

EVENTS	TIMES	D3 Podium	D3 top 15	D3 top 30	D3 Points contributor
<u>Swim</u>					
200 Free	LCM / YDS	2:26 / 2:10	3:01 / 2:46	3:30 / 3:15	3:40 / 3:25
400/500 Free	LCM / YDS	5:10 / 5:40	6:10 / 6:40	7:10 / 7:40	7:30 / 8:00
800/1000 Free	LCM / YDS	10:40 / 11:40	12:40 / 13:40	14:45 / 15:45	15:50 / 16:50
<u>Run</u>					
800		3:15	3:35	4:05	4:25
Mile		6:55	7:30	8:20	9:00
3000		12:05	14:50	16:35	18:00
5k		20:30	26:00	28:15	30:30
<u>Bike</u>					
5min		3.6W/KG	3.3W/KG	3.1W/KG	2.9W/KG
20min		3.3W/KG	3.1W/KG	2.9W/KG	2.7W/KG
60min		3.0W/KG	2.9W/KG	2.7W/KG	2.5W/KG