

16
18.02.2026 - 15:33

, 1500m

		14:41.13				(CHN)		15.08.2008					
		14:59.56				-		(BRA) 12.08.2016					
: AQUA 2025													
1.		16.10.2003				R.T.							
						+0,61		15:21.64					
								843					
	50m:	27.14	27.14	450m:	4:34.88	31.36	850m:	8:43.69	30.49	1250m:	12:51.61	31.54	
	100m:	57.80	30.66	500m:	5:06.23	31.35	900m:	9:14.55	30.86	1300m:	13:22.65	31.04	
	150m:	1:28.51	30.71	550m:	5:37.33	31.10	950m:	9:45.15	30.60	1350m:	13:53.15	30.50	
	200m:	1:59.42	30.91	600m:	6:08.48	31.15	1000m:	10:15.97	30.82	1400m:	14:23.90	30.75	
	250m:	2:30.01	30.59	650m:	6:39.67	31.19	1050m:	10:46.64	30.67	1450m:	14:53.81	29.91	
	300m:	3:01.23	31.22	700m:	7:10.79	31.12	1100m:	11:17.45	30.81	1500m:	15:21.64	27.83	
	350m:	3:32.21	30.98	750m:	7:41.86	31.07	1150m:	11:48.84	31.39				
	400m:	4:03.52	31.31	800m:	8:13.20	31.34	1200m:	12:20.07	31.23				
2.		11.11.2002						+0,80		15:23.65		837	
	50m:	28.76	28.76	450m:	4:36.57	31.02	850m:	8:44.92	31.08	1250m:	12:51.65	31.38	
	100m:	59.40	30.64	500m:	5:07.63	31.06	900m:	9:15.76	30.84	1300m:	13:22.20	30.55	
	150m:	1:30.42	31.02	550m:	5:38.78	31.15	950m:	9:46.71	30.95	1350m:	13:53.06	30.86	
	200m:	2:01.69	31.27	600m:	6:09.79	31.01	1000m:	10:17.71	31.00	1400m:	14:23.75	30.69	
	250m:	2:32.62	30.93	650m:	6:40.79	31.00	1050m:	10:48.24	30.53	1450m:	14:54.31	30.56	
	300m:	3:03.55	30.93	700m:	7:11.83	31.04	1100m:	11:18.89	30.65	1500m:	15:23.65	29.34	
	350m:	3:34.86	31.31	750m:	7:42.87	31.04	1150m:	11:49.55	30.66				
	400m:	4:05.55	30.69	800m:	8:13.84	30.97	1200m:	12:20.27	30.72				
3.		28.07.2004						+0,23		16:00.95		743	
	50m:	28.67	28.67	450m:	4:44.17	32.14	850m:	9:00.56	32.04	1250m:	13:22.06	33.03	
	100m:	59.55	30.88	500m:	5:16.08	31.91	900m:	9:32.64	32.08	1300m:	13:55.15	33.09	
	150m:	1:31.43	31.88	550m:	5:48.16	32.08	950m:	10:05.27	32.63	1350m:	14:28.19	33.04	
	200m:	2:03.27	31.84	600m:	6:20.34	32.18	1000m:	10:38.15	32.88	1400m:	14:59.70	31.51	
	250m:	2:35.27	32.00	650m:	6:52.28	31.94	1050m:	11:11.05	32.90	1450m:	15:30.86	31.16	
	300m:	3:07.65	32.38	700m:	7:24.18	31.90	1100m:	11:43.66	32.61	1500m:	16:00.95	30.09	
	350m:	3:39.78	32.13	750m:	7:56.21	32.03	1150m:	12:16.68	33.02				
	400m:	4:12.03	32.25	800m:	8:28.52	32.31	1200m:	12:49.03	32.35				
4.		14.02.2003						+0,74		16:03.03		738	
	50m:	28.44	28.44	450m:	4:48.81	32.45	850m:	9:08.94	32.12	1250m:	13:23.98	31.34	
	100m:	1:00.67	32.23	500m:	5:21.48	32.67	900m:	9:41.58	32.64	1300m:	13:55.67	31.69	
	150m:	1:33.01	32.34	550m:	5:53.76	32.28	950m:	10:13.81	32.23	1350m:	14:27.35	31.68	
	200m:	2:05.88	32.87	600m:	6:26.49	32.73	1000m:	10:45.91	32.10	1400m:	14:59.34	31.99	
	250m:	2:38.32	32.44	650m:	6:58.82	32.33	1050m:	11:18.29	32.38	1450m:	15:31.28	31.94	
	300m:	3:11.06	32.74	700m:	7:31.52	32.70	1100m:	11:49.94	31.65	1500m:	16:03.03	31.75	
	350m:	3:43.52	32.46	750m:	8:03.92	32.40	1150m:	12:20.97	31.03				
	400m:	4:16.36	32.84	800m:	8:36.82	32.90	1200m:	12:52.64	31.67				
5.		18.01.2005						+0,31		16:04.23		736	
	50m:	28.41	28.41	400m:	4:10.58	32.12	750m:	10:05.60	2:40.95	1100m:	11:43.93		
	100m:	59.52	31.11	450m:	6:52.42	2:41.84	800m:	8:28.90		1150m:	14:28.17	2:44.24	
	150m:	1:30.98	31.46	500m:	5:15.16		850m:	11:11.07	2:42.17	1200m:	12:49.37		
	200m:	2:02.48	31.50	550m:	7:56.80	2:41.64	900m:	9:33.30		1250m:	15:32.55	2:43.18	
	250m:	2:34.22	31.74	600m:	6:19.95		950m:	12:16.73	2:43.43	1300m:	13:55.25		
	300m:	3:06.40	32.18	650m:	9:00.92	2:40.97	1000m:	10:38.37		1400m:	15:00.80	1:05.55	
	350m:	3:38.46	32.06	700m:	7:24.65		1050m:	13:22.12	2:43.75	1500m:	16:04.23	1:03.43	
6.		05.03.2008						+0,62		16:05.93		732	
	50m:	28.06	28.06	450m:	4:42.14	32.40	850m:	9:01.80	32.91	1250m:	13:26.76	32.55	
	100m:	59.12	31.06	500m:	5:14.53	32.39	900m:	9:35.15	33.35	1300m:	13:59.97	33.21	
	150m:	1:30.95	31.83	550m:	5:46.61	32.08	950m:	10:08.22	33.07	1350m:	14:32.21	32.24	
	200m:	2:02.13	31.18	600m:	6:18.65	32.04	1000m:	10:41.53	33.31	1400m:	15:05.47	33.26	
	250m:	2:33.57	31.44	650m:	6:51.20	32.55	1050m:	11:14.43	32.90	1450m:	15:37.05	31.58	
	300m:	3:05.79	32.22	700m:	7:23.82	32.62	1100m:	11:46.72	32.29	1500m:	16:05.93	28.88	
	350m:	3:37.99	32.20	750m:	7:56.15	32.33	1150m:	12:20.56	33.84				
	400m:	4:09.74	31.75	800m:	8:28.89	32.74	1200m:	12:54.21	33.65				

16, , 1500m

R.T.

7.	24.09.2006				+0,68				16:06.26	731	
50m:	1:32.64	1:32.64	500m:	5:19.02	1:05.28	900m:	9:39.97	1:05.19	1400m:	15:06.42	1:05.22
100m:	1:00.62		550m:	9:07.14	3:48.12	1000m:	10:45.27	1:05.30	1500m:	16:06.26	59.84
200m:	2:04.83	1:04.21	600m:	6:24.22		1100m:	11:50.30	1:05.03			
300m:	3:09.37	1:04.54	700m:	7:29.30	1:05.08	1200m:	12:55.76	1:05.46			
400m:	4:13.74	1:04.37	800m:	8:34.78	1:05.48	1300m:	14:01.20	1:05.44			
8.	31.08.2007				+0,28				16:09.01	725	
50m:	28.48	28.48	350m:	10:16.87	7:06.79	650m:	13:30.83	7:03.37	1100m:	11:53.93	1:04.14
100m:	1:00.30	31.82	400m:	4:15.23		700m:	7:32.67		1200m:	12:58.15	1:04.22
150m:	8:05.44	7:05.14	450m:	11:21.71	7:06.48	750m:	15:38.69	8:06.02	1300m:	14:02.67	1:04.52
200m:	2:04.93		500m:	5:21.40		800m:	8:38.58		1400m:	15:06.75	1:04.08
250m:	9:11.30	7:06.37	550m:	12:26.08	7:04.68	900m:	9:44.36	1:05.78	1500m:	16:09.01	1:02.26
300m:	3:10.08		600m:	6:27.46		1000m:	10:49.79	1:05.43			
9.	01.05.2008				+0,27				16:10.99	720	
50m:	28.99	28.99	450m:	4:49.61	32.24	850m:	9:09.90	32.49	1250m:	13:29.55	32.94
100m:	1:01.73	32.74	500m:	5:22.34	32.73	900m:	9:42.48	32.58	1300m:	14:02.55	33.00
150m:	1:34.43	32.70	550m:	5:54.81	32.47	950m:	10:14.80	32.32	1350m:	14:35.33	32.78
200m:	2:07.40	32.97	600m:	6:27.45	32.64	1000m:	10:47.62	32.82	1400m:	15:08.67	33.34
250m:	2:39.96	32.56	650m:	7:00.03	32.58	1050m:	11:19.41	31.79	1450m:	15:39.29	30.62
300m:	3:12.42	32.46	700m:	7:32.52	32.49	1100m:	11:51.63	32.22	1500m:	16:10.99	31.70
350m:	3:44.70	32.28	750m:	8:05.03	32.51	1150m:	12:23.57	31.94			
400m:	4:17.37	32.67	800m:	8:37.41	32.38	1200m:	12:56.61	33.04			
10.	12.07.2007				+0,68				16:13.63	715	
50m:	29.04	29.04	450m:	4:48.03	32.54	850m:	9:09.73	32.87	1250m:	13:31.45	32.65
100m:	1:00.60	31.56	500m:	5:20.93	32.90	900m:	9:42.53	32.80	1300m:	14:04.02	32.57
150m:	1:32.76	32.16	550m:	5:53.58	32.65	950m:	10:15.11	32.58	1350m:	14:36.48	32.46
200m:	2:05.25	32.49	600m:	6:26.47	32.89	1000m:	10:48.08	32.97	1400m:	15:09.24	32.76
250m:	2:37.73	32.48	650m:	6:58.84	32.37	1050m:	11:20.65	32.57	1450m:	15:41.65	32.41
300m:	3:10.32	32.59	700m:	7:31.63	32.79	1100m:	11:53.43	32.78	1500m:	16:13.63	31.98
350m:	3:42.73	32.41	750m:	8:04.05	32.42	1150m:	12:26.06	32.63			
400m:	4:15.49	32.76	800m:	8:36.86	32.81	1200m:	12:58.80	32.74			
11.	04.02.2008				+0,37				16:21.96	697	
50m:	27.60	27.60	450m:	4:42.35	32.58	850m:	9:05.36	33.50	1250m:	13:34.15	34.04
100m:	58.89	31.29	500m:	5:14.78	32.43	900m:	9:38.92	33.56	1300m:	14:07.75	33.60
150m:	1:30.36	31.47	550m:	5:47.21	32.43	950m:	10:12.55	33.63	1350m:	14:41.62	33.87
200m:	2:01.61	31.25	600m:	6:19.21	32.00	1000m:	10:45.72	33.17	1400m:	15:15.45	33.83
250m:	2:33.51	31.90	650m:	6:52.10	32.89	1050m:	11:19.11	33.39	1450m:	15:49.10	33.65
300m:	3:05.42	31.91	700m:	7:24.85	32.75	1100m:	11:52.63	33.52	1500m:	16:21.96	32.86
350m:	3:37.95	32.53	750m:	7:58.18	33.33	1150m:	12:26.74	34.11			
400m:	4:09.77	31.82	800m:	8:31.86	33.68	1200m:	13:00.11	33.37			
12.	29.09.2010				+0,61				16:23.69	693	
50m:	29.05	29.05	450m:	4:47.26	32.58	850m:	9:11.01	33.26	1250m:	13:41.47	33.90
100m:	1:01.24	32.19	500m:	5:20.17	32.91	900m:	9:44.74	33.73	1300m:	14:15.55	34.08
150m:	1:33.18	31.94	550m:	5:52.92	32.75	950m:	10:18.27	33.53	1350m:	14:48.59	33.04
200m:	2:05.31	32.13	600m:	6:25.59	32.67	1000m:	10:52.36	34.09	1400m:	15:21.64	33.05
250m:	2:37.30	31.99	650m:	6:58.57	32.98	1050m:	11:25.82	33.46	1450m:	15:53.12	31.48
300m:	3:09.65	32.35	700m:	7:31.63	33.06	1100m:	11:59.58	33.76	1500m:	16:23.69	30.57
350m:	3:41.97	32.32	750m:	8:04.59	32.96	1150m:	12:33.28	33.70			
400m:	4:14.68	32.71	800m:	8:37.75	33.16	1200m:	13:07.57	34.29			
13.	12.02.2007				+0,29				16:24.03	692	
50m:	27.78	27.78	450m:	4:49.15	32.85	850m:	9:12.59	33.05	1250m:	14:48.93	1:42.84
100m:	1:00.46	32.68	500m:	5:21.71	32.56	900m:	9:45.36	32.77	1300m:	14:14.69	
150m:	1:33.20	32.74	550m:	5:54.65	32.94	950m:	10:18.76	33.40	1350m:	15:53.67	1:38.98
200m:	2:05.92	32.72	600m:	6:27.29	32.64	1000m:	10:52.01	33.25	1400m:	15:21.68	
250m:	2:38.42	32.50	650m:	7:00.11	32.82	1050m:	11:25.62	33.61	1500m:	16:24.03	1:02.35
300m:	3:11.29	32.87	700m:	7:32.93	32.82	1100m:	11:58.93	33.31			
350m:	3:44.39	33.10	750m:	8:06.31	33.38	1150m:	13:40.54	1:41.61			
400m:	4:16.30	31.91	800m:	8:39.54	33.23	1200m:	13:06.09				

16, , 1500m

R.T.

14.	05.08.2008				+0,63	16:25.22	690				
50m:	29.91	29.91	450m:	4:56.48	33.23	850m:	9:21.66	32.49	1250m:	13:44.21	32.76
100m:	1:02.92	33.01	500m:	5:29.87	33.39	900m:	9:54.65	32.99	1300m:	14:16.77	32.56
150m:	1:35.84	32.92	550m:	6:03.16	33.29	950m:	10:27.43	32.78	1350m:	14:49.82	33.05
200m:	2:09.20	33.36	600m:	6:36.54	33.38	1000m:	11:00.34	32.91	1400m:	15:22.32	32.50
250m:	2:42.18	32.98	650m:	7:09.57	33.03	1050m:	11:33.10	32.76	1450m:	15:54.47	32.15
300m:	3:15.77	33.59	700m:	7:42.93	33.36	1100m:	12:05.91	32.81	1500m:	16:25.22	30.75
350m:	3:49.42	33.65	750m:	8:16.04	33.11	1150m:	12:38.70	32.79			
400m:	4:23.25	33.83	800m:	8:49.17	33.13	1200m:	13:11.45	32.75			
15.	07.05.2006				+0,33	16:31.06	678				
50m:	28.32	28.32	450m:	4:49.23	32.88	850m:	9:16.68	33.85	1250m:	13:45.64	33.85
100m:	1:00.22	31.90	500m:	5:22.24	33.01	900m:	9:50.49	33.81	1300m:	14:19.27	33.63
150m:	1:32.93	32.71	550m:	5:55.16	32.92	950m:	10:24.17	33.68	1350m:	14:52.59	33.32
200m:	2:05.89	32.96	600m:	6:28.34	33.18	1000m:	10:57.57	33.40	1400m:	15:26.08	33.49
250m:	2:38.42	32.53	650m:	7:01.65	33.31	1050m:	11:31.14	33.57	1450m:	15:59.12	33.04
300m:	3:11.04	32.62	700m:	7:35.39	33.74	1100m:	12:04.64	33.50	1500m:	16:31.06	31.94
350m:	3:43.64	32.60	750m:	8:09.12	33.73	1150m:	12:38.23	33.59			
400m:	4:16.35	32.71	800m:	8:42.83	33.71	1200m:	13:11.79	33.56			
16.	16.06.2010				+0,26	16:32.92	674				
50m:	30.16	30.16	450m:	4:59.39	33.36	850m:	9:27.38	33.38	1250m:	13:54.77	32.93
100m:	1:03.93	33.77	500m:	5:32.82	33.43	900m:	10:00.97	33.59	1300m:	14:27.81	33.04
150m:	1:37.78	33.85	550m:	6:06.25	33.43	950m:	10:34.55	33.58	1350m:	15:00.78	32.97
200m:	2:11.53	33.75	600m:	6:39.93	33.68	1000m:	11:08.32	33.77	1400m:	15:33.78	33.00
250m:	2:44.98	33.45	650m:	7:13.65	33.72	1050m:	11:41.83	33.51	1450m:	16:04.28	30.50
300m:	3:18.64	33.66	700m:	7:47.15	33.50	1100m:	12:15.25	33.42	1500m:	16:32.92	28.64
350m:	3:52.18	33.54	750m:	8:20.58	33.43	1150m:	12:48.54	33.29			
400m:	4:26.03	33.85	800m:	8:54.00	33.42	1200m:	13:21.84	33.30			
17.	04.11.2011				+0,60	16:33.21	673				
50m:	30.13	30.13	450m:	4:57.21	33.46	850m:	9:26.23	33.65	1250m:	13:53.47	33.10
100m:	1:03.97	33.84	500m:	5:30.80	33.59	900m:	10:00.06	33.83	1300m:	14:27.43	33.96
150m:	1:37.15	33.18	550m:	6:04.23	33.43	950m:	10:33.72	33.66	1350m:	15:00.40	32.97
200m:	2:10.76	33.61	600m:	6:38.32	34.09	1000m:	11:07.38	33.66	1400m:	15:33.36	32.96
250m:	2:43.85	33.09	650m:	7:12.01	33.69	1050m:	11:40.76	33.38	1450m:	16:04.17	30.81
300m:	3:17.42	33.57	700m:	7:45.42	33.41	1100m:	12:14.20	33.44	1500m:	16:33.21	29.04
350m:	3:50.38	32.96	750m:	8:19.08	33.66	1150m:	12:47.59	33.39			
400m:	4:23.75	33.37	800m:	8:52.58	33.50	1200m:	13:20.37	32.78			
18.	03.11.2009					16:40.74	658				
50m:	33.00	33.00	450m:	5:03.17	33.54	850m:	9:30.01	33.05	1250m:	13:55.49	33.41
100m:	1:07.57	34.57	500m:	5:36.77	33.60	900m:	10:03.53	33.52	1300m:	14:28.85	33.36
150m:	1:41.15	33.58	550m:	6:10.49	33.72	950m:	10:36.68	33.15	1350m:	15:02.53	33.68
200m:	2:15.31	34.16	600m:	6:43.62	33.13	1000m:	11:09.37	32.69	1400m:	15:35.74	33.21
250m:	2:48.73	33.42	650m:	7:17.31	33.69	1050m:	11:42.31	32.94	1450m:	16:08.54	32.80
300m:	3:22.63	33.90	700m:	7:50.47	33.16	1100m:	12:15.30	32.99	1500m:	16:40.74	32.20
350m:	3:55.89	33.26	750m:	8:24.28	33.81	1150m:	12:49.12	33.82			
400m:	4:29.63	33.74	800m:	8:56.96	32.68	1200m:	13:22.08	32.96			
19.	01.07.2008				+0,27	16:42.13	655				
50m:	29.75	29.75	450m:	4:54.38	33.93	850m:	9:23.77	33.93	1250m:	13:54.07	33.63
100m:	1:01.63	31.88	500m:	5:28.13	33.75	900m:	9:57.38	33.61	1300m:	14:28.09	34.02
150m:	1:34.11	32.48	550m:	6:01.51	33.38	950m:	10:31.10	33.72	1350m:	15:02.15	34.06
200m:	2:06.98	32.87	600m:	6:35.15	33.64	1000m:	11:05.20	34.10	1400m:	15:36.14	33.99
250m:	2:40.26	33.28	650m:	7:08.76	33.61	1050m:	11:38.82	33.62	1450m:	16:09.53	33.39
300m:	3:13.64	33.38	700m:	7:42.39	33.63	1100m:	12:12.75	33.93	1500m:	16:42.13	32.60
350m:	3:46.73	33.09	750m:	8:15.95	33.56	1150m:	12:46.29	33.54			
400m:	4:20.45	33.72	800m:	8:49.84	33.89	1200m:	13:20.44	34.15			

16, , 1500m

R.T.

20.	08.04.2007				+0,71	16:51.76	637				
50m:	30.22	30.22	450m:	4:56.51	33.72	850m:	9:29.07	34.13	1250m:	14:04.05	34.20
100m:	1:03.55	33.33	500m:	5:30.65	34.14	900m:	10:03.75	34.68	1300m:	14:38.30	34.25
150m:	1:36.41	32.86	550m:	6:04.46	33.81	950m:	10:37.82	34.07	1350m:	15:12.37	34.07
200m:	2:09.56	33.15	600m:	6:38.54	34.08	1000m:	11:12.35	34.53	1400m:	15:46.87	34.50
250m:	2:42.67	33.11	650m:	7:12.43	33.89	1050m:	11:46.53	34.18	1450m:	16:20.08	33.21
300m:	3:16.22	33.55	700m:	7:46.55	34.12	1100m:	12:21.19	34.66	1500m:	16:51.76	31.68
350m:	3:49.21	32.99	750m:	8:20.52	33.97	1150m:	12:55.26	34.07			
400m:	4:22.79	33.58	800m:	8:54.94	34.42	1200m:	13:29.85	34.59			
21.	23.06.2010				+0,25	16:55.99	629				
50m:	30.79	30.79	450m:	5:02.09	33.95	850m:	9:33.27	33.91	1250m:	14:05.89	34.22
100m:	1:04.61	33.82	500m:	5:36.23	34.14	900m:	10:07.28	34.01	1300m:	14:40.43	34.54
150m:	1:38.17	33.56	550m:	6:10.04	33.81	950m:	10:41.38	34.10	1350m:	15:14.97	34.54
200m:	2:12.31	34.14	600m:	6:43.78	33.74	1000m:	11:16.00	34.62	1400m:	15:49.21	34.24
250m:	2:46.32	34.01	650m:	7:17.58	33.80	1050m:	11:49.10	33.10	1450m:	16:23.59	34.38
300m:	3:20.26	33.94	700m:	7:51.54	33.96	1100m:	12:23.65	34.55	1500m:	16:55.99	32.40
350m:	3:54.17	33.91	750m:	8:25.23	33.69	1150m:	12:57.18	33.53			
400m:	4:28.14	33.97	800m:	8:59.36	34.13	1200m:	13:31.67	34.49			
22.	24.07.2010				+0,77	16:58.72	624				
50m:	1:37.21	1:37.21	400m:	4:26.61		750m:	13:02.56	5:09.83	1200m:	13:36.61	1:08.43
100m:	1:03.15		450m:	8:26.85	4:00.24	800m:	9:00.98		1300m:	14:45.03	1:08.42
150m:	2:44.82	1:41.67	500m:	5:35.14		850m:	15:18.89	6:17.91	1400m:	15:52.96	1:07.93
200m:	2:11.03		550m:	9:35.04	3:59.90	900m:	10:09.40		1500m:	16:58.72	1:05.76
250m:	5:00.86	2:49.83	600m:	6:43.81		950m:	16:26.17	6:16.77			
300m:	3:18.37		650m:	11:53.65	5:09.84	1000m:	11:19.23				
350m:	7:18.03	3:59.66	700m:	7:52.73		1100m:	12:28.18	1:08.95			
23.	03.02.2012 I				+0,25	17:01.15	619				
50m:	29.48	29.48	450m:	5:01.46	34.11	850m:	9:36.55	34.63	1250m:	14:12.24	34.31
100m:	1:02.84	33.36	500m:	5:35.78	34.32	900m:	10:11.25	34.70	1300m:	14:47.02	34.78
150m:	1:36.13	33.29	550m:	6:10.53	34.75	950m:	10:45.99	34.74	1350m:	15:21.35	34.33
200m:	2:10.32	34.19	600m:	6:44.38	33.85	1000m:	11:19.88	33.89	1400m:	15:55.00	33.65
250m:	2:44.12	33.80	650m:	7:18.72	34.34	1050m:	11:54.13	34.25	1450m:	16:28.92	33.92
300m:	3:18.34	34.22	700m:	7:53.13	34.41	1100m:	12:28.81	34.68	1500m:	17:01.15	32.23
350m:	3:52.26	33.92	750m:	8:27.65	34.52	1150m:	13:03.32	34.51			
400m:	4:27.35	35.09	800m:	9:01.92	34.27	1200m:	13:37.93	34.61			
24.	13.07.2008				+0,29	17:04.87	613				
50m:	29.93	29.93	450m:	5:00.17	33.88	850m:	9:34.53	34.55	1250m:	14:11.97	34.50
100m:	1:03.29	33.36	500m:	5:34.28	34.11	900m:	10:09.24	34.71	1300m:	14:47.08	35.11
150m:	1:36.74	33.45	550m:	6:08.41	34.13	950m:	10:43.83	34.59	1350m:	15:21.98	34.90
200m:	2:10.68	33.94	600m:	6:42.58	34.17	1000m:	11:18.56	34.73	1400m:	15:56.86	34.88
250m:	2:44.47	33.79	650m:	7:16.76	34.18	1050m:	11:53.27	34.71	1450m:	16:31.52	34.66
300m:	3:18.46	33.99	700m:	7:51.01	34.25	1100m:	12:27.92	34.65	1500m:	17:04.87	33.35
350m:	3:52.48	34.02	750m:	8:25.41	34.40	1150m:	13:02.46	34.54			
400m:	4:26.29	33.81	800m:	8:59.98	34.57	1200m:	13:37.47	35.01			
25.	26.02.2009				+0,80	17:06.26	610				
50m:	3:55.99	3:55.99	300m:	3:21.46		600m:	6:47.45	1:08.37	1100m:	12:30.91	1:08.97
100m:	1:04.18		350m:	15:24.50	12:03.04	700m:	7:55.93	1:08.48	1200m:	13:40.01	1:09.10
150m:	10:47.60	9:43.42	400m:	4:30.64		800m:	9:04.50	1:08.57	1300m:	14:49.43	1:09.42
200m:	2:12.74		450m:	16:32.93	12:02.29	900m:	10:13.44	1:08.94	1400m:	15:58.73	1:09.30
250m:	13:05.42	10:52.68	500m:	5:39.08		1000m:	11:21.94	1:08.50	1500m:	17:06.26	1:07.53

16, , 1500m

	/				R.T.						
26.	11.02.2008				+0,60 17:06.27 610						
50m:	30.74	30.74	450m:	5:05.30	34.44	850m:	9:40.88	34.54	1250m:	14:16.93	34.92
100m:	1:05.31	34.57	500m:	5:40.00	34.70	900m:	10:15.26	34.38	1300m:	14:51.93	35.00
150m:	1:39.23	33.92	550m:	6:14.32	34.32	950m:	10:49.47	34.21	1350m:	15:26.62	34.69
200m:	2:13.78	34.55	600m:	6:48.79	34.47	1000m:	11:24.01	34.54	1400m:	16:01.24	34.62
250m:	2:47.99	34.21	650m:	7:22.97	34.18	1050m:	11:58.65	34.64	1450m:	16:33.68	32.44
300m:	3:22.22	34.23	700m:	7:57.43	34.46	1100m:	12:33.22	34.57	1500m:	17:06.27	32.59
350m:	3:56.26	34.04	750m:	8:31.88	34.45	1150m:	13:07.31	34.09			
400m:	4:30.86	34.60	800m:	9:06.34	34.46	1200m:	13:42.01	34.70			
27.	22.12.2010 I				+0,42 17:07.03 609						
50m:	30.59	30.59	450m:	5:04.76	34.39	850m:	9:40.62	34.25	1250m:	14:16.27	34.45
100m:	1:04.72	34.13	500m:	5:39.59	34.83	900m:	10:15.19	34.57	1300m:	14:51.12	34.85
150m:	1:38.56	33.84	550m:	6:14.04	34.45	950m:	10:49.38	34.19	1350m:	15:25.38	34.26
200m:	2:13.28	34.72	600m:	6:48.49	34.45	1000m:	11:23.90	34.52	1400m:	16:00.23	34.85
250m:	2:47.21	33.93	650m:	7:22.72	34.23	1050m:	11:58.24	34.34	1450m:	16:33.90	33.67
300m:	3:21.55	34.34	700m:	7:57.36	34.64	1100m:	12:32.74	34.50	1500m:	17:07.03	33.13
350m:	3:55.74	34.19	750m:	8:31.62	34.26	1150m:	13:07.02	34.28			
400m:	4:30.37	34.63	800m:	9:06.37	34.75	1200m:	13:41.82	34.80			
28.	02.05.2007				+0,45 17:09.33 605						
50m:	29.60	29.60	450m:	4:58.23	34.25	850m:	10:46.89	1:44.93	1250m:	15:27.04	1:44.25
100m:	1:01.83	32.23	500m:	5:32.71	34.48	900m:	10:12.16		1300m:	14:52.60	
150m:	1:34.44	32.61	550m:	6:07.32	34.61	950m:	11:57.10	1:44.94	1350m:	16:36.04	1:43.44
200m:	2:07.77	33.33	600m:	6:42.30	34.98	1000m:	11:22.19		1400m:	16:01.93	
250m:	2:41.26	33.49	650m:	8:26.77	1:44.47	1050m:	13:07.37	1:45.18	1500m:	17:09.33	1:07.40
300m:	3:15.25	33.99	700m:	7:51.92		1100m:	12:32.66				
350m:	3:49.26	34.01	750m:	9:36.68	1:44.76	1150m:	14:17.47	1:44.81			
400m:	4:23.98	34.72	800m:	9:01.96		1200m:	13:42.79				
29.	11.11.2010 I				+0,58 17:11.50 601						
50m:	29.36	29.36	450m:	5:02.04	34.55	850m:	9:39.18	34.78	1250m:	14:19.48	35.18
100m:	1:02.43	33.07	500m:	5:36.92	34.88	900m:	10:14.27	35.09	1300m:	14:55.00	35.52
150m:	1:36.19	33.76	550m:	6:10.90	33.98	950m:	10:49.03	34.76	1350m:	15:29.95	34.95
200m:	2:10.30	34.11	600m:	6:45.42	34.52	1000m:	11:24.06	35.03	1400m:	16:04.71	34.76
250m:	2:44.64	34.34	650m:	7:19.89	34.47	1050m:	11:58.92	34.86	1450m:	16:38.61	33.90
300m:	3:19.23	34.59	700m:	7:54.81	34.92	1100m:	12:34.08	35.16	1500m:	17:11.50	32.89
350m:	3:52.93	33.70	750m:	8:29.56	34.75	1150m:	13:09.12	35.04			
400m:	4:27.49	34.56	800m:	9:04.40	34.84	1200m:	13:44.30	35.18			
30.	14.03.2010 I				+0,36 17:11.69 601						
50m:	29.22	29.22	450m:	5:01.36	34.49	850m:	9:40.11	34.79	1250m:	14:21.25	35.11
100m:	1:01.78	32.56	500m:	5:36.35	34.99	900m:	10:15.51	35.40	1300m:	14:56.76	35.51
150m:	1:34.87	33.09	550m:	6:10.93	34.58	950m:	10:50.55	35.04	1350m:	15:31.53	34.77
200m:	2:08.70	33.83	600m:	6:45.85	34.92	1000m:	11:26.03	35.48	1400m:	16:06.35	34.82
250m:	2:42.77	34.07	650m:	7:20.33	34.48	1050m:	12:00.74	34.71	1450m:	16:39.95	33.60
300m:	3:17.33	34.56	700m:	7:55.27	34.94	1100m:	12:35.86	35.12	1500m:	17:11.69	31.74
350m:	3:52.16	34.83	750m:	8:30.11	34.84	1150m:	13:10.69	34.83			
400m:	4:26.87	34.71	800m:	9:05.32	35.21	1200m:	13:46.14	35.45			
31.	23.02.2008				+0,27 17:12.57 599						
50m:	28.68	28.68	400m:	4:20.77	33.93	750m:	10:41.48	2:55.42	1100m:	12:27.74	
100m:	1:00.38	31.70	450m:	4:54.52	33.75	800m:	8:55.71		1150m:	15:26.92	2:59.18
150m:	1:32.83	32.45	500m:	5:28.75	34.23	850m:	11:52.40	2:56.69	1200m:	13:39.14	
200m:	2:05.89	33.06	550m:	8:20.85	2:52.10	900m:	10:06.16		1250m:	16:37.89	2:58.75
250m:	2:39.21	33.32	600m:	6:37.09		950m:	13:03.30	2:57.14	1300m:	14:51.14	
300m:	3:13.05	33.84	650m:	9:30.78	2:53.69	1000m:	11:17.00		1400m:	16:02.55	1:11.41
350m:	3:46.84	33.79	700m:	7:46.06		1050m:	14:14.90	2:57.90	1500m:	17:12.57	1:10.02

16, , 1500m

R.T.

32.	04.07.2010				-	+0,34	17:13.37	598			
50m:	29.85	29.85	450m:	5:03.02	34.30	850m:	9:39.57	34.27	1250m:	14:18.87	35.30
100m:	1:02.99	33.14	500m:	5:37.64	34.62	900m:	10:14.24	34.67	1300m:	14:54.29	35.42
150m:	1:36.99	34.00	550m:	6:11.67	34.03	950m:	10:48.97	34.73	1350m:	15:29.43	35.14
200m:	2:11.45	34.46	600m:	6:46.08	34.41	1000m:	11:23.90	34.93	1400m:	16:04.70	35.27
250m:	2:45.64	34.19	650m:	7:20.61	34.53	1050m:	11:58.65	34.75	1450m:	16:39.15	34.45
300m:	3:20.17	34.53	700m:	7:55.51	34.90	1100m:	12:33.36	34.71	1500m:	17:13.37	34.22
350m:	3:54.34	34.17	750m:	8:30.07	34.56	1150m:	13:08.19	34.83			
400m:	4:28.72	34.38	800m:	9:05.30	35.23	1200m:	13:43.57	35.38			
33.	12.10.2010 I					+0,68	17:14.26	596			
50m:	29.81	29.81	450m:	5:05.02	34.65	850m:	9:44.95	35.03	1250m:	14:25.85	34.56
100m:	1:03.99	34.18	500m:	5:39.91	34.89	900m:	10:20.24	35.29	1300m:	15:00.97	35.12
150m:	1:37.82	33.83	550m:	6:14.77	34.86	950m:	10:55.66	35.42	1350m:	15:35.33	34.36
200m:	2:12.41	34.59	600m:	6:50.03	35.26	1000m:	11:31.30	35.64	1400m:	16:10.04	34.71
250m:	2:46.73	34.32	650m:	7:24.80	34.77	1050m:	12:06.45	35.15	1450m:	16:42.67	32.63
300m:	3:21.33	34.60	700m:	7:59.70	34.90	1100m:	12:41.62	35.17	1500m:	17:14.26	31.59
350m:	3:55.32	33.99	750m:	8:34.61	34.91	1150m:	13:16.25	34.63			
400m:	4:30.37	35.05	800m:	9:09.92	35.31	1200m:	13:51.29	35.04			
34.	14.09.2009					+0,79	17:17.11	591			
50m:	29.48	29.48	450m:	5:00.18	34.43	850m:	9:41.77	35.28	1250m:	14:24.90	35.23
100m:	1:02.51	33.03	500m:	5:34.88	34.70	900m:	10:17.43	35.66	1300m:	15:00.61	35.71
150m:	1:35.71	33.20	550m:	6:10.00	35.12	950m:	10:53.17	35.74	1350m:	15:35.78	35.17
200m:	2:09.61	33.90	600m:	6:44.76	34.76	1000m:	11:27.72	34.55	1400m:	16:10.92	35.14
250m:	2:43.14	33.53	650m:	7:19.56	34.80	1050m:	12:02.81	35.09	1450m:	16:44.65	33.73
300m:	3:17.42	34.28	700m:	7:54.72	35.16	1100m:	12:38.68	35.87	1500m:	17:17.11	32.46
350m:	3:51.24	33.82	750m:	8:31.02	36.30	1150m:	13:14.13	35.45			
400m:	4:25.75	34.51	800m:	9:06.49	35.47	1200m:	13:49.67	35.54			
35.	31.07.2006					+0,37	17:18.32	589			
50m:	29.78	29.78	450m:	4:57.64	33.89	850m:	9:37.90	35.17	1250m:	14:21.10	35.43
100m:	1:02.39	32.61	500m:	5:32.44	34.80	900m:	10:13.21	35.31	1300m:	14:56.42	35.32
150m:	1:35.23	32.84	550m:	6:07.14	34.70	950m:	10:48.60	35.39	1350m:	15:31.95	35.53
200m:	2:08.63	33.40	600m:	6:42.34	35.20	1000m:	11:24.06	35.46	1400m:	16:07.66	35.71
250m:	2:42.18	33.55	650m:	7:17.19	34.85	1050m:	11:59.33	35.27	1450m:	16:43.13	35.47
300m:	3:15.88	33.70	700m:	7:52.39	35.20	1100m:	12:34.95	35.62	1500m:	17:18.32	35.19
350m:	3:49.67	33.79	750m:	8:27.27	34.88	1150m:	13:10.10	35.15			
400m:	4:23.75	34.08	800m:	9:02.73	35.46	1200m:	13:45.67	35.57			
36.	24.12.2007					+0,59	17:19.51	587			
50m:	29.65	29.65	450m:	5:06.59	35.09	850m:	9:49.15	34.81	1250m:	14:29.88	34.13
100m:	1:03.03	33.38	500m:	5:42.22	35.63	900m:	10:24.86	35.71	1300m:	15:04.57	34.69
150m:	1:37.39	34.36	550m:	6:17.31	35.09	950m:	10:59.72	34.86	1350m:	15:38.41	33.84
200m:	2:11.89	34.50	600m:	6:52.93	35.62	1000m:	11:35.13	35.41	1400m:	16:13.12	34.71
250m:	2:46.38	34.49	650m:	7:28.24	35.31	1050m:	12:10.21	35.08	1450m:	16:46.68	33.56
300m:	3:21.37	34.99	700m:	8:03.71	35.47	1100m:	12:45.74	35.53	1500m:	17:19.51	32.83
350m:	3:56.25	34.88	750m:	8:38.71	35.00	1150m:	13:20.63	34.89			
400m:	4:31.50	35.25	800m:	9:14.34	35.63	1200m:	13:55.75	35.12			
37.	19.12.2010 I					+0,60	17:19.72	587			
50m:	31.61	31.61	450m:	5:08.21	35.07	850m:	9:46.11	35.11	1250m:	14:26.48	35.30
100m:	1:05.54	33.93	500m:	5:42.73	34.52	900m:	10:20.89	34.78	1300m:	15:02.15	35.67
150m:	1:40.48	34.94	550m:	6:17.11	34.38	950m:	10:56.36	35.47	1350m:	15:37.60	35.45
200m:	2:15.14	34.66	600m:	6:51.93	34.82	1000m:	11:31.08	34.72	1400m:	16:12.76	35.16
250m:	2:49.94	34.80	650m:	7:26.61	34.68	1050m:	12:05.63	34.55	1450m:	16:46.50	33.74
300m:	3:24.38	34.44	700m:	8:01.17	34.56	1100m:	12:40.80	35.17	1500m:	17:19.72	33.22
350m:	3:58.84	34.46	750m:	8:36.25	35.08	1150m:	13:15.64	34.84			
400m:	4:33.14	34.30	800m:	9:11.00	34.75	1200m:	13:51.18	35.54			

16, , 1500m

R.T.

38.	05.10.2010 I				+0,72 17:20.46				585		
50m:	31.68	31.68	450m:	5:06.99	34.59	850m:	9:45.79	34.91	1250m:	14:26.59	34.89
100m:	1:06.29	34.61	500m:	5:41.73	34.74	900m:	10:21.13	35.34	1300m:	15:02.30	35.71
150m:	1:40.15	33.86	550m:	6:16.50	34.77	950m:	10:55.89	34.76	1350m:	15:37.10	34.80
200m:	2:15.15	35.00	600m:	6:51.37	34.87	1000m:	11:31.42	35.53	1400m:	16:12.33	35.23
250m:	2:48.91	33.76	650m:	7:25.77	34.40	1050m:	12:06.00	34.58	1450m:	16:46.69	34.36
300m:	3:23.40	34.49	700m:	8:00.66	34.89	1100m:	12:41.43	35.43	1500m:	17:20.46	33.77
350m:	3:57.69	34.29	750m:	8:35.55	34.89	1150m:	13:16.33	34.90			
400m:	4:32.40	34.71	800m:	9:10.88	35.33	1200m:	13:51.70	35.37			
39.	28.05.2010 I				+0,34 17:20.81				585		
50m:	30.56	30.56	450m:	5:06.53	35.28	850m:	9:47.21	35.31	1250m:	14:28.09	34.88
100m:	1:04.32	33.76	500m:	5:41.37	34.84	900m:	10:22.36	35.15	1300m:	15:03.38	35.29
150m:	1:38.75	34.43	550m:	6:16.08	34.71	950m:	10:57.75	35.39	1350m:	15:38.35	34.97
200m:	2:12.88	34.13	600m:	6:51.05	34.97	1000m:	11:32.97	35.22	1400m:	16:13.25	34.90
250m:	2:47.26	34.38	650m:	7:26.32	35.27	1050m:	12:07.66	34.69	1450m:	16:47.33	34.08
300m:	3:22.09	34.83	700m:	8:01.75	35.43	1100m:	12:42.78	35.12	1500m:	17:20.81	33.48
350m:	3:56.56	34.47	750m:	8:36.90	35.15	1150m:	13:18.00	35.22			
400m:	4:31.25	34.69	800m:	9:11.90	35.00	1200m:	13:53.21	35.21			
40.	30.01.2012 I				+0,67 17:21.31				584		
50m:	31.21	31.21	450m:	5:11.89	35.03	850m:	9:49.46	34.76	1250m:	14:29.15	35.06
100m:	1:05.73	34.52	500m:	5:46.43	34.54	900m:	10:24.26	34.80	1300m:	15:04.41	35.26
150m:	1:41.03	35.30	550m:	6:21.26	34.83	950m:	10:58.87	34.61	1350m:	15:39.22	34.81
200m:	2:16.38	35.35	600m:	6:56.22	34.96	1000m:	11:34.08	35.21	1400m:	16:14.05	34.83
250m:	2:51.64	35.26	650m:	7:30.83	34.61	1050m:	12:08.80	34.72	1450m:	16:48.28	34.23
300m:	3:27.15	35.51	700m:	8:05.52	34.69	1100m:	12:44.17	35.37	1500m:	17:21.31	33.03
350m:	4:01.85	34.70	750m:	8:39.97	34.45	1150m:	13:18.82	34.65			
400m:	4:36.86	35.01	800m:	9:14.70	34.73	1200m:	13:54.09	35.27			
41.	12.11.2009				+0,69 17:23.15				581		
50m:	29.24	29.24	450m:	5:03.69	34.97	850m:	9:47.00	35.33	1250m:	14:29.47	34.67
100m:	1:02.04	32.80	500m:	5:38.87	35.18	900m:	10:22.36	35.36	1300m:	15:04.32	34.85
150m:	1:35.48	33.44	550m:	6:13.84	34.97	950m:	10:57.99	35.63	1350m:	15:39.28	34.96
200m:	2:09.92	34.44	600m:	6:48.90	35.06	1000m:	11:33.35	35.36	1400m:	16:14.81	35.53
250m:	2:44.03	34.11	650m:	7:24.24	35.34	1050m:	12:08.33	34.98	1450m:	16:49.01	34.20
300m:	3:18.76	34.73	700m:	8:00.08	35.84	1100m:	12:43.34	35.01	1500m:	17:23.15	34.14
350m:	3:53.98	35.22	750m:	8:35.67	35.59	1150m:	13:18.76	35.42			
400m:	4:28.72	34.74	800m:	9:11.67	36.00	1200m:	13:54.80	36.04			
42.	07.03.2012 I				+0,57 17:23.30				581		
50m:	29.96	29.96	450m:	5:05.69	33.80	850m:	9:44.81	34.85	1250m:	14:29.00	35.19
100m:	1:05.05	35.09	500m:	5:40.25	34.56	900m:	10:20.54	35.73	1300m:	15:05.39	36.39
150m:	1:38.84	33.79	550m:	6:14.51	34.26	950m:	10:55.85	35.31	1350m:	15:40.55	35.16
200m:	2:13.77	34.93	600m:	6:49.56	35.05	1000m:	11:31.71	35.86	1400m:	16:16.48	35.93
250m:	2:48.05	34.28	650m:	7:24.30	34.74	1050m:	12:06.42	34.71	1450m:	16:50.90	34.42
300m:	3:23.12	35.07	700m:	7:59.71	35.41	1100m:	12:42.41	35.99	1500m:	17:23.30	32.40
350m:	3:57.18	34.06	750m:	8:34.38	34.67	1150m:	13:17.21	34.80			
400m:	4:31.89	34.71	800m:	9:09.96	35.58	1200m:	13:53.81	36.60			
43.	07.04.2010 I				+0,38 17:24.05				579		
50m:	30.37	30.37	450m:	6:17.35	1:45.17	850m:	10:58.67	1:45.51	1250m:	15:40.14	1:45.86
100m:	1:03.87	33.50	500m:	5:42.20		900m:	10:23.39		1300m:	15:04.61	
150m:	1:38.36	34.49	550m:	7:27.45	1:45.25	950m:	12:08.85	1:45.46	1350m:	16:49.97	1:45.36
200m:	2:12.68	34.32	600m:	6:52.24		1000m:	11:33.44		1400m:	16:15.64	
250m:	2:47.19	34.51	650m:	8:37.99	1:45.75	1050m:	13:19.01	1:45.57	1500m:	17:24.05	1:08.41
300m:	3:22.01	34.82	700m:	8:02.59		1100m:	12:43.79				
350m:	3:57.04	35.03	750m:	9:48.50	1:45.91	1150m:	14:29.40	1:45.61			
400m:	4:32.18	35.14	800m:	9:13.16		1200m:	13:54.28				

16, , 1500m

R.T.

44.	07.08.2010				+0,38 17:28.24				573		
50m:	30.36	30.36	450m:	5:03.57	34.99	850m:	9:48.25	35.72	1250m:	14:33.61	35.71
100m:	1:03.42	33.06	500m:	5:38.63	35.06	900m:	10:23.56	35.31	1300m:	15:09.42	35.81
150m:	1:37.25	33.83	550m:	6:14.31	35.68	950m:	10:58.87	35.31	1350m:	15:45.15	35.73
200m:	2:11.09	33.84	600m:	6:49.56	35.25	1000m:	11:34.74	35.87	1400m:	16:20.78	35.63
250m:	2:45.53	34.44	650m:	7:25.22	35.66	1050m:	12:10.44	35.70	1450m:	16:55.01	34.23
300m:	3:19.46	33.93	700m:	8:00.88	35.66	1100m:	12:46.17	35.73	1500m:	17:28.24	33.23
350m:	3:54.02	34.56	750m:	8:36.57	35.69	1150m:	13:21.85	35.68			
400m:	4:28.58	34.56	800m:	9:12.53	35.96	1200m:	13:57.90	36.05			
45.	22.05.2010				+0,73 17:30.99				568		
50m:	30.74	30.74	450m:	5:04.24	34.63	850m:	9:46.20	35.24	1250m:	14:33.21	35.86
100m:	1:04.30	33.56	500m:	5:39.34	35.10	900m:	10:21.92	35.72	1300m:	15:09.50	36.29
150m:	1:37.71	33.41	550m:	6:14.32	34.98	950m:	10:57.66	35.74	1350m:	15:44.91	35.41
200m:	2:11.82	34.11	600m:	6:49.71	35.39	1000m:	11:33.44	35.78	1400m:	16:21.13	36.22
250m:	2:45.66	33.84	650m:	7:24.70	34.99	1050m:	12:09.12	35.68	1450m:	16:56.58	35.45
300m:	3:20.28	34.62	700m:	7:59.93	35.23	1100m:	12:45.35	36.23	1500m:	17:30.99	34.41
350m:	3:54.66	34.38	750m:	8:35.28	35.35	1150m:	13:21.39	36.04			
400m:	4:29.61	34.95	800m:	9:10.96	35.68	1200m:	13:57.35	35.96			
46.	08.10.2012 I				+0,39 17:35.49				561		
50m:	31.14	31.14	350m:	5:12.50	1:46.47	700m:	8:08.51	1:10.20	1300m:	15:14.99	1:11.77
100m:	1:05.85	34.71	400m:	4:36.49		800m:	9:19.60	1:11.09	1400m:	16:25.99	1:11.00
150m:	2:51.22	1:45.37	450m:	7:33.44	2:56.95	900m:	10:30.91	1:11.31	1500m:	17:35.49	1:09.50
200m:	2:15.78		500m:	5:47.27		1000m:	11:41.74	1:10.83			
250m:	4:01.59	1:45.81	550m:	8:44.37	2:57.10	1100m:	12:52.77	1:11.03			
300m:	3:26.03		600m:	6:58.31		1200m:	14:03.22	1:10.45			
47.	20.01.2012 I				+0,32 17:36.09				560		
50m:	30.59	30.59	450m:	5:10.36	35.55	850m:	9:55.16	35.88	1250m:	14:41.26	35.96
100m:	1:05.04	34.45	500m:	5:46.44	36.08	900m:	10:30.90	35.74	1300m:	15:17.03	35.77
150m:	1:39.64	34.60	550m:	6:21.85	35.41	950m:	11:06.87	35.97	1350m:	15:52.52	35.49
200m:	2:14.41	34.77	600m:	6:57.44	35.59	1000m:	11:42.63	35.76	1400m:	16:28.13	35.61
250m:	2:49.79	35.38	650m:	7:32.96	35.52	1050m:	12:18.51	35.88	1450m:	17:03.03	34.90
300m:	3:24.71	34.92	700m:	8:08.50	35.54	1100m:	12:53.94	35.43	1500m:	17:36.09	33.06
350m:	3:59.29	34.58	750m:	8:43.99	35.49	1150m:	13:29.46	35.52			
400m:	4:34.81	35.52	800m:	9:19.28	35.29	1200m:	14:05.30	35.84			
48.	20.04.2011 I				+0,30 17:36.77				559		
50m:	30.37	30.37	450m:	5:09.14	35.36	850m:	9:56.19	35.56	1250m:	14:43.88	35.59
100m:	1:04.11	33.74	500m:	5:45.23	36.09	900m:	10:32.33	36.14	1300m:	15:19.77	35.89
150m:	1:38.65	34.54	550m:	6:20.85	35.62	950m:	11:08.08	35.75	1350m:	15:55.15	35.38
200m:	2:13.16	34.51	600m:	6:56.83	35.98	1000m:	11:44.19	36.11	1400m:	16:30.62	35.47
250m:	2:47.64	34.48	650m:	7:32.48	35.65	1050m:	12:19.90	35.71	1450m:	17:05.09	34.47
300m:	3:22.71	35.07	700m:	8:08.60	36.12	1100m:	12:56.17	36.27	1500m:	17:36.77	31.68
350m:	3:58.01	35.30	750m:	8:44.41	35.81	1150m:	13:31.98	35.81			
400m:	4:33.78	35.77	800m:	9:20.63	36.22	1200m:	14:08.29	36.31			
49.	31.05.2011 I				+0,71 17:37.57				557		
50m:	30.31	30.31	450m:	5:06.21	34.31	850m:	9:49.03	35.49	1250m:	14:38.07	36.21
100m:	1:04.08	33.77	500m:	5:41.47	35.26	900m:	10:24.78	35.75	1300m:	15:14.41	36.34
150m:	1:37.91	33.83	550m:	6:16.47	35.00	950m:	11:00.57	35.79	1350m:	15:50.57	36.16
200m:	2:12.62	34.71	600m:	6:52.08	35.61	1000m:	11:36.59	36.02	1400m:	16:26.40	35.83
250m:	2:47.19	34.57	650m:	7:27.03	34.95	1050m:	12:12.46	35.87	1450m:	17:02.78	36.38
300m:	3:21.85	34.66	700m:	8:02.64	35.61	1100m:	12:49.13	36.67	1500m:	17:37.57	34.79
350m:	3:56.56	34.71	750m:	8:37.58	34.94	1150m:	13:25.39	36.26			
400m:	4:31.90	35.34	800m:	9:13.54	35.96	1200m:	14:01.86	36.47			

16, , 1500m

R.T.

50.	20.05.2010 I				+0,54 17:38.62				556		
50m:	30.40	30.40	450m:	5:07.35	35.40	850m:	9:51.95	35.81	1250m:	14:41.66	36.19
100m:	1:03.76	33.36	500m:	5:43.06	35.71	900m:	10:27.67	35.72	1300m:	15:18.20	36.54
150m:	1:37.35	33.59	550m:	6:17.82	34.76	950m:	11:03.95	36.28	1350m:	15:54.22	36.02
200m:	2:12.11	34.76	600m:	6:53.44	35.62	1000m:	11:39.98	36.03	1400m:	16:30.01	35.79
250m:	2:46.47	34.36	650m:	7:29.21	35.77	1050m:	12:16.23	36.25	1450m:	17:05.09	35.08
300m:	3:21.51	35.04	700m:	8:04.84	35.63	1100m:	12:52.32	36.09	1500m:	17:38.62	33.53
350m:	3:56.45	34.94	750m:	8:40.30	35.46	1150m:	13:28.73	36.41			
400m:	4:31.95	35.50	800m:	9:16.14	35.84	1200m:	14:05.47	36.74			
51.	26.02.2012 I				+0,54 17:40.60				553		
50m:	29.99	29.99	450m:	5:07.65	35.71	850m:	9:53.75	35.55	1250m:	14:41.37	35.90
100m:	1:03.11	33.12	500m:	5:43.66	36.01	900m:	10:29.76	36.01	1300m:	15:17.95	36.58
150m:	1:37.11	34.00	550m:	6:19.12	35.46	950m:	11:05.77	36.01	1350m:	15:53.59	35.64
200m:	2:11.88	34.77	600m:	6:54.89	35.77	1000m:	11:41.79	36.02	1400m:	16:29.90	36.31
250m:	2:46.40	34.52	650m:	7:30.90	36.01	1050m:	12:17.63	35.84	1450m:	17:05.65	35.75
300m:	3:21.34	34.94	700m:	8:06.60	35.70	1100m:	12:53.43	35.80	1500m:	17:40.60	34.95
350m:	3:56.55	35.21	750m:	8:42.33	35.73	1150m:	13:29.41	35.98			
400m:	4:31.94	35.39	800m:	9:18.20	35.87	1200m:	14:05.47	36.06			
52.	25.06.2011 I				+0,30 17:45.92				544		
50m:	32.09	32.09	450m:	5:14.45	35.70	850m:	10:00.76	35.32	1250m:	14:48.64	35.79
100m:	1:06.45	34.36	500m:	5:50.60	36.15	900m:	10:36.53	35.77	1300m:	15:24.92	36.28
150m:	1:41.11	34.66	550m:	6:26.58	35.98	950m:	11:12.09	35.56	1350m:	16:00.88	35.96
200m:	2:16.46	35.35	600m:	7:02.79	36.21	1000m:	11:48.27	36.18	1400m:	16:37.46	36.58
250m:	2:51.71	35.25	650m:	7:38.45	35.66	1050m:	12:23.96	35.69	1450m:	17:13.09	35.63
300m:	3:27.21	35.50	700m:	8:14.40	35.95	1100m:	13:00.28	36.32	1500m:	17:45.92	32.83
350m:	4:02.50	35.29	750m:	8:49.56	35.16	1150m:	13:36.30	36.02			
400m:	4:38.75	36.25	800m:	9:25.44	35.88	1200m:	14:12.85	36.55			
53.	06.07.2011 I				+0,59 17:50.31				538		
50m:	30.23	30.23	400m:	4:36.82		750m:	10:00.57	1:48.66	1100m:	13:01.86	
100m:	1:05.39	35.16	450m:	6:23.30	1:46.48	800m:	9:24.16		1150m:	16:04.11	3:02.25
150m:	1:40.04	34.65	500m:	5:47.95		850m:	11:13.05	1:48.89	1200m:	14:14.68	
200m:	2:15.11	35.07	550m:	7:35.76	1:47.81	900m:	10:36.68		1250m:	17:16.40	3:01.72
250m:	2:49.71	34.60	600m:	6:59.61		950m:	13:38.03	3:01.35	1300m:	15:27.80	
300m:	3:25.33	35.62	650m:	8:47.80	1:48.19	1000m:	11:49.35		1400m:	16:40.36	1:12.56
350m:	5:12.15	1:46.82	700m:	8:11.91		1050m:	14:51.31	3:01.96	1500m:	17:50.31	1:09.95
54.	28.11.2009				+0,26 18:05.94				515		
50m:	31.20	31.20	450m:	5:18.15	36.54	850m:	10:12.18	36.68	1250m:	15:04.65	36.47
100m:	1:06.37	35.17	500m:	5:54.79	36.64	900m:	10:48.93	36.75	1300m:	15:41.75	37.10
150m:	1:41.04	34.67	550m:	6:31.48	36.69	950m:	11:25.41	36.48	1350m:	16:18.33	36.58
200m:	2:17.02	35.98	600m:	7:08.61	37.13	1000m:	12:01.82	36.41	1400m:	16:55.09	36.76
250m:	2:52.84	35.82	650m:	7:45.64	37.03	1050m:	12:38.44	36.62	1450m:	17:31.27	36.18
300m:	3:28.98	36.14	700m:	8:22.28	36.64	1100m:	13:15.12	36.68	1500m:	18:05.94	34.67
350m:	4:04.88	35.90	750m:	8:58.82	36.54	1150m:	13:51.58	36.46			
400m:	4:41.61	36.73	800m:	9:35.50	36.68	1200m:	14:28.18	36.60			
55.	13.05.2011 I				+0,75 18:10.37				509		
50m:	31.33	31.33	450m:	5:19.52	37.17	850m:	10:13.69	35.92	1250m:	15:10.71	36.48
100m:	1:06.63	35.30	500m:	5:56.33	36.81	900m:	10:50.97	37.28	1300m:	15:48.45	37.74
150m:	1:42.37	35.74	550m:	6:33.37	37.04	950m:	11:27.35	36.38	1350m:	16:24.28	35.83
200m:	2:17.25	34.88	600m:	7:10.23	36.86	1000m:	12:03.71	36.36	1400m:	17:01.45	37.17
250m:	2:52.88	35.63	650m:	7:46.59	36.36	1050m:	12:41.38	37.67	1450m:	17:36.15	34.70
300m:	3:28.86	35.98	700m:	8:23.47	36.88	1100m:	13:18.98	37.60	1500m:	18:10.37	34.22
350m:	4:05.41	36.55	750m:	9:00.75	37.28	1150m:	13:56.69	37.71			
400m:	4:42.35	36.94	800m:	9:37.77	37.02	1200m:	14:34.23	37.54			

16, , 1500m

R.T.

56.	12.03.2010 I										+0,67	18:17.19	I	499
	50m:	2:52.45	2:52.45	350m:	7:46.94	4:18.16	650m:	17:44.34	10:34.58	1200m:	14:36.25	1:14.84		
	100m:	1:05.56		400m:	4:41.45		700m:	8:24.00		1300m:	15:52.32	1:16.07		
	150m:	4:04.86	2:59.30	450m:	10:15.44	5:33.99	800m:	9:38.24	1:14.24	1400m:	17:07.56	1:15.24		
	200m:	2:15.97		500m:	5:55.47		900m:	10:51.99	1:13.75	1500m:	18:17.19	1:09.63		
	250m:	6:32.93	4:16.96	550m:	15:14.17	9:18.70	1000m:	12:06.61	1:14.62					
	300m:	3:28.78		600m:	7:09.76		1100m:	13:21.41	1:14.80					
57.	25.06.2011 I										+0,39	18:20.94	I	494
	50m:	31.53	31.53	450m:	5:26.06	36.78	850m:	10:21.53	36.79	1250m:	15:18.69	36.92		
	100m:	1:07.89	36.36	500m:	6:03.18	37.12	900m:	10:58.56	37.03	1300m:	15:56.42	37.73		
	150m:	1:44.21	36.32	550m:	6:39.88	36.70	950m:	11:35.18	36.62	1350m:	16:32.63	36.21		
	200m:	2:21.40	37.19	600m:	7:17.20	37.32	1000m:	12:12.69	37.51	1400m:	17:09.89	37.26		
	250m:	2:58.18	36.78	650m:	7:53.92	36.72	1050m:	12:49.60	36.91	1450m:	17:45.47	35.58		
	300m:	3:35.42	37.24	700m:	8:30.84	36.92	1100m:	13:27.42	37.82	1500m:	18:20.94	35.47		
	350m:	4:12.09	36.67	750m:	9:07.51	36.67	1150m:	14:04.01	36.59					
	400m:	4:49.28	37.19	800m:	9:44.74	37.23	1200m:	14:41.77	37.76					
58.	18.06.2010 I										+0,32	18:33.69		477
	50m:	30.90	30.90	450m:	5:23.61	37.76	850m:	10:25.44	37.86	1250m:	15:26.84	37.24		
	100m:	1:06.37	35.47	500m:	6:01.20	37.59	900m:	11:03.21	37.77	1300m:	16:04.95	38.11		
	150m:	1:42.18	35.81	550m:	6:39.17	37.97	950m:	11:40.90	37.69	1350m:	16:42.10	37.15		
	200m:	2:18.35	36.17	600m:	7:16.94	37.77	1000m:	12:18.90	38.00	1400m:	17:19.73	37.63		
	250m:	2:54.57	36.22	650m:	7:54.92	37.98	1050m:	12:56.50	37.60	1450m:	17:57.13	37.40		
	300m:	3:31.35	36.78	700m:	8:32.20	37.28	1100m:	13:34.67	38.17	1500m:	18:33.69	36.56		
	350m:	4:08.46	37.11	750m:	9:09.80	37.60	1150m:	14:11.88	37.21					
	400m:	4:45.85	37.39	800m:	9:47.58	37.78	1200m:	14:49.60	37.72					

DNS

22.09.2008