

, 21 - 24 2020

9 , 1500m
21.01.2020 - 11:30

	12 +: 16:01.00 /		10 +: 17:39.00 /		I 9 +: 18:39.00 /							
	II	9 +: 21:00.00 /	III	9 +: 24:00.00								
: FINA 2019												
			/				R.T.	FINA				
1.			1998				17:14.48	596				
	100m:	1:04.38	1:04.38	500m:	5:41.79	1:10.00	900m:	10:20.38	1:09.45	1300m:	14:58.21	1:09.63
	200m:	2:12.95	1:08.57	600m:	6:51.50	1:09.71	1000m:	11:29.89	1:09.51	1400m:	16:07.39	1:09.18
	300m:	3:21.92	1:08.97	700m:	8:01.40	1:09.90	1100m:	12:39.25	1:09.36	1500m:	17:14.48	1:07.09
	400m:	4:31.79	1:09.87	800m:	9:10.93	1:09.53	1200m:	13:48.58	1:09.33			
2.			2001				-	17:20.44	586			
	100m:	1:04.77	1:04.77	500m:	5:43.55	1:10.08	900m:	10:23.11	1:10.04	1300m:	15:02.50	1:09.89
	200m:	2:14.38	1:09.61	600m:	6:53.47	1:09.92	1000m:	11:32.87	1:09.76	1400m:	16:12.51	1:10.01
	300m:	3:23.66	1:09.28	700m:	8:03.03	1:09.56	1100m:	12:42.61	1:09.74	1500m:	17:20.44	1:07.93
	400m:	4:33.47	1:09.81	800m:	9:13.07	1:10.04	1200m:	13:52.61	1:10.00			
3.			2001					17:42.34 I	551			
	100m:	1:07.28	1:07.28	500m:	5:50.08	1:10.55	900m:	10:35.67	1:11.59	1300m:	15:21.72	1:11.28
	200m:	2:17.63	1:10.35	600m:	7:01.28	1:11.20	1000m:	11:47.28	1:11.61	1400m:	16:32.86	1:11.14
	300m:	3:28.69	1:11.06	700m:	8:12.53	1:11.25	1100m:	12:59.01	1:11.73	1500m:	17:42.34	1:09.48
	400m:	4:39.53	1:10.84	800m:	9:24.08	1:11.55	1200m:	14:10.44	1:11.43			
4.			2003					17:45.42 I	546			
	100m:	1:09.47	1:09.47	500m:	5:55.27	1:10.31	900m:	10:39.80	1:11.70	1300m:	15:23.99	1:10.69
	200m:	2:22.33	1:12.86	600m:	7:05.80	1:10.53	1000m:	11:51.02	1:11.22	1400m:	16:35.20	1:11.21
	300m:	3:34.34	1:12.01	700m:	8:16.76	1:10.96	1100m:	13:02.54	1:11.52	1500m:	17:45.42	1:10.22
	400m:	4:44.96	1:10.62	800m:	9:28.10	1:11.34	1200m:	14:13.30	1:10.76			
5.			2004 I					17:57.65 I	528			
	100m:	1:06.84	1:06.84	500m:	5:54.72	1:12.74	900m:	10:44.14	1:12.26	1300m:	15:32.44	1:11.32
	200m:	2:18.11	1:11.27	600m:	7:06.87	1:12.15	1000m:	11:56.54	1:12.40	1400m:	16:42.91	1:10.47
	300m:	3:29.88	1:11.77	700m:	8:19.28	1:12.41	1100m:	13:08.83	1:12.29	1500m:	17:57.65	1:14.74
	400m:	4:41.98	1:12.10	800m:	9:31.88	1:12.60	1200m:	14:21.12	1:12.29			
6.			2003 I					18:04.17 I	518			
	100m:	1:07.74	1:07.74	500m:	5:55.38	1:12.91	900m:	10:46.40	1:12.90	1300m:	15:42.44	1:14.74
	200m:	2:18.54	1:10.80	600m:	7:08.00	1:12.62	1000m:	11:59.67	1:13.27	1400m:	16:51.93	1:09.49
	300m:	3:30.15	1:11.61	700m:	8:20.68	1:12.68	1100m:	13:13.07	1:13.40	1500m:	18:04.17	1:12.24
	400m:	4:42.47	1:12.32	800m:	9:33.50	1:12.82	1200m:	14:27.70	1:14.63			
7.			2004 I					18:05.77 I	516			
	100m:	1:08.32	1:08.32	500m:	6:03.35	1:14.43	900m:	10:57.43	1:12.48	1300m:	15:47.33	1:11.96
	200m:	2:21.68	1:13.36	600m:	7:17.43	1:14.08	1000m:	12:10.16	1:12.73	1400m:	16:58.33	1:11.00
	300m:	3:35.42	1:13.74	700m:	8:31.52	1:14.09	1100m:	13:22.33	1:12.17	1500m:	18:05.77	1:07.44
	400m:	4:48.92	1:13.50	800m:	9:44.95	1:13.43	1200m:	14:35.37	1:13.04			
8.			2005 I					18:18.73 I	498			
	100m:	1:06.69	1:06.69	500m:	6:00.51	1:14.20	900m:	10:56.90	1:13.39	1300m:	15:52.09	1:14.31
	200m:	2:19.41	1:12.72	600m:	7:14.61	1:14.10	1000m:	12:10.17	1:13.27	1400m:	17:05.54	1:13.45
	300m:	3:32.40	1:12.99	700m:	8:29.80	1:15.19	1100m:	13:23.94	1:13.77	1500m:	18:18.73	1:13.19
	400m:	4:46.31	1:13.91	800m:	9:43.51	1:13.71	1200m:	14:37.78	1:13.84			
9.			2005 I					18:20.30 I	496			
	100m:	1:09.70	1:09.70	500m:	6:05.52	1:12.82	900m:	11:00.03	1:12.49	1300m:	15:55.24	1:14.09
	200m:	2:23.30	1:13.60	600m:	7:19.15	1:13.63	1000m:	12:14.75	1:14.72	1400m:	17:10.13	1:14.89
	300m:	3:37.12	1:13.82	700m:	8:33.20	1:14.05	1100m:	13:28.04	1:13.29	1500m:	18:20.30	1:10.17
	400m:	4:52.70	1:15.58	800m:	9:47.54	1:14.34	1200m:	14:41.15	1:13.11			
10.			2004 I					18:27.73 I	486			
	100m:	1:03.37	1:03.37	500m:	5:56.29	1:13.99	900m:	10:55.60	1:14.83	1300m:	15:57.83	1:15.41
	200m:	2:15.09	1:11.72	600m:	7:10.41	1:14.12	1000m:	12:10.70	1:15.10	1400m:	17:15.25	1:17.42
	300m:	3:28.17	1:13.08	700m:	8:25.57	1:15.16	1100m:	13:26.15	1:15.45	1500m:	18:27.73	1:12.48
	400m:	4:42.30	1:14.13	800m:	9:40.77	1:15.20	1200m:	14:42.42	1:16.27			

, 21 - 24 2020

9, , 1500m

									R.T.	FINA		
11.			2004 I	-					18:36.62 I	474		
	100m:	1:07.65	1:07.65	500m:	6:03.11	1:14.76	900m:	11:02.75	1:15.99	1300m:	16:06.72	1:16.51
	200m:	2:20.04	1:12.39	600m:	7:17.99	1:14.88	1000m:	12:18.12	1:15.37	1400m:	17:23.71	1:16.99
	300m:	3:34.12	1:14.08	700m:	8:32.41	1:14.42	1100m:	13:33.94	1:15.82	1500m:	18:36.62	1:12.91
	400m:	4:48.35	1:14.23	800m:	9:46.76	1:14.35	1200m:	14:50.21	1:16.27			
12.			2003							18:45.50 II	463	
	100m:	1:06.65	1:06.65	500m:	5:54.59	1:14.04	900m:	10:59.13	1:18.57	1300m:	16:13.44	1:18.36
	200m:	2:17.97	1:11.32	600m:	7:06.70	1:12.11	1000m:	12:17.50	1:18.37	1400m:	17:31.91	1:18.47
	300m:	3:28.98	1:11.01	700m:	8:23.65	1:16.95	1100m:	13:36.38	1:18.88	1500m:	18:45.50	1:13.59
	400m:	4:40.55	1:11.57	800m:	9:40.56	1:16.91	1200m:	14:55.08	1:18.70			
13.			2003 I							18:46.22 II	462	
	100m:	1:06.61	1:06.61	500m:	5:57.02	1:13.26	900m:	10:59.47	1:17.08	1300m:	16:11.14	1:18.72
	200m:	2:18.71	1:12.10	600m:	7:10.98	1:13.96	1000m:	12:15.92	1:16.45	1400m:	17:30.14	1:19.00
	300m:	3:31.32	1:12.61	700m:	8:26.09	1:15.11	1100m:	13:33.48	1:17.56	1500m:	18:46.22	1:16.08
	400m:	4:43.76	1:12.44	800m:	9:42.39	1:16.30	1200m:	14:52.42	1:18.94			
14.			2004 II	-						19:08.68 II	436	
	100m:	1:09.81	1:09.81	500m:	6:21.80	1:19.12	900m:	11:30.24	1:17.17	1300m:	16:38.94	1:17.96
	200m:	2:25.99	1:16.18	600m:	7:37.24	1:15.44	1000m:	12:47.79	1:17.55	1400m:	17:55.61	1:16.67
	300m:	3:43.68	1:17.69	700m:	8:54.65	1:17.41	1100m:	14:04.20	1:16.41	1500m:	19:08.68	1:13.07
	400m:	5:02.68	1:19.00	800m:	10:13.07	1:18.42	1200m:	15:20.98	1:16.78			
15.			2004 II							19:08.75 II	435	
	100m:	1:09.14	1:09.14	500m:	6:20.51	1:17.69	900m:	11:30.64	1:17.18	1300m:	16:39.94	1:17.54
	200m:	2:26.51	1:17.37	600m:	7:36.45	1:15.94	1000m:	12:48.28	1:17.64	1400m:	17:57.19	1:17.25
	300m:	3:44.31	1:17.80	700m:	8:55.26	1:18.81	1100m:	14:05.64	1:17.36	1500m:	19:08.75	1:11.56
	400m:	5:02.82	1:18.51	800m:	10:13.46	1:18.20	1200m:	15:22.40	1:16.76			
16.			2004 I							19:15.31 II	428	
	100m:	1:05.23	1:05.23	500m:	6:12.72	1:18.52	900m:	11:26.41	1:18.50	1300m:	16:45.93	1:19.43
	200m:	2:19.87	1:14.64	600m:	7:31.10	1:18.38	1000m:	12:46.36	1:19.95	1400m:	18:03.20	1:17.27
	300m:	3:36.37	1:16.50	700m:	8:49.02	1:17.92	1100m:	14:05.81	1:19.45	1500m:	19:15.31	1:12.11
	400m:	4:54.20	1:17.83	800m:	10:07.91	1:18.89	1200m:	15:26.50	1:20.69			
17.			2002 I							19:34.73 II	407	
	100m:	1:11.16	1:11.16	500m:	6:26.06	1:19.26	900m:	11:47.33	1:20.30	1300m:	17:04.30	1:18.27
	200m:	2:27.84	1:16.68	600m:	7:46.94	1:20.88	1000m:	13:08.22	1:20.89	1400m:	18:21.49	1:17.19
	300m:	3:46.95	1:19.11	700m:	9:07.80	1:20.86	1100m:	14:28.10	1:19.88	1500m:	19:34.73	1:13.24
	400m:	5:06.80	1:19.85	800m:	10:27.03	1:19.23	1200m:	15:46.03	1:17.93			
18.			2005 II	-						20:00.74 II	381	
	100m:	1:11.02	1:11.02	500m:	6:28.61	1:21.86	900m:	11:53.16	1:20.57	1300m:	17:21.03	1:21.82
	200m:	2:28.21	1:17.19	600m:	7:49.67	1:21.06	1000m:	13:15.09	1:21.93	1400m:	18:42.07	1:21.04
	300m:	3:47.44	1:19.23	700m:	9:11.02	1:21.35	1100m:	14:37.15	1:22.06	1500m:	20:00.74	1:18.67
	400m:	5:06.75	1:19.31	800m:	10:32.59	1:21.57	1200m:	15:59.21	1:22.06			

(17-18)

1.			2003							17:45.42 I	546	
	100m:	1:09.47	1:09.47	500m:	5:55.27	1:10.31	900m:	10:39.80	1:11.70	1300m:	15:23.99	1:10.69
	200m:	2:22.33	1:12.86	600m:	7:05.80	1:10.53	1000m:	11:51.02	1:11.22	1400m:	16:35.20	1:11.21
	300m:	3:34.34	1:12.01	700m:	8:16.76	1:10.96	1100m:	13:02.54	1:11.52	1500m:	17:45.42	1:10.22
	400m:	4:44.96	1:10.62	800m:	9:28.10	1:11.34	1200m:	14:13.30	1:10.76			
2.			2003 I							18:04.17 I	518	
	100m:	1:07.74	1:07.74	500m:	5:55.38	1:12.91	900m:	10:46.40	1:12.90	1300m:	15:42.44	1:14.74
	200m:	2:18.54	1:10.80	600m:	7:08.00	1:12.62	1000m:	11:59.67	1:13.27	1400m:	16:51.93	1:09.49
	300m:	3:30.15	1:11.61	700m:	8:20.68	1:12.68	1100m:	13:13.07	1:13.40	1500m:	18:04.17	1:12.24
	400m:	4:42.47	1:12.32	800m:	9:33.50	1:12.82	1200m:	14:27.70	1:14.63			
3.			2003							18:45.50 II	463	
	100m:	1:06.65	1:06.65	500m:	5:54.59	1:14.04	900m:	10:59.13	1:18.57	1300m:	16:13.44	1:18.36
	200m:	2:17.97	1:11.32	600m:	7:06.70	1:12.11	1000m:	12:17.50	1:18.37	1400m:	17:31.91	1:18.47
	300m:	3:28.98	1:11.01	700m:	8:23.65	1:16.95	1100m:	13:36.38	1:18.88	1500m:	18:45.50	1:13.59
	400m:	4:40.55	1:11.57	800m:	9:40.56	1:16.91	1200m:	14:55.08	1:18.70			

"

"

, 21 - 24 2020

9, , 1500m , (17-18)

									R.T.		FINA	
4.			2003 I						18:46.22 II		462	
	100m:	1:06.61	1:06.61	500m:	5:57.02	1:13.26	900m:	10:59.47	1:17.08	1300m:	16:11.14	1:18.72
	200m:	2:18.71	1:12.10	600m:	7:10.98	1:13.96	1000m:	12:15.92	1:16.45	1400m:	17:30.14	1:19.00
	300m:	3:31.32	1:12.61	700m:	8:26.09	1:15.11	1100m:	13:33.48	1:17.56	1500m:	18:46.22	1:16.08
	400m:	4:43.76	1:12.44	800m:	9:42.39	1:16.30	1200m:	14:52.42	1:18.94			
5.			2002 I						19:34.73 II		407	
	100m:	1:11.16	1:11.16	500m:	6:26.06	1:19.26	900m:	11:47.33	1:20.30	1300m:	17:04.30	1:18.27
	200m:	2:27.84	1:16.68	600m:	7:46.94	1:20.88	1000m:	13:08.22	1:20.89	1400m:	18:21.49	1:17.19
	300m:	3:46.95	1:19.11	700m:	9:07.80	1:20.86	1100m:	14:28.10	1:19.88	1500m:	19:34.73	1:13.24
	400m:	5:06.80	1:19.85	800m:	10:27.03	1:19.23	1200m:	15:46.03	1:17.93			