

01 - 03 2023

2011 - 2012

1.	100	1:11.84	342	200	2:58.09	320	800	11:42.03	318			<b>980</b>	3
2.	800	11:37.53	324	200	3:06.83	277	100	1:36.65	268		6"	<b>869</b>	3
3.	200	3:02.23	299	800	11:58.55	296	100	1:25.66	263			<b>858</b>	3
4.	800	11:42.62	317	100	1:16.87	279	200	3:15.17	243			<b>839</b>	3
5.	100	1:16.27	285	200	3:04.97	285	800	12:28.16	262			<b>832</b>	3
6.	200	3:06.18	280	800	12:32.46	258	100	1:28.65	237		6"	<b>775</b>	3
7.	100	1:36.66	268	800	12:31.50	259	200	3:16.35	239			<b>766</b>	3
8.	800	12:11.85	280	200	3:13.86	248	100	1:28.65	237			<b>765</b>	3
9.	200	3:04.16	289	800	12:29.33	261	100	1:32.81	203			<b>753</b>	3
10.	200	3:05.72	282	100	1:27.89	243	800	13:19.00	215		6"	<b>740</b>	3
11.	100	1:32.85	302	200	3:18.45	231	800	14:08.16	180			<b>713</b>	3
12.	800	12:39.07	251	200	3:16.11	239	100	1:33.10	201			<b>691</b>	3
13.	100	1:20.07	247	200	3:19.29	228	800	13:37.35	201			<b>676</b>	3
14.	100	1:40.11	241	200	3:25.03	209	800	14:07.55	180			<b>630</b>	3
15.	800	13:15.10	219	100	1:44.27	213	200	3:30.12	195			<b>627</b>	3
16.	800	13:15.96	218	100	1:33.32	203	200	3:27.13	203		6"	<b>624</b>	3
17.	100	1:24.09	213	200	3:29.78	196	800	14:21.54	172			<b>581</b>	3
18.	200	3:24.97	210	100	1:47.44	195	800	14:21.70	172		6"	<b>577</b>	3
19.	100	1:22.93	222	800	13:53.35	190	200	3:45.94	156		6"	<b>568</b>	3
20.	100	1:49.22	186	800	14:35.81	163	200	3:44.19	160		6"	<b>509</b>	3
21.	100	1:27.12	191	200	3:45.03	158	800	14:47.16	157			<b>506</b>	3

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22.	200	3:48.05	152	100	1:48.28	130	800	15:56.93	125	6"	<b>407</b>	3
23.	800	13:26.26	210	100	1:27.50	189		"	"	"	<b>399</b>	2
24.	100	1:30.57	170	800	14:57.92	152		.	"	6"	<b>322</b>	2
25.	100	1:48.62	129	200	4:05.17	122		.	"	6"	<b>251</b>	2
26.	100	1:46.25	137	200	4:12.94	111		.	"	6"	<b>248</b>	2
27.	100	2:08.53	114	200	4:30.07	91		.	"	6"	<b>205</b>	2
28.	100	1:44.50	111	200	4:31.44	90		.	"	6"	<b>201</b>	2
29.	100	1:35.14	192					"	"		<b>192</b>	1
DSQ	100	1:37.22	179	800	16:01.17	124	200	.	"	6"		3
DSQ	100	-	-	800	-	-	200	.	"	6"		3
DSQ	100	1:50.76	178	800	16:41.42	109	200	.	"	6"		3
DSQ	100	1:45.50	108	800	18:22.31	82	200	.	"	6"		3
DSQ	100	1:15.72	292	800	14:16.51	175	200	"	"	"		3
DSQ	800	13:39.88	199	100	1:26.72	194	200	"	"	"		3
DSQ	800	14:15.72	175	100	1:30.91	168	200	"	"	"		3
DSQ	100	1:43.02	151	800	15:46.92	129	200	"	"	"		3
DSQ	100	1:24.31	211	800	13:31.30	206	200	"	"	"		3
DSQ	100	2:03.65	86	200	-	-		.	"	6"		2
DSQ	100	1:51.63	174	200	-	-		.	"	6"		2
DSQ	100	2:03.19	88	200	-	-		.	"	6"		2
DSQ	100	1:50.79	178	200	-	-		.	"	6"		2