

# World / American / Hayward Field Pre Meet / U of O

## Track and Field Records Updated

6-2025

### Men

#### 100 Meters

World 9:58 Usain Bolt, Jamaica, 2009  
American 9:69 Tyson Gay 2009  
Hayward Field 9:76 Fred Kerley USA 2022  
Prefontaine Classic 9:80 Steve Mullings Jamaica 2011  
U of O 9:86 Micah Williams 2022

#### 200 Meters

World 19:19 Usain Bolt Jamaica 2009  
American 19:31 Noah Lyles 2022  
Hayward Field 19:31 Noah Lyles 2022 USA  
Prefontaine Classic 19:52 Noah Lyles 2021 USA  
U of O 19:93 Cravon Gillespie 2019

#### 400 Meters

World 43:03 Wayde Van Niekerk 2016  
American 43:18 Michael Johnson 1999  
Hayward Field 43:56 Michael Norman USA, 2022  
Prefontaine Classic 43:60 Michael Norman USA, 2022  
U of O 44:75 Mike Berry 2011

#### 800 Meters

World 1:40.91 David Rudisha 2012  
American 1:41:67 Bryce Hoppel 2024  
Hayward Field 1:42.16 Donovan Brazier 2025  
Prefontaine Classic 1:42.80 Emmanuel Wanyoni Kenya 2023  
U of O 1:41.77 Joaquim Cruz 1984

#### 1500 Meters

World 3:26.00 Hicham El Guerrouj, Morocco, 1998  
American 3:27:40 Bernard Lagat 2004  
Hayward Field 3:28:76 Jakob Ingerbrigtsen Nor 2023 US  
Prefontaine Classic 3:28.76 Jakob Ingerbrigtsen Nor 2023  
U of O 3:31.40 Cole Hocker 2021

#### Mile

World 3:43.13 Hicham El Guerrouj, Morocco , 1999  
American 3:43.97 Yared Nuguse 2023  
Hayward Field 3:43.73 Jakob Ingerbrigtsen Nor 2023  
Prefontaine Classic 3:43:73 Jakob Ingerbrigtsen Nor 2023 US all comers  
U of O 3:50.39 Cooper Tear 2021 i

#### 3000 Meters

World 7:17:55 Jakob Ingerbrigtsen 2024 Nor.  
American 7:25.47 Grant Fisher 2023  
Hayward Field 7:23.63 Jakob Ingerbrigtsen Nor. 2023 U.S. All comers  
Prefontaine Classic 7:23.63 Jakob Ingerbrigtsen Nor. 2023 U.S. All comers  
U of O 7:40.51 Edward Cheserek 2016 i

#### Steeplechase

World 7:52:11 Lamecha Girma Ethiopia 2023  
American 8:00.45 Evan Jager 2015  
Hayward Field 8:01.71 Ezekiel Kemboi Kenya 2015  
Prefontaine Classic 8:01.71 Ezekiel Kemboi Kenya 2015  
U of O 8:20.97 Ken Martin 1980

#### Two-mile

World Best 7:54.10 Jakob Ingebrigtsen Norway 2023  
American Best 8:07.07 Matt Tegenkamp, 2007  
Hayward Field 8:03.50 Craig Mottram, Australia, 2007  
Prefontaine Classic 8:03.50 Craig Mottram, Australia, 2007

### Women

#### 100 Meters

World 10:49 Florence Griffith-Joyner, USA, 1988  
American 10:49 Florence Griffith-Joyner, 1988  
Hayward Field 10:54 Elaine Thompson-Herah Jam. 2021 U.S. all comers  
Prefontaine Classic 10:54 Elaine Thompson-Herah Jam. 2021 U.S. all comers  
U of O 10:88 Kemba Nelson 2022

#### 200 Meters

World 21:34 Florence Griffith-Joyner, USA, 1988  
American 21:34 Florence Griffith-Joyner, 1988  
Hayward Field 21:45 Shericka Jackson Jamaica 2022  
Prefontaine Classic 21:57 Shericka Jackson Jamaica 2023  
U of O 22:09 Deajah Stevens 2017

#### 400 Meters

World 47:60 Marita Koch, East Germany, 1985  
American 47.78 Sydney McLaughlin Levrone 2025  
Hayward Field 48:74 Sydney McLaughlin-Levrone 2023  
Prefontaine Classic 49:34 Ana Guevara, Mexico, 2003  
U of O 50:59 Phyllis Francis 2014

#### 800 Meters

World 1:53.28 Jarmila Kratochvílová, Czechoslovakia, 1983  
American 1:54.97 Athing Mu 2023  
Hayward Field 1:54.97 Athing Mu 2023 U.S. All comers  
Prefontaine Classic 1:54.97 Athing Mu 2023 U.S.A.  
U of O 1:58.33 Claudette Groenendaal 1985

#### 1500 Meters

World 3:48.68 Faith Kipyegon Kenya 2025  
American 3:54.99 Shelby Houlihan 2019  
Hayward Field 3:48.68 Faith Kipyegon Kenya 2025 wr  
Prefontaine Classic 3:48.68 Faith Kipyegon Kenya 2025  
U of O 4:01:89 Klaudia Kazimierska 2024

#### Mile

World 4:07.64 Faith Kipyegon Kenya 2023  
American 4:16.32 Sinclair Johnson 2025  
Hayward Field 4:21.25 Mary Slaney, USA, 1988  
Prefontaine Classic 4:21.25 Mary Slaney, USA, 1988  
U of O 4:23:46 Silian Ayyidz 2025 i

#### 3000 Meters

World 8:06.11 Wang Junxia, China, 1993  
American 8:25.10 Elise Cranny 2024  
Hayward Field 8:22.96 Beatrice Chebet Kenya 2025 on the way to 5k Wr  
Prefontaine Classic 8:18.49 Sifan Hassan NL 2019 at Stanford  
U of O 8:46:33 Silian Ayyidz 2025 i

#### Steeplechase

World 8.:44.32 Beatrice Chepkoech Kenya 2018  
American 8:57.77 Courtney Frerichs 2021  
Hayward Field 8:45.25 Winfred Yavi Bahrain 2025 U.S. all comers  
Prefontaine Classic 8:45.25 Winfred Yavi Bahrain 2025 U.S. all comers  
U of O 9:25.98 Aneta Konieczek 2021

#### 2000 Meters

World 5:19:70 Jessica Hull Aus 2024  
American 5:32.7 Mary Slaney 1984  
Hayward Field 5:31.52 Vivian Cheruiyot Kenya 2009  
Prefontaine Classic 5:31.52 Vivian Cheruiyot Kenya 2009

**5000 Meters**

World 12:35.36 Joshua Cheptegei, Uganda 2020  
American 12:45.27 Nico Young 2025  
Hayward Field 12:50.05 Berihu Aregawy Ethiopia 2022 USA all comers  
Prefontaine Classic 12:50.05 Berihu Aregawy Ethiopia 2022 USA all comers  
U of O 13:12.27 Cooper Teare 2021

**10,000 Meters**

World 26:11.00 Joshua Cheptegei, Uganda 2020  
American 26:33.84 Grant Fisher 2022  
Hayward Field 26:25.97 Kenenisa Bekele Ethiopia 2008 USA all comers  
Prefontaine Classic 26:25.97 Kenenisa Bekele Ethiopia 2008 USA all comers  
U of O 27:33.48 Galen Rupp 2007

**110 Hurdles**

World 12.80 Aries Merritt USA 2012  
American 12.80 Aries Merritt USA 2012  
Hayward Field 12.81 Grant Holloway U.S.A. 2021  
Prefontaine Classic 12.90 David Oliver USA 2010  
U of O 13.03 Devon Allen 2016

**400 Hurdles**

World 45.94 Karsten Warholm Norway 2021  
American 46.17 Rai Benjamin 2021  
Hayward Field 46.29 Dos Santos Brazil 2022  
Prefontaine Classic 46.39 Rai Benjamin USA 2023  
U of O 49:53 Jonathan Harvey 2021

**High Jump**

World 8-0 1/2 (2.45) Javier Sotomayor, Cuba, 1993  
American 7-10 1/2 (2.40) Charles Austin, 1991  
Hayward Field 7-10 3/4 Mutaz Essa Barshrim Qatar 2015  
Prefontaine Classic 7-10 3/4 Mutaz Essa Barshrim Qatar 2015  
U of O 7-5 (2.26) Jason Boness 2000

**Pole Vault**

World 20'-8 (6.30) Armand Duplantis USA-SWE 2025  
American 19-11 (6.07) KC Lightfoot 2023  
Hayward Field 20'-5 1/4 (6.23) Armand Duplantis USA-SWE 2023 WR  
Prefontaine Classic 20'-5 1/4 (6.23) Armand Duplantis USA-SWE 2023 WR  
U of O 19-1/4 (5.80) Tommy Skipper 2007

**Long Jump**

World 29-4 ½ (8.95) Mike Powell, USA, 1991  
American 29-4 ½ (8.95) Mike Powell, 1991  
Hayward Field 28-8 ¼ (8.74) Dwight Phillips 2009  
Prefontaine Classic 28 8-1/4 (8.74) Dwight Phillips 2009  
U of O 26-5 (8.14) Latin Berry 1989

**Triple Jump**

World 60-0 1/4 (18.29) Jonathan Edwards, Great Britain, 1995  
American 59-8-3/4(18.21) Christian Taylor 2015  
Hayward Field 59-5 (18.11) Christian Taylor 2017 USA all comers  
Prefontaine Classic 59-5 (18.11) Christian Taylor 2017  
U of O 56:2 ¾ (17.14) Emmanuel Ihemeje 2021

**5000 Meters**

World 13:58.06 Beatrice Chebet Kenya 2025  
American 14:19.45 Alicia Monson 2023  
Hayward Field 13:58.06 Beatrice Chebet 2025 WR  
Prefontaine Classic 13:58.06 Beatrice Chebet 2025 WR  
U of O 15:15:79 Maddy Elmore 2024

**10,000 Meters**

World 28:54.14 Beatrice Chebet Kenya 2024  
American 30:03.82 Alicia Monson 2023  
Hayward Field 28:54.14 Beatrice Chebet Kenya 2024 wr  
Prefontaine Classic 28:54.14 Beatrice Chebet Kenya 2024 wr  
U of O 31:45.22 Diana Cherotich 2025

**100 Hurdles**

World 12.12 Tobi Amusan NGR 2022  
American 12.20 Masai Russel 2025  
Hayward Field 12.12 Tobi Amusan NGR 2022 WR  
Prefontaine Classic 12.24 Keni Harrison 2016  
U of O 12.69 Alaysha Johnson 2017

**400 Hurdles**

World 50.37 Sydney McLaughlin U.S.A. 2024  
American 50.37 Sydney McLaughlin 2024 WR  
Hayward Field 50.65 Sydney McLaughlin U.S.A. 2024 WR  
Prefontaine Classic 51.98 Femka Bol 2023 Netherlands  
U of O 55.94 Shana Grebo 2024

**High Jump**

World 6-10 1/2 (2.10) Yaroslava Mahuchikh Ukraine 2024  
American 6-8.3/4 (2.05) Chaunte Lowe-Howard 2010  
Hayward Field 6-8 ¼ (2.04) Mariya Lasitskene 2019 AKA  
Prefontaine Classic 6-8 ¼ (2.04) Mariyil Lasitskene 2019  
U of O 6-2 ¾ (1.90) Camille Jampolsky 1988

**Pole Vault**

World 16-7 1/4 (5.06) Yelena Isinbayeva, Russia, 2009  
American 16--4 ¾ (5m) Sandi Morris 2016  
Hayward Field 16-2-¾ (4.95) Katie Nageotte U.S.A. 2021  
Prefontaine Classic 15-11-¾ (4.86) Katie Moon 2023  
U of O 14-8 (4.47) Becky Holliday 2003

**Long Jump**

World 24-8 1/4 (7.52) Galina Chistyakova, USSR, 1988  
American 24-6-3/4 (7.49) Jackie Joyner-Kersey, 1994 (twice)  
Hayward Field 23-11-¾ ( 7.31) Brittney Reese 2016 /Marion Jones  
Prefontaine Classic 23-11 3/4 (7.31) Brittney Reese 2016 /M Jones  
U of O 22-5-¼ (6.84) Jasmine Todd 2015

**Triple Jump**

World 51-7 -¾ (15.74) Yulimar Rojas Venezuela 2022 indoor  
American 48-11-1/4(14.91) Keturah Orji 2021  
Hayward Field 50-4-1/4(15.35) Yulimar Rojas 2023 u.s all comers  
Prefontaine Classic 50-4-1/4(15.35) Yulimar Rojas 2023 u.s all comers  
U of O 45-7 (13.89) Chaquinn Cook 2018

Shot Put

World 77-3 1/2(23.56) Ryan Croser U.S.A. 2023  
American 77-3 1/2(23.56) Ryan Croser U.S.A. 2023  
Hayward Field 76-8 ¼ (23.37) Ryan Croser U.S.A. 2021 WR  
Prefontaine Classic 75-11 ½ (23.15) Ryan Crouser 2021  
U of O 69-1 ½ (21.06) Dean Crouser 1982

Discus

World 247-11 (75:56) Mykolas Alekna Ltu 2025  
American 234-0 (71.32) Ben Plucknett, 1983  
Hayward Field 234-0 (71.32) Ben Plucknett, USA, 1983  
Prefontaine Classic 234-0 (71.32) Ben Plucknett, USA, 1983  
U of O 216-2 (65.88) Dean Crouser 1983

Hammer

World 284-7 (86.74) Yuriy Sedykh USSR, 1986  
American 271-4-1/4 (83.16) Rudy Winkler 2025  
Hayward Field 271-4-1/4 (83.16) Rudy Winkler 2025  
Prefontaine Classic 271-4-1/4 (83.16) Rudy Winkler 2025  
U of O 257-0 (78.33) Ken Flax 1986

Javelin

World 323-1 (98.48) Jan Zelezny, Czech Republic, 1996  
American 299-6 (91.29) BreauX Greer, 2007  
Hayward Field 294-10(89.88) Thomas Rohler Germany 2018  
Prefontaine Classic 294-10(89.88) Thomas Rohler Germany 2018  
U of O 272-10 (83.16) Cyrus Hostettler 2009

Decathlon

World 9126 Kevin Mayer France 2018  
American 9045 Ashton Eaton USA 2015 WR  
Hayward Field 9039 Ashton Eaton USA 2012 WR  
U of O 8457 Ashton Eaton 2010

1/2 Marathon

World 56.42 Jacob Kiplimo 2025 Uganda  
America 59:17 Connor Mantz 2025

Marathon

World 2:00:35 Kelvin Kikptum kenya 2023  
American 2:04.43 Conner Mantz 2025

25,000 Meters

World 1:12.25.4 Moses Mosop Kenya 2011 (en route 30,000) Eugene  
American 1:14:11 Bill Rodgers 1979  
Hayward Field 1:12.25.4 Moses Mosop Kenya 2011 (en route 30,000)WR  
Prefontaine Classic 1:12.25.4 Moses Mosop Kenya 2011 (en route 30,000)

30,000 Meters

World 1:26.47.4 Moses Mosop Kenya 2011 Eugene  
American 1:31.48 Bill Rodgers 1979  
Hayward Field 1:26.47.4 Moses Mosop Kenya 2011 WR  
Prefontaine Classic 1:26.47.4 Moses Mosop Kenya 2011 WR

Shot Put

World 74-3 (22.63) Natalya Lisovskaya, USSR, 1987  
American 68:8-3/4 (20.95) Chase Ealey 2025  
Hayward Field 68:8-1/4 (20.94) Chase Ealey 2025  
Prefontaine Classic 68:8-1/4 (20.94) Chase Ealey 2025  
U of O 65-7-3/4 (20.01) Jaida Ross 2024 cr

Discus

World BB V G 252-0 (76.80) Gabriele Reinsch, East Germany, 1988  
American 241-2 (73:52) Valarie Allman 2025  
Hayward Field 234-4 3/4 (71.45) Valarie Allman U.S.A. 2025  
Prefontaine Classic 231.10 (70.68) Valarie Allman U.S.A. 2025  
U of O 220-5 ¾ (67.20) Jorinde Van Klinken 2023

Hammer

World 272-3 (82.98) Anita Wlodarczyk Pol 2016  
American 263-6 (80.31) DeAnna Price 2021  
Hayward Field 263-5 (80.31) DeAnna Price U.S.A. 2021  
Prefontaine Classic 258.9-1/2 (78.88) Camryn Rogers Can 2025  
U of O 229-9 (70.02m) Shelby Moran 2024

Javelin

World 237-2 (72.28) Barbora Spotakova CZE 2008  
American 223-5 (68.11) Kara Winger 2022  
Hayward Field 222-1 (67.70) Christina Obergfoll Germany 2013  
Prefontaine Classic 222-1 (67.70) Christina Obergfoll Germany 2013  
U of O 195-7 (59.62) Rachel Yurkovich 2009

Heptathlon

World 7291 Jackie Joyner Kersee 1988 USA  
American 7291 Jackie Joyner Kersee 1988  
Hayward Field 6770 Jackie Joyner Kersee 1993  
U of O 6440 Brianne Theisen 2012

1/2 Marathon

World 1:02.52 Gidey Letesenbet Ethiopia 2021  
American 1:06.09 Weini Kelati 2025

Marathon

World 2:09:57 Ruth Chepngetich Kenya 2024  
American 2:18:29 Emily Sission 2022

25,000 Meters

World 1:18 Sutume Asefa Ethiopia 20223  
American 1:22.09 Emity Sisson 2022



## IAU World Best Performances

| Men's     |       |             |                   |      |      | Women's   |       |                        |                      |      |       |
|-----------|-------|-------------|-------------------|------|------|-----------|-------|------------------------|----------------------|------|-------|
| Event     | Venue | Record      | Athlete           | Date |      | Event     | Venue | Record                 | Athlete              | Date |       |
| 1 hour    | Track | 21,330m     | Mo Farah          | GBN  | 2020 | 1 hour    | Track | 18,930m                | Sifan Hassan         | NL   | 2020  |
| 50 KM     |       | 2:38.43     | C.J. Albertson    | USA  | 2022 | 50 KM     |       | 2:59.54                | Des Linden           | USA  | 2021  |
| 50 Miles  |       | 4:48.21     | Charles Lawrence  | USA  | 2024 | 50 Miles  |       | 5:31:57                | Courtney Olsen       | USA  | 2024  |
| 100 KM    |       | 6:05.35     | Aleksandr Sorokin | LTU  | 2023 | 100 KM    |       | 6:33.11                | Abe                  | JPN  | 2000  |
| 100 Miles |       | 10:51.39    | Aleksandr Sorokin |      | 2022 | 100 Miles |       | 12:41.11               | Herron               | USA  | 2022  |
| 6 Hrs     |       | 98.496 km   | Aleksandr Sorokin |      | 2022 | 6 Hrs     |       | 85.492 KM              | Baerens              | GER  | 2017  |
| 12 Hrs    |       | 177.41km    | Aleksandr Sorokin |      | 2022 | 12 Hrs    |       | 153.60km               | Satu Lipiainen       | FIN  | 2023  |
| 24 Hrs    |       | 319.61 km   | Aleksandr Sorokin |      | 2022 | 24 Hrs    |       | 167.84 miles (270.11K) | Nakata               | JPN  | 2023  |
| 48 Hrs    |       | 485.099km   | Matthieu Bonne    | Belg | 2025 | 48 Hrs    |       | 436.371km              | Patrycja Bereznowska | POL  | 2025  |
| 6 Days    |       | 10045.459km | Matthieu Bonne    | Belg | 2024 | 6 Days    |       | 901.768km              | Herron               | USA  | 22024 |

<https://iau-ultramarathon.org/iau-records>.

**In March 2024 Camille Herron set these new records at Luluemons Further ultra marathon  
She set 13 new records, of which 12 were World Records and one American Record**

- **48 Hour Road American Record (247.738 miles) 398.695KM**
- **300 Mile World Record (59:54:58) 482.80KM**
- **500 Kilometer World Record (62:50:45) 310.686 MILES**
- **72 Hour World Record (342.091 miles) 550.396KM**
- **600 Kilometer World Record (81:23:38) 372.822 MILE**
- **400 Mile World Record (88:34:26) 643.738KM**
- **96 Hour World Record (429.836 miles) 691.753KM**
- **700 Kilometer World Record (98:33:59) 434.959 MILES**
- **800 Kilometer World Record (117:44:55) 497.096 MILES**
- **500 Mile World Record (118:19:17) 804.672KM**
- **120 Hour World Record (501.753 miles) 807.493KM**
- **144 Hour World Record (560.330 miles) 901.763KM (6 DAYS)**
- **900 Kilometer World Record (142:40:58) 559.234**
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**The previous 6-day (144 hour) world record was set by New Zealand's Sandra Barwick in 1990 where she**

ran 549.063 miles.

## Pace Chart for 5k through Marathon

Race Pace Chart

| Mile Pace | 5K       | 5 Miles  | 10K      | 13.1 Miles | Marathon 26.219 |
|-----------|----------|----------|----------|------------|-----------------|
| MM:SS     | HH:MM:SS | HH:MM:SS | HH:MM:SS | HH:MM:SS   | HH:MM:SS        |
| 04:00     | 00:12:26 | 00:20:00 | 00:24:51 | 00:52:24   | 01:44:53        |
| 04:10     | 00:12:57 | 00:20:50 | 00:25:53 | 00:54:35   | 01:49:15        |
| 04:20     | 00:13:28 | 00:21:40 | 00:26:56 | 00:56:46   | 01:53:37        |
| 04:30     | 00:13:59 | 00:22:30 | 00:27:58 | 00:58:57   | 01:57:59        |
| 04:40     | 00:14:30 | 00:23:20 | 00:29:00 | 01:01:08   | 02:02:21        |
| 04:50     | 00:15:01 | 00:24:10 | 00:30:02 | 01:03:19   | 02:06:44        |
| 05:00     | 00:15:32 | 00:25:00 | 00:31:04 | 01:05:30   | 02:11:06        |
| 05:10     | 00:16:03 | 00:25:50 | 00:32:06 | 01:07:41   | 02:15:28        |
| 05:20     | 00:16:34 | 00:26:40 | 00:33:08 | 01:09:52   | 02:19:50        |
| 05:30     | 00:17:05 | 00:27:30 | 00:34:11 | 01:12:03   | 02:24:12        |
| 05:40     | 00:17:36 | 00:28:20 | 00:35:13 | 01:14:14   | 02:28:34        |
| 05:50     | 00:18:07 | 00:29:10 | 00:36:15 | 01:16:25   | 02:32:57        |
| 06:00     | 00:18:38 | 00:30:00 | 00:37:17 | 01:18:36   | 02:37:19        |
| 06:10     | 00:19:10 | 00:30:50 | 00:38:19 | 01:20:47   | 02:41:41        |
| 06:20     | 00:19:41 | 00:31:40 | 00:39:21 | 01:22:58   | 02:46:03        |
| 06:30     | 00:20:12 | 00:32:30 | 00:40:23 | 01:25:09   | 02:50:25        |
| 06:40     | 00:20:43 | 00:33:20 | 00:41:25 | 01:27:20   | 02:54:48        |
| 06:50     | 00:21:14 | 00:34:10 | 00:42:28 | 01:29:31   | 02:59:10        |
| 07:00     | 00:21:45 | 00:35:00 | 00:43:30 | 01:31:42   | 03:03:32        |
| 07:10     | 00:22:16 | 00:35:50 | 00:44:32 | 01:33:53   | 03:07:54        |
| 07:20     | 00:22:47 | 00:36:40 | 00:45:34 | 01:36:04   | 03:12:16        |
| 07:30     | 00:23:18 | 00:37:30 | 00:46:36 | 01:38:15   | 03:16:39        |
| 07:40     | 00:23:49 | 00:38:20 | 00:47:38 | 01:40:26   | 03:21:01        |
| 07:50     | 00:24:20 | 00:39:10 | 00:48:40 | 01:42:37   | 03:25:23        |
| 08:00     | 00:24:51 | 00:40:00 | 00:49:43 | 01:44:48   | 03:29:45        |
| 08:10     | 00:25:22 | 00:40:50 | 00:50:45 | 01:46:59   | 03:34:07        |
| 08:20     | 00:25:53 | 00:41:40 | 00:51:47 | 01:49:10   | 03:38:30        |
| 08:30     | 00:26:24 | 00:42:30 | 00:52:49 | 01:51:21   | 03:42:52        |
| 08:40     | 00:26:56 | 00:43:20 | 00:53:51 | 01:53:32   | 03:47:14        |
| 08:50     | 00:27:27 | 00:44:10 | 00:54:53 | 01:55:43   | 03:51:36        |
| 09:00     | 00:27:58 | 00:45:00 | 00:55:55 | 01:57:54   | 03:55:58        |
| 09:10     | 00:28:29 | 00:45:50 | 00:56:58 | 02:00:05   | 04:00:20        |
| 09:20     | 00:29:00 | 00:46:40 | 00:58:00 | 02:02:16   | 04:04:43        |
| 09:30     | 00:29:31 | 00:47:30 | 00:59:02 | 02:04:27   | 04:09:05        |
| 09:40     | 00:30:02 | 00:48:20 | 01:00:04 | 02:06:38   | 04:13:27        |
| 09:50     | 00:30:33 | 00:49:10 | 01:01:06 | 02:08:49   | 04:17:49        |
| 10:00     | 00:31:04 | 00:50:00 | 01:02:08 | 02:11:00   | 04:22:11        |
| 10:10     | 00:31:35 | 00:50:50 | 01:03:10 | 02:13:11   | 04:26:34        |
| 10:20     | 00:32:06 | 00:51:40 | 01:04:13 | 02:15:22   | 04:30:56        |
| 10:30     | 00:32:37 | 00:52:30 | 01:05:15 | 02:17:33   | 04:35:18        |
| 10:40     | 00:33:08 | 00:53:20 | 01:06:17 | 02:19:44   | 04:39:40        |
| 10:50     | 00:33:39 | 00:54:10 | 01:07:19 | 02:21:55   | 04:44:02        |
| 11:00     | 00:34:11 | 00:55:00 | 01:08:21 | 02:24:06   | 04:48:25        |

