

<b>EVENTS</b>	<b>TIMES</b>	<b>D2 Podium</b>	<b>D2 top 15</b>	<b>D2 top 30</b>	<b>D2 Points contributor</b>
<u>Swim</u>					
200 Free		LCM / YDS 2:26 / 2:10	LCM / YDS 2:31 / 2:15	LCM / YDS 2:41 / 2:25	LCM / YDS 2:56 / 2:40
400/500 Free		5:10 / 5:40	5:20 / 5:50	5:40 / 6:10	6:10 / 6:40
800/1000 Free		10:40 / 11:40	11:00 / 12:00	11:40 / 12:40	13:05 / 14:05
<u>Run</u>					
800		2:38	3:00	3:15	4:08
Mile		5:30	6:15	6:40	8:30
3000		10:29	12:00	12:45	16:35
5k		17:45	20:30	22:15	30:00
<u>Bike</u>					
5min		4.3W/KG	4.1W/KG	3.6W/KG	3.3W/KG
20min		3.8W/KG	3.5W/KG	3.3W/KG	3.1W/KG
60min		3.5W/KG	3.2W/KG	3.0W/KG	2.9W/KG