

, 21 - 24 2023

29  
23.03.2023 - 14:02

, 800m

				8:18.77				(JPN)				29.07.2021	
				8:32.86				(ESP)				25.07.2003	
: FINA 2023													
				/				R.T.				FINA	
1.				2006				+0,89	<b>8:51.05</b>			760	
	50m:	30.91	30.91	250m:	2:45.70	33.55	450m:	4:59.88	33.55	650m:	7:13.94	33.14	
	100m:	1:04.49	33.58	300m:	3:19.42	33.72	500m:	5:33.73	33.85	700m:	7:47.08	33.14	
	150m:	1:38.39	33.90	350m:	3:52.90	33.48	550m:	6:06.99	33.26	750m:	8:19.58	32.50	
	200m:	2:12.15	33.76	400m:	4:26.33	33.43	600m:	6:40.80	33.81	800m:	8:51.05	31.47	
2.				2003				+0,93	<b>9:02.04</b>			715	
	50m:	31.42	31.42	250m:	2:47.35	33.83	450m:	5:03.69	33.75	650m:	7:20.66	34.00	
	100m:	1:05.46	34.04	300m:	3:21.79	34.44	500m:	5:38.19	34.50	700m:	7:54.90	34.24	
	150m:	1:39.25	33.79	350m:	3:55.63	33.84	550m:	6:12.18	33.99	750m:	8:28.66	33.76	
	200m:	2:13.52	34.27	400m:	4:29.94	34.31	600m:	6:46.66	34.48	800m:	9:02.04	33.38	
3.				2008				+0,84	<b>9:04.80</b>			704	
	50m:	30.64	30.64	250m:	2:47.01	34.44	450m:	5:04.47	34.31	650m:	7:22.83	34.58	
	100m:	1:04.76	34.12	300m:	3:21.49	34.48	500m:	5:39.19	34.72	700m:	7:57.59	34.76	
	150m:	1:38.51	33.75	350m:	3:55.75	34.26	550m:	6:13.51	34.32	750m:	8:31.66	34.07	
	200m:	2:12.57	34.06	400m:	4:30.16	34.41	600m:	6:48.25	34.74	800m:	9:04.80	33.14	
4.				2006				+0,79	<b>9:06.07</b>			699	
	50m:	32.01	32.01	250m:	2:48.31	34.05	450m:	5:05.93	34.49	650m:	7:24.80	34.73	
	100m:	1:05.86	33.85	300m:	3:22.59	34.28	500m:	5:40.64	34.71	700m:	7:59.11	34.31	
	150m:	1:40.13	34.27	350m:	3:56.86	34.27	550m:	6:15.52	34.88	750m:	8:33.38	34.27	
	200m:	2:14.26	34.13	400m:	4:31.44	34.58	600m:	6:50.07	34.55	800m:	9:06.07	32.69	
5.				2005				+0,82	<b>9:10.77</b>			681	
	50m:	32.10	32.10	250m:	2:49.62	34.40	450m:	5:08.23	34.72	650m:	7:28.29	35.14	
	100m:	1:06.59	34.49	300m:	3:24.40	34.78	500m:	5:43.11	34.88	700m:	8:03.15	34.86	
	150m:	1:40.87	34.28	350m:	3:58.87	34.47	550m:	6:18.07	34.96	750m:	8:37.87	34.72	
	200m:	2:15.22	34.35	400m:	4:33.51	34.64	600m:	6:53.15	35.08	800m:	9:10.77	32.90	
6.				2007				+0,76	<b>9:10.94</b>			681	
	50m:	32.55	32.55	250m:	2:53.01	35.59	450m:	5:12.57	35.01	650m:	7:31.46	34.35	
	100m:	1:07.47	34.92	300m:	3:27.76	34.75	500m:	5:47.34	34.77	700m:	8:05.51	34.05	
	150m:	1:42.49	35.02	350m:	4:02.78	35.02	550m:	6:22.25	34.91	750m:	8:39.34	33.83	
	200m:	2:17.42	34.93	400m:	4:37.56	34.78	600m:	6:57.11	34.86	800m:	9:10.94	31.60	
7.				2010				+0,97	<b>9:11.61</b>			678	
	50m:	31.91	31.91	250m:	2:50.19	34.77	450m:	5:09.00	34.45	650m:	7:29.24	34.69	
	100m:	1:06.24	34.33	300m:	3:25.07	34.88	500m:	5:44.12	35.12	700m:	8:04.13	34.89	
	150m:	1:40.86	34.62	350m:	3:59.64	34.57	550m:	6:19.15	35.03	750m:	8:39.16	35.03	
	200m:	2:15.42	34.56	400m:	4:34.55	34.91	600m:	6:54.55	35.40	800m:	9:11.61	32.45	
8.				2003				+0,72	<b>9:11.81</b>			678	
	50m:	30.13	30.13	250m:	2:43.96	33.29	450m:	5:04.15	40.77	650m:	7:30.22	35.59	
	100m:	1:03.88	33.75	300m:	3:17.79	33.83	500m:	5:42.64	38.49	700m:	8:05.50	35.28	
	150m:	1:36.94	33.06	350m:	3:50.56	32.77	550m:	6:18.45	35.81	750m:	8:39.84	34.34	
	200m:	2:10.67	33.73	400m:	4:23.38	32.82	600m:	6:54.63	36.18	800m:	9:11.81	31.97	
9.				2008				+0,81	<b>9:12.08</b>			677	
	50m:	31.92	31.92	250m:	2:52.54	35.31	450m:	5:12.15	34.82	650m:	7:31.41	34.61	
	100m:	1:07.18	35.26	300m:	3:27.70	35.16	500m:	5:47.09	34.94	700m:	8:05.28	33.87	
	150m:	1:42.33	35.15	350m:	4:02.28	34.58	550m:	6:21.99	34.90	750m:	8:39.60	34.32	
	200m:	2:17.23	34.90	400m:	4:37.33	35.05	600m:	6:56.80	34.81	800m:	9:12.08	32.48	

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29,		, 800m						R.T.		FINA		
10.				2008				<b>+0,85</b>	<b>9:15.62</b>		<b>664</b>	
	50m:	32.66	32.66	250m:	2:51.37	35.10	450m:	5:11.62	35.53	650m:	7:31.99	35.68
	100m:	1:07.04	34.38	300m:	3:25.80	34.43	500m:	5:46.14	34.52	700m:	8:06.53	34.54
	150m:	1:42.03	34.99	350m:	4:01.47	35.67	550m:	6:21.98	35.84	750m:	8:41.76	35.23
	200m:	2:16.27	34.24	400m:	4:36.09	34.62	600m:	6:56.31	34.33	800m:	9:15.62	33.86
11.				2008				<b>+0,94</b>	<b>9:16.46</b>		<b>661</b>	
	50m:	33.14	33.14	250m:	2:52.18	35.10	450m:	5:12.68	35.30	650m:	7:32.66	35.29
	100m:	1:07.59	34.45	300m:	3:27.05	34.87	500m:	5:47.47	34.79	700m:	8:07.58	34.92
	150m:	1:42.45	34.86	350m:	4:02.41	35.36	550m:	6:22.58	35.11	750m:	8:42.85	35.27
	200m:	2:17.08	34.63	400m:	4:37.38	34.97	600m:	6:57.37	34.79	800m:	9:16.46	33.61
12.				2005				<b>+0,96</b>	<b>9:17.43</b>		<b>657</b>	
	50m:	32.56	32.56	250m:	2:52.24	34.93	450m:	5:12.48	35.06	650m:	7:32.59	34.98
	100m:	1:07.59	35.03	300m:	3:27.24	35.00	500m:	5:47.48	35.00	700m:	8:07.79	35.20
	150m:	1:42.32	34.73	350m:	4:02.25	35.01	550m:	6:22.49	35.01	750m:	8:43.06	35.27
	200m:	2:17.31	34.99	400m:	4:37.42	35.17	600m:	6:57.61	35.12	800m:	9:17.43	34.37
13.				2008				<b>+0,79</b>	<b>9:18.87</b>		<b>652</b>	
	50m:	31.43	31.43	250m:	2:51.83	35.24	450m:	5:12.85	35.16	650m:	7:33.42	35.02
	100m:	1:06.60	35.17	300m:	3:27.07	35.24	500m:	5:48.15	35.30	700m:	8:08.70	35.28
	150m:	1:41.16	34.56	350m:	4:02.27	35.20	550m:	6:23.00	34.85	750m:	8:43.84	35.14
	200m:	2:16.59	35.43	400m:	4:37.69	35.42	600m:	6:58.40	35.40	800m:	9:18.87	35.03
14.				2007		-		<b>+0,79</b>	<b>9:19.30</b>		<b>651</b>	
	50m:	32.10	32.10	250m:	2:51.29	34.98	450m:	5:12.39	34.90	650m:	7:34.30	35.67
	100m:	1:06.51	34.41	300m:	3:26.94	35.65	500m:	5:47.87	35.48	700m:	8:09.83	35.53
	150m:	1:40.90	34.39	350m:	4:02.07	35.13	550m:	6:23.16	35.29	750m:	8:45.33	35.50
	200m:	2:16.31	35.41	400m:	4:37.49	35.42	600m:	6:58.63	35.47	800m:	9:19.30	33.97
15.				2004		-		<b>+0,74</b>	<b>9:20.66</b>		<b>646</b>	
	50m:	30.36	30.36	250m:	2:50.43	35.54	450m:	5:13.23	35.52	650m:	7:35.97	35.69
	100m:	1:04.65	34.29	300m:	3:26.04	35.61	500m:	5:48.65	35.42	700m:	8:11.67	35.70
	150m:	1:39.30	34.65	350m:	4:02.01	35.97	550m:	6:24.51	35.86	750m:	8:46.88	35.21
	200m:	2:14.89	35.59	400m:	4:37.71	35.70	600m:	7:00.28	35.77	800m:	9:20.66	33.78
16.				2007				<b>+0,98</b>	<b>9:25.98</b>		<b>628</b>	
	50m:	31.80	31.80	250m:	2:53.30	35.13	450m:	5:15.86	35.70	650m:	7:40.19	35.98
	100m:	1:07.35	35.55	300m:	3:29.04	35.74	500m:	5:52.07	36.21	700m:	8:16.59	36.40
	150m:	1:42.74	35.39	350m:	4:04.19	35.15	550m:	6:27.83	35.76	750m:	8:52.35	35.76
	200m:	2:18.17	35.43	400m:	4:40.16	35.97	600m:	7:04.21	36.38	800m:	9:25.98	33.63
17.				2006				<b>+0,91</b>	<b>9:27.37</b>		<b>623</b>	
	50m:	31.44	31.44	250m:	2:51.43	34.82	450m:	5:14.58	36.42	650m:	7:39.57	36.14
	100m:	1:06.28	34.84	300m:	3:26.78	35.35	500m:	5:50.80	36.22	700m:	8:16.11	36.54
	150m:	1:41.60	35.32	350m:	4:02.45	35.67	550m:	6:26.62	35.82	750m:	8:51.74	35.63
	200m:	2:16.61	35.01	400m:	4:38.16	35.71	600m:	7:03.43	36.81	800m:	9:27.37	35.63
18.				2007			-1	<b>+0,82</b>	<b>9:32.42</b>		<b>607</b>	
	50m:	31.55	31.55	250m:	2:51.48	34.77	450m:	5:15.02	35.73	650m:	7:44.27	37.15
	100m:	1:06.76	35.21	300m:	3:27.08	35.60	500m:	5:52.56	37.54	700m:	8:22.25	37.98
	150m:	1:41.38	34.62	350m:	4:02.51	35.43	550m:	6:29.56	37.00	750m:	8:57.50	35.25
	200m:	2:16.71	35.33	400m:	4:39.29	36.78	600m:	7:07.12	37.56	800m:	9:32.42	34.92
19.				2009				<b>+0,83</b>	<b>9:34.21</b>		<b>601</b>	
	50m:	32.14	32.14	250m:	2:55.21	36.06	450m:	5:21.22	36.64	650m:	7:46.95	36.43
	100m:	1:07.43	35.29	300m:	3:31.41	36.20	500m:	5:57.59	36.37	700m:	8:23.74	36.79
	150m:	1:43.13	35.70	350m:	4:08.10	36.69	550m:	6:34.10	36.51	750m:	8:59.29	35.55
	200m:	2:19.15	36.02	400m:	4:44.58	36.48	600m:	7:10.52	36.42	800m:	9:34.21	34.92



		29, , 800m						R.T.		FINA		
20.				2006				<b>+0,94</b>	<b>9:34.54</b>		<b>600</b>	
	50m:	33.05	33.05	250m:	2:54.16	35.94	450m:	5:18.74	37.11	650m:	7:45.98	37.31
	100m:	1:07.64	34.59	300m:	3:29.48	35.32	500m:	5:54.99	36.25	700m:	8:22.19	36.21
	150m:	1:43.22	35.58	350m:	4:05.78	36.30	550m:	6:32.15	37.16	750m:	8:59.18	36.99
	200m:	2:18.22	35.00	400m:	4:41.63	35.85	600m:	7:08.67	36.52	800m:	9:34.54	35.36
21.				2006				<b>+0,99</b>	<b>9:35.33</b>		<b>598</b>	
	50m:	32.68	32.68	250m:	2:56.12	35.97	450m:	5:22.11	36.57	650m:	7:48.90	36.55
	100m:	1:08.30	35.62	300m:	3:32.43	36.31	500m:	5:58.61	36.50	700m:	8:25.70	36.80
	150m:	1:44.30	36.00	350m:	4:08.78	36.35	550m:	6:35.45	36.84	750m:	9:01.76	36.06
	200m:	2:20.15	35.85	400m:	4:45.54	36.76	600m:	7:12.35	36.90	800m:	9:35.33	33.57
22.				2008				<b>+1,91</b>	<b>9:35.58</b>		<b>597</b>	
	50m:	33.37	33.37	250m:	2:58.44	36.99	450m:	5:23.68	36.59	650m:	7:49.41	36.46
	100m:	1:08.74	35.37	300m:	3:34.70	36.26	500m:	5:59.92	36.24	700m:	8:25.44	36.03
	150m:	1:45.07	36.33	350m:	4:11.12	36.42	550m:	6:36.34	36.42	750m:	9:01.06	35.62
	200m:	2:21.45	36.38	400m:	4:47.09	35.97	600m:	7:12.95	36.61	800m:	9:35.58	34.52
23.				2009				<b>+0,89</b>	<b>9:36.35</b>		<b>595</b>	
	50m:	32.95	32.95	250m:	2:56.11	36.36	450m:	5:22.10	36.73	650m:	7:48.90	37.03
	100m:	1:08.02	35.07	300m:	3:32.36	36.25	500m:	5:58.27	36.17	700m:	8:25.73	36.83
	150m:	1:44.09	36.07	350m:	4:08.96	36.60	550m:	6:35.15	36.88	750m:	9:01.83	36.10
	200m:	2:19.75	35.66	400m:	4:45.37	36.41	600m:	7:11.87	36.72	800m:	9:36.35	34.52
24.				2008				<b>+0,96</b>	<b>9:37.35</b>		<b>592</b>	
	50m:	33.41	33.41	250m:	2:58.18	36.05	450m:	5:23.80	36.34	650m:	7:49.38	36.44
	100m:	1:09.77	36.36	300m:	3:34.64	36.46	500m:	6:00.06	36.26	700m:	8:25.66	36.28
	150m:	1:45.85	36.08	350m:	4:11.03	36.39	550m:	6:36.73	36.67	750m:	9:01.91	36.25
	200m:	2:22.13	36.28	400m:	4:47.46	36.43	600m:	7:12.94	36.21	800m:	9:37.35	35.44
25.				2010 1				<b>+0,74</b>	<b>9:38.49</b>		<b>588</b>	
	50m:	32.08	32.08	250m:	2:54.31	35.75	450m:	5:20.48	36.98	650m:	7:50.52	37.38
	100m:	1:07.07	34.99	300m:	3:30.45	36.14	500m:	5:58.09	37.61	700m:	8:27.66	37.14
	150m:	1:42.10	35.03	350m:	4:06.74	36.29	550m:	6:35.62	37.53	750m:	9:03.75	36.09
	200m:	2:18.56	36.46	400m:	4:43.50	36.76	600m:	7:13.14	37.52	800m:	9:38.49	34.74
26.				2010				<b>+0,86</b>	<b>9:39.70</b>		<b>584</b>	
	50m:	31.83	31.83	250m:	2:57.58	36.37	450m:	5:24.48	36.49	650m:	7:52.58	36.58
	100m:	1:08.05	36.22	300m:	3:34.31	36.73	500m:	6:01.81	37.33	700m:	8:30.20	37.62
	150m:	1:44.41	36.36	350m:	4:10.75	36.44	550m:	6:38.72	36.91	750m:	9:05.52	35.32
	200m:	2:21.21	36.80	400m:	4:47.99	37.24	600m:	7:16.00	37.28	800m:	9:39.70	34.18
27.				2007				<b>+0,87</b>	<b>9:40.46</b>		<b>582</b>	
	50m:	34.26	34.26	250m:	3:00.58	36.78	450m:	5:26.83	36.90	650m:	7:53.06	36.75
	100m:	1:10.75	36.49	300m:	3:36.96	36.38	500m:	6:03.12	36.29	700m:	8:29.27	36.21
	150m:	1:47.45	36.70	350m:	4:13.54	36.58	550m:	6:40.10	36.98	750m:	9:05.81	36.54
	200m:	2:23.80	36.35	400m:	4:49.93	36.39	600m:	7:16.31	36.21	800m:	9:40.46	34.65
28.				2009				<b>+1,06</b>	<b>9:42.33</b>		<b>576</b>	
	50m:	32.86	32.86	250m:	2:57.01	36.57	450m:	5:24.51	37.11	650m:	7:53.30	37.29
	100m:	1:08.18	35.32	300m:	3:33.94	36.93	500m:	6:01.50	36.99	700m:	8:30.45	37.15
	150m:	1:44.19	36.01	350m:	4:10.40	36.46	550m:	6:38.85	37.35	750m:	9:07.45	37.00
	200m:	2:20.44	36.25	400m:	4:47.40	37.00	600m:	7:16.01	37.16	800m:	9:42.33	34.88
29.				2007				<b>+1,00</b>	<b>9:44.93</b>		<b>569</b>	
	50m:	33.51	33.51	250m:	2:58.65	36.44	450m:	5:26.12	37.33	650m:	7:55.18	37.71
	100m:	1:09.21	35.70	300m:	3:35.12	36.47	500m:	6:03.23	37.11	700m:	8:32.06	36.88
	150m:	1:45.63	36.42	350m:	4:12.03	36.91	550m:	6:40.59	37.36	750m:	9:09.84	37.78
	200m:	2:22.21	36.58	400m:	4:48.79	36.76	600m:	7:17.47	36.88	800m:	9:44.93	35.09



29,		, 800m						R.T.		FINA		
30.				2004				+0,81	9:46.31	1	565	
	50m:	32.53	32.53	250m:	2:54.95	36.56	450m:	5:22.42	37.82	650m:	7:54.27	38.46
	100m:	1:07.10	34.57	300m:	3:30.76	35.81	500m:	5:59.49	37.07	700m:	8:31.61	37.34
	150m:	1:42.72	35.62	350m:	4:08.06	37.30	550m:	6:37.78	38.29	750m:	9:10.22	38.61
	200m:	2:18.39	35.67	400m:	4:44.60	36.54	600m:	7:15.81	38.03	800m:	9:46.31	36.09
31.				2009	1			+0,90	9:46.81	1	563	
	50m:	33.09	33.09	250m:	3:01.82	37.53	450m:	5:31.02	37.12	650m:	7:59.27	36.75
	100m:	1:09.76	36.67	300m:	3:39.08	37.26	500m:	6:08.19	37.17	700m:	8:36.25	36.98
	150m:	1:47.09	37.33	350m:	4:17.13	38.05	550m:	6:45.98	37.79	750m:	9:12.16	35.91
	200m:	2:24.29	37.20	400m:	4:53.90	36.77	600m:	7:22.52	36.54	800m:	9:46.81	34.65
32.				2008				+0,79	9:47.48	1	561	
	50m:	33.00	33.00	250m:	2:58.68	37.15	450m:	5:28.06	37.46	650m:	7:57.77	37.84
	100m:	1:08.66	35.66	300m:	3:35.72	37.04	500m:	6:04.97	36.91	700m:	8:34.90	37.13
	150m:	1:45.05	36.39	350m:	4:13.08	37.36	550m:	6:42.75	37.78	750m:	9:11.89	36.99
	200m:	2:21.53	36.48	400m:	4:50.60	37.52	600m:	7:19.93	37.18	800m:	9:47.48	35.59
33.				2004				+1,01	9:48.99	1	557	
	50m:	33.92	33.92	250m:	3:00.65	37.02	450m:	5:29.04	37.33	650m:	7:58.31	37.70
	100m:	1:10.20	36.28	300m:	3:37.56	36.91	500m:	6:06.05	37.01	700m:	8:35.82	37.51
	150m:	1:46.95	36.75	350m:	4:14.69	37.13	550m:	6:43.39	37.34	750m:	9:13.10	37.28
	200m:	2:23.63	36.68	400m:	4:51.71	37.02	600m:	7:20.61	37.22	800m:	9:48.99	35.89
34.				2010				+0,87	9:50.31	1	553	
	50m:	33.34	33.34	250m:	3:01.92	37.68	450m:	5:31.80	37.55	650m:	8:01.09	37.82
	100m:	1:09.60	36.26	300m:	3:39.37	37.45	500m:	6:08.93	37.13	700m:	8:37.62	36.53
	150m:	1:47.43	37.83	350m:	4:17.00	37.63	550m:	6:46.69	37.76	750m:	9:14.73	37.11
	200m:	2:24.24	36.81	400m:	4:54.25	37.25	600m:	7:23.27	36.58	800m:	9:50.31	35.58
35.				2007				+0,80	9:52.68	1	547	
	50m:	33.58	33.58	250m:	3:00.59	37.39	450m:	5:30.37	37.68	650m:	8:02.27	37.72
	100m:	1:09.62	36.04	300m:	3:37.82	37.23	500m:	6:08.67	38.30	700m:	8:39.60	37.33
	150m:	1:46.32	36.70	350m:	4:15.34	37.52	550m:	6:46.63	37.96	750m:	9:16.64	37.04
	200m:	2:23.20	36.88	400m:	4:52.69	37.35	600m:	7:24.55	37.92	800m:	9:52.68	36.04
36.				2008				+0,82	9:53.45	1	545	
	50m:	34.23	34.23	250m:	3:02.05	37.20	450m:	5:32.07	37.62	650m:	8:03.40	38.00
	100m:	1:10.86	36.63	300m:	3:39.28	37.23	500m:	6:09.76	37.69	700m:	8:41.18	37.78
	150m:	1:47.90	37.04	350m:	4:16.88	37.60	550m:	6:47.16	37.40	750m:	9:18.33	37.15
	200m:	2:24.85	36.95	400m:	4:54.45	37.57	600m:	7:25.40	38.24	800m:	9:53.45	35.12
37.				2007				+0,86	9:53.93	1	543	
	50m:	33.43	33.43	250m:	3:01.27	37.73	450m:	5:32.56	37.98	650m:	8:04.01	37.84
	100m:	1:09.59	36.16	300m:	3:38.87	37.60	500m:	6:10.47	37.91	700m:	8:41.50	37.49
	150m:	1:46.31	36.72	350m:	4:16.87	38.00	550m:	6:48.44	37.97	750m:	9:18.63	37.13
	200m:	2:23.54	37.23	400m:	4:54.58	37.71	600m:	7:26.17	37.73	800m:	9:53.93	35.30
38.				2008	1			+0,95	9:54.56	1	542	
	50m:	33.15	33.15	250m:	3:02.76	38.09	450m:	5:34.13	37.98	650m:	8:04.99	37.96
	100m:	1:09.47	36.32	300m:	3:40.56	37.80	500m:	6:11.61	37.48	700m:	8:42.19	37.20
	150m:	1:47.09	37.62	350m:	4:18.34	37.78	550m:	6:49.61	38.00	750m:	9:19.85	37.66
	200m:	2:24.67	37.58	400m:	4:56.15	37.81	600m:	7:27.03	37.42	800m:	9:54.56	34.71
39.				2009				+1,05	9:54.89	1	541	
	50m:	33.04	33.04	250m:	3:02.49	37.61	450m:	5:33.56	37.57	650m:	8:04.10	37.75
	100m:	1:09.79	36.75	300m:	3:40.60	38.11	500m:	6:11.28	37.72	700m:	8:41.72	37.62
	150m:	1:46.84	37.05	350m:	4:18.10	37.50	550m:	6:48.61	37.33	750m:	9:18.61	36.89
	200m:	2:24.88	38.04	400m:	4:55.99	37.89	600m:	7:26.35	37.74	800m:	9:54.89	36.28



29,		, 800m						R.T.		FINA		
40.				2010	1			+0,94	<b>9:58.74</b>	1	530	
	50m:	32.78	32.78	250m:	3:03.57	38.70	450m:	5:37.54	38.98	650m:	8:09.79	38.20
	100m:	1:08.74	35.96	300m:	3:41.70	38.13	500m:	6:15.04	37.50	700m:	8:47.36	37.57
	150m:	1:47.11	38.37	350m:	4:20.95	39.25	550m:	6:54.24	39.20	750m:	9:24.73	37.37
	200m:	2:24.87	37.76	400m:	4:58.56	37.61	600m:	7:31.59	37.35	800m:	9:58.74	34.01
41.				2009	1		-2	+0,86	<b>9:58.81</b>	1	530	
	50m:	32.77	32.77	250m:	3:02.44	37.89	450m:	5:34.16	38.25	650m:	8:08.11	38.99
	100m:	1:08.76	35.99	300m:	3:40.37	37.93	500m:	6:12.05	37.89	700m:	8:46.77	38.66
	150m:	1:46.96	38.20	350m:	4:18.39	38.02	550m:	6:50.38	38.33	750m:	9:23.55	36.78
	200m:	2:24.55	37.59	400m:	4:55.91	37.52	600m:	7:29.12	38.74	800m:	9:58.81	35.26
42.				2010	1			+0,84	<b>10:01.49</b>	1	523	
	50m:	36.49	36.49	250m:	3:09.52	38.49	450m:	5:41.75	38.07	650m:	8:13.09	37.56
	100m:	1:14.76	38.27	300m:	3:47.51	37.99	500m:	6:19.67	37.92	700m:	8:50.75	37.66
	150m:	1:52.85	38.09	350m:	4:25.62	38.11	550m:	6:57.56	37.89	750m:	9:26.59	35.84
	200m:	2:31.03	38.18	400m:	5:03.68	38.06	600m:	7:35.53	37.97	800m:	10:01.49	34.90
43.				2009	1		-1	+0,89	<b>10:02.46</b>	1	521	
	50m:	34.43	34.43	250m:	3:06.70	38.01	450m:	5:40.23	38.19	650m:	8:13.07	37.98
	100m:	1:12.12	37.69	300m:	3:45.15	38.45	500m:	6:18.39	38.16	700m:	8:50.37	37.30
	150m:	1:50.43	38.31	350m:	4:23.97	38.82	550m:	6:56.83	38.44	750m:	9:27.88	37.51
	200m:	2:28.69	38.26	400m:	5:02.04	38.07	600m:	7:35.09	38.26	800m:	10:02.46	34.58
44.				2007				+0,90	<b>10:03.10</b>	1	519	
	50m:	34.50	34.50	250m:	3:07.54	38.85	450m:	5:40.96	37.80	650m:	8:12.37	37.77
	100m:	1:12.21	37.71	300m:	3:46.45	38.91	500m:	6:18.76	37.80	700m:	8:50.44	38.07
	150m:	1:50.29	38.08	350m:	4:24.75	38.30	550m:	6:56.91	38.15	750m:	9:27.41	36.97
	200m:	2:28.69	38.40	400m:	5:03.16	38.41	600m:	7:34.60	37.69	800m:	10:03.10	35.69
45.				2010	1		-1	+0,87	<b>10:03.28</b>	1	518	
	50m:	33.35	33.35	250m:	3:04.41	38.46	450m:	5:37.72	38.77	650m:	8:12.08	38.69
	100m:	1:09.79	36.44	300m:	3:42.55	38.14	500m:	6:16.07	38.35	700m:	8:49.91	37.83
	150m:	1:47.88	38.09	350m:	4:20.77	38.22	550m:	6:54.96	38.89	750m:	9:27.84	37.93
	200m:	2:25.95	38.07	400m:	4:58.95	38.18	600m:	7:33.39	38.43	800m:	10:03.28	35.44
46.				2008				+0,91	<b>10:13.78</b>	1	492	
	50m:	33.84	33.84	250m:	3:07.19	39.40	450m:	5:42.53	39.05	650m:	8:19.69	38.71
	100m:	1:10.76	36.92	300m:	3:45.94	38.75	500m:	6:21.96	39.43	700m:	8:58.54	38.85
	150m:	1:49.13	38.37	350m:	4:24.80	38.86	550m:	7:01.87	39.91	750m:	9:36.68	38.14
	200m:	2:27.79	38.66	400m:	5:03.48	38.68	600m:	7:40.98	39.11	800m:	10:13.78	37.10
47.				2009	1			+0,82	<b>10:16.75</b>	1	485	
	50m:	34.65	34.65	250m:	3:09.20	38.65	450m:	5:45.74	38.93	650m:	8:23.92	39.58
	100m:	1:13.45	38.80	300m:	3:48.53	39.33	500m:	6:25.11	39.37	700m:	9:02.71	38.79
	150m:	1:52.03	38.58	350m:	4:27.30	38.77	550m:	7:04.86	39.75	750m:	9:40.97	38.26
	200m:	2:30.55	38.52	400m:	5:06.81	39.51	600m:	7:44.34	39.48	800m:	10:16.75	35.78
48.				2006				+0,80	<b>10:19.57</b>	1	479	
	50m:	35.16	35.16	250m:	3:17.00	40.38	450m:	5:57.42	39.20	650m:	8:30.50	37.76
	100m:	1:15.65	40.49	300m:	3:57.61	40.61	500m:	6:36.49	39.07	700m:	9:08.07	37.57
	150m:	1:55.75	40.10	350m:	4:37.72	40.11	550m:	7:14.77	38.28	750m:	9:44.11	36.04
	200m:	2:36.62	40.87	400m:	5:18.22	40.50	600m:	7:52.74	37.97	800m:	10:19.57	35.46
49.				2009				+0,94	<b>10:21.89</b>	1	473	
	50m:	34.20	34.20	250m:	3:07.81	38.95	450m:	5:46.34	39.91	650m:	8:25.07	39.61
	100m:	1:12.04	37.84	300m:	3:47.31	39.50	500m:	6:25.76	39.42	700m:	9:04.29	39.22
	150m:	1:50.29	38.25	350m:	4:26.81	39.50	550m:	7:05.72	39.96	750m:	9:43.32	39.03
	200m:	2:28.86	38.57	400m:	5:06.43	39.62	600m:	7:45.46	39.74	800m:	10:21.89	38.57



29,		, 800m						R.T.		FINA		
50.				2008	1			<b>+1,02</b>	<b>10:27.90</b>		<b>460</b>	
	50m:	35.35	35.35	250m:	3:13.22	40.08	450m:	5:54.17	39.96	650m:	8:34.02	40.08
	100m:	1:13.87	38.52	300m:	3:53.96	40.74	500m:	6:33.84	39.67	700m:	9:13.58	39.56
	150m:	1:53.38	39.51	350m:	4:34.14	40.18	550m:	7:13.29	39.45	750m:	9:51.77	38.19
	200m:	2:33.14	39.76	400m:	5:14.21	40.07	600m:	7:53.94	40.65	800m:	10:27.90	36.13
51.				2010	1			<b>+1,02</b>	<b>10:31.08</b>		<b>453</b>	
	50m:	33.43	33.43	250m:	3:06.88	39.98	450m:	5:48.13	40.69	650m:	8:31.48	40.54
	100m:	1:09.96	36.53	300m:	3:46.71	39.83	500m:	6:28.81	40.68	700m:	9:12.42	40.94
	150m:	1:48.08	38.12	350m:	4:27.10	40.39	550m:	7:10.45	41.64	750m:	9:52.37	39.95
	200m:	2:26.90	38.82	400m:	5:07.44	40.34	600m:	7:50.94	40.49	800m:	10:31.08	38.71
52.				2010	1			<b>+1,01</b>	<b>10:32.34</b>		<b>450</b>	
	50m:	34.53	34.53	250m:	3:13.09	39.63	450m:	5:53.96	40.11	650m:	8:34.67	39.71
	100m:	1:14.26	39.73	300m:	3:53.84	40.75	500m:	6:34.51	40.55	700m:	9:14.95	40.28
	150m:	1:53.16	38.90	350m:	4:33.74	39.90	550m:	7:14.69	40.18	750m:	9:53.94	38.99
	200m:	2:33.46	40.30	400m:	5:13.85	40.11	600m:	7:54.96	40.27	800m:	10:32.34	38.40
53.				2007				<b>+0,87</b>	<b>10:40.03</b>		<b>434</b>	
	50m:	34.37	34.37	250m:	3:12.10	39.87	450m:	5:54.26	40.26	650m:	8:37.39	40.41
	100m:	1:12.96	38.59	300m:	3:53.08	40.98	500m:	6:35.36	41.10	700m:	9:18.73	41.34
	150m:	1:52.03	39.07	350m:	4:33.37	40.29	550m:	7:15.57	40.21	750m:	9:59.63	40.90
	200m:	2:32.23	40.20	400m:	5:14.00	40.63	600m:	7:56.98	41.41	800m:	10:40.03	40.40
54.				2008	1			<b>+0,88</b>	<b>10:45.90</b>		<b>422</b>	
	50m:	36.53	36.53	250m:	3:19.61	40.92	450m:	6:02.95	40.89	650m:	8:46.81	40.54
	100m:	1:16.41	39.88	300m:	4:00.55	40.94	500m:	6:44.11	41.16	700m:	9:27.57	40.76
	150m:	1:57.15	40.74	350m:	4:41.25	40.70	550m:	7:25.02	40.91	750m:	10:07.86	40.29
	200m:	2:38.69	41.54	400m:	5:22.06	40.81	600m:	8:06.27	41.25	800m:	10:45.90	38.04
55.				2009	1			<b>+0,99</b>	<b>10:59.05</b>		<b>398</b>	
	50m:	35.94	35.94	250m:	3:19.33	42.13	450m:	6:07.04	42.56	650m:	8:54.87	42.24
	100m:	1:15.61	39.67	300m:	4:00.63	41.30	500m:	6:48.55	41.51	700m:	9:36.14	41.27
	150m:	1:57.36	41.75	350m:	4:43.19	42.56	550m:	7:31.39	42.84	750m:	10:18.54	42.40
	200m:	2:37.20	39.84	400m:	5:24.48	41.29	600m:	8:12.63	41.24	800m:	10:59.05	40.51
56.				2010	1			<b>+1,03</b>	<b>11:01.06</b>		<b>394</b>	
	50m:	35.70	35.70	250m:	3:20.26	41.64	450m:	6:09.72	42.45	650m:	8:59.65	41.68
	100m:	1:15.97	40.27	300m:	4:02.71	42.45	500m:	6:52.79	43.07	700m:	9:41.81	42.16
	150m:	1:56.85	40.88	350m:	4:44.83	42.12	550m:	7:35.25	42.46	750m:	10:22.33	40.52
	200m:	2:38.62	41.77	400m:	5:27.27	42.44	600m:	8:17.97	42.72	800m:	11:01.06	38.73
DNS				2009				<b>+1,20</b>				



, 21 - 24 2023

29, , 800m

29 , 800m

(15-17 )

23.03.2023 - 14:02

8:18.77  
8:32.86

(JPN)  
(ESP)

29.07.2021  
25.07.2003

: FINA 2023

	/				R.T.				FINA			
1.	2006				<b>+0,89 8:51.05</b>				760			
	50m:	30.91	30.91	250m:	2:45.70	33.55	450m:	4:59.88	33.55	650m:	7:13.94	33.14
	100m:	1:04.49	33.58	300m:	3:19.42	33.72	500m:	5:33.73	33.85	700m:	7:47.08	33.14
	150m:	1:38.39	33.90	350m:	3:52.90	33.48	550m:	6:06.99	33.26	750m:	8:19.58	32.50
	200m:	2:12.15	33.76	400m:	4:26.33	33.43	600m:	6:40.80	33.81	800m:	8:51.05	31.47
2.	2008				<b>+0,84 9:04.80</b>				704			
	50m:	30.64	30.64	250m:	2:47.01	34.44	450m:	5:04.47	34.31	650m:	7:22.83	34.58
	100m:	1:04.76	34.12	300m:	3:21.49	34.48	500m:	5:39.19	34.72	700m:	7:57.59	34.76
	150m:	1:38.51	33.75	350m:	3:55.75	34.26	550m:	6:13.51	34.32	750m:	8:31.66	34.07
	200m:	2:12.57	34.06	400m:	4:30.16	34.41	600m:	6:48.25	34.74	800m:	9:04.80	33.14
3.	2006				<b>+0,79 9:06.07</b>				699			
	50m:	32.01	32.01	250m:	2:48.31	34.05	450m:	5:05.93	34.49	650m:	7:24.80	34.73
	100m:	1:05.86	33.85	300m:	3:22.59	34.28	500m:	5:40.64	34.71	700m:	7:59.11	34.31
	150m:	1:40.13	34.27	350m:	3:56.86	34.27	550m:	6:15.52	34.88	750m:	8:33.38	34.27
	200m:	2:14.26	34.13	400m:	4:31.44	34.58	600m:	6:50.07	34.55	800m:	9:06.07	32.69
4.	2007				<b>+0,76 9:10.94</b>				681			
	50m:	32.55	32.55	250m:	2:53.01	35.59	450m:	5:12.57	35.01	650m:	7:31.46	34.35
	100m:	1:07.47	34.92	300m:	3:27.76	34.75	500m:	5:47.34	34.77	700m:	8:05.51	34.05
	150m:	1:42.49	35.02	350m:	4:02.78	35.02	550m:	6:22.25	34.91	750m:	8:39.34	33.83
	200m:	2:17.42	34.93	400m:	4:37.56	34.78	600m:	6:57.11	34.86	800m:	9:10.94	31.60
5.	2008				<b>+0,81 9:12.08</b>				677			
	50m:	31.92	31.92	250m:	2:52.54	35.31	450m:	5:12.15	34.82	650m:	7:31.41	34.61
	100m:	1:07.18	35.26	300m:	3:27.70	35.16	500m:	5:47.09	34.94	700m:	8:05.28	33.87
	150m:	1:42.33	35.15	350m:	4:02.28	34.58	550m:	6:21.99	34.90	750m:	8:39.60	34.32
	200m:	2:17.23	34.90	400m:	4:37.33	35.05	600m:	6:56.80	34.81	800m:	9:12.08	32.48
6.	2008				<b>+0,85 9:15.62</b>				664			
	50m:	32.66	32.66	250m:	2:51.37	35.10	450m:	5:11.62	35.53	650m:	7:31.99	35.68
	100m:	1:07.04	34.38	300m:	3:25.80	34.43	500m:	5:46.14	34.52	700m:	8:06.53	34.54
	150m:	1:42.03	34.99	350m:	4:01.47	35.67	550m:	6:21.98	35.84	750m:	8:41.76	35.23
	200m:	2:16.27	34.24	400m:	4:36.09	34.62	600m:	6:56.31	34.33	800m:	9:15.62	33.86
7.	2008				<b>+0,94 9:16.46</b>				661			
	50m:	33.14	33.14	250m:	2:52.18	35.10	450m:	5:12.68	35.30	650m:	7:32.66	35.29
	100m:	1:07.59	34.45	300m:	3:27.05	34.87	500m:	5:47.47	34.79	700m:	8:07.58	34.92
	150m:	1:42.45	34.86	350m:	4:02.41	35.36	550m:	6:22.58	35.11	750m:	8:42.85	35.27
	200m:	2:17.08	34.63	400m:	4:37.38	34.97	600m:	6:57.37	34.79	800m:	9:16.46	33.61
8.	2008				<b>+0,79 9:18.87</b>				652			
	50m:	31.43	31.43	250m:	2:51.83	35.24	450m:	5:12.85	35.16	650m:	7:33.42	35.02
	100m:	1:06.60	35.17	300m:	3:27.07	35.24	500m:	5:48.15	35.30	700m:	8:08.70	35.28
	150m:	1:41.16	34.56	350m:	4:02.27	35.20	550m:	6:23.00	34.85	750m:	8:43.84	35.14
	200m:	2:16.59	35.43	400m:	4:37.69	35.42	600m:	6:58.40	35.40	800m:	9:18.87	35.03
9.	2007				<b>+0,79 9:19.30</b>				651			
	50m:	32.10	32.10	250m:	2:51.29	34.98	450m:	5:12.39	34.90	650m:	7:34.30	35.67
	100m:	1:06.51	34.41	300m:	3:26.94	35.65	500m:	5:47.87	35.48	700m:	8:09.83	35.53
	150m:	1:40.90	34.39	350m:	4:02.07	35.13	550m:	6:23.16	35.29	750m:	8:45.33	35.50
	200m:	2:16.31	35.41	400m:	4:37.49	35.42	600m:	6:58.63	35.47	800m:	9:19.30	33.97

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29,		, 800m				(15-17 )		R.T.		FINA		
10.				2007				+0,98	<b>9:25.98</b>		628	
	50m:	31.80	31.80	250m:	2:53.30	35.13	450m:	5:15.86	35.70	650m:	7:40.19	35.98
	100m:	1:07.35	35.55	300m:	3:29.04	35.74	500m:	5:52.07	36.21	700m:	8:16.59	36.40
	150m:	1:42.74	35.39	350m:	4:04.19	35.15	550m:	6:27.83	35.76	750m:	8:52.35	35.76
	200m:	2:18.17	35.43	400m:	4:40.16	35.97	600m:	7:04.21	36.38	800m:	9:25.98	33.63
11.				2006				+0,91	<b>9:27.37</b>		623	
	50m:	31.44	31.44	250m:	2:51.43	34.82	450m:	5:14.58	36.42	650m:	7:39.57	36.14
	100m:	1:06.28	34.84	300m:	3:26.78	35.35	500m:	5:50.80	36.22	700m:	8:16.11	36.54
	150m:	1:41.60	35.32	350m:	4:02.45	35.67	550m:	6:26.62	35.82	750m:	8:51.74	35.63
	200m:	2:16.61	35.01	400m:	4:38.16	35.71	600m:	7:03.43	36.81	800m:	9:27.37	35.63
12.				2007			-1	+0,82	<b>9:32.42</b>		607	
	50m:	31.55	31.55	250m:	2:51.48	34.77	450m:	5:15.02	35.73	650m:	7:44.27	37.15
	100m:	1:06.76	35.21	300m:	3:27.08	35.60	500m:	5:52.56	37.54	700m:	8:22.25	37.98
	150m:	1:41.38	34.62	350m:	4:02.51	35.43	550m:	6:29.56	37.00	750m:	8:57.50	35.25
	200m:	2:16.71	35.33	400m:	4:39.29	36.78	600m:	7:07.12	37.56	800m:	9:32.42	34.92
13.				2006				+0,94	<b>9:34.54</b>		600	
	50m:	33.05	33.05	250m:	2:54.16	35.94	450m:	5:18.74	37.11	650m:	7:45.98	37.31
	100m:	1:07.64	34.59	300m:	3:29.48	35.32	500m:	5:54.99	36.25	700m:	8:22.19	36.21
	150m:	1:43.22	35.58	350m:	4:05.78	36.30	550m:	6:32.15	37.16	750m:	8:59.18	36.99
	200m:	2:18.22	35.00	400m:	4:41.63	35.85	600m:	7:08.67	36.52	800m:	9:34.54	35.36
14.				2006				+0,99	<b>9:35.33</b>		598	
	50m:	32.68	32.68	250m:	2:56.12	35.97	450m:	5:22.11	36.57	650m:	7:48.90	36.55
	100m:	1:08.30	35.62	300m:	3:32.43	36.31	500m:	5:58.61	36.50	700m:	8:25.70	36.80
	150m:	1:44.30	36.00	350m:	4:08.78	36.35	550m:	6:35.45	36.84	750m:	9:01.76	36.06
	200m:	2:20.15	35.85	400m:	4:45.54	36.76	600m:	7:12.35	36.90	800m:	9:35.33	33.57
15.				2008				+1,91	<b>9:35.58</b>		597	
	50m:	33.37	33.37	250m:	2:58.44	36.99	450m:	5:23.68	36.59	650m:	7:49.41	36.46
	100m:	1:08.74	35.37	300m:	3:34.70	36.26	500m:	5:59.92	36.24	700m:	8:25.44	36.03
	150m:	1:45.07	36.33	350m:	4:11.12	36.42	550m:	6:36.34	36.42	750m:	9:01.06	35.62
	200m:	2:21.45	36.38	400m:	4:47.09	35.97	600m:	7:12.95	36.61	800m:	9:35.58	34.52
16.				2008				+0,96	<b>9:37.35</b>		592	
	50m:	33.41	33.41	250m:	2:58.18	36.05	450m:	5:23.80	36.34	650m:	7:49.38	36.44
	100m:	1:09.77	36.36	300m:	3:34.64	36.46	500m:	6:00.06	36.26	700m:	8:25.66	36.28
	150m:	1:45.85	36.08	350m:	4:11.03	36.39	550m:	6:36.73	36.67	750m:	9:01.91	36.25
	200m:	2:22.13	36.28	400m:	4:47.46	36.43	600m:	7:12.94	36.21	800m:	9:37.35	35.44
17.				2007				+0,87	<b>9:40.46</b>		582	
	50m:	34.26	34.26	250m:	3:00.58	36.78	450m:	5:26.83	36.90	650m:	7:53.06	36.75
	100m:	1:10.75	36.49	300m:	3:36.96	36.38	500m:	6:03.12	36.29	700m:	8:29.27	36.21
	150m:	1:47.45	36.70	350m:	4:13.54	36.58	550m:	6:40.10	36.98	750m:	9:05.81	36.54
	200m:	2:23.80	36.35	400m:	4:49.93	36.39	600m:	7:16.31	36.21	800m:	9:40.46	34.65
18.				2007				+1,00	<b>9:44.93</b>		569	
	50m:	33.51	33.51	250m:	2:58.65	36.44	450m:	5:26.12	37.33	650m:	7:55.18	37.71
	100m:	1:09.21	35.70	300m:	3:35.12	36.47	500m:	6:03.23	37.11	700m:	8:32.06	36.88
	150m:	1:45.63	36.42	350m:	4:12.03	36.91	550m:	6:40.59	37.36	750m:	9:09.84	37.78
	200m:	2:22.21	36.58	400m:	4:48.79	36.76	600m:	7:17.47	36.88	800m:	9:44.93	35.09
19.				2008				+0,79	<b>9:47.48</b>	1	561	
	50m:	33.00	33.00	250m:	2:58.68	37.15	450m:	5:28.06	37.46	650m:	7:57.77	37.84
	100m:	1:08.66	35.66	300m:	3:35.72	37.04	500m:	6:04.97	36.91	700m:	8:34.90	37.13
	150m:	1:45.05	36.39	350m:	4:13.08	37.36	550m:	6:42.75	37.78	750m:	9:11.89	36.99
	200m:	2:21.53	36.48	400m:	4:50.60	37.52	600m:	7:19.93	37.18	800m:	9:47.48	35.59

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29,		, 800m				(15-17 )		R.T.		FINA		
20.				2007				<b>+0,80</b>	<b>9:52.68</b>	1	547	
	50m:	33.58	33.58	250m:	3:00.59	37.39	450m:	5:30.37	37.68	650m:	8:02.27	37.72
	100m:	1:09.62	36.04	300m:	3:37.82	37.23	500m:	6:08.67	38.30	700m:	8:39.60	37.33
	150m:	1:46.32	36.70	350m:	4:15.34	37.52	550m:	6:46.63	37.96	750m:	9:16.64	37.04
	200m:	2:23.20	36.88	400m:	4:52.69	37.35	600m:	7:24.55	37.92	800m:	9:52.68	36.04
21.				2008				<b>+0,82</b>	<b>9:53.45</b>	1	545	
	50m:	34.23	34.23	250m:	3:02.05	37.20	450m:	5:32.07	37.62	650m:	8:03.40	38.00
	100m:	1:10.86	36.63	300m:	3:39.28	37.23	500m:	6:09.76	37.69	700m:	8:41.18	37.78
	150m:	1:47.90	37.04	350m:	4:16.88	37.60	550m:	6:47.16	37.40	750m:	9:18.33	37.15
	200m:	2:24.85	36.95	400m:	4:54.45	37.57	600m:	7:25.40	38.24	800m:	9:53.45	35.12
22.				2007				<b>+0,86</b>	<b>9:53.93</b>	1	543	
	50m:	33.43	33.43	250m:	3:01.27	37.73	450m:	5:32.56	37.98	650m:	8:04.01	37.84
	100m:	1:09.59	36.16	300m:	3:38.87	37.60	500m:	6:10.47	37.91	700m:	8:41.50	37.49
	150m:	1:46.31	36.72	350m:	4:16.87	38.00	550m:	6:48.44	37.97	750m:	9:18.63	37.13
	200m:	2:23.54	37.23	400m:	4:54.58	37.71	600m:	7:26.17	37.73	800m:	9:53.93	35.30
23.				2008 1				<b>+0,95</b>	<b>9:54.56</b>	1	542	
	50m:	33.15	33.15	250m:	3:02.76	38.09	450m:	5:34.13	37.98	650m:	8:04.99	37.96
	100m:	1:09.47	36.32	300m:	3:40.56	37.80	500m:	6:11.61	37.48	700m:	8:42.19	37.20
	150m:	1:47.09	37.62	350m:	4:18.34	37.78	550m:	6:49.61	38.00	750m:	9:19.85	37.66
	200m:	2:24.67	37.58	400m:	4:56.15	37.81	600m:	7:27.03	37.42	800m:	9:54.56	34.71
24.				2007				<b>+0,90</b>	<b>10:03.10</b>	1	519	
	50m:	34.50	34.50	250m:	3:07.54	38.85	450m:	5:40.96	37.80	650m:	8:12.37	37.77
	100m:	1:12.21	37.71	300m:	3:46.45	38.91	500m:	6:18.76	37.80	700m:	8:50.44	38.07
	150m:	1:50.29	38.08	350m:	4:24.75	38.30	550m:	6:56.91	38.15	750m:	9:27.41	36.97
	200m:	2:28.69	38.40	400m:	5:03.16	38.41	600m:	7:34.60	37.69	800m:	10:03.10	35.69
25.				2008				<b>+0,91</b>	<b>10:13.78</b>	1	492	
	50m:	33.84	33.84	250m:	3:07.19	39.40	450m:	5:42.53	39.05	650m:	8:19.69	38.71
	100m:	1:10.76	36.92	300m:	3:45.94	38.75	500m:	6:21.96	39.43	700m:	8:58.54	38.85
	150m:	1:49.13	38.37	350m:	4:24.80	38.86	550m:	7:01.87	39.91	750m:	9:36.68	38.14
	200m:	2:27.79	38.66	400m:	5:03.48	38.68	600m:	7:40.98	39.11	800m:	10:13.78	37.10
26.				2006				<b>+0,80</b>	<b>10:19.57</b>	1	479	
	50m:	35.16	35.16	250m:	3:17.00	40.38	450m:	5:57.42	39.20	650m:	8:30.50	37.76
	100m:	1:15.65	40.49	300m:	3:57.61	40.61	500m:	6:36.49	39.07	700m:	9:08.07	37.57
	150m:	1:55.75	40.10	350m:	4:37.72	40.11	550m:	7:14.77	38.28	750m:	9:44.11	36.04
	200m:	2:36.62	40.87	400m:	5:18.22	40.50	600m:	7:52.74	37.97	800m:	10:19.57	35.46
27.				2008 1				<b>+1,02</b>	<b>10:27.90</b>		460	
	50m:	35.35	35.35	250m:	3:13.22	40.08	450m:	5:54.17	39.96	650m:	8:34.02	40.08
	100m:	1:13.87	38.52	300m:	3:53.96	40.74	500m:	6:33.84	39.67	700m:	9:13.58	39.56
	150m:	1:53.38	39.51	350m:	4:34.14	40.18	550m:	7:13.29	39.45	750m:	9:51.77	38.19
	200m:	2:33.14	39.76	400m:	5:14.21	40.07	600m:	7:53.94	40.65	800m:	10:27.90	36.13
28.				2007				<b>+0,87</b>	<b>10:40.03</b>		434	
	50m:	34.37	34.37	250m:	3:12.10	39.87	450m:	5:54.26	40.26	650m:	8:37.39	40.41
	100m:	1:12.96	38.59	300m:	3:53.08	40.98	500m:	6:35.36	41.10	700m:	9:18.73	41.34
	150m:	1:52.03	39.07	350m:	4:33.37	40.29	550m:	7:15.57	40.21	750m:	9:59.63	40.90
	200m:	2:32.23	40.20	400m:	5:14.00	40.63	600m:	7:56.98	41.41	800m:	10:40.03	40.40
29.				2008 1				<b>+0,88</b>	<b>10:45.90</b>		422	
	50m:	36.53	36.53	250m:	3:19.61	40.92	450m:	6:02.95	40.89	650m:	8:46.81	40.54
	100m:	1:16.41	39.88	300m:	4:00.55	40.94	500m:	6:44.11	41.16	700m:	9:27.57	40.76
	150m:	1:57.15	40.74	350m:	4:41.25	40.70	550m:	7:25.02	40.91	750m:	10:07.86	40.29
	200m:	2:38.69	41.54	400m:	5:22.06	40.81	600m:	8:06.27	41.25	800m:	10:45.90	38.04

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