



# Кубок России

## 2 этап

# по плаванию

27-29  
апреля  
2024

# Саранск

10  
27.04.2024 - 13:41

, 1500m

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

: FINA 2024

|    |       |         | /     |       |         | R.T.    |        |          |       |                 |          |       |
|----|-------|---------|-------|-------|---------|---------|--------|----------|-------|-----------------|----------|-------|
| 1. |       |         |       | 2003  |         |         |        |          |       | <b>15:28.35</b> |          | 825   |
|    | 50m:  | 27.60   | 27.60 | 450m: | 4:34.48 | 31.07   | 850m:  | 8:44.60  | 30.73 | 1250m:          | 12:55.76 | 31.19 |
|    | 100m: | 57.81   | 30.21 | 500m: | 5:05.80 | 31.32   | 900m:  | 9:15.89  | 31.29 | 1300m:          | 13:26.70 | 30.94 |
|    | 150m: | 1:28.49 | 30.68 | 550m: | 5:37.11 | 31.31   | 950m:  | 9:47.06  | 31.17 | 1350m:          | 13:59.17 | 32.47 |
|    | 200m: | 1:59.19 | 30.70 | 600m: | 6:08.17 | 31.06   | 1000m: | 10:18.40 | 31.34 | 1400m:          | 14:30.46 | 31.29 |
|    | 250m: | 2:30.17 | 30.98 | 650m: | 6:39.53 | 31.36   | 1050m: | 10:49.64 | 31.24 | 1450m:          | 15:00.59 | 30.13 |
|    | 300m: | 3:01.36 | 31.19 | 700m: | 7:10.85 | 31.32   | 1100m: | 11:21.16 | 31.52 | 1500m:          | 15:28.35 | 27.76 |
|    | 350m: | 3:32.29 | 30.93 | 750m: | 7:42.33 | 31.48   | 1150m: | 11:52.93 | 31.77 |                 |          |       |
|    | 400m: | 4:03.41 | 31.12 | 800m: | 8:13.87 | 31.54   | 1200m: | 12:24.57 | 31.64 |                 |          |       |
| 2. |       |         |       | 2007  |         |         |        |          |       | <b>16:10.81</b> |          | 722   |
|    | 50m:  | 28.45   | 28.45 | 450m: | 4:41.75 | 32.11   | 850m:  | 9:01.98  | 32.89 | 1250m:          | 13:26.87 | 33.40 |
|    | 100m: | 59.14   | 30.69 | 500m: | 5:13.81 | 32.06   | 900m:  | 9:34.65  | 32.67 | 1300m:          | 13:59.95 | 33.08 |
|    | 150m: | 1:31.09 | 31.95 | 550m: | 5:46.28 | 32.47   | 950m:  | 10:07.75 | 33.10 | 1350m:          | 14:33.58 | 33.63 |
|    | 200m: | 2:02.69 | 31.60 | 600m: | 6:18.81 | 32.53   | 1000m: | 10:40.52 | 32.77 | 1400m:          | 15:06.05 | 32.47 |
|    | 250m: | 2:34.00 | 31.31 | 650m: | 6:51.47 | 32.66   | 1050m: | 11:13.98 | 33.46 | 1450m:          | 15:39.32 | 33.27 |
|    | 300m: | 3:05.60 | 31.60 | 700m: | 7:23.71 | 32.24   | 1100m: | 11:46.63 | 32.65 | 1500m:          | 16:10.81 | 31.49 |
|    | 350m: | 3:37.48 | 31.88 | 750m: | 7:56.58 | 32.87   | 1150m: | 12:20.33 | 33.70 |                 |          |       |
|    | 400m: | 4:09.64 | 32.16 | 800m: | 8:29.09 | 32.51   | 1200m: | 12:53.47 | 33.14 |                 |          |       |
| 3. |       |         |       | 2006  |         |         |        |          |       | <b>16:17.61</b> |          | 707   |
|    | 50m:  | 28.49   | 28.49 | 450m: | 4:46.95 | 33.02   | 850m:  | 9:11.05  | 32.65 | 1250m:          | 13:36.02 | 33.26 |
|    | 100m: | 59.82   | 31.33 | 500m: | 5:19.52 | 32.57   | 900m:  | 9:43.75  | 32.70 | 1300m:          | 14:09.19 | 33.17 |
|    | 150m: | 1:31.39 | 31.57 | 550m: | 5:52.55 | 33.03   | 950m:  | 10:16.65 | 32.90 | 1350m:          | 14:42.29 | 33.10 |
|    | 200m: | 2:03.61 | 32.22 | 600m: | 6:25.37 | 32.82   | 1000m: | 10:49.64 | 32.99 | 1400m:          | 15:14.79 | 32.50 |
|    | 250m: | 2:36.06 | 32.45 | 650m: | 6:58.41 | 33.04   | 1050m: | 11:22.69 | 33.05 | 1450m:          | 15:47.01 | 32.22 |
|    | 300m: | 3:08.49 | 32.43 | 700m: | 7:31.76 | 33.35   | 1100m: | 11:55.95 | 33.26 | 1500m:          | 16:17.61 | 30.60 |
|    | 350m: | 3:41.45 | 32.96 | 750m: | 8:05.19 | 33.43   | 1150m: | 12:29.41 | 33.46 |                 |          |       |
|    | 400m: | 4:13.93 | 32.48 | 800m: | 8:38.40 | 33.21   | 1200m: | 13:02.76 | 33.35 |                 |          |       |
| 4. |       |         |       | 2008  |         |         |        |          |       | <b>16:21.38</b> |          | 699   |
|    | 50m:  | 30.15   | 30.15 | 450m: | 4:53.17 | 32.74   | 900m:  | 9:49.51  | 33.24 | 1300m:          | 14:12.40 | 33.18 |
|    | 100m: | 1:02.44 | 32.29 | 500m: | 5:26.37 | 33.20   | 950m:  | 10:22.12 | 32.61 | 1350m:          | 14:44.24 | 31.84 |
|    | 150m: | 1:35.05 | 32.61 | 550m: | 5:58.81 | 32.44   | 1000m: | 10:54.50 | 32.38 | 1400m:          | 15:13.55 | 29.31 |
|    | 200m: | 2:08.29 | 33.24 | 600m: | 6:31.93 | 33.12   | 1050m: | 11:26.99 | 32.49 | 1450m:          | 15:48.96 | 35.41 |
|    | 250m: | 2:41.03 | 32.74 | 650m: | 7:04.56 | 32.63   | 1100m: | 12:00.31 | 33.32 | 1500m:          | 16:21.38 | 32.42 |
|    | 300m: | 3:14.53 | 33.50 | 700m: | 7:37.30 | 1:05.74 | 1150m: | 12:33.00 | 32.69 |                 |          |       |
|    | 350m: | 3:47.29 | 32.76 | 750m: | 8:10.30 | 33.17   | 1200m: | 13:06.19 | 33.19 |                 |          |       |
|    | 400m: | 4:20.43 | 33.14 | 800m: | 8:43.47 | 33.17   | 1250m: | 13:39.22 | 33.03 |                 |          |       |
| 5. |       |         |       | 2007  |         |         |        |          |       | <b>16:25.51</b> |          | 690   |
|    | 50m:  | 29.40   | 29.40 | 450m: | 4:51.30 | 32.70   | 850m:  | 9:14.99  | 33.26 | 1250m:          | 13:41.50 | 33.69 |
|    | 100m: | 1:01.70 | 32.30 | 500m: | 5:24.30 | 33.00   | 900m:  | 9:47.58  | 32.59 | 1300m:          | 14:15.03 | 33.53 |
|    | 150m: | 1:34.37 | 32.67 | 550m: | 5:57.37 | 33.07   | 950m:  | 10:21.28 | 33.70 | 1350m:          | 14:45.95 | 30.92 |
|    | 200m: | 2:07.17 | 32.80 | 600m: | 6:30.06 | 32.69   | 1000m: | 10:54.15 | 32.87 | 1400m:          | 15:15.49 | 29.54 |
|    | 250m: | 2:40.03 | 32.86 | 650m: | 7:03.04 | 32.98   | 1050m: | 11:27.67 | 33.52 | 1450m:          | 15:52.00 | 36.51 |
|    | 300m: | 3:12.84 | 32.81 | 700m: | 7:35.93 | 32.89   | 1100m: | 12:01.01 | 33.34 | 1500m:          | 16:25.51 | 33.51 |
|    | 350m: | 3:45.83 | 32.99 | 750m: | 8:08.93 | 33.00   | 1150m: | 12:34.55 | 33.54 |                 |          |       |
|    | 400m: | 4:18.60 | 32.77 | 800m: | 8:41.73 | 32.80   | 1200m: | 13:07.81 | 33.26 |                 |          |       |

50

OMEGA

СПОНСОРЫ СОРЕВНОВАНИЙ:





# Кубок России

## 2 этап

# по плаванию

27-29  
апреля  
2024

# Саранск

10, , 1500m

|     |       |         |       |       |         |       |        |          |       | R.T.   |          |                 |     |
|-----|-------|---------|-------|-------|---------|-------|--------|----------|-------|--------|----------|-----------------|-----|
| 6.  |       |         |       | 2007  |         |       |        |          |       |        |          | <b>16:27.11</b> | 687 |
|     | 50m:  | 28.19   | 28.19 | 450m: | 4:50.09 | 33.12 | 850m:  | 9:15.27  | 33.52 | 1250m: | 13:43.80 | 33.89           |     |
|     | 100m: | 1:00.91 | 32.72 | 500m: | 5:22.78 | 32.69 | 900m:  | 9:48.56  | 33.29 | 1300m: | 14:18.01 | 34.21           |     |
|     | 150m: | 1:32.20 | 31.29 | 550m: | 5:55.24 | 32.46 | 950m:  | 10:22.44 | 33.88 | 1350m: | 14:50.27 | 32.26           |     |
|     | 200m: | 2:05.21 | 33.01 | 600m: | 6:27.84 | 32.60 | 1000m: | 10:56.07 | 33.63 | 1400m: | 15:21.84 | 31.57           |     |
|     | 250m: | 2:38.42 | 33.21 | 650m: | 7:01.02 | 33.18 | 1050m: | 11:28.83 | 32.76 | 1450m: | 15:55.61 | 33.77           |     |
|     | 300m: | 3:11.13 | 32.71 | 700m: | 7:34.77 | 33.75 | 1100m: | 12:01.72 | 32.89 | 1500m: | 16:27.11 | 31.50           |     |
|     | 350m: | 3:44.04 | 32.91 | 750m: | 8:08.12 | 33.35 | 1150m: | 12:35.61 | 33.89 |        |          |                 |     |
|     | 400m: | 4:16.97 | 32.93 | 800m: | 8:41.75 | 33.63 | 1200m: | 13:09.91 | 34.30 |        |          |                 |     |
| 7.  |       |         |       | 2002  |         |       |        |          |       |        |          | <b>16:29.33</b> | 682 |
|     | 50m:  | 29.17   | 29.17 | 450m: | 4:48.63 | 32.77 | 850m:  | 9:14.21  | 33.56 | 1250m: | 13:43.23 | 34.21           |     |
|     | 100m: | 1:01.07 | 31.90 | 500m: | 5:21.37 | 32.74 | 900m:  | 9:47.43  | 33.22 | 1300m: | 14:17.63 | 34.40           |     |
|     | 150m: | 1:33.54 | 32.47 | 550m: | 5:54.40 | 33.03 | 950m:  | 10:21.03 | 33.60 | 1350m: | 14:50.62 | 32.99           |     |
|     | 200m: | 2:05.89 | 32.35 | 600m: | 6:27.43 | 33.03 | 1000m: | 10:54.46 | 33.43 | 1400m: | 15:24.82 | 34.20           |     |
|     | 250m: | 2:38.30 | 32.41 | 650m: | 7:00.72 | 33.29 | 1050m: | 11:28.03 | 33.57 | 1450m: | 15:57.73 | 32.91           |     |
|     | 300m: | 3:10.73 | 32.43 | 700m: | 7:34.16 | 33.44 | 1100m: | 12:02.15 | 34.12 | 1500m: | 16:29.33 | 31.60           |     |
|     | 350m: | 3:43.24 | 32.51 | 750m: | 8:07.40 | 33.24 | 1150m: | 12:35.41 | 33.26 |        |          |                 |     |
|     | 400m: | 4:15.86 | 32.62 | 800m: | 8:40.65 | 33.25 | 1200m: | 13:09.02 | 33.61 |        |          |                 |     |
| 8.  |       |         |       | 2006  |         |       |        |          |       |        |          | <b>16:38.36</b> | 664 |
|     | 50m:  | 29.99   | 29.99 | 450m: | 4:54.96 | 33.80 | 850m:  | 9:26.33  | 34.13 | 1250m: | 13:55.82 | 33.39           |     |
|     | 100m: | 1:01.98 | 31.99 | 500m: | 5:28.50 | 33.54 | 900m:  | 10:00.00 | 33.67 | 1300m: | 14:29.13 | 33.31           |     |
|     | 150m: | 1:34.93 | 32.95 | 550m: | 6:02.64 | 34.14 | 950m:  | 10:34.06 | 34.06 | 1350m: | 15:02.43 | 33.30           |     |
|     | 200m: | 2:07.79 | 32.86 | 600m: | 6:36.40 | 33.76 | 1000m: | 11:07.87 | 33.81 | 1400m: | 15:35.19 | 32.76           |     |
|     | 250m: | 2:41.00 | 33.21 | 650m: | 7:10.34 | 33.94 | 1050m: | 11:41.93 | 34.06 | 1450m: | 16:07.35 | 32.16           |     |
|     | 300m: | 3:14.32 | 33.32 | 700m: | 7:44.16 | 33.82 | 1100m: | 12:15.62 | 33.69 | 1500m: | 16:38.36 | 31.01           |     |
|     | 350m: | 3:47.71 | 33.39 | 750m: | 8:18.32 | 34.16 | 1150m: | 12:48.94 | 33.32 |        |          |                 |     |
|     | 400m: | 4:21.16 | 33.45 | 800m: | 8:52.20 | 33.88 | 1200m: | 13:22.43 | 33.49 |        |          |                 |     |
| 9.  |       |         |       | 2008  |         |       |        |          |       |        |          | <b>16:41.16</b> | 658 |
|     | 50m:  | 29.38   | 29.38 | 450m: | 4:54.78 | 33.36 | 850m:  | 9:26.14  | 33.80 | 1250m: | 13:56.44 | 33.78           |     |
|     | 100m: | 1:01.68 | 32.30 | 500m: | 5:28.66 | 33.88 | 900m:  | 10:00.08 | 33.94 | 1300m: | 14:29.96 | 33.52           |     |
|     | 150m: | 1:34.45 | 32.77 | 550m: | 6:02.72 | 34.06 | 950m:  | 10:34.07 | 33.99 | 1350m: | 15:03.50 | 33.54           |     |
|     | 200m: | 2:07.65 | 33.20 | 600m: | 6:36.38 | 33.66 | 1000m: | 11:08.08 | 34.01 | 1400m: | 15:37.73 | 34.23           |     |
|     | 250m: | 2:40.92 | 33.27 | 650m: | 7:10.32 | 33.94 | 1050m: | 11:41.92 | 33.84 | 1450m: | 16:11.59 | 33.86           |     |
|     | 300m: | 3:14.31 | 33.39 | 700m: | 7:44.29 | 33.97 | 1100m: | 12:15.82 | 33.90 | 1500m: | 16:41.16 | 29.57           |     |
|     | 350m: | 3:48.20 | 33.89 | 750m: | 8:18.49 | 34.20 | 1150m: | 12:49.26 | 33.44 |        |          |                 |     |
|     | 400m: | 4:21.42 | 33.22 | 800m: | 8:52.34 | 33.85 | 1200m: | 13:22.66 | 33.40 |        |          |                 |     |
| 10. |       |         |       | 2005  |         |       |        |          |       |        |          | <b>16:42.81</b> | 655 |
|     | 50m:  | 29.36   | 29.36 | 450m: | 4:50.84 | 33.11 | 850m:  | 9:18.78  | 34.40 | 1250m: | 13:50.91 | 34.66           |     |
|     | 100m: | 1:01.45 | 32.09 | 500m: | 5:23.67 | 32.83 | 900m:  | 9:52.38  | 33.60 | 1300m: | 14:25.49 | 34.58           |     |
|     | 150m: | 1:34.09 | 32.64 | 550m: | 5:56.92 | 33.25 | 950m:  | 10:26.12 | 33.74 | 1350m: | 14:59.92 | 34.43           |     |
|     | 200m: | 2:06.29 | 32.20 | 600m: | 6:30.25 | 33.33 | 1000m: | 10:59.69 | 33.57 | 1400m: | 15:34.13 | 34.21           |     |
|     | 250m: | 2:39.05 | 32.76 | 650m: | 7:03.79 | 33.54 | 1050m: | 11:33.91 | 34.22 | 1450m: | 16:08.90 | 34.77           |     |
|     | 300m: | 3:11.42 | 32.37 | 700m: | 7:37.08 | 33.29 | 1100m: | 12:07.91 | 34.00 | 1500m: | 16:42.81 | 33.91           |     |
|     | 350m: | 3:44.81 | 33.39 | 750m: | 8:10.95 | 33.87 | 1150m: | 12:42.10 | 34.19 |        |          |                 |     |
|     | 400m: | 4:17.73 | 32.92 | 800m: | 8:44.38 | 33.43 | 1200m: | 13:16.25 | 34.15 |        |          |                 |     |
| 11. |       |         |       | 2008  |         |       |        |          |       |        |          | <b>16:54.26</b> | 633 |
|     | 50m:  | 30.35   | 30.35 | 450m: | 5:02.66 | 34.83 | 850m:  | 9:36.93  | 34.68 | 1250m: | 14:07.25 | 34.31           |     |
|     | 100m: | 1:03.14 | 32.79 | 500m: | 5:36.55 | 33.89 | 900m:  | 10:10.67 | 33.74 | 1300m: | 14:41.31 | 34.06           |     |
|     | 150m: | 1:36.95 | 33.81 | 550m: | 6:11.31 | 34.76 | 950m:  | 10:44.97 | 34.30 | 1350m: | 15:15.34 | 34.03           |     |
|     | 200m: | 2:10.72 | 33.77 | 600m: | 6:44.87 | 33.56 | 1000m: | 11:18.47 | 33.50 | 1400m: | 15:49.28 | 33.94           |     |
|     | 250m: | 2:45.17 | 34.45 | 650m: | 7:19.29 | 34.42 | 1050m: | 11:52.56 | 34.09 | 1450m: | 16:22.58 | 33.30           |     |
|     | 300m: | 3:19.36 | 34.19 | 700m: | 7:53.22 | 33.93 | 1100m: | 12:26.25 | 33.69 | 1500m: | 16:54.26 | 31.68           |     |
|     | 350m: | 3:54.15 | 34.79 | 750m: | 8:28.36 | 35.14 | 1150m: | 12:59.41 | 33.16 |        |          |                 |     |
|     | 400m: | 4:27.83 | 33.68 | 800m: | 9:02.25 | 33.89 | 1200m: | 13:32.94 | 33.53 |        |          |                 |     |



10, , 1500m

|     |       |         |       |       |         |       |        |          |       | R.T.   |                 |       |     |
|-----|-------|---------|-------|-------|---------|-------|--------|----------|-------|--------|-----------------|-------|-----|
| 12. |       |         |       | 2008  |         |       |        |          |       |        | <b>16:57.13</b> |       | 627 |
|     | 50m:  | 29.87   | 29.87 | 450m: | 4:55.82 | 33.79 | 850m:  | 9:30.55  | 33.95 | 1250m: | 14:07.49        | 33.80 |     |
|     | 100m: | 1:01.78 | 31.91 | 500m: | 5:30.17 | 34.35 | 900m:  | 10:05.37 | 34.82 | 1300m: | 14:42.65        | 35.16 |     |
|     | 150m: | 1:34.24 | 32.46 | 550m: | 6:04.35 | 34.18 | 950m:  | 10:40.03 | 34.66 | 1350m: | 15:16.90        | 34.25 |     |
|     | 200m: | 2:07.57 | 33.33 | 600m: | 6:38.76 | 34.41 | 1000m: | 11:15.29 | 35.26 | 1400m: | 15:51.30        | 34.40 |     |
|     | 250m: | 2:40.76 | 33.19 | 650m: | 7:12.86 | 34.10 | 1050m: | 11:49.46 | 34.17 | 1450m: | 16:24.53        | 33.23 |     |
|     | 300m: | 3:14.73 | 33.97 | 700m: | 7:47.52 | 34.66 | 1100m: | 12:24.15 | 34.69 | 1500m: | 16:57.13        | 32.60 |     |
|     | 350m: | 3:48.36 | 33.63 | 750m: | 8:21.71 | 34.19 | 1150m: | 12:58.82 | 34.67 |        |                 |       |     |
|     | 400m: | 4:22.03 | 33.67 | 800m: | 8:56.60 | 34.89 | 1200m: | 13:33.69 | 34.87 |        |                 |       |     |
| 13. |       |         |       | 2008  |         |       |        |          |       |        | <b>16:58.04</b> |       | 626 |
|     | 50m:  | 31.10   | 31.10 | 450m: | 5:03.91 | 34.27 | 850m:  | 9:35.94  | 33.93 | 1250m: | 14:08.81        | 34.27 |     |
|     | 100m: | 1:04.55 | 33.45 | 500m: | 5:37.83 | 33.92 | 900m:  | 10:09.99 | 34.05 | 1300m: | 14:43.09        | 34.28 |     |
|     | 150m: | 1:38.66 | 34.11 | 550m: | 6:12.06 | 34.23 | 950m:  | 10:43.78 | 33.79 | 1350m: | 15:17.33        | 34.24 |     |
|     | 200m: | 2:12.80 | 34.14 | 600m: | 6:46.01 | 33.95 | 1000m: | 11:17.68 | 33.90 | 1400m: | 15:51.75        | 34.42 |     |
|     | 250m: | 2:46.87 | 34.07 | 650m: | 7:20.32 | 34.31 | 1050m: | 11:51.87 | 34.19 | 1450m: | 16:25.62        | 33.87 |     |
|     | 300m: | 3:20.53 | 33.66 | 700m: | 7:54.20 | 33.88 | 1100m: | 12:26.03 | 34.16 | 1500m: | 16:58.04        | 32.42 |     |
|     | 350m: | 3:54.92 | 34.39 | 750m: | 8:28.09 | 33.89 | 1150m: | 13:00.45 | 34.42 |        |                 |       |     |
|     | 400m: | 4:29.64 | 34.72 | 800m: | 9:02.01 | 33.92 | 1200m: | 13:34.54 | 34.09 |        |                 |       |     |
| 14. |       |         |       | 2008  |         |       |        |          |       |        | <b>16:58.86</b> |       | 624 |
|     | 50m:  | 29.66   | 29.66 | 450m: | 5:00.20 | 33.98 | 850m:  | 9:33.57  | 34.34 | 1250m: | 14:08.88        | 34.33 |     |
|     | 100m: | 1:02.44 | 32.78 | 500m: | 5:34.38 | 34.18 | 900m:  | 10:07.67 | 34.10 | 1300m: | 14:43.52        | 34.64 |     |
|     | 150m: | 1:36.02 | 33.58 | 550m: | 6:08.82 | 34.44 | 950m:  | 10:42.12 | 34.45 | 1350m: | 15:17.89        | 34.37 |     |
|     | 200m: | 2:09.61 | 33.59 | 600m: | 6:42.90 | 34.08 | 1000m: | 11:16.46 | 34.34 | 1400m: | 15:52.28        | 34.39 |     |
|     | 250m: | 2:43.55 | 33.94 | 650m: | 7:17.06 | 34.16 | 1050m: | 11:50.62 | 34.16 | 1450m: | 16:26.37        | 34.09 |     |
|     | 300m: | 3:17.47 | 33.92 | 700m: | 7:51.20 | 34.14 | 1100m: | 12:25.31 | 34.69 | 1500m: | 16:58.86        | 32.49 |     |
|     | 350m: | 3:51.91 | 34.44 | 750m: | 8:25.11 | 33.91 | 1150m: | 12:59.99 | 34.68 |        |                 |       |     |
|     | 400m: | 4:26.22 | 34.31 | 800m: | 8:59.23 | 34.12 | 1200m: | 13:34.55 | 34.56 |        |                 |       |     |
| 15. |       |         |       | 2008  |         |       |        |          |       |        | <b>17:01.50</b> |       | 619 |
|     | 50m:  | 29.11   | 29.11 | 450m: | 4:55.20 | 33.38 | 850m:  | 9:32.09  | 34.90 | 1250m: | 14:10.96        | 35.58 |     |
|     | 100m: | 1:01.72 | 32.61 | 500m: | 5:29.72 | 34.52 | 900m:  | 10:06.16 | 34.07 | 1300m: | 14:45.36        | 34.40 |     |
|     | 150m: | 1:34.70 | 32.98 | 550m: | 6:04.34 | 34.62 | 950m:  | 10:41.17 | 35.01 | 1350m: | 15:20.32        | 34.96 |     |
|     | 200m: | 2:07.73 | 33.03 | 600m: | 6:38.85 | 34.51 | 1000m: | 11:15.88 | 34.71 | 1400m: | 15:55.15        | 34.83 |     |
|     | 250m: | 2:40.92 | 33.19 | 650m: | 7:13.73 | 34.88 | 1050m: | 11:51.47 | 35.59 | 1450m: | 16:29.62        | 34.47 |     |
|     | 300m: | 3:14.26 | 33.34 | 700m: | 7:47.73 | 34.00 | 1100m: | 12:25.79 | 34.32 | 1500m: | 17:01.50        | 31.88 |     |
|     | 350m: | 3:47.49 | 33.23 | 750m: | 8:22.87 | 35.14 | 1150m: | 13:01.16 | 35.37 |        |                 |       |     |
|     | 400m: | 4:21.82 | 34.33 | 800m: | 8:57.19 | 34.32 | 1200m: | 13:35.38 | 34.22 |        |                 |       |     |
| 16. |       |         |       | 2008  |         |       |        |          |       |        | <b>17:02.02</b> |       | 619 |
|     | 50m:  | 30.52   | 30.52 | 450m: | 5:00.40 | 34.21 | 850m:  | 9:34.29  | 34.60 | 1250m: | 14:11.52        | 33.92 |     |
|     | 100m: | 1:03.38 | 32.86 | 500m: | 5:34.54 | 34.14 | 900m:  | 10:08.44 | 34.15 | 1300m: | 14:47.05        | 35.53 |     |
|     | 150m: | 1:36.90 | 33.52 | 550m: | 6:08.63 | 34.09 | 950m:  | 10:43.14 | 34.70 | 1350m: | 15:20.78        | 33.73 |     |
|     | 200m: | 2:10.65 | 33.75 | 600m: | 6:43.11 | 34.48 | 1000m: | 11:18.00 | 34.86 | 1400m: | 15:56.67        | 35.89 |     |
|     | 250m: | 2:44.30 | 33.65 | 650m: | 7:17.13 | 34.02 | 1050m: | 11:52.42 | 34.42 | 1450m: | 16:30.57        | 33.90 |     |
|     | 300m: | 3:18.27 | 33.97 | 700m: | 7:51.53 | 34.40 | 1100m: | 12:27.92 | 35.50 | 1500m: | 17:02.02        | 31.45 |     |
|     | 350m: | 3:51.93 | 33.66 | 750m: | 8:25.68 | 34.15 | 1150m: | 13:02.20 | 34.28 |        |                 |       |     |
|     | 400m: | 4:26.19 | 34.26 | 800m: | 8:59.69 | 34.01 | 1200m: | 13:37.60 | 35.40 |        |                 |       |     |
| 17. |       |         |       | 2010  |         |       |        |          |       |        | <b>17:02.86</b> |       | 617 |
|     | 50m:  | 28.76   | 28.76 | 450m: | 4:57.86 | 34.73 | 850m:  | 9:33.88  | 34.95 | 1250m: | 14:11.86        | 34.78 |     |
|     | 100m: | 1:00.52 | 31.76 | 500m: | 5:32.09 | 34.23 | 900m:  | 10:08.44 | 34.56 | 1300m: | 14:47.03        | 35.17 |     |
|     | 150m: | 1:34.02 | 33.50 | 550m: | 6:06.91 | 34.82 | 950m:  | 10:43.17 | 34.73 | 1350m: | 15:22.21        | 35.18 |     |
|     | 200m: | 2:07.55 | 33.53 | 600m: | 6:41.24 | 34.33 | 1000m: | 11:17.41 | 34.24 | 1400m: | 15:57.27        | 35.06 |     |
|     | 250m: | 2:41.30 | 33.75 | 650m: | 7:15.80 | 34.56 | 1050m: | 11:52.00 | 34.59 | 1450m: | 16:30.92        | 33.65 |     |
|     | 300m: | 3:15.10 | 33.80 | 700m: | 7:50.10 | 34.30 | 1100m: | 12:26.72 | 34.72 | 1500m: | 17:02.86        | 31.94 |     |
|     | 350m: | 3:49.25 | 34.15 | 750m: | 8:24.63 | 34.53 | 1150m: | 13:01.85 | 35.13 |        |                 |       |     |
|     | 400m: | 4:23.13 | 33.88 | 800m: | 8:58.93 | 34.30 | 1200m: | 13:37.08 | 35.23 |        |                 |       |     |





10, , 1500m

|     |        |         |       |       |         |       |        |          |       |        | R.T.            |       |     |  |
|-----|--------|---------|-------|-------|---------|-------|--------|----------|-------|--------|-----------------|-------|-----|--|
| 18. | 2009 I |         |       |       |         |       |        |          |       |        | <b>17:03.34</b> |       | 616 |  |
|     | 50m:   | 28.75   | 28.75 | 450m: | 5:02.14 | 34.13 | 850m:  | 9:37.33  | 34.52 | 1250m: | 14:13.31        | 34.45 |     |  |
|     | 100m:  | 1:01.71 | 32.96 | 500m: | 5:36.58 | 34.44 | 900m:  | 10:11.51 | 34.18 | 1300m: | 14:48.06        | 34.75 |     |  |
|     | 150m:  | 1:35.36 | 33.65 | 550m: | 6:11.05 | 34.47 | 950m:  | 10:46.75 | 35.24 | 1350m: | 15:22.28        | 34.22 |     |  |
|     | 200m:  | 2:09.77 | 34.41 | 600m: | 6:45.22 | 34.17 | 1000m: | 11:20.88 | 34.13 | 1400m: | 15:56.66        | 34.38 |     |  |
|     | 250m:  | 2:43.63 | 33.86 | 650m: | 7:19.46 | 34.24 | 1050m: | 11:54.96 | 34.08 | 1450m: | 16:31.69        | 35.03 |     |  |
|     | 300m:  | 3:17.93 | 34.30 | 700m: | 7:54.13 | 34.67 | 1100m: | 12:29.51 | 34.55 | 1500m: | 17:03.34        | 31.65 |     |  |
|     | 350m:  | 3:52.83 | 34.90 | 750m: | 8:28.41 | 34.28 | 1150m: | 13:04.01 | 34.50 |        |                 |       |     |  |
|     | 400m:  | 4:28.01 | 35.18 | 800m: | 9:02.81 | 34.40 | 1200m: | 13:38.86 | 34.85 |        |                 |       |     |  |
| 19. | 2007   |         |       |       |         |       |        |          |       |        | <b>17:10.49</b> |       | 603 |  |
|     | 50m:   | 29.73   | 29.73 | 450m: | 5:02.93 | 34.75 | 850m:  | 9:41.35  | 35.18 | 1250m: | 14:19.26        | 35.07 |     |  |
|     | 100m:  | 1:02.57 | 32.84 | 500m: | 5:37.53 | 34.60 | 900m:  | 10:16.12 | 34.77 | 1300m: | 14:54.06        | 34.80 |     |  |
|     | 150m:  | 1:36.23 | 33.66 | 550m: | 6:12.42 | 34.89 | 950m:  | 10:50.75 | 34.63 | 1350m: | 15:29.25        | 35.19 |     |  |
|     | 200m:  | 2:10.32 | 34.09 | 600m: | 6:46.95 | 34.53 | 1000m: | 11:25.23 | 34.48 | 1400m: | 16:04.15        | 34.90 |     |  |
|     | 250m:  | 2:44.70 | 34.38 | 650m: | 7:21.57 | 34.62 | 1050m: | 11:59.90 | 34.67 | 1450m: | 16:38.55        | 34.40 |     |  |
|     | 300m:  | 3:19.09 | 34.39 | 700m: | 7:56.62 | 35.05 | 1100m: | 12:34.79 | 34.89 | 1500m: | 17:10.49        | 31.94 |     |  |
|     | 350m:  | 3:53.62 | 34.53 | 750m: | 8:31.32 | 34.70 | 1150m: | 13:09.42 | 34.63 |        |                 |       |     |  |
|     | 400m:  | 4:28.18 | 34.56 | 800m: | 9:06.17 | 34.85 | 1200m: | 13:44.19 | 34.77 |        |                 |       |     |  |
| 20. | 2008   |         |       |       |         |       |        |          |       |        | <b>17:12.57</b> |       | 600 |  |
|     | 50m:   | 29.05   | 29.05 | 450m: | 4:57.97 | 34.42 | 850m:  | 9:36.62  | 34.89 | 1250m: | 14:17.84        | 35.34 |     |  |
|     | 100m:  | 1:01.10 | 32.05 | 500m: | 5:32.46 | 34.49 | 900m:  | 10:12.11 | 35.49 | 1300m: | 14:53.26        | 35.42 |     |  |
|     | 150m:  | 1:34.39 | 33.29 | 550m: | 6:07.81 | 35.35 | 950m:  | 10:47.02 | 34.91 | 1350m: | 15:28.67        | 35.41 |     |  |
|     | 200m:  | 2:07.64 | 33.25 | 600m: | 6:42.80 | 34.99 | 1000m: | 11:22.06 | 35.04 | 1400m: | 16:03.80        | 35.13 |     |  |
|     | 250m:  | 2:41.27 | 33.63 | 650m: | 7:17.16 | 34.36 | 1050m: | 11:57.18 | 35.12 | 1450m: | 16:38.09        | 34.29 |     |  |
|     | 300m:  | 3:14.51 | 33.24 | 700m: | 7:51.64 | 34.48 | 1100m: | 12:31.96 | 34.78 | 1500m: | 17:12.57        | 34.48 |     |  |
|     | 350m:  | 3:49.20 | 34.69 | 750m: | 8:26.86 | 35.22 | 1150m: | 13:07.33 | 35.37 |        |                 |       |     |  |
|     | 400m:  | 4:23.55 | 34.35 | 800m: | 9:01.73 | 34.87 | 1200m: | 13:42.50 | 35.17 |        |                 |       |     |  |
| 21. | 2010 I |         |       |       |         |       |        |          |       |        | <b>17:12.83</b> |       | 599 |  |
|     | 50m:   | 29.67   | 29.67 | 450m: | 5:00.84 | 34.50 | 850m:  | 9:39.52  | 35.16 | 1250m: | 14:20.94        | 34.93 |     |  |
|     | 100m:  | 1:02.43 | 32.76 | 500m: | 5:35.20 | 34.36 | 900m:  | 10:15.02 | 35.50 | 1300m: | 14:56.40        | 35.46 |     |  |
|     | 150m:  | 1:36.09 | 33.66 | 550m: | 6:09.63 | 34.43 | 950m:  | 10:49.91 | 34.89 | 1350m: | 15:31.36        | 34.96 |     |  |
|     | 200m:  | 2:09.84 | 33.75 | 600m: | 6:44.34 | 34.71 | 1000m: | 11:25.39 | 35.48 | 1400m: | 16:05.78        | 34.42 |     |  |
|     | 250m:  | 2:43.83 | 33.99 | 650m: | 7:18.96 | 34.62 | 1050m: | 12:00.84 | 35.45 | 1450m: | 16:39.99        | 34.21 |     |  |
|     | 300m:  | 3:17.75 | 33.92 | 700m: | 7:54.29 | 35.33 | 1100m: | 12:36.10 | 35.26 | 1500m: | 17:12.83        | 32.84 |     |  |
|     | 350m:  | 3:52.08 | 34.33 | 750m: | 8:29.34 | 35.05 | 1150m: | 13:10.68 | 34.58 |        |                 |       |     |  |
|     | 400m:  | 4:26.34 | 34.26 | 800m: | 9:04.36 | 35.02 | 1200m: | 13:46.01 | 35.33 |        |                 |       |     |  |
| 22. | 2008   |         |       |       |         |       |        |          |       |        | <b>17:13.16</b> |       | 599 |  |
|     | 50m:   | 29.41   | 29.41 | 450m: | 5:02.48 | 35.00 | 850m:  | 9:43.34  | 35.33 | 1250m: | 14:22.85        | 35.31 |     |  |
|     | 100m:  | 1:01.52 | 32.11 | 500m: | 5:37.81 | 35.33 | 900m:  | 10:18.30 | 34.96 | 1300m: | 14:57.00        | 34.15 |     |  |
|     | 150m:  | 1:34.96 | 33.44 | 550m: | 6:13.71 | 35.90 | 950m:  | 10:53.72 | 35.42 | 1350m: | 15:31.62        | 34.62 |     |  |
|     | 200m:  | 2:08.60 | 33.64 | 600m: | 6:48.48 | 34.77 | 1000m: | 11:28.30 | 34.58 | 1400m: | 16:05.84        | 34.22 |     |  |
|     | 250m:  | 2:42.76 | 34.16 | 650m: | 7:23.16 | 34.68 | 1050m: | 12:03.47 | 35.17 | 1450m: | 16:40.82        | 34.98 |     |  |
|     | 300m:  | 3:16.77 | 34.01 | 700m: | 7:57.93 | 34.77 | 1100m: | 12:38.25 | 34.78 | 1500m: | 17:13.16        | 32.34 |     |  |
|     | 350m:  | 3:52.58 | 35.81 | 750m: | 8:32.70 | 34.77 | 1150m: | 13:13.03 | 34.78 |        |                 |       |     |  |
|     | 400m:  | 4:27.48 | 34.90 | 800m: | 9:08.01 | 35.31 | 1200m: | 13:47.54 | 34.51 |        |                 |       |     |  |
| 23. | 2006   |         |       |       |         |       |        |          |       |        | <b>17:13.33</b> |       | 598 |  |
|     | 50m:   | 30.88   | 30.88 | 450m: | 5:07.04 | 33.96 | 850m:  | 9:42.51  | 34.85 | 1250m: | 14:22.19        | 34.78 |     |  |
|     | 100m:  | 1:04.69 | 33.81 | 500m: | 5:41.39 | 34.35 | 900m:  | 10:16.98 | 34.47 | 1300m: | 14:57.11        | 34.92 |     |  |
|     | 150m:  | 1:39.28 | 34.59 | 550m: | 6:15.82 | 34.43 | 950m:  | 10:51.59 | 34.61 | 1350m: | 15:31.97        | 34.86 |     |  |
|     | 200m:  | 2:13.81 | 34.53 | 600m: | 6:50.00 | 34.18 | 1000m: | 11:26.95 | 35.36 | 1400m: | 16:06.40        | 34.43 |     |  |
|     | 250m:  | 2:48.86 | 35.05 | 650m: | 7:24.77 | 34.77 | 1050m: | 12:01.54 | 34.59 | 1450m: | 16:40.84        | 34.44 |     |  |
|     | 300m:  | 3:23.48 | 34.62 | 700m: | 7:58.69 | 33.92 | 1100m: | 12:36.49 | 34.95 | 1500m: | 17:13.33        | 32.49 |     |  |
|     | 350m:  | 3:58.80 | 35.32 | 750m: | 8:32.82 | 34.13 | 1150m: | 13:11.71 | 35.22 |        |                 |       |     |  |
|     | 400m:  | 4:33.08 | 34.28 | 800m: | 9:07.66 | 34.84 | 1200m: | 13:47.41 | 35.70 |        |                 |       |     |  |





# Кубок России

## 2 этап

# по плаванию

27-29  
апреля  
2024

# Саранск

10, , 1500m

|     |       |         |       |       |         |       |        |          |       | R.T.   |                 |       |     |
|-----|-------|---------|-------|-------|---------|-------|--------|----------|-------|--------|-----------------|-------|-----|
| 24. |       |         |       | 2008  |         |       |        |          |       |        | <b>17:14.05</b> |       | 597 |
|     | 50m:  | 29.70   | 29.70 | 450m: | 5:01.67 | 34.44 | 850m:  | 9:41.86  | 34.47 | 1250m: | 14:22.33        | 34.71 |     |
|     | 100m: | 1:02.28 | 32.58 | 500m: | 5:36.56 | 34.89 | 900m:  | 10:17.92 | 36.06 | 1300m: | 14:58.48        | 36.15 |     |
|     | 150m: | 1:35.48 | 33.20 | 550m: | 6:10.90 | 34.34 | 950m:  | 10:53.19 | 35.27 | 1350m: | 15:33.09        | 34.61 |     |
|     | 200m: | 2:09.51 | 34.03 | 600m: | 6:46.08 | 35.18 | 1000m: | 11:28.62 | 35.43 | 1400m: | 16:08.24        | 35.15 |     |
|     | 250m: | 2:43.80 | 34.29 | 650m: | 7:21.00 | 34.92 | 1050m: | 12:02.24 | 33.62 | 1450m: | 16:41.01        | 32.77 |     |
|     | 300m: | 3:18.61 | 34.81 | 700m: | 7:56.05 | 35.05 | 1100m: | 12:36.78 | 34.54 | 1500m: | 17:14.05        | 33.04 |     |
|     | 350m: | 3:52.81 | 34.20 | 750m: | 8:31.62 | 35.57 | 1150m: | 13:11.98 | 35.20 |        |                 |       |     |
|     | 400m: | 4:27.23 | 34.42 | 800m: | 9:07.39 | 35.77 | 1200m: | 13:47.62 | 35.64 |        |                 |       |     |
| 25. |       |         |       | 2008  |         |       |        |          |       |        | <b>17:14.12</b> |       | 597 |
|     | 50m:  | 30.54   | 30.54 | 450m: | 5:05.07 | 34.65 | 850m:  | 9:44.22  | 35.19 | 1250m: | 14:23.47        | 35.13 |     |
|     | 100m: | 1:03.99 | 33.45 | 500m: | 5:38.95 | 33.88 | 900m:  | 10:19.30 | 35.08 | 1300m: | 14:58.50        | 35.03 |     |
|     | 150m: | 1:38.86 | 34.87 | 550m: | 6:14.03 | 35.08 | 950m:  | 10:54.61 | 35.31 | 1350m: | 15:33.36        | 34.86 |     |
|     | 200m: | 2:12.91 | 34.05 | 600m: | 6:48.81 | 34.78 | 1000m: | 11:29.30 | 34.69 | 1400m: | 16:07.79        | 34.43 |     |
|     | 250m: | 2:47.68 | 34.77 | 650m: | 7:23.70 | 34.89 | 1050m: | 12:04.37 | 35.07 | 1450m: | 16:42.14        | 34.35 |     |
|     | 300m: | 3:21.43 | 33.75 | 700m: | 7:58.63 | 34.93 | 1100m: | 12:38.98 | 34.61 | 1500m: | 17:14.12        | 31.98 |     |
|     | 350m: | 3:56.37 | 34.94 | 750m: | 8:34.11 | 35.48 | 1150m: | 13:14.05 | 35.07 |        |                 |       |     |
|     | 400m: | 4:30.42 | 34.05 | 800m: | 9:09.03 | 34.92 | 1200m: | 13:48.34 | 34.29 |        |                 |       |     |
| 26. |       |         |       | 2008  |         |       |        |          |       |        | <b>17:14.82</b> |       | 596 |
|     | 50m:  | 29.87   | 29.87 | 450m: | 5:04.14 | 33.67 | 850m:  | 9:45.35  | 35.76 | 1250m: | 14:24.10        | 35.55 |     |
|     | 100m: | 1:03.26 | 33.39 | 500m: | 5:39.53 | 35.39 | 900m:  | 10:19.65 | 34.30 | 1300m: | 14:59.20        | 35.10 |     |
|     | 150m: | 1:36.92 | 33.66 | 550m: | 6:14.53 | 35.00 | 950m:  | 10:55.26 | 35.61 | 1350m: | 15:34.56        | 35.36 |     |
|     | 200m: | 2:11.48 | 34.56 | 600m: | 6:49.56 | 35.03 | 1000m: | 11:29.65 | 34.39 | 1400m: | 16:08.91        | 34.35 |     |
|     | 250m: | 2:46.97 | 35.49 | 650m: | 7:24.65 | 35.09 | 1050m: | 12:04.36 | 34.71 | 1450m: | 16:42.19        | 33.28 |     |
|     | 300m: | 3:21.05 | 34.08 | 700m: | 7:59.61 | 34.96 | 1100m: | 12:39.08 | 34.72 | 1500m: | 17:14.82        | 32.63 |     |
|     | 350m: | 3:55.94 | 34.89 | 750m: | 8:35.23 | 35.62 | 1150m: | 13:13.98 | 34.90 |        |                 |       |     |
|     | 400m: | 4:30.47 | 34.53 | 800m: | 9:09.59 | 34.36 | 1200m: | 13:48.55 | 34.57 |        |                 |       |     |
| 27. |       |         |       | 2008  |         |       |        |          |       |        | <b>17:18.36</b> |       | 590 |
|     | 50m:  | 30.42   | 30.42 | 450m: | 5:03.09 | 34.66 | 850m:  | 9:42.84  | 35.41 | 1250m: | 14:26.57        | 35.87 |     |
|     | 100m: | 1:02.99 | 32.57 | 500m: | 5:37.62 | 34.53 | 900m:  | 10:17.73 | 34.89 | 1300m: | 15:01.69        | 35.12 |     |
|     | 150m: | 1:36.92 | 33.93 | 550m: | 6:12.50 | 34.88 | 950m:  | 10:53.37 | 35.64 | 1350m: | 15:36.97        | 35.28 |     |
|     | 200m: | 2:10.51 | 33.59 | 600m: | 6:47.46 | 34.96 | 1000m: | 11:28.50 | 35.13 | 1400m: | 16:11.69        | 34.72 |     |
|     | 250m: | 2:44.94 | 34.43 | 650m: | 7:22.54 | 35.08 | 1050m: | 12:04.10 | 35.60 | 1450m: | 16:45.38        | 33.69 |     |
|     | 300m: | 3:19.01 | 34.07 | 700m: | 7:57.13 | 34.59 | 1100m: | 12:39.46 | 35.36 | 1500m: | 17:18.36        | 32.98 |     |
|     | 350m: | 3:53.80 | 34.79 | 750m: | 8:32.36 | 35.23 | 1150m: | 13:15.13 | 35.67 |        |                 |       |     |
|     | 400m: | 4:28.43 | 34.63 | 800m: | 9:07.43 | 35.07 | 1200m: | 13:50.70 | 35.57 |        |                 |       |     |
| 28. |       |         |       | 2008  |         |       |        |          |       |        | <b>17:21.75</b> |       | 584 |
|     | 50m:  | 29.72   | 29.72 | 450m: | 5:02.78 | 34.53 | 850m:  | 9:41.25  | 35.12 | 1250m: | 14:25.03        | 35.40 |     |
|     | 100m: | 1:02.93 | 33.21 | 500m: | 5:37.59 | 34.81 | 900m:  | 10:16.30 | 35.05 | 1300m: | 15:00.83        | 35.80 |     |
|     | 150m: | 1:36.82 | 33.89 | 550m: | 6:12.21 | 34.62 | 950m:  | 10:51.68 | 35.38 | 1350m: | 15:36.79        | 35.96 |     |
|     | 200m: | 2:11.02 | 34.20 | 600m: | 6:46.53 | 34.32 | 1000m: | 11:26.92 | 35.24 | 1400m: | 16:12.39        | 35.60 |     |
|     | 250m: | 2:45.35 | 34.33 | 650m: | 7:21.79 | 35.26 | 1050m: | 12:02.47 | 35.55 | 1450m: | 16:48.14        | 35.75 |     |
|     | 300m: | 3:19.55 | 34.20 | 700m: | 7:56.50 | 34.71 | 1100m: | 12:38.00 | 35.53 | 1500m: | 17:21.75        | 33.61 |     |
|     | 350m: | 3:54.16 | 34.61 | 750m: | 8:31.04 | 34.54 | 1150m: | 13:13.35 | 35.35 |        |                 |       |     |
|     | 400m: | 4:28.25 | 34.09 | 800m: | 9:06.13 | 35.09 | 1200m: | 13:49.63 | 36.28 |        |                 |       |     |
| 29. |       |         |       | 2009  |         |       |        |          |       |        | <b>17:22.40</b> |       | 583 |
|     | 50m:  | 31.77   | 31.77 | 450m: | 5:10.69 | 35.27 | 850m:  | 9:50.97  | 34.92 | 1250m: | 14:30.37        | 35.43 |     |
|     | 100m: | 1:06.15 | 34.38 | 500m: | 5:45.68 | 34.99 | 900m:  | 10:25.51 | 34.54 | 1300m: | 15:05.38        | 35.01 |     |
|     | 150m: | 1:41.51 | 35.36 | 550m: | 6:20.78 | 35.10 | 950m:  | 11:00.36 | 34.85 | 1350m: | 15:40.41        | 35.03 |     |
|     | 200m: | 2:15.56 | 34.05 | 600m: | 6:55.51 | 34.73 | 1000m: | 11:34.60 | 34.24 | 1400m: | 16:15.35        | 34.94 |     |
|     | 250m: | 2:50.92 | 35.36 | 650m: | 7:31.11 | 35.60 | 1050m: | 12:09.93 | 35.33 | 1450m: | 16:50.08        | 34.73 |     |
|     | 300m: | 3:25.27 | 34.35 | 700m: | 8:06.18 | 35.07 | 1100m: | 12:44.82 | 34.89 | 1500m: | 17:22.40        | 32.32 |     |
|     | 350m: | 4:00.64 | 35.37 | 750m: | 8:41.26 | 35.08 | 1150m: | 13:20.08 | 35.26 |        |                 |       |     |
|     | 400m: | 4:35.42 | 34.78 | 800m: | 9:16.05 | 34.79 | 1200m: | 13:54.94 | 34.86 |        |                 |       |     |





# Кубок России

## 2 этап

# по плаванию

27-29  
апреля  
2024

# Саранск

10, , 1500m

|     |       |         |       |       |         |       |        |          |       |        |          | R.T.  |  |                 |     |
|-----|-------|---------|-------|-------|---------|-------|--------|----------|-------|--------|----------|-------|--|-----------------|-----|
| 30. |       |         |       | 2007  |         |       |        |          |       |        |          |       |  | <b>17:22.57</b> | 583 |
|     | 50m:  | 31.30   | 31.30 | 450m: | 5:06.21 | 34.76 | 850m:  | 9:46.75  | 35.50 | 1250m: | 14:28.00 | 35.05 |  |                 |     |
|     | 100m: | 1:04.83 | 33.53 | 500m: | 5:41.07 | 34.86 | 900m:  | 10:21.54 | 34.79 | 1300m: | 15:03.22 | 35.22 |  |                 |     |
|     | 150m: | 1:38.78 | 33.95 | 550m: | 6:16.05 | 34.98 | 950m:  | 10:56.95 | 35.41 | 1350m: | 15:38.61 | 35.39 |  |                 |     |
|     | 200m: | 2:13.28 | 34.50 | 600m: | 6:50.80 | 34.75 | 1000m: | 11:31.60 | 34.65 | 1400m: | 16:13.85 | 35.24 |  |                 |     |
|     | 250m: | 2:47.61 | 34.33 | 650m: | 7:25.79 | 34.99 | 1050m: | 12:07.09 | 35.49 | 1450m: | 16:49.12 | 35.27 |  |                 |     |
|     | 300m: | 3:21.70 | 34.09 | 700m: | 8:00.33 | 34.54 | 1100m: | 12:42.17 | 35.08 | 1500m: | 17:22.57 | 33.45 |  |                 |     |
|     | 350m: | 3:56.66 | 34.96 | 750m: | 8:35.75 | 35.42 | 1150m: | 13:17.74 | 35.57 |        |          |       |  |                 |     |
|     | 400m: | 4:31.45 | 34.79 | 800m: | 9:11.25 | 35.50 | 1200m: | 13:52.95 | 35.21 |        |          |       |  |                 |     |
| 31. |       |         |       | 2008  |         |       |        |          |       |        |          |       |  | <b>17:29.52</b> | 571 |
|     | 50m:  | 30.66   | 30.66 | 450m: | 5:05.96 | 34.70 | 850m:  | 9:47.01  | 35.23 | 1250m: | 14:31.98 | 35.66 |  |                 |     |
|     | 100m: | 1:04.19 | 33.53 | 500m: | 5:40.83 | 34.87 | 900m:  | 10:22.26 | 35.25 | 1300m: | 15:07.64 | 35.66 |  |                 |     |
|     | 150m: | 1:38.20 | 34.01 | 550m: | 6:15.78 | 34.95 | 950m:  | 10:57.75 | 35.49 | 1350m: | 15:43.57 | 35.93 |  |                 |     |
|     | 200m: | 2:12.57 | 34.37 | 600m: | 6:50.86 | 35.08 | 1000m: | 11:33.60 | 35.85 | 1400m: | 16:19.37 | 35.80 |  |                 |     |
|     | 250m: | 2:47.22 | 34.65 | 650m: | 7:26.14 | 35.28 | 1050m: | 12:09.25 | 35.65 | 1450m: | 16:54.83 | 35.46 |  |                 |     |
|     | 300m: | 3:21.89 | 34.67 | 700m: | 8:01.20 | 35.06 | 1100m: | 12:44.49 | 35.24 | 1500m: | 17:29.52 | 34.69 |  |                 |     |
|     | 350m: | 3:56.56 | 34.67 | 750m: | 8:36.40 | 35.20 | 1150m: | 13:20.42 | 35.93 |        |          |       |  |                 |     |
|     | 400m: | 4:31.26 | 34.70 | 800m: | 9:11.78 | 35.38 | 1200m: | 13:56.32 | 35.90 |        |          |       |  |                 |     |
| 32. |       |         |       | 2009  |         |       |        |          |       |        |          |       |  | <b>17:29.67</b> | 571 |
|     | 50m:  | 31.51   | 31.51 | 450m: | 5:10.42 | 35.17 | 850m:  | 9:53.75  | 35.64 | 1250m: | 14:37.30 | 35.06 |  |                 |     |
|     | 100m: | 1:05.47 | 33.96 | 500m: | 5:45.98 | 35.56 | 900m:  | 10:29.32 | 35.57 | 1300m: | 15:12.08 | 34.78 |  |                 |     |
|     | 150m: | 1:40.26 | 34.79 | 550m: | 6:21.16 | 35.18 | 950m:  | 11:04.56 | 35.24 | 1350m: | 15:47.18 | 35.10 |  |                 |     |
|     | 200m: | 2:14.85 | 34.59 | 600m: | 6:56.63 | 35.47 | 1000m: | 11:40.62 | 36.06 | 1400m: | 16:22.39 | 35.21 |  |                 |     |
|     | 250m: | 2:49.93 | 35.08 | 650m: | 7:32.07 | 35.44 | 1050m: | 12:16.18 | 35.56 | 1450m: | 16:57.54 | 35.15 |  |                 |     |
|     | 300m: | 3:24.84 | 34.91 | 700m: | 8:07.40 | 35.33 | 1100m: | 12:51.44 | 35.26 | 1500m: | 17:29.67 | 32.13 |  |                 |     |
|     | 350m: | 3:59.81 | 34.97 | 750m: | 8:42.72 | 35.32 | 1150m: | 13:27.00 | 35.56 |        |          |       |  |                 |     |
|     | 400m: | 4:35.25 | 35.44 | 800m: | 9:18.11 | 35.39 | 1200m: | 14:02.24 | 35.24 |        |          |       |  |                 |     |
| 33. |       |         |       | 2008  |         |       |        |          |       |        |          |       |  | <b>17:29.72</b> | 571 |
|     | 50m:  | 29.17   | 29.17 | 450m: | 5:08.21 | 35.26 | 850m:  | 9:50.56  | 35.31 | 1250m: | 14:35.06 | 36.11 |  |                 |     |
|     | 100m: | 1:02.72 | 33.55 | 500m: | 5:43.72 | 35.51 | 900m:  | 10:25.52 | 34.96 | 1300m: | 15:10.74 | 35.68 |  |                 |     |
|     | 150m: | 1:37.33 | 34.61 | 550m: | 6:18.82 | 35.10 | 950m:  | 11:00.95 | 35.43 | 1350m: | 15:46.45 | 35.71 |  |                 |     |
|     | 200m: | 2:12.07 | 34.74 | 600m: | 6:54.01 | 35.19 | 1000m: | 11:36.85 | 35.90 | 1400m: | 16:21.11 | 34.66 |  |                 |     |
|     | 250m: | 2:47.43 | 35.36 | 650m: | 7:29.43 | 35.42 | 1050m: | 12:12.21 | 35.36 | 1450m: | 16:56.10 | 34.99 |  |                 |     |
|     | 300m: | 3:22.42 | 34.99 | 700m: | 8:05.00 | 35.57 | 1100m: | 12:48.02 | 35.81 | 1500m: | 17:29.72 | 33.62 |  |                 |     |
|     | 350m: | 3:57.62 | 35.20 | 750m: | 8:40.22 | 35.22 | 1150m: | 13:23.38 | 35.36 |        |          |       |  |                 |     |
|     | 400m: | 4:32.95 | 35.33 | 800m: | 9:15.25 | 35.03 | 1200m: | 13:58.95 | 35.57 |        |          |       |  |                 |     |
| 34. |       |         |       | 2008  |         |       |        |          |       |        |          |       |  | <b>17:29.84</b> | 571 |
|     | 50m:  | 30.21   | 30.21 | 450m: | 5:09.26 | 35.29 | 850m:  | 9:50.24  | 35.65 | 1250m: | 14:35.28 | 35.80 |  |                 |     |
|     | 100m: | 1:04.23 | 34.02 | 500m: | 5:43.78 | 34.52 | 900m:  | 10:25.81 | 35.57 | 1300m: | 15:10.67 | 35.39 |  |                 |     |
|     | 150m: | 1:38.94 | 34.71 | 550m: | 6:19.04 | 35.26 | 950m:  | 11:01.30 | 35.49 | 1350m: | 15:46.57 | 35.90 |  |                 |     |
|     | 200m: | 2:14.23 | 35.29 | 600m: | 6:53.59 | 34.55 | 1000m: | 11:36.55 | 35.25 | 1400m: | 16:21.62 | 35.05 |  |                 |     |
|     | 250m: | 2:49.64 | 35.41 | 650m: | 7:29.22 | 35.63 | 1050m: | 12:12.30 | 35.75 | 1450m: | 16:56.93 | 35.31 |  |                 |     |
|     | 300m: | 3:24.34 | 34.70 | 700m: | 8:04.33 | 35.11 | 1100m: | 12:47.95 | 35.65 | 1500m: | 17:29.84 | 32.91 |  |                 |     |
|     | 350m: | 3:59.40 | 35.06 | 750m: | 8:39.55 | 35.22 | 1150m: | 13:24.25 | 36.30 |        |          |       |  |                 |     |
|     | 400m: | 4:33.97 | 34.57 | 800m: | 9:14.59 | 35.04 | 1200m: | 13:59.48 | 35.23 |        |          |       |  |                 |     |
| 35. |       |         |       | 2008  |         |       |        |          |       |        |          |       |  | <b>17:35.73</b> | 561 |
|     | 50m:  | 30.28   | 30.28 | 450m: | 5:04.32 | 34.44 | 850m:  | 9:50.28  | 35.56 | 1250m: | 14:39.06 | 35.91 |  |                 |     |
|     | 100m: | 1:04.17 | 33.89 | 500m: | 5:39.70 | 35.38 | 900m:  | 10:26.46 | 36.18 | 1300m: | 15:15.82 | 36.76 |  |                 |     |
|     | 150m: | 1:36.88 | 32.71 | 550m: | 6:14.90 | 35.20 | 950m:  | 11:02.21 | 35.75 | 1350m: | 15:50.77 | 34.95 |  |                 |     |
|     | 200m: | 2:11.18 | 34.30 | 600m: | 6:51.19 | 36.29 | 1000m: | 11:38.50 | 36.29 | 1400m: | 16:26.52 | 35.75 |  |                 |     |
|     | 250m: | 2:45.06 | 33.88 | 650m: | 7:26.82 | 35.63 | 1050m: | 12:13.86 | 35.36 | 1450m: | 17:02.00 | 35.48 |  |                 |     |
|     | 300m: | 3:19.84 | 34.78 | 700m: | 8:02.83 | 36.01 | 1100m: | 12:50.20 | 36.34 | 1500m: | 17:35.73 | 33.73 |  |                 |     |
|     | 350m: | 3:54.52 | 34.68 | 750m: | 8:38.83 | 36.00 | 1150m: | 13:26.89 | 36.69 |        |          |       |  |                 |     |
|     | 400m: | 4:29.88 | 35.36 | 800m: | 9:14.72 | 35.89 | 1200m: | 14:03.15 | 36.26 |        |          |       |  |                 |     |





# Кубок России

## 2 этап

# по плаванию

27-29  
апреля  
2024

# Саранск

10, , 1500m

|     |       |         |       |       |         |       |        |          |       |        | R.T.            |       |     |  |
|-----|-------|---------|-------|-------|---------|-------|--------|----------|-------|--------|-----------------|-------|-----|--|
| 36. |       |         |       |       |         |       |        |          |       |        | <b>17:36.44</b> |       | 560 |  |
|     | 50m:  | 30.93   | 30.93 | 450m: | 5:12.85 | 35.95 | 850m:  | 9:55.75  | 35.12 | 1250m: | 14:40.26        | 36.18 |     |  |
|     | 100m: | 1:04.87 | 33.94 | 500m: | 5:48.39 | 35.54 | 900m:  | 10:30.78 | 35.03 | 1300m: | 15:15.88        | 35.62 |     |  |
|     | 150m: | 1:40.16 | 35.29 | 550m: | 6:24.39 | 36.00 | 950m:  | 11:06.46 | 35.68 | 1350m: | 15:51.53        | 35.65 |     |  |
|     | 200m: | 2:15.14 | 34.98 | 600m: | 6:59.90 | 35.51 | 1000m: | 11:41.64 | 35.18 | 1400m: | 16:27.16        | 35.63 |     |  |
|     | 250m: | 2:50.88 | 35.74 | 650m: | 7:35.71 | 35.81 | 1050m: | 12:17.29 | 35.65 | 1450m: | 17:03.05        | 35.89 |     |  |
|     | 300m: | 3:26.34 | 35.46 | 700m: | 8:10.92 | 35.21 | 1100m: | 12:52.76 | 35.47 | 1500m: | 17:36.44        | 33.39 |     |  |
|     | 350m: | 4:02.02 | 35.68 | 750m: | 8:46.04 | 35.12 | 1150m: | 13:28.59 | 35.83 |        |                 |       |     |  |
|     | 400m: | 4:36.90 | 34.88 | 800m: | 9:20.63 | 34.59 | 1200m: | 14:04.08 | 35.49 |        |                 |       |     |  |
| 37. |       |         |       |       |         |       |        |          |       |        | <b>17:39.43</b> |       | 555 |  |
|     | 50m:  | 32.29   | 32.29 | 450m: | 5:19.21 | 36.05 | 850m:  | 10:02.84 | 35.19 | 1250m: | 14:46.58        | 34.94 |     |  |
|     | 100m: | 1:07.41 | 35.12 | 500m: | 5:54.78 | 35.57 | 900m:  | 10:38.60 | 35.76 | 1300m: | 15:22.26        | 35.68 |     |  |
|     | 150m: | 1:42.54 | 35.13 | 550m: | 6:29.42 | 34.64 | 950m:  | 11:13.59 | 34.99 | 1350m: | 15:56.82        | 34.56 |     |  |
|     | 200m: | 2:18.45 | 35.91 | 600m: | 7:05.89 | 36.47 | 1000m: | 11:49.19 | 35.60 | 1400m: | 16:32.52        | 35.70 |     |  |
|     | 250m: | 2:54.89 | 36.44 | 650m: | 7:40.97 | 35.08 | 1050m: | 12:24.23 | 35.04 | 1450m: | 17:06.34        | 33.82 |     |  |
|     | 300m: | 3:30.89 | 36.00 | 700m: | 8:16.45 | 35.48 | 1100m: | 13:00.38 | 36.15 | 1500m: | 17:39.43        | 33.09 |     |  |
|     | 350m: | 4:07.16 | 36.27 | 750m: | 8:51.58 | 35.13 | 1150m: | 13:35.43 | 35.05 |        |                 |       |     |  |
|     | 400m: | 4:43.16 | 36.00 | 800m: | 9:27.65 | 36.07 | 1200m: | 14:11.64 | 36.21 |        |                 |       |     |  |
| 38. |       |         |       |       |         |       |        |          |       |        | <b>17:41.53</b> |       | 552 |  |
|     | 50m:  | 30.16   | 30.16 | 450m: | 5:07.93 | 35.81 | 850m:  | 9:53.82  | 35.89 | 1250m: | 14:43.41        | 36.77 |     |  |
|     | 100m: | 1:03.07 | 32.91 | 500m: | 5:43.48 | 35.55 | 900m:  | 10:29.17 | 35.35 | 1300m: | 15:19.46        | 36.05 |     |  |
|     | 150m: | 1:37.09 | 34.02 | 550m: | 6:18.97 | 35.49 | 950m:  | 11:05.72 | 36.55 | 1350m: | 15:55.83        | 36.37 |     |  |
|     | 200m: | 2:11.76 | 34.67 | 600m: | 6:54.74 | 35.77 | 1000m: | 11:41.87 | 36.15 | 1400m: | 16:32.10        | 36.27 |     |  |
|     | 250m: | 2:46.85 | 35.09 | 650m: | 7:30.42 | 35.68 | 1050m: | 12:17.69 | 35.82 | 1450m: | 17:07.37        | 35.27 |     |  |
|     | 300m: | 3:21.62 | 34.77 | 700m: | 8:06.25 | 35.83 | 1100m: | 12:54.14 | 36.45 | 1500m: | 17:41.53        | 34.16 |     |  |
|     | 350m: | 3:56.96 | 35.34 | 750m: | 8:41.97 | 35.72 | 1150m: | 13:30.36 | 36.22 |        |                 |       |     |  |
|     | 400m: | 4:32.12 | 35.16 | 800m: | 9:17.93 | 35.96 | 1200m: | 14:06.64 | 36.28 |        |                 |       |     |  |
| 39. |       |         |       |       |         |       |        |          |       |        | <b>17:43.27</b> |       | 549 |  |
|     | 50m:  | 30.35   | 30.35 | 450m: | 5:11.48 | 36.38 | 850m:  | 9:58.60  | 36.29 | 1250m: | 14:47.77        | 37.55 |     |  |
|     | 100m: | 1:04.27 | 33.92 | 500m: | 5:46.50 | 35.02 | 900m:  | 10:34.49 | 35.89 | 1300m: | 15:23.30        | 35.53 |     |  |
|     | 150m: | 1:39.56 | 35.29 | 550m: | 6:22.66 | 36.16 | 950m:  | 11:11.13 | 36.64 | 1350m: | 16:00.02        | 36.72 |     |  |
|     | 200m: | 2:13.94 | 34.38 | 600m: | 6:58.15 | 35.49 | 1000m: | 11:46.35 | 35.22 | 1400m: | 16:35.36        | 35.34 |     |  |
|     | 250m: | 2:49.38 | 35.44 | 650m: | 7:34.59 | 36.44 | 1050m: | 12:23.19 | 36.84 | 1450m: | 17:11.55        | 36.19 |     |  |
|     | 300m: | 3:23.97 | 34.59 | 700m: | 8:09.81 | 35.22 | 1100m: | 12:58.57 | 35.38 | 1500m: | 17:43.27        | 31.72 |     |  |
|     | 350m: | 4:00.14 | 36.17 | 750m: | 8:46.66 | 36.85 | 1150m: | 13:35.42 | 36.85 |        |                 |       |     |  |
|     | 400m: | 4:35.10 | 34.96 | 800m: | 9:22.31 | 35.65 | 1200m: | 14:10.22 | 34.80 |        |                 |       |     |  |
| 40. |       |         |       |       |         |       |        |          |       |        | <b>17:43.46</b> |       | 549 |  |
|     | 50m:  | 31.26   | 31.26 | 450m: | 5:09.29 | 35.27 | 850m:  | 9:55.14  | 36.34 | 1250m: | 14:45.73        | 36.56 |     |  |
|     | 100m: | 1:05.80 | 34.54 | 500m: | 5:44.21 | 34.92 | 900m:  | 10:31.28 | 36.14 | 1300m: | 15:21.98        | 36.25 |     |  |
|     | 150m: | 1:39.78 | 33.98 | 550m: | 6:19.82 | 35.61 | 950m:  | 11:08.14 | 36.86 | 1350m: | 15:58.44        | 36.46 |     |  |
|     | 200m: | 2:14.36 | 34.58 | 600m: | 6:55.36 | 35.54 | 1000m: | 11:44.23 | 36.09 | 1400m: | 16:34.33        | 35.89 |     |  |
|     | 250m: | 2:48.91 | 34.55 | 650m: | 7:31.26 | 35.90 | 1050m: | 12:20.51 | 36.28 | 1450m: | 17:09.43        | 35.10 |     |  |
|     | 300m: | 3:23.45 | 34.54 | 700m: | 8:06.64 | 35.38 | 1100m: | 12:56.60 | 36.09 | 1500m: | 17:43.46        | 34.03 |     |  |
|     | 350m: | 3:58.81 | 35.36 | 750m: | 8:42.83 | 36.19 | 1150m: | 13:32.88 | 36.28 |        |                 |       |     |  |
|     | 400m: | 4:34.02 | 35.21 | 800m: | 9:18.80 | 35.97 | 1200m: | 14:09.17 | 36.29 |        |                 |       |     |  |
| 41. |       |         |       |       |         |       |        |          |       |        | <b>17:44.59</b> |       | 547 |  |
|     | 50m:  | 30.26   | 30.26 | 450m: | 5:10.33 | 35.91 | 850m:  | 9:57.31  | 35.58 | 1250m: | 14:48.33        | 35.95 |     |  |
|     | 100m: | 1:02.98 | 32.72 | 500m: | 5:45.56 | 35.23 | 900m:  | 10:34.08 | 36.77 | 1300m: | 15:24.49        | 36.16 |     |  |
|     | 150m: | 1:37.23 | 34.25 | 550m: | 6:21.07 | 35.51 | 950m:  | 11:10.61 | 36.53 | 1350m: | 16:00.08        | 35.59 |     |  |
|     | 200m: | 2:11.82 | 34.59 | 600m: | 6:56.88 | 35.81 | 1000m: | 11:47.28 | 36.67 | 1400m: | 16:36.19        | 36.11 |     |  |
|     | 250m: | 2:47.63 | 35.81 | 650m: | 7:32.69 | 35.81 | 1050m: | 12:23.74 | 36.46 | 1450m: | 17:10.39        | 34.20 |     |  |
|     | 300m: | 3:23.19 | 35.56 | 700m: | 8:08.73 | 36.04 | 1100m: | 12:59.33 | 35.59 | 1500m: | 17:44.59        | 34.20 |     |  |
|     | 350m: | 3:58.48 | 35.29 | 750m: | 8:45.06 | 36.33 | 1150m: | 13:35.73 | 36.40 |        |                 |       |     |  |
|     | 400m: | 4:34.42 | 35.94 | 800m: | 9:21.73 | 36.67 | 1200m: | 14:12.38 | 36.65 |        |                 |       |     |  |





10, , 1500m

|     |        |         |         |       |          |       |        |          |       |        | R.T.            |         |     |  |
|-----|--------|---------|---------|-------|----------|-------|--------|----------|-------|--------|-----------------|---------|-----|--|
| 42. | 2009 I |         |         |       |          |       |        |          |       |        | <b>17:49.61</b> | I       | 540 |  |
|     | 50m:   | 32.15   | 32.15   | 450m: | 5:16.29  | 35.36 | 850m:  | 10:03.97 | 36.20 | 1250m: | 14:52.37        | 36.33   |     |  |
|     | 100m:  | 1:08.59 | 36.44   | 500m: | 5:51.48  | 35.19 | 900m:  | 10:40.18 | 36.21 | 1300m: | 15:29.01        | 36.64   |     |  |
|     | 150m:  | 1:44.27 | 35.68   | 550m: | 6:26.90  | 35.42 | 950m:  | 11:15.93 | 35.75 | 1350m: | 16:05.48        | 36.47   |     |  |
|     | 200m:  | 2:20.23 | 35.96   | 600m: | 7:02.45  | 35.55 | 1000m: | 11:51.79 | 35.86 | 1400m: | 16:41.60        | 36.12   |     |  |
|     | 250m:  | 2:55.25 | 35.02   | 650m: | 7:38.81  | 36.36 | 1050m: | 12:27.67 | 35.88 | 1450m: | 17:16.60        | 35.00   |     |  |
|     | 300m:  | 3:30.08 | 34.83   | 700m: | 8:14.96  | 36.15 | 1100m: | 13:04.05 | 36.38 | 1500m: | 17:49.61        | 33.01   |     |  |
|     | 350m:  | 4:05.58 | 35.50   | 750m: | 8:51.30  | 36.34 | 1150m: | 13:40.27 | 36.22 |        |                 |         |     |  |
|     | 400m:  | 4:40.93 | 35.35   | 800m: | 9:27.77  | 36.47 | 1200m: | 14:16.04 | 35.77 |        |                 |         |     |  |
| 43. | 2008   |         |         |       |          |       |        |          |       |        | <b>17:54.14</b> | I       | 533 |  |
|     | 50m:   | 30.90   | 30.90   | 500m: | 5:51.75  | 35.10 | 900m:  | 10:40.40 | 36.13 | 1300m: | 15:29.39        | 36.34   |     |  |
|     | 100m:  | 1:05.59 | 34.69   | 550m: | 6:27.46  | 35.71 | 950m:  | 11:16.22 | 35.82 | 1350m: | 16:05.78        | 36.39   |     |  |
|     | 150m:  | 1:41.08 | 35.49   | 600m: | 7:04.08  | 36.62 | 1000m: | 11:52.51 | 36.29 | 1400m: | 16:42.42        | 36.64   |     |  |
|     | 200m:  | 2:17.22 | 36.14   | 650m: | 7:40.22  | 36.14 | 1050m: | 12:28.71 | 36.20 | 1450m: | 17:18.74        | 36.32   |     |  |
|     | 250m:  | 2:52.42 | 35.20   | 700m: | 8:16.39  | 36.17 | 1100m: | 13:04.26 | 35.55 | 1500m: | 17:54.14        | 35.40   |     |  |
|     | 300m:  | 3:28.44 | 36.02   | 750m: | 8:52.23  | 35.84 | 1150m: | 13:40.33 | 36.07 |        |                 |         |     |  |
|     | 400m:  | 4:40.27 | 1:11.83 | 800m: | 9:28.06  | 35.83 | 1200m: | 14:16.68 | 36.35 |        |                 |         |     |  |
|     | 450m:  | 5:16.65 | 36.38   | 850m: | 10:04.27 | 36.21 | 1250m: | 14:53.05 | 36.37 |        |                 |         |     |  |
| 44. | 2009 I |         |         |       |          |       |        |          |       |        | <b>17:55.09</b> | I       | 531 |  |
|     | 50m:   | 30.80   | 30.80   | 450m: | 5:14.38  | 36.39 | 850m:  | 10:03.18 | 36.58 | 1250m: | 14:54.51        | 36.55   |     |  |
|     | 100m:  | 1:05.35 | 34.55   | 500m: | 5:50.15  | 35.77 | 900m:  | 10:39.48 | 36.30 | 1300m: | 15:30.73        | 36.22   |     |  |
|     | 150m:  | 1:40.74 | 35.39   | 550m: | 6:26.46  | 36.31 | 950m:  | 11:16.07 | 36.59 | 1350m: | 16:07.47        | 36.74   |     |  |
|     | 200m:  | 2:16.01 | 35.27   | 600m: | 7:01.91  | 35.45 | 1000m: | 11:52.05 | 35.98 | 1400m: | 16:43.38        | 35.91   |     |  |
|     | 250m:  | 2:51.53 | 35.52   | 650m: | 7:38.48  | 36.57 | 1050m: | 12:28.97 | 36.92 | 1450m: | 17:19.52        | 36.14   |     |  |
|     | 300m:  | 3:26.52 | 34.99   | 700m: | 8:14.35  | 35.87 | 1100m: | 13:05.07 | 36.10 | 1500m: | 17:55.09        | 35.57   |     |  |
|     | 350m:  | 4:02.71 | 36.19   | 750m: | 8:50.58  | 36.23 | 1150m: | 13:41.78 | 36.71 |        |                 |         |     |  |
|     | 400m:  | 4:37.99 | 35.28   | 800m: | 9:26.60  | 36.02 | 1200m: | 14:17.96 | 36.18 |        |                 |         |     |  |
| 45. | 2009 I |         |         |       |          |       |        |          |       |        | <b>17:56.30</b> | I       | 530 |  |
|     | 50m:   | 30.81   | 30.81   | 450m: | 5:15.99  | 36.59 | 850m:  | 10:06.30 | 36.73 | 1250m: | 14:57.13        | 36.69   |     |  |
|     | 100m:  | 1:05.30 | 34.49   | 500m: | 5:52.10  | 36.11 | 900m:  | 10:42.64 | 36.34 | 1300m: | 15:33.47        | 36.34   |     |  |
|     | 150m:  | 1:40.56 | 35.26   | 550m: | 6:28.93  | 36.83 | 950m:  | 11:19.04 | 36.40 | 1350m: | 16:10.62        | 37.15   |     |  |
|     | 200m:  | 2:15.55 | 34.99   | 600m: | 7:04.64  | 35.71 | 1000m: | 11:55.13 | 36.09 | 1400m: | 16:46.62        | 36.00   |     |  |
|     | 250m:  | 2:51.34 | 35.79   | 650m: | 7:40.81  | 36.17 | 1050m: | 12:31.50 | 36.37 | 1450m: | 17:22.30        | 35.68   |     |  |
|     | 300m:  | 3:27.20 | 35.86   | 700m: | 8:17.14  | 36.33 | 1100m: | 13:07.73 | 36.23 | 1500m: | 17:56.30        | 34.00   |     |  |
|     | 350m:  | 4:03.35 | 36.15   | 750m: | 8:53.59  | 36.45 | 1150m: | 13:44.53 | 36.80 |        |                 |         |     |  |
|     | 400m:  | 4:39.40 | 36.05   | 800m: | 9:29.57  | 35.98 | 1200m: | 14:20.44 | 35.91 |        |                 |         |     |  |
| 46. | 2009   |         |         |       |          |       |        |          |       |        | <b>17:58.77</b> | I       | 526 |  |
|     | 50m:   | 31.28   | 31.28   | 450m: | 5:17.86  | 35.44 | 850m:  | 10:08.08 | 36.24 | 1250m: | 13:49.12        |         |     |  |
|     | 100m:  | 1:05.13 | 33.85   | 500m: | 5:53.45  | 35.59 | 900m:  | 10:44.36 | 36.28 | 1300m: | 15:36.99        | 1:47.87 |     |  |
|     | 150m:  | 1:40.60 | 35.47   | 550m: | 6:29.26  | 35.81 | 950m:  | 11:20.87 | 36.51 | 1350m: | 15:00.57        |         |     |  |
|     | 200m:  | 2:16.77 | 36.17   | 600m: | 7:05.60  | 36.34 | 1000m: | 11:57.23 | 36.36 | 1400m: | 16:50.00        | 1:49.43 |     |  |
|     | 250m:  | 2:53.15 | 36.38   | 650m: | 7:42.14  | 36.54 | 1050m: | 12:33.51 | 36.28 | 1450m: | 16:13.91        |         |     |  |
|     | 300m:  | 3:29.45 | 36.30   | 700m: | 8:18.68  | 36.54 | 1100m: | 13:09.99 | 36.48 | 1500m: | 17:58.77        | 1:44.86 |     |  |
|     | 350m:  | 4:06.25 | 36.80   | 750m: | 8:55.31  | 36.63 | 1150m: | 13:46.95 | 36.96 |        |                 |         |     |  |
|     | 400m:  | 4:42.42 | 36.17   | 800m: | 9:31.84  | 36.53 | 1200m: | 14:23.59 | 36.64 |        |                 |         |     |  |
| 47. | 2008 I |         |         |       |          |       |        |          |       |        | <b>18:00.51</b> | I       | 523 |  |
|     | 50m:   | 31.37   | 31.37   | 450m: | 5:15.34  | 36.33 | 850m:  | 10:08.38 | 36.26 | 1250m: | 15:02.17        | 35.99   |     |  |
|     | 100m:  | 1:05.93 | 34.56   | 500m: | 5:51.93  | 36.59 | 900m:  | 10:45.57 | 37.19 | 1300m: | 15:39.18        | 37.01   |     |  |
|     | 150m:  | 1:40.55 | 34.62   | 550m: | 6:28.51  | 36.58 | 950m:  | 11:22.52 | 36.95 | 1350m: | 16:14.54        | 35.36   |     |  |
|     | 200m:  | 2:15.55 | 35.00   | 600m: | 7:05.39  | 36.88 | 1000m: | 11:59.80 | 37.28 | 1400m: | 16:51.63        | 37.09   |     |  |
|     | 250m:  | 2:50.84 | 35.29   | 650m: | 7:41.72  | 36.33 | 1050m: | 12:36.20 | 36.40 | 1450m: | 17:26.97        | 35.34   |     |  |
|     | 300m:  | 3:26.77 | 35.93   | 700m: | 8:18.41  | 36.69 | 1100m: | 13:13.22 | 37.02 | 1500m: | 18:00.51        | 33.54   |     |  |
|     | 350m:  | 4:02.61 | 35.84   | 750m: | 8:54.97  | 36.56 | 1150m: | 13:49.40 | 36.18 |        |                 |         |     |  |
|     | 400m:  | 4:39.01 | 36.40   | 800m: | 9:32.12  | 37.15 | 1200m: | 14:26.18 | 36.78 |        |                 |         |     |  |





10, , 1500m

|     |       |         |       |       |         |       |        |          |       | R.T.   |             |       |                 |  |     |
|-----|-------|---------|-------|-------|---------|-------|--------|----------|-------|--------|-------------|-------|-----------------|--|-----|
| 48. |       |         |       |       |         |       |        |          |       |        | <b>2010</b> |       | <b>18:02.18</b> |  | 521 |
|     | 50m:  | 32.45   | 32.45 | 450m: | 5:24.84 | 37.09 | 850m:  | 10:14.29 | 35.69 | 1250m: | 15:05.20    | 36.19 |                 |  |     |
|     | 100m: | 1:08.45 | 36.00 | 500m: | 6:01.01 | 36.17 | 900m:  | 10:50.77 | 36.48 | 1300m: | 15:41.71    | 36.51 |                 |  |     |
|     | 150m: | 1:44.45 | 36.00 | 550m: | 6:37.05 | 36.04 | 950m:  | 11:26.87 | 36.10 | 1350m: | 16:17.58    | 35.87 |                 |  |     |
|     | 200m: | 2:20.73 | 36.28 | 600m: | 7:13.60 | 36.55 | 1000m: | 12:03.32 | 36.45 | 1400m: | 16:53.79    | 36.21 |                 |  |     |
|     | 250m: | 2:57.27 | 36.54 | 650m: | 7:49.50 | 35.90 | 1050m: | 12:39.87 | 36.55 | 1450m: | 17:28.13    | 34.34 |                 |  |     |
|     | 300m: | 3:34.20 | 36.93 | 700m: | 8:25.94 | 36.44 | 1100m: | 13:16.27 | 36.40 | 1500m: | 18:02.18    | 34.05 |                 |  |     |
|     | 350m: | 4:10.73 | 36.53 | 750m: | 9:02.22 | 36.28 | 1150m: | 13:52.68 | 36.41 |        |             |       |                 |  |     |
|     | 400m: | 4:47.75 | 37.02 | 800m: | 9:38.60 | 36.38 | 1200m: | 14:29.01 | 36.33 |        |             |       |                 |  |     |
| 49. |       |         |       |       |         |       |        |          |       |        | <b>2008</b> |       | <b>18:02.20</b> |  | 521 |
|     | 50m:  | 31.26   | 31.26 | 450m: | 5:13.01 | 36.40 | 850m:  | 10:05.75 | 36.44 | 1250m: | 14:58.76    | 36.87 |                 |  |     |
|     | 100m: | 1:05.39 | 34.13 | 500m: | 5:49.23 | 36.22 | 900m:  | 10:42.26 | 36.51 | 1300m: | 15:35.47    | 36.71 |                 |  |     |
|     | 150m: | 1:40.28 | 34.89 | 550m: | 6:25.87 | 36.64 | 950m:  | 11:19.25 | 36.99 | 1350m: | 16:12.80    | 37.33 |                 |  |     |
|     | 200m: | 2:15.15 | 34.87 | 600m: | 7:02.23 | 36.36 | 1000m: | 11:55.88 | 36.63 | 1400m: | 16:49.91    | 37.11 |                 |  |     |
|     | 250m: | 2:50.18 | 35.03 | 650m: | 7:38.87 | 36.64 | 1050m: | 12:32.58 | 36.70 | 1450m: | 17:26.92    | 37.01 |                 |  |     |
|     | 300m: | 3:25.38 | 35.20 | 700m: | 8:16.05 | 37.18 | 1100m: | 13:08.90 | 36.32 | 1500m: | 18:02.20    | 35.28 |                 |  |     |
|     | 350m: | 4:00.88 | 35.50 | 750m: | 8:52.67 | 36.62 | 1150m: | 13:45.13 | 36.23 |        |             |       |                 |  |     |
|     | 400m: | 4:36.61 | 35.73 | 800m: | 9:29.31 | 36.64 | 1200m: | 14:21.89 | 36.76 |        |             |       |                 |  |     |
| 50. |       |         |       |       |         |       |        |          |       |        | <b>2007</b> |       | <b>18:06.22</b> |  | 515 |
|     | 50m:  | 31.42   | 31.42 | 450m: | 5:18.93 | 36.02 | 850m:  | 10:10.96 | 36.63 | 1250m: | 15:04.02    | 36.65 |                 |  |     |
|     | 100m: | 1:06.22 | 34.80 | 500m: | 5:55.45 | 36.52 | 900m:  | 10:47.35 | 36.39 | 1300m: | 15:41.56    | 37.54 |                 |  |     |
|     | 150m: | 1:41.79 | 35.57 | 550m: | 6:31.53 | 36.08 | 950m:  | 11:23.73 | 36.38 | 1350m: | 16:18.05    | 36.49 |                 |  |     |
|     | 200m: | 2:18.13 | 36.34 | 600m: | 7:08.06 | 36.53 | 1000m: | 12:00.51 | 36.78 | 1400m: | 16:55.12    | 37.07 |                 |  |     |
|     | 250m: | 2:54.33 | 36.20 | 650m: | 7:44.60 | 36.54 | 1050m: | 12:36.70 | 36.19 | 1450m: | 17:31.17    | 36.05 |                 |  |     |
|     | 300m: | 3:31.06 | 36.73 | 700m: | 8:21.32 | 36.72 | 1100m: | 13:14.00 | 37.30 | 1500m: | 18:06.22    | 35.05 |                 |  |     |
|     | 350m: | 4:07.09 | 36.03 | 750m: | 8:57.60 | 36.28 | 1150m: | 13:50.45 | 36.45 |        |             |       |                 |  |     |
|     | 400m: | 4:42.91 | 35.82 | 800m: | 9:34.33 | 36.73 | 1200m: | 14:27.37 | 36.92 |        |             |       |                 |  |     |
| 51. |       |         |       |       |         |       |        |          |       |        | <b>2009</b> |       | <b>18:08.28</b> |  | 512 |
|     | 50m:  | 30.90   | 30.90 | 450m: | 5:19.26 | 36.49 | 850m:  | 10:13.84 | 36.80 | 1250m: | 15:06.84    | 36.32 |                 |  |     |
|     | 100m: | 1:06.23 | 35.33 | 500m: | 5:55.84 | 36.58 | 900m:  | 10:51.16 | 37.32 | 1300m: | 15:44.12    | 37.28 |                 |  |     |
|     | 150m: | 1:41.31 | 35.08 | 550m: | 6:32.82 | 36.98 | 950m:  | 11:27.65 | 36.49 | 1350m: | 16:20.03    | 35.91 |                 |  |     |
|     | 200m: | 2:16.99 | 35.68 | 600m: | 7:09.70 | 36.88 | 1000m: | 12:04.30 | 36.65 | 1400m: | 16:57.08    | 37.05 |                 |  |     |
|     | 250m: | 2:52.99 | 36.00 | 650m: | 7:46.29 | 36.59 | 1050m: | 12:40.10 | 35.80 | 1450m: | 17:32.66    | 35.58 |                 |  |     |
|     | 300m: | 3:29.53 | 36.54 | 700m: | 8:23.78 | 37.49 | 1100m: | 13:17.28 | 37.18 | 1500m: | 18:08.28    | 35.62 |                 |  |     |
|     | 350m: | 4:06.18 | 36.65 | 750m: | 9:00.50 | 36.72 | 1150m: | 13:53.48 | 36.20 |        |             |       |                 |  |     |
|     | 400m: | 4:42.77 | 36.59 | 800m: | 9:37.04 | 36.54 | 1200m: | 14:30.52 | 37.04 |        |             |       |                 |  |     |
| 52. |       |         |       |       |         |       |        |          |       |        | <b>2008</b> |       | <b>18:08.56</b> |  | 512 |
|     | 50m:  | 31.61   | 31.61 | 450m: | 5:17.16 | 35.92 | 850m:  | 10:08.71 | 35.24 | 1250m: | 15:02.57    | 36.38 |                 |  |     |
|     | 100m: | 1:06.26 | 34.65 | 500m: | 5:53.74 | 36.58 | 900m:  | 10:45.69 | 36.98 | 1300m: | 15:40.51    | 37.94 |                 |  |     |
|     | 150m: | 1:41.63 | 35.37 | 550m: | 6:29.49 | 35.75 | 950m:  | 11:21.53 | 35.84 | 1350m: | 16:16.84    | 36.33 |                 |  |     |
|     | 200m: | 2:17.27 | 35.64 | 600m: | 7:06.78 | 37.29 | 1000m: | 11:58.66 | 37.13 | 1400m: | 16:55.23    | 38.39 |                 |  |     |
|     | 250m: | 2:52.75 | 35.48 | 650m: | 7:43.50 | 36.72 | 1050m: | 12:34.46 | 35.80 | 1450m: | 17:32.25    | 37.02 |                 |  |     |
|     | 300m: | 3:28.90 | 36.15 | 700m: | 8:20.50 | 37.00 | 1100m: | 13:12.45 | 37.99 | 1500m: | 18:08.56    | 36.31 |                 |  |     |
|     | 350m: | 4:04.57 | 35.67 | 750m: | 8:56.58 | 36.08 | 1150m: | 13:48.54 | 36.09 |        |             |       |                 |  |     |
|     | 400m: | 4:41.24 | 36.67 | 800m: | 9:33.47 | 36.89 | 1200m: | 14:26.19 | 37.65 |        |             |       |                 |  |     |
| 53. |       |         |       |       |         |       |        |          |       |        | <b>2008</b> |       | <b>18:08.66</b> |  | 512 |
|     | 50m:  | 32.51   | 32.51 | 450m: | 5:19.77 | 36.85 | 850m:  | 10:12.56 | 36.91 | 1250m: | 15:07.13    | 38.10 |                 |  |     |
|     | 100m: | 1:06.70 | 34.19 | 500m: | 5:55.43 | 35.66 | 900m:  | 10:49.08 | 36.52 | 1300m: | 15:43.56    | 36.43 |                 |  |     |
|     | 150m: | 1:42.40 | 35.70 | 550m: | 6:32.39 | 36.96 | 950m:  | 11:26.21 | 37.13 | 1350m: | 16:21.27    | 37.71 |                 |  |     |
|     | 200m: | 2:17.98 | 35.58 | 600m: | 7:08.51 | 36.12 | 1000m: | 12:02.19 | 35.98 | 1400m: | 16:57.49    | 36.22 |                 |  |     |
|     | 250m: | 2:54.42 | 36.44 | 650m: | 7:45.79 | 37.28 | 1050m: | 12:39.80 | 37.61 | 1450m: | 17:34.75    | 37.26 |                 |  |     |
|     | 300m: | 3:30.46 | 36.04 | 700m: | 8:21.68 | 35.89 | 1100m: | 13:15.75 | 35.95 | 1500m: | 18:08.66    | 33.91 |                 |  |     |
|     | 350m: | 4:07.02 | 36.56 | 750m: | 8:59.25 | 37.57 | 1150m: | 13:52.85 | 37.10 |        |             |       |                 |  |     |
|     | 400m: | 4:42.92 | 35.90 | 800m: | 9:35.65 | 36.40 | 1200m: | 14:29.03 | 36.18 |        |             |       |                 |  |     |





10, , 1500m

|     |       |         |       |       |          |       |        |          |       | R.T.   |          |                 |   |     |
|-----|-------|---------|-------|-------|----------|-------|--------|----------|-------|--------|----------|-----------------|---|-----|
| 54. |       |         |       | 2009  | I        |       |        |          |       |        |          | <b>18:19.51</b> | I | 497 |
|     | 50m:  | 31.72   | 31.72 | 450m: | 5:21.97  | 37.38 | 850m:  | 10:18.79 | 37.47 | 1250m: | 15:18.28 | 37.06           |   |     |
|     | 100m: | 1:06.43 | 34.71 | 500m: | 5:58.33  | 36.36 | 900m:  | 10:55.88 | 37.09 | 1300m: | 15:55.04 | 36.76           |   |     |
|     | 150m: | 1:41.83 | 35.40 | 550m: | 6:35.53  | 37.20 | 950m:  | 11:33.18 | 37.30 | 1350m: | 16:32.17 | 37.13           |   |     |
|     | 200m: | 2:18.13 | 36.30 | 600m: | 7:12.93  | 37.40 | 1000m: | 12:11.14 | 37.96 | 1400m: | 17:08.54 | 36.37           |   |     |
|     | 250m: | 2:54.77 | 36.64 | 650m: | 7:50.36  | 37.43 | 1050m: | 12:48.92 | 37.78 | 1450m: | 17:45.08 | 36.54           |   |     |
|     | 300m: | 3:31.22 | 36.45 | 700m: | 8:27.10  | 36.74 | 1100m: | 13:26.77 | 37.85 | 1500m: | 18:19.51 | 34.43           |   |     |
|     | 350m: | 4:08.34 | 37.12 | 750m: | 9:04.56  | 37.46 | 1150m: | 14:04.59 | 37.82 |        |          |                 |   |     |
|     | 400m: | 4:44.59 | 36.25 | 800m: | 9:41.32  | 36.76 | 1200m: | 14:41.22 | 36.63 |        |          |                 |   |     |
| 55. |       |         |       | 2009  | I        |       |        |          |       |        |          | <b>18:23.70</b> | I | 491 |
|     | 50m:  | 31.83   | 31.83 | 450m: | 5:21.90  | 36.60 | 850m:  | 10:18.95 | 37.53 | 1250m: | 15:21.11 | 37.81           |   |     |
|     | 100m: | 1:07.04 | 35.21 | 500m: | 5:58.89  | 36.99 | 900m:  | 10:56.69 | 37.74 | 1300m: | 15:58.79 | 37.68           |   |     |
|     | 150m: | 1:43.33 | 36.29 | 550m: | 6:35.64  | 36.75 | 950m:  | 11:34.88 | 38.19 | 1350m: | 16:36.53 | 37.74           |   |     |
|     | 200m: | 2:19.10 | 35.77 | 600m: | 7:12.96  | 37.32 | 1000m: | 12:12.23 | 37.35 | 1400m: | 17:13.72 | 37.19           |   |     |
|     | 250m: | 2:55.29 | 36.19 | 650m: | 7:49.83  | 36.87 | 1050m: | 12:48.68 | 36.45 | 1450m: | 17:50.82 | 37.10           |   |     |
|     | 300m: | 3:31.85 | 36.56 | 700m: | 8:27.09  | 37.26 | 1100m: | 13:27.20 | 38.52 | 1500m: | 18:23.70 | 32.88           |   |     |
|     | 350m: | 4:08.41 | 36.56 | 750m: | 9:03.82  | 36.73 | 1150m: | 14:05.52 | 38.32 |        |          |                 |   |     |
|     | 400m: | 4:45.30 | 36.89 | 800m: | 9:41.42  | 37.60 | 1200m: | 14:43.30 | 37.78 |        |          |                 |   |     |
| 56. |       |         |       | 2008  | I        |       |        |          |       |        |          | <b>18:24.55</b> | I | 490 |
|     | 50m:  | 32.13   | 32.13 | 450m: | 5:19.31  | 36.53 | 850m:  | 10:17.83 | 37.89 | 1250m: | 15:20.98 | 37.56           |   |     |
|     | 100m: | 1:06.05 | 33.92 | 500m: | 5:56.50  | 37.19 | 900m:  | 10:55.70 | 37.87 | 1300m: | 15:58.55 | 37.57           |   |     |
|     | 150m: | 1:41.30 | 35.25 | 550m: | 6:33.40  | 36.90 | 950m:  | 11:33.73 | 38.03 | 1350m: | 16:36.26 | 37.71           |   |     |
|     | 200m: | 2:16.15 | 34.85 | 600m: | 7:10.62  | 37.22 | 1000m: | 12:11.96 | 38.23 | 1400m: | 17:12.93 | 36.67           |   |     |
|     | 250m: | 2:52.44 | 36.29 | 650m: | 7:47.59  | 36.97 | 1050m: | 12:48.97 | 37.01 | 1450m: | 17:50.08 | 37.15           |   |     |
|     | 300m: | 3:28.48 | 36.04 | 700m: | 8:24.60  | 37.01 | 1100m: | 13:26.94 | 37.97 | 1500m: | 18:24.55 | 34.47           |   |     |
|     | 350m: | 4:05.87 | 37.39 | 750m: | 9:02.59  | 37.99 | 1150m: | 14:05.35 | 38.41 |        |          |                 |   |     |
|     | 400m: | 4:42.78 | 36.91 | 800m: | 9:39.94  | 37.35 | 1200m: | 14:43.42 | 38.07 |        |          |                 |   |     |
| 57. |       |         |       | 2010  | I        |       |        |          |       |        |          | <b>18:30.50</b> |   | 482 |
|     | 50m:  | 31.33   | 31.33 | 450m: | 5:25.10  | 37.78 | 850m:  | 10:23.00 | 37.38 | 1250m: | 15:24.43 | 38.26           |   |     |
|     | 100m: | 1:06.62 | 35.29 | 500m: | 6:01.55  | 36.45 | 900m:  | 11:00.21 | 37.21 | 1300m: | 16:01.76 | 37.33           |   |     |
|     | 150m: | 1:43.21 | 36.59 | 550m: | 6:39.28  | 37.73 | 950m:  | 11:38.41 | 38.20 | 1350m: | 16:39.82 | 38.06           |   |     |
|     | 200m: | 2:19.27 | 36.06 | 600m: | 7:16.38  | 37.10 | 1000m: | 12:15.73 | 37.32 | 1400m: | 17:16.92 | 37.10           |   |     |
|     | 250m: | 2:56.51 | 37.24 | 650m: | 7:54.16  | 37.78 | 1050m: | 12:53.84 | 38.11 | 1450m: | 17:54.54 | 37.62           |   |     |
|     | 300m: | 3:33.26 | 36.75 | 700m: | 8:30.75  | 36.59 | 1100m: | 13:31.19 | 37.35 | 1500m: | 18:30.50 | 35.96           |   |     |
|     | 350m: | 4:10.56 | 37.30 | 750m: | 9:08.51  | 37.76 | 1150m: | 14:09.23 | 38.04 |        |          |                 |   |     |
|     | 400m: | 4:47.32 | 36.76 | 800m: | 9:45.62  | 37.11 | 1200m: | 14:46.17 | 36.94 |        |          |                 |   |     |
| 58. |       |         |       | 2009  | I        |       |        |          |       |        |          | <b>19:02.66</b> |   | 442 |
|     | 50m:  | 32.70   | 32.70 | 450m: | 5:37.48  | 38.73 | 850m:  | 10:46.70 | 38.67 | 1250m: | 15:55.71 | 38.85           |   |     |
|     | 100m: | 1:09.90 | 37.20 | 500m: | 6:16.10  | 38.62 | 900m:  | 11:24.65 | 37.95 | 1300m: | 16:34.49 | 38.78           |   |     |
|     | 150m: | 1:48.36 | 38.46 | 550m: | 6:54.52  | 38.42 | 950m:  | 12:03.64 | 38.99 | 1350m: | 17:12.23 | 37.74           |   |     |
|     | 200m: | 2:26.02 | 37.66 | 600m: | 7:33.35  | 38.83 | 1000m: | 12:42.40 | 38.76 | 1400m: | 17:50.68 | 38.45           |   |     |
|     | 250m: | 3:03.77 | 37.75 | 650m: | 8:12.14  | 38.79 | 1050m: | 13:21.36 | 38.96 | 1450m: | 18:27.46 | 36.78           |   |     |
|     | 300m: | 3:41.77 | 38.00 | 700m: | 8:50.62  | 38.48 | 1100m: | 13:59.74 | 38.38 | 1500m: | 19:02.66 | 35.20           |   |     |
|     | 350m: | 4:20.14 | 38.37 | 750m: | 9:29.44  | 38.82 | 1150m: | 14:37.98 | 38.24 |        |          |                 |   |     |
|     | 400m: | 4:58.75 | 38.61 | 800m: | 10:08.03 | 38.59 | 1200m: | 15:16.86 | 38.88 |        |          |                 |   |     |
| 59. |       |         |       | 2008  | I        |       |        |          |       |        |          | <b>19:14.14</b> |   | 429 |
|     | 50m:  | 30.00   | 30.00 | 450m: | 5:19.82  | 37.62 | 850m:  | 10:38.04 | 40.30 | 1250m: | 16:06.06 | 40.70           |   |     |
|     | 100m: | 1:03.46 | 33.46 | 500m: | 5:59.20  | 39.38 | 900m:  | 11:19.82 | 41.78 | 1300m: | 16:45.02 | 38.96           |   |     |
|     | 150m: | 1:37.72 | 34.26 | 550m: | 6:37.58  | 38.38 | 950m:  | 12:00.02 | 40.20 | 1350m: | 17:25.01 | 39.99           |   |     |
|     | 200m: | 2:13.42 | 35.70 | 600m: | 7:16.30  | 38.72 | 1000m: | 12:41.92 | 41.90 | 1400m: | 18:03.79 | 38.78           |   |     |
|     | 250m: | 2:49.03 | 35.61 | 650m: | 7:56.50  | 40.20 | 1050m: | 13:23.08 | 41.16 | 1450m: | 18:38.18 | 34.39           |   |     |
|     | 300m: | 3:26.29 | 37.26 | 700m: | 8:37.36  | 40.86 | 1100m: | 14:04.29 | 41.21 | 1500m: | 19:14.14 | 35.96           |   |     |
|     | 350m: | 4:04.12 | 37.83 | 750m: | 9:17.53  | 40.17 | 1150m: | 14:44.74 | 40.45 |        |          |                 |   |     |
|     | 400m: | 4:42.20 | 38.08 | 800m: | 9:57.74  | 40.21 | 1200m: | 15:25.36 | 40.62 |        |          |                 |   |     |

