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2016-2017

1.						<b>04</b>						<b>11833</b>	<b>22</b>
50	27.17	625	100	59.70	620	200	2:11.87	592	400	5:09.54	588		
100	1:07.99	579	100	1:06.02	579	50	28.04	569	100	1:15.60	561		
50	35.12	551	50	31.37	547	200	2:44.77	544	50	29.96	538		
50	31.75	528	50	35.66	526	25	13.18	523	25	16.66	520		
100	1:07.96	518	50	30.53	509	25	14.40	469	200	2:34.66	462		
800	10:26.34	448	25	15.91	437								
2.						<b>00</b>						<b>11183</b>	<b>23</b>
50	28.13	563	200	2:14.58	557	50	31.30	551	50	29.81	547		
50	31.46	543	100	1:02.41	542	100	1:10.15	527	25	13.87	525		
50	28.79	525	25	13.24	516	50	30.43	514	200	2:32.20	513		
100	1:09.58	494	100	1:09.42	486	800	10:12.79	478	200	2:34.41	460		
25	15.85	442	25	17.90	419	200	3:00.07	417	50	39.33	392		
200	2:43.31	392	50	39.38	391	100	1:25.41	389					
3.						<b>04</b>						<b>10377</b>	<b>24</b>
100	1:17.13	528	400	5:21.95	523	200	2:50.46	492	50	36.95	473		
100	1:05.52	469	200	2:36.91	468	100	1:13.26	462	50	37.38	457		
200	2:24.33	452	200	2:35.43	451	100	1:11.40	447	50	30.68	434		
100	1:12.63	434	50	32.33	428	50	31.00	421	800	10:39.64	420		
25	18.07	407	50	33.02	402	50	34.82	400	200	2:42.62	397		
25	14.90	362	50	35.99	362	25	15.81	354	25	17.40	334		
4.						<b>01</b>						<b>9912</b>	<b>21</b>
50	27.74	588	50	27.86	580	200	2:13.11	576	100	1:01.44	568		
50	30.18	527	100	1:10.70	514	100	1:17.93	512	50	36.42	494		
50	31.02	485	25	13.57	479	100	1:10.35	467	25	14.50	459		
200	2:54.81	456	50	37.50	452	50	34.13	425	25	18.07	407		
100	1:14.37	405	200	2:42.00	402	50	34.88	398	200	2:43.64	386		
25	17.44	332											
5.						<b>04</b>						<b>9759</b>	<b>23</b>
200	2:23.05	579	50	31.71	530	100	1:03.61	512	200	2:18.49	511		
50	29.29	499	100	1:09.40	498	50	29.79	474	100	1:12.88	470		
200	2:36.65	470	50	33.33	456	50	31.82	449	25	14.67	443		
400	5:42.06	436	800	10:36.80	426	25	16.24	411	50	32.89	407		
50	39.13	398	25	14.49	393	100	1:26.45	375	50	40.14	369		
25	18.92	355	200	2:59.04	298	100							
6.						<b>04</b>						<b>9673</b>	<b>24</b>
400	5:35.66	461	100	1:21.32	450	50	37.82	441	200	2:36.69	440		
25	17.66	436	100	1:07.34	432	50	30.84	427	50	30.96	422		
200	2:59.27	422	800	10:40.85	418	200	2:43.77	411	100	1:13.97	411		
200	2:29.05	410	50	38.82	408	100	1:16.54	405	50	34.82	400		
25	14.54	389	50	35.39	381	50	33.75	376	100	1:15.77	374		
25	15.83	353	25	17.23	344	200	2:51.47	339	50	35.50	323		
7.						<b>04</b>						<b>9549</b>	<b>18</b>
200	2:09.95	619	50	27.34	614	100	1:04.99	593	50	28.09	566		
50	29.60	558	25	13.70	544	100	1:09.59	540	200	2:26.84	540		
50	31.78	527	100	1:17.48	521	25	16.68	518	50	30.40	515		
800	9:59.30	511	50	36.16	505	25	13.34	504	25	15.54	469		
200	2:54.20	460	50	37.70	445								



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8.						04						9353	22
100	1:09.05	506	100	1:04.79	485	200	2:32.14	481	50	33.26	459		
50	30.18	456	400	5:39.46	446	200	2:25.28	443	50	30.58	438		
200	2:57.59	435	100	1:22.51	431	25	14.15	422	800	10:40.46	419		
50	34.48	412	25	18.01	411	50	38.71	411	50	38.83	408		
50	32.96	404	25	15.22	397	100	1:15.10	384	25	16.69	379		
50	33.73	377	200	2:49.84	349								
9.						03						8856	24
50	32.07	439	200	2:25.91	437	100	1:12.15	433	400	5:43.27	431		
100	1:07.53	428	100	1:13.73	415	200	2:45.35	400	50	31.81	389		
100	1:25.38	389	100	1:18.00	383	200	2:44.71	379	50	40.01	372		
200	3:08.85	361	200	2:48.72	356	50	32.97	350	50	36.62	344		
50	34.84	342	25	16.19	330	50	41.77	327	800	11:35.65	327		
50	37.40	323	25	15.58	316	25	20.03	299	25	18.33	286		
10.						04						8343	22
200	2:25.15	444	400	5:41.08	440	100	1:07.81	423	50	31.09	417		
800	10:42.04	416	200	2:43.83	411	100	1:16.31	409	50	31.38	406		
100	1:13.69	403	200	3:03.43	394	100	1:16.16	377	100	1:26.31	377		
50	33.74	377	50	40.32	364	25	14.89	362	200	2:47.78	362		
50	34.62	349	25	15.94	345	50	41.46	335	50	37.41	323		
25	19.85	307	25	17.99	302								
11.						05						8342	23
50	29.64	482	100	1:06.48	449	50	30.58	438	200	2:26.36	433		
100	1:15.67	420	200	2:39.92	414	200	2:44.42	407	25	14.49	393		
100	1:15.69	384	50	35.71	371	50	34.03	367	50	40.59	357		
400	6:05.70	357	25	15.80	355	800	11:17.03	354	25	19.09	345		
200	3:11.85	345	50	35.06	336	50	41.78	327	50	37.68	316		
25	18.92	260	100	1:30.82	217	200	3:19.53	215					
12.						05						8320	24
100	1:06.25	453	200	2:27.00	427	50	31.06	418	50	31.63	396		
400	5:59.80	374	25	14.76	372	100	1:17.08	363	200	2:50.98	362		
800	11:13.53	360	25	18.94	354	200	3:10.36	353	50	40.88	349		
100	1:28.74	347	200	2:49.68	346	100	1:21.20	339	50	36.97	334		
50	35.38	327	25	16.47	313	50	37.87	311	100	1:20.58	311		
50	42.60	308	50	36.40	300	25	18.35	285	200	3:18.61	218		
13.						05						8002	24
200	2:29.86	403	50	31.58	398	50	31.72	393	100	1:09.74	389		
50	34.38	356	400	6:07.12	353	800	11:18.34	352	50	34.76	345		
100	1:20.99	342	200	2:50.73	340	200	2:54.83	338	50	36.90	336		
50	41.52	333	25	15.33	332	50	41.56	332	100	1:30.71	324		
100	1:20.52	319	50	37.86	311	25	16.55	309	100	1:21.58	299		
25	20.16	293	200	3:23.28	290	25	18.59	274	200	3:12.10	241		
14.						04						7754	21
100	1:10.66	472	50	33.65	443	200	2:26.54	432	200	2:42.93	418		
100	1:15.81	417	100	1:24.54	401	400	5:52.64	398	50	31.61	397		
800	10:53.85	394	50	32.25	374	100	1:15.89	372	200	3:08.28	365		
50	34.30	359	25	17.17	348	50	40.97	347	50	35.08	335		
50	41.92	324	25	15.51	321	25	16.58	307	25	20.67	272		
200	3:07.67	258											
15.						01						7586	22
200	2:50.84	488	100	1:19.22	487	50	37.52	452	25	17.55	445		
50	37.84	440	400	6:02.78	365	50	33.07	347	50	33.22	342		
100	1:21.12	340	100	1:13.20	336	25	15.31	333	200	2:40.82	326		
50	35.43	325	50	35.76	316	25	16.43	315	100	1:23.23	289		
100	1:22.67	288	200	3:01.20	284	50	39.08	283	25	18.49	278		
50	39.67	270	200	3:13.25	237								



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16.						05						<b>7467</b>	21
200	2:26.77	430	50	30.87	426	50	32.64	416	100	1:14.75	398		
400	5:55.25	389	100	1:15.19	383	50	32.02	382	800	11:01.16	381		
100	1:19.52	361	200	2:51.38	359	200	2:48.90	355	200	3:10.55	352		
100	1:28.41	350	25	15.18	342	50	41.43	335	25	19.52	323		
50	37.87	311	50	36.38	300	25	16.73	299	50	43.31	294		
25	18.44	281											
17.						03						<b>7220</b>	21
100	1:08.34	413	200	2:29.01	410	50	31.59	398	50	35.09	391		
200	2:43.01	391	200	2:47.55	384	50	32.07	380	50	35.45	379		
100	1:18.32	378	100	1:16.24	376	800	11:09.35	367	50	34.22	361		
25	16.58	307	25	15.82	302	25	18.01	301	400	6:26.88	301		
100	1:22.04	294	100	1:35.12	281	50	43.99	280	50	44.87	264		
25	20.92	262											
18.						02						<b>7191</b>	21
50	32.28	430	100	1:15.24	427	25	15.03	412	50	31.56	399		
100	1:09.23	397	50	31.78	391	100	1:15.34	389	50	35.31	384		
200	2:47.89	361	50	34.27	360	200	2:36.78	352	25	18.98	351		
50	36.42	350	200	2:52.35	331	25	17.53	327	25	15.44	325		
50	42.15	318	800	11:41.95	318	50	43.67	286	100	1:34.95	283		
200													
19.						05						<b>6854</b>	24
50	35.04	393	200	2:43.42	388	100	1:16.98	365	100	1:12.16	351		
50	36.68	342	400	6:11.33	341	50	33.40	336	200	2:42.57	316		
25	15.64	313	100	1:24.16	305	200	3:21.36	298	25	18.27	289		
100	1:34.27	289	200	3:04.50	288	50	37.00	286	800	12:20.44	271		
50	44.98	262	50	45.08	260	25	21.03	258	100	1:27.42	243		
25	18.31	228	50	40.20	223	200	3:21.31	209	50				
20.						03						<b>6848</b>	20
25	14.66	444	100	1:07.56	427	100	1:12.68	424	50	32.51	421		
50	31.30	409	50	31.73	392	50	33.51	385	100	1:19.03	368		
200	2:36.37	355	25	15.10	347	200	2:54.51	340	800	11:45.31	313		
200	3:19.93	304	200	2:59.81	294	50	38.69	292	50	43.43	291		
25	18.36	284	50	44.25	275	100	1:36.52	269	25	22.37	214		
21.						03						<b>6764</b>	20
50	31.41	405	800	10:58.00	386	100	1:10.43	377	100	1:18.66	373		
100	1:27.06	367	200	2:50.30	366	100	1:16.79	359	50	40.62	356		
25	19.07	346	25	15.26	337	100	1:19.04	337	200	3:13.39	336		
50	42.14	319	50	38.17	304	50	38.20	303	25	16.67	302		
25	18.06	299	50	36.42	299	200	2:58.56	297	50	36.56	296		
22.						02						<b>6700</b>	18
50	37.82	441	200	2:41.30	431	100	1:07.49	429	100	1:15.18	428		
50	30.87	426	50	31.40	405	25	18.24	396	200	2:32.84	380		
200	2:45.21	375	25	14.78	370	100	1:16.70	369	50	40.49	359		
800	11:20.45	349	50	36.56	346	50	36.12	307	25	16.60	306		
25	18.02	301	50	39.10	282								
23.						05						<b>6692</b>	24
200	2:51.43	336	100	1:14.08	324	400	6:19.77	318	50	37.62	317		
50	34.21	313	50	36.04	309	50	36.09	308	50	42.82	304		
200	2:46.14	296	100	1:25.29	293	100	1:34.28	289	25	20.30	287		
50	35.44	281	100	1:24.01	281	200	3:06.31	279	25	17.27	272		
200	3:28.55	268	100	1:25.08	264	50	45.48	253	25	17.05	241		
200	3:16.03	227	50	42.61	218	800	13:17.40	217	25	20.76	197		



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24.	100	1:04.25	497	50	30.14	458	01	50	30.31	450	100	1:21.34	450	6686	17
	200	2:27.48	423	50	34.36	416		50	34.36	416	200	3:00.40	415		
	50	38.73	411	100	1:16.48	406		100	1:14.52	402	50	39.36	391		
	200	2:44.93	377	50	35.04	336		100	1:22.41	290	200	3:02.08	283		
	50	37.94	265												
25.	100	1:16.10	378	50	35.63	373	03	50	32.71	358	200	2:48.33	355	6638	23
	50	36.42	350	100	1:12.34	348		100	1:21.31	338	50	33.56	332		
	200	2:42.41	317	25	17.98	303		800	12:00.00	295	200	3:03.43	293		
	50	36.80	290	25	16.29	277		200	3:29.07	266	50	45.85	247		
	25	17.88	245	100	1:39.72	244		50	46.47	238	25	22.06	224		
	50	40.21	222	100	1:37.36	176		200	3:36.10	169					
26.	50	38.43	420	50	40.12	369	05	100	1:27.31	364	50	32.70	358	6559	23
	25	18.95	353	200	3:11.62	346		50	34.93	340	100	1:24.32	303		
	50	39.17	281	25	17.09	280		25	16.26	278	50	35.68	276		
	100	1:25.47	266	400	6:43.68	265		200	3:10.11	263	200	3:06.80	260		
	200	2:53.85	258	50	39.23	240		100	1:29.22	229	50	42.96	213		
	25	20.24	212	800	13:37.28	201		200	3:30.17	184					
27.	50	36.29	353	400	6:09.46	346	05	50	33.39	337	100	1:29.68	336	6458	22
	100	1:13.30	335	200	2:53.33	325		50	35.56	322	200	3:17.93	314		
	100	1:20.90	307	100	1:21.76	304		50	34.66	301	25	15.99	292		
	200	3:03.60	292	200	3:01.11	288		50	43.90	282	100	1:27.29	273		
	25	17.36	267	25	21.19	252		50	40.79	249	50	46.99	230		
	25	19.75	228	50	40.04	225									
28.	200	2:34.60	367	50	32.55	363	04	100	1:11.38	362	100	1:19.60	360	6399	21
	50	32.76	357	25	15.20	341		200	2:57.27	324	400	6:25.58	304		
	25	19.96	302	100	1:32.86	302		100	1:22.16	293	50	43.42	291		
	50	36.78	291	25	16.95	287		50	37.30	279	50	44.06	279		
	50	39.47	275	25	18.75	267		50	39.82	267	800	12:31.22	259		
	200	3:15.41	229												
29.	50	32.61	487	100	1:12.56	476	00	200	2:37.26	465	100	1:06.47	449	6337	16
	50	30.81	429	200	2:27.47	423		25	15.28	392	100	1:25.33	390		
	200	3:05.82	379	25	16.73	376		25	14.76	372	50	34.41	355		
	50	40.98	347	200	2:51.35	340		100	1:19.07	329	25	19.43	328		
30.	200	2:40.15	412	100	1:15.29	390	03	100	1:25.35	390	200	2:50.45	365	6292	19
	50	35.90	365	400	6:03.25	364		100	1:19.53	361	50	40.52	359		
	200	3:09.44	358	200	2:38.59	340		100	1:13.56	331	800	11:33.15	330		
	25	15.37	329	50	35.33	328		25	19.66	316	25	18.59	274		
	25	17.72	251	100	1:28.22	237		200	3:27.10	192					
31.	50	36.60	295	400	6:31.41	291	05	25	20.24	290	100	1:34.66	285	5672	22
	200	3:24.53	284	25	16.16	283		25	17.10	280	50	44.32	274		
	100	1:18.69	270	200	3:04.67	269		200	2:52.49	264	50	44.86	264		
	50	40.05	263	50	36.55	257		200	3:12.10	255	100	1:30.16	248		
	25	19.26	246	100	1:28.20	237		50	42.16	225	50	40.33	220		
	800	13:16.64	217	200	3:42.46	155									



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32.						05						<b>5481</b>	24
100	1:17.48	283	25	17.07	281	400	6:37.51	278	50	35.89	271		
200	2:53.30	261	25	17.09	239	50	37.43	239	100	1:31.59	236		
200	3:13.36	234	50	39.67	232	50	41.78	231	100	1:41.60	231		
200	3:18.81	230	200	3:40.48	227	50	47.52	222	100	1:30.86	217		
100	1:31.67	216	50	40.95	211	25	22.59	208	50	49.28	199		
50	44.49	192	800	13:49.68	192	25	21.12	187	200	3:38.39	164		

33.						02						<b>5258</b>	16
100	1:07.66	426	50	31.32	408	50	33.15	397	100	1:15.41	388		
50	35.80	368	50	41.37	337	25	16.11	335	200	2:39.59	334		
100	1:30.73	324	25	15.52	320	25	17.79	313	50	36.98	286		
25	20.51	278	50	39.53	273	800	12:23.68	267	200	3:23.04	204		

34.						06						<b>5094</b>	24
25	16.47	268	50	36.24	263	50	40.23	259	200	3:07.49	257		
50	38.78	248	25	19.42	240	50	46.32	240	50	37.55	237		
100	1:31.73	235	400	7:01.60	233	100	1:42.24	226	100	1:31.42	218		
200	3:43.72	217	200	3:04.50	216	200	3:23.84	213	25	18.79	211		
25	22.51	210	50	48.47	209	100	1:33.52	199	800	14:04.73	182		
50	45.55	178	50	43.71	173	200	3:39.15	162	100		-		

35.						06						<b>5027</b>	24
400	6:39.57	273	100	1:37.92	258	200	3:33.36	250	50	37.01	247		
100	1:21.20	246	100	1:28.08	238	200	3:19.42	228	200	3:15.74	226		
100	1:33.58	222	100	1:31.16	219	50	47.85	218	50	40.59	216		
200	3:05.15	214	50	43.04	212	50	48.95	203	25	18.08	202		
25	21.28	182	50	41.01	181	200	3:35.53	170	25	20.23	169		
25	24.23	169	50	44.34	166	50	47.32	159	800	14:44.36	159		

36.						06						<b>4926</b>	24
400	6:33.91	285	100	1:20.47	253	100	1:38.81	251	50	38.66	250		
200	3:33.88	249	100	1:27.47	243	50	41.93	229	200	3:15.91	225		
50	38.34	222	50	47.85	218	100	1:32.28	212	200	3:25.34	209		
200	3:06.82	208	25	18.24	197	100	1:37.24	197	800	13:53.13	190		
50	40.83	184	25	20.09	172	200	3:34.81	172	25	24.48	164		
50	45.08	158	50	47.47	158	25	23.03	144	50	55.91	136		

37.						05						<b>4883</b>	19
100	1:12.64	344	50	33.52	333	200	2:43.80	309	400	6:29.69	295		
100	1:25.93	286	25	16.24	279	200	3:07.40	274	800	12:27.61	263		
25	17.50	261	50	38.21	259	100	1:26.97	253	200	3:09.90	247		
100	1:27.54	242	200	3:40.20	228	50	48.25	212	25	22.60	208		
50	43.37	207	200	3:23.71	202	25	21.33	181					

38.						03						<b>4726</b>	21
100	1:16.74	291	200	3:01.18	284	100	1:23.70	284	50	39.43	275		
200	3:09.23	267	100	1:28.96	258	50	36.68	254	50	42.50	220		
25	22.23	219	25	17.64	218	200	3:43.85	217	100	1:45.15	208		
200	3:07.00	207	50	48.81	205	25	18.99	204	50	41.53	202		
800	13:40.02	199	25	21.13	186	50	43.03	181	100	1:37.15	177		
200	3:35.50	170											

39.						06						<b>4606</b>	24
50	40.31	258	200	3:08.40	253	100	1:27.40	249	100	1:22.87	231		
50	41.98	228	50	38.01	228	400	7:09.01	221	25	20.05	218		
50	38.57	218	200	3:05.15	214	200	3:25.13	209	100	1:37.20	198		
50	49.58	196	200	3:55.29	187	25	18.71	182	800	14:04.73	182		
100	1:49.96	182	50	43.56	175	25	20.06	173	50	53.05	160		
25	24.75	158	100	1:42.89	149	200	3:51.83	137	50		-		



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40.	200	2:53.52	324	100	1:20.48	319	03	100	1:32.04	311	200	3:00.70	306	4538	16
	25	17.98	303	100	1:24.45	302		25	20.23	290	100	1:16.89	290		
	25	17.07	281	200	3:25.28	281		50	39.36	277	25	16.44	269		
	50	45.01	261	50	37.12	245		50	39.00	244	200	2:59.47	235		
41.	50	32.52	364	50	33.07	347	04	25	15.35	331	200	2:56.24	330	4418	16
	800	11:38.16	323	100	1:22.37	298		100	1:33.49	296	25	16.88	291		
	25	18.24	290	25	20.42	282		50	39.14	282	50	44.09	278		
	50	37.86	267	50	39.92	227		200	3:20.38	212	100	-	-		
42.	100	1:33.64	295	50	43.40	292	05	50	35.12	289	50	43.83	283	4260	18
	200	3:26.50	276	400	6:42.01	268		100	1:29.52	253	100	1:20.64	251		
	200	3:13.34	250	50	37.40	239		50	41.43	237	800	12:57.80	234		
	200	3:17.46	220	200	3:11.76	192		100	1:35.57	186	50	45.12	184		
	200	3:38.23	164	50	46.16	147									
43.	400	7:04.30	228	100	1:30.80	222	06	100	1:25.81	208	100	1:45.31	207	4085	23
	50	40.31	191	200	3:12.27	191		800	13:53.13	190	200	3:32.26	189		
	100	1:39.28	185	50	41.08	181		200	3:57.81	181	50	45.80	176		
	100	1:37.74	174	50	51.77	172		25	19.19	169	50	44.41	165		
	25	24.67	160	200	3:40.44	159		50	53.31	157	25	20.82	155		
	50	48.11	151	25	22.76	149		50	48.67	125					
44.	400	7:16.95	209	50	39.58	202	06	200	3:26.73	191	200	3:53.43	191	3982	24
	200	3:31.68	190	100	1:28.58	189		100	1:48.83	188	100	1:40.31	180		
	100	1:37.57	179	50	41.59	174		50	46.51	168	50	52.17	168		
	25	19.31	166	200	3:22.08	164		50	44.81	161	50	47.89	154		
	800	14:58.02	152	25	22.92	146		100	1:44.74	141	50	55.42	140		
	25	21.70	137	25	26.18	134		200	3:53.34	134	50	48.78	124		
45.	50	33.52	333	50	38.14	304	05	200	2:45.11	302	100	1:22.14	300	3854	15
	50	38.40	298	50	35.75	274		25	18.72	268	25	16.52	265		
	100	1:28.50	262	50	45.20	258		25	18.26	230	25	22.29	217		
	50	48.41	210	800	13:57.00	187		50	46.27	146					
46.	50	27.90	577	50	28.21	559	99	200	2:28.09	557	100	1:08.88	556	3786	7
	50	35.39	538	50	30.49	511		50	32.59	488					
47.	25	17.99	205	400	7:22.07	202	06	100	1:33.85	201	50	39.72	200	3784	24
	200	3:24.66	197	200	3:52.69	193		100	1:29.31	185	50	45.14	183		
	50	50.70	183	25	21.28	182		50	40.97	182	100	1:39.93	182		
	100	1:50.09	181	25	24.17	170		200	3:39.57	170	50	47.53	157		
	50	53.54	155	800	14:52.93	154		200	3:28.48	150	50	48.78	124		
	100	1:51.56	117	200	4:08.15	111		25	-	-	50	-	-		
48.	100	1:23.55	312	50	42.90	302	04	200	3:06.18	280	50	37.24	280	3733	14
	100	1:24.87	272	100	1:36.22	272		50	35.93	270	25	18.82	264		
	25	16.58	262	800	12:40.18	250		25	17.93	243	100	1:27.47	243		
	200	3:11.79	242	25	21.51	241									



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49.						07						<b>3629</b>	24
400	7:30.81	190	100	1:36.86	183	50	41.00	182	200	3:32.39	176		
50	46.03	173	200	4:03.67	168	25	21.90	167	100	1:32.41	167		
50	47.37	159	100	1:55.03	159	200	3:45.37	158	200	3:25.87	155		
100	1:47.24	147	200	3:47.01	146	50	55.03	143	50	46.54	143		
25	20.33	142	50	44.85	139	100	1:45.55	138	25	22.27	126		
800	15:53.80	126	25	26.94	123	50	58.34	120	50	52.69	99		
50.						06						<b>3454</b>	24
400	7:03.04	230	100	1:25.73	209	100	1:45.52	206	200	3:49.13	202		
200	3:09.37	200	50	49.83	193	50	40.24	192	100	1:39.12	186		
200	3:35.39	181	200	3:30.93	180	50	51.39	176	50	42.81	159		
25	19.72	156	50	45.24	156	25	22.60	152	100	1:42.89	149		
50	49.00	143	800	15:31.34	136	200	3:54.31	133	50	50.00	115		
25	-	-	25	-	-	50	-	-	100	-	-		
51.						05						<b>3100</b>	19
50	39.62	201	50	44.08	197	50	41.87	197	50	40.06	195		
100	1:39.19	186	100	1:49.49	184	200	3:30.01	182	50	45.53	179		
50	43.28	178	400	7:40.56	178	100	1:38.81	172	200	3:36.66	168		
200	4:04.63	166	50	53.21	158	200	3:28.00	151	100	1:44.65	142		
50	55.43	140	800	15:55.42	126	100	-	-	-	-	-		
52.						06						<b>3052</b>	20
100	1:40.52	238	200	3:46.13	210	50	48.71	206	25	22.74	204		
400	7:28.88	193	200	3:33.18	174	50	46.12	172	100	1:40.49	164		
50	42.70	161	100	1:33.85	159	25	22.52	154	100	1:46.55	150		
25	20.15	146	200	3:35.38	136	200	3:59.79	131	50	47.93	131		
800	16:27.52	114	100	1:55.29	106	25	23.83	103	200	-	-		
53.						07						<b>3006</b>	20
400	7:20.49	204	200	3:23.43	201	50	41.61	174	50	46.12	172		
100	1:31.77	170	100	1:39.26	170	200	4:05.30	165	200	3:25.07	157		
50	47.96	153	100	1:45.76	153	100	1:57.53	149	200	3:50.42	147		
50	54.57	146	50	44.22	145	800	15:11.75	145	200	3:58.01	126		
50	58.04	122	50	50.39	113	100	1:53.09	112	50	55.92	82		
54.						05						<b>2424</b>	15
25	20.76	197	50	44.08	197	100	1:36.45	185	50	45.37	181		
50	41.06	181	50	51.01	179	25	19.12	171	200	3:35.10	170		
50	42.90	158	100	1:34.06	158	100	1:44.90	157	25	25.15	151		
200	3:51.07	146	25	23.68	105	50	54.75	88	-	-	-		
55.						04						<b>2340</b>	9
50	34.10	316	200	3:04.08	290	100	1:25.79	288	50	40.08	262		
50	40.47	255	50	45.54	252	200	3:38.18	234	50	39.81	229		
50	40.74	214	-	-	-	-	-	-	-	-	-		
56.						05						<b>1570</b>	7
25	16.40	271	50	40.33	257	25	17.98	241	25	19.46	239		
50	41.24	206	50	49.60	195	25	24.61	161	-	-	-		
57.						03						<b>1455</b>	5
25	14.78	433	25	15.07	349	100	1:20.72	346	25	17.53	327		
25	-	-	-	-	-	-	-	-	-	-	-		
58.						01						<b>425</b>	1
100	1:07.69	425	-	-	-	-	-	-	-	-	-		
59.						02						<b>359</b>	1
100	1:11.57	359	-	-	-	-	-	-	-	-	-		

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"Swimboard"



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60. 100 1:14.83 314 03 . . 314 1

61. 100 1:19.23 265 03 . . 265 1

1. 100 57.34 620 200 2:07.01 575 100 54.36 565 50 24.68 553  
 50 27.26 541 200 2:02.48 534 50 26.98 527 50 27.71 515  
 50 25.36 509 25 12.41 507 200 2:17.63 505 200 2:16.78 499  
 100 1:10.86 483 25 11.64 482 50 28.07 468 50 32.59 465  
 25 15.04 461 800 9:34.48 459 25 13.61 441 50 33.32 435  
 200 2:39.27 432

2. 200 1:57.87 599 100 53.56 590 50 24.29 580 50 26.60 550  
 200 2:13.85 549 200 2:12.90 545 50 24.89 539 50 27.14 518  
 25 12.35 515 400 4:55.92 504 100 1:04.09 493 100 1:11.38 472  
 25 11.92 449 50 33.06 445 200 2:38.18 441 100 1:04.72 431  
 200 2:21.78 413 25 15.66 408 50 34.68 385 50 31.08 365  
 50 31.59 348 25 14.75 346

3. 200 2:17.45 507 100 1:03.63 504 100 57.09 487 50 28.54 445  
 800 9:42.80 440 50 26.65 439 50 33.27 437 50 26.74 434  
 100 1:13.76 428 100 1:04.47 424 200 2:12.40 422 100 1:05.31 420  
 50 33.88 413 200 2:41.71 413 400 5:19.85 399 25 13.46 397  
 25 15.85 394 200 2:24.27 392 50 29.91 387 25 12.64 376  
 50 30.96 369 50 31.50 350 25 15.19 317 200 2:55.36 237

4. 800 9:17.52 503 200 2:21.89 461 200 2:09.09 456 200 2:18.70 441  
 100 1:06.89 434 100 59.51 430 200 2:24.06 427 400 5:14.08 421  
 100 1:05.38 418 50 30.45 388 50 27.91 382 100 1:06.99 378  
 50 30.21 375 50 28.30 366 50 30.70 358 200 2:50.11 355  
 25 14.03 351 50 31.58 348 100 1:21.53 317 50 37.16 313  
 25 13.66 298 25 15.66 289 50 38.18 289 25 18.43 250

5. 200 2:04.93 503 100 57.22 484 50 26.27 458 50 26.41 451  
 800 9:39.50 448 50 33.00 447 200 2:23.75 443 100 1:13.26 437  
 50 28.99 425 25 15.46 424 50 29.08 421 100 1:08.07 412  
 25 12.27 411 25 13.56 389 50 35.01 375 200 2:28.94 356  
 200 2:50.31 354 50 32.03 333 50 32.09 331 100 1:10.94 327  
 200 2:39.51 315 25 16.23 260

6. 100 1:11.77 465 100 58.51 453 200 2:10.90 437 100 1:06.92 433  
 50 26.79 432 50 33.44 430 200 2:39.67 429 400 5:13.72 423  
 50 33.68 421 50 29.13 419 50 27.37 405 50 29.55 401  
 100 1:05.66 401 200 2:29.19 396 25 13.80 369 25 16.41 355  
 100 1:10.08 340 800 10:44.03 326 25 13.28 324 50 33.33 296  
 200 2:44.80 285 50 34.09 276 25 17.37 212





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7.						03						8553	22
50	27.94	474	50	26.14	465	50	28.29	457	100	58.43	454		
50	26.93	425	100	1:07.39	424	200	2:28.25	404	100	1:05.74	400		
25	13.45	398	100	1:06.64	395	50	34.40	395	50	30.34	392		
800	10:05.91	391	100	1:16.12	389	200	2:29.55	382	200	2:25.71	380		
25	16.46	351	25	12.96	349	200	2:51.24	348	50	31.85	339		
50	38.96	272	25	16.04	269								

8.						01						8337	20
200	2:00.98	554	100	55.25	538	50	25.68	491	100	1:04.72	479		
50	25.94	476	200	2:21.28	467	50	28.28	458	25	12.94	447		
50	28.60	442	100	1:04.62	421	800	9:56.16	411	100	1:15.78	395		
25	12.65	375	50	31.21	360	50	31.39	354	50	35.82	350		
200	2:52.29	341	25	16.64	340	200	2:37.60	326	25	15.26	312		

9.						03						8332	24
100	1:03.44	458	400	5:12.74	426	200	2:12.96	417	100	1:00.49	410		
50	29.63	398	800	10:02.60	398	50	29.66	397	50	27.85	384		
100	1:10.07	377	200	2:46.89	376	25	13.77	371	200	2:33.11	367		
50	31.15	362	200	2:28.64	358	100	1:19.10	347	200	2:34.47	347		
50	28.88	345	25	16.81	330	50	36.70	325	50	32.52	318		
25	13.48	310	50	39.20	267	25	16.57	244	100	-	-		

10.						02						8278	24
100	1:00.82	403	200	2:29.96	390	200	2:16.20	388	100	1:07.13	386		
100	1:16.59	382	50	28.04	377	200	2:26.27	376	50	30.18	376		
400	5:26.18	376	100	1:07.14	375	800	10:21.16	363	100	1:11.27	359		
50	30.76	355	50	28.88	345	50	31.80	341	200	2:35.99	337		
200	2:53.74	333	25	14.31	331	50	36.98	318	50	32.59	316		
50	38.04	292	25	13.99	277	25	18.34	254	25	16.95	228		

11.						03						8146	24
100	59.14	438	200	2:11.09	435	800	10:02.03	399	100	1:16.16	389		
100	1:09.61	385	200	2:30.71	384	50	28.32	366	50	28.38	363		
100	1:08.91	357	400	5:36.36	343	100	1:09.38	340	50	36.43	332		
50	32.07	332	200	2:32.44	332	50	36.58	328	200	2:56.01	320		
25	17.08	314	25	13.45	312	50	32.42	304	25	14.81	298		
50	33.30	297	50	32.92	290	200	2:52.43	249	25	16.69	239		

12.						04						7986	23
200	2:11.31	433	800	9:59.44	404	100	1:00.99	400	200	2:29.42	394		
50	27.73	390	100	1:09.73	383	400	5:24.67	381	50	30.28	373		
200	2:27.28	368	100	1:17.78	365	50	28.45	361	200	2:49.54	358		
50	35.71	353	100	1:09.52	338	25	13.30	323	50	36.80	323		
25	14.49	318	50	32.05	314	25	17.39	298	200	2:42.85	296		
50	33.64	288	50	33.98	279	25	16.53	246					

13.						05						7661	23
100	1:12.76	446	200	2:40.56	422	50	34.22	401	50	30.02	382		
100	1:10.61	369	100	1:07.52	369	400	5:29.09	366	200	2:33.90	361		
100	1:08.74	360	50	30.73	357	50	36.64	327	800	10:44.14	326		
100	1:05.49	323	200	2:25.10	321	50	29.80	314	25	17.39	298		
25	14.98	288	200	2:40.17	286	25	13.88	284	50	33.85	282		
200	2:46.12	279	50	34.73	261	25	16.68	239					

14.						02						7566	23
100	59.77	425	50	33.72	419	50	27.23	411	50	34.31	398		
50	27.57	396	100	1:09.83	381	200	2:18.84	366	50	30.50	365		
25	16.37	357	200	2:34.66	356	50	31.00	347	25	13.02	344		
100	1:09.11	344	400	5:36.85	341	100	1:10.76	330	800	10:42.79	328		
200	2:36.18	309	50	33.00	305	25	14.96	289	50	33.59	289		
25	16.34	254	200	3:01.78	212	200	-	-					



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15.	800	9:46.90	431	100	59.74	425	200	2:13.05	416	100	1:14.48	416	7455	23
	50	27.80	387	50	28.48	359	50	35.50	359	100	1:11.63	353		
	50	35.98	345	200	2:36.73	342	200	2:55.59	323	25	17.16	310		
	25	13.74	293	50	32.93	290	50	33.11	285	25	15.07	283		
	50	33.84	283	100	1:14.54	282	50	34.42	269	100	1:15.46	264		
	200	2:49.65	262	200	2:45.23	261	25	17.23	217					
16.	800	9:24.64	484	200	2:09.99	446	200	2:25.87	412	200	2:27.53	410	7366	21
	100	1:00.51	409	200	2:24.07	394	100	1:09.32	390	50	27.76	388		
	50	28.60	355	100	1:08.99	346	50	31.35	336	50	31.58	328		
	25	13.26	326	100	1:21.06	322	25	14.52	316	50	37.49	305		
	25	17.40	297	50	37.87	296	200	3:00.76	296	50	33.79	284		
	25	17.00	226											
17.	100	1:06.46	387	100	1:09.23	352	100	1:03.69	351	800	10:39.12	333	7170	24
	50	31.56	329	400	5:41.30	328	200	2:24.91	322	100	1:13.97	321		
	50	29.70	317	200	2:41.81	311	50	29.88	311	200	2:57.95	310		
	200	2:36.20	309	100	1:22.24	309	50	32.28	308	50	33.58	289		
	50	33.75	285	25	15.21	275	50	39.15	268	50	39.22	266		
	25	16.59	243	25	14.66	241	200	3:04.12	204	25	19.81	201		
18.	100	1:05.64	459	100	58.76	447	50	28.77	435	200	2:26.58	418	7148	19
	50	27.18	414	25	13.30	412	50	27.32	407	50	34.47	393		
	200	2:15.55	393	25	15.98	384	100	1:07.27	384	50	30.94	370		
	800	10:21.31	363	25	12.86	357	50	30.94	349	25	15.23	314		
	200	3:02.06	289	50	33.96	280	200	2:45.79	280					
19.	25	15.69	406	100	1:16.27	387	100	1:07.87	374	100	1:11.28	358	6973	22
	200	2:28.73	358	100	1:03.91	347	50	35.96	346	50	29.12	336		
	50	36.39	334	50	32.07	332	200	2:55.09	325	50	29.51	323		
	200	2:26.28	313	400	5:50.28	303	25	15.59	293	25	13.79	290		
	50	33.56	290	50	33.72	270	25	15.33	269	50	34.11	261		
	100	1:17.19	247	200	3:02.30	211								
20.	100	1:14.98	407	200	2:30.76	384	100	1:01.82	384	50	27.88	383	6822	22
	50	34.99	375	50	30.27	373	200	2:20.93	350	50	36.38	334		
	25	13.18	332	200	2:54.58	328	25	16.95	322	100	1:11.74	317		
	50	32.00	316	25	14.64	309	100	1:11.95	305	200	2:39.85	288		
	800	11:13.08	285	50	34.03	278	50	34.42	269	200	2:51.82	252		
	25	16.87	231	100	-	-								
21.	800	10:04.20	395	200	2:17.89	374	200	2:33.74	362	100	1:04.42	339	6548	22
	100	1:13.05	333	200	2:32.74	330	100	1:11.84	315	50	29.83	313		
	200	2:57.77	311	100	1:22.23	309	50	30.36	297	50	32.73	295		
	50	33.64	288	50	33.40	278	25	14.10	271	50	34.71	262		
	50	39.45	262	25	15.55	258	100	1:16.49	253	200	2:53.16	246		
	25	18.75	238	25	17.18	219								
22.	100	57.16	485	200	2:06.72	482	100	1:11.80	464	100	1:06.09	450	6519	16
	50	26.53	445	50	28.98	425	50	33.58	425	50	33.62	423		
	50	26.97	423	50	29.10	420	100	1:05.48	404	100	1:09.04	355		
	50	31.91	337	200	2:32.27	333	50	32.33	324	200	2:37.92	324		



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2016-2017

23.	100	1:02.76	367	200	2:21.23	348	02	50	28.93	343	50	29.07	338	22
	100	1:12.83	336	100	1:20.82	325		200	2:41.13	314	100	1:13.47	295	
	50	38.25	287	25	15.05	284		200	2:40.86	283	200	3:03.31	283	
	25	13.95	280	50	34.18	274		50	33.54	274	100	1:14.85	271	
	25	17.97	270	50	39.08	269		50	34.84	259	50	34.32	256	
	200	2:59.21	222	25	17.40	211								
24.	50	31.51	331	50	29.56	321	05	100	1:11.43	321	100	1:06.51	308	24
	400	5:51.92	299	50	33.29	297		100	1:12.72	295	50	30.51	292	
	50	32.86	291	200	2:30.31	288		800	11:15.77	282	200	2:46.31	278	
	200	2:42.15	276	50	35.07	254		100	1:20.18	252	200	2:54.21	249	
	25	15.89	241	200	3:14.50	237		25	14.83	233	100	1:30.73	230	
	25	17.40	211	50	42.59	208		50	45.36	172	25	21.49	158	
25.	100	1:14.01	424	400	5:22.09	390	03	200	2:46.94	375	200	2:35.09	353	20
	200	2:21.81	344	50	31.32	337		25	16.80	330	50	36.55	329	
	100	1:10.19	328	100	1:13.47	327		50	29.41	326	50	32.11	312	
	25	14.72	304	50	37.60	302		50	30.26	300	25	13.98	278	
	100	1:15.14	275	200	2:56.71	231		50	36.22	230	25	18.04	189	
26.	200	2:23.30	333	200	2:53.90	332	04	50	31.51	331	100	1:20.89	324	22
	50	36.79	323	200	2:41.18	314		800	10:52.04	314	100	1:14.76	311	
	50	37.73	299	50	30.46	294		200	2:43.17	294	100	1:07.88	290	
	200	2:39.79	288	50	31.23	273		50	33.71	270	100	1:16.02	266	
	25	18.63	242	50	36.10	233		25	14.90	230	25	16.27	225	
	50	37.29	211	25	18.17	185								
27.	100	1:02.49	371	800	10:24.12	358	03	400	5:40.30	331	50	31.71	324	22
	50	29.54	322	200	2:58.12	309		200	2:42.30	308	100	1:12.67	296	
	100	1:23.50	295	100	1:16.57	289		200	2:45.42	282	50	30.90	281	
	50	33.32	280	25	15.36	267		25	14.23	264	50	39.87	254	
	50	40.17	248	100	1:20.30	226		50	36.70	221	25	19.22	220	
	50	38.21	196	25	18.30	181								
28.	200	2:16.23	388	100	1:02.88	365	04	800	10:20.66	364	400	5:29.77	364	19
	50	28.85	346	50	31.14	343		200	2:37.39	337	100	1:13.85	322	
	200	2:55.88	321	50	29.60	320		100	1:22.30	308	100	1:11.81	306	
	200	2:41.51	303	200	2:38.13	298		50	38.12	290	50	38.61	279	
	50	34.11	261	50	35.35	248		50	35.60	243				
29.	400	5:44.66	319	800	11:03.57	298	05	100	1:14.00	288	50	33.18	283	24
	200	2:41.49	279	50	31.29	271		100	1:09.49	270	200	2:34.24	267	
	50	33.86	266	200	2:51.34	261		50	31.85	257	100	1:19.71	256	
	100	1:16.34	255	50	35.28	249		200	3:11.45	249	50	40.65	239	
	100	1:29.57	239	25	16.07	233		200	2:57.17	230	50	36.61	223	
	50	43.39	197	25	17.95	192		25	15.81	192	25	20.70	176	
30.	400	5:34.32	349	200	2:22.08	342	05	100	1:06.61	307	50	30.13	304	24
	800	11:03.84	298	100	1:13.42	287		50	33.18	283	200	2:48.22	276	
	50	34.09	276	200	2:42.26	275		50	31.40	268	100	1:26.69	263	
	200	3:08.91	259	100	1:16.96	256		50	34.47	252	200	2:52.80	247	
	50	40.66	239	25	15.10	221		50	42.71	206	25	16.94	199	
	50	38.04	199	25	20.64	178		25	18.48	176	100	-	-	



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2016-2017

31.	100	1:12.60	339	400	5:38.62	336	04	200	2:41.85	310	50	37.36	308	23
	800	10:57.00	307	100	1:12.49	298		200	3:02.31	288	50	30.83	283	
	100	1:08.45	282	50	33.22	282		50	38.59	280	50	31.44	267	
	25	15.71	250	25	18.47	249		50	35.31	235	100	1:19.27	235	
	50	36.05	234	50	36.14	232		25	14.94	228	200	2:52.71	228	
	200	3:03.14	208	25	17.92	193		100	-	-				
32.	100	1:06.93	379	50	30.18	376	03	200	2:18.01	373	100	1:08.59	362	18
	50	28.44	361	100	1:04.08	344		50	36.43	332	50	29.80	314	
	800	11:02.56	299	400	5:52.53	298		50	33.43	293	100	1:23.81	292	
	50	32.92	290	200	3:02.56	287		200	2:46.12	279	200	2:42.59	274	
	50	34.22	273	50	40.91	235								
33.	200	2:28.44	299	400	5:56.60	288	05	100	1:08.50	282	50	31.29	271	24
	50	33.68	271	200	2:44.44	265		100	1:15.49	264	800	11:32.79	262	
	200	2:52.09	258	50	31.89	256		100	1:20.15	252	100	1:19.10	236	
	50	36.50	225	200	2:58.40	225		50	36.03	221	25	15.24	215	
	100	1:33.80	208	200	3:26.53	198		50	44.09	187	50	44.32	184	
	50	39.18	182	25	17.57	178		25	19.18	157	25	21.80	151	
34.	100	1:04.05	432	50	27.67	392	02	200	2:30.45	386	100	1:09.60	385	17
	200	2:47.95	369	50	30.98	368		800	10:19.21	367	200	2:19.04	365	
	25	13.91	360	50	30.62	360		25	12.98	348	50	35.90	347	
	200	2:36.10	336	25	16.91	324		25	15.18	317	50	-	-	
	100	-	-											
35.	400	5:41.30	328	200	2:27.00	308	04	50	32.32	306	100	1:15.58	301	20
	100	1:12.29	300	200	2:44.03	298		50	30.37	296	800	11:08.24	292	
	200	2:41.55	279	50	31.67	261		200	3:08.39	261	100	1:28.11	251	
	25	14.56	246	50	35.78	239		50	35.22	237	50	41.08	232	
	200	2:57.86	227	25	16.24	226		25	19.09	225	25	17.39	211	
36.	200	2:29.75	292	100	1:14.28	285	05	200	3:03.29	284	100	1:24.90	281	22
	200	2:41.49	279	800	11:24.40	271		100	1:09.96	265	50	31.98	254	
	50	34.77	246	50	32.63	239		100	1:21.74	238	50	40.79	237	
	50	41.00	233	100	1:18.71	233		200	2:56.66	232	50	36.39	227	
	25	16.31	223	50	36.35	215		50	37.52	207	25	15.90	189	
	25	20.37	185	25	18.32	180								
37.	100	1:05.00	330	800	10:42.73	328	03	200	2:24.00	328	50	30.32	298	22
	100	1:15.92	297	200	2:42.76	273		50	31.25	272	100	1:26.60	264	
	200	3:07.89	263	25	14.49	250		50	35.25	250	50	40.52	241	
	50	40.74	238	25	18.94	230		50	35.61	229	25	16.19	228	
	50	35.75	226	25	17.59	204		400	6:43.72	198	100	1:26.42	176	
	200	3:15.76	170	200	-	-								
38.	100	1:08.58	281	400	6:08.45	261	05	200	2:36.63	255	100	1:29.26	241	24
	100	1:18.73	232	50	33.08	229		100	1:22.85	228	50	35.72	227	
	800	12:07.53	226	50	33.30	225		200	2:53.54	225	100	1:20.62	223	
	200	3:01.05	222	200	3:22.17	211		50	43.04	201	25	17.04	196	
	25	20.16	191	50	38.59	190		50	44.04	188	25	15.97	186	
	25	18.30	181	200	3:11.83	181		50	39.35	180	50	40.48	156	



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2016-2017

39.	400	5:57.39	286	200	2:40.51	285	100	1:14.54	282	800	11:31.59	263	22
	100	1:19.59	257	200	2:53.56	252	50	35.39	247	100	1:11.75	245	
	200	2:40.97	235	100	1:30.00	235	50	40.94	234	50	35.39	233	
	200	3:17.01	228	50	33.31	225	25	19.20	221	50	42.12	215	
	100	1:21.01	213	25	17.38	211	50	36.59	211	25	17.09	194	
	25	16.16	180	200	3:12.71	178							
40.	100	1:19.84	337	25	16.88	326	100	1:05.83	318	50	30.07	305	20
	200	2:37.14	303	400	5:51.56	300	200	2:28.63	298	50	38.23	288	
	50	30.67	288	50	38.90	273	50	33.63	272	800	11:44.55	249	
	50	35.47	245	100	1:17.63	242	25	14.71	239	50	35.22	237	
	50	36.69	222	25	18.18	185	200	3:26.42	145	25			
41.	100	1:02.81	366	50	36.00	345	50	31.11	344	200	2:22.59	338	17
	50	29.13	336	50	36.36	334	50	31.57	329	200	2:54.58	328	
	50	29.52	323	50	32.38	323	25	14.58	313	25	17.17	309	
	25	13.70	295	50	33.51	291	25	16.56	244	200	3:00.81	216	
	100												
42.	100	1:02.82	366	400	5:43.20	323	50	29.61	320	100	1:21.55	317	17
	100	1:11.08	316	200	2:26.26	313	50	30.07	305	25	14.75	302	
	800	11:03.28	298	200	2:45.19	292	50	32.93	290	25	14.14	269	
	50	39.34	264	25	18.33	254	50	35.09	253	200	2:54.48	240	
	25	17.00	226										
43.	50	32.53	241	100	1:12.15	241	25	15.94	239	200	2:40.35	237	23
	50	35.40	233	800	12:03.71	230	200	3:00.94	222	100	1:20.78	222	
	50	33.54	220	400	6:29.81	220	100	1:23.95	219	25	15.15	218	
	100	1:32.53	217	50	37.06	215	200	3:23.37	207	50	36.97	205	
	50	42.96	203	50	38.37	194	100	1:24.41	188	50	44.22	186	
	25	20.56	180	25	18.52	175	200	3:23.45	151				
44.	50	30.51	364	100	1:03.52	354	25	14.21	338	100	1:20.45	330	16
	200	2:54.90	326	50	29.70	317	200	2:25.68	317	50	37.25	311	
	100	1:11.61	309	25	13.55	305	25	17.57	289	50	33.70	286	
	200	2:43.80	268	100	1:17.13	255	200	2:52.60	248	25	16.80	234	
45.	100	1:09.14	274	50	31.63	262	50	34.83	259	200	2:46.59	254	22
	200	2:38.43	246	100	1:18.03	246	100	1:21.01	244	50	32.62	239	
	50	35.20	237	200	2:57.91	233	100	1:30.41	232	800	12:03.71	230	
	200	3:20.97	215	25	15.28	213	25	16.62	211	50	38.57	191	
	50	43.79	191	25	20.37	185	50	38.47	181	50	44.75	179	
	25	18.63	171	200	3:25.57	147							
46.	50	34.57	250	400	6:16.25	245	100	1:18.22	237	100	1:19.82	230	24
	200	2:53.75	224	200	3:01.73	219	100	1:24.34	216	200	2:45.73	215	
	50	36.41	214	200	3:01.94	212	100	1:15.58	210	50	34.22	207	
	25	16.74	206	200	3:25.18	202	800	12:37.78	200	100	1:36.78	189	
	50	35.43	186	50	38.87	186	25	16.56	167	50	40.40	166	
	50	46.08	164	50	46.47	160	25	21.44	159	25	19.88	141	



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2016-2017

47.	800	9:53.42	417	100	1:15.85	394	05	100	1:02.27	375	200	2:27.24	369	4696	14
	100	1:09.20	353	100	1:12.56	340		200	2:35.74	338	50	36.43	332		
	50	29.36	328	50	32.30	325		25	14.68	306	25	17.26	305		
	25	14.06	273	25	16.63	241									
48.	100	1:09.70	268	50	31.56	264	04	50	31.94	255	100	1:20.14	252	4684	21
	200	2:54.68	247	100	1:28.94	244		200	2:39.70	240	25	18.72	239		
	400	6:24.63	229	25	15.00	225		25	16.33	222	50	36.08	220		
	200	3:20.05	218	50	42.08	216		50	42.33	212	800	12:31.68	205		
	50	37.35	198	100	1:24.06	191		25	18.18	185	50	39.44	178		
	200	3:13.45	176												
49.	400	6:01.18	277	200	3:10.79	251	05	50	41.00	233	200	3:00.02	225	4653	24
	100	1:31.77	222	200	2:44.32	221		100	1:24.00	219	800	12:14.59	219		
	50	33.93	212	100	1:22.63	201		100	1:16.90	199	50	44.08	187		
	200	3:04.40	187	25	20.40	184		100	1:26.16	183	50	35.89	179		
	200	3:13.00	177	25	16.37	173		25	17.97	167	50	41.40	154		
	50	40.69	153	50	41.97	148		25	19.61	147	50	42.43	135		
50.	200	3:09.91	255	400	6:17.41	242	04	100	1:21.78	237	100	1:29.85	237	4589	23
	100	1:13.77	226	200	3:00.60	223		50	41.70	222	50	33.66	218		
	50	36.22	218	50	42.39	211		800	12:27.71	208	100	1:22.03	205		
	50	34.38	204	200	2:48.97	203		25	20.14	192	50	37.89	190		
	25	17.33	186	100	1:29.29	164		200	3:19.40	161	50	41.07	158		
	25	17.08	152	25	19.68	145		50	43.54	132					
51.	50	34.40	254	100	1:17.57	250	06	50	35.87	237	200	2:53.13	227	4547	24
	50	33.70	217	400	6:32.01	216		200	2:47.76	207	100	1:25.99	204		
	100	1:16.28	204	25	17.09	194		50	35.28	189	200	3:12.82	183		
	800	13:02.38	182	50	38.54	180		100	1:25.75	180	25	16.31	175		
	50	45.65	169	25	21.18	165		50	40.76	162	200	3:19.27	161		
	200	3:41.56	160	100	1:43.53	154		25	19.97	139	50	48.78	138		
52.	50	34.57	250	100	1:17.45	244	05	200	2:59.42	228	200	2:53.02	227	4511	23
	100	1:20.32	225	200	2:43.76	223		100	1:23.65	222	100	1:14.20	222		
	800	12:15.62	219	50	33.90	213		100	1:33.94	207	50	37.78	203		
	200	3:26.89	197	50	34.84	196		50	38.01	188	25	17.67	175		
	200	3:15.61	170	50	45.91	166		50	40.54	164	50	46.70	158		
	25	16.92	157	25	19.93	140		25	23.74	117					
53.	200	2:49.95	240	200	3:14.87	236	05	100	1:20.82	221	800	12:13.53	220	4344	22
	200	2:44.57	220	100	1:32.50	217		50	33.79	215	100	1:15.12	214		
	50	36.51	212	100	1:25.07	211		200	3:05.60	206	50	37.72	204		
	50	42.87	204	50	43.75	192		50	35.52	185	200	3:13.15	177		
	25	20.80	174	25	17.83	171		50	40.21	168	25	16.72	162		
	50	39.98	162	25	20.29	133									
54.	400	6:21.88	234	200	3:15.56	233	05	100	1:31.17	226	100	1:13.82	225	4338	23
	50	33.32	224	200	2:56.75	213		200	2:48.01	206	100	1:23.04	204		
	50	42.87	204	50	38.02	199		50	34.87	196	100	1:27.07	196		
	200	3:09.67	193	50	43.82	191		50	37.98	189	25	20.30	187		
	25	16.39	172	50	41.27	156		25	19.53	149	50	41.94	140		
	100	1:33.35	139	25	19.49	131		200	3:33.51	131					

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2016-2017

"Swimboard"



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2016-2017

55.	50	35.20	237	200	2:54.10	223	05	200	3:01.23	221	100	4313	219	22
	100	1:24.15	218	50	36.30	216		50	33.77	215	100	1:32.82	215	
	100	1:16.68	201	200	3:05.69	199		200	3:27.61	195	25	17.15	192	
	200	2:52.03	192	800	12:51.56	189		50	44.14	187	50	35.49	186	
	50	44.59	181	50	39.53	177		25	16.56	167	25	21.17	165	
	50	40.52	164	25	19.31	154								
56.	400	6:18.98	239	200	3:14.22	238	05	100	1:31.73	222	200	4171	214	22
	800	12:27.18	209	50	37.00	204		200	2:49.11	202	100	1:16.49	202	
	100	1:26.78	198	50	43.36	197		50	34.91	195	100	1:24.72	192	
	100	1:25.56	181	25	17.70	174		50	45.31	173	50	36.38	172	
	25	21.11	166	50	39.66	166		50	40.84	161	25	16.80	160	
	25	19.15	158	200	3:25.00	148								
57.	200	2:42.87	227	50	33.93	212	05	100	1:15.28	212	200	4167	209	23
	400	6:36.71	209	100	1:33.83	208		200	3:23.85	206	100	1:27.45	194	
	100	1:24.38	194	50	35.10	192		50	44.38	184	25	17.45	182	
	50	39.37	179	50	38.70	178		800	13:10.00	176	50	38.94	175	
	25	16.49	169	50	45.69	168		25	21.40	160	50	41.50	153	
	100	1:34.14	136	25	20.38	131		200	3:43.93	113				
58.	400	5:45.35	317	100	1:10.32	261	04	200	2:37.12	252	200	4148	251	18
	50	34.96	242	100	1:18.55	241		100	1:18.37	236	200	2:58.57	231	
	50	33.14	228	50	36.40	227		100	1:31.24	226	200	2:54.75	220	
	25	16.45	217	100	1:24.36	216		25	15.40	208	200	3:05.57	200	
	25	19.89	199	25	18.46	176								
59.	200	2:56.35	240	400	6:20.71	236	05	200	2:51.71	232	800	4147	224	21
	100	1:23.75	221	100	1:14.67	218		50	33.84	214	50	33.99	211	
	200	2:47.31	209	100	1:22.45	208		50	38.09	198	25	17.07	195	
	50	38.33	194	25	15.87	190		100	1:37.89	183	50	39.20	171	
	200	3:37.70	169	50	45.88	166		25	21.21	164	25	19.31	154	
	50	40.95	150											
60.	400	6:10.10	257	50	34.45	253	04	200	2:53.69	251	50	4143	244	20
	50	34.93	243	100	1:29.69	238		100	1:18.35	236	800	11:59.26	234	
	25	16.27	225	200	3:17.85	225		50	41.86	219	50	33.91	213	
	200	3:03.79	206	100	1:16.62	201		25	15.72	195	25	20.52	181	
	50	39.41	179	50	39.63	176		25	18.80	167	100	-	-	
61.	100	1:09.17	274	200	2:35.20	262	05	400	6:09.55	258	50	4055	254	18
	50	32.21	248	100	1:21.04	244		50	35.62	242	200	2:57.06	237	
	50	35.37	234	100	1:19.30	227		100	1:31.20	226	800	12:12.53	221	
	200	3:01.85	212	50	38.20	196		50	38.09	187	200	3:32.09	183	
	50	44.59	181	50	45.60	169								
62.	100	1:02.71	368	50	28.56	356	02	200	2:20.61	352	50	3958	333	15
	50	29.48	324	50	32.33	306		50	37.64	301	100	1:23.54	294	
	100	1:13.81	282	100	1:14.85	279		50	34.82	259	200	2:50.42	258	
	200	3:12.05	246	100	-	-		50	-	-				



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63.						04						3895	21
200	3:02.40	217	800	12:17.20	217	100	1:24.54	215	200	3:21.48	213		
200	2:48.05	206	100	1:22.76	206	50	34.62	200	50	34.65	199		
100	1:16.97	199	100	1:35.12	199	200	3:01.38	197	50	43.77	191		
25	16.02	185	25	17.48	181	25	20.54	181	50	39.24	181		
50	39.50	178	25	19.30	154	50	42.34	136	50	42.85	131		
200	3:46.71	109											
64.						05						3838	21
800	11:54.68	238	100	1:12.71	236	200	3:18.14	224	100	1:31.89	221		
200	2:56.59	214	200	2:49.37	201	100	1:26.53	200	100	1:24.15	196		
200	3:08.81	195	50	34.98	194	50	37.80	191	50	38.68	189		
50	45.18	174	25	17.98	166	25	16.75	161	25	22.01	147		
200	3:25.65	147	50	48.08	144	25	19.96	139	50	42.69	133		
50	44.07	128											
65.						04						3832	19
100	1:17.21	282	200	2:32.74	275	100	1:09.26	273	400	6:03.99	270		
50	31.76	259	25	18.44	250	50	32.74	236	800	12:00.34	233		
50	41.56	224	25	15.10	221	50	42.37	211	50	36.88	206		
25	17.81	196	50	38.80	187	50	39.01	184	50	39.01	174		
25	18.56	151	200	-	-	200	-	-					
66.						04						3794	14
100	1:20.23	333	400	5:39.90	332	200	2:56.41	318	100	1:16.96	285		
200	2:47.30	281	200	2:33.07	273	50	39.06	270	800	11:33.90	260		
200	2:46.21	256	50	34.30	256	100	1:16.51	253	50	32.45	243		
200	2:57.03	230	50	37.74	204								
67.						05						3742	22
100	1:20.25	226	200	2:56.30	215	400	6:36.78	209	200	3:05.92	205		
100	1:26.74	199	50	38.28	195	100	1:17.52	194	100	1:36.22	193		
800	12:51.44	189	50	35.99	178	50	45.43	171	200	3:36.68	171		
50	40.12	169	50	39.68	165	50	46.64	158	25	19.25	155		
100	1:30.23	154	25	18.50	153	25	17.12	151	25	21.95	148		
200	3:26.98	144	50	-	-								
68.						06						3724	23
50	35.59	229	400	6:28.41	222	25	17.01	197	50	34.84	196		
100	1:23.50	195	200	3:29.69	189	50	35.61	184	100	1:18.92	184		
100	1:26.29	182	50	44.49	182	100	1:29.83	179	100	1:38.62	179		
25	16.26	177	50	38.80	177	200	3:09.67	172	200	3:17.74	165		
800	13:42.85	156	50	41.55	152	25	22.46	138	25	20.15	135		
50	49.30	134	200	-	-	50	-	-					
69.						05						3703	21
200	2:56.92	212	100	1:22.96	205	100	1:26.25	202	100	1:34.92	201		
100	1:17.22	197	200	3:08.82	195	200	3:27.67	195	50	43.56	194		
50	37.71	193	200	2:52.01	192	50	35.12	191	50	35.12	191		
50	39.03	184	50	44.38	184	50	38.46	182	25	16.36	173		
25	21.15	165	50	41.60	152	25	19.43	151	200	3:26.98	144		
100	-	-											
70.						05						3573	18
400	6:15.50	246	100	1:23.01	227	50	36.06	220	800	12:16.00	218		
50	33.80	215	200	2:46.23	213	100	1:21.64	208	200	3:25.51	201		
100	1:35.15	199	25	17.02	196	50	43.43	196	25	15.74	195		
25	20.20	190	200	3:05.29	185	100	1:26.65	179	200	3:18.43	163		
25	19.04	161	50	40.78	161								





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<b>71.</b>						<b>04</b>						<b>3507</b>	<b>17</b>
100	1:25.89	271	200	3:08.41	261	50	40.43	243	800	11:53.21	240		
200	2:57.01	237	100	1:22.79	229	400	6:25.25	228	100	1:13.92	224		
200	3:01.36	197	50	37.47	196	50	35.23	190	50	35.48	186		
100	1:26.26	182	200	3:16.42	168	50	40.10	160	50	41.91	149		
50	42.17	146											
<b>72.</b>						<b>07</b>						<b>3428</b>	<b>22</b>
50	38.08	187	50	35.47	186	400	6:55.00	182	100	1:19.82	178		
200	2:59.00	171	100	1:31.38	170	200	3:18.59	168	200	3:37.96	168		
100	1:41.00	166	50	37.00	164	100	1:29.22	164	50	39.98	162		
25	18.22	160	50	46.78	157	50	42.12	146	50	48.28	143		
100	1:32.46	143	25	17.71	137	200	3:30.52	137	25	23.08	127		
50	45.82	114	25	22.45	98								
<b>73.</b>						<b>07</b>						<b>3354</b>	<b>22</b>
50	36.74	208	50	34.41	204	400	6:46.35	194	800	13:03.81	181		
100	1:19.56	180	25	17.69	175	50	36.45	171	100	1:31.35	170		
25	16.54	168	200	3:20.17	164	100	1:29.47	158	50	40.35	157		
200	3:04.07	157	100	1:44.12	152	200	3:27.53	143	50	42.84	139		
25	20.00	138	50	49.14	135	200	3:56.44	132	25	23.72	117		
50	52.44	111	100	-	-								
<b>74.</b>						<b>06</b>						<b>3336</b>	<b>22</b>
400	6:41.77	201	50	34.83	196	50	38.30	195	200	3:05.42	184		
100	1:25.97	184	100	1:37.97	182	100	1:20.35	174	200	3:37.80	169		
100	1:28.14	165	50	39.92	162	200	3:02.58	161	50	38.39	146		
50	48.14	144	50	48.65	139	50	42.16	138	800	14:20.64	136		
25	22.60	135	25	17.77	135	50	43.47	133	25	20.48	129		
200	3:35.34	128	25	-	-								
<b>75.</b>						<b>06</b>						<b>3302</b>	<b>24</b>
50	33.53	220	100	1:15.45	211	400	6:45.46	195	200	2:52.84	190		
50	36.31	173	800	13:19.85	170	100	1:29.01	166	200	3:19.82	165		
200	3:40.90	162	50	40.22	159	50	46.73	157	25	17.05	153		
200	3:17.43	153	100	1:45.33	147	50	43.40	134	50	49.38	133		
50	45.01	120	25	24.13	111	100	1:42.78	104	50	47.12	99		
200	3:58.22	94	25	23.43	86	25	-	-	100	-	-		
<b>76.</b>						<b>06</b>						<b>3228</b>	<b>24</b>
50	35.93	179	200	3:35.12	175	50	36.34	173	50	46.03	165		
100	1:42.02	161	50	41.23	156	100	1:24.10	152	200	3:17.80	152		
100	1:31.47	152	200	3:06.90	150	50	47.84	147	400	7:27.46	145		
800	14:04.96	144	100	1:37.20	141	50	42.01	139	25	17.92	132		
200	3:34.97	132	50	44.41	125	25	21.27	115	25	24.00	113		
200	3:53.41	100	25	21.87	92	50	49.01	88	100	-	-		
<b>77.</b>						<b>06</b>						<b>3151</b>	<b>23</b>
400	6:41.79	201	100	1:19.41	181	50	36.53	170	200	3:00.10	167		
200	3:11.57	167	200	3:39.17	166	100	1:29.43	163	800	13:32.85	162		
100	1:42.20	161	100	1:29.82	156	50	40.64	154	50	47.14	153		
100	1:36.70	143	200	3:32.37	137	200	3:39.97	120	50	42.44	108		
50	46.71	107	25	22.29	100	50	47.49	96	50	55.18	95		
25	21.97	91	25	20.94	82	25	27.97	71					
<b>78.</b>						<b>03</b>						<b>3119</b>	<b>14</b>
800	11:03.53	298	200	2:48.89	273	200	3:08.15	262	100	1:19.37	260		
100	1:11.41	249	50	40.71	238	50	33.06	230	50	36.48	213		
50	34.04	210	50	36.62	210	50	38.04	199	200	3:01.08	198		
50	41.06	158	200	3:39.20	121								



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79.						06						3114	23
100	1:16.25	204	200	2:58.35	172	50	39.34	170	400	7:04.94	170		
100	1:28.90	166	50	37.08	163	800	13:32.43	162	50	37.10	162		
100	1:44.99	148	100	1:35.89	147	25	22.06	146	25	18.81	145		
200	3:52.02	140	200	3:23.73	139	200	3:32.88	136	100	1:35.01	132		
50	43.76	130	200	3:36.64	125	50	44.78	122	25	20.91	121		
50	44.84	114	25	-	-	50	-	-					
80.						06						3002	23
200	3:12.97	243	100	1:32.91	214	50	44.41	183	400	6:56.15	181		
50	40.52	155	200	3:23.49	151	100	1:36.93	142	100	1:26.46	140		
200	3:33.12	136	200	3:25.75	135	100	1:34.88	133	200	3:18.75	124		
50	50.67	123	50	40.90	121	800	15:07.08	116	25	24.05	112		
50	47.12	99	50	48.83	94	50	45.78	86	25	23.82	82		
25	22.90	80	50	51.72	79	25	21.83	73					
81.						05						2983	19
200	2:56.59	214	100	1:15.94	207	800	12:35.59	202	200	2:51.55	194		
100	1:24.72	192	200	3:11.12	188	50	35.38	187	100	1:30.85	173		
50	45.32	172	50	40.94	159	50	37.96	152	50	47.93	146		
50	42.05	139	25	19.28	135	25	22.62	135	25	17.93	132		
25	20.48	129	50	44.14	127	100	-	-					
82.						06						2981	23
100	1:39.77	173	400	7:05.21	169	200	3:43.31	157	200	3:16.06	156		
50	47.46	150	50	42.00	148	50	38.78	142	50	48.52	140		
100	1:26.72	139	100	1:38.97	134	25	22.76	133	200	3:34.87	132		
100	1:36.15	127	800	14:44.87	125	50	44.13	120	200	3:23.54	116		
200	3:45.70	111	25	21.57	110	50	46.68	107	25	19.42	103		
50	43.71	99	25	21.50	97	50	48.10	93					
83.						06						2980	23
400	7:11.84	162	50	37.35	159	100	1:30.30	158	50	46.74	157		
25	17.00	154	100	1:35.47	149	200	3:19.02	149	200	3:49.06	145		
50	42.46	143	50	42.58	142	50	38.85	141	100	1:47.04	140		
25	20.16	135	50	42.53	134	25	23.31	123	800	14:50.69	123		
200	3:20.32	122	50	52.20	113	25	20.58	111	100	1:40.93	110		
50	45.54	109	200	3:52.57	101	200	-	-					
84.						03						2857	14
50	32.42	244	25	15.93	240	50	32.77	236	200	2:41.62	232		
50	35.83	225	200	3:03.04	208	25	15.45	206	100	1:34.08	206		
50	37.45	197	25	20.31	187	50	44.73	179	50	45.58	170		
25	18.92	164	50	40.67	163								
85.						06						2846	23
400	7:23.05	150	200	3:50.21	143	50	41.64	143	200	3:22.41	142		
200	3:31.11	140	100	1:37.65	139	100	1:47.28	139	200	3:15.14	132		
100	1:28.18	132	50	39.96	130	100	1:36.82	128	50	40.21	127		
200	3:35.82	127	50	50.27	126	100	1:37.32	123	50	45.56	109		
25	19.13	108	50	46.61	108	25	20.94	105	50	53.58	104		
50	47.98	99	25	22.46	98	25	25.47	94					
86.						06						2791	24
400	7:13.10	160	100	1:44.14	152	200	3:51.79	140	100	1:35.53	134		
100	1:40.31	128	200	3:29.06	128	200	3:19.36	123	200	3:40.87	122		
50	41.07	120	100	1:30.94	120	50	45.60	115	50	45.07	113		
200	3:45.32	111	25	20.71	109	50	52.83	109	50	53.30	106		
50	42.73	106	25	24.64	104	800	15:40.24	104	100	1:43.53	102		
25	22.31	100	50	48.08	98	25	19.87	97	50	48.60	90		



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<b>87.</b>						<b>06</b>						<b>2721</b>	<b>24</b>
200	3:42.14	159	100	1:44.20	152	200	3:19.87	147	50	47.81	147		
400	7:33.97	139	100	1:38.84	134	100	1:37.47	126	200	3:39.48	124		
100	1:31.29	119	50	45.12	119	50	44.40	118	200	3:23.31	116		
50	51.94	114	800	15:18.63	112	25	18.99	111	50	42.21	110		
50	47.23	104	50	43.74	99	25	21.47	98	200	3:54.90	98		
25	25.48	94	50	47.91	94	25	23.38	87	100		-		
<b>88.</b>						<b>07</b>						<b>2645</b>	<b>22</b>
200	3:44.51	154	100	1:24.33	151	100	1:44.24	151	400	7:27.19	146		
50	48.26	143	50	42.59	134	100	1:39.22	133	50	39.91	130		
25	18.11	128	50	43.36	127	800	14:40.13	127	200	3:18.14	126		
50	40.76	122	25	23.51	120	200	3:42.00	120	100	1:39.30	119		
25	20.20	117	25	22.16	102	200	3:53.53	100	50	48.11	98		
100	1:45.32	97	50		-								
<b>89.</b>						<b>06</b>						<b>2581</b>	<b>24</b>
400	7:17.51	155	100	1:33.65	142	200	3:22.53	141	50	39.25	137		
800	14:29.92	132	100	1:49.13	132	100	1:28.35	131	50	43.68	131		
200	3:57.61	130	50	40.13	128	100	1:40.65	127	200	3:19.03	124		
200	3:40.84	122	50	51.41	118	50	44.87	114	50	46.43	109		
25	19.25	106	25	24.93	101	25	23.87	81	50	50.78	79		
25	23.30	76	200	4:28.93	65	50		-	100		-		
<b>90.</b>						<b>03</b>						<b>2563</b>	<b>10</b>
100	1:06.81	304	200	2:30.53	287	50	33.18	283	50	30.84	283		
800	11:17.41	280	200	2:48.69	274	50	31.33	270	50	41.08	232		
50	38.73	188	50	40.69	162								
<b>91.</b>						<b>06</b>						<b>2555</b>	<b>23</b>
200	3:27.37	196	100	1:38.59	179	400	7:07.88	166	50	46.64	158		
50	38.26	148	100	1:32.48	148	800	14:14.81	139	100	1:26.91	138		
50	42.39	136	200	3:26.28	134	100	1:40.41	128	50	51.82	115		
50	45.75	114	50	45.98	106	50	43.12	103	25	19.80	98		
25	23.00	91	100	1:47.75	90	25	26.37	85	25	22.63	83		
200		-	50		-	200		-					
<b>92.</b>						<b>06</b>						<b>2552</b>	<b>20</b>
25	17.38	184	25	20.74	175	25	16.40	172	50	36.57	170		
200	3:39.83	164	100	1:42.95	157	50	40.69	153	50	37.98	151		
50	40.92	151	50	47.71	148	100	1:35.79	147	100	1:25.96	142		
800	14:18.08	137	200	3:36.63	129	25	20.69	125	50	44.47	124		
50	44.66	123	50		-	200		-	400		-		
<b>93.</b>						<b>05</b>						<b>2534</b>	<b>15</b>
100	1:14.61	218	200	2:45.87	215	50	34.18	208	200	3:02.14	195		
50	44.79	179	50	36.21	175	200	3:16.55	173	50	45.94	166		
25	21.30	162	50	40.96	159	25	17.22	149	25	18.78	146		
50	42.63	141	50	42.91	131	25	21.15	117					
<b>94.</b>						<b>06</b>						<b>2532</b>	<b>19</b>
400	6:58.24	178	100	1:20.23	175	200	3:00.92	165	800	13:47.23	154		
50	40.90	151	50	38.27	148	50	38.31	147	100	1:32.19	145		
100	1:47.55	138	200	3:54.81	135	25	17.88	133	25	20.09	119		
50	44.54	117	200	3:41.63	117	50	52.21	113	50	46.56	108		
50	53.96	102	25	22.60	96	25	25.82	91					



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95.	200	3:17.52	152	400	7:24.86	148	100	1:38.27	137	800	14:24.66	134	22
	100	1:48.73	133	100	1:36.94	128	50	40.50	125	200	3:37.72	123	
	100	1:31.37	118	25	18.69	116	50	44.82	115	100	1:40.25	112	
	50	46.16	111	50	42.07	111	200	3:26.60	111	50	46.13	111	
	50	45.34	111	25	20.81	107	25	21.81	107	50	54.60	98	
	25	25.23	97	200	-	-							
96.	200	3:46.18	151	100	1:48.39	135	50	49.74	130	400	7:44.09	130	24
	200	3:36.80	129	100	1:40.60	127	50	40.63	123	100	1:38.24	123	
	800	15:06.33	117	50	44.75	115	100	1:33.90	109	50	46.44	109	
	200	3:30.41	105	50	53.54	104	50	43.88	98	25	19.93	96	
	50	48.62	95	50	47.85	94	25	25.62	93	25	21.98	91	
	25	23.05	90	200	4:04.35	87	200	-	-	100	-	-	
97.	50	41.90	140	400	7:55.57	121	100	1:42.99	119	200	3:44.30	116	23
	200	3:23.47	116	100	1:40.27	116	50	44.82	115	200	3:36.60	115	
	200	3:43.79	114	25	20.43	113	100	1:32.86	113	200	4:14.02	106	
	50	47.06	105	100	1:58.48	103	800	15:49.01	102	100	1:43.50	102	
	50	44.12	96	50	55.63	93	25	20.41	89	50	56.52	89	
	25	23.27	88	50	51.20	81	25	27.86	72				
98.	400	6:19.42	239	100	1:21.99	235	50	33.03	230	200	3:02.06	218	12
	200	2:45.36	217	200	3:24.66	204	200	3:03.31	191	100	1:25.11	189	
	100	1:36.78	189	100	1:26.16	177	50	38.98	174	200	3:21.23	157	
	400	7:17.52	155	100	1:45.97	144	50	42.00	139	100	1:34.83	137	23
	200	3:53.97	136	200	3:28.12	130	200	3:37.45	128	50	40.38	126	
	200	3:36.10	126	50	50.46	125	100	1:30.55	122	800	14:57.72	120	
	100	1:41.48	108	50	47.61	101	200	3:33.42	100	50	43.82	98	
	25	20.08	93	50	55.63	93	50	49.77	84	25	26.64	82	
	25	23.65	73	25	-	-	100	-	-				
100.	200	3:37.46	170	50	39.90	163	100	1:44.30	151	50	47.82	147	18
	200	3:21.69	143	100	1:33.54	143	100	1:37.73	139	200	3:32.89	136	
	800	14:28.44	133	200	3:32.26	133	50	39.87	131	100	1:29.59	126	
	200	3:24.04	115	50	45.62	115	50	52.10	113	50	42.66	107	
	50	47.59	101	50	47.27	98							
101.	400	7:10.58	163	200	3:49.84	144	100	1:47.21	139	200	3:12.07	138	21
	50	39.41	135	800	14:30.10	132	100	1:39.50	131	25	19.53	130	
	100	1:36.36	130	25	18.06	129	50	40.64	123	25	20.90	121	
	50	45.21	118	100	1:41.34	109	50	45.91	107	50	46.20	105	
	50	54.77	97	25	25.33	96	200	4:02.44	89	50	-	-	
	200	-	-										
102.	50	45.01	176	200	3:36.21	173	100	1:41.22	165	400	7:24.20	149	19
	25	22.07	145	50	40.45	125	50	43.58	125	200	3:32.32	123	
	100	1:30.54	122	100	1:38.54	122	25	18.88	113	100	1:41.35	109	
	25	20.93	105	200	3:31.84	103	200	3:51.00	103	50	48.39	91	
	50	49.74	89	50	50.12	87	25	23.83	82				



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103.						03						<b>2195</b>	8
50	36.77	323	100	1:14.90	309	800	11:10.56	289	50	31.12	275		
50	31.49	266	50	34.06	262	50	34.25	257	50	37.10	214		
104.						06						<b>2179</b>	21
200	3:44.64	154	50	47.55	149	100	1:44.92	148	25	22.55	136		
50	39.49	135	100	1:40.38	128	25	18.70	116	50	41.82	113		
100	1:32.79	113	50	46.15	111	200	3:43.36	105	200	3:52.79	104		
100	1:43.92	104	200	3:36.54	96	800	16:19.44	92	25	23.26	88		
50	50.96	78	25	23.30	76	50	53.74	70	50	54.67	63		
50		-											
105.						06						<b>2124</b>	22
100	1:40.21	170	50	39.98	162	50	37.88	152	50	47.74	147		
200	3:34.41	133	200	3:26.50	133	100	1:40.66	127	50	50.93	121		
50	44.99	120	200	3:22.22	118	25	18.67	116	50	41.54	116		
50	45.36	111	25	24.37	108	25	20.88	106	50	48.87	93		
25	23.01	91	100		-	200		-	200		-		
100		-	400		-								
106.						04						<b>1755</b>	8
50	31.16	274	25	15.77	247	50	34.95	242	25	14.92	229		
50	42.00	217	25	19.46	212	50	38.80	187	25	19.60	147		
107.						06						<b>1580</b>	18
400	7:42.10	132	200	3:40.50	122	200	3:42.50	116	200	4:08.35	114		
200	3:25.07	113	50	45.41	110	100	1:41.40	109	50	42.50	108		
25	19.24	106	50	43.85	98	25	21.54	97	25	22.80	93		
50	55.56	93	50	49.04	87	25	26.65	82	50		-		
50		-	100		-								
108.						06						<b>1200</b>	8
25	17.47	181	50	36.19	175	25	19.17	157	25	16.93	156		
50	41.87	149	50	48.99	136	50	43.47	126	25	23.54	120		
109.						03						<b>893</b>	4
25	18.37	253	25	14.68	240	25	16.50	216	25	18.21	184		
110.						04						<b>794</b>	5
25	15.08	221	25	16.85	202	100	1:26.29	202	25	20.98	169		
25		-											
111.						00						<b>417</b>	1
100	1:00.13	417											
112.						06						<b>401</b>	4
25	18.35	123	25	21.38	99	25	25.31	96	25	23.73	83		
113.						03						<b>299</b>	1
100	1:07.16	299											
114.						03						<b>277</b>	1
100	1:08.86	277											
115.						02						<b>268</b>	1
100	1:09.64	268											
116.						02						<b>263</b>	1

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"Swimboard"



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	100	1:10.06	263				
117.	100	1:10.38	260	02	. .	<b>260</b>	1
118.	100	1:20.05	176	03	. .	<b>176</b>	1
119.	100	1:31.02	120	06	. .	<b>120</b>	1
120.	50	41.33	117	05	. .	<b>117</b>	1
121.	100	1:40.43	89	06	. .	<b>89</b>	1