

# CONFEDERAÇÃO BRASILEIRA DE ATLETISMO

## TABELA DE PONTUAÇÃO PARA PROVAS COMBINADAS – TETRATLO MASCULINO

*Tabela para Provas dos Jogos Escolares da Juventude – 12 a 14 anos  
(Vigência a partir de 2019)*

### ***Tetratlo Masculino:***

<b><i>Ordem</i></b>	<b><i>Prova</i></b>	<b><i>Tabela a ser utilizada</i></b>
1 <sup>a</sup>	100m c/ bar.	Tabela CBAt
2 <sup>a</sup>	Peso	Tabela Decatlo IAAF
3 <sup>a</sup>	Distancia	Tabela Decatlo IAAF
4 <sup>a</sup>	600m	Tabela CBAt

### 100m com barreiras – cronometragem eletrônica

Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos
12.60	1.000	12.85	962	13.10	913	13.35	885	13.60	844	13.85	818	14.08	790
12.61	999	12.86	960	13.11	912	13.36	884	13.61	843	13.86	817	14.09	789
12.62	997	12.87	958	13.12	911	13.37	881	13.62	842	13.87	816	14.10	788
12.63	995	12.88	956	13.13	910	13.38	878	13.63	841	13.88	815	14.11	787
12.64	993	12.89	954	13.14	909	13.39	875	13.64	840	13.89	814	14.12	786
12.65	991	12.90	952	13.15	908	13.40	872	13.65	839	13.90	813	14.13	785
12.66	989	12.91	950	13.16	907	13.41	869	13.66	838	13.91	812	14.14	784
12.67	987	12.92	948	13.17	906	13.42	866	13.67	837	13.92	811	14.15	783
12.68	985	12.93	946	13.18	905	13.43	863	13.68	836	13.93	810	14.16	782
12.69	983	12.94	944	13.19	904	13.44	860	13.69	835	13.94	809	14.17	781
12.70	981	12.95	942	13.20	903	13.45	859	13.70	834	13.95	808	14.18	780
12.71	979	12.96	940	13.21	902	13.46	858	13.71	833	13.96	807	14.19	779
12.72	977	12.97	938	13.22	901	13.47	857	13.72	832	13.97	806	14.20	778
12.73	975	12.98	936	13.23	900	13.48	856	13.73	831	13.98	805	14.21	777
12.74	973	12.99	934	13.24	899	13.49	855	13.74	830	13.99	804	14.22	776
12.75	972	13.00	932	13.25	898	13.50	854	13.75	829	14.00	803	14.23	775
12.76	971	13.01	930	13.26	895	13.51	853	13.76	827	14.01	802	14.24	773
12.77	970	13.02	928	13.27	894	13.52	852	13.77	826	14.02	801	14.25	771
12.78	969	13.03	926	13.28	893	13.53	851	13.78	825	14.03	800	14.26	769
12.79	968	13.04	924	13.29	892	13.54	850	13.79	824	14.04	798	14.27	767
12.80	967	13.05	922	13.30	891	13.55	849	13.80	823	14.05	795	14.28	765
12.81	966	13.06	920	13.31	890	13.56	848	13.81	822	14.06	794	14.29	764
12.82	965	13.07	918	13.32	889	13.57	847	13.82	821	14.07	793	14.30	763
12.83	964	13.08	916	13.33	888	13.58	846	13.83	820	14.08	792	14.31	762
12.84	963	13.09	914	13.34	887	13.59	845	13.84	819	14.09	791	14.32	761

### 100m com barreiras – cronometragem eletrônica

Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos
14.33	760	14.58	732	14.83	706	15.08	678	15.33	651	15.58	622	15.83	594
14.34	759	14.59	731	14.84	704	15.09	677	15.34	650	15.59	621	15.84	593
14.35	758	14.60	730	14.85	703	15.10	676	15.35	649	15.60	620	15.85	590
14.36	757	14.61	729	14.86	702	15.11	675	15.36	648	15.61	619	15.86	589
14.37	756	14.62	728	14.87	701	15.12	674	15.37	647	15.62	618	15.87	588
14.38	755	14.63	727	14.88	700	15.13	673	15.38	646	15.63	617	15.88	587
14.39	754	14.64	726	14.89	699	15.14	672	15.39	645	15.64	616	15.89	586
14.40	753	14.65	725	14.90	698	15.15	671	15.40	644	15.65	615	15.90	585
14.41	752	14.66	724	14.91	697	15.16	670	15.41	643	15.66	614	15.91	584
14.42	751	14.67	723	14.92	696	15.17	669	15.42	642	15.67	613	15.92	583
14.43	750	14.68	722	14.93	695	15.18	668	15.43	640	15.68	610	15.93	582
14.44	749	14.69	721	14.94	694	15.19	667	15.44	637	15.69	608	15.94	581
14.45	748	14.70	720	14.95	693	15.20	664	15.45	636	15.70	607	15.95	580
14.46	747	14.71	719	14.96	692	15.21	663	15.46	635	15.71	606	15.96	579
14.47	746	14.72	718	14.97	691	15.22	662	15.47	634	15.72	605	15.97	578
14.48	745	14.73	717	14.98	690	15.23	661	15.48	633	15.73	604	15.98	577
14.49	744	14.74	716	14.99	689	15.24	660	15.49	632	15.74	603	15.99	576
14.50	743	14.75	715	15.00	686	15.25	659	15.50	631	15.75	602	16.00	575
14.51	742	14.76	714	15.01	685	15.26	658	15.51	630	15.76	601	16.01	574
14.52	741	14.77	713	15.02	684	15.27	657	15.52	629	15.77	600	16.02	571
14.53	740	14.78	712	15.03	683	15.28	656	15.53	628	15.78	599	16.03	570
14.54	737	14.79	711	15.04	682	15.29	655	15.54	627	15.79	598	16.04	569
14.55	735	14.80	710	15.05	681	15.30	654	15.55	625	15.80	597	16.05	568
14.56	734	14.81	709	15.06	680	15.31	653	15.56	624	15.81	596	16.06	567
14.57	733	14.82	708	15.07	679	15.32	652	15.57	623	15.82	595	16.07	566

# CONFEDERAÇÃO BRASILEIRA DE ATLETISMO

## TABELA DE PONTUAÇÃO PARA PROVAS COMBINADAS – TETRATLO MASCULINO

### 100m com barreiras – cronometragem eletrônica

Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos
16.08	565	16.33	536	16.58	504	16.83	465	17.08	430	17.33	382	17.58	346
16.09	564	16.34	535	16.59	502	16.84	464	17.09	429	17.34	381	17.59	345
16.10	561	16.35	534	16.60	500	16.85	463	17.10	427	17.35	380	17.60	343
16.11	560	16.36	533	16.61	498	16.86	462	17.11	425	17.36	379	17.61	341
16.12	559	16.37	532	16.62	496	16.87	461	17.12	423	17.37	378	17.62	339
16.13	558	16.38	531	16.63	494	16.88	460	17.13	421	17.38	377	17.63	337
16.14	557	16.39	530	16.64	492	16.89	459	17.14	419	17.39	376	17.64	335
16.15	556	16.40	529	16.65	490	16.90	458	17.15	417	17.40	375	17.65	333
16.16	555	16.41	528	16.66	488	16.91	457	17.16	415	17.41	374	17.66	331
16.17	554	16.42	527	16.67	486	16.92	456	17.17	413	17.42	373	17.67	329
16.18	553	16.43	526	16.68	484	16.93	455	17.18	411	17.43	372	17.68	327
16.19	552	16.44	525	16.69	482	16.94	454	17.19	409	17.44	371	17.69	325
16.20	551	16.45	524	16.70	480	16.95	453	17.20	407	17.45	370	17.70	323
16.21	550	16.46	523	16.71	478	16.96	452	17.21	405	17.46	369	17.71	321
16.22	549	16.47	522	16.72	476	16.97	451	17.22	403	17.47	368	17.72	319
16.23	548	16.48	521	16.73	475	16.98	450	17.23	401	17.48	365	17.73	317
16.24	547	16.49	520	16.74	474	16.99	447	17.24	399	17.49	363	17.74	315
16.25	546	16.50	519	16.75	473	17.00	445	17.25	397	17.50	361	17.75	313
16.26	545	16.51	516	16.76	472	17.01	443	17.26	395	17.51	359	17.76	311
16.27	544	16.52	515	16.77	471	17.02	441	17.27	393	17.52	357	17.77	309
16.28	543	16.53	513	16.78	470	17.03	439	17.28	391	17.53	355	17.78	305
16.29	542	16.54	511	16.79	469	17.04	437	17.29	389	17.54	353	17.79	303
16.30	541	16.55	509	16.80	468	17.05	435	17.30	387	17.55	351	17.80	301
16.31	540	16.56	507	16.81	467	17.06	433	17.31	385	17.56	349	17.81	299
16.32	539	16.57	505	16.82	466	17.07	431	17.32	383	17.57	347	17.82	297

\* Utilização obrigatória a partir de 2019

### 100m com barreiras – cronometragem eletrônica

Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos
17.83	296	18.08	271	18.33	244	18.58	196	18.83	170	19.08	143	19.33	116
17.84	295	18.09	270	18.34	241	18.59	195	18.84	169	19.09	142	19.34	115
17.85	294	18.10	269	18.35	240	18.60	194	18.85	166	19.10	141	19.35	114
17.86	293	18.11	268	18.36	239	18.61	193	18.86	165	19.11	140	19.36	113
17.87	292	18.12	267	18.37	237	18.62	192	18.87	164	19.12	139	19.37	112
17.88	291	18.13	266	18.38	235	18.63	191	18.88	163	19.13	138	19.38	111
17.89	290	18.14	265	18.39	233	18.64	190	18.89	162	19.14	137	19.39	110
17.90	289	18.15	264	18.40	231	18.65	189	18.90	161	19.15	136	19.40	109
17.91	288	18.16	263	18.41	229	18.66	188	18.91	160	19.16	135	19.41	108
17.92	287	18.17	262	18.42	227	18.67	187	18.92	159	19.17	134	19.42	107
17.93	286	18.18	261	18.43	225	18.68	186	18.93	158	19.18	133	19.43	106
17.94	285	18.19	260	18.44	223	18.69	185	18.94	157	19.19	132	19.44	105
17.95	284	18.20	259	18.45	221	18.70	184	18.95	156	19.20	131	19.45	104
17.96	283	18.21	258	18.46	219	18.71	183	18.96	155	19.21	130	19.46	103
17.97	282	18.22	257	18.47	217	18.72	182	18.97	154	19.22	129	19.47	102
17.98	281	18.23	256	18.48	215	18.73	181	18.98	153	19.23	128	19.48	100
17.99	280	18.24	255	18.49	213	18.74	180	18.99	152	19.24	127	19.49	98
18.00	279	18.25	252	18.50	211	18.75	179	19.00	151	19.25	126	19.50	96
18.01	278	18.26	251	18.51	209	18.76	178	19.01	150	19.26	125	19.51	94
18.02	277	18.27	250	18.52	207	18.77	177	19.02	149	19.27	124	19.52	92
18.03	276	18.28	249	18.53	205	18.78	176	19.03	148	19.28	123	19.53	90
18.04	275	18.29	248	18.54	203	18.79	175	19.04	147	19.29	122	19.54	88
18.05	274	18.30	247	18.55	201	18.80	174	19.05	146	19.30	121	19.55	86
18.06	273	18.31	246	18.56	199	18.81	173	19.06	145	19.31	120	19.56	84
18.07	272	18.32	245	18.57	197	18.82	172	19.07	144	19.32	119	19.57	82

### 100m com barreiras – cronometragem eletrônica

Marca	Pontos	Marca	Pontos	Marca	Pontos
19.58	81	19.83	54	20.08	17
19.59	80	19.84	52	20.09	16
19.60	79	19.85	50	20.10	15
19.61	78	19.86	48	20.11	14
19.62	77	19.87	46	20.12	13
19.63	76	19.88	44	20.13	12
19.64	75	19.89	42	20.14	11
19.65	74	19.90	40	20.15	10
19.66	73	19.91	38	20.16	9
19.67	72	19.92	36	20.17	8
19.68	71	19.93	34	20.18	7
19.69	70	19.94	32	20.19	6
19.70	69	19.95	30	20.20	5
19.71	68	19.96	29	20.21	4
19.72	67	19.97	28	20.22	3
19.73	66	19.98	27	20.23	2
19.74	65	19.99	26	20.24	1
19.75	64	20.00	25		
19.76	63	20.01	24		
19.77	62	20.02	23		
19.78	61	20.02	22		
19.79	60	20.03	21		
19.80	59	20.04	20		
19.81	58	20.05	19		
19.82	57	20.06	18		

### 100m com barreiras – cronometragem manual

Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos
12.6	977	14.6	701	16.6	414	18.6	192
12.7	963	14.7	689	16.7	404	18.7	180
12.8	949	14.8	679	16.8	394	18.8	166
12.9	935	14.9	667	16.9	384	18.9	152
13.0	921	15.0	657	17.0	374	19.0	142
13.1	907	15.1	645	17.1	364	19.1	130
13.2	893	15.2	635	17.2	354	19.2	120
13.3	879	15.3	623	17.3	342	19.3	108
13.4	865	15.4	613	17.4	332	19.4	98
13.5	851	15.5	601	17.5	320	19.5	88
13.6	837	15.6	591	17.6	310	19.6	76
13.7	823	15.7	579	17.7	298	19.7	64
13.8	809	15.8	569	17.8	288	19.8	52
13.9	795	15.9	555	17.9	276	19.9	38
14.0	781	16.0	545	18.0	262	20.0	24
14.1	767	16.1	512	18.1	248	20.1	10
14.2	753	16.2	502	18.2	238	20.2	2
14.3	739	16.3	469	18.3	226		
14.4	725	16.4	459	18.4	216		
14.5	711	16.5	426	18.5	204		

### 600m rasos

Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos
01:25.42	1000	01:26.64	953	01:27.81	904	01:28.78	855	01:29.59	798	01:30.24	745	01:30.97	720	01:31.74	695
01:25.46	999	01:26.70	951	01:27.85	902	01:28.80	854	01:29.63	797	01:30.27	744	01:30.01	719	01:31.76	694
01:25.49	998	01:26.74	949	01:27.92	900	01:28.86	853	01:29.65	796	01:30.31	743	01:30.05	718	01:31.78	693
01:25.56	996	01:26.77	947	01:27.95	898	01:28.88	852	01:29.68	795	01:30.35	742	01:31.09	717	01:31.80	692
01:25.59	994	01:26.84	945	01:27.99	896	01:28.90	851	01:29.70	794	01:30.38	741	01:30.11	716	01:31.84	691
01:25.62	992	01:26.88	943	01:28.01	894	01:28.93	850	01:29.72	793	01:30.41	740	01:31.16	715	01:31.86	690
01:25.69	990	01:26.91	941	01:28.05	892	01:28.96	849	01:29.75	792	01:30.43	739	01:31.23	714	01:31.87	689
01:25.76	988	01:26.97	939	01:28.12	890	01:28.98	848	01:29.79	791	01:30.45	738	01:31.27	713	01:31.94	688
01:25.79	986	01:27.04	937	01:28.15	888	01:29.01	847	01:29.82	790	01:30.48	737	01:31.30	712	01:32.01	687
01:25.83	984	01:27.08	935	01:28.19	886	01:29.04	844	01:29.85	789	01:30.52	736	01:31.37	711	01:32.08	686
01:25.89	982	01:27.11	933	01:28.26	884	01:29.07	841	01:29.89	786	01:30.55	735	01:31.40	710	01:32.15	685
01:25.96	980	01:27.18	931	01:28.28	882	01:29.13	838	01:29.91	783	01:30.58	734	01:31.42	709	01:32.22	684
01:26.01	978	01:27.24	929	01:28.32	880	01:29.16	835	01:29.93	780	01:30.60	733	01:31.45	708	01:32.29	683
01:26.03	976	01:27.27	927	01:28.39	878	01:29.20	832	01:29.96	777	01:30.63	732	01:31.49	707	01:32.36	682
01:26.10	974	01:27.29	925	01:28.42	876	01:24.00	829	01:29.97	774	01:30.67	731	01:31.50	706	01:32.43	681
01:26.16	972	01:27.31	923	01:28.46	874	01:29.27	826	01:29.99	771	01:30.69	730	01:31.53	705	01:32.50	680
01:26.19	970	01:27.38	921	01:28.53	872	01:29.34	823	01:30.01	768	01:30.71	729	01:31.55	704	01:32.58	679
01:26.23	968	01:27.45	919	01:28.55	870	01:29.37	820	01:30.03	765	01:30.74	728	01:31.56	703	01:32.65	678
01:26.30	966	01:27.51	917	01:28.57	868	01:29.40	817	01:30.05	762	01:30.77	727	01:31.58	702	01:32.73	677
01:26.37	964	01:27.53	915	01:28.59	866	01:29.44	814	01:30.08	759	01:30.81	726	01:31.59	701	01:32.80	676
01:26.39	962	01:27.58	913	01:28.61	864	01:29.47	811	01:30.10	756	01:30.84	725	01:31.61	700	01:32.87	675
01:26.43	960	01:27.65	911	01:28.64	862	01:29.49	808	01:30.13	753	01:30.88	724	01:31.64	699	01:32.92	674
01:26.50	958	01:27.72	909	01:28.66	860	01:29.51	805	01:30.15	750	01:30.90	723	01:31.66	698	01:32.99	673
01:26.57	956	01:27.75	907	01:28.73	858	01:29.54	802	01:30.17	747	01:30.93	722	01:31.69	697	01:33.06	672
01:26.59	954	01:27.78	905	01:28.75	856	01:29.56	799	01:30.20	746	01:30.95	721	01:31.70	696	01:33.13	671

### 600m rasos

Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos
01:33.20	670	01:35.07	645	01:37.00	620	01:37.80	595	01:38.56	570	01:40.50	545	01:42.44	520	01:44.41	495
01:33.27	669	01:35.14	644	01:37.01	619	01:37.87	594	01:38.59	569	01:40.58	544	01:42.52	519	01:44.49	494
01:33.34	668	01:35.21	643	01:37.02	618	01:37.95	593	01:38.62	568	01:40.66	543	01:42.60	518	01:44.57	493
01:33.41	667	01:35.28	642	01:37.04	617	01:38.02	592	01:38.80	567	01:40.74	542	01:42.67	517	01:44.65	492
01:33.48	666	01:35.35	641	01:37.05	616	01:38.06	591	01:38.88	566	01:40.81	541	01:42.75	516	01:44.73	491
01:33.63	665	01:35.43	640	01:37.09	615	01:38.10	590	01:38.95	565	01:40.89	540	01:42.83	515	01:44.81	490
01:33.71	664	01:35.50	639	01:37.11	614	01:38.12	589	01:39.03	564	01:40.97	539	01:42.91	514	01:44.89	489
01:33.78	663	01:35.58	638	01:37.12	613	01:38.14	588	01:39.11	563	01:41.05	538	01:42.98	513	01:44.97	488
01:33.86	662	01:35.65	637	01:37.14	612	01:38.16	587	01:39.19	562	01:41.12	537	01:43.06	512	01:45.05	487
01:33.93	661	01:35.73	636	01:37.16	611	01:38.18	586	01:39.26	561	01:41.20	536	01:43.14	511	01:45.13	486
01:34.00	660	01:35.80	635	01:37.17	610	01:38.21	585	01:39.34	560	01:41.28	535	01:43.22	510	01:45.21	485
01:34.07	659	01:35.87	634	01:37.19	609	01:38.23	584	01:39.42	559	01:41.36	534	01:43.30	509	01:45.29	484
01:34.14	658	01:35.94	633	01:37.20	608	01:38.24	583	01:39.50	558	01:41.43	533	01:43.38	508	01:45.37	483
01:34.21	657	01:36.01	632	01:37.23	607	01:38.26	582	01:39.57	557	01:41.51	532	01:43.46	507	01:45.45	482
01:34.28	656	01:36.08	631	01:37.26	606	01:38.28	581	01:39.65	556	01:41.59	531	01:43.54	506	01:45.53	481
01:34.35	655	01:36.15	630	01:37.29	605	01:38.30	580	01:39.73	555	01:41.67	530	01:43.62	505	01:45.61	480
01:34.42	654	01:36.22	629	01:37.30	604	01:38.31	579	01:39.81	554	01:41.74	529	01:43.70	504	01:45.69	479
01:34.49	653	01:36.30	628	01:37.35	603	01:38.33	578	01:39.88	553	01:41.82	528	01:43.78	503	01:45.77	478
01:34.57	652	01:36.37	627	01:37.42	602	01:38.35	577	01:39.96	552	01:41.90	527	01:43.86	502	01:45.85	477
01:34.63	651	01:36.45	626	01:37.50	601	01:38.38	576	01:40.04	551	01:41.98	526	01:43.94	501	01:45.93	476
01:34.71	650	01:36.52	625	01:37.57	600	01:38.41	575	01:40.12	550	01:42.05	525	01:44.02	500	01:46.01	475
01:34.78	649	01:36.60	624	01:37.65	599	01:38.44	574	01:40.19	549	01:42.13	524	01:44.10	499	01:46.09	474
01:34.86	648	01:36.67	623	01:37.72	598	01:38.47	573	01:40.27	548	01:42.21	523	01:44.18	498	01:46.18	473
01:34.93	647	01:36.75	622	01:36.90	597	01:38.49	572	01:40.35	547	01:42.29	522	01:44.26	497	01:46.26	472
01:35.00	646	01:36.82	621	01:36.97	596	01:38.51	571	01:40.43	546	01:42.36	521	01:44.34	496	01:46.34	471



### 600m rasos

Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos
01:46.42	470	01:48.47	445	01:50.45	420	01:52.57	395	01:54.46	370	01:56.83	345	01:59.24	320	02:01.64	295
01:46.50	469	01:48.55	444	01:50.53	419	01:52.66	394	01:54.55	369	01:57.02	344	01:59.33	319	02:01.74	294
01:46.58	468	01:48.63	443	01:50.62	418	01:52.75	393	01:54.64	368	01:57.11	343	01:59.42	318	02:01.84	293
01:46.67	467	01:48.71	442	01:50.70	417	01:52.84	392	01:54.73	367	01:57.20	342	01:59.52	317	02:01.94	292
01:46.75	466	01:48.80	441	01:50.79	416	01:52.86	391	01:54.82	366	01:57.30	341	01:59.61	316	02:02.04	291
01:46.83	465	01:48.88	440	01:50.87	415	01:52.88	390	01:54.91	365	01:57.39	340	01:59.70	315	02:02.14	290
01:46.91	464	01:48.97	439	01:50.95	414	01:52.89	389	01:55.00	364	01:57.48	339	01:59.79	314	02:02.24	289
01:46.99	463	01:49.05	438	01:51.03	413	01:52.90	388	01:55.09	363	01:57.57	338	01:59.89	313	02:02.34	288
01:47.00	462	01:49.13	437	01:51.12	412	01:52.93	387	01:55.18	362	01:57.67	337	01:59.98	312	02:02.44	287
01:47.00	461	01:49.21	436	01:51.20	411	01:53.02	386	01:55.27	361	01:57.76	336	02:00.07	311	02:02.54	286
01:47.24	460	01:49.29	435	01:51.29	410	01:53.11	385	01:55.36	360	01:57.85	335	02:00.16	310	02:02.64	285
01:47.32	459	01:49.37	434	01:51.37	409	01:53.20	384	01:55.45	359	01:57.94	334	02:00.26	309	02:02.74	284
01:47.40	458	01:49.46	433	01:51.45	408	01:53.29	383	01:55.54	358	01:58.04	333	02:00.35	308	02:02.84	283
01:47.48	457	01:49.54	432	01:51.53	407	01:53.38	382	01:55.63	357	01:58.13	332	02:00.44	307	02:02.94	282
01:47.56	456	01:49.63	431	01:51.62	406	01:53.47	381	01:55.72	356	01:58.22	331	02:00.53	306	02:03.04	281
01:47.60	455	01:49.66	430	01:51.70	405	01:53.56	380	01:55.91	355	01:58.31	330	02:00.63	305	02:03.14	280
01:47.65	454	01:49.71	429	01:51.79	404	01:53.65	379	01:56.00	354	01:58.41	329	02:00.72	304	02:03.24	279
01:47.71	453	01:49.79	428	01:51.87	403	01:53.74	378	01:56.09	353	01:58.50	328	02:00.81	303	02:03.34	278
01:47.86	452	01:49.87	427	01:51.95	402	01:53.83	377	01:56.19	352	01:58.59	327	02:00.90	302	02:03.44	277
01:47.97	451	01:49.95	426	01:52.04	401	01:53.92	376	01:56.28	351	01:58.68	326	02:01.09	301	02:03.54	276
01:48.05	450	01:50.03	425	01:52.12	400	01:54.01	375	01:56.37	350	01:58.78	325	02:01.18	300	02:03.64	275
01:48.14	449	01:50.12	424	01:52.21	399	01:54.10	374	01:56.46	349	01:58.87	324	02:01.27	299	02:03.74	274
01:48.22	448	01:50.20	423	01:52.30	398	01:54.19	373	01:56.56	348	01:58.96	323	02:01.37	298	02:03.84	273
01:48.31	447	01:50.29	422	01:52.39	397	01:54.28	372	01:56.65	347	01:59.05	322	02:01.46	297	02:03.94	272
01:48.39	446	01:50.37	421	01:52.48	396	01:54.37	371	01:56.74	346	01:59.15	321	02:01.55	296	02:04.04	271

### 600m rasos

Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos	Marca	Pontos
02:04.14	270	02:06.74	245	02:09.33	213	02:11.86	194	02:14.61	149	02:17.36	96	02:20.11	55	02:22.86	27
02:04.24	269	02:06.84	244	02:09.44	211	02:11.97	191	02:14.72	148	02:17.47	95	02:20.22	54	02:22.97	26
02:04.34	268	02:06.94	243	02:09.55	209	02:12.08	190	02:14.83	147	02:17.58	94	02:20.33	53	02:23.08	25
02:04.44	267	02:07.04	242	02:09.66	207	02:12.19	188	02:14.94	145	02:17.69	93	02:20.44	52	02:23.19	24
02:04.54	266	02:07.14	241	02:09.77	203	02:12.30	185	02:15.05	143	02:17.80	92	02:20.55	51	02:23.30	23
02:04.64	265	02:07.24	240	02:09.88	199	02:12.41	184	02:15.16	142	02:17.91	90	02:20.66	49	02:23.41	22
02:04.74	264	02:07.34	239	02:09.99	197	02:12.52	182	02:15.27	141	02:18.02	88	02:20.77	48	02:23.52	21
02:04.84	263	02:07.44	238	02:10.10	195	02:12.63	180	02:15.38	139	02:18.13	87	02:20.88	46	02:23.63	20
02:04.94	262	02:07.54	237	02:10.21	191	02:12.74	179	02:15.49	138	02:18.24	85	02:20.99	45	02:23.74	19
02:05.04	261	02:07.64	236	02:10.32	189	02:12.85	177	02:15.60	135	02:18.35	84	02:21.10	44	02:23.85	18
02:05.14	260	02:07.75	235	02:10.43	187	02:12.96	174	02:15.71	133	02:18.46	83	02:21.21	43	02:23.96	17
02:05.24	259	02:07.85	234	02:10.54	183	02:13.07	173	02:15.82	129	02:18.57	81	02:21.32	41	02:24.07	16
02:05.44	258	02:07.96	233	02:10.65	181	02:13.18	171	02:15.93	127	02:18.68	80	02:21.43	40	02:24.18	15
02:05.54	257	02:08.06	232	02:10.76	203	02:13.29	169	02:16.04	121	02:18.79	77	02:21.54	39	02:24.29	13
02:05.64	256	02:08.17	230	02:10.87	201	02:13.40	167	02:16.15	119	02:18.90	76	02:21.65	38	02:24.40	11
02:05.74	255	02:08.27	228	02:10.98	200	02:13.51	165	02:16.26	115	02:19.01	74	02:21.76	37	02:24.51	10
02:05.84	254	02:08.38	226	02:11.09	199	02:13.62	163	02:16.37	113	02:19.12	72	02:21.87	36	02:24.62	9
02:05.94	253	02:08.48	225	02:11.20	198	02:13.73	161	02:16.48	111	02:19.23	70	02:21.98	35	02:24.73	8
02:06.04	252	02:08.59	223	02:11.31	197	02:13.84	160	02:16.59	109	02:19.34	68	02:22.09	34	02:24.84	7
02:06.14	251	02:08.69	221	02:11.42	196	02:13.95	159	02:16.70	107	02:19.45	66	02:22.20	33	02:24.95	6
02:06.24	250	02:08.80	220	02:11.53	195	02:14.06	158	02:16.81	105	02:19.56	64	02:22.31	32	02:25.06	5
02:06.34	249	02:08.90	219	02:11.64	194	02:14.17	156	02:16.92	103	02:19.67	62	02:22.42	31	02:25.17	4
02:06.44	248	02:09.01	218	02:11.75	193	02:14.28	154	02:17.03	101	02:19.78	60	02:22.53	30	02:25.28	3
02:06.54	247	02:09.11	217	02:11.86	192	02:14.39	152	02:17.14	99	02:19.89	58	02:22.64	29	02:25.39	2
02:06.64	246	02:09.22	215	02:11.97	191	02:14.50	150	02:17.25	97	02:20.00	56	02:22.75	28	02:25.50	1