

10, , 800m ,		2009 - 2010												
		rt												
21.			2009	3								10:16.37	372	2
22.			2009	2								10:16.63	371	2
	50m:	35.05	35.05	250m:	3:12.37	39.34	450m:	5:49.12	38.71	650m:	8:24.56	38.51		
	100m:	1:14.19	39.14	300m:	3:51.90	39.53	500m:	6:28.04	38.92	700m:	9:03.64	39.08		
	150m:	1:53.84	39.65	350m:	4:31.09	39.19	550m:	7:06.96	38.92	750m:	9:41.23	37.59		
	200m:	2:33.03	39.19	400m:	5:10.41	39.32	600m:	7:46.05	39.09	800m:	10:16.63	35.40		
23.			2010	2								10:18.61	368	2
24.			2009	2								10:20.35	365	2
25.			2009	2								10:22.11	362	2
26.			2009	2								10:22.90	360	2
27.			2009	2								10:24.19	358	2
28.			2010	3								10:24.61	357	2
29.			2009	2								10:27.18	353	2
30.			2009	2								10:32.63	344	2
31.			2009	2								10:38.02	335	2
32.			2010	2								10:39.01	334	2
33.			2010	2								10:41.63	330	2
34.			2010	2								10:47.31	321	2
35.			2010	2								10:47.50	321	2
36.			2009	3								10:49.30	318	2
37.			2010	2								10:50.31	317	2
38.			2010	3								10:59.12	304	2
39.			2010	2								11:01.47	301	2
40.			2009	2								11:05.65	295	2
41.			2010	3								11:05.96	295	2
42.			2009	3								11:06.31	294	3
43.			2010	3								11:12.46	286	3
44.			2010	2								11:26.73	269	3
45.			2010	3								11:32.84	262	3
46.			2009	2								11:34.54	260	3
47.			2010	3								11:37.32	257	3
48.			2010	3								11:40.57	253	3
49.			2010	3								11:52.90	240	3
50.			2009	3								11:53.31	240	3
51.			2010	3								12:13.40	221	3
52.			2010	3								12:17.00	217	3
53.			2010	3								12:38.17	200	1