

2011 - 2012

1.	200	2:32.66	563	100	1:04.31	519	800	10:16.42	486	1568	3
2.	800	9:49.50	556	200	2:37.68	511	100	1:05.28	497	1564	3
3.	800	9:55.21	540	100	1:05.37	494	200	2:45.35	443	1477	3
4.	200	2:39.61	493	800	10:14.48	491	100	1:07.41	451	1435	3
5.	800	10:02.10	521	200	2:43.63	457	100	1:07.50	449	1427	3
6.	100	1:04.66	511	200	2:42.56	466	800	10:33.78	447	1424	3
7.	800	10:11.35	498	100	1:06.88	462	200	2:44.05	454	1414	3
8.	100	1:04.85	506	800	10:32.43	450	200	2:44.62	449	1405	3
9.	800	10:03.31	518	200	2:44.54	450	100	1:09.02	420	1388	3
10.	200	2:43.34	460	100	1:07.30	453	800	10:35.81	443	1356	3
11.	800	10:22.28	472	100	1:07.12	457	200	2:48.06	422	1351	3
12.	100	1:06.73	465	200	2:45.51	442	800	10:38.02	438	1345	3
13.	100	1:07.74	444	200	2:45.96	438	800	10:43.37	427	1309	3
14.	800	10:34.97	445	200	2:48.55	418	100	1:09.24	416	1279	3
15.	100	1:07.52	449	200	2:46.54	434	800	11:00.40	395	1278	3
16.	100	1:08.14	437	800	10:47.70	419	200	2:49.23	413	1269	3
17.	800	10:29.40	456	100	1:09.92	404	200	2:54.19	379	1239	3
18.	100	1:07.70	445	800	11:00.26	395	200	2:52.00	394	1234	3
19.	200	2:46.74	432	100	1:10.05	402	800	11:03.34	390	1224	3
20.	800	10:46.04	422	200	2:50.69	403	100	1:11.00	386	1211	3
21.	800	10:44.73	425	200	2:51.76	395	100	1:10.72	390	1210	3

22.	100	, 1:09.33	414	800	10:56.42	402	200	2:52.38	391	1207	3
23.	800	, 10:42.90	428	200	2:50.41	405	100	1:13.12	353	1186	3
24.	800	, 10:53.99	407	200	2:51.83	395	100	1:11.37	380	1182	3
25.	200	, 2:52.17	393	100	1:11.03	385	800	11:11.25	376	1154	3
26.	800	, 10:51.95	411	200	2:55.14	373	100	1:12.20	367	1151	3
27.	800	, 10:52.10	410	200	2:51.50	397	100	1:13.81	343	1150	3
28.	800	, 10:53.94	407	100	1:10.90	387	200	2:58.49	352	1146	3
29.	200	, 2:53.22	385	100	1:11.31	381	800	11:11.93	375	1141	3
30.	800	, 10:59.01	398	200	2:54.29	378	100	1:12.65	360	1136	3
31.	200	, 2:53.02	387	100	1:11.72	374	800	11:23.40	356	1117	3
32.	800	, 11:00.32	395	100	1:13.04	354	200	2:59.82	345	1094	3
33.	800	, 11:05.84	385	200	2:57.69	357	100	1:14.64	332	1074	3
34.	800	, 11:11.54	376	200	2:57.82	356	100	1:14.20	338	1070	3
35.	200	, 2:56.63	364	800	11:23.19	357	100	1:13.89	342	1063	3
36.	200	, 2:54.04	380	100	1:13.99	341	800	11:37.99	335	1056	3
37.	800	, 11:00.34	395	200	2:57.77	357	100	1:17.60	295	1047	3
38.	200	, 2:55.60	370	100	1:13.52	347	800	11:46.55	323	1040	3
39.	100	, 1:13.10	353	200	2:59.01	349	800	11:36.42	337	1039	3
40.	800	, 11:16.35	368	100	1:14.28	337	200	3:02.57	329	1034	3
41.	100	, 1:12.63	360	800	11:31.64	344	200	3:02.69	329	1033	3
42.	800	, 11:15.00	370	200	3:00.83	339	100	1:15.37	322	1031	3
43.	200	, 2:59.37	347	100	1:13.71	345	800	11:36.20	337	1029	3
44.	800	, 11:12.56	374	200	3:02.93	327	100	1:15.52	321	1022	3

45.	200	2:58.40	353	800	11:31.48	344	100	1:16.04	314	1011	3
46.	200	2:57.78	357	800	11:33.87	341	100	1:16.33	310	1008	3
47.	800	11:19.20	363	200	3:01.46	335	100	1:17.61	295	993	3
	200	2:58.24	354	800	11:46.56	323	100	1:15.90	316	993	3
49.	800	11:38.74	333	200	3:01.96	332	100	1:15.16	325	990	3
50.	100	1:13.30	351	800	11:54.57	312	200	3:08.05	301	964	3
51.	800	11:35.96	337	200	3:03.33	325	100	1:17.56	296	958	3
52.	800	11:23.68	356	200	3:05.83	312	100	1:18.26	288	956	3
53.	200	3:00.23	342	100	1:13.88	342	800	12:31.45	268	952	3
54.	800	11:34.74	339	200	3:01.85	333	100	1:19.08	279	951	3
55.	200	3:02.86	328	100	1:16.17	312	800	11:57.11	308	948	3
56.	800	11:41.95	329	100	1:14.83	329	200	3:12.41	281	939	3
	200	3:03.53	324	800	11:52.15	315	100	1:17.18	300	939	3
58.	100	1:14.27	337	800	11:43.81	326	200	3:13.84	275	938	3
59.	100	1:15.09	326	800	11:51.97	315	200	3:14.26	273	914	3
60.	100	1:14.46	334	800	12:03.86	300	200	3:12.94	279	913	3
61.	800	11:34.86	339	200	3:09.20	296	100	1:19.43	275	910	3
62.	100	1:16.22	312	200	3:08.39	300	800	12:16.88	284	896	3
63.	200	3:05.68	313	800	12:01.64	303	100	1:19.87	271	887	3
64.	200	3:06.73	308	800	12:19.89	281	100	1:20.16	268	857	3
65.	200	3:07.48	304	100	1:18.43	286	800	12:33.13	266	856	3
66.	100	1:17.82	293	800	12:13.13	289	200	3:15.64	267	849	3
67.	100	1:16.64	307	200	3:17.29	261	800	12:39.58	259	827	3

68.	200	3:08.54	299	800	12:21.31	279	100	1:22.73	244	12	822	3
69.	200	3:07.49	304	100	1:17.03	302	800	14:03.24	190	11	796	3
70.	800	12:35.47	264	200	3:16.90	262	100	1:22.01	250	11	776	3
	800	12:15.10	286	200	3:16.79	263	100	1:24.72	227	11	776	3
72.	800	12:47.80	251	200	3:20.52	248	100	1:22.33	247	12	746	3
73.	100	1:22.17	249	800	12:55.18	244	200	3:22.48	241	12	734	3
74.	800	12:38.58	261	200	3:21.61	244	100	1:25.36	222	12	727	3
75.	200	3:19.67	252	800	13:01.91	238	100	1:25.47	221	12	711	3
76.	200	3:20.87	247	800	12:57.65	242	100	1:26.98	210	12	699	3
77.	100	1:24.14	232	200	3:28.52	221	800	13:35.89	209	11	662	3
78.	200	3:24.05	236	800	13:25.75	217	100	1:29.10	195	12	648	3
79.	100	1:16.12	313	800	11:59.68	305	200	-	-	12	618	3
80.	100	1:04.98	503	800	10:09.77	502				11	1005	2
81.	200	2:49.44	412	800	10:53.51	408				11	820	2
82.	800	10:53.62	408	200	2:52.59	390				11	798	2
83.	200	2:50.19	406	800	11:10.80	377				11	783	2
84.	200	2:51.68	396	800	11:19.26	363				12	759	2
85.	200	2:52.72	389	800	11:43.12	327				11	716	2
86.	200	2:57.62	357	800	11:33.70	341				11	698	2
87.	200		346	800	11:30.32	346				12	692	2
88.	200	2:56.46	365	800	11:53.15	314				11	679	2
89.	200	2:59.11	349	800	11:57.94	307				11	656	2
90.	200	2:58.29	353	800	12:02.03	302				12	655	2

91.	200	3:02.13	332	800	12:06.31	297	11	.	1-1	629	2
92.	200	3:06.26	310	800	11:57.68	308	12	.		618	2
93.	200	3:04.55	319	800	12:12.46	289	11	.		608	2
94.	200	3:04.77	318	800	12:15.09	286	12	.		604	2
95.	800	12:02.72	301	200	3:09.94	292	11	.	1-2	593	2
	200	3:06.95	307	800	12:15.35	286	12	.	3-2	593	2
97.	800	12:03.91	300	200	3:10.11	291	12	.		591	2
98.	800	12:05.62	298	200	3:10.38	290	12	.	3-2	588	2
99.	800	11:39.28	333	200	3:21.31	245	12	.	3-2	578	2
100.	200	3:03.18	326	800	12:50.75	248	11	.	4	574	2
101.	800	12:12.75	289	200	3:15.26	269	12	.	3-2	558	2
102.	800	12:23.42	277	200	3:14.54	272	12	.		549	2
103.	200	3:13.77	275	800	12:33.14	266	12	.	3-2	541	2
104.	200	3:14.63	272	800	12:55.24	244	12	.	3-2	516	2
105.	200	3:17.26	261	800	12:48.04	251	12	.		512	2
106.	200	3:13.31	277	800	13:05.91	234	12	.		511	2
107.	800	12:53.86	245	200	3:28.19	222	12	.		467	2
108.	200	3:25.69	230	800	13:15.22	226	12	.		456	2
109.	200	3:24.61	234	800	13:31.34	213	11	.		447	2
110.	200	3:29.98	216	800	13:27.72	216	11	.		432	2
111.	800	13:21.13	221	200	3:36.61	197	11	.		418	2
112.	200	3:28.21	222	800	14:45.78	163	11	.		385	2
113.	200	3:47.39	170	800	15:02.29	155	12	.		325	2
114.							11	.		323	1

	200	3:03.69	323				
115.		,		11		299	1
	100	1:17.33	299				
116.		,		11		259	1
	100	1:21.02	259				
117.		,		11		229	1
	100	1:24.45	229				