

<b>EVENTS</b>	<b>TIMES</b>	<b>D1 Podium</b>	<b>D1 top 15</b>	<b>D1 top 30</b>	<b>D1 Points contributor</b>
<u>Swim</u>					
200 Free	LCM / YDS	2:16 / 2:00	2:24 / 2:08	2:35 / 2:19	2:55 / 2:39
400/500 Free		4:40 / 5:10	5:05 / 5:35	5:20 / 5:50	6:05 / 6:35
800/1000 Free		9:40 / 10:40	10:25 / 11:25	11:00 / 12:00	12:45 / 13:45
<u>Run</u>					
800		2:35	2:50	3:05	3:20
Mile		5:25	5:55	6:30	7:00
3000		10:20	11:25	12:30	13:35
5k		17:30	19:45	21:00	22:15
<u>Bike</u>					
5min		4.6W/KG	4.3W/KG	4.1W/KG	3.6W/KG
20min		4.1W/KG	3.8W/KG	3.5W/KG	3.3W/KG
60min		3.8W/KG	3.5W/KG	3.2W/KG	3.0W/KG