

38 , 800m 2009
24.12.2021 - 17:07

: FINA 2021

		2012		2012		-		"		"		10:59.01		322		2	
1.	50m:	37.42	37.42	250m:	3:23.61	42.37	450m:	6:11.03	42.30	650m:	8:57.30	41.72					
	100m:	1:18.47	41.05	300m:	4:05.49	41.88	500m:	6:52.45	41.42	700m:	9:38.61	41.31					
	150m:	1:59.63	41.16	350m:	4:46.87	41.38	550m:	7:33.82	41.37	750m:	10:19.74	41.13					
	200m:	2:41.24	41.61	400m:	5:28.73	41.86	600m:	8:15.58	41.76	800m:	10:59.01	39.27					
2.	50m:	38.11	38.11	250m:	3:26.10	41.87	450m:	6:14.58	41.66	650m:	9:02.70	41.08					
	100m:	1:19.95	41.84	300m:	4:08.23	42.13	500m:	6:57.73	43.15	700m:	9:44.69	41.99					
	150m:	2:02.16	42.21	350m:	4:50.65	42.42	550m:	7:39.33	41.60	750m:	10:25.05	40.36					
	200m:	2:44.23	42.07	400m:	5:32.92	42.27	600m:	8:21.62	42.29	800m:	11:05.04	39.99					
3.	50m:	37.91	37.91	250m:	3:28.16	42.18	450m:	6:16.46	41.44	650m:	9:04.79	41.81					
	100m:	1:20.29	42.38	300m:	4:11.05	42.89	500m:	6:58.83	42.37	700m:	9:46.71	41.92					
	150m:	2:03.05	42.76	350m:	4:53.95	42.90	550m:	7:41.48	42.65	750m:	10:26.64	39.93					
	200m:	2:45.98	42.93	400m:	5:35.02	41.07	600m:	8:22.98	41.50	800m:	11:07.18	40.54					
4.	50m:	38.25	38.25	250m:	3:29.97	44.66	450m:	6:26.09	45.34	650m:	9:20.71	44.46					
	100m:	1:19.82	41.57	300m:	4:13.08	43.11	500m:	7:07.86	41.77	700m:	10:03.44	42.73					
	150m:	2:02.53	42.71	350m:	4:57.40	44.32	550m:	7:52.37	44.51	750m:	10:46.28	42.84					
	200m:	2:45.31	42.78	400m:	5:40.75	43.35	600m:	8:36.25	43.88	800m:	11:27.32	41.04					
5.	50m:	36.95	36.95	250m:	3:33.35	44.76	450m:	6:28.98	44.06	650m:	9:24.05	44.22					
	100m:	1:19.80	42.85	300m:	4:17.56	44.21	500m:	7:12.49	43.51	700m:	10:07.60	43.55					
	150m:	2:04.88	45.08	350m:	5:01.60	44.04	550m:	7:57.17	44.68	750m:	10:50.38	42.78					
	200m:	2:48.59	43.71	400m:	5:44.92	43.32	600m:	8:39.83	42.66	800m:	11:29.90	39.52					
6.	50m:	37.89	37.89	250m:	3:35.96	45.66	450m:	6:36.36	46.38	650m:	9:29.96	43.02					
	100m:	1:21.42	43.53	300m:	4:20.90	44.94	500m:	7:20.52	44.16	700m:	10:14.48	44.52					
	150m:	2:06.48	45.06	350m:	5:05.50	44.60	550m:	8:03.32	42.80	750m:	10:57.26	42.78					
	200m:	2:50.30	43.82	400m:	5:49.98	44.48	600m:	8:46.94	43.62	800m:	11:37.40	40.14					
7.	50m:	37.86	37.86	250m:	3:34.64	45.38	450m:	6:36.41	45.64	650m:	9:37.40	45.76					
	100m:	1:21.38	43.52	300m:	4:20.16	45.52	500m:	7:20.67	44.26	700m:	10:22.35	44.95					
	150m:	2:04.32	42.94	350m:	5:06.13	45.97	550m:	8:06.47	45.80	750m:	11:06.28	43.93					
	200m:	2:49.26	44.94	400m:	5:50.77	44.64	600m:	8:51.64	45.17	800m:	11:46.83	40.55					
8.	50m:	40.74	40.74	250m:	3:41.83	46.66	450m:	6:39.69	44.81	650m:	9:38.99	44.94					
	100m:	1:26.28	45.54	300m:	4:26.06	44.23	500m:	7:24.58	44.89	700m:	10:23.09	44.10					
	150m:	2:12.59	46.31	350m:	5:10.10	44.04	550m:	8:09.53	44.95	750m:	11:07.36	44.27					
	200m:	2:55.17	42.58	400m:	5:54.88	44.78	600m:	8:54.05	44.52	800m:	11:48.64	41.28					
9.	50m:	38.12	38.12	250m:	3:40.43	43.94	450m:	6:43.29	46.79	650m:	9:43.06	46.04					
	100m:	1:24.63	46.51	300m:	4:26.33	45.90	500m:	7:28.12	44.83	700m:	10:27.89	44.83					
	150m:	2:10.81	46.18	350m:	5:12.07	45.74	550m:	8:12.18	44.06	750m:	11:09.59	41.70					
	200m:	2:56.49	45.68	400m:	5:56.50	44.43	600m:	8:57.02	44.84	800m:	11:48.99	39.40					
10.	50m:	38.50	38.50	250m:	3:38.78	44.83	450m:	6:39.80	44.71	650m:	9:40.36	44.65					
	100m:	1:22.58	44.08	300m:	4:24.50	45.72	500m:	7:25.88	46.08	700m:	10:25.11	44.75					
	150m:	2:07.44	44.86	350m:	5:10.08	45.58	550m:	8:10.24	44.36	750m:	11:08.03	42.92					
	200m:	2:53.95	46.51	400m:	5:55.09	45.01	600m:	8:55.71	45.47	800m:	11:49.38	41.35					

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"OMEGA"

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38,	, 800m		, 2012							
11.			2012		-				11:49.55	258 3
	50m:	36.73 36.73	250m:	3:31.32 44.33	450m:	6:31.98 44.56	650m:	9:36.17 45.13		
	100m:	1:19.47 42.74	300m:	4:17.20 45.88	500m:	7:18.40 46.42	700m:	10:22.72 46.55		
	150m:	2:03.41 43.94	350m:	5:01.71 44.51	550m:	8:03.73 45.33	750m:	11:06.77 44.05		
	200m:	2:46.99 43.58	400m:	5:47.42 45.71	600m:	8:51.04 47.31	800m:	11:49.55 42.78		
12.			2012		"		"		12:03.97	243 3
	50m:	39.01 39.01	250m:	3:44.71 47.98	450m:	6:47.98 45.76	650m:	9:54.04 48.45		
	100m:	1:24.38 45.37	300m:	4:30.89 46.18	500m:	7:34.23 46.25	700m:	10:37.75 43.71		
	150m:	2:11.22 46.84	350m:	5:17.13 46.24	550m:	8:21.50 47.27	750m:	11:23.53 45.78		
	200m:	2:56.73 45.51	400m:	6:02.22 45.09	600m:	9:05.59 44.09	800m:	12:03.97 40.44		
13.			2012		"		"		12:09.81	237 3
	50m:	38.48 38.48	250m:	3:38.98 46.14	450m:	6:46.96 47.95	650m:	9:53.49 46.64		
	100m:	1:22.98 44.50	300m:	4:24.27 45.29	500m:	7:33.10 46.14	700m:	10:39.70 46.21		
	150m:	2:07.29 44.31	350m:	5:12.40 48.13	550m:	8:20.57 47.47	750m:	11:26.39 46.69		
	200m:	2:52.84 45.55	400m:	5:59.01 46.61	600m:	9:06.85 46.28	800m:	12:09.81 43.42		
14.			2013		"		"		12:17.38	230
	50m:	39.85 39.85	250m:	3:47.91 46.89	450m:	6:58.13 47.73	650m:	10:05.03 46.75		
	100m:	1:25.23 45.38	300m:	4:34.97 47.06	500m:	7:46.15 48.02	700m:	10:50.49 45.46		
	150m:	2:13.78 48.55	350m:	5:22.61 47.64	550m:	8:32.63 46.48	750m:	11:35.81 45.32		
	200m:	3:01.02 47.24	400m:	6:10.40 47.79	600m:	9:18.28 45.65	800m:	12:17.38 41.57		
15.			2012		"		"		12:21.10	227 3
	50m:	40.49 40.49	250m:	3:44.74 45.41	450m:	6:52.73 47.35	650m:	10:02.27 46.29		
	100m:	1:25.19 44.70	300m:	4:31.70 46.96	500m:	7:40.23 47.50	700m:	10:49.92 47.65		
	150m:	2:11.96 46.77	350m:	5:19.10 47.40	550m:	8:28.22 47.99	750m:	11:35.55 45.63		
	200m:	2:59.33 47.37	400m:	6:05.38 46.28	600m:	9:15.98 47.76	800m:	12:21.10 45.55		
16.			2012		"		"		12:24.33	224 3
	50m:	40.15 40.15	250m:	3:50.49 48.38	450m:	6:59.91 46.73	650m:	10:11.87 48.01		
	100m:	1:26.46 46.31	300m:	4:37.93 47.44	500m:	7:46.90 46.99	700m:	10:57.36 45.49		
	150m:	2:14.44 47.98	350m:	5:25.30 47.37	550m:	8:35.80 48.90	750m:	11:43.29 45.93		
	200m:	3:02.11 47.67	400m:	6:13.18 47.88	600m:	9:23.86 48.06	800m:	12:24.33 41.04		
17.			2012		()				12:24.97	223 3
	50m:	38.47 38.47	250m:	3:45.70 46.82	450m:	6:56.35 47.95	650m:	10:08.59 46.70		
	100m:	1:24.56 46.09	300m:	4:34.81 49.11	500m:	7:46.32 49.97	700m:	10:55.97 47.38		
	150m:	2:10.84 46.28	350m:	5:21.07 46.26	550m:	8:33.14 46.82	750m:	11:40.54 44.57		
	200m:	2:58.88 48.04	400m:	6:08.40 47.33	600m:	9:21.89 48.75	800m:	12:24.97 44.43		
18.			2012		"		"		12:29.95	219 3
	50m:	39.64 39.64	250m:	3:48.64 47.79	450m:	7:01.90 48.23	650m:	10:14.46 46.58		
	100m:	1:25.93 46.29	300m:	4:37.19 48.55	500m:	7:50.39 48.49	700m:	11:02.03 47.57		
	150m:	2:13.07 47.14	350m:	5:24.88 47.69	550m:	8:39.98 49.59	750m:	11:47.27 45.24		
	200m:	3:00.85 47.78	400m:	6:13.67 48.79	600m:	9:27.88 47.90	800m:	12:29.95 42.68		
19.			2012		"		"		12:36.78	213 3
	50m:	40.85 40.85	250m:	3:50.86 44.92	450m:	7:01.59 47.23	650m:	10:14.73 47.90		
	100m:	1:31.10 50.25	300m:	4:39.47 48.61	500m:	7:49.35 47.76	700m:	11:03.41 48.68		
	150m:	2:18.40 47.30	350m:	5:25.33 45.86	550m:	8:37.40 48.05	750m:	11:50.83 47.42		
	200m:	3:05.94 47.54	400m:	6:14.36 49.03	600m:	9:26.83 49.43	800m:	12:36.78 45.95		
20.			2012		-				12:48.13	203 1
	50m:	41.58 41.58	250m:	3:55.80 48.37	450m:	7:10.87 48.52	650m:	10:27.24 48.73		
	100m:	1:29.65 48.07	300m:	4:44.28 48.48	500m:	8:00.16 49.29	700m:	11:15.78 48.54		
	150m:	2:18.56 48.91	350m:	5:33.39 49.11	550m:	8:49.38 49.22	750m:	12:02.32 46.54		
	200m:	3:07.43 48.87	400m:	6:22.35 48.96	600m:	9:38.51 49.13	800m:	12:48.13 45.81		



38, , 800m , 2012

21.											2012	.	-	"	"	12:49.40	202	1	
	50m:	41.17	41.17	250m:	3:54.02	49.22	450m:	7:09.56	49.69	650m:	10:26.43	50.27							
	100m:	1:29.23	48.06	300m:	4:41.57	47.55	500m:	7:56.26	46.70	700m:	11:15.07	48.64							
	150m:	2:17.13	47.90	350m:	5:30.75	49.18	550m:	8:47.58	51.32	750m:	12:02.69	47.62							
	200m:	3:04.80	47.67	400m:	6:19.87	49.12	600m:	9:36.16	48.58	800m:	12:49.40	46.71							
22.											2012	.	-	"	"	12:50.05	202	1	
	50m:	39.17	39.17	250m:	3:52.76	47.54	450m:	7:09.67	48.72	650m:	10:26.93	49.40							
	100m:	1:26.63	47.46	300m:	4:43.08	50.32	500m:	7:59.68	50.01	700m:	11:15.42	48.49							
	150m:	2:14.77	48.14	350m:	5:31.64	48.56	550m:	8:48.05	48.37	750m:	12:02.82	47.40							
	200m:	3:05.22	50.45	400m:	6:20.95	49.31	600m:	9:37.53	49.48	800m:	12:50.05	47.23							
23.											2012	.	-	"	"	12:50.33	202	1	
	50m:	43.89	43.89	250m:	3:57.88	49.00	450m:	7:15.47	50.39	650m:	10:31.38	50.22							
	100m:	1:30.11	46.22	300m:	4:49.03	51.15	500m:	8:04.50	49.03	700m:	11:19.06	47.68							
	150m:	2:19.08	48.97	350m:	5:37.43	48.40	550m:	8:53.81	49.31	750m:	12:06.42	47.36							
	200m:	3:08.88	49.80	400m:	6:25.08	47.65	600m:	9:41.16	47.35	800m:	12:50.33	43.91							
24.											2012	.	-	"	"	13:11.40	186	1	
	50m:	41.08	41.08	250m:	3:57.11	47.88	450m:	7:18.31	50.29	650m:	10:42.48	50.91							
	100m:	1:31.32	50.24	300m:	4:48.52	51.41	500m:	8:10.33	52.02	700m:	11:31.83	49.35							
	150m:	2:18.56	47.24	350m:	5:37.30	48.78	550m:	9:00.13	49.80	750m:	12:21.64	49.81							
	200m:	3:09.23	50.67	400m:	6:28.02	50.72	600m:	9:51.57	51.44	800m:	13:11.40	49.76							
25.											2014	.	-	"	"	13:13.55	184		
	50m:	42.68	42.68	250m:	4:04.71	50.96	450m:	7:27.05	50.52	650m:	10:48.81	50.23							
	100m:	1:32.56	49.88	300m:	4:55.64	50.93	500m:	8:17.29	50.24	700m:	11:38.39	49.58							
	150m:	2:23.68	51.12	350m:	5:46.77	51.13	550m:	9:08.50	51.21	750m:	12:27.38	48.99							
	200m:	3:13.75	50.07	400m:	6:36.53	49.76	600m:	9:58.58	50.08	800m:	13:13.55	46.17							
26.											2012	.	-	"	"	13:36.30	169	1	
	50m:	41.17	41.17	250m:	4:07.97	54.95	450m:	7:39.68	53.37	650m:	11:05.51	51.77							
	100m:	1:31.14	49.97	300m:	5:01.29	53.32	500m:	8:31.86	52.18	700m:	11:57.53	52.02							
	150m:	2:21.77	50.63	350m:	5:54.08	52.79	550m:	9:22.80	50.94	750m:	12:47.30	49.77							
	200m:	3:13.02	51.25	400m:	6:46.31	52.23	600m:	10:13.74	50.94	800m:	13:36.30	49.00							
27.											2013	.	-	"	"	14:34.77	138		
	50m:	44.34	44.34	250m:	4:23.74	55.54	450m:	8:10.88	55.84	650m:	11:50.39	54.91							
	100m:	1:37.97	53.63	300m:	5:21.07	57.33	500m:	9:06.52	55.64	700m:	12:45.70	55.31							
	150m:	2:32.91	54.94	350m:	6:17.93	56.86	550m:	9:59.85	53.33	750m:	13:41.12	55.42							
	200m:	3:28.20	55.29	400m:	7:15.04	57.11	600m:	10:55.48	55.63	800m:	14:34.77	53.65							
28.											2012	.	-	()	"	14:56.86	128	2	
	50m:	43.56	43.56	250m:	4:23.87	55.33	450m:	8:09.65	56.46	650m:	12:03.65	57.84							
	100m:	1:36.31	52.75	300m:	5:19.87	56.00	500m:	9:06.67	57.02	700m:	12:59.91	56.26							
	150m:	2:32.66	56.35	350m:	6:17.51	57.64	550m:	10:05.98	59.31	750m:	13:58.79	58.88							
	200m:	3:28.54	55.88	400m:	7:13.19	55.68	600m:	11:05.81	59.83	800m:	14:56.86	58.07							

2011

1.											2011	.	-	"	"	10:27.42	374	2	
	50m:	35.42	35.42	250m:	3:14.02	39.36	450m:	5:52.17	39.41	650m:	8:30.83	40.01							
	100m:	1:15.16	39.74	300m:	3:53.89	39.87	500m:	6:31.52	39.35	700m:	9:10.55	39.72							
	150m:	1:54.40	39.24	350m:	4:33.27	39.38	550m:	7:11.18	39.66	750m:	9:49.31	38.76							
	200m:	2:34.66	40.26	400m:	5:12.76	39.49	600m:	7:50.82	39.64	800m:	10:27.42	38.11							
2.											2011	.	-	"	"	10:57.80"	324	2	
	50m:	35.43	35.43	250m:	3:17.83	41.69	450m:	6:02.15	40.78	650m:	8:53.04	44.60							
	100m:	1:15.21	39.78	300m:	3:59.28	41.45	500m:	6:43.43	41.28	700m:	9:36.03	42.99							
	150m:	1:55.10	39.89	350m:	4:40.61	41.33	550m:	7:26.06	42.63	750m:	10:18.03	42.00							
	200m:	2:36.14	41.04	400m:	5:21.37	40.76	600m:	8:08.44	42.38	800m:	10:57.80	39.77							



38,	, 800m				2011							
3.			2011		-	"	"	10:59.27	322	2		
	50m:	34.77	34.77	250m:	3:19.54	42.50	450m:	6:08.68	42.79	650m:	8:58.74	42.94
	100m:	1:13.82	39.05	300m:	4:01.12	41.58	500m:	6:50.60	41.92	700m:	9:39.13	40.39
	150m:	1:55.55	41.73	350m:	4:43.77	42.65	550m:	7:33.77	43.17	750m:	10:20.25	41.12
	200m:	2:37.04	41.49	400m:	5:25.89	42.12	600m:	8:15.80	42.03	800m:	10:59.27	39.02
4.			2011		-	"	"	10:59.95	321	2		
	50m:	37.47	37.47	250m:	3:25.09	41.24	450m:	6:12.40	40.90	650m:	8:59.34	41.28
	100m:	1:19.43	41.96	300m:	4:06.81	41.72	500m:	6:54.54	42.14	700m:	9:40.63	41.29
	150m:	2:01.40	41.97	350m:	4:48.88	42.07	550m:	7:36.37	41.83	750m:	10:20.94	40.31
	200m:	2:43.85	42.45	400m:	5:31.50	42.62	600m:	8:18.06	41.69	800m:	10:59.95	39.01
5.			2011		-	"	"	11:03.13	316	2		
	50m:	36.83	36.83	250m:	3:24.45	42.04	450m:	6:12.46	41.73	650m:	9:00.47	41.88
	100m:	1:18.40	41.57	300m:	4:06.90	42.45	500m:	6:54.78	42.32	700m:	9:43.09	42.62
	150m:	1:59.92	41.52	350m:	4:48.37	41.47	550m:	7:36.65	41.87	750m:	10:23.89	40.80
	200m:	2:42.41	42.49	400m:	5:30.73	42.36	600m:	8:18.59	41.94	800m:	11:03.13	39.24
6.			2011		-	"	"	11:04.42	315	2		
	50m:	36.93	36.93	250m:	3:28.81	44.39	450m:	6:17.50	42.25	650m:	9:04.85	41.77
	100m:	1:18.67	41.74	300m:	4:10.42	41.61	500m:	6:58.96	41.46	700m:	9:46.27	41.42
	150m:	2:02.61	43.94	350m:	4:53.40	42.98	550m:	7:41.46	42.50	750m:	10:27.20	40.93
	200m:	2:44.42	41.81	400m:	5:35.25	41.85	600m:	8:23.08	41.62	800m:	11:04.42	37.22
7.			2011		-	"	"	11:06.60	312	2		
	50m:	36.83	36.83	250m:	3:23.65	42.21	450m:	6:12.80	42.59	650m:	9:02.92	43.08
	100m:	1:18.34	41.51	300m:	4:05.51	41.86	500m:	6:54.57	41.77	700m:	9:44.93	42.01
	150m:	2:00.35	42.01	350m:	4:47.99	42.48	550m:	7:37.78	43.21	750m:	10:27.25	42.32
	200m:	2:41.44	41.09	400m:	5:30.21	42.22	600m:	8:19.84	42.06	800m:	11:06.60	39.35
8.			2011		-	"	"	11:09.71	307	2		
	50m:	37.03	37.03	250m:	3:24.11	43.06	450m:	6:15.33	43.18	650m:	9:05.56	42.65
	100m:	1:16.82	39.79	300m:	4:06.87	42.76	500m:	6:57.26	41.93	700m:	9:48.05	42.49
	150m:	1:59.10	42.28	350m:	4:49.18	42.31	550m:	7:40.04	42.78	750m:	10:30.20	42.15
	200m:	2:41.05	41.95	400m:	5:32.15	42.97	600m:	8:22.91	42.87	800m:	11:09.71	39.51
9.			2011		-	"	"	11:14.01	301	2		
	50m:	37.53	37.53	250m:	3:28.92	44.06	450m:	6:19.04	43.27	650m:	9:10.52	43.50
	100m:	1:19.68	42.15	300m:	4:11.12	42.20	500m:	7:01.19	42.15	700m:	9:52.78	42.26
	150m:	2:02.22	42.54	350m:	4:53.71	42.59	550m:	7:44.87	43.68	750m:	10:34.38	41.60
	200m:	2:44.86	42.64	400m:	5:35.77	42.06	600m:	8:27.02	42.15	800m:	11:14.01	39.63
10.			2011		-	"	"	11:28.71	282	3		
	50m:	37.76	37.76	250m:	3:29.74	43.40	450m:	6:22.69	43.59	650m:	9:17.97	44.67
	100m:	1:20.51	42.75	300m:	4:12.74	43.00	500m:	7:06.31	43.62	700m:	10:01.33	43.36
	150m:	2:03.34	42.83	350m:	4:55.74	43.00	550m:	7:49.42	43.11	750m:	10:45.61	44.28
	200m:	2:46.34	43.00	400m:	5:39.10	43.36	600m:	8:33.30	43.88	800m:	11:28.71	43.10
11.			2011		-	"World Class"	"	11:34.20	276	3		
	50m:	36.68	36.68	250m:	3:33.72	44.68	450m:	6:32.67	44.05	650m:	9:29.03	42.93
	100m:	1:20.01	43.33	300m:	4:18.57	44.85	500m:	7:17.15	44.48	700m:	10:12.68	43.65
	150m:	2:03.93	43.92	350m:	5:03.53	44.96	550m:	8:01.71	44.56	750m:	10:54.20	41.52
	200m:	2:49.04	45.11	400m:	5:48.62	45.09	600m:	8:46.10	44.39	800m:	11:34.20	40.00
12.			2011		-	"	"	11:37.94	271	3		
	50m:	37.75	37.75	250m:	3:28.49	43.55	450m:	6:27.82	44.80	650m:	9:26.84	44.28
	100m:	1:19.46	41.71	300m:	4:12.63	44.14	500m:	7:13.00	45.18	700m:	10:11.90	45.06
	150m:	2:01.52	42.06	350m:	4:57.99	45.36	550m:	7:56.99	43.99	750m:	10:55.85	43.95
	200m:	2:44.94	43.42	400m:	5:43.02	45.03	600m:	8:42.56	45.57	800m:	11:37.94	42.09



38, , 800m , 2011									
13.			2011		-			11:46.52	262 3
	50m: 36.15	36.15	250m: 3:33.82	45.55	450m: 6:34.22	45.66	650m: 9:36.11	45.67	
	100m: 1:20.47	44.32	300m: 4:18.71	44.89	500m: 7:19.63	45.41	700m: 10:21.67	45.56	
	150m: 2:04.24	43.77	350m: 5:03.69	44.98	550m: 8:05.45	45.82	750m: 11:05.27	43.60	
	200m: 2:48.27	44.03	400m: 5:48.56	44.87	600m: 8:50.44	44.99	800m: 11:46.52	41.25	
14.			2011		-			12:15.62	232 3
	50m: 37.40	37.40	250m: 3:42.71	47.73	450m: 6:50.24	47.17	650m: 9:59.33	47.57	
	100m: 1:21.49	44.09	300m: 4:29.36	46.65	500m: 7:37.05	46.81	700m: 10:44.60	45.27	
	150m: 2:08.35	46.86	350m: 5:16.40	47.04	550m: 8:25.46	48.41	750m: 11:31.27	46.67	
	200m: 2:54.98	46.63	400m: 6:03.07	46.67	600m: 9:11.76	46.30	800m: 12:15.62	44.35	
15.			2011		-	"	"	12:24.00	224 3
	50m: 39.00	39.00	250m: 3:43.71	47.02	450m: 6:53.56	46.74	650m: 10:05.85	47.37	
	100m: 1:23.25	44.25	300m: 4:31.36	47.65	500m: 7:41.61	48.05	700m: 10:52.92	47.07	
	150m: 2:09.44	46.19	350m: 5:17.99	46.63	550m: 8:30.39	48.78	750m: 11:40.87	47.95	
	200m: 2:56.69	47.25	400m: 6:06.82	48.83	600m: 9:18.48	48.09	800m: 12:24.00	43.13	
16.			2011		-	"	"	12:49.77	202 1
	50m: 41.18	41.18	250m: 3:55.68	49.17	450m: 7:11.15	48.03	650m: 10:28.36	49.28	
	100m: 1:28.23	47.05	300m: 4:44.80	49.12	500m: 7:59.80	48.65	700m: 11:14.61	46.25	
	150m: 2:17.51	49.28	350m: 5:35.33	50.53	550m: 8:49.89	50.09	750m: 12:03.48	48.87	
	200m: 3:06.51	49.00	400m: 6:23.12	47.79	600m: 9:39.08	49.19	800m: 12:49.77	46.29	
17.			2011		-	12		13:07.12	189 1
	50m: 37.60	37.60	250m: 3:58.94	51.14	450m: 7:22.92	50.31	650m: 10:44.69	50.77	
	100m: 1:25.25	47.65	300m: 4:49.77	50.83	500m: 8:12.80	49.88	700m: 11:33.61	48.92	
	150m: 2:16.81	51.56	350m: 5:42.00	52.23	550m: 9:05.07	52.27	750m: 12:21.42	47.81	
	200m: 3:07.80	50.99	400m: 6:32.61	50.61	600m: 9:53.92	48.85	800m: 13:07.12	45.70	
18.			2011		-	"	"	13:21.35	179 1
	50m: 42.77	42.77	250m: 4:04.68	51.81	450m: 7:27.86	51.97	650m: 10:51.18	50.10	
	100m: 1:32.90	50.13	300m: 4:54.97	50.29	500m: 8:18.12	50.26	700m: 11:44.08	52.90	
	150m: 2:22.96	50.06	350m: 5:45.24	50.27	550m: 9:10.09	51.97	750m: 12:33.66	49.58	
	200m: 3:12.87	49.91	400m: 6:35.89	50.65	600m: 10:01.08	50.99	800m: 13:21.35	47.69	
2010									
1.			2010		-	-	22	9:25.02	512 1
	50m: 31.42	31.42	250m: 2:53.94	35.97	450m: 5:16.35	35.80	650m: 7:40.60	36.46	
	100m: 1:06.36	34.94	300m: 3:29.54	35.60	500m: 5:52.47	36.12	700m: 8:15.72	35.12	
	150m: 1:42.37	36.01	350m: 4:04.65	35.11	550m: 6:28.08	35.61	750m: 8:50.81	35.09	
	200m: 2:17.97	35.60	400m: 4:40.55	35.90	600m: 7:04.14	36.06	800m: 9:25.02	34.21	
2.			2010		-	"	"	9:51.87	445 2
	50m: 32.19	32.19	250m: 2:59.38	37.84	450m: 5:31.45	37.94	650m: 8:02.27	36.88	
	100m: 1:07.58	35.39	300m: 3:37.18	37.80	500m: 6:09.78	38.33	700m: 8:40.18	37.91	
	150m: 1:44.60	37.02	350m: 4:15.27	38.09	550m: 6:47.03	37.25	750m: 9:16.68	36.50	
	200m: 2:21.54	36.94	400m: 4:53.51	38.24	600m: 7:25.39	38.36	800m: 9:51.87	35.19	
3.			2010		-			10:21.67	384 2
	50m: 32.53	32.53	250m: 3:10.24	39.75	450m: 5:50.20	40.22	650m: 8:28.26	39.70	
	100m: 1:09.90	37.37	300m: 3:50.31	40.07	500m: 6:28.53	38.33	700m: 9:07.38	39.12	
	150m: 1:50.47	40.57	350m: 4:29.33	39.02	550m: 7:10.04	41.51	750m: 9:44.71	37.33	
	200m: 2:30.49	40.02	400m: 5:09.98	40.65	600m: 7:48.56	38.52	800m: 10:21.67	36.96	
4.			2010		-	3		10:39.93	352 2
	50m: 35.31	35.31	250m: 3:16.01	40.54	450m: 5:58.29	40.61	650m: 8:41.92	41.49	
	100m: 1:14.71	39.40	300m: 3:56.53	40.52	500m: 6:39.21	40.92	700m: 9:22.29	40.37	
	150m: 1:55.05	40.34	350m: 4:37.30	40.77	550m: 7:20.13	40.92	750m: 10:01.69	39.40	
	200m: 2:35.47	40.42	400m: 5:17.68	40.38	600m: 8:00.43	40.30	800m: 10:39.93	38.24	



38,800m						2010						
5.										10:44.02	345 2	
	50m:	33.99	33.99	250m:	3:15.72	42.04	450m:	5:59.71	42.87	650m:	8:45.52	42.35
	100m:	1:13.49	39.50	300m:	3:54.22	38.50	500m:	6:40.27	40.56	700m:	9:26.06	40.54
	150m:	1:54.61	41.12	350m:	4:37.03	42.81	550m:	7:21.93	41.66	750m:	10:06.41	40.35
	200m:	2:33.68	39.07	400m:	5:16.84	39.81	600m:	8:03.17	41.24	800m:	10:44.02	37.61
6.										10:59.59	322 2	
	50m:	32.73	32.73	250m:	3:15.20	41.50	450m:	6:05.52	42.90	650m:	8:55.24	41.80
	100m:	1:11.60	38.87	300m:	3:57.54	42.34	500m:	6:48.54	43.02	700m:	9:37.71	42.47
	150m:	1:51.90	40.30	350m:	4:39.78	42.24	550m:	7:31.05	42.51	750m:	10:19.28	41.57
	200m:	2:33.70	41.80	400m:	5:22.62	42.84	600m:	8:13.44	42.39	800m:	10:59.59	40.31
7.										11:01.99	318 2	
	50m:	35.42	35.42	250m:	3:22.95	40.46	450m:	6:10.74	42.17	650m:	8:59.72	41.99
	100m:	1:17.80	42.38	300m:	4:04.58	41.63	500m:	6:53.63	42.89	700m:	9:42.20	42.48
	150m:	2:00.24	42.44	350m:	4:45.97	41.39	550m:	7:35.19	41.56	750m:	10:23.47	41.27
	200m:	2:42.49	42.25	400m:	5:28.57	42.60	600m:	8:17.73	42.54	800m:	11:01.99	38.52
8.										11:07.86	310 2	
	50m:	41.40	41.40	250m:	3:38.35	45.62	450m:	6:36.87	44.64	650m:	9:37.53	45.69
	100m:	1:24.28	42.88	300m:	4:23.17	44.82	500m:	7:21.46	44.59	700m:	10:22.99	45.46
	150m:	2:08.52	44.24	350m:	5:07.70	44.53	550m:	8:06.34	44.88	750m:	10:25.04	2.05
	200m:	2:52.73	44.21	400m:	5:52.23	44.53	600m:	8:51.84	45.50	800m:	11:07.86	42.82
9.										11:08.15	309 2	
	50m:	36.52	36.52	250m:	3:26.49	42.31	450m:	6:17.95	42.62	650m:	9:05.56	41.57
	100m:	1:17.98	41.46	300m:	4:09.59	43.10	500m:	7:00.46	42.51	700m:	9:47.46	41.90
	150m:	2:00.60	42.62	350m:	4:52.47	42.88	550m:	7:42.30	41.84	750m:	10:27.87	40.41
	200m:	2:44.18	43.58	400m:	5:35.33	42.86	600m:	8:23.99	41.69	800m:	11:08.15	40.28
10.										11:09.98	307 2	
	50m:	34.99	34.99	250m:	3:19.04	41.94	450m:	6:11.72	43.48	650m:	9:05.13	42.81
	100m:	1:14.84	39.85	300m:	4:02.45	43.41	500m:	6:53.29	41.57	700m:	9:48.26	43.13
	150m:	1:55.21	40.37	350m:	4:45.14	42.69	550m:	7:37.98	44.69	750m:	10:29.78	41.52
	200m:	2:37.10	41.89	400m:	5:28.24	43.10	600m:	8:22.32	44.34	800m:	11:09.98	40.20
11.										11:10.06	307 2	
	50m:	37.80	37.80	250m:	3:28.42	43.76	450m:	6:18.92	43.73	650m:	9:07.53	42.97
	100m:	1:19.29	41.49	300m:	4:10.45	42.03	500m:	6:59.99	41.07	700m:	9:49.73	42.20
	150m:	2:02.06	42.77	350m:	4:52.82	42.37	550m:	7:42.98	42.99	750m:	10:31.22	41.49
	200m:	2:44.66	42.60	400m:	5:35.19	42.37	600m:	8:24.56	41.58	800m:	11:10.06	38.84
12.										11:12.21	304 2	
	50m:	35.69	35.69	250m:	3:23.36	43.49	450m:	6:15.20	44.83	650m:	9:04.02	44.56
	100m:	1:16.03	40.34	300m:	4:05.41	42.05	500m:	6:57.41	42.21	700m:	9:47.43	43.41
	150m:	1:58.57	42.54	350m:	4:49.37	43.96	550m:	7:40.18	42.77	750m:	10:31.25	43.82
	200m:	2:39.87	41.30	400m:	5:30.37	41.00	600m:	8:19.46	39.28	800m:	11:12.21	40.96
13.										11:28.30	283 3	
	50m:	37.22	37.22	250m:	3:30.56	43.86	450m:	6:26.11	43.25	650m:	9:20.26	43.57
	100m:	1:19.91	42.69	300m:	4:14.62	44.06	500m:	7:09.32	43.21	700m:	10:02.90	42.64
	150m:	2:03.74	43.83	350m:	4:59.09	44.47	550m:	7:53.34	44.02	750m:	10:46.35	43.45
	200m:	2:46.70	42.96	400m:	5:42.86	43.77	600m:	8:36.69	43.35	800m:	11:28.30	41.95
14.										11:30.30	280 3	
	50m:	36.66	36.66	250m:	3:33.92	44.57	450m:	6:29.28	43.99	650m:	9:24.35	43.36
	100m:	1:19.74	43.08	300m:	4:17.32	43.40	500m:	7:13.48	44.20	700m:	10:08.45	44.10
	150m:	2:04.61	44.87	350m:	5:00.70	43.38	550m:	7:56.97	43.49	750m:	10:50.81	42.36
	200m:	2:49.35	44.74	400m:	5:45.29	44.59	600m:	8:40.99	44.02	800m:	11:30.30	39.49



	38,	, 800m			2010							
15.					2010	-	"	"	11:39.25	270	3	
	50m:	38.63	38.63	250m:	3:35.22	45.24	450m:	6:33.60	44.14	650m:	9:31.25	44.32
	100m:	1:21.16	42.53	300m:	4:19.75	44.53	500m:	7:18.31	44.71	700m:	10:15.74	44.49
	150m:	2:05.26	44.10	350m:	5:05.06	45.31	550m:	8:02.88	44.57	750m:	10:56.92	41.18
	200m:	2:49.98	44.72	400m:	5:49.46	44.40	600m:	8:46.93	44.05	800m:	11:39.25	42.33
16.					2010	-	"	"	11:45.97	262	3	
	50m:	36.54	36.54	250m:	3:35.70	45.76	450m:	6:37.51	45.42	650m:	9:37.79	46.24
	100m:	1:19.49	42.95	300m:	4:19.30	43.60	500m:	7:22.00	44.49	700m:	10:22.38	44.59
	150m:	2:04.17	44.68	350m:	5:06.72	47.42	550m:	8:06.64	44.64	750m:	11:05.05	42.67
	200m:	2:49.94	45.77	400m:	5:52.09	45.37	600m:	8:51.55	44.91	800m:	11:45.97	40.92
17.					2010	-	"	"	12:11.77	235	3	
	50m:	38.25	38.25	250m:	3:40.01	46.68	450m:	6:46.18	47.16	650m:	9:53.84	47.03
	100m:	1:21.17	42.92	300m:	4:26.17	46.16	500m:	7:32.44	46.26	700m:	10:41.46	47.62
	150m:	2:06.71	45.54	350m:	5:12.37	46.20	550m:	8:19.64	47.20	750m:	11:28.03	46.57
	200m:	2:53.33	46.62	400m:	5:59.02	46.65	600m:	9:06.81	47.17	800m:	12:11.77	43.74
18.					2010	-	1		12:12.31	235	3	
	50m:	38.48	38.48	250m:	3:45.39	47.01	450m:	6:53.86	46.83	650m:	9:58.17	44.32
	100m:	1:24.12	45.64	300m:	4:33.63	48.24	500m:	7:40.76	46.90	700m:	10:44.89	46.72
	150m:	2:10.63	46.51	350m:	5:19.38	45.75	550m:	8:26.61	45.85	750m:	11:28.82	43.93
	200m:	2:58.38	47.75	400m:	6:07.03	47.65	600m:	9:13.85	47.24	800m:	12:12.31	43.49
19.					2010	-	()		12:12.32	235	3	
	50m:	40.36	40.36	250m:	3:42.51	47.72	450m:	6:51.31	46.72	650m:	9:59.13	47.42
	100m:	1:24.48	44.12	300m:	4:29.61	47.10	500m:	7:37.58	46.27	700m:	10:45.12	45.99
	150m:	2:08.87	44.39	350m:	5:18.17	48.56	550m:	8:24.92	47.34	750m:	11:29.16	44.04
	200m:	2:54.79	45.92	400m:	6:04.59	46.42	600m:	9:11.71	46.79	800m:	12:12.32	43.16
20.					2010	-	"	"	12:13.80	233	3	
	50m:	39.07	39.07	250m:	3:45.45	47.90	450m:	6:53.28	47.76	650m:	10:00.30	47.27
	100m:	1:24.28	45.21	300m:	4:30.89	45.44	500m:	7:39.50	46.22	700m:	10:45.87	45.57
	150m:	2:11.19	46.91	350m:	5:18.78	47.89	550m:	8:27.35	47.85	750m:	11:32.13	46.26
	200m:	2:57.55	46.36	400m:	6:05.52	46.74	600m:	9:13.03	45.68	800m:	12:13.80	41.67
21.					2010	-	()		12:33.19	216	3	
	50m:	39.81	39.81	250m:	3:47.60	48.65	450m:	6:59.64	47.87	650m:	10:13.97	49.38
	100m:	1:23.79	43.98	300m:	4:35.75	48.15	500m:	7:48.71	49.07	700m:	11:00.31	46.34
	150m:	2:11.75	47.96	350m:	5:24.15	48.40	550m:	8:36.57	47.86	750m:	11:48.10	47.79
	200m:	2:58.95	47.20	400m:	6:11.77	47.62	600m:	9:24.59	48.02	800m:	12:33.19	45.09
22.					2010	-			12:36.83	213	3	
	50m:	35.97	35.97	250m:	3:49.26	50.36	450m:	7:06.15	49.39	650m:	10:19.38	48.40
	100m:	1:21.39	45.42	300m:	4:37.69	48.43	500m:	7:53.79	47.64	700m:	11:06.73	47.35
	150m:	2:10.08	48.69	350m:	5:27.50	49.81	550m:	8:43.75	49.96	750m:	11:53.00	46.27
	200m:	2:58.90	48.82	400m:	6:16.76	49.26	600m:	9:30.98	47.23	800m:	12:36.83	43.83
23.					2010	-	()		13:24.30	177	1	
	50m:	39.63	39.63	250m:	4:00.57	48.92	450m:	7:24.26	51.84	650m:	10:49.64	52.21
	100m:	1:29.52	49.89	300m:	4:52.90	52.33	500m:	8:14.60	50.34	700m:	11:40.77	51.13
	150m:	2:19.96	50.44	350m:	5:44.22	51.32	550m:	9:06.20	51.60	750m:	12:31.82	51.05
	200m:	3:11.65	51.69	400m:	6:32.42	48.20	600m:	9:57.43	51.23	800m:	13:24.30	52.48
					2009	-	"	"	9:43.32	465	2	
	50m:	30.72	30.72	250m:	2:54.09	35.70	450m:	5:22.52	37.50	650m:	7:53.27	37.68
	100m:	1:06.26	35.54	300m:	3:30.50	36.41	500m:	5:59.97	37.45	700m:	8:30.65	37.38
	150m:	1:42.60	36.34	350m:	4:07.66	37.16	550m:	6:38.13	38.16	750m:	9:07.76	37.11
	200m:	2:18.39	35.79	400m:	4:45.02	37.36	600m:	7:15.59	37.46	800m:	9:43.32	35.56



38, 800m		, 800m		, 800m		, 800m		, 800m		, 800m		, 800m		, 800m		, 800m		, 800m		, 800m																						
2009																																										
2.	2009																						1	9:46.62	457	2																
	50m:	32.23	32.23	250m:	2:59.80	37.79	450m:	5:29.02	37.93	650m:	7:58.15	37.41																														
	100m:	1:07.52	35.29	300m:	3:36.66	36.86	500m:	6:06.20	37.18	700m:	8:35.23	37.08																														
	150m:	1:45.12	37.60	350m:	4:14.12	37.46	550m:	6:43.76	37.56	750m:	9:11.85	36.62																														
	200m:	2:22.01	36.89	400m:	4:51.09	36.97	600m:	7:20.74	36.98	800m:	9:46.62	34.77																														
3.	2009																						1	9:51.71	446	2																
	50m:	32.32	32.32	250m:	3:03.13	38.02	450m:	5:34.65	36.76	650m:	8:02.47	36.01																														
	100m:	1:09.27	36.95	300m:	3:41.22	38.09	500m:	6:12.14	37.49	700m:	8:39.98	37.51																														
	150m:	1:46.92	37.65	350m:	4:19.58	38.36	550m:	6:49.13	36.99	750m:	9:16.55	36.57																														
	200m:	2:25.11	38.19	400m:	4:57.89	38.31	600m:	7:26.46	37.33	800m:	9:51.71	35.16																														
4.	2009																						-	"	"	10:07.53	412	2														
	50m:	33.66	33.66	250m:	3:06.72	38.58	450m:	5:41.00	38.65	650m:	8:14.85	38.75																														
	100m:	1:11.53	37.87	300m:	3:45.01	38.29	500m:	6:19.38	38.38	700m:	8:53.10	38.25																														
	150m:	1:50.15	38.62	350m:	4:23.82	38.81	550m:	6:58.04	38.66	750m:	9:30.93	37.83																														
	200m:	2:28.14	37.99	400m:	5:02.35	38.53	600m:	7:36.10	38.06	800m:	10:07.53	36.60																														
5.	2009																						-	3	10:10.41	406	2															
	50m:	33.60	33.60	250m:	3:07.34	38.65	450m:	5:42.64	39.27	650m:	8:17.67	38.99																														
	100m:	1:11.82	38.22	300m:	3:45.37	38.03	500m:	6:21.64	39.00	700m:	8:55.78	38.11																														
	150m:	1:50.77	38.95	350m:	4:24.71	39.34	550m:	7:00.20	38.56	750m:	9:34.52	38.74																														
	200m:	2:28.69	37.92	400m:	5:03.37	38.66	600m:	7:38.68	38.48	800m:	10:10.41	35.89																														
6.	2009																						-	-	-	22	10:16.15	395	2													
	50m:	33.94	33.94	250m:	3:11.33	39.93	450m:	5:46.95	39.30	650m:	8:22.47	39.71																														
	100m:	1:12.69	38.75	300m:	3:49.77	38.44	500m:	6:24.88	37.93	700m:	9:00.52	38.05																														
	150m:	1:52.42	39.73	350m:	4:29.26	39.49	550m:	7:04.27	39.39	750m:	9:39.28	38.76																														
	200m:	2:31.40	38.98	400m:	5:07.65	38.39	600m:	7:42.76	38.49	800m:	10:16.15	36.87																														
7.	2009																						-	1	10:17.70	392	2															
	50m:	34.30	34.30	250m:	3:11.86	38.96	450m:	5:45.28	38.32	650m:	8:19.71	39.07																														
	100m:	1:13.85	39.55	300m:	3:51.09	39.23	500m:	6:23.70	38.42	700m:	9:00.14	40.43																														
	150m:	1:52.96	39.11	350m:	4:28.89	37.80	550m:	7:01.90	38.20	750m:	9:39.50	39.36																														
	200m:	2:32.90	39.94	400m:	5:06.96	38.07	600m:	7:40.64	38.74	800m:	10:17.70	38.20																														
8.	2009																						-	"	"	10:26.20	376	2														
	50m:	34.08	34.08	250m:	3:11.48	39.77	450m:	5:50.27	39.96	650m:	8:29.65	40.15																														
	100m:	1:12.96	38.88	300m:	3:50.83	39.35	500m:	6:29.84	39.57	700m:	9:09.43	39.78																														
	150m:	1:52.46	39.50	350m:	4:30.76	39.93	550m:	7:09.96	40.12	750m:	9:48.78	39.35																														
	200m:	2:31.71	39.25	400m:	5:10.31	39.55	600m:	7:49.50	39.54	800m:	10:26.20	37.42																														
9.	2009																						-	"World Class"	10:29.99	369	2															
	50m:	34.93	34.93	250m:	3:13.52	39.65	450m:	5:52.83	40.47	650m:	8:33.56	40.35																														
	100m:	1:14.14	39.21	300m:	3:52.61	39.09	500m:	6:32.82	39.99	700m:	9:12.45	38.89																														
	150m:	1:54.22	40.08	350m:	4:32.93	40.32	550m:	7:13.48	40.66	750m:	9:52.18	39.73																														
	200m:	2:33.87	39.65	400m:	5:12.36	39.43	600m:	7:53.21	39.73	800m:	10:29.99	37.81																														
10.	2009																						-	-	-	22	10:30.17	369	2													
	50m:	34.09	34.09	250m:	3:13.61	40.12	450m:	5:52.79	40.09	650m:	8:32.63	40.10																														
	100m:	1:13.47	39.38	300m:	3:53.54	39.93	500m:	6:32.82	40.03	700m:	9:12.85	40.22																														
	150m:	1:53.83	40.36	350m:	4:32.85	39.31	550m:	7:12.18	39.36	750m:	9:52.72	39.87																														
	200m:	2:33.49	39.66	400m:	5:12.70	39.85	600m:	7:52.53	40.35	800m:	10:30.17	37.45																														
11.	2009																						-	"	"	10:33.59	363	2														
	50m:	32.94	32.94	250m:	3:10.19	40.47	450m:	5:51.19	40.30	650m:	8:33.69	40.66																														
	100m:	1:10.27	37.33	300m:	3:50.50	40.31	500m:	6:31.28	40.09	700m:	9:15.07	41.38																														
	150m:	1:49.78	39.51	350m:	4:30.41	39.91	550m:	7:11.73	40.45	750m:	9:54.77	39.70																														
	200m:	2:29.72	39.94	400m:	5:10.89	40.48	600m:	7:53.03	41.30	800m:	10:33.59	38.82																														



38,800m						2009			
12.								10:35.81	359 2
50m:	34.62	34.62	250m:	3:14.15	40.28	450m:	5:56.64	41.21	650m: 8:38.28 40.52
100m:	1:13.71	39.09	300m:	3:54.11	39.96	500m:	6:36.90	40.26	700m: 9:18.22 39.94
150m:	1:53.96	40.25	350m:	4:34.97	40.86	550m:	7:17.53	40.63	750m: 9:58.32 40.10
200m:	2:33.87	39.91	400m:	5:15.43	40.46	600m:	7:57.76	40.23	800m: 10:35.81 37.49
13.								10:37.71	356 2
50m:	34.57	34.57	250m:	3:17.55	41.40	450m:	5:58.95	40.47	650m: 8:39.33 39.30
100m:	1:14.73	40.16	300m:	3:58.08	40.53	500m:	6:39.99	41.04	700m: 9:19.54 40.21
150m:	1:54.72	39.99	350m:	4:38.14	40.06	550m:	7:19.36	39.37	750m: 9:58.57 39.03
200m:	2:36.15	41.43	400m:	5:18.48	40.34	600m:	8:00.03	40.67	800m: 10:37.71 39.14
14.								10:50.06	336 2
50m:	34.92	34.92	250m:	3:16.03	40.26	450m:	6:02.62	42.20	650m: 8:48.49 41.71
100m:	1:14.57	39.65	300m:	3:57.68	41.65	500m:	6:43.68	41.06	700m: 9:30.15 41.66
150m:	1:54.93	40.36	350m:	4:39.54	41.86	550m:	7:25.52	41.84	750m: 10:10.82 40.67
200m:	2:35.77	40.84	400m:	5:20.42	40.88	600m:	8:06.78	41.26	800m: 10:50.06 39.24
15.								10:52.81	332 2
50m:	33.63	33.63	250m:	3:14.58	40.89	450m:	6:00.73	41.44	650m: 8:48.02 41.72
100m:	1:12.18	38.55	300m:	3:55.74	41.16	500m:	6:42.14	41.41	700m: 9:29.80 41.78
150m:	1:53.05	40.87	350m:	4:37.37	41.63	550m:	7:24.47	42.33	750m: 10:11.55 41.75
200m:	2:33.69	40.64	400m:	5:19.29	41.92	600m:	8:06.30	41.83	800m: 10:52.81 41.26
16.								10:55.57	328 2
50m:	34.47	34.47	250m:	3:14.71	41.87	450m:	6:02.74	42.34	650m: 8:52.64 43.16
100m:	1:12.64	38.17	300m:	3:56.62	41.91	500m:	6:45.20	42.46	700m: 9:32.65 40.01
150m:	1:52.64	40.00	350m:	4:38.31	41.69	550m:	7:28.19	42.99	750m: 10:15.74 43.09
200m:	2:32.84	40.20	400m:	5:20.40	42.09	600m:	8:09.48	41.29	800m: 10:55.57 39.83
17.								11:01.70	318 2
50m:	34.73	34.73	250m:	3:17.72	41.22	450m:	6:06.41	42.09	650m: 8:55.80 42.26
100m:	1:13.99	39.26	300m:	4:00.26	42.54	500m:	6:49.00	42.59	700m: 9:38.75 42.95
150m:	1:54.49	40.50	350m:	4:42.07	41.81	550m:	7:31.06	42.06	750m: 10:20.23 41.48
200m:	2:36.50	42.01	400m:	5:24.32	42.25	600m:	8:13.54	42.48	800m: 11:01.70 41.47
18.								11:11.21	305 2
50m:	35.60	35.60	250m:	3:22.90	42.16	450m:	6:14.95	42.96	650m: 9:05.92 42.38
100m:	1:15.94	40.34	300m:	4:05.87	42.97	500m:	6:58.14	43.19	700m: 9:48.77 42.85
150m:	1:58.70	42.76	350m:	4:48.73	42.86	550m:	7:41.33	43.19	750m: 10:31.18 42.41
200m:	2:40.74	42.04	400m:	5:31.99	43.26	600m:	8:23.54	42.21	800m: 11:11.21 40.03
19.								11:17.22	297 2
50m:	35.46	35.46	250m:	3:23.58	43.75	450m:	6:19.21	45.01	650m: 9:13.02 43.54
100m:	1:15.36	39.90	300m:	4:06.97	43.39	500m:	7:01.75	42.54	700m: 9:54.58 41.56
150m:	1:57.20	41.84	350m:	4:51.58	44.61	550m:	7:45.84	44.09	750m: 10:39.53 44.95
200m:	2:39.83	42.63	400m:	5:34.20	42.62	600m:	8:29.48	43.64	800m: 11:17.22 37.69
20.								11:30.96	280 3
50m:	35.93	35.93	250m:	3:26.87	44.20	450m:	6:25.89	45.54	650m: 9:23.45 43.76
100m:	1:17.02	41.09	300m:	4:10.78	43.91	500m:	7:09.92	44.03	700m: 10:07.66 44.21
150m:	1:59.13	42.11	350m:	4:56.09	45.31	550m:	7:55.32	45.40	750m: 10:50.30 42.64
200m:	2:42.67	43.54	400m:	5:40.35	44.26	600m:	8:39.69	44.37	800m: 11:30.96 40.66
21.								11:46.41	262 3
50m:	37.41	37.41	250m:	3:34.38	45.99	450m:	6:35.57	45.74	650m: 9:36.06 45.53
100m:	1:19.65	42.24	300m:	4:18.94	44.56	500m:	7:20.23	44.66	700m: 10:21.16 45.10
150m:	2:03.88	44.23	350m:	5:04.80	45.86	550m:	8:05.70	45.47	750m: 11:05.19 44.03
200m:	2:48.39	44.51	400m:	5:49.83	45.03	600m:	8:50.53	44.83	800m: 11:46.41 41.22



38, , 800m , 2009									
22.			2009	.	-	1		12:03.02	244 3
	50m: 37.82	37.82	250m: 3:39.50	45.77	450m: 6:43.19	45.76	650m: 9:47.81	46.05	
	100m: 1:21.52	43.70	300m: 4:25.78	46.28	500m: 7:29.31	46.12	700m: 10:34.86	47.05	
	150m: 2:07.00	45.48	350m: 5:11.10	45.32	550m: 8:15.26	45.95	750m: 11:19.28	44.42	
	200m: 2:53.73	46.73	400m: 5:57.43	46.33	600m: 9:01.76	46.50	800m: 12:03.02	43.74	
23.			2009	.	-	" "		12:09.95	237 3
	50m: 39.54	39.54	250m: 3:41.25	45.94	450m: 6:45.96	45.66	650m: 9:52.43	45.87	
	100m: 1:24.16	44.62	300m: 4:27.65	46.40	500m: 7:33.60	47.64	700m: 10:39.65	47.22	
	150m: 2:09.18	45.02	350m: 5:13.56	45.91	550m: 8:19.59	45.99	750m: 11:24.43	44.78	
	200m: 2:55.31	46.13	400m: 6:00.30	46.74	600m: 9:06.56	46.97	800m: 12:09.95	45.52	
24.			2009	.	-	" "		12:11.93	235 3
	50m: 37.24	37.24	250m: 3:43.62	49.02	450m: 6:50.48	45.01	650m: 9:59.94	49.78	
	100m: 1:21.09	43.85	300m: 4:29.18	45.56	500m: 7:38.13	47.65	700m: 10:46.77	46.83	
	150m: 2:07.29	46.20	350m: 5:19.84	50.66	550m: 8:25.09	46.96	750m: 11:31.98	45.21	
	200m: 2:54.60	47.31	400m: 6:05.47	45.63	600m: 9:10.16	45.07	800m: 12:11.93	39.95	
25.			2009	.	-	" "		12:16.47	231 3
	50m: 39.62	39.62	250m: 3:46.04	47.86	450m: 6:53.62	47.02	650m: 10:00.50	46.90	
	100m: 1:24.38	44.76	300m: 4:32.26	46.22	500m: 7:40.13	46.51	700m: 10:47.19	46.69	
	150m: 2:11.34	46.96	350m: 5:19.61	47.35	550m: 8:27.63	47.50	750m: 11:33.55	46.36	
	200m: 2:58.18	46.84	400m: 6:06.60	46.99	600m: 9:13.60	45.97	800m: 12:16.47	42.92	
26.			2009	.	-	" "		12:20.52	227 3
	50m: 35.45	35.45	250m: 3:38.01	46.78	450m: 6:46.46	46.98	650m: 9:57.76	46.83	
	100m: 1:19.23	43.78	300m: 4:25.50	47.49	500m: 7:33.49	47.03	700m: 10:46.82	49.06	
	150m: 2:04.57	45.34	350m: 5:11.28	45.78	550m: 8:21.53	48.04	750m: 11:34.29	47.47	
	200m: 2:51.23	46.66	400m: 5:59.48	48.20	600m: 9:10.93	49.40	800m: 12:20.52	46.23	
27.			2009	.	-	()		13:54.84	158 1
	50m: 41.08	41.08	250m: 4:12.31	53.90	450m: 7:47.00	53.63	650m: 11:17.36	51.92	
	100m: 1:31.72	50.64	300m: 5:07.25	54.94	500m: 8:39.50	52.50	700m: 12:11.03	53.67	
	150m: 2:23.95	52.23	350m: 6:00.38	53.13	550m: 9:32.67	53.17	750m: 13:02.95	51.92	
	200m: 3:18.41	54.46	400m: 6:53.37	52.99	600m: 10:25.44	52.77	800m: 13:54.84	51.89	