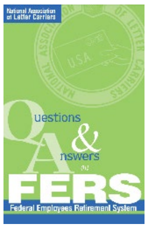
Retirement Resources and Contacts

Feb. 2026

[Questions and Answers on the Federal Employees Retirement System](#)



Covers Federal Employees Retirement System retirement eligibility, credit for service, types of retirement, survivor elections, Social Security, the Thrift Savings Plan, health and life insurance, and more.

[Questions and Answers on the Civil Service Retirement System](#)

This NALC booklet covers Civil Service Retirement System retirement eligibility, credit for service, types of retirement, survivor elections, the Thrift Savings Plan, health and life insurance, and more.

NALC Retirement Department

The NALC Retirement Department can be reached by calling 800-424-5186 (toll free) Monday, Wednesday or Thursday, 10 a.m. to Noon or 2 p.m. to 4 p.m. (Eastern Time), or by calling the NALC Headquarters switchboard at 202-393-4695 Monday through Friday, 9 a.m. to 4:00 p.m. (Eastern time) and asking for the Retirement Department.
https://www.nalc.org/workplace-issues/retirement

USPS HR Shared Service Center (HRSSC)

HRSSC can be reached by current employees who are planning or applying for retirement by calling 877-477-3273, option 5.

Office of Personnel Management (OPM)

OPM acts as the personnel office for retired letter carriers, and is the agency responsible for administering retirement, health and life insurance benefits. Before you call or write to OPM, be sure to have your Civil Service Active (CSA) number ready. OPM can be reached by retirees who have a CSA number by calling 888-767-6738 or 724-794-2005, 7:40 a.m. to 5 p.m. Monday through Friday (Eastern time), or 202-606-0500 in the Washington, DC, area. Mail your written inquiries to Office of Personnel Management, Retirement Operations Center, Boyers, PA 16017 (unless OPM has specified a different address for a specific action such as health benefits open season). https://www.opm.gov/

OPM Services Online

Services Online lets annuitants (federal retirees or their spouses, ex-spouses, and children) manage their account online.

https://www.servicesonline.opm.gov/

Federal Employees Group Life Insurance Handbook

This Booklet provides general information for employees about the Federal Employees' Group Life Insurance (FEGLI) Program. You can get detailed information in the FEGLI Handbook, which is available only in electronic format, at www.opm.gov/life. While some information for annuitants is provided here, annuitants can visit www.opm.gov/retire for more information about FEGLI benefits in retirement. Individuals on workers' compensation ("Compensationers") who have retired can visit www.opm.gov/retire for more information about FEGLI benefits in retirement.

https://www.opm.gov/healthcare-insurance/life-insurance/reference-materials/federalbooklet.pdf

FEGLI Calculator

Check out FEGLI premiums for active employees and plan for retirement premiums and options.

https://www.opm.gov/retirement-center/calculators/fegli-calculator/

Thrift Savings Plan (TSP)

Manage your account and access forms and publications online, or call (877) 968-3778.

https://www.tsp.gov/

NALC Government Affairs

For legislative updates or to get involved, visit NALC's Government Affairs webpage.

https://www.nalc.org/government-affairs

Social Security Administration

Visit SSA MyAccount to create your own social security account online and get your estimate.

https://www.ssa.gov/

National Business Agent (NBA)

Fifteen elected national business agents (NBAs), each responsible for one of 15 regions of the country, serve the members and branches in their region. Every region also employs at least one regional administrative assistant (RAA) appointed by the NALC national president. Acting under the national president's ultimate direction, NBAs have extensive authority over union affairs in their regions, and serve on the NALC executive council. An NBA's primary responsibility is contract administration—handling grievances, presenting arbitrations, and dealing with regional postal management. They also deal with organizing and responding to requests for advice and assistance from branches in their regions.

Any member needing assistance should first contact his or her branch officers or national business agent before contacting NALC National Headquarters for help.
https://www.nalc.org/union-administration/nalc-regions

LETTER CARRIER
POLITICAL FUND
DELIVERING NALC'S MESSAGE TO WASHINGTON

SIGN ME UP!

How to contribute to the Letter Carrier Political Fund using your retirement **ANNUITY**

Using your **Annuity,** retired NALC members can contribute directly from their CSRS or FERS annuities to the Letter Carrier Political Fund (NALC's PAC) on a monthly basis. This is a convenient way to make regular donations to the political action fund similar to the payroll system available to active carriers.

Enroll by Phone

Call the NALC Retirement Office at 202.393.4695 anytime or toll-free at 1.800.424.5186 Monday, Wednesday and Thursday from 10 a.m. to noon or 2 to 4 p.m. (ET). (Note: you will need your CSA retirement Claim number.)

Enroll Online

1. Go to www.servicesonline.opm.gov
2. Enter your CSA number, beginning with the letter A and ending with a zero. SAMPLE: A22222220
3. Enter your PIN (Personal Identification Number). If you don't know it, click Using Services Online for help with one.
4. Once you've entered your CSA number and PIN, click Log In.
5. On the next page, click ALLOTMENTS TO ORGANIZATIONS.
6. Click START
7. Select the Letter Carrier Political Fund (Formerly COLCPE)
8. Enter the amount of your monthly contribution. (*Maximum yearly amount is $5,000)*
9. Click SAVE
10. On the next page click YES (if correct), then print the next page for your records.

Enroll by Mail

Complete this form and send to:
NALC Retirement Department, Attention: Letter Carrier Political Fund, 100 Indiana Ave. NW, Washington, DC 20001-2144

I, ____ (your name) wish to contribute to the Letter Carrier Political Fund. I authorize the Office of Personnel Management to withhold the amount below from my *monthly* annuity payments:
☐ $25 ☐ $20 ☐ $15 ☐ $10 ☐ $5 ☐ Other: $__________ (Maximum amount per year is $5,000) and forward that amount to the Letter Carrier Political Fund (NALC's PAC). I make this authorization voluntarily and may revoke it at any time by notifying the Letter Carrier Political Fund in writing.

Signature: ____ Date: ____________________

Full Name (please print): ______________________________ Branch: ____________________

CSA or Social Security Number: _________________________ Phone: ____________________

By making a contribution to the Letter Carrier Political Fund, you are doing so voluntarily with the understanding that your contribution is not a condition of membership in the National Association of Letter Carriers or of employment by the Postal Service, nor is it part of union dues. You have a right to refuse to contribute without any reprisal. Any guideline amounts are merely suggestions, and you may contribute more or less than the guidelines suggest and the union will not favor or disadvantage you by reason of the amount of your contribution or your decision not to contribute. The Letter Carrier Political Fund will use the money it receives to contribute to candidates for federal office and undertake other political spending as permitted by law. Your selection shall remain in full force and effect until cancelled. Contributions to the Letter Carrier Political Fund are not deductible for federal income tax purposes. Federal law prohibits the Letter Carrier Political Fund from soliciting contributions from individuals who are not NALC members, executive and administrative staff or their families. Any contribution received from such an individual will be refunded to that contributor. Federal law requires us to use our best efforts to collect and report the name, mailing address, name of employer and occupation of individuals whose contributions exceed $200 in a calendar year.

Monthly FERS annuity payments
for letter carriers who retire on Aug. 1, 2026

The Federal Employees Retirement System (FERS) covers federal and postal employees hired on or after Jan. 1, 1984. FERS employees earn retirement benefits from three sources: the FERS Basic Annuity, Social Security and the Thrift Savings Plan.

An additional Special Annuity Supplement is paid to FERS annuitants who retire at Minimum Retirement Age (MRA) plus 30 years or more, or at age 60 plus 20 years or more. It is approximately calculated by taking an individual's Social Security age 62 benefit estimate, multiplied by the number of years of FERS coverage, divided by 40. It is payable to age 62 and then ends. Social Security benefits are payable beginning at age 62.

The table below provides monthly basic annuity, survivor deduction and net annuity amount estimates for letter carriers who plan to take optional retirement on Aug. 1, 2026. Estimates are computed by using the given high-3 averages, which are based on the basic pay earned by full-time Step P carriers and vary by length of postal/military/federal service. Reduced annuity amounts reflect the difference between the given basic annuity and survivor reduction figures.

	City Carrier / High-3 Average[1]: 79,740			Carrier Technician / High-3 Average[1]: 81,414		
Years of Service[2]	Basic Annuity	Max. Survivor Deduction[3]	Max. Survivor Reduced Annuity[4]	Basic Annuity	Max. Survivor Deduction[3]	Max. Survivor Reduced Annuity[4]
20	$1,329	$133	$1,196	$1,357	$136	$1,221
21	1,395	140	1,256	1,425	142	1,282
22	1,462	146	1,316	1,493	149	1,343
23	1,528	153	1,376	1,560	156	1,404
24	1,595	159	1,435	1,628	163	1,465
25	1,661	166	1,495	1,696	170	1,527
26	1,728	173	1,555	1,764	176	1,588
27	1,794	179	1,615	1,832	183	1,649
28	1,861	186	1,675	1,900	190	1,710
29	1,927	193	1,734	1,968	197	1,771
30	1,993	199	1,794	2,035	204	1,832
31	2,060	206	1,854	2,103	210	1,893
32	2,126	213	1,914	2,171	217	1,954
33	2,193	219	1,974	2,239	224	2,015
34	2,259	226	2,033	2,307	231	2,076
35	2,326	233	2,093	2,375	237	2,137
36	2,392	239	2,153	2,442	244	2,198
37	2,459	246	2,213	2,510	251	2,259
38	2,525	253	2,273	2,578	258	2,320
39	2,592	259	2,332	2,646	265	2,381
40	2,658	266	2,392	2,714	271	2,442
Each additional year[5]	66.45	6.64	59.80	67.85	6.78	61.06

1. High-3 averages for both grades (formerly levels) are for carriers who have worked full time on a continuous basis between Aug. 1, 2023, and July 31, 2026, at Step O/P.
2. Years of service includes any unused sick leave.
3. The reduction for survivor's annuity is the amount necessary to provide maximum benefits (50 percent of basic annuity) to a surviving spouse.
4. If covered by the NALC Health Benefit Plan, a further deduction of either $635.51 per month if for self plus one (PSHB code 77C), $579.41 if for self and family (PSHB code 77B), or $262.47 if for self only (PSHB code 77A) will be made. In addition, premiums for any coverage under the Federal Employees' Group Life Insurance Program will reduce the net annuity further.
5. Under FERS rules, there is no maxiumum allowable yearly annuity. However, given the FERS formula of 1 percent per year, it is highly unlikely that any FERS employee will ever exceed the 80 percent maximum limit under CSRS.
6. FERS employees who retire at age 62 or later with at least 20 years of service receive an additional 10 percent—their annuities are calculated at 1.1 percent times years of service times high-3 average salary.

Monthly CSRS annuity payments
for letter carriers who retire on Aug. 1, 2026

The table below provides monthly basic annuity, survivor reduction and reduced annuity amount estimates for letter carriers covered by the Civil Service Retirement System (CSRS) who plan to take optional retirement on Aug. 1, 2026.

Estimates are computed by using the given high-3 averages, which are based on the basic pay earned by full-time Step P carriers and vary by length of postal/federal/military service.

Reduced annuity amounts reflect the difference between the given basic annuity and survivor reduction figures.

	City Carrier / High-3 Average[1]: 79,740			Carrier Technician / High-3 Average[1]: 81,414		
Years of Service[2]	Basic Annuity	Max. Survivor Deduction[3]	Max. Survivor Reduced Annuity[4]	Basic Annuity	Max. Survivor Deduction[3]	Max. Survivor Reduced Annuity[4]
20	$2,409	$218	$2,190	$2,459	$223	$2,236
21	2,542	232	2,310	2,595	237	2,358
22	2,675	245	2,430	2,731	251	2,480
23	2,808	258	2,549	2,866	264	2,602
24	2,940	272	2,669	3,002	278	2,724
25	3,073	285	2,788	3,138	291	2,847
26	3,206	298	2,908	3,274	305	2,969
27	3,339	311	3,028	3,409	318	3,091
28	3,472	325	3,147	3,545	332	3,213
29	3,605	338	3,267	3,681	346	3,335
30	3,738	351	3,387	3,816	359	3,457
31	3,871	365	3,506	3,952	373	3,579
32	4,004	378	3,626	4,088	386	3,701
33	4,136	391	3,745	4,223	400	3,824
34	4,269	404	3,865	4,359	413	3,946
35	4,402	418	3,985	4,495	427	4,068
36	4,535	431	4,104	4,630	441	4,190
37	4,668	444	4,224	4,766	454	4,312
38	4,801	458	4,343	4,902	468	4,434
39	4,934	471	4,463	5,037	481	4,556
40	5,067	484	4,583	5,173	495	4,678
41	5,200	497	4,702	5,309	508	4,800
41+11 months & over[5]	5,316	509	4,807	5,428	520	4,907

1. High-3 averages for both grades (formerly levels) are for carriers who have worked full time on a continuous basis between Aug. 1, 2023, and July 31, 2026, at Step O/P.
2. Years of service includes any unused sick leave.
3. The reduction for a survivor's annuity is the amount necessary to provide maximum benefits (55 percent of basic annuity) to a surviving spouse.
4. If covered by the NALC Health Benefit Plan, a further deduction of either $635.51 per month if for self plus one (PSHB code 77C), $579.41 if for self and family (PSHB code 77B), or $262.47 if for self only (PSHB code 77A) will be made. In addition, premiums for any coverage under the Federal Employees' Group Life Insurance Program will reduce the net annuity further.
5. Under CSRS rules, the maximum allowable yearly annuity cannot exceed 80 percent of an annuitant's high-3 average. This limit is reached when an annuitant's years of service amount to 41 years and 11 months. Individuals with more than 41 years and 11 months of service will not get a higher annuity based on additional service, but may get slightly more than 80 percent of their high-3 average on the basis of unused sick leave accumulated under CSRS.

Clip and save—may not be printed every month. Always available at nalc.org.

MEMORANDUM OF UNDERSTANDING
BETWEEN THE
UNITED STATES POSTAL SERVICE
AND THE
NATIONAL ASSOCIATION OF LETTER CARRIERS, AFL-CIO

Re: Annual Leave Carryover for Leave Year 2026

The parties agree that for leave year 2026, regular work force career employees covered by the USPS-NALC Agreement may carry over 520 hours of accumulated annual leave from leave year 2025 to leave year 2026.

In all other respects, the Employee and Labor Relations Manual (ELM) provisions for payment of accumulated leave are not changed because of this Memorandum.

This MOU will expire with the conclusion of the 2026 Leave Year.

Michael J. Elston
Vice President Labor Relations
United States Postal Service

Brian L. Renfroe
President
National Association of Letter Carriers, AFL-CIO

Date: 9/5/2025

Date: 9/5/2025

Contract Administration Unit
Brian Renfroe, Executive Vice President
James D. Henry, Vice President
Christopher Jackson, Director of City Delivery
Manuel L. Peralta Jr., Director of Safety and Health
Dan Toth, Director of Retired Members
Jim Yates, Director of Life Insurance

Individual retirement counseling

An important benefit letter carriers earn during their career is the right to individual retirement counseling by the Postal Service. Carriers should take advantage of this important benefit as they approach their retirement date. The Office of Personnel Management (OPM) is the government agency that creates the rules and regulations concerning the Federal Employees Retirement System (FERS) and Civil Service Retirement System (CSRS) that federal agencies must follow. Certain articles of our National Agreement incorporate these rules into our contract and therefore oblige the Postal Service to follow them. Article 21.3 of the National Agreement incorporates Title 5 of U.S. Code Chapters 83 (CSRS) and 84 (FERS). Article 5 incorporates management's obligations under the law, and Article 19 incorporates handbooks and manuals.

OPM places a responsibility on the Postal Service to guide employees through the retirement process and supply all of the information that employees may need about their retirement. OPM's *CSRS/FERS Handbook,* Chapter 40, Planning and Applying for Retirement, Section A2.1-1.B states in part:

> It is the agency's responsibility to guide the employee through the retirement process, supplying all of the information the employee may need about retirement and continuing insurance coverage into retirement. The agency is responsible for giving the employee an all-inclusive presentation of the retirement process that the employee needs for successful retirement planning. The agency provides the information an employee needs in planning for retirement, but the agency should not advise or counsel the employee what to do. The purpose of this Chapter is to help agencies assist retiring employees so that they have an uncomplicated transition from their Federal careers to retirement.

Chapter 5 of the Postal Service's *Employee and Labor Relations Manual (ELM)* covers employee benefits. Section 569.14 explains that employees may request individual counseling, and that such counseling sessions are on the clock if the session is during the employee's tour. This section states:

> As part of the retirement process, employees may request individual retirement counseling from the Human Resources Shared Services Center (HRSSC). Counseling is provided by a retirement specialist at the HRSSC who can provide detailed information on retirement health benefits, life insurance, and other retirement-related benefits programs. These counseling sessions are conducted via telephone primarily, and they may involve use of a computer and/or electronic media, as appropriate. The retirement specialist may also direct the employee to other sources to obtain information specific to certain topics, including TSP and Social Security. The sessions are on the clock if the retirement specialist is available to provide such counseling during the same tour as the employee.

The provisions governing retirement under CSRS are explained in Section 560 of the *ELM*, while rules pertaining to FERS are covered in Section 580.

Section 569.142 of the *ELM* details the content that should be covered during a counseling session. Prior to the counseling session, the retirement specialist should mail an annuity estimate based on the retirement effective date and type of retirement requested by the employee. During the session, the retirement specialist should review the employee's retirement application and verify that all appropriate documents are signed and dated; review the annuity estimate and answer any questions raised by the employee; clarify the employee's work and leave status up to the date of retirement; and identify the need for any additional documents as necessary. The retirement specialist also should verify civilian and military service history and the advantages, if any, of deposits or redeposits, and finally, address other retirement-related benefits and payments, including (but not limited to) health benefits, life insurance, terminal leave, Thrift Savings Plan accounts and flexible benefits.

A national-level settlement dated Sept. 11, 2009, (M-01708 in NALC's Materials Reference System) explains counseling in further detail:

> If an employee who is eligible for and has requested individual retirement counseling wishes to have this counseling on the clock, local management will arrange reasonably private space for this purpose and will permit the employee's spouse and or advisor to be with the employee during this process. If the employee's spouse or advisor is a Postal Service employee only the employee receiving the requested retirement counseling will be on the clock.
>
> If such an employee is not able to call the Human Resources Shared Services Center to begin or complete the individual retirement counseling process without assistance, local management will offer assistance to facilitate completion of the individual retirement counseling. The District Manager, Human Resources will be contacted and will determine who will provide such assistance. Such assistance will include but not be limited to completion of Standard Form 2801 and any other forms related to Life/Health/TSP/Beneficiary and any Military or civilian service deposit selection issues. Whether an employee who requests individual retirement counseling is unable to start or complete the retirement counseling will be determined jointly by management and union at the local level on a case-by-case fact circumstance basis. This will include employees who have started and request assistance during the individual retirement counseling process.

Letter carriers should ensure a smooth transition to retirement by using the provided counseling. If necessary, the provisions above can be enforced via Articles 5, 19 and 21 of the National Agreement. Carriers planning for retirement who feel that these provisions are not being honored should contact their shop steward or branch officer.

LABOR RELATIONS

UNITED STATES
POSTAL SERVICE

Mr. Fredric V. Rolando
President
National Association of Letter
Carriers, AFL-CIO
100 Indiana Avenue, NW
Washington, DC 20001-2144

Re: Q01N-4Q-C 07150373
Class – Article 19

Dear Mr. Rolando:

Our representatives have met on several occasions to discuss the above-referenced case scheduled for national arbitration.

After reviewing this matter, the parties agree to resolve this matter based on the following:

> If an employee who is eligible for and has requested individual retirement counseling wishes to have this counseling on the clock, local management will arrange reasonably private space for this purpose and will permit the employee's spouse and or advisor to be with the employee during this process. If the employee's spouse or advisor is a Postal Service employee only the employee receiving the requested retirement counseling will be on the clock.
>
> If such an employee is not able to call the Human Resources Shared Services Center to begin or complete the individual retirement counseling process without assistance, local management will offer assistance to facilitate completion of the individual retirement counseling. The District Manager, Human Resources will be contacted and will determine who will provide such assistance. Such assistance will include but not be limited to completion of Standard Form 2801 and any other forms related to Life/Health/TSP/ Beneficiary and any Military or civilian service deposit selection issues. Whether an employee who requests individual retirement counseling is unable to start or complete the retirement counseling will be determined jointly by management and union at the local level on a case-by-case fact circumstance basis. This will include employees who have started and request assistance during the individual retirement counseling process.

Please sign and return the enclosed copy of this decision as acknowledgment of your agreement to resolve this case.

Sincerely,

Alan S. Moore
Manager, Labor Relations
Policy and Programs
Labor Relations
U.S. Postal Service

Fredric V. Rolando
President
National Association of Letter
Carriers, AFL-CIO

Date: 9-11-09

475 L'ENFANT PLAZA SW
WASHINGTON DC 20260-4100
WWW.USPS.COM

Director of Retired Members

Working after retirement

Dan Toth

While many letter carriers who retire may never look back, there are those who consider returning to the workforce. Whether they are making a financial choice, looking for a way to stay busy, following a passion or a mixture of many reasons, some retired letter carriers decide to return to punch the clock a few more times.

If you're retired but considering going back to work for the federal government, you need to be aware of the effect that will have on your salary and your annuity. In general, if you become reemployed with the federal government while collecting a Civil Service Retirement System (CSRS) or Federal Employees Retirement System (FERS) annuity, your wages will be offset by the amount of your annuity.

As a reemployed annuitant with the federal government, your salary will be offset, dollar for dollar, by the amount of your annuity. This reduction to your salary will often be substantial. Such a reduction may be prohibitive, and prevents many from returning to the federal government.

To compute the offset, divide your gross yearly annuity by 2,080 hours. The result is the offset per hour, which you can multiply by 80 hours to see how much would be deducted from your salary each pay period for a full-time employee:

- Gross monthly annuity x 12/2080 hours = Hourly rate of annuity
- Hourly rate of annuity x hours of basic pay = Amount of offset for the pay period

In essence, you are waiving the value of your annuity when you return to a federal job for as long as you were employed. It makes more sense to reemploy with the federal government if you are making a substantial salary when compared to your annuity. This situation wouldn't generally apply to retired letter carriers without a specialized skill or security clearances.

However, there is an exception.

The Office of Personnel Management (OPM) may allow the offset to be waived in exceptional situations when requested by the hiring agency.

As we've seen in the last few years, the Postal Service has hired holiday carrier assistants, with a focus on hiring annuitants. OPM has allowed USPS to hire annuitants to fill these temporary positions without being subject to the offset. This exemption must be requested by the Postal Service and approved by OPM. The exemption allows annuitants to work for the Postal Service for a limited time without a reduction to their salaries. Please note that this exemption does not apply to the normal 360-day term city carrier assistant position.

That said, there still may be other benefits to becoming a federally reemployed annuitant. If you are reemployed for more than one year of continuous full-time service (or one year equivalent of part-time work), you may be eligible for a supplemental annuity (not to be confused with the special annuity supplement). A supplemental annuity is calculated differently for CSRS and FERS employees, but the calculation is similar to the general formulas used in each system. FERS employees can multiply each year of reemployment by 1 percent, and then multiply by the average salary during reemployment.

If you are re-employed for five years of actual continuous full-time service (or part-time equivalent), you may elect to have your annuity redetermined in lieu of a supplemental annuity. The redetermination is calculated using the general formulas for each retirement system. Any unused sick leave from your original annuity is combined with any unused sick leave from your reemployment and used in the annuity calculation.

Annuitants who find employment outside of the federal government are not subject to the same offsets described above, but they should be mindful of earning limits for both the FERS special annuity supplement and Social Security that may result in different offsets. The special annuity supplement and the Social Security earnings limit is $18,960 for 2021. Previous retirement columns have addressed the earnings limit for the special annuity supplement and Social Security—see the September 2019 and July 2017 issues of *The Postal Record*, respectively.

Those on FERS or CSRS disability retirement should also be aware that if you are reemployed in federal service in a position equivalent to the position you held at retirement, or if you exceed the earnings limitation of 80 percent of the current rate of basic pay for the position from which you retired, OPM will find you recovered from your disability and will stop your annuity payments. After age 60, there is no restriction on the amount of income you can earn while receiving disability retirement.

There are many reasons to find employment after becoming an annuitant from the Postal Service and just as many factors to consider before reemployment. Understanding the pros and cons of reemployment can help you plan your retirement and decide how to make the most of it.

Table of Converting Unused Sick Leave Into Additional Service

Months	0	1	2	3	4	5	6	7	8	9	10	11
Days												
0	0	174	348	522	696	870	1,044	1,217	1,391	1,565	1,739	1,913
1	6	180	354	528	702	875	1,049	1,223	1,397	1,571	1,745	1,919
2	12	186	360	533	707	881	1,055	1,229	1,403	1,577	1,751	1,925
3	17	191	365	539	713	887	1,061	1,235	1,409	1,583	1,757	1,931
4	23	197	371	545	719	893	1,067	1,241	1,415	1,589	1,762	1,936
5	29	203	377	551	725	899	1,073	1,246	1,420	1,594	1,768	1,942
6	35	209	383	557	731	904	1,078	1,252	1,426	1,600	1,774	1,948
7	41	215	388	562	736	910	1,084	1,258	1,432	1,606	1,780	1,954
8	46	220	394	568	742	916	1,090	1,264	1,438	1,612	1,786	1,960
9	52	226	400	574	748	922	1,096	1,270	1,444	1,618	1,791	1,965
10	58	232	406	580	754	928	1,102	1,275	1,449	1,623	1,797	1,971
11	64	238	412	586	760	933	1,107	1,281	1,455	1,629	1,803	1,977
12	70	244	417	591	765	939	1,113	1,287	1,461	1,635	1,809	1,983
13	75	249	423	597	771	945	1,119	1,293	1,467	1,641	1,815	1,989
14	81	255	429	603	777	951	1,125	1,299	1,473	1,646	1,820	1,994
15	87	261	435	609	783	957	1,131	1,304	1,478	1,652	1,826	2,000
16	93	267	441	615	789	962	1,136	1,310	1,484	1,658	1,832	2,006
17	99	273	446	620	794	968	1,142	1,316	1,490	1,664	1,838	2,012
18	104	278	452	626	800	974	1,148	1,322	1,496	1,670	1,844	2,018
19	110	284	458	632	806	980	1,154	1,328	1,502	1,675	1,849	2,023
20	116	290	464	638	812	986	1,160	1,333	1,507	1,681	1,855	2,029
21	122	296	470	644	817	991	1,165	1,339	1,513	1,687	1,861	2,035
22	128	302	475	649	823	997	1,171	1,345	1,519	1,693	1,867	2,041
23	133	307	481	655	829	1,003	1,177	1,351	1,525	1,699	1,873	2,047
24	139	313	487	661	835	1,009	1,183	1,357	1,531	1,704	1,878	2,052
25	146	319	493	667	841	1,015	1,189	1,362	1,536	1,710	1,884	2,058
26	151	325	499	673	846	1,020	1,194	1,368	1,542	1,716	1,890	2,064
27	157	331	504	678	852	1,026	1,200	1,374	1,548	1,722	1,896	2,070
28	162	336	510	684	858	1,032	1,206	1,380	1,554	1,728	1,902	2,075
29	168	342	516	690	864	1,038	1,212	1,386	1,560	1,733	1,907	2,081