

40  
11.03.2022 - 15:32

, 1500m

: FINA 2022

							R.T.			FINA		
1.				1997			17:02.04			730		
	50m:	30.97	30.97	450m:	5:03.12	33.92	850m:	9:35.65	34.23	1250m:	14:11.58	34.64
	100m:	1:04.72	33.75	500m:	5:36.92	33.80	900m:	10:09.67	34.02	1300m:	14:46.12	34.54
	150m:	1:38.90	34.18	550m:	6:10.97	34.05	950m:	10:44.23	34.56	1350m:	15:21.19	35.07
	200m:	2:12.95	34.05	600m:	6:44.89	33.92	1000m:	11:18.51	34.28	1400m:	15:55.72	34.53
	250m:	2:47.00	34.05	650m:	7:18.88	33.99	1050m:	11:53.23	34.72	1450m:	16:29.69	33.97
	300m:	3:21.24	34.24	700m:	7:52.83	33.95	1100m:	12:27.81	34.58	1500m:	17:02.04	32.35
	350m:	3:55.26	34.02	750m:	8:27.07	34.24	1150m:	13:02.29	34.48			
	400m:	4:29.20	33.94	800m:	9:01.42	34.35	1200m:	13:36.94	34.65			
2.				2006			17:06.55			720		
	50m:	31.62	31.62	450m:	5:08.92	34.64	850m:	9:44.94	34.50	1250m:	14:19.59	34.11
	100m:	1:06.11	34.49	500m:	5:43.45	34.53	900m:	10:19.07	34.13	1300m:	14:53.73	34.14
	150m:	1:41.06	34.95	550m:	6:18.44	34.99	950m:	10:53.65	34.58	1350m:	15:27.73	34.00
	200m:	2:15.74	34.68	600m:	6:52.63	34.19	1000m:	11:27.83	34.18	1400m:	16:01.57	33.84
	250m:	2:50.66	34.92	650m:	7:27.36	34.73	1050m:	12:02.34	34.51	1450m:	16:34.95	33.38
	300m:	3:25.22	34.56	700m:	8:01.45	34.09	1100m:	12:36.61	34.27	1500m:	17:06.55	31.60
	350m:	4:00.00	34.78	750m:	8:36.32	34.87	1150m:	13:10.99	34.38			
	400m:	4:34.28	34.28	800m:	9:10.44	34.12	1200m:	13:45.48	34.49			
3.				2003			17:21.28			690		
	50m:	32.39	32.39	450m:	5:15.42	35.29	850m:	9:54.22	34.77	1250m:	14:31.03	34.51
	100m:	1:07.47	35.08	500m:	5:50.83	35.41	900m:	10:28.97	34.75	1300m:	15:05.84	34.81
	150m:	1:43.22	35.75	550m:	6:25.98	35.15	950m:	11:03.42	34.45	1350m:	15:39.98	34.14
	200m:	2:19.12	35.90	600m:	7:00.70	34.72	1000m:	11:38.07	34.65	1400m:	16:14.25	34.27
	250m:	2:54.48	35.36	650m:	7:35.40	34.70	1050m:	12:12.53	34.46	1450m:	16:48.04	33.79
	300m:	3:29.66	35.18	700m:	8:10.06	34.66	1100m:	12:47.32	34.79	1500m:	17:21.28	33.24
	350m:	4:04.73	35.07	750m:	8:44.74	34.68	1150m:	13:21.72	34.40			
	400m:	4:40.13	35.40	800m:	9:19.45	34.71	1200m:	13:56.52	34.80			
4.				2006			17:22.41			688		
	50m:	31.98	31.98	450m:	5:10.89	34.88	850m:	9:51.62	34.85	1250m:	14:32.54	35.02
	100m:	1:06.64	34.66	500m:	5:46.05	35.16	900m:	10:26.68	35.06	1300m:	15:07.52	34.98
	150m:	1:41.44	34.80	550m:	6:20.95	34.90	950m:	11:01.42	34.74	1350m:	15:42.49	34.97
	200m:	2:16.35	34.91	600m:	6:56.05	35.10	1000m:	11:36.49	35.07	1400m:	16:17.36	34.87
	250m:	2:51.25	34.90	650m:	7:30.83	34.78	1050m:	12:11.78	35.29	1450m:	16:51.52	34.16
	300m:	3:26.34	35.09	700m:	8:06.32	35.49	1100m:	12:46.88	35.10	1500m:	17:22.41	30.89
	350m:	4:01.09	34.75	750m:	8:41.46	35.14	1150m:	13:22.13	35.25			
	400m:	4:36.01	34.92	800m:	9:16.77	35.31	1200m:	13:57.52	35.39			
5.				2007			17:23.12			687		
	50m:	32.34	32.34	450m:	5:12.63	34.92	850m:	9:51.44	34.48	1250m:	14:33.03	35.10
	100m:	1:07.46	35.12	500m:	5:47.49	34.86	900m:	10:26.60	35.16	1300m:	15:08.33	35.30
	150m:	1:42.60	35.14	550m:	6:22.16	34.67	950m:	11:01.49	34.89	1350m:	15:43.15	34.82
	200m:	2:17.68	35.08	600m:	6:57.12	34.96	1000m:	11:36.94	35.45	1400m:	16:18.10	34.95
	250m:	2:52.83	35.15	650m:	7:32.03	34.91	1050m:	12:12.17	35.23	1450m:	16:52.12	34.02
	300m:	3:27.73	34.90	700m:	8:06.97	34.94	1100m:	12:47.51	35.34	1500m:	17:23.12	31.00
	350m:	4:02.64	34.91	750m:	8:42.01	35.04	1150m:	13:22.76	35.25			
	400m:	4:37.71	35.07	800m:	9:16.96	34.95	1200m:	13:57.93	35.17			

40, , 1500m

					R.T.				FINA	
6.	2007				<b>17:29.81</b>				674	
	50m: 32.71	32.71	450m: 5:13.08	35.27	850m: 9:54.03	35.34	1250m: 14:36.42	35.45		
	100m: 1:07.42	34.71	500m: 5:48.07	34.99	900m: 10:29.33	35.30	1300m: 15:11.28	34.86		
	150m: 1:42.47	35.05	550m: 6:23.39	35.32	950m: 11:04.70	35.37	1350m: 15:46.58	35.30		
	200m: 2:17.52	35.05	600m: 6:58.50	35.11	1000m: 11:39.72	35.02	1400m: 16:21.68	35.10		
	250m: 2:52.79	35.27	650m: 7:33.58	35.08	1050m: 12:15.09	35.37	1450m: 16:56.65	34.97		
	300m: 3:27.71	34.92	700m: 8:08.59	35.01	1100m: 12:50.13	35.04	1500m: 17:29.81	33.16		
	350m: 4:02.87	35.16	750m: 8:43.73	35.14	1150m: 13:25.99	35.86				
	400m: 4:37.81	34.94	800m: 9:18.69	34.96	1200m: 14:00.97	34.98				
7.	2007				<b>17:41.52</b>				652	
	50m: 33.19	33.19	450m: 5:17.20	35.23	850m: 10:01.47	35.68	1250m: 14:46.71	35.69		
	100m: 1:08.79	35.60	500m: 5:52.64	35.44	900m: 10:37.04	35.57	1300m: 15:22.19	35.48		
	150m: 1:44.82	36.03	550m: 6:28.10	35.46	950m: 11:12.55	35.51	1350m: 15:57.85	35.66		
	200m: 2:20.51	35.69	600m: 7:03.64	35.54	1000m: 11:48.39	35.84	1400m: 16:32.78	34.93		
	250m: 2:55.78	35.27	650m: 7:38.73	35.09	1050m: 12:24.14	35.75	1450m: 17:07.88	35.10		
	300m: 3:31.30	35.52	700m: 8:14.40	35.67	1100m: 12:59.72	35.58	1500m: 17:41.52	33.64		
	350m: 4:06.60	35.30	750m: 8:49.87	35.47	1150m: 13:35.39	35.67				
	400m: 4:41.97	35.37	800m: 9:25.79	35.92	1200m: 14:11.02	35.63				
8.	2004				<b>17:42.08</b>				650	
	50m: 31.75	31.75	450m: 5:17.10	35.73	850m: 10:02.00	35.85	1250m: 14:48.03	35.94		
	100m: 1:07.50	35.75	500m: 5:52.58	35.48	900m: 10:37.47	35.47	1300m: 15:23.89	35.86		
	150m: 1:43.43	35.93	550m: 6:28.39	35.81	950m: 11:13.22	35.75	1350m: 15:59.71	35.82		
	200m: 2:19.24	35.81	600m: 7:03.92	35.53	1000m: 11:48.71	35.49	1400m: 16:35.38	35.67		
	250m: 2:54.85	35.61	650m: 7:39.53	35.61	1050m: 12:24.52	35.81	1450m: 17:10.22	34.84		
	300m: 3:30.25	35.40	700m: 8:15.01	35.48	1100m: 13:00.35	35.83	1500m: 17:42.08	31.86		
	350m: 4:05.63	35.38	750m: 8:50.74	35.73	1150m: 13:36.23	35.88				
	400m: 4:41.37	35.74	800m: 9:26.15	35.41	1200m: 14:12.09	35.86				
9.	2008				<b>17:43.65</b>				648	
	50m: 32.28	32.28	450m: 5:16.91	35.74	850m: 10:02.60	35.81	1250m: 14:49.22	35.51		
	100m: 1:07.82	35.54	500m: 5:52.28	35.37	900m: 10:38.62	36.02	1300m: 15:25.48	36.26		
	150m: 1:43.65	35.83	550m: 6:27.87	35.59	950m: 11:14.42	35.80	1350m: 15:59.98	34.50		
	200m: 2:19.03	35.38	600m: 7:03.78	35.91	1000m: 11:50.57	36.15	1400m: 16:33.47	33.49		
	250m: 2:55.01	35.98	650m: 7:39.64	35.86	1050m: 12:26.22	35.65	1450m: 17:09.89	36.42		
	300m: 3:30.40	35.39	700m: 8:15.58	35.94	1100m: 13:02.03	35.81	1500m: 17:43.65	33.76		
	350m: 4:05.64	35.24	750m: 8:51.40	35.82	1150m: 13:37.74	35.71				
	400m: 4:41.17	35.53	800m: 9:26.79	35.39	1200m: 14:13.71	35.97				
10.	2005				<b>17:43.73</b>				647	
	50m: 32.11	32.11	450m: 5:16.78	35.80	850m: 10:01.96	35.97	1250m: 14:48.21	35.84		
	100m: 1:07.81	35.70	500m: 5:52.30	35.52	900m: 10:37.16	35.20	1300m: 15:24.33	36.12		
	150m: 1:43.59	35.78	550m: 6:28.36	36.06	950m: 11:13.11	35.95	1350m: 15:59.92	35.59		
	200m: 2:19.14	35.55	600m: 7:03.23	34.87	1000m: 11:48.42	35.31	1400m: 16:35.74	35.82		
	250m: 2:54.39	35.25	650m: 7:38.85	35.62	1050m: 12:24.59	36.17	1450m: 17:10.76	35.02		
	300m: 3:29.80	35.41	700m: 8:14.52	35.67	1100m: 13:00.30	35.71	1500m: 17:43.73	32.97		
	350m: 4:05.38	35.58	750m: 8:50.34	35.82	1150m: 13:36.45	36.15				
	400m: 4:40.98	35.60	800m: 9:25.99	35.65	1200m: 14:12.37	35.92				
11.	2004				<b>17:46.65</b>				642	
	50m: 31.83	31.83	450m: 5:14.66	35.70	850m: 10:00.85	35.71	1250m: 14:49.57	35.83		
	100m: 1:06.59	34.76	500m: 5:50.69	36.03	900m: 10:36.82	35.97	1300m: 15:25.84	36.27		
	150m: 1:41.79	35.20	550m: 6:26.24	35.55	950m: 11:12.65	35.83	1350m: 16:01.43	35.59		
	200m: 2:17.08	35.29	600m: 7:01.96	35.72	1000m: 11:48.72	36.07	1400m: 16:37.12	35.69		
	250m: 2:52.30	35.22	650m: 7:37.48	35.52	1050m: 12:24.85	36.13	1450m: 17:12.21	35.09		
	300m: 3:27.76	35.46	700m: 8:13.46	35.98	1100m: 13:01.28	36.43	1500m: 17:46.65	34.44		
	350m: 4:03.05	35.29	750m: 8:49.26	35.80	1150m: 13:37.37	36.09				
	400m: 4:38.96	35.91	800m: 9:25.14	35.88	1200m: 14:13.74	36.37				

40,		, 1500m						R.T.	FINA			
12.				2008				<b>17:54.24</b>		<b>629</b>		
	50m:	32.95	32.95	450m:	5:18.91	35.90	850m:	10:06.92	36.12	1250m:	14:56.31	36.15
	100m:	1:08.18	35.23	500m:	5:55.08	36.17	900m:	10:43.12	36.20	1300m:	15:32.57	36.26
	150m:	1:43.99	35.81	550m:	6:30.74	35.66	950m:	11:19.43	36.31	1350m:	16:08.81	36.24
	200m:	2:19.88	35.89	600m:	7:06.66	35.92	1000m:	11:55.38	35.95	1400m:	16:45.08	36.27
	250m:	2:55.87	35.99	650m:	7:42.74	36.08	1050m:	12:31.75	36.37	1450m:	17:20.47	35.39
	300m:	3:31.44	35.57	700m:	8:18.82	36.08	1100m:	13:07.63	35.88	1500m:	17:54.24	33.77
	350m:	4:07.33	35.89	750m:	8:54.80	35.98	1150m:	13:44.03	36.40			
	400m:	4:43.01	35.68	800m:	9:30.80	36.00	1200m:	14:20.16	36.13			
13.				2008				<b>17:56.35</b>		<b>625</b>		
	50m:	33.13	33.13	450m:	5:18.55	35.55	850m:	10:06.98	35.74	1250m:	14:56.63	36.00
	100m:	1:08.45	35.32	500m:	5:54.83	36.28	900m:	10:43.35	36.37	1300m:	15:33.47	36.84
	150m:	1:44.11	35.66	550m:	6:30.81	35.98	950m:	11:19.31	35.96	1350m:	16:09.59	36.12
	200m:	2:20.46	36.35	600m:	7:07.43	36.62	1000m:	11:55.89	36.58	1400m:	16:46.32	36.73
	250m:	2:55.56	35.10	650m:	7:42.81	35.38	1050m:	12:31.57	35.68	1450m:	17:21.60	35.28
	300m:	3:31.63	36.07	700m:	8:19.15	36.34	1100m:	13:08.12	36.55	1500m:	17:56.35	34.75
	350m:	4:06.91	35.28	750m:	8:54.92	35.77	1150m:	13:43.64	35.52			
	400m:	4:43.00	36.09	800m:	9:31.24	36.32	1200m:	14:20.63	36.99			
14.				2005				<b>17:57.10</b>		<b>624</b>		
	50m:	32.59	32.59	450m:	5:14.53	35.95	850m:	10:03.47	37.09	1250m:	14:55.86	36.67
	100m:	1:07.00	34.41	500m:	5:50.02	35.49	900m:	10:39.73	36.26	1300m:	15:32.49	36.63
	150m:	1:42.52	35.52	550m:	6:26.01	35.99	950m:	11:16.63	36.90	1350m:	16:08.88	36.39
	200m:	2:17.57	35.05	600m:	7:01.49	35.48	1000m:	11:52.77	36.14	1400m:	16:45.27	36.39
	250m:	2:52.95	35.38	650m:	7:37.67	36.18	1050m:	12:29.28	36.51	1450m:	17:21.62	36.35
	300m:	3:28.03	35.08	700m:	8:13.49	35.82	1100m:	13:05.63	36.35	1500m:	17:57.10	35.48
	350m:	4:03.41	35.38	750m:	8:50.20	36.71	1150m:	13:42.70	37.07			
	400m:	4:38.58	35.17	800m:	9:26.38	36.18	1200m:	14:19.19	36.49			
15.				2005				<b>17:58.42</b>		<b>621</b>		
	50m:	32.57	32.57	450m:	5:18.39	35.85	850m:	10:07.39	36.35	1250m:	14:58.43	36.51
	100m:	1:08.03	35.46	500m:	5:54.36	35.97	900m:	10:43.40	36.01	1300m:	15:35.05	36.62
	150m:	1:43.78	35.75	550m:	6:30.46	36.10	950m:	11:19.81	36.41	1350m:	16:11.37	36.32
	200m:	2:19.63	35.85	600m:	7:06.33	35.87	1000m:	11:55.82	36.01	1400m:	16:47.86	36.49
	250m:	2:55.33	35.70	650m:	7:42.67	36.34	1050m:	12:32.34	36.52	1450m:	17:24.05	36.19
	300m:	3:31.14	35.81	700m:	8:18.67	36.00	1100m:	13:08.86	36.52	1500m:	17:58.42	34.37
	350m:	4:06.98	35.84	750m:	8:54.88	36.21	1150m:	13:45.48	36.62			
	400m:	4:42.54	35.56	800m:	9:31.04	36.16	1200m:	14:21.92	36.44			
16.				2008				<b>17:59.84</b>		<b>619</b>		
	50m:	32.17	32.17	450m:	5:17.75	35.36	850m:	10:05.32	36.28	1250m:	14:58.87	36.35
	100m:	1:07.63	35.46	500m:	5:53.36	35.61	900m:	10:42.04	36.72	1300m:	15:34.93	36.06
	150m:	1:43.62	35.99	550m:	6:29.34	35.98	950m:	11:19.21	37.17	1350m:	16:11.62	36.69
	200m:	2:19.46	35.84	600m:	7:05.11	35.77	1000m:	11:55.35	36.14	1400m:	16:47.76	36.14
	250m:	2:55.27	35.81	650m:	7:41.23	36.12	1050m:	12:31.76	36.41	1450m:	17:24.36	36.60
	300m:	3:31.04	35.77	700m:	8:17.01	35.78	1100m:	13:08.29	36.53	1500m:	17:59.84	35.48
	350m:	4:06.70	35.66	750m:	8:52.75	35.74	1150m:	13:45.48	37.19			
	400m:	4:42.39	35.69	800m:	9:29.04	36.29	1200m:	14:22.52	37.04			
17.				2006				<b>18:09.09</b>		<b>603</b>		
	50m:	31.91	31.91	450m:	5:15.22	36.83	850m:	10:07.43	37.34	1250m:	15:04.51	37.26
	100m:	1:06.55	34.64	500m:	5:51.39	36.17	900m:	10:44.15	36.72	1300m:	15:41.59	37.08
	150m:	1:41.58	35.03	550m:	6:27.50	36.11	950m:	11:21.51	37.36	1350m:	16:19.01	37.42
	200m:	2:16.47	34.89	600m:	7:03.76	36.26	1000m:	11:58.60	37.09	1400m:	16:56.20	37.19
	250m:	2:51.81	35.34	650m:	7:40.25	36.49	1050m:	12:35.85	37.25	1450m:	17:33.27	37.07
	300m:	3:26.74	34.93	700m:	8:16.90	36.65	1100m:	13:12.83	36.98	1500m:	18:09.09	35.82
	350m:	4:02.57	35.83	750m:	8:53.67	36.77	1150m:	13:50.09	37.26			
	400m:	4:38.39	35.82	800m:	9:30.09	36.42	1200m:	14:27.25	37.16			

40,		, 1500m						R.T.	FINA			
18.				2007				<b>18:10.98</b>		600		
	50m:	33.10	33.10	450m:	5:18.89	35.49	850m:	10:11.01	36.77	1250m:	15:08.69	37.51
	100m:	1:08.89	35.79	500m:	5:55.19	36.30	900m:	10:47.47	36.46	1300m:	15:45.84	37.15
	150m:	1:44.99	36.10	550m:	6:31.68	36.49	950m:	11:24.24	36.77	1350m:	16:23.78	37.94
	200m:	2:20.84	35.85	600m:	7:08.10	36.42	1000m:	12:01.40	37.16	1400m:	17:00.93	37.15
	250m:	2:56.14	35.30	650m:	7:44.75	36.65	1050m:	12:38.80	37.40	1450m:	17:37.73	36.80
	300m:	3:31.96	35.82	700m:	8:21.36	36.61	1100m:	13:15.76	36.96	1500m:	18:10.98	33.25
	350m:	4:07.47	35.51	750m:	8:57.99	36.63	1150m:	13:53.16	37.40			
	400m:	4:43.40	35.93	800m:	9:34.24	36.25	1200m:	14:31.18	38.02			
19.				2004				<b>18:11.97</b>		598		
	50m:	32.92	32.92	450m:	5:21.64	36.52	850m:	10:14.12	36.78	1250m:	15:08.53	37.12
	100m:	1:08.17	35.25	500m:	5:58.10	36.46	900m:	10:50.44	36.32	1300m:	15:45.14	36.61
	150m:	1:44.20	36.03	550m:	6:34.77	36.67	950m:	11:27.29	36.85	1350m:	16:22.60	37.46
	200m:	2:20.23	36.03	600m:	7:11.25	36.48	1000m:	12:03.75	36.46	1400m:	16:59.44	36.84
	250m:	2:56.38	36.15	650m:	7:47.92	36.67	1050m:	12:40.64	36.89	1450m:	17:36.48	37.04
	300m:	3:32.41	36.03	700m:	8:24.35	36.43	1100m:	13:17.39	36.75	1500m:	18:11.97	35.49
	350m:	4:08.93	36.52	750m:	9:01.09	36.74	1150m:	13:54.54	37.15			
	400m:	4:45.12	36.19	800m:	9:37.34	36.25	1200m:	14:31.41	36.87			
20.				2009				<b>18:12.79</b>		597		
	50m:	32.23	32.23	450m:	5:20.28	36.07	850m:	10:13.81	37.06	1250m:	15:10.71	37.17
	100m:	1:07.25	35.02	500m:	5:56.59	36.31	900m:	10:50.55	36.74	1300m:	15:47.71	37.00
	150m:	1:43.39	36.14	550m:	6:33.32	36.73	950m:	11:27.93	37.38	1350m:	16:24.74	37.03
	200m:	2:19.35	35.96	600m:	7:10.03	36.71	1000m:	12:04.63	36.70	1400m:	17:01.58	36.84
	250m:	2:55.87	36.52	650m:	7:46.63	36.60	1050m:	12:42.45	37.82	1450m:	17:38.02	36.44
	300m:	3:32.06	36.19	700m:	8:23.08	36.45	1100m:	13:19.15	36.70	1500m:	18:12.79	34.77
	350m:	4:07.95	35.89	750m:	8:59.90	36.82	1150m:	13:56.63	37.48			
	400m:	4:44.21	36.26	800m:	9:36.75	36.85	1200m:	14:33.54	36.91			
21.				2008				<b>18:22.60</b>		581		
	50m:	34.41	34.41	450m:	5:31.08	37.39	850m:	10:26.23	36.70	1250m:	15:20.69	36.92
	100m:	1:11.21	36.80	500m:	6:07.82	36.74	900m:	11:03.22	36.99	1300m:	15:57.46	36.77
	150m:	1:48.29	37.08	550m:	6:45.36	37.54	950m:	11:40.37	37.15	1350m:	16:34.19	36.73
	200m:	2:25.31	37.02	600m:	7:22.10	36.74	1000m:	12:16.93	36.56	1400m:	17:10.45	36.26
	250m:	3:02.60	37.29	650m:	7:59.29	37.19	1050m:	12:53.91	36.98	1450m:	17:47.22	36.77
	300m:	3:39.50	36.90	700m:	8:35.82	36.53	1100m:	13:30.46	36.55	1500m:	18:22.60	35.38
	350m:	4:16.62	37.12	750m:	9:12.78	36.96	1150m:	14:07.27	36.81			
	400m:	4:53.69	37.07	800m:	9:49.53	36.75	1200m:	14:43.77	36.50			
22.				2004				<b>18:23.43</b>		580		
	50m:	32.42	32.42	450m:	5:20.55	36.65	850m:	10:15.33	37.14	1250m:	15:16.61	38.03
	100m:	1:07.53	35.11	500m:	5:57.18	36.63	900m:	10:52.59	37.26	1300m:	15:54.16	37.55
	150m:	1:43.52	35.99	550m:	6:33.94	36.76	950m:	11:29.96	37.37	1350m:	16:32.05	37.89
	200m:	2:19.43	35.91	600m:	7:10.61	36.67	1000m:	12:07.62	37.66	1400m:	17:09.58	37.53
	250m:	2:55.83	36.40	650m:	7:47.46	36.85	1050m:	12:45.27	37.65	1450m:	17:47.22	37.64
	300m:	3:31.57	35.74	700m:	8:24.14	36.68	1100m:	13:22.85	37.58	1500m:	18:23.43	36.21
	350m:	4:07.90	36.33	750m:	9:01.19	37.05	1150m:	14:00.84	37.99			
	400m:	4:43.90	36.00	800m:	9:38.19	37.00	1200m:	14:38.58	37.74			
23.				2006				<b>18:26.51</b>		575		
	50m:	32.97	32.97	450m:	5:29.07	37.42	850m:	10:24.69	37.12	1250m:	15:23.25	37.87
	100m:	1:08.99	36.02	500m:	6:06.04	36.97	900m:	11:01.48	36.79	1300m:	16:00.23	36.98
	150m:	1:45.85	36.86	550m:	6:43.04	37.00	950m:	11:39.22	37.74	1350m:	16:37.79	37.56
	200m:	2:22.39	36.54	600m:	7:19.78	36.74	1000m:	12:16.45	37.23	1400m:	17:14.53	36.74
	250m:	3:00.15	37.76	650m:	7:56.98	37.20	1050m:	12:53.79	37.34	1450m:	17:50.93	36.40
	300m:	3:37.08	36.93	700m:	8:33.60	36.62	1100m:	13:30.61	36.82	1500m:	18:26.51	35.58
	350m:	4:14.67	37.59	750m:	9:11.05	37.45	1150m:	14:08.41	37.80			
	400m:	4:51.65	36.98	800m:	9:47.57	36.52	1200m:	14:45.38	36.97			

40, , 1500m

									R.T.	FINA		
24.					2007				<b>18:29.60</b>	570		
	50m:	33.10	33.10	450m:	5:25.29	36.24	850m:	10:23.25	37.32	1250m:	15:24.49	37.43
	100m:	1:09.32	36.22	500m:	6:02.53	37.24	900m:	11:01.54	38.29	1300m:	16:01.84	37.35
	150m:	1:45.53	36.21	550m:	6:39.17	36.64	950m:	11:38.42	36.88	1350m:	16:38.72	36.88
	200m:	2:22.60	37.07	600m:	7:16.54	37.37	1000m:	12:16.88	38.46	1400m:	17:16.41	37.69
	250m:	2:58.81	36.21	650m:	7:53.61	37.07	1050m:	12:53.96	37.08	1450m:	17:52.69	36.28
	300m:	3:35.94	37.13	700m:	8:31.53	37.92	1100m:	13:31.94	37.98	1500m:	18:29.60	36.91
	350m:	4:12.24	36.30	750m:	9:08.47	36.94	1150m:	14:09.42	37.48			
	400m:	4:49.05	36.81	800m:	9:45.93	37.46	1200m:	14:47.06	37.64			
25.					2006				<b>18:30.82</b>	568		
	50m:	34.28	34.28	450m:	5:31.01	37.07	850m:	10:26.82	37.17	1250m:	15:24.56	37.59
	100m:	1:11.06	36.78	500m:	6:07.84	36.83	900m:	11:03.77	36.95	1300m:	16:01.74	37.18
	150m:	1:48.18	37.12	550m:	6:44.88	37.04	950m:	11:41.01	37.24	1350m:	16:39.59	37.85
	200m:	2:25.20	37.02	600m:	7:21.53	36.65	1000m:	12:17.57	36.56	1400m:	17:17.00	37.41
	250m:	3:02.66	37.46	650m:	7:58.89	37.36	1050m:	12:55.04	37.47	1450m:	17:54.70	37.70
	300m:	3:39.82	37.16	700m:	8:35.53	36.64	1100m:	13:32.21	37.17	1500m:	18:30.82	36.12
	350m:	4:17.09	37.27	750m:	9:12.93	37.40	1150m:	14:09.74	37.53			
	400m:	4:53.94	36.85	800m:	9:49.65	36.72	1200m:	14:46.97	37.23			
26.					2005				<b>18:31.66</b>	567		
	50m:	32.68	32.68	450m:	5:19.67	36.39	850m:	10:15.44	37.60	1250m:	15:20.56	38.50
	100m:	1:07.77	35.09	500m:	5:56.07	36.40	900m:	10:53.09	37.65	1300m:	15:59.13	38.57
	150m:	1:43.18	35.41	550m:	6:32.63	36.56	950m:	11:30.51	37.42	1350m:	16:37.89	38.76
	200m:	2:19.07	35.89	600m:	7:09.54	36.91	1000m:	12:08.46	37.95	1400m:	17:16.57	38.68
	250m:	2:54.87	35.80	650m:	7:46.21	36.67	1050m:	12:46.62	38.16	1450m:	17:55.29	38.72
	300m:	3:30.86	35.99	700m:	8:23.45	37.24	1100m:	13:24.82	38.20	1500m:	18:31.66	36.37
	350m:	4:06.89	36.03	750m:	9:00.43	36.98	1150m:	14:03.14	38.32			
	400m:	4:43.28	36.39	800m:	9:37.84	37.41	1200m:	14:42.06	38.92			
27.					2006				<b>18:34.43</b>	563		
	50m:	33.70	33.70	450m:	5:31.74	37.59	850m:	10:30.35	38.00	1250m:	15:32.50	38.06
	100m:	1:09.63	35.93	500m:	6:08.35	36.61	900m:	11:07.99	37.64	1300m:	16:10.54	38.04
	150m:	1:46.74	37.11	550m:	6:46.09	37.74	950m:	11:45.83	37.84	1350m:	16:48.58	38.04
	200m:	2:23.89	37.15	600m:	7:23.05	36.96	1000m:	12:23.71	37.88	1400m:	17:26.35	37.77
	250m:	3:01.21	37.32	650m:	8:00.38	37.33	1050m:	13:01.53	37.82	1450m:	18:02.00	35.65
	300m:	3:38.98	37.77	700m:	8:37.76	37.38	1100m:	13:39.50	37.97	1500m:	18:34.43	32.43
	350m:	4:16.43	37.45	750m:	9:15.38	37.62	1150m:	14:17.04	37.54			
	400m:	4:54.15	37.72	800m:	9:52.35	36.97	1200m:	14:54.44	37.40			
28.					2007				<b>18:35.52</b>	561		
	50m:	33.43	33.43	450m:	5:30.58	37.67	850m:	10:30.60	37.85	1250m:	15:30.63	38.16
	100m:	1:09.62	36.19	500m:	6:07.95	37.37	900m:	11:07.49	36.89	1300m:	16:07.60	36.97
	150m:	1:46.42	36.80	550m:	6:44.73	36.78	950m:	11:45.80	38.31	1350m:	16:44.82	37.22
	200m:	2:23.34	36.92	600m:	7:22.22	37.49	1000m:	12:23.45	37.65	1400m:	17:23.92	39.10
	250m:	3:00.27	36.93	650m:	7:59.86	37.64	1050m:	13:00.35	36.90	1450m:	18:01.26	37.34
	300m:	3:37.66	37.39	700m:	8:37.50	37.64	1100m:	13:37.03	36.68	1500m:	18:35.52	34.26
	350m:	4:15.07	37.41	750m:	9:15.11	37.61	1150m:	14:14.44	37.41			
	400m:	4:52.91	37.84	800m:	9:52.75	37.64	1200m:	14:52.47	38.03			
29.					2007				<b>18:36.22</b>	560		
	50m:	33.70	33.70	450m:	5:31.74	37.28	850m:	10:30.21	37.90	1250m:	15:32.23	37.46
	100m:	1:09.89	36.19	500m:	6:09.15	37.41	900m:	11:07.93	37.72	1300m:	16:10.65	38.42
	150m:	1:46.74	36.85	550m:	6:46.09	36.94	950m:	11:45.72	37.79	1350m:	16:40.42	29.77
	200m:	2:24.21	37.47	600m:	7:23.62	37.53	1000m:	12:23.88	38.16	1400m:	17:26.23	45.81
	250m:	3:01.21	37.00	650m:	8:02.69	39.07	1050m:	13:01.54	37.66	1450m:	18:01.90	35.67
	300m:	3:39.15	37.94	700m:	8:37.98	35.29	1100m:	13:39.52	37.98	1500m:	18:36.22	34.32
	350m:	4:16.43	37.28	750m:	9:15.48	37.50	1150m:	14:16.98	37.46			
	400m:	4:54.46	38.03	800m:	9:52.31	36.83	1200m:	14:54.77	37.79			

40, , 1500m

					R.T.				FINA		
30.	2008				<b>18:37.42</b>				558		
50m:	33.13	33.13	450m:	5:30.67	37.30	850m:	10:30.27	37.45	1250m:	15:31.46	37.42
100m:	1:09.41	36.28	500m:	6:07.95	37.28	900m:	11:07.78	37.51	1300m:	16:09.20	37.74
150m:	1:46.67	37.26	550m:	6:45.70	37.75	950m:	11:45.55	37.77	1350m:	16:47.12	37.92
200m:	2:23.88	37.21	600m:	7:22.43	36.73	1000m:	12:23.16	37.61	1400m:	17:24.30	37.18
250m:	3:01.43	37.55	650m:	8:00.12	37.69	1050m:	13:00.93	37.77	1450m:	18:01.34	37.04
300m:	3:38.76	37.33	700m:	8:37.89	37.77	1100m:	13:38.68	37.75	1500m:	18:37.42	36.08
350m:	4:16.35	37.59	750m:	9:15.72	37.83	1150m:	14:16.47	37.79			
400m:	4:53.37	37.02	800m:	9:52.82	37.10	1200m:	14:54.04	37.57			
31.	2007				<b>18:40.90</b>				553		
50m:	34.84	34.84	450m:	5:32.37	37.41	850m:	10:31.94	37.85	1250m:	15:33.86	38.04
100m:	1:12.18	37.34	500m:	6:09.47	37.10	900m:	11:09.24	37.30	1300m:	16:11.78	37.92
150m:	1:49.30	37.12	550m:	6:46.87	37.40	950m:	11:46.95	37.71	1350m:	16:49.90	38.12
200m:	2:26.65	37.35	600m:	7:23.97	37.10	1000m:	12:24.45	37.50	1400m:	17:27.50	37.60
250m:	3:03.91	37.26	650m:	8:01.56	37.59	1050m:	13:02.46	38.01	1450m:	18:04.61	37.11
300m:	3:40.92	37.01	700m:	8:38.70	37.14	1100m:	13:40.17	37.71	1500m:	18:40.90	36.29
350m:	4:18.00	37.08	750m:	9:16.68	37.98	1150m:	14:18.34	38.17			
400m:	4:54.96	36.96	800m:	9:54.09	37.41	1200m:	14:55.82	37.48			
32.	2007				<b>18:47.39</b>				544		
50m:	35.21	35.21	450m:	5:36.19	38.33	850m:	10:35.54	37.69	1250m:	15:39.95	38.60
100m:	1:12.90	37.69	500m:	6:13.37	37.18	900m:	11:13.65	38.11	1300m:	16:17.78	37.83
150m:	1:50.64	37.74	550m:	6:51.00	37.63	950m:	11:51.59	37.94	1350m:	16:55.94	38.16
200m:	2:27.82	37.18	600m:	7:28.42	37.42	1000m:	12:29.16	37.57	1400m:	17:33.93	37.99
250m:	3:05.41	37.59	650m:	8:06.00	37.58	1050m:	13:07.24	38.08	1450m:	18:12.04	38.11
300m:	3:42.78	37.37	700m:	8:43.15	37.15	1100m:	13:45.10	37.86	1500m:	18:47.39	35.35
350m:	4:20.52	37.74	750m:	9:20.57	37.42	1150m:	14:23.59	38.49			
400m:	4:57.86	37.34	800m:	9:57.85	37.28	1200m:	15:01.35	37.76			
33.	2009 I				<b>18:52.03</b>				537		
50m:	34.08	34.08	450m:	5:32.24	37.48	850m:	10:37.73	38.82	1250m:	15:45.47	38.80
100m:	1:11.22	37.14	500m:	6:09.98	37.74	900m:	11:16.01	38.28	1300m:	16:23.86	38.39
150m:	1:48.16	36.94	550m:	6:48.07	38.09	950m:	11:54.45	38.44	1350m:	17:02.41	38.55
200m:	2:25.28	37.12	600m:	7:25.80	37.73	1000m:	12:32.61	38.16	1400m:	17:40.47	38.06
250m:	3:02.43	37.15	650m:	8:03.85	38.05	1050m:	13:10.82	38.21	1450m:	18:17.07	36.60
300m:	3:39.80	37.37	700m:	8:42.56	38.71	1100m:	13:49.36	38.54	1500m:	18:52.03	34.96
350m:	4:17.26	37.46	750m:	9:21.05	38.49	1150m:	14:28.14	38.78			
400m:	4:54.76	37.50	800m:	9:58.91	37.86	1200m:	15:06.67	38.53			
34.	2008				<b>18:54.22 I</b>				534		
50m:	33.87	33.87	450m:	5:35.40	38.13	850m:	10:41.45	38.54	1250m:	15:47.20	38.43
100m:	1:10.02	36.15	500m:	6:13.46	38.06	900m:	11:19.78	38.33	1300m:	16:24.98	37.78
150m:	1:47.69	37.67	550m:	6:51.89	38.43	950m:	11:58.23	38.45	1350m:	17:03.59	38.61
200m:	2:25.27	37.58	600m:	7:30.10	38.21	1000m:	12:36.21	37.98	1400m:	17:41.16	37.57
250m:	3:03.50	38.23	650m:	8:08.78	38.68	1050m:	13:14.74	38.53	1450m:	18:18.41	37.25
300m:	3:41.30	37.80	700m:	8:46.85	38.07	1100m:	13:52.89	38.15	1500m:	18:54.22	35.81
350m:	4:19.67	38.37	750m:	9:25.19	38.34	1150m:	14:30.86	37.97			
400m:	4:57.27	37.60	800m:	10:02.91	37.72	1200m:	15:08.77	37.91			
35.	2007				<b>18:59.70 I</b>				526		
50m:	35.12	35.12	450m:	5:39.83	37.74	850m:	10:45.83	38.51	1250m:	15:51.26	37.43
100m:	1:12.88	37.76	500m:	6:18.23	38.40	900m:	11:24.07	38.24	1300m:	16:30.02	38.76
150m:	1:50.91	38.03	550m:	6:56.17	37.94	950m:	12:02.01	37.94	1350m:	17:08.15	38.13
200m:	2:29.08	38.17	600m:	7:34.35	38.18	1000m:	12:40.23	38.22	1400m:	17:45.89	37.74
250m:	3:07.40	38.32	650m:	8:12.04	37.69	1050m:	13:17.97	37.74	1450m:	18:23.11	37.22
300m:	3:45.29	37.89	700m:	8:50.87	38.83	1100m:	13:56.92	38.95	1500m:	18:59.70	36.59
350m:	4:23.38	38.09	750m:	9:28.97	38.10	1150m:	14:34.86	37.94			
400m:	5:02.09	38.71	800m:	10:07.32	38.35	1200m:	15:13.83	38.97			

40,		, 1500m						R.T.	FINA			
36.				2006				<b>19:01.71</b>	<b>524</b>			
	50m:	34.30	34.30	450m:	5:33.72	37.81	850m:	10:40.14	38.86	1250m:	15:52.13	38.15
	100m:	1:10.71	36.41	500m:	6:11.54	37.82	900m:	11:18.60	38.46	1300m:	16:31.03	38.90
	150m:	1:48.08	37.37	550m:	6:49.66	38.12	950m:	11:57.97	39.37	1350m:	17:10.15	39.12
	200m:	2:25.39	37.31	600m:	7:27.41	37.75	1000m:	12:36.03	38.06	1400m:	17:48.59	38.44
	250m:	3:03.85	38.46	650m:	8:05.25	37.84	1050m:	13:16.02	39.99	1450m:	18:25.77	37.18
	300m:	3:40.98	37.13	700m:	8:43.25	38.00	1100m:	13:54.58	38.56	1500m:	19:01.71	35.94
	350m:	4:18.96	37.98	750m:	9:22.75	39.50	1150m:	14:34.57	39.99			
	400m:	4:55.91	36.95	800m:	10:01.28	38.53	1200m:	15:13.98	39.41			
37.				2008				<b>19:02.62</b>	<b>522</b>			
	50m:	34.14	34.14	450m:	5:40.19	38.23	850m:	10:49.88	39.17	1250m:	15:56.37	37.37
	100m:	1:12.27	38.13	500m:	6:18.76	38.57	900m:	11:28.88	39.00	1300m:	16:34.63	38.26
	150m:	1:50.71	38.44	550m:	6:57.15	38.39	950m:	12:07.94	39.06	1350m:	17:12.54	37.91
	200m:	2:29.47	38.76	600m:	7:35.76	38.61	1000m:	12:46.94	39.00	1400m:	17:49.81	37.27
	250m:	3:08.37	38.90	650m:	8:14.66	38.90	1050m:	13:24.59	37.65	1450m:	18:26.84	37.03
	300m:	3:46.62	38.25	700m:	8:53.38	38.72	1100m:	14:03.33	38.74	1500m:	19:02.62	35.78
	350m:	4:24.50	37.88	750m:	9:32.06	38.68	1150m:	14:40.81	37.48			
	400m:	5:01.96	37.46	800m:	10:10.71	38.65	1200m:	15:19.00	38.19			
38.				2009				<b>19:19.48</b>	<b>500</b>			
	50m:	34.87	34.87	450m:	5:46.52	39.09	850m:	10:56.42	38.78	1250m:	16:08.69	38.87
	100m:	1:13.13	38.26	500m:	6:25.18	38.66	900m:	11:34.80	38.38	1300m:	16:48.06	39.37
	150m:	1:51.97	38.84	550m:	7:03.61	38.43	950m:	12:13.50	38.70	1350m:	17:26.98	38.92
	200m:	2:31.23	39.26	600m:	7:43.04	39.43	1000m:	12:52.22	38.72	1400m:	18:05.24	38.26
	250m:	3:10.35	39.12	650m:	8:21.82	38.78	1050m:	13:31.75	39.53	1450m:	18:43.09	37.85
	300m:	3:48.73	38.38	700m:	9:00.64	38.82	1100m:	14:10.23	38.48	1500m:	19:19.48	36.39
	350m:	4:28.11	39.38	750m:	9:38.59	37.95	1150m:	14:49.83	39.60			
	400m:	5:07.43	39.32	800m:	10:17.64	39.05	1200m:	15:29.82	39.99			
39.				2005				<b>19:24.46</b>	<b>493</b>			
	50m:	32.90	32.90	450m:	5:37.08	38.47	850m:	10:47.52	39.96	1250m:	16:05.90	39.63
	100m:	1:09.62	36.72	500m:	6:16.35	39.27	900m:	11:28.56	41.04	1300m:	16:46.83	40.93
	150m:	1:47.07	37.45	550m:	6:54.43	38.08	950m:	12:07.26	38.70	1350m:	17:25.29	38.46
	200m:	2:24.30	37.23	600m:	7:33.33	38.90	1000m:	12:48.23	40.97	1400m:	18:05.14	39.85
	250m:	3:02.40	38.10	650m:	8:13.41	40.08	1050m:	13:27.17	38.94	1450m:	18:43.87	38.73
	300m:	3:41.15	38.75	700m:	8:52.48	39.07	1100m:	14:06.68	39.51	1500m:	19:24.46	40.59
	350m:	4:19.93	38.78	750m:	9:29.37	36.89	1150m:	14:45.88	39.20			
	400m:	4:58.61	38.68	800m:	10:07.56	38.19	1200m:	15:26.27	40.39			
40.				2009				<b>19:33.49</b>	<b>482</b>			
	50m:	33.89	33.89	450m:	5:41.34	39.23	850m:	10:56.58	39.24	1250m:	16:16.59	40.10
	100m:	1:10.50	36.61	500m:	6:20.75	39.41	900m:	11:36.31	39.73	1300m:	16:56.63	40.04
	150m:	1:48.13	37.63	550m:	7:00.26	39.51	950m:	12:15.97	39.66	1350m:	17:36.70	40.07
	200m:	2:26.24	38.11	600m:	7:39.72	39.46	1000m:	12:56.00	40.03	1400m:	18:16.92	40.22
	250m:	3:04.64	38.40	650m:	8:18.51	38.79	1050m:	13:35.84	39.84	1450m:	18:55.31	38.39
	300m:	3:43.77	39.13	700m:	8:58.13	39.62	1100m:	14:16.14	40.30	1500m:	19:33.49	38.18
	350m:	4:22.51	38.74	750m:	9:37.38	39.25	1150m:	14:56.28	40.14			
	400m:	5:02.11	39.60	800m:	10:17.34	39.96	1200m:	15:36.49	40.21			
41.				2007				<b>19:35.36</b>	<b>480</b>			
	50m:	33.19	33.19	450m:	5:42.94	39.79	850m:	11:00.57	39.86	1250m:	16:18.43	39.50
	100m:	1:10.10	36.91	500m:	6:22.01	39.07	900m:	11:40.30	39.73	1300m:	16:58.39	39.96
	150m:	1:48.45	38.35	550m:	7:01.38	39.37	950m:	12:20.16	39.86	1350m:	17:38.44	40.05
	200m:	2:26.99	38.54	600m:	7:41.05	39.67	1000m:	12:59.87	39.71	1400m:	18:17.69	39.25
	250m:	3:06.31	39.32	650m:	8:20.85	39.80	1050m:	13:39.83	39.96	1450m:	18:56.30	38.61
	300m:	3:45.22	38.91	700m:	9:00.66	39.81	1100m:	14:19.57	39.74	1500m:	19:35.36	39.06
	350m:	4:24.55	39.33	750m:	9:40.79	40.13	1150m:	14:58.99	39.42			
	400m:	5:03.15	38.60	800m:	10:20.71	39.92	1200m:	15:38.93	39.94			

40, , 1500m

					R.T.				FINA	
42.	2008				<b>19:44.50</b>				469	
	50m: 35.99	35.99	450m: 5:55.16	40.04	850m: 11:13.03	39.53	1250m: 16:30.04	39.16		
	100m: 1:15.56	39.57	500m: 6:34.84	39.68	900m: 11:52.47	39.44	1300m: 17:09.47	39.43		
	150m: 1:55.71	40.15	550m: 7:14.40	39.56	950m: 12:32.20	39.73	1350m: 17:48.86	39.39		
	200m: 2:35.89	40.18	600m: 7:54.30	39.90	1000m: 13:12.35	40.15	1400m: 18:28.28	39.42		
	250m: 3:16.10	40.21	650m: 8:34.08	39.78	1050m: 13:51.84	39.49	1450m: 19:07.62	39.34		
	300m: 3:55.63	39.53	700m: 9:13.53	39.45	1100m: 14:31.53	39.69	1500m: 19:44.50	36.88		
	350m: 4:35.56	39.93	750m: 9:53.50	39.97	1150m: 15:11.38	39.85				
	400m: 5:15.12	39.56	800m: 10:33.50	40.00	1200m: 15:50.88	39.50				
43.	2003				<b>19:56.81</b>				454	
	50m: 34.68	34.68	450m: 5:50.03	40.01	850m: 11:09.74	39.72	1250m: 16:33.19	40.36		
	100m: 1:12.76	38.08	500m: 6:29.48	39.45	900m: 11:50.03	40.29	1300m: 17:14.48	41.29		
	150m: 1:51.86	39.10	550m: 7:09.42	39.94	950m: 12:29.96	39.93	1350m: 17:55.17	40.69		
	200m: 2:31.21	39.35	600m: 7:49.67	40.25	1000m: 13:10.05	40.09	1400m: 18:36.29	41.12		
	250m: 3:10.38	39.17	650m: 8:29.85	40.18	1050m: 13:50.00	39.95	1450m: 19:16.56	40.27		
	300m: 3:50.34	39.96	700m: 9:09.75	39.90	1100m: 14:30.40	40.40	1500m: 19:56.81	40.25		
	350m: 4:30.26	39.92	750m: 9:49.71	39.96	1150m: 15:11.27	40.87				
	400m: 5:10.02	39.76	800m: 10:30.02	40.31	1200m: 15:52.83	41.56				
44.	2008				<b>20:04.12</b>				446	
	50m: 35.14	35.14	450m: 5:56.74	40.55	850m: 11:20.21	39.63	1250m: 16:45.70	40.84		
	100m: 1:14.08	38.94	500m: 6:37.14	40.40	900m: 12:00.89	40.68	1300m: 17:26.65	40.95		
	150m: 1:54.01	39.93	550m: 7:17.63	40.49	950m: 12:41.25	40.36	1350m: 18:06.50	39.85		
	200m: 2:34.10	40.09	600m: 7:57.99	40.36	1000m: 13:22.04	40.79	1400m: 18:47.19	40.69		
	250m: 3:14.88	40.78	650m: 8:38.69	40.70	1050m: 14:02.70	40.66	1450m: 19:26.97	39.78		
	300m: 3:55.32	40.44	700m: 9:19.03	40.34	1100m: 14:42.89	40.19	1500m: 20:04.12	37.15		
	350m: 4:35.96	40.64	750m: 9:59.68	40.65	1150m: 15:23.49	40.60				
	400m: 5:16.19	40.23	800m: 10:40.58	40.90	1200m: 16:04.86	41.37				
45.	2008				<b>20:20.07</b>				429	
	50m: 35.00	35.00	450m: 5:51.61	40.81	850m: 11:21.50	42.44	1250m: 16:57.59	41.05		
	100m: 1:12.22	37.22	500m: 6:32.26	40.65	900m: 12:02.86	41.36	1300m: 17:38.32	40.73		
	150m: 1:51.33	39.11	550m: 7:13.18	40.92	950m: 12:45.08	42.22	1350m: 18:19.59	41.27		
	200m: 2:30.44	39.11	600m: 7:54.13	40.95	1000m: 13:28.54	43.46	1400m: 19:00.23	40.64		
	250m: 3:10.26	39.82	650m: 8:35.48	41.35	1050m: 14:11.74	43.20	1450m: 19:40.51	40.28		
	300m: 3:49.62	39.36	700m: 9:16.40	40.92	1100m: 14:54.01	42.27	1500m: 20:20.07	39.56		
	350m: 4:30.11	40.49	750m: 9:57.76	41.36	1150m: 15:36.16	42.15				
	400m: 5:10.80	40.69	800m: 10:39.06	41.30	1200m: 16:16.54	40.38				
46.	2006				<b>20:25.60</b>				423	
	50m: 34.00	34.00	450m: 5:55.42	41.43	850m: 11:27.15	42.52	1250m: 17:07.27	42.99		
	100m: 1:12.36	38.36	500m: 6:34.67	39.25	900m: 12:08.04	40.89	1300m: 17:49.22	41.95		
	150m: 1:51.70	39.34	550m: 7:16.68	42.01	950m: 12:51.06	43.02	1350m: 18:30.90	41.68		
	200m: 2:31.27	39.57	600m: 7:57.38	40.70	1000m: 13:32.91	41.85	1400m: 19:10.63	39.73		
	250m: 3:11.58	40.31	650m: 8:39.99	42.61	1050m: 14:15.73	42.82	1450m: 19:50.80	40.17		
	300m: 3:51.84	40.26	700m: 9:21.13	41.14	1100m: 14:58.19	42.46	1500m: 20:25.60	34.80		
	350m: 4:32.65	40.81	750m: 10:03.77	42.64	1150m: 15:41.35	43.16				
	400m: 5:13.99	41.34	800m: 10:44.63	40.86	1200m: 16:24.28	42.93				
47.	2006				<b>20:44.00</b>				405	
	50m: 36.41	36.41	450m: 6:10.83	42.12	850m: 11:45.26	41.48	1250m: 17:22.77	41.93		
	100m: 1:16.41	40.00	500m: 6:53.16	42.33	900m: 12:27.45	42.19	1300m: 18:05.23	42.46		
	150m: 1:57.35	40.94	550m: 7:35.20	42.04	950m: 13:10.03	42.58	1350m: 18:47.39	42.16		
	200m: 2:39.30	41.95	600m: 8:17.05	41.85	1000m: 13:52.47	42.44	1400m: 19:28.13	40.74		
	250m: 3:22.34	43.04	650m: 8:59.26	42.21	1050m: 14:34.52	42.05	1450m: 20:08.12	39.99		
	300m: 4:04.17	41.83	700m: 9:40.84	41.58	1100m: 15:16.43	41.91	1500m: 20:44.00	35.88		
	350m: 4:46.58	42.41	750m: 10:22.50	41.66	1150m: 15:58.64	42.21				
	400m: 5:28.71	42.13	800m: 11:03.78	41.28	1200m: 16:40.84	42.20				



40, , 1500m

					R.T.				FINA	
48.	2009 I				<b>20:45.49</b>				403	
	50m: 35.70	35.70	450m: 6:05.01	41.44	850m: 11:40.35	42.28	1250m: 17:20.29	42.44		
	100m: 1:16.17	40.47	500m: 6:46.71	41.70	900m: 12:23.54	43.19	1300m: 18:02.66	42.37		
	150m: 1:57.15	40.98	550m: 7:28.56	41.85	950m: 13:05.68	42.14	1350m: 18:44.09	41.43		
	200m: 2:37.96	40.81	600m: 8:10.11	41.55	1000m: 13:49.02	43.34	1400m: 19:25.16	41.07		
	250m: 3:18.74	40.78	650m: 8:52.59	42.48	1050m: 14:30.25	41.23	1450m: 20:06.50	41.34		
	300m: 4:00.30	41.56	700m: 9:34.77	42.18	1100m: 15:12.99	42.74	1500m: 20:45.49	38.99		
	350m: 4:41.67	41.37	750m: 10:16.16	41.39	1150m: 15:55.39	42.40				
	400m: 5:23.57	41.90	800m: 10:58.07	41.91	1200m: 16:37.85	42.46				
49.	2006 I				<b>20:52.57</b>				396	
	50m: 36.66	36.66	450m: 6:11.81	42.00	850m: 11:46.82	42.03	1250m: 17:25.78	43.09		
	100m: 1:16.79	40.13	500m: 6:54.43	42.62	900m: 12:29.12	42.30	1300m: 18:07.98	42.20		
	150m: 1:57.83	41.04	550m: 7:36.17	41.74	950m: 13:11.63	42.51	1350m: 18:49.67	41.69		
	200m: 2:40.23	42.40	600m: 8:17.94	41.77	1000m: 13:53.78	42.15	1400m: 19:30.55	40.88		
	250m: 3:23.35	43.12	650m: 9:00.64	42.70	1050m: 14:36.09	42.31	1500m: 20:52.57	1:22.02		
	300m: 4:05.14	41.79	700m: 9:42.18	41.54	1100m: 15:17.71	41.62				
	350m: 4:47.45	42.31	750m: 10:23.42	41.24	1150m: 16:00.29	42.58				
	400m: 5:29.81	42.36	800m: 11:04.79	41.37	1200m: 16:42.69	42.40				
50.	2005 I				<b>21:11.55</b>				379	
	50m: 38.68	38.68	450m: 6:16.79	42.75	850m: 11:56.40	43.52	1250m: 17:39.74	43.45		
	100m: 1:19.85	41.17	500m: 6:58.72	41.93	900m: 12:39.03	42.63	1300m: 18:22.59	42.85		
	150m: 2:02.80	42.95	550m: 7:41.23	42.51	950m: 13:21.88	42.85	1350m: 19:06.64	44.05		
	200m: 2:45.27	42.47	600m: 8:23.15	41.92	1000m: 14:04.39	42.51	1400m: 19:49.09	42.45		
	250m: 3:27.88	42.61	650m: 9:05.91	42.76	1050m: 14:47.97	43.58	1450m: 20:31.52	42.43		
	300m: 4:09.86	41.98	700m: 9:48.26	42.35	1100m: 15:30.34	42.37	1500m: 21:11.55	40.03		
	350m: 4:52.39	42.53	750m: 10:30.42	42.16	1150m: 16:13.89	43.55				
	400m: 5:34.04	41.65	800m: 11:12.88	42.46	1200m: 16:56.29	42.40				
51.	2009 I				<b>21:16.37</b>				375	
	50m: 36.23	36.23	450m: 6:13.03	42.56	850m: 11:56.80	42.58	1250m: 17:42.79	42.60		
	100m: 1:16.80	40.57	500m: 6:56.01	42.98	900m: 12:40.44	43.64	1300m: 18:25.70	42.91		
	150m: 1:58.17	41.37	550m: 7:38.69	42.68	950m: 13:23.34	42.90	1350m: 19:08.67	42.97		
	200m: 2:39.99	41.82	600m: 8:21.74	43.05	1000m: 14:07.31	43.97	1400m: 19:52.22	43.55		
	250m: 3:22.29	42.30	650m: 9:04.96	43.22	1050m: 14:50.52	43.21	1450m: 20:34.38	42.16		
	300m: 4:04.95	42.66	700m: 9:47.95	42.99	1100m: 15:33.97	43.45	1500m: 21:16.37	41.99		
	350m: 4:47.44	42.49	750m: 10:30.91	42.96	1150m: 16:17.09	43.12				
	400m: 5:30.47	43.03	800m: 11:14.22	43.31	1200m: 17:00.19	43.10				
DNS	2008 I									
DNS	2009									

40, , 1500m

40

, 1500m

(15-17 )

11.03.2022 - 15:32

: FINA 2022

							R.T.			FINA		
1.				2006			<b>17:06.55</b>			720		
	50m:	31.62	31.62	450m:	5:08.92	34.64	850m:	9:44.94	34.50	1250m:	14:19.59	34.11
	100m:	1:06.11	34.49	500m:	5:43.45	34.53	900m:	10:19.07	34.13	1300m:	14:53.73	34.14
	150m:	1:41.06	34.95	550m:	6:18.44	34.99	950m:	10:53.65	34.58	1350m:	15:27.73	34.00
	200m:	2:15.74	34.68	600m:	6:52.63	34.19	1000m:	11:27.83	34.18	1400m:	16:01.57	33.84
	250m:	2:50.66	34.92	650m:	7:27.36	34.73	1050m:	12:02.34	34.51	1450m:	16:34.95	33.38
	300m:	3:25.22	34.56	700m:	8:01.45	34.09	1100m:	12:36.61	34.27	1500m:	17:06.55	31.60
	350m:	4:00.00	34.78	750m:	8:36.32	34.87	1150m:	13:10.99	34.38			
	400m:	4:34.28	34.28	800m:	9:10.44	34.12	1200m:	13:45.48	34.49			
2.				2006			<b>17:22.41</b>			688		
	50m:	31.98	31.98	450m:	5:10.89	34.88	850m:	9:51.62	34.85	1250m:	14:32.54	35.02
	100m:	1:06.64	34.66	500m:	5:46.05	35.16	900m:	10:26.68	35.06	1300m:	15:07.52	34.98
	150m:	1:41.44	34.80	550m:	6:20.95	34.90	950m:	11:01.42	34.74	1350m:	15:42.49	34.97
	200m:	2:16.35	34.91	600m:	6:56.05	35.10	1000m:	11:36.49	35.07	1400m:	16:17.36	34.87
	250m:	2:51.25	34.90	650m:	7:30.83	34.78	1050m:	12:11.78	35.29	1450m:	16:51.52	34.16
	300m:	3:26.34	35.09	700m:	8:06.32	35.49	1100m:	12:46.88	35.10	1500m:	17:22.41	30.89
	350m:	4:01.09	34.75	750m:	8:41.46	35.14	1150m:	13:22.13	35.25			
	400m:	4:36.01	34.92	800m:	9:16.77	35.31	1200m:	13:57.52	35.39			
3.				2007			<b>17:23.12</b>			687		
	50m:	32.34	32.34	450m:	5:12.63	34.92	850m:	9:51.44	34.48	1250m:	14:33.03	35.10
	100m:	1:07.46	35.12	500m:	5:47.49	34.86	900m:	10:26.60	35.16	1300m:	15:08.33	35.30
	150m:	1:42.60	35.14	550m:	6:22.16	34.67	950m:	11:01.49	34.89	1350m:	15:43.15	34.82
	200m:	2:17.68	35.08	600m:	6:57.12	34.96	1000m:	11:36.94	35.45	1400m:	16:18.10	34.95
	250m:	2:52.83	35.15	650m:	7:32.03	34.91	1050m:	12:12.17	35.23	1450m:	16:52.12	34.02
	300m:	3:27.73	34.90	700m:	8:06.97	34.94	1100m:	12:47.51	35.34	1500m:	17:23.12	31.00
	350m:	4:02.64	34.91	750m:	8:42.01	35.04	1150m:	13:22.76	35.25			
	400m:	4:37.71	35.07	800m:	9:16.96	34.95	1200m:	13:57.93	35.17			
4.				2007			<b>17:29.81</b>			674		
	50m:	32.71	32.71	450m:	5:13.08	35.27	850m:	9:54.03	35.34	1250m:	14:36.42	35.45
	100m:	1:07.42	34.71	500m:	5:48.07	34.99	900m:	10:29.33	35.30	1300m:	15:11.28	34.86
	150m:	1:42.47	35.05	550m:	6:23.39	35.32	950m:	11:04.70	35.37	1350m:	15:46.58	35.30
	200m:	2:17.52	35.05	600m:	6:58.50	35.11	1000m:	11:39.72	35.02	1400m:	16:21.68	35.10
	250m:	2:52.79	35.27	650m:	7:33.58	35.08	1050m:	12:15.09	35.37	1450m:	16:56.65	34.97
	300m:	3:27.71	34.92	700m:	8:08.59	35.01	1100m:	12:50.13	35.04	1500m:	17:29.81	33.16
	350m:	4:02.87	35.16	750m:	8:43.73	35.14	1150m:	13:25.99	35.86			
	400m:	4:37.81	34.94	800m:	9:18.69	34.96	1200m:	14:00.97	34.98			
5.				2007			<b>17:41.52</b>			652		
	50m:	33.19	33.19	450m:	5:17.20	35.23	850m:	10:01.47	35.68	1250m:	14:46.71	35.69
	100m:	1:08.79	35.60	500m:	5:52.64	35.44	900m:	10:37.04	35.57	1300m:	15:22.19	35.48
	150m:	1:44.82	36.03	550m:	6:28.10	35.46	950m:	11:12.55	35.51	1350m:	15:57.85	35.66
	200m:	2:20.51	35.69	600m:	7:03.64	35.54	1000m:	11:48.39	35.84	1400m:	16:32.78	34.93
	250m:	2:55.78	35.27	650m:	7:38.73	35.09	1050m:	12:24.14	35.75	1450m:	17:07.88	35.10
	300m:	3:31.30	35.52	700m:	8:14.40	35.67	1100m:	12:59.72	35.58	1500m:	17:41.52	33.64
	350m:	4:06.60	35.30	750m:	8:49.87	35.47	1150m:	13:35.39	35.67			
	400m:	4:41.97	35.37	800m:	9:25.79	35.92	1200m:	14:11.02	35.63			

40, , 1500m , (15-17 )

	/				R.T.				FINA		
6.	2005				<b>17:43.73</b>				647		
50m:	32.11	32.11	450m:	5:16.78	35.80	850m:	10:01.96	35.97	1250m:	14:48.21	35.84
100m:	1:07.81	35.70	500m:	5:52.30	35.52	900m:	10:37.16	35.20	1300m:	15:24.33	36.12
150m:	1:43.59	35.78	550m:	6:28.36	36.06	950m:	11:13.11	35.95	1350m:	15:59.92	35.59
200m:	2:19.14	35.55	600m:	7:03.23	34.87	1000m:	11:48.42	35.31	1400m:	16:35.74	35.82
250m:	2:54.39	35.25	650m:	7:38.85	35.62	1050m:	12:24.59	36.17	1450m:	17:10.76	35.02
300m:	3:29.80	35.41	700m:	8:14.52	35.67	1100m:	13:00.30	35.71	1500m:	17:43.73	32.97
350m:	4:05.38	35.58	750m:	8:50.34	35.82	1150m:	13:36.45	36.15			
400m:	4:40.98	35.60	800m:	9:25.99	35.65	1200m:	14:12.37	35.92			
7.	2005				<b>17:57.10</b>				624		
50m:	32.59	32.59	450m:	5:14.53	35.95	850m:	10:03.47	37.09	1250m:	14:55.86	36.67
100m:	1:07.00	34.41	500m:	5:50.02	35.49	900m:	10:39.73	36.26	1300m:	15:32.49	36.63
150m:	1:42.52	35.52	550m:	6:26.01	35.99	950m:	11:16.63	36.90	1350m:	16:08.88	36.39
200m:	2:17.57	35.05	600m:	7:01.49	35.48	1000m:	11:52.77	36.14	1400m:	16:45.27	36.39
250m:	2:52.95	35.38	650m:	7:37.67	36.18	1050m:	12:29.28	36.51	1450m:	17:21.62	36.35
300m:	3:28.03	35.08	700m:	8:13.49	35.82	1100m:	13:05.63	36.35	1500m:	17:57.10	35.48
350m:	4:03.41	35.38	750m:	8:50.20	36.71	1150m:	13:42.70	37.07			
400m:	4:38.58	35.17	800m:	9:26.38	36.18	1200m:	14:19.19	36.49			
8.	2005				<b>17:58.42</b>				621		
50m:	32.57	32.57	450m:	5:18.39	35.85	850m:	10:07.39	36.35	1250m:	14:58.43	36.51
100m:	1:08.03	35.46	500m:	5:54.36	35.97	900m:	10:43.40	36.01	1300m:	15:35.05	36.62
150m:	1:43.78	35.75	550m:	6:30.46	36.10	950m:	11:19.81	36.41	1350m:	16:11.37	36.32
200m:	2:19.63	35.85	600m:	7:06.33	35.87	1000m:	11:55.82	36.01	1400m:	16:47.86	36.49
250m:	2:55.33	35.70	650m:	7:42.67	36.34	1050m:	12:32.34	36.52	1450m:	17:24.05	36.19
300m:	3:31.14	35.81	700m:	8:18.67	36.00	1100m:	13:08.86	36.52	1500m:	17:58.42	34.37
350m:	4:06.98	35.84	750m:	8:54.88	36.21	1150m:	13:45.48	36.62			
400m:	4:42.54	35.56	800m:	9:31.04	36.16	1200m:	14:21.92	36.44			
9.	2006				<b>18:09.09</b>				603		
50m:	31.91	31.91	450m:	5:15.22	36.83	850m:	10:07.43	37.34	1250m:	15:04.51	37.26
100m:	1:06.55	34.64	500m:	5:51.39	36.17	900m:	10:44.15	36.72	1300m:	15:41.59	37.08
150m:	1:41.58	35.03	550m:	6:27.50	36.11	950m:	11:21.51	37.36	1350m:	16:19.01	37.42
200m:	2:16.47	34.89	600m:	7:03.76	36.26	1000m:	11:58.60	37.09	1400m:	16:56.20	37.19
250m:	2:51.81	35.34	650m:	7:40.25	36.49	1050m:	12:35.85	37.25	1450m:	17:33.27	37.07
300m:	3:26.74	34.93	700m:	8:16.90	36.65	1100m:	13:12.83	36.98	1500m:	18:09.09	35.82
350m:	4:02.57	35.83	750m:	8:53.67	36.77	1150m:	13:50.09	37.26			
400m:	4:38.39	35.82	800m:	9:30.09	36.42	1200m:	14:27.25	37.16			
10.	2007				<b>18:10.98</b>				600		
50m:	33.10	33.10	450m:	5:18.89	35.49	850m:	10:11.01	36.77	1250m:	15:08.69	37.51
100m:	1:08.89	35.79	500m:	5:55.19	36.30	900m:	10:47.47	36.46	1300m:	15:45.84	37.15
150m:	1:44.99	36.10	550m:	6:31.68	36.49	950m:	11:24.24	36.77	1350m:	16:23.78	37.94
200m:	2:20.84	35.85	600m:	7:08.10	36.42	1000m:	12:01.40	37.16	1400m:	17:00.93	37.15
250m:	2:56.14	35.30	650m:	7:44.75	36.65	1050m:	12:38.80	37.40	1450m:	17:37.73	36.80
300m:	3:31.96	35.82	700m:	8:21.36	36.61	1100m:	13:15.76	36.96	1500m:	18:10.98	33.25
350m:	4:07.47	35.51	750m:	8:57.99	36.63	1150m:	13:53.16	37.40			
400m:	4:43.40	35.93	800m:	9:34.24	36.25	1200m:	14:31.18	38.02			
11.	2006				<b>18:26.51</b>				575		
50m:	32.97	32.97	450m:	5:29.07	37.42	850m:	10:24.69	37.12	1250m:	15:23.25	37.87
100m:	1:08.99	36.02	500m:	6:06.04	36.97	900m:	11:01.48	36.79	1300m:	16:00.23	36.98
150m:	1:45.85	36.86	550m:	6:43.04	37.00	950m:	11:39.22	37.74	1350m:	16:37.79	37.56
200m:	2:22.39	36.54	600m:	7:19.78	36.74	1000m:	12:16.45	37.23	1400m:	17:14.53	36.74
250m:	3:00.15	37.76	650m:	7:56.98	37.20	1050m:	12:53.79	37.34	1450m:	17:50.93	36.40
300m:	3:37.08	36.93	700m:	8:33.60	36.62	1100m:	13:30.61	36.82	1500m:	18:26.51	35.58
350m:	4:14.67	37.59	750m:	9:11.05	37.45	1150m:	14:08.41	37.80			
400m:	4:51.65	36.98	800m:	9:47.57	36.52	1200m:	14:45.38	36.97			

40,		, 1500m				(15-17 )				R.T.	FINA	
12.										<b>18:29.60</b>	<b>570</b>	
	50m:	33.10	33.10	450m:	5:25.29	36.24	850m:	10:23.25	37.32	1250m:	15:24.49	37.43
	100m:	1:09.32	36.22	500m:	6:02.53	37.24	900m:	11:01.54	38.29	1300m:	16:01.84	37.35
	150m:	1:45.53	36.21	550m:	6:39.17	36.64	950m:	11:38.42	36.88	1350m:	16:38.72	36.88
	200m:	2:22.60	37.07	600m:	7:16.54	37.37	1000m:	12:16.88	38.46	1400m:	17:16.41	37.69
	250m:	2:58.81	36.21	650m:	7:53.61	37.07	1050m:	12:53.96	37.08	1450m:	17:52.69	36.28
	300m:	3:35.94	37.13	700m:	8:31.53	37.92	1100m:	13:31.94	37.98	1500m:	18:29.60	36.91
	350m:	4:12.24	36.30	750m:	9:08.47	36.94	1150m:	14:09.42	37.48			
	400m:	4:49.05	36.81	800m:	9:45.93	37.46	1200m:	14:47.06	37.64			
13.										<b>18:30.82</b>	<b>568</b>	
	50m:	34.28	34.28	450m:	5:31.01	37.07	850m:	10:26.82	37.17	1250m:	15:24.56	37.59
	100m:	1:11.06	36.78	500m:	6:07.84	36.83	900m:	11:03.77	36.95	1300m:	16:01.74	37.18
	150m:	1:48.18	37.12	550m:	6:44.88	37.04	950m:	11:41.01	37.24	1350m:	16:39.59	37.85
	200m:	2:25.20	37.02	600m:	7:21.53	36.65	1000m:	12:17.57	36.56	1400m:	17:17.00	37.41
	250m:	3:02.66	37.46	650m:	7:58.89	37.36	1050m:	12:55.04	37.47	1450m:	17:54.70	37.70
	300m:	3:39.82	37.16	700m:	8:35.53	36.64	1100m:	13:32.21	37.17	1500m:	18:30.82	36.12
	350m:	4:17.09	37.27	750m:	9:12.93	37.40	1150m:	14:09.74	37.53			
	400m:	4:53.94	36.85	800m:	9:49.65	36.72	1200m:	14:46.97	37.23			
14.										<b>18:31.66</b>	<b>567</b>	
	50m:	32.68	32.68	450m:	5:19.67	36.39	850m:	10:15.44	37.60	1250m:	15:20.56	38.50
	100m:	1:07.77	35.09	500m:	5:56.07	36.40	900m:	10:53.09	37.65	1300m:	15:59.13	38.57
	150m:	1:43.18	35.41	550m:	6:32.63	36.56	950m:	11:30.51	37.42	1350m:	16:37.89	38.76
	200m:	2:19.07	35.89	600m:	7:09.54	36.91	1000m:	12:08.46	37.95	1400m:	17:16.57	38.68
	250m:	2:54.87	35.80	650m:	7:46.21	36.67	1050m:	12:46.62	38.16	1450m:	17:55.29	38.72
	300m:	3:30.86	35.99	700m:	8:23.45	37.24	1100m:	13:24.82	38.20	1500m:	18:31.66	36.37
	350m:	4:06.89	36.03	750m:	9:00.43	36.98	1150m:	14:03.14	38.32			
	400m:	4:43.28	36.39	800m:	9:37.84	37.41	1200m:	14:42.06	38.92			
15.										<b>18:34.43</b>	<b>563</b>	
	50m:	33.70	33.70	450m:	5:31.74	37.59	850m:	10:30.35	38.00	1250m:	15:32.50	38.06
	100m:	1:09.63	35.93	500m:	6:08.35	36.61	900m:	11:07.99	37.64	1300m:	16:10.54	38.04
	150m:	1:46.74	37.11	550m:	6:46.09	37.74	950m:	11:45.83	37.84	1350m:	16:48.58	38.04
	200m:	2:23.89	37.15	600m:	7:23.05	36.96	1000m:	12:23.71	37.88	1400m:	17:26.35	37.77
	250m:	3:01.21	37.32	650m:	8:00.38	37.33	1050m:	13:01.53	37.82	1450m:	18:02.00	35.65
	300m:	3:38.98	37.77	700m:	8:37.76	37.38	1100m:	13:39.50	37.97	1500m:	18:34.43	32.43
	350m:	4:16.43	37.45	750m:	9:15.38	37.62	1150m:	14:17.04	37.54			
	400m:	4:54.15	37.72	800m:	9:52.35	36.97	1200m:	14:54.44	37.40			
16.										<b>18:35.52</b>	<b>561</b>	
	50m:	33.43	33.43	450m:	5:30.58	37.67	850m:	10:30.60	37.85	1250m:	15:30.63	38.16
	100m:	1:09.62	36.19	500m:	6:07.95	37.37	900m:	11:07.49	36.89	1300m:	16:07.60	36.97
	150m:	1:46.42	36.80	550m:	6:44.73	36.78	950m:	11:45.80	38.31	1350m:	16:44.82	37.22
	200m:	2:23.34	36.92	600m:	7:22.22	37.49	1000m:	12:23.45	37.65	1400m:	17:23.92	39.10
	250m:	3:00.27	36.93	650m:	7:59.86	37.64	1050m:	13:00.35	36.90	1450m:	18:01.26	37.34
	300m:	3:37.66	37.39	700m:	8:37.50	37.64	1100m:	13:37.03	36.68	1500m:	18:35.52	34.26
	350m:	4:15.07	37.41	750m:	9:15.11	37.61	1150m:	14:14.44	37.41			
	400m:	4:52.91	37.84	800m:	9:52.75	37.64	1200m:	14:52.47	38.03			
17.										<b>18:36.22</b>	<b>560</b>	
	50m:	33.70	33.70	450m:	5:31.74	37.28	850m:	10:30.21	37.90	1250m:	15:32.23	37.46
	100m:	1:09.89	36.19	500m:	6:09.15	37.41	900m:	11:07.93	37.72	1300m:	16:10.65	38.42
	150m:	1:46.74	36.85	550m:	6:46.09	36.94	950m:	11:45.72	37.79	1350m:	16:40.42	29.77
	200m:	2:24.21	37.47	600m:	7:23.62	37.53	1000m:	12:23.88	38.16	1400m:	17:26.23	45.81
	250m:	3:01.21	37.00	650m:	8:02.69	39.07	1050m:	13:01.54	37.66	1450m:	18:01.90	35.67
	300m:	3:39.15	37.94	700m:	8:37.98	35.29	1100m:	13:39.52	37.98	1500m:	18:36.22	34.32
	350m:	4:16.43	37.28	750m:	9:15.48	37.50	1150m:	14:16.98	37.46			
	400m:	4:54.46	38.03	800m:	9:52.31	36.83	1200m:	14:54.77	37.79			

40,		, 1500m				(15-17 )				R.T.	FINA	
18.										<b>18:40.90</b>	<b>553</b>	
	50m:	34.84	34.84	450m:	5:32.37	37.41	850m:	10:31.94	37.85	1250m:	15:33.86	38.04
	100m:	1:12.18	37.34	500m:	6:09.47	37.10	900m:	11:09.24	37.30	1300m:	16:11.78	37.92
	150m:	1:49.30	37.12	550m:	6:46.87	37.40	950m:	11:46.95	37.71	1350m:	16:49.90	38.12
	200m:	2:26.65	37.35	600m:	7:23.97	37.10	1000m:	12:24.45	37.50	1400m:	17:27.50	37.60
	250m:	3:03.91	37.26	650m:	8:01.56	37.59	1050m:	13:02.46	38.01	1450m:	18:04.61	37.11
	300m:	3:40.92	37.01	700m:	8:38.70	37.14	1100m:	13:40.17	37.71	1500m:	18:40.90	36.29
	350m:	4:18.00	37.08	750m:	9:16.68	37.98	1150m:	14:18.34	38.17			
	400m:	4:54.96	36.96	800m:	9:54.09	37.41	1200m:	14:55.82	37.48			
19.										<b>18:47.39</b>	<b>544</b>	
	50m:	35.21	35.21	450m:	5:36.19	38.33	850m:	10:35.54	37.69	1250m:	15:39.95	38.60
	100m:	1:12.90	37.69	500m:	6:13.37	37.18	900m:	11:13.65	38.11	1300m:	16:17.78	37.83
	150m:	1:50.64	37.74	550m:	6:51.00	37.63	950m:	11:51.59	37.94	1350m:	16:55.94	38.16
	200m:	2:27.82	37.18	600m:	7:28.42	37.42	1000m:	12:29.16	37.57	1400m:	17:33.93	37.99
	250m:	3:05.41	37.59	650m:	8:06.00	37.58	1050m:	13:07.24	38.08	1450m:	18:12.04	38.11
	300m:	3:42.78	37.37	700m:	8:43.15	37.15	1100m:	13:45.10	37.86	1500m:	18:47.39	35.35
	350m:	4:20.52	37.74	750m:	9:20.57	37.42	1150m:	14:23.59	38.49			
	400m:	4:57.86	37.34	800m:	9:57.85	37.28	1200m:	15:01.35	37.76			
20.										<b>18:59.70</b>	<b>526</b>	
	50m:	35.12	35.12	450m:	5:39.83	37.74	850m:	10:45.83	38.51	1250m:	15:51.26	37.43
	100m:	1:12.88	37.76	500m:	6:18.23	38.40	900m:	11:24.07	38.24	1300m:	16:30.02	38.76
	150m:	1:50.91	38.03	550m:	6:56.17	37.94	950m:	12:02.01	37.94	1350m:	17:08.15	38.13
	200m:	2:29.08	38.17	600m:	7:34.35	38.18	1000m:	12:40.23	38.22	1400m:	17:45.89	37.74
	250m:	3:07.40	38.32	650m:	8:12.04	37.69	1050m:	13:17.97	37.74	1450m:	18:23.11	37.22
	300m:	3:45.29	37.89	700m:	8:50.87	38.83	1100m:	13:56.92	38.95	1500m:	18:59.70	36.59
	350m:	4:23.38	38.09	750m:	9:28.97	38.10	1150m:	14:34.86	37.94			
	400m:	5:02.09	38.71	800m:	10:07.32	38.35	1200m:	15:13.83	38.97			
21.										<b>19:01.71</b>	<b>524</b>	
	50m:	34.30	34.30	450m:	5:33.72	37.81	850m:	10:40.14	38.86	1250m:	15:52.13	38.15
	100m:	1:10.71	36.41	500m:	6:11.54	37.82	900m:	11:18.60	38.46	1300m:	16:31.03	38.90
	150m:	1:48.08	37.37	550m:	6:49.66	38.12	950m:	11:57.97	39.37	1350m:	17:10.15	39.12
	200m:	2:25.39	37.31	600m:	7:27.41	37.75	1000m:	12:36.03	38.06	1400m:	17:48.59	38.44
	250m:	3:03.85	38.46	650m:	8:05.25	37.84	1050m:	13:16.02	39.99	1450m:	18:25.77	37.18
	300m:	3:40.98	37.13	700m:	8:43.25	38.00	1100m:	13:54.58	38.56	1500m:	19:01.71	35.94
	350m:	4:18.96	37.98	750m:	9:22.75	39.50	1150m:	14:34.57	39.99			
	400m:	4:55.91	36.95	800m:	10:01.28	38.53	1200m:	15:13.98	39.41			
22.										<b>19:24.46</b>	<b>493</b>	
	50m:	32.90	32.90	450m:	5:37.08	38.47	850m:	10:47.52	39.96	1250m:	16:05.90	39.63
	100m:	1:09.62	36.72	500m:	6:16.35	39.27	900m:	11:28.56	41.04	1300m:	16:46.83	40.93
	150m:	1:47.07	37.45	550m:	6:54.43	38.08	950m:	12:07.26	38.70	1350m:	17:25.29	38.46
	200m:	2:24.30	37.23	600m:	7:33.33	38.90	1000m:	12:48.23	40.97	1400m:	18:05.14	39.85
	250m:	3:02.40	38.10	650m:	8:13.41	40.08	1050m:	13:27.17	38.94	1450m:	18:43.87	38.73
	300m:	3:41.15	38.75	700m:	8:52.48	39.07	1100m:	14:06.68	39.51	1500m:	19:24.46	40.59
	350m:	4:19.93	38.78	750m:	9:29.37	36.89	1150m:	14:45.88	39.20			
	400m:	4:58.61	38.68	800m:	10:07.56	38.19	1200m:	15:26.27	40.39			
23.										<b>19:35.36</b>	<b>480</b>	
	50m:	33.19	33.19	450m:	5:42.94	39.79	850m:	11:00.57	39.86	1250m:	16:18.43	39.50
	100m:	1:10.10	36.91	500m:	6:22.01	39.07	900m:	11:40.30	39.73	1300m:	16:58.39	39.96
	150m:	1:48.45	38.35	550m:	7:01.38	39.37	950m:	12:20.16	39.86	1350m:	17:38.44	40.05
	200m:	2:26.99	38.54	600m:	7:41.05	39.67	1000m:	12:59.87	39.71	1400m:	18:17.69	39.25
	250m:	3:06.31	39.32	650m:	8:20.85	39.80	1050m:	13:39.83	39.96	1450m:	18:56.30	38.61
	300m:	3:45.22	38.91	700m:	9:00.66	39.81	1100m:	14:19.57	39.74	1500m:	19:35.36	39.06
	350m:	4:24.55	39.33	750m:	9:40.79	40.13	1150m:	14:58.99	39.42			
	400m:	5:03.15	38.60	800m:	10:20.71	39.92	1200m:	15:38.93	39.94			

40,		, 1500m				(15-17 )				R.T.	FINA	
24.				2006	I					<b>20:25.60</b>	I	423
	50m:	34.00	34.00	450m:	5:55.42	41.43	850m:	11:27.15	42.52	1250m:	17:07.27	42.99
	100m:	1:12.36	38.36	500m:	6:34.67	39.25	900m:	12:08.04	40.89	1300m:	17:49.22	41.95
	150m:	1:51.70	39.34	550m:	7:16.68	42.01	950m:	12:51.06	43.02	1350m:	18:30.90	41.68
	200m:	2:31.27	39.57	600m:	7:57.38	40.70	1000m:	13:32.91	41.85	1400m:	19:10.63	39.73
	250m:	3:11.58	40.31	650m:	8:39.99	42.61	1050m:	14:15.73	42.82	1450m:	19:50.80	40.17
	300m:	3:51.84	40.26	700m:	9:21.13	41.14	1100m:	14:58.19	42.46	1500m:	20:25.60	34.80
	350m:	4:32.65	40.81	750m:	10:03.77	42.64	1150m:	15:41.35	43.16			
	400m:	5:13.99	41.34	800m:	10:44.63	40.86	1200m:	16:24.28	42.93			
25.				2006	I					<b>20:44.00</b>		405
	50m:	36.41	36.41	450m:	6:10.83	42.12	850m:	11:45.26	41.48	1250m:	17:22.77	41.93
	100m:	1:16.41	40.00	500m:	6:53.16	42.33	900m:	12:27.45	42.19	1300m:	18:05.23	42.46
	150m:	1:57.35	40.94	550m:	7:35.20	42.04	950m:	13:10.03	42.58	1350m:	18:47.39	42.16
	200m:	2:39.30	41.95	600m:	8:17.05	41.85	1000m:	13:52.47	42.44	1400m:	19:28.13	40.74
	250m:	3:22.34	43.04	650m:	8:59.26	42.21	1050m:	14:34.52	42.05	1450m:	20:08.12	39.99
	300m:	4:04.17	41.83	700m:	9:40.84	41.58	1100m:	15:16.43	41.91	1500m:	20:44.00	35.88
	350m:	4:46.58	42.41	750m:	10:22.50	41.66	1150m:	15:58.64	42.21			
	400m:	5:28.71	42.13	800m:	11:03.78	41.28	1200m:	16:40.84	42.20			
26.				2006	I					<b>20:52.57</b>		396
	50m:	36.66	36.66	450m:	6:11.81	42.00	850m:	11:46.82	42.03	1250m:	17:25.78	43.09
	100m:	1:16.79	40.13	500m:	6:54.43	42.62	900m:	12:29.12	42.30	1300m:	18:07.98	42.20
	150m:	1:57.83	41.04	550m:	7:36.17	41.74	950m:	13:11.63	42.51	1350m:	18:49.67	41.69
	200m:	2:40.23	42.40	600m:	8:17.94	41.77	1000m:	13:53.78	42.15	1400m:	19:30.55	40.88
	250m:	3:23.35	43.12	650m:	9:00.64	42.70	1050m:	14:36.09	42.31	1500m:	20:52.57	1:22.02
	300m:	4:05.14	41.79	700m:	9:42.18	41.54	1100m:	15:17.71	41.62			
	350m:	4:47.45	42.31	750m:	10:23.42	41.24	1150m:	16:00.29	42.58			
	400m:	5:29.81	42.36	800m:	11:04.79	41.37	1200m:	16:42.69	42.40			
27.				2005	I					<b>21:11.55</b>		379
	50m:	38.68	38.68	450m:	6:16.79	42.75	850m:	11:56.40	43.52	1250m:	17:39.74	43.45
	100m:	1:19.85	41.17	500m:	6:58.72	41.93	900m:	12:39.03	42.63	1300m:	18:22.59	42.85
	150m:	2:02.80	42.95	550m:	7:41.23	42.51	950m:	13:21.88	42.85	1350m:	19:06.64	44.05
	200m:	2:45.27	42.47	600m:	8:23.15	41.92	1000m:	14:04.39	42.51	1400m:	19:49.09	42.45
	250m:	3:27.88	42.61	650m:	9:05.91	42.76	1050m:	14:47.97	43.58	1450m:	20:31.52	42.43
	300m:	4:09.86	41.98	700m:	9:48.26	42.35	1100m:	15:30.34	42.37	1500m:	21:11.55	40.03
	350m:	4:52.39	42.53	750m:	10:30.42	42.16	1150m:	16:13.89	43.55			
	400m:	5:34.04	41.65	800m:	11:12.88	42.46	1200m:	16:56.29	42.40			