

19 , 1500m
09.02.2023 - 17:46

JR 15:37.01 , 01.01.2009
KMC : 17:36.50 / MC : 16:30.00 / : 15:06.09

: FINA 2022

		/					R.T.							
1.			2007				+0,76	16:31.87		677				
	50m:	28.36	28.36	450m:	4:49.31	33.27	850m:	9:16.79	33.94	1250m:	13:46.84	33.96		
	100m:	59.90	31.54	500m:	5:22.09	32.78	900m:	9:50.20	33.41	1300m:	14:20.59	33.75		
	150m:	1:32.20	32.30	550m:	5:55.35	33.26	950m:	10:23.42	33.22	1350m:	14:54.18	33.59		
	200m:	2:04.64	32.44	600m:	6:28.84	33.49	1000m:	10:56.83	33.41	1400m:	15:28.22	34.04		
	250m:	2:36.81	32.17	650m:	7:02.30	33.46	1050m:	11:31.00	34.17	1450m:	16:00.51	32.29		
	300m:	3:09.86	33.05	700m:	7:35.84	33.54	1100m:	12:05.24	34.24	1500m:	16:31.87	31.36		
	350m:	3:42.62	32.76	750m:	8:09.23	33.39	1150m:	12:39.26	34.02					
	400m:	4:16.04	33.42	800m:	8:42.85	33.62	1200m:	13:12.88	33.62					
2.			2006				+0,74	16:34.95		670				
	50m:	29.49	29.49	450m:	4:53.73	33.06	850m:	9:21.43	33.51	1250m:	13:49.70	33.63		
	100m:	1:02.16	32.67	500m:	5:27.01	33.28	900m:	9:55.10	33.67	1300m:	14:23.10	33.40		
	150m:	1:35.61	33.45	550m:	6:00.27	33.26	950m:	10:29.08	33.98	1350m:	14:56.63	33.53		
	200m:	2:08.47	32.86	600m:	6:33.65	33.38	1000m:	11:03.00	33.92	1400m:	15:29.46	32.83		
	250m:	2:41.31	32.84	650m:	7:07.31	33.66	1050m:	11:36.19	33.19	1450m:	16:02.97	33.51		
	300m:	3:14.21	32.90	700m:	7:40.55	33.24	1100m:	12:09.53	33.34	1500m:	16:34.95	31.98		
	350m:	3:47.49	33.28	750m:	8:14.17	33.62	1150m:	12:42.65	33.12					
	400m:	4:20.67	33.18	800m:	8:47.92	33.75	1200m:	13:16.07	33.42					
3.			2007				+0,70	16:39.86		661				
	50m:	30.19	30.19	450m:	4:57.91	33.86	850m:	9:27.53	33.41	1250m:	13:56.14	33.13		
	100m:	1:03.12	32.93	500m:	5:31.65	33.74	900m:	10:01.11	33.58	1300m:	14:29.54	33.40		
	150m:	1:36.14	33.02	550m:	6:05.35	33.70	950m:	10:34.63	33.52	1350m:	15:02.71	33.17		
	200m:	2:09.58	33.44	600m:	6:39.17	33.82	1000m:	11:08.64	34.01	1400m:	15:35.97	33.26		
	250m:	2:43.37	33.79	650m:	7:12.72	33.55	1050m:	11:42.05	33.41	1450m:	16:08.37	32.40		
	300m:	3:16.89	33.52	700m:	7:46.64	33.92	1100m:	12:15.80	33.75	1500m:	16:39.86	31.49		
	350m:	3:50.39	33.50	750m:	8:20.23	33.59	1150m:	12:49.29	33.49					
	400m:	4:24.05	33.66	800m:	8:54.12	33.89	1200m:	13:23.01	33.72					
4.			2006				+0,67	16:44.63		651				
	50m:	28.83	28.83	450m:	4:56.70	33.97	850m:	10:34.50	1:40.93	1300m:	14:31.29	34.17		
	100m:	1:00.81	31.98	500m:	5:30.84	34.14	900m:	10:00.91		1350m:	15:05.14	33.85		
	150m:	1:34.21	33.40	550m:	6:04.67	33.83	950m:	11:41.98	1:41.07	1400m:	15:39.29	34.15		
	200m:	2:07.46	33.25	600m:	6:38.72	34.05	1000m:	11:08.74		1450m:	16:12.61	33.32		
	250m:	2:41.12	33.66	650m:	7:12.71	33.99	1050m:	12:49.47	1:40.73	1500m:	16:44.63	32.02		
	300m:	3:14.93	33.81	700m:	7:46.71	34.00	1100m:	12:16.01						
	350m:	3:48.81	33.88	750m:	8:20.31	33.60	1200m:	13:23.66	1:07.65					
	400m:	4:22.73	33.92	800m:	8:53.57	33.26	1250m:	13:57.12	33.46					
5.			2005				+0,76	16:46.14		648				
	50m:	29.56	29.56	450m:	4:58.43	33.97	850m:	9:27.41	33.68	1250m:	13:57.86	33.82		
	100m:	1:02.09	32.53	500m:	5:32.02	33.59	900m:	10:00.81	33.40	1300m:	14:32.20	34.34		
	150m:	1:35.57	33.48	550m:	6:05.96	33.94	950m:	10:34.65	33.84	1350m:	15:06.46	34.26		
	200m:	2:09.47	33.90	600m:	6:39.84	33.88	1000m:	11:08.30	33.65	1400m:	15:40.47	34.01		
	250m:	2:43.22	33.75	650m:	7:13.50	33.66	1050m:	11:42.14	33.84	1450m:	16:14.18	33.71		
	300m:	3:16.87	33.65	700m:	7:46.92	33.42	1100m:	12:16.04	33.90	1500m:	16:46.14	31.96		
	350m:	3:50.78	33.91	750m:	8:20.30	33.38	1150m:	12:49.99	33.95					
	400m:	4:24.46	33.68	800m:	8:53.73	33.43	1200m:	13:24.04	34.05					
6.			2005				+0,73	16:48.26		644				
	50m:	30.12	30.12	450m:	4:52.67	32.37	850m:	9:20.99	33.73	1250m:	13:54.10	35.01		
	100m:	1:02.87	32.75	500m:	5:25.31	32.64	900m:	9:55.00	34.01	1300m:	14:29.26	35.16		
	150m:	1:35.50	32.63	550m:	5:58.76	33.45	950m:	10:29.02	34.02	1350m:	15:04.77	35.51		
	200m:	2:07.99	32.49	600m:	6:32.30	33.54	1000m:	11:03.23	34.21	1400m:	15:40.67	35.90		
	250m:	2:40.91	32.92	650m:	7:05.87	33.57	1050m:	11:37.65	34.42	1450m:	16:14.48	33.81		
	300m:	3:14.01	33.10	700m:	7:39.64	33.77	1100m:	12:12.04	34.39	1500m:	16:48.26	33.78		
	350m:	3:47.20	33.19	750m:	8:13.23	33.59	1150m:	12:45.26	33.22					
	400m:	4:20.30	33.10	800m:	8:47.26	34.03	1200m:	13:19.09	33.83					
7.			2006				+0,75	16:50.62		640				
	50m:	29.77	29.77	450m:	4:55.45	33.82	850m:	9:27.72	34.03	1250m:	14:01.90	34.18		
	100m:	1:02.12	32.35	500m:	5:29.12	33.67	900m:	10:01.99	34.27	1300m:	14:36.23	34.33		
	150m:	1:35.05	32.93	550m:	6:03.05	33.93	950m:	10:36.19	34.20	1350m:	15:10.61	34.38		
	200m:	2:07.98	32.93	600m:	6:37.02	33.97	1000m:	11:10.48	34.29	1400m:	15:44.91	34.30		
	250m:	2:41.19	33.21	650m:	7:11.30	34.28	1050m:	11:45.04	34.56	1450m:	16:18.56	33.65		
	300m:	3:14.36	33.17	700m:	7:45.32	34.02	1100m:	12:19.48	34.44	1500m:	16:50.62	32.06		
	350m:	3:47.98	33.62	750m:	8:19.81	34.49	1150m:	12:53.62	34.14					
	400m:	4:21.63	33.65	800m:	8:53.69	33.88	1200m:	13:27.72	34.10					

19,	, 1500m						R.T.				
8.			2006				+0,72	17:06.44	611		
50m:	31.31	31.31	450m:	5:05.38	34.43	850m:	9:40.94	34.32	1250m:	14:16.50	34.46
100m:	1:05.30	33.99	500m:	5:39.85	34.47	900m:	10:15.51	34.57	1300m:	14:51.43	34.93
150m:	1:38.88	33.58	550m:	6:14.11	34.26	950m:	10:49.48	33.97	1350m:	15:26.29	34.86
200m:	2:12.98	34.10	600m:	6:48.41	34.30	1000m:	11:23.86	34.38	1400m:	16:00.93	34.64
250m:	2:47.20	34.22	650m:	7:22.90	34.49	1050m:	11:58.35	34.49	1450m:	16:32.92	31.99
300m:	3:21.74	34.54	700m:	7:57.26	34.36	1100m:	12:33.10	34.75	1500m:	17:06.44	33.52
350m:	3:56.34	34.60	750m:	8:31.69	34.43	1150m:	13:07.52	34.42			
400m:	4:30.95	34.61	800m:	9:06.62	34.93	1200m:	13:42.04	34.52			
9.			2007				+0,91	17:16.38	593		
50m:	30.92	30.92	450m:	5:03.08	34.32	850m:	9:41.77	35.07	1250m:	14:23.69	35.18
100m:	1:04.18	33.26	500m:	5:37.70	34.62	900m:	10:16.80	35.03	1300m:	14:58.59	34.90
150m:	1:37.82	33.64	550m:	6:12.00	34.30	950m:	10:51.98	35.18	1350m:	15:33.78	35.19
200m:	2:11.71	33.89	600m:	6:46.68	34.68	1000m:	11:27.43	35.45	1400m:	16:08.89	35.11
250m:	2:45.73	34.02	650m:	7:21.73	35.05	1050m:	12:02.88	35.45	1450m:	16:43.23	34.34
300m:	3:19.92	34.19	700m:	7:56.49	34.76	1100m:	12:38.15	35.27	1500m:	17:16.38	33.15
350m:	3:54.11	34.19	750m:	8:31.76	35.27	1150m:	13:13.26	35.11			
400m:	4:28.76	34.65	800m:	9:06.70	34.94	1200m:	13:48.51	35.25			
10.			2005				+0,73	17:20.06	587		
50m:	29.30	29.30	450m:	5:02.24	34.47	850m:	9:43.33	35.36	1250m:	14:25.75	34.99
100m:	1:02.99	33.69	500m:	5:37.35	35.11	900m:	10:19.06	35.73	1300m:	15:00.88	35.13
150m:	1:36.64	33.65	550m:	6:12.06	34.71	950m:	10:53.73	34.67	1350m:	15:35.95	35.07
200m:	2:10.72	34.08	600m:	6:46.91	34.85	1000m:	11:29.36	35.63	1400m:	16:11.28	35.33
250m:	2:45.11	34.39	650m:	7:21.95	35.04	1050m:	12:04.88	35.52	1450m:	16:46.28	35.00
300m:	3:19.12	34.01	700m:	7:57.31	35.36	1100m:	12:40.03	35.15	1500m:	17:20.06	33.78
350m:	3:53.44	34.32	750m:	8:32.78	35.47	1150m:	13:15.31	35.28			
400m:	4:27.77	34.33	800m:	9:07.97	35.19	1200m:	13:50.76	35.45			
11.			2006				+0,85	17:28.72	572		
50m:	30.96	30.96	450m:	5:06.26	35.54	850m:	9:52.33	36.06	1250m:	14:38.32	35.65
100m:	1:03.88	32.92	500m:	5:42.44	36.18	900m:	10:28.22	35.89	1300m:	15:13.70	35.38
150m:	1:37.91	34.03	550m:	6:18.52	36.08	950m:	11:04.17	35.95	1350m:	15:49.13	35.43
200m:	2:12.18	34.27	600m:	6:53.83	35.31	1000m:	11:39.60	35.43	1400m:	16:23.75	34.62
250m:	2:46.23	34.05	650m:	7:29.57	35.74	1050m:	12:15.43	35.83	1450m:	16:57.27	33.52
300m:	3:20.89	34.66	700m:	8:05.16	35.59	1100m:	12:51.05	35.62	1500m:	17:28.72	31.45
350m:	3:55.55	34.66	750m:	8:41.08	35.92	1150m:	13:26.84	35.79			
400m:	4:30.72	35.17	800m:	9:16.27	35.19	1200m:	14:02.67	35.83			
12.			2005				+0,73	17:29.76	571		
50m:	31.20	31.20	450m:	5:06.00	34.93	850m:	9:48.07	35.49	1250m:	14:34.48	35.63
100m:	1:04.65	33.45	500m:	5:41.33	35.33	900m:	10:23.89	35.82	1300m:	15:10.28	35.80
150m:	1:38.48	33.83	550m:	6:16.29	34.96	950m:	10:59.54	35.65	1350m:	15:45.98	35.70
200m:	2:12.28	33.80	600m:	6:51.77	35.48	1000m:	11:35.55	36.01	1400m:	16:21.82	35.84
250m:	2:46.67	34.39	650m:	7:26.59	34.82	1050m:	12:11.01	35.46	1450m:	16:56.81	34.99
300m:	3:21.14	34.47	700m:	8:01.98	35.39	1100m:	12:47.00	35.99	1500m:	17:29.76	32.95
350m:	3:56.16	35.02	750m:	8:36.98	35.00	1150m:	13:22.73	35.73			
400m:	4:31.07	34.91	800m:	9:12.58	35.60	1200m:	13:58.85	36.12			
13.			2007				+0,77	17:32.21	567		
50m:	29.52	29.52	450m:	5:07.52	35.68	850m:	9:50.92	35.59	1250m:	14:36.26	35.87
100m:	1:02.91	33.39	500m:	5:42.91	35.39	900m:	10:26.47	35.55	1300m:	15:11.89	35.63
150m:	1:37.00	34.09	550m:	6:18.49	35.58	950m:	11:01.85	35.38	1350m:	15:48.13	36.24
200m:	2:11.54	34.54	600m:	6:53.57	35.08	1000m:	11:37.21	35.36	1400m:	16:23.77	35.64
250m:	2:46.30	34.76	650m:	7:28.82	35.25	1050m:	12:13.31	36.10	1450m:	16:58.48	34.71
300m:	3:21.35	35.05	700m:	8:04.21	35.39	1100m:	12:48.89	35.58	1500m:	17:32.21	33.73
350m:	3:56.60	35.25	750m:	8:39.98	35.77	1150m:	13:24.86	35.97			
400m:	4:31.84	35.24	800m:	9:15.33	35.35	1200m:	14:00.39	35.53			
14.			2006				+0,75	17:45.35	546		
50m:	31.16	31.16	450m:	5:13.54	35.82	850m:	9:59.89	35.55	1250m:	14:49.27	36.08
100m:	1:04.96	33.80	500m:	5:49.04	35.50	900m:	10:36.14	36.25	1300m:	15:25.61	36.34
150m:	1:39.77	34.81	550m:	6:24.83	35.79	950m:	11:12.01	35.87	1350m:	16:02.19	36.58
200m:	2:15.17	35.40	600m:	7:01.17	36.34	1000m:	11:48.30	36.29	1400m:	16:37.70	35.51
250m:	2:50.72	35.55	650m:	7:37.00	35.83	1050m:	12:24.75	36.45	1450m:	17:11.70	34.00
300m:	3:26.47	35.75	700m:	8:12.87	35.87	1100m:	13:00.93	36.18	1500m:	17:45.35	33.65
350m:	4:02.12	35.65	750m:	8:48.41	35.54	1150m:	13:36.94	36.01			
400m:	4:37.72	35.60	800m:	9:24.34	35.93	1200m:	14:13.19	36.25			
15.			2008				+0,79	18:01.28	522		
50m:	31.67	31.67	450m:	5:13.80	36.12	850m:	10:04.36	36.52	1250m:	15:00.27	36.82
100m:	1:06.37	34.70	500m:	5:49.59	35.79	900m:	10:41.19	36.83	1300m:	15:37.28	37.01
150m:	1:41.81	35.44	550m:	6:25.79	36.20	950m:	11:18.27	37.08	1350m:	16:14.33	37.05
200m:	2:16.88	35.07	600m:	7:01.62	35.83	1000m:	11:55.37	37.10	1400m:	16:49.99	35.66
250m:	2:51.46	34.58	650m:	7:38.02	36.40	1050m:	12:32.03	36.66	1450m:	17:25.89	35.90
300m:	3:26.78	35.32	700m:	8:14.73	36.71	1100m:	13:09.45	37.42	1500m:	18:01.28	35.39
350m:	4:02.44	35.66	750m:	8:51.46	36.73	1150m:	13:47.12	37.67			
400m:	4:37.68	35.24	800m:	9:27.84	36.38	1200m:	14:23.45	36.33			

19, , 1500m											
		/				R.T.					
16.			2005			+0,76	18:14.79		503		
50m:	30.26	30.26	450m:	5:19.30	36.66	850m:	10:15.75	36.88	1250m:	15:14.02	37.28
100m:	1:05.80	35.54	500m:	5:56.27	36.97	900m:	10:52.83	37.08	1300m:	15:50.94	36.92
150m:	1:41.03	35.23	550m:	6:33.18	36.91	950m:	11:30.08	37.25	1350m:	16:27.67	36.73
200m:	2:17.36	36.33	600m:	7:10.41	37.23	1000m:	12:07.27	37.19	1400m:	17:04.29	36.62
250m:	2:53.40	36.04	650m:	7:47.31	36.90	1050m:	12:44.75	37.48	1450m:	17:39.90	35.61
300m:	3:29.69	36.29	700m:	8:24.27	36.96	1100m:	13:22.34	37.59	1500m:	18:14.79	34.89
350m:	4:06.31	36.62	750m:	9:01.36	37.09	1150m:	13:59.62	37.28			
400m:	4:42.64	36.33	800m:	9:38.87	37.51	1200m:	14:36.74	37.12			
17.			2007			+0,75	18:22.30		493		
50m:	31.51	31.51	450m:	5:20.81	36.32	850m:	10:16.22	37.05	1250m:	15:16.55	37.70
100m:	1:07.14	35.63	500m:	5:56.85	36.04	900m:	10:53.88	37.66	1300m:	15:54.31	37.76
150m:	1:42.58	35.44	550m:	6:33.34	36.49	950m:	11:31.38	37.50	1350m:	16:31.35	37.04
200m:	2:18.59	36.01	600m:	7:10.19	36.85	1000m:	12:09.10	37.72	1400m:	17:08.90	37.55
250m:	2:55.52	36.93	650m:	7:47.12	36.93	1050m:	12:46.32	37.22	1450m:	17:45.94	37.04
300m:	3:31.93	36.41	700m:	8:24.33	37.21	1100m:	13:23.92	37.60	1500m:	18:22.30	36.36
350m:	4:08.37	36.44	750m:	9:01.77	37.44	1150m:	14:01.31	37.39			
400m:	4:44.49	36.12	800m:	9:39.17	37.40	1200m:	14:38.85	37.54			
18.			2007	1		+0,81	18:45.12		463		
50m:	31.55	31.55	450m:	5:33.50	36.49	850m:	10:35.72	37.83	1250m:	15:39.22	37.39
100m:	1:07.72	36.17	500m:	6:10.95	37.45	900m:	11:14.22	38.50	1300m:	16:17.11	37.89
150m:	1:44.84	37.12	550m:	6:48.83	37.88	950m:	11:51.57	37.35	1350m:	16:54.54	37.43
200m:	2:22.75	37.91	600m:	7:26.33	37.50	1000m:	12:29.94	38.37	1400m:	17:32.00	37.46
250m:	3:00.60	37.85	650m:	8:03.86	37.53	1050m:	13:07.17	37.23	1450m:	18:08.56	36.56
300m:	3:39.58	38.98	700m:	8:41.97	38.11	1100m:	13:45.96	38.79	1500m:	18:45.12	36.56
350m:	4:17.03	37.45	750m:	9:19.98	38.01	1150m:	14:23.29	37.33			
400m:	4:57.01	39.98	800m:	9:57.89	37.91	1200m:	15:01.83	38.54			
19.			2006			+0,79	19:31.91		410		
50m:	32.92	32.92	450m:	5:47.14	40.26	850m:	11:06.01	39.76	1250m:	16:21.48	38.27
100m:	1:10.79	37.87	500m:	6:27.51	40.37	900m:	11:45.85	39.84	1300m:	16:59.49	38.01
150m:	1:49.37	38.58	550m:	7:07.59	40.08	950m:	12:25.86	40.01	1350m:	17:37.96	38.47
200m:	2:28.64	39.27	600m:	7:47.52	39.93	1000m:	13:05.66	39.80	1400m:	18:16.42	38.46
250m:	3:07.55	38.91	650m:	8:27.14	39.62	1050m:	13:44.85	39.19	1450m:	18:54.42	38.00
300m:	3:47.62	40.07	700m:	9:06.79	39.65	1100m:	14:24.13	39.28	1500m:	19:31.91	37.49
350m:	4:27.17	39.55	750m:	9:46.27	39.48	1150m:	15:03.64	39.51			
400m:	5:06.88	39.71	800m:	10:26.25	39.98	1200m:	15:43.21	39.57			