

2010 - 2011												
1.	800	10:08.06	489	100	1:04.00	484	200	2:37.23	465		<b>1438</b>	3
2.	100	1:06.93	423	800	10:44.94	410	200	2:46.85	389		<b>1222</b>	3
3.	200	2:43.63	413	100	1:25.16	392	800	11:08.00	369	"	<b>1174</b>	3
4.	800	10:42.57	415	100	1:08.11	401	200	2:53.49	346	4	<b>1162</b>	3
5.	800	10:46.59	407	100	1:10.24	366	200	2:50.60	364	"	<b>1137</b>	3
6.	800	11:01.44	380	100	1:15.95	377	200	2:50.83	362	"	<b>1119</b>	3
7.	100	1:24.79	397	800	11:12.09	362	200	2:52.05	355	"	<b>1114</b>	3
8.	200	2:46.92	389	100	1:16.09	375	800	11:24.95	342	"	<b>1106</b>	3
9.	100	1:09.39	379	800	11:12.55	362	200	2:52.62	351	19	<b>1092</b>	3
10.	100	1:09.82	372	800	11:15.38	357	200	2:52.62	351	"	<b>1080</b>	3
11.	800	10:53.08	395	200	2:49.98	368	100	1:20.78	308	4	<b>1071</b>	3
12.	100	1:16.34	366	200	2:51.65	357	800	11:26.38	340	19	<b>1063</b>	3
13.	100	1:15.57	383	800	11:27.87	338	200	2:57.35	324	"	<b>1045</b>	3
14.	800	11:10.96	364	100	1:10.58	360	200	2:58.36	318	"	<b>1042</b>	3
15.	100	1:15.15	389	800	11:31.80	332	200	2:59.87	310	"	<b>1031</b>	3
16.	100	1:11.21	351	800	11:22.44	346	200	2:58.48	318		<b>1015</b>	3
	200	2:54.38	341	800	11:27.55	338	100	1:12.26	336	"	<b>1015</b>	3
18.	800	11:12.50	362	100	1:11.93	340	200	2:59.66	312	"	<b>1014</b>	3
19.	100	1:11.30	350	800	11:30.60	334	200	2:57.62	322		<b>1006</b>	3
20.	800	11:21.64	347	200	2:55.93	332	100	1:30.82	323	"	<b>1002</b>	3

21.	800	11:17.96	353	100	1:30.12	331	200	2:58.58	317	"	"	<b>1001</b>	3
						10				"	"	<b>1001</b>	3
	800	11:22.35	346	100	1:11.58	345	200	2:59.90	310				
23.	100	1:19.12	333	200	2:56.54	328	800	11:45.14	314	"	"	<b>975</b>	3
24.	100	1:12.59	331	800	11:38.99	322	200	2:59.08	315			<b>968</b>	3
25.	100	1:19.12	333	200	2:58.53	318	800	11:45.47	313	"	"	<b>964</b>	3
26.	100	1:26.96	368	200	2:55.99	331	800	12:39.08	251			<b>950</b>	3
27.	100	1:18.85	337	800	11:48.65	309	200	3:01.46	302	"	"	<b>948</b>	3
28.	800	11:31.66	332	200	2:57.42	324	100	1:22.36	291	"	"	<b>947</b>	3
29.	800	11:16.42	355	100	1:15.22	298	200	3:03.38	293		19	<b>946</b>	3
30.	100	1:12.28	336	800	11:45.30	313	200	3:03.18	294		19	<b>943</b>	3
31.	100	1:29.62	336	200	3:00.98	305	800	11:54.59	301	"	"	<b>942</b>	3
32.	100	1:12.24	336	200	2:57.84	321	800	12:10.25	282			<b>939</b>	3
33.	100	1:13.13	324	800	11:45.72	313	200	3:03.96	290	"	"	<b>927</b>	3
34.	100	1:12.47	333	800	11:54.13	302	200	3:05.40	283		19	<b>918</b>	3
35.	200	2:54.57	340	100	1:33.22	299	800	12:15.58	276	"	"	<b>915</b>	3
36.	100	1:12.51	332	800	11:36.05	326	200	3:13.95	248	"	"	<b>906</b>	3
37.	200	2:59.51	312	100	1:33.12	300	800	12:22.62	268			<b>880</b>	3
38.	800	11:55.37	300	100	1:15.81	291	200	3:04.76	286	"	"	<b>877</b>	3
39.	100	1:22.36	296	200	3:04.90	286	800	12:08.01	285	"	"	<b>867</b>	3
40.	100	1:33.89	292	200	3:05.60	283	800	12:26.34	264			<b>839</b>	3
41.	100	1:14.73	304	200	3:05.88	281	800	12:37.75	253	"	"	<b>838</b>	3
42.	800	11:57.31	298	200	3:08.61	269	100	1:25.63	263		4	<b>830</b>	3

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43.	800	12:07.93	285	100	1:17.86	268	200	3:09.99	263	"	"	<b>816</b>	3
44.	800	12:12.49	280	100	1:17.54	272	200	3:10.01	263	,		<b>815</b>	3
45.	100	1:32.12	310	200	3:10.24	262	800	12:59.73	232	"	"	<b>804</b>	3
46.	100	1:25.36	265	200	3:10.16	263	800	12:44.59	246	,	"	<b>774</b>	3
	100	1:16.29	285	800	12:36.97	253	200	3:17.00	236	,	"	<b>774</b>	3
48.	100	1:37.55	261	800	12:37.20	253	200	3:12.77	252	,	"	<b>766</b>	3
49.	200	3:10.22	262	800	12:29.31	261	100	1:41.08	234	,	"	<b>757</b>	3
50.	800	12:46.15	244	100	1:20.46	243	200	3:21.53	221	,		<b>708</b>	3
51.	200	3:15.77	241	800	13:00.73	231	100	1:42.36	226	,		<b>698</b>	3
	800	12:37.87	253	100	1:22.28	227	200	3:22.34	218	,	"	<b>698</b>	3
53.	100	1:19.10	256	200	3:16.82	237	800	13:35.95	202	,	"	<b>695</b>	3
54.	100	1:28.12	241	800	13:19.70	215	200	3:27.27	203	,	"	<b>659</b>	3
55.	200	2:57.38	324	800	11:43.00	317	100		-	,	"	<b>641</b>	3
56.	200	3:19.04	229	800	13:28.89	208	100	1:34.39	193	,	"	<b>630</b>	3
57.	200	3:21.96	219	800	13:18.22	216	100	1:26.76	194	,	"	<b>629</b>	3
58.	100	1:13.27	322	800	12:00.76	294	200		-	,		<b>616</b>	3
59.	200	3:27.32	203	100	1:26.20	198	800	13:59.71	186	,	"	<b>587</b>	3
60.	200	3:35.06	181	800	14:13.22	177	100	1:58.91	144	,	"	<b>502</b>	3
	800	14:16.68	175	200	3:41.42	166	100	1:32.33	161	,	"	<b>502</b>	3
62.	100	1:20.87	239	800	13:05.93	226	200		-	,		<b>465</b>	3
63.	800	12:52.40	239	100	1:31.28	214	200		-	,	"	<b>453</b>	3
64.	100	1:43.25	220	800	13:37.63	201	200		-	,		<b>421</b>	3

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65.	100	1:43.54	218	800	15:21.36	140	200	,	-			<b>358</b>	3
66.	800	14:28.52	168	200	4:05.65	122	100	,	-			<b>290</b>	3
67.	800	13:21.44	213	200	-	-	100	,	"	"		<b>213</b>	3
68.	100	1:31.57	215	200	-	-	-	,	"	"		<b>215</b>	2
69.	800	12:06.08	287	-	-	-	-	,	"	"		<b>287</b>	1

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1.	100	1:06.61	573	200	2:16.98	512	800	9:21.97	,	"	"	<b>1576</b>	3
2.	800	9:13.69	513	100	56.30	508	200	2:21.28	,	467		<b>1488</b>	3
3.	200	2:19.64	483	100	57.24	483	800	9:26.58	,	479		<b>1445</b>	3
4.	800	9:08.27	529	100	58.35	456	200	2:22.51	,	455	"	<b>1440</b>	3
5.	800	9:24.50	484	200	2:24.80	433	100	59.45	,	431	"	<b>1348</b>	3
6.	100	56.81	495	200	2:25.00	432	800	9:56.36	,	411		<b>1338</b>	3
7.	200	2:21.24	467	800	9:43.89	437	100	1:04.49	,	406	"	<b>1310</b>	3
8.	800	9:29.16	472	200	2:28.57	401	100	1:01.61	,	388	"	<b>1261</b>	3
9.	800	9:47.77	429	100	1:00.22	415	200	2:27.13	,	413		<b>1257</b>	3
10.	800	9:37.56	452	200	2:26.33	420	100	1:16.13	,	384	"	<b>1256</b>	3
11.	800	9:37.44	452	200	2:27.96	406	100	1:01.17	,	396	19	<b>1254</b>	3
12.	100	58.80	446	200	2:27.16	413	800	10:05.46	,	392		<b>1251</b>	3
13.	100	59.93	421	200	2:27.35	411	800	9:56.98	,	409		<b>1241</b>	3
	100	59.75	425	800	9:50.87	422	200	2:29.42	,	394	"	<b>1241</b>	3
15.	100	1:13.42	428	200	2:28.92	398	800	10:04.06	,	395	"	<b>1221</b>	3

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16.	100	59.96	421	800	10:01.20	401	200	2:29.87	391	19	1213	3	
17.	800	9:49.14	426	200	2:29.70	392	100	1:02.24	376	" "	1194	3	
	800	9:51.72	420	200	2:29.25	396	100	1:06.82	378	" "	1194	3	
19.	800	9:39.84	447	200	2:32.28	373	100	1:02.57	370	" "	1190	3	
20.	800	9:50.31	423	200	2:28.83	399	100	1:07.96	359	" "	1181	3	
21.	800	9:38.00	451	200	2:29.17	396	100	1:10.40	323	-	1170	3	
22.	800	9:39.73	447	200	2:34.03	360	100	1:03.38	356	" "	1163	3	
23.	200	2:28.49	402	100	1:15.39	395	800	10:20.11	365	-	1162	3	
24.	200	2:29.80	391	100	1:01.91	382	800	10:12.18	380	" "	1153	3	
25.	800	9:57.47	408	100	1:01.94	381	200	2:34.54	356	4	1145	3	
26.	800	9:58.24	407	200	2:31.59	378	100	1:08.23	355	" "	1140	3	
27.	100	1:04.45	407	200	2:31.18	381	800	10:29.71	349	" "	1137	3	
28.	800	9:48.93	426	100	1:02.08	379	200	2:38.51	330	,	1135	3	
	100	1:01.72	386	800	10:11.07	382	200	2:33.05	367	-	1135	3	
30.	800	10:02.92	397	200	2:30.39	387	100	1:07.93	347	" "	1131	3	
31.	800	9:53.10	417	100	1:03.34	357	200	2:34.70	355	,	1129	3	
32.	100	1:14.27	413	200	2:29.82	391	800	10:47.58	321	" "	1125	3	
33.	800	9:57.88	407	100	1:02.59	370	200	2:36.45	344	" "	1121	3	
34.	800	10:03.88	395	100	1:02.45	372	200	2:35.16	352	" "	1119	3	
35.	100	1:00.38	412	800	10:11.68	380	200	2:40.37	319	,	1111	3	
36.	100	1:15.27	397	800	10:04.74	394	200	2:40.53	318	" "	1109	3	
37.	800	10:13.17	378	200	2:31.77	376	100	1:07.66	352	,	19	1106	3

38.	100	1:01.51	389	800	10:10.22	383	200	2:38.04	333	" "	<b>1105</b>	3
39.	100	1:01.21	395	200	2:34.25	359	800	10:33.74	342	" "	<b>1096</b>	3
40.	100	1:01.53	389	200	2:34.96	354	800	10:28.16	351	" "	<b>1094</b>	3
41.	800	10:14.24	376	100	1:03.32	357	200	2:35.51	350	" "	<b>1083</b>	3
42.	800	9:50.66	423	100	1:04.72	334	200	2:39.42	325	" "	<b>1082</b>	3
	100	1:02.75	367	800	10:24.21	358	200	2:34.52	357	" "	<b>1082</b>	3
44.	100	1:02.21	376	800	10:14.88	375	200	2:38.78	329	" "	<b>1080</b>	3
45.	800	9:53.85	416	200	2:37.51	337	100	1:05.42	324	" 19	<b>1077</b>	3
46.	100	1:02.31	375	800	10:16.38	372	200	2:39.32	325	" "	<b>1072</b>	3
	100	1:00.68	406	800	10:26.51	354	200	2:41.63	312	" 4	<b>1072</b>	3
48.	800	9:58.22	407	100	1:04.43	339	200	2:40.19	320	" "	<b>1066</b>	3
49.	800	10:11.55	381	200	2:34.99	353	100	1:09.82	331	" "	<b>1065</b>	3
	800	10:08.96	386	200	2:36.56	343	100	1:08.68	336	" "	<b>1065</b>	3
51.	800	10:13.58	377	200	2:34.56	356	100	1:10.24	325	" "	<b>1058</b>	3
52.	100	1:01.42	391	800	10:38.52	334	200	2:38.60	330	" 19	<b>1055</b>	3
53.	800	10:20.95	364	200	2:34.68	356	100	1:10.14	327	" "	<b>1047</b>	3
54.	800	10:21.07	363	100	1:03.25	358	200	2:40.26	320	" "	<b>1041</b>	3
55.	800	10:12.35	379	100	1:04.52	337	200	2:39.70	323	" "	<b>1039</b>	3
56.	100	1:07.02	375	200	2:37.70	335	800	10:54.13	311	" "	<b>1021</b>	3
57.	100	1:18.17	354	200	2:38.06	333	800	-	328	" "	<b>1015</b>	3
58.	800	10:10.83	382	200	2:39.55	324	100	1:06.85	303	" "	<b>1009</b>	3
59.	800	10:34.73	340	100	1:19.22	340	200	2:39.54	324	" "	<b>1004</b>	3

60.	100	1:15.09	400	200	2:41.25	314	800	11:14.05	284	"	"	<b>998</b>	3
61.	100	1:03.78	349	800	10:31.74	345	200	2:43.70	300	"	"	<b>994</b>	3
62.	800	10:14.95	374	200	2:40.74	317	100	1:07.20	299	"	"	<b>990</b>	3
63.	100	1:03.87	348	200	2:39.79	322	800	10:49.94	317	"	"	<b>987</b>	3
64.	800	10:33.85	342	100	1:05.08	329	200	2:42.24	308	"	"	<b>979</b>	3
65.	100	1:03.69	351	200	2:41.15	314	800	10:53.05	313	"	"	<b>978</b>	3
66.	800	10:26.76	354	200	2:41.66	311	100	1:12.23	299	"	"	<b>964</b>	3
67.	100	1:03.65	351	800	10:52.19	314	200	2:43.97	298	"	"	<b>963</b>	3
	800	10:29.60	349	200	2:41.68	311	100	1:22.35	303	"	"	<b>963</b>	3
69.	100	1:19.91	332	200	2:38.63	330	800	11:01.78	300	"	"	<b>962</b>	3
	800	10:31.79	345	200	2:41.32	313	100	1:22.23	304	"	"	<b>962</b>	3
71.	800	10:33.05	343	100	1:06.44	309	200	2:42.73	305	"	"	<b>957</b>	3
72.	100	1:03.83	348	800	10:32.57	344	200	2:50.76	264	"	"	<b>956</b>	3
73.	800	10:18.96	367	200	2:44.85	294	100	1:07.53	294	"	"	<b>955</b>	3
74.	800	10:16.44	372	100	1:23.47	291	200	2:45.65	289	"	"	<b>952</b>	3
75.	800	10:19.60	366	100	1:04.95	331	200	2:53.43	252	"	"	<b>949</b>	3
76.	100	1:03.49	354	800	10:45.92	323	200	2:49.58	270	"	"	<b>947</b>	3
77.	100	1:04.73	334	800	10:40.57	331	200	2:47.53	280	"	"	<b>945</b>	3
78.	800	10:42.11	329	100	1:06.73	305	200	2:43.22	303	"	"	<b>937</b>	3
79.	100	1:05.54	322	800	10:47.49	321	200	2:48.38	276	"	"	<b>919</b>	3
80.	800	10:49.88	317	100	1:22.88	297	200	2:44.87	294	"	"	<b>908</b>	3
	200	2:42.33	308	800	11:01.98	300	100	1:07.10	300	"	"	<b>908</b>	3

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						08			"	"		<b>908</b>	3
	200	2:40.12	320	800	11:02.08	300	100	1:08.00	288				
83.						09						<b>906</b>	3
	800	10:14.45	375	200	2:48.44	275	100	1:10.71	256				
84.						08					19	<b>903</b>	3
	800	10:43.43	327	200	2:43.29	302	100	1:09.13	274				
85.						09				"	"	<b>898</b>	3
	800	10:41.57	330	200	2:39.99	321	100	1:16.98	247				
86.						08				"	"	<b>891</b>	3
	200	2:41.77	311	100	1:23.45	291	800	11:10.38	289				
87.						08					19	<b>883</b>	3
	800	10:55.35	309	200	2:45.88	288	100	1:08.17	286				
88.						09				"	"	<b>875</b>	3
	800	10:42.10	329	100	1:08.19	286	200	2:51.65	260				
						09				"	"	<b>875</b>	3
	800	10:48.82	319	100	1:07.99	288	200	2:49.85	268				
90.						09				"	"	<b>873</b>	3
	100	1:05.90	317	800	11:10.51	289	200	2:50.12	267				
91.						09				"	"	<b>872</b>	3
	100	1:22.35	303	800	11:02.97	299	200	2:49.56	270				
92.						09					19	<b>871</b>	3
	800	10:39.60	333	200	2:49.40	271	100	1:09.73	267				
93.						09				"	"	<b>867</b>	3
	800	10:55.01	310	100	1:13.27	286	200	2:49.41	271				
94.						08					19	<b>866</b>	3
	800	10:36.15	338	100	1:08.62	280	200	2:54.35	248				
95.						08					19	<b>865</b>	3
	800	11:07.87	292	200	2:45.55	290	100	1:13.58	283				
						09				"	"	<b>865</b>	3
	800	10:50.71	316	200	2:47.20	281	100	1:14.08	268				
97.						08					19	<b>864</b>	3
	800	10:59.60	303	100	1:07.65	293	200	2:49.84	268				
98.						08				"	"	<b>858</b>	3
	800	10:49.60	318	200	2:44.94	293	100	1:28.12	247				
99.						08				"	"	<b>856</b>	3
	800	10:50.56	316	200	2:48.66	274	100	1:26.00	266				
100.						08						<b>851</b>	3
	800	10:54.73	310	100	1:07.01	301	200	2:56.38	240				
101.						09				"	"	<b>849</b>	3
	800	10:56.10	308	100	1:08.22	285	200	2:52.59	256				
102.						09				"	"	<b>848</b>	3
	100	1:21.43	313	200	2:47.26	281	800	11:39.76	254				
103.						08				"	"	<b>847</b>	3
	800	10:46.60	322	100	1:09.86	266	200	2:51.92	259				



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104.	800	10:56.02	308	200	2:49.28	271	100	1:26.34	263	"	"	<b>842</b>	3
105.	800	10:55.58	309	100	1:08.91	277	200	2:55.18	245	"	"	<b>831</b>	3
106.	800	11:12.66	286	100	1:08.34	284	200	2:52.32	257	"	"	<b>827</b>	3
107.	800	11:00.39	302	100	1:08.21	285	200	2:56.71	238	"	19	<b>825</b>	3
108.	800	11:06.18	294	100	1:07.88	290	200	2:56.28	240	"	"	<b>824</b>	3
109.	800	9:51.81	420	200	2:28.45	402	100		-	"	"	<b>822</b>	3
110.	800	10:55.11	310	200	2:49.37	271	100	1:18.07	237	"	"	<b>818</b>	3
111.	800	11:00.35	302	200	2:51.06	263	100	1:11.22	251	"	"	<b>816</b>	3
112.	100	1:08.56	281	200	2:49.54	270	800	11:32.37	262	"	"	<b>813</b>	3
113.	800	11:02.93	299	100	1:09.74	267	200	2:55.51	243	"	"	<b>809</b>	3
114.	800	9:38.34	450	100	1:03.43	355	200		-	"	"	<b>805</b>	3
115.	200	2:44.19	297	800	11:41.00	253	100	1:16.37	253	"	"	<b>803</b>	3
116.	800	10:44.98	324	100	1:09.85	266	200	3:03.95	211	"	"	<b>801</b>	3
117.	800	10:45.32	324	100	1:12.00	243	200	2:58.41	232	"	"	<b>799</b>	3
118.	800	11:09.06	291	100	1:16.08	256	200	2:54.48	248	"	"	<b>795</b>	3
	200	2:42.40	307	800	11:17.71	280	100	1:20.63	208	"	"	<b>795</b>	3
120.	800	11:08.75	291	100	1:10.92	254	200	2:54.26	248	"	"	<b>793</b>	3
121.	800	11:10.37	289	100	1:09.70	268	200	2:58.91	230	"	"	<b>787</b>	3
122.	800	11:13.32	285	100	1:10.41	260	200	2:56.10	241	"	"	<b>786</b>	3
123.	800	11:23.05	273	100	1:10.91	254	200	2:54.00	250	"	"	<b>777</b>	3
124.	800	11:11.14	288	100	1:11.31	250	200	2:57.12	237	"	"	<b>775</b>	3
	800	11:11.23	288	200	2:54.88	246	100	1:12.14	241	"	"	<b>775</b>	3

126.	800	11:10.05	289	100	1:10.76	256	200	2:59.04	229	09	19	774	3
	100	1:19.80	333	200	2:58.75	230	800	12:23.91	211	09	"	774	3
128.	800	11:25.52	270	200	2:53.09	254	100	1:11.36	249	09	"	773	3
129.	800	11:09.89	290	200	2:53.15	253	100	1:19.40	225	09	"	768	3
130.	800	10:56.34	308	200	2:57.68	234	100	1:31.38	222	08	"	764	3
131.	100	1:06.54	383	200	2:31.43	379	800		-	08	"	762	3
132.	800	11:34.32	260	200	2:52.03	258	100	1:18.39	234	08	"	752	3
133.	800	11:23.84	272	100	1:10.45	259	200	3:02.67	216	09	"	747	3
134.	800	11:34.18	260	200	2:55.13	245	100	1:29.46	236	09	"	741	3
135.	800	10:12.29	379	200	2:36.16	346	100		-	08	"	725	3
136.	200	2:55.10	245	100	1:17.41	243	800	11:56.56	236	09	"	724	3
137.	800	10:16.26	372	100	1:09.44	337	200		-	08	"	709	3
138.	200	2:34.67	356	100	1:19.96	331	800		-	09	19	687	3
139.	800	10:10.85	382	100	1:06.98	302	200		-	09	"	684	3
140.	200	2:56.11	241	100	1:14.29	221	800	12:19.47	215	08	"	677	3
141.	800	10:39.27	333	100	1:20.88	320	200		-	08	19	653	3
142.	800	12:11.24	222	200	3:02.76	215	100	1:15.78	208	09	"	645	3
143.	800	12:14.02	220	100	1:14.68	217	200	3:11.26	188	09	"	625	3
144.	800	10:45.56	324	100	1:07.52	294	200		-	09	"	618	3
145.	100	1:21.32	315	800	11:04.82	296	200		-	08	"	611	3
146.	800	10:44.75	325	100	1:24.31	282	200		-	08	"	607	3
147.	800	10:59.37	304	200	2:44.33	296	100		-	08	"	600	3

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148.	800	10:43.40	327	100	1:09.37	271	200	,	19			<b>598</b>	3
149.	100	1:07.33	297	800	11:05.76	295	200	,	-	"	"	<b>592</b>	3
150.	100	1:06.16	313	800	11:20.36	276	200	,	-			<b>589</b>	3
151.	800	12:19.36	215	200	3:05.98	204	100	,	1:27.48	168		<b>587</b>	3
152.	800	10:49.19	318	100	1:16.06	247	200	,	-	"	"	<b>565</b>	3
153.	800	11:08.04	292	100	1:10.41	260	200	,	-	"	"	<b>552</b>	3
154.	800	10:57.33	306	100	1:20.45	216	200	,	-	"	"	<b>522</b>	3
155.	100	1:09.65	268	800	11:40.78	253	200	,	-			<b>521</b>	3
156.	800	11:21.53	275	100	1:11.92	243	200	,	-	"	"	<b>518</b>	3
157.	800	10:46.13	323	200	2:43.08	303		,	19			<b>626</b>	2
158.	800	10:45.71	323	200	2:46.15	287		,	"	"		<b>610</b>	2
159.	200	2:33.73	362	800		-		,	"	"		<b>362</b>	2