

2009 - 2010											
1.	100	1:19.41	526	200	2:40.38	486	800	10:43.15	428	1440	3
2.	800	10:15.68	488	200	2:41.26	478	100	1:25.72	418	1384	3
3.	200	2:46.32	436	100	1:27.97	387	800	11:17.19	366	1189	3
4.	200	2:50.66	403	100	1:27.98	387	800	11:19.11	363	1153	3
5.	200	2:55.46	371	100	1:29.48	368	800	11:29.50	347	1086	3
6.	200	2:53.09	386	100	1:29.65	366	800	11:54.10	312	1064	3
7.	200	2:56.73	363	800	11:29.20	348	100	1:35.82	299	1010	3
8.	200	3:00.05	343	100	1:33.68	320	800	12:21.47	279	942	3
9.	200	2:59.65	345	100	1:34.34	314	800	12:19.92	281	940	3
10.	200	3:00.87	339	100	1:33.31	324	800	12:36.27	263	926	3
11.	200	3:11.32	286	100	1:37.63	283	800	12:27.13	273	842	3
12.	200	3:04.13	321	100	1:35.21	305	800	13:38.66	207	833	3
13.	200	3:09.51	294	100	1:39.86	264	800	12:35.93	263	821	3
14.	200	3:06.96	306	100	1:37.13	287	800	13:17.58	224	817	3
15.	100	1:36.22	296	200	3:15.93	266	800	12:49.79	249	811	3
16.	200	3:06.60	308	100	1:40.21	262	800	13:11.88	229	799	3
17.	100	1:35.10	306	200	3:20.65	248	800	13:06.12	234	788	3
18.	200	3:15.27	269	800	12:34.59	265	100	1:43.17	240	774	3
19.	200	3:13.39	277	100	1:38.63	274	800	14:03.53	189	740	3
20.	100	1:38.20	278	200	3:21.17	246	800	13:40.03	206	730	3
21.	200	3:19.32	253	800	12:53.26	246	100	1:50.64	194	693	3

22.	100	,	1:43.19	240	200	3:28.13	222	800	13:19.80	222	684	3
23.	100	,	1:42.14	247	200	3:25.54	231	800	13:55.76	195	673	3
24.	200	,	3:24.81	233	100	1:45.17	226	800	13:46.66	201	660	3
25.	200	,	3:01.93	333	800	12:03.69	300	100	1-2	-	633	3
26.	100	,	1:42.63	243	200	3:34.60	202	800	14:12.67	183	628	3
27.	200	,	3:28.28	222	100	1:46.13	220	800	14:18.73	179	621	3
28.	200	,	2:39.78	491	800	10:20.95	475		1		966	2
29.	200	,	2:37.25	515	800	10:38.01	438		1-1		953	2
30.	800	,	10:31.11	453	200	2:45.98	438		1-1		891	2
31.	200	,	2:45.49	442	800	10:48.15	418		1-1		860	2
	200	,	2:45.25	444	800	10:48.97	416				860	2
33.	200	,	2:46.20	436	800	10:49.24	416		1-1		852	2
34.	200	,	2:45.97	438	800	10:51.24	412				850	2
35.	800	,	10:44.30	425	200	2:48.39	420				845	2
36.	200	,	2:41.42	476	800	11:20.28	361		1-1		837	2
37.	800	,	10:44.29	426	200	2:49.85	409				835	2
38.	800	,	10:49.69	415	200	2:49.32	413		1-1		828	2
39.	800	,	10:49.63	415	200	2:55.28	372		1-2		787	2
40.	200	,	2:51.04	400	800	11:05.68	386				786	2
41.	200	,	2:51.32	398	800	11:06.50	384				782	2
42.	800	,	11:02.64	391	200	2:54.98	374		1-1		765	2
	200	,	2:49.52	411	800	11:25.13	354		2		765	2
44.	200	,	2:50.48	404	800	11:23.78	356				760	2

45.	200	2:52.74	389	800	11:17.99	365	09	3-1	754	2
46.	200	2:54.23	379	800	11:19.82	362	09	2	741	2
47.	200	2:52.02	394	800	11:34.87	339	09	1-1	733	2
48.	800	11:13.67	372	200	2:57.64	357	10		729	2
	800	11:12.32	374	200	2:58.01	355	09	1-1	729	2
50.	800	11:04.05	389	200	3:02.48	330	10	1-1	719	2
51.	800	11:23.79	356	200	2:59.49	346	09	1	702	2
52.	800	11:20.03	362	200	3:01.82	333	09		695	2
53.	800	11:27.74	350	200	3:01.15	337	09	2	687	2
54.	200	2:59.85	344	800	11:49.83	318	10		662	2
55.	200	2:59.25	348	800	11:56.34	309	09		657	2
56.	200	3:00.46	341	800	11:52.49	315	09	2	656	2
57.	200	3:01.09	337	800	11:53.11	314	10	2	651	2
58.	800	11:42.19	329	200	3:05.08	316	10	2	645	2
59.	800	11:28.10	349	200	3:09.63	294	10	1-2	643	2
	200	3:03.36	325	800	11:50.08	318	09	2	643	2
61.	200	3:02.66	329	800	12:14.51	287	10		616	2
62.	200	3:06.65	308	800	11:58.01	307	09	1-2	615	2
63.	200	3:04.69	318	800	12:07.59	295	09	1-2	613	2
64.	200	2:55.96	368	800	12:57.20	242	10	2	610	2
65.	800	12:02.31	302	200	3:13.12	278	10	4	580	2
66.	200	3:07.50	304	800	12:24.68	275	10	3-1	579	2
	200	3:09.72	293	800	12:15.22	286	10		579	2

68.	200	3:07.16	305	800	12:34.57	265	10			570	2
69.	200	3:07.60	303	800	12:51.13	248	10		2	551	2
70.	200	3:08.40	299	800	12:54.40	245	09		5	544	2
	800	12:08.64	294	200	3:19.97	250	10		3-1	544	2
72.	200	3:09.37	295	800	12:52.77	246	10		3-1	541	2
73.	200	3:12.65	280	800	12:57.20	242	10	.	1-1	522	2
74.	100	1:40.15	262	800	12:48.19	251	10			513	2
75.	200	3:15.54	268	800	13:01.20	238	10	.	1-1	506	2
76.	200	3:15.76	267	800	13:11.19	230	10	.	1-2	497	2
77.	800	12:50.81	248	200	3:22.75	240	10	.	2	488	2
78.	200	3:20.79	247	800	13:05.80	234	10	.	2	481	2
79.	200	3:16.40	264	800	13:26.83	216	10	.	1-2	480	2
80.	100	1:42.73	243	200	3:23.93	236	09			479	2
81.	200	3:22.48	241	800	13:10.77	230	09	.	2	471	2
82.	200	3:19.33	253	800	13:29.96	214	09			467	2
83.	200	3:25.31	231	800	13:12.75	228	10		3-1	459	2
84.	800	13:30.58	213	200	-	-	09			213	2
85.	800	13:44.64	203	200	-	-	09			203	2
86.	200	3:04.71	318				09		4	318	1
87.	200	3:06.17	310				09		4	310	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