

40 , 1500m (14-15 )  
22.03.2024 - 14:55

15:50.22 (JPN) 26.07.2021  
16:13.13 (ESP) 22.07.2003

: FINA 2024

	/				R.T.						
<b>1.</b>	<b>2010</b>				<b>17:59.34</b>				<b>620</b>		
50m:	31.40	31.40	450m:	5:17.69	36.63	850m:	10:09.86	36.49	1250m:	15:00.90	35.93
100m:	1:05.41	34.01	500m:	5:53.66	35.97	900m:	10:46.28	36.42	1300m:	15:37.37	36.47
150m:	1:41.18	35.77	550m:	6:30.53	36.87	950m:	11:23.27	36.99	1350m:	16:13.41	36.04
200m:	2:16.95	35.77	600m:	7:06.72	36.19	1000m:	11:59.91	36.64	1400m:	16:49.64	36.23
250m:	2:53.04	36.09	650m:	7:43.41	36.69	1050m:	12:36.38	36.47	1450m:	17:25.36	35.72
300m:	3:28.94	35.90	700m:	8:19.90	36.49	1100m:	13:12.45	36.07	1500m:	17:59.34	33.98
350m:	4:05.20	36.26	750m:	8:56.33	36.43	1150m:	13:48.76	36.31			
400m:	4:41.06	35.86	800m:	9:33.37	37.04	1200m:	14:24.97	36.21			
<b>2.</b>	<b>2010 I</b>				<b>18:48.80</b>				<b>542</b>		
50m:	33.92	33.92	450m:	5:32.76	37.80	850m:	10:33.65	37.99	1250m:	15:39.20	38.22
100m:	1:10.82	36.90	500m:	6:10.28	37.52	900m:	11:11.57	37.92	1300m:	16:17.89	38.69
150m:	1:48.72	37.90	550m:	6:47.85	37.57	950m:	11:48.89	37.32	1350m:	16:56.17	38.28
200m:	2:26.14	37.42	600m:	7:25.63	37.78	1000m:	12:27.28	38.39	1400m:	17:34.81	38.64
250m:	3:03.89	37.75	650m:	8:03.54	37.91	1050m:	13:05.45	38.17	1450m:	18:12.66	37.85
300m:	3:41.51	37.62	700m:	8:41.11	37.57	1100m:	13:44.26	38.81	1500m:	18:48.80	36.14
350m:	4:18.12	36.61	750m:	9:18.21	37.10	1150m:	14:22.76	38.50			
400m:	4:54.96	36.84	800m:	9:55.66	37.45	1200m:	15:00.98	38.22			
<b>3.</b>	<b>2010</b>				<b>18:54.70</b>				<b>533</b>		
50m:	33.31	33.31	450m:	5:34.32	38.13	850m:	10:39.36	38.89	1250m:	15:46.81	38.36
100m:	1:08.74	35.43	500m:	6:12.25	37.93	900m:	11:17.83	38.47	1300m:	16:25.28	38.47
150m:	1:46.25	37.51	550m:	6:49.86	37.61	950m:	11:56.13	38.30	1350m:	17:03.17	37.89
200m:	2:23.89	37.64	600m:	7:27.88	38.02	1000m:	12:35.07	38.94	1400m:	17:41.66	38.49
250m:	3:02.20	38.31	650m:	8:05.92	38.04	1050m:	13:12.92	37.85	1450m:	18:19.26	37.60
300m:	3:40.25	38.05	700m:	8:43.86	37.94	1100m:	13:51.49	38.57	1500m:	18:54.70	35.44
350m:	4:18.48	38.23	750m:	9:22.04	38.18	1150m:	14:29.98	38.49			
400m:	4:56.19	37.71	800m:	10:00.47	38.43	1200m:	15:08.45	38.47			
<b>4.</b>	<b>2009</b>				<b>18:54.78</b>				<b>533</b>		
50m:	33.63	33.63	450m:	5:34.13	38.03	850m:	10:38.60	38.27	1250m:	15:46.96	38.40
100m:	1:09.34	35.71	500m:	6:11.98	37.85	900m:	11:16.78	38.18	1300m:	16:24.68	37.72
150m:	1:46.90	37.56	550m:	6:50.08	38.10	950m:	11:55.39	38.61	1350m:	17:02.84	38.16
200m:	2:24.42	37.52	600m:	7:28.09	38.01	1000m:	12:33.97	38.58	1400m:	17:41.12	38.28
250m:	3:02.80	38.38	650m:	8:06.15	38.06	1050m:	13:12.55	38.58	1450m:	18:18.53	37.41
300m:	3:40.34	37.54	700m:	8:44.20	38.05	1100m:	13:51.13	38.58	1500m:	18:54.78	36.25
350m:	4:18.43	38.09	750m:	9:22.26	38.06	1150m:	14:29.97	38.84			
400m:	4:56.10	37.67	800m:	10:00.33	38.07	1200m:	15:08.56	38.59			
<b>5.</b>	<b>2010 I</b>				<b>18:58.58</b>				<b>528</b>		
50m:	34.02	34.02	450m:	5:33.76	38.20	850m:	10:39.21	38.43	1250m:	15:47.23	38.90
100m:	1:09.47	35.45	500m:	6:11.71	37.95	900m:	11:17.30	38.09	1300m:	16:25.74	38.51
150m:	1:46.59	37.12	550m:	6:49.94	38.23	950m:	11:55.90	38.60	1350m:	17:05.44	39.70
200m:	2:24.16	37.57	600m:	7:28.02	38.08	1000m:	12:34.21	38.31	1400m:	17:45.29	39.85
250m:	3:02.53	38.37	650m:	8:06.33	38.31	1050m:	13:12.64	38.43	1450m:	18:23.30	38.01
300m:	3:40.07	37.54	700m:	8:44.64	38.31	1100m:	13:51.13	38.49	1500m:	18:58.58	35.28
350m:	4:17.99	37.92	750m:	9:22.99	38.35	1150m:	14:30.16	39.03			
400m:	4:55.56	37.57	800m:	10:00.78	37.79	1200m:	15:08.33	38.17			
<b>6.</b>	<b>2009 I</b>				<b>19:41.11</b>				<b>473</b>		
50m:	35.25	35.25	450m:	5:47.49	39.82	850m:	11:05.97	40.22	1250m:	16:27.42	40.68
100m:	1:12.74	37.49	500m:	6:26.54	39.05	900m:	11:45.79	39.82	1300m:	17:07.35	39.93
150m:	1:52.02	39.28	550m:	7:06.48	39.94	950m:	12:26.67	40.88	1350m:	17:47.56	40.21
200m:	2:30.42	38.40	600m:	7:46.20	39.72	1000m:	13:06.16	39.49	1400m:	18:27.51	39.95
250m:	3:09.78	39.36	650m:	8:26.61	40.41	1050m:	13:46.67	40.51	1450m:	19:06.86	39.35
300m:	3:48.75	38.97	700m:	9:06.25	39.64	1100m:	14:26.53	39.86	1500m:	19:41.11	34.25
350m:	4:28.49	39.74	750m:	9:46.62	40.37	1150m:	15:06.81	40.28			
400m:	5:07.67	39.18	800m:	10:25.75	39.13	1200m:	15:46.74	39.93			

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40, , 1500m , (14-15 )

7.			/					R.T.				
			2010	I	-			<b>19:52.78</b>		459		
	50m:	35.21	35.21	450m:	5:50.72	40.12	850m:	11:12.46	40.56	1250m:	16:36.13	40.76
	100m:	1:13.08	37.87	500m:	6:30.07	39.35	900m:	11:52.29	39.83	1300m:	17:16.41	40.28
	150m:	1:52.40	39.32	550m:	7:10.52	40.45	950m:	12:32.60	40.31	1350m:	17:56.40	39.99
	200m:	2:31.61	39.21	600m:	7:50.41	39.89	1000m:	13:13.12	40.52	1400m:	18:35.76	39.36
	250m:	3:11.61	40.00	650m:	8:30.65	40.24	1050m:	13:54.25	41.13	1450m:	19:15.25	39.49
	300m:	3:50.63	39.02	700m:	9:11.09	40.44	1100m:	14:34.62	40.37	1500m:	19:52.78	37.53
	350m:	4:30.95	40.32	750m:	9:51.58	40.49	1150m:	15:15.17	40.55			
	400m:	5:10.60	39.65	800m:	10:31.90	40.32	1200m:	15:55.37	40.20			

40, , 1500m  
 40 , 1500m (16-18 )  
 22.03.2024 - 14:55

15:50.22 (JPN) 26.07.2021  
 16:13.13 (ESP) 22.07.2003

: FINA 2024

			/			R.T.						
1.	2008			2008			18:10.94			600		
50m:	32.01	32.01	450m:	5:17.79	36.49	850m:	10:09.95	36.89	1250m:	15:06.07	37.57	
100m:	1:06.33	34.32	500m:	5:53.83	36.04	900m:	10:46.35	36.40	1300m:	15:43.36	37.29	
150m:	1:42.20	35.87	550m:	6:30.51	36.68	950m:	11:23.29	36.94	1350m:	16:21.35	37.99	
200m:	2:17.40	35.20	600m:	7:06.59	36.08	1000m:	12:00.35	37.06	1400m:	16:58.18	36.83	
250m:	2:51.14	33.74	650m:	7:43.48	36.89	1050m:	12:37.29	36.94	1500m:	18:10.94	1:12.76	
300m:	3:29.14	38.00	700m:	8:19.46	35.98	1100m:	13:14.10	36.81				
350m:	4:05.38	36.24	750m:	8:56.16	36.70	1150m:	13:51.54	37.44				
400m:	4:41.30	35.92	800m:	9:33.06	36.90	1200m:	14:28.50	36.96				
2.	2008			2008			18:27.18			574		
50m:	32.75	32.75	450m:	5:22.92	36.55	850m:	10:18.26	37.03	1250m:	15:18.63	38.05	
100m:	1:07.73	34.98	500m:	5:59.67	36.75	900m:	10:55.59	37.33	1300m:	15:56.59	37.96	
150m:	1:44.16	36.43	550m:	6:36.28	36.61	950m:	11:32.67	37.08	1350m:	16:34.44	37.85	
200m:	2:20.32	36.16	600m:	7:13.17	36.89	1000m:	12:10.19	37.52	1400m:	17:12.69	38.25	
250m:	2:56.89	36.57	650m:	7:50.05	36.88	1050m:	12:47.74	37.55	1450m:	17:50.19	37.50	
300m:	3:33.07	36.18	700m:	8:27.11	37.06	1100m:	13:25.42	37.68	1500m:	18:27.18	36.99	
350m:	4:09.86	36.79	750m:	9:04.06	36.95	1150m:	14:03.05	37.63				
400m:	4:46.37	36.51	800m:	9:41.23	37.17	1200m:	14:40.58	37.53				
3.	2008			-			18:58.31			528		
50m:	34.57	34.57	450m:	5:36.41	38.30	850m:	10:41.28	38.45	1250m:	15:48.59	38.32	
100m:	1:11.23	36.66	500m:	6:14.13	37.72	900m:	11:19.87	38.59	1300m:	16:26.99	38.40	
150m:	1:49.33	38.10	550m:	6:51.91	37.78	950m:	11:58.38	38.51	1350m:	17:05.16	38.17	
200m:	2:26.86	37.53	600m:	7:29.92	38.01	1000m:	12:36.81	38.43	1400m:	17:43.69	38.53	
250m:	3:04.77	37.91	650m:	8:08.14	38.22	1050m:	13:15.26	38.45	1450m:	18:21.70	38.01	
300m:	3:42.32	37.55	700m:	8:46.42	38.28	1100m:	13:53.33	38.07	1500m:	18:58.31	36.61	
350m:	4:20.80	38.48	750m:	9:24.70	38.28	1150m:	14:31.71	38.38				
400m:	4:58.11	37.31	800m:	10:02.83	38.13	1200m:	15:10.27	38.56				
4.	2007			-			19:33.26			482		
50m:	34.33	34.33	450m:	5:43.38	39.54	850m:	10:59.70	39.66	1250m:	16:19.08	40.59	
100m:	1:11.38	37.05	500m:	6:22.46	39.08	900m:	11:39.31	39.61	1300m:	16:58.92	39.84	
150m:	1:49.67	38.29	550m:	7:02.06	39.60	950m:	12:19.15	39.84	1350m:	17:39.20	40.28	
200m:	2:27.82	38.15	600m:	7:41.21	39.15	1000m:	12:58.72	39.57	1400m:	18:18.70	39.50	
250m:	3:06.55	38.73	650m:	8:20.87	39.66	1050m:	13:38.83	40.11	1450m:	18:57.10	38.40	
300m:	3:45.18	38.63	700m:	9:00.41	39.54	1100m:	14:18.19	39.36	1500m:	19:33.26	36.16	
350m:	4:24.38	39.20	750m:	9:40.67	40.26	1150m:	14:58.67	40.48				
400m:	5:03.84	39.46	800m:	10:20.04	39.37	1200m:	15:38.49	39.82				