

1	2	3	4	5	6	7	8	9	10	11	12	13
0:05:00	0:10:00	0:15:00	0:20:00	0:25:00	0:30:00	0:35:00	0:40:00	0:45:00	0:50:00	0:55:00	1:00:00	1:05:00
0:05:15	0:10:30	0:15:45	0:21:00	0:26:15	0:31:30	0:36:45	0:42:00	0:47:15	0:52:30	0:57:45	1:03:00	1:08:15
0:05:30	0:11:00	0:16:30	0:22:00	0:27:30	0:33:00	0:38:30	0:44:00	0:49:30	0:55:00	1:00:30	1:06:00	1:11:30
0:05:45	0:11:30	0:17:15	0:23:00	0:28:45	0:34:30	0:40:15	0:46:00	0:51:45	0:57:30	1:03:15	1:09:00	1:14:45
0:06:00	0:12:00	0:18:00	0:24:00	0:30:00	0:36:00	0:42:00	0:48:00	0:54:00	1:00:00	1:06:00	1:12:00	
0:06:15	0:12:30	0:18:45	0:25:00	0:31:15	0:37:30	0:43:45	0:50:00	0:56:15	1:02:30	1:08:45	1:15:00	
0:06:30	0:13:00	0:19:30	0:26:00	0:32:30	0:39:00	0:45:30	0:52:00	0:58:30	1:05:00	1:11:30		
0:06:45	0:13:30	0:20:15	0:27:00	0:33:45	0:40:30	0:47:15	0:54:00	1:00:45	1:07:30	1:14:15		
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0:09:45	0:19:30	0:29:15	0:39:00	0:48:45	0:58:30	1:08:15						
0:10:00	0:20:00	0:30:00	0:40:00	0:50:00	1:00:00	1:10:00						

30'	40'	45'	50'	60'
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0:05:15	0:10:30	0:15:45	0:21:00	0:26:15	0:31:30	0:36:45	0:42:00	0:47:15	0:52:30	0:57:45	1:03:00	1:08:15
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30'	40'	45'	50'	60'
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