## PERFORMANCE PROGNOSTIC CHART

| WOMEN |  |  |  |  |  |  | MEN |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| \% Prognostic Speed | WK1 200 | WK1 500 | WK2 500 | WK4 500 | WC1 200 | WC2 500 | MK1 200 | MK1 500 | MK2 500 | MK4 500 | MK1 1000 | MK2 1000 | MC1 1000 | MC2 500 |
| 100\% | 00:38.59 | 01:47.05 | 01:37.81 | 01:29.42 | 00:45.37 | 01:54.59 | 00:33.74 | 01:35.54 | 01:26.86 | 01:18.16 | 03:24.01 | 03:06.57 | 03:44.16 | 01:37.17 |
| 99.90\% | 00:38.63 | 01:47.15 | 01:37.91 | 01:29.51 | 00:45.42 | 01:54.70 | 00:33.77 | 01:35.64 | 01:26.942 | 01:18.24 | 03:24.21 | 03:06.75 | 03:44.39 | 01:37.27 |
| 99.80\% | 00:38.67 | 01:47.26 | 01:38.01 | 01:29.60 | 00:45.46 | 01:54.82 | 00:33.81 | 01:35.74 | 01:27.029 | 01:18.32 | 03:24.42 | 03:06.94 | 03:44.61 | 01:37.36 |
| 99.70\% | 00:38.71 | 01:47.37 | 01:38.10 | 01:29.69 | 00:45.51 | 01:54.93 | 00:33.84 | 01:35.83 | 01:27.117 | 01:18.40 | 03:24.62 | 03:07.13 | 03:44.84 | 01:37.46 |
| 99.60\% | 00:38.74 | 01:47.48 | 01:38.20 | 01:29.78 | 00:45.56 | 01:55.05 | 00:33.88 | 01:35.93 | 01:27.204 | 01:18.48 | 03:24.83 | 03:07.32 | 03:45.06 | 01:37.56 |
| 99.50\% | 00:38.78 | 01:47.58 | 01:38.30 | 01:29.87 | 00:45.60 | 01:55.16 | 00:33.91 | 01:36.02 | 01:27.292 | 01:18.56 | 03:25.03 | 03:07.51 | 03:45.29 | 01:37.66 |
| 99.40\% | 00:38.82 | 01:47.69 | 01:38.40 | 01:29.96 | 00:45.65 | 01:55.28 | 00:33.94 | 01:36.12 | 01:27.380 | 01:18.63 | 03:25.24 | 03:07.69 | 03:45.52 | 01:37.76 |
| 99.30\% | 00:38.86 | 01:47.80 | 01:38.50 | 01:30.05 | 00:45.69 | 01:55.39 | 00:33.98 | 01:36.22 | 01:27.468 | 01:18.71 | 03:25.44 | 03:07.88 | 03:45.74 | 01:37.85 |
| 99.20\% | 00:38.90 | 01:47.91 | 01:38.60 | 01:30.14 | 00:45.74 | 01:55.51 | 00:34.01 | 01:36.31 | 01:27.556 | 01:18.79 | 03:25.65 | 03:08.07 | 03:45.97 | 01:37.95 |
| 99.10\% | 00:38.94 | 01:48.02 | 01:38.70 | 01:30.23 | 00:45.79 | 01:55.63 | 00:34.05 | 01:36.41 | 01:27.644 | 01:18.87 | 03:25.86 | 03:08.26 | 03:46.20 | 01:38.05 |
| 99.00\% | 00:38.98 | 01:48.13 | 01:38.80 | 01:30.32 | 00:45.83 | 01:55.74 | 00:34.08 | 01:36.51 | 01:27.733 | 01:18.95 | 03:26.07 | 03:08.45 | 03:46.43 | 01:38.15 |
| 98.90\% | 00:39.02 | 01:48.24 | 01:38.90 | 01:30.41 | 00:45.88 | 01:55.86 | 00:34.12 | 01:36.61 | 01:27.821 | 01:19.03 | 03:26.28 | 03:08.64 | 03:46.66 | 01:38.25 |
| 98.80\% | 00:39.06 | 01:48.35 | 01:39.00 | 01:30.50 | 00:45.92 | 01:55.98 | 00:34.15 | 01:36.70 | 01:27.910 | 01:19.11 | 03:26.48 | 03:08.83 | 03:46.89 | 01:38.35 |
| 98.70\% | 00:39.10 | 01:48.46 | 01:39.10 | 01:30.60 | 00:45.97 | 01:56.10 | 00:34.19 | 01:36.80 | 01:27.999 | 01:19.19 | 03:26.69 | 03:09.03 | 03:47.12 | 01:38.45 |
| 98.60\% | 00:39.14 | 01:48.57 | 01:39.20 | 01:30.69 | 00:46.02 | 01:56.21 | 00:34.22 | 01:36.90 | 01:28.089 | 01:19.27 | 03:26.90 | 03:09.22 | 03:47.35 | 01:38.55 |
| 98.50\% | 00:39.18 | 01:48.68 | 01:39.30 | 01:30.78 | 00:46.06 | 01:56.33 | 00:34.26 | 01:37.00 | 01:28.178 | 01:19.35 | 03:27.11 | 03:09.41 | 03:47.58 | 01:38.65 |
| 98.40\% | 00:39.22 | 01:48.79 | 01:39.40 | 01:30.87 | 00:46.11 | 01:56.45 | 00:34.29 | 01:37.10 | 01:28.268 | 01:19.43 | 03:27.32 | 03:09.60 | 03:47.81 | 01:38.75 |
| 98.30\% | 00:39.26 | 01:48.90 | 01:39.50 | 01:30.96 | 00:46.16 | 01:56.57 | 00:34.32 | 01:37.20 | 01:28.357 | 01:19.51 | 03:27.53 | 03:09.79 | 03:48.04 | 01:38.85 |
| 98.20\% | 00:39.30 | 01:49.01 | 01:39.60 | 01:31.06 | 00:46.21 | 01:56.69 | 00:34.36 | 01:37.30 | 01:28.447 | 01:19.60 | 03:27.75 | 03:09.99 | 03:48.27 | 01:38.95 |
| 98.10\% | 00:39.34 | 01:49.12 | 01:39.70 | 01:31.15 | 00:46.25 | 01:56.81 | 00:34.39 | 01:37.39 | 01:28.538 | 01:19.68 | 03:27.96 | 03:10.18 | 03:48.50 | 01:39.05 |
| 98.00\% | 00:39.38 | 01:49.23 | 01:39.81 | 01:31.24 | 00:46.30 | 01:56.93 | 00:34.43 | 01:37.49 | 01:28.628 | 01:19.76 | 03:28.17 | 03:10.38 | 03:48.74 | 01:39.15 |
| 97.90\% | 00:39.42 | 01:49.34 | 01:39.91 | 01:31.34 | 00:46.35 | 01:57.04 | 00:34.46 | 01:37.59 | 01:28.718 | 01:19.84 | 03:28.38 | 03:10.57 | 03:48.97 | 01:39.25 |
| 97.80\% | 00:39.46 | 01:49.45 | 01:40.01 | 01:31.43 | 00:46.39 | 01:57.16 | 00:34.50 | 01:37.69 | 01:28.809 | 01:19.92 | 03:28.60 | 03:10.76 | 03:49.21 | 01:39.36 |
| 97.70\% | 00:39.50 | 01:49.57 | 01:40.11 | 01:31.52 | 00:46.44 | 01:57.28 | 00:34.54 | 01:37.79 | 01:28.900 | 01:20.00 | 03:28.81 | 03:10.96 | 03:49.44 | 01:39.46 |
| 97.60\% | 00:39.54 | 01:49.68 | 01:40.21 | 01:31.62 | 00:46.49 | 01:57.40 | 00:34.57 | 01:37.89 | 01:28.991 | 01:20.09 | 03:29.02 | 03:11.16 | 03:49.68 | 01:39.56 |
| 97.50\% | 00:39.58 | 01:49.79 | 01:40.32 | 01:31.71 | 00:46.54 | 01:57.52 | 00:34.61 | 01:37.99 | 01:29.082 | 01:20.17 | 03:29.24 | 03:11.35 | 03:49.91 | 01:39.66 |
| 97.40\% | 00:39.62 | 01:49.90 | 01:40.42 | 01:31.80 | 00:46.58 | 01:57.65 | 00:34.64 | 01:38.09 | 01:29.174 | 01:20.25 | 03:29.45 | 03:11.55 | 03:50.15 | 01:39.76 |
| 97.30\% | 00:39.66 | 01:50.02 | 01:40.52 | 01:31.90 | 00:46.63 | 01:57.77 | 00:34.68 | 01:38.20 | 01:29.266 | 01:20.33 | 03:29.67 | 03:11.74 | 03:50.38 | 01:39.87 |
| 97.20\% | 00:39.70 | 01:50.13 | 01:40.63 | 01:31.99 | 00:46.68 | 01:57.89 | 00:34.71 | 01:38.30 | 01:29.357 | 01:20.41 | 03:29.88 | 03:11.94 | 03:50.62 | 01:39.97 |
| 97.10\% | 00:39.74 | 01:50.24 | 01:40.73 | 01:32.09 | 00:46.73 | 01:58.01 | 00:34.75 | 01:38.40 | 01:29.449 | 01:20.50 | 03:30.10 | 03:12.14 | 03:50.86 | 01:40.07 |
| 97.00\% | 00:39.78 | 01:50.36 | 01:40.83 | 01:32.18 | 00:46.78 | 01:58.13 | 00:34.78 | 01:38.50 | 01:29.542 | 01:20.58 | 03:30.32 | 03:12.34 | 03:51.10 | 01:40.18 |
| 96.90\% | 00:39.82 | 01:50.47 | 01:40.94 | 01:32.28 | 00:46.83 | 01:58.25 | 00:34.82 | 01:38.60 | 01:29.634 | 01:20.66 | 03:30.53 | 03:12.54 | 03:51.33 | 01:40.28 |
| 96.80\% | 00:39.87 | 01:50.58 | 01:41.04 | 01:32.37 | 00:46.87 | 01:58.37 | 00:34.86 | 01:38.70 | 01:29.727 | 01:20.75 | 03:30.75 | 03:12.74 | 03:51.57 | 01:40.38 |
| 96.70\% | 00:39.91 | 01:50.70 | 01:41.15 | 01:32.47 | 00:46.92 | 01:58.50 | 00:34.89 | 01:38.80 | 01:29.819 | 01:20.83 | 03:30.97 | 03:12.93 | 03:51.81 | 01:40.49 |
| 96.60\% | 00:39.95 | 01:50.81 | 01:41.25 | 01:32.56 | 00:46.97 | 01:58.62 | 00:34.93 | 01:38.91 | 01:29.912 | 01:20.91 | 03:31.19 | 03:13.13 | 03:52.05 | 01:40.59 |
| 96.50\% | 00:39.99 | 01:50.93 | 01:41.36 | 01:32.66 | 00:47.02 | 01:58.74 | 00:34.96 | 01:39.01 | 01:30.006 | 01:21.00 | 03:31.41 | 03:13.33 | 03:52.29 | 01:40.69 |
| 96.40\% | 00:40.03 | 01:51.04 | 01:41.46 | 01:32.76 | 00:47.07 | 01:58.87 | 00:35.00 | 01:39.11 | 01:30.099 | 01:21.08 | 03:31.62 | 03:13.54 | 03:52.53 | 01:40.80 |
| 96.30\% | 00:40.07 | 01:51.16 | 01:41.57 | 01:32.85 | 00:47.12 | 01:58.99 | 00:35.04 | 01:39.22 | 01:30.193 | 01:21.17 | 03:31.84 | 03:13.74 | 03:52.78 | 01:40.90 |
| 96.20\% | 00:40.11 | 01:51.27 | 01:41.67 | 01:32.95 | 00:47.17 | 01:59.11 | 00:35.07 | 01:39.32 | 01:30.286 | 01:21.25 | 03:32.06 | 03:13.94 | 03:53.02 | 01:41.01 |
| 96.10\% | 00:40.16 | 01:51.39 | 01:41.78 | 01:33.05 | 00:47.21 | 01:59.24 | 00:35.11 | 01:39.42 | 01:30.380 | 01:21.34 | 03:32.29 | 03:14.14 | 03:53.26 | 01:41.11 |
| 96.00\% | 00:40.20 | 01:51.51 | 01:41.89 | 01:33.14 | 00:47.26 | 01:59.36 | 00:35.15 | 01:39.53 | 01:30.474 | 01:21.42 | 03:32.51 | 03:14.34 | 03:53.50 | 01:41.22 |
| 95.90\% | 00:40.24 | 01:51.62 | 01:41.99 | 01:33.24 | 00:47.31 | 01:59.49 | 00:35.18 | 01:39.63 | 01:30.569 | 01:21.50 | 03:32.73 | 03:14.54 | 03:53.75 | 01:41.32 |
| 95.80\% | 00:40.28 | 01:51.74 | 01:42.10 | 01:33.34 | 00:47.36 | 01:59.61 | 00:35.22 | 01:39.73 | 01:30.663 | 01:21.59 | 03:32.95 | 03:14.75 | 03:53.99 | 01:41.43 |
| 95.70\% | 00:40.32 | 01:51.86 | 01:42.20 | 01:33.44 | 00:47.41 | 01:59.74 | 00:35.26 | 01:39.84 | 01:30.758 | 01:21.68 | 03:33.17 | 03:14.95 | 03:54.23 | 01:41.54 |
| 95.60\% | 00:40.37 | 01:51.97 | 01:42.31 | 01:33.53 | 00:47.46 | 01:59.86 | 00:35.29 | 01:39.94 | 01:30.853 | 01:21.76 | 03:33.40 | 03:15.15 | 03:54.48 | 01:41.64 |
| 95.50\% | 00:40.41 | 01:52.09 | 01:42.42 | 01:33.63 | 00:47.51 | 01:59.99 | 00:35.33 | 01:40.05 | 01:30.948 | 01:21.85 | 03:33.62 | 03:15.36 | 03:54.73 | 01:41.75 |
| 95.40\% | 00:40.45 | 01:52.21 | 01:42.53 | 01:33.73 | 00:47.56 | 02:00.11 | 00:35.37 | 01:40.15 | 01:31.043 | 01:21.93 | 03:33.84 | 03:15.56 | 03:54.97 | 01:41.86 |
| 95.30\% | 00:40.49 | 01:52.33 | 01:42.63 | 01:33.83 | 00:47.61 | 02:00.24 | 00:35.41 | 01:40.26 | 01:31.139 | 01:22.02 | 03:34.07 | 03:15.77 | 03:55.22 | 01:41.96 |
| 95.20\% | 00:40.54 | 01:52.44 | 01:42.74 | 01:33.93 | 00:47.66 | 02:00.36 | 00:35.44 | 01:40.36 | 01:31.235 | 01:22.10 | 03:34.29 | 03:15.97 | 03:55.47 | 01:42.07 |
| 95.10\% | 00:40.58 | 01:52.56 | 01:42.85 | 01:34.02 | 00:47.71 | 02:00.49 | 00:35.48 | 01:40.47 | 01:31.331 | 01:22.19 | 03:34.52 | 03:16.18 | 03:55.71 | 01:42.18 |
| 95.00\% | 00:40.62 | 01:52.68 | 01:42.96 | 01:34.12 | 00:47.76 | 02:00.62 | 00:35.52 | 01:40.57 | 01:31.427 | 01:22.28 | 03:34.74 | 03:16.39 | 03:55.96 | 01:42.28 |
| 94.90\% | 00:40.66 | 01:52.80 | 01:43.07 | 01:34.22 | 00:47.81 | 02:00.74 | 00:35.55 | 01:40.68 | 01:31.523 | 01:22.36 | 03:34.97 | 03:16.59 | 03:56.21 | 01:42.39 |
| 94.80\% | 00:40.71 | 01:52.92 | 01:43.17 | 01:34.32 | 00:47.86 | 02:00.87 | 00:35.59 | 01:40.79 | 01:31.620 | 01:22.45 | 03:35.20 | 03:16.80 | 03:56.46 | 01:42.50 |
| 94.70\% | 00:40.75 | 01:53.04 | 01:43.28 | 01:34.42 | 00:47.91 | 02:01.00 | 00:35.63 | 01:40.89 | 01:31.716 | 01:22.54 | 03:35.42 | 03:17.01 | 03:56.71 | 01:42.61 |
| 94.60\% | 00:40.79 | 01:53.16 | 01:43.39 | 01:34.52 | 00:47.96 | 02:01.13 | 00:35.67 | 01:41.00 | 01:31.813 | 01:22.62 | 03:35.65 | 03:17.22 | 03:56.96 | 01:42.72 |
| 94.50\% | 00:40.84 | 01:53.28 | 01:43.50 | 01:34.62 | 00:48.01 | 02:01.26 | 00:35.70 | 01:41.10 | 01:31.910 | 01:22.71 | 03:35.88 | 03:17.43 | 03:57.21 | 01:42.83 |
| 94.40\% | 00:40.88 | 01:53.40 | 01:43.61 | 01:34.72 | 00:48.07 | 02:01.38 | 00:35.74 | 01:41.21 | 01:32.008 | 01:22.80 | 03:36.11 | 03:17.64 | 03:57.46 | 01:42.93 |
| 94.30\% | 00:40.92 | 01:53.52 | 01:43.72 | 01:34.82 | 00:48.12 | 02:01.51 | 00:35.78 | 01:41.32 | 01:32.105 | 01:22.89 | 03:36.34 | 03:17.84 | 03:57.71 | 01:43.04 |
| 94.20\% | 00:40.97 | 01:53.64 | 01:43.83 | 01:34.92 | 00:48.17 | 02:01.64 | 00:35.82 | 01:41.43 | 01:32.203 | 01:22.98 | 03:36.57 | 03:18.05 | 03:57.96 | 01:43.15 |
| 94.10\% | 00:41.01 | 01:53.76 | 01:43.94 | 01:35.02 | 00:48.22 | 02:01.77 | 00:35.86 | 01:41.53 | 01:32.301 | 01:23.06 | 03:36.80 | 03:18.27 | 03:58.22 | 01:43.26 |
| 94.00\% | 00:41.05 | 01:53.88 | 01:44.05 | 01:35.13 | 00:48.27 | 02:01.90 | 00:35.89 | 01:41.64 | 01:32.399 | 01:23.15 | 03:37.03 | 03:18.48 | 03:58.47 | 01:43.37 |
| 93.90\% | 00:41.10 | 01:54.00 | 01:44.16 | 01:35.23 | 00:48.32 | 02:02.03 | 00:35.93 | 01:41.75 | 01:32.498 | 01:23.24 | 03:37.26 | 03:18.69 | 03:58.73 | 01:43.48 |
| 93.80\% | 00:41.14 | 01:54.12 | 01:44.27 | 01:35.33 | 00:48.37 | 02:02.16 | 00:35.97 | 01:41.86 | 01:32.596 | 01:23.33 | 03:37.49 | 03:18.90 | 03:58.98 | 01:43.59 |
| 93.70\% | 00:41.18 | 01:54.24 | 01:44.39 | 01:35.43 | 00:48.42 | 02:02.29 | 00:36.01 | 01:41.97 | 01:32.695 | 01:23.42 | 03:37.72 | 03:19.11 | 03:59.23 | 01:43.70 |
| 93.60\% | 00:41.23 | 01:54.37 | 01:44.50 | 01:35.53 | 00:48.48 | 02:02.42 | 00:36.05 | 01:42.08 | 01:32.794 | 01:23.51 | 03:37.96 | 03:19.32 | 03:59.49 | 01:43.81 |
| 93.50\% | 00:41.27 | 01:54.49 | 01:44.61 | 01:35.63 | 00:48.53 | 02:02.55 | 00:36.09 | 01:42.19 | 01:32.893 | 01:23.60 | 03:38.19 | 03:19.54 | 03:59.75 | 01:43.93 |
| 93.40\% | 00:41.32 | 01:54.61 | 01:44.72 | 01:35.74 | 00:48.58 | 02:02.68 | 00:36.13 | 01:42.30 | 01:32.993 | 01:23.69 | 03:38.42 | 03:19.75 | 04:00.00 | 01:44.04 |
| 93.30\% | 00:41.36 | 01:54.73 | 01:44.83 | 01:35.84 | 00:48.63 | 02:02.82 | 00:36.16 | 01:42.41 | 01:33.093 | 01:23.78 | 03:38.66 | 03:19.97 | 04:00.26 | 01:44.15 |
| 93.20\% | 00:41.41 | 01:54.86 | 01:44.95 | 01:35.94 | 00:48.68 | 02:02.95 | 00:36.20 | 01:42.52 | 01:33.192 | 01:23.87 | 03:38.89 | 03:20.18 | 04:00.52 | 01:44.26 |
| 93.10\% | 00:41.45 | 01:54.98 | 01:45.06 | 01:36.04 | 00:48.74 | 02:03.08 | 00:36.24 | 01:42.63 | 01:33.293 | 01:23.96 | 03:39.13 | 03:20.40 | 04:00.78 | 01:44.37 |
| 93.00\% | 00:41.49 | 01:55.10 | 01:45.17 | 01:36.15 | 00:48.79 | 02:03.21 | 00:36.28 | 01:42.74 | 01:33.393 | 01:24.05 | 03:39.36 | 03:20.61 | 04:01.04 | 01:44.48 |
| 92.90\% | 00:41.54 | 01:55.23 | 01:45.29 | 01:36.25 | 00:48.84 | 02:03.34 | 00:36.32 | 01:42.85 | 01:33.493 | 01:24.14 | 03:39.60 | 03:20.83 | 04:01.29 | 01:44.60 |
| 92.80\% | 00:41.58 | 01:55.35 | 01:45.40 | 01:36.36 | 00:48.89 | 02:03.48 | 00:36.36 | 01:42.96 | 01:33.594 | 01:24.23 | 03:39.83 | 03:21.04 | 04:01.55 | 01:44.71 |
| 92.70\% | 00:41.63 | 01:55.48 | 01:45.51 | 01:36.46 | 00:48.95 | 02:03.61 | 00:36.40 | 01:43.07 | 01:33.695 | 01:24.32 | 03:40.07 | 03:21.26 | 04:01.82 | 01:44.82 |
| 92.60\% | 00:41.67 | 01:55.60 | 01:45.63 | 01:36.56 | 00:49.00 | 02:03.74 | 00:36.44 | 01:43.18 | 01:33.796 | 01:24.41 | 03:40.31 | 03:21.48 | 04:02.08 | 01:44.94 |
| 92.50\% | 00:41.72 | 01:55.73 | 01:45.74 | 01:36.67 | 00:49.05 | 02:03.88 | 00:36.48 | 01:43.29 | 01:33.898 | 01:24.50 | 03:40.55 | 03:21.69 | 04:02.34 | 01:45.05 |
| 92.40\% | 00:41.76 | 01:55.85 | 01:45.85 | 01:36.77 | 00:49.11 | 02:04.01 | 00:36.52 | 01:43.40 | 01:33.999 | 01:24.59 | 03:40.79 | 03:21.91 | 04:02.60 | 01:45.16 |
| 92.30\% | 00:41.81 | 01:55.98 | 01:45.97 | 01:36.88 | 00:49.16 | 02:04.15 | 00:36.56 | 01:43.51 | 01:34.101 | 01:24.68 | 03:41.03 | 03:22.13 | 04:02.86 | 01:45.28 |
| 92.20\% | 00:41.85 | 01:56.10 | 01:46.08 | 01:36.98 | 00:49.21 | 02:04.28 | 00:36.60 | 01:43.63 | 01:34.203 | 01:24.78 | 03:41.27 | 03:22.35 | 04:03.13 | 01:45.39 |
| 92.10\% | 00:41.90 | 01:56.23 | 01:46.20 | 01:37.09 | 00:49.27 | 02:04.42 | 00:36.64 | 01:43.74 | 01:34.306 | 01:24.87 | 03:41.51 | 03:22.57 | 04:03.39 | 01:45.50 |
| 92.00\% | 00:41.95 | 01:56.35 | 01:46.31 | 01:37.19 | 00:49.32 | 02:04.55 | 00:36.68 | 01:43.85 | 01:34.408 | 01:24.96 | 03:41.75 | 03:22.79 | 04:03.66 | 01:45.62 |
| 91.90\% | 00:41.99 | 01:56.48 | 01:46.43 | 01:37.30 | 00:49.37 | 02:04.69 | 00:36.72 | 01:43.97 | 01:34.511 | 01:25.05 | 03:41.99 | 03:23.01 | 04:03.92 | 01:45.73 |
| 91.80\% | 00:42.04 | 01:56.61 | 01:46.55 | 01:37.40 | 00:49.43 | 02:04.82 | 00:36.76 | 01:44.08 | 01:34.614 | 01:25.14 | 03:42.23 | 03:23.23 | 04:04.19 | 01:45.85 |
| 91.70\% | 00:42.08 | 01:56.74 | 01:46.66 | 01:37.51 | 00:49.48 | 02:04.96 | 00:36.80 | 01:44.19 | 01:34.717 | 01:25.24 | 03:42.47 | 03:23.45 | 04:04.45 | 01:45.97 |


| PERFORMANCE PROGNOSTIC CHART |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| WOMEN |  |  |  |  |  |  | MEN |  |  |  |  |  |  |  |
| $\begin{gathered} \text { \% Prognostic } \\ \text { Speed } \\ \hline \end{gathered}$ | WK1 200 | WK1 500 | WK2 500 | WK4 500 | WC1 200 | WC2 500 | MK1 200 | MK1 500 | MK2 500 | MK4 500 | MK1 1000 | MK2 1000 | MC1 1000 | MC2 500 |
| 100\% | 00:38.59 | 01:47.05 | 01:37.81 | 01:29.42 | 00:45.37 | 01:54.59 | 00:33.74 | 01:35.54 | 01:26.86 | 01:18.16 | 03:24.01 | 03:06.57 | 03:44.16 | 01:37.17 |
| 91.60\% | 00:42.13 | 01:56.86 | 01:46.78 | 01:37.62 | 00:49.53 | 02:05.09 | 00:36.84 | 01:44.31 | 01:34.820 | 01:25.33 | 03:42.71 | 03:23.68 | 04:04.72 | 01:46.08 |
| 91.50\% | 00:42.17 | 01:56.99 | 01:46.90 | 01:37.72 | 00:49.59 | 02:05.23 | 00:36.88 | 01:44.42 | 01:34.924 | 01:25.42 | 03:42.96 | 03:23.90 | 04:04.99 | 01:46.20 |
| 91.40\% | 00:42.22 | 01:57.12 | 01:47.01 | 01:37.83 | 00:49.64 | 02:05.37 | 00:36.92 | 01:44.53 | 01:35.028 | 01:25.52 | 03:43.20 | 03:24.12 | 04:05.25 | 01:46.31 |
| 91.30\% | 00:42.27 | 01:57.25 | 01:47.13 | 01:37.94 | 00:49.70 | 02:05.51 | 00:36.96 | 01:44.65 | 01:35.132 | 01:25.61 | 03:43.45 | 03:24.35 | 04:05.52 | 01:46.43 |
| 91.20\% | 00:42.31 | 01:57.38 | 01:47.25 | 01:38.05 | 00:49.75 | 02:05.64 | 00:37.00 | 01:44.76 | 01:35.236 | 01:25.71 | 03:43.69 | 03:24.57 | 04:05.79 | 01:46.55 |
| 91.10\% | 00:42.36 | 01:57.50 | 01:47.37 | 01:38.15 | 00:49.81 | 02:05.78 | 00:37.04 | 01:44.88 | 01:35.341 | 01:25.80 | 03:43.94 | 03:24.79 | 04:06.06 | 01:46.66 |
| 91.00\% | 00:42.41 | 01:57.63 | 01:47.48 | 01:38.26 | 00:49.86 | 02:05.92 | 00:37.08 | 01:44.99 | 01:35.445 | 01:25.89 | 03:44.18 | 03:25.02 | 04:06.33 | 01:46.78 |
| 90.90\% | 00:42.45 | 01:57.76 | 01:47.60 | 01:38.37 | 00:49.92 | 02:06.06 | 00:37.12 | 01:45.11 | 01:35.550 | 01:25.99 | 03:44.43 | 03:25.25 | 04:06.60 | 01:46.90 |
| 90.80\% | 00:42.50 | 01:57.89 | 01:47.72 | 01:38.48 | 00:49.97 | 02:06.20 | 00:37.16 | 01:45.22 | 01:35.656 | 01:26.08 | 03:44.68 | 03:25.47 | 04:06.88 | 01:47.02 |
| 90.70\% | 00:42.55 | 01:58.02 | 01:47.84 | 01:38.59 | 00:50.03 | 02:06.34 | 00:37.20 | 01:45.34 | 01:35.761 | 01:26.18 | 03:44.92 | 03:25.70 | 04:07.15 | 01:47.13 |
| 90.60\% | 00:42.59 | 01:58.15 | 01:47.96 | 01:38.69 | 00:50.08 | 02:06.48 | 00:37.24 | 01:45.46 | 01:35.867 | 01:26.27 | 03:45.17 | 03:25.92 | 04:07.42 | 01:47.25 |
| 90.50\% | 00:42.64 | 01:58.28 | 01:48.08 | 01:38.80 | 00:50.14 | 02:06.62 | 00:37.28 | 01:45.57 | 01:35.973 | 01:26.37 | 03:45.42 | 03:26.15 | 04:07.69 | 01:47.37 |
| 90.40\% | 00:42.69 | 01:58.41 | 01:48.20 | 01:38.91 | 00:50.19 | 02:06.76 | 00:37.32 | 01:45.69 | 01:36.079 | 01:26.46 | 03:45.67 | 03:26.38 | 04:07.97 | 01:47.49 |
| 90.30\% | 00:42.74 | 01:58.55 | 01:48.32 | 01:39.02 | 00:50.25 | 02:06.90 | 00:37.37 | 01:45.81 | 01:36.185 | 01:26.56 | 03:45.92 | 03:26.61 | 04:08.24 | 01:47.61 |
| 90.20\% | 00:42.78 | 01:58.68 | 01:48.44 | 01:39.13 | 00:50.30 | 02:07.04 | 00:37.41 | 01:45.92 | 01:36.292 | 01:26.66 | 03:46.17 | 03:26.84 | 04:08.52 | 01:47.73 |
| 90.10\% | 00:42.83 | 01:58.81 | 01:48.56 | 01:39.24 | 00:50.36 | 02:07.18 | 00:37.45 | 01:46.04 | 01:36.399 | 01:26.75 | 03:46.42 | 03:27.07 | 04:08.79 | 01:47.85 |
| 90.00\% | 00:42.88 | 01:58.94 | 01:48.68 | 01:39.35 | 00:50.42 | 02:07.32 | 00:37.49 | 01:46.16 | 01:36.506 | 01:26.85 | 03:46.67 | 03:27.30 | 04:09.07 | 01:47.97 |
| 89.90\% | 00:42.93 | 01:59.07 | 01:48.80 | 01:39.46 | 00:50.47 | 02:07.46 | 00:37.53 | 01:46.28 | 01:36.613 | 01:26.94 | 03:46.93 | 03:27.53 | 04:09.35 | 01:48.09 |
| 89.80\% | 00:42.97 | 01:59.21 | 01:48.92 | 01:39.57 | 00:50.53 | 02:07.60 | 00:37.57 | 01:46.40 | 01:36.721 | 01:27.04 | 03:47.18 | 03:27.76 | 04:09.62 | 01:48.21 |
| 89.70\% | 00:43.02 | 01:59.34 | 01:49.04 | 01:39.69 | 00:50.58 | 02:07.74 | 00:37.62 | 01:46.52 | 01:36.829 | 01:27.14 | 03:47.43 | 03:27.99 | 04:09.90 | 01:48.33 |
| 89.60\% | 00:43.07 | 01:59.47 | 01:49.16 | 01:39.80 | 00:50.64 | 02:07.89 | 00:37.66 | 01:46.63 | 01:36.937 | 01:27.24 | 03:47.69 | 03:28.22 | 04:10.18 | 01:48.45 |
| 89.50\% | 00:43.12 | 01:59.60 | 01:49.28 | 01:39.91 | 00:50.70 | 02:08.03 | 00:37.70 | 01:46.75 | 01:37.045 | 01:27.33 | 03:47.94 | 03:28.46 | 04:10.46 | 01:48.57 |
| 89.40\% | 00:43.17 | 01:59.74 | 01:49.41 | 01:40.02 | 00:50.75 | 02:08.17 | 00:37.74 | 01:46.87 | 01:37.154 | 01:27.43 | 03:48.20 | 03:28.69 | 04:10.74 | 01:48.69 |
| 89.30\% | 00:43.21 | 01:59.87 | 01:49.53 | 01:40.13 | 00:50.81 | 02:08.32 | 00:37.78 | 01:46.99 | 01:37.262 | 01:27.53 | 03:48.45 | 03:28.92 | 04:11.02 | 01:48.81 |
| 89.20\% | 00:43.26 | 02:00.01 | 01:49.65 | 01:40.24 | 00:50.87 | 02:08.46 | 00:37.83 | 01:47.11 | 01:37.372 | 01:27.63 | 03:48.71 | 03:29.16 | 04:11.30 | 01:48.93 |
| 89.10\% | 00:43.31 | 02:00.14 | 01:49.78 | 01:40.36 | 00:50.92 | 02:08.60 | 00:37.87 | 01:47.23 | 01:37.481 | 01:27.73 | 03:48.96 | 03:29.39 | 04:11.59 | 01:49.06 |
| 89.00\% | 00:43.36 | 02:00.28 | 01:49.90 | 01:40.47 | 00:50.98 | 02:08.75 | 00:37.91 | 01:47.35 | 01:37.590 | 01:27.82 | 03:49.22 | 03:29.63 | 04:11.87 | 01:49.18 |
| 88.90\% | 00:43.41 | 02:00.41 | 01:50.02 | 01:40.58 | 00:51.04 | 02:08.89 | 00:37.95 | 01:47.47 | 01:37.700 | 01:27.92 | 03:49.48 | 03:29.86 | 04:12.15 | 01:49.30 |
| 88.80\% | 00:43.46 | 02:00.55 | 01:50.15 | 01:40.70 | 00:51.10 | 02:09.04 | 00:38.00 | 01:47.59 | 01:37.810 | 01:28.02 | 03:49.74 | 03:30.10 | 04:12.44 | 01:49.43 |
| 88.70\% | 00:43.51 | 02:00.68 | 01:50.27 | 01:40.81 | 00:51.15 | 02:09.18 | 00:38.04 | 01:47.72 | 01:37.920 | 01:28.12 | 03:50.00 | 03:30.34 | 04:12.72 | 01:49.55 |
| 88.60\% | 00:43.56 | 02:00.82 | 01:50.39 | 01:40.92 | 00:51.21 | 02:09.33 | 00:38.08 | 01:47.84 | 01:38.031 | 01:28.22 | 03:50.26 | 03:30.57 | 04:13.01 | 01:49.67 |
| 88.50\% | 00:43.60 | 02:00.96 | 01:50.52 | 01:41.04 | 00:51.27 | 02:09.48 | 00:38.13 | 01:47.96 | 01:38.142 | 01:28.32 | 03:50.52 | 03:30.81 | 04:13.29 | 01:49.80 |
| 88.40\% | 00:43.65 | 02:01.09 | 01:50.64 | 01:41.15 | 00:51.33 | 02:09.62 | 00:38.17 | 01:48.08 | 01:38.253 | 01:28.42 | 03:50.78 | 03:31.05 | 04:13.58 | 01:49.92 |
| 88.30\% | 00:43.70 | 02:01.23 | 01:50.77 | 01:41.27 | 00:51.39 | 02:09.77 | 00:38.21 | 01:48.20 | 01:38.364 | 01:28.52 | 03:51.04 | 03:31.29 | 04:13.87 | 01:50.05 |
| 88.20\% | 00:43.75 | 02:01.37 | 01:50.90 | 01:41.38 | 00:51.44 | 02:09.92 | 00:38.26 | 01:48.33 | 01:38.476 | 01:28.62 | 03:51.30 | 03:31.53 | 04:14.15 | 01:50.17 |
| 88.10\% | 00:43.80 | 02:01.51 | 01:51.02 | 01:41.50 | 00:51.50 | 02:10.06 | 00:38.30 | 01:48.45 | 01:38.587 | 01:28.72 | 03:51.56 | 03:31.77 | 04:14.44 | 01:50.30 |
| 88.00\% | 00:43.85 | 02:01.64 | 01:51.15 | 01:41.61 | 00:51.56 | 02:10.21 | 00:38.34 | 01:48.57 | 01:38.699 | 01:28.82 | 03:51.83 | 03:32.01 | 04:14.73 | 01:50.42 |
| 87.90\% | 00:43.90 | 02:01.78 | 01:51.27 | 01:41.73 | 00:51.62 | 02:10.36 | 00:38.39 | 01:48.70 | 01:38.812 | 01:28.92 | 03:52.09 | 03:32.25 | 04:15.02 | 01:50.55 |
| 87.80\% | 00:43.95 | 02:01.92 | 01:51.40 | 01:41.84 | 00:51.68 | 02:10.51 | 00:38.43 | 01:48.82 | 01:38.924 | 01:29.02 | 03:52.35 | 03:32.49 | 04:15.31 | 01:50.67 |
| 87.70\% | 00:44.00 | 02:02.06 | 01:51.53 | 01:41.96 | 00:51.74 | 02:10.66 | 00:38.47 | 01:48.94 | 01:39.037 | 01:29.13 | 03:52.62 | 03:32.73 | 04:15.60 | 01:50.80 |
| 87.60\% | 00:44.05 | 02:02.20 | 01:51.66 | 01:42.07 | 00:51.80 | 02:10.81 | 00:38.52 | 01:49.07 | 01:39.150 | 01:29.23 | 03:52.88 | 03:32.98 | 04:15.89 | 01:50.92 |
| 87.50\% | 00:44.10 | 02:02.34 | 01:51.78 | 01:42.19 | 00:51.86 | 02:10.96 | 00:38.56 | 01:49.19 | 01:39.263 | 01:29.33 | 03:53.15 | 03:33.22 | 04:16.19 | 01:51.05 |
| 87.40\% | 00:44.15 | 02:02.48 | 01:51.91 | 01:42.31 | 00:51.91 | 02:11.11 | 00:38.61 | 01:49.32 | 01:39.377 | 01:29.43 | 03:53.42 | 03:33.46 | 04:16.48 | 01:51.18 |
| 87.30\% | 00:44.20 | 02:02.62 | 01:52.04 | 01:42.43 | 00:51.97 | 02:11.26 | 00:38.65 | 01:49.44 | 01:39.491 | 01:29.53 | 03:53.68 | 03:33.71 | 04:16.77 | 01:51.31 |
| 87.20\% | 00:44.25 | 02:02.76 | 01:52.17 | 01:42.54 | 00:52.03 | 02:11.41 | 00:38.69 | 01:49.57 | 01:39.605 | 01:29.64 | 03:53.95 | 03:33.95 | 04:17.07 | 01:51.43 |
| 87.10\% | 00:44.31 | 02:02.90 | 01:52.30 | 01:42.66 | 00:52.09 | 02:11.56 | 00:38.74 | 01:49.69 | 01:39.719 | 01:29.74 | 03:54.22 | 03:34.20 | 04:17.36 | 01:51.56 |
| 87.00\% | 00:44.36 | 02:03.04 | 01:52.43 | 01:42.78 | 00:52.15 | 02:11.71 | 00:38.78 | 01:49.82 | 01:39.834 | 01:29.84 | 03:54.49 | 03:34.45 | 04:17.66 | 01:51.69 |
| 86.90\% | 00:44.41 | 02:03.18 | 01:52.55 | 01:42.90 | 00:52.21 | 02:11.86 | 00:38.83 | 01:49.95 | 01:39.949 | 01:29.95 | 03:54.76 | 03:34.69 | 04:17.95 | 01:51.82 |
| 86.80\% | 00:44.46 | 02:03.33 | 01:52.68 | 01:43.02 | 00:52.27 | 02:12.01 | 00:38.87 | 01:50.07 | 01:40.064 | 01:30.05 | 03:55.03 | 03:34.94 | 04:18.25 | 01:51.95 |
| 86.70\% | 00:44.51 | 02:03.47 | 01:52.81 | 01:43.13 | 00:52.33 | 02:12.16 | 00:38.92 | 01:50.20 | 01:40.179 | 01:30.15 | 03:55.30 | 03:35.19 | 04:18.55 | 01:52.08 |
| 86.60\% | 00:44.56 | 02:03.61 | 01:52.94 | 01:43.25 | 00:52.39 | 02:12.32 | 00:38.96 | 01:50.33 | 01:40.295 | 01:30.26 | 03:55.57 | 03:35.44 | 04:18.85 | 01:52.21 |
| 86.50\% | 00:44.61 | 02:03.75 | 01:53.07 | 01:43.37 | 00:52.46 | 02:12.47 | 00:39.01 | 01:50.46 | 01:40.411 | 01:30.36 | 03:55.85 | 03:35.69 | 04:19.15 | 01:52.34 |
| 86.40\% | 00:44.66 | 02:03.90 | 01:53.21 | 01:43.49 | 00:52.52 | 02:12.62 | 00:39.05 | 01:50.58 | 01:40.527 | 01:30.47 | 03:56.12 | 03:35.93 | 04:19.45 | 01:52.47 |
| 86.30\% | 00:44.72 | 02:04.04 | 01:53.34 | 01:43.61 | 00:52.58 | 02:12.78 | 00:39.10 | 01:50.71 | 01:40.644 | 01:30.57 | 03:56.39 | 03:36.19 | 04:19.75 | 01:52.60 |
| 86.20\% | 00:44.77 | 02:04.18 | 01:53.47 | 01:43.73 | 00:52.64 | 02:12.93 | 00:39.14 | 01:50.84 | 01:40.760 | 01:30.68 | 03:56.67 | 03:36.44 | 04:20.05 | 01:52.73 |
| 86.10\% | 00:44.82 | 02:04.33 | 01:53.60 | 01:43.85 | 00:52.70 | 02:13.09 | 00:39.19 | 01:50.97 | 01:40.877 | 01:30.78 | 03:56.94 | 03:36.69 | 04:20.35 | 01:52.86 |
| 86.00\% | 00:44.87 | 02:04.47 | 01:53.73 | 01:43.97 | 00:52.76 | 02:13.24 | 00:39.23 | 01:51.10 | 01:40.995 | 01:30.89 | 03:57.22 | 03:36.94 | 04:20.65 | 01:52.99 |
| 85.90\% | 00:44.92 | 02:04.62 | 01:53.86 | 01:44.09 | 00:52.82 | 02:13.40 | 00:39.28 | 01:51.23 | 01:41.112 | 01:30.99 | 03:57.49 | 03:37.19 | 04:20.96 | 01:53.12 |
| 85.80\% | 00:44.98 | 02:04.76 | 01:54.00 | 01:44.22 | 00:52.88 | 02:13.55 | 00:39.33 | 01:51.36 | 01:41.230 | 01:31.10 | 03:57.77 | 03:37.44 | 04:21.26 | 01:53.25 |
| 85.70\% | 00:45.03 | 02:04.91 | 01:54.13 | 01:44.34 | 00:52.94 | 02:13.71 | 00:39.37 | 01:51.49 | 01:41.348 | 01:31.21 | 03:58.05 | 03:37.70 | 04:21.57 | 01:53.38 |
| 85.60\% | 00:45.08 | 02:05.05 | 01:54.26 | 01:44.46 | 00:53.01 | 02:13.86 | 00:39.42 | 01:51.62 | 01:41.467 | 01:31.31 | 03:58.33 | 03:37.95 | 04:21.87 | 01:53.52 |
| 85.50\% | 00:45.13 | 02:05.20 | 01:54.40 | 01:44.58 | 00:53.07 | 02:14.02 | 00:39.46 | 01:51.75 | 01:41.585 | 01:31.42 | 03:58.60 | 03:38.21 | 04:22.18 | 01:53.65 |
| 85.40\% | 00:45.19 | 02:05.35 | 01:54.53 | 01:44.70 | 00:53.13 | 02:14.18 | 00:39.51 | 01:51.88 | 01:41.704 | 01:31.53 | 03:58.88 | 03:38.46 | 04:22.49 | 01:53.78 |
| 85.30\% | 00:45.24 | 02:05.49 | 01:54.67 | 01:44.83 | 00:53.19 | 02:14.33 | 00:39.56 | 01:52.01 | 01:41.823 | 01:31.63 | 03:59.16 | 03:38.72 | 04:22.79 | 01:53.92 |
| 85.20\% | 00:45.29 | 02:05.64 | 01:54.80 | 01:44.95 | 00:53.26 | 02:14.49 | 00:39.60 | 01:52.14 | 01:41.943 | 01:31.74 | 03:59.44 | 03:38.98 | 04:23.10 | 01:54.05 |
| 85.10\% | 00:45.35 | 02:05.79 | 01:54.94 | 01:45.07 | 00:53.32 | 02:14.65 | 00:39.65 | 01:52.27 | 01:42.063 | 01:31.85 | 03:59.73 | 03:39.23 | 04:23.41 | 01:54.18 |
| 85.00\% | 00:45.40 | 02:05.94 | 01:55.07 | 01:45.20 | 00:53.38 | 02:14.81 | 00:39.70 | 01:52.40 | 01:42.183 | 01:31.96 | 04:00.01 | 03:39.49 | 04:23.72 | 01:54.32 |

