



ЧЕМПИОНАТ РОССИИ 2024 ПО ПЛВАНИЮ

14-19 АПРЕЛЯ
ул. Сибгата Хакима, д. 70,
Дворец водных видов спорта
КАЗАНЬ

142
19.04.2024 - 17:38

, 1500m

14:31.02	SUN Yang	CHN	London (GBR)	04.08.2012
14:32.80	PALTRINIERI Gregorio	ITA	Budapest (HUN)	25.06.2022
14:41.13			(CHN)	15.08.2008
14:46.09	GRGIC Franko	CRO	Budapest (HUN)	25.08.2019
14:46.09	GRGIC Franko	CRO	Budapest (HUN)	25.08.2019
14:59.56		-	- (BRA)	12.08.2016

: FINA 2024

R.T.

1.			2005						+0,78	15:07.10	885	
	50m:	26.91	26.91	450m:	4:27.99	29.98	850m:	8:30.70	30.58	1250m:	12:37.25	30.99
	100m:	56.98	30.07	500m:	4:58.08	30.09	900m:	9:01.24	30.54	1300m:	13:08.00	30.75
	150m:	1:27.39	30.41	550m:	5:28.37	30.29	950m:	9:31.99	30.75	1350m:	13:38.65	30.65
	200m:	1:57.62	30.23	600m:	5:58.72	30.35	1000m:	10:02.61	30.62	1400m:	14:08.83	30.18
	250m:	2:27.57	29.95	650m:	6:28.75	30.03	1050m:	10:33.41	30.80	1450m:	14:38.47	29.64
	300m:	2:57.58	30.01	700m:	6:59.08	30.33	1100m:	11:04.28	30.87	1500m:	15:07.10	28.63
	350m:	3:27.93	30.35	750m:	7:29.57	30.49	1150m:	11:35.35	31.07			
	400m:	3:58.01	30.08	800m:	8:00.12	30.55	1200m:	12:06.26	30.91			
2.			2002						+0,72	15:11.34	873	
	50m:	27.23	27.23	450m:	4:28.24	30.30	850m:	8:33.53	31.15	1250m:	12:39.47	30.31
	100m:	57.26	30.03	500m:	4:58.90	30.66	900m:	9:04.32	30.79	1300m:	13:10.57	31.10
	150m:	1:27.14	29.88	550m:	5:29.16	30.26	950m:	9:35.19	30.87	1350m:	13:41.27	30.70
	200m:	1:57.15	30.01	600m:	6:00.00	30.84	1000m:	10:05.54	30.35	1400m:	14:12.02	30.75
	250m:	2:27.05	29.90	650m:	6:30.90	30.90	1050m:	10:36.12	30.58	1450m:	14:41.96	29.94
	300m:	2:57.38	30.33	700m:	7:01.61	30.71	1100m:	11:07.21	31.09	1500m:	15:11.34	29.38
	350m:	3:27.67	30.29	750m:	7:32.35	30.74	1150m:	11:37.88	30.67			
	400m:	3:57.94	30.27	800m:	8:02.38	30.03	1200m:	12:09.16	31.28			
3.			2005						+0,65	15:15.48	861	
	50m:	27.47	27.47	450m:	4:30.43	30.38	850m:	8:34.38	30.75	1250m:	12:41.48	31.07
	100m:	57.97	30.50	500m:	5:00.69	30.26	900m:	9:05.02	30.64	1300m:	13:12.60	31.12
	150m:	1:28.31	30.34	550m:	5:31.05	30.36	950m:	9:35.78	30.76	1350m:	13:43.79	31.19
	200m:	1:58.74	30.43	600m:	6:01.33	30.28	1000m:	10:06.68	30.90	1400m:	14:15.22	31.43
	250m:	2:29.15	30.41	650m:	6:31.87	30.54	1050m:	10:37.29	30.61	1450m:	14:45.86	30.64
	300m:	2:59.59	30.44	700m:	7:02.43	30.56	1100m:	11:08.38	31.09	1500m:	15:15.48	29.62
	350m:	3:29.98	30.39	750m:	7:32.98	30.55	1150m:	11:39.39	31.01			
	400m:	4:00.05	30.07	800m:	8:03.63	30.65	1200m:	12:10.41	31.02			
4.			1998						+0,79	15:22.11	842	
	50m:	28.91	28.91	450m:	4:33.50	30.80	850m:	8:40.44	30.87	1250m:	12:48.73	30.94
	100m:	59.21	30.30	500m:	5:04.36	30.86	900m:	9:11.45	31.01	1300m:	13:20.11	31.38
	150m:	1:29.68	30.47	550m:	5:35.05	30.69	950m:	9:42.42	30.97	1350m:	13:51.22	31.11
	200m:	2:00.27	30.59	600m:	6:05.94	30.89	1000m:	10:13.75	31.33	1400m:	14:22.77	31.55
	250m:	2:30.92	30.65	650m:	6:36.70	30.76	1050m:	10:44.56	30.81	1450m:	14:52.60	29.83
	300m:	3:01.46	30.54	700m:	7:07.66	30.96	1100m:	11:15.89	31.33	1500m:	15:22.11	29.51
	350m:	3:32.13	30.67	750m:	7:38.49	30.83	1150m:	11:46.68	30.79			
	400m:	4:02.70	30.57	800m:	8:09.57	31.08	1200m:	12:17.79	31.11			
5.			2002						+0,76	15:26.32	831	
	50m:	28.53	28.53	450m:	4:34.39	30.65	850m:	8:41.46	31.28	1250m:	12:52.17	31.62
	100m:	59.23	30.70	500m:	5:05.03	30.64	900m:	9:12.48	31.02	1300m:	13:23.49	31.32
	150m:	1:30.29	31.06	550m:	5:35.69	30.66	950m:	9:43.98	31.50	1350m:	13:54.78	31.29
	200m:	2:01.04	30.75	600m:	6:06.62	30.93	1000m:	10:15.31	31.33	1400m:	14:25.87	31.09
	250m:	2:31.71	30.67	650m:	6:37.38	30.76	1050m:	10:46.81	31.50	1450m:	14:56.55	30.68
	300m:	3:02.33	30.62	700m:	7:08.15	30.77	1100m:	11:18.11	31.30	1500m:	15:26.32	29.77
	350m:	3:33.01	30.68	750m:	7:39.22	31.07	1150m:	11:49.27	31.16			
	400m:	4:03.74	30.73	800m:	8:10.18	30.96	1200m:	12:20.55	31.28			





ЧЕМПИОНАТ РОССИИ 2024 ПО ПЛЫВАНИЮ

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ул. Сибгата Хакима, д. 70,
Дворец водных видов спорта
КАЗАНЬ

142, , 1500m

R.T.

6.			2004					+0,71	15:29.29	823		
	50m:	27.64	27.64	450m:	4:32.96	31.04	850m:	8:42.21	31.44	1250m:	12:54.58	32.15
	100m:	57.79	30.15	500m:	5:03.80	30.84	900m:	9:13.68	31.47	1300m:	13:26.00	31.42
	150m:	1:28.31	30.52	550m:	5:35.02	31.22	950m:	9:45.34	31.66	1350m:	13:57.87	31.87
	200m:	1:58.83	30.52	600m:	6:05.81	30.79	1000m:	10:17.14	31.80	1400m:	14:29.37	31.50
	250m:	2:29.43	30.60	650m:	6:36.98	31.17	1050m:	10:48.91	31.77	1450m:	15:01.04	31.67
	300m:	3:00.07	30.64	700m:	7:08.00	31.02	1100m:	11:19.73	30.82	1500m:	15:29.29	28.25
	350m:	3:30.95	30.88	750m:	7:39.31	31.31	1150m:	11:51.32	31.59			
	400m:	4:01.92	30.97	800m:	8:10.77	31.46	1200m:	12:22.43	31.11			
7.			2003					+0,69	15:30.26	820		
	50m:	27.92	27.92	450m:	4:31.64	30.62	850m:	8:38.18	31.30	1250m:	12:51.76	31.68
	100m:	57.92	30.00	500m:	5:02.39	30.75	900m:	9:09.58	31.40	1300m:	13:24.31	32.55
	150m:	1:27.93	30.01	550m:	5:33.28	30.89	950m:	9:41.59	32.01	1350m:	13:56.35	32.04
	200m:	1:58.56	30.63	600m:	6:03.97	30.69	1000m:	10:12.88	31.29	1400m:	14:28.43	32.08
	250m:	2:28.85	30.29	650m:	6:34.60	30.63	1050m:	10:43.82	30.94	1450m:	14:59.98	31.55
	300m:	2:59.81	30.96	700m:	7:05.38	30.78	1100m:	11:15.94	32.12	1500m:	15:30.26	30.28
	350m:	3:30.08	30.27	750m:	7:36.03	30.65	1150m:	11:47.63	31.69			
	400m:	4:01.02	30.94	800m:	8:06.88	30.85	1200m:	12:20.08	32.45			
8.			2007					+0,72	15:30.95	819		
	50m:	28.57	28.57	450m:	4:38.61	31.47	850m:	8:48.27	31.19	1250m:	12:57.87	31.10
	100m:	59.59	31.02	500m:	5:09.76	31.15	900m:	9:19.32	31.05	1300m:	13:29.22	31.35
	150m:	1:30.94	31.35	550m:	5:40.77	31.01	950m:	9:50.35	31.03	1350m:	14:00.07	30.85
	200m:	2:02.34	31.40	600m:	6:11.86	31.09	1000m:	10:21.53	31.18	1400m:	14:31.01	30.94
	250m:	2:33.64	31.30	650m:	6:43.05	31.19	1050m:	10:52.83	31.30	1450m:	15:01.40	30.39
	300m:	3:04.74	31.10	700m:	7:14.18	31.13	1100m:	11:24.32	31.49	1500m:	15:30.95	29.55
	350m:	3:36.08	31.34	750m:	7:45.67	31.49	1150m:	11:55.42	31.10			
	400m:	4:07.14	31.06	800m:	8:17.08	31.41	1200m:	12:26.77	31.35			
9.			2005					+0,75	15:32.56	814		
	50m:	28.18	28.18	450m:	4:37.03	31.48	850m:	8:48.23	31.62	1250m:	12:58.49	31.35
	100m:	58.43	30.25	500m:	5:08.32	31.29	900m:	9:19.43	31.20	1300m:	13:29.78	31.29
	150m:	1:29.39	30.96	550m:	5:39.82	31.50	950m:	9:50.83	31.40	1350m:	14:01.24	31.46
	200m:	2:00.35	30.96	600m:	6:11.05	31.23	1000m:	10:21.84	31.01	1400m:	14:32.38	31.14
	250m:	2:31.58	31.23	650m:	6:42.64	31.59	1050m:	10:53.25	31.41	1450m:	15:03.87	31.49
	300m:	3:02.85	31.27	700m:	7:13.86	31.22	1100m:	11:24.46	31.21	1500m:	15:32.56	28.69
	350m:	3:34.26	31.41	750m:	7:45.42	31.56	1150m:	11:55.93	31.47			
	400m:	4:05.55	31.29	800m:	8:16.61	31.19	1200m:	12:27.14	31.21			
10.			2002					+0,82	15:42.35	789		
	50m:	29.45	29.45	450m:	4:38.21	30.72	850m:	8:49.78	31.50	1250m:	13:04.01	31.58
	100m:	1:00.51	31.06	500m:	5:09.65	31.44	900m:	9:21.50	31.72	1300m:	13:36.67	32.66
	150m:	1:31.35	30.84	550m:	5:40.64	30.99	950m:	9:53.11	31.61	1350m:	14:08.90	32.23
	200m:	2:02.45	31.10	600m:	6:12.17	31.53	1000m:	10:25.21	32.10	1400m:	14:40.89	31.99
	250m:	2:33.50	31.05	650m:	6:43.32	31.15	1050m:	10:56.84	31.63	1450m:	15:11.83	30.94
	300m:	3:04.89	31.39	700m:	7:15.21	31.89	1100m:	11:28.45	31.61	1500m:	15:42.35	30.52
	350m:	3:35.83	30.94	750m:	7:46.27	31.06	1150m:	12:00.15	31.70			
	400m:	4:07.49	31.66	800m:	8:18.28	32.01	1200m:	12:32.43	32.28			
11.			2004					+0,69	15:48.87	773		
	50m:	28.41	28.41	450m:	4:39.29	31.38	850m:	8:54.34	32.05	1250m:	13:11.86	31.98
	100m:	59.31	30.90	500m:	5:10.95	31.66	900m:	9:26.54	32.20	1300m:	13:44.72	32.86
	150m:	1:30.78	31.47	550m:	5:42.52	31.57	950m:	9:58.52	31.98	1350m:	14:15.72	31.00
	200m:	2:02.23	31.45	600m:	6:14.51	31.99	1000m:	10:30.57	32.05	1400m:	14:47.76	32.04
	250m:	2:33.79	31.56	650m:	6:46.13	31.62	1050m:	11:02.53	31.96	1450m:	15:19.05	31.29
	300m:	3:05.23	31.44	700m:	7:18.27	32.14	1100m:	11:34.94	32.41	1500m:	15:48.87	29.82
	350m:	3:36.34	31.11	750m:	7:50.16	31.89	1150m:	12:06.86	31.92			
	400m:	4:07.91	31.57	800m:	8:22.29	32.13	1200m:	12:39.88	33.02			



ЧЕМПИОНАТ РОССИИ 2024 ПО ПЛЫВАНИЮ

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Дворец водных видов спорта
КАЗАНЬ

142, , 1500m

R.T.

12.			2000							+0,72	15:49.04	773
	50m:	28.65	28.65	450m:	4:46.99	32.21	850m:	9:01.16	31.33	1250m:	13:14.55	31.70
	100m:	1:00.38	31.73	500m:	5:19.41	32.42	900m:	9:32.73	31.57	1300m:	13:46.39	31.84
	150m:	1:32.90	32.52	550m:	5:51.60	32.19	950m:	10:04.35	31.62	1350m:	14:17.59	31.20
	200m:	2:05.08	32.18	600m:	6:23.62	32.02	1000m:	10:35.95	31.60	1400m:	14:49.34	31.75
	250m:	2:37.41	32.33	650m:	6:55.54	31.92	1050m:	11:07.67	31.72	1450m:	15:19.67	30.33
	300m:	3:09.81	32.40	700m:	7:27.63	32.09	1100m:	11:39.32	31.65	1500m:	15:49.04	29.37
	350m:	3:42.69	32.88	750m:	7:58.63	31.00	1150m:	12:11.02	31.70			
	400m:	4:14.78	32.09	800m:	8:29.83	31.20	1200m:	12:42.85	31.83			
13.			2006							+0,84	15:49.37	772
	50m:	28.15	28.15	450m:	4:38.00	31.36	850m:	8:53.03	31.95	1250m:	13:12.03	31.99
	100m:	58.72	30.57	500m:	5:10.05	32.05	900m:	9:25.48	32.45	1300m:	13:44.77	32.74
	150m:	1:29.55	30.83	550m:	5:41.35	31.30	950m:	9:57.56	32.08	1350m:	14:16.80	32.03
	200m:	2:00.77	31.22	600m:	6:13.28	31.93	1000m:	10:30.31	32.75	1400m:	14:49.39	32.59
	250m:	2:32.13	31.36	650m:	6:44.73	31.45	1050m:	11:02.55	32.24	1450m:	15:19.55	30.16
	300m:	3:03.70	31.57	700m:	7:17.04	32.31	1100m:	11:35.22	32.67	1500m:	15:49.37	29.82
	350m:	3:34.94	31.24	750m:	7:48.90	31.86	1150m:	12:06.99	31.77			
	400m:	4:06.64	31.70	800m:	8:21.08	32.18	1200m:	12:40.04	33.05			
14.			2001							+0,78	15:53.20	763
	50m:	29.05	29.05	450m:	4:41.37	31.91	850m:	8:55.92	31.96	1250m:	13:14.18	32.27
	100m:	1:00.53	31.48	500m:	5:13.05	31.68	900m:	9:28.15	32.23	1300m:	13:46.69	32.51
	150m:	1:31.85	31.32	550m:	5:45.02	31.97	950m:	10:00.24	32.09	1350m:	14:19.40	32.71
	200m:	2:03.15	31.30	600m:	6:16.62	31.60	1000m:	10:32.50	32.26	1400m:	14:52.10	32.70
	250m:	2:34.50	31.35	650m:	6:48.52	31.90	1050m:	11:04.74	32.24	1450m:	15:23.83	31.73
	300m:	3:06.01	31.51	700m:	7:20.28	31.76	1100m:	11:37.21	32.47	1500m:	15:53.20	29.37
	350m:	3:37.70	31.69	750m:	7:52.08	31.80	1150m:	12:09.54	32.33			
	400m:	4:09.46	31.76	800m:	8:23.96	31.88	1200m:	12:41.91	32.37			
15.			2008							+0,74	15:55.50	757
	50m:	29.71	29.71	450m:	4:41.54	31.68	850m:	8:56.52	32.20	1250m:	13:15.57	32.83
	100m:	1:00.95	31.24	500m:	5:13.36	31.82	900m:	9:28.51	31.99	1300m:	13:47.98	32.41
	150m:	1:32.08	31.13	550m:	5:44.84	31.48	950m:	10:00.83	32.32	1350m:	14:20.89	32.91
	200m:	2:03.50	31.42	600m:	6:16.43	31.59	1000m:	10:33.02	32.19	1400m:	14:53.19	32.30
	250m:	2:34.96	31.46	650m:	6:48.13	31.70	1050m:	11:05.73	32.71	1450m:	15:24.77	31.58
	300m:	3:06.45	31.49	700m:	7:19.91	31.78	1100m:	11:37.95	32.22	1500m:	15:55.50	30.73
	350m:	3:38.03	31.58	750m:	7:52.05	32.14	1150m:	12:10.44	32.49			
	400m:	4:09.86	31.83	800m:	8:24.32	32.27	1200m:	12:42.74	32.30			
16.			2007							+0,81	16:00.05	746
	50m:	29.36	29.36	450m:	4:40.39	31.64	850m:	8:57.88	32.71	1250m:	13:18.34	32.76
	100m:	1:00.21	30.85	500m:	5:12.17	31.78	900m:	9:30.19	32.31	1300m:	13:51.55	33.21
	150m:	1:31.55	31.34	550m:	5:44.15	31.98	950m:	10:02.89	32.70	1350m:	14:24.22	32.67
	200m:	2:02.76	31.21	600m:	6:16.37	32.22	1000m:	10:35.30	32.41	1400m:	14:57.68	33.46
	250m:	2:34.31	31.55	650m:	6:48.44	32.07	1050m:	11:07.74	32.44	1450m:	15:29.19	31.51
	300m:	3:05.85	31.54	700m:	7:20.69	32.25	1100m:	11:40.14	32.40	1500m:	16:00.05	30.86
	350m:	3:37.28	31.43	750m:	7:52.97	32.28	1150m:	12:13.05	32.91			
	400m:	4:08.75	31.47	800m:	8:25.17	32.20	1200m:	12:45.58	32.53			
17.			2005							+0,67	16:00.94	744
	50m:	28.79	28.79	450m:	4:42.15	31.64	850m:	8:58.49	32.25	1250m:	13:19.13	32.97
	100m:	1:00.42	31.63	500m:	5:13.98	31.83	900m:	9:30.84	32.35	1300m:	13:52.12	32.99
	150m:	1:32.18	31.76	550m:	5:45.80	31.82	950m:	10:03.40	32.56	1350m:	14:25.01	32.89
	200m:	2:03.89	31.71	600m:	6:17.54	31.74	1000m:	10:35.76	32.36	1400m:	14:57.88	32.87
	250m:	2:35.55	31.66	650m:	6:49.30	31.76	1050m:	11:08.18	32.42	1450m:	15:30.48	32.60
	300m:	3:07.01	31.46	700m:	7:21.36	32.06	1100m:	11:40.93	32.75	1500m:	16:00.94	30.46
	350m:	3:38.98	31.97	750m:	7:53.58	32.22	1150m:	12:13.52	32.59			
	400m:	4:10.51	31.53	800m:	8:26.24	32.66	1200m:	12:46.16	32.64			



ЧЕМПИОНАТ РОССИИ 2024 ПО ПЛЫВАНИЮ

14-19 АПРЕЛЯ
ул. Сибгата Хакима, д. 70,
Дворец водных видов спорта
КАЗАНЬ

142, , 1500m

R.T.

18.			2005					+0,74	16:01.87	742		
	50m:	28.09	28.09	450m:	4:38.55	31.73	850m:	8:56.67	32.41	1250m:	13:20.07	32.91
	100m:	58.48	30.39	500m:	5:10.71	32.16	900m:	9:29.42	32.75	1300m:	13:53.14	33.07
	150m:	1:29.39	30.91	550m:	5:42.62	31.91	950m:	10:01.93	32.51	1350m:	14:26.08	32.94
	200m:	2:00.59	31.20	600m:	6:14.90	32.28	1000m:	10:34.82	32.89	1400m:	14:58.94	32.86
	250m:	2:31.76	31.17	650m:	6:47.09	32.19	1050m:	11:07.82	33.00	1450m:	15:31.34	32.40
	300m:	3:03.36	31.60	700m:	7:19.48	32.39	1100m:	11:40.79	32.97	1500m:	16:01.87	30.53
	350m:	3:34.93	31.57	750m:	7:51.64	32.16	1150m:	12:13.85	33.06			
	400m:	4:06.82	31.89	800m:	8:24.26	32.62	1200m:	12:47.16	33.31			
19.			2006					+0,79	16:02.00	742		
	50m:	29.10	29.10	450m:	4:46.71	32.32	850m:	9:04.84	32.33	1250m:	13:23.85	32.47
	100m:	1:00.91	31.81	500m:	5:19.07	32.36	900m:	9:37.16	32.32	1300m:	13:56.37	32.52
	150m:	1:32.85	31.94	550m:	5:51.28	32.21	950m:	10:09.43	32.27	1350m:	14:28.75	32.38
	200m:	2:05.17	32.32	600m:	6:23.54	32.26	1000m:	10:41.89	32.46	1400m:	15:01.11	32.36
	250m:	2:37.31	32.14	650m:	6:55.91	32.37	1050m:	11:14.15	32.26	1450m:	15:32.76	31.65
	300m:	3:09.88	32.57	700m:	7:28.26	32.35	1100m:	11:46.36	32.21	1500m:	16:02.00	29.24
	350m:	3:42.19	32.31	750m:	8:00.31	32.05	1150m:	12:18.59	32.23			
	400m:	4:14.39	32.20	800m:	8:32.51	32.20	1200m:	12:51.38	32.79			
20.			2005					+0,68	16:03.19	739		
	50m:	29.25	29.25	450m:	4:45.43	32.27	850m:	9:03.31	32.13	1250m:	13:24.05	32.21
	100m:	1:00.83	31.58	500m:	5:17.90	32.47	900m:	9:35.88	32.57	1300m:	13:56.88	32.83
	150m:	1:32.81	31.98	550m:	5:50.09	32.19	950m:	10:08.29	32.41	1350m:	14:29.33	32.45
	200m:	2:04.60	31.79	600m:	6:22.48	32.39	1000m:	10:40.99	32.70	1400m:	15:02.04	32.71
	250m:	2:36.62	32.02	650m:	6:54.81	32.33	1050m:	11:13.33	32.34	1450m:	15:33.07	31.03
	300m:	3:08.65	32.03	700m:	7:27.05	32.24	1100m:	11:46.26	32.93	1500m:	16:03.19	30.12
	350m:	3:40.91	32.26	750m:	7:59.18	32.13	1150m:	12:19.05	32.79			
	400m:	4:13.16	32.25	800m:	8:31.18	32.00	1200m:	12:51.84	32.79			
21.			2006					+0,68	16:04.00	737		
	50m:	28.99	28.99	450m:	4:44.02	32.32	850m:	9:04.03	33.02	1250m:	13:24.82	33.01
	100m:	1:00.38	31.39	500m:	5:16.40	32.38	900m:	9:36.23	32.20	1300m:	13:56.98	32.16
	150m:	1:31.93	31.55	550m:	5:48.98	32.58	950m:	10:09.21	32.98	1350m:	14:30.30	33.32
	200m:	2:03.78	31.85	600m:	6:21.63	32.65	1000m:	10:41.03	31.82	1400m:	15:02.80	32.50
	250m:	2:35.66	31.88	650m:	6:54.00	32.37	1050m:	11:14.04	33.01	1450m:	15:34.66	31.86
	300m:	3:07.24	31.58	700m:	7:26.31	32.31	1100m:	11:46.37	32.33	1500m:	16:04.00	29.34
	350m:	3:39.61	32.37	750m:	7:58.82	32.51	1150m:	12:19.69	33.32			
	400m:	4:11.70	32.09	800m:	8:31.01	32.19	1200m:	12:51.81	32.12			
22.			2004					+0,72	16:06.76	731		
	50m:	29.56	29.56	450m:	4:42.78	31.67	850m:	8:59.98	32.62	1250m:	13:22.68	33.19
	100m:	1:01.20	31.64	500m:	5:14.61	31.83	900m:	9:32.58	32.60	1300m:	13:55.67	32.99
	150m:	1:32.47	31.27	550m:	5:46.38	31.77	950m:	10:05.23	32.65	1350m:	14:28.97	33.30
	200m:	2:04.30	31.83	600m:	6:18.25	31.87	1000m:	10:38.18	32.95	1400m:	15:01.99	33.02
	250m:	2:35.70	31.40	650m:	6:50.49	32.24	1050m:	11:10.80	32.62	1450m:	15:34.84	32.85
	300m:	3:07.58	31.88	700m:	7:22.61	32.12	1100m:	11:43.65	32.85	1500m:	16:06.76	31.92
	350m:	3:39.22	31.64	750m:	7:54.93	32.32	1150m:	12:16.48	32.83			
	400m:	4:11.11	31.89	800m:	8:27.36	32.43	1200m:	12:49.49	33.01			
23.			2007					+0,73	16:09.60	724		
	50m:	28.98	28.98	450m:	4:44.98	32.10	850m:	9:04.61	32.45	1250m:	13:26.47	32.80
	100m:	1:00.04	31.06	500m:	5:17.49	32.51	900m:	9:37.13	32.52	1300m:	13:59.41	32.94
	150m:	1:31.84	31.80	550m:	5:49.93	32.44	950m:	10:09.48	32.35	1350m:	14:32.22	32.81
	200m:	2:04.17	32.33	600m:	6:22.38	32.45	1000m:	10:42.12	32.64	1400m:	15:05.25	33.03
	250m:	2:36.32	32.15	650m:	6:54.94	32.56	1050m:	11:15.05	32.93	1450m:	15:37.66	32.41
	300m:	3:08.57	32.25	700m:	7:27.33	32.39	1100m:	11:48.01	32.96	1500m:	16:09.60	31.94
	350m:	3:40.70	32.13	750m:	7:59.77	32.44	1150m:	12:20.74	32.73			
	400m:	4:12.88	32.18	800m:	8:32.16	32.39	1200m:	12:53.67	32.93			



ЧЕМПИОНАТ РОССИИ 2024 ПО ПЛЫВАНИЮ

14-19 АПРЕЛЯ

ул. Сибгата Хакима, д. 70,
Дворец водных видов спорта

КАЗАНЬ

142, , 1500m

R.T.

24.			2007					+0,66	16:09.70	724		
	50m:	28.90	28.90	450m:	4:47.06	32.76	850m:	9:09.39	32.91	1250m:	13:30.48	32.24
	100m:	1:00.40	31.50	500m:	5:20.18	33.12	900m:	9:42.27	32.88	1300m:	14:03.74	33.26
	150m:	1:31.86	31.46	550m:	5:52.81	32.63	950m:	10:14.70	32.43	1350m:	14:36.32	32.58
	200m:	2:04.36	32.50	600m:	6:25.70	32.89	1000m:	10:47.18	32.48	1400m:	15:08.68	32.36
	250m:	2:36.61	32.25	650m:	6:58.10	32.40	1050m:	11:20.30	33.12	1450m:	15:41.17	32.49
	300m:	3:09.35	32.74	700m:	7:30.98	32.88	1100m:	11:52.35	32.05	1500m:	16:09.70	28.53
	350m:	3:41.83	32.48	750m:	8:03.65	32.67	1150m:	12:25.42	33.07			
	400m:	4:14.30	32.47	800m:	8:36.48	32.83	1200m:	12:58.24	32.82			
25.			2008					+0,73	16:09.83	724		
	50m:	29.16	29.16	450m:	4:47.34	32.82	850m:	9:09.43	32.60	1250m:	13:30.45	32.74
	100m:	1:00.33	31.17	500m:	5:20.10	32.76	900m:	9:42.21	32.78	1300m:	14:03.30	32.85
	150m:	1:32.05	31.72	550m:	5:52.84	32.74	950m:	10:14.67	32.46	1350m:	14:35.86	32.56
	200m:	2:04.40	32.35	600m:	6:25.70	32.86	1000m:	10:47.35	32.68	1400m:	15:08.48	32.62
	250m:	2:36.77	32.37	650m:	6:58.40	32.70	1050m:	11:20.10	32.75	1450m:	15:40.08	31.60
	300m:	3:09.35	32.58	700m:	7:31.29	32.89	1100m:	11:52.29	32.19	1500m:	16:09.83	29.75
	350m:	3:41.72	32.37	750m:	8:03.96	32.67	1150m:	12:24.86	32.57			
	400m:	4:14.52	32.80	800m:	8:36.83	32.87	1200m:	12:57.71	32.85			
26.			2006					+0,70	16:10.98	721		
	50m:	28.95	28.95	450m:	4:51.56	32.83	850m:	9:10.74	32.07	1250m:	13:31.19	32.60
	100m:	1:01.73	32.78	500m:	5:24.68	33.12	900m:	9:43.41	32.67	1300m:	14:04.02	32.83
	150m:	1:34.42	32.69	550m:	5:56.73	32.05	950m:	10:15.93	32.52	1350m:	14:36.19	32.17
	200m:	2:07.03	32.61	600m:	6:29.30	32.57	1000m:	10:48.60	32.67	1400m:	15:09.07	32.88
	250m:	2:39.94	32.91	650m:	7:01.72	32.42	1050m:	11:20.98	32.38	1450m:	15:40.78	31.71
	300m:	3:12.98	33.04	700m:	7:34.06	32.34	1100m:	11:53.65	32.67	1500m:	16:10.98	30.20
	350m:	3:45.61	32.63	750m:	8:06.19	32.13	1150m:	12:25.92	32.27			
	400m:	4:18.73	33.12	800m:	8:38.67	32.48	1200m:	12:58.59	32.67			
27.			2006					+0,90	16:12.45	718		
	50m:	29.41	29.41	450m:	4:49.10	32.27	850m:	9:07.50	32.11	1250m:	13:29.88	32.93
	100m:	1:01.55	32.14	500m:	5:21.47	32.37	900m:	9:40.22	32.72	1300m:	14:03.10	33.22
	150m:	1:34.21	32.66	550m:	5:53.74	32.27	950m:	10:12.75	32.53	1350m:	14:36.05	32.95
	200m:	2:06.72	32.51	600m:	6:26.31	32.57	1000m:	10:45.76	33.01	1400m:	15:09.32	33.27
	250m:	2:39.25	32.53	650m:	6:58.53	32.22	1050m:	11:18.25	32.49	1450m:	15:42.15	32.83
	300m:	3:11.79	32.54	700m:	7:30.84	32.31	1100m:	11:51.13	32.88	1500m:	16:12.45	30.30
	350m:	3:44.43	32.64	750m:	8:02.81	31.97	1150m:	12:23.82	32.69			
	400m:	4:16.83	32.40	800m:	8:35.39	32.58	1200m:	12:56.95	33.13			
28.			2007					+0,75	16:15.42	712		
	50m:	29.69	29.69	450m:	4:50.72	32.98	850m:	9:13.93	32.92	1250m:	13:37.51	33.23
	100m:	1:01.52	31.83	500m:	5:23.76	33.04	900m:	9:46.49	32.56	1300m:	14:10.51	33.00
	150m:	1:34.06	32.54	550m:	5:56.52	32.76	950m:	10:19.29	32.80	1350m:	14:43.24	32.73
	200m:	2:06.49	32.43	600m:	6:29.34	32.82	1000m:	10:52.11	32.82	1400m:	15:15.98	32.74
	250m:	2:39.09	32.60	650m:	7:02.35	33.01	1050m:	11:25.12	33.01	1450m:	15:46.31	30.33
	300m:	3:11.92	32.83	700m:	7:35.54	33.19	1100m:	11:57.89	32.77	1500m:	16:15.42	29.11
	350m:	3:44.83	32.91	750m:	8:08.08	32.54	1150m:	12:31.13	33.24			
	400m:	4:17.74	32.91	800m:	8:41.01	32.93	1200m:	13:04.28	33.15			
29.			2005					+0,83	16:15.59	711		
	50m:	30.22	30.22	450m:	4:48.21	32.57	850m:	9:09.00	32.50	1250m:	13:32.20	32.68
	100m:	1:02.39	32.17	500m:	5:20.85	32.64	900m:	9:42.00	33.00	1300m:	14:05.59	33.39
	150m:	1:34.86	32.47	550m:	5:53.55	32.70	950m:	10:14.74	32.74	1350m:	14:38.34	32.75
	200m:	2:07.02	32.16	600m:	6:26.10	32.55	1000m:	10:47.73	32.99	1400m:	15:11.84	33.50
	250m:	2:38.88	31.86	650m:	6:58.85	32.75	1050m:	11:20.45	32.72	1450m:	15:44.30	32.46
	300m:	3:10.83	31.95	700m:	7:31.51	32.66	1100m:	11:53.41	32.96	1500m:	16:15.59	31.29
	350m:	3:43.39	32.56	750m:	8:03.93	32.42	1150m:	12:26.25	32.84			
	400m:	4:15.64	32.25	800m:	8:36.50	32.57	1200m:	12:59.52	33.27			



ЧЕМПИОНАТ РОССИИ 2024 ПО ПЛЫВАНИЮ

14-19 АПРЕЛЯ
ул. Сибгата Хакима, д. 70,
Дворец водных видов спорта
КАЗАНЬ

142, , 1500m

R.T.

30.			2006					+0,71	16:16.49	709		
	50m:	29.55	29.55	450m:	4:48.70	32.61	850m:	9:10.70	33.19	1250m:	13:34.45	32.77
	100m:	1:01.53	31.98	500m:	5:21.15	32.45	900m:	9:43.77	33.07	1300m:	14:07.02	32.57
	150m:	1:33.81	32.28	550m:	5:53.71	32.56	950m:	10:16.95	33.18	1350m:	14:39.87	32.85
	200m:	2:06.44	32.63	600m:	6:26.22	32.51	1000m:	10:49.90	32.95	1400m:	15:12.33	32.46
	250m:	2:38.98	32.54	650m:	6:58.95	32.73	1050m:	11:23.36	33.46	1450m:	15:45.02	32.69
	300m:	3:11.40	32.42	700m:	7:31.58	32.63	1100m:	11:56.33	32.97	1500m:	16:16.49	31.47
	350m:	3:43.77	32.37	750m:	8:04.58	33.00	1150m:	12:29.10	32.77			
	400m:	4:16.09	32.32	800m:	8:37.51	32.93	1200m:	13:01.68	32.58			
31.			2008					+0,69	16:19.01	704		
	50m:	29.94	29.94	450m:	4:50.77	32.80	850m:	9:13.09	33.08	1250m:	13:38.14	33.10
	100m:	1:01.70	31.76	500m:	5:23.54	32.77	900m:	9:46.13	33.04	1300m:	14:11.17	33.03
	150m:	1:34.11	32.41	550m:	5:56.41	32.87	950m:	10:19.13	33.00	1350m:	14:44.06	32.89
	200m:	2:06.72	32.61	600m:	6:29.31	32.90	1000m:	10:52.48	33.35	1400m:	15:17.33	33.27
	250m:	2:39.92	33.20	650m:	7:01.97	32.66	1050m:	11:25.41	32.93	1450m:	15:49.10	31.77
	300m:	3:13.12	33.20	700m:	7:34.56	32.59	1100m:	11:58.39	32.98	1500m:	16:19.01	29.91
	350m:	3:45.64	32.52	750m:	8:07.17	32.61	1150m:	12:31.85	33.46			
	400m:	4:17.97	32.33	800m:	8:40.01	32.84	1200m:	13:05.04	33.19			
32.			2004					+0,83	16:19.80	702		
	50m:	29.94	29.94	450m:	4:48.58	32.31	850m:	9:11.87	33.31	1250m:	13:38.10	33.79
	100m:	1:02.11	32.17	500m:	5:21.30	32.72	900m:	9:44.82	32.95	1300m:	14:11.59	33.49
	150m:	1:33.98	31.87	550m:	5:54.13	32.83	950m:	10:18.59	33.77	1350m:	14:45.47	33.88
	200m:	2:05.96	31.98	600m:	6:26.92	32.79	1000m:	10:51.68	33.09	1400m:	15:18.32	32.85
	250m:	2:38.33	32.37	650m:	6:59.81	32.89	1050m:	11:25.23	33.55	1450m:	15:50.63	32.31
	300m:	3:10.91	32.58	700m:	7:32.91	33.10	1100m:	11:58.43	33.20	1500m:	16:19.80	29.17
	350m:	3:43.38	32.47	750m:	8:06.08	33.17	1150m:	12:31.86	33.43			
	400m:	4:16.27	32.89	800m:	8:38.56	32.48	1200m:	13:04.31	32.45			
33.			2008					+0,81	16:20.31	701		
	50m:	29.15	29.15	450m:	4:51.22	33.14	850m:	9:15.08	32.71	1250m:	13:39.35	33.23
	100m:	1:02.06	32.91	500m:	5:24.20	32.98	900m:	9:47.81	32.73	1300m:	14:12.16	32.81
	150m:	1:34.80	32.74	550m:	5:57.33	33.13	950m:	10:20.80	32.99	1350m:	14:45.02	32.86
	200m:	2:07.10	32.30	600m:	6:30.49	33.16	1000m:	10:53.60	32.80	1400m:	15:17.42	32.40
	250m:	2:39.74	32.64	650m:	7:03.56	33.07	1050m:	11:26.91	33.31	1450m:	15:49.78	32.36
	300m:	3:12.32	32.58	700m:	7:36.43	32.87	1100m:	11:59.89	32.98	1500m:	16:20.31	30.53
	350m:	3:45.36	33.04	750m:	8:09.60	33.17	1150m:	12:33.15	33.26			
	400m:	4:18.08	32.72	800m:	8:42.37	32.77	1200m:	13:06.12	32.97			
34.			2003					+0,83	16:20.92	700		
	50m:	29.64	29.64	450m:	4:47.68	32.52	850m:	9:11.48	33.12	1250m:	13:38.16	33.14
	100m:	1:01.45	31.81	500m:	5:20.61	32.93	900m:	9:44.75	33.27	1300m:	14:11.81	33.65
	150m:	1:33.48	32.03	550m:	5:53.55	32.94	950m:	10:18.18	33.43	1350m:	14:45.26	33.45
	200m:	2:05.71	32.23	600m:	6:26.32	32.77	1000m:	10:51.31	33.13	1400m:	15:18.13	32.87
	250m:	2:37.78	32.07	650m:	6:59.39	33.07	1050m:	11:24.84	33.53	1450m:	15:50.28	32.15
	300m:	3:10.41	32.63	700m:	7:32.43	33.04	1100m:	11:58.21	33.37	1500m:	16:20.92	30.64
	350m:	3:42.57	32.16	750m:	8:05.44	33.01	1150m:	12:31.81	33.60			
	400m:	4:15.16	32.59	800m:	8:38.36	32.92	1200m:	13:05.02	33.21			
35.			2006					+0,68	16:23.13	695		
	50m:	28.29	28.29	450m:	4:43.90	32.07	850m:	9:07.94	33.38	1250m:	13:37.53	33.90
	100m:	59.84	31.55	500m:	5:16.79	32.89	900m:	9:41.42	33.48	1300m:	14:11.34	33.81
	150m:	1:31.83	31.99	550m:	5:49.28	32.49	950m:	10:14.95	33.53	1350m:	14:45.14	33.80
	200m:	2:03.57	31.74	600m:	6:22.09	32.81	1000m:	10:48.83	33.88	1400m:	15:19.06	33.92
	250m:	2:35.32	31.75	650m:	6:54.84	32.75	1050m:	11:22.58	33.75	1450m:	15:51.31	32.25
	300m:	3:07.58	32.26	700m:	7:28.00	33.16	1100m:	11:56.13	33.55	1500m:	16:23.13	31.82
	350m:	3:39.38	31.80	750m:	8:01.10	33.10	1150m:	12:30.00	33.87			
	400m:	4:11.83	32.45	800m:	8:34.56	33.46	1200m:	13:03.63	33.63			



ЧЕМПИОНАТ РОССИИ 2024 ПО ПЛЫВАНИЮ

14-19 АПРЕЛЯ

ул. Сибгата Хакима, д. 70,
Дворец водных видов спорта

КАЗАНЬ

142, , 1500m

R.T.

36.			2004					+0,69	16:23.48	694		
	50m:	28.61	28.61	450m:	4:43.82	32.63	850m:	9:05.98	33.09	1250m:	13:35.59	34.14
	100m:	1:00.02	31.41	500m:	5:16.32	32.50	900m:	9:39.35	33.37	1300m:	14:09.41	33.82
	150m:	1:31.33	31.31	550m:	5:48.73	32.41	950m:	10:12.74	33.39	1350m:	14:43.29	33.88
	200m:	2:03.27	31.94	600m:	6:21.43	32.70	1000m:	10:46.25	33.51	1400m:	15:17.04	33.75
	250m:	2:34.87	31.60	650m:	6:54.23	32.80	1050m:	11:19.83	33.58	1450m:	15:50.68	33.64
	300m:	3:06.84	31.97	700m:	7:27.16	32.93	1100m:	11:53.58	33.75	1500m:	16:23.48	32.80
	350m:	3:38.97	32.13	750m:	7:59.90	32.74	1150m:	12:27.55	33.97			
	400m:	4:11.19	32.22	800m:	8:32.89	32.99	1200m:	13:01.45	33.90			
37.			2007					+0,79	16:26.37	688		
	50m:	28.74	28.74	450m:	4:51.28	33.06	850m:	9:15.47	32.91	1250m:	13:42.53	33.32
	100m:	1:00.78	32.04	500m:	5:24.44	33.16	900m:	9:48.72	33.25	1300m:	14:16.38	33.85
	150m:	1:33.37	32.59	550m:	5:57.26	32.82	950m:	10:22.37	33.65	1350m:	14:49.95	33.57
	200m:	2:06.28	32.91	600m:	6:30.45	33.19	1000m:	10:55.55	33.18	1400m:	15:23.04	33.09
	250m:	2:39.24	32.96	650m:	7:03.47	33.02	1050m:	11:28.72	33.17	1450m:	15:55.96	32.92
	300m:	3:12.58	33.34	700m:	7:36.63	33.16	1100m:	12:02.32	33.60	1500m:	16:26.37	30.41
	350m:	3:45.39	32.81	750m:	8:09.75	33.12	1150m:	12:35.80	33.48			
	400m:	4:18.22	32.83	800m:	8:42.56	32.81	1200m:	13:09.21	33.41			
38.			2007					+0,79	16:26.83	687		
	50m:	29.98	29.98	450m:	4:51.66	33.12	850m:	9:15.02	33.10	1250m:	13:42.37	33.40
	100m:	1:01.88	31.90	500m:	5:24.23	32.57	900m:	9:48.40	33.38	1300m:	14:15.90	33.53
	150m:	1:34.39	32.51	550m:	5:57.16	32.93	950m:	10:21.76	33.36	1350m:	14:49.52	33.62
	200m:	2:06.84	32.45	600m:	6:30.20	33.04	1000m:	10:55.08	33.32	1400m:	15:22.91	33.39
	250m:	2:39.89	33.05	650m:	7:03.25	33.05	1050m:	11:28.68	33.60	1450m:	15:55.42	32.51
	300m:	3:12.69	32.80	700m:	7:36.14	32.89	1100m:	12:01.90	33.22	1500m:	16:26.83	31.41
	350m:	3:45.66	32.97	750m:	8:08.98	32.84	1150m:	12:35.52	33.62			
	400m:	4:18.54	32.88	800m:	8:41.92	32.94	1200m:	13:08.97	33.45			
39.			1997					+0,76	16:31.23	678		
	50m:	30.09	30.09	450m:	4:48.31	32.44	850m:	9:13.09	33.38	1250m:	13:43.46	34.10
	100m:	1:02.19	32.10	500m:	5:20.93	32.62	900m:	9:46.85	33.76	1300m:	14:17.24	33.78
	150m:	1:34.28	32.09	550m:	5:53.55	32.62	950m:	10:20.56	33.71	1350m:	14:50.85	33.61
	200m:	2:06.50	32.22	600m:	6:26.64	33.09	1000m:	10:54.12	33.56	1400m:	15:24.53	33.68
	250m:	2:38.72	32.22	650m:	6:59.85	33.21	1050m:	11:27.71	33.59	1450m:	15:58.01	33.48
	300m:	3:11.09	32.37	700m:	7:33.06	33.21	1100m:	12:01.98	34.27	1500m:	16:31.23	33.22
	350m:	3:43.32	32.23	750m:	8:06.28	33.22	1150m:	12:35.28	33.30			
	400m:	4:15.87	32.55	800m:	8:39.71	33.43	1200m:	13:09.36	34.08			
40.			2001					+0,68	16:38.15	664		
	50m:	26.11	26.11	450m:	4:43.88	33.08	850m:	9:14.85	34.40	1250m:	13:51.73	34.58
	100m:	56.33	30.22	500m:	5:17.07	33.19	900m:	9:49.56	34.71	1300m:	14:26.12	34.39
	150m:	1:27.69	31.36	550m:	5:50.69	33.62	950m:	10:23.98	34.42	1350m:	15:00.53	34.41
	200m:	1:59.72	32.03	600m:	6:24.58	33.89	1000m:	10:58.63	34.65	1400m:	15:34.41	33.88
	250m:	2:32.03	32.31	650m:	6:57.79	33.21	1050m:	11:33.33	34.70	1450m:	16:07.35	32.94
	300m:	3:04.84	32.81	700m:	7:31.80	34.01	1100m:	12:08.68	35.35	1500m:	16:38.15	30.80
	350m:	3:37.73	32.89	750m:	8:05.62	33.82	1150m:	12:42.42	33.74			
	400m:	4:10.80	33.07	800m:	8:40.45	34.83	1200m:	13:17.15	34.73			
41.			2002					+0,76	16:39.06	662		
	50m:	29.57	29.57	450m:	4:53.28	33.47	850m:	9:19.15	33.51	1250m:	13:50.67	34.33
	100m:	1:01.52	31.95	500m:	5:26.32	33.04	900m:	9:52.75	33.60	1300m:	14:24.98	34.31
	150m:	1:34.69	33.17	550m:	5:59.52	33.20	950m:	10:26.47	33.72	1350m:	14:59.24	34.26
	200m:	2:07.53	32.84	600m:	6:32.53	33.01	1000m:	11:00.45	33.98	1400m:	15:33.82	34.58
	250m:	2:40.63	33.10	650m:	7:05.79	33.26	1050m:	11:34.32	33.87	1450m:	16:07.39	33.57
	300m:	3:13.49	32.86	700m:	7:39.04	33.25	1100m:	12:08.10	33.78	1500m:	16:39.06	31.67
	350m:	3:46.72	33.23	750m:	8:12.40	33.36	1150m:	12:42.29	34.19			
	400m:	4:19.81	33.09	800m:	8:45.64	33.24	1200m:	13:16.34	34.05			



ЧЕМПИОНАТ РОССИИ 2024 ПО ПЛЫВАНИЮ

14-19 АПРЕЛЯ

ул. Сибгата Хакима, д. 70,
Дворец водных видов спорта

КАЗАНЬ

142, , 1500m

R.T.

42.			2007					+0,76	16:39.43	661		
	50m:	29.04	29.04	450m:	4:53.15	33.31	850m:	9:21.29	33.28	1250m:	13:52.01	33.53
	100m:	1:01.81	32.77	500m:	5:26.92	33.77	900m:	9:55.66	34.37	1300m:	14:26.15	34.14
	150m:	1:34.60	32.79	550m:	6:00.28	33.36	950m:	10:28.86	33.20	1350m:	15:00.15	34.00
	200m:	2:07.73	33.13	600m:	6:33.38	33.10	1000m:	11:02.94	34.08	1400m:	15:34.19	34.04
	250m:	2:40.46	32.73	650m:	7:07.02	33.64	1050m:	11:36.54	33.60	1450m:	16:06.94	32.75
	300m:	3:13.72	33.26	700m:	7:40.40	33.38	1100m:	12:10.46	33.92	1500m:	16:39.43	32.49
	350m:	3:46.15	32.43	750m:	8:13.99	33.59	1150m:	12:43.76	33.30			
	400m:	4:19.84	33.69	800m:	8:48.01	34.02	1200m:	13:18.48	34.72			
43.			2006					+0,73	16:45.32	650		
	50m:	28.56	28.56	450m:	4:48.09	32.76	850m:	9:17.64	33.82	1250m:	13:53.59	34.90
	100m:	59.93	31.37	500m:	5:21.55	33.46	900m:	9:52.00	34.36	1300m:	14:28.12	34.53
	150m:	1:31.66	31.73	550m:	5:54.63	33.08	950m:	10:26.54	34.54	1350m:	15:02.87	34.75
	200m:	2:04.33	32.67	600m:	6:28.26	33.63	1000m:	11:01.17	34.63	1400m:	15:37.95	35.08
	250m:	2:37.27	32.94	650m:	7:01.89	33.63	1050m:	11:35.22	34.05	1450m:	16:12.72	34.77
	300m:	3:10.37	33.10	700m:	7:36.31	34.42	1100m:	12:09.56	34.34	1500m:	16:45.32	32.60
	350m:	3:42.53	32.16	750m:	8:10.12	33.81	1150m:	12:44.01	34.45			
	400m:	4:15.33	32.80	800m:	8:43.82	33.70	1200m:	13:18.69	34.68			
44.			1999					+0,82	16:45.62	649		
	50m:	30.12	30.12	450m:	4:50.05	33.16	850m:	9:18.19	33.85	1250m:	13:55.34	34.81
	100m:	1:02.18	32.06	500m:	5:23.12	33.07	900m:	9:52.77	34.58	1300m:	14:30.30	34.96
	150m:	1:34.15	31.97	550m:	5:56.55	33.43	950m:	10:27.07	34.30	1350m:	15:04.88	34.58
	200m:	2:06.24	32.09	600m:	6:29.87	33.32	1000m:	11:01.41	34.34	1400m:	15:39.57	34.69
	250m:	2:38.53	32.29	650m:	7:03.01	33.14	1050m:	11:36.24	34.83	1450m:	16:12.69	33.12
	300m:	3:11.23	32.70	700m:	7:36.73	33.72	1100m:	12:10.87	34.63	1500m:	16:45.62	32.93
	350m:	3:44.05	32.82	750m:	8:10.40	33.67	1150m:	12:45.75	34.88			
	400m:	4:16.89	32.84	800m:	8:44.34	33.94	1200m:	13:20.53	34.78			
45.			2007					+0,81	16:51.46	638		
	50m:	28.61	28.61	450m:	4:50.98	33.66	850m:	9:25.13	34.42	1250m:	14:01.86	35.21
	100m:	1:00.19	31.58	500m:	5:24.54	33.56	900m:	9:58.99	33.86	1300m:	14:36.49	34.63
	150m:	1:32.36	32.17	550m:	5:58.01	33.47	950m:	10:33.83	34.84	1350m:	15:12.01	35.52
	200m:	2:04.64	32.28	600m:	6:32.26	34.25	1000m:	11:08.26	34.43	1400m:	15:45.91	33.90
	250m:	2:37.13	32.49	650m:	7:07.09	34.83	1050m:	11:42.52	34.26	1450m:	16:19.69	33.78
	300m:	3:10.18	33.05	700m:	7:41.55	34.46	1100m:	12:17.32	34.80	1500m:	16:51.46	31.77
	350m:	3:43.55	33.37	750m:	8:16.08	34.53	1150m:	12:52.08	34.76			
	400m:	4:17.32	33.77	800m:	8:50.71	34.63	1200m:	13:26.65	34.57			
DNS			2003									
DNS			1997									

