



21
28.04.2024 - 13:31

, 800m

7:42.47

7:48.05

(HUN)

18.04.2023

22.08.2019

: FINA 2024

										R.T.			
1.				2003						+0,73	8:03.92		815
	50m:	27.57	27.57	250m:	2:29.39	30.73	450m:	4:32.22	30.77	650m:	6:35.87	30.88	
	100m:	57.52	29.95	300m:	3:00.05	30.66	500m:	5:02.80	30.58	700m:	7:06.46	30.59	
	150m:	1:27.85	30.33	350m:	3:30.67	30.62	550m:	5:34.06	31.26	750m:	7:36.32	29.86	
	200m:	1:58.66	30.81	400m:	4:01.45	30.78	600m:	6:04.99	30.93	800m:	8:03.92	27.60	
2.				2007							8:21.25		733
	50m:	27.92	27.92	250m:	2:31.11	30.74	450m:	4:37.73	31.88	650m:	6:46.73	32.39	
	100m:	58.77	30.85	300m:	3:02.55	31.44	500m:	5:09.74	32.01	700m:	7:19.05	32.32	
	150m:	1:29.18	30.41	350m:	3:33.99	31.44	550m:	5:42.06	32.32	750m:	7:50.88	31.83	
	200m:	2:00.37	31.19	400m:	4:05.85	31.86	600m:	6:14.34	32.28	800m:	8:21.25	30.37	
3.				2008						+0,82	8:21.70		731
	50m:	27.70	27.70	250m:	2:34.86	31.61	450m:	4:41.24	31.32	650m:	6:49.10	31.97	
	100m:	59.61	31.91	300m:	3:06.60	31.74	500m:	5:13.23	31.99	700m:	7:20.96	31.86	
	150m:	1:31.54	31.93	350m:	3:38.07	31.47	550m:	5:45.00	31.77	750m:	7:52.09	31.13	
	200m:	2:03.25	31.71	400m:	4:09.92	31.85	600m:	6:17.13	32.13	800m:	8:21.70	29.61	
4.				2007						+0,81	8:29.38		699
	50m:	28.36	28.36	250m:	2:35.21	31.76	450m:	4:43.84	32.22	650m:	6:53.23	31.75	
	100m:	1:00.30	31.94	300m:	3:07.18	31.97	500m:	5:16.32	32.48	700m:	7:25.94	32.71	
	150m:	1:31.61	31.31	350m:	3:39.29	32.11	550m:	5:48.72	32.40	750m:	7:58.15	32.21	
	200m:	2:03.45	31.84	400m:	4:11.62	32.33	600m:	6:21.48	32.76	800m:	8:29.38	31.23	
5.				2008						+0,75	8:29.51		698
	50m:	28.86	28.86	250m:	2:35.46	32.29	450m:	4:45.23	32.41	650m:	6:54.69	32.18	
	100m:	59.39	30.53	300m:	3:07.78	32.32	500m:	5:17.49	32.26	700m:	7:27.16	32.47	
	150m:	1:31.16	31.77	350m:	3:40.34	32.56	550m:	5:49.96	32.47	750m:	7:58.93	31.77	
	200m:	2:03.17	32.01	400m:	4:12.82	32.48	600m:	6:22.51	32.55	800m:	8:29.51	30.58	
6.				2004						+0,72	8:30.53		694
	50m:	28.40	28.40	250m:	2:34.51	32.18	450m:	4:43.96	32.80	650m:	6:54.40	33.27	
	100m:	59.44	31.04	300m:	3:06.24	31.73	500m:	5:15.99	32.03	700m:	7:26.90	32.50	
	150m:	1:31.06	31.62	350m:	3:38.96	32.72	550m:	5:48.83	32.84	750m:	7:59.49	32.59	
	200m:	2:02.33	31.27	400m:	4:11.16	32.20	600m:	6:21.13	32.30	800m:	8:30.53	31.04	
7.				2006						+0,69	8:30.82		693
	50m:	28.23	28.23	250m:	2:35.86	32.59	450m:	4:45.30	31.77	650m:	6:55.72	32.90	
	100m:	59.32	31.09	300m:	3:08.58	32.72	500m:	5:17.75	32.45	700m:	7:28.74	33.02	
	150m:	1:30.83	31.51	350m:	3:40.83	32.25	550m:	5:49.98	32.23	750m:	8:01.23	32.49	
	200m:	2:03.27	32.44	400m:	4:13.53	32.70	600m:	6:22.82	32.84	800m:	8:30.82	29.59	
8.				2002						+0,74	8:31.90		688
	50m:	28.72	28.72	250m:	2:35.58	32.18	450m:	4:45.75	32.44	650m:	6:56.31	32.88	
	100m:	59.71	30.99	300m:	3:08.03	32.45	500m:	5:18.19	32.44	700m:	7:28.88	32.57	
	150m:	1:31.48	31.77	350m:	3:40.53	32.50	550m:	5:50.78	32.59	750m:	8:01.48	32.60	
	200m:	2:03.40	31.92	400m:	4:13.31	32.78	600m:	6:23.43	32.65	800m:	8:31.90	30.42	
9.				2007							8:34.10		680
	50m:	29.07	29.07	250m:	2:37.22	32.19	450m:	4:48.58	33.02	650m:	6:59.76	32.73	
	100m:	1:00.61	31.54	300m:	3:09.56	32.34	500m:	5:21.45	32.87	700m:	7:31.70	31.94	
	150m:	1:32.79	32.18	350m:	3:42.39	32.83	550m:	5:54.67	33.22	750m:	8:03.74	32.04	
	200m:	2:05.03	32.24	400m:	4:15.56	33.17	600m:	6:27.03	32.36	800m:	8:34.10	30.36	

50

OMEGA





21, , 800m

										R.T.		
10.			2007							+0,79	8:35.10	676
	50m:	29.46	29.46	250m:	2:37.15	32.33	450m:	4:47.76	32.89	650m:	6:59.28	32.43
	100m:	1:00.58	31.12	300m:	3:09.71	32.56	500m:	5:20.59	32.83	700m:	7:32.52	33.24
	150m:	1:32.26	31.68	350m:	3:42.28	32.57	550m:	5:53.56	32.97	750m:	8:03.60	31.08
	200m:	2:04.82	32.56	400m:	4:14.87	32.59	600m:	6:26.85	33.29	800m:	8:35.10	31.50
11.			2007							+0,80	8:35.70	673
	50m:	29.16	29.16	250m:	2:36.67	31.80	450m:	4:47.10	32.79	650m:	6:58.80	32.97
	100m:	1:00.68	31.52	300m:	3:09.24	32.57	500m:	5:20.05	32.95	700m:	7:32.08	33.28
	150m:	1:32.65	31.97	350m:	3:41.64	32.40	550m:	5:52.70	32.65	750m:	8:04.66	32.58
	200m:	2:04.87	32.22	400m:	4:14.31	32.67	600m:	6:25.83	33.13	800m:	8:35.70	31.04
12.			2008							+0,60	8:37.34	667
	50m:	29.48	29.48	250m:	2:39.57	32.64	450m:	4:50.81	32.79	650m:	7:02.56	32.63
	100m:	1:01.74	32.26	300m:	3:12.78	33.21	500m:	5:23.92	33.11	700m:	7:35.54	32.98
	150m:	1:34.32	32.58	350m:	3:45.58	32.80	550m:	5:57.16	33.24	750m:	8:07.74	32.20
	200m:	2:06.93	32.61	400m:	4:18.02	32.44	600m:	6:29.93	32.77	800m:	8:37.34	29.60
13.			2007							+0,81	8:37.85	665
	50m:	29.09	29.09	250m:	2:37.66	32.83	450m:	4:49.43	33.20	650m:	7:02.16	32.95
	100m:	1:00.07	30.98	300m:	3:10.38	32.72	500m:	5:22.70	33.27	700m:	7:35.03	32.87
	150m:	1:32.30	32.23	350m:	3:43.03	32.65	550m:	5:56.07	33.37	750m:	8:06.97	31.94
	200m:	2:04.83	32.53	400m:	4:16.23	33.20	600m:	6:29.21	33.14	800m:	8:37.85	30.88
14.			2007			-				+0,69	8:38.01	664
	50m:	29.52	29.52	250m:	2:37.52	32.34	450m:	4:49.19	33.41	650m:	7:01.19	33.20
	100m:	1:00.67	31.15	300m:	3:10.20	32.68	500m:	5:21.90	32.71	700m:	7:34.20	33.01
	150m:	1:32.83	32.16	350m:	3:42.82	32.62	550m:	5:55.16	33.26	750m:	8:06.75	32.55
	200m:	2:05.18	32.35	400m:	4:15.78	32.96	600m:	6:27.99	32.83	800m:	8:38.01	31.26
15.			2007							+0,76	8:38.40	663
	50m:	28.92	28.92	250m:	2:39.84	33.04	450m:	4:52.38	33.18	650m:	7:04.84	33.10
	100m:	1:01.08	32.16	300m:	3:12.64	32.80	500m:	5:25.43	33.05	700m:	7:37.63	32.79
	150m:	1:33.94	32.86	350m:	3:46.02	33.38	550m:	5:59.03	33.60	750m:	8:08.36	30.73
	200m:	2:06.80	32.86	400m:	4:19.20	33.18	600m:	6:31.74	32.71	800m:	8:38.40	30.04
16.			2005							+0,67	8:40.80	654
	50m:	28.85	28.85	250m:	2:36.92	32.42	450m:	4:48.18	33.09	650m:	7:01.34	33.36
	100m:	1:00.22	31.37	300m:	3:09.54	32.62	500m:	5:21.47	33.29	700m:	7:35.09	33.75
	150m:	1:32.19	31.97	350m:	3:42.26	32.72	550m:	5:54.74	33.27	750m:	8:08.08	32.99
	200m:	2:04.50	32.31	400m:	4:15.09	32.83	600m:	6:27.98	33.24	800m:	8:40.80	32.72
17.			2003							+0,78	8:41.89	650
	50m:	28.51	28.51	250m:	2:36.54	32.07	450m:	4:49.34	33.30	650m:	7:04.21	33.60
	100m:	1:00.16	31.65	300m:	3:09.54	33.00	500m:	5:23.09	33.75	700m:	7:38.23	34.02
	150m:	1:32.16	32.00	350m:	3:42.43	32.89	550m:	5:56.50	33.41	750m:	8:11.30	33.07
	200m:	2:04.47	32.31	400m:	4:16.04	33.61	600m:	6:30.61	34.11	800m:	8:41.89	30.59
18.			2006							+0,74	8:43.35	644
	50m:	29.62	29.62	250m:	2:41.30	33.29	450m:	4:54.89	33.22	650m:	7:07.22	32.69
	100m:	1:01.96	32.34	300m:	3:15.04	33.74	500m:	5:28.48	33.59	700m:	7:39.92	32.70
	150m:	1:34.71	32.75	350m:	3:48.18	33.14	550m:	6:01.58	33.10	750m:	8:12.04	32.12
	200m:	2:08.01	33.30	400m:	4:21.67	33.49	600m:	6:34.53	32.95	800m:	8:43.35	31.31
19.			2008							+0,83	8:43.55	644
	50m:	29.09	29.09	250m:	2:40.88	33.01	450m:	4:54.70	33.69	650m:	7:08.08	33.25
	100m:	1:01.78	32.69	300m:	3:14.08	33.20	500m:	5:27.81	33.11	700m:	7:40.96	32.88
	150m:	1:34.85	33.07	350m:	3:47.71	33.63	550m:	6:01.51	33.70	750m:	8:13.85	32.89
	200m:	2:07.87	33.02	400m:	4:21.01	33.30	600m:	6:34.83	33.32	800m:	8:43.55	29.70





Кубок России

2 этап

по плаванию

27-29
апреля
2024

Саранск

		21, , 800m								R.T.			
20.				2008						+0,74	8:48.01		627
	50m:	29.14	29.14	250m:	2:40.61	32.70	450m:	4:55.29	34.08	650m:	7:09.86	34.13	
	100m:	1:01.88	32.74	300m:	3:13.98	33.37	500m:	5:28.41	33.12	700m:	7:43.11	33.25	
	150m:	1:34.67	32.79	350m:	3:47.59	33.61	550m:	6:02.79	34.38	750m:	8:15.75	32.64	
	200m:	2:07.91	33.24	400m:	4:21.21	33.62	600m:	6:35.73	32.94	800m:	8:48.01	32.26	
21.				2008						+0,71	8:49.15		623
	50m:	30.10	30.10	250m:	2:43.03	33.47	450m:	4:56.77	33.47	650m:	7:10.48	33.27	
	100m:	1:02.93	32.83	300m:	3:16.73	33.70	500m:	5:30.29	33.52	700m:	7:43.77	33.29	
	150m:	1:36.08	33.15	350m:	3:50.01	33.28	550m:	6:03.81	33.52	750m:	8:16.81	33.04	
	200m:	2:09.56	33.48	400m:	4:23.30	33.29	600m:	6:37.21	33.40	800m:	8:49.15	32.34	
22.				2008						+0,68	8:49.29		623
	50m:	28.89	28.89	250m:	2:38.97	32.92	450m:	4:53.52	33.67	650m:	7:09.65	33.68	
	100m:	1:00.79	31.90	300m:	3:13.23	34.26	500m:	5:27.81	34.29	700m:	7:43.99	34.34	
	150m:	1:33.07	32.28	350m:	3:46.37	33.14	550m:	6:01.84	34.03	750m:	8:17.35	33.36	
	200m:	2:06.05	32.98	400m:	4:19.85	33.48	600m:	6:35.97	34.13	800m:	8:49.29	31.94	
23.				2008						+0,78	8:51.00		617
	50m:	29.55	29.55	250m:	2:41.92	33.60	450m:	4:55.40	33.63	650m:	7:11.31	34.20	
	100m:	1:02.66	33.11	300m:	3:15.19	33.27	500m:	5:28.94	33.54	700m:	7:45.76	34.45	
	150m:	1:35.70	33.04	350m:	3:48.72	33.53	550m:	6:02.88	33.94	750m:	8:19.47	33.71	
	200m:	2:08.32	32.62	400m:	4:21.77	33.05	600m:	6:37.11	34.23	800m:	8:51.00	31.53	
24.				2008						+0,92	8:52.30		612
	50m:	29.57	29.57	250m:	2:42.35	33.92	450m:	4:57.09	33.61	650m:	7:12.71	34.08	
	100m:	1:01.71	32.14	300m:	3:15.82	33.47	500m:	5:30.74	33.65	700m:	7:46.52	33.81	
	150m:	1:35.16	33.45	350m:	3:49.88	34.06	550m:	6:04.58	33.84	750m:	8:20.15	33.63	
	200m:	2:08.43	33.27	400m:	4:23.48	33.60	600m:	6:38.63	34.05	800m:	8:52.30	32.15	
25.				2010						+0,86	8:52.72		611
	50m:	28.50	28.50	250m:	2:41.61	34.08	450m:	4:57.38	34.27	650m:	7:13.90	34.43	
	100m:	1:00.52	32.02	300m:	3:15.26	33.65	500m:	5:31.30	33.92	700m:	7:48.01	34.11	
	150m:	1:34.08	33.56	350m:	3:49.27	34.01	550m:	6:05.38	34.08	750m:	8:20.92	32.91	
	200m:	2:07.53	33.45	400m:	4:23.11	33.84	600m:	6:39.47	34.09	800m:	8:52.72	31.80	
26.				2008						+0,78	8:53.08		610
	50m:	29.76	29.76	250m:	2:42.96	33.78	450m:	4:58.98	34.36	650m:	7:15.51	33.84	
	100m:	1:02.57	32.81	300m:	3:17.08	34.12	500m:	5:33.12	34.14	700m:	7:49.15	33.64	
	150m:	1:35.75	33.18	350m:	3:50.78	33.70	550m:	6:07.27	34.15	750m:	8:22.64	33.49	
	200m:	2:09.18	33.43	400m:	4:24.62	33.84	600m:	6:41.67	34.40	800m:	8:53.08	30.44	
27.				2005						+0,86	8:53.55		608
	50m:	30.02	30.02	250m:	2:45.21	33.68	450m:	5:00.43	33.48	650m:	7:14.81	32.57	
	100m:	1:02.95	32.93	300m:	3:19.37	34.16	500m:	5:34.48	34.05	700m:	7:48.66	33.85	
	150m:	1:37.12	34.17	350m:	3:52.91	33.54	550m:	6:08.21	33.73	750m:	8:21.36	32.70	
	200m:	2:11.53	34.41	400m:	4:26.95	34.04	600m:	6:42.24	34.03	800m:	8:53.55	32.19	
28.				2008							8:53.78		607
	50m:	29.25	29.25	250m:	2:42.69	33.70	450m:	4:58.12	33.50	650m:	7:15.05	34.07	
	100m:	1:02.38	33.13	300m:	3:16.60	33.91	500m:	5:32.27	34.15	700m:	7:48.48	33.43	
	150m:	1:35.48	33.10	350m:	3:50.56	33.96	550m:	6:06.72	34.45	750m:	8:22.31	33.83	
	200m:	2:08.99	33.51	400m:	4:24.62	34.06	600m:	6:40.98	34.26	800m:	8:53.78	31.47	
29.				2008						+0,91	8:54.68		604
	50m:	30.13	30.13	250m:	2:44.43	33.90	450m:	5:00.42	33.94	650m:	7:16.55	34.03	
	100m:	1:03.32	33.19	300m:	3:18.00	33.57	500m:	5:34.56	34.14	700m:	7:50.46	33.91	
	150m:	1:36.79	33.47	350m:	3:52.14	34.14	550m:	6:08.57	34.01	750m:	8:23.48	33.02	
	200m:	2:10.53	33.74	400m:	4:26.48	34.34	600m:	6:42.52	33.95	800m:	8:54.68	31.20	





21, , 800m

									R.T.			
30.	2006								+0,74 8:55.58 601			
	50m:	29.73	29.73	250m:	2:42.15	33.24	450m:	4:56.48	33.97	650m:	7:14.07	34.48
	100m:	1:02.44	32.71	300m:	3:15.18	33.03	500m:	5:30.49	34.01	700m:	7:48.61	34.54
	150m:	1:35.78	33.34	350m:	3:48.86	33.68	550m:	6:05.01	34.52	750m:	8:23.14	34.53
	200m:	2:08.91	33.13	400m:	4:22.51	33.65	600m:	6:39.59	34.58	800m:	8:55.58	32.44
31.	2006								+0,71 8:55.70 601			
	50m:	28.84	28.84	250m:	2:42.06	34.01	450m:	4:58.26	34.15	650m:	7:16.22	34.32
	100m:	1:01.04	32.20	300m:	3:15.89	33.83	500m:	5:32.52	34.26	700m:	7:50.24	34.02
	150m:	1:34.76	33.72	350m:	3:49.89	34.00	550m:	6:07.35	34.83	750m:	8:23.55	33.31
	200m:	2:08.05	33.29	400m:	4:24.11	34.22	600m:	6:41.90	34.55	800m:	8:55.70	32.15
32.	2007								+0,72 8:55.91 600			
	50m:	31.16	31.16	250m:	2:45.57	32.77	450m:	4:59.07	34.20	650m:	7:14.60	34.12
	100m:	1:05.13	33.97	300m:	3:18.32	32.75	500m:	5:32.53	33.46	700m:	7:49.28	34.68
	150m:	1:38.71	33.58	350m:	3:51.46	33.14	550m:	6:06.24	33.71	750m:	8:24.18	34.90
	200m:	2:12.80	34.09	400m:	4:24.87	33.41	600m:	6:40.48	34.24	800m:	8:55.91	31.73
33.	2008								+0,74 8:57.35 595			
	50m:	29.92	29.92	250m:	2:44.48	34.02	450m:	5:01.23	34.36	650m:	7:18.23	34.53
	100m:	1:02.64	32.72	300m:	3:18.41	33.93	500m:	5:34.94	33.71	700m:	7:51.65	33.42
	150m:	1:36.55	33.91	350m:	3:53.20	34.79	550m:	6:09.54	34.60	750m:	8:25.18	33.53
	200m:	2:10.46	33.91	400m:	4:26.87	33.67	600m:	6:43.70	34.16	800m:	8:57.35	32.17
34.	2010 I								+0,70 8:57.55 594			
	50m:	30.77	30.77	250m:	2:47.58	33.92	450m:	5:03.01	34.00	650m:	7:18.84	34.31
	100m:	1:05.06	34.29	300m:	3:21.46	33.88	500m:	5:36.57	33.56	700m:	7:52.95	34.11
	150m:	1:39.50	34.44	350m:	3:55.07	33.61	550m:	6:10.43	33.86	750m:	8:26.53	33.58
	200m:	2:13.66	34.16	400m:	4:29.01	33.94	600m:	6:44.53	34.10	800m:	8:57.55	31.02
35.	2008								+0,76 8:57.67 594			
	50m:	30.03	30.03	250m:	2:45.71	34.71	450m:	5:01.43	33.36	650m:	7:17.34	33.67
	100m:	1:02.66	32.63	300m:	3:19.79	34.08	500m:	5:35.23	33.80	700m:	7:51.38	34.04
	150m:	1:36.85	34.19	350m:	3:53.99	34.20	550m:	6:09.42	34.19	750m:	8:25.58	34.20
	200m:	2:11.00	34.15	400m:	4:28.07	34.08	600m:	6:43.67	34.25	800m:	8:57.67	32.09
36.	2007								+0,56 8:57.69 594			
	50m:	29.92	29.92	250m:	2:44.52	34.29	450m:	5:01.21	34.49	650m:	7:19.35	34.65
	100m:	1:02.80	32.88	300m:	3:18.35	33.83	500m:	5:35.69	34.48	700m:	7:53.54	34.19
	150m:	1:36.47	33.67	350m:	3:52.67	34.32	550m:	6:10.40	34.71	750m:	8:27.57	34.03
	200m:	2:10.23	33.76	400m:	4:26.72	34.05	600m:	6:44.70	34.30	800m:	8:57.69	30.12
37.	2008								+0,88 8:57.83 594			
	50m:	30.44	30.44	250m:	2:45.08	34.23	450m:	5:02.13	34.20	650m:	7:20.00	34.56
	100m:	1:02.92	32.48	300m:	3:19.36	34.28	500m:	5:36.73	34.60	700m:	7:53.96	33.96
	150m:	1:36.77	33.85	350m:	3:53.58	34.22	550m:	6:14.36	37.63	750m:	8:27.34	33.38
	200m:	2:10.85	34.08	400m:	4:27.93	34.35	600m:	6:45.44	31.08	800m:	8:57.83	30.49
38.	2009								+0,80 8:58.97 I 590			
	50m:	30.17	30.17	250m:	2:45.25	33.77	450m:	5:03.36	34.22	650m:	7:20.04	34.40
	100m:	1:02.71	32.54	300m:	3:19.81	34.56	500m:	5:37.39	34.03	700m:	7:54.25	34.21
	150m:	1:36.35	33.64	350m:	3:53.99	34.18	550m:	6:11.22	33.83	750m:	8:27.06	32.81
	200m:	2:11.48	35.13	400m:	4:29.14	35.15	600m:	6:45.64	34.42	800m:	8:58.97	31.91
39.	2008								+0,86 8:59.35 I 589			
	50m:	30.28	30.28	250m:	2:44.73	33.77	450m:	5:02.32	34.88	650m:	7:20.78	34.44
	100m:	1:03.05	32.77	300m:	3:18.87	34.14	500m:	5:37.29	34.97	700m:	7:54.61	33.83
	150m:	1:36.93	33.88	350m:	3:52.95	34.08	550m:	6:11.90	34.61	750m:	8:27.36	32.75
	200m:	2:10.96	34.03	400m:	4:27.44	34.49	600m:	6:46.34	34.44	800m:	8:59.35	31.99





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21, , 800m

										R.T.			
40.				2008						+0,87	8:59.54		588
	50m:	29.49	29.49	250m:	2:43.59	33.13	450m:	5:00.03	34.17	650m:	7:16.61		34.60
	100m:	1:02.28	32.79	300m:	3:17.23	33.64	500m:	5:34.45	34.42	700m:	7:50.98		34.37
	150m:	1:36.40	34.12	350m:	3:51.23	34.00	550m:	6:07.84	33.39	750m:	8:26.58		35.60
	200m:	2:10.46	34.06	400m:	4:25.86	34.63	600m:	6:42.01	34.17	800m:	8:59.54		32.96
41.				2008						+0,76	9:00.36		585
	50m:	29.54	29.54	250m:	2:44.83	34.23	450m:	5:02.20	34.19	650m:	7:19.93		34.62
	100m:	1:02.54	33.00	300m:	3:19.35	34.52	500m:	5:36.45	34.25	700m:	7:54.30		34.37
	150m:	1:36.24	33.70	350m:	3:53.69	34.34	550m:	6:10.76	34.31	750m:	8:28.43		34.13
	200m:	2:10.60	34.36	400m:	4:28.01	34.32	600m:	6:45.31	34.55	800m:	9:00.36		31.93
42.				2008						+0,66	9:01.35		582
	50m:	31.06	31.06	250m:	2:45.28	33.41	450m:	5:01.61	33.93	650m:	7:19.58		34.48
	100m:	1:04.41	33.35	300m:	3:18.99	33.71	500m:	5:35.88	34.27	700m:	7:54.34		34.76
	150m:	1:37.73	33.32	350m:	3:53.21	34.22	550m:	6:09.97	34.09	750m:	8:28.63		34.29
	200m:	2:11.87	34.14	400m:	4:27.68	34.47	600m:	6:45.10	35.13	800m:	9:01.35		32.72
43.				2007						+0,84	9:02.12		580
	50m:	30.72	30.72	250m:	2:47.52	35.05	450m:	5:06.75	34.32	650m:	7:22.59		33.45
	100m:	1:04.09	33.37	300m:	3:22.51	34.99	500m:	5:40.83	34.08	700m:	7:56.69		34.10
	150m:	1:38.03	33.94	350m:	3:57.58	35.07	550m:	6:15.14	34.31	750m:	8:29.71		33.02
	200m:	2:12.47	34.44	400m:	4:32.43	34.85	600m:	6:49.14	34.00	800m:	9:02.12		32.41
44.				2008	I					+0,75	9:04.77		571
	50m:	30.16	30.16	250m:	2:47.39	34.58	450m:	5:06.37	34.34	650m:	7:24.83		33.77
	100m:	1:03.68	33.52	300m:	3:22.04	34.65	500m:	5:41.40	35.03	700m:	7:59.63		34.80
	150m:	1:38.22	34.54	350m:	3:57.05	35.01	550m:	6:15.61	34.21	750m:	8:32.37		32.74
	200m:	2:12.81	34.59	400m:	4:32.03	34.98	600m:	6:51.06	35.45	800m:	9:04.77		32.40
45.				2009	I					+0,83	9:04.85		571
	50m:	29.02	29.02	250m:	2:46.48	34.77	450m:	5:05.29	34.67	650m:	7:24.20		35.21
	100m:	1:02.37	33.35	300m:	3:21.09	34.61	500m:	5:39.97	34.68	700m:	7:58.67		34.47
	150m:	1:37.26	34.89	350m:	3:56.24	35.15	550m:	6:14.60	34.63	750m:	8:33.21		34.54
	200m:	2:11.71	34.45	400m:	4:30.62	34.38	600m:	6:48.99	34.39	800m:	9:04.85		31.64
46.				2006						+0,68	9:05.27		570
	50m:	30.19	30.19	250m:	2:46.04	34.69	450m:	5:03.14	34.00	650m:	7:22.99		34.83
	100m:	1:03.26	33.07	300m:	3:20.08	34.04	500m:	5:37.61	34.47	700m:	7:58.13		35.14
	150m:	1:37.35	34.09	350m:	3:54.73	34.65	550m:	6:12.70	35.09	750m:	8:32.25		34.12
	200m:	2:11.35	34.00	400m:	4:29.14	34.41	600m:	6:48.16	35.46	800m:	9:05.27		33.02
47.				2008						+0,86	9:05.37		569
	50m:	29.30	29.30	250m:	2:45.45	34.30	450m:	5:04.41	33.91	650m:	7:23.34		35.22
	100m:	1:02.47	33.17	300m:	3:20.07	34.62	500m:	5:38.67	34.26	700m:	7:57.99		34.65
	150m:	1:36.93	34.46	350m:	3:55.84	35.77	550m:	6:13.47	34.80	750m:	8:32.01		34.02
	200m:	2:11.15	34.22	400m:	4:30.50	34.66	600m:	6:48.12	34.65	800m:	9:05.37		33.36
48.				2008						+0,86	9:07.25		563
	50m:	30.99	30.99	250m:	2:45.91	33.79	450m:	5:03.73	34.50	650m:	7:23.67		35.02
	100m:	1:04.13	33.14	300m:	3:20.29	34.38	500m:	5:38.69	34.96	700m:	7:58.77		35.10
	150m:	1:37.79	33.66	350m:	3:54.33	34.04	550m:	6:13.45	34.76	750m:	8:33.51		34.74
	200m:	2:12.12	34.33	400m:	4:29.23	34.90	600m:	6:48.65	35.20	800m:	9:07.25		33.74
49.				2008						+0,68	9:08.61		559
	50m:	29.85	29.85	250m:	2:45.41	34.53	450m:	5:05.09	35.21	650m:	7:24.61		34.79
	100m:	1:03.06	33.21	300m:	3:19.86	34.45	500m:	5:40.08	34.99	700m:	7:59.78		35.17
	150m:	1:36.79	33.73	350m:	3:54.90	35.04	550m:	6:14.76	34.68	750m:	8:34.76		34.98
	200m:	2:10.88	34.09	400m:	4:29.88	34.98	600m:	6:49.82	35.06	800m:	9:08.61		33.85





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21, , 800m

										R.T.			
50.				2008						+0,64	9:09.46		557
	50m:	30.34	30.34	250m:	2:45.60	34.78	450m:	5:04.80	35.20	650m:	7:26.31	35.73	
	100m:	1:02.80	32.46	300m:	3:20.27	34.67	500m:	5:39.75	34.95	700m:	8:01.40	35.09	
	150m:	1:36.58	33.78	350m:	3:55.13	34.86	550m:	6:15.61	35.86	750m:	8:36.92	35.52	
	200m:	2:10.82	34.24	400m:	4:29.60	34.47	600m:	6:50.58	34.97	800m:	9:09.46	32.54	
51.				2010						+0,56	9:09.78		556
	50m:	29.67	29.67	250m:	2:46.36	34.06	450m:	5:06.08	34.93	650m:	7:27.40	35.70	
	100m:	1:03.37	33.70	300m:	3:21.05	34.69	500m:	5:41.23	35.15	700m:	8:02.64	35.24	
	150m:	1:37.67	34.30	350m:	3:56.01	34.96	550m:	6:16.04	34.81	750m:	8:37.20	34.56	
	200m:	2:12.30	34.63	400m:	4:31.15	35.14	600m:	6:51.70	35.66	800m:	9:09.78	32.58	
52.				2009						+0,68	9:10.35		554
	50m:	30.56	30.56	250m:	2:48.26	34.84	450m:	5:08.22	35.18	650m:	7:29.36	35.69	
	100m:	1:04.37	33.81	300m:	3:22.77	34.51	500m:	5:43.52	35.30	700m:	8:04.30	34.94	
	150m:	1:38.86	34.49	350m:	3:58.00	35.23	550m:	6:18.64	35.12	750m:	8:38.32	34.02	
	200m:	2:13.42	34.56	400m:	4:33.04	35.04	600m:	6:53.67	35.03	800m:	9:10.35	32.03	
53.				2008						+0,85	9:11.82		550
	50m:	29.83	29.83	250m:	2:46.39	34.31	450m:	5:06.56	35.23	650m:	7:27.73	35.36	
	100m:	1:03.16	33.33	300m:	3:21.15	34.76	500m:	5:42.06	35.50	700m:	8:02.91	35.18	
	150m:	1:37.41	34.25	350m:	3:56.39	35.24	550m:	6:17.64	35.58	750m:	8:38.22	35.31	
	200m:	2:12.08	34.67	400m:	4:31.33	34.94	600m:	6:52.37	34.73	800m:	9:11.82	33.60	
54.				2009						+0,47	9:12.68		547
	50m:	31.12	31.12	250m:	2:49.06	34.96	450m:	5:09.04	35.50	650m:	7:30.17	35.17	
	100m:	1:05.19	34.07	300m:	3:23.74	34.68	500m:	5:44.14	35.10	700m:	8:05.29	35.12	
	150m:	1:39.90	34.71	350m:	3:58.95	35.21	550m:	6:20.07	35.93	750m:	8:39.66	34.37	
	200m:	2:14.10	34.20	400m:	4:33.54	34.59	600m:	6:55.00	34.93	800m:	9:12.68	33.02	
55.				2007						+0,78	9:13.57		544
	50m:	31.09	31.09	250m:	2:50.21	35.92	450m:	5:11.84	35.54	650m:	7:33.76	34.94	
	100m:	1:04.49	33.40	300m:	3:25.23	35.02	500m:	5:47.38	35.54	700m:	8:09.08	35.32	
	150m:	1:39.45	34.96	350m:	4:00.61	35.38	550m:	6:23.77	36.39	750m:	8:42.20	33.12	
	200m:	2:14.29	34.84	400m:	4:36.30	35.69	600m:	6:58.82	35.05	800m:	9:13.57	31.37	
56.				2007						+0,69	9:14.52		542
	50m:	29.34	29.34	250m:	2:42.83	34.49	450m:	5:02.18	35.19	650m:	7:24.50	35.46	
	100m:	1:01.39	32.05	300m:	3:17.22	34.39	500m:	5:37.47	35.29	700m:	7:59.85	35.35	
	150m:	1:34.62	33.23	350m:	3:52.01	34.79	550m:	6:13.09	35.62	750m:	8:34.33	34.48	
	200m:	2:08.34	33.72	400m:	4:26.99	34.98	600m:	6:49.04	35.95	800m:	9:14.52	40.19	
57.				2009						+0,77	9:14.77		541
	50m:	31.18	31.18	250m:	2:48.44	34.77	450m:	5:07.99	35.30	650m:	7:30.34	35.40	
	100m:	1:04.45	33.27	300m:	3:22.38	33.94	500m:	5:43.44	35.45	700m:	8:05.37	35.03	
	150m:	1:39.35	34.90	350m:	3:57.52	35.14	550m:	6:19.42	35.98	750m:	8:40.27	34.90	
	200m:	2:13.67	34.32	400m:	4:32.69	35.17	600m:	6:54.94	35.52	800m:	9:14.77	34.50	
58.				2009						+0,70	9:15.24		539
	50m:	31.33	31.33	250m:	2:50.35	35.25	450m:	5:12.40	35.32	650m:	7:33.44	35.10	
	100m:	1:05.20	33.87	300m:	3:25.95	35.60	500m:	5:47.95	35.55	700m:	8:08.25	34.81	
	150m:	1:39.92	34.72	350m:	4:01.74	35.79	550m:	6:23.28	35.33	750m:	8:42.45	34.20	
	200m:	2:15.10	35.18	400m:	4:37.08	35.34	600m:	6:58.34	35.06	800m:	9:15.24	32.79	
59.				2008						+0,70	9:15.38		539
	50m:	29.31	29.31	250m:	2:42.85	34.21	450m:	5:04.47	35.54	650m:	7:29.13	35.93	
	100m:	1:01.69	32.38	300m:	3:17.89	35.04	500m:	5:40.79	36.32	700m:	8:05.42	36.29	
	150m:	1:34.62	32.93	350m:	3:53.37	35.48	550m:	6:16.74	35.95	750m:	8:39.51	34.09	
	200m:	2:08.64	34.02	400m:	4:28.93	35.56	600m:	6:53.20	36.46	800m:	9:15.38	35.87	





21, , 800m

										R.T.			
60.				2007						+0,80	9:17.06		534
	50m:	31.20	31.20	250m:	2:52.23	35.89	450m:	5:14.50	35.72	650m:	7:35.89	34.51	
	100m:	1:05.15	33.95	300m:	3:27.92	35.69	500m:	5:50.48	35.98	700m:	8:10.68	34.79	
	150m:	1:40.93	35.78	350m:	4:03.57	35.65	550m:	6:26.06	35.58	750m:	8:45.45	34.77	
	200m:	2:16.34	35.41	400m:	4:38.78	35.21	600m:	7:01.38	35.32	800m:	9:17.06	31.61	
61.				2008						+0,76	9:17.44		533
	50m:	30.21	30.21	250m:	2:49.10	35.80	450m:	5:12.10	37.17	650m:	7:35.76	37.46	
	100m:	1:03.41	33.20	300m:	3:23.46	34.36	500m:	5:47.23	35.13	700m:	8:10.10	34.34	
	150m:	1:38.70	35.29	350m:	3:59.77	36.31	550m:	6:23.94	36.71	750m:	8:46.10	36.00	
	200m:	2:13.30	34.60	400m:	4:34.93	35.16	600m:	6:58.30	34.36	800m:	9:17.44	31.34	
62.				2009						+0,75	9:18.10		531
	50m:	31.72	31.72	250m:	2:51.17	35.17	450m:	5:13.18	35.12	650m:	7:35.95	34.95	
	100m:	1:06.17	34.45	300m:	3:26.41	35.24	500m:	5:49.04	35.86	700m:	8:10.82	34.87	
	150m:	1:40.93	34.76	350m:	4:02.40	35.99	550m:	6:25.07	36.03	750m:	8:45.69	34.87	
	200m:	2:16.00	35.07	400m:	4:38.06	35.66	600m:	7:01.00	35.93	800m:	9:18.10	32.41	
63.				2008						+0,74	9:19.72		527
	50m:	29.96	29.96	250m:	2:48.73	35.97	450m:	5:11.92	35.51	650m:	7:35.02	35.39	
	100m:	1:03.03	33.07	300m:	3:24.38	35.65	500m:	5:47.85	35.93	700m:	8:10.82	35.80	
	150m:	1:37.14	34.11	350m:	3:59.94	35.56	550m:	6:23.63	35.78	750m:	8:45.71	34.89	
	200m:	2:12.76	35.62	400m:	4:36.41	36.47	600m:	6:59.63	36.00	800m:	9:19.72	34.01	
64.				2009						+0,83	9:19.91		526
	50m:	31.25	31.25	250m:	2:51.17	35.00	450m:	5:10.67	35.51	650m:	7:33.83	35.73	
	100m:	1:05.91	34.66	300m:	3:25.67	34.50	500m:	5:46.89	36.22	700m:	8:09.57	35.74	
	150m:	1:41.15	35.24	350m:	4:00.43	34.76	550m:	6:22.40	35.51	750m:	8:44.71	35.14	
	200m:	2:16.17	35.02	400m:	4:35.16	34.73	600m:	6:58.10	35.70	800m:	9:19.91	35.20	
65.				2009						+0,74	9:21.45		522
	50m:	31.60	31.60	250m:	2:53.28	35.44	450m:	5:16.10	35.55	650m:	7:38.35	35.20	
	100m:	1:06.33	34.73	300m:	3:28.90	35.62	500m:	5:51.84	35.74	700m:	8:13.79	35.44	
	150m:	1:41.67	35.34	350m:	4:04.70	35.80	550m:	6:27.16	35.32	750m:	8:48.61	34.82	
	200m:	2:17.84	36.17	400m:	4:40.55	35.85	600m:	7:03.15	35.99	800m:	9:21.45	32.84	
66.				2008						+0,76	9:21.71		521
	50m:	30.02	30.02	250m:	2:49.84	35.77	450m:	5:13.84	36.19	650m:	7:37.34	35.27	
	100m:	1:03.89	33.87	300m:	3:25.62	35.78	500m:	5:50.61	36.77	700m:	8:13.46	36.12	
	150m:	1:39.06	35.17	350m:	4:02.14	36.52	550m:	6:26.56	35.95	750m:	8:48.44	34.98	
	200m:	2:14.07	35.01	400m:	4:37.65	35.51	600m:	7:02.07	35.51	800m:	9:21.71	33.27	
67.				2007						+0,80	9:22.73		518
	50m:	31.38	31.38	250m:	2:50.46	35.50	450m:	5:13.48	36.14	650m:	7:38.13	35.71	
	100m:	1:05.33	33.95	300m:	3:25.86	35.40	500m:	5:49.25	35.77	700m:	8:13.95	35.82	
	150m:	1:40.12	34.79	350m:	4:01.64	35.78	550m:	6:25.44	36.19	750m:	8:49.14	35.19	
	200m:	2:14.96	34.84	400m:	4:37.34	35.70	600m:	7:02.42	36.98	800m:	9:22.73	33.59	
68.				2009							9:23.31		517
	50m:	31.01	31.01	250m:	2:51.67	35.71	450m:	5:14.75	36.23	650m:	7:38.24	35.99	
	100m:	1:05.25	34.24	300m:	3:27.41	35.74	500m:	5:50.68	35.93	700m:	8:14.01	35.77	
	150m:	1:40.39	35.14	350m:	4:03.15	35.74	550m:	6:26.68	36.00	750m:	8:49.38	35.37	
	200m:	2:15.96	35.57	400m:	4:38.52	35.37	600m:	7:02.25	35.57	800m:	9:23.31	33.93	
69.				2007						+0,72	9:25.02		512
	50m:	30.93	30.93	250m:	2:49.24	35.58	450m:	5:14.68	36.92	650m:	7:40.88	36.41	
	100m:	1:04.48	33.55	300m:	3:25.11	35.87	500m:	5:50.83	36.15	700m:	8:17.14	36.26	
	150m:	1:38.56	34.08	350m:	4:01.31	36.20	550m:	6:28.13	37.30	750m:	8:52.75	35.61	
	200m:	2:13.66	35.10	400m:	4:37.76	36.45	600m:	7:04.47	36.34	800m:	9:25.02	32.27	





21, , 800m

										R.T.			
70.				2008	I					+0,79	9:27.27	I	506
	50m:	31.21	31.21	250m:	2:50.63	35.05	450m:	5:14.15	35.36	650m:	7:39.97	36.00	
	100m:	1:05.49	34.28	300m:	3:26.52	35.89	500m:	5:51.07	36.92	700m:	8:16.44	36.47	
	150m:	1:40.42	34.93	350m:	4:02.33	35.81	550m:	6:26.63	35.56	750m:	8:52.16	35.72	
	200m:	2:15.58	35.16	400m:	4:38.79	36.46	600m:	7:03.97	37.34	800m:	9:27.27	35.11	
71.				2008	I					+0,78	9:27.62	I	505
	50m:	31.32	31.32	250m:	2:52.76	35.99	450m:	5:17.76	36.62	650m:	7:42.12	36.15	
	100m:	1:05.85	34.53	300m:	3:28.50	35.74	500m:	5:53.70	35.94	700m:	8:18.01	35.89	
	150m:	1:41.06	35.21	350m:	4:04.44	35.94	550m:	6:30.36	36.66	750m:	8:53.17	35.16	
	200m:	2:16.77	35.71	400m:	4:41.14	36.70	600m:	7:05.97	35.61	800m:	9:27.62	34.45	
72.				2009	I					+0,80	9:29.07	I	501
	50m:	31.22	31.22	250m:	2:55.36	36.59	450m:	5:20.48	35.87	650m:	7:44.82	36.53	
	100m:	1:06.67	35.45	300m:	3:31.79	36.43	500m:	5:56.74	36.26	700m:	8:20.77	35.95	
	150m:	1:41.96	35.29	350m:	4:07.58	35.79	550m:	6:32.29	35.55	750m:	8:56.38	35.61	
	200m:	2:18.77	36.81	400m:	4:44.61	37.03	600m:	7:08.29	36.00	800m:	9:29.07	32.69	
73.				2009	I					+0,79	9:29.75	I	499
	50m:	30.77	30.77	250m:	2:52.26	36.33	450m:	5:19.30	37.27	650m:	7:44.71	36.92	
	100m:	1:05.01	34.24	300m:	3:28.50	36.24	500m:	5:55.86	36.56	700m:	8:20.82	36.11	
	150m:	1:40.38	35.37	350m:	4:05.16	36.66	550m:	6:31.93	36.07	750m:	8:58.05	37.23	
	200m:	2:15.93	35.55	400m:	4:42.03	36.87	600m:	7:07.79	35.86	800m:	9:29.75	31.70	
74.				2008	I					+0,76	9:29.98	I	499
	50m:	30.97	30.97	250m:	2:52.41	35.41	450m:	5:18.13	36.57	650m:	7:43.10	36.32	
	100m:	1:05.42	34.45	300m:	3:28.99	36.58	500m:	5:54.02	35.89	700m:	8:19.77	36.67	
	150m:	1:40.77	35.35	350m:	4:05.06	36.07	550m:	6:30.15	36.13	750m:	8:55.76	35.99	
	200m:	2:17.00	36.23	400m:	4:41.56	36.50	600m:	7:06.78	36.63	800m:	9:29.98	34.22	
75.				2010	I					+0,87	9:31.57	I	494
	50m:	31.07	31.07	250m:	2:55.43	36.29	450m:	5:20.91	35.97	650m:	7:46.10	36.41	
	100m:	1:06.90	35.83	300m:	3:32.22	36.79	500m:	5:57.40	36.49	700m:	8:22.18	36.08	
	150m:	1:42.70	35.80	350m:	4:08.07	35.85	550m:	6:33.53	36.13	750m:	8:57.01	34.83	
	200m:	2:19.14	36.44	400m:	4:44.94	36.87	600m:	7:09.69	36.16	800m:	9:31.57	34.56	
76.				2009	I					+0,68	9:31.62	I	494
	50m:	30.08	30.08	250m:	2:50.73	35.79	450m:	5:15.99	36.34	650m:	7:42.63	36.51	
	100m:	1:04.14	34.06	300m:	3:26.97	36.24	500m:	5:52.84	36.85	700m:	8:19.34	36.71	
	150m:	1:39.08	34.94	350m:	4:02.73	35.76	550m:	6:29.52	36.68	750m:	8:55.83	36.49	
	200m:	2:14.94	35.86	400m:	4:39.65	36.92	600m:	7:06.12	36.60	800m:	9:31.62	35.79	
77.				2008	I					+0,79	9:33.84	I	489
	50m:	32.12	32.12	250m:	2:54.38	36.05	450m:	5:20.28	36.73	650m:	7:47.39	36.95	
	100m:	1:06.84	34.72	300m:	3:30.56	36.18	500m:	5:56.54	36.26	700m:	8:24.22	36.83	
	150m:	1:42.35	35.51	350m:	4:07.06	36.50	550m:	6:33.42	36.88	750m:	8:59.69	35.47	
	200m:	2:18.33	35.98	400m:	4:43.55	36.49	600m:	7:10.44	37.02	800m:	9:33.84	34.15	
78.				2009	I					+0,66	9:35.46	I	484
	50m:	31.41	31.41	250m:	2:52.21	36.15	450m:	5:18.49	37.13	650m:	7:47.52	36.76	
	100m:	1:04.96	33.55	300m:	3:28.37	36.16	500m:	5:56.00	37.51	700m:	8:23.94	36.42	
	150m:	1:40.36	35.40	350m:	4:04.96	36.59	550m:	6:33.83	37.83	750m:	9:00.15	36.21	
	200m:	2:16.06	35.70	400m:	4:41.36	36.40	600m:	7:10.76	36.93	800m:	9:35.46	35.31	
79.				2010	I					+0,48	9:36.71	I	481
	50m:	31.08	31.08	250m:	2:55.32	36.87	450m:	5:22.60	37.35	650m:	7:49.54	36.82	
	100m:	1:06.05	34.97	300m:	3:31.52	36.20	500m:	5:59.39	36.79	700m:	8:26.12	36.58	
	150m:	1:42.19	36.14	350m:	4:08.41	36.89	550m:	6:35.98	36.59	750m:	9:01.76	35.64	
	200m:	2:18.45	36.26	400m:	4:45.25	36.84	600m:	7:12.72	36.74	800m:	9:36.71	34.95	





21, , 800m

												R.T.		
80.				2009	I								9:37.85	478
	50m:	30.36	30.36	250m:	2:54.86	36.44	450m:	5:22.44	37.08	650m:	7:51.21	37.24		
	100m:	1:05.45	35.09	300m:	3:31.27	36.41	500m:	5:59.80	37.36	700m:	8:26.96	35.75		
	150m:	1:41.89	36.44	350m:	4:07.98	36.71	550m:	6:37.39	37.59	750m:	9:02.91	35.95		
	200m:	2:18.42	36.53	400m:	4:45.36	37.38	600m:	7:13.97	36.58	800m:	9:37.85	34.94		
81.				2009	I					+0,76	9:44.81		462	
	50m:	44.59	44.59	250m:	2:55.04	37.47	450m:	5:24.32	37.60	650m:	7:55.39	37.49		
	100m:	1:06.01	21.42	300m:	3:32.41	37.37	500m:	6:01.74	37.42	700m:	8:33.84	38.45		
	150m:	1:41.69	35.68	350m:	4:09.54	37.13	550m:	6:39.58	37.84	750m:	9:10.03	36.19		
	200m:	2:17.57	35.88	400m:	4:46.72	37.18	600m:	7:17.90	38.32	800m:	9:44.81	34.78		
82.				2009	I					+0,85	9:44.84		462	
	50m:	31.46	31.46	250m:	2:55.05	36.76	450m:	5:25.24	38.67	650m:	7:56.89	38.50		
	100m:	1:05.91	34.45	300m:	3:31.88	36.83	500m:	6:02.29	37.05	700m:	8:34.16	37.27		
	150m:	1:42.28	36.37	350m:	4:09.37	37.49	550m:	6:40.41	38.12	750m:	9:10.94	36.78		
	200m:	2:18.29	36.01	400m:	4:46.57	37.20	600m:	7:18.39	37.98	800m:	9:44.84	33.90		
83.				2010	I					+0,70	9:45.47		460	
	50m:	32.37	32.37	250m:	2:59.96	37.49	450m:	5:29.81	37.74	650m:	7:59.26	37.61		
	100m:	1:08.05	35.68	300m:	3:37.21	37.25	500m:	6:07.51	37.70	700m:	8:36.20	36.94		
	150m:	1:45.34	37.29	350m:	4:14.73	37.52	550m:	6:44.77	37.26	750m:	9:12.46	36.26		
	200m:	2:22.47	37.13	400m:	4:52.07	37.34	600m:	7:21.65	36.88	800m:	9:45.47	33.01		
84.				2009	I					+0,78	9:45.90		459	
	50m:	30.42	30.42	250m:	2:54.55	37.17	450m:	5:23.40	36.84	650m:	7:56.53	38.35		
	100m:	1:04.45	34.03	300m:	3:32.27	37.72	500m:	6:01.65	38.25	700m:	8:34.54	38.01		
	150m:	1:40.74	36.29	350m:	4:09.12	36.85	550m:	6:39.55	37.90	750m:	9:11.30	36.76		
	200m:	2:17.38	36.64	400m:	4:46.56	37.44	600m:	7:18.18	38.63	800m:	9:45.90	34.60		
85.				2009	I					+0,83	9:53.32		442	
	50m:	31.84	31.84	250m:	2:56.62	36.99	450m:	5:27.99	38.32	650m:	8:02.64	38.55		
	100m:	1:07.12	35.28	300m:	3:33.55	36.93	500m:	6:06.22	38.23	700m:	8:41.40	38.76		
	150m:	1:43.00	35.88	350m:	4:11.30	37.75	550m:	6:44.79	38.57	750m:	9:18.50	37.10		
	200m:	2:19.63	36.63	400m:	4:49.67	38.37	600m:	7:24.09	39.30	800m:	9:53.32	34.82		
86.				2008	I					+0,59	10:01.60		424	
	50m:	30.99	30.99	250m:	2:53.60	37.02	450m:	5:29.77	39.75	650m:	8:09.75	39.61		
	100m:	1:04.78	33.79	300m:	3:31.63	38.03	500m:	6:09.65	39.88	700m:	8:47.90	38.15		
	150m:	1:40.04	35.26	350m:	4:10.58	38.95	550m:	6:50.42	40.77	750m:	9:25.79	37.89		
	200m:	2:16.58	36.54	400m:	4:50.02	39.44	600m:	7:30.14	39.72	800m:	10:01.60	35.81		

