

(25)
 13-14 (2009-2010 . .), 11-12 (2011-2012 . .)
 , 03.11 - 05.11.2023 .

13,		, 100m				2009 - 2010						
5.	50m:	29.90	29.90	2009 100m:	 1:03.92	34.02	,	"	"	1:03.92		417
6.	50m:	29.95	29.95	2009 100m:	 1:04.92	34.97	,			1:04.92		398
7.	50m:	30.52	30.52	2009 100m:	 1:05.78	35.26	,	-19		1:05.78		383
8.	50m:	30.69	30.69	2009 100m:	 1:06.53	35.84	,	"	"	1:06.53		370
9.	50m:	30.21	30.21	2009 100m:	 1:06.61	36.40	,			1:06.61		369
10.	50m:	31.17	31.17	2009 100m:	 1:08.26	37.09	,	"	"	1:08.26		342
11.	50m:	30.91	30.91	2009 100m:	 1:09.21	38.30	,			1:09.21		329
12.	50m:	31.57	31.57	2009 100m:	 1:10.03	38.46	,			1:10.03		317
13.	50m:	33.55	33.55	2009 100m:	 1:11.24	37.69	,			1:11.24		301
14.	50m:	33.72	33.72	2010 100m:	 1:12.65	38.93	,	-19		1:12.65		284
15.	50m:	33.46	33.46	2009 100m:	 1:12.82	39.36	,	"	"	1:12.82		282
16.	50m:	34.53	34.53	2009 100m:	 1:14.09	39.56	,			1:14.09		268
17.	50m:	32.48	32.48	2010 100m:	 1:15.85	43.37	,			1:15.85		249
18.	50m:	33.94	33.94	2010 100m:	 1:16.06	42.12	,	"	"	1:16.06		247
19.	50m:	34.94	34.94	2009 100m:	 1:16.40	41.46	,			1:16.40		244
20.	50m:	35.04	35.04	2010 100m:	 1:17.50	42.46	,	"	"	1:17.50		234
21.	50m:	34.98	34.98	2010 100m:	 1:17.73	42.75	,	"	"	1:17.73		232
22.	50m:	38.08	38.08	2010 100m:	 1:21.82	43.74	,	"	"	1:21.82		199
23.	50m:	38.80	38.80	2010 100m:	 1:26.20	47.40	,	"	"	1:26.20		170
DSQ				2010			,	"	"			

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(25)
 13-14 (2009-2010 . .), 11-12 (2011-2012 . .)
 , 03.11 - 05.11.2023 .

14,		, 200m				2011 - 2012									
21.	50m:	34.45	34.45	2012		100m:	1:13.19	38.74	150m:	1:52.56	39.37	200m:	2:30.59		393
													2:30.59	38.03	
22.	50m:	35.18	35.18	2012		100m:	1:14.34	39.16	150m:	1:54.61	40.27	200m:	2:32.44		378
													2:32.44	37.83	
23.	50m:	35.01	35.01	2011		100m:	1:13.34	38.33	150m:	1:53.09	39.75	200m:	2:32.82		376
													2:32.82	39.73	
24.	50m:	35.54	35.54	2011		100m:	1:14.90	39.36	150m:	1:54.83	39.93	200m:	2:33.10		374
													2:33.10	38.27	
25.	50m:	35.35	35.35	2011		100m:	1:14.79	39.44	150m:	1:54.81	40.02	200m:	2:33.97		367
													2:33.97	39.16	
26.	50m:	35.17	35.17	2012		100m:	1:14.54	39.37	150m:	1:55.33	40.79	200m:	2:34.07		367
													2:34.07	38.74	
27.	50m:	35.09	35.09	2011		100m:	1:14.85	39.76	150m:	1:56.16	41.31	200m:	2:35.00		360
													2:35.00	38.84	
28.	50m:	36.79	36.79	2012		100m:	1:16.94	40.15	150m:	1:56.91	39.97	200m:	2:35.78		355
													2:35.78	38.87	
29.	50m:	34.69	34.69	2012		100m:	1:13.78	39.09	150m:	1:55.47	41.69	200m:	2:36.00		353
													2:36.00	40.53	
	50m:	35.87	35.87	2011		100m:	1:15.78	39.91	150m:	1:57.42	41.64	200m:	2:36.00		353
													2:36.00	38.58	
31.	50m:	36.90	36.90	2011		100m:	1:17.06	40.16	150m:	1:58.09	41.03	200m:	2:36.63		349
													2:36.63	38.54	
32.	50m:	35.24	35.24	2011		100m:	1:15.46	40.22	150m:	1:57.78	42.32	200m:	2:36.97		347
													2:36.97	39.19	
33.	50m:	36.27	36.27	2011		100m:	1:16.00	39.73	150m:	1:57.18	41.18	200m:	2:37.62		342
													2:37.62	40.44	
34.	50m:	36.52	36.52	2011		100m:	1:16.49	39.97	150m:	1:58.31	41.82	200m:	2:37.74		341
													2:37.74	39.43	
35.	50m:	36.20	36.20	2011		100m:	1:17.06	40.86	150m:	1:59.34	42.28	200m:	2:38.74		335
													2:38.74	39.40	
36.	50m:	36.04	36.04	2011		100m:	1:16.01	39.97	150m:	1:58.55	42.54	200m:	2:38.88		334
													2:38.88	40.33	
37.	50m:	34.89	34.89	2012		100m:	1:14.99	40.10	150m:	1:57.81	42.82	200m:	2:39.31		331
													2:39.31	41.50	
38.	50m:	35.96	35.96	2011		100m:	1:17.27	41.31	150m:	2:00.44	43.17	200m:	2:39.39		331
													2:39.39	38.95	
39.	50m:	36.36	36.36	2011		100m:	1:17.43	41.07	150m:	1:59.22	41.79	200m:	2:40.58		324
													2:40.58	41.36	
40.	50m:	35.88	35.88	2011		100m:	1:17.41	41.53	150m:	1:59.54	42.13	200m:	2:40.72		323
													2:40.72	41.18	
41.	50m:	36.77	36.77	2012		100m:	1:17.93	41.16	150m:	2:00.68	42.75	200m:	2:41.13		320
													2:41.13	40.45	

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(25)
 13-14 (2009-2010 . .), 11-12 (2011-2012 . .)
 , 03.11 - 05.11.2023 .

14,		, 200m				2011 - 2012									
42.	50m:	36.56	36.56	2011	II	100m:	1:17.04	40.48	150m:	1:59.47	42.43	200m:	2:41.42	III	319
													2:41.42	41.95	
43.	50m:	36.49	36.49	2012	II	100m:	1:18.45	41.96	150m:	2:00.34	41.89	200m:	2:41.45	III	318
													2:41.45	41.11	
44.	50m:	38.33	38.33	2011	II	100m:	1:19.55	41.22	150m:	2:01.14	41.59	200m:	2:41.69	III	317
													2:41.69	40.55	
45.	50m:	39.30	39.30	2011	III	100m:	1:21.88	42.58	150m:	2:02.36	40.48	200m:	2:42.03	III	315
													2:42.03	39.67	
46.	50m:	36.58	36.58	2011	III	100m:	1:17.91	41.33	150m:	2:02.13	44.22	200m:	2:43.06	III	309
													2:43.06	40.93	
47.	50m:	36.40	36.40	2012	II	100m:	1:18.97	42.57	150m:	2:02.37	43.40	200m:	2:43.59	III	306
													2:43.59	41.22	
48.	50m:	35.98	35.98	2011	III	100m:	1:17.82	41.84	150m:	2:01.45	43.63	200m:	2:43.85	III	305
													2:43.85	42.40	
49.	50m:	38.17	38.17	2012	III	100m:	1:20.36	42.19	150m:	2:03.76	43.40	200m:	2:44.27	III	302
													2:44.27	40.51	
50.	50m:	37.38	37.38	2012	III	100m:	1:19.88	42.50	150m:	2:03.10	43.22	200m:	2:44.49	III	301
													2:44.49	41.39	
51.	50m:	37.45	37.45	2012	II	100m:	1:19.86	42.41	150m:	2:02.65	42.79	200m:	2:44.51	III	301
													2:44.51	41.86	
52.	50m:	36.61	36.61	2011	II	100m:	1:18.94	42.33	150m:	2:03.01	44.07	200m:	2:45.39	III	296
													2:45.39	42.38	
53.	50m:	39.86	39.86	2011	III	100m:	1:22.33	42.47	150m:	2:05.36	43.03	200m:	2:45.47	III	296
													2:45.47	40.11	
54.	50m:	35.73	35.73	2011	II	100m:	1:17.19	41.46	150m:	2:02.32	45.13	200m:	2:46.92	III	288
													2:46.92	44.60	
55.	50m:	38.25	38.25	2012	III	100m:	1:21.22	42.97	150m:	2:06.03	44.81	200m:	2:47.51	III	285
													2:47.51	41.48	
56.	50m:	35.46	35.46	2012	II	100m:	1:18.75	43.29	150m:	2:06.07	47.32	200m:	2:51.40	III	266
													2:51.40	45.33	
57.	50m:	38.05	38.05	2011	II	100m:	1:21.66	43.61	150m:	2:07.45	45.79	200m:	2:52.47	III	261
													2:52.47	45.02	
58.	50m:	39.20	39.20	2012	III	100m:	1:22.81	43.61	150m:	2:08.10	45.29	200m:	2:52.58	III	261
													2:52.58	44.48	
59.	50m:	38.84	38.84	2012	III	100m:	1:24.40	45.56	150m:	2:10.79	46.39	200m:	2:54.74	III	251
													2:54.74	43.95	
60.	50m:	36.97	36.97	2012	III	100m:	1:22.84	45.87	150m:	2:11.53	48.69	200m:	2:55.28	I	249
													2:55.28	43.75	
61.	50m:	40.18	40.18	2012	III	100m:	1:27.38	47.20	150m:	2:15.78	48.40	200m:	3:03.47	I	217
													3:03.47	47.69	
62.	50m:	41.26	41.26	2012	III	100m:	1:26.90	45.64	150m:	2:17.35	50.45	200m:	3:04.72	I	212
													3:04.72	47.37	

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(25)
 13-14 (2009-2010 . .), 11-12 (2011-2012 . .)
 , 03.11 - 05.11.2023 .

15,		, 200m				2009 - 2010										
18.	50m:	30.16	30.16	2009		100m:	1:03.53	33.37	150m:	1:39.13	35.60	200m:	2:13.45		34.32	412
19.	50m:	30.03	30.03	2009		100m:	1:03.86	33.83	150m:	1:38.91	35.05	200m:	2:13.69		34.78	410
20.	50m:	31.52	31.52	2009		100m:	1:05.67	34.15	150m:	1:40.69	35.02	200m:	2:13.73		33.04	410
21.	50m:	31.99	31.99	2010		100m:	1:06.88	34.89	150m:	1:40.57	33.69	200m:	2:13.76		33.19	410
22.	50m:	30.09	30.09	2009		100m:	1:03.90	33.81	150m:	1:39.20	35.30	200m:	2:13.78		34.58	409
23.	50m:	29.87	29.87	2009		100m:	1:03.66	33.79	150m:	1:39.15	35.49	200m:	2:14.18		35.03	406
24.	50m:	31.73	31.73	2010		100m:	1:05.99	34.26	150m:	1:40.62	34.63	200m:	2:14.32		33.70	404
25.	50m:	31.73	31.73	2009		100m:	1:06.08	34.35	150m:	1:40.88	34.80	200m:	2:14.37		33.49	404
26.	50m:	29.82	29.82	2010		100m:	1:02.72	32.90	150m:	1:38.47	35.75	200m:	2:14.74		36.27	401
27.	50m:	30.53	30.53	2010		100m:	1:04.70	34.17	150m:	1:40.43	35.73	200m:	2:14.93		34.50	399
28.	50m:	29.98	29.98	2009		100m:	1:04.78	34.80	150m:	1:40.89	36.11	200m:	2:15.26		34.37	396
29.	50m:	31.28	31.28	2009		100m:	1:05.57	34.29	150m:	1:41.07	35.50	200m:	2:15.27		34.20	396
30.	50m:	30.81	30.81	2009		100m:	1:05.16	34.35	150m:	1:40.18	35.02	200m:	2:15.30		35.12	396
31.	50m:	32.40	32.40	2009	2	100m:	1:08.26	35.86	150m:	1:43.78	35.52	200m:	2:15.63		31.85	393
32.	50m:	30.51	30.51	2009		100m:	1:05.13	34.62	150m:	1:40.80	35.67	200m:	2:15.74		34.94	392
33.	50m:	31.67	31.67	2010		100m:	1:07.28	35.61	150m:	1:43.69	36.41	200m:	2:16.61		32.92	384
34.	50m:	31.84	31.84	2010		100m:	1:06.88	35.04	150m:	1:42.58	35.70	200m:	2:16.73		34.15	383
35.	50m:	31.85	31.85	2010		100m:	1:07.27	35.42	150m:	1:43.26	35.99	200m:	2:17.00		33.74	381
36.	50m:	32.01	32.01	2009		100m:	1:06.42	34.41	150m:	1:41.81	35.39	200m:	2:17.15		35.34	380
37.	50m:	31.93	31.93	2009		100m:	1:07.02	35.09	150m:	1:42.86	35.84	200m:	2:17.22		34.36	379
38.	50m:	31.88	31.88	2010		100m:	1:07.27	35.39	150m:	1:43.41	36.14	200m:	2:17.25		33.84	379

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 13-14 (2009-2010 . .), 11-12 (2011-2012 . .)
 , 03.11 - 05.11.2023 .

15, , 200m ,		2009 - 2010	
39.	50m: 32.02 32.02	2009	2:17.28 379
	100m: 1:06.78 34.76	150m: 1:42.13 35.35	200m: 2:17.28 35.15
40.	50m: 32.24 32.24	2010	2:17.31 379
	100m: 1:07.15 34.91	150m: 1:42.77 35.62	200m: 2:17.31 34.54
41.	50m: 31.67 31.67	2010	2:17.54 377
	100m: 1:07.18 35.51	150m: 1:43.21 36.03	200m: 2:17.54 34.33
42.	50m: 29.87 29.87	2009	2:17.62 376
	100m: 1:04.89 35.02	150m: 1:41.57 36.68	200m: 2:17.62 36.05
43.	50m: 32.16 32.16	2010	2:17.88 374
	100m: 1:07.56 35.40	150m: 1:43.72 36.16	200m: 2:17.88 34.16
44.	50m: 31.72 31.72	2009	2:17.93 373
	100m: 1:06.33 34.61	150m: 1:42.36 36.03	200m: 2:17.93 35.57
45.	50m: 31.19 31.19	2009	2:18.04 373
	100m: 1:06.87 35.68	150m: 1:44.12 37.25	200m: 2:18.04 33.92
46.	50m: 30.48 30.48	2009	2:18.07 372
	100m: 1:05.93 35.45	150m: 1:43.15 37.22	200m: 2:18.07 34.92
47.	50m: 32.28 32.28	2010	2:18.14 372
	100m: 1:08.62 36.34	150m: 1:44.27 35.65	200m: 2:18.14 33.87
48.	50m: 31.66 31.66	2010	2:18.16 372
	100m: 1:07.17 35.51	150m: 1:44.04 36.87	200m: 2:18.16 34.12
49.	50m: 30.30 30.30	2009	2:18.40 370
	100m: 1:05.13 34.83	150m: 1:42.68 37.55	200m: 2:18.40 35.72
50.	50m: 32.37 32.37	2010	2:18.71 367
	100m: 1:07.57 35.20	150m: 1:43.39 35.82	200m: 2:18.71 35.32
51.	50m: 31.71 31.71	2009	2:18.92 365
	100m: 1:06.83 35.12	150m: 1:43.98 37.15	200m: 2:18.92 34.94
52.	50m: 32.77 32.77	2009	2:18.95 365
	100m: 1:07.75 34.98	150m: 1:43.22 35.47	200m: 2:18.95 35.73
53.	50m: 32.84 32.84	2010	2:19.11 364
	100m: 1:08.35 35.51	150m: 1:44.15 35.80	200m: 2:19.11 34.96
54.	50m: 32.27 32.27	2010	2:19.54 361
	100m: 1:08.17 35.90	150m: 1:44.67 36.50	200m: 2:19.54 34.87
55.	50m: 32.87 32.87	2009	2:19.64 360
	100m: 1:08.90 36.03	150m: 1:44.51 35.61	200m: 2:19.64 35.13
56.	50m: 32.73 32.73	2009	2:19.80 359
	100m: 1:08.32 35.59	150m: 1:44.60 36.28	200m: 2:19.80 35.20
57.	50m: 29.04 29.04	2009	2:19.95 357
	100m: 1:06.43 37.39	150m: 1:44.55 38.12	200m: 2:19.95 35.40
58.	50m: 34.26 34.26	2010	2:20.14 356
	100m: 1:11.08 36.82	150m: 1:47.09 36.01	200m: 2:20.14 33.05
59.	50m: 32.23 32.23	2010	2:21.01 349
	100m: 1:08.44 36.21	150m: 1:45.50 37.06	200m: 2:21.01 35.51

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 13-14 (2009-2010 . .), 11-12 (2011-2012 . .)
 , 03.11 - 05.11.2023 .

15,		, 200m				2009 - 2010									
60.	50m:	32.14	32.14	2009		100m:	1:08.69	36.55	150m:	1:47.20	38.51	200m:	2:21.25	III	348
													2:21.25	34.05	
61.	50m:	31.91	31.91	2009		100m:	1:08.39	36.48	150m:	1:46.07	37.68	200m:	2:21.26	III	348
													2:21.26	35.19	
62.	50m:	32.26	32.26	2010		100m:	1:08.28	36.02	150m:	1:45.63	37.35	200m:	2:21.55	III	345
													2:21.55	35.92	
63.	50m:	32.29	32.29	2009		100m:	1:08.58	36.29	150m:	1:46.13	37.55	200m:	2:21.93	III	343
													2:21.93	35.80	
64.	50m:	32.94	32.94	2010		100m:	1:09.42	36.48	150m:	1:46.51	37.09	200m:	2:22.11	III	341
													2:22.11	35.60	
65.	50m:	31.70	31.70	2010		100m:	1:07.43	35.73	150m:	1:45.72	38.29	200m:	2:22.25	III	340
													2:22.25	36.53	
66.	50m:	33.41	33.41	2009		100m:	1:09.43	36.02	150m:	1:46.11	36.68	200m:	2:22.38	III	339
													2:22.38	36.27	
67.	50m:	32.39	32.39	2010		100m:	1:09.11	36.72	150m:	1:46.48	37.37	200m:	2:22.46	III	339
													2:22.46	35.98	
68.	50m:	33.67	33.67	2010		100m:	1:10.14	36.47	150m:	1:47.32	37.18	200m:	2:22.64	III	338
													2:22.64	35.32	
69.	50m:	24.67	24.67	2010		100m:	1:08.94	44.27	150m:	1:46.23	37.29	200m:	2:22.86	III	336
													2:22.86	36.63	
70.	50m:	31.51	31.51	2009		100m:	1:08.02	36.51	150m:	1:46.32	38.30	200m:	2:23.05	III	335
													2:23.05	36.73	
71.	50m:	32.31	32.31	2009		100m:	1:08.58	36.27	150m:	1:46.19	37.61	200m:	2:23.17	III	334
													2:23.17	36.98	
72.	50m:	33.20	33.20	2010		100m:	1:11.05	37.85	150m:	1:48.67	37.62	200m:	2:23.18	III	334
													2:23.18	34.51	
73.	50m:	33.87	33.87	2009		100m:	1:11.01	37.14	150m:	1:48.53	37.52	200m:	2:23.50	III	332
													2:23.50	34.97	
74.	50m:	31.62	31.62	2009	III	100m:	1:08.82	37.20	150m:	1:47.34	38.52	200m:	2:23.64	III	331
													2:23.64	36.30	
75.	50m:	33.20	33.20	2009		100m:	1:09.63	36.43	150m:	1:46.96	37.33	200m:	2:23.81	III	329
													2:23.81	36.85	
76.	50m:	31.90	31.90	2009		100m:	1:08.12	36.22	150m:	1:47.01	38.89	200m:	2:24.38	III	326
													2:24.38	37.37	
77.	50m:	32.50	32.50	2009		100m:	1:09.23	36.73	150m:	1:47.43	38.20	200m:	2:24.51	III	325
													2:24.51	37.08	
78.	50m:	33.12	33.12	2009		100m:	1:08.94	35.82	150m:	1:46.86	37.92	200m:	2:24.87	III	322
													2:24.87	38.01	
79.	50m:	33.41	33.41	2010		100m:	1:09.74	36.33	150m:	1:47.35	37.61	200m:	2:25.31	III	319
													2:25.31	37.96	
80.	50m:	32.35	32.35	2010		100m:	1:09.69	37.34	150m:	1:48.12	38.43	200m:	2:25.60	III	317
													2:25.60	37.48	

"(25 .)

ALT- TIMING

(25)
 13-14 (2009-2010 . .), 11-12 (2011-2012 . .)
 , 03.11 - 05.11.2023 .

15, , 200m ,		2009 - 2010	
81.	50m: 33.59 33.59	2009 II 100m: 1:10.08 36.49	150m: 1:47.98 37.90 200m: 2:25.86 III 316 37.88
82.	50m: 34.03 34.03	2010 II 100m: 1:11.68 37.65	, " " 150m: 1:49.17 37.49 200m: 2:26.28 III 313 2:26.28 37.11
83.	50m: 33.37 33.37	2009 II 100m: 1:10.74 37.37	, " " 150m: 1:49.71 38.97 200m: 2:26.35 III 313 2:26.35 36.64
84.	50m: 31.57 31.57	2010 II 100m: 1:08.23 36.66	, " " 150m: 1:47.42 39.19 200m: 2:26.40 III 312 2:26.40 38.98
85.	50m: 28.71 28.71	2009 II 100m: 1:12.68 43.97	, " " 150m: 1:50.13 37.45 200m: 2:27.36 III 306 2:27.36 37.23
86.	50m: 33.28 33.28	2010 II 100m: 1:11.74 38.46	, " " 150m: 1:50.80 39.06 200m: 2:27.63 III 304 2:27.63 36.83
87.	50m: 33.00 33.00	2009 II 100m: 1:10.14 37.14	, " " 150m: 1:49.07 38.93 200m: 2:27.64 III 304 2:27.64 38.57
88.	50m: 33.59 33.59	2009 II 100m: 1:11.69 38.10	- , 150m: 1:51.27 39.58 200m: 2:27.96 III 302 2:27.96 36.69
89.	50m: 33.91 33.91	2009 II 100m: 1:11.69 37.78	, " " 150m: 1:50.61 38.92 200m: 2:28.03 III 302 2:28.03 37.42
90.	50m: 33.38 33.38	2010 II 100m: 1:10.62 37.24	, " " 150m: 1:49.70 39.08 200m: 2:28.13 III 301 2:28.13 38.43
91.	50m: 34.20 34.20	2010 II 100m: 1:12.44 38.24	, " " 150m: 1:52.67 40.23 200m: 2:29.43 III 294 2:29.43 36.76
92.	50m: 32.05 32.05	2010 II 100m: 1:09.50 37.45	" " 150m: 1:50.24 40.74 200m: 2:30.14 III 289 2:30.14 39.90
93.	50m: 34.59 34.59	2009 II 100m: 1:12.95 38.36	, " " 150m: 1:52.64 39.69 200m: 2:30.39 III 288 2:30.39 37.75
94.	50m: 34.06 34.06	2010 II 100m: 1:12.61 38.55	, " " 150m: 1:52.13 39.52 200m: 2:31.34 III 283 2:31.34 39.21
95.	50m: 32.15 32.15	2009 III 100m: 1:09.09 36.94	, " " 150m: 1:50.86 41.77 200m: 2:31.41 III 282 2:31.41 40.55
96.	50m: 33.43 33.43	2010 II 100m: 1:10.60 37.17	, " " 150m: 1:50.87 40.27 200m: 2:31.59 III 281 2:31.59 40.72
97.	50m: 33.78 33.78	2010 II 100m: 1:12.21 38.43	" " 150m: 1:52.84 40.63 200m: 2:31.61 III 281 2:31.61 38.77
98.	50m: 33.11 33.11	2010 II 100m: 1:12.73 39.62	, " " 150m: 1:54.39 41.66 200m: 2:31.66 III 281 2:31.66 37.27
99.	50m: 35.13 35.13	2009 II 100m: 1:14.12 38.99	, " " 150m: 1:54.93 40.81 200m: 2:31.94 III 279 2:31.94 37.01
100.	50m: 34.18 34.18	2010 II 100m: 1:13.97 39.79	, " " 150m: 1:54.02 40.05 200m: 2:32.49 III 276 2:32.49 38.47
101.	50m: 35.02 35.02	2009 II 100m: 1:15.11 40.09	, 150m: 1:55.65 40.54 200m: 2:32.52 III 276 2:32.52 36.87

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ALT- TIMING

(25)

13-14 (2009-2010 . .), 11-12 (2011-2012 . .)
, 03.11 - 05.11.2023 .

15,		, 200m				2009 - 2010									
102.	50m:	34.42	34.42	2009	III	100m:	1:14.40	39.98	150m:	1:55.27	40.87	200m:	2:34.16	III	267
103.	50m:	34.38	34.38	2010	II	100m:	1:13.06	38.68	150m:	1:53.89	40.83	200m:	2:35.72	III	259
104.	50m:	34.85	34.85	2010	II	100m:	1:14.63	39.78	150m:	1:56.61	41.98	200m:	2:36.67	III	255
105.	50m:	34.29	34.29	2009	III	100m:	1:13.06	38.77	150m:	1:56.27	43.21	200m:	2:42.17	1	230
DNS				2010	II										
DNS				2010	III										

16 , 200m 2011 - 2012
04.11.2023 - 12:00

: FINA 2023

1.	50m:	36.80	36.80	2011	I	100m:	1:19.77	42.97	150m:	2:03.74	43.97	200m:	2:47.31	I	520
2.	50m:	40.58	40.58	2011	II	100m:	1:26.19	45.61	150m:	2:12.39	46.20	200m:	2:57.73	II	434
3.	50m:	39.03	39.03	2011	II	100m:	1:24.18	45.15	150m:	2:11.50	47.32	200m:	2:57.88	II	432
4.	50m:	42.16	42.16	2012	II	100m:	1:28.83	46.67	150m:	2:15.10	46.27	200m:	2:59.32	II	422
5.	50m:	41.75	41.75	2011	II	100m:	1:27.92	46.17	150m:	2:15.35	47.43	200m:	3:03.32	II	395
6.	50m:	41.05	41.05	2011	II	100m:	1:28.57	47.52	150m:	2:16.26	47.69	200m:	3:03.63	II	393
7.	50m:	41.49	41.49	2011	II	100m:	1:26.56	45.07	150m:	2:15.05	48.49	200m:	3:05.35	II	382
8.	50m:	42.40	42.40	2012	II	100m:	1:30.43	48.03	150m:	2:18.89	48.46	200m:	3:07.28	II	370
9.	50m:	44.18	44.18	2011	II	100m:	1:32.13	47.95	150m:	2:21.09	48.96	200m:	3:08.01	II	366
10.	50m:	42.69	42.69	2012	II	100m:	1:31.41	48.72	150m:	2:20.72	49.31	200m:	3:09.18	II	359
11.	50m:	44.12	44.12	2012	II	100m:	1:32.66	48.54	150m:	2:21.18	48.52	200m:	3:09.84	II	356
12.	50m:	43.64	43.64	2011	III	100m:	1:31.91	48.27	150m:	2:21.13	49.22	200m:	3:11.11	II	349
13.	50m:	42.29	42.29	2011	II	100m:	1:31.60	49.31	150m:	2:22.42	50.82	200m:	3:12.12	II	343

" (25 .)

ALT- TIMING

(25)
 13-14 (2009-2010 . .), 11-12 (2011-2012 . .)
 , 03.11 - 05.11.2023 .

16, , 200m ,		2011 - 2012		
14.	50m: 44.80 44.80	2012 II 100m: 1:33.88 49.08	150m: 2:24.16 50.28	200m: 3:14.12 II 333 49.96
15.	50m: 45.87 45.87	2012 II 100m: 1:36.65 50.78	150m: 2:26.42 49.77	200m: 3:15.29 III 327 48.87
16.	50m: 46.88 46.88	2011 III 100m: 1:37.22 50.34	150m: 2:28.02 50.80	200m: 3:17.55 III 316 49.53
17.	50m: 43.28 43.28	2012 II 100m: 1:35.02 51.74	150m: 2:27.49 52.47	200m: 3:18.18 III 313 50.69
18.	50m: 46.17 46.17	2012 II 100m: 1:37.38 51.21	150m: 2:29.29 51.91	200m: 3:19.17 III 308 49.88
19.	50m: 45.19 45.19	2011 II 100m: 1:36.28 51.09	150m: 2:27.22 50.94	200m: 3:19.28 III 307 52.06
20.	50m: 45.76 45.76	2012 II 100m: 1:36.09 50.33	150m: 2:27.67 51.58	200m: 3:19.47 III 307 51.80
21.	50m: 46.12 46.12	2011 II 100m: 1:37.29 51.17	150m: 2:28.86 51.57	200m: 3:19.72 III 305 50.86
22.	50m: 45.19 45.19	2012 III 100m: 1:37.20 52.01	150m: 2:29.66 52.46	200m: 3:21.57 III 297 51.91
23.	50m: 46.78 46.78	2012 III 100m: 1:39.03 52.25	150m: 2:32.83 53.80	200m: 3:25.11 III 282 52.28
24.	50m: 47.83 47.83	2011 III 100m: 1:40.19 52.36	150m: 2:33.36 53.17	200m: 3:27.50 III 272 54.14
25.	50m: 45.95 45.95	2011 II 100m: 1:38.74 52.79	150m: 2:34.80 56.06	200m: 3:28.16 III 270 53.36
26.	50m: 47.00 47.00	2011 II 100m: 1:41.71 54.71	150m: 2:37.31 55.60	200m: 3:29.47 III 265 52.16
27.	50m: 48.59 48.59	2012 III 100m: 1:42.23 53.64	150m: 2:37.06 54.83	200m: 3:31.19 III 258 54.13
28.	50m: 49.60 49.60	2012 III 100m: 1:45.68 56.08	150m: 2:40.36 54.68	200m: 3:32.68 III 253 52.32
29.	50m: 49.60 49.60	2011 II 100m: 1:44.10 54.50	150m: 2:39.10 55.00	200m: 3:32.95 III 252 53.85
30.	50m: 50.13 50.13	2011 III 100m: 1:48.62 58.49	150m: 2:49.01 1:00.39	200m: 3:47.99 I 205 58.98
31.	50m: 53.35 53.35	2012 III 100m: 1:53.37 1:00.02	150m: 2:52.38 59.01	200m: 3:48.41 I 204 56.03

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ALT- TIMING

(25)
 13-14 (2009-2010 . .), 11-12 (2011-2012 . .)
 , 03.11 - 05.11.2023 .

17
 04.11.2023 - 12:25

, 200m

2009 - 2010

: FINA 2023

1.				2009	I				1		2:27.78	I	537
	50m:	34.36	34.36	100m:	1:12.06	37.70	150m:	1:49.65	37.59	200m:	2:27.78	38.13	
2.				2009	I				"		2:33.72	I	477
	50m:	34.42	34.42	100m:	1:13.05	38.63	150m:	1:53.32	40.27	200m:	2:33.72	40.40	
3.				2010	II				"		2:35.23	I	463
	50m:	35.78	35.78	100m:	1:15.09	39.31	150m:	1:54.72	39.63	200m:	2:35.23	40.51	
4.				2009	II				,		2:37.18	I	446
	50m:	36.67	36.67	100m:	1:17.75	41.08	150m:	1:57.41	39.66	200m:	2:37.18	39.77	
5.				2009	II				,		2:39.56	II	427
	50m:	34.81	34.81	100m:	1:15.01	40.20	150m:	1:56.46	41.45	200m:	2:39.56	43.10	
6.				2009	II				"		2:40.40	II	420
	50m:	35.87	35.87	100m:	1:15.60	39.73	150m:	1:56.92	41.32	200m:	2:40.40	43.48	
7.				2009	II				-19		2:41.33	II	413
	50m:	37.16	37.16	100m:	1:18.04	40.88	150m:	1:59.77	41.73	200m:	2:41.33	41.56	
8.				2010	II				"		2:46.67	II	374
	50m:	37.85	37.85	100m:	1:20.56	42.71	150m:	2:04.54	43.98	200m:	2:46.67	42.13	
9.				2010	II				-19		2:46.89	II	373
	50m:	38.64	38.64	100m:	1:21.45	42.81	150m:	2:05.10	43.65	200m:	2:46.89	41.79	
10.				2010	II				,		2:46.98	II	372
	50m:	37.62	37.62	100m:	1:19.56	41.94	150m:	2:03.38	43.82	200m:	2:46.98	43.60	
11.				2009	II				,		2:47.59	II	368
	50m:	36.90	36.90	100m:	1:19.19	42.29	150m:	2:02.78	43.59	200m:	2:47.59	44.81	
12.				2010	II				,		2:49.37	II	357
	50m:	39.94	39.94	100m:	1:24.52	44.58	150m:	2:10.39	45.87	200m:	2:49.37	38.98	
13.				2010	II				"		2:49.39	II	356
	50m:	38.85	38.85	100m:	1:22.33	43.48	150m:	2:07.01	44.68	200m:	2:49.39	42.38	
14.				2009	II				"		2:49.90	II	353
	50m:	37.69	37.69	100m:	1:21.25	43.56	150m:	2:05.74	44.49	200m:	2:49.90	44.16	
15.				2010	II				"		2:51.31	II	345
	50m:	39.10	39.10	100m:	1:22.12	43.02	150m:	2:07.12	45.00	200m:	2:51.31	44.19	
16.				2009	II				-19		2:51.76	II	342
	50m:	37.55	37.55	100m:	1:22.03	44.48	150m:	2:08.24	46.21	200m:	2:51.76	43.52	
17.				2010	II				"		2:51.94	II	341
	50m:	39.39	39.39	100m:	1:23.61	44.22	150m:	2:08.04	44.43	200m:	2:51.94	43.90	
18.				2010	II				"		2:54.08	II	328
	50m:	38.38	38.38	100m:	1:22.28	43.90	150m:	2:07.91	45.63	200m:	2:54.08	46.17	
19.				2009	II				4		2:56.45	II	315
	50m:	39.58	39.58	100m:	1:24.32	44.74	150m:	2:10.18	45.86	200m:	2:56.45	46.27	
20.				2009	III				,		2:57.33	III	311
	50m:	39.53	39.53	100m:	1:24.49	44.96	150m:	2:11.42	46.93	200m:	2:57.33	45.91	

" (25 .)

ALT- TIMING

(25)
 13-14 (2009-2010 . .), 11-12 (2011-2012 . .)
 , 03.11 - 05.11.2023 .

17, , 200m , 2009 - 2010

21. 50m: 41.61 41.61 2010 II 4 3:01.78 III 288
 100m: 1:28.17 46.56 150m: 2:15.25 47.08 200m: 3:01.78 46.53
 DSQ 2010 II ,

18 , 400m 2011 - 2012
 04.11.2023 - 12:40

: FINA 2023

1.			2012 II							5:29.42	I	485
	50m:	35.57	35.57	150m:	1:59.55	43.77	250m:	3:26.49	46.16	350m:	4:52.24	37.45
	100m:	1:15.78	40.21	200m:	2:40.33	40.78	300m:	4:14.79	48.30	400m:	5:29.42	37.18
2.			2011 I							5:33.48	I	468
	50m:	36.43	36.43	150m:	2:00.78	41.09	250m:	3:28.51	47.97	350m:	4:56.35	38.37
	100m:	1:19.69	43.26	200m:	2:40.54	39.76	300m:	4:17.98	49.47	400m:	5:33.48	37.13
3.			2011 II							5:35.17	I	461
	50m:	36.43	36.43	150m:	2:02.16	43.14	250m:	3:31.49	46.63	350m:	4:58.04	38.85
	100m:	1:19.02	42.59	200m:	2:44.86	42.70	300m:	4:19.19	47.70	400m:	5:35.17	37.13
4.			2011 II							5:41.52	II	435
	50m:	35.45	35.45	150m:	2:00.15	42.52	250m:	3:31.95	49.65	350m:	5:02.58	40.64
	100m:	1:17.63	42.18	200m:	2:42.30	42.15	300m:	4:21.94	49.99	400m:	5:41.52	38.94
5.			2011 II							5:44.74	II	423
	50m:	35.16	35.16	150m:	2:00.97	44.09	250m:	3:34.86	50.93	350m:	5:05.84	39.67
	100m:	1:16.88	41.72	200m:	2:43.93	42.96	300m:	4:26.17	51.31	400m:	5:44.74	38.90
6.			2012 II							5:53.00	II	394
	50m:	36.75	36.75	150m:	2:11.62	47.58	250m:	3:46.06	48.43	350m:	5:14.27	39.21
	100m:	1:24.04	47.29	200m:	2:57.63	46.01	300m:	4:35.06	49.00	400m:	5:53.00	38.73
7.			2011 II							5:53.48	II	393
	50m:	37.39	37.39	150m:	2:06.70	45.70	250m:	3:41.50	50.47	350m:	5:14.46	40.94
	100m:	1:21.00	43.61	200m:	2:51.03	44.33	300m:	4:33.52	52.02	400m:	5:53.48	39.02
8.			2012 II							6:01.36	II	367
	50m:	39.26	39.26	150m:	2:11.47	46.42	250m:	3:47.83	50.64	350m:	5:20.93	41.59
	100m:	1:25.05	45.79	200m:	2:57.19	45.72	300m:	4:39.34	51.51	400m:	6:01.36	40.43
9.			2011 II							6:01.65	II	367
	50m:	38.78	38.78	150m:	2:12.33	46.29	250m:	3:47.68	50.62	350m:	5:21.91	43.10
	100m:	1:26.04	47.26	200m:	2:57.06	44.73	300m:	4:38.81	51.13	400m:	6:01.65	39.74

" "(25 .)

ALT- TIMING

19 , 400m 2009 - 2010
 04.11.2023 - 12:55

: FINA 2023

1.			2009	I					4:51.60	I	522	
	50m:	31.60	31.60	150m:	1:46.74	38.04	250m:	3:04.53	41.18	350m:	4:19.33	33.34
	100m:	1:08.70	37.10	200m:	2:23.35	36.61	300m:	3:45.99	41.46	400m:	4:51.60	32.27
2.			2009	I						5:01.78	I	471
	50m:	31.55	31.55	150m:	1:45.90	37.32	250m:	3:05.49	43.05	350m:	4:26.63	36.28
	100m:	1:08.58	37.03	200m:	2:22.44	36.54	300m:	3:50.35	44.86	400m:	5:01.78	35.15
3.			2009	II						5:11.61	II	427
	50m:	32.86	32.86	150m:	1:50.52	40.07	250m:	3:14.08	44.81	350m:	4:36.16	36.70
	100m:	1:10.45	37.59	200m:	2:29.27	38.75	300m:	3:59.46	45.38	400m:	5:11.61	35.45
4.			2009	II						5:15.59	II	411
	50m:	34.24	34.24	150m:	1:53.26	39.57	250m:	3:15.81	45.22	350m:	4:39.21	38.50
	100m:	1:13.69	39.45	200m:	2:30.59	37.33	300m:	4:00.71	44.90	400m:	5:15.59	36.38
5.			2009	II						5:20.57	II	392
	50m:	34.05	34.05	150m:	1:55.10	39.36	250m:	3:20.51	46.98	350m:	4:44.46	37.07
	100m:	1:15.74	41.69	200m:	2:33.53	38.43	300m:	4:07.39	46.88	400m:	5:20.57	36.11
6.			2010	II						5:22.77	II	385
	50m:	33.65	33.65	150m:	1:55.58	42.68	250m:	3:23.66	47.32	350m:	4:47.87	37.07
	100m:	1:12.90	39.25	200m:	2:36.34	40.76	300m:	4:10.80	47.14	400m:	5:22.77	34.90
7.			2010	II						5:22.87	II	384
	50m:	33.07	33.07	150m:	1:52.58	40.63	250m:	3:19.03	47.61	350m:	4:45.24	38.33
	100m:	1:11.95	38.88	200m:	2:31.42	38.84	300m:	4:06.91	47.88	400m:	5:22.87	37.63
8.			2010	II						5:25.74	II	374
	50m:	34.02	34.02	150m:	1:57.21	39.97	250m:	3:25.96	51.91	350m:	4:52.64	38.42
	100m:	1:17.24	43.22	200m:	2:34.05	36.84	300m:	4:14.22	48.26	400m:	5:25.74	33.10
9.			2009	II						5:26.42	II	372
	50m:	35.32	35.32	150m:	1:56.14	40.26	250m:	3:23.89	48.13	350m:	4:50.82	38.13
	100m:	1:15.88	40.56	200m:	2:35.76	39.62	300m:	4:12.69	48.80	400m:	5:26.42	35.60
10.			2009	II						5:27.80	II	367
	50m:	35.98	35.98	150m:	2:00.22	42.80	250m:	3:26.98	45.74	350m:	4:51.61	38.25
	100m:	1:17.42	41.44	200m:	2:41.24	41.02	300m:	4:13.36	46.38	400m:	5:27.80	36.19
11.			2010	II						5:28.01	II	366
	50m:	34.85	34.85	150m:	1:57.31	41.28	250m:	3:24.75	46.18	350m:	4:51.56	39.02
	100m:	1:16.03	41.18	200m:	2:38.57	41.26	300m:	4:12.54	47.79	400m:	5:28.01	36.45
12.			2010	II						5:28.81	II	364
	50m:	35.24	35.24	150m:	1:57.81	41.84	250m:	3:26.46	48.32	350m:	4:53.34	38.17
	100m:	1:15.97	40.73	200m:	2:38.14	40.33	300m:	4:15.17	48.71	400m:	5:28.81	35.47
13.			2010	II						5:43.16	II	320
	50m:	34.46	34.46	150m:	1:59.72	43.34	250m:	3:32.19	49.68	350m:	5:02.37	40.68
	100m:	1:16.38	41.92	200m:	2:42.51	42.79	300m:	4:21.69	49.50	400m:	5:43.16	40.79
14.			2010	II						5:49.38	III	303
	50m:	36.40	36.40	150m:	2:06.08	45.51	250m:	3:39.47	49.96	350m:	5:12.13	40.66
	100m:	1:20.57	44.17	200m:	2:49.51	43.43	300m:	4:31.47	52.00	400m:	5:49.38	37.25

" (25 .)

ALT- TIMING

(25)
 13-14 (2009-2010 . .), 11-12 (2011-2012 . .)
 . , 03.11 - 05.11.2023 .

20 , 4 x 50m 2011 - 2012
 04.11.2023 - 13:10

: FINA 2023

1.								2:09.73	491
	11	30.18	,	"	"	11		30.04	
	12	39.73				11		29.78	
2.								2:14.49	440
	12	37.85	,			12		32.60	
	11	34.59				11		29.45	
3.					-19			2:15.99	426
	12	33.24	,			11		33.39	
	11	39.70				11		29.66	
4.								2:16.78	418
	11	34.78	,			11		33.50	
	11	37.95				11		30.55	
5.				"	"			2:20.56	386
	11	32.29	,			12		38.45	
	11	37.95				11		31.87	
6.				"	"			2:23.69	361
	11	36.14	,			11		33.81	
	11	40.68				11		33.06	
7.								2:25.00	351
	12	39.03	,			11		35.59	
	12	39.16				12		31.22	
8.				"	"			2:25.76	346
	11	37.15	,			11		36.55	
	11	40.96				11		31.10	
9.				"	"			2:28.86	325
	11	36.46	,			12		38.04	
	12	43.75				11		30.61	
10.					4			2:29.66	319
	12	23.23	,			12		39.68	
	12	18.03				11		1:08.72	
11.				"	"			2:40.90	257
	11	40.88	,			11		37.62	
	11	49.52				11		32.88	

" "(25 .)

ALT- TIMING

(25)
 13-14 (2009-2010 . .), 11-12 (2011-2012 . .)
 . , 03.11 - 05.11.2023 .

21 , 4 x 50m 2009 - 2010
 04.11.2023 - 13:20

: FINA 2023

1.			,	"	"	1:52.61	505
	09	28.38				09	27.15
	09	31.16				09	25.92
2.			,	-19		1:56.10	461
	09	30.50				09	27.17
	09	32.89				09	25.54
3.			,	"	"	1:59.12	427
	09	31.42				09	28.04
	10	33.30				09	26.36
4.			,			1:59.92	418
	09	32.65				09	27.10
	09	31.82				09	28.35
5.			,			2:01.59	401
	10	31.23				09	29.68
	09	33.03				10	27.65
6.			,			2:01.97	398
	10	30.13				10	32.63
	09	32.92				09	26.29
7.			,	"	"	2:03.38	384
	10	31.71				10	18.83
	09	35.66				09	37.18
8.			,	"	"	2:06.33	358
	09	33.59				09	29.92
	09	35.59				09	27.23
9.			,			2:06.45	357
	09	33.86				09	35.18
	10	26.71				09	30.70
10.			,			2:07.87	345
	10	34.37				09	29.29
	09	36.22				10	27.99
11.			,	"	"	2:08.91	337
	10	33.81				09	29.69
	09	36.79				09	28.62

" "(25 .)

ALT- TIMING

22 , 1500m 2009 - 2010
 04.11.2023 - 13:25

: FINA 2023

1.		2009	I	,	"	"	17:42.98	I	505
	50m:	450m:		850m:		1250m:			
	100m: 1:08.10	500m: 5:53.59		900m: 10:38.63		1300m: 15:22.58			
	150m:	550m:		950m:		1350m:			
	200m: 2:18.23	600m: 7:05.72		1000m: 11:48.38		1400m: 16:34.12			
	250m:	650m:		1050m:		1450m:			
	300m: 3:29.84	700m: 8:16.93		1100m: 12:58.68		1500m: 17:42.98			
	350m:	750m:		1150m:					
	400m: 4:42.20	800m: 9:27.79		1200m: 14:10.71					
2.		2010	I	,	"	"	17:43.52	I	504
	50m:	450m:		850m:		1250m:			
	100m: 1:06.87	500m: 5:52.09		900m: 10:39.42		1300m: 15:25.48			
	150m:	550m:		950m:		1350m:			
	200m: 2:16.62	600m: 7:04.01		1000m: 11:50.70		1400m: 16:35.91			
	250m:	650m:		1050m:		1450m:			
	300m: 3:28.33	700m: 8:16.12		1100m: 13:01.92		1500m: 17:43.52			
	350m:	750m:		1150m:					
	400m: 4:40.22	800m: 9:27.34		1200m: 14:14.31					
3.		2009	II	,	"	"	17:44.20	I	503
	50m:	450m:		850m:		1250m:			
	100m: 1:08.18	500m: 5:55.97		900m: 10:39.26		1300m: 15:23.22			
	150m:	550m:		950m:		1350m:			
	200m: 2:19.95	600m: 7:06.47		1000m: 11:50.39		1400m: 16:34.78			
	250m:	650m:		1050m:		1450m:			
	300m: 3:32.35	700m: 8:17.44		1100m: 13:01.37		1500m: 17:44.20			
	350m:	750m:		1150m:					
	400m: 4:43.69	800m: 9:28.18		1200m: 14:12.06					
4.		2009	II	,	"	"	17:45.27	I	502
	50m:	450m:		850m:		1250m:			
	100m: 1:07.93	500m: 5:53.35		900m: 10:40.49		1300m: 15:26.34			
	150m:	550m:		950m:		1350m:			
	200m: 2:18.59	600m: 7:05.26		1000m: 11:51.82		1400m: 16:36.60			
	250m:	650m:		1050m:		1450m:			
	300m: 3:29.77	700m: 8:17.57		1100m: 13:02.80		1500m: 17:45.27			
	350m:	750m:		1150m:					
	400m: 4:41.65	800m: 9:29.42		1200m: 14:14.53					
5.		2009	II	,	"	"	17:49.58	I	496
	50m:	450m:		850m:		1250m:			
	100m: 1:06.04	500m: 5:49.17		900m: 10:37.86		1300m: 15:26.72			
	150m:	550m:		950m:		1350m:			
	200m: 2:15.43	600m: 7:01.09		1000m: 11:50.70		1400m: 16:39.35			
	250m:	650m:		1050m:		1450m:			
	300m: 3:25.87	700m: 8:13.02		1100m: 13:02.75		1500m: 17:49.58			
	350m:	750m:		1150m:					
	400m: 4:37.40	800m: 9:25.12		1200m: 14:14.39					
6.		2009	I	,	-19	"	17:50.55	I	495
	50m:	450m:		850m:		1250m:			
	100m: 1:08.07	500m: 5:50.68		900m: 10:36.12		1300m: 15:27.82			
	150m:	550m:		950m:		1350m:			
	200m: 2:18.65	600m: 7:01.79		1000m: 11:48.52		1400m: 16:40.31			
	250m:	650m:		1050m:		1450m:			
	300m: 3:29.18	700m: 8:12.83		1100m: 13:01.90		1500m: 17:50.55			
	350m:	750m:		1150m:					
	400m: 4:39.78	800m: 9:24.25		1200m: 14:15.64					

" (25 .)

ALT- TIMING

22, , 1500m ,		2009 - 2010		
7.		2009 II	, -19	17:54.47 489
50m:		450m:	850m:	1250m:
100m: 1:07.40		500m: 5:52.97	900m: 10:40.84	1300m: 15:30.80
150m:		550m:	950m:	1350m:
200m: 2:18.25		600m: 7:05.49	1000m: 11:53.72	1400m: 16:43.33
250m:		650m:	1050m:	1450m:
300m: 3:29.41		700m: 8:16.98	1100m: 13:06.54	1500m: 17:54.47
350m:		750m:	1150m:	
400m: 4:41.46		800m: 9:28.69	1200m: 14:18.80	
8.		2010 II	, "	18:02.26 479
50m:		450m:	850m:	1250m:
100m: 1:07.00		500m: 5:53.05	900m: 10:46.05	1300m: 15:39.42
150m:		550m:	950m:	1350m:
200m: 2:16.98		600m: 7:05.74	1000m: 11:59.14	1400m: 16:52.05
250m:		650m:	1050m:	1450m:
300m: 3:28.00		700m: 8:18.86	1100m: 13:12.88	1500m: 18:02.26
350m:		750m:	1150m:	
400m: 4:39.54		800m: 9:32.51	1200m: 14:26.69	
9.		2009 II	, "	18:06.85 473
50m:		450m:	850m:	1250m:
100m: 1:07.03		500m: 5:55.48	900m: 10:48.34	1300m: 15:41.15
150m:		550m:	950m:	1350m:
200m: 2:17.31		600m: 7:08.91	1000m: 12:01.44	1400m: 16:54.66
250m:		650m:	1050m:	1450m:
300m: 3:30.11		700m: 8:21.28	1100m: 13:14.86	1500m: 18:06.85
350m:		750m:	1150m:	
400m: 4:42.51		800m: 9:34.74	1200m: 14:28.07	
10.		2009 II	, "	18:16.14 461
50m:		450m:	850m:	1250m:
100m: 1:06.79		500m: 5:59.19	900m: 10:57.47	1300m: 15:53.11
150m:		550m:	950m:	1350m:
200m: 2:18.95		600m: 7:13.93	1000m: 12:11.74	1400m: 17:06.14
250m:		650m:	1050m:	1450m:
300m: 3:31.70		700m: 8:29.23	1100m: 13:25.65	1500m: 18:16.14
350m:		750m:	1150m:	
400m: 4:44.67		800m: 9:42.86	1200m: 14:39.20	
11.		2010 II	, "	18:16.94 460
50m:		450m:	850m:	1250m:
100m: 1:06.36		500m: 5:59.44	900m: 10:57.00	1300m: 15:53.81
150m:		550m:	950m:	1350m:
200m: 2:18.57		600m: 7:13.88	1000m: 12:11.96	1400m: 17:08.38
250m:		650m:	1050m:	1450m:
300m: 3:31.16		700m: 8:28.95	1100m: 13:26.29	1500m: 18:16.94
350m:		750m:	1150m:	
400m: 4:45.12		800m: 9:43.30	1200m: 14:39.89	
12.		2009 II	, "	18:30.51 443
50m:		450m:	850m:	1250m:
100m: 1:08.28		500m: 6:04.97	900m: 11:07.92	1300m: 16:10.84
150m:		550m:	950m:	1350m:
200m: 2:21.09		600m: 7:20.52	1000m: 12:23.55	1400m: 17:26.13
250m:		650m:	1050m:	1450m:
300m: 3:34.64		700m: 8:35.75	1100m: 13:38.88	1500m: 18:30.51
350m:		750m:	1150m:	
400m: 4:49.62		800m: 9:51.97	1200m: 14:54.95	

22, , 1500m		2009 - 2010							
13.		2009		,	"	"	18:31.17		442
	50m:	450m:		850m:		1250m:			
	100m: 1:08.50	500m: 6:05.24		900m: 11:06.56		1300m: 16:05.27			
	150m:	550m:		950m:		1350m:			
	200m: 2:21.52	600m: 7:21.01		1000m: 12:21.65		1400m: 17:19.23			
	250m:	650m:		1050m:		1450m:			
	300m: 3:36.39	700m: 8:36.46		1100m: 13:37.04		1500m: 18:31.17			
	350m:	750m:		1150m:					
	400m: 4:51.02	800m: 9:51.11		1200m: 14:51.01					
14.		2009		,	4		18:33.23		440
	50m:	450m:		850m:		1250m:			
	100m: 1:05.79	500m: 5:55.18		900m: 10:57.87		1300m: 16:02.04			
	150m:	550m:		950m:		1350m:			
	200m: 2:14.85	600m: 7:10.99		1000m: 12:13.84		1400m: 17:17.13			
	250m:	650m:		1050m:		1450m:			
	300m: 3:26.97	700m: 8:27.12		1100m: 13:29.67		1500m: 18:33.23			
	350m:	750m:		1150m:					
	400m: 4:40.59	800m: 9:42.45		1200m: 14:45.97					
15.		2009		,	-19		18:39.34		433
	50m:	450m:		850m:		1250m:			
	100m: 1:05.33	500m: 6:10.14		900m: 11:10.58		1300m: 16:10.41			
	150m:	550m:		950m:		1350m:			
	200m: 2:24.43	600m: 7:25.12		1000m: 12:25.81		1400m: 17:25.58			
	250m:	650m:		1050m:		1450m:			
	300m: 3:39.22	700m: 8:40.10		1100m: 13:41.20		1500m: 18:39.34			
	350m:	750m:		1150m:					
	400m: 4:54.64	800m: 9:55.47		1200m: 14:55.55					
16.		2009		,	-19		18:42.28		429
	50m:	450m:		850m:		1250m:			
	100m: 1:07.53	500m: 6:07.65		900m: 11:10.30		1300m: 16:16.32			
	150m:	550m:		950m:		1350m:			
	200m: 2:21.96	600m: 7:23.58		1000m: 12:27.47		1400m: 17:32.32			
	250m:	650m:		1050m:		1450m:			
	300m: 3:37.11	700m: 8:38.77		1100m: 13:43.87		1500m: 18:42.28			
	350m:	750m:		1150m:					
	400m: 4:51.64	800m: 9:54.43		1200m: 14:59.92					
17.		2010		,	"	"	18:46.33		425
	50m:	450m:		850m:		1250m:			
	100m: 1:09.56	500m: 6:09.08		900m: 11:13.17		1300m: 16:17.09			
	150m:	550m:		950m:		1350m:			
	200m: 2:23.43	600m: 7:24.87		1000m: 12:29.35		1400m: 17:32.64			
	250m:	650m:		1050m:		1450m:			
	300m: 3:38.60	700m: 8:40.57		1100m: 13:45.47		1500m: 18:46.33			
	350m:	750m:		1150m:					
	400m: 4:53.89	800m: 9:56.90		1200m: 15:01.13					
18.		2009		,	"	"	18:49.32		421
	50m:	450m:		850m:		1250m:			
	100m: 1:09.51	500m: 6:09.14		900m: 11:12.39		1300m: 16:19.25			
	150m:	550m:		950m:		1350m:			
	200m: 2:23.98	600m: 7:24.40		1000m: 12:28.15		1400m: 17:34.29			
	250m:	650m:		1050m:		1450m:			
	300m: 3:39.00	700m: 8:40.36		1100m: 13:45.16		1500m: 18:49.32			
	350m:	750m:		1150m:					
	400m: 4:54.05	800m: 9:56.44		1200m: 15:02.59					

22, , 1500m ,		2009 - 2010							
19.		2010		,	"	"	18:49.78		421
	50m:	450m:		850m:		1250m:			
	100m: 1:08.81	500m: 6:09.02		900m: 11:13.69		1300m: 16:20.07			
	150m:	550m:		950m:		1350m:			
	200m: 2:22.31	600m: 7:25.01		1000m: 12:30.51		1400m: 17:35.50			
	250m:	650m:		1050m:		1450m:			
	300m: 3:37.75	700m: 8:40.53		1100m: 13:46.96		1500m: 18:49.78			
	350m:	750m:		1150m:					
	400m: 4:53.29	800m: 9:57.08		1200m: 15:03.64					
20.		2009		,	"	"	18:53.02		417
	50m:	450m:		850m:		1250m:			
	100m: 1:11.30	500m: 6:17.42		900m: 11:19.48		1300m: 16:25.04			
	150m:	550m:		950m:		1350m:			
	200m: 2:28.56	600m: 7:32.40		1000m: 12:35.99		1400m: 17:40.38			
	250m:	650m:		1050m:		1450m:			
	300m: 3:44.81	700m: 8:47.41		1100m: 13:52.20		1500m: 18:53.02			
	350m:	750m:		1150m:					
	400m: 5:01.52	800m: 10:03.20		1200m: 15:08.91					
21.		2010		,			19:06.46		403
	50m:	450m:		850m:		1250m:			
	100m: 1:15.91	500m: 6:20.90		900m: 11:24.93		1300m: 16:30.98			
	150m:	550m:		950m:		1350m:			
	200m: 2:33.74	600m: 7:37.14		1000m: 12:39.68		1400m: 17:48.81			
	250m:	650m:		1050m:		1450m:			
	300m: 3:48.66	700m: 8:53.10		1100m: 13:55.16		1500m: 19:06.46			
	350m:	750m:		1150m:					
	400m: 5:04.56	800m: 10:09.03		1200m: 15:12.75					
22.		2010		,	4		19:07.21		402
	50m:	450m:		850m:		1250m:			
	100m: 1:11.19	500m: 6:16.91		900m: 11:23.45		1300m: 16:30.98			
	150m:	550m:		950m:		1350m:			
	200m: 2:27.40	600m: 7:33.90		1000m: 12:40.12		1400m: 17:49.10			
	250m:	650m:		1050m:		1450m:			
	300m: 3:43.71	700m: 8:50.52		1100m: 13:56.24		1500m: 19:07.21			
	350m:	750m:		1150m:					
	400m: 5:00.19	800m: 10:06.54		1200m: 15:13.54					
23.		2010		,	"	"	19:08.11		401
	50m:	450m:		850m:		1250m:			
	100m: 1:09.35	500m: 6:10.50		900m: 11:21.61		1300m: 16:35.26			
	150m:	550m:		950m:		1350m:			
	200m: 2:22.11	600m: 7:27.94		1000m: 12:39.97		1400m: 17:55.65			
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	300m: 3:37.30	700m: 8:46.55		1100m: 13:58.44		1500m: 19:08.11			
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	400m: 4:53.55	800m: 10:03.88		1200m: 15:17.11					
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31.		2010	III		-19		19:59.77	II	351
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	200m: 2:31.67	600m: 7:54.35		1000m: 13:24.32		1400m: 18:43.71			
	250m:	650m:		1050m:		1450m:			
	300m: 3:52.05	700m: 9:16.86		1100m: 14:45.91		1500m: 19:59.77			
	350m:	750m:		1150m:					
	400m: 5:11.97	800m: 10:38.39		1200m: 16:06.08					
32.		2010	III		-19		20:05.70	II	346
	50m:	450m:		850m:		1250m:			
	100m: 1:15.15	500m: 6:35.09		900m: 11:58.48		1300m: 17:25.04			
	150m:	550m:		950m:		1350m:			
	200m: 2:36.65	600m: 7:55.14		1000m: 13:20.34		1400m: 18:46.81			
	250m:	650m:		1050m:		1450m:			
	300m: 3:56.87	700m: 9:15.25		1100m: 14:42.62		1500m: 20:05.70			
	350m:	750m:		1150m:					
	400m: 5:16.41	800m: 10:36.68		1200m: 16:03.84					
33.		2010	II		4		20:11.00	II	342
	50m:	450m:		850m:		1250m:			
	100m: 1:13.02	500m: 6:37.83		900m: 12:01.23		1300m: 17:29.94			
	150m:	550m:		950m:		1350m:			
	200m: 2:33.64	600m: 7:58.05		1000m: 13:23.64		1400m: 18:52.38			
	250m:	650m:		1050m:		1450m:			
	300m: 3:55.11	700m: 9:17.51		1100m: 14:45.71		1500m: 20:11.00			
	350m:	750m:		1150m:					
	400m: 5:16.16	800m: 10:38.94		1200m: 16:08.08					
34.		2010	II				20:40.10	III	318
	50m:	450m:		850m:		1250m:			
	100m: 1:14.97	500m: 6:37.41		900m: 12:13.60		1300m: 17:53.99			
	150m:	550m:		950m:		1350m:			
	200m: 2:32.91	600m: 8:01.45		1000m: 13:38.37		1400m: 19:19.63			
	250m:	650m:		1050m:		1450m:			
	300m: 3:53.85	700m: 9:25.35		1100m: 15:04.05		1500m: 20:40.10			
	350m:	750m:		1150m:					
	400m: 5:15.53	800m: 10:49.99		1200m: 16:29.15					
35.		2010	II		-19		20:43.51	III	315
	50m:	450m:		850m:		1250m:			
	100m: 1:16.95	500m: 6:43.39		900m: 12:20.12		1300m: 17:58.54			
	150m:	550m:		950m:		1350m:			
	200m: 2:36.62	600m: 8:06.90		1000m: 13:43.38		1400m: 19:22.18			
	250m:	650m:		1050m:		1450m:			
	300m: 3:58.17	700m: 9:30.88		1100m: 15:09.17		1500m: 20:43.51			
	350m:	750m:		1150m:					
	400m: 5:19.81	800m: 10:55.35		1200m: 16:33.39					
36.		2010	III		-19		20:52.73	III	308
	50m:	450m:		850m:		1250m:			
	100m: 1:17.34	500m: 6:57.12		900m: 12:31.87		1300m: 18:05.44			
	150m:	550m:		950m:		1350m:			
	200m: 2:41.75	600m: 8:21.40		1000m: 13:55.26		1400m: 19:30.36			
	250m:	650m:		1050m:		1450m:			
	300m: 4:06.69	700m: 9:45.05		1100m: 15:20.55		1500m: 20:52.73			
	350m:	750m:		1150m:					
	400m: 5:31.85	800m: 11:08.55		1200m: 16:42.61					

22, , 1500m , 2009 - 2010

37.		2010	III	,	"	"	20:54.07	III	307
	50m:	450m:		850m:			1250m:		
	100m: 1:18.88	500m: 6:54.04		900m: 12:30.08			1300m: 18:07.49		
	150m:	550m:		950m:			1350m:		
	200m: 2:42.09	600m: 8:11.43		1000m: 13:54.40			1400m: 19:32.67		
	250m:	650m:		1050m:			1450m:		
	300m: 4:05.84	700m: 9:41.43		1100m: 15:18.51			1500m: 20:54.07		
	350m:	750m:		1150m:					
	400m: 5:29.87	800m: 11:05.52		1200m: 16:42.65					
38.		2009	III	,			21:51.80	III	269
	50m:	450m:		850m:			1250m:		
	100m: 1:20.05	500m: 7:07.72		900m: 12:58.24			1300m: 18:55.80		
	150m:	550m:		950m:			1350m:		
	200m: 2:46.52	600m: 8:35.05		1000m: 14:27.87			1400m: 20:25.21		
	250m:	650m:		1050m:			1450m:		
	300m: 4:13.29	700m: 10:01.78		1100m: 15:55.86			1500m: 21:51.80		
	350m:	750m:		1150m:					
	400m: 5:40.18	800m: 11:30.73		1200m: 17:26.12					
39.		2010	II	,	"	"	22:10.11	III	258
	50m:	450m:		850m:			1250m:		
	100m: 1:17.54	500m: 7:04.08		900m: 13:05.25			1300m: 19:10.89		
	150m:	550m:		950m:			1350m:		
	200m: 2:42.01	600m: 8:33.51		1000m: 14:36.83			1400m: 20:40.40		
	250m:	650m:		1050m:			1450m:		
	300m: 4:07.58	700m: 10:03.09		1100m: 16:08.08			1500m: 22:10.11		
	350m:	750m:		1150m:					
	400m: 5:36.05	800m: 11:33.44		1200m: 17:39.50					