

		m 10	f 10	m 11	f 11	m 12	f 12	m 13	f 13	m 14	f 14	
80 m piani	10	< 12" 7	< 13" 0	< 12" 2	< 12" 5	< 11" 5	< 12" 0	< 10" 5	< 11" 5	< 10" 0	< 11" 0	-0,5
	9	< 13" 2	< 13" 5	< 12" 7	< 13" 0	< 12" 0	< 12" 5	< 11" 0	< 12" 0	< 10" 5	< 11" 5	-1
	8	< 14" 2	< 14" 5	< 13" 7	< 14" 0	< 13" 0	< 13" 5	< 12" 0	< 13" 0	< 11" 5	< 12" 5	-1
	7	< 15" 2	< 15" 5	< 14" 7	< 15" 0	< 14" 0	< 14" 5	< 13" 0	< 14" 0	< 12" 5	< 13" 5	-1
	6	< 16" 2	< 16" 5	< 15" 7	< 16" 0	< 15" 0	< 15" 5	< 14" 0	< 15" 0	< 13" 5	< 14" 5	0
	5	< 18" 2	< 18" 5	< 17" 7	< 18" 0	< 17" 0	< 17" 5	< 16" 0	< 17" 0	< 15" 5	< 16" 5	+2
	4	< 20" 2	< 20" 5	< 19" 7	< 20" 0	< 19" 0	< 19" 5	< 18" 0	< 19" 0	< 17" 5	< 18" 5	+2
	3	< 22" 2	< 22" 5	< 21" 7	< 22" 0	< 21" 0	< 21" 5	< 20" 0	< 21" 0	< 19" 5	< 20" 5	+2
	2	< 24" 2	< 24" 5	< 23" 7	< 24" 0	< 23" 0	< 23" 5	< 22" 0	< 23" 0	< 21" 5	< 22" 5	+2
	1	> 24" 2	> 24" 5	> 23" 7	> 24" 0	> 23" 0	> 23" 5	> 22" 0	> 23" 0	> 21" 5	> 22" 5	

		m 10	f 10	m 11	f 11	m 12	f 12	m 13	f 13	m 14	f 14	
80 m hs - 8 bar h60	10	< 14" 5	< 14" 5	< 14" 0	< 14" 1	< 13" 5	< 13" 7	< 13" 0	< 13" 5	< 12" 5	< 13" 2	-1,5
	9	< 16" 0	< 16" 0	< 15" 5	< 15" 6	< 15" 0	< 15" 2	< 14" 5	< 15" 0	< 14" 0	< 14" 7	-1,5
	8	< 17" 5	< 17" 5	< 17" 0	< 17" 1	< 16" 5	< 16" 7	< 16" 0	< 16" 5	< 15" 5	< 16" 2	-1,5
	7	< 19" 0	< 19" 0	< 18" 5	< 18" 6	< 18" 0	< 18" 2	< 17" 5	< 18" 0	< 17" 0	< 17" 7	-1,5
	6	< 20" 5	< 20" 5	< 20" 0	< 20" 1	< 19" 5	< 19" 7	< 19" 0	< 19" 5	< 18" 5	< 19" 2	0
	5	< 22" 5	< 22" 5	< 22" 0	< 22" 1	< 21" 5	< 21" 7	< 21" 0	< 21" 5	< 20" 5	< 21" 2	+2
	4	< 24" 5	< 24" 5	< 24" 0	< 24" 1	< 23" 5	< 23" 7	< 23" 0	< 23" 5	< 22" 5	< 23" 2	+2
	3	< 26" 5	< 26" 5	< 26" 0	< 26" 1	< 25" 5	< 25" 7	< 25" 0	< 25" 5	< 24" 5	< 25" 2	+2
	2	< 28" 5	< 28" 5	< 28" 0	< 28" 1	< 27" 5	< 27" 7	< 27" 0	< 27" 5	< 26" 5	< 27" 2	+2
	1	> 28" 5	> 28" 5	> 28" 0	> 28" 1	> 27" 5	> 27" 7	> 27" 0	> 27" 5	> 26" 5	> 27" 2	

		m 10	f 10	m 11	f 11	m 12	f 12	m 13	f 13	m 14	f 14	
60 m hs - 6 bar h60	10	< 11" 5	< 11" 5	< 11" 0	< 11" 2	< 10" 5	< 11" 0					-1
	9	< 12" 5	< 12" 5	< 12" 0	< 12" 2	< 11" 5	< 12" 0					-1
	8	< 13" 5	< 13" 5	< 13" 0	< 13" 2	< 12" 5	< 13" 0					-1
	7	< 14" 5	< 14" 5	< 14" 0	< 14" 2	< 13" 5	< 14" 0					-1
	6	< 15" 5	< 15" 5	< 15" 0	< 15" 2	< 14" 5	< 15" 0					0
	5	< 17" 5	< 17" 5	< 17" 0	< 17" 2	< 16" 5	< 17" 0					+2
	4	< 19" 5	< 19" 5	< 19" 0	< 19" 2	< 18" 5	< 19" 0					+2
	3	< 21" 5	< 21" 5	< 21" 0	< 21" 2	< 20" 5	< 21" 0					+2
	2	< 23" 5	< 23" 5	< 23" 0	< 23" 2	< 22" 5	< 23" 0					+2
	1	> 23" 5	> 23" 5	> 23" 0	> 23" 2	< 20" 5	> 23" 0					

		m 10	f 10	m 11	f 11	m 12	f 12	m 13	f 13	m 14	f 14	
1000 m	10	< 4' 15	< 4' 45	< 4' 00	< 4' 30	< 3' 45	< 4' 15	< 3' 30	< 4' 00	< 3' 15	< 3' 45	-15"
	9	< 4' 30	< 5' 00	< 4' 15	< 4' 45	< 4' 00	< 4' 30	< 3' 45	< 4' 15	< 3' 30	< 4' 00	-15"
	8	< 4' 45	< 5' 15	< 4' 30	< 5' 00	< 4' 15	< 4' 45	< 4' 00	< 4' 30	< 3' 45	< 4' 15	-1'
	7	< 5' 45	< 6' 15	< 5' 30	< 6' 00	< 5' 15	< 5' 45	< 5' 00	< 5' 30	< 4' 45	< 5' 15	-1'
	6	< 6' 45	< 7' 15	< 6' 30	< 7' 00	< 6' 15	< 6' 45	< 6' 00	< 6' 30	< 5' 45	< 6' 15	0
	5	< 7' 45	< 8' 15	< 7' 30	< 8' 00	< 7' 15	< 7' 45	< 7' 00	< 7' 30	< 6' 45	< 7' 15	+1'
	4	< 9' 45	< 9' 15	< 9' 30	< 10' 00	< 9' 15	< 9' 45	< 9' 00	< 9' 30	< 8' 45	< 9' 15	+2'
	3	< 11' 45	< 11' 15	< 11' 30	< 12' 00	< 11' 15	< 11' 45	< 11' 00	< 11' 30	< 10' 45	< 11' 15	+2'
	2	< 13' 45	< 13' 15	< 13' 30	< 14' 00	< 13' 15	< 13' 45	< 13' 00	< 13' 30	< 12' 45	< 13' 15	+2'
	1	> 13' 45	> 13' 15	> 13' 30	> 14' 00	> 13' 15	> 13' 45	> 13' 00	> 13' 30	> 12' 30	> 13' 15	