Current Ability	Current Ability	Current Ability	CT/LR	CT/LR	CT/LR	Marathon	Marathon	Lac Thresh	Lac Thresh	Lac Thresh	Lac Thresh	Lac Thresh	Lac Thresh	Lac Thresh	Lac Thresh	PPM	PPM	PPM	PPM	PPM	PPM	PPM	I PACE	I PACE	I PACE	I PACE	I PACE	I PACE	I PACE	R PACE	R PACE	R PACE	R PACE	R PACE	R PACE	R PACE	R PACE	F PACE	F PACE	F PACE	F PACE
1,600	3,200	5k	Mile	1,000	800	1600	1k	Mile	1,200	1,000	800	600	400	300	200	Mile	1,200	1,000	800	600	400	200	1,600	1,200	1,000	800	600	400	200	1600m	1200m	1000	800	600	400	300	200	600	400	300	200
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4:04.0	8:40.0	14:03	05:58 - 06:35	03:42 - 04:05	02:58 - 03:16	5:10	3:13	4:44	3:33	2:57	2:22	1:46.5	71	53.3	35.5	4:57	3:42	3:05	2:28	1:51	1:14	37	4:34	3:24	2:50	2:16	1:42	1:08	34	4:09	3:06	2:35	2:04	1:33	1:02	45	31	1:24	56	42	28
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6:32.0	13.56.5	22:45	09:07 - 10:02	05:40 - 06:14	04:32 - 04:59	8:06	5:02	7:12	5:24.0	4:30	3:36	2:42	1:48	81	54	7:36	5:40	4:43	3:47	2:50	1:53	0:57	6:59	5:13	4:21	3:29	2:36	1:44	0:52	6:35	4:55	4:06	3:17	2:27	1:38	72	49	2:20	93	70	46
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Current Ability	Current Ability	Current Ability	CT/LR	CT/LR	CT/LR	Marathon	Marathon	Lac Thresh	Lac Thresh	Lac Thresh	Lac Thresh	Lac Thresh	Lac Thresh	Lac Thresh	Lac Thresh	PPM	PPM	PPM	PPM	PPM	PPM	PPM	I PACE	I PACE	I PACE	I PACE	I PACE	I PACE	I PACE	R PACE	R PACE	R PACE	R PACE	R PACE	R PACE	R PACE	R PACE	F PACE	F PACE	F PACE	F PACE
1,600	3,200	5k	Mile	1,000	800	1600	1k	Mile	1,200	1,000	800	600	400	300	200	Mile	1,200	1,000	800	600	400	200	1,600	1,200	1,000	800	600	400	200	1600m	1200m	1000	800	600	400	300	200	600	400	300	200
7.30.2	16.00.6	25:59:00	10:13 - 11:14	06:21 - 06:59	05:05 - 05:35	9:13	5:44	8:10	5:07.6	5:06	4:05	3:03.8	2:02.5	91.9	61.3	8:16	6:10	5:08	4:07	3:05	2:03	1:02	7:52	5:52	4:53	3:54	2:56	1:57	0:59	7:19	5:28	4:33	3:38	2:44	1:49	82	55	**2:37**	**1:44**	**85**	**58**
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