

2009 - 2010											
1.	100	1:11.46	522	200	2:39.78	491	800	10:20.95	475	<b>1488</b>	<b>3</b>
2.	200	2:45.49	442	100	1:16.10	432	800	10:48.15	418	<b>1292</b>	<b>3</b>
3.	800	10:44.30	425	200	2:48.39	420	100	1:18.69	391	<b>1236</b>	<b>3</b>
4.	100	1:17.45	410	200	2:51.32	398	800	11:06.50	384	<b>1192</b>	<b>3</b>
5.	200	2:52.74	389	800	11:17.99	365	100	1:21.11	357	<b>1111</b>	<b>3</b>
	200	2:54.23	379	100	1:20.13	370	800	11:19.82	362	<b>1111</b>	<b>3</b>
7.	200	2:50.66	403	800	11:19.11	363	100	1:23.45	328	<b>1094</b>	<b>3</b>
8.	100	1:19.56	378	800	11:23.79	356	200	2:59.49	346	<b>1080</b>	<b>3</b>
9.	100	1:21.10	357	200	2:59.25	348	800	11:56.34	309	<b>1014</b>	<b>3</b>
10.	200	3:00.46	341	100	1:23.48	327	800	11:52.49	315	<b>983</b>	<b>3</b>
11.	200	2:59.85	344	800	11:49.83	318	100	1:24.77	313	<b>975</b>	<b>3</b>
12.	200	3:01.09	337	800	11:53.11	314	100	1:25.66	303	<b>954</b>	<b>3</b>
13.	100	1:18.08	400	200	3:09.37	295	800	12:52.77	246	<b>941</b>	<b>3</b>
14.	200	3:02.66	329	100	1:24.86	312	800	12:14.51	287	<b>928</b>	<b>3</b>
15.	800	11:42.19	329	200	3:05.08	316	100	1:28.82	272	<b>917</b>	<b>3</b>
16.	200	2:55.96	368	100	1:26.18	298	800	12:57.20	242	<b>908</b>	<b>3</b>
17.	100	1:24.89	311	200	3:09.72	293	800	12:15.22	286	<b>890</b>	<b>3</b>
18.	800	12:08.64	294	200	3:19.97	250	100	1:36.66	211	<b>755</b>	<b>3</b>
19.	100	1:30.37	258	200	3:22.48	241	800	13:10.77	230	<b>729</b>	<b>3</b>
20.	800	12:50.81	248	200	3:22.75	240	100	1:33.26	235	<b>723</b>	<b>3</b>
21.	200	3:20.79	247	800	13:05.80	234	100	-	-	<b>481</b>	<b>3</b>
22.						09		3-1		<b>966</b>	<b>2</b>

	800	10:15.68	488	200	2:41.26	478				
23.		,				09	.	1-1	<b>953</b>	2
	200	2:37.25	515	800	10:38.01	438				
24.		,				09		1-1	<b>914</b>	2
	200	2:40.38	486	800	10:43.15	428				
25.		,				10		1-1	<b>891</b>	2
	800	10:31.11	453	200	2:45.98	438				
26.		,				10			<b>860</b>	2
	200	2:45.25	444	800	10:48.97	416				
27.		,				09		1-1	<b>852</b>	2
	200	2:46.20	436	800	10:49.24	416				
28.		,				09			<b>850</b>	2
	200	2:45.97	438	800	10:51.24	412				
29.		,				09		1-1	<b>837</b>	2
	200	2:41.42	476	800	11:20.28	361				
30.		,				09			<b>835</b>	2
	800	10:44.29	426	200	2:49.85	409				
31.		,				09		1-1	<b>828</b>	2
	800	10:49.69	415	200	2:49.32	413				
32.		,				09			<b>802</b>	2
	200	2:46.32	436	800	11:17.19	366				
33.		,				09		1-2	<b>787</b>	2
	800	10:49.63	415	200	2:55.28	372				
34.		,				09			<b>786</b>	2
	200	2:51.04	400	800	11:05.68	386				
35.		,				09		1-1	<b>765</b>	2
	800	11:02.64	391	200	2:54.98	374				
		,				09		2	<b>765</b>	2
	200	2:49.52	411	800	11:25.13	354				
37.		,				09			<b>760</b>	2
	200	2:50.48	404	800	11:23.78	356				
38.		,				09	.	1-1	<b>733</b>	2
	200	2:52.02	394	800	11:34.87	339				
39.		,				10			<b>729</b>	2
	800	11:13.67	372	200	2:57.64	357				
		,				09	.	1-1	<b>729</b>	2
	800	11:12.32	374	200	2:58.01	355				
41.		,				10		1-1	<b>719</b>	2
	800	11:04.05	389	200	3:02.48	330				
42.		,				09			<b>718</b>	2
	200	2:55.46	371	800	11:29.50	347				
43.		,				09		3-1	<b>711</b>	2
	200	2:56.73	363	800	11:29.20	348				
44.		,				09	.	2	<b>698</b>	2
	200	2:53.09	386	800	11:54.10	312				
45.		,				09			<b>695</b>	2
	800	11:20.03	362	200	3:01.82	333				

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46.	800	11:27.74	350	200	3:01.15	337	09	.	2	<b>687</b>	2
47.	800	11:28.10	349	200	3:09.63	294	10		1-2	<b>643</b>	2
	200	3:03.36	325	800	11:50.08	318	09		2	<b>643</b>	2
49.	200	3:01.93	333	800	12:03.69	300	10		1-2	<b>633</b>	2
50.	200	2:59.65	345	800	12:19.92	281	10			<b>626</b>	2
51.	200	3:00.05	343	800	12:21.47	279	09	.	1-1	<b>622</b>	2
52.	200	3:06.65	308	800	11:58.01	307	09		1-2	<b>615</b>	2
53.	200	3:04.69	318	800	12:07.59	295	09		1-2	<b>613</b>	2
	200	3:06.17	310	100	1:25.70	303	09		4	<b>613</b>	2
55.	200	3:00.87	339	800	12:36.27	263	10		2	<b>602</b>	2
56.	800	12:02.31	302	200	3:13.12	278	10		4	<b>580</b>	2
57.	200	3:07.50	304	800	12:24.68	275	10		3-1	<b>579</b>	2
58.	200	3:07.16	305	800	12:34.57	265	10			<b>570</b>	2
59.	200	3:11.32	286	800	12:27.13	273	10		3-1	<b>559</b>	2
60.	200	3:09.51	294	800	12:35.93	263	09			<b>557</b>	2
61.	200	3:07.60	303	800	12:51.13	248	10		2	<b>551</b>	2
62.	200	3:08.40	299	800	12:54.40	245	09		5	<b>544</b>	2
63.	200	3:06.60	308	800	13:11.88	229	10	.	1-1	<b>537</b>	2
64.	200	3:15.27	269	800	12:34.59	265	10		1-2	<b>534</b>	2
65.	200	3:06.96	306	800	13:17.58	224	10		4	<b>530</b>	2
66.	200	3:04.13	321	800	13:38.66	207	09	.	2	<b>528</b>	2
67.	200	3:12.65	280	800	12:57.20	242	10	.	1-1	<b>522</b>	2
68.	200	3:15.93	266	800	12:49.79	249	10	.	2	<b>515</b>	2

69.	200	3:15.54	, 268	800	13:01.20	238	10	.	1-1	<b>506</b>	2
70.	200	3:19.32	, 253	800	12:53.26	246	10		3-2	<b>499</b>	2
71.	200	3:15.76	, 267	800	13:11.19	230	10	.	1-2	<b>497</b>	2
72.	200	3:20.65	, 248	800	13:06.12	234	09	.	1-1	<b>482</b>	2
73.	200	3:16.40	, 264	800	13:26.83	216	10	.	1-2	<b>480</b>	2
74.	200	3:19.33	, 253	800	13:29.96	214	09			<b>467</b>	2
75.	200	3:13.39	, 277	800	14:03.53	189	10			<b>466</b>	2
76.	200	3:25.31	, 231	800	13:12.75	228	10		3-1	<b>459</b>	2
77.	200	3:21.17	, 246	800	13:40.03	206	09		5	<b>452</b>	2
78.	200	3:28.13	, 222	800	13:19.80	222	10		3-2	<b>444</b>	2
79.	200	3:24.81	, 233	800	13:46.66	201	09			<b>434</b>	2
80.	100	1:33.35	, 234	200	3:37.16	195	09			<b>429</b>	2
81.	200	3:25.54	, 231	800	13:55.76	195	10		3-2	<b>426</b>	2
82.	200	3:28.28	, 222	800	14:18.73	179	10			<b>401</b>	2
83.	200	3:34.60	, 202	800	14:12.67	183	09	.	2	<b>385</b>	2
84.	800	13:30.58	, 213	200		-	09			<b>213</b>	2
85.	800	13:44.64	, 203	200		-	09			<b>203</b>	2
86.	200	3:04.71	, 318				09		4	<b>318</b>	1
87.	800	12:48.19	, 251				10			<b>251</b>	1
88.	200	3:23.93	, 236				09			<b>236</b>	1
89.	200	3:24.57	, 234				09		1-2	<b>234</b>	1
90.	200	3:24.80	, 233				09			<b>233</b>	1