

2010. 2. 13-3. 1		2010		500 1000 3000		
				3000 3000		2008
						07
						09
				U		
2010 1		2009-2010 u				

2010 3		2009---2010				
2010. 9. 21-24						
				4× 100m 4X400m		
				100m 200m		
				100m 200m		
				100m 200m		

				800m		
			400m			
			4× 400m			

				4× 100m		
2010. 11. 3—5						
2010. 11. 3. 5						

				S-		
				S-W		
				S-Q		
				L-		
				L-P		
				L-C		
2010. 12. 9		2010				
2010. 12. 18- 21				+84		09

				+84		07
				72		09
				63		09
				59		09
						07
						07
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2010.12.19						

400

800

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400

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				100		
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				100 200		
				4X100		
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				4X100		
				4X400		
2010. 6. 5- - 6				200 100 4× 100 200		

				4× 100 4× 100 50 100 200		
				4× 100 4× 100 100 200		
				4× 100 4× 100 100 50 200		
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				200 4× 100 4× 100 50 200		
				4× 100 4× 100 100 200 50		
				200 100 4× 100		
				200 100 4× 100		
2010. 5. 22- 23						06 2

						06 1
						09 2
						09 2
						09 2
						09 2
						07 1

						09 2
						07 1
						07 1
						07 1
2010. 6. 12 13		2010				
				W		

				W		
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						09 1 09 10
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						08 10 08 10
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3 1
11 9 8
31 31 33