

01 - 03 2023

2009 - 2010

1.	800	8:59.58	554	100	56.00	516	200	2:19.92	481				<b>1551</b>	3
2.	800	9:34.60	459	100	1:00.91	401	200	2:29.04	397				<b>1257</b>	3
3.	800	9:42.15	441	100	59.36	433	200	2:31.11	381				<b>1255</b>	3
4.	800	9:52.62	418	200	2:30.79	384	100	1:03.57	353				<b>1155</b>	3
5.	800	10:05.69	392	200	2:32.18	373	100	1:04.07	345				<b>1110</b>	3
6.	800	10:15.07	374	100	1:04.12	344	200	2:40.55	318		6"		<b>1036</b>	3
7.	800	10:25.34	356	200	2:37.68	336	100	1:06.31	311				<b>1003</b>	3
8.	800	10:15.07	374	200	2:40.80	316	100	1:07.01	301				<b>991</b>	3
9.	100	1:04.68	335	800	10:47.92	320	200	2:47.43	280				<b>935</b>	3
10.	800	10:39.70	333	200	2:44.46	296	100	1:13.03	280				<b>909</b>	3
11.	800	10:35.89	339	100	1:07.36	296	200	2:49.45	270		6"		<b>905</b>	3
12.	100	1:06.65	306	200	2:43.84	299	800	11:13.70	285				<b>890</b>	3
13.	200	2:41.52	312	100	1:07.00	301	800	11:25.37	270		6"		<b>883</b>	3
14.	100	1:21.27	315	200	2:43.94	299	800	11:29.78	265		6"		<b>879</b>	3
15.	100	1:21.97	307	800	11:02.58	299	200	2:49.75	269				<b>875</b>	3
16.	800	10:56.13	308	200	2:45.59	290	100	1:14.49	273		6"		<b>871</b>	3
17.	100	1:05.22	327	200	2:49.46	270	800	11:27.68	268		6"		<b>865</b>	3
18.	800	11:03.38	298	100	1:07.67	292	200	2:49.32	271				<b>861</b>	3
19.	100	1:19.76	334	200	2:48.93	273	800	11:52.75	240		6"		<b>847</b>	3
20.	100	1:07.30	297	800	11:23.83	272	200	2:50.33	266				<b>835</b>	3
21.	200	2:43.67	300	100	1:13.26	287	800	11:45.94	247		6"		<b>834</b>	3

01 - 03 2023

22.	200	2:42.11	309	800	11:36.21	258	100	1:17.03	246	6"	<b>813</b>	3
23.	800	11:05.03	296	200	2:51.28	262	100	1:27.44	253	" "	<b>811</b>	3
24.	100	1:06.93	302	200	2:52.07	258	800	11:53.11	240	6"	<b>800</b>	3
25.	800	11:00.72	302	200	2:49.63	269	100	1:18.12	228	" "	<b>799</b>	3
26.	100	1:08.03	288	800	11:26.18	269	200	2:58.35	232	" "	<b>789</b>	3
27.	200	2:48.61	274	100	1:27.16	255	800	11:39.53	254	6"	<b>783</b>	3
28.	800	11:31.29	263	100	1:10.49	259	200	2:51.91	259	" "	<b>781</b>	3
29.	200	2:50.64	265	800	11:40.16	254	100	1:16.88	248	6"	<b>767</b>	3
30.	100	1:09.29	272	800	11:45.02	248	200	2:57.76	234	6"	<b>754</b>	3
31.	800	11:24.05	272	100	1:09.89	265	200	3:04.47	209	" "	<b>746</b>	3
32.	800	11:37.76	256	100	1:11.90	244	200	2:57.25	236	" "	<b>736</b>	3
33.	100	1:11.00	253	800	11:49.78	243	200	2:57.14	237	6"	<b>733</b>	3
	800	11:16.98	281	200	2:58.60	231	100	1:14.30	221	" " "	<b>733</b>	3
35.	800	11:20.67	276	200	2:50.30	266	100	1:24.60	180	" "	<b>722</b>	3
36.	200	2:54.62	247	100	1:12.88	234	800	12:03.12	230	6"	<b>711</b>	3
37.	100	1:10.56	258	200	3:00.42	224	800	12:31.94	205	6"	<b>687</b>	3
38.	800	11:46.00	247	200	2:55.17	245	100	1:24.51	187	" "	<b>679</b>	3
39.	800	11:36.61	257	200	3:00.37	224	100	1:37.38	183	" "	<b>664</b>	3
40.	100	1:14.30	221	200	3:06.11	204	800	12:42.67	196	6"	<b>621</b>	3
41.	100	1:13.56	228	200	3:03.42	213	800	13:13.14	174	6"	<b>615</b>	3
42.	100	1:16.69	201	200	3:06.94	201	800	12:41.53	197	6"	<b>599</b>	3
43.	800	11:57.04	236	100	1:39.08	174	200	3:19.63	165	" "	<b>575</b>	3
44.	800	12:49.66	191	100	1:18.91	184	200	3:13.57	181	6"	<b>556</b>	3

01 - 03 2023

45.	800	12:49.28	191	200	3:11.96	186	100	1:28.00	165	6"	<b>542</b>	3
	100	1:15.94	207	200	3:17.91	169	800	13:25.87	166	6"	<b>542</b>	3
47.	100	1:16.33	204	800	13:10.53	176	200	3:21.13	161	6"	<b>541</b>	3
48.	100	1:19.09	183	200	3:15.80	175	800	13:49.52	152	6"	<b>510</b>	3
49.	200	3:19.47	166	800	13:37.41	159	100	1:23.75	154	6"	<b>479</b>	3
50.	100	1:20.33	175	200	3:31.97	138	800	14:47.78	124	6"	<b>437</b>	3
51.	800	13:28.71	164	200	3:31.16	139	100	1:28.13	132	6"	<b>435</b>	3
52.	100	1:23.50	155	200	3:35.28	132	800	14:30.24	132	6"	<b>419</b>	3
53.	800	14:05.54	144	100	1:25.78	143	200	3:38.32	126	6"	<b>413</b>	3
54.	200	3:46.16	113	800	15:25.66	109	100	1:57.40	104	6"	<b>326</b>	3
55.	200	2:38.77	329	100	1:13.31	276					<b>605</b>	2
56.	100	1:12.44	238	200	2:57.37	236				6"	<b>474</b>	2
57.	200	2:59.91	226	100	1:21.00	212				6"	<b>438</b>	2
58.	100	1:41.79	160	200	3:42.11	120				6"	<b>280</b>	2
59.	100	1:35.85	103							6"	<b>103</b>	1
60.	100	1:41.62	86							6"	<b>86</b>	1
61.	100	1:46.56	75							6"	<b>75</b>	1
DSQ	100	1:14.68	217	800	12:28.73	207	200		-	6"		3
DSQ	800	13:39.34	158	100		-	200		-	6"		3
DSQ	800	14:05.48	144	100	1:28.31	131	200		-	6"		3
DSQ	100	1:29.60	235	800	13:02.89	181	200		-	6"		3
DSQ	100	1:16.42	203	800	12:43.39	195	200		-	6"		3
DSQ	800	13:54.48	150	100	1:28.24	132	200		-	6"		3

01 - 03 2023

DSQ						10	.	"	6"	3
	100	1:10.81	255	800	12:44.41	195	200	-		
DSQ						09	.	"	6"	3
	100	1:26.19	264	800	11:55.26	238	200	-		
DSQ						09	.	"	6"	3
	100	1:16.13	205	800	15:14.19	114	200	-		
DSQ						10	.	"	6"	3
	100	1:17.49	242	800	12:03.25	230	200	-		
DSQ						10	.	"	6"	3
	100	1:19.10	183	800	13:39.15	158	200	-		
DSQ						10	.	"	6"	3
	100	1:17.26	196	800	14:19.58	137	200	-		
DSQ						10	.	"	6"	3
	100	1:21.55	167	800	13:58.51	147	200	-		
DSQ						10	"	"		3
	800	11:56.36	237	200	3:07.71	199	100	-		
DSQ						09	"	"	"	3
	100	1:10.31	261	800	12:17.42	217	200	-		
DSQ						10	"	"		3
	800	10:12.77	378	100	1:10.78	318	200	-		
DSQ						10	"	"		3
	800	10:23.11	360	100	1:03.42	355	200	-		
DSQ						10	"	"		3
	800	12:04.58	229	200	3:16.38	173	100	-		
DSQ						10	"	"		3
	800	12:20.53	214	100	1:22.66	160	200	-		
DSQ						10	"	"		3
	800	13:36.47	160	100	2:03.13	90	200	-		
DSQ						10	"	"		3
	800	11:25.11	271	100	1:09.94	265	200	-		
DSQ						10	.	"	6"	2
	100	1:25.52	145	200	-	-	-			
DSQ						09	.	"	6"	2
	800	12:24.89	210	200	-	-	-			