

, 21 - 24 2023

30
23.03.2023 - 15:21

, 1500m

14:41.13 (CHN) 15.08.2008
14:59.56 - - (BRA) 12.08.2016

: FINA 2023

	/				R.T.				FINA				
1.	2003				-	+0,78 15:41.81				791			
50m:	29.48	29.48	450m:	4:43.22	31.84	850m:	8:55.33	31.35	1250m:	13:05.40	31.53		
100m:	1:01.57	32.09	500m:	5:14.90	31.68	900m:	9:26.18	30.85	1300m:	13:36.88	31.48		
150m:	1:33.36	31.79	550m:	5:46.64	31.74	950m:	9:57.43	31.25	1350m:	14:08.36	31.48		
200m:	2:04.73	31.37	600m:	6:18.19	31.55	1000m:	10:28.52	31.09	1400m:	14:40.10	31.74		
250m:	2:36.38	31.65	650m:	6:49.78	31.59	1050m:	10:59.83	31.31	1450m:	15:11.28	31.18		
300m:	3:07.94	31.56	700m:	7:21.37	31.59	1100m:	11:30.92	31.09	1500m:	15:41.81	30.53		
350m:	3:39.76	31.82	750m:	7:52.93	31.56	1150m:	12:02.44	31.52					
400m:	4:11.38	31.62	800m:	8:23.98	31.05	1200m:	12:33.87	31.43					
2.	1998				-	+0,80 15:49.66				771			
50m:	29.54	29.54	450m:	4:43.31	31.51	850m:	8:55.93	31.24	1250m:	13:10.69	32.38		
100m:	1:01.86	32.32	500m:	5:15.12	31.81	900m:	9:27.17	31.24	1300m:	13:42.85	32.16		
150m:	1:33.06	31.20	550m:	5:46.72	31.60	950m:	9:58.90	31.73	1350m:	14:14.72	31.87		
200m:	2:04.69	31.63	600m:	6:18.26	31.54	1000m:	10:30.23	31.33	1400m:	14:47.56	32.84		
250m:	2:36.27	31.58	650m:	6:49.75	31.49	1050m:	11:02.51	32.28	1450m:	15:18.91	31.35		
300m:	3:08.14	31.87	700m:	7:21.78	32.03	1100m:	11:34.55	32.04	1500m:	15:49.66	30.75		
350m:	3:39.90	31.76	750m:	7:53.48	31.70	1150m:	12:06.12	31.57					
400m:	4:11.80	31.90	800m:	8:24.69	31.21	1200m:	12:38.31	32.19					
3.	2003				-	+0,84 15:54.54				759			
50m:	29.70	29.70	450m:	4:43.70	31.78	850m:	8:57.73	31.93	1250m:	13:14.58	32.74		
100m:	1:01.72	32.02	500m:	5:15.47	31.77	900m:	9:29.46	31.73	1300m:	13:46.52	31.94		
150m:	1:33.85	32.13	550m:	5:47.07	31.60	950m:	10:01.57	32.11	1350m:	14:18.76	32.24		
200m:	2:05.27	31.42	600m:	6:18.73	31.66	1000m:	10:33.38	31.81	1400m:	14:50.95	32.19		
250m:	2:37.14	31.87	650m:	6:50.39	31.66	1050m:	11:05.69	32.31	1450m:	15:23.27	32.32		
300m:	3:08.60	31.46	700m:	7:22.14	31.75	1100m:	11:37.54	31.85	1500m:	15:54.54	31.27		
350m:	3:40.31	31.71	750m:	7:54.06	31.92	1150m:	12:09.90	32.36					
400m:	4:11.92	31.61	800m:	8:25.80	31.74	1200m:	12:41.84	31.94					
4.	1997				-	+0,81 15:56.25				755			
50m:	30.37	30.37	450m:	4:45.93	31.67	850m:	9:00.67	31.97	1250m:	13:19.51	32.39		
100m:	1:02.72	32.35	500m:	5:17.82	31.89	900m:	9:32.78	32.11	1300m:	13:52.27	32.76		
150m:	1:34.40	31.68	550m:	5:49.43	31.61	950m:	10:04.97	32.19	1350m:	14:24.45	32.18		
200m:	2:06.78	32.38	600m:	6:21.34	31.91	1000m:	10:37.47	32.50	1400m:	14:56.79	32.34		
250m:	2:38.54	31.76	650m:	6:53.14	31.80	1050m:	11:09.52	32.05	1450m:	15:28.05	31.26		
300m:	3:10.65	32.11	700m:	7:25.17	32.03	1100m:	11:42.22	32.70	1500m:	15:56.25	28.20		
350m:	3:42.14	31.49	750m:	7:56.65	31.48	1150m:	12:14.44	32.22					
400m:	4:14.26	32.12	800m:	8:28.70	32.05	1200m:	12:47.12	32.68					
5.	2005				-	+0,82 15:56.26				755			
50m:	29.91	29.91	450m:	4:46.20	31.77	850m:	9:00.97	31.88	1250m:	13:19.60	32.67		
100m:	1:02.36	32.45	500m:	5:18.09	31.89	900m:	9:33.03	32.06	1300m:	13:52.27	32.67		
150m:	1:34.45	32.09	550m:	5:49.96	31.87	950m:	10:05.13	32.10	1350m:	14:24.65	32.38		
200m:	2:06.67	32.22	600m:	6:21.77	31.81	1000m:	10:37.58	32.45	1400m:	14:56.83	32.18		
250m:	2:38.69	32.02	650m:	6:53.65	31.88	1050m:	11:09.88	32.30	1450m:	15:27.24	30.41		
300m:	3:10.76	32.07	700m:	7:25.57	31.92	1100m:	11:42.31	32.43	1500m:	15:56.26	29.02		
350m:	3:42.54	31.78	750m:	7:57.26	31.69	1150m:	12:14.63	32.32					
400m:	4:14.43	31.89	800m:	8:29.09	31.83	1200m:	12:46.93	32.30					

" " " " 50

ALGE



30, , 1500m

					R.T.				FINA			
6.	2005				+0,79 15:59.34				748			
	50m:	29.58	29.58	450m:	4:48.24	32.25	850m:	9:06.20	32.39	1250m:	13:22.52	32.02
	100m:	1:02.23	32.65	500m:	5:20.11	31.87	900m:	9:38.98	32.78	1300m:	13:54.55	32.03
	150m:	1:34.69	32.46	550m:	5:51.94	31.83	950m:	10:11.07	32.09	1350m:	14:26.36	31.81
	200m:	2:06.89	32.20	600m:	6:24.15	32.21	1000m:	10:43.28	32.21	1400m:	14:58.32	31.96
	250m:	2:39.19	32.30	650m:	6:56.36	32.21	1050m:	11:15.13	31.85	1450m:	15:29.90	31.58
	300m:	3:11.38	32.19	700m:	7:28.66	32.30	1100m:	11:46.85	31.72	1500m:	15:59.34	29.44
	350m:	3:43.72	32.34	750m:	8:01.01	32.35	1150m:	12:18.44	31.59			
	400m:	4:15.99	32.27	800m:	8:33.81	32.80	1200m:	12:50.50	32.06			
7.	2006				+0,89 16:08.11				728			
	50m:	30.25	30.25	450m:	4:50.02	32.55	850m:	9:09.46	32.21	1250m:	13:28.76	32.21
	100m:	1:02.51	32.26	500m:	5:22.58	32.56	900m:	9:42.10	32.64	1300m:	14:00.95	32.19
	150m:	1:35.27	32.76	550m:	5:55.21	32.63	950m:	10:14.76	32.66	1350m:	14:33.39	32.44
	200m:	2:07.89	32.62	600m:	6:27.62	32.41	1000m:	10:47.13	32.37	1400m:	15:05.98	32.59
	250m:	2:40.32	32.43	650m:	7:00.01	32.39	1050m:	11:19.46	32.33	1450m:	15:37.81	31.83
	300m:	3:12.60	32.28	700m:	7:32.40	32.39	1100m:	11:51.75	32.29	1500m:	16:08.11	30.30
	350m:	3:45.09	32.49	750m:	8:04.98	32.58	1150m:	12:24.24	32.49			
	400m:	4:17.47	32.38	800m:	8:37.25	32.27	1200m:	12:56.55	32.31			
8.	2005				+0,84 16:11.23				721			
	50m:	29.06	29.06	450m:	4:44.51	32.17	850m:	9:06.19	32.72	1250m:	13:28.52	32.74
	100m:	1:01.08	32.02	500m:	5:16.62	32.11	900m:	9:39.14	32.95	1300m:	14:01.26	32.74
	150m:	1:33.51	32.43	550m:	5:49.18	32.56	950m:	10:11.58	32.44	1350m:	14:34.18	32.92
	200m:	2:05.47	31.96	600m:	6:21.82	32.64	1000m:	10:44.69	33.11	1400m:	15:06.89	32.71
	250m:	2:37.16	31.69	650m:	6:54.65	32.83	1050m:	11:17.16	32.47	1450m:	15:39.55	32.66
	300m:	3:08.55	31.39	700m:	7:27.49	32.84	1100m:	11:50.26	33.10	1500m:	16:11.23	31.68
	350m:	3:40.52	31.97	750m:	8:00.42	32.93	1150m:	12:23.09	32.83			
	400m:	4:12.34	31.82	800m:	8:33.47	33.05	1200m:	12:55.78	32.69			
9.	2006				+0,87 16:13.55				716			
	50m:	30.47	30.47	450m:	4:51.20	32.62	850m:	9:11.40	32.26	1250m:	13:31.65	32.53
	100m:	1:02.96	32.49	500m:	5:23.64	32.44	900m:	9:43.90	32.50	1300m:	14:04.38	32.73
	150m:	1:35.70	32.74	550m:	5:56.41	32.77	950m:	10:16.61	32.71	1350m:	14:36.99	32.61
	200m:	2:08.31	32.61	600m:	6:29.08	32.67	1000m:	10:49.40	32.79	1400m:	15:09.51	32.52
	250m:	2:40.98	32.67	650m:	7:01.59	32.51	1050m:	11:21.63	32.23	1450m:	15:41.81	32.30
	300m:	3:13.48	32.50	700m:	7:34.07	32.48	1100m:	11:54.07	32.44	1500m:	16:13.55	31.74
	350m:	3:45.92	32.44	750m:	8:06.60	32.53	1150m:	12:26.57	32.50			
	400m:	4:18.58	32.66	800m:	8:39.14	32.54	1200m:	12:59.12	32.55			
10.	2007				+0,85 16:16.69				709			
	50m:	29.42	29.42	450m:	4:48.77	32.79	850m:	9:11.07	32.96	1250m:	13:35.67	33.29
	100m:	1:01.25	31.83	500m:	5:20.74	31.97	900m:	9:43.85	32.78	1300m:	14:08.44	32.77
	150m:	1:33.52	32.27	550m:	5:53.73	32.99	950m:	10:17.13	33.28	1350m:	14:41.72	33.28
	200m:	2:05.95	32.43	600m:	6:26.39	32.66	1000m:	10:49.98	32.85	1400m:	15:14.53	32.81
	250m:	2:38.51	32.56	650m:	6:59.48	33.09	1050m:	11:23.67	33.69	1450m:	15:45.95	31.42
	300m:	3:10.83	32.32	700m:	7:32.25	32.77	1100m:	11:56.51	32.84	1500m:	16:16.69	30.74
	350m:	3:43.41	32.58	750m:	8:05.56	33.31	1150m:	12:29.70	33.19			
	400m:	4:15.98	32.57	800m:	8:38.11	32.55	1200m:	13:02.38	32.68			
11.	2000				+0,76 16:25.71				689			
	50m:	29.15	29.15	450m:	4:49.30	33.12	850m:	9:13.60	33.11	1250m:	13:40.69	33.40
	100m:	1:01.40	32.25	500m:	5:22.15	32.85	900m:	9:46.96	33.36	1300m:	14:14.32	33.63
	150m:	1:33.14	31.74	550m:	5:54.99	32.84	950m:	10:20.20	33.24	1350m:	14:48.10	33.78
	200m:	2:05.52	32.38	600m:	6:28.16	33.17	1000m:	10:53.25	33.05	1400m:	15:21.36	33.26
	250m:	2:37.96	32.44	650m:	7:00.99	32.83	1050m:	11:26.44	33.19	1450m:	15:54.90	33.54
	300m:	3:10.27	32.31	700m:	7:34.08	33.09	1100m:	11:59.94	33.50	1500m:	16:25.71	30.81
	350m:	3:43.21	32.94	750m:	8:07.25	33.17	1150m:	12:33.54	33.60			
	400m:	4:16.18	32.97	800m:	8:40.49	33.24	1200m:	13:07.29	33.75			

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ALGE



30,		, 1500m						R.T.		FINA		
12.				2007				+0,85	16:25.94		689	
	50m:	29.74	29.74	450m:	4:50.50	33.10	850m:	9:15.65	33.59	1250m:	13:43.17	33.32
	100m:	1:01.78	32.04	500m:	5:23.13	32.63	900m:	9:48.70	33.05	1300m:	14:16.42	33.25
	150m:	1:34.29	32.51	550m:	5:56.31	33.18	950m:	10:22.57	33.87	1350m:	14:49.30	32.88
	200m:	2:06.69	32.40	600m:	6:29.28	32.97	1000m:	10:55.86	33.29	1400m:	15:22.35	33.05
	250m:	2:39.42	32.73	650m:	7:02.72	33.44	1050m:	11:29.39	33.53	1450m:	15:54.82	32.47
	300m:	3:11.81	32.39	700m:	7:35.65	32.93	1100m:	12:02.54	33.15	1500m:	16:25.94	31.12
	350m:	3:44.59	32.78	750m:	8:09.07	33.42	1150m:	12:36.21	33.67			
	400m:	4:17.40	32.81	800m:	8:42.06	32.99	1200m:	13:09.85	33.64			
13.				2006				+0,95	16:29.93		681	
	50m:	30.32	30.32	450m:	4:56.13	33.03	850m:	9:20.92	33.13	1250m:	13:47.19	33.03
	100m:	1:03.48	33.16	500m:	5:29.39	33.26	900m:	9:54.29	33.37	1300m:	14:20.34	33.15
	150m:	1:36.40	32.92	550m:	6:02.32	32.93	950m:	10:27.20	32.91	1350m:	14:53.73	33.39
	200m:	2:09.42	33.02	600m:	6:35.54	33.22	1000m:	11:00.58	33.38	1400m:	15:26.99	33.26
	250m:	2:43.01	33.59	650m:	7:08.60	33.06	1050m:	11:33.59	33.01	1450m:	15:58.88	31.89
	300m:	3:16.48	33.47	700m:	7:41.67	33.07	1100m:	12:07.11	33.52	1500m:	16:29.93	31.05
	350m:	3:49.58	33.10	750m:	8:14.50	32.83	1150m:	12:40.62	33.51			
	400m:	4:23.10	33.52	800m:	8:47.79	33.29	1200m:	13:14.16	33.54			
14.				2006				+0,98	16:31.61		677	
	50m:	31.29	31.29	450m:	4:52.98	32.31	850m:	9:16.10	33.15	1250m:	13:44.03	33.70
	100m:	1:04.62	33.33	500m:	5:25.59	32.61	900m:	9:49.63	33.53	1300m:	14:17.92	33.89
	150m:	1:37.30	32.68	550m:	5:58.44	32.85	950m:	10:22.69	33.06	1350m:	14:52.09	34.17
	200m:	2:09.99	32.69	600m:	6:31.29	32.85	1000m:	10:55.84	33.15	1400m:	15:25.88	33.79
	250m:	2:42.62	32.63	650m:	7:03.89	32.60	1050m:	11:29.32	33.48	1450m:	15:58.95	33.07
	300m:	3:15.35	32.73	700m:	7:36.69	32.80	1100m:	12:02.82	33.50	1500m:	16:31.61	32.66
	350m:	3:47.84	32.49	750m:	8:09.80	33.11	1150m:	12:36.53	33.71			
	400m:	4:20.67	32.83	800m:	8:42.95	33.15	1200m:	13:10.33	33.80			
15.				2005				+0,88	16:31.92		677	
	50m:	30.12	30.12	450m:	4:47.62	31.96	850m:	9:13.53	34.01	1250m:	13:46.46	33.52
	100m:	1:02.54	32.42	500m:	5:20.16	32.54	900m:	9:47.73	34.20	1300m:	14:20.19	33.73
	150m:	1:34.92	32.38	550m:	5:53.12	32.96	950m:	10:22.45	34.72	1350m:	14:53.94	33.75
	200m:	2:07.05	32.13	600m:	6:25.96	32.84	1000m:	10:56.68	34.23	1400m:	15:27.04	33.10
	250m:	2:38.90	31.85	650m:	6:59.10	33.14	1050m:	11:31.11	34.43	1450m:	16:00.24	33.20
	300m:	3:11.41	32.51	700m:	7:32.54	33.44	1100m:	12:04.76	33.65	1500m:	16:31.92	31.68
	350m:	3:43.37	31.96	750m:	8:05.97	33.43	1150m:	12:38.75	33.99			
	400m:	4:15.66	32.29	800m:	8:39.52	33.55	1200m:	13:12.94	34.19			
16.				2006				+0,80	16:32.34		676	
	50m:	29.48	29.48	450m:	4:50.23	32.98	850m:	9:18.14	33.70	1250m:	13:47.40	33.59
	100m:	1:01.12	31.64	500m:	5:23.56	33.33	900m:	9:51.77	33.63	1300m:	14:20.72	33.32
	150m:	1:33.24	32.12	550m:	5:57.01	33.45	950m:	10:25.44	33.67	1350m:	14:54.55	33.83
	200m:	2:05.64	32.40	600m:	6:30.67	33.66	1000m:	10:59.11	33.67	1400m:	15:28.02	33.47
	250m:	2:38.35	32.71	650m:	7:04.15	33.48	1050m:	11:32.97	33.86	1450m:	16:00.96	32.94
	300m:	3:11.02	32.67	700m:	7:37.54	33.39	1100m:	12:06.32	33.35	1500m:	16:32.34	31.38
	350m:	3:44.13	33.11	750m:	8:10.92	33.38	1150m:	12:40.14	33.82			
	400m:	4:17.25	33.12	800m:	8:44.44	33.52	1200m:	13:13.81	33.67			
17.				2004				+1,43	16:36.46		667	
	50m:	30.35	30.35	450m:	4:53.01	33.35	850m:	9:20.79	33.62	1250m:	13:49.97	33.60
	100m:	1:02.65	32.30	500m:	5:25.88	32.87	900m:	9:54.22	33.43	1300m:	14:23.88	33.91
	150m:	1:35.75	33.10	550m:	5:59.84	33.96	950m:	10:27.95	33.73	1350m:	14:57.91	34.03
	200m:	2:08.33	32.58	600m:	6:33.18	33.34	1000m:	11:01.50	33.55	1400m:	15:31.35	33.44
	250m:	2:41.22	32.89	650m:	7:06.81	33.63	1050m:	11:35.24	33.74	1450m:	16:04.52	33.17
	300m:	3:13.90	32.68	700m:	7:40.10	33.29	1100m:	12:08.68	33.44	1500m:	16:36.46	31.94
	350m:	3:46.94	33.04	750m:	8:13.65	33.55	1150m:	12:42.69	34.01			
	400m:	4:19.66	32.72	800m:	8:47.17	33.52	1200m:	13:16.37	33.68			



30,		, 1500m						R.T.		FINA		
18.				2008				+0,79	16:37.30		666	
	50m:	30.08	30.08	450m:	4:56.83	33.93	850m:	9:25.61	34.07	1250m:	13:54.61	33.89
	100m:	1:02.68	32.60	500m:	5:29.42	32.59	900m:	9:58.98	33.37	1300m:	14:27.38	32.77
	150m:	1:36.38	33.70	550m:	6:03.43	34.01	950m:	10:32.63	33.65	1350m:	15:01.54	34.16
	200m:	2:09.52	33.14	600m:	6:37.04	33.61	1000m:	11:06.53	33.90	1400m:	15:34.93	33.39
	250m:	2:43.26	33.74	650m:	7:10.91	33.87	1050m:	11:40.28	33.75	1450m:	16:07.85	32.92
	300m:	3:16.08	32.82	700m:	7:44.29	33.38	1100m:	12:13.62	33.34	1500m:	16:37.30	29.45
	350m:	3:49.46	33.38	750m:	8:17.84	33.55	1150m:	12:47.77	34.15			
	400m:	4:22.90	33.44	800m:	8:51.54	33.70	1200m:	13:20.72	32.95			
19.				2007				+0,69	16:38.29		664	
	50m:	29.40	29.40	450m:	4:50.74	32.64	850m:	9:15.03	33.39	1250m:	13:46.45	33.99
	100m:	1:01.97	32.57	500m:	5:23.67	32.93	900m:	9:48.85	33.82	1300m:	14:21.16	34.71
	150m:	1:34.61	32.64	550m:	5:56.62	32.95	950m:	10:22.60	33.75	1350m:	14:55.33	34.17
	200m:	2:07.53	32.92	600m:	6:29.57	32.95	1000m:	10:56.73	34.13	1400m:	15:29.96	34.63
	250m:	2:39.83	32.30	650m:	7:02.64	33.07	1050m:	11:29.99	33.26	1450m:	16:05.21	35.25
	300m:	3:12.92	33.09	700m:	7:36.14	33.50	1100m:	12:04.12	34.13	1500m:	16:38.29	33.08
	350m:	3:45.55	32.63	750m:	8:08.79	32.65	1150m:	12:38.25	34.13			
	400m:	4:18.10	32.55	800m:	8:41.64	32.85	1200m:	13:12.46	34.21			
20.				2004				+0,79	16:40.20		660	
	50m:	29.82	29.82	450m:	4:51.15	32.86	850m:	9:15.16	33.23	1250m:	13:43.38	35.49
	100m:	1:02.46	32.64	500m:	5:23.96	32.81	900m:	9:48.19	33.03	1300m:	14:18.22	34.84
	150m:	1:34.93	32.47	550m:	5:56.69	32.73	950m:	10:21.17	32.98	1350m:	14:54.34	36.12
	200m:	2:07.52	32.59	600m:	6:29.55	32.86	1000m:	10:53.76	32.59	1400m:	15:30.08	35.74
	250m:	2:40.22	32.70	650m:	7:02.53	32.98	1050m:	11:27.12	33.36	1450m:	16:05.71	35.63
	300m:	3:12.87	32.65	700m:	7:35.64	33.11	1100m:	11:59.92	32.80	1500m:	16:40.20	34.49
	350m:	3:45.77	32.90	750m:	8:08.72	33.08	1150m:	12:33.70	33.78			
	400m:	4:18.29	32.52	800m:	8:41.93	33.21	1200m:	13:07.89	34.19			
21.				2007				+0,72	16:40.63		659	
	50m:	30.42	30.42	450m:	4:56.58	33.26	850m:	9:24.42	33.26	1250m:	13:53.94	33.74
	100m:	1:03.54	33.12	500m:	5:30.20	33.62	900m:	9:58.34	33.92	1300m:	14:27.84	33.90
	150m:	1:36.52	32.98	550m:	6:03.60	33.40	950m:	10:31.56	33.22	1350m:	15:01.55	33.71
	200m:	2:10.33	33.81	600m:	6:37.15	33.55	1000m:	11:05.44	33.88	1400m:	15:35.28	33.73
	250m:	2:43.22	32.89	650m:	7:10.88	33.73	1050m:	11:39.12	33.68	1450m:	16:08.28	33.00
	300m:	3:16.55	33.33	700m:	7:44.15	33.27	1100m:	12:12.85	33.73	1500m:	16:40.63	32.35
	350m:	3:49.75	33.20	750m:	8:17.34	33.19	1150m:	12:46.35	33.50			
	400m:	4:23.32	33.57	800m:	8:51.16	33.82	1200m:	13:20.20	33.85			
22.				2005				+0,77	16:40.74		659	
	50m:	30.17	30.17	450m:	4:55.80	34.09	850m:	9:24.25	33.44	1250m:	13:54.54	34.18
	100m:	1:02.64	32.47	500m:	5:29.78	33.98	900m:	9:57.87	33.62	1300m:	14:28.20	33.66
	150m:	1:35.07	32.43	550m:	6:03.26	33.48	950m:	10:31.32	33.45	1350m:	15:02.25	34.05
	200m:	2:08.10	33.03	600m:	6:36.96	33.70	1000m:	11:05.11	33.79	1400m:	15:35.92	33.67
	250m:	2:41.56	33.46	650m:	7:10.77	33.81	1050m:	11:38.67	33.56	1450m:	16:09.02	33.10
	300m:	3:15.18	33.62	700m:	7:43.87	33.10	1100m:	12:12.58	33.91	1500m:	16:40.74	31.72
	350m:	3:48.26	33.08	750m:	8:17.11	33.24	1150m:	12:46.64	34.06			
	400m:	4:21.71	33.45	800m:	8:50.81	33.70	1200m:	13:20.36	33.72			
23.				2006				+0,87	16:44.76		651	
	50m:	29.43	29.43	450m:	4:56.24	33.53	850m:	9:26.91	33.55	1250m:	14:00.39	33.94
	100m:	1:02.57	33.14	500m:	5:29.93	33.69	900m:	10:01.10	34.19	1300m:	14:34.70	34.31
	150m:	1:35.88	33.31	550m:	6:03.90	33.97	950m:	10:35.33	34.23	1350m:	15:08.22	33.52
	200m:	2:09.21	33.33	600m:	6:37.90	34.00	1000m:	11:09.60	34.27	1400m:	15:41.61	33.39
	250m:	2:42.28	33.07	650m:	7:11.53	33.63	1050m:	11:43.55	33.95	1450m:	16:14.12	32.51
	300m:	3:16.16	33.88	700m:	7:45.53	34.00	1100m:	12:18.13	34.58	1500m:	16:44.76	30.64
	350m:	3:49.14	32.98	750m:	8:19.38	33.85	1150m:	12:52.08	33.95			
	400m:	4:22.71	33.57	800m:	8:53.36	33.98	1200m:	13:26.45	34.37			



		30, , 1500m						R.T.		FINA		
24.				2007				+0,86	16:44.83		651	
	50m:	29.40	29.40	450m:	4:55.51	33.71	850m:	9:27.02	33.88	1250m:	14:00.66	34.07
	100m:	1:02.10	32.70	500m:	5:29.50	33.99	900m:	10:01.18	34.16	1300m:	14:34.89	34.23
	150m:	1:35.03	32.93	550m:	6:03.38	33.88	950m:	10:35.09	33.91	1350m:	15:08.32	33.43
	200m:	2:08.37	33.34	600m:	6:37.49	34.11	1000m:	11:09.46	34.37	1400m:	15:41.93	33.61
	250m:	2:41.31	32.94	650m:	7:11.16	33.67	1050m:	11:43.52	34.06	1450m:	16:14.67	32.74
	300m:	3:14.76	33.45	700m:	7:45.22	34.06	1100m:	12:18.05	34.53	1500m:	16:44.83	30.16
	350m:	3:48.27	33.51	750m:	8:18.95	33.73	1150m:	12:52.27	34.22			
	400m:	4:21.80	33.53	800m:	8:53.14	34.19	1200m:	13:26.59	34.32			
25.				2003				+0,80	16:45.68		649	
	50m:	30.31	30.31	450m:	4:54.19	33.84	850m:	9:25.22	34.52	1250m:	14:00.07	34.82
	100m:	1:02.59	32.28	500m:	5:27.10	32.91	900m:	9:59.19	33.97	1300m:	14:34.38	34.31
	150m:	1:35.23	32.64	550m:	6:01.21	34.11	950m:	10:34.47	35.28	1350m:	15:08.99	34.61
	200m:	2:07.89	32.66	600m:	6:34.63	33.42	1000m:	11:07.94	33.47	1400m:	15:42.56	33.57
	250m:	2:40.95	33.06	650m:	7:09.01	34.38	1050m:	11:42.95	35.01	1450m:	16:15.95	33.39
	300m:	3:13.71	32.76	700m:	7:42.50	33.49	1100m:	12:16.51	33.56	1500m:	16:45.68	29.73
	350m:	3:47.41	33.70	750m:	8:16.96	34.46	1150m:	12:51.45	34.94			
	400m:	4:20.35	32.94	800m:	8:50.70	33.74	1200m:	13:25.25	33.80			
26.				2008				+1,00	16:46.21		648	
	50m:	31.03	31.03	450m:	5:02.65	34.04	850m:	9:34.99	34.35	1250m:	14:02.45	33.32
	100m:	1:05.26	34.23	500m:	5:36.64	33.99	900m:	10:09.05	34.06	1300m:	14:35.70	33.25
	150m:	1:39.57	34.31	550m:	6:10.56	33.92	950m:	10:42.34	33.29	1350m:	15:09.07	33.37
	200m:	2:13.51	33.94	600m:	6:44.49	33.93	1000m:	11:15.46	33.12	1400m:	15:42.01	32.94
	250m:	2:47.54	34.03	650m:	7:18.91	34.42	1050m:	11:48.86	33.40	1450m:	16:14.89	32.88
	300m:	3:21.42	33.88	700m:	7:52.43	33.52	1100m:	12:22.01	33.15	1500m:	16:46.21	31.32
	350m:	3:54.98	33.56	750m:	8:26.85	34.42	1150m:	12:55.84	33.83			
	400m:	4:28.61	33.63	800m:	9:00.64	33.79	1200m:	13:29.13	33.29			
27.				2006				+0,88	16:48.07		645	
	50m:	30.97	30.97	400m:	4:24.04	33.67	800m:	8:53.39	33.78	1200m:	13:26.42	1:08.49
	100m:	1:03.87	32.90	450m:	4:57.14	33.10	850m:	9:27.63	34.24	1250m:	14:01.03	34.61
	150m:	1:37.09	33.22	500m:	5:31.04	33.90	900m:	10:01.39	33.76	1300m:	14:34.97	33.94
	200m:	2:10.17	33.08	600m:	6:38.29	1:07.25	950m:	10:35.61	34.22	1350m:	15:09.65	34.68
	250m:	2:43.44	33.27	650m:	7:11.96	33.67	1000m:	11:09.78	34.17	1400m:	15:43.25	33.60
	300m:	3:17.00	33.56	700m:	7:46.05	34.09	1050m:	11:44.16	34.38	1500m:	16:48.07	1:04.82
	350m:	3:50.37	33.37	750m:	8:19.61	33.56	1100m:	12:17.93	33.77			
28.				2004				+0,82	16:50.06		641	
	50m:	30.17	30.17	450m:	4:53.32	33.41	850m:	9:26.00	34.63	1250m:	14:01.47	34.54
	100m:	1:02.12	31.95	500m:	5:27.04	33.72	900m:	10:00.44	34.44	1300m:	14:35.40	33.93
	150m:	1:34.35	32.23	550m:	6:00.47	33.43	950m:	10:35.06	34.62	1350m:	15:09.32	33.92
	200m:	2:06.92	32.57	600m:	6:34.47	34.00	1000m:	11:09.53	34.47	1400m:	15:43.51	34.19
	250m:	2:39.86	32.94	650m:	7:08.53	34.06	1050m:	11:43.78	34.25	1450m:	16:17.18	33.67
	300m:	3:13.11	33.25	700m:	7:42.86	34.33	1100m:	12:17.95	34.17	1500m:	16:50.06	32.88
	350m:	3:46.35	33.24	750m:	8:17.61	34.75	1150m:	12:52.46	34.51			
	400m:	4:19.91	33.56	800m:	8:51.37	33.76	1200m:	13:26.93	34.47			
29.				2002				+0,97	16:54.73		632	
	50m:	30.69	30.69	450m:	4:51.13	32.85	850m:	9:20.90	34.44	1250m:	14:00.17	35.73
	100m:	1:03.25	32.56	500m:	5:24.25	33.12	900m:	9:55.15	34.25	1300m:	14:34.60	34.43
	150m:	1:35.46	32.21	550m:	5:57.90	33.65	950m:	10:30.36	35.21	1350m:	15:10.41	35.81
	200m:	2:07.93	32.47	600m:	6:31.44	33.54	1000m:	11:05.09	34.73	1400m:	15:45.28	34.87
	250m:	2:40.31	32.38	650m:	7:04.96	33.52	1050m:	11:39.77	34.68	1450m:	16:20.38	35.10
	300m:	3:12.95	32.64	700m:	7:37.97	33.01	1100m:	12:14.59	34.82	1500m:	16:54.73	34.35
	350m:	3:45.57	32.62	750m:	8:12.71	34.74	1150m:	12:49.79	35.20			
	400m:	4:18.28	32.71	800m:	8:46.46	33.75	1200m:	13:24.44	34.65			



30,		, 1500m						R.T.		FINA		
30.				2007				+0,77	16:57.98		626	
	50m:	31.00	31.00	450m:	5:00.68	34.02	850m:	9:33.34	34.24	1250m:	14:08.52	34.16
	100m:	1:04.56	33.56	500m:	5:34.61	33.93	900m:	10:07.49	34.15	1300m:	14:43.11	34.59
	150m:	1:37.81	33.25	550m:	6:08.88	34.27	950m:	10:42.03	34.54	1350m:	15:17.54	34.43
	200m:	2:11.47	33.66	600m:	6:42.86	33.98	1000m:	11:16.29	34.26	1400m:	15:51.71	34.17
	250m:	2:45.30	33.83	650m:	7:16.95	34.09	1050m:	11:51.04	34.75	1450m:	16:25.26	33.55
	300m:	3:19.15	33.85	700m:	7:50.98	34.03	1100m:	12:25.61	34.57	1500m:	16:57.98	32.72
	350m:	3:52.76	33.61	750m:	8:25.24	34.26	1150m:	12:59.89	34.28			
	400m:	4:26.66	33.90	800m:	8:59.10	33.86	1200m:	13:34.36	34.47			
31.				2006				+0,77	17:01.27		620	
	50m:	31.31	31.31	450m:	5:03.03	33.99	850m:	9:35.01	34.44	1250m:	14:09.48	34.87
	100m:	1:04.96	33.65	500m:	5:36.89	33.86	900m:	10:09.06	34.05	1300m:	14:44.49	35.01
	150m:	1:39.37	34.41	550m:	6:10.87	33.98	950m:	10:43.35	34.29	1350m:	15:19.68	35.19
	200m:	2:13.44	34.07	600m:	6:44.69	33.82	1000m:	11:16.53	33.18	1400m:	15:54.62	34.94
	250m:	2:47.82	34.38	650m:	7:19.09	34.40	1050m:	11:51.00	34.47	1450m:	16:28.59	33.97
	300m:	3:21.64	33.82	700m:	7:52.86	33.77	1100m:	12:24.99	33.99	1500m:	17:01.27	32.68
	350m:	3:55.63	33.99	750m:	8:26.98	34.12	1150m:	13:00.03	35.04			
	400m:	4:29.04	33.41	800m:	9:00.57	33.59	1200m:	13:34.61	34.58			
32.				2007				+0,96	17:02.60		617	
	50m:	31.02	31.02	450m:	5:05.61	34.27	850m:	9:38.31	34.27	1250m:	14:12.31	33.99
	100m:	1:04.91	33.89	500m:	5:40.02	34.41	900m:	10:12.37	34.06	1300m:	14:47.21	34.90
	150m:	1:39.49	34.58	550m:	6:14.16	34.14	950m:	10:46.66	34.29	1350m:	15:21.48	34.27
	200m:	2:13.93	34.44	600m:	6:48.22	34.06	1000m:	11:21.11	34.45	1400m:	15:55.88	34.40
	250m:	2:48.31	34.38	650m:	7:22.12	33.90	1050m:	11:55.43	34.32	1450m:	16:29.78	33.90
	300m:	3:22.45	34.14	700m:	7:55.97	33.85	1100m:	12:29.88	34.45	1500m:	17:02.60	32.82
	350m:	3:57.01	34.56	750m:	8:30.04	34.07	1150m:	13:04.13	34.25			
	400m:	4:31.34	34.33	800m:	9:04.04	34.00	1200m:	13:38.32	34.19			
33.				2007				+0,98	17:09.47		605	
	50m:	31.33	31.33	450m:	5:06.10	35.03	850m:	9:41.77	34.67	1250m:	14:18.40	34.83
	100m:	1:04.63	33.30	500m:	5:40.37	34.27	900m:	10:15.68	33.91	1300m:	14:52.32	33.92
	150m:	1:38.97	34.34	550m:	6:15.15	34.78	950m:	10:50.54	34.86	1350m:	15:27.55	35.23
	200m:	2:13.35	34.38	600m:	6:49.39	34.24	1000m:	11:24.82	34.28	1400m:	16:01.85	34.30
	250m:	2:48.26	34.91	650m:	7:24.12	34.73	1050m:	11:59.88	35.06	1450m:	16:36.92	35.07
	300m:	3:22.32	34.06	700m:	7:58.14	34.02	1100m:	12:34.23	34.35	1500m:	17:09.47	32.55
	350m:	3:56.99	34.67	750m:	8:33.01	34.87	1150m:	13:09.23	35.00			
	400m:	4:31.07	34.08	800m:	9:07.10	34.09	1200m:	13:43.57	34.34			
34.				2005				+0,79	17:09.93		604	
	50m:	30.34	30.34	450m:	5:02.75	34.58	850m:	9:40.76	34.99	1250m:	14:19.71	34.47
	100m:	1:03.42	33.08	500m:	5:37.58	34.83	900m:	10:15.37	34.61	1300m:	14:54.51	34.80
	150m:	1:36.99	33.57	550m:	6:12.68	35.10	950m:	10:50.48	35.11	1350m:	15:29.47	34.96
	200m:	2:11.11	34.12	600m:	6:46.88	34.20	1000m:	11:24.97	34.49	1400m:	16:04.42	34.95
	250m:	2:45.20	34.09	650m:	7:21.49	34.61	1050m:	12:00.05	35.08	1450m:	16:38.77	34.35
	300m:	3:19.35	34.15	700m:	7:56.58	35.09	1100m:	12:34.94	34.89	1500m:	17:09.93	31.16
	350m:	3:53.78	34.43	750m:	8:31.17	34.59	1150m:	13:10.07	35.13			
	400m:	4:28.17	34.39	800m:	9:05.77	34.60	1200m:	13:45.24	35.17			
35.				2005				+0,88	17:10.72		603	
	50m:	29.75	29.75	450m:	4:56.94	34.69	850m:	9:34.56	35.49	1250m:	14:16.88	35.67
	100m:	1:02.05	32.30	500m:	5:30.86	33.92	900m:	10:09.27	34.71	1300m:	14:52.05	35.17
	150m:	1:34.95	32.90	550m:	6:05.67	34.81	950m:	10:44.65	35.38	1350m:	15:28.25	36.20
	200m:	2:07.74	32.79	600m:	6:39.81	34.14	1000m:	11:19.52	34.87	1400m:	16:03.52	35.27
	250m:	2:41.14	33.40	650m:	7:15.07	35.26	1050m:	11:55.28	35.76	1450m:	16:38.03	34.51
	300m:	3:14.27	33.13	700m:	7:49.53	34.46	1100m:	12:30.15	34.87	1500m:	17:10.72	32.69
	350m:	3:48.53	34.26	750m:	8:24.66	35.13	1150m:	13:05.75	35.60			
	400m:	4:22.25	33.72	800m:	8:59.07	34.41	1200m:	13:41.21	35.46			



30,		, 1500m						R.T.		FINA		
36.				2007				+0,93	17:12.02		601	
	50m:	31.53	31.53	450m:	5:06.68	34.41	850m:	9:43.78	34.84	1250m:	14:21.90	34.16
	100m:	1:05.50	33.97	500m:	5:41.46	34.78	900m:	10:18.87	35.09	1300m:	14:57.07	35.17
	150m:	1:40.02	34.52	550m:	6:15.98	34.52	950m:	10:53.85	34.98	1350m:	15:31.76	34.69
	200m:	2:14.38	34.36	600m:	6:50.72	34.74	1000m:	11:28.68	34.83	1400m:	16:06.41	34.65
	250m:	2:48.88	34.50	650m:	7:25.08	34.36	1050m:	12:03.21	34.53	1450m:	16:39.88	33.47
	300m:	3:23.75	34.87	700m:	7:59.86	34.78	1100m:	12:37.91	34.70	1500m:	17:12.02	32.14
	350m:	3:57.92	34.17	750m:	8:34.36	34.50	1150m:	13:12.74	34.83			
	400m:	4:32.27	34.35	800m:	9:08.94	34.58	1200m:	13:47.74	35.00			
37.				2008				+0,92	17:13.29		598	
	50m:	31.50	31.50	450m:	5:10.37	34.85	850m:	9:47.73	35.11	1250m:	14:24.37	34.90
	100m:	1:05.78	34.28	500m:	5:44.26	33.89	900m:	10:21.98	34.25	1300m:	14:58.48	34.11
	150m:	1:40.98	35.20	550m:	6:20.34	36.08	950m:	10:56.64	34.66	1350m:	15:33.70	35.22
	200m:	2:15.81	34.83	600m:	6:54.20	33.86	1000m:	11:30.76	34.12	1400m:	16:07.93	34.23
	250m:	2:51.28	35.47	650m:	7:29.10	34.90	1050m:	12:06.26	35.50	1450m:	16:41.92	33.99
	300m:	3:26.04	34.76	700m:	8:03.59	34.49	1100m:	12:40.54	34.28	1500m:	17:13.29	31.37
	350m:	4:01.37	35.33	750m:	8:38.40	34.81	1150m:	13:15.46	34.92			
	400m:	4:35.52	34.15	800m:	9:12.62	34.22	1200m:	13:49.47	34.01			
38.				2006				+0,92	17:15.72		594	
	50m:	30.51	30.51	450m:	4:58.22	33.94	850m:	9:39.23	35.96	1250m:	14:21.51	35.70
	100m:	1:03.66	33.15	500m:	5:33.02	34.80	900m:	10:14.54	35.31	1300m:	14:56.57	35.06
	150m:	1:36.74	33.08	550m:	6:07.99	34.97	950m:	10:49.60	35.06	1350m:	15:32.52	35.95
	200m:	2:10.30	33.56	600m:	6:42.63	34.64	1000m:	11:24.77	35.17	1400m:	16:06.77	34.25
	250m:	2:43.54	33.24	650m:	7:17.65	35.02	1050m:	12:00.35	35.58	1450m:	16:41.58	34.81
	300m:	3:16.92	33.38	700m:	7:52.74	35.09	1100m:	12:35.87	35.52	1500m:	17:15.72	34.14
	350m:	3:50.31	33.39	750m:	8:28.13	35.39	1150m:	13:10.46	34.59			
	400m:	4:24.28	33.97	800m:	9:03.27	35.14	1200m:	13:45.81	35.35			
39.				2008 1				+0,78	17:22.45		583	
	50m:	30.75	30.75	450m:	5:06.42	34.99	850m:	9:44.70	35.37	1250m:	14:25.72	35.21
	100m:	1:04.53	33.78	500m:	5:41.46	35.04	900m:	10:19.79	35.09	1300m:	15:01.30	35.58
	150m:	1:38.66	34.13	550m:	6:16.18	34.72	950m:	10:54.95	35.16	1350m:	15:36.83	35.53
	200m:	2:12.68	34.02	600m:	6:50.64	34.46	1000m:	11:29.81	34.86	1400m:	16:12.59	35.76
	250m:	2:47.27	34.59	650m:	7:25.17	34.53	1050m:	12:05.17	35.36	1450m:	16:48.23	35.64
	300m:	3:21.68	34.41	700m:	8:00.04	34.87	1100m:	12:40.14	34.97	1500m:	17:22.45	34.22
	350m:	3:56.85	35.17	750m:	8:34.76	34.72	1150m:	13:15.34	35.20			
	400m:	4:31.43	34.58	800m:	9:09.33	34.57	1200m:	13:50.51	35.17			
40.				2006				+0,84	17:22.87		582	
	50m:	31.52	31.52	450m:	5:06.33	34.02	850m:	9:41.61	34.72	1250m:	14:25.74	35.82
	100m:	1:05.79	34.27	500m:	5:40.17	33.84	900m:	10:17.50	35.89	1300m:	15:01.73	35.99
	150m:	1:40.28	34.49	550m:	6:14.14	33.97	950m:	10:52.24	34.74	1350m:	15:36.83	35.10
	200m:	2:15.16	34.88	600m:	6:48.64	34.50	1000m:	11:27.60	35.36	1400m:	16:12.85	36.02
	250m:	2:49.18	34.02	650m:	7:23.19	34.55	1050m:	12:02.93	35.33	1450m:	16:47.61	34.76
	300m:	3:23.80	34.62	700m:	7:57.71	34.52	1100m:	12:38.93	36.00	1500m:	17:22.87	35.26
	350m:	3:57.70	33.90	750m:	8:31.93	34.22	1150m:	13:13.98	35.05			
	400m:	4:32.31	34.61	800m:	9:06.89	34.96	1200m:	13:49.92	35.94			
41.				2008				+0,88	17:34.17		564	
	50m:	31.49	31.49	450m:	5:11.33	35.37	850m:	9:53.83	35.64	1250m:	14:38.54	35.73
	100m:	1:05.69	34.20	500m:	5:46.53	35.20	900m:	10:29.58	35.75	1300m:	15:14.11	35.57
	150m:	1:40.40	34.71	550m:	6:21.69	35.16	950m:	11:05.39	35.81	1350m:	15:50.08	35.97
	200m:	2:15.35	34.95	600m:	6:56.77	35.08	1000m:	11:41.04	35.65	1400m:	16:25.82	35.74
	250m:	2:50.29	34.94	650m:	7:32.03	35.26	1050m:	12:16.06	35.02	1450m:	17:00.19	34.37
	300m:	3:25.48	35.19	700m:	8:07.47	35.44	1100m:	12:51.99	35.93	1500m:	17:34.17	33.98
	350m:	4:00.66	35.18	750m:	8:42.96	35.49	1150m:	13:27.45	35.46			
	400m:	4:35.96	35.30	800m:	9:18.19	35.23	1200m:	14:02.81	35.36			



30, , 1500m

								R.T.		FINA		
42.				2008	1		-2	+0,89	17:37.17		559	
	50m:	31.70	31.70	450m:	5:12.07	35.86	850m:	9:56.57	36.40	1250m:	14:44.51	35.75
	100m:	1:06.50	34.80	500m:	5:47.27	35.20	900m:	10:33.09	36.52	1300m:	15:20.86	36.35
	150m:	1:40.89	34.39	550m:	6:22.92	35.65	950m:	11:09.45	36.36	1350m:	15:55.55	34.69
	200m:	2:15.91	35.02	600m:	6:57.75	34.83	1000m:	11:45.64	36.19	1400m:	16:31.18	35.63
	250m:	2:50.99	35.08	650m:	7:33.38	35.63	1050m:	12:20.90	35.26	1450m:	17:05.07	33.89
	300m:	3:26.15	35.16	700m:	8:08.86	35.48	1100m:	12:57.25	36.35	1500m:	17:37.17	32.10
	350m:	4:01.34	35.19	750m:	8:44.63	35.77	1150m:	13:32.79	35.54			
	400m:	4:36.21	34.87	800m:	9:20.17	35.54	1200m:	14:08.76	35.97			
43.				2004				+0,81	17:38.24		557	
	50m:	32.07	32.07	450m:	5:15.15	34.80	850m:	9:56.92	35.55	1250m:	14:41.26	35.88
	100m:	1:07.13	35.06	500m:	5:50.73	35.58	900m:	10:32.17	35.25	1300m:	15:17.07	35.81
	150m:	1:42.79	35.66	550m:	6:26.17	35.44	950m:	11:07.80	35.63	1350m:	15:53.20	36.13
	200m:	2:18.83	36.04	600m:	7:01.68	35.51	1000m:	11:43.40	35.60	1400m:	16:29.35	36.15
	250m:	2:54.84	36.01	650m:	7:35.87	34.19	1050m:	12:19.10	35.70	1450m:	17:04.49	35.14
	300m:	3:30.23	35.39	700m:	8:11.05	35.18	1100m:	12:54.60	35.50	1500m:	17:38.24	33.75
	350m:	4:05.68	35.45	750m:	8:46.23	35.18	1150m:	13:29.74	35.14			
	400m:	4:40.35	34.67	800m:	9:21.37	35.14	1200m:	14:05.38	35.64			
44.				2008	1			+0,99	17:39.13	1	556	
	50m:	32.18	32.18	450m:	5:12.07	35.30	850m:	9:57.46	35.52	1250m:	14:43.61	35.86
	100m:	1:06.79	34.61	500m:	5:47.43	35.36	900m:	10:33.44	35.98	1300m:	15:19.13	35.52
	150m:	1:41.40	34.61	550m:	6:23.20	35.77	950m:	11:09.08	35.64	1350m:	15:54.96	35.83
	200m:	2:16.30	34.90	600m:	6:59.10	35.90	1000m:	11:44.89	35.81	1400m:	16:30.39	35.43
	250m:	2:51.03	34.73	650m:	7:35.34	36.24	1050m:	12:20.74	35.85	1450m:	17:05.54	35.15
	300m:	3:26.48	35.45	700m:	8:10.09	34.75	1100m:	12:55.99	35.25	1500m:	17:39.13	33.59
	350m:	4:01.39	34.91	750m:	8:46.21	36.12	1150m:	13:31.56	35.57			
	400m:	4:36.77	35.38	800m:	9:21.94	35.73	1200m:	14:07.75	36.19			
45.				2008				+0,92	17:39.80	1	555	
	50m:	30.98	30.98	450m:	5:10.12	35.53	850m:	9:55.22	35.41	1250m:	14:42.11	35.74
	100m:	1:05.13	34.15	500m:	5:45.64	35.52	900m:	10:31.06	35.84	1300m:	15:18.23	36.12
	150m:	1:39.66	34.53	550m:	6:21.53	35.89	950m:	11:07.15	36.09	1350m:	15:54.07	35.84
	200m:	2:14.21	34.55	600m:	6:57.10	35.57	1000m:	11:42.63	35.48	1400m:	16:29.79	35.72
	250m:	2:49.18	34.97	650m:	7:32.43	35.33	1050m:	12:18.51	35.88	1450m:	17:05.17	35.38
	300m:	3:23.88	34.70	700m:	8:07.80	35.37	1100m:	12:54.80	36.29	1500m:	17:39.80	34.63
	350m:	3:59.36	35.48	750m:	8:43.92	36.12	1150m:	13:30.74	35.94			
	400m:	4:34.59	35.23	800m:	9:19.81	35.89	1200m:	14:06.37	35.63			
46.				2008	1			+0,72	17:44.47	1	547	
	50m:	30.98	30.98	450m:	5:10.84	35.60	850m:	9:57.76	36.30	1250m:	14:49.40	36.79
	100m:	1:05.69	34.71	500m:	5:46.11	35.27	900m:	10:34.48	36.72	1300m:	15:25.55	36.15
	150m:	1:40.35	34.66	550m:	6:21.31	35.20	950m:	11:09.15	34.67	1350m:	16:01.11	35.56
	200m:	2:15.17	34.82	600m:	6:57.49	36.18	1000m:	11:45.76	36.61	1400m:	16:37.30	36.19
	250m:	2:49.70	34.53	650m:	7:34.21	36.72	1050m:	12:22.65	36.89	1450m:	17:12.57	35.27
	300m:	3:24.96	35.26	700m:	8:08.94	34.73	1100m:	12:59.53	36.88	1500m:	17:44.47	31.90
	350m:	4:00.57	35.61	750m:	8:45.74	36.80	1150m:	13:35.26	35.73			
	400m:	4:35.24	34.67	800m:	9:21.46	35.72	1200m:	14:12.61	37.35			
47.				2008	1			+0,87	17:45.84	1	545	
	50m:	31.59	31.59	450m:	5:15.03	35.77	850m:	10:01.80	35.60	1250m:	14:48.87	36.00
	100m:	1:06.80	35.21	500m:	5:51.26	36.23	900m:	10:37.97	36.17	1300m:	15:25.08	36.21
	150m:	1:41.59	34.79	550m:	6:26.93	35.67	950m:	11:13.73	35.76	1350m:	16:00.42	35.34
	200m:	2:16.85	35.26	600m:	7:02.74	35.81	1000m:	11:49.58	35.85	1400m:	16:36.47	36.05
	250m:	2:51.89	35.04	650m:	7:38.57	35.83	1050m:	12:25.27	35.69	1450m:	17:11.59	35.12
	300m:	3:27.67	35.78	700m:	8:14.71	36.14	1100m:	13:01.38	36.11	1500m:	17:45.84	34.25
	350m:	4:03.27	35.60	750m:	8:50.23	35.52	1150m:	13:37.07	35.69			
	400m:	4:39.26	35.99	800m:	9:26.20	35.97	1200m:	14:12.87	35.80			



30,		, 1500m				R.T.		FINA				
48.				2006			+0,76	17:48.92	1	541		
	50m:	31.15	31.15	450m:	5:04.53	35.15	850m:	9:55.00	36.72	1250m:	14:48.97	36.83
	100m:	1:04.53	33.38	500m:	5:40.40	35.87	900m:	10:32.40	37.40	1300m:	15:25.93	36.96
	150m:	1:37.92	33.39	550m:	6:16.56	36.16	950m:	11:08.62	36.22	1350m:	16:02.30	36.37
	200m:	2:11.63	33.71	600m:	6:53.69	37.13	1000m:	11:44.50	35.88	1400m:	16:39.41	37.11
	250m:	2:45.65	34.02	650m:	7:29.25	35.56	1050m:	12:21.27	36.77	1450m:	17:16.49	37.08
	300m:	3:19.73	34.08	700m:	8:05.89	36.64	1100m:	12:58.61	37.34	1500m:	17:48.92	32.43
	350m:	3:54.34	34.61	750m:	8:42.00	36.11	1150m:	13:35.83	37.22			
	400m:	4:29.38	35.04	800m:	9:18.28	36.28	1200m:	14:12.14	36.31			
49.				2006			+0,79	17:52.19	1	536		
	50m:	31.61	31.61	450m:	5:13.38	36.31	850m:	10:04.33	36.91	1250m:	14:55.33	36.44
	100m:	1:05.91	34.30	500m:	5:49.53	36.15	900m:	10:40.61	36.28	1300m:	15:31.46	36.13
	150m:	1:40.32	34.41	550m:	6:25.69	36.16	950m:	11:16.96	36.35	1350m:	16:07.91	36.45
	200m:	2:15.30	34.98	600m:	7:02.12	36.43	1000m:	11:53.36	36.40	1400m:	16:44.12	36.21
	250m:	2:50.01	34.71	650m:	7:38.22	36.10	1050m:	12:29.42	36.06	1450m:	17:18.42	34.30
	300m:	3:25.30	35.29	700m:	8:14.43	36.21	1100m:	13:05.65	36.23	1500m:	17:52.19	33.77
	350m:	4:01.11	35.81	750m:	8:51.11	36.68	1150m:	13:42.17	36.52			
	400m:	4:37.07	35.96	800m:	9:27.42	36.31	1200m:	14:18.89	36.72			
50.				2008	1		+0,89	17:54.88	1	532		
	50m:	31.32	31.32	450m:	5:14.63	36.17	850m:	10:02.48	36.18	1250m:	14:55.77	36.68
	100m:	1:05.94	34.62	500m:	5:50.07	35.44	900m:	10:38.44	35.96	1300m:	15:32.22	36.45
	150m:	1:42.01	36.07	550m:	6:25.59	35.52	950m:	11:15.46	37.02	1350m:	16:08.62	36.40
	200m:	2:17.00	34.99	600m:	7:01.39	35.80	1000m:	11:52.64	37.18	1400m:	16:45.19	36.57
	250m:	2:52.64	35.64	650m:	7:37.85	36.46	1050m:	12:29.04	36.40	1450m:	17:19.48	34.29
	300m:	3:27.72	35.08	700m:	8:13.13	35.28	1100m:	13:05.69	36.65	1500m:	17:54.88	35.40
	350m:	4:03.20	35.48	750m:	8:50.16	37.03	1150m:	13:42.81	37.12			
	400m:	4:38.46	35.26	800m:	9:26.30	36.14	1200m:	14:19.09	36.28			
51.				2007		-2	+0,97	17:57.17	1	528		
	50m:	31.49	31.49	450m:	5:15.10	36.34	850m:	10:05.40	37.03	1250m:	14:56.19	36.65
	100m:	1:05.75	34.26	500m:	5:50.92	35.82	900m:	10:41.35	35.95	1300m:	15:32.57	36.38
	150m:	1:40.80	35.05	550m:	6:26.87	35.95	950m:	11:17.86	36.51	1350m:	16:09.16	36.59
	200m:	2:16.00	35.20	600m:	7:02.95	36.08	1000m:	11:53.99	36.13	1400m:	16:45.34	36.18
	250m:	2:51.30	35.30	650m:	7:39.51	36.56	1050m:	12:30.88	36.89	1450m:	17:21.77	36.43
	300m:	3:26.67	35.37	700m:	8:15.61	36.10	1100m:	13:07.28	36.40	1500m:	17:57.17	35.40
	350m:	4:03.08	36.41	750m:	8:52.11	36.50	1150m:	13:43.81	36.53			
	400m:	4:38.76	35.68	800m:	9:28.37	36.26	1200m:	14:19.54	35.73			
52.				2007	1		+0,88	18:00.13	1	524		
	50m:	32.04	32.04	450m:	5:17.77	36.27	850m:	10:09.00	36.67	1250m:	15:01.04	36.18
	100m:	1:06.35	34.31	500m:	5:54.10	36.33	900m:	10:46.19	37.19	1300m:	15:37.62	36.58
	150m:	1:41.81	35.46	550m:	6:30.54	36.44	950m:	11:22.78	36.59	1350m:	16:13.96	36.34
	200m:	2:17.41	35.60	600m:	7:06.99	36.45	1000m:	11:59.40	36.62	1400m:	16:49.76	35.80
	250m:	2:53.59	36.18	650m:	7:43.10	36.11	1050m:	12:35.43	36.03	1450m:	17:25.97	36.21
	300m:	3:29.94	36.35	700m:	8:19.42	36.32	1100m:	13:11.82	36.39	1500m:	18:00.13	34.16
	350m:	4:05.77	35.83	750m:	8:55.97	36.55	1150m:	13:48.07	36.25			
	400m:	4:41.50	35.73	800m:	9:32.33	36.36	1200m:	14:24.86	36.79			
53.				2008	1		+0,82	18:04.69	1	517		
	50m:	31.48	31.48	450m:	5:18.29	36.48	850m:	10:10.44	36.79	1250m:	15:04.13	37.13
	100m:	1:06.42	34.94	500m:	5:54.23	35.94	900m:	10:46.69	36.25	1300m:	15:40.58	36.45
	150m:	1:42.12	35.70	550m:	6:31.09	36.86	950m:	11:23.45	36.76	1350m:	16:17.74	37.16
	200m:	2:17.82	35.70	600m:	7:06.92	35.83	1000m:	11:59.87	36.42	1400m:	16:53.82	36.08
	250m:	2:54.34	36.52	650m:	7:43.93	37.01	1050m:	12:37.04	37.17	1450m:	17:30.10	36.28
	300m:	3:29.56	35.22	700m:	8:20.52	36.59	1100m:	13:13.44	36.40	1500m:	18:04.69	34.59
	350m:	4:05.94	36.38	750m:	8:57.39	36.87	1150m:	13:50.27	36.83			
	400m:	4:41.81	35.87	800m:	9:33.65	36.26	1200m:	14:27.00	36.73			



30,		, 1500m				R.T.		FINA				
54.				2008	1	-2	+0,79	18:08.19	1	512		
	50m:	31.17	31.17	450m:	5:12.61	36.41	850m:	10:10.16	37.14	1250m:	15:05.86	37.05
	100m:	1:04.76	33.59	500m:	5:49.28	36.67	900m:	10:47.06	36.90	1300m:	15:43.96	38.10
	150m:	1:39.80	35.04	550m:	6:26.86	37.58	950m:	11:23.95	36.89	1400m:	16:59.04	1:15.08
	200m:	2:14.54	34.74	600m:	7:04.65	37.79	1000m:	12:00.78	36.83	1450m:	17:34.87	35.83
	250m:	2:49.56	35.02	650m:	7:42.20	37.55	1050m:	12:38.20	37.42	1500m:	18:08.19	33.32
	300m:	3:24.45	34.89	700m:	8:17.62	35.42	1100m:	13:14.77	36.57			
	350m:	4:00.04	35.59	750m:	8:55.09	37.47	1150m:	13:52.17	37.40			
	400m:	4:36.20	36.16	800m:	9:33.02	37.93	1200m:	14:28.81	36.64			
55.				2007	1	-1	+0,70	18:10.24	1	509		
	50m:	32.23	32.23	450m:	5:16.52	35.95	850m:	10:09.04	36.88	1250m:	15:06.65	37.43
	100m:	1:07.44	35.21	500m:	5:52.77	36.25	900m:	10:46.21	37.17	1300m:	15:43.58	36.93
	150m:	1:42.80	35.36	550m:	6:28.70	35.93	950m:	11:23.43	37.22	1350m:	16:20.97	37.39
	200m:	2:18.25	35.45	600m:	7:05.14	36.44	1000m:	12:00.54	37.11	1400m:	16:57.68	36.71
	250m:	2:53.37	35.12	650m:	7:41.66	36.52	1050m:	12:37.90	37.36	1450m:	17:34.27	36.59
	300m:	3:29.23	35.86	700m:	8:18.47	36.81	1100m:	13:14.85	36.95	1500m:	18:10.24	35.97
	350m:	4:04.74	35.51	750m:	8:55.47	37.00	1150m:	13:52.09	37.24			
	400m:	4:40.57	35.83	800m:	9:32.16	36.69	1200m:	14:29.22	37.13			
56.				2008	1		+0,74	18:14.42	1	504		
	50m:	31.72	31.72	450m:	5:22.77	36.67	850m:	10:18.15	36.92	1250m:	15:14.08	37.38
	100m:	1:06.99	35.27	500m:	5:59.60	36.83	900m:	10:55.52	37.37	1300m:	15:51.22	37.14
	150m:	1:43.24	36.25	550m:	6:36.71	37.11	950m:	11:33.12	37.60	1350m:	16:27.79	36.57
	200m:	2:19.46	36.22	600m:	7:13.15	36.44	1000m:	12:09.66	36.54	1400m:	17:03.85	36.06
	250m:	2:56.16	36.70	650m:	7:49.71	36.56	1050m:	12:46.97	37.31	1450m:	17:39.80	35.95
	300m:	3:32.79	36.63	700m:	8:26.66	36.95	1100m:	13:23.69	36.72	1500m:	18:14.42	34.62
	350m:	4:09.55	36.76	750m:	9:04.15	37.49	1150m:	13:59.82	36.13			
	400m:	4:46.10	36.55	800m:	9:41.23	37.08	1200m:	14:36.70	36.88			
57.				2008	1		+0,82	18:33.64	1	478		
	50m:	32.04	32.04	450m:	5:23.55	36.62	850m:	10:23.16	38.07	1250m:	15:27.78	36.26
	100m:	1:07.82	35.78	500m:	6:00.01	36.46	900m:	11:01.21	38.05	1300m:	16:04.60	36.82
	150m:	1:44.09	36.27	550m:	6:37.05	37.04	950m:	11:39.84	38.63	1350m:	16:43.20	38.60
	200m:	2:20.53	36.44	600m:	7:13.92	36.87	1000m:	12:17.71	37.87	1400m:	17:20.74	37.54
	250m:	2:57.13	36.60	650m:	7:51.84	37.92	1050m:	12:56.41	38.70	1450m:	17:58.14	37.40
	300m:	3:33.77	36.64	700m:	8:29.49	37.65	1100m:	13:34.65	38.24	1500m:	18:33.64	35.50
	350m:	4:10.52	36.75	750m:	9:07.78	38.29	1150m:	14:13.23	38.58			
	400m:	4:46.93	36.41	800m:	9:45.09	37.31	1200m:	14:51.52	38.29			
58.				2008	1		+0,84	18:36.51	1	474		
	50m:	32.01	32.01	450m:	5:23.29	37.07	900m:	11:02.77	38.11	1300m:	16:07.91	37.51
	100m:	1:07.17	35.16	500m:	6:00.36	37.07	950m:	11:40.85	38.08	1350m:	16:45.95	38.04
	150m:	1:42.48	35.31	550m:	6:37.65	37.29	1000m:	12:18.89	38.04	1400m:	17:23.99	38.04
	200m:	2:19.22	36.74	600m:	7:15.38	37.73	1050m:	12:57.58	38.69	1450m:	18:00.98	36.99
	250m:	2:55.50	36.28	700m:	8:30.71	1:15.33	1100m:	13:35.44	37.86	1500m:	18:36.51	35.53
	300m:	3:32.35	36.85	750m:	9:08.61	37.90	1150m:	14:13.71	38.27			
	350m:	4:08.98	36.63	800m:	9:46.88	38.27	1200m:	14:52.11	38.40			
	400m:	4:46.22	37.24	850m:	10:24.66	37.78	1250m:	15:30.40	38.29			
59.				2007	1		+0,81	18:37.31	1	473		
	50m:	31.13	31.13	450m:	5:26.90	37.74	850m:	10:27.10	37.63	1250m:	15:32.57	37.98
	100m:	1:06.44	35.31	500m:	6:04.47	37.57	900m:	11:05.18	38.08	1300m:	16:09.35	36.78
	150m:	1:42.59	36.15	550m:	6:41.53	37.06	950m:	11:43.98	38.80	1350m:	16:46.96	37.61
	200m:	2:19.30	36.71	600m:	7:18.81	37.28	1000m:	12:21.72	37.74	1400m:	17:23.84	36.88
	250m:	2:56.35	37.05	650m:	7:56.20	37.39	1050m:	13:00.03	38.31	1450m:	18:00.82	36.98
	300m:	3:33.70	37.35	700m:	8:33.57	37.37	1100m:	13:38.44	38.41	1500m:	18:37.31	36.49
	350m:	4:11.72	38.02	750m:	9:11.86	38.29	1150m:	14:16.58	38.14			
	400m:	4:49.16	37.44	800m:	9:49.47	37.61	1200m:	14:54.59	38.01			



, 21 - 24 2023

30, , 1500m

		/		R.T.		FINA		
60.		2008	1	-2	+0,83	18:39.37	471	
50m:	32.29	32.29	450m: 5:20.10	37.79	850m: 10:26.07	38.68	1250m: 15:32.15	38.36
100m:	1:08.14	35.85	500m: 5:57.90	37.80	900m: 11:02.52	36.45	1300m: 16:09.92	37.77
150m:	1:43.34	35.20	550m: 6:35.75	37.85	950m: 11:42.40	39.88	1350m: 16:49.10	39.18
200m:	2:18.24	34.90	600m: 7:14.32	38.57	1000m: 12:20.32	37.92	1400m: 17:25.97	36.87
250m:	2:53.87	35.63	650m: 7:53.09	38.77	1050m: 12:58.56	38.24	1450m: 18:04.98	39.01
300m:	3:29.62	35.75	700m: 8:30.73	37.64	1100m: 13:36.47	37.91	1500m: 18:39.37	34.39
350m:	4:06.09	36.47	750m: 9:09.43	38.70	1150m: 14:15.20	38.73		
400m:	4:42.31	36.22	800m: 9:47.39	37.96	1200m: 14:53.79	38.59		



, 21 - 24 2023

30, , 1500m

30 , 1500m

(17-18)

23.03.2023 - 15:21

14:41.13 (CHN) 15.08.2008
14:59.56 - - (BRA) 12.08.2016

: FINA 2023

	/				R.T.				FINA			
1.	2005				+0,82 15:56.26				755			
50m:	29.91	29.91	450m:	4:46.20	31.77	850m:	9:00.97	31.88	1250m:	13:19.60	32.67	
100m:	1:02.36	32.45	500m:	5:18.09	31.89	900m:	9:33.03	32.06	1300m:	13:52.27	32.67	
150m:	1:34.45	32.09	550m:	5:49.96	31.87	950m:	10:05.13	32.10	1350m:	14:24.65	32.38	
200m:	2:06.67	32.22	600m:	6:21.77	31.81	1000m:	10:37.58	32.45	1400m:	14:56.83	32.18	
250m:	2:38.69	32.02	650m:	6:53.65	31.88	1050m:	11:09.88	32.30	1450m:	15:27.24	30.41	
300m:	3:10.76	32.07	700m:	7:25.57	31.92	1100m:	11:42.31	32.43	1500m:	15:56.26	29.02	
350m:	3:42.54	31.78	750m:	7:57.26	31.69	1150m:	12:14.63	32.32				
400m:	4:14.43	31.89	800m:	8:29.09	31.83	1200m:	12:46.93	32.30				
2.	2005				+0,79 15:59.34				748			
50m:	29.58	29.58	450m:	4:48.24	32.25	850m:	9:06.20	32.39	1250m:	13:22.52	32.02	
100m:	1:02.23	32.65	500m:	5:20.11	31.87	900m:	9:38.98	32.78	1300m:	13:54.55	32.03	
150m:	1:34.69	32.46	550m:	5:51.94	31.83	950m:	10:11.07	32.09	1350m:	14:26.36	31.81	
200m:	2:06.89	32.20	600m:	6:24.15	32.21	1000m:	10:43.28	32.21	1400m:	14:58.32	31.96	
250m:	2:39.19	32.30	650m:	6:56.36	32.21	1050m:	11:15.13	31.85	1450m:	15:29.90	31.58	
300m:	3:11.38	32.19	700m:	7:28.66	32.30	1100m:	11:46.85	31.72	1500m:	15:59.34	29.44	
350m:	3:43.72	32.34	750m:	8:01.01	32.35	1150m:	12:18.44	31.59				
400m:	4:15.99	32.27	800m:	8:33.81	32.80	1200m:	12:50.50	32.06				
3.	2006				+0,89 16:08.11				728			
50m:	30.25	30.25	450m:	4:50.02	32.55	850m:	9:09.46	32.21	1250m:	13:28.76	32.21	
100m:	1:02.51	32.26	500m:	5:22.58	32.56	900m:	9:42.10	32.64	1300m:	14:00.95	32.19	
150m:	1:35.27	32.76	550m:	5:55.21	32.63	950m:	10:14.76	32.66	1350m:	14:33.39	32.44	
200m:	2:07.89	32.62	600m:	6:27.62	32.41	1000m:	10:47.13	32.37	1400m:	15:05.98	32.59	
250m:	2:40.32	32.43	650m:	7:00.01	32.39	1050m:	11:19.46	32.33	1450m:	15:37.81	31.83	
300m:	3:12.60	32.28	700m:	7:32.40	32.39	1100m:	11:51.75	32.29	1500m:	16:08.11	30.30	
350m:	3:45.09	32.49	750m:	8:04.98	32.58	1150m:	12:24.24	32.49				
400m:	4:17.47	32.38	800m:	8:37.25	32.27	1200m:	12:56.55	32.31				
4.	2005				+0,84 16:11.23				721			
50m:	29.06	29.06	450m:	4:44.51	32.17	850m:	9:06.19	32.72	1250m:	13:28.52	32.74	
100m:	1:01.08	32.02	500m:	5:16.62	32.11	900m:	9:39.14	32.95	1300m:	14:01.26	32.74	
150m:	1:33.51	32.43	550m:	5:49.18	32.56	950m:	10:11.58	32.44	1350m:	14:34.18	32.92	
200m:	2:05.47	31.96	600m:	6:21.82	32.64	1000m:	10:44.69	33.11	1400m:	15:06.89	32.71	
250m:	2:37.16	31.69	650m:	6:54.65	32.83	1050m:	11:17.16	32.47	1450m:	15:39.55	32.66	
300m:	3:08.55	31.39	700m:	7:27.49	32.84	1100m:	11:50.26	33.10	1500m:	16:11.23	31.68	
350m:	3:40.52	31.97	750m:	8:00.42	32.93	1150m:	12:23.09	32.83				
400m:	4:12.34	31.82	800m:	8:33.47	33.05	1200m:	12:55.78	32.69				
5.	2006				+0,87 16:13.55				716			
50m:	30.47	30.47	450m:	4:51.20	32.62	850m:	9:11.40	32.26	1250m:	13:31.65	32.53	
100m:	1:02.96	32.49	500m:	5:23.64	32.44	900m:	9:43.90	32.50	1300m:	14:04.38	32.73	
150m:	1:35.70	32.74	550m:	5:56.41	32.77	950m:	10:16.61	32.71	1350m:	14:36.99	32.61	
200m:	2:08.31	32.61	600m:	6:29.08	32.67	1000m:	10:49.40	32.79	1400m:	15:09.51	32.52	
250m:	2:40.98	32.67	650m:	7:01.59	32.51	1050m:	11:21.63	32.23	1450m:	15:41.81	32.30	
300m:	3:13.48	32.50	700m:	7:34.07	32.48	1100m:	11:54.07	32.44	1500m:	16:13.55	31.74	
350m:	3:45.92	32.44	750m:	8:06.60	32.53	1150m:	12:26.57	32.50				
400m:	4:18.58	32.66	800m:	8:39.14	32.54	1200m:	12:59.12	32.55				

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30,		, 1500m				(17-18)		R.T.		FINA		
6.				2006				+0,95	16:29.93		681	
	50m:	30.32	30.32	450m:	4:56.13	33.03	850m:	9:20.92	33.13	1250m:	13:47.19	33.03
	100m:	1:03.48	33.16	500m:	5:29.39	33.26	900m:	9:54.29	33.37	1300m:	14:20.34	33.15
	150m:	1:36.40	32.92	550m:	6:02.32	32.93	950m:	10:27.20	32.91	1350m:	14:53.73	33.39
	200m:	2:09.42	33.02	600m:	6:35.54	33.22	1000m:	11:00.58	33.38	1400m:	15:26.99	33.26
	250m:	2:43.01	33.59	650m:	7:08.60	33.06	1050m:	11:33.59	33.01	1450m:	15:58.88	31.89
	300m:	3:16.48	33.47	700m:	7:41.67	33.07	1100m:	12:07.11	33.52	1500m:	16:29.93	31.05
	350m:	3:49.58	33.10	750m:	8:14.50	32.83	1150m:	12:40.62	33.51			
	400m:	4:23.10	33.52	800m:	8:47.79	33.29	1200m:	13:14.16	33.54			
7.				2006				+0,98	16:31.61		677	
	50m:	31.29	31.29	450m:	4:52.98	32.31	850m:	9:16.10	33.15	1250m:	13:44.03	33.70
	100m:	1:04.62	33.33	500m:	5:25.59	32.61	900m:	9:49.63	33.53	1300m:	14:17.92	33.89
	150m:	1:37.30	32.68	550m:	5:58.44	32.85	950m:	10:22.69	33.06	1350m:	14:52.09	34.17
	200m:	2:09.99	32.69	600m:	6:31.29	32.85	1000m:	10:55.84	33.15	1400m:	15:25.88	33.79
	250m:	2:42.62	32.63	650m:	7:03.89	32.60	1050m:	11:29.32	33.48	1450m:	15:58.95	33.07
	300m:	3:15.35	32.73	700m:	7:36.69	32.80	1100m:	12:02.82	33.50	1500m:	16:31.61	32.66
	350m:	3:47.84	32.49	750m:	8:09.80	33.11	1150m:	12:36.53	33.71			
	400m:	4:20.67	32.83	800m:	8:42.95	33.15	1200m:	13:10.33	33.80			
8.				2005				+0,88	16:31.92		677	
	50m:	30.12	30.12	450m:	4:47.62	31.96	850m:	9:13.53	34.01	1250m:	13:46.46	33.52
	100m:	1:02.54	32.42	500m:	5:20.16	32.54	900m:	9:47.73	34.20	1300m:	14:20.19	33.73
	150m:	1:34.92	32.38	550m:	5:53.12	32.96	950m:	10:22.45	34.72	1350m:	14:53.94	33.75
	200m:	2:07.05	32.13	600m:	6:25.96	32.84	1000m:	10:56.68	34.23	1400m:	15:27.04	33.10
	250m:	2:38.90	31.85	650m:	6:59.10	33.14	1050m:	11:31.11	34.43	1450m:	16:00.24	33.20
	300m:	3:11.41	32.51	700m:	7:32.54	33.44	1100m:	12:04.76	33.65	1500m:	16:31.92	31.68
	350m:	3:43.37	31.96	750m:	8:05.97	33.43	1150m:	12:38.75	33.99			
	400m:	4:15.66	32.29	800m:	8:39.52	33.55	1200m:	13:12.94	34.19			
9.				2006				+0,80	16:32.34		676	
	50m:	29.48	29.48	450m:	4:50.23	32.98	850m:	9:18.14	33.70	1250m:	13:47.40	33.59
	100m:	1:01.12	31.64	500m:	5:23.56	33.33	900m:	9:51.77	33.63	1300m:	14:20.72	33.32
	150m:	1:33.24	32.12	550m:	5:57.01	33.45	950m:	10:25.44	33.67	1350m:	14:54.55	33.83
	200m:	2:05.64	32.40	600m:	6:30.67	33.66	1000m:	10:59.11	33.67	1400m:	15:28.02	33.47
	250m:	2:38.35	32.71	650m:	7:04.15	33.48	1050m:	11:32.97	33.86	1450m:	16:00.96	32.94
	300m:	3:11.02	32.67	700m:	7:37.54	33.39	1100m:	12:06.32	33.35	1500m:	16:32.34	31.38
	350m:	3:44.13	33.11	750m:	8:10.92	33.38	1150m:	12:40.14	33.82			
	400m:	4:17.25	33.12	800m:	8:44.44	33.52	1200m:	13:13.81	33.67			
10.				2005				+0,77	16:40.74		659	
	50m:	30.17	30.17	450m:	4:55.80	34.09	850m:	9:24.25	33.44	1250m:	13:54.54	34.18
	100m:	1:02.64	32.47	500m:	5:29.78	33.98	900m:	9:57.87	33.62	1300m:	14:28.20	33.66
	150m:	1:35.07	32.43	550m:	6:03.26	33.48	950m:	10:31.32	33.45	1350m:	15:02.25	34.05
	200m:	2:08.10	33.03	600m:	6:36.96	33.70	1000m:	11:05.11	33.79	1400m:	15:35.92	33.67
	250m:	2:41.56	33.46	650m:	7:10.77	33.81	1050m:	11:38.67	33.56	1450m:	16:09.02	33.10
	300m:	3:15.18	33.62	700m:	7:43.87	33.10	1100m:	12:12.58	33.91	1500m:	16:40.74	31.72
	350m:	3:48.26	33.08	750m:	8:17.11	33.24	1150m:	12:46.64	34.06			
	400m:	4:21.71	33.45	800m:	8:50.81	33.70	1200m:	13:20.36	33.72			
11.				2006				+0,87	16:44.76		651	
	50m:	29.43	29.43	450m:	4:56.24	33.53	850m:	9:26.91	33.55	1250m:	14:00.39	33.94
	100m:	1:02.57	33.14	500m:	5:29.93	33.69	900m:	10:01.10	34.19	1300m:	14:34.70	34.31
	150m:	1:35.88	33.31	550m:	6:03.90	33.97	950m:	10:35.33	34.23	1350m:	15:08.22	33.52
	200m:	2:09.21	33.33	600m:	6:37.90	34.00	1000m:	11:09.60	34.27	1400m:	15:41.61	33.39
	250m:	2:42.28	33.07	650m:	7:11.53	33.63	1050m:	11:43.55	33.95	1450m:	16:14.12	32.51
	300m:	3:16.16	33.88	700m:	7:45.53	34.00	1100m:	12:18.13	34.58	1500m:	16:44.76	30.64
	350m:	3:49.14	32.98	750m:	8:19.38	33.85	1150m:	12:52.08	33.95			
	400m:	4:22.71	33.57	800m:	8:53.36	33.98	1200m:	13:26.45	34.37			



30,		, 1500m				(17-18)		R.T.		FINA		
12.				2006				+0,88	16:48.07		645	
	50m:	30.97	30.97	400m:	4:24.04	33.67	800m:	8:53.39	33.78	1200m:	13:26.42	1:08.49
	100m:	1:03.87	32.90	450m:	4:57.14	33.10	850m:	9:27.63	34.24	1250m:	14:01.03	34.61
	150m:	1:37.09	33.22	500m:	5:31.04	33.90	900m:	10:01.39	33.76	1300m:	14:34.97	33.94
	200m:	2:10.17	33.08	600m:	6:38.29	1:07.25	950m:	10:35.61	34.22	1350m:	15:09.65	34.68
	250m:	2:43.44	33.27	650m:	7:11.96	33.67	1000m:	11:09.78	34.17	1400m:	15:43.25	33.60
	300m:	3:17.00	33.56	700m:	7:46.05	34.09	1050m:	11:44.16	34.38	1500m:	16:48.07	1:04.82
	350m:	3:50.37	33.37	750m:	8:19.61	33.56	1100m:	12:17.93	33.77			
13.				2006				+0,77	17:01.27		620	
	50m:	31.31	31.31	450m:	5:03.03	33.99	850m:	9:35.01	34.44	1250m:	14:09.48	34.87
	100m:	1:04.96	33.65	500m:	5:36.89	33.86	900m:	10:09.06	34.05	1300m:	14:44.49	35.01
	150m:	1:39.37	34.41	550m:	6:10.87	33.98	950m:	10:43.35	34.29	1350m:	15:19.68	35.19
	200m:	2:13.44	34.07	600m:	6:44.69	33.82	1000m:	11:16.53	33.18	1400m:	15:54.62	34.94
	250m:	2:47.82	34.38	650m:	7:19.09	34.40	1050m:	11:51.00	34.47	1450m:	16:28.59	33.97
	300m:	3:21.64	33.82	700m:	7:52.86	33.77	1100m:	12:24.99	33.99	1500m:	17:01.27	32.68
	350m:	3:55.63	33.99	750m:	8:26.98	34.12	1150m:	13:00.03	35.04			
	400m:	4:29.04	33.41	800m:	9:00.57	33.59	1200m:	13:34.61	34.58			
14.				2005				+0,79	17:09.93		604	
	50m:	30.34	30.34	450m:	5:02.75	34.58	850m:	9:40.76	34.99	1250m:	14:19.71	34.47
	100m:	1:03.42	33.08	500m:	5:37.58	34.83	900m:	10:15.37	34.61	1300m:	14:54.51	34.80
	150m:	1:36.99	33.57	550m:	6:12.68	35.10	950m:	10:50.48	35.11	1350m:	15:29.47	34.96
	200m:	2:11.11	34.12	600m:	6:46.88	34.20	1000m:	11:24.97	34.49	1400m:	16:04.42	34.95
	250m:	2:45.20	34.09	650m:	7:21.49	34.61	1050m:	12:00.05	35.08	1450m:	16:38.77	34.35
	300m:	3:19.35	34.15	700m:	7:56.58	35.09	1100m:	12:34.94	34.89	1500m:	17:09.93	31.16
	350m:	3:53.78	34.43	750m:	8:31.17	34.59	1150m:	13:10.07	35.13			
	400m:	4:28.17	34.39	800m:	9:05.77	34.60	1200m:	13:45.24	35.17			
15.				2005				+0,88	17:10.72		603	
	50m:	29.75	29.75	450m:	4:56.94	34.69	850m:	9:34.56	35.49	1250m:	14:16.88	35.67
	100m:	1:02.05	32.30	500m:	5:30.86	33.92	900m:	10:09.27	34.71	1300m:	14:52.05	35.17
	150m:	1:34.95	32.90	550m:	6:05.67	34.81	950m:	10:44.65	35.38	1350m:	15:28.25	36.20
	200m:	2:07.74	32.79	600m:	6:39.81	34.14	1000m:	11:19.52	34.87	1400m:	16:03.52	35.27
	250m:	2:41.14	33.40	650m:	7:15.07	35.26	1050m:	11:55.28	35.76	1450m:	16:38.03	34.51
	300m:	3:14.27	33.13	700m:	7:49.53	34.46	1100m:	12:30.15	34.87	1500m:	17:10.72	32.69
	350m:	3:48.53	34.26	750m:	8:24.66	35.13	1150m:	13:05.75	35.60			
	400m:	4:22.25	33.72	800m:	8:59.07	34.41	1200m:	13:41.21	35.46			
16.				2006				+0,92	17:15.72		594	
	50m:	30.51	30.51	450m:	4:58.22	33.94	850m:	9:39.23	35.96	1250m:	14:21.51	35.70
	100m:	1:03.66	33.15	500m:	5:33.02	34.80	900m:	10:14.54	35.31	1300m:	14:56.57	35.06
	150m:	1:36.74	33.08	550m:	6:07.99	34.97	950m:	10:49.60	35.06	1350m:	15:32.52	35.95
	200m:	2:10.30	33.56	600m:	6:42.63	34.64	1000m:	11:24.77	35.17	1400m:	16:06.77	34.25
	250m:	2:43.54	33.24	650m:	7:17.65	35.02	1050m:	12:00.35	35.58	1450m:	16:41.58	34.81
	300m:	3:16.92	33.38	700m:	7:52.74	35.09	1100m:	12:35.87	35.52	1500m:	17:15.72	34.14
	350m:	3:50.31	33.39	750m:	8:28.13	35.39	1150m:	13:10.46	34.59			
	400m:	4:24.28	33.97	800m:	9:03.27	35.14	1200m:	13:45.81	35.35			
17.				2006				+0,84	17:22.87		582	
	50m:	31.52	31.52	450m:	5:06.33	34.02	850m:	9:41.61	34.72	1250m:	14:25.74	35.82
	100m:	1:05.79	34.27	500m:	5:40.17	33.84	900m:	10:17.50	35.89	1300m:	15:01.73	35.99
	150m:	1:40.28	34.49	550m:	6:14.14	33.97	950m:	10:52.24	34.74	1350m:	15:36.83	35.10
	200m:	2:15.16	34.88	600m:	6:48.64	34.50	1000m:	11:27.60	35.36	1400m:	16:12.85	36.02
	250m:	2:49.18	34.02	650m:	7:23.19	34.55	1050m:	12:02.93	35.33	1450m:	16:47.61	34.76
	300m:	3:23.80	34.62	700m:	7:57.71	34.52	1100m:	12:38.93	36.00	1500m:	17:22.87	35.26
	350m:	3:57.70	33.90	750m:	8:31.93	34.22	1150m:	13:13.98	35.05			
	400m:	4:32.31	34.61	800m:	9:06.89	34.96	1200m:	13:49.92	35.94			



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30, , 1500m , (17-18)

								R.T.			FINA	
18.			2006					+0,76	17:48.92	1	541	
	50m:	31.15	31.15	450m:	5:04.53	35.15	850m:	9:55.00	36.72	1250m:	14:48.97	36.83
	100m:	1:04.53	33.38	500m:	5:40.40	35.87	900m:	10:32.40	37.40	1300m:	15:25.93	36.96
	150m:	1:37.92	33.39	550m:	6:16.56	36.16	950m:	11:08.62	36.22	1350m:	16:02.30	36.37
	200m:	2:11.63	33.71	600m:	6:53.69	37.13	1000m:	11:44.50	35.88	1400m:	16:39.41	37.11
	250m:	2:45.65	34.02	650m:	7:29.25	35.56	1050m:	12:21.27	36.77	1450m:	17:16.49	37.08
	300m:	3:19.73	34.08	700m:	8:05.89	36.64	1100m:	12:58.61	37.34	1500m:	17:48.92	32.43
	350m:	3:54.34	34.61	750m:	8:42.00	36.11	1150m:	13:35.83	37.22			
	400m:	4:29.38	35.04	800m:	9:18.28	36.28	1200m:	14:12.14	36.31			
19.			2006					+0,79	17:52.19	1	536	
	50m:	31.61	31.61	450m:	5:13.38	36.31	850m:	10:04.33	36.91	1250m:	14:55.33	36.44
	100m:	1:05.91	34.30	500m:	5:49.53	36.15	900m:	10:40.61	36.28	1300m:	15:31.46	36.13
	150m:	1:40.32	34.41	550m:	6:25.69	36.16	950m:	11:16.96	36.35	1350m:	16:07.91	36.45
	200m:	2:15.30	34.98	600m:	7:02.12	36.43	1000m:	11:53.36	36.40	1400m:	16:44.12	36.21
	250m:	2:50.01	34.71	650m:	7:38.22	36.10	1050m:	12:29.42	36.06	1450m:	17:18.42	34.30
	300m:	3:25.30	35.29	700m:	8:14.43	36.21	1100m:	13:05.65	36.23	1500m:	17:52.19	33.77
	350m:	4:01.11	35.81	750m:	8:51.11	36.68	1150m:	13:42.17	36.52			
	400m:	4:37.07	35.96	800m:	9:27.42	36.31	1200m:	14:18.89	36.72			

