

35 , 1500m  
04.10.2024 - 15:49

: FINA 2023

1.			<b>2004</b>				<b>17:25.56</b>				<b>655</b>	
	50m:	31.85	31.85	450m:	5:11.96	35.05	850m:	9:53.86	34.55	1250m:	14:33.80	35.25
	100m:	1:06.61	34.76	500m:	5:47.64	35.68	900m:	10:28.91	35.05	1300m:	15:08.90	35.10
	150m:	1:41.38	34.77	550m:	6:22.65	35.01	950m:	11:04.34	35.43	1350m:	15:43.87	34.97
	200m:	2:16.70	35.32	600m:	6:57.90	35.25	1000m:	11:39.15	34.81	1400m:	16:18.67	34.80
	250m:	2:51.76	35.06	650m:	7:33.28	35.38	1050m:	12:14.26	35.11	1450m:	16:52.96	34.29
	300m:	3:26.67	34.91	700m:	8:08.76	35.48	1100m:	12:49.01	34.75	1500m:	17:25.56	32.60
	350m:	4:01.89	35.22	750m:	8:44.02	35.26	1150m:	13:23.50	34.49			
	400m:	4:36.91	35.02	800m:	9:19.31	35.29	1200m:	13:58.55	35.05			
2.			<b>2010</b>				<b>18:20.00</b>				<b>562</b>	
	50m:	32.33	32.33	450m:	5:21.10	36.93	850m:	10:17.53	37.33	1250m:	15:16.70	37.36
	100m:	1:07.55	35.22	500m:	5:58.12	37.02	900m:	10:54.79	37.26	1300m:	15:54.02	37.32
	150m:	1:43.29	35.74	550m:	6:34.82	36.70	950m:	11:32.42	37.63	1350m:	16:31.22	37.20
	200m:	2:18.87	35.58	600m:	7:11.56	36.74	1000m:	12:09.87	37.45	1400m:	17:08.20	36.98
	250m:	2:54.63	35.76	650m:	7:48.50	36.94	1050m:	12:47.31	37.44	1450m:	17:44.92	36.72
	300m:	3:31.02	36.39	700m:	8:25.94	37.44	1100m:	13:24.90	37.59	1500m:	18:20.00	35.08
	350m:	4:07.67	36.65	750m:	9:03.29	37.35	1150m:	14:01.75	36.85			
	400m:	4:44.17	36.50	800m:	9:40.20	36.91	1200m:	14:39.34	37.59			
3.			<b>2010 1</b>				<b>19:03.24</b>				<b>501</b>	<b>I</b>
	50m:	33.03	33.03	450m:	5:33.00	38.36	850m:	10:39.60	38.61	1250m:	15:50.40	38.85
	100m:	1:09.26	36.23	500m:	6:11.20	38.20	900m:	11:18.74	39.14	1300m:	16:29.07	38.67
	150m:	1:46.34	37.08	550m:	6:48.93	37.73	950m:	11:57.49	38.75	1350m:	17:08.10	39.03
	200m:	2:23.75	37.41	600m:	7:27.54	38.61	1000m:	12:36.20	38.71	1400m:	17:47.11	39.01
	250m:	3:01.07	37.32	650m:	8:05.66	38.12	1050m:	13:15.74	39.54	1450m:	18:25.67	38.56
	300m:	3:38.86	37.79	700m:	8:44.33	38.67	1100m:	13:54.04	38.30	1500m:	19:03.24	37.57
	350m:	4:16.98	38.12	750m:	9:22.41	38.08	1150m:	14:33.07	39.03			
	400m:	4:54.64	37.66	800m:	10:00.99	38.58	1200m:	15:11.55	38.48			
4.			<b>2008 1</b>				<b>19:08.76</b>				<b>494</b>	<b>I</b>
	50m:	33.02	33.02	450m:	5:36.57	38.77	850m:	10:47.71	38.95	1250m:	15:56.74	38.95
	100m:	1:09.55	36.53	500m:	6:15.62	39.05	900m:	11:26.36	38.65	1300m:	16:35.67	38.93
	150m:	1:47.14	37.59	550m:	6:54.16	38.54	950m:	12:05.07	38.71	1350m:	17:14.34	38.67
	200m:	2:24.81	37.67	600m:	7:33.37	39.21	1000m:	12:44.24	39.17	1400m:	17:53.57	39.23
	250m:	3:02.75	37.94	650m:	8:11.38	38.01	1050m:	13:22.73	38.49	1450m:	18:32.60	39.03
	300m:	3:40.84	38.09	700m:	8:50.74	39.36	1100m:	14:01.36	38.63	1500m:	19:08.76	36.16
	350m:	4:19.35	38.51	750m:	9:29.68	38.94	1150m:	14:39.63	38.27			
	400m:	4:57.80	38.45	800m:	10:08.76	39.08	1200m:	15:17.79	38.16			
5.			<b>2008 1</b>				<b>19:31.56</b>				<b>465</b>	<b>I</b>
	50m:	33.08	33.08	450m:	5:44.49	39.25	850m:	10:57.85	39.19	1250m:	16:15.57	39.83
	100m:	1:09.88	36.80	500m:	6:23.34	38.85	900m:	11:37.39	39.54	1300m:	16:55.28	39.71
	150m:	1:47.93	38.05	550m:	7:02.63	39.29	950m:	12:16.93	39.54	1350m:	17:35.03	39.75
	200m:	2:26.96	39.03	600m:	7:42.03	39.40	1000m:	12:56.47	39.54	1400m:	18:15.25	40.22
	250m:	3:06.37	39.41	650m:	8:21.21	39.18	1050m:	13:35.94	39.47	1450m:	18:54.33	39.08
	300m:	3:45.80	39.43	700m:	9:00.60	39.39	1100m:	14:15.63	39.69	1500m:	19:31.56	37.23
	350m:	4:25.28	39.48	750m:	9:39.91	39.31	1150m:	14:55.64	40.01			
	400m:	5:05.24	39.96	800m:	10:18.66	38.75	1200m:	15:35.74	40.10			
6.			<b>2009 1</b>				<b>19:32.62</b>				<b>464</b>	<b>I</b>
	50m:	32.17	32.17	450m:	5:41.01	38.95	850m:	10:59.92	40.21	1250m:	16:20.80	40.42
	100m:	1:09.33	37.16	500m:	6:20.77	39.76	900m:	11:39.94	40.02	1300m:	17:00.43	39.63
	150m:	1:47.48	38.15	550m:	7:00.34	39.57	950m:	12:19.94	40.00	1350m:	17:39.84	39.41
	200m:	2:25.62	38.14	600m:	7:40.04	39.70	1000m:	12:59.66	39.72	1400m:	18:18.70	38.86
	250m:	3:04.39	38.77	650m:	8:20.23	40.19	1050m:	13:39.91	40.25	1450m:	18:56.56	37.86
	300m:	3:43.95	39.56	700m:	9:00.23	40.00	1100m:	14:20.08	40.17	1500m:	19:32.62	36.06
	350m:	4:23.12	39.17	750m:	9:40.59	40.36	1150m:	14:59.80	39.72			
	400m:	5:02.06	38.94	800m:	10:19.71	39.12	1200m:	15:40.38	40.58			

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7.			2010	2			<b>20:42.00</b>	391	II			
	50m:	35.44	35.44	450m:	6:05.25	41.37	850m:	11:40.18	41.42	1250m:	17:16.83	42.28
	100m:	1:15.04	39.60	500m:	6:46.92	41.67	900m:	12:22.05	41.87	1300m:	17:59.47	42.64
	150m:	1:56.41	41.37	550m:	7:28.96	42.04	950m:	13:04.30	42.25	1350m:	18:41.33	41.86
	200m:	2:37.76	41.35	600m:	8:11.13	42.17	1000m:	13:46.34	42.04	1400m:	19:22.65	41.32
	250m:	3:19.14	41.38	650m:	8:53.03	41.90	1050m:	14:28.66	42.32	1450m:	20:03.50	40.85
	300m:	4:00.60	41.46	700m:	9:34.92	41.89	1100m:	15:10.97	42.31	1500m:	20:42.00	38.50
	350m:	4:42.74	42.14	750m:	10:17.03	42.11	1150m:	15:52.28	41.31			
	400m:	5:23.88	41.14	800m:	10:58.76	41.73	1200m:	16:34.55	42.27			

8.			2009	1			<b>21:30.14</b>	348	II			
	50m:	36.57	36.57	450m:	6:20.69	43.03	850m:	12:08.50	44.10	1250m:	17:58.76	43.04
	100m:	1:17.63	41.06	500m:	7:03.82	43.13	900m:	12:52.08	43.58	1300m:	18:41.66	42.90
	150m:	2:00.52	42.89	550m:	7:46.49	42.67	950m:	13:36.38	44.30	1350m:	19:24.63	42.97
	200m:	2:43.64	43.12	600m:	8:29.90	43.41	1000m:	14:20.54	44.16	1400m:	20:07.57	42.94
	250m:	3:27.30	43.66	650m:	9:13.07	43.17	1050m:	15:04.38	43.84	1450m:	20:50.30	42.73
	300m:	4:10.66	43.36	700m:	9:57.17	44.10	1100m:	15:48.21	43.83	1500m:	21:30.14	39.84
	350m:	4:54.31	43.65	750m:	10:40.68	43.51	1150m:	16:32.29	44.08			
	400m:	5:37.66	43.35	800m:	11:24.40	43.72	1200m:	17:15.72	43.43			

16-18

1.			2008	1			<b>19:08.76</b>	494	I			
	50m:	33.02	33.02	450m:	5:36.57	38.77	850m:	10:47.71	38.95	1250m:	15:56.74	38.95
	100m:	1:09.55	36.53	500m:	6:15.62	39.05	900m:	11:26.36	38.65	1300m:	16:35.67	38.93
	150m:	1:47.14	37.59	550m:	6:54.16	38.54	950m:	12:05.07	38.71	1350m:	17:14.34	38.67
	200m:	2:24.81	37.67	600m:	7:33.37	39.21	1000m:	12:44.24	39.17	1400m:	17:53.57	39.23
	250m:	3:02.75	37.94	650m:	8:11.38	38.01	1050m:	13:22.73	38.49	1450m:	18:32.60	39.03
	300m:	3:40.84	38.09	700m:	8:50.74	39.36	1100m:	14:01.36	38.63	1500m:	19:08.76	36.16
	350m:	4:19.35	38.51	750m:	9:29.68	38.94	1150m:	14:39.63	38.27			
	400m:	4:57.80	38.45	800m:	10:08.76	39.08	1200m:	15:17.79	38.16			

2.			2008	1			<b>19:31.56</b>	465	I			
	50m:	33.08	33.08	450m:	5:44.49	39.25	850m:	10:57.85	39.19	1250m:	16:15.57	39.83
	100m:	1:09.88	36.80	500m:	6:23.34	38.85	900m:	11:37.39	39.54	1300m:	16:55.28	39.71
	150m:	1:47.93	38.05	550m:	7:02.63	39.29	950m:	12:16.93	39.54	1350m:	17:35.03	39.75
	200m:	2:26.96	39.03	600m:	7:42.03	39.40	1000m:	12:56.47	39.54	1400m:	18:15.25	40.22
	250m:	3:06.37	39.41	650m:	8:21.21	39.18	1050m:	13:35.94	39.47	1450m:	18:54.33	39.08
	300m:	3:45.80	39.43	700m:	9:00.60	39.39	1100m:	14:15.63	39.69	1500m:	19:31.56	37.23
	350m:	4:25.28	39.48	750m:	9:39.91	39.31	1150m:	14:55.64	40.01			
	400m:	5:05.24	39.96	800m:	10:18.66	38.75	1200m:	15:35.74	40.10			

14-15

1.			2010				<b>18:20.00</b>	562				
	50m:	32.33	32.33	450m:	5:21.10	36.93	850m:	10:17.53	37.33	1250m:	15:16.70	37.36
	100m:	1:07.55	35.22	500m:	5:58.12	37.02	900m:	10:54.79	37.26	1300m:	15:54.02	37.32
	150m:	1:43.29	35.74	550m:	6:34.82	36.70	950m:	11:32.42	37.63	1350m:	16:31.22	37.20
	200m:	2:18.87	35.58	600m:	7:11.56	36.74	1000m:	12:09.87	37.45	1400m:	17:08.20	36.98
	250m:	2:54.63	35.76	650m:	7:48.50	36.94	1050m:	12:47.31	37.44	1450m:	17:44.92	36.72
	300m:	3:31.02	36.39	700m:	8:25.94	37.44	1100m:	13:24.90	37.59	1500m:	18:20.00	35.08
	350m:	4:07.67	36.65	750m:	9:03.29	37.35	1150m:	14:01.75	36.85			
	400m:	4:44.17	36.50	800m:	9:40.20	36.91	1200m:	14:39.34	37.59			

2.			2010	1			<b>19:03.24</b>	501	I			
	50m:	33.03	33.03	450m:	5:33.00	38.36	850m:	10:39.60	38.61	1250m:	15:50.40	38.85
	100m:	1:09.26	36.23	500m:	6:11.20	38.20	900m:	11:18.74	39.14	1300m:	16:29.07	38.67
	150m:	1:46.34	37.08	550m:	6:48.93	37.73	950m:	11:57.49	38.75	1350m:	17:08.10	39.03
	200m:	2:23.75	37.41	600m:	7:27.54	38.61	1000m:	12:36.20	38.71	1400m:	17:47.11	39.01
	250m:	3:01.07	37.32	650m:	8:05.66	38.12	1050m:	13:15.74	39.54	1450m:	18:25.67	38.56
	300m:	3:38.86	37.79	700m:	8:44.33	38.67	1100m:	13:54.04	38.30	1500m:	19:03.24	37.57
	350m:	4:16.98	38.12	750m:	9:22.41	38.08	1150m:	14:33.07	39.03			
	400m:	4:54.64	37.66	800m:	10:00.99	38.58	1200m:	15:11.55	38.48			

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3.			2009 1				<b>19:32.62</b>	464	I			
	50m:	32.17	32.17	450m:	5:41.01	38.95	850m:	10:59.92	40.21	1250m:	16:20.80	40.42
	100m:	1:09.33	37.16	500m:	6:20.77	39.76	900m:	11:39.94	40.02	1300m:	17:00.43	39.63
	150m:	1:47.48	38.15	550m:	7:00.34	39.57	950m:	12:19.94	40.00	1350m:	17:39.84	39.41
	200m:	2:25.62	38.14	600m:	7:40.04	39.70	1000m:	12:59.66	39.72	1400m:	18:18.70	38.86
	250m:	3:04.39	38.77	650m:	8:20.23	40.19	1050m:	13:39.91	40.25	1450m:	18:56.56	37.86
	300m:	3:43.95	39.56	700m:	9:00.23	40.00	1100m:	14:20.08	40.17	1500m:	19:32.62	36.06
	350m:	4:23.12	39.17	750m:	9:40.59	40.36	1150m:	14:59.80	39.72			
	400m:	5:02.06	38.94	800m:	10:19.71	39.12	1200m:	15:40.38	40.58			
4.			2010 2				<b>20:42.00</b>	391	II			
	50m:	35.44	35.44	450m:	6:05.25	41.37	850m:	11:40.18	41.42	1250m:	17:16.83	42.28
	100m:	1:15.04	39.60	500m:	6:46.92	41.67	900m:	12:22.05	41.87	1300m:	17:59.47	42.64
	150m:	1:56.41	41.37	550m:	7:28.96	42.04	950m:	13:04.30	42.25	1350m:	18:41.33	41.86
	200m:	2:37.76	41.35	600m:	8:11.13	42.17	1000m:	13:46.34	42.04	1400m:	19:22.65	41.32
	250m:	3:19.14	41.38	650m:	8:53.03	41.90	1050m:	14:28.66	42.32	1450m:	20:03.50	40.85
	300m:	4:00.60	41.46	700m:	9:34.92	41.89	1100m:	15:10.97	42.31	1500m:	20:42.00	38.50
	350m:	4:42.74	42.14	750m:	10:17.03	42.11	1150m:	15:52.28	41.31			
	400m:	5:23.88	41.14	800m:	10:58.76	41.73	1200m:	16:34.55	42.27			
5.			2009 1				<b>21:30.14</b>	348	II			
	50m:	36.57	36.57	450m:	6:20.69	43.03	850m:	12:08.50	44.10	1250m:	17:58.76	43.04
	100m:	1:17.63	41.06	500m:	7:03.82	43.13	900m:	12:52.08	43.58	1300m:	18:41.66	42.90
	150m:	2:00.52	42.89	550m:	7:46.49	42.67	950m:	13:36.38	44.30	1350m:	19:24.63	42.97
	200m:	2:43.64	43.12	600m:	8:29.90	43.41	1000m:	14:20.54	44.16	1400m:	20:07.57	42.94
	250m:	3:27.30	43.66	650m:	9:13.07	43.17	1050m:	15:04.38	43.84	1450m:	20:50.30	42.73
	300m:	4:10.66	43.36	700m:	9:57.17	44.10	1100m:	15:48.21	43.83	1500m:	21:30.14	39.84
	350m:	4:54.31	43.65	750m:	10:40.68	43.51	1150m:	16:32.29	44.08			
	400m:	5:37.66	43.35	800m:	11:24.40	43.72	1200m:	17:15.72	43.43			