

40 , 800m
12.02.2022 JR 8:13.01 , 01.01.2009
KMC : 9:15.00 / MC : 8:17.65

: FINA 2021

							R.T.					
1.			2004				+0,68	8:29.02	700			
	100m:	59.89	59.89	300m:	3:07.68	1:04.06	5:17.28	1:04.79	700m:	7:26.67	1:04.68	
	200m:	2:03.62	1:03.73	400m:	4:12.49	1:04.81	6:21.99	1:04.71	800m:	8:29.02	1:02.35	
2.			2004				+0,68	8:35.33	675			
	100m:	59.90	59.90	300m:	3:08.35	1:04.54	5:19.50	1:05.78	700m:	7:32.32	1:06.59	
	200m:	2:03.81	1:03.91	400m:	4:13.72	1:05.37	6:25.73	1:06.23	800m:	8:35.33	1:03.01	
3.			2004				+0,64	8:37.75	665			
	100m:	59.35	59.35	300m:	3:09.27	1:05.27	5:23.28	1:07.71	700m:	7:35.01	1:04.04	
	200m:	2:04.00	1:04.65	400m:	4:15.57	1:06.30	6:30.97	1:07.69	800m:	8:37.75	1:02.74	
4.			2006				+0,70	8:39.59	658			
	100m:	1:01.49	1:01.49	300m:	3:11.97	1:05.60	5:23.79	1:05.91	700m:	7:36.12	1:06.15	
	200m:	2:06.37	1:04.88	400m:	4:17.88	1:05.91	6:29.97	1:06.18	800m:	8:39.59	1:03.47	
5.			2004				+0,61	8:42.61	647			
	100m:	1:01.07	1:01.07	300m:	3:12.50	1:06.45	5:25.06	1:06.10	700m:	7:38.36	1:06.62	
	200m:	2:06.05	1:04.98	400m:	4:18.96	1:06.46	6:31.74	1:06.68	800m:	8:42.61	1:04.25	
6.			2005				+0,66	8:52.83	610			
	100m:	1:03.73	1:03.73	300m:	3:18.96	1:07.41	5:34.29	1:07.65	700m:	7:49.15	1:07.37	
	200m:	2:11.55	1:07.82	400m:	4:26.64	1:07.68	6:41.78	1:07.49	800m:	8:52.83	1:03.68	
7.			2004				+0,73	8:52.93	610			
	100m:	1:04.50	1:04.50	300m:	3:21.95	1:08.54	5:39.29	1:08.05	700m:	7:50.71	1:05.04	
	200m:	2:13.41	1:08.91	400m:	4:31.24	1:09.29	6:45.67	1:06.38	800m:	8:52.93	1:02.22	
8.			2005				+0,54	8:56.29	599			
	100m:	1:03.32	1:03.32	300m:	3:20.37	1:08.09	5:35.85	1:07.67	700m:	7:52.94	1:08.06	
	200m:	2:12.28	1:08.96	400m:	4:28.18	1:07.81	6:44.88	1:09.03	800m:	8:56.29	1:03.35	
9.			2005				+0,79	8:58.77	590			
	100m:	1:01.07	1:01.07	300m:	3:14.53	1:07.78	5:32.83	1:09.39	700m:	7:51.17	1:08.89	
	200m:	2:06.75	1:05.68	400m:	4:23.44	1:08.91	6:42.28	1:09.45	800m:	8:58.77	1:07.60	
10.			2004				+0,75	9:02.79	577			
	100m:	1:02.78	1:02.78	300m:	3:18.52	1:08.05	5:36.52	1:09.39	700m:	7:55.84	1:10.09	
	200m:	2:10.47	1:07.69	400m:	4:27.13	1:08.61	6:45.75	1:09.23	800m:	9:02.79	1:06.95	
11.			2005				+0,73	9:03.31	576			
	100m:	1:01.74	1:01.74	300m:	3:17.79	1:08.70	5:36.37	1:09.87	700m:	7:55.91	1:10.27	
	200m:	2:09.09	1:07.35	400m:	4:26.50	1:08.71	6:45.64	1:09.27	800m:	9:03.31	1:07.40	
12.			2005				+0,71	9:04.57	572			
	100m:	1:04.27	1:04.27	300m:	3:21.73	1:08.80	5:40.72	1:09.65	700m:	7:58.39	1:08.43	
	200m:	2:12.93	1:08.66	400m:	4:31.07	1:09.34	6:49.96	1:09.24	800m:	9:04.57	1:06.18	
13.			2006				+0,73	9:07.83	562			
	100m:	1:04.69	1:04.69	300m:	3:21.45	1:09.93	5:40.05	1:08.93	700m:	8:00.36	1:09.59	
	200m:	2:11.52	1:06.83	400m:	4:31.12	1:09.67	6:50.77	1:10.72	800m:	9:07.83	1:07.47	
14.			2005				+0,68	9:08.00	561			
	100m:	1:02.54	1:02.54	300m:	3:19.26	1:08.46	5:38.98	1:10.01	700m:	8:00.01	1:10.57	
	200m:	2:10.80	1:08.26	400m:	4:28.97	1:09.71	6:49.44	1:10.46	800m:	9:08.00	1:07.99	
15.			2004				+0,75	9:10.27	554			
	100m:	1:05.19	1:05.19	300m:	3:23.01	1:09.27	5:42.20	1:09.30	700m:	8:01.26	1:09.19	
	200m:	2:13.74	1:08.55	400m:	4:32.90	1:09.89	6:52.07	1:09.87	800m:	9:10.27	1:09.01	
16.			2005				+0,57	9:10.66	553			
	100m:	1:03.59	1:03.59	300m:	3:21.41	1:09.12	5:41.82	1:10.03	700m:	8:02.56	1:10.64	
	200m:	2:12.29	1:08.70	400m:	4:31.79	1:10.38	6:51.92	1:10.10	800m:	9:10.66	1:08.10	
17.			2007 1				+0,66	9:19.47	527			
	100m:	1:06.28	1:06.28	300m:	3:29.02	1:11.55	5:52.58	1:11.58	700m:	8:12.76	1:09.81	
	200m:	2:17.47	1:11.19	400m:	4:41.00	1:11.98	7:02.95	1:10.37	800m:	9:19.47	1:06.71	
18.			2005				+0,87	9:19.88	526			
	100m:	1:05.45	1:05.45	300m:	3:24.17	1:09.54	5:45.17	1:10.44	700m:	8:09.61	1:12.80	
	200m:	2:14.63	1:09.18	400m:	4:34.73	1:10.56	6:56.81	1:11.64	800m:	9:19.88	1:10.27	
19.			2005 1				+0,82	9:28.37	503			
	100m:	1:05.92	1:05.92	300m:	3:28.23	1:11.67	5:53.39	1:12.54	700m:	8:17.78	1:12.33	
	200m:	2:16.56	1:10.64	400m:	4:40.85	1:12.62	7:05.45	1:12.06	800m:	9:28.37	1:10.59	

40,												
			/				R.T.					
20.			2006				+0,57	9:38.38	477			
	100m:	1:02.05	1:02.05	300m:	3:25.94	1:13.19	500m:	5:53.61	1:13.79	700m:	8:24.77	1:15.73
	200m:	2:12.75	1:10.70	400m:	4:39.82	1:13.88	600m:	7:09.04	1:15.43	800m:	9:38.38	1:13.61