
400 / +100 / +50

11-12

		11-12											
1.	50	, 25.98	467	400	4:41.37	429	100	1:07.81	383	"	"	1279	3
2.	400	, 4:58.74	358	50	30.09	300	100	1:17.82	253	/	.	911	3
3.	50	, 29.17	330	400	5:19.28	293	100	1:15.13	282	"	"	905	3
4.	50	, 29.00	335	100	1:16.48	267	400	5:31.60	262	"	"	864	3
5.	400	, 5:10.66	318	50	38.79	266	100	1:17.86	253	"	"	837	3
6.	400	, 5:19.29	293	50	38.09	281	100	1:17.32	258	/	.	832	3
7.	400	, 5:14.93	306	50	34.31	267	100	1:18.76	244	"	"	817	3
8.	400	, 5:19.34	293	50	34.30	254	100	1:20.17	232	"	"	779	3