

For times not printed in the table use the next slower time in the list.

Pt.	50 Fr	100 Fr	200 Fr	400 Fr	800 Fr	1500 Fr	50 Bk	100 Bk	200 Bk	50 Br	100 Br	200 Br	50 Bu	100 Bu	200 Bu	100 Me	200 Me	400 Me	Pt.
450	30.34	1:06.56	2:25.07	5:06.56	10:32.29	20:11.84	33.53	1:12.07	2:36.63	37.58	1:21.82	2:55.60	31.81	1:11.83	2:37.61	1:15.34	2:42.59	5:40.64	450