



POINTS TABLE

RUNNING: 3000m
Men: Seniors, Juniors, Youth A

Appendix 6A

mins	pts	mins	pts	mins	pts	mins	pts	mins	Pts	mins	pts	mins	pts
08:25.0	1380	09:17.0	1172	10:09.0	964	11:01.0	756	11:53.0	548	12:45.0	340	13:37.0	132
08:26.0	1376	09:18.0	1168	<u>10:10.0</u>	960	11:02.0	752	11:54.0	544	12:46.0	336	13:38.0	128
08:27.0	1372	09:19.0	1164	10:11.0	956	11:03.0	748	11:55.0	540	12:47.0	332	13:39.0	124
08:28.0	1368	09:20.0	1160	10:12.0	952	11:04.0	744	11:56.0	536	12:48.0	328	<u>13:40.0</u>	120
08:29.0	1364	09:21.0	1156	10:13.0	948	11:05.0	740	11:57.0	532	12:49.0	324	13:41.0	116
<u>08:30.0</u>	1360	09:22.0	1152	10:14.0	944	11:06.0	736	11:58.0	528	<u>12:50.0</u>	320	13:42.0	112
08:31.0	1356	09:23.0	1148	10:15.0	940	11:07.0	732	11:59.0	524	12:51.0	316	13:43.0	108
08:32.0	1352	09:24.0	1144	10:16.0	936	11:08.0	728	<u>12:00.0</u>	520	12:52.0	312	13:44.0	104
08:33.0	1348	09:25.0	1140	10:17.0	932	11:09.0	724	12:01.0	516	12:53.0	308	13:45.0	100
08:34.0	1344	09:26.0	1136	10:18.0	928	<u>11:10.0</u>	720	12:02.0	512	12:54.0	304	13:46.0	96
08:35.0	1340	09:27.0	1132	10:19.0	924	11:11.0	716	12:03.0	508	12:55.0	300	13:47.0	92
08:36.0	1336	09:28.0	1128	10:20.0	920	11:12.0	712	12:04.0	504	12:56.0	296	13:48.0	88
08:37.0	1332	09:29.0	1124	10:21.0	916	11:13.0	708	12:05.0	500	12:57.0	292	13:49.0	84
08:38.0	1328	<u>09:30.0</u>	1120	10:22.0	912	11:14.0	704	12:06.0	496	12:58.0	288	<u>13:50.0</u>	80
08:39.0	1324	09:31.0	1116	10:23.0	908	11:15.0	700	12:07.0	492	12:59.0	284	13:51.0	76
<u>08:40.0</u>	1320	09:32.0	1112	10:24.0	904	11:16.0	696	12:08.0	488	<u>13:00.0</u>	280	13:52.0	72
08:41.0	1316	09:33.0	1108	10:25.0	900	11:17.0	692	12:09.0	484	13:01.0	276	13:53.0	68
08:42.0	1312	09:34.0	1104	10:26.0	896	11:18.0	688	<u>12:10.0</u>	480	13:02.0	272	13:54.0	64
08:43.0	1308	09:35.0	1100	10:27.0	892	11:19.0	684	12:11.0	476	13:03.0	268	13:55.0	60
08:44.0	1304	09:36.0	1096	10:28.0	888	11:20.0	680	12:12.0	472	13:04.0	264	13:56.0	56
08:45.0	1300	09:37.0	1092	10:29.0	884	11:21.0	676	12:13.0	468	13:05.0	260	13:57.0	52
08:46.0	1296	09:38.0	1088	<u>10:30.0</u>	880	11:22.0	672	12:14.0	464	13:06.0	256	13:58.0	48
08:47.0	1292	09:39.0	1084	10:31.0	876	11:23.0	668	12:15.0	460	13:07.0	252	13:59.0	44
08:48.0	1288	<u>09:40.0</u>	1080	10:32.0	872	11:24.0	664	12:16.0	456	13:08.0	248	<u>14:00.0</u>	40
08:49.0	1284	09:41.0	1076	10:33.0	868	11:25.0	660	12:17.0	452	13:09.0	244	14:01.0	36
<u>08:50.0</u>	1280	09:42.0	1072	10:34.0	864	11:26.0	656	12:18.0	448	<u>13:10.0</u>	240	14:02.0	32
08:51.0	1276	09:43.0	1068	10:35.0	860	11:27.0	652	12:19.0	444	13:11.0	236	14:03.0	28
08:52.0	1272	09:44.0	1064	10:36.0	856	11:28.0	648	12:20.0	440	13:12.0	232	14:04.0	24
08:53.0	1268	09:45.0	1060	10:37.0	852	11:29.0	644	12:21.0	436	13:13.0	228	14:05.0	20
08:54.0	1264	09:46.0	1056	10:38.0	848	<u>11:30.0</u>	640	12:22.0	432	13:14.0	224	14:06.0	16
08:55.0	1260	09:47.0	1052	10:39.0	844	11:31.0	636	12:23.0	428	13:15.0	220	14:07.0	12
08:56.0	1256	09:48.0	1048	<u>10:40.0</u>	840	11:32.0	632	12:24.0	424	13:16.0	216	14:08.0	8
08:57.0	1252	09:49.0	1044	10:41.0	836	11:33.0	628	12:25.0	420	13:17.0	212	14:09.0	4
08:58.0	1248	<u>09:50.0</u>	1040	10:42.0	832	11:34.0	624	12:26.0	416	13:18.0	208	<u>14:10.0</u>	0
08:59.0	1244	09:51.0	1036	10:43.0	828	11:35.0	620	12:27.0	412	13:19.0	204		
<u>09:00.0</u>	1240	09:52.0	1032	10:44.0	824	11:36.0	616	12:28.0	408	13:20.0	200		
09:01.0	1236	09:53.0	1028	10:45.0	820	11:37.0	612	12:29.0	404	13:21.0	196		
09:02.0	1232	09:54.0	1024	10:46.0	816	11:38.0	608	<u>12:30.0</u>	400	13:22.0	192		
09:03.0	1228	09:55.0	1020	10:47.0	812	11:39.0	604	12:31.0	396	13:23.0	188		
09:04.0	1224	09:56.0	1016	10:48.0	808	<u>11:40.0</u>	600	12:32.0	392	13:24.0	184		
09:05.0	1220	09:57.0	1012	10:49.0	804	11:41.0	596	12:33.0	388	13:25.0	180		
09:06.0	1216	09:58.0	1008	<u>10:50.0</u>	800	11:42.0	592	12:34.0	384	13:26.0	176		
09:07.0	1212	09:59.0	1004	10:51.0	796	11:43.0	588	12:35.0	380	13:27.0	172		
09:08.0	1208	<u>10:00.0</u>	1000	10:52.0	792	11:44.0	584	12:36.0	376	13:28.0	168		
09:09.0	1204	10:01.0	996	10:53.0	788	11:45.0	580	12:37.0	372	13:29.0	164		
<u>09:10.0</u>	1200	10:02.0	992	10:54.0	784	11:46.0	576	12:38.0	368	<u>13:30.0</u>	160		
09:11.0	1196	10:03.0	988	10:55.0	780	11:47.0	572	12:39.0	364	13:31.0	156		
09:12.0	1192	10:04.0	984	10:56.0	776	11:48.0	568	<u>12:40.0</u>	360	13:32.0	152		
09:13.0	1188	10:05.0	980	10:57.0	772	11:49.0	564	12:41.0	356	13:33.0	148		
09:14.0	1184	10:06.0	976	10:58.0	768	<u>11:50.0</u>	560	12:42.0	352	13:34.0	144		
09:15.0	1180	10:07.0	972	10:59.0	764	11:51.0	556	12:43.0	348	13:35.0	140		
09:16.0	1176	10:08.0	968	<u>11:00.0</u>	760	11:52.0	552	12:44.0	344	13:36.0	136		