





2013.12.3( )	16:00		
	16:00-17:00	O/T	
	18:00-19:00		
	20:00		
12.4( )	07:00		
	08:00		
	10:00		
	10:30		
	23:00		
12.5( )	06:30-23:00		
12.6( )	06:30-13:00		
	13:00-14:00		
	14:30		
	19:00		
	19:00-20:00		
	20:00-21:00		
12.7( ) - 27( )			
2014			

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41 ( 9 , 24 , 8 )

(2013.11.22)

						PB	SB
1				49			
2				33			
3				40			
4		/10		50			
5				53			
6		"		35			
7				45			
8				45			
9				49			
10		400m		22		45.63(10)	46.65
11				21		46.54(13)	46.54
12				23		47.35(13)	47.35
13				24		47.21(13)	47.21
14				21		21.06(12)	21.36
15		110mH		33		13.48(10)	13.85
16				22		13.61(13)	13.61
17				26		13.06(12)	13.49
18				25		2.25(12)	2.20
19				19		2.22(13)	2.22
20				28		8.20(09)	8.20
21				29		8.00(13)	8.00
22				22		6.36(13)	6.36
23		10		33		7860(11)	7395
24				21		5.64(13)	5.64
25				19		5.40(13)	5.40
26				17		4.90(13)	4.90
27				24		4.35(09)	4.20
28				19		4.05(12)	4.00
29				32		83.99(04)	79.71
30				19		74.46(13)	74.46
31				31		79.98(13)	72.98
32				30		63.53(09)	62.77

							PB	SB	
33		20 kmW		28			1:19:31(11)	1:21:22	
34				22			1:21:52(13)	1:21:52	
35		50 kmW		31			3:47:13(11)	3:54:13	
36				25			3:54:20(11)	4:00:25	
37				22			2:12:53(13)	2:12:53	
38				30			2:13:49(13)	2:13:49	
39				21			2:15:09(13)	2:15:09	
40				24			2:27:20(13)	2:27:20	
41				27			2:31:32(13)	2:31:32	
42				20			15:55:59(13)	15:55:59	