

10 , 1500m
 08.02.2023 - 18:08

JR 17:05.81 , 01.01.2021
 KMC : 19:52.00 / MC : 18:02.00 / : 16:20.66

: FINA 2022

								R.T.				
1.			2008					+0,69	17:57.83	622		
	50m:	31.77	31.77	450m:	5:16.40	35.71	850m:	10:04.66	36.22	1250m:	14:55.55	36.54
	100m:	1:06.96	35.19	500m:	5:52.05	35.65	900m:	10:40.87	36.21	1300m:	15:31.98	36.43
	150m:	1:42.02	35.06	550m:	6:27.91	35.86	950m:	11:17.32	36.45	1350m:	16:08.75	36.77
	200m:	2:17.52	35.50	600m:	7:04.04	36.13	1000m:	11:53.46	36.14	1400m:	16:45.96	37.21
	250m:	2:53.02	35.50	650m:	7:40.17	36.13	1050m:	12:29.93	36.47	1450m:	17:22.68	36.72
	300m:	3:28.74	35.72	700m:	8:16.25	36.08	1100m:	13:06.15	36.22	1500m:	17:57.83	35.15
	350m:	4:04.49	35.75	750m:	8:52.25	36.00	1150m:	13:42.48	36.33			
	400m:	4:40.69	36.20	800m:	9:28.44	36.19	1200m:	14:19.01	36.53			
2.			2006					+0,79	18:13.16	597		
	50m:	32.12	32.12	450m:	5:17.44	36.25	850m:	10:09.92	36.76	1250m:	15:08.13	37.34
	100m:	1:06.87	34.75	500m:	5:54.11	36.67	900m:	10:47.07	37.15	1300m:	15:45.56	37.43
	150m:	1:41.89	35.02	550m:	6:30.27	36.16	950m:	11:23.94	36.87	1350m:	16:22.82	37.26
	200m:	2:17.51	35.62	600m:	7:06.80	36.53	1000m:	12:01.49	37.55	1400m:	17:00.29	37.47
	250m:	2:53.09	35.58	650m:	7:43.27	36.47	1050m:	12:38.57	37.08	1450m:	17:37.39	37.10
	300m:	3:29.14	36.05	700m:	8:19.90	36.63	1100m:	13:16.01	37.44	1500m:	18:13.16	35.77
	350m:	4:05.00	35.86	750m:	8:56.24	36.34	1150m:	13:53.33	37.32			
	400m:	4:41.19	36.19	800m:	9:33.16	36.92	1200m:	14:30.79	37.46			
3.			2007					+0,81	18:23.27	580		
	50m:	31.93	31.93	450m:	5:23.60	37.46	850m:	10:20.24	37.26	1250m:	15:19.03	37.48
	100m:	1:07.30	35.37	500m:	6:00.68	37.08	900m:	10:57.22	36.98	1300m:	15:56.28	37.25
	150m:	1:43.17	35.87	550m:	6:37.72	37.04	950m:	11:34.43	37.21	1350m:	16:34.11	37.83
	200m:	2:19.04	35.87	600m:	7:14.82	37.10	1000m:	12:11.61	37.18	1400m:	17:11.22	37.11
	250m:	2:55.52	36.48	650m:	7:51.89	37.07	1050m:	12:49.00	37.39	1450m:	17:48.25	37.03
	300m:	3:32.14	36.62	700m:	8:28.58	36.69	1100m:	13:26.16	37.16	1500m:	18:23.27	35.02
	350m:	4:09.30	37.16	750m:	9:05.79	37.21	1150m:	14:03.88	37.72			
	400m:	4:46.14	36.84	800m:	9:42.98	37.19	1200m:	14:41.55	37.67			
4.			2007					+0,67	18:46.41	545		
	50m:	31.70	31.70	450m:	5:30.98	37.60	850m:	10:31.63	37.54	1250m:	15:36.65	38.54
	100m:	1:07.34	35.64	500m:	6:08.96	37.98	900m:	11:09.26	37.63	1300m:	16:15.27	38.62
	150m:	1:44.48	37.14	550m:	6:46.47	37.51	950m:	11:46.90	37.64	1350m:	16:53.88	38.61
	200m:	2:21.85	37.37	600m:	7:24.19	37.72	1000m:	12:24.66	37.76	1400m:	17:31.88	38.00
	250m:	2:59.32	37.47	650m:	8:01.43	37.24	1050m:	13:02.70	38.04	1450m:	18:09.99	38.11
	300m:	3:37.46	38.14	700m:	8:38.83	37.40	1100m:	13:41.23	38.53	1500m:	18:46.41	36.42
	350m:	4:15.35	37.89	750m:	9:16.12	37.29	1150m:	14:19.47	38.24			
	400m:	4:53.38	38.03	800m:	9:54.09	37.97	1200m:	14:58.11	38.64			
5.			2008					+0,72	18:49.40	541		
	50m:	33.61	33.61	450m:	5:34.37	37.38	850m:	10:42.06	38.22	1250m:	15:44.91	37.40
	100m:	1:10.28	36.67	500m:	6:13.24	38.87	900m:	11:20.04	37.98	1300m:	16:22.69	37.78
	150m:	1:47.57	37.29	550m:	6:51.83	38.59	950m:	11:58.00	37.96	1350m:	17:00.30	37.61
	200m:	2:25.20	37.63	600m:	7:30.16	38.33	1000m:	12:35.96	37.96	1400m:	17:38.06	37.76
	250m:	3:02.85	37.65	650m:	8:09.35	39.19	1050m:	13:13.83	37.87	1450m:	18:13.51	35.45
	300m:	3:41.02	38.17	700m:	8:47.88	38.53	1100m:	13:51.54	37.71	1500m:	18:49.40	35.89
	350m:	4:18.69	37.67	750m:	9:25.87	37.99	1150m:	14:29.52	37.98			
	400m:	4:56.99	38.30	800m:	10:03.84	37.97	1200m:	15:07.51	37.99			
6.			2008					+0,76	18:58.70	528		
	50m:	32.74	32.74	450m:	5:31.28	38.08	850m:	10:36.63	38.78	1250m:	15:47.87	39.27
	100m:	1:08.68	35.94	500m:	6:09.12	37.84	900m:	11:14.27	37.64	1300m:	16:27.09	39.22
	150m:	1:45.63	36.95	550m:	6:47.28	38.16	950m:	11:53.20	38.93	1350m:	17:06.84	39.75
	200m:	2:22.61	36.98	600m:	7:25.02	37.74	1000m:	12:32.33	39.13	1400m:	17:45.28	38.44
	250m:	3:00.28	37.67	650m:	8:03.26	38.24	1050m:	13:11.57	39.24	1450m:	18:22.64	37.36
	300m:	3:37.95	37.67	700m:	8:41.22	37.96	1100m:	13:50.56	38.99	1500m:	18:58.70	36.06
	350m:	4:15.59	37.64	750m:	9:19.56	38.34	1150m:	14:29.53	38.97			
	400m:	4:53.20	37.61	800m:	9:57.85	38.29	1200m:	15:08.60	39.07			
7.			2006					+0,75	19:20.79	498		
	50m:	32.66	32.66	450m:	5:38.46	38.71	850m:	10:50.12	39.17	1250m:	16:05.07	39.56
	100m:	1:09.13	36.47	500m:	6:17.09	38.63	900m:	11:29.14	39.02	1300m:	16:44.72	39.65
	150m:	1:47.40	38.27	550m:	6:55.85	38.76	950m:	12:08.73	39.59	1350m:	17:24.24	39.52
	200m:	2:25.76	38.36	600m:	7:34.76	38.91	1000m:	12:48.13	39.40	1400m:	18:03.47	39.23
	250m:	3:04.29	38.53	650m:	8:13.72	38.96	1050m:	13:27.40	39.27	1450m:	18:42.58	39.11
	300m:	3:42.67	38.38	700m:	8:52.86	39.14	1100m:	14:06.85	39.45	1500m:	19:20.79	38.21
	350m:	4:21.31	38.64	750m:	9:31.70	38.84	1150m:	14:46.05	39.20			
	400m:	4:59.75	38.44	800m:	10:10.95	39.25	1200m:	15:25.51	39.46			

10,		, 1500m										
		/				R.T.						
8.				2007		+0,90	19:23.59	495				
	50m:	33.80	33.80	450m:	5:40.86	39.33	850m:	10:54.66	39.84	1250m:	16:10.13	39.80
	100m:	1:11.26	37.46	500m:	6:19.55	38.69	900m:	11:33.70	39.04	1300m:	16:49.62	39.49
	150m:	1:49.54	38.28	550m:	6:58.93	39.38	950m:	12:13.21	39.51	1350m:	17:29.01	39.39
	200m:	2:27.70	38.16	600m:	7:37.38	38.45	1000m:	12:52.20	38.99	1400m:	18:08.22	39.21
	250m:	3:06.13	38.43	650m:	8:17.03	39.65	1050m:	13:31.98	39.78	1450m:	18:46.88	38.66
	300m:	3:44.89	38.76	700m:	8:56.31	39.28	1100m:	14:11.43	39.45	1500m:	19:23.59	36.71
	350m:	4:23.30	38.41	750m:	9:35.78	39.47	1150m:	14:51.14	39.71			
	400m:	5:01.53	38.23	800m:	10:14.82	39.04	1200m:	15:30.33	39.19			
9.				2009			+0,77	19:39.74	474			
	50m:	34.63	34.63	450m:	5:50.69	39.55	850m:	11:07.45	39.68	1250m:	16:26.07	39.89
	100m:	1:13.10	38.47	500m:	6:30.04	39.35	900m:	11:47.05	39.60	1300m:	17:06.56	40.49
	150m:	1:52.37	39.27	550m:	7:09.56	39.52	950m:	12:26.87	39.82	1350m:	17:47.06	40.50
	200m:	2:32.37	40.00	600m:	7:48.59	39.03	1000m:	13:06.89	40.02	1400m:	18:26.81	39.75
	250m:	3:12.01	39.64	650m:	8:28.09	39.50	1050m:	13:46.10	39.21	1450m:	19:04.11	37.30
	300m:	3:52.06	40.05	700m:	9:08.14	40.05	1100m:	14:26.47	40.37	1500m:	19:39.74	35.63
	350m:	4:32.12	40.06	750m:	9:47.96	39.82	1150m:	15:06.17	39.70			
	400m:	5:11.14	39.02	800m:	10:27.77	39.81	1200m:	15:46.18	40.01			
10.				2009	1		+0,90	20:04.69	446			
	50m:	34.09	34.09	450m:	5:54.27	41.46	850m:	11:26.57	41.90	1250m:	16:50.52	40.20
	100m:	1:12.38	38.29	500m:	6:36.15	41.88	900m:	12:08.35	41.78	1300m:	17:31.58	41.06
	150m:	1:51.43	39.05	550m:	7:17.11	40.96	950m:	12:49.50	41.15	1350m:	18:10.87	39.29
	200m:	2:31.04	39.61	600m:	7:59.11	42.00	1000m:	13:30.30	40.80	1400m:	18:51.16	40.29
	250m:	3:11.13	40.09	650m:	8:39.86	40.75	1050m:	14:09.80	39.50	1450m:	19:29.36	38.20
	300m:	3:51.65	40.52	700m:	9:22.10	42.24	1100m:	14:49.80	40.00	1500m:	20:04.69	35.33
	350m:	4:32.25	40.60	750m:	10:03.18	41.08	1150m:	15:29.58	39.78			
	400m:	5:12.81	40.56	800m:	10:44.67	41.49	1200m:	16:10.32	40.74			
11.				2007			+0,70	20:04.88	445			
	50m:	34.57	34.57	450m:	5:47.06	39.93	850m:	11:14.52	41.55	1250m:	16:43.82	40.87
	100m:	1:11.91	37.34	500m:	6:27.70	40.64	900m:	11:55.81	41.29	1300m:	17:25.71	41.89
	150m:	1:50.49	38.58	550m:	7:07.68	39.98	950m:	12:36.87	41.06	1350m:	18:06.30	40.59
	200m:	2:28.89	38.40	600m:	7:48.74	41.06	1000m:	13:18.46	41.59	1400m:	18:46.61	40.31
	250m:	3:07.73	38.84	650m:	8:29.47	40.73	1050m:	13:59.36	40.90	1450m:	19:26.22	39.61
	300m:	3:47.37	39.64	700m:	9:10.85	41.38	1100m:	14:41.05	41.69	1500m:	20:04.88	38.66
	350m:	4:26.92	39.55	750m:	9:51.64	40.79	1150m:	15:21.72	40.67			
	400m:	5:07.13	40.21	800m:	10:32.97	41.33	1200m:	16:02.95	41.23			
12.				2008	1		+0,93	20:11.94	438			
	50m:	33.93	33.93	450m:	5:52.42	40.53	850m:	11:19.86	41.39	1250m:	16:50.10	42.19
	100m:	1:11.76	37.83	500m:	6:33.02	40.60	900m:	12:01.14	41.28	1300m:	17:31.10	41.00
	150m:	1:51.15	39.39	550m:	7:13.60	40.58	950m:	12:43.07	41.93	1350m:	18:12.66	41.56
	200m:	2:30.67	39.52	600m:	7:54.37	40.77	1000m:	13:23.92	40.85	1400m:	18:53.69	41.03
	250m:	3:10.61	39.94	650m:	8:35.47	41.10	1050m:	14:04.74	40.82	1450m:	19:33.60	39.91
	300m:	3:50.68	40.07	700m:	9:16.48	41.01	1100m:	14:46.43	41.69	1500m:	20:11.94	38.34
	350m:	4:31.00	40.32	750m:	9:57.77	41.29	1150m:	15:26.98	40.55			
	400m:	5:11.89	40.89	800m:	10:38.47	40.70	1200m:	16:07.91	40.93			
13.				2009	1		+0,89	20:16.02	433			
	50m:	34.92	34.92	450m:	5:59.27	40.96	850m:	11:27.28	40.78	1250m:	16:56.16	41.21
	100m:	1:14.07	39.15	500m:	6:40.74	41.47	900m:	12:07.63	40.35	1300m:	17:36.70	40.54
	150m:	1:54.68	40.61	550m:	7:21.79	41.05	950m:	12:49.35	41.72	1350m:	18:17.93	41.23
	200m:	2:34.96	40.28	600m:	8:02.90	41.11	1000m:	13:30.01	40.66	1400m:	18:58.67	40.74
	250m:	3:15.20	40.24	650m:	8:43.89	40.99	1050m:	14:11.13	41.12	1450m:	19:38.56	39.89
	300m:	3:56.06	40.86	700m:	9:25.20	41.31	1100m:	14:52.02	40.89	1500m:	20:16.02	37.46
	350m:	4:36.97	40.91	750m:	10:06.29	41.09	1150m:	15:33.69	41.67			
	400m:	5:18.31	41.34	800m:	10:46.50	40.21	1200m:	16:14.95	41.26			
14.				2009			+0,82	20:39.27	409			
	50m:	33.61	33.61	450m:	5:58.43	40.97	850m:	11:30.70	42.88	1250m:	17:11.13	42.97
	100m:	1:12.09	38.48	500m:	6:39.81	41.38	900m:	12:12.38	41.68	1300m:	17:54.00	42.87
	150m:	1:52.46	40.37	550m:	7:21.10	41.29	950m:	12:55.08	42.70	1350m:	18:37.21	43.21
	200m:	2:33.11	40.65	600m:	8:02.48	41.38	1000m:	13:37.32	42.24	1400m:	19:18.36	41.15
	250m:	3:14.33	41.22	650m:	8:44.18	41.70	1050m:	14:20.30	42.98	1450m:	19:59.92	41.56
	300m:	3:54.83	40.50	700m:	9:25.37	41.19	1100m:	15:02.31	42.01	1500m:	20:39.27	39.35
	350m:	4:36.30	41.47	750m:	10:06.22	40.85	1150m:	15:45.45	43.14			
	400m:	5:17.46	41.16	800m:	10:47.82	41.60	1200m:	16:28.16	42.71			
15.				2007	1		+0,73	20:48.53	400			
	50m:	35.50	35.50	450m:	6:03.13	41.73	850m:	11:40.26	42.66	1250m:	17:20.64	42.70
	100m:	1:14.80	39.30	500m:	6:44.79	41.66	900m:	12:22.81	42.55	1300m:	18:03.22	42.58
	150m:	1:55.20	40.40	550m:	7:26.94	42.15	950m:	13:05.79	42.98	1350m:	18:45.68	42.46
	200m:	2:36.32	41.12	600m:	8:08.64	41.70	1000m:	13:48.21	42.42	1400m:	19:27.69	42.01
	250m:	3:17.50	41.18	650m:	8:50.95	42.31	1050m:	14:30.82	42.61	1450m:	20:08.80	41.11
	300m:	3:58.79	41.29	700m:	9:33.02	42.07	1100m:	15:13.19	42.37	1500m:	20:48.53	39.73
	350m:	4:40.15	41.36	750m:	10:15.10	42.08	1150m:	15:55.51	42.32			
	400m:	5:21.40	41.25	800m:	10:57.60	42.50	1200m:	16:37.94	42.43			