



Froka

43.	, 50m	(16-18 )	09	35.23
49.	, 200m	(16-18 )	09	2:38.91
21.	, 100m	(16-18 )	09	1:15.66
"	"			
36.	, 200m	(9 )	17	3:35.90
10.	, 200m	(12-13 )	14	2:45.29
9.	, 200m	(12-13 )	13	2:37.12
51.	, 100m	(16-18 )	08	1:08.62
35.	, 200m	(12-13 )	13	2:59.12
1				
22.	, 100m	(16-18 )	10	1:08.28
6 "	"			
44.	, 50m	(16-18 )	09	31.21
33.	, 100m	(9 )	17	1:35.43
3.	, 200m	(9 )	17	3:20.34
47.	, 100m	(16-18 )	10	1:06.75
17.	, 200m	(16-18 )	10	2:24.99
26.	, 50m	(14-15 )	11	29.05
48.	, 100m	(14-15 )	11	1:02.13
23.	, 200m	(14-15 )	12	2:57.22
29.	, 50m	(9 )	17	45.40
7.	, 100m	(9 )	17	1:43.10
35.	, 200m	(10-11 )	15	3:06.01
1				
41.	, 50m	(10-11 )	15	28.63
13.	, 100m	(10-11 )	15	1:03.67
31.	, 200m	(10-11 )	15	2:18.20
5.	, 400m	(10-11 )	15	4:56.55
11.	, 50m	(10-11 )	15	33.21
33.	, 100m	(10-11 )	15	1:11.16
17.	, 200m	(14-15 )	11	2:33.69
3.	, 200m	(10-11 )	15	2:37.59
1.	, 50m	(10-11 )	15	32.27
39.	, 200m	(10-11 )	15	2:37.99
14.	, 100m	(10-11 )	15	1:06.85
32.	, 200m	(10-11 )	15	2:21.90
10.	, 200m	(10-11 )	15	2:52.53
25.	, 50m	(14-15 )	11	32.11

" , 50

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47.	, 100m	(14-15 )	11	1:10.00
1.	, 50m	(10-11 )	15	33.00
6.	, 400m	(10-11 )	15	4:58.68
12.	, 50m	(10-11 )	15	34.38
4.	, 200m	(10-11 )	15	2:38.27
2.	, 50m	(10-11 )	15	32.67
29.	, 50m	(12-13 )	14	37.54
"	"			
42.	, 50m	(9 )	17	34.04
30.	, 50m	(9 )	17	46.43
2.	, 50m	(9 )	17	37.62
42.	, 50m	(10-11 )	16	30.20
14.	, 100m	(10-11 )	16	1:07.19
29.	, 50m	(10-11 )	15	39.55
56.	, 50m	(16-18 )	09	24.04
28.	, 100m	(16-18 )	09	53.82
44.	, 50m	(16-18 )	09	29.12
22.	, 100m	(16-18 )	09	1:05.40
50.	, 200m	(14-15 )	11	2:27.87
54.	, 200m	(16-18 )	09	2:09.80
25.	, 50m	(16-18 )	10	30.83
22.	, 100m	(16-18 )	09	1:05.74
16.	, 50m	(16-18 )	09	26.25
52.	, 100m	(16-18 )	09	58.15
26.	, 50m	(16-18 )	09	27.80
48.	, 100m	(16-18 )	09	1:00.29
24.	, 200m	(16-18 )	09	2:19.71
24.	, 200m	(14-15 )	11	2:19.60
32.	, 200m	(12-13 )	13	2:08.36
6.	, 400m	(12-13 )	13	4:29.26
38.	, 100m	(12-13 )	13	1:06.88
10.	, 200m	(12-13 )	13	2:27.84
13.	, 100m	(12-13 )	13	1:03.03
14.	, 100m	(12-13 )	13	59.11
22.	, 100m	(14-15 )	12	1:10.21
50.	, 200m	(14-15 )	12	2:29.98
41.	, 50m	(12-13 )	13	28.44
12.	, 50m	(12-13 )	13	31.37
34.	, 100m	(12-13 )	13	1:06.55
4.	, 200m	(12-13 )	13	2:23.57
44.	, 50m	(14-15 )	12	32.31
41.	, 50m	(9 )	17	37.64
45.	, 200m	(14-15 )	12	2:14.90
31.	, 200m	(12-13 )	13	2:19.56
19.	, 400m	(14-15 )	12	4:42.98



23.	, 200m	(16-18 )	10	2:25.04
45.	, 200m	(16-18 )	10	2:10.12
30.	, 50m	(9 )	17	44.44
36.	, 200m	(9 )	17	3:33.09
49.	, 200m	(14-15 )	11	3:02.67
31.	, 200m	(9 )	17	2:56.94
3.	, 200m	(9 )	17	3:08.64
35.	, 200m	(12-13 )	14	2:53.94
37.	, 100m	(12-13 )	14	1:10.31
37.	, 100m	(9 )	17	1:38.05
38.	, 100m	(10-11 )	15	1:15.11
7.	, 100m	(12-13 )	14	1:19.66
9.	, 200m	(12-13 )	14	2:38.42
39.	, 200m	(12-13 )	14	2:37.00
"	"			
40.	, 200m	(10-11 )	15	2:39.77
30.	, 50m	(10-11 )	15	38.39
36.	, 200m	(10-11 )	15	2:51.60
40.	, 200m	(10-11 )	15	2:43.07
32.	, 200m	(10-11 )	15	2:21.96
"	"			
42.	, 50m	(9 )	17	33.89
14.	, 100m	(9 )	17	1:16.39
12.	, 50m	(9 )	17	42.01
34.	, 100m	(9 )	17	1:23.45
8.	, 100m	(9 )	17	1:39.04
30.	, 50m	(9 )	17	47.43
"	"			
16.	, 50m	(16-18 )	09	25.48
44.	, 50m	(16-18 )	09	31.05
"	"			
44.	, 50m	(14-15 )	11	31.87
22.	, 100m	(14-15 )	11	1:09.88
46.	, 200m	(16-18 )	10	1:58.83
18.	, 200m	(16-18 )	09	2:13.89
20.	, 400m	(16-18 )	10	4:14.14
"	"			
33.	, 100m	(9 )	17	1:34.21

" , 50

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36.	, 200m	(9 )	17	3:32.65
5.	, 400m	(9 )	17	6:08.41
39.	, 200m	(9 )	17	3:08.86
8.	, 100m	(9 )	17	1:40.07
2.	, 50m	(9 )	17	38.17
38.	, 100m	(10-11 )	16	1:16.48
-				
37.	, 100m	(12-13 )	13	1:11.44
-				
50.	, 200m	(16-18 )	08	2:45.75
" " -				
20.	, 400m	(14-15 )	11	4:20.62
48.	, 100m	(14-15 )	11	59.52
18.	, 200m	(14-15 )	11	2:09.27
27.	, 100m	(14-15 )	11	58.28
45.	, 200m	(14-15 )	11	2:05.73
25.	, 50m	(14-15 )	11	30.88
15.	, 50m	(14-15 )	11	28.53
51.	, 100m	(14-15 )	11	1:04.49
54.	, 200m	(14-15 )	11	2:16.43
47.	, 100m	(14-15 )	11	1:10.70
" " "				
10.	, 200m	(10-11 )	16	2:53.47
" " "				
40.	, 200m	(12-13 )	14	2:33.22
33.	, 100m	(12-13 )	13	1:11.33
3.	, 200m	(12-13 )	13	2:35.16
35.	, 200m	(9 )	17	3:57.86
39.	, 200m	(12-13 )	13	2:40.96
" " "				
40.	, 200m	(12-13 )	14	2:34.93
" " "				
24.	, 200m	(14-15 )	12	2:14.79
53.	, 200m	(14-15 )	11	2:30.43
16.	, 50m	(14-15 )	12	26.35
28.	, 100m	(14-15 )	12	56.08
54.	, 200m	(14-15 )	12	2:19.00
5.	, 400m	(9 )	17	6:47.50



"	"					
	13.	, 100m	(9 )		17	1:23.67
"	"	-				
	11.	, 50m	(12-13 )		13	31.85
	33.	, 100m	(12-13 )		13	1:08.99
	16.	, 50m	(16-18 )		10	26.65
	52.	, 100m	(16-18 )		10	58.42
	55.	, 50m	(16-18 )		09	27.51
	27.	, 100m	(16-18 )		09	59.99
	25.	, 50m	(16-18 )		10	31.72
	15.	, 50m	(16-18 )		10	29.39
"	"					
	29.	, 50m	(9 )		17	51.32
( )		-				
	46.	, 200m	(16-18 )		09	1:57.12
	20.	, 400m	(16-18 )		09	4:09.51
	26.	, 50m	(14-15 )		11	28.76
	4.	, 200m	(12-13 )		13	2:15.00
	30.	, 50m	(12-13 )		13	31.43
	8.	, 100m	(12-13 )		13	1:07.76
	36.	, 200m	(12-13 )		13	2:27.55
	2.	, 50m	(12-13 )		13	28.30
	19.	, 400m	(14-15 )		11	4:37.01
	32.	, 200m	(12-13 )		13	2:10.64
	20.	, 400m	(16-18 )		09	4:13.79
	6.	, 400m	(12-13 )		13	4:31.18
	12.	, 50m	(12-13 )		13	30.15
	48.	, 100m	(14-15 )		11	1:01.99
	34.	, 100m	(12-13 )		13	1:03.26
	44.	, 50m	(14-15 )		11	32.20
	38.	, 100m	(12-13 )		13	1:06.96
	24.	, 200m	(14-15 )		12	2:19.43
	54.	, 200m	(16-18 )		09	2:13.06
	3.	, 200m	(12-13 )		14	2:32.19
	26.	, 50m	(14-15 )		11	29.61
	18.	, 200m	(14-15 )		11	2:18.98
	17.	, 200m	(14-15 )		12	2:38.23
	53.	, 200m	(14-15 )		11	2:31.01
	4.	, 200m	(9 )		17	3:40.74
	32.	, 200m	(9 )		17	2:56.63
	12.	, 50m	(9 )		17	42.06
	4.	, 200m	(9 )		17	3:55.44
	38.	, 100m	(9 )		17	1:46.37



49.	, 200m	(14-15 )	11	2:52.75
29.	, 50m	(12-13 )	13	37.46
21.	, 100m	(14-15 )	11	1:14.84
-				
56.	, 50m	(14-15 )	11	24.79
55.	, 50m	(16-18 )	10	26.69
43.	, 50m	(14-15 )	11	33.19
21.	, 100m	(14-15 )	11	1:13.65
28.	, 100m	(14-15 )	11	54.88
50.	, 200m	(16-18 )	10	2:40.14
55.	, 50m	(14-15 )	11	28.34
45.	, 200m	(14-15 )	11	2:12.17
-				
6.	, 400m	(9 )	17	5:55.00
40.	, 200m	(9 )	17	3:06.90
55.	, 50m	(14-15 )	12	28.51
10				
20.	, 400m	(14-15 )	12	4:22.01
46.	, 200m	(14-15 )	12	2:06.41
3				
52.	, 100m	(14-15 )	11	59.90
3				
17.	, 200m	(14-15 )	11	2:35.11
43.	, 50m	(14-15 )	12	35.85
49.	, 200m	(14-15 )	12	2:53.79
21.	, 100m	(14-15 )	12	1:20.00
4				
5.	, 400m	(12-13 )	13	4:58.39
"	"			
23.	, 200m	(14-15 )	11	2:53.94
"	"			
38.	, 100m	(9 )	17	1:34.08
"	"			
-				
14.	, 100m	(9 )	17	1:15.34
32.	, 200m	(9 )	17	2:49.93
34.	, 100m	(9 )	17	1:20.68
4.	, 200m	(10-11 )	15	2:33.96
4.	, 200m	(9 )	17	3:14.73
30.	, 50m	(10-11 )	15	36.94
8.	, 100m	(10-11 )	15	1:20.56
8.	, 100m	(9 )	17	1:30.40
36.	, 200m	(10-11 )	15	2:50.79

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2.	, 50m	(9 )	17	36.73
38.	, 100m	(9 )	17	1:25.58
40.	, 200m	(9 )	17	2:57.66
45.	, 200m	(16-18 )	10	2:06.74
19.	, 400m	(16-18 )	10	4:28.19
29.	, 50m	(12-13 )	13	36.29
29.	, 50m	(10-11 )	15	39.49
7.	, 100m	(12-13 )	13	1:18.38
7.	, 100m	(10-11 )	15	1:22.32
35.	, 200m	(10-11 )	15	3:00.40
39.	, 200m	(12-13 )	13	2:32.21
42.	, 50m	(10-11 )	15	30.06
26.	, 50m	(16-18 )	09	27.38
8.	, 100m	(10-11 )	15	1:20.70
11.	, 50m	(10-11 )	15	34.38
51.	, 100m	(14-15 )	12	1:09.18
41.	, 50m	(10-11 )	15	31.31
25.	, 50m	(14-15 )	12	33.31
11.	, 50m	(9 )	17	43.38
9.	, 200m	(10-11 )	15	2:59.46
"	"			
42.	, 50m	(10-11 )	15	29.24
14.	, 100m	(10-11 )	15	1:03.91
32.	, 200m	(10-11 )	15	2:16.05
6.	, 400m	(10-11 )	15	4:46.45
12.	, 50m	(10-11 )	15	33.60
34.	, 100m	(10-11 )	15	1:11.49
2.	, 50m	(10-11 )	15	30.93
38.	, 100m	(10-11 )	15	1:09.05
10.	, 200m	(10-11 )	15	2:33.74
"	"			
56.	, 50m	(16-18 )	09	24.45
43.	, 50m	(16-18 )	09	35.44
"	"			
12.	, 50m	(10-11 )	15	34.06
4.	, 200m	(10-11 )	15	2:37.31
34.	, 100m	(10-11 )	15	1:13.01
"	"			
46.	, 200m	(16-18 )	09	1:58.99
"	"			
24.	, 200m	(16-18 )	09	2:17.13
50.	, 200m	(14-15 )	12	2:34.32
"	"			
12.	, 50m	(9 )	17	39.01
34.	, 100m	(9 )	17	1:24.03
40.	, 200m	(9 )	17	3:08.27

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28.	, 100m	(14-15 )	11	54.58
46.	, 200m	(14-15 )	11	2:03.64
16.	, 50m	(14-15 )	11	25.37
52.	, 100m	(14-15 )	11	57.46
22.	, 100m	(14-15 )	11	1:10.35
45.	, 200m	(16-18 )	10	2:11.81
19.	, 400m	(16-18 )	10	4:39.47
51.	, 100m	(16-18 )	10	1:08.65

12.	, 50m	(12-13 )	13	29.10
34.	, 100m	(12-13 )	13	1:02.36
40.	, 200m	(12-13 )	13	2:29.69
41.	, 50m	(12-13 )	13	27.50
11.	, 50m	(12-13 )	13	30.72
33.	, 100m	(12-13 )	13	1:05.82
1.	, 50m	(12-13 )	13	28.83
6.	, 400m	(10-11 )	15	4:54.31
34.	, 100m	(10-11 )	15	1:11.51
4.	, 200m	(12-13 )	13	2:16.03
36.	, 200m	(12-13 )	13	2:35.25
2.	, 50m	(10-11 )	15	32.12
35.	, 200m	(12-13 )	13	2:57.99
42.	, 50m	(12-13 )	13	27.26
30.	, 50m	(12-13 )	13	34.10
8.	, 100m	(12-13 )	13	1:13.51
9.	, 200m	(12-13 )	13	2:47.01

43.	, 50m	(16-18 )	09	33.58
15.	, 50m	(16-18 )	09	28.67
51.	, 100m	(16-18 )	09	1:03.55
25.	, 50m	(16-18 )	09	31.67
15.	, 50m	(16-18 )	09	29.36
53.	, 200m	(16-18 )	09	2:31.30

56.	, 50m	(16-18 )	09	24.43
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37.	, 100m	(10-11 )	15	1:16.69
9.	, 200m	(10-11 )	15	2:53.12
39.	, 200m	(10-11 )	15	2:45.29
5.	, 400m	(10-11 )	15	5:09.01

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18.	, 200m	(16-18 )	10	2:10.28
54.	, 200m	(14-15 )	12	2:16.04
21.	, 100m	(16-18 )	10	1:13.63
49.	, 200m	(16-18 )	10	2:38.60
53.	, 200m	(16-18 )	10	2:24.47
48.	, 100m	(16-18 )	10	59.65
18.	, 200m	(14-15 )	12	2:14.77

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21.	, 100m	(16-18 )	10	1:14.49
56.	, 50m	(14-15 )	12	26.46
54.	, 200m	(16-18 )	10	2:13.68
43.	, 50m	(14-15 )	12	36.34
7.	, 100m	(12-13 )	14	1:20.72
49.	, 200m	(16-18 )	10	2:40.57
"	"			
41.	, 50m	(9 )	17	36.04
13.	, 100m	(9 )	17	1:20.58
11.	, 50m	(9 )	17	41.76
47.	, 100m	(14-15 )	11	1:06.71
27.	, 100m	(14-15 )	11	59.71
19.	, 400m	(16-18 )	10	4:37.17
19.	, 400m	(14-15 )	11	4:42.17
33.	, 100m	(10-11 )	15	1:14.48
3.	, 200m	(10-11 )	15	2:38.96
5.	, 400m	(12-13 )	14	5:04.53
11.	, 50m	(10-11 )	15	34.73
53.	, 200m	(16-18 )	10	2:31.37
13				
9.	, 200m	(10-11 )	15	2:50.44
46.	, 200m	(14-15 )	11	2:04.49
31.	, 200m	(10-11 )	15	2:26.71
5.	, 400m	(10-11 )	15	5:07.16
20.	, 400m	(14-15 )	11	4:22.43
18.	, 200m	(16-18 )	10	2:17.32
39.	, 200m	(10-11 )	15	2:46.56
14				
29.	, 50m	(10-11 )	15	39.50
7.	, 100m	(10-11 )	15	1:26.13
2.	, 50m	(12-13 )	14	31.08
13.	, 100m	(12-13 )	13	1:04.48
2				
7.	, 100m	(9 )	17	1:40.96
39.	, 200m	(9 )	17	3:08.31
5.	, 400m	(9 )	17	6:26.38
3.	, 200m	(9 )	17	3:19.12
29.	, 50m	(9 )	17	46.91
35.	, 200m	(10-11 )	15	3:04.98
35.	, 200m	(9 )	17	3:51.01
38.	, 100m	(12-13 )	13	1:13.12
31.	, 200m	(9 )	17	3:03.24
7.	, 100m	(10-11 )	15	1:27.23
22	- -			
30.	, 50m	(10-11 )	15	38.60
8.	, 100m	(10-11 )	15	1:23.29
36.	, 200m	(10-11 )	15	2:57.92
40.	, 200m	(10-11 )	15	2:43.96

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3 "	"	-			
24.	, 200m	(16-18 )	10	2:13.07	
35.	, 200m	(9 )	17	3:31.63	
1.	, 50m	(9 )	17	40.45	
13.	, 100m	(12-13 )	13	1:03.49	
47.	, 100m	(16-18 )	10	1:08.33	
17.	, 200m	(16-18 )	10	2:26.69	
1.	, 50m	(12-13 )	13	30.55	
41.	, 50m	(12-13 )	13	29.05	
11.	, 50m	(12-13 )	13	32.58	
7.	, 100m	(9 )	17	1:43.63	
39.	, 200m	(9 )	17	3:11.20	

3	-			
26.	, 50m	(16-18 )	10	26.81
48.	, 100m	(16-18 )	10	58.54
52.	, 100m	(16-18 )	10	57.78
27.	, 100m	(16-18 )	09	57.27
23.	, 200m	(16-18 )	09	2:39.10

33.	, 100m	(9 )	17	1:31.41
41.	, 50m	(9 )	17	36.43
13.	, 100m	(9 )	17	1:23.49
11.	, 50m	(9 )	17	42.01
6.	, 400m	(12-13 )	13	4:44.51
1.	, 50m	(9 )	17	44.00

1	-			
42.	, 50m	(12-13 )	13	25.79
14.	, 100m	(12-13 )	13	57.06
31.	, 200m	(12-13 )	13	2:14.68
3.	, 200m	(12-13 )	13	2:28.76
28.	, 100m	(16-18 )	10	54.23
55.	, 50m	(16-18 )	09	27.03
27.	, 100m	(16-18 )	09	58.60
47.	, 100m	(16-18 )	10	1:08.83
17.	, 200m	(16-18 )	10	2:27.31

31.	, 200m	(9 )	17	3:00.16
1.	, 50m	(9 )	17	43.11
42.	, 50m	(9 )	17	34.43
14.	, 100m	(9 )	17	1:17.37

37.	, 100m	(10-11 )	16	1:16.12
13.	, 100m	(10-11 )	16	1:09.42
31.	, 200m	(10-11 )	16	2:28.40





42.	, 50m	(12-13 )	13	27.23
30.	, 50m	(12-13 )	13	33.25
8.	, 100m	(12-13 )	13	1:12.35
14.	, 100m	(12-13 )	13	1:00.12
32.	, 200m	(12-13 )	13	2:14.32
36.	, 200m	(12-13 )	13	2:41.71
5.	, 400m	(12-13 )	14	4:54.15
23.	, 200m	(14-15 )	12	2:31.75
56.	, 50m	(14-15 )	12	25.26
32.	, 200m	(9 )	17	2:50.87
6.	, 400m	(9 )	17	6:05.45
2.	, 50m	(12-13 )	13	30.59
41.	, 50m	(10-11 )	15	29.70
13.	, 100m	(10-11 )	15	1:06.06
31.	, 200m	(12-13 )	14	2:18.34
15.	, 50m	(14-15 )	11	29.89
53.	, 200m	(14-15 )	12	2:30.73
16.	, 50m	(14-15 )	11	26.75
52.	, 100m	(14-15 )	11	1:00.63
15.	, 50m	(14-15 )	12	30.17
1.	, 50m	(12-13 )	14	30.71
1.	, 50m	(10-11 )	15	33.16
51.	, 100m	(14-15 )	11	1:09.75
37.	, 100m	(12-13 )	14	1:11.67
37.	, 100m	(10-11 )	15	1:17.56
" "				
50.	, 200m	(16-18 )	10	2:34.21
55.	, 50m	(14-15 )	12	27.78
28.	, 100m	(16-18 )	10	54.45
6.	, 400m	(9 )	17	6:12.48
27.	, 100m	(14-15 )	12	1:00.15
10.	, 200m	(12-13 )	14	2:42.21
33.	, 100m	(10-11 )	15	1:14.89
3.	, 200m	(10-11 )	15	2:42.14

