

											WA	
12,											1500m	
9.											19:10.62 2	433
	06 1 " -1"											
100m:	1:11.47	1:11.47	500m:	6:20.02	1:20.68	900m:	11:35.12	1:18.50	1300m:	16:42.41	1:17.04	
200m:	2:26.97	1:15.50	600m:	7:39.02	1:19.00	1000m:	12:52.19	1:17.07	1400m:	17:51.47	1:09.06	
300m:	3:45.02	1:18.05	700m:	8:57.62	1:18.60	1100m:	14:08.37	1:16.18	1500m:	19:10.62	1:19.15	
400m:	4:59.34	1:14.32	800m:	10:16.62	1:19.00	1200m:	15:25.37	1:17.00				
10.											20:16.70 2	366
	09 2 " "											
100m:	1:12.76	1:12.76	500m:	6:36.12	1:21.67	900m:	12:05.33	1:21.98	1300m:	17:36.58	1:22.68	
200m:	2:32.44	1:19.68	600m:	7:58.76	1:22.64	1000m:	13:27.56	1:22.23	1400m:	18:57.69	1:21.11	
300m:	2:53.04	20.60	700m:	9:20.47	1:21.71	1100m:	14:50.82	1:23.26	1500m:	20:16.70	1:19.01	
400m:	5:14.45	2:21.41	800m:	10:43.35	1:22.88	1200m:	16:13.90	1:23.08				
11.											20:48.66 2	339
	10 2 " -2"											
100m:	1:16.85	1:16.85	500m:	6:55.92	1:25.30	900m:	12:37.85	1:25.64	1300m:	18:15.03	1:23.16	
200m:	2:40.96	1:24.11	600m:	8:21.32	1:25.40	1000m:	14:03.36	1:25.51	1400m:	19:34.01	1:18.98	
300m:	4:05.28	1:24.32	700m:	9:46.35	1:25.03	1100m:	15:27.76	1:24.40	1500m:	20:48.66	1:14.65	
400m:	5:30.62	1:25.34	800m:	11:12.21	1:25.86	1200m:	16:51.87	1:24.11				
12.											20:49.97 2	338
	06 2 " -2"											
100m:	1:17.84	1:17.84	500m:	6:52.52	1:24.27	900m:	12:33.97	1:25.25	1300m:	18:14.87	1:24.35	
200m:	2:41.18	1:23.34	600m:	8:17.88	1:25.36	1000m:	14:00.17	1:26.20	1400m:	19:38.83	1:23.96	
300m:	4:03.14	1:21.96	700m:	9:43.36	1:25.48	1100m:	15:25.61	1:25.44	1500m:	20:49.97	1:11.14	
400m:	5:28.25	1:25.11	800m:	11:08.72	1:25.36	1200m:	16:50.52	1:24.91				
13.											22:57.30 3	252
	10 3 " "											
100m:	1:25.57	1:25.57	500m:	7:37.11	1:33.49	900m:	13:49.80	1:33.98	1300m:	19:58.92	1:33.73	
200m:	2:57.94	1:32.37	600m:	9:09.64	1:32.53	1000m:	15:22.61	1:32.81	1400m:	21:29.75	1:30.83	
300m:	4:29.93	1:31.99	700m:	10:42.20	1:32.56	1100m:	16:53.82	1:31.21	1500m:	22:57.30	1:27.55	
400m:	6:03.62	1:33.69	800m:	12:15.82	1:33.62	1200m:	18:25.19	1:31.37				
(14-15)												
1.											17:30.64	569
	09 " -1"											
50m:	32.50	32.50	500m:	5:46.13	35.26	900m:	10:29.12	35.88	1300m:	15:12.47	35.80	
100m:	1:07.10	34.60	550m:	6:21.55	35.42	950m:	11:04.18	35.06	1350m:	15:47.41	34.94	
200m:	2:16.49	1:09.39	600m:	6:56.80	35.25	1000m:	11:39.79	35.61	1400m:	16:22.83	35.42	
250m:	2:52.87	36.38	650m:	7:32.31	35.51	1050m:	12:15.49	35.70	1450m:	16:57.44	34.61	
300m:	3:26.47	33.60	700m:	8:07.61	35.30	1100m:	12:50.63	35.14	1500m:	17:30.64	33.20	
350m:	4:01.13	34.66	750m:	8:42.75	35.14	1150m:	13:25.95	35.32				
400m:	4:36.07	34.94	800m:	9:18.26	35.51	1200m:	14:01.67	35.72				
450m:	5:10.87	34.80	850m:	9:53.24	34.98	1250m:	14:36.67	35.00				
2.											17:45.98 1	545
	09 " -2"											
100m:	1:06.91	1:06.91	500m:	5:49.78	1:11.08	900m:	10:36.38	1:11.72	1300m:	15:24.09	1:12.36	
200m:	2:17.06	1:10.15	600m:	7:01.13	1:11.35	1000m:	11:47.91	1:11.53	1400m:	16:35.98	1:11.89	
300m:	3:27.23	1:10.17	700m:	8:12.88	1:11.75	1100m:	12:59.63	1:11.72	1500m:	17:45.98	1:10.00	
400m:	4:38.70	1:11.47	800m:	9:24.66	1:11.78	1200m:	14:11.73	1:12.10				
3.											18:30.38 1	482
	09 " "											
100m:	1:06.91	1:06.91	500m:	5:58.41	1:13.28	900m:	10:56.88	1:14.47	1300m:	16:00.80	1:16.27	
200m:	2:18.31	1:11.40	600m:	7:12.63	1:14.22	1000m:	12:12.31	1:15.43	1400m:	17:17.13	1:16.33	
300m:	3:31.03	1:12.72	700m:	8:27.59	1:14.96	1100m:	13:28.41	1:16.10	1500m:	18:30.38	1:13.25	
400m:	4:45.13	1:14.10	800m:	9:42.41	1:14.82	1200m:	14:44.53	1:16.12				
4.											19:03.16 2	442
	10 1 " -2"											
100m:	1:06.12	1:06.12	500m:	6:08.91	1:16.89	900m:	11:18.12	1:17.86	1300m:	16:28.69	1:18.78	
200m:	2:18.87	1:12.75	600m:	7:27.22	1:18.31	1000m:	12:35.34	1:17.22	1400m:	17:45.84	1:17.15	
300m:	3:34.94	1:16.07	700m:	8:43.66	1:16.44	1100m:	13:52.02	1:16.68	1500m:	19:03.16	1:17.32	
400m:	4:52.02	1:17.08	800m:	10:00.26	1:16.60	1200m:	15:09.91	1:17.89				
5.											20:16.70 2	366
	09 2 " "											
100m:	1:12.76	1:12.76	500m:	6:36.12	1:21.67	900m:	12:05.33	1:21.98	1300m:	17:36.58	1:22.68	
200m:	2:32.44	1:19.68	600m:	7:58.76	1:22.64	1000m:	13:27.56	1:22.23	1400m:	18:57.69	1:21.11	
300m:	2:53.04	20.60	700m:	9:20.47	1:21.71	1100m:	14:50.82	1:23.26	1500m:	20:16.70	1:19.01	
400m:	5:14.45	2:21.41	800m:	10:43.35	1:22.88	1200m:	16:13.90	1:23.08				

12, , 1500m , (14-15)

WA

6.			10 2	"	-2"			20:48.66 2	339
	100m:	1:16.85	1:16.85	500m:	6:55.92	1:25.30	900m:	12:37.85	1:25.64
	200m:	2:40.96	1:24.11	600m:	8:21.32	1:25.40	1000m:	14:03.36	1:25.51
	300m:	4:05.28	1:24.32	700m:	9:46.35	1:25.03	1100m:	15:27.76	1:24.40
	400m:	5:30.62	1:25.34	800m:	11:12.21	1:25.86	1200m:	16:51.87	1:24.11
								1300m:	18:15.03
									1:23.16
								1400m:	19:34.01
									1:18.98
								1500m:	20:48.66
									1:14.65

7.			10 3	"	"			22:57.30 3	252
	100m:	1:25.57	1:25.57	500m:	7:37.11	1:33.49	900m:	13:49.80	1:33.98
	200m:	2:57.94	1:32.37	600m:	9:09.64	1:32.53	1000m:	15:22.61	1:32.81
	300m:	4:29.93	1:31.99	700m:	10:42.20	1:32.56	1100m:	16:53.82	1:31.21
	400m:	6:03.62	1:33.69	800m:	12:15.82	1:33.62	1200m:	18:25.19	1:31.37
								1300m:	19:58.92
									1:33.73
								1400m:	21:29.75
									1:30.83
								1500m:	22:57.30
									1:27.55

(16-18)

1.			08	"	-1"			17:07.82	608
	50m:	32.35	32.35	500m:	5:43.53	34.38	900m:	10:19.01	34.61
	100m:	1:06.90	34.55	550m:	6:17.71	34.18	950m:	10:53.48	34.47
	150m:	1:41.51	34.61	600m:	6:52.05	34.34	1000m:	11:27.96	34.48
	200m:	2:15.94	34.43	650m:	7:26.57	34.52	1050m:	12:01.89	33.93
	250m:	2:50.68	34.74	700m:	8:01.08	34.51	1100m:	12:36.07	34.18
	300m:	3:25.21	34.53	750m:	8:35.21	34.13	1150m:	13:09.79	33.72
	400m:	4:34.61	1:09.40	800m:	9:09.64	34.43	1200m:	13:43.72	33.93
	450m:	5:09.15	34.54	850m:	9:44.40	34.76	1250m:	14:17.57	33.85
								1300m:	14:51.56
									33.99
								1350m:	15:26.07
									34.51
								1400m:	16:00.85
									34.78
								1450m:	16:34.40
									33.55
								1500m:	17:07.82
									33.42

2.			08	"	-2"			17:09.36	605
	50m:	32.53	32.53	450m:	5:09.16	34.46	850m:	9:44.41	34.61
	100m:	1:07.01	34.48	500m:	5:43.80	34.64	900m:	10:18.87	34.46
	150m:	1:41.57	34.56	550m:	6:17.92	34.12	950m:	10:53.42	34.55
	200m:	2:16.14	34.57	600m:	6:51.88	33.96	1000m:	11:27.98	34.56
	250m:	2:50.89	34.75	650m:	7:26.75	34.87	1050m:	12:02.14	34.16
	300m:	3:25.33	34.44	700m:	8:01.30	34.55	1100m:	12:36.53	34.39
	350m:	4:00.39	35.06	750m:	8:35.48	34.18	1150m:	13:10.61	34.08
	400m:	4:34.70	34.31	800m:	9:09.80	34.32	1200m:	13:45.36	34.75
								1250m:	14:19.36
									34.00
								1300m:	14:54.07
									34.71
								1350m:	15:28.11
									34.04
								1400m:	16:03.02
									34.91
								1450m:	16:36.56
									33.54
								1500m:	17:09.36
									32.80

3.			08 1	"	"			18:35.64 1	475
	100m:	1:07.25	1:07.25	500m:	6:05.26	1:16.77	900m:	11:08.67	1:15.82
	200m:	2:19.46	1:12.21	600m:	7:20.81	1:15.55	1000m:	12:25.24	1:16.57
	300m:	3:33.55	1:14.09	700m:	8:36.78	1:15.97	1100m:	13:40.50	1:15.26
	400m:	4:48.49	1:14.94	800m:	9:52.85	1:16.07	1200m:	14:57.03	1:16.53
								1300m:	16:12.14
									1:15.11
								1400m:	17:26.37
									1:14.23
								1500m:	18:35.64
									1:09.27

4.			07 1	"	-2"			18:35.69 1	475
	100m:	1:07.24	1:07.24	500m:	6:05.83	1:16.93	900m:	11:08.75	1:15.84
	200m:	2:19.43	1:12.19	600m:	7:20.85	1:15.02	1000m:	12:25.25	1:16.50
	300m:	3:34.17	1:14.74	700m:	8:36.86	1:16.01	1100m:	13:40.61	1:15.36
	400m:	4:48.90	1:14.73	800m:	9:52.91	1:16.05	1200m:	14:57.10	1:16.49
								1300m:	16:12.15
									1:15.05
								1400m:	17:27.09
									1:14.94
								1500m:	18:35.69
									1:08.60

5.			06 1	"	-1"			19:10.62 2	433
	100m:	1:11.47	1:11.47	500m:	6:20.02	1:20.68	900m:	11:35.12	1:18.50
	200m:	2:26.97	1:15.50	600m:	7:39.02	1:19.00	1000m:	12:52.19	1:17.07
	300m:	3:45.02	1:18.05	700m:	8:57.62	1:18.60	1100m:	14:08.37	1:16.18
	400m:	4:59.34	1:14.32	800m:	10:16.62	1:19.00	1200m:	15:25.37	1:17.00
								1300m:	16:42.41
									1:17.04
								1400m:	17:51.47
									1:09.06
								1500m:	19:10.62
									1:19.15

6.			06 2	"	-2"			20:49.97 2	338
	100m:	1:17.84	1:17.84	500m:	6:52.52	1:24.27	900m:	12:33.97	1:25.25
	200m:	2:41.18	1:23.34	600m:	8:17.88	1:25.36	1000m:	14:00.17	1:26.20
	300m:	4:03.14	1:21.96	700m:	9:43.36	1:25.48	1100m:	15:25.61	1:25.44
	400m:	5:28.25	1:25.11	800m:	11:08.72	1:25.36	1200m:	16:50.52	1:24.91
								1300m:	18:14.87
									1:24.35
								1400m:	19:38.83
									1:23.96
								1500m:	20:49.97
									1:11.14