

00:37.66	00:37.82	00:38.08	00:37.18	00:37.53	00:37.71	00:37.18	00:38.11	00:38.21	00:37.35		
			18:37.47	18:02.66	17:25.49	16:48.18	16:10.50	15:32.51	14:55.31	14:17.41	
			00:34.81	00:37.17	00:37.31	00:37.68	00:37.99	00:37.20	00:37.90		

497	+ 0.73	19:20.72	מכבי כפר המכביה			2007	אופק	יעקובוביץ	0	2	5
06:51.55	06:12.38	05:33.61	04:54.64	04:16.15	03:37.64	02:59.77	02:22.25	01:44.87	01:07.99	00:32.24	
00:39.17	00:38.77	00:38.97	00:38.49	00:38.51	00:37.87	00:37.52	00:37.38	00:36.88	00:35.75		
14:07.05	13:27.12	12:47.87	12:08.12	11:28.47	10:48.75	10:09.03	09:29.51	08:50.27	08:10.54	07:31.03	
00:39.93	00:39.25	00:39.75	00:39.65	00:39.72	00:39.72	00:39.52	00:39.24	00:39.73	00:39.51		
			19:20.72	18:42.04	18:03.24	17:25.08	16:46.52	16:06.56	15:26.61	14:46.55	
			00:38.68	00:38.80	00:38.16	00:38.56	00:39.96	00:39.95	00:40.06		

486	+ 0.60	19:29.55	מכבי נהריה			2007	עדי	פלג	9	2	6
06:48.02	06:09.36	05:30.66	04:51.68	04:13.12	03:34.80	02:57.46	02:20.48	01:43.65	01:07.45	00:31.92	
00:38.66	00:38.70	00:38.98	00:38.56	00:38.32	00:37.34	00:36.98	00:36.83	00:36.20	00:35.53		
14:10.45	13:29.65	12:49.11	12:08.26	11:27.40	10:46.73	10:06.67	09:26.22	08:46.24	08:06.77	07:27.42	
00:40.80	00:40.54	00:40.85	00:40.86	00:40.67	00:40.06	00:40.45	00:39.98	00:39.47	00:39.35		
			19:29.55	18:51.81	18:12.02	17:31.80	16:51.12	16:10.97	15:30.64	14:50.40	
			00:37.74	00:39.79	00:40.22	00:40.68	00:40.15	00:40.33	00:40.24		

484	+ 0.75	19:30.62	הפועל עומר			2007	חגית	ספרינצין	4	1	7
07:05.24	06:26.26	05:47.09	05:08.41	04:29.13	03:49.95	03:10.60	02:31.97	01:52.85	01:13.91	00:35.54	
00:38.98	00:39.17	00:38.68	00:39.28	00:39.18	00:39.35	00:38.63	00:39.12	00:38.94	00:38.37		
14:20.10	13:40.66	13:00.82	12:21.05	11:41.85	11:01.90	10:22.25	09:42.23	09:03.0	08:23.63	07:44.46	
00:39.44	00:39.84	00:39.77	00:39.20	00:39.95	00:39.65	00:40.02	00:39.23	00:39.37	00:39.17		
			19:30.62	18:54.14	18:15.80	17:36.85	16:58.01	16:18.44	15:38.89	14:59.42	
			00:36.48	00:38.34	00:38.95	00:38.84	00:39.57	00:39.55	00:39.47		

449	+ 0.75	20:00.35	הפועל כפר סבא ב. ב.			2007	שירה	קדם	6	1	8
07:04.35	06:24.79	05:44.99	05:05.35	04:26.24	03:47.44	03:08.52	02:30.08	01:51.12	01:12.01	00:33.99	
00:39.56	00:39.80	00:39.64	00:39.11	00:38.80	00:38.92	00:38.44	00:38.96	00:39.11	00:38.02		
14:28.78	13:47.52	13:06.75	12:25.76	11:45.89	11:05.20	10:24.71	09:44.23	09:04.24	08:24.48	07:44.58	
00:41.26	00:40.77	00:40.99	00:39.87	00:40.69	00:40.49	00:40.48	00:39.99	00:39.76	00:39.90		
			20:00.35	19:19.47	18:38.58	17:57.10	17:15.76	16:34.11	15:52.23	15:10.53	
			00:40.88	00:40.89	00:41.48	00:41.34	00:41.65	00:41.88	00:41.70		

445	+ 0.77	20:04.58	הפועל כפר סבא ב. ב.			2007	שי	רפאלי	3	1	9
07:14.91	06:35.07	05:54.55	05:14.33	04:33.99	03:53.56	03:13.10	02:32.83	01:53.01	01:13.47	00:34.79	
00:39.84	00:40.52	00:40.22	00:40.34	00:40.43	00:40.46	00:40.27	00:39.82	00:39.54	00:38.68		
14:43.68	14:02.65	13:21.62	12:40.12	11:59.27	11:18.43	10:37.49	09:57.03	09:16.54	08:36.03	07:55.25	
00:41.03	00:41.03	00:41.50	00:40.85	00:40.84	00:40.94	00:40.46	00:40.49	00:40.51	00:40.78		
			20:04.58	19:25.74	18:46.34	18:06.78	17:26.46	16:46.73	16:05.86	15:24.51	
			00:38.84	00:39.40	00:39.56	00:40.32	00:39.73	00:40.87	00:41.35		

בנות 15

733	+ 0.70	16:59.75	מכבי קרית ביאליק			2006	עומר	שורץ	3	3	1
06:07.53	05:33.25	04:59.23	04:24.98	03:50.64	03:16.70	02:42.82	02:09.41	01:36.20	01:03.04	00:30.33	
00:34.28	00:34.02	00:34.25	00:34.34	00:33.94	00:33.88	00:33.41	00:33.21	00:33.16	00:32.71		
12:25.47	11:51.09	11:16.48	10:42.11	10:07.47	09:33.02	08:58.43	08:24.18	07:50.34	07:15.90	06:41.68	
00:34.38	00:34.61	00:34.37	00:34.64	00:34.45	00:34.59	00:34.25	00:33.84	00:34.44	00:34.22		
			16:59.75	16:27.11	15:52.55	15:18.04	14:43.48	14:08.92	13:34.05	12:59.51	
			00:32.64	00:34.56	00:34.51	00:34.56	00:34.56	00:34.87	00:34.54		

699	+ 0.78	17:16.21	הפועל בת ים			2006	אופק	אדיר	2	3	2
06:15.88	05:40.83	05:06.16	04:31.53	03:56.64	03:22.06	02:47.55	02:13.38	01:39.15	01:04.60	00:30.86	
00:35.05	00:34.67	00:34.63	00:34.89	00:34.58	00:34.51	00:34.17	00:34.23	00:34.55	00:33.74		
12:38.46	12:03.60	11:28.81	10:54.06	10:19.32	09:44.58	09:09.87	08:35.24	08:00.73	07:25.78	06:50.72	
00:34.86	00:34.79	00:34.75	00:34.74	00:34.74	00:34.71	00:34.63	00:34.51	00:34.95	00:35.06		
			17:16.21	16:43.44	16:08.71	15:33.76	14:58.61	14:23.61	13:48.48	13:13.37	
			00:32.77	00:34.73	00:34.95	00:35.15	00:35.0	00:35.13	00:35.11		

607	+ 0.79	18:06.06	הפועל עירוני הוד השרון			2006	עפרי	דואק	2	2	3
06:37.65	06:01.60	05:25.29	04:48.85	04:11.76	03:34.66	02:58.05	02:21.54	01:44.71	01:08.36	00:32.68	
00:36.05	00:36.31	00:36.44	00:37.09	00:37.10	00:36.61	00:36.51	00:36.83	00:36.35	00:35.68		
13:16.48	12:40.37	12:02.89	11:26.69	10:50.68	10:14.81	09:38.98	09:03.37	08:26.64	07:49.88	07:13.58	
00:36.11	00:37.48	00:36.20	00:36.01	00:35.87	00:35.83	00:35.61	00:36.73	00:36.76	00:36.30		
			18:06.06	17:31.54	16:55.54	16:18.65	15:42.96	15:05.97	14:29.10	13:52.55	
			00:34.52	00:36.0	00:36.89	00:35.69	00:36.99	00:36.87	00:36.55		

נשים 16-17

709	+ 0.70	17:10.94	הפועל בת ים			2004	בקי	פוזדנר	5	3	1
06:01.41	05:27.91	04:54.56	04:21.27	03:48.0	03:14.54	02:41.21	02:07.84	01:34.79	01:02.11	00:29.82	
00:33.50	00:33.35	00:33.29	00:33.27	00:33.46	00:33.33	00:33.37	00:33.05	00:32.68	00:32.29		
12:22.63	11:46.09	11:10.32	10:35.44	10:00.52	09:25.28	08:51.08	08:16.87	07:42.75	07:08.95	06:35.16	
00:36.54	00:35.77	00:34.88	00:34.92	00:35.24	00:34.20	00:34.21	00:34.12	00:33.80	00:33.79		

			17:10.94	16:36.53	16:01.10	15:25.40	14:49.45	14:13.82	13:36.95	12:59.68
			00:34.41	00:35.43	00:35.70	00:35.95	00:35.63	00:36.87	00:37.27	
703	+ 0.76	17:13.94	הפועל כפר סבא ב.ב.		2004	עדן	גולדנברג	8	3	2
06:12.31	05:37.86	05:03.45	04:28.95	03:54.66	03:20.22	02:46.0	02:11.75	01:37.69	01:03.79	00:30.61
00:34.45	00:34.41	00:34.50	00:34.29	00:34.44	00:34.22	00:34.25	00:34.06	00:33.90	00:33.18	
12:34.78	11:59.35	11:24.22	10:49.47	10:14.41	09:39.26	09:04.52	08:29.92	07:55.23	07:21.19	06:46.66
00:35.43	00:35.13	00:34.75	00:35.06	00:35.15	00:34.74	00:34.60	00:34.69	00:34.04	00:34.53	
			17:13.94	16:40.12	16:05.03	15:29.78	14:54.80	14:19.50	13:44.76	13:09.54
			00:33.82	00:35.09	00:35.25	00:34.98	00:35.30	00:34.74	00:35.22	

674	+ 0.74	17:28.70	הפועל בת ים		2005	רומי	חביב	7	3	3
06:12.24	05:37.65	05:03.31	04:28.86	03:54.50	03:20.19	02:45.86	02:11.47	01:37.67	01:03.85	00:30.49
00:34.59	00:34.34	00:34.45	00:34.36	00:34.31	00:34.33	00:34.39	00:33.80	00:33.82	00:33.36	
12:42.70	12:06.65	11:30.80	10:54.75	10:19.02	09:43.57	09:08.21	08:33.08	07:57.45	07:22.02	06:46.89
00:36.05	00:35.85	00:36.05	00:35.73	00:35.45	00:35.36	00:35.13	00:35.63	00:35.43	00:35.13	
			17:28.70	16:54.49	16:18.44	15:42.20	15:05.95	14:30.13	13:53.92	13:18.49
			00:34.21	00:36.05	00:36.24	00:36.25	00:35.82	00:36.21	00:35.43	

654	+ 0.81	17:39.55	הפועל עמק יזרעאל		2004	טל	אשכנזי	0	3	4
06:25.40	05:49.99	05:14.34	04:39.25	04:03.88	03:28.50	02:52.99	02:17.58	01:42.23	01:06.96	00:32.05
00:35.41	00:35.65	00:35.09	00:35.37	00:35.38	00:35.51	00:35.41	00:35.35	00:35.27	00:34.91	
12:56.53	12:20.43	11:44.88	11:09.27	10:33.77	09:58.05	09:22.52	08:47.01	08:11.40	07:35.90	07:00.58
00:36.10	00:35.55	00:35.61	00:35.50	00:35.72	00:35.53	00:35.51	00:35.61	00:35.50	00:35.32	
			17:39.55	17:04.89	16:29.39	15:54.10	15:18.63	14:43.04	14:07.68	13:32.05
			00:34.66	00:35.50	00:35.29	00:35.47	00:35.59	00:35.36	00:35.63	

597	+ 0.80	18:11.87	מכבי וייטל		2005	שי - לי	רוזנבוים	4	2	5
06:43.83	06:06.68	05:29.50	04:52.78	04:15.16	03:37.80	03:00.20	02:22.97	01:45.43	01:08.56	00:32.61
00:37.15	00:37.18	00:36.72	00:37.62	00:37.36	00:37.60	00:37.23	00:37.54	00:36.87	00:35.95	
13:24.02	12:48.08	12:11.85	11:35.80	10:59.86	10:23.47	09:47.95	09:11.13	08:34.35	07:57.76	07:20.74
00:35.94	00:36.23	00:36.05	00:35.94	00:36.39	00:35.52	00:36.82	00:36.78	00:36.59	00:37.02	
			18:11.87	17:37.55	17:01.73	16:25.95	15:49.41	15:13.09	14:36.72	14:00.40
			00:34.32	00:35.82	00:35.78	00:36.54	00:36.32	00:36.37	00:36.32	

נשים 18-99

754	+ 0.75	16:50.44	הפועל עירוני הוד השרון		2003	אורין	גבלן	4	3	1
06:01.49	05:27.93	04:54.48	04:21.19	03:47.83	03:14.55	02:41.36	02:08.05	01:35.09	01:02.34	00:29.97
00:33.56	00:33.45	00:33.29	00:33.36	00:33.28	00:33.19	00:33.31	00:32.96	00:32.75	00:32.37	
12:14.89	11:40.59	11:06.08	10:31.84	09:57.46	09:23.48	08:49.56	08:16.10	07:42.39	07:08.63	06:35.07
00:34.30	00:34.51	00:34.24	00:34.38	00:33.98	00:33.92	00:33.46	00:33.71	00:33.76	00:33.56	
			16:50.44	16:17.68	15:43.13	15:08.55	14:33.95	13:59.01	13:24.57	12:49.84
			00:32.76	00:34.55	00:34.58	00:34.60	00:34.94	00:34.44	00:34.73	

744	+ 0.68	16:54.87	הפועל בית שמש		1993	אוה מריאל	פביאן	6	3	2
06:10.02	05:36.26	05:02.19	04:28.44	03:54.27	03:20.44	02:46.40	02:12.66	01:38.92	01:05.11	00:31.23
00:33.76	00:34.07	00:33.75	00:34.17	00:33.83	00:34.04	00:33.74	00:33.74	00:33.81	00:33.88	
12:23.90	11:49.78	11:15.79	10:41.88	10:07.97	09:33.76	09:00.04	08:26.10	07:52.03	07:18.0	06:43.87
00:34.12	00:33.99	00:33.91	00:33.91	00:34.21	00:33.72	00:33.94	00:34.07	00:34.03	00:34.13	
			16:54.87	16:22.17	15:48.50	15:14.37	14:40.40	14:06.23	13:32.04	12:58.01
			00:32.70	00:33.67	00:34.13	00:33.97	00:34.17	00:34.19	00:34.03	

675	+ 0.76	17:28.15	הפועל בית שמש		2000	עדן	גירלואנצה	1	3	3
06:15.98	05:41.15	05:06.50	04:31.51	03:56.86	03:21.74	02:46.95	02:12.53	01:38.13	01:04.06	00:30.44
00:34.83	00:34.65	00:34.99	00:34.65	00:35.12	00:34.79	00:34.42	00:34.40	00:34.07	00:33.62	
12:43.81	12:07.98	11:32.24	10:56.44	10:21.25	09:46.0	09:10.86	08:35.96	08:01.06	07:25.78	06:50.87
00:35.83	00:35.74	00:35.80	00:35.19	00:35.25	00:35.14	00:34.90	00:34.90	00:35.28	00:34.91	
			17:28.15	16:53.79	16:18.48	15:42.43	15:07.08	14:31.10	13:55.45	13:19.68
			00:34.36	00:35.31	00:36.05	00:35.35	00:35.98	00:35.65	00:35.77	

589	+ 0.83	18:16.95	מכבי כפר המכביה		2003	שלי	ארז	3	2	4
06:37.17	06:01.16	05:24.96	04:48.49	04:11.77	03:35.15	02:59.08	02:22.16	01:45.59	01:08.80	00:32.77
00:36.01	00:36.20	00:36.47	00:36.72	00:36.62	00:36.07	00:36.92	00:36.57	00:36.79	00:36.03	
13:22.26	12:45.24	12:08.24	11:31.20	10:54.05	10:17.51	09:40.81	09:03.48	08:26.79	07:49.79	07:13.49
00:37.02	00:37.0	00:37.04	00:37.15	00:36.54	00:36.70	00:37.33	00:36.69	00:37.0	00:36.30	
			18:16.95	17:41.55	17:04.37	16:26.67	15:50.21	15:13.13	14:36.26	13:59.19
			00:35.40	00:37.18	00:37.70	00:36.46	00:37.08	00:36.87	00:37.07	