

>INTRODUCTION

Bread plays an important role in our nutrition. Who has never dreamed of making their own freshly baked bread at home? Now you can using a breadmaker.

Whether you are a beginner or an expert, all you have to do is add the ingredients and the breadmaker does the rest. You can easily make bread, bread dough, pizza dough, brioche, pasta and jam effortlessly. However be aware that to make the most of your breadmaker a certain learning curve is necessary. Take the time to get to know it and don't be disappointed if your first attempts aren't quite perfect. But if you're impatient to make your first loaf, one of the recipes in the quick-start paragraph will help you take your first steps.

Note that the texture of the bread you'll get is more compact than bread from a bakery.

Also, remember that all baked loaves have a hole underneath where the kneading paddles are positioned while the bread is baking in the pan.

>FIRST STEPS

TIPS FOR MAKING GOOD BREAD

- Please read these instructions carefully: the method for making bread with this appliance is not the same as for hand-made bread.
- 2. All ingredients used must be at room temperature (unless otherwise indicated) and must be weighed exactly. Measure liquids with the graduated beaker supplied. Measure liquids with the graduated beaker supplied. Use the double doser supplied to measure teaspoons on one side and tablespoons on the other. All spoon measures are level and not heaped. Incorrect measurements give bad results.
- For successful bread making using the correct ingredients is critical. Use ingredients before their use-by date and keep them in a cool, dry place.
- 4. It is important to measure the quantity of flour precisely. That is why you should weigh out flour using a kitchen scale. Use packets of flaked dried yeast (sold in the Uk as Easy Bake or Fast Action Yeast). Unless otherwise indicated in the recipe, do not use baking powder. Once a packet of yeast has been opened, it should be sealed, stored in a cool place and used within 48 hours.

5. To avoid spoiling the proving of the dough, we advise that all ingredients should be put in the bread pan at the start and that you should avoid opening the lid during use (unless otherwise indicated). Carefully follow the order of ingredients and quantities indicated in the recipes. First the liquids, then the solids. Yeast should not come into contact with liquids, sugar or salt.

GENERAL ORDER TO BE FOLLOWED:

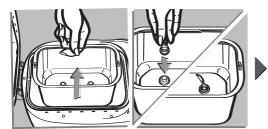
Liquids (butter, oil, eggs, water, milk) Salt Sugar Flour, first half Powdered milk Specific solid ingredients Flour, second half Yeast

QUICK-START

To get to know your breadmaker, we suggest trying the BASIC BREAD recipe for your first loaf.

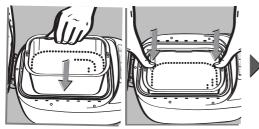
BASIC WHITE BREAD	BROWNING	>	MEDIUM
(programme 1)	WEIGHT	>	1000 g
	TIME	>	3:20
tsp > teaspoon tbsp > tablespoon	OIL	>	2 tbsp
tbsp > tablespoon	WATER	>	325 ml

SALT	>	2 tsp
SUGAR	>	2 tbsp
POWDERED MILK	>	2.5 tbsp
WHITE BREAD FLOUR	>	600 g
YEAST	>	1,5 tsp

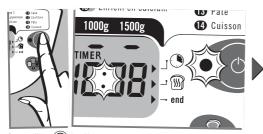


Lift out the bread trough by lifting the handle and pulling forwards and backwards to unclip the two sides, one by one.

Fit the kneading paddles.



Place the bread pan in the breadmaker. Replace the bread trough and press on one side then the other to engage the mixer drives and clip it in on both sides.

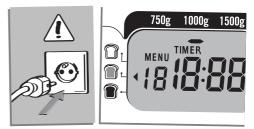


Press the D button. The indicator light will come on. The timer colon flashes, and the timer will count down. The operating indicator lights up. The cycle will start.

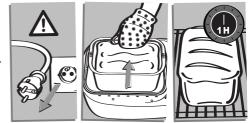


Put the ingredients in the pan in exactly the order recommended.

Make sure that all ingredients are weighed with precision.



Close the lid. Plug in the bread maker. After you hear the beep, programme 1 settings are displayed by default, i.e. 1000 g, medium browning.



Unplug the breadmaker at the end of the cooking or warming cycle. Lift the bread pan out of the breadmaker by pulling on the handle. Always use oven gloves as the pan handle is hot, as is the inside of the lid. Turn out the hot bread and place it on a rack for at least 1 hour to cool.

USING YOUR BREADMAKER



A default setting is displayed for each programme. You will therefore have to select the desired settings manually.



Selecting a programme

Choosing a programme triggers a series of steps which are carried out automatically one after another.

The MENU button enables you to choose a certain number of different programmes. The time corresponding to the programme is displayed. Every time you press the (www), The number on the display panel switches to the next programme from 1-14

- 1 > basic white bread
- 5 > fast bread
- 2 > French bread
- 3 > wholemeal bread 7
- 6 > gluten-free bread
- 7 > salt-free bread
- 4 > sweet bread
- 8 > bread rich
 - in omega 3
- 1. The Basic white Bread programme is used to make most bread recipes using white wheat flour.
- 2. The French Bread programme corresponds to a traditional French crusty white bread recipe.
- 3. Wholemeal Programme is used to make wholemeal bread using wholemeal flour.
- **4.** The Wholemeal Bread programme should be selected when using wholemeal bread flour.
- The Fast Bread programme is specifically for the FAST bread recipe. The weight and browning settings are not available in this programme.
- 6. Gluten-free bread is to be made exclusively from gluten-free ready-made mixes. It is suitable for persons with celiac disease, making them intolerant of the gluten present in many cereals (wheat, rye, barley, oats, Kamut, spelt wheat etc.). Refer to the specific recommendations on the packet. The trough must always be thoroughly cleaned to avoid any risk of contamination with other flours. In the case of a strictly gluten-free diet, take care that the yeast used is also gluten-free. The consistency of gluten-free flours does not yield an ideal dough. The dough sticks to the sides and must be scraped down

- 9 > damper
- 10 > cake
- 11 > jams and compotes 12 > pasta
- 13 > leavened dough
 - (pizza for example)
- 14 > cooking only

with a flexible plastic spatula during kneading. Gluten-free bread will be of a denser consistency and paler than normal bread.

- Bread is one of greatest contributors to our daily salt intake. Reducing salt consumption can help reduce the risks of cardio-vascular problems.
- This bread is rich in omega 3 fatty acids, thanks to a complete and nutritionally balanced recipe.
 Omega 3 fatty acids contribute to the proper function of the cardiovascular system.
- The damper is based on a traditional Australian recipe, cooked on hot stones. It produces a compact, slightly brioche-like bread.
- 10. Can be used to make pastries and cakes with baking powder.
- 11. The Jams programme automatically cooks jams and compots (stewed fruits) in the pan.
- **12.** Programme 12 only kneads. It is for unleavened pasta, like noodles for example.
- 13. The Leavened Dough programme does not bake. It is a kneading and rising programme for all leavened doughs such as pizza dough, rolls, sweet buns.

14. The cooking programme is limited to 10 to 70 min. only, adjustable in steps of 10 min, with light medium or dark browning.

It can be selected alone and used:

- a) with the Leavened Dough programme,
- b) to reheat cooked and cooled breads or to make them crusty,
- c) to finish cooking in case of a prolonged electricity cut during a bread baking cycle.

The breadmaker should not be left unattended when using programme 14.

To interrupt the cycle before it is finished, the programme can be stopped manually by holding down the button

SELECTING THE WEIGHT OF THE BREAD

The bread weight is set by default at 1000 g. This weight is shown for informational purposes. See the recipes for more details. Programmes 5, 9, 11, 12, 13, 14 do not have weight settings. Press the (P) button to set the chosen product – 750 g, 1000 g or 1500 g. The indicator light against the selected setting comes on. **Attention** : certain recipes cannot be used to make a 750-g loaf. Refer to the recipe book.

SELECTING THE COLOUR OF THE CRUST (BROWNING)

By default, the colour of the crust is set at MEDIUM. Programmes 5, 9, 11 do not have a colour setting. Three choices are possible: LIGHT/MEDIUM/DARK. If you want to change the default setting, press the button until the indicator light facing the desired setting comes on.

START/STOP

Press the 0 button to switch the appliance on. The countdown begins.

To stop the programme or to cancel delayed programming, hold down on the (1) button for 5 seconds.

CYCLES

On pages 22-23 is a table showing the steps in the various cycles according to the chosen programme.

KNEADING For forming the dough's structure so that it can rise better.

- Rest Allows the dough to rest to improve kneading quality.
- Rising Time during which the yeast works to let the bread rise and to develop its aroma.
- > Baking

Transforms the dough into bread and gives it a golden, crusty crust.

> M WARMING

Keeps the bread warm after baking. It is recommende that the bread should be turned out promptly after baking, however.

KNEADING: the dough is in the 1st or 2nd kneading cycle or in a stirring period between rising cycles. During this cycle, and for programmes 1, 2, 3, 4, 6, 7, 8, 9, 10 you can add ingredients: dried fruit or nuts, olives, bacon pieces, etc.

A beep indicates when you can intervene. See the summary table for preparation times (**page 22-23**) and the "extra" column.

This column indicates the time that will be displayed on your appliance's screen when the beep sounds. For more precise information on how long before the beep sounds, subtract the "extra" column time from the total baking time.

For example: "extra" = 2:51 and "total time" = 3:13, the ingredients can be added after 22 min.

Rising: the dough is in the 1st, 2nd or 3rd rising cycle.

BAKING: the bread is in the final baking cycle. The word "end" lights to indicate the end of the cycle.

WARMING: for programmes 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, you can leave your preparation in the appliance. A one-hour warming cycle automatically follows baking. The Wyindicator lights.

The display remains at 0:00 for one hour of warming. The appliance beeps at regular intervals. At the end of the cycle, it stops automatically after 3 beeps. To stop the warming programme, unplug the appliance.

DELAYED START PROGRAMME

You can programme the appliance up to start 15 hours in advance to have your preparation ready at the time you want. This function cannot be used on programmes 5, 6, 9, 10, 11, 12, 13, 14.

This step comes after selecting the programme, browning level and weight. The programme time is displayed. Calculate the time difference between the moment when you start the programme and the time at which you want your preparation to be ready.

The machine automatically includes the duration of the programme cycles.

Using the (\bullet) and (-) buttons, display the calculated time $(\odot$ up and \odot down).

Short presses change the time by intervals of 10 min

PRACTICAL ADVICE

If there is a power cut: if, during the cycle, the programme is interrupted by a power cut or mishandling, the machine has a 7-min protection time during which the settings are saved. The cycle starts again where it stopped. Beyond that time, the settings are lost.

If you plan to run a second programme bake a second loaf, open the lid and wait 1 hour before beginning the second preparation.

To turn out your loaf of bread: it may happen that the kneading paddles remain stuck in the loaf when it is turned out. In this case, use the hook accessory

>INGREDIENTS

FATS AND OILS: fats make the bread softer and tastier. It also stores better and longer. Too much fat slows down rising. If you use butter, cut it into tiny pieces so that it is distributed evenly throughout the preparation, or soften it. You can substitute 15g butter for 1 tablespoon of oil. Do not add hot butter. Keep the fat from coming into contact with the yeast, as fat can prevent yeast from rehydrating. Do not use low fat spreads or butter substitutes.

EGGS: eggs make the dough richer, improve the colour of the bread and encourage the development of the soft, white part. If you use eggs, reduce the quantity of liquid you use proportionally. Break the egg and top up with the liquid until you reach the quantity of liquid indicated in the recipe. Recipes are designed for one 50 g size egg; if your eggs are bigger, add a little flour; if they are smaller, use less flour.

+ a short beep. Holding the button down gives continuous scrolling of 10-min intervals.

If you make a mistake or want to change the time setting, hold down the ()) button until it makes a beep. The default time is displayed. Start the operation again.

With the delayed start programme do not use recipes which contain fresh milk, eggs, soured cream, yoghurt, cheese or fresh fruit as they could spoil or stale overnight.

as follows:

- > once the loaf is turned out, lay it on its side while still hot and hold it down with one hand, wearing an oven glove,
- > with the other hand, insert the hook in the axis of the kneading paddle (drawing 1),
- pull gently to release the kneading paddle (drawing 2),
- > repeat for the second kneading paddle
- > turn the loaf upright and stand on a grid to cool.



MILK: recipes use either fresh or powdered milk. If using powdered milk, add the quantity of water stated in the recipe. It enhances the flavour and improves the keeping qualities of the bread. For recipes using fresh milk, you can substitute some of it with water but the total volume must equal the quantity stated in the recipe. Semi-skimmed or skimmed milk is best to avoid bread having a close texture. Milk also has an emulsifying effect which evens out its airiness, giving the soft, white part a better aspect.

WATER: water rehydrates and activates the yeast. It also hydrates the starch in the flour and helps the soft, white part to form. Water can be totally or partially replaced with milk or other liquids. Use liquids at room temperature. **FLOUR:** the weight of the flour varies significantly depending on the type of flour used. Depending on the quality of the flour, baking results may also vary. Keep flour in a hermetically sealed container, as flour reacts to fluctuations in atmospheric conditions, absorbing moisture or losing it. Use "strong flour", "bread flour" or "baker's flour" rather than standard flour. Adding oats, bran, wheat germ, rye or whole grains to the bread dough will give a smaller, heavier loaf of bread.

Using T55 flour is recommended unless otherwise specified in the recipe. Our recipes are optimised for the use of standard T55 flour. If you are using special flour blends for bread, brioche or rolls, do not exceed 1 kg of dough in total.

Sifting the flour also affects the results: the more the flour is whole (i.e. the more of the outer envelope of the wheat it contains), the less the dough will rise and the denser the bread. You can also find ready-to-use bread preparations on the market. Follow the manufacturer's instructions when using these preparations. Usually, the choice of the programme will depend on the preparation used. For example: Wholemeal bread - Programme 3.

SUGAR: use white sugar, brown sugar or honey. Do not use unrefined sugar or lumps. Sugar acts as food for the yeast, gives the bread its good taste and improves browning of the crust. Artificial sweeteners cannot be substituted for sugar as the yeast will not react with them.

SALT: salt gives taste to food and regulates the yeast's activity. It should not come into contact with the yeast. Thanks to salt, the dough is firm, compact and does not rise too quickly. It also improves the structure of the dough. Use ordinary table salt. Do not use coarse salt or salt substitutes.

YEAST: yeast is what makes the dough rise. Use active dry baker's yeast in packets. The quality of yeast can vary, and it does not always rise in the same way. Bread can therefore come out differently depending on the yeast used.

Old or poorly stored yeast will not work as well as a freshly opened packet of dry yeast.

The proportions indicated are for flaked dried yeast. If you use fresh yeast, multiply the quantity by 3 (in weight) and dilute the yeast in a small amount of warm water with a little sugar for more effective action.

There are dry yeasts in the form of small granular pellets that have to be rehydrated with a small amount of warm water with a little sugar. These are used in the same proportions as flaked dry yeast, but we recommend the latter as it is easier to use.

Additives (OLIVES, BACON PIECES, ETC.): you can add a personal touch to your recipes by adding whatever ingredients you want, taking care:

- > to add following the beep for additional ingredients, especially those that are fragile such as dried fruit,
- > to add the most solid grains (such as linseed or sesame) at the start of the kneading process to facilitate use of the machine (delayed starting, for example),
- > to thoroughly drain moist ingredients (olives),
- > to lightly flour fatty ingredients for better blending,
- > not to add too large a quantity of additional ingredients, especially cheese, fresh fruit and fresh vegetables, as they can affect the development of the dough,
- > to finely chop nuts as they can cut through the loaf structure and reduce the cooked height.

PRACTICAL ADVICE

Bread preparation is very sensitive to temperature and humidity conditions. In case of high heat, use liquids that are cooler than usual. Likewise, if it is cold, it may be necessary to warm up the water or milk (never exceeding 35° C). Any liquid used should be tepid, about 20 to 25° C (except for Super Fast Bread which should be 35 to 40° C max.).

It can also sometimes be useful to check the state of the dough during the second kneading: it should form an even ball which comes away easily from the walls of the pan.

- > if not all of the flour has been blended into the dough, add a little more water,
- > if the dough is too wet and sticks to the sides, you

may need to add a little flour.

Such corrections should be undertaken very gradually (no more than 1 tablespoon at a time) and wait to see if there is an improvement before continuing.

A common error is to think that adding more yeast will make the bread rise more. Too much yeast makes the structure of the bread more fragile and it will rise a lot and then fall while baking. You can determine the state of the dough just before baking by touching it lightly with your fingertips: the dough should be slightly resistant and the fingerprint should disappear little by little. Not getting the expected results? This table will help you.

	Bread rises too much	Bread falls after rising too much	Bread does not rise enough	Crust not golden enough	Sides brown but bread not fully cooked	Top and sides floury
		Σ				
The (1) button was pressed during baking						
Not enough flour		•				
Too much flour						•
Not enough yeast						
Too much yeast		•				
Not enough water						•
Too much water		•				
Not enough sugar						
Poor quality flour						
Wrong proportions of ingredients (too much)	•					
Water too hot		•				
Water too cold						
Wrong programme						

TECHNICAL TROUBLESHOOTING GUIDE

PROBLEMS	SOLUTIONS
The kneading paddles remain stuck in the bread trough	Let it soak before removing it.
The kneading paddles remain stuck in the loaf	 Lightly oil the kneading paddles before mixing the ingredients in the bread pan or use the accessory to turn out the loaf (page 18)
After pressing on $$, nothing happens	The machine is too hot. Wait 1 hour between 2 cycles.A delayed start has been programmed.
After pressing on (1), the motor is on but no kneading takes place	The pan has not been correctly inserted.Kneading paddle missing or not installed properly.
After a delayed start, the bread has not risen enough or nothing happens	 You forgot to press on (1) after programming. The yeast has come into contact with salt and/or water. Kneading paddle missing.
Burnt smell	 Some of the ingredients have fallen outside the pan: let the machine cool down and clean the inside of the machine with a damp sponge and without any cleaning product. The preparation has overflowed: the quantity of ingredients used is too great, notably liquid. Follow the proportions given in the recipe.

CLEANING AND MAINTENANCE

- Unplug the appliance and let it cool down.
- Clean the body of the appliance and the inside of the pan with a damp sponge. Dry thoroughly.
- Wash the pan and kneading paddles in hot water.
- If the kneading paddles remains stuck in the pan, let it soak for 5 to 10 min.
- Remove the lid to clean it with hot water.
- Do not wash any part in a dishwasher.
- Do not use household cleaning products, scouring pads or alcohol. Use a soft, damp cloth.
- Never immerse the body of the appliance or the lid.

SAFETY RECOMMENDATIONS



LET'S HELP TO PROTECT THE ENVIRONMENT!

- ① Your appliance contains many materials that can be reused or recycled.
- Take it to a collection point so it can be processed.
- This appliance complies with the technical safety rules and standards in force.
- Carefully read the instructions before using your appliance for the first time: the manufacturer does not accept responsibility for use that does not comply with the instructions.
- Young children and severely disabled persons who are not familiar with these instructions should only use this appliance under surveillance of a responsible adult.
- Make sure that the power it uses corresponds to your electrical supply system. Any error in connection will cancel the guarantee.
- You appliance must be plugged into an earthed socket. If this is not the case, an electric shock may be received, possibly causing serious lesions. For your safety, earthing must correspond to the electrical system standards applicable in your country.
- Your appliance is designed for indoor home use only.
- Unplug the appliance when you have finished using it and when you clean it.
- Do not use the appliance if:
 - the supply cord is defective or damaged,
 - the appliance has fallen to the floor and shows visible signs of damage or does not function correctly.
 In either case, the appliance must be sent to the nearest approved service centre to eliminate any risk.
 See the guarantee documents.
- All interventions other than cleaning and everyday maintenance by the customer must be performed by an authorised service centre.
- Do not immerse the appliance, power cord or plug in water or any other liquid.
- Do not leave the power cord hanging within reach of children.
- The power cord must never be close to or in contact with the hot parts of your appliance, near a source of heat or over a sharp corner.

- Do not use the appliance if the power cord or plug is damaged. The power cord must be replaced by an authorised service centre to avoid any danger (see the list in the service booklet).
- Do not touch the viewing window during and just after operation. The window can reach a high temperature.
- Do not pull on the supply cord to unplug the appliance.
- Do not place the appliance on other appliances.
- Do not use the appliance as a source of heating.
- Do not place paper, card or plastic in the appliance and place nothing on it.
- Should any part of the appliance catch fire, do not attempt to extinguish it with water. Unplug the appliance. Smother flames with a damp cloth.
- For your safety, only use accessories and spare parts designed for your appliance.
- All appliances undergo strict quality control. Practical usage tests are performed on randomly selected appliances, which would explain any slight traces of use.
- At the end of the programme, always use oven gloves to handle the pan or hot parts of the appliance.
 The appliance gets very hot during use.
- Never obstruct the air vents.
- Be very careful, steam can be released when you open the lid at the end of or during the programme.
- When using programme No. 11 (jam, compotes) watch out for steam and hot spattering when opening the lid.
- Caution, if the dough overflows the baking cavity and touches the heating element, it can catch fire, therefore:
 do not exceed the quantities indicated in the recipes.
 - do not exceed a total of 1500 g of dough.
- The measured noise level of this product is 55 dBA.

PROG.	BROWN- Ing	WEIGHT	TOTAL TIME (h)	1st KNEADING	REST	2 nd KNEADING	1ª RISING	3™ KNEADING	2 ^{ªd} RISING	4ª Kneading	3 rd RISING	COOKING	EXTRA	KEEP HOT (h)
	1	750 1000 1500	3:15 3:20 3:25									0:55 1:00 1:05	2:55 3:00 3:05	1:00 1:00 1:00
1	2	750 1000 1500	3:15 3:20 3:25	0:05:00	0:05:00	0:15:00	0:40:00	0:00:10	0:25:00	0:00:15	0:50:00	0:55 1:00 1:05	2:55 3:00 3:05	1:00 1:00 1:00
	3	750 1000 1500	3:15 3:20 3:25									0:55 1:00 1:05	2:55 3:00 3:05	1:00 1:00 1:00
	1	750 1000 1500	3:34 3:39 3:44						0 0:30:00	x		1:05 1:10 1:15	3:17 3:22 3:27	1:00 1:00 1:00
2	2	750 1000 1500	3:34 3:39 3:44	0:05:00	0:05:00	0:12:00	1:05:00	0:02:00			0:30:00	1:05 1:10 1:15	3:17 3:22 3:27	1:00 1:00 1:00
	3	750 1000 1500	3:34 3:39 3:44									1:05 1:10 1:15	3:17 3:22 3:27	1:00 1:00 1:00
	1	750 1000 1500	3:37 3:42 3:47		0:05:00		1:10:00	0:02:00	0:20:00	x	0:40:00	1:00 1:05 1:10	3:17 3:22 3:27	1:00 1:00 1:00
3	2	750 1000 1500	3:37 3:42 3:47	0:05:00		0:15:00						1:00 1:05 1:10	3:17 3:22 3:27	1:00 1:00 1:00
	3	750 1000 1500	3:37 3:42 3:47									1:00 1:05 1:10	3:17 3:22 3:27	1:00 1:00 1:00
	1	750 1000 1500	3:45 3:50 3:55		0:05:00	00 0:18:00	:18:00 0:30:00		x 0:40:00	0:02:00	1:00:00	1:00 1:05 1:10	3:17 3:22 3:27	1:00 1:00 1:00
4	2	750 1000 1500	3:45 3:50 3:55	0:10:00				х				1:00 1:05 1:10	3:17 3:22 3:27	1:00 1:00 1:00
	3	750 1000 1500	3:45 3:50 3:55									1:00 1:05 1:10	3:17 3:22 3:27	1:00 1:00 1:00
5	-	1000	1:20	x	х	0:13	х	х	х	x	0:22	0:45	no	1:00
	1	750 1000 1500	2:15 2:20 2:25			0:10				x	1:00	1:00 1:05 1:10	2:05 1:10 2:15	1:00 1:00 1:00
6	2	750 1000 1500	2:15 2:20 2:25	0:05	х		х	x	х			1:00 1:05 1:10	2:05 1:10 2:15	1:00 1:00 1:00
	3	750 1000 1500	2:15 2:20 2:25									1:00 1:05 1:10	2:05 1:10 2:15	1:00 1:00 1:00

PROG.	BROWN- Ing	WEIGHT	TOTAL TIME (h)	1ª Kneading	REST	2 nd KNEADING	Iª RISING	3™ KNEADING	2 nd RISING	4 [™] Kneading	3 rd RISING	COOKING	EXTRA	KEEP HOT (hn)					
	1	750 1000 1500	3:37 3:42 3:47									1:05 1:10 1:15	3:17 3:22 3:27	1:00 1:00 1:00					
7	2	750 1000 1500	3:37 3:42 3:47	0:05:00	0:05:00	0:15:00	1:05:00	0:02:00	0:30:00	х	0:30:00	1:05 1:10 1:15	3:17 3:22 3:27	1:00 1:00 1:00					
	3	750 1000 1500	3:37 3:42 3:47									1:05 1:10 1:15	3:17 3:22 3:27	1:00 1:00 1:00					
	1	750 1000 1500	3:45 3:50 3:55				1:10:00	0:02:00	0:02:00 x			1:05 1:10 1:15	3:22 3:27 3:32	1:00 1:00 1:00					
8	2	750 1000 1500	3:45 3:50 3:55	0:05:00	0:05:00	0:18:00				х	1:00:00	1:05 1:10 1:15	3:22 3:27 3:32	1:00 1:00 1:00					
	3	750 1000 1500	3:45 3:50 3:55								1:05 1:10 1:15	3:22 3:27 3:32	1:00 1:00 1:00						
9	-	1000	1:00	х	x	0:08:00	х	х	х	х	0:10:00	0:42	0:55	1:00					
	1	750 1000 1500	1:20 1:25 1:30														1:05 1:10 1:15	1:15 1:20 1:25	1:00 1:00 1:00
10	2	750 1000 1500	1:20 1:25 1:30	0:10:00	x	x	x 0:05:00	х	x	x	x	1:05 1:10 1:15	1:15 1:20 1:25	1:00 1:00 1:00					
	3	750 1000 1500	1:20 1:25 1:30									1:05 1:10 1:15	1:15 1:20 1:25	1:00 1:00 1:00					
11	-	-	1:05	x	x	0:05:00	х	х	х	х	0:10:00	0:50	-	no					
12	-	-	0:15	0:03:00	0:12:00	х	х	x	х	х	х	х	-	no					
13	-	-	1:25	0:05:00	0:05:00	0:15:00	Х	х	Х	Х	1:00:00	х	-	no					
	1	1 0 to 10 in steps of 10 min.																	
14	2									0 to 10 in steps of 10 min.	-	no							
	3																		

F	2 - 12	
GB	13 - 23	
D	24 - 34	
E	35 - 45	
I	46 - 56	
RUS	57 - 67	
UA	68 - 78	
PL	79 - 89	
CZ	90 - 100	
SK	101 - 111	
Н	112 - 122	
BG	123 - 133	
TR	134 - 144	
RO	145 - 155	Ref. 3313995