

TABLES - "GOING FOR YOUR PERSONAL BEST"

1 X 10 = 10	4 X 10 =	5 X 10 =	8 X 10 =
2 X 10 = 20	7 X 10 =	6 X 10 =	3 X 10 =
3 X 10 = 30	5 X 10 =	9 X 10 =	5 X 10 =
4 X 10 = 40	10 X 10 =	2 X 10 =	10 X 10 =
5 X 10 = 50	11 X 10 =	12 X 10 =	2 X 10 =
6 X 10 = 60	1 X 10 =	1 X 10 =	7 X 10 =
7 X 10 = 70	8 X 10 =	3 X 10 =	4 X 10 =
8 X 10 = 80	9 X 10 =	10 X 10 =	1 X 10 =
9 X 10 = 90	12 X 10 =	8 X 10 =	6 X 10 =
10 X 10 = 100	2 X 10 =	4 X 10 =	11 X 10 =
11 X 10 = 110	6 X 10 =	7 X 10 =	12 X 10 =
12 X 10 = 120	3 X 10 =	11 X 10 =	9 X 10 =
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