



11,		, 400m						100m	200m	300m	400m	
6.		09				<b>-44:40.97</b>	480 II	1:04.88	1:13.08	1:13.41	1:09.60	
	50m:	29.89	29.89	150m:	1:41.07	36.19	250m:	2:54.34	36.38	350m:	4:08.22	36.85
	100m:	1:04.88	34.99	200m:	2:17.96	36.89	300m:	3:31.37	37.03	400m:	4:40.97	32.75
7.		09				<b>-24:42.69</b>	471 II	1:06.35	1:12.21	1:12.03	1:12.10	
	50m:	30.92	30.92	150m:	1:42.13	35.78	250m:	2:54.42	35.86	350m:	4:06.86	36.27
	100m:	1:06.35	35.43	200m:	2:18.56	36.43	300m:	3:30.59	36.17	400m:	4:42.69	35.83
8.		09				<b>-24:49.45</b>	439 II	1:05.53	1:13.85	1:16.11	1:13.96	
	50m:	30.59	30.59	150m:	1:41.73	36.20	250m:	2:56.97	37.59	350m:	4:12.88	37.39
	100m:	1:05.53	34.94	200m:	2:19.38	37.65	300m:	3:35.49	38.52	400m:	4:49.45	36.57
9.		09				<b>4:51.75</b>	429 II	1:08.31	1:14.03	1:16.36	1:13.05	
	50m:	31.93	31.93	150m:	1:44.90	36.59	250m:	3:00.16	37.82	350m:	4:15.79	37.09
	100m:	1:08.31	36.38	200m:	2:22.34	37.44	300m:	3:38.70	38.54	400m:	4:51.75	35.96
10.		09				<b>4:51.96</b>	428 II	1:09.01	1:15.70	1:15.51	1:11.74	
	50m:			150m:			250m:			350m:		
	100m:	1:09.01		200m:	2:24.71		300m:	3:40.22		400m:	4:51.96	
11.		10				<b>-24:53.19</b>	422 II	1:06.54	1:13.87	1:16.71	1:16.07	
	50m:	30.95	30.95	150m:	1:42.74	36.20	250m:	2:57.92	37.51	350m:	4:15.26	38.14
	100m:	1:06.54	35.59	200m:	2:20.41	37.67	300m:	3:37.12	39.20	400m:	4:53.19	37.93
12.		09				<b>-44:53.58</b>	421 II	1:04.80	1:15.41	1:16.99	1:16.38	
	50m:	29.60	29.60	150m:	1:42.16	37.36	250m:	2:58.28	38.07	350m:	4:15.74	38.54
	100m:	1:04.80	35.20	200m:	2:20.21	38.05	300m:	3:37.20	38.92	400m:	4:53.58	37.84
13.		10				<b>-24:54.11</b>	418 II	1:10.54	1:14.57	1:14.68	1:14.32	
	50m:	33.32	33.32	150m:	1:48.19	37.65	250m:	3:02.62	37.51	350m:	4:17.90	38.11
	100m:	1:10.54	37.22	200m:	2:25.11	36.92	300m:	3:39.79	37.17	400m:	4:54.11	36.21
14.		09				<b>4:55.56</b>	412 II	1:08.36	1:16.29	1:16.39	1:14.52	
	50m:	32.35	32.35	150m:	1:46.24	37.88	250m:	3:03.15	38.50	350m:		
	100m:	1:08.36	36.01	200m:	2:24.65	38.41	300m:	3:41.04	37.89	400m:	4:55.56	
15.		09				<b>-44:57.65</b>	404 II	1:07.81	1:16.86	1:17.86	1:15.12	
	50m:	31.69	31.69	150m:	1:46.18	38.37	250m:	3:03.50	38.83	350m:	4:22.22	39.69
	100m:	1:07.81	36.12	200m:	2:24.67	38.49	300m:	3:42.53	39.03	400m:	4:57.65	35.43
16.		10				<b>-25:00.07</b>	394 II	1:09.97	1:16.03	1:18.01	1:16.06	
	50m:			150m:			250m:			350m:		
	100m:	1:09.97		200m:	2:26.00		300m:	3:44.01		400m:	5:00.07	
17.		09				<b>5:05.03</b>	375 II	1:09.17	1:18.33	1:19.45	1:18.08	
	50m:	32.20	32.20	150m:	1:47.64	38.47	250m:	3:06.67	39.17	350m:	4:26.82	39.87
	100m:	1:09.17	36.97	200m:	2:27.50	39.86	300m:	3:46.95	40.28	400m:	5:05.03	38.21
18.		09				<b>-25:07.15</b>	367 II	1:11.83	1:19.08			
	50m:	33.17	33.17	150m:	1:50.75	38.92	250m:	3:10.14	39.23	350m:	4:29.57	
	100m:	1:11.83	38.66	200m:	2:30.91	40.16	300m:			400m:	5:07.15	37.58
19.		10				<b>5:07.19</b>	367 II	1:12.11	1:18.65	1:18.71	1:17.72	
	50m:	34.07	34.07	150m:	1:51.53	39.42	250m:	3:10.06	39.30	350m:	4:28.61	39.14
	100m:	1:12.11	38.04	200m:	2:30.76	39.23	300m:	3:49.47	39.41	400m:	5:07.19	38.58
20.		09				<b>5:09.26</b>	360	1:09.37	1:18.40	1:21.83	1:19.66	
	50m:	32.57	32.57	150m:	1:47.53	38.16	250m:	3:08.22	40.45	350m:	4:30.95	41.35
	100m:	1:09.37	36.80	200m:	2:27.77	40.24	300m:	3:49.60	41.38	400m:	5:09.26	38.31
21.		10				<b>-25:09.46</b>	359	1:11.77	1:19.80	1:20.44	1:17.45	
	50m:	33.54	33.54	150m:	1:52.02	40.25	250m:	3:12.17	40.60	350m:	4:32.05	40.04
	100m:	1:11.77	38.23	200m:	2:31.57	39.55	300m:	3:52.01	39.84	400m:	5:09.46	37.41
22.		10				<b>-45:11.18</b>	353	1:12.25	1:19.46	1:21.44	1:18.03	
	50m:	33.99	33.99	150m:	1:51.84	39.59	250m:	3:12.34	40.63	350m:	4:33.28	40.13
	100m:	1:12.25	38.26	200m:	2:31.71	39.87	300m:	3:53.15	40.81	400m:	5:11.18	37.90
23.		10				<b>-25:12.55</b>	349	1:12.67	1:20.03	1:20.85	1:19.00	
	50m:	33.34	33.34	150m:	1:51.99	39.32	250m:	3:12.86	40.16	350m:	4:33.98	40.43
	100m:	1:12.67	39.33	200m:	2:32.70	40.71	300m:	3:53.55	40.69	400m:	5:12.55	38.57
24.		09				<b>-45:13.95</b>	344	1:12.70	1:20.38	1:21.60	1:19.27	
	50m:	34.07	34.07	150m:	1:53.11	40.41	250m:	3:14.01	40.93	350m:	4:35.12	40.44
	100m:	1:12.70	38.63	200m:	2:33.08	39.97	300m:	3:54.68	40.67	400m:	5:13.95	38.83
25.		09				<b>-45:14.98</b>	341	1:11.93	1:22.09	1:22.02	1:18.94	
	50m:	34.14	34.14	150m:	1:52.44	40.51	250m:	3:15.16	41.14	350m:	4:36.45	40.41
	100m:	1:11.93	37.79	200m:	2:34.02	41.58	300m:	3:56.04	40.88	400m:	5:14.98	38.53

		11,	, 400m					100m	200m	300m	400m	
26.	,		09				<b>5:17.02</b>	334	1:12.69	1:19.73	1:23.35	1:21.25
	50m:	34.18	34.18	150m:	1:51.95	39.26	250m:		350m:	4:37.70	41.93	
	100m:	1:12.69	38.51	200m:	2:32.42	40.47	300m:	3:55.77	400m:	5:17.02	39.32	
27.	,		10				<b>5:17.09</b>	334	1:13.34	1:21.43	1:23.37	1:18.95
	50m:	34.29	34.29	150m:			250m:	3:15.81	41.04	350m:	4:39.02	40.88
	100m:	1:13.34	39.05	200m:	2:34.77		300m:	3:58.14	42.33	400m:	5:17.09	38.07
28.	,		10				<b>-25:17.74</b>	332	1:10.10	1:21.60	1:24.37	1:21.67
	50m:	32.04	32.04	150m:	1:50.38	40.28	250m:	3:11.60	39.90	350m:	4:37.51	41.44
	100m:	1:10.10	38.06	200m:	2:31.70	41.32	300m:	3:56.07	44.47	400m:	5:17.74	40.23
29.	,		09				<b>-25:18.76</b>	329	1:11.29	1:21.37	1:23.22	1:22.88
	50m:	32.34	32.34	150m:	1:51.19	39.90	250m:	3:13.74	41.08	350m:	4:38.49	42.61
	100m:	1:11.29	38.95	200m:	2:32.66	41.47	300m:	3:55.88	42.14	400m:	5:18.76	40.27
30.	,		10				<b>5:19.00</b>	328	1:12.62	1:22.35	1:24.14	1:19.89
	50m:	32.97	32.97	150m:	1:53.12	40.50	250m:	3:16.67	41.70	350m:	4:41.43	42.32
	100m:	1:12.62	39.65	200m:	2:34.97	41.85	300m:	3:59.11	42.44	400m:	5:19.00	37.57
31.	,		09				<b>5:20.63</b>	323	1:12.42	1:22.59	1:24.44	1:21.18
	50m:	33.88	33.88	150m:	1:53.79	41.37	250m:	3:17.39	42.38	350m:	4:41.66	42.21
	100m:	1:12.42	38.54	200m:	2:35.01	41.22	300m:	3:59.45	42.06	400m:	5:20.63	38.97
32.	,		10				<b>5:24.44</b>	312	1:15.24	1:23.19	1:25.40	1:20.61
	50m:			150m:			250m:		350m:			
	100m:	1:15.24		200m:	2:38.43		300m:	4:03.83	400m:	5:24.44		
33.	,		09				<b>5:28.60</b>	300	1:15.09	1:23.26	1:25.22	1:25.03
	50m:	34.87	34.87	150m:	1:55.94	40.85	250m:	3:20.17	41.82	350m:	4:47.03	43.46
	100m:	1:15.09	40.22	200m:	2:38.35	42.41	300m:	4:03.57	43.40	400m:	5:28.60	41.57
34.	,		09				<b>-25:30.33</b>	295	1:16.97	1:25.19	1:25.72	1:22.45
	50m:	36.10	36.10	150m:	1:59.29	42.32	250m:	3:25.09	42.93	350m:	4:50.20	42.32
	100m:	1:16.97	40.87	200m:	2:42.16	42.87	300m:	4:07.88	42.79	400m:	5:30.33	40.13
35.	,		10				<b>5:32.51</b>	289	1:15.77	1:26.77	1:27.20	1:22.77
	50m:	34.64	34.64	150m:	1:59.54	43.77	250m:	3:25.83	43.29	350m:	4:51.52	41.78
	100m:	1:15.77	41.13	200m:	2:42.54	43.00	300m:	4:09.74	43.91	400m:	5:32.51	40.99
36.	,		10				<b>-25:39.06</b>	273	1:13.94	1:25.27	1:30.56	1:29.29
	50m:			150m:			250m:		350m:			
	100m:	1:13.94		200m:	2:39.21		300m:	4:09.77	400m:	5:39.06		
37.	,		09				<b>-25:42.47</b>	265	1:16.93			1:27.55
	50m:	35.27	35.27	150m:	1:59.49	42.56	250m:	3:29.35	45.57	350m:		
	100m:	1:16.93	41.66	200m:			300m:	4:14.92	400m:	5:42.47		