

Rijeka 2019

Warm Up

Cronologia

| Seq | Num | Ora | Giro | Tempi | Seq | Num | Ora | Giro | Tempi |
|-----|------|----------|------|----------|-----|------|----------|------|----------|
| 1 | | | | START | 59 | 1000 | 4:14.640 | 2 | 2:04.448 |
| 2 | 537 | [START] | | | 60 | 68 | 3:42.103 | 2 | 1:50.845 |
| 3 | 920 | [START] | | | 61 | 7 | 4:14.533 | 2 | 2:06.898 |
| 4 | 830 | [START] | | | 62 | 77 | 2:10.232 | 1 | 2:10.232 |
| 5 | 58 | [START] | | | 63 | 340 | 3:48.302 | 2 | 1:52.104 |
| 6 | 178 | [START] | | | 64 | 29 | 4:15.472 | 2 | 2:01.765 |
| 7 | 1000 | [START] | | | 65 | 99 | 4:15.405 | 2 | 2:01.643 |
| 8 | 84 | [START] | | | 66 | 920 | 5:41.816 | 3 | 1:55.288 |
| 9 | 45 | [START] | | | 67 | 58 | 5:36.158 | 3 | 1:52.405 |
| 10 | 234 | [START] | | | 68 | 66 | 4:16.802 | 2 | 2:06.421 |
| 11 | 869 | [START] | | | 69 | 869 | 5:42.000 | 3 | 1:51.225 |
| 12 | 10 | [START] | | | 70 | 82 | 2:18.827 | 1 | 2:18.827 |
| 13 | 1 | [START] | | | 71 | 45 | 5:53.278 | 3 | 1:57.947 |
| 14 | 61 | [START] | | | 72 | 178 | 5:59.897 | 3 | 2:01.148 |
| 15 | 87 | [START] | | | 73 | 10 | 5:57.684 | 3 | 2:01.564 |
| 16 | 68 | [START] | | | 74 | 1 | 5:58.489 | 3 | 1:59.101 |
| 17 | 537 | 1:47.006 | 1 | 1:47.006 | 75 | 61 | 5:37.052 | 3 | 1:52.559 |
| 18 | 7 | [START] | | | 76 | 537 | 7:09.500 | 4 | 1:51.377 |
| 19 | 29 | [START] | | | 77 | 87 | 5:37.203 | 3 | 1:52.135 |
| 20 | 99 | [START] | | | 78 | 36 | 2:33.336 | 1 | 2:33.336 |
| 21 | 66 | [START] | | | 79 | 68 | 5:37.172 | 3 | 1:55.069 |
| 22 | 340 | [START] | | | 80 | 84 | 6:18.067 | 3 | 2:04.507 |
| 23 | 920 | 1:54.634 | 1 | 1:54.634 | 81 | 234 | 6:17.747 | 3 | 2:04.568 |
| 24 | 58 | 1:52.130 | 1 | 1:52.130 | 82 | 1000 | 6:19.294 | 3 | 2:04.654 |
| 25 | 830 | 2:01.681 | 1 | 2:01.681 | 83 | 340 | 5:41.413 | 3 | 1:53.111 |
| 26 | 178 | 1:56.162 | 1 | 1:56.162 | 84 | 7 | 6:17.894 | 3 | 2:03.361 |
| 27 | 869 | 1:55.566 | 1 | 1:55.566 | 85 | 77 | 4:16.381 | 2 | 2:06.149 |
| 28 | 45 | 1:56.897 | 1 | 1:56.897 | 86 | 29 | 6:15.298 | 3 | 1:59.826 |
| 29 | 10 | 2:01.315 | 1 | 2:01.315 | 87 | 99 | 6:15.313 | 3 | 1:59.908 |
| 30 | 1 | 2:01.769 | 1 | 2:01.769 | 88 | 58 | 7:27.835 | 4 | 1:51.677 |
| 31 | 1000 | 2:10.192 | 1 | 2:10.192 | 89 | 920 | 7:34.642 | 4 | 1:52.826 |
| 32 | 84 | 2:10.252 | 1 | 2:10.252 | 90 | 869 | 7:32.941 | 4 | 1:50.941 |
| 33 | 234 | 2:09.980 | 1 | 2:09.980 | 91 | 66 | 6:22.316 | 3 | 2:05.514 |
| 34 | 61 | 1:50.746 | 1 | 1:50.746 | 92 | 178 | 7:54.564 | 4 | 1:54.667 |
| 35 | 87 | 1:52.048 | 1 | 1:52.048 | 93 | 45 | 7:50.689 | 4 | 1:57.411 |
| 36 | 537 | 3:33.152 | 2 | 1:46.146 | 94 | 10 | 7:57.359 | 4 | 1:59.675 |
| 37 | 68 | 1:51.258 | 1 | 1:51.258 | 95 | 1 | 7:57.661 | 4 | 1:59.172 |
| 38 | 77 | [START] | | | 96 | 87 | 7:31.066 | 4 | 1:53.863 |
| 39 | 7 | 2:07.635 | 1 | 2:07.635 | 97 | 61 | 7:32.066 | 4 | 1:55.014 |
| 40 | 29 | 2:13.707 | 1 | 2:13.707 | 98 | 68 | 7:26.584 | 4 | 1:49.412 |
| 41 | 99 | 2:13.762 | 1 | 2:13.762 | 99 | 82 | 4:40.988 | 2 | 2:22.161 |
| 42 | 340 | 1:56.198 | 1 | 1:56.198 | 100 | 84 | 8:20.619 | 4 | 2:02.552 |
| 43 | 66 | 2:10.381 | 1 | 2:10.381 | 101 | 1000 | 8:21.243 | 4 | 2:01.949 |
| 44 | 82 | [START] | | | 102 | 234 | 8:20.600 | 4 | 2:02.853 |
| 45 | 920 | 3:46.528 | 2 | 1:51.894 | 103 | 36 | 5:00.809 | 2 | 2:27.473 |
| 46 | 58 | 3:43.753 | 2 | 1:51.623 | 104 | 340 | 7:33.720 | 4 | 1:52.307 |
| 47 | 36 | [START] | | | 105 | 7 | 8:19.515 | 4 | 2:01.621 |
| 48 | 869 | 3:50.775 | 2 | 1:55.209 | 106 | 29 | 8:12.882 | 4 | 1:57.584 |
| 49 | 830 | 4:04.057 | 2 | 2:02.376 | 107 | 99 | 8:16.297 | 4 | 2:00.984 |
| 50 | 178 | 3:58.749 | 2 | 2:02.587 | 108 | 58 | 9:20.282 | 5 | 1:52.447 |
| 51 | 45 | 3:55.331 | 2 | 1:58.434 | 109 | 77 | 6:23.073 | 3 | 2:06.692 |
| 52 | 10 | 3:56.120 | 2 | 1:54.805 | 110 | 920 | 9:31.100 | 5 | 1:56.458 |
| 53 | 1 | 3:59.388 | 2 | 1:57.619 | 111 | 869 | 9:22.824 | 5 | 1:49.883 |
| 54 | 61 | 3:44.493 | 2 | 1:53.747 | 112 | 66 | 8:28.034 | 4 | 2:05.718 |
| 55 | 87 | 3:45.068 | 2 | 1:53.020 | 113 | 178 | 9:45.522 | 5 | 1:50.958 |
| 56 | 537 | 5:18.123 | 3 | 1:44.971 | 114 | 87 | 9:23.899 | 5 | 1:52.833 |
| 57 | 84 | 4:13.560 | 2 | 2:03.308 | 115 | 1 | 9:53.401 | 5 | 1:55.740 |
| 58 | 234 | 4:13.179 | 2 | 2:03.199 | 116 | 68 | 9:16.136 | 5 | 1:49.552 |

| Seq | Num | Ora | Giro | Tempi |
|-----|-----|----------|------|-----------------|
| 117 | 71 | [START] | | |
| 118 | 9 | [START] | | |
| 119 | 667 | [START] | | |
| 120 | 54 | [START] | | |
| 121 | 97 | [START] | | |
| 122 | 411 | [START] | | |
| 123 | 8 | [START] | | |
| 124 | 709 | [START] | | |
| 125 | 88 | [START] | | |
| 126 | 14 | [START] | | |
| 127 | 71 | 1:50.895 | 1 | 1:50.895 |
| 128 | 9 | 1:47.117 | 1 | 1:47.117 |
| 129 | 86 | [START] | | |
| 130 | 54 | 1:48.832 | 1 | 1:48.832 |
| 131 | 667 | 1:50.520 | 1 | 1:50.520 |
| 132 | 97 | 1:46.721 | 1 | 1:46.721 |
| 133 | 41 | [START] | | |
| 134 | 411 | 1:51.576 | 1 | 1:51.576 |
| 135 | 8 | 1:52.512 | 1 | 1:52.512 |
| 136 | 709 | 1:50.467 | 1 | 1:50.467 |
| 137 | 88 | 1:50.764 | 1 | 1:50.764 |
| 138 | 4 | [START] | | |
| 139 | 14 | 1:49.363 | 1 | 1:49.363 |
| 140 | 162 | [START] | | |
| 141 | 9 | 3:33.535 | 2 | 1:46.418 |
| 142 | 71 | 3:43.514 | 2 | 1:52.619 |
| 143 | 33 | [START] | | |
| 144 | 32 | [START] | | |
| 145 | 86 | 1:51.247 | 1 | 1:51.247 |
| 146 | 54 | 3:33.034 | 2 | 1:44.202 |
| 147 | 97 | 3:34.276 | 2 | 1:47.555 |
| 148 | 667 | 3:38.476 | 2 | 1:47.956 |
| 149 | 41 | 1:47.349 | 1 | 1:47.349 |
| 150 | 411 | 3:41.897 | 2 | 1:50.321 |
| 151 | 8 | 3:42.736 | 2 | 1:50.224 |
| 152 | 28 | [START] | | |
| 153 | 338 | [START] | | |
| 154 | 709 | 3:42.004 | 2 | 1:51.537 |
| 155 | 88 | 3:42.316 | 2 | 1:51.552 |
| 156 | 14 | 3:36.055 | 2 | 1:46.692 |
| 157 | 4 | 1:51.149 | 1 | 1:51.149 |
| 158 | 162 | 1:51.212 | 1 | 1:51.212 |
| 159 | 9 | 5:20.948 | 3 | 1:47.413 |
| 160 | 33 | 1:44.604 | 1 | 1:44.604 |
| 161 | 71 | 5:34.802 | 3 | 1:51.288 |
| 162 | 32 | 1:48.513 | 1 | 1:48.513 |
| 163 | 86 | 3:39.403 | 2 | 1:48.156 |
| 164 | 54 | 5:16.559 | 3 | 1:43.525 |
| 165 | 97 | 5:18.935 | 3 | 1:44.659 |
| 166 | 667 | 5:25.682 | 3 | 1:47.206 |
| 167 | 41 | 3:33.241 | 2 | 1:45.892 |
| 168 | 411 | 5:32.110 | 3 | 1:50.213 |
| 169 | 8 | 5:31.465 | 3 | 1:48.729 |
| 170 | 28 | 1:44.915 | 1 | 1:44.915 |
| 171 | 338 | 1:47.102 | 1 | 1:47.102 |
| 172 | 709 | 5:30.429 | 3 | 1:48.425 |
| 173 | 14 | 5:24.180 | 3 | 1:48.125 |
| 174 | 88 | 5:31.372 | 3 | 1:49.056 |
| 175 | 4 | 3:39.584 | 2 | 1:48.435 |

| Seq | Num | Ora | Giro | Tempi |
|-----|-----|-----------|------|-----------------|
| 176 | 162 | 3:43.133 | 2 | 1:51.921 |
| 177 | 9 | 7:07.546 | 4 | 1:46.598 |
| 178 | 33 | 3:29.399 | 2 | 1:44.795 |
| 179 | 71 | 7:23.714 | 4 | 1:48.912 |
| 180 | 86 | 5:26.846 | 3 | 1:47.443 |
| 181 | 32 | 3:37.198 | 2 | 1:48.685 |
| 182 | 54 | 6:59.333 | 4 | 1:42.774 |
| 183 | 97 | 7:02.165 | 4 | 1:43.230 |
| 184 | 41 | 5:20.016 | 3 | 1:46.775 |
| 185 | 40 | [START] | | |
| 186 | 411 | 7:22.291 | 4 | 1:50.181 |
| 187 | 8 | 7:20.555 | 4 | 1:49.090 |
| 188 | 28 | 3:33.749 | 2 | 1:48.834 |
| 189 | 338 | 3:33.029 | 2 | 1:45.927 |
| 190 | 709 | 7:16.231 | 4 | 1:45.802 |
| 191 | 88 | 7:19.273 | 4 | 1:47.901 |
| 192 | 162 | 5:32.970 | 3 | 1:49.837 |
| 193 | 9 | 8:53.430 | 5 | 1:45.884 |
| 194 | 33 | 5:13.519 | 3 | 1:44.120 |
| 195 | 86 | 7:12.948 | 4 | 1:46.102 |
| 196 | 32 | 5:27.356 | 3 | 1:50.158 |
| 197 | 54 | 8:48.251 | 5 | 1:48.918 |
| 198 | 97 | 8:45.859 | 5 | 1:43.694 |
| 199 | 41 | 7:04.403 | 4 | 1:44.387 |
| 200 | 40 | 1:52.466 | 1 | 1:52.466 |
| 201 | 28 | 5:19.477 | 3 | 1:45.728 |
| 202 | 8 | 9:10.329 | 5 | 1:49.774 |
| 203 | 338 | 5:16.664 | 3 | 1:43.635 |
| 204 | 162 | 7:21.043 | 4 | 1:48.073 |
| 205 | 9 | 10:39.530 | 6 | 1:46.100 |
| 206 | 33 | 6:57.202 | 4 | 1:43.683 |
| 207 | 86 | 8:57.480 | 5 | 1:44.532 |
| 208 | 54 | 10:31.072 | 6 | 1:42.821 |
| 209 | 97 | 10:28.401 | 6 | 1:42.542 |
| 210 | 32 | 7:11.112 | 4 | 1:43.756 |
| 211 | 41 | 8:48.543 | 5 | 1:44.140 |
| 212 | 46 | [START] | | |
| 213 | 200 | [START] | | |
| 214 | 15 | [START] | | |
| 215 | 120 | [START] | | |
| 216 | 192 | [START] | | |
| 217 | 711 | [START] | | |
| 218 | 24 | [START] | | |
| 219 | 44 | [START] | | |
| 220 | 96 | [START] | | |
| 221 | 636 | [START] | | |
| 222 | 840 | [START] | | |
| 223 | 27 | [START] | | |
| 224 | 46 | 1:45.864 | 1 | 1:45.864 |
| 225 | 848 | [START] | | |
| 226 | 16 | [START] | | |
| 227 | 92 | [START] | | |
| 228 | 15 | 1:42.543 | 1 | 1:42.543 |
| 229 | 200 | 1:46.618 | 1 | 1:46.618 |
| 230 | 21 | [START] | | |
| 231 | 192 | 1:47.710 | 1 | 1:47.710 |
| 232 | 120 | 1:49.436 | 1 | 1:49.436 |
| 233 | 711 | 1:48.600 | 1 | 1:48.600 |
| 234 | 78 | [START] | | |

| Seq | Num | Ora | Giro | Tempi |
|-----|-----|----------|------|-----------------|
| 235 | 24 | 1:52.385 | 1 | 1:52.385 |
| 236 | 80 | [START] | | |
| 237 | 12 | [START] | | |
| 238 | 44 | 1:49.307 | 1 | 1:49.307 |
| 239 | 96 | 1:47.798 | 1 | 1:47.798 |
| 240 | 636 | 1:48.223 | 1 | 1:48.223 |
| 241 | 840 | 1:46.755 | 1 | 1:46.755 |
| 242 | 848 | 1:42.998 | 1 | 1:42.998 |
| 243 | 27 | 1:45.520 | 1 | 1:45.520 |
| 244 | 46 | 3:31.507 | 2 | 1:45.643 |
| 245 | 92 | 1:44.320 | 1 | 1:44.320 |
| 246 | 16 | 1:46.648 | 1 | 1:46.648 |
| 247 | 15 | 3:24.904 | 2 | 1:42.361 |
| 248 | 200 | 3:32.036 | 2 | 1:45.418 |
| 249 | 21 | 1:45.209 | 1 | 1:45.209 |
| 250 | 60 | [START] | | |
| 251 | 192 | 3:33.072 | 2 | 1:45.362 |
| 252 | 120 | 3:39.191 | 2 | 1:49.755 |
| 253 | 711 | 3:35.352 | 2 | 1:46.752 |
| 254 | 78 | 1:45.221 | 1 | 1:45.221 |
| 255 | 12 | 1:46.163 | 1 | 1:46.163 |
| 256 | 24 | 3:39.931 | 2 | 1:47.546 |
| 257 | 96 | 3:31.719 | 2 | 1:43.921 |
| 258 | 636 | 3:34.366 | 2 | 1:46.143 |
| 259 | 44 | 3:38.206 | 2 | 1:48.899 |
| 260 | 69 | [START] | | |
| 261 | 840 | 3:32.189 | 2 | 1:45.434 |
| 262 | 848 | 3:26.387 | 2 | 1:43.389 |
| 263 | 27 | 3:29.219 | 2 | 1:43.699 |
| 264 | 92 | 3:27.329 | 2 | 1:43.009 |
| 265 | 46 | 5:15.825 | 3 | 1:44.318 |
| 266 | 16 | 3:29.903 | 2 | 1:43.255 |
| 267 | 21 | 3:30.089 | 2 | 1:44.880 |
| 268 | 200 | 5:18.166 | 3 | 1:46.130 |
| 269 | 192 | 5:16.104 | 3 | 1:43.032 |
| 270 | 60 | 1:46.120 | 1 | 1:46.120 |
| 271 | 120 | 5:27.889 | 3 | 1:48.698 |
| 272 | 711 | 5:20.576 | 3 | 1:45.224 |
| 273 | 12 | 3:27.981 | 2 | 1:41.818 |
| 274 | 78 | 3:30.773 | 2 | 1:45.552 |
| 275 | 24 | 5:25.554 | 3 | 1:45.623 |
| 276 | 96 | 5:16.759 | 3 | 1:45.040 |
| 277 | 636 | 5:16.949 | 3 | 1:42.583 |
| 278 | 69 | 1:41.304 | 1 | 1:41.304 |
| 279 | 44 | 5:26.510 | 3 | 1:48.304 |
| 280 | 80 | 4:10.578 | 1 | 4:10.578 |
| 281 | 840 | 5:17.082 | 3 | 1:44.893 |
| 282 | 848 | 5:09.035 | 3 | 1:42.648 |
| 283 | 27 | 5:13.539 | 3 | 1:44.320 |
| 284 | 46 | 6:59.559 | 4 | 1:43.734 |
| 285 | 92 | 5:12.090 | 3 | 1:44.761 |
| 286 | 16 | 5:13.770 | 3 | 1:43.867 |
| 287 | 21 | 5:11.608 | 3 | 1:41.519 |
| 288 | 192 | 6:58.875 | 4 | 1:42.771 |
| 289 | 200 | 7:03.484 | 4 | 1:45.318 |
| 290 | 60 | 3:30.327 | 2 | 1:44.207 |
| 291 | 120 | 7:15.531 | 4 | 1:47.642 |
| 292 | 12 | 5:11.553 | 3 | 1:43.572 |
| 293 | 711 | 7:05.500 | 4 | 1:44.924 |

| Seq | Num | Ora | Giro | Tempi |
|-----|-----|-----------|------|-----------------|
| 294 | 78 | 5:15.397 | 3 | 1:44.624 |
| 295 | 24 | 7:10.792 | 4 | 1:45.238 |
| 296 | 69 | 3:21.650 | 2 | 1:40.346 |
| 297 | 96 | 7:00.473 | 4 | 1:43.714 |
| 298 | 636 | 7:01.071 | 4 | 1:44.122 |
| 299 | 80 | 5:53.981 | 2 | 1:43.403 |
| 300 | 44 | 7:14.700 | 4 | 1:48.190 |
| 301 | 840 | 7:01.261 | 4 | 1:44.179 |
| 302 | 46 | 8:42.833 | 5 | 1:43.274 |
| 303 | 27 | 6:58.142 | 4 | 1:44.603 |
| 304 | 92 | 6:56.170 | 4 | 1:44.080 |
| 305 | 848 | 6:58.157 | 4 | 1:49.122 |
| 306 | 16 | 6:58.011 | 4 | 1:44.241 |
| 307 | 21 | 6:52.587 | 4 | 1:40.979 |
| 308 | 200 | 8:47.515 | 5 | 1:44.031 |
| 309 | 12 | 6:51.248 | 4 | 1:39.695 |
| 310 | 711 | 8:49.523 | 5 | 1:44.023 |
| 311 | 78 | 6:59.199 | 4 | 1:43.802 |
| 312 | 24 | 8:55.057 | 5 | 1:44.265 |
| 313 | 69 | 5:00.065 | 3 | 1:38.415 |
| 314 | 96 | 8:43.590 | 5 | 1:43.117 |
| 315 | 636 | 8:44.488 | 5 | 1:43.417 |
| 316 | 44 | 9:02.241 | 5 | 1:47.541 |
| 317 | 840 | 8:45.502 | 5 | 1:44.241 |
| 318 | 46 | 10:24.989 | 6 | 1:42.156 |
| 319 | 848 | 8:38.628 | 5 | 1:40.471 |
| 320 | 27 | 8:41.400 | 5 | 1:43.258 |
| 321 | 16 | 8:40.753 | 5 | 1:42.742 |
| 322 | 21 | 8:33.343 | 5 | 1:40.756 |
| 323 | 200 | 10:31.120 | 6 | 1:43.605 |
| 324 | 12 | 8:30.970 | 5 | 1:39.722 |
| 325 | 552 | [START] | | |
| 326 | 55 | [START] | | |
| 327 | 383 | [START] | | |
| 328 | 202 | [START] | | |
| 329 | 22 | [START] | | |
| 330 | 63 | [START] | | |
| 331 | 444 | [START] | | |
| 332 | 212 | [START] | | |
| 333 | 3 | [START] | | |
| 334 | 823 | [START] | | |
| 335 | 35 | [START] | | |
| 336 | 900 | [START] | | |
| 337 | 34 | [START] | | |
| 338 | 552 | 1:35.809 | 1 | 1:35.809 |
| 339 | 944 | [START] | | |
| 340 | 5 | [START] | | |
| 341 | 245 | [START] | | |
| 342 | 232 | [START] | | |
| 343 | 26 | [START] | | |
| 344 | 51 | [START] | | |
| 345 | 55 | 1:40.957 | 1 | 1:40.957 |
| 346 | 383 | 1:37.438 | 1 | 1:37.438 |
| 347 | 64 | [START] | | |
| 348 | 202 | 1:40.920 | 1 | 1:40.920 |
| 349 | 444 | 1:36.260 | 1 | 1:36.260 |
| 350 | 3 | 1:38.755 | 1 | 1:38.755 |
| 351 | 22 | 1:42.312 | 1 | 1:42.312 |
| 352 | 63 | 1:42.020 | 1 | 1:42.020 |

| Seq | Num | Ora | Giro | Tempi |
|-----|-----|----------|------|-----------------|
| 353 | 212 | 1:41.110 | 1 | 1:41.110 |
| 354 | 17 | [START] | | |
| 355 | 823 | 1:37.388 | 1 | 1:37.388 |
| 356 | 35 | 1:38.406 | 1 | 1:38.406 |
| 357 | 900 | 1:40.568 | 1 | 1:40.568 |
| 358 | 34 | 1:42.821 | 1 | 1:42.821 |
| 359 | 552 | 3:10.403 | 2 | 1:34.594 |
| 360 | 20 | [START] | | |
| 361 | 944 | 1:40.191 | 1 | 1:40.191 |
| 362 | 5 | 1:42.951 | 1 | 1:42.951 |
| 363 | 245 | 1:42.431 | 1 | 1:42.431 |
| 364 | 232 | 1:40.344 | 1 | 1:40.344 |
| 365 | 26 | 1:39.587 | 1 | 1:39.587 |
| 366 | 51 | 1:41.620 | 1 | 1:41.620 |
| 367 | 383 | 3:11.284 | 2 | 1:33.846 |
| 368 | 55 | 3:21.267 | 2 | 1:40.310 |
| 369 | 444 | 3:13.168 | 2 | 1:36.908 |
| 370 | 202 | 3:23.265 | 2 | 1:42.345 |
| 371 | 3 | 3:15.500 | 2 | 1:36.745 |
| 372 | 64 | 1:44.929 | 1 | 1:44.929 |
| 373 | 22 | 3:22.243 | 2 | 1:39.931 |
| 374 | 70 | [START] | | |
| 375 | 63 | 3:22.203 | 2 | 1:40.183 |
| 376 | 823 | 3:13.636 | 2 | 1:36.248 |
| 377 | 35 | 3:15.809 | 2 | 1:37.403 |
| 378 | 900 | 3:21.011 | 2 | 1:40.443 |
| 379 | 34 | 3:25.782 | 2 | 1:42.961 |
| 380 | 552 | 4:43.216 | 3 | 1:32.813 |
| 381 | 20 | 1:39.273 | 1 | 1:39.273 |
| 382 | 944 | 3:19.644 | 2 | 1:39.453 |
| 383 | 5 | 3:24.486 | 2 | 1:41.535 |
| 384 | 245 | 3:22.941 | 2 | 1:40.510 |
| 385 | 232 | 3:18.064 | 2 | 1:37.720 |
| 386 | 383 | 4:46.069 | 3 | 1:34.785 |
| 387 | 26 | 3:19.002 | 2 | 1:39.415 |
| 388 | 51 | 3:23.775 | 2 | 1:42.155 |
| 389 | 444 | 4:48.225 | 3 | 1:35.057 |
| 390 | 55 | 5:02.287 | 3 | 1:41.020 |
| 391 | 3 | 4:50.398 | 3 | 1:34.898 |
| 392 | 202 | 4:59.793 | 3 | 1:36.528 |
| 393 | 64 | 3:25.602 | 2 | 1:40.673 |
| 394 | 22 | 5:03.079 | 3 | 1:40.836 |
| 395 | 63 | 5:05.710 | 3 | 1:43.507 |
| 396 | 823 | 4:49.182 | 3 | 1:35.546 |
| 397 | 35 | 4:52.399 | 3 | 1:36.590 |
| 398 | 17 | 3:42.640 | 1 | 3:42.640 |
| 399 | 900 | 5:00.736 | 3 | 1:39.725 |
| 400 | 552 | 6:16.310 | 4 | 1:33.094 |
| 401 | 34 | 5:08.456 | 3 | 1:42.674 |
| 402 | 20 | 3:16.824 | 2 | 1:37.551 |
| 403 | 944 | 4:58.387 | 3 | 1:38.743 |
| 404 | 5 | 5:05.733 | 3 | 1:41.247 |
| 405 | 245 | 5:02.702 | 3 | 1:39.761 |
| 406 | 232 | 4:56.404 | 3 | 1:38.340 |
| 407 | 383 | 6:21.255 | 4 | 1:35.186 |
| 408 | 26 | 4:59.096 | 3 | 1:40.094 |
| 409 | 444 | 6:22.725 | 4 | 1:34.500 |
| 410 | 3 | 6:25.129 | 4 | 1:34.731 |
| 411 | 55 | 6:42.120 | 4 | 1:39.833 |

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| 412 | 202 | 6:37.261 | 4 | 1:37.468 |
| 413 | 64 | 5:05.156 | 3 | 1:39.554 |
| 414 | 22 | 6:43.384 | 4 | 1:40.305 |
| 415 | 63 | 6:46.038 | 4 | 1:40.328 |
| 416 | 35 | 6:28.752 | 4 | 1:36.353 |
| 417 | 17 | 5:13.064 | 2 | 1:30.424 |
| 418 | 900 | 6:38.745 | 4 | 1:38.009 |
| 419 | 552 | 7:48.524 | 5 | 1:32.214 |
| 420 | 34 | 6:51.332 | 4 | 1:42.876 |
| 421 | 20 | 4:53.540 | 3 | 1:36.716 |
| 422 | 944 | 6:37.349 | 4 | 1:38.962 |
| 423 | 5 | 6:45.977 | 4 | 1:40.244 |
| 424 | 383 | 7:59.200 | 5 | 1:37.945 |
| 425 | 232 | 6:35.442 | 4 | 1:39.038 |
| 426 | 26 | 6:39.400 | 4 | 1:40.304 |
| 427 | 3 | 7:59.533 | 5 | 1:34.404 |
| 428 | 202 | 8:13.770 | 5 | 1:36.509 |
| 429 | 64 | 6:44.672 | 4 | 1:39.516 |
| 430 | 22 | 8:23.740 | 5 | 1:40.356 |
| 431 | 35 | 8:09.322 | 5 | 1:40.570 |
| 432 | 17 | 6:44.257 | 3 | 1:31.193 |
| 433 | 552 | 9:22.371 | 6 | 1:33.847 |
| 434 | 900 | 8:17.429 | 5 | 1:38.684 |
| 435 | 20 | 6:31.060 | 4 | 1:37.520 |
| 436 | 34 | 8:33.966 | 5 | 1:42.634 |
| 437 | 944 | 8:15.513 | 5 | 1:38.164 |
| 438 | 383 | 9:37.929 | 6 | 1:38.729 |
| 439 | 5 | 8:27.312 | 5 | 1:41.335 |
| 440 | 232 | 8:15.841 | 5 | 1:40.399 |
| 441 | 26 | 8:19.570 | 5 | 1:40.170 |
| 442 | 202 | 9:50.238 | 6 | 1:36.468 |
| 443 | 64 | 8:24.418 | 5 | 1:39.746 |
| 444 | 17 | 8:16.180 | 4 | 1:31.923 |
| 445 | 22 | 10:03.883 | 6 | 1:40.143 |
| 446 | 552 | 10:54.598 | 7 | 1:32.227 |
| 447 | 900 | 9:55.624 | 6 | 1:38.195 |
| 448 | | 1h01:48.776 | FINISH | |