

110
27.06.2019 - 18:00

, 1500m

14:31.02	SUN Yang	CHN	London (GBR)	04.08.2012
14:34.04	PALTRINIERI Gregorio	ITA	London (GBR)	18.05.2016
14:41.13		RUS	(CHN)	15.08.2008
14:51.55	HORTON Mack	AUS	Brisbane (AUS)	05.04.2014
14:48.92				
14:59.56		RUS	- - (BRA)	12.08.2016

: FINA 2019

								R.T.			FINA	
1.		1999	-	-1				15:17.77			854	
	50m:	27.18	27.18	450m:	4:30.08	30.99	850m:	8:37.86	30.90	1250m:	12:46.49	31.48
	100m:	56.79	29.61	500m:	5:00.94	30.86	900m:	9:08.52	30.66	1300m:	13:17.45	30.96
	150m:	1:27.55	30.76	550m:	5:32.30	31.36	950m:	9:39.74	31.22	1350m:	13:48.49	31.04
	200m:	1:57.56	30.01	600m:	6:03.59	31.29	1000m:	10:10.57	30.83	1400m:	14:19.06	30.57
	250m:	2:27.73	30.17	650m:	6:34.78	31.19	1050m:	10:41.76	31.19	1450m:	14:49.28	30.22
	300m:	2:57.99	30.26	700m:	7:05.58	30.80	1100m:	11:12.76	31.00	1500m:	15:17.77	28.49
	350m:	3:28.65	30.66	750m:	7:36.51	30.93	1150m:	11:43.96	31.20			
	400m:	3:59.09	30.44	800m:	8:06.96	30.45	1200m:	12:15.01	31.05			
2.		1998						15:33.24			813	
	50m:	27.80	27.80	450m:	4:30.66	30.94	850m:	8:39.79	31.36	1250m:	12:54.65	32.05
	100m:	57.27	29.47	500m:	5:01.33	30.67	900m:	9:11.12	31.33	1300m:	13:26.94	32.29
	150m:	1:27.37	30.10	550m:	5:32.60	31.27	950m:	9:42.95	31.83	1350m:	13:59.02	32.08
	200m:	1:57.81	30.44	600m:	6:03.56	30.96	1000m:	10:14.42	31.47	1400m:	14:31.32	32.30
	250m:	2:28.33	30.52	650m:	6:34.94	31.38	1050m:	10:46.34	31.92	1450m:	15:02.60	31.28
	300m:	2:58.64	30.31	700m:	7:06.12	31.18	1100m:	11:18.18	31.84	1500m:	15:33.24	30.64
	350m:	3:29.18	30.54	750m:	7:37.29	31.17	1150m:	11:50.23	32.05			
	400m:	3:59.72	30.54	800m:	8:08.43	31.14	1200m:	12:22.60	32.37			
3.		1999		-1				15:48.96			773	
	50m:	27.93	27.93	450m:	4:38.72	32.17	850m:	8:54.17	32.18	1250m:	13:10.89	32.32
	100m:	58.05	30.12	500m:	5:10.34	31.62	900m:	9:25.85	31.68	1300m:	13:43.00	32.11
	150m:	1:29.24	31.19	550m:	5:42.37	32.03	950m:	9:58.33	32.48	1350m:	14:15.61	32.61
	200m:	2:00.22	30.98	600m:	6:14.15	31.78	1000m:	10:30.11	31.78	1400m:	14:47.74	32.13
	250m:	2:32.07	31.85	650m:	6:46.24	32.09	1050m:	11:02.48	32.37	1450m:	15:19.74	32.00
	300m:	3:03.27	31.20	700m:	7:18.02	31.78	1100m:	11:34.33	31.85	1500m:	15:48.96	29.22
	350m:	3:35.38	32.11	750m:	7:50.12	32.10	1150m:	12:06.52	32.19			
	400m:	4:06.55	31.17	800m:	8:21.99	31.87	1200m:	12:38.57	32.05			
4.		1997						15:52.21			765	
	50m:	28.82	28.82	450m:	4:44.11	31.66	850m:	8:58.69	32.09	1250m:	13:14.08	32.06
	100m:	1:00.20	31.38	500m:	5:16.04	31.93	900m:	9:30.46	31.77	1300m:	13:46.30	32.22
	150m:	1:32.14	31.94	550m:	5:48.07	32.03	950m:	10:02.35	31.89	1350m:	14:18.66	32.36
	200m:	2:03.95	31.81	600m:	6:19.72	31.65	1000m:	10:34.18	31.83	1400m:	14:50.66	32.00
	250m:	2:35.95	32.00	650m:	6:51.65	31.93	1050m:	11:06.19	32.01	1450m:	15:22.65	31.99
	300m:	3:08.03	32.08	700m:	7:23.24	31.59	1100m:	11:38.10	31.91	1500m:	15:52.21	29.56
	350m:	3:40.29	32.26	750m:	7:54.98	31.74	1150m:	12:10.14	32.04			
	400m:	4:12.45	32.16	800m:	8:26.60	31.62	1200m:	12:42.02	31.88			
5.		2000						16:00.07			746	
	50m:	28.24	28.24	450m:	4:40.08	32.16	850m:	8:57.84	32.45	1250m:	13:20.22	32.70
	100m:	58.64	30.40	500m:	5:11.89	31.81	900m:	9:30.76	32.92	1300m:	13:53.15	32.93
	150m:	1:29.53	30.89	550m:	5:43.92	32.03	950m:	10:03.61	32.85	1350m:	14:26.00	32.85
	200m:	2:00.82	31.29	600m:	6:16.15	32.23	1000m:	10:36.40	32.79	1400m:	14:58.91	32.91
	250m:	2:32.65	31.83	650m:	6:48.48	32.33	1050m:	11:09.24	32.84	1450m:	15:31.15	32.24
	300m:	3:04.19	31.54	700m:	7:20.91	32.43	1100m:	11:41.91	32.67	1500m:	16:00.07	28.92
	350m:	3:36.13	31.94	750m:	7:52.96	32.05	1150m:	12:14.67	32.76			
	400m:	4:07.92	31.79	800m:	8:25.39	32.43	1200m:	12:47.52	32.85			

110, , 1500m

	/				R.T.				FINA							
6.	2002				16:13.89				715							
50m:	29.19	29.19	450m:	4:45.77	32.67	850m:	9:07.69	33.75	1250m:	13:31.20	33.04					
100m:	1:00.60	31.41	500m:	5:17.54	31.77	900m:	9:40.46	32.77	1300m:	14:04.36	33.16					
150m:	1:32.09	31.49	550m:	5:50.17	32.63	950m:	10:13.65	33.19	1350m:	14:37.72	33.36					
200m:	2:04.41	32.32	600m:	6:22.55	32.38	1000m:	10:45.98	32.33	1400m:	15:10.29	32.57					
250m:	2:36.26	31.85	650m:	6:55.35	32.80	1050m:	11:18.90	32.92	1450m:	15:42.70	32.41					
300m:	3:08.49	32.23	700m:	7:28.29	32.94	1100m:	11:52.14	33.24	1500m:	16:13.89	31.19					
350m:	3:40.98	32.49	750m:	8:01.08	32.79	1150m:	12:25.54	33.40								
400m:	4:13.10	32.12	800m:	8:33.94	32.86	1200m:	12:58.16	32.62								
7.	2004				-1				16:18.86				704			
50m:	29.26	29.26	450m:	4:47.63	32.72	850m:	9:11.58	33.24	1250m:	13:37.82	33.10					
100m:	1:01.06	31.80	500m:	5:20.32	32.69	900m:	9:44.77	33.19	1300m:	14:11.31	33.49					
150m:	1:33.45	32.39	550m:	5:53.44	33.12	950m:	10:17.93	33.16	1350m:	14:44.00	32.69					
200m:	2:05.58	32.13	600m:	6:26.10	32.66	1000m:	10:51.13	33.20	1400m:	15:17.00	33.00					
250m:	2:37.49	31.91	650m:	6:59.10	33.00	1050m:	11:24.49	33.36	1450m:	15:49.18	32.18					
300m:	3:09.59	32.10	700m:	7:32.07	32.97	1100m:	11:57.76	33.27	1500m:	16:18.86	29.68					
350m:	3:42.22	32.63	750m:	8:05.29	33.22	1150m:	12:31.22	33.46								
400m:	4:14.91	32.69	800m:	8:38.34	33.05	1200m:	13:04.72	33.50								
8.	2001				16:19.48				703							
50m:	29.61	29.61	450m:	4:45.52	32.25	850m:	9:08.10	33.01	1250m:	13:35.50	33.37					
100m:	1:01.71	32.10	500m:	5:18.10	32.58	900m:	9:41.55	33.45	1300m:	14:09.16	33.66					
150m:	1:33.12	31.41	550m:	5:50.58	32.48	950m:	10:14.79	33.24	1350m:	14:42.65	33.49					
200m:	2:04.83	31.71	600m:	6:23.34	32.76	1000m:	10:48.41	33.62	1400m:	15:16.30	33.65					
250m:	2:36.52	31.69	650m:	6:56.19	32.85	1050m:	11:21.34	32.93	1450m:	15:48.81	32.51					
300m:	3:08.68	32.16	700m:	7:29.41	33.22	1100m:	11:55.07	33.73	1500m:	16:19.48	30.67					
350m:	3:40.92	32.24	750m:	8:02.20	32.79	1150m:	12:28.50	33.43								
400m:	4:13.27	32.35	800m:	8:35.09	32.89	1200m:	13:02.13	33.63								
9.	2003				16:24.54				692							
50m:	29.66	29.66	450m:	4:50.50	32.54	850m:	9:14.51	32.81	1250m:	13:39.59	33.13					
100m:	1:02.20	32.54	500m:	5:23.63	33.13	900m:	9:47.86	33.35	1300m:	14:13.02	33.43					
150m:	1:34.25	32.05	550m:	5:56.13	32.50	950m:	10:20.94	33.08	1350m:	14:46.06	33.04					
200m:	2:07.13	32.88	600m:	6:29.20	33.07	1000m:	10:54.01	33.07	1400m:	15:19.46	33.40					
250m:	2:39.53	32.40	650m:	7:02.24	33.04	1050m:	11:27.10	33.09	1450m:	15:52.34	32.88					
300m:	3:12.53	33.00	700m:	7:35.68	33.44	1100m:	12:00.21	33.11	1500m:	16:24.54	32.20					
350m:	3:44.96	32.43	750m:	8:08.68	33.00	1150m:	12:33.20	32.99								
400m:	4:17.96	33.00	800m:	8:41.70	33.02	1200m:	13:06.46	33.26								
10.	2004				16:33.35				674							
50m:	30.22	30.22	450m:	4:53.84	33.25	850m:	9:22.00	33.66	1250m:	13:51.07	33.04					
100m:	1:02.60	32.38	500m:	5:26.78	32.94	900m:	9:56.13	34.13	1300m:	14:24.62	33.55					
150m:	1:35.71	33.11	550m:	6:00.32	33.54	950m:	10:29.46	33.33	1350m:	14:57.41	32.79					
200m:	2:08.50	32.79	600m:	6:33.76	33.44	1000m:	11:03.22	33.76	1400m:	15:31.01	33.60					
250m:	2:41.47	32.97	650m:	7:07.63	33.87	1050m:	11:36.50	33.28	1450m:	16:01.66	30.65					
300m:	3:14.67	33.20	700m:	7:41.07	33.44	1100m:	12:10.18	33.68	1500m:	16:33.35	31.69					
350m:	3:47.69	33.02	750m:	8:14.69	33.62	1150m:	12:43.83	33.65								
400m:	4:20.59	32.90	800m:	8:48.34	33.65	1200m:	13:18.03	34.20								
11.	2003				16:36.31				668							
50m:	30.31	30.31	450m:	4:56.35	33.72	850m:	9:24.75	33.20	1250m:	13:51.57	33.31					
100m:	1:02.92	32.61	500m:	5:30.03	33.68	900m:	9:57.80	33.05	1300m:	14:24.75	33.18					
150m:	1:35.95	33.03	550m:	6:03.84	33.81	950m:	10:31.12	33.32	1350m:	14:57.66	32.91					
200m:	2:08.95	33.00	600m:	6:37.27	33.43	1000m:	11:04.58	33.46	1400m:	15:30.81	33.15					
250m:	2:42.34	33.39	650m:	7:10.92	33.65	1050m:	11:37.95	33.37	1450m:	16:03.88	33.07					
300m:	3:15.69	33.35	700m:	7:44.57	33.65	1100m:	12:11.21	33.26	1500m:	16:36.31	32.43					
350m:	3:49.20	33.51	750m:	8:18.14	33.57	1150m:	12:44.75	33.54								
400m:	4:22.63	33.43	800m:	8:51.55	33.41	1200m:	13:18.26	33.51								

110, , 1500m

									R.T.					FINA										
12.										16:39.63					661									
50m:	28.96	28.96	450m:	4:51.35	33.46	850m:	9:20.92	34.32	1250m:	13:53.42	34.74	100m:	1:00.68	31.72	500m:	5:24.60	33.25	900m:	9:54.36	33.44	1300m:	14:27.11	33.69	
150m:	1:33.02	32.34	550m:	5:58.52	33.92	950m:	10:28.51	34.15	1350m:	15:01.14	34.03	200m:	2:05.47	32.45	600m:	6:31.93	33.41	1000m:	11:02.05	33.54	1400m:	15:34.63	33.49	
250m:	2:38.70	33.23	650m:	7:05.51	33.58	1050m:	11:36.89	34.84	1450m:	16:07.74	33.11	300m:	3:11.18	32.48	700m:	7:38.91	33.40	1100m:	12:10.70	33.81	1500m:	16:39.63	31.89	
350m:	3:44.66	33.48	750m:	8:12.60	33.69	1150m:	12:44.92	34.22	400m:	4:17.89	33.23	800m:	8:46.60	34.00	1200m:	13:18.68	33.76							
13.										16:40.38					660									
50m:	28.90	28.90	450m:	4:47.31	32.80	850m:	9:17.70	34.32	1250m:	13:51.62	34.19	100m:	1:00.34	31.44	500m:	5:20.11	32.80	900m:	9:51.38	33.68	1300m:	14:25.92	34.30	
150m:	1:32.20	31.86	550m:	5:53.76	33.65	950m:	10:25.74	34.36	1350m:	15:00.65	34.73	200m:	2:04.48	32.28	600m:	6:27.54	33.78	1000m:	11:00.38	34.64	1400m:	15:34.35	33.70	
250m:	2:37.23	32.75	650m:	7:01.28	33.74	1050m:	11:34.64	34.26	1450m:	16:07.82	33.47	300m:	3:09.65	32.42	700m:	7:35.17	33.89	1100m:	12:08.87	34.23	1500m:	16:40.38	32.56	
350m:	3:42.38	32.73	750m:	8:09.55	34.38	1150m:	12:43.42	34.55	400m:	4:14.51	32.13	800m:	8:43.38	33.83	1200m:	13:17.43	34.01							
14.										16:42.92					655									
50m:	30.24	30.24	450m:	4:55.67	33.54	850m:	9:23.78	33.97	1250m:	13:57.31	34.38	100m:	1:02.85	32.61	500m:	5:28.66	32.99	900m:	9:57.60	33.82	1300m:	14:31.15	33.84	
150m:	1:35.89	33.04	550m:	6:02.11	33.45	950m:	10:31.85	34.25	1350m:	15:04.98	33.83	200m:	2:08.77	32.88	600m:	6:35.19	33.08	1000m:	11:05.83	33.98	1400m:	15:38.42	33.44	
250m:	2:42.29	33.52	650m:	7:08.85	33.66	1050m:	11:40.22	34.39	1450m:	16:11.63	33.21	300m:	3:15.36	33.07	700m:	7:42.42	33.57	1100m:	12:14.32	34.10	1500m:	16:42.92	31.29	
350m:	3:48.93	33.57	750m:	8:16.33	33.91	1150m:	12:48.52	34.20	400m:	4:22.13	33.20	800m:	8:49.81	33.48	1200m:	13:22.93	34.41							
15.										16:45.36					650									
50m:	30.49	30.49	450m:	4:56.38	34.10	850m:	9:29.83	34.26	1250m:	14:01.34	33.73	100m:	1:02.93	32.44	500m:	5:30.12	33.74	900m:	10:04.06	34.23	1300m:	14:35.05	33.71	
150m:	1:35.62	32.69	550m:	6:04.34	34.22	950m:	10:38.10	34.04	1350m:	15:09.66	34.01	200m:	2:08.43	32.81	600m:	6:38.45	34.11	1000m:	11:12.02	33.92	1400m:	15:42.33	33.27	
250m:	2:41.69	33.26	650m:	7:12.60	34.15	1050m:	11:45.98	33.96	1450m:	16:15.08	32.75	300m:	3:14.84	33.15	700m:	7:47.03	34.43	1100m:	12:19.85	33.87	1500m:	16:45.36	30.28	
350m:	3:48.85	34.01	750m:	8:21.34	34.31	1150m:	12:53.71	33.86	400m:	4:22.28	33.43	800m:	8:55.57	34.23	1200m:	13:27.61	33.90							
16.										16:45.49					650									
50m:	29.71	29.71	450m:	4:54.09	32.35	850m:	9:23.61	34.31	1250m:	13:57.92	34.76	100m:	1:01.94	32.23	500m:	5:26.81	32.72	900m:	9:57.34	33.73	1300m:	14:31.91	33.99	
150m:	1:34.93	32.99	550m:	6:00.30	33.49	950m:	10:31.80	34.46	1350m:	15:05.46	33.55	200m:	2:08.38	33.45	600m:	6:33.78	33.48	1000m:	11:06.01	34.21	1400m:	15:38.44	32.98	
250m:	2:41.38	33.00	650m:	7:07.27	33.49	1050m:	11:40.19	34.18	1450m:	16:12.36	33.92	300m:	3:14.68	33.30	700m:	7:41.25	33.98	1100m:	12:14.38	34.19	1500m:	16:45.49	33.13	
350m:	3:48.45	33.77	750m:	8:15.35	34.10	1150m:	12:48.99	34.61	400m:	4:21.74	33.29	800m:	8:49.30	33.95	1200m:	13:23.16	34.17							
17.										16:46.16					648									
50m:	29.86	29.86	450m:	4:56.59	33.70	850m:	9:27.56	33.88	1250m:	13:59.71	34.03	100m:	1:02.74	32.88	500m:	5:30.35	33.76	900m:	10:01.53	33.97	1300m:	14:33.92	34.21	
150m:	1:35.91	33.17	550m:	6:03.98	33.63	950m:	10:35.49	33.96	1350m:	15:08.11	34.19	200m:	2:09.40	33.49	600m:	6:37.56	33.58	1000m:	11:09.58	34.09	1400m:	15:42.50	34.39	
250m:	2:42.57	33.17	650m:	7:11.45	33.89	1050m:	11:43.83	34.25	1450m:	16:14.53	32.03	300m:	3:16.07	33.50	700m:	7:45.58	34.13	1100m:	12:18.03	34.20	1500m:	16:46.16	31.63	
350m:	3:49.49	33.42	750m:	8:19.59	34.01	1150m:	12:52.06	34.03	400m:	4:22.89	33.40	800m:	8:53.68	34.09	1200m:	13:25.68	33.62							

110, , 1500m

									R.T.					FINA									
18.					2003						16:48.19					644							
50m:	29.90	29.90	450m:	4:58.01	33.78	850m:	9:27.67	33.26	1250m:	13:58.15	33.43	100m:	1:03.01	33.11	500m:	5:32.18	34.17	900m:	10:01.64	33.97	1300m:	14:32.95	34.80
150m:	1:35.85	32.84	550m:	6:05.32	33.14	950m:	10:34.61	32.97	1350m:	15:06.93	33.98	200m:	2:09.46	33.61	600m:	6:39.46	34.14	1000m:	11:08.82	34.21	1400m:	15:41.69	34.76
250m:	2:42.47	33.01	650m:	7:12.68	33.22	1050m:	11:42.02	33.20	1450m:	16:14.85	33.16	300m:	3:16.80	34.33	700m:	7:47.01	34.33	1100m:	12:16.48	34.46	1500m:	16:48.19	33.34
350m:	3:50.04	33.24	750m:	8:20.34	33.33	1150m:	12:49.99	33.51				400m:	4:24.23	34.19	800m:	8:54.41	34.07	1200m:	13:24.72	34.73			
19.					2002						16:48.83					643							
50m:	30.43	30.43	450m:	4:57.20	33.59	850m:	9:27.26	33.92	1250m:	14:01.04	34.44	100m:	1:03.50	33.07	500m:	5:30.83	33.63	900m:	10:00.78	33.52	1300m:	14:35.18	34.14
150m:	1:36.55	33.05	550m:	6:04.46	33.63	950m:	10:34.93	34.15	1350m:	15:09.66	34.48	200m:	2:09.53	32.98	600m:	6:38.40	33.94	1000m:	11:09.39	34.46	1400m:	15:43.58	33.92
250m:	2:42.98	33.45	650m:	7:11.81	33.41	1050m:	11:43.56	34.17	1450m:	16:17.20	33.62	300m:	3:16.26	33.28	700m:	7:45.99	34.18	1100m:	12:17.36	33.80	1500m:	16:48.83	31.63
350m:	3:49.84	33.58	750m:	8:19.49	33.50	1150m:	12:52.30	34.94				400m:	4:23.61	33.77	800m:	8:53.34	33.85	1200m:	13:26.60	34.30			
20.					2001						16:53.85					634							
50m:	30.92	30.92	450m:	4:58.87	33.79	850m:	9:30.63	34.00	1250m:	14:03.94	34.24	100m:	1:03.69	32.77	500m:	5:32.43	33.56	900m:	10:04.51	33.88	1300m:	14:38.13	34.19
150m:	1:37.10	33.41	550m:	6:06.70	34.27	950m:	10:38.60	34.09	1350m:	15:12.34	34.21	200m:	2:10.34	33.24	600m:	6:40.80	34.10	1000m:	11:13.01	34.41	1400m:	15:46.23	33.89
250m:	2:44.05	33.71	650m:	7:14.87	34.07	1050m:	11:47.23	34.22	1450m:	16:20.67	34.44	300m:	3:17.82	33.77	700m:	7:48.86	33.99	1100m:	12:21.32	34.09	1500m:	16:53.85	33.18
350m:	3:51.51	33.69	750m:	8:22.78	33.92	1150m:	12:55.48	34.16				400m:	4:25.08	33.57	800m:	8:56.63	33.85	1200m:	13:29.70	34.22			
21.					1999						16:53.96					633							
50m:	30.55	30.55	450m:	4:57.39	33.68	850m:	9:29.46	34.03	1250m:	14:04.86	34.59	100m:	1:03.75	33.20	500m:	5:31.53	34.14	900m:	10:03.97	34.51	1300m:	14:39.78	34.92
150m:	1:36.46	32.71	550m:	6:05.17	33.64	950m:	10:37.99	34.02	1350m:	15:14.28	34.50	200m:	2:09.82	33.36	600m:	6:39.26	34.09	1000m:	11:12.28	34.29	1400m:	15:49.25	34.97
250m:	2:43.17	33.35	650m:	7:13.00	33.74	1050m:	11:46.72	34.44	1450m:	16:22.59	33.34	300m:	3:16.73	33.56	700m:	7:47.45	34.45	1100m:	12:21.14	34.42	1500m:	16:53.96	31.37
350m:	3:49.87	33.14	750m:	8:20.98	33.53	1150m:	12:55.28	34.14				400m:	4:23.71	33.84	800m:	8:55.43	34.45	1200m:	13:30.27	34.99			
22.					2004						17:03.26					616							
50m:	30.88	30.88	450m:	5:04.48	34.11	850m:	9:37.46	34.76	1250m:	14:13.19	34.60	100m:	1:04.54	33.66	500m:	5:38.36	33.88	900m:	10:11.99	34.53	1300m:	14:47.88	34.69
150m:	1:38.92	34.38	550m:	6:12.24	33.88	950m:	10:46.74	34.75	1350m:	15:22.37	34.49	200m:	2:12.97	34.05	600m:	6:46.00	33.76	1000m:	11:20.74	34.00	1400m:	15:56.59	34.22
250m:	2:47.70	34.73	650m:	7:20.17	34.17	1050m:	11:55.52	34.78	1450m:	16:30.93	34.34	300m:	3:21.84	34.14	700m:	7:54.22	34.05	1100m:	12:29.69	34.17	1500m:	17:03.26	32.33
350m:	3:56.32	34.48	750m:	8:28.62	34.40	1150m:	13:04.14	34.45				400m:	4:30.37	34.05	800m:	9:02.70	34.08	1200m:	13:38.59	34.45			
23.					2001						17:03.34					616							
50m:	29.62	29.62	450m:	4:54.50	33.42	850m:	9:30.86	34.10	1250m:	14:14.74	35.76	100m:	1:02.02	32.40	500m:	5:28.62	34.12	900m:	10:06.57	35.71	1300m:	14:49.14	34.40
150m:	1:34.17	32.15	550m:	6:03.07	34.45	950m:	10:41.74	35.17	1350m:	15:24.30	35.16	200m:	2:07.52	33.35	600m:	6:37.51	34.44	1000m:	11:17.46	35.72	1400m:	15:58.23	33.93
250m:	2:41.08	33.56	650m:	7:11.88	34.37	1050m:	11:52.31	34.85	1450m:	16:31.60	33.37	300m:	3:14.92	33.84	700m:	7:47.05	35.17	1100m:	12:28.23	35.92	1500m:	17:03.34	31.74
350m:	3:47.65	32.73	750m:	8:21.51	34.46	1150m:	13:03.69	35.46				400m:	4:21.08	33.43	800m:	8:56.76	35.25	1200m:	13:38.98	35.29			

110, , 1500m

	/						R.T.						FINA	
24.	2002						17:06.19						611	
	50m: 30.00	30.00	450m: 5:01.48	34.45	850m: 9:38.21	34.66	1250m: 14:17.02	34.61						
	100m: 1:02.89	32.89	500m: 5:35.83	34.35	900m: 10:13.00	34.79	1300m: 14:51.61	34.59						
	150m: 1:36.39	33.50	550m: 6:10.22	34.39	950m: 10:47.86	34.86	1350m: 15:25.98	34.37						
	200m: 2:10.08	33.69	600m: 6:44.72	34.50	1000m: 11:23.07	35.21	1400m: 16:00.53	34.55						
	250m: 2:44.38	34.30	650m: 7:19.40	34.68	1050m: 11:57.73	34.66	1450m: 16:34.47	33.94						
	300m: 3:18.48	34.10	700m: 7:54.26	34.86	1100m: 12:32.63	34.90	1500m: 17:06.19	31.72						
	350m: 3:52.82	34.34	750m: 8:28.83	34.57	1150m: 13:07.60	34.97								
	400m: 4:27.03	34.21	800m: 9:03.55	34.72	1200m: 13:42.41	34.81								
25.	1998						17:10.36						604	
	50m: 31.23	31.23	450m: 4:58.54	33.69	850m: 9:36.31	35.45	1250m: 14:18.62	35.42						
	100m: 1:04.80	33.57	500m: 5:32.38	33.84	900m: 10:11.45	35.14	1300m: 14:53.64	35.02						
	150m: 1:38.23	33.43	550m: 6:06.93	34.55	950m: 10:46.87	35.42	1350m: 15:28.83	35.19						
	200m: 2:11.06	32.83	600m: 6:41.20	34.27	1000m: 11:22.24	35.37	1400m: 16:03.44	34.61						
	250m: 2:44.38	33.32	650m: 7:16.50	35.30	1050m: 11:57.74	35.50	1450m: 16:38.29	34.85						
	300m: 3:17.41	33.03	700m: 7:50.86	34.36	1100m: 12:32.80	35.06	1500m: 17:10.36	32.07						
	350m: 3:51.31	33.90	750m: 8:25.79	34.93	1150m: 13:08.29	35.49								
	400m: 4:24.85	33.54	800m: 9:00.86	35.07	1200m: 13:43.20	34.91								
26.	2002						17:24.42						580	
	50m: 30.88	30.88	450m: 4:59.91	34.07	850m: 9:41.08	35.54	1250m: 14:26.11	35.27						
	100m: 1:04.27	33.39	500m: 5:34.51	34.60	900m: 10:16.92	35.84	1300m: 15:02.39	36.28						
	150m: 1:37.19	32.92	550m: 6:09.25	34.74	950m: 10:52.48	35.56	1350m: 15:37.96	35.57						
	200m: 2:10.67	33.48	600m: 6:44.29	35.04	1000m: 11:28.37	35.89	1400m: 16:13.89	35.93						
	250m: 2:43.86	33.19	650m: 7:19.68	35.39	1050m: 12:03.83	35.46	1450m: 16:49.20	35.31						
	300m: 3:17.99	34.13	700m: 7:54.88	35.20	1100m: 12:39.67	35.84	1500m: 17:24.42	35.22						
	350m: 3:51.52	33.53	750m: 8:30.06	35.18	1150m: 13:15.02	35.35								
	400m: 4:25.84	34.32	800m: 9:05.54	35.48	1200m: 13:50.84	35.82								
27.	2002						17:26.35						576	
	50m: 31.14	31.14	450m: 5:08.99	35.04	850m: 9:49.87	35.28	1250m: 14:33.41	35.49						
	100m: 1:04.94	33.80	500m: 5:43.70	34.71	900m: 10:25.15	35.28	1300m: 15:08.73	35.32						
	150m: 1:40.34	35.40	550m: 6:18.91	35.21	950m: 11:00.85	35.70	1350m: 15:44.03	35.30						
	200m: 2:14.91	34.57	600m: 6:54.02	35.11	1000m: 11:36.25	35.40	1400m: 16:19.52	35.49						
	250m: 2:49.44	34.53	650m: 7:29.13	35.11	1050m: 12:11.48	35.23	1450m: 16:53.14	33.62						
	300m: 3:24.09	34.65	700m: 8:04.24	35.11	1100m: 12:47.36	35.88	1500m: 17:26.35	33.21						
	350m: 3:59.24	35.15	750m: 8:39.21	34.97	1150m: 13:22.42	35.06								
	400m: 4:33.95	34.71	800m: 9:14.59	35.38	1200m: 13:57.92	35.50								
28.	2004						17:29.03						572	
	50m: 31.06	31.06	450m: 5:08.52	35.13	850m: 9:50.24	35.79	1250m: 14:33.42	35.72						
	100m: 1:04.96	33.90	500m: 5:43.64	35.12	900m: 10:25.04	34.80	1300m: 15:08.85	35.43						
	150m: 1:39.37	34.41	550m: 6:18.70	35.06	950m: 11:00.76	35.72	1350m: 15:44.74	35.89						
	200m: 2:13.95	34.58	600m: 6:53.77	35.07	1000m: 11:36.04	35.28	1400m: 16:20.19	35.45						
	250m: 2:48.78	34.83	650m: 7:29.11	35.34	1050m: 12:11.71	35.67	1450m: 16:55.21	35.02						
	300m: 3:23.35	34.57	700m: 8:04.10	34.99	1100m: 12:46.72	35.01	1500m: 17:29.03	33.82						
	350m: 3:58.51	35.16	750m: 8:39.42	35.32	1150m: 13:22.48	35.76								
	400m: 4:33.39	34.88	800m: 9:14.45	35.03	1200m: 13:57.70	35.22								
29.	2003						17:29.80						571	
	50m: 29.60	29.60	450m: 5:05.60	35.81	850m: 9:50.38	36.06	1250m: 14:35.84	35.63						
	100m: 1:02.36	32.76	500m: 5:41.17	35.57	900m: 10:25.86	35.48	1300m: 15:11.56	35.72						
	150m: 1:36.61	34.25	550m: 6:16.32	35.15	950m: 11:01.93	36.07	1350m: 15:48.27	36.71						
	200m: 2:10.39	33.78	600m: 6:51.87	35.55	1000m: 11:36.73	34.80	1400m: 16:23.36	35.09						
	250m: 2:45.36	34.97	650m: 7:27.33	35.46	1050m: 12:13.05	36.32	1450m: 16:57.77	34.41						
	300m: 3:19.88	34.52	700m: 8:03.11	35.78	1100m: 12:48.61	35.56	1500m: 17:29.80	32.03						
	350m: 3:55.06	35.18	750m: 8:38.82	35.71	1150m: 13:24.50	35.89								
	400m: 4:29.79	34.73	800m: 9:14.32	35.50	1200m: 14:00.21	35.71								

110, , 1500m

	/						R.T.						FINA		
30.	2003						-1						17:30.80		569
50m:	30.17	30.17	450m:	5:08.32	35.58	850m:	9:52.23	35.56	1250m:	14:37.44	35.54				
100m:	1:03.80	33.63	500m:	5:43.83	35.51	900m:	10:27.68	35.45	1300m:	15:12.75	35.31				
150m:	1:38.36	34.56	550m:	6:19.13	35.30	950m:	11:03.71	36.03	1350m:	15:48.24	35.49				
200m:	2:12.60	34.24	600m:	6:54.56	35.43	1000m:	11:39.28	35.57	1400m:	16:23.39	35.15				
250m:	2:47.59	34.99	650m:	7:30.43	35.87	1050m:	12:15.19	35.91	1450m:	16:58.27	34.88				
300m:	3:22.41	34.82	700m:	8:05.39	34.96	1100m:	12:50.88	35.69	1500m:	17:30.80	32.53				
350m:	3:57.58	35.17	750m:	8:41.25	35.86	1150m:	13:26.60	35.72							
400m:	4:32.74	35.16	800m:	9:16.67	35.42	1200m:	14:01.90	35.30							
31.	2003						-2						17:32.44		566
50m:	30.21	30.21	450m:	5:06.41	35.54	850m:	9:49.64	35.65	1250m:	14:35.03	36.20				
100m:	1:03.68	33.47	500m:	5:41.40	34.99	900m:	10:24.90	35.26	1300m:	15:11.18	36.15				
150m:	1:37.43	33.75	550m:	6:17.01	35.61	950m:	11:00.56	35.66	1350m:	15:47.91	36.73				
200m:	2:11.41	33.98	600m:	6:52.32	35.31	1000m:	11:36.02	35.46	1400m:	16:23.67	35.76				
250m:	2:45.91	34.50	650m:	7:27.96	35.64	1050m:	12:11.61	35.59	1450m:	16:58.39	34.72				
300m:	3:20.70	34.79	700m:	8:03.32	35.36	1100m:	12:47.25	35.64	1500m:	17:32.44	34.05				
350m:	3:55.84	35.14	750m:	8:38.72	35.40	1150m:	13:23.08	35.83							
400m:	4:30.87	35.03	800m:	9:13.99	35.27	1200m:	13:58.83	35.75							
32.	2004						-2						17:40.91		553
50m:	32.63	32.63	450m:	5:16.00	35.37	850m:	10:00.17	35.50	1250m:	14:46.14	35.94				
100m:	1:08.12	35.49	500m:	5:51.46	35.46	900m:	10:35.87	35.70	1300m:	15:22.61	36.47				
150m:	1:42.91	34.79	550m:	6:26.78	35.32	950m:	11:11.30	35.43	1350m:	15:58.52	35.91				
200m:	2:18.89	35.98	600m:	7:02.37	35.59	1000m:	11:47.12	35.82	1400m:	16:34.48	35.96				
250m:	2:53.71	34.82	650m:	7:37.68	35.31	1050m:	12:22.50	35.38	1450m:	17:08.68	34.20				
300m:	3:29.31	35.60	700m:	8:13.29	35.61	1100m:	12:58.40	35.90	1500m:	17:40.91	32.23				
350m:	4:04.85	35.54	750m:	8:48.84	35.55	1150m:	13:34.14	35.74							
400m:	4:40.63	35.78	800m:	9:24.67	35.83	1200m:	14:10.20	36.06							
33.	2004						-2						17:41.52		552
50m:	32.01	32.01	450m:	5:15.01	35.47	850m:	10:01.37	35.85	1250m:	14:48.24	35.70				
100m:	1:07.81	35.80	500m:	5:50.19	35.18	900m:	10:37.14	35.77	1300m:	15:24.21	35.97				
150m:	1:42.52	34.71	550m:	6:25.41	35.22	950m:	11:13.04	35.90	1350m:	15:59.82	35.61				
200m:	2:17.87	35.35	600m:	7:00.76	35.35	1000m:	11:48.70	35.66	1400m:	16:34.66	34.84				
250m:	2:53.42	35.55	650m:	7:37.35	36.59	1050m:	12:24.65	35.95	1450m:	17:08.92	34.26				
300m:	3:28.72	35.30	700m:	8:13.08	35.73	1100m:	13:00.54	35.89	1500m:	17:41.52	32.60				
350m:	4:04.13	35.41	750m:	8:49.71	36.63	1150m:	13:36.64	36.10							
400m:	4:39.54	35.41	800m:	9:25.52	35.81	1200m:	14:12.54	35.90							
34.	2003						-2						17:42.85		550
50m:	32.81	32.81	450m:	5:15.23	34.98	850m:	10:01.91	35.94	1250m:	14:49.17	35.85				
100m:	1:08.57	35.76	500m:	5:49.98	34.75	900m:	10:38.04	36.13	1300m:	15:25.33	36.16				
150m:	1:42.98	34.41	550m:	6:25.78	35.80	950m:	11:14.00	35.96	1350m:	16:01.49	36.16				
200m:	2:18.04	35.06	600m:	7:00.89	35.11	1000m:	11:49.70	35.70	1400m:	16:37.14	35.65				
250m:	2:53.70	35.66	650m:	7:37.51	36.62	1050m:	12:25.63	35.93	1450m:	17:10.67	33.53				
300m:	3:29.09	35.39	700m:	8:13.43	35.92	1100m:	13:01.58	35.95	1500m:	17:42.85	32.18				
350m:	4:04.78	35.69	750m:	8:50.07	36.64	1150m:	13:37.65	36.07							
400m:	4:40.25	35.47	800m:	9:25.97	35.90	1200m:	14:13.32	35.67							
35.	2004						-2						17:45.50		546
50m:	31.11	31.11	450m:	5:11.98	35.80	850m:	10:00.14	35.78	1250m:	14:49.09	36.39				
100m:	1:05.08	33.97	500m:	5:47.93	35.95	900m:	10:36.21	36.07	1300m:	15:24.80	35.71				
150m:	1:39.92	34.84	550m:	6:23.76	35.83	950m:	11:12.12	35.91	1350m:	16:00.76	35.96				
200m:	2:14.38	34.46	600m:	6:59.43	35.67	1000m:	11:48.14	36.02	1400m:	16:36.58	35.82				
250m:	2:50.15	35.77	650m:	7:35.71	36.28	1050m:	12:23.99	35.85	1450m:	17:12.44	35.86				
300m:	3:25.43	35.28	700m:	8:11.78	36.07	1100m:	12:59.86	35.87	1500m:	17:45.50	33.06				
350m:	4:00.91	35.48	750m:	8:48.10	36.32	1150m:	13:36.39	36.53							
400m:	4:36.18	35.27	800m:	9:24.36	36.26	1200m:	14:12.70	36.31							

110, , 1500m

	/				R.T.				FINA							
36.	2002				17:46.26				545							
50m:	30.23	30.23	450m:	5:10.75	35.68	850m:	10:00.43	35.64	1250m:	14:49.40	35.71					
100m:	1:04.54	34.31	500m:	5:47.77	37.02	900m:	10:37.22	36.79	1300m:	15:25.80	36.40					
150m:	1:38.41	33.87	550m:	6:23.80	36.03	950m:	11:12.71	35.49	1350m:	16:01.41	35.61					
200m:	2:13.51	35.10	600m:	6:59.87	36.07	1000m:	11:49.54	36.83	1400m:	16:37.17	35.76					
250m:	2:48.26	34.75	650m:	7:35.71	35.84	1050m:	12:25.08	35.54	1450m:	17:12.48	35.31					
300m:	3:23.61	35.35	700m:	8:12.08	36.37	1100m:	13:01.47	36.39	1500m:	17:46.26	33.78					
350m:	3:58.97	35.36	750m:	8:48.31	36.23	1150m:	13:37.09	35.62								
400m:	4:35.07	36.10	800m:	9:24.79	36.48	1200m:	14:13.69	36.60								
37.	2004				-2				17:50.26				539			
50m:	31.63	31.63	450m:	5:20.45	35.70	850m:	10:07.25	35.77	1250m:	14:53.38	35.53					
100m:	1:07.96	36.33	500m:	5:56.79	36.34	900m:	10:43.43	36.18	1300m:	15:29.25	35.87					
150m:	1:43.83	35.87	550m:	6:32.66	35.87	950m:	11:19.16	35.73	1350m:	16:05.13	35.88					
200m:	2:20.40	36.57	600m:	7:08.49	35.83	1000m:	11:55.04	35.88	1400m:	16:40.89	35.76					
250m:	2:56.35	35.95	650m:	7:44.11	35.62	1050m:	12:30.64	35.60	1450m:	17:15.62	34.73					
300m:	3:32.91	36.56	700m:	8:19.65	35.54	1100m:	13:06.35	35.71	1500m:	17:50.26	34.64					
350m:	4:08.74	35.83	750m:	8:55.23	35.58	1150m:	13:41.76	35.41								
400m:	4:44.75	36.01	800m:	9:31.48	36.25	1200m:	14:17.85	36.09								
38.	2003				-2				17:57.18				528			
50m:	31.08	31.08	450m:	5:17.42	36.15	850m:	10:07.75	36.96	1250m:	14:57.19	35.93					
100m:	1:06.26	35.18	500m:	5:53.05	35.63	900m:	10:43.80	36.05	1300m:	15:33.64	36.45					
150m:	1:41.58	35.32	550m:	6:29.80	36.75	950m:	11:20.28	36.48	1350m:	16:10.03	36.39					
200m:	2:17.50	35.92	600m:	7:06.03	36.23	1000m:	11:56.25	35.97	1400m:	16:45.88	35.85					
250m:	2:53.07	35.57	650m:	7:42.05	36.02	1050m:	12:32.56	36.31	1450m:	17:21.82	35.94					
300m:	3:29.07	36.00	700m:	8:18.24	36.19	1100m:	13:08.48	35.92	1500m:	17:57.18	35.36					
350m:	4:05.01	35.94	750m:	8:54.63	36.39	1150m:	13:44.98	36.50								
400m:	4:41.27	36.26	800m:	9:30.79	36.16	1200m:	14:21.26	36.28								
39.	2000				18:05.94				516							
50m:	31.54	31.54	450m:	5:20.37	36.92	850m:	10:13.03	36.86	1250m:	15:05.25	36.10					
100m:	1:06.72	35.18	500m:	5:57.20	36.83	900m:	10:49.26	36.23	1300m:	15:41.46	36.21					
150m:	1:42.63	35.91	550m:	6:33.51	36.31	950m:	11:26.01	36.75	1350m:	16:17.56	36.10					
200m:	2:18.05	35.42	600m:	7:10.12	36.61	1000m:	12:02.75	36.74	1400m:	16:53.82	36.26					
250m:	2:54.37	36.32	650m:	7:46.99	36.87	1050m:	12:39.62	36.87	1450m:	17:30.41	36.59					
300m:	3:30.41	36.04	700m:	8:23.65	36.66	1100m:	13:16.26	36.64	1500m:	18:05.94	35.53					
350m:	4:07.27	36.86	750m:	9:00.27	36.62	1150m:	13:52.75	36.49								
400m:	4:43.45	36.18	800m:	9:36.17	35.90	1200m:	14:29.15	36.40								
40.	2004				18:13.89				504							
50m:	32.15	32.15	450m:	5:17.21	36.36	850m:	10:18.51	37.59	1250m:	15:16.38	37.22					
100m:	1:07.47	35.32	500m:	5:53.90	36.69	900m:	10:56.03	37.52	1300m:	15:52.94	36.56					
150m:	1:42.70	35.23	550m:	6:31.73	37.83	950m:	11:34.02	37.99	1350m:	16:29.79	36.85					
200m:	2:18.00	35.30	600m:	7:09.07	37.34	1000m:	12:11.02	37.00	1400m:	17:05.57	35.78					
250m:	2:54.01	36.01	650m:	7:47.49	38.42	1050m:	12:47.52	36.50	1450m:	17:40.37	34.80					
300m:	3:29.10	35.09	700m:	8:24.97	37.48	1100m:	13:24.49	36.97	1500m:	18:13.89	33.52					
350m:	4:05.16	36.06	750m:	9:02.79	37.82	1150m:	14:01.74	37.25								
400m:	4:40.85	35.69	800m:	9:40.92	38.13	1200m:	14:39.16	37.42								
41.	2004				18:36.39				474							
50m:	32.21	32.21	450m:	5:17.23	37.52	850m:	10:21.60	37.90	1250m:	15:29.78	38.68					
100m:	1:06.61	34.40	500m:	5:54.93	37.70	900m:	11:00.02	38.42	1300m:	16:07.86	38.08					
150m:	1:41.17	34.56	550m:	6:32.73	37.80	950m:	11:38.58	38.56	1350m:	16:45.70	37.84					
200m:	2:15.79	34.62	600m:	7:08.87	36.14	1000m:	12:16.67	38.09	1400m:	17:22.79	37.09					
250m:	2:51.11	35.32	650m:	7:48.07	39.20	1050m:	12:55.71	39.04	1450m:	17:59.98	37.19					
300m:	3:26.77	35.66	700m:	8:27.08	39.01	1100m:	13:33.38	37.67	1500m:	18:36.39	36.41					
350m:	4:03.04	36.27	750m:	9:06.47	39.39	1150m:	14:12.64	39.26								
400m:	4:39.71	36.67	800m:	9:43.70	37.23	1200m:	14:51.10	38.46								