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"ALGE-TIMING"

	0m		90	23.72
	00m		90	52.09
	x 100m	1	0.0	3:32.37
	0m	4	92	23.83
, 2	4 x 100m	1		4:04.44
				00404
	00m		93 95	2:24.01
	1500m 100m		94	18:24.02 1:07.09
	200m		96	2:26.27
, -				2.20.21
1	100m		90	58.07
	200m		90	2:06.87
	50m		94	27.68
	400m		90	4:32.21
, 1	100m		94	1:06.59
, 2	00m		92	1:55.81
	00m		91	2:20.70
	00m		91	2:04.22
	x 100m	1		3:30.25
	x 200m	1 1		7:56.16
	x 100m 50m	1	92	3:54.91 30.46
	200m		96	2:24.65
	50m		94	33.40
	100m		94	1:12.61
	200m		94	2:33.91
	4 x 100m	1		4:26.13
	0m		87	23.77
	00m		91 92	4:08.71
	0m 00m		92 92	26.65 2:05.97
	00m		91	1:05.15
	00m		92	55.67
	00m		92	2:02.93
, 2	00m		92	2:05.08
	00m		93	4:37.28
	50m		92	27.47
	100m	4	86	1:12.71
	4 x 200m 00m	1	91	8:51.31 52.54
	00m		93	1:56.22
	00m		92	57.49
	0m		89	30.05
, 1	00m		89	1:05.92
, 5	0m		92	25.27
	00m		88	2:08.91
	00m		92	2:10.01
	800m 50m		95 86	9:31.28 33.94
, .	20111		00	55.54

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"ALGE-TIMING"

.50m				
, 400m 95 5:13 ,50m 96 227 ,800m 96 226 ,800m 94 8:50 ,50m 96 30 ,50m 96 22 ,200m 96 22 ,200m 96 22 ,200m 91 22 ,100m 91 22 ,200m 91 22 ,200m 91 22 ,200m 91 52 ,200m 95 1:00 ,100m 95 1:00 ,100m 95 1:00 ,200m 94 18:00 ,100m 95 1:00 ,200m 95 1:00 ,200m 97 22 ,400m 98 22 ,50m 99 22 ,400m 99 22 ,50m 99	200~		0.6	0.07.54
.50m				5:13.03
, 200m	, 100111		00	0.10.00
,200m 96 28 ,800m 94 18.50 ,50m 96 28 ,50m 96 28 ,50m 96 28 ,200m 91 20 ,100m 91 20 ,400m 88 438 ,800m 95 918 ,1500m 95 118 ,100m 95 118 ,100m 95 110 ,200m 94 217 ,4 x 100m 1 356 ,100m 95 20 ,50m 92 25 ,50m 94 92 ,50m 94 92 ,50m 94 120 ,4 x 100m 1 36 ,50m 96 51 ,50m 96 52 ,50m 97 100 ,4 x 100m 1 36 ,50m 92 25 ,50m 92 25 ,50m 92				
.800m	, 50m			27.16
.1500m				8:50.01
, 50m , 96				16:59.15
,50m				30.94
,50m 91 24 ,100m 91 54 ,200m 91 292 ,400m 88 43.68 ,800m 95 196 ,1500m 94 18.09 ,100m 95 1.00 ,100m 90 1.02 ,200m 94 22.17 ,50m 92 25 ,100m 95 59 ,200m 92 22.07 ,800m 94 92.29 ,50m 95 30 ,50m 95 30 ,50m 95 30 ,50m 95 30 ,50m 96 5:12 ,4 x 100m 1 4:29 ,50m 96 5:12 ,4 x 100m 1 3:35 ,50m 92 27 ,100m 92 25 ,4 x 100m 1 3:5 ,50m 94 2:20 ,200m 96 2:27 ,100m				28.61
,50m 91 24 ,100m 91 54 ,200m 91 292 ,400m 88 43.68 ,800m 95 196 ,1500m 94 18.09 ,100m 95 1.00 ,100m 90 1.02 ,200m 94 22.17 ,50m 92 25 ,100m 95 59 ,200m 92 22.07 ,800m 94 92.29 ,50m 95 30 ,50m 95 30 ,50m 95 30 ,50m 95 30 ,50m 96 5:12 ,4 x 100m 1 4:29 ,50m 96 5:12 ,4 x 100m 1 3:35 ,50m 92 27 ,100m 92 25 ,4 x 100m 1 3:5 ,50m 94 2:20 ,200m 96 2:27 ,100m				
, 50m	. 200m		88	2:02.62
, 100m				24.91
, 400m , 88 4:38 , 800m , 95 9:16 , 1500m , 94 18:09 , 100m , 95 1:00 , 100m , 90 1:02 , 200m , 94 2:17 , 4 x 100m , 1 3:56 , 100m , 95 1:00 , 100m , 1 4:29 , 50m , 100m , 1 3:35 1:00m , 1				54.63
,800m 94 18:09 ,1500m 94 18:09 ,100m 95 1:06 ,100m 90 1:02 ,200m 94 2:17 ,4 x 100m 1 3:56 ,100m 88 57 ,50m 92 2:5 ,100m 95 59 ,200m 92 2:07 ,800m 94 9:29 ,50m 95 30 ,50m 95 30 ,50m 95 30 ,50m 95 30 ,400m 96 5:12 ,4 x 100m 1 4:29 ,50m 92 2.55 ,4 x 100m 1 3:5 ,400m 95 4:36 ,200m 92 2.7 ,100m 95 4:36 ,200m 96 2:27 ,100m 1 3:55 ,100m 96 2:27 ,100m 96 1:14 <				2:02.31
, 1500m				4:36.78
100m				9:16.46
, 100m , 90 1:02 , 200m , 4 x 100m				18:09.23
, 200m				1:06.26
,4 x 100m 1 3.556 ,100m 88 57 ,50m 92 25 ,100m 95 58 ,200m 95 29 ,50m 95 30 ,50m 95 30 ,50m 95 30 ,50m 95 30 ,50m 95 512 ,4 x 100m 1 4:29 ,50m 88 26 ,100m 92 55 ,4 x 100m 1 3355 ,50m 92 27 ,100m 92 25 ,4 x 100m 1 3355 ,50m 92 27 ,100m 92 27 ,100m 92 25 ,4 x 100m 1 3355 ,50m 92 27 ,100m 92 27 ,100m 92 59 ,4 x 100m 92 59 ,100m 94 2:20 ,200m 96 2:27				
, 100m		1	34	3:56.60
,50m 92 25 , 200m 92 2:07 ,800m 94 9:29 ,50m 95 30 ,50m 95 30 ,50m 90 27 ,100m 94 1:03 ,400m 1 4:29 ,50m 88 26 ,100m 92 25 ,4 x 100m 1 3:35 ,50m 92 27 ,100m 92 25 ,40m 95 4:36 ,200m 94 2:27 ,100m 87 56 ,4 x 100m 1 3:55 ,100m 87 56 ,4 x 100m 1 3:55 ,100m 87 56 ,4 x 100m 1 3:55 ,100m 96 1:14 ,50m 91 1 ,50m 91 1 ,150m 91 1 ,50m 91 1 ,100m <t< td=""><td></td><td>ı</td><td>88</td><td>57.04</td></t<>		ı	88	57.04
, 100m				25.01
, 200m , 92 2.07 , 800m , 94 9.29 , 50m , 95 30 , 50m , 90 27 , 100m , 94 1:03 , 400m , 1 4:29 , 50m , 100m , 1 4:29 , 50m , 100m , 92 55 , 4 x 100m , 1 3:35 , 50m , 92 27 , 100m , 92 27 , 100m , 92 59 , 400m , 95 4:36 , 200m , 96 2:27 , 100m , 87 56 , 4 x 100m , 1 3:35 , 50m , 96 2:27 , 100m , 96 1:14 , 1500m , 96 1:14 , 1500m , 96 1:14 , 1500m , 91 29 , 100m , 91 1:04 , 400m , 91 1:04 , 400m , 90 4:36 , 200m , 93 2:22 , 400m , 93 3:457 , 4 x 200m , 94 8:45 , 800m , 94 8:45				59.03
,800m 94 9:29 ,50m 95 30 ,50m 90 27 ,100m 94 1:03 ,400m 1 4:29 ,50m 88 26 ,100m 92 55 ,4 x 100m 1 3:35 ,50m 92 27 ,100m 92 59 ,400m 95 4:36 ,200m 96 2:27 ,100m 87 56 ,100m 87 56 ,4 x 100m 1 3:55 ,100m 96 1:14 ,50m 91 29 ,100m 96 1:14 ,50m 91 29 ,100m 91 10 ,50m 91 29 ,100m 91 10 ,50m 91 29 ,100m 91 10 ,4 x 100m 91 10 ,50m 91 29 ,100m				2:07.11
,50m 95 30 ,50m 90 27 ,100m 94 1:03 ,400m 1 4:29 ,50m 88 26 ,100m 92 55 ,4 x 100m 1 3:35 ,50m 92 27 ,100m 95 4:36 ,200m 94 2:20 ,200m 96 2:27 ,100m 87 25 ,100m 87 25 ,100m 87 25 ,100m 1 3:55 ,100m 96 1:14 ,50m 91 29 ,100m 91 12 ,1500m 91 29 ,100m 91 1 ,400m 91 29 ,400m 93 2:22 ,400m 93 4:57 ,400m 94 8:45 ,800m 94 8:45				9:29.33
, 100m 94 1:03 , 400m 96 5:12 , 4 x 100m 1 4:29 , 50m 88 26 , 100m 92 55 , 4 x 100m 1 3:35 , 50m 92 59 , 400m 95 4:36 , 200m 94 2:27 1, 100m 87 51 , 50m 87 55 , 100m 87 56 , 4 x 100m 1 3:55 , 100m 96 1:14 1, 1500m 91 29 , 50m 91 29 , 100m 91 1 , 4 w 100m 90 4:30 , 200m 93 2:22 , 400m 93 4:57 , 4 x 200m 1 8:45 , 800m 94 8:45 , 800m 94 8:45			95	30.69
, 400m 96 5:12 , 4 x 100m 1 4:29 , 50m 92 55 , 4 x 100m 1 3:35 , 50m 92 27 , 100m 95 4:36 , 200m 94 2:20 , 200m 96 2:27 , 100m 87 56 , 4 x 100m 1 3:55 , 100m 96 1:14 , 1500m 91 29 , 100m 91 1:04 , 50m 91 29 , 100m 91 1:04 , 50m 91 29 , 100m 91 1:04 , 200m 93 2:22 , 400m 93 2:22 , 400m 93 2:22 , 400m 93 4:54 , 800m 94 8:45 , 800m 94 8:45				27.83
,4 x 100m 1 4:29 ,50m 88 26 ,100m 92 55 ,4 x 100m 1 3:35 ,50m 92 27 ,100m 92 59 ,400m 95 4:36 ,200m 94 2:20 ,200m 96 2:27 ,100m 87 56 ,4 x 100m 1 3:55 ,100m 96 1:14 ,1500m 91 29 ,100m 91 10 ,50m 91 29 ,100m 91 10 ,400m 90 4:30 ,200m 93 2:22 ,400m 93 4:57 ,4 x 200m 1 8:45 ,800m 94 8:45				1:03.22
,50m 88 26 ,100m 92 55 ,4 x 100m 1 3:35 ,50m 92 27 ,100m 92 59 ,400m 95 4:36 ,200m 94 2:20 ,200m 87 56 ,50m 87 56 ,4 x 100m 1 3:55 ,100m 96 1:14 ,1500m 91 29 ,50m 91 29 ,100m 91 19 ,400m 90 4:30 ,200m 93 2:22 ,400m 93 4:57 ,4 x 200m 1 8:45 ,800m 94 8:45 ,800m 94 8:45			96	5:12.16
,100m 92 55 ,4 x 100m 1 335 ,50m 92 27 ,100m 95 436 ,200m 94 2:20 ,200m 96 2:27 ,100m 87 51 ,50m 87 25 ,100m 87 56 ,4 x 100m 1 3:55 ,100m 96 1:14 ,50m 91 29 ,100m 91 1:04 ,50m 91 29 ,100m 91 1:04 ,400m 90 4:30 ,200m 93 2:22 ,400m 93 4:57 ,4 x 200m 1 8:45 ,800m 94 8:45		1		4:29.82
,4 x 100m 1 3:35 ,50m 92 27 ,100m 92 59 ,400m 95 4:36 ,200m 94 2:20 ,200m 96 2:27 ,100m 87 51 ,50m 87 25 ,100m 87 56 ,4 x 100m 1 3:55 ,100m 96 1:14 ,50m 91 29 ,100m 91 10 ,50m 91 29 ,100m 91 10 ,400m 90 4:30 ,200m 93 2:22 ,400m 93 4:57 ,4 x 200m 1 8:45 ,800m 94 8:45				26.85
,50m ,100m ,92 27 ,100m ,92 59 ,400m ,95 4.36 ,200m ,94 2:20 ,200m ,96 2:27 ,100m ,87 25 ,100m ,87 25 ,100m ,87 56 ,4 x 100m ,1 3:55 ,100m ,96 1:14 ,1500m ,96 1:14 ,1500m ,91 29 ,100m ,91 1:04 ,400m ,400m ,91 1:04 ,400m ,400m ,90 4:30 ,200m ,93 2:22 ,400m ,93 2:22 ,400m ,93 2:22 ,400m ,93 4:57 ,4 x 200m ,94 8:45		4	92	55.93
,100m 92 59 ,400m 95 4:36 ,200m 94 2:20 ,200m 96 2:27 ,100m 87 56 ,50m 87 25 ,100m 1 3:55 ,100m 96 1:14 ,1500m 91 29 ,100m 91 1:04 ,50m 91 29 ,100m 91 1:04 ,400m 90 4:30 ,200m 93 2:22 ,400m 93 4:57 ,4 x 200m 1 8:45 ,800m 94 8:45		l	02	27.63
, 400m				59.04
, 200m , 200m , 94 2:20 , 200m , 87 2:27 , 100m , 87 56 , 50m , 87 56 , 4 x 100m , 1 3:55 , 100m , 96 1:14 , 1500m , 91 29 , 100m , 91 1:04 , 400m , 91 1:04 , 400m , 90 4:30 , 200m , 93 2:22 , 400m , 400m , 93 4:57 , 4 x 200m , 4 x 200m , 94 8:45 , 800m , 94 8:45				4:36.10
, 200m 96 2:27 , 100m 87 51 , 50m 87 25 , 100m 87 56 , 4 x 100m 1 3:55 , 100m 96 1:14 , 1500m 94 16:45 , 50m 91 29 , 100m 91 1:04 , 400m 91 1:04 , 400m 90 4:30 , 200m 93 2:22 , 400m 93 4:57 , 4 x 200m 1 8:45 , 800m 94 8:45				2:20.58
,50m 87 25 ,100m 87 56 ,4 x 100m 1 3:55 ,100m 96 1:14 ,1500m 91 29 ,50m 91 29 ,100m 91 1:04 ,400m 90 4:30 ,200m 93 2:22 ,400m 93 4:57 ,4 x 200m 1 8:45 ,800m 94 8:45	, 200m		96	2:27.04
,50m 87 25 ,100m 87 56 ,4 x 100m 1 3:55 ,100m 96 1:14 ,1500m 91 29 ,50m 91 29 ,100m 91 1:04 ,400m 90 4:30 ,200m 93 2:22 ,400m 93 4:57 ,4 x 200m 1 8:45 ,800m 94 8:45				
,50m 87 25 ,100m 87 56 ,4 x 100m 1 3:55 ,100m 96 1:14 ,1500m 91 29 ,50m 91 29 ,100m 91 1:04 ,400m 90 4:30 ,200m 93 2:22 ,400m 93 4:57 ,4 x 200m 1 8:45 ,800m 94 8:45	. 100m		87	51.64
, 100m 87 56 , 4 x 100m 1 3:55 , 100m 96 1:14 , 1500m 91 29 , 50m 91 29 , 100m 91 1:04 , 400m 90 4:30 , 200m 93 2:22 , 400m 93 4:57 , 4 x 200m 1 8:45 , 800m 94 8:45				25.76
, 100m 96 1:14 , 1500m 94 16:45 , 50m 91 29 , 100m 91 1:04 , 400m 90 4:30 , 200m 93 2:22 , 400m 93 4:57 , 4 x 200m 1 8:45 , 800m 94 8:45	, 100m			56.39
, 1500m 94 16:45 , 50m 91 29 , 100m 91 1:04 , 400m 90 4:30 , 200m 93 2:22 , 400m 93 4:57 , 4 x 200m 1 8:45 , 800m 94 8:45	, 4 x 100m	1		3:55.54
,50m 91 29 ,100m 91 1:04 ,400m 90 4:30 ,200m 93 2:22 ,400m 93 4:57 ,4 x 200m 1 8:45 ,800m 94 8:45	, 100m		96	1:14.58
,50m 91 29 ,100m 91 1:04 ,400m 90 4:30 ,200m 93 2:22 ,400m 93 4:57 ,4 x 200m 1 8:45 ,800m 94 8:45				
, 100m 91 1:04 , 400m 90 4:30 , 200m 93 2:22 , 400m 93 4:57 , 4 x 200m 1 8:45 , 800m 94 8:45				16:45.67
, 400m 90 4:30 , 200m 93 2:22 , 400m 93 4:57 , 4 x 200m 1 8:45 , 800m 94 8:45				29.78
, 200m932:22, 400m934:57, 4 x 200m18:45, 800m948:45				1:04.30
, 400m 93 4:57 , 4 x 200m 1 8:45 , 800m 94 8:45				4:30.56
, 4 x 200m				2:22.79
, 800m 94 8:45		4	93	4:57.78
		1	0.4	8:45.29
, 200m 91 2:21			94 91	2:21.07
, 200111	, 200111		<i>3</i> I	۷.۷۱ م.۷۱

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"ALGE-TIMING"

			_
, 1500m		95	18:11.44
, 200m		93	2:18.25
, 4 x 100m	1		4:01.26
, 400m		94	4:10.58
, 200m		94	2:09.08
, 400m		94	4:37.43
, 4 x 200m	1		8:00.34
, 4 x 100m	1		4:00.62
, 200m		90	2:07.99
, 100m		95	1:03.74
, 4 x 200m	2 1		9:01.12
, 4 x 100m	1		4:30.69
, 50m		86	33.80
, 200m		86	2:35.73
, 200m		94	2:26.98
, 50m		92	29.78
, 400m		91	4:06.86
, 800m		91	8:41.52
, 200m		91	1:56.18
, 1500m		91	16:54.00
, 4 x 200m	1		7:56.72