

400 / +100 / + 50

2012												
1.	400	5:07.64	439	100	1:16.85	397	50	31.44	387	" "	1223	3
2.	400	5:23.96	376	100	1:19.05	365	50	32.32	357	" "	1098	3
3.	50	31.82	374	100	1:19.10	364	400	5:40.54	324	" "	1062	3
4.	50	32.13	363	100	1:20.08	351	400	5:51.29	295	" "	1009	3
5.	400	5:26.21	368	100	1:22.15	325	50	33.84	311	" "	1004	3
6.	50	34.08	304	400	5:55.15	285	100	1:26.91	274	" "	863	3
7.	50	37.87	297	100	1:25.52	288	400	6:04.24	264	" "	849	3
8.	100	1:26.67	277	400	6:01.58	270	50	44.94	256	" "	803	3
9.	50	43.05	291	100	1:27.99	264	400	6:15.22	242	" "	797	3
10.	50	35.41	271	100	1:29.78	249	400	6:20.28	232	" "	752	3
11.	100	1:28.95	256	400	6:11.44	249	50	39.55	234	" "	739	3
12.	50	45.78	242	100	1:31.02	239	400	6:22.06	229	" "	710	3
13.	50	45.93	240	400	6:21.75	230	100	1:35.09	209	" "	679	3
14.	50	36.73	243	100	1:34.01	217	400	6:40.21	199	" "	659	3
15.	100	1:31.62	234	50	41.15	231	400	6:51.25	184	" "	649	3
16.	50	41.26	229	100	1:35.11	209	400	6:38.37	202	" "	640	3
17.	50	47.47	217	400	6:31.44	213	100	1:36.69	199	" "	629	3
18.	400	6:21.93	229	100	1:33.61	219	50	43.82	172	" "	620	3
19.	100	1:32.94	224	400	6:33.84	209	50	50.21	184	" "	617	3
20.	400	6:33.76	209	100	1:39.03	185	50	52.85	157	" "	551	3
21.	50	35.74	264	400	6:09.18	254	100	-	-	" "	518	3
22.	50	40.50	242	400	6:39.91	200	100	-	-	" "	442	3

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23.	400	7:26.56	143	50	56.12	131	100	1:52.63	126	"	"	400	3
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400 / +100 / + 50

	2010												
1.	50	31.51	350	400	5:01.71	348	100	1:14.12	293	"	"	991	3
2.	400	4:59.35	356	50	30.05	301	100	1:13.84	297	"	"	954	3
3.	50	28.76	344	400	5:06.25	332	100	1:16.56	266	"	"	942	3
4.	50	32.10	331	400	5:14.63	307	100	1:13.57	300	"	"	938	3
	50	31.57	327	400	5:08.74	324	100	1:14.69	287	"	"	938	3
6.	50	35.38	350	100	1:14.33	291	400	5:22.82	284	"	"	925	3
7.	400	5:00.53	352	50	30.54	287	100	-	259	"	"	898	3
8.	400	5:08.54	325	100	1:14.33	291	50	33.21	280	"	"	896	3
9.	50	31.83	319	400	5:11.55	316	100	1:18.12	251	"	"	886	3
10.	400	5:11.42	316	50	32.93	307	100	1:17.68	255	"	"	878	3
11.	50	35.68	341	400	5:25.67	276	100	1:17.19	260	"	"	877	3
12.	400	5:16.83	300	50	30.38	292	100	1:15.34	279	"	"	871	3
13.	400	5:04.34	339	100	1:15.95	273	50	34.39	252	"	"	864	3
14.	50	29.92	305	100	1:14.72	286	400	5:27.20	272	"	"	863	3
15.	400	5:18.82	295	50	30.78	280	100	1:15.34	279	"	"	854	3
16.	50	37.21	301	100	1:15.61	276	400	5:32.19	260	"	"	837	3
17.	50	30.44	290	100	1:16.93	262	400	5:31.92	261	"	"	813	3
18.	50	29.21	328	100	1:16.69	265	400	5:52.55	218	"	"	811	3
19.	400	5:20.75	289	50	34.00	261	100	-	252	"	"	802	3
20.	400	5:04.69	338	50	32.44	240	100	1:21.32	222	"	"	800	3
	100	1:14.39	290	50	38.45	273	400	5:42.93	237	"	"	800	3

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22.	400	,	5:19.52	293	50	31.02	274	100	1:20.60	228			795	3
23.	400	,	5:20.59	290	100	1:18.05	251	50	39.52	251	"	"	792	3
24.	50	,	29.99	303	400	5:33.38	258	100	-	1:21.27	222		783	3
25.	400	,	5:15.60	304	50	35.01	239	100	1:20.35	230			773	3
26.	400	,	5:28.85	268	50	39.14	259	100	1:19.69	236			763	3
27.	400	,	5:23.58	282	50	35.69	241	100	1:19.44	238			761	3
28.	400	,	5:19.62	292	50	32.75	233	100	1:20.18	232			757	3
29.	50	,	30.91	277	100	1:18.33	249	400	5:47.05	228			754	3
30.	400	,	5:27.24	272	50	31.83	254	100	1:20.81	226			752	3
	400	,	5:21.92	286	50	32.06	248	100	-	1:21.85	218		752	3
32.	400	,	5:34.02	256	100	1:18.69	245	50	-	32.33	242		743	3
33.	50	,	31.02	274	400	5:39.22	244	100	1:21.90	217		"	735	3
34.	400	,	5:32.41	260	50	34.39	252	100	1:22.46	213		"	725	3
35.	400	,	5:33.38	258	50	32.95	229	100	-	1:21.62	220		707	3
36.	400	,	5:36.83	250	50	35.85	238	100	1:21.98	217			705	3
37.	400	,	5:39.22	244	100	1:18.91	243	50	37.03	216		"	703	3
38.	400	,	5:32.52	260	50	35.93	221	100	1:21.92	217		"	698	3
39.	50	,	31.94	251	400	5:45.60	231	100	1:22.33	214		"	696	3
40.	400	,	5:24.84	278	100	1:22.57	212	50	42.46	202		"	692	3
41.	400	,	5:34.06	256	50	33.16	224	100	-	1:22.75	211		691	3
42.	400	,	5:26.74	274	50	34.04	207	100	1:23.79	203		"	684	3
43.	400	,	5:45.99	230	50	36.33	228	100	1:21.09	224		"	682	3
44.	50	,	39.22	257	100	1:22.21	215	400	-	5:57.35	209		681	3
45.	400	,	5:31.43	262	50	33.81	212	100	1:23.78	203		"	677	3

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46.	50	32.13	247	400	5:46.45	229	100	1:24.36	199			675	3
	50	31.90	252	400	5:48.75	225	100	1:24.41	198			675	3
48.	50	39.62	249	400	5:53.51	216	100	1:23.34	206	"	"	671	3
49.	50	32.50	238	400	5:48.98	224	100	1:24.92	195	"	"	657	3
50.	400	5:31.90	261	100	1:23.72	203	50	34.99	191			655	3
51.	400	5:38.40	246	100	1:23.81	203	50	34.27	203	"	"	652	3
52.	400	5:43.78	235	50	33.52	217	100	1:24.81	196	-		648	3
53.	100	1:21.39	221	50	36.19	217	400	6:01.75	201	"	"	639	3
	400	5:43.06	236	100	1:23.93	202	50	37.93	201	-		639	3
55.	400	5:45.23	232	50	34.23	204	100	1:26.81	182	"	"	618	3
56.	50	33.77	212	100	1:25.79	189	400	6:10.34	188	"	"	589	3
57.	400	5:55.31	213	50	35.23	187	100	1:26.84	182	"	"	582	3
58.	50	34.18	205	400	6:01.45	202	100	1:29.67	165			572	3
59.	50	33.52	217	100	1:27.94	175	400	6:22.06	171	-		563	3
60.	400	5:58.09	208	100	1:27.69	177	50	40.66	163	"	"	548	3
61.	50	34.62	197	400	6:12.05	185	100	1:30.75	160	-		542	3
62.	400	6:00.60	203	100	1:27.91	176	50	40.18	158	"	"	537	3
63.	400	6:08.25	191	100	1:28.06	175	50	39.46	167	"	"	533	3
64.	50	42.64	200	100	1:31.49	156	400	6:42.63	146	"	"	502	3
65.	50	33.94	263	400	5:46.12	230	100	-	-	"	"	493	3
66.	50	40.07	170	100	1:32.05	153	400	6:40.87	148	"	"	471	3
67.	400	5:43.35	236	50	35.54	229	100	-	-	-		465	3
68.	50	36.49	168	400	6:39.13	150	100	1:35.87	135	"	"	453	3
69.	50	36.79	164	400	6:31.57	159	100	1:40.95	116	"	"	439	3

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70.	400	6:37.85	151	50	38.99	138	100	1:39.13	122	"	"	411	3
71.	50	43.88	183	100	1:42.30	111	400	7:27.40	106	"	"	400	3
72.	400	6:06.84	193	100	1:25.71	190	50	-	-	"	"	383	3
73.	400	6:14.53	182	50	36.72	165	100	-	-	"	"	347	3
74.	100	1:23.66	204	50	43.02	195		"	"	"	"	399	2
75.	50	40.42	235	100	1:32.18	152		"	"	"	"	387	2
76.	50	31.98	250	100		-		"	"	"	"	250	2
77.	400	5:39.55	244	100		-		"	"	"	"	244	2

800 / +200 / + 100

														2011
1.	200	2:47.21	387	100	1:09.17	383	800	11:01.19	381	"	"	1151	3	
2.	100	1:19.95	474	200	2:56.88	326	800	12:31.03	259	"	"	1059	3	
3.	100	1:14.24	397	200	2:54.78	338	800	12:13.83	278	"	"	1013	3	
4.	100	1:25.10	393	200	2:58.95	315	800	12:06.18	287	-	-	995	3	
5.	100	1:18.78	338	800	11:29.64	335	200	2:58.09	320	"	"	993	3	
6.	800	11:19.00	351	200	3:00.51	307	100	1:15.76	291	-	-	949	3	
7.	800	11:21.49	347	200	3:01.40	303	100	1:23.16	287	-	-	937	3	
8.	800	11:30.15	335	200	2:57.96	321	100	1:25.00	264	-	-	920	3	
9.	100	1:30.88	323	200	3:02.52	297	800	12:02.85	291	"	"	911	3	
	100	1:13.41	320	200	3:02.03	300	800	12:02.78	291	"	"	911	3	
11.	100	1:29.75	335	200	3:01.55	302	800	12:31.31	259	"	"	896	3	
12.	800	11:41.11	319	200	3:04.50	288	100	1:34.60	286	"	"	893	3	
13.	100	1:30.53	326	800	12:10.44	282	200	3:06.11	280	"	"	888	3	
14.	100	1:15.65	293	200	3:03.58	292	800	12:06.00	287	"	"	872	3	

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15.	100	1:14.76	303	800	12:16.98	275	200	3:09.16	267	"	"	845	3
16.	100	1:32.88	302	200	3:03.80	291	800	12:44.14	246	"	"	839	3
17.	100	1:22.00	299	200	3:07.11	276	800	12:37.02	253	"	"	828	3
18.	800	12:10.62	282	100	1:17.53	272	200	3:11.71	256	"	"	810	3
19.	100	1:24.09	278	200	3:07.35	275	800	12:35.91	254	-	-	807	3
20.	100	1:16.46	283	800	12:25.58	265	200	3:14.66	245	"	"	793	3
21.	100	1:34.56	286	800	12:31.12	259	200	3:15.35	242	"	"	787	3
22.	200	3:10.86	260	100	1:27.40	247	800	12:44.05	246	"	"	753	3
23.	800	12:44.95	246	100	1:27.58	246	200	3:15.14	243	"	"	735	3
24.	800	12:32.56	258	200	3:14.93	244	100	1:29.78	228	"	"	730	3
25.	200	2:48.45	378	800	11:19.16	351	100	-	-	"	"	729	3
26.	800	11:04.29	375	100	1:17.69	346	200	-	-	"	"	721	3
27.	100	1:34.37	288	800	13:13.13	220	200	3:25.70	207	-	-	715	3
28.	100	1:24.62	272	800	13:08.71	224	200	3:23.62	214	"	"	710	3
29.	200	3:13.80	248	100	1:29.19	233	800	13:12.53	221	"	"	702	3
30.	100	1:39.07	249	800	13:01.92	230	200	3:25.10	209	-	-	688	3
31.	100	1:10.33	364	800	11:38.26	323	200	-	-	"	"	687	3
32.	100	1:27.10	250	200	3:18.98	229	800	13:46.57	195	"	"	674	3
33.	100	1:30.26	224	200	3:22.34	218	800	14:18.54	174	"	"	616	3
34.	100	1:45.21	208	200	3:29.02	198	800	14:57.82	152	"	"	558	3
35.	100	1:33.11	204	200	3:33.61	185	800	14:34.00	164	"	"	553	3
36.	200	3:33.20	186	100	1:36.51	183	800	14:08.75	180	-	-	549	3
37.	100	1:16.46	283	800	13:00.96	231	200	-	-	"	"	514	3
38.	100	1:23.33	219	800	14:42.57	160	200	4:01.65	128	"	"	507	3

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39.	200	,	3:03.31	293	800	12:18.61	273	11	"	"	..	566	2
40.	200	,	3:16.17	239	800	13:10.51	222	11	-			461	2
41.	200	,	3:17.13	236	100	1:23.60	217	11	"	"	..	453	2
42.	200	,	3:26.96	204	100	1:33.43	202	11	"	"	..	406	2
43.	200	,	2:54.88	338				11	-			338	1
44.	200	,	3:27.42	202				11	"	"	..	202	1

800 / +200 / + 100

, 2009													
1.	800	,	9:11.29	520	200	2:22.78	452	100	59.28	432		1404	3
2.	800	,	9:29.87	471	100	1:00.17	413	200	2:27.47	410	"	1294	3
3.	100	,	56.77	492	800	9:54.67	414	200	2:31.18	381	"	1287	3
4.	800	,	9:42.33	441	200	2:24.83	433	100	1:05.54	400	"	1274	3
5.	800	,	9:32.29	465	100	1:00.06	416	200	2:31.56	378	"	1259	3
6.	800	,	9:44.40	436	100	1:00.49	407	200	2:29.36	395	"	1238	3
7.	100	,	59.70	423	200	2:29.35	395	800	10:20.85	364	"	1182	3
8.	100	,	1:14.16	414	200	2:32.18	373	800	10:21.95	362	"	1149	3
9.	100	,	1:00.09	415	800	10:15.86	373	200	2:37.14	339	"	1127	3
10.	100	,	1:01.22	392	800	10:06.80	390	200	2:37.54	336	"	1118	3
11.	100	,	1:05.75	397	200	2:32.88	368	800	10:30.45	347	"	1112	3
12.	800	,	10:08.93	386	200	2:34.59	356	100	1:03.31	355	"	1097	3
13.	200	,	2:32.90	368	800	10:19.57	366	100	1:17.58	361	"	1095	3
14.	200	,	2:31.70	377	100	1:07.79	362	800	10:29.52	349	"	1088	3
15.	200	,	2:30.04	390	100	1:03.69	348	800	10:32.02	345	..	1083	3
16.	100	,	1:01.56	386	800	10:27.78	352	200	2:38.18	332	..	1070	3

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17.	100	1:01.62	385	200	2:37.30	338	800	10:38.81	334	"	"	1057	3
18.	800	10:00.58	402	100	1:03.85	346	200	2:43.66	300	"	"	1048	3
19.	800	10:13.65	377	100	1:03.26	356	200	2:41.13	314	-	-	1047	3
20.	800	10:34.74	340	200	2:37.13	339	100	1:09.31	339	"	"	1018	3
21.	800	10:27.92	352	100	1:03.45	352	200	2:42.78	305	"	"	1009	3
22.	100	1:07.52	366	800	10:49.42	318	200	2:41.20	314	"	"	998	3
23.	800	10:08.55	386	200	2:38.34	331	100	1:13.14	278	"	"	995	3
24.	100	1:08.32	342	800	10:46.98	321	200	2:40.37	319	"	"	982	3
25.	800	10:29.90	348	100	1:03.71	348	200	2:47.26	281	"	"	977	3
26.	100	1:02.58	367	800	10:34.61	341	200	2:52.01	258	-	-	966	3
27.	800	10:31.32	346	100	1:05.40	322	200	2:47.64	279	-	-	947	3
28.	200	2:38.56	330	800	10:56.91	307	100	1:12.31	298	"	"	935	3
29.	200	2:38.77	329	100	1:10.14	327	800	11:20.89	276	"	"	932	3
30.	800	10:28.96	350	100	1:07.72	290	200	2:46.06	287	-	-	927	3
31.	800	10:38.47	334	200	2:47.62	279	100	1:09.72	266	"	"	879	3
32.	800	10:49.62	318	200	2:45.04	293	100	1:09.68	266	"	"	877	3
	100	1:04.60	334	800	11:15.90	282	200	2:51.47	261	"	"	877	3
34.	100	1:03.03	360	200	2:46.78	284	800	12:15.69	218	"	"	862	3
35.	800	11:02.95	299	200	2:45.36	291	100	1:14.12	267	"	"	857	3
36.	200	2:44.44	296	800	11:09.35	290	100	1:14.01	269	"	"	855	3
37.	100	1:12.04	291	800	11:15.80	282	200	2:47.88	278	"	"	851	3
38.	800	11:01.62	301	100	1:07.73	290	200	2:51.83	259	"	"	850	3
39.	100	1:07.23	296	200	2:47.42	280	800	11:35.41	259	-	-	835	3
40.	800	10:38.31	335	100	1:09.51	268	200	2:59.47	227	"	"	830	3

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41.	100	1:13.24	287	200	2:50.95	263	800	11:36.57	257	"	"	807	3
42.	100	1:06.55	305	800	11:36.45	258	200	2:59.27	228	"	"	791	3
43.	100	59.94	418	800	10:16.09	372	200	-	-	-	-	790	3
44.	100	1:09.11	273	800	11:34.04	260	200	2:55.92	242	"	"	775	3
45.	800	11:20.31	276	100	1:08.85	276	200	3:01.02	222	"	"	774	3
46.	800	11:15.80	282	200	2:53.25	253	100	1:12.34	238	"	"	773	3
47.	100	1:07.36	294	200	2:54.79	246	800	12:07.80	226	"	"	766	3
48.	800	10:12.06	380	100	1:02.65	366	200	-	-	"	"	746	3
49.	800	11:17.20	280	200	2:53.20	253	100	1:33.79	204	"	"	737	3
50.	100	1:24.37	281	200	2:58.83	230	800	12:09.15	224	"	"	735	3
51.	100	1:25.74	268	200	3:02.54	216	800	12:23.34	212	"	"	696	3
52.	800	10:13.44	377	100	1:21.86	307	200	-	-	"	"	684	3
53.	100	1:10.12	261	200	2:56.26	240	800	13:06.71	179	"	"	680	3
54.	100	1:07.99	347	800	11:01.13	301	200	-	-	"	"	648	3
55.	100	1:27.13	255	200	3:06.18	204	800	13:41.32	157	"	"	616	3
56.	100	1:20.26	326	800	11:56.59	236	200	/	-	"	"	562	3
57.	100	1:14.99	267	800	11:42.92	251	200	-	-	"	"	518	3
58.	100	1:27.59	251	800	11:54.12	239	200	-	-	"	"	490	3
59.	100	1:37.15	184	800	13:00.26	183	200	-	-	"	"	367	3
60.	100	1:10.17	326	200	2:40.08	321				"	"	647	2
61.	100	1:06.44	307	200	2:44.17	297				"	"	604	2
	100	1:20.34	325	200	2:47.58	279				"	"	604	2
63.	100	58.56	448	200	-	-				"	"	448	2
64.	200	3:04.68	209	100	1:15.65	208				"	"	417	2
65.										09		381	1

" "

, 5. - 7.12.2022

	100	1:01.84	381						
66.	100	1:16.63	, 375	09	-	. .	375	1	
67.	800	10:52.47	, 313	09			313	1	
68.	100	1:06.71	, 303	09	-	. .	303	1	
69.	100	1:14.30	, 275	09	-	. .	275	1	