



POINTS TABLE

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

Appendix 6B

mins	pts	mins	pts	mins	pts	mins	pts	mins	pts	mins	pts	mins	pts
09:45.0	1380	10:37.0	1172	11:29.0	964	12:21.0	756	13:13.0	548	14:05.0	340	14:57.0	132
09:46.0	1376	10:38.0	1168	<u>11:30.0</u>	960	12:22.0	752	13:14.0	544	14:06.0	336	14:58.0	128
09:47.0	1372	10:39.0	1164	11:31.0	956	12:23.0	748	13:15.0	540	14:07.0	332	14:59.0	124
09:48.0	1368	<u>10:40.0</u>	1160	11:32.0	952	12:24.0	744	13:16.0	536	14:08.0	328	<u>15:00.0</u>	120
09:49.0	1364	10:41.0	1156	11:33.0	948	<u>12:25.0</u>	740	13:17.0	532	14:09.0	324	15:01.0	116
<u>09:50.0</u>	1360	10:42.0	1152	11:34.0	944	12:26.0	736	13:18.0	528	<u>14:10.0</u>	320	15:02.0	112
09:51.0	1356	10:43.0	1148	11:35.0	940	12:27.0	732	13:19.0	524	14:11.0	316	15:03.0	108
09:52.0	1352	10:44.0	1144	11:36.0	936	12:28.0	728	<u>13:20.0</u>	520	14:12.0	312	15:04.0	104
09:53.0	1348	10:45.0	1140	11:37.0	932	12:29.0	724	13:21.0	516	14:13.0	308	15:05.0	100
09:54.0	1344	10:46.0	1136	11:38.0	928	<u>12:30.0</u>	720	13:22.0	512	14:14.0	304	15:06.0	96
09:55.0	1340	10:47.0	1132	11:39.0	924	12:31.0	716	13:23.0	508	14:15.0	300	15:07.0	92
09:56.0	1336	10:48.0	1128	<u>11:40.0</u>	920	12:32.0	712	13:24.0	504	14:16.0	296	15:08.0	88
09:57.0	1332	10:49.0	1124	11:41.0	916	12:33.0	708	<u>13:25.0</u>	500	14:17.0	292	15:09.0	84
09:58.0	1328	<u>10:50.0</u>	1120	11:42.0	912	12:34.0	704	13:26.0	496	14:18.0	288	<u>15:10.0</u>	80
09:59.0	1324	10:51.0	1116	11:43.0	908	12:35.0	700	13:27.0	492	14:19.0	284	15:11.0	76
<u>10:00.0</u>	1320	10:52.0	1112	11:44.0	904	12:36.0	696	13:28.0	488	<u>14:20.0</u>	280	15:12.0	72
10:01.0	1316	10:53.0	1108	11:45.0	900	12:37.0	692	13:29.0	484	14:21.0	276	15:13.0	68
10:02.0	1312	10:54.0	1104	11:46.0	896	12:38.0	688	<u>13:30.0</u>	480	14:22.0	272	15:14.0	64
10:03.0	1308	10:55.0	1100	11:47.0	892	12:39.0	684	13:31.0	476	14:23.0	268	15:15.0	60
10:04.0	1304	10:56.0	1096	11:48.0	888	<u>12:40.0</u>	680	13:32.0	472	14:24.0	264	15:16.0	56
10:05.0	1300	10:57.0	1092	11:49.0	884	12:41.0	676	13:33.0	468	<u>14:25.0</u>	260	15:17.0	52
10:06.0	1296	10:58.0	1088	<u>11:50.0</u>	880	12:42.0	672	13:34.0	464	14:26.0	256	15:18.0	48
10:07.0	1292	10:59.0	1084	11:51.0	876	12:43.0	668	13:35.0	460	14:27.0	252	15:19.0	44
10:08.0	1288	<u>11:00.0</u>	1080	11:52.0	872	12:44.0	664	13:36.0	456	14:28.0	248	<u>15:20.0</u>	40
10:09.0	1284	11:01.0	1076	11:53.0	868	12:45.0	660	13:37.0	452	14:29.0	244	15:21.0	36
<u>10:10.0</u>	1280	11:02.0	1072	11:54.0	864	12:46.0	656	13:38.0	448	<u>14:30.0</u>	240	15:22.0	32
10:11.0	1276	11:03.0	1068	11:55.0	860	12:47.0	652	13:39.0	444	14:31.0	236	15:23.0	28
10:12.0	1272	11:04.0	1064	11:56.0	856	12:48.0	648	<u>13:40.0</u>	440	14:32.0	232	15:24.0	24
10:13.0	1268	11:05.0	1060	11:57.0	852	12:49.0	644	13:41.0	436	14:33.0	228	<u>15:25.0</u>	20
10:14.0	1264	11:06.0	1056	11:58.0	848	<u>12:50.0</u>	640	13:42.0	432	14:34.0	224	15:26.0	16
10:15.0	1260	11:07.0	1052	11:59.0	844	12:51.0	636	13:43.0	428	14:35.0	220	15:27.0	12
10:16.0	1256	11:08.0	1048	<u>12:00.0</u>	840	12:52.0	632	13:44.0	424	14:36.0	216	15:28.0	8
10:17.0	1252	11:09.0	1044	12:01.0	836	12:53.0	628	13:45.0	420	14:37.0	212	15:29.0	4
10:18.0	1248	<u>11:10.0</u>	1040	12:02.0	832	12:54.0	624	13:46.0	416	14:38.0	208	<u>15:30.0</u>	0
10:19.0	1244	11:11.0	1036	12:03.0	828	12:55.0	620	13:47.0	412	14:39.0	204		
<u>10:20.0</u>	1240	11:12.0	1032	12:04.0	824	12:56.0	616	13:48.0	408	<u>14:40.0</u>	200		
10:21.0	1236	11:13.0	1028	12:05.0	820	12:57.0	612	13:49.0	404	14:41.0	196		
10:22.0	1232	11:14.0	1024	12:06.0	816	12:58.0	608	<u>13:50.0</u>	400	14:42.0	192		
10:23.0	1228	11:15.0	1020	12:07.0	812	12:59.0	604	13:51.0	396	14:43.0	188		
10:24.0	1224	11:16.0	1016	12:08.0	808	<u>13:00.0</u>	600	13:52.0	392	14:44.0	184		
<u>10:25.0</u>	1220	11:17.0	1012	12:09.0	804	13:01.0	596	13:53.0	388	14:45.0	180		
10:26.0	1216	11:18.0	1008	<u>12:10.0</u>	800	13:02.0	592	13:54.0	384	14:46.0	176		
10:27.0	1212	11:19.0	1004	12:11.0	796	13:03.0	588	13:55.0	380	14:47.0	172		
10:28.0	1208	<u>11:20.0</u>	1000	12:12.0	792	13:04.0	584	13:56.0	376	14:48.0	168		
10:29.0	1204	11:21.0	996	12:13.0	788	13:05.0	580	13:57.0	372	14:49.0	164		
<u>10:30.0</u>	1200	11:22.0	992	12:14.0	784	13:06.0	576	13:58.0	368	<u>14:50.0</u>	160		
10:31.0	1196	11:23.0	988	12:15.0	780	13:07.0	572	13:59.0	364	14:51.0	156		
10:32.0	1192	11:24.0	984	12:16.0	776	13:08.0	568	<u>14:00.0</u>	360	14:52.0	152		
10:33.0	1188	<u>11:25.0</u>	980	12:17.0	772	13:09.0	564	14:01.0	356	14:53.0	148		
10:34.0	1184	11:26.0	976	12:18.0	768	<u>13:10.0</u>	560	14:02.0	352	14:54.0	144		
10:35.0	1180	11:27.0	972	12:19.0	764	13:11.0	556	14:03.0	348	14:55.0	140		
10:36.0	1176	11:28.0	968	<u>12:20.0</u>	760	13:12.0	552	14:04.0	344	14:56.0	136		