

2009 - 2010											
1.	100	1:04.27	520	200	2:39.78	491	800	10:20.95	475	1486	3
2.	200	2:37.25	515	100	1:05.79	485	800	10:38.01	438	1438	3
3.	800	10:15.68	488	200	2:41.26	478	100	1:08.43	431	1397	3
4.	100	1:06.52	469	200	2:46.20	436	800	10:49.24	416	1321	3
5.	200	2:45.97	438	100	1:08.20	435	800	10:51.24	412	1285	3
6.	100	1:07.63	446	800	10:44.29	426	200	2:49.85	409	1281	3
7.	200	2:45.25	444	800	10:48.97	416	100	1:09.39	413	1273	3
8.	800	10:44.30	425	200	2:48.39	420	100	1:09.75	407	1252	3
9.	100	1:09.14	418	800	10:49.69	415	200	2:49.32	413	1246	3
	200	2:41.42	476	100	1:09.64	409	800	11:20.28	361	1246	3
11.	100	1:06.45	471	200	2:50.48	404	800	11:23.78	356	1231	3
12.	100	1:09.34	414	200	2:51.32	398	800	11:06.50	384	1196	3
13.	200	2:51.04	400	800	11:05.68	386	100	1:11.21	382	1168	3
14.	100	1:10.45	395	800	11:02.64	391	200	2:54.98	374	1160	3
15.	800	10:49.63	415	200	2:55.28	372	100	1:12.68	360	1147	3
16.	100	1:09.60	410	800	11:12.32	374	200	2:58.01	355	1139	3
17.	200	2:52.02	394	100	1:11.75	374	800	11:34.87	339	1107	3
	200	2:49.52	411	800	11:25.13	354	100	1:13.89	342	1107	3
19.	200	2:52.74	389	800	11:17.99	365	100	1:13.32	350	1104	3
20.	200	2:54.23	379	800	11:19.82	362	100	1:12.88	357	1098	3
21.	800	11:13.67	372	100	1:12.43	363	200	2:57.64	357	1092	3

22.	800	11:04.05	389	100	1:13.65	346	200	3:02.48	330	1065	3
23.	800	11:27.74	350	100	1:14.21	338	200	3:01.15	337	1025	3
24.	200	2:56.73	363	800	11:29.20	348	100	1:16.31	311	1022	3
25.	800	11:23.79	356	200	2:59.49	346	100	1:15.66	319	1021	3
26.	100	1:12.86	357	200	2:59.25	348	800	11:56.34	309	1014	3
27.	800	11:20.03	362	200	3:01.82	333	100	1:15.86	316	1011	3
28.	100	1:13.04	354	200	3:00.46	341	800	11:52.49	315	1010	3
29.	200	2:59.65	345	100	1:13.70	345	800	12:19.92	281	971	3
30.	200	3:01.09	337	100	1:15.77	317	800	11:53.11	314	968	3
31.	800	11:42.19	329	200	3:05.08	316	100	1:15.90	316	961	3
32.	200	3:03.36	325	800	11:50.08	318	100	1:16.40	310	953	3
33.	800	11:28.10	349	200	3:09.63	294	100	1:17.80	293	936	3
34.	200	2:55.96	368	100	1:16.18	312	800	12:57.20	242	922	3
35.	200	3:04.69	318	800	12:07.59	295	100	1:17.76	294	907	3
36.	200	3:06.65	308	800	11:58.01	307	100	1:19.15	278	893	3
37.	200	3:00.87	339	100	1:18.89	281	800	12:36.27	263	883	3
38.	200	3:02.66	329	800	12:14.51	287	100	1:20.41	265	881	3
39.	800	12:02.31	302	100	1:18.00	291	200	3:13.12	278	871	3
40.	100	1:15.24	324	200	3:08.40	299	800	12:54.40	245	868	3
41.	200	3:07.16	305	100	1:17.52	296	800	12:34.57	265	866	3
42.	200	3:07.50	304	800	12:24.68	275	100	1:20.45	265	844	3
43.	800	12:08.64	294	100	1:20.49	265	200	3:19.97	250	809	3
44.	200	3:12.65	280	100	1:20.11	268	800	12:57.20	242	790	3

45.	200	3:15.93	266	100	1:21.05	259	800	12:49.79	249	774	3
46.	200	3:15.54	268	800	13:01.20	238	100	1:23.63	236	742	3
47.	200	3:15.76	267	800	13:11.19	230	100	1:24.66	227	724	3
48.	100	1:22.12	249	200	3:22.48	241	800	13:10.77	230	720	3
	200	3:20.79	247	100	1:23.21	239	800	13:05.80	234	720	3
50.	200	3:19.33	253	100	1:26.03	217	800	13:29.96	214	684	3
51.	100	1:21.10	259	800	13:30.58	213	200	-	-	472	3
52.	100	1:20.89	261	800	13:44.64	203	200	-	-	464	3
53.	200	2:40.38	486	800	10:43.15	428		1-1		914	2
54.	800	10:31.11	453	200	2:45.98	438		1-1		891	2
55.	200	2:45.49	442	800	10:48.15	418		1-1		860	2
56.	200	2:46.32	436	800	11:17.19	366				802	2
57.	200	2:50.66	403	800	11:19.11	363		2		766	2
58.	200	2:55.46	371	800	11:29.50	347				718	2
59.	200	2:53.09	386	800	11:54.10	312		2		698	2
60.	200	2:59.85	344	800	11:49.83	318				662	2
61.	200	3:01.93	333	800	12:03.69	300		1-2		633	2
62.	200	3:04.71	318	100	1:16.54	308		4		626	2
63.	200	3:00.05	343	800	12:21.47	279		1-1		622	2
64.	200	3:09.72	293	800	12:15.22	286				579	2
65.	200	3:11.32	286	800	12:27.13	273		3-1		559	2
66.	200	3:09.51	294	800	12:35.93	263				557	2
67.	200	3:07.60	303	800	12:51.13	248		2		551	2

68.	200	,	3:09.37	295	800	12:52.77	246	10	3-1	541	2
69.	200	,	3:06.60	308	800	13:11.88	229	10	1-1	537	2
70.	200	,	3:15.27	269	800	12:34.59	265	10	1-2	534	2
71.	200	,	3:06.96	306	800	13:17.58	224	10	4	530	2
72.	200	,	3:04.13	321	800	13:38.66	207	09	2	528	2
73.	200	,	3:19.32	253	800	12:53.26	246	10	3-2	499	2
74.	800	,	12:50.81	248	200	3:22.75	240	10	2	488	2
75.	200	,	3:20.65	248	800	13:06.12	234	09	1-1	482	2
76.	200	,	3:16.40	264	800	13:26.83	216	10	1-2	480	2
77.	200	,	3:13.39	277	800	14:03.53	189	10		466	2
78.	200	,	3:25.31	231	800	13:12.75	228	10	3-1	459	2
79.	200	,	3:21.17	246	800	13:40.03	206	09	5	452	2
80.	200	,	3:28.13	222	800	13:19.80	222	10	3-2	444	2
81.	200	,	3:24.81	233	800	13:46.66	201	09		434	2
82.	200	,	3:25.54	231	800	13:55.76	195	10	3-2	426	2
83.	200	,	3:28.28	222	800	14:18.73	179	10		401	2
84.	200	,	3:34.60	202	800	14:12.67	183	09	2	385	2
85.	200	,	3:06.17	310				09	4	310	1
86.	800	,	12:48.19	251				10		251	1
87.	200	,	3:23.93	236				09		236	1
88.	200	,	3:24.57	234				09	1-2	234	1
89.	200	,	3:24.80	233				09		233	1
90.	200	,	3:37.16	195				09		195	1