

12, , 1500m

(15-16)

1.		08 1	"	-2"		17:57.96	1	527
	50m: 30.92	30.92	450m: 5:14.63	35.91	850m: 10:07.33	36.68	1250m: 14:57.07	36.25
	100m: 1:05.11	34.19	500m: 5:51.55	36.92	900m: 10:43.15	35.82	1300m: 15:34.14	37.07
	150m: 1:39.29	34.18	550m: 6:27.78	36.23	950m: 11:19.07	35.92	1350m: 16:10.52	36.38
	200m: 2:14.61	35.32	600m: 7:03.91	36.13	1000m: 11:55.25	36.18	1400m: 16:47.09	36.57
	250m: 2:50.47	35.86	650m: 7:40.97	37.06	1050m: 12:31.45	36.20	1450m: 17:22.37	35.28
	300m: 3:26.00	35.53	700m: 8:17.62	36.65	1100m: 13:07.92	36.47	1500m: 17:57.96	35.59
	350m: 4:02.14	36.14	750m: 8:54.18	36.56	1150m: 13:44.08	36.16		
	400m: 4:38.72	36.58	800m: 9:30.65	36.47	1200m: 14:20.82	36.74		
2.		07 2	"	-2"		18:38.61	1	472
	50m: 30.70	30.70	450m: 5:23.82	38.04	850m: 10:28.60	38.51	1250m: 15:33.06	38.20
	100m: 1:04.65	33.95	500m: 6:01.92	38.10	900m: 11:06.72	38.12	1300m: 16:10.70	37.64
	150m: 1:39.74	35.09	550m: 6:39.71	37.79	950m: 11:44.92	38.20	1350m: 16:48.47	37.77
	200m: 2:16.27	36.53	600m: 7:18.22	38.51	1000m: 12:22.91	37.99	1400m: 17:26.38	37.91
	250m: 2:53.09	36.82	650m: 7:56.57	38.35	1050m: 13:01.21	38.30	1450m: 18:03.52	37.14
	300m: 3:30.05	36.96	700m: 8:34.25	37.68	1100m: 13:39.11	37.90	1500m: 18:38.61	35.09
	350m: 4:07.99	37.94	750m: 9:12.30	38.05	1150m: 14:17.08	37.97		
	400m: 4:45.78	37.79	800m: 9:50.09	37.79	1200m: 14:54.86	37.78		

12, , 1500m

(17-18)

1.		06	"	-1"	18:01.03	1	523			
	50m:	29.90	29.90	450m:	5:10.06	36.39	850m:	10:02.68	36.38	1250m:	15:02.65	36.69
	100m:	1:03.18	33.28	500m:	5:46.57	36.51	900m:	10:40.46	37.78	1300m:	15:38.57	35.92
	150m:	1:37.39	34.21	550m:	6:22.91	36.34	950m:	11:17.14	36.68	1350m:	16:14.94	36.37
	200m:	2:12.07	34.68	600m:	6:59.88	36.97	1000m:	11:54.57	37.43	1400m:	16:51.44	36.50
	250m:	2:47.26	35.19	650m:	7:35.81	35.93	1050m:	12:31.92	37.35	1450m:	17:27.02	35.58
	300m:	3:22.64	35.38	700m:	8:12.44	36.63	1100m:	13:10.01	38.09	1500m:	18:01.03	34.01
	350m:	3:57.91	35.27	750m:	8:49.19	36.75	1150m:	13:47.81	37.80			
	400m:	4:33.67	35.76	800m:	9:26.30	37.11	1200m:	14:25.96	38.15			