

40
01.03.2019 - 15:38

, 1500m

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

: FINA 2019

			/				R.T.				FINA	
1.			2001				+0,82 17:21.34				690	
	50m:	31.34	31.34	450m:	5:04.94	34.80	850m:	9:44.18	34.83	1250m:	14:25.92	35.26
	100m:	1:04.97	33.63	500m:	5:39.66	34.72	900m:	10:18.98	34.80	1300m:	15:01.59	35.67
	150m:	1:38.76	33.79	550m:	6:14.32	34.66	950m:	10:54.08	35.10	1350m:	15:37.18	35.59
	200m:	2:12.77	34.01	600m:	6:49.19	34.87	1000m:	11:28.91	34.83	1400m:	16:13.22	36.04
	250m:	2:46.71	33.94	650m:	7:24.12	34.93	1050m:	12:04.00	35.09	1450m:	16:48.93	35.71
	300m:	3:21.27	34.56	700m:	7:58.99	34.87	1100m:	12:39.45	35.45	1500m:	17:21.34	32.41
	350m:	3:55.58	34.31	750m:	8:34.37	35.38	1150m:	13:14.97	35.52			
	400m:	4:30.14	34.56	800m:	9:09.35	34.98	1200m:	13:50.66	35.69			
2.			2000				+0,75 17:47.76				640	
	50m:	31.94	31.94	450m:	5:14.06	35.56	850m:	10:01.95	36.37	1300m:	15:29.22	1:12.75
	100m:	1:06.15	34.21	500m:	5:49.59	35.53	900m:	10:37.95	36.00	1350m:	16:05.54	36.32
	150m:	1:41.34	35.19	550m:	6:25.66	36.07	950m:	11:14.27	36.32	1400m:	16:41.64	36.10
	200m:	2:16.57	35.23	600m:	7:01.17	35.51	1000m:	11:50.79	36.52	1450m:	17:17.26	35.62
	250m:	2:52.23	35.66	650m:	7:38.25	37.08	1050m:	12:27.10	36.31	1500m:	17:47.76	30.50
	300m:	3:27.52	35.29	700m:	8:13.18	34.93	1100m:	13:03.55	36.45			
	350m:	4:03.17	35.65	750m:	8:49.38	36.20	1150m:	13:39.96	36.41			
	400m:	4:38.50	35.33	800m:	9:25.58	36.20	1200m:	14:16.47	36.51			
3.			2003				+0,86 17:56.73				624	
	50m:	32.05	32.05	450m:	5:19.64	35.85	850m:	10:08.85	35.13	1250m:	14:58.08	36.21
	100m:	1:07.72	35.67	500m:	5:56.72	37.08	900m:	10:45.21	36.36	1300m:	15:34.37	36.29
	150m:	1:43.33	35.61	550m:	6:32.37	35.65	950m:	11:20.94	35.73	1350m:	16:10.89	36.52
	200m:	2:19.25	35.92	600m:	7:09.04	36.67	1000m:	11:57.43	36.49	1400m:	16:47.10	36.21
	250m:	2:54.97	35.72	650m:	7:44.24	35.20	1050m:	12:33.09	35.66	1450m:	17:22.65	35.55
	300m:	3:31.42	36.45	700m:	8:20.93	36.69	1100m:	13:09.41	36.32	1500m:	17:56.73	34.08
	350m:	4:07.16	35.74	750m:	8:57.04	36.11	1150m:	13:45.37	35.96			
	400m:	4:43.79	36.63	800m:	9:33.72	36.68	1200m:	14:21.87	36.50			
4.			2001				+0,92 17:56.86				624	
	50m:	33.27	33.27	450m:	5:17.55	35.83	850m:	10:09.44	36.83	1250m:	14:59.26	36.59
	100m:	1:07.81	34.54	500m:	5:53.59	36.04	900m:	10:45.03	35.59	1300m:	15:35.32	36.06
	150m:	1:43.29	35.48	550m:	6:30.42	36.83	950m:	11:21.94	36.91	1350m:	16:11.41	36.09
	200m:	2:18.85	35.56	600m:	7:06.79	36.37	1000m:	11:57.83	35.89	1400m:	16:47.84	36.43
	250m:	2:54.92	36.07	650m:	7:43.51	36.72	1050m:	12:34.38	36.55	1450m:	17:22.89	35.05
	300m:	3:29.76	34.84	700m:	8:19.38	35.87	1100m:	13:10.32	35.94	1500m:	17:56.86	33.97
	350m:	4:06.19	36.43	750m:	8:56.21	36.83	1150m:	13:46.73	36.41			
	400m:	4:41.72	35.53	800m:	9:32.61	36.40	1200m:	14:22.67	35.94			
5.			2001				+0,89 18:04.83				610	
	50m:	31.92	31.92	450m:	5:17.34	36.39	850m:	10:08.45	36.43	1250m:	15:01.32	37.22
	100m:	1:06.61	34.69	500m:	5:53.49	36.15	900m:	10:45.01	36.56	1300m:	15:38.14	36.82
	150m:	1:42.27	35.66	550m:	6:30.05	36.56	950m:	11:21.64	36.63	1350m:	16:15.38	37.24
	200m:	2:17.53	35.26	600m:	7:05.89	35.84	1000m:	11:58.00	36.36	1400m:	16:52.25	36.87
	250m:	2:53.40	35.87	650m:	7:42.27	36.38	1050m:	12:34.73	36.73	1450m:	17:29.22	36.97
	300m:	3:28.80	35.40	700m:	8:18.41	36.14	1100m:	13:11.22	36.49	1500m:	18:04.83	35.61
	350m:	4:05.17	36.37	750m:	8:55.29	36.88	1150m:	13:47.90	36.68			
	400m:	4:40.95	35.78	800m:	9:32.02	36.73	1200m:	14:24.10	36.20			

40, , 1500m

					R.T.				FINA			
6.	2002				+0,97 18:05.26				610			
	50m:	32.93	32.93	450m:	5:23.15	36.12	850m:	10:14.15	36.54	1250m:	15:07.43	36.81
	100m:	1:08.60	35.67	500m:	5:59.67	36.52	900m:	10:50.73	36.58	1300m:	15:43.82	36.39
	150m:	1:44.94	36.34	550m:	6:36.06	36.39	950m:	11:27.50	36.77	1350m:	16:20.35	36.53
	200m:	2:21.38	36.44	600m:	7:12.06	36.00	1000m:	12:04.26	36.76	1400m:	16:56.76	36.41
	250m:	2:57.89	36.51	650m:	7:48.54	36.48	1050m:	12:41.39	37.13	1450m:	17:32.57	35.81
	300m:	3:34.35	36.46	700m:	8:24.59	36.05	1100m:	13:17.41	36.02	1500m:	18:05.26	32.69
	350m:	4:10.60	36.25	750m:	9:01.37	36.78	1150m:	13:54.02	36.61			
	400m:	4:47.03	36.43	800m:	9:37.61	36.24	1200m:	14:30.62	36.60			
7.	2004				+0,89 18:07.83				605			
	50m:	32.03	32.03	450m:	5:18.19	36.89	850m:	10:10.18	37.44	1250m:	15:05.90	37.37
	100m:	1:06.41	34.38	500m:	5:53.71	35.52	900m:	10:47.06	36.88	1300m:	15:42.92	37.02
	150m:	1:42.80	36.39	550m:	6:30.34	36.63	950m:	11:24.19	37.13	1350m:	16:20.23	37.31
	200m:	2:18.30	35.50	600m:	7:06.18	35.84	1000m:	12:00.97	36.78	1400m:	16:57.10	36.87
	250m:	2:54.20	35.90	650m:	7:42.88	36.70	1050m:	12:37.99	37.02	1450m:	17:33.30	36.20
	300m:	3:29.21	35.01	700m:	8:19.09	36.21	1100m:	13:14.46	36.47	1500m:	18:07.83	34.53
	350m:	4:05.64	36.43	750m:	8:56.07	36.98	1150m:	13:51.57	37.11			
	400m:	4:41.30	35.66	800m:	9:32.74	36.67	1200m:	14:28.53	36.96			
8.	2005				+0,85 18:12.73				597			
	50m:	32.18	32.18	450m:	5:23.01	35.78	850m:	10:14.55	36.36	1250m:	15:08.41	36.22
	100m:	1:08.92	36.74	500m:	5:59.57	36.56	900m:	10:51.43	36.88	1300m:	15:45.50	37.09
	150m:	1:45.02	36.10	550m:	6:35.85	36.28	950m:	11:27.68	36.25	1350m:	16:22.03	36.53
	200m:	2:21.49	36.47	600m:	7:12.59	36.74	1000m:	12:04.60	36.92	1400m:	16:59.26	37.23
	250m:	2:57.08	35.59	650m:	7:48.41	35.82	1050m:	12:41.16	36.56	1450m:	17:35.66	36.40
	300m:	3:34.37	37.29	700m:	8:25.21	36.80	1100m:	13:17.99	36.83	1500m:	18:12.73	37.07
	350m:	4:10.32	35.95	750m:	9:01.28	36.07	1150m:	13:54.69	36.70			
	400m:	4:47.23	36.91	800m:	9:38.19	36.91	1200m:	14:32.19	37.50			
9.	2002				+0,73 18:15.37				593			
	50m:	32.01	32.01	450m:	5:17.35	36.33	850m:	10:09.07	36.86	1250m:	15:08.47	38.00
	100m:	1:06.90	34.89	500m:	5:53.46	36.11	900m:	10:45.67	36.60	1300m:	15:46.24	37.77
	150m:	1:42.35	35.45	550m:	6:30.03	36.57	950m:	11:22.65	36.98	1350m:	16:24.75	38.51
	200m:	2:17.87	35.52	600m:	7:06.03	36.00	1000m:	11:59.55	36.90	1400m:	17:03.05	38.30
	250m:	2:53.61	35.74	650m:	7:42.48	36.45	1050m:	12:36.93	37.38	1450m:	17:40.80	37.75
	300m:	3:28.96	35.35	700m:	8:18.83	36.35	1100m:	13:14.50	37.57	1500m:	18:15.37	34.57
	350m:	4:05.22	36.26	750m:	8:55.30	36.47	1150m:	13:52.82	38.32			
	400m:	4:41.02	35.80	800m:	9:32.21	36.91	1200m:	14:30.47	37.65			
10.	2005				+0,67 18:25.19				577			
	50m:	31.28	31.28	500m:	6:00.85	37.51	900m:	10:57.22	37.08	1300m:	15:57.48	38.30
	100m:	1:06.50	35.22	550m:	6:37.86	37.01	950m:	11:34.56	37.34	1350m:	16:35.48	38.00
	150m:	1:42.81	36.31	600m:	7:14.99	37.13	1000m:	12:11.75	37.19	1400m:	17:13.19	37.71
	250m:	2:55.80	1:12.99	650m:	7:52.19	37.20	1050m:	12:49.13	37.38	1450m:	17:49.98	36.79
	300m:	3:32.62	36.82	700m:	8:28.85	36.66	1100m:	13:26.75	37.62	1500m:	18:25.19	35.21
	350m:	4:09.33	36.71	750m:	9:06.10	37.25	1150m:	14:04.27	37.52			
	400m:	4:46.18	36.85	800m:	9:43.20	37.10	1200m:	14:41.58	37.31			
	450m:	5:23.34	37.16	850m:	10:20.14	36.94	1250m:	15:19.18	37.60			
11.	2002				+0,79 18:26.06				576			
	50m:	31.93	31.93	450m:	5:20.87	36.40	850m:	10:16.42	37.07	1250m:	15:17.82	37.48
	100m:	1:07.32	35.39	500m:	5:57.79	36.92	900m:	10:54.37	37.95	1300m:	15:55.96	38.14
	150m:	1:42.55	35.23	550m:	6:34.12	36.33	950m:	11:31.31	36.94	1350m:	16:33.48	37.52
	200m:	2:18.72	36.17	600m:	7:11.03	36.91	1000m:	12:09.29	37.98	1400m:	17:11.58	38.10
	250m:	2:54.67	35.95	650m:	7:47.34	36.31	1050m:	12:46.48	37.19	1450m:	17:49.50	37.92
	300m:	3:31.47	36.80	700m:	8:24.90	37.56	1100m:	13:24.99	38.51	1500m:	18:26.06	36.56
	350m:	4:07.38	35.91	750m:	9:01.40	36.50	1150m:	14:01.83	36.84			
	400m:	4:44.47	37.09	800m:	9:39.35	37.95	1200m:	14:40.34	38.51			

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						R.T.					FINA
12.	2002					+0,68 18:27.29					574
50m:	31.43	31.43	450m:	5:21.89	36.47	850m:	10:20.26	36.82	1250m:	15:21.18	37.80
100m:	1:06.67	35.24	500m:	5:58.93	37.04	900m:	10:58.87	38.61	1300m:	16:00.91	39.73
150m:	1:42.24	35.57	550m:	6:35.35	36.42	950m:	11:35.88	37.01	1350m:	16:37.99	37.08
200m:	2:19.05	36.81	600m:	7:13.35	38.00	1000m:	12:13.31	37.43	1400m:	17:17.12	39.13
250m:	2:55.68	36.63	650m:	7:50.26	36.91	1050m:	12:50.32	37.01	1450m:	17:53.00	35.88
300m:	3:32.44	36.76	700m:	8:28.85	38.59	1100m:	13:28.03	37.71	1500m:	18:27.29	34.29
350m:	4:07.99	35.55	750m:	9:05.69	36.84	1150m:	14:05.25	37.22			
400m:	4:45.42	37.43	800m:	9:43.44	37.75	1200m:	14:43.38	38.13			
13.	2002					+0,76 18:35.37					562
50m:	33.27	33.27	450m:	5:26.35	37.12	850m:	10:25.31	37.93	1250m:	15:28.38	38.14
100m:	1:08.89	35.62	500m:	6:03.16	36.81	900m:	11:02.85	37.54	1300m:	16:06.08	37.70
150m:	1:45.46	36.57	550m:	6:40.51	37.35	950m:	11:40.90	38.05	1350m:	16:44.08	38.00
200m:	2:22.13	36.67	600m:	7:17.48	36.97	1000m:	12:18.47	37.57	1400m:	17:21.38	37.30
250m:	2:59.30	37.17	650m:	7:54.96	37.48	1050m:	12:56.62	38.15	1450m:	17:59.19	37.81
300m:	3:35.60	36.30	700m:	8:31.97	37.01	1100m:	13:34.22	37.60	1500m:	18:35.37	36.18
350m:	4:12.56	36.96	750m:	9:09.82	37.85	1150m:	14:12.33	38.11			
400m:	4:49.23	36.67	800m:	9:47.38	37.56	1200m:	14:50.24	37.91			
14.	2004					+0,79 18:39.41					556
50m:	33.50	33.50	450m:	5:23.77	36.64	850m:	10:24.70	38.21	1250m:	15:31.44	37.89
100m:	1:09.46	35.96	500m:	6:00.65	36.88	900m:	11:02.96	38.26	1300m:	16:09.74	38.30
150m:	1:45.37	35.91	550m:	6:37.77	37.12	950m:	11:41.53	38.57	1350m:	16:48.36	38.62
200m:	2:21.76	36.39	600m:	7:15.37	37.60	1000m:	12:20.12	38.59	1400m:	17:25.86	37.50
250m:	2:58.02	36.26	650m:	7:53.20	37.83	1050m:	12:58.07	37.95	1450m:	18:03.28	37.42
300m:	3:34.15	36.13	700m:	8:30.76	37.56	1100m:	13:36.46	38.39	1500m:	18:39.41	36.13
350m:	4:10.72	36.57	750m:	9:08.39	37.63	1150m:	14:15.00	38.54			
400m:	4:47.13	36.41	800m:	9:46.49	38.10	1200m:	14:53.55	38.55			
15.	2005					+0,86 18:41.64					552
50m:	32.59	32.59	450m:	5:28.19	37.25	850m:	10:29.97	38.48	1250m:	15:37.04	38.58
100m:	1:09.00	36.41	500m:	6:05.56	37.37	900m:	11:08.76	38.79	1300m:	16:16.79	39.75
150m:	1:46.03	37.03	550m:	6:42.64	37.08	950m:	11:46.64	37.88	1350m:	16:53.74	36.95
200m:	2:22.61	36.58	600m:	7:20.13	37.49	1000m:	12:25.29	38.65	1400m:	17:31.10	37.36
250m:	2:59.80	37.19	650m:	7:57.88	37.75	1050m:	13:02.93	37.64	1450m:	18:08.10	37.00
300m:	3:36.85	37.05	700m:	8:35.83	37.95	1100m:	13:41.71	38.78	1500m:	18:41.64	33.54
350m:	4:14.15	37.30	750m:	9:13.37	37.54	1150m:	14:19.91	38.20			
400m:	4:50.94	36.79	800m:	9:51.49	38.12	1200m:	14:58.46	38.55			
16.	2005					+0,85 18:44.13					549
50m:	32.71	32.71	450m:	5:29.76	38.05	850m:	10:32.86	38.42	1250m:	15:38.00	38.83
100m:	1:08.99	36.28	500m:	6:07.03	37.27	900m:	11:11.07	38.21	1300m:	16:15.87	37.87
150m:	1:46.18	37.19	550m:	6:45.33	38.30	950m:	11:49.30	38.23	1350m:	16:53.78	37.91
200m:	2:23.02	36.84	600m:	7:22.70	37.37	1000m:	12:26.86	37.56	1400m:	17:31.69	37.91
250m:	2:59.95	36.93	650m:	8:00.88	38.18	1050m:	13:05.37	38.51	1450m:	18:09.23	37.54
300m:	3:36.88	36.93	700m:	8:38.24	37.36	1100m:	13:43.06	37.69	1500m:	18:44.13	34.90
350m:	4:14.83	37.95	750m:	9:16.66	38.42	1150m:	14:22.01	38.95			
400m:	4:51.71	36.88	800m:	9:54.44	37.78	1200m:	14:59.17	37.16			
17.	2004					18:47.66					543
50m:	32.28	32.28	450m:	5:31.75	38.46	850m:	10:35.98	38.09	1250m:	15:40.89	37.70
100m:	1:08.18	35.90	500m:	6:10.05	38.30	900m:	11:14.57	38.59	1300m:	16:19.43	38.54
150m:	1:45.34	37.16	550m:	6:47.65	37.60	950m:	11:52.40	37.83	1350m:	16:56.88	37.45
200m:	2:23.02	37.68	600m:	7:25.56	37.91	1000m:	12:30.71	38.31	1400m:	17:35.22	38.34
250m:	2:59.91	36.89	650m:	8:03.25	37.69	1050m:	13:08.36	37.65	1450m:	18:11.15	35.93
300m:	3:37.65	37.74	700m:	8:41.87	38.62	1100m:	13:46.70	38.34	1500m:	18:47.66	36.51
350m:	4:15.22	37.57	750m:	9:19.49	37.62	1150m:	14:24.54	37.84			
400m:	4:53.29	38.07	800m:	9:57.89	38.40	1200m:	15:03.19	38.65			

40, , 1500m

					R.T.				FINA	
18.	2005				+0,84 18:49.90				540	
	50m: 32.70	32.70	450m: 5:29.17	38.24	850m: 10:35.55	38.65	1250m: 15:43.71	39.12		
	100m: 1:08.23	35.53	500m: 6:06.84	37.67	900m: 11:13.16	37.61	1300m: 16:21.03	37.32		
	150m: 1:45.17	36.94	550m: 6:45.95	39.11	950m: 11:51.91	38.75	1350m: 16:59.91	38.88		
	200m: 2:21.51	36.34	600m: 7:23.79	37.84	1000m: 12:30.98	39.07	1400m: 17:37.96	38.05		
	250m: 2:58.95	37.44	650m: 8:02.35	38.56	1050m: 13:09.23	38.25	1450m: 18:14.62	36.66		
	300m: 3:35.78	36.83	700m: 8:40.76	38.41	1100m: 13:47.41	38.18	1500m: 18:49.90	35.28		
	350m: 4:13.37	37.59	750m: 9:19.09	38.33	1150m: 14:26.40	38.99				
	400m: 4:50.93	37.56	800m: 9:56.90	37.81	1200m: 15:04.59	38.19				
19.	2002				+0,77 18:53.19				535	
	50m: 32.57	32.57	450m: 5:27.63	37.80	850m: 10:33.08	38.76	1250m: 15:42.69	38.82		
	100m: 1:08.64	36.07	500m: 6:05.35	37.72	900m: 11:11.60	38.52	1300m: 16:21.09	38.40		
	150m: 1:45.38	36.74	550m: 6:43.24	37.89	950m: 11:50.84	39.24	1350m: 16:59.83	38.74		
	200m: 2:21.78	36.40	600m: 7:21.12	37.88	1000m: 12:28.90	38.06	1400m: 17:38.27	38.44		
	250m: 2:58.69	36.91	650m: 7:59.60	38.48	1050m: 13:07.96	39.06	1450m: 18:16.37	38.10		
	300m: 3:35.63	36.94	700m: 8:37.55	37.95	1100m: 13:46.58	38.62	1500m: 18:53.19	36.82		
	350m: 4:12.83	37.20	750m: 9:16.21	38.66	1150m: 14:25.36	38.78				
	400m: 4:49.83	37.00	800m: 9:54.32	38.11	1200m: 15:03.87	38.51				
20.	2005 I				+0,99 18:56.26 I				531	
	50m: 32.45	32.45	450m: 5:30.15	38.10	850m: 10:35.85	38.14	1250m: 15:45.83	39.03		
	100m: 1:09.11	36.66	500m: 6:08.23	38.08	900m: 11:14.58	38.73	1300m: 16:24.82	38.99		
	150m: 1:45.81	36.70	550m: 6:45.95	37.72	950m: 11:52.92	38.34	1350m: 17:03.47	38.65		
	200m: 2:22.80	36.99	600m: 7:24.21	38.26	1000m: 12:32.10	39.18	1400m: 17:42.02	38.55		
	250m: 2:59.60	36.80	650m: 8:02.21	38.00	1050m: 13:10.47	38.37	1450m: 18:20.07	38.05		
	300m: 3:37.05	37.45	700m: 8:40.69	38.48	1100m: 13:49.45	38.98	1500m: 18:56.26	36.19		
	350m: 4:14.31	37.26	750m: 9:18.81	38.12	1150m: 14:27.84	38.39				
	400m: 4:52.05	37.74	800m: 9:57.71	38.90	1200m: 15:06.80	38.96				
21.	2002 I				+0,87 19:08.26 I				515	
	50m: 33.24	33.24	450m: 5:32.06	37.80	850m: 10:39.42	38.49	1250m: 15:49.96	38.94		
	100m: 1:10.26	37.02	500m: 6:10.18	38.12	900m: 11:18.17	38.75	1300m: 16:29.45	39.49		
	150m: 1:46.83	36.57	550m: 6:48.20	38.02	950m: 11:56.77	38.60	1350m: 17:08.58	39.13		
	200m: 2:23.96	37.13	600m: 7:26.51	38.31	1000m: 12:35.95	39.18	1400m: 17:49.35	40.77		
	250m: 3:01.18	37.22	650m: 8:04.85	38.34	1050m: 13:14.07	38.12	1450m: 18:28.81	39.46		
	300m: 3:38.72	37.54	700m: 8:43.68	38.83	1100m: 13:53.24	39.17	1500m: 19:08.26	39.45		
	350m: 4:16.30	37.58	750m: 9:22.12	38.44	1150m: 14:31.55	38.31				
	400m: 4:54.26	37.96	800m: 10:00.93	38.81	1200m: 15:11.02	39.47				
22.	2006 I				+0,90 19:13.89 I				507	
	50m: 33.68	33.68	450m: 5:40.11	38.03	850m: 10:50.17	38.67	1250m: 16:02.20	39.20		
	100m: 1:10.66	36.98	500m: 6:19.13	39.02	900m: 11:29.41	39.24	1300m: 16:41.39	39.19		
	150m: 1:48.32	37.66	550m: 6:56.64	37.51	950m: 12:08.43	39.02	1350m: 17:19.94	38.55		
	200m: 2:27.26	38.94	600m: 7:36.16	39.52	1000m: 12:47.50	39.07	1400m: 17:59.02	39.08		
	250m: 3:05.42	38.16	650m: 8:14.60	38.44	1050m: 13:26.58	39.08	1450m: 18:36.29	37.27		
	300m: 3:44.34	38.92	700m: 8:53.78	39.18	1100m: 14:05.18	38.60	1500m: 19:13.89	37.60		
	350m: 4:22.86	38.52	750m: 9:32.22	38.44	1150m: 14:43.84	38.66				
	400m: 5:02.08	39.22	800m: 10:11.50	39.28	1200m: 15:23.00	39.16				
23.	2006 I				+0,86 19:15.12 I				506	
	50m: 31.63	31.63	450m: 5:35.31	38.11	850m: 10:48.11	39.29	1250m: 16:03.29	39.35		
	100m: 1:08.65	37.02	500m: 6:14.64	39.33	900m: 11:26.74	38.63	1300m: 16:42.14	38.85		
	150m: 1:46.56	37.91	550m: 6:53.26	38.62	950m: 12:06.15	39.41	1350m: 17:21.21	39.07		
	200m: 2:23.88	37.32	600m: 7:32.28	39.02	1000m: 12:45.55	39.40	1400m: 18:00.45	39.24		
	250m: 3:01.14	37.26	650m: 8:11.20	38.92	1050m: 13:25.97	40.42	1450m: 18:38.65	38.20		
	300m: 3:39.77	38.63	700m: 8:50.27	39.07	1100m: 14:05.46	39.49	1500m: 19:15.12	36.47		
	350m: 4:18.05	38.28	750m: 9:29.70	39.43	1150m: 14:44.56	39.10				
	400m: 4:57.20	39.15	800m: 10:08.82	39.12	1200m: 15:23.94	39.38				

40, , 1500m

					R.T.				FINA	
24.	2003				19:16.33				504	
	50m: 33.36	33.36	450m: 5:40.26	38.47	850m: 10:51.32	38.66	1250m: 16:04.28	39.27		
	100m: 1:10.34	36.98	500m: 6:19.41	39.15	900m: 11:30.30	38.98	1300m: 16:44.03	39.75		
	150m: 1:48.43	38.09	550m: 6:57.32	37.91	950m: 12:09.27	38.97	1350m: 17:22.20	38.17		
	200m: 2:27.00	38.57	600m: 7:36.51	39.19	1000m: 12:48.94	39.67	1400m: 18:01.39	39.19		
	250m: 3:05.48	38.48	650m: 8:15.05	38.54	1050m: 13:27.44	38.50	1450m: 18:39.74	38.35		
	300m: 3:44.31	38.83	700m: 8:54.53	39.48	1100m: 14:07.24	39.80	1500m: 19:16.33	36.59		
	350m: 4:22.79	38.48	750m: 9:32.96	38.43	1150m: 14:45.57	38.33				
	400m: 5:01.79	39.00	800m: 10:12.66	39.70	1200m: 15:25.01	39.44				
25.	2004				+0,83 19:27.19				490	
	50m: 33.98	33.98	450m: 5:44.86	39.59	850m: 11:00.75	40.20	1250m: 16:17.23	39.68		
	100m: 1:11.47	37.49	500m: 6:23.77	38.91	900m: 11:40.50	39.75	1300m: 16:55.27	38.04		
	150m: 1:50.59	39.12	550m: 7:03.48	39.71	950m: 12:20.97	40.47	1350m: 17:33.36	38.09		
	200m: 2:29.84	39.25	600m: 7:42.73	39.25	1000m: 12:59.83	38.86	1400m: 18:10.56	37.20		
	250m: 3:08.95	39.11	650m: 8:22.27	39.54	1050m: 13:39.44	39.61	1450m: 18:49.86	39.30		
	300m: 3:47.06	38.11	700m: 9:01.68	39.41	1100m: 14:18.77	39.33	1500m: 19:27.19	37.33		
	350m: 4:26.47	39.41	750m: 9:41.44	39.76	1150m: 14:58.70	39.93				
	400m: 5:05.27	38.80	800m: 10:20.55	39.11	1200m: 15:37.55	38.85				
26.	2006				+0,81 19:38.78				476	
	50m: 33.30	33.30	450m: 5:38.55	39.32	850m: 10:55.93	39.78	1250m: 16:19.32	40.34		
	100m: 1:10.78	37.48	500m: 6:18.23	39.68	900m: 11:36.10	40.17	1300m: 17:00.57	41.25		
	150m: 1:48.36	37.58	550m: 6:57.90	39.67	950m: 12:15.96	39.86	1350m: 17:40.74	40.17		
	200m: 2:25.86	37.50	600m: 7:37.00	39.10	1000m: 12:56.80	40.84	1400m: 18:21.01	40.27		
	250m: 3:03.76	37.90	650m: 8:16.27	39.27	1050m: 13:36.36	39.56	1450m: 19:00.31	39.30		
	300m: 3:42.98	39.22	700m: 8:56.44	40.17	1100m: 14:16.82	40.46	1500m: 19:38.78	38.47		
	350m: 4:20.99	38.01	750m: 9:35.54	39.10	1150m: 14:57.90	41.08				
	400m: 4:59.23	38.24	800m: 10:16.15	40.61	1200m: 15:38.98	41.08				
27.	2004				+0,79 19:39.87				474	
	50m: 33.76	33.76	450m: 5:46.14	39.79	850m: 11:03.78	40.22	1250m: 16:23.43	40.69		
	100m: 1:11.67	37.91	500m: 6:24.72	38.58	900m: 11:43.38	39.60	1300m: 17:02.56	39.13		
	150m: 1:51.09	39.42	550m: 7:04.59	39.87	950m: 12:23.49	40.11	1350m: 17:42.86	40.30		
	200m: 2:29.76	38.67	600m: 7:43.85	39.26	1000m: 13:02.85	39.36	1400m: 18:22.13	39.27		
	250m: 3:09.29	39.53	650m: 8:24.09	40.24	1050m: 13:43.11	40.26	1450m: 19:02.05	39.92		
	300m: 3:47.62	38.33	700m: 9:03.66	39.57	1100m: 14:23.06	39.95	1500m: 19:39.87	37.82		
	350m: 4:27.52	39.90	750m: 9:44.10	40.44	1150m: 15:03.57	40.51				
	400m: 5:06.35	38.83	800m: 10:23.56	39.46	1200m: 15:42.74	39.17				
28.	2004				+0,87 19:42.57				471	
	50m: 33.44	33.44	450m: 5:42.20	39.46	850m: 11:01.92	40.35	1250m: 16:24.57	40.57		
	100m: 1:09.63	36.19	500m: 6:21.37	39.17	900m: 11:41.98	40.06	1300m: 17:04.78	40.21		
	150m: 1:47.87	38.24	550m: 7:01.42	40.05	950m: 12:22.72	40.74	1350m: 17:44.90	40.12		
	200m: 2:25.83	37.96	600m: 7:40.70	39.28	1000m: 13:02.55	39.83	1400m: 18:24.79	39.89		
	250m: 3:04.98	39.15	650m: 8:20.98	40.28	1050m: 13:42.92	40.37	1450m: 19:04.57	39.78		
	300m: 3:44.20	39.22	700m: 9:00.80	39.82	1100m: 14:22.91	39.99	1500m: 19:42.57	38.00		
	350m: 4:23.90	39.70	750m: 9:41.39	40.59	1150m: 15:03.81	40.90				
	400m: 5:02.74	38.84	800m: 10:21.57	40.18	1200m: 15:44.00	40.19				
29.	2003				+0,80 19:48.32				464	
	50m: 33.00	33.00	450m: 5:37.56	39.43	850m: 11:00.34	41.07	1250m: 16:31.54	39.64		
	100m: 1:09.02	36.02	500m: 6:17.91	40.35	900m: 11:42.71	42.37	1300m: 17:11.81	40.27		
	150m: 1:45.74	36.72	550m: 6:57.50	39.59	950m: 12:24.13	41.42	1350m: 17:50.81	39.00		
	200m: 2:23.60	37.86	600m: 7:37.81	40.31	1000m: 13:06.94	42.81	1400m: 18:31.05	40.24		
	250m: 3:01.29	37.69	650m: 8:16.91	39.10	1050m: 13:47.70	40.76	1450m: 19:10.62	39.57		
	300m: 3:39.35	38.06	700m: 8:57.73	40.82	1100m: 14:29.98	42.28	1500m: 19:48.32	37.70		
	350m: 4:18.53	39.18	750m: 9:38.29	40.56	1150m: 15:10.82	40.84				
	400m: 4:58.13	39.60	800m: 10:19.27	40.98	1200m: 15:51.90	41.08				

40, , 1500m

								R.T.			FINA	
30.			2005					19:48.60			464	
	50m:	35.00	35.00	400m:	5:12.74	39.92	750m:	9:52.27	40.62	1150m:	15:11.08	40.24
	100m:	1:14.27	39.27	450m:	5:52.51	39.77	800m:	10:31.74	39.47	1200m:	15:51.22	40.14
	150m:	1:53.69	39.42	500m:	6:32.69	40.18	850m:	11:11.21	39.47	1250m:	16:31.53	40.31
	200m:	2:33.93	40.24	550m:	7:11.84	39.15	950m:	12:31.50	1:20.29	1300m:	17:12.17	40.64
	250m:	3:14.05	40.12	600m:	7:51.94	40.10	1000m:	13:10.83	39.33	1350m:	17:51.64	39.47
	300m:	3:53.48	39.43	650m:	8:31.79	39.85	1050m:	13:50.72	39.89	1450m:	19:11.50	1:19.86
	350m:	4:32.82	39.34	700m:	9:11.65	39.86	1100m:	14:30.84	40.12	1500m:	19:48.60	37.10
31.			2005					+0,90 19:49.91			462	
	50m:	35.49	35.49	450m:	5:50.54	39.30	850m:	11:10.17	40.25	1250m:	16:30.82	39.69
	100m:	1:13.71	38.22	500m:	6:30.80	40.26	900m:	11:50.41	40.24	1300m:	17:11.10	40.28
	150m:	1:52.58	38.87	550m:	7:10.23	39.43	950m:	12:30.18	39.77	1350m:	17:50.98	39.88
	200m:	2:32.06	39.48	600m:	7:50.07	39.84	1000m:	13:10.69	40.51	1400m:	18:31.58	40.60
	250m:	3:11.70	39.64	650m:	8:29.93	39.86	1050m:	13:50.41	39.72	1450m:	19:10.74	39.16
	300m:	3:51.89	40.19	700m:	9:10.40	40.47	1100m:	14:30.63	40.22	1500m:	19:49.91	39.17
	350m:	4:31.28	39.39	750m:	9:49.92	39.52	1150m:	15:10.54	39.91			
	400m:	5:11.24	39.96	800m:	10:29.92	40.00	1200m:	15:51.13	40.59			
32.			2003					+0,97 19:51.59			460	
	50m:	34.95	34.95	450m:	5:56.56	40.31	850m:	11:14.21	39.91	1250m:	16:34.32	39.92
	100m:	1:14.22	39.27	500m:	6:36.04	39.48	900m:	11:54.14	39.93	1300m:	17:14.58	40.26
	150m:	1:54.02	39.80	550m:	7:15.30	39.26	950m:	12:34.05	39.91	1350m:	17:55.17	40.59
	200m:	2:34.62	40.60	600m:	7:55.14	39.84	1000m:	13:14.28	40.23	1400m:	18:35.36	40.19
	250m:	3:15.23	40.61	650m:	8:35.14	40.00	1050m:	13:53.92	39.64	1450m:	19:14.46	39.10
	300m:	3:55.84	40.61	700m:	9:14.89	39.75	1100m:	14:33.66	39.74	1500m:	19:51.59	37.13
	350m:	4:36.11	40.27	750m:	9:55.06	40.17	1150m:	15:14.01	40.35			
	400m:	5:16.25	40.14	800m:	10:34.30	39.24	1200m:	15:54.40	40.39			
33.			2004					+1,20 19:54.99			457	
	50m:	36.66	36.66	450m:	5:57.08	40.19	850m:	11:16.39	40.18	1250m:	16:36.43	39.84
	100m:	1:16.85	40.19	500m:	6:37.08	40.00	900m:	11:55.84	39.45	1300m:	17:16.95	40.52
	150m:	1:57.30	40.45	550m:	7:16.94	39.86	950m:	12:36.21	40.37	1350m:	17:57.39	40.44
	200m:	2:37.31	40.01	600m:	7:56.88	39.94	1000m:	13:15.95	39.74	1400m:	18:37.51	40.12
	250m:	3:17.46	40.15	650m:	8:36.45	39.57	1050m:	13:56.49	40.54	1450m:	19:17.28	39.77
	300m:	3:56.87	39.41	700m:	9:16.11	39.66	1100m:	14:36.55	40.06	1500m:	19:54.99	37.71
	350m:	4:37.09	40.22	750m:	9:56.79	40.68	1150m:	15:16.71	40.16			
	400m:	5:16.89	39.80	800m:	10:36.21	39.42	1200m:	15:56.59	39.88			
34.			2005					+0,78 20:55.05			394	
	50m:	34.25	34.25	450m:	5:59.85	41.42	850m:	11:40.99	41.84	1250m:	17:25.01	43.40
	100m:	1:13.35	39.10	500m:	6:41.97	42.12	900m:	12:24.34	43.35	1300m:	18:08.59	43.58
	150m:	1:52.72	39.37	550m:	7:24.19	42.22	950m:	13:07.35	43.01	1350m:	18:50.08	41.49
	200m:	2:33.97	41.25	600m:	8:07.43	43.24	1000m:	13:50.68	43.33	1400m:	19:33.38	43.30
	250m:	3:14.24	40.27	650m:	8:49.99	42.56	1050m:	14:32.60	41.92	1450m:	20:14.57	41.19
	300m:	3:55.59	41.35	700m:	9:33.75	43.76	1100m:	15:15.79	43.19	1500m:	20:55.05	40.48
	350m:	4:36.41	40.82	750m:	10:16.66	42.91	1150m:	15:58.14	42.35			
	400m:	5:18.43	42.02	800m:	10:59.15	42.49	1200m:	16:41.61	43.47			
DNS			2002									
DNS			2005									

40, , 1500m

40 , 1500m (15-17)
01.03.2019 - 15:3816:13.13 (ESP) 22.07.2003
16:13.13 (ESP) 22.07.2003

: FINA 2019

	/				R.T.				FINA			
1.	2003				+0,86 17:56.73				624			
50m:	32.05	32.05	450m:	5:19.64	35.85	850m:	10:08.85	35.13	1250m:	14:58.08	36.21	
100m:	1:07.72	35.67	500m:	5:56.72	37.08	900m:	10:45.21	36.36	1300m:	15:34.37	36.29	
150m:	1:43.33	35.61	550m:	6:32.37	35.65	950m:	11:20.94	35.73	1350m:	16:10.89	36.52	
200m:	2:19.25	35.92	600m:	7:09.04	36.67	1000m:	11:57.43	36.49	1400m:	16:47.10	36.21	
250m:	2:54.97	35.72	650m:	7:44.24	35.20	1050m:	12:33.09	35.66	1450m:	17:22.65	35.55	
300m:	3:31.42	36.45	700m:	8:20.93	36.69	1100m:	13:09.41	36.32	1500m:	17:56.73	34.08	
350m:	4:07.16	35.74	750m:	8:57.04	36.11	1150m:	13:45.37	35.96				
400m:	4:43.79	36.63	800m:	9:33.72	36.68	1200m:	14:21.87	36.50				
2.	2002				+0,97 18:05.26				610			
50m:	32.93	32.93	450m:	5:23.15	36.12	850m:	10:14.15	36.54	1250m:	15:07.43	36.81	
100m:	1:08.60	35.67	500m:	5:59.67	36.52	900m:	10:50.73	36.58	1300m:	15:43.82	36.39	
150m:	1:44.94	36.34	550m:	6:36.06	36.39	950m:	11:27.50	36.77	1350m:	16:20.35	36.53	
200m:	2:21.38	36.44	600m:	7:12.06	36.00	1000m:	12:04.26	36.76	1400m:	16:56.76	36.41	
250m:	2:57.89	36.51	650m:	7:48.54	36.48	1050m:	12:41.39	37.13	1450m:	17:32.57	35.81	
300m:	3:34.35	36.46	700m:	8:24.59	36.05	1100m:	13:17.41	36.02	1500m:	18:05.26	32.69	
350m:	4:10.60	36.25	750m:	9:01.37	36.78	1150m:	13:54.02	36.61				
400m:	4:47.03	36.43	800m:	9:37.61	36.24	1200m:	14:30.62	36.60				
3.	2004				+0,89 18:07.83				605			
50m:	32.03	32.03	450m:	5:18.19	36.89	850m:	10:10.18	37.44	1250m:	15:05.90	37.37	
100m:	1:06.41	34.38	500m:	5:53.71	35.52	900m:	10:47.06	36.88	1300m:	15:42.92	37.02	
150m:	1:42.80	36.39	550m:	6:30.34	36.63	950m:	11:24.19	37.13	1350m:	16:20.23	37.31	
200m:	2:18.30	35.50	600m:	7:06.18	35.84	1000m:	12:00.97	36.78	1400m:	16:57.10	36.87	
250m:	2:54.20	35.90	650m:	7:42.88	36.70	1050m:	12:37.99	37.02	1450m:	17:33.30	36.20	
300m:	3:29.21	35.01	700m:	8:19.09	36.21	1100m:	13:14.46	36.47	1500m:	18:07.83	34.53	
350m:	4:05.64	36.43	750m:	8:56.07	36.98	1150m:	13:51.57	37.11				
400m:	4:41.30	35.66	800m:	9:32.74	36.67	1200m:	14:28.53	36.96				
4.	2002				+0,73 18:15.37				593			
50m:	32.01	32.01	450m:	5:17.35	36.33	850m:	10:09.07	36.86	1250m:	15:08.47	38.00	
100m:	1:06.90	34.89	500m:	5:53.46	36.11	900m:	10:45.67	36.60	1300m:	15:46.24	37.77	
150m:	1:42.35	35.45	550m:	6:30.03	36.57	950m:	11:22.65	36.98	1350m:	16:24.75	38.51	
200m:	2:17.87	35.52	600m:	7:06.03	36.00	1000m:	11:59.55	36.90	1400m:	17:03.05	38.30	
250m:	2:53.61	35.74	650m:	7:42.48	36.45	1050m:	12:36.93	37.38	1450m:	17:40.80	37.75	
300m:	3:28.96	35.35	700m:	8:18.83	36.35	1100m:	13:14.50	37.57	1500m:	18:15.37	34.57	
350m:	4:05.22	36.26	750m:	8:55.30	36.47	1150m:	13:52.82	38.32				
400m:	4:41.02	35.80	800m:	9:32.21	36.91	1200m:	14:30.47	37.65				
5.	2002				+0,79 18:26.06				576			
50m:	31.93	31.93	450m:	5:20.87	36.40	850m:	10:16.42	37.07	1250m:	15:17.82	37.48	
100m:	1:07.32	35.39	500m:	5:57.79	36.92	900m:	10:54.37	37.95	1300m:	15:55.96	38.14	
150m:	1:42.55	35.23	550m:	6:34.12	36.33	950m:	11:31.31	36.94	1350m:	16:33.48	37.52	
200m:	2:18.72	36.17	600m:	7:11.03	36.91	1000m:	12:09.29	37.98	1400m:	17:11.58	38.10	
250m:	2:54.67	35.95	650m:	7:47.34	36.31	1050m:	12:46.48	37.19	1450m:	17:49.50	37.92	
300m:	3:31.47	36.80	700m:	8:24.90	37.56	1100m:	13:24.99	38.51	1500m:	18:26.06	36.56	
350m:	4:07.38	35.91	750m:	9:01.40	36.50	1150m:	14:01.83	36.84				
400m:	4:44.47	37.09	800m:	9:39.35	37.95	1200m:	14:40.34	38.51				

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40, , 1500m , (15-17)

								R.T.		FINA		
6.			2002					+0,68	18:27.29		574	
	50m:	31.43	31.43	450m:	5:21.89	36.47	850m:	10:20.26	36.82	1250m:	15:21.18	37.80
	100m:	1:06.67	35.24	500m:	5:58.93	37.04	900m:	10:58.87	38.61	1300m:	16:00.91	39.73
	150m:	1:42.24	35.57	550m:	6:35.35	36.42	950m:	11:35.88	37.01	1350m:	16:37.99	37.08
	200m:	2:19.05	36.81	600m:	7:13.35	38.00	1000m:	12:13.31	37.43	1400m:	17:17.12	39.13
	250m:	2:55.68	36.63	650m:	7:50.26	36.91	1050m:	12:50.32	37.01	1450m:	17:53.00	35.88
	300m:	3:32.44	36.76	700m:	8:28.85	38.59	1100m:	13:28.03	37.71	1500m:	18:27.29	34.29
	350m:	4:07.99	35.55	750m:	9:05.69	36.84	1150m:	14:05.25	37.22			
	400m:	4:45.42	37.43	800m:	9:43.44	37.75	1200m:	14:43.38	38.13			
7.			2002					+0,76	18:35.37		562	
	50m:	33.27	33.27	450m:	5:26.35	37.12	850m:	10:25.31	37.93	1250m:	15:28.38	38.14
	100m:	1:08.89	35.62	500m:	6:03.16	36.81	900m:	11:02.85	37.54	1300m:	16:06.08	37.70
	150m:	1:45.46	36.57	550m:	6:40.51	37.35	950m:	11:40.90	38.05	1350m:	16:44.08	38.00
	200m:	2:22.13	36.67	600m:	7:17.48	36.97	1000m:	12:18.47	37.57	1400m:	17:21.38	37.30
	250m:	2:59.30	37.17	650m:	7:54.96	37.48	1050m:	12:56.62	38.15	1450m:	17:59.19	37.81
	300m:	3:35.60	36.30	700m:	8:31.97	37.01	1100m:	13:34.22	37.60	1500m:	18:35.37	36.18
	350m:	4:12.56	36.96	750m:	9:09.82	37.85	1150m:	14:12.33	38.11			
	400m:	4:49.23	36.67	800m:	9:47.38	37.56	1200m:	14:50.24	37.91			
8.			2004					+0,79	18:39.41		556	
	50m:	33.50	33.50	450m:	5:23.77	36.64	850m:	10:24.70	38.21	1250m:	15:31.44	37.89
	100m:	1:09.46	35.96	500m:	6:00.65	36.88	900m:	11:02.96	38.26	1300m:	16:09.74	38.30
	150m:	1:45.37	35.91	550m:	6:37.77	37.12	950m:	11:41.53	38.57	1350m:	16:48.36	38.62
	200m:	2:21.76	36.39	600m:	7:15.37	37.60	1000m:	12:20.12	38.59	1400m:	17:25.86	37.50
	250m:	2:58.02	36.26	650m:	7:53.20	37.83	1050m:	12:58.07	37.95	1450m:	18:03.28	37.42
	300m:	3:34.15	36.13	700m:	8:30.76	37.56	1100m:	13:36.46	38.39	1500m:	18:39.41	36.13
	350m:	4:10.72	36.57	750m:	9:08.39	37.63	1150m:	14:15.00	38.54			
	400m:	4:47.13	36.41	800m:	9:46.49	38.10	1200m:	14:53.55	38.55			
9.			2004						18:47.66		543	
	50m:	32.28	32.28	450m:	5:31.75	38.46	850m:	10:35.98	38.09	1250m:	15:40.89	37.70
	100m:	1:08.18	35.90	500m:	6:10.05	38.30	900m:	11:14.57	38.59	1300m:	16:19.43	38.54
	150m:	1:45.34	37.16	550m:	6:47.65	37.60	950m:	11:52.40	37.83	1350m:	16:56.88	37.45
	200m:	2:23.02	37.68	600m:	7:25.56	37.91	1000m:	12:30.71	38.31	1400m:	17:35.22	38.34
	250m:	2:59.91	36.89	650m:	8:03.25	37.69	1050m:	13:08.36	37.65	1450m:	18:11.15	35.93
	300m:	3:37.65	37.74	700m:	8:41.87	38.62	1100m:	13:46.70	38.34	1500m:	18:47.66	36.51
	350m:	4:15.22	37.57	750m:	9:19.49	37.62	1150m:	14:24.54	37.84			
	400m:	4:53.29	38.07	800m:	9:57.89	38.40	1200m:	15:03.19	38.65			
10.			2002					+0,77	18:53.19		535	
	50m:	32.57	32.57	450m:	5:27.63	37.80	850m:	10:33.08	38.76	1250m:	15:42.69	38.82
	100m:	1:08.64	36.07	500m:	6:05.35	37.72	900m:	11:11.60	38.52	1300m:	16:21.09	38.40
	150m:	1:45.38	36.74	550m:	6:43.24	37.89	950m:	11:50.84	39.24	1350m:	16:59.83	38.74
	200m:	2:21.78	36.40	600m:	7:21.12	37.88	1000m:	12:28.90	38.06	1400m:	17:38.27	38.44
	250m:	2:58.69	36.91	650m:	7:59.60	38.48	1050m:	13:07.96	39.06	1450m:	18:16.37	38.10
	300m:	3:35.63	36.94	700m:	8:37.55	37.95	1100m:	13:46.58	38.62	1500m:	18:53.19	36.82
	350m:	4:12.83	37.20	750m:	9:16.21	38.66	1150m:	14:25.36	38.78			
	400m:	4:49.83	37.00	800m:	9:54.32	38.11	1200m:	15:03.87	38.51			
11.			2002	I				+0,87	19:08.26	I	515	
	50m:	33.24	33.24	450m:	5:32.06	37.80	850m:	10:39.42	38.49	1250m:	15:49.96	38.94
	100m:	1:10.26	37.02	500m:	6:10.18	38.12	900m:	11:18.17	38.75	1300m:	16:29.45	39.49
	150m:	1:46.83	36.57	550m:	6:48.20	38.02	950m:	11:56.77	38.60	1350m:	17:08.58	39.13
	200m:	2:23.96	37.13	600m:	7:26.51	38.31	1000m:	12:35.95	39.18	1400m:	17:49.35	40.77
	250m:	3:01.18	37.22	650m:	8:04.85	38.34	1050m:	13:14.07	38.12	1450m:	18:28.81	39.46
	300m:	3:38.72	37.54	700m:	8:43.68	38.83	1100m:	13:53.24	39.17	1500m:	19:08.26	39.45
	350m:	4:16.30	37.58	750m:	9:22.12	38.44	1150m:	14:31.55	38.31			
	400m:	4:54.26	37.96	800m:	10:00.93	38.81	1200m:	15:11.02	39.47			

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40, , 1500m , (15-17)

					R.T.				FINA			
12.	2003				19:16.33				504			
50m:	33.36	33.36	450m:	5:40.26	38.47	850m:	10:51.32	38.66	1250m:	16:04.28	39.27	
100m:	1:10.34	36.98	500m:	6:19.41	39.15	900m:	11:30.30	38.98	1300m:	16:44.03	39.75	
150m:	1:48.43	38.09	550m:	6:57.32	37.91	950m:	12:09.27	38.97	1350m:	17:22.20	38.17	
200m:	2:27.00	38.57	600m:	7:36.51	39.19	1000m:	12:48.94	39.67	1400m:	18:01.39	39.19	
250m:	3:05.48	38.48	650m:	8:15.05	38.54	1050m:	13:27.44	38.50	1450m:	18:39.74	38.35	
300m:	3:44.31	38.83	700m:	8:54.53	39.48	1100m:	14:07.24	39.80	1500m:	19:16.33	36.59	
350m:	4:22.79	38.48	750m:	9:32.96	38.43	1150m:	14:45.57	38.33				
400m:	5:01.79	39.00	800m:	10:12.66	39.70	1200m:	15:25.01	39.44				
13.	2004				+0,83 19:27.19				490			
50m:	33.98	33.98	450m:	5:44.86	39.59	850m:	11:00.75	40.20	1250m:	16:17.23	39.68	
100m:	1:11.47	37.49	500m:	6:23.77	38.91	900m:	11:40.50	39.75	1300m:	16:55.27	38.04	
150m:	1:50.59	39.12	550m:	7:03.48	39.71	950m:	12:20.97	40.47	1350m:	17:33.36	38.09	
200m:	2:29.84	39.25	600m:	7:42.73	39.25	1000m:	12:59.83	38.86	1400m:	18:10.56	37.20	
250m:	3:08.95	39.11	650m:	8:22.27	39.54	1050m:	13:39.44	39.61	1450m:	18:49.86	39.30	
300m:	3:47.06	38.11	700m:	9:01.68	39.41	1100m:	14:18.77	39.33	1500m:	19:27.19	37.33	
350m:	4:26.47	39.41	750m:	9:41.44	39.76	1150m:	14:58.70	39.93				
400m:	5:05.27	38.80	800m:	10:20.55	39.11	1200m:	15:37.55	38.85				
14.	2004				+0,79 19:39.87				474			
50m:	33.76	33.76	450m:	5:46.14	39.79	850m:	11:03.78	40.22	1250m:	16:23.43	40.69	
100m:	1:11.67	37.91	500m:	6:24.72	38.58	900m:	11:43.38	39.60	1300m:	17:02.56	39.13	
150m:	1:51.09	39.42	550m:	7:04.59	39.87	950m:	12:23.49	40.11	1350m:	17:42.86	40.30	
200m:	2:29.76	38.67	600m:	7:43.85	39.26	1000m:	13:02.85	39.36	1400m:	18:22.13	39.27	
250m:	3:09.29	39.53	650m:	8:24.09	40.24	1050m:	13:43.11	40.26	1450m:	19:02.05	39.92	
300m:	3:47.62	38.33	700m:	9:03.66	39.57	1100m:	14:23.06	39.95	1500m:	19:39.87	37.82	
350m:	4:27.52	39.90	750m:	9:44.10	40.44	1150m:	15:03.57	40.51				
400m:	5:06.35	38.83	800m:	10:23.56	39.46	1200m:	15:42.74	39.17				
15.	2004				+0,87 19:42.57				471			
50m:	33.44	33.44	450m:	5:42.20	39.46	850m:	11:01.92	40.35	1250m:	16:24.57	40.57	
100m:	1:09.63	36.19	500m:	6:21.37	39.17	900m:	11:41.98	40.06	1300m:	17:04.78	40.21	
150m:	1:47.87	38.24	550m:	7:01.42	40.05	950m:	12:22.72	40.74	1350m:	17:44.90	40.12	
200m:	2:25.83	37.96	600m:	7:40.70	39.28	1000m:	13:02.55	39.83	1400m:	18:24.79	39.89	
250m:	3:04.98	39.15	650m:	8:20.98	40.28	1050m:	13:42.92	40.37	1450m:	19:04.57	39.78	
300m:	3:44.20	39.22	700m:	9:00.80	39.82	1100m:	14:22.91	39.99	1500m:	19:42.57	38.00	
350m:	4:23.90	39.70	750m:	9:41.39	40.59	1150m:	15:03.81	40.90				
400m:	5:02.74	38.84	800m:	10:21.57	40.18	1200m:	15:44.00	40.19				
16.	2003				+0,80 19:48.32				464			
50m:	33.00	33.00	450m:	5:37.56	39.43	850m:	11:00.34	41.07	1250m:	16:31.54	39.64	
100m:	1:09.02	36.02	500m:	6:17.91	40.35	900m:	11:42.71	42.37	1300m:	17:11.81	40.27	
150m:	1:45.74	36.72	550m:	6:57.50	39.59	950m:	12:24.13	41.42	1350m:	17:50.81	39.00	
200m:	2:23.60	37.86	600m:	7:37.81	40.31	1000m:	13:06.94	42.81	1400m:	18:31.05	40.24	
250m:	3:01.29	37.69	650m:	8:16.91	39.10	1050m:	13:47.70	40.76	1450m:	19:10.62	39.57	
300m:	3:39.35	38.06	700m:	8:57.73	40.82	1100m:	14:29.98	42.28	1500m:	19:48.32	37.70	
350m:	4:18.53	39.18	750m:	9:38.29	40.56	1150m:	15:10.82	40.84				
400m:	4:58.13	39.60	800m:	10:19.27	40.98	1200m:	15:51.90	41.08				
17.	2003				+0,97 19:51.59				460			
50m:	34.95	34.95	450m:	5:56.56	40.31	850m:	11:14.21	39.91	1250m:	16:34.32	39.92	
100m:	1:14.22	39.27	500m:	6:36.04	39.48	900m:	11:54.14	39.93	1300m:	17:14.58	40.26	
150m:	1:54.02	39.80	550m:	7:15.30	39.26	950m:	12:34.05	39.91	1350m:	17:55.17	40.59	
200m:	2:34.62	40.60	600m:	7:55.14	39.84	1000m:	13:14.28	40.23	1400m:	18:35.36	40.19	
250m:	3:15.23	40.61	650m:	8:35.14	40.00	1050m:	13:53.92	39.64	1450m:	19:14.46	39.10	
300m:	3:55.84	40.61	700m:	9:14.89	39.75	1100m:	14:33.66	39.74	1500m:	19:51.59	37.13	
350m:	4:36.11	40.27	750m:	9:55.06	40.17	1150m:	15:14.01	40.35				
400m:	5:16.25	40.14	800m:	10:34.30	39.24	1200m:	15:54.40	40.39				

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40, , 1500m , (15-17)

								R.T.		FINA		
18.			2004	I				+1,20	19:54.99	I	457	
	50m:	36.66	36.66	450m:	5:57.08	40.19	850m:	11:16.39	40.18	1250m:	16:36.43	39.84
	100m:	1:16.85	40.19	500m:	6:37.08	40.00	900m:	11:55.84	39.45	1300m:	17:16.95	40.52
	150m:	1:57.30	40.45	550m:	7:16.94	39.86	950m:	12:36.21	40.37	1350m:	17:57.39	40.44
	200m:	2:37.31	40.01	600m:	7:56.88	39.94	1000m:	13:15.95	39.74	1400m:	18:37.51	40.12
	250m:	3:17.46	40.15	650m:	8:36.45	39.57	1050m:	13:56.49	40.54	1450m:	19:17.28	39.77
	300m:	3:56.87	39.41	700m:	9:16.11	39.66	1100m:	14:36.55	40.06	1500m:	19:54.99	37.71
	350m:	4:37.09	40.22	750m:	9:56.79	40.68	1150m:	15:16.71	40.16			
	400m:	5:16.89	39.80	800m:	10:36.21	39.42	1200m:	15:56.59	39.88			

DNS 2002 I