



Кубок России по плаванию

1 этап

20-21
февраля
2024

Калининград

16
20.02.2024 - 14:02

, 1500m

		14:41.13				(CHN)				15.08.2008		
		14:59.56				-		(BRA)		12.08.2016		
: FINA 2024												
		/				R.T.						
1.		2007				15:53.09				763		
	50m:	29.27	29.27	450m:	4:47.94	32.14	850m:	9:03.37	31.39	1250m:	13:17.87	31.52
	100m:	1:01.92	32.65	500m:	5:20.03	32.09	900m:	9:35.31	31.94	1300m:	13:49.32	31.45
	150m:	1:34.34	32.42	550m:	5:51.97	31.94	950m:	10:06.74	31.43	1350m:	14:20.68	31.36
	200m:	2:06.91	32.57	600m:	6:24.05	32.08	1000m:	10:38.86	32.12	1400m:	14:52.12	31.44
	250m:	2:39.15	32.24	650m:	6:55.81	31.76	1050m:	11:11.05	32.19	1450m:	15:23.21	31.09
	300m:	3:11.36	32.21	700m:	7:27.81	32.00	1100m:	11:43.34	32.29	1500m:	15:53.09	29.88
	350m:	3:43.60	32.24	750m:	7:59.78	31.97	1150m:	12:15.09	31.75			
	400m:	4:15.80	32.20	800m:	8:31.98	32.20	1200m:	12:46.35	31.26			
2.		1998				+0,79 15:57.93				751		
	50m:	30.44	30.44	450m:	4:48.53	32.28	850m:	9:04.06	31.71	1250m:	13:19.55	31.64
	100m:	1:03.24	32.80	500m:	5:20.80	32.27	900m:	9:36.15	32.09	1300m:	13:51.56	32.01
	150m:	1:35.44	32.20	550m:	5:52.38	31.58	950m:	10:07.77	31.62	1350m:	14:23.34	31.78
	200m:	2:07.51	32.07	600m:	6:24.15	31.77	1000m:	10:39.74	31.97	1400m:	14:55.95	32.61
	250m:	2:39.78	32.27	650m:	6:55.92	31.77	1050m:	11:11.79	32.05	1450m:	15:27.43	31.48
	300m:	3:11.86	32.08	700m:	7:28.10	32.18	1100m:	11:44.26	32.47	1500m:	15:57.93	30.50
	350m:	3:44.00	32.14	750m:	8:00.07	31.97	1150m:	12:15.98	31.72			
	400m:	4:16.25	32.25	800m:	8:32.35	32.28	1200m:	12:47.91	31.93			
3.		2005				+0,79 16:06.88				731		
	50m:	29.60	29.60	450m:	4:46.43	32.11	850m:	9:04.32	32.04	1250m:	13:23.90	32.67
	100m:	1:01.48	31.88	500m:	5:18.53	32.10	900m:	9:36.61	32.29	1300m:	13:57.17	33.27
	150m:	1:33.67	32.19	550m:	5:50.47	31.94	950m:	10:08.67	32.06	1350m:	14:30.02	32.85
	200m:	2:05.79	32.12	600m:	6:22.67	32.20	1000m:	10:40.89	32.22	1400m:	15:03.15	33.13
	250m:	2:37.86	32.07	650m:	6:54.89	32.22	1050m:	11:13.39	32.50	1450m:	15:35.23	32.08
	300m:	3:10.02	32.16	700m:	7:27.43	32.54	1100m:	11:45.93	32.54	1500m:	16:06.88	31.65
	350m:	3:42.07	32.05	750m:	7:59.71	32.28	1150m:	12:18.28	32.35			
	400m:	4:14.32	32.25	800m:	8:32.28	32.57	1200m:	12:51.23	32.95			
4.		2005				+0,88 16:16.45				709		
	50m:	29.31	29.31	450m:	4:47.13	32.17	850m:	9:06.50	32.93	1250m:	13:31.30	33.76
	100m:	1:01.21	31.90	500m:	5:19.31	32.18	900m:	9:39.04	32.54	1300m:	14:04.64	33.34
	150m:	1:33.82	32.61	550m:	5:51.39	32.08	950m:	10:11.97	32.93	1350m:	14:37.92	33.28
	200m:	2:06.26	32.44	600m:	6:23.60	32.21	1000m:	10:44.75	32.78	1400m:	15:10.68	32.76
	250m:	2:38.77	32.51	650m:	6:56.23	32.63	1050m:	11:17.92	33.17	1450m:	15:44.05	33.37
	300m:	3:10.87	32.10	700m:	7:28.74	32.51	1100m:	11:50.87	32.95	1500m:	16:16.45	32.40
	350m:	3:43.31	32.44	750m:	8:01.16	32.42	1150m:	12:24.31	33.44			
	400m:	4:14.96	31.65	800m:	8:33.57	32.41	1200m:	12:57.54	33.23			
5.		2003				+0,86 16:21.48				698		
	50m:	29.71	29.71	450m:	4:46.97	32.57	850m:	9:09.74	33.40	1250m:	13:37.14	33.74
	100m:	1:01.32	31.61	500m:	5:19.50	32.53	900m:	9:42.93	33.19	1300m:	14:10.04	32.90
	150m:	1:33.33	32.01	550m:	5:51.92	32.42	950m:	10:16.69	33.76	1350m:	14:43.78	33.74
	200m:	2:05.34	32.01	600m:	6:24.65	32.73	1000m:	10:49.98	33.29	1400m:	15:17.07	33.29
	250m:	2:37.30	31.96	650m:	6:57.30	32.65	1050m:	11:23.44	33.46	1450m:	15:50.00	32.93
	300m:	3:09.48	32.18	700m:	7:30.35	33.05	1100m:	11:56.47	33.03	1500m:	16:21.48	31.48
	350m:	3:41.91	32.43	750m:	8:03.27	32.92	1150m:	12:30.07	33.60			
	400m:	4:14.40	32.49	800m:	8:36.34	33.07	1200m:	13:03.40	33.33			
6.		2006				+0,75 16:36.58				667		
	50m:	29.97	29.97	450m:	4:49.79	32.51	850m:	9:13.40	33.76	1250m:	13:47.12	34.30
	100m:	1:02.50	32.53	500m:	5:21.85	32.06	900m:	9:47.10	33.70	1300m:	14:21.34	34.22
	150m:	1:35.19	32.69	550m:	5:54.62	32.77	950m:	10:21.25	34.15	1350m:	14:55.86	34.52
	200m:	2:07.75	32.56	600m:	6:27.22	32.60	1000m:	10:55.46	34.21	1400m:	15:30.08	34.22
	250m:	2:40.37	32.62	650m:	7:00.02	32.80	1050m:	11:29.80	34.34	1450m:	16:03.84	33.76
	300m:	3:12.49	32.12	700m:	7:32.82	32.80	1100m:	12:03.73	33.93	1500m:	16:36.58	32.74
	350m:	3:45.14	32.65	750m:	8:06.04	33.22	1150m:	12:38.16	34.43			
	400m:	4:17.28	32.14	800m:	8:39.64	33.60	1200m:	13:12.82	34.66			

ALGE SWIM TIME

СПОНСОРЫ СОРЕВНОВАНИЙ:





Кубок России

1 этап

по плаванию

20-21
февраля
2024

Калининград

16, , 1500m

R.T.

7.			2005					+1,05 16:38.37		664		
	50m:	29.39	29.39	450m:	4:53.74	33.42	850m:	9:22.14	33.60	1250m:	13:53.63	33.95
	100m:	1:01.16	31.77	500m:	5:27.34	33.60	900m:	9:56.06	33.92	1300m:	14:27.65	34.02
	150m:	1:34.12	32.96	550m:	6:00.97	33.63	950m:	10:30.12	34.06	1350m:	15:01.39	33.74
	200m:	2:07.36	33.24	600m:	6:34.38	33.41	1000m:	11:03.85	33.73	1400m:	15:35.22	33.83
	250m:	2:40.47	33.11	650m:	7:07.59	33.21	1050m:	11:37.79	33.94	1450m:	16:07.83	32.61
	300m:	3:13.77	33.30	700m:	7:40.88	33.29	1100m:	12:11.44	33.65	1500m:	16:38.37	30.54
	350m:	3:46.99	33.22	750m:	8:14.62	33.74	1150m:	12:45.64	34.20			
	400m:	4:20.32	33.33	800m:	8:48.54	33.92	1200m:	13:19.68	34.04			
8.			2008					+0,53 16:41.51		657		
	50m:	29.77	29.77	450m:	4:54.67	33.33	850m:	9:25.46	34.03	1250m:	13:56.57	33.50
	100m:	1:02.49	32.72	500m:	5:28.31	33.64	900m:	9:59.83	34.37	1300m:	14:30.18	33.61
	150m:	1:35.26	32.77	550m:	6:01.58	33.27	950m:	10:33.36	33.53	1350m:	15:03.93	33.75
	200m:	2:08.44	33.18	600m:	6:35.40	33.82	1000m:	11:07.45	34.09	1400m:	15:37.35	33.42
	250m:	2:41.32	32.88	650m:	7:09.05	33.65	1050m:	11:41.28	33.83	1450m:	16:10.39	33.04
	300m:	3:14.32	33.00	700m:	7:43.16	34.11	1100m:	12:15.08	33.80	1500m:	16:41.51	31.12
	350m:	3:47.61	33.29	750m:	8:17.05	33.89	1150m:	12:48.96	33.88			
	400m:	4:21.34	33.73	800m:	8:51.43	34.38	1200m:	13:23.07	34.11			
9.			2005					+0,88 16:45.22		650		
	50m:	30.07	30.07	450m:	4:52.49	33.37	850m:	9:22.97	33.88	1250m:	13:57.06	34.29
	100m:	1:02.55	32.48	500m:	5:25.96	33.47	900m:	9:57.38	34.41	1300m:	14:30.87	33.81
	150m:	1:34.69	32.14	550m:	5:59.67	33.71	950m:	10:31.68	34.30	1350m:	15:04.91	34.04
	200m:	2:07.81	33.12	600m:	6:33.41	33.74	1000m:	11:05.77	34.09	1400m:	15:38.60	33.69
	250m:	2:40.05	32.24	650m:	7:06.99	33.58	1050m:	11:40.18	34.41	1450m:	16:12.60	34.00
	300m:	3:13.17	33.12	700m:	7:40.84	33.85	1100m:	12:14.45	34.27	1500m:	16:45.22	32.62
	350m:	3:45.91	32.74	750m:	8:14.81	33.97	1150m:	12:48.69	34.24			
	400m:	4:19.12	33.21	800m:	8:49.09	34.28	1200m:	13:22.77	34.08			
10.			2007					+0,78 16:48.55		644		
	50m:	29.46	29.46	450m:	4:52.23	33.42	850m:	9:21.60	33.65	1250m:	13:57.08	34.31
	100m:	1:01.56	32.10	500m:	5:25.78	33.55	900m:	9:56.06	34.46	1300m:	14:31.76	34.68
	150m:	1:33.99	32.43	550m:	5:59.21	33.43	950m:	10:29.95	33.89	1350m:	15:06.30	34.54
	200m:	2:06.84	32.85	600m:	6:32.86	33.65	1000m:	11:04.39	34.44	1400m:	15:41.03	34.73
	250m:	2:39.52	32.68	650m:	7:06.14	33.28	1050m:	11:38.92	34.53	1450m:	16:15.51	34.48
	300m:	3:12.34	32.82	700m:	7:40.14	34.00	1100m:	12:13.59	34.67	1500m:	16:48.55	33.04
	350m:	3:45.67	33.33	750m:	8:13.62	33.48	1150m:	12:48.13	34.54			
	400m:	4:18.81	33.14	800m:	8:47.95	34.33	1200m:	13:22.77	34.64			
11.			2006					+0,71 16:50.52		640		
	50m:	30.56	30.56	450m:	4:57.07	33.47	850m:	9:30.03	34.31	1250m:	14:03.19	33.95
	100m:	1:03.53	32.97	500m:	5:30.83	33.76	900m:	10:04.41	34.38	1300m:	14:37.49	34.30
	150m:	1:37.05	33.52	550m:	6:04.63	33.80	950m:	10:38.63	34.22	1350m:	15:11.07	33.58
	200m:	2:11.13	34.08	600m:	6:38.90	34.27	1000m:	11:13.17	34.54	1400m:	15:45.21	34.14
	250m:	2:43.88	32.75	650m:	7:13.04	34.14	1050m:	11:47.44	34.27	1450m:	16:18.23	33.02
	300m:	3:17.29	33.41	700m:	7:47.36	34.32	1100m:	12:21.59	34.15	1500m:	16:50.52	32.29
	350m:	3:50.24	32.95	750m:	8:21.48	34.12	1150m:	12:55.24	33.65			
	400m:	4:23.60	33.36	800m:	8:55.72	34.24	1200m:	13:29.24	34.00			
12.			2008					+0,82 16:58.90		624		
	50m:	30.03	30.03	450m:	4:57.89	33.73	850m:	9:29.73	34.36	1250m:	14:07.74	34.43
	100m:	1:02.89	32.86	500m:	5:32.11	34.22	900m:	10:04.03	34.30	1300m:	14:42.37	34.63
	150m:	1:36.12	33.23	550m:	6:05.66	33.55	950m:	10:38.61	34.58	1350m:	15:16.81	34.44
	200m:	2:09.60	33.48	600m:	6:39.83	34.17	1000m:	11:13.20	34.59	1400m:	15:51.70	34.89
	250m:	2:42.82	33.22	650m:	7:13.84	34.01	1050m:	11:48.06	34.86	1450m:	16:25.51	33.81
	300m:	3:16.72	33.90	700m:	7:47.82	33.98	1100m:	12:23.31	35.25	1500m:	16:58.90	33.39
	350m:	3:50.21	33.49	750m:	8:21.17	33.35	1150m:	12:58.36	35.05			
	400m:	4:24.16	33.95	800m:	8:55.37	34.20	1200m:	13:33.31	34.95			

ALGE SWIM TIME

СПОНСОРЫ СОРЕВНОВАНИЙ:





Кубок России по плаванию

1 этап

20-21 февраля 2024

Калининград

16, , 1500m

								R.T.				
13.				2008				+0,99	17:00.48		621	
	50m:	29.68	29.68	450m:	4:59.49	34.24	850m:	9:34.89	35.14	1250m:	14:11.06	34.63
	100m:	1:01.87	32.19	500m:	5:33.97	34.48	900m:	10:09.35	34.46	1300m:	14:45.14	34.08
	150m:	1:35.10	33.23	550m:	6:08.50	34.53	950m:	10:44.26	34.91	1350m:	15:19.51	34.37
	200m:	2:08.60	33.50	600m:	6:42.86	34.36	1000m:	11:18.85	34.59	1400m:	15:53.87	34.36
	250m:	2:42.35	33.75	650m:	7:16.89	34.03	1050m:	11:53.50	34.65	1450m:	16:27.97	34.10
	300m:	3:16.22	33.87	700m:	7:51.03	34.14	1100m:	12:27.74	34.24	1500m:	17:00.48	32.51
	350m:	3:50.31	34.09	750m:	8:25.50	34.47	1150m:	13:02.20	34.46			
	400m:	4:25.25	34.94	800m:	8:59.75	34.25	1200m:	13:36.43	34.23			
14.				2010				+0,78	17:17.37		591	
	50m:	30.85	30.85	450m:	5:04.71	34.13	850m:	9:45.56	35.38	1250m:	14:27.27	35.03
	100m:	1:04.14	33.29	500m:	5:39.68	34.97	900m:	10:20.70	35.14	1300m:	15:02.42	35.15
	150m:	1:38.16	34.02	550m:	6:14.53	34.85	950m:	10:56.03	35.33	1350m:	15:37.75	35.33
	200m:	2:12.42	34.26	600m:	6:49.67	35.14	1000m:	11:31.20	35.17	1400m:	16:12.25	34.50
	250m:	2:46.63	34.21	650m:	7:24.66	34.99	1050m:	12:06.28	35.08	1450m:	16:46.16	33.91
	300m:	3:21.27	34.64	700m:	7:59.81	35.15	1100m:	12:41.61	35.33	1500m:	17:17.37	31.21
	350m:	3:55.82	34.55	750m:	8:35.04	35.23	1150m:	13:16.79	35.18			
	400m:	4:30.58	34.76	800m:	9:10.18	35.14	1200m:	13:52.24	35.45			
15.				2005				+0,94	17:27.35		575	
	50m:	30.11	30.11	450m:	5:03.07	34.94	850m:	9:46.01	35.30	1250m:	14:31.47	35.95
	100m:	1:03.44	33.33	500m:	5:38.63	35.56	900m:	10:21.63	35.62	1300m:	15:07.21	35.74
	150m:	1:36.66	33.22	550m:	6:13.73	35.10	950m:	10:57.05	35.42	1350m:	15:42.72	35.51
	200m:	2:10.41	33.75	600m:	6:48.64	34.91	1000m:	11:32.50	35.45	1400m:	16:18.02	35.30
	250m:	2:44.39	33.98	650m:	7:24.53	35.89	1050m:	12:08.56	36.06	1450m:	16:52.75	34.73
	300m:	3:19.02	34.63	700m:	7:59.77	35.24	1100m:	12:44.25	35.69	1500m:	17:27.35	34.60
	350m:	3:53.43	34.41	750m:	8:35.21	35.44	1150m:	13:20.02	35.77			
	400m:	4:28.13	34.70	800m:	9:10.71	35.50	1200m:	13:55.52	35.50			
16.				2008				+0,80	17:28.85		572	
	50m:	30.86	30.86	450m:	5:07.29	34.58	850m:	9:49.90	35.08	1250m:	14:34.97	35.76
	100m:	1:04.46	33.60	500m:	5:42.96	35.67	900m:	10:25.28	35.38	1300m:	15:10.84	35.87
	150m:	1:38.76	34.30	550m:	6:17.74	34.78	950m:	11:00.73	35.45	1350m:	15:46.47	35.63
	200m:	2:13.57	34.81	600m:	6:53.21	35.47	1000m:	11:36.50	35.77	1400m:	16:22.06	35.59
	250m:	2:48.36	34.79	650m:	7:27.96	34.75	1050m:	12:11.72	35.22	1450m:	16:56.69	34.63
	300m:	3:22.93	34.57	700m:	8:03.56	35.60	1100m:	12:47.58	35.86	1500m:	17:28.85	32.16
	350m:	3:57.59	34.66	750m:	8:39.33	35.77	1150m:	13:23.57	35.99			
	400m:	4:32.71	35.12	800m:	9:14.82	35.49	1200m:	13:59.21	35.64			
17.				2006				+0,74	17:39.10	I	556	
	50m:	31.57	31.57	450m:	5:14.58	35.78	850m:	9:58.25	35.67	1250m:	14:44.08	36.10
	100m:	1:06.24	34.67	500m:	5:49.93	35.35	900m:	10:34.02	35.77	1300m:	15:19.70	35.62
	150m:	1:41.77	35.53	550m:	6:25.27	35.34	950m:	11:09.85	35.83	1350m:	15:55.40	35.70
	200m:	2:17.65	35.88	600m:	7:00.48	35.21	1000m:	11:45.41	35.56	1400m:	16:30.63	35.23
	250m:	2:53.35	35.70	650m:	7:36.13	35.65	1050m:	12:21.50	36.09	1450m:	17:05.25	34.62
	300m:	3:28.57	35.22	700m:	8:11.52	35.39	1100m:	12:56.82	35.32	1500m:	17:39.10	33.85
	350m:	4:03.97	35.40	750m:	8:46.59	35.07	1150m:	13:32.47	35.65			
	400m:	4:38.80	34.83	800m:	9:22.58	35.99	1200m:	14:07.98	35.51			
18.				2006					17:44.04	I	548	
	50m:	30.82	30.82	450m:	5:09.19	35.25	850m:	9:55.15	36.04	1250m:	14:44.60	36.26
	100m:	1:04.50	33.68	500m:	5:44.62	35.43	900m:	10:31.06	35.91	1300m:	15:20.89	36.29
	150m:	1:39.05	34.55	550m:	6:19.99	35.37	950m:	11:07.11	36.05	1350m:	15:56.82	35.93
	200m:	2:13.78	34.73	600m:	6:55.48	35.49	1000m:	11:43.26	36.15	1400m:	16:33.43	36.61
	250m:	2:48.80	35.02	650m:	7:30.97	35.49	1050m:	12:19.52	36.26	1450m:	17:09.36	35.93
	300m:	3:23.81	35.01	700m:	8:07.18	36.21	1100m:	12:55.87	36.35	1500m:	17:44.04	34.68
	350m:	3:58.65	34.84	750m:	8:43.03	35.85	1150m:	13:31.95	36.08			
	400m:	4:33.94	35.29	800m:	9:19.11	36.08	1200m:	14:08.34	36.39			





Кубок России

1 этап

по плаванию

20-21
февраля
2024

Калининград

16, , 1500m

R.T.

19.			2008						17:47.90	I	542	
	50m:	30.80	30.80	450m:	5:09.94	35.79	850m:	9:57.43	35.59	1250m:	14:48.34	36.26
	100m:	1:03.80	33.00	500m:	5:46.01	36.07	900m:	10:33.74	36.31	1300m:	15:25.16	36.82
	150m:	1:38.30	34.50	550m:	6:21.98	35.97	950m:	11:10.00	36.26	1350m:	16:01.69	36.53
	200m:	2:13.02	34.72	600m:	6:58.13	36.15	1000m:	11:46.12	36.12	1400m:	16:39.32	37.63
	250m:	2:47.86	34.84	650m:	7:34.17	36.04	1050m:	12:22.35	36.23	1450m:	17:15.09	35.77
	300m:	3:23.21	35.35	700m:	8:10.15	35.98	1100m:	12:58.91	36.56	1500m:	17:47.90	32.81
	350m:	3:58.46	35.25	750m:	8:46.00	35.85	1150m:	13:35.35	36.44			
	400m:	4:34.15	35.69	800m:	9:21.84	35.84	1200m:	14:12.08	36.73			
20.			2008	I					+0,64	17:48.39	I	541
	50m:	31.06	31.06	450m:	5:15.68	35.76	850m:	10:07.64	35.95	1250m:	14:53.52	36.15
	100m:	1:05.70	34.64	500m:	5:51.90	36.22	900m:	10:42.98	35.34	1300m:	15:29.20	35.68
	150m:	1:41.41	35.71	550m:	6:28.20	36.30	950m:	11:18.53	35.55	1350m:	16:05.40	36.20
	200m:	2:17.45	36.04	600m:	7:04.77	36.57	1000m:	11:54.92	36.39	1400m:	16:40.36	34.96
	250m:	2:52.87	35.42	650m:	7:41.07	36.30	1050m:	12:30.92	36.00	1450m:	17:15.35	34.99
	300m:	3:28.49	35.62	700m:	8:18.50	37.43	1100m:	13:06.45	35.53	1500m:	17:48.39	33.04
	350m:	4:03.70	35.21	750m:	8:55.21	36.71	1150m:	13:42.00	35.55			
	400m:	4:39.92	36.22	800m:	9:31.69	36.48	1200m:	14:17.37	35.37			
21.			2006	I					+0,65	17:54.93	I	532
	50m:	30.44	30.44	450m:	5:09.59	35.47	850m:	9:58.78	36.51	1250m:	14:53.35	36.69
	100m:	1:03.85	33.41	500m:	5:45.49	35.90	900m:	10:35.46	36.68	1300m:	15:30.48	37.13
	150m:	1:38.25	34.40	550m:	6:21.08	35.59	950m:	11:12.30	36.84	1350m:	16:07.23	36.75
	200m:	2:13.28	35.03	600m:	6:57.24	36.16	1000m:	11:49.34	37.04	1400m:	16:43.96	36.73
	250m:	2:48.37	35.09	650m:	7:33.66	36.42	1050m:	12:25.70	36.36	1450m:	17:19.82	35.86
	300m:	3:23.71	35.34	700m:	8:09.73	36.07	1100m:	13:02.80	37.10	1500m:	17:54.93	35.11
	350m:	3:58.71	35.00	750m:	8:45.82	36.09	1150m:	13:39.51	36.71			
	400m:	4:34.12	35.41	800m:	9:22.27	36.45	1200m:	14:16.66	37.15			
22.			2007						+0,88	18:12.47	I	506
	50m:	31.40	31.40	450m:	5:15.93	35.57	850m:	10:06.47	37.51	1250m:	15:06.74	37.63
	100m:	1:06.30	34.90	500m:	5:51.94	36.01	900m:	10:42.82	36.35	1300m:	15:44.67	37.93
	150m:	1:41.32	35.02	550m:	6:27.18	35.24	950m:	11:20.73	37.91	1350m:	16:22.90	38.23
	200m:	2:16.81	35.49	600m:	7:03.49	36.31	1000m:	11:58.06	37.33	1400m:	17:00.75	37.85
	250m:	2:52.78	35.97	650m:	7:38.71	35.22	1050m:	12:35.33	37.27	1450m:	17:37.11	36.36
	300m:	3:28.53	35.75	700m:	8:15.48	36.77	1100m:	13:13.30	37.97	1500m:	18:12.47	35.36
	350m:	4:04.28	35.75	750m:	8:52.37	36.89	1150m:	13:50.74	37.44			
	400m:	4:40.36	36.08	800m:	9:28.96	36.59	1200m:	14:29.11	38.37			
23.			2007						+0,75	18:32.40	I	480
	50m:	30.71	30.71	450m:	5:18.83	36.81	850m:	10:18.69	37.93	1250m:	15:25.31	38.21
	100m:	1:04.75	34.04	500m:	5:55.55	36.72	900m:	10:56.95	38.26	1300m:	16:04.08	38.77
	150m:	1:39.79	35.04	550m:	6:32.56	37.01	950m:	11:35.23	38.28	1350m:	16:42.30	38.22
	200m:	2:16.09	36.30	600m:	7:10.29	37.73	1000m:	12:13.48	38.25	1400m:	17:20.19	37.89
	250m:	2:52.64	36.55	650m:	7:47.91	37.62	1050m:	12:52.18	38.70	1450m:	17:57.33	37.14
	300m:	3:28.59	35.95	700m:	8:25.09	37.18	1100m:	13:30.55	38.37	1500m:	18:32.40	35.07
	350m:	4:05.13	36.54	750m:	9:02.62	37.53	1150m:	14:08.53	37.98			
	400m:	4:42.02	36.89	800m:	9:40.76	38.14	1200m:	14:47.10	38.57			

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2004

