

2011 - 2012

1.	200	2:32.66	563	100	1:18.24	550	800	10:16.42	486	<b>1599</b>	3
2.	200	2:43.34	460	800	10:35.81	443	100	1:26.06	413	<b>1316</b>	3
3.	800	10:34.97	445	200	2:48.55	418	100	1:26.52	407	<b>1270</b>	3
4.	100	1:24.38	439	200	2:50.19	406	800	11:10.80	377	<b>1222</b>	3
5.	100	1:26.30	410	800	10:53.62	408	200	2:52.59	390	<b>1208</b>	3
6.	100	1:25.75	418	200	2:52.17	393	800	11:11.25	376	<b>1187</b>	3
7.	800	10:52.10	410	200	2:51.50	397	100	1:32.02	338	<b>1145</b>	3
8.	200	2:51.68	396	800	11:19.26	363	100	1:29.89	363	<b>1122</b>	3
9.	800	10:51.95	411	200	2:55.14	373	100	1:35.59	301	<b>1085</b>	3
10.	800	11:11.54	376	200	2:57.82	356	100	1:31.05	349	<b>1081</b>	3
11.	800	11:00.34	395	200	2:57.77	357	100	1:33.60	321	<b>1073</b>	3
12.	200		346	800	11:30.32	346	100	1:33.12	326	<b>1018</b>	3
13.	100	1:30.03	361	200	2:59.11	349	800	11:57.94	307	<b>1017</b>	3
14.	800	11:12.56	374	200	3:02.93	327	100	1:34.84	309	<b>1010</b>	3
	200	2:58.24	354	100	1:32.49	333	800	11:46.56	323	<b>1010</b>	3
16.	200	2:57.78	357	800	11:33.87	341	100	1:35.78	300	<b>998</b>	3
17.	200	2:59.01	349	800	11:36.42	337	100	1:36.59	292	<b>978</b>	3
18.	800	11:34.74	339	200	3:01.85	333	100	1:38.79	273	<b>945</b>	3
19.	200	3:03.53	324	800	11:52.15	315	100	1:37.27	286	<b>925</b>	3
20.	100	1:32.53	332	200	3:03.18	326	800	12:50.75	248	<b>906</b>	3
21.	100	1:34.36	313	800	12:05.62	298	200	3:10.38	290	<b>901</b>	3

	200	3:00.23	342	100	1:36.73	291	800	12:31.45	268	<b>901</b>	<b>3</b>
23.	100	1:35.65	301	200	3:08.39	300	800	12:16.88	284	<b>885</b>	<b>3</b>
24.	200	3:04.77	318	800	12:15.09	286	100	1:38.09	279	<b>883</b>	<b>3</b>
25.	800	12:02.72	301	200	3:09.94	292	100	1:37.07	288	<b>881</b>	<b>3</b>
26.	200	3:04.55	319	800	12:12.46	289	100	1:39.38	268	<b>876</b>	<b>3</b>
	100	1:33.06	327	800	12:15.10	286	200	3:16.79	263	<b>876</b>	<b>3</b>
28.	200	3:06.26	310	800	11:57.68	308	100	1:41.52	252	<b>870</b>	<b>3</b>
29.	200	3:07.49	304	100	1:36.52	293	800	14:03.24	190	<b>787</b>	<b>3</b>
30.	800	12:13.13	289	200	3:15.64	267	100	1:45.18	226	<b>782</b>	<b>3</b>
	100	1:39.15	270	200	3:17.26	261	800	12:48.04	251	<b>782</b>	<b>3</b>
32.	100	1:40.08	263	200	3:20.87	247	800	12:57.65	242	<b>752</b>	<b>3</b>
33.	800	12:38.58	261	100	1:42.31	246	200	3:21.61	244	<b>751</b>	<b>3</b>
34.	100	1:38.86	272	200	3:25.69	230	800	13:15.22	226	<b>728</b>	<b>3</b>
35.	100	1:39.09	271	200	3:24.61	234	800	13:31.34	213	<b>718</b>	<b>3</b>
36.	800	12:53.86	245	200	3:28.19	222	100	1:47.92	209	<b>676</b>	<b>3</b>
37.	100	1:33.51	322	800	11:59.68	305	200	-	-	<b>627</b>	<b>3</b>
38.	100	1:45.63	223	200	3:28.21	222	800	14:45.78	163	<b>608</b>	<b>3</b>
39.	800	13:21.13	221	200	3:36.61	197	100	1:54.93	173	<b>591</b>	<b>3</b>
40.	100	1:46.54	218	200	3:47.39	170	800	15:02.29	155	<b>543</b>	<b>3</b>
41.	800	9:49.50	556	200	2:37.68	511		2		<b>1067</b>	<b>2</b>
42.	100	1:19.00	534	800	10:09.77	502				<b>1036</b>	<b>2</b>
43.	200	2:39.61	493	800	10:14.48	491		2		<b>984</b>	<b>2</b>
44.	800	9:55.21	540	200	2:45.35	443		1-1		<b>983</b>	<b>2</b>

45.	800	,	10:02.10	521	200	2:43.63	457	12	2	978	2
46.	800	,	10:03.31	518	200	2:44.54	450	12	1-1	968	2
47.	800	,	10:11.35	498	200	2:44.05	454	11	3-1	952	2
48.	200	,	2:42.56	466	800	10:33.78	447	11		913	2
49.	800	,	10:32.43	450	200	2:44.62	449	11	2-1	899	2
50.	800	,	10:22.28	472	200	2:48.06	422	11	1-1	894	2
51.	200	,	2:45.51	442	800	10:38.02	438	11	1-1	880	2
52.	200	,	2:45.96	438	800	10:43.37	427	11	2	865	2
53.	800	,	10:29.40	456	200	2:54.19	379	11	2	835	2
54.	800	,	10:42.90	428	200	2:50.41	405	11	1-1	833	2
55.	800	,	10:47.70	419	200	2:49.23	413	11		832	2
56.	200	,	2:46.54	434	800	11:00.40	395	11		829	2
57.	800	,	10:46.04	422	200	2:50.69	403	11	2-1	825	2
58.	200	,	2:46.74	432	800	11:03.34	390	11	6	822	2
59.	200	,	2:49.44	412	800	10:53.51	408	11	1-1	820	2
	800	,	10:44.73	425	200	2:51.76	395	11	2-1	820	2
61.	800	,	10:53.99	407	200	2:51.83	395	11	1-1	802	2
62.	800	,	10:56.42	402	200	2:52.38	391	12	3-1	793	2
63.	800	,	11:00.26	395	200	2:52.00	394	11		789	2
64.	800	,	10:59.01	398	200	2:54.29	378	11		776	2
65.	200	,	2:53.22	385	800	11:11.93	375	11	1-1	760	2
66.	800	,	10:53.94	407	200	2:58.49	352	11		759	2
67.	200	,	2:53.02	387	800	11:23.40	356	11		743	2

68.	800	11:05.84	, 385	200	2:57.69	357	11	2	<b>742</b>	2
69.	800	11:00.32	, 395	200	2:59.82	345	11	3-1	<b>740</b>	2
70.	200	2:56.63	, 364	800	11:23.19	357	11	2-1	<b>721</b>	2
71.	200	2:52.72	, 389	800	11:43.12	327	11		<b>716</b>	2
72.	200	2:54.04	, 380	800	11:37.99	335	11	4	<b>715</b>	2
73.	800	11:15.00	, 370	200	3:00.83	339	11	1-1	<b>709</b>	2
74.	200	2:57.62	, 357	800	11:33.70	341	11	1-1	<b>698</b>	2
	800	11:19.20	, 363	200	3:01.46	335	11	1-2	<b>698</b>	2
76.	200	2:58.40	, 353	800	11:31.48	344	11	3-1	<b>697</b>	2
	800	11:16.35	, 368	200	3:02.57	329	12	2-2	<b>697</b>	2
78.	200	2:55.60	, 370	800	11:46.55	323	11	4	<b>693</b>	2
79.	200	2:59.37	, 347	800	11:36.20	337	11		<b>684</b>	2
80.	200	2:56.46	, 365	800	11:53.15	314	11		<b>679</b>	2
81.	800	11:31.64	, 344	200	3:02.69	329	11		<b>673</b>	2
82.	800	11:23.68	, 356	200	3:05.83	312	12		<b>668</b>	2
83.	800	11:38.74	, 333	200	3:01.96	332	11	2-2	<b>665</b>	2
84.	800	11:35.96	, 337	200	3:03.33	325	11	2-2	<b>662</b>	2
85.	200	2:58.29	, 353	800	12:02.03	302	12		<b>655</b>	2
86.	200	3:02.86	, 328	800	11:57.11	308	11		<b>636</b>	2
87.	800	11:34.86	, 339	200	3:09.20	296	12		<b>635</b>	2
88.	200	3:02.13	, 332	800	12:06.31	297	11	1-1	<b>629</b>	2
89.	200	3:05.68	, 313	800	12:01.64	303	12		<b>616</b>	2
90.	800	11:54.57	, 312	200	3:08.05	301	11	2-2	<b>613</b>	2

91.	800	11:41.95	, 329	200	3:12.41	281	11		<b>610</b>	2
92.	800	11:43.81	, 326	200	3:13.84	275	11		<b>601</b>	2
93.	200	3:06.95	, 307	800	12:15.35	286	12	3-2	<b>593</b>	2
94.	800	12:03.91	, 300	200	3:10.11	291	12		<b>591</b>	2
95.	200	3:06.73	, 308	800	12:19.89	281	12	1-2	<b>589</b>	2
96.	800	11:51.97	, 315	200	3:14.26	273	11	2-2	<b>588</b>	2
97.	800	12:03.86	, 300	200	3:12.94	279	11		<b>579</b>	2
98.	200	3:08.54	, 299	800	12:21.31	279	12		<b>578</b>	2
	800	11:39.28	, 333	200	3:21.31	245	12	3-2	<b>578</b>	2
100.	200	3:07.48	, 304	800	12:33.13	266	12	1-2	<b>570</b>	2
101.	800	12:12.75	, 289	200	3:15.26	269	12	3-2	<b>558</b>	2
102.	800	12:23.42	, 277	200	3:14.54	272	12		<b>549</b>	2
103.	200	3:13.77	, 275	800	12:33.14	266	12	3-2	<b>541</b>	2
104.	800	12:35.47	, 264	200	3:16.90	262	11	4	<b>526</b>	2
105.	200	3:17.29	, 261	800	12:39.58	259	12		<b>520</b>	2
106.	200	3:14.63	, 272	800	12:55.24	244	12	3-2	<b>516</b>	2
107.	200	3:13.31	, 277	800	13:05.91	234	12		<b>511</b>	2
108.	800	12:47.80	, 251	200	3:20.52	248	12	4	<b>499</b>	2
109.	200	3:19.67	, 252	800	13:01.91	238	12	4	<b>490</b>	2
110.	800	12:55.18	, 244	200	3:22.48	241	12	4	<b>485</b>	2
111.	200	3:24.05	, 236	800	13:25.75	217	12		<b>453</b>	2
112.	200	3:29.98	, 216	800	13:27.72	216	11		<b>432</b>	2
113.	200	3:28.52	, 221	800	13:35.89	209	11		<b>430</b>	2
114.							11		<b>323</b>	1

	200	3:03.69	323			
115.	100	,	312	11		1
	100	1:34.50	312			
116.	100	,	284	11		1
	100	1:37.45	284			
117.	100	,	283	11		1
	100	1:37.61	283			
118.	100	,	276	11		1
	100	1:38.41	276			
119.	100	,	258	12		1
	100	1:40.73	258			
120.	100	,	254	12		1
	100	1:41.24	254			
121.	100	,	231	11		1
	100	1:44.42	231			
122.	100	,	223	11		1
	100	1:45.68	223			