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01.03.2019 - 14:05 , 1500m16:13.13 (ESP) 22.07.2003  
16:13.13 (ESP) 22.07.2003

: FINA 2019

			/				R.T.		FINA		
<b>1.</b>			<b>1997</b>		-		<b>17:03.54</b>		<b>727</b>		
50m:	31.65	31.65	450m:	5:11.47	35.34	850m:	9:45.94	34.81	1250m:	14:15.98	33.39
100m:	1:06.10	34.45	500m:	5:45.93	34.46	900m:	10:19.82	33.88	1300m:	14:49.58	33.60
150m:	1:41.23	35.13	550m:	6:20.45	34.52	950m:	10:54.37	34.55	1350m:	15:23.80	34.22
200m:	2:16.23	35.00	600m:	6:54.17	33.72	1000m:	11:28.41	34.04	1400m:	15:57.38	33.58
250m:	2:51.63	35.40	650m:	7:28.64	34.47	1050m:	12:03.04	34.63	1450m:	16:31.41	34.03
300m:	3:26.44	34.81	700m:	8:02.50	33.86	1100m:	12:36.82	33.78	1500m:	17:03.54	32.13
350m:	4:01.63	35.19	750m:	8:37.17	34.67	1150m:	13:09.86	33.04			
400m:	4:36.13	34.50	800m:	9:11.13	33.96	1200m:	13:42.59	32.73			
<b>2.</b>			<b>2000</b>				<b>17:10.83</b>		<b>712</b>		
50m:	31.87	31.87	450m:	5:11.39	35.21	850m:	9:45.94	34.71	1250m:	14:20.08	34.79
100m:	1:06.17	34.30	500m:	5:45.88	34.49	900m:	10:19.82	33.88	1300m:	14:54.27	34.19
150m:	1:41.36	35.19	550m:	6:20.43	34.55	950m:	10:54.53	34.71	1350m:	15:28.95	34.68
200m:	2:16.33	34.97	600m:	6:54.31	33.88	1000m:	11:28.53	34.00	1400m:	16:03.17	34.22
250m:	2:51.76	35.43	650m:	7:28.81	34.50	1050m:	12:03.19	34.66	1450m:	16:37.88	34.71
300m:	3:26.67	34.91	700m:	8:02.61	33.80	1100m:	12:37.24	34.05	1500m:	17:10.83	32.95
350m:	4:01.74	35.07	750m:	8:37.28	34.67	1150m:	13:11.30	34.06			
400m:	4:36.18	34.44	800m:	9:11.23	33.95	1200m:	13:45.29	33.99			
<b>3.</b>			<b>2004</b>				<b>17:12.02</b>		<b>709</b>		
50m:	30.96	30.96	450m:	5:04.79	34.44	850m:	9:41.66	35.49	1250m:	14:21.46	35.15
100m:	1:05.13	34.17	500m:	5:38.91	34.12	900m:	10:16.38	34.72	1300m:	14:56.37	34.91
150m:	1:40.12	34.99	550m:	6:13.53	34.62	950m:	10:51.70	35.32	1350m:	15:31.03	34.66
200m:	2:14.00	33.88	600m:	6:47.64	34.11	1000m:	11:26.54	34.84	1400m:	16:05.57	34.54
250m:	2:47.77	33.77	650m:	7:22.92	35.28	1050m:	12:01.94	35.40	1450m:	16:39.84	34.27
300m:	3:21.68	33.91	700m:	7:57.30	34.38	1100m:	12:36.65	34.71	1500m:	17:12.02	32.18
350m:	3:56.30	34.62	750m:	8:31.83	34.53	1150m:	13:11.88	35.23			
400m:	4:30.35	34.05	800m:	9:06.17	34.34	1200m:	13:46.31	34.43			
<b>4.</b>			<b>2003</b>				<b>17:21.70</b>		<b>689</b>		
50m:	32.35	32.35	450m:	5:12.09	35.17	850m:	9:49.14	34.85	1250m:	14:27.95	35.41
100m:	1:06.89	34.54	500m:	5:46.68	34.59	900m:	10:23.54	34.40	1300m:	15:02.89	34.94
150m:	1:42.18	35.29	550m:	6:21.61	34.93	950m:	10:58.62	35.08	1350m:	15:37.81	34.92
200m:	2:16.78	34.60	600m:	6:55.99	34.38	1000m:	11:33.27	34.65	1400m:	16:12.31	34.50
250m:	2:52.39	35.61	650m:	7:30.88	34.89	1050m:	12:08.13	34.86	1450m:	16:47.55	35.24
300m:	3:27.08	34.69	700m:	8:05.06	34.18	1100m:	12:42.71	34.58	1500m:	17:21.70	34.15
350m:	4:02.42	35.34	750m:	8:39.96	34.90	1150m:	13:17.73	35.02			
400m:	4:36.92	34.50	800m:	9:14.29	34.33	1200m:	13:52.54	34.81			
<b>5.</b>			<b>2003</b>				<b>17:31.06</b>		<b>671</b>		
50m:	33.60	33.60	450m:	5:18.32	34.88	850m:	9:57.95	34.67	1250m:	14:37.01	35.13
100m:	1:09.77	36.17	500m:	5:53.69	35.37	900m:	10:32.62	34.67	1300m:	15:11.86	34.85
150m:	1:45.52	35.75	550m:	6:28.83	35.14	950m:	11:07.67	35.05	1350m:	15:47.19	35.33
200m:	2:21.11	35.59	600m:	7:03.96	35.13	1000m:	11:42.70	35.03	1400m:	16:21.93	34.74
250m:	2:56.63	35.52	650m:	7:39.02	35.06	1050m:	12:17.46	34.76	1450m:	16:57.32	35.39
300m:	3:32.69	36.06	700m:	8:13.76	34.74	1100m:	12:52.15	34.69	1500m:	17:31.06	33.74
350m:	4:08.08	35.39	750m:	8:48.75	34.99	1150m:	13:27.04	34.89			
400m:	4:43.44	35.36	800m:	9:23.28	34.53	1200m:	14:01.88	34.84			

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					R.T.				FINA		
6.	2003				<b>17:36.06</b>				662		
50m:	32.12	32.12	450m:	5:15.94	35.57	850m:	9:59.87	35.42	1250m:	14:43.23	35.46
100m:	1:06.48	34.36	500m:	5:51.41	35.47	900m:	10:35.20	35.33	1300m:	15:18.79	35.56
150m:	1:41.89	35.41	550m:	6:26.78	35.37	950m:	11:10.66	35.46	1350m:	15:53.34	34.55
200m:	2:17.55	35.66	600m:	7:01.96	35.18	1000m:	11:46.14	35.48	1400m:	16:27.96	34.62
250m:	2:53.29	35.74	650m:	7:37.90	35.94	1050m:	12:21.52	35.38	1450m:	17:02.44	34.48
300m:	3:29.14	35.85	700m:	8:12.91	35.01	1100m:	12:57.01	35.49	1500m:	17:36.06	33.62
350m:	4:04.99	35.85	750m:	8:48.98	36.07	1150m:	13:32.51	35.50			
400m:	4:40.37	35.38	800m:	9:24.45	35.47	1200m:	14:07.77	35.26			
7.	1999				<b>17:38.33</b>				657		
50m:	32.18	32.18	450m:	5:11.85	34.89	850m:	9:55.05	35.99	1250m:	14:41.29	36.13
100m:	1:06.76	34.58	500m:	5:46.72	34.87	900m:	10:30.36	35.31	1300m:	15:16.29	35.00
150m:	1:41.80	35.04	550m:	6:21.97	35.25	950m:	11:06.15	35.79	1350m:	15:51.68	35.39
200m:	2:16.84	35.04	600m:	6:56.77	34.80	1000m:	11:42.10	35.95	1400m:	16:27.07	35.39
250m:	2:51.95	35.11	650m:	7:31.93	35.16	1050m:	12:18.29	36.19	1450m:	17:02.86	35.79
300m:	3:27.06	35.11	700m:	8:07.52	35.59	1100m:	12:53.90	35.61	1500m:	17:38.33	35.47
350m:	4:02.22	35.16	750m:	8:43.31	35.79	1150m:	13:29.74	35.84			
400m:	4:36.96	34.74	800m:	9:19.06	35.75	1200m:	14:05.16	35.42			
8.	1999				<b>17:41.79</b>				651		
50m:	32.23	32.23	450m:	5:14.68	35.78	850m:	9:59.79	35.38	1250m:	14:44.80	35.68
100m:	1:07.05	34.82	500m:	5:50.28	35.60	900m:	10:35.18	35.39	1300m:	15:20.32	35.52
150m:	1:42.26	35.21	550m:	6:26.44	36.16	950m:	11:10.76	35.58	1350m:	15:56.51	36.19
200m:	2:17.21	34.95	600m:	7:02.51	36.07	1000m:	11:46.38	35.62	1400m:	16:32.68	36.17
250m:	2:52.87	35.66	650m:	7:38.44	35.93	1050m:	12:22.27	35.89	1450m:	17:07.92	35.24
300m:	3:28.28	35.41	700m:	8:13.87	35.43	1100m:	12:57.57	35.30	1500m:	17:41.79	33.87
350m:	4:03.51	35.23	750m:	8:49.16	35.29	1150m:	13:33.40	35.83			
400m:	4:38.90	35.39	800m:	9:24.41	35.25	1200m:	14:09.12	35.72			
9.	2003				<b>17:44.94</b>				645		
50m:	31.87	31.87	450m:	5:10.88	35.15	850m:	9:55.56	35.96	1250m:	14:46.82	36.04
100m:	1:06.01	34.14	500m:	5:46.30	35.42	900m:	10:31.86	36.30	1300m:	15:23.31	36.49
150m:	1:40.66	34.65	550m:	6:21.60	35.30	950m:	11:08.11	36.25	1350m:	15:59.10	35.79
200m:	2:15.27	34.61	600m:	6:56.89	35.29	1000m:	11:44.84	36.73	1400m:	16:35.28	36.18
250m:	2:50.19	34.92	650m:	7:32.45	35.56	1050m:	12:21.34	36.50	1450m:	17:10.65	35.37
300m:	3:25.26	35.07	700m:	8:07.91	35.46	1100m:	12:57.97	36.63	1500m:	17:44.94	34.29
350m:	4:00.59	35.33	750m:	8:43.49	35.58	1150m:	13:34.14	36.17			
400m:	4:35.73	35.14	800m:	9:19.60	36.11	1200m:	14:10.78	36.64			
10.	2004				<b>17:45.41</b>				644		
50m:	33.22	33.22	450m:	5:14.88	35.61	850m:	10:00.32	36.00	1250m:	14:47.94	36.01
100m:	1:08.24	35.02	500m:	5:50.12	35.24	900m:	10:36.30	35.98	1300m:	15:23.72	35.78
150m:	1:43.56	35.32	550m:	6:25.68	35.56	950m:	11:12.49	36.19	1350m:	15:59.62	35.90
200m:	2:18.47	34.91	600m:	7:01.07	35.39	1000m:	11:48.26	35.77	1400m:	16:35.24	35.62
250m:	2:53.70	35.23	650m:	7:37.03	35.96	1050m:	12:24.42	36.16	1450m:	17:10.98	35.74
300m:	3:28.66	34.96	700m:	8:12.63	35.60	1100m:	13:00.32	35.90	1500m:	17:45.41	34.43
350m:	4:04.14	35.48	750m:	8:48.49	35.86	1150m:	13:36.29	35.97			
400m:	4:39.27	35.13	800m:	9:24.32	35.83	1200m:	14:11.93	35.64			

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						R.T.					FINA
11.	2004					<b>17:51.78</b>					<b>633</b>
50m:	33.53	33.53	450m:	5:18.62	35.58	850m:	10:04.23	36.62	1250m:	14:53.47	36.53
100m:	1:08.90	35.37	500m:	5:53.53	34.91	900m:	10:39.89	35.66	1300m:	15:29.40	35.93
150m:	1:45.10	36.20	550m:	6:29.61	36.08	950m:	11:16.30	36.41	1350m:	16:06.33	36.93
200m:	2:20.59	35.49	600m:	7:04.70	35.09	1000m:	11:52.06	35.76	1400m:	16:42.16	35.83
250m:	2:56.42	35.83	650m:	7:40.44	35.74	1050m:	12:28.67	36.61	1450m:	17:17.97	35.81
300m:	3:31.61	35.19	700m:	8:15.67	35.23	1100m:	13:04.17	35.50	1500m:	17:51.78	33.81
350m:	4:07.86	36.25	750m:	8:51.92	36.25	1150m:	13:40.98	36.81			
400m:	4:43.04	35.18	800m:	9:27.61	35.69	1200m:	14:16.94	35.96			
12.	2005					<b>17:56.36</b>					<b>625</b>
50m:	32.67	32.67	450m:	5:21.74	36.87	850m:	10:09.76	35.91	1250m:	15:01.65	36.42
100m:	1:08.59	35.92	500m:	5:58.76	37.02	900m:	10:46.05	36.29	1300m:	15:38.03	36.38
150m:	1:44.54	35.95	550m:	6:34.53	35.77	950m:	11:22.59	36.54	1350m:	16:13.99	35.96
200m:	2:21.02	36.48	600m:	7:10.58	36.05	1000m:	11:59.06	36.47	1400m:	16:49.31	35.32
250m:	2:57.18	36.16	650m:	7:46.72	36.14	1050m:	12:35.62	36.56	1450m:	17:23.35	34.04
300m:	3:32.90	35.72	700m:	8:22.38	35.66	1100m:	13:12.25	36.63	1500m:	17:56.36	33.01
350m:	4:09.16	36.26	750m:	8:57.88	35.50	1150m:	13:48.88	36.63			
400m:	4:44.87	35.71	800m:	9:33.85	35.97	1200m:	14:25.23	36.35			
13.	2000					<b>17:56.55</b>					<b>625</b>
50m:	32.27	32.27	450m:	5:14.69	35.53	850m:	10:02.34	35.97	1250m:	14:53.98	36.33
100m:	1:07.16	34.89	500m:	5:50.70	36.01	900m:	10:38.72	36.38	1300m:	15:30.57	36.59
150m:	1:41.90	34.74	550m:	6:26.45	35.75	950m:	11:14.84	36.12	1350m:	16:07.28	36.71
200m:	2:17.36	35.46	600m:	7:02.46	36.01	1000m:	11:51.56	36.72	1400m:	16:44.49	37.21
250m:	2:52.52	35.16	650m:	7:38.39	35.93	1050m:	12:27.84	36.28	1450m:	17:20.87	36.38
300m:	3:28.15	35.63	700m:	8:14.49	36.10	1100m:	13:04.47	36.63	1500m:	17:56.55	35.68
350m:	4:03.32	35.17	750m:	8:50.30	35.81	1150m:	13:40.91	36.44			
400m:	4:39.16	35.84	800m:	9:26.37	36.07	1200m:	14:17.65	36.74			
14.	2005					<b>18:00.09</b>					<b>618</b>
50m:	32.69	32.69	450m:	5:18.56	36.62	850m:	10:10.59	36.24	1250m:	15:01.59	36.67
100m:	1:07.66	34.97	500m:	5:55.31	36.75	900m:	10:46.52	35.93	1300m:	15:37.76	36.17
150m:	1:42.98	35.32	550m:	6:32.00	36.69	950m:	11:22.83	36.31	1350m:	16:14.16	36.40
200m:	2:18.35	35.37	600m:	7:08.80	36.80	1000m:	11:59.14	36.31	1400m:	16:49.25	35.09
250m:	2:54.25	35.90	650m:	7:45.87	37.07	1050m:	12:35.62	36.48	1450m:	17:25.13	35.88
300m:	3:29.77	35.52	700m:	8:22.37	36.50	1100m:	13:12.11	36.49	1500m:	18:00.09	34.96
350m:	4:05.84	36.07	750m:	8:58.11	35.74	1150m:	13:48.62	36.51			
400m:	4:41.94	36.10	800m:	9:34.35	36.24	1200m:	14:24.92	36.30			
15.	2005					<b>18:09.27</b>					<b>603</b>
50m:	32.67	32.67	450m:	5:20.13	36.56	850m:	10:13.40	37.01	1250m:	15:08.69	36.78
100m:	1:07.95	35.28	500m:	5:56.23	36.10	900m:	10:50.19	36.79	1300m:	15:45.48	36.79
150m:	1:43.71	35.76	550m:	6:32.79	36.56	950m:	11:26.86	36.67	1350m:	16:22.04	36.56
200m:	2:19.34	35.63	600m:	7:09.32	36.53	1000m:	12:03.72	36.86	1400m:	16:58.55	36.51
250m:	2:55.22	35.88	650m:	7:46.16	36.84	1050m:	12:40.66	36.94	1450m:	17:34.93	36.38
300m:	3:31.15	35.93	700m:	8:22.58	36.42	1100m:	13:17.79	37.13	1500m:	18:09.27	34.34
350m:	4:07.57	36.42	750m:	8:59.58	37.00	1150m:	13:54.84	37.05			
400m:	4:43.57	36.00	800m:	9:36.39	36.81	1200m:	14:31.91	37.07			

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					R.T.				FINA		
16.	2005				<b>18:09.90</b>				602		
50m:	32.80	32.80	450m:	5:20.71	36.55	850m:	10:14.27	37.30	1250m:	15:09.66	37.02
100m:	1:07.60	34.80	500m:	5:57.07	36.36	900m:	10:51.07	36.80	1300m:	15:46.21	36.55
150m:	1:43.79	36.19	550m:	6:33.65	36.58	950m:	11:27.83	36.76	1350m:	16:22.96	36.75
200m:	2:19.85	36.06	600m:	7:09.97	36.32	1000m:	12:04.72	36.89	1400m:	16:59.16	36.20
250m:	2:55.91	36.06	650m:	7:46.73	36.76	1050m:	12:42.00	37.28	1450m:	17:35.48	36.32
300m:	3:31.89	35.98	700m:	8:23.04	36.31	1100m:	13:18.80	36.80	1500m:	18:09.90	34.42
350m:	4:08.18	36.29	750m:	9:00.26	37.22	1150m:	13:55.81	37.01			
400m:	4:44.16	35.98	800m:	9:36.97	36.71	1200m:	14:32.64	36.83			
17.	2005				<b>18:10.73</b>				601		
50m:	32.94	32.94	450m:	5:19.45	36.39	850m:	10:14.34	37.23	1250m:	15:09.74	37.10
100m:	1:07.88	34.94	500m:	5:55.19	35.74	900m:	10:50.01	35.67	1300m:	15:46.51	36.77
150m:	1:44.07	36.19	550m:	6:32.04	36.85	950m:	11:27.07	37.06	1350m:	16:23.37	36.86
200m:	2:19.12	35.05	600m:	7:08.63	36.59	1000m:	12:04.77	37.70	1400m:	16:59.19	35.82
250m:	2:54.80	35.68	650m:	7:46.69	38.06	1050m:	12:42.10	37.33	1450m:	17:36.47	37.28
300m:	3:30.20	35.40	700m:	8:23.10	36.41	1100m:	13:18.90	36.80	1500m:	18:10.73	34.26
350m:	4:06.69	36.49	750m:	9:00.34	37.24	1150m:	13:55.98	37.08			
400m:	4:43.06	36.37	800m:	9:37.11	36.77	1200m:	14:32.64	36.66			
18.	2002				<b>18:14.43</b>				594		
50m:	33.07	33.07	450m:	5:19.79	36.07	850m:	10:13.60	36.95	1250m:	15:10.39	36.98
100m:	1:08.61	35.54	500m:	5:56.64	36.85	900m:	10:50.76	37.16	1300m:	15:47.75	37.36
150m:	1:43.78	35.17	550m:	6:32.62	35.98	950m:	11:27.83	37.07	1350m:	16:24.49	36.74
200m:	2:20.04	36.26	600m:	7:09.37	36.75	1000m:	12:04.92	37.09	1400m:	17:01.65	37.16
250m:	2:55.65	35.61	650m:	7:45.73	36.36	1050m:	12:41.91	36.99	1450m:	17:38.61	36.96
300m:	3:31.77	36.12	700m:	8:22.68	36.95	1100m:	13:19.22	37.31	1500m:	18:14.43	35.82
350m:	4:07.32	35.55	750m:	8:59.63	36.95	1150m:	13:56.02	36.80			
400m:	4:43.72	36.40	800m:	9:36.65	37.02	1200m:	14:33.41	37.39			
19.	1999				<b>18:15.74</b>				592		
50m:	32.57	32.57	450m:	5:21.37	37.06	850m:	10:16.39	36.71	1250m:	15:12.35	36.90
100m:	1:07.41	34.84	500m:	5:58.14	36.77	900m:	10:53.36	36.97	1300m:	15:49.73	37.38
150m:	1:42.72	35.31	550m:	6:34.75	36.61	950m:	11:30.17	36.81	1350m:	16:26.38	36.65
200m:	2:18.05	35.33	600m:	7:12.00	37.25	1000m:	12:07.62	37.45	1400m:	17:03.54	37.16
250m:	2:53.93	35.88	650m:	7:48.49	36.49	1050m:	12:44.14	36.52	1450m:	17:40.10	36.56
300m:	3:30.28	36.35	700m:	8:25.62	37.13	1100m:	13:21.29	37.15	1500m:	18:15.74	35.64
350m:	4:07.11	36.83	750m:	9:02.50	36.88	1150m:	13:58.12	36.83			
400m:	4:44.31	37.20	800m:	9:39.68	37.18	1200m:	14:35.45	37.33			
20.	2003				<b>18:18.84</b>				587		
50m:	32.90	32.90	450m:	5:23.81	36.40	850m:	10:16.88	37.23	1250m:	15:15.12	37.78
100m:	1:08.74	35.84	500m:	5:59.72	35.91	900m:	10:53.82	36.94	1300m:	15:52.10	36.98
150m:	1:45.14	36.40	550m:	6:36.09	36.37	950m:	11:31.30	37.48	1350m:	16:29.51	37.41
200m:	2:21.44	36.30	600m:	7:12.41	36.32	1000m:	12:08.19	36.89	1400m:	17:06.64	37.13
250m:	2:58.31	36.87	650m:	7:49.35	36.94	1050m:	12:45.52	37.33	1450m:	17:43.72	37.08
300m:	3:34.57	36.26	700m:	8:25.81	36.46	1100m:	13:22.73	37.21	1500m:	18:18.84	35.12
350m:	4:11.38	36.81	750m:	9:02.87	37.06	1150m:	14:00.09	37.36			
400m:	4:47.41	36.03	800m:	9:39.65	36.78	1200m:	14:37.34	37.25			

40, , 1500m ,

						R.T.					FINA
21.	2005					<b>18:21.18</b>					584
	50m: 33.17	33.17	450m: 5:26.11	36.81	850m: 10:21.37	36.89	1250m: 15:18.19	37.31			37.31
	100m: 1:09.41	36.24	500m: 6:03.09	36.98	900m: 10:58.62	37.25	1300m: 15:55.45	37.26			37.26
	150m: 1:45.96	36.55	550m: 6:39.96	36.87	950m: 11:35.65	37.03	1350m: 16:32.64	37.19			37.19
	200m: 2:22.57	36.61	600m: 7:16.72	36.76	1000m: 12:12.81	37.16	1400m: 17:09.32	36.68			36.68
	250m: 2:59.18	36.61	650m: 7:53.49	36.77	1050m: 12:49.74	36.93	1450m: 17:45.64	36.32			36.32
	300m: 3:35.77	36.59	700m: 8:30.58	37.09	1100m: 13:27.01	37.27	1500m: 18:21.18	35.54			35.54
	350m: 4:12.31	36.54	750m: 9:07.19	36.61	1150m: 14:03.86	36.85					
	400m: 4:49.30	36.99	800m: 9:44.48	37.29	1200m: 14:40.88	37.02					
22.	2004					<b>18:23.53</b>					580
	50m: 31.60	31.60	450m: 5:26.47	37.33	850m: 10:23.86	37.44	1250m: 15:22.88	37.68			37.68
	100m: 1:07.06	35.46	500m: 6:03.42	36.95	900m: 11:00.88	37.02	1300m: 16:00.10	37.22			37.22
	150m: 1:44.09	37.03	550m: 6:40.70	37.28	950m: 11:38.31	37.43	1350m: 16:37.67	37.57			37.57
	200m: 2:20.78	36.69	600m: 7:17.27	36.57	1000m: 12:15.62	37.31	1400m: 17:14.31	36.64			36.64
	250m: 2:58.03	37.25	650m: 7:55.01	37.74	1050m: 12:53.30	37.68	1450m: 17:50.55	36.24			36.24
	300m: 3:34.74	36.71	700m: 8:31.98	36.97	1100m: 13:30.62	37.32	1500m: 18:23.53	32.98			32.98
	350m: 4:12.06	37.32	750m: 9:09.52	37.54	1150m: 14:08.09	37.47					
	400m: 4:49.14	37.08	800m: 9:46.42	36.90	1200m: 14:45.20	37.11					
23.	2004					<b>18:24.17</b>					579
	50m: 33.78	33.78	450m: 5:29.73	37.31	850m: 10:27.07	36.94	1250m: 15:23.74	37.58			37.58
	100m: 1:10.39	36.61	500m: 6:07.05	37.32	900m: 11:03.71	36.64	1300m: 16:00.39	36.65			36.65
	150m: 1:47.31	36.92	550m: 6:44.69	37.64	950m: 11:41.24	37.53	1350m: 16:37.83	37.44			37.44
	200m: 2:23.75	36.44	600m: 7:21.37	36.68	1000m: 12:18.11	36.87	1400m: 17:13.99	36.16			36.16
	250m: 3:00.84	37.09	650m: 7:58.88	37.51	1050m: 12:55.61	37.50	1450m: 17:50.42	36.43			36.43
	300m: 3:37.79	36.95	700m: 8:35.56	36.68	1100m: 13:32.09	36.48	1500m: 18:24.17	33.75			33.75
	350m: 4:15.15	37.36	750m: 9:13.15	37.59	1150m: 14:09.91	37.82					
	400m: 4:52.42	37.27	800m: 9:50.13	36.98	1200m: 14:46.16	36.25					
24.	2002					<b>18:24.46</b>					578
	50m: 32.57	32.57	450m: 5:24.24	37.54	850m: 10:21.62	37.98	1250m: 15:21.28	37.52			37.52
	100m: 1:07.28	34.71	500m: 6:00.50	36.26	900m: 10:58.73	37.11	1300m: 15:58.19	36.91			36.91
	150m: 1:44.03	36.75	550m: 6:37.91	37.41	950m: 11:36.59	37.86	1350m: 16:35.31	37.12			37.12
	200m: 2:20.02	35.99	600m: 7:14.85	36.94	1000m: 12:13.88	37.29	1400m: 17:11.88	36.57			36.57
	250m: 2:57.05	37.03	650m: 7:52.57	37.72	1050m: 12:51.56	37.68	1450m: 17:48.90	37.02			37.02
	300m: 3:33.27	36.22	700m: 8:29.65	37.08	1100m: 13:28.73	37.17	1500m: 18:24.46	35.56			35.56
	350m: 4:10.52	37.25	750m: 9:06.97	37.32	1150m: 14:06.51	37.78					
	400m: 4:46.70	36.18	800m: 9:43.64	36.67	1200m: 14:43.76	37.25					
25.	2003					<b>18:32.54</b>					566
	50m: 32.77	32.77	450m: 5:25.76	37.03	850m: 10:24.40	37.51	1250m: 15:26.22	37.75			37.75
	100m: 1:09.13	36.36	500m: 6:02.89	37.13	900m: 11:01.96	37.56	1300m: 16:03.85	37.63			37.63
	150m: 1:45.18	36.05	550m: 6:40.27	37.38	950m: 11:40.00	38.04	1350m: 16:41.89	38.04			38.04
	200m: 2:21.79	36.61	600m: 7:17.76	37.49	1000m: 12:17.53	37.53	1400m: 17:19.44	37.55			37.55
	250m: 2:58.20	36.41	650m: 7:54.93	37.17	1050m: 12:55.36	37.83	1450m: 17:56.71	37.27			37.27
	300m: 3:34.92	36.72	700m: 8:32.33	37.40	1100m: 13:32.80	37.44	1500m: 18:32.54	35.83			35.83
	350m: 4:11.49	36.57	750m: 9:09.42	37.09	1150m: 14:10.47	37.67					
	400m: 4:48.73	37.24	800m: 9:46.89	37.47	1200m: 14:48.47	38.00					

40, , 1500m ,

						R.T.			FINA	
26.	2000					<b>18:33.24</b>			<b>565</b>	
	50m: 33.69	33.69	450m: 5:26.22	36.62	850m: 10:22.78	37.23	1250m: 15:24.65	38.16		
	100m: 1:09.81	36.12	500m: 6:03.46	37.24	900m: 11:00.31	37.53	1300m: 16:02.26	37.61		
	150m: 1:45.71	35.90	550m: 6:39.93	36.47	950m: 11:37.83	37.52	1350m: 16:40.56	38.30		
	200m: 2:22.08	36.37	600m: 7:17.06	37.13	1000m: 12:15.30	37.47	1400m: 17:18.45	37.89		
	250m: 2:58.86	36.78	650m: 7:54.06	37.00	1050m: 12:53.32	38.02	1450m: 17:56.72	38.27		
	300m: 3:35.59	36.73	700m: 8:30.81	36.75	1100m: 13:30.71	37.39	1500m: 18:33.24	36.52		
	350m: 4:12.39	36.80	750m: 9:08.19	37.38	1150m: 14:08.82	38.11				
	400m: 4:49.60	37.21	800m: 9:45.55	37.36	1200m: 14:46.49	37.67				
27.	2001					<b>18:33.80</b>			<b>564</b>	
	50m: 33.17	33.17	450m: 5:27.41	37.55	850m: 10:28.07	37.64	1250m: 15:28.34	37.73		
	100m: 1:09.25	36.08	500m: 6:04.66	37.25	900m: 11:05.40	37.33	1300m: 16:06.27	37.93		
	150m: 1:45.92	36.67	550m: 6:42.53	37.87	950m: 11:42.84	37.44	1350m: 16:44.28	38.01		
	200m: 2:22.26	36.34	600m: 7:20.04	37.51	1000m: 12:19.92	37.08	1400m: 17:21.63	37.35		
	250m: 2:59.01	36.75	650m: 7:57.84	37.80	1050m: 12:57.60	37.68	1450m: 17:58.80	37.17		
	300m: 3:35.69	36.68	700m: 8:35.09	37.25	1100m: 13:35.20	37.60	1500m: 18:33.80	35.00		
	350m: 4:13.16	37.47	750m: 9:12.80	37.71	1150m: 14:13.11	37.91				
	400m: 4:49.86	36.70	800m: 9:50.43	37.63	1200m: 14:50.61	37.50				
28.	2003					<b>18:34.17</b>			<b>563</b>	
	50m: 35.17	35.17	450m: 5:34.17	37.60	850m: 10:30.28	36.36	1250m: 15:28.48	37.59		
	100m: 1:12.24	37.07	500m: 6:11.54	37.37	900m: 11:07.22	36.94	1300m: 16:06.17	37.69		
	150m: 1:49.13	36.89	550m: 6:49.48	37.94	950m: 11:43.84	36.62	1350m: 16:43.99	37.82		
	200m: 2:26.65	37.52	600m: 7:26.43	36.95	1000m: 12:21.09	37.25	1400m: 17:22.06	38.07		
	250m: 3:04.32	37.67	650m: 8:03.59	37.16	1050m: 12:58.45	37.36	1450m: 17:58.81	36.75		
	300m: 3:41.47	37.15	700m: 8:40.01	36.42	1100m: 13:35.99	37.54	1500m: 18:34.17	35.36		
	350m: 4:19.15	37.68	750m: 9:16.88	36.87	1150m: 14:13.14	37.15				
	400m: 4:56.57	37.42	800m: 9:53.92	37.04	1200m: 14:50.89	37.75				
29.	2004					<b>18:34.50</b>			<b>563</b>	
	50m: 33.33	33.33	450m: 5:27.37	36.88	850m: 10:27.92	37.68	1250m: 15:30.97	36.67		
	100m: 1:09.66	36.33	500m: 6:04.90	37.53	900m: 11:06.02	38.10	1300m: 16:09.81	38.84		
	150m: 1:45.63	35.97	550m: 6:41.79	36.89	950m: 11:43.41	37.39	1350m: 16:46.78	36.97		
	200m: 2:22.87	37.24	600m: 7:19.97	38.18	1000m: 12:21.56	38.15	1400m: 17:23.82	37.04		
	250m: 2:59.21	36.34	650m: 7:57.01	37.04	1050m: 12:59.28	37.72	1450m: 17:59.27	35.45		
	300m: 3:36.58	37.37	700m: 8:34.67	37.66	1100m: 13:38.23	38.95	1500m: 18:34.50	35.23		
	350m: 4:13.20	36.62	750m: 9:12.04	37.37	1150m: 14:15.78	37.55				
	400m: 4:50.49	37.29	800m: 9:50.24	38.20	1200m: 14:54.30	38.52				
30.	2003					<b>18:43.77</b>			<b>549</b>	
	50m: 34.15	34.15	450m: 5:30.24	37.63	850m: 10:32.77	38.24	1250m: 15:39.87	38.36		
	100m: 1:10.76	36.61	500m: 6:07.37	37.13	900m: 11:11.05	38.28	1300m: 16:18.02	38.15		
	150m: 1:46.90	36.14	550m: 6:45.22	37.85	950m: 11:49.59	38.54	1350m: 16:56.13	38.11		
	200m: 2:23.60	36.70	600m: 7:22.84	37.62	1000m: 12:27.74	38.15	1400m: 17:33.57	37.44		
	250m: 3:00.69	37.09	650m: 8:00.88	38.04	1050m: 13:06.42	38.68	1450m: 18:09.86	36.29		
	300m: 3:37.76	37.07	700m: 8:38.36	37.48	1100m: 13:44.82	38.40	1500m: 18:43.77	33.91		
	350m: 4:15.21	37.45	750m: 9:16.56	38.20	1150m: 14:23.02	38.20				
	400m: 4:52.61	37.40	800m: 9:54.53	37.97	1200m: 15:01.51	38.49				

40, , 1500m

					R.T.				FINA		
31.	2005 I				<b>18:44.16</b>				548		
50m:	34.58	34.58	450m:	5:34.85	37.16	850m:	10:36.13	37.88	1250m:	15:39.65	38.20
100m:	1:11.79	37.21	500m:	6:12.28	37.43	900m:	11:13.60	37.47	1300m:	16:17.12	37.47
150m:	1:49.55	37.76	550m:	6:49.44	37.16	950m:	11:51.56	37.96	1350m:	16:55.26	38.14
200m:	2:27.07	37.52	600m:	7:27.18	37.74	1000m:	12:29.33	37.77	1400m:	17:31.76	36.50
250m:	3:05.05	37.98	650m:	8:05.01	37.83	1050m:	13:07.35	38.02	1450m:	18:08.84	37.08
300m:	3:42.60	37.55	700m:	8:42.57	37.56	1100m:	13:45.25	37.90	1500m:	18:44.16	35.32
350m:	4:20.27	37.67	750m:	9:20.36	37.79	1150m:	14:23.45	38.20			
400m:	4:57.69	37.42	800m:	9:58.25	37.89	1200m:	15:01.45	38.00			
32.	2003 I				<b>18:45.89</b>				546		
50m:	33.15	33.15	450m:	5:27.89	37.54	850m:	10:29.83	38.21	1250m:	15:35.97	37.97
100m:	1:09.18	36.03	500m:	6:05.05	37.16	900m:	11:07.50	37.67	1300m:	16:13.81	37.84
150m:	1:45.25	36.07	550m:	6:42.74	37.69	950m:	11:46.01	38.51	1350m:	16:52.31	38.50
200m:	2:22.05	36.80	600m:	7:20.55	37.81	1000m:	12:24.42	38.41	1400m:	17:30.00	37.69
250m:	2:59.04	36.99	650m:	7:58.48	37.93	1050m:	13:02.67	38.25	1450m:	18:08.23	38.23
300m:	3:36.23	37.19	700m:	8:36.37	37.89	1100m:	13:41.15	38.48	1500m:	18:45.89	37.66
350m:	4:13.68	37.45	750m:	9:14.36	37.99	1150m:	14:19.48	38.33			
400m:	4:50.35	36.67	800m:	9:51.62	37.26	1200m:	14:58.00	38.52			
33.	2003				<b>18:46.04</b>				546		
50m:	31.84	31.84	450m:	5:26.55	38.00	850m:	10:30.80	38.67	1250m:	15:37.35	38.67
100m:	1:07.18	35.34	500m:	6:04.02	37.47	900m:	11:08.69	37.89	1300m:	16:15.45	38.10
150m:	1:43.90	36.72	550m:	6:41.95	37.93	950m:	11:47.35	38.66	1350m:	16:54.62	39.17
200m:	2:20.29	36.39	600m:	7:19.43	37.48	1000m:	12:25.37	38.02	1400m:	17:32.56	37.94
250m:	2:57.06	36.77	650m:	7:57.83	38.40	1050m:	13:03.93	38.56	1450m:	18:10.51	37.95
300m:	3:33.91	36.85	700m:	8:35.65	37.82	1100m:	13:41.94	38.01	1500m:	18:46.04	35.53
350m:	4:11.34	37.43	750m:	9:14.19	38.54	1150m:	14:20.84	38.90			
400m:	4:48.55	37.21	800m:	9:52.13	37.94	1200m:	14:58.68	37.84			
34.	2000				<b>18:46.21</b>				545		
50m:	34.13	34.13	450m:	5:34.24	37.27	850m:	10:36.48	38.33	1250m:	15:41.76	37.29
100m:	1:11.52	37.39	500m:	6:11.90	37.66	900m:	11:15.69	39.21	1300m:	16:20.35	38.59
150m:	1:48.68	37.16	550m:	6:49.35	37.45	950m:	11:53.20	37.51	1350m:	16:58.19	37.84
200m:	2:26.82	38.14	600m:	7:26.95	37.60	1000m:	12:31.84	38.64	1400m:	17:35.75	37.56
250m:	3:04.28	37.46	650m:	8:03.93	36.98	1050m:	13:09.52	37.68	1450m:	18:11.94	36.19
300m:	3:42.27	37.99	700m:	8:41.58	37.65	1100m:	13:47.78	38.26	1500m:	18:46.21	34.27
350m:	4:19.12	36.85	750m:	9:18.98	37.40	1150m:	14:25.61	37.83			
400m:	4:56.97	37.85	800m:	9:58.15	39.17	1200m:	15:04.47	38.86			
35.	2003				<b>18:51.42</b>				538		
50m:	33.61	33.61	450m:	5:31.79	36.83	850m:	10:36.04	37.64	1250m:	15:41.08	37.95
100m:	1:10.49	36.88	500m:	6:10.33	38.54	900m:	11:14.32	38.28	1300m:	16:19.99	38.91
150m:	1:47.26	36.77	550m:	6:47.65	37.32	950m:	11:52.18	37.86	1350m:	16:57.79	37.80
200m:	2:24.97	37.71	600m:	7:25.81	38.16	1000m:	12:30.52	38.34	1400m:	17:36.46	38.67
250m:	3:01.75	36.78	650m:	8:03.55	37.74	1050m:	13:08.31	37.79	1450m:	18:14.09	37.63
300m:	3:39.54	37.79	700m:	8:42.06	38.51	1100m:	13:46.55	38.24	1500m:	18:51.42	37.33
350m:	4:16.75	37.21	750m:	9:19.84	37.78	1150m:	14:24.33	37.78			
400m:	4:54.96	38.21	800m:	9:58.40	38.56	1200m:	15:03.13	38.80			

40, , 1500m

					R.T.				FINA		
36.	2006 I				<b>18:54.95</b> I				533		
50m:	32.59	32.59	450m:	5:35.65	38.17	850m:	10:41.89	38.81	1250m:	15:48.28	38.76
100m:	1:09.46	36.87	500m:	6:12.94	37.29	900m:	11:20.25	38.36	1300m:	16:26.41	38.13
150m:	1:46.84	37.38	550m:	6:51.92	38.98	950m:	11:59.01	38.76	1350m:	17:04.29	37.88
200m:	2:24.65	37.81	600m:	7:29.87	37.95	1000m:	12:37.05	38.04	1400m:	17:42.19	37.90
250m:	3:02.79	38.14	650m:	8:08.59	38.72	1050m:	13:15.45	38.40	1450m:	18:19.80	37.61
300m:	3:41.05	38.26	700m:	8:46.44	37.85	1100m:	13:52.98	37.53	1500m:	18:54.95	35.15
350m:	4:19.43	38.38	750m:	9:25.31	38.87	1150m:	14:31.54	38.56			
400m:	4:57.48	38.05	800m:	10:03.08	37.77	1200m:	15:09.52	37.98			
37.	2002				<b>19:00.25</b> I				526		
50m:	33.72	33.72	450m:	5:28.99	37.49	850m:	10:32.29	38.91	1250m:	15:45.08	39.16
100m:	1:09.76	36.04	500m:	6:06.23	37.24	900m:	11:11.16	38.87	1300m:	16:23.97	38.89
150m:	1:46.29	36.53	550m:	6:43.92	37.69	950m:	11:50.24	39.08	1350m:	17:03.08	39.11
200m:	2:22.70	36.41	600m:	7:21.05	37.13	1000m:	12:29.77	39.53	1400m:	17:42.36	39.28
250m:	2:59.65	36.95	650m:	7:58.72	37.67	1050m:	13:08.68	38.91	1450m:	18:21.94	39.58
300m:	3:36.85	37.20	700m:	8:36.56	37.84	1100m:	13:48.43	39.75	1500m:	19:00.25	38.31
350m:	4:14.52	37.67	750m:	9:14.76	38.20	1150m:	14:27.10	38.67			
400m:	4:51.50	36.98	800m:	9:53.38	38.62	1200m:	15:05.92	38.82			
38.	2006 I				<b>19:03.44</b> I				521		
50m:	32.68	32.68	450m:	5:32.33	37.48	850m:	10:41.03	38.56	1250m:	15:52.89	39.52
100m:	1:08.63	35.95	500m:	6:11.26	38.93	900m:	11:20.03	39.00	1300m:	16:31.78	38.89
150m:	1:45.84	37.21	550m:	6:49.69	38.43	950m:	11:58.34	38.31	1350m:	17:09.94	38.16
200m:	2:23.69	37.85	600m:	7:27.75	38.06	1000m:	12:37.20	38.86	1400m:	17:49.33	39.39
250m:	3:00.93	37.24	650m:	8:05.80	38.05	1050m:	13:15.54	38.34	1450m:	18:27.29	37.96
300m:	3:38.71	37.78	700m:	8:44.50	38.70	1100m:	13:54.39	38.85	1500m:	19:03.44	36.15
350m:	4:16.47	37.76	750m:	9:22.91	38.41	1150m:	14:33.33	38.94			
400m:	4:54.85	38.38	800m:	10:02.47	39.56	1200m:	15:13.37	40.04			
39.	2005 I				<b>19:06.46</b> I				517		
50m:	33.28	33.28	450m:	5:38.55	39.67	850m:	10:46.52	39.45	1250m:	15:59.62	38.59
100m:	1:09.70	36.42	500m:	6:16.24	37.69	900m:	11:27.42	40.90	1300m:	16:37.95	38.33
150m:	1:47.86	38.16	550m:	6:54.76	38.52	950m:	12:07.65	40.23	1350m:	17:16.22	38.27
200m:	2:25.36	37.50	600m:	7:32.33	37.57	1000m:	12:46.53	38.88	1400m:	17:53.58	37.36
250m:	3:02.87	37.51	650m:	8:10.92	38.59	1050m:	13:25.71	39.18	1450m:	18:31.12	37.54
300m:	3:41.37	38.50	700m:	8:49.37	38.45	1100m:	14:04.32	38.61	1500m:	19:06.46	35.34
350m:	4:20.54	39.17	750m:	9:28.37	39.00	1150m:	14:42.75	38.43			
400m:	4:58.88	38.34	800m:	10:07.07	38.70	1200m:	15:21.03	38.28			
40.	2003				<b>19:23.18</b> I				495		
50m:	33.48	33.48	450m:	5:36.74	37.97	850m:	10:51.06	39.20	1250m:	16:08.28	38.86
100m:	1:11.13	37.65	500m:	6:15.78	39.04	900m:	11:31.07	40.01	1300m:	16:48.23	39.95
150m:	1:48.97	37.84	550m:	6:54.09	38.31	950m:	12:10.51	39.44	1350m:	17:26.74	38.51
200m:	2:27.10	38.13	600m:	7:33.37	39.28	1000m:	12:50.78	40.27	1400m:	18:06.12	39.38
250m:	3:04.85	37.75	650m:	8:12.33	38.96	1050m:	13:29.88	39.10	1450m:	18:44.54	38.42
300m:	3:42.88	38.03	700m:	8:52.30	39.97	1100m:	14:10.01	40.13	1500m:	19:23.18	38.64
350m:	4:20.49	37.61	750m:	9:31.49	39.19	1150m:	14:49.59	39.58			
400m:	4:58.77	38.28	800m:	10:11.86	40.37	1200m:	15:29.42	39.83			



40, , 1500m ,

	/				R.T.				FINA		
41.	2004				19:23.66				494		
50m:	35.04	35.04	450m:	5:40.35	39.01	850m:	10:54.34	40.29	1250m:	16:09.28	39.85
100m:	1:11.90	36.86	500m:	6:18.83	38.48	900m:	11:33.46	39.12	1300m:	16:48.45	39.17
150m:	1:50.33	38.43	550m:	6:58.04	39.21	950m:	12:12.75	39.29	1350m:	17:28.05	39.60
200m:	2:27.89	37.56	600m:	7:36.64	38.60	1000m:	12:52.08	39.33	1400m:	18:07.22	39.17
250m:	3:06.63	38.74	650m:	8:16.55	39.91	1050m:	13:31.44	39.36	1450m:	18:46.57	39.35
300m:	3:44.32	37.69	700m:	8:55.19	38.64	1100m:	14:10.61	39.17	1500m:	19:23.66	37.09
350m:	4:23.15	38.83	750m:	9:35.22	40.03	1150m:	14:50.36	39.75			
400m:	5:01.34	38.19	800m:	10:14.05	38.83	1200m:	15:29.43	39.07			
42.	2002				19:27.87				489		
50m:	32.95	32.95	450m:	5:43.60	40.23	850m:	10:58.39	39.51	1250m:	16:14.77	39.88
100m:	1:10.27	37.32	500m:	6:22.60	39.00	900m:	11:37.48	39.09	1300m:	16:54.31	39.54
150m:	1:49.13	38.86	550m:	7:02.24	39.64	950m:	12:17.28	39.80	1350m:	17:33.94	39.63
200m:	2:27.31	38.18	600m:	7:41.15	38.91	1000m:	12:56.38	39.10	1400m:	18:12.31	38.37
250m:	3:06.74	39.43	650m:	8:20.66	39.51	1050m:	13:36.68	40.30	1450m:	18:50.96	38.65
300m:	3:45.37	38.63	700m:	9:00.08	39.42	1100m:	14:15.93	39.25	1500m:	19:27.87	36.91
350m:	4:24.56	39.19	750m:	9:39.67	39.59	1150m:	14:55.36	39.43			
400m:	5:03.37	38.81	800m:	10:18.88	39.21	1200m:	15:34.89	39.53			
43.	2005				19:28.38				488		
50m:	35.09	35.09	450m:	5:47.89	38.71	850m:	11:02.45	39.53	1250m:	16:16.26	39.52
100m:	1:13.77	38.68	500m:	6:26.86	38.97	900m:	11:41.64	39.19	1300m:	16:54.87	38.61
150m:	1:53.34	39.57	550m:	7:06.88	40.02	950m:	12:20.22	38.58	1350m:	17:34.36	39.49
200m:	2:32.23	38.89	600m:	7:45.71	38.83	1000m:	13:00.03	39.81	1400m:	18:12.94	38.58
250m:	3:11.58	39.35	650m:	8:25.20	39.49	1050m:	13:39.46	39.43	1450m:	18:51.27	38.33
300m:	3:50.75	39.17	700m:	9:04.70	39.50	1100m:	14:18.42	38.96	1500m:	19:28.38	37.11
350m:	4:29.69	38.94	750m:	9:43.90	39.20	1150m:	14:57.70	39.28			
400m:	5:09.18	39.49	800m:	10:22.92	39.02	1200m:	15:36.74	39.04			
44.	2003				19:30.37				486		
50m:	34.93	34.93	450m:	5:48.83	39.85	850m:	11:04.85	38.78	1250m:	16:17.82	38.96
100m:	1:13.32	38.39	500m:	6:28.55	39.72	900m:	11:43.67	38.82	1300m:	16:56.42	38.60
150m:	1:52.11	38.79	550m:	7:08.82	40.27	950m:	12:22.66	38.99	1350m:	17:36.11	39.69
200m:	2:31.04	38.93	600m:	7:48.25	39.43	1000m:	13:01.41	38.75	1400m:	18:15.62	39.51
250m:	3:10.76	39.72	650m:	8:27.98	39.73	1050m:	13:40.80	39.39	1450m:	18:54.12	38.50
300m:	3:50.37	39.61	700m:	9:07.44	39.46	1100m:	14:20.14	39.34	1500m:	19:30.37	36.25
350m:	4:29.65	39.28	750m:	9:47.15	39.71	1150m:	14:59.70	39.56			
400m:	5:08.98	39.33	800m:	10:26.07	38.92	1200m:	15:38.86	39.16			
45.	2006				19:32.28				484		
50m:	33.43	33.43	450m:	5:44.50	39.10	850m:	11:01.43	38.77	1250m:	16:16.20	38.98
100m:	1:11.39	37.96	500m:	6:24.32	39.82	900m:	11:40.48	39.05	1300m:	16:56.76	40.56
150m:	1:49.47	38.08	550m:	7:03.21	38.89	950m:	12:19.46	38.98	1350m:	17:35.62	38.86
200m:	2:28.63	39.16	600m:	7:43.75	40.54	1000m:	12:59.83	40.37	1400m:	18:16.07	40.45
250m:	3:06.61	37.98	650m:	8:23.54	39.79	1050m:	13:38.50	38.67	1450m:	18:54.74	38.67
300m:	3:46.52	39.91	700m:	9:03.65	40.11	1100m:	14:18.38	39.88	1500m:	19:32.28	37.54
350m:	4:25.20	38.68	750m:	9:43.19	39.54	1150m:	14:56.81	38.43			
400m:	5:05.40	40.20	800m:	10:22.66	39.47	1200m:	15:37.22	40.41			

40, , 1500m

								R.T.			FINA	
46.				2004	I			<b>19:32.33</b>	I		484	
	50m:	35.19	35.19	450m:	5:50.86	39.62	850m:	11:06.03	39.48	1250m:	16:20.43	39.61
	100m:	1:14.10	38.91	500m:	6:29.88	39.02	900m:	11:45.39	39.36	1300m:	16:59.35	38.92
	150m:	1:54.13	40.03	550m:	7:09.97	40.09	950m:	12:24.66	39.27	1350m:	17:38.48	39.13
	200m:	2:33.41	39.28	600m:	7:49.32	39.35	1000m:	13:03.23	38.57	1400m:	18:16.82	38.34
	250m:	3:13.02	39.61	650m:	8:28.80	39.48	1050m:	13:43.18	39.95	1450m:	18:55.80	38.98
	300m:	3:52.00	38.98	700m:	9:07.65	38.85	1100m:	14:21.86	38.68	1500m:	19:32.33	36.53
	350m:	4:32.17	40.17	750m:	9:47.46	39.81	1150m:	15:01.75	39.89			
	400m:	5:11.24	39.07	800m:	10:26.55	39.09	1200m:	15:40.82	39.07			
47.				2005	I			<b>19:45.65</b>	I		467	
	50m:	34.09	34.09	450m:	5:51.16	39.85	850m:	11:07.38	39.06	1250m:	16:28.25	40.56
	100m:	1:13.05	38.96	500m:	6:31.48	40.32	900m:	11:47.58	40.20	1300m:	17:08.55	40.30
	150m:	1:52.10	39.05	550m:	7:10.26	38.78	950m:	12:27.55	39.97	1350m:	17:48.38	39.83
	200m:	2:32.31	40.21	600m:	7:50.07	39.81	1000m:	13:07.38	39.83	1400m:	18:28.47	40.09
	250m:	3:11.39	39.08	650m:	8:29.42	39.35	1050m:	13:47.08	39.70	1450m:	19:06.76	38.29
	300m:	3:51.53	40.14	700m:	9:09.59	40.17	1100m:	14:27.34	40.26	1500m:	19:45.65	38.89
	350m:	4:31.37	39.84	750m:	9:48.81	39.22	1150m:	15:08.08	40.74			
	400m:	5:11.31	39.94	800m:	10:28.32	39.51	1200m:	15:47.69	39.61			
48.				2006	I			<b>19:50.30</b>	I		462	
	50m:	35.26	35.26	450m:	5:51.41	40.68	850m:	11:13.72	40.02	1250m:	16:34.84	40.80
	100m:	1:13.39	38.13	500m:	6:30.97	39.56	900m:	11:53.66	39.94	1300m:	17:14.24	39.40
	150m:	1:52.37	38.98	550m:	7:11.88	40.91	950m:	12:33.78	40.12	1350m:	17:54.79	40.55
	200m:	2:31.54	39.17	600m:	7:51.90	40.02	1000m:	13:13.60	39.82	1400m:	18:34.24	39.45
	250m:	3:11.35	39.81	650m:	8:32.49	40.59	1050m:	13:54.11	40.51	1450m:	19:14.05	39.81
	300m:	3:50.70	39.35	700m:	9:12.79	40.30	1100m:	14:33.65	39.54	1500m:	19:50.30	36.25
	350m:	4:30.81	40.11	750m:	9:53.62	40.83	1150m:	15:14.28	40.63			
	400m:	5:10.73	39.92	800m:	10:33.70	40.08	1200m:	15:54.04	39.76			
49.				2004				<b>19:51.44</b>	I		461	
	50m:	34.03	34.03	450m:	5:44.00	38.94	850m:	11:03.27	39.37	1250m:	16:30.14	40.68
	100m:	1:12.51	38.48	500m:	6:24.26	40.26	900m:	11:44.22	40.95	1300m:	17:11.34	41.20
	150m:	1:51.18	38.67	550m:	7:02.94	38.68	950m:	12:25.03	40.81	1350m:	17:51.48	40.14
	200m:	2:30.41	39.23	600m:	7:43.84	40.90	1000m:	13:05.62	40.59	1400m:	18:32.39	40.91
	250m:	3:08.42	38.01	650m:	8:22.72	38.88	1050m:	13:46.38	40.76	1450m:	19:12.45	40.06
	300m:	3:47.21	38.79	700m:	9:03.07	40.35	1100m:	14:27.52	41.14	1500m:	19:51.44	38.99
	350m:	4:25.79	38.58	750m:	9:42.75	39.68	1150m:	15:08.57	41.05			
	400m:	5:05.06	39.27	800m:	10:23.90	41.15	1200m:	15:49.46	40.89			
50.				2002				<b>20:07.05</b>	I		443	
	50m:	34.25	34.25	450m:	5:48.90	41.09	850m:	11:14.66	41.37	1250m:	16:43.13	41.30
	100m:	1:11.56	37.31	500m:	6:29.28	40.38	900m:	11:55.19	40.53	1300m:	17:24.35	41.22
	150m:	1:49.93	38.37	550m:	7:10.42	41.14	950m:	12:36.52	41.33	1350m:	18:05.88	41.53
	200m:	2:28.17	38.24	600m:	7:50.61	40.19	1000m:	13:17.26	40.74	1400m:	18:46.74	40.86
	250m:	3:08.35	40.18	650m:	8:31.57	40.96	1050m:	13:58.72	41.46	1450m:	19:27.70	40.96
	300m:	3:47.39	39.04	700m:	9:12.16	40.59	1100m:	14:39.46	40.74	1500m:	20:07.05	39.35
	350m:	4:27.42	40.03	750m:	9:52.71	40.55	1150m:	15:20.58	41.12			
	400m:	5:07.81	40.39	800m:	10:33.29	40.58	1200m:	16:01.83	41.25			

40, , 1500m ,

					R.T.				FINA		
51.	2006 I				<b>20:13.52</b> I				436		
50m:	35.80	35.80	450m:	5:55.05	40.66	850m:	11:22.25	41.45	1250m:	16:51.16	41.24
100m:	1:14.89	39.09	500m:	6:35.77	40.72	900m:	12:03.27	41.02	1300m:	17:32.29	41.13
150m:	1:54.14	39.25	550m:	7:16.41	40.64	950m:	12:44.37	41.10	1350m:	18:13.98	41.69
200m:	2:33.46	39.32	600m:	7:57.05	40.64	1000m:	13:25.40	41.03	1400m:	18:54.97	40.99
250m:	3:13.50	40.04	650m:	8:37.95	40.90	1050m:	14:06.75	41.35	1450m:	19:35.10	40.13
300m:	3:53.15	39.65	700m:	9:19.04	41.09	1100m:	14:47.70	40.95	1500m:	20:13.52	38.42
350m:	4:33.60	40.45	750m:	9:59.80	40.76	1150m:	15:28.72	41.02			
400m:	5:14.39	40.79	800m:	10:40.80	41.00	1200m:	16:09.92	41.20			
52.	2005 I				<b>20:23.43</b> I				425		
50m:	35.17	35.17	450m:	5:57.79	40.49	850m:	11:27.88	41.41	1250m:	16:59.53	40.86
100m:	1:14.60	39.43	500m:	6:39.06	41.27	900m:	12:09.80	41.92	1300m:	17:41.17	41.64
150m:	1:54.24	39.64	550m:	7:19.44	40.38	950m:	12:51.40	41.60	1350m:	18:22.28	41.11
200m:	2:35.25	41.01	600m:	8:01.42	41.98	1000m:	13:33.38	41.98	1400m:	19:03.66	41.38
250m:	3:14.93	39.68	650m:	8:42.11	40.69	1050m:	14:14.55	41.17	1450m:	19:43.45	39.79
300m:	3:55.64	40.71	700m:	9:23.96	41.85	1100m:	14:56.04	41.49	1500m:	20:23.43	39.98
350m:	4:35.89	40.25	750m:	10:05.01	41.05	1150m:	15:36.80	40.76			
400m:	5:17.30	41.41	800m:	10:46.47	41.46	1200m:	16:18.67	41.87			
53.	2005 I				<b>20:31.48</b> I				417		
50m:	33.72	33.72	450m:	5:55.29	41.76	850m:	11:31.00	42.58	1250m:	17:08.61	42.22
100m:	1:11.89	38.17	500m:	6:36.32	41.03	900m:	12:12.74	41.74	1300m:	17:49.52	40.91
150m:	1:52.38	40.49	550m:	7:18.38	42.06	950m:	12:54.93	42.19	1350m:	18:30.81	41.29
200m:	2:32.02	39.64	600m:	7:59.55	41.17	1000m:	13:36.84	41.91	1400m:	19:12.08	41.27
250m:	3:12.50	40.48	650m:	8:41.72	42.17	1050m:	14:19.63	42.79	1450m:	19:53.43	41.35
300m:	3:52.89	40.39	700m:	9:23.78	42.06	1100m:	15:01.81	42.18	1500m:	20:31.48	38.05
350m:	4:33.62	40.73	750m:	10:06.45	42.67	1150m:	15:44.36	42.55			
400m:	5:13.53	39.91	800m:	10:48.42	41.97	1200m:	16:26.39	42.03			
54.	2004 I				<b>20:50.45</b>				398		
50m:	34.88	34.88	450m:	6:04.36	42.50	850m:	11:45.93	42.61	1250m:	17:24.93	42.24
100m:	1:13.39	38.51	500m:	6:46.75	42.39	900m:	12:27.86	41.93	1300m:	18:06.42	41.49
150m:	1:53.60	40.21	550m:	7:30.03	43.28	950m:	13:11.04	43.18	1350m:	18:48.61	42.19
200m:	2:34.27	40.67	600m:	8:12.03	42.00	1000m:	13:53.53	42.49	1400m:	19:29.94	41.33
250m:	3:15.81	41.54	650m:	8:55.31	43.28	1050m:	14:36.19	42.66	1450m:	20:11.50	41.56
300m:	3:57.46	41.65	700m:	9:37.85	42.54	1100m:	15:18.24	42.05	1500m:	20:50.45	38.95
350m:	4:39.57	42.11	750m:	10:20.89	43.04	1150m:	16:01.01	42.77			
400m:	5:21.86	42.29	800m:	11:03.32	42.43	1200m:	16:42.69	41.68			

40, , 1500m

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(15-17 )

01.03.2019 - 14:05

16:13.13 (ESP) 22.07.2003  
16:13.13 (ESP) 22.07.2003

: FINA 2019

							R.T.			FINA		
<b>1.</b>				<b>2004</b>			<b>17:12.02</b>			<b>709</b>		
50m:	30.96	30.96	450m:	5:04.79	34.44	850m:	9:41.66	35.49	1250m:	14:21.46	35.15	
100m:	1:05.13	34.17	500m:	5:38.91	34.12	900m:	10:16.38	34.72	1300m:	14:56.37	34.91	
150m:	1:40.12	34.99	550m:	6:13.53	34.62	950m:	10:51.70	35.32	1350m:	15:31.03	34.66	
200m:	2:14.00	33.88	600m:	6:47.64	34.11	1000m:	11:26.54	34.84	1400m:	16:05.57	34.54	
250m:	2:47.77	33.77	650m:	7:22.92	35.28	1050m:	12:01.94	35.40	1450m:	16:39.84	34.27	
300m:	3:21.68	33.91	700m:	7:57.30	34.38	1100m:	12:36.65	34.71	1500m:	17:12.02	32.18	
350m:	3:56.30	34.62	750m:	8:31.83	34.53	1150m:	13:11.88	35.23				
400m:	4:30.35	34.05	800m:	9:06.17	34.34	1200m:	13:46.31	34.43				
<b>2.</b>				<b>2003</b>			<b>17:21.70</b>			<b>689</b>		
50m:	32.35	32.35	450m:	5:12.09	35.17	850m:	9:49.14	34.85	1250m:	14:27.95	35.41	
100m:	1:06.89	34.54	500m:	5:46.68	34.59	900m:	10:23.54	34.40	1300m:	15:02.89	34.94	
150m:	1:42.18	35.29	550m:	6:21.61	34.93	950m:	10:58.62	35.08	1350m:	15:37.81	34.92	
200m:	2:16.78	34.60	600m:	6:55.99	34.38	1000m:	11:33.27	34.65	1400m:	16:12.31	34.50	
250m:	2:52.39	35.61	650m:	7:30.88	34.89	1050m:	12:08.13	34.86	1450m:	16:47.55	35.24	
300m:	3:27.08	34.69	700m:	8:05.06	34.18	1100m:	12:42.71	34.58	1500m:	17:21.70	34.15	
350m:	4:02.42	35.34	750m:	8:39.96	34.90	1150m:	13:17.73	35.02				
400m:	4:36.92	34.50	800m:	9:14.29	34.33	1200m:	13:52.54	34.81				
<b>3.</b>				<b>2003</b>			<b>17:31.06</b>			<b>671</b>		
50m:	33.60	33.60	450m:	5:18.32	34.88	850m:	9:57.95	34.67	1250m:	14:37.01	35.13	
100m:	1:09.77	36.17	500m:	5:53.69	35.37	900m:	10:32.62	34.67	1300m:	15:11.86	34.85	
150m:	1:45.52	35.75	550m:	6:28.83	35.14	950m:	11:07.67	35.05	1350m:	15:47.19	35.33	
200m:	2:21.11	35.59	600m:	7:03.96	35.13	1000m:	11:42.70	35.03	1400m:	16:21.93	34.74	
250m:	2:56.63	35.52	650m:	7:39.02	35.06	1050m:	12:17.46	34.76	1450m:	16:57.32	35.39	
300m:	3:32.69	36.06	700m:	8:13.76	34.74	1100m:	12:52.15	34.69	1500m:	17:31.06	33.74	
350m:	4:08.08	35.39	750m:	8:48.75	34.99	1150m:	13:27.04	34.89				
400m:	4:43.44	35.36	800m:	9:23.28	34.53	1200m:	14:01.88	34.84				
<b>4.</b>				<b>2003</b>			<b>17:36.06</b>			<b>662</b>		
50m:	32.12	32.12	450m:	5:15.94	35.57	850m:	9:59.87	35.42	1250m:	14:43.23	35.46	
100m:	1:06.48	34.36	500m:	5:51.41	35.47	900m:	10:35.20	35.33	1300m:	15:18.79	35.56	
150m:	1:41.89	35.41	550m:	6:26.78	35.37	950m:	11:10.66	35.46	1350m:	15:53.34	34.55	
200m:	2:17.55	35.66	600m:	7:01.96	35.18	1000m:	11:46.14	35.48	1400m:	16:27.96	34.62	
250m:	2:53.29	35.74	650m:	7:37.90	35.94	1050m:	12:21.52	35.38	1450m:	17:02.44	34.48	
300m:	3:29.14	35.85	700m:	8:12.91	35.01	1100m:	12:57.01	35.49	1500m:	17:36.06	33.62	
350m:	4:04.99	35.85	750m:	8:48.98	36.07	1150m:	13:32.51	35.50				
400m:	4:40.37	35.38	800m:	9:24.45	35.47	1200m:	14:07.77	35.26				
<b>5.</b>				<b>2003</b>			<b>17:44.94</b>			<b>645</b>		
50m:	31.87	31.87	450m:	5:10.88	35.15	850m:	9:55.56	35.96	1250m:	14:46.82	36.04	
100m:	1:06.01	34.14	500m:	5:46.30	35.42	900m:	10:31.86	36.30	1300m:	15:23.31	36.49	
150m:	1:40.66	34.65	550m:	6:21.60	35.30	950m:	11:08.11	36.25	1350m:	15:59.10	35.79	
200m:	2:15.27	34.61	600m:	6:56.89	35.29	1000m:	11:44.84	36.73	1400m:	16:35.28	36.18	
250m:	2:50.19	34.92	650m:	7:32.45	35.56	1050m:	12:21.34	36.50	1450m:	17:10.65	35.37	
300m:	3:25.26	35.07	700m:	8:07.91	35.46	1100m:	12:57.97	36.63	1500m:	17:44.94	34.29	
350m:	4:00.59	35.33	750m:	8:43.49	35.58	1150m:	13:34.14	36.17				
400m:	4:35.73	35.14	800m:	9:19.60	36.11	1200m:	14:10.78	36.64				

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40, , 1500m , (15-17 )

	/			R.T.			FINA				
6.	2004			<b>17:45.41</b>			644				
50m:	33.22	33.22	450m:	5:14.88	35.61	850m:	10:00.32	36.00	1250m:	14:47.94	36.01
100m:	1:08.24	35.02	500m:	5:50.12	35.24	900m:	10:36.30	35.98	1300m:	15:23.72	35.78
150m:	1:43.56	35.32	550m:	6:25.68	35.56	950m:	11:12.49	36.19	1350m:	15:59.62	35.90
200m:	2:18.47	34.91	600m:	7:01.07	35.39	1000m:	11:48.26	35.77	1400m:	16:35.24	35.62
250m:	2:53.70	35.23	650m:	7:37.03	35.96	1050m:	12:24.42	36.16	1450m:	17:10.98	35.74
300m:	3:28.66	34.96	700m:	8:12.63	35.60	1100m:	13:00.32	35.90	1500m:	17:45.41	34.43
350m:	4:04.14	35.48	750m:	8:48.49	35.86	1150m:	13:36.29	35.97			
400m:	4:39.27	35.13	800m:	9:24.32	35.83	1200m:	14:11.93	35.64			
7.	2004			<b>17:51.78</b>			633				
50m:	33.53	33.53	450m:	5:18.62	35.58	850m:	10:04.23	36.62	1250m:	14:53.47	36.53
100m:	1:08.90	35.37	500m:	5:53.53	34.91	900m:	10:39.89	35.66	1300m:	15:29.40	35.93
150m:	1:45.10	36.20	550m:	6:29.61	36.08	950m:	11:16.30	36.41	1350m:	16:06.33	36.93
200m:	2:20.59	35.49	600m:	7:04.70	35.09	1000m:	11:52.06	35.76	1400m:	16:42.16	35.83
250m:	2:56.42	35.83	650m:	7:40.44	35.74	1050m:	12:28.67	36.61	1450m:	17:17.97	35.81
300m:	3:31.61	35.19	700m:	8:15.67	35.23	1100m:	13:04.17	35.50	1500m:	17:51.78	33.81
350m:	4:07.86	36.25	750m:	8:51.92	36.25	1150m:	13:40.98	36.81			
400m:	4:43.04	35.18	800m:	9:27.61	35.69	1200m:	14:16.94	35.96			
8.	2002			<b>18:14.43</b>			594				
50m:	33.07	33.07	450m:	5:19.79	36.07	850m:	10:13.60	36.95	1250m:	15:10.39	36.98
100m:	1:08.61	35.54	500m:	5:56.64	36.85	900m:	10:50.76	37.16	1300m:	15:47.75	37.36
150m:	1:43.78	35.17	550m:	6:32.62	35.98	950m:	11:27.83	37.07	1350m:	16:24.49	36.74
200m:	2:20.04	36.26	600m:	7:09.37	36.75	1000m:	12:04.92	37.09	1400m:	17:01.65	37.16
250m:	2:55.65	35.61	650m:	7:45.73	36.36	1050m:	12:41.91	36.99	1450m:	17:38.61	36.96
300m:	3:31.77	36.12	700m:	8:22.68	36.95	1100m:	13:19.22	37.31	1500m:	18:14.43	35.82
350m:	4:07.32	35.55	750m:	8:59.63	36.95	1150m:	13:56.02	36.80			
400m:	4:43.72	36.40	800m:	9:36.65	37.02	1200m:	14:33.41	37.39			
9.	2003			<b>18:18.84</b>			587				
50m:	32.90	32.90	450m:	5:23.81	36.40	850m:	10:16.88	37.23	1250m:	15:15.12	37.78
100m:	1:08.74	35.84	500m:	5:59.72	35.91	900m:	10:53.82	36.94	1300m:	15:52.10	36.98
150m:	1:45.14	36.40	550m:	6:36.09	36.37	950m:	11:31.30	37.48	1350m:	16:29.51	37.41
200m:	2:21.44	36.30	600m:	7:12.41	36.32	1000m:	12:08.19	36.89	1400m:	17:06.64	37.13
250m:	2:58.31	36.87	650m:	7:49.35	36.94	1050m:	12:45.52	37.33	1450m:	17:43.72	37.08
300m:	3:34.57	36.26	700m:	8:25.81	36.46	1100m:	13:22.73	37.21	1500m:	18:18.84	35.12
350m:	4:11.38	36.81	750m:	9:02.87	37.06	1150m:	14:00.09	37.36			
400m:	4:47.41	36.03	800m:	9:39.65	36.78	1200m:	14:37.34	37.25			
10.	2004			<b>18:23.53</b>			580				
50m:	31.60	31.60	450m:	5:26.47	37.33	850m:	10:23.86	37.44	1250m:	15:22.88	37.68
100m:	1:07.06	35.46	500m:	6:03.42	36.95	900m:	11:00.88	37.02	1300m:	16:00.10	37.22
150m:	1:44.09	37.03	550m:	6:40.70	37.28	950m:	11:38.31	37.43	1350m:	16:37.67	37.57
200m:	2:20.78	36.69	600m:	7:17.27	36.57	1000m:	12:15.62	37.31	1400m:	17:14.31	36.64
250m:	2:58.03	37.25	650m:	7:55.01	37.74	1050m:	12:53.30	37.68	1450m:	17:50.55	36.24
300m:	3:34.74	36.71	700m:	8:31.98	36.97	1100m:	13:30.62	37.32	1500m:	18:23.53	32.98
350m:	4:12.06	37.32	750m:	9:09.52	37.54	1150m:	14:08.09	37.47			
400m:	4:49.14	37.08	800m:	9:46.42	36.90	1200m:	14:45.20	37.11			

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40, , 1500m , (15-17 )

								R.T.		FINA		
11.			2004					<b>18:24.17</b>		579		
	50m:	33.78	33.78	450m:	5:29.73	37.31	850m:	10:27.07	36.94	1250m:	15:23.74	37.58
	100m:	1:10.39	36.61	500m:	6:07.05	37.32	900m:	11:03.71	36.64	1300m:	16:00.39	36.65
	150m:	1:47.31	36.92	550m:	6:44.69	37.64	950m:	11:41.24	37.53	1350m:	16:37.83	37.44
	200m:	2:23.75	36.44	600m:	7:21.37	36.68	1000m:	12:18.11	36.87	1400m:	17:13.99	36.16
	250m:	3:00.84	37.09	650m:	7:58.88	37.51	1050m:	12:55.61	37.50	1450m:	17:50.42	36.43
	300m:	3:37.79	36.95	700m:	8:35.56	36.68	1100m:	13:32.09	36.48	1500m:	18:24.17	33.75
	350m:	4:15.15	37.36	750m:	9:13.15	37.59	1150m:	14:09.91	37.82			
	400m:	4:52.42	37.27	800m:	9:50.13	36.98	1200m:	14:46.16	36.25			
12.			2002					<b>18:24.46</b>		578		
	50m:	32.57	32.57	450m:	5:24.24	37.54	850m:	10:21.62	37.98	1250m:	15:21.28	37.52
	100m:	1:07.28	34.71	500m:	6:00.50	36.26	900m:	10:58.73	37.11	1300m:	15:58.19	36.91
	150m:	1:44.03	36.75	550m:	6:37.91	37.41	950m:	11:36.59	37.86	1350m:	16:35.31	37.12
	200m:	2:20.02	35.99	600m:	7:14.85	36.94	1000m:	12:13.88	37.29	1400m:	17:11.88	36.57
	250m:	2:57.05	37.03	650m:	7:52.57	37.72	1050m:	12:51.56	37.68	1450m:	17:48.90	37.02
	300m:	3:33.27	36.22	700m:	8:29.65	37.08	1100m:	13:28.73	37.17	1500m:	18:24.46	35.56
	350m:	4:10.52	37.25	750m:	9:06.97	37.32	1150m:	14:06.51	37.78			
	400m:	4:46.70	36.18	800m:	9:43.64	36.67	1200m:	14:43.76	37.25			
13.			2003					<b>18:32.54</b>		566		
	50m:	32.77	32.77	450m:	5:25.76	37.03	850m:	10:24.40	37.51	1250m:	15:26.22	37.75
	100m:	1:09.13	36.36	500m:	6:02.89	37.13	900m:	11:01.96	37.56	1300m:	16:03.85	37.63
	150m:	1:45.18	36.05	550m:	6:40.27	37.38	950m:	11:40.00	38.04	1350m:	16:41.89	38.04
	200m:	2:21.79	36.61	600m:	7:17.76	37.49	1000m:	12:17.53	37.53	1400m:	17:19.44	37.55
	250m:	2:58.20	36.41	650m:	7:54.93	37.17	1050m:	12:55.36	37.83	1450m:	17:56.71	37.27
	300m:	3:34.92	36.72	700m:	8:32.33	37.40	1100m:	13:32.80	37.44	1500m:	18:32.54	35.83
	350m:	4:11.49	36.57	750m:	9:09.42	37.09	1150m:	14:10.47	37.67			
	400m:	4:48.73	37.24	800m:	9:46.89	37.47	1200m:	14:48.47	38.00			
14.			2003					<b>18:34.17</b>		563		
	50m:	35.17	35.17	450m:	5:34.17	37.60	850m:	10:30.28	36.36	1250m:	15:28.48	37.59
	100m:	1:12.24	37.07	500m:	6:11.54	37.37	900m:	11:07.22	36.94	1300m:	16:06.17	37.69
	150m:	1:49.13	36.89	550m:	6:49.48	37.94	950m:	11:43.84	36.62	1350m:	16:43.99	37.82
	200m:	2:26.65	37.52	600m:	7:26.43	36.95	1000m:	12:21.09	37.25	1400m:	17:22.06	38.07
	250m:	3:04.32	37.67	650m:	8:03.59	37.16	1050m:	12:58.45	37.36	1450m:	17:58.81	36.75
	300m:	3:41.47	37.15	700m:	8:40.01	36.42	1100m:	13:35.99	37.54	1500m:	18:34.17	35.36
	350m:	4:19.15	37.68	750m:	9:16.88	36.87	1150m:	14:13.14	37.15			
	400m:	4:56.57	37.42	800m:	9:53.92	37.04	1200m:	14:50.89	37.75			
15.			2004					<b>18:34.50</b>		563		
	50m:	33.33	33.33	450m:	5:27.37	36.88	850m:	10:27.92	37.68	1250m:	15:30.97	36.67
	100m:	1:09.66	36.33	500m:	6:04.90	37.53	900m:	11:06.02	38.10	1300m:	16:09.81	38.84
	150m:	1:45.63	35.97	550m:	6:41.79	36.89	950m:	11:43.41	37.39	1350m:	16:46.78	36.97
	200m:	2:22.87	37.24	600m:	7:19.97	38.18	1000m:	12:21.56	38.15	1400m:	17:23.82	37.04
	250m:	2:59.21	36.34	650m:	7:57.01	37.04	1050m:	12:59.28	37.72	1450m:	17:59.27	35.45
	300m:	3:36.58	37.37	700m:	8:34.67	37.66	1100m:	13:38.23	38.95	1500m:	18:34.50	35.23
	350m:	4:13.20	36.62	750m:	9:12.04	37.37	1150m:	14:15.78	37.55			
	400m:	4:50.49	37.29	800m:	9:50.24	38.20	1200m:	14:54.30	38.52			

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40, , 1500m , (15-17 )

								R.T.		FINA		
16.			2003					<b>18:43.77</b>		549		
	50m:	34.15	34.15	450m:	5:30.24	37.63	850m:	10:32.77	38.24	1250m:	15:39.87	38.36
	100m:	1:10.76	36.61	500m:	6:07.37	37.13	900m:	11:11.05	38.28	1300m:	16:18.02	38.15
	150m:	1:46.90	36.14	550m:	6:45.22	37.85	950m:	11:49.59	38.54	1350m:	16:56.13	38.11
	200m:	2:23.60	36.70	600m:	7:22.84	37.62	1000m:	12:27.74	38.15	1400m:	17:33.57	37.44
	250m:	3:00.69	37.09	650m:	8:00.88	38.04	1050m:	13:06.42	38.68	1450m:	18:09.86	36.29
	300m:	3:37.76	37.07	700m:	8:38.36	37.48	1100m:	13:44.82	38.40	1500m:	18:43.77	33.91
	350m:	4:15.21	37.45	750m:	9:16.56	38.20	1150m:	14:23.02	38.20			
	400m:	4:52.61	37.40	800m:	9:54.53	37.97	1200m:	15:01.51	38.49			
17.			2003	I				<b>18:45.89</b>		546		
	50m:	33.15	33.15	450m:	5:27.89	37.54	850m:	10:29.83	38.21	1250m:	15:35.97	37.97
	100m:	1:09.18	36.03	500m:	6:05.05	37.16	900m:	11:07.50	37.67	1300m:	16:13.81	37.84
	150m:	1:45.25	36.07	550m:	6:42.74	37.69	950m:	11:46.01	38.51	1350m:	16:52.31	38.50
	200m:	2:22.05	36.80	600m:	7:20.55	37.81	1000m:	12:24.42	38.41	1400m:	17:30.00	37.69
	250m:	2:59.04	36.99	650m:	7:58.48	37.93	1050m:	13:02.67	38.25	1450m:	18:08.23	38.23
	300m:	3:36.23	37.19	700m:	8:36.37	37.89	1100m:	13:41.15	38.48	1500m:	18:45.89	37.66
	350m:	4:13.68	37.45	750m:	9:14.36	37.99	1150m:	14:19.48	38.33			
	400m:	4:50.35	36.67	800m:	9:51.62	37.26	1200m:	14:58.00	38.52			
18.			2003					<b>18:46.04</b>		546		
	50m:	31.84	31.84	450m:	5:26.55	38.00	850m:	10:30.80	38.67	1250m:	15:37.35	38.67
	100m:	1:07.18	35.34	500m:	6:04.02	37.47	900m:	11:08.69	37.89	1300m:	16:15.45	38.10
	150m:	1:43.90	36.72	550m:	6:41.95	37.93	950m:	11:47.35	38.66	1350m:	16:54.62	39.17
	200m:	2:20.29	36.39	600m:	7:19.43	37.48	1000m:	12:25.37	38.02	1400m:	17:32.56	37.94
	250m:	2:57.06	36.77	650m:	7:57.83	38.40	1050m:	13:03.93	38.56	1450m:	18:10.51	37.95
	300m:	3:33.91	36.85	700m:	8:35.65	37.82	1100m:	13:41.94	38.01	1500m:	18:46.04	35.53
	350m:	4:11.34	37.43	750m:	9:14.19	38.54	1150m:	14:20.84	38.90			
	400m:	4:48.55	37.21	800m:	9:52.13	37.94	1200m:	14:58.68	37.84			
19.			2003					<b>18:51.42</b>		538		
	50m:	33.61	33.61	450m:	5:31.79	36.83	850m:	10:36.04	37.64	1250m:	15:41.08	37.95
	100m:	1:10.49	36.88	500m:	6:10.33	38.54	900m:	11:14.32	38.28	1300m:	16:19.99	38.91
	150m:	1:47.26	36.77	550m:	6:47.65	37.32	950m:	11:52.18	37.86	1350m:	16:57.79	37.80
	200m:	2:24.97	37.71	600m:	7:25.81	38.16	1000m:	12:30.52	38.34	1400m:	17:36.46	38.67
	250m:	3:01.75	36.78	650m:	8:03.55	37.74	1050m:	13:08.31	37.79	1450m:	18:14.09	37.63
	300m:	3:39.54	37.79	700m:	8:42.06	38.51	1100m:	13:46.55	38.24	1500m:	18:51.42	37.33
	350m:	4:16.75	37.21	750m:	9:19.84	37.78	1150m:	14:24.33	37.78			
	400m:	4:54.96	38.21	800m:	9:58.40	38.56	1200m:	15:03.13	38.80			
20.			2002					<b>19:00.25</b>	I	526		
	50m:	33.72	33.72	450m:	5:28.99	37.49	850m:	10:32.29	38.91	1250m:	15:45.08	39.16
	100m:	1:09.76	36.04	500m:	6:06.23	37.24	900m:	11:11.16	38.87	1300m:	16:23.97	38.89
	150m:	1:46.29	36.53	550m:	6:43.92	37.69	950m:	11:50.24	39.08	1350m:	17:03.08	39.11
	200m:	2:22.70	36.41	600m:	7:21.05	37.13	1000m:	12:29.77	39.53	1400m:	17:42.36	39.28
	250m:	2:59.65	36.95	650m:	7:58.72	37.67	1050m:	13:08.68	38.91	1450m:	18:21.94	39.58
	300m:	3:36.85	37.20	700m:	8:36.56	37.84	1100m:	13:48.43	39.75	1500m:	19:00.25	38.31
	350m:	4:14.52	37.67	750m:	9:14.76	38.20	1150m:	14:27.10	38.67			
	400m:	4:51.50	36.98	800m:	9:53.38	38.62	1200m:	15:05.92	38.82			

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40, , 1500m , (15-17 )

								R.T.		FINA		
21.			2003					<b>19:23.18</b>		495		
	50m:	33.48	33.48	450m:	5:36.74	37.97	850m:	10:51.06	39.20	1250m:	16:08.28	38.86
	100m:	1:11.13	37.65	500m:	6:15.78	39.04	900m:	11:31.07	40.01	1300m:	16:48.23	39.95
	150m:	1:48.97	37.84	550m:	6:54.09	38.31	950m:	12:10.51	39.44	1350m:	17:26.74	38.51
	200m:	2:27.10	38.13	600m:	7:33.37	39.28	1000m:	12:50.78	40.27	1400m:	18:06.12	39.38
	250m:	3:04.85	37.75	650m:	8:12.33	38.96	1050m:	13:29.88	39.10	1450m:	18:44.54	38.42
	300m:	3:42.88	38.03	700m:	8:52.30	39.97	1100m:	14:10.01	40.13	1500m:	19:23.18	38.64
	350m:	4:20.49	37.61	750m:	9:31.49	39.19	1150m:	14:49.59	39.58			
	400m:	4:58.77	38.28	800m:	10:11.86	40.37	1200m:	15:29.42	39.83			
22.			2004					<b>19:23.66</b>		494		
	50m:	35.04	35.04	450m:	5:40.35	39.01	850m:	10:54.34	40.29	1250m:	16:09.28	39.85
	100m:	1:11.90	36.86	500m:	6:18.83	38.48	900m:	11:33.46	39.12	1300m:	16:48.45	39.17
	150m:	1:50.33	38.43	550m:	6:58.04	39.21	950m:	12:12.75	39.29	1350m:	17:28.05	39.60
	200m:	2:27.89	37.56	600m:	7:36.64	38.60	1000m:	12:52.08	39.33	1400m:	18:07.22	39.17
	250m:	3:06.63	38.74	650m:	8:16.55	39.91	1050m:	13:31.44	39.36	1450m:	18:46.57	39.35
	300m:	3:44.32	37.69	700m:	8:55.19	38.64	1100m:	14:10.61	39.17	1500m:	19:23.66	37.09
	350m:	4:23.15	38.83	750m:	9:35.22	40.03	1150m:	14:50.36	39.75			
	400m:	5:01.34	38.19	800m:	10:14.05	38.83	1200m:	15:29.43	39.07			
23.			2002					<b>19:27.87</b>		489		
	50m:	32.95	32.95	450m:	5:43.60	40.23	850m:	10:58.39	39.51	1250m:	16:14.77	39.88
	100m:	1:10.27	37.32	500m:	6:22.60	39.00	900m:	11:37.48	39.09	1300m:	16:54.31	39.54
	150m:	1:49.13	38.86	550m:	7:02.24	39.64	950m:	12:17.28	39.80	1350m:	17:33.94	39.63
	200m:	2:27.31	38.18	600m:	7:41.15	38.91	1000m:	12:56.38	39.10	1400m:	18:12.31	38.37
	250m:	3:06.74	39.43	650m:	8:20.66	39.51	1050m:	13:36.68	40.30	1450m:	18:50.96	38.65
	300m:	3:45.37	38.63	700m:	9:00.08	39.42	1100m:	14:15.93	39.25	1500m:	19:27.87	36.91
	350m:	4:24.56	39.19	750m:	9:39.67	39.59	1150m:	14:55.36	39.43			
	400m:	5:03.37	38.81	800m:	10:18.88	39.21	1200m:	15:34.89	39.53			
24.			2003					<b>19:30.37</b>		486		
	50m:	34.93	34.93	450m:	5:48.83	39.85	850m:	11:04.85	38.78	1250m:	16:17.82	38.96
	100m:	1:13.32	38.39	500m:	6:28.55	39.72	900m:	11:43.67	38.82	1300m:	16:56.42	38.60
	150m:	1:52.11	38.79	550m:	7:08.82	40.27	950m:	12:22.66	38.99	1350m:	17:36.11	39.69
	200m:	2:31.04	38.93	600m:	7:48.25	39.43	1000m:	13:01.41	38.75	1400m:	18:15.62	39.51
	250m:	3:10.76	39.72	650m:	8:27.98	39.73	1050m:	13:40.80	39.39	1450m:	18:54.12	38.50
	300m:	3:50.37	39.61	700m:	9:07.44	39.46	1100m:	14:20.14	39.34	1500m:	19:30.37	36.25
	350m:	4:29.65	39.28	750m:	9:47.15	39.71	1150m:	14:59.70	39.56			
	400m:	5:08.98	39.33	800m:	10:26.07	38.92	1200m:	15:38.86	39.16			
25.			2004					<b>19:32.33</b>		484		
	50m:	35.19	35.19	450m:	5:50.86	39.62	850m:	11:06.03	39.48	1250m:	16:20.43	39.61
	100m:	1:14.10	38.91	500m:	6:29.88	39.02	900m:	11:45.39	39.36	1300m:	16:59.35	38.92
	150m:	1:54.13	40.03	550m:	7:09.97	40.09	950m:	12:24.66	39.27	1350m:	17:38.48	39.13
	200m:	2:33.41	39.28	600m:	7:49.32	39.35	1000m:	13:03.23	38.57	1400m:	18:16.82	38.34
	250m:	3:13.02	39.61	650m:	8:28.80	39.48	1050m:	13:43.18	39.95	1450m:	18:55.80	38.98
	300m:	3:52.00	38.98	700m:	9:07.65	38.85	1100m:	14:21.86	38.68	1500m:	19:32.33	36.53
	350m:	4:32.17	40.17	750m:	9:47.46	39.81	1150m:	15:01.75	39.89			
	400m:	5:11.24	39.07	800m:	10:26.55	39.09	1200m:	15:40.82	39.07			



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40, , 1500m , (15-17 )

	/			R.T.			FINA				
26.	2004			19:51.44			461				
50m:	34.03	34.03	450m:	5:44.00	38.94	850m:	11:03.27	39.37	1250m:	16:30.14	40.68
100m:	1:12.51	38.48	500m:	6:24.26	40.26	900m:	11:44.22	40.95	1300m:	17:11.34	41.20
150m:	1:51.18	38.67	550m:	7:02.94	38.68	950m:	12:25.03	40.81	1350m:	17:51.48	40.14
200m:	2:30.41	39.23	600m:	7:43.84	40.90	1000m:	13:05.62	40.59	1400m:	18:32.39	40.91
250m:	3:08.42	38.01	650m:	8:22.72	38.88	1050m:	13:46.38	40.76	1450m:	19:12.45	40.06
300m:	3:47.21	38.79	700m:	9:03.07	40.35	1100m:	14:27.52	41.14	1500m:	19:51.44	38.99
350m:	4:25.79	38.58	750m:	9:42.75	39.68	1150m:	15:08.57	41.05			
400m:	5:05.06	39.27	800m:	10:23.90	41.15	1200m:	15:49.46	40.89			
27.	2002			20:07.05			443				
50m:	34.25	34.25	450m:	5:48.90	41.09	850m:	11:14.66	41.37	1250m:	16:43.13	41.30
100m:	1:11.56	37.31	500m:	6:29.28	40.38	900m:	11:55.19	40.53	1300m:	17:24.35	41.22
150m:	1:49.93	38.37	550m:	7:10.42	41.14	950m:	12:36.52	41.33	1350m:	18:05.88	41.53
200m:	2:28.17	38.24	600m:	7:50.61	40.19	1000m:	13:17.26	40.74	1400m:	18:46.74	40.86
250m:	3:08.35	40.18	650m:	8:31.57	40.96	1050m:	13:58.72	41.46	1450m:	19:27.70	40.96
300m:	3:47.39	39.04	700m:	9:12.16	40.59	1100m:	14:39.46	40.74	1500m:	20:07.05	39.35
350m:	4:27.42	40.03	750m:	9:52.71	40.55	1150m:	15:20.58	41.12			
400m:	5:07.81	40.39	800m:	10:33.29	40.58	1200m:	16:01.83	41.25			
28.	2004			20:50.45			398				
50m:	34.88	34.88	450m:	6:04.36	42.50	850m:	11:45.93	42.61	1250m:	17:24.93	42.24
100m:	1:13.39	38.51	500m:	6:46.75	42.39	900m:	12:27.86	41.93	1300m:	18:06.42	41.49
150m:	1:53.60	40.21	550m:	7:30.03	43.28	950m:	13:11.04	43.18	1350m:	18:48.61	42.19
200m:	2:34.27	40.67	600m:	8:12.03	42.00	1000m:	13:53.53	42.49	1400m:	19:29.94	41.33
250m:	3:15.81	41.54	650m:	8:55.31	43.28	1050m:	14:36.19	42.66	1450m:	20:11.50	41.56
300m:	3:57.46	41.65	700m:	9:37.85	42.54	1100m:	15:18.24	42.05	1500m:	20:50.45	38.95
350m:	4:39.57	42.11	750m:	10:20.89	43.04	1150m:	16:01.01	42.77			
400m:	5:21.86	42.29	800m:	11:03.32	42.43	1200m:	16:42.69	41.68			