

		36, , 400m ,										WA
16.		09 2		"	"	4:46.24 2					454	
	50m:	32.61	32.61	150m:	1:45.03	36.70	250m:	2:58.19	36.89	350m:	4:11.20	36.48
	100m:	1:08.33	35.72	200m:	2:21.30	36.27	300m:	3:34.72	36.53	400m:	4:46.24	35.04
17.		10 2		"	-2"	4:47.36 2					449	
	50m:	31.48	31.48	150m:	1:44.00	36.51	250m:	2:57.73	36.57	350m:	4:11.69	36.63
	100m:	1:07.49	36.01	200m:	2:21.16	37.16	300m:	3:35.06	37.33	400m:	4:47.36	35.67
18.		10 2		"	-2"	4:48.81 2					442	
	50m:	32.82	32.82	150m:	1:45.34	36.38	250m:	2:59.57	37.19	350m:	4:13.74	36.82
	100m:	1:08.96	36.14	200m:	2:22.38	37.04	300m:	3:36.92	37.35	400m:	4:48.81	35.07
19.		10 2		"	"	4:50.89 2					433	
	50m:	32.21	32.21	150m:	1:46.14	37.20	250m:	3:00.68	37.35	350m:	4:15.29	37.04
	100m:	1:08.94	36.73	200m:	2:23.33	37.19	300m:	3:38.25	37.57	400m:	4:50.89	35.60
20.		09 2		"	"	4:52.08 2					427	
	50m:	31.79	31.79	150m:	1:45.79	37.95	250m:	3:01.22	37.22	350m:	4:16.64	37.31
	100m:	1:07.84	36.05	200m:	2:24.00	38.21	300m:	3:39.33	38.11	400m:	4:52.08	35.44
21.		10 2		"	-2"	4:57.35 2					405	
	50m:	33.87	33.87	150m:	1:50.06	38.42	250m:	3:06.92	37.78	350m:	4:21.78	36.92
	100m:	1:11.64	37.77	200m:	2:29.14	39.08	300m:	3:44.86	37.94	400m:	4:57.35	35.57
22.		10 2		"	"	5:00.23 2					393	
	50m:	32.28	32.28	150m:	1:47.63	38.68	250m:	3:02.86	37.82	350m:	4:21.94	39.32
	100m:	1:08.95	36.67	200m:	2:25.04	37.41	300m:	3:42.62	39.76	400m:	5:00.23	38.29
23.		09 2		"	"	5:02.83 2					383	
	50m:	35.00	35.00	150m:	1:50.66	38.43	250m:	3:09.15	39.30	350m:	4:26.73	38.87
	100m:	1:12.23	37.23	200m:	2:29.85	39.19	300m:	3:47.86	38.71	400m:	5:02.83	36.10
24.		10 2		"	-2"	5:04.76 2					376	
	50m:	33.08	33.08	150m:	1:48.90	39.21	250m:	3:07.88	39.27	350m:	4:26.55	39.48
	100m:	1:09.69	36.61	200m:	2:28.61	39.71	300m:	3:47.07	39.19	400m:	5:04.76	38.21
25.		06 2		"	-2"	5:13.86 3					344	
	50m:	34.67	34.67	150m:	1:52.82	39.92	250m:	3:13.07	40.35	350m:	4:34.12	40.57
	100m:	1:12.90	38.23	200m:	2:32.72	39.90	300m:	3:53.55	40.48	400m:	5:13.86	39.74
26.		10 2		"	"	5:14.30 3					343	
	50m:	35.27	35.27	150m:	1:53.54	40.13	250m:	3:15.18	41.44	350m:	4:36.42	40.94
	100m:	1:13.41	38.14	200m:	2:33.74	40.20	300m:	3:55.48	40.30	400m:	5:14.30	37.88
27.		08 2		"	-2"	5:19.43 3					327	
	50m:	35.18	35.18	150m:	1:56.00	41.66	250m:	3:18.04	40.86	350m:	4:40.62	40.95
	100m:	1:14.34	39.16	200m:	2:37.18	41.18	300m:	3:59.67	41.63	400m:	5:19.43	38.81
28.		08 2		"	"	5:21.89 3					319	
	50m:	34.14	34.14	150m:	1:56.14	41.79	250m:	3:20.39	42.35	350m:	4:43.72	42.17
	100m:	1:14.35	40.21	200m:	2:38.04	41.90	300m:	4:01.55	41.16	400m:	5:21.89	38.17
29.		10 3		"	"	5:23.36 3					315	
	50m:	33.10	33.10	150m:	1:53.84	40.90	250m:	3:18.93	42.22	350m:	4:44.08	42.32
	100m:	1:12.94	39.84	200m:	2:36.71	42.87	300m:	4:01.76	42.83	400m:	5:23.36	39.28
30.		10 2		"	"	5:31.93 3					291	
	50m:	33.72	33.72	150m:	1:54.76	42.39	250m:	3:22.10	44.33	350m:	4:50.72	44.97
	100m:	1:12.37	38.65	200m:	2:37.77	43.01	300m:	4:05.75	43.65	400m:	5:31.93	41.21
WDR		08 2		"	-2"							
(14-15)												
1.		09		"	-1"	4:26.19 1					565	
	50m:	30.34	30.34	150m:	1:36.90	34.09	250m:	2:45.28	34.18	350m:	3:53.90	34.21
	100m:	1:02.81	32.47	200m:	2:11.10	34.20	300m:	3:19.69	34.41	400m:	4:26.19	32.29
2.		09		"	"	4:33.06 1					523	
	50m:	29.69	29.69	150m:	1:36.69	33.98	250m:	2:46.59	34.96	350m:	3:57.75	35.19
	100m:	1:02.71	33.02	200m:	2:11.63	34.94	300m:	3:22.56	35.97	400m:	4:33.06	35.31

36, , 400m , (14-15)												WA
3.		10 1		"	-2"						4:35.40 2	510
	50m:	29.64	29.64	150m:	1:36.95	34.30	250m:	2:47.11	35.28	350m:	4:00.26	36.90
	100m:	1:02.65	33.01	200m:	2:11.83	34.88	300m:	3:23.36	36.25	400m:	4:35.40	35.14
4.		09 1		"	-1"						4:38.16 2	495
	50m:	30.13	30.13	150m:	1:37.92	34.00	250m:	2:49.64	35.90	350m:	4:03.27	36.62
	100m:	1:03.92	33.79	200m:	2:13.74	35.82	300m:	3:26.65	37.01	400m:	4:38.16	34.89
5.		10 2		.	.						4:38.89 2	491
	50m:	31.14	31.14	150m:	1:41.15	35.43	250m:	2:53.51	36.35	350m:	4:04.98	35.78
	100m:	1:05.72	34.58	200m:	2:17.16	36.01	300m:	3:29.20	35.69	400m:	4:38.89	33.91
6.		09 1		"	-1"						4:39.09 2	490
	50m:	30.69	30.69	150m:	1:38.16	34.39	250m:	2:50.18	36.48	350m:	4:03.64	36.77
	100m:	1:03.77	33.08	200m:	2:13.70	35.54	300m:	3:26.87	36.69	400m:	4:39.09	35.45
7.		09 2		"	"						4:46.24 2	454
	50m:	32.61	32.61	150m:	1:45.03	36.70	250m:	2:58.19	36.89	350m:	4:11.20	36.48
	100m:	1:08.33	35.72	200m:	2:21.30	36.27	300m:	3:34.72	36.53	400m:	4:46.24	35.04
8.		10 2		"	-2"						4:47.36 2	449
	50m:	31.48	31.48	150m:	1:44.00	36.51	250m:	2:57.73	36.57	350m:	4:11.69	36.63
	100m:	1:07.49	36.01	200m:	2:21.16	37.16	300m:	3:35.06	37.33	400m:	4:47.36	35.67
9.		10 2		"	-2"						4:48.81 2	442
	50m:	32.82	32.82	150m:	1:45.34	36.38	250m:	2:59.57	37.19	350m:	4:13.74	36.82
	100m:	1:08.96	36.14	200m:	2:22.38	37.04	300m:	3:36.92	37.35	400m:	4:48.81	35.07
10.		10 2		"	"						4:50.89 2	433
	50m:	32.21	32.21	150m:	1:46.14	37.20	250m:	3:00.68	37.35	350m:	4:15.29	37.04
	100m:	1:08.94	36.73	200m:	2:23.33	37.19	300m:	3:38.25	37.57	400m:	4:50.89	35.60
11.		09 2		"	"						4:52.08 2	427
	50m:	31.79	31.79	150m:	1:45.79	37.95	250m:	3:01.22	37.22	350m:	4:16.64	37.31
	100m:	1:07.84	36.05	200m:	2:24.00	38.21	300m:	3:39.33	38.11	400m:	4:52.08	35.44
12.		10 2		"	-2"						4:57.35 2	405
	50m:	33.87	33.87	150m:	1:50.06	38.42	250m:	3:06.92	37.78	350m:	4:21.78	36.92
	100m:	1:11.64	37.77	200m:	2:29.14	39.08	300m:	3:44.86	37.94	400m:	4:57.35	35.57
13.		10 2		.	.						5:00.23 2	393
	50m:	32.28	32.28	150m:	1:47.63	38.68	250m:	3:02.86	37.82	350m:	4:21.94	39.32
	100m:	1:08.95	36.67	200m:	2:25.04	37.41	300m:	3:42.62	39.76	400m:	5:00.23	38.29
14.		09 2		"	"						5:02.83 2	383
	50m:	35.00	35.00	150m:	1:50.66	38.43	250m:	3:09.15	39.30	350m:	4:26.73	38.87
	100m:	1:12.23	37.23	200m:	2:29.85	39.19	300m:	3:47.86	38.71	400m:	5:02.83	36.10
15.		10 2		"	-2"						5:04.76 2	376
	50m:	33.08	33.08	150m:	1:48.90	39.21	250m:	3:07.88	39.27	350m:	4:26.55	39.48
	100m:	1:09.69	36.61	200m:	2:28.61	39.71	300m:	3:47.07	39.19	400m:	5:04.76	38.21
16.		10 2		"	"						5:14.30 3	343
	50m:	35.27	35.27	150m:	1:53.54	40.13	250m:	3:15.18	41.44	350m:	4:36.42	40.94
	100m:	1:13.41	38.14	200m:	2:33.74	40.20	300m:	3:55.48	40.30	400m:	5:14.30	37.88
17.		10 3		"	"						5:23.36 3	315
	50m:	33.10	33.10	150m:	1:53.84	40.90	250m:	3:18.93	42.22	350m:	4:44.08	42.32
	100m:	1:12.94	39.84	200m:	2:36.71	42.87	300m:	4:01.76	42.83	400m:	5:23.36	39.28
18.		10 2		"	"						5:31.93 3	291
	50m:	33.72	33.72	150m:	1:54.76	42.39	250m:	3:22.10	44.33	350m:	4:50.72	44.97
	100m:	1:12.37	38.65	200m:	2:37.77	43.01	300m:	4:05.75	43.65	400m:	5:31.93	41.21

36, , 400m

(16-18)

1.		08		"	-1"			4:15.60		638		
	50m:	29.83	29.83	150m:	1:35.30	33.13	250m:	2:41.64	33.04	350m:	3:44.79	29.87
	100m:	1:02.17	32.34	200m:	2:08.60	33.30	300m:	3:14.92	33.28	400m:	4:15.60	30.81
2.		08		"	-2"			4:19.84 1		607		
	50m:	30.30	30.30	150m:	1:35.55	33.23	250m:	2:41.81	33.06	350m:	3:48.43	33.08
	100m:	1:02.32	32.02	200m:	2:08.75	33.20	300m:	3:15.35	33.54	400m:	4:19.84	31.41
3.		08		"	"			4:22.88 1		586		
	50m:	29.05	29.05	150m:	1:35.21	33.03	250m:	2:42.40	33.44	350m:	3:50.12	33.58
	100m:	1:02.18	33.13	200m:	2:08.96	33.75	300m:	3:16.54	34.14	400m:	4:22.88	32.76
4.		08		"	-2"			4:28.75 1		549		
	50m:	31.90	31.90	150m:	1:40.40	34.60	250m:	2:46.95	33.13	350m:	3:55.11	34.07
	100m:	1:05.80	33.90	200m:	2:13.82	33.42	300m:	3:21.04	34.09	400m:	4:28.75	33.64
5.		08 1		"	-1"			4:30.69 1		537		
	50m:	29.87	29.87	150m:	1:37.28	34.24	250m:	2:46.99	34.78	350m:	3:57.14	35.12
	100m:	1:03.04	33.17	200m:	2:12.21	34.93	300m:	3:22.02	35.03	400m:	4:30.69	33.55
6.		08		"	"			4:33.87 1		518		
	50m:	30.21	30.21	150m:	1:39.32	34.91	250m:	2:50.09	34.87	350m:	4:00.59	34.55
	100m:	1:04.41	34.20	200m:	2:15.22	35.90	300m:	3:26.04	35.95	400m:	4:33.87	33.28
7.		08 1		"	-1"			4:34.27 2		516		
	50m:	30.41	30.41	150m:	1:39.33	35.07	250m:	2:50.09	35.44	350m:	4:01.37	35.21
	100m:	1:04.26	33.85	200m:	2:14.65	35.32	300m:	3:26.16	36.07	400m:	4:34.27	32.90
8.		06 2		"	-2"			5:13.86 3		344		
	50m:	34.67	34.67	150m:	1:52.82	39.92	250m:	3:13.07	40.35	350m:	4:34.12	40.57
	100m:	1:12.90	38.23	200m:	2:32.72	39.90	300m:	3:53.55	40.48	400m:	5:13.86	39.74
9.		08 2		"	-2"			5:19.43 3		327		
	50m:	35.18	35.18	150m:	1:56.00	41.66	250m:	3:18.04	40.86	350m:	4:40.62	40.95
	100m:	1:14.34	39.16	200m:	2:37.18	41.18	300m:	3:59.67	41.63	400m:	5:19.43	38.81
10.		08 2		"	"			5:21.89 3		319		
	50m:	34.14	34.14	150m:	1:56.14	41.79	250m:	3:20.39	42.35	350m:	4:43.72	42.17
	100m:	1:14.35	40.21	200m:	2:38.04	41.90	300m:	4:01.55	41.16	400m:	5:21.89	38.17
WDR		08 2		"	-2"							