

2009 - 2010

1.	200	2:24.25	493	800	9:37.46	479	100	1:03.95	462	1434	3
2.	800	9:29.39	500	200	2:28.81	449	100	1:06.85	404	1353	3
	800	9:16.92	535	200	2:31.02	430	100	1:07.76	388	1353	3
4.	800	9:42.79	466	100	1:05.59	428	200	2:32.42	418	1312	3
5.	200	2:29.04	447	800	9:52.18	445	100	1:06.86	404	1296	3
6.	800	9:54.05	440	200	2:33.87	406	100	1:07.80	387	1233	3
7.	200	2:30.99	430	800	10:00.63	426	100	1:08.79	371	1227	3
8.	800	9:46.01	459	200	2:33.62	408	100	1:09.65	357	1224	3
9.	200	2:34.55	401	100	1:07.25	397	800	10:19.27	389	1187	3
10.	800	10:03.80	419	200	2:35.51	393	100	1:10.70	342	1154	3
11.	800	9:52.28	444	200	2:40.29	359	100	1:10.26	348	1151	3
12.	100	1:07.22	398	200	2:38.01	375	800	10:37.03	357	1130	3
13.	100	1:08.11	382	800	10:30.05	369	200	2:39.07	368	1119	3
14.	800	10:11.09	404	200	2:38.52	371	100	1:12.48	317	1092	3
15.	200	2:38.02	375	100	1:09.41	361	800	10:44.11	345	1081	3
16.	200	2:37.44	379	100	1:08.47	376	800	10:58.86	323	1078	3
17.	800	10:17.30	392	200	2:40.12	360	100	1:12.60	316	1068	3
18.	800	10:09.33	408	200	2:42.44	345	100	1:13.16	308	1061	3
	100	1:09.47	360	800	10:39.79	352	200	2:41.91	349	1061	3
20.	200	2:37.63	378	800	10:38.56	354	100	1:11.77	327	1059	3
21.	200	2:40.76	356	800	10:38.95	354	100	1:10.89	339	1049	3

22.	800	,	10:03.43	420	200	2:44.29	334	100	3-2	1:14.61	291	1045	3
23.	800	,	10:12.36	402	200	2:44.71	331	100		1:16.37	271	1004	3
24.	800	,	10:18.36	390	200	2:47.01	318	100	1-2	1:15.10	285	993	3
25.	800	,	10:43.19	347	100	1:11.82	326	200	1-2	2:49.68	303	976	3
26.	200	,	2:44.29	334	800	11:06.44	312	100	4	1:14.19	296	942	3
27.	800	,	10:31.67	366	200	2:50.89	296	100	3-2	1:17.15	263	925	3
28.	200	,	2:44.94	330	800	11:01.64	319	100	3-2	1:16.55	269	918	3
29.	800	,	10:57.70	324	200	2:47.98	312	100		1:20.33	233	869	3
30.	800	,	10:54.78	329	200	2:51.46	293	100		1:21.25	225	847	3
31.	800	,	11:28.20	283	200	2:55.66	273	100		1:17.46	260	816	3
32.	800	,	11:39.52	269	200	2:56.56	269	100	6	1:21.64	222	760	3
33.	800	,	11:50.27	257	200	3:11.77	210	100		1:28.05	177	644	3
34.	100	,	1:17.33	261	800	12:04.23	243	200		-	-	504	3
35.	800	,	9:19.98	526	200	2:21.94	518		1-1			1044	2
36.	800	,	9:23.10	517	200	2:23.17	504		2			1021	2
37.	200	,	2:23.47	501	800	9:34.34	487					988	2
38.	800	,	9:19.52	527	200	2:27.98	457					984	2
39.	800	,	9:35.65	484	200	2:25.42	481		1-1			965	2
40.	800	,	9:29.31	500	200	2:27.39	462					962	2
41.	200	,	2:22.34	513	800	9:50.50	448		1-1			961	2
42.	800	,	9:31.90	494	200	2:27.70	459		2			953	2
43.	800	,	9:26.11	509	200	2:29.45	443					952	2
44.	200	,	2:24.81	487	800	9:57.70	432		1-1			919	2

45.	800	,	9:44.93	461	200	2:28.09	09	456	3-1	917	2
46.	800	,	9:34.59	487	200	2:31.81	10	423	1-1	910	2
47.	800	,	9:48.56	453	200	2:28.49	09	452	2	905	2
48.	800	,	9:39.96	473	200	2:31.04	10	429	1-1	902	2
49.	200	,	2:28.28	454	800	9:51.01	09	447	3-1	901	2
50.	800	,	9:42.56	467	200	2:31.32	09	427	4	894	2
51.	200	,	2:24.36	492	800	10:12.63	09	401		893	2
52.	800	,	9:47.36	456	200	2:30.58	09	433	4	889	2
53.	800	,	9:43.50	465	200	2:31.81	09	423	4	888	2
54.	800	,	9:39.87	473	200	2:34.15	09	404	1-1	877	2
55.	800	,	9:51.68	446	200	2:31.14	10	429	1-1	875	2
56.	800	,	9:55.70	437	200	2:32.50	09	417	3-1	854	2
57.	800	,	9:49.45	451	200	2:34.74	09	399	1-1	850	2
58.	200	,	2:27.60	460	800	10:19.66	09	388	3-1	848	2
59.	800	,	9:57.00	434	200	2:34.36	10	402	2-1	836	2
60.	800	,	9:54.58	439	200	2:37.05	10	382	2	821	2
61.	800	,	9:48.75	452	200	2:39.35	10	366	3-2	818	2
	800	,	10:03.84	419	200	2:34.84	09	399	3-1	818	2
63.	800	,	9:58.00	432	200	2:37.27	10	380	3-2	812	2
64.	800	,	10:08.47	410	200	2:34.79	09	399	1-1	809	2
65.	800	,	9:58.23	431	200	2:38.67	09	370	1-2	801	2
66.	200	,	2:28.50	452	800	10:45.52	10	343	1-2	795	2
67.	200	,	2:34.51	401	800	10:17.15	09	393	2-1	794	2

68.	800	10:09.20	408	200	2:37.04	382	09		790	2
69.	800	10:05.10	417	200	2:38.93	369	09		786	2
70.	800	10:03.00	421	200	2:42.38	346	09		767	2
	800	10:06.63	413	200	2:41.03	354	10		767	2
72.	800	10:13.75	399	200	2:39.11	367	10	1-2	766	2
	800	10:07.72	411	200	2:40.89	355	09		766	2
74.	800	10:03.96	419	200	2:42.36	346	09		765	2
75.	200	2:35.32	395	800	10:34.25	362	09		757	2
76.	800	10:24.84	378	200	2:37.64	378	09	4	756	2
	200	2:32.54	417	800	10:47.90	339	10		756	2
78.	800	10:17.99	391	200	2:40.20	360	10		751	2
	800	10:03.27	420	200	2:44.73	331	10	2-1	751	2
	200	2:34.73	399	800	10:39.81	352	09	2-1	751	2
81.	800	10:10.16	406	200	2:42.61	344	09		750	2
	100	1:08.14	382	200	2:39.04	368	09	7	750	2
83.	800	10:11.24	404	200	2:42.61	344	09		748	2
84.	200	2:35.12	396	800	10:41.39	350	09		746	2
	200	2:37.98	375	800	10:28.77	371	09	1-2	746	2
	200	2:37.19	381	800	10:32.27	365	09	1-2	746	2
87.	800	10:28.90	371	200	2:38.85	369	09		740	2
88.	800	10:25.86	376	200	2:39.77	363	09		739	2
89.	800	10:09.66	407	200	2:44.93	330	10	1-2	737	2
90.	800	10:25.01	378	200	2:40.99	355	09		733	2

91.	800	,	10:15.65	396	200	2:44.08	335	09			731	2
92.	200	,	2:38.74	370	800	10:35.60	359	10	4		729	2
	800	,	10:30.63	368	200	2:40.01	361	09			729	2
94.	200	,	2:36.52	386	800	10:47.46	340	09	4		726	2
	800	,	10:19.42	388	200	2:43.62	338	09	.	2-1	726	2
96.	200	,	2:38.71	370	800	10:39.02	354	09	.	1-2	724	2
97.	800	,	10:30.02	369	200	2:41.09	354	10	.	1-2	723	2
98.	800	,	10:31.11	367	200	2:40.88	355	10	.	2-1	722	2
99.	800	,	10:30.88	368	200	2:41.54	351	09	.	2-1	719	2
100.	800	,	10:35.46	360	200	2:40.79	356	10			716	2
	800	,	10:32.46	365	200	2:41.61	351	09			716	2
102.	200	,	2:39.42	365	800	10:41.39	350	10			715	2
103.	800	,	10:18.02	391	200	2:46.05	323	10		1-2	714	2
	800	,	10:15.94	395	200	2:46.78	319	10		3-2	714	2
105.	200	,	2:39.30	366	800	10:43.20	347	10			713	2
106.	800	,	10:22.58	382	200	2:44.82	330	10			712	2
107.	200	,	2:38.67	370	800	10:46.68	341	09		1-2	711	2
108.	800	,	10:36.06	359	200	2:42.09	347	09			706	2
109.	200	,	2:38.91	369	800	10:52.10	333	09			702	2
	200	,	2:36.08	389	800	11:05.66	313	10		3-1	702	2
111.	800	,	10:30.27	369	200	2:45.59	326	10			695	2
112.	800	,	10:41.10	350	200	2:43.05	341	10			691	2
113.	800	,	10:25.02	378	200	2:48.35	310	10			688	2

114.	800	10:40.73	351	200	2:44.47	333	09	.	1-2	684	2
115.	200	2:40.06	361	800	11:06.03	312	09			673	2
116.	200	2:43.87	336	800	10:51.03	334	10		3-2	670	2
	800	10:38.09	355	200	2:47.49	315	09	.	2-2	670	2
118.	800	10:50.92	335	200	2:44.40	333	09			668	2
119.	800	10:43.40	346	200	2:46.80	319	09			665	2
	800	10:43.42	346	200	2:46.72	319	09	.	2-2	665	2
121.	200	2:43.71	337	800	10:55.80	327	09	.	2-2	664	2
122.	800	10:43.76	346	200	2:48.56	309	10			655	2
	800	10:47.72	340	200	2:47.51	315	10			655	2
124.	800	10:35.76	359	200	2:52.02	291	10	.		650	2
125.	200	2:44.00	335	800	11:04.54	314	09		1-2	649	2
126.	800	10:39.34	353	200	2:51.26	294	09			647	2
127.	800	10:50.00	336	200	2:48.39	310	10			646	2
128.	200	2:43.76	337	800	11:09.82	307	09			644	2
129.	800	10:58.64	323	200	2:47.08	317	10			640	2
130.	800	10:37.70	356	200	2:54.73	277	10			633	2
131.	800	10:59.93	321	200	2:48.26	311	10			632	2
	800	10:58.08	324	200	2:48.73	308	10			632	2
	800	10:50.96	335	200	2:50.72	297	09	.	2-2	632	2
134.	800	10:54.14	330	200	2:50.59	298	10	.	1-2	628	2
135.	800	10:46.03	342	200	2:53.19	285	10			627	2
136.	200	2:48.25	311	800	11:07.92	310	09	.	2-2	621	2

137.	800	10:32.81	364	200	3:00.46	252	10	616	2
138.	800	11:01.99	318	200	2:52.21	290	10	608	2
139.	800	11:05.01	314	200	2:51.57	293	09	607	2
140.	800	11:02.55	317	200	2:52.27	289	10	606	2
141.	800	10:58.61	323	200	2:54.15	280	10	603	2
142.	800	11:00.75	320	200	2:53.67	282	09	602	2
143.	800	10:56.56	326	200	2:55.39	274	09	600	2
144.	800	11:14.21	301	200	2:50.70	297	10	598	2
145.	800	10:47.96	339	200	2:59.09	257	10	596	2
146.	200	2:49.86	302	800	11:23.24	289	09	591	2
	800	11:08.94	308	200	2:53.47	283	10	591	2
148.	200	2:47.22	316	800	11:35.86	274	10	590	2
149.	800	11:14.63	300	200	2:53.20	285	09	585	2
150.	800	11:01.13	319	200	2:57.71	263	09	582	2
151.	800	11:07.34	310	200	2:56.34	270	10	580	2
152.	200	2:48.13	311	800	11:44.33	264	10	575	2
153.	800	11:26.39	285	200	2:53.85	281	10	566	2
	800	11:22.48	290	200	2:55.02	276	10	566	2
	200	2:48.65	308	800	11:49.57	258	09	566	2
156.	200	2:53.18	285	800	11:35.18	275	10	560	2
	800	11:22.74	290	200	2:56.22	270	10	560	2
158.	200	2:51.06	295	800	11:47.71	260	09	555	2
159.	200	2:47.93	312	800	12:07.63	239	10	551	2

160.	200	2:54.53	278	800	11:43.26	265	10			543	2
161.	800	11:13.34	302	200	3:03.53	239	10			541	2
162.	800	11:32.25	278	200	2:58.54	260	09			538	2
163.	800	11:40.96	268	200	2:57.82	263	10			531	2
164.	800	11:22.31	290	200	3:04.24	236	10			526	2
165.	800	11:46.63	261	200	2:59.26	257	09	.		518	2
166.	800	11:47.16	261	200	2:59.59	255	09	.		516	2
167.	800	11:41.78	267	200	3:01.25	248	10	.		515	2
168.	800	11:38.79	270	200	3:02.39	244	09	.		514	2
169.	200	2:59.41	256	800	11:54.41	253	09	.		509	2
170.	200	2:57.35	265	800	12:04.91	242	09	.		507	2
	200	2:50.39	299	800	12:41.97	208	10	.	2-2	507	2
172.	200	2:59.01	258	800	12:05.28	242	09	.		500	2
	800	11:37.05	272	200	3:06.57	228	10	.		500	2
174.	800	11:41.91	267	200	3:06.45	228	10	.		495	2
	200	2:50.85	297	100	1:24.81	198	10	.		495	2
176.	800	11:54.20	253	200	3:05.09	233	09	.		486	2
177.	800	11:54.66	253	200	3:05.91	230	10	.		483	2
178.	800	11:41.92	267	200	3:14.02	202	10	.		469	2
179.	800	9:47.92	454	200	-	-	10	.	1-1	454	2
180.	200	3:05.08	233	100	1:22.06	218	10	.	7	451	2
181.	200	3:07.54	224	800	12:28.95	219	10	.		443	2
182.	800	12:17.38	230	200	3:24.66	172	10	.		402	2

183.	200	,	3:15.60	197	800	13:20.65	180	10			377	2
184.	800	,	10:51.80	333	200			10			333	2
185.	800	,	11:17.40	297	200			09			297	2
186.	800	,	11:18.24	296	200			10			296	2
187.	800	,	11:27.57	284	200			09	.	2-2	284	2
188.	800	,	11:33.22	277	200			10			277	2
189.	800	,	11:35.44	274	200			10			274	2
190.	800	,	11:48.90	259	200			10			259	2
191.	800	,	12:09.53	238	200			09	.		238	2
192.	800	,	12:22.81	225	200			10			225	2
193.	800	,	12:48.34	203	200			10			203	2
194.	800	,	12:52.22	200	200			09			200	2
195.	200	,	2:31.76	423				09		7	423	1
196.	200	,	2:38.84	369				10		7	369	1
197.	100	,	1:09.06	367				09			367	1
198.	200	,	2:41.19	353				09			353	1
199.	200	,	2:49.45	304				10		3-2	304	1
200.	200	,	2:53.57	283				10		7	283	1
201.	200	,	2:54.83	277				10			277	1