



1100m = A- B-1-2-3-4-7-8-9-10
1400m = A- B-1-2-3-4-5-6-7-8-9-10
2500m = A- B-A- B-1-2-3-4-5-6-7-4-3-2-1-B-A
 +
A- B-1-2-3-4-5-6-7-8-9-10