

LIGA SZKÓŁ PONADGIMNAZJALNYCH



LIGA SZKÓŁ PONADGIMNAZJALNYCH

dziewczęta

Pkt	100m	100m	400m	400m	800m	w dal	kula	4x100m	4x100m	Pkt
		R		R			4kg		R	
1	2	3	4	5	6	7	8	9	10	11
200 -	11.34	11.1	52.05	51.9	2:03.12	6.54	17.46	45.12	44.9	200
199 -	11.37	-	52.19	52.0	2:03.41	6.52	17.31	45.22	45.0	199
198 -	11.39	-	52.33	52.1	2:03.69	6.49	17.17	45.33	45.1	198
197 -	11.42	-	52.47	52.3	2:03.97	6.47	17.02	45.44	45.3	197
196 -	11.45	11.2	52.61	52.4	2:04.25	6.45	16.87	45.55	45.4	196
195 -	11.49	-	52.76	52.6	2:04.54	6.42	16.72	45.66	45.5	195
194 -	11.52	-	52.90	52.7	2:04.82	6.40	16.58	45.76	45.6	194
193 -	11.55	11.3	53.04	52.9	2:05.10	6.38	16.43	45.87	45.7	193
192 -	11.58	-	53.18	53.0	2:05.39	6.35	16.29	45.98	45.8	192
191 -	11.61	-	53.33	53.1	2:05.68	6.33	16.15	46.09	45.9	191
190 -	11.64	11.4	53.47	53.3	2:05.96	6.31	16.00	46.20	46.0	190
189 -	11.67	-	53.61	53.4	2:06.25	6.28	15.86	46.31	46.1	189
188 -	11.70	-	53.76	53.6	2:06.54	6.26	15.72	46.42	46.2	188
187 -	11.73	-	53.90	53.7	2:06.83	6.24	15.58	46.53	46.3	187
186 -	11.76	11.5	54.05	53.9	2:07.12	6.21	15.44	46.64	46.5	186
185 -	11.79	-	54.19	54.0	2:07.41	6.19	15.30	46.75	46.6	185
184 -	11.82	-	54.34	54.2	2:07.71	6.17	15.16	46.86	46.7	184
183 -	11.85	11.6	54.49	54.3	2:08.00	6.14	15.02	46.97	46.8	183
182 -	11.88	-	54.63	54.4	2:08.29	6.12	14.88	47.08	46.9	182
181 -	11.92	-	54.78	54.6	2:08.59	6.10	14.74	47.20	47.0	181
180 -	11.95	11.7	54.93	54.7	2:08.88	6.07	14.61	47.31	47.1	180
179 -	11.98	-	55.08	54.9	2:09.18	6.05	14.47	47.42	47.2	179
178 -	12.01	-	55.23	55.0	2:09.48	6.03	14.34	47.53	47.3	178
177 -	12.04	11.8	55.38	55.2	2:09.78	6.00	14.20	47.64	47.5	177
176 -	12.07	-	55.53	55.3	2:10.08	5.98	14.07	47.76	47.6	176
175 -	12.10	-	55.68	55.5	2:10.38	5.96	13.93	47.87	47.7	175
174 -	12.14	11.9	55.83	55.6	2:10.68	5.93	13.80	47.98	47.8	174
173 -	12.17	-	55.98	55.8	2:10.98	5.91	13.67	48.10	47.9	173
172 -	12.20	-	56.13	55.9	2:11.28	5.89	13.54	48.21	48.0	172
171 -	12.23	-	56.28	56.1	2:11.59	5.86	13.41	48.32	48.1	171
170 -	12.27	12.0	56.44	56.3	2:11.89	5.84	13.27	48.44	48.3	170
169 -	12.30	-	56.59	56.4	2:12.20	5.82	13.14	48.55	48.4	169
168 -	12.33	-	56.74	56.6	2:12.50	5.79	13.02	48.67	48.5	168

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Pkt	100m	100m	400m	400m	800m	w dal	kula	4x100m	4x100m	Pkt
		R		R			4kg		R	
1	2	3	4	5	6	7	8	9	10	11
167 -	12.36	12.1	56.90	56.7	2:12.81	5.77	12.89	48.78	48.6	167
166 -	12.40	-	57.05	56.9	2:13.12	5.75	12.76	48.90	48.7	166
165 -	12.43	-	57.21	57.0	2:13.43	5.72	12.63	49.01	48.8	165
164 -	12.46	12.2	57.36	57.2	2:13.74	5.70	12.51	49.13	48.9	164
163 -	12.50	-	57.52	57.3	2:14.05	5.68	12.38	49.25	49.1	163
162 -	12.53	-	57.68	57.5	2:14.37	5.65	12.25	49.36	49.2	162
161 -	12.56	12.3	57.84	57.7	2:14.68	5.63	12.13	49.48	49.3	161
160 -	12.60	-	58.00	57.8	2:15.00	5.60	12.00	49.60	49.4	160
159 -	12.63	-	58.15	58.0	2:15.31	5.58	11.88	49.71	49.5	159
158 -	12.66	12.4	58.31	58.1	2:15.63	5.56	11.76	49.83	49.6	158
157 -	12.70	-	58.47	58.3	2:15.95	5.53	11.64	49.95	49.8	157
156 -	12.73	-	58.63	58.4	2:16.27	5.51	11.52	50.07	49.9	156
155 -	12.76	12.5	58.80	58.6	2:16.59	5.49	11.39	50.18	50.0	155
154 -	12.80	-	58.96	58.8	2:16.91	5.46	11.27	50.30	50.1	154
153 -	12.83	-	59.12	58.9	2:17.23	5.44	11.15	50.42	50.2	153
152 -	12.87	12.6	59.28	59.1	2:17.55	5.42	11.04	50.54	50.4	152
151 -	12.90	-	59.45	59.3	2:17.88	5.39	10.92	50.66	50.5	151
150 -	12.94	12.7	59.61	59.4	2:18.20	5.37	10.80	50.78	50.6	150
149 -	12.97	-	59.78	59.6	2:18.53	5.35	10.68	50.90	50.7	149
148 -	13.00	-	59.94	59.8	2:18.86	5.32	10.57	51.02	50.8	148
147 -	13.04	12.8	60.11	59.9	2:19.19	5.30	10.45	51.14	51.0	147
146 -	13.07	-	60.27	60.1	2:19.52	5.27	10.34	51.26	51.1	146
145 -	13.11	-	60.44	60.3	2:19.85	5.25	10.22	51.38	51.2	145
144 -	13.15	12.9	60.61	60.4	2:20.18	5.23	10.11	51.51	51.3	144
143 -	13.18	-	60.78	60.6	2:20.52	5.20	9.99	51.63	51.4	143
142 -	13.22	-	60.95	60.8	2:20.85	5.18	9.88	51.75	51.6	142
141 -	13.25	13.0	61.12	60.9	2:21.19	5.16	9.77	51.87	51.7	141
140 -	13.29	-	61.29	61.1	2:21.53	5.13	9.66	52.00	51.8	140
139 -	13.32	-	61.46	61.3	2:21.87	5.11	9.55	52.12	51.9	139
138 -	13.36	13.1	61.63	61.4	2:22.21	5.09	9.44	52.24	52.1	138
137 -	13.40	-	61.81	61.6	2:22.55	5.06	9.33	52.37	52.2	137
136 -	13.43	-	61.98	61.8	2:22.89	5.04	9.22	52.49	52.3	136
135 -	13.47	13.2	62.15	62.0	2:23.24	5.01	9.11	52.62	52.4	135
134 -	13.51	-	62.33	62.1	2:23.58	4.99	9.01	52.74	52.6	134
133 -	13.54	13.3	62.50	62.3	2:23.93	4.97	8.90	52.87	52.7	133
132 -	13.58	-	62.68	62.5	2:24.28	4.94	8.79	52.99	52.8	132
131 -	13.62	-	62.86	62.7	2:24.63	4.92	8.69	53.12	52.9	131

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Pkt	100m	100m	400m	400m	800m	w dal	kula	4x100m	4x100m	Pkt
		R		R			4kg		R	
1	2	3	4	5	6	7	8	9	10	11
130 -	13.65	13.4	63.04	62.9	2:24.98	4.90	8.58	53.25	53.1	130
129 -	13.69	-	63.22	63.0	2:25.33	4.87	8.48	53.37	53.2	129
128 -	13.73	-	63.40	63.2	2:25.69	4.85	8.38	53.50	53.3	128
127 -	13.77	13.5	63.58	63.4	2:26.04	4.82	8.27	53.63	53.4	127
126 -	13.80	-	63.76	63.6	2:26.40	4.80	8.17	53.76	53.6	126
125 -	13.84	13.6	63.94	63.8	2:26.76	4.78	8.07	53.88	53.7	125
124 -	13.88	-	64.12	63.9	2:27.12	4.75	7.97	54.01	53.8	124
123 -	13.92	-	64.31	64.1	2:27.48	4.73	7.87	54.14	54.0	123
122 -	13.96	13.7	64.49	64.3	2:27.84	4.71	7.77	54.27	54.1	122
121 -	14.00	-	64.68	64.5	2:28.21	4.68	7.67	54.40	54.2	121
120 -	14.04	13.8	64.86	64.7	2:28.58	4.66	7.57	54.53	54.3	120
119 -	14.07	-	65.05	64.9	2:28.94	4.63	7.48	54.66	54.5	119
118 -	14.11	-	65.24	65.1	2:29.31	4.61	7.38	54.79	54.6	118
117 -	14.15	13.9	65.43	65.2	2:29.69	4.59	7.29	54.93	54.7	117
116 -	14.19	-	65.62	65.4	2:30.06	4.56	7.19	55.06	54.9	116
115 -	14.23	-	65.81	65.6	2:30.43	4.54	7.10	55.19	55.0	115
114 -	14.27	14.0	66.00	65.8	2:30.81	4.51	7.00	55.32	55.1	114
113 -	14.31	-	66.19	66.0	2:31.19	4.49	6.91	55.46	55.3	113
112 -	14.35	14.1	66.39	66.2	2:31.57	4.47	6.82	55.59	55.4	112
111 -	14.39	-	66.58	66.4	2:31.95	4.44	6.72	55.73	55.5	111
110 -	14.43	-	66.78	66.6	2:32.34	4.42	6.63	55.86	55.7	110
109 -	14.47	14.2	66.98	66.8	2:32.72	4.40	6.54	56.00	55.8	109
108 -	14.52	-	67.17	67.0	2:33.11	4.37	6.45	56.13	55.9	108
107 -	14.56	14.3	67.37	67.2	2:33.50	4.35	6.36	56.27	56.1	107
106 -	14.60	-	67.57	67.4	2:33.89	4.32	6.28	56.41	56.2	106
105 -	14.64	14.4	67.77	67.6	2:34.28	4.30	6.19	56.54	56.4	105
104 -	14.68	-	67.98	67.8	2:34.68	4.28	6.10	56.68	56.5	104
103 -	14.72	-	68.18	68.0	2:35.08	4.25	6.02	56.82	56.6	103
102 -	14.77	14.5	68.39	68.2	2:35.48	4.23	5.93	56.96	56.8	102
101 -	14.81	-	68.59	68.4	2:35.88	4.20	5.84	57.10	56.9	101
100 -	14.85	14.6	68.80	68.6	2:36.28	4.18	5.76	57.24	57.1	100
99 -	14.89	-	69.01	68.8	2:36.69	4.16	5.68	57.38	57.2	99
98 -	14.94	14.7	69.21	69.0	2:37.10	4.13	5.59	57.52	57.3	98
97 -	14.98	-	69.43	69.2	2:37.51	4.11	5.51	57.66	57.5	97
96 -	15.03	-	69.64	69.5	2:37.92	4.08	5.43	57.80	57.6	96
95 -	15.07	14.8	69.85	69.7	2:38.33	4.06	5.35	57.95	57.8	95
94 -	15.11	-	70.06	69.9	2:38.75	4.03	5.27	58.09	57.9	94

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Pkt	100m	100m	400m	400m	800m	w dal	kula	4x100m	4x100m	Pkt
		R		R			4kg		R	
1	2	3	4	5	6	7	8	9	10	11
93 -	15.16	14.9	70.28	70.1	2:39.17	4.01	5.19	58.23	58.0	93
92 -	15.20	-	70.50	70.3	2:39.59	3.99	5.11	58.38	58.2	92
91 -	15.25	15.0	70.72	70.5	2:40.02	3.96	5.03	58.52	58.3	91
90 -	15.29	-	70.93	70.7	2:40.44	3.94	4.96	58.67	58.5	90
89 -	15.34	15.1	71.16	71.0	2:40.87	3.91	4.88	58.81	58.6	89
88 -	15.38	-	71.38	71.2	2:41.30	3.89	4.80	58.96	58.8	88
87 -	15.43	-	71.60	71.4	2:41.74	3.87	4.73	59.11	58.9	87
86 -	15.48	15.2	71.83	71.6	2:42.18	3.84	4.66	59.26	59.1	86
85 -	15.52	-	72.05	71.9	2:42.62	3.82	4.58	59.41	59.2	85
84 -	15.57	15.3	72.28	72.1	2:43.06	3.79	4.51	59.55	59.4	84
83 -	15.62	-	72.51	72.3	2:43.50	3.77	4.44	59.71	59.5	83
82 -	15.66	15.4	72.74	72.6	2:43.95	3.74	4.36	59.86	59.7	82
81 -	15.71	-	72.98	72.8	2:44.40	3.72	4.29	60.01	59.8	81
80 -	15.76	15.5	73.21	73.0	2:44.86	3.70	4.22	60.16	60.0	80
79 -	15.81	-	73.45	73.3	2:45.32	3.67	4.15	60.31	60.1	79
78 -	15.86	15.6	73.69	73.5	2:45.78	3.65	4.09	60.47	60.3	78
77 -	15.91	-	73.93	73.7	2:46.24	3.62	4.02	60.62	60.4	77
76 -	15.96	15.7	74.17	74.0	2:46.71	3.60	3.95	60.78	60.6	76
75 -	16.01	-	74.41	74.2	2:47.18	3.57	3.88	60.93	60.7	75
74 -	16.06	15.8	74.66	74.5	2:47.65	3.55	3.82	61.09	60.9	74
73 -	16.11	-	74.90	74.7	2:48.13	3.53	3.75	61.25	61.1	73
72 -	16.16	15.9	75.15	75.0	2:48.61	3.50	3.69	61.41	61.2	72
71 -	16.21	-	75.41	75.2	2:49.09	3.48	3.63	61.57	61.4	71
70 -	16.26	16.0	75.66	75.5	2:49.58	3.45	3.56	61.73	61.5	70
69 -	16.31	-	75.91	75.7	2:50.07	3.43	3.50	61.89	61.7	69
68 -	16.36	16.1	76.17	76.0	2:50.56	3.40	3.44	62.05	61.9	68
67 -	16.42	-	76.43	76.2	2:51.06	3.38	3.38	62.21	62.0	67
66 -	16.47	16.2	76.69	76.5	2:51.57	3.36	3.32	62.38	62.2	66
65 -	16.52	-	76.96	76.8	2:52.07	3.33	3.26	62.54	62.4	65
64 -	16.58	16.3	77.22	77.0	2:52.58	3.31	3.20	62.71	62.5	64
63 -	16.63	-	77.49	77.3	2:53.10	3.28	3.14	62.87	62.7	63
62 -	16.69	16.4	77.76	77.6	2:53.62	3.26	3.09	63.04	62.9	62
61 -	16.74	16.5	78.04	77.9	2:54.14	3.23	3.03	63.21	63.0	61
60 -	16.80	-	78.31	78.1	2:54.67	3.21	2.98	63.38	63.2	60
59 -	16.86	16.6	78.59	78.4	2:55.20	3.18	2.92	63.55	63.4	59
58 -	16.91	-	78.87	78.7	2:55.74	3.16	2.87	63.72	63.5	58
57 -	16.97	16.7	79.16	79.0	2:56.29	3.13	2.82	63.90	63.7	57

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Pkt	100m	100m	400m	400m	800m	w dal	kula	4x100m	4x100m	Pkt	
		R		R			4kg		R		
1	2	3	4	5	6	7	8	9	10	11	
6	-	17.03	-	79.45	79.3	2:56.83	3.11	2.76	64.07	63.9	56
55	-	17.09	16.8	79.74	79.6	2:57.39	3.08	2.71	64.25	64.1	55
54	-	17.15	16.9	80.03	79.8	2:57.95	3.06	2.66	64.43	64.2	54
53	-	17.20	-	80.33	80.1	2:58.51	3.04	2.61	64.60	64.4	53
52	-	17.27	17.0	80.63	80.4	2:59.08	3.01	2.56	64.78	64.6	52
51	-	17.33	-	80.93	80.7	2:59.66	2.99	2.51	64.96	64.8	51
50	-	17.39	17.1	81.24	81.1	3:00.24	2.96	2.47	65.15	65.0	50
49	-	17.45	17.2	81.55	81.4	3:00.83	2.94	2.42	65.33	65.1	49
48	-	17.51	-	81.86	81.7	3:01.42	2.91	2.37	65.52	65.3	48
47	-	17.58	17.3	82.18	82.0	3:02.02	2.89	2.33	65.70	65.5	47
46	-	17.64	17.4	82.50	82.3	3:02.63	2.86	2.28	65.89	65.7	46
45	-	17.71	-	82.82	82.6	3:03.25	2.84	2.24	66.08	65.9	45
44	-	17.77	17.5	83.15	83.0	3:03.87	2.81	2.20	66.27	66.1	44
43	-	17.84	17.6	83.49	83.3	3:04.50	2.79	2.15	66.46	66.3	43
42	-	17.91	-	83.82	83.6	3:05.14	2.76	2.11	66.66	66.5	42
41	-	17.97	17.7	84.17	84.0	3:05.78	2.74	2.07	66.86	66.7	41
40	-	18.04	17.8	84.51	84.3	3:06.44	2.71	2.03	67.05	66.9	40
39	-	18.11	-	84.87	84.7	3:07.10	2.69	1.99	67.25	67.1	39
38	-	18.18	17.9	85.22	85.0	3:07.77	2.66	1.96	67.46	67.3	38
37	-	18.26	18.0	85.59	85.4	3:08.45	2.64	1.92	67.66	67.5	37
36	-	18.33	-	85.96	85.8	3:09.15	2.61	1.88	67.87	67.7	36
35	-	18.40	18.1	86.33	86.1	3:09.85	2.59	1.85	68.08	67.9	35
34	-	18.48	18.2	86.71	86.5	3:10.56	2.56	1.81	68.29	68.1	34
33	-	18.55	18.3	87.10	86.9	3:11.28	2.54	1.78	68.50	68.3	33
32	-	18.63	-	87.49	87.3	3:12.02	2.51	1.75	68.72	68.5	32
31	-	18.71	18.4	87.89	87.7	3:12.77	2.49	1.71	68.93	68.7	31
30	-	18.79	18.5	88.30	88.1	3:13.53	2.46	1.68	69.16	69.0	30
29	-	18.87	18.6	88.72	88.5	3:14.30	2.44	1.65	69.38	69.2	29
28	-	18.96	18.7	89.14	89.0	3:15.09	2.41	1.62	69.61	69.4	28
27	-	19.04	18.8	89.58	89.4	3:15.89	2.38	1.59	69.84	69.7	27
26	-	19.13	-	90.02	89.8	3:16.71	2.36	1.57	70.07	69.9	26
25	-	19.22	18.9	90.47	90.3	3:17.55	2.33	1.54	70.31	70.1	25
24	-	19.31	19.0	90.94	90.8	3:18.41	2.31	1.51	70.55	70.4	24
23	-	19.40	19.1	91.41	91.2	3:19.28	2.28	1.49	70.79	70.6	23
22	-	19.49	19.2	91.90	91.7	3:20.17	2.26	1.46	71.04	70.9	22
21	-	19.59	19.3	92.40	92.2	3:21.09	2.23	1.44	71.29	71.1	21
20	-	19.69	19.4	92.91	92.7	3:22.03	2.20	1.42	71.55	71.4	20

LIGA SZKÓŁ PONADGIMNAZJALNYCH

Pkt	100m	100m	400m	400m	800m	w dal	kula	4x100m	4x100m	Pkt
		R		R			4kg		R	
1	2	3	4	5	6	7	8	9	10	11
19 -	19.79	19.5	93.44	93.3	3:22.99	2.18	1.40	71.81	71.6	19
18 -	19.89	19.6	93.98	93.8	3:23.99	2.15	1.37	72.08	71.9	18
17 -	20.00	19.7	94.54	94.4	3:25.01	2.13	1.35	72.36	72.2	17
16 -	20.11	19.8	95.12	94.9	3:26.06	2.10	1.34	72.64	72.5	16
15 -	20.23	19.9	95.72	95.5	3:27.15	2.08	1.32	72.92	72.7	15
14 -	20.35	20.1	96.35	96.2	3:28.28	2.05	1.30	73.22	73.0	14
13 -	20.47	20.2	97.00	96.8	3:29.46	2.02	1.28	73.52	73.3	13
12 -	20.60	20.3	97.68	97.5	3:30.68	2.00	1.27	73.83	73.6	12
11 -	20.73	20.4	98.39	98.2	3:31.96	1.97	1.26	74.15	74.0	11
10 -	20.88	20.6	99.14	99.0	3:33.30	1.94	1.24	74.49	74.3	10
9 -	21.02	20.7	99.94	99.8	3:34.71	1.92	1.23	74.83	74.6	9
8 -	21.18	20.9	100.79	100.6	3:36.21	1.89	1.22	75.19	75.0	8
7 -	21.35	21.1	101.70	101.5	3:37.82	1.86	1.21	75.57	75.4	7
6 -	21.53	21.2	102.69	102.5	3:39.55	1.84	1.20	75.97	75.8	6
5 -	21.73	21.4	103.77	103.6	3:41.44	1.81	1.19	76.40	76.2	5
4 -	21.95	21.7	105.00	104.8	3:43.54	1.78	-	76.86	76.7	4
3 -	22.21	21.9	106.41	106.2	3:45.95	1.75	1.18	77.37	77.2	3
2 -	22.51	22.2	108.12	107.9	3:48.84	1.72	-	77.95	77.8	2
1 -	22.91	22.6	110.44	110.3	3:52.67	1.70	-	78.66	78.5	1

Uwaga! Przy pomiarze ręcznym wynik należy zaokrąglić do 0,1 sek. na niekorzyść zawodnik i odczytać z tabel oznaczonych literą R (poz. 3, 5, 10)

LIGA SZKÓŁ PONADGIMNAZJALNYCH

chłopcy

Pkt	100m	100m	400m	400m	1500m	w dal	kula	kula	kula	4x100m	4x100m	Pkt
		R		R			5 kg	6,25 kg	7,26 kg		R	
1	2	3	4	5	6	7	8	9	10	11	12	13
200	-	10.28	10.0	45.76	45.6	3:42.14	7.87	18.95	18.31	17.71	40.30	40.1 - 200
199	-	10.30	-	45.86	45.7	3:42.49	7.85	18.90	18.21	17.61	40.38	40.2 - 199
198	-	10.32	-	45.97	45.8	3:42.85	7.83	18.85	18.11	17.52	40.46	40.3 - 198
197	-	10.34	10.1	46.07	45.9	3:43.20	7.81	18.80	18.01	17.43	40.54	40.4 - 197
196	-	10.36	-	46.18	46.0	3:43.55	7.79	18.75	17.91	17.34	40.62	- - 196
195	-	10.39	-	46.29	46.1	3:43.91	7.76	18.70	17.81	17.25	40.70	40.5 - 195
194	-	10.41	-	46.39	46.2	3:44.26	7.74	18.65	17.72	17.16	40.77	40.6 - 194
193	-	10.43	-	46.50	46.3	3:44.62	7.72	18.60	17.62	17.07	40.85	40.7 - 193
192	-	10.45	10.2	46.60	46.4	3:44.97	7.70	18.55	17.52	16.98	40.93	- - 192
191	-	10.47	-	46.71	46.5	3:45.33	7.68	18.50	17.42	16.89	41.01	40.8 - 191
190	-	10.49	-	46.82	46.6	3:45.69	7.66	18.45	17.32	16.80	41.09	40.9 - 190
189	-	10.51	-	46.93	46.7	3:46.05	7.64	18.40	17.22	16.71	41.17	41.0 - 189
188	-	10.53	-	47.03	46.8	3:46.41	7.62	18.35	17.12	16.61	41.25	41.1 - 188
187	-	10.55	10.3	47.14	47.0	3:46.77	7.59	18.30	17.03	16.51	41.33	- - 187
186	-	10.57	-	47.25	47.1	3:47.14	7.57	18.24	16.93	16.41	41.41	41.2 - 186
185	-	10.60	-	47.36	47.2	3:47.50	7.55	18.18	16.83	16.31	41.49	41.3 - 185
184	-	10.62	-	47.47	47.3	3:47.87	7.53	18.12	16.73	16.21	41.58	41.4 - 184
183	-	10.64	10.4	47.58	47.4	3:48.23	7.51	18.06	16.63	16.11	41.66	41.5 - 183
182	-	10.66	-	47.68	47.5	3:48.60	7.49	18.00	16.54	16.01	41.74	41.6 - 182
181	-	10.68	-	47.79	47.6	3:48.97	7.46	17.94	16.44	15.92	41.82	- - 181
180	-	10.70	-	47.90	47.7	3:49.34	7.44	17.88	16.34	15.83	41.90	41.7 - 180
179	-	10.72	-	48.01	47.8	3:49.71	7.42	17.82	16.24	15.74	41.98	41.8 - 179
178	-	10.75	10.5	48.12	47.9	3:50.09	7.40	17.76	16.15	15.65	42.07	41.9 - 178
177	-	10.77	-	48.23	48.0	3:50.46	7.38	17.70	16.05	15.56	42.15	42.0 - 177
176	-	10.79	-	48.34	48.2	3:50.83	7.36	17.64	15.95	15.48	42.23	- - 176
175	-	10.81	-	48.45	48.3	3:51.21	7.33	17.58	15.85	15.39	42.32	42.1 - 175
174	-	10.83	-	48.56	48.4	3:51.59	7.31	17.52	15.76	15.28	42.40	42.2 - 174
173	-	10.86	10.6	48.68	48.5	3:51.96	7.29	17.35	15.66	15.19	42.48	42.3 - 173
172	-	10.88	-	48.79	48.6	3:52.34	7.27	17.18	15.56	15.08	42.57	42.4 - 172
171	-	10.90	-	48.90	48.7	3:52.72	7.25	17.01	15.46	14.97	42.65	42.5 - 171
170	-	10.92	-	49.01	48.8	3:53.11	7.23	16.84	15.37	14.86	42.74	42.6 - 170
169	-	10.94	10.7	49.12	48.9	3:53.49	7.20	16.67	15.27	14.75	42.82	- - 169
168	-	10.97	-	49.24	49.1	3:53.87	7.18	16.50	15.17	14.64	42.91	42.7 - 168
167	-	10.99	-	49.35	49.2	3:54.26	7.16	16.33	15.08	14.53	42.99	42.8 - 167

LIGA SZKÓŁ PONADGIMNAZJALNYCH

Pkt	100m	100m	400m	400m	1500m	w dal	kula	kula	kula	4x100m	4x100m	Pkt
		R		R			5 kg	6,25 kg	7,26 kg		R	
1	2	3	4	5	6	7	8	9	10	11	12	13
166	-	11.01	-	49.46	49.3	3:54.65	7.14	16.16	14.98	14.42	43.08	42.9 - 166
165	-	11.03	-	49.57	49.4	3:55.03	7.12	16.00	14.89	14.31	43.16	43.0 - 165
164	-	11.05	10.8	49.69	49.5	3:55.42	7.09	15.83	14.79	14.20	43.25	43.1 - 164
163	-	11.08	-	49.80	49.6	3:55.81	7.07	15.66	14.69	14.09	43.33	- - 163
162	-	11.10	-	49.92	49.7	3:56.21	7.05	15.49	14.60	13.98	43.42	43.2 - 162
161	-	11.12	-	50.03	49.8	3:56.60	7.03	15.32	14.50	13.89	43.51	43.3 - 161
160	-	11.15	10.9	50.15	50.0	3:57.00	7.00	15.15	14.40	13.80	43.60	43.4 - 160
159	-	11.17	-	50.26	50.1	3:57.39	6.98	14.98	14.31	13.71	43.68	43.5 - 159
158	-	11.19	-	50.38	50.2	3:57.79	6.96	14.87	14.21	13.62	43.77	43.6 - 158
157	-	11.21	-	50.49	50.3	3:58.19	6.94	14.76	14.12	13.51	43.86	43.7 - 157
156	-	11.24	11.0	50.61	50.4	3:58.59	6.92	14.65	14.02	13.40	43.95	43.8 - 156
155	-	11.26	-	50.72	50.5	3:58.99	6.89	14.54	13.93	13.29	44.03	- - 155
154	-	11.28	-	50.84	50.7	3:59.39	6.87	14.43	13.83	13.20	44.12	43.9 - 154
153	-	11.30	-	50.96	50.8	3:59.80	6.85	14.32	13.74	13.09	44.21	44.0 - 153
152	-	11.33	-	51.07	50.9	4:00.20	6.83	14.21	13.64	12.98	44.30	44.1 - 152
151	-	11.35	11.1	51.19	51.0	4:00.61	6.80	14.10	13.55	12.88	44.39	44.2 - 151
150	-	11.37	-	51.31	51.1	4:01.02	6.78	14.01	13.45	12.80	44.48	44.3 - 150
149	-	11.40	-	51.43	51.2	4:01.43	6.76	13.92	13.36	12.71	44.57	44.4 - 149
148	-	11.42	-	51.54	51.4	4:01.84	6.74	13.83	13.26	12.61	44.66	44.5 - 148
147	-	11.44	11.2	51.66	51.5	4:02.26	6.71	13.74	13.17	12.52	44.75	44.6 - 147
146	-	11.47	-	51.78	51.6	4:02.67	6.69	13.64	13.07	12.42	44.84	44.7 - 146
145	-	11.49	-	51.90	51.7	4:03.09	6.67	13.56	12.98	12.33	44.94	44.8 - 145
144	-	11.51	-	52.02	51.8	4:03.51	6.65	13.48	12.88	12.23	45.03	- - 144
143	-	11.54	11.3	52.14	52.0	4:03.93	6.62	13.40	12.79	12.14	45.12	44.9 - 143
142	-	11.56	-	52.26	52.1	4:04.35	6.60	13.32	12.70	12.05	45.21	45.0 - 142
141	-	11.59	-	52.38	52.2	4:04.77	6.58	13.24	12.60	11.95	45.31	45.1 - 141
140	-	11.61	-	52.50	52.3	4:05.20	6.55	13.16	12.51	11.86	45.40	45.2 - 140
139	-	11.63	-	52.62	52.4	4:05.62	6.53	13.08	12.41	11.76	45.49	45.3 - 139
138	-	11.66	11.4	52.74	52.6	4:06.05	6.51	13.00	12.32	11.67	45.59	45.4 - 138
137	-	11.68	-	52.87	52.7	4:06.48	6.49	12.92	12.23	11.58	45.68	45.5 - 137
136	-	11.71	-	52.99	52.8	4:06.91	6.46	12.84	12.13	11.48	45.78	45.6 - 136
135	-	11.73	-	53.11	52.9	4:07.35	6.44	12.76	12.04	11.39	45.87	45.7 - 135
134	-	11.75	11.5	53.23	53.0	4:07.78	6.42	12.68	11.95	11.30	45.97	45.8 - 134
133	-	11.78	-	53.36	53.2	4:08.22	6.39	12.60	11.85	11.20	46.06	45.9 - 133
132	-	11.80	-	53.48	53.3	4:08.66	6.37	12.52	11.76	11.11	46.16	46.0 - 132
131	-	11.83	-	53.60	53.4	4:09.10	6.35	12.44	11.67	11.02	46.25	46.1 - 131
130	-	11.85	11.6	53.73	53.5	4:09.54	6.32	12.36	11.58	10.93	46.35	46.2 - 130

LIGA SZKÓŁ PONADGIMNAZJALNYCH

Pkt	100m	100m	400m	400m	1500m	w dal	kula	kula	kula	4x100m	4x100m	Pkt
		R		R			5 kg	6,25 kg	7,26 kg		R	
1	2	3	4	5	6	7	8	9	10	11	12	13
129	-	11.88	-	53.85	53.7	4:09.98	6.30	12.28	11.48	10.83	46.45	46.3 - 129
128	-	11.90	-	53.98	53.8	4:10.43	6.28	12.20	11.39	10.74	46.54	46.4 - 128
127	-	11.93	-	54.10	53.9	4:10.88	6.25	12.12	11.30	10.65	46.64	46.5 - 127
126	-	11.95	11.7	54.23	54.0	4:11.33	6.23	12.02	11.21	10.56	46.74	46.6 - 126
125	-	11.98	-	54.36	54.2	4:11.78	6.21	11.92	11.11	10.46	46.84	46.7 - 125
124	-	12.00	-	54.48	54.3	4:12.24	6.18	11.82	11.02	10.37	46.94	46.8 - 124
123	-	12.03	-	54.61	54.4	4:12.69	6.16	11.72	10.93	10.28	47.04	46.9 - 123
122	-	12.05	11.8	54.74	54.6	4:13.15	6.14	11.62	10.84	10.19	47.14	47.0 - 122
121	-	12.08	-	54.87	54.7	4:13.61	6.11	11.52	10.75	10.10	47.24	47.1 - 121
120	-	12.10	-	54.99	54.8	4:14.07	6.09	11.42	10.66	9.91	47.34	47.2 - 120
119	-	12.13	-	55.12	54.9	4:14.54	6.07	11.32	10.56	9.82	47.44	47.3 - 119
118	-	12.15	11.9	55.25	55.1	4:15.00	6.04	11.22	10.47	9.73	47.54	47.4 - 118
117	-	12.18	-	55.38	55.2	4:15.47	6.02	11.12	10.38	9.64	47.64	47.5 - 117
116	-	12.20	-	55.51	55.3	4:15.94	6.00	11.02	10.29	9.55	47.75	47.6 - 116
115	-	12.23	-	55.64	55.5	4:16.42	5.97	10.92	10.20	9.46	47.85	47.7 - 115
114	-	12.26	12.0	55.77	55.6	4:16.89	5.95	10.82	10.11	9.37	47.95	47.8 - 114
113	-	12.28	-	55.90	55.7	4:17.37	5.92	10.72	10.02	9.28	48.06	47.9 - 113
112	-	12.31	-	56.04	55.9	4:17.85	5.90	10.62	9.93	9.19	48.16	48.0 - 112
111	-	12.33	-	56.17	56.0	4:18.33	5.88	10.52	9.84	9.10	48.27	48.1 - 111
110	-	12.36	12.1	56.30	56.1	4:18.82	5.85	10.42	9.75	9.01	48.37	48.2 - 110
109	-	12.39	-	56.44	56.3	4:19.31	5.83	10.32	9.66	8.92	48.48	48.3 - 109
108	-	12.41	-	56.57	56.4	4:19.79	5.80	10.22	9.57	8.83	48.58	48.4 - 108
107	-	12.44	12.2	56.70	56.5	4:20.29	5.78	10.12	9.48	8.76	48.69	48.5 - 107
106	-	12.47	-	56.84	56.7	4:20.78	5.75	10.02	9.39	8.67	48.80	48.6 - 106
105	-	12.49	-	56.97	56.8	4:21.28	5.73	9.92	9.30	8.59	48.91	48.7 - 105
104	-	12.52	-	57.11	56.9	4:21.78	5.71	9.84	9.21	8.50	49.01	48.8 - 104
103	-	12.55	12.3	57.25	57.1	4:22.28	5.68	9.76	9.12	8.41	49.12	48.9 - 103
102	-	12.57	-	57.38	57.2	4:22.79	5.66	9.68	9.03	8.32	49.23	49.0 - 102
101	-	12.60	-	57.52	57.3	4:23.30	5.63	9.60	8.94	8.23	49.34	49.2 - 101
100	-	12.63	-	57.66	57.5	4:23.81	5.61	9.52	8.85	8.15	49.45	49.3 - 100
99	-	12.66	12.4	57.80	57.6	4:24.32	5.58	9.44	8.76	8.06	49.56	49.4 - 99
98	-	12.68	-	57.94	57.8	4:24.84	5.56	9.36	8.67	7.97	49.68	49.5 - 98
97	-	12.71	-	58.07	57.9	4:25.36	5.53	9.28	8.59	7.88	49.79	49.6 - 97
96	-	12.74	12.5	58.21	58.0	4:25.88	5.51	9.20	8.50	7.80	49.90	49.7 - 96
95	-	12.77	-	58.36	58.2	4:26.41	5.48	9.12	8.41	7.71	50.01	49.8 - 95
94	-	12.79	-	58.50	58.3	4:26.93	5.46	9.04	8.32	7.62	50.13	49.9 - 94
93	-	12.82	-	58.64	58.5	4:27.47	5.43	8.96	8.23	7.54	50.24	50.1 - 93

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Pkt		100m	100m	400m	400m	1500m	w dal	kula	kula	kula	4x100m	4x100m	Pkt
			R		R			5 kg	6,25 kg	7,26 kg		R	
1	2	3	4	5	6	7	8	9	10	11	12	13	
92	-	12.85	12.6	58.78	58.6	4:28.00	5.41	8.88	8.15	7.45	50.36	50.2	92
91	-	12.88	-	58.92	58.7	4:28.54	5.38	8.80	8.06	7.36	50.47	50.3	91
90	-	12.91	-	59.07	58.9	4:29.08	5.36	8.72	7.97	7.28	50.59	50.4	90
89	-	12.94	12.7	59.21	59.0	4:29.63	5.33	8.64	7.88	7.19	50.71	50.5	89
88	-	12.96	-	59.36	59.2	4:30.17	5.31	8.56	7.80	7.11	50.83	50.6	88
87	-	12.99	-	59.50	59.3	4:30.73	5.28	8.48	7.71	7.02	50.94	50.8	87
86	-	13.02	-	59.65	59.5	4:31.28	5.26	8.40	7.62	6.93	51.06	50.9	86
85	-	13.05	12.8	59.80	59.6	4:31.84	5.23	8.32	7.54	6.85	51.18	51.0	85
84	-	13.08	-	59.94	59.8	4:32.40	5.21	8.24	7.45	6.76	51.30	51.1	84
83	-	13.11	-	60.09	59.9	4:32.97	5.18	8.16	7.36	6.68	51.43	51.2	83
82	-	13.14	12.9	60.24	60.1	4:33.54	5.16	8.08	7.28	6.59	51.55	51.4	82
81	-	13.17	-	60.39	60.2	4:34.11	5.13	8.00	7.19	6.51	51.67	51.5	81
80	-	13.20	-	60.54	60.4	4:34.69	5.10	7.92	7.11	6.43	51.79	51.6	80
79	-	13.23	-	60.69	60.5	4:35.27	5.08	7.84	7.02	6.34	51.92	51.7	79
78	-	13.26	13.0	60.84	60.7	4:35.86	5.05	7.76	6.93	6.26	52.04	51.9	78
77	-	13.29	-	61.00	60.8	4:36.44	5.03	7.68	6.85	6.17	52.17	52.0	77
76	-	13.32	-	61.15	61.0	4:37.04	5.00	7.60	6.76	6.09	52.30	52.1	76
75	-	13.35	13.1	61.31	61.1	4:37.64	4.97	7.52	6.68	6.01	52.43	52.2	75
74	-	13.38	-	61.46	61.3	4:38.24	4.95	7.44	6.59	5.92	52.55	52.4	74
73	-	13.41	-	61.62	61.4	4:38.85	4.92	7.36	6.51	5.84	52.68	52.5	73
72	-	13.44	13.2	61.77	61.6	4:39.46	4.90	7.28	6.43	5.76	52.81	52.6	72
71	-	13.47	-	61.93	61.7	4:40.08	4.87	7.20	6.34	5.68	52.95	52.8	71
70	-	13.51	-	62.09	61.9	4:40.70	4.84	7.12	6.26	5.59	53.08	52.9	70
69	-	13.54	13.3	62.25	62.1	4:41.32	4.82	7.04	6.17	5.51	53.21	53.0	69
68	-	13.57	-	62.41	62.2	4:41.95	4.79	6.96	6.09	5.43	53.35	53.2	68
67	-	13.60	-	62.57	62.4	4:42.59	4.76	6.88	6.01	5.35	53.48	53.3	67
66	-	13.63	-	62.73	62.5	4:43.23	4.74	6.80	5.92	5.27	53.62	53.4	66
65	-	13.67	13.4	62.90	62.7	4:43.88	4.71	6.72	5.84	5.19	53.75	53.6	65
64	-	13.70	-	63.06	62.9	4:44.53	4.68	6.64	5.76	5.10	53.89	53.7	64
63	-	13.73	-	63.23	63.0	4:45.19	4.65	6.56	5.68	5.02	54.03	53.8	63
62	-	13.76	13.5	63.39	63.2	4:45.85	4.63	6.48	5.59	4.94	54.17	54.0	62
61	-	13.80	-	63.56	63.4	4:46.52	4.60	6.40	5.51	4.86	54.31	54.1	61
60	-	13.83	-	63.73	63.5	4:47.20	4.57	6.32	5.43	4.78	54.46	54.3	60
59	-	13.86	13.6	63.90	63.7	4:47.88	4.55	6.24	5.35	4.70	54.60	54.4	59
58	-	13.90	-	64.07	63.9	4:48.57	4.52	6.16	5.27	4.62	54.75	54.6	58
57	-	13.93	-	64.24	64.1	4:49.27	4.49	6.08	5.19	4.54	54.89	54.7	57
56	-	13.97	13.7	64.41	64.2	4:49.97	4.46	6.00	5.10	4.46	55.04	54.9	56

LIGA SZKÓŁ PONADGIMNAZJALNYCH

Pkt	100m	100m	400m	400m	1500m	w dal	kula	kula	kula	4x100m	4x100m	Pkt
		R		R			5 kg	6,25 kg	7,26 kg		R	
1	2	3	4	5	6	7	8	9	10	11	12	13
55	-	14.00	-	64.59	64.4	4:50.68	4.43	5.92	5.02	4.39	55.19	55.0 - 55
54	-	14.04	13.8	64.76	64.6	4:51.39	4.41	5.84	4.94	4.31	55.34	55.2 - 54
53	-	14.07	-	64.94	64.8	4:52.12	4.38	5.76	4.86	4.23	55.50	55.3 - 53
52	-	14.11	-	65.12	64.9	4:52.85	4.35	5.68	4.78	4.15	55.65	55.5 - 52
51	-	14.14	13.9	65.30	65.1	4:53.59	4.32	5.60	4.70	4.07	55.80	55.6 - 51
50	-	14.18	-	65.48	65.3	4:54.33	4.29	5.52	4.62	4.00	55.96	55.8 - 50
49	-	14.21	-	65.66	65.5	4:55.09	4.26	5.44	4.54	3.92	56.12	55.9 - 49
48	-	14.25	14.0	65.85	65.7	4:55.85	4.23	5.36	4.46	3.84	56.28	56.1 - 48
47	-	14.29	-	66.03	65.8	4:56.62	4.21	5.28	4.39	3.77	56.44	56.3 - 47
46	-	14.32	-	66.22	66.0	4:57.40	4.18	5.20	4.23	3.69	56.60	56.4 - 46
45	-	14.36	14.1	66.41	66.2	4:58.20	4.15	5.12	4.31	3.61	56.77	56.6 - 45
44	-	14.40	-	66.60	66.4	4:59.00	4.12	5.04	4.15	3.54	56.94	56.8 - 44
43	-	14.44	14.2	66.79	66.6	4:59.81	4.09	4.96	4.07	3.46	57.11	56.9 - 43
42	-	14.48	-	66.98	66.8	5:00.63	4.06	4.88	4.00	3.39	57.28	57.1 - 42
41	-	14.52	-	67.18	67.0	5:01.46	4.03	4.80	3.92	3.31	57.45	57.3 - 41
40	-	14.55	14.3	67.37	67.2	5:02.30	4.00	4.72	3.84	3.24	57.63	57.4 - 40
39	-	14.59	-	67.57	67.4	5:03.16	3.97	4.64	3.77	3.17	57.80	57.6 - 39
38	-	14.63	-	67.78	67.6	5:04.03	3.94	4.56	3.69	3.09	57.98	57.8 - 38
37	-	14.68	14.4	67.98	67.8	5:04.91	3.91	4.48	3.61	3.02	58.17	58.0 - 37
36	-	14.72	-	68.18	68.0	5:05.80	3.88	4.40	3.54	2.95	58.35	58.2 - 36
35	-	14.76	14.5	68.39	68.2	5:06.71	3.85	4.32	3.46	2.88	58.54	58.4 - 35
34	-	14.80	-	68.60	68.4	5:07.63	3.82	4.24	3.39	2.80	58.73	58.5 - 34
33	-	14.84	14.6	68.82	68.6	5:08.56	3.79	4.16	3.31	2.73	58.92	58.7 - 33
32	-	14.88	-	69.03	68.8	5:09.52	3.75	4.08	3.24	2.66	59.12	58.9 - 32
31	-	14.93	-	69.25	69.1	5:10.48	3.72	4.00	3.17	2.59	59.32	59.1 - 31
30	-	14.97	14.7	69.47	69.3	5:11.47	3.69	3.92	3.09	2.52	59.52	59.3 - 30
29	-	15.02	-	69.69	69.5	5:12.47	3.66	3.84	3.02	2.45	59.73	59.5 - 29
28	-	15.06	14.8	69.92	69.7	5:13.50	3.63	3.76	2.95	2.38	59.94	59.8 - 28
27	-	15.11	-	70.15	70.0	5:14.54	3.59	3.68	2.88	2.32	60.15	60.0 - 27
26	-	15.15	14.9	70.38	70.2	5:15.61	3.56	3.60	2.80	2.25	60.37	60.2 - 26
25	-	15.20	-	70.62	70.4	5:16.70	3.53	3.52	2.73	2.18	60.59	60.4 - 25
24	-	15.25	15.0	70.86	70.7	5:17.81	3.49	3.44	2.66	2.11	60.82	60.6 - 24
23	-	15.30	-	71.10	70.9	5:18.95	3.46	3.36	2.59	2.05	61.05	60.9 - 23
22	-	15.35	15.1	71.35	71.2	5:20.11	3.43	3.28	2.52	1.98	61.28	61.1 - 22
21	-	15.40	-	71.61	71.4	5:21.31	3.39	3.20	2.45	1.92	61.53	61.3 - 21
20	-	15.45	15.2	71.87	71.7	5:22.54	3.36	3.12	2.38	1.86	61.77	61.6 - 20
19	-	15.50	-	72.13	71.9	5:23.80	3.32	3.04	2.32	1.79	62.03	61.8 - 19

LIGA SZKOŁ PONADGIMNAZJALNYCH

Pkt		100m	100m	400m	400m	1500m	w dal	kula	kula	kula	4x100m	4x100m	Pkt
			R		R			5 kg	6,25 kg	7,26 kg		R	
1		2	3	4	5	6	7	8	9	10	11	12	13
18	-	15.56	15.3	72.40	72.2	5:25.10	3.29	2.96	2.25	1.73	62.29	62.1	18
17	-	15.61	-	72.67	72.5	5:26.44	3.25	2.88	2.18	1.67	62.56	62.4	17
16	-	15.67	15.4	72.95	72.8	5:27.82	3.21	2.80	2.11	1.61	62.84	62.7	16
15	-	15.73	-	73.24	73.1	5:29.25	3.18	2.72	2.05	1.55	63.12	62.9	15
14	-	15.79	15.5	73.54	73.4	5:30.74	3.14	2.64	1.98	1.50	63.42	63.2	14
13	-	15.85	15.6	73.84	73.7	5:32.28	3.10	2.56	1.92	1.44	63.72	63.5	13
12	-	15.91	-	74.16	74.0	5:33.90	3.06	2.48	1.86	1.39	64.04	63.9	12
11	-	15.98	15.7	74.48	74.3	5:35.59	3.02	2.40	1.79	1.34	64.38	64.2	11
10	-	16.04	15.8	74.82	74.6	5:37.36	2.98	2.32	1.73	1.29	64.73	64.5	10
9	-	16.11	-	75.17	75.0	5:39.24	2.94	2.24	1.67	1.24	65.09	64.9	9
8	-	16.19	15.9	75.53	75.3	5:41.23	2.90	2.16	1.61	1.24	65.48	65.3	8
7	-	16.26	16.0	75.92	75.7	5:43.37	2.86	2.08	1.55	1.20	65.89	65.7	7
6	-	16.35	16.1	76.32	76.1	5:45.68	2.81	2.00	1.50	1.16	66.34	66.2	6
5	-	16.43	-	76.76	76.6	5:48.22	2.77	1.92	1.44	1.12	66.82	66.6	5
4	-	16.53	16.2	77.23	77.0	5:51.06	2.72	1.84	1.39	1.08	67.36	67.2	4
3	-	16.63	16.3	77.75	77.6	5:54.32	2.67	1.76	1.34	1.04	67.97	67.8	3
2	-	16.76	16.5	78.34	78.2	5:58.26	2.61	1.68	1.29	1.00	68.70	68.5	2
1	-	16.90	16.6	79.07	78.9	6:03.53	2.55	1.60	1.24	0.95	69.65	69.5	1

Uwaga ! Przy pomiarze ręcznym wynik należy zaokrąglić do 0,1 sek. na niekorzyść zawodnik i odczytać z tabel oznaczonych literą R (poz. 3, 5, 10)