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4-1

25	10		1. 8-10 2. 4-7 3. 0-3	
	10		1. 1 4 2. 2 3. 1 4 3	
	5	1	1. 2 1 2. 2-3 3 3 2	

15	5	4000m <sup>2</sup> 1600m <sup>2</sup> 1200m <sup>2</sup> 800m <sup>2</sup>	1600m <sup>2</sup>	800m <sup>2</sup>	5	4000m <sup>2</sup> 1200m <sup>2</sup> 1/2	1600m <sup>2</sup>	2	1/4	800m <sup>2</sup>	3	5	1/2		
	10	10%	90%					1.		90%	6	80	-90%		
10	4	190						4	70%	-80%	2	70%	6		
								2.		10%	4	5%	-10%	2	5%
								4					2		
								1.		190	3	100	-190	2	
	4						100	1							
								2.		3		1		1	
								2							
								1.		8000		4			
								2.		6000	- 8000	3			
	4	8000						3.		4000	- 6000	2			
								4.		2000	-4000	1			
								5.		2000					
								1.		2		2			
	2							2.		1	1				
								3.							

8	8		1. 4 1 2 2. 2 2 4 2	
12	2		1. 2 2. 1 3.	
	4	4 12	1. 4 2 4 1 2. 12 2 2 12 1 2	
	6	40	1. 40 6 2. 30 -40 4 3. 20 -30 2 4. 20 0-1	
			1. 1 0.5 1	

30	10	2	2. 3.	1 2	0.5 8
	7	4	1. 2. 3.	5 3-4 1-2	1 1 4 6-7 3-5 0-2
	2			2	1
	6		1. 2.	1 1	1 5
	5	3	1. 2.	2 3 1 2	0.5 3 3

90

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4-2

25	10		1. 8-10 2. 4-7 3. 0-3	
	10		1. 1 4 2. 2 3. 1 4 3	
	5	1	1. 2 1 2. 3 3 2-3 2	

15	5	8000m <sup>2</sup>	1. 8000m <sup>2</sup> 2	3	1	1/2			
	6	90%	1. 2 70% -80% 1	90% 70% 4	4 80	-90%			
	4		2. 5% 2 2	10% 2	5% -10%	1			
						4			
10	4	190	1. 1	190	3 100	-190 2	100		
			2. 2	3	1	1			
	4	8	1. 2. 3. 4. 5.	8 6 -8 2 -4 1 -2	4 3 2 1				
	2		1. 2. 3.	2 1 1	2				



30	10	2	1. 2. 3.	1 1 2	0.5 0.5 8	1 1 1	1 1 4		
	7	4	1. 2. 3.	5 3-4 1-2		6-7 3-5	0-2		
	2				2		1		
	6		1. 2.		1 1	1 5			
	5	3	1. 2.	2 3 2	3 1 2	1 0.5	3 3		

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4-3

25	10		1. 8-10 2. 4-7 3. 0-3	
	10		1. 1 4 2. 2 3. 1 4 3	
	5	1	1. 2 1 2. 2-3 3 3 2	

15	5	4000m <sup>2</sup>	1. 8000m <sup>2</sup> /420m <sup>2</sup> 4	3	2	1/2						
		480m <sup>2</sup>	2. 2		2	2						
10	10	30%	1. 4	70%	-80%	2	90%	6	80	-90%		
		90%	2. -20%	1	10%	4	70%	6	4	20%	-30%	2
10	6	90	1. 60	1	60	2	90	3	90			
		30	2. 15	1	15	2	30	3	30			
4			1. 4000			4						
	4	4000	2. 3000	-4000		3						
			3. 2000	-3000		2						
			4. 1000	-2000		1						
			5. 1000									
8	8		1.			4						
			2.					4				
			2-4									
						2						
12	12	2	1.		2	6	2	4				
		12	2.				12	6				
				6		12	4					
			2									

30	10	2	1. 2. 3.	1 1 2	0.5 0.5 8	1 1 1	1 1 4		
	7	4	1. 2. 3.	5 3-4 1-2			6-7 3-5 0-2		
	2					2	1		
	6		1. 2.			1 1	1 5		
	5	1	1. 2.	3 2 2	3 2	1 1	3 1		

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4-4

25	10		1. 8-10 2. 4-7 3. 1-3	
	10		1. 1                      4 2. 2 3. 1                      4 3	
	5	1	1. 2                      1 2. 2-3                      3                      3 2	



15	5	1600m <sup>2</sup>	1600m <sup>2</sup>	5	1/2	2			
	10	90%	1. 4 70% -80% 2 90% 6 80 -90% 2. 5% 4 10% 4 5% -10% 2 2						
10	4	160	1. 160 4 2. 120 -160 3 3. 80 -120 2 4. 60 -80 1 5. 60						
	6	4	1. 4 6 2. 2.5 -4 4 3. 1 -2.5 2 4. 1						
8	8		1. 4 2. 2-4						
12	12	2	1. 2 6 2 4 2. 6 12 6 2 12 4						

30	10	2	1. 2. 3.	1 0.5 1 1 0.5 1 2 8 1 4	
	7	4	1. 2. 3.	5 6-7 3-4 3-5 1-2 0-2	
	2			2 1	
	6		1. 2.	1 1 5 2 1 1	
	5	1	1. 2.	3 3 1 1 3 2 2 2 1	

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4-5

25	10		1. 8-10 2. 4-7 3.	
	10		1. 2. 3. 0-3	
	5	1	1. 2. 3. 2	1 4 2 4 1 4 3 2 1 3 3 2-3 3

15	5	400m <sup>2</sup>	400m <sup>2</sup>	4 1/4 3 1/2 2
	10	90%	1. 4 70% -80% 2 90% 6 80 -90% 2. 5% 4 10% 4 5% -10% 2 2	
10	4	160	1. 160 4 2. 120 -160 3 3. 80 -120 2 4. 60 -80 1 5. 60	
	6	2400	1. 2400 6 2. 1500 -2400 4 3. 800 -1500 2 4. 800	
8	8		1. 4 1 2 2. 2 2 4 2	
12	12	2 4	1. 2 6 2 4 2. 6 4 6 2 4 6	

30	10	2	1. 2. 3.	1 1 2	0.5 0.5 8	1 1 1 4	
	7	2	1. 2. 3.	3 2 1		6-7 3-5 0-2	
	2				2	1	
	6		1. 2.		1 1	1 5	
	5	1	1. 2.	3 2 2	3 1 2	1 1 3 1	

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