

% Effort - Time Based

MAX		Anaerobic										Easy					
		100%		95%		90%		85%		80%		75%		70%		65%	
Secs	mm:ss	Secs	mm:ss	Secs	mm:ss	Secs	mm:ss	Secs	mm:ss	Secs	mm:ss	Secs	mm:ss	Secs	mm:ss	Secs	mm:ss
120	02:00	126.00	02:06	132.00	02:12	138.00	02:18	144.00	02:24	150.00	02:30	156.00	02:36	162.00	02:42		
119	01:59	124.95	02:05	130.90	02:11	136.85	02:17	142.80	02:23	148.75	02:29	154.70	02:35	160.65	02:41		
118	01:58	123.90	02:04	129.80	02:10	135.70	02:16	141.60	02:22	147.50	02:28	153.40	02:33	159.30	02:39		
117	01:57	122.85	02:03	128.70	02:09	134.55	02:15	140.40	02:20	146.25	02:26	152.10	02:32	157.95	02:38		
116	01:56	121.80	02:02	127.60	02:08	133.40	02:13	139.20	02:19	145.00	02:25	150.80	02:31	156.60	02:37		
115	01:55	120.75	02:01	126.50	02:07	132.25	02:12	138.00	02:18	143.75	02:24	149.50	02:30	155.25	02:35		
114	01:54	119.70	02:00	125.40	02:05	131.10	02:11	136.80	02:17	142.50	02:23	148.20	02:28	153.90	02:34		
113	01:53	118.65	01:59	124.30	02:04	129.95	02:10	135.60	02:16	141.25	02:21	146.90	02:27	152.55	02:33		
112	01:52	117.60	01:58	123.20	02:03	128.80	02:09	134.40	02:14	140.00	02:20	145.60	02:26	151.20	02:31		
111	01:51	116.55	01:57	122.10	02:02	127.65	02:08	133.20	02:13	138.75	02:19	144.30	02:24	149.85	02:30		
110	01:50	115.50	01:56	121.00	02:01	126.50	02:06	132.00	02:12	137.50	02:17	143.00	02:23	148.50	02:29		
109	01:49	114.45	01:54	119.90	02:00	125.35	02:05	130.80	02:11	136.25	02:16	141.70	02:22	147.15	02:27		
108	01:48	113.40	01:53	118.80	01:59	124.20	02:04	129.60	02:10	135.00	02:15	140.40	02:20	145.80	02:26		
107	01:47	112.35	01:52	117.70	01:58	123.05	02:03	128.40	02:08	133.75	02:14	139.10	02:19	144.45	02:24		
106	01:46	111.30	01:51	116.60	01:57	121.90	02:02	127.20	02:07	132.50	02:13	137.80	02:18	143.10	02:23		
105	01:45	110.25	01:50	115.50	01:56	120.75	02:01	126.00	02:06	131.25	02:11	136.50	02:16	141.75	02:22		
104	01:44	109.20	01:49	114.40	01:54	119.60	02:00	124.80	02:05	130.00	02:10	135.20	02:15	140.40	02:20		
103	01:43	108.15	01:48	113.30	01:53	118.45	01:58	123.60	02:04	128.75	02:09	133.90	02:14	139.05	02:19		
102	01:42	107.10	01:47	112.20	01:52	117.30	01:57	122.40	02:02	127.50	02:07	132.60	02:13	137.70	02:18		
101	01:41	106.05	01:46	111.10	01:51	116.15	01:56	121.20	02:01	126.25	02:06	131.30	02:11	136.35	02:16		
100	01:40	105.00	01:45	110.00	01:50	115.00	01:55	120.00	02:00	125.00	02:05	130.00	02:10	135.00	02:15		
99	01:39	103.95	01:44	108.90	01:49	113.85	01:54	118.80	01:59	123.75	02:04	128.70	02:09	133.65	02:14		
98	01:38	102.90	01:43	107.80	01:48	112.70	01:53	117.60	01:58	122.50	02:02	127.40	02:07	132.30	02:12		
97	01:37	101.85	01:42	106.70	01:47	111.55	01:52	116.40	01:56	121.25	02:01	126.10	02:06	130.95	02:11		
96	01:36	100.80	01:41	105.60	01:46	110.40	01:50	115.20	01:55	120.00	02:00	124.80	02:05	129.60	02:10		
95	01:35	99.75	01:40	104.50	01:45	109.25	01:49	114.00	01:54	118.75	01:59	123.50	02:03	128.25	02:08		
94	01:34	98.70	01:39	103.40	01:43	108.10	01:48	112.80	01:53	117.50	01:58	122.20	02:02	126.90	02:07		
93	01:33	97.65	01:38	102.30	01:42	106.95	01:47	111.60	01:52	116.25	01:56	120.90	02:01	125.55	02:06		
92	01:32	96.60	01:37	101.20	01:41	105.80	01:46	110.40	01:50	115.00	01:55	119.60	02:00	124.20	02:04		
91	01:31	95.55	01:36	100.10	01:40	104.65	01:45	109.20	01:49	113.75	01:54	118.30	01:58	122.85	02:03		
90	01:30	94.50	01:35	99.00	01:39	103.50	01:43	108.00	01:48	112.50	01:52	117.00	01:57	121.50	02:02		
89	01:29	93.45	01:33	97.90	01:38	102.35	01:42	106.80	01:47	111.25	01:51	115.70	01:56	120.15	02:00		
88	01:28	92.40	01:32	96.80	01:37	101.20	01:41	105.60	01:46	110.00	01:50	114.40	01:54	118.80	01:59		
87	01:27	91.35	01:31	95.70	01:36	100.05	01:40	104.40	01:44	108.75	01:49	113.10	01:53	117.45	01:57		
86	01:26	90.30	01:30	94.60	01:35	98.90	01:39	103.20	01:43	107.50	01:47	111.80	01:52	116.10	01:56		
85	01:25	89.25	01:29	93.50	01:34	97.75	01:38	102.00	01:42	106.25	01:46	110.50	01:51	114.75	01:55		
84	01:24	88.20	01:28	92.40	01:32	96.60	01:37	100.80	01:41	105.00	01:45	109.20	01:49	113.40	01:53		
83	01:23	87.15	01:27	91.30	01:31	95.45	01:35	99.60	01:40	103.75	01:44	107.90	01:48	112.05	01:52		
82	01:22	86.10	01:26	90.20	01:30	94.30	01:34	98.40	01:38	102.50	01:42	106.60	01:47	110.70	01:51		
81	01:21	85.05	01:25	89.10	01:29	93.15	01:33	97.20	01:37	101.25	01:41	105.30	01:45	109.35	01:49		
80	01:20	84.00	01:24	88.00	01:28	92.00	01:32	96.00	01:36	100.00	01:40	104.00	01:44	108.00	01:48		
79	01:19	82.95	01:23	86.90	01:27	90.85	01:31	94.80	01:35	98.75	01:39	102.70	01:43	106.65	01:47		
78	01:18	81.90	01:22	85.80	01:26	89.70	01:30	93.60	01:34	97.50	01:37	101.40	01:41	105.30	01:45		
77	01:17	80.85	01:21	84.70	01:25	88.55	01:29	92.40	01:32	96.25	01:36	100.10	01:40	103.95	01:44		
76	01:16	79.80	01:20	83.60	01:24	87.40	01:27	91.20	01:31	95.00	01:35	98.80	01:39	102.60	01:43		
75	01:15	78.75	01:19	82.50	01:23	86.25	01:26	90.00	01:30	93.75	01:34	97.50	01:37	101.25	01:41		
74	01:14	77.70	01:18	81.40	01:21	85.10	01:25	88.80	01:29	92.50	01:33	96.20	01:36	99.90	01:40		
73	01:13	76.65	01:17	80.30	01:20	83.95	01:24	87.60	01:28	91.25	01:31	94.90	01:35	98.55	01:39		
72	01:12	75.60	01:16	79.20	01:19	82.80	01:23	86.40	01:26	90.00	01:30	93.60	01:34	97.20	01:37		
71	01:11	74.55	01:15	78.10	01:18	81.65	01:22	85.20	01:25	88.75	01:29	92.30	01:32	95.85	01:36		
70	01:10	73.50	01:13	77.00	01:17	80.50	01:20	84.00	01:24	87.50	01:27	91.00	01:31	94.50	01:35		
69	01:09	72.45	01:12	75.90	01:16	79.35	01:19	82.80	01:23	86.25	01:26	89.70	01:30	93.15	01:33		
68	01:08	71.40	01:11	74.80	01:15	78.20	01:18	81.60	01:22	85.00	01:25	88.40	01:28	91.80	01:32		
67	01:07	70.35	01:10	73.70	01:14	77.05	01:17	80.40	01:20	83.75	01:24	87.10	01:27	90.45	01:30		
66	01:06	69.30	01:09	72.60	01:13	75.90	01:16	79.20	01:19	82.50	01:23	85.80	01:26	89.10	01:29		
65	01:05	68.25	01:08	71.50	01:11	74.75	01:15	78.00	01:18	81.25	01:21	84.50	01:24	87.75	01:28		
64	01:04	67.20	01:07	70.40	01:10	73.60	01:14	76.80	01:17	80.00	01:20	83.20	01:23	86.40	01:26		
63	01:03	66.15	01:06	69.30	01:09	72.45	01:12	75.60	01:16	78.75	01:19	81.90	01:22	85.05	01:25		
62	01:02	65.10	01:05	68.20	01:08	71.30	01:11	74.40	01:14	77.50	01:18	80.60	01:21	83.70	01:24		
61	01:01	64.05	01:04	67.10	01:07	70.15	01:10	73.20	01:13	76.25	01:16	79.30	01:19	82.35	01:22		
70	01:10	73.50	01:13	77.00	01:17	80.50	01:20	84.00	01:24	87.50	01:27	91.00	01:31	94.50	01:35		
69	01:09	72.45	01:12	75.90	01:16	79.35	01:19	82.80	01:23	86.25	01:26	89.70	01:30	93.15	01:33		
68	01:08	71.40	01:11	74.80	01:15	78.20	01:18	81.60	01:22	85.00	01:25	88.40	01:28	91.80	01:32		
67	01:07	70.35	01:10	73.70	01:14	77.05	01:17	80.40	01:20	83.75	01:24	87.10	01:27	90.45	01:30		
66	01:06	69.30	01:09	72.60	01:13	75.90	01:16	79.20	01:19	82.50	01:23	85.80	01:26	89.10	01:29		

% Effort - Time Based

Anaerobic														Easy	
MAX														Easy →	
100%		95%		90%		85%		80%		75%		70%		65%	
Secs	mm:ss	Secs	mm:ss	Secs	mm:ss	Secs	mm:ss	Secs	mm:ss	Secs	mm:ss	Secs	mm:ss	Secs	mm:ss
65	01:05	68.25	01:08	71.50	01:11	74.75	01:15	78.00	01:18	81.25	01:21	84.50	01:24	87.75	01:28
64	01:04	67.20	01:07	70.40	01:10	73.60	01:14	76.80	01:17	80.00	01:20	83.20	01:23	86.40	01:26
63	01:03	66.15	01:06	69.30	01:09	72.45	01:12	75.60	01:16	78.75	01:19	81.90	01:22	85.05	01:25
62	01:02	65.10	01:05	68.20	01:08	71.30	01:11	74.40	01:14	77.50	01:18	80.60	01:21	83.70	01:24
61	01:01	64.05	01:04	67.10	01:07	70.15	01:10	73.20	01:13	76.25	01:16	79.30	01:19	82.35	01:22
60	01:00	63.00	01:03	66.00	01:06	69.00	01:09	72.00	01:12	75.00	01:15	78.00	01:18	81.00	01:21
59	00:59	61.95	01:02	64.90	01:05	67.85	01:08	70.80	01:11	73.75	01:14	76.70	01:17	79.65	01:20
58	00:58	60.90	01:01	63.80	01:04	66.70	01:07	69.60	01:10	72.50	01:12	75.40	01:15	78.30	01:18
57	00:57	59.85	01:00	62.70	01:03	65.55	01:06	68.40	01:08	71.25	01:11	74.10	01:14	76.95	01:17
56	00:56	58.80	00:59	61.60	01:02	64.40	01:04	67.20	01:07	70.00	01:10	72.80	01:13	75.60	01:16
55	00:55	57.75	00:58	60.50	01:01	63.25	01:03	66.00	01:06	68.75	01:09	71.50	01:11	74.25	01:14
54	00:54	56.70	00:57	59.40	00:59	62.10	01:02	64.80	01:05	67.50	01:07	70.20	01:10	72.90	01:13
53	00:53	55.65	00:56	58.30	00:58	60.95	01:01	63.60	01:04	66.25	01:06	68.90	01:09	71.55	01:12
52	00:52	54.60	00:55	57.20	00:57	59.80	01:00	62.40	01:02	65.00	01:05	67.60	01:08	70.20	01:10
51	00:51	53.55	00:54	56.10	00:56	58.65	00:59	61.20	01:01	63.75	01:04	66.30	01:06	68.85	01:09
50	00:50	52.50	00:53	55.00	00:55	57.50	00:57	60.00	01:00	62.50	01:02	65.00	01:05	67.50	01:07
49	00:49	51.45	00:51	53.90	00:54	56.35	00:56	58.80	00:59	61.25	01:01	63.70	01:04	66.15	01:06
48	00:48	50.40	00:50	52.80	00:53	55.20	00:55	57.60	00:58	60.00	01:00	62.40	01:02	64.80	01:05
47	00:47	49.35	00:49	51.70	00:52	54.05	00:54	56.40	00:56	58.75	00:59	61.10	01:01	63.45	01:03
46	00:46	48.30	00:48	50.60	00:51	52.90	00:53	55.20	00:55	57.50	00:58	59.80	01:00	62.10	01:02
45	00:45	47.25	00:47	49.50	00:50	51.75	00:52	54.00	00:54	56.25	00:56	58.50	00:59	60.75	01:01
44	00:44	46.20	00:46	48.40	00:48	50.60	00:51	52.80	00:53	55.00	00:55	57.20	00:57	59.40	00:59
43	00:43	45.15	00:45	47.30	00:47	49.45	00:49	51.60	00:52	53.75	00:54	55.90	00:56	58.05	00:58
42	00:42	44.10	00:44	46.20	00:46	48.30	00:48	50.40	00:50	52.50	00:53	54.60	00:55	56.70	00:57
41	00:41	43.05	00:43	45.10	00:45	47.15	00:47	49.20	00:49	51.25	00:51	53.30	00:53	55.35	00:55
40	00:40	42.00	00:42	44.00	00:44	46.00	00:46	48.00	00:48	50.00	00:50	52.00	00:52	54.00	00:54
39	00:39	40.95	00:41	42.90	00:43	44.85	00:45	46.80	00:47	48.75	00:49	50.70	00:51	52.65	00:53
38	00:38	39.90	00:40	41.80	00:42	43.70	00:44	45.60	00:46	47.50	00:47	49.40	00:49	51.30	00:51
37	00:37	38.85	00:39	40.70	00:41	42.55	00:43	44.40	00:44	46.25	00:46	48.10	00:48	49.95	00:50
36	00:36	37.80	00:38	39.60	00:40	41.40	00:41	43.20	00:43	45.00	00:45	46.80	00:47	48.60	00:49
35	00:35	36.75	00:37	38.50	00:39	40.25	00:40	42.00	00:42	43.75	00:44	45.50	00:46	47.25	00:47
34	00:34	35.70	00:36	37.40	00:37	39.10	00:39	40.80	00:41	42.50	00:42	44.20	00:44	45.90	00:46
33	00:33	34.65	00:35	36.30	00:36	37.95	00:38	39.60	00:40	41.25	00:41	42.90	00:43	44.55	00:45
32	00:32	33.60	00:34	35.20	00:35	36.80	00:37	38.40	00:38	40.00	00:40	41.60	00:42	43.20	00:43
31	00:31	32.55	00:33	34.10	00:34	35.65	00:36	37.20	00:37	38.75	00:39	40.30	00:40	41.85	00:42
30	00:30	31.50	00:32	33.00	00:33	34.50	00:35	36.00	00:36	37.50	00:38	39.00	00:39	40.50	00:41
29	00:29	30.45	00:30	31.90	00:32	33.35	00:33	34.80	00:35	36.25	00:36	37.70	00:38	39.15	00:39
28	00:28	29.40	00:29	30.80	00:31	32.20	00:32	33.60	00:34	35.00	00:35	36.40	00:36	37.80	00:38
27	00:27	28.35	00:28	29.70	00:30	31.05	00:31	32.40	00:32	33.75	00:34	35.10	00:35	36.45	00:36
26	00:26	27.30	00:27	28.60	00:29	29.90	00:30	31.20	00:31	32.50	00:33	33.80	00:34	35.10	00:35
25	00:25	26.25	00:26	27.50	00:28	28.75	00:29	30.00	00:30	31.25	00:31	32.50	00:33	33.75	00:34
24	00:24	25.20	00:25	26.40	00:26	27.60	00:28	28.80	00:29	30.00	00:30	31.20	00:31	32.40	00:32
23	00:23	24.15	00:24	25.30	00:25	26.45	00:26	27.60	00:28	28.75	00:29	29.90	00:30	31.05	00:31
22	00:22	23.10	00:23	24.20	00:24	25.30	00:25	26.40	00:26	27.50	00:28	28.60	00:29	29.70	00:30
21	00:21	22.05	00:22	23.10	00:23	24.15	00:24	25.20	00:25	26.25	00:26	27.30	00:27	28.35	00:28
20	00:20	21.00	00:21	22.00	00:22	23.00	00:23	24.00	00:24	25.00	00:25	26.00	00:26	27.00	00:27
19	00:19	19.95	00:20	20.90	00:21	21.85	00:22	22.80	00:23	23.75	00:24	24.70	00:25	25.65	00:26
18	00:18	18.90	00:19	19.80	00:20	20.70	00:21	21.60	00:22	22.50	00:23	23.40	00:23	24.30	00:24
17	00:17	17.85	00:18	18.70	00:19	19.55	00:20	20.40	00:20	21.25	00:21	22.10	00:22	22.95	00:23
16	00:16	16.80	00:17	17.60	00:18	18.40	00:18	19.20	00:19	20.00	00:20	20.80	00:21	21.60	00:22
15	00:15	15.75	00:16	16.50	00:17	17.25	00:17	18.00	00:18	18.75	00:19	19.50	00:20	20.25	00:20
14	00:14	14.70	00:15	15.40	00:15	16.10	00:16	16.80	00:17	17.50	00:17	18.20	00:18	18.90	00:19
13	00:13	13.65	00:14	14.30	00:14	14.95	00:15	15.60	00:16	16.25	00:16	16.90	00:17	17.55	00:18
12	00:12	12.60	00:13	13.20	00:13	13.80	00:14	14.40	00:14	15.00	00:15	15.60	00:16	16.20	00:16
11	00:11	11.55	00:12	12.10	00:12	12.65	00:13	13.20	00:13	13.75	00:14	14.30	00:14	14.85	00:15
60	01:00	63.00	01:03	66.00	01:06	69.00	01:09	72.00	01:12	75.00	01:15	78.00	01:18	81.00	01:21
59	00:59	61.95	01:02	64.90	01:05	67.85	01:08	70.80	01:11	73.75	01:14	76.70	01:17	79.65	01:20
58	00:58	60.90	01:01	63.80	01:04	66.70	01:07	69.60	01:10	72.50	01:12	75.40	01:15	78.30	01:18
57	00:57	59.85	01:00	62.70	01:03	65.55	01:06	68.40	01:08	71.25	01:11	74.10	01:14	76.95	01:17
56	00:56	58.80	00:59	61.60	01:02	64.40	01:04	67.20	01:07	70.00	01:10	72.80	01:13	75.60	01:16
55	00:55	57.75	00:58	60.50	01:01	63.25	01:03	66.00	01:06	68.75	01:09	71.50	01:11	74.25	01:14
54	00:54	56.70	00:57	59.40	00:59	62.10	01:02	64.80	01:05	67.50	01:07	70.20	01:10	72.90	01:13
53	00:53	55.65	00:56	58.30	00:58	60.95	01:01	63.60	01:04	66.25	01:06	68.90	01:09	71.55	01:12
52	00:52	54.60	00:55	57.20	00:57	59.80	01:00	62.40	01:02	65.00	01:05	67.60	01:08	70.20	01:10
51	00:51	53.55	00:54	56.10	00:56	58.65	00:59	61.20	01:01	63.75	01:04	66.30	01:06	68.85	01:09

% Effort - Time Based

Anaerobic														Easy	
MAX														Easy →	
100%		95%		90%		85%		80%		75%		70%		65%	
Secs	mm:ss	Secs	mm:ss	Secs	mm:ss	Secs	mm:ss	Secs	mm:ss	Secs	mm:ss	Secs	mm:ss	Secs	mm:ss
50	00:50	52.50	00:53	55.00	00:55	57.50	00:57	60.00	01:00	62.50	01:02	65.00	01:05	67.50	01:07
49	00:49	51.45	00:51	53.90	00:54	56.35	00:56	58.80	00:59	61.25	01:01	63.70	01:04	66.15	01:06
48	00:48	50.40	00:50	52.80	00:53	55.20	00:55	57.60	00:58	60.00	01:00	62.40	01:02	64.80	01:05
47	00:47	49.35	00:49	51.70	00:52	54.05	00:54	56.40	00:56	58.75	00:59	61.10	01:01	63.45	01:03
46	00:46	48.30	00:48	50.60	00:51	52.90	00:53	55.20	00:55	57.50	00:58	59.80	01:00	62.10	01:02
45	00:45	47.25	00:47	49.50	00:50	51.75	00:52	54.00	00:54	56.25	00:56	58.50	00:59	60.75	01:01
44	00:44	46.20	00:46	48.40	00:48	50.60	00:51	52.80	00:53	55.00	00:55	57.20	00:57	59.40	00:59
43	00:43	45.15	00:45	47.30	00:47	49.45	00:49	51.60	00:52	53.75	00:54	55.90	00:56	58.05	00:58
42	00:42	44.10	00:44	46.20	00:46	48.30	00:48	50.40	00:50	52.50	00:53	54.60	00:55	56.70	00:57
41	00:41	43.05	00:43	45.10	00:45	47.15	00:47	49.20	00:49	51.25	00:51	53.30	00:53	55.35	00:55
40	00:40	42.00	00:42	44.00	00:44	46.00	00:46	48.00	00:48	50.00	00:50	52.00	00:52	54.00	00:54
39	00:39	40.95	00:41	42.90	00:43	44.85	00:45	46.80	00:47	48.75	00:49	50.70	00:51	52.65	00:53
38	00:38	39.90	00:40	41.80	00:42	43.70	00:44	45.60	00:46	47.50	00:47	49.40	00:49	51.30	00:51
37	00:37	38.85	00:39	40.70	00:41	42.55	00:43	44.40	00:44	46.25	00:46	48.10	00:48	49.95	00:50
36	00:36	37.80	00:38	39.60	00:40	41.40	00:41	43.20	00:43	45.00	00:45	46.80	00:47	48.60	00:49
35	00:35	36.75	00:37	38.50	00:39	40.25	00:40	42.00	00:42	43.75	00:44	45.50	00:46	47.25	00:47
34	00:34	35.70	00:36	37.40	00:37	39.10	00:39	40.80	00:41	42.50	00:42	44.20	00:44	45.90	00:46
33	00:33	34.65	00:35	36.30	00:36	37.95	00:38	39.60	00:40	41.25	00:41	42.90	00:43	44.55	00:45
32	00:32	33.60	00:34	35.20	00:35	36.80	00:37	38.40	00:38	40.00	00:40	41.60	00:42	43.20	00:43
31	00:31	32.55	00:33	34.10	00:34	35.65	00:36	37.20	00:37	38.75	00:39	40.30	00:40	41.85	00:42
30	00:30	31.50	00:32	33.00	00:33	34.50	00:35	36.00	00:36	37.50	00:38	39.00	00:39	40.50	00:41
29	00:29	30.45	00:30	31.90	00:32	33.35	00:33	34.80	00:35	36.25	00:36	37.70	00:38	39.15	00:39
28	00:28	29.40	00:29	30.80	00:31	32.20	00:32	33.60	00:34	35.00	00:35	36.40	00:36	37.80	00:38
27	00:27	28.35	00:28	29.70	00:30	31.05	00:31	32.40	00:32	33.75	00:34	35.10	00:35	36.45	00:36
26	00:26	27.30	00:27	28.60	00:29	29.90	00:30	31.20	00:31	32.50	00:33	33.80	00:34	35.10	00:35
25	00:25	26.25	00:26	27.50	00:28	28.75	00:29	30.00	00:30	31.25	00:31	32.50	00:33	33.75	00:34
24	00:24	25.20	00:25	26.40	00:26	27.60	00:28	28.80	00:29	30.00	00:30	31.20	00:31	32.40	00:32
23	00:23	24.15	00:24	25.30	00:25	26.45	00:26	27.60	00:28	28.75	00:29	29.90	00:30	31.05	00:31
22	00:22	23.10	00:23	24.20	00:24	25.30	00:25	26.40	00:26	27.50	00:28	28.60	00:29	29.70	00:30
21	00:21	22.05	00:22	23.10	00:23	24.15	00:24	25.20	00:25	26.25	00:26	27.30	00:27	28.35	00:28
20	00:20	21.00	00:21	22.00	00:22	23.00	00:23	24.00	00:24	25.00	00:25	26.00	00:26	27.00	00:27
19	00:19	19.95	00:20	20.90	00:21	21.85	00:22	22.80	00:23	23.75	00:24	24.70	00:25	25.65	00:26
18	00:18	18.90	00:19	19.80	00:20	20.70	00:21	21.60	00:22	22.50	00:23	23.40	00:23	24.30	00:24
17	00:17	17.85	00:18	18.70	00:19	19.55	00:20	20.40	00:20	21.25	00:21	22.10	00:22	22.95	00:23
16	00:16	16.80	00:17	17.60	00:18	18.40	00:18	19.20	00:19	20.00	00:20	20.80	00:21	21.60	00:22
15	00:15	15.75	00:16	16.50	00:17	17.25	00:17	18.00	00:18	18.75	00:19	19.50	00:20	20.25	00:20
14	00:14	14.70	00:15	15.40	00:15	16.10	00:16	16.80	00:17	17.50	00:17	18.20	00:18	18.90	00:19
13	00:13	13.65	00:14	14.30	00:14	14.95	00:15	15.60	00:16	16.25	00:16	16.90	00:17	17.55	00:18
12	00:12	12.60	00:13	13.20	00:13	13.80	00:14	14.40	00:14	15.00	00:15	15.60	00:16	16.20	00:16
11	00:11	11.55	00:12	12.10	00:12	12.65	00:13	13.20	00:13	13.75	00:14	14.30	00:14	14.85	00:15
10	00:10	10.50	00:11	11.00	00:11	11.50	00:11	12.00	00:12	12.50	00:12	13.00	00:13	13.50	00:14
9	00:09	9.45	00:09	9.90	00:10	10.35	00:10	10.80	00:11	11.25	00:11	11.70	00:12	12.15	00:12
8	00:08	8.40	00:08	8.80	00:09	9.20	00:09	9.60	00:10	10.00	00:10	10.40	00:10	10.80	00:11
7	00:07	7.35	00:07	7.70	00:08	8.05	00:08	8.40	00:08	8.75	00:09	9.10	00:09	9.45	00:09
6	00:06	6.30	00:06	6.60	00:07	6.90	00:07	7.20	00:07	7.50	00:08	7.80	00:08	8.10	00:08
5	00:05	5.25	00:05	5.50	00:05	5.75	00:06	6.00	00:06	6.25	00:06	6.50	00:07	6.75	00:07
4	00:04	4.20	00:04	4.40	00:04	4.60	00:05	4.80	00:05	5.00	00:05	5.20	00:05	5.40	00:05
3	00:03	3.15	00:03	3.30	00:03	3.45	00:03	3.60	00:04	3.75	00:04	3.90	00:04	4.05	00:04
2	00:02	2.10	00:02	2.20	00:02	2.30	00:02	2.40	00:02	2.50	00:02	2.60	00:03	2.70	00:03
1	00:01	1.05	00:01	1.10	00:01	1.15	00:01	1.20	00:01	1.25	00:01	1.30	00:01	1.35	00:01