

III

, 07 - 09 2019

11 , 1500m (15-16)
07.08.2019 - 12:26

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

: FINA 2019

	/				R.T.				FINA			
1.	2003				+0,79 16:05.66				733			
50m:	29.35	29.35	450m:	4:48.00	32.85	850m:	9:09.45	32.17	1250m:	13:27.24	32.57	
100m:	1:01.27	31.92	500m:	5:20.72	32.72	900m:	9:41.42	31.97	1300m:	13:59.17	31.93	
150m:	1:33.10	31.83	550m:	5:53.80	33.08	950m:	10:13.49	32.07	1350m:	14:31.50	32.33	
200m:	2:04.99	31.89	600m:	6:26.75	32.95	1000m:	10:45.47	31.98	1400m:	15:03.09	31.59	
250m:	2:37.20	32.21	650m:	6:59.45	32.70	1050m:	11:17.91	32.44	1450m:	15:35.00	31.91	
300m:	3:09.84	32.64	700m:	7:32.39	32.94	1100m:	11:49.91	32.00	1500m:	16:05.66	30.66	
350m:	3:42.65	32.81	750m:	8:05.15	32.76	1150m:	12:22.39	32.48				
400m:	4:15.15	32.50	800m:	8:37.28	32.13	1200m:	12:54.67	32.28				
2.	2003				+0,76 16:14.03				715			
50m:	29.53	29.53	450m:	4:48.07	32.86	850m:	9:12.74	33.17	1250m:	13:32.68	32.44	
100m:	1:01.51	31.98	500m:	5:20.73	32.66	900m:	9:45.42	32.68	1300m:	14:05.72	33.04	
150m:	1:33.78	32.27	550m:	5:54.13	33.40	950m:	10:18.56	33.14	1350m:	14:38.76	33.04	
200m:	2:05.89	32.11	600m:	6:27.21	33.08	1000m:	10:50.80	32.24	1400m:	15:12.09	33.33	
250m:	2:38.23	32.34	650m:	7:00.19	32.98	1050m:	11:23.21	32.41	1450m:	15:44.12	32.03	
300m:	3:10.54	32.31	700m:	7:33.14	32.95	1100m:	11:55.23	32.02	1500m:	16:14.03	29.91	
350m:	3:42.79	32.25	750m:	8:06.51	33.37	1150m:	12:27.82	32.59				
400m:	4:15.21	32.42	800m:	8:39.57	33.06	1200m:	13:00.24	32.42				
3.	2003				+0,87 16:22.60				696			
50m:	30.56	30.56	450m:	4:54.24	33.13	850m:	9:18.27	33.05	1250m:	13:42.13	32.97	
100m:	1:03.04	32.48	500m:	5:27.61	33.37	900m:	9:51.22	32.95	1300m:	14:15.50	33.37	
150m:	1:35.72	32.68	550m:	6:00.47	32.86	950m:	10:24.07	32.85	1350m:	14:48.60	33.10	
200m:	2:08.81	33.09	600m:	6:33.39	32.92	1000m:	10:57.32	33.25	1400m:	15:21.50	32.90	
250m:	2:42.00	33.19	650m:	7:06.52	33.13	1050m:	11:30.29	32.97	1450m:	15:52.97	31.47	
300m:	3:15.15	33.15	700m:	7:39.51	32.99	1100m:	12:03.24	32.95	1500m:	16:22.60	29.63	
350m:	3:48.10	32.95	750m:	8:12.28	32.77	1150m:	12:36.00	32.76				
400m:	4:21.11	33.01	800m:	8:45.22	32.94	1200m:	13:09.16	33.16				
4.	2003				+0,88 16:23.02				695			
50m:	29.99	29.99	450m:	4:50.29	32.71	850m:	9:14.11	33.22	1250m:	13:39.28	33.37	
100m:	1:02.19	32.20	500m:	5:23.02	32.73	900m:	9:46.92	32.81	1300m:	14:12.55	33.27	
150m:	1:34.67	32.48	550m:	5:55.95	32.93	950m:	10:20.25	33.33	1350m:	14:46.05	33.50	
200m:	2:06.99	32.32	600m:	6:28.77	32.82	1000m:	10:53.20	32.95	1400m:	15:19.29	33.24	
250m:	2:39.95	32.96	650m:	7:01.96	33.19	1050m:	11:26.27	33.07	1450m:	15:52.16	32.87	
300m:	3:12.29	32.34	700m:	7:34.77	32.81	1100m:	11:59.30	33.03	1500m:	16:23.02	30.86	
350m:	3:45.07	32.78	750m:	8:07.78	33.01	1150m:	12:32.66	33.36				
400m:	4:17.58	32.51	800m:	8:40.89	33.11	1200m:	13:05.91	33.25				
5.	2004				+0,67 16:26.89				687			
50m:	28.50	28.50	450m:	4:45.99	33.10	850m:	9:12.77	33.89	1250m:	13:40.55	33.93	
100m:	58.70	30.20	500m:	5:19.09	33.10	900m:	9:45.35	32.58	1300m:	14:13.59	33.04	
150m:	1:30.21	31.51	550m:	5:52.49	33.40	950m:	10:19.15	33.80	1350m:	14:47.10	33.51	
200m:	2:02.32	32.11	600m:	6:25.30	32.81	1000m:	10:52.45	33.30	1400m:	15:20.53	33.43	
250m:	2:35.20	32.88	650m:	6:58.53	33.23	1050m:	11:26.21	33.76	1450m:	15:54.21	33.68	
300m:	3:07.53	32.33	700m:	7:31.81	33.28	1100m:	11:59.55	33.34	1500m:	16:26.89	32.68	
350m:	3:40.42	32.89	750m:	8:05.35	33.54	1150m:	12:33.25	33.70				
400m:	4:12.89	32.47	800m:	8:38.88	33.53	1200m:	13:06.62	33.37				
6.	2003				+0,84 16:31.65				677			
50m:	29.58	29.58	450m:	4:54.84	33.52	850m:	9:20.11	33.04	1250m:	13:45.63	33.51	
100m:	1:01.67	32.09	500m:	5:27.91	33.07	900m:	9:53.19	33.08	1300m:	14:19.14	33.51	
150m:	1:34.42	32.75	550m:	6:01.41	33.50	950m:	10:26.25	33.06	1350m:	14:52.93	33.79	
200m:	2:07.38	32.96	600m:	6:34.59	33.18	1000m:	10:59.31	33.06	1400m:	15:26.95	34.02	
250m:	2:41.11	33.73	650m:	7:08.16	33.57	1050m:	11:32.20	32.89	1450m:	15:59.98	33.03	
300m:	3:14.16	33.05	700m:	7:41.11	32.95	1100m:	12:04.96	32.76	1500m:	16:31.65	31.67	
350m:	3:48.10	33.94	750m:	8:14.38	33.27	1150m:	12:38.52	33.56				
400m:	4:21.32	33.22	800m:	8:47.07	32.69	1200m:	13:12.12	33.60				

III

, 07 - 09 2019

11, , 1500m , (15-16)								R.T.		FINA	
7.			2003	-				+0,77	16:31.87		677
	50m: 29.73	29.73	450m: 4:52.06	32.59	850m: 9:16.63	33.30	1250m: 13:45.08	33.98			
	100m: 1:02.29	32.56	500m: 5:24.89	32.83	900m: 9:50.19	33.56	1300m: 14:18.78	33.70			
	150m: 1:34.84	32.55	550m: 5:57.61	32.72	950m: 10:23.68	33.49	1350m: 14:52.39	33.61			
	200m: 2:07.78	32.94	600m: 6:30.86	33.25	1000m: 10:57.16	33.48	1400m: 15:26.29	33.90			
	250m: 2:40.76	32.98	650m: 7:04.00	33.14	1050m: 11:30.80	33.64	1450m: 15:59.39	33.10			
	300m: 3:14.12	33.36	700m: 7:37.08	33.08	1100m: 12:04.27	33.47	1500m: 16:31.87	32.48			
	350m: 3:46.74	32.62	750m: 8:10.08	33.00	1150m: 12:37.70	33.43					
	400m: 4:19.47	32.73	800m: 8:43.33	33.25	1200m: 13:11.10	33.40					
8.			2004					+0,71	16:35.39		670
	50m: 29.57	29.57	450m: 4:53.06	33.10	850m: 9:21.22	33.11	1250m: 13:50.99	33.15			
	100m: 1:02.34	32.77	500m: 5:26.57	33.51	900m: 9:55.42	34.20	1300m: 14:25.03	34.04			
	150m: 1:34.61	32.27	550m: 5:59.91	33.34	950m: 10:28.40	32.98	1350m: 14:58.29	33.26			
	200m: 2:07.42	32.81	600m: 6:33.74	33.83	1000m: 11:02.37	33.97	1400m: 15:31.85	33.56			
	250m: 2:40.35	32.93	650m: 7:07.01	33.27	1050m: 11:35.93	33.56	1450m: 16:04.33	32.48			
	300m: 3:13.40	33.05	700m: 7:41.09	34.08	1100m: 12:09.98	34.05	1500m: 16:35.39	31.06			
	350m: 3:46.47	33.07	750m: 8:14.15	33.06	1150m: 12:43.58	33.60					
	400m: 4:19.96	33.49	800m: 8:48.11	33.96	1200m: 13:17.84	34.26					
9.			2003					+0,72	16:35.82		669
	50m: 30.24	30.24	450m: 4:54.46	32.91	850m: 9:18.50	33.98	1250m: 13:47.93	33.96			
	100m: 1:03.01	32.77	500m: 5:27.01	32.55	900m: 9:51.44	32.94	1300m: 14:21.90	33.97			
	150m: 1:35.95	32.94	550m: 6:00.16	33.15	950m: 10:25.07	33.63	1350m: 14:55.95	34.05			
	200m: 2:08.88	32.93	600m: 6:32.70	32.54	1000m: 10:58.55	33.48	1400m: 15:30.31	34.36			
	250m: 2:41.96	33.08	650m: 7:05.66	32.96	1050m: 11:32.83	34.28	1450m: 16:04.19	33.88			
	300m: 3:15.28	33.32	700m: 7:38.66	33.00	1100m: 12:06.03	33.20	1500m: 16:35.82	31.63			
	350m: 3:48.37	33.09	750m: 8:12.01	33.35	1150m: 12:40.24	34.21					
	400m: 4:21.55	33.18	800m: 8:44.52	32.51	1200m: 13:13.97	33.73					
10.			2004					+0,80	16:45.44		650
	50m: 30.44	30.44	450m: 4:58.44	33.89	850m: 9:28.90	33.81	1250m: 13:57.95	33.77			
	100m: 1:03.54	33.10	500m: 5:32.38	33.94	900m: 10:02.36	33.46	1300m: 14:31.67	33.72			
	150m: 1:37.03	33.49	550m: 6:06.17	33.79	950m: 10:36.11	33.75	1350m: 15:06.12	34.45			
	200m: 2:10.16	33.13	600m: 6:39.83	33.66	1000m: 11:09.83	33.72	1400m: 15:40.11	33.99			
	250m: 2:43.58	33.42	650m: 7:13.76	33.93	1050m: 11:43.47	33.64	1450m: 16:13.46	33.35			
	300m: 3:17.04	33.46	700m: 7:47.48	33.72	1100m: 12:16.65	33.18	1500m: 16:45.44	31.98			
	350m: 3:50.97	33.93	750m: 8:21.67	34.19	1150m: 12:50.64	33.99					
	400m: 4:24.55	33.58	800m: 8:55.09	33.42	1200m: 13:24.18	33.54					
11.			2003	-				+0,73	16:46.87		647
	50m: 29.51	29.51	450m: 4:57.49	34.10	850m: 9:28.88	33.64	1250m: 13:59.60	33.70			
	100m: 1:02.00	32.49	500m: 5:31.43	33.94	900m: 10:02.74	33.86	1300m: 14:33.57	33.97			
	150m: 1:35.01	33.01	550m: 6:05.44	34.01	950m: 10:36.70	33.96	1350m: 15:07.53	33.96			
	200m: 2:08.46	33.45	600m: 6:39.51	34.07	1000m: 11:10.58	33.88	1400m: 15:41.20	33.67			
	250m: 2:42.32	33.86	650m: 7:13.44	33.93	1050m: 11:44.37	33.79	1450m: 16:14.62	33.42			
	300m: 3:15.93	33.61	700m: 7:47.62	34.18	1100m: 12:18.16	33.79	1500m: 16:46.87	32.25			
	350m: 3:49.71	33.78	750m: 8:21.42	33.80	1150m: 12:52.03	33.87					
	400m: 4:23.39	33.68	800m: 8:55.24	33.82	1200m: 13:25.90	33.87					
12.			2004					+0,79	16:49.49		642
	50m: 29.67	29.67	450m: 4:52.18	33.22	850m: 9:23.89	34.29	1250m: 13:59.78	34.82			
	100m: 1:02.35	32.68	500m: 5:25.52	33.34	900m: 9:58.14	34.25	1300m: 14:34.51	34.73			
	150m: 1:34.57	32.22	550m: 5:59.11	33.59	950m: 10:32.55	34.41	1350m: 15:09.35	34.84			
	200m: 2:07.11	32.54	600m: 6:33.15	34.04	1000m: 11:06.79	34.24	1400m: 15:43.74	34.39			
	250m: 2:40.11	33.00	650m: 7:07.13	33.98	1050m: 11:41.06	34.27	1450m: 16:17.32	33.58			
	300m: 3:12.91	32.80	700m: 7:41.37	34.24	1100m: 12:15.66	34.60	1500m: 16:49.49	32.17			
	350m: 3:45.70	32.79	750m: 8:15.64	34.27	1150m: 12:50.42	34.76					
	400m: 4:18.96	33.26	800m: 8:49.60	33.96	1200m: 13:24.96	34.54					
13.			2004					+0,68	16:51.84		637
	50m: 30.12	30.12	450m: 5:02.02	34.32	850m: 9:34.86	34.08	1250m: 14:06.54	34.08			
	100m: 1:03.64	33.52	500m: 5:36.26	34.24	900m: 10:08.85	33.99	1300m: 14:40.19	33.65			
	150m: 1:37.68	34.04	550m: 6:10.49	34.23	950m: 10:42.78	33.93	1350m: 15:14.20	34.01			
	200m: 2:11.70	34.02	600m: 6:44.27	33.78	1000m: 11:16.52	33.74	1400m: 15:47.78	33.58			
	250m: 2:45.57	33.87	650m: 7:18.28	34.01	1050m: 11:50.75	34.23	1450m: 16:20.54	32.76			
	300m: 3:19.57	34.00	700m: 7:51.97	33.69	1100m: 12:24.52	33.77	1500m: 16:51.84	31.30			
	350m: 3:53.75	34.18	750m: 8:26.46	34.49	1150m: 12:58.71	34.19					
	400m: 4:27.70	33.95	800m: 9:00.78	34.32	1200m: 13:32.46	33.75					

III

, 07 - 09 2019

11,	, 1500m		(15-16)				R.T.		FINA	
14.			2003	-		+0,80 16:53.65		634		
	50m: 29.68	29.68	450m: 4:56.25	34.06	850m: 9:30.45	35.43	1250m: 14:06.11	34.60		
	100m: 1:01.83	32.15	500m: 5:29.96	33.71	900m: 10:04.81	34.36	1300m: 14:39.91	33.80		
	150m: 1:35.10	33.27	550m: 6:04.44	34.48	950m: 10:39.84	35.03	1350m: 15:14.25	34.34		
	200m: 2:08.15	33.05	600m: 6:38.04	33.60	1000m: 11:13.91	34.07	1400m: 15:47.91	33.66		
	250m: 2:41.50	33.35	650m: 7:12.61	34.57	1050m: 11:49.14	35.23	1450m: 16:21.56	33.65		
	300m: 3:14.81	33.31	700m: 7:46.32	33.71	1100m: 12:22.72	33.58	1500m: 16:53.65	32.09		
	350m: 3:48.81	34.00	750m: 8:20.80	34.48	1150m: 12:57.65	34.93				
	400m: 4:22.19	33.38	800m: 8:55.02	34.22	1200m: 13:31.51	33.86				
15.			2003	-		+0,75 16:56.48		629		
	50m: 29.78	29.78	450m: 4:55.13	33.78	850m: 9:28.72	34.68	1250m: 14:06.03	34.78		
	100m: 1:02.14	32.36	500m: 5:28.57	33.44	900m: 10:03.21	34.49	1300m: 14:40.49	34.46		
	150m: 1:34.99	32.85	550m: 6:02.67	34.10	950m: 10:38.10	34.89	1350m: 15:15.13	34.64		
	200m: 2:07.38	32.39	600m: 6:37.01	34.34	1000m: 11:12.72	34.62	1400m: 15:49.91	34.78		
	250m: 2:41.10	33.72	650m: 7:11.32	34.31	1050m: 11:47.53	34.81	1450m: 16:23.89	33.98		
	300m: 3:14.14	33.04	700m: 7:45.26	33.94	1100m: 12:21.90	34.37	1500m: 16:56.48	32.59		
	350m: 3:47.77	33.63	750m: 8:19.68	34.42	1150m: 12:56.75	34.85				
	400m: 4:21.35	33.58	800m: 8:54.04	34.36	1200m: 13:31.25	34.50				
16.			2004	-		+0,87 17:01.70		619		
	50m: 30.53	30.53	450m: 5:04.10	34.48	850m: 9:38.68	34.08	1250m: 14:12.17	33.99		
	100m: 1:04.03	33.50	500m: 5:38.41	34.31	900m: 10:12.76	34.08	1300m: 14:46.65	34.48		
	150m: 1:38.00	33.97	550m: 6:12.53	34.12	950m: 10:46.83	34.07	1350m: 15:20.99	34.34		
	200m: 2:12.08	34.08	600m: 6:47.09	34.56	1000m: 11:20.97	34.14	1400m: 15:55.36	34.37		
	250m: 2:46.36	34.28	650m: 7:21.45	34.36	1050m: 11:55.05	34.08	1450m: 16:29.26	33.90		
	300m: 3:20.57	34.21	700m: 7:55.91	34.46	1100m: 12:29.24	34.19	1500m: 17:01.70	32.44		
	350m: 3:55.19	34.62	750m: 8:30.27	34.36	1150m: 13:03.51	34.27				
	400m: 4:29.62	34.43	800m: 9:04.60	34.33	1200m: 13:38.18	34.67				
17.			2003	-		+0,81 17:02.40		618		
	50m: 31.21	31.21	450m: 4:55.60	33.26	850m: 9:25.86	34.40	1250m: 14:06.73	35.35		
	100m: 1:04.39	33.18	500m: 5:28.85	33.25	900m: 10:00.33	34.47	1300m: 14:41.78	35.05		
	150m: 1:37.12	32.73	550m: 6:02.38	33.53	950m: 10:35.49	35.16	1350m: 15:17.77	35.99		
	200m: 2:10.06	32.94	600m: 6:35.60	33.22	1000m: 11:10.45	34.96	1400m: 15:53.24	35.47		
	250m: 2:43.08	33.02	650m: 7:09.30	33.70	1050m: 11:45.57	35.12	1450m: 16:28.70	35.46		
	300m: 3:16.13	33.05	700m: 7:43.24	33.94	1100m: 12:21.25	35.68	1500m: 17:02.40	33.70		
	350m: 3:49.37	33.24	750m: 8:17.26	34.02	1150m: 12:56.05	34.80				
	400m: 4:22.34	32.97	800m: 8:51.46	34.20	1200m: 13:31.38	35.33				
18.			2003	-		+0,84 17:04.22		615		
	50m: 30.23	30.23	450m: 4:56.86	33.64	850m: 9:34.24	35.17	1250m: 14:12.36	34.41		
	100m: 1:02.80	32.57	500m: 5:31.08	34.22	900m: 10:08.98	34.74	1300m: 14:47.77	35.41		
	150m: 1:35.59	32.79	550m: 6:05.47	34.39	950m: 10:44.01	35.03	1350m: 15:22.63	34.86		
	200m: 2:08.79	33.20	600m: 6:40.06	34.59	1000m: 11:18.16	34.15	1400m: 15:57.75	35.12		
	250m: 2:42.28	33.49	650m: 7:14.90	34.84	1050m: 11:53.14	34.98	1450m: 16:32.33	34.58		
	300m: 3:16.12	33.84	700m: 7:49.50	34.60	1100m: 12:28.56	35.42	1500m: 17:04.22	31.89		
	350m: 3:49.40	33.28	750m: 8:24.28	34.78	1150m: 13:03.00	34.44				
	400m: 4:23.22	33.82	800m: 8:59.07	34.79	1200m: 13:37.95	34.95				
19.			2004	-		+0,81 17:05.42		612		
	50m: 29.70	29.70	450m: 4:54.18	33.20	850m: 9:25.46	34.34	1250m: 14:07.30	36.11		
	100m: 1:01.92	32.22	500m: 5:27.97	33.79	900m: 10:00.18	34.72	1300m: 14:43.24	35.94		
	150m: 1:34.79	32.87	550m: 6:01.51	33.54	950m: 10:34.61	34.43	1350m: 15:18.98	35.74		
	200m: 2:08.04	33.25	600m: 6:35.76	34.25	1000m: 11:09.45	34.84	1400m: 15:53.97	34.99		
	250m: 2:41.76	33.72	650m: 7:09.87	34.11	1050m: 11:43.23	33.78	1450m: 16:29.36	35.39		
	300m: 3:15.11	33.35	700m: 7:43.28	33.41	1100m: 12:19.14	35.91	1500m: 17:05.42	36.06		
	350m: 3:48.07	32.96	750m: 8:16.79	33.51	1150m: 12:55.34	36.20				
	400m: 4:20.98	32.91	800m: 8:51.12	34.33	1200m: 13:31.19	35.85				
20.			2003	-		+0,72 17:05.64		612		
	50m: 30.21	30.21	450m: 5:03.07	34.15	850m: 9:35.83	34.52	1250m: 14:13.90	35.07		
	100m: 1:03.75	33.54	500m: 5:37.46	34.39	900m: 10:10.67	34.84	1300m: 14:48.81	34.91		
	150m: 1:37.69	33.94	550m: 6:10.60	33.14	950m: 10:45.08	34.41	1350m: 15:23.91	35.10		
	200m: 2:12.11	34.42	600m: 6:44.43	33.83	1000m: 11:19.61	34.53	1400m: 15:59.10	35.19		
	250m: 2:46.24	34.13	650m: 7:18.57	34.14	1050m: 11:54.22	34.61	1450m: 16:33.22	34.12		
	300m: 3:20.49	34.25	700m: 7:52.62	34.05	1100m: 12:29.31	35.09	1500m: 17:05.64	32.42		
	350m: 3:54.59	34.10	750m: 8:26.73	34.11	1150m: 13:04.00	34.69				
	400m: 4:28.92	34.33	800m: 9:01.31	34.58	1200m: 13:38.83	34.83				

III

, 07 - 09 2019

11, , 1500m , (15-16)								R.T.		FINA	
21.				2003				+0,78	17:15.69		594
	50m: 30.78	30.78	450m: 5:04.70	34.55	850m: 9:43.16	35.16	1250m: 14:23.44	35.31			
	100m: 1:04.27	33.49	500m: 5:39.21	34.51	900m: 10:18.17	35.01	1300m: 14:58.46	35.02			
	150m: 1:38.36	34.09	550m: 6:14.00	34.79	950m: 10:53.05	34.88	1350m: 15:33.86	35.40			
	200m: 2:12.43	34.07	600m: 6:48.71	34.71	1000m: 11:27.88	34.83	1400m: 16:08.80	34.94			
	250m: 2:47.11	34.68	650m: 7:23.69	34.98	1050m: 12:03.05	35.17	1450m: 16:43.78	34.98			
	300m: 3:21.10	33.99	700m: 7:58.42	34.73	1100m: 12:38.13	35.08	1500m: 17:15.69	31.91			
	350m: 3:55.44	34.34	750m: 8:33.16	34.74	1150m: 13:13.10	34.97					
	400m: 4:30.15	34.71	800m: 9:08.00	34.84	1200m: 13:48.13	35.03					
22.			2003					+0,89	17:16.31		593
	50m: 31.07	31.07	450m: 5:07.81	35.02	850m: 9:46.01	34.82	1250m: 14:26.27	35.00			
	100m: 1:04.59	33.52	500m: 5:42.72	34.91	900m: 10:21.15	35.14	1300m: 15:00.72	34.45			
	150m: 1:38.63	34.04	550m: 6:17.62	34.90	950m: 10:55.83	34.68	1350m: 15:35.32	34.60			
	200m: 2:13.17	34.54	600m: 6:52.46	34.84	1000m: 11:30.74	34.91	1400m: 16:10.66	35.34			
	250m: 2:48.10	34.93	650m: 7:27.36	34.90	1050m: 12:05.93	35.19	1450m: 16:44.28	33.62			
	300m: 3:22.83	34.73	700m: 8:02.00	34.64	1100m: 12:40.87	34.94	1500m: 17:16.31	32.03			
	350m: 3:57.91	35.08	750m: 8:36.51	34.51	1150m: 13:16.12	35.25					
	400m: 4:32.79	34.88	800m: 9:11.19	34.68	1200m: 13:51.27	35.15					
23.			2004					+0,74	17:16.63		593
	50m: 30.24	30.24	450m: 5:02.92	34.91	850m: 9:40.78	35.40	1250m: 14:23.16	35.37			
	100m: 1:03.31	33.07	500m: 5:37.41	34.49	900m: 10:15.90	35.12	1300m: 14:58.31	35.15			
	150m: 1:37.47	34.16	550m: 6:11.82	34.41	950m: 10:51.26	35.36	1350m: 15:33.92	35.61			
	200m: 2:11.07	33.60	600m: 6:46.13	34.31	1000m: 11:26.53	35.27	1400m: 16:09.34	35.42			
	250m: 2:44.89	33.82	650m: 7:20.86	34.73	1050m: 12:01.95	35.42	1450m: 16:43.26	33.92			
	300m: 3:18.98	34.09	700m: 7:55.70	34.84	1100m: 12:37.16	35.21	1500m: 17:16.63	33.37			
	350m: 3:53.61	34.63	750m: 8:30.47	34.77	1150m: 13:12.67	35.51					
	400m: 4:28.01	34.40	800m: 9:05.38	34.91	1200m: 13:47.79	35.12					
24.			2003 I					+0,78	17:25.02		579
	50m: 30.44	30.44	450m: 5:04.18	34.98	850m: 9:46.23	35.80	1250m: 14:27.91	34.76			
	100m: 1:03.31	33.07	500m: 5:39.32	35.14	900m: 10:20.97	34.74	1300m: 15:03.62	35.71			
	150m: 1:38.01	34.04	550m: 6:14.77	35.45	950m: 10:56.08	35.11	1350m: 15:39.37	35.75			
	200m: 2:11.76	33.75	600m: 6:49.28	34.51	1000m: 11:31.50	35.42	1400m: 16:15.63	36.26			
	250m: 2:46.25	34.49	650m: 7:24.71	35.43	1050m: 12:07.30	35.80	1450m: 16:49.88	34.25			
	300m: 3:20.22	33.97	700m: 8:00.28	35.57	1100m: 12:42.33	35.03	1500m: 17:25.02	35.14			
	350m: 3:54.65	34.43	750m: 8:35.50	35.22	1150m: 13:17.60	35.27					
	400m: 4:29.20	34.55	800m: 9:10.43	34.93	1200m: 13:53.15	35.55					
25.			2004					+0,77	17:28.85		572
	50m: 31.86	31.86	450m: 5:07.84	35.12	850m: 9:50.37	35.25	1250m: 14:33.83	35.67			
	100m: 1:06.07	34.21	500m: 5:43.01	35.17	900m: 10:25.91	35.54	1300m: 15:08.95	35.12			
	150m: 1:40.10	34.03	550m: 6:18.39	35.38	950m: 11:01.30	35.39	1350m: 15:44.44	35.49			
	200m: 2:14.29	34.19	600m: 6:53.54	35.15	1000m: 11:36.73	35.43	1400m: 16:20.32	35.88			
	250m: 2:48.10	34.93	650m: 7:29.17	35.63	1050m: 12:12.08	35.35	1450m: 16:55.42	35.10			
	300m: 3:23.19	34.09	700m: 8:04.55	35.38	1100m: 12:47.25	35.17	1500m: 17:28.85	33.43			
	350m: 3:57.90	34.71	750m: 8:39.89	35.34	1150m: 13:22.73	35.48					
	400m: 4:32.72	34.82	800m: 9:15.12	35.23	1200m: 13:58.16	35.43					
26.			2004 I					+0,80	17:32.53		566
	50m: 30.00	30.00	450m: 5:04.52	35.39	850m: 9:48.84	35.58	1250m: 14:34.65	35.55			
	100m: 1:03.45	33.45	500m: 5:40.03	35.51	900m: 10:24.65	35.81	1300m: 15:10.44	35.79			
	150m: 1:37.24	33.79	550m: 6:15.11	35.08	950m: 11:00.42	35.77	1350m: 15:46.45	36.01			
	200m: 2:11.11	33.87	600m: 6:50.45	35.34	1000m: 11:36.86	36.44	1400m: 16:22.59	36.14			
	250m: 2:45.14	34.03	650m: 7:26.03	35.58	1050m: 12:12.31	35.45	1450m: 16:57.83	35.24			
	300m: 3:19.71	34.57	700m: 8:01.79	35.76	1100m: 12:48.11	35.80	1500m: 17:32.53	34.70			
	350m: 3:54.19	34.48	750m: 8:37.42	35.63	1150m: 13:23.27	35.16					
	400m: 4:29.13	34.94	800m: 9:13.26	35.84	1200m: 13:59.10	35.83					
27.			2003					+0,82	17:36.88		559
	50m: 30.58	30.58	450m: 5:05.81	35.60	850m: 9:48.74	36.65	1250m: 14:37.56	36.58			
	100m: 1:03.68	33.10	500m: 5:40.59	34.78	900m: 10:24.13	35.39	1300m: 15:13.76	36.20			
	150m: 1:37.88	34.20	550m: 6:16.02	35.43	950m: 11:00.95	36.82	1350m: 15:50.36	36.60			
	200m: 2:12.15	34.27	600m: 6:50.74	34.72	1000m: 11:36.59	35.64	1400m: 16:26.44	36.08			
	250m: 2:45.82	33.67	650m: 7:26.72	35.98	1050m: 12:13.65	37.06	1450m: 17:02.62	36.18			
	300m: 3:20.06	34.24	700m: 8:01.23	34.51	1100m: 12:48.73	35.08	1500m: 17:36.88	34.26			
	350m: 3:55.18	35.12	750m: 8:36.25	35.02	1150m: 13:24.96	36.23					
	400m: 4:30.21	35.03	800m: 9:12.09	35.84	1200m: 14:00.98	36.02					

III

, 07 - 09 2019

11, , 1500m , (15-16)								R.T.		FINA	
28.			2004					+0,89	17:47.00	I	543
	50m: 29.89	29.89	450m: 5:15.29	36.81	850m: 10:02.99	35.84	1250m: 14:50.94	36.10			
	100m: 1:03.62	33.73	500m: 5:51.16	35.87	900m: 10:39.41	36.42	1300m: 15:26.93	35.99			
	150m: 1:38.56	34.94	550m: 6:27.89	36.73	950m: 11:15.67	36.26	1350m: 16:02.96	36.03			
	200m: 2:13.98	35.42	600m: 7:03.74	35.85	1000m: 11:50.72	35.05	1400m: 16:39.12	36.16			
	250m: 2:49.94	35.96	650m: 7:40.46	36.72	1050m: 12:27.27	36.55	1450m: 17:13.71	34.59			
	300m: 3:26.31	36.37	700m: 8:15.79	35.33	1100m: 13:02.89	35.62	1500m: 17:47.00	33.29			
	350m: 4:02.55	36.24	750m: 8:51.83	36.04	1150m: 13:38.93	36.04					
	400m: 4:38.48	35.93	800m: 9:27.15	35.32	1200m: 14:14.84	35.91					
29.			2003					+0,90	17:53.09	I	534
	50m: 31.85	31.85	450m: 5:17.62	36.89	850m: 10:07.85	36.09	1250m: 14:55.47	36.80			
	100m: 1:06.07	34.22	500m: 5:53.78	36.16	900m: 10:43.49	35.64	1300m: 15:31.22	35.75			
	150m: 1:41.15	35.08	550m: 6:30.44	36.66	950m: 11:19.09	35.60	1350m: 16:07.72	36.50			
	200m: 2:16.40	35.25	600m: 7:06.48	36.04	1000m: 11:54.38	35.29	1400m: 16:43.67	35.95			
	250m: 2:52.33	35.93	650m: 7:43.24	36.76	1050m: 12:30.71	36.33	1450m: 17:19.34	35.67			
	300m: 3:28.05	35.72	700m: 8:19.47	36.23	1100m: 13:06.44	35.73	1500m: 17:53.09	33.75			
	350m: 4:04.62	36.57	750m: 8:55.91	36.44	1150m: 13:42.80	36.36					
	400m: 4:40.73	36.11	800m: 9:31.76	35.85	1200m: 14:18.67	35.87					
30.			2004					+0,87	17:58.85	I	526
	50m: 31.30	31.30	450m: 5:14.53	36.01	850m: 10:04.84	36.10	1250m: 14:58.20	36.98			
	100m: 1:05.43	34.13	500m: 5:50.50	35.97	900m: 10:41.18	36.34	1300m: 15:34.90	36.70			
	150m: 1:40.06	34.63	550m: 6:26.89	36.39	950m: 11:17.55	36.37	1350m: 16:11.98	37.08			
	200m: 2:15.18	35.12	600m: 7:03.36	36.47	1000m: 11:54.16	36.61	1400m: 16:48.70	36.72			
	250m: 2:50.91	35.73	650m: 7:40.02	36.66	1050m: 12:31.03	36.87	1450m: 17:24.61	35.91			
	300m: 3:26.53	35.62	700m: 8:16.31	36.29	1100m: 13:07.66	36.63	1500m: 17:58.85	34.24			
	350m: 4:02.53	36.00	750m: 8:52.67	36.36	1150m: 13:44.46	36.80					
	400m: 4:38.52	35.99	800m: 9:28.74	36.07	1200m: 14:21.22	36.76					
31.			2003 I					+0,86	18:01.05	I	523
	50m: 31.18	31.18	450m: 5:14.72	36.09	850m: 10:06.29	36.83	1250m: 15:00.56	37.22			
	100m: 1:05.79	34.61	500m: 5:50.66	35.94	900m: 10:42.63	36.34	1300m: 15:36.93	36.37			
	150m: 1:40.59	34.80	550m: 6:27.05	36.39	950m: 11:19.39	36.76	1350m: 16:13.36	36.43			
	200m: 2:15.88	35.29	600m: 7:03.25	36.20	1000m: 11:56.36	36.97	1400m: 16:50.23	36.87			
	250m: 2:51.50	35.62	650m: 7:39.64	36.39	1050m: 12:33.20	36.84	1450m: 17:26.41	36.18			
	300m: 3:26.96	35.46	700m: 8:15.91	36.27	1100m: 13:10.01	36.81	1500m: 18:01.05	34.64			
	350m: 4:02.84	35.88	750m: 8:52.82	36.91	1150m: 13:46.93	36.92					
	400m: 4:38.63	35.79	800m: 9:29.46	36.64	1200m: 14:23.34	36.41					
32.			2003					+0,82	18:09.25	I	511
	50m: 31.46	31.46	450m: 5:14.85	36.60	850m: 10:07.00	37.16	1250m: 15:06.68	38.48			
	100m: 1:06.04	34.58	500m: 5:50.59	35.74	900m: 10:43.92	36.92	1300m: 15:43.16	36.48			
	150m: 1:41.21	35.17	550m: 6:27.29	36.70	950m: 11:21.34	37.42	1350m: 16:20.81	37.65			
	200m: 2:16.23	35.02	600m: 7:03.55	36.26	1000m: 11:58.60	37.26	1400m: 16:56.88	36.07			
	250m: 2:51.50	35.27	650m: 7:40.17	36.62	1050m: 12:36.75	38.15	1450m: 17:34.42	37.54			
	300m: 3:26.69	35.19	700m: 8:16.39	36.22	1100m: 13:13.86	37.11	1500m: 18:09.25	34.83			
	350m: 4:02.56	35.87	750m: 8:53.46	37.07	1150m: 13:51.99	38.13					
	400m: 4:38.25	35.69	800m: 9:29.84	36.38	1200m: 14:28.20	36.21					
33.			2004 I					+0,77	18:29.72	I	483
	50m: 30.15	30.15	450m: 5:17.14	37.50	850m: 10:19.08	37.85	1250m: 15:21.75	38.42			
	100m: 1:03.21	33.06	500m: 5:54.80	37.66	900m: 10:56.77	37.69	1300m: 15:59.08	37.33			
	150m: 1:38.51	35.30	550m: 6:32.65	37.85	950m: 11:34.73	37.96	1350m: 16:37.73	38.65			
	200m: 2:13.72	35.21	600m: 7:10.48	37.83	1000m: 12:12.52	37.79	1400m: 17:15.77	38.04			
	250m: 2:49.92	36.20	650m: 7:48.79	38.31	1050m: 12:50.47	37.95	1450m: 17:53.21	37.44			
	300m: 3:25.72	35.80	700m: 8:25.78	36.99	1100m: 13:27.94	37.47	1500m: 18:29.72	36.51			
	350m: 4:02.81	37.09	750m: 9:03.64	37.86	1150m: 14:05.95	38.01					
	400m: 4:39.64	36.83	800m: 9:41.23	37.59	1200m: 14:43.33	37.38					