

26
28.06.2016 - 14:18 , 1500m

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

: FINA 2016

							R.T.		FINA		
1.			1999				+0,70 16:45.14		780		
50m:	30.71	30.71	450m:	5:01.31	33.49	850m:	9:29.95	32.98	1250m:	13:58.88	33.36
100m:	1:05.04	34.33	500m:	5:35.26	33.95	900m:	10:03.60	33.65	1300m:	14:32.76	33.88
150m:	1:38.07	33.03	550m:	6:08.63	33.37	950m:	10:36.96	33.36	1350m:	15:05.92	33.16
200m:	2:12.40	34.33	600m:	6:42.89	34.26	1000m:	11:11.04	34.08	1400m:	15:39.75	33.83
250m:	2:45.62	33.22	650m:	7:16.08	33.19	1050m:	11:44.14	33.10	1450m:	16:12.74	32.99
300m:	3:19.91	34.29	700m:	7:50.00	33.92	1100m:	12:18.04	33.90	1500m:	16:45.14	32.40
350m:	3:53.29	33.38	750m:	8:23.31	33.31	1150m:	12:51.33	33.29			
400m:	4:27.82	34.53	800m:	8:56.97	33.66	1200m:	13:25.52	34.19			
2.			1989				+0,88 16:56.45		754		
50m:	31.50	31.50	450m:	5:02.48	34.15	850m:	9:34.19	33.81	1250m:	14:07.32	33.89
100m:	1:05.26	33.76	500m:	5:36.35	33.87	900m:	10:08.21	34.02	1300m:	14:41.75	34.43
150m:	1:38.89	33.63	550m:	6:10.36	34.01	950m:	10:42.32	34.11	1350m:	15:15.62	33.87
200m:	2:13.06	34.17	600m:	6:44.35	33.99	1000m:	11:16.50	34.18	1400m:	15:50.04	34.42
250m:	2:46.84	33.78	650m:	7:18.42	34.07	1050m:	11:50.55	34.05	1450m:	16:23.46	33.42
300m:	3:20.78	33.94	700m:	7:52.49	34.07	1100m:	12:25.05	34.50	1500m:	16:56.45	32.99
350m:	3:54.42	33.64	750m:	8:26.37	33.88	1150m:	12:59.00	33.95			
400m:	4:28.33	33.91	800m:	9:00.38	34.01	1200m:	13:33.43	34.43			
3.			1995				17:31.18		682		
50m:	32.67	32.67	450m:	5:12.09	34.88	850m:	9:53.02	35.27	1250m:	14:34.98	35.20
100m:	1:07.73	35.06	500m:	5:47.07	34.98	900m:	10:28.18	35.16	1300m:	15:10.00	35.02
150m:	1:42.97	35.24	550m:	6:22.12	35.05	950m:	11:03.46	35.28	1350m:	15:45.48	35.48
200m:	2:17.86	34.89	600m:	6:57.14	35.02	1000m:	11:38.82	35.36	1400m:	16:20.92	35.44
250m:	2:53.04	35.18	650m:	7:32.36	35.22	1050m:	12:13.92	35.10	1450m:	16:56.42	35.50
300m:	3:27.83	34.79	700m:	8:07.31	34.95	1100m:	12:49.13	35.21	1500m:	17:31.18	34.76
350m:	4:02.81	34.98	750m:	8:42.58	35.27	1150m:	13:24.44	35.31			
400m:	4:37.21	34.40	800m:	9:17.75	35.17	1200m:	13:59.78	35.34			
4.			1998				+0,86 17:47.25		652		
50m:	32.10	32.10	450m:	5:18.17	35.46	850m:	10:03.80	35.50	1250m:	14:49.85	35.56
100m:	1:07.90	35.80	500m:	5:54.26	36.09	900m:	10:39.76	35.96	1300m:	15:26.30	36.45
150m:	1:43.29	35.39	550m:	6:29.47	35.21	950m:	11:15.36	35.60	1350m:	16:01.82	35.52
200m:	2:19.72	36.43	600m:	7:05.59	36.12	1000m:	11:51.43	36.07	1400m:	16:38.61	36.79
250m:	2:55.12	35.40	650m:	7:40.78	35.19	1050m:	12:26.65	35.22	1450m:	17:13.53	34.92
300m:	3:31.18	36.06	700m:	8:16.81	36.03	1100m:	13:02.66	36.01	1500m:	17:47.25	33.72
350m:	4:06.63	35.45	750m:	8:52.31	35.50	1150m:	13:38.11	35.45			
400m:	4:42.71	36.08	800m:	9:28.30	35.99	1200m:	14:14.29	36.18			
5.			2002				+0,89 17:47.61		651		
50m:	31.28	31.28	450m:	5:11.26	35.91	850m:	9:59.62	35.69	1250m:	14:48.98	35.16
100m:	1:05.51	34.23	500m:	5:46.96	35.70	900m:	10:35.85	36.23	1300m:	15:25.45	36.47
150m:	1:39.37	33.86	550m:	6:22.89	35.93	950m:	11:12.09	36.24	1350m:	16:01.82	36.37
200m:	2:13.61	34.24	600m:	6:59.21	36.32	1000m:	11:48.76	36.67	1400m:	16:38.35	36.53
250m:	2:48.45	34.84	650m:	7:35.42	36.21	1050m:	12:24.79	36.03	1450m:	17:14.03	35.68
300m:	3:23.84	35.39	700m:	8:11.51	36.09	1100m:	13:01.25	36.46	1500m:	17:47.61	33.58
350m:	3:59.45	35.61	750m:	8:47.55	36.04	1150m:	13:37.02	35.77			
400m:	4:35.35	35.90	800m:	9:23.93	36.38	1200m:	14:13.82	36.80			

26, 1500m

	/				R.T.				FINA		
6.	1999				+0,78 18:01.07				627		
50m:	31.77	31.77	450m:	5:15.29	36.20	850m:	10:06.75	37.33	1250m:	15:01.57	37.45
100m:	1:06.27	34.50	500m:	5:51.13	35.84	900m:	10:43.69	36.94	1300m:	15:37.19	35.62
150m:	1:41.80	35.53	550m:	6:28.37	37.24	950m:	11:20.38	36.69	1350m:	16:13.88	36.69
200m:	2:16.48	34.68	600m:	7:04.22	35.85	1000m:	11:57.73	37.35	1400m:	16:51.11	37.23
250m:	2:52.18	35.70	650m:	7:40.30	36.08	1050m:	12:34.15	36.42	1450m:	17:27.68	36.57
300m:	3:27.34	35.16	700m:	8:16.21	35.91	1100m:	13:10.77	36.62	1500m:	18:01.07	33.39
350m:	4:03.56	36.22	750m:	8:53.28	37.07	1150m:	13:47.97	37.20			
400m:	4:39.09	35.53	800m:	9:29.42	36.14	1200m:	14:24.12	36.15			
7.	1999				+0,86 18:10.41				611		
50m:	32.87	32.87	450m:	5:24.01	36.92	850m:	10:17.86	37.08	1250m:	15:10.89	37.28
100m:	1:08.50	35.63	500m:	6:00.75	36.74	900m:	10:54.13	36.27	1300m:	15:47.03	36.14
150m:	1:44.98	36.48	550m:	6:37.99	37.24	950m:	11:31.13	37.00	1350m:	16:24.18	37.15
200m:	2:20.95	35.97	600m:	7:14.20	36.21	1000m:	12:07.30	36.17	1400m:	17:00.26	36.08
250m:	2:57.81	36.86	650m:	7:51.12	36.92	1050m:	12:44.11	36.81	1450m:	17:36.15	35.89
300m:	3:33.94	36.13	700m:	8:27.50	36.38	1100m:	13:20.49	36.38	1500m:	18:10.41	34.26
350m:	4:10.96	37.02	750m:	9:04.55	37.05	1150m:	13:57.57	37.08			
400m:	4:47.09	36.13	800m:	9:40.78	36.23	1200m:	14:33.61	36.04			
8.	2001				+0,76 18:30.64				578		
50m:	32.07	32.07	450m:	5:23.45	36.33	850m:	10:21.81	36.96	1250m:	15:24.42	37.60
100m:	1:07.71	35.64	500m:	6:01.20	37.75	900m:	11:00.14	38.33	1300m:	16:02.26	37.84
150m:	1:43.59	35.88	550m:	6:37.81	36.61	950m:	11:36.87	36.73	1350m:	16:39.65	37.39
200m:	2:20.23	36.64	600m:	7:15.46	37.65	1000m:	12:15.30	38.43	1400m:	17:17.76	38.11
250m:	2:56.30	36.07	650m:	7:52.12	36.66	1050m:	12:52.62	37.32	1450m:	17:54.86	37.10
300m:	3:33.35	37.05	700m:	8:29.99	37.87	1100m:	13:30.97	38.35	1500m:	18:30.64	35.78
350m:	4:09.66	36.31	750m:	9:06.93	36.94	1150m:	14:08.34	37.37			
400m:	4:47.12	37.46	800m:	9:44.85	37.92	1200m:	14:46.82	38.48			
9.	2000				+0,91 18:39.42				565		
50m:	33.24	33.24	450m:	5:30.28	37.15	850m:	10:28.97	37.20	1250m:	15:30.90	37.95
100m:	1:09.39	36.15	500m:	6:07.62	37.34	900m:	11:07.04	38.07	1300m:	16:08.95	38.05
150m:	1:46.01	36.62	550m:	6:44.23	36.61	950m:	11:44.01	36.97	1350m:	16:46.76	37.81
200m:	2:23.77	37.76	600m:	7:21.85	37.62	1000m:	12:21.36	37.35	1400m:	17:24.79	38.03
250m:	3:01.10	37.33	650m:	7:58.90	37.05	1050m:	12:59.20	37.84	1450m:	18:02.62	37.83
300m:	3:38.83	37.73	700m:	8:36.78	37.88	1100m:	13:37.25	38.05	1500m:	18:39.42	36.80
350m:	4:15.72	36.89	750m:	9:13.79	37.01	1150m:	14:14.82	37.57			
400m:	4:53.13	37.41	800m:	9:51.77	37.98	1200m:	14:52.95	38.13			
10.	1999				+0,72 18:42.74				560		
50m:	31.49	31.49	450m:	5:32.48	37.69	850m:	10:36.26	37.52	1250m:	15:37.74	37.75
100m:	1:07.36	35.87	500m:	6:11.01	38.53	900m:	11:14.40	38.14	1300m:	16:16.14	38.40
150m:	1:44.37	37.01	550m:	6:48.38	37.37	950m:	11:52.49	38.09	1350m:	16:53.49	37.35
200m:	2:22.45	38.08	600m:	7:26.79	38.41	1000m:	12:30.00	37.51	1400m:	17:31.03	37.54
250m:	3:00.23	37.78	650m:	8:04.86	38.07	1050m:	13:07.37	37.37	1450m:	18:07.60	36.57
300m:	3:38.35	38.12	700m:	8:42.86	38.00	1100m:	13:44.89	37.52	1500m:	18:42.74	35.14
350m:	4:16.40	38.05	750m:	9:20.75	37.89	1150m:	14:22.24	37.35			
400m:	4:54.79	38.39	800m:	9:58.74	37.99	1200m:	14:59.99	37.75			
11.	2002				+0,96 18:48.97				550		
50m:	31.74	31.74	450m:	5:26.56	37.35	850m:	10:32.19	37.62	1250m:	15:37.98	37.41
100m:	1:06.83	35.09	500m:	6:05.23	38.67	900m:	11:11.40	39.21	1300m:	16:17.20	39.22
150m:	1:42.84	36.01	550m:	6:42.43	37.20	950m:	11:49.37	37.97	1350m:	16:55.93	38.73
200m:	2:19.78	36.94	600m:	7:21.45	39.02	1000m:	12:27.83	38.46	1400m:	17:35.56	39.63
250m:	2:56.63	36.85	650m:	7:59.33	37.88	1050m:	13:05.32	37.49	1450m:	18:12.83	37.27
300m:	3:34.58	37.95	700m:	8:38.08	38.75	1100m:	13:44.02	38.70	1500m:	18:48.97	36.14
350m:	4:10.92	36.34	750m:	9:16.03	37.95	1150m:	14:22.18	38.16			
400m:	4:49.21	38.29	800m:	9:54.57	38.54	1200m:	15:00.57	38.39			

26,		, 1500m						R.T.		FINA		
12.				2000				+0,91	18:51.73		546	
	50m:	33.13	33.13	450m:	5:33.06	38.56	850m:	10:37.42	38.08	1250m:	15:43.39	38.26
	100m:	1:09.17	36.04	500m:	6:10.60	37.54	900m:	11:15.41	37.99	1300m:	16:21.62	38.23
	150m:	1:46.45	37.28	550m:	6:48.95	38.35	950m:	11:54.08	38.67	1350m:	17:00.13	38.51
	200m:	2:23.49	37.04	600m:	7:26.69	37.74	1000m:	12:32.01	37.93	1400m:	17:37.85	37.72
	250m:	3:01.53	38.04	650m:	8:05.00	38.31	1050m:	13:10.48	38.47	1450m:	18:15.72	37.87
	300m:	3:38.68	37.15	700m:	8:42.93	37.93	1100m:	13:48.28	37.80	1500m:	18:51.73	36.01
	350m:	4:17.01	38.33	750m:	9:21.67	38.74	1150m:	14:27.08	38.80			
	400m:	4:54.50	37.49	800m:	9:59.34	37.67	1200m:	15:05.13	38.05			
13.				2002					19:23.85	I	502	
	50m:	34.41	34.41	450m:	5:47.33	40.00	850m:	10:59.03	39.70	1250m:	16:10.51	39.96
	100m:	1:13.86	39.45	500m:	6:25.85	38.52	900m:	11:37.13	38.10	1300m:	16:49.54	39.03
	150m:	1:53.39	39.53	550m:	7:05.39	39.54	950m:	12:16.09	38.96	1350m:	17:29.27	39.73
	200m:	2:32.24	38.85	600m:	7:43.86	38.47	1000m:	12:54.50	38.41	1400m:	18:09.01	39.74
	250m:	3:11.42	39.18	650m:	8:23.44	39.58	1050m:	13:34.32	39.82	1450m:	18:47.51	38.50
	300m:	3:50.00	38.58	700m:	9:01.38	37.94	1100m:	14:12.32	38.00	1500m:	19:23.85	36.34
	350m:	4:29.40	39.40	750m:	9:40.86	39.48	1150m:	14:51.39	39.07			
	400m:	5:07.33	37.93	800m:	10:19.33	38.47	1200m:	15:30.55	39.16			
14.				2003	I				19:42.61	I	479	
	50m:	35.25	35.25	450m:	5:52.32	40.36	850m:	11:10.43	39.70	1250m:	16:28.25	39.66
	100m:	1:13.19	37.94	500m:	6:32.51	40.19	900m:	11:50.21	39.78	1300m:	17:07.40	39.15
	150m:	1:52.92	39.73	550m:	7:12.15	39.64	950m:	12:29.71	39.50	1350m:	17:46.99	39.59
	200m:	2:32.66	39.74	600m:	7:51.84	39.69	1000m:	13:09.60	39.89	1400m:	18:26.13	39.14
	250m:	3:12.53	39.87	650m:	8:31.92	40.08	1050m:	13:49.54	39.94	1450m:	19:04.84	38.71
	300m:	3:52.57	40.04	700m:	9:11.09	39.17	1100m:	14:28.72	39.18	1500m:	19:42.61	37.77
	350m:	4:32.58	40.01	750m:	9:51.18	40.09	1150m:	15:08.92	40.20			
	400m:	5:11.96	39.38	800m:	10:30.73	39.55	1200m:	15:48.59	39.67			
15.				2003	I			+0,76	19:46.83	I	474	
	50m:	35.45	35.45	450m:	5:51.71	39.86	850m:	11:10.58	39.90	1250m:	16:30.16	40.11
	100m:	1:14.53	39.08	500m:	6:30.89	39.18	900m:	11:50.60	40.02	1300m:	17:09.77	39.61
	150m:	1:54.77	40.24	550m:	7:10.96	40.07	950m:	12:30.60	40.00	1350m:	17:50.12	40.35
	200m:	2:33.56	38.79	600m:	7:50.58	39.62	1000m:	13:10.11	39.51	1400m:	18:29.14	39.02
	250m:	3:13.26	39.70	650m:	8:30.29	39.71	1050m:	13:50.60	40.49	1450m:	19:08.45	39.31
	300m:	3:51.99	38.73	700m:	9:10.38	40.09	1100m:	14:30.35	39.75	1500m:	19:46.83	38.38
	350m:	4:32.35	40.36	750m:	9:51.01	40.63	1150m:	15:10.04	39.69			
	400m:	5:11.85	39.50	800m:	10:30.68	39.67	1200m:	15:50.05	40.01			
16.				2002	I			+1,00	20:30.39	I	425	
	50m:	33.72	33.72	450m:	5:59.26	40.95	850m:	11:30.60	41.05	1250m:	17:03.85	41.13
	100m:	1:14.04	40.32	500m:	6:40.95	41.69	900m:	12:12.43	41.83	1300m:	17:46.84	42.99
	150m:	1:53.92	39.88	550m:	7:21.19	40.24	950m:	12:53.81	41.38	1350m:	18:28.16	41.32
	200m:	2:34.67	40.75	600m:	8:02.98	41.79	1000m:	13:36.34	42.53	1400m:	19:10.13	41.97
	250m:	3:15.12	40.45	650m:	8:44.62	41.64	1050m:	14:17.91	41.57	1450m:	19:50.10	39.97
	300m:	3:56.36	41.24	700m:	9:26.28	41.66	1100m:	14:59.47	41.56	1500m:	20:30.39	40.29
	350m:	4:37.65	41.29	750m:	10:07.51	41.23	1150m:	15:39.87	40.40			
	400m:	5:18.31	40.66	800m:	10:49.55	42.04	1200m:	16:22.72	42.85			
17.				2003	I			+0,88	20:31.73	I	424	
	50m:	37.18	37.18	450m:	6:08.81	41.66	850m:	11:40.15	41.99	1250m:	17:10.92	41.00
	100m:	1:17.93	40.75	500m:	6:49.50	40.69	900m:	12:21.76	41.61	1300m:	17:52.13	41.21
	150m:	1:59.60	41.67	550m:	7:30.96	41.46	950m:	13:02.87	41.11	1350m:	18:32.97	40.84
	200m:	2:40.71	41.11	600m:	8:11.59	40.63	1000m:	13:44.08	41.21	1400m:	19:13.66	40.69
	250m:	3:22.84	42.13	650m:	8:53.69	42.10	1050m:	14:25.75	41.67	1450m:	19:54.50	40.84
	300m:	4:04.01	41.17	700m:	9:34.91	41.22	1100m:	15:07.03	41.28	1500m:	20:31.73	37.23
	350m:	4:45.85	41.84	750m:	10:16.47	41.56	1150m:	15:48.54	41.51			
	400m:	5:27.15	41.30	800m:	10:58.16	41.69	1200m:	16:29.92	41.38			