

ORDINO		
Distància	Temps de pas	Mitja
200	00:18.0	40
400	00:36.0	40
600	00:54.0	40
800	01:12.0	40
1000	01:30.0	40
1200	01:48.0	40
1400	02:06.0	40
1600	02:24.0	40
1800	02:42.0	40
2000	03:00.0	40
2200	03:18.0	40
2400	03:36.0	40
2600	03:54.0	40
2800	04:12.0	40
3000	04:30.0	40
3200	04:48.0	40
3400	05:06.0	40
3600	05:24.0	40
3800	05:42.0	40
4000	06:00.0	40
4200	06:18.0	40
4400	06:36.0	40
4600	06:54.0	40
4800	07:12.0	40
5000	07:30.0	40
5200	07:48.0	40
5400	08:06.0	48
5600	08:21.0	48
5800	08:36.0	48
6000	08:51.0	48
6200	09:06.0	48
6400	09:21.0	48
6600	09:36.0	48
6800	09:51.0	48
7000	10:06.0	48
7200	10:21.0	44
7400	10:37.4	44
7600	10:53.7	44
7800	11:10.1	44
8000	11:26.5	44
8200	11:42.8	44
8400	11:59.2	44
8600	12:15.5	44
8800	12:31.9	44

CANILLO		
Distància	Temps de pas	Mitja
200	00:18.0	40
400	00:36.0	40
600	00:54.0	40
800	01:12.0	40
1000	01:30.0	40
1200	01:48.0	40
1400	02:06.0	40
1600	02:24.0	48
1800	02:39.0	48
2000	02:54.0	48
2200	03:09.0	48
2400	03:24.0	48
2600	03:39.0	48
2800	03:54.0	48
3000	04:09.0	48
3200	04:24.0	44
3400	04:40.4	44
3600	04:56.7	44
3800	05:13.1	44
4000	05:29.5	44
4200	05:45.8	44
4400	06:02.2	44
4600	06:18.5	44
4800	06:34.9	44
5000	06:51.3	44
5200	07:07.6	44
5400	07:24.0	44
5600	07:40.4	44
5800	07:56.7	44
6000	08:13.1	44
6200	08:29.5	44
6400	08:45.8	44
6600	09:02.2	44
6800	09:18.5	44
7000	09:34.9	44
7200	09:51.3	44
7400	10:07.6	44
7600	10:24.0	44
7800	10:40.4	44
8000	10:56.7	44
8200	11:13.1	44
8400	11:29.5	44
8600	11:45.8	44