

7 - 26

2021

26.12.2021 - 9:00

63  
26.12.2021 - 10:34

, 1500m

2005 - 2008

: FINA 2021

2008

1.			2008		-				<b>17:57.53</b>	528	1	
	50m:	31.85	31.85	450m:	5:22.01	36.39	850m:	10:12.72	36.26	1250m:	15:00.45	35.90
	100m:	1:07.26	35.41	500m:	5:58.73	36.72	900m:	10:48.48	35.76	1300m:	15:36.52	36.07
	150m:	1:43.80	36.54	550m:	6:34.96	36.23	950m:	11:24.57	36.09	1350m:	16:12.42	35.90
	200m:	2:20.25	36.45	600m:	7:10.83	35.87	1000m:	12:00.28	35.71	1400m:	16:48.42	36.00
	250m:	2:56.97	36.72	650m:	7:47.53	36.70	1050m:	12:36.63	36.35	1450m:	17:23.63	35.21
	300m:	3:33.18	36.21	700m:	8:23.39	35.86	1100m:	13:12.42	35.79	1500m:	17:57.53	33.90
	350m:	4:09.49	36.31	750m:	9:00.17	36.78	1150m:	13:48.65	36.23			
	400m:	4:45.62	36.13	800m:	9:36.46	36.29	1200m:	14:24.55	35.90			
2.			2008		-				<b>18:01.75</b>	522	1	
	50m:	31.99	31.99	450m:	5:23.34	36.96	850m:	10:14.17	36.70	1250m:	15:05.23	36.45
	100m:	1:07.23	35.24	500m:	5:59.53	36.19	900m:	10:50.27	36.10	1300m:	15:41.25	36.02
	150m:	1:43.38	36.15	550m:	6:36.15	36.62	950m:	11:26.93	36.66	1350m:	16:16.70	35.45
	200m:	2:19.85	36.47	600m:	7:12.38	36.23	1000m:	12:03.16	36.23	1400m:	16:52.61	35.91
	250m:	2:56.81	36.96	650m:	7:48.86	36.48	1050m:	12:39.91	36.75	1450m:	17:27.91	35.30
	300m:	3:33.35	36.54	700m:	8:25.01	36.15	1100m:	13:15.93	36.02	1500m:	18:01.75	33.84
	350m:	4:10.19	36.84	750m:	9:01.50	36.49	1150m:	13:52.53	36.60			
	400m:	4:46.38	36.19	800m:	9:37.47	35.97	1200m:	14:28.78	36.25			
3.			2008		-				<b>18:12.36</b>	506	1	
	50m:	32.49	32.49	450m:	5:21.46	36.16	850m:	10:13.42	36.91	1250m:	15:07.11	37.37
	100m:	1:07.90	35.41	500m:	5:57.77	36.31	900m:	10:49.14	35.72	1300m:	15:44.44	37.33
	150m:	1:44.35	36.45	550m:	6:34.66	36.89	950m:	11:25.58	36.44	1350m:	16:22.23	37.79
	200m:	2:20.94	36.59	600m:	7:10.64	35.98	1000m:	12:01.77	36.19	1400m:	16:58.90	36.67
	250m:	2:57.32	36.38	650m:	7:47.28	36.64	1050m:	12:38.13	36.36	1450m:	17:36.64	37.74
	300m:	3:33.25	35.93	700m:	8:23.57	36.29	1100m:	13:14.96	36.83	1500m:	18:12.36	35.72
	350m:	4:09.45	36.20	750m:	9:00.11	36.54	1150m:	13:52.78	37.82			
	400m:	4:45.30	35.85	800m:	9:36.51	36.40	1200m:	14:29.74	36.96			
4.			2008		-				<b>18:42.33</b>	467	2	
	50m:	33.47	33.47	450m:	5:34.05	38.36	850m:	10:36.52	37.87	1250m:	15:39.43	38.70
	100m:	1:09.78	36.31	500m:	6:11.13	37.08	900m:	11:13.20	36.68	1300m:	16:17.33	37.90
	150m:	1:47.71	37.93	550m:	6:49.53	38.40	950m:	11:51.58	38.38	1350m:	16:54.87	37.54
	200m:	2:24.68	36.97	600m:	7:26.89	37.36	1000m:	12:28.47	36.89	1400m:	17:32.52	37.65
	250m:	3:03.33	38.65	650m:	8:05.73	38.84	1050m:	13:06.74	38.27	1450m:	18:08.18	35.66
	300m:	3:40.32	36.99	700m:	8:42.78	37.05	1100m:	13:44.50	37.76	1500m:	18:42.33	34.15
	350m:	4:18.93	38.61	750m:	9:21.09	38.31	1150m:	14:23.00	38.50			
	400m:	4:55.69	36.76	800m:	9:58.65	37.56	1200m:	15:00.73	37.73			
5.			2008		-				<b>18:42.86</b>	466	2	
	50m:	33.12	33.12	450m:	5:33.22	37.78	850m:	10:36.11	38.20	1250m:	15:38.30	38.53
	100m:	1:09.76	36.64	500m:	6:10.79	37.57	900m:	11:13.07	36.96	1300m:	16:15.97	37.67
	150m:	1:46.97	37.21	550m:	6:48.23	37.44	950m:	11:50.69	37.62	1350m:	16:54.28	38.31
	200m:	2:24.39	37.42	600m:	7:26.25	38.02	1000m:	12:28.00	37.31	1400m:	17:31.14	36.86
	250m:	3:02.42	38.03	650m:	8:04.37	38.12	1050m:	13:05.82	37.82	1450m:	18:08.07	36.93
	300m:	3:40.05	37.63	700m:	8:42.39	38.02	1100m:	13:43.48	37.66	1500m:	18:42.86	34.79
	350m:	4:18.00	37.95	750m:	9:19.90	37.51	1150m:	14:21.68	38.20			
	400m:	4:55.44	37.44	800m:	9:57.91	38.01	1200m:	14:59.77	38.09			

23-26

2021

"OMEGA"

50



63, , 1500m , 2008

6.			2008				" "		<b>18:57.93</b>	448	2	
	50m:	34.58	34.58	450m:	5:41.46	39.26	850m:	10:48.32	39.09	1250m:	15:52.07	37.92
	100m:	1:11.64	37.06	500m:	6:19.17	37.71	900m:	11:26.32	38.00	1300m:	16:29.30	37.23
	150m:	1:49.77	38.13	550m:	6:57.35	38.18	950m:	12:04.91	38.59	1350m:	17:06.91	37.61
	200m:	2:27.97	38.20	600m:	7:35.47	38.12	1000m:	12:42.88	37.97	1400m:	17:43.32	36.41
	250m:	3:06.39	38.42	650m:	8:13.89	38.42	1050m:	13:21.31	38.43	1450m:	18:21.06	37.74
	300m:	3:44.74	38.35	700m:	8:51.63	37.74	1100m:	13:59.18	37.87	1500m:	18:57.93	36.87
	350m:	4:23.93	39.19	750m:	9:30.63	39.00	1150m:	14:37.45	38.27			
	400m:	5:02.20	38.27	800m:	10:09.23	38.60	1200m:	15:14.15	36.70			

7.			2008						<b>19:07.74</b>	437	2	
	50m:	33.82	33.82	450m:	5:38.29	38.74	850m:	10:48.87	39.15	1250m:	15:58.83	38.47
	100m:	1:10.90	37.08	500m:	6:17.18	38.89	900m:	11:27.79	38.92	1300m:	16:37.96	39.13
	150m:	1:49.03	38.13	550m:	6:55.81	38.63	950m:	12:06.03	38.24	1350m:	17:16.09	38.13
	200m:	2:27.10	38.07	600m:	7:34.74	38.93	1000m:	12:45.06	39.03	1400m:	17:54.66	38.57
	250m:	3:05.46	38.36	650m:	8:13.47	38.73	1050m:	13:23.63	38.57	1450m:	18:32.31	37.65
	300m:	3:43.04	37.58	700m:	8:52.35	38.88	1100m:	14:02.45	38.82	1500m:	19:07.74	35.43
	350m:	4:21.31	38.27	750m:	9:30.82	38.47	1150m:	14:41.19	38.74			
	400m:	4:59.55	38.24	800m:	10:09.72	38.90	1200m:	15:20.36	39.17			

8.			2008						<b>19:35.78</b>	406	2	
	50m:	32.15	32.15	450m:	5:44.21	39.85	850m:	11:03.29	40.21	1250m:	16:22.72	40.20
	100m:	1:09.18	37.03	500m:	6:23.79	39.58	900m:	11:42.98	39.69	1300m:	17:02.21	39.49
	150m:	1:47.14	37.96	550m:	7:03.94	40.15	950m:	12:23.10	40.12	1350m:	17:41.73	39.52
	200m:	2:26.66	39.52	600m:	7:43.99	40.05	1000m:	13:03.38	40.28	1400m:	18:20.97	39.24
	250m:	3:05.93	39.27	650m:	8:23.91	39.92	1050m:	13:43.75	40.37	1450m:	18:59.51	38.54
	300m:	3:45.58	39.65	700m:	9:03.38	39.47	1100m:	14:23.26	39.51	1500m:	19:35.78	36.27
	350m:	4:25.02	39.44	750m:	9:43.15	39.77	1150m:	15:03.75	40.49			
	400m:	5:04.36	39.34	800m:	10:23.08	39.93	1200m:	15:42.52	38.77			

9.			2008						<b>19:40.03</b>	402	2	
	50m:	31.50	31.50	450m:	5:44.16	40.37	850m:	11:03.65	39.74	1250m:	16:25.53	41.16
	100m:	1:08.39	36.89	500m:	6:24.02	39.86	900m:	11:43.46	39.81	1300m:	17:05.46	39.93
	150m:	1:46.88	38.49	550m:	7:04.38	40.36	950m:	12:23.52	40.06	1350m:	17:46.06	40.60
	200m:	2:25.19	38.31	600m:	7:44.60	40.22	1000m:	13:03.11	39.59	1400m:	18:25.46	39.40
	250m:	3:04.82	39.63	650m:	8:24.41	39.81	1050m:	13:43.98	40.87	1450m:	19:04.43	38.97
	300m:	3:43.85	39.03	700m:	9:04.15	39.74	1100m:	14:23.26	39.28	1500m:	19:40.03	35.60
	350m:	4:24.16	40.31	750m:	9:44.23	40.08	1150m:	15:04.18	40.92			
	400m:	5:03.79	39.63	800m:	10:23.91	39.68	1200m:	15:44.37	40.19			

10.			2008						<b>19:41.40</b>	400	2	
	50m:	32.58	32.58	450m:	5:45.65	39.30	850m:	11:05.05	39.77	1250m:	16:27.15	39.25
	100m:	1:10.66	38.08	500m:	6:25.81	40.16	900m:	11:46.30	41.25	1300m:	17:07.22	40.07
	150m:	1:49.29	38.63	550m:	7:05.37	39.56	950m:	12:26.50	40.20	1350m:	17:46.45	39.23
	200m:	2:29.00	39.71	600m:	7:45.22	39.85	1000m:	13:07.40	40.90	1400m:	18:26.27	39.82
	250m:	3:07.60	38.60	650m:	8:25.06	39.84	1050m:	13:47.33	39.93	1450m:	19:04.18	37.91
	300m:	3:47.21	39.61	700m:	9:04.82	39.76	1100m:	14:27.34	40.01	1500m:	19:41.40	37.22
	350m:	4:26.48	39.27	750m:	9:44.44	39.62	1150m:	15:07.36	40.02			
	400m:	5:06.35	39.87	800m:	10:25.28	40.84	1200m:	15:47.90	40.54			

11.			2008						<b>19:56.14</b>	386	2	
	50m:	35.57	35.57	450m:	5:54.62	40.24	850m:	11:14.06	39.70	1250m:	16:34.40	40.15
	100m:	1:14.89	39.32	500m:	6:34.48	39.86	900m:	11:54.01	39.95	1300m:	17:15.33	40.93
	150m:	1:54.29	39.40	550m:	7:14.61	40.13	950m:	12:33.69	39.68	1350m:	17:55.88	40.55
	200m:	2:34.12	39.83	600m:	7:54.88	40.27	1000m:	13:14.08	40.39	1400m:	18:36.69	40.81
	250m:	3:14.08	39.96	650m:	8:34.77	39.89	1050m:	13:53.44	39.36	1450m:	19:16.82	40.13
	300m:	3:54.16	40.08	700m:	9:14.87	40.10	1100m:	14:34.09	40.65	1500m:	19:56.14	39.32
	350m:	4:34.30	40.14	750m:	9:54.63	39.76	1150m:	15:14.22	40.13			
	400m:	5:14.38	40.08	800m:	10:34.36	39.73	1200m:	15:54.25	40.03			



63, , 1500m , 2008

12.			2008		-		"		"		<b>19:59.30</b>	383	2
	50m:	33.88	33.88	450m:	5:52.88	40.29	850m:	11:18.65	41.03	1250m:	16:44.13	40.83	
	100m:	1:12.78	38.90	500m:	6:33.90	41.02	900m:	11:59.34	40.69	1300m:	17:24.13	40.00	
	150m:	1:52.39	39.61	550m:	7:14.37	40.47	950m:	12:39.79	40.45	1350m:	18:03.01	38.88	
	200m:	2:31.59	39.20	600m:	7:55.06	40.69	1000m:	13:20.83	41.04	1400m:	18:42.44	39.43	
	250m:	3:11.36	39.77	650m:	8:35.73	40.67	1050m:	14:00.92	40.09	1450m:	19:21.81	39.37	
	300m:	3:51.75	40.39	700m:	9:16.99	41.26	1100m:	14:42.02	41.10	1500m:	19:59.30	37.49	
	350m:	4:32.03	40.28	750m:	9:57.90	40.91	1150m:	15:22.68	40.66				
	400m:	5:12.59	40.56	800m:	10:37.62	39.72	1200m:	16:03.30	40.62				

13.			2008		-		"		"		<b>20:14.14</b>	369	2
	50m:	32.71	32.71	450m:	5:49.12	41.35	850m:	11:19.85	42.24	1250m:	16:51.60	42.78	
	100m:	1:09.46	36.75	500m:	6:29.05	39.93	900m:	12:00.71	40.86	1300m:	17:32.24	40.64	
	150m:	1:48.28	38.82	550m:	7:11.51	42.46	950m:	12:42.22	41.51	1350m:	18:14.55	42.31	
	200m:	2:27.07	38.79	600m:	7:50.69	39.18	1000m:	13:22.44	40.22	1400m:	18:54.56	40.01	
	250m:	3:06.93	39.86	650m:	8:33.76	43.07	1050m:	14:04.74	42.30	1450m:	19:36.34	41.78	
	300m:	3:46.64	39.71	700m:	9:14.15	40.39	1100m:	14:45.46	40.72	1500m:	20:14.14	37.80	
	350m:	4:26.86	40.22	750m:	9:56.80	42.65	1150m:	15:28.13	42.67				
	400m:	5:07.77	40.91	800m:	10:37.61	40.81	1200m:	16:08.82	40.69				

14.			2008		-		"		"		<b>20:14.52</b>	368	2
	50m:	35.47	35.47	450m:	6:03.89	41.57	850m:	11:30.78	40.82	1250m:	16:57.31	42.41	
	100m:	1:15.28	39.81	500m:	6:44.75	40.86	900m:	12:11.71	40.93	1300m:	17:37.78	40.47	
	150m:	1:56.07	40.79	550m:	7:23.89	39.14	950m:	12:52.18	40.47	1350m:	18:17.34	39.56	
	200m:	2:37.41	41.34	600m:	8:04.68	40.79	1000m:	13:30.61	38.43	1400m:	18:57.65	40.31	
	250m:	3:18.08	40.67	650m:	8:45.68	41.00	1050m:	14:12.01	41.40	1450m:	19:36.10	38.45	
	300m:	3:59.28	41.20	700m:	9:27.31	41.63	1100m:	14:52.69	40.68	1500m:	20:14.52	38.42	
	350m:	4:40.08	40.80	750m:	10:07.91	40.60	1150m:	15:33.23	40.54				
	400m:	5:22.32	42.24	800m:	10:49.96	42.05	1200m:	16:14.90	41.67				

15.			2008		-		"		"		<b>20:19.95</b>	363	2
	50m:	34.01	34.01	450m:	5:57.60	40.82	850m:	11:25.18	41.60	1250m:	16:56.96	41.97	
	100m:	1:12.62	38.61	500m:	6:38.58	40.98	900m:	12:05.69	40.51	1300m:	17:38.84	41.88	
	150m:	1:52.79	40.17	550m:	7:19.52	40.94	950m:	12:47.36	41.67	1350m:	18:21.24	42.40	
	200m:	2:32.57	39.78	600m:	7:59.22	39.70	1000m:	13:28.84	41.48	1400m:	19:02.48	41.24	
	250m:	3:13.20	40.63	650m:	8:40.27	41.05	1050m:	14:09.76	40.92	1450m:	19:42.38	39.90	
	300m:	3:54.04	40.84	700m:	9:22.12	41.85	1100m:	14:51.04	41.28	1500m:	20:19.95	37.57	
	350m:	4:35.30	41.26	750m:	10:02.18	40.06	1150m:	15:32.60	41.56				
	400m:	5:16.78	41.48	800m:	10:43.58	41.40	1200m:	16:14.99	42.39				

16.			2008		-		"		"		<b>20:40.49</b>	346	2
	50m:	36.54	36.54	450m:	6:06.02	41.60	850m:	11:41.23	42.09	1250m:	17:16.30	42.38	
	100m:	1:15.41	38.87	500m:	6:47.53	41.51	900m:	12:22.77	41.54	1300m:	17:58.17	41.87	
	150m:	1:55.73	40.32	550m:	7:29.30	41.77	950m:	13:04.71	41.94	1350m:	18:40.05	41.88	
	200m:	2:37.41	41.68	600m:	8:11.21	41.91	1000m:	13:46.17	41.46	1400m:	19:21.88	41.83	
	250m:	3:18.46	41.05	650m:	8:52.59	41.38	1050m:	14:28.17	42.00	1450m:	20:03.25	41.37	
	300m:	4:00.65	42.19	700m:	9:34.89	42.30	1100m:	15:10.10	41.93	1500m:	20:40.49	37.24	
	350m:	4:42.18	41.53	750m:	10:16.69	41.80	1150m:	15:52.10	42.00				
	400m:	5:24.42	42.24	800m:	10:59.14	42.45	1200m:	16:33.92	41.82				

DNS 2008 - " "

2007

1.			2007		-		-		-		<b>18:07.18</b>	514	1
	50m:	32.41	32.41	450m:	5:22.33	35.90	850m:	10:13.06	35.72	1250m:	15:06.36	36.89	
	100m:	1:08.71	36.30	500m:	5:59.50	37.17	900m:	10:49.70	36.64	1300m:	15:42.77	36.41	
	150m:	1:44.83	36.12	550m:	6:36.19	36.69	950m:	11:26.27	36.57	1350m:	16:19.66	36.89	
	200m:	2:21.62	36.79	600m:	7:12.54	36.35	1000m:	12:02.79	36.52	1400m:	16:55.33	35.67	
	250m:	2:57.95	36.33	650m:	7:49.00	36.46	1050m:	12:39.06	36.27	1450m:	17:32.37	37.04	
	300m:	3:34.07	36.12	700m:	8:25.27	36.27	1100m:	13:16.08	37.02	1500m:	18:07.18	34.81	
	350m:	4:10.17	36.10	750m:	9:01.70	36.43	1150m:	13:53.50	37.42				
	400m:	4:46.43	36.26	800m:	9:37.34	35.64	1200m:	14:29.47	35.97				

23-26 2021 " "

"OMEGA"

50



63, , 1500m , 2007

2.	2007										<b>18:07.75</b>	513	1
	50m:	31.73	31.73	450m:	5:19.76	36.02	850m:	10:12.49	36.28	1250m:	15:07.38	36.99	
	100m:	1:06.97	35.24	500m:	5:56.34	36.58	900m:	10:49.55	37.06	1300m:	15:44.17	36.79	
	150m:	1:42.76	35.79	550m:	6:32.69	36.35	950m:	11:25.94	36.39	1350m:	16:21.40	37.23	
	200m:	2:19.25	36.49	600m:	7:09.68	36.99	1000m:	12:02.66	36.72	1400m:	16:58.41	37.01	
	250m:	2:55.15	35.90	650m:	7:45.96	36.28	1050m:	12:39.81	37.15	1450m:	17:34.41	36.00	
	300m:	3:31.25	36.10	700m:	8:22.94	36.98	1100m:	13:16.58	36.77	1500m:	18:07.75	33.34	
	350m:	4:07.44	36.19	750m:	8:59.78	36.84	1150m:	13:52.95	36.37				
	400m:	4:43.74	36.30	800m:	9:36.21	36.43	1200m:	14:30.39	37.44				
3.	2007										<b>18:08.30</b>	512	1
	50m:	31.50	31.50	450m:	5:19.92	36.27	850m:	10:12.26	36.45	1250m:	15:06.58	36.95	
	100m:	1:06.58	35.08	500m:	5:56.65	36.73	900m:	10:49.23	36.97	1300m:	15:43.34	36.76	
	150m:	1:42.48	35.90	550m:	6:33.03	36.38	950m:	11:25.67	36.44	1350m:	16:20.22	36.88	
	200m:	2:18.90	36.42	600m:	7:09.68	36.65	1000m:	12:02.43	36.76	1400m:	16:57.01	36.79	
	250m:	2:54.99	36.09	650m:	7:46.26	36.58	1050m:	12:39.21	36.78	1450m:	17:33.55	36.54	
	300m:	3:31.18	36.19	700m:	8:22.77	36.51	1100m:	13:16.11	36.90	1500m:	18:08.30	34.75	
	350m:	4:07.14	35.96	750m:	8:59.12	36.35	1150m:	13:52.85	36.74				
	400m:	4:43.65	36.51	800m:	9:35.81	36.69	1200m:	14:29.63	36.78				
4.	2007										<b>18:12.78</b>	506	1
	50m:	31.92	31.92	450m:	5:22.27	36.66	850m:	10:16.30	36.88	1250m:	15:13.45	37.87	
	100m:	1:07.34	35.42	500m:	5:59.10	36.83	900m:	10:53.80	37.50	1300m:	15:51.06	37.61	
	150m:	1:43.46	36.12	550m:	6:35.73	36.63	950m:	11:30.70	36.90	1350m:	16:27.95	36.89	
	200m:	2:19.71	36.25	600m:	7:12.17	36.44	1000m:	12:07.36	36.66	1400m:	17:04.86	36.91	
	250m:	2:56.12	36.41	650m:	7:49.19	37.02	1050m:	12:44.61	37.25	1450m:	17:40.20	35.34	
	300m:	3:32.68	36.56	700m:	8:26.25	37.06	1100m:	13:21.50	36.89	1500m:	18:12.78	32.58	
	350m:	4:09.12	36.44	750m:	9:02.82	36.57	1150m:	13:58.40	36.90				
	400m:	4:45.61	36.49	800m:	9:39.42	36.60	1200m:	14:35.58	37.18				
5.	2007										<b>18:18.23</b>	498	1
	50m:	31.57	31.57	450m:	5:22.10	36.60	850m:	10:16.68	37.00	1250m:	15:14.31	37.31	
	100m:	1:07.31	35.74	500m:	5:58.99	36.89	900m:	10:54.47	37.79	1300m:	15:51.76	37.45	
	150m:	1:42.97	35.66	550m:	6:35.94	36.95	950m:	11:31.74	37.27	1350m:	16:28.00	36.24	
	200m:	2:19.48	36.51	600m:	7:12.56	36.62	1000m:	12:08.53	36.79	1400m:	17:05.05	37.05	
	250m:	2:55.81	36.33	650m:	7:49.55	36.99	1050m:	12:45.26	36.73	1450m:	17:41.61	36.56	
	300m:	3:32.21	36.40	700m:	8:26.68	37.13	1100m:	13:22.32	37.06	1500m:	18:18.23	36.62	
	350m:	4:08.60	36.39	750m:	9:03.62	36.94	1150m:	13:59.59	37.27				
	400m:	4:45.50	36.90	800m:	9:39.68	36.06	1200m:	14:37.00	37.41				
6.	2007										<b>19:36.95</b>	405	2
	50m:	35.78	35.78	450m:	5:51.70	39.61	850m:	11:04.94	38.53	1250m:	16:19.78	39.53	
	100m:	1:15.35	39.57	500m:	6:31.50	39.80	900m:	11:44.21	39.27	1300m:	16:59.92	40.14	
	150m:	1:54.53	39.18	550m:	7:10.79	39.29	950m:	12:23.00	38.79	1350m:	17:39.96	40.04	
	200m:	2:34.03	39.50	600m:	7:50.21	39.42	1000m:	13:02.26	39.26	1400m:	18:19.65	39.69	
	250m:	3:13.49	39.46	650m:	8:28.81	38.60	1050m:	13:41.41	39.15	1450m:	18:58.41	38.76	
	300m:	3:53.26	39.77	700m:	9:08.14	39.33	1100m:	14:21.24	39.83	1500m:	19:36.95	38.54	
	350m:	4:32.52	39.26	750m:	9:46.84	38.70	1150m:	15:00.92	39.68				
	400m:	5:12.09	39.57	800m:	10:26.41	39.57	1200m:	15:40.25	39.33				
7.	2007										<b>19:57.72</b>	384	2
	50m:	31.18	31.18	450m:	5:43.84	40.69	850m:	11:09.49	40.42	1250m:	16:37.56	41.33	
	100m:	1:07.58	36.40	500m:	6:23.96	40.12	900m:	11:49.75	40.26	1300m:	17:19.05	41.49	
	150m:	1:45.60	38.02	550m:	7:04.07	40.11	950m:	12:30.50	40.75	1350m:	18:00.06	41.01	
	200m:	2:24.91	39.31	600m:	7:45.34	41.27	1000m:	13:11.37	40.87	1400m:	18:40.53	40.47	
	250m:	3:03.47	38.56	650m:	8:26.31	40.97	1050m:	13:52.52	41.15	1450m:	19:19.69	39.16	
	300m:	3:43.85	40.38	700m:	9:06.44	40.13	1100m:	14:33.22	40.70	1500m:	19:57.72	38.03	
	350m:	4:23.45	39.60	750m:	9:47.51	41.07	1150m:	15:14.62	41.40				
	400m:	5:03.15	39.70	800m:	10:29.07	41.56	1200m:	15:56.23	41.61				





63, , 1500m , 2007

8.			2007		-		"		"		<b>20:57.95</b>	331	2
	50m:	32.52	32.52	450m:	5:55.64	42.87	850m:	11:39.48	43.51	1300m:	18:08.11	1:26.57	
	100m:	1:09.96	37.44	500m:	6:37.98	42.34	900m:	12:22.91	43.43	1350m:	18:51.35	43.24	
	150m:	1:49.09	39.13	550m:	7:21.06	43.08	950m:	13:05.94	43.03	1400m:	19:33.77	42.42	
	200m:	2:28.43	39.34	600m:	8:03.79	42.73	1000m:	13:48.13	42.19	1450m:	20:16.38	42.61	
	250m:	3:08.72	40.29	650m:	8:46.67	42.88	1050m:	14:31.67	43.54	1500m:	20:57.95	41.57	
	300m:	3:49.57	40.85	700m:	9:29.94	43.27	1100m:	15:14.79	43.12				
	350m:	4:31.46	41.89	750m:	10:13.58	43.64	1150m:	15:58.31	43.52				
	400m:	5:12.77	41.31	800m:	10:55.97	42.39	1200m:	16:41.54	43.23				

9.			2007		-		"		"		<b>21:57.25</b>	289	3
	50m:	34.67	34.67	450m:	6:27.27	45.06	850m:	12:25.93	45.41	1250m:	18:24.47	44.96	
	100m:	1:15.40	40.73	500m:	7:12.24	44.97	900m:	13:10.59	44.66	1300m:	19:08.45	43.98	
	150m:	1:57.86	42.46	550m:	7:57.15	44.91	950m:	13:56.56	45.97	1350m:	19:52.40	43.95	
	200m:	2:41.98	44.12	600m:	8:41.83	44.68	1000m:	14:41.20	44.64	1400m:	20:37.02	44.62	
	250m:	3:26.79	44.81	650m:	9:26.85	45.02	1050m:	15:25.94	44.74	1450m:	21:19.82	42.80	
	300m:	4:12.13	45.34	700m:	10:11.93	45.08	1100m:	16:10.77	44.83	1500m:	21:57.25	37.43	
	350m:	4:57.33	45.20	750m:	10:56.18	44.25	1150m:	16:55.02	44.25				
	400m:	5:42.21	44.88	800m:	11:40.52	44.34	1200m:	17:39.51	44.49				

DNS 2007 - " "

2006

1.			2006		-		"		"		<b>17:36.71</b>	560	
	50m:	30.44	30.44	450m:	5:11.31	35.75	900m:	10:33.83	35.73	1300m:	15:18.81	35.67	
	100m:	1:04.32	33.88	500m:	5:47.23	35.92	950m:	11:09.87	36.04	1350m:	15:54.04	35.23	
	150m:	1:38.86	34.54	550m:	6:23.24	36.01	1000m:	11:45.20	35.33	1400m:	16:29.94	35.90	
	200m:	2:14.04	35.18	600m:	6:59.41	36.17	1050m:	12:19.99	34.79	1450m:	17:03.47	33.53	
	250m:	2:49.38	35.34	650m:	7:35.12	35.71	1100m:	12:55.43	35.44	1500m:	17:36.71	33.24	
	300m:	3:24.55	35.17	700m:	8:11.00	35.88	1150m:	13:31.75	36.32				
	350m:	4:00.13	35.58	750m:	8:46.66	35.66	1200m:	14:07.35	35.60				
	400m:	4:35.56	35.43	850m:	9:58.10	1:11.44	1250m:	14:43.14	35.79				

2.			2006		-		"		"		<b>19:25.60</b>	417	2
	50m:	31.72	31.72	450m:	5:31.59	38.91	850m:	10:50.66	40.50	1250m:	16:09.81	40.94	
	100m:	1:06.21	34.49	500m:	6:10.43	38.84	900m:	11:29.65	38.99	1300m:	16:50.04	40.23	
	150m:	1:42.18	35.97	550m:	6:50.71	40.28	950m:	12:09.73	40.08	1350m:	17:29.37	39.33	
	200m:	2:19.01	36.83	600m:	7:30.76	40.05	1000m:	12:49.05	39.32	1400m:	18:08.56	39.19	
	250m:	2:56.41	37.40	650m:	8:10.66	39.90	1050m:	13:29.22	40.17	1450m:	18:47.76	39.20	
	300m:	3:34.87	38.46	700m:	8:50.47	39.81	1100m:	14:08.88	39.66	1500m:	19:25.60	37.84	
	350m:	4:13.76	38.89	750m:	9:30.84	40.37	1150m:	14:49.09	40.21				
	400m:	4:52.68	38.92	800m:	10:10.16	39.32	1200m:	15:28.87	39.78				

3.			2006		-		"		"		<b>22:40.33</b>	262	3
	50m:	33.06	33.06	450m:	6:33.14	46.91	850m:	12:41.35	46.53	1250m:	18:57.29	48.38	
	100m:	1:13.35	40.29	500m:	7:19.29	46.15	900m:	13:25.99	44.64	1300m:	19:40.76	43.47	
	150m:	1:57.73	44.38	550m:	8:06.98	47.69	950m:	14:14.64	48.65	1350m:	20:28.71	47.95	
	200m:	2:42.44	44.71	600m:	8:51.49	44.51	1000m:	15:00.03	45.39	1400m:	21:12.42	43.71	
	250m:	3:27.87	45.43	650m:	9:37.83	46.34	1050m:	15:48.37	48.34	1450m:	21:56.92	44.50	
	300m:	4:13.03	45.16	700m:	10:22.75	44.92	1100m:	16:33.55	45.18	1500m:	22:40.33	43.41	
	350m:	5:00.70	47.67	750m:	11:10.74	47.99	1150m:	17:22.03	48.48				
	400m:	5:46.23	45.53	800m:	11:54.82	44.08	1200m:	18:08.91	46.88				

DNS 2006 - "

2005



63, , 1500m , 2005

1.											<b>19:07.84</b>	436	2
	50m:	32.26	32.26	450m:	5:37.83	39.41	900m:	11:26.06	37.88	1300m:	16:37.91	37.96	
	100m:	1:08.64	36.38	500m:	6:15.90	38.07	950m:	12:05.81	39.75	1350m:	17:17.16	39.25	
	150m:	1:47.38	38.74	600m:	7:33.48	1:17.58	1000m:	12:44.31	38.50	1400m:	17:55.02	37.86	
	200m:	2:25.25	37.87	650m:	8:12.82	39.34	1050m:	13:23.80	39.49	1450m:	18:31.82	36.80	
	250m:	3:03.68	38.43	700m:	8:51.71	38.89	1100m:	14:01.94	38.14	1500m:	19:07.84	36.02	
	300m:	3:42.29	38.61	750m:	9:31.64	39.93	1150m:	14:42.09	40.15				
	350m:	4:20.74	38.45	800m:	10:09.15	37.51	1200m:	15:20.65	38.56				
	400m:	4:58.42	37.68	850m:	10:48.18	39.03	1250m:	15:59.95	39.30				

DNS 2005 . -

EXH											<b>20:02.90</b>	379	2
	50m:	34.70	34.70	450m:	5:55.45	40.96	850m:	11:15.40	40.20	1250m:	16:41.74	41.00	
	100m:	1:13.55	38.85	500m:	6:34.92	39.47	900m:	11:56.09	40.69	1300m:	17:23.51	41.77	
	150m:	1:53.19	39.64	550m:	7:15.26	40.34	950m:	12:36.42	40.33	1350m:	18:04.11	40.60	
	200m:	2:33.35	40.16	600m:	7:55.24	39.98	1000m:	13:17.60	41.18	1400m:	18:45.07	40.96	
	250m:	3:13.57	40.22	650m:	8:35.15	39.91	1050m:	13:58.01	40.41	1450m:	19:24.86	39.79	
	300m:	3:53.70	40.13	700m:	9:14.75	39.60	1100m:	14:38.80	40.79	1500m:	20:02.90	38.04	
	350m:	4:34.10	40.40	750m:	9:54.94	40.19	1150m:	15:19.62	40.82				
	400m:	5:14.49	40.39	800m:	10:35.20	40.26	1200m:	16:00.74	41.12				