

(11-13)												
1.	200	2:30.40	589	800	9:55.42	539	100	" "	1:10.47	487	1615	3
2.	100	1:08.57	529	200	2:39.80	491	800	" "	10:25.91	464	1484	3
3.	800	10:10.26	501	200	2:39.33	495	100	,	1:11.39	469	1465	3
4.	200	2:37.74	511	800	10:10.10	501	100	,	1:14.58	411	1423	3
5.	200	2:34.38	545	800	10:06.88	509	100	,	1:19.23	343	1397	3
6.	800	10:22.43	472	200	2:43.16	461	100	,	1:16.45	382	1315	3
7.	200	2:42.18	470	100	1:13.54	429	800	1,	10:54.71	405	1304	3
8.	200	2:43.55	458	800	10:39.28	436	100	" "	1:15.27	400	1294	3
9.	800	10:38.51	437	200	2:48.30	420	100	" "	1:18.24	356	1213	3
10.	100	1:11.48	467	200	2:51.32	398	800	" "	11:37.95	335	1200	3
11.	200	2:54.14	379	100	1:16.77	377	800	,	11:24.49	355	1111	3
12.	200	2:50.73	403	800	11:19.13	363	100	" "	1:21.80	311	1077	3
13.	200	2:51.77	395	100	1:19.41	341	800	" "	11:35.81	338	1074	3
14.	100	1:16.56	380	200	2:57.10	361	800	,	11:59.26	306	1047	3
15.	800	11:09.60	379	200	3:02.15	331	100	1,	1:21.09	320	1030	3
16.	200	2:55.73	369	800	11:19.79	362	100	" "	1:23.87	289	1020	3
17.	200	3:01.58	335	800	11:54.95	311	100	,	1:26.09	267	913	3
18.	800	11:20.39	361	200	3:05.77	312	100	,	1:34.35	203	876	3
19.	800	11:28.29	349	200	3:05.68	313	100	" "	1:33.76	207	869	3
20.	200	3:08.36	300	800	12:09.53	293	100	" "	1:30.85	227	820	3

"

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21.	800	12:25.79	274	200	3:16.47	264	100	1:27.27	256	794	3
22.	200	3:12.32	282	800	12:49.19	250	100	1:31.96	219	751	3
23.	200	3:06.00	311	800	13:11.72	229	100	1:33.80	206	746	3
24.	800	12:19.38	281	200	3:24.46	234	100	1:34.14	204	719	3
25.	800	12:33.16	266	200	3:23.15	239	100	1:35.72	194	699	3
26.	200	3:11.24	286	800	13:26.83	216	100	1:37.31	185	687	3
27.	200	3:14.58	272	800	13:04.52	235	100	1:38.32	179	686	3
28.	200	3:19.52	252	800	13:12.97	228	100	1:37.87	182	662	3
29.	200	3:22.88	240	800	13:42.76	204	100	1:49.71	129	573	3
30.	200	3:46.66	172	800	15:18.72	146	100	1:59.90	99	417	3
31.	200	3:49.59	165	800	16:35.45	115	100	2:00.18	98	378	3