0:00:00	55	0:00:00	55	0:00:00
46,40	50	0:01:22	60	0:01:14	65	0:01:07	65	0:01:07
47,05	55	0:02:09	65	0:01:53	70	0:01:43	70	0:01:43
48,30	55	0:03:31	65	0:03:02	70	0:02:47	70	0:02:47
49,12	60	0:04:24	70	0:03:47	75	0:03:29	75	0:03:29
50,58	40	0:05:52	45	0:05:02	45	0:04:39	50	0:04:39
50,97	50	0:06:27	60	0:05:34	65	0:05:11	65	0:05:08
51,65	50	0:07:16	60	0:06:14	65	0:05:48	65	0:05:45
52,45	60	0:08:13	70	0:07:02	75	0:06:33	75	0:06:30
53,56	50	0:09:20	55	0:07:59	60	0:07:26	60	0:07:23
54,05	40	0:09:55	45	0:08:32	45	0:07:55	50	0:07:52
54,78	35	0:11:01	40	0:09:30	40	0:08:54	45	0:08:45
55,69	50	0:12:35	55	0:10:52	60	0:10:16	60	0:09:58
56,14	50	0:13:07	55	0:11:21	60	0:10:43	60	0:10:25
56,48	45	0:13:32	50	0:11:44	55	0:11:03	55	0:10:45
57,34	45	0:14:40	50	0:12:45	55	0:11:59	55	0:11:41
57,89	50	0:15:24	55	0:13:25	60	0:12:35	60	0:12:17
58,51	55	0:16:09	65	0:14:06	70	0:13:13	70	0:12:54
60,03	50	0:17:48	60	0:15:30	65	0:14:31	65	0:14:13
61,42	50	0:19:29	55	0:16:53	60	0:15:48	60	0:15:30
62,23	50	0:20:27	60	0:17:46	65	0:16:36	65	0:16:18
64,57	50	0:23:15	55	0:20:07	60	0:18:46	60	0:18:28
65,69	50	0:24:36	60	0:21:20	65	0:19:53	65	0:19:35
66,38	50	0:25:26	60	0:22:01	65	0:20:31	65	0:20:13
68,34	55	0:27:47	65	0:23:59	70	0:22:20	70	0:22:02
70,72	50	0:30:23	55	0:26:11	60	0:24:22	60	0:24:04
71,19	50	0:30:56	60	0:26:42	65	0:24:50	65	0:24:32
74,39	45	0:34:47	50	0:29:54	55	0:27:48	55	0:27:30
74,95	50	0:35:32	60	0:30:34	65	0:28:24	65	0:28:06
77,24	55	0:38:16	65	0:32:51	70	0:30:31	70	0:30:13
77,89	50	0:38:59	60	0:33:27	65	0:31:05	65	0:30:47
78,52	50	0:39:44	55	0:34:05	60	0:31:39	60	0:31:21
79,56	50	0:40:59	60	0:35:13	65	0:32:42	65	0:32:24
80,19	50	0:41:45	60	0:35:51	65	0:33:17	65	0:32:59
80,51	50	0:42:08	55	0:36:10	60	0:33:34	60	0:33:16
82,68	50	0:44:44	60	0:38:32	65	0:35:45	65	0:35:27
83,14	50	0:45:17	60	0:39:00	65	0:36:10	65	0:35:52
83,50	55	0:45:43	65	0:39:21	70	0:36:30	70	0:36:12
84,11	45	0:46:23	50	0:39:55	55	0:37:01	55	0:36:43
85,55	45	0:48:18	50	0:41:39	55	0:38:36	55	0:38:18
86,15	40	0:49:06	45	0:42:22	45	0:39:15	50	0:38:57
86,76	35	0:50:01	40	0:43:11	40	0:40:04	45	0:39:41
86,99	30	0:50:25	35	0:43:32	35	0:40:24	40	0:39:59
87,66	25	0:51:45	30	0:44:40	30	0:41:33	35	0:41:00
87,85	45	0:52:12	50	0:45:03	55	0:41:56	55	0:41:19
88,93	45	0:53:39	50	0:46:21	55	0:43:07	55	0:42:30
91,12	35	0:56:34	40	0:48:59	40	0:45:30	45	0:44:53
91,93	45	0:57:57	50	0:50:12	55	0:46:43	55	0:45:58
93,35	35	0:59:51	40	0:51:54	40	0:48:16	45	0:47:31
93,51	35	1:00:07	40	0:52:08	40	0:48:30	45	0:47:44
93,71	45	1:00:28	50	0:52:26	55	0:48:48	55	0:48:00
95,22	50	1:02:29	55	0:54:15	60	0:50:27	60	0:49:39
96,05	45	1:03:28	50	0:55:09	55	0:51:17	55	0:50:28
96,86	45	1:04:33	50	0:56:08	55	0:52:10	55	0:51:21
97,42	55	1:05:18	65	0:56:48	70	0:52:47	70	0:51:58
98,23	20	1:06:11	25	0:57:33	25	0:53:28	30	0:52:40

Competitors should note that fractions of a second are hidden (example: 1'23.2" => 1'23" / example: 1'23.7" => 1'23")



STAGE 1
RT 1.1

KM TOTAL	AVERAGE SPEED H1	IDEAL TIME H1	AVERAGE SPEED H2	IDEAL TIME H2	AVERAGE SPEED H3	IDEAL TIME H3	AVERAGE SPEED H4	IDEAL TIME H4
98,36	40	1:06:34	45	0:57:52	45	0:53:47	50	0:52:55
98,70	50	1:07:05	55	0:58:19	60	0:54:14	60	0:53:20
99,67	55	1:08:15	65	0:59:22	70	0:55:13	70	0:54:18
100,90	45	1:09:35	50	1:00:30	55	0:56:16	55	0:55:21
101,33	35	1:10:10	40	1:01:01	40	0:56:44	45	0:55:49
102,01	55	1:11:20	65	1:02:02	70	0:57:45	70	0:56:44
103,30	50	1:12:44	60	1:03:14	65	0:58:52	65	0:57:50
104,87	30	1:14:37	35	1:04:48	35	1:00:18	40	0:59:17
105,16	55	1:15:12	65	1:05:18	70	1:00:48	70	0:59:43
109,75	50	1:20:13	60	1:09:32	65	1:04:44	65	1:03:39
111,91	50	1:22:48	55	1:11:42	60	1:06:44	65	1:05:39
112,85	70	1:23:56	75	1:12:43	80	1:07:40	85	1:06:31
115,67	60	1:26:21	65	1:14:59	70	1:09:47	75	1:08:30
116,17	55	1:26:51	60	1:15:26	65	1:10:13	70	1:08:54
117,40	40	1:28:11	45	1:16:40	50	1:11:21	55	1:09:58
118,08	60	1:29:12	65	1:17:35	70	1:12:10	75	1:10:42
121,24	50	1:32:22	55	1:20:30	60	1:14:53	65	1:13:14
122,30	60	1:33:38	65	1:21:39	70	1:15:56	75	1:14:12
122,89	50	1:34:14	55	1:22:12	60	1:16:27	65	1:14:41
123,18	50	1:34:35	55	1:22:31	60	1:16:44	65	1:14:57
124,18	55	1:35:47	60	1:23:36	65	1:17:44	70	1:15:52
124,64	35	1:36:17	35	1:24:04	40	1:18:09	45	1:16:16
124,81	50	1:36:34	55	1:24:21	60	1:18:25	65	1:16:29
125,36	50	1:37:14	55	1:24:57	60	1:18:58	65	1:17:00
126,51	35	1:38:37	35	1:26:12	40	1:20:07	40	1:18:04
126,94	45	1:39:21	45	1:26:57	50	1:20:45	55	1:18:42
127,61	55	1:40:14	60	1:27:50	65	1:21:34	70	1:19:26
129,82	60	1:42:39	65	1:30:03	65	1:23:36	65	1:21:20
132,65		1:45:29		1:32:40		1:26:13		1:23:57

Competitors should note that fractions of a second are hidden (example: 1'23.2" => 1'23" / example: 1'23.7" => 1'23")



STAGE 1
RT 1.2

KM TOTAL	AVERAGE SPEED H1	IDEAL TIME H1	AVERAGE SPEED H2	IDEAL TIME H2	AVERAGE SPEED H3	IDEAL TIME H3	AVERAGE SPEED H4	IDEAL TIME H4
170,60	40	0:00:00	45	0:00:00	45	0:00:00	50	0:00:00
171,53	35	0:01:23	40	0:01:14	40	0:01:14	45	0:01:06
171,99	35	0:02:11	40	0:01:55	40	0:01:55	45	0:01:43
172,97	30	0:03:51	35	0:03:24	35	0:03:24	40	0:03:02
173,29	40	0:04:30	45	0:03:56	45	0:03:56	50	0:03:30
173,86	30	0:05:21	35	0:04:42	35	0:04:42	40	0:04:12
174,42	50	0:06:28	55	0:05:40	60	0:05:40	60	0:05:02
174,67	25	0:06:46	30	0:05:56	30	0:05:55	35	0:05:17
174,97	40	0:07:29	45	0:06:32	45	0:06:31	50	0:05:48
175,93	35	0:08:56	40	0:07:49	40	0:07:47	45	0:06:57
176,49	50	0:09:53	55	0:08:39	60	0:08:38	60	0:07:42
177,23	55	0:10:47	65	0:09:28	70	0:09:22	70	0:08:26
178,29	40	0:11:56	45	0:10:26	45	0:10:17	50	0:09:21
178,83	40	0:12:45	45	0:11:10	45	0:11:00	50	0:09:59
179,12	20	0:13:11	25	0:11:33	25	0:11:23	30	0:10:20
179,42	50	0:14:05	55	0:12:16	60	0:12:06	60	0:10:56
180,26	25	0:15:05	30	0:13:11	30	0:12:57	35	0:11:47
180,61	40	0:15:56	45	0:13:53	45	0:13:39	50	0:12:23
181,63	35	0:17:27	40	0:15:15	40	0:15:00	45	0:13:36
182,08	30	0:18:14	35	0:15:55	35	0:15:41	40	0:14:12
182,43	45	0:18:56	50	0:16:31	55	0:16:17	55	0:14:44
182,93	40	0:19:36	45	0:17:07	45	0:16:50	50	0:15:16
183,56	50	0:20:32	60	0:17:57	65	0:17:40	65	0:16:02
184,67	50	0:21:52	55	0:19:04	60	0:18:41	60	0:17:03
185,62	50	0:23:01	55	0:20:06	60	0:19:38	60	0:18:00
186,46	35	0:24:01	40	0:21:01	40	0:20:29	45	0:18:51
186,68	35	0:24:24	40	0:21:21	40	0:20:49	40	0:19:08
187,09	25	0:25:06	30	0:21:58	30	0:21:26	30	0:19:45
187,49	25	0:26:04	30	0:22:46	30	0:22:14	30	0:20:33
187,70	20	0:26:34	25	0:23:11	25	0:22:39	25	0:20:58
187,99	50	0:27:26	55	0:23:53	60	0:23:20	60	0:21:40
188,76	35	0:28:22	40	0:24:43	40	0:24:07	40	0:22:26
189,20	30	0:29:07	35	0:25:23	35	0:24:46	35	0:23:06
191,37	20	0:33:27	25	0:29:06	25	0:28:29	25	0:26:49
191,56	30	0:34:01	35	0:29:33	35	0:28:57	35	0:27:16
192,48	30	0:35:52	35	0:31:08	35	0:30:31	35	0:28:51
192,88	40	0:36:40	45	0:31:49	45	0:31:13	50	0:29:32
193,47	50	0:37:33	60	0:32:36	65	0:32:00	65	0:30:15
195,03	50	0:39:25	55	0:34:10	60	0:33:26	60	0:31:41
195,50	70	0:39:59	80	0:34:41	85	0:33:54	90	0:32:09
197,33	20	0:41:33	25	0:36:03	25	0:35:12	25	0:33:23
197,99	50	0:43:32	60	0:37:38	65	0:36:47	65	0:34:58
198,63	60	0:44:18	70	0:38:17	75	0:37:22	75	0:35:33
199,51	50	0:45:11	60	0:39:02	65	0:38:05	65	0:36:15
200,00	30	0:45:46	35	0:39:31	35	0:38:32	40	0:36:42
200,22	55	0:46:13	65	0:39:54	70	0:38:54	70	0:37:02
201,98	50	0:48:08	55	0:41:31	60	0:40:25	60	0:38:33
202,54	50	0:48:48	60	0:42:08	65	0:40:59	65	0:39:06
202,97	45	0:49:19	50	0:42:34	55	0:41:22	55	0:39:30
203,28	55	0:49:44	65	0:42:56	70	0:41:43	70	0:39:50
203,77	55	0:50:16	65	0:43:23	70	0:42:08	70	0:40:16
204,68	45	0:51:15	55	0:44:14	60	0:42:55	60	0:41:02
204,93	55	0:51:35	65	0:44:30	70	0:43:10	70	0:41:17
205,46	45	0:52:10	50	0:44:59	55	0:43:37	55	0:41:45
206,97	30	0:54:11	35	0:46:48	35	0:45:16	35	0:43:24
207,48	40	0:55:12	45	0:47:40	45	0:46:08	50	0:44:16

Competitors should note that fractions of a second are hidden (example: 1'23.2" => 1'23" / example: 1'23.7" => 1'23")

STAGE 1
RT 1.2

KM TOTAL	AVERAGE SPEED H1	IDEAL TIME H1	AVERAGE SPEED H2	IDEAL TIME H2	AVERAGE SPEED H3	IDEAL TIME H3	AVERAGE SPEED H4	IDEAL TIME H4
208,57	45	0:56:50	50	0:49:08	55	0:47:35	55	0:45:34
210,44	55	0:59:20	65	0:51:22	70	0:49:38	70	0:47:37
212,28	50	1:01:20	55	0:53:04	60	0:51:12	60	0:49:11
212,69		1:01:50		0:53:31		0:51:37		0:49:36

Competitors should note that fractions of a second are hidden (example: 1'23.2" => 1'23" / example: 1'23.7" => 1'23")

STAGE 1
RT 1.3

KM TOTAL	AVERAGE SPEED H1	IDEAL TIME H1	AVERAGE SPEED H2	IDEAL TIME H2	AVERAGE SPEED H3	IDEAL TIME H3	AVERAGE SPEED H4	IDEAL TIME H4
217,82	50	0:00:00	55	0:00:00	60	0:00:00	60	0:00:00
218,65	45	0:00:59	50	0:00:54	55	0:00:49	55	0:00:49
219,56	50	0:02:12	60	0:01:59	65	0:01:49	65	0:01:49
220,83	65	0:03:44	75	0:03:16	80	0:02:59	85	0:02:59
223,95	70	0:06:36	80	0:05:45	85	0:05:20	90	0:05:11
224,61	50	0:07:10	60	0:06:15	65	0:05:48	65	0:05:38
225,60	60	0:08:22	70	0:07:14	75	0:06:42	75	0:06:33
226,69	60	0:09:27	70	0:08:10	75	0:07:35	75	0:07:25
227,72	65	0:10:29	75	0:09:03	85	0:08:24	90	0:08:14
231,24	75	0:13:44	85	0:11:52	95	0:10:53	100	0:10:35
232,23	75	0:14:31	85	0:12:34	95	0:11:31	100	0:11:11
234,09	75	0:16:00	85	0:13:53	95	0:12:41	100	0:12:18
238,26	60	0:19:21	70	0:16:50	75	0:15:19	85	0:14:48
239,60	80	0:20:41	90	0:17:59	100	0:16:24	110	0:15:45
244,03	75	0:24:00	85	0:20:56	95	0:19:03	100	0:18:10
245,50	65	0:25:11	75	0:21:58	85	0:19:59	90	0:19:03
246,03	65	0:25:40	75	0:22:24	85	0:20:21	90	0:19:24
247,63	70	0:27:09	80	0:23:40	90	0:21:29	95	0:20:28
249,81	80	0:29:01	90	0:25:18	100	0:22:56	110	0:21:50
254,73	80	0:32:42	90	0:28:35	100	0:25:53	110	0:24:31
257,21	80	0:34:34	90	0:30:14	100	0:27:23	110	0:25:53
261,09	65	0:37:29	75	0:32:50	80	0:29:42	85	0:27:59
262,59	70	0:38:52	80	0:34:02	85	0:30:50	90	0:29:03
263,23	65	0:39:25	75	0:34:30	80	0:31:17	85	0:29:29
265,63	45	0:41:38	50	0:36:26	55	0:33:05	55	0:31:10
266,16	45	0:42:20	50	0:37:04	55	0:33:40	55	0:31:45
266,42	50	0:42:41	55	0:37:23	60	0:33:57	60	0:32:02
267,77	40	0:44:18	45	0:38:51	45	0:35:18	50	0:33:23
268,32	50	0:45:07	55	0:39:35	60	0:36:02	60	0:34:03
268,68	50	0:45:33	55	0:39:58	60	0:36:23	65	0:34:24
269,50	45	0:46:32	50	0:40:52	55	0:37:12	60	0:35:10
269,92	75	0:47:06	85	0:41:22	95	0:37:40	100	0:35:35
274,25	70	0:50:34	80	0:44:26	90	0:40:24	95	0:38:11
277,21	75	0:53:06	85	0:46:39	95	0:42:22	100	0:40:03
278,94	65	0:54:29	75	0:47:52	85	0:43:28	90	0:41:05
280,39	70	0:55:49	80	0:49:02	90	0:44:29	95	0:42:03
281,54		0:56:49		0:49:54		0:45:15		0:42:47

règlement art. 5.9.3: pointage anticipé autorisé au FNT
regulations art. 5.9.3: early check-in allowed at FNT

MAXI TARGET TIMES
NAVIGATION TEST
NT 1.4

H4	H3	H2	H1	H2t	H1t
0h19	*0h22*	*0h25*	*0h28*	*0h25*	*0h28*

WAYPOINTS TO VALIDATE
NAVIGATION TEST
NT 1.4

BOX	PK	TYPE
225	289,42	SNT
226	291,46	WP A
227	292,73	WP A
228	293,60	WP A
229	295,74	WP A
230	296,78	WP A
231	298,97	WP A
232	301,39	WP A
233	303,76	WP A
234	305,91	WP A
235	307,44	WP A
236	308,23	FNT



STAGE 1
RT 1.5

KM TOTAL	AVERAGE SPEED H1	IDEAL TIME H1	AVERAGE SPEED H2	IDEAL TIME H2	AVERAGE SPEED H3	IDEAL TIME H3	AVERAGE SPEED H4	IDEAL TIME H4
315,21	65	0:00:00	75	0:00:00	85	0:00:00	90	0:00:00
316,86	65	0:01:31	75	0:01:19	85	0:01:09	90	0:01:06
318,21	70	0:02:46	80	0:02:24	90	0:02:07	95	0:02:00
321,72	65	0:05:46	75	0:05:01	85	0:04:27	90	0:04:13
322,81	60	0:06:47	70	0:05:54	75	0:05:13	85	0:04:56
323,26	65	0:07:14	75	0:06:17	85	0:05:35	90	0:05:15
324,07	65	0:07:58	75	0:06:56	85	0:06:09	90	0:05:48
325,25	75	0:09:04	85	0:07:52	95	0:06:59	100	0:06:35
327,38	70	0:10:46	80	0:09:23	90	0:08:20	95	0:07:51
328,33	70	0:11:35	80	0:10:05	90	0:08:58	95	0:08:27
329,62	75	0:12:41	85	0:11:03	95	0:09:49	100	0:09:16
330,44	70	0:13:21	80	0:11:38	90	0:10:20	95	0:09:46
332,19	60	0:14:51	70	0:12:57	75	0:11:30	85	0:10:52
333,16	70	0:15:49	80	0:13:47	90	0:12:17	95	0:11:33
333,44	70	0:16:03	80	0:13:59	90	0:12:28	95	0:11:44
333,91	55	0:16:27	65	0:14:21	70	0:12:47	80	0:12:02
334,56	60	0:17:10	70	0:14:57	75	0:13:20	85	0:12:31
336,03	40	0:18:38	45	0:16:12	50	0:14:31	55	0:13:33
336,69	50	0:19:37	60	0:17:05	65	0:15:18	70	0:14:16
337,30	70	0:20:21	80	0:17:42	90	0:15:52	95	0:14:48
340,11	65	0:22:46	75	0:19:48	85	0:17:45	90	0:16:34
341,68	70	0:24:13	80	0:21:03	90	0:18:51	95	0:17:37
342,66	70	0:25:03	80	0:21:47	90	0:19:30	95	0:18:14
344,08	65	0:26:16	75	0:22:51	85	0:20:27	90	0:19:08
345,65	65	0:27:43	75	0:24:07	85	0:21:34	90	0:20:11
346,11	60	0:28:09	70	0:24:29	75	0:21:53	85	0:20:29
346,83	65	0:28:52	75	0:25:06	85	0:22:28	90	0:21:00
349,64	65	0:31:28	75	0:27:21	85	0:24:27	90	0:22:52
351,45	70	0:33:08	80	0:28:48	90	0:25:43	95	0:24:04
352,44	70	0:33:59	80	0:29:32	90	0:26:23	95	0:24:42
353,46	70	0:34:51	80	0:30:18	90	0:27:04	95	0:25:21
353,95	70	0:35:16	80	0:30:40	90	0:27:23	95	0:25:39
355,26	70	0:36:24	80	0:31:39	90	0:28:16	95	0:26:29
355,62	65	0:36:42	75	0:31:55	85	0:28:30	90	0:26:43
355,94	65	0:37:00	75	0:32:11	85	0:28:44	90	0:26:55
356,65	60	0:37:39	70	0:32:45	75	0:29:14	85	0:27:24
357,05	55	0:38:03	65	0:33:05	70	0:29:33	80	0:27:41
359,42	65	0:40:38	75	0:35:17	85	0:31:35	90	0:29:27
359,99	65	0:41:10	75	0:35:44	85	0:31:59	90	0:29:50
361,39	65	0:42:28	75	0:36:51	85	0:32:58	90	0:30:46
362,38	65	0:43:22	75	0:37:39	85	0:33:40	90	0:31:26
363,40	60	0:44:19	70	0:38:28	75	0:34:23	85	0:32:06
363,89	65	0:44:48	75	0:38:53	85	0:34:47	90	0:32:27
364,98	50	0:45:49	60	0:39:45	65	0:35:33	70	0:33:11
365,46	55	0:46:23	65	0:40:14	70	0:36:00	80	0:33:36
367,42	50	0:48:31	60	0:42:02	65	0:37:40	70	0:35:04
368,11	55	0:49:21	65	0:42:44	70	0:38:19	80	0:35:39
368,93	60	0:50:15	70	0:43:29	75	0:39:01	85	0:36:16
371,60	50	0:52:55	60	0:45:47	65	0:41:09	70	0:38:09
372,12	70	0:53:32	80	0:46:18	90	0:41:38	95	0:38:36
373,16	50	0:54:26	60	0:47:05	65	0:42:19	65	0:39:15
374,20	45	0:55:41	50	0:48:07	55	0:43:17	55	0:40:13
374,70	45	0:56:21	50	0:48:43	55	0:43:50	55	0:40:46
375,33	25	0:57:11	30	0:49:28	30	0:44:31	35	0:41:27
375,43	45	0:57:26	50	0:49:40	55	0:44:43	55	0:41:37
375,95	45	0:58:07	50	0:50:18	55	0:45:17	55	0:42:11

Competitors should note that fractions of a second are hidden (example: 1'23.2" => 1'23" / example: 1'23.7" => 1'23")



STAGE 1
RT 1.5

KM TOTAL	AVERAGE SPEED H1	IDEAL TIME H1	AVERAGE SPEED H2	IDEAL TIME H2	AVERAGE SPEED H3	IDEAL TIME H3	AVERAGE SPEED H4	IDEAL TIME H4
376,21	30	0:58:28	35	0:50:36	35	0:45:34	40	0:42:28
376,39	50	0:58:50	60	0:50:55	65	0:45:53	65	0:42:44
376,81	40	0:59:20	45	0:51:20	45	0:46:16	50	0:43:08
377,08	50	0:59:44	55	0:51:42	60	0:46:37	60	0:43:27
377,69	50	1:00:28	55	0:52:22	60	0:47:14	60	0:44:04
377,87	45	1:00:41	50	0:52:34	55	0:47:25	55	0:44:15
378,19	40	1:01:07	45	0:52:57	45	0:47:46	50	0:44:36
378,42	40	1:01:27	45	0:53:15	45	0:48:04	50	0:44:52
379,12	55	1:02:30	65	0:54:11	70	0:49:00	70	0:45:42
379,79	50	1:03:14	55	0:54:48	60	0:49:35	60	0:46:17
380,28	60	1:03:49	70	0:55:20	75	0:50:04	75	0:46:46
381,40		1:04:57		0:56:18		0:50:58		0:47:40