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## Special training according to kinetic energy and its effect on some physical and physiological abilities and achieving the 5000 event for advanced

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### Abstract

The purpose of this paper is to preparing proposed training vocabulary in critical speed training according to kinetic energy, and identifying the effect of critical speed training according to kinetic energy in developing some physical and physiological abilities and the achievement of advanced (5000) meter players. The researcher used the experimental design using the equivalent group method, as the experimental method. The researcher defined the research community as the players of Al-Kut clubs in the (5000) meter event, numbering (10) players, then the researcher conducted homogeneity for the research group in the study variables, which are (height, age, mass, training age, 60 meter run, 1000 meter run, 2414 test. One of the most important results reached by the researcher is that: The emergence of a positive development in the physical variables between the pre- and post-tests in favour of the experimental group, and the emergence of a positive effect size in the physical variables in favour of the experimental group according to the following sequence: (critical speed, running 60 meters, running 1000 meters). One of the most important recommendations recommended by the researchers is that emphasizing critical speed training using training specific parts of the race distance and at high intensity, and emphasizing the use of the high-intensity interval training method in long-distance events based on the critical speed test.

**Keywords:** Special training according, kinetic energy, physiological abilities, interval training

### Introduction

Many sports sciences have been intertwined in the field of training to achieve development in the level of motor performance and develop achievement correctly to serve the type of sports activity practiced, as biomechanics and physiology intertwine in sports training to influence the achievement of the required level. Athletics is one of the individual games that require players in various directions to have special physical abilities that enable them to perform various movements and skills specific to it, and medium distances are one of these competitions that require special physical abilities, whether aerobic or non-aerobic, in addition to a special speed rate that also requires organizing the frequency of steps and their lengths. Many training methods and means have been used to raise the level of performance and achievement for these competitions, especially the (5000) meter running competition.

The critical speed training method is one of the modern training methods used in training high levels for medium and long distances, as this speed can be determined in relation to the distance covered and it's time for the runner of this distance, and the coach deduces the number of meters covered per second, and the critical speed can represent any distance of this effort.

The researcher believes that training specific parts of this race distance as aerobic training based on the rate of aerobic speed (critical speed) and using the kinetic energy law to determine the intensity of running at aerobic speed is one of the training methods that have not been used in training for runners of this distance, in addition to the fact that aerobic training has formed a narrow application space in the training curricula for runners of this distance.

Therefore, the importance of this study is directed towards using the concept of critical speed for the purpose of building special training vocabulary for aerobic training according to the kinetic energy law and demonstrating the effect of this method on some physical variables for a runner of the (5000) m race.

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Based on the above, the researcher decided to conduct this study to reach results that would include this training method in the training units for a runner of the (5000) m distance and raise the level of achievement in it.

### Research problem

The effectiveness of the (5000) m is one of the long races practiced by many athletes and which depends primarily on anaerobic abilities (speed endurance, strength endurance, and special performance endurance), in addition to its dependence on aerobic abilities primarily.

Most studies that dealt with training problems have indicated the specificity of aerobic training, which anaerobic training depends on, but they did not indicate the existence of training vocabulary for aerobic training, and specifically did not indicate the application of training these abilities according to the concept of critical speed and using the law of training intensity according to the law of kinetic energy, which is one of the new methods that have not entered into application, in order to develop some solutions to the problem of the decline in Iraqi numbers, especially in recent years in running (5000) m "specifically if we know that the Iraqi number is (15.00) minutes, and the world number is (12.36) minutes, and the Arab number is (12.55) minutes"

The researcher decided to use one of the mechanical laws, which is the law of kinetic energy, in determining the training intensity for fixed parts of the race distance in terms of critical speed, due to the researcher's belief that the subject of using mechanical principles has not taken its wide scope in the field of sports training, especially in long and medium distances.

### Research objective

- Preparing proposed training vocabulary in critical speed training according to kinetic energy.
- Identifying the effect of critical speed training according to kinetic energy in developing some physical and physiological abilities and the achievement of advanced (5000) meter players.

### Research hypotheses

- There is an effect of special training in developing some physical and physiological abilities and the achievement of advanced (5000) meter players.

### Research fields

- **Human field:** Players of Wasit Governorate clubs
- **Time field:** (10/2/2024) to (10/5/2024)
- **Spatial field:** Al-Kut Sports Club Stadium

### Research methodology and field procedures

#### Research Methodology

The researcher used the experimental design using the equivalent group method, as the experimental method "is proving hypotheses through experimentation, as it uses the experiment and follows a number of necessary procedures to control the effect of factors other than the experimental factor" (Khair El-Din Ali Awis. 1999) <sup>[1]</sup>.

### Community and sample research

The researcher defined the research community as the players of Al-Kut clubs in the (5000) meter event, numbering (10) players, then the researcher conducted homogeneity for the research group in the study variables,

which are (height, age, mass, training age, 60 meter run, 1000 meter run, 2414 test, pulse rate before effort, pulse rate after effort, critical speed, and achievement), as shown in Table (1).

**Table 1:** Shows the homogeneity of the research sample with the skewness coefficient for the variables under study

Variables	Measuring unit	Mean	Std. Deviations	Skewness	Type sig
Age	Year	23.44	2.98	0.475	homogeneity
Training age	Year	8.69	1.76	0.677	homogeneity
Length	Cm	1.76	0.06	0.199	homogeneity
Weight	Kg	65.43	6.29	0.378	homogeneity

### Methods, tools and devices used in the research

#### Methods of collecting information

1. Personal interview.
2. Observation and experimentation.
3. Testing and measurement.

#### Tools and devices used in the research

1. Medical scale.
2. Height measuring device.
3. Stopwatch number (3).
4. Blood oxygen measurement device before and immediately after the effort.
5. Scientific electronic calculator (hp Bavalon 4000) (Laptop).
6. Sony camera type (Japanese made) video number (2).
7. Legal spears number (4).
8. Media number (4).

### Research procedures

#### Nominating tests and how to determine the critical speed

After reviewing the scientific sources, the researcher conducted the pre-research tests on the selected sample, which included tests for physical variables and tests for functional tests, in addition to the achievement test. The critical speed test was relied upon as a basic variable by giving physical effort for a specific time (20) minutes to all athletes. Through this test, the critical speed rate was extracted, on which the training vocabulary was built. The kinetic energy law was relied upon to determine the training intensity for athletes in the speed variable, which is the decisive factor in kinetic energy with a constant mass for each athlete, by knowing the individual differences between athletes. For ease of calculating the training intensity using the kinetic energy method, this law was relied upon, which gives the same training intensity that we extract using the kinetic energy method, which is (Sareeh Abdul Karim Al-Fadhli. 2007) <sup>[2]</sup>.

$$\text{Training intensity} = \frac{\text{Maximum time}}{\sqrt{\text{Required training intensity}}}$$

The researcher used speed training, i.e. dividing the distance into parts, namely (100m, 150m, 200m, 300m, 400m), which are speed distances in order to develop speed training extracted from the critical speed rate and its impact on long distances, as anaerobic training was used to develop aerobic training, and this is what the researcher emphasized in his training, as the athlete who covers (6000) meters in (20) minutes, the speed rate for this athlete is (5) meters/second, so the athlete covers (100) meters in (20) seconds, which

represents (100%) for the athlete, so if we want to extract the training intensity for the athlete using kinetic energy, let it be (120%) of the critical speed, it will be (16.66) seconds, which represents the training intensity (120%) based on the aerobic speed rate, i.e. high and super maximal intensities can be used by referring to the aerobic speed rate adopted by the researcher, and the tests.

### Physical tests

**First: Running test (60) meters from the moving position (Sareeh Abdul Karim Al-Fadhli 2001) [3]**

- **Test objective:** Measure transitional speed.

**Second: Running test (1000) meters**

- **Test objective:** Measure general endurance.

**Third: Critical speed test**

- **Test objective:** Measure the highest average aerobic speed.

### Functional tests

**First: Running test (2414) meters**

- **Test objective:** Measure oxygen capacity.

**Second: Calculate pulse rate**

- **Measurement objective:** Calculate maximum pulse rate.
- **Measurement description:** The pulse is calculated immediately after completing physical effort by palpating the carotid artery.
- **Recording:** The number of heart beats per minute is recorded.

### Achievement Test

- **Test objective:** To achieve the highest achievement for each athlete.
- **Test description:** Athletes start running for a distance of (5000) meters after hearing the shot from the referee, then the timekeeper starts timing until reaching the finish line and the test is conducted as a group and only once.
- **Recording:** The time is calculated in minutes and parts thereof

### Exploratory experiment

The exploratory experiment has a very important role to know the following

1. Identify the positives and negatives that you encounter during the tests in order to reduce or avoid them in the future.
2. Ensure the safety and validity of the devices used before starting to implement the program, placing (2) cameras in the middle of the field.
3. Know the time period for each test.
4. Know the time period for implementing all tests.
5. Inform the support team of the duties that must be performed and determine their number.
6. Know the physical ability in order to prepare the training curriculum.

### Pre-research tests

The test is the means by which we can identify the reality of the sample and its real level, as the researcher used a set of

tests to be an indicator to adjust and control some variables to ensure the accuracy of the results on the one hand and the impact of the training method that depends on critical speed training according to kinetic energy in developing some physical and functional variables and achieving the (5000) meter event on the other hand, so the researcher used field tests due to the ease of performing them by the coach and athlete, as the pre-research field tests were conducted for the research sample on the days 15, 17, 2/2024 at exactly eight o'clock in the morning in the outdoor stadium of the arena and field of the College of Physical Education of Al-Kut Sports Club, as all members of the sample attended the test in addition to the assistant work team and the tests were as follows:

- **The first day:** A (1000) meter running test and a (2414) meter-running test.
- **The second day:** A (60) meter running test (critical speed).

The researcher fixed all variables related to the test, such as place, time, method of implementation, and sequence of tests, in order to control as much as possible the preparation of the same and similar conditions when conducting the post-tests.

### Training vocabulary

- (24) training units at a rate of (2) training units per week during (12) weeks.
- The duration of each training unit ranges from (60-90) minutes.
- The exercises of the preparatory and final section are represented according to the type of training dose and its goal.
- The contents of the training curriculum are represented through the single training dose by giving repetitions to the athletes according to high intensities based on the critical speed test.
- Through the critical speed test, the speed rate for each athlete was extracted and the intensity (100%) was known for each player.
- Rest was calculated based on the work-to-rest ratio (1:1 -0.5:1).
- The load was gradually increased within the weekly circuits and for the exercises used only.

### Post-tests for the research sample

The researcher conducted the post-tests for the research sample after completing the application of the training vocabulary on the experimental group for the days 23 and 25 /4/2024 at exactly eight o'clock in the morning in the outdoor stadium of the arena and field of Al-Kut Sports Club after completing the period of implementing the training curriculum, as the researcher committed to following the same method in the pre-tests and was keen to provide the same conditions and requirements in terms of time, place, tools used and the assistant work team.

### Statistical methods

The search data was processed through the Statistical Package for the Social Sciences (SPSS).

### Results and Discussion

**Table 2:** Shows the arithmetic means, standard deviations, the difference between the arithmetic means and their standard deviation, the calculated (t) value, and the significance of the differences between

Variables	Measuring unit	Pre-test		Post-test		arithmetic mean of difference	standard deviation of differences	T value calculated	Type Sig
		Arithmetic mean	Standard deviation	Arithmetic mean	Standard deviation				
Run 60m	s	7.008	0.468	6.242	0.063	0.766	0.423	4.054	Sig
Run 1000m	s	3.110	0.088	2.516	0.021	0.594	0.098	13.606	Sig
Critical speed	m/s	5747.6	385.85	6308.2	414.06	560.6	105.147	11.922	Sig
Run 2414	min	59.800	6.573	67.00	5.00	0.862	0.628	3.070	Sig
Oxygen consumption	ml/kg/min	90.400	1.140	91.00	0.707	7.800	4.765	3.661	Sig
Oxygen consumption rate		75.400	4.615	74.800	5.263	1.800	1.095	3.674	Sig
Achievement	min	18.072	0.571	16.606	0.925	1.466	0.535	6.126	Sig

Results of the pre- and post-tests on the physical variables under study \* significance level of (0.05) and in front of a degree of freedom (9-1=4). \* Significant at the error level (0.05) if the error level is less than (0.05),

From the table above, the tests have shown that there is a reciprocal effect between the achieved amounts of development in the overall physical characteristics related to running (5000) meters, which were focused on during the training program prepared by the researcher based on the rate of aerobic speed (critical speed), as the development achieved in the results of these tests indicated that the effect of training according to aerobic speed was effective in developing the movements of the legs and arms and correct control of them, which included a decrease in the time of running (60) meters, which expresses the maximum speed of the research sample, which expresses the individual's ability to exert the highest rates of rapid movements to obtain an increase in the rate of acceleration that reflects the player's obtaining the highest rate of speed represented by a decrease in the time of covering this distance (test distance). Most specialized studies have indicated that increasing training on running movements (repeated movements) gives feedback to the nervous system on the correct repetition of these movements and in a manner consistent with the correct technical performance that contributes to the occurrence of an economy of movement. The absence of additional and redundant movements gives the correct fluidity when applying fast running movements in different parts of the body, as speed training must be performed according to the level of speed targeted in the training program in order for the process of physiological adaptation to the movement to take place (Muhammad Othman. 2010) [6].

The training that was applied to the members of the experimental group for the duration of the special training period according to the appropriate volume and intensity of the aerobic speed that was measured through the tests, which included in some of its aspects special speed training and speed endurance according to the maximum intensity of the aerobic speed to develop the rapid response as reactions, and this means increasing the amount of movement of the player's body represented by increasing the speed of the frequency of the steps resulting from the speed of (contraction and expansion) of the muscle, which was reflected in increasing the speed during the passage of (60) meters as well as continuing the speed with a lower intensity to cover a distance of (1000) meters, as some researchers believe that muscle fibers have the ability to produce the highest speed when using types of motor stimuli that allow the speed to always be high to above average, provided that the performance is distinguished by fluidity and lack of tension in the rhythm and avoiding muscle contraction during the performance, which inevitably affects the levels

of strength and performance when used, and this method of stimuli was used (the duration of the stimulus and its size with regard to the length of the running distance and its intensity according to (the target speed) and especially in the special preparation time designed by the researcher, and thus the number of working motor units will increase and increase accordingly. Its ability to produce the highest kinetic energy (Sareeh Abdul Karim. 2003) [7].

The researcher believes that the exercises have provided the desired benefit, as they have led to an increase in the coordination between the movements of the arms and legs during the repetition of the maximum running, which is attributed in its intensity to the rate of aerobic speed (critical), and what is related to the adaptation that occurs in the central nervous system through the rapid and repeated exchanges of these processes, as well as the precise selection and continuous organization of the work of the motor units, which leads to achieving a high transitional speed. (Abu Al-Ala Ahmed Abdel Fattah and Muhammad Nasr Al-Din Radwan. 2003) [8]. In addition to that, the transitional speed is related to the muscle work that is the result of implementing the instructions of the nervous system, as the muscle produces the energy required to cause rapid muscle contractions.

In addition to the above, the motor system must be at a good level to carry out the rapid launch or increase the speed, which depends largely on the coordination between the work of the motor units and the neural reflexes within the muscle itself and the ability of the muscle to contract at its highest speed, as the ability of the muscle to relax and elasticity is an important factor in achieving high speed and good performance. (Muhammad Othman. 1990) [9].

In addition to what was mentioned in the discussion of the differences between the pre- and post-tests in speed and achievement of running (1000) meters, which reflects the special speed endurance of the research sample, the researcher attributes this difference to the development that occurred in the characteristic of speed and special speed endurance that was reflected in the results of the (60) meters and (1000) meters tests. The researcher concludes from the above that the use of different running exercises according to the maximum intensity specific to the critical (aerobic) speed has given an increase in the burden on the muscles and the mobilization of muscle fibers, which led to improving the ability of the working muscles during performance (Talha Hussam El-Din. 1994) [10].

Also, through Table 2, the researcher found a correlation between the long-distance player having a high amount of (O<sub>2</sub>) and his physical performance and the amount of his

physical fitness, as the percentage of oxygen consumption actually represents the maximum ability of the body to take and transport ( $O_2$ ) and then extract it in the working muscle cells, and it is procedurally equal to the product of the maximum cardiac output (which is the amount of blood pumped to the heart per minute) by the maximum arterial-venous difference for oxygen, and the factors that determine ( $O_2$ ) are the peripheral factors (skeletal muscles) and the central factors specific to the circulatory and nervous systems, which determine the ability of the voluntary muscles to consume oxygen during training, and thus the training that was applied to the members of the experimental group helped to develop the peripheral and central factors in a manner that is proportional to the effort of the competition, which made the results of the differences in this variable significant for the members of this group. The researcher believes that when training using the high-intensity interval method and at maximum or near-maximum intensity (as was implemented in the training curriculum exercises prepared by the researcher, especially in the special preparation period according to the critical speed), the muscles can consume all the oxygen coming to them because the time of effort implemented in these exercises is often appropriate and equal to the time of transferring blood from the heart to the muscles (as a blood circulation), so the muscles are affected by the process of transferring oxygen to them because they have their own vital sufficiency, and on the other hand, in the case of using high intensity, the body's need for oxygen exceeds the amount of oxygen available, and this means that the body's need for energy exceeds the maximum capacity for oxygen consumption, and this leads to the emergence of what is called oxygen debt, so the training that was implemented on the members of the experimental group helped and developed the body's need for energy, and this is what affected the results of running (2414) meters, as there was a noticeable development in the results of this test in the experimental group as a result of the development of physiological and physical efficiency as a result of the training that the researcher implemented on them. The importance of studying this variable as a physiological indicator comes from what some studies have concluded, that the relative oxygen consumption of speed players is linked to the anaerobic threshold (reaching a state of muscle fatigue), (Baha El-Din Ibrahim Salama. 1999) [10].

From the same table, it is noted that the exercises applied to the members of the experimental group, which included speed training, speed endurance training, and special performance endurance, which were carried out by the members of the experimental group, worked to develop their oxygen capacity, as it appeared in the results of the post-tests for this group, as this capacity represents the performance of a specific muscular work in a specific time, and on the other hand, this capacity means the ability to continue muscular work in the presence of oxygen, as this capacity is linked to muscular endurance (muscle work for a long time) that was developed by the proposed exercises, and it actually depends on providing anaerobic energy to the muscles through the rapid source of bioenergy, which is represented by the breakdown of adenosine triphosphate stored in the muscles (ATP) as well as the breakdown of creatine phosphate (PC), and the effect of training appeared clearly in measuring this capacity for the members of the experimental group due to the specificity of the training

method used, and this is a clear indication of the effect of the training curriculum on increasing anaerobic capacity, and the researcher concludes from this that the exercises used according to the rapid anaerobic exercise system increased musculoskeletal adaptation and increased the work of large muscles, which gave an indirect indication of peripheral adaptation For working muscles, which may be accompanied by an increase in the density of capillaries of working tissues (Rowell LB, 1986) [12].

In addition, the increase in short and medium anaerobic capacity in the post-test was consistent with the statistically significant development in speed and speed endurance that was previously discussed, and as is known, the energy system required for any physical effort is determined in light of the time of exertion of that effort and the rate of energy consumption in this activity (Talha Hussam El-Din, 1994) [10].

Therefore, the principles adopted by the researcher in building his training curriculum emphasized the necessity of determining the energy production system used through the use of exercises based on single, repeated, and rapid movements in a relatively short time, which worked to develop the anaerobic capacity of the research sample members.

## Conclusions and Recommendations

### Conclusions

**Through presenting, analyzing and discussing the results, the following conclusions were reached:**

- The emergence of a positive development in the physical variables between the pre- and post-tests in favor of the experimental group.
- The emergence of a positive effect size in the physical variables in favor of the experimental group according to the following sequence: (critical speed, running 60 meters, running 1000 meters).
- The emergence of a positive effect size in the functional variables in favor of the experimental group according to the following sequence: (oxygen consumption rate, running 2414 meters, oxygen consumption).
- The emergence of a positive effect size in the achievement variable in favor of the experimental group.

### Recommendations

**According to the results reached by the researcher in his research topic, the researcher recommends the following:**

- Emphasizing critical speed training using training specific parts of the race distance and at high intensity.
- Emphasizing the use of the high-intensity interval training method in long-distance events based on the critical speed test.
- The necessity of conducting continuous periodic tests to determine the extent of the sample's development and the validity of using such type of training vocabulary.
- Relying on the law of kinetic energy in determining training intensity because of its importance in knowing individual differences between athletes.
- Emphasizing the use of this type of training with age groups because of its effect in developing the athlete's physical ability.
- Emphasizing the importance of the relationship between physical qualities through their training, i.e.

the relationship between speed and endurance training, as this appeared clearly in the post-tests and in favor of the experimental group as a result of applying the training method.

- Seeking to conduct similar research.

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### Appendix 1

**Table 1:** Training curriculum used

Week	Unit	Running distance	Intensity%	Repetitions	Rest period between repetitions	Sets
First	1	100 m	95%	60	1:1	1
	2	400 m	95%	15	0.5:1	1
Second	1	150 m	95%	40	1:1	1
	2	300 m	95%	20	0.5:1	1
Third	1	200 m	95%	30	0.5:1	1
	2	100 m	100%	60	1:1	1
Fourth	1	400 m	100%	15	0.5:1	1
	2	150 m	100%	40	1:1	1
Fifth	1	300 m	100%	20	0.5:1	1
	2	200 m	100%	30	0.5:1	1
Sixth	1	100 m	105%	60	1:1	1
	2	400 m	105%	15	0.5:1	1
Seventh	1	150 m	105%	40	1:1	1
	2	300 m	105%	20	0.5:1	1
Eighth	1	200 m	105%	30	0.5:1	1
	2	100 m	110%	60	1:1	1
Ninth	1	400 m	110%	15	0.5:1	1
	2	150 m	110%	40	1:1	1
Tenth	1	300 m	110%	20	0.5:1	1
	2	200 m	110%	30	0.5:1	1
Eleventh	1	100 m	115%	60	1:1	1
	2	400 m	115%	15	0.5:1	1
Twelfth	1	150 m	115%	40	0.5:1	1
	2	300 m	115%	20	0.5:1	1
Thirteenth	1	200 m	115%	30	0.5:1	1
	2	100 m	120%	60	1:1	1
Fourteenth	1	400 m	120%	15	0.5:1	1
	2	150 m	120%	40	1:1	1
Fifteenth	1	300 m	120%	20	0.5:1	1
	2	200 m	120%	30	0.5:1	1