



16  
05.04.2023 - 17:31

, 1500m

14:31.02	SUN, Yang	CHN	London (GBR)	04.08.2012
14:32.80	PALTRINIERI, Gregorio	ITA	Budapest (HUN)	25.06.2022
15:23.00		BLR		01.01.1989

MCMK : 15:06.09 / MC : 16:30.00 / KMC : 17:36.50

: FINA 2023

							R.T.					
1.			2000				+0,74	<b>15:42.43</b>	789			
	50m:	28.32	28.32	450m:	4:42.00	31.82	850m:	8:56.29	31.08	1250m:	13:08.18	31.51
	100m:	59.34	31.02	500m:	5:14.11	32.11	900m:	9:27.82	31.53	1300m:	13:39.53	31.35
	150m:	1:31.08	31.74	550m:	5:46.29	32.18	950m:	9:59.18	31.36	1350m:	14:10.95	31.42
	200m:	2:02.85	31.77	600m:	6:18.40	32.11	1000m:	10:30.67	31.49	1400m:	14:42.29	31.34
	250m:	2:34.85	32.00	650m:	6:50.55	32.15	1050m:	11:02.14	31.47	1450m:	15:12.88	30.59
	300m:	3:06.83	31.98	700m:	7:22.97	32.42	1100m:	11:33.84	31.70	1500m:	15:42.43	29.55
	350m:	3:38.35	31.52	750m:	7:54.04	31.07	1150m:	12:05.34	31.50			
	400m:	4:10.18	31.83	800m:	8:25.21	31.17	1200m:	12:36.67	31.33			
2.			2004				+0,73	<b>16:15.18</b>	712			
	50m:	28.93	28.93	400m:	4:11.11	31.87	750m:	7:54.75	31.57	1200m:	12:56.04	33.64
	100m:	1:00.15	31.22	450m:	4:42.78	31.67	800m:	8:27.04	32.29	1250m:	13:29.88	33.84
	150m:	1:31.80	31.65	500m:	5:14.67	31.89	850m:	9:00.09	33.05	1300m:	14:03.77	33.89
	200m:	2:03.76	31.96	550m:	5:46.74	32.07	900m:	9:33.53	33.44	1400m:	15:10.79	1:07.02
	250m:	2:35.78	32.02	600m:	6:18.65	31.91	1000m:	10:41.01	1:07.48	1500m:	16:15.18	1:04.39
	300m:	3:07.52	31.74	650m:	6:50.99	32.34	1100m:	11:48.79	1:07.78			
	350m:	3:39.24	31.72	700m:	7:23.18	32.19	1150m:	12:22.40	33.61			
3.			2004				+0,73	<b>16:22.02</b>	697			
	50m:	29.42	29.42	450m:	4:52.19	33.10	850m:	9:17.06	33.27	1250m:	13:43.62	33.48
	100m:	1:01.75	32.33	500m:	5:25.18	32.99	900m:	9:49.83	32.77	1300m:	14:16.42	32.80
	150m:	1:34.60	32.85	550m:	5:58.33	33.15	950m:	10:23.74	33.91	1350m:	14:49.29	32.87
	200m:	2:07.39	32.79	600m:	6:31.11	32.78	1000m:	10:56.78	33.04	1400m:	15:21.88	32.59
	250m:	2:40.29	32.90	650m:	7:04.50	33.39	1050m:	11:30.61	33.83	1450m:	15:52.29	30.41
	300m:	3:13.16	32.87	700m:	7:37.34	32.84	1100m:	12:03.57	32.96	1500m:	16:22.02	29.73
	350m:	3:46.10	32.94	750m:	8:10.77	33.43	1150m:	12:37.50	33.93			
	400m:	4:19.09	32.99	800m:	8:43.79	33.02	1200m:	13:10.14	32.64			
4.			2007				+0,75	<b>16:22.12</b>	697			
	50m:	28.98	28.98	450m:	4:50.12	33.51	850m:	9:15.35	32.83	1250m:	13:42.05	32.86
	100m:	1:00.73	31.75	500m:	5:23.00	32.88	900m:	9:49.36	34.01	1300m:	14:15.39	33.34
	150m:	1:33.16	32.43	550m:	5:56.56	33.56	950m:	10:22.74	33.38	1350m:	14:48.23	32.84
	200m:	2:05.28	32.12	600m:	6:29.33	32.77	1000m:	10:55.51	32.77	1400m:	15:21.13	32.90
	250m:	2:38.13	32.85	650m:	7:02.44	33.11	1050m:	11:29.51	34.00	1450m:	15:52.02	30.89
	300m:	3:10.95	32.82	700m:	7:35.86	33.42	1100m:	12:02.80	33.29	1500m:	16:22.12	30.10
	350m:	3:44.03	33.08	750m:	8:09.58	33.72	1150m:	12:36.24	33.44			
	400m:	4:16.61	32.58	800m:	8:42.52	32.94	1200m:	13:09.19	32.95			
5.			2006				+0,72	<b>16:33.98</b>	672			
	50m:	29.35	29.35	450m:	4:53.23	33.26	850m:	9:21.29	33.28	1250m:	13:48.90	33.09
	100m:	1:01.30	31.95	500m:	5:26.91	33.68	900m:	9:54.71	33.42	1300m:	14:22.45	33.55
	150m:	1:34.05	32.75	550m:	6:00.64	33.73	950m:	10:28.10	33.39	1350m:	14:55.53	33.08
	200m:	2:06.99	32.94	600m:	6:34.24	33.60	1000m:	11:01.43	33.33	1400m:	15:29.48	33.95
	250m:	2:39.82	32.83	650m:	7:08.02	33.78	1050m:	11:34.79	33.36	1450m:	16:02.27	32.79
	300m:	3:13.22	33.40	700m:	7:41.53	33.51	1100m:	12:08.95	34.16	1500m:	16:33.98	31.71
	350m:	3:46.64	33.42	750m:	8:14.64	33.11	1150m:	12:42.12	33.17			
	400m:	4:19.97	33.33	800m:	8:48.01	33.37	1200m:	13:15.81	33.69			





16, , 1500m

																		R.T.	
11.				2006						+0,78		17:02.58		618					
	50m:	28.22	28.22	450m:	4:58.69	34.84	850m:	9:37.82	34.61	1250m:	14:14.64	34.66							
	100m:	1:00.06	31.84	500m:	5:33.64	34.95	900m:	10:12.31	34.49	1300m:	14:49.03	34.39							
	150m:	1:33.26	33.20	550m:	6:08.57	34.93	950m:	10:46.84	34.53	1350m:	15:24.02	34.99							
	200m:	2:06.73	33.47	600m:	6:43.74	35.17	1000m:	11:21.15	34.31	1400m:	15:57.91	33.89							
	250m:	2:40.72	33.99	650m:	7:18.72	34.98	1050m:	11:56.06	34.91	1450m:	16:31.07	33.16							
	300m:	3:14.92	34.20	700m:	7:53.33	34.61	1100m:	12:30.84	34.78	1500m:	17:02.58	31.51							
	350m:	3:49.49	34.57	750m:	8:28.61	35.28	1150m:	13:05.23	34.39										
	400m:	4:23.85	34.36	800m:	9:03.21	34.60	1200m:	13:39.98	34.75										
12.				2005						+0,75		17:06.16		611					
	50m:	31.19	31.19	450m:	5:05.85	34.45	850m:	9:40.11	34.60	1250m:	14:16.46	34.63							
	100m:	1:04.98	33.79	500m:	5:40.00	34.15	900m:	10:14.23	34.12	1300m:	14:50.75	34.29							
	150m:	1:39.05	34.07	550m:	6:14.25	34.25	950m:	10:48.72	34.49	1350m:	15:25.27	34.52							
	200m:	2:13.65	34.60	600m:	6:48.49	34.24	1000m:	11:23.13	34.41	1400m:	15:59.00	33.73							
	250m:	2:47.79	34.14	650m:	7:22.66	34.17	1050m:	11:57.94	34.81	1450m:	16:33.38	34.38							
	300m:	3:22.50	34.71	700m:	7:56.57	33.91	1100m:	12:32.23	34.29	1500m:	17:06.16	32.78							
	350m:	3:57.15	34.65	750m:	8:31.25	34.68	1150m:	13:07.12	34.89										
	400m:	4:31.40	34.25	800m:	9:05.51	34.26	1200m:	13:41.83	34.71										
13.				2005						+0,73		17:06.80		610					
	50m:	30.24	30.24	450m:	4:54.46	33.97	850m:	9:29.04	34.44	1250m:	14:11.71	35.51							
	100m:	1:02.59	32.35	500m:	5:28.11	33.65	900m:	10:04.11	35.07	1300m:	14:47.45	35.74							
	150m:	1:35.04	32.45	550m:	6:02.24	34.13	950m:	10:39.25	35.14	1350m:	15:22.72	35.27							
	200m:	2:07.87	32.83	600m:	6:36.51	34.27	1000m:	11:14.55	35.30	1400m:	15:57.42	34.70							
	250m:	2:40.67	32.80	650m:	7:10.46	33.95	1050m:	11:50.08	35.53	1450m:	16:32.31	34.89							
	300m:	3:13.30	32.63	700m:	7:45.24	34.78	1100m:	12:25.05	34.97	1500m:	17:06.80	34.49							
	350m:	3:46.71	33.41	750m:	8:20.02	34.78	1150m:	13:00.85	35.80										
	400m:	4:20.49	33.78	800m:	8:54.60	34.58	1200m:	13:36.20	35.35										
14.				2007						+0,90		17:14.95		596					
	50m:	29.68	29.68	450m:	5:02.53	34.19	850m:	9:40.57	35.18	1250m:	14:21.50	35.53							
	100m:	1:02.75	33.07	500m:	5:36.97	34.44	900m:	10:15.60	35.03	1300m:	14:56.85	35.35							
	150m:	1:36.63	33.88	550m:	6:12.09	35.12	950m:	10:51.07	35.47	1350m:	15:32.24	35.39							
	200m:	2:10.95	34.32	600m:	6:46.93	34.84	1000m:	11:25.86	34.79	1400m:	16:07.13	34.89							
	250m:	2:44.25	33.30	650m:	7:21.15	34.22	1050m:	12:00.44	34.58	1450m:	16:42.28	35.15							
	300m:	3:18.44	34.19	700m:	7:55.79	34.64	1100m:	12:35.08	34.64	1500m:	17:14.95	32.67							
	350m:	3:53.43	34.99	750m:	8:30.52	34.73	1150m:	13:10.57	35.49										
	400m:	4:28.34	34.91	800m:	9:05.39	34.87	1200m:	13:45.97	35.40										
15.				2007						+0,85		17:20.16		587					
	50m:	30.05	30.05	450m:	5:08.30	34.98	850m:	9:46.75	34.96	1250m:	14:26.96	35.05							
	100m:	1:04.46	34.41	500m:	5:42.67	34.37	900m:	10:21.84	35.09	1300m:	15:02.12	35.16							
	150m:	1:39.07	34.61	550m:	6:17.08	34.41	950m:	10:56.71	34.87	1350m:	15:37.00	34.88							
	200m:	2:13.57	34.50	600m:	6:52.13	35.05	1000m:	11:32.03	35.32	1400m:	16:12.26	35.26							
	250m:	2:48.17	34.60	650m:	7:26.99	34.86	1050m:	12:06.58	34.55	1450m:	16:46.30	34.04							
	300m:	3:23.21	35.04	700m:	8:01.91	34.92	1100m:	12:41.54	34.96	1500m:	17:20.16	33.86							
	350m:	3:58.21	35.00	750m:	8:36.99	35.08	1150m:	13:16.61	35.07										
	400m:	4:33.32	35.11	800m:	9:11.79	34.80	1200m:	13:51.91	35.30										

		16, , 1500m								R.T.	
16.			/								
				<b>2007</b>				<b>+0,65</b>	<b>17:20.61</b>	<b>586</b>	
	50m:	31.06	31.06	450m:	5:10.19	34.39	850m:	9:46.86	34.22	1250m:	14:27.10 35.23
	100m:	1:04.94	33.88	500m:	5:44.80	34.61	900m:	10:21.32	34.46	1300m:	15:02.26 35.16
	150m:	1:39.81	34.87	550m:	6:19.31	34.51	950m:	10:56.23	34.91	1350m:	15:36.92 34.66
	200m:	2:14.67	34.86	600m:	6:53.79	34.48	1000m:	11:31.02	34.79	1400m:	16:12.47 35.55
	250m:	2:49.81	35.14	650m:	7:28.54	34.75	1050m:	12:06.15	35.13	1450m:	16:46.65 34.18
	300m:	3:25.01	35.20	700m:	8:03.27	34.73	1100m:	12:41.39	35.24	1500m:	17:20.61 33.96
	350m:	4:00.39	35.38	750m:	8:38.12	34.85	1150m:	13:16.71	35.32		
	400m:	4:35.80	35.41	800m:	9:12.64	34.52	1200m:	13:51.87	35.16		
17.				<b>2006</b>				<b>+0,80</b>	<b>17:24.13</b>	<b>580</b>	
	50m:	31.48	31.48	450m:	5:06.63	35.06	850m:	9:46.90	35.14	1250m:	14:31.18 36.05
	100m:	1:04.77	33.29	500m:	5:41.65	35.02	900m:	10:22.23	35.33	1300m:	15:07.29 36.11
	150m:	1:38.42	33.65	550m:	6:16.36	34.71	950m:	10:57.44	35.21	1350m:	15:43.26 35.97
	200m:	2:12.80	34.38	600m:	6:51.66	35.30	1000m:	11:33.08	35.64	1400m:	16:18.62 35.36
	250m:	2:47.39	34.59	650m:	7:26.77	35.11	1050m:	12:08.59	35.51	1450m:	16:52.46 33.84
	300m:	3:22.15	34.76	700m:	8:01.61	34.84	1100m:	12:43.65	35.06	1500m:	17:24.13 31.67
	350m:	3:56.87	34.72	750m:	8:36.76	35.15	1150m:	13:19.56	35.91		
	400m:	4:31.57	34.70	800m:	9:11.76	35.00	1200m:	13:55.13	35.57		
18.				<b>2006</b>				<b>+0,75</b>	<b>17:26.36</b>	<b>576</b>	
	50m:	30.37	30.37	450m:	5:06.85	34.76	850m:	9:50.41	35.15	1250m:	14:32.89 35.25
	100m:	1:03.92	33.55	500m:	5:41.98	35.13	900m:	10:25.55	35.14	1300m:	15:07.93 35.04
	150m:	1:38.44	34.52	550m:	6:17.43	35.45	950m:	11:01.08	35.53	1350m:	15:43.25 35.32
	200m:	2:13.12	34.68	600m:	6:53.13	35.70	1000m:	11:36.34	35.26	1400m:	16:18.05 34.80
	250m:	2:47.94	34.82	650m:	7:28.30	35.17	1050m:	12:12.01	35.67	1450m:	16:52.74 34.69
	300m:	3:22.52	34.58	700m:	8:04.10	35.80	1100m:	12:47.85	35.84	1500m:	17:26.36 33.62
	350m:	3:56.97	34.45	750m:	8:40.07	35.97	1150m:	13:23.41	35.56		
	400m:	4:32.09	35.12	800m:	9:15.26	35.19	1200m:	13:57.64	34.23		
19.				<b>2007</b>				<b>+0,75</b>	<b>17:43.68</b>	<b>549</b>	
	50m:	30.34	30.34	450m:	5:14.67	35.05	850m:	10:02.41	35.49	1250m:	14:50.39 35.82
	100m:	1:05.90	35.56	500m:	5:50.97	36.30	900m:	10:38.95	36.54	1300m:	15:26.67 36.28
	150m:	1:41.40	35.50	550m:	6:26.34	35.37	950m:	11:15.14	36.19	1350m:	16:01.84 35.17
	200m:	2:16.82	35.42	600m:	7:02.44	36.10	1000m:	11:51.35	36.21	1400m:	16:36.93 35.09
	250m:	2:52.42	35.60	650m:	7:37.88	35.44	1050m:	12:26.69	35.34	1450m:	17:11.03 34.10
	300m:	3:28.46	36.04	700m:	8:14.45	36.57	1100m:	13:02.95	36.26	1500m:	17:43.68 32.65
	350m:	4:03.65	35.19	750m:	8:50.27	35.82	1150m:	13:38.59	35.64		
	400m:	4:39.62	35.97	800m:	9:26.92	36.65	1200m:	14:14.57	35.98		
20.				<b>2008</b>				<b>+0,73</b>	<b>17:44.90</b>	<b>547</b>	
	50m:	30.69	30.69	350m:	8:47.40	5:23.40	650m:	12:23.73	5:25.12	1100m:	12:59.48 1:12.16
	100m:	1:04.88	34.19	400m:	4:35.00		700m:	8:11.04		1200m:	14:12.21 1:12.73
	150m:	1:38.95	34.07	450m:	9:59.18	5:24.18	750m:	17:11.59	9:00.55	1300m:	15:25.58 1:13.37
	200m:	2:13.35	34.40	500m:	5:46.52		800m:	9:23.12		1400m:	16:36.51 1:10.93
	250m:	6:22.86	4:09.51	550m:	11:10.88	5:24.36	900m:	10:35.42	1:12.30	1500m:	17:44.90 1:08.39
	300m:	3:24.00		600m:	6:58.61		1000m:	11:47.32	1:11.90		