



64

, 1500m

2007 - 2010

20.06.2021 - 14:00

III	.	9 +:	38:52.50 /	II	.	9 +:	34:42.50 /	I	.	9 +:	30:37.50 /		
III		9 +:	26:30.00 /	II		9 +:	23:07.00 /	I		9 +:	20:37.00 /	10 +:	18:54.00 /
		12 +:	17:45.00										

: FINA 2020

2010

R.T.

FINA

1.				2010	II	.	-					21:08.10	II		382
	50m:	38.78	38.78	450m:	6:17.96	42.33	850m:	11:59.14	42.38	1250m:	17:40.30	41.96			
	100m:	1:20.85	42.07	500m:	7:00.56	42.60	900m:	12:42.66	43.52	1300m:	18:22.91	42.61			
	150m:	2:02.90	42.05	550m:	7:42.91	42.35	950m:	13:24.84	42.18	1350m:	19:04.79	41.88			
	200m:	2:45.63	42.73	600m:	8:26.14	43.23	1000m:	14:07.94	43.10	1400m:	19:46.52	41.73			
	250m:	3:27.69	42.06	650m:	9:08.71	42.57	1050m:	14:50.44	42.50	1450m:	20:28.00	41.48			
	300m:	4:10.61	42.92	700m:	9:51.38	42.67	1100m:	15:32.99	42.55	1500m:	21:08.10	40.10			
	350m:	4:52.71	42.10	750m:	10:33.82	42.44	1150m:	16:15.34	42.35						
	400m:	5:35.63	42.92	800m:	11:16.76	42.94	1200m:	16:58.34	43.00						
2.				2010	II	.	-	"	"	+0,81	22:20.59	II		323	
	50m:	38.43	38.43	450m:	6:39.72	45.33	850m:	12:42.95	45.52	1250m:	18:43.65	45.92			
	100m:	1:21.97	43.54	500m:	7:24.82	45.10	900m:	13:27.40	44.45	1300m:	19:27.67	44.02			
	150m:	2:07.89	45.92	550m:	8:10.86	46.04	950m:	14:13.28	45.88	1350m:	20:13.18	45.51			
	200m:	2:52.56	44.67	600m:	8:55.85	44.99	1000m:	14:57.38	44.10	1400m:	20:55.80	42.62			
	250m:	3:38.98	46.42	650m:	9:42.23	46.38	1050m:	15:43.05	45.67	1450m:	21:39.02	43.22			
	300m:	4:23.73	44.75	700m:	10:27.19	44.96	1100m:	16:27.72	44.67	1500m:	22:20.59	41.57			
	350m:	5:09.58	45.85	750m:	11:13.01	45.82	1150m:	17:12.98	45.26						
	400m:	5:54.39	44.81	800m:	11:57.43	44.42	1200m:	17:57.73	44.75						
3.				2010	II	.	-	"	"		22:23.21	II		321	
	50m:	39.64	39.64	450m:	6:40.31	45.38	850m:	12:43.99	46.20	1250m:	18:44.55	45.70			
	100m:	1:22.41	42.77	500m:	7:24.89	44.58	900m:	13:28.17	44.18	1300m:	19:29.04	44.49			
	150m:	2:08.29	45.88	550m:	8:11.54	46.65	950m:	14:13.94	45.77	1350m:	20:14.86	45.82			
	200m:	2:53.18	44.89	600m:	8:56.07	44.53	1000m:	14:57.94	44.00	1400m:	20:57.69	42.83			
	250m:	3:39.68	46.50	650m:	9:43.03	46.96	1050m:	15:44.39	46.45	1450m:	21:42.23	44.54			
	300m:	4:24.39	44.71	700m:	10:27.50	44.47	1100m:	16:28.56	44.17	1500m:	22:23.21	40.98			
	350m:	5:10.48	46.09	750m:	11:13.77	46.27	1150m:	17:14.61	46.05						
	400m:	5:54.93	44.45	800m:	11:57.79	44.02	1200m:	17:58.85	44.24						
4.				2010	II	.	-	"	"		22:39.59	II		310	
	50m:	38.24	38.24	450m:	6:43.09	45.17	850m:	12:50.00	44.91	1250m:	18:58.18	46.17			
	100m:	1:22.76	44.52	500m:	7:28.74	45.65	900m:	13:36.25	46.25	1300m:	19:45.10	46.92			
	150m:	2:08.02	45.26	550m:	8:13.91	45.17	950m:	14:21.45	45.20	1350m:	20:30.37	45.27			
	200m:	2:54.18	46.16	600m:	8:59.79	45.88	1000m:	15:07.40	45.95	1400m:	21:15.82	45.45			
	250m:	3:39.85	45.67	650m:	9:46.00	46.21	1050m:	15:53.56	46.16	1450m:	21:58.35	42.53			
	300m:	4:25.89	46.04	700m:	10:32.20	46.20	1100m:	16:39.17	45.61	1500m:	22:39.59	41.24			
	350m:	5:11.64	45.75	750m:	11:18.10	45.90	1150m:	17:24.76	45.59						
	400m:	5:57.92	46.28	800m:	12:05.09	46.99	1200m:	18:12.01	47.25						
5.				2010	III	.	-			+0,81	24:05.71	III		258	
	50m:	39.61	39.61	450m:	6:53.28	48.91	850m:	13:24.25	48.28	1250m:	20:02.46	50.51			
	100m:	1:23.87	44.26	500m:	7:42.37	49.09	900m:	14:13.68	49.43	1300m:	20:54.05	51.59			
	150m:	2:09.40	45.53	550m:	8:31.43	49.06	950m:	15:02.82	49.14	1350m:	21:43.51	49.46			
	200m:	2:55.85	46.45	600m:	9:20.35	48.92	1000m:	15:52.54	49.72	1400m:	22:32.52	49.01			
	250m:	3:41.64	45.79	650m:	10:08.69	48.34	1050m:	16:41.63	49.09	1450m:	23:20.74	48.22			
	300m:	4:28.81	47.17	700m:	10:57.99	49.30	1100m:	17:32.03	50.40	1500m:	24:05.71	44.97			
	350m:	5:16.01	47.20	750m:	11:46.47	48.48	1150m:	18:21.21	49.18						
	400m:	6:04.37	48.36	800m:	12:35.97	49.50	1200m:	19:11.95	50.74						
6.				2010	III	.	-	"	"	+1,08	24:11.77	III		254	
	50m:	40.36	40.36	450m:	7:01.38	49.79	850m:	13:31.63	49.59	1250m:	20:12.00	49.77			
	100m:	1:25.84	45.48	500m:	7:50.33	48.95	900m:	14:22.28	50.65	1300m:	21:02.58	50.58			
	150m:	2:12.49	46.65	550m:	8:40.21	49.88	950m:	15:11.91	49.63	1350m:	21:52.47	49.89			
	200m:	2:58.72	46.23	600m:	9:28.16	47.95	1000m:	16:01.78	49.87	1400m:	22:41.46	48.99			
	250m:	3:45.93	47.21	650m:	10:16.28	48.12	1050m:	16:52.49	50.71	1450m:	23:28.55	47.09			
	300m:	4:34.25	48.32	700m:	11:04.54	48.26	1100m:	17:42.41	49.92	1500m:	24:11.77	43.22			
	350m:	5:22.89	48.64	750m:	11:52.83	48.29	1150m:	18:32.40	49.99						
	400m:	6:11.59	48.70	800m:	12:42.04	49.21	1200m:	19:22.23	49.83						



64, , 1500m

2009

1.			2009 I	-				20:26.86 I	422			
	50m:	35.16	35.16	450m:	5:55.96	40.37	850m:	11:26.01	41.14	1250m:	17:00.13	41.93
	100m:	1:14.78	39.62	500m:	6:37.60	41.64	900m:	12:08.01	42.00	1300m:	17:42.64	42.51
	150m:	1:53.91	39.13	550m:	7:18.68	41.08	950m:	12:48.94	40.93	1350m:	18:24.47	41.83
	200m:	2:34.68	40.77	600m:	8:00.27	41.59	1000m:	13:30.91	41.97	1400m:	19:07.06	42.59
	250m:	3:13.98	39.30	650m:	8:41.11	40.84	1050m:	14:12.29	41.38	1450m:	19:47.20	40.14
	300m:	3:54.69	40.71	700m:	9:22.96	41.85	1100m:	14:54.30	42.01	1500m:	20:26.86	39.66
	350m:	4:34.48	39.79	750m:	10:03.25	40.29	1150m:	15:35.98	41.68			
	400m:	5:15.59	41.11	800m:	10:44.87	41.62	1200m:	16:18.20	42.22			
2.			2009 II	-			1	+0,89 21:36.44 II	357			
	50m:	38.01	38.01	450m:	6:22.40	43.93	850m:	12:10.05	43.85	1250m:	18:02.21	44.80
	100m:	1:19.34	41.33	500m:	7:05.13	42.73	900m:	12:53.61	43.56	1300m:	18:47.21	45.00
	150m:	2:02.58	43.24	550m:	7:48.78	43.65	950m:	13:37.30	43.69	1350m:	19:32.20	44.99
	200m:	2:45.42	42.84	600m:	8:32.07	43.29	1000m:	14:20.82	43.52	1400m:	20:16.02	43.82
	250m:	3:29.15	43.73	650m:	9:15.86	43.79	1050m:	15:04.57	43.75	1450m:	20:59.73	43.71
	300m:	4:12.13	42.98	700m:	9:59.19	43.33	1100m:	15:48.74	44.17	1500m:	21:36.44	36.71
	350m:	4:55.69	43.56	750m:	10:43.11	43.92	1150m:	16:33.24	44.50			
	400m:	5:38.47	42.78	800m:	11:26.20	43.09	1200m:	17:17.41	44.17			
3.			2009 II	-				+0,92 21:58.20 II	340			
	50m:	36.54	36.54	450m:	6:31.32	42.97	850m:	12:25.08	43.92	1250m:	18:19.70	44.24
	100m:	1:20.48	43.94	500m:	7:15.69	44.37	900m:	13:10.30	45.22	1300m:	19:05.15	45.45
	150m:	2:04.84	44.36	550m:	7:59.77	44.08	950m:	13:53.46	43.16	1350m:	19:47.11	41.96
	200m:	2:49.55	44.71	600m:	8:43.64	43.87	1000m:	14:38.84	45.38	1400m:	20:29.36	42.25
	250m:	3:33.91	44.36	650m:	9:27.57	43.93	1050m:	15:22.54	43.70	1450m:	21:13.76	44.40
	300m:	4:18.94	45.03	700m:	10:12.77	45.20	1100m:	16:07.45	44.91	1500m:	21:58.20	44.44
	350m:	5:02.49	43.55	750m:	10:56.15	43.38	1150m:	16:50.99	43.54			
	400m:	5:48.35	45.86	800m:	11:41.16	45.01	1200m:	17:35.46	44.47			

2008

1.			2008 I	-				+0,71 19:37.32 I	477			
	50m:	34.58	34.58	450m:	5:51.75	39.78	850m:	11:08.46	39.65	1250m:	16:25.46	39.62
	100m:	1:13.16	38.58	500m:	6:31.81	40.06	900m:	11:47.85	39.39	1300m:	17:04.63	39.17
	150m:	1:52.68	39.52	550m:	7:11.35	39.54	950m:	12:27.44	39.59	1350m:	17:43.49	38.86
	200m:	2:31.91	39.23	600m:	7:50.66	39.31	1000m:	13:06.87	39.43	1400m:	18:23.37	39.88
	250m:	3:11.94	40.03	650m:	8:30.03	39.37	1050m:	13:47.17	40.30	1450m:	19:01.31	37.94
	300m:	3:52.11	40.17	700m:	9:09.81	39.78	1100m:	14:26.68	39.51	1500m:	19:37.32	36.01
	350m:	4:32.32	40.21	750m:	9:49.23	39.42	1150m:	15:06.57	39.89			
	400m:	5:11.97	39.65	800m:	10:28.81	39.58	1200m:	15:45.84	39.27			
2.			2008 I	-				+0,85 19:45.40 I	468			
	50m:	35.25	35.25	450m:	5:49.30	38.95	850m:	11:07.25	39.52	1250m:	16:28.08	39.71
	100m:	1:14.17	38.92	500m:	6:29.15	39.85	900m:	11:48.01	40.76	1300m:	17:09.09	41.01
	150m:	1:52.73	38.56	550m:	7:08.03	38.88	950m:	12:27.24	39.23	1350m:	17:48.45	39.36
	200m:	2:32.77	40.04	600m:	7:48.13	40.10	1000m:	13:07.75	40.51	1400m:	18:29.22	40.77
	250m:	3:11.77	39.00	650m:	8:27.29	39.16	1050m:	13:47.25	39.50	1450m:	19:07.96	38.74
	300m:	3:51.77	40.00	700m:	9:07.46	40.17	1100m:	14:27.80	40.55	1500m:	19:45.40	37.44
	350m:	4:30.22	38.45	750m:	9:47.18	39.72	1150m:	15:07.45	39.65			
	400m:	5:10.35	40.13	800m:	10:27.73	40.55	1200m:	15:48.37	40.92			
3.			2008 II	-				" 20:09.90 I	440			
	50m:	36.85	36.85	450m:	5:55.97	39.75	850m:	11:21.07	41.18	1250m:	16:48.40	40.92
	100m:	1:16.15	39.30	500m:	6:36.41	40.44	900m:	12:01.96	40.89	1300m:	17:29.78	41.38
	150m:	1:55.74	39.59	550m:	7:17.10	40.69	950m:	12:42.82	40.86	1350m:	18:11.10	41.32
	200m:	2:35.70	39.96	600m:	7:57.62	40.52	1000m:	13:23.68	40.86	1400m:	18:51.95	40.85
	250m:	3:15.51	39.81	650m:	8:37.93	40.31	1050m:	14:04.54	40.86	1450m:	19:31.19	39.24
	300m:	3:55.42	39.91	700m:	9:18.74	40.81	1100m:	14:45.74	41.20	1500m:	20:09.90	38.71
	350m:	4:35.91	40.49	750m:	9:59.23	40.49	1150m:	15:26.62	40.88			
	400m:	5:16.22	40.31	800m:	10:39.89	40.66	1200m:	16:07.48	40.86			
4.			2008 I	-				+0,83 20:12.11 I	437			
	50m:	34.41	34.41	450m:	5:51.49	39.69	850m:	11:13.69	40.62	1250m:	16:47.61	41.88
	100m:	1:13.45	39.04	500m:	6:31.87	40.38	900m:	11:55.10	41.41	1300m:	17:30.18	42.57
	150m:	1:52.79	39.34	550m:	7:11.64	39.77	950m:	12:36.32	41.22	1350m:	18:12.71	42.53
	200m:	2:32.88	40.09	600m:	7:51.66	40.02	1000m:	13:18.23	41.91	1400m:	18:54.69	41.98
	250m:	3:11.72	38.84	650m:	8:31.54	39.88	1050m:	13:59.83	41.60	1450m:	19:34.97	40.28
	300m:	3:51.99	40.27	700m:	9:11.73	40.19	1100m:	14:41.69	41.86	1500m:	20:12.11	37.14
	350m:	4:31.51	39.52	750m:	9:52.07	40.34	1150m:	15:23.57	41.88			
	400m:	5:11.80	40.29	800m:	10:33.07	41.00	1200m:	16:05.73	42.16			



		64, , 1500m				2008				R.T.		FINA	
5.				2008	I					20:36.64	I		412
	50m:	37.12	37.12	450m:	6:03.36	40.09	850m:	11:33.75	41.63	1250m:	17:09.39	41.39	
	100m:	1:17.70	40.58	500m:	6:43.67	40.31	900m:	12:16.10	42.35	1300m:	17:51.97	42.58	
	150m:	1:58.11	40.41	550m:	7:23.88	40.21	950m:	12:57.25	41.15	1350m:	18:34.03	42.06	
	200m:	2:39.69	41.58	600m:	8:05.31	41.43	1000m:	13:40.03	42.78	1400m:	19:17.01	42.98	
	250m:	3:21.07	41.38	650m:	8:46.29	40.98	1050m:	14:21.10	41.07	1450m:	19:56.91	39.90	
	300m:	4:01.43	40.36	700m:	9:28.19	41.90	1100m:	15:03.80	42.70	1500m:	20:36.64	39.73	
	350m:	4:42.25	40.82	750m:	10:09.66	41.47	1150m:	15:45.14	41.34				
	400m:	5:23.27	41.02	800m:	10:52.12	42.46	1200m:	16:28.00	42.86				
6.				2008	II					20:48.09	II		401
	50m:	34.50	34.50	450m:	6:01.24	40.99	850m:	11:39.01	41.57	1250m:	17:22.22	42.53	
	100m:	1:14.42	39.92	500m:	6:43.66	42.42	900m:	12:22.36	43.35	1300m:	18:05.05	42.83	
	150m:	1:54.05	39.63	550m:	7:25.09	41.43	950m:	13:04.57	42.21	1350m:	18:46.02	40.97	
	200m:	2:34.78	40.73	600m:	8:07.37	42.28	1000m:	13:47.86	43.29	1400m:	19:29.14	43.12	
	250m:	3:14.66	39.88	650m:	8:48.64	41.27	1050m:	14:30.44	42.58	1450m:	20:09.33	40.19	
	300m:	3:56.93	42.27	700m:	9:32.07	43.43	1100m:	15:13.50	43.06	1500m:	20:48.09	38.76	
	350m:	4:38.37	41.44	750m:	10:13.93	41.86	1150m:	15:55.84	42.34				
	400m:	5:20.25	41.88	800m:	10:57.44	43.51	1200m:	16:39.69	43.85				
7.				2008	II					20:51.37	II		398
	50m:	36.20	36.20	450m:	5:56.27	41.34	850m:	11:35.36	43.24	1250m:	17:20.27	43.38	
	100m:	1:13.84	37.64	500m:	6:36.97	40.70	900m:	12:17.86	42.50	1300m:	18:03.12	42.85	
	150m:	1:53.65	39.81	550m:	7:19.63	42.66	950m:	13:01.21	43.35	1350m:	18:45.86	42.74	
	200m:	2:33.14	39.49	600m:	8:01.34	41.71	1000m:	13:44.13	42.92	1400m:	19:28.38	42.52	
	250m:	3:13.65	40.51	650m:	8:44.54	43.20	1050m:	14:27.56	43.43	1450m:	20:10.69	42.31	
	300m:	3:53.81	40.16	700m:	9:27.20	42.66	1100m:	15:10.24	42.68	1500m:	20:51.37	40.68	
	350m:	4:34.84	41.03	750m:	10:10.25	43.05	1150m:	15:54.29	44.05				
	400m:	5:14.93	40.09	800m:	10:52.12	41.87	1200m:	16:36.89	42.60				
8.				2008	2					+0,94 20:57.83	II		391
	50m:	36.82	36.82	450m:	6:09.56	42.17	850m:	11:48.13	42.37	1250m:	17:27.15	43.08	
	100m:	1:18.58	41.76	500m:	6:51.64	42.08	900m:	12:30.67	42.54	1300m:	18:10.07	42.92	
	150m:	1:59.15	40.57	550m:	7:34.05	42.41	950m:	13:12.98	42.31	1350m:	18:52.41	42.34	
	200m:	2:40.47	41.32	600m:	8:16.21	42.16	1000m:	13:54.96	41.98	1400m:	19:34.79	42.38	
	250m:	3:22.17	41.70	650m:	8:58.47	42.26	1050m:	14:37.35	42.39	1450m:	20:15.64	40.85	
	300m:	4:03.75	41.58	700m:	9:40.89	42.42	1100m:	15:19.91	42.56	1500m:	20:57.83	42.19	
	350m:	4:45.52	41.77	750m:	10:23.28	42.39	1150m:	16:01.89	41.98				
	400m:	5:27.39	41.87	800m:	11:05.76	42.48	1200m:	16:44.07	42.18				
9.				2008	II					+1,02 21:04.71	II		385
	50m:	36.61	36.61	450m:	6:14.36	43.46	850m:	11:56.46	42.78	1250m:	17:39.52	42.84	
	100m:	1:16.17	39.56	500m:	6:56.80	42.44	900m:	12:38.78	42.32	1300m:	18:22.06	42.54	
	150m:	1:58.49	42.32	550m:	7:39.87	43.07	950m:	13:21.51	42.73	1350m:	19:03.43	41.37	
	200m:	2:40.03	41.54	600m:	8:22.30	42.43	1000m:	14:04.56	43.05	1400m:	19:45.09	41.66	
	250m:	3:23.17	43.14	650m:	9:05.24	42.94	1050m:	14:48.15	43.59	1450m:	20:25.61	40.52	
	300m:	4:05.23	42.06	700m:	9:47.95	42.71	1100m:	15:30.70	42.55	1500m:	21:04.71	39.10	
	350m:	4:48.41	43.18	750m:	10:30.85	42.90	1150m:	16:13.91	43.21				
	400m:	5:30.90	42.49	800m:	11:13.68	42.83	1200m:	16:56.68	42.77				
10.				2008	2					+0,85 21:09.11	II		381
	50m:	36.89	36.89	450m:	6:19.19	44.54	850m:	12:07.69	43.53	1250m:	17:45.91	42.34	
	100m:	1:17.27	40.38	500m:	7:02.96	43.77	900m:	12:50.25	42.56	1300m:	18:26.29	40.38	
	150m:	1:58.45	41.18	550m:	7:46.62	43.66	950m:	13:32.79	42.54	1350m:	19:08.29	42.00	
	200m:	2:40.55	42.10	600m:	8:30.19	43.57	1000m:	14:15.18	42.39	1400m:	19:49.65	41.36	
	250m:	3:24.30	43.75	650m:	9:14.13	43.94	1050m:	14:58.43	43.25	1450m:	20:30.06	40.41	
	300m:	4:07.37	43.07	700m:	9:57.43	43.30	1100m:	15:40.84	42.41	1500m:	21:09.11	39.05	
	350m:	4:51.34	43.97	750m:	10:41.25	43.82	1150m:	16:22.46	41.62				
	400m:	5:34.65	43.31	800m:	11:24.16	42.91	1200m:	17:03.57	41.11				
11.				2008	II					21:39.48	II		355
	50m:	36.09	36.09	450m:	6:19.92	42.83	850m:	12:09.99	43.53	1250m:	18:03.04	43.99	
	100m:	1:18.61	42.52	500m:	7:03.12	43.20	900m:	12:54.26	44.27	1300m:	18:47.75	44.71	
	150m:	2:00.85	42.24	550m:	7:46.31	43.19	950m:	13:38.30	44.04	1350m:	19:31.28	43.53	
	200m:	2:44.84	43.99	600m:	8:30.47	44.16	1000m:	14:22.47	44.17	1400m:	20:15.91	44.63	
	250m:	3:28.15	43.31	650m:	9:13.83	43.36	1050m:	15:06.59	44.12	1450m:	20:58.69	42.78	
	300m:	4:11.31	43.16	700m:	9:57.85	44.02	1100m:	15:51.06	44.47	1500m:	21:39.48	40.79	
	350m:	4:54.03	42.72	750m:	10:41.76	43.91	1150m:	16:34.63	43.57				
	400m:	5:37.09	43.06	800m:	11:26.46	44.70	1200m:	17:19.05	44.42				



64, , 1500m

2007

1.			2007	.	-			+0,81	19:36.15	I	479	
	50m:	35.41	35.41	450m:	5:51.66	39.47	850m:	11:06.78	40.10	1250m:	16:25.05	39.62
	100m:	1:14.30	38.89	500m:	6:30.87	39.21	900m:	11:46.27	39.49	1300m:	17:03.78	38.73
	150m:	1:54.09	39.79	550m:	7:10.87	40.00	950m:	12:25.86	39.59	1350m:	17:43.24	39.46
	200m:	2:33.53	39.44	600m:	7:48.74	37.87	1000m:	13:05.24	39.38	1400m:	18:22.05	38.81
	250m:	3:14.04	40.51	650m:	8:28.53	39.79	1050m:	13:45.33	40.09	1450m:	18:59.85	37.80
	300m:	3:53.31	39.27	700m:	9:07.22	38.69	1100m:	14:24.55	39.22	1500m:	19:36.15	36.30
	350m:	4:32.88	39.57	750m:	9:47.32	40.10	1150m:	15:05.61	41.06			
	400m:	5:12.19	39.31	800m:	10:26.68	39.36	1200m:	15:45.43	39.82			
2.			2007	I	.	-	"	"	+1,21	21:34.29	II	359
	50m:	35.59	35.59	450m:	6:17.74	44.38	850m:	12:08.44	44.64	1250m:	17:59.18	44.48
	100m:	1:16.08	40.49	500m:	7:00.69	42.95	900m:	12:52.58	44.14	1300m:	18:43.21	44.03
	150m:	1:58.82	42.74	550m:	7:44.15	43.46	950m:	13:36.33	43.75	1350m:	19:27.13	43.92
	200m:	2:40.39	41.57	600m:	8:27.18	43.03	1000m:	14:20.27	43.94	1400m:	20:11.02	43.89
	250m:	3:23.90	43.51	650m:	9:12.31	45.13	1050m:	15:04.75	44.48	1450m:	20:52.48	41.46
	300m:	4:06.80	42.90	700m:	9:55.86	43.55	1100m:	15:47.51	42.76	1500m:	21:34.29	41.81
	350m:	4:50.78	43.98	750m:	10:40.03	44.17	1150m:	16:31.40	43.89			
	400m:	5:33.36	42.58	800m:	11:23.80	43.77	1200m:	17:14.70	43.30			
3.			2007	.	-	"	"			22:37.69	II	311
	50m:	35.63	35.63	450m:	6:37.35	45.91	850m:	12:42.97	45.49	1250m:	18:52.04	43.43
	100m:	1:18.89	43.26	500m:	7:23.85	46.50	900m:	13:31.50	48.53	1300m:	19:39.51	47.47
	150m:	2:02.13	43.24	550m:	8:10.24	46.39	950m:	14:14.60	43.10	1350m:	20:25.36	45.85
	200m:	2:47.55	45.42	600m:	8:57.04	46.80	1000m:	15:01.62	47.02	1400m:	21:11.76	46.40
	250m:	3:32.53	44.98	650m:	9:39.88	42.84	1050m:	15:45.21	43.59	1450m:	21:54.97	43.21
	300m:	4:18.35	45.82	700m:	10:25.83	45.95	1100m:	16:35.37	50.16	1500m:	22:37.69	42.72
	350m:	5:03.36	45.01	750m:	11:10.47	44.64	1150m:	17:21.60	46.23			
	400m:	5:51.44	48.08	800m:	11:57.48	47.01	1200m:	18:08.61	47.01			
4.			2007	III	.	-	"	"		28:32.46	I	155
	50m:	47.65	47.65	450m:	8:16.72	56.52	850m:	15:57.84	58.92	1250m:	24:41.58	59.20
	100m:	1:42.26	54.61	500m:	9:13.94	57.22	900m:	16:56.20	58.36	1300m:	24:41.79	0.21
	150m:	2:38.88	56.62	550m:	10:12.26	58.32	950m:	17:53.19	56.99	1350m:	25:39.81	58.02
	200m:	3:33.65	54.77	600m:	11:08.27	56.01	1000m:	18:50.75	57.56	1400m:	26:39.14	59.33
	250m:	4:29.99	56.34	650m:	12:05.66	57.39	1050m:	19:49.41	58.66	1450m:	27:38.56	59.42
	300m:	5:27.17	57.18	700m:	13:03.08	57.42	1100m:	20:47.23	57.82	1500m:	28:32.46	53.90
	350m:	6:24.74	57.57	750m:	14:02.23	59.15	1150m:	21:46.24	59.01			
	400m:	7:20.20	55.46	800m:	14:58.92	56.69	1200m:	23:42.38	1:56.14			