

"ã G f 6â-L' æ F1... H/ð F Ø ^
+Q°1

a > , 5 "é M-7 u Ò - ü , "é M%6è œL~ ^ "é M
>99 œL~ %6è31ª 0 | 0.v @1- 0 - 6 +U> a +gÕ
3 ì • !™E - ü 0L~ , Lì " Ä"é M-7 %6è v , e"é M-7 e
6 6 v)" 1 0 | ,º b0 %6èI PL~ W>)æ< œL~ a
F7< N/öF Þ Ž +U¶1 ç 9 , A Æ

6 = F7—,

´ 6 µ Ú c 3 § Ý • N½ , Ú/t P q • I Ü Ç (å
5 Aæ , [Hª • xF ?úAæ >

´ Â µ1\ >ª Q 69Û C —, , - Í +U\$Æv ^ f
Q 69Û C - >

´ ? µF Þ F5 N 8 , 73 U% Cé A 1 6 —, Æ

› F N-\$.j L+, 4à< L Đ#h4à< L ž 3 4à< ´ C a Mª
ª 4à< µÇ

>á¾¾¾3L{4ÝF Þ › <0&- Ç

Cě9 = 2\$*9 = È*9 N-\$>á¾¾¾F Þ › <0&- Ç

LšCě9 = 2\$*9 = È*9 L,º - › F N-\$ = * =B— =

3L{B— =œe • D%œe™%N-\$,º F Þ › < , Ê ø ÖE1\

>Q W F7< N/öF Þ Ž,º 1 C'N-\$ C' Á C< ´

(~ µF' B ?-Lz , µ c v MC' Á Â EN-,º 6Q 4ú a" C' , J

Í L+, %6è" C' f i C , L Đ#h%6è" C' f £ C , L ž 3 %
6è" C' f ? C >

Â = +UI P

F ƒAã4ùl P >

? = +UN⁻-\$

+f ° ´ ° C´ µ=+f ° ´ +fC´ µ=Cĕ9 ´ w 6 ð l , a ¾L
 Ž µ=2\$*9 ´ Ê ð l = ? ð l µ= È*9 ´ a8 +gð µ=Cü) F%~~æ~~
 0° • F%~~æ~~ *9 = È*9 = "ï % È*9 ´ Â ð l µ=5ó" *9 = ^ %_{oo}
 *9 = 5‡*9 = z ° *9 = t H = F%~~æ~~ Q J a*9 =FUÜ% æ=#
 F%~~æ~~U% = 8ç m% æ= æ*9 = æ, =CÀH %M =Q §%M = <
 µ%M = â TMZN⁻ = : 1 =D)"j = \$n#) = : 1ã=C'8} =,ä H
 8}M"j = è# =) 1 = %_{oo} =J÷ ð ?N⁻ = p f 8 >,E~~œ~~ %~~0~~;
 EE~~x~~E~~œ~~= 8 +gE ŠD = ® E ŠD =!œe • D%~~æ~~!œe TM%_{oo}>
 = Û C ï E

a > ÆE 8) ÆE ,± < c 3F

ƒ ½L • 6è5‡ ´ ZZZ \G HG\FD\LRQ FRPµL %_{oo}• 6Š \$33
 %6è +U c,° F ƒ Ž F7315 ´ A1¶0& F7315 µ

F >, Û C >

Ê = Û C † ï

´ 6 µ1\ > F7Czr ,° " C'9í CEA÷œ´ +k † (~ µÇ

´ Â µDá3 A÷´ !TM M~+k † (~ µ, , ? 4+^ C,° , F Ê

Ú b ð m bN«´ +k † (~ µÇ

´ ? µ+k † A÷, '• >

@† ï FFEý F7315 Ú, Õ, +gF ƒ Ž Ž = >

£ = Ô* <? · "x

Ê ? , ø Ö+U\$Æv ^ f -74Ý +U69B p ° 4ú4ý,° Q

69 Ů C ' - %? : -74Ý +U69B p 0 ?."x • >, μ>
 .x Ů C † Ī -U Ô] , 6)æ: <•' } , 6 Á #¾
 F7Czr , -FPŮ+U\$Æv ^-74Ý +U69B p 0 : * < >
 [r ?'• , L* Ů C , Ft U C ¾ * < >
 5 L~ WS!Wx n D , ` FFEýS!Wx n,° F ƒ Ž %F >,
 B9x , B9x ĵ Ů u , L* p a > 8)
 , Ft U C ¾ * < >
 FFEý F7315 F? œWÂ I P , v ? F7F ƒ Ž } Ê
 ø Ö ? ©Q W4ú4ý,° 52>69n >
 F ƒ Ž+iB- F7->á< D , ` ð Õ t 9 < Cz
 r = q ƒ F6œL>á6Lš,° , Õ O @C Í Ã!W+iB- F7>
 9 =52>69n
 o x E %6èq v Ô ç » ©Ä • 3 a Q W F7<
 N/öF ƒ Ž ? ©Á Ò,° FP. F %0 • O P - μ ½,
 ?."x , v ? F7F ƒ Ž } Ê ø Ö œL~4ú4ý,° 52>69n > œL~
 o x 52>69n F5 ÂF? —, , .x Đ F7< N/öF ƒ Ž
 C < >
 œL~ <FFEý5‡5 F 0AM`B ,° ĩ EF >, 52>69n , / 69+U
 52>3VC`F >, #•B >52>3VC`#•B - %o» ĩ p A69+L8 G
 5 =F ƒ Aã4ù5 ¼ = / v Ů I P,° AÚ 1• , M`B - %2."x
 >, FP. >69n , L* Đ Ä > È , œL~FP. p ü >
 ĵ =6Š31 ĩ E
 FPAáf v "é M-7.) ĩ ° 8Kμç p œÒD% - "é M%6è
 œL~ +UÔ ç Ú

Fä u5L7 Æ

"é M%6è œL~5‡v ÆKWS ZZZ KSHF HGX FQ

"é M%6è œL~ +U ¥5‡ ÆKWS]V[KSHF HGX FQ

‡B +kB Æ ' V-U μ

Lz, Æ\ >Q W F7< N/öF ‡ Ž,° 1 C'N-\$ C' Á

C < ' (~ μ

"é M%6è œL~ +UÔ ç Ú

a >

5								
6		15 50 4 × 10 10 30 4 × 5						
7								

		U					
		U					
10		U					
11							
12		$ \begin{array}{r} 10 \qquad 20 \\ 12.5 \qquad 15 \\ 4 \times 7.5 \\ 7.5 \qquad 15 \\ 10 \qquad 12.5 \\ 4 \times 6 \\ 2 \times 6 \quad + \\ 2 \times 7.5 \\ 2 \times 6 \quad + \quad 2 \\ \times 6 \end{array} $					
13							

14							
15							
16		10 50 3 10 25 10 50 3 10 25 10 10 10					

20							
21							
22							
			(2022)				
23		RS: X 470 49er : 470	ILCA 7				

		49erFX I LCA 6 17 470 RS X 470 RS X 470 5					
24							
25		14 200 1000 1000 500 1000 1000 500 500 200 500 500 500 200 500 6					

26					2023		
					2022		
27		56kg 62kg 69kg 77kg 85kg 94kg -105kg +105kg 48kg 53kg 58kg 63kg 69kg 75kg +75kg 61kg 67kg 73kg 81kg 96kg 109kg +109kg 49kg 55kg 59kg 64kg 76kg 87kg +87kg 61kg 73kg 89kg 102kg +102kg -109kg +109kg) 49kg 59kg 71kg 81kg +81kg -87kg +87kg					
28		57kg 65kg 74kg 86kg 97kg					

		125kg 50kg 53kg 57kg 62kg 68kg 76kg 60kg 67kg 77kg 87kg 97kg 130kg					
29		-60kg -66kg -73kg -81kg -90kg -100kg +100kg -48kg -52kg -57kg -63kg -70kg -78kg +78kg					
30		49kg 52kg 56kg 60kg 64kg 69kg 75kg 81kg 91kg 91kg+ 51kg 60kg 75kg 52kg 57kg 63kg 69kg 75kg 81kg 91kg 91kg+ 51kg 57kg 60kg 69kg 75kg 51kg 57kg 63.5kg 71kg 80kg 92kg 92kg+ 50kg 54kg 57kg 60kg 66kg 75kg					
31		-58kg -68kg -80kg +80kg -87kg +87kg -49kg -57kg -67kg					

		+67kg -73kg +73kg	2018				
32		-67kg -75kg +75kg -84kg +84kg	2018				
		-55kg -61kg +61kg -68kg +68kg					
		100 200 400 800 1500 3000 5000 10000 400					
33		4*400 4*100 20					
		110 100 4*400					
		50 2021 35 2022 35 2022					
34		50 100 200 400 800 1500					

		100	200				
		100	200				
		100	200	200			
		400	4X100				
		4X200					
		4X100					
		10					
		4X100					

35

3 10
3 10

39									

2022

54				;			
				50%			
				55%			
55							
56		48	52				
		56	60				
		65	70	75			
		80	85				
		90	90	100			
		100					
57							

58								
							2019 (vans/sl s	

"

"