

: 2019. 10. 16()~ 10.18()

:

				가
PR2M1x	1		05:11.91	
	2		05:36.58	
	3		06:24.44	
	4		06:37.90	
	5		06:48.54	
	6		07:31.07	
PR3W1x	1		05:22.70	
	2		06:25.40	
	3		06:48.68	
	4		14:45.62	
PR1W1x	1		06:20.95	
	2		07:24.98	
	3		08:47.66	
	4		09:49.70	
	5		12:25.24	
PR3M1x	1		04:34.84	
	2		04:41.99	
	3		04:43.14	
	4		04:54.54	
	5		05:10.11	
	6		05:38.16	
PR1M1x	1		05:20.12	
	2		06:08.44	
	3		06:39.86	
	4		06:53.38	
	5		07:25.88	
	6		08:34.05	
PR2W1x	1		05:57.33	
	2		06:26.08	
	3		06:48.50	
	4		07:04.59	
	5		07:20.28	
	6		08:18.71	

				가
PR3Mix2x	1		04:21.04	
	2		04:30.33	
	3		04:45.55	
	4		04:52.78	
PR2Mix2x	1		05:17.80	
	2		05:38.76	
	3		05:55.06	
	4		06:19.31	
	5		06:58.39	
	6		09:45.58	
PR3-ID Mix4+	1		04:25.40	(COX)
	2		04:38.33	(COX)
	3		05:08.91	(COX)

				가
	4		05:19.37	(COX)
	5		06:02.05	(COX)
	6		07:23.07	(COX)
PR3M2x	1		03:59.53	
	2		04:07.59	
	3		05:00.80	
	4		05:05.09	
PR2M2x	1		05:23.49	
	2		06:05.12	
	3		06:30.84	
	4		07:15.54	
PR3 Mix 4+	1		04:38.01	(COX)
	2		04:58.25	(COX)

				가
	3		05:15.77	(COX)
	4		07:40.48	(COX)

				가
PR3-VI 1,000m	1		03:14.00	
	2		03:15.20	
	3		03:18.80	
	4		03:27.90	
	5		03:35.60	
PR3-VI 1,000m	1		03:49.50	
	2		03:56.10	
	3		03:57.70	
	4		04:02.50	
	5		04:29.20	
PR3-ID 1,000m	1		03:10.70	
	2		03:13.80	
	3		03:18.50	
	4		03:19.90	가
	5		03:23.00	
PR3-ID 1,000m	1		03:46.60	
	2		03:53.20	
	3		03:54.80	
	4		04:08.00	
	5		04:24.80	
PR3-ID 1,000m	1		03:42.60	
	2		03:44.2	
	3		03:49.70	
	4		03:57.00	가
	5		04:08.60	

				가
	6		04:22.70	
	7		04:24.00	
PR3-VI 1,000m	1		03:46.40	
	2		03:48.10	
	3		03:48.40	
	4		04:09.10	
	5		04:28.90	