, 28. - 30.5.2025

1 , 400m 2012

100m 10.5		1					, 400m					2	2012		
ACMINISTRY)5.202				· 4·39 50) / 1	. 5.00	50 / 2	٠ بـ	5:40.00 / 3	<u> </u>	· 6·28 50			
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8.	7.					13							518	1	
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50m: 31.97		100m:	1:09.67	36.30	200m:	2:24.00	37.26	300m:	3:37.58	36.84	400m:	4:47.92	34.66		
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50m: 32.86 32.86 150m: 1:45.38 37.01 250m: 3:00.09 37.24 350m: 4:15.04 37.1 10. 50m: 31.56 35.51 200m: 2:22.85 37.47 300m: 3:37.90 37.81 400m: 4:51.81 36.7 10. 50m: 31.56 31.56 150m: 1:43.53 36.87 250m: 2:58.43 37.39 350m: 4:15.46 37.9 11. 12 4:53.49 48 50m: 33.66 35.10 200m: 2:21.04 37.51 300m: 3:01.78 37.69 350m: 4:16.85 37.2 11. 12 12 4:53.49 480 12. 12 12 4:53.49 480 12. 12 12 4:53.88 481 12. 12 12 4:53.88 483 13. 12 12 12 <td row<="" td=""><td></td><td>100m:</td><td>1:07.04</td><td>35.07</td><td>200m:</td><td>2:20.02</td><td>36.69</td><td>300m:</td><td>3:34.62</td><td>37.26</td><td>400m:</td><td>4:49.20</td><td>36.98</td><td></td></td>	<td></td> <td>100m:</td> <td>1:07.04</td> <td>35.07</td> <td>200m:</td> <td>2:20.02</td> <td>36.69</td> <td>300m:</td> <td>3:34.62</td> <td>37.26</td> <td>400m:</td> <td>4:49.20</td> <td>36.98</td> <td></td>		100m:	1:07.04	35.07	200m:	2:20.02	36.69	300m:	3:34.62	37.26	400m:	4:49.20	36.98	
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	1,	, 4	400m		, 20	12							
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18.					12						4:58.98	463	1
10.	50m:	33.93	33.93	150m:	1:50.56	38.70	250m:	3:07.22	37.85	350m:	4:22.91	37.19	'
		1:11.86	37.93		2:29.37	38.81	300m:	3:45.72	38.50	400m:	4:58.98	36.07	
40					40						E 00 40	457	
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	100111.	1.11.92	30.34	200111.	2.27.90	30.00	300111.	3.44.47	30.44	400111.	5.00.12	37.13	
20.					12						5:00.13	457	1
	50m:	33.41	33.41		1:50.28	39.20	250m:	3:09.69	40.47	350m:		38.37	
	100m:	1:11.08	37.67	200m:	2:29.22	38.94	300m:	3:46.04	36.35	400m:	5:00.13	35.72	
21.					13						5:00.32	456	1
	50m:	32.21	32.21	150m:	1:47.15	38.48	250m:	3:04.45	38.37	350m:	4:23.18	39.95	
	100m:	1:08.67	36.46	200m:	2:26.08	38.93	300m:	3:43.23	38.78	400m:	5:00.32	37.14	
22.					13						5:01.58	451	2
	50m:	31.87	31.87	150m:	1:48.28	38.63	250m:	3:05.28	38.02	350m:	4:24.62	40.07	_
		1:09.65	37.78		2:27.26	38.98	300m:	3:44.55	39.27	400m:	5:01.58	36.96	
22					12						5:03.63	442	2
23.	50m:	33.08	33.08	150m:	1:47.19	37.73	250m:	3:25.41	59.22	350m:		39.51	2
		1:09.46	36.38		2:26.19	39.00	300m:	4:04.94	39.53	400m:	5:03.63	19.18	
													_
24.		00.54	00.54	450	12	00.00	050	0.07.04	00.50	050	5:03.67	441	2
	50m:	33.51	33.51		1:50.59	38.63	250m:	3:07.31	38.58	350m:	4:25.49	39.05	
	100111.	1:11.96	38.45	200111.	2:28.73	38.14	300m:	3:46.44	39.13	400m:	5:03.67	38.18	
25.					12						5:04.35	438	2
	50m:	33.25	33.25		1:48.28	38.28	250m:	3:06.11	39.08		4:26.06	40.01	
	100m:	1:10.00	36.75	200m:	2:27.03	38.75	300m:	3:46.05	39.94	400m:	5:04.35	38.29	
26.					12						5:04.65	437	2
	50m:	32.79	32.79		1:49.94	39.72	250m:	3:08.83	39.49	350m:		39.15	
	100m:	1:10.22	37.43	200m:	2:29.34	39.40	300m:	3:48.12	39.29	400m:	5:04.65	37.38	
27.					12						5:04.85	436	2
	50m:	33.25	33.25	150m:	1:49.90	39.09	250m:	3:09.58	39.89	350m:		39.51	_
	100m:	1:10.81	37.56		2:29.69	39.79	300m:	3:49.99	40.41	400m:	5:04.85	35.35	
28.					12						5:04.91	436	2
20.	50m:	33.03	33.03	150m	1:49.49	39.06	250m·	3:08.57	39.52	350m	4:27.07	39.30	2
		1:10.43	37.40		2:29.05	39.56	300m:	3:47.77	39.20		5:04.91	37.84	
00											F-0F 00	40.4	0
29.	F0m.	22.00	22.00	15000	12	20.65	250~	2.00.40	40.00	250	5:05.36	434	2
	50m: 100m:	33.90 1:11.78	33.90 37.88	200m:	1:50.43 2:29.18	38.65 38.75	250m: 300m:	3:09.18 3:49.00	40.00 39.82	350m: 400m:	4:28.40 5:05.36	39.40 36.96	
	100111.	1.11.70	07.00	200111.		00.70	000111.	0.40.00	00.02	400111.			
30.					12						5:05.75	432	2
	50m:	32.59 1:10.42	32.59 37.83	150m:	1:49.16 2:28.92	38.74 39.76	250m:	3:08.89 3:48.27	39.97	350m: 400m:	4:27.39 5:05.75	39.12	
	100m:	1.10.42	37.03	200m:	2.26.92	39.76	300m:	3.46.27	39.38	400m:	5.05.75	38.36	
31.					12						5:05.99	431	2
	50m:	32.90	32.90	150m:	1:49.42	39.07	250m:	3:08.38	39.42	350m:	4:27.20	39.52	
	100m:	1:10.35	37.45	200m:	2:28.96	39.54	300m:	3:47.68	39.30	400m:	5:05.99	38.79	
32.					12						5:06.42	430	2
	50m:	33.81	33.81	150m:	1:50.98	38.93	250m:	3:09.69	39.50	350m:	4:28.29	39.17	
	100m:	1:12.05	38.24	200m:	2:30.19	39.21	300m:	3:49.12	39.43	400m:	5:06.42	38.13	
33.					12						5:06.76	428	2
00.	50m:	34.20	34.20	150m:	1:51.43	38.98	250m:	3:10.84	39.89	350m:	4:29.02	38.58	_
		1:12.45	38.25	200m:		39.52	300m:	3:50.44	39.60	400m:	5:06.76	37.74	
24					40						E.06.00	407	2
34.	50m:	34.06	34.06	150m·	12 1:51.20	38.90	250m:	3:09.39	39.35	350m:	5:06.99 4:28.09	427 39.29	2
		1:12.30	38.24		2:30.04	38.84	300m:	3:48.80	39.35 39.41	400m:	4.28.09 5:06.99	38.90	
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35.		c . = :	047:	450	12	00.00	050	0.40.00	00.45	050	5:07.05	427	2
	50m:	34.74 1:13.65	34.74 38.91		1:53.03	39.38 39.75	250m:	3:12.20 3:51.66	39.42 39.46	350m: 400m:	4:30.22 5:07.05	38.56	
	100111.	1.13.03	30.91	200111.	2:32.78	35.13	300m:	3:51.66	39.46	400111.	5.07.05	36.83	

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36.	50m: 100m:	33.54 1:10.98	33.54 37.44		12 1:49.88 2:28.43	38.90 38.55	250m: 300m:	3:07.95 3:47.55	39.52 39.60	350m: 400m:	5:07.36 4:27.87 5:07.36	426 40.32 39.49	2
37.	50m: 100m:	34.71 1:14.18	34.71 39.47	150m: 200m:	12 1:54.13 2:34.48	39.95 40.35	250m: 300m:	3:14.43 3:53.94	39.95 39.51	350m: 400m:	5:07.90 4:32.55 5:07.90	423 38.61 35.35	2
38.	50m: 100m:	35.05 1:13.67	35.05 38.62		12 1:53.23 2:32.84	39.56 39.61	250m: 300m:	3:12.04 3:51.25	39.20 39.21	350m: 400m:	5:08.04 4:30.30 5:08.04	423 39.05 37.74	2
39.	50m:	34.92	34.92	150m:	13 1:51.30	38.29	250m:	3:10.46	39.45	350m:	5:08.11 4:29.71	423 39.31	2
40.	100m:	1:13.01	38.09	200m:	2:31.01 12	39.71	300m:	3:50.40	39.94	400m:	5:08.11 5:08.29	38.40 422	2
	50m: 100m:	34.24 1:12.64	34.24 38.40	150m: 200m:	1:52.46 2:32.65	39.82 40.19	250m: 300m:	3:12.42 3:52.05	39.77 39.63	350m: 400m:	4:30.66 5:08.29	38.61 37.63	
41.	50m: 100m:	33.72 1:11.83	33.72 38.11		12 1:51.22 2:30.97	39.39 39.75	250m: 300m:	3:10.78 3:51.38	39.81 40.60	350m: 400m:	5:08.47 4:31.09 5:08.47	421 39.71 37.38	2
42.	50m: 100m:	34.75 1:14.04	34.75 39.29		13 1:53.93 2:33.52	39.89 39.59	250m: 300m:	3:13.18 3:53.09	39.66 39.91	350m: 400m:	5:08.59 4:32.40 5:08.59	421 39.31 36.19	2
43.	50m: 100m:	34.92 1:13.62	34.92 38.70		12 1:53.37 2:32.67	39.75 39.30	250m: 300m:	3:12.70 3:52.90	40.03 40.20	350m: 400m:	5:09.97 4:32.81 5:09.97	415 39.91 37.16	2
44.	50m: 100m:	33.78 1:11.43	33.78 37.65		12 1:50.45 2:30.25	39.02 39.80	250m: 300m:	3:10.56 3:50.99	40.31 40.43	350m: 400m:	5:10.05 4:30.81 5:10.05	415 39.82 39.24	2
45.	50m: 100m:	34.05 1:12.01	34.05 37.96		12 1:51.10 2:30.44	39.09 39.34	250m: 300m:	3:10.83 3:50.80	40.39 39.97	350m: 400m:	5:10.67 4:31.30 5:10.67	412 40.50 39.37	2
46.	50m: 100m:	35.11 1:14.32	35.11 39.21		12 1:54.07 2:33.69	39.75 39.62	250m: 300m:	3:13.00 3:52.61	39.31 39.61	350m: 400m:	5:11.05 4:32.12 5:11.05	411 39.51 38.93	2
47.	50m: 100m:	35.59 1:14.70	35.59 39.11	150m: 200m:	12 1:54.92 2:34.97	40.22 40.05	250m: 300m:	3:14.11 3:54.08	39.14 39.97	350m: 400m:	5:11.11 4:32.89 5:11.11	410 38.81 38.22	2
48.	50m: 100m:	34.24 1:13.16	34.24 38.92		12 1:52.26 2:33.22	39.10 40.96	250m: 300m:	3:12.88 3:53.62	39.66 40.74	350m: 400m:	5:11.44 4:32.60 5:11.44	409 38.98 38.84	2
49.	50m: 100m:	33.91 1:13.35	33.91 39.44		13 1:53.74 2:33.62	40.39 39.88	250m: 300m:	3:13.61 3:53.58	39.99 39.97	350m: 400m:	5:11.90 4:33.78 5:11.90	407 40.20 38.12	2
50.	50m: 100m:	31.62 1:10.25	31.62 38.63		12 1:50.64 2:32.30	40.39 41.66	250m: 300m:	3:13.34 3:54.30	41.04 40.96	350m: 400m:	5:11.92 4:35.52 5:11.92	407 41.22 36.40	2
51.	50m:	34.49 1:12.39	34.49 37.90	150m:	13 1:51.90 2:32.37	39.51 40.47	250m: 300m:	3:12.91	40.54 40.43	350m: 400m:	5:12.00 4:33.64	407 40.30 38.36	2
52.	50m: 100m:	34.42 1:13.64	34.42 39.22		12 1:53.50 2:33.68	39.86 40.18	250m: 300m:	3:13.61 3:53.59	39.93 39.98	350m: 400m:	5:12.79 4:33.86 5:12.79	404 40.27 38.93	2
53.	50m: 100m:	33.71 1:13.01	33.71 39.30		12 1:52.93 2:33.67	39.92 40.74	250m: 300m:	3:13.81 3:53.93	40.14 40.12	350m: 400m:	5:12.95 4:33.52 5:12.95	403 39.59 39.43	2

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54.					13						5:12.99	403	2
	50m:	33.84	33.84		1:51.66	39.56	250m:		40.42	350m:	4:34.44	41.08	
	100m:	1:12.10	38.26	200m:	2:32.07	40.41	300m:	3:53.36	40.87	400m:	5:12.99	38.55	
55.					13						5:13.06	403	2
	50m:	33.70 1:12.03	33.70 38.33		1:52.07 2:31.82	40.04 39.75	250m: 300m:	3:11.38 3:51.67	39.56 40.29	350m: 400m:	4:32.24 5:13.06	40.57 40.82	
	100111.	1.12.03	30.33	200111.		39.73	300111.	3.31.07	40.29	400111.			
56.	50m:	34.01	34.01	150m:	12 1:52.39	40.05	250m:	2.12.24	40.78	250m:	5:13.56 4:36.97	401 42.28	2
		1:12.34	38.33		2:32.46	40.03	300m:	3:13.24 3:54.69	41.45	400m:	5:13.56	36.59	
57.					12						5:14.28	398	2
07.	50m:	36.00	36.00	150m:	1:56.88	40.81	250m:	3:18.21	40.83	350m:	4:37.42	39.07	_
		1:16.07	40.07		2:37.38	40.50		3:58.35	40.14		5:14.28	36.86	
58.					12						5:14.45	397	2
	50m:	34.90	34.90	150m:	1:55.53	40.99		3:16.01	40.05	350m:	4:37.09	40.61	
	100m:	1:14.54	39.64	200m:	2:35.96	40.43	300m:	3:56.48	40.47	400m:	5:14.45	37.36	
59.					12						5:14.60	397	2
	50m:	34.98	34.98		1:55.48	40.93	250m:	3:16.26	40.27		4:36.82	39.77	
	100m:	1:14.55	39.57	200m:	2:35.99	40.51	300m:	3:57.05	40.79	400m:	5:14.60	37.78	
60.					13						5:14.82	396	2
	50m:	34.74 1:14.35	34.74 39.61		1:54.64 2:35.68	40.29 41.04	250m:	3:16.49 3:57.58	40.81 41.09		4:38.73 5:14.82	41.15 36.09	
	100111.	1.14.00	00.01	200111.		71.04	000111.	0.07.00	41.00	400111.			
61.	50m:	34.09	34.09	150m:	12 1:52.87	40.33	250m:	3:14.97	40.69	350m:	5:15.20 4:35.83	395 40.25	2
		1:12.54	38.45		2:34.28	41.41		3:55.58	40.69	400m:		39.37	
62.					12						5:15.95	392	2
02.	50m:	33.87	33.87	150m:	1:53.01	40.36	250m:	3:15.96	41.84	350m:	4:37.11	40.11	2
		1:12.65	38.78		2:34.12	41.11		3:57.00	41.04	400m:	5:15.95	38.84	
63.					12						5:15.97	392	2
	50m:	36.41	36.41		1:57.91	40.66	250m:	3:20.03	41.27		4:39.35	39.21	
	100m:	1:17.25	40.84	200m:	2:38.76	40.85	300m:	4:00.14	40.11	400m:	5:15.97	36.62	
64.					12						5:15.99	392	2
	50m:	34.30	34.30		1:52.49	40.07		3:13.30	40.15		4:35.44	41.20	
	100111.	1:12.42	38.12	200111.	2:33.15	40.66	300111.	3:54.24	40.94	400111.	5:15.99	40.55	
65.	50	04.04	04.04	450	12	40.07	050	0.40.00	44.40	050	5:16.09	391	2
	50m: 100m:	34.34 1:13.73	34.34 39.39	150m: 200m:	1:54.70 2:35.20	40.97 40.50	250m: 300m:	3:16.32 3:56.99	41.12 40.67	350m: 400m:	4:37.83 5:16.09	40.84 38.26	
66													2
66.	50m:	34.89	34.89	150m:	12 1:54.53	40.81	250m:	3:15.58	40.46	350m:	5:16.25 4:36.92	391 40.75	2
	100m:	1:13.72	38.83		2:35.12	40.59	300m:	3:56.17	40.59	400m:	5:16.25	39.33	
67.					12						5:17.04	388	2
	50m:	35.48	35.48	150m:	1:56.10	40.30	250m:	3:17.39	40.55	350m:	4:38.24	40.16	_
	100m:	1:15.80	40.32	200m:	2:36.84	40.74	300m:	3:58.08	40.69	400m:	5:17.04	38.80	
68.					12						5:17.99	384	2
	50m:	34.52	34.52	150m:	1:54.73	40.77	250m:	3:17.39	40.84	350m:	4:39.50	40.84	
	100m:	1:13.96	39.44	200m:	2:36.55	41.82	300m:	3:58.66	41.27	400m:	5:17.99	38.49	
					12						5:17.99	384	2
	50m:	35.24 1:15.75	35.24 40.51	150m:	1:56.94 2:37.56	41.19 40.62	250m: 300m:	3:18.44 3:59.21	40.88 40.77	350m: 400m:	4:39.72 5:17.99	40.51 38.27	
70			10.01	200111.		10.02	000111.	0.00.21	10.77				0
70.	50m:	32.15	32.15	150m:	13 1:49.29	40.09	250m:	3:13.38	42.00	350m:	5:18.04 4:37.47	384 41.96	2
	100m:	1:09.20	37.05		2:31.38	42.09	300m:	3:55.51	42.00	400m:	5:18.04	40.57	
71.					12						5:18.73	382	2
/ 1.	50m:	35.60	35.60	150m:	1:57.64	41.12	250m:	3:18.31	40.50	350m:	4:39.03	40.12	_
		1:16.52	40.92		2:37.81	40.17	300m:	3:58.91	40.60	400m:		39.70	

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	1,	, '	400m		, 20	12							
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72.					12						5:19.05	381	2
12.	50m:	35.18	35.18	150m:	1:54.63	40.06	250m:	3:16.72	40.71	350m:	4:39.59	41.67	2
	100m:	1:14.57	39.39		2:36.01	41.38		3:57.92	41.20	400m:	5:19.05	39.46	
	100111.	1.14.07	55.55	200111.	2.50.01	41.50	300111.	0.07.02	41.20	400111.	3.13.03	33.40	
73.					12						5:19.24	380	2
	50m:	34.72	34.72	150m:	1:53.50	40.49	250m:	3:15.31	40.81	350m:	4:38.12	41.20	
	100m:	1:13.01	38.29	200m:	2:34.50	41.00	300m:	3:56.92	41.61	400m:	5:19.24	41.12	
74.					12						5:19.38	379	2
74.	E0m.	24.65	34.65	1 <i>E</i> 0m.		44 44	250	2.40.42	44.40	250	4:41.33	41.39	2
	50m: 100m:	34.65 1:14.39	34.65		1:55.50 2:36.99	41.11 41.49	300m:	3:18.42 3:59.94	41.43 41.52	400m:	5:19.38	38.05	
	100111.	1.14.35	39.74	200111.	2.30.99	41.49	300111.	3.39.94	41.32	400111.	5.19.50	30.03	
75.					14						5:20.22	376	2
	50m:	35.26	35.26	150m:	1:55.99	40.90	250m:	3:17.50	40.73	350m:	4:40.06	41.32	
	100m:	1:15.09	39.83	200m:	2:36.77	40.78	300m:	3:58.74	41.24	400m:	5:20.22	40.16	
76.					12						5:20.37	376	2
70.	F0	25.00	25.00	450	1:54.97	40.40	050	0.47.05	44.00	250	4:39.83		_
	50m:	35.68 1:14.54	35.68 38.86		2:35.96	40.43 40.99		3:17.25 3:58.53	41.29 41.28	350m: 400m:		41.30 40.54	
	100111.	1.14.04	30.00	200111.	2.55.50	40.55	300111.	0.00.00	41.20	400111.	5.20.57	40.54	
77.					13						5:20.59	375	2
	50m:	35.89	35.89	150m:	1:58.93	42.43	250m:	3:21.08	40.71	350m:	4:42.64	40.50	
	100m:	1:16.50	40.61	200m:	2:40.37	41.44	300m:	4:02.14	41.06	400m:	5:20.59	37.95	
78.					12						5:20.91	374	2
70.	50m:	33.21	33.21	150m	1:52.08	40.40	250m:	3:15.92	42.22	350m:		42.07	_
		1:11.68	38.47		2:33.70	41.62		3:58.36	42.22		5:20.91	40.48	
	100111.	1.11.00	30.47	200111.	2.33.70	41.02	300111.	3.30.30	42.44	400111.	3.20.31	40.40	
79.					12						5:21.28	373	2
	50m:	35.80	35.80	150m:	1:56.68	40.89	250m:	3:19.77	41.61	350m:	4:42.65	40.84	
	100m:	1:15.79	39.99	200m:	2:38.16	41.48	300m:	4:01.81	42.04	400m:	5:21.28	38.63	
80.					12						5:21.35	372	2
ou.	50m:	32.70	32.70	150m:	1:51.56	40.14	250m:	3:17.26	43.89	350m:	4:42.95	41.76	2
		1:11.42	38.72		2:33.37	41.81		4:01.19	43.93	400m:	5:21.35	38.40	
			00				000		.0.00				
81.					12						5:21.43	372	2
	50m:	36.05	36.05		1:57.05	41.01	250m:		41.51	350m:		40.94	
	100m:	1:16.04	39.99	200m:	2:38.22	41.17	300m:	4:01.30	41.57	400m:	5:21.43	39.19	
					13						5:21.43	372	2
	50m:	35.56	35.56	150m:	1:57.11	41.04	250m:	3:19.85	41.08	350m:	4:42.61	41.47	_
		1:16.07	40.51		2:38.77	41.66		4:01.14	41.29		5:21.43	38.82	
													_
83.					12						5:22.09	370	2
	50m:	35.23	35.23	150m:	1:56.51	41.26	250m:	3:19.96	41.81	350m:	4:42.56	41.28	
	100m:	1:15.25	40.02	200m:	2:38.15	41.64	300m:	4:01.28	41.32	400m:	5:22.09	39.53	
84.					12						5:22.18	370	2
0	50m:	33.49	33.49	150m:	1:51.65	40.47	250m:	3:15.10	42.24	350m:	4:40.65	42.87	_
	100m:	1:11.18	37.69		2:32.86	41.21	300m:	3:57.78	42.68	400m:	5:22.18	41.53	
0.5					40						5 00 40	000	•
85.					13						5:22.42	369	2
	50m:	36.01	36.01		1:57.36	41.37	250m:		41.92	350m:	4:42.92	41.45	
	100m:	1:15.99	39.98	200m:	2:37.95	40.59	300m:	4:01.47	41.60	400m:	5:22.42	39.50	
86.					12						5:22.96	367	2
	50m:	34.88	34.88	150m:	1:55.70	40.51	250m:	3:19.08	41.40	350m:	4:42.75	42.19	
		1:15.19	40.31		2:37.68	41.98		4:00.56	41.48	400m:	5:22.96	40.21	
													_
87.					12						5:23.03	367	2
	50m:	37.07	37.07	150m:	1:59.67	41.75	250m:	3:22.44	40.89	350m:	4:44.19	40.61	
	100m:	1:17.92	40.85	200m:	2:41.55	41.88	300m:	4:03.58	41.14	400m:	5:23.03	38.84	
88.					12						5:23.91	364	2
50.	50m:	35.30	35.30	150m:	1:56.89	41.36	250m:	3:20.25	42.01	350m:	4:44.09	41.06	_
	100m:	1:15.53	40.23		2:38.24	41.35	300m:	4:03.03	42.78	400m:	5:23.91	39.82	
00													0
89.		c=	0= 5=	4	12	4	0=-	0.40 :=		0=0	5:24.06	363	2
	50m:	35.68	35.68	150m:	1:56.92	41.37	250m:	3:19.43	41.14	350m:	4:43.87	41.85	
	100m:	1:15.55	39.87	200m:	2:38.29	41.37	300m:	4:02.02	42.59	400m:	5:24.06	40.19	

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	1,	, ,	400m		, 20	12							
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90.					12						5:24.75	361	2
	50m:	32.68	32.68		1:51.98	41.46		3:18.37	43.68	350m:	4:44.47	42.63	
	100m:	1:10.52	37.84	200m:	2:34.69	42.71	300m:	4:01.84	43.47	400m:	5:24.75	40.28	
91.					13						5:24.83	361	2
	50m:	36.88 1:17.70	36.88 40.82		1:59.19 2:41.17	41.49 41.98		3:22.95 4:04.90	41.78 41.95		4:45.84 5:24.83	40.94 38.99	
	100111.	1.17.70	40.02	200111.		41.30	300111.	4.04.90	41.90	400111.			
92.	50m:	34.58	34.58	150m:	12 1:56.67	42.08	250m:	3:20.27	41.83	350m:	5:25.33 4:44.88	359 41.88	2
		1:14.59	40.01		2:38.44	41.77	300m:		42.73	400m:	5:25.33	40.45	
93.					13						5:26.29	356	2
50.	50m:	35.22	35.22	150m:	1:56.84	41.86	250m:	3:21.75	42.46	350m:	4:45.82	42.18	_
	100m:	1:14.98	39.76		2:39.29	42.45		4:03.64	41.89	400m:	5:26.29	40.47	
94.					12						5:27.26	353	2
	50m:	33.86	33.86		1:56.87	43.00		3:21.53	42.45	350m:	4:46.69	42.94	
	100m:	1:13.87	40.01	200m:	2:39.08	42.21	300m:	4:03.75	42.22	400m:	5:27.26	40.57	
95.					12						5:27.60	351	2
	50m:	35.78 1:16.84	35.78 41.06		1:58.89 2:41.35	42.05 42.46		3:23.32 4:05.12	41.97 41.80		4:47.56 5:27.60	42.44 40.04	
	100111.	1.10.04	41.00	200111.		72.70	300111.	4.00.12	41.00	400111.			
	50m:	35.24	35.24	150m:	13 1:55.08	40.91	250m:	3:19.39	42.86	350m:	5:27.60 4:46.23	351 43.64	2
		1:14.17	38.93		2:36.53	41.45		4:02.59	43.20		5:27.60	41.37	
97.					12						5:27.78	351	2
37.	50m:	35.55	35.55	150m:	1:58.93	42.67	250m:	3:25.12	43.14	350m:	4:50.18	42.44	2
	100m:	1:16.26	40.71	200m:	2:41.98	43.05	300m:	4:07.74	42.62	400m:	5:27.78	37.60	
98.					12						5:27.85	351	2
	50m:	34.89	34.89		1:57.71	43.19		3:23.27	42.93	350m:	4:48.35	42.65	
	Toom:	1:14.52	39.63	200m:	2:40.34	42.63	300m:	4:05.70	42.43	400m:	5:27.85	39.50	
99.	50	0.4.70	0.4.70	450	12	40.07	050	0.00.47	40.04	050	5:28.20	350	2
	50m: 100m:	34.79 1:15.20	34.79 40.41		1:57.87 2:40.63	42.67 42.76	250m: 300m:	3:23.47 4:06.09	42.84 42.62	400m:	4:48.76 5:28.20	42.67 39.44	
100.					12						5:28.23	349	2
100.	50m:	35.46	35.46	150m:	1:57.94	42.23	250m:	3:22.08	42.14	350m:	4:47.23	42.38	2
		1:15.71	40.25		2:39.94	42.00		4:04.85	42.77	400m:		41.00	
					14						5:28.23	349	2
	50m:	36.29	36.29	150m:	1:59.18	42.56		3:24.85	42.64	350m:	4:49.18	42.35	
	100m:	1:16.62	40.33	200m:	2:42.21	43.03	300m:	4:06.83	41.98	400m:	5:28.23	39.05	
102.					12						5:29.80	344	2
	50m: 100m:	37.15 1:18.94	37.15 41.79	150m:	2:02.45 2:45.25	43.51 42.80	250m: 300m:	3:27.63 4:09.69	42.38 42.06	350m: 400m:	4:50.92 5:29.80	41.23 38.88	
400	100111.	1.10.01	110	200		12.00	000111.	1.00.00	12.00	100111.			0
103.	50m:	37.04	37.04	150m:	13 1:59.23	41.91	250m:	3:24.58	42.48	350m:	5:30.56 4:50.20	342 42.16	2
		1:17.32	40.28		2:42.10	42.87		4:08.04	43.46	400m:	5:30.56	40.36	
104.					12						5:30.65	342	2
104.	50m:	33.13	33.13	150m:	1:54.25	42.03	250m:	3:20.56	43.31	350m:	4:49.78	44.58	_
	100m:	1:12.22	39.09	200m:	2:37.25	43.00	300m:	4:05.20	44.64	400m:	5:30.65	40.87	
105.					12						5:30.97	341	2
	50m:	36.22	36.22		1:59.76	42.91	250m:	3:25.33	42.48	350m:	4:50.26	42.26	
	100m:	1:16.85	40.63	200m:	2:42.85	43.09	300m:	4:08.00	42.67	400m:	5:30.97	40.71	
106.		c=	0= 5=	4	12	40.5-	0=-	0.0= -:	40.5=	0=-	5:31.77	338	2
	50m: 100m:	35.69 1:17.23	35.69 41.54	150m: 200m:	2:00.09 2:43.56	42.86 43.47	250m: 300m:	3:27.21 4:10.73	43.65 43.52	350m: 400m:	4:54.10 5:31.77	43.37 37.67	
407	. 50111.	20	11.04			10.77	550111.		10.02	100111.			0
107.	50m:	38.08	38.08	150m	12 2:02.65	42.58	250m:	3:27.20	42.18	350m:	5:32.76 4:51.48	335 41.89	2
		1:20.07	41.99		2:45.02	42.37		4:09.59	42.39		5:32.76	41.28	

						, 20	. 50.5.	2020					
	1,	, '	400m		, 20	12							
	,				1								
108.					13						5:33.24	334	2
	50m:	33.53 1:14.38	33.53 40.85		1:57.22 2:39.97	42.84 42.75	250m:	3:22.31 4:06.71	42.34 44.40	350m:	4:50.87 5:33.24	44.16 42.37	
	100111.	1.14.30	40.00	200111.		42.75	300111.	4.00.71	44.40	400111.			
109.	50	0.4.50	0.4.50	450	12	40.04	050	0.00.04	44.00	050	5:33.63	333	2
	50m:	34.52 1:15.17	34.52 40.65		1:58.21 2:42.04	43.04 43.83	250m: 300m:	3:26.34 4:10.09	44.30 43.75	350m: 400m:	4:53.60 5:33.63	43.51 40.03	
440	100111.	11.10.11	10.00	200111.		10.00	000111.	1.10.00	10.70	100111.			0
110.	50m:	34.90	34.90	150m:	13 1:59.79	43.04	250m:	3:26.42	43.50	350m·	5:34.00 4:52.72	332 42.75	2
		1:16.75	41.85		2:42.92	43.13		4:09.97	43.55	400m:	5:34.00	41.28	
111.					12						5:34.23	331	2
111.	50m:	35.29	35.29	150m:	1:57.82	42.84	250m:	3:25.42	43.82	350m:	4:51.89	43.04	2
		1:14.98	39.69		2:41.60	43.78		4:08.85	43.43		5:34.23	42.34	
112.					13						5:35.49	327	2
	50m:	36.16	36.16	150m:		43.61	250m:	3:28.16	42.53	350m:	4:55.45	43.22	_
	100m:	1:18.33	42.17	200m:	2:45.63	43.69	300m:	4:12.23	44.07	400m:	5:35.49	40.04	
113.					13						5:35.83	326	2
	50m:	36.01	36.01		1:59.91	43.10	250m:	3:27.75	44.08		4:55.05	43.89	
	100m:	1:16.81	40.80	200m:	2:43.67	43.76	300m:	4:11.16	43.41	400m:	5:35.83	40.78	
114.					13						5:36.24	325	2
	50m:	36.00	36.00		2:02.22	43.67	250m:		44.16		4:57.30	43.44	
	100m:	1:18.55	42.55	200m:	2:45.57	43.35	300m:	4:13.86	44.13	400m:	5:36.24	38.94	
115.					12						5:36.90	323	2
	50m:	35.83	35.83		1:58.95	42.73		3:26.24	44.06		4:54.64	44.34	
	Toom:	1:16.22	40.39	200m:	2:42.18	43.23	300m:	4:10.30	44.06	400m:	5:36.90	42.26	
116.					13						5:38.20	319	2
	50m:	37.59 1:19.38	37.59 41.79		2:03.14 2:47.64	43.76 44.50	250m: 300m:		44.48 42.36	350m: 400m:	4:57.26 5:38.20	42.78 40.94	
	100111.	1.10.00	41.70	200111.		44.00	000111.	4.14.40	42.00	400111.			
117.	50m:	34.98	34.98	150m:	13 1:59.01	43.48	250m:	3:27.29	43.68	350m:	5:38.41 4:57.15	319 45.11	2
		1:15.53	40.55		2:43.61	44.60		4:12.04	44.75		5:38.41	41.26	
118.					12						5:39.63	315	2
110.	50m:	37.91	37.91	150m:	2:04.92	44.69	250m:	3:31.75	43.14	350m:	4:58.79	43.28	2
		1:20.23	42.32		2:48.61	43.69		4:15.51	43.76		5:39.63	40.84	
119.					12						5:39.73	315	2
110.	50m:	37.39	37.39	150m:	2:02.62	42.96	250m:	3:30.71	44.15	350m:	4:57.31	43.39	_
	100m:	1:19.66	42.27	200m:	2:46.56	43.94	300m:	4:13.92	43.21	400m:	5:39.73	42.42	
120.					13						5:39.83	315	2
	50m:	36.17	36.17	150m:	2:01.21	43.55	250m:	3:29.76	44.45	350m:	4:55.87	41.85	
	100m:	1:17.66	41.49	200m:	2:45.31	44.10	300m:	4:14.02	44.26	400m:	5:39.83	43.96	
121.					13						5:39.93	315	2
	50m:	36.39	36.39	150m:	2:01.57	43.51	250m:	3:29.93	43.97	350m:	4:57.89	43.80	
	100m:	1:18.06	41.67	200m:	2:45.96	44.39	300m:	4:14.09	44.16	400m:	5:39.93	42.04	
122.					13						5:40.00	314	2
	50m:	36.51 1:19.45	36.51		2:03.69 2:47.12	44.24 43.43	250m:	3:31.02 4:15.63	43.90 44.61	350m:	4:59.04 5:40.00	43.41	
	100111.	1.19.45	42.94	200111.		43.43	300m:	4.13.63	44.01	400m:		40.96	
123.	F0	25.20	25.20	450	13	44.45	050	2.20.05	44.00	250	5:40.80	312	3
	50m: 100m:	35.36 1:17.95	35.36 42.59	150m: 200m:	2:02.40 2:45.76	44.45 43.36	250m: 300m:	3:30.05 4:13.86	44.29 43.81	350m: 400m:	4:57.17 5:40.80	43.31 43.63	
404	100111.	1.17.00	12.00	200111.		10.00	000111.	1.10.00	10.01	100111.			
124.	50m:	36.05	36.05	150m	12 1:59.74	43.27	250m:	3:28.14	44.60	350m:	5:41.00 4:58.60	312 45.92	3
		1:16.47	40.42		2:43.54	43.27		4:12.68	44.60 44.54	400m:		45.92	
105													2
125.	50m:	35.98	35.98	150m ⁻	14 2:01.20	44.04	250m:	3:30.47	44.62	350m:	5:41.23 4:58.68	311 44.18	3
		1:17.16	41.18		2:45.85	44.65	300m:		44.03	400m:		42.55	

						, 20	30.5.	2025					
	1,	, '	400m		, 20	12							
	,				/								
126.					12						5:42.03	309	3
	50m:	36.86	36.86	150m:	2:01.52	43.31	250m:	3:30.80	44.87	350m:	4:55.89	40.16	
	100m:	1:18.21	41.35	200m:	2:45.93	44.41	300m:	4:15.73	44.93	400m:	5:42.03	46.14	
127.					12						5:42.52	307	3
	50m:	36.10	36.10	150m:	2:02.13	44.06	250m:	3:33.32	46.12	350m:	5:00.91	44.43	Ü
	100m:	1:18.07	41.97		2:47.20	45.07	300m:	4:16.48	43.16	400m:	5:42.52	41.61	
128.					13						5:42.67	307	3
120.	50m:	35.82	35.82	150m:	2:02.58	45.21	250m:	3:30.05	43.49	350m:	4:58.44	44.53	3
		1:17.37	41.55		2:46.56	43.98	300m:		43.86	400m:	5:42.67	44.23	
129.					12						5:42.74	307	3
123.	50m:	35.73	35.73	150m·	2:01.61	43.99	250m:	3:31.45	44.94	350m:	5:00.56	44.58	3
		1:17.62	41.89		2:46.51	44.90	300m:	4:15.98	44.53	400m:	5:42.74	42.18	
120													2
130.	F0	25.27	25.27	15000	12	4E 44	250	2.22.20	44.00	350m:	5:42.96	306	3
	50m: 100m:	35.37 1:17.41	35.37 42.04		2:02.82 2:48.21	45.41 45.39	250m: 300m:	3:32.30 4:17.65	44.09 45.35	400m:	5:01.81 5:42.96	44.16 41.15	
404													
131.	F0	20.40	20.40	450	13	40.00	050	0.04.00	44.40	250	5:44.37	303	3
	50m:	36.10 1:18.47	36.10 42.37		2:02.46 2:47.35	43.99 44.89	250m: 300m:	3:31.83 4:15.25	44.48 43.42	350m: 400m:	5:01.71 5:44.37	46.46 42.66	
	100111.	1.10.47	42.57	200111.		44.00	300111.	4.10.20	70.72	400111.			
132.					12						5:45.25	300	3
	50m:	36.34	36.34		2:01.11	44.34	250m:	3:31.07	45.01	350m:	4:59.85	44.79	
	TOOM.	1:16.77	40.43	200111.	2:46.06	44.95	300m:	4:15.06	43.99	400m:	5:45.25	45.40	
133.					13						5:45.31	300	3
	50m:	38.30	38.30		2:05.45	44.63	250m:	3:33.86	44.24	350m:	5:03.31	45.03	
	100m:	1:20.82	42.52	200m:	2:49.62	44.17	300m:	4:18.28	44.42	400m:	5:45.31	42.00	
134.					13						5:46.09	298	3
	50m:	37.81	37.81		2:05.20	45.21	250m:	3:36.22	46.15	350m:	5:05.09	44.15	
	100m:	1:19.99	42.18	200m:	2:50.07	44.87	300m:	4:20.94	44.72	400m:	5:46.09	41.00	
135.					13						5:48.16	293	3
	50m:	36.69	36.69		2:05.91	45.55	250m:	3:35.70	45.27	350m:	5:07.22	45.46	
	100m:	1:20.36	43.67	200m:	2:50.43	44.52	300m:	4:21.76	46.06	400m:	5:48.16	40.94	
136.					13						5:50.83	286	3
	50m:	39.42	39.42		2:06.96	44.21	250m:	3:36.77	45.30	350m:	5:08.82	45.57	
	100m:	1:22.75	43.33	200m:	2:51.47	44.51	300m:	4:23.25	46.48	400m:	5:50.83	42.01	
137.					13						5:50.86	286	3
	50m:	37.28	37.28	150m:	2:02.48	43.87	250m:	3:31.79	45.05	350m:		43.66	
	100m:	1:18.61	41.33	200m:	2:46.74	44.26	300m:	4:17.96	46.17	400m:	5:50.86	49.24	
138.					12						5:52.40	282	3
100.	50m:	34.72	34.72	150m:	2:02.36	45.66	250m:	3:34.23	45.91	350m:	5:07.47	46.57	Ü
	100m:	1:16.70	41.98	200m:	2:48.32	45.96	300m:	4:20.90	46.67	400m:	5:52.40	44.93	
139.					12						5:55.22	276	3
.55.	50m:	34.91	34.91	150m ⁻	2:03.01	45.38	250m:	3:35.58	45.77	350m:	5:07.62	46.24	J
		1:17.63	42.72		2:49.81	46.80		4:21.38	45.80	400m:		47.60	
140.					13						5:59.56	266	3
140.	50m:	35.59	35.59	150m	2:08.99	48.61	250m:	3:42.52	46.95	350m:	5:14.44	46.33	5
		1:20.38	44.79		2:55.57	46.58	300m:		45.59	400m:	5:59.56	45.12	
1.11													2
141.	50m:	38.25	38.25	150m:	12 2:09.60	46.95	250m:	3:45.67	48.41	250m:	6:03.36 5:20.08	257 46.60	3
		1:22.65	44.40		2:57.26	47.66		4:33.48	47.81	400m:		43.28	
	700111.	00		_00111.			500111.	55.46					
142.		60 = :	00 =:	450	14	47	050	0.40.55	40.00	050	6:08.00	248	3
	50m: 100m:	39.71 1:25.57	39.71 45.86		2:12.98 3:00.86	47.41 47.88	250m:	3:48.86 4:36.43	48.00 47.57	350m: 400m:	5:23.95 6:08.00	47.52 44.05	
	100111.	1.23.31	45.00	200111.	3.00.00	41.00	300m:	4.30.43	41.31	400111.			
143.					14						6:10.43	243	3
	50m:	38.21	38.21		2:10.01	46.54	250m:	3:45.46	47.65	350m:		49.75	
	100m:	1:23.47	45.26	200m:	2:57.81	47.80	300m:	4:34.25	48.79	400m:	6:10.43	46.43	

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28.	-	30).5	.20)25

	1,	, ,	400m		, 20	12							
	,				/								
144.					14						6:10.90	242	3
	50m:	40.92	40.92	150m:	2:16.20	48.47	250m:	3:52.82	48.31	350m:	5:26.72	45.76	
	100m:	1:27.73	46.81	200m:	3:04.51	48.31	300m:	4:40.96	48.14	400m:	6:10.90	44.18	
145.					12						6:10.99	242	3
	50m:	39.59	39.59	150m:	2:13.97	47.49	250m:	3:48.90	47.46	350m:	5:26.70	49.32	
	100m:	1:26.48	46.89	200m:	3:01.44	47.47	300m:	4:37.38	48.48	400m:	6:10.99	44.29	
146.					13						6:15.99	232	3
	50m:	41.57	41.57	150m:	2:17.28	47.70	250m:	3:53.90	48.10	350m:	5:30.36	46.84	
	100m:	1:29.58	48.01	200m:	3:05.80	48.52	300m:	4:43.52	49.62	400m:	6:15.99	45.63	
DNS					12								