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1.						06						1834	3
	50	27.35	643	100	1:00.50	624	50	32.45	567	100	1:19.13	532	
	50	36.18	523	50	31.67	459							
2.						03						1804	3
	200	2:13.31	606	100	1:01.29	600	200	2:29.69	598	50	28.14	590	
	400	5:23.38	555	100	1:07.75	549	50	30.30	524	50	33.35	522	
	50	37.63	465										
3.						01						1777	3
	200	2:12.62	616	50	28.15	590	100	1:02.32	571	50	30.51	513	
4.						06						1629	3
	50	28.62	561	100	1:02.97	553	50	33.50	515	200	2:40.98	480	
	50	31.36	472	50	37.50	470	100	1:25.15	427				
5.						09						1583	3
	100	1:08.41	533	50	33.19	530	50	29.35	520	50	30.74	501	
	200	2:39.29	496	200	2:37.83	474							
6.						02						1569	3
	200	2:19.91	524	400	4:52.12	523	50	36.21	522	200	2:36.67	521	
7.						10						1540	3
	200	2:50.74	522	100	1:19.78	519	50	36.75	499	200	2:51.20	399	
	50	32.28	391										
8.						07						1528	3
	50	29.31	522	50	36.28	519	200	2:54.79	487	100	1:21.68	483	
9.						08						1513	3
	50	29.47	514	100	1:04.76	509	200	2:23.13	490	400	5:02.25	472	
	800	10:26.80	462										
10.						09						1484	3
	50	35.92	534	100	1:20.64	502	50	30.84	448				
11.						07						1480	3
	50	29.40	517	100	1:05.25	497	200	2:25.54	466	800	10:40.85	432	
	400	5:11.91	429	50	32.70	416							
12.						06						1451	3
	50	29.94	490	50	34.08	489	100	1:13.59	472	200	2:40.37	452	
	200	2:45.26	444	100	1:08.18	436	50	32.92	408				
13.						09						1450	3
	50	30.84	497	50	30.11	482	100	1:06.46	471	50	35.10	448	
	100	1:12.97	439	200	2:48.89	416	400	5:59.02	406				
14.						07						1442	3
	50	33.55	513	100	1:12.45	495	200	2:42.58	434				
15.						09						1433	3
	50	29.43	516	200	2:24.98	471	100	1:07.63	446	200	2:48.36	420	
	400	5:18.24	404	50	34.32	360	200	3:16.24	344	100	1:31.71	341	
	50	42.10	332										
16.						10						1409	3
	100	1:05.90	483	50	30.44	466	200	2:26.18	460	50	36.57	396	
	400	5:23.70	384	50	34.09	368							

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17.						09							1389	3
	200	2:42.54	467	100	1:13.97	465	200	2:39.82	457	50	37.95	453		
	50	35.11	447	400	5:48.64	443	50	32.17	395	50	35.09	337		
18.						07							1380	3
	50	30.25	475	50	31.44	469	100	1:13.11	436	200	2:47.21	429		
	100	1:08.94	421	200	2:31.31	414	50	37.86	357	200	3:03.41	292		
19.						09							1348	3
	100	1:06.53	469	200	2:26.07	461	400	5:14.73	418	-2	800	10:50.17	414	
	1500	20:49.96	399											
20.						08							1331	3
	50	34.68	464	50	30.53	462	50	39.39	405	-1	100	1:19.22	379	
21.						09							1326	3
	400	5:04.30	462	1500	20:12.45	437	100	1:16.12	427	-2	50	35.98	416	
	100	1:09.40	413	200	2:48.76	388								
22.						99							1292	3
	50	38.41	437	100	1:13.34	432	200	3:03.16	423	-1				
23.						09							1290	3
	1500	20:12.33	437	200	2:29.75	427	400	5:12.81	426	-2	800	10:53.67	407	
24.						08							1276	3
	200	2:27.66	446	100	1:08.48	430	200	2:51.05	400		50	32.37	388	
	400	5:26.27	375	50	35.33	330								
25.						09							1275	3
	200	2:29.01	434	100	1:08.45	431	200	2:49.73	410		50	32.04	400	
	50	37.52	366	50	34.61	351								
26.						03							1269	3
	50	31.35	427	800	10:45.34	423	400	5:14.43	419		100	1:09.57	410	
27.						02							1266	3
	400	5:05.51	457	200	2:49.96	408	200	2:32.99	401	-1	100	1:19.34	341	
28.						07							1264	3
	100	1:08.19	436	200	2:30.59	420	400	5:17.26	408	-1	800	11:15.12	370	
	1500	21:26.81	366	50	35.70	320								
29.						10							1253	3
	50	35.41	436	100	1:16.43	422	200	2:47.81	395		50	32.35	388	
	100	1:11.41	379	200	3:02.10	332	50	35.32	330		400	5:50.00	304	
30.						09							1228	3
	50	31.45	423	200	2:32.44	405	100	1:10.17	400	-2	400	5:23.45	385	
	50	41.08	279	50	37.60	274								
31.						09							1216	3
	200	2:31.10	416	50	32.01	401	400	5:19.51	399	-2	800	11:01.73	393	
	200	2:53.93	381	50	37.71	361	100	1:20.86	356					
32.						09							1160	3
	100	1:10.71	391	50	32.36	388	50	40.22	381		200	2:54.85	375	
	50	37.71	361	400	5:30.92	359	100	1:30.24	358		50	38.28	259	
33.						07							1147	3
	50	31.64	415	50	40.20	381	100	1:30.90	351	-2				
34.						08							1109	3
	50	31.49	421	100	1:09.73	407	800	12:20.05	281	-1				

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35.	400	5:30.03	362	800	11:23.04	357	1500	21:55.13	342	-1	100	1:13.96	341	3
													1061	
36.	200	3:12.06	367	100	1:31.81	340	200	3:10.30	291	-2	50	46.25	250	3
													998	
37.	50	39.39	317	100	1:24.16	316	200	3:02.65	306	-3	200	3:10.06	292	3
													939	
38.	50	34.06	333	200	2:48.64	299	50	40.91	283		200	3:14.95	270	3
	50	46.74	242	50	39.22	241	100	1:33.25	210					
39.	800	12:52.79	246	100	1:23.36	238	400	6:19.40	238	-3	50	44.90	161	3
													722	
40.	100	1:42.52	244	50	46.70	243	200	3:36.94	229		800	14:33.49	170	3
													716	

1.	100	53.83	659	100	57.72	628	200	2:13.15	627	-3	50	26.13	619	3
	50	24.83	597	400	4:21.60	595	50	31.52	558		50	28.72	551	
													1914	
2.	100	54.21	645	50	24.33	634	200	2:00.56	605	-1	400	4:22.68	588	3
	50	26.67	582	100	1:00.38	549	200	2:18.63	526		50	32.31	518	
	50	29.31	518										1884	
3.	50	25.71	649	100	57.88	623	200	2:01.95	585		50	25.17	573	3
	100	56.47	571	400	4:29.23	546	50	29.28	520		200	2:19.24	497	
													1857	
4.	200	2:01.69	588	100	55.98	586	50	27.21	548		50	25.54	548	3
	100	1:05.25	494	50	29.79	494							1722	
5.	100	55.67	596	200	2:03.42	564	50	25.50	551		400	4:37.06	501	3
	50	32.97	487	200	2:46.10	431							1711	
6.	100	55.42	604	200	2:18.24	560	400	4:30.77	536		100	1:01.43	521	3
	50	27.88	509	50	29.54	506	50	26.31	501		800	9:32.99	491	
													1700	
7.	50	30.68	605	50	27.26	545	200	2:36.61	514	-2	100	1:10.98	514	3
	800	9:34.28	487	50	26.77	476	100	1:01.09	451		200	2:28.99	447	
	50	32.44	382										1664	
8.	100	57.12	552	100	1:09.34	551	200	2:34.16	539		50	32.03	531	3
	50	27.63	523	100	1:02.20	502	50	26.35	499		200	2:11.79	463	
	800	10:15.21	396	50	32.58	377							1642	

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9.		,				07		.	.	.	-1		1640	3
	100	56.02	585	200	2:05.60	535	50	26.00	520	50	28.02	502		
	200	2:25.54	454	50	30.68	452								
10.		,				09		.	.	.	-2		1624	3
	100	56.90	558	50	25.74	536	400	4:31.93	530	200	2:06.06	529		
	800	9:22.27	519	100	1:05.22	435								
11.		,				02		.	.	.	-3		1619	3
	50	30.44	619	100	1:09.73	542	50	28.89	458	200	2:45.66	434		
	50	31.97	399											
12.		,				07		.	.	.	-1		1611	3
	100	56.70	564	50	25.91	525	50	27.65	522					
13.		,				06		.	.	.	-2		1585	3
	50	31.48	560	100	57.38	544	200	2:40.09	481	100	1:12.60	480		
	50	26.76	477	50	28.93	456								
14.		,				09		.	.	.	-2		1572	3
	200	2:05.23	540	400	4:33.86	518	100	58.48	514	50	28.39	482		
	100	1:03.07	481	50	26.95	467	50	32.92	366					
15.		,				07		.	.	.	-1		1549	3
	100	57.12	552	50	25.95	523	50	28.55	474	50	30.96	440		
16.		,				10		.	.	.	-4		1536	3
	1500	17:58.35	526	800	9:27.05	506	400	4:36.52	504	200	2:11.61	465		
	200	2:34.98	398	100	1:08.28	379	50	31.28	360	100	1:19.66	271		
17.		,				06		.	.	.	-3		1534	3
	50	27.61	524	50	26.13	512	100	1:02.37	498	50	32.88	491		
	100	1:12.96	473											
18.		,				08		.	.	.	-1		1525	3
	100	58.07	525	200	2:07.32	514	50	26.59	486	400	4:46.82	451		
	200	2:29.61	418											
19.		,				07		.	.	.	-1		1523	3
	50	25.13	576	50	27.58	526	50	31.42	421					
20.		,				10		.	.	.			1502	3
	200	2:36.97	510	100	1:11.42	505	50	32.98	487	50	30.54	387		
	100	1:09.18	365	50	29.36	361	200	2:47.27	299	50	35.56	290		
21.		,				08		.	.	.			1497	3
	100	58.74	507	200	2:23.68	499	50	28.22	491	100	1:02.86	486		
	50	26.81	474	800	9:58.14	431	400	5:22.64	424	50	31.39	422		
22.		,				08		.	.	.			1493	3
	100	56.33	575	200	2:07.91	507	50	29.94	411	50	36.02	373		
	50	32.84	368	100	1:20.39	354	200	2:42.55	312					
23.		,				07		.	.	.	-2		1456	3
	100	59.48	488	400	4:39.88	486	200	2:25.37	482	1500	18:45.65	463		
	200	2:12.34	457	100	1:05.09	438	800	9:54.99	438					
24.		,				07		.	.	.	-2		1446	3
	100	58.78	506	200	2:10.51	477	50	27.02	463	400	4:50.00	437		
	800	10:48.81	338	50	43.38	214								
25.		,				06		.	.	.	-2		1429	3
	100	59.06	499	50	26.61	485	50	29.16	445	50	32.97	364		

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58.						09						1212	3
	50	27.95	418	200	2:34.50	401	100	1:10.40	393	100	1:04.74	379	
	50	32.68	374	400	5:41.83	357	50	31.48	354	200	2:39.16	347	
59.						09						1201	3
	200	2:47.29	422	200	2:34.74	399	200	2:34.51	380	800	10:34.19	362	
	100	1:12.75	356	100	1:21.13	344	100	1:12.23	320	200	2:47.16	287	
60.						09						1200	3
	100	1:09.40	411	50	32.04	397	200	2:32.91	392	100	1:04.18	389	
	200	2:37.64	378	400	5:07.15	367	800	11:05.09	314	200	2:36.00	279	
61.						09						1197	3
	200	2:49.78	403	50	35.20	400	100	1:03.92	394	100	1:17.91	389	
	50	29.72	348	50	34.56	267							
62.						10						1195	3
	50	28.32	402	100	1:03.65	399	400	5:00.07	394	200	2:22.18	369	
	800	10:44.45	345	200	2:41.57	332	50	34.08	329	100	1:15.73	316	
63.						09						1188	3
	100	1:03.15	408	400	4:57.65	404	50	28.96	376	200	2:22.65	365	
	50	34.38	321	200	2:44.99	312	50	40.18	269				
64.						09						1179	3
	50	28.43	397	100	1:03.84	395	50	30.55	387	200	2:36.82	384	
	400	5:20.63	323	800	11:18.34	296							
65.						08						1149	3
	50	28.35	401	100	1:04.81	377	50	30.98	371	50	34.05	330	
66.						08						1141	3
	400	5:02.43	385	1500	20:00.04	382	100	1:05.00	374	800	10:27.54	373	
	50	29.44	358	200	2:23.82	356							
						10						1141	3
	100	1:03.65	399	50	28.98	375	400	5:07.19	367	200	2:22.43	367	
	50	31.23	362	800	10:51.71	333							
68.						09						1140	3
	200	2:33.03	391	100	1:10.60	390	50	33.12	359	100	1:06.62	348	
	200	2:44.33	333	50	30.41	325	50	32.63	317				
69.						10						1132	3
	50	35.30	397	100	1:18.06	386	200	2:58.19	349	50	33.57	291	
70.						09						1121	3
	100	1:04.26	387	200	2:22.36	367	50	29.20	367	400	5:17.02	334	
	50	34.29	323	200	2:44.29	316	50	33.40	296	50	39.83	276	
71.						05						1116	3
	50	33.87	449	100	1:16.59	409	50	36.99	258				
72.						08						1104	3
	800	10:27.45	374	100	1:05.04	373	50	29.46	357				
73.						09						1100	3
	50	28.77	383	400	5:09.26	360	100	1:06.03	357	200	2:26.30	338	
	200	2:44.56	332	200	2:43.76	319	50	32.92	309	50	34.85	308	
74.						07						1093	3
	50	28.41	398	50	36.54	358	50	33.83	337	50	32.58	319	

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					10					-3		1093	3
	100	1:03.82	395	50	29.01	374	200	2:28.37	324	50	32.93	309	
	400	5:39.06	273	800	11:45.21	263							
76.						09						1088	3
	50	28.83	381	100	1:04.79	378	400	5:18.76	329	200	2:45.34	327	
	200	2:30.12	313	50	33.15	303	100	1:19.82	237				
77.						10						1071	3
	800	10:34.12	362	100	1:05.83	360	400	5:12.55	349	1500	20:39.12	347	
	50	29.77	346	200	2:25.92	341							
78.						10						1053	3
	400	5:09.46	359	1500	20:38.53	347	800	10:43.10	347	200	2:28.59	323	
	100	1:09.20	310	50	31.23	300	200	2:51.36	278	50	38.54	192	
79.						09						1046	3
	200	2:57.29	354	50	36.90	347	100	1:06.79	345	100	1:22.33	329	
	800	10:56.64	326	50	31.15	302							
80.						10						1029	3
	400	5:11.18	353	800	10:43.58	346	200	2:27.51	330	100	1:08.81	315	
	50	33.47	294	200	2:52.33	289	100	1:16.37	271	50	39.16	217	
81.						09						1028	3
	100	1:05.63	363	50	29.67	350	200	2:29.79	315	50	40.39	265	
	400	6:32.30	236										
82.						10						1027	3
	100	1:13.14	351	100	1:06.99	342	200	2:41.20	334	50	34.02	331	
	400	5:19.00	328	200	2:47.12	317	50	30.93	308	800	11:12.89	303	
83.						10						1020	3
	50	30.67	382	50	30.45	323	100	1:08.80	315	400	5:24.44	312	
	800	11:14.82	300	200	2:50.35	299							
84.						10						1018	3
	200	2:25.39	345	50	29.93	340	1500	20:55.53	333	400	5:17.74	332	
	100	1:16.65	305	200	2:47.34	299	50	39.00	294	50	35.44	293	
	50	35.54	246										
85.						09						1010	3
	400	5:14.98	341	100	1:07.34	336	200	2:27.04	333	800	11:05.48	313	
	50	30.94	308	50	33.67	289	100	1:18.97	245	50	36.50	242	
86.						09						993	3
	400	5:13.95	344	800	10:48.56	338	200	2:30.44	311	100	1:10.70	291	
	50	31.92	281	50	37.84	241	100	1:23.07	239				
87.						10						989	3
	100	1:07.42	335	400	5:17.09	334	200	2:29.11	320	50	30.69	316	
	800	11:09.43	308	50	38.58	192							
88.						09						981	3
	50	31.61	349	50	30.66	317	200	2:47.47	315	50	34.96	305	
	100	1:14.42	293	100	1:19.38	274							
89.						09						953	3
	50	29.95	340	50	32.69	316	200	2:32.87	297	100	1:10.75	290	
	800	11:34.68	275	400	5:42.47	265							
90.						10						951	3
	200	2:59.56	341	100	1:24.21	308	800	11:13.30	302	50	38.72	301	
	100	1:12.58	269										

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91.	100	1:08.34	322	50	32.71	315	200	2:49.66	303	-3	50	31.39	295	940	3
	100	1:22.79	213												
92.	50	37.89	321	200	3:03.26	321	100	1:10.27	296		100	1:25.67	292	938	3
	50	31.63	288												
93.	100	1:08.82	315	200	2:48.06	312	200	2:45.29	310	-2	50	30.90	309	937	3
	100	1:16.79	303	400	5:30.33	295	800	11:23.06	289		50	35.63	288		
94.	50	30.31	328	100	1:10.08	298	200	2:52.55	288		200	3:12.17	278	914	3
	100	1:19.62	272	50	36.33	272	50	36.10	234						
95.	50	30.02	337	100	1:10.31	296	50	36.48	269	-1	800	11:46.60	261	902	3
96.	50	31.00	306	100	1:10.21	297	800	11:19.90	294		200	2:53.27	284	897	3
	400	6:19.91	260	100	1:18.82	246									
97.	400	5:28.60	300	100	1:10.00	299	50	31.74	285		200	2:37.09	273	884	3
98.	50	31.35	296	100	1:10.55	293	400	5:32.51	289		200	2:35.84	280	878	3
	800	11:35.82	274	50	41.91	237	50	38.20	198		50	41.29	185		
99.	200	2:47.33	299	100	1:18.90	279	50	32.18	274	-3	50	36.73	263	852	3
100.	50	35.42	293	100	1:11.78	278	50	32.19	274	-2	50	40.48	263	845	3
	800	12:17.32	230												
101.	50	33.66	289	100	1:16.15	273	50	32.20	273		100	1:12.51	269	835	3
	200	2:38.87	264	200	2:55.27	260	200	2:58.97	234		50	38.44	229		
102.	100	1:18.92	279	100	1:12.03	275	200	2:56.16	271		200	2:37.70	270	825	3
103.	200	3:08.39	295	100	1:27.58	273	50	42.36	229	-3				797	3
104.	50	31.85	282	100	1:13.72	256	50	41.71	240		200	3:23.62	234	778	3
	100	1:33.88	222												
105.	100	1:13.04	264	50	32.87	257	50	38.58	227		200	3:11.40	211	748	3
	200	3:12.04	197												
106.	200	3:20.22	246	100	1:14.86	245	50	42.03	235		100	1:32.86	229	726	3
107.	50	40.97	254	100	1:36.98	201	200	3:39.91	185					640	3
108.	100	1:27.29	206	50	40.04	203	200	3:10.54	202		200	3:20.22	166	611	3

" " , 30.01. - 2.02.2024

109.	50	35.17	210	100	1:19.92	201	50	39.19	183	-3	50	41.80	178	594	3
	100	1:36.48	134												
110.	200	3:38.06	190	200	3:18.19	190	50	38.88	187	-3	50	45.90	180	567	3
	100	1:42.01	173												
111.	100	1:02.87	552	100	58.57	512				-1				1064	2
112.	50	28.38	483	50	30.55	458				-1				941	2
113.	50	27.85	423	100	1:03.02	411								834	2
114.	100	1:02.58	419	50	28.46	396				-1				815	2
115.	50	28.44	397	100	1:04.90	376				-1				773	2
116.	50	36.00	374	100	1:22.21	331				-3				705	2
117.	50	34.20	228	50	41.80	151				-2				379	2