



25
03.12.2020 - 11:08

, 1500m

(13-14)

15:20.48	LEDECKY Kathleen	Indianapolis (USA)	16.05.2018
15:38.88	FRIIS Lotte	Barcelona (ESP)	30.07.2013
16:13.13		(ESP)	22.07.2003
15:28.36	LEDECKY Kathleen	Gold Coast (AUS)	24.08.2014
16:02.29			
16:13.13		(ESP)	22.07.2003

: FINA 2020

				R.T.				FINA			
				+0,88 17:41.05				652			
50m:	32.46	32.46	450m:	5:13.01	35.40	850m:	9:58.26	35.60	1250m:	14:46.00	35.92
100m:	1:06.91	34.45	500m:	5:48.39	35.38	900m:	10:34.01	35.75	1300m:	15:21.70	35.70
150m:	1:41.40	34.49	550m:	6:23.99	35.60	950m:	11:09.54	35.53	1350m:	15:57.28	35.58
200m:	2:16.31	34.91	600m:	6:59.73	35.74	1000m:	11:45.82	36.28	1400m:	16:32.67	35.39
250m:	2:51.48	35.17	650m:	7:35.54	35.81	1050m:	12:21.84	36.02	1450m:	17:07.43	34.76
300m:	3:26.86	35.38	700m:	8:11.31	35.77	1100m:	12:58.24	36.40	1500m:	17:41.05	33.62
350m:	4:02.30	35.44	750m:	8:46.98	35.67	1150m:	13:34.72	36.48			
400m:	4:37.61	35.31	800m:	9:22.66	35.68	1200m:	14:10.08	35.36			
				+0,82 17:53.41				630			
50m:	32.82	32.82	450m:	5:21.07	36.37	850m:	10:09.36	35.94	1250m:	14:56.34	36.08
100m:	1:08.51	35.69	500m:	5:57.02	35.95	900m:	10:44.98	35.62	1300m:	15:32.11	35.77
150m:	1:44.57	36.06	550m:	6:33.20	36.18	950m:	11:21.13	36.15	1350m:	16:07.96	35.85
200m:	2:20.48	35.91	600m:	7:09.29	36.09	1000m:	11:56.82	35.69	1400m:	16:43.66	35.70
250m:	2:56.72	36.24	650m:	7:45.47	36.18	1050m:	12:32.91	36.09	1450m:	17:19.72	36.06
300m:	3:32.64	35.92	700m:	8:21.22	35.75	1100m:	13:08.53	35.62	1500m:	17:53.41	33.69
350m:	4:08.79	36.15	750m:	8:57.55	36.33	1150m:	13:44.53	36.00			
400m:	4:44.70	35.91	800m:	9:33.42	35.87	1200m:	14:20.26	35.73			
				+0,85 17:56.53				625			
50m:	31.12	31.12	450m:	5:10.69	35.91	850m:	10:00.66	36.93	1250m:	14:54.81	37.63
100m:	1:04.53	33.41	500m:	5:46.33	35.64	900m:	10:36.92	36.26	1300m:	15:30.97	36.16
150m:	1:38.74	34.21	550m:	6:22.80	36.47	950m:	11:13.76	36.84	1350m:	16:08.67	37.70
200m:	2:13.29	34.55	600m:	6:58.86	36.06	1000m:	11:50.10	36.34	1400m:	16:44.93	36.26
250m:	2:48.51	35.22	650m:	7:34.89	36.03	1050m:	12:27.05	36.95	1450m:	17:21.53	36.60
300m:	3:23.52	35.01	700m:	8:10.98	36.09	1100m:	13:03.48	36.43	1500m:	17:56.53	35.00
350m:	3:59.42	35.90	750m:	8:47.63	36.65	1150m:	13:40.59	37.11			
400m:	4:34.78	35.36	800m:	9:23.73	36.10	1200m:	14:17.18	36.59			
				+0,72 18:22.12				582			
50m:	33.75	33.75	450m:	5:26.82	37.05	850m:	10:22.35	37.28	1250m:	15:20.28	37.79
100m:	1:10.28	36.53	500m:	6:03.25	36.43	900m:	10:59.36	37.01	1300m:	15:57.31	37.03
150m:	1:47.02	36.74	550m:	6:40.61	37.36	950m:	11:36.70	37.34	1350m:	16:34.49	37.18
200m:	2:24.02	37.00	600m:	7:17.16	36.55	1000m:	12:13.87	37.17	1400m:	17:10.92	36.43
250m:	3:00.39	36.37	650m:	7:54.08	36.92	1050m:	12:51.62	37.75	1450m:	17:47.43	36.51
300m:	3:36.47	36.08	700m:	8:30.85	36.77	1100m:	13:28.55	36.93	1500m:	18:22.12	34.69
350m:	4:13.43	36.96	750m:	9:08.26	37.41	1150m:	14:05.78	37.23			
400m:	4:49.77	36.34	800m:	9:45.07	36.81	1200m:	14:42.49	36.71			
				+0,78 18:36.66				560			
50m:	33.08	33.08	450m:	5:27.99	37.15	850m:	10:28.07	37.52	1250m:	15:29.93	37.76
100m:	1:09.43	36.35	500m:	6:05.08	37.09	900m:	11:05.54	37.47	1300m:	16:07.72	37.79
150m:	1:46.33	36.90	550m:	6:42.50	37.42	950m:	11:43.06	37.52	1350m:	16:45.38	37.66
200m:	2:23.15	36.82	600m:	7:19.59	37.09	1000m:	12:21.00	37.94	1400m:	17:23.06	37.68
250m:	2:59.66	36.51	650m:	7:57.21	37.62	1050m:	12:58.84	37.84	1450m:	18:00.53	37.47
300m:	3:36.87	37.21	700m:	8:35.08	37.87	1100m:	13:36.65	37.81	1500m:	18:36.66	36.13
350m:	4:13.85	36.98	750m:	9:12.62	37.54	1150m:	14:14.47	37.82			
400m:	4:50.84	36.99	800m:	9:50.55	37.93	1200m:	14:52.17	37.70			



25, , 1500m , (13-14)

				R.T.				FINA			
				+0,76 18:47.59				543			
50m:	34.35	34.35	450m:	5:37.68	38.15	850m:	10:37.79	37.50	1250m:	15:39.52	38.45
100m:	1:11.42	37.07	500m:	6:14.95	37.27	900m:	11:14.83	37.04	1300m:	16:17.21	37.69
150m:	1:49.82	38.40	550m:	6:53.13	38.18	950m:	11:52.40	37.57	1350m:	16:55.28	38.07
200m:	2:27.33	37.51	600m:	7:30.13	37.00	1000m:	12:29.86	37.46	1400m:	17:33.11	37.83
250m:	3:05.75	38.42	650m:	8:08.49	38.36	1050m:	13:07.82	37.96	1450m:	18:11.20	38.09
300m:	3:43.69	37.94	700m:	8:45.45	36.96	1100m:	13:45.05	37.23	1500m:	18:47.59	36.39
350m:	4:21.72	38.03	750m:	9:23.24	37.79	1150m:	14:23.13	38.08			
400m:	4:59.53	37.81	800m:	10:00.29	37.05	1200m:	15:01.07	37.94			
				+0,78 18:48.11				543			
50m:	32.80	32.80	450m:	5:32.52	37.25	850m:	10:35.38	38.25	1250m:	15:41.13	38.32
100m:	1:10.02	37.22	500m:	6:10.54	38.02	900m:	11:13.32	37.94	1300m:	16:19.73	38.60
150m:	1:47.21	37.19	550m:	6:48.17	37.63	950m:	11:51.13	37.81	1350m:	16:57.65	37.92
200m:	2:24.93	37.72	600m:	7:26.19	38.02	1000m:	12:30.04	38.91	1400m:	17:35.37	37.72
250m:	3:02.36	37.43	650m:	8:03.46	37.27	1050m:	13:07.80	37.76	1450m:	18:12.70	37.33
300m:	3:39.97	37.61	700m:	8:41.81	38.35	1100m:	13:46.31	38.51	1500m:	18:48.11	35.41
350m:	4:16.89	36.92	750m:	9:19.55	37.74	1150m:	14:24.57	38.26			
400m:	4:55.27	38.38	800m:	9:57.13	37.58	1200m:	15:02.81	38.24			
				+0,80 18:51.49				538			
50m:	33.02	33.02	450m:	5:31.39	37.97	850m:	10:35.80	37.82	1250m:	15:42.40	38.07
100m:	1:09.27	36.25	500m:	6:09.74	38.35	900m:	11:14.53	38.73	1300m:	16:20.77	38.37
150m:	1:46.17	36.90	550m:	6:47.57	37.83	950m:	11:52.52	37.99	1350m:	16:59.14	38.37
200m:	2:23.43	37.26	600m:	7:26.36	38.79	1000m:	12:30.95	38.43	1400m:	17:37.36	38.22
250m:	3:00.61	37.18	650m:	8:04.02	37.66	1050m:	13:08.98	38.03	1450m:	18:14.94	37.58
300m:	3:37.99	37.38	700m:	8:42.11	38.09	1100m:	13:47.41	38.43	1500m:	18:51.49	36.55
350m:	4:15.32	37.33	750m:	9:20.12	38.01	1150m:	14:25.83	38.42			
400m:	4:53.42	38.10	800m:	9:57.98	37.86	1200m:	15:04.33	38.50			
				+0,99 18:51.80				537			
50m:	33.18	33.18	450m:	5:34.26	38.88	850m:	10:37.16	38.27	1250m:	15:42.69	38.50
100m:	1:09.07	35.89	500m:	6:11.90	37.64	900m:	11:14.87	37.71	1300m:	16:20.96	38.27
150m:	1:46.38	37.31	550m:	6:49.79	37.89	950m:	11:53.10	38.23	1350m:	16:59.18	38.22
200m:	2:23.48	37.10	600m:	7:27.68	37.89	1000m:	12:31.37	38.27	1400m:	17:37.31	38.13
250m:	3:01.95	38.47	650m:	8:05.58	37.90	1050m:	13:09.64	38.27	1450m:	18:15.37	38.06
300m:	3:39.39	37.44	700m:	8:43.35	37.77	1100m:	13:47.45	37.81	1500m:	18:51.80	36.43
350m:	4:17.38	37.99	750m:	9:21.21	37.86	1150m:	14:26.09	38.64			
400m:	4:55.38	38.00	800m:	9:58.89	37.68	1200m:	15:04.19	38.10			
				+0,90 18:53.69				535			
50m:	32.79	32.79	450m:	5:30.18	37.57	850m:	10:33.82	38.14	1250m:	15:42.25	39.08
100m:	1:08.56	35.77	500m:	6:07.94	37.76	900m:	11:12.17	38.35	1300m:	16:20.89	38.64
150m:	1:45.52	36.96	550m:	6:45.86	37.92	950m:	11:50.57	38.40	1350m:	17:00.12	39.23
200m:	2:22.63	37.11	600m:	7:23.74	37.88	1000m:	12:29.00	38.43	1400m:	17:38.63	38.51
250m:	3:00.02	37.39	650m:	8:01.68	37.94	1050m:	13:07.68	38.68	1450m:	18:16.87	38.24
300m:	3:37.46	37.44	700m:	8:39.64	37.96	1100m:	13:46.17	38.49	1500m:	18:53.69	36.82
350m:	4:15.04	37.58	750m:	9:17.53	37.89	1150m:	14:24.89	38.72			
400m:	4:52.61	37.57	800m:	9:55.68	38.15	1200m:	15:03.17	38.28			
				+0,87 18:54.47				534			
50m:	33.51	33.51	450m:	5:31.21	37.93	850m:	10:37.80	37.79	1250m:	15:44.16	38.10
100m:	1:09.17	35.66	500m:	6:09.45	38.24	900m:	11:16.03	38.23	1300m:	16:23.02	38.86
150m:	1:45.94	36.77	550m:	6:48.00	38.55	950m:	11:54.16	38.13	1350m:	17:01.28	38.26
200m:	2:23.17	37.23	600m:	7:26.30	38.30	1000m:	12:32.49	38.33	1400m:	17:40.10	38.82
250m:	3:00.39	37.22	650m:	8:05.55	39.25	1050m:	13:10.45	37.96	1450m:	18:17.65	37.55
300m:	3:37.95	37.56	700m:	8:43.95	38.40	1100m:	13:48.94	38.49	1500m:	18:54.47	36.82
350m:	4:15.51	37.56	750m:	9:21.96	38.01	1150m:	14:27.07	38.13			
400m:	4:53.28	37.77	800m:	10:00.01	38.05	1200m:	15:06.06	38.99			





25, , 1500m , (13-14)

				R.T.				FINA			
				+0,72 18:57.58 				529			
50m:	33.59	33.59	450m:	5:34.75	38.41	850m:	10:41.16	38.37	1250m:	15:47.75	38.73
100m:	1:09.13	35.54	500m:	6:12.35	37.60	900m:	11:19.36	38.20	1300m:	16:25.29	37.54
150m:	1:46.51	37.38	550m:	6:50.68	38.33	950m:	11:57.86	38.50	1350m:	17:04.78	39.49
200m:	2:23.83	37.32	600m:	7:28.74	38.06	1000m:	12:36.02	38.16	1400m:	17:42.52	37.74
250m:	3:02.20	38.37	650m:	8:07.65	38.91	1050m:	13:14.95	38.93	1450m:	18:21.12	38.60
300m:	3:39.84	37.64	700m:	8:46.03	38.38	1100m:	13:52.21	37.26	1500m:	18:57.58	36.46
350m:	4:18.20	38.36	750m:	9:24.50	38.47	1150m:	14:31.21	39.00			
400m:	4:56.34	38.14	800m:	10:02.79	38.29	1200m:	15:09.02	37.81			
				19:00.36 				525			
50m:	32.80	32.80	450m:	5:32.37	37.50	850m:	10:37.27	38.68	1250m:	15:48.50	38.35
100m:	1:08.90	36.10	500m:	6:10.19	37.82	900m:	11:15.42	38.15	1300m:	16:27.73	39.23
150m:	1:44.90	36.00	550m:	6:48.07	37.88	950m:	11:54.01	38.59	1350m:	17:06.02	38.29
200m:	2:22.37	37.47	600m:	7:26.44	38.37	1000m:	12:33.51	39.50	1400m:	17:44.87	38.85
250m:	3:00.79	38.42	650m:	8:04.22	37.78	1050m:	13:12.41	38.90	1450m:	18:23.11	38.24
300m:	3:39.01	38.22	700m:	8:43.06	38.84	1100m:	13:51.88	39.47	1500m:	19:00.36	37.25
350m:	4:16.66	37.65	750m:	9:20.39	37.33	1150m:	14:31.24	39.36			
400m:	4:54.87	38.21	800m:	9:58.59	38.20	1200m:	15:10.15	38.91			
				+0,98 19:00.75 				525			
50m:	32.94	32.94	450m:	5:32.93	38.40	850m:	10:41.01	38.00	1250m:	15:49.74	38.12
100m:	1:08.61	35.67	500m:	6:11.71	38.78	900m:	11:19.68	38.67	1300m:	16:28.37	38.63
150m:	1:45.68	37.07	550m:	6:50.06	38.35	950m:	11:57.97	38.29	1350m:	17:06.74	38.37
200m:	2:23.32	37.64	600m:	7:28.46	38.40	1000m:	12:37.03	39.06	1400m:	17:45.88	39.14
250m:	3:00.81	37.49	650m:	8:06.97	38.51	1050m:	13:14.97	37.94	1450m:	18:23.53	37.65
300m:	3:38.51	37.70	700m:	8:46.17	39.20	1100m:	13:54.15	39.18	1500m:	19:00.75	37.22
350m:	4:16.20	37.69	750m:	9:24.60	38.43	1150m:	14:33.34	39.19			
400m:	4:54.53	38.33	800m:	10:03.01	38.41	1200m:	15:11.62	38.28			
				+0,79 19:04.83 				519			
50m:	34.72	34.72	450m:	5:38.22	38.07	850m:	10:42.91	38.10	1250m:	15:51.68	39.19
100m:	1:11.93	37.21	500m:	6:16.23	38.01	900m:	11:21.20	38.29	1300m:	16:30.75	39.07
150m:	1:50.17	38.24	550m:	6:54.29	38.06	950m:	11:59.29	38.09	1350m:	17:09.79	39.04
200m:	2:28.18	38.01	600m:	7:32.45	38.16	1000m:	12:37.81	38.52	1400m:	17:48.29	38.50
250m:	3:06.53	38.35	650m:	8:10.55	38.10	1050m:	13:16.16	38.35	1450m:	18:26.88	38.59
300m:	3:44.15	37.62	700m:	8:48.71	38.16	1100m:	13:54.92	38.76	1500m:	19:04.83	37.95
350m:	4:22.24	38.09	750m:	9:26.93	38.22	1150m:	14:33.68	38.76			
400m:	5:00.15	37.91	800m:	10:04.81	37.88	1200m:	15:12.49	38.81			
				+0,86 19:28.11 				489			
50m:	33.42	33.42	450m:	5:46.96	40.26	850m:	11:00.69	39.17	1250m:	16:16.97	39.85
100m:	1:09.97	36.55	500m:	6:26.27	39.31	900m:	11:40.17	39.48	1300m:	16:55.96	38.99
150m:	1:49.68	39.71	550m:	7:05.89	39.62	950m:	12:19.84	39.67	1350m:	17:35.08	39.12
200m:	2:28.75	39.07	600m:	7:44.67	38.78	1000m:	12:58.79	38.95	1400m:	18:13.37	38.29
250m:	3:08.38	39.63	650m:	8:24.11	39.44	1050m:	13:39.54	40.75	1450m:	18:51.24	37.87
300m:	3:47.27	38.89	700m:	9:02.31	38.20	1100m:	14:18.32	38.78	1500m:	19:28.11	36.87
350m:	4:27.62	40.35	750m:	9:42.48	40.17	1150m:	14:57.50	39.18			
400m:	5:06.70	39.08	800m:	10:21.52	39.04	1200m:	15:37.12	39.62			





25, , 1500m

25 , 1500m

(15-17)

03.12.2020 - 11:08

15:20.48	LEDECKY Kathleen	Indianapolis (USA)	16.05.2018
15:38.88	FRIIS Lotte	Barcelona (ESP)	30.07.2013
16:13.13		(ESP)	22.07.2003
15:28.36	LEDECKY Kathleen	Gold Coast (AUS)	24.08.2014
16:02.29			
16:13.13		(ESP)	22.07.2003

: FINA 2020

		/				R.T.		FINA			
		2003				+1,03 17:56.93		624			
50m:	33.52	33.52	450m:	5:20.36	36.51	850m:	10:11.45	36.77	1250m:	15:01.17	36.14
100m:	1:09.59	36.07	500m:	5:56.10	35.74	900m:	10:47.44	35.99	1300m:	15:37.17	36.00
150m:	1:45.51	35.92	550m:	6:32.76	36.66	950m:	11:23.86	36.42	1350m:	16:13.75	36.58
200m:	2:21.07	35.56	600m:	7:08.83	36.07	1000m:	11:59.92	36.06	1400m:	16:49.78	36.03
250m:	2:56.82	35.75	650m:	7:45.44	36.61	1050m:	12:36.60	36.68	1450m:	17:24.88	35.10
300m:	3:32.34	35.52	700m:	8:21.60	36.16	1100m:	13:12.74	36.14	1500m:	17:56.93	32.05
350m:	4:08.27	35.93	750m:	8:58.30	36.70	1150m:	13:48.66	35.92			
400m:	4:43.85	35.58	800m:	9:34.68	36.38	1200m:	14:25.03	36.37			
		2005				+0,68 18:02.21		615			
50m:	32.28	32.28	450m:	5:21.09	36.69	850m:	10:12.29	36.80	1250m:	15:03.17	36.70
100m:	1:07.57	35.29	500m:	5:56.92	35.83	900m:	10:48.29	36.00	1300m:	15:39.61	36.44
150m:	1:43.96	36.39	550m:	6:33.63	36.71	950m:	11:24.82	36.53	1350m:	16:16.59	36.98
200m:	2:20.02	36.06	600m:	7:09.76	36.13	1000m:	12:00.96	36.14	1400m:	16:53.44	36.85
250m:	2:56.35	36.33	650m:	7:46.29	36.53	1050m:	12:37.62	36.66	1450m:	17:29.70	36.26
300m:	3:32.45	36.10	700m:	8:22.54	36.25	1100m:	13:13.94	36.32	1500m:	18:02.21	32.51
350m:	4:08.69	36.24	750m:	8:59.35	36.81	1150m:	13:50.04	36.10			
400m:	4:44.40	35.71	800m:	9:35.49	36.14	1200m:	14:26.47	36.43			
		2005				+0,79 18:03.27		613			
50m:	32.60	32.60	450m:	5:21.19	36.36	850m:	10:11.41	37.05	1250m:	15:05.03	36.38
100m:	1:07.74	35.14	500m:	5:57.19	36.00	900m:	10:47.87	36.46	1300m:	15:41.54	36.51
150m:	1:43.83	36.09	550m:	6:33.45	36.26	950m:	11:24.73	36.86	1350m:	16:18.15	36.61
200m:	2:19.75	35.92	600m:	7:09.18	35.73	1000m:	12:01.63	36.90	1400m:	16:54.07	35.92
250m:	2:56.07	36.32	650m:	7:45.46	36.28	1050m:	12:38.32	36.69	1450m:	17:29.72	35.65
300m:	3:32.51	36.44	700m:	8:21.75	36.29	1100m:	13:14.93	36.61	1500m:	18:03.27	33.55
350m:	4:09.18	36.67	750m:	8:58.20	36.45	1150m:	13:51.71	36.78			
400m:	4:44.83	35.65	800m:	9:34.36	36.16	1200m:	14:28.65	36.94			
		2003				+0,92 18:10.50		601			
50m:	32.00	32.00	450m:	5:24.03	36.39	850m:	10:15.98	36.40	1250m:	15:09.72	37.00
100m:	1:07.74	35.74	500m:	6:00.68	36.65	900m:	10:52.40	36.42	1300m:	15:46.81	37.09
150m:	1:44.55	36.81	550m:	6:37.26	36.58	950m:	11:29.25	36.85	1350m:	16:23.67	36.86
200m:	2:21.00	36.45	600m:	7:13.56	36.30	1000m:	12:05.84	36.59	1400m:	17:00.21	36.54
250m:	2:57.67	36.67	650m:	7:50.00	36.44	1050m:	12:42.61	36.77	1450m:	17:36.74	36.53
300m:	3:34.48	36.81	700m:	8:26.44	36.44	1100m:	13:19.34	36.73	1500m:	18:10.50	33.76
350m:	4:11.16	36.68	750m:	9:03.01	36.57	1150m:	13:56.09	36.75			
400m:	4:47.64	36.48	800m:	9:39.58	36.57	1200m:	14:32.72	36.63			
		2004				+0,64 18:21.75		583			
50m:	32.55	32.55	450m:	5:22.09	36.53	850m:	10:16.13	37.19	1250m:	15:15.85	37.76
100m:	1:07.39	34.84	500m:	5:58.36	36.27	900m:	10:53.62	37.49	1300m:	15:53.44	37.59
150m:	1:43.33	35.94	550m:	6:34.87	36.51	950m:	11:30.84	37.22	1350m:	16:31.31	37.87
200m:	2:19.83	36.50	600m:	7:11.39	36.52	1000m:	12:08.22	37.38	1400m:	17:08.96	37.65
250m:	2:56.21	36.38	650m:	7:47.76	36.37	1050m:	12:45.92	37.70	1450m:	17:46.07	37.11
300m:	3:32.77	36.56	700m:	8:24.69	36.93	1100m:	13:22.94	37.02	1500m:	18:21.75	35.68
350m:	4:09.12	36.35	750m:	9:01.68	36.99	1150m:	14:00.51	37.57			
400m:	4:45.56	36.44	800m:	9:38.94	37.26	1200m:	14:38.09	37.58			



25, , 1500m , (15-17)

				R.T.				FINA				
				+0,94 18:25.11				577				
2005				450m:	5:20.23	36.96	850m:	10:14.56	37.52	1250m:	15:17.72	38.38
50m:	32.53	32.53	500m:	5:56.45	36.22	900m:	10:52.01	37.45	1300m:	15:55.43	37.71	
100m:	1:07.92	35.39	550m:	6:32.89	36.44	950m:	11:29.81	37.80	1350m:	16:34.39	38.96	
150m:	1:43.86	35.94	600m:	7:09.25	36.36	1000m:	12:07.70	37.89	1400m:	17:11.79	37.40	
200m:	2:19.43	35.57	650m:	7:46.01	36.76	1050m:	12:45.67	37.97	1450m:	17:49.23	37.44	
250m:	2:55.30	35.87	700m:	8:22.58	36.57	1100m:	13:23.26	37.59	1500m:	18:25.11	35.88	
300m:	3:30.98	35.68	750m:	8:59.71	37.13	1150m:	14:01.51	38.25				
350m:	4:07.36	36.38	800m:	9:37.04	37.33	1200m:	14:39.34	37.83				
400m:	4:43.27	35.91										
2005				-				+0,82 18:55.19				
50m:	33.79	33.79	450m:	5:35.84	37.90	850m:	10:41.54	38.97	1250m:	15:49.00	38.36	
100m:	1:10.80	37.01	500m:	6:13.43	37.59	900m:	11:20.18	38.64	1300m:	16:26.60	37.60	
150m:	1:48.84	38.04	550m:	6:50.65	37.22	950m:	11:59.18	39.00	1350m:	17:05.00	38.40	
200m:	2:26.06	37.22	600m:	7:28.43	37.78	1000m:	12:37.98	38.80	1400m:	17:41.82	36.82	
250m:	3:04.15	38.09	650m:	8:06.66	38.23	1050m:	13:16.88	38.90	1450m:	18:19.38	37.56	
300m:	3:41.66	37.51	700m:	8:45.18	38.52	1100m:	13:55.01	38.13	1500m:	18:55.19	35.81	
350m:	4:19.78	38.12	750m:	9:23.98	38.80	1150m:	14:33.35	38.34				
400m:	4:57.94	38.16	800m:	10:02.57	38.59	1200m:	15:10.64	37.29				

