

, 21 - 24 2023

40
24.03.2023 - 15:09

, 1500m

15:50.22 (JPN) 26.07.2021
16:13.13 (ESP) 22.07.2003

: FINA 2023

			/					R.T.				FINA
1.			2003					+0,92	17:06.70			720
	50m:	31.38	31.38	450m:	5:04.60	34.32	850m:	9:38.96	34.21	1250m:	14:15.64	34.90
	100m:	1:04.94	33.56	500m:	5:38.72	34.12	900m:	10:13.61	34.65	1300m:	14:50.03	34.39
	150m:	1:38.82	33.88	550m:	6:13.06	34.34	950m:	10:48.02	34.41	1350m:	15:24.60	34.57
	200m:	2:13.13	34.31	600m:	6:47.19	34.13	1000m:	11:22.39	34.37	1400m:	15:58.85	34.25
	250m:	2:47.38	34.25	650m:	7:21.62	34.43	1050m:	11:56.92	34.53	1450m:	16:33.24	34.39
	300m:	3:21.82	34.44	700m:	7:55.95	34.33	1100m:	12:31.67	34.75	1500m:	17:06.70	33.46
	350m:	3:56.06	34.24	750m:	8:30.30	34.35	1150m:	13:05.94	34.27			
	400m:	4:30.28	34.22	800m:	9:04.75	34.45	1200m:	13:40.74	34.80			
2.			2006					+0,83	17:11.70			710
	50m:	32.46	32.46	450m:	5:08.03	34.62	850m:	9:44.59	34.75	1250m:	14:20.72	34.70
	100m:	1:06.78	34.32	500m:	5:42.38	34.35	900m:	10:18.84	34.25	1300m:	14:55.15	34.43
	150m:	1:41.24	34.46	550m:	6:17.26	34.88	950m:	10:53.33	34.49	1350m:	15:29.88	34.73
	200m:	2:15.43	34.19	600m:	6:51.54	34.28	1000m:	11:27.58	34.25	1400m:	16:04.48	34.60
	250m:	2:50.30	34.87	650m:	7:26.15	34.61	1050m:	12:02.27	34.69	1450m:	16:38.83	34.35
	300m:	3:24.65	34.35	700m:	8:00.67	34.52	1100m:	12:36.61	34.34	1500m:	17:11.70	32.87
	350m:	3:59.26	34.61	750m:	8:35.30	34.63	1150m:	13:11.38	34.77			
	400m:	4:33.41	34.15	800m:	9:09.84	34.54	1200m:	13:46.02	34.64			
3.			2008					+0,85	17:21.90			689
	50m:	31.20	31.20	450m:	5:05.97	34.36	850m:	9:45.37	35.12	1250m:	14:27.81	35.46
	100m:	1:05.70	34.50	500m:	5:40.82	34.85	900m:	10:20.57	35.20	1300m:	15:03.14	35.33
	150m:	1:39.28	33.58	550m:	6:15.60	34.78	950m:	10:55.77	35.20	1350m:	15:38.20	35.06
	200m:	2:14.11	34.83	600m:	6:50.57	34.97	1000m:	11:31.14	35.37	1400m:	16:13.67	35.47
	250m:	2:47.77	33.66	650m:	7:25.56	34.99	1050m:	12:06.02	34.88	1450m:	16:48.30	34.63
	300m:	3:22.71	34.94	700m:	8:00.55	34.99	1100m:	12:41.90	35.88	1500m:	17:21.90	33.60
	350m:	3:56.90	34.19	750m:	8:35.29	34.74	1150m:	13:17.00	35.10			
	400m:	4:31.61	34.71	800m:	9:10.25	34.96	1200m:	13:52.35	35.35			
4.			2007					+0,82	17:32.97			668
	50m:	31.90	31.90	450m:	5:14.32	35.20	850m:	9:56.16	34.95	1250m:	14:37.71	35.07
	100m:	1:07.22	35.32	500m:	5:50.03	35.71	900m:	10:31.70	35.54	1300m:	15:13.28	35.57
	150m:	1:42.10	34.88	550m:	6:24.96	34.93	950m:	11:07.04	35.34	1350m:	15:48.42	35.14
	200m:	2:18.09	35.99	600m:	7:00.68	35.72	1000m:	11:42.30	35.26	1400m:	16:24.22	35.80
	250m:	2:53.21	35.12	650m:	7:35.46	34.78	1050m:	12:17.14	34.84	1450m:	16:58.82	34.60
	300m:	3:28.70	35.49	700m:	8:10.82	35.36	1100m:	12:52.31	35.17	1500m:	17:32.97	34.15
	350m:	4:03.31	34.61	750m:	8:45.87	35.05	1150m:	13:27.15	34.84			
	400m:	4:39.12	35.81	800m:	9:21.21	35.34	1200m:	14:02.64	35.49			
5.			2005					+0,84	17:33.53			666
	50m:	32.81	32.81	450m:	5:14.25	35.41	850m:	9:56.10	35.61	1250m:	14:37.62	35.40
	100m:	1:07.27	34.46	500m:	5:49.19	34.94	900m:	10:31.14	35.04	1300m:	15:12.59	34.97
	150m:	1:42.60	35.33	550m:	6:24.58	35.39	950m:	11:06.72	35.58	1350m:	15:48.22	35.63
	200m:	2:17.75	35.15	600m:	6:59.24	34.66	1000m:	11:41.68	34.96	1400m:	16:23.34	35.12
	250m:	2:53.25	35.50	650m:	7:34.97	35.73	1050m:	12:16.86	35.18	1450m:	16:59.39	36.05
	300m:	3:28.34	35.09	700m:	8:09.94	34.97	1100m:	12:51.85	34.99	1500m:	17:33.53	34.14
	350m:	4:03.76	35.42	750m:	8:45.44	35.50	1150m:	13:27.32	35.47			
	400m:	4:38.84	35.08	800m:	9:20.49	35.05	1200m:	14:02.22	34.90			

" " " " 50

ALGE



40, , 1500m

					R.T.				FINA			
6.	2008				+0,87 17:39.89				655			
	50m:	33.54	33.54	450m:	5:18.04	35.65	850m:	10:02.70	35.89	1250m:	14:45.73	35.33
	100m:	1:08.70	35.16	500m:	5:53.52	35.48	900m:	10:37.87	35.17	1300m:	15:20.69	34.96
	150m:	1:44.61	35.91	550m:	6:29.51	35.99	950m:	11:13.30	35.43	1350m:	15:55.87	35.18
	200m:	2:20.00	35.39	600m:	7:04.76	35.25	1000m:	11:48.49	35.19	1400m:	16:30.58	34.71
	250m:	2:55.88	35.88	650m:	7:40.40	35.64	1050m:	12:24.18	35.69	1450m:	17:05.53	34.95
	300m:	3:31.17	35.29	700m:	8:15.73	35.33	1100m:	12:59.43	35.25	1500m:	17:39.89	34.36
	350m:	4:07.08	35.91	750m:	8:51.52	35.79	1150m:	13:35.02	35.59			
	400m:	4:42.39	35.31	800m:	9:26.81	35.29	1200m:	14:10.40	35.38			
7.	2008				+0,94 17:41.35				652			
	50m:	33.14	33.14	450m:	5:12.15	35.68	850m:	9:57.53	36.28	1250m:	14:44.67	36.40
	100m:	1:07.38	34.24	500m:	5:47.29	35.14	900m:	10:32.81	35.28	1300m:	15:19.98	35.31
	150m:	1:42.07	34.69	550m:	6:23.51	36.22	950m:	11:09.09	36.28	1350m:	15:56.22	36.24
	200m:	2:16.19	34.12	600m:	6:58.63	35.12	1000m:	11:44.32	35.23	1400m:	16:31.39	35.17
	250m:	2:51.22	35.03	650m:	7:34.99	36.36	1050m:	12:20.91	36.59	1450m:	17:07.46	36.07
	300m:	3:25.98	34.76	700m:	8:09.85	34.86	1100m:	12:56.31	35.40	1500m:	17:41.35	33.89
	350m:	4:01.46	35.48	750m:	8:45.89	36.04	1150m:	13:33.03	36.72			
	400m:	4:36.47	35.01	800m:	9:21.25	35.36	1200m:	14:08.27	35.24			
8.	2005				+0,87 17:44.28				646			
	50m:	32.66	32.66	450m:	5:13.05	35.22	850m:	9:57.14	35.77	1250m:	14:45.63	36.17
	100m:	1:07.86	35.20	500m:	5:48.40	35.35	900m:	10:33.01	35.87	1300m:	15:22.07	36.44
	150m:	1:42.34	34.48	550m:	6:23.85	35.45	950m:	11:08.84	35.83	1350m:	15:58.11	36.04
	200m:	2:17.68	35.34	600m:	6:59.41	35.56	1000m:	11:45.02	36.18	1400m:	16:34.25	36.14
	250m:	2:52.58	34.90	650m:	7:34.70	35.29	1050m:	12:20.87	35.85	1450m:	17:10.22	35.97
	300m:	3:27.58	35.00	700m:	8:10.37	35.67	1100m:	12:57.15	36.28	1500m:	17:44.28	34.06
	350m:	4:02.47	34.89	750m:	8:45.96	35.59	1150m:	13:33.06	35.91			
	400m:	4:37.83	35.36	800m:	9:21.37	35.41	1200m:	14:09.46	36.40			
9.	2010				+0,99 17:44.81				645			
	50m:	31.79	31.79	450m:	5:13.08	36.08	850m:	9:59.39	36.00	1250m:	14:47.98	36.36
	100m:	1:06.15	34.36	500m:	5:48.60	35.52	900m:	10:34.94	35.55	1300m:	15:23.62	35.64
	150m:	1:41.12	34.97	550m:	6:24.34	35.74	950m:	11:11.18	36.24	1350m:	16:00.22	36.60
	200m:	2:15.73	34.61	600m:	6:59.81	35.47	1000m:	11:46.97	35.79	1400m:	16:35.74	35.52
	250m:	2:51.07	35.34	650m:	7:35.77	35.96	1050m:	12:23.34	36.37	1450m:	17:11.61	35.87
	300m:	3:26.11	35.04	700m:	8:11.44	35.67	1100m:	12:59.46	36.12	1500m:	17:44.81	33.20
	350m:	4:01.60	35.49	750m:	8:47.53	36.09	1150m:	13:35.68	36.22			
	400m:	4:37.00	35.40	800m:	9:23.39	35.86	1200m:	14:11.62	35.94			
10.	2007				+0,82 17:46.82				642			
	50m:	32.75	32.75	450m:	5:16.88	35.64	850m:	10:01.49	35.90	1250m:	14:49.16	36.02
	100m:	1:07.64	34.89	500m:	5:52.48	35.60	900m:	10:37.41	35.92	1300m:	15:25.16	36.00
	150m:	1:43.08	35.44	550m:	6:27.86	35.38	950m:	11:13.27	35.86	1350m:	16:01.53	36.37
	200m:	2:18.55	35.47	600m:	7:03.17	35.31	1000m:	11:49.10	35.83	1400m:	16:37.23	35.70
	250m:	2:54.12	35.57	650m:	7:38.71	35.54	1050m:	12:25.11	36.01	1450m:	17:12.64	35.41
	300m:	3:29.88	35.76	700m:	8:14.37	35.66	1100m:	13:01.30	36.19	1500m:	17:46.82	34.18
	350m:	4:05.76	35.88	750m:	8:50.19	35.82	1150m:	13:36.90	35.60			
	400m:	4:41.24	35.48	800m:	9:25.59	35.40	1200m:	14:13.14	36.24			
11.	2008				+0,83 17:48.77				638			
	50m:	32.53	32.53	450m:	5:16.81	35.49	850m:	10:01.90	36.20	1250m:	14:50.91	35.95
	100m:	1:07.81	35.28	500m:	5:52.25	35.44	900m:	10:38.16	36.26	1300m:	15:27.07	36.16
	150m:	1:43.04	35.23	550m:	6:27.83	35.58	950m:	11:13.93	35.77	1350m:	16:03.03	35.96
	200m:	2:18.64	35.60	600m:	7:02.96	35.13	1000m:	11:50.14	36.21	1400m:	16:38.63	35.60
	250m:	2:54.50	35.86	650m:	7:38.44	35.48	1050m:	12:26.20	36.06	1450m:	17:14.13	35.50
	300m:	3:30.06	35.56	700m:	8:14.14	35.70	1100m:	13:02.54	36.34	1500m:	17:48.77	34.64
	350m:	4:05.71	35.65	750m:	8:50.27	36.13	1150m:	13:38.88	36.34			
	400m:	4:41.32	35.61	800m:	9:25.70	35.43	1200m:	14:14.96	36.08			

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ALGE



40,		, 1500m						R.T.		FINA		
12.				2006				+0,77	18:03.67		612	
	50m:	32.65	32.65	450m:	5:17.93	35.76	850m:	10:08.90	36.14	1250m:	15:02.62	36.54
	100m:	1:08.61	35.96	500m:	5:54.31	36.38	900m:	10:45.82	36.92	1300m:	15:39.26	36.64
	150m:	1:43.78	35.17	550m:	6:30.24	35.93	950m:	11:22.03	36.21	1350m:	16:15.38	36.12
	200m:	2:19.53	35.75	600m:	7:06.87	36.63	1000m:	11:58.85	36.82	1400m:	16:52.55	37.17
	250m:	2:54.61	35.08	650m:	7:42.95	36.08	1050m:	12:35.33	36.48	1450m:	17:28.45	35.90
	300m:	3:30.40	35.79	700m:	8:19.73	36.78	1100m:	13:12.33	37.00	1500m:	18:03.67	35.22
	350m:	4:06.14	35.74	750m:	8:56.02	36.29	1150m:	13:48.73	36.40			
	400m:	4:42.17	36.03	800m:	9:32.76	36.74	1200m:	14:26.08	37.35			
13.				2004		-		+0,77	18:10.26		601	
	50m:	31.59	31.59	450m:	5:19.57	36.52	850m:	10:13.60	36.82	1250m:	15:10.33	36.98
	100m:	1:06.57	34.98	500m:	5:56.08	36.51	900m:	10:50.78	37.18	1300m:	15:47.63	37.30
	150m:	1:42.28	35.71	550m:	6:32.46	36.38	950m:	11:27.62	36.84	1350m:	16:23.97	36.34
	200m:	2:18.30	36.02	600m:	7:09.16	36.70	1000m:	12:05.06	37.44	1400m:	17:00.15	36.18
	250m:	2:54.25	35.95	650m:	7:45.88	36.72	1050m:	12:41.95	36.89	1450m:	17:35.59	35.44
	300m:	3:30.24	35.99	700m:	8:23.09	37.21	1100m:	13:19.07	37.12	1500m:	18:10.26	34.67
	350m:	4:06.58	36.34	750m:	8:59.98	36.89	1150m:	13:56.16	37.09			
	400m:	4:43.05	36.47	800m:	9:36.78	36.80	1200m:	14:33.35	37.19			
14.				2008				+0,85	18:13.42		596	
	50m:	32.78	32.78	450m:	5:23.42	36.61	850m:	10:16.57	36.77	1250m:	15:11.89	37.08
	100m:	1:08.74	35.96	500m:	5:59.89	36.47	900m:	10:53.43	36.86	1300m:	15:48.62	36.73
	150m:	1:44.71	35.97	550m:	6:36.68	36.79	950m:	11:30.44	37.01	1350m:	16:25.47	36.85
	200m:	2:21.17	36.46	600m:	7:12.94	36.26	1000m:	12:07.43	36.99	1400m:	17:02.29	36.82
	250m:	2:57.34	36.17	650m:	7:49.69	36.75	1050m:	12:44.11	36.68	1450m:	17:38.89	36.60
	300m:	3:33.96	36.62	700m:	8:26.46	36.77	1100m:	13:21.41	37.30	1500m:	18:13.42	34.53
	350m:	4:10.16	36.20	750m:	9:02.86	36.40	1150m:	13:57.90	36.49			
	400m:	4:46.81	36.65	800m:	9:39.80	36.94	1200m:	14:34.81	36.91			
15.				2008				+0,98	18:13.96		595	
	50m:	33.48	33.48	450m:	5:24.70	36.42	850m:	10:18.05	37.05	1250m:	15:11.47	36.58
	100m:	1:09.99	36.51	500m:	6:01.08	36.38	900m:	10:54.70	36.65	1300m:	15:48.32	36.85
	150m:	1:46.42	36.43	550m:	6:37.37	36.29	950m:	11:31.32	36.62	1350m:	16:25.05	36.73
	200m:	2:22.91	36.49	600m:	7:13.99	36.62	1000m:	12:08.33	37.01	1400m:	17:02.13	37.08
	250m:	2:58.83	35.92	650m:	7:50.83	36.84	1050m:	12:45.00	36.67	1450m:	17:38.47	36.34
	300m:	3:35.34	36.51	700m:	8:27.57	36.74	1100m:	13:21.98	36.98	1500m:	18:13.96	35.49
	350m:	4:11.55	36.21	750m:	9:04.21	36.64	1150m:	13:58.15	36.17			
	400m:	4:48.28	36.73	800m:	9:41.00	36.79	1200m:	14:34.89	36.74			
16.				2009				+1,06	18:19.65		586	
	50m:	33.47	33.47	450m:	5:23.25	36.58	850m:	10:19.55	37.00	1250m:	15:17.38	37.26
	100m:	1:09.30	35.83	500m:	6:00.25	37.00	900m:	10:56.90	37.35	1300m:	15:54.14	36.76
	150m:	1:45.18	35.88	550m:	6:37.26	37.01	950m:	11:33.86	36.96	1350m:	16:31.42	37.28
	200m:	2:21.59	36.41	600m:	7:14.37	37.11	1000m:	12:11.24	37.38	1400m:	17:07.89	36.47
	250m:	2:57.35	35.76	650m:	7:51.30	36.93	1050m:	12:48.23	36.99	1450m:	17:44.82	36.93
	300m:	3:34.01	36.66	700m:	8:28.42	37.12	1100m:	13:25.45	37.22	1500m:	18:19.65	34.83
	350m:	4:09.76	35.75	750m:	9:05.33	36.91	1150m:	14:02.69	37.24			
	400m:	4:46.67	36.91	800m:	9:42.55	37.22	1200m:	14:40.12	37.43			
17.				2008				+0,89	18:21.54		583	
	50m:	33.10	33.10	450m:	5:24.33	37.12	850m:	10:19.17	36.68	1250m:	15:18.02	37.47
	100m:	1:09.27	36.17	500m:	6:00.97	36.64	900m:	10:56.51	37.34	1300m:	15:55.70	37.68
	150m:	1:45.37	36.10	550m:	6:37.79	36.82	950m:	11:33.55	37.04	1350m:	16:33.20	37.50
	200m:	2:21.70	36.33	600m:	7:14.46	36.67	1000m:	12:10.88	37.33	1400m:	17:10.25	37.05
	250m:	2:57.66	35.96	650m:	7:51.32	36.86	1050m:	12:48.43	37.55	1450m:	17:46.65	36.40
	300m:	3:34.12	36.46	700m:	8:28.37	37.05	1100m:	13:25.74	37.31	1500m:	18:21.54	34.89
	350m:	4:10.51	36.39	750m:	9:05.36	36.99	1150m:	14:03.15	37.41			
	400m:	4:47.21	36.70	800m:	9:42.49	37.13	1200m:	14:40.55	37.40			



40, , 1500m

								R.T.		FINA		
18.				2009	1			+0,91	18:22.87		581	
	50m:	32.69	32.69	450m:	5:31.23	36.74	850m:	10:27.93	36.42	1250m:	15:22.44	36.90
	100m:	1:09.84	37.15	500m:	6:08.61	37.38	900m:	11:05.06	37.13	1300m:	15:58.99	36.55
	150m:	1:47.09	37.25	550m:	6:45.39	36.78	950m:	11:41.96	36.90	1350m:	16:35.16	36.17
	200m:	2:24.72	37.63	600m:	7:22.70	37.31	1000m:	12:18.91	36.95	1400m:	17:11.80	36.64
	250m:	3:01.75	37.03	650m:	7:59.24	36.54	1050m:	12:55.69	36.78	1450m:	17:48.07	36.27
	300m:	3:39.34	37.59	700m:	8:36.72	37.48	1100m:	13:32.20	36.51	1500m:	18:22.87	34.80
	350m:	4:16.64	37.30	750m:	9:14.02	37.30	1150m:	14:08.48	36.28			
	400m:	4:54.49	37.85	800m:	9:51.51	37.49	1200m:	14:45.54	37.06			
19.				2007				+0,90	18:24.34		579	
	50m:	33.65	33.65	450m:	5:25.23	36.92	850m:	10:18.66	36.98	1250m:	15:17.63	37.52
	100m:	1:09.83	36.18	500m:	6:01.57	36.34	900m:	10:55.75	37.09	1300m:	15:55.70	38.07
	150m:	1:46.13	36.30	550m:	6:38.24	36.67	950m:	11:32.90	37.15	1350m:	16:33.55	37.85
	200m:	2:22.78	36.65	600m:	7:15.11	36.87	1000m:	12:10.10	37.20	1400m:	17:11.81	38.26
	250m:	2:59.16	36.38	650m:	7:51.65	36.54	1050m:	12:47.05	36.95	1450m:	17:48.67	36.86
	300m:	3:35.38	36.22	700m:	8:28.28	36.63	1100m:	13:24.85	37.80	1500m:	18:24.34	35.67
	350m:	4:11.78	36.40	750m:	9:04.93	36.65	1150m:	14:02.18	37.33			
	400m:	4:48.31	36.53	800m:	9:41.68	36.75	1200m:	14:40.11	37.93			
20.				2008				+0,85	18:32.48		566	
	50m:	34.20	34.20	450m:	5:31.76	37.25	850m:	10:28.05	37.36	1250m:	15:28.25	38.50
	100m:	1:10.37	36.17	500m:	6:08.71	36.95	900m:	11:04.64	36.59	1300m:	16:05.09	36.84
	150m:	1:48.04	37.67	550m:	6:45.91	37.20	950m:	11:42.90	38.26	1350m:	16:43.38	38.29
	200m:	2:25.07	37.03	600m:	7:22.85	36.94	1000m:	12:19.50	36.60	1400m:	17:20.36	36.98
	250m:	3:02.98	37.91	650m:	8:00.16	37.31	1050m:	12:57.63	38.13	1450m:	17:57.27	36.91
	300m:	3:39.78	36.80	700m:	8:36.80	36.64	1100m:	13:34.60	36.97	1500m:	18:32.48	35.21
	350m:	4:17.63	37.85	750m:	9:14.24	37.44	1150m:	14:12.74	38.14			
	400m:	4:54.51	36.88	800m:	9:50.69	36.45	1200m:	14:49.75	37.01			
21.				2004				+0,89	18:35.76		561	
	50m:	33.51	33.51	450m:	5:27.26	37.17	850m:	10:28.23	37.52	1250m:	15:30.40	37.62
	100m:	1:09.77	36.26	500m:	6:04.54	37.28	900m:	11:05.90	37.67	1300m:	16:07.98	37.58
	150m:	1:46.27	36.50	550m:	6:41.75	37.21	950m:	11:44.03	38.13	1350m:	16:45.54	37.56
	200m:	2:23.14	36.87	600m:	7:19.23	37.48	1000m:	12:21.58	37.55	1400m:	17:22.56	37.02
	250m:	2:59.38	36.24	650m:	7:57.22	37.99	1050m:	12:59.44	37.86	1450m:	17:59.32	36.76
	300m:	3:36.18	36.80	700m:	8:34.82	37.60	1100m:	13:37.47	38.03	1500m:	18:35.76	36.44
	350m:	4:13.16	36.98	750m:	9:12.96	38.14	1150m:	14:15.00	37.53			
	400m:	4:50.09	36.93	800m:	9:50.71	37.75	1200m:	14:52.78	37.78			
22.				2006				+0,99	18:38.20		557	
	50m:	32.71	32.71	450m:	5:26.91	37.52	850m:	10:22.54	37.98	1250m:	15:20.93	38.93
	100m:	1:07.57	34.86	500m:	6:03.56	36.65	900m:	10:59.16	36.62	1300m:	15:59.84	38.91
	150m:	1:44.11	36.54	550m:	6:40.61	37.05	950m:	11:36.62	37.46	1350m:	16:39.57	39.73
	200m:	2:20.55	36.44	600m:	7:16.91	36.30	1000m:	12:12.85	36.23	1400m:	17:19.42	39.85
	250m:	2:57.60	37.05	650m:	7:54.02	37.11	1050m:	12:50.45	37.60	1450m:	17:59.96	40.54
	300m:	3:34.55	36.95	700m:	8:30.57	36.55	1100m:	13:27.29	36.84	1500m:	18:38.20	38.24
	350m:	4:12.55	38.00	750m:	9:08.11	37.54	1150m:	14:05.19	37.90			
	400m:	4:49.39	36.84	800m:	9:44.56	36.45	1200m:	14:42.00	36.81			
23.				2007				+0,82	18:41.80		552	
	50m:	34.91	34.91	450m:	5:33.80	36.78	850m:	10:33.82	37.25	1250m:	15:36.68	37.72
	100m:	1:12.25	37.34	500m:	6:11.51	37.71	900m:	11:11.79	37.97	1300m:	16:14.98	38.30
	150m:	1:50.21	37.96	550m:	6:48.74	37.23	950m:	11:49.22	37.43	1350m:	16:53.03	38.05
	200m:	2:27.62	37.41	600m:	7:26.63	37.89	1000m:	12:27.05	37.83	1400m:	17:31.04	38.01
	250m:	3:04.53	36.91	650m:	8:03.68	37.05	1050m:	13:04.43	37.38	1450m:	18:07.84	36.80
	300m:	3:42.45	37.92	700m:	8:42.07	38.39	1100m:	13:42.69	38.26	1500m:	18:41.80	33.96
	350m:	4:19.58	37.13	750m:	9:19.13	37.06	1150m:	14:20.53	37.84			
	400m:	4:57.02	37.44	800m:	9:56.57	37.44	1200m:	14:58.96	38.43			

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40,		, 1500m						R.T.		FINA		
24.				2007				+0,85	18:42.63		551	
	50m:	33.46	33.46	450m:	5:31.35	37.60	850m:	10:32.34	37.75	1250m:	15:36.56	38.40
	100m:	1:09.66	36.20	500m:	6:08.83	37.48	900m:	11:10.02	37.68	1300m:	16:14.42	37.86
	150m:	1:46.43	36.77	550m:	6:46.61	37.78	950m:	11:47.92	37.90	1350m:	16:52.51	38.09
	200m:	2:23.51	37.08	600m:	7:24.17	37.56	1000m:	12:25.78	37.86	1400m:	17:30.16	37.65
	250m:	3:01.19	37.68	650m:	8:02.01	37.84	1050m:	13:03.91	38.13	1450m:	18:07.55	37.39
	300m:	3:38.53	37.34	700m:	8:39.57	37.56	1100m:	13:41.73	37.82	1500m:	18:42.63	35.08
	350m:	4:16.33	37.80	750m:	9:16.99	37.42	1150m:	14:20.27	38.54			
	400m:	4:53.75	37.42	800m:	9:54.59	37.60	1200m:	14:58.16	37.89			
25.				2003			-1	+1,73	18:45.23		547	
	50m:	35.86	35.86	450m:	5:37.05	38.13	850m:	10:36.63	37.81	1250m:	15:39.63	37.65
	100m:	1:13.37	37.51	500m:	6:14.61	37.56	900m:	11:14.43	37.80	1300m:	16:17.73	38.10
	150m:	1:51.18	37.81	550m:	6:51.99	37.38	950m:	11:52.40	37.97	1350m:	16:56.00	38.27
	200m:	2:28.69	37.51	600m:	7:29.17	37.18	1000m:	12:30.23	37.83	1400m:	17:33.49	37.49
	250m:	3:06.45	37.76	650m:	8:06.64	37.47	1050m:	13:08.16	37.93	1450m:	18:10.81	37.32
	300m:	3:43.64	37.19	700m:	8:44.07	37.43	1100m:	13:46.05	37.89	1500m:	18:45.23	34.42
	350m:	4:21.50	37.86	750m:	9:21.45	37.38	1150m:	14:23.87	37.82			
	400m:	4:58.92	37.42	800m:	9:58.82	37.37	1200m:	15:01.98	38.11			
26.				2007				+0,88	18:50.76		539	
	50m:	33.44	33.44	450m:	5:31.07	37.91	850m:	10:35.38	39.07	1250m:	15:40.66	38.56
	100m:	1:09.20	35.76	500m:	6:08.62	37.55	900m:	11:13.36	37.98	1300m:	16:19.23	38.57
	150m:	1:46.93	37.73	550m:	6:46.96	38.34	950m:	11:51.20	37.84	1350m:	16:58.14	38.91
	200m:	2:23.90	36.97	600m:	7:24.52	37.56	1000m:	12:29.32	38.12	1400m:	17:36.01	37.87
	250m:	3:01.77	37.87	650m:	8:02.70	38.18	1050m:	13:08.23	38.91	1450m:	18:14.83	38.82
	300m:	3:39.02	37.25	700m:	8:40.76	38.06	1100m:	13:45.78	37.55	1500m:	18:50.76	35.93
	350m:	4:16.87	37.85	750m:	9:19.28	38.52	1150m:	14:24.77	38.99			
	400m:	4:53.16	36.29	800m:	9:56.31	37.03	1200m:	15:02.10	37.33			
27.				2010				+0,84	18:51.85		537	
	50m:	32.75	32.75	450m:	5:34.05	37.77	850m:	10:38.93	38.34	1250m:	15:44.36	38.15
	100m:	1:09.50	36.75	500m:	6:11.94	37.89	900m:	11:17.45	38.52	1300m:	16:22.26	37.90
	150m:	1:46.69	37.19	550m:	6:50.08	38.14	950m:	11:55.43	37.98	1350m:	17:00.46	38.20
	200m:	2:24.78	38.09	600m:	7:27.84	37.76	1000m:	12:33.63	38.20	1400m:	17:37.83	37.37
	250m:	3:02.50	37.72	650m:	8:06.07	38.23	1050m:	13:11.78	38.15	1450m:	18:15.43	37.60
	300m:	3:40.50	38.00	700m:	8:44.43	38.36	1100m:	13:50.45	38.67	1500m:	18:51.85	36.42
	350m:	4:18.44	37.94	750m:	9:22.42	37.99	1150m:	14:28.17	37.72			
	400m:	4:56.28	37.84	800m:	10:00.59	38.17	1200m:	15:06.21	38.04			
28.				2004				+1,05	18:56.52	1	531	
	50m:	34.37	34.37	450m:	5:33.39	37.98	850m:	10:38.63	38.65	1250m:	15:48.48	39.44
	100m:	1:10.46	36.09	500m:	6:10.67	37.28	900m:	11:17.20	38.57	1300m:	16:26.18	37.70
	150m:	1:48.24	37.78	550m:	6:49.34	38.67	950m:	11:55.79	38.59	1350m:	17:04.83	38.65
	200m:	2:25.07	36.83	600m:	7:26.85	37.51	1000m:	12:34.12	38.33	1400m:	17:42.60	37.77
	250m:	3:02.95	37.88	650m:	8:05.42	38.57	1050m:	13:13.11	38.99	1450m:	18:20.46	37.86
	300m:	3:40.38	37.43	700m:	8:43.55	38.13	1100m:	13:50.91	37.80	1500m:	18:56.52	36.06
	350m:	4:17.97	37.59	750m:	9:21.98	38.43	1150m:	14:30.61	39.70			
	400m:	4:55.41	37.44	800m:	9:59.98	38.00	1200m:	15:09.04	38.43			
29.				2008	1			+0,99	18:58.10	1	529	
	50m:	34.27	34.27	450m:	5:34.39	37.29	850m:	10:39.23	38.56	1250m:	15:47.66	38.59
	100m:	1:11.37	37.10	500m:	6:12.36	37.97	900m:	11:17.90	38.67	1300m:	16:26.48	38.82
	150m:	1:48.84	37.47	550m:	6:50.06	37.70	950m:	11:56.31	38.41	1350m:	17:05.61	39.13
	200m:	2:26.98	38.14	600m:	7:28.19	38.13	1000m:	12:34.79	38.48	1400m:	17:44.06	38.45
	250m:	3:03.77	36.79	650m:	8:06.18	37.99	1050m:	13:13.17	38.38	1450m:	18:21.52	37.46
	300m:	3:41.70	37.93	700m:	8:44.38	38.20	1100m:	13:51.91	38.74	1500m:	18:58.10	36.58
	350m:	4:18.90	37.20	750m:	9:22.72	38.34	1150m:	14:30.41	38.50			
	400m:	4:57.10	38.20	800m:	10:00.67	37.95	1200m:	15:09.07	38.66			



40, , 1500m

					R.T.				FINA	
30.	2008				+0,93 19:24.91				1	493
	50m: 33.92	33.92	450m: 5:43.91	38.87	850m: 10:56.68	38.81	1250m: 16:11.38	39.14		
	100m: 1:10.60	36.68	500m: 6:22.59	38.68	900m: 11:36.08	39.40	1300m: 16:50.27	38.89		
	150m: 1:49.25	38.65	550m: 7:02.51	39.92	950m: 12:15.77	39.69	1350m: 17:29.18	38.91		
	200m: 2:28.43	39.18	600m: 7:41.00	38.49	1000m: 12:55.16	39.39	1400m: 18:08.19	39.01		
	250m: 3:07.76	39.33	650m: 8:20.72	39.72	1050m: 13:34.25	39.09	1450m: 18:47.49	39.30		
	300m: 3:46.68	38.92	700m: 8:59.72	39.00	1100m: 14:13.41	39.16	1500m: 19:24.91	37.42		
	350m: 4:25.80	39.12	750m: 9:38.91	39.19	1150m: 14:53.54	40.13				
	400m: 5:05.04	39.24	800m: 10:17.87	38.96	1200m: 15:32.24	38.70				
31.	2009 1				+1,73 19:32.70				1	483
	50m: 34.81	34.81	450m: 5:47.22	39.69	850m: 11:02.19	38.99	1250m: 16:19.74	40.59		
	100m: 1:12.72	37.91	500m: 6:26.51	39.29	900m: 11:42.27	40.08	1300m: 16:58.66	38.92		
	150m: 1:51.56	38.84	550m: 7:05.63	39.12	950m: 12:22.01	39.74	1350m: 17:38.83	40.17		
	200m: 2:30.32	38.76	600m: 7:45.33	39.70	1000m: 13:00.93	38.92	1400m: 18:17.44	38.61		
	250m: 3:09.37	39.05	650m: 8:24.17	38.84	1050m: 13:40.97	40.04	1450m: 18:57.09	39.65		
	300m: 3:48.56	39.19	700m: 9:04.39	40.22	1100m: 14:19.66	38.69	1500m: 19:32.70	35.61		
	350m: 4:28.01	39.45	750m: 9:43.17	38.78	1150m: 15:00.05	40.39				
	400m: 5:07.53	39.52	800m: 10:23.20	40.03	1200m: 15:39.15	39.10				
32.	2009				+1,09 19:33.36				1	482
	50m: 33.64	33.64	450m: 5:43.08	39.29	850m: 10:59.96	39.94	1250m: 16:17.25	39.69		
	100m: 1:10.57	36.93	500m: 6:22.56	39.48	900m: 11:39.35	39.39	1300m: 16:56.48	39.23		
	150m: 1:48.63	38.06	550m: 7:02.10	39.54	950m: 12:19.34	39.99	1350m: 17:35.97	39.49		
	200m: 2:27.16	38.53	600m: 7:41.41	39.31	1000m: 12:58.67	39.33	1400m: 18:15.43	39.46		
	250m: 3:06.06	38.90	650m: 8:21.41	40.00	1050m: 13:38.58	39.91	1450m: 18:55.28	39.85		
	300m: 3:45.03	38.97	700m: 9:00.74	39.33	1100m: 14:18.16	39.58	1500m: 19:33.36	38.08		
	350m: 4:24.39	39.36	750m: 9:40.62	39.88	1150m: 14:58.07	39.91				
	400m: 5:03.79	39.40	800m: 10:20.02	39.40	1200m: 15:37.56	39.49				
33.	2006 1				+0,92 19:56.22				1	455
	50m: 35.24	35.24	450m: 5:47.03	39.57	850m: 11:04.80	40.81	1250m: 16:35.96	41.38		
	100m: 1:13.45	38.21	500m: 6:26.53	39.50	900m: 11:45.74	40.94	1300m: 17:17.04	41.08		
	150m: 1:51.93	38.48	550m: 7:06.14	39.61	950m: 12:27.32	41.58	1350m: 17:57.45	40.41		
	200m: 2:30.56	38.63	600m: 7:45.49	39.35	1000m: 13:08.36	41.04	1400m: 18:37.57	40.12		
	250m: 3:09.57	39.01	650m: 8:25.15	39.66	1050m: 13:50.00	41.64	1450m: 19:17.51	39.94		
	300m: 3:49.10	39.53	700m: 9:04.71	39.56	1100m: 14:31.24	41.24	1500m: 19:56.22	38.71		
	350m: 4:27.96	38.86	750m: 9:44.02	39.31	1150m: 15:13.09	41.85				
	400m: 5:07.46	39.50	800m: 10:23.99	39.97	1200m: 15:54.58	41.49				
34.	2008 1				+1,00 20:01.11				1	450
	50m: 34.57	34.57	450m: 5:48.63	40.18	850m: 11:11.36	40.66	1250m: 16:39.46	41.67		
	100m: 1:12.43	37.86	500m: 6:28.84	40.21	900m: 11:52.32	40.96	1300m: 17:20.30	40.84		
	150m: 1:50.50	38.07	550m: 7:09.18	40.34	950m: 12:33.05	40.73	1350m: 18:01.25	40.95		
	200m: 2:29.80	39.30	600m: 7:49.30	40.12	1000m: 13:14.50	41.45	1400m: 18:42.57	41.32		
	250m: 3:08.81	39.01	650m: 8:29.80	40.50	1050m: 13:55.91	41.41	1450m: 19:22.55	39.98		
	300m: 3:48.61	39.80	700m: 9:09.87	40.07	1100m: 14:35.91	40.00	1500m: 20:01.11	38.56		
	350m: 4:28.62	40.01	750m: 9:50.10	40.23	1150m: 15:17.17	41.26				
	400m: 5:08.45	39.83	800m: 10:30.70	40.60	1200m: 15:57.79	40.62				
35.	2010 1				+1,01 20:02.75				1	448
	50m: 33.60	33.60	450m: 5:43.51	40.16	850m: 11:07.36	41.69	1250m: 16:39.43	41.31		
	100m: 1:10.47	36.87	500m: 6:23.51	40.00	900m: 11:48.46	41.10	1300m: 17:21.29	41.86		
	150m: 1:47.95	37.48	550m: 7:03.49	39.98	950m: 12:29.21	40.75	1350m: 18:02.55	41.26		
	200m: 2:26.28	38.33	600m: 7:43.79	40.30	1000m: 13:11.53	42.32	1400m: 18:43.95	41.40		
	250m: 3:04.57	38.29	650m: 8:23.95	40.16	1050m: 13:52.90	41.37	1450m: 19:23.60	39.65		
	300m: 3:43.77	39.20	700m: 9:04.27	40.32	1100m: 14:35.84	42.94	1500m: 20:02.75	39.15		
	350m: 4:23.13	39.36	750m: 9:45.05	40.78	1150m: 15:16.51	40.67				
	400m: 5:03.35	40.22	800m: 10:25.67	40.62	1200m: 15:58.12	41.61				

DNS 2008

" " " " 50

ALGE



, 21 - 24 2023

40, , 1500m

40 , 1500m

(15-17)

24.03.2023 - 15:09

15:50.22
16:13.13

(JPN)
(ESP)

26.07.2021
22.07.2003

: FINA 2023

								R.T.				FINA
1.			2006					+0,83	17:11.70			710
	50m:	32.46	32.46	450m:	5:08.03	34.62	850m:	9:44.59	34.75	1250m:	14:20.72	34.70
	100m:	1:06.78	34.32	500m:	5:42.38	34.35	900m:	10:18.84	34.25	1300m:	14:55.15	34.43
	150m:	1:41.24	34.46	550m:	6:17.26	34.88	950m:	10:53.33	34.49	1350m:	15:29.88	34.73
	200m:	2:15.43	34.19	600m:	6:51.54	34.28	1000m:	11:27.58	34.25	1400m:	16:04.48	34.60
	250m:	2:50.30	34.87	650m:	7:26.15	34.61	1050m:	12:02.27	34.69	1450m:	16:38.83	34.35
	300m:	3:24.65	34.35	700m:	8:00.67	34.52	1100m:	12:36.61	34.34	1500m:	17:11.70	32.87
	350m:	3:59.26	34.61	750m:	8:35.30	34.63	1150m:	13:11.38	34.77			
	400m:	4:33.41	34.15	800m:	9:09.84	34.54	1200m:	13:46.02	34.64			
2.			2008					+0,85	17:21.90			689
	50m:	31.20	31.20	450m:	5:05.97	34.36	850m:	9:45.37	35.12	1250m:	14:27.81	35.46
	100m:	1:05.70	34.50	500m:	5:40.82	34.85	900m:	10:20.57	35.20	1300m:	15:03.14	35.33
	150m:	1:39.28	33.58	550m:	6:15.60	34.78	950m:	10:55.77	35.20	1350m:	15:38.20	35.06
	200m:	2:14.11	34.83	600m:	6:50.57	34.97	1000m:	11:31.14	35.37	1400m:	16:13.67	35.47
	250m:	2:47.77	33.66	650m:	7:25.56	34.99	1050m:	12:06.02	34.88	1450m:	16:48.30	34.63
	300m:	3:22.71	34.94	700m:	8:00.55	34.99	1100m:	12:41.90	35.88	1500m:	17:21.90	33.60
	350m:	3:56.90	34.19	750m:	8:35.29	34.74	1150m:	13:17.00	35.10			
	400m:	4:31.61	34.71	800m:	9:10.25	34.96	1200m:	13:52.35	35.35			
3.			2007					+0,82	17:32.97			668
	50m:	31.90	31.90	450m:	5:14.32	35.20	850m:	9:56.16	34.95	1250m:	14:37.71	35.07
	100m:	1:07.22	35.32	500m:	5:50.03	35.71	900m:	10:31.70	35.54	1300m:	15:13.28	35.57
	150m:	1:42.10	34.88	550m:	6:24.96	34.93	950m:	11:07.04	35.34	1350m:	15:48.42	35.14
	200m:	2:18.09	35.99	600m:	7:00.68	35.72	1000m:	11:42.30	35.26	1400m:	16:24.22	35.80
	250m:	2:53.21	35.12	650m:	7:35.46	34.78	1050m:	12:17.14	34.84	1450m:	16:58.82	34.60
	300m:	3:28.70	35.49	700m:	8:10.82	35.36	1100m:	12:52.31	35.17	1500m:	17:32.97	34.15
	350m:	4:03.31	34.61	750m:	8:45.87	35.05	1150m:	13:27.15	34.84			
	400m:	4:39.12	35.81	800m:	9:21.21	35.34	1200m:	14:02.64	35.49			
4.			2008					+0,87	17:39.89			655
	50m:	33.54	33.54	450m:	5:18.04	35.65	850m:	10:02.70	35.89	1250m:	14:45.73	35.33
	100m:	1:08.70	35.16	500m:	5:53.52	35.48	900m:	10:37.87	35.17	1300m:	15:20.69	34.96
	150m:	1:44.61	35.91	550m:	6:29.51	35.99	950m:	11:13.30	35.43	1350m:	15:55.87	35.18
	200m:	2:20.00	35.39	600m:	7:04.76	35.25	1000m:	11:48.49	35.19	1400m:	16:30.58	34.71
	250m:	2:55.88	35.88	650m:	7:40.40	35.64	1050m:	12:24.18	35.69	1450m:	17:05.53	34.95
	300m:	3:31.17	35.29	700m:	8:15.73	35.33	1100m:	12:59.43	35.25	1500m:	17:39.89	34.36
	350m:	4:07.08	35.91	750m:	8:51.52	35.79	1150m:	13:35.02	35.59			
	400m:	4:42.39	35.31	800m:	9:26.81	35.29	1200m:	14:10.40	35.38			
5.			2008					+0,94	17:41.35			652
	50m:	33.14	33.14	450m:	5:12.15	35.68	850m:	9:57.53	36.28	1250m:	14:44.67	36.40
	100m:	1:07.38	34.24	500m:	5:47.29	35.14	900m:	10:32.81	35.28	1300m:	15:19.98	35.31
	150m:	1:42.07	34.69	550m:	6:23.51	36.22	950m:	11:09.09	36.28	1350m:	15:56.22	36.24
	200m:	2:16.19	34.12	600m:	6:58.63	35.12	1000m:	11:44.32	35.23	1400m:	16:31.39	35.17
	250m:	2:51.22	35.03	650m:	7:34.99	36.36	1050m:	12:20.91	36.59	1450m:	17:07.46	36.07
	300m:	3:25.98	34.76	700m:	8:09.85	34.86	1100m:	12:56.31	35.40	1500m:	17:41.35	33.89
	350m:	4:01.46	35.48	750m:	8:45.89	36.04	1150m:	13:33.03	36.72			
	400m:	4:36.47	35.01	800m:	9:21.25	35.36	1200m:	14:08.27	35.24			

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ALGE



40,		, 1500m				(15-17)		R.T.		FINA		
6.				2007	-			+0,82	17:46.82		642	
	50m:	32.75	32.75	450m:	5:16.88	35.64	850m:	10:01.49	35.90	1250m:	14:49.16	36.02
	100m:	1:07.64	34.89	500m:	5:52.48	35.60	900m:	10:37.41	35.92	1300m:	15:25.16	36.00
	150m:	1:43.08	35.44	550m:	6:27.86	35.38	950m:	11:13.27	35.86	1350m:	16:01.53	36.37
	200m:	2:18.55	35.47	600m:	7:03.17	35.31	1000m:	11:49.10	35.83	1400m:	16:37.23	35.70
	250m:	2:54.12	35.57	650m:	7:38.71	35.54	1050m:	12:25.11	36.01	1450m:	17:12.64	35.41
	300m:	3:29.88	35.76	700m:	8:14.37	35.66	1100m:	13:01.30	36.19	1500m:	17:46.82	34.18
	350m:	4:05.76	35.88	750m:	8:50.19	35.82	1150m:	13:36.90	35.60			
	400m:	4:41.24	35.48	800m:	9:25.59	35.40	1200m:	14:13.14	36.24			
7.				2008				+0,83	17:48.77		638	
	50m:	32.53	32.53	450m:	5:16.81	35.49	850m:	10:01.90	36.20	1250m:	14:50.91	35.95
	100m:	1:07.81	35.28	500m:	5:52.25	35.44	900m:	10:38.16	36.26	1300m:	15:27.07	36.16
	150m:	1:43.04	35.23	550m:	6:27.83	35.58	950m:	11:13.93	35.77	1350m:	16:03.03	35.96
	200m:	2:18.64	35.60	600m:	7:02.96	35.13	1000m:	11:50.14	36.21	1400m:	16:38.63	35.60
	250m:	2:54.50	35.86	650m:	7:38.44	35.48	1050m:	12:26.20	36.06	1450m:	17:14.13	35.50
	300m:	3:30.06	35.56	700m:	8:14.14	35.70	1100m:	13:02.54	36.34	1500m:	17:48.77	34.64
	350m:	4:05.71	35.65	750m:	8:50.27	36.13	1150m:	13:38.88	36.34			
	400m:	4:41.32	35.61	800m:	9:25.70	35.43	1200m:	14:14.96	36.08			
8.				2006				+0,77	18:03.67		612	
	50m:	32.65	32.65	450m:	5:17.93	35.76	850m:	10:08.90	36.14	1250m:	15:02.62	36.54
	100m:	1:08.61	35.96	500m:	5:54.31	36.38	900m:	10:45.82	36.92	1300m:	15:39.26	36.64
	150m:	1:43.78	35.17	550m:	6:30.24	35.93	950m:	11:22.03	36.21	1350m:	16:15.38	36.12
	200m:	2:19.53	35.75	600m:	7:06.87	36.63	1000m:	11:58.85	36.82	1400m:	16:52.55	37.17
	250m:	2:54.61	35.08	650m:	7:42.95	36.08	1050m:	12:35.33	36.48	1450m:	17:28.45	35.90
	300m:	3:30.40	35.79	700m:	8:19.73	36.78	1100m:	13:12.33	37.00	1500m:	18:03.67	35.22
	350m:	4:06.14	35.74	750m:	8:56.02	36.29	1150m:	13:48.73	36.40			
	400m:	4:42.17	36.03	800m:	9:32.76	36.74	1200m:	14:26.08	37.35			
9.				2008				+0,85	18:13.42		596	
	50m:	32.78	32.78	450m:	5:23.42	36.61	850m:	10:16.57	36.77	1250m:	15:11.89	37.08
	100m:	1:08.74	35.96	500m:	5:59.89	36.47	900m:	10:53.43	36.86	1300m:	15:48.62	36.73
	150m:	1:44.71	35.97	550m:	6:36.68	36.79	950m:	11:30.44	37.01	1350m:	16:25.47	36.85
	200m:	2:21.17	36.46	600m:	7:12.94	36.26	1000m:	12:07.43	36.99	1400m:	17:02.29	36.82
	250m:	2:57.34	36.17	650m:	7:49.69	36.75	1050m:	12:44.11	36.68	1450m:	17:38.89	36.60
	300m:	3:33.96	36.62	700m:	8:26.46	36.77	1100m:	13:21.41	37.30	1500m:	18:13.42	34.53
	350m:	4:10.16	36.20	750m:	9:02.86	36.40	1150m:	13:57.90	36.49			
	400m:	4:46.81	36.65	800m:	9:39.80	36.94	1200m:	14:34.81	36.91			
10.				2008				+0,98	18:13.96		595	
	50m:	33.48	33.48	450m:	5:24.70	36.42	850m:	10:18.05	37.05	1250m:	15:11.47	36.58
	100m:	1:09.99	36.51	500m:	6:01.08	36.38	900m:	10:54.70	36.65	1300m:	15:48.32	36.85
	150m:	1:46.42	36.43	550m:	6:37.37	36.29	950m:	11:31.32	36.62	1350m:	16:25.05	36.73
	200m:	2:22.91	36.49	600m:	7:13.99	36.62	1000m:	12:08.33	37.01	1400m:	17:02.13	37.08
	250m:	2:58.83	35.92	650m:	7:50.83	36.84	1050m:	12:45.00	36.67	1450m:	17:38.47	36.34
	300m:	3:35.34	36.51	700m:	8:27.57	36.74	1100m:	13:21.98	36.98	1500m:	18:13.96	35.49
	350m:	4:11.55	36.21	750m:	9:04.21	36.64	1150m:	13:58.15	36.17			
	400m:	4:48.28	36.73	800m:	9:41.00	36.79	1200m:	14:34.89	36.74			
11.				2008				+0,89	18:21.54		583	
	50m:	33.10	33.10	450m:	5:24.33	37.12	850m:	10:19.17	36.68	1250m:	15:18.02	37.47
	100m:	1:09.27	36.17	500m:	6:00.97	36.64	900m:	10:56.51	37.34	1300m:	15:55.70	37.68
	150m:	1:45.37	36.10	550m:	6:37.79	36.82	950m:	11:33.55	37.04	1350m:	16:33.20	37.50
	200m:	2:21.70	36.33	600m:	7:14.46	36.67	1000m:	12:10.88	37.33	1400m:	17:10.25	37.05
	250m:	2:57.66	35.96	650m:	7:51.32	36.86	1050m:	12:48.43	37.55	1450m:	17:46.65	36.40
	300m:	3:34.12	36.46	700m:	8:28.37	37.05	1100m:	13:25.74	37.31	1500m:	18:21.54	34.89
	350m:	4:10.51	36.39	750m:	9:05.36	36.99	1150m:	14:03.15	37.41			
	400m:	4:47.21	36.70	800m:	9:42.49	37.13	1200m:	14:40.55	37.40			



, 21 - 24 2023

40,		, 1500m				(15-17)		R.T.		FINA		
12.				2007				+0,90	18:24.34		579	
	50m:	33.65	33.65	450m:	5:25.23	36.92	850m:	10:18.66	36.98	1250m:	15:17.63	37.52
	100m:	1:09.83	36.18	500m:	6:01.57	36.34	900m:	10:55.75	37.09	1300m:	15:55.70	38.07
	150m:	1:46.13	36.30	550m:	6:38.24	36.67	950m:	11:32.90	37.15	1350m:	16:33.55	37.85
	200m:	2:22.78	36.65	600m:	7:15.11	36.87	1000m:	12:10.10	37.20	1400m:	17:11.81	38.26
	250m:	2:59.16	36.38	650m:	7:51.65	36.54	1050m:	12:47.05	36.95	1450m:	17:48.67	36.86
	300m:	3:35.38	36.22	700m:	8:28.28	36.63	1100m:	13:24.85	37.80	1500m:	18:24.34	35.67
	350m:	4:11.78	36.40	750m:	9:04.93	36.65	1150m:	14:02.18	37.33			
	400m:	4:48.31	36.53	800m:	9:41.68	36.75	1200m:	14:40.11	37.93			
13.				2008				+0,85	18:32.48		566	
	50m:	34.20	34.20	450m:	5:31.76	37.25	850m:	10:28.05	37.36	1250m:	15:28.25	38.50
	100m:	1:10.37	36.17	500m:	6:08.71	36.95	900m:	11:04.64	36.59	1300m:	16:05.09	36.84
	150m:	1:48.04	37.67	550m:	6:45.91	37.20	950m:	11:42.90	38.26	1350m:	16:43.38	38.29
	200m:	2:25.07	37.03	600m:	7:22.85	36.94	1000m:	12:19.50	36.60	1400m:	17:20.36	36.98
	250m:	3:02.98	37.91	650m:	8:00.16	37.31	1050m:	12:57.63	38.13	1450m:	17:57.27	36.91
	300m:	3:39.78	36.80	700m:	8:36.80	36.64	1100m:	13:34.60	36.97	1500m:	18:32.48	35.21
	350m:	4:17.63	37.85	750m:	9:14.24	37.44	1150m:	14:12.74	38.14			
	400m:	4:54.51	36.88	800m:	9:50.69	36.45	1200m:	14:49.75	37.01			
14.				2006				+0,99	18:38.20		557	
	50m:	32.71	32.71	450m:	5:26.91	37.52	850m:	10:22.54	37.98	1250m:	15:20.93	38.93
	100m:	1:07.57	34.86	500m:	6:03.56	36.65	900m:	10:59.16	36.62	1300m:	15:59.84	38.91
	150m:	1:44.11	36.54	550m:	6:40.61	37.05	950m:	11:36.62	37.46	1350m:	16:39.57	39.73
	200m:	2:20.55	36.44	600m:	7:16.91	36.30	1000m:	12:12.85	36.23	1400m:	17:19.42	39.85
	250m:	2:57.60	37.05	650m:	7:54.02	37.11	1050m:	12:50.45	37.60	1450m:	17:59.96	40.54
	300m:	3:34.55	36.95	700m:	8:30.57	36.55	1100m:	13:27.29	36.84	1500m:	18:38.20	38.24
	350m:	4:12.55	38.00	750m:	9:08.11	37.54	1150m:	14:05.19	37.90			
	400m:	4:49.39	36.84	800m:	9:44.56	36.45	1200m:	14:42.00	36.81			
15.				2007				+0,82	18:41.80		552	
	50m:	34.91	34.91	450m:	5:33.80	36.78	850m:	10:33.82	37.25	1250m:	15:36.68	37.72
	100m:	1:12.25	37.34	500m:	6:11.51	37.71	900m:	11:11.79	37.97	1300m:	16:14.98	38.30
	150m:	1:50.21	37.96	550m:	6:48.74	37.23	950m:	11:49.22	37.43	1350m:	16:53.03	38.05
	200m:	2:27.62	37.41	600m:	7:26.63	37.89	1000m:	12:27.05	37.83	1400m:	17:31.04	38.01
	250m:	3:04.53	36.91	650m:	8:03.68	37.05	1050m:	13:04.43	37.38	1450m:	18:07.84	36.80
	300m:	3:42.45	37.92	700m:	8:42.07	38.39	1100m:	13:42.69	38.26	1500m:	18:41.80	33.96
	350m:	4:19.58	37.13	750m:	9:19.13	37.06	1150m:	14:20.53	37.84			
	400m:	4:57.02	37.44	800m:	9:56.57	37.44	1200m:	14:58.96	38.43			
16.				2007				+0,85	18:42.63		551	
	50m:	33.46	33.46	450m:	5:31.35	37.60	850m:	10:32.34	37.75	1250m:	15:36.56	38.40
	100m:	1:09.66	36.20	500m:	6:08.83	37.48	900m:	11:10.02	37.68	1300m:	16:14.42	37.86
	150m:	1:46.43	36.77	550m:	6:46.61	37.78	950m:	11:47.92	37.90	1350m:	16:52.51	38.09
	200m:	2:23.51	37.08	600m:	7:24.17	37.56	1000m:	12:25.78	37.86	1400m:	17:30.16	37.65
	250m:	3:01.19	37.68	650m:	8:02.01	37.84	1050m:	13:03.91	38.13	1450m:	18:07.55	37.39
	300m:	3:38.53	37.34	700m:	8:39.57	37.56	1100m:	13:41.73	37.82	1500m:	18:42.63	35.08
	350m:	4:16.33	37.80	750m:	9:16.99	37.42	1150m:	14:20.27	38.54			
	400m:	4:53.75	37.42	800m:	9:54.59	37.60	1200m:	14:58.16	37.89			
17.				2007				+0,88	18:50.76		539	
	50m:	33.44	33.44	450m:	5:31.07	37.91	850m:	10:35.38	39.07	1250m:	15:40.66	38.56
	100m:	1:09.20	35.76	500m:	6:08.62	37.55	900m:	11:13.36	37.98	1300m:	16:19.23	38.57
	150m:	1:46.93	37.73	550m:	6:46.96	38.34	950m:	11:51.20	37.84	1350m:	16:58.14	38.91
	200m:	2:23.90	36.97	600m:	7:24.52	37.56	1000m:	12:29.32	38.12	1400m:	17:36.01	37.87
	250m:	3:01.77	37.87	650m:	8:02.70	38.18	1050m:	13:08.23	38.91	1450m:	18:14.83	38.82
	300m:	3:39.02	37.25	700m:	8:40.76	38.06	1100m:	13:45.78	37.55	1500m:	18:50.76	35.93
	350m:	4:16.87	37.85	750m:	9:19.28	38.52	1150m:	14:24.77	38.99			
	400m:	4:53.16	36.29	800m:	9:56.31	37.03	1200m:	15:02.10	37.33			

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40, , 1500m , (15-17)

								R.T.		FINA		
18.			2008	1				+0,99	18:58.10	1	529	
	50m:	34.27	34.27	450m:	5:34.39	37.29	850m:	10:39.23	38.56	1250m:	15:47.66	38.59
	100m:	1:11.37	37.10	500m:	6:12.36	37.97	900m:	11:17.90	38.67	1300m:	16:26.48	38.82
	150m:	1:48.84	37.47	550m:	6:50.06	37.70	950m:	11:56.31	38.41	1350m:	17:05.61	39.13
	200m:	2:26.98	38.14	600m:	7:28.19	38.13	1000m:	12:34.79	38.48	1400m:	17:44.06	38.45
	250m:	3:03.77	36.79	650m:	8:06.18	37.99	1050m:	13:13.17	38.38	1450m:	18:21.52	37.46
	300m:	3:41.70	37.93	700m:	8:44.38	38.20	1100m:	13:51.91	38.74	1500m:	18:58.10	36.58
	350m:	4:18.90	37.20	750m:	9:22.72	38.34	1150m:	14:30.41	38.50			
	400m:	4:57.10	38.20	800m:	10:00.67	37.95	1200m:	15:09.07	38.66			
19.			2008					+0,93	19:24.91	1	493	
	50m:	33.92	33.92	450m:	5:43.91	38.87	850m:	10:56.68	38.81	1250m:	16:11.38	39.14
	100m:	1:10.60	36.68	500m:	6:22.59	38.68	900m:	11:36.08	39.40	1300m:	16:50.27	38.89
	150m:	1:49.25	38.65	550m:	7:02.51	39.92	950m:	12:15.77	39.69	1350m:	17:29.18	38.91
	200m:	2:28.43	39.18	600m:	7:41.00	38.49	1000m:	12:55.16	39.39	1400m:	18:08.19	39.01
	250m:	3:07.76	39.33	650m:	8:20.72	39.72	1050m:	13:34.25	39.09	1450m:	18:47.49	39.30
	300m:	3:46.68	38.92	700m:	8:59.72	39.00	1100m:	14:13.41	39.16	1500m:	19:24.91	37.42
	350m:	4:25.80	39.12	750m:	9:38.91	39.19	1150m:	14:53.54	40.13			
	400m:	5:05.04	39.24	800m:	10:17.87	38.96	1200m:	15:32.24	38.70			
20.			2006	1				+0,92	19:56.22	1	455	
	50m:	35.24	35.24	450m:	5:47.03	39.57	850m:	11:04.80	40.81	1250m:	16:35.96	41.38
	100m:	1:13.45	38.21	500m:	6:26.53	39.50	900m:	11:45.74	40.94	1300m:	17:17.04	41.08
	150m:	1:51.93	38.48	550m:	7:06.14	39.61	950m:	12:27.32	41.58	1350m:	17:57.45	40.41
	200m:	2:30.56	38.63	600m:	7:45.49	39.35	1000m:	13:08.36	41.04	1400m:	18:37.57	40.12
	250m:	3:09.57	39.01	650m:	8:25.15	39.66	1050m:	13:50.00	41.64	1450m:	19:17.51	39.94
	300m:	3:49.10	39.53	700m:	9:04.71	39.56	1100m:	14:31.24	41.24	1500m:	19:56.22	38.71
	350m:	4:27.96	38.86	750m:	9:44.02	39.31	1150m:	15:13.09	41.85			
	400m:	5:07.46	39.50	800m:	10:23.99	39.97	1200m:	15:54.58	41.49			
21.			2008	1				+1,00	20:01.11	1	450	
	50m:	34.57	34.57	450m:	5:48.63	40.18	850m:	11:11.36	40.66	1250m:	16:39.46	41.67
	100m:	1:12.43	37.86	500m:	6:28.84	40.21	900m:	11:52.32	40.96	1300m:	17:20.30	40.84
	150m:	1:50.50	38.07	550m:	7:09.18	40.34	950m:	12:33.05	40.73	1350m:	18:01.25	40.95
	200m:	2:29.80	39.30	600m:	7:49.30	40.12	1000m:	13:14.50	41.45	1400m:	18:42.57	41.32
	250m:	3:08.81	39.01	650m:	8:29.80	40.50	1050m:	13:55.91	41.41	1450m:	19:22.55	39.98
	300m:	3:48.61	39.80	700m:	9:09.87	40.07	1100m:	14:35.91	40.00	1500m:	20:01.11	38.56
	350m:	4:28.62	40.01	750m:	9:50.10	40.23	1150m:	15:17.17	41.26			
	400m:	5:08.45	39.83	800m:	10:30.70	40.60	1200m:	15:57.79	40.62			

DNS 2008

