

Class Time	1.5X Extended Time	2X Extended Time
15 m	23 m	30 m
20 m	30 m	40 m
25 m	38 m	50 m
30 m	45 m	1 H (60 m)
35 m	53 m	1 H 10 m (70 m)
40 m	1 H (60 m)	1 H 20 m (80 m)
45 m	1H 8 m (68 m)	1 H 30 m (90 m)
50 m	1 H 15 m (75 m)	1 H 40 m (100 m)
55 m	1 H 23 m (83 m)	1 H 50 m (110 m)
1 H (60 m)	1 H 30 m (90 m)	2 H (120 m)
1 H 05 (65 m)	1 H 37.5 m (97.5 m)	2 H 10 m (130 m)
1 H 10 m (70 m)	1 H 45 m (105 m)	2 H 20 m (140 m)
1 H 15 m (75 m)	1 H 53 m (113 m)	2 H 30 m (150 m)
1 H 20 m (80 m)	2 H (120 m)	2 H 40 m (160 m)
1 H 25 m (85 m)	2 H 7.5 m (127.5 m)	2 H 50 m (170 m)
1 H 30 m (90 m)	2 H 15 m (135 m)	3 H (180 m)
1 H 35 m (95 m)	2 H 22.5 m (142.5 m)	3 H 10 m (190 m)
1 H 40 m (100 m)	2 H 30 m (150 m)	3 H 20 m (200 m)
1H 45 m (105 m)	2 H 38 m (158 m)	3 H 30 m (210 m)
1 H 50 m (110 m)	2 H 45 m (165 m)	3 H 40 m (220 m)
1 H 55 m (115 m)	2 H 52.5 m (167.5 m)	3 H 50 m (230 m)
2 H (120 m)	3 H (180 m)	4 H (240 m)
2 H 05 m (125 m)	2 H 47.5 m (187.5 m)	4 H 10 m (250 m)
2 H 10 m (130 m)	3 H 15 m (195 m)	4 H 20 m (260 m)
2 H 15 m (135 m)	3 H 23 m (203 m)	4 H 30 m (270 m)

2 H 20 m (140 m)	3 H 30 m (210 m)	4 H 40 m (280 m)
2 H 25 m (145 m)	3 H 38 m (218 m)	4 H 50 m (290 m)
2H 30 m (150 m)	3 H 45 m (225 m)	5 H (300 m)
2H 35 m (155 m)	3 H 52 m (232 m)	5 H 10 m (310 m)
2 H 40 m (160 m)	4 H (240 m)	5 H 20 m (320 m)
2 H 45 m (165 m)	4 H 8 m (248 m)	5 Hours 30 m (330 m)
2 H 50 m (170 m)	4 H 15 m (255 m)	5 H 40 m (340 m)
2 H 55 m (175 m)	4 H 22.5 m (262.5 m)	5 H 50 m (350 m)
3 H (180 m)	4 H 30 m (270 m)	6 H (360 m)