



65

, 1500m

2005 - 2008

20.06.2021 - 15:13

III	9 +: 36:02.50 /	II	9 +: 32:02.50 /	I	9 +: 28:02.50 /
III	9 +: 24:00.00 /	II	9 +: 21:00.00 /	I	9 +: 18:39.00 /
	12 +: 16:01.00				10 +: 17:39.00 /

: FINA 2020

2008

													R.T.	FINA
1.			2008	I	-	"	"	+0,94	18:20.02	I				496
	50m:	31.38	31.38	450m:	5:21.86	37.21	850m:	10:18.57	38.32	1250m:	15:16.62	37.67		
	100m:	1:05.44	34.06	500m:	5:58.16	36.30	900m:	10:54.97	36.40	1300m:	15:53.18	36.56		
	150m:	1:41.84	36.40	550m:	6:35.80	37.64	950m:	11:32.06	37.09	1350m:	16:30.95	37.77		
	200m:	2:17.96	36.12	600m:	7:11.81	36.01	1000m:	12:09.45	37.39	1400m:	17:07.65	36.70		
	250m:	2:54.75	36.79	650m:	7:49.08	37.27	1050m:	12:46.49	37.04	1450m:	17:44.19	36.54		
	300m:	3:30.72	35.97	700m:	8:25.75	36.67	1100m:	13:23.70	37.21	1500m:	18:20.02	35.83		
	350m:	4:08.01	37.29	750m:	9:03.68	37.93	1150m:	14:02.37	38.67					
	400m:	4:44.65	36.64	800m:	9:40.25	36.57	1200m:	14:38.95	36.58					
2.			2008	II	-			+0,78	18:30.15	I				482
	50m:	31.94	31.94	450m:	5:30.92	37.44	850m:	10:28.99	36.35	1250m:	15:25.25	36.50		
	100m:	1:08.45	36.51	500m:	6:09.04	38.12	900m:	11:06.32	37.33	1300m:	16:02.88	37.63		
	150m:	1:45.29	36.84	550m:	6:46.39	37.35	950m:	11:42.85	36.53	1350m:	16:39.58	36.70		
	200m:	2:23.14	37.85	600m:	7:23.82	37.43	1000m:	12:19.92	37.07	1400m:	17:17.47	37.89		
	250m:	2:59.78	36.64	650m:	8:00.65	36.83	1050m:	12:56.59	36.67	1450m:	17:53.59	36.12		
	300m:	3:38.18	38.40	700m:	8:38.60	37.95	1100m:	13:34.10	37.51	1500m:	18:30.15	36.56		
	350m:	4:15.30	37.12	750m:	9:15.47	36.87	1150m:	14:10.54	36.44					
	400m:	4:53.48	38.18	800m:	9:52.64	37.17	1200m:	14:48.75	38.21					
3.			2008	I	-			+0,88	18:32.54	I				479
	50m:	32.81	32.81	450m:	5:28.10	37.60	850m:	10:28.28	37.50	1250m:	15:27.84	38.47		
	100m:	1:09.08	36.27	500m:	6:05.10	37.00	900m:	11:05.61	37.33	1300m:	16:05.39	37.55		
	150m:	1:45.25	36.17	550m:	6:43.21	38.11	950m:	11:43.47	37.86	1350m:	16:43.30	37.91		
	200m:	2:21.68	36.43	600m:	7:20.36	37.15	1000m:	12:20.87	37.40	1400m:	17:20.68	37.38		
	250m:	2:58.72	37.04	650m:	7:58.11	37.75	1050m:	12:57.49	36.62	1450m:	17:57.69	37.01		
	300m:	3:35.60	36.88	700m:	8:35.44	37.33	1100m:	13:33.90	36.41	1500m:	18:32.54	34.85		
	350m:	4:13.23	37.63	750m:	9:13.33	37.89	1150m:	14:12.07	38.17					
	400m:	4:50.50	37.27	800m:	9:50.78	37.45	1200m:	14:49.37	37.30					
4.			2008	II	-			+0,88	19:05.12	II				440
	50m:	33.23	33.23	450m:	5:39.20	38.16	850m:	10:47.64	38.38	1250m:	15:55.95	38.36		
	100m:	1:10.37	37.14	500m:	6:18.18	38.98	900m:	11:25.86	38.22	1300m:	16:34.59	38.64		
	150m:	1:48.04	37.67	550m:	6:56.10	37.92	950m:	12:04.05	38.19	1350m:	17:13.08	38.49		
	200m:	2:25.94	37.90	600m:	7:35.55	39.45	1000m:	12:42.64	38.59	1400m:	17:51.50	38.42		
	250m:	3:04.00	38.06	650m:	8:13.82	38.27	1050m:	13:20.99	38.35	1450m:	18:28.60	37.10		
	300m:	3:43.17	39.17	700m:	8:52.77	38.95	1100m:	13:59.99	39.00	1500m:	19:05.12	36.52		
	350m:	4:21.64	38.47	750m:	9:30.76	37.99	1150m:	14:38.47	38.48					
	400m:	5:01.04	39.40	800m:	10:09.26	38.50	1200m:	15:17.59	39.12					
5.			2008	II	-			+0,88	19:08.73	II				435
	50m:	33.83	33.83	450m:	5:42.56	38.85	850m:	10:47.62	38.44	1250m:	15:56.51	38.89		
	100m:	1:12.15	38.32	500m:	6:20.34	37.78	900m:	11:25.28	37.66	1300m:	16:35.31	38.80		
	150m:	1:50.71	38.56	550m:	6:58.65	38.31	950m:	12:03.82	38.54	1350m:	17:14.65	39.34		
	200m:	2:28.67	37.96	600m:	7:36.95	38.30	1000m:	12:42.22	38.40	1400m:	17:53.56	38.91		
	250m:	3:07.74	39.07	650m:	8:15.56	38.61	1050m:	13:21.50	39.28	1450m:	18:32.58	39.02		
	300m:	3:46.65	38.91	700m:	8:53.03	37.47	1100m:	14:00.15	38.65	1500m:	19:08.73	36.15		
	350m:	4:25.48	38.83	750m:	9:31.49	38.46	1150m:	14:39.01	38.86					
	400m:	5:03.71	38.23	800m:	10:09.18	37.69	1200m:	15:17.62	38.61					
6.			2008	II	-			+0,78	19:17.45	II				426
	50m:	33.68	33.68	450m:	5:42.35	38.92	850m:	10:52.12	38.96	1250m:	16:05.73	39.27		
	100m:	1:11.12	37.44	500m:	6:21.16	38.81	900m:	11:31.20	39.08	1300m:	16:44.72	38.99		
	150m:	1:49.43	38.31	550m:	6:59.59	38.43	950m:	12:10.66	39.46	1350m:	17:24.67	39.95		
	200m:	2:27.84	38.41	600m:	7:38.01	38.42	1000m:	12:49.36	38.70	1400m:	18:03.90	39.23		
	250m:	3:06.61	38.77	650m:	8:16.56	38.55	1050m:	13:28.89	39.53	1450m:	18:41.60	37.70		
	300m:	3:45.18	38.57	700m:	8:55.46	38.90	1100m:	14:07.92	39.03	1500m:	19:17.45	35.85		
	350m:	4:24.30	39.12	750m:	9:34.22	38.76	1150m:	14:47.56	39.64					
	400m:	5:03.43	39.13	800m:	10:13.16	38.94	1200m:	15:26.46	38.90					



65,

, 1500m

2008

		/				R.T.		FINA				
7.			2008	II	-		+0,93	19:50.09	II	392		
	50m:	33.53	33.53	450m:	5:47.20	39.78	850m:	11:08.25	40.22	1250m:	16:31.06	40.83
	100m:	1:10.96	37.43	500m:	6:26.97	39.77	900m:	11:48.27	40.02	1300m:	17:11.12	40.06
	150m:	1:49.68	38.72	550m:	7:07.91	40.94	950m:	12:29.03	40.76	1350m:	17:51.42	40.30
	200m:	2:28.86	39.18	600m:	7:47.71	39.80	1000m:	13:08.86	39.83	1400m:	18:32.65	41.23
	250m:	3:08.19	39.33	650m:	8:27.97	40.26	1050m:	13:48.65	39.79	1450m:	19:11.60	38.95
	300m:	3:47.55	39.36	700m:	9:07.79	39.82	1100m:	14:29.26	40.61	1500m:	19:50.09	38.49
	350m:	4:27.84	40.29	750m:	9:48.16	40.37	1150m:	15:09.98	40.72			
	400m:	5:07.42	39.58	800m:	10:28.03	39.87	1200m:	15:50.23	40.25			
8.			2008	II	-		+0,79	20:26.00	II	358		
	50m:	33.49	33.49	450m:	6:02.02	41.27	850m:	11:31.89	41.24	1250m:	17:05.11	41.47
	100m:	1:13.88	40.39	500m:	6:43.66	41.64	900m:	12:13.55	41.66	1300m:	17:47.89	42.78
	150m:	1:53.82	39.94	550m:	7:25.12	41.46	950m:	12:54.41	40.86	1350m:	18:28.08	40.19
	200m:	2:34.59	40.77	600m:	8:06.28	41.16	1000m:	13:36.50	42.09	1400m:	19:10.17	42.09
	250m:	3:15.84	41.25	650m:	8:46.58	40.30	1050m:	14:17.57	41.07	1450m:	19:50.23	40.06
	300m:	3:57.43	41.59	700m:	9:28.29	41.71	1100m:	14:59.71	42.14	1500m:	20:26.00	35.77
	350m:	4:38.72	41.29	750m:	10:08.79	40.50	1150m:	15:40.72	41.01			
	400m:	5:20.75	42.03	800m:	10:50.65	41.86	1200m:	16:23.64	42.92			
9.			2008	II	-		+0,78	20:28.09	II	356		
	50m:	35.49	35.49	450m:	6:03.06	41.07	850m:	11:33.24	41.27	1250m:	17:06.98	42.60
	100m:	1:15.17	39.68	500m:	6:44.24	41.18	900m:	12:15.15	41.91	1300m:	17:49.05	42.07
	150m:	1:56.38	41.21	550m:	7:26.32	42.08	950m:	12:56.83	41.68	1350m:	18:30.87	41.82
	200m:	2:37.03	40.65	600m:	8:07.20	40.88	1000m:	13:38.56	41.73	1400m:	19:12.88	42.01
	250m:	3:19.13	42.10	650m:	8:48.42	41.22	1050m:	14:20.34	41.78	1450m:	19:52.39	39.51
	300m:	3:59.54	40.41	700m:	9:29.93	41.51	1100m:	15:01.66	41.32	1500m:	20:28.09	35.70
	350m:	4:41.46	41.92	750m:	10:10.94	41.01	1150m:	15:43.29	41.63			
	400m:	5:21.99	40.53	800m:	10:51.97	41.03	1200m:	16:24.38	41.09			
10.			2008	II	-			20:38.58	II	347		
	50m:	35.26	35.26	450m:	6:08.55	41.59	850m:	11:43.24	41.21	1250m:	17:12.82	40.74
	100m:	1:15.98	40.72	500m:	6:50.62	42.07	900m:	12:25.21	41.97	1300m:	17:54.52	41.70
	150m:	1:56.99	41.01	550m:	7:32.72	42.10	950m:	13:05.32	40.11	1350m:	18:36.30	41.78
	200m:	2:38.95	41.96	600m:	8:15.19	42.47	1000m:	13:46.78	41.46	1400m:	19:17.49	41.19
	250m:	3:20.58	41.63	650m:	8:56.49	41.30	1050m:	14:27.68	40.90	1450m:	19:57.89	40.40
	300m:	4:02.56	41.98	700m:	9:38.88	42.39	1100m:	15:09.30	41.62	1500m:	20:38.58	40.69
	350m:	4:44.75	42.19	750m:	10:20.59	41.71	1150m:	15:49.77	40.47			
	400m:	5:26.96	42.21	800m:	11:02.03	41.44	1200m:	16:32.08	42.31			
11.			2008	II	-			20:39.20	II	347		
	50m:	33.88	33.88	450m:	6:00.00	41.40	850m:	11:35.77	41.99	1250m:	17:13.83	42.42
	100m:	1:13.51	39.63	500m:	6:42.19	42.19	900m:	12:18.72	42.95	1300m:	17:56.05	42.22
	150m:	1:52.86	39.35	550m:	7:23.70	41.51	950m:	13:01.49	42.77	1350m:	18:35.85	39.80
	200m:	2:33.55	40.69	600m:	8:05.44	41.74	1000m:	13:44.40	42.91	1400m:	19:15.15	39.30
	250m:	3:14.16	40.61	650m:	8:46.77	41.33	1050m:	14:25.57	41.17	1450m:	20:00.15	45.00
	300m:	3:56.07	41.91	700m:	9:28.91	42.14	1100m:	15:07.82	42.25	1500m:	20:39.20	39.05
	350m:	4:37.07	41.00	750m:	10:10.74	41.83	1150m:	15:49.50	41.68			
	400m:	5:18.60	41.53	800m:	10:53.78	43.04	1200m:	16:31.41	41.91			
12.			2008	II	-		+0,92	20:53.36	II	335		
	50m:	36.59	36.59	450m:	6:08.82	42.13	850m:	11:47.92	41.98	1250m:	17:27.98	41.59
	100m:	1:16.63	40.04	500m:	6:51.28	42.46	900m:	12:30.85	42.93	1300m:	18:10.50	42.52
	150m:	1:57.88	41.25	550m:	7:34.07	42.79	950m:	13:13.75	42.90	1350m:	18:51.77	41.27
	200m:	2:39.29	41.41	600m:	8:16.22	42.15	1000m:	13:56.31	42.56	1400m:	19:33.80	42.03
	250m:	3:21.22	41.93	650m:	8:59.16	42.94	1050m:	14:38.56	42.25	1450m:	20:14.67	40.87
	300m:	4:03.05	41.83	700m:	9:41.73	42.57	1100m:	15:21.52	42.96	1500m:	20:53.36	38.69
	350m:	4:45.07	42.02	750m:	10:23.28	41.55	1150m:	16:03.85	42.33			
	400m:	5:26.69	41.62	800m:	11:05.94	42.66	1200m:	16:46.39	42.54			
13.			2008	II	-		+0,78	20:56.40	II	333		
	50m:	36.50	36.50	450m:	6:13.14	44.05	850m:	11:50.85	42.94	1250m:	17:29.43	42.20
	100m:	1:16.18	39.68	500m:	6:54.62	41.48	900m:	12:33.75	42.90	1300m:	18:10.63	41.20
	150m:	1:57.86	41.68	550m:	7:37.31	42.69	950m:	13:16.60	42.85	1350m:	18:53.34	42.71
	200m:	2:39.67	41.81	600m:	8:18.25	40.94	1000m:	13:59.01	42.41	1400m:	19:35.16	41.82
	250m:	3:21.86	42.19	650m:	9:01.69	43.44	1050m:	14:41.47	42.46	1450m:	20:16.75	41.59
	300m:	4:03.78	41.92	700m:	9:42.13	40.44	1100m:	15:23.42	41.95	1500m:	20:56.40	39.65
	350m:	4:45.85	42.07	750m:	10:25.23	43.10	1150m:	16:06.50	43.08			
	400m:	5:29.09	43.24	800m:	11:07.91	42.68	1200m:	16:47.23	40.73			



65, , 1500m , 2008

								R.T.			FINA
14.			2008	II	.	-		+0,78	21:10.81	III	321
50m:	36.22	36.22	450m:	6:11.42	43.21	850m:	11:54.49	43.43	1250m:	17:40.09	43.37
100m:	1:15.98	39.76	500m:	6:54.06	42.64	900m:	12:36.92	42.43	1300m:	18:23.02	42.93
150m:	1:57.56	41.58	550m:	7:37.33	43.27	950m:	13:20.71	43.79	1350m:	19:06.21	43.19
200m:	2:38.51	40.95	600m:	8:19.87	42.54	1000m:	14:04.25	43.54	1400m:	19:48.49	42.28
250m:	3:20.72	42.21	650m:	9:02.47	42.60	1050m:	14:47.34	43.09	1450m:	20:30.67	42.18
300m:	4:02.66	41.94	700m:	9:45.29	42.82	1100m:	15:30.06	42.72	1500m:	21:10.81	40.14
350m:	4:46.18	43.52	750m:	10:28.41	43.12	1150m:	16:13.77	43.71			
400m:	5:28.21	42.03	800m:	11:11.06	42.65	1200m:	16:56.72	42.95			
15.			2008	II	.	-			21:21.70	III	313
50m:	37.07	37.07	450m:	6:24.54	43.02	850m:	12:09.55	44.17	1250m:	17:54.28	42.79
100m:	1:20.22	43.15	500m:	7:08.30	43.76	900m:	12:52.28	42.73	1300m:	18:37.30	43.02
150m:	2:03.19	42.97	550m:	7:49.79	41.49	950m:	13:34.87	42.59	1350m:	19:19.31	42.01
200m:	2:46.50	43.31	600m:	8:32.60	42.81	1000m:	14:18.65	43.78	1400m:	20:02.25	42.94
250m:	3:30.05	43.55	650m:	9:15.44	42.84	1050m:	15:00.04	41.39	1450m:	20:43.05	40.80
300m:	4:14.96	44.91	700m:	9:58.78	43.34	1100m:	15:44.89	44.85	1500m:	21:21.70	38.65
350m:	4:57.11	42.15	750m:	10:41.29	42.51	1150m:	16:28.25	43.36			
400m:	5:41.52	44.41	800m:	11:25.38	44.09	1200m:	17:11.49	43.24			
16.			2008	II	.	-		+0,89	21:25.78	III	310
50m:	38.31	38.31	450m:	6:26.52	43.51	850m:	12:12.20	42.02	1250m:	17:58.41	42.31
100m:	1:21.08	42.77	500m:	7:10.67	44.15	900m:	12:55.93	43.73	1300m:	18:40.68	42.27
150m:	2:03.28	42.20	550m:	7:53.39	42.72	950m:	13:38.28	42.35	1350m:	19:22.76	42.08
200m:	2:47.60	44.32	600m:	8:36.88	43.49	1000m:	14:22.04	43.76	1400m:	20:05.10	42.34
250m:	3:30.54	42.94	650m:	9:19.24	42.36	1050m:	15:05.58	43.54	1450m:	20:45.57	40.47
300m:	4:15.11	44.57	700m:	10:03.88	44.64	1100m:	15:49.54	43.96	1500m:	21:25.78	40.21
350m:	4:58.44	43.33	750m:	10:47.15	43.27	1150m:	16:31.93	42.39			
400m:	5:43.01	44.57	800m:	11:30.18	43.03	1200m:	17:16.10	44.17			

2007

1.			2007	I	.	-	-	22	17:53.03	I	534
50m:	30.30	30.30	450m:	5:16.53	35.61	850m:	10:04.29	35.80	1250m:	14:54.54	36.26
100m:	1:05.54	35.24	500m:	5:52.83	36.30	900m:	10:41.11	36.82	1300m:	15:31.56	37.02
150m:	1:41.22	35.68	550m:	6:28.38	35.55	950m:	11:16.82	35.71	1350m:	16:07.06	35.50
200m:	2:17.70	36.48	600m:	7:05.28	36.90	1000m:	11:53.26	36.44	1400m:	16:44.23	37.17
250m:	2:53.08	35.38	650m:	7:40.33	35.05	1050m:	12:28.79	35.53	1450m:	17:18.96	34.73
300m:	3:29.38	36.30	700m:	8:16.52	36.19	1100m:	13:05.59	36.80	1500m:	17:53.03	34.07
350m:	4:04.37	34.99	750m:	8:51.82	35.30	1150m:	13:41.33	35.74			
400m:	4:40.92	36.55	800m:	9:28.49	36.67	1200m:	14:18.28	36.95			
2.			2007	I	.	-	-	22	18:40.33	II	469
50m:	31.95	31.95	450m:	5:30.68	37.20	850m:	10:30.19	37.05	1250m:	15:33.50	37.38
100m:	1:08.63	36.68	500m:	6:09.47	38.79	900m:	11:08.75	38.56	1300m:	16:10.26	36.76
150m:	1:45.42	36.79	550m:	6:46.16	36.69	950m:	11:45.17	36.42	1350m:	16:48.19	37.93
200m:	2:23.64	38.22	600m:	7:23.44	37.28	1000m:	12:23.95	38.78	1400m:	17:26.99	38.80
250m:	3:00.00	36.36	650m:	8:01.04	37.60	1050m:	13:01.89	37.94	1450m:	18:02.68	35.69
300m:	3:38.05	38.05	700m:	8:38.95	37.91	1100m:	13:40.13	38.24	1500m:	18:40.33	37.65
350m:	4:15.15	37.10	750m:	9:15.84	36.89	1150m:	14:18.46	38.33			
400m:	4:53.48	38.33	800m:	9:53.14	37.30	1200m:	14:56.12	37.66			
3.			2007	I	.	-	-	+1,03	19:00.68	II	445
50m:	33.33	33.33	450m:	5:36.71	38.96	850m:	10:44.40	38.33	1250m:	15:54.00	39.04
100m:	1:09.70	36.37	500m:	6:15.38	38.67	900m:	11:23.62	39.22	1300m:	16:33.24	39.24
150m:	1:46.68	36.98	550m:	6:53.54	38.16	950m:	12:02.36	38.74	1350m:	17:10.71	37.47
200m:	2:25.00	38.32	600m:	7:32.36	38.82	1000m:	12:41.68	39.32	1400m:	17:49.23	38.52
250m:	3:02.86	37.86	650m:	8:10.51	38.15	1050m:	13:19.42	37.74	1450m:	18:25.92	36.69
300m:	3:40.91	38.05	700m:	8:49.32	38.81	1100m:	13:58.29	38.87	1500m:	19:00.68	34.76
350m:	4:18.82	37.91	750m:	9:27.49	38.17	1150m:	14:35.81	37.52			
400m:	4:57.75	38.93	800m:	10:06.07	38.58	1200m:	15:14.96	39.15			
4.			2007	III	.	-	-		21:22.81	III	313
50m:	38.14	38.14	450m:	6:17.67	43.56	850m:	12:05.07	44.00	1250m:	17:51.32	43.19
100m:	1:18.44	40.30	500m:	7:00.12	42.45	900m:	12:47.47	42.40	1300m:	18:33.78	42.46
150m:	2:01.67	43.23	550m:	7:43.97	43.85	950m:	13:31.68	44.21	1350m:	19:17.98	44.20
200m:	2:43.02	41.35	600m:	8:26.95	42.98	1000m:	14:14.87	43.19	1400m:	20:00.67	42.69
250m:	3:25.63	42.61	650m:	9:11.02	44.07	1050m:	14:59.04	44.17	1450m:	20:42.68	42.01
300m:	4:07.75	42.12	700m:	9:53.75	42.73	1100m:	15:41.37	42.33	1500m:	21:22.81	40.13
350m:	4:50.98	43.23	750m:	10:37.64	43.89	1150m:	16:25.22	43.85			
400m:	5:34.11	43.13	800m:	11:21.07	43.43	1200m:	17:08.13	42.91			



65, , 1500m

2006

1.			2006 I	.	-			+0,87	18:23.57	I		491
	50m:	30.86	30.86	450m:	5:19.29	36.84	850m:	10:16.23	37.87	1250m:	15:16.77	37.48
	100m:	1:05.90	35.04	500m:	5:55.54	36.25	900m:	10:53.57	37.34	1300m:	15:54.19	37.42
	150m:	1:41.76	35.86	550m:	6:32.24	36.70	950m:	11:31.26	37.69	1350m:	16:32.87	38.68
	200m:	2:17.87	36.11	600m:	7:08.90	36.66	1000m:	12:08.37	37.11	1400m:	17:10.87	38.00
	250m:	2:53.45	35.58	650m:	7:45.84	36.94	1050m:	12:46.05	37.68	1450m:	17:48.51	37.64
	300m:	3:29.66	36.21	700m:	8:23.39	37.55	1100m:	13:23.00	36.95	1500m:	18:23.57	35.06
	350m:	4:05.93	36.27	750m:	9:00.44	37.05	1150m:	14:01.35	38.35			
	400m:	4:42.45	36.52	800m:	9:38.36	37.92	1200m:	14:39.29	37.94			
2.			2006 II	.	-	"	"	+0,84	19:44.13	II		398
	50m:	34.62	34.62	450m:	5:52.54	40.50	850m:	11:10.88	40.10	1250m:	16:30.29	40.43
	100m:	1:13.32	38.70	500m:	6:32.08	39.54	900m:	11:50.64	39.76	1300m:	17:10.04	39.75
	150m:	1:52.45	39.13	550m:	7:12.45	40.37	950m:	12:30.21	39.57	1350m:	17:50.71	40.67
	200m:	2:31.70	39.25	600m:	7:52.35	39.90	1000m:	13:09.75	39.54	1400m:	18:29.81	39.10
	250m:	3:11.46	39.76	650m:	8:32.48	40.13	1050m:	13:50.10	40.35	1450m:	19:08.93	39.12
	300m:	3:51.59	40.13	700m:	9:11.00	38.52	1100m:	14:29.88	39.78	1500m:	19:44.13	35.20
	350m:	4:32.13	40.54	750m:	9:51.26	40.26	1150m:	15:10.31	40.43			
	400m:	5:12.04	39.91	800m:	10:30.78	39.52	1200m:	15:49.86	39.55			

2005

1.			2005	.	-			+0,81	17:44.46	I		547
	50m:	29.79	29.79	450m:	5:11.45	35.73	850m:	9:57.75	35.71	1250m:	14:46.84	35.98
	100m:	1:03.57	33.78	500m:	5:47.28	35.83	900m:	10:33.80	36.05	1300m:	15:23.05	36.21
	150m:	1:38.01	34.44	550m:	6:22.77	35.49	950m:	11:10.08	36.28	1350m:	15:59.42	36.37
	200m:	2:13.52	35.51	600m:	6:59.01	36.24	1000m:	11:45.69	35.61	1400m:	16:35.51	36.09
	250m:	2:48.61	35.09	650m:	7:34.31	35.30	1050m:	12:22.03	36.34	1450m:	17:10.35	34.84
	300m:	3:24.43	35.82	700m:	8:10.51	36.20	1100m:	12:58.04	36.01	1500m:	17:44.46	34.11
	350m:	3:59.62	35.19	750m:	8:46.01	35.50	1150m:	13:34.39	36.35			
	400m:	4:35.72	36.10	800m:	9:22.04	36.03	1200m:	14:10.86	36.47			
2.			2005 I	.	-			+0,79	18:08.71	I		512
	50m:	31.56	31.56	450m:	5:17.09	36.75	850m:	10:10.21	37.66	1250m:	15:08.03	38.04
	100m:	1:05.04	33.48	500m:	5:52.70	35.61	900m:	10:46.31	36.10	1300m:	15:44.87	36.84
	150m:	1:40.47	35.43	550m:	6:30.21	37.51	950m:	11:24.54	38.23	1350m:	16:22.24	37.37
	200m:	2:15.61	35.14	600m:	7:05.89	35.68	1000m:	12:01.07	36.53	1400m:	16:58.24	36.00
	250m:	2:52.38	36.77	650m:	7:42.74	36.85	1050m:	12:39.03	37.96	1450m:	17:34.74	36.50
	300m:	3:27.49	35.11	700m:	8:18.96	36.22	1100m:	13:15.76	36.73	1500m:	18:08.71	33.97
	350m:	4:04.55	37.06	750m:	8:56.55	37.59	1150m:	13:53.75	37.99			
	400m:	4:40.34	35.79	800m:	9:32.55	36.00	1200m:	14:29.99	36.24			
3.			2005 II	.	-				19:10.58	II		433
	50m:	33.02	33.02	450m:	5:40.10	37.92	850m:	10:49.53	38.82	1250m:	15:59.59	38.90
	100m:	1:11.74	38.72	500m:	6:18.57	38.47	900m:	11:28.55	39.02	1300m:	16:38.29	38.70
	150m:	1:49.55	37.81	550m:	6:57.29	38.72	950m:	12:06.55	38.00	1350m:	17:17.95	39.66
	200m:	2:26.83	37.28	600m:	7:36.39	39.10	1000m:	12:46.11	39.56	1400m:	17:56.38	38.43
	250m:	3:06.21	39.38	650m:	8:13.98	37.59	1050m:	13:23.89	37.78	1450m:	18:33.73	37.35
	300m:	3:44.95	38.74	700m:	8:53.51	39.53	1100m:	14:03.05	39.16	1500m:	19:10.58	36.85
	350m:	4:23.29	38.34	750m:	9:32.34	38.83	1150m:	14:41.53	38.48			
	400m:	5:02.18	38.89	800m:	10:10.71	38.37	1200m:	15:20.69	39.16			