

# START LIST

	VERY EASY	EASY	SHORT MODERATE	MODERATE	SHORT HARD	MEDIUM HARD	LONG HARD	
9:00								9:00
9:03								9:03
9:06								9:06
9:09								9:09
9:12								9:12
9:15								9:15
9:18								9:18
9:21								9:21
9:24								9:24
9:27								9:27
9:30								9:30
9:33								9:33
9:36								9:36
9:39								9:39
9:42								9:42
9:45								9:45
9:48								9:48
9:51								9:51
9:54								9:54
9:57								9:57
10:00								10:00
10:03								10:03
10:06								10:06
10:09								10:09
10:12								10:12
10:15								10:15
10:18								10:18
10:21								10:21
10:24								10:24
10:27								10:27
10:30								10:30
10:33								10:33
10:36								10:36
10:39								10:39
10:42								10:42
10:45								10:45
10:48								10:48
	VERY EASY	EASY	SHORT MODERATE	MODERATE	SHORT HARD	MEDIUM HARD	LONG HARD	

# START LIST

	VERY EASY	EASY	SHORT MODERATE	MODERATE	SHORT HARD	MEDIUM HARD	LONG HARD	
10:51								10:51
10:54								10:54
10:57								10:57
11:00								11:00
11:03								11:03
11:06								11:06
11:09								11:09
11:12								11:12
11:15								11:15
11:18								11:18
11:21								11:21
11:24								11:24
11:27								11:27
11:30								11:30
11:33								11:33
11:36								11:36
11:39								11:39
11:42								11:42
11:45								11:45
11:48								11:48
11:51								11:51
11:54								11:54
11:57								11:57
12:00								12:00
12:03								12:03
12:06								12:06
12:09								12:09
12:12								12:12
12:15								12:15
12:18								12:18
12:21								12:21
12:24								12:24
12:27								12:27
12:30								12:30
12:33								12:33
12:36								12:36
12:39								12:39
	VERY EASY	EASY	SHORT MODERATE	MODERATE	SHORT HARD	MEDIUM HARD	LONG HARD	