

DZIEWCZĘTA LEKKOATLETYCZNE TABELY PUNKTOWE

• Igrzyska Młodzieży Szlonej - Szkolna drużynowa liga lekkoatletyczna

R - pomiar ręczny

Pkt	100m	100m	300m	300m	600m	1000m	80pl	80pl	300pl	wzwyż	w dal	kula 3 kg	dysk 0,75 kg	oszczep 500 g	4x100	4x100	Pkt
		R		R				R								R	
Powyżej 200 pkt.	1 pkt. za 0,03 s		1 pkt. za 0,1 s		1 pkt. za 0,2 s	1 pkt. za 0,2 s	1 pkt. za 0,05s		1 pkt. za 0,05s	3 pkt. za 1 cm	1 pkt. za 2 cm	1 pkt. za 5 cm	1 pkt. za 25 cm	1 pkt. za 24 cm	1 pkt. za 0,1 s		Powyżej 200 pkt.
200	11.76		39.15	38.9	1:29.37	2:40.91	11.18		42.55	1.81	6.08	15.73	44.18	51.65	47.14	47.0	200
199	11.78		39.21		1:29.55	2:41.34	11.22		42.63		6.06	15.67	43.98	51.42	47.22		199
198	11.80		39.28	39.0	1:29.73	2:41.78	11.25	11.0	42.71	1.80	6.05	15.60	43.78	51.18	47.31	47.1	198
197	11.82		39.35	39.1	1:29.91	2:42.21	11.28		42.79		6.04	15.53	43.58	50.95	47.39	47.2	197
196	11.84	11.6	39.41		1:30.09	2:42.65	11.31		42.87	1.79	6.02	15.46	43.38	50.71	47.48	47.3	196
195	11.86		39.48	39.2	1:30.27	2:43.09	11.34	11.1	42.95		6.01	15.39	43.18	50.48	47.57	47.4	195
194	11.89		39.55	39.3	1:30.45	2:43.53	11.38		43.03		5.99	15.33	42.98	50.24	47.65	47.5	194
193	11.91		39.61		1:30.63	2:43.97	11.41		43.11	1.78	5.98	15.26	42.76	50.01	47.74	47.6	193
192	11.93		39.68	39.4	1:30.82	2:44.41	11.44	11.2	43.19		5.97	15.19	42.56	49.77	47.83		192
191	11.95	11.7	39.75	39.5	1:31.00	2:44.85	11.47		43.27	1.77	5.95	15.12	42.36	49.54	47.91	47.7	191
190	11.97		39.81		1:31.18	2:45.30	11.51		43.36		5.94	15.05	42.16	49.30	48.00	47.8	190
189	11.99		39.88	39.6	1:31.37	2:45.74	11.54	11.3	43.44	1.76	5.93	14.98	41.96	49.07	48.09	47.9	189
188	12.01		39.95	39.7	1:31.55	2:46.19	11.57		43.52		5.91	14.92	41.76	48.83	48.18	48.0	188
187	12.04	11.8	40.02		1:31.74	2:46.64	11.60		43.61	1.75	5.90	14.85	41.56	48.59	48.26	48.1	187
186	12.06		40.09	39.8	1:31.92	2:47.09	11.64	11.4	43.69		5.88	14.78	41.34	48.36	48.35	48.2	186
185	12.08		40.15	39.9	1:32.11	2:47.54	11.67		43.77	1.74	5.87	14.71	41.14	48.12	48.44	48.3	185
184	12.10		40.22		1:32.29	2:47.99	11.70		43.86		5.85	14.64	40.94	47.89	48.53		184
183	12.12		40.29	40.0	1:32.48	2:48.45	11.74	11.5	43.94		5.84	14.57	40.74	47.65	48.62	48.4	183
182	12.14	11.9	40.36	40.1	1:32.67	2:48.90	11.77		44.03	1.73	5.83	14.51	40.54	47.42	48.71	48.5	182
181	12.17		40.43		1:32.86	2:49.36	11.80		44.11		5.81	14.44	40.34	47.18	48.80	48.6	181
180	12.19		40.50	40.2	1:33.05	2:49.82	11.83		44.20	1.72	5.80	14.37	40.12	46.95	48.89	48.7	180
179	12.21		40.57	40.3	1:33.24	2:50.27	11.87	11.6	44.29		5.78	14.30	39.92	46.71	48.98	48.8	179
178	12.23		40.64	40.4	1:33.43	2:50.73	11.90		44.37	1.71	5.77	14.23	39.72	46.48	49.07	48.9	178
177	12.26	12.0	40.71		1:33.62	2:51.20	11.94	11.7	44.46		5.76	14.17	39.52	46.24	49.16	49.0	177
176	12.28		40.78	40.5	1:33.81	2:51.66	11.97		44.55	1.70	5.74	14.10	39.32	46.00	49.25	49.1	176
175	12.30		40.85	40.6	1:34.00	2:52.13	12.00		44.63		5.73	14.03	39.12	45.77	49.34	49.2	175
174	12.32		40.92		1:34.19	2:52.59	12.04	11.8	44.72	1.69	5.71	13.96	38.90	45.53	49.43		174
173	12.34	12.1	40.99	40.7	1:34.39	2:53.06	12.07		44.81		5.70	13.89	38.70	45.30	49.52	49.3	173
172	12.37		41.06	40.8	1:34.58	2:53.53	12.10		44.90	1.68	5.68	13.82	38.50	45.06	49.61	49.4	172
171	12.39		41.13		1:34.77	2:54.00	12.14	11.9	44.99		5.67	13.76	38.30	44.83	49.70	49.5	171
170	12.41		41.20	40.9	1:34.97	2:54.47	12.17		45.08	1.67	5.65	13.69	38.10	44.59	49.80	49.6	170
169	12.44	12.2	41.27	41.0	1:35.17	2:54.94	12.21		45.17		5.64	13.62	37.90	44.36	49.89	49.7	169
168	12.46		41.34	41.1	1:35.36	2:55.42	12.24	12.0	45.26		5.63	13.55	37.68	44.12	49.98	49.8	168
167	12.48		41.41		1:35.56	2:55.90	12.28		45.35	1.66	5.61	13.48	37.48	43.89	50.07	49.9	167
166	12.50		41.48	41.2	1:35.76	2:56.38	12.31		45.44		5.60	13.41	37.28	43.65	50.17	50.0	166
165	12.53		41.55	41.3	1:35.95	2:56.86	12.34	12.1	45.53	1.65	5.58	13.35	37.08	43.41	50.26	50.1	165
164	12.55	12.3	41.63		1:36.15	2:57.34	12.38		45.62		5.57	13.28	36.88	43.18	50.35	50.2	164
163	12.57		41.70	41.4	1:36.35	2:57.82	12.41		45.72	1.64	5.55	13.21	36.68	42.94	50.45	50.3	163
162	12.60		41.77	41.5	1:36.55	2:58.30	12.45	12.2	45.81		5.54	13.14	36.46	42.71	50.54	50.4	162
161	12.62		41.84	41.6	1:36.75	2:58.79	12.48		45.90	1.63	5.52	13.07	36.26	42.47	50.64	50.5	161
160	12.64	12.4	41.92		1:36.95	2:59.28	12.52		46.00		5.51	13.01	36.06	42.24	50.73		160
159	12.67		41.99	41.7	1:37.16	2:59.77	12.55	12.3	46.09	1.62	5.49	12.94	35.86	42.00	50.83	50.6	159
158	12.69		42.06	41.8	1:37.36	3:00.26	12.59		46.18		5.48	12.87	35.66	41.77	50.92	50.7	158

157	12.71		42.13		1:37.56	3:00.75	12.63		46.28	1.61	5.47	12.80	35.46	41.53	51.02	50.8	157
156	12.74	12.5	42.21	41.9	1:37.77	3:01.25	12.66	12.4	46.37		5.45	12.73	35.24	41.30	51.11	50.9	156
155	12.76		42.28	42.0	1:37.97	3:01.74	12.70		46.47	1.60	5.44	12.66	35.04	41.06	51.21	51.0	155
154	12.78		42.36	42.1	1:38.18	3:02.24	12.73		46.57		5.42	12.60	34.84	40.82	51.31	51.1	154
153	12.81		42.43		1:38.38	3:02.74	12.77	12.5	46.66		5.41	12.53	34.64	40.59	51.40	51.2	153
152	12.83		42.50	42.2	1:38.59	3:03.24	12.80		46.76	1.59	5.39	12.46	34.44	40.36	51.50	51.3	152
151	12.86	12.6	42.58	42.3	1:38.80	3:03.75	12.84	12.6	46.86		5.38	12.39	34.24	40.12	51.60	51.4	151
150	12.88		42.65	42.4	1:39.01	3:04.25	12.88		46.96	1.58	5.36	12.32	34.02	39.89	51.69	51.5	150
149	12.90		42.73		1:39.22	3:04.76	12.91		47.06		5.35	12.25	33.82	39.66	51.79	51.6	149
148	12.93		42.80	42.5	1:39.43	3:05.27	12.95	12.7	47.15	1.57	5.33	12.19	33.62	39.42	51.89	51.7	148
147	12.95	12.7	42.88	42.6	1:39.64	3:05.78	12.99		47.25		5.32	12.12	33.42	39.19	51.99	51.8	147
146	12.98		42.96	42.7	1:39.85	3:06.29	13.02		47.35	1.56	5.30	12.05	33.22	38.96	52.09	51.9	146
145	13.00		43.03		1:40.06	3:06.80	13.06	12.8	47.46		5.29	11.98	33.00	38.72	52.19	52.0	145
144	13.03		43.11	42.8	1:40.28	3:07.32	13.10		47.56	1.55	5.27	11.91	32.80	38.49	52.29	52.1	144
143	13.05	12.8	43.18	42.9	1:40.49	3:07.84	13.13		47.66		5.26	11.84	32.60	38.25	52.39	52.2	143
142	13.08		43.26	43.0	1:40.71	3:08.36	13.17	12.9	47.76	1.54	5.24	11.78	32.40	38.02	52.49	52.3	142
141	13.10		43.34	43.1	1:40.92	3:08.88	13.21		47.86		5.23	11.71	32.20	37.79	52.59	52.4	141
140	13.13		43.42		1:41.14	3:09.41	13.25	13.0	47.97	1.53	5.21	11.64	31.98	37.55	52.69	52.5	140
139	13.15	12.9	43.49	43.2	1:41.36	3:09.93	13.28		48.07		5.20	11.57	31.78	37.32	52.79	52.6	139
138	13.18		43.57	43.3	1:41.57	3:10.46	13.32		48.18	1.52	5.18	11.50	31.58	37.09	52.89	52.7	138
137	13.20		43.65	43.4	1:41.79	3:10.99	13.36	13.1	48.28		5.17	11.43	31.38	36.85	53.00	52.8	137
136	13.23		43.73		1:42.01	3:11.53	13.40		48.39	1.51	5.15	11.37	31.18	36.62	53.10	52.9	136
135	13.25	13.0	43.81	43.5	1:42.24	3:12.06	13.43		48.49		5.13	11.30	30.96	36.38	53.20	53.0	135
134	13.28		43.88	43.6	1:42.46	3:12.60	13.47	13.2	48.60	1.50	5.12	11.23	30.76	36.15	53.30	53.1	134
133	13.30		43.96	43.7	1:42.68	3:13.14	13.51		48.71		5.10	11.16	30.56	35.92	53.41	53.2	133
132	13.33		44.04	43.8	1:42.90	3:13.68	13.55	13.3	48.82		5.09	11.09	30.36	35.68	53.51	53.3	132
131	13.35	13.1	44.12		1:43.13	3:14.22	13.59		48.92	1.49	5.07	11.02	30.16	35.45	53.62	53.4	131
130	13.38		44.20	43.9	1:43.35	3:14.77	13.63		49.03		5.06	10.96	29.94	35.22	53.72	53.5	130
129	13.40		44.28	44.0	1:43.58	3:15.31	13.66	13.4	49.14	1.48	5.04	10.89	29.74	34.98	53.83	53.6	129
128	13.43		44.36	44.1	1:43.81	3:15.86	13.70		49.25		5.03	10.82	29.54	34.75	53.93	53.7	128
127	13.46	13.2	44.44	44.2	1:44.04	3:16.42	13.74	13.5	49.36	1.47	5.01	10.75	29.34	34.51	54.04	53.9	127
126	13.48		44.52		1:44.27	3:16.97	13.78		49.48		5.00	10.68	29.14	34.28	54.14	54.0	126
125	13.51		44.60	44.3	1:44.50	3:17.53	13.82		49.59	1.46	4.98	10.61	28.92	34.05	54.25	54.1	125
124	13.54	13.3	44.69	44.4	1:44.73	3:18.09	13.86	13.6	49.70		4.96	10.55	28.72	33.81	54.36	54.2	124
123	13.56		44.77	44.5	1:44.96	3:18.65	13.90		49.82	1.45	4.95	10.48	28.52	33.58	54.46	54.3	123
122	13.59		44.85	44.6	1:45.19	3:19.22	13.94	13.7	49.93		4.93	10.41	28.32	33.35	54.57	54.4	122
121	13.62		44.93		1:45.43	3:19.78	13.98		50.05	1.44	4.92	10.34	28.12	33.11	54.68	54.5	121
120	13.64	13.4	45.01	44.7	1:45.66	3:20.35	14.02		50.16		4.90	10.27	27.90	32.88	54.79	54.6	120
119	13.67		45.10	44.8	1:45.90	3:20.93	14.06	13.8	50.28	1.43	4.89	10.20	27.70	32.65	54.90	54.7	119
118	13.70		45.18	44.9	1:46.14	3:21.50	14.10		50.40		4.87	10.13	27.50	32.41	55.01	54.8	118
117	13.72		45.26	45.0	1:46.38	3:22.08	14.14	13.9	50.51	1.42	4.85	10.07	27.30	32.18	55.12	54.9	117
116	13.75	13.5	45.35	45.1	1:46.62	3:22.66	14.18		50.63		4.84	10.00	27.08	31.94	55.23	55.0	116
115	13.78		45.43		1:46.86	3:23.24	14.22		50.75	1.41	4.82	9.93	26.88	31.71	55.34	55.2	115
114	13.81		45.52	45.2	1:47.10	3:23.83	14.26	14.0	50.87		4.81	9.86	26.68	31.48	55.45	55.3	114
113	13.83		45.60	45.3	1:47.34	3:24.42	14.31		50.99	1.40	4.79	9.79	26.48	31.24	55.56	55.4	113
112	13.86	13.6	45.69	45.4	1:47.59	3:25.01	14.35	14.1	51.12		4.77	9.72	26.26	31.01	55.68	55.5	112
111	13.89		45.77	45.5	1:47.83	3:25.60	14.39		51.24	1.39	4.76	9.66	26.06	30.78	55.79	55.6	111
110	13.92		45.86	45.6	1:48.08	3:26.20	14.43		51.36		4.74	9.59	25.86	30.54	55.90	55.7	110
109	13.95	13.7	45.95	45.7	1:48.33	3:26.80	14.47	14.2	51.49	1.38	4.72	9.52	25.66	30.31	56.02	55.8	109
108	13.97		46.03		1:48.58	3:27.40	14.51		51.61		4.71	9.45	25.46	30.07	56.13	55.9	108
107	14.00		46.12	45.8	1:48.83	3:28.01	14.56	14.3	51.74	1.37	4.69	9.38	25.24	29.84	56.25	56.1	107
106	14.03		46.21	45.9	1:49.08	3:28.62	14.60		51.87		4.68	9.31	25.04	29.61	56.36	56.2	106

105	14.06	13.8	46.29	46.0	1:49.33	3:29.23	14.64	14.4	52.00	1.36	4.66	9.25	24.84	29.37	56.48	56.3	105
104	14.09		46.38	46.1	1:49.59	3:29.85	14.68		52.12		4.64	9.18	24.64	29.14	56.59	56.4	104
103	14.12		46.47	46.2	1:49.85	3:30.47	14.73		52.25	1.35	4.63	9.11	24.42	28.91	56.71	56.5	103
102	14.15	13.9	46.56	46.3	1:50.10	3:31.09	14.77	14.5	52.38		4.61	9.04	24.22	28.67	56.83	56.6	102
101	14.18		46.65	46.4	1:50.36	3:31.71	14.81		52.52	1.34	4.59	8.97	24.02	28.44	56.95	56.8	101
100	14.21		46.74	46.5	1:50.62	3:32.34	14.86	14.6	52.65		4.58	8.90	23.82	28.20	57.06	56.9	100
99	14.23		46.83		1:50.88	3:32.98	14.90		52.78	1.33	4.56	8.83	23.60	27.97	57.18	57.0	99
98	14.26	14.0	46.92	46.6	1:51.15	3:33.61	14.95	14.7	52.92		4.54	8.77	23.40	27.73	57.30	57.1	98
97	14.29		47.01	46.7	1:51.41	3:34.25	14.99		53.05	1.32	4.53	8.70	23.20	27.49	57.42	57.2	97
96	14.32		47.10	46.8	1:51.68	3:34.89	15.03		53.19		4.51	8.63	23.00	27.25	57.55	57.4	96
95	14.35	14.1	47.19	46.9	1:51.94	3:35.54	15.08	14.8	53.33	1.31	4.49	8.56	22.78	27.01	57.67	57.5	95
94	14.38		47.28	47.0	1:52.21	3:36.19	15.12		53.47		4.48	8.49	22.58	26.77	57.79	57.6	94
93	14.41		47.38	47.1	1:52.48	3:36.84	15.17	14.9	53.61	1.30	4.46	8.42	22.38	26.53	57.91	57.7	93
92	14.45	14.2	47.47	47.2	1:52.76	3:37.50	15.21		53.75		4.44	8.35	22.18	26.29	58.04	57.9	92
91	14.48		47.56	47.3	1:53.03	3:38.16	15.26	15.0	53.89	1.29	4.43	8.29	21.96	26.06	58.16	58.0	91
90	14.51		47.66	47.4	1:53.30	3:38.83	15.31		54.03		4.41	8.22	21.76	25.82	58.28	58.1	90
89	14.54	14.3	47.75	47.5	1:53.58	3:39.50	15.35	15.1	54.18	1.28	4.39	8.15	21.56	25.58	58.41	58.2	89
88	14.57		47.85	47.6	1:53.86	3:40.17	15.40		54.33		4.37	8.08	21.36	25.34	58.54	58.4	88
87	14.60		47.94	47.7	1:54.14	3:40.85	15.45	15.2	54.47	1.27	4.36	8.01	21.14	25.10	58.66	58.5	87
86	14.63		48.04	47.8	1:54.42	3:41.53	15.49		54.62		4.34	7.94	20.94	24.86	58.79	58.6	86
85	14.66	14.4	48.14	47.9	1:54.71	3:42.22	15.54	15.3	54.77	1.26	4.32	7.87	20.74	24.62	58.92	58.7	85
84	14.70		48.23		1:54.99	3:42.91	15.59		54.92		4.30	7.81	20.52	24.38	59.05	58.9	84
83	14.73		48.33	48.0	1:55.28	3:43.60	15.63		55.07	1.25	4.29	7.74	20.32	24.15	59.18	59.0	83
82	14.76	14.5	48.43	48.1	1:55.57	3:44.30	15.68	15.4	55.23		4.27	7.67	20.12	23.91	59.31	59.1	82
81	14.79		48.53	48.2	1:55.86	3:45.01	15.73		55.38	1.24	4.25	7.60	19.92	23.67	59.44	59.3	81
80	14.83		48.62	48.3	1:56.16	3:45.72	15.78	15.5	55.54		4.23	7.53	19.70	23.43	59.57	59.4	80
79	14.86	14.6	48.72	48.4	1:56.45	3:46.43	15.83		55.70	1.23	4.22	7.46	19.50	23.19	59.71	59.5	79
78	14.89		48.82	48.5	1:56.75	3:47.15	15.88	15.6	55.86		4.20	7.39	19.30	22.95	59.84	59.7	78
77	14.93		48.93	48.6	1:57.05	3:47.87	15.92		56.02	1.22	4.18	7.33	19.10	22.71	59.97	59.8	77
76	14.96	14.7	49.03	48.7	1:57.35	3:48.60	15.97	15.7	56.18		4.16	7.26	18.88	22.47	60.11	59.9	76
75	14.99		49.13	48.8	1:57.66	3:49.34	16.02		56.35	1.21	4.15	7.19	18.68	22.23	60.24	60.1	75
74	15.03		49.23	48.9	1:57.96	3:50.08	16.07	15.8	56.51		4.13	7.12	18.48	22.00	60.38	60.2	74
73	15.06	14.8	49.33	49.0	1:58.27	3:50.82	16.12		56.68	1.20	4.11	7.05	18.26	21.76	60.52	60.3	73
72	15.10		49.44	49.2	1:58.58	3:51.57	16.18	15.9	56.85	1.19	4.09	6.98	18.06	21.52	60.66	60.5	72
71	15.13		49.54	49.3	1:58.89	3:52.33	16.23		57.02		4.07	6.91	17.86	21.28	60.80	60.6	71
70	15.17	14.9	49.65	49.4	1:59.21	3:53.09	16.28	16.0	57.19	1.18	4.06	6.85	17.64	21.04	60.94	60.8	70
69	15.20		49.75	49.5	1:59.53	3:53.86	16.33		57.37		4.04	6.78	17.44	20.80	61.08	60.9	69
68	15.24	15.0	49.86	49.6	1:59.85	3:54.63	16.38	16.1	57.55	1.17	4.02	6.71	17.24	20.56	61.22	61.0	68
67	15.27		49.97	49.7	2:00.17	3:55.41	16.43		57.72		4.00	6.64	17.04	20.32	61.37	61.2	67
66	15.31		50.07	49.8	2:00.50	3:56.20	16.49	16.2	57.90	1.16	3.98	6.57	16.82	20.09	61.51	61.3	66
65	15.34	15.1	50.18	49.9	2:00.83	3:56.99	16.54	16.3	58.09		3.96	6.50	16.62	19.85	61.66	61.5	65
64	15.38		50.29	50.0	2:01.16	3:57.79	16.59		58.27	1.15	3.94	6.43	16.42	19.61	61.81	61.6	64
63	15.42		50.40	50.1	2:01.49	3:58.60	16.65	16.4	58.46		3.93	6.36	16.20	19.37	61.95	61.8	63
62	15.45	15.2	50.51	50.2	2:01.83	3:59.41	16.70		58.65	1.14	3.91	6.30	16.00	19.13	62.10	61.9	62
61	15.49		50.63	50.3	2:02.17	4:00.23	16.76	16.5	58.84		3.89	6.23	15.80	18.89	62.25	62.1	61
60	15.53		50.74	50.5	2:02.51	4:01.06	16.81		59.03	1.13	3.87	6.16	15.58	18.65	62.40	62.2	60
59	15.57	15.3	50.85	50.6	2:02.86	4:01.90	16.87	16.6	59.23		3.85	6.09	15.38	18.41	62.56	62.4	59
58	15.61		50.97	50.7	2:03.21	4:02.74	16.92		59.43	1.12	3.83	6.02	15.18	18.18	62.71	62.5	58
57	15.64	15.4	51.08	50.8	2:03.56	4:03.59	16.98	16.7	59.63		3.81	5.95	14.96	17.94	62.87	62.7	57
56	15.68		51.20	50.9	2:03.92	4:04.45	17.04	16.8	59.83	1.11	3.79	5.88	14.76	17.70	63.02	62.8	56
55	15.72		51.31	51.0	2:04.28	4:05.32	17.09		60.04	1.10	3.77	5.81	14.56	17.46	63.18	63.0	55
54	15.76	15.5	51.43	51.1	2:04.64	4:06.19	17.15	16.9	60.25		3.75	5.75	14.34	17.22	63.34	63.2	54

53	15.80		51.55	51.3	2:05.01	4:07.08	17.21		60.46	1.09	3.73	5.68	14.14	16.98	63.50	63.3	53
52	15.84	15.6	51.67	51.4	2:05.38	4:07.97	17.27	17.0	60.68		3.71	5.61	13.94	16.74	63.66	63.5	52
51	15.88		51.79	51.5	2:05.75	4:08.88	17.33		60.90	1.08	3.69	5.54	13.72	16.50	63.83	63.6	51
50	15.92		51.91	51.6	2:06.13	4:09.79	17.39	17.1	61.12		3.67	5.47	13.52	16.26	63.99	63.8	50
49	15.97	15.7	52.04	51.8	2:06.51	4:10.71	17.45	17.2	61.34	1.07	3.65	5.40	13.32	16.02	64.16	64.0	49
48	16.01		52.16	51.9	2:06.90	4:11.64	17.51		61.57		3.63	5.33	13.10	15.78	64.33	64.1	48
47	16.05	15.8	52.29	52.0	2:07.29	4:12.59	17.57	17.3	61.80	1.06	3.61	5.26	12.90	15.54	64.50	64.3	47
46	16.09		52.41	52.1	2:07.69	4:13.54	17.64	17.4	62.04	1.05	3.59	5.20	12.70	15.29	64.67	64.5	46
45	16.14	15.9	52.54	52.3	2:08.09	4:14.51	17.70		62.28		3.57	5.13	12.48	15.05	64.84	64.7	45
44	16.18		52.67	52.4	2:08.49	4:15.49	17.76	17.5	62.52	1.04	3.55	5.06	12.28	14.81	65.02	64.8	44
43	16.23		52.80	52.5	2:08.90	4:16.48	17.83		62.77		3.53	4.99	12.06	14.56	65.20	65.0	43
42	16.27	16.0	52.93	52.6	2:09.32	4:17.48	17.89	17.6	63.02	1.03	3.51	4.92	11.86	14.32	65.38	65.2	42
41	16.32		53.06	52.8	2:09.74	4:18.50	17.96	17.7	63.28		3.49	4.85	11.66	14.08	65.56	65.4	41
40	16.36	16.1	53.20	52.9	2:10.17	4:19.52	18.02		63.54	1.02	3.47	4.78	11.44	13.83	65.74	65.6	40
39	16.41		53.33	53.0	2:10.60	4:20.57	18.09	17.8	63.81	1.01	3.45	4.71	11.24	13.59	65.93	65.7	39
38	16.45	16.2	53.47	53.2	2:11.04	4:21.63	18.16	17.9	64.08		3.42	4.64	11.02	13.35	66.12	65.9	38
37	16.50		53.61	53.3	2:11.49	4:22.70	18.23		64.36	1.00	3.40	4.57	10.82	13.11	66.31	66.1	37
36	16.55	16.3	53.75	53.5	2:11.94	4:23.79	18.30	18.0	64.64		3.38	4.51	10.62	12.86	66.50	66.3	36
35	16.60		53.90	53.6	2:12.40	4:24.89	18.37	18.1	64.93	0.99	3.36	4.44	10.40	12.62	66.70	66.5	35
34	16.65	16.4	54.04	53.8	2:12.86	4:26.01	18.44	18.2	65.22		3.34	4.37	10.20	12.38	66.90	66.7	34
33	16.70		54.19	53.9	2:13.34	4:27.16	18.51		65.52	0.98	3.31	4.30	9.98	12.13	67.10	66.9	33
32	16.75	16.5	54.34	54.1	2:13.82	4:28.31	18.59	18.3	65.83	0.97	3.29	4.23	9.78	11.89	67.30	67.1	32
31	16.80		54.49	54.2	2:14.31	4:29.49	18.66	18.4	66.15		3.27	4.16	9.58	11.65	67.51	67.3	31
30	16.86	16.6	54.64	54.4	2:14.81	4:30.69	18.74	18.5	66.47	0.96	3.25	4.09	9.36	11.40	67.72	67.5	30
29	16.91		54.79	54.5	2:15.31	4:31.92	18.81		66.80		3.22	4.02	9.16	11.16	67.93	67.7	29
28	16.96	16.7	54.95	54.7	2:15.83	4:33.16	18.89	18.6	67.14	0.95	3.20	3.95	8.94	10.92	68.15	68.0	28
27	17.02		55.11	54.8	2:16.36	4:34.43	18.97	18.7	67.49	0.94	3.18	3.88	8.74	10.67	68.37	68.2	27
26	17.08	16.8	55.27	55.0	2:16.90	4:35.72	19.05	18.8	67.85		3.15	3.82	8.52	10.43	68.60	68.4	26
25	17.13		55.44	55.2	2:17.45	4:37.05	19.13		68.22	0.93	3.13	3.75	8.32	10.19	68.83	68.6	25
24	17.19	16.9	55.61	55.3	2:18.01	4:38.40	19.22	18.9	68.60		3.10	3.68	8.10	9.95	69.06	68.9	24
23	17.25	17.0	55.78	55.5	2:18.58	4:39.78	19.30	19.0	68.99	0.92	3.08	3.61	7.90	9.70	69.30	69.1	23
22	17.31		55.96	55.7	2:19.17	4:41.20	19.39	19.1	69.39	0.91	3.06	3.54	7.70	9.46	69.54	69.4	22
21	17.38	17.1	56.13	55.8	2:19.77	4:42.65	19.48	19.2	69.81		3.03	3.47	7.48	9.22	69.79	69.6	21
20	17.44	17.2	56.32	56.0	2:20.39	4:44.13	19.57	19.3	70.25	0.90	3.00	3.40	7.28	8.97	70.05	69.9	20
19	17.51		56.50	56.2	2:21.03	4:45.66	19.66	19.4	70.70		2.98	3.33	7.06	8.73	70.31	70.1	19
18	17.57	17.3	56.69	56.4	2:21.68	4:47.24	19.76	19.5	71.17	0.89	2.95	3.26	6.86	8.49	70.58	70.4	18
17	17.64	17.4	56.89	56.6	2:22.36	4:48.86	19.86	19.6	71.66	0.88	2.93	3.19	6.64	8.24	70.85	70.7	17
16	17.71		57.09	56.8	2:23.06	4:50.53	19.96	19.7	72.17		2.90	3.12	6.44	8.00	71.14	71.0	16
15	17.79	17.5	57.30	57.0	2:23.78	4:52.27	20.06	19.8	72.70	0.87	2.87	3.05	6.22	7.76	71.43	71.2	15
14	17.86	17.6	57.51	57.2	2:24.52	4:54.06	20.17	19.9	73.26	0.86	2.84	2.98	6.00	7.51	71.73	71.5	14
13	17.94	17.7	57.73	57.4	2:25.30	4:55.93	20.28	20.0	73.86		2.82	2.91	5.80	7.27	72.04	71.9	13
12	18.02		57.96	57.7	2:26.11	4:57.87	20.39	20.1	74.49	0.85	2.79	2.85	5.58	7.03	72.37	72.2	12
11	18.11	17.8	58.20	57.9	2:26.96	4:59.91	20.51	20.2	75.15	0.84	2.76	2.78	5.38	6.79	72.70	72.5	11
10	18.20	17.9	58.44	58.2	2:27.85	5:02.05	20.64	20.4	75.87		2.73	2.71	5.16	6.54	73.05	72.9	10
9	18.29	18.0	58.70	58.4	2:28.80	5:04.31	20.77	20.5	76.64	0.83	2.70	2.64	4.96	6.30	73.42	73.2	9
8	18.39	18.1	58.97	58.7	2:29.80	5:06.71	20.90	20.6	77.48	0.82	2.66	2.57	4.74	6.06	73.81	73.6	8
7	18.50	18.2	59.26	59.0	2:30.87	5:09.28	21.05	20.8	78.40	0.81	2.63	2.50	4.52	5.81	74.23	74.0	7
6	18.61	18.3	59.56	59.3	2:32.03	5:12.05	21.20	20.9	79.42		2.59	2.43	4.32	5.57	74.67	74.5	6
5	18.73	18.4	59.89	59.6	2:33.30	5:15.09	21.37	21.1	80.58	0.80	2.56	2.36	4.10	5.33	75.15	75.0	5
4	18.87	18.6	60.25	60.0	2:34.72	5:18.48	21.55	21.3	81.93	0.79	2.52	2.29	3.88	5.08	75.68	75.5	4
3	19.02	18.7	60.65	60.4	2:36.34	5:22.37	21.76	21.5	83.56	0.78	2.48	2.22	3.66	4.84	76.28	76.1	3
2	19.20	18.9	61.12	60.8	2:38.30	5:27.06	22.00	21.7	85.66		2.43	2.15	3.46	4.60	76.98	76.8	2

1	19.44	19.2	61.72	61.4	2:40.92	5:33.30	22.31	22.0	88.79	0.77	2.38	2.08	3.24	4.36	77.89	77.7	1
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