

11, , 800m ,

WA

15.			10 2	"	"				11:40.20 2	331		
	100m:	1:18.60	1:18.60	300m:	4:15.80	1:29.00	500m:	7:13.42	1:28.22	700m:	10:13.23	1:29.91
	200m:	2:46.80	1:28.20	400m:	5:45.20	1:29.40	600m:	8:43.32	1:29.90	800m:	11:40.20	1:26.97

(14-15)

1.			09	"	-1"				9:41.98	578		
	50m:	32.05	32.05	250m:	2:56.31	36.79	450m:	5:25.04	37.34	650m:	7:55.21	37.40
	100m:	1:06.99	34.94	300m:	3:33.27	36.96	500m:	6:02.48	37.44	700m:	8:32.21	37.00
	150m:	1:43.12	36.13	350m:	4:10.27	37.00	550m:	6:39.99	37.51	750m:	9:08.33	36.12
	200m:	2:19.52	36.40	400m:	4:47.70	37.43	600m:	7:17.81	37.82	800m:	9:41.98	33.65

2.			10	"	"				9:52.47 1	547		
	100m:	1:08.90	1:08.90	300m:	3:37.97	1:14.57	500m:	6:08.83	1:15.36	700m:	8:39.58	1:15.33
	200m:	2:23.40	1:14.50	400m:	4:53.47	1:15.50	600m:	7:24.25	1:15.42	800m:	9:52.47	1:12.89

3.			10	"	-1"				9:57.70 1	533		
	100m:	1:11.03	1:11.03	300m:	3:43.24	1:16.35	500m:	6:14.66	1:25.58	700m:	8:47.22	1:15.46
	200m:	2:26.89	1:15.86	400m:	4:49.08	1:05.84	600m:	7:31.76	1:17.10	800m:	9:57.70	1:10.48

4.			10 1	"	"				9:58.40 1	531		
	100m:	1:10.30	1:10.30	300m:	3:43.01	1:16.52	500m:	6:14.94	1:26.53	700m:	8:47.60	1:16.41
	200m:	2:26.49	1:16.19	400m:	4:48.41	1:05.40	600m:	7:31.19	1:16.25	800m:	9:58.40	1:10.80

5.			10 1	"	"				10:28.72 2	458		
	100m:	1:12.37	1:12.37	300m:	3:51.76	1:30.07	500m:	6:31.14	1:19.75	700m:	9:11.80	1:20.94
	200m:	2:21.69	1:09.32	400m:	5:11.39	1:19.63	600m:	7:50.86	1:19.72	800m:	10:28.72	1:16.92

6.			09 2	"	-1"				10:46.43 2	421		
	100m:	1:14.50	1:14.50	300m:	4:00.17	1:22.94	500m:	6:47.40	1:23.53	700m:	9:29.59	1:20.56
	200m:	2:37.23	1:22.73	400m:	5:23.87	1:23.70	600m:	8:09.03	1:21.63	800m:	10:46.43	1:16.84

7.			09 1	"	"				10:46.91 2	420		
	100m:	1:12.38	1:12.38	300m:	3:52.13	1:30.43	500m:	6:38.84	1:23.47	700m:	9:26.19	1:23.47
	200m:	2:21.70	1:09.32	400m:	5:15.37	1:23.24	600m:	8:02.72	1:23.88	800m:	10:46.91	1:20.72

8.			09 1	"	-2"				11:19.33 2	363		
	100m:	1:18.47	1:18.47	300m:	4:13.63	1:27.63	500m:	7:07.60	1:26.26	700m:	9:57.37	1:24.50
	200m:	2:46.00	1:27.53	400m:	5:41.34	1:27.71	600m:	8:32.87	1:25.27	800m:	11:19.33	1:21.96

9.			10 2	"	"				11:22.44 2	358		
	100m:	1:16.94	1:16.94	300m:	4:08.94	1:27.44	500m:	7:04.30	1:27.32	700m:	9:58.83	1:27.32
	200m:	2:41.50	1:24.56	400m:	5:36.98	1:28.04	600m:	8:31.51	1:27.21	800m:	11:22.44	1:23.61

10.			10 1	"	-1"				11:35.51 2	338		
	100m:	1:18.60	1:18.60	300m:	4:14.57	1:28.81	500m:	7:11.92	1:28.76	700m:	10:09.83	1:28.45
	200m:	2:45.76	1:27.16	400m:	5:43.16	1:28.59	600m:	8:41.38	1:29.46	800m:	11:35.51	1:25.68

11.			10 2	"	"				11:40.20 2	331		
	100m:	1:18.60	1:18.60	300m:	4:15.80	1:29.00	500m:	7:13.42	1:28.22	700m:	10:13.23	1:29.91
	200m:	2:46.80	1:28.20	400m:	5:45.20	1:29.40	600m:	8:43.32	1:29.90	800m:	11:40.20	1:26.97

(16-18)

1.			07	"	-1"				9:42.96	575		
	100m:	1:08.91	1:08.91	300m:	3:37.84	1:14.47	500m:	6:06.69	1:14.28	700m:	8:33.72	1:12.81
	200m:	2:23.37	1:14.46	400m:	4:52.41	1:14.57	600m:	7:20.91	1:14.22	800m:	9:42.96	1:09.24

2.			08	"	-1"				10:54.62 2	406		
	100m:	1:16.50	1:16.50	300m:	4:02.65	1:23.43	500m:	6:48.83	1:23.11	700m:	9:35.15	1:22.78
	200m:	2:39.22	1:22.72	400m:	5:25.72	1:23.07	600m:	8:12.37	1:23.54	800m:	10:54.62	1:19.47

3.			08 1	"	"				10:56.87 2	401		
	100m:	1:16.22	1:16.22	300m:	4:01.62	1:22.83	500m:	6:48.65	1:21.10	700m:	9:35.44	1:23.57
	200m:	2:38.79	1:22.57	400m:	5:27.55	1:25.93	600m:	8:11.87	1:23.22	800m:	10:56.87	1:21.43