



## **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 50	2000

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

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
01:05.0	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	07:50.0	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
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
06:36.0	1342	07:29.0	1183	08:22.0	1024	09:15.0	865	10:08.0	706	11:01.0	547	11:54.0	388	12:47.0	229	13:40.0	70
06:37.0	1339	07:30.0	1180	08:23.0	1021	09:16.0	862	10:09.0	703	11:02.0	544	11:55.0	385	12:48.0	226	13:41.0	67
06:38.0	1336	07:31.0	1177	08:24.0	1018	09:17.0	859	10:10.0	700	11:03.0	541	11:56.0	382	12:49.0	223	13:42.0	64
06:39.0	1333	07:32.0	1174	08:25.0	1015	09:18.0	856	10:11.0	697	11:04.0	538	11:57.0	379	12:50.0	220	13:43.0	61
06:40.0	1330	07:33.0	1171	08:26.0	1012	09:19.0	853	10:12.0	694	11:05.0	535	11:58.0	376	12:51.0	217	13:44.0	58
06:41.0	1327	07:34.0	1168	08:27.0	1009	09:20.0	850	10:13.0	691	11:06.0	532	11:59.0	373	12:52.0	214	13:45.0	55
06:42.0	1324	07:35.0	1165	08:28.0	1006	09:21.0	847	10:14.0	688	11:07.0	529	12:00.0	370	12:53.0	211	13:46.0	52
06:43.0	1321	07:36.0	1162	08:29.0	1003	09:22.0	844	10:15.0	685	11:08.0	526	12:01.0	367	12:54.0	208	13:47.0	49
06:44.0	1318	07:37.0	1159	08:30.0	1000	09:23.0	841	10:16.0	682	11:09.0	523	12:02.0	364	12:55.0	205	13:48.0	46
06:45.0	1315	07:38.0	1156	08:31.0	997	09:24.0	838	10:17.0	679	11:10.0	520	12:03.0	361	12:56.0	202	13:49.0	43
06:46.0	1312	07:39.0	1153	08:32.0	994	09:25.0	835	10:18.0	676	11:11.0	517	12:04.0	358	12:57.0	199	13:50.0	40
06:47.0	1309	07:40.0	1150	08:33.0	991	09:26.0	832	10:19.0	673	11:12.0	514	12:05.0	355	12:58.0	196	13:51.0	37
06:48.0	1306	07:41.0	1147	08:34.0	988	09:27.0	829	10:20.0	670	11:13.0	511	12:06.0	352	12:59.0	193	13:52.0	34
06:49.0	1303	07:42.0	1144	08:35.0	985	09:28.0	826	10:21.0	667	11:14.0	508	12:07.0	349	13:00.0	190	13:53.0	31
06:50.0	1300	07:43.0	1141	08:36.0	982	09:29.0	823	10:22.0	664	11:15.0	505	12:08.0	346	13:01.0	187	13:54.0	28
06:51.0	1297	07:44.0	1138	08:37.0	979	09:30.0	820	10:23.0	661	11:16.0	502	12:09.0	343	13:02.0	184	13:55.0	25
06:52.0	1294	07:45.0	1135	08:38.0	976	09:31.0	817	10:24.0	658	11:17.0	499	12:10.0	340	13:03.0	181	13:56.0	22



