ﾅ　、ｳﾘﾀｸﾎｦｾ蠍･ｵｻｵｭﾏｿｲ

･ｫ･ﾆ･ｴ･　：　｣ｲ｣ｰ｣ｱ｣ｰﾇｯﾅﾙ
_MD_POSTEDONﾅ　ﾆｼﾔ：　、煕遉ﾃ ｷﾇｺﾜﾆ　2010-10-12

｣ｲ｣ｰ｣ｱ｣ｰﾇｯ｣ｱ｣ｰｷ釤ｲﾆ　｡in⦆ ﾈｾﾅﾄ

ﾃﾋｻﾒ

800m ｰ貔蜴｡ﾇ錞ﾍ｡ﾊ｣ｴ｡ﾋ 2'05"46 ⦆
ｾｾｸｶ｡｡ｹｰﾌﾀ｡ﾊ｣ｴ｡ﾋ 2'13"28 ⦆
10000m ﾎ　ﾚ｡｡ｿｵ｡ﾊ｣ﾍ｣ｱ｡ﾋ 30'38"36 PB
栫ﾅﾄ｡｡ﾍﾎﾊｿ｡ﾊ｣ｴ｡ﾋ 30'55"01 PB
ﾂｼﾀｾ｡｡ｸｦﾏｺ｡ﾊ｣ｴ｡ﾋ 31'10"19 SB
ﾊｿｲｬ｡｡ﾍｪ｡ﾊ｣ｶ｡ﾋ 31'16"38 SB
ﾅﾄﾃ譯｡ﾍ､ｼ｣｡ﾊ｣ﾍ｣ｱ｡ﾋ 31'21"79 PB
ｳ眷ﾄ｡｡ﾂ　　ﾊ｣ﾍ｣ｱ｡ﾋ 31'31"70 PB
ｲﾏｹ遑｡ﾅｰ｡ﾊ｣ｳ｡ﾋ 31'49"18 PB
ｸﾅﾀ釭｡ﾏﾂｵｪ｡ﾊ｣ｱ｡ﾋ 32'05"78 PB
ｴ莖ﾊ｡｡ｹｸｿﾍ｡ﾊ｣ｴ｡ﾋ 32'17"13 PB
ﾏﾂﾅﾄ｡｡ｷ　ﾖ｡ﾊ｣ｲ｡ﾋ 32'34"36 PB
ﾈﾓﾄﾍ｡｡ﾉﾋｸ　ﾊ｣ｵ｡ﾋ 32'39"17 PB
ｲﾏｾ蜴｡ｹｭｼ　ﾊ｣ﾍ｣ｲ｡ﾋ 32'41"55 PB
ﾁ眤釭｡ｿｵｰ　ﾊ｣ｵ｡ﾋ 32'54"88 PB
ﾃﾓｵｵ｡｡ﾆｩ｡ﾊ｣ｱ｡ﾋ 32'55"53 PB
ｺ蠷　｡｡ｹ莉ﾖ｡ﾊ｣ﾍ｣ｱ｡ﾋ33'00"29 ⦆
ﾄｹﾃｫﾀ釭｡ｵｬﾎｴ｡ﾊ｣ｲ｡ﾋ 33'09"50 PB
ｴﾘﾃｫ｡｡ｹ筱ﾖ｡ﾊ｣ﾍ｣ｲ｡ﾋ 33'15"50 PB
ｸ　ｰ譯｡ｹｧｼ｡｡ﾊ｣ｱ｡ﾋ33'21"25 PB
ｺｴﾆ｣｡｡ｲ栁ｧ｡ﾊ｣ﾍ｣ｲ｡ﾋ 33'27"71 SB
ｵﾗｶｿ｡｡ﾃ｣ﾌ鬘ﾊ｣ﾍ｣ｲ｡ﾋ 33'28"79 PB
ｿｹｺ遙｡ｰ　ﾖ｡ﾊ｣ｳ｡ﾋ 33'38"93 PB
ｰｲｺ遙｡ﾍﾛｲ　ﾊ｣ｱ｡ﾋ 33'42"08 PB
ﾅﾚﾈ釭｡ﾐﾒﾌ鬘ﾊ｣ｴ｡ﾋ 34'02"61 SB
ﾌ　釭｡ｾﾍｰ　ﾊ｣ｱ｡ﾋ 34'07"87 ⦆
ﾇﾟｺ遙｡ﾀｵﾂﾀ｡ﾊ｣ｳ｡ﾋ 34'12"82 PB
ﾇﾈﾂｿﾌ釭｡ｾｽ｡ﾊ｣ｲ｡ﾋ 34'36"58 SB
ﾆ｣ｲｼ｡｡ﾏﾂｹﾀ｡ﾊ｣ｳ｡ﾋ 35'46"50 PB ⦆

ｽ　ﾒ

5000m ｳﾀﾄﾅ。。ﾆ猜　。ﾊ」ﾍ」ｲ。ﾋ16'29"76 ⦆
ｰﾂﾀ釭。ﾍｵｻﾒ。ﾊ」ﾍ」ｲ。ﾋ 17'44"86 PB
ｻｳﾋﾜ。。、ｷ、ｪ、遙ﾊ」ｵ。ﾋ 18'05"94 SB
ｺ」ｰ譯。ﾁ　　。ﾊ」ｲ。ﾋ18'54"00 ⦆
ｹ篌萏。ｲﾃﾀ、ｻﾒ。ﾊ」ｱ。ﾋ 18'59"69 PB
ﾂ醂釭。ｿﾎｻﾒ。ﾊ」ｴ。ﾋ 19'19"31 ⦆
簗ﾌ釭。ｲﾌﾎﾓ。ﾊ」ｱ。ﾋ 19'45"04 PB
ﾁｰﾅﾄ。。ｼﾓｴ　ﾊ」ｱ。ﾋ 19'48"78 PB
ｸﾅﾅﾄ。。ﾍｴｰ癸ﾊ」ｱ。ﾋ 20'31"40 PB