| opening | ronde 1 | ronde 2 | ronde 3 | ronde 4 | ronde 5 | ronde 6 | ronde 7 | ronde 8 | ronde 9 | ronde 10 | ronde 11 | ronde 12 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 200 | 600 | 1000 | 1400 | 1800 | 2200 | 2600 | 3000 | 3400 | 3800 | 4200 | 4600 | 5000 |
| 19,0 | 30,5 | 30,5 | 31,0 | 31,0 | 31,5 | 31,5 | 32,0 | 32,0 | 32,0 | 32,5 | 32,5 | 33,0 |
| 00:19,0 | 00:49,0 | 01:20,0 | 01:51,0 | 02:22,0 | 02:53,5 | 03:25,0 | 03:57,0 | 04:29,0 | 05:01,0 | 05:33,5 | 06:06,0 | 06:39,0 |
| 19,0 | 31,0 | 31,0 | 31,5 | 31,5 | 32,0 | 32,0 | 32,0 | 32,5 | 32,5 | 33,0 | 33,0 | 33,0 |
| 00:19,0 | 00:50,0 | 01:21,0 | 01:52,5 | 02:24,0 | 02:56,0 | 03:28,0 | 04:00,0 | 04:33,0 | 05:05,5 | 05:38,5 | 06:11,5 | 06:44,0 |
| 19,0 | 31,5 | 31,5 | 32,0 | 32,0 | 32,5 | 32,5 | 33,0 | 33,0 | 33,0 | 33,5 | 33,5 | 34,0 |
| 00:19,0 | 00:50,5 | 01:22,0 | 01:54,0 | 02:26,0 | 02:58,5 | 03:31,0 | 04:04,0 | 04:37,0 | 05:10,0 | 05:43,5 | 06:17,0 | 06:51,0 |
| 19,5 | 32,0 | 32,0 | 32,5 | 32,5 | 33,0 | 33,0 | 33,5 | 33,5 | 33,5 | 34,0 | 34,0 | 34,0 |
| 00:19,5 | 00:51,5 | 01:23,5 | 01:56,0 | 02:28,5 | 03:01,5 | 03:34,5 | 04:08,0 | 04:41,5 | 05:15,0 | 05:49,0 | 06:23,0 | 06:57,0 |
| 19,5 | 32,5 | 32,5 | 33,0 | 33,0 | 33,5 | 33,5 | 33,5 | 34,0 | 34,0 | 34,5 | 34,5 | 35,0 |
| 00:19,5 | 00:52,0 | 01:24,5 | 01:57,5 | 02:30,5 | 03:04,0 | 03:37,5 | 04:11,0 | 04:45,5 | 05:19,5 | 05:54,0 | 06:28,5 | 07:03,0 |
| 20,0 | 33,0 | 33,0 | 33,5 | 33,5 | 33,5 | 34,0 | 34,5 | 34,5 | 34,5 | 35,0 | 35,0 | 35,0 |
| 00:20,0 | 00:53,0 | 01:26,0 | 01:59,5 | 02:33,0 | 03:07,0 | 03:41,0 | 04:15,0 | 04:50,0 | 05:24,5 | 05:59,5 | 06:34,5 | 07:09,0 |
| 20,0 | 33,5 | 33,5 | 34,0 | 34,0 | 34,5 | 34,5 | 35,0 | 35,0 | 35,0 | 35,5 | 35,5 | 36,0 |
| 00:20,0 | 00:53,5 | 01:27,0 | 02:01,0 | 02:35,0 | 03:09,5 | 03:44,0 | 04:19,0 | 04:54,0 | 05:29,0 | 06:04,5 | 06:40,0 | 07:16,0 |
| 20,0 | 34,0 | 34,0 | 34,5 | 34,5 | 35,0 | 35,0 | 36,0 | 35,5 | 35,5 | 36,0 | 36,0 | 36,0 |
| 00:20,0 | 00:54,0 | 01:28,0 | 02:02,5 | 02:37,0 | 03:12,0 | 03:47,0 | 04:23,0 | 04:58,0 | 05:33,5 | 06:09,5 | 06:45,5 | 07:22,0 |
| 20,5 | 34,5 | 34,5 | 35,0 | 35,0 | 35,5 | 35,5 | 35,5 | 36,0 | 36,0 | 36,5 | 36,5 | 37,0 |
| 00:20,5 | 00:55,0 | 01:29,5 | 02:04,5 | 02:39,5 | 03:15,0 | 03:50,5 | 04:26,0 | 05:02,5 | 05:38,5 | 06:15,0 | 06:51,5 | 07:28,0 |
| 20,5 | 35,0 | 35,0 | 35,5 | 35,5 | 36,0 | 36,0 | 36,5 | 36,5 | 36,5 | 37,0 | 37,0 | 37,0 |
| 00:20,5 | 00:55,5 | 01:30,5 | 02:06,0 | 02:41,5 | 03:17,5 | 03:53,5 | 04:30,0 | 05:06,5 | 05:43,0 | 06:20,0 | 06:57,0 | 07:34,0 |
| 21,0 | 35,5 | 35,5 | 36,0 | 36,0 | 36,5 | 36,5 | 37,0 | 37,0 | 37,0 | 37,5 | 37,5 | 38,0 |
| 00:21,0 | 00:56,5 | 01:32,0 | 02:08,0 | 02:44,0 | 03:20,5 | 03:57,0 | 04:34,0 | 05:11,0 | 05:48,0 | 06:25,5 | 07:03,0 | 07:41,0 |
| 21,0 | 36,0 | 36,0 | 36,5 | 36,5 | 37,0 | 37,0 | 37,0 | 37,5 | 37,5 | 38,0 | 38,0 | 38,0 |
| 00:21,0 | 00:57,0 | 01:33,0 | 02:09,5 | 02:46,0 | 03:23,0 | 04:00,0 | 04:37,0 | 05:15,0 | 05:52,5 | 06:30,5 | 07:08,5 | 07:46,0 |
| 21,0 | 36,5 | 36,5 | 37,0 | 37,0 | 37,5 | 37,5 | 38,0 | 38,0 | 38,0 | 38,5 | 38,5 | 39,0 |
| 00:21,0 | 00:57,5 | 01:34,0 | 02:11,0 | 02:48,0 | 03:25,5 | 04:03,0 | 04:41,0 | 05:19,0 | 05:57,0 | 06:35,5 | 07:14,0 | 07:53,0 |
| 21,5 | 37,0 | 37,0 | 37,5 | 37,5 | 38,0 | 38,0 | 38,5 | 38,5 | 38,5 | 39,0 | 39,0 | 39,0 |
| 00:21,5 | 00:58,5 | 01:35,5 | 02:13,0 | 02:50,5 | 03:28,5 | 04:06,5 | 04:45,0 | 05:23,5 | 06:02,0 | 06:41,0 | 07:20,0 | 07:59,0 |
| 22,0 | 37,5 | 37,5 | 38,0 | 38,0 | 38,5 | 38,5 | 39,0 | 39,0 | 39,0 | 39,5 | 39,5 | 40,0 |
| 00:22,0 | 00:59,5 | 01:37,0 | 02:15,0 | 02:53,0 | 03:31,5 | 04:10,0 | 04:49,0 | 05:28,0 | 06:07,0 | 06:46,5 | 07:26,0 | 08:06,0 |
| 22,0 | 38,0 | 38,0 | 38,5 | 38,5 | 39,0 | 39,0 | 39,0 | 39,5 | 39,5 | 40,0 | 40,0 | 40,0 |
| 00:22,0 | 01:00,0 | 01:38,0 | 02:16,5 | 02:55,0 | 03:34,0 | 04:13,0 | 04:52,0 | 05:32,0 | 06:11,5 | 06:51,5 | 07:31,5 | 08:11,0 |
| 22,5 | 38,5 | 38,5 | 39,0 | 39,0 | 39,5 | 39,5 | 39,5 | 40,0 | 40,0 | 40,5 | 40,5 | 41,0 |

