



MASTERS RULES

1. GENERAL ASPECTS

1.1 Definition and Purpose

The UIPM Masters Competitions aim at encouraging ex-competitors to keep in touch with Modern Pentathlon and thereby contributing to the development of this sport. UIPM Master competitions are either simply Master Competitions or World Master Championships or Continental Master Championships.

1.2 Sphere of Application

UIPM Master Competitions and Championships are covered by the UIPM Rules, especially the UIPM Competition, Medical and Advertising and Media Rules, as far as not specified differently in the following.

1.3 Format

1.3.1 There are two formats: Tetrathlon and Pentathlon.

1.3.2 Tetrathlon consists of Fencing, Swimming, shooting, running and the combined event.

1.3.3 The World Masters Championships and the Continental Master Championships in individual competitions are organised in 10 year age groups: 30 – 39 years, 40 – 49 years, 50 – 59 years, 60 – 69 years, 70 – 79 years, 80+, separately for men and women. A victory ceremony in each age group is held regardless the number of athletes in a group.

1.3.4 An athlete can start in a lower age group with a reduction in the handicap points up to that of class they start in. It is not possible to start in two age groups.

1.3.5 The Tetrathletes and Pentathletes compete together in the same age groups. A fencing group must consist of at least 16 athletes and not exceed 36 athletes.

1.3.6 The riding event must be the first event in the Pentathlon competition in order to preserve the character of the handicap system in the four other events.

1.3.7 The Relay competition can be organised for teams of four athletes under the age group conditions of 30-59 years. Only two athletes from the same age group are permissible.

1.4 The Events

1.4.1 The Combined Event follows the rules for Youth B and must be organised at the World Masters Championships and the Continental Master Championships.

1.4.2 In Swimming the distance is 100m freestyle except for age groups 70+ which is 50m.

1.4.3 Riding for 30-59 years at the World Masters Championships and the Continental Master Championships must be organised with 10 obstacles including 2 double combinations, all at a max height of 90cm. For 60-69 years, the number of obstacles is 7 to 8 and without a double combination. There will be no riding for athletes over 70 years in these competitions.

1.4.4 In all Master competitions the organisers can adapt the course to the quality of the horses and in ordinary Master competitions the riding event can include riding for Masters over 70+ as a combined dressage/jumping event.

1.4.5 The plan of the riding course and a list of the horses must be available at the Technical Meeting. The difficulty of the riding course must be adapted to the quality of the horses for jumping the course at least 3 times within one day.

1.4.6 In Shooting with mechanical (electronic) change of targets, 20 shots are fired on 20 different targets in 30 minutes or 2 x 10 shots are shot on 10 different targets at the same time, alternatively. In Shooting



without mechanical (electronic) change of targets, 4 x 5 shots on 4 different targets within 7.5 minutes for each series. In age groups of 70+ years, the athlete can use both hands to hold the pistol.

- 1.4.7 In Running, the distance is 2000m for Master age groups 30-69 years and 1000m for 70+. The conditions and difficulties of the running course must be adapted to the age of the Masters. For the length of the running course a difference of +/- 5% (max. 100m) is tolerated.

1.5 Masters Participation

- 1.5.1 Each NF, member of the UIPM, has the right to enter an unlimited number of pentathletes and tetrathletes as from 30 years of age for both genders. They must specify on the entry form whether they are entered for tetrathlon or for pentathlon. Active seniors who have participated in UIPM Category "A" competitions within the last 2 years from their start in the Masters competition are not allowed to start in the World Master and Continental Master Championships.

- 1.5.2 All nations participating with a team of three athletes in each age group as a minimum will be entered in the team competition. In teams with four athletes only the athletes with the three best results are used for ranking purposes

1.6 Finance

- 1.6.1 The Local Organising Committee must take care of hosting (lodging, meals, local transport) at an amount not exceeding 80 USD per day per person. In addition the LOC must offer a low-cost solution (camping site or holiday camp).

- 1.6.2 Within the bounds of possibility the LOC should arrange a visitor's programme and provide socialising occasions.

- 1.6.3 The organisers can charge a starting fee for the Pentathlon competition, which is including the costs for the riding event and a cheaper fee for the Tetrathlon competition.

1.7 Competition Authorities

1.7.1 Technical Meeting

Up to two persons from each participating nation are authorised to take part in the Technical Meeting.

1.7.2 Competition Jury

The Pentathlon Director or his deputy who are appointed on behalf of the UIPM by the LOC holds the chair of the Competition Jury. It further consists of the Director of the event the Competition Jury actually is dealing with. The third member is elected at the Technical Meeting from amongst its members.

1.7.3 Jury of Appeal

The Jury of Appeal consists of three members. The chair is hold by a member of the UIPM Masters Committee. The two other members are elected at the TM from amongst its members.

1.8 Masters Conference

- 1.8.1 The schedule of each World Master Championships must include a time reserved for the performance of the International Masters Conference. This conference should be held after the competition or before the final ceremony.

- 1.8.2 The International Masters Conference is composed as follows: two masters from each UIPM member federation and the members of the UIPM Masters Committee. The UIPM Executive Board is entitled to delegate persons to participate without right to vote. Further persons may be allowed by the Conference to participate as guests. The chair is held by the chairperson of the UIPM Masters Committee.

- 1.8.3 The International Masters Conference decides on the assignment and organisation of the next following World Master Championships and Continental Master Championships, it receives and decides on the report submitted by the chairperson and members of the UIPM Masters Committee and



elects the members of the UIPM Masters Committee following the UIPM Rules on the Internal Organisation and UIPM Election Rules.

2. COMPETITION RESULTS

2.1 Handicap system

2.1.1 In each age group from 40 years there will be handicap points among the competitors in the form of bonus points from the age of 41 with progressive upward tendency. The handicap-points are added directly to the score of the competition's first discipline. Hence a specific provisional result can be worked out after each discipline.

Example Masters Pentathlon

| Age | Points | Bonus points |
|---------|---------|--------------|
| 30 - 39 | | 0 |
| 40 | 1 x 0 | 0 |
| 41 | 1 x 11 | 11 |
| 42 | 2 x 12 | 24 |
| 43 | 3 x 13 | 39 |
| 44 | 4 x 14 | 56 |
| 45 | 5 x 15 | 75 |
| 46 | 6 x 16 | 96 |
| 47 | 7 x 17 | 119 |
| 48 | 8 x 18 | 144 |
| 49 | 9 x 19 | 171 |
| 50 | 10 x 20 | 200 |
| 60 | 20 x 30 | 600 |
| 70 | 30 x 40 | 1200 |
| 80 | 40 x 40 | 1600 |

2.1.2 Points Table – Handicap system

This handicap system gives the chance to calculate and determine the winners in Master Competitions, where there are too few competitors to organise competitions in age groups. In World Master and Continental Master Championships there will only be declared an age group winner for Modern Pentathlon and Modern Tetrathlon after the handicap points have been added to the competitors points from each event.

| Points | | | | |
|--------|---------|-----------------|------------|------------|
| Age | Biathle | MP.3. Events | Tetrathlon | Pentathlon |
| 40 | | | | 0 |
| 41 | | | 5 | 11 |
| 42 | | | 12 | 24 |
| 43 | | | 21 | 39 |
| 44 | | | 32 | 56 |
| 45 | | | 45 | 75 |
| 46 | | | 77 | 96 |
| 47 | | | 95 | 119 |
| 48 | | | 115 | 144 |
| 49 | | | 136 | 171 |
| 50 | | | 160 | 200 |
| 51 | 92 | 139 | 185 | 231 |
| 52 | | 158 | 211 | 264 |
| 53 | | 179 | 239 | 299 |
| 54 | | 202 | 269 | 336 |
| 55 | | 225 | 300 | 375 |
| 56 | | 250 | 333 | 416 |
| 57 | | 275 | 367 | 459 |
| 58 | | 302 | 403 | 504 |
| 59 | | 331 | 441 | 551 |
| 60 | | 360 | 480 | 600 |
| 61 | | 391 | 521 | 651 |
| 62 | | 422 | 563 | 704 |
| 63 | | 455 | 607 | 759 |
| 64 | | 490 | 653 | 816 |
| 65 | | 525 | 700 | 875 |
| 66 | | 562 | 749 | 936 |
| 67 | | 599 | 799 | 999 |
| 68 | | 638 | 851 | 1064 |
| 69 | | 679 | 905 | 1131 |
| | | | | |
| | | | | |

2.1.3 The points table for the Combined Event follows the Youth B rules.

2.1.4 The points table for Fencing is calculated as follows:

* **Formula:** 70% bouts won corresponds to 1000 points



$$1 \text{ victory} = \frac{930}{\text{number of bouts}}$$

- * **Example:** 32 fencers take part = 31 bouts
 1000 points = 22 victories
 +/- 1 victory = +/- 30 points

| 1000p | Bouts | Victory | | 1000p | Bouts | Victory |
|-------|-------|---------|--|-------|-------|---------|
| 42 | 60 | 15 | | 27 | 39 | 24 |
| 41 | 59 | 16 | | 27 | 38 | 24 |
| 41 | 58 | 16 | | 26 | 37 | 25 |
| 40 | 57 | 16 | | 25 | 36 | 26 |
| 39 | 56 | 17 | | 25 | 35 | 27 |
| 39 | 55 | 17 | | 24 | 34 | 27 |
| 38 | 54 | 17 | | 23 | 33 | 28 |
| 37 | 53 | 18 | | 22 | 32 | 29 |
| 36 | 52 | 18 | | 22 | 31 | 30 |
| 36 | 51 | 18 | | 21 | 30 | 31 |
| 35 | 50 | 19 | | 20 | 29 | 32 |
| 34 | 49 | 19 | | 20 | 28 | 33 |
| 34 | 48 | 19 | | 19 | 27 | 34 |
| 33 | 47 | 20 | | 18 | 26 | 36 |
| 32 | 46 | 20 | | 18 | 25 | 37 |
| 32 | 45 | 21 | | 17 | 24 | 39 |
| 31 | 44 | 21 | | 16 | 23 | 40 |
| 30 | 43 | 22 | | 15 | 22 | 42 |
| 30 | 42 | 22 | | 15 | 21 | 44 |
| 29 | 41 | 23 | | 14 | 20 | 46 |
| 28 | 40 | 23 | | | | |

2.1.5 The points table for Swimming is calculated as follows:

- Men 30-69 years: 100m: Time of 01:18.0 minutes is awarded 1000 points.
 Men 70+: 50m: Time of 00:38.0 minutes is awarded 1000 points
 Women 30-69 years: 100m: Time of 01:30.0 minutes is awarded 1000 points.
 Women 70+ 50m: Time of 00:43.0 minutes is awarded 1000 points
 Each 0.5 second faster or slower than the prescribed time is worth +/- 4 points.

For the purpose of calculating the score, times will be recorded in half seconds, e.g.
 01:18.49 is recorded as 01:18.0 and 01:18.51 is recorded as 01:18.5
 01:30.49 is recorded as 01:30.0 and 01:30.51 is recorded as 01:30.5

The swimming points table for Men 30-69 year is as follows:

| Min | pts | Min | pts | min | pts | min | pts | min | pts | min | pts | min | pts |
|----------------|------|---------|------|----------------|-----|----------------|-----|----------------|-----|----------------|-----|----------------|-----|
| 00:50.0 | 1224 | 01:12.0 | 1048 | 01:34.0 | 872 | 01:56.0 | 696 | 02:18.0 | 520 | <u>02:40.0</u> | 344 | 03:02.0 | 168 |
| 00:50.5 | 1220 | 01:12.5 | 1044 | 01:34.5 | 868 | 01:56.5 | 692 | 02:18.5 | 516 | 02:40.5 | 340 | 03:02.5 | 164 |
| 00:51.0 | 1216 | 01:13.0 | 1040 | <u>01:35.0</u> | 864 | 01:57.0 | 688 | 02:19.0 | 512 | 02:41.0 | 336 | 03:03.0 | 160 |
| 00:51.5 | 1212 | 01:13.5 | 1036 | 01:35.5 | 860 | 01:57.5 | 684 | 02:19.5 | 508 | 02:41.5 | 332 | 03:03.5 | 156 |
| 00:52.0 | 1208 | 01:14.0 | 1032 | 01:36.0 | 856 | 01:58.0 | 680 | <u>02:20.0</u> | 504 | 02:42.0 | 328 | 03:04.0 | 152 |
| 00:52.5 | 1204 | 01:14.5 | 1028 | 01:36.5 | 852 | 01:58.5 | 676 | 02:20.5 | 500 | 02:42.5 | 324 | 03:04.5 | 148 |
| 00:53.0 | 1200 | 01:15.0 | 1024 | 01:37.0 | 848 | 01:59.0 | 672 | 02:21.0 | 496 | 02:43.0 | 320 | <u>03:05.0</u> | 144 |
| 00:53.5 | 1196 | 01:15.5 | 1020 | 01:37.5 | 844 | 01:59.5 | 668 | 02:21.5 | 492 | 02:43.5 | 316 | 03:05.5 | 140 |
| 00:54.0 | 1192 | 01:16.0 | 1016 | 01:38.0 | 840 | <u>02:00.0</u> | 664 | 02:22.0 | 488 | 02:44.0 | 312 | 03:06.0 | 136 |
| 00:54.5 | 1188 | 01:16.5 | 1012 | 01:38.5 | 836 | 02:00.5 | 660 | 02:22.5 | 484 | 02:44.5 | 308 | 03:06.5 | 132 |
| <u>00:55.0</u> | 1184 | 01:17.0 | 1008 | 01:39.0 | 832 | 02:01.0 | 656 | 02:23.0 | 480 | <u>02:45.0</u> | 304 | 03:07.0 | 128 |
| 00:55.5 | 1180 | 01:17.5 | 1004 | 01:39.5 | 828 | 02:01.5 | 652 | 02:23.5 | 476 | 02:45.5 | 300 | 03:07.5 | 124 |
| 00:56.0 | 1176 | 01:18.0 | 1000 | 01:40.0 | 824 | 02:02.0 | 648 | 02:24.0 | 472 | 02:46.0 | 296 | 03:08.0 | 120 |



| | | | | | | | | | | | | | |
|----------------|------|----------------|-----|----------------|-----|----------------|-----|----------------|-----|----------------|-----|----------------|-----|
| 00:56.5 | 1172 | 01:18.5 | 996 | 01:40.5 | 820 | 02:02.5 | 644 | 02:24.5 | 468 | 02:46.5 | 292 | 03:08.5 | 116 |
| 00:57.0 | 1168 | 01:19.0 | 992 | 01:41.0 | 816 | 02:03.0 | 640 | <u>02:25.0</u> | 464 | 02:47.0 | 288 | 03:09.0 | 112 |
| 00:57.5 | 1164 | 01:19.5 | 988 | 01:41.5 | 812 | 02:03.5 | 636 | 02:25.5 | 460 | 02:47.5 | 284 | 03:09.5 | 108 |
| 00:58.0 | 1160 | <u>01:20.0</u> | 984 | 01:42.0 | 808 | 02:04.0 | 632 | 02:26.0 | 456 | 02:48.0 | 280 | <u>03:10.0</u> | 104 |
| 00:58.5 | 1156 | 01:20.5 | 980 | 01:42.5 | 804 | 02:04.5 | 628 | 02:26.5 | 452 | 02:48.5 | 276 | 03:10.5 | 100 |
| 00:59.0 | 1152 | 01:21.0 | 976 | 01:43.0 | 800 | 02:05.0 | 624 | 02:27.0 | 448 | 02:49.0 | 272 | 03:11.0 | 96 |
| 00:59.5 | 1148 | 01:21.5 | 972 | 01:43.5 | 796 | 02:05.5 | 620 | 02:27.5 | 444 | 02:49.5 | 268 | 03:11.5 | 92 |
| <u>01:00.0</u> | 1144 | 01:22.0 | 968 | 01:44.0 | 792 | 02:06.0 | 616 | 02:28.0 | 440 | <u>02:50.0</u> | 264 | 03:12.0 | 88 |
| 01:00.5 | 1140 | 01:22.5 | 964 | 01:44.5 | 788 | 02:06.5 | 612 | 02:28.5 | 436 | 02:50.5 | 260 | 03:12.5 | 84 |
| 01:01.0 | 1136 | 01:23.0 | 960 | <u>01:45.0</u> | 784 | 02:07.0 | 608 | 02:29.0 | 432 | 02:51.0 | 256 | 03:13.0 | 80 |
| 01:01.5 | 1132 | 01:23.5 | 956 | 01:45.5 | 780 | 02:07.5 | 604 | 02:29.5 | 428 | 02:51.5 | 252 | 03:13.5 | 76 |
| 01:02.0 | 1128 | 01:24.0 | 952 | 01:46.0 | 776 | 02:08.0 | 600 | 02:30.0 | 424 | 02:52.0 | 248 | 03:14.0 | 72 |
| 01:02.5 | 1124 | 01:24.5 | 948 | 01:46.5 | 772 | 02:08.5 | 596 | 02:30.5 | 420 | 02:52.5 | 244 | 03:14.5 | 68 |
| 01:03.0 | 1120 | <u>01:25.0</u> | 944 | 01:47.0 | 768 | 02:09.0 | 592 | 02:31.0 | 416 | 02:53.0 | 240 | <u>03:15.0</u> | 64 |
| 01:03.5 | 1116 | 01:25.5 | 940 | 01:47.5 | 764 | 02:09.5 | 588 | 02:31.5 | 412 | 02:53.5 | 236 | 03:15.5 | 60 |
| 01:04.0 | 1112 | 01:26.0 | 936 | 01:48.0 | 760 | <u>02:10.0</u> | 584 | 02:32.0 | 408 | 02:54.0 | 232 | 03:16.0 | 56 |
| 01:04.5 | 1108 | 01:26.5 | 932 | 01:48.5 | 756 | 02:10.5 | 580 | 02:32.5 | 404 | 02:54.5 | 228 | 03:16.5 | 52 |
| <u>01:05.0</u> | 1104 | 01:27.0 | 928 | 01:49.0 | 752 | 02:11.0 | 576 | 02:33.0 | 400 | 02:55.0 | 224 | 03:17.0 | 48 |
| 01:05.5 | 1100 | 01:27.5 | 924 | 01:49.5 | 748 | 02:11.5 | 572 | 02:33.5 | 396 | 02:55.5 | 220 | 03:17.5 | 44 |
| 01:06.0 | 1096 | 01:28.0 | 920 | <u>01:50.0</u> | 744 | 02:12.0 | 568 | 02:34.0 | 392 | 02:56.0 | 216 | 03:18.0 | 40 |
| 01:06.5 | 1092 | 01:28.5 | 916 | 01:50.5 | 740 | 02:12.5 | 564 | 02:34.5 | 388 | 02:56.5 | 212 | 03:18.5 | 36 |
| 01:07.0 | 1088 | 01:29.0 | 912 | 01:51.0 | 736 | 02:13.0 | 560 | <u>02:35.0</u> | 384 | 02:57.0 | 208 | 03:19.0 | 32 |
| 01:07.5 | 1084 | 01:29.5 | 908 | 01:51.5 | 732 | 02:13.5 | 556 | 02:35.5 | 380 | 02:57.5 | 204 | 03:19.5 | 28 |
| 01:08.0 | 1080 | <u>01:30.0</u> | 904 | 01:52.0 | 728 | 02:14.0 | 552 | 02:36.0 | 376 | 02:58.0 | 200 | 03:20.0 | 24 |
| 01:08.5 | 1076 | 01:30.5 | 900 | 01:52.5 | 724 | 02:14.5 | 548 | 02:36.5 | 372 | 02:58.5 | 196 | 03:20.5 | 20 |
| 01:09.0 | 1072 | 01:31.0 | 896 | 01:53.0 | 720 | <u>02:15.0</u> | 544 | 02:37.0 | 368 | 02:59.0 | 192 | 03:21.0 | 16 |
| 01:09.5 | 1068 | 01:31.5 | 892 | 01:53.5 | 716 | 02:15.5 | 540 | 02:37.5 | 364 | 02:59.5 | 188 | 03:21.5 | 12 |
| <u>01:10.0</u> | 1064 | 01:32.0 | 888 | 01:54.0 | 712 | 02:16.0 | 536 | 02:38.0 | 360 | <u>03:00.0</u> | 184 | 03:22.0 | 8 |
| 01:10.5 | 1060 | 01:32.5 | 884 | 01:54.5 | 708 | 02:16.5 | 532 | 02:38.5 | 356 | 03:00.5 | 180 | 03:22.5 | 4 |
| 01:11.0 | 1056 | 01:33.0 | 880 | <u>01:55.0</u> | 704 | 02:17.0 | 528 | 02:39.0 | 352 | 03:01.0 | 176 | 03:23.0 | 0 |
| 01:11.5 | 1052 | 01:33.5 | 876 | 01:55.5 | 700 | 02:17.5 | 524 | 02:39.5 | 348 | 03:01.5 | 172 | | |

The swimming points table for Women 30-69 years is as follows:

| min | pts | min | pts | min | pts | min | pts | min | pts | min | pts | min | pts |
|----------------|------|----------------|------|----------------|-----|----------------|-----|----------------|-----|----------------|-----|----------------|-----|
| <u>01:05.0</u> | 1200 | 01:26.5 | 1028 | 01:48.0 | 856 | 02:09.5 | 684 | 02:31.0 | 512 | 02:52.5 | 340 | 03:14.0 | 168 |
| 01:05.5 | 1196 | 01:27.0 | 1024 | 01:48.5 | 852 | <u>02:10.0</u> | 680 | 02:31.5 | 508 | 02:53.0 | 336 | 03:14.5 | 164 |
| 01:06.0 | 1192 | 01:27.5 | 1020 | 01:49.0 | 848 | 02:10.5 | 676 | 02:32.0 | 504 | 02:53.5 | 332 | <u>03:15.0</u> | 160 |
| 01:06.5 | 1188 | 01:28.0 | 1016 | 01:49.5 | 844 | 02:11.0 | 672 | 02:32.5 | 500 | 02:54.0 | 328 | 03:15.5 | 156 |
| 01:07.0 | 1184 | 01:28.5 | 1012 | <u>01:50.0</u> | 840 | 02:11.5 | 668 | 02:33.0 | 496 | 02:54.5 | 324 | 03:16.0 | 152 |
| 01:07.5 | 1180 | 01:29.0 | 1008 | 01:50.5 | 836 | 02:12.0 | 664 | 02:33.5 | 492 | <u>02:55.0</u> | 320 | 03:16.5 | 148 |
| 01:08.0 | 1176 | 01:29.5 | 1004 | 01:51.0 | 832 | 02:12.5 | 660 | 02:34.0 | 488 | 02:55.5 | 316 | 03:17.0 | 144 |
| 01:08.5 | 1172 | <u>01:30.0</u> | 1000 | 01:51.5 | 828 | 02:13.0 | 656 | 02:34.5 | 484 | 02:56.0 | 312 | 03:17.5 | 140 |
| 01:09.0 | 1168 | 01:30.5 | 996 | 01:52.0 | 824 | 02:13.5 | 652 | <u>02:35.0</u> | 480 | 02:56.5 | 308 | 03:18.0 | 136 |
| 01:09.5 | 1164 | 01:31.0 | 992 | 01:52.5 | 820 | 02:14.0 | 648 | 02:35.5 | 476 | 02:57.0 | 304 | 03:18.5 | 132 |
| <u>01:10.0</u> | 1160 | 01:31.5 | 988 | 01:53.0 | 816 | 02:14.5 | 644 | 02:36.0 | 472 | 02:57.5 | 300 | 03:19.0 | 128 |
| 01:10.5 | 1156 | 01:32.0 | 984 | 01:53.5 | 812 | <u>02:15.0</u> | 640 | 02:36.5 | 468 | 02:58.0 | 296 | 03:19.5 | 124 |
| 01:11.0 | 1152 | 01:32.5 | 980 | 01:54.0 | 808 | 02:15.5 | 636 | 02:37.0 | 464 | 02:58.5 | 292 | <u>03:20.0</u> | 120 |
| 01:11.5 | 1148 | 01:33.0 | 976 | 01:54.5 | 804 | 02:16.0 | 632 | 02:37.5 | 460 | 02:59.0 | 288 | 03:20.5 | 116 |
| 01:12.0 | 1144 | 01:33.5 | 972 | <u>01:55.0</u> | 800 | 02:16.5 | 628 | 02:38.0 | 456 | 02:59.5 | 284 | 03:21.0 | 112 |
| 01:12.5 | 1140 | 01:34.0 | 968 | 01:55.5 | 796 | 02:17.0 | 624 | 02:38.5 | 452 | <u>03:00.0</u> | 280 | 03:21.5 | 108 |
| 01:13.0 | 1136 | 01:34.5 | 964 | 01:56.0 | 792 | 02:17.5 | 620 | 02:39.0 | 448 | 03:00.5 | 276 | 03:22.0 | 104 |
| 01:13.5 | 1132 | <u>01:35.0</u> | 960 | 01:56.5 | 788 | 02:18.0 | 616 | 02:39.5 | 444 | 03:01.0 | 272 | 03:22.5 | 100 |
| 01:14.0 | 1128 | 01:35.5 | 956 | 01:57.0 | 784 | 02:18.5 | 612 | <u>02:40.0</u> | 440 | 03:01.5 | 268 | 03:23.0 | 96 |
| 01:14.5 | 1124 | 01:36.0 | 952 | 01:57.5 | 780 | 02:19.0 | 608 | 02:40.5 | 436 | 03:02.0 | 264 | 03:23.5 | 92 |
| <u>01:15.0</u> | 1120 | 01:36.5 | 948 | 01:58.0 | 776 | 02:19.5 | 604 | 02:41.0 | 432 | 03:02.5 | 260 | 03:24.0 | 88 |



| | | | | | | | | | | | | | |
|----------------|------|----------------|-----|----------------|-----|----------------|-----|----------------|-----|----------------|-----|----------------|----|
| 01:15.5 | 1116 | 01:37.0 | 944 | 01:58.5 | 772 | <u>02:20.0</u> | 600 | 02:41.5 | 428 | 03:03.0 | 256 | 03:24.5 | 84 |
| 01:16.0 | 1112 | 01:37.5 | 940 | 01:59.0 | 768 | 02:20.5 | 596 | 02:42.0 | 424 | 03:03.5 | 252 | <u>03:25.0</u> | 80 |
| 01:16.5 | 1108 | 01:38.0 | 936 | 01:59.5 | 764 | 02:21.0 | 592 | 02:42.5 | 420 | 03:04.0 | 248 | 03:25.5 | 76 |
| 01:17.0 | 1104 | 01:38.5 | 932 | <u>02:00.0</u> | 760 | 02:21.5 | 588 | 02:43.0 | 416 | 03:04.5 | 244 | 03:26.0 | 72 |
| 01:17.5 | 1100 | 01:39.0 | 928 | 02:00.5 | 756 | 02:22.0 | 584 | 02:43.5 | 412 | <u>03:05.0</u> | 240 | 03:26.5 | 68 |
| 01:18.0 | 1096 | 01:39.5 | 924 | 02:01.0 | 752 | 02:22.5 | 580 | 02:44.0 | 408 | 03:05.5 | 236 | 03:27.0 | 64 |
| 01:18.5 | 1092 | <u>01:40.0</u> | 920 | 02:01.5 | 748 | 02:23.0 | 576 | 02:44.5 | 404 | 03:06.0 | 232 | 03:27.5 | 60 |
| 01:19.0 | 1088 | 01:40.5 | 916 | 02:02.0 | 744 | 02:23.5 | 572 | <u>02:45.0</u> | 400 | 03:06.5 | 228 | 03:28.0 | 56 |
| 01:19.5 | 1084 | 01:41.0 | 912 | 02:02.5 | 740 | 02:24.0 | 568 | 02:45.5 | 396 | 03:07.0 | 224 | 03:28.5 | 52 |
| <u>01:20.0</u> | 1080 | 01:41.5 | 908 | 02:03.0 | 736 | 02:24.5 | 564 | 02:46.0 | 392 | 03:07.5 | 220 | 03:29.0 | 48 |
| 01:20.5 | 1076 | 01:42.0 | 904 | 02:03.5 | 732 | <u>02:25.0</u> | 560 | 02:46.5 | 388 | 03:08.0 | 216 | 03:29.5 | 44 |
| 01:21.0 | 1072 | 01:42.5 | 900 | 02:04.0 | 728 | 02:25.5 | 556 | 02:47.0 | 384 | 03:08.5 | 212 | <u>03:30.0</u> | 40 |
| 01:21.5 | 1068 | 01:43.0 | 896 | 02:04.5 | 724 | 02:26.0 | 552 | 02:47.5 | 380 | 03:09.0 | 208 | 03:30.5 | 36 |
| 01:22.0 | 1064 | 01:43.5 | 892 | <u>02:05.0</u> | 720 | 02:26.5 | 548 | 02:48.0 | 376 | 03:09.5 | 204 | 03:31.0 | 32 |
| 01:22.5 | 1060 | 01:44.0 | 888 | 02:05.5 | 716 | 02:27.0 | 544 | 02:48.5 | 372 | <u>03:10.0</u> | 200 | 03:31.5 | 28 |
| 01:23.0 | 1056 | 01:44.5 | 884 | 02:06.0 | 712 | 02:27.5 | 540 | 02:49.0 | 368 | 03:10.5 | 196 | 03:32.0 | 24 |
| 01:23.5 | 1052 | <u>01:45.0</u> | 880 | 02:06.5 | 708 | 02:28.0 | 536 | 02:49.5 | 364 | 03:11.0 | 192 | 03:32.5 | 20 |
| 01:24.0 | 1048 | 01:45.5 | 876 | 02:07.0 | 704 | 02:28.5 | 532 | <u>02:50.0</u> | 360 | 03:11.5 | 188 | 03:33.0 | 16 |
| 01:24.5 | 1044 | 01:46.0 | 872 | 02:07.5 | 700 | 02:29.0 | 528 | 02:50.5 | 356 | 03:12.0 | 184 | 03:33.5 | 12 |
| <u>01:25.0</u> | 1040 | 01:46.5 | 868 | 02:08.0 | 696 | 02:29.5 | 524 | 02:51.0 | 352 | 03:12.5 | 180 | 03:34.0 | 8 |
| 01:25.5 | 1036 | 01:47.0 | 864 | 02:08.5 | 692 | <u>02:30.0</u> | 520 | 02:51.5 | 348 | 03:13.0 | 176 | 03:34.5 | 4 |
| 01:26.0 | 1032 | 01:47.5 | 860 | 02:09.0 | 688 | 02:30.5 | 516 | 02:52.0 | 344 | 03:13.5 | 172 | <u>03:35.0</u> | 0 |

2.1.6 The points table for Riding is laid down in the UIPM Competition Rules.

2.1.7 The points for Shooting as a single event is 1000 points = 172 target points and 1 target point = +/- 12 points

2.1.8 The points table for Running as a single event is calculated as follows:
 Men 30-69 years: 2000m Time of 07:45.0 minutes is awarded 1000 points.
 Men 70+: 1000m Time of 04:00.0 minutes is awarded 1000 points
 Women 30-69 years: 2000m Time of 08:30.0 minutes is awarded 1000 points
 Women 70+: 1000m Time of 04:30.0 minutes is awarded 1000 points

Each second faster or slower than prescribed time is worth +/- 3 points.
 For the purpose of calculating the score, times will be recorded in full seconds.
 Fractions of second are not considered e.g.:
 07:45.9 is recorded as 07:45.0
 08:30.9 is recorded as 08:30.0.

The Running points table for Men 30-69 years is as follows:

| min | pts | min | pts | min | pts | min | Pts | min | pts | min | pts | min | pts | min | pts | min | pts |
|---------|------|---------|------|---------|------|---------------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|-----|
| 05:00.0 | 1495 | 05:54.0 | 1333 | 06:48.0 | 1171 | 07:42.0 | 1009 | 08:36.0 | 847 | 09:30.0 | 685 | 10:24.0 | 523 | 11:18.0 | 361 | 12:12.0 | 199 |
| 05:01.0 | 1492 | 05:55.0 | 1330 | 06:49.0 | 1168 | 07:43.0 | 1006 | 08:37.0 | 844 | 09:31.0 | 682 | 10:25.0 | 520 | 11:19.0 | 358 | 12:13.0 | 196 |
| 05:02.0 | 1489 | 05:56.0 | 1327 | 06:50.0 | 1165 | 07:44.0 | 1003 | 08:38.0 | 841 | 09:32.0 | 679 | 10:26.0 | 517 | 11:20.0 | 355 | 12:14.0 | 193 |
| 05:03.0 | 1486 | 05:57.0 | 1324 | 06:51.0 | 1162 | 07:45.0 1000 | 08:39.0 | 838 | 09:33.0 | 676 | 10:27.0 | 514 | 11:21.0 | 352 | 12:15.0 | 190 | |
| 05:04.0 | 1483 | 05:58.0 | 1321 | 06:52.0 | 1159 | 07:46.0 | 997 | 08:40.0 | 835 | 09:34.0 | 673 | 10:28.0 | 511 | 11:22.0 | 349 | 12:16.0 | 187 |
| 05:05.0 | 1480 | 05:59.0 | 1318 | 06:53.0 | 1156 | 07:47.0 | 994 | 08:41.0 | 832 | 09:35.0 | 670 | 10:29.0 | 508 | 11:23.0 | 346 | 12:17.0 | 184 |
| 05:06.0 | 1477 | 06:00.0 | 1315 | 06:54.0 | 1153 | 07:48.0 | 991 | 08:42.0 | 829 | 09:36.0 | 667 | 10:30.0 | 505 | 11:24.0 | 343 | 12:18.0 | 181 |
| 05:07.0 | 1474 | 06:01.0 | 1312 | 06:55.0 | 1150 | 07:49.0 | 988 | 08:43.0 | 826 | 09:37.0 | 664 | 10:31.0 | 502 | 11:25.0 | 340 | 12:19.0 | 178 |
| 05:08.0 | 1471 | 06:02.0 | 1309 | 06:56.0 | 1147 | <u>07:50.0</u> | 985 | 08:44.0 | 823 | 09:38.0 | 661 | 10:32.0 | 499 | 11:26.0 | 337 | 12:20.0 | 175 |
| 05:09.0 | 1468 | 06:03.0 | 1306 | 06:57.0 | 1144 | 07:51.0 | 982 | 08:45.0 | 820 | 09:39.0 | 658 | 10:33.0 | 496 | 11:27.0 | 334 | 12:21.0 | 172 |
| 05:10.0 | 1465 | 06:04.0 | 1303 | 06:58.0 | 1141 | 07:52.0 | 979 | 08:46.0 | 817 | 09:40.0 | 655 | 10:34.0 | 493 | 11:28.0 | 331 | 12:22.0 | 169 |
| 05:11.0 | 1462 | 06:05.0 | 1300 | 06:59.0 | 1138 | 07:53.0 | 976 | 08:47.0 | 814 | 09:41.0 | 652 | 10:35.0 | 490 | 11:29.0 | 328 | 12:23.0 | 166 |
| 05:12.0 | 1459 | 06:06.0 | 1297 | 07:00.0 | 1135 | 07:54.0 | 973 | 08:48.0 | 811 | 09:42.0 | 649 | 10:36.0 | 487 | 11:30.0 | 325 | 12:24.0 | 163 |
| 05:13.0 | 1456 | 06:07.0 | 1294 | 07:01.0 | 1132 | 07:55.0 | 970 | 08:49.0 | 808 | 09:43.0 | 646 | 10:37.0 | 484 | 11:31.0 | 322 | 12:25.0 | 160 |
| 05:14.0 | 1453 | 06:08.0 | 1291 | 07:02.0 | 1129 | 07:56.0 | 967 | 08:50.0 | 805 | 09:44.0 | 643 | 10:38.0 | 481 | 11:32.0 | 319 | 12:26.0 | 157 |



| | | | | | | | | |
|--------------|--------------|--------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 05:15.0 1450 | 06:09.0 1288 | 07:03.0 1126 | 07:57.0 964 | 08:51.0 802 | 09:45.0 640 | 10:39.0 478 | 11:33.0 316 | 12:27.0 154 |
| 05:16.0 1447 | 06:10.0 1285 | 07:04.0 1123 | 07:58.0 961 | 08:52.0 799 | 09:46.0 637 | 10:40.0 475 | 11:34.0 313 | 12:28.0 151 |
| 05:17.0 1444 | 06:11.0 1282 | 07:05.0 1120 | 07:59.0 958 | 08:53.0 796 | 09:47.0 634 | 10:41.0 472 | 11:35.0 310 | 12:29.0 148 |
| 05:18.0 1441 | 06:12.0 1279 | 07:06.0 1117 | 08:00.0 955 | 08:54.0 793 | 09:48.0 631 | 10:42.0 469 | 11:36.0 307 | 12:30.0 145 |
| 05:19.0 1438 | 06:13.0 1276 | 07:07.0 1114 | 08:01.0 952 | 08:55.0 790 | 09:49.0 628 | 10:43.0 466 | 11:37.0 304 | 12:31.0 142 |
| 05:20.0 1435 | 06:14.0 1273 | 07:08.0 1111 | 08:02.0 949 | 08:56.0 787 | 09:50.0 625 | 10:44.0 463 | 11:38.0 301 | 12:32.0 139 |
| 05:21.0 1432 | 06:15.0 1270 | 07:09.0 1108 | 08:03.0 946 | 08:57.0 784 | 09:51.0 622 | 10:45.0 460 | 11:39.0 298 | 12:33.0 136 |
| 05:22.0 1429 | 06:16.0 1267 | 07:10.0 1105 | 08:04.0 943 | 08:58.0 781 | 09:52.0 619 | 10:46.0 457 | 11:40.0 295 | 12:34.0 133 |
| 05:23.0 1426 | 06:17.0 1264 | 07:11.0 1102 | 08:05.0 940 | 08:59.0 778 | 09:53.0 616 | 10:47.0 454 | 11:41.0 292 | 12:35.0 130 |
| 05:24.0 1423 | 06:18.0 1261 | 07:12.0 1099 | 08:06.0 937 | 09:00.0 775 | 09:54.0 613 | 10:48.0 451 | 11:42.0 289 | 12:36.0 127 |
| 05:25.0 1420 | 06:19.0 1258 | 07:13.0 1096 | 08:07.0 934 | 09:01.0 772 | 09:55.0 610 | 10:49.0 448 | 11:43.0 286 | 12:37.0 124 |
| 05:26.0 1417 | 06:20.0 1255 | 07:14.0 1093 | 08:08.0 931 | 09:02.0 769 | 09:56.0 607 | 10:50.0 445 | 11:44.0 283 | 12:38.0 121 |
| 05:27.0 1414 | 06:21.0 1252 | 07:15.0 1090 | 08:09.0 928 | 09:03.0 766 | 09:57.0 604 | 10:51.0 442 | 11:45.0 280 | 12:39.0 118 |
| 05:28.0 1411 | 06:22.0 1249 | 07:16.0 1087 | 08:10.0 925 | 09:04.0 763 | 09:58.0 601 | 10:52.0 439 | 11:46.0 277 | 12:40.0 115 |
| 05:29.0 1408 | 06:23.0 1246 | 07:17.0 1084 | 08:11.0 922 | 09:05.0 760 | 09:59.0 598 | 10:53.0 436 | 11:47.0 274 | 12:41.0 112 |
| 05:30.0 1405 | 06:24.0 1243 | 07:18.0 1081 | 08:12.0 919 | 09:06.0 757 | 10:00.0 595 | 10:54.0 433 | 11:48.0 271 | 12:42.0 109 |
| 05:31.0 1402 | 06:25.0 1240 | 07:19.0 1078 | 08:13.0 916 | 09:07.0 754 | 10:01.0 592 | 10:55.0 430 | 11:49.0 268 | 12:43.0 106 |
| 05:32.0 1399 | 06:26.0 1237 | 07:20.0 1075 | 08:14.0 913 | 09:08.0 751 | 10:02.0 589 | 10:56.0 427 | 11:50.0 265 | 12:44.0 103 |
| 05:33.0 1396 | 06:27.0 1234 | 07:21.0 1072 | 08:15.0 910 | 09:09.0 748 | 10:03.0 586 | 10:57.0 424 | 11:51.0 262 | 12:45.0 100 |
| 05:34.0 1393 | 06:28.0 1231 | 07:22.0 1069 | 08:16.0 907 | 09:10.0 745 | 10:04.0 583 | 10:58.0 421 | 11:52.0 259 | 12:46.0 97 |
| 05:35.0 1390 | 06:29.0 1228 | 07:23.0 1066 | 08:17.0 904 | 09:11.0 742 | 10:05.0 580 | 10:59.0 418 | 11:53.0 256 | 12:47.0 94 |
| 05:36.0 1387 | 06:30.0 1225 | 07:24.0 1063 | 08:18.0 901 | 09:12.0 739 | 10:06.0 577 | 11:00.0 415 | 11:54.0 253 | 12:48.0 91 |
| 05:37.0 1384 | 06:31.0 1222 | 07:25.0 1060 | 08:19.0 898 | 09:13.0 736 | 10:07.0 574 | 11:01.0 412 | 11:55.0 250 | 12:49.0 88 |
| 05:38.0 1381 | 06:32.0 1219 | 07:26.0 1057 | 08:20.0 895 | 09:14.0 733 | 10:08.0 571 | 11:02.0 409 | 11:56.0 247 | 12:50.0 85 |
| 05:39.0 1378 | 06:33.0 1216 | 07:27.0 1054 | 08:21.0 892 | 09:15.0 730 | 10:09.0 568 | 11:03.0 406 | 11:57.0 244 | 12:51.0 82 |
| 05:40.0 1375 | 06:34.0 1213 | 07:28.0 1051 | 08:22.0 889 | 09:16.0 727 | 10:10.0 565 | 11:04.0 403 | 11:58.0 241 | 12:52.0 79 |
| 05:41.0 1372 | 06:35.0 1210 | 07:29.0 1048 | 08:23.0 886 | 09:17.0 724 | 10:11.0 562 | 11:05.0 400 | 11:59.0 238 | 12:53.0 76 |
| 05:42.0 1369 | 06:36.0 1207 | 07:30.0 1045 | 08:24.0 883 | 09:18.0 721 | 10:12.0 559 | 11:06.0 397 | 12:00.0 235 | 12:54.0 73 |
| 05:43.0 1366 | 06:37.0 1204 | 07:31.0 1042 | 08:25.0 880 | 09:19.0 718 | 10:13.0 556 | 11:07.0 394 | 12:01.0 232 | 12:55.0 70 |
| 05:44.0 1363 | 06:38.0 1201 | 07:32.0 1039 | 08:26.0 877 | 09:20.0 715 | 10:14.0 553 | 11:08.0 391 | 12:02.0 229 | 12:56.0 67 |
| 05:45.0 1360 | 06:39.0 1198 | 07:33.0 1036 | 08:27.0 874 | 09:21.0 712 | 10:15.0 550 | 11:09.0 388 | 12:03.0 226 | 12:57.0 64 |
| 05:46.0 1357 | 06:40.0 1195 | 07:34.0 1033 | 08:28.0 871 | 09:22.0 709 | 10:16.0 547 | 11:10.0 385 | 12:04.0 223 | 12:58.0 61 |
| 05:47.0 1354 | 06:41.0 1192 | 07:35.0 1030 | 08:29.0 868 | 09:23.0 706 | 10:17.0 544 | 11:11.0 382 | 12:05.0 220 | 12:59.0 58 |
| 05:48.0 1351 | 06:42.0 1189 | 07:36.0 1027 | 08:30.0 865 | 09:24.0 703 | 10:18.0 541 | 11:12.0 379 | 12:06.0 217 | 13:00.0 55 |
| 05:49.0 1348 | 06:43.0 1186 | 07:37.0 1024 | 08:31.0 862 | 09:25.0 700 | 10:19.0 538 | 11:13.0 376 | 12:07.0 214 | |
| 05:50.0 1345 | 06:44.0 1183 | 07:38.0 1021 | 08:32.0 859 | 09:26.0 697 | 10:20.0 535 | 11:14.0 373 | 12:08.0 211 | |
| 05:51.0 1342 | 06:45.0 1180 | 07:39.0 1018 | 08:33.0 856 | 09:27.0 694 | 10:21.0 532 | 11:15.0 370 | 12:09.0 208 | |
| 05:52.0 1339 | 06:46.0 1177 | 07:40.0 1015 | 08:34.0 853 | 09:28.0 691 | 10:22.0 529 | 11:16.0 367 | 12:10.0 205 | |
| 05:53.0 1336 | 06:47.0 1174 | 07:41.0 1012 | 08:35.0 850 | 09:29.0 688 | 10:23.0 526 | 11:17.0 364 | 12:11.0 202 | |

The Running points table for Women 30-69 years is as follows:

| min | pts | min | pts | min | pts | min | Pts | Min | pts | min | pts | min | pts | min | pts | min | pts | min | pts |
|---------|------|---------|------|---------|------|---------|-----|---------|-----|---------|-----|---------|-----|---------|-----|---------|-----|-----|-----|
| 06:00.0 | 1450 | 06:53.0 | 1291 | 07:46.0 | 1132 | 08:39.0 | 973 | 09:32.0 | 814 | 10:25.0 | 655 | 11:18.0 | 496 | 12:11.0 | 337 | 13:04.0 | 178 | | |
| 06:01.0 | 1447 | 06:54.0 | 1288 | 07:47.0 | 1129 | 08:40.0 | 970 | 09:33.0 | 811 | 10:26.0 | 652 | 11:19.0 | 493 | 12:12.0 | 334 | 13:05.0 | 175 | | |
| 06:02.0 | 1444 | 06:55.0 | 1285 | 07:48.0 | 1126 | 08:41.0 | 967 | 09:34.0 | 808 | 10:27.0 | 649 | 11:20.0 | 490 | 12:13.0 | 331 | 13:06.0 | 172 | | |
| 06:03.0 | 1441 | 06:56.0 | 1282 | 07:49.0 | 1123 | 08:42.0 | 964 | 09:35.0 | 805 | 10:28.0 | 646 | 11:21.0 | 487 | 12:14.0 | 328 | 13:07.0 | 169 | | |
| 06:04.0 | 1438 | 06:57.0 | 1279 | 07:50.0 | 1120 | 08:43.0 | 961 | 09:36.0 | 802 | 10:29.0 | 643 | 11:22.0 | 484 | 12:15.0 | 325 | 13:08.0 | 166 | | |
| 06:05.0 | 1435 | 06:58.0 | 1276 | 07:51.0 | 1117 | 08:44.0 | 958 | 09:37.0 | 799 | 10:30.0 | 640 | 11:23.0 | 481 | 12:16.0 | 322 | 13:09.0 | 163 | | |
| 06:06.0 | 1432 | 06:59.0 | 1273 | 07:52.0 | 1114 | 08:45.0 | 955 | 09:38.0 | 796 | 10:31.0 | 637 | 11:24.0 | 478 | 12:17.0 | 319 | 13:10.0 | 160 | | |
| 06:07.0 | 1429 | 07:00.0 | 1270 | 07:53.0 | 1111 | 08:46.0 | 952 | 09:39.0 | 793 | 10:32.0 | 634 | 11:25.0 | 475 | 12:18.0 | 316 | 13:11.0 | 157 | | |
| 06:08.0 | 1426 | 07:01.0 | 1267 | 07:54.0 | 1108 | 08:47.0 | 949 | 09:40.0 | 790 | 10:33.0 | 631 | 11:26.0 | 472 | 12:19.0 | 313 | 13:12.0 | 154 | | |
| 06:09.0 | 1423 | 07:02.0 | 1264 | 07:55.0 | 1105 | 08:48.0 | 946 | 09:41.0 | 787 | 10:34.0 | 628 | 11:27.0 | 469 | 12:20.0 | 310 | 13:13.0 | 151 | | |
| 06:10.0 | 1420 | 07:03.0 | 1261 | 07:56.0 | 1102 | 08:49.0 | 943 | 09:42.0 | 784 | 10:35.0 | 625 | 11:28.0 | 466 | 12:21.0 | 307 | 13:14.0 | 148 | | |
| 06:11.0 | 1417 | 07:04.0 | 1258 | 07:57.0 | 1099 | 08:50.0 | 940 | 09:43.0 | 781 | 10:36.0 | 622 | 11:29.0 | 463 | 12:22.0 | 304 | 13:15.0 | 145 | | |



| | | | | | | | | |
|--------------|--------------|---------------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 06:12.0 1414 | 07:05.0 1255 | 07:58.0 1096 | 08:51.0 937 | 09:44.0 778 | 10:37.0 619 | 11:30.0 460 | 12:23.0 301 | 13:16.0 142 |
| 06:13.0 1411 | 07:06.0 1252 | 07:59.0 1093 | 08:52.0 934 | 09:45.0 775 | 10:38.0 616 | 11:31.0 457 | 12:24.0 298 | 13:17.0 139 |
| 06:14.0 1408 | 07:07.0 1249 | 08:00.0 1090 | 08:53.0 931 | 09:46.0 772 | 10:39.0 613 | 11:32.0 454 | 12:25.0 295 | 13:18.0 136 |
| 06:15.0 1405 | 07:08.0 1246 | 08:01.0 1087 | 08:54.0 928 | 09:47.0 769 | 10:40.0 610 | 11:33.0 451 | 12:26.0 292 | 13:19.0 133 |
| 06:16.0 1402 | 07:09.0 1243 | 08:02.0 1084 | 08:55.0 925 | 09:48.0 766 | 10:41.0 607 | 11:34.0 448 | 12:27.0 289 | 13:20.0 130 |
| 06:17.0 1399 | 07:10.0 1240 | 08:03.0 1081 | 08:56.0 922 | 09:49.0 763 | 10:42.0 604 | 11:35.0 445 | 12:28.0 286 | 13:21.0 127 |
| 06:18.0 1396 | 07:11.0 1237 | 08:04.0 1078 | 08:57.0 919 | 09:50.0 760 | 10:43.0 601 | 11:36.0 442 | 12:29.0 283 | 13:22.0 124 |
| 06:19.0 1393 | 07:12.0 1234 | 08:05.0 1075 | 08:58.0 916 | 09:51.0 757 | 10:44.0 598 | 11:37.0 439 | 12:30.0 280 | 13:23.0 121 |
| 06:20.0 1390 | 07:13.0 1231 | 08:06.0 1072 | 08:59.0 913 | 09:52.0 754 | 10:45.0 595 | 11:38.0 436 | 12:31.0 277 | 13:24.0 118 |
| 06:21.0 1387 | 07:14.0 1228 | 08:07.0 1069 | 09:00.0 910 | 09:53.0 751 | 10:46.0 592 | 11:39.0 433 | 12:32.0 274 | 13:25.0 115 |
| 06:22.0 1384 | 07:15.0 1225 | 08:08.0 1066 | 09:01.0 907 | 09:54.0 748 | 10:47.0 589 | 11:40.0 430 | 12:33.0 271 | 13:26.0 112 |
| 06:23.0 1381 | 07:16.0 1222 | 08:09.0 1063 | 09:02.0 904 | 09:55.0 745 | 10:48.0 586 | 11:41.0 427 | 12:34.0 268 | 13:27.0 109 |
| 06:24.0 1378 | 07:17.0 1219 | 08:10.0 1060 | 09:03.0 901 | 09:56.0 742 | 10:49.0 583 | 11:42.0 424 | 12:35.0 265 | 13:28.0 106 |
| 06:25.0 1375 | 07:18.0 1216 | 08:11.0 1057 | 09:04.0 898 | 09:57.0 739 | 10:50.0 580 | 11:43.0 421 | 12:36.0 262 | 13:29.0 103 |
| 06:26.0 1372 | 07:19.0 1213 | 08:12.0 1054 | 09:05.0 895 | 09:58.0 736 | 10:51.0 577 | 11:44.0 418 | 12:37.0 259 | 13:30.0 100 |
| 06:27.0 1369 | 07:20.0 1210 | 08:13.0 1051 | 09:06.0 892 | 09:59.0 733 | 10:52.0 574 | 11:45.0 415 | 12:38.0 256 | 13:31.0 97 |
| 06:28.0 1366 | 07:21.0 1207 | 08:14.0 1048 | 09:07.0 889 | 10:00.0 730 | 10:53.0 571 | 11:46.0 412 | 12:39.0 253 | 13:32.0 94 |
| 06:29.0 1363 | 07:22.0 1204 | 08:15.0 1045 | 09:08.0 886 | 10:01.0 727 | 10:54.0 568 | 11:47.0 409 | 12:40.0 250 | 13:33.0 91 |
| 06:30.0 1360 | 07:23.0 1201 | 08:16.0 1042 | 09:09.0 883 | 10:02.0 724 | 10:55.0 565 | 11:48.0 406 | 12:41.0 247 | 13:34.0 88 |
| 06:31.0 1357 | 07:24.0 1198 | 08:17.0 1039 | 09:10.0 880 | 10:03.0 721 | 10:56.0 562 | 11:49.0 403 | 12:42.0 244 | 13:35.0 85 |
| 06:32.0 1354 | 07:25.0 1195 | 08:18.0 1036 | 09:11.0 877 | 10:04.0 718 | 10:57.0 559 | 11:50.0 400 | 12:43.0 241 | 13:36.0 82 |
| 06:33.0 1351 | 07:26.0 1192 | 08:19.0 1033 | 09:12.0 874 | 10:05.0 715 | 10:58.0 556 | 11:51.0 397 | 12:44.0 238 | 13:37.0 79 |
| 06:34.0 1348 | 07:27.0 1189 | 08:20.0 1030 | 09:13.0 871 | 10:06.0 712 | 10:59.0 553 | 11:52.0 394 | 12:45.0 235 | 13:38.0 76 |
| 06:35.0 1345 | 07:28.0 1186 | 08:21.0 1027 | 09:14.0 868 | 10:07.0 709 | 11:00.0 550 | 11:53.0 391 | 12:46.0 232 | 13:39.0 73 |
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