

10.550 km / H.M.S

ตารางกำหนดความเร็วสูงสุดสำหรับการพิชิตเพื่อการคำนวณผลคะแนน

A Table of Fastest Time Score Point to Reach

Age	10.550 km / H.M.S		Age	10.550 km / H.M.S	
	Men	Women		Men	Women
15	0:42:30	0:48:20	46	0:39:10	0:46:34
16	0:41:40	0:47:00	47	0:39:35	0:46:59
17	0:39:35	0:45:35	48	0:40:00	0:47:24
18	0:37:15	0:43:30	49	0:40:25	0:47:49
19	0:36:20	0:41:56	50	0:40:50	0:48:19
20	0:35:00	0:41:36	51	0:41:15	0:48:49
21	0:34:48	0:41:24	52	0:41:45	0:49:29
22	0:34:36	0:41:12	53	0:42:15	0:49:59
23	0:34:24	0:41:00	54	0:42:45	0:50:29
24	0:34:12	0:41:12	55	0:43:20	0:50:59
25	0:34:00	0:41:24	56	0:43:55	0:51:34
26	0:34:10	0:41:34	57	0:44:20	0:52:09
27	0:34:20	0:41:44	58	0:44:55	0:52:44
28	0:34:30	0:41:54	59	0:45:20	0:53:19
29	0:34:40	0:42:04	60	0:46:00	0:53:54
30	0:34:50	0:42:14	61	0:46:40	0:54:34
31	0:35:02	0:42:26	62	0:47:20	0:55:14
32	0:35:14	0:42:38	63	0:48:00	0:55:54
33	0:35:26	0:42:50	64	0:48:40	0:56:34
34	0:35:38	0:43:02	65	0:49:20	0:57:14
35	0:35:50	0:43:14	66	0:50:05	0:57:59
36	0:36:05	0:43:29	67	0:50:50	0:58:44
37	0:36:20	0:43:44	68	0:51:35	0:59:29
38	0:36:35	0:43:59	69	0:52:20	1:00:14
39	0:36:50	0:44:14	70	0:53:05	1:01:04
40	0:37:05	0:44:29	71	0:53:55	1:01:54
41	0:37:25	0:44:49	72	0:54:40	1:02:44
42	0:37:45	0:45:09	73	0:55:30	1:03:34
43	0:38:05	0:45:29	74	0:56:20	1:04:24
44	0:38:25	0:45:49	75	0:57:10	1:05:14
45	0:38:45	0:46:09			

12.000 km / H.M.S

ตารางกำหนดความเร็วสูงสุดสำหรับการพิชิตเพื่อการคำนวณผลคะแนน

A Table of Fastest Time Score Point to Reach

Age	12.000 km / H.M.S		Age	12.000 km / H.M.S	
	Men	Women		Men	Women
15	0:44:50	0:50:50	46	0:43:10	0:49:25
16	0:43:20	0:49:42	47	0:43:30	0:49:45
17	0:42:16	0:47:52	48	0:43:50	0:50:05
18	0:41:00	0:46:50	49	0:44:10	0:50:25
19	0:40:05	0:45:45	50	0:44:35	0:50:50
20	0:39:50	0:45:30	51	0:45:00	0:51:15
21	0:39:40	0:45:20	52	0:45:25	0:51:40
22	0:39:30	0:45:10	53	0:45:50	0:52:05
23	0:39:20	0:45:00	54	0:46:15	0:52:35
24	0:39:10	0:45:08	55	0:46:40	0:53:05
25	0:39:00	0:45:16	56	0:47:10	0:53:35
26	0:39:08	0:45:26	57	0:47:40	0:54:05
27	0:39:16	0:45:34	58	0:48:10	0:54:35
28	0:39:24	0:45:42	59	0:48:40	0:55:05
29	0:39:37	0:45:50	60	0:49:15	0:55:40
30	0:39:45	0:46:00	61	0:49:50	0:56:25
31	0:39:55	0:46:10	62	0:50:25	0:57:00
32	0:40:05	0:46:20	63	0:51:00	0:57:40
33	0:40:15	0:46:30	64	0:51:35	0:58:20
34	0:40:25	0:46:40	65	0:52:15	0:59:00
35	0:40:35	0:46:50	66	0:52:55	0:59:40
36	0:40:47	0:47:02	67	0:53:35	1:01:20
37	0:40:59	0:47:14	68	0:54:15	1:02:00
38	0:41:11	0:47:26	69	0:55:00	1:02:40
39	0:41:23	0:47:38	70	0:55:45	1:03:25
40	0:41:35	0:47:50	71	0:56:30	1:04:10
41	0:41:50	0:48:05	72	0:57:15	1:04:55
42	0:42:05	0:48:20	73	0:58:00	1:05:40
43	0:42:20	0:48:35	74	0:58:45	1:07:00
44	0:42:35	0:48:50	75	1:00:00	1:08:30
45	0:42:50	0:49:05			

15.000 km / H.M.S

ตารางกำหนดความเร็วสูงสุดสำหรับการพิชิตเพื่อการคำนวณผลคะแนน

A Table of Fastest Time Score Point to Reach

Age	15.000 km / H.M.S		Age	15.000 km / H.M.S	
	Men	Women		Men	Women
15	0:59:00	1:08:20	46	0:54:07	1:04:15
16	0:56:25	1:05:50	47	0:54:51	1:04:40
17	0:53:55	1:03:25	48	0:55:32	1:05:15
18	0:51:20	1:01:00	49	0:56:10	1:05:45
19	0:50:30	1:00:35	50	0:56:51	1:06:15
20	0:49:40	1:00:20	51	0:57:25	1:06:43
21	0:49:25	0:59:50	52	0:58:00	1:07:13
22	0:49:15	0:59:25	53	0:58:31	1:07:53
23	0:49:00	0:58:55	54	0:59:06	1:08:30
24	0:48:50	0:59:00	55	0:59:40	1:09:00
25	0:48:35	0:59:12	56	1:00:12	1:09:36
26	0:48:40	0:59:15	57	1:00:42	1:10:05
27	0:48:45	0:59:20	58	1:01:17	1:10:45
28	0:48:50	0:59:30	59	1:01:52	1:11:16
29	0:48:54	0:59:33	60	1:02:58	1:11:48
30	0:48:57	0:59:39	61	1:03:00	1:12:20
31	0:49:03	0:59:48	62	1:03:24	1:12:45
32	0:49:12	0:59:55	63	1:03:54	1:13:15
33	0:49:20	1:00:05	64	1:04:24	1:13:49
34	0:49:27	1:00:12	65	1:04:50	1:14:18
35	0:49:39	1:00:22	66	1:05:20	1:14:44
36	0:50:07	1:00:35	67	1:05:49	1:15:20
37	0:50:37	1:00:55	68	1:06:16	1:16:00
38	0:51:05	1:01:10	69	1:06:50	1:16:30
39	0:51:33	1:01:30	70	1:07:18	1:17:00
40	0:52:04	1:01:42	71	1:08:43	1:17:32
41	0:52:20	1:02:10	72	1:10:15	1:18:07
42	0:52:37	1:02:34	73	1:11:10	1:18:51
43	0:52:52	1:03:00	74	1:11:50	1:19:42
44	0:53:10	1:03:22	75	1:12:55	1:20:12
45	0:53:25	1:03:45			

18.000 km / H.M.S

ตารางกำหนดความเร็วสูงสุดสำหรับการพิชิตเพื่อการคำนวณผลคะแนน

A Table of Fastest Time Score Point to Reach

Age	18.000 km / H.M.S		Age	18.000 km / H.M.S	
	Men	Women		Men	Women
15	1:07:36	1:20:53	46	1:04:26	1:19:23
16	1:06:16	1:18:23	47	1:04:56	1:19:53
17	1:04:56	1:16:03	48	1:05:26	1:20:23
18	1:02:36	1:14:43	49	1:05:56	1:20:53
19	1:00:46	1:14:23	50	1:06:26	1:21:23
20	0:59:56	1:14:03	51	1:06:59	1:21:56
21	0:59:41	1:13:48	52	1:07:32	1:22:29
22	0:59:26	1:13:33	53	1:08:05	1:23:02
23	0:59:11	1:13:18	54	1:08:38	1:23:35
24	0:58:56	1:13:28	55	1:09:11	1:24:08
25	0:58:41	1:13:38	56	1:09:47	1:24:44
26	0:58:51	1:13:48	57	1:10:23	1:25:20
27	0:59:01	1:13:58	58	1:10:59	1:25:56
28	0:59:11	1:14:08	59	1:11:35	1:26:32
29	0:59:21	1:14:18	60	1:12:11	1:27:08
30	0:59:31	1:14:28	61	1:12:47	1:27:44
31	0:59:46	1:14:43	62	1:13:23	1:28:20
32	1:00:01	1:14:58	63	1:13:59	1:28:56
33	1:00:16	1:15:13	64	1:14:35	1:29:32
34	1:00:31	1:15:28	65	1:15:11	1:30:08
35	1:00:46	1:15:43	66	1:15:47	1:31:44
36	1:01:04	1:16:01	67	1:16:23	1:32:24
37	1:01:22	1:16:19	68	1:16:59	1:33:04
38	1:01:40	1:16:37	69	1:17:35	1:33:44
39	1:01:58	1:16:55	70	1:18:20	1:34:29
40	1:02:16	1:17:13	71	1:19:05	1:35:14
41	1:02:36	1:17:33	72	1:19:55	1:35:59
42	1:02:56	1:17:53	73	1:20:40	1:36:49
43	1:03:16	1:18:13	74	1:21:30	1:37:39
44	1:03:36	1:18:33	75	1:22:20	1:38:29
45	1:03:56	1:18:53			

21.100 km / H.M.S

ตารางกำหนดความเร็วสูงสุดสำหรับการพิชิตเพื่อการคำนวณผลคะแนน

A Table of Fastest Time Score Point to Reach

Age	21.100 km / H.M.S		Age	21.100 km / H.M.S	
	Men	Women		Men	Women
15	1:24:00	1:37:30	46	1:17:00	1:31:42
16	1:20:20	1:34:00	47	1:18:00	1:32:24
17	1:16:40	1:30:30	48	1:19:00	1:33:06
18	1:13:00	1:27:00	49	1:20:00	1:33:48
19	1:11:45	1:26:30	50	1:21:00	1:34:30
20	1:10:30	1:26:00	51	1:21:48	1:35:18
21	1:10:12	1:25:20	52	1:22:36	1:36:06
22	1:09:54	1:24:40	53	1:23:24	1:36:54
23	1:09:36	1:24:00	54	1:24:12	1:37:42
24	1:09:08	1:24:08	55	1:25:00	1:38:30
25	1:09:00	1:24:17	56	1:25:48	1:39:18
26	1:09:06	1:24:25	57	1:26:36	1:40:06
27	1:09:12	1:24:34	58	1:37:24	1:40:54
28	1:09:18	1:24:43	59	1:28:12	1:41:42
29	1:09:24	1:24:51	60	1:29:00	1:42:30
30	1:09:30	1:25:00	61	1:29:42	1:43:12
31	1:09:42	1:25:12	62	1:30:24	1:43:54
32	1:09:54	1:25:24	63	1:31:06	1:44:36
33	1:10:06	1:25:36	64	1:31:48	1:45:18
34	1:10:18	1:25:48	65	1:32:30	1:46:00
35	1:10:30	1:26:00	66	1:33:12	1:46:48
36	1:11:12	1:26:24	67	1:33:51	1:47:36
37	1:11:54	1:26:48	68	1:35:26	1:48:24
38	1:12:36	1:27:12	69	1:36:18	1:49:12
39	1:13:18	1:27:36	70	1:37:00	1:50:00
40	1:14:00	1:28:00	71	1:39:30	1:51:02
41	1:14:24	1:28:36	72	1:40:15	1:51:59
42	1:14:48	1:29:12	73	1:42:00	1:52:51
43	1:15:12	1:29:48	74	1:42:42	1:53:32
44	1:15:36	1:30:24	75	1:43:31	1:54:21
45	1:16:00	1:31:00			

25.000 km / H.M.S

ตารางกำหนดความเร็วสูงสุดสำหรับการพิชิตเพื่อการคำนวณผลคะแนน

A Table of Fastest Time Score Point to Reach

Age	25.000 km / H.M.S		Age	25.000 km / H.M.S	
	Men	Women		Men	Women
15	1:40:17	1:56:33	46	1:31:56	1:49:34
16	1:35:59	1:52:22	47	1:33:12	1:50:18
17	1:31:34	1:48:07	48	1:34:22	1:51:13
18	1:27:07	1:43:53	49	1:35:34	1:52:00
19	1:25:36	1:43:14	50	1:36:41	1:52:57
20	1:24:08	1:42:45	51	1:37:39	1:53:43
21	1:23:44	1:41:58	52	1:38:39	1:54:53
22	1:23:26	1:41:12	53	1:39:33	1:55:44
23	1:23:02	1:40:17	54	1:40:35	1:56:46
24	1:22:44	1:40:26	55	1:41:30	1:57:36
25	1:22:15	1:40:44	56	1:42:26	1:58:40
26	1:22:26	1:40:53	57	1:43:24	1:59:32
27	1:22:33	1:41:03	58	1:44:22	2:00:38
28	1:22:44	1:41:12	59	1:45:22	2:01:32
29	1:22:50	1:41:21	60	1:46:23	2:02:27
30	1:22:56	1:41:30	61	1:47:15	2:03:23
31	1:23:09	1:41:49	62	1:47:57	2:04:05
32	1:23:26	1:41:58	63	1:48:50	2:05:02
33	1:23:38	1:42:17	64	1:49:44	2:05:46
34	1:23:51	1:42:27	65	1:50:29	2:06:50
35	1:24:09	1:42:46	66	1:51:25	2:07:30
36	1:24:58	1:43:14	67	1:52:10	2:08:30
37	1:25:49	1:43:43	68	1:52:57	2:09:31
38	1:26:41	1:44:12	69	1:53:55	2:10:20
39	1:27:27	1:44:42	70	1:54:43	2:11:22
40	1:28:21	1:45:02	71	1:55:37	2:12:09
41	1:28:49	1:45:52	72	1:56:36	2:13:08
42	1:29:17	1:46:33	73	1:57:32	2:14:04
43	1:29:45	1:47:15	74	1:58:29	2:15:01
44	1:30:14	1:47:57	75	1:59:26	2:15:58
45	1:30:43	1:48:40			

32.000 km / H.M.S

ตารางกำหนดความเร็วสูงสุดสำหรับการพิชิตเพื่อการคำนวณผลคะแนน

A Table of Fastest Time Score Point to Reach

Age	32.000 km / H.M.S		Age	32.000 km / H.M.S	
	Men	Women		Men	Women
15	2:05:00	2:29:00	46	2:00:26	2:25:16
16	2:00:00	2:26:00	47	2:01:18	2:26:08
17	1:56:15	2:19:20	48	2:02:10	2:27:00
18	1:52:14	2:14:50	49	2:03:02	2:27:52
19	1:50:29	2:12:54	50	2:03:54	2:28:44
20	1:49:44	2:12:09	51	2:04:46	2:29:39
21	1:48:59	2:11:39	52	2:05:41	2:30:34
22	1:48:29	2:11:09	53	2:06:36	2:31:29
23	1:47:59	2:10:39	54	2:07:31	2:32:24
24	1:47:29	2:11:04	55	2:08:26	2:33:19
25	1:46:49	2:11:29	56	2:09:21	2:34:17
26	1:47:14	2:11:54	57	2:10:19	2:35:15
27	1:47:39	2:12:19	58	2:11:17	2:36:13
28	1:48:04	2:12:44	59	2:12:15	2:37:11
29	1:48:29	2:13:09	60	2:13:13	2:38:09
30	1:48:54	2:13:34	61	2:14:12	2:39:08
31	1:49:29	2:14:09	62	2:15:11	2:40:07
32	1:50:04	2:14:44	63	2:16:10	2:41:06
33	1:50:39	2:15:19	64	2:17:09	2:42:05
34	1:51:14	2:15:54	65	2:18:08	2:43:04
35	1:51:49	2:16:29	66	2:19:08	2:44:00
36	1:52:24	2:17:14	67	2:20:08	2:45:00
37	1:53:09	2:17:59	68	2:21:08	2:46:00
38	1:53:54	2:18:44	69	2:22:08	2:47:00
39	1:54:39	2:19:29	70	2:23:08	2:48:00
40	1:55:24	2:20:14	71	2:24:08	2:49:00
41	1:56:14	2:21:04	72	2:25:08	2:50:00
42	1:57:04	2:21:54	73	2:26:08	2:51:00
43	1:57:54	2:22:44	74	2:27:08	2:52:00
44	1:58:44	2:23:34	75	2:28:08	2:53:00
45	1:59:34	2:24:24			

36.000 km / H.M.S

ตารางกำหนดความเร็วสูงสุดสำหรับการพิชิตเพื่อการคำนวณผลคะแนน

A Table of Fastest Time Score Point to Reach

Age	36.000 km / H.M.S		Age	36.000 km / H.M.S	
	Men	Women		Men	Women
15	2:19:48	2:48:18	46	2:15:17	2:42:33
16	2:16:12	2:43:38	47	2:16:15	2:43:33
17	2:10:00	2:38:58	48	2:17:13	2:44:18
18	2:07:50	2:34:13	49	2:18:11	2:45:23
19	2:04:59	2:29:33	50	2:19:09	2:46:28
20	2:04:34	2:28:58	51	2:20:14	2:47:33
21	2:04:09	2:28:33	52	2:21:19	2:48:38
22	2:03:49	2:28:10	53	2:22:24	2:49:43
23	2:03:29	2:27:43	54	2:23:29	2:50:15
24	2:03:09	2:28:08	55	2:24:34	2:51:30
25	2:02:49	2:28:33	56	2:25:44	2:52:45
26	2:03:04	2:28:58	57	2:26:54	2:54:00
27	2:03:19	2:29:23	58	2:28:04	2:55:20
28	2:03:34	2:29:53	59	2:29:14	2:56:40
29	2:03:49	2:30:23	60	2:30:24	2:58:00
30	2:04:09	2:30:53	61	2:31:33	2:59:20
31	2:04:29	2:31:23	62	2:32:48	3:00:40
32	2:04:49	2:31:53	63	2:34:03	3:01:33
33	2:05:09	2:32:28	64	2:35:18	3:03:03
34	2:05:29	2:33:03	65	2:36:33	3:04:33
35	2:05:49	2:33:38	66	2:37:53	3:06:03
36	2:06:24	2:34:13	67	2:39:13	3:07:33
37	2:06:59	2:34:48	68	2:40:33	3:09:03
38	2:07:34	2:35:33	69	2:41:53	3:10:33
39	2:08:09	2:36:18	70	2:43:21	3:12:13
40	2:09:44	2:37:03	71	2:44:49	3:13:53
41	2:10:39	2:37:48	72	2:46:17	3:15:33
42	2:11:34	2:38:33	73	2:47:45	3:17:13
43	2:12:29	2:39:33	74	2:49:13	3:18:53
44	2:13:24	2:40:33	75	2:50:41	3:20:33
45	2:14:19	2:41:33			

42.195 km / H.M.S

ตารางกำหนดความเร็วสูงสุดสำหรับการพิชิตเพื่อการคำนวณผลคะแนน

A Table of Fastest Time Score Point to Reach

Age	42.195 km / H.M.S		Age	42.195 km / H.M.S	
	Men	Women		Men	Women
15	3:02:30	3:26:00	46	2:43:40	3:14:56
16	2:53:50	3:19:00	47	2:45:40	3:16:20
17	2:43:10	3:12:00	48	2:47:40	3:17:44
18	2:35:50	3:05:00	49	2:49:40	3:19:08
19	2:33:20	3:04:00	50	2:51:50	3:20:32
20	2:30:50	3:03:00	51	2:52:16	3:22:08
21	2:30:14	3:01:40	52	2:55:12	3:23:44
22	2:29:38	3:00:20	53	2:58:08	3:25:20
23	2:29:02	2:59:00	54	3:01:04	3:26:56
24	2:25:36	2:59:14	55	3:04:00	3:28:32
25	2:28:00	2:59:34	56	3:07:12	3:30:08
26	2:28:12	2:59:50	57	3:12:08	3:31:44
27	2:28:24	3:00:06	58	3:13:04	3:33:20
28	2:28:36	3:00:24	59	3:17:00	3:35:56
29	2:28:48	3:00:40	60	3:20:56	3:39:44
30	2:28:59	3:00:58	61	3:23:12	3:42:32
31	2:29:14	3:01:22	62	3:27:16	3:46:20
32	2:29:26	3:01:46	63	3:30:00	3:50:08
33	2:29:39	3:02:20	64	3:34:24	3:55:56
34	2:29:49	3:02:44	65	3:37:08	4:01:04
35	2:29:59	3:03:08	66	3:41:52	4:07:52
36	2:32:14	3:03:56	67	3:45:10	4:13:40
37	2:33:38	3:04:44	68	3:49:40	4:18:40
38	2:35:02	3:05:32	69	3:53:04	4:23:50
39	2:36:26	3:06:20	70	3:57:48	4:28:20
40	2:38:02	3:07:32	71	4:01:48	4:33:00
41	2:38:50	3:08:44	72	4:06:38	4:38:00
42	2:39:38	3:09:56	73	4:13:28	4:42:00
43	2:39:48	3:11:00	74	4:19:52	4:47:00
44	2:39:59	3:12:20	75	4:24:00	4:52:00
45	2:41:40	3:13:32			