

2009 - 2010

1.	100	57.04	554	800	9:29.31	500	200	2:27.39	462	<b>1516</b>	<b>3</b>
2.	100	58.27	520	200	2:24.25	493	800	9:37.46	479	<b>1492</b>	<b>3</b>
3.	800	9:23.10	517	200	2:23.17	504	100	1:00.27	470	<b>1491</b>	<b>3</b>
4.	800	9:19.52	527	100	59.03	500	200	2:27.98	457	<b>1484</b>	<b>3</b>
5.	100	58.32	518	200	2:22.34	513	800	9:50.50	448	<b>1479</b>	<b>3</b>
6.	800	9:35.65	484	100	59.76	482	200	2:25.42	481	<b>1447</b>	<b>3</b>
7.	800	9:16.92	535	100	1:00.65	461	200	2:31.02	430	<b>1426</b>	<b>3</b>
8.	800	9:31.90	494	200	2:27.70	459	100	1:00.71	459	<b>1412</b>	<b>3</b>
9.	800	9:26.11	509	100	1:01.24	448	200	2:29.45	443	<b>1400</b>	<b>3</b>
10.	100	59.99	476	800	9:44.93	461	200	2:28.09	456	<b>1393</b>	<b>3</b>
11.	800	9:29.39	500	200	2:28.81	449	100	1:01.46	443	<b>1392</b>	<b>3</b>
12.	100	59.24	494	200	2:24.36	492	800	10:12.63	401	<b>1387</b>	<b>3</b>
13.	100	59.93	478	800	9:51.68	446	200	2:31.14	429	<b>1353</b>	<b>3</b>
14.	800	9:39.96	473	100	1:01.56	441	200	2:31.04	429	<b>1343</b>	<b>3</b>
15.	800	9:42.56	467	100	1:01.22	448	200	2:31.32	427	<b>1342</b>	<b>3</b>
16.	100	59.28	493	800	9:57.00	434	200	2:34.36	402	<b>1329</b>	<b>3</b>
17.	800	9:48.56	453	200	2:28.49	452	100	1:02.55	420	<b>1325</b>	<b>3</b>
18.	800	9:34.59	487	200	2:31.81	423	100	1:03.50	401	<b>1311</b>	<b>3</b>
19.	800	9:39.87	473	100	1:02.43	422	200	2:34.15	404	<b>1299</b>	<b>3</b>
20.	800	9:42.79	466	200	2:32.42	418	100	1:02.91	413	<b>1297</b>	<b>3</b>
21.	800	9:47.36	456	200	2:30.58	433	100	1:03.32	405	<b>1294</b>	<b>3</b>

22.	800	9:46.01	459	100	1:02.50	421	200	2:33.62	408	<b>1288</b>	3
23.	200	2:30.99	430	800	10:00.63	426	100	1:03.20	407	<b>1263</b>	3
24.	800	9:54.05	440	200	2:33.87	406	100	1:03.86	395	<b>1241</b>	3
25.	800	9:49.45	451	200	2:34.74	399	100	1:04.83	377	<b>1227</b>	3
26.	100	1:01.11	450	800	10:03.96	419	200	2:42.36	346	<b>1215</b>	3
27.	800	9:52.28	444	100	1:03.03	410	200	2:40.29	359	<b>1213</b>	3
28.	100	1:02.94	412	800	10:09.20	408	200	2:37.04	382	<b>1202</b>	3
29.	800	9:54.58	439	200	2:37.05	382	100	1:04.83	377	<b>1198</b>	3
30.	800	10:03.80	419	200	2:35.51	393	100	1:04.66	380	<b>1192</b>	3
31.	800	9:48.75	452	100	1:05.09	373	200	2:39.35	366	<b>1191</b>	3
32.	100	1:00.56	463	800	10:19.42	388	200	2:43.62	338	<b>1189</b>	3
33.	200	2:34.51	401	800	10:17.15	393	100	1:03.93	393	<b>1187</b>	3
34.	800	9:58.23	431	100	1:04.99	374	200	2:38.67	370	<b>1175</b>	3
35.	800	9:58.00	432	200	2:37.27	380	100	1:05.81	361	<b>1173</b>	3
36.	200	2:32.54	417	100	1:02.78	415	800	10:47.90	339	<b>1171</b>	3
	800	10:03.27	420	100	1:02.53	420	200	2:44.73	331	<b>1171</b>	3
38.	100	1:02.79	415	800	10:11.24	404	200	2:42.61	344	<b>1163</b>	3
39.	100	1:01.77	436	200	2:36.52	386	800	10:47.46	340	<b>1162</b>	3
40.	800	10:05.10	417	100	1:05.20	371	200	2:38.93	369	<b>1157</b>	3
41.	800	10:07.72	411	100	1:04.17	389	200	2:40.89	355	<b>1155</b>	3
42.	100	1:03.53	401	200	2:34.73	399	800	10:39.81	352	<b>1152</b>	3
43.	800	10:13.75	399	100	1:04.53	382	200	2:39.11	367	<b>1148</b>	3
44.	100	1:02.39	423	200	2:38.71	370	800	10:39.02	354	<b>1147</b>	3

	800	10:03.00	421	100	1:04.66	380	200	2:42.38	346			<b>1147</b>	<b>3</b>
46.	800	10:17.99	391	100	1:04.21	388	200	2:40.20	360			<b>1139</b>	<b>3</b>
47.	200	2:34.55	401	800	10:19.27	389	100	1:06.89	343	1-1		<b>1133</b>	<b>3</b>
48.	200	2:35.12	396	100	1:04.33	386	800	10:41.39	350			<b>1132</b>	<b>3</b>
49.	100	1:02.39	423	800	10:36.06	359	200	2:42.09	347			<b>1129</b>	<b>3</b>
50.	800	10:06.63	413	100	1:06.08	356	200	2:41.03	354			<b>1123</b>	<b>3</b>
51.	100	1:04.91	376	200	2:37.98	375	800	10:28.77	371	1-2		<b>1122</b>	<b>3</b>
	100	1:04.38	385	800	10:30.05	369	200	2:39.07	368			<b>1122</b>	<b>3</b>
53.	100	1:02.64	418	200	2:36.08	389	800	11:05.66	313	3-1		<b>1120</b>	<b>3</b>
54.	100	1:03.88	394	200	2:38.02	375	800	10:44.11	345	2		<b>1114</b>	<b>3</b>
	100	1:03.86	395	800	10:30.88	368	200	2:41.54	351	2-1		<b>1114</b>	<b>3</b>
56.	100	1:04.48	383	200	2:38.74	370	800	10:35.60	359	4		<b>1112</b>	<b>3</b>
57.	800	10:09.33	408	200	2:42.44	345	100	1:07.23	338	1-2		<b>1091</b>	<b>3</b>
58.	800	10:15.65	396	100	1:05.92	359	200	2:44.08	335			<b>1090</b>	<b>3</b>
59.	100	1:04.76	378	200	2:38.67	370	800	10:46.68	341	1-2		<b>1089</b>	<b>3</b>
60.	800	10:17.30	392	200	2:40.12	360	100	1:07.38	336			<b>1088</b>	<b>3</b>
61.	800	10:03.43	420	200	2:44.29	334	100	1:07.65	332	3-2		<b>1086</b>	<b>3</b>
62.	100	1:04.44	384	800	10:39.79	352	200	2:41.91	349			<b>1085</b>	<b>3</b>
63.	800	10:25.01	378	200	2:40.99	355	100	1:06.66	347			<b>1080</b>	<b>3</b>
64.	800	10:15.94	395	100	1:05.66	363	200	2:46.78	319	3-2		<b>1077</b>	<b>3</b>
65.	800	10:18.36	390	100	1:05.63	363	200	2:47.01	318	1-2		<b>1071</b>	<b>3</b>
66.	200	2:38.91	369	100	1:05.53	365	800	10:52.10	333			<b>1067</b>	<b>3</b>
67.	800	10:09.66	407	200	2:44.93	330	100	1:08.31	322	1-2		<b>1059</b>	<b>3</b>

68.	800	10:30.02	369	200	2:41.09	354	100	1:07.70	331	<b>1054</b>	<b>3</b>
69.	100	1:04.64	380	800	10:38.09	355	200	2:47.49	315	<b>1050</b>	<b>3</b>
70.	800	10:30.27	369	100	1:07.20	339	200	2:45.59	326	<b>1034</b>	<b>3</b>
71.	100	1:04.49	383	800	10:39.34	353	200	2:51.26	294	<b>1030</b>	<b>3</b>
72.	100	1:05.88	359	200	2:43.87	336	800	10:51.03	334	<b>1029</b>	<b>3</b>
73.	100	1:06.30	353	800	10:43.42	346	200	2:46.72	319	<b>1018</b>	<b>3</b>
74.	800	10:40.73	351	200	2:44.47	333	100	1:07.68	331	<b>1015</b>	<b>3</b>
75.	800	10:22.58	382	200	2:44.82	330	100	1:09.81	302	<b>1014</b>	<b>3</b>
	100	1:06.46	350	200	2:43.71	337	800	10:55.80	327	<b>1014</b>	<b>3</b>
77.	800	10:31.67	366	100	1:06.70	346	200	2:50.89	296	<b>1008</b>	<b>3</b>
78.	800	10:25.02	378	100	1:08.59	318	200	2:48.35	310	<b>1006</b>	<b>3</b>
79.	800	10:43.40	346	100	1:08.14	325	200	2:46.80	319	<b>990</b>	<b>3</b>
80.	200	2:40.06	361	800	11:06.03	312	100	1:09.49	306	<b>979</b>	<b>3</b>
81.	800	10:43.76	346	100	1:08.55	319	200	2:48.56	309	<b>974</b>	<b>3</b>
82.	800	10:47.72	340	100	1:08.68	317	200	2:47.51	315	<b>972</b>	<b>3</b>
83.	800	10:35.76	359	100	1:08.37	321	200	2:52.02	291	<b>971</b>	<b>3</b>
84.	800	10:50.96	335	100	1:07.43	335	200	2:50.72	297	<b>967</b>	<b>3</b>
85.	800	10:50.92	335	200	2:44.40	333	100	1:10.87	289	<b>957</b>	<b>3</b>
86.	800	10:43.19	347	200	2:49.68	303	100	1:10.15	298	<b>948</b>	<b>3</b>
87.	100	1:08.46	320	200	2:48.25	311	800	11:07.92	310	<b>941</b>	<b>3</b>
88.	800	10:37.70	356	100	1:09.45	307	200	2:54.73	277	<b>940</b>	<b>3</b>
89.	800	10:46.03	342	100	1:09.30	309	200	2:53.19	285	<b>936</b>	<b>3</b>
90.	800	10:47.96	339	100	1:08.25	323	200	2:59.09	257	<b>919</b>	<b>3</b>

91.	100	1:05.88	359	200	2:51.06	295	800	11:47.71	260	<b>914</b>	<b>3</b>
	800	11:01.99	318	100	1:09.53	306	200	2:52.21	290	<b>914</b>	<b>3</b>
93.	800	10:54.78	329	200	2:51.46	293	100	1:10.74	290	<b>912</b>	<b>3</b>
94.	100	1:07.82	329	800	11:01.13	319	200	2:57.71	263	<b>911</b>	<b>3</b>
	800	10:56.56	326	100	1:09.10	311	200	2:55.39	274	<b>911</b>	<b>3</b>
96.	800	11:00.75	320	100	1:09.58	305	200	2:53.67	282	<b>907</b>	<b>3</b>
97.	800	10:59.93	321	200	2:48.26	311	100	1:12.13	274	<b>906</b>	<b>3</b>
98.	200	2:47.22	316	100	1:09.01	313	800	11:35.86	274	<b>903</b>	<b>3</b>
	800	10:54.14	330	200	2:50.59	298	100	1:12.05	275	<b>903</b>	<b>3</b>
100.	800	11:02.55	317	100	1:10.67	291	200	2:52.27	289	<b>897</b>	<b>3</b>
101.	100	1:09.38	308	800	11:14.63	300	200	2:53.20	285	<b>893</b>	<b>3</b>
102.	800	9:47.92	454	100	1:01.94	433	200	-	-	<b>887</b>	<b>3</b>
	800	10:50.00	336	200	2:48.39	310	100	1:15.21	241	<b>887</b>	<b>3</b>
104.	100	1:08.72	317	200	2:53.18	285	800	11:35.18	275	<b>877</b>	<b>3</b>
105.	200	2:48.13	311	100	1:10.80	289	800	11:44.33	264	<b>864</b>	<b>3</b>
106.	800	10:32.81	364	200	3:00.46	252	100	1:14.75	246	<b>862</b>	<b>3</b>
107.	800	11:08.94	308	200	2:53.47	283	100	1:12.60	268	<b>859</b>	<b>3</b>
108.	800	11:07.34	310	100	1:11.76	278	200	2:56.34	270	<b>858</b>	<b>3</b>
109.	800	11:22.48	290	100	1:10.95	288	200	2:55.02	276	<b>854</b>	<b>3</b>
110.	800	11:26.39	285	200	2:53.85	281	100	1:11.71	279	<b>845</b>	<b>3</b>
111.	800	11:13.34	302	100	1:09.87	301	200	3:03.53	239	<b>842</b>	<b>3</b>
112.	100	1:11.52	281	200	2:54.53	278	800	11:43.26	265	<b>824</b>	<b>3</b>
113.	200	2:48.65	308	800	11:49.57	258	100	1:15.19	242	<b>808</b>	<b>3</b>

114.	100	1:10.24	296	200	2:59.41	256	800	11:54.41	253	<b>805</b>	3
115.	800	11:22.31	290	100	1:12.72	267	200	3:04.24	236	<b>793</b>	3
	100	1:12.00	275	800	11:46.63	261	200	2:59.26	257	<b>793</b>	3
117.	800	11:40.96	268	200	2:57.82	263	100	1:13.43	259	<b>790</b>	3
118.	800	11:41.78	267	200	3:01.25	248	100	1:15.17	242	<b>757</b>	3
119.	800	11:54.66	253	100	1:14.01	253	200	3:05.91	230	<b>736</b>	3
120.	800	11:37.05	272	100	1:16.37	231	200	3:06.57	228	<b>731</b>	3
	800	11:54.20	253	100	1:14.84	245	200	3:05.09	233	<b>731</b>	3
122.	800	11:50.27	257	100	1:15.71	237	200	3:11.77	210	<b>704</b>	3
123.	200	3:07.54	224	800	12:28.95	219	100	1:19.65	203	<b>646</b>	3
124.	100	1:10.06	299	800	11:18.24	296	200	-	-	<b>595</b>	3
125.	100	1:19.74	202	200	3:15.60	197	800	13:20.65	180	<b>579</b>	3
126.	800	11:48.90	259	100	1:14.54	248	200	-	-	<b>507</b>	3
127.	100	1:11.33	283	800	12:52.22	200	200	-	-	<b>483</b>	3
128.	800	9:19.98	526	200	2:21.94	518		1-1		<b>1044</b>	2
129.	200	2:23.47	501	800	9:34.34	487				<b>988</b>	2
130.	200	2:24.81	487	800	9:57.70	432		1-1		<b>919</b>	2
131.	200	2:28.28	454	800	9:51.01	447		3-1		<b>901</b>	2
132.	200	2:29.04	447	800	9:52.18	445		3-1		<b>892</b>	2
133.	800	9:43.50	465	200	2:31.81	423		4		<b>888</b>	2
134.	800	9:55.70	437	200	2:32.50	417		3-1		<b>854</b>	2
135.	200	2:27.60	460	800	10:19.66	388		3-1		<b>848</b>	2
136.	800	10:03.84	419	200	2:34.84	399		3-1		<b>818</b>	2

137.	800	10:08.47	410	200	2:34.79	399	09	.	1-1	809	2
138.	200	2:28.50	452	800	10:45.52	343	10		1-2	795	2
139.	800	10:11.09	404	200	2:38.52	371	10			775	2
140.	100	1:04.11	390	200	2:38.84	369	10		7	759	2
141.	200	2:35.32	395	800	10:34.25	362	09			757	2
142.	800	10:24.84	378	200	2:37.64	378	09		4	756	2
143.	800	10:10.16	406	200	2:42.61	344	09			750	2
144.	200	2:37.19	381	800	10:32.27	365	09		1-2	746	2
145.	800	10:28.90	371	200	2:38.85	369	09			740	2
146.	800	10:25.86	376	200	2:39.77	363	09			739	2
147.	800	10:12.36	402	200	2:44.71	331	10			733	2
148.	200	2:37.63	378	800	10:38.56	354	09			732	2
	200	2:38.01	375	800	10:37.03	357	09	.	2-1	732	2
150.	100	1:04.76	378	200	2:41.19	353	09			731	2
151.	800	10:30.63	368	200	2:40.01	361	09			729	2
152.	800	10:31.11	367	200	2:40.88	355	10	.	2-1	722	2
153.	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
155.	200	2:39.42	365	800	10:41.39	350	10			715	2
156.	800	10:18.02	391	200	2:46.05	323	10		1-2	714	2
157.	200	2:39.30	366	800	10:43.20	347	10			713	2
158.	200	2:40.76	356	800	10:38.95	354	09			710	2
159.	200	2:37.44	379	800	10:58.86	323	10		4	702	2

160.	800	10:41.10	350	200	2:43.05	341			<b>691</b>	2
161.	200	2:44.00	335	800	11:04.54	314		1-2	<b>649</b>	2
	200	2:44.94	330	800	11:01.64	319		3-2	<b>649</b>	2
163.	200	2:44.29	334	800	11:06.44	312		4	<b>646</b>	2
164.	200	2:43.76	337	800	11:09.82	307			<b>644</b>	2
165.	800	10:58.64	323	200	2:47.08	317			<b>640</b>	2
166.	800	10:57.70	324	200	2:47.98	312			<b>636</b>	2
167.	800	10:58.08	324	200	2:48.73	308			<b>632</b>	2
168.	800	11:05.01	314	200	2:51.57	293			<b>607</b>	2
169.	800	10:58.61	323	200	2:54.15	280			<b>603</b>	2
170.	800	11:14.21	301	200	2:50.70	297			<b>598</b>	2
171.	200	2:49.86	302	800	11:23.24	289			<b>591</b>	2
172.	800	11:22.74	290	200	2:56.22	270			<b>560</b>	2
173.	800	11:28.20	283	200	2:55.66	273			<b>556</b>	2
174.	200	2:54.83	277	100	1:12.00	275			<b>552</b>	2
175.	200	2:47.93	312	800	12:07.63	239		2-2	<b>551</b>	2
176.	800	11:39.52	269	200	2:56.56	269		6	<b>538</b>	2
	800	11:32.25	278	200	2:58.54	260			<b>538</b>	2
178.	800	11:47.16	261	200	2:59.59	255			<b>516</b>	2
179.	800	11:38.79	270	200	3:02.39	244			<b>514</b>	2
180.	200	2:57.35	265	800	12:04.91	242			<b>507</b>	2
	200	2:50.39	299	800	12:41.97	208		2-2	<b>507</b>	2
182.	200	2:59.01	258	800	12:05.28	242			<b>500</b>	2

183.	800	,	11:41.91	267	200	3:06.45	228	10			<b>495</b>	2
184.	800	,	11:41.92	267	200	3:14.02	202	10			<b>469</b>	2
185.	800	,	12:17.38	230	200	3:24.66	172	10			<b>402</b>	2
186.	800	,	10:51.80	333	200		-	10			<b>333</b>	2
187.	800	,	11:17.40	297	200		-	09			<b>297</b>	2
188.	800	,	11:27.57	284	200		-	09	.	2-2	<b>284</b>	2
189.	800	,	11:33.22	277	200		-	10			<b>277</b>	2
190.	800	,	11:35.44	274	200		-	10			<b>274</b>	2
191.	800	,	12:04.23	243	200		-	10			<b>243</b>	2
192.	800	,	12:09.53	238	200		-	09	.		<b>238</b>	2
193.	800	,	12:22.81	225	200		-	10			<b>225</b>	2
194.	800	,	12:48.34	203	200		-	10			<b>203</b>	2
195.	200	,	2:31.76	423				09		7	<b>423</b>	1
196.	100	,	1:05.01	374				09			<b>374</b>	1
197.	200	,	2:39.04	368				09		7	<b>368</b>	1
198.	100	,	1:09.13	311				09			<b>311</b>	1
199.	200	,	2:49.45	304				10		3-2	<b>304</b>	1
200.	200	,	2:50.85	297				10			<b>297</b>	1
201.	100	,	1:10.94	288				09			<b>288</b>	1
202.	100	,	1:11.11	286				09			<b>286</b>	1
203.	100	,	1:11.19	285				10			<b>285</b>	1
204.	200	,	2:53.57	283				10		7	<b>283</b>	1
205.	100	,	1:12.45	270				09			<b>270</b>	1
206.		,						10			<b>266</b>	1

	100	1:12.85	266				
207.		,		10		<b>257</b>	1
	100	1:13.64	257				
208.		,		09		<b>250</b>	1
	100	1:14.38	250				
209.		,		09		<b>238</b>	1
	100	1:15.56	238				
210.		,		10		<b>233</b>	1
	100	1:16.08	233				
		,		10	7	<b>233</b>	1
	200	3:05.08	233				
212.		,		10		<b>222</b>	1
	100	1:17.30	222				
213.		,		09		<b>216</b>	1
	100	1:18.07	216				
214.		,		10		<b>142</b>	1
	100	1:29.64	142				
215.		,		10		<b>140</b>	1
	100	1:30.15	140				