

30
25.02.2021 - 15:24 , 1500m

		14:41.13				(CHN)				15.08.2008		
		14:59.56				-		-		12.08.2016		
										(BRA)		
: FINA 2020												
		/				R.T.				FINA		
1.				2003				15:35.16			808	
	50m:	29.19	29.19	450m:	4:40.02	31.61	850m:	8:51.34	31.50	1250m:	13:02.52	31.36
	100m:	59.81	30.62	500m:	5:11.45	31.43	900m:	9:22.66	31.32	1300m:	13:33.74	31.22
	150m:	1:31.26	31.45	550m:	5:43.02	31.57	950m:	9:54.39	31.73	1350m:	14:05.28	31.54
	200m:	2:02.30	31.04	600m:	6:14.32	31.30	1000m:	10:25.73	31.34	1400m:	14:36.32	31.04
	250m:	2:33.93	31.63	650m:	6:45.75	31.43	1050m:	10:57.13	31.40	1450m:	15:06.69	30.37
	300m:	3:05.13	31.20	700m:	7:16.99	31.24	1100m:	11:28.36	31.23	1500m:	15:35.16	28.47
	350m:	3:37.00	31.87	750m:	7:48.55	31.56	1150m:	11:59.88	31.52			
	400m:	4:08.41	31.41	800m:	8:19.84	31.29	1200m:	12:31.16	31.28			
2.				1998		-		15:47.15			777	
	50m:	28.97	28.97	450m:	4:41.16	32.19	850m:	8:54.50	32.06	1250m:	13:08.71	31.98
	100m:	59.60	30.63	500m:	5:12.80	31.64	900m:	9:26.23	31.73	1300m:	13:40.29	31.58
	150m:	1:30.77	31.17	550m:	5:44.60	31.80	950m:	9:58.26	32.03	1350m:	14:12.56	32.27
	200m:	2:02.03	31.26	600m:	6:15.83	31.23	1000m:	10:29.84	31.58	1400m:	14:44.62	32.06
	250m:	2:33.64	31.61	650m:	6:47.86	32.03	1050m:	11:01.70	31.86	1450m:	15:16.59	31.97
	300m:	3:05.33	31.69	700m:	7:19.31	31.45	1100m:	11:33.09	31.39	1500m:	15:47.15	30.56
	350m:	3:37.44	32.11	750m:	7:51.00	31.69	1150m:	12:05.08	31.99			
	400m:	4:08.97	31.53	800m:	8:22.44	31.44	1200m:	12:36.73	31.65			
3.				2000		-		15:53.60			762	
	50m:	28.29	28.29	450m:	4:41.24	32.04	850m:	8:56.84	32.20	1250m:	13:15.55	32.71
	100m:	59.16	30.87	500m:	5:13.06	31.82	900m:	9:28.62	31.78	1300m:	13:47.52	31.97
	150m:	1:30.57	31.41	550m:	5:45.15	32.09	950m:	10:01.22	32.60	1350m:	14:19.80	32.28
	200m:	2:02.00	31.43	600m:	6:16.90	31.75	1000m:	10:33.30	32.08	1400m:	14:51.69	31.89
	250m:	2:33.76	31.76	650m:	6:48.89	31.99	1050m:	11:06.12	32.82	1450m:	15:23.51	31.82
	300m:	3:05.63	31.87	700m:	7:20.47	31.58	1100m:	11:38.05	31.93	1500m:	15:53.60	30.09
	350m:	3:37.54	31.91	750m:	7:52.76	32.29	1150m:	12:10.66	32.61			
	400m:	4:09.20	31.66	800m:	8:24.64	31.88	1200m:	12:42.84	32.18			
4.				2003				16:13.06			717	
	50m:	29.52	29.52	450m:	4:45.33	32.48	850m:	9:05.66	32.83	1250m:	13:30.19	32.98
	100m:	1:01.23	31.71	500m:	5:17.27	31.94	900m:	9:38.69	33.03	1300m:	14:03.31	33.12
	150m:	1:32.84	31.61	550m:	5:49.72	32.45	950m:	10:11.86	33.17	1350m:	14:36.13	32.82
	200m:	2:04.76	31.92	600m:	6:21.91	32.19	1000m:	10:44.92	33.06	1400m:	15:08.99	32.86
	250m:	2:36.70	31.94	650m:	6:54.85	32.94	1050m:	11:17.91	32.99	1450m:	15:41.56	32.57
	300m:	3:08.42	31.72	700m:	7:27.23	32.38	1100m:	11:51.04	33.13	1500m:	16:13.06	31.50
	350m:	3:40.79	32.37	750m:	8:00.05	32.82	1150m:	12:24.17	33.13			
	400m:	4:12.85	32.06	800m:	8:32.83	32.78	1200m:	12:57.21	33.04			
5.				1999		-		16:16.92			708	
	50m:	29.57	29.57	450m:	4:49.67	32.90	850m:	9:12.95	33.44	1250m:	13:36.16	33.04
	100m:	1:01.30	31.73	500m:	5:22.31	32.64	900m:	9:45.58	32.63	1300m:	14:08.90	32.74
	150m:	1:33.61	32.31	550m:	5:55.65	33.34	950m:	10:18.71	33.13	1350m:	14:41.80	32.90
	200m:	2:06.08	32.47	600m:	6:28.74	33.09	1000m:	10:51.67	32.96	1400m:	15:14.67	32.87
	250m:	2:38.44	32.36	650m:	7:01.29	32.55	1050m:	11:24.60	32.93	1450m:	15:46.99	32.32
	300m:	3:11.13	32.69	700m:	7:33.79	32.50	1100m:	11:57.38	32.78	1500m:	16:16.92	29.93
	350m:	3:43.82	32.69	750m:	8:06.86	33.07	1150m:	12:30.32	32.94			
	400m:	4:16.77	32.95	800m:	8:39.51	32.65	1200m:	13:03.12	32.80			



30, , 1500m

							R.T.	FINA				
6.							16:17.27	708				
	100m:	1:01.45	1:01.45	500m:	5:21.61	33.17	900m:	9:46.92	33.56	1300m:	14:10.63	33.03
	150m:	1:33.40	31.95	550m:	5:54.20	32.59	950m:	10:19.83	32.91	1350m:	14:42.59	31.96
	200m:	2:05.85	32.45	600m:	6:27.17	32.97	1000m:	10:53.21	33.38	1400m:	15:15.44	32.85
	250m:	2:38.23	32.38	650m:	7:00.53	33.36	1050m:	11:25.80	32.59	1450m:	15:46.67	31.23
	300m:	3:10.93	32.70	700m:	7:33.83	33.30	1100m:	11:58.86	33.06	1500m:	16:17.27	30.60
	350m:	3:43.23	32.30	750m:	8:07.07	33.24	1150m:	12:31.78	32.92			
	400m:	4:15.80	32.57	800m:	8:40.22	33.15	1200m:	13:04.89	33.11			
	450m:	4:48.44	32.64	850m:	9:13.36	33.14	1250m:	13:37.60	32.71			
7.							16:18.68	704				
	50m:	30.34	30.34	450m:	4:51.99	32.77	850m:	9:14.50	33.04	1250m:	13:38.43	32.99
	100m:	1:03.08	32.74	500m:	5:24.86	32.87	900m:	9:47.48	32.98	1300m:	14:11.39	32.96
	150m:	1:35.75	32.67	550m:	5:57.93	33.07	950m:	10:20.60	33.12	1350m:	14:44.22	32.83
	200m:	2:08.44	32.69	600m:	6:30.60	32.67	1000m:	10:53.50	32.90	1400m:	15:16.73	32.51
	250m:	2:40.86	32.42	650m:	7:03.03	32.43	1050m:	11:26.64	33.14	1450m:	15:49.18	32.45
	300m:	3:13.79	32.93	700m:	7:35.75	32.72	1100m:	11:59.34	32.70	1500m:	16:18.68	29.50
	350m:	3:46.42	32.63	750m:	8:08.63	32.88	1150m:	12:32.54	33.20			
	400m:	4:19.22	32.80	800m:	8:41.46	32.83	1200m:	13:05.44	32.90			
8.							16:18.72	704				
	100m:	1:02.38	1:02.38	500m:	5:23.16	1:05.32	900m:	9:46.84	1:06.02	1300m:	14:10.37	1:05.86
	200m:	2:07.33	1:04.95	600m:	6:29.14	1:05.98	1000m:	10:52.58	1:05.74	1400m:	15:16.15	1:05.78
	300m:	3:12.63	1:05.30	700m:	7:34.89	1:05.75	1100m:	11:58.43	1:05.85	1500m:	16:18.72	1:02.57
	400m:	4:17.84	1:05.21	800m:	8:40.82	1:05.93	1200m:	13:04.51	1:06.08			
9.							16:33.44	673				
	50m:	30.55	30.55	450m:	4:55.54	33.37	850m:	9:21.05	33.29	1250m:	13:47.41	33.38
	100m:	1:03.57	33.02	500m:	5:29.12	33.58	900m:	9:54.80	33.75	1300m:	14:20.96	33.55
	150m:	1:36.20	32.63	550m:	6:01.87	32.75	950m:	10:27.86	33.06	1350m:	14:54.29	33.33
	200m:	2:08.90	32.70	600m:	6:34.76	32.89	1000m:	11:01.41	33.55	1400m:	15:28.05	33.76
	250m:	2:42.08	33.18	650m:	7:07.93	33.17	1050m:	11:34.21	32.80	1450m:	16:00.87	32.82
	300m:	3:15.41	33.33	700m:	7:41.25	33.32	1100m:	12:07.60	33.39	1500m:	16:33.44	32.57
	350m:	3:48.63	33.22	750m:	8:14.32	33.07	1150m:	12:40.72	33.12			
	400m:	4:22.17	33.54	800m:	8:47.76	33.44	1200m:	13:14.03	33.31			
10.							16:33.76	673				
	50m:	30.59	30.59	450m:	4:53.68	33.16	850m:	9:20.29	33.65	1250m:	13:49.03	33.92
	100m:	1:03.02	32.43	500m:	5:26.61	32.93	900m:	9:53.51	33.22	1300m:	14:22.78	33.75
	150m:	1:35.90	32.88	550m:	6:00.10	33.49	950m:	10:26.99	33.48	1350m:	14:56.06	33.28
	200m:	2:08.58	32.68	600m:	6:33.19	33.09	1000m:	11:00.51	33.52	1400m:	15:29.48	33.42
	250m:	2:41.43	32.85	650m:	7:06.58	33.39	1050m:	11:34.10	33.59	1450m:	16:02.64	33.16
	300m:	3:14.44	33.01	700m:	7:40.05	33.47	1100m:	12:07.62	33.52	1500m:	16:33.76	31.12
	350m:	3:47.58	33.14	750m:	8:13.49	33.44	1150m:	12:41.12	33.50			
	400m:	4:20.52	32.94	800m:	8:46.64	33.15	1200m:	13:15.11	33.99			
11.							16:37.77	665				
	50m:	31.13	31.13	450m:	4:55.21	33.34	850m:	9:22.21	33.70	1250m:	13:52.04	34.18
	100m:	1:04.48	33.35	500m:	5:28.46	33.25	900m:	9:55.83	33.62	1300m:	14:25.89	33.85
	150m:	1:37.35	32.87	550m:	6:01.36	32.90	950m:	10:29.53	33.70	1350m:	14:59.40	33.51
	200m:	2:10.14	32.79	600m:	6:34.63	33.27	1000m:	11:03.21	33.68	1400m:	15:32.86	33.46
	250m:	2:43.18	33.04	650m:	7:08.03	33.40	1050m:	11:36.71	33.50	1450m:	16:05.95	33.09
	300m:	3:15.94	32.76	700m:	7:41.57	33.54	1100m:	12:10.35	33.64	1500m:	16:37.77	31.82
	350m:	3:48.82	32.88	750m:	8:14.90	33.33	1150m:	12:44.02	33.67			
	400m:	4:21.87	33.05	800m:	8:48.51	33.61	1200m:	13:17.86	33.84			



	30,	, 1500m						R.T.		FINA		
12.			2005					16:41.87		657		
	50m:	30.63	30.63	450m:	4:57.41	33.21	850m:	9:25.52	33.90	1250m:	13:55.61	34.05
	100m:	1:03.36	32.73	500m:	5:30.71	33.30	900m:	9:58.84	33.32	1300m:	14:29.20	33.59
	150m:	1:36.82	33.46	550m:	6:04.44	33.73	950m:	10:32.72	33.88	1350m:	15:02.45	33.25
	200m:	2:10.39	33.57	600m:	6:37.55	33.11	1000m:	11:06.48	33.76	1400m:	15:36.18	33.73
	250m:	2:44.14	33.75	650m:	7:11.31	33.76	1050m:	11:40.39	33.91	1450m:	16:09.59	33.41
	300m:	3:17.22	33.08	700m:	7:44.69	33.38	1100m:	12:14.00	33.61	1500m:	16:41.87	32.28
	350m:	3:50.68	33.46	750m:	8:18.52	33.83	1150m:	12:47.87	33.87			
	400m:	4:24.20	33.52	800m:	8:51.62	33.10	1200m:	13:21.56	33.69			
13.			2001					16:44.01		652		
	50m:	30.27	30.27	450m:	4:50.86	32.86	850m:	9:19.33	34.03	1250m:	13:54.33	34.63
	100m:	1:02.32	32.05	500m:	5:24.61	33.75	900m:	9:53.39	34.06	1300m:	14:28.48	34.15
	150m:	1:34.51	32.19	550m:	5:58.08	33.47	950m:	10:27.82	34.43	1350m:	15:03.04	34.56
	200m:	2:07.04	32.53	600m:	6:31.42	33.34	1000m:	11:01.80	33.98	1400m:	15:34.49	31.45
	250m:	2:39.70	32.66	650m:	7:04.58	33.16	1050m:	11:36.69	34.89	1450m:	16:09.73	35.24
	300m:	3:12.45	32.75	700m:	7:37.88	33.30	1100m:	12:10.83	34.14	1500m:	16:44.01	34.28
	350m:	3:45.01	32.56	750m:	8:11.68	33.80	1150m:	12:45.56	34.73			
	400m:	4:18.00	32.99	800m:	8:45.30	33.62	1200m:	13:19.70	34.14			
14.			2005					16:44.99		651		
	50m:	30.91	30.91	450m:	4:58.64	33.57	850m:	9:27.94	34.01	1250m:	13:58.42	34.39
	100m:	1:04.27	33.36	500m:	5:31.95	33.31	900m:	10:01.41	33.47	1300m:	14:32.16	33.74
	150m:	1:38.12	33.85	550m:	6:05.80	33.85	950m:	10:35.44	34.03	1350m:	15:06.27	34.11
	200m:	2:11.61	33.49	600m:	6:39.27	33.47	1000m:	11:08.61	33.17	1400m:	15:39.61	33.34
	250m:	2:44.76	33.15	650m:	7:12.81	33.54	1050m:	11:42.50	33.89	1450m:	16:13.43	33.82
	300m:	3:18.21	33.45	700m:	7:46.18	33.37	1100m:	12:16.06	33.56	1500m:	16:44.99	31.56
	350m:	3:51.68	33.47	750m:	8:20.14	33.96	1150m:	12:50.23	34.17			
	400m:	4:25.07	33.39	800m:	8:53.93	33.79	1200m:	13:24.03	33.80			
15.			2004					16:45.55		649		
	50m:	31.64	31.64	450m:	4:59.26	34.24	850m:	9:29.72	33.87	1250m:	13:59.11	33.84
	100m:	1:04.50	32.86	500m:	5:33.10	33.84	900m:	10:03.28	33.56	1300m:	14:32.87	33.76
	150m:	1:37.68	33.18	550m:	6:07.00	33.90	950m:	10:36.79	33.51	1350m:	15:07.00	34.13
	200m:	2:10.84	33.16	600m:	6:40.73	33.73	1000m:	11:10.29	33.50	1400m:	15:40.81	33.81
	250m:	2:44.48	33.64	650m:	7:14.77	34.04	1050m:	11:44.07	33.78	1450m:	16:14.46	33.65
	300m:	3:17.90	33.42	700m:	7:48.40	33.63	1100m:	12:17.69	33.62	1500m:	16:45.55	31.09
	350m:	3:51.76	33.86	750m:	8:22.18	33.78	1150m:	12:51.49	33.80			
	400m:	4:25.02	33.26	800m:	8:55.85	33.67	1200m:	13:25.27	33.78			
16.			2005					16:52.28		637		
	50m:	30.55	30.55	450m:	4:57.77	34.04	850m:	9:31.09	34.05	1250m:	14:03.41	33.86
	100m:	1:03.03	32.48	500m:	5:31.66	33.89	900m:	10:05.22	34.13	1300m:	14:37.20	33.79
	150m:	1:36.18	33.15	550m:	6:05.93	34.27	950m:	10:39.64	34.42	1350m:	15:11.55	34.35
	200m:	2:09.27	33.09	600m:	6:40.16	34.23	1000m:	11:13.81	34.17	1400m:	15:45.44	33.89
	250m:	2:42.85	33.58	650m:	7:14.55	34.39	1050m:	11:47.87	34.06	1450m:	16:19.58	34.14
	300m:	3:16.33	33.48	700m:	7:48.57	34.02	1100m:	12:21.54	33.67	1500m:	16:52.28	32.70
	350m:	3:50.14	33.81	750m:	8:22.91	34.34	1150m:	12:55.68	34.14			
	400m:	4:23.73	33.59	800m:	8:57.04	34.13	1200m:	13:29.55	33.87			
17.			2001					16:53.14		635		
	50m:	30.93	30.93	450m:	4:56.42	33.63	850m:	9:27.30	34.25	1250m:	14:03.97	34.98
	100m:	1:03.80	32.87	500m:	5:29.77	33.35	900m:	10:01.84	34.54	1300m:	14:38.48	34.51
	150m:	1:37.06	33.26	550m:	6:03.40	33.63	950m:	10:36.59	34.75	1350m:	15:13.40	34.92
	200m:	2:09.99	32.93	600m:	6:36.77	33.37	1000m:	11:10.71	34.12	1400m:	15:47.34	33.94
	250m:	2:43.37	33.38	650m:	7:10.70	33.93	1050m:	11:45.48	34.77	1450m:	16:21.06	33.72
	300m:	3:16.41	33.04	700m:	7:44.60	33.90	1100m:	12:19.82	34.34	1500m:	16:53.14	32.08
	350m:	3:49.96	33.55	750m:	8:19.02	34.42	1150m:	12:54.97	35.15			
	400m:	4:22.79	32.83	800m:	8:53.05	34.03	1200m:	13:28.99	34.02			



30, , 1500m

									R.T.	FINA		
18.					2005				16:53.66	634		
	50m:	30.88	30.88	450m:	4:59.49	34.01	850m:	9:30.85	33.77	1250m:	14:04.02	34.33
	100m:	1:04.19	33.31	500m:	5:33.45	33.96	900m:	10:05.33	34.48	1300m:	14:38.71	34.69
	150m:	1:38.02	33.83	550m:	6:07.32	33.87	950m:	10:39.54	34.21	1350m:	15:12.57	33.86
	200m:	2:11.53	33.51	600m:	6:41.23	33.91	1000m:	11:13.38	33.84	1400m:	15:46.84	34.27
	250m:	2:45.00	33.47	650m:	7:15.09	33.86	1050m:	11:47.43	34.05	1450m:	16:20.46	33.62
	300m:	3:18.15	33.15	700m:	7:49.20	34.11	1100m:	12:21.66	34.23	1500m:	16:53.66	33.20
	350m:	3:51.71	33.56	750m:	8:22.98	33.78	1150m:	12:55.51	33.85			
	400m:	4:25.48	33.77	800m:	8:57.08	34.10	1200m:	13:29.69	34.18			
19.					2006				16:56.61	628		
	50m:	30.74	30.74	450m:	5:03.66	34.08	850m:	9:37.37	33.89	1250m:	14:09.76	34.20
	100m:	1:04.37	33.63	500m:	5:38.42	34.76	900m:	10:11.35	33.98	1300m:	14:43.89	34.13
	150m:	1:38.23	33.86	550m:	6:12.37	33.95	950m:	10:45.25	33.90	1350m:	15:17.94	34.05
	200m:	2:12.82	34.59	600m:	6:46.66	34.29	1000m:	11:19.26	34.01	1400m:	15:51.44	33.50
	250m:	2:46.67	33.85	650m:	7:20.42	33.76	1050m:	11:53.11	33.85	1450m:	16:24.67	33.23
	300m:	3:21.23	34.56	700m:	7:54.50	34.08	1100m:	12:27.67	34.56	1500m:	16:56.61	31.94
	350m:	3:55.28	34.05	750m:	8:28.50	34.00	1150m:	13:01.60	33.93			
	400m:	4:29.58	34.30	800m:	9:03.48	34.98	1200m:	13:35.56	33.96			
20.					2006 I				17:00.36	622		
	50m:	31.57	31.57	450m:	5:05.93	33.71	850m:	9:38.06	34.58	1250m:	14:12.29	34.86
	100m:	1:05.95	34.38	500m:	5:39.41	33.48	900m:	10:11.84	33.78	1300m:	14:47.10	34.81
	150m:	1:40.79	34.84	550m:	6:13.29	33.88	950m:	10:46.31	34.47	1350m:	15:21.72	34.62
	200m:	2:15.39	34.60	600m:	6:47.17	33.88	1000m:	11:20.24	33.93	1400m:	15:55.96	34.24
	250m:	2:49.87	34.48	650m:	7:21.45	34.28	1050m:	11:54.79	34.55	1450m:	16:28.25	32.29
	300m:	3:24.10	34.23	700m:	7:55.28	33.83	1100m:	12:29.10	34.31	1500m:	17:00.36	32.11
	350m:	3:58.27	34.17	750m:	8:29.25	33.97	1150m:	13:03.36	34.26			
	400m:	4:32.22	33.95	800m:	9:03.48	34.23	1200m:	13:37.43	34.07			
21.					2005				17:00.75	621		
	50m:	30.04	30.04	450m:	5:00.41	34.19	850m:	9:33.14	34.26	1250m:	14:09.41	33.99
	100m:	1:03.47	33.43	500m:	5:34.41	34.00	900m:	10:07.70	34.56	1300m:	14:44.20	34.79
	150m:	1:37.22	33.75	550m:	6:08.38	33.97	950m:	10:41.99	34.29	1350m:	15:19.04	34.84
	200m:	2:10.77	33.55	600m:	6:42.35	33.97	1000m:	11:16.56	34.57	1400m:	15:54.18	35.14
	250m:	2:43.83	33.06	650m:	7:16.47	34.12	1050m:	11:51.42	34.86	1450m:	16:27.47	33.29
	300m:	3:18.17	34.34	700m:	7:50.69	34.22	1100m:	12:26.13	34.71	1500m:	17:00.75	33.28
	350m:	3:51.81	33.64	750m:	8:24.81	34.12	1150m:	13:00.12	33.99			
	400m:	4:26.22	34.41	800m:	8:58.88	34.07	1200m:	13:35.42	35.30			
22.					2004				17:01.93	619		
	50m:	30.95	30.95	450m:	5:01.10	33.74	850m:	9:34.38	34.10	1250m:	14:10.42	34.66
	100m:	1:04.81	33.86	500m:	5:35.18	34.08	900m:	10:08.63	34.25	1300m:	14:44.69	34.27
	150m:	1:38.58	33.77	550m:	6:08.91	33.73	950m:	10:43.17	34.54	1350m:	15:19.35	34.66
	200m:	2:12.71	34.13	600m:	6:43.13	34.22	1000m:	11:17.83	34.66	1400m:	15:54.00	34.65
	250m:	2:46.32	33.61	650m:	7:17.33	34.20	1050m:	11:51.84	34.01	1450m:	16:28.59	34.59
	300m:	3:20.06	33.74	700m:	7:51.71	34.38	1100m:	12:26.62	34.78	1500m:	17:01.93	33.34
	350m:	3:53.45	33.39	750m:	8:25.90	34.19	1150m:	13:01.25	34.63			
	400m:	4:27.36	33.91	800m:	9:00.28	34.38	1200m:	13:35.76	34.51			
23.					2006 I				17:10.74	603		
	50m:	31.21	31.21	450m:	5:04.85	34.47	850m:	9:40.30	35.03	1250m:	14:17.79	34.74
	100m:	1:05.06	33.85	500m:	5:39.50	34.65	900m:	10:14.55	34.25	1300m:	14:53.01	35.22
	150m:	1:39.21	34.15	550m:	6:13.27	33.77	950m:	10:49.05	34.50	1350m:	15:28.28	35.27
	200m:	2:13.24	34.03	600m:	6:47.46	34.19	1000m:	11:23.62	34.57	1400m:	16:03.51	35.23
	250m:	2:47.66	34.42	650m:	7:22.02	34.56	1050m:	11:58.19	34.57	1450m:	16:37.65	34.14
	300m:	3:22.14	34.48	700m:	7:56.52	34.50	1100m:	12:32.83	34.64	1500m:	17:10.74	33.09
	350m:	3:56.05	33.91	750m:	8:30.74	34.22	1150m:	13:07.95	35.12			
	400m:	4:30.38	34.33	800m:	9:05.27	34.53	1200m:	13:43.05	35.10			

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ALGE



30, , 1500m

					R.T.				FINA			
24.	2004				17:13.03				599			
50m:	30.70	30.70	450m:	5:05.50	34.49	850m:	9:45.67	35.79	1250m:	14:26.35	34.72	
100m:	1:04.82	34.12	500m:	5:40.25	34.75	900m:	10:20.89	35.22	1300m:	15:01.00	34.65	
150m:	1:38.99	34.17	550m:	6:15.39	35.14	950m:	10:56.37	35.48	1350m:	15:35.27	34.27	
200m:	2:12.98	33.99	600m:	6:50.03	34.64	1000m:	11:31.78	35.41	1400m:	16:09.42	34.15	
250m:	2:47.08	34.10	650m:	7:24.77	34.74	1050m:	12:07.17	35.39	1450m:	16:43.26	33.84	
300m:	3:21.61	34.53	700m:	7:59.87	35.10	1100m:	12:42.60	35.43	1500m:	17:13.03	29.77	
350m:	3:56.13	34.52	750m:	8:34.87	35.00	1150m:	13:16.84	34.24				
400m:	4:31.01	34.88	800m:	9:09.88	35.01	1200m:	13:51.63	34.79				
25.	2005				17:14.18				597			
50m:	29.75	29.75	450m:	5:00.07	34.31	850m:	9:37.26	34.86	1250m:	14:19.91	35.35	
100m:	1:02.87	33.12	500m:	5:34.13	34.06	900m:	10:12.60	35.34	1300m:	14:55.61	35.70	
150m:	1:36.42	33.55	550m:	6:08.66	34.53	950m:	10:47.72	35.12	1350m:	15:30.74	35.13	
200m:	2:09.99	33.57	600m:	6:43.04	34.38	1000m:	11:23.27	35.55	1400m:	16:06.11	35.37	
250m:	2:43.70	33.71	650m:	7:17.70	34.66	1050m:	11:58.30	35.03	1450m:	16:40.95	34.84	
300m:	3:17.71	34.01	700m:	7:52.51	34.81	1100m:	12:33.89	35.59	1500m:	17:14.18	33.23	
350m:	3:51.67	33.96	750m:	8:27.31	34.80	1150m:	13:09.07	35.18				
400m:	4:25.76	34.09	800m:	9:02.40	35.09	1200m:	13:44.56	35.49				
26.	2003				17:14.90				596			
100m:	1:05.16	1:05.16	500m:	5:37.86	1:08.27	900m:	10:13.79	1:09.80	1300m:	14:55.75	1:11.08	
200m:	2:13.61	1:08.45	600m:	6:46.50	1:08.64	1000m:	11:24.16	1:10.37	1400m:	16:06.25	1:10.50	
300m:	3:21.64	1:08.03	700m:	7:55.01	1:08.51	1100m:	12:34.28	1:10.12	1500m:	17:14.90	1:08.65	
400m:	4:29.59	1:07.95	800m:	9:03.99	1:08.98	1200m:	13:44.67	1:10.39				
27.	2005 I				17:21.86				584			
50m:	30.60	30.60	450m:	5:04.82	34.32	850m:	9:42.01	35.48	1250m:	14:26.87	36.13	
100m:	1:04.59	33.99	500m:	5:38.66	33.84	900m:	10:17.41	35.40	1300m:	15:02.25	35.38	
150m:	1:39.13	34.54	550m:	6:13.21	34.55	950m:	10:52.48	35.07	1350m:	15:37.44	35.19	
200m:	2:13.35	34.22	600m:	6:47.25	34.04	1000m:	11:27.97	35.49	1400m:	16:13.06	35.62	
250m:	2:47.96	34.61	650m:	7:21.36	34.11	1050m:	12:03.47	35.50	1450m:	16:48.28	35.22	
300m:	3:22.17	34.21	700m:	7:56.05	34.69	1100m:	12:38.46	34.99	1500m:	17:21.86	33.58	
350m:	3:56.26	34.09	750m:	8:31.07	35.02	1150m:	13:14.46	36.00				
400m:	4:30.50	34.24	800m:	9:06.53	35.46	1200m:	13:50.74	36.28				
28.	2006 I				17:22.00				584			
50m:	30.34	30.34	450m:	5:07.59	34.82	850m:	9:46.23	34.76	1250m:	14:26.71	35.07	
100m:	1:03.57	33.23	500m:	5:42.66	35.07	900m:	10:20.50	34.27	1300m:	15:02.33	35.62	
150m:	1:38.11	34.54	550m:	6:17.70	35.04	950m:	10:55.57	35.07	1350m:	15:38.44	36.11	
200m:	2:13.16	35.05	600m:	6:52.80	35.10	1000m:	11:31.03	35.46	1400m:	16:13.52	35.08	
250m:	2:47.98	34.82	650m:	7:27.57	34.77	1050m:	12:06.01	34.98	1450m:	16:47.66	34.14	
300m:	3:23.10	35.12	700m:	8:02.35	34.78	1100m:	12:41.16	35.15	1500m:	17:22.00	34.34	
350m:	3:57.72	34.62	750m:	8:36.38	34.03	1150m:	13:15.75	34.59				
400m:	4:32.77	35.05	800m:	9:11.47	35.09	1200m:	13:51.64	35.89				
29.	2003				17:22.22				583			
50m:	30.62	30.62	450m:	5:02.25	34.81	850m:	9:41.87	35.33	1250m:	14:26.50	35.23	
100m:	1:03.57	32.95	500m:	5:36.44	34.19	900m:	10:17.22	35.35	1300m:	15:01.82	35.32	
150m:	1:37.65	34.08	550m:	6:11.12	34.68	950m:	10:52.55	35.33	1350m:	15:37.36	35.54	
200m:	2:11.06	33.41	600m:	6:45.92	34.80	1000m:	11:27.95	35.40	1400m:	16:13.08	35.72	
250m:	2:45.08	34.02	650m:	7:21.13	35.21	1050m:	12:03.78	35.83	1450m:	16:47.95	34.87	
300m:	3:18.83	33.75	700m:	7:56.27	35.14	1100m:	12:39.66	35.88	1500m:	17:22.22	34.27	
350m:	3:53.31	34.48	750m:	8:31.43	35.16	1150m:	13:15.62	35.96				
400m:	4:27.44	34.13	800m:	9:06.54	35.11	1200m:	13:51.27	35.65				



30,		, 1500m						R.T.		FINA		
30.				2006				17:22.82		582		
	50m:	30.44	30.44	450m:	5:07.24	35.14	850m:	9:48.04	35.07	1250m:	14:29.35	35.23
	100m:	1:04.14	33.70	500m:	5:42.29	35.05	900m:	10:23.11	35.07	1300m:	15:04.25	34.90
	150m:	1:38.52	34.38	550m:	6:16.95	34.66	950m:	10:58.05	34.94	1350m:	15:39.28	35.03
	200m:	2:13.06	34.54	600m:	6:52.03	35.08	1000m:	11:33.39	35.34	1400m:	16:14.50	35.22
	250m:	2:47.45	34.39	650m:	7:27.34	35.31	1050m:	12:08.45	35.06	1450m:	16:48.81	34.31
	300m:	3:22.21	34.76	700m:	8:02.67	35.33	1100m:	12:43.87	35.42	1500m:	17:22.82	34.01
	350m:	3:57.12	34.91	750m:	8:37.84	35.17	1150m:	13:18.97	35.10			
	400m:	4:32.10	34.98	800m:	9:12.97	35.13	1200m:	13:54.12	35.15			
31.				2006 I				17:27.43		575		
	50m:	29.61	29.61	450m:	5:08.05	35.40	850m:	9:50.51	35.68	1250m:	14:33.67	35.34
	100m:	1:02.94	33.33	500m:	5:43.23	35.18	900m:	10:25.74	35.23	1300m:	15:09.30	35.63
	150m:	1:37.59	34.65	550m:	6:19.04	35.81	950m:	11:01.00	35.26	1350m:	15:45.19	35.89
	200m:	2:12.27	34.68	600m:	6:54.59	35.55	1000m:	11:36.71	35.71	1400m:	16:19.89	34.70
	250m:	2:47.33	35.06	650m:	7:29.54	34.95	1050m:	12:11.99	35.28	1450m:	16:54.63	34.74
	300m:	3:22.42	35.09	700m:	8:04.60	35.06	1100m:	12:47.60	35.61	1500m:	17:27.43	32.80
	350m:	3:57.65	35.23	750m:	8:39.41	34.81	1150m:	13:23.30	35.70			
	400m:	4:32.65	35.00	800m:	9:14.83	35.42	1200m:	13:58.33	35.03			
32.				2005				17:27.45		575		
	50m:	30.32	30.32	450m:	5:08.98	34.61	850m:	9:52.66	35.68	1250m:	14:35.29	35.45
	100m:	1:04.13	33.81	500m:	5:44.23	35.25	900m:	10:27.89	35.23	1300m:	15:10.87	35.58
	150m:	1:38.52	34.39	550m:	6:19.83	35.60	950m:	11:03.62	35.73	1350m:	15:46.10	35.23
	200m:	2:13.26	34.74	600m:	6:55.13	35.30	1000m:	11:38.89	35.27	1400m:	16:20.93	34.83
	250m:	2:48.19	34.93	650m:	7:30.46	35.33	1050m:	12:14.19	35.30	1450m:	16:55.46	34.53
	300m:	3:23.44	35.25	700m:	8:05.78	35.32	1100m:	12:48.85	34.66	1500m:	17:27.45	31.99
	350m:	3:58.85	35.41	750m:	8:41.25	35.47	1150m:	13:24.97	36.12			
	400m:	4:34.37	35.52	800m:	9:16.98	35.73	1200m:	13:59.84	34.87			
33.				2006 I				17:28.90		572		
	50m:	31.54	31.54	450m:	5:08.63	34.96	850m:	9:50.38	35.19	1250m:	14:35.14	35.37
	100m:	1:05.47	33.93	500m:	5:43.95	35.32	900m:	10:25.88	35.50	1300m:	15:10.59	35.45
	150m:	1:39.82	34.35	550m:	6:19.13	35.18	950m:	11:01.07	35.19	1350m:	15:46.00	35.41
	200m:	2:14.37	34.55	600m:	6:54.17	35.04	1000m:	11:37.03	35.96	1400m:	16:21.05	35.05
	250m:	2:48.79	34.42	650m:	7:29.28	35.11	1050m:	12:12.43	35.40	1450m:	16:55.56	34.51
	300m:	3:23.73	34.94	700m:	8:04.86	35.58	1100m:	12:48.27	35.84	1500m:	17:28.90	33.34
	350m:	3:58.60	34.87	750m:	8:39.98	35.12	1150m:	13:23.83	35.56			
	400m:	4:33.67	35.07	800m:	9:15.19	35.21	1200m:	13:59.77	35.94			
34.				2005				17:31.15		568		
	100m:	1:06.32	1:06.32	500m:	5:47.27	1:11.11	900m:	10:29.14	1:10.15	1300m:	15:12.61	1:11.41
	200m:	2:15.63	1:09.31	600m:	6:57.90	1:10.63	1000m:	11:39.92	1:10.78	1400m:	16:23.55	1:10.94
	300m:	3:25.84	1:10.21	700m:	8:08.06	1:10.16	1100m:	12:50.31	1:10.39	1500m:	17:31.15	1:07.60
	400m:	4:36.16	1:10.32	800m:	9:18.99	1:10.93	1200m:	14:01.20	1:10.89			
35.				2006 I				17:32.83		566		
	50m:	30.59	30.59	450m:	5:08.56	34.88	850m:	9:52.00	35.30	1250m:	14:38.55	35.59
	100m:	1:04.09	33.50	500m:	5:44.89	36.33	900m:	10:27.75	35.75	1300m:	15:14.55	36.00
	150m:	1:38.76	34.67	550m:	6:19.69	34.80	950m:	11:03.36	35.61	1350m:	15:50.02	35.47
	200m:	2:13.42	34.66	600m:	6:55.45	35.76	1000m:	11:39.41	36.05	1400m:	16:25.93	35.91
	250m:	2:48.09	34.67	650m:	7:30.34	34.89	1050m:	12:15.10	35.69	1450m:	17:00.77	34.84
	300m:	3:23.38	35.29	700m:	8:05.72	35.38	1100m:	12:51.04	35.94	1500m:	17:32.83	32.06
	350m:	3:58.17	34.79	750m:	8:40.92	35.20	1150m:	13:26.98	35.94			
	400m:	4:33.68	35.51	800m:	9:16.70	35.78	1200m:	14:02.96	35.98			
36.				2004 I				17:34.08		564		
	100m:	1:07.70	1:07.70	500m:	5:45.67	1:09.07	900m:	10:27.03	1:12.05	1300m:	15:12.27	1:11.15
	200m:	2:17.91	1:10.21	600m:	6:55.08	1:09.41	1000m:	11:37.56	1:10.53	1400m:	16:25.89	1:13.62
	300m:	3:27.43	1:09.52	700m:	8:04.67	1:09.59	1100m:	12:48.47	1:10.91	1500m:	17:34.08	1:08.19
	400m:	4:36.60	1:09.17	800m:	9:14.98	1:10.31	1200m:	14:01.12	1:12.65			

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ALGE



30, , 1500m

					R.T.				FINA		
37.	1999				17:40.88				553		
50m:	31.14	31.14	450m:	5:05.28	34.83	850m:	9:49.84	36.47	1250m:	14:44.63	36.63
100m:	1:04.71	33.57	500m:	5:40.22	34.94	900m:	10:26.66	36.82	1300m:	15:21.36	36.73
150m:	1:38.32	33.61	550m:	6:15.26	35.04	950m:	11:03.46	36.80	1350m:	15:57.36	36.00
200m:	2:12.70	34.38	600m:	6:50.73	35.47	1000m:	11:40.50	37.04	1400m:	16:33.65	36.29
250m:	2:46.53	33.83	650m:	7:26.19	35.46	1050m:	12:17.11	36.61	1450m:	17:09.69	36.04
300m:	3:21.19	34.66	700m:	8:01.82	35.63	1100m:	12:54.24	37.13	1500m:	17:40.88	31.19
350m:	3:55.75	34.56	750m:	8:37.26	35.44	1150m:	13:30.96	36.72			
400m:	4:30.45	34.70	800m:	9:13.37	36.11	1200m:	14:08.00	37.04			
38.	2005				17:41.24				552		
50m:	31.58	31.58	450m:	5:12.90	35.78	850m:	9:59.24	35.25	1250m:	14:44.76	35.90
100m:	1:05.69	34.11	500m:	5:48.63	35.73	900m:	10:34.45	35.21	1300m:	15:20.77	36.01
150m:	1:40.12	34.43	550m:	6:24.40	35.77	950m:	11:10.19	35.74	1350m:	15:56.59	35.82
200m:	2:14.82	34.70	600m:	7:00.57	36.17	1000m:	11:45.68	35.49	1400m:	16:32.13	35.54
250m:	2:50.23	35.41	650m:	7:36.49	35.92	1050m:	12:21.94	36.26	1450m:	17:06.94	34.81
300m:	3:25.17	34.94	700m:	8:12.40	35.91	1100m:	12:58.02	36.08	1500m:	17:41.24	34.30
350m:	4:01.18	36.01	750m:	8:48.22	35.82	1150m:	13:33.05	35.03			
400m:	4:37.12	35.94	800m:	9:23.99	35.77	1200m:	14:08.86	35.81			
39.	2005				17:43.47				549		
50m:	31.35	31.35	450m:	5:12.98	35.60	850m:	9:58.73	35.87	1250m:	14:46.50	36.41
100m:	1:05.61	34.26	500m:	5:48.58	35.60	900m:	10:34.26	35.53	1300m:	15:22.38	35.88
150m:	1:40.75	35.14	550m:	6:24.64	36.06	950m:	11:10.40	36.14	1350m:	15:58.21	35.83
200m:	2:15.74	34.99	600m:	6:59.97	35.33	1000m:	11:46.27	35.87	1400m:	16:34.37	36.16
250m:	2:51.26	35.52	650m:	7:35.94	35.97	1050m:	12:22.17	35.90	1450m:	17:09.55	35.18
300m:	3:26.79	35.53	700m:	8:11.30	35.36	1100m:	12:58.20	36.03	1500m:	17:43.47	33.92
350m:	4:01.94	35.15	750m:	8:47.08	35.78	1150m:	13:34.10	35.90			
400m:	4:37.38	35.44	800m:	9:22.86	35.78	1200m:	14:10.09	35.99			
40.	2004				17:46.29				545		
50m:	31.28	31.28	500m:	5:43.05	35.23	900m:	10:29.81	36.25	1300m:	15:23.39	37.19
100m:	1:04.83	33.55	550m:	6:18.59	35.54	950m:	11:06.08	36.27	1350m:	16:00.01	36.62
200m:	2:13.85	1:09.02	600m:	6:54.09	35.50	1000m:	11:42.80	36.72	1400m:	16:36.62	36.61
250m:	2:48.38	34.53	650m:	7:29.75	35.66	1050m:	12:19.23	36.43	1450m:	17:11.99	35.37
300m:	3:23.05	34.67	700m:	8:05.62	35.87	1100m:	12:56.20	36.97	1500m:	17:46.29	34.30
350m:	3:57.91	34.86	750m:	8:41.35	35.73	1150m:	13:32.87	36.67			
400m:	4:32.79	34.88	800m:	9:17.58	36.23	1200m:	14:09.59	36.72			
450m:	5:07.82	35.03	850m:	9:53.56	35.98	1250m:	14:46.20	36.61			
41.	2004				17:48.29				542		
50m:	30.43	30.43	450m:	5:10.18	36.55	850m:	9:58.99	36.73	1250m:	14:49.21	36.98
100m:	1:03.57	33.14	500m:	5:45.95	35.77	900m:	10:34.96	35.97	1300m:	15:25.48	36.27
150m:	1:37.94	34.37	550m:	6:21.84	35.89	950m:	11:10.93	35.97	1350m:	16:02.26	36.78
200m:	2:12.52	34.58	600m:	6:57.71	35.87	1000m:	11:46.80	35.87	1400m:	16:39.26	37.00
250m:	2:47.87	35.35	650m:	7:33.78	36.07	1050m:	12:23.22	36.42	1450m:	17:14.65	35.39
300m:	3:22.84	34.97	700m:	8:10.00	36.22	1100m:	12:59.30	36.08	1500m:	17:48.29	33.64
350m:	3:58.29	35.45	750m:	8:46.62	36.62	1150m:	13:36.11	36.81			
400m:	4:33.63	35.34	800m:	9:22.26	35.64	1200m:	14:12.23	36.12			
42.	2006				17:52.59				535		
50m:	31.52	31.52	450m:	5:18.43	35.73	850m:	10:07.46	36.32	1250m:	14:57.59	35.94
100m:	1:06.51	34.99	500m:	5:54.59	36.16	900m:	10:43.54	36.08	1300m:	15:33.51	35.92
150m:	1:42.82	36.31	550m:	6:30.50	35.91	950m:	11:20.02	36.48	1350m:	16:09.17	35.66
200m:	2:18.59	35.77	600m:	7:06.60	36.10	1000m:	11:56.55	36.53	1400m:	16:44.59	35.42
250m:	2:54.76	36.17	650m:	7:42.49	35.89	1050m:	12:32.73	36.18	1450m:	17:19.20	34.61
300m:	3:30.71	35.95	700m:	8:18.62	36.13	1100m:	13:08.72	35.99	1500m:	17:52.59	33.39
350m:	4:06.85	36.14	750m:	8:54.76	36.14	1150m:	13:44.97	36.25			
400m:	4:42.70	35.85	800m:	9:31.14	36.38	1200m:	14:21.65	36.68			

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30, , 1500m

	/				R.T.	FINA					
43.	2006				17:55.73	530					
50m:	31.79	31.79	450m:	5:17.55	35.97	850m:	10:07.89	36.32	1250m:	14:57.47	35.83
100m:	1:06.63	34.84	500m:	5:53.95	36.40	900m:	10:44.30	36.41	1300m:	15:33.65	36.18
150m:	1:42.42	35.79	550m:	6:30.26	36.31	950m:	11:20.62	36.32	1350m:	16:09.65	36.00
200m:	2:17.71	35.29	600m:	7:06.46	36.20	1000m:	11:57.06	36.44	1400m:	16:45.90	36.25
250m:	2:53.66	35.95	650m:	7:42.55	36.09	1050m:	12:33.08	36.02	1450m:	17:21.42	35.52
300m:	3:29.72	36.06	700m:	8:18.84	36.29	1100m:	13:09.35	36.27	1500m:	17:55.73	34.31
350m:	4:05.51	35.79	750m:	8:55.10	36.26	1150m:	13:45.48	36.13			
400m:	4:41.58	36.07	800m:	9:31.57	36.47	1200m:	14:21.64	36.16			
44.	2004				17:57.16	528					
50m:	30.36	30.36	450m:	5:10.78	36.09	850m:	10:00.46	36.55	1250m:	14:55.62	37.35
100m:	1:04.44	34.08	500m:	5:46.89	36.11	900m:	10:36.73	36.27	1300m:	15:32.06	36.44
150m:	1:39.06	34.62	550m:	6:23.32	36.43	950m:	11:14.12	37.39	1350m:	16:09.35	37.29
200m:	2:13.90	34.84	600m:	6:59.29	35.97	1000m:	11:50.30	36.18	1400m:	16:46.28	36.93
250m:	2:48.57	34.67	650m:	7:35.77	36.48	1050m:	12:27.42	37.12	1450m:	17:21.81	35.53
300m:	3:24.05	35.48	700m:	8:11.46	35.69	1100m:	13:04.84	37.42	1500m:	17:57.16	35.35
350m:	3:59.14	35.09	750m:	8:47.63	36.17	1150m:	13:41.63	36.79			
400m:	4:34.69	35.55	800m:	9:23.91	36.28	1200m:	14:18.27	36.64			
45.	2005				17:57.98	527					
50m:	31.09	31.09	450m:	5:12.59	36.26	850m:	10:05.07	36.95	1250m:	14:57.04	36.50
100m:	1:04.72	33.63	500m:	5:48.59	36.00	900m:	10:41.64	36.57	1300m:	15:33.89	36.85
150m:	1:39.71	34.99	550m:	6:24.96	36.37	950m:	11:18.22	36.58	1350m:	16:10.88	36.99
200m:	2:14.41	34.70	600m:	7:01.34	36.38	1000m:	11:54.74	36.52	1400m:	16:47.45	36.57
250m:	2:49.58	35.17	650m:	7:38.11	36.77	1050m:	12:31.60	36.86	1450m:	17:23.59	36.14
300m:	3:24.74	35.16	700m:	8:14.46	36.35	1100m:	13:07.69	36.09	1500m:	17:57.98	34.39
350m:	4:00.55	35.81	750m:	8:51.35	36.89	1150m:	13:44.30	36.61			
400m:	4:36.33	35.78	800m:	9:28.12	36.77	1200m:	14:20.54	36.24			
46.	2006				17:59.04	525					
50m:	30.98	30.98	450m:	5:16.35	36.04	850m:	10:08.25	36.71	1250m:	15:00.73	36.86
100m:	1:05.81	34.83	500m:	5:52.92	36.57	900m:	10:44.75	36.50	1300m:	15:37.24	36.51
150m:	1:40.94	35.13	550m:	6:28.87	35.95	950m:	11:21.40	36.65	1350m:	16:13.72	36.48
200m:	2:16.47	35.53	600m:	7:05.04	36.17	1000m:	11:58.07	36.67	1400m:	16:50.33	36.61
250m:	2:52.23	35.76	650m:	7:41.39	36.35	1050m:	12:34.50	36.43	1450m:	17:26.07	35.74
300m:	3:28.08	35.85	700m:	8:17.94	36.55	1100m:	13:11.13	36.63	1500m:	17:59.04	32.97
350m:	4:04.14	36.06	750m:	8:54.80	36.86	1150m:	13:47.55	36.42			
400m:	4:40.31	36.17	800m:	9:31.54	36.74	1200m:	14:23.87	36.32			
47.	2004				18:03.84	519					
50m:	31.58	31.58	500m:	5:56.43	36.73	900m:	10:51.11	37.13	1300m:	15:44.07	36.30
100m:	1:06.32	34.74	550m:	6:33.14	36.71	950m:	11:28.27	37.16	1350m:	16:20.48	36.41
150m:	1:42.33	36.01	600m:	7:09.89	36.75	1000m:	12:04.95	36.68	1400m:	16:55.16	34.68
200m:	2:18.05	35.72	650m:	7:46.71	36.82	1050m:	12:41.90	36.95	1450m:	17:30.34	35.18
300m:	3:29.39	1:11.34	700m:	8:23.29	36.58	1100m:	13:18.16	36.26	1500m:	18:03.84	33.50
350m:	4:05.87	36.48	750m:	9:00.43	37.14	1150m:	13:54.89	36.73			
400m:	4:42.85	36.98	800m:	9:37.34	36.91	1200m:	14:31.18	36.29			
450m:	5:19.70	36.85	850m:	10:13.98	36.64	1250m:	15:07.77	36.59			
48.	2003				18:05.29	516					
50m:	29.94	29.94	450m:	5:10.13	36.23	850m:	10:02.03	37.28	1250m:	14:59.14	37.40
100m:	1:03.24	33.30	500m:	5:46.30	36.17	900m:	10:38.26	36.23	1300m:	15:36.43	37.29
150m:	1:37.60	34.36	550m:	6:22.67	36.37	950m:	11:15.82	37.56	1350m:	16:14.93	38.50
200m:	2:12.02	34.42	600m:	6:58.33	35.66	1000m:	11:52.85	37.03	1400m:	16:52.30	37.37
250m:	2:47.12	35.10	650m:	7:35.21	36.88	1050m:	12:30.69	37.84	1450m:	17:29.73	37.43
300m:	3:22.54	35.42	700m:	8:11.35	36.14	1100m:	13:07.50	36.81	1500m:	18:05.29	35.56
350m:	3:58.33	35.79	750m:	8:48.42	37.07	1150m:	13:45.10	37.60			
400m:	4:33.90	35.57	800m:	9:24.75	36.33	1200m:	14:21.74	36.64			

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30, , 1500m

					R.T.				FINA			
49.	2006				18:07.72 				513			
50m:	31.99	31.99	450m:	5:16.63	35.49	850m:	10:10.09	36.93	1250m:	15:05.08	36.52	
100m:	1:07.38	35.39	500m:	5:53.24	36.61	900m:	10:47.22	37.13	1300m:	15:42.36	37.28	
150m:	1:41.82	34.44	550m:	6:29.58	36.34	950m:	11:23.80	36.58	1350m:	16:18.64	36.28	
200m:	2:17.88	36.06	600m:	7:05.78	36.20	1000m:	12:01.08	37.28	1400m:	16:55.17	36.53	
250m:	2:53.53	35.65	650m:	7:42.91	37.13	1050m:	12:37.73	36.65	1450m:	17:31.51	36.34	
300m:	3:29.79	36.26	700m:	8:19.51	36.60	1100m:	13:14.98	37.25	1500m:	18:07.72	36.21	
350m:	4:05.48	35.69	750m:	8:55.96	36.45	1150m:	13:51.76	36.78				
400m:	4:41.14	35.66	800m:	9:33.16	37.20	1200m:	14:28.56	36.80				
50.	2005				18:11.44 				508			
100m:	1:06.05	1:06.05	500m:	5:55.32	1:13.30	900m:	10:50.22	1:13.78	1300m:	15:45.37	1:13.60	
200m:	2:17.12	1:11.07	600m:	7:08.78	1:13.46	1000m:	12:04.23	1:14.01	1400m:	16:59.24	1:13.87	
300m:	3:29.57	1:12.45	700m:	8:22.84	1:14.06	1100m:	13:17.86	1:13.63	1500m:	18:11.44	1:12.20	
400m:	4:42.02	1:12.45	800m:	9:36.44	1:13.60	1200m:	14:31.77	1:13.91				
51.	2005				18:13.63 				505			
50m:	30.18	30.18	450m:	5:11.48	36.54	850m:	10:08.35	37.67	1250m:	15:08.47	37.85	
100m:	1:04.40	34.22	500m:	5:48.15	36.67	900m:	10:45.62	37.27	1300m:	15:47.12	38.65	
150m:	1:39.03	34.63	550m:	6:25.41	37.26	950m:	11:23.07	37.45	1350m:	16:24.47	37.35	
200m:	2:13.72	34.69	600m:	7:02.20	36.79	1000m:	12:00.47	37.40	1400m:	17:01.46	36.99	
250m:	2:48.44	34.72	650m:	7:39.01	36.81	1050m:	12:37.29	36.82	1450m:	17:38.28	36.82	
300m:	3:23.79	35.35	700m:	8:16.23	37.22	1100m:	13:15.20	37.91	1500m:	18:13.63	35.35	
350m:	3:59.10	35.31	750m:	8:53.80	37.57	1150m:	13:53.02	37.82				
400m:	4:34.94	35.84	800m:	9:30.68	36.88	1200m:	14:30.62	37.60				
52.	2003				18:21.26 				494			
50m:	30.91	30.91	450m:	5:22.96	37.33	850m:	10:19.73	37.39	1250m:	15:20.58	37.73	
100m:	1:06.43	35.52	500m:	5:59.56	36.60	900m:	10:57.27	37.54	1300m:	15:58.15	37.57	
150m:	1:42.70	36.27	550m:	6:36.53	36.97	950m:	11:34.65	37.38	1350m:	16:35.46	37.31	
200m:	2:18.95	36.25	600m:	7:13.51	36.98	1000m:	12:12.17	37.52	1400m:	17:11.43	35.97	
250m:	2:55.52	36.57	650m:	7:50.55	37.04	1050m:	12:49.49	37.32	1450m:	17:47.55	36.12	
300m:	3:31.84	36.32	700m:	8:27.69	37.14	1100m:	13:27.24	37.75	1500m:	18:21.26	33.71	
350m:	4:08.89	37.05	750m:	9:04.86	37.17	1150m:	14:05.07	37.83				
400m:	4:45.63	36.74	800m:	9:42.34	37.48	1200m:	14:42.85	37.78				
53.	2004				18:27.51 				486			
100m:	1:06.96	1:06.96	500m:	5:58.46	1:14.04	900m:	10:57.88	1:15.61	1300m:	15:58.70	1:15.12	
200m:	2:18.66	1:11.70	600m:	7:12.81	1:14.35	1000m:	12:13.11	1:15.23	1400m:	17:14.13	1:15.43	
300m:	3:31.04	1:12.38	700m:	8:27.62	1:14.81	1100m:	13:28.55	1:15.44	1500m:	18:27.51	1:13.38	
400m:	4:44.42	1:13.38	800m:	9:42.27	1:14.65	1200m:	14:43.58	1:15.03				
54.	2004				18:35.84 				475			
50m:	31.03	31.03	450m:	5:17.42	37.69	850m:	10:21.86	38.74	1250m:	15:29.50	38.80	
100m:	1:05.32	34.29	500m:	5:55.07	37.65	900m:	11:00.53	38.67	1300m:	16:08.21	38.71	
150m:	1:40.66	35.34	550m:	6:33.35	38.28	950m:	11:39.23	38.70	1350m:	16:46.56	38.35	
200m:	2:15.65	34.99	600m:	7:11.19	37.84	1000m:	12:17.36	38.13	1400m:	17:23.92	37.36	
250m:	2:51.34	35.69	650m:	7:49.16	37.97	1050m:	12:56.21	38.85	1450m:	18:00.75	36.83	
300m:	3:26.87	35.53	700m:	8:27.46	38.30	1100m:	13:34.31	38.10	1500m:	18:35.84	35.09	
350m:	4:03.03	36.16	750m:	9:05.56	38.10	1150m:	14:12.75	38.44				
400m:	4:39.73	36.70	800m:	9:43.12	37.56	1200m:	14:50.70	37.95				



30, , 1500m

					R.T.				FINA		
55.	2005 I				18:36.57 I				474		
50m:	32.75	32.75	450m:	5:32.60	38.25	850m:	10:34.49	37.25	1250m:	15:35.49	37.17
100m:	1:08.47	35.72	500m:	6:10.77	38.17	900m:	11:12.11	37.62	1300m:	16:13.13	37.64
150m:	1:45.32	36.85	550m:	6:48.91	38.14	950m:	11:50.41	38.30	1350m:	16:50.00	36.87
200m:	2:22.65	37.33	600m:	7:26.50	37.59	1000m:	12:28.07	37.66	1400m:	17:27.21	37.21
250m:	3:00.45	37.80	650m:	8:04.87	38.37	1050m:	13:05.50	37.43	1450m:	18:03.15	35.94
300m:	3:38.20	37.75	700m:	8:42.27	37.40	1100m:	13:42.88	37.38	1500m:	18:36.57	33.42
350m:	4:16.20	38.00	750m:	9:19.74	37.47	1150m:	14:20.17	37.29			
400m:	4:54.35	38.15	800m:	9:57.24	37.50	1200m:	14:58.32	38.15			
56.	2005 I				18:36.75 I				474		
50m:	31.41	31.41	450m:	5:20.89	38.44	850m:	10:27.41	38.68	1250m:	15:33.44	37.94
100m:	1:05.59	34.18	500m:	5:58.89	38.00	900m:	11:05.12	37.71	1300m:	16:11.70	38.26
150m:	1:40.53	34.94	550m:	6:37.09	38.20	950m:	11:43.99	38.87	1350m:	16:49.50	37.80
200m:	2:16.17	35.64	600m:	7:15.44	38.35	1000m:	12:23.02	39.03	1400m:	17:27.11	37.61
250m:	2:51.84	35.67	650m:	7:53.30	37.86	1050m:	13:01.31	38.29	1450m:	18:03.53	36.42
300m:	3:28.13	36.29	700m:	8:31.76	38.46	1100m:	13:38.95	37.64	1500m:	18:36.75	33.22
350m:	4:05.36	37.23	750m:	9:10.17	38.41	1150m:	14:17.62	38.67			
400m:	4:42.45	37.09	800m:	9:48.73	38.56	1200m:	14:55.50	37.88			
57.	2005 I				18:37.79 I				473		
50m:	30.68	30.68	450m:	5:21.73	37.20	850m:	10:23.72	37.88	1250m:	15:29.40	38.38
100m:	1:05.69	35.01	500m:	5:59.55	37.82	900m:	11:01.88	38.16	1300m:	16:07.56	38.16
150m:	1:41.36	35.67	550m:	6:36.61	37.06	950m:	11:39.91	38.03	1350m:	16:45.92	38.36
200m:	2:17.89	36.53	600m:	7:14.22	37.61	1000m:	12:18.00	38.09	1400m:	17:23.62	37.70
250m:	2:54.30	36.41	650m:	7:52.30	38.08	1050m:	12:56.28	38.28	1450m:	18:01.41	37.79
300m:	3:31.15	36.85	700m:	8:30.13	37.83	1100m:	13:34.67	38.39	1500m:	18:37.79	36.38
350m:	4:07.77	36.62	750m:	9:08.00	37.87	1150m:	14:13.01	38.34			
400m:	4:44.53	36.76	800m:	9:45.84	37.84	1200m:	14:51.02	38.01			
58.	2006 I				18:49.35				458		
50m:	33.04	33.04	450m:	5:25.52	37.59	850m:	10:31.13	38.85	1250m:	15:41.21	39.59
100m:	1:07.77	34.73	500m:	6:02.93	37.41	900m:	11:09.67	38.54	1300m:	16:19.87	38.66
150m:	1:44.21	36.44	550m:	6:41.35	38.42	950m:	11:48.50	38.83	1350m:	16:57.64	37.77
200m:	2:20.21	36.00	600m:	7:19.13	37.78	1000m:	12:27.63	39.13	1400m:	17:35.40	37.76
250m:	2:57.14	36.93	650m:	7:57.58	38.45	1050m:	13:06.09	38.46	1450m:	18:13.18	37.78
300m:	3:33.70	36.56	700m:	8:35.91	38.33	1100m:	13:44.08	37.99	1500m:	18:49.35	36.17
350m:	4:10.88	37.18	750m:	9:14.03	38.12	1150m:	14:23.17	39.09			
400m:	4:47.93	37.05	800m:	9:52.28	38.25	1200m:	15:01.62	38.45			
59.	2005				18:57.12				449		
50m:	30.56	30.56	450m:	5:25.41	38.28	850m:	10:35.60	38.58	1250m:	15:45.25	39.71
100m:	1:05.06	34.50	500m:	6:04.25	38.84	900m:	11:14.32	38.72	1300m:	16:23.30	38.05
150m:	1:40.23	35.17	550m:	6:43.30	39.05	950m:	11:52.61	38.29	1350m:	17:02.17	38.87
200m:	2:16.72	36.49	600m:	7:22.12	38.82	1000m:	12:30.63	38.02	1400m:	17:40.67	38.50
250m:	2:53.86	37.14	650m:	8:01.22	39.10	1050m:	13:09.81	39.18	1450m:	18:19.47	38.80
300m:	3:31.33	37.47	700m:	8:39.09	37.87	1100m:	13:48.12	38.31	1500m:	18:57.12	37.65
350m:	4:09.32	37.99	750m:	9:18.36	39.27	1150m:	14:26.90	38.78			
400m:	4:47.13	37.81	800m:	9:57.02	38.66	1200m:	15:05.54	38.64			
60.	2005 I				18:59.53				446		
50m:	30.66	30.66	450m:	5:23.22	37.89	850m:	10:32.93	39.07	1250m:	15:46.32	39.40
100m:	1:04.51	33.85	500m:	6:01.61	38.39	900m:	11:11.58	38.65	1300m:	16:25.62	39.30
150m:	1:40.74	36.23	550m:	6:39.97	38.36	950m:	11:51.19	39.61	1350m:	17:04.71	39.09
200m:	2:16.67	35.93	600m:	7:18.56	38.59	1000m:	12:30.19	39.00	1400m:	17:43.62	38.91
250m:	2:53.77	37.10	650m:	7:57.97	39.41	1050m:	13:09.69	39.50	1450m:	18:22.19	38.57
300m:	3:30.64	36.87	700m:	8:35.85	37.88	1100m:	13:48.48	38.79	1500m:	18:59.53	37.34
350m:	4:08.29	37.65	750m:	9:15.18	39.33	1150m:	14:27.86	39.38			
400m:	4:45.33	37.04	800m:	9:53.86	38.68	1200m:	15:06.92	39.06			

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ALGE



30, , 1500m

						R.T.			FINA			
61.						20:00.79			381			
	50m:	33.70	33.70	450m:	5:46.10	40.62	850m:	11:09.97	41.09	1250m:	16:41.08	42.18
	100m:	1:11.24	37.54	500m:	6:25.65	39.55	900m:	11:51.01	41.04	1300m:	17:21.66	40.58
	150m:	1:50.11	38.87	550m:	7:06.00	40.35	950m:	12:31.86	40.85	1350m:	18:03.64	41.98
	200m:	2:28.49	38.38	600m:	7:45.70	39.70	1000m:	13:12.92	41.06	1400m:	18:44.36	40.72
	250m:	3:07.40	38.91	650m:	8:26.85	41.15	1050m:	13:54.65	41.73	1450m:	19:24.24	39.88
	300m:	3:46.53	39.13	700m:	9:07.24	40.39	1100m:	14:36.59	41.94	1500m:	20:00.79	36.55
	350m:	4:25.84	39.31	750m:	9:48.41	41.17	1150m:	15:17.56	40.97			
	400m:	5:05.48	39.64	800m:	10:28.88	40.47	1200m:	15:58.90	41.34			
DNS												
DNS												
DNS												



30, , 1500m

30 , 1500m

(17-18)

25.02.2021 - 15:24

14:41.13
14:59.56

(CHN)

15.08.2008

- - (BRA)

12.08.2016

: FINA 2020

							R.T.			FINA		
1.	/			2003			15:35.16			808		
	50m:	29.19	29.19	450m:	4:40.02	31.61	850m:	8:51.34	31.50	1250m:	13:02.52	31.36
	100m:	59.81	30.62	500m:	5:11.45	31.43	900m:	9:22.66	31.32	1300m:	13:33.74	31.22
	150m:	1:31.26	31.45	550m:	5:43.02	31.57	950m:	9:54.39	31.73	1350m:	14:05.28	31.54
	200m:	2:02.30	31.04	600m:	6:14.32	31.30	1000m:	10:25.73	31.34	1400m:	14:36.32	31.04
	250m:	2:33.93	31.63	650m:	6:45.75	31.43	1050m:	10:57.13	31.40	1450m:	15:06.69	30.37
	300m:	3:05.13	31.20	700m:	7:16.99	31.24	1100m:	11:28.36	31.23	1500m:	15:35.16	28.47
	350m:	3:37.00	31.87	750m:	7:48.55	31.56	1150m:	11:59.88	31.52			
	400m:	4:08.41	31.41	800m:	8:19.84	31.29	1200m:	12:31.16	31.28			
2.	/			2003			16:13.06			717		
	50m:	29.52	29.52	450m:	4:45.33	32.48	850m:	9:05.66	32.83	1250m:	13:30.19	32.98
	100m:	1:01.23	31.71	500m:	5:17.27	31.94	900m:	9:38.69	33.03	1300m:	14:03.31	33.12
	150m:	1:32.84	31.61	550m:	5:49.72	32.45	950m:	10:11.86	33.17	1350m:	14:36.13	32.82
	200m:	2:04.76	31.92	600m:	6:21.91	32.19	1000m:	10:44.92	33.06	1400m:	15:08.99	32.86
	250m:	2:36.70	31.94	650m:	6:54.85	32.94	1050m:	11:17.91	32.99	1450m:	15:41.56	32.57
	300m:	3:08.42	31.72	700m:	7:27.23	32.38	1100m:	11:51.04	33.13	1500m:	16:13.06	31.50
	350m:	3:40.79	32.37	750m:	8:00.05	32.82	1150m:	12:24.17	33.13			
	400m:	4:12.85	32.06	800m:	8:32.83	32.78	1200m:	12:57.21	33.04			
3.	/			2004			16:18.68			704		
	50m:	30.34	30.34	450m:	4:51.99	32.77	850m:	9:14.50	33.04	1250m:	13:38.43	32.99
	100m:	1:03.08	32.74	500m:	5:24.86	32.87	900m:	9:47.48	32.98	1300m:	14:11.39	32.96
	150m:	1:35.75	32.67	550m:	5:57.93	33.07	950m:	10:20.60	33.12	1350m:	14:44.22	32.83
	200m:	2:08.44	32.69	600m:	6:30.60	32.67	1000m:	10:53.50	32.90	1400m:	15:16.73	32.51
	250m:	2:40.86	32.42	650m:	7:03.03	32.43	1050m:	11:26.64	33.14	1450m:	15:49.18	32.45
	300m:	3:13.79	32.93	700m:	7:35.75	32.72	1100m:	11:59.34	32.70	1500m:	16:18.68	29.50
	350m:	3:46.42	32.63	750m:	8:08.63	32.88	1150m:	12:32.54	33.20			
	400m:	4:19.22	32.80	800m:	8:41.46	32.83	1200m:	13:05.44	32.90			
4.	/			2004			16:33.44			673		
	50m:	30.55	30.55	450m:	4:55.54	33.37	850m:	9:21.05	33.29	1250m:	13:47.41	33.38
	100m:	1:03.57	33.02	500m:	5:29.12	33.58	900m:	9:54.80	33.75	1300m:	14:20.96	33.55
	150m:	1:36.20	32.63	550m:	6:01.87	32.75	950m:	10:27.86	33.06	1350m:	14:54.29	33.33
	200m:	2:08.90	32.70	600m:	6:34.76	32.89	1000m:	11:01.41	33.55	1400m:	15:28.05	33.76
	250m:	2:42.08	33.18	650m:	7:07.93	33.17	1050m:	11:34.21	32.80	1450m:	16:00.87	32.82
	300m:	3:15.41	33.33	700m:	7:41.25	33.32	1100m:	12:07.60	33.39	1500m:	16:33.44	32.57
	350m:	3:48.63	33.22	750m:	8:14.32	33.07	1150m:	12:40.72	33.12			
	400m:	4:22.17	33.54	800m:	8:47.76	33.44	1200m:	13:14.03	33.31			
5.	/			2004			16:33.76			673		
	50m:	30.59	30.59	450m:	4:53.68	33.16	850m:	9:20.29	33.65	1250m:	13:49.03	33.92
	100m:	1:03.02	32.43	500m:	5:26.61	32.93	900m:	9:53.51	33.22	1300m:	14:22.78	33.75
	150m:	1:35.90	32.88	550m:	6:00.10	33.49	950m:	10:26.99	33.48	1350m:	14:56.06	33.28
	200m:	2:08.58	32.68	600m:	6:33.19	33.09	1000m:	11:00.51	33.52	1400m:	15:29.48	33.42
	250m:	2:41.43	32.85	650m:	7:06.58	33.39	1050m:	11:34.10	33.59	1450m:	16:02.64	33.16
	300m:	3:14.44	33.01	700m:	7:40.05	33.47	1100m:	12:07.62	33.52	1500m:	16:33.76	31.12
	350m:	3:47.58	33.14	750m:	8:13.49	33.44	1150m:	12:41.12	33.50			
	400m:	4:20.52	32.94	800m:	8:46.64	33.15	1200m:	13:15.11	33.99			

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ALGE



30, , 1500m , (17-18)

					R.T.				FINA		
6.	2004				16:45.55				649		
50m:	31.64	31.64	450m:	4:59.26	34.24	850m:	9:29.72	33.87	1250m:	13:59.11	33.84
100m:	1:04.50	32.86	500m:	5:33.10	33.84	900m:	10:03.28	33.56	1300m:	14:32.87	33.76
150m:	1:37.68	33.18	550m:	6:07.00	33.90	950m:	10:36.79	33.51	1350m:	15:07.00	34.13
200m:	2:10.84	33.16	600m:	6:40.73	33.73	1000m:	11:10.29	33.50	1400m:	15:40.81	33.81
250m:	2:44.48	33.64	650m:	7:14.77	34.04	1050m:	11:44.07	33.78	1450m:	16:14.46	33.65
300m:	3:17.90	33.42	700m:	7:48.40	33.63	1100m:	12:17.69	33.62	1500m:	16:45.55	31.09
350m:	3:51.76	33.86	750m:	8:22.18	33.78	1150m:	12:51.49	33.80			
400m:	4:25.02	33.26	800m:	8:55.85	33.67	1200m:	13:25.27	33.78			
7.	2004				17:01.93				619		
50m:	30.95	30.95	450m:	5:01.10	33.74	850m:	9:34.38	34.10	1250m:	14:10.42	34.66
100m:	1:04.81	33.86	500m:	5:35.18	34.08	900m:	10:08.63	34.25	1300m:	14:44.69	34.27
150m:	1:38.58	33.77	550m:	6:08.91	33.73	950m:	10:43.17	34.54	1350m:	15:19.35	34.66
200m:	2:12.71	34.13	600m:	6:43.13	34.22	1000m:	11:17.83	34.66	1400m:	15:54.00	34.65
250m:	2:46.32	33.61	650m:	7:17.33	34.20	1050m:	11:51.84	34.01	1450m:	16:28.59	34.59
300m:	3:20.06	33.74	700m:	7:51.71	34.38	1100m:	12:26.62	34.78	1500m:	17:01.93	33.34
350m:	3:53.45	33.39	750m:	8:25.90	34.19	1150m:	13:01.25	34.63			
400m:	4:27.36	33.91	800m:	9:00.28	34.38	1200m:	13:35.76	34.51			
8.	2004				17:13.03				599		
50m:	30.70	30.70	450m:	5:05.50	34.49	850m:	9:45.67	35.79	1250m:	14:26.35	34.72
100m:	1:04.82	34.12	500m:	5:40.25	34.75	900m:	10:20.89	35.22	1300m:	15:01.00	34.65
150m:	1:38.99	34.17	550m:	6:15.39	35.14	950m:	10:56.37	35.48	1350m:	15:35.27	34.27
200m:	2:12.98	33.99	600m:	6:50.03	34.64	1000m:	11:31.78	35.41	1400m:	16:09.42	34.15
250m:	2:47.08	34.10	650m:	7:24.77	34.74	1050m:	12:07.17	35.39	1450m:	16:43.26	33.84
300m:	3:21.61	34.53	700m:	7:59.87	35.10	1100m:	12:42.60	35.43	1500m:	17:13.03	29.77
350m:	3:56.13	34.52	750m:	8:34.87	35.00	1150m:	13:16.84	34.24			
400m:	4:31.01	34.88	800m:	9:09.88	35.01	1200m:	13:51.63	34.79			
9.	2003				17:14.90				596		
100m:	1:05.16	1:05.16	500m:	5:37.86	1:08.27	900m:	10:13.79	1:09.80	1300m:	14:55.75	1:11.08
200m:	2:13.61	1:08.45	600m:	6:46.50	1:08.64	1000m:	11:24.16	1:10.37	1400m:	16:06.25	1:10.50
300m:	3:21.64	1:08.03	700m:	7:55.01	1:08.51	1100m:	12:34.28	1:10.12	1500m:	17:14.90	1:08.65
400m:	4:29.59	1:07.95	800m:	9:03.99	1:08.98	1200m:	13:44.67	1:10.39			
10.	2003				17:22.22				583		
50m:	30.62	30.62	450m:	5:02.25	34.81	850m:	9:41.87	35.33	1250m:	14:26.50	35.23
100m:	1:03.57	32.95	500m:	5:36.44	34.19	900m:	10:17.22	35.35	1300m:	15:01.82	35.32
150m:	1:37.65	34.08	550m:	6:11.12	34.68	950m:	10:52.55	35.33	1350m:	15:37.36	35.54
200m:	2:11.06	33.41	600m:	6:45.92	34.80	1000m:	11:27.95	35.40	1400m:	16:13.08	35.72
250m:	2:45.08	34.02	650m:	7:21.13	35.21	1050m:	12:03.78	35.83	1450m:	16:47.95	34.87
300m:	3:18.83	33.75	700m:	7:56.27	35.14	1100m:	12:39.66	35.88	1500m:	17:22.22	34.27
350m:	3:53.31	34.48	750m:	8:31.43	35.16	1150m:	13:15.62	35.96			
400m:	4:27.44	34.13	800m:	9:06.54	35.11	1200m:	13:51.27	35.65			
11.	2004 I				17:34.08				564		
100m:	1:07.70	1:07.70	500m:	5:45.67	1:09.07	900m:	10:27.03	1:12.05	1300m:	15:12.27	1:11.15
200m:	2:17.91	1:10.21	600m:	6:55.08	1:09.41	1000m:	11:37.56	1:10.53	1400m:	16:25.89	1:13.62
300m:	3:27.43	1:09.52	700m:	8:04.67	1:09.59	1100m:	12:48.47	1:10.91	1500m:	17:34.08	1:08.19
400m:	4:36.60	1:09.17	800m:	9:14.98	1:10.31	1200m:	14:01.12	1:12.65			

30, , 1500m , (17-18)

	/			R.T.			FINA				
12.	2004 I			17:46.29 I			545				
50m:	31.28	31.28	500m:	5:43.05	35.23	900m:	10:29.81	36.25	1300m:	15:23.39	37.19
100m:	1:04.83	33.55	550m:	6:18.59	35.54	950m:	11:06.08	36.27	1350m:	16:00.01	36.62
200m:	2:13.85	1:09.02	600m:	6:54.09	35.50	1000m:	11:42.80	36.72	1400m:	16:36.62	36.61
250m:	2:48.38	34.53	650m:	7:29.75	35.66	1050m:	12:19.23	36.43	1450m:	17:11.99	35.37
300m:	3:23.05	34.67	700m:	8:05.62	35.87	1100m:	12:56.20	36.97	1500m:	17:46.29	34.30
350m:	3:57.91	34.86	750m:	8:41.35	35.73	1150m:	13:32.87	36.67			
400m:	4:32.79	34.88	800m:	9:17.58	36.23	1200m:	14:09.59	36.72			
450m:	5:07.82	35.03	850m:	9:53.56	35.98	1250m:	14:46.20	36.61			
13.	2004 I			17:48.29 I			542				
50m:	30.43	30.43	450m:	5:10.18	36.55	850m:	9:58.99	36.73	1250m:	14:49.21	36.98
100m:	1:03.57	33.14	500m:	5:45.95	35.77	900m:	10:34.96	35.97	1300m:	15:25.48	36.27
150m:	1:37.94	34.37	550m:	6:21.84	35.89	950m:	11:10.93	35.97	1350m:	16:02.26	36.78
200m:	2:12.52	34.58	600m:	6:57.71	35.87	1000m:	11:46.80	35.87	1400m:	16:39.26	37.00
250m:	2:47.87	35.35	650m:	7:33.78	36.07	1050m:	12:23.22	36.42	1450m:	17:14.65	35.39
300m:	3:22.84	34.97	700m:	8:10.00	36.22	1100m:	12:59.30	36.08	1500m:	17:48.29	33.64
350m:	3:58.29	35.45	750m:	8:46.62	36.62	1150m:	13:36.11	36.81			
400m:	4:33.63	35.34	800m:	9:22.26	35.64	1200m:	14:12.23	36.12			
14.	2004 I			17:57.16 I			528				
50m:	30.36	30.36	450m:	5:10.78	36.09	850m:	10:00.46	36.55	1250m:	14:55.62	37.35
100m:	1:04.44	34.08	500m:	5:46.89	36.11	900m:	10:36.73	36.27	1300m:	15:32.06	36.44
150m:	1:39.06	34.62	550m:	6:23.32	36.43	950m:	11:14.12	37.39	1350m:	16:09.35	37.29
200m:	2:13.90	34.84	600m:	6:59.29	35.97	1000m:	11:50.30	36.18	1400m:	16:46.28	36.93
250m:	2:48.57	34.67	650m:	7:35.77	36.48	1050m:	12:27.42	37.12	1450m:	17:21.81	35.53
300m:	3:24.05	35.48	700m:	8:11.46	35.69	1100m:	13:04.84	37.42	1500m:	17:57.16	35.35
350m:	3:59.14	35.09	750m:	8:47.63	36.17	1150m:	13:41.63	36.79			
400m:	4:34.69	35.55	800m:	9:23.91	36.28	1200m:	14:18.27	36.64			
15.	2004 I			18:03.84 I			519				
50m:	31.58	31.58	500m:	5:56.43	36.73	900m:	10:51.11	37.13	1300m:	15:44.07	36.30
100m:	1:06.32	34.74	550m:	6:33.14	36.71	950m:	11:28.27	37.16	1350m:	16:20.48	36.41
150m:	1:42.33	36.01	600m:	7:09.89	36.75	1000m:	12:04.95	36.68	1400m:	16:55.16	34.68
200m:	2:18.05	35.72	650m:	7:46.71	36.82	1050m:	12:41.90	36.95	1450m:	17:30.34	35.18
300m:	3:29.39	1:11.34	700m:	8:23.29	36.58	1100m:	13:18.16	36.26	1500m:	18:03.84	33.50
350m:	4:05.87	36.48	750m:	9:00.43	37.14	1150m:	13:54.89	36.73			
400m:	4:42.85	36.98	800m:	9:37.34	36.91	1200m:	14:31.18	36.29			
450m:	5:19.70	36.85	850m:	10:13.98	36.64	1250m:	15:07.77	36.59			
16.	2003			18:05.29 I			516				
50m:	29.94	29.94	450m:	5:10.13	36.23	850m:	10:02.03	37.28	1250m:	14:59.14	37.40
100m:	1:03.24	33.30	500m:	5:46.30	36.17	900m:	10:38.26	36.23	1300m:	15:36.43	37.29
150m:	1:37.60	34.36	550m:	6:22.67	36.37	950m:	11:15.82	37.56	1350m:	16:14.93	38.50
200m:	2:12.02	34.42	600m:	6:58.33	35.66	1000m:	11:52.85	37.03	1400m:	16:52.30	37.37
250m:	2:47.12	35.10	650m:	7:35.21	36.88	1050m:	12:30.69	37.84	1450m:	17:29.73	37.43
300m:	3:22.54	35.42	700m:	8:11.35	36.14	1100m:	13:07.50	36.81	1500m:	18:05.29	35.56
350m:	3:58.33	35.79	750m:	8:48.42	37.07	1150m:	13:45.10	37.60			
400m:	4:33.90	35.57	800m:	9:24.75	36.33	1200m:	14:21.74	36.64			
17.	2003			18:21.26 I			494				
50m:	30.91	30.91	450m:	5:22.96	37.33	850m:	10:19.73	37.39	1250m:	15:20.58	37.73
100m:	1:06.43	35.52	500m:	5:59.56	36.60	900m:	10:57.27	37.54	1300m:	15:58.15	37.57
150m:	1:42.70	36.27	550m:	6:36.53	36.97	950m:	11:34.65	37.38	1350m:	16:35.46	37.31
200m:	2:18.95	36.25	600m:	7:13.51	36.98	1000m:	12:12.17	37.52	1400m:	17:11.43	35.97
250m:	2:55.52	36.57	650m:	7:50.55	37.04	1050m:	12:49.49	37.32	1450m:	17:47.55	36.12
300m:	3:31.84	36.32	700m:	8:27.69	37.14	1100m:	13:27.24	37.75	1500m:	18:21.26	33.71
350m:	4:08.89	37.05	750m:	9:04.86	37.17	1150m:	14:05.07	37.83			
400m:	4:45.63	36.74	800m:	9:42.34	37.48	1200m:	14:42.85	37.78			



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30, , 1500m , (17-18)

								R.T.		FINA		
18.			2004	I				18:27.51	I	486		
	100m:	1:06.96	1:06.96	500m:	5:58.46	1:14.04	900m:	10:57.88	1:15.61	1300m:	15:58.70	1:15.12
	200m:	2:18.66	1:11.70	600m:	7:12.81	1:14.35	1000m:	12:13.11	1:15.23	1400m:	17:14.13	1:15.43
	300m:	3:31.04	1:12.38	700m:	8:27.62	1:14.81	1100m:	13:28.55	1:15.44	1500m:	18:27.51	1:13.38
	400m:	4:44.42	1:13.38	800m:	9:42.27	1:14.65	1200m:	14:43.58	1:15.03			
19.			2004	I				18:35.84	I	475		
	50m:	31.03	31.03	450m:	5:17.42	37.69	850m:	10:21.86	38.74	1250m:	15:29.50	38.80
	100m:	1:05.32	34.29	500m:	5:55.07	37.65	900m:	11:00.53	38.67	1300m:	16:08.21	38.71
	150m:	1:40.66	35.34	550m:	6:33.35	38.28	950m:	11:39.23	38.70	1350m:	16:46.56	38.35
	200m:	2:15.65	34.99	600m:	7:11.19	37.84	1000m:	12:17.36	38.13	1400m:	17:23.92	37.36
	250m:	2:51.34	35.69	650m:	7:49.16	37.97	1050m:	12:56.21	38.85	1450m:	18:00.75	36.83
	300m:	3:26.87	35.53	700m:	8:27.46	38.30	1100m:	13:34.31	38.10	1500m:	18:35.84	35.09
	350m:	4:03.03	36.16	750m:	9:05.56	38.10	1150m:	14:12.75	38.44			
	400m:	4:39.73	36.70	800m:	9:43.12	37.56	1200m:	14:50.70	37.95			

DNS

2004

