

		" , 08-10 2022 .				" 13-14				11-12		
12		, 1500m								2008 - 2009		
: FINA 2022												
1.		08				16:28.94				627		
	50m:	29.52	29.52	450m:	4:48.03	32.91	850m:	9:16.29	34.11	1250m:	13:44.37	33.52
	100m:	1:00.74	31.22	500m:	5:21.18	33.15	900m:	9:50.15	33.86	1300m:	14:17.41	33.04
	150m:	1:32.32	31.58	550m:	5:53.88	32.70	950m:	10:24.17	34.02	1350m:	14:50.50	33.09
	200m:	2:04.47	32.15	600m:	6:26.78	32.90	1000m:	10:57.51	33.34	1400m:	15:23.66	33.16
	250m:	2:36.71	32.24	650m:	7:00.59	33.81	1050m:	11:30.94	33.43	1450m:	15:56.34	32.68
	300m:	3:09.42	32.71	700m:	7:34.50	33.91	1100m:	12:04.35	33.41	1500m:	16:28.94	32.60
	350m:	3:42.12	32.70	750m:	8:08.39	33.89	1150m:	12:37.35	33.00			
	400m:	4:15.12	33.00	800m:	8:42.18	33.79	1200m:	13:10.85	33.50			
2.		08				17:04.22				565		
	50m:	29.50	29.50	450m:	5:00.21	34.24	850m:	9:35.85	34.79	1250m:	14:13.77	34.99
	100m:	1:02.01	32.51	500m:	5:34.55	34.34	900m:	10:10.53	34.68	1300m:	14:48.21	34.44
	150m:	1:35.59	33.58	550m:	6:08.83	34.28	950m:	10:45.37	34.84	1350m:	15:22.44	34.23
	200m:	2:09.76	34.17	600m:	6:43.11	34.28	1000m:	11:20.18	34.81	1400m:	15:57.20	34.76
	250m:	2:43.94	34.18	650m:	7:17.51	34.40	1050m:	11:54.55	34.37	1450m:	16:29.47	32.27
	300m:	3:17.79	33.85	700m:	7:52.20	34.69	1100m:	12:29.07	34.52	1500m:	17:04.22	34.75
	350m:	3:51.98	34.19	750m:	8:26.62	34.42	1150m:	13:04.18	35.11			
	400m:	4:25.97	33.99	800m:	9:01.06	34.44	1200m:	13:38.78	34.60			
3.		09				17:14.78				548		
4.		08				17:20.22				539		1
	50m:	31.01	31.01	450m:	5:03.91	34.76	850m:	9:42.95	34.94	1250m:	14:24.35	35.67
	100m:	1:04.20	33.19	500m:	5:38.45	34.54	900m:	10:17.73	34.78	1300m:	15:00.15	35.80
	150m:	1:38.19	33.99	550m:	6:12.84	34.39	950m:	10:52.78	35.05	1350m:	15:35.25	35.10
	200m:	2:12.13	33.94	600m:	6:47.86	35.02	1000m:	11:28.22	35.44	1400m:	16:10.14	34.89
	250m:	2:46.24	34.11	650m:	7:22.66	34.80	1050m:	12:03.11	34.89	1450m:	16:45.13	34.99
	300m:	3:20.35	34.11	700m:	7:57.63	34.97	1100m:	12:38.26	35.15	1500m:	17:20.22	35.09
	350m:	3:54.65	34.30	750m:	8:32.93	35.30	1150m:	13:13.41	35.15			
	400m:	4:29.15	34.50	800m:	9:08.01	35.08	1200m:	13:48.68	35.27			
5.		08				17:38.98				511		1
	50m:	30.44	30.44	450m:	5:08.46	35.70	850m:	9:55.44	35.26	1250m:	14:44.38	36.10
	100m:	1:03.25	32.81	500m:	5:44.27	35.81	900m:	10:31.87	36.43	1300m:	15:19.92	35.54
	150m:	1:37.19	33.94	550m:	6:20.04	35.77	950m:	11:07.75	35.88	1350m:	15:54.99	35.07
	200m:	2:11.54	34.35	600m:	6:56.21	36.17	1000m:	11:43.54	35.79	1400m:	16:30.78	35.79
	250m:	2:46.49	34.95	650m:	7:31.81	35.60	1050m:	12:19.85	36.31	1450m:	17:05.58	34.80
	300m:	3:21.49	35.00	700m:	8:07.59	35.78	1100m:	12:55.79	35.94	1500m:	17:38.98	33.40
	350m:	3:56.83	35.34	750m:	8:44.01	36.42	1150m:	13:32.07	36.28			
	400m:	4:32.76	35.93	800m:	9:20.18	36.17	1200m:	14:08.28	36.21			
6.		08				17:41.61				507		1
7.		08				17:48.40				498		1
	50m:	30.37	30.37	450m:	5:10.40	35.86	850m:	9:58.21	35.87	1250m:	14:47.30	36.01
	100m:	1:05.37	35.00	500m:	5:46.35	35.95	900m:	10:34.41	36.20	1300m:	15:23.77	36.47
	150m:	1:39.25	33.88	550m:	6:21.99	35.64	950m:	11:10.72	36.31	1350m:	15:59.97	36.20
	200m:	2:13.65	34.40	600m:	6:58.53	36.54	1000m:	11:47.44	36.72	1400m:	16:36.45	36.48
	250m:	2:48.68	35.03	650m:	7:34.28	35.75	1050m:	12:22.66	35.22	1450m:	17:13.09	36.64
	300m:	3:23.39	34.71	700m:	8:10.54	36.26	1100m:	12:58.31	35.65	1500m:	17:48.40	35.31
	350m:	3:58.83	35.44	750m:	8:46.45	35.91	1150m:	13:34.64	36.33			
	400m:	4:34.54	35.71	800m:	9:22.34	35.89	1200m:	14:11.29	36.65			
8.		08				17:53.20				491		1
	50m:	30.89	30.89	450m:	5:13.21	36.10	850m:	10:03.21	36.90	1250m:	14:54.52	36.87
	100m:	1:04.71	33.82	500m:	5:49.62	36.41	900m:	10:39.30	36.09	1300m:	15:31.25	36.73
	150m:	1:39.51	34.80	550m:	6:25.61	35.99	950m:	11:15.12	35.82	1350m:	16:07.27	36.02
	200m:	2:14.33	34.82	600m:	7:01.45	35.84	1000m:	11:51.45	36.33	1400m:	16:43.32	36.05
	250m:	2:49.51	35.18	650m:	7:37.90	36.45	1050m:	12:28.76	37.31	1450m:	17:19.45	36.13
	300m:	3:25.16	35.65	700m:	8:13.67	35.77	1100m:	13:04.93	36.17	1500m:	17:53.20	33.75
	350m:	4:00.97	35.81	750m:	8:50.05	36.38	1150m:	13:41.72	36.79			
	400m:	4:37.11	36.14	800m:	9:26.31	36.26	1200m:	14:17.65	35.93			
9.		08				18:35.83				437		2

		"	"		
		, 08-10	2022 .	13-14	11-12
	12, , 1500m	,	2008 - 2009		
10.	,	09	18:53.00	417	2
11.	,	08	19:09.18	400	2
12.	,	08	19:13.49	395	2
13.	,	08	19:19.87	389	2
14.	,	09	19:20.24	388	2
15.	,	09	19:23.39	385	2
16.	,	09	19:46.00	364	2
17.	,	09	19:58.16	353	2
18.	,	09	20:09.40	343	2
19.	,	09	20:40.62	318	3
20.	,	09	24:33.53	189	1
DNS	,	09			
DNS	,	08			