

DZIEWCZĘTA

20.04.2016

LEKKOATLETYCZNE TABELE PUNKTOWE

• Lekkoatletyczna liga szkół gimnazjalnych

R - pomiar ręczny

PKT	100 m	100 R	300 m	300 R	600 m	80 pł 76,2cm 8,00	4x100 m	4x100 m R	skok wzwyż	skok w dal	kula (3 kg)	dysk (0,75kg)	oszczep (500g)	PKT
Powyżej 200 pkt.	1 pkt. za 0,03 s	3 pkt. za 0,1 s	1 pkt. za 0,1 s	1 pkt. za 0,1 s	1 pkt. za 0,2 s	1 pkt. za 0,05s	1 pkt. za 0,1 s	1 pkt. za 0,1 s	3 pkt. za 1 cm	1 pkt. za 2 cm	1 pkt. za 7 cm	1 pkt. za 25 cm	1 pkt. za 35 cm	Powyżej 200 pkt.
200	12.15	11.9	41.00	40.8	1:34.75	11.40	47.14	46.9	1.70	5.80	13.69	43.00	47.50	200
199	12.18		41.10	40.9	1:34.95	11.45	47.22	47.0		5.78	13.62	42.75	47.15	199
198	12.21		41.20	41.0	1:35.15	11.50	47.31	47.1		5.76	13.55	42.50	46.80	198
197	12.24	12.0	41.30	41.1	1:35.35	11.55	47.39	47.2	1.69	5.74	13.48	42.25	46.50	197
196	12.27		41.40	41.2	1:35.55	11.60	47.48	47.3		5.72	13.41	42.00	46.20	196
195	12.30		41.50	41.3	1:35.75	11.65	47.57			5.70	13.35	41.75	46.00	195
194	12.33	12.1	41.60	41.4	1:35.95	11.70	47.65	47.4	1.68	5.68	13.28	41.50	45.80	194
193	12.36		41.70	41.5	1:36.15	11.75	47.74	47.5		5.66	13.21	41.25	45.60	193
192	12.39		41.80	41.6	1:36.35	11.80	47.83	47.6		5.64	13.14	41.00	45.40	192
191	12.42		41.90	41.7	1:36.55	11.85	47.91	47.7	1.67	5.62	13.07	40.75	45.20	191
190	12.45	12.2	42.00	41.8	1:36.75	11.90	48.00	47.8		5.60	13.01	40.50	45.00	190
189	12.48		42.10	41.9	1:36.95	11.95	48.09	47.9		5.58	12.94	40.25	44.80	189
188	12.51		42.20	42.0	1:37.16	12.00	48.18	48.0	1.66	5.56	12.87	40.00	44.60	188
187	12.54	12.3	42.30	42.1	1:37.36	12.05	48.26			5.54	12.80	39.75	44.40	187
186	12.57		42.40	42.2	1:37.56	12.10	48.35	48.1	1.65	5.52	12.73	39.50	44.20	186
185	12.60		42.50	42.3	1:37.77	12.15	48.44	48.2		5.50	12.66	39.25	44.00	185
184	12.63	12.4	42.60	42.4	1:37.97	12.20	48.53	48.3	1.64	5.48	12.60	39.00	43.80	184
183	12.66		42.70	42.5	1:38.18	12.25	48.62	48.4		5.46	12.53	38.75	43.60	183
182	12.69		42.80	42.6	1:38.46	12.30	48.71	48.5	1.63	5.44	12.46	38.50	43.40	182
181	12.72		42.90	42.7	1:38.74	12.35	48.80	48.6		5.42	12.38	38.25	43.20	181
180	12.75	12.5	43.00	42.8	1:39.00	12.40	48.89	48.7	1.62	5.40	12.30	38.00	43.00	180
179	12.77		43.08	42.9	1:39.13	12.42	48.98	48.8		5.39	12.24	37.83	42.82	179
178	12.79		43.16	43.0	1:39.26	12.44	49.07	48.9		5.38	12.18	37.66	42.64	178
177	12.81		43.24	43.1	1:39.39	12.46	49.16			5.37	12.12	37.49	42.46	177
176	12.83		43.32		1:39.52	12.48	49.25	49.0	1.61	5.36	12.06	37.32	42.28	176
175	12.85	12.6	43.40	43.2	1:39.65	12.50	49.34	49.1		5.35	12.00	37.15	42.10	175
174	12.87		43.48	43.3	1:39.78	12.52	49.43	49.2		5.34	11.94	36.98	41.92	174
173	12.89		43.56	43.4	1:39.91	12.54	49.52	49.3		5.33	11.88	36.81	41.74	173
172	12.91		43.64		1:40.04	12.56	49.61	49.4	1.60	5.32	11.82	36.64	41.56	172
171	12.93		43.72	43.5	1:40.17	12.58	49.70	49.5		5.31	11.76	36.47	41.39	171
170	12.95	12.7	43.80	43.6	1:40.30	12.60	49.80	49.6		5.30	11.70	36.30	41.21	170
169	12.97		43.87	43.7	1:40.43	12.62	49.89	49.7		5.29	11.64	36.13	41.03	169
168	12.99		43.94		1:40.56	12.64	49.98	49.8	1.59	5.28	11.58	35.96	40.85	168
167	13.01		44.00	43.8	1:40.69	12.66	50.07	49.9		5.27	11.52	35.79	40.67	167
166	13.02		44.06		1:40.82	12.68	50.17	50.0		5.26	11.46	35.63	40.50	166
165	13.03		44.12	43.9	1:40.95	12.70	50.26			5.25	11.40	35.47	40.33	165
164	13.04		44.18	44.0	1:41.08	12.72	50.35	50.1		5.24	11.34	35.31	40.16	164
163	13.05	12.8	44.24		1:41.21	12.74	50.45	50.2	1.58	5.23	11.28	35.15	39.99	163
162	13.06		44.30	44.1	1:41.34	12.76	50.54	50.3		5.22	11.22	34.99	39.82	162
161	13.07		44.36		1:41.47	12.78	50.64	50.4		5.21	11.16	34.83	39.65	161
160	13.08		44.42	44.2	1:41.60	12.80	50.73	50.5		5.20	11.10	34.66	39.50	160
159	13.10		44.48	44.3	1:41.73	12.82	50.83	50.6	1.57	5.19	11.04	34.49	39.35	159
158	13.11		44.54		1:41.86	12.84	50.92	50.7		5.18	10.98	34.33	39.20	158
157	13.12		44.60	44.4	1:41.99	12.86	51.02	50.8		5.17	10.92	34.16	39.05	157
156	13.13		44.66		1:42.12	12.88	51.11	50.9		5.16	10.86	34.00	38.90	156
155	13.14		44.72	44.5	1:42.26	12.90	51.21	51.0	1.56	5.15	10.80	33.83	38.75	155
154	13.15	12.9	44.78	44.6	1:42.40	12.92	51.31	51.1		5.14	10.74	33.67	38.60	154
153	13.16		44.84		1:42.54	12.94	51.40			5.13	10.68	33.50	38.45	153
152	13.18		44.90	44.7	1:42.68	12.96	51.45	51.2		5.12	10.62	33.34	38.30	152
151	13.19		44.95		1:42.82	12.98	51.51	51.3		5.11	10.56	33.17	38.15	151
150	13.20		45.00	44.8	1:43.00	13.00	51.57		1.55	5.10	10.50	33.00	38.00	150
149	13.22		45.06		1:43.12	13.04	51.63	51.4		5.09	10.47	32.80	37.82	149
148	13.24	13.0	45.12	44.9	1:43.24	13.08	51.69			5.08	10.44	32.60	37.64	148
147	13.26		45.18	45.0	1:43.36	13.12	51.75	51.5	1.54	5.07	10.41	32.40	37.46	147

146	13.28		45.24		1:43.48	13.16	51.81	51.6		5.06	10.38	32.20	37.28	146
145	13.30		45.30	45.1	1:43.60	13.20	51.87		1.53	5.05	10.35	32.00	37.10	145
144	13.32		45.36		1:43.72	13.23	51.93	51.7		5.04	10.32	31.80	36.92	144
143	13.34	13.1	45.42	45.2	1:43.84	13.26	51.99			5.03	10.29	31.60	36.74	143
142	13.36		45.48	45.3	1:43.96	13.29	52.04	51.8	1.52	5.02	10.26	31.40	36.56	142
141	13.38		45.54		1:44.06	13.32	52.09			5.01	10.23	31.20	36.38	141
140	13.40		45.60	45.4	1:44.18	13.35	52.14	51.9	1.51	5.00	10.20	31.00	36.20	140
139	13.42		45.66		1:44.30	13.38	52.19			4.98	10.17	30.80	36.02	139
138	13.44	13.2	45.72	45.5	1:44.42	13.41	52.24	52.0		4.97	10.14	30.60	35.84	138
137	13.46		45.78		1:44.54	13.44	52.29		1.50	4.95	10.11	30.40	35.66	137
136	13.49		45.84	45.6	1:44.66	13.47	52.34	52.1		4.94	10.08	30.20	35.48	136
135	13.52		45.90	45.7	1:44.78	13.50	52.39		1.49	4.93	10.05	30.00	35.30	135
134	13.55	13.3	45.96		1:44.90	13.53	52.44	52.2		4.91	10.02	29.80	35.12	134
133	13.58		46.02	45.8	1:45.02	13.56	52.49			4.90	9.98	29.60	34.94	133
132	13.61		46.08	45.9	1:45.14	13.59	52.54	52.3	1.48	4.88	9.95	29.40	34.76	132
131	13.64	13.4	46.14		1:45.26	13.62	52.59			4.87	9.91	29.20	34.58	131
130	13.67		46.20	46.0	1:45.38	13.65	52.64	52.4	1.47	4.86	9.88	29.00	34.40	130
129	13.70		46.26	46.1	1:45.50	13.68	52.69			4.85	9.84	28.80	34.22	129
128	13.73		46.32		1:45.62	13.71	52.74	52.5		4.84	9.81	28.60	34.04	128
127	13.75	13.5	46.38	46.2	1:45.74	13.74	52.79		1.46	4.82	9.77	28.40	33.86	127
126	13.78		46.44		1:45.87	13.77	52.84	52.6		4.81	9.74	28.20	33.68	126
125	13.80		46.50	46.3	1:46.00	13.80	52.89		1.45	4.80	9.70	28.00	33.50	125
124	13.82		46.58	46.4	1:46.16	13.84	52.94	52.7		4.79	9.68	27.84	33.36	124
123	13.84	13.6	46.66		1:46.32	13.88	52.99			4.78	9.65	27.68	33.22	123
122	13.86		46.74	46.5	1:46.48	13.92	53.04	52.8		4.77	9.63	27.52	33.08	122
121	13.88		46.82	46.6	1:46.64	13.96	53.09			4.76	9.60	27.36	32.94	121
120	13.90		46.90	46.7	1:46.80	14.00	53.14	52.9	1.44	4.75	9.57	27.20	32.80	120
119	13.92		46.98	46.8	1:46.96	14.04	53.19			4.74	9.54	27.04	32.66	119
118	13.94	13.7	47.06	46.9	1:47.12	14.08	53.24	53.0		4.73	9.51	26.88	32.52	118
117	13.96		47.14		1:47.28	14.12	53.29			4.72	9.48	26.72	32.38	117
116	13.98		47.22	47.0	1:47.44	14.16	53.34	53.1		4.71	9.45	26.56	32.24	116
115	14.00		47.30	47.1	1:47.60	14.20	53.39		1.43	4.70	9.42	26.40	32.10	115
114	14.03	13.8	47.38	47.2	1:47.76	14.24	53.44	53.2		4.69	9.39	26.24	31.96	114
113	14.06		47.46	47.3	1:47.92	14.28	53.49			4.68	9.36	26.08	31.82	113
112	14.09		47.54		1:48.08	14.32	53.54	53.3		4.67	9.33	25.92	31.68	112
111	14.12		47.62	47.4	1:48.24	14.36	53.60	53.4		4.66	9.30	25.76	31.54	111
110	14.15	13.9	47.70	47.5	1:48.40	14.40	53.66		1.42	4.65	9.27	25.60	31.40	110
109	14.18		47.78	47.6	1:48.56	14.44	53.72	53.5		4.63	9.24	25.44	31.26	109
108	14.21		47.86		1:48.72	14.48	53.78			4.62	9.21	25.28	31.12	108
107	14.24	14.0	47.94	47.7	1:48.88	14.52	53.84	53.6		4.60	9.18	25.12	30.98	107
106	14.27		48.02	47.8	1:49.04	14.56	53.90	53.7		4.59	9.15	24.96	30.84	106
105	14.30		48.10	47.9	1:49.20	14.60	53.98		1.41	4.57	9.12	24.80	30.70	105
104	14.34	14.1	48.18	48.0	1:49.36	14.64	54.06	53.8		4.56	9.10	24.64	30.56	104
103	14.39		48.26	48.1	1:49.52	14.68	54.14	53.9		4.54	9.07	24.48	30.42	103
102	14.44	14.2	48.34		1:49.68	14.72	54.24	54.0		4.53	9.05	24.32	30.28	102
101	14.48		48.42	48.2	1:49.84	14.76	54.34	54.1		4.51	9.02	24.16	30.14	101
100	14.50		48.50	48.3	1:50.00	14.80	54.44	54.2	1.40	4.50	9.00	24.00	30.00	100
99	14.53	14.3	48.65	48.5	1:50.15	14.89	54.56	54.4		4.49	8.97	23.88	29.85	99
98	14.57		48.85	48.7	1:50.50	14.98	54.68	54.5		4.47	8.94	23.76	29.71	98
97	14.62	14.4	49.05	48.9	1:50.90	15.07	54.80	54.6	1.39	4.45	8.90	23.66	29.57	97
96	14.66		49.25	49.1	1:51.30	15.16	54.92	54.7		4.42	8.87	23.56	29.43	96
95	14.71		49.45	49.3	1:51.75	15.26	55.04	54.8		4.39	8.83	23.46	29.29	95
94	14.75	14.5	49.65	49.5	1:52.20	15.36	55.18	55.0	1.38	4.37	8.80	23.38	29.15	94
93	14.79		49.85	49.7	1:52.70	15.46	55.32	55.1		4.35	8.76	23.30	29.01	93
92	14.84	14.6	50.05	49.9	1:53.20	15.56	55.46	55.3		4.33	8.73	23.22	28.87	92
91	14.88		50.25	50.1	1:53.75	15.66	55.60	55.4	1.37	4.31	8.69	23.14	28.73	91
90	14.93	14.7	50.45	50.3	1:54.35	15.76	55.75	55.5		4.29	8.66	23.05	28.59	90
89	14.97		50.65	50.5	1:54.95	15.86	55.90	55.7		4.27	8.62	22.95	28.45	89
88	15.02	14.8	50.85	50.7	1:55.55	15.96	56.06	55.9	1.36	4.25	8.59	22.85	28.31	88
87	15.06		51.05	50.9	1:56.15	16.06	56.22	56.0		4.23	8.55	22.75	28.17	87
86	15.10		51.25	51.1	1:56.75	16.16	56.38	56.2	1.35	4.21	8.52	22.65	28.03	86
85	15.15	14.9	51.45	51.3	1:57.30	16.26	56.54	56.3		4.19	8.49	22.55	27.89	85
84	15.19		51.65	51.5	1:57.85	16.36	56.70	56.5	1.34	4.17	8.46	22.45	27.75	84
83	15.23	15.0	51.85	51.7	1:58.35	16.46	56.86	56.7		4.15	8.43	22.35	27.61	83
82	15.28		52.05	51.9	1:58.85	16.56	57.02	56.8	1.33	4.13	8.40	22.25	27.47	82
81	15.32	15.1	52.25	52.1	1:59.35	16.66	57.18	57.0		4.11	8.37	22.15	27.33	81
80	15.36		52.45	52.3	1:59.85	16.76	57.34	57.1	1.32	4.09	8.34	22.05	27.19	80
79	15.40		52.65	52.5	2:00.35	16.86	57.50	57.3		4.07	8.31	21.95	27.05	79
78	15.45	15.2	52.85	52.7	2:00.85	16.96	57.66	57.5	1.31	4.05	8.28	21.84	26.89	78

77	15.49		53.05	52.9	2:01.35	17.06	57.84	57.6		4.03	8.25	21.73	26.73	77
76	15.53	15.3	53.25	53.1	2:01.85	17.16	58.02	57.8	1.30	4.01	8.22	21.62	26.57	76
75	15.57		53.45	53.3	2:02.35	17.26	58.20	58.0		3.99	8.19	21.51	26.41	75
74	15.61		53.65	53.5	2:02.85	17.36	58.38	58.2	1.29	3.97	8.16	21.40	26.25	74
73	15.65	15.4	53.85	53.7	2:03.40	17.46	58.56	58.4		3.95	8.13	21.29	26.09	73
72	15.69		54.05	53.9	2:03.95	17.56	58.74	58.5	1.28	3.93	8.10	21.18	25.93	72
71	15.73	15.5	54.25	54.1	2:04.50	17.66	58.92	58.7		3.91	8.07	21.07	25.77	71
70	15.77		54.45	54.3	2:05.05	17.76	59.10	58.9	1.27	3.89	8.04	20.96	25.60	70
69	15.81		54.65	54.5	2:05.60	17.86	59.28	59.1		3.87	8.01	20.85	25.44	69
68	15.85	15.6	54.85	54.7	2:06.15	17.96	59.46	59.3	1.26	3.85	7.98	20.74	25.28	68
67	15.90		55.05	54.9	2:06.70	18.06	59.64	59.4		3.83	7.95	20.63	25.12	67
66	15.95	15.7	55.25	55.1	2:07.25	18.16	59.82	59.6	1.25	3.81	7.92	20.52	24.96	66
65	16.00		55.45	55.3	2:07.80	18.26	60.00	59.8		3.79	7.89	20.41	24.80	65
64	16.05	15.8	55.65	55.5	2:08.35	18.36	60.20	60.0	1.24	3.77	7.86	20.30	24.64	64
63	16.10		55.85	55.7	2:08.90	18.46	60.40	60.2		3.75	7.83	20.19	24.48	63
62	16.15	15.9	56.10	55.9	2:09.45	18.56	60.60	60.4	1.23	3.73	7.80	20.08	24.32	62
61	16.20		56.35	56.2	2:10.00	18.66	60.80	60.6		3.71	7.77	19.97	24.16	61
60	16.25	16.0	56.60	56.4	2:10.55	18.76	61.00	60.8	1.22	3.69	7.74	19.86	24.00	60
59	16.30		56.85	56.7	2:11.10	18.86	61.20	61.0		3.67	7.71	19.75	23.84	59
58	16.35	16.1	57.10	56.9	2:11.65	18.96	61.40	61.2	1.21	3.65	7.68	19.63	23.68	58
57	16.40		57.35	57.2	2:12.20	19.06	61.60	61.4		3.63	7.65	19.51	23.52	57
56	16.45	16.2	57.60	57.4	2:12.75	19.16	61.80	61.6	1.20	3.61	7.62	19.39	23.36	56
55	16.50		57.85	57.7	2:13.30	19.26	62.00	61.8		3.59	7.59	19.27	23.20	55
54	16.55	16.3	58.10	57.9	2:13.85	19.36	62.20	62.0	1.19	3.57	7.56	19.15	22.94	54
53	16.60		58.35	58.2	2:14.40	19.46	62.40	62.2		3.55	7.53	19.03	22.78	53
52	16.66	16.4	58.60	58.4	2:14.95	19.56	62.60	62.4	1.18	3.53	7.50	18.91	22.62	52
51	16.72	16.5	58.85	58.7	2:15.50	19.66	62.80	62.6		3.51	7.47	18.79	22.46	51
50	16.78		59.10	58.9	2:16.05	19.76	63.00	62.8	1.17	3.49	7.44	18.67	22.30	50
49	16.84	16.6	59.35	59.2	2:16.60	19.86	63.20	63.0		3.47	7.41	18.55	22.14	49
48	16.90		59.60	59.4	2:17.15	19.96	63.40	63.2	1.16	3.45	7.38	18.43	21.98	48
47	16.96	16.7	59.85	59.7	2:17.70	20.10	63.60	63.4		3.43	7.35	18.31	21.82	47
46	17.02	16.8	60.10	59.9	2:18.25	20.24	63.80	63.6	1.15	3.41	7.32	18.19	21.66	46
45	17.08		60.35	60.2	2:18.80	20.38	64.00	63.8		3.39	7.29	18.07	21.50	45
44	17.14	16.9	60.60	60.4	2:19.35	20.52	64.20	64.0	1.14	3.37	7.26	17.95	21.34	44
43	17.20		60.85	60.7	2:19.90	20.66	64.40	64.2		3.35	7.23	17.83	21.18	43
42	17.26	17.0	61.10	60.9	2:20.45	20.80	64.60	64.4	1.13	3.33	7.20	17.71	21.02	42
41	17.32	17.1	61.35	61.2	2:21.00	20.94	64.80	64.6		3.31	7.16	17.59	20.86	41
40	17.38		61.60	61.4	2:21.55	21.08	65.00	64.8	1.12	3.29	7.13	17.47	20.70	40
39	17.44	17.2	61.85	61.7	2:22.10	21.22	65.20	65.0		3.27	7.09	17.35	20.54	39
38	17.51	17.3	62.10	61.9	2:22.65	21.36	65.40	65.2	1.11	3.24	7.06	17.20	20.38	38
37	17.58		62.40	62.2	2:23.20	21.50	65.60	65.4		3.21	7.02	17.05	20.22	37
36	17.65	17.4	62.70	62.5	2:23.75	21.64	65.80	65.6	1.10	3.18	6.99	16.90	20.06	36
35	17.72	17.5	63.00	62.8	2:24.30	21.78	66.00	65.8		3.15	6.95	16.75	19.90	35
34	17.79		63.30	63.1	2:24.85	21.92	66.20	66.0	1.09	3.12	6.91	16.60	19.74	34
33	17.86	17.6	63.60	63.4	2:25.40	22.06	66.40	66.2		3.09	6.87	16.45	19.58	33
32	17.93	17.7	63.90	63.7	2:25.95	22.20	66.63	66.4	1.08	3.06	6.83	16.30	19.42	32
31	18.00		64.20	64.0	2:26.50	22.34	66.86	66.7	1.07	3.03	6.79	16.15	19.26	31
30	18.07	17.8	64.50	64.3	2:27.10	22.48	67.13	66.9		3.00	6.75	16.00	19.10	30
29	18.15	17.9	64.85	64.6	2:27.70	22.62	67.40	67.2	1.06	2.97	6.71	15.85	18.94	29
28	18.23	18.0	65.20	65.0	2:28.30	22.76	67.67	67.5	1.05	2.94	6.67	15.69	18.78	28
27	18.31	18.1	65.55	65.4	2:28.95	22.90	67.94	67.7		2.91	6.63	15.54	18.62	27
26	18.39		65.90	65.7	2:29.65	23.10	68.21	68.0	1.04	2.88	6.59	15.38	18.46	26
25	18.48	18.2	66.25	66.1	2:30.35	23.30	68.48	68.3		2.85	6.55	15.23	18.30	25
24	18.57	18.3	66.60	66.4	2:31.05	23.50	68.75	68.5		2.82	6.51	15.07	18.14	24
23	18.66	18.4	66.95	66.8	2:31.75	23.70	69.02	68.8	1.02	2.79	6.47	14.92	17.98	23
22	18.75	18.5	67.30	67.1	2:32.45	23.90	69.29	69.1	1.01	2.76	6.43	14.76	17.82	22
21	18.85	18.6	67.70	67.5	2:33.15	24.10	69.56	69.4	1.00	2.73	6.39	14.60	17.66	21
20	18.95	18.7	68.10	67.9	2:33.85	24.30	69.83	69.6		2.70	6.35	14.44	17.50	20
19	19.05	18.8	68.50	68.3	2:34.65	24.50	70.10	69.9	0.99	2.67	6.30	14.28	17.34	19
18	19.15	18.9	68.90	68.7	2:35.45	24.70	70.37	70.2	0.98	2.64	6.25	14.12	17.18	18
17	19.25	19.0	69.30	69.1	2:36.25	24.90	70.64	70.4	0.97	2.61	6.20	13.96	17.02	17
16	19.35	19.1	69.80	69.6	2:37.05	25.10	70.93	70.7		2.58	6.15	13.80	16.86	16
15	19.45	19.2	70.30	70.1	2:37.85	25.30	71.23	71.0	0.96	2.55	6.10	13.64	16.70	15
14	19.55	19.3	70.85	70.7	2:38.65	25.50	71.58	71.4	0.95	2.52	6.05	13.48	16.54	14
13	19.70	19.4	71.45	71.3	2:39.45	25.70	71.93	71.7	0.94	2.49	6.00	13.32	16.38	13
12	19.85	19.5	72.10	71.9	2:40.25	25.90	72.30	72.1		2.46	5.95	13.16	16.22	12
11	20.05	19.8	72.75	72.6	2:41.05	26.10	72.70	72.5	0.93	2.43	5.90	13.00	16.06	11
10	20.25	20.0	73.45	73.3	2:41.85	26.30	73.15	72.9	0.92	2.40	5.85	12.84	15.90	10
9	20.45	20.2	74.15	74.0	2:42.65	26.50	73.60	73.4	0.91	2.37	5.80	12.68	15.74	9

8	20.65	20.4	74.90	74.7	2:43.35	26.70	74.05	73.8		2.34	5.75	11.40	10.50	8
7	20.85	20.6	75.85	75.7	2:44.35	26.90	74.50	74.3	0.90	2.31	5.70	11.10	10.00	7
6	21.05	20.8	76.80	76.6	2:45.35	27.10	74.95	74.7	0.88	2.28	5.65	10.80	9.50	6
5	21.25	21.0	77.75	77.6	2:46.35	27.30	75.40	75.2	0.87	2.25	5.60	10.45	9.00	5
4	21.45	21.2	78.70	78.5	2:47.35	27.50	75.90	75.7	0.85	2.22	5.55	10.10	8.50	4
3	21.65	21.4	79.65	79.5	2:48.35	27.70	76.40	76.2	0.84	2.19	5.50	9.70	8.00	3
2	21.85	21.6	80.60	80.4	2:49.35	27.90	77.00	76.8	0.82	2.16	5.45	9.20	7.50	2
1	22.05	21.8	81.55	81.4	2:50.35	28.10	77.89	77.7	0.80	2.13	5.40	8.70	7.00	1

CHŁOPCY 1.03.2012

LEKKOATLETYCZNE TABELI PUNKTOWE

• Lekkoatletyczna liga szkół gimnazjalnych

R - pomiar ręczny

PKT	100 m	100 R	300 m	300 R	110 pl (91,4 cm 8,90)		110 R (8,90)	4x100	4x100R	skok wzwyż	skok w dal	kula (5 kg)	dysk (1 kg)	oszczep (600 g)	PKT
Powyżej 200 pkt.	1 pkt. za 0,03 s	3 pkt. za 0,1 s	1 pkt. za 0,1 s	1 pkt. za 0,1 s	1 pkt. za 0,25 s	1 pkt. za 0,05 s	2 pkt. za 0,1 s	1 pkt. za 0,1 s	1 pkt. za 0,1 s	3 pkt. za 1 cm	1 pkt. za 2 cm	1 pkt. za 10 cm	1 pkt. za 40cm	1 pkt. za 40cm	Powyżej 200 pkt.
200	10.90		35.70	35.5	2:33.50	14.85	14.6	44.65	44.4	2.08	7.25	17.50	54.00	63.00	200
199	10.92		35.80	35.6	2:33.25	14.90		44.72	44.5	2.07	7.23	17.30	53.56	62.78	199
198	10.94	10.7	35.90	35.7	2:33.50	14.95	14.7	44.79			7.19	17.15	53.16	62.48	198
197	10.96		36.00	35.8	2:33.75	15.00		44.85	44.6	2.06	7.14	17.00	52.76	62.18	197
196	10.98		36.10	35.9	2:34.00	15.05	14.8	44.92	44.7	2.05	7.09	16.88	52.36	61.88	
195	11.00		36.20	36.0	2:34.25	15.10		44.99		2.04	7.05	16.76	51.96	61.58	195
194	11.02		36.30	36.1	2:34.50	15.15	14.9	45.05	44.8		7.03	16.64	51.56	61.28	194
193	11.04	10.8	36.39		2:34.75	15.20		45.12	44.9	2.03	7.01	16.52	51.16	60.98	193
192	11.06		36.48	36.2	2:35.00	15.25	15.0	45.19			7.00	16.40	50.76	60.68	192
191	11.08		36.57	36.3	2:35.25	15.30		45.25	45.0	2.02	6.98	16.28	50.36	60.38	191
190	11.10		36.66	36.4	2:35.50	15.35	15.1	45.32	45.1	2.01	6.97	16.16	49.96	60.08	190
189	11.12		36.75	36.5	2:35.75	15.40		45.39			6.95	16.04	49.56	59.78	189
188	11.14	10.9	36.84		2:36.00	15.45	15.2	45.45	45.2	2.00	6.94	15.92	49.16	59.48	188
187	11.16		36.93	36.7	2:36.25	15.50		45.52	45.3	1.99	6.92	15.80	48.76	59.18	187
186	11.18		37.02	36.8	2:36.50	15.55	15.3	45.59			6.90	15.68	48.36	58.88	186
185	11.20		37.10	36.9	2:36.75	15.60		45.65	45.4	1.98	6.89	15.56	47.96	58.58	185
184	11.22		37.18		2:37.00	15.63	15.4	45.72	45.5		6.87	15.44	47.56	58.28	184
183	11.24	11.0	37.26	37.0	2:37.25	15.66		45.79		1.97	6.86	15.32	47.16	57.98	183
182	11.26		37.34	37.1	2:37.50	15.69		45.85	45.6	1.96	6.84	15.20	46.76	57.68	182
181	11.28		37.42	37.2	2:37.75	15.72		45.92	45.7		6.82	15.10	46.36	57.28	181
180	11.30		37.50	37.3	2:38.00	15.75	15.5	45.99		1.95	6.80	15.00	46.00	57.00	180

179	11.31		37.57		2:38.20	15.79		46.05	45.8		6.79	14.95	45.80	56.78	179
178	11.33		37.64	37.4	2:38.37	15.83	15.6	46.12	45.9		6.78	14.90	45.60	56.48	178
177	11.34	11.1	37.71		2:38.54	15.87		46.19		1.94	6.76	14.85	45.40	56.18	177
176	11.36		37.78	37.5	2:38.71	15.91		46.25	46.0		6.74	14.80	45.20	55.86	176
175	11.37		37.85	37.6	2:38.88	15.95	15.7	46.32	46.1		6.73	14.75	45.00	55.56	175
174	11.39		37.90		2:39.05	15.99		46.39		1.93	6.71	14.70	44.84	55.26	174
173	11.40		37.95	37.7	2:39.22	16.03	15.8	46.45	46.2		6.69	14.65	44.68	54.96	173
172	11.42		38.00		2:39.39	16.07		46.52	46.3		6.68	14.60	44.52	54.66	172
171	11.43	11.2	38.05	37.8	2:39.56	16.11		46.59		1.92	6.66	14.55	44.36	54.34	171
170	11.45		38.10		2:39.73	16.15	15.9	46.65	46.4		6.65	14.50	44.20	54.04	170
169	11.46		38.15	37.9	2:39.90	16.19		46.72	46.5		6.63	14.45	44.04	53.74	169
168	11.48		38.20		2:40.07	16.23	16.0	46.79		1.91	6.61	14.40	43.88	53.44	168
167	11.49		38.25	38.0	2:40.24	16.27		46.85	46.6		6.60	14.35	43.72	53.14	167
166	11.51		38.30		2:40.41	16.31		46.92	46.7	1.90	6.58	14.30	43.56	52.82	166
165	11.52		38.35	38.1	2:40.58	16.35	16.1	47.00	46.8		6.56	14.25	43.40	52.52	165
164	11.54		38.40		2:40.75	16.39		47.07		1.89	6.55	14.20	43.24	52.22	164
163	11.55	11.3	38.45	38.2	2:40.92	16.43	16.2	47.15	46.9		6.53	14.15	43.08	51.92	163
162	11.57		38.50		2:41.09	16.47		47.22	47.0	1.88	6.51	14.10	42.92	51.62	162
161	11.58		38.55	38.3	2:41.25	16.51		47.29			6.50	14.05	42.76	51.30	161
160	11.60		38.60		2:41.42	16.55	16.3	47.35	47.1	1.87	6.48	14.00	42.60	51.00	160
159	11.61		38.64	38.4	2:41.58	16.60		47.42	47.2		6.46	13.95	42.44	50.70	159
158	11.63		38.68		2:41.75	16.65	16.4	47.50	47.3	1.86	6.45	13.90	42.28	50.40	158
157	11.64		38.72		2:41.92	16.70		47.57			6.43	13.85	42.12	50.10	157
156	11.65	11.4	38.76	38.5	2:42.09	16.75	16.5	47.65	47.4	1.85	6.42	13.80	41.96	49.78	156
155	11.66		38.80		2:42.26	16.80		47.72	47.5		6.40	13.75	41.80	49.48	155
154	11.68		38.84	38.6	2:42.43	16.84	16.6	47.80	47.6	1.84	6.38	13.70	41.64	49.18	154
153	11.69		38.88		2:42.60	16.88		47.87			6.36	13.65	41.48	48.88	153
152	11.71		38.92		2:42.67	16.92		47.95	47.7	1.83	6.34	13.60	41.32	48.56	152
151	11.73		38.96	38.7	2:42.83	16.96	16.7	48.02	47.8		6.32	13.55	41.16	48.26	151
150	11.75	11.5	39.00		2:43.00	17.00		48.08		1.82	6.30	13.50	41.00	48.00	150
149	11.76		39.05	38.8	2:43.20	17.03		48.15	47.9		6.28	13.45	40.82	47.74	149
148	11.78		39.10		2:43.45	17.06	16.8	48.22	48.0		6.26	13.40	40.64	47.48	148
147	11.80		39.15	38.9	2:43.70	17.09		48.28			6.24	13.35	40.44	47.22	147
146	11.82		39.20		2:43.95	17.12		48.35	48.1	1.81	6.22	13.30	40.22	46.96	146
145	11.83		39.25	39.0	2:44.20	17.15	16.9	48.42	48.2		6.20	13.25	40.00	46.70	145
144	11.85	11.6	39.31		2:44.45	17.18		48.50	48.3		6.18	13.20	39.77	46.44	144
143	11.87		39.37	39.1	2:44.70	17.21		48.57			6.16	13.15	39.54	46.18	143
142	11.89		39.43	39.2	2:44.95	17.24	17.0	48.65	48.4	1.80	6.15	13.10	39.31	45.92	142
141	11.90		39.49		2:45.20	17.27		48.72	48.5		6.14	13.05	39.08	45.68	141
140	11.92		39.55	39.3	2:45.50	17.30		48.78			6.12	13.00	38.85	45.45	140
139	11.94	11.7	39.61		2:45.80	17.33	17.1	48.85	48.6		6.11	12.95	38.62	45.22	139
138	11.96		39.67	39.4	2:46.10	17.36		48.92	48.7	1.79	6.09	12.90	38.39	44.99	138
137	11.97		39.73	39.5	2:46.40	17.39		48.98			6.08	12.86	38.16	44.76	137
136	11.99		39.79		2:46.70	17.42		49.05	48.8		6.06	12.83	37.93	44.53	136

135	12.01		39.85	39.6	2:47.00	17.45	17.2	49.12	48.9		6.05	12.80	37.70	44.30	135
134	12.03		39.91		2:47.30	17.48		49.20	49.0	1.78	6.03	12.77	37.48	44.07	134
133	12.04	11.8	39.97	39.7	2:47.60	17.51		49.27			6.02	12.74	37.26	43.84	133
132	12.06		40.03	39.8	2:47.90	17.54	17.3	49.35	49.1		6.00	12.71	37.04	43.61	132
131	12.08		40.09		2:48.20	17.57		49.42	49.2	1.77	5.99	12.68	36.82	43.38	131
130	12.10		40.15	39.9	2:48.50	17.60		49.48			5.97	12.65	36.60	43.15	130
129	12.12		40.22	40.0	2:48.80	17.63	17.4	49.55	49.3		5.96	12.62	36.38	42.92	129
128	12.14	11.9	40.29		2:49.10	17.66		49.62	49.4	1.76	5.94	12.59	36.16	42.69	128
127	12.16		40.36	40.1	2:49.40	17.69		49.68			5.93	12.56	35.94	42.46	127
126	12.18		40.43	40.2	2:49.70	17.72		49.75	49.5		5.91	12.53	35.72	42.23	126
125	12.20		40.50		2:50.00	17.75	17.5	49.82	49.6	1.75	5.90	12.50	35.50	42.00	125
124	12.22		40.58	40.3	2:50.40	17.78		49.88			5.89	12.45	35.30	41.80	124
123	12.24	12.0	40.66	40.4	2:50.80	17.81		49.95	49.7		5.88	12.39	35.10	41.60	123
122	12.26		40.74	40.5	2:51.20	17.84	17.6	50.02	49.8	1.74	5.87	12.33	34.90	41.40	122
121	12.29		40.82	40.6	2:51.60	17.87		50.10	49.9		5.86	12.27	34.72	41.20	121
120	12.31		40.90		2:52.00	17.90		50.17			5.85	12.19	34.54	41.00	120
119	12.33		40.98	40.7	2:52.40	17.93	17.7	50.25	50.0	1.73	5.84	12.11	34.36	40.80	119
118	12.35	12.1	41.06	40.8	2:52.80	17.96		50.32	50.1		5.83	12.03	34.18	40.60	118
117	12.38		41.14	40.9	2:53.20	17.99		50.38			5.82	11.94	34.00	40.40	117
116	12.40		41.22	41.0	2:53.60	18.02		50.45	50.2	1.72	5.81	11.85	33.82	40.20	116
115	12.42		41.30		2:54.00	18.05	17.8	50.53	50.3		5.80	11.76	33.64	40.00	115
114	12.44	12.2	41.38	41.1	2:54.40	18.08		50.62	50.4		5.78	11.67	33.46	39.80	114
113	12.47		41.46	41.2	2:54.80	18.11		50.70	50.5	1.71	5.77	11.58	33.28	39.60	113
112	12.49		41.54	41.3	2:55.20	18.14	17.9	50.79	50.6		5.76	11.49	33.10	39.40	112
111	12.51		41.62	41.4	2:55.60	18.17		50.88	50.7		5.74	11.40	32.92	39.20	111
110	12.53		41.70		2:56.00	18.20		50.96		1.70	5.73	11.32	32.74	39.00	110
109	12.55	12.3	41.78	41.5	2:56.40	18.23	18.0	51.05	50.8		5.72	11.24	32.56	38.80	109
108	12.58		41.86	41.6	2:56.80	18.26		51.15	50.9	1.69	5.70	11.16	32.38	38.60	108
107	12.60		41.94	41.7	2:57.20	18.29		51.25	51.0		5.69	11.08	32.20	38.40	107
106	12.62		42.02	41.8	2:57.60	18.32		51.35	51.1	1.68	5.68	11.00	32.03	38.20	106
105	12.64	12.4	42.10		2:58.00	18.35	18.1	51.45	51.2		5.66	10.92	31.86	38.00	105
104	12.66		42.18	41.9	2:58.40	18.38		51.55	51.3	1.67	5.65	10.84	31.69	37.80	104
103	12.69		42.26	42.0	2:58.80	18.41		51.65	51.4		5.64	10.76	31.52	37.60	103
102	12.71		42.34	42.1	2:59.20	18.44	18.2	51.75	51.5	1.66	5.62	10.68	31.35	37.40	102
101	12.73		42.42	42.2	2:59.60	18.47		51.85	51.6		5.61	10.61	31.18	37.20	101
100	12.75	12.5	42.50	42.3	3:00.00	18.50		51.95	51.7	1.65	5.60	10.55	31.00	37.00	100
99	12.78		42.60	42.4	3:00.40	18.54	18.3	52.05	51.8		5.59	10.50	30.82	36.80	99
98	12.81		42.70	42.5	3:00.80	18.58		52.15	51.9	1.64	5.58	10.45	30.64	36.60	98
97	12.84	12.6	42.80	42.6	3:01.35	18.62		52.25	52.0		5.57	10.40	30.46	36.40	97
96	12.87		42.90	42.7	3:01.90	18.66	18.4	52.35	52.1	1.63	5.56	10.36	30.28	36.20	96
95	12.90		43.00	42.8	3:02.45	18.70		52.45	52.2		5.55	10.32	30.12	36.00	95
94	12.93		43.15	42.9	3:03.00	18.74	18.5	52.55	52.3	1.62	5.54	10.28	29.96	35.80	94
93	12.96	12.7	43.30	43.0	3:03.55	18.78		52.65	52.4		5.53	10.24	29.80	35.60	93
92	12.99		43.45	43.2	3:04.10	18.82		52.75	52.5	1.61	5.51	10.20	29.64	35.40	92

91	13.02		43.60	43.4	3:04.65	18.86	18.6	52.85	52.6		5.49	10.16	29.48	35.20	91
90	13.05	12.8	43.75	43.5	3:05.20	18.90		52.95	52.7	1.60	5.47	10.13	29.32	35.00	91
89	13.08		43.90	43.7	3:05.80	18.94	18.7	53.05	52.8	1.59	5.45	10.10	29.16	34.80	89
88	13.11		44.05	43.8	3:06.40	18.98		53.15	52.9		5.43	10.07	29.00	34.60	88
87	13.14	12.9	44.30	44.1	3:07.00	19.02		53.25	53.0	1.58	5.41	10.04	28.84	34.45	87
86	13.17		44.50	44.3	3:07.62	19.06	18.8	53.35	53.1	1.57	5.39	10.01	28.68	34.30	86
85	13.20		44.70	44.5	3:08.26	19.10		53.45	53.2		5.37	9.98	28.52	34.10	85
84	13.23		44.90	44.7	3:08.90	19.14	18.9	53.55	53.3	1.56	5.35	9.95	28.36	33.95	84
83	13.26	13.0	45.10	44.9	3:09.54	19.18		53.65	53.4	1.55	5.33	9.92	28.20	33.80	83
82	13.29		45.30	45.1	3:10.18	19.22		53.75	53.5		5.30	9.89	28.04	33.60	82
81	13.32		45.50	45.3	3:10.82	19.26	19.0	53.85	53.6	1.54	5.27	9.86	27.88	33.45	81
80	13.35	13.1	45.70	45.5	3:11.46	19.30		53.95	53.7	1.53	5.24	9.83	27.72	33.30	80
79	13.38		45.90	45.7	3:12.10	19.34	19.1	54.08	53.9		5.21	9.80	27.56	33.10	79
78	13.41		46.10	45.9	3:12.74	19.38		54.21	54.0	1.52	5.18	9.75	27.40	32.95	78
77	13.44	13.2	46.30	46.1	3:13.38	19.43	19.2	54.34	54.1	1.51	5.15	9.70	27.24	32.80	77
76	13.47		46.50	46.3	3:14.02	19.48		54.47	54.3		5.12	9.65	27.08	32.60	76
75	13.50		46.70	46.5	3:14.66	19.53	19.3	54.60	54.4	1.50	5.09	9.60	26.92	32.45	75
74	13.53		46.90	46.7	3:15.30	19.58		54.73	54.5	1.49	5.06	9.55	26.76	32.30	74
73	13.56	13.3	47.10	46.9	3:15.94	19.63	19.4	54.86	54.7		5.03	9.50	26.60	32.10	73
72	13.59		47.30	47.1	3:16.73	19.68		54.99	54.8	1.48	5.00	9.45	26.44	31.95	72
71	13.62		47.50	47.3	3:17.53	19.73	19.5	55.13	54.9	1.47	4.97	9.40	26.28	31.80	71
70	13.65	13.4	47.70	47.5	3:18.33	19.78		55.27	55.1		4.94	9.35	26.12	31.60	70
69	13.68		47.90	47.7	3:19.13	19.83	19.6	55.40	55.2	1.46	4.91	9.30	25.96	31.45	69
68	13.71		48.10	47.9	3:19.93	19.88		55.53	55.3	1.45	4.88	9.25	25.80	31.30	68
67	13.74	13.5	48.30	48.1	3:20.73	19.93	19.7	55.66	55.5		4.85	9.20	25.64	31.10	67
66	13.77		48.50	48.3	3:21.53	19.98		55.80	55.6	1.44	4.82	9.15	25.48	30.95	66
65	13.81		48.70	48.5	3:22.33	20.03	19.8	55.94	55.7	1.43	4.79	9.10	25.32	30.80	65
64	13.85	13.6	48.90	48.7	3:23.13	20.08		56.09	55.9		4.76	9.05	25.16	30.60	64
63	13.89		49.10	48.9	3:23.93	20.13	19.9	56.24	56.0	1.42	4.73	9.00	25.00	30.45	63
62	13.93	13.7	49.30	49.1	3:24.73	20.18		56.39	56.2	1.41	4.70	8.95	24.86	30.30	62
61	13.97		49.50	49.3	3:25.53	20.23	20.0	56.54	56.3		4.67	8.90	24.70	30.15	61
60	14.01		49.70	49.5	3:26.33	20.28		56.69	56.5	1.40	4.64	8.85	24.54	30.00	60
59	14.05	13.8	49.90	49.7	3:27.13	20.33	20.1	56.84	56.6	1.39	4.61	8.80	24.38	29.80	59
58	14.09		50.10	49.9	3:27.93	20.39		56.99	56.8		4.58	8.75	24.22	29.60	58
57	14.13	13.9	50.30	50.1	3:28.73	20.45	20.2	57.15	56.9	1.38	4.55	8.70	24.06	29.40	57
56	14.17		50.50	50.3	3:29.53	20.51	20.3	57.31	57.1	1.37	4.52	8.65	23.90	29.20	56
55	14.21		50.70	50.5	3:30.33	20.57		57.47	57.3		4.49	8.60	23.74	29.00	55
54	14.25	14.0	50.90	50.7	3:31.13	20.63	20.4	57.63	57.4	1.36	4.46	8.55	23.58	28.80	54
53	14.29		51.10	50.9	3:31.93	20.69		57.79	57.6	1.35	4.43	8.50	23.42	28.60	53
52	14.33	14.1	51.30	51.1	3:32.73	20.75	20.5	57.95	57.7		4.40	8.45	23.26	28.40	52
51	14.37		51.50	51.3	3:33.53	20.81	20.6	58.10	57.9	1.34	4.37	8.40	23.10	28.15	51
50	14.41		51.70	51.5	3:34.33	20.87		58.25	58.0	1.33	4.34	8.35	22.94	27.90	50
49	14.45	14.2	51.90	51.7	3:35.13	20.93	20.7	58.40	58.2	1.32	4.31	8.30	22.78	27.65	49
48	14.49		52.15	51.9	3:35.93	21.00	20.8	58.55	58.3		4.28	8.25	22.62	27.40	48

47	14.53	14.3	52.40	52.2	3:36.73	21.07		58.70	58.5	1.31	4.25	8.20	22.46	27.15	47
46	14.57		52.65	52.4	3:37.53	21.14	20.9	58.85	58.6	1.30	4.22	8.15	22.30	26.90	46
45	14.61		52.90	52.7	3:38.33	21.21	21.0	59.00	58.8	1.29	4.19	8.10	22.14	26.65	45
44	14.65	14.4	53.15	52.9	3:39.13	21.28		59.16	58.9		4.16	8.05	21.98	26.40	44
43	14.69		53.40	53.2	3:39.93	21.35	21.1	59.32	59.1	1.28	4.13	8.00	21.82	26.15	43
42	14.73	14.5	53.65	53.4	3:40.74	21.42	21.2	59.48	59.3	1.27	4.10	7.95	21.66	25.90	42
41	14.77		53.90	53.7	3:41.55	21.49		59.64	59.4	1.26	4.07	7.90	21.50	25.65	41
40	14.81		54.15	53.9	3:42.36	21.55	21.3	59.80	59.6	1.25	4.04	7.85	21.34	25.40	40
39	14.85	14.6	54.40	54.2	3:43.17	21.61	21.4	59.96	59.8		4.01	7.80	21.18	25.15	39
38	14.90		54.65	54.4	3:44.17	21.67		60.12	59.9	1.24	3.98	7.75	21.02	24.90	38
37	14.95	14.7	54.90	54.7	3:45.17	21.74	21.5	60.28	60.1	1.23	3.95	7.70	20.86	24.65	37
36	15.00		55.15	54.9	3:46.17	21.80		60.45	60.2	1.22	3.92	7.65	20.70	24.40	36
35	15.05	14.8	55.40	55.2	3:47.17	21.87	21.6	60.62	60.4	1.21	3.89	7.60	20.55	24.10	35
34	15.10		55.70	55.4	3:48.17	21.95	21.7	60.82	60.6		3.86	7.55	20.40	23.80	34
33	15.15	14.9	56.00	55.8	3:49.17	22.03	21.8	61.13	60.9	1.20	3.83	7.50	20.20	23.50	33
32	15.20		56.30	56.1	3:50.17	22.11	21.9	61.34	61.1	1.19	3.80	7.45	20.00	23.20	32
31	15.25	15.0	56.60	56.4	3:51.17	22.20	22.0	61.55	61.3	1.18	3.77	7.40	19.80	22.90	31
30	15.30		56.90	59.7	3:52.17	22.29		61.76	61.5	1.17	3.75	7.35	19.60	22.60	30
29	15.35	15.1	57.20	57.0	3:53.17	22.38	22.1	61.97	61.8	1.16	3.72	7.30	19.40	22.30	29
28	15.40		57.50	57.3	3:54.17	22.47	22.2	62.18	62.0	1.15	3.69	7.25	19.20	22.00	28
27	15.45	15.2	57.80	57.6	3:55.17	22.56	22.3	62.39	62.2		3.66	7.20	19.00	21.70	27
26	15.50		58.10	57.9	3:56.17	22.65	22.4	62.60	62.4	1.14	3.63	7.15	18.80	21.40	26
25	15.55	15.3	58.40	58.2	3:57.17	22.74	22.5	62.81	62.6	1.13	3.60	7.10	18.60	21.10	25
24	15.60		58.70	58.5	3:58.17	22.83	22.6	63.02	62.8	1.12	3.57	7.05	18.40	20.80	24
23	15.65	15.4	59.00	58.8	3:59.17	22.92	22.7	63.23	63.0	1.11	3.53	7.00	18.20	20.50	23
22	15.70		59.30	59.1	4:00.17	23.01	22.8	63.44	63.2	1.10	3.49	6.90	17.95	20.20	22
21	15.75	15.5	59.60	59.4	4:01.17	23.10	22.9	63.65	63.4	1.09	3.45	6.80	17.70	19.90	21
20	15.80		59.95	59.7	4:02.18	23.19		63.86	63.7	1.08	3.41	6.70	17.45	19.60	20
19	15.85	15.6	60.30	60.1	4:03.19	23.28	23.0	64.07	63.9	1.07	3.37	6.60	17.20	19.30	19
18	15.90		60.65	60.4	4:04.19	23.37	23.1	64.28	64.1	1.06	3.33	6.50	16.90	19.00	18
17	15.95	15.7	61.00	60.8	4:05.20	23.46	23.2	64.49	64.3	1.05	3.29	6.40	16.60	18.70	17
16	16.00	15.8	61.35	61.1	4:06.21	23.55	23.3	64.70	64.5	1.04	3.25	6.30	16.30	18.40	16
15	16.10	15.9	61.70	61.5	4:08.31	23.64	23.4	64.91	64.7	1.03	3.21	6.20	16.00	18.10	15
14	16.20	16.0	62.10	61.9	4:10.41	23.73	23.5	65.11	64.9	1.02	3.17	6.10	15.70	17.80	14
13	16.30	16.1	62.50	62.3	4:12.51	23.82	23.6	65.31	65.1	1.01	3.12	6.00	15.40	17.50	13
12	16.40	16.2	62.90	62.7	4:14.61	23.99	23.7	65.70	65.5	1.00	3.07	5.90	15.05	17.20	12
11	16.50	16.3	63.40	63.2	4:16.71	24.16	23.9	66.09	65.9	0.99	3.02	5.80	14.70	16.90	11
10	16.60	16.4	63.90	63.7	4:18.81	24.33	24.1	66.48	66.3	0.98	2.97	5.70	14.35	16.60	10
9	16.70	16.5	64.40	64.2	4:20.91	24.50	24.3	66.87	66.7	0.97	2.90	5.60	14.00	16.20	9
8	16.80	16.6	64.90	64.7	4:22.01	24.67	24.4	67.26	67.1	0.95	2.83	5.50	13.65	15.80	8
7	16.90	16.7	65.50	65.3	4:23.10	24.84	24.6	67.65	67.4	0.93	2.76	5.40	13.30	15.30	7
6	17.00	16.8	66.10	65.9	4:24.20	25.01	24.8	68.04	67.8	0.91	2.68	5.30	12.90	14.80	6
5	17.10	16.9	66.75	66.5	4:25.30	25.18	24.9	68.43	68.2	0.89	2.60	5.15	12.50	14.20	5
4	17.20	17.0	67.45	67.2	4:26.40	25.35	25.1	68.82	68.6	0.87	2.50	5.00	12.10	13.60	4

3	17.30	17.1	68.20	68	4:27.50	25.52	25.3	69.21	69.0	0.85	2.40	4.85	11.60	12.80	3
2	17,5	17.3	68.95	68.7	4:29.00	25.66	25.4	69.60	69.4	0.83	2.25	4.70	11.00	11.80	2
1	17.75	17.4	69.75	69.5	4:30.00	25.80	25.6	70.00	69.8	0.80	2.10	4.50	10.20	10.80	1