

17.04.2024 34 , 1500m (16-18)

: FINA 2024

			/			R.T.						
1.				2008			+0,85 17:27.10			575		
	50m:	30.16	30.16	450m:	5:08.54	34.91	850m:	9:49.57	35.43	1200m:	13:55.92	35.20
	150m:	1:38.38	1:08.22	500m:	5:43.37	34.83	900m:	10:24.41	34.84	1250m:	14:31.42	35.50
	200m:	2:13.15	34.77	550m:	6:18.60	35.23	950m:	10:59.67	35.26	1300m:	15:06.45	35.03
	250m:	2:48.08	34.93	650m:	7:28.56	1:09.96	1000m:	11:34.26	34.59	1350m:	15:42.05	35.60
	300m:	3:23.20	35.12	700m:	8:03.64	35.08	1050m:	12:10.04	35.78	1400m:	16:17.84	35.79
	350m:	3:58.26	35.06	750m:	8:38.97	35.33	1100m:	12:45.20	35.16	1450m:	16:52.99	35.15
	400m:	4:33.63	35.37	800m:	9:14.14	35.17	1150m:	13:20.72	35.52	1500m:	17:27.10	34.11
2.				2006 I			+0,73 17:45.54 I			546		
	50m:	31.06	31.06	450m:	5:11.33	35.60	850m:	9:57.38	35.90	1250m:	14:47.82	36.89
	100m:	1:05.33	34.27	500m:	5:47.27	35.94	900m:	10:33.71	36.33	1300m:	15:23.95	36.13
	150m:	1:40.35	35.02	550m:	6:22.94	35.67	950m:	11:09.79	36.08	1350m:	15:59.98	36.03
	200m:	2:15.15	34.80	600m:	6:58.16	35.22	1000m:	11:46.27	36.48	1400m:	16:36.38	36.40
	250m:	2:50.17	35.02	650m:	7:34.15	35.99	1050m:	12:22.67	36.40	1450m:	17:11.61	35.23
	300m:	3:25.23	35.06	700m:	8:09.84	35.69	1100m:	12:58.59	35.92	1500m:	17:45.54	33.93
	350m:	4:00.63	35.40	750m:	8:45.79	35.95	1150m:	13:35.14	36.55			
	400m:	4:35.73	35.10	800m:	9:21.48	35.69	1200m:	14:10.93	35.79			
3.				2006			18:22.65 I			492		
	50m:	31.35	31.35	450m:	5:20.77	37.24	900m:	10:56.98	37.42	1300m:	15:57.30	34.19
	100m:	1:04.91	33.56	500m:	5:57.79	37.02	950m:	11:34.35	37.37	1350m:	16:34.77	37.47
	150m:	1:40.37	35.46	600m:	7:12.52	1:14.73	1000m:	12:11.88	37.53	1400m:	17:12.15	37.38
	200m:	2:16.28	35.91	650m:	7:49.68	37.16	1050m:	12:49.75	37.87	1450m:	17:48.88	36.73
	250m:	2:52.12	35.84	700m:	8:27.44	37.76	1100m:	13:27.96	38.21	1500m:	18:22.65	33.77
	300m:	3:29.01	36.89	750m:	9:04.74	37.30	1150m:	14:05.53	37.57			
	350m:	4:05.87	36.86	800m:	9:42.03	37.29	1200m:	14:42.61	37.08			
	400m:	4:43.53	37.66	850m:	10:19.56	37.53	1250m:	15:23.11	40.50			
4.				2008 I			+0,83 19:46.72 II			395		
	50m:	32.99	32.99	450m:	5:37.11	40.58	850m:	11:00.38	41.58	1250m:	16:26.89	41.32
	100m:	1:07.64	34.65	500m:	6:17.55	40.44	900m:	11:40.74	40.36	1300m:	17:09.01	42.12
	150m:	1:42.55	34.91	550m:	6:58.27	40.72	950m:	12:21.90	41.16	1350m:	17:48.02	39.01
	200m:	2:19.71	37.16	600m:	7:38.16	39.89	1000m:	13:02.69	40.79	1400m:	18:30.02	42.00
	250m:	2:58.70	38.99	650m:	8:18.68	40.52	1050m:	13:42.45	39.76	1450m:	19:10.39	40.37
	300m:	3:36.93	38.23	700m:	8:57.97	39.29	1100m:	14:23.26	40.81	1500m:	19:46.72	36.33
	350m:	4:16.92	39.99	750m:	9:37.99	40.02	1150m:	15:04.63	41.37			
	400m:	4:56.53	39.61	800m:	10:18.80	40.81	1200m:	15:45.57	40.94			
EXH				2009 II			+0,82 19:00.66 II			445		
	50m:	32.79	32.79	450m:	5:40.84	39.75	850m:	10:47.40	38.02	1250m:	15:53.43	38.25
	100m:	1:09.31	36.52	500m:	6:19.15	38.31	900m:	11:26.05	38.65	1300m:	16:31.52	38.09
	150m:	1:47.41	38.10	550m:	6:58.21	39.06	950m:	12:04.19	38.14	1350m:	17:10.00	38.48
	200m:	2:25.07	37.66	600m:	7:36.51	38.30	1000m:	12:42.70	38.51	1400m:	17:47.61	37.61
	250m:	3:04.11	39.04	650m:	8:14.80	38.29	1050m:	13:22.22	39.52	1450m:	18:24.69	37.08
	300m:	3:42.68	38.57	700m:	8:52.51	37.71	1100m:	13:59.24	37.02	1500m:	19:00.66	35.97
	350m:	4:22.40	39.72	750m:	9:30.59	38.08	1150m:	14:37.45	38.21			
	400m:	5:01.09	38.69	800m:	10:09.38	38.79	1200m:	15:15.18	37.73			
EXH				2009 I			+0,70 19:35.11 II			407		
	50m:	31.68	31.68	450m:	5:48.13	41.62	950m:	12:30.05	38.14	1300m:	17:00.75	39.01
	100m:	1:07.99	36.31	550m:	7:06.43	1:18.30	1000m:	13:09.25	39.20	1350m:	17:40.77	40.02
	150m:	1:46.27	38.28	600m:	7:47.89	41.46	1050m:	13:48.43	39.18	1450m:	18:57.44	1:16.67
	250m:	3:04.79	1:18.52	650m:	8:28.21	40.32	1100m:	14:28.03	39.60	1500m:	19:35.11	37.67
	300m:	3:44.88	40.09	750m:	9:50.38	1:22.17	1150m:	15:04.82	36.79			
	350m:	4:25.58	40.70	850m:	11:11.49	1:21.11	1200m:	15:42.75	37.93			
	400m:	5:06.51	40.93	900m:	11:51.91	40.42	1250m:	16:21.74	38.99			

34, , 1500m

EXH			/				R.T.				
			2009	II	,		19:38.71	II		403	
50m:	35.09	35.09	450m:	5:58.44	40.32	850m:	11:13.41	39.14	1250m:	16:25.16	39.28
100m:	1:15.01	39.92	500m:	6:37.78	39.34	900m:	11:52.19	38.78	1300m:	17:05.96	40.80
150m:	1:55.48	40.47	550m:	7:17.60	39.82	950m:	12:30.54	38.35	1350m:	17:45.21	39.25
200m:	2:36.32	40.84	600m:	7:55.88	38.28	1000m:	13:10.08	39.54	1400m:	18:24.97	39.76
250m:	3:16.33	40.01	650m:	8:35.95	40.07	1050m:	13:49.14	39.06	1450m:	19:04.02	39.05
300m:	3:56.89	40.56	700m:	9:15.34	39.39	1100m:	14:28.26	39.12	1500m:	19:38.71	34.69
350m:	4:37.06	40.17	750m:	9:54.46	39.12	1150m:	15:06.60	38.34			
400m:	5:18.12	41.06	800m:	10:34.27	39.81	1200m:	15:45.88	39.28			