

III

, 06 - 10 2019

24 , 800m (15-16 )  
08.08.2019 - 13:12

7:46.05 (ITA) 28.07.2009  
7:52.04 11.04.2019

: FINA 2019

	/				R.T.				FINA	
1.	2003				+0,77				<b>8:23.71</b>	723
	50m: 28.46	28.46	250m: 2:34.96	31.85	450m: 4:42.65	32.20	650m: 6:49.87	31.82		
	100m: 59.49	31.03	300m: 3:06.64	31.68	500m: 5:14.31	31.66	700m: 7:21.51	31.64		
	150m: 1:31.28	31.79	350m: 3:38.68	32.04	550m: 5:46.38	32.07	750m: 7:53.02	31.51		
	200m: 2:03.11	31.83	400m: 4:10.45	31.77	600m: 6:18.05	31.67	800m: 8:23.71	30.69		
2.	2003				+0,86				<b>8:31.42</b>	690
	50m: 28.32	28.32	250m: 2:35.03	31.61	450m: 4:43.56	32.26	650m: 6:53.07	32.68		
	100m: 59.49	31.17	300m: 3:07.21	32.18	500m: 5:16.10	32.54	700m: 7:25.66	32.59		
	150m: 1:31.30	31.81	350m: 3:39.30	32.09	550m: 5:47.95	31.85	750m: 7:58.93	33.27		
	200m: 2:03.42	32.12	400m: 4:11.30	32.00	600m: 6:20.39	32.44	800m: 8:31.42	32.49		
3.	2003				+0,83				<b>8:34.27</b>	679
	50m: 29.12	29.12	250m: 2:37.77	32.52	450m: 4:48.40	32.58	650m: 6:58.37	32.41		
	100m: 1:00.68	31.56	300m: 3:10.51	32.74	500m: 5:21.00	32.60	700m: 7:30.76	32.39		
	150m: 1:32.85	32.17	350m: 3:43.25	32.74	550m: 5:53.55	32.55	750m: 8:03.03	32.27		
	200m: 2:05.25	32.40	400m: 4:15.82	32.57	600m: 6:25.96	32.41	800m: 8:34.27	31.24		
4.	2003				+0,75				<b>8:37.37</b>	667
	50m: 28.72	28.72	250m: 2:37.83	33.41	450m: 4:49.46	32.55	650m: 7:01.26	33.00		
	100m: 59.81	31.09	300m: 3:10.77	32.94	500m: 5:22.53	33.07	700m: 7:33.85	32.59		
	150m: 1:31.56	31.75	350m: 3:44.04	33.27	550m: 5:55.34	32.81	750m: 8:06.12	32.27		
	200m: 2:04.42	32.86	400m: 4:16.91	32.87	600m: 6:28.26	32.92	800m: 8:37.37	31.25		
5.	2003				+0,72				<b>8:37.47</b>	666
	50m: 29.53	29.53	250m: 2:39.68	33.12	450m: 4:50.10	32.50	650m: 7:01.20	33.30		
	100m: 1:01.35	31.82	300m: 3:12.24	32.56	500m: 5:22.43	32.33	700m: 7:33.78	32.58		
	150m: 1:34.04	32.69	350m: 3:44.99	32.75	550m: 5:55.14	32.71	750m: 8:06.80	33.02		
	200m: 2:06.56	32.52	400m: 4:17.60	32.61	600m: 6:27.90	32.76	800m: 8:37.47	30.67		
6.	2004				+0,74				<b>8:37.84</b>	665
	50m: 29.84	29.84	250m: 2:40.35	32.59	450m: 4:51.79	32.84	650m: 7:03.29	32.61		
	100m: 1:02.39	32.55	300m: 3:13.36	33.01	500m: 5:24.76	32.97	700m: 7:36.11	32.82		
	150m: 1:34.83	32.44	350m: 3:46.11	32.75	550m: 5:57.62	32.86	750m: 8:07.98	31.87		
	200m: 2:07.76	32.93	400m: 4:18.95	32.84	600m: 6:30.68	33.06	800m: 8:37.84	29.86		
7.	2003				+0,72				<b>8:38.37</b>	663
	50m: 29.74	29.74	250m: 2:38.47	32.80	450m: 4:49.41	32.95	650m: 7:00.98	32.78		
	100m: 1:01.16	31.42	300m: 3:10.88	32.41	500m: 5:22.27	32.86	700m: 7:33.87	32.89		
	150m: 1:33.35	32.19	350m: 3:43.69	32.81	550m: 5:55.10	32.83	750m: 8:06.67	32.80		
	200m: 2:05.67	32.32	400m: 4:16.46	32.77	600m: 6:28.20	33.10	800m: 8:38.37	31.70		
8.	2003				+0,81				<b>8:39.68</b>	658
	50m: 29.79	29.79	250m: 2:40.25	32.73	450m: 4:51.53	33.39	650m: 7:03.35	33.22		
	100m: 1:02.22	32.43	300m: 3:12.71	32.46	500m: 5:24.16	32.63	700m: 7:36.07	32.72		
	150m: 1:35.04	32.82	350m: 3:45.77	33.06	550m: 5:57.52	33.36	750m: 8:09.49	33.42		
	200m: 2:07.52	32.48	400m: 4:18.14	32.37	600m: 6:30.13	32.61	800m: 8:39.68	30.19		
9.	2003				+0,83				<b>8:42.49</b>	647
	50m: 29.24	29.24	250m: 2:39.37	32.99	450m: 4:51.24	32.94	650m: 7:04.36	33.50		
	100m: 1:01.34	32.10	300m: 3:12.49	33.12	500m: 5:24.12	32.88	700m: 7:37.71	33.35		
	150m: 1:33.75	32.41	350m: 3:45.18	32.69	550m: 5:57.50	33.38	750m: 8:10.92	33.21		
	200m: 2:06.38	32.63	400m: 4:18.30	33.12	600m: 6:30.86	33.36	800m: 8:42.49	31.57		
10.	2004				+0,94				<b>8:45.18</b>	638
	50m: 28.81	28.81	250m: 2:37.23	32.39	450m: 4:49.74	33.39	650m: 7:05.81	34.15		
	100m: 1:00.53	31.72	300m: 3:10.24	33.01	500m: 5:23.56	33.82	700m: 7:39.84	34.03		
	150m: 1:32.54	32.01	350m: 3:43.20	32.96	550m: 5:57.76	34.20	750m: 8:13.17	33.33		
	200m: 2:04.84	32.30	400m: 4:16.35	33.15	600m: 6:31.66	33.90	800m: 8:45.18	32.01		

III

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24, 800m				(15-16 )							
								R.T.		FINA	
11.				2004				<b>+0,79</b>	<b>8:48.09</b>		<b>627</b>
50m:	29.48	29.48	250m:	2:41.60	33.38	450m:	4:55.83	33.51	650m:	7:10.10	33.63
100m:	1:02.12	32.64	300m:	3:15.28	33.68	500m:	5:29.64	33.81	700m:	7:43.74	33.64
150m:	1:35.11	32.99	350m:	3:48.76	33.48	550m:	6:03.01	33.37	750m:	8:17.05	33.31
200m:	2:08.22	33.11	400m:	4:22.32	33.56	600m:	6:36.47	33.46	800m:	8:48.09	31.04
12.				2004				<b>+0,81</b>	<b>8:48.31</b>		<b>626</b>
50m:	29.75	29.75	250m:	2:41.43	33.27	450m:	4:55.97	33.81	650m:	7:10.08	33.55
100m:	1:01.83	32.08	300m:	3:15.16	33.73	500m:	5:29.71	33.74	700m:	7:44.07	33.99
150m:	1:34.82	32.99	350m:	3:48.51	33.35	550m:	6:02.75	33.04	750m:	8:17.30	33.23
200m:	2:08.16	33.34	400m:	4:22.16	33.65	600m:	6:36.53	33.78	800m:	8:48.31	31.01
13.				2004				<b>+0,69</b>	<b>8:48.56</b>		<b>625</b>
50m:	29.74	29.74	250m:	2:43.24	33.72	450m:	4:58.98	33.82	650m:	7:13.24	33.21
100m:	1:02.61	32.87	300m:	3:17.30	34.06	500m:	5:32.91	33.93	700m:	7:46.55	33.31
150m:	1:36.06	33.45	350m:	3:51.40	34.10	550m:	6:06.47	33.56	750m:	8:18.63	32.08
200m:	2:09.52	33.46	400m:	4:25.16	33.76	600m:	6:40.03	33.56	800m:	8:48.56	29.93
14.				2003	-			<b>+0,78</b>	<b>8:49.64</b>		<b>622</b>
50m:	29.37	29.37	250m:	2:41.92	33.52	450m:	4:56.45	33.74	650m:	7:11.32	33.91
100m:	1:01.95	32.58	300m:	3:15.22	33.30	500m:	5:29.95	33.50	700m:	7:44.63	33.31
150m:	1:35.02	33.07	350m:	3:49.22	34.00	550m:	6:03.97	34.02	750m:	8:18.15	33.52
200m:	2:08.40	33.38	400m:	4:22.71	33.49	600m:	6:37.41	33.44	800m:	8:49.64	31.49
15.				2004				<b>+0,78</b>	<b>8:51.47</b>		<b>615</b>
50m:	29.79	29.79	250m:	2:41.59	33.21	450m:	4:56.13	33.63	650m:	7:12.95	34.36
100m:	1:02.13	32.34	300m:	3:15.25	33.66	500m:	5:30.27	34.14	700m:	7:47.17	34.22
150m:	1:35.32	33.19	350m:	3:48.85	33.60	550m:	6:04.44	34.17	750m:	8:20.00	32.83
200m:	2:08.38	33.06	400m:	4:22.50	33.65	600m:	6:38.59	34.15	800m:	8:51.47	31.47
16.				2003				<b>+0,93</b>	<b>8:51.94</b>		<b>614</b>
50m:	30.43	30.43	250m:	2:41.81	33.47	450m:	4:57.76	34.48	650m:	7:14.38	34.35
100m:	1:02.50	32.07	300m:	3:15.38	33.57	500m:	5:31.86	34.10	700m:	7:48.01	33.63
150m:	1:35.63	33.13	350m:	3:49.37	33.99	550m:	6:06.06	34.20	750m:	8:21.23	33.22
200m:	2:08.34	32.71	400m:	4:23.28	33.91	600m:	6:40.03	33.97	800m:	8:51.94	30.71
17.				2004				<b>+0,82</b>	<b>8:52.98</b>		<b>610</b>
50m:	28.53	28.53	250m:	2:38.29	33.88	450m:	4:57.56	35.10	650m:	7:15.52	35.18
100m:	59.81	31.28	300m:	3:12.35	34.06	500m:	5:32.30	34.74	700m:	7:49.35	33.83
150m:	1:31.75	31.94	350m:	3:47.47	35.12	550m:	6:06.92	34.62	750m:	8:22.62	33.27
200m:	2:04.41	32.66	400m:	4:22.46	34.99	600m:	6:40.34	33.42	800m:	8:52.98	30.36
18.				2004				<b>+0,70</b>	<b>8:54.26</b>		<b>606</b>
50m:	30.17	30.17	250m:	2:44.10	33.52	450m:	5:00.21	34.34	650m:	7:15.37	33.40
100m:	1:03.29	33.12	300m:	3:18.06	33.96	500m:	5:34.17	33.96	700m:	7:49.27	33.90
150m:	1:36.71	33.42	350m:	3:51.87	33.81	550m:	6:08.26	34.09	750m:	8:22.32	33.05
200m:	2:10.58	33.87	400m:	4:25.87	34.00	600m:	6:41.97	33.71	800m:	8:54.26	31.94
19.				2003				<b>+0,84</b>	<b>8:57.41</b>		<b>595</b>
50m:	29.88	29.88	250m:	2:44.41	33.80	450m:	5:00.59	33.80	650m:	7:17.20	34.05
100m:	1:02.87	32.99	300m:	3:18.61	34.20	500m:	5:34.78	34.19	700m:	7:51.51	34.31
150m:	1:36.45	33.58	350m:	3:52.71	34.10	550m:	6:09.09	34.31	750m:	8:25.25	33.74
200m:	2:10.61	34.16	400m:	4:26.79	34.08	600m:	6:43.15	34.06	800m:	8:57.41	32.16
20.				2003				<b>+0,92</b>	<b>8:59.53</b>		<b>588</b>
50m:	30.14	30.14	250m:	2:43.09	33.93	450m:	4:59.76	34.72	650m:	7:18.13	34.74
100m:	1:02.46	32.32	300m:	3:16.88	33.79	500m:	5:34.18	34.42	700m:	7:52.84	34.71
150m:	1:35.92	33.46	350m:	3:50.81	33.93	550m:	6:09.13	34.95	750m:	8:27.19	34.35
200m:	2:09.16	33.24	400m:	4:25.04	34.23	600m:	6:43.39	34.26	800m:	8:59.53	32.34
21.				2004				<b>+0,68</b>	<b>9:06.33</b>		<b>566</b>
50m:	31.17	31.17	250m:	2:45.52	33.96	450m:	5:03.92	35.33	650m:	7:24.43	35.49
100m:	1:04.79	33.62	300m:	3:19.53	34.01	500m:	5:38.86	34.94	700m:	7:59.72	35.29
150m:	1:37.85	33.06	350m:	3:54.29	34.76	550m:	6:14.36	35.50	750m:	8:34.03	34.31
200m:	2:11.56	33.71	400m:	4:28.59	34.30	600m:	6:48.94	34.58	800m:	9:06.33	32.30

