

100

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运动训练专业 冬季项目	1
01	2
02	8
03	14
04	19
05	36
06	41
07	47
08	49
09	51
.....	51
.....	53
10	55
.....	55
U	56
11	58

01 速度滑冰

	100

500 5000 500 3000

1-1

1-1

100	37.50	7:25.00	41.00	4:40.00
99	38.00	7:30.00	41.30	4:44.00
98	38.50	7:35.00	41.60	4:48.00
97	39.00	7:40.00	41.90	4:52.00
96	39.50	7:45.00	42.20	4:56.00
95	40.00	7:50.00	42.50	5:00.00

续表

94	40.20	7:52.00	42.90	5:02.00
93	40.40	7:54.00	43.30	5:04.00
92	40.60	7:56.00	43.70	5:06.00
91	40.80	7:58.00	44.10	5:08.00
90	41.00	8:00.00	44.50	5:10.00
89	41.20	8:02.00	44.90	5:12.00
88	41.40	8:04.00	45.30	5:14.00
87	41.60	8:06.00	45.70	5:16.00
86	41.80	8:08.00	46.10	5:18.00
85	42.00	8:10.00	46.50	5:20.00
84	42.20	8:12.00	46.90	5:22.00
83	42.40	8:14.00	47.30	5:24.00
82	42.60	8:16.00	47.70	5:26.00
81	42.80	8:18.00	48.10	5:28.00
80	43.00	8:20.00	48.50	5:30.00
79	43.20	8:22.00	48.90	5:32.00
78	43.40	8:24.00	49.30	5:34.00
77	43.60	8:26.00	49.70	5:36.00
76	43.80	8:28.00	50.10	5:38.00
75	44.00	8:31.00	50.30	5:40.00
74	44.20	8:34.00	50.50	5:42.00
73	44.40	8:37.00	50.70	5:44.00
72	44.60	8:40.00	50.80	5:46.00
71	44.80	8:43.00	50.90	5:47.00
70	45.50	8:45.50	51.00	5:48.00

续表

69	45.70	8.47.00	51.20	5.49.00
68	45.90	8.48.00	51.40	5.50.00
67	46.10	8.49.00	51.60	5.51.00
66	46.30	8.50.00	51.80	5.52.00
65	46.50	8.51.00	52.00	5.53.00
64	46.70	8.52.00	52.20	5.54.00
63	46.90	8.54.00	52.40	5.55.00
62	47.10	8.56.00	52.60	5.56.00
61	47.30	8.58.00	52.80	5.57.00
60	47.50	9.00.00	53.00	5.58.00
59	47.70	9.02.00	53.10	5.59.00
58	47.90	9.04.00	53.20	6.00.00
57	48.10	9.06.00	53.30	6.01.00
56	48.30	9.08.00	53.40	6.02.00
55	48.50	9.10.00	53.50	6.03.00
54	48.60	9.12.00	53.60	6.04.00
53	48.70	9.14.00	53.70	6.05.00
52	48.80	9.16.00	53.80	6.06.00
51	48.90	9.18.00	53.90	6.07.00
50	49.00	9.20.00	54.00	6.08.00
49	49.10	9.22.00	54.10	6.09.00
48	49.20	9.24.00	54.20	6.10.00
47	49.30	9.26.00	54.30	6.11.00
46	49.40	9.28.00	54.40	6.12.00
45	49.50	9.30.00	54.50	6.13.00

续表

44	49.60	9.3200	54.60	614.00
43	49.70	9.3400	54.70	615.00
42	49.80	9.3600	54.80	616.00
41	49.90	9.3800	54.90	617.00
40	50.00	9.4000	55.00	618.00
39	50.10	9.4200	55.10	619.00
38	50.20	9.4400	55.20	620.00
37	50.30	9.4600	55.30	621.00
36	50.40	9.4800	55.40	622.00
35	50.50	9.5000	55.50	623.00
34	50.60	9.5200	55.60	624.00
33	50.70	9.5400	55.70	625.00
32	50.80	9.5600	55.80	626.00
31	50.90	9.5800	55.90	627.00
30	51.00	10.0000	56.00	628.00
29	51.10	10.0200	56.10	629.00
28	51.20	10.0400	56.20	630.00
27	51.30	10.0600	56.30	631.00
26	51.40	10.0800	56.40	632.00
25	51.50	10.1000	56.50	633.00
24	51.60	10.1200	56.60	634.00
23	51.70	10.1400	56.70	635.00
22	51.80	10.1600	56.80	636.00
21	51.90	10.1800	56.90	637.00
20	52.00	10.2000	57.00	638.00

续表

19	52.10	10.22.00	57.10	6.39.00
18	52.20	10.24.00	57.20	6.40.00
17	52.30	10.26.00	57.30	6.41.00
16	52.40	10.28.00	57.40	6.42.00
15	52.50	10.30.00	57.50	6.43.00
14	52.60	10.32.00	57.60	6.44.00
13	52.70	10.34.00	57.70	6.45.00
12	52.80	10.36.00	57.80	6.46.00
11	52.90	10.38.00	57.90	6.47.00
10	53.00	10.40.00	58.00	6.48.00
9	53.10	10.42.00	58.10	6.49.00
8	53.20	10.44.00	58.20	6.50.00
7	53.30	10.46.00	58.30	6.51.00
6	53.40	10.48.00	58.40	6.52.00
5	53.50	10.50.00	58.50	6.53.00
4	53.60	10.52.00	58.60	6.54.00
3	53.70	10.54.00	58.70	6.55.00
2	53.80	10.56.00	58.80	6.56.00
1	53.90	10.58.00	58.90	6.57.00
0	54.00	11:00.00	59.00	6.58.00

02 短道速滑

	100

500 1500 500 1500

2-1

2-1

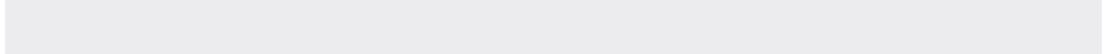
100	42.00	44.00	2:25.00	2:35.00
99	42.40	44.40	2:26.00	2:36.00
98	42.80	44.80	2:27.00	2:37.00
97	43.20	45.20	2:28.00	2:38.00
96	43.60	45.60	2:29.00	2:39.00
95	44.00	46.00	2:30.00	2:40.00

续表

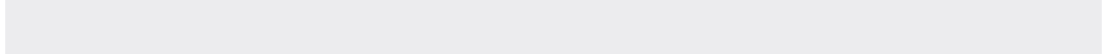
94	44.05	46.05	230.40	240.40
93	44.10	46.10	230.80	240.80
92	44.15	46.15	231.20	241.20
91	44.20	46.20	231.60	241.60
90	44.25	46.25	232.00	242.00
89	44.30	46.30	232.40	242.40
88	44.35	46.35	232.80	242.80
87	44.40	46.40	233.20	243.20
86	44.45	46.45	233.60	243.60
85	44.50	46.50	234.00	244.00
84	44.60	46.60	234.40	244.40
83	44.70	46.70	234.80	244.80
82	44.80	46.80	235.20	245.20
81	44.90	46.90	235.60	245.60
80	45.00	47.00	236.00	246.00
79	45.10	47.10	236.40	246.40
78	45.20	47.20	236.80	246.80
77	45.30	47.30	237.20	247.20
76	45.40	47.40	237.60	247.60
75	45.50	47.50	238.00	248.00
74	45.60	47.60	238.40	248.40
73	45.70	47.70	238.80	248.80
72	45.80	47.80	239.20	249.20
71	45.90	47.90	239.60	249.60
70	46.00	48.00	240.00	250.00

续表

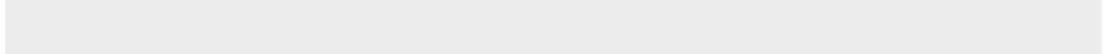
69	46.20	48.20	240.20	250.20
68	46.40	48.40	240.40	250.40
67	46.60	48.60	240.60	250.60
66	46.80	48.80	240.80	250.80
65	47.00	49.00	241.00	251.00
64	47.20	49.20	241.20	251.20
63	47.40	49.40	241.40	251.40
62	47.60	49.60	241.60	251.60
61	47.80	49.80	241.80	251.80
60	48.00	50.00	242.00	252.00
59	48.10	50.10	242.20	252.20
58	48.20	50.20	242.40	252.40
57	48.30	50.30	242.60	252.60
56	48.40	50.40	242.80	252.80
55	48.50	50.50	243.00	253.00
54	48.60	50.60	243.20	253.20
53	48.70	50.70	243.50	253.50
52	48.80	50.80	244.00	254.00
51	48.90	50.90	244.50	254.50
50	49.00	51.00	245.00	255.00
49	49.10	51.10	245.50	255.50
48	49.20	51.20	246.00	256.00
47	49.30	51.30	246.50	256.50
46	49.40	51.40	247.00	257.00
45	49.50	51.50	247.50	257.50



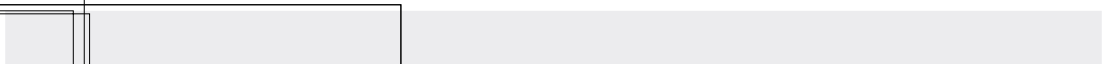
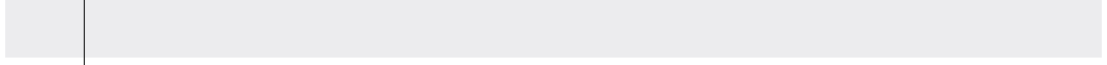
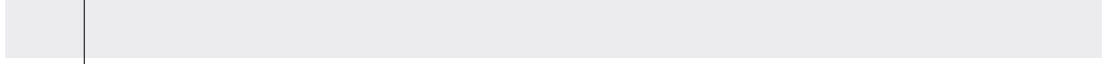
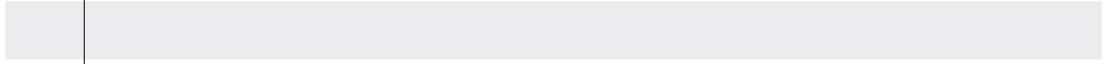
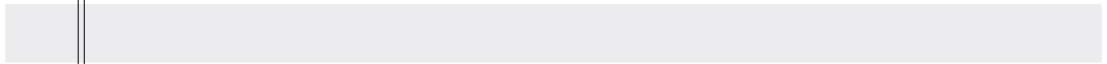
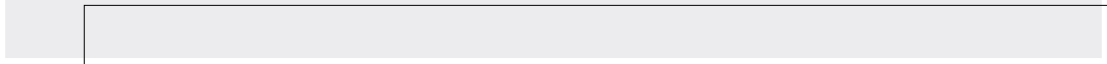
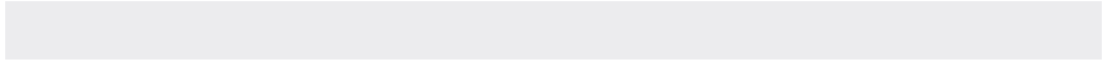
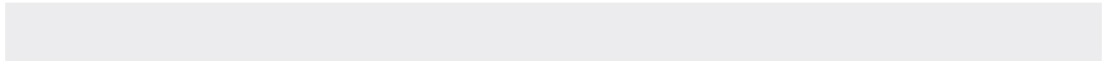
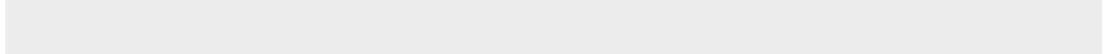
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续表

19	52.10	54.10	300.50	310.50
18	52.20	54.20	301.00	311.00
17	52.30	54.30	301.50	311.50
16	52.40	54.40	302.00	312.00
15	52.50	54.50	302.50	312.50
14	52.60	54.60	303.00	313.00
13	52.70	54.70	303.50	313.50
12	52.80	54.80	304.00	314.00
11	52.90	54.90	304.50	314.50
10	53.00	55.00	305.00	315.00
9	53.10	55.10	305.50	315.50
8	53.20	55.20	306.00	316.00
7	53.30	55.30	306.50	316.50
6	53.40	55.40	307.00	317.00
5	53.50	55.50	307.50	317.50
4	53.60	55.60	308.00	318.00
3	53.70	55.70	308.50	318.50
2	53.80	55.80	309.00	319.00
1	53.90	55.90	309.50	319.50
0	54.00	56.00	310.00	320.00

03 花样滑冰



	20	20	20	20	20	

1. 2 2 1 2

USB

2

3-1

10

1

3-1

10	86		
85	76		
75	60		
60			

1.

2

3 2

10

1

3-2

10 86	80%
85 7.6	70%- 80%
7.5 60	60%- 70%
60	60%



	20	20	20	20	20

1. 2 2 1
 2 ± 10 USB
 2 3 3
 10
 1

3-3

10 86	
85 76	
7.5 60	
60	

1.
 2 3 4
 10 1

3-4

10 86	80%
85 76	70%- 80%
7.5 60	60%- 70%
60	60%



	30	30	20	20

1. 1 30 ± 10 USB 1 1

2 3-5

10

1

3-5

10 86	
85 76	
7.5 60	
60	

1.

2

3-6

10

1

3-6

10	86	80%
85	76	70%- 80%
7.5	60	60%- 70%
60		60%

04 冰球

			8		
	20	10	20	10	40

1.

1

20

30

8.25

8.25

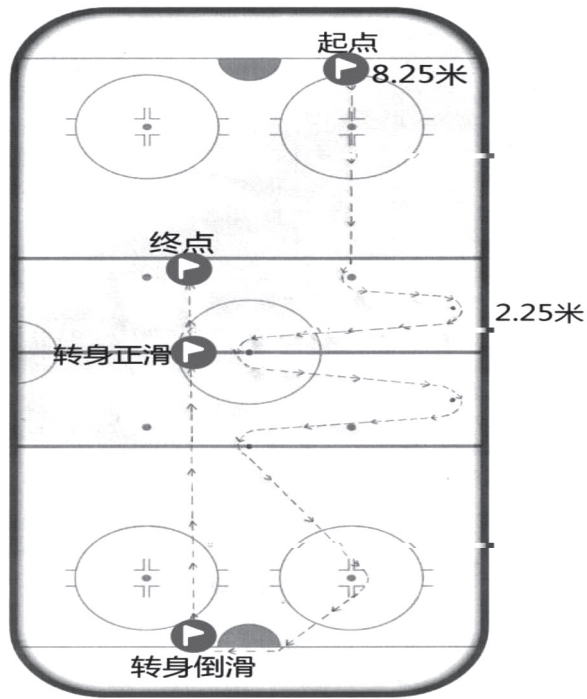
2.25

2

2

20

4.1



4-1

4-1

200	26:00	29:00
199	26:02	29:02
198	26:04	29:04
197	26:06	29:06
196	26:08	29:08
195	26:10	29:10
194	26:12	29:12
193	26:14	29:14
192	26:16	29:16
191	26:18	29:18
190	26:20	29:20

续表

189	26.22	29.22
188	26.24	29.24
187	26.26	29.26
186	26.28	29.28
185	26.30	29.30
184	26.32	29.32
183	26.34	29.34
182	26.36	29.36
181	26.38	29.38
180	26.40	29.40
17.9	26.42	29.42
17.8	26.44	29.44
17.7	26.46	29.46
17.6	26.48	29.48
17.5	26.50	29.50
17.4	26.52	29.52
17.3	26.54	29.54
17.2	26.56	29.56
17.1	26.58	29.58
17.0	26.60	29.60
16.9	26.62	29.62
16.8	26.64	29.64
16.7	26.66	29.66
16.6	26.68	29.68
16.5	26.70	29.70
16.4	26.72	29.72

续表

163	26.74	29.74
162	26.76	29.76
161	26.78	29.78
160	26.80	29.80
159	26.82	29.82
158	26.84	29.84
157	26.86	29.86
156	26.88	29.88
155	26.90	29.90
154	26.92	29.92
153	26.94	29.94
152	26.96	29.96
151	26.98	29.98
150	27.00	30.00
149	27.02	30.02
148	27.04	30.04
147	27.06	30.06
146	27.08	30.08
145	27.10	30.10
144	27.12	30.12
143	27.14	30.14
142	27.16	30.16
141	27.18	30.18
140	27.20	30.20
139	27.22	30.22
138	27.24	30.24

续表

137	27.26	30.26
136	27.28	30.28
135	27.30	30.30
134	27.32	30.32
133	27.34	30.34
132	27.36	30.36
131	27.38	30.38
130	27.40	30.40
129	27.42	30.42
128	27.44	30.44
127	27.46	30.46
126	27.48	30.48
125	27.50	30.50
124	27.52	30.52
123	27.54	30.54
122	27.56	30.56
121	27.58	30.58
120	27.60	30.60
11.9	27.62	30.62
11.8	27.64	30.64
11.7	27.66	30.66
11.6	27.68	30.68
11.5	27.70	30.70
11.4	27.72	30.72
11.3	27.74	30.74
11.2	27.76	30.76

续表

11.1	27.78	30.78
11.0	27.80	30.80
109	27.82	30.82
108	27.84	30.84
107	27.86	30.86
106	27.88	30.88
105	27.90	30.90
104	27.92	30.92
103	27.94	30.94
102	27.96	30.96
101	27.98	30.98
100	28.00	31.00
99	28.02	31.02
98	28.04	31.04
97	28.06	31.06
96	28.08	31.08
95	28.10	31.10
94	28.12	31.12
93	28.14	31.14
92	28.16	31.16
91	28.18	31.18
90	28.20	31.20
89	28.22	31.22
88	28.24	31.24
87	28.26	31.26
86	28.28	31.28

续表

85	28.30	31.30
84	28.32	31.32
83	28.34	31.34
82	28.36	31.36
81	28.38	31.38
80	28.40	31.40
7.9	28.42	31.42
7.8	28.44	31.44
7.7	28.46	31.46
7.6	28.48	31.48
7.5	28.50	31.50
7.4	28.52	31.52
7.3	28.54	31.54
7.2	28.56	31.56
7.1	28.58	31.58
7.0	28.60	31.60
6.9	28.62	31.62
6.8	28.64	31.64
6.7	28.66	31.66
6.6	28.68	31.68
6.5	28.70	31.70
6.4	28.72	31.72
6.3	28.74	31.74
6.2	28.76	31.76
6.1	28.78	31.78
6.0	28.80	31.80

续表

33	29.34	32.34
32	29.36	32.36
31	29.38	32.38
30	29.40	32.40
29	29.42	32.42
28	29.44	32.44
27	29.46	32.46
26	29.48	32.48
25	29.50	32.50
24	29.52	32.52
23	29.54	32.54
22	29.56	32.56
21	29.58	32.58
20	29.60	32.60
1.9	29.62	32.62
1.8	29.64	32.64
1.7	29.66	32.66
1.6	29.68	32.68
1.5	29.70	32.70
1.4	29.72	32.72
1.3	29.74	32.74
1.2	29.76	32.76
1.1	29.78	32.78
1.0	29.80	32.80
0.9	29.82	32.82
0.8	29.84	32.84

续表

Q7	29.86	32.86
Q6	29.88	32.88
Q5	29.90	32.90
Q4	29.92	32.92
Q3	29.94	32.94
Q2	29.96	32.96
Q1	29.98	32.98
0	30.00	33.00

2		
1		50
30	2	
2	4 2	

4-2

10	121	45	66-70
95	116-120	40	61-65
90	111-115	35	56-60
85	106-110	30	51-55
80	101-105	25	46-50
75	96-100	20	41-45
70	91-95	15	36-40
65	86-90	10	31-35
60	81-85	05	26-30
55	76-80	0	26
50	71-75		

3" 8"

1

2

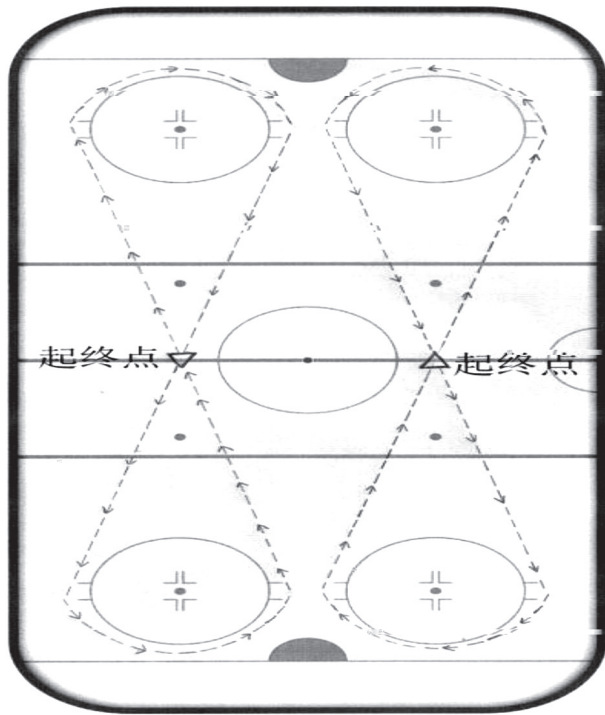
2

" 8"

2

20

4 3



4-2" 8"

4-3 " 8"



续表

150	1:12.50	1:22.50
148	1:13.00	1:23.00
146	1:13.50	1:23.50
144	1:14.00	1:24.00
142	1:14.50	1:24.50
140	1:15.00	1:25.00
138	1:15.50	1:25.50
136	1:16.00	1:26.00
134	1:16.50	1:26.50
132	1:17.00	1:27.00
130	1:17.50	1:27.50
128	1:18.00	1:28.00
126	1:18.50	1:28.50
124	1:19.00	1:29.00
122	1:19.50	1:29.50
120	1:20.00	1:30.00
11.8	1:20.50	1:30.50
11.6	1:21.00	1:31.00
11.4	1:21.50	1:31.50
11.2	1:22.00	1:32.00
11.0	1:22.50	1:32.50
10.8	1:23.00	1:33.00
10.6	1:23.50	1:33.50
10.4	1:24.00	1:34.00
10.2	1:24.50	1:34.50
10.0	1:25.00	1:35.00

续表

98	1:25.50	1:35.50
96	1:26.00	1:36.00
94	1:26.50	1:36.50
92	1:27.00	1:37.00
90	1:27.50	1:37.50
88	1:28.00	1:38.00
86	1:28.50	1:38.50
84	1:29.00	1:39.00
82	1:29.50	1:39.50
80	1:30.00	1:40.00
78	1:30.50	1:40.50
76	1:31.00	1:41.00
74	1:31.50	1:41.50
72	1:32.00	1:42.00
70	1:32.50	1:42.50
68	1:33.00	1:43.00
66	1:33.50	1:43.50
64	1:34.00	1:44.00
62	1:34.50	1:44.50
60	1:35.00	1:45.00
58	1:35.50	1:45.50
56	1:36.00	1:46.00
54	1:36.50	1:46.50
52	1:37.00	1:47.00
50	1:37.50	1:47.50
48	1:38.00	1:48.00

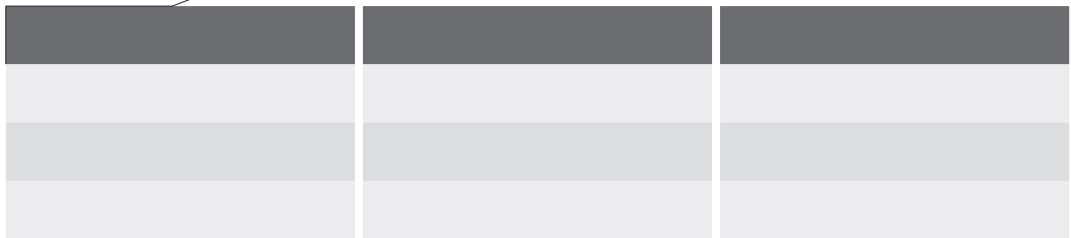
续表

46	1:38.50	1:48.50
44	1:39.00	1:49.00
42	1:39.50	1:49.50
40	1:40.00	1:50.00
38	1:40.50	1:50.50
36	1:41.00	1:51.00
34	1:41.50	1:51.50
32	1:42.00	1:52.00
30	1:42.50	1:52.50
28	1:43.00	1:53.00
26	1:43.50	1:53.50
24	1:44.00	1:54.00
22	1:44.50	1:54.50
20	1:45.00	1:55.00
1.8	1:45.50	1:55.50
1.6	1:46.00	1:56.00
1.4	1:46.50	1:56.50
1.2	1:47.00	1:57.00
1.0	1:47.50	1:57.50
0.8	1:48.00	1:58.00
0.6	1:48.50	1:58.50
0.4	1:49.00	1:59.00
0.2	1:49.50	1:59.50
0.0	1:50.00	2:00.00

4
 1 1 8 9 60
 3 5
 2

3 4 4 10 3 3
 9 3 10 3 3
 0

4-4



4-5

10 86	
85 7.6	
7.5 60	
60	

“ 8”

05 冰壺

	20	20	20	40

1.

1

2

1

5-1

20%

2

2

5-1

100	400	37.0	86	37.2	34.2	72	32.8	28.8
99	39.8	36.8	85	37.0	34.0	71	32.4	28.4
98	39.6	36.6	84	36.7	33.7	70	32.0	28.0
97	39.4	36.4	83	36.4	33.4	69	31.6	27.6
96	39.2	36.2	82	36.1	33.1	68	31.2	27.2
95	39.0	36.0	81	35.8	32.8	67	30.8	26.8
94	38.8	35.8	80	35.5	32.5	66	30.4	26.4
93	38.6	35.6	79	35.2	32.2	65	30.0	26.0
92	38.4	35.4	78	34.9	30.9	64	29.6	25.6
91	38.2	35.2	77	34.6	30.6	63	29.2	25.2
90	38.0	35.0	76	34.3	30.3	62	28.8	24.8
89	37.8	34.8	75	34.0	30.0	61	28.4	24.4
88	37.6	34.6	74	33.6	29.6	60	28.0	24.0
87	37.4	34.4	73	33.2	29.2			

2

1

3

1

1

1

2

4

6

5-1

2

5-2

3

1

20%

5-1

5-2



5-2

2

5-3

3

1

20%

5-3

100	
95 99	
90 94	
85 89	
80 84	
75 79	
70 74	
65 69	
61 64	
60	
0	

1.

4

	1	1			
	2	1	4		N
N+1	3	4	8		N
N+1	2			5-4	

5-4

10 86	
85 76	
75 60	
60	

06 越野滑雪

	100

1. 1 1

1 1

0.05

4 30

2

6-1

6-1

100	235.00	256.00
99	236.00	257.00
98	237.00	258.00

续表

97	238.00	259.00
96	239.00	300.00
95	240.00	301.00
94	241.00	302.00
93	242.00	303.00
92	243.00	304.00
91	244.00	305.00
90	245.00	306.00
89	247.00	308.00
88	249.00	310.00
87	251.00	312.00
86	253.00	314.00
85	255.00	316.00
84	257.00	318.00
83	259.00	320.00
82	301.00	322.00
81	303.00	324.00
80	305.00	326.00
79	308.00	329.00
78	311.00	332.00
77	314.00	335.00
76	317.00	338.00
75	320.00	341.00
74	323.00	344.00
73	325.00	347.00

续表

72	328.00	350.00
71	331.00	353.00
70	334.00	356.00
69	338.00	400.00
68	342.00	404.00
67	346.00	408.00
66	350.00	412.00
65	354.00	416.00
64	358.00	420.00
63	402.00	424.00
62	406.00	428.00
61	410.00	432.00
60	414.00	436.00
59	419.00	441.00
58	424.00	446.00
57	429.00	451.00
56	434.00	456.00
55	439.00	501.00
54	444.00	506.00
53	449.00	511.00
52	454.00	516.00
51	459.00	521.00
50	504.00	526.00
49	514.00	636.00
48	524.00	646.00

续表

47	5:34:00	6:56:00
46	5:44:00	7:06:00
45	5:54:00	7:16:00
44	6:04:00	7:26:00
43	6:14:00	7:36:00
42	6:24:00	7:46:00
41	6:34:00	7:56:00
40	6:44:00	8:06:00
39	6:54:00	8:16:00
38	7:04:00	8:26:00
37	7:14:00	8:36:00
36	7:24:00	8:46:00
35	7:34:00	8:56:00
34	7:44:00	9:06:00
33	7:54:00	9:16:00
32	8:04:00	9:26:00
31	8:14:00	9:36:00
30	8:24:00	9:46:00
29	8:34:00	9:56:00
28	8:44:00	10:06:00
27	8:54:00	10:16:00
26	9:04:00	10:26:00
25	9:14:00	10:36:00
24	9:24:00	10:46:00
23	9:34:00	10:56:00

续表

22	9:44:00	11:06:00
21	9:54:00	11:16:00
20	10:04:00	11:26:00
19	10:14:00	11:36:00
18	10:24:00	11:46:00
17	10:34:00	11:56:00
16	10:44:00	12:06:00
15	10:54:00	12:16:00
14	11:04:00	12:26:00
13	11:14:00	12:36:00
12	11:24:00	12:46:00
11	11:34:00	12:56:00
10	11:44:00	13:06:00
9	11:54:00	13:16:00
8	12:04:00	13:26:00
7	12:14:00	13:36:00
6	12:24:00	13:46:00
5	12:34:00	13:56:00
4	12:44:00	14:06:00
3	12:54:00	14:16:00
2	13:04:00	14:26:00
1	13:14:00	14:36:00
0	13:24:00	14:46:00

07 高山滑雪

	30	70

$$15 \quad 25 \quad 10 \quad 12 \quad 25 \times 7$$

1.

1

2

1

$$7-1 \quad 10$$

1

2

$$10 \quad 1 \quad 30$$

$$1 \quad 30 \quad 0$$

$$= \frac{N-R+1}{N} \times 40+30 \quad N \quad R$$

7-1

10 86	
85 76	
75 60	
60	

08 跳台滑雪

		50		50

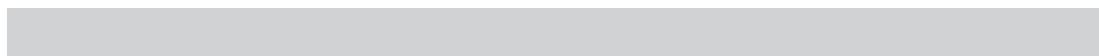
1. K50 1
 2 8-1
 10 1
 8-1

10 86	
85 76	
75 60	
60	

K50

N N 45 50 N<45
=N/45× 50

09 自由式滑雪



	20	50	30

1.70

2

9-1 9-3

10 1

9-1

10 86	“ ” 2 4
85 7.0	45
	2-4

续表

69	45 “ ” 2-4

9-2

10 86	90
85 7.0	90
69	90

9-3

10 86	
85 7.0	
69	



		60			20			20

1.

1

2

9-4

10

1

9-4

10	86		
85	76		
7.5	60		
60			

1.

2

9 5

10

1

9-5

10 86	
85 76	
75 60	
60	

1.

2

$$= \frac{N-R+1}{N} \times 20 \quad N \quad R$$

10 单板滑雪



	30	70

15 25 8 10 23 ± 2

1.

1

2

1

10-1

10

1

10-1

10 86		

续表

85 7.6	
7.5 60	
60	

2

$$= \frac{N-R+1}{N} \times 40+30 \quad N \quad R \quad 1 \quad 30$$



U

	10	10	20	60

U

10-2

10

1

10-2 U

10 86	
85 7.0	
69	

U

11 冬季两项

	100

6

6
Q2

6

4

30

11-1

6

11-1

100	14:40.00	16:40.00
99	14:40.50	16:40.50
98	14:41.00	16:41.00
97	14:41.50	16:41.50

续表

96	14:42:00	16:42:00
95	14:42:50	16:42:50
94	14:43:00	16:43:00
93	14:43:50	16:43:50
92	14:44:00	16:44:00
91	14:44:50	16:44:50
90	14:45:00	16:45:00
89	14:45:50	16:45:50
88	14:46:00	16:46:00
87	14:47:00	16:47:00
86	14:48:00	16:48:00
85	14:49:00	16:49:00
84	14:50:00	16:50:00
83	14:51:00	16:51:00
82	14:52:00	16:52:00
81	14:53:00	16:53:00
80	14:54:00	16:54:00
79	14:56:00	16:56:00
78	14:58:00	16:58:00
77	15:00:00	17:00:00
76	15:02:00	17:02:00
75	15:04:00	17:04:00
74	15:06:00	17:06:00
73	15:08:00	17:08:00
72	15:10:00	17:10:00

续表

71	15:12:00	17:12:00
70	15:14:00	17:14:00
69	15:18:00	17:18:00
68	15:22:00	17:22:00
67	15:26:00	17:26:00
66	15:30:00	17:30:00
65	15:34:00	17:34:00
64	15:38:00	17:38:00
63	15:42:00	17:42:00
62	15:46:00	17:46:00
61	15:50:00	17:50:00
60	15:54:00	17:54:00
59	15:58:00	17:58:00
58	16:06:00	18:06:00
57	16:14:00	18:14:00
56	16:22:00	18:22:00
55	16:30:00	18:30:00
54	16:38:00	18:38:00
53	16:46:00	18:46:00
52	16:54:00	18:54:00
51	17:02:00	19:02:00
50	17:10:00	19:10:00
49	17:20:00	19:20:00
48	17:30:00	19:30:00
47	17:40:00	19:40:00

续表

46	17:50:00	19:50:00
45	18:00:00	20:00:00
44	18:10:00	20:10:00
43	18:20:00	20:20:00
42	18:30:00	20:30:00
41	18:40:00	20:40:00
40	18:52:00	20:52:00
39	19:04:00	21:04:00
38	19:16:00	21:16:00
37	19:28:00	21:28:00
36	19:40:00	21:40:00
35	19:52:00	21:52:00
34	20:04:00	22:04:00
33	20:16:00	22:16:00
32	20:28:00	22:28:00
31	20:40:00	22:40:00
30	20:52:00	22:52:00
29	21:04:00	23:04:00
28	21:16:00	23:16:00
27	21:28:00	23:28:00
26	21:40:00	23:40:00
25	21:52:00	23:52:00
24	22:04:00	24:04:00
23	22:16:00	24:16:00
22	22:28:00	24:28:00

续表

21	22:40:00	24:40:00
20	22:52:00	24:52:00
19	23:04:00	25:04:00
18	23:16:00	25:16:00
17	23:28:00	25:28:00
16	23:40:00	25:40:00
15	23:52:00	25:52:00
14	24:04:00	26:04:00
13	24:16:00	26:16:00
12	24:28:00	26:28:00
11	24:40:00	26:40:00
10	24:52:00	26:52:00
9	25:04:00	27:04:00
8	25:16:00	27:16:00
7	25:28:00	27:28:00
6	25:40:00	27:40:00
5	25:52:00	27:52:00
4	26:04:00	28:04:00
3	26:16:00	28:16:00
2	26:28:00	28:28:00
1	26:40:00	28:40:00