

2

1.	400	4:35.67	610	200	2:11.55	589	100	1:03.50	495	50	29.30	479	1199	2
2.	200	2:11.96	584	400	4:40.57	579	100	1:02.29	524				1163	2
3.	400	4:14.10	582	100	54.84	546	50	25.60	488	200			1128	2
4.	100	1:15.43	565	50	34.69	558	200	2:43.49	557	100	1:01.35	549	1123	2
	50	28.25	534	50	32.85	455								
	200	1:59.85	569	100	54.59	554	50	27.02	521	100	1:00.30	514	1123	2
	100	1:00.53	491											
6.	400	4:17.64	559	200	2:01.20	551	100	55.81	518	100	1:09.30	507	1110	2
	50													
7.	400	4:14.67	578	200	2:03.79	517	100	57.02	486	50	25.85	474	1095	2
	50	28.03	467	100	1:02.60	444								
8.	200	2:01.33	549	100	55.13	538	50	25.41	499	400	4:28.93	491	1087	2
9.	400	4:14.86	577	200	2:04.88	503	200	2:14.10	488	100	57.02	486	1080	2
	100	1:02.35	465	50	28.74	462								
10.	200	2:01.95	541	100	55.50	527	50	25.53	492	100	1:12.67	440	1068	2
11.	200	2:01.39	548	100	55.93	515	50	27.72	483	50	25.73	481	1063	2
12.	100	1:07.55	548	50	31.42	500	100	57.11	484	50	26.16	457	1048	2
13.	100	55.49	527	50	25.12	516	100	1:08.96	515	200	2:32.42	489	1043	2
14.	400	4:43.07	564	200	2:21.46	474	100	1:04.59	470	100	1:27.96	356	1038	2
15.	50	26.83	532	100	1:00.71	504	50	28.37	480				1036	2
16.	100	1:09.07	512	50	25.32	504	50	32.02	473	50	29.08	446	1016	2

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17.	400	4:51.99	514	200	2:19.04	499	100	1:05.25	456	50	34.18	1013 404	2
18.	200	2:30.43	509	100	1:09.76	497	50	32.07	470			1006	2
19.	200	2:04.26	511	400	4:29.22	490						1001	2
20.	200	2:19.11	498	50	29.00	494	50	30.97	487	100	1:03.99	992 484	2
21.	400 100	4:54.87 1:05.86	499 444	200 50	2:20.18 33.44	487 431	200	2:32.92	470	100	1:10.90	986 464	2
22.	400	4:53.23	507	200	2:22.14	467	200	2:49.94	348			974	2
23.	200	2:19.42	495	100	1:04.36	475	50	29.89	451			970	2
24.	100	1:04.03	483	200	2:21.20	476	50	31.59	459	100	1:11.54	959 444	2
25.	200	2:51.08	486	100	1:20.25	469	50	37.94	426			955	2
26.	200	2:51.78	480	50	29.42	473	100	1:20.93	457	50	37.26	953 450	2
27.	50	29.27	480	100	1:04.52	472	200	2:22.15	467			952	2
28.	50	31.29	473	100	1:10.89	456	100	1:05.30	455			929	2
29.	100	57.53	473	50	32.47	453	100	1:12.20	448	50	26.33	926 448	2
30.	400	4:27.10	501	100	59.89	419	50	27.25	404			920	2
31.	400	5:03.03	459	200	2:23.57	453	100	1:05.63	448	50	30.17	912 439	2
32.	50	27.76	480	100	1:03.30	430	50	27.25	404	50	33.99	910 395	2
33.	50	32.36	458	100	1:12.27	447	200	2:41.76	409			905	2
34.	400	4:59.30	477	50	32.38	426						903	2
35.	100	1:20.68	461	50	37.53	440	50	30.38	429	200		901	2

	12 - 14			2023			13-14			11-12			
36.	200 50	2:08.48 30.09	462 377	200	2:22.72	436	50	27.08	412	100	1:05.42	389	2
37.	200	2:09.64	450	400	4:37.56	447	100	59.81	421	100	1:15.13	398	2
38.	200	2:09.35	453	100	59.04	438	400	4:40.38	433	50	26.84	423	2
	200	2:09.55	451	400	4:39.05	440	100	59.76	422	50	27.76	383	2
	200	2:09.05	456	100	1:03.04	435	50	28.89	426			389	2
41.	400	4:37.41	447	200	2:10.37	442	100	1:00.15	414	100	1:05.93	380	2
42.	400	5:00.29	472	200	2:28.22	412	50	31.43	388	100	1:10.12	368	2
	200	2:08.68	460	100	59.65	424	50	29.87	386	100	1:06.76	366	2
44.	400	4:36.92	450	200	2:11.34	433	100	1:01.56	386			383	2
45.	100 50	1:11.54 31.08	444 401	200	2:25.29	437	50	32.45	424	200	2:42.12	401	2
46.	400	4:58.00	483	100	1:08.35	397	100	1:19.07	334	50	37.13	315	2
47.	200	2:24.15	448	100	1:12.29	430	200	2:39.99	417	50	32.62	417	2
	400	5:04.25	454	200	2:26.78	424	50	31.31	392	100	-	-	2
49.	100	1:11.99	452	50	33.17	425	200	2:47.15	371			377	2
50.	200	2:24.34	446	50	30.38	429						375	2
	50	29.63	463	50	38.38	412	100	1:07.51	412	50	36.56	330	2
	400	5:01.15	468	200	3:01.53	407	50	39.55	376			375	2
53.	200	2:25.28	437	100	1:12.56	432	200	2:38.58	421	100	1:07.09	420	2

			12 - 14			2023			13-14			11-12		
	200	2:36.23	441	100	1:12.83	428	400	5:19.45	392	50	35.25	368	869	2
55.	200	2:22.73	461	100	1:13.65	407	50	33.03	402	100	1:08.86	388	868	2
	400	4:38.47	442	100	59.58	426	50	27.59	390				868	2
57.	400	5:08.92	434	50	30.40	429	200	2:28.29	411	100	1:07.78	407	863	2
58.	50	30.20	437	100	1:06.89	423	100	1:15.08	390	200	2:42.81	389	860	2
	50	34.78	383											
59.	200	2:09.28	454	200	2:22.66	405	100	1:06.37	386				859	2
60.	50	28.62	438	50	26.97	417	100	1:00.04	416	50	30.83	374	855	2
	100	1:09.00	332											
61.	50	32.80	440	100	1:14.18	413	200	2:42.85	401				853	2
62.	100	1:13.11	432	50	33.36	418	200	2:42.05	407				850	2
63.	200	2:22.51	438	50	29.25	411	100	1:04.96	397				849	2
64.	100	59.52	427	50	26.91	420	200	2:13.58	411				847	2
	50	29.31	435	100	1:04.90	412	50	27.36	400	100	1:02.39	371	847	2
	200	2:33.49	325	100	1:10.88	306								
66.	200	2:34.92	466	50	34.45	379		3					845	2
67.	400	5:08.39	436	200	2:28.71	408	100	1:31.24	319	200	3:18.39	312	844	2
	50	26.24	453	50	34.12	391	100	1:15.75	388	100	1:07.81	349	844	2
	200	2:09.80	448	100	1:01.02	396	50	28.66	348	100	1:12.04	291	844	2
70.	400	4:42.29	425	200	2:13.36	413	100	1:08.78	346	50	32.61	316	838	2
71.	100	1:03.48	426	100	1:00.51	406		1					832	2
72.	200	2:38.19	425	100	1:14.11	406	50	34.77	383				831	2

	12 - 14			2023			13-14			11-12			
73.	100	1:13.15	422	100	1:13.55	408	200	2:41.41	400	50	34.31	830 399	2
74.	400	4:39.33	438	200	2:16.13	388		3				826	2
75.	100	1:00.07	415	200	2:13.76	410	50	27.46	395	400	4:50.27	825 390	2
76.	50	37.59	438	200	3:04.98	385	50	31.65	380	100	1:26.03	823 380	2
77.	200	2:20.65	423	50	30.16	399	100		-			822	2
78.	50	33.44	415	200	2:42.26	406	100	1:14.86	402	50	30.06	821 378	2
79.	50	26.96	418	100	1:00.74	402	100	1:07.73	363	50	31.40	820 354	2
80.	200	2:12.47	422	200	2:23.75	396	100	1:05.97	393	50	31.87	818 338	2
81.	200 100	2:13.62 1:09.69	411 333	50	29.38	405	100	1:00.85	400	50	31.50	816 350	2
82.	200	2:12.64	420	100	1:01.18	393	50	28.38	358			813	2
83.	50 50	26.89 35.68	421 341	100	1:06.15	389	50	30.52	385	100	1:07.61	810 352	2
84.	200 50	2:14.26 31.41	405 354	50	27.25	404	100	1:00.76	401	100	1:08.07	809 357	2
	200	2:28.93	406	100	1:07.98	403	50	31.11	400			809	2
86.	200	3:01.96	404	100	1:24.46	402	100	1:21.26	303			806	2
87.	100	1:00.10	415	200	2:16.11	389	50	27.68	386	100	1:09.33	804 327	2
	200	2:28.71	408	100	1:08.42	396	50	31.61	381			804	2
89.	100	1:00.32	410	200	2:15.64	393	100	1:10.67	319	200	2:34.63	803 318	2
	200	2:23.13	432	100	1:06.44	371	50	30.60	359			803	2
91.	50	38.28	415	100	1:25.61	386	200	3:12.55	341			801	2

		12 - 14			2023			13-14		11-12				
92.	200	2:42.36	405	100	1:15.35	394	50	34.98	362	50	29.08	333	799	2
	100	1:04.59	404	50	27.46	395	50	29.64	395	50	36.88	309	799	2
94.	200	3:00.35	415	100	1:25.81	383	50	32.36	355	50	38.05	292	798	2
	400	5:12.29	420	50	33.69	378	100	1:17.32	351	200	2:56.86	309	798	2
96.	200	2:42.80	402	100	1:15.70	389	50	34.83	367				791	2
	100	1:00.13	414	50	30.10	377	100	1:06.26	374	50	28.01	372	791	2
98.	200	2:12.75	419	50	28.05	371	50	2	-				790	2
99.	50	27.44	396	100	1:01.28	391	50	31.15	340	200	2:22.64	338	787	2
	100	1:12.18	290											
100.	200	2:12.17	424	200	2:28.85	357	100	1:08.65	348				781	2
101.	200	2:44.31	391	100	1:15.84	387	50	35.41	349				778	2
102.	50	27.49	394	100	1:01.77	382	100	1:08.06	358	50	31.58	348	776	2
103.	200	2:12.94	417	100	1:03.24	356	50	29.17	330	100	1:10.52	321	773	2
104.	400	5:11.85	422	50	32.52	350	50	38.91	273				772	2
105.	50	29.86	386	200	2:28.67	385	100	1:05.63	385				771	2
106.	400	5:17.80	398	200	3:07.30	370	100	1:28.95	344	50	42.13	311	768	2
	50	38.13	291											
	50	29.48	401	100	1:02.59	367	100	1:09.00	332				768	2
108.	400	4:40.08	435	100	1:05.08	327		3					762	2
109.	100	1:05.69	384	50	30.13	376	50	34.82	367	100	1:17.60	361	760	2
110.	200	2:29.34	403	100	1:10.85	356							759	2

		12 - 14		2023		13-14		11-12						
111.	100	1:01.74	383	50	27.96	374	200	2:19.04	365	200	2:56.69	314	757	2
	50	37.16	302											
	400	5:15.66	406	200	2:36.29	351	100	1:12.45	333				757	2
	200	2:45.10	385	50	34.67	372							757	2
114.	100	1:14.81	403	100	1:07.60	353							756	2
115.	200	2:31.62	385	100	1:09.97	370	50	32.98	336				755	2
116.	200	2:16.45	386	100	1:02.61	367	50	28.31	361	100	1:08.60	337	753	2
117.	200	2:44.73	388	100	1:17.60	361	50	36.27	325				749	2
118.	400	4:51.64	385	200	2:19.19	363							748	2
	200	2:32.71	376	100	1:09.86	372	100	1:31.79	313	200	3:18.31	312	748	2
120.	400	4:50.02	391	200	2:20.20	356	100	1:06.65	304				747	2
121.	100	1:01.86	380	100	1:17.33	365							745	2
122.	400	4:50.10	391	200	2:20.94	350	100	1:04.81	331	50	29.54	317	741	2
123.	200	2:46.96	372	100	1:17.08	368	50	35.42	349				740	2
124.	50	30.32	369	100	1:02.53	368	50	28.36	359	100	1:08.19	344	737	2
125.	100	1:15.94	377	50	35.55	359							736	2
126.	50	28.10	369	100	1:02.72	365	50	30.64	357	100	1:08.36	341	734	2
127.	50	31.91	371	50	40.07	362	100	1:11.39	348	50	36.90	321	733	2
	100	1:21.16	309											
128.	200	2:29.60	400	100	1:19.20	332	50	39.26	266				732	2
	200	2:47.72	367	100	1:17.32	365							732	2
130.	100	1:16.27	380	50	28.60	350	100	1:04.24	340	50	31.37	333	730	2
	50	36.07	330											

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	200	2:16.84	382	200	2:30.09	348	100	1:09.55	335	50	32.40	730 322	2
132.	50	30.34	368	200	2:19.47	361	100	1:03.16	357	100	1:09.98	729 318	2
	100	1:16.71	374	50	35.22	355	200	2:51.16	345			729	2
	200	2:46.71	374	100	1:18.05	355	200	2:26.01	315	100	1:09.76	729 265	2
	200	3:07.98	366	400	5:27.69	363	100	1:27.89	357	200	2:36.07	729 353	2
136.	200	2:18.72	367	100	1:03.09	359	100	1:13.43	285			726	2
137.	400	4:53.33	378	200	2:21.43	346	100	1:07.86	288	100	1:33.95	724 203	2
	50	31.07	365	100	1:07.94	359	200	2:20.20	356	50	29.14	724 331	2
	100	1:07.32	295	200	-	-							
139.	200	2:17.81	374	50	31.60	347	100	1:09.18	340	200	2:33.99	721 322	2
140.	200	2:32.49	378	100	1:11.91	341	200	2:59.07	293	100	1:24.16	719 277	2
	400	4:54.69	373	200	2:21.52	346	100	1:04.68	333	50	29.92	719 305	2
	200	3:06.42	376	100	1:29.00	343	50	41.20	333			719	2
	400	5:25.82	370	200	2:36.63	349	100	1:13.31	322			719	2
144.	50	30.45	364	100	1:07.53	354	50	-	-			718	2
	400	5:23.21	379	200	2:38.05	339	50	33.23	328	100	1:15.78	718 291	2
	50	38.89	274										
146.	100	1:10.71	358	200	2:35.62	356	50	32.34	356	400	5:33.17	714 346	2
	50	28.33	360	50	30.73	354	100	1:03.64	349			714	2
	200	2:46.83	373	50	35.71	341	50	33.18	281	100	1:14.10	714 268	2
	100	-	-										
149.	400	4:58.78	358	200	2:20.32	355		2				713	2

			12 - 14			2023			13-14			11-12		
	200	3:07.23	371	100	1:29.15	342	12	2				713	2	
	50	28.08	370	100	1:04.03	343	10	1				713	2	
	200	2:47.14	371	100	1:18.98	342	09	3	50	36.08	330	713	2	
	50	34.68	372	100	1:19.08	341	10	3	200	2:56.83	313	713	2	
154.	200	2:35.18	359	50	35.75	353	11	2	100	1:20.80	313	712	2	
155.	50	28.44	356	200	2:20.28	355	09	2	100	-	-	711	2	
156.	400	4:56.04	368	100	1:04.14	341	10	3				709	2	
157.	200	2:32.66	377	100	1:12.59	331	11	1				708	2	
158.	100	1:03.04	359	200	2:21.21	348	09		400	5:05.64	334	707	2	
	100	1:10.73	358	50	32.54	349	11	1	200	2:36.68	348	707	2	
160.	400	4:57.52	363	100	1:04.09	342	10	3	50	28.80	342	705	2	
161.	200	2:35.83	354	200	2:49.01	348	11	4	100	1:19.27	332	702	2	
162.	50	30.52	361	100	1:09.31	339	09	3	50	32.20	328	700	2	
163.	50	28.52	353	100	1:03.85	346	10	4	100	1:10.89	306	699	2	
164.	100	1:11.23	351	200	2:36.88	347	11		50	34.68	347	698	2	
165.	200	2:36.06	353	100	1:11.72	343	12	1	100	1:20.61	315	696	2	
166.	50	35.21	355	50	28.88	340	10		200	2:54.90	324	695	2	
167.	50	28.42	356	100	1:04.32	338	10	3	100	1:19.77	332	694	2	
	100	1:11.22	301						50	36.26	325			
168.	400	5:29.17	358	200	3:13.66	335	12	3	100	1:12.79	328	693	2	
	50	43.48	283	50	40.38	245								
169.	200	2:20.75	351	400	5:03.64	341	09		100	1:13.89	279	692	2	

		12 - 14			2023			13-14			11-12		
170.	200	2:34.90	361	50	33.18	330	50	38.42	284	100	1:23.60	283	2
	100		-										
	400	5:32.62	347	200	2:37.43	344	100	1:13.57	318				2
172.	200	2:30.04	348	200	2:22.33	340	100	1:11.30	311	100	1:11.44	299	2
	400	5:29.27	358	100	1:12.68	330	100	1:20.88	312	200	2:47.69	284	2
174.	50	28.58	350	200	2:22.76	337							2
	50	31.01	345	100	1:08.27	342							2
176.	100	1:03.43	353	200	2:23.44	332	100	1:22.17	304	50	34.90	258	2
	200	2:48.34	352	200	2:39.08	333	100	1:19.31	331	50	36.87	321	2
	50	33.84	311										
	50	32.52	350	200	2:38.77	335	50	38.46	283				2
179.	100	1:03.67	349	50	29.00	335	50	34.31	271	100	1:16.83	240	2
	50	28.46	355	100	1:09.19	329							2
181.	100	1:03.75	347	50	29.02	335							2
182.	100	1:04.16	341	200	2:22.89	336	50	29.57	316	50	36.25	230	2
183.	200	2:34.32	365	50	37.37	309	50	33.90	309				2
	200	2:30.15	348	100	1:10.19	326	100	1:10.50	311				2
	200	3:10.33	353	100	1:31.05	321							2
	100	1:11.83	342	50	33.11	332	50	38.04	293	100	-	-	2
187.	200	2:36.83	347	100	1:13.29	322	100	1:22.77	291				2
188.	200	2:37.65	342	100	1:12.98	326	100	1:19.98	323				2
	200	2:19.07	364	50	29.95	304	100	1:25.96	265				2

	12 - 14			2023			13-14			11-12				
190.	200	2:51.37	344	50	36.36	323	100	1:20.54	323	50	34.21	274	667	2
191.	100	1:19.10	341	50	36.35	323	50	32.46	300	50	33.86	282	664	2
192.	100	1:18.49	336	50	35.45	325	200	2:56.87	309				661	2
193.	50	32.86	339	100	1:13.58	318	200	3:03.34	273	100	1:24.62	272	657	2
	50	39.17	268											
194.	100	1:19.27	332	50	36.78	324	200	2:55.61	310				656	2
	200	2:53.70	331	100	1:20.36	325	50	36.80	311				656	2
	400	5:34.28	342	200	2:42.14	314	100	1:17.34	274				656	2
197.	200	2:21.57	345	50	29.78	310							655	2
198.	100	1:04.26	339	50	29.62	315	100	1:13.04	279	50	33.56	272	654	2
199.	400	5:07.25	329	200	2:24.67	324	100	1:05.81	316	50	30.55	287	653	2
	100	1:12.80	328	400	5:39.91	325	200	2:40.60	324				653	2
201.	200	2:24.19	327	50	31.65	324	50	36.57	317	100	1:23.03	295	651	2
	50	35.54	244											
202.	50	30.39	366	50	33.81	283	100		-				649	2
	200	2:22.29	340	50	29.80	309	200	2:36.71	306	50	33.44	293	649	2
	100	1:14.04	278											
204.	200	2:40.26	326	100	1:13.44	320	100	1:35.12	281	200	3:31.57	257	646	2
	50	45.85	241											
205.	200	2:33.79	324	200	2:25.25	320	100	1:13.08	289				644	2
	200	3:13.12	338	100	1:32.45	306	50	43.38	285				644	2
	50	28.89	339	100	1:06.60	305	200	2:29.51	293	50			644	2
208.	200	2:39.49	330	400	5:44.58	312	50	36.94	287				642	2

	12 - 14			2023			13-14			11-12			
209.	200	2:39.08	333	200	3:19.11	308	100	1:14.41	307	100	641	2	
210.	100	1:18.82	337	100	1:14.83	302	.	1			639	2	
211.	50	31.75	321	100	1:10.28	314	200	1	-		635	2	
212.	200	2:37.88	341	50	34.56	292	100	1:23.03	288	50	39.09	633 270	2
213.	200	2:24.97	322	100	1:06.30	309	100	1:17.83	231			631	2
	50	28.81	342	50	37.72	289	.	3				631	2
	100	1:26.96	256	50	34.70	246	100	1:08.47	280	200	2:36.12	257	
215.	50	33.38	324	50	42.45	304	50	40.05	251			628	2
216.	50	32.45	352	50	39.03	271						623	2
	100	1:10.63	320	50	30.01	303		1				623	2
218.	50	33.25	327	100	1:21.94	295	200	3:06.82	262			622	2
219.	200	2:26.11	314	100	1:06.44	307	50	30.12	299			621	2
220.	200	2:53.25	333	100	1:23.84	286		1				619	2
221.	50	41.70	321	100	1:33.85	293						614	2
222.	200	2:27.28	307	100	1:06.81	302	50	30.08	301			609	2
223.	200	2:58.30	306	100	1:22.38	302	50	30.38	292	50	34.72	608 262	2
	200	3:18.66	310	100	1:33.28	298	100	1:21.86	231	50	42.99	608 203	2
	200	2:27.63	304	50	32.33	304	50	40.53	233			608	2
226.	50	29.33	324	100	1:12.85	282		1				606	2
227.	200	2:23.98	328	50	30.89	277	50	43.96	182			605	2
	50	31.77	320	100	1:08.10	285	100	1:13.00	280			605	2
229.	50	29.45	320	200	2:31.61	281	50	33.71	268			601	2

	12 - 14			2023			13-14			11-12					
230.	200	2:40.72	323	50	35.22	275	.	2				598	2		
	200	2:55.65	310	100	1:23.07	288	50	38.57	281	50	41.33	205	598	2	
	100	1:32.62	204												
232.	200	2:57.75	308	100	1:23.85	286	50	39.92	244	50	35.85	223	594	2	
	50	42.66	300	100	1:33.78	294							594	2	
	200	3:19.00	309	100	1:34.68	285							594	2	
235.	200	2:56.97	303	200	2:46.61	290	100	1:24.99	269	50	39.21	267	593	2	
236.	100	1:32.06	310	50	43.56	281		4					591	2	
237.	50	36.53	318	50	34.52	266	100	1	-				584	2	
238.	100	1:15.56	294	200	2:46.67	289	400	1	5:55.72	284			583	2	
239.	200	2:28.34	300	100	1:08.32	282	200	2	2:51.90	232	50	32.81	231	582	2
	50	39.31	180												
240.	200	3:20.36	302	100	1:35.43	279							581	2	
241.	100	1:33.68	294	200	3:24.15	286	50	44.68	261				580	2	
	100	1:21.98	295	200	3:01.73	285	50	3	37.31	279			580	2	
243.	50	32.80	291	200	2:30.33	288	50	35.09	253				579	2	
244.	50	42.59	301	50	35.17	277	50	1	41.14	231	100	-	578	2	
245.	200	2:27.70	304	100	1:14.56	272	200	2	2:43.92	267	50	34.54	266	576	2
246.	400	5:18.34	296	200	2:32.95	274	100	1	1:10.33	259	100	1:31.46	220	570	2
247.	100	1:06.51	306	200	2:35.14	262	50	37.23	212	50	36.45	212	568	2	
248.	50	30.46	289	200	2:32.13	278	100	2	1:28.73	241			567	2	
249.	100	1:34.73	285	100	1:16.65	281	100	1	1:31.91	209			566	2	

12 - 14			2023			13-14			11-12				
250.	50	29.98	, 304	50	39.18	258	100	1:27.41	252	200	3:21.25	562 212	2
251.	100	1:32.66	, 304	50	39.77	256		2				560	2
252.	50	34.32	, 298	200	2:52.47	261	100	1:31.25	217			559	2
253.	50	30.56	, 287	100	1:25.35	271	200	3:07.13	264	50	39.61	558 249	2
	400	5:22.82	, 284	100	1:08.99	274	200	2:33.16	273	50	32.27	558 243	2
255.	400	5:23.67	, 281	200	2:32.56	276	100	1:09.64	266	100	1:16.45	557 252	2
	50	35.50											
	200	3:00.57	, 285	50	35.38	272	200	2:51.27	267	100	1:26.06	557 259	2
	200	3:48.91	, 203	50	51.04	175							
257.	200	3:01.80	, 288	100	1:25.70	268	50	39.37	254			556	2
258.	100	1:17.10	, 276	50	35.28	274	100	1:32.77	203			550	2
	50	33.97	, 279	100	1:14.62	271	50	31.53	261	50	39.13	550 259	2
	100	1:15.88											
	200	3:23.44	, 289	200	2:52.51	261	100	1:37.56	261	50	36.12	550 255	2
261.	50	30.76	, 281	50	33.73	268	50	35.15	252	50	40.41	549 235	2
	100	1:17.38	, 235										
262.	50	43.18	, 289	200	3:31.10	259	100	1:37.83	259	50	47.57	548 149	2
263.	50	30.96	, 276	100	1:09.28	271	200	2:36.76	254	50	36.92	547 217	2
	100	1:22.13	, 203										
264.	50	43.15	, 289	100	1:38.45	254	200	-				543	2
265.	100	1:08.93	, 275	200	2:34.74	264	100	1:16.48	252	50	35.67	539 241	2
	200	2:51.24	, 234										
266.	200	3:26.21	, 277	50	44.68	261	50	42.51	188	100	1:38.23	538 171	2
	200	3:36.93	, 167										
267.	200	2:32.49	, 276	100	1:10.34	259	50	32.17	246	100	1:20.32	535 217	2
	50	37.70	, 204										

		12 - 14				2023				13-14		11-12	
268.	50	, 34.31	298	100	1:21.29	236	200	3:02.72	220			534	2
269.	50	, 31.25	268	200	2:34.71	264	100	1:19.70	222			532	2
	100	, 1:36.20	272	200	3:30.72	260	50	45.63	245			532	2
	50	, 34.95	282	50	45.32	250	100	1:44.60	211	200	3:46.77	208	2
	50	42.67	207										
	200	, 2:33.66	270	100	1:10.07	262	50	32.60	236			532	2
273.	100	, 1:15.35	263	50	34.74	261	50	35.10	237			524	2
274.	50	, 35.80	262	100	1:18.60	261	50	42.55	188	100	1:42.02	153	2
275.	200	, 3:05.26	272	50	31.96	250	100	2 1:28.84	240	50	40.93	226	2
	50	, 39.01	261	100	1:26.49	261						522	2
	200	, 2:34.74	264	100	1:10.36	258	100	1:18.50	233	50	33.52	217	2
278.	200	, 2:35.44	261	100	1:26.56	260	50	2	-			521	2
	50	, 35.56	268	100	1:19.45	253	50	41.17	231	100		-	2
280.	50	, 35.66	265	100	1:20.22	245	50	43.56	195			510	2
281.	100	, 1:15.75	259	200	2:37.89	249	50	35.40	247			508	2
282.	200	, 2:35.81	259	100	1:11.47	246		4				505	2
283.	50	, 31.29	267	50	35.16	236	50	2 36.48	225			503	2
284.	50	, 31.84	253	200	2:38.80	245	100	1:13.16	230	50	36.14	217	2
	50	43.78	185										
285.	100	, 1:07.41	294	100	1:21.33	202		1				496	2
286.	100	, 1:27.05	250	200	3:09.83	245	50	41.03	233			495	2
287.	100	, 1:19.99	247	50	36.50	247	200	2:56.15	245	50	42.25	213	2

	12 - 14						13-14			11-12				
	2023													
288.	200	2:54.59	252	50	39.22	240	100	1:32.78	203	200	3:26.16	195	492	2
289.	100	1:27.84	249	50	40.11	240							489	2
	50	36.05	257	100	1:29.29	232	200	3:40.42	227	200	3:15.88	223	489	2
	50	42.49	210	50	50.50	180								
291.	100	1:28.18	246	200	2:39.43	242							488	2
292.	100	1:13.66	282	100	1:20.94	205							487	2
293.	200	2:53.47	257	100	1:30.31	224		4					481	2
294.	200	3:08.63	250	50	41.51	225	100	1:32.19	211	50	44.31	166	475	2
295.	200	3:34.17	248	100	1:42.63	224	50	48.32	206	100	1:25.48	203	472	2
296.	100	1:28.66	242	50	40.80	228	200	3:17.25	226	50	33.29	222	470	2
	100	1:19.04	182	50	41.40	154								
297.	200	2:39.45	242	100	1:13.41	227	50	34.47	200				469	2
298.	50	46.46	232	100	1:41.37	232	200	3:45.78	211	50	52.61	110	464	2
299.	200	2:55.50	248	100	1:32.17	211		4					459	2
300.	50	32.77	232	50	35.74	225	200	2:43.65	223	100	1:15.70	207	457	2
	50	37.23	233	200	3:01.44	224	100	1:23.34	219				457	2
	200	3:31.90	256	100	1:33.70	201	50	43.63	194				457	2
303.	50	41.30	229	100	1:29.85	227	50	41.32	205				456	2
304.	200	3:37.83	235	50	47.50	217	100		-				452	2
305.	50	36.10	233	100	1:31.76	218	200		-				451	2
306.	100	1:28.29	236	50	40.75	214							450	2
307.	100	1:23.20	220	50	37.97	220	200	3:03.93	215				440	2

			12 - 14			13-14			11-12				
						2023							
308.	50	36.85	240	50	49.12	196	100	1:26.59	195	200	3:12.06	436	2
	100	1:48.80	188									189	
309.	50	37.32	231	200	3:07.41	203	50	50.25	183	50	45.44	434	2
												171	
310.	200	3:46.30	210	100	1:45.03	209	50	49.93	187			419	2
311.	200	3:45.48	212	50	38.85	205	50	49.25	195	100	1:47.63	417	2
	100	1:28.20	184									194	
312.	50	41.25	229	50	43.06	181						410	2
313.	50	36.27	215	100	1:25.53	174						389	2
314.	50	37.95	188	100	1:28.52	157						345	2
315.	50	36.56	167	100	1:21.81	164	200	3:11.75	139	50	44.35	331	2
												125	
316.	50	36.96	162	100	1:24.28	150	200	3:15.21	131			312	2
317.	100	1:55.61	156	50	53.67	150	50	43.76	143	100	1:38.17	306	2
												134	
318.	50	44.61	135	50	56.98	125	100	2:09.98	110	100	1:46.67	260	2
												104	
319.	400	4:30.19	484			09	4					484	1
320.	400	4:31.53	477			10	1					477	1
321.	100	1:12.51	443			09	1					443	1
322.	200	2:39.04	431			10	1					431	1
323.	400	4:47.63	401			09	2					401	1
324.	100	1:08.26	398			11	3					398	1
325.	200	2:19.44	361			09	2					361	1
326.	50	28.33	360			09						360	1
327.	50	28.46	355			09	1					355	1
328.	50	35.61	343			09						343	1

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				12 - 14	2023	13-14	11-12		
329.	100	,	336	09		4		336	1
		1:04.46							
330.	100	,	327	11				327	1
		1:12.90							
331.	100	,	313	10				313	1
		1:21.41							
	50	,	313	09				313	1
		32.03							
333.	100	,	310	11				310	1
		1:21.08							
334.	100	,	299	09				299	1
		1:22.63							
335.	200	,	270	11		2		270	1
		3:27.97							
336.	200	,	267	10		3		267	1
		2:34.26							
337.	50	,	264	10				264	1
		31.39							
338.	100	,	261	11				261	1
		1:25.83							
339.	100	,	256	10		1		256	1
		1:15.16							
340.	200	,	252	11				252	1
		2:54.63							
341.	50	,	238	12		3		238	1
		39.29							
342.	100	,	227	12				227	1
		1:42.18							
343.	100	,	223	12		4		223	1
		1:30.47							
344.	100	,	221	10				221	1
		1:19.91							
345.	200	,	200	11				200	1
		3:08.44							