

§ 5 Points scale

4.8.042 Cross-country Olympic and Marathon events

Position	Men and Women	Position	Men and Women
1	250	31	44
2	200	32	42
3	160	33	40
4	150	34	38
5	140	35	36
6	130	36	34
7	120	37	32
8	110	38	30
9	100	39	29
10	95	40	28
11	90	41	27
12	85	42	26
13	80	43	25
14	78	44	24
15	76	45	23
16	74	46	22
17	72	47	21
18	70	48	20
19	68	49	19
20	66	50	18
21	64	51	17
22	62	52	16
23	60	53	15
24	58	54	14
25	56	55	13
26	54	56	12
27	52	57	11
28	50	58	10
29	48	59	9
30	46	60	8