## Rechenzeiten 100m - Strecken

Prozent	125%	120%	115%	110%	109%	108%	107%	106%	105%	104%	103%	102%	101%	100%	99%	98%	97%	96%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%
ait	01:34,50	01:40,80	01:47,10	01:53,40	01:54,66	01:55,92	01:57,18	01:58,44	01:59,70	02:00,96	02:02,22	02:03,48	02:04,74	02:06,00	02:07,26	02:08,52	02:09,78	02:11,04	02:12,30	02:18,60	02:24,90	02:31,20	02:37,50	02:43,80	02:50,10	02:56,40	03:02,70	03:09,00
	01:33,75	01:40,00	01:46,25	01:52,50	01:53,75	01:55,00		01:57,50	01:58,75	02:00,00	02:01,25	02:02,50	02:03,75	02:05,00	02:06,25	02:07,50	02:08,75		02:11,25			,	02:36,25	02:42,50	02:48,75	02:55,00	03:01,25	
-	01:33,00	01:39,20	01:45,40	01:51,60	01:52,84	01:54,08	01:55,32	01:56,56	01:57,80	01:59,04	02:00,28	02:01,52	02:02,76	02:04,00	02:05,24	02:06,48	02:07,72	02:08,96	02:10,20	02:16,40	02:22,60	02:28,80	02:35,00	02:41,20	02:47,40		02:59,80	03:06,00
-	01:32,25	01:38,40	01:44,55	01:50,70	01:51,93	01:53,16	/	01:55,62	01:55,90	01:58,08	01:59,31	02:00,54	02:01,77	02:03,00	02:04,23	02:05,46	02:06,69	02:07,92	02:09,15	1	02:21,45	02:27,60	02:33,75	02:39,90	02:46,05	1 -	02:58,35	
F	01:30.75	01:36.80	01:42.85	01:48.90	01:50.11	01:51.32		01:53.74	01:54.95	01:56.16	01:57.37	01:58.58	01:59.79	02:01.00	02:02.21	02:03.42	02:04.63	02:05.84	02:07.05	02:13,10		02:25,20	02:31.25	02:37.30	02:43.35		02:55.45	03:01.5
	01:30,00	01:36,00	01:42,00	01:48,00	01:49,20	01:50,40	01:51,60	01:52,80	01:54,00	01:55,20	01:56,40	01:57,60	01:58,80	02:00,00	02:01,20	02:02,40	02:03,60	02:04,80	02:06,00	02:12,00	02:18,00	02:24,00	02:30,00	02:36,00	02:42,00	02:48,00	02:54,00	03:00,0
	01:29,25	01:35,20	01:41,15	01:47,10	01:48,29	01:49,48	01:50,67	01:51,86	01:53,05	01:54,24	01:55,43	01:56,62	01:57,81	01:59,00	02:00,19	02:01,38	02:02,57	02:03,76	02:04,95	02:10,90	02:16,85	02:22,80	02:28,75	02:34,70	02:40,65	02:46,60	02:52,55	02:58,5
_	01:28,50	01:34,40	01:40,30	01:46,20	01:47,38	01:48,56	01:49,74	01:50,92	01:52,10	01:53,28	01:54,46	01:55,64	01:56,82	01:58,00	01:59,18	02:00,36	02:01,54	02:02,72	02:03,90	02:09,80	02:15,70	02:21,60	02:27,50	02:33,40	02:39,30	02:45,20	02:51,10	02:57,0
-	01:27,75	01:33,60	01:39,45	01:45,30	01:46,47	01:47,64	01:48,81	01:49,98	01:51,15	01:52,32	01:53,49	01:54,66	01:55,83	01:57,00	01:58,17	01:59,34	02:00,51	02:01,68	02:02,85	02:08,70	02:14,55	02:20,40	02:26,25	02:32,10	02:37,95	02:43,80	02:49,65	02:55,5
-	01:27,00	01:32,80	01:38,60	01:44,40	01:45,56	01:46,72	01:47,88	01:49,04	01:50,20	01:51,36	01:52,52	01:53,68	01:54,84	01:56,00	01:57,16	01:58,32	01:59,48	02:00,64	02:01,80	02:07,60	02:13,40	02:19,20	02:25,00	02:30,80	02:36,60	02:42,40	02:48,20	02:54,00
-	01:25.50	01:32,00	01:36.90	01:43,50	01:44,03	01:44.88	01:46.02	01:48,10	01:49,25	01:49.44	01:50.58	01:51.72	01:52,86	01:54.00	01:55,14	01:56,28	01:57.42		01:59.70		02:12,23	02:16.80	02:23,75	02:29,30	02:33,25		02:46,75	+=,+
	01:24.75	01:30.40	01:36.05	01:41.70	01:42.83	01:43.96	01:45.09	01:46.22	01:47.35	01:48.48	01:49.61	01:50.74	01:51.87	01:53.00	01:54.13	01:55.26	01:56.39	01:57.52	01:58.65	02:04.30	02:09.95	02:15.60	02:21.25	02:26,90	02:32.55	02:38.20	02:43.85	02:49.5
	01:24,00	01:29,60	01:35,20	01:40,80	01:41,92	01:43,04	01:44,16	01:45,28	01:46,40	01:47,52	01:48,64	01:49,76	01:50,88	01:52,00	01:53,12	01:54,24	01:55,36	01:56,48	01:57,60	02:03,20	02:08,80	02:14,40	02:20,00	02:25,60	02:31,20	02:36,80	02:42,40	02:48,0
	01:23,25	01:28,80	01:34,35	01:39,90	01:41,01	01:42,12	01:43,23	01:44,34	01:45,45	01:46,56	01:47,67	01:48,78	01:49,89	01:51,00	01:52,11	01:53,22	01:54,33	01:55,44	01:56,55	02:02,10	02:07,65	02:13,20	02:18,75	02:24,30	02:29,85	02:35,40	02:40,95	02:46,5
	01:22,50	01:28,00	01:33,50	01:39,00	01:40,10	01:41,20	- /	01:43,40	01:44,50	01:45,60	01:46,70	01:47,80	01:48,90	01:50,00	01:51,10	01:52,20	01:53,30	01:54,40	,	02:01,00	02:06,50	02:12,00	02:17,50	02:23,00	02:28,50	02:34,00	02:39,50	02:45,0
	01:21,75	01:27,20	01:32,65	01:38,10		01:40,28	- /-	01:42,46	01:43,55	01:44,64	01:45,73	01:46,82	01:47,91	01:49,00	01:50,09	01:51,18	01:52,27	01:53,36	, -	01:59,90	02:05,35	02:10,80	02:16,25	02:21,70	02:27,15	1	02:38,05	/ -
-	01:21,00	01:26,40	01:31,80 01:30,95	01:37,20	01:38,28	01:39,36	/	01:41,52 01:40,58	01:42,60	01:43,68	01:44,76 01:43,79	01:45,84 01:44,86	01:46,92 01:45,93	01:48,00	01:49,08 01:48,07	01:50,16	01:51,24 01:50,21	01:52,32 01:51,28	01:53,40 01:52,35	01:58,80	02:04,20	02:09,60	02:15,00	02:20,40 02:19,10	02:25,80	02:31,20	02:36,60	02:42,0
-	01:19.50	01:23,00	01:30,95	01:35,30	01:36.46	01:37.52		01:39.64			01:43,79	01:44,80	01:44.94	01:46.00	01:48,07		01:49.18		01:51.30			02:08,40		02:19,10		02:29,80		
F	01:18.75	01:24,00		01:34.50	01:35.55	01:36,60	,	01:38,70	01:39,75	01:40,80	01:41.85	01:42.90	01:43,95	01:45,00	01:46,05	01:47.10		/			/	/ -	02:12,00	02:16.50		02:27.00	02:32.25	02:37.5
	01:18,00	01:23,20	01:28,40	01:33,60	01:34,64	01:35,68	01:36,72	01:37,76	01:38,80	01:39,84	01:40,88	01:41,92	01:42,96	01:44,00	01:45,04	01:46,08	01:47,12	01:48,16	01:49,20	01:54,40	01:59,60	02:04,80	02:10,00	02:15,20	02:20,40	02:25,60	02:30,80	02:36,0
	01:17,25	01:22,40	01:27,55	01:32,70	01:33,73	01:34,76	01:35,79	01:36,82	01:37,85	01:38,88	01:39,91	01:40,94	01:41,97	01:43,00	01:44,03	01:45,06	01:46,09	01:47,12	01:48,15	01:53,30	01:58,45	02:03,60	02:08,75	02:13,90	02:19,05	02:24,20	02:29,35	02:34,50
	01:16,50	01:21,60	01:26,70	01:31,80	01:32,82	01:33,84	01:34,86	01:35,88	01:36,90	01:37,92	01:38,94	01:39,96	01:40,98	01:42,00	01:43,02	01:44,04	01:45,06	01:46,08	01:47,10	01:52,20	01:57,30	02:02,40	02:07,50	02:12,60	02:17,70	02:22,80	02:27,90	02:33,0
-	01:15,75	01:20,80	01:25,85	01:30,90	01:31,91	01:32,92		01:34,94	01:35,95	01:36,96	01:37,97	01:38,98	01:39,99	01:41,00	01:42,01	01:43,02	01:44,03	01:45,04	01:46,05	01:51,10		02:01,20	02:06,25	02:11,30	02:16,35	- 1-	02:26,45	02:31,5
-	01:15,00	01:20,00	01:25,00	01:30,00	01:31,00	01:32,00		01:34,00	01:35,00	01:36,00	01:37,00	01:38,00	01:39,00	01:40,00	01:41,00	01:42,00	01:43,00	01:44,00	01:45,00	01:50,00	01:55,00	02:00,00	02:05,00	02:10,00	02:15,00	02:20,00	02:25,00	02:30,0
-	01:14,25	01:19,20	01:24,15	01:29,10	01:29.18	01:31,08		01:33,06	01:34,05	01:35,04	01:36,03	01:37,02	01:38,01	01:39,00	01:39,99	01:40,98	01:41,97	01:42,96	01:43,95	01:48,90	01:53,85	01:58,80	02:03,75	02:08,70	02:13,65		02:23,55	02:28,5
F	01:12.75	01:17.60	01:22.45	01:27.30	01:28.27	01:29.24	/	01:31.18	01:33,10	01:33.12	01:34.09	01:35.06	01:36.03	01:37.00	01:37.97	01:38.94	01:39.91	01:40.88	01:42,30	01:46.70	01:51.55	01:56.40	02:02,30	02:06.10	02:12,30	- 1-	02:22,10	
	01:12,00	01:16,80	01:21,60	01:26,40	01:27,36	01:28,32	01:29,28	01:30,24	01:31,20	01:32,16	01:33,12	01:34,08	01:35,04	01:36,00	01:36,96	01:37,92	01:38,88	01:39,84	01:40,80	01:45,60	01:50,40	01:55,20	02:00,00	02:04,80	02:09,60	1	02:19,20	02:24,00
	01:11,25	01:16,00	01:20,75	01:25,50	01:26,45	01:27,40	01:28,35	01:29,30	01:30,25	01:31,20	01:32,15	01:33,10	01:34,05	01:35,00	01:35,95	01:36,90	01:37,85	01:38,80	01:39,75	01:44,50	01:49,25	01:54,00	01:58,75	02:03,50	02:08,25	02:13,00	02:17,75	02:22,50
	01:10,50	01:15,20	01:19,90	01:24,60	01:25,54	01:26,48	01:27,42	01:28,36	01:29,30	01:30,24	01:31,18	01:32,12	01:33,06	01:34,00	01:34,94	01:35,88	01:36,82	01:37,76	01:38,70	01:43,40	01:48,10	01:52,80	01:57,50	02:02,20	02:06,90	02:11,60	02:16,30	02:21,0
-	01:09,75	01:14,40	01:19,05	01:23,70	01:24,63	01:25,56	01:26,49	01:27,42	01:28,35	01:29,28	01:30,21	01:31,14	01:32,07	01:33,00	01:33,93	01:34,86	01:35,79	01:36,72	01:37,65	01:42,30	01:46,95	01:51,60	01:56,25	02:00,90	02:05,55	02:10,20	02:14,85	02:19,50
-	01:09,00	01:13,60	01:18,20	01:22,80	01:23,72	01:24,64		01:26,48	01:27,40	01:28,32	01:29,24	01:30,16	01:31,08	01:32,00	01:32,92	01:33,84	01:34,76	01:35,68	01:36,60	01:41,20	01:45,80	01:50,40	01:55,00	01:59,60	02:04,20	02:08,80	02:13,40	02:18,00
H	01:07.50	01:12,80	01:17,35	01:21,90	01:22,81	01:23,72	01:24,63	01:25,54	01:26,45	01:27,36	01:26,27	01:29,18	01:29.10	01:30,00	01:30,90	01:32,82	01:33,73	01:34,64	01:35,55	, .	01:44,65	01:49,20	01:53,75	01:58,30	02:02,85		02:11,95	02:16,5
F	01:06.75	01:11.20	0	01:20.10	01:20.99	01:21.88		01:23.66	01:24.55	0.120,10	01:26.33	01:27.22	01:28,11	01:29.00	01:29.89	01:30.78		01:32.56		01:37.90		01:46.80	01:51.25	01:55.70	02:00.15		02:09.05	02:13.50
	01:06,00	01:10,40	01:14,80	01:19,20	01:20,08	01:20,96	01:21,84	01:22,72	01:23,60	01:24,48	01:25,36	01:26,24	01:27,12	01:28,00	01:28,88	01:29,76	01:30,64	01:31,52	01:32,40	01:36,80	01:41,20	01:45,60	01:50,00	01:54,40	01:58,80	02:03,20	02:07,60	02:12,00
	01:05,25	01:09,60	01:13,95	01:18,30	01:19,17	01:20,04	01:20,91	01:21,78	01:22,65	01:23,52	01:24,39	01:25,26	01:26,13	01:27,00	01:27,87	01:28,74	01:29,61	01:30,48	01:31,35	01:35,70	01:40,05	01:44,40	01:48,75	01:53,10	01:57,45	02:01,80	02:06,15	02:10,50
	01:04,50	01:08,80	01:13,10	01:17,40	01:18,26	01:19,12		01:20,84	01:21,70	01:22,56	01:23,42	01:24,28	01:25,14	01:26,00	01:26,86	01:27,72	01:28,58	01:29,44	01:30,30	01:34,60	01:38,90	01:43,20	01:47,50	01:51,80	01:56,10		02:04,70	02:09,00
-	01:03,75	01:08,00	01:12,25	01:16,50	01:17,35	01:18,20	01:19,05	01:19,90	01:20,75	01:21,60	01:22,45	01:23,30	01:24,15	01:25,00	01:25,85	01:26,70	01:27,55	01:28,40	01:29,25	01:33,50	01:37,75	- ,	1 -	01:50,50	01:54,75	01:59,00	02:03,25	02:07,5
l l	01:03,00	01:07,20	01:11,40	01:15,60	01:16,44	01:17,28		01:18,96	01:19,80	01:20,64	01:21,48	01:22,32	01:23,16	01:24,00	01:24,84 01:23.83	01:25,68	01:26,52	01:27,36	01:28,20	01:32,40	01:36,60	01:40,80	01:45,00	01:49,20	01:53,40	1	02:01,80	02:06,0
-	01:02,25	01:05.60	01:09.70	01:14,70	01:14.62	01:15.44	,	01:17.08	01:17.90	01:19,08	01:19.54	01:20.36	01:22,17	01:22,00	01:23,83	01:23.64	01:23,49	01:25,28	01:26.10	01:30,20	01:34.30	01:39,00	01:43,75	01:46.60	01:50,70		02:00,35	02:04,5
	01:00.75	01:04.80	01:08.85	01:12.90	01:13.71	01:14.52	, .	01:16.14	01:16.95	01:17.76	01:18.57	01:19.38	01:20.19	01:21.00	01:21.81	01:22.62	01:23.43		, .			, .			01:49.35		01:57.45	02:01.5
-	01:00,00	01:04,00	01:08,00	01:12,00	01:12,80	01:13,60	01:14,40	01:15,20	01:16,00	01:16,80	01:17,60	01:18,40	01:19,20	01:20,00	01:20,80	01:21,60	01:22,40	01:23,20	01:24,00	01:28,00	01:32,00	01:36,00	01:40,00	01:44,00	01:48,00	01:52,00	01:56,00	02:00,0
	00:59,25	01:03,20	01:07,15	01:11,10	01:11,89	01:12,68	01:13,47	01:14,26	01:15,05	01:15,84	01:16,63	01:17,42	01:18,21	01:19,00	01:19,79	01:20,58	01:21,37	01:22,16	01:22,95	01:26,90	01:30,85	01:34,80	01:38,75	01:42,70	01:46,65		01:54,55	01:58,5
_	00:58,50	01:02,40	01:06,30	01:10,20	01:10,98	01:11,76	01:12,54	01:13,32	01:14,10	01:14,88	01:15,66	01:16,44	01:17,22	01:18,00	01:18,78	01:19,56	01:20,34	01:21,12	01:21,90	01:25,80	01:29,70	01:33,60	01:37,50	01:41,40	01:45,30	01:49,20	01:53,10	01:57,0
	00:57,75	01:01,60	01:05,45	01:09,30	01:10,07	01:10,84	01:11,61	01:12,38	01:13,15	01:13,92	01:14,69	01:15,46	01:16,23	01:17,00	01:17,77	01:18,54	01:19,31	01:20,08	01:20,85	01:24,70	01:28,55	01:32,40	01:36,25	01:40,10	01:43,95	01:47,80	01:51,65	01:55,5
-	00:57,00	01:00,80	01:04,60	01:08,40	01:09,16	01:09,92	01:10,68	01:11,44	01:12,20	01:12,96	01:13,72	01:14,48	01:15,24	01:16,00 01:15,00	01:16,76	01:17,52	01:18,28	01:19,04	01:19,80	01:23,60	01:27,40	01:31,20	01:35,00 01:33,75	01:38,80	01:42,60	01:46,40	01:50,20	01:54,0
-	00:55 50	01:00,00	01:03,75	01:07,50	01:06,25	01:09,00	01:09,75	01:09.56	01:11,25	01:12,00	01:12,75	01:13,50	01:14,25	01:15,00	01:15,75	01:15.48	01:17,25	01:16.96	01:18,75	01:22,50	01:26,25	01:28.80	01:33,75	01:37,50	01:39.90	01:45,00	01:46,75	01:52,5
F	00:54,75	00:58,40	01:02,05	01:05,70	01:06,43	01:07,16	01100,02	01:08,62	01:09,35	01:10,08	01:10,81	01:12,52	01:12,27	01:13,00	01:13,73	01:14,46	01:15,19	01:15,92	01:16,65	01121,10	01:23,95	/	01:31,25	01:34,90	01:38,55	01110,00	01:45,85	01:49,5
-	00:54,00	00:57,60	01:01,20	01:04,80	01:05,52	01:06,24	01:06,96	01:07,68	01:08,40	01:09,12	01:09,84	01:10,56	01:11,28	01:12,00	01:12,72	01:13,44	01:14,16	01:14,88	01:15,60	01:19,20	01:22,80	01:26,40		01:33,60	01:37,20		01:44,40	01:48,0
	00:53,25	00:56,80	01:00,35	01:03,90	01:04,61	01:05,32	01:06,03	01:06,74	01:07,45	01:08,16	01:08,87	01:09,58	01:10,29	01:11,00	01:11,71	01:12,42	01:13,13	01:13,84	- /	1 -	01121,00	01:25,20	1 -	01:32,30			01:42,95	01:46,5
	00:52,50	00:56,00	00:59,50	01:03,00	01:03,70	01:04,40	01:05,10	01:05,80	01:06,50	01:07,20	01:07,90	01:08,60	01:09,30	01:10,00	01:10,70	01:11,40	01:12,10	01:12,80	01:13,50	- 1	01:20,50	01:24,00	01:27,50	01:31,00	01:34,50		01:41,50	01:45,0
	00:51,75	00:55,20	00:58,65	01:02,10	01:02,79	01:03,48	01:04,17	01:04,86	01:05,55	01:06,24	01:06,93	01:07,62	01:08,31	01:09,00	01:09,69	01:10,38	01:11,07	01:11,76	01:12,45		01:19,35	- ,	01:26,25	01:29,70	01:33,15		01:40,05	01:43,5
-	00:51,00	00:54,40	00:57,80	01:01,20	01:01,88	01:02,56	01:03,24	01:03,92	01:04,60	01:05,28	01:05,96	01:06,64	01:07,32	01:08,00	01:08,68	01:09,36	01:10,04	01:10,72	01:11,40	- 1	01:18,20	01:21,60	01:25,00	01:28,40	01:31,80		01:38,60	01:42,0
-	00:50,25	00:53,60	00:56,95	01:00,30	01:00,97	01:01,64	01:02,31	01:02,98	01:03,65	01:04,32	01:04,99	01:05,66	01:06,33	01:07,00	01:07,67 01:06,66	01:08,34	01:09,01	01:09,68	01:10,35	01:13,70	01:17,05 01:15,90	01:20,40	01:23,75 01:22,50	01:27,10	01:30,45	01:33,80	01:37,15	01:40,
-	00:49,50	00:52,80	00:55,10	00:59,40	00:59.15	01:00,72		01:02,04	01:02,70	01:03,36	01:04,02	01:04,68	01:05,34	01:05.00	01:05.65	01:07,32	01:07,98	01:08,64		01:12,60		• • • • • • • • •		0.1120,000	•••••	01:32,40	01:35,70	
-	00:48,00	00:52,00	00:54,40	00:57,60	00:58,24	00:58,88	, .	01:00,16	01:00,80	, .	01:02,08	01:02,72	01:04,35	01:04,00	01:04,64	01:05,28		01:06,56	, .	- 1	01:14,75	/	- 1-	- 1		01:29,60	/ -	/
-					00:57,33				000,000		•	• · · · • = , · =		01:03,00							01:12,45							

## Rechenzeiten 100m - Strecken

Prozent	125%	120%	115%	110%	109%	108%	107%	106%	105%	104%	103%	102%	101%	100%	99%	98%	97%	96%	95%	90%	85%	80%	75%	70%	65%	60%	55%	50%
	00:46,50	00:49,60	00:52,70	00:55,80	00:56,42	00:57,04	00:57,66	00:58,28	00:58,90	00:59,52	01:00,14	01:00,76	01:01,38	01:02,00	01:02,62	01:03,24	01:03,86	01:04,48	01:05,10	01:08,20	01:11,30	01:14,40	01:17,50	01:20,60	01:23,70	01:26,80	01:29,90	01:33,00
	00:45,75	00:48,80	00:51,85	00:54,90	00:55,51	00:56,12	00:56,73	00:57,34	00:57,95	00:58,56	00:59,17	00:59,78	01:00,39	01:01,00	01:01,61	01:02,22	01:02,83	01:03,44	01:04,05	01:07,10	01:10,15	01:13,20	01:16,25	01:19,30	01:22,35	01:25,40	01:28,45	01:31,50
	00:45,00	00:48,00	00:51,00	00:54,00	00:54,60	00:55,20	00:55,80	00:56,40	00:57,00	00:57,60	00:58,20	00:58,80	00:59,40	01:00,00	01:00,60	01:01,20	01:01,80	01:02,40	01:03,00	01:06,00	01:09,00	01:12,00	01:15,00	01:18,00	01:21,00	01:24,00	01:27,00	01:30,00
	00:44,25	00:47,20	00:50,15	00:53,10	00:53,69	00:54,28	00:54,87	00:55,46	00:56,05	00:56,64	00:57,23	00:57,82	00:58,41	00:59,00	00:59,59	01:00,18	01:00,77	01:01,36	01:01,95	01:04,90	01:07,85	01:10,80	01:13,75	01:16,70	01:19,65	01:22,60	01:25,55	01:28,50
	00:43,50	00:46,40	00:49,30	00:52,20	00:52,78	00:53,36	00:53,94	00:54,52	00:55,10	00:55,68	00:56,26	00:56,84	00:57,42	00:58,00	00:58,58	00:59,16	00:59,74	01:00,32	01:00,90	01:03,80	01:06,70	01:09,60	01:12,50	01:15,40	01:18,30	01:21,20	01:24,10	01:27,00
	00:42,75	00:45,60	00:48,45	00:51,30	00:51,87	00:52,44	00:53,01	00:53,58	00:54,15	00:54,72	00:55,29	00:55,86	00:56,43	00:57,00	00:57,57	00:58,14	00:58,71	00:59,28	00:59,85	01:02,70	01:05,55	01:08,40	01:11,25	01:14,10	01:16,95	01:19,80	01:22,65	01:25,50
	00:42,00	00:44,80	00:47,60	00:50,40	00:50,96	00:51,52	00:52,08	00:52,64	00:53,20	00:53,76	00:54,32	00:54,88	00:55,44	00:56,00	00:56,56	00:57,12	00:57,68	00:58,24	00:58,80	01:01,60	01:04,40	01:07,20	01:10,00	01:12,80	01:15,60	01:18,40	01:21,20	01:24,00
	00:41,25	00:44,00	00:46,75	00:49,50	00:50,05	00:50,60	00:51,15	00:51,70	00:52,25	00:52,80	00:53,35	00:53,90	00:54,45	00:55,00	00:55,55	00:56,10	00:56,65	00:57,20	00:57,75	01:00,50	01:03,25	01:06,00	01:08,75	01:11,50	01:14,25	01:17,00	01:19,75	01:22,50