

10
 02.11.2024 - 10:00

, 100m

11-13 (2011-2013 . .)

1 5

2	12	,	4	NT
3	12	,	" . . . "	1:40.00
4	11	,	" "	1:33.00
5	13	,	" . . . "	1:35.10
6	12	,	" "	NT
7	11	,	4	NT

2 5

1	12	,	-19	1:30.00
2	12	,	-19	1:30.00
3	11	,	" "	1:25.00
4	12	,	-19	1:25.00
5	12	,	-19	1:25.00
6	13	-	,	1:25.00
7	12	-	,	1:30.00
8	13	,		1:30.00

3 5

1	12	,	-19	1:24.00
2	11	,		1:23.00
3	12	,	-19	1:22.00
4	12	,	" "	1:19.76
5	13	,		1:20.00
6	11	,	" "	1:22.00
7	11	,	" "	1:23.00
8	12	,	" "	1:24.00

4 5

1	11	,	" "	1:19.20
2	13	,	" "	1:18.00
3	12	,	" "	1:18.00
4	13	,		1:17.00
5	12	,	" "	1:17.00
6	13	,		1:18.00
7	12	,		1:18.50
8	11	,	" "	1:19.55

" (50 .)

ALT- TIMING

11-13 (2011-2013 . .), 11-13 (2011-2013 . .)
 , 01.11-03.11.2024 .

10, , 100m

5 5

1	11	,			1:14.00
2	11	,	1		1:11.50
3	11	,	"	"	1:10.00
4	11	,	"	"	1:08.00
5	11	,	"	"	1:08.50
6	12	,			1:10.00
7	12	,	1-		1:13.50
8	11	,	-19		1:15.00

11 , 100m 11-13 (2011-2013 . .)
 02.11.2024 - 10:10

1 4

2	11	,	. . .		NT
3	11	,	. . .		NT
4	11	,	"	"	1:26.00
5	11	,	"	"	NT
6	13	,	. . .		NT

2 4

1	11	,	-19		1:24.00
2	11	,			1:20.00
3	11	,	"	"	1:17.00
4	13	,	"	"	1:16.00
5	11	,	"	"	1:17.00
6	11	,	"	"	1:20.00
7	12	,	"	"	1:24.00
8	12	,	"	"	1:26.00

3 4

1	12	,	"	"	1:14.52
2	13	,	"	"	1:14.00
3	11	,	-19		1:12.00
4	11	,	1-		1:10.00
5	11	-			1:12.00
6	11	,	"	"	1:13.00
7	13	,	"	"	1:14.01
8	11	,	"	"	1:15.00

" (50 .)

ALT- TIMING

11-13 (2011-2013 . .), 11-13 (2011-2013 . .)
 , 01.11-03.11.2024 .

11, , 100m

4 4

1	11				1:08.66
2	11			" "	1:06.44
3	11	-		" "	1:05.00
4	11			" "	1:03.50
5	11			" "	1:04.00
6	11			" "	1:05.00
7	11			" "	1:08.00
8	11			" "	1:10.00

12 , 200m

11-13 (2011-2013 . .)

02.11.2024 - 10:15

1 16

1	13		4		NT
2	12		4		NT
3	13				3:05.50
4	12				2:58.00
5	12		" "		3:03.00
6	12				3:05.50
7	11		4		NT

2 16

1	13				2:56.00
2	13				2:55.04
3	12		" "		2:53.00
4	13				2:52.00
5	11		" "		2:53.00
6	11		" "		2:55.00
7	12		" "		2:55.32
8	12		" "		2:57.13

3 16

1	11		" "		2:50.12
2	13				2:50.00
3	12		-19		2:50.00
4	12		" "		2:50.00
5	12		-19		2:50.00
6	13		" "		2:50.00
7	11				2:50.00
8	13				2:51.00

" "(50 .)

ALT- TIMING

12, , 200m

4 16

1	13	,	"	"	2:50.00
2	12	,	"	"	2:49.00
3	11	,	-19		2:48.00
4	11	,	"	"	2:45.34
5	12	,	"	"	2:47.00
6	12	,	-19		2:48.00
7	13	,	"	"	2:49.49
8	11	,	"	"	2:50.00

5 16

1	12	,	-19		2:45.00
2	13	,			2:45.00
3	11	,	"	"	2:45.00
4	11	,	-19		2:43.00
5	12	,	"	"	2:44.00
6	12	,			2:45.00
7	13	,	"	"	2:45.00
8	12	,			2:45.00

6 16

1	12	,	"	"	2:41.00
2	12	,			2:40.00
3	13	,	"	"	2:40.00
4	13	,	"	"	2:40.00
5	13	,	"	"	2:40.00
6	12	,	-19		2:40.00
7	12	,	"	"	2:41.00
8	11	,	"	"	2:43.00

7 16

1	13	-	,		2:39.35
2	11	,			2:38.50
3	12	-	,		2:38.00
4	11	,			2:37.50
5	12	,			2:38.00
6	12	,	-19		2:38.00
7	12	,	"	"	2:39.00
8	11	,			2:40.00

" (50 .)

ALT- TIMING

12, , 200m

8 16

1	12	,	"	"	2:37.15
2	13	,	"	"	2:37.00
3	12	,	"	"	2:36.00
4	12	,			2:35.60
5	12	,			2:36.00
6	12	,	"	"	2:36.05
7	11	,	"	"	2:37.00
8	12	,	"	"	2:37.44

9 16

1	13	,	"	"	2:35.00
2	12	,			2:34.00
3	11	,	"	"	2:33.90
4	11	,	"	"	2:33.00
5	12	,			2:33.30
6	12	,			2:34.00
7	11	,	"	"	2:35.00
8	12	,	"	"	2:35.00

10 16

1	11	,	"	"	2:33.00
2	11	,	-19		2:30.00
3	12	,			2:30.00
4	12	,	"	"	2:30.00
5	11	,	"	"	2:30.00
6	12	,	4		2:30.00
7	12	,	"	"	2:31.00
8	13	,			2:33.00

11 16

1	12	-	,		2:29.13
2	11	,			2:28.70
3	11	,	"	"	2:28.00
4	11	,			2:28.00
5	11	,	4		2:28.00
6	11	,	"	"	2:28.44
7	11	,			2:29.00
8	11	,	"	"	2:30.00

" (50 .)

ALT- TIMING

12, , 200m

12 16

1	12	,			2:27.50
2	13	,	"	"	2:26.00
3	11	,	"	"	2:26.00
4	13	,	"	"	2:25.00
5	12	,	4		2:25.00
6	12	,	"	"	2:26.00
7	11	,	"	"	2:26.00
8	13	,			2:28.00

13 16

1	12	,			2:25.00
2	11	,	"	"	2:25.00
3	12	,	4		2:24.00
4	11	,	4		2:24.00
5	11	,	"	"	2:24.00
6	12	,	"	"	2:24.00
7	11	,			2:25.00
8	11	,	-19		2:25.00

14 16

1	11	,	-19		2:23.00
2	11	,			2:22.80
3	12	,	"	"	2:22.00
4	12	,	"	"	2:22.00
5	12	,			2:22.00
6	12	,	"	"	2:22.00
7	12	,			2:23.00
8	12	,	1-		2:23.40

15 16

1	11	,	"	"	2:21.00
2	12	,	"	"	2:20.00
3	12	,	"	"	2:20.00
4	11	,	"	"	2:20.00
5	11	,			2:20.00
6	11	,			2:20.00
7	11	,	1		2:20.30
8	11	,			2:21.70

" (50 .)

ALT- TIMING

11-13 (2011-2013 . .), 11-13 (2011-2013 . .)
 , 01.11-03.11.2024 .

12, , 200m

16 16

1	11	,	-19	2:19.00
2	11	,	-19	2:16.00
3	11	,	-19	2:15.00
4	11	,	" "	2:11.50
5	12	,	-19	2:15.00
6	11	,	-19	2:16.00
7	12	-	,	2:16.00
8	11	,		2:20.00

13

, 200m

11-13 (2011-2013 . .)

02.11.2024 - 11:00

1 14

2	13	,	" "	NT
3	12	,		2:52.00
4	13	-	,	2:49.70
5	13	,	" "	2:50.00
6	13	,	4	NT

2 14

1	13	,		2:45.00
2	12	,	-19	2:45.00
3	12	,	" "	2:44.00
4	12	,	" "	2:42.45
5	12	,	" "	2:44.00
6	13	,	" "	2:44.13
7	11	,		2:45.00
8	12	,	" "	2:45.00

3 14

1	12	,	" "	2:40.10
2	11	,	" "	2:40.00
3	12	,	-19	2:40.00
4	11	,		2:40.00
5	11	,	" "	2:40.00
6	13	,	-19	2:40.00
7	11	,	" "	2:40.00
8	11	,	" "	2:42.00

" "(50 .)

ALT- TIMING

13, , 200m

4 14

1	12	,				2:40.00
2	11	,				2:40.00
3	13	,		"	"	2:40.00
4	12	,		"	" - "	2:39.45
5	13	,				2:40.00
6	11	,		-19		2:40.00
7	12	,		"	"	2:40.00
8	11	,				2:40.00

5 14

1	11	,		"	"	2:39.00
2	11	,		"	"	2:38.00
3	13	,		-19		2:38.00
4	11	,				2:36.00
5	13	,		"	"	2:36.00
6	11	,		"	"	2:38.00
7	11	,		"	"	2:38.34
8	11	,				2:39.00

6 14

1	12	,		"	"	2:36.00
2	11	,		-19		2:35.00
3	11	,		"	"	2:35.00
4	12	,		"	"	2:35.00
5	12	,				2:35.00
6	11	,		"	"	2:35.00
7	12	-		,		2:35.41
8	12	,		"	"	2:36.00

7 14

1	13	,		-19		2:34.00
2	11	,				2:33.00
3	12	,		"	"	2:32.00
4	12	,		"	"	2:31.00
5	12	,		"	"	2:31.00
6	11	,		"	"	2:32.00
7	12	,		"	"	2:33.00
8	11	,		"	"	2:34.00

" (50 .)

ALT- TIMING

13, , 200m

8 14

1	11	,	"	"	2:31.00
2	11	-	,	"	2:30.14
3	11	,	"	"	2:30.00
4	13	,	"	"	2:30.00
5	12	,	"	"	2:30.00
6	13	,	"	"	2:30.01
7	11	,	"	"	2:30.50
8	12	,	"	"	2:31.00

9 14

1	11	,	"	"	2:30.00
2	11	,	"	"	2:30.00
3	13	,	"	"	2:30.00
4	11	,	"	"	2:29.00
5	11	,	"	"	2:30.00
6	12	,	"	"	2:30.00
7	11	,	-19	"	2:30.00
8	11	,	-19	"	2:30.00

10 14

1	11	,	"	"	2:27.00
2	11	,	"	"	2:26.67
3	11	-	,	"	2:26.00
4	11	-	,	"	2:25.16
5	13	,	"	"	2:26.00
6	11	,	"	"	2:26.00
7	11	,	-19	"	2:27.00
8	13	,	"	"	2:28.00

11 14

1	11	,	"	"	2:25.00
2	13	,	"	"	2:25.00
3	11	,	"	"	2:24.00
4	12	,	"	"	2:23.00
5	11	,	"	"	2:23.90
6	11	,	"	"	2:24.00
7	11	,	"	"	2:25.00
8	12	,	"	"	2:25.00

" (50 .)

ALT- TIMING

11-13 (2011-2013 . .), 11-13 (2011-2013 . .)
 , 01.11-03.11.2024 .

13, , 200m

12 14

1	11	,	"	"	2:21.00
2	11	,	"	"	2:20.00
3	11	,	-19	"	2:20.00
4	12	,	"	"	2:20.00
5	11	,	"	"	2:20.00
6	11	,	"	"	2:20.00
7	11	,	"	"	2:20.65
8	11	,	"	"	2:22.00

13 14

1	13	,	"	"	2:20.00
2	11	,	"	"	2:18.00
3	11	,	"	"	2:18.00
4	11	,	"	"	2:18.00
5	11	,	"	"	2:18.00
6	11	,	"	"	2:18.00
7	11	,	4	"	2:19.00
8	11	,	"	"	2:20.00

14 14

1	11	,	"	"	2:17.00
2	11	,	"	"	2:13.00
3	11	,	1-	"	2:12.00
4	11	,	"	"	2:07.00
5	11	,	-19	"	2:12.00
6	11	,	"	"	2:12.00
7	12	,	"	"	2:16.00
8	12	,	"	"	2:17.00

14

, 200m

11-13

(2011-2013 . .)

02.11.2024 - 11:40

1 8

3	13	,	"	"	NT
4	11	,	"	"	3:44.00
5	13	,	"	"	NT
6	12	,	4	"	NT

" (50 .)

ALT- TIMING

14, , 200m

<u>2 8</u>					
1	13	,	"	"	3:40.00
2	11	,	4		3:35.00
3	13	,			3:30.00
4	13	-	,		3:29.51
5	12	,	"	"	3:30.00
6	12	,			3:30.00
7	13	,	"	"	3:35.00
8	11	,	"	"	3:42.00
<u>3 8</u>					
1	13	,	-19		3:29.00
2	12	,	-19		3:24.00
3	12	,	"	"	3:21.00
4	12	,			3:20.00
5	11	,	"	"	3:21.00
6	12	,	-19		3:22.00
7	11	,	-19		3:25.00
8	12	,	"	"	3:29.00
<u>4 8</u>					
1	12	,	-19		3:20.00
2	12	,	"	"	3:20.00
3	12	,	"	"	3:18.00
4	13	,			3:18.00
5	11	,	"	"	3:18.00
6	11	,	"	"	3:20.00
7	12	,	"	"	3:20.00
8	12	,	-19		3:20.00
<u>5 8</u>					
1	11	,	"	"	3:16.46
2	13	,	"	"	3:15.00
3	11	,	"	"	3:15.00
4	12	,	"	"	3:14.00
5	13	,	"	"	3:15.00
6	12	,			3:15.00
7	12	,	"	"	3:16.00
8	11	,			3:16.70

" (50 .)

ALT- TIMING

14, , 200m

6 8

1	12	,	"	"	3:12.20
2	12	,			3:10.20
3	11	,	"	"	3:10.00
4	12	,	4		3:10.00
5	12	,			3:10.00
6	12	,	"	"	3:10.00
7	12	,			3:11.00
8	11	,			3:12.40

7 8

1	13	,	"	"	3:07.00
2	11	,			3:05.00
3	12	,	"	"	3:05.00
4	12	,	"	"	3:01.00
5	12	,	"	"	3:02.00
6	12	,	"	"	3:05.00
7	12	,			3:05.00
8	12	,			3:07.50

8 8

1	11	-	,		3:00.00
2	11	,	"	"	2:58.00
3	12	,	"	"	2:53.00
4	11	,			2:45.00
5	11	,	-19		2:50.00
6	11	,	"	"	2:55.00
7	11	-	,		2:59.00
8	12	,			3:00.00

15

, 200m

11-13 (2011-2013 . .)

02.11.2024 - 12:10

1 6

3	13	,			3:46.00
4	12	,			3:35.20
5	11	,			3:40.00

" (50 .)

ALT- TIMING

15, , 200m

2 6

2	13	,			3:21.00
3	11	,	"	"	3:20.00
4	12	,	"	"	3:20.00
5	12	,	"	"	3:20.00
6	11	,	"	"	3:20.00
7	13	,			3:28.00

3 6

1	13	,	"	"	3:15.00
2	11	,	-19		3:14.00
3	13	,	"	"	3:10.00
4	11	,	"	"	3:10.00
5	11	,	"	"	3:10.00
6	11	,	"	"	3:10.00
7	12	,	"	"	3:14.00
8	11	,	"	"	3:15.00

4 6

1	11	,	"	"	3:10.00
2	11	,	"	"	3:08.00
3	11	,	"	"	3:07.00
4	11	,	"	"	3:06.00
5	12	,	"	"	3:06.00
6	12	,	"	"	3:08.00
7	12	,	"	"	3:08.00
8	12	,	"	"	3:10.00

5 6

1	11	,	"	"	3:05.89
2	11	,	"	"	2:59.00
3	12	,	"	"	2:57.62
4	11	,	"	"	2:53.00
5	12	,	"	"	2:56.00
6	11	,	"	"	2:58.00
7	11	,	"	"	3:04.50
8	12	,	"	"	3:06.00

6 6

1	11	,	"	"	2:52.00
2	11	,	"	"	2:50.00
3	11	,	"	"	2:45.00
4	11	,	"	"	2:32.00
5	11	,	"	"	2:40.25
6	11	,	"	"	2:49.00
7	11	,	-19		2:50.00
8	11	,	"	"	2:52.00

" (50 .)

ALT- TIMING

16
 02.11.2024 - 12:30

, 400m

11-13 (2011-2013 . .)

<u>1 4</u>					
3		12	,		7:00.00
4		12	,	-19	6:27.00
5		11	,	" "	6:30.00
<u>2 4</u>					
2		12	,	" "	6:17.00
3		12	,	" "	6:12.25
4		12	,	" "	6:10.50
5		12	,	" "	6:12.00
6		13	,	-19	6:15.00
7		13	,		6:25.00
<u>3 4</u>					
1		11	,		6:00.00
2		12	,	" "	5:55.00
3		11	,	" "	5:48.00
4		12	,	" "	5:45.00
5		11	,	" "	5:45.00
6		11	,	" "	5:48.00
7		12	,	" "	5:56.00
8		12	,	" "	6:00.00
<u>4 4</u>					
1		11	,		5:43.00
2		11	,		5:40.00
3		11	,	" "	5:35.00
4		11	,	" "	5:20.00
5		11	,	-19	5:28.00
6		12	,	" "	5:35.00
7		11	,		5:42.00
8		11	,	" "	5:45.00

" "(50 .)

ALT- TIMING

17 , 400m 11-13 (2011-2013 . .)
 02.11.2024 - 12:50

<u>1 2</u>						
3		13	,	"	"	7:03.21
4		13	,	"	"	5:55.00
5		13	,	"	"	6:01.00

<u>2 2</u>						
1		11	,	"	"	5:45.00
2		12	,	"	"	5:39.00
3		11	-	,		5:15.00
4		11	,	"	"	5:15.00
5		11	,	"	"	5:15.00
6		11	,	"	"	5:25.00
7		11	,			5:40.00

18 , 4 x 50m 11-13 (2011-2013 . .)
 02.11.2024 - 13:00

<u>1 2</u>						
2			,			NT
3			,	"	"	NT
4			,	"	"	NT
5	-		-	,		NT
6			,	-19		NT

<u>2 2</u>						
1			,	"	"	NT
2			,			NT
3			,			NT
4			,	"	"	NT

" (50 .)

ALT- TIMING

11-13 (2011-2013 . .), 11-13 (2011-2013 . .)
 , 01.11-03.11.2024 .

18, , 4 x 50m

5	,	"	"	NT
6	,	"	"	NT
7	,	,	,	NT
8	,	,	,	NT

19
 02.11.2024 - 13:00

, 4 x 50m

11-13 (2011-2013 . .)

1 2

3	,	"	"	NT
4	,	"	"	NT
5	,	"	"	NT
6	,	"	"	NT

2 2

1	,	"	"	NT
2	,	"	"	NT
3	-	,	,	NT
4	,	-19	,	NT
5	,	,	,	NT
6	,	,	,	NT
7	,	,	,	NT
8	,	,	,	NT

" (50 .)

ALT- TIMING

20
 02.11.2024 - 13:05

, 1500m

11-13 (2011-2013 . .)

1 4

1	11	,			18:39.00
2	11	,	"	"	18:29.00
3	11	,	"	"	18:00.00
4	11	,	"	"	17:45.00
5	11	,	"	"	17:45.00
6	11	,	"	"	18:10.00
7	11	,	"	"	18:29.00
8	11	,	4		18:40.00

2 4

1	11	,			19:10.00
2	12	,	-19		19:10.00
3	11	,	"	"	18:42.20
4	12	,	"	"	18:40.00
5	12	,	"	"	18:40.00
6	11	,	-19		19:10.00
7	11	,	"	"	19:10.00
8	11	,	-19		19:10.00

3 4

1	11	,			20:10.00
2	11	,			20:10.00
3	12	,	"	"	19:30.00
4	11	,			19:15.00
5	11	,	"	"	19:30.00
6	11	,	"	"	20:00.00
7	11	,	"	"	20:10.00
8	12	,			20:20.00

4 4

1	11	,	4		21:00.00
2	12	,	"	"	21:00.00
3	11	,	"	"	20:40.00
4	12	,			20:25.00
5	11	,			20:33.00
6	11	,	"	"	20:50.00
7	13	,	"	"	21:00.00
8	11	,	-19		21:00.00

" (50 .)

ALT- TIMING