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30
25.02.2021 - 13:45 , 1500m

14:41.13	(CHN)	15.08.2008
14:59.56	- - (BRA)	12.08.2016

: FINA 2020

							R.T.				FINA
1.			2002				+0,84		15:32.15		815
50m:	27.83	27.83	450m:	4:34.46	30.97	850m:	8:44.83	31.30	1250m:	12:55.18	31.02
100m:	58.21	30.38	500m:	5:05.67	31.21	900m:	9:16.01	31.18	1300m:	13:26.37	31.19
150m:	1:28.82	30.61	550m:	5:36.84	31.17	950m:	9:47.14	31.13	1350m:	13:58.61	32.24
200m:	1:59.71	30.89	600m:	6:08.09	31.25	1000m:	10:18.38	31.24	1400m:	14:30.49	31.88
250m:	2:30.57	30.86	650m:	6:39.42	31.33	1050m:	10:49.62	31.24	1450m:	15:02.01	31.52
300m:	3:01.21	30.64	700m:	7:10.79	31.37	1100m:	11:21.03	31.41	1500m:	15:32.15	30.14
350m:	3:32.23	31.02	750m:	7:42.26	31.47	1150m:	11:52.65	31.62			
400m:	4:03.49	31.26	800m:	8:13.53	31.27	1200m:	12:24.16	31.51			
2.			1999				+0,77		15:46.92		778
50m:	27.91	27.91	450m:	4:40.37	32.03	850m:	8:55.24	32.11	1250m:	13:10.31	31.99
100m:	58.77	30.86	500m:	5:12.32	31.95	900m:	9:26.63	31.39	1300m:	13:42.02	31.71
150m:	1:30.59	31.82	550m:	5:44.52	32.20	950m:	9:58.62	31.99	1350m:	14:13.71	31.69
200m:	2:02.34	31.75	600m:	6:15.83	31.31	1000m:	10:30.97	32.35	1400m:	14:45.70	31.99
250m:	2:34.21	31.87	650m:	6:47.79	31.96	1050m:	11:02.74	31.77	1450m:	15:17.30	31.60
300m:	3:05.12	30.91	700m:	7:19.60	31.81	1100m:	11:34.95	32.21	1500m:	15:46.92	29.62
350m:	3:37.06	31.94	750m:	7:51.75	32.15	1150m:	12:06.32	31.37			
400m:	4:08.34	31.28	800m:	8:23.13	31.38	1200m:	12:38.32	32.00			
3.			2003				+0,86		15:56.69		754
50m:	29.32	29.32	450m:	4:42.22	32.15	850m:	8:58.87	31.96	1250m:	13:15.21	32.37
100m:	1:00.26	30.94	500m:	5:14.19	31.97	900m:	9:30.75	31.88	1300m:	13:47.42	32.21
150m:	1:31.78	31.52	550m:	5:46.06	31.87	950m:	10:03.01	32.26	1350m:	14:20.19	32.77
200m:	2:03.12	31.34	600m:	6:18.22	32.16	1000m:	10:34.65	31.64	1400m:	14:52.86	32.67
250m:	2:35.10	31.98	650m:	6:50.37	32.15	1050m:	11:06.79	32.14	1450m:	15:25.53	32.67
300m:	3:06.45	31.35	700m:	7:22.49	32.12	1100m:	11:38.63	31.84	1500m:	15:56.69	31.16
350m:	3:38.40	31.95	750m:	7:54.81	32.32	1150m:	12:10.80	32.17			
400m:	4:10.07	31.67	800m:	8:26.91	32.10	1200m:	12:42.84	32.04			
4.			2004				+0,72		16:16.09		710
50m:	28.46	28.46	450m:	4:41.64	32.54	850m:	9:00.94	32.66	1250m:	13:30.91	34.58
100m:	59.32	30.86	500m:	5:14.15	32.51	900m:	9:33.68	32.74	1300m:	14:04.57	33.66
150m:	1:30.63	31.31	550m:	5:46.37	32.22	950m:	10:07.17	33.49	1350m:	14:38.41	33.84
200m:	2:01.95	31.32	600m:	6:18.42	32.05	1000m:	10:40.82	33.65	1400m:	15:11.91	33.50
250m:	2:33.40	31.45	650m:	6:50.48	32.06	1050m:	11:13.99	33.17	1450m:	15:44.40	32.49
300m:	3:04.92	31.52	700m:	7:22.33	31.85	1100m:	11:48.00	34.01	1500m:	16:16.09	31.69
350m:	3:36.85	31.93	750m:	7:55.42	33.09	1150m:	12:22.36	34.36			
400m:	4:09.10	32.25	800m:	8:28.28	32.86	1200m:	12:56.33	33.97			
5.			2003				+0,87		16:26.58		688
50m:	29.17	29.17	450m:	4:51.21	33.05	850m:	9:15.25	32.68	1250m:	13:41.94	33.11
100m:	1:01.07	31.90	500m:	5:24.43	33.22	900m:	9:48.76	33.51	1300m:	14:15.31	33.37
150m:	1:33.73	32.66	550m:	5:57.40	32.97	950m:	10:21.95	33.19	1350m:	14:48.29	32.98
200m:	2:06.69	32.96	600m:	6:30.83	33.43	1000m:	10:55.59	33.64	1400m:	15:21.55	33.26
250m:	2:39.07	32.38	650m:	7:03.47	32.64	1050m:	11:28.73	33.14	1450m:	15:54.62	33.07
300m:	3:11.96	32.89	700m:	7:36.56	33.09	1100m:	12:02.21	33.48	1500m:	16:26.58	31.96
350m:	3:44.87	32.91	750m:	8:09.24	32.68	1150m:	12:35.28	33.07			
400m:	4:18.16	33.29	800m:	8:42.57	33.33	1200m:	13:08.83	33.55			

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OMEGA



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30, , 1500m

					R.T.				FINA			
6.	2004				+0,87 16:28.81				683			
	50m: 29.13	29.13	450m: 4:51.95	33.65	850m: 9:21.56	34.25	1250m: 13:46.58	32.53				
	100m: 1:01.19	32.06	500m: 5:25.73	33.78	900m: 9:55.32	33.76	1300m: 14:19.52	32.94				
	150m: 1:33.09	31.90	550m: 5:59.44	33.71	950m: 10:29.41	34.09	1350m: 14:52.31	32.79				
	200m: 2:05.92	32.83	600m: 6:33.36	33.92	1000m: 11:02.60	33.19	1400m: 15:25.43	33.12				
	250m: 2:38.56	32.64	650m: 7:06.75	33.39	1050m: 11:35.31	32.71	1450m: 15:57.92	32.49				
	300m: 3:11.48	32.92	700m: 7:40.10	33.35	1100m: 12:08.29	32.98	1500m: 16:28.81	30.89				
	350m: 3:44.79	33.31	750m: 8:13.53	33.43	1150m: 12:40.95	32.66						
	400m: 4:18.30	33.51	800m: 8:47.31	33.78	1200m: 13:14.05	33.10						
7.	2006				+0,70 16:30.64				679			
	50m: 28.84	28.84	450m: 4:50.82	33.47	850m: 9:20.16	34.35	1250m: 13:48.02	33.75				
	100m: 1:00.24	31.40	500m: 5:24.92	34.10	900m: 9:53.68	33.52	1300m: 14:21.29	33.27				
	150m: 1:32.25	32.01	550m: 5:57.98	33.06	950m: 10:27.08	33.40	1350m: 14:54.17	32.88				
	200m: 2:04.96	32.71	600m: 6:32.04	34.06	1000m: 11:00.55	33.47	1400m: 15:27.97	33.80				
	250m: 2:37.57	32.61	650m: 7:05.91	33.87	1050m: 11:34.12	33.57	1450m: 15:59.41	31.44				
	300m: 3:11.27	33.70	700m: 7:39.33	33.42	1100m: 12:07.31	33.19	1500m: 16:30.64	31.23				
	350m: 3:43.24	31.97	750m: 8:11.43	32.10	1150m: 12:40.62	33.31						
	400m: 4:17.35	34.11	800m: 8:45.81	34.38	1200m: 13:14.27	33.65						
8.	2004				+0,78 16:30.98				679			
	50m: 30.12	30.12	450m: 4:57.39	33.75	850m: 9:23.31	33.47	1250m: 13:49.09	33.47				
	100m: 1:02.49	32.37	500m: 5:30.73	33.34	900m: 9:56.39	33.08	1300m: 14:22.01	32.92				
	150m: 1:35.99	33.50	550m: 6:03.93	33.20	950m: 10:29.67	33.28	1350m: 14:55.04	33.03				
	200m: 2:09.30	33.31	600m: 6:37.01	33.08	1000m: 11:02.86	33.19	1400m: 15:27.95	32.91				
	250m: 2:42.87	33.57	650m: 7:10.18	33.17	1050m: 11:35.95	33.09	1450m: 16:00.51	32.56				
	300m: 3:16.42	33.55	700m: 7:43.22	33.04	1100m: 12:09.19	33.24	1500m: 16:30.98	30.47				
	350m: 3:50.02	33.60	750m: 8:16.80	33.58	1150m: 12:42.39	33.20						
	400m: 4:23.64	33.62	800m: 8:49.84	33.04	1200m: 13:15.62	33.23						
9.	2002				+0,80 16:33.17				674			
	50m: 29.74	29.74	450m: 4:52.19	33.60	850m: 9:20.05	33.79	1250m: 13:48.13	33.53				
	100m: 1:01.40	31.66	500m: 5:25.76	33.57	900m: 9:53.51	33.46	1300m: 14:21.52	33.39				
	150m: 1:33.76	32.36	550m: 5:59.42	33.66	950m: 10:26.98	33.47	1350m: 14:54.35	32.83				
	200m: 2:06.35	32.59	600m: 6:32.68	33.26	1000m: 11:00.27	33.29	1400m: 15:28.07	33.72				
	250m: 2:38.94	32.59	650m: 7:06.27	33.59	1050m: 11:33.77	33.50	1450m: 16:01.54	33.47				
	300m: 3:12.26	33.32	700m: 7:39.80	33.53	1100m: 12:07.41	33.64	1500m: 16:33.17	31.63				
	350m: 3:45.24	32.98	750m: 8:12.83	33.03	1150m: 12:40.98	33.57						
	400m: 4:18.59	33.35	800m: 8:46.26	33.43	1200m: 13:14.60	33.62						
10.	2005				+0,86 16:34.70				671			
	50m: 28.89	28.89	450m: 4:49.31	32.04	850m: 9:15.80	33.81	1250m: 13:47.65	33.79				
	100m: 1:00.78	31.89	500m: 5:22.31	33.00	900m: 9:49.50	33.70	1300m: 14:21.40	33.75				
	150m: 1:33.19	32.41	550m: 5:54.99	32.68	950m: 10:23.13	33.63	1350m: 14:55.60	34.20				
	200m: 2:06.27	33.08	600m: 6:28.27	33.28	1000m: 10:57.21	34.08	1400m: 15:29.53	33.93				
	250m: 2:38.81	32.54	650m: 7:01.23	32.96	1050m: 11:31.58	34.37	1450m: 16:02.47	32.94				
	300m: 3:11.65	32.84	700m: 7:34.86	33.63	1100m: 12:05.50	33.92	1500m: 16:34.70	32.23				
	350m: 3:44.42	32.77	750m: 8:08.36	33.50	1150m: 12:39.95	34.45						
	400m: 4:17.27	32.85	800m: 8:41.99	33.63	1200m: 13:13.86	33.91						

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30, , 1500m

					R.T.				FINA			
11.	2003				+0,90 16:36.42				667			
	50m:	29.91	29.91	450m:	4:53.88	33.51	850m:	9:21.91	33.83	1250m:	13:51.49	33.94
	100m:	1:01.78	31.87	500m:	5:27.20	33.32	900m:	9:55.09	33.18	1300m:	14:25.37	33.88
	150m:	1:34.83	33.05	550m:	6:00.85	33.65	950m:	10:29.23	34.14	1350m:	14:58.99	33.62
	200m:	2:07.36	32.53	600m:	6:34.24	33.39	1000m:	11:02.62	33.39	1400m:	15:32.50	33.51
	250m:	2:40.63	33.27	650m:	7:07.59	33.35	1050m:	11:36.56	33.94	1450m:	16:05.48	32.98
	300m:	3:13.51	32.88	700m:	7:41.08	33.49	1100m:	12:10.21	33.65	1500m:	16:36.42	30.94
	350m:	3:47.18	33.67	750m:	8:14.71	33.63	1150m:	12:43.91	33.70			
	400m:	4:20.37	33.19	800m:	8:48.08	33.37	1200m:	13:17.55	33.64			
12.	2002				+0,83 16:45.56				649			
	50m:	28.70	28.70	450m:	4:53.41	33.26	850m:	9:23.40	34.38	1250m:	13:57.63	33.77
	100m:	1:01.26	32.56	500m:	5:26.78	33.37	900m:	9:57.59	34.19	1300m:	14:32.26	34.63
	150m:	1:34.68	33.42	550m:	5:59.95	33.17	950m:	10:32.47	34.88	1350m:	15:06.40	34.14
	200m:	2:07.68	33.00	600m:	6:33.44	33.49	1000m:	11:06.67	34.20	1400m:	15:40.41	34.01
	250m:	2:40.59	32.91	650m:	7:07.07	33.63	1050m:	11:40.66	33.99	1450m:	16:13.83	33.42
	300m:	3:13.61	33.02	700m:	7:41.15	34.08	1100m:	12:14.93	34.27	1500m:	16:45.56	31.73
	350m:	3:46.99	33.38	750m:	8:15.20	34.05	1150m:	12:49.53	34.60			
	400m:	4:20.15	33.16	800m:	8:49.02	33.82	1200m:	13:23.86	34.33			
13.	2004				+0,75 16:50.22				640			
	50m:	29.97	29.97	450m:	4:53.24	33.40	850m:	9:24.51	34.31	1250m:	14:00.24	34.58
	100m:	1:02.44	32.47	500m:	5:26.48	33.24	900m:	9:58.75	34.24	1300m:	14:34.57	34.33
	150m:	1:35.06	32.62	550m:	6:00.25	33.77	950m:	10:33.33	34.58	1350m:	15:07.62	33.05
	200m:	2:07.71	32.65	600m:	6:34.13	33.88	1000m:	11:07.42	34.09	1400m:	15:41.33	33.71
	250m:	2:40.71	33.00	650m:	7:08.04	33.91	1050m:	11:42.08	34.66	1450m:	16:17.13	35.80
	300m:	3:13.71	33.00	700m:	7:42.07	34.03	1100m:	12:16.34	34.26	1500m:	16:50.22	33.09
	350m:	3:46.83	33.12	750m:	8:16.18	34.11	1150m:	12:50.89	34.55			
	400m:	4:19.84	33.01	800m:	8:50.20	34.02	1200m:	13:25.66	34.77			
14.	2003				+0,83 16:52.18				637			
	50m:	29.62	29.62	450m:	4:53.71	33.60	850m:	9:27.12	33.68	1250m:	14:02.59	34.44
	100m:	1:02.02	32.40	500m:	5:27.92	34.21	900m:	10:01.03	33.91	1300m:	14:37.90	35.31
	150m:	1:34.37	32.35	550m:	6:01.82	33.90	950m:	10:35.59	34.56	1350m:	15:12.06	34.16
	200m:	2:07.23	32.86	600m:	6:35.95	34.13	1000m:	11:10.58	34.99	1400m:	15:45.86	33.80
	250m:	2:40.14	32.91	650m:	7:10.38	34.43	1050m:	11:44.91	34.33	1450m:	16:19.12	33.26
	300m:	3:13.38	33.24	700m:	7:45.44	35.06	1100m:	12:19.43	34.52	1500m:	16:52.18	33.06
	350m:	3:46.38	33.00	750m:	8:19.57	34.13	1150m:	12:53.55	34.12			
	400m:	4:20.11	33.73	800m:	8:53.44	33.87	1200m:	13:28.15	34.60			
15.	2004				+0,72 16:52.86				635			
	50m:	29.77	29.77	450m:	4:59.59	34.17	850m:	9:32.39	34.66	1250m:	14:06.13	34.83
	100m:	1:02.23	32.46	500m:	5:33.24	33.65	900m:	10:06.33	33.94	1300m:	14:40.16	34.03
	150m:	1:36.00	33.77	550m:	6:07.14	33.90	950m:	10:40.69	34.36	1350m:	15:14.77	34.61
	200m:	2:09.54	33.54	600m:	6:40.80	33.66	1000m:	11:14.84	34.15	1400m:	15:48.98	34.21
	250m:	2:43.78	34.24	650m:	7:14.82	34.02	1050m:	11:48.92	34.08	1450m:	16:22.42	33.44
	300m:	3:17.28	33.50	700m:	7:48.60	33.78	1100m:	12:22.63	33.71	1500m:	16:52.86	30.44
	350m:	3:51.34	34.06	750m:	8:23.24	34.64	1150m:	12:57.10	34.47			
	400m:	4:25.42	34.08	800m:	8:57.73	34.49	1200m:	13:31.30	34.20			



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30, , 1500m

					R.T.				FINA			
16.	2004				+0,76 16:54.80				632			
50m:	29.69	29.69	450m:	4:59.96	34.24	850m:	9:32.44	33.81	1250m:	14:06.46	34.29	
100m:	1:02.70	33.01	500m:	5:34.01	34.05	900m:	10:06.53	34.09	1300m:	14:41.24	34.78	
150m:	1:36.13	33.43	550m:	6:08.04	34.03	950m:	10:40.71	34.18	1350m:	15:15.43	34.19	
200m:	2:09.70	33.57	600m:	6:42.40	34.36	1000m:	11:15.08	34.37	1400m:	15:49.63	34.20	
250m:	2:43.47	33.77	650m:	7:16.41	34.01	1050m:	11:49.29	34.21	1450m:	16:22.33	32.70	
300m:	3:17.24	33.77	700m:	7:50.24	33.83	1100m:	12:23.71	34.42	1500m:	16:54.80	32.47	
350m:	3:51.48	34.24	750m:	8:24.55	34.31	1150m:	12:57.86	34.15				
400m:	4:25.72	34.24	800m:	8:58.63	34.08	1200m:	13:32.17	34.31				
17.	2005				+0,78 16:54.94				632			
50m:	29.54	29.54	450m:	4:58.28	33.67	850m:	9:32.27	33.98	1250m:	14:05.81	33.95	
100m:	1:02.32	32.78	500m:	5:32.52	34.24	900m:	10:06.59	34.32	1300m:	14:40.30	34.49	
150m:	1:35.72	33.40	550m:	6:06.74	34.22	950m:	10:40.50	33.91	1350m:	15:14.08	33.78	
200m:	2:09.50	33.78	600m:	6:41.02	34.28	1000m:	11:14.78	34.28	1400m:	15:48.66	34.58	
250m:	2:43.26	33.76	650m:	7:15.19	34.17	1050m:	11:48.56	33.78	1450m:	16:21.87	33.21	
300m:	3:17.02	33.76	700m:	7:49.64	34.45	1100m:	12:23.17	34.61	1500m:	16:54.94	33.07	
350m:	3:50.69	33.67	750m:	8:23.64	34.00	1150m:	12:57.48	34.31				
400m:	4:24.61	33.92	800m:	8:58.29	34.65	1200m:	13:31.86	34.38				
18.	2006 I				+0,93 16:55.58				630			
50m:	31.20	31.20	450m:	4:54.93	33.65	850m:	9:29.11	34.73	1250m:	14:05.34	34.61	
100m:	1:03.99	32.79	500m:	5:28.69	33.76	900m:	10:03.53	34.42	1300m:	14:39.75	34.41	
150m:	1:36.02	32.03	550m:	6:03.48	34.79	950m:	10:38.59	35.06	1350m:	15:14.09	34.34	
200m:	2:08.83	32.81	600m:	6:37.45	33.97	1000m:	11:12.37	33.78	1400m:	15:49.02	34.93	
250m:	2:41.93	33.10	650m:	7:12.13	34.68	1050m:	11:46.88	34.51	1450m:	16:23.73	34.71	
300m:	3:14.78	32.85	700m:	7:46.14	34.01	1100m:	12:21.50	34.62	1500m:	16:55.58	31.85	
350m:	3:48.29	33.51	750m:	8:20.56	34.42	1150m:	12:56.58	35.08				
400m:	4:21.28	32.99	800m:	8:54.38	33.82	1200m:	13:30.73	34.15				
19.	2004				+0,94 16:58.09				626			
50m:	30.13	30.13	450m:	4:59.54	34.13	850m:	9:33.27	34.45	1250m:	14:10.20	34.91	
100m:	1:02.72	32.59	500m:	5:33.24	33.70	900m:	10:08.19	34.92	1300m:	14:44.77	34.57	
150m:	1:35.79	33.07	550m:	6:07.61	34.37	950m:	10:42.45	34.26	1350m:	15:19.23	34.46	
200m:	2:09.24	33.45	600m:	6:41.63	34.02	1000m:	11:17.12	34.67	1400m:	15:54.26	35.03	
250m:	2:43.21	33.97	650m:	7:15.98	34.35	1050m:	11:51.56	34.44	1450m:	16:27.08	32.82	
300m:	3:17.12	33.91	700m:	7:50.54	34.56	1100m:	12:26.14	34.58	1500m:	16:58.09	31.01	
350m:	3:51.19	34.07	750m:	8:24.96	34.42	1150m:	13:00.49	34.35				
400m:	4:25.41	34.22	800m:	8:58.82	33.86	1200m:	13:35.29	34.80				
20.	2006 I				+0,82 16:58.42				625			
50m:	28.34	28.34	450m:	5:00.64	34.50	850m:	9:34.95	34.17	1250m:	14:09.52	34.47	
100m:	1:00.94	32.60	500m:	5:35.08	34.44	900m:	10:09.33	34.38	1300m:	14:43.79	34.27	
150m:	1:34.93	33.99	550m:	6:09.14	34.06	950m:	10:43.42	34.09	1350m:	15:18.13	34.34	
200m:	2:08.94	34.01	600m:	6:43.27	34.13	1000m:	11:17.84	34.42	1400m:	15:52.38	34.25	
250m:	2:43.32	34.38	650m:	7:17.60	34.33	1050m:	11:52.32	34.48	1450m:	16:26.70	34.32	
300m:	3:17.76	34.44	700m:	7:52.12	34.52	1100m:	12:26.53	34.21	1500m:	16:58.42	31.72	
350m:	3:51.89	34.13	750m:	8:26.56	34.44	1150m:	13:00.76	34.23				
400m:	4:26.14	34.25	800m:	9:00.78	34.22	1200m:	13:35.05	34.29				



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30, , 1500m

					R.T.				FINA			
21.	2004				+0,75 17:00.21				622			
	50m:	30.14	30.14	450m:	4:57.48	34.00	850m:	9:30.75	34.57	1250m:	14:09.70	35.01
	100m:	1:03.48	33.34	500m:	5:31.33	33.85	900m:	10:05.35	34.60	1300m:	14:44.05	34.35
	150m:	1:37.32	33.84	550m:	6:05.10	33.77	950m:	10:40.38	35.03	1350m:	15:18.68	34.63
	200m:	2:09.55	32.23	600m:	6:38.87	33.77	1000m:	11:14.80	34.42	1400m:	15:53.47	34.79
	250m:	2:43.52	33.97	650m:	7:12.93	34.06	1050m:	11:49.54	34.74	1450m:	16:28.01	34.54
	300m:	3:16.39	32.87	700m:	7:47.08	34.15	1100m:	12:24.12	34.58	1500m:	17:00.21	32.20
	350m:	3:50.31	33.92	750m:	8:21.85	34.77	1150m:	12:59.10	34.98			
	400m:	4:23.48	33.17	800m:	8:56.18	34.33	1200m:	13:34.69	35.59			
22.	2004				+0,79 17:00.31				622			
	50m:	29.14	29.14	450m:	4:57.86	34.47	850m:	9:34.51	34.90	1250m:	14:11.67	34.81
	100m:	1:01.19	32.05	500m:	5:32.13	34.27	900m:	10:08.93	34.42	1300m:	14:45.53	33.86
	150m:	1:34.03	32.84	550m:	6:07.00	34.87	950m:	10:43.87	34.94	1350m:	15:19.73	34.20
	200m:	2:07.37	33.34	600m:	6:41.21	34.21	1000m:	11:18.19	34.32	1400m:	15:53.84	34.11
	250m:	2:41.21	33.84	650m:	7:16.03	34.82	1050m:	11:53.58	35.39	1450m:	16:28.02	34.18
	300m:	3:15.05	33.84	700m:	7:50.55	34.52	1100m:	12:27.53	33.95	1500m:	17:00.31	32.29
	350m:	3:49.58	34.53	750m:	8:25.42	34.87	1150m:	13:02.24	34.71			
	400m:	4:23.39	33.81	800m:	8:59.61	34.19	1200m:	13:36.86	34.62			
23.	2005				+0,82 17:03.57				616			
	50m:	28.73	28.73	450m:	4:59.74	34.25	850m:	9:33.92	34.15	1250m:	14:12.00	35.15
	100m:	1:00.83	32.10	500m:	5:33.85	34.11	900m:	10:08.36	34.44	1300m:	14:46.22	34.22
	150m:	1:34.83	34.00	550m:	6:08.11	34.26	950m:	10:43.14	34.78	1350m:	15:21.55	35.33
	200m:	2:08.77	33.94	600m:	6:42.20	34.09	1000m:	11:17.63	34.49	1400m:	15:56.12	34.57
	250m:	2:43.40	34.63	650m:	7:16.44	34.24	1050m:	11:52.58	34.95	1450m:	16:30.41	34.29
	300m:	3:16.99	33.59	700m:	7:50.55	34.11	1100m:	12:26.89	34.31	1500m:	17:03.57	33.16
	350m:	3:51.17	34.18	750m:	8:25.29	34.74	1150m:	13:01.88	34.99			
	400m:	4:25.49	34.32	800m:	8:59.77	34.48	1200m:	13:36.85	34.97			
24.	2003				+0,86 17:08.06				608			
	50m:	30.44	30.44	450m:	5:05.28	35.21	850m:	9:41.05	33.20	1250m:	14:16.64	34.91
	100m:	1:04.40	33.96	500m:	5:40.07	34.79	900m:	10:14.78	33.73	1300m:	14:51.05	34.41
	150m:	1:38.73	34.33	550m:	6:15.52	35.45	950m:	10:49.11	34.33	1350m:	15:26.63	35.58
	200m:	2:12.64	33.91	600m:	6:50.62	35.10	1000m:	11:23.32	34.21	1400m:	16:01.06	34.43
	250m:	2:46.75	34.11	650m:	7:25.07	34.45	1050m:	11:57.71	34.39	1450m:	16:34.84	33.78
	300m:	3:21.10	34.35	700m:	7:59.11	34.04	1100m:	12:32.29	34.58	1500m:	17:08.06	33.22
	350m:	3:55.61	34.51	750m:	8:33.67	34.56	1150m:	13:07.03	34.74			
	400m:	4:30.07	34.46	800m:	9:07.85	34.18	1200m:	13:41.73	34.70			
25.	2002				+0,77 17:17.02				592			
	50m:	30.31	30.31	450m:	5:00.06	33.82	850m:	9:39.09	34.78	1250m:	14:23.17	35.71
	100m:	1:03.19	32.88	500m:	5:34.88	34.82	900m:	10:14.43	35.34	1300m:	14:58.77	35.60
	150m:	1:36.40	33.21	550m:	6:09.32	34.44	950m:	10:49.67	35.24	1350m:	15:33.86	35.09
	200m:	2:10.04	33.64	600m:	6:44.29	34.97	1000m:	11:25.37	35.70	1400m:	16:08.98	35.12
	250m:	2:44.26	34.22	650m:	7:18.98	34.69	1050m:	12:00.87	35.50	1450m:	16:43.40	34.42
	300m:	3:18.17	33.91	700m:	7:54.12	35.14	1100m:	12:36.48	35.61	1500m:	17:17.02	33.62
	350m:	3:52.07	33.90	750m:	8:29.02	34.90	1150m:	13:11.76	35.28			
	400m:	4:26.24	34.17	800m:	9:04.31	35.29	1200m:	13:47.46	35.70			



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30, , 1500m

					R.T.				FINA			
26.	2004				+0,83 17:17.06				592			
50m:	29.13	29.13	450m:	5:01.55	34.95	850m:	9:41.38	35.75	1250m:	14:27.11	36.10	
100m:	1:01.51	32.38	500m:	5:36.25	34.70	900m:	10:16.79	35.41	1300m:	15:02.42	35.31	
150m:	1:35.39	33.88	550m:	6:11.64	35.39	950m:	10:52.35	35.56	1350m:	15:38.05	35.63	
200m:	2:09.10	33.71	600m:	6:45.93	34.29	1000m:	11:28.00	35.65	1400m:	16:12.79	34.74	
250m:	2:42.74	33.64	650m:	7:20.14	34.21	1050m:	12:03.77	35.77	1450m:	16:45.42	32.63	
300m:	3:17.14	34.40	700m:	7:55.20	35.06	1100m:	12:39.25	35.48	1500m:	17:17.06	31.64	
350m:	3:51.71	34.57	750m:	8:30.07	34.87	1150m:	13:15.16	35.91				
400m:	4:26.60	34.89	800m:	9:05.63	35.56	1200m:	13:51.01	35.85				
27.	2005 I				+0,79 17:17.52				591			
50m:	30.02	30.02	450m:	5:07.28	34.86	850m:	9:46.84	35.03	1250m:	14:26.33	35.17	
100m:	1:04.22	34.20	500m:	5:42.30	35.02	900m:	10:21.84	35.00	1300m:	15:01.37	35.04	
150m:	1:38.68	34.46	550m:	6:17.40	35.10	950m:	10:56.66	34.82	1350m:	15:36.46	35.09	
200m:	2:13.34	34.66	600m:	6:52.19	34.79	1000m:	11:31.47	34.81	1400m:	16:11.64	35.18	
250m:	2:47.79	34.45	650m:	7:27.08	34.89	1050m:	12:06.09	34.62	1450m:	16:45.60	33.96	
300m:	3:22.65	34.86	700m:	8:01.83	34.75	1100m:	12:40.84	34.75	1500m:	17:17.52	31.92	
350m:	3:57.55	34.90	750m:	8:36.81	34.98	1150m:	13:16.11	35.27				
400m:	4:32.42	34.87	800m:	9:11.81	35.00	1200m:	13:51.16	35.05				
28.	2005 I				+0,82 17:17.67				591			
50m:	31.20	31.20	450m:	5:03.48	34.70	850m:	9:42.92	34.84	1250m:	14:23.79	35.24	
100m:	1:04.32	33.12	500m:	5:38.10	34.62	900m:	10:17.80	34.88	1300m:	14:58.86	35.07	
150m:	1:38.36	34.04	550m:	6:13.36	35.26	950m:	10:52.90	35.10	1350m:	15:34.28	35.42	
200m:	2:12.05	33.69	600m:	6:47.87	34.51	1000m:	11:27.78	34.88	1400m:	16:09.33	35.05	
250m:	2:45.88	33.83	650m:	7:22.85	34.98	1050m:	12:02.97	35.19	1450m:	16:43.70	34.37	
300m:	3:19.82	33.94	700m:	7:57.89	35.04	1100m:	12:38.08	35.11	1500m:	17:17.67	33.97	
350m:	3:54.26	34.44	750m:	8:33.02	35.13	1150m:	13:13.27	35.19				
400m:	4:28.78	34.52	800m:	9:08.08	35.06	1200m:	13:48.55	35.28				
29.	2005				+0,92 17:19.90				587			
50m:	30.05	30.05	450m:	5:04.63	34.65	850m:	9:44.26	35.15	1250m:	14:25.96	35.55	
100m:	1:02.95	32.90	500m:	5:39.74	35.11	900m:	10:19.14	34.88	1300m:	15:01.30	35.34	
150m:	1:36.89	33.94	550m:	6:13.91	34.17	950m:	10:54.04	34.90	1350m:	15:36.89	35.59	
200m:	2:11.26	34.37	600m:	6:49.15	35.24	1000m:	11:29.47	35.43	1400m:	16:12.36	35.47	
250m:	2:45.67	34.41	650m:	7:23.91	34.76	1050m:	12:04.83	35.36	1450m:	16:47.17	34.81	
300m:	3:20.51	34.84	700m:	7:59.01	35.10	1100m:	12:40.07	35.24	1500m:	17:19.90	32.73	
350m:	3:54.76	34.25	750m:	8:34.02	35.01	1150m:	13:15.13	35.06				
400m:	4:29.98	35.22	800m:	9:09.11	35.09	1200m:	13:50.41	35.28				
30.	2006 I				+0,85 17:21.59				584			
50m:	29.11	29.11	450m:	5:03.84	35.43	850m:	9:45.81	34.91	1250m:	14:29.82	35.59	
100m:	1:01.94	32.83	500m:	5:38.43	34.59	900m:	10:21.60	35.79	1300m:	15:04.70	34.88	
150m:	1:35.67	33.73	550m:	6:14.48	36.05	950m:	10:57.73	36.13	1350m:	15:40.14	35.44	
200m:	2:09.61	33.94	600m:	6:49.89	35.41	1000m:	11:32.97	35.24	1400m:	16:14.61	34.47	
250m:	2:43.58	33.97	650m:	7:24.67	34.78	1050m:	12:08.66	35.69	1450m:	16:49.15	34.54	
300m:	3:18.41	34.83	700m:	7:59.86	35.19	1100m:	12:43.65	34.99	1500m:	17:21.59	32.44	
350m:	3:53.60	35.19	750m:	8:35.70	35.84	1150m:	13:18.57	34.92				
400m:	4:28.41	34.81	800m:	9:10.90	35.20	1200m:	13:54.23	35.66				



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30, , 1500m

					R.T.				FINA			
31.	2005				+0,79 17:22.23				583			
50m:	29.91	29.91	450m:	5:04.72	34.57	850m:	9:44.29	34.91	1250m:	14:27.57	35.31	
100m:	1:03.86	33.95	500m:	5:39.80	35.08	900m:	10:19.33	35.04	1300m:	15:03.36	35.79	
150m:	1:38.24	34.38	550m:	6:14.83	35.03	950m:	10:54.94	35.61	1350m:	15:39.41	36.05	
200m:	2:12.59	34.35	600m:	6:49.13	34.30	1000m:	11:31.74	36.80	1400m:	16:15.36	35.95	
250m:	2:47.03	34.44	650m:	7:23.80	34.67	1050m:	12:06.36	34.62	1450m:	16:49.87	34.51	
300m:	3:21.59	34.56	700m:	7:59.48	35.68	1100m:	12:42.88	36.52	1500m:	17:22.23	32.36	
350m:	3:56.01	34.42	750m:	8:33.86	34.38	1150m:	13:17.15	34.27				
400m:	4:30.15	34.14	800m:	9:09.38	35.52	1200m:	13:52.26	35.11				
32.	2004				+0,73 17:23.86				580			
50m:	29.83	29.83	450m:	5:01.52	34.35	850m:	9:45.01	35.13	1250m:	14:29.18	35.28	
100m:	1:02.61	32.78	500m:	5:36.57	35.05	900m:	10:20.31	35.30	1300m:	15:05.02	35.84	
150m:	1:36.08	33.47	550m:	6:11.56	34.99	950m:	10:55.44	35.13	1350m:	15:40.13	35.11	
200m:	2:09.69	33.61	600m:	6:47.11	35.55	1000m:	11:31.62	36.18	1400m:	16:15.45	35.32	
250m:	2:43.74	34.05	650m:	7:22.18	35.07	1050m:	12:07.38	35.76	1450m:	16:50.10	34.65	
300m:	3:18.02	34.28	700m:	7:58.13	35.95	1100m:	12:43.02	35.64	1500m:	17:23.86	33.76	
350m:	3:52.52	34.50	750m:	8:33.42	35.29	1150m:	13:18.14	35.12				
400m:	4:27.17	34.65	800m:	9:09.88	36.46	1200m:	13:53.90	35.76				
33.	2004				+0,74 17:24.56				579			
50m:	29.87	29.87	450m:	5:05.70	34.87	850m:	9:46.91	35.60	1250m:	14:30.49	35.77	
100m:	1:02.77	32.90	500m:	5:40.57	34.87	900m:	10:22.07	35.16	1300m:	15:05.83	35.34	
150m:	1:37.09	34.32	550m:	6:15.42	34.85	950m:	10:57.60	35.53	1350m:	15:41.61	35.78	
200m:	2:11.64	34.55	600m:	6:50.45	35.03	1000m:	11:33.07	35.47	1400m:	16:16.99	35.38	
250m:	2:46.34	34.70	650m:	7:25.54	35.09	1050m:	12:08.66	35.59	1450m:	16:52.29	35.30	
300m:	3:21.36	35.02	700m:	8:00.92	35.38	1100m:	12:43.66	35.00	1500m:	17:24.56	32.27	
350m:	3:56.02	34.66	750m:	8:36.14	35.22	1150m:	13:19.18	35.52				
400m:	4:30.83	34.81	800m:	9:11.31	35.17	1200m:	13:54.72	35.54				
34.	2002				+0,73 17:25.82				577			
50m:	29.73	29.73	450m:	5:05.75	35.03	850m:	9:47.13	35.37	1250m:	14:30.16	35.30	
100m:	1:03.06	33.33	500m:	5:40.84	35.09	900m:	10:22.38	35.25	1300m:	15:05.72	35.56	
150m:	1:37.51	34.45	550m:	6:15.62	34.78	950m:	10:57.69	35.31	1350m:	15:41.36	35.64	
200m:	2:11.62	34.11	600m:	6:51.00	35.38	1000m:	11:32.88	35.19	1400m:	16:16.63	35.27	
250m:	2:45.75	34.13	650m:	7:25.90	34.90	1050m:	12:07.95	35.07	1450m:	16:51.83	35.20	
300m:	3:20.82	35.07	700m:	8:01.17	35.27	1100m:	12:43.71	35.76	1500m:	17:25.82	33.99	
350m:	3:55.71	34.89	750m:	8:36.31	35.14	1150m:	13:18.85	35.14				
400m:	4:30.72	35.01	800m:	9:11.76	35.45	1200m:	13:54.86	36.01				
35.	2003 I				+0,73 17:26.27				576			
50m:	30.74	30.74	450m:	5:10.04	34.94	850m:	9:50.14	35.25	1250m:	14:31.43	35.31	
100m:	1:04.69	33.95	500m:	5:45.08	35.04	900m:	10:25.44	35.30	1300m:	15:06.68	35.25	
150m:	1:39.34	34.65	550m:	6:20.01	34.93	950m:	11:00.32	34.88	1350m:	15:41.96	35.28	
200m:	2:14.74	35.40	600m:	6:55.24	35.23	1000m:	11:35.44	35.12	1400m:	16:17.29	35.33	
250m:	2:49.64	34.90	650m:	7:30.20	34.96	1050m:	12:10.33	34.89	1450m:	16:51.94	34.65	
300m:	3:24.75	35.11	700m:	8:04.93	34.73	1100m:	12:45.62	35.29	1500m:	17:26.27	34.33	
350m:	4:02.29	37.54	750m:	8:39.53	34.60	1150m:	13:20.79	35.17				
400m:	4:35.10	32.81	800m:	9:14.89	35.36	1200m:	13:56.12	35.33				



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30, , 1500m

					R.T.				FINA		
36.	2005				+0,78 17:27.92				574		
50m:	31.62	31.62	450m:	5:08.27	35.13	850m:	9:48.40	35.84	1250m:	14:32.96	35.81
100m:	1:05.44	33.82	500m:	5:43.08	34.81	900m:	10:23.51	35.11	1300m:	15:08.58	35.62
150m:	1:39.86	34.42	550m:	6:17.97	34.89	950m:	10:59.45	35.94	1350m:	15:44.05	35.47
200m:	2:14.62	34.76	600m:	6:52.62	34.65	1000m:	11:34.53	35.08	1400m:	16:19.47	35.42
250m:	2:49.17	34.55	650m:	7:27.60	34.98	1050m:	12:10.32	35.79	1450m:	16:54.74	35.27
300m:	3:23.81	34.64	700m:	8:02.52	34.92	1100m:	12:45.77	35.45	1500m:	17:27.92	33.18
350m:	3:58.61	34.80	750m:	8:37.73	35.21	1150m:	13:21.20	35.43			
400m:	4:33.14	34.53	800m:	9:12.56	34.83	1200m:	13:57.15	35.95			
37.	2003				+0,94 17:28.53				573		
50m:	28.71	28.71	450m:	4:56.92	34.53	850m:	9:44.69	36.47	1250m:	14:34.92	36.04
100m:	1:01.36	32.65	500m:	5:32.27	35.35	900m:	10:20.70	36.01	1300m:	15:11.23	36.31
150m:	1:34.50	33.14	550m:	6:08.22	35.95	950m:	10:56.88	36.18	1350m:	15:45.82	34.59
200m:	2:08.09	33.59	600m:	6:43.82	35.60	1000m:	11:33.00	36.12	1400m:	16:21.29	35.47
250m:	2:41.21	33.12	650m:	7:19.84	36.02	1050m:	12:09.73	36.73	1450m:	16:55.58	34.29
300m:	3:14.50	33.29	700m:	7:56.10	36.26	1100m:	12:46.23	36.50	1500m:	17:28.53	32.95
350m:	3:48.00	33.50	750m:	8:32.16	36.06	1150m:	13:22.54	36.31			
400m:	4:22.39	34.39	800m:	9:08.22	36.06	1200m:	13:58.88	36.34			
38.	2006 I				+0,83 17:29.10				572		
50m:	29.25	29.25	450m:	5:04.03	35.69	850m:	9:47.50	35.67	1250m:	14:34.26	36.33
100m:	1:01.81	32.56	500m:	5:38.86	34.83	900m:	10:22.99	35.49	1300m:	15:10.03	35.77
150m:	1:35.81	34.00	550m:	6:14.90	36.04	950m:	10:59.07	36.08	1350m:	15:45.77	35.74
200m:	2:09.68	33.87	600m:	6:49.85	34.95	1000m:	11:34.55	35.48	1400m:	16:21.58	35.81
250m:	2:44.15	34.47	650m:	7:25.60	35.75	1050m:	12:10.78	36.23	1450m:	16:56.77	35.19
300m:	3:18.44	34.29	700m:	8:00.90	35.30	1100m:	12:46.04	35.26	1500m:	17:29.10	32.33
350m:	3:53.64	35.20	750m:	8:36.65	35.75	1150m:	13:22.13	36.09			
400m:	4:28.34	34.70	800m:	9:11.83	35.18	1200m:	13:57.93	35.80			
39.	2005 I				+0,87 17:29.75				571		
50m:	31.13	31.13	450m:	5:07.95	35.32	850m:	9:49.98	36.42	1250m:	14:34.24	35.75
100m:	1:04.49	33.36	500m:	5:42.73	34.78	900m:	10:25.23	35.25	1300m:	15:09.31	35.07
150m:	1:38.70	34.21	550m:	6:18.07	35.34	950m:	11:01.25	36.02	1350m:	15:45.49	36.18
200m:	2:12.93	34.23	600m:	6:52.71	34.64	1000m:	11:36.01	34.76	1400m:	16:20.48	34.99
250m:	2:47.94	35.01	650m:	7:27.96	35.25	1050m:	12:12.07	36.06	1450m:	16:56.45	35.97
300m:	3:22.58	34.64	700m:	8:02.94	34.98	1100m:	12:47.35	35.28	1500m:	17:29.75	33.30
350m:	3:58.04	35.46	750m:	8:38.46	35.52	1150m:	13:22.92	35.57			
400m:	4:32.63	34.59	800m:	9:13.56	35.10	1200m:	13:58.49	35.57			
40.	2002				+0,80 17:29.92				570		
50m:	29.94	29.94	450m:	5:08.05	34.97	850m:	9:52.39	35.32	1250m:	14:36.10	34.83
100m:	1:03.18	33.24	500m:	5:43.60	35.55	900m:	10:28.19	35.80	1300m:	15:11.95	35.85
150m:	1:37.83	34.65	550m:	6:19.57	35.97	950m:	11:03.76	35.57	1350m:	15:47.10	35.15
200m:	2:12.54	34.71	600m:	6:55.12	35.55	1000m:	11:39.38	35.62	1400m:	16:22.49	35.39
250m:	2:47.31	34.77	650m:	7:30.53	35.41	1050m:	12:14.55	35.17	1450m:	16:57.12	34.63
300m:	3:22.21	34.90	700m:	8:05.89	35.36	1100m:	12:50.40	35.85	1500m:	17:29.92	32.80
350m:	3:57.75	35.54	750m:	8:41.00	35.11	1150m:	13:25.17	34.77			
400m:	4:33.08	35.33	800m:	9:17.07	36.07	1200m:	14:01.27	36.10			



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30, , 1500m

					R.T.				FINA			
41.	2005				+0,73 17:31.24				568			
50m:	29.68	29.68	450m:	5:01.48	34.92	850m:	9:46.21	36.53	1250m:	14:35.40	36.44	
100m:	1:02.14	32.46	500m:	5:36.63	35.15	900m:	10:22.08	35.87	1300m:	15:11.61	36.21	
150m:	1:35.88	33.74	550m:	6:11.88	35.25	950m:	10:58.09	36.01	1350m:	15:48.01	36.40	
200m:	2:09.49	33.61	600m:	6:47.26	35.38	1000m:	11:34.02	35.93	1400m:	16:23.69	35.68	
250m:	2:43.62	34.13	650m:	7:23.08	35.82	1050m:	12:10.59	36.57	1450m:	16:57.80	34.11	
300m:	3:17.76	34.14	700m:	7:58.72	35.64	1100m:	12:46.63	36.04	1500m:	17:31.24	33.44	
350m:	3:51.88	34.12	750m:	8:34.04	35.32	1150m:	13:22.79	36.16				
400m:	4:26.56	34.68	800m:	9:09.68	35.64	1200m:	13:58.96	36.17				
42.	2006				+0,84 17:34.00				564			
50m:	30.68	30.68	450m:	5:08.94	35.12	850m:	9:53.43	35.37	1250m:	14:39.27	35.84	
100m:	1:04.14	33.46	500m:	5:44.44	35.50	900m:	10:29.38	35.95	1300m:	15:15.44	36.17	
150m:	1:38.29	34.15	550m:	6:20.19	35.75	950m:	11:04.61	35.23	1350m:	15:51.70	36.26	
200m:	2:13.15	34.86	600m:	6:55.68	35.49	1000m:	11:40.26	35.65	1400m:	16:27.29	35.59	
250m:	2:48.14	34.99	650m:	7:31.38	35.70	1050m:	12:15.80	35.54	1450m:	17:00.82	33.53	
300m:	3:23.06	34.92	700m:	8:06.75	35.37	1100m:	12:51.82	36.02	1500m:	17:34.00	33.18	
350m:	3:58.41	35.35	750m:	8:42.39	35.64	1150m:	13:27.31	35.49				
400m:	4:33.82	35.41	800m:	9:18.06	35.67	1200m:	14:03.43	36.12				
43.	2004				+0,60 17:36.09				561			
50m:	30.20	30.20	450m:	5:02.02	34.94	850m:	9:46.26	36.37	1250m:	14:36.00	36.37	
100m:	1:03.16	32.96	500m:	5:36.96	34.94	900m:	10:21.78	35.52	1300m:	15:12.26	36.26	
150m:	1:36.98	33.82	550m:	6:11.95	34.99	950m:	10:57.79	36.01	1350m:	15:48.33	36.07	
200m:	2:10.43	33.45	600m:	6:47.15	35.20	1000m:	11:33.75	35.96	1400m:	16:24.03	35.70	
250m:	2:44.46	34.03	650m:	7:22.80	35.65	1050m:	12:09.97	36.22	1450m:	17:00.67	36.64	
300m:	3:18.37	33.91	700m:	7:58.40	35.60	1100m:	12:46.36	36.39	1500m:	17:36.09	35.42	
350m:	3:52.70	34.33	750m:	8:34.48	36.08	1150m:	13:22.77	36.41				
400m:	4:27.08	34.38	800m:	9:09.89	35.41	1200m:	13:59.63	36.86				
44.	2004				+0,79 17:41.31 				552			
50m:	28.42	28.42	450m:	5:07.77	35.39	850m:	9:57.13	36.46	1250m:	14:45.52	35.45	
100m:	1:01.59	33.17	500m:	5:44.19	36.42	900m:	10:33.33	36.20	1300m:	15:21.63	36.11	
150m:	1:35.97	34.38	550m:	6:19.68	35.49	950m:	11:09.08	35.75	1350m:	15:57.07	35.44	
200m:	2:10.07	34.10	600m:	6:55.52	35.84	1000m:	11:45.41	36.33	1400m:	16:33.04	35.97	
250m:	2:45.69	35.62	650m:	7:31.44	35.92	1050m:	12:22.04	36.63	1450m:	17:08.31	35.27	
300m:	3:21.25	35.56	700m:	8:08.10	36.66	1100m:	12:58.28	36.24	1500m:	17:41.31	33.00	
350m:	3:56.76	35.51	750m:	8:44.30	36.20	1150m:	13:33.66	35.38				
400m:	4:32.38	35.62	800m:	9:20.67	36.37	1200m:	14:10.07	36.41				
45.	2004				+0,76 17:43.78 				548			
50m:	32.29	32.29	450m:	5:22.41	36.06	850m:	10:11.62	35.43	1250m:	14:57.02	35.15	
100m:	1:08.15	35.86	500m:	5:58.77	36.36	900m:	10:46.73	35.11	1300m:	15:32.26	35.24	
150m:	1:45.36	37.21	550m:	6:34.93	36.16	950m:	11:23.13	36.40	1350m:	16:07.78	35.52	
200m:	2:21.24	35.88	600m:	7:11.28	36.35	1000m:	11:58.87	35.74	1400m:	16:41.77	33.99	
250m:	2:57.45	36.21	650m:	7:47.73	36.45	1050m:	12:34.97	36.10	1450m:	17:13.79	32.02	
300m:	3:33.16	35.71	700m:	8:23.77	36.04	1100m:	13:10.88	35.91	1500m:	17:43.78	29.99	
350m:	4:09.93	36.77	750m:	9:00.89	37.12	1150m:	13:46.48	35.60				
400m:	4:46.35	36.42	800m:	9:36.19	35.30	1200m:	14:21.87	35.39				



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30, , 1500m

							R.T.				FINA
46.	2006						+0,84 17:47.91 				542
50m:	30.43	30.43	450m:	5:11.84	35.96	850m:	10:01.31	36.47	1250m:	14:48.14	36.06
100m:	1:04.17	33.74	500m:	5:47.91	36.07	900m:	10:37.56	36.25	1300m:	15:24.53	36.39
150m:	1:38.28	34.11	550m:	6:23.74	35.83	950m:	11:13.34	35.78	1350m:	16:00.84	36.31
200m:	2:13.12	34.84	600m:	7:00.04	36.30	1000m:	11:49.12	35.78	1400m:	16:36.68	35.84
250m:	2:48.21	35.09	650m:	7:36.40	36.36	1050m:	12:24.36	35.24	1450m:	17:12.22	35.54
300m:	3:23.86	35.65	700m:	8:12.52	36.12	1100m:	12:59.96	35.60	1500m:	17:47.91	35.69
350m:	3:59.63	35.77	750m:	8:48.40	35.88	1150m:	13:36.14	36.18			
400m:	4:35.88	36.25	800m:	9:24.84	36.44	1200m:	14:12.08	35.94			
47.	2005						+0,66 17:48.62 				541
50m:	31.09	31.09	450m:	5:13.15	35.26	850m:	10:02.29	36.12	1250m:	14:50.98	36.09
100m:	1:05.76	34.67	500m:	5:49.70	36.55	900m:	10:38.71	36.42	1300m:	15:27.23	36.25
150m:	1:40.60	34.84	550m:	6:25.32	35.62	950m:	11:14.85	36.14	1350m:	16:02.86	35.63
200m:	2:16.55	35.95	600m:	7:01.91	36.59	1000m:	11:51.24	36.39	1400m:	16:39.18	36.32
250m:	2:51.13	34.58	650m:	7:37.59	35.68	1050m:	12:27.12	35.88	1450m:	17:14.44	35.26
300m:	3:26.81	35.68	700m:	8:13.65	36.06	1100m:	13:03.44	36.32	1500m:	17:48.62	34.18
350m:	4:01.88	35.07	750m:	8:49.65	36.00	1150m:	13:39.14	35.70			
400m:	4:37.89	36.01	800m:	9:26.17	36.52	1200m:	14:14.89	35.75			
48.	2005						+0,83 17:52.64 				535
50m:	31.75	31.75	450m:	5:21.94	36.72	850m:	10:10.59	36.32	1250m:	14:57.14	36.31
100m:	1:07.23	35.48	500m:	5:57.87	35.93	900m:	10:46.27	35.68	1300m:	15:32.76	35.62
150m:	1:43.31	36.08	550m:	6:34.37	36.50	950m:	11:22.37	36.10	1350m:	16:08.53	35.77
200m:	2:19.38	36.07	600m:	7:10.54	36.17	1000m:	11:58.27	35.90	1400m:	16:43.78	35.25
250m:	2:56.01	36.63	650m:	7:46.71	36.17	1050m:	12:34.13	35.86	1450m:	17:18.96	35.18
300m:	3:32.33	36.32	700m:	8:22.53	35.82	1100m:	13:09.48	35.35	1500m:	17:52.64	33.68
350m:	4:09.16	36.83	750m:	8:58.46	35.93	1150m:	13:45.36	35.88			
400m:	4:45.22	36.06	800m:	9:34.27	35.81	1200m:	14:20.83	35.47			
49.	2002						+0,84 17:53.10 				534
50m:	30.35	30.35	450m:	5:06.63	35.66	850m:	10:00.36	37.02	1250m:	14:58.20	36.93
100m:	1:02.65	32.30	500m:	5:43.06	36.43	900m:	10:37.84	37.48	1300m:	15:34.98	36.78
150m:	1:35.52	32.87	550m:	6:19.03	35.97	950m:	11:14.75	36.91	1350m:	16:10.78	35.80
200m:	2:09.56	34.04	600m:	6:55.61	36.58	1000m:	11:52.21	37.46	1400m:	16:46.86	36.08
250m:	2:43.64	34.08	650m:	7:32.57	36.96	1050m:	12:29.53	37.32	1450m:	17:21.10	34.24
300m:	3:19.13	35.49	700m:	8:09.47	36.90	1100m:	13:07.15	37.62	1500m:	17:53.10	32.00
350m:	3:54.77	35.64	750m:	8:46.30	36.83	1150m:	13:43.98	36.83			
400m:	4:30.97	36.20	800m:	9:23.34	37.04	1200m:	14:21.27	37.29			
50.	2004						+0,62 17:56.26 				530
50m:	29.93	29.93	450m:	5:08.17	35.61	850m:	9:58.79	37.14	1250m:	14:54.15	37.11
100m:	1:03.13	33.20	500m:	5:43.85	35.68	900m:	10:35.19	36.40	1300m:	15:30.77	36.62
150m:	1:37.40	34.27	550m:	6:19.73	35.88	950m:	11:12.54	37.35	1350m:	16:07.98	37.21
200m:	2:12.25	34.85	600m:	6:55.51	35.78	1000m:	11:49.03	36.49	1400m:	16:44.48	36.50
250m:	2:47.15	34.90	650m:	7:32.13	36.62	1050m:	12:26.33	37.30	1450m:	17:21.23	36.75
300m:	3:22.28	35.13	700m:	8:08.40	36.27	1100m:	13:02.94	36.61	1500m:	17:56.26	35.03
350m:	3:57.35	35.07	750m:	8:45.13	36.73	1150m:	13:40.25	37.31			
400m:	4:32.56	35.21	800m:	9:21.65	36.52	1200m:	14:17.04	36.79			



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30, , 1500m

					R.T.				FINA			
51.	2005 I				+0,72 17:57.90 I				527			
50m:	29.42	29.42	450m:	5:09.09	36.50	850m:	10:01.26	37.10	1250m:	14:56.31	36.78	
100m:	1:03.09	33.67	500m:	5:44.98	35.89	900m:	10:37.97	36.71	1300m:	15:33.64	37.33	
150m:	1:37.22	34.13	550m:	6:21.29	36.31	950m:	11:14.73	36.76	1350m:	16:10.54	36.90	
200m:	2:11.98	34.76	600m:	6:57.64	36.35	1000m:	11:51.57	36.84	1400m:	16:47.13	36.59	
250m:	2:47.11	35.13	650m:	7:34.37	36.73	1050m:	12:28.25	36.68	1450m:	17:22.71	35.58	
300m:	3:21.96	34.85	700m:	8:10.74	36.37	1100m:	13:05.53	37.28	1500m:	17:57.90	35.19	
350m:	3:56.94	34.98	750m:	8:47.51	36.77	1150m:	13:42.64	37.11				
400m:	4:32.59	35.65	800m:	9:24.16	36.65	1200m:	14:19.53	36.89				
52.	2005 I				+0,76 17:59.13 I				525			
50m:	31.22	31.22	450m:	5:20.76	36.79	850m:	10:12.99	36.17	1250m:	15:01.74	36.07	
100m:	1:05.59	34.37	500m:	5:57.80	37.04	900m:	10:48.89	35.90	1300m:	15:37.78	36.04	
150m:	1:41.52	35.93	550m:	6:34.37	36.57	950m:	11:25.60	36.71	1350m:	16:13.61	35.83	
200m:	2:17.61	36.09	600m:	7:11.00	36.63	1000m:	12:01.88	36.28	1400m:	16:49.11	35.50	
250m:	2:54.30	36.69	650m:	7:47.52	36.52	1050m:	12:37.93	36.05	1450m:	17:24.74	35.63	
300m:	3:30.70	36.40	700m:	8:24.28	36.76	1100m:	13:14.06	36.13	1500m:	17:59.13	34.39	
350m:	4:07.48	36.78	750m:	9:00.54	36.26	1150m:	13:49.81	35.75				
400m:	4:43.97	36.49	800m:	9:36.82	36.28	1200m:	14:25.67	35.86				
53.	2006 I				+1,01 18:03.06 I				520			
50m:	32.35	32.35	450m:	5:18.69	36.20	850m:	10:10.94	36.05	1250m:	15:05.00	36.44	
100m:	1:07.81	35.46	500m:	5:55.31	36.62	900m:	10:47.92	36.98	1300m:	15:41.82	36.82	
150m:	1:43.25	35.44	550m:	6:31.62	36.31	950m:	11:24.40	36.48	1350m:	16:17.74	35.92	
200m:	2:19.02	35.77	600m:	7:08.49	36.87	1000m:	12:01.60	37.20	1400m:	16:54.48	36.74	
250m:	2:54.28	35.26	650m:	7:44.63	36.14	1050m:	12:38.07	36.47	1450m:	17:30.64	36.16	
300m:	3:30.35	36.07	700m:	8:21.46	36.83	1100m:	13:15.16	37.09	1500m:	18:03.06	32.42	
350m:	4:06.30	35.95	750m:	8:58.17	36.71	1150m:	13:51.75	36.59				
400m:	4:42.49	36.19	800m:	9:34.89	36.72	1200m:	14:28.56	36.81				
54.	2005				+0,81 18:05.74 I				516			
50m:	30.82	30.82	450m:	5:14.80	36.41	850m:	10:07.44	36.88	1250m:	15:02.98	37.14	
100m:	1:04.80	33.98	500m:	5:51.03	36.23	900m:	10:44.50	37.06	1300m:	15:40.12	37.14	
150m:	1:40.00	35.20	550m:	6:27.51	36.48	950m:	11:21.35	36.85	1350m:	16:16.69	36.57	
200m:	2:15.04	35.04	600m:	7:04.07	36.56	1000m:	11:57.93	36.58	1400m:	16:54.22	37.53	
250m:	2:50.84	35.80	650m:	7:40.63	36.56	1050m:	12:34.45	36.52	1450m:	17:30.28	36.06	
300m:	3:26.60	35.76	700m:	8:17.48	36.85	1100m:	13:11.63	37.18	1500m:	18:05.74	35.46	
350m:	4:02.44	35.84	750m:	8:54.20	36.72	1150m:	13:48.62	36.99				
400m:	4:38.39	35.95	800m:	9:30.56	36.36	1200m:	14:25.84	37.22				
55.	2006 I				+0,81 18:06.65 I				515			
50m:	33.97	33.97	450m:	5:32.39	37.40	850m:	10:25.39	36.21	1250m:	15:12.75	35.90	
100m:	1:11.71	37.74	500m:	6:09.15	36.76	900m:	11:01.31	35.92	1300m:	15:48.61	35.86	
150m:	1:49.22	37.51	550m:	6:45.85	36.70	950m:	11:37.77	36.46	1350m:	16:24.52	35.91	
200m:	2:26.48	37.26	600m:	7:22.60	36.75	1000m:	12:13.48	35.71	1400m:	17:00.17	35.65	
250m:	3:03.82	37.34	650m:	7:59.61	37.01	1050m:	12:49.50	36.02	1450m:	17:34.11	33.94	
300m:	3:40.92	37.10	700m:	8:36.09	36.48	1100m:	13:24.86	35.36	1500m:	18:06.65	32.54	
350m:	4:18.29	37.37	750m:	9:12.91	36.82	1150m:	14:00.86	36.00				
400m:	4:54.99	36.70	800m:	9:49.18	36.27	1200m:	14:36.85	35.99				



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30, , 1500m

					R.T.				FINA			
56.	2004				+0,79 18:10.51				509			
50m:	30.01	30.01	450m:	5:12.90	36.38	850m:	10:09.48	37.24	1250m:	15:08.52	37.14	
100m:	1:03.08	33.07	500m:	5:49.54	36.64	900m:	10:46.81	37.33	1300m:	15:45.22	36.70	
150m:	1:37.95	34.87	550m:	6:26.30	36.76	950m:	11:24.38	37.57	1350m:	16:23.09	37.87	
200m:	2:13.19	35.24	600m:	7:03.36	37.06	1000m:	12:01.91	37.53	1400m:	17:00.14	37.05	
250m:	2:48.33	35.14	650m:	7:40.36	37.00	1050m:	12:39.66	37.75	1450m:	17:36.89	36.75	
300m:	3:24.10	35.77	700m:	8:17.79	37.43	1100m:	13:16.22	36.56	1500m:	18:10.51	33.62	
350m:	4:00.14	36.04	750m:	8:55.61	37.82	1150m:	13:54.15	37.93				
400m:	4:36.52	36.38	800m:	9:32.24	36.63	1200m:	14:31.38	37.23				
57.	2006				+0,62 18:20.80				495			
50m:	30.03	30.03	450m:	5:21.16	37.58	850m:	10:22.06	38.33	1250m:	15:22.81	37.67	
100m:	1:03.55	33.52	500m:	5:58.31	37.15	900m:	10:59.41	37.35	1300m:	15:59.76	36.95	
150m:	1:39.84	36.29	550m:	6:36.49	38.18	950m:	11:37.51	38.10	1350m:	16:36.78	37.02	
200m:	2:16.18	36.34	600m:	7:13.68	37.19	1000m:	12:14.37	36.86	1400m:	17:13.41	36.63	
250m:	2:53.45	37.27	650m:	7:51.55	37.87	1050m:	12:52.58	38.21	1450m:	17:49.53	36.12	
300m:	3:29.35	35.90	700m:	8:28.76	37.21	1100m:	13:29.83	37.25	1500m:	18:20.80	31.27	
350m:	4:06.44	37.09	750m:	9:06.79	38.03	1150m:	14:07.82	37.99				
400m:	4:43.58	37.14	800m:	9:43.73	36.94	1200m:	14:45.14	37.32				
58.	2004				+0,86 18:23.53				491			
50m:	30.78	30.78	450m:	5:20.12	37.23	850m:	10:17.98	37.67	1250m:	15:17.41	38.11	
100m:	1:05.13	34.35	500m:	5:56.51	36.39	900m:	10:55.43	37.45	1300m:	15:55.32	37.91	
150m:	1:40.41	35.28	550m:	6:34.34	37.83	950m:	11:32.87	37.44	1350m:	16:32.89	37.57	
200m:	2:16.21	35.80	600m:	7:11.41	37.07	1000m:	12:09.95	37.08	1400m:	17:09.95	37.06	
250m:	2:53.08	36.87	650m:	7:48.78	37.37	1050m:	12:47.17	37.22	1450m:	17:47.51	37.56	
300m:	3:29.50	36.42	700m:	8:25.69	36.91	1100m:	13:23.99	36.82	1500m:	18:23.53	36.02	
350m:	4:06.54	37.04	750m:	9:03.41	37.72	1150m:	14:01.82	37.83				
400m:	4:42.89	36.35	800m:	9:40.31	36.90	1200m:	14:39.30	37.48				
59.	2005				+0,52 18:45.73				463			
50m:	30.90	30.90	450m:	5:21.86	37.62	850m:	10:26.77	38.72	1250m:	15:36.71	38.61	
100m:	1:04.70	33.80	500m:	5:59.51	37.65	900m:	11:04.88	38.11	1300m:	16:15.43	38.72	
150m:	1:40.13	35.43	550m:	6:37.51	38.00	950m:	11:44.05	39.17	1350m:	16:54.08	38.65	
200m:	2:15.90	35.77	600m:	7:15.09	37.58	1000m:	12:22.36	38.31	1400m:	17:31.89	37.81	
250m:	2:52.82	36.92	650m:	7:53.57	38.48	1050m:	13:01.85	39.49	1450m:	18:09.90	38.01	
300m:	3:29.44	36.62	700m:	8:31.31	37.74	1100m:	13:40.53	38.68	1500m:	18:45.73	35.83	
350m:	4:06.82	37.38	750m:	9:09.62	38.31	1150m:	14:19.46	38.93				
400m:	4:44.24	37.42	800m:	9:48.05	38.43	1200m:	14:58.10	38.64				
60.	2005				+0,76 18:47.06				461			
50m:	30.61	30.61	450m:	5:22.53	37.83	850m:	10:28.19	39.06	1250m:	15:37.49	38.91	
100m:	1:04.68	34.07	500m:	5:59.87	37.34	900m:	11:06.65	38.46	1300m:	16:16.22	38.73	
150m:	1:40.54	35.86	550m:	6:37.98	38.11	950m:	11:45.50	38.85	1350m:	16:54.66	38.44	
200m:	2:16.63	36.09	600m:	7:15.99	38.01	1000m:	12:24.00	38.50	1400m:	17:33.45	38.79	
250m:	2:53.59	36.96	650m:	7:54.19	38.20	1050m:	13:03.24	39.24	1450m:	18:11.73	38.28	
300m:	3:30.50	36.91	700m:	8:32.53	38.34	1100m:	13:42.11	38.87	1500m:	18:47.06	35.33	
350m:	4:07.69	37.19	750m:	9:10.66	38.13	1150m:	14:20.46	38.35				
400m:	4:44.70	37.01	800m:	9:49.13	38.47	1200m:	14:58.58	38.12				



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30, , 1500m

								R.T.		FINA		
61.			2004 I					+0,82	19:01.20	444		
	50m:	32.83	32.83	450m:	5:30.74	37.67	850m:	10:37.81	38.52	1250m:	15:49.57	39.05
	100m:	1:08.93	36.10	500m:	6:09.08	38.34	900m:	11:16.38	38.57	1300m:	16:28.87	39.30
	150m:	1:45.76	36.83	550m:	6:47.16	38.08	950m:	11:54.88	38.50	1350m:	17:07.70	38.83
	200m:	2:22.92	37.16	600m:	7:25.60	38.44	1000m:	12:33.97	39.09	1400m:	17:46.21	38.51
	250m:	2:59.92	37.00	650m:	8:03.65	38.05	1050m:	13:12.71	38.74	1450m:	18:24.27	38.06
	300m:	3:37.51	37.59	700m:	8:41.83	38.18	1100m:	13:51.99	39.28	1500m:	19:01.20	36.93
	350m:	4:14.96	37.45	750m:	9:20.26	38.43	1150m:	14:30.77	38.78			
	400m:	4:53.07	38.11	800m:	9:59.29	39.03	1200m:	15:10.52	39.75			



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30, , 1500m

30 , 1500m

(17-18)

25.02.2021 - 13:45

14:41.13
14:59.56

(CHN)

15.08.2008

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(BRA)

12.08.2016

: FINA 2020

								R.T.		FINA		
1.				2003				+0,86	15:56.69		754	
	50m:	29.32	29.32	450m:	4:42.22	32.15	850m:	8:58.87	31.96	1250m:	13:15.21	32.37
	100m:	1:00.26	30.94	500m:	5:14.19	31.97	900m:	9:30.75	31.88	1300m:	13:47.42	32.21
	150m:	1:31.78	31.52	550m:	5:46.06	31.87	950m:	10:03.01	32.26	1350m:	14:20.19	32.77
	200m:	2:03.12	31.34	600m:	6:18.22	32.16	1000m:	10:34.65	31.64	1400m:	14:52.86	32.67
	250m:	2:35.10	31.98	650m:	6:50.37	32.15	1050m:	11:06.79	32.14	1450m:	15:25.53	32.67
	300m:	3:06.45	31.35	700m:	7:22.49	32.12	1100m:	11:38.63	31.84	1500m:	15:56.69	31.16
	350m:	3:38.40	31.95	750m:	7:54.81	32.32	1150m:	12:10.80	32.17			
	400m:	4:10.07	31.67	800m:	8:26.91	32.10	1200m:	12:42.84	32.04			
2.				2004				+0,72	16:16.09		710	
	50m:	28.46	28.46	450m:	4:41.64	32.54	850m:	9:00.94	32.66	1250m:	13:30.91	34.58
	100m:	59.32	30.86	500m:	5:14.15	32.51	900m:	9:33.68	32.74	1300m:	14:04.57	33.66
	150m:	1:30.63	31.31	550m:	5:46.37	32.22	950m:	10:07.17	33.49	1350m:	14:38.41	33.84
	200m:	2:01.95	31.32	600m:	6:18.42	32.05	1000m:	10:40.82	33.65	1400m:	15:11.91	33.50
	250m:	2:33.40	31.45	650m:	6:50.48	32.06	1050m:	11:13.99	33.17	1450m:	15:44.40	32.49
	300m:	3:04.92	31.52	700m:	7:22.33	31.85	1100m:	11:48.00	34.01	1500m:	16:16.09	31.69
	350m:	3:36.85	31.93	750m:	7:55.42	33.09	1150m:	12:22.36	34.36			
	400m:	4:09.10	32.25	800m:	8:28.28	32.86	1200m:	12:56.33	33.97			
3.				2003				+0,87	16:26.58		688	
	50m:	29.17	29.17	450m:	4:51.21	33.05	850m:	9:15.25	32.68	1250m:	13:41.94	33.11
	100m:	1:01.07	31.90	500m:	5:24.43	33.22	900m:	9:48.76	33.51	1300m:	14:15.31	33.37
	150m:	1:33.73	32.66	550m:	5:57.40	32.97	950m:	10:21.95	33.19	1350m:	14:48.29	32.98
	200m:	2:06.69	32.96	600m:	6:30.83	33.43	1000m:	10:55.59	33.64	1400m:	15:21.55	33.26
	250m:	2:39.07	32.38	650m:	7:03.47	32.64	1050m:	11:28.73	33.14	1450m:	15:54.62	33.07
	300m:	3:11.96	32.89	700m:	7:36.56	33.09	1100m:	12:02.21	33.48	1500m:	16:26.58	31.96
	350m:	3:44.87	32.91	750m:	8:09.24	32.68	1150m:	12:35.28	33.07			
	400m:	4:18.16	33.29	800m:	8:42.57	33.33	1200m:	13:08.83	33.55			
4.				2004				+0,87	16:28.81		683	
	50m:	29.13	29.13	450m:	4:51.95	33.65	850m:	9:21.56	34.25	1250m:	13:46.58	32.53
	100m:	1:01.19	32.06	500m:	5:25.73	33.78	900m:	9:55.32	33.76	1300m:	14:19.52	32.94
	150m:	1:33.09	31.90	550m:	5:59.44	33.71	950m:	10:29.41	34.09	1350m:	14:52.31	32.79
	200m:	2:05.92	32.83	600m:	6:33.36	33.92	1000m:	11:02.60	33.19	1400m:	15:25.43	33.12
	250m:	2:38.56	32.64	650m:	7:06.75	33.39	1050m:	11:35.31	32.71	1450m:	15:57.92	32.49
	300m:	3:11.48	32.92	700m:	7:40.10	33.35	1100m:	12:08.29	32.98	1500m:	16:28.81	30.89
	350m:	3:44.79	33.31	750m:	8:13.53	33.43	1150m:	12:40.95	32.66			
	400m:	4:18.30	33.51	800m:	8:47.31	33.78	1200m:	13:14.05	33.10			
5.				2004				+0,78	16:30.98		679	
	50m:	30.12	30.12	450m:	4:57.39	33.75	850m:	9:23.31	33.47	1250m:	13:49.09	33.47
	100m:	1:02.49	32.37	500m:	5:30.73	33.34	900m:	9:56.39	33.08	1300m:	14:22.01	32.92
	150m:	1:35.99	33.50	550m:	6:03.93	33.20	950m:	10:29.67	33.28	1350m:	14:55.04	33.03
	200m:	2:09.30	33.31	600m:	6:37.01	33.08	1000m:	11:02.86	33.19	1400m:	15:27.95	32.91
	250m:	2:42.87	33.57	650m:	7:10.18	33.17	1050m:	11:35.95	33.09	1450m:	16:00.51	32.56
	300m:	3:16.42	33.55	700m:	7:43.22	33.04	1100m:	12:09.19	33.24	1500m:	16:30.98	30.47
	350m:	3:50.02	33.60	750m:	8:16.80	33.58	1150m:	12:42.39	33.20			
	400m:	4:23.64	33.62	800m:	8:49.84	33.04	1200m:	13:15.62	33.23			

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OMEGA



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30, , 1500m , (17-18)

	/			R.T.			FINA				
6.	2003			+0,90 16:36.42			667				
50m:	29.91	29.91	450m:	4:53.88	33.51	850m:	9:21.91	33.83	1250m:	13:51.49	33.94
100m:	1:01.78	31.87	500m:	5:27.20	33.32	900m:	9:55.09	33.18	1300m:	14:25.37	33.88
150m:	1:34.83	33.05	550m:	6:00.85	33.65	950m:	10:29.23	34.14	1350m:	14:58.99	33.62
200m:	2:07.36	32.53	600m:	6:34.24	33.39	1000m:	11:02.62	33.39	1400m:	15:32.50	33.51
250m:	2:40.63	33.27	650m:	7:07.59	33.35	1050m:	11:36.56	33.94	1450m:	16:05.48	32.98
300m:	3:13.51	32.88	700m:	7:41.08	33.49	1100m:	12:10.21	33.65	1500m:	16:36.42	30.94
350m:	3:47.18	33.67	750m:	8:14.71	33.63	1150m:	12:43.91	33.70			
400m:	4:20.37	33.19	800m:	8:48.08	33.37	1200m:	13:17.55	33.64			
7.	2004			+0,75 16:50.22			640				
50m:	29.97	29.97	450m:	4:53.24	33.40	850m:	9:24.51	34.31	1250m:	14:00.24	34.58
100m:	1:02.44	32.47	500m:	5:26.48	33.24	900m:	9:58.75	34.24	1300m:	14:34.57	34.33
150m:	1:35.06	32.62	550m:	6:00.25	33.77	950m:	10:33.33	34.58	1350m:	15:07.62	33.05
200m:	2:07.71	32.65	600m:	6:34.13	33.88	1000m:	11:07.42	34.09	1400m:	15:41.33	33.71
250m:	2:40.71	33.00	650m:	7:08.04	33.91	1050m:	11:42.08	34.66	1450m:	16:17.13	35.80
300m:	3:13.71	33.00	700m:	7:42.07	34.03	1100m:	12:16.34	34.26	1500m:	16:50.22	33.09
350m:	3:46.83	33.12	750m:	8:16.18	34.11	1150m:	12:50.89	34.55			
400m:	4:19.84	33.01	800m:	8:50.20	34.02	1200m:	13:25.66	34.77			
8.	2003			+0,83 16:52.18			637				
50m:	29.62	29.62	450m:	4:53.71	33.60	850m:	9:27.12	33.68	1250m:	14:02.59	34.44
100m:	1:02.02	32.40	500m:	5:27.92	34.21	900m:	10:01.03	33.91	1300m:	14:37.90	35.31
150m:	1:34.37	32.35	550m:	6:01.82	33.90	950m:	10:35.59	34.56	1350m:	15:12.06	34.16
200m:	2:07.23	32.86	600m:	6:35.95	34.13	1000m:	11:10.58	34.99	1400m:	15:45.86	33.80
250m:	2:40.14	32.91	650m:	7:10.38	34.43	1050m:	11:44.91	34.33	1450m:	16:19.12	33.26
300m:	3:13.38	33.24	700m:	7:45.44	35.06	1100m:	12:19.43	34.52	1500m:	16:52.18	33.06
350m:	3:46.38	33.00	750m:	8:19.57	34.13	1150m:	12:53.55	34.12			
400m:	4:20.11	33.73	800m:	8:53.44	33.87	1200m:	13:28.15	34.60			
9.	2004			+0,72 16:52.86			635				
50m:	29.77	29.77	450m:	4:59.59	34.17	850m:	9:32.39	34.66	1250m:	14:06.13	34.83
100m:	1:02.23	32.46	500m:	5:33.24	33.65	900m:	10:06.33	33.94	1300m:	14:40.16	34.03
150m:	1:36.00	33.77	550m:	6:07.14	33.90	950m:	10:40.69	34.36	1350m:	15:14.77	34.61
200m:	2:09.54	33.54	600m:	6:40.80	33.66	1000m:	11:14.84	34.15	1400m:	15:48.98	34.21
250m:	2:43.78	34.24	650m:	7:14.82	34.02	1050m:	11:48.92	34.08	1450m:	16:22.42	33.44
300m:	3:17.28	33.50	700m:	7:48.60	33.78	1100m:	12:22.63	33.71	1500m:	16:52.86	30.44
350m:	3:51.34	34.06	750m:	8:23.24	34.64	1150m:	12:57.10	34.47			
400m:	4:25.42	34.08	800m:	8:57.73	34.49	1200m:	13:31.30	34.20			
10.	2004			+0,76 16:54.80			632				
50m:	29.69	29.69	450m:	4:59.96	34.24	850m:	9:32.44	33.81	1250m:	14:06.46	34.29
100m:	1:02.70	33.01	500m:	5:34.01	34.05	900m:	10:06.53	34.09	1300m:	14:41.24	34.78
150m:	1:36.13	33.43	550m:	6:08.04	34.03	950m:	10:40.71	34.18	1350m:	15:15.43	34.19
200m:	2:09.70	33.57	600m:	6:42.40	34.36	1000m:	11:15.08	34.37	1400m:	15:49.63	34.20
250m:	2:43.47	33.77	650m:	7:16.41	34.01	1050m:	11:49.29	34.21	1450m:	16:22.33	32.70
300m:	3:17.24	33.77	700m:	7:50.24	33.83	1100m:	12:23.71	34.42	1500m:	16:54.80	32.47
350m:	3:51.48	34.24	750m:	8:24.55	34.31	1150m:	12:57.86	34.15			
400m:	4:25.72	34.24	800m:	8:58.63	34.08	1200m:	13:32.17	34.31			



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	30,	, 1500m		(17-18)		R.T.		FINA	
11.			2004			+0,94	16:58.09	626	
	50m:	30.13	30.13	450m:	4:59.54	34.45	1250m:	14:10.20	34.91
	100m:	1:02.72	32.59	500m:	5:33.24	33.70	900m:	10:08.19	34.92
	150m:	1:35.79	33.07	550m:	6:07.61	34.37	950m:	10:42.45	34.26
	200m:	2:09.24	33.45	600m:	6:41.63	34.02	1000m:	11:17.12	34.67
	250m:	2:43.21	33.97	650m:	7:15.98	34.35	1050m:	11:51.56	34.44
	300m:	3:17.12	33.91	700m:	7:50.54	34.56	1100m:	12:26.14	34.58
	350m:	3:51.19	34.07	750m:	8:24.96	34.42	1150m:	13:00.49	34.35
	400m:	4:25.41	34.22	800m:	8:58.82	33.86	1200m:	13:35.29	34.80
12.			2004			+0,75	17:00.21	622	
	50m:	30.14	30.14	450m:	4:57.48	34.00	850m:	9:30.75	34.57
	100m:	1:03.48	33.34	500m:	5:31.33	33.85	900m:	10:05.35	34.60
	150m:	1:37.32	33.84	550m:	6:05.10	33.77	950m:	10:40.38	35.03
	200m:	2:09.55	32.23	600m:	6:38.87	33.77	1000m:	11:14.80	34.42
	250m:	2:43.52	33.97	650m:	7:12.93	34.06	1050m:	11:49.54	34.74
	300m:	3:16.39	32.87	700m:	7:47.08	34.15	1100m:	12:24.12	34.58
	350m:	3:50.31	33.92	750m:	8:21.85	34.77	1150m:	12:59.10	34.98
	400m:	4:23.48	33.17	800m:	8:56.18	34.33	1200m:	13:34.69	35.59
13.			2004			+0,79	17:00.31	622	
	50m:	29.14	29.14	450m:	4:57.86	34.47	850m:	9:34.51	34.90
	100m:	1:01.19	32.05	500m:	5:32.13	34.27	900m:	10:08.93	34.42
	150m:	1:34.03	32.84	550m:	6:07.00	34.87	950m:	10:43.87	34.94
	200m:	2:07.37	33.34	600m:	6:41.21	34.21	1000m:	11:18.19	34.32
	250m:	2:41.21	33.84	650m:	7:16.03	34.82	1050m:	11:53.58	35.39
	300m:	3:15.05	33.84	700m:	7:50.55	34.52	1100m:	12:27.53	33.95
	350m:	3:49.58	34.53	750m:	8:25.42	34.87	1150m:	13:02.24	34.71
	400m:	4:23.39	33.81	800m:	8:59.61	34.19	1200m:	13:36.86	34.62
14.			2003			+0,86	17:08.06	608	
	50m:	30.44	30.44	450m:	5:05.28	35.21	850m:	9:41.05	33.20
	100m:	1:04.40	33.96	500m:	5:40.07	34.79	900m:	10:14.78	33.73
	150m:	1:38.73	34.33	550m:	6:15.52	35.45	950m:	10:49.11	34.33
	200m:	2:12.64	33.91	600m:	6:50.62	35.10	1000m:	11:23.32	34.21
	250m:	2:46.75	34.11	650m:	7:25.07	34.45	1050m:	11:57.71	34.39
	300m:	3:21.10	34.35	700m:	7:59.11	34.04	1100m:	12:32.29	34.58
	350m:	3:55.61	34.51	750m:	8:33.67	34.56	1150m:	13:07.03	34.74
	400m:	4:30.07	34.46	800m:	9:07.85	34.18	1200m:	13:41.73	34.70
15.			2004			+0,83	17:17.06	592	
	50m:	29.13	29.13	450m:	5:01.55	34.95	850m:	9:41.38	35.75
	100m:	1:01.51	32.38	500m:	5:36.25	34.70	900m:	10:16.79	35.41
	150m:	1:35.39	33.88	550m:	6:11.64	35.39	950m:	10:52.35	35.56
	200m:	2:09.10	33.71	600m:	6:45.93	34.29	1000m:	11:28.00	35.65
	250m:	2:42.74	33.64	650m:	7:20.14	34.21	1050m:	12:03.77	35.77
	300m:	3:17.14	34.40	700m:	7:55.20	35.06	1100m:	12:39.25	35.48
	350m:	3:51.71	34.57	750m:	8:30.07	34.87	1150m:	13:15.16	35.91
	400m:	4:26.60	34.89	800m:	9:05.63	35.56	1200m:	13:51.01	35.85



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30, , 1500m , (17-18)

							R.T.		FINA			
16.			2004				+0,73 17:23.86		580			
	50m:	29.83	29.83	450m:	5:01.52	34.35	850m:	9:45.01	35.13	1250m:	14:29.18	35.28
	100m:	1:02.61	32.78	500m:	5:36.57	35.05	900m:	10:20.31	35.30	1300m:	15:05.02	35.84
	150m:	1:36.08	33.47	550m:	6:11.56	34.99	950m:	10:55.44	35.13	1350m:	15:40.13	35.11
	200m:	2:09.69	33.61	600m:	6:47.11	35.55	1000m:	11:31.62	36.18	1400m:	16:15.45	35.32
	250m:	2:43.74	34.05	650m:	7:22.18	35.07	1050m:	12:07.38	35.76	1450m:	16:50.10	34.65
	300m:	3:18.02	34.28	700m:	7:58.13	35.95	1100m:	12:43.02	35.64	1500m:	17:23.86	33.76
	350m:	3:52.52	34.50	750m:	8:33.42	35.29	1150m:	13:18.14	35.12			
	400m:	4:27.17	34.65	800m:	9:09.88	36.46	1200m:	13:53.90	35.76			
17.			2004				+0,74 17:24.56		579			
	50m:	29.87	29.87	450m:	5:05.70	34.87	850m:	9:46.91	35.60	1250m:	14:30.49	35.77
	100m:	1:02.77	32.90	500m:	5:40.57	34.87	900m:	10:22.07	35.16	1300m:	15:05.83	35.34
	150m:	1:37.09	34.32	550m:	6:15.42	34.85	950m:	10:57.60	35.53	1350m:	15:41.61	35.78
	200m:	2:11.64	34.55	600m:	6:50.45	35.03	1000m:	11:33.07	35.47	1400m:	16:16.99	35.38
	250m:	2:46.34	34.70	650m:	7:25.54	35.09	1050m:	12:08.66	35.59	1450m:	16:52.29	35.30
	300m:	3:21.36	35.02	700m:	8:00.92	35.38	1100m:	12:43.66	35.00	1500m:	17:24.56	32.27
	350m:	3:56.02	34.66	750m:	8:36.14	35.22	1150m:	13:19.18	35.52			
	400m:	4:30.83	34.81	800m:	9:11.31	35.17	1200m:	13:54.72	35.54			
18.			2003 I				+0,73 17:26.27		576			
	50m:	30.74	30.74	450m:	5:10.04	34.94	850m:	9:50.14	35.25	1250m:	14:31.43	35.31
	100m:	1:04.69	33.95	500m:	5:45.08	35.04	900m:	10:25.44	35.30	1300m:	15:06.68	35.25
	150m:	1:39.34	34.65	550m:	6:20.01	34.93	950m:	11:00.32	34.88	1350m:	15:41.96	35.28
	200m:	2:14.74	35.40	600m:	6:55.24	35.23	1000m:	11:35.44	35.12	1400m:	16:17.29	35.33
	250m:	2:49.64	34.90	650m:	7:30.20	34.96	1050m:	12:10.33	34.89	1450m:	16:51.94	34.65
	300m:	3:24.75	35.11	700m:	8:04.93	34.73	1100m:	12:45.62	35.29	1500m:	17:26.27	34.33
	350m:	4:02.29	37.54	750m:	8:39.53	34.60	1150m:	13:20.79	35.17			
	400m:	4:35.10	32.81	800m:	9:14.89	35.36	1200m:	13:56.12	35.33			
19.			2003				+0,94 17:28.53		573			
	50m:	28.71	28.71	450m:	4:56.92	34.53	850m:	9:44.69	36.47	1250m:	14:34.92	36.04
	100m:	1:01.36	32.65	500m:	5:32.27	35.35	900m:	10:20.70	36.01	1300m:	15:11.23	36.31
	150m:	1:34.50	33.14	550m:	6:08.22	35.95	950m:	10:56.88	36.18	1350m:	15:45.82	34.59
	200m:	2:08.09	33.59	600m:	6:43.82	35.60	1000m:	11:33.00	36.12	1400m:	16:21.29	35.47
	250m:	2:41.21	33.12	650m:	7:19.84	36.02	1050m:	12:09.73	36.73	1450m:	16:55.58	34.29
	300m:	3:14.50	33.29	700m:	7:56.10	36.26	1100m:	12:46.23	36.50	1500m:	17:28.53	32.95
	350m:	3:48.00	33.50	750m:	8:32.16	36.06	1150m:	13:22.54	36.31			
	400m:	4:22.39	34.39	800m:	9:08.22	36.06	1200m:	13:58.88	36.34			
20.			2004				+0,60 17:36.09		561			
	50m:	30.20	30.20	450m:	5:02.02	34.94	850m:	9:46.26	36.37	1250m:	14:36.00	36.37
	100m:	1:03.16	32.96	500m:	5:36.96	34.94	900m:	10:21.78	35.52	1300m:	15:12.26	36.26
	150m:	1:36.98	33.82	550m:	6:11.95	34.99	950m:	10:57.79	36.01	1350m:	15:48.33	36.07
	200m:	2:10.43	33.45	600m:	6:47.15	35.20	1000m:	11:33.75	35.96	1400m:	16:24.03	35.70
	250m:	2:44.46	34.03	650m:	7:22.80	35.65	1050m:	12:09.97	36.22	1450m:	17:00.67	36.64
	300m:	3:18.37	33.91	700m:	7:58.40	35.60	1100m:	12:46.36	36.39	1500m:	17:36.09	35.42
	350m:	3:52.70	34.33	750m:	8:34.48	36.08	1150m:	13:22.77	36.41			
	400m:	4:27.08	34.38	800m:	9:09.89	35.41	1200m:	13:59.63	36.86			

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30, , 1500m , (17-18)

					R.T.				FINA			
21.	2004				+0,79 17:41.31				552			
50m:	28.42	28.42	450m:	5:07.77	35.39	850m:	9:57.13	36.46	1250m:	14:45.52	35.45	
100m:	1:01.59	33.17	500m:	5:44.19	36.42	900m:	10:33.33	36.20	1300m:	15:21.63	36.11	
150m:	1:35.97	34.38	550m:	6:19.68	35.49	950m:	11:09.08	35.75	1350m:	15:57.07	35.44	
200m:	2:10.07	34.10	600m:	6:55.52	35.84	1000m:	11:45.41	36.33	1400m:	16:33.04	35.97	
250m:	2:45.69	35.62	650m:	7:31.44	35.92	1050m:	12:22.04	36.63	1450m:	17:08.31	35.27	
300m:	3:21.25	35.56	700m:	8:08.10	36.66	1100m:	12:58.28	36.24	1500m:	17:41.31	33.00	
350m:	3:56.76	35.51	750m:	8:44.30	36.20	1150m:	13:33.66	35.38				
400m:	4:32.38	35.62	800m:	9:20.67	36.37	1200m:	14:10.07	36.41				
22.	2004				- +0,76 17:43.78				548			
50m:	32.29	32.29	450m:	5:22.41	36.06	850m:	10:11.62	35.43	1250m:	14:57.02	35.15	
100m:	1:08.15	35.86	500m:	5:58.77	36.36	900m:	10:46.73	35.11	1300m:	15:32.26	35.24	
150m:	1:45.36	37.21	550m:	6:34.93	36.16	950m:	11:23.13	36.40	1350m:	16:07.78	35.52	
200m:	2:21.24	35.88	600m:	7:11.28	36.35	1000m:	11:58.87	35.74	1400m:	16:41.77	33.99	
250m:	2:57.45	36.21	650m:	7:47.73	36.45	1050m:	12:34.97	36.10	1450m:	17:13.79	32.02	
300m:	3:33.16	35.71	700m:	8:23.77	36.04	1100m:	13:10.88	35.91	1500m:	17:43.78	29.99	
350m:	4:09.93	36.77	750m:	9:00.89	37.12	1150m:	13:46.48	35.60				
400m:	4:46.35	36.42	800m:	9:36.19	35.30	1200m:	14:21.87	35.39				
23.	2004				+0,62 17:56.26				530			
50m:	29.93	29.93	450m:	5:08.17	35.61	850m:	9:58.79	37.14	1250m:	14:54.15	37.11	
100m:	1:03.13	33.20	500m:	5:43.85	35.68	900m:	10:35.19	36.40	1300m:	15:30.77	36.62	
150m:	1:37.40	34.27	550m:	6:19.73	35.88	950m:	11:12.54	37.35	1350m:	16:07.98	37.21	
200m:	2:12.25	34.85	600m:	6:55.51	35.78	1000m:	11:49.03	36.49	1400m:	16:44.48	36.50	
250m:	2:47.15	34.90	650m:	7:32.13	36.62	1050m:	12:26.33	37.30	1450m:	17:21.23	36.75	
300m:	3:22.28	35.13	700m:	8:08.40	36.27	1100m:	13:02.94	36.61	1500m:	17:56.26	35.03	
350m:	3:57.35	35.07	750m:	8:45.13	36.73	1150m:	13:40.25	37.31				
400m:	4:32.56	35.21	800m:	9:21.65	36.52	1200m:	14:17.04	36.79				
24.	2004				+0,79 18:10.51				509			
50m:	30.01	30.01	450m:	5:12.90	36.38	850m:	10:09.48	37.24	1250m:	15:08.52	37.14	
100m:	1:03.08	33.07	500m:	5:49.54	36.64	900m:	10:46.81	37.33	1300m:	15:45.22	36.70	
150m:	1:37.95	34.87	550m:	6:26.30	36.76	950m:	11:24.38	37.57	1350m:	16:23.09	37.87	
200m:	2:13.19	35.24	600m:	7:03.36	37.06	1000m:	12:01.91	37.53	1400m:	17:00.14	37.05	
250m:	2:48.33	35.14	650m:	7:40.36	37.00	1050m:	12:39.66	37.75	1450m:	17:36.89	36.75	
300m:	3:24.10	35.77	700m:	8:17.79	37.43	1100m:	13:16.22	36.56	1500m:	18:10.51	33.62	
350m:	4:00.14	36.04	750m:	8:55.61	37.82	1150m:	13:54.15	37.93				
400m:	4:36.52	36.38	800m:	9:32.24	36.63	1200m:	14:31.38	37.23				
25.	2004				+0,86 18:23.53				491			
50m:	30.78	30.78	450m:	5:20.12	37.23	850m:	10:17.98	37.67	1250m:	15:17.41	38.11	
100m:	1:05.13	34.35	500m:	5:56.51	36.39	900m:	10:55.43	37.45	1300m:	15:55.32	37.91	
150m:	1:40.41	35.28	550m:	6:34.34	37.83	950m:	11:32.87	37.44	1350m:	16:32.89	37.57	
200m:	2:16.21	35.80	600m:	7:11.41	37.07	1000m:	12:09.95	37.08	1400m:	17:09.95	37.06	
250m:	2:53.08	36.87	650m:	7:48.78	37.37	1050m:	12:47.17	37.22	1450m:	17:47.51	37.56	
300m:	3:29.50	36.42	700m:	8:25.69	36.91	1100m:	13:23.99	36.82	1500m:	18:23.53	36.02	
350m:	4:06.54	37.04	750m:	9:03.41	37.72	1150m:	14:01.82	37.83				
400m:	4:42.89	36.35	800m:	9:40.31	36.90	1200m:	14:39.30	37.48				



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30, , 1500m , (17-18)

								R.T.		FINA		
26.			2004 I					+0,82	19:01.20	444		
	50m:	32.83	32.83	450m:	5:30.74	37.67	850m:	10:37.81	38.52	1250m:	15:49.57	39.05
	100m:	1:08.93	36.10	500m:	6:09.08	38.34	900m:	11:16.38	38.57	1300m:	16:28.87	39.30
	150m:	1:45.76	36.83	550m:	6:47.16	38.08	950m:	11:54.88	38.50	1350m:	17:07.70	38.83
	200m:	2:22.92	37.16	600m:	7:25.60	38.44	1000m:	12:33.97	39.09	1400m:	17:46.21	38.51
	250m:	2:59.92	37.00	650m:	8:03.65	38.05	1050m:	13:12.71	38.74	1450m:	18:24.27	38.06
	300m:	3:37.51	37.59	700m:	8:41.83	38.18	1100m:	13:51.99	39.28	1500m:	19:01.20	36.93
	350m:	4:14.96	37.45	750m:	9:20.26	38.43	1150m:	14:30.77	38.78			
	400m:	4:53.07	38.11	800m:	9:59.29	39.03	1200m:	15:10.52	39.75			

