

12
21.01.2025 - 14:35

, 1500m

2011

: FINA 2024

1.			2011						-19				18:45.73	
	50m:	32.57	32.57	450m:	5:26.02	36.96	850m:	10:29.08	37.85	1250m:	15:35.18	38.31		
	100m:	1:08.00	35.43	500m:	6:03.54	37.52	900m:	11:07.05	37.97	1300m:	16:13.72	38.54		
	150m:	1:44.16	36.16	550m:	6:41.11	37.57	950m:	11:45.18	38.13	1350m:	16:52.26	38.54		
	200m:	2:21.02	36.86	600m:	7:18.85	37.74	1000m:	12:23.64	38.46	1400m:	17:30.57	38.31		
	250m:	2:58.01	36.99	650m:	7:56.67	37.82	1050m:	13:01.88	38.24	1450m:	18:08.81	38.24		
	300m:	3:34.97	36.96	700m:	8:34.61	37.94	1100m:	13:40.08	38.20	1500m:	18:45.73	36.92		
	350m:	4:12.05	37.08	750m:	9:12.85	38.24	1150m:	14:18.34	38.26					
	400m:	4:49.06	37.01	800m:	9:51.23	38.38	1200m:	14:56.87	38.53					
2.			2009						"	"			18:53.41	
	50m:	33.52	33.52	450m:	5:30.13	38.32	850m:	10:37.24	38.52	1250m:	15:44.16	38.40		
	100m:	1:08.86	35.34	500m:	6:08.24	38.11	900m:	11:15.68	38.44	1300m:	16:22.58	38.42		
	150m:	1:45.26	36.40	550m:	6:46.64	38.40	950m:	11:53.90	38.22	1350m:	17:01.00	38.42		
	200m:	2:22.14	36.88	600m:	7:24.86	38.22	1000m:	12:32.29	38.39	1400m:	17:39.77	38.77		
	250m:	2:58.70	36.56	650m:	8:03.13	38.27	1050m:	13:10.53	38.24	1450m:	18:18.03	38.26		
	300m:	3:36.21	37.51	700m:	8:41.53	38.40	1100m:	13:48.85	38.32	1500m:	18:53.41	35.38		
	350m:	4:13.78	37.57	750m:	9:20.21	38.68	1150m:	14:27.57	38.72					
	400m:	4:51.81	38.03	800m:	9:58.72	38.51	1200m:	15:05.76	38.19					
3.			2010						-19				18:57.25	
	50m:	33.90	33.90	450m:	5:32.19	39.81	850m:	10:36.48	38.33	1250m:	15:45.53	38.94		
	100m:	1:09.72	35.82	500m:	6:08.08	35.89	900m:	11:14.86	38.38	1300m:	16:23.91	38.38		
	150m:	1:46.19	36.47	550m:	6:46.06	37.98	950m:	11:53.45	38.59	1350m:	17:02.90	38.99		
	200m:	2:22.86	36.67	600m:	7:24.48	38.42	1000m:	12:32.14	38.69	1400m:	17:42.01	39.11		
	250m:	2:59.72	36.86	650m:	8:02.61	38.13	1050m:	13:10.52	38.38	1450m:	18:20.05	38.04		
	300m:	3:37.07	37.35	700m:	8:41.21	38.60	1100m:	13:49.12	38.60	1500m:	18:57.25	37.20		
	350m:	4:14.53	37.46	750m:	9:19.39	38.18	1150m:	14:27.84	38.72					
	400m:	4:52.38	37.85	800m:	9:58.15	38.76	1200m:	15:06.59	38.75					
4.			2011						-19				19:00.68	
	50m:	33.67	33.67	450m:	5:32.74	37.68	850m:	10:41.78	38.28	1250m:	15:50.55	38.54		
	100m:	1:09.68	36.01	500m:	6:10.81	38.07	900m:	11:20.34	38.56	1300m:	16:29.63	39.08		
	150m:	1:46.71	37.03	550m:	6:49.22	38.41	950m:	11:58.63	38.29	1350m:	17:08.48	38.85		
	200m:	2:24.40	37.69	600m:	7:27.84	38.62	1000m:	12:36.79	38.16	1400m:	17:47.15	38.67		
	250m:	3:01.78	37.38	650m:	8:06.63	38.79	1050m:	13:16.00	39.21	1450m:	18:24.26	37.11		
	300m:	3:39.50	37.72	700m:	8:45.82	39.19	1100m:	13:54.99	38.99	1500m:	19:00.68	36.42		
	350m:	4:17.23	37.73	750m:	9:24.52	38.70	1150m:	14:33.37	38.38					
	400m:	4:55.06	37.83	800m:	10:03.50	38.98	1200m:	15:12.01	38.64					
5.			2010						"	"			19:25.46	
	100m:	1:10.96	1:10.96	500m:	6:21.30	1:17.31	900m:	11:32.96	1:17.92	1300m:	16:50.47	1:19.32		
	200m:	2:28.47	1:17.51	600m:	7:38.89	1:17.59	1000m:	12:52.51	1:19.55	1400m:	18:09.65	1:19.18		
	300m:	3:46.36	1:17.89	700m:	8:57.21	1:18.32	1100m:	14:11.73	1:19.22	1500m:	19:25.46	1:15.81		
	400m:	5:03.99	1:17.63	800m:	10:15.04	1:17.83	1200m:	15:31.15	1:19.42					
6.			2010						"	"			19:30.42	
	50m:	33.73	33.73	450m:	5:43.23	39.23	850m:	10:57.64	38.90	1250m:	16:54.28	40.30		
	100m:	1:10.78	37.05	500m:	6:22.61	39.38	900m:	11:37.20	39.56	1300m:	17:33.68	39.40		
	150m:	1:48.08	37.30	550m:	7:01.51	38.90	950m:	12:16.27	39.07	1350m:	18:13.26	39.58		
	200m:	2:26.96	38.88	600m:	7:41.00	39.49	1000m:	12:55.91	39.64	1400m:	18:52.83	39.57		
	250m:	3:05.94	38.98	650m:	8:20.80	39.80	1050m:	13:34.97	39.06	1450m:	19:30.43	37.60		
	300m:	3:45.12	39.18	700m:	9:00.35	39.55	1100m:	14:14.77	39.80	1500m:	19:30.42			
	350m:	4:24.72	39.60	750m:	9:39.36	39.01	1150m:	15:34.50	1:19.73					
	400m:	5:04.00	39.28	800m:	10:18.74	39.38	1200m:	16:13.98	39.48					

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7.			2009	I		"	"	19:31.50	I
	50m:	34.91	34.91	450m:	5:42.69	39.12	850m:	10:57.91	38.99
	100m:	1:12.65	37.74	500m:	6:21.92	39.23	900m:	11:38.01	40.10
	150m:	1:49.95	37.30	550m:	7:01.24	39.32	950m:	12:17.70	39.69
	200m:	2:28.46	38.51	600m:	7:40.85	39.61	1000m:	12:57.63	39.93
	250m:	3:06.60	38.14	650m:	8:20.01	39.16	1050m:	13:37.02	39.39
	300m:	3:45.24	38.64	700m:	8:59.64	39.63	1100m:	14:17.31	40.29
	350m:	4:24.21	38.97	750m:	9:39.24	39.60	1150m:	14:57.08	39.77
	400m:	5:03.57	39.36	800m:	10:18.92	39.68	1200m:	15:37.03	39.95
8.			2008	I		-19		19:45.81	I
	50m:	33.73	33.73	450m:	5:40.05	39.04	850m:	11:02.47	40.54
	100m:	1:10.32	36.59	500m:	6:19.04	38.99	900m:	11:42.61	40.14
	150m:	1:48.22	37.90	550m:	6:59.47	40.43	950m:	12:23.15	40.54
	200m:	2:25.99	37.77	600m:	7:39.99	40.52	1000m:	13:03.66	40.51
	250m:	3:04.17	38.18	650m:	8:20.38	40.39	1050m:	13:44.22	40.56
	300m:	3:42.50	38.33	700m:	9:00.43	40.05	1100m:	14:24.44	40.22
	350m:	4:21.55	39.05	750m:	9:41.23	40.80	1150m:	15:05.30	40.86
	400m:	5:01.01	39.46	800m:	10:21.93	40.70	1200m:	15:45.65	40.35
9.			2008	I				19:47.25	I
	50m:	35.33	35.33	450m:	5:52.23	40.76	850m:	11:28.45	43.10
	100m:	1:13.03	37.70	500m:	6:33.27	41.04	900m:	12:09.80	41.35
	150m:	1:51.48	38.45	550m:	7:14.67	41.40	950m:	12:51.17	41.37
	200m:	2:30.89	39.41	600m:	7:56.25	41.58	1000m:	13:32.68	41.51
	250m:	3:11.06	40.17	650m:	8:38.34	42.09	1050m:	14:14.44	41.76
	300m:	3:50.47	39.41	700m:	9:20.70	42.36	1100m:	14:56.21	41.77
	350m:	4:30.98	40.51	750m:	10:03.84	43.14	1150m:	15:38.02	41.81
	400m:	5:11.47	40.49	800m:	10:45.35	41.51	1200m:	16:19.70	41.68
10.			2010	II				20:02.09	I
	100m:	1:13.51	1:13.51	500m:	6:31.26	1:21.23	900m:	11:56.76	1:21.38
	200m:	2:31.09	1:17.58	600m:	7:53.60	1:22.34	1000m:	13:19.09	1:22.33
	300m:	3:50.76	1:19.67	700m:	9:14.50	1:20.90	1100m:	14:39.37	1:20.28
	400m:	5:10.03	1:19.27	800m:	10:35.38	1:20.88	1200m:	16:00.62	1:21.25
11.			2009	I				20:24.92	II
	100m:	1:16.85	1:16.85	500m:	6:43.21	1:21.39	900m:	12:10.28	1:22.44
	200m:	2:38.84	1:21.99	600m:	8:04.54	1:21.33	1000m:	13:33.30	1:23.02
	300m:	4:00.03	1:21.19	700m:	9:25.66	1:21.12	1100m:	14:56.49	1:23.19
	400m:	5:21.82	1:21.79	800m:	10:47.84	1:22.18	1200m:	16:19.76	1:23.27
12.			2011	II				20:36.43	II
	100m:	1:17.84	1:17.84	500m:	6:45.96	1:21.72	900m:	12:15.21	1:22.06
	200m:	2:40.34	1:22.50	600m:	8:08.03	1:22.07	1000m:	13:37.43	1:22.22
	300m:	4:02.37	1:22.03	700m:	9:30.93	1:22.90	1100m:	15:01.34	1:23.91
	400m:	5:24.24	1:21.87	800m:	10:53.15	1:22.22	1200m:	16:24.43	1:23.09
13.			2011	II				20:49.65	II
	100m:	1:18.71	1:18.71	500m:	6:53.15	1:31.15	900m:	12:29.63	1:23.92
	200m:	2:41.46	1:22.75	600m:	8:17.52	1:24.37	1000m:	13:59.58	1:29.95
	300m:	4:05.30	1:23.84	700m:	9:41.71	1:24.19	1100m:	15:16.83	1:17.25
	400m:	5:22.00	1:16.70	800m:	11:05.71	1:24.00	1200m:	16:41.09	1:24.26
14.			2011	II		4		20:50.29	II
	100m:	1:15.50	1:15.50	500m:	6:52.57	1:25.16	900m:	12:29.70	1:24.40
	200m:	2:39.58	1:24.08	600m:	8:16.61	1:24.04	1000m:	13:53.62	1:23.92
	300m:	4:02.89	1:23.31	700m:	9:40.68	1:24.07	1100m:	15:18.06	1:24.44
	400m:	5:27.41	1:24.52	800m:	11:05.30	1:24.62	1200m:	16:41.08	1:23.02

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EXH			2008			"	"	17:53.73	
50m:	32.25	32.25	450m:	5:16.22	35.65	850m:	10:05.48	36.27	1250m: 14:54.71 36.24
100m:	1:07.20	34.95	500m:	5:52.43	36.21	900m:	10:41.50	36.02	1300m: 15:30.92 36.21
150m:	1:42.41	35.21	550m:	6:28.36	35.93	950m:	11:17.69	36.19	1350m: 16:06.94 36.02
200m:	2:17.95	35.54	600m:	7:04.71	36.35	1000m:	11:54.12	36.43	1400m: 16:43.55 36.61
250m:	2:53.45	35.50	650m:	7:40.59	35.88	1050m:	12:30.37	36.25	1450m: 17:19.48 35.93
300m:	3:29.10	35.65	700m:	8:16.77	36.18	1100m:	13:06.36	35.99	1500m: 17:53.73 34.25
350m:	4:04.84	35.74	750m:	8:53.10	36.33	1150m:	13:42.57	36.21	
400m:	4:40.57	35.73	800m:	9:29.21	36.11	1200m:	14:18.47	35.90	
EXH			2011			-19		18:19.41	
50m:	32.97	32.97	450m:	5:24.43	36.64	850m:	10:17.19	36.86	1250m: 15:13.69 37.61
100m:	1:08.21	35.24	500m:	6:01.08	36.65	900m:	10:54.40	37.21	1300m: 15:51.37 37.68
150m:	1:44.76	36.55	550m:	6:36.61	35.53	950m:	11:31.78	37.38	1350m: 16:29.06 37.69
200m:	2:21.33	36.57	600m:	7:12.75	36.14	1000m:	12:09.07	37.29	1400m: 17:06.74 37.68
250m:	2:57.86	36.53	650m:	7:49.41	36.66	1050m:	12:45.44	36.37	1450m: 17:44.25 37.51
300m:	3:34.55	36.69	700m:	8:26.26	36.85	1100m:	13:22.07	36.63	1500m: 18:19.41 35.16
350m:	4:11.08	36.53	750m:	9:03.49	37.23	1150m:	13:59.05	36.98	
400m:	4:47.79	36.71	800m:	9:40.33	36.84	1200m:	14:36.08	37.03	