

, 18 - 21 2020

40  
21.02.2020 - 12:34 , 1500m

16:13.13 (ESP) 22.07.2003  
16:13.13 (ESP) 22.07.2003

: FINA 2020

							R.T.				FINA
1.	2002			- 1			<b>16:41.46</b>				<b>776</b>
50m:	29.88	29.88	450m:	4:54.67	33.27	850m:	9:22.57	33.86	1250m:	13:53.67	34.09
100m:	1:03.50	33.62	500m:	5:27.78	33.11	900m:	9:56.15	33.58	1300m:	14:27.52	33.85
150m:	1:35.59	32.09	550m:	6:01.28	33.50	950m:	10:29.89	33.74	1350m:	15:01.89	34.37
200m:	2:08.72	33.13	600m:	6:34.80	33.52	1000m:	11:03.53	33.64	1400m:	15:35.57	33.68
250m:	2:41.69	32.97	650m:	7:08.21	33.41	1050m:	11:37.48	33.95	1450m:	16:09.24	33.67
300m:	3:14.92	33.23	700m:	7:41.55	33.34	1100m:	12:11.39	33.91	1500m:	16:41.46	32.22
350m:	3:47.99	33.07	750m:	8:15.18	33.63	1150m:	12:45.57	34.18			
400m:	4:21.40	33.41	800m:	8:48.71	33.53	1200m:	13:19.58	34.01			
2.	2002			- 1			<b>17:00.86</b>				<b>733</b>
50m:	30.97	30.97	450m:	5:07.12	33.93	850m:	9:40.85	34.35	1250m:	14:14.64	34.33
100m:	1:05.45	34.48	500m:	5:41.73	34.61	900m:	10:15.42	34.57	1300m:	14:49.60	34.96
150m:	1:40.39	34.94	550m:	6:15.53	33.80	950m:	10:49.78	34.36	1350m:	15:23.40	33.80
200m:	2:15.20	34.81	600m:	6:50.07	34.54	1000m:	11:24.10	34.32	1400m:	15:57.25	33.85
250m:	2:49.83	34.63	650m:	7:23.81	33.74	1050m:	11:58.14	34.04	1450m:	16:29.30	32.05
300m:	3:24.44	34.61	700m:	7:58.18	34.37	1100m:	12:32.23	34.09	1500m:	17:00.86	31.56
350m:	3:59.12	34.68	750m:	8:32.08	33.90	1150m:	13:06.15	33.92			
400m:	4:33.19	34.07	800m:	9:06.50	34.42	1200m:	13:40.31	34.16			
3.	2005			- 1			<b>17:02.73</b>				<b>729</b>
50m:	31.30	31.30	450m:	5:05.35	34.05	850m:	9:40.45	34.16	1250m:	14:14.48	33.93
100m:	1:05.17	33.87	500m:	5:39.79	34.44	900m:	10:14.84	34.39	1300m:	14:48.57	34.09
150m:	1:39.40	34.23	550m:	6:14.03	34.24	950m:	10:49.17	34.33	1350m:	15:22.64	34.07
200m:	2:13.79	34.39	600m:	6:48.47	34.44	1000m:	11:23.67	34.50	1400m:	15:56.67	34.03
250m:	2:48.19	34.40	650m:	7:22.80	34.33	1050m:	11:58.14	34.47	1450m:	16:30.18	33.51
300m:	3:22.51	34.32	700m:	7:57.47	34.67	1100m:	12:32.26	34.12	1500m:	17:02.73	32.55
350m:	3:56.63	34.12	750m:	8:32.07	34.60	1150m:	13:06.43	34.17			
400m:	4:31.30	34.67	800m:	9:06.29	34.22	1200m:	13:40.55	34.12			
4.	2003			- 1			<b>17:19.17</b>				<b>694</b>
50m:	31.13	31.13	450m:	5:05.16	34.70	850m:	9:42.62	35.00	1250m:	14:23.90	34.98
100m:	1:05.06	33.93	500m:	5:39.34	34.18	900m:	10:17.50	34.88	1300m:	14:59.24	35.34
150m:	1:39.42	34.36	550m:	6:14.07	34.73	950m:	10:52.92	35.42	1350m:	15:34.62	35.38
200m:	2:13.62	34.20	600m:	6:48.66	34.59	1000m:	11:28.11	35.19	1400m:	16:09.72	35.10
250m:	2:48.22	34.60	650m:	7:23.31	34.65	1050m:	12:03.22	35.11	1450m:	16:45.07	35.35
300m:	3:22.09	33.87	700m:	7:57.94	34.63	1100m:	12:38.41	35.19	1500m:	17:19.17	34.10
350m:	3:56.50	34.41	750m:	8:32.71	34.77	1150m:	13:13.69	35.28			
400m:	4:30.46	33.96	800m:	9:07.62	34.91	1200m:	13:48.92	35.23			
5.	2006			- 1			<b>17:40.60</b>				<b>653</b>
50m:	31.52	31.52	450m:	5:15.46	35.21	850m:	10:03.19	35.30	1250m:	14:46.15	35.61
100m:	1:06.51	34.99	500m:	5:52.20	36.74	900m:	10:38.58	35.39	1300m:	15:22.04	35.89
150m:	1:41.42	34.91	550m:	6:27.37	35.17	950m:	11:13.78	35.20	1350m:	15:57.14	35.10
200m:	2:17.48	36.06	600m:	7:03.90	36.53	1000m:	11:49.32	35.54	1400m:	16:32.63	35.49
250m:	2:52.68	35.20	650m:	7:39.78	35.88	1050m:	12:24.22	34.90	1450m:	17:06.67	34.04
300m:	3:28.55	35.87	700m:	8:16.14	36.36	1100m:	12:59.94	35.72	1500m:	17:40.60	33.93
350m:	4:04.24	35.69	750m:	8:51.62	35.48	1150m:	13:35.20	35.26			
400m:	4:40.25	36.01	800m:	9:27.89	36.27	1200m:	14:10.54	35.34			

40, , 1500m

					R.T.				FINA							
6.	2004				<b>17:47.67</b>				640							
50m:	31.40	31.40	450m:	5:09.74	35.56	850m:	9:58.28	35.61	1250m:	14:48.24	36.48					
100m:	1:05.54	34.14	500m:	5:45.41	35.67	900m:	10:34.24	35.96	1300m:	15:24.68	36.44					
150m:	1:40.14	34.60	550m:	6:21.37	35.96	950m:	11:10.08	35.84	1350m:	16:00.78	36.10					
200m:	2:14.58	34.44	600m:	6:57.76	36.39	1000m:	11:46.33	36.25	1400m:	16:36.78	36.00					
250m:	2:49.23	34.65	650m:	7:34.04	36.28	1050m:	12:22.50	36.17	1450m:	17:12.69	35.91					
300m:	3:23.86	34.63	700m:	8:10.15	36.11	1100m:	12:58.78	36.28	1500m:	17:47.67	34.98					
350m:	3:58.90	35.04	750m:	8:46.55	36.40	1150m:	13:35.38	36.60								
400m:	4:34.18	35.28	800m:	9:22.67	36.12	1200m:	14:11.76	36.38								
7.	2005				<b>- 1</b>				<b>17:49.68</b>				637			
50m:	31.54	31.54	450m:	5:16.01	36.66	850m:	10:01.24	35.79	1250m:	14:50.36	36.12					
100m:	1:06.42	34.88	500m:	5:52.18	36.17	900m:	10:36.79	35.55	1300m:	15:27.00	36.64					
150m:	1:41.06	34.64	550m:	6:28.69	36.51	950m:	11:12.87	36.08	1350m:	16:03.12	36.12					
200m:	2:16.11	35.05	600m:	7:04.61	35.92	1000m:	11:48.85	35.98	1400m:	16:39.54	36.42					
250m:	2:51.47	35.36	650m:	7:40.18	35.57	1050m:	12:24.49	35.64	1450m:	17:15.02	35.48					
300m:	3:26.90	35.43	700m:	8:15.63	35.45	1100m:	13:00.71	36.22	1500m:	17:49.68	34.66					
350m:	4:03.12	36.22	750m:	8:50.00	34.37	1150m:	13:37.28	36.57								
400m:	4:39.35	36.23	800m:	9:25.45	35.45	1200m:	14:14.24	36.96								
8.	2005				<b>18:00.30</b>				618							
50m:	32.11	32.11	450m:	5:16.56	35.98	850m:	10:05.46	36.84	1250m:	14:59.50	37.08					
100m:	1:06.69	34.58	500m:	5:52.45	35.89	900m:	10:41.87	36.41	1300m:	15:35.84	36.34					
150m:	1:42.13	35.44	550m:	6:28.42	35.97	950m:	11:18.94	37.07	1350m:	16:12.86	37.02					
200m:	2:17.31	35.18	600m:	7:04.23	35.81	1000m:	11:55.41	36.47	1400m:	16:49.08	36.22					
250m:	2:53.04	35.73	650m:	7:40.33	36.10	1050m:	12:32.49	37.08	1450m:	17:25.59	36.51					
300m:	3:28.55	35.51	700m:	8:15.87	35.54	1100m:	13:09.13	36.64	1500m:	18:00.30	34.71					
350m:	4:04.68	36.13	750m:	8:52.38	36.51	1150m:	13:45.90	36.77								
400m:	4:40.58	35.90	800m:	9:28.62	36.24	1200m:	14:22.42	36.52								
9.	2003				<b>18:06.78</b>				607							
50m:	32.01	32.01	450m:	5:23.67	36.55	850m:	10:16.13	37.07	1250m:	15:06.22	36.55					
100m:	1:08.07	36.06	500m:	6:00.16	36.49	900m:	10:52.18	36.05	1300m:	15:42.24	36.02					
150m:	1:44.79	36.72	550m:	6:36.56	36.40	950m:	11:28.93	36.75	1350m:	16:19.67	37.43					
200m:	2:21.57	36.78	600m:	7:12.82	36.26	1000m:	12:04.84	35.91	1400m:	16:55.72	36.05					
250m:	2:58.08	36.51	650m:	7:49.28	36.46	1050m:	12:41.14	36.30	1450m:	17:32.03	36.31					
300m:	3:34.49	36.41	700m:	8:25.86	36.58	1100m:	13:17.11	35.97	1500m:	18:06.78	34.75					
350m:	4:10.87	36.38	750m:	9:02.55	36.69	1150m:	13:53.44	36.33								
400m:	4:47.12	36.25	800m:	9:39.06	36.51	1200m:	14:29.67	36.23								
10.	2001				<b>- 2</b>				<b>18:09.27</b>				603			
50m:	31.79	31.79	450m:	5:19.12	36.12	850m:	10:10.23	36.95	1250m:	15:06.24	37.36					
100m:	1:06.65	34.86	500m:	5:55.17	36.05	900m:	10:47.27	37.04	1300m:	15:43.46	37.22					
150m:	1:42.45	35.80	550m:	6:31.27	36.10	950m:	11:24.41	37.14	1350m:	16:20.46	37.00					
200m:	2:18.41	35.96	600m:	7:07.35	36.08	1000m:	12:01.00	36.59	1400m:	16:57.67	37.21					
250m:	2:54.53	36.12	650m:	7:43.53	36.18	1050m:	12:37.87	36.87	1450m:	17:33.88	36.21					
300m:	3:30.50	35.97	700m:	8:20.02	36.49	1100m:	13:14.72	36.85	1500m:	18:09.27	35.39					
350m:	4:06.68	36.18	750m:	8:56.71	36.69	1150m:	13:51.68	36.96								
400m:	4:43.00	36.32	800m:	9:33.28	36.57	1200m:	14:28.88	37.20								

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40,		, 1500m						R.T.		FINA		
11.				2003				- 1	<b>18:16.99</b>		590	
	50m:	33.02	33.02	450m:	5:23.87	36.49	850m:	10:16.39	36.89	1250m:	15:13.54	37.51
	100m:	1:08.59	35.57	500m:	6:00.23	36.36	900m:	10:53.00	36.61	1300m:	15:50.54	37.00
	150m:	1:45.13	36.54	550m:	6:36.58	36.35	950m:	11:29.90	36.90	1350m:	16:28.01	37.47
	200m:	2:21.57	36.44	600m:	7:12.99	36.41	1000m:	12:06.85	36.95	1400m:	17:04.87	36.86
	250m:	2:57.99	36.42	650m:	7:49.37	36.38	1050m:	12:44.30	37.45	1450m:	17:41.45	36.58
	300m:	3:34.58	36.59	700m:	8:26.00	36.63	1100m:	13:21.48	37.18	1500m:	18:16.99	35.54
	350m:	4:10.96	36.38	750m:	9:02.59	36.59	1150m:	13:58.79	37.31			
	400m:	4:47.38	36.42	800m:	9:39.50	36.91	1200m:	14:36.03	37.24			
12.				2004				- 1	<b>18:24.06</b>		579	
	50m:	32.15	32.15	450m:	5:24.52	37.75	850m:	10:20.62	37.18	1250m:	15:21.42	37.58
	100m:	1:06.73	34.58	500m:	6:01.03	36.51	900m:	10:57.56	36.94	1300m:	15:58.71	37.29
	150m:	1:43.03	36.30	550m:	6:38.30	37.27	950m:	11:35.29	37.73	1350m:	16:35.92	37.21
	200m:	2:19.34	36.31	600m:	7:15.09	36.79	1000m:	12:13.12	37.83	1400m:	17:11.89	35.97
	250m:	2:56.23	36.89	650m:	7:52.85	37.76	1050m:	12:51.25	38.13	1450m:	17:48.81	36.92
	300m:	3:32.63	36.40	700m:	8:29.85	37.00	1100m:	13:28.73	37.48	1500m:	18:24.06	35.25
	350m:	4:09.58	36.95	750m:	9:06.97	37.12	1150m:	14:07.14	38.41			
	400m:	4:46.77	37.19	800m:	9:43.44	36.47	1200m:	14:43.84	36.70			
13.				2004				- 2	<b>18:25.96</b>		576	
	50m:	33.31	33.31	450m:	5:25.89	37.61	850m:	10:24.59	37.68	1250m:	15:24.02	37.76
	100m:	1:08.09	34.78	500m:	6:02.46	36.57	900m:	11:01.45	36.86	1300m:	16:00.37	36.35
	150m:	1:44.64	36.55	550m:	6:40.11	37.65	950m:	11:39.46	38.01	1350m:	16:37.59	37.22
	200m:	2:20.62	35.98	600m:	7:17.06	36.95	1000m:	12:16.65	37.19	1400m:	17:14.33	36.74
	250m:	2:58.19	37.57	650m:	7:55.00	37.94	1050m:	12:54.23	37.58	1450m:	17:50.49	36.16
	300m:	3:34.46	36.27	700m:	8:32.19	37.19	1100m:	13:31.23	37.00	1500m:	18:25.96	35.47
	350m:	4:12.18	37.72	750m:	9:09.97	37.78	1150m:	14:08.84	37.61			
	400m:	4:48.28	36.10	800m:	9:46.91	36.94	1200m:	14:46.26	37.42			
14.				2005				- 2	<b>18:35.81</b>		561	
	100m:	1:13.14	1:13.14	500m:	6:06.57	1:14.74	900m:	11:07.02	1:15.68	1300m:	16:08.23	1:14.84
	200m:	2:22.73	1:09.59	600m:	7:21.96	1:15.39	1000m:	12:22.79	1:15.77	1400m:	17:22.94	1:14.71
	300m:	3:37.07	1:14.34	700m:	8:36.28	1:14.32	1100m:	13:37.74	1:14.95	1500m:	18:35.81	1:12.87
	400m:	4:51.83	1:14.76	800m:	9:51.34	1:15.06	1200m:	14:53.39	1:15.65			
15.				2005				- 1	<b>18:39.01</b>		556	
	50m:	32.59	32.59	450m:	5:25.24	37.21	850m:	10:25.70	38.11	1250m:	15:29.98	37.93
	100m:	1:08.09	35.50	500m:	6:02.16	36.92	900m:	11:03.48	37.78	1300m:	16:08.26	38.28
	150m:	1:44.70	36.61	550m:	6:39.69	37.53	950m:	11:41.94	38.46	1350m:	16:46.71	38.45
	200m:	2:21.17	36.47	600m:	7:16.98	37.29	1000m:	12:19.80	37.86	1400m:	17:24.92	38.21
	250m:	2:57.78	36.61	650m:	7:54.60	37.62	1050m:	12:58.14	38.34	1450m:	18:03.32	38.40
	300m:	3:34.12	36.34	700m:	8:31.90	37.30	1100m:	13:35.85	37.71	1500m:	18:39.01	35.69
	350m:	4:11.09	36.97	750m:	9:09.96	38.06	1150m:	14:14.28	38.43			
	400m:	4:48.03	36.94	800m:	9:47.59	37.63	1200m:	14:52.05	37.77			
16.				2006				- 1	<b>18:39.42</b>		555	
	50m:	32.77	32.77	450m:	5:30.41	37.46	850m:	10:30.65	37.16	1250m:	15:32.83	37.65
	100m:	1:08.89	36.12	500m:	6:07.93	37.52	900m:	11:08.34	37.69	1300m:	16:10.96	38.13
	150m:	1:45.85	36.96	550m:	6:44.94	37.01	950m:	11:46.09	37.75	1350m:	16:48.54	37.58
	200m:	2:22.61	36.76	600m:	7:22.70	37.76	1000m:	12:23.69	37.60	1400m:	17:25.98	37.44
	250m:	3:00.17	37.56	650m:	8:00.33	37.63	1050m:	13:01.86	38.17	1450m:	18:02.90	36.92
	300m:	3:37.94	37.77	700m:	8:38.12	37.79	1100m:	13:39.55	37.69	1500m:	18:39.42	36.52
	350m:	4:15.51	37.57	750m:	9:15.72	37.60	1150m:	14:17.28	37.73			
	400m:	4:52.95	37.44	800m:	9:53.49	37.77	1200m:	14:55.18	37.90			

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	40,	, 1500m						R.T.		FINA		
17.			2005			- 1		<b>18:52.37</b>		537		
	50m:	33.19	33.19	450m:	5:33.62	38.30	850m:	10:37.20	38.05	1250m:	15:42.89	38.99
	100m:	1:09.46	36.27	500m:	6:11.05	37.43	900m:	11:14.76	37.56	1300m:	16:21.60	38.71
	150m:	1:46.81	37.35	550m:	6:48.95	37.90	950m:	11:53.28	38.52	1350m:	17:00.51	38.91
	200m:	2:24.07	37.26	600m:	7:26.35	37.40	1000m:	12:31.12	37.84	1400m:	17:38.84	38.33
	250m:	3:02.34	38.27	650m:	8:05.16	38.81	1050m:	13:09.31	38.19	1450m:	18:16.30	37.46
	300m:	3:39.98	37.64	700m:	8:42.94	37.78	1100m:	13:47.22	37.91	1500m:	18:52.37	36.07
	350m:	4:18.05	38.07	750m:	9:21.39	38.45	1150m:	14:25.67	38.45			
	400m:	4:55.32	37.27	800m:	9:59.15	37.76	1200m:	15:03.90	38.23			
18.			2006				- 2		<b>18:54.31  </b>	534		
	50m:	33.98	33.98	450m:	5:32.60	37.52	850m:	10:38.26	38.28	1250m:	15:44.63	38.37
	100m:	1:10.60	36.62	500m:	6:10.35	37.75	900m:	11:16.50	38.24	1300m:	16:23.08	38.45
	150m:	1:47.79	37.19	550m:	6:48.02	37.67	950m:	11:54.73	38.23	1350m:	17:00.13	37.05
	200m:	2:24.99	37.20	600m:	7:26.21	38.19	1000m:	12:32.83	38.10	1400m:	17:37.02	36.89
	250m:	3:02.22	37.23	650m:	8:04.59	38.38	1050m:	13:11.36	38.53	1450m:	18:17.39	40.37
	300m:	3:39.78	37.56	700m:	8:43.13	38.54	1100m:	13:50.00	38.64	1500m:	18:54.31	36.92
	350m:	4:17.40	37.62	750m:	9:21.38	38.25	1150m:	14:28.39	38.39			
	400m:	4:55.08	37.68	800m:	9:59.98	38.60	1200m:	15:06.26	37.87			
19.			2005				- 1		<b>18:58.12  </b>	529		
	50m:	33.69	33.69	450m:	5:27.29	37.70	850m:	10:31.61	38.83	1250m:	15:44.27	39.77
	100m:	1:08.89	35.20	500m:	6:04.11	36.82	900m:	11:09.87	38.26	1300m:	16:23.17	38.90
	150m:	1:45.67	36.78	550m:	6:42.10	37.99	950m:	11:49.85	39.98	1350m:	17:02.84	39.67
	200m:	2:21.62	35.95	600m:	7:19.07	36.97	1000m:	12:28.49	38.64	1400m:	17:41.64	38.80
	250m:	2:58.99	37.37	650m:	7:57.45	38.38	1050m:	13:07.85	39.36	1450m:	18:20.58	38.94
	300m:	3:35.53	36.54	700m:	8:35.54	38.09	1100m:	13:46.18	38.33	1500m:	18:58.12	37.54
	350m:	4:12.93	37.40	750m:	9:14.34	38.80	1150m:	14:25.41	39.23			
	400m:	4:49.59	36.66	800m:	9:52.78	38.44	1200m:	15:04.50	39.09			
20.			2004				- 1		<b>19:20.60  </b>	498		
	50m:	34.12	34.12	450m:	5:41.88	39.05	850m:	10:54.22	39.12	1250m:	16:07.07	39.20
	100m:	1:11.34	37.22	500m:	6:21.15	39.27	900m:	11:32.85	38.63	1300m:	16:46.73	39.66
	150m:	1:49.68	38.34	550m:	7:00.07	38.92	950m:	12:12.26	39.41	1350m:	17:25.68	38.95
	200m:	2:28.10	38.42	600m:	7:39.21	39.14	1000m:	12:50.84	38.58	1400m:	18:05.30	39.62
	250m:	3:06.16	38.06	650m:	8:18.51	39.30	1050m:	13:30.18	39.34	1450m:	18:43.69	38.39
	300m:	3:45.00	38.84	700m:	8:57.69	39.18	1100m:	14:09.14	38.96	1500m:	19:20.60	36.91
	350m:	4:24.24	39.24	750m:	9:36.71	39.02	1150m:	14:48.56	39.42			
	400m:	5:02.83	38.59	800m:	10:15.10	38.39	1200m:	15:27.87	39.31			
21.			2004						<b>19:23.66  </b>	494		
	50m:	32.70	32.70	450m:	5:39.48	39.00	850m:	10:54.81	39.98	1250m:	16:12.64	39.56
	100m:	1:09.32	36.62	500m:	6:18.66	39.18	900m:	11:34.28	39.47	1300m:	16:52.26	39.62
	150m:	1:47.25	37.93	550m:	6:58.27	39.61	950m:	12:14.02	39.74	1350m:	17:30.62	38.36
	200m:	2:25.46	38.21	600m:	7:37.10	38.83	1000m:	12:54.12	40.10	1400m:	18:09.84	39.22
	250m:	3:04.12	38.66	650m:	8:16.27	39.17	1050m:	13:34.02	39.90	1450m:	18:47.96	38.12
	300m:	3:42.78	38.66	700m:	8:55.69	39.42	1100m:	14:13.49	39.47	1500m:	19:23.66	35.70
	350m:	4:21.59	38.81	750m:	9:35.39	39.70	1150m:	14:52.88	39.39			
	400m:	5:00.48	38.89	800m:	10:14.83	39.44	1200m:	15:33.08	40.20			
22.			2005				- 1		<b>19:40.43  </b>	474		
	100m:	1:13.70	1:13.70	500m:	6:29.79	1:17.39	900m:	11:46.06	1:18.89	1300m:	17:04.11	1:20.08
	200m:	2:33.16	1:19.46	600m:	7:48.69	1:18.90	1000m:	13:05.02	1:18.96	1400m:	15:23.83	
	300m:	3:52.76	1:19.60	700m:	9:07.11	1:18.42	1100m:	14:24.09	1:19.07	1500m:	19:40.43	4:16.60
	400m:	5:12.40	1:19.64	800m:	10:27.17	1:20.06	1200m:	15:44.03	1:19.94			

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							R.T.		FINA			
23.			2004				<b>19:53.22</b>		459			
	50m:	34.07	34.07	450m:	5:47.36	40.32	850m:	11:07.06	41.24	1250m:	16:34.31	42.20
	100m:	1:12.13	38.06	500m:	6:27.05	39.69	900m:	11:47.85	40.79	1300m:	17:14.78	40.47
	150m:	1:52.05	39.92	550m:	7:06.63	39.58	950m:	12:28.15	40.30	1350m:	17:56.26	41.48
	200m:	2:30.58	38.53	600m:	7:45.87	39.24	1000m:	13:08.88	40.73	1400m:	18:36.20	39.94
	250m:	3:10.29	39.71	650m:	8:26.40	40.53	1050m:	13:49.91	41.03	1450m:	19:16.26	40.06
	300m:	3:48.81	38.52	700m:	9:05.54	39.14	1100m:	14:30.18	40.27	1500m:	19:53.22	36.96
	350m:	4:28.70	39.89	750m:	9:46.49	40.95	1150m:	15:12.41	42.23			
	400m:	5:07.04	38.34	800m:	10:25.82	39.33	1200m:	15:52.11	39.70			
24.			2007				<b>19:54.29</b>		457			
	50m:	34.80	34.80	450m:	5:49.84	39.46	850m:	11:12.67	40.25	1250m:	16:36.38	40.04
	100m:	1:12.32	37.52	500m:	6:30.69	40.85	900m:	11:53.19	40.52	1300m:	17:17.05	40.67
	150m:	1:50.91	38.59	550m:	7:10.43	39.74	950m:	12:33.03	39.84	1350m:	17:56.72	39.67
	200m:	2:30.09	39.18	600m:	7:51.42	40.99	1000m:	13:14.02	40.99	1400m:	18:37.21	40.49
	250m:	3:09.16	39.07	650m:	8:31.28	39.86	1050m:	13:54.66	40.64	1450m:	19:16.60	39.39
	300m:	3:49.60	40.44	700m:	9:12.38	41.10	1100m:	14:35.47	40.81	1500m:	19:54.29	37.69
	350m:	4:29.63	40.03	750m:	9:51.26	38.88	1150m:	15:15.53	40.06			
	400m:	5:10.38	40.75	800m:	10:32.42	41.16	1200m:	15:56.34	40.81			
25.			2006				<b>20:04.88</b>		445			
	50m:	33.27	33.27	450m:	5:49.87	40.74	850m:	11:13.79	41.05	1250m:	16:43.41	41.19
	100m:	1:10.05	36.78	500m:	6:30.52	40.65	900m:	11:55.07	41.28	1300m:	17:24.32	40.91
	150m:	1:48.20	38.15	550m:	7:11.43	40.91	950m:	12:36.54	41.47	1350m:	18:04.65	40.33
	200m:	2:27.65	39.45	600m:	7:52.33	40.90	1000m:	13:17.48	40.94	1400m:	18:44.67	40.02
	250m:	3:07.28	39.63	650m:	8:32.88	40.55	1050m:	13:59.10	41.62	1450m:	19:25.08	40.41
	300m:	3:47.29	40.01	700m:	9:13.44	40.56	1100m:	14:40.08	40.98	1500m:	20:04.88	39.80
	350m:	4:27.75	40.46	750m:	9:53.13	39.69	1150m:	15:21.13	41.05			
	400m:	5:09.13	41.38	800m:	10:32.74	39.61	1200m:	16:02.22	41.09			
26.			2006				<b>20:04.92</b>		445			
	50m:	33.50	33.50	450m:	5:50.91	41.33	850m:	11:20.31	41.53	1250m:	16:47.00	40.61
	100m:	1:11.04	37.54	500m:	6:31.21	40.30	900m:	12:01.09	40.78	1300m:	17:27.29	40.29
	150m:	1:50.45	39.41	550m:	7:12.68	41.47	950m:	12:42.30	41.21	1350m:	18:07.83	40.54
	200m:	2:30.39	39.94	600m:	7:53.79	41.11	1000m:	13:23.11	40.81	1400m:	18:46.86	39.03
	250m:	3:09.99	39.60	650m:	8:35.31	41.52	1050m:	14:04.65	41.54	1450m:	19:26.49	39.63
	300m:	3:49.30	39.31	700m:	9:16.07	40.76	1100m:	14:44.61	39.96	1500m:	20:04.92	38.43
	350m:	4:29.09	39.79	750m:	9:57.67	41.60	1150m:	15:25.68	41.07			
	400m:	5:09.58	40.49	800m:	10:38.78	41.11	1200m:	16:06.39	40.71			
27.			2003				<b>20:23.99</b>		425			
	50m:	34.64	34.64	450m:	5:59.01	41.45	850m:	11:29.34	42.24	1250m:	17:01.98	42.56
	100m:	1:13.79	39.15	500m:	6:39.74	40.73	900m:	12:10.01	40.67	1300m:	17:43.32	41.34
	150m:	1:54.14	40.35	550m:	7:20.76	41.02	950m:	12:51.76	41.75	1350m:	18:25.55	42.23
	200m:	2:35.04	40.90	600m:	8:00.54	39.78	1000m:	13:33.31	41.55	1400m:	19:06.76	41.21
	250m:	3:15.86	40.82	650m:	8:42.19	41.65	1050m:	14:14.79	41.48	1450m:	19:46.84	40.08
	300m:	3:56.24	40.38	700m:	9:23.73	41.54	1100m:	14:55.83	41.04	1500m:	20:23.99	37.15
	350m:	4:37.02	40.78	750m:	10:05.52	41.79	1150m:	15:37.94	42.11			
	400m:	5:17.56	40.54	800m:	10:47.10	41.58	1200m:	16:19.42	41.48			

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								R.T.		FINA		
28.			2007					<b>20:26.66</b>		<b>422</b>		
	50m:	35.29	35.29	450m:	6:04.76	40.53	850m:	11:35.61	41.01	1250m:	17:05.21	41.04
	100m:	1:16.29	41.00	500m:	6:46.08	41.32	900m:	12:16.96	41.35	1300m:	17:45.94	40.73
	150m:	1:57.98	41.69	550m:	7:27.37	41.29	950m:	12:58.61	41.65	1350m:	18:26.95	41.01
	200m:	2:40.02	42.04	600m:	8:08.43	41.06	1000m:	13:39.63	41.02	1400m:	19:08.34	41.39
	250m:	3:20.53	40.51	650m:	8:49.88	41.45	1050m:	14:21.30	41.67	1450m:	19:48.59	40.25
	300m:	4:01.05	40.52	700m:	9:31.53	41.65	1100m:	15:02.80	41.50	1500m:	20:26.66	38.07
	350m:	4:42.31	41.26	750m:	10:12.43	40.90	1150m:	15:42.96	40.16			
	400m:	5:24.23	41.92	800m:	10:54.60	42.17	1200m:	16:24.17	41.21			
29.			2007					<b>21:28.82</b>		<b>364</b>		
	50m:	34.49	34.49	450m:	6:14.52	42.08	850m:	12:02.85	43.30	1250m:	17:54.99	43.80
	100m:	1:14.56	40.07	500m:	6:58.24	43.72	900m:	12:46.99	44.14	1300m:	18:38.94	43.95
	150m:	1:57.48	42.92	550m:	7:41.26	43.02	950m:	13:30.72	43.73	1350m:	19:22.61	43.67
	200m:	2:40.57	43.09	600m:	8:24.25	42.99	1000m:	14:14.92	44.20	1400m:	20:06.12	43.51
	250m:	3:23.48	42.91	650m:	9:08.69	44.44	1050m:	14:59.04	44.12	1450m:	20:48.83	42.71
	300m:	4:06.53	43.05	700m:	9:51.65	42.96	1100m:	15:43.44	44.40	1500m:	21:28.82	39.99
	350m:	4:49.48	42.95	750m:	10:36.37	44.72	1150m:	16:27.35	43.91			
	400m:	5:32.44	42.96	800m:	11:19.55	43.18	1200m:	17:11.19	43.84			
30.			2006					<b>21:34.09</b>		<b>359</b>		
	50m:	35.43	35.43	450m:	6:13.37	43.80	850m:	12:00.13	44.94	1250m:	17:57.51	44.98
	100m:	1:15.86	40.43	500m:	6:55.63	42.26	900m:	12:44.08	43.95	1300m:	18:40.69	43.18
	150m:	1:58.92	43.06	550m:	7:38.57	42.94	950m:	13:29.35	45.27	1350m:	19:25.40	44.71
	200m:	2:40.75	41.83	600m:	8:20.88	42.31	1000m:	14:14.04	44.69	1400m:	20:08.04	42.64
	250m:	3:22.85	42.10	650m:	9:04.70	43.82	1050m:	14:59.14	45.10	1450m:	20:52.25	44.21
	300m:	4:05.03	42.18	700m:	9:48.74	44.04	1100m:	15:43.02	43.88	1500m:	21:34.09	41.84
	350m:	4:47.78	42.75	750m:	10:31.91	43.17	1150m:	16:29.00	45.98			
	400m:	5:29.57	41.79	800m:	11:15.19	43.28	1200m:	17:12.53	43.53			
31.			2004					<b>22:07.82</b>		<b>333</b>		
	50m:	35.77	35.77	450m:	6:19.24	45.49	850m:	12:19.47	46.58	1250m:	18:24.43	46.65
	100m:	1:14.81	39.04	500m:	7:02.58	43.34	900m:	13:04.61	45.14	1300m:	19:09.87	45.44
	150m:	1:57.40	42.59	550m:	7:48.84	46.26	950m:	13:49.51	44.90	1350m:	19:55.05	45.18
	200m:	2:40.00	42.60	600m:	8:33.84	45.00	1000m:	14:35.00	45.49	1400m:	20:40.01	44.96
	250m:	3:22.94	42.94	650m:	9:17.55	43.71	1050m:	15:20.86	45.86	1450m:	21:25.04	45.03
	300m:	4:06.27	43.33	700m:	10:01.38	43.83	1100m:	16:06.50	45.64	1500m:	22:07.82	42.78
	350m:	4:50.49	44.22	750m:	10:47.77	46.39	1150m:	16:52.55	46.05			
	400m:	5:33.75	43.26	800m:	11:32.89	45.12	1200m:	17:37.78	45.23			

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40 , 1500m (15-17 )  
21.02.2020 - 12:34

16:13.13 (ESP) 22.07.2003  
16:13.13 (ESP) 22.07.2003

: FINA 2020

	/				R.T.				FINA				
<b>1.</b>	<b>2005</b>				<b>- 1</b>				<b>17:02.73</b>				<b>729</b>
50m:	31.30	31.30	450m:	5:05.35	34.05	850m:	9:40.45	34.16	1250m:	14:14.48	33.93		
100m:	1:05.17	33.87	500m:	5:39.79	34.44	900m:	10:14.84	34.39	1300m:	14:48.57	34.09		
150m:	1:39.40	34.23	550m:	6:14.03	34.24	950m:	10:49.17	34.33	1350m:	15:22.64	34.07		
200m:	2:13.79	34.39	600m:	6:48.47	34.44	1000m:	11:23.67	34.50	1400m:	15:56.67	34.03		
250m:	2:48.19	34.40	650m:	7:22.80	34.33	1050m:	11:58.14	34.47	1450m:	16:30.18	33.51		
300m:	3:22.51	34.32	700m:	7:57.47	34.67	1100m:	12:32.26	34.12	1500m:	17:02.73	32.55		
350m:	3:56.63	34.12	750m:	8:32.07	34.60	1150m:	13:06.43	34.17					
400m:	4:31.30	34.67	800m:	9:06.29	34.22	1200m:	13:40.55	34.12					
<b>2.</b>	<b>2003</b>				<b>- 1</b>				<b>17:19.17</b>				<b>694</b>
50m:	31.13	31.13	450m:	5:05.16	34.70	850m:	9:42.62	35.00	1250m:	14:23.90	34.98		
100m:	1:05.06	33.93	500m:	5:39.34	34.18	900m:	10:17.50	34.88	1300m:	14:59.24	35.34		
150m:	1:39.42	34.36	550m:	6:14.07	34.73	950m:	10:52.92	35.42	1350m:	15:34.62	35.38		
200m:	2:13.62	34.20	600m:	6:48.66	34.59	1000m:	11:28.11	35.19	1400m:	16:09.72	35.10		
250m:	2:48.22	34.60	650m:	7:23.31	34.65	1050m:	12:03.22	35.11	1450m:	16:45.07	35.35		
300m:	3:22.09	33.87	700m:	7:57.94	34.63	1100m:	12:38.41	35.19	1500m:	17:19.17	34.10		
350m:	3:56.50	34.41	750m:	8:32.71	34.77	1150m:	13:13.69	35.28					
400m:	4:30.46	33.96	800m:	9:07.62	34.91	1200m:	13:48.92	35.23					
<b>3.</b>	<b>2004</b>				<b>- 1</b>				<b>17:47.67</b>				<b>640</b>
50m:	31.40	31.40	450m:	5:09.74	35.56	850m:	9:58.28	35.61	1250m:	14:48.24	36.48		
100m:	1:05.54	34.14	500m:	5:45.41	35.67	900m:	10:34.24	35.96	1300m:	15:24.68	36.44		
150m:	1:40.14	34.60	550m:	6:21.37	35.96	950m:	11:10.08	35.84	1350m:	16:00.78	36.10		
200m:	2:14.58	34.44	600m:	6:57.76	36.39	1000m:	11:46.33	36.25	1400m:	16:36.78	36.00		
250m:	2:49.23	34.65	650m:	7:34.04	36.28	1050m:	12:22.50	36.17	1450m:	17:12.69	35.91		
300m:	3:23.86	34.63	700m:	8:10.15	36.11	1100m:	12:58.78	36.28	1500m:	17:47.67	34.98		
350m:	3:58.90	35.04	750m:	8:46.55	36.40	1150m:	13:35.38	36.60					
400m:	4:34.18	35.28	800m:	9:22.67	36.12	1200m:	14:11.76	36.38					
<b>4.</b>	<b>2005</b>				<b>- 1</b>				<b>17:49.68</b>				<b>637</b>
50m:	31.54	31.54	450m:	5:16.01	36.66	850m:	10:01.24	35.79	1250m:	14:50.36	36.12		
100m:	1:06.42	34.88	500m:	5:52.18	36.17	900m:	10:36.79	35.55	1300m:	15:27.00	36.64		
150m:	1:41.06	34.64	550m:	6:28.69	36.51	950m:	11:12.87	36.08	1350m:	16:03.12	36.12		
200m:	2:16.11	35.05	600m:	7:04.61	35.92	1000m:	11:48.85	35.98	1400m:	16:39.54	36.42		
250m:	2:51.47	35.36	650m:	7:40.18	35.57	1050m:	12:24.49	35.64	1450m:	17:15.02	35.48		
300m:	3:26.90	35.43	700m:	8:15.63	35.45	1100m:	13:00.71	36.22	1500m:	17:49.68	34.66		
350m:	4:03.12	36.22	750m:	8:50.00	34.37	1150m:	13:37.28	36.57					
400m:	4:39.35	36.23	800m:	9:25.45	35.45	1200m:	14:14.24	36.96					
<b>5.</b>	<b>2005</b>				<b>- 1</b>				<b>18:00.30</b>				<b>618</b>
50m:	32.11	32.11	450m:	5:16.56	35.98	850m:	10:05.46	36.84	1250m:	14:59.50	37.08		
100m:	1:06.69	34.58	500m:	5:52.45	35.89	900m:	10:41.87	36.41	1300m:	15:35.84	36.34		
150m:	1:42.13	35.44	550m:	6:28.42	35.97	950m:	11:18.94	37.07	1350m:	16:12.86	37.02		
200m:	2:17.31	35.18	600m:	7:04.23	35.81	1000m:	11:55.41	36.47	1400m:	16:49.08	36.22		
250m:	2:53.04	35.73	650m:	7:40.33	36.10	1050m:	12:32.49	37.08	1450m:	17:25.59	36.51		
300m:	3:28.55	35.51	700m:	8:15.87	35.54	1100m:	13:09.13	36.64	1500m:	18:00.30	34.71		
350m:	4:04.68	36.13	750m:	8:52.38	36.51	1150m:	13:45.90	36.77					
400m:	4:40.58	35.90	800m:	9:28.62	36.24	1200m:	14:22.42	36.52					

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40,		, 1500m				(15-17 )				R.T.	FINA	
6.				2003						<b>18:06.78</b>	<b>607</b>	
	50m:	32.01	32.01	450m:	5:23.67	36.55	850m:	10:16.13	37.07	1250m:	15:06.22	36.55
	100m:	1:08.07	36.06	500m:	6:00.16	36.49	900m:	10:52.18	36.05	1300m:	15:42.24	36.02
	150m:	1:44.79	36.72	550m:	6:36.56	36.40	950m:	11:28.93	36.75	1350m:	16:19.67	37.43
	200m:	2:21.57	36.78	600m:	7:12.82	36.26	1000m:	12:04.84	35.91	1400m:	16:55.72	36.05
	250m:	2:58.08	36.51	650m:	7:49.28	36.46	1050m:	12:41.14	36.30	1450m:	17:32.03	36.31
	300m:	3:34.49	36.41	700m:	8:25.86	36.58	1100m:	13:17.11	35.97	1500m:	18:06.78	34.75
	350m:	4:10.87	36.38	750m:	9:02.55	36.69	1150m:	13:53.44	36.33			
	400m:	4:47.12	36.25	800m:	9:39.06	36.51	1200m:	14:29.67	36.23			
7.				2003			- 1			<b>18:16.99</b>	<b>590</b>	
	50m:	33.02	33.02	450m:	5:23.87	36.49	850m:	10:16.39	36.89	1250m:	15:13.54	37.51
	100m:	1:08.59	35.57	500m:	6:00.23	36.36	900m:	10:53.00	36.61	1300m:	15:50.54	37.00
	150m:	1:45.13	36.54	550m:	6:36.58	36.35	950m:	11:29.90	36.90	1350m:	16:28.01	37.47
	200m:	2:21.57	36.44	600m:	7:12.99	36.41	1000m:	12:06.85	36.95	1400m:	17:04.87	36.86
	250m:	2:57.99	36.42	650m:	7:49.37	36.38	1050m:	12:44.30	37.45	1450m:	17:41.45	36.58
	300m:	3:34.58	36.59	700m:	8:26.00	36.63	1100m:	13:21.48	37.18	1500m:	18:16.99	35.54
	350m:	4:10.96	36.38	750m:	9:02.59	36.59	1150m:	13:58.79	37.31			
	400m:	4:47.38	36.42	800m:	9:39.50	36.91	1200m:	14:36.03	37.24			
8.				2004			- 1			<b>18:24.06</b>	<b>579</b>	
	50m:	32.15	32.15	450m:	5:24.52	37.75	850m:	10:20.62	37.18	1250m:	15:21.42	37.58
	100m:	1:06.73	34.58	500m:	6:01.03	36.51	900m:	10:57.56	36.94	1300m:	15:58.71	37.29
	150m:	1:43.03	36.30	550m:	6:38.30	37.27	950m:	11:35.29	37.73	1350m:	16:35.92	37.21
	200m:	2:19.34	36.31	600m:	7:15.09	36.79	1000m:	12:13.12	37.83	1400m:	17:11.89	35.97
	250m:	2:56.23	36.89	650m:	7:52.85	37.76	1050m:	12:51.25	38.13	1450m:	17:48.81	36.92
	300m:	3:32.63	36.40	700m:	8:29.85	37.00	1100m:	13:28.73	37.48	1500m:	18:24.06	35.25
	350m:	4:09.58	36.95	750m:	9:06.97	37.12	1150m:	14:07.14	38.41			
	400m:	4:46.77	37.19	800m:	9:43.44	36.47	1200m:	14:43.84	36.70			
9.				2004			- 2			<b>18:25.96</b>	<b>576</b>	
	50m:	33.31	33.31	450m:	5:25.89	37.61	850m:	10:24.59	37.68	1250m:	15:24.02	37.76
	100m:	1:08.09	34.78	500m:	6:02.46	36.57	900m:	11:01.45	36.86	1300m:	16:00.37	36.35
	150m:	1:44.64	36.55	550m:	6:40.11	37.65	950m:	11:39.46	38.01	1350m:	16:37.59	37.22
	200m:	2:20.62	35.98	600m:	7:17.06	36.95	1000m:	12:16.65	37.19	1400m:	17:14.33	36.74
	250m:	2:58.19	37.57	650m:	7:55.00	37.94	1050m:	12:54.23	37.58	1450m:	17:50.49	36.16
	300m:	3:34.46	36.27	700m:	8:32.19	37.19	1100m:	13:31.23	37.00	1500m:	18:25.96	35.47
	350m:	4:12.18	37.72	750m:	9:09.97	37.78	1150m:	14:08.84	37.61			
	400m:	4:48.28	36.10	800m:	9:46.91	36.94	1200m:	14:46.26	37.42			
10.				2005			- 2			<b>18:35.81</b>	<b>561</b>	
	100m:	1:13.14	1:13.14	500m:	6:06.57	1:14.74	900m:	11:07.02	1:15.68	1300m:	16:08.23	1:14.84
	200m:	2:22.73	1:09.59	600m:	7:21.96	1:15.39	1000m:	12:22.79	1:15.77	1400m:	17:22.94	1:14.71
	300m:	3:37.07	1:14.34	700m:	8:36.28	1:14.32	1100m:	13:37.74	1:14.95	1500m:	18:35.81	1:12.87
	400m:	4:51.83	1:14.76	800m:	9:51.34	1:15.06	1200m:	14:53.39	1:15.65			
11.				2005	I		- 1			<b>18:39.01</b>	<b>556</b>	
	50m:	32.59	32.59	450m:	5:25.24	37.21	850m:	10:25.70	38.11	1250m:	15:29.98	37.93
	100m:	1:08.09	35.50	500m:	6:02.16	36.92	900m:	11:03.48	37.78	1300m:	16:08.26	38.28
	150m:	1:44.70	36.61	550m:	6:39.69	37.53	950m:	11:41.94	38.46	1350m:	16:46.71	38.45
	200m:	2:21.17	36.47	600m:	7:16.98	37.29	1000m:	12:19.80	37.86	1400m:	17:24.92	38.21
	250m:	2:57.78	36.61	650m:	7:54.60	37.62	1050m:	12:58.14	38.34	1450m:	18:03.32	38.40
	300m:	3:34.12	36.34	700m:	8:31.90	37.30	1100m:	13:35.85	37.71	1500m:	18:39.01	35.69
	350m:	4:11.09	36.97	750m:	9:09.96	38.06	1150m:	14:14.28	38.43			
	400m:	4:48.03	36.94	800m:	9:47.59	37.63	1200m:	14:52.05	37.77			



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40, , 1500m				(15-17 )		R.T.		FINA			
12.			2005			- 1	<b>18:52.37</b>		537		
50m:	33.19	33.19	450m:	5:33.62	38.30	850m:	10:37.20	38.05	1250m:	15:42.89	38.99
100m:	1:09.46	36.27	500m:	6:11.05	37.43	900m:	11:14.76	37.56	1300m:	16:21.60	38.71
150m:	1:46.81	37.35	550m:	6:48.95	37.90	950m:	11:53.28	38.52	1350m:	17:00.51	38.91
200m:	2:24.07	37.26	600m:	7:26.35	37.40	1000m:	12:31.12	37.84	1400m:	17:38.84	38.33
250m:	3:02.34	38.27	650m:	8:05.16	38.81	1050m:	13:09.31	38.19	1450m:	18:16.30	37.46
300m:	3:39.98	37.64	700m:	8:42.94	37.78	1100m:	13:47.22	37.91	1500m:	18:52.37	36.07
350m:	4:18.05	38.07	750m:	9:21.39	38.45	1150m:	14:25.67	38.45			
400m:	4:55.32	37.27	800m:	9:59.15	37.76	1200m:	15:03.90	38.23			
13.			2005			- 1	<b>18:58.12</b>		529		
50m:	33.69	33.69	450m:	5:27.29	37.70	850m:	10:31.61	38.83	1250m:	15:44.27	39.77
100m:	1:08.89	35.20	500m:	6:04.11	36.82	900m:	11:09.87	38.26	1300m:	16:23.17	38.90
150m:	1:45.67	36.78	550m:	6:42.10	37.99	950m:	11:49.85	39.98	1350m:	17:02.84	39.67
200m:	2:21.62	35.95	600m:	7:19.07	36.97	1000m:	12:28.49	38.64	1400m:	17:41.64	38.80
250m:	2:58.99	37.37	650m:	7:57.45	38.38	1050m:	13:07.85	39.36	1450m:	18:20.58	38.94
300m:	3:35.53	36.54	700m:	8:35.54	38.09	1100m:	13:46.18	38.33	1500m:	18:58.12	37.54
350m:	4:12.93	37.40	750m:	9:14.34	38.80	1150m:	14:25.41	39.23			
400m:	4:49.59	36.66	800m:	9:52.78	38.44	1200m:	15:04.50	39.09			
14.			2004			- 1	<b>19:20.60</b>		498		
50m:	34.12	34.12	450m:	5:41.88	39.05	850m:	10:54.22	39.12	1250m:	16:07.07	39.20
100m:	1:11.34	37.22	500m:	6:21.15	39.27	900m:	11:32.85	38.63	1300m:	16:46.73	39.66
150m:	1:49.68	38.34	550m:	7:00.07	38.92	950m:	12:12.26	39.41	1350m:	17:25.68	38.95
200m:	2:28.10	38.42	600m:	7:39.21	39.14	1000m:	12:50.84	38.58	1400m:	18:05.30	39.62
250m:	3:06.16	38.06	650m:	8:18.51	39.30	1050m:	13:30.18	39.34	1450m:	18:43.69	38.39
300m:	3:45.00	38.84	700m:	8:57.69	39.18	1100m:	14:09.14	38.96	1500m:	19:20.60	36.91
350m:	4:24.24	39.24	750m:	9:36.71	39.02	1150m:	14:48.56	39.42			
400m:	5:02.83	38.59	800m:	10:15.10	38.39	1200m:	15:27.87	39.31			
15.			2004				<b>19:23.66</b>		494		
50m:	32.70	32.70	450m:	5:39.48	39.00	850m:	10:54.81	39.98	1250m:	16:12.64	39.56
100m:	1:09.32	36.62	500m:	6:18.66	39.18	900m:	11:34.28	39.47	1300m:	16:52.26	39.62
150m:	1:47.25	37.93	550m:	6:58.27	39.61	950m:	12:14.02	39.74	1350m:	17:30.62	38.36
200m:	2:25.46	38.21	600m:	7:37.10	38.83	1000m:	12:54.12	40.10	1400m:	18:09.84	39.22
250m:	3:04.12	38.66	650m:	8:16.27	39.17	1050m:	13:34.02	39.90	1450m:	18:47.96	38.12
300m:	3:42.78	38.66	700m:	8:55.69	39.42	1100m:	14:13.49	39.47	1500m:	19:23.66	35.70
350m:	4:21.59	38.81	750m:	9:35.39	39.70	1150m:	14:52.88	39.39			
400m:	5:00.48	38.89	800m:	10:14.83	39.44	1200m:	15:33.08	40.20			
16.			2005			- 1	<b>19:40.43</b>		474		
100m:	1:13.70	1:13.70	500m:	6:29.79	1:17.39	900m:	11:46.06	1:18.89	1300m:	17:04.11	1:20.08
200m:	2:33.16	1:19.46	600m:	7:48.69	1:18.90	1000m:	13:05.02	1:18.96	1400m:	15:23.83	
300m:	3:52.76	1:19.60	700m:	9:07.11	1:18.42	1100m:	14:24.09	1:19.07	1500m:	19:40.43	4:16.60
400m:	5:12.40	1:19.64	800m:	10:27.17	1:20.06	1200m:	15:44.03	1:19.94			
17.			2004				<b>19:53.22</b>		459		
50m:	34.07	34.07	450m:	5:47.36	40.32	850m:	11:07.06	41.24	1250m:	16:34.31	42.20
100m:	1:12.13	38.06	500m:	6:27.05	39.69	900m:	11:47.85	40.79	1300m:	17:14.78	40.47
150m:	1:52.05	39.92	550m:	7:06.63	39.58	950m:	12:28.15	40.30	1350m:	17:56.26	41.48
200m:	2:30.58	38.53	600m:	7:45.87	39.24	1000m:	13:08.88	40.73	1400m:	18:36.20	39.94
250m:	3:10.29	39.71	650m:	8:26.40	40.53	1050m:	13:49.91	41.03	1450m:	19:16.26	40.06
300m:	3:48.81	38.52	700m:	9:05.54	39.14	1100m:	14:30.18	40.27	1500m:	19:53.22	36.96
350m:	4:28.70	39.89	750m:	9:46.49	40.95	1150m:	15:12.41	42.23			
400m:	5:07.04	38.34	800m:	10:25.82	39.33	1200m:	15:52.11	39.70			

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40, , 1500m , (15-17 )

	/			R.T.			FINA				
18.	2003 I			20:23.99 I			425				
50m:	34.64	34.64	450m:	5:59.01	41.45	850m:	11:29.34	42.24	1250m:	17:01.98	42.56
100m:	1:13.79	39.15	500m:	6:39.74	40.73	900m:	12:10.01	40.67	1300m:	17:43.32	41.34
150m:	1:54.14	40.35	550m:	7:20.76	41.02	950m:	12:51.76	41.75	1350m:	18:25.55	42.23
200m:	2:35.04	40.90	600m:	8:00.54	39.78	1000m:	13:33.31	41.55	1400m:	19:06.76	41.21
250m:	3:15.86	40.82	650m:	8:42.19	41.65	1050m:	14:14.79	41.48	1450m:	19:46.84	40.08
300m:	3:56.24	40.38	700m:	9:23.73	41.54	1100m:	14:55.83	41.04	1500m:	20:23.99	37.15
350m:	4:37.02	40.78	750m:	10:05.52	41.79	1150m:	15:37.94	42.11			
400m:	5:17.56	40.54	800m:	10:47.10	41.58	1200m:	16:19.42	41.48			
19.	2004 I			22:07.82			333				
50m:	35.77	35.77	450m:	6:19.24	45.49	850m:	12:19.47	46.58	1250m:	18:24.43	46.65
100m:	1:14.81	39.04	500m:	7:02.58	43.34	900m:	13:04.61	45.14	1300m:	19:09.87	45.44
150m:	1:57.40	42.59	550m:	7:48.84	46.26	950m:	13:49.51	44.90	1350m:	19:55.05	45.18
200m:	2:40.00	42.60	600m:	8:33.84	45.00	1000m:	14:35.00	45.49	1400m:	20:40.01	44.96
250m:	3:22.94	42.94	650m:	9:17.55	43.71	1050m:	15:20.86	45.86	1450m:	21:25.04	45.03
300m:	4:06.27	43.33	700m:	10:01.38	43.83	1100m:	16:06.50	45.64	1500m:	22:07.82	42.78
350m:	4:50.49	44.22	750m:	10:47.77	46.39	1150m:	16:52.55	46.05			
400m:	5:33.75	43.26	800m:	11:32.89	45.12	1200m:	17:37.78	45.23			

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40, , 1500m

EXH			/					R.T.		FINA
			2005					<b>17:31.37</b>		671
50m:	30.34	30.34	450m:	5:09.97	35.24	850m:	9:53.22	35.36	1250m:	14:37.63 35.72
100m:	1:04.44	34.10	500m:	5:45.10	35.13	900m:	10:29.01	35.79	1300m:	15:13.34 35.71
150m:	1:39.25	34.81	550m:	6:20.63	35.53	950m:	11:04.66	35.65	1350m:	15:48.39 35.05
200m:	2:14.45	35.20	600m:	6:56.28	35.65	1000m:	11:40.28	35.62	1400m:	16:23.68 35.29
250m:	2:49.66	35.21	650m:	7:31.70	35.42	1050m:	12:15.53	35.25	1450m:	16:58.14 34.46
300m:	3:24.74	35.08	700m:	8:06.76	35.06	1100m:	12:50.89	35.36	1500m:	17:31.37 33.23
350m:	3:59.59	34.85	750m:	8:42.16	35.40	1150m:	13:26.50	35.61		
400m:	4:34.73	35.14	800m:	9:17.86	35.70	1200m:	14:01.91	35.41		