

Schema 1000 meter

200		600		1000
	27		28	
17		44.0		1.12
	27.5		28.5	
17		44.5		1.13
	27.5		29	
17.5		45		1.14
	28		29.5	
17.5		45.5		1.15
	28.5		30	
17.5		46		1.16
	28.5		30.5	
18		46.5		1.17
	29		31	
18		47		1.18
	29.5		31.5	
18.5		48		1.19
	30		32	
18.5		48.5		1.20
	30		32.5	
19		49		1.21
	30		33	
19		49		1.22
	31		33	
19		50		1.23
	31.5		33.5	
19.5		51		1.24
	31.5		34	
19.5		51		1.25
	32		34.5	
19.5		51.5		1.26
	32.5		34.5	
20		52.5		1.27
	33		35	
20		53		1.28
	33.5		35	
20.5		54		1.29
	34		35.5	
20.5		54.5		1.30
	34.5		36	
20.5		55		1.31
	34.5		36.5	
21		55.5		1.32
	35		37	
21		56		1.33
	35.5		37	
21.5		57		1.34
	36		37.5	
21.5		57.5		1.35
	36.5		38	
21.5		58		1.36
	36.5		38.5	
22		58.5		1.37
	37		39	
22		59		1.38
	37.5		39	
22.5		1.00		1.39
	38		39.5	
22.5		1.00.5		1.40

200		600		1000
	38.5		40	
22.5		1.01		1.41
	38.5		40.5	
23		1.01.5		1.42
	39		41	
23		1.02		1.43
	39.5		41	
23.5		1.03		1.44
	40		41.5	
23.5		1.03.5		1.45
	40.5		42	
23.5		1.04		1.46
	41		42	
24		1.05		1.47
	41.5		42.5	
24		1.05.5		1.48
	41.5		43	
24.5		1.06		1.49
	42		43.5	
24.5		1.06.5		1.50
	42.5		44	
24.5		1.07		1.51
	42.5		44.5	
25		1.07.5		1.52
	43		45	
25		1.08		1.53
	43.5		45	
25.5		1.09		1.54
	44		45.5	
25.5		1.09.5		1.55
	44.5		46	
25.5		1.10		1.56
	45		46	
26		1.11		1.57
	45.5		46.5	
26		1.11.5		1.58
	45.5		47	
26.5		1.12		1.59
	46		47.5	
26.5		1.12.5		2.00
	46.5		48	
26.5		1.13		2.01
	46.5		48.5	
27		1.13.5		2.02
	47		49	
27		1.14		2.03
	47.5		49	
27.5		1.15		2.04
	48		49.5	
27.5		1.15.5		2.05
	48.5		50	
27.5		1.16		2.06
	49		50	
28		1.17		2.07
	49.5		50.5	
28		1.17.5		2.08
	49.5		51	
28.5		1.18		2.09

Schema 1500 meter

300		700		1100		1500
	28		28.5		29.5	
24		52		1.20.5		1.50
	28.5		29		30	
24.5		53		1.22		1.52
	29		29.5		30.5	
25		54		1.23.5		1.54
	29		30		31.5	
25.5		54.5		1.24.5		1.56
	29.5		30.5		32	
26		55.5		1.26		1.58
	30		31.5		32.5	
26		56		1.27.5		2.00
	30.5		32		33	
26.5		57.0		1.29		2.02
	31		32.5		34	
26.5		57.5		1.30		2.04
	31.5		33		34.5	
27		58.5		1.31.5		2.06
	32		33.5		35	
27.5		59.5		1.33		2.08
	32.5		34		35.5	
28		1.00.5		1.34.5		2.10
	33		34.5		36	
28.5		1.01.5		1.36		2.12
	33.5		35		36.5	
29		1.02.5		1.37.5		2.14
	34.5		35.5		37	
29		1.03.5		1.39		2.16
	34.5		36.5		37.5	
29.5		1.04		1.40.5		2.18
	35.5		37		38	
29.5		1.05		1.42		2.20
	36		37.5		38.5	
30		1.06		1.43.5		2.22
	36.5		38		39	
30.5		1.07		1.45		2.24
	37		38.5		39.5	
31		1.08		1.46.5		2.26
	37.5		39		40	
31.5		1.09		1.48		2.28
	38		39		41	
32		1.10		1.49		2.30
	39		40		41	
32		1.11		1.51		2.32
	39.5		40.5		41.5	
32.5		1.12		1.52.5		2.34
	40.5		41		42	
32.5		1.13		1.54		2.36
	41		41.5		42.5	
33		1.14		1.55.5		2.38
	41.5		42		43	
33.5		1.15		1.57		2.40
	42		42.5		43.5	
34		1.16		1.58.5		2.42
	42.5		43		44	
34.5		1.17		2.00		2.44
	43		43.5		44.5	
35		1.18		2.01.5		2.46
	43.5		44		45.5	
35		1.18.5		2.02.5		2.48
	44		44.5		46	
35.5		1.19.5		2.04		2.50
	44.5		45		47	
35.5		1.20		2.05		2.52
	45		45.5		47.5	
36		1.21		2.06.5		2.54
	45.5		46		48	
36.5		1.22		2.08		2.56
	46		47		48	
37		1.23		2.10		2.58
	46.5		47.5		48.5	
37.5		1.24		2.11.5		3.00