

31 , 800m 14 - 15
29.01.2025 - 13:54

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			/				rt			
1.			2010				9:49.25		556	1
	50m:	32.70 32.70	250m:	3:00.87 37.45	450m:	5:30.98 37.26	650m:	7:59.85 36.75		
	100m:	1:08.57 35.87	300m:	3:38.28 37.41	500m:	6:08.02 37.04	700m:	8:37.57 37.72		
	150m:	1:46.02 37.45	350m:	4:15.89 37.61	550m:	6:45.34 37.32	750m:	9:14.23 36.66		
	200m:	2:23.42 37.40	400m:	4:53.72 37.83	600m:	7:23.10 37.76	800m:	9:49.25 35.02		
2.			2010 1				9:53.11		546	1
	50m:	33.27 33.27	250m:	3:00.39 37.25	450m:	5:30.77 37.66	650m:	8:02.00 37.93		
	100m:	1:09.56 36.29	300m:	3:37.81 37.42	500m:	6:08.54 37.77	700m:	8:40.12 38.12		
	150m:	1:46.20 36.64	350m:	4:15.45 37.64	550m:	6:46.20 37.66	750m:	9:17.96 37.84		
	200m:	2:23.14 36.94	400m:	4:53.11 37.66	600m:	7:24.07 37.87	800m:	9:53.11 35.15		
3.			2011 1				9:53.86		544	1
	50m:	33.47 33.47	250m:	3:01.20 36.70	450m:	5:31.11 37.81	650m:	8:01.79 37.84		
	100m:	1:09.60 36.13	300m:	3:38.97 37.77	500m:	6:08.59 37.48	700m:	8:40.14 38.35		
	150m:	1:47.05 37.45	350m:	4:16.15 37.18	550m:	6:45.98 37.39	750m:	9:17.89 37.75		
	200m:	2:24.50 37.45	400m:	4:53.30 37.15	600m:	7:23.95 37.97	800m:	9:53.86 35.97		
4.			2010 1				10:07.52		508	1
	50m:	33.77 33.77	250m:	3:03.29 38.26	450m:	5:36.37 38.79	650m:	8:12.19 38.99		
	100m:	1:10.14 36.37	300m:	3:41.33 38.04	500m:	6:15.41 39.04	700m:	8:51.13 38.94		
	150m:	1:47.63 37.49	350m:	4:19.31 37.98	550m:	6:54.27 38.86	750m:	9:30.23 39.10		
	200m:	2:25.03 37.40	400m:	4:57.58 38.27	600m:	7:33.20 38.93	800m:	10:07.52 37.29		
5.			2011				10:07.87		507	1
	50m:	34.68 34.68	250m:	3:06.54 38.66	450m:	5:41.40 39.11	650m:	8:16.53 39.09		
	100m:	1:11.71 37.03	300m:	3:44.60 38.06	500m:	6:19.52 38.12	700m:	8:55.34 38.81		
	150m:	1:49.73 38.02	350m:	4:23.85 39.25	550m:	6:58.95 39.43	750m:	9:33.79 38.45		
	200m:	2:27.88 38.15	400m:	5:02.29 38.44	600m:	7:37.44 38.49	800m:	10:07.87 34.08		
6.			2011 1				10:17.46		483	1
	50m:	34.51 34.51	250m:	3:06.95 38.30	500m:	6:21.16 38.72	750m:	9:38.32 39.76		
	100m:	1:12.07 37.56	350m:	4:24.75 1:17.80	550m:	7:00.44 39.28	800m:	10:17.46 39.14		
	150m:	1:50.09 38.02	400m:	5:03.25 38.50	650m:	8:19.06 1:18.62				
	200m:	2:28.65 38.56	450m:	5:42.44 39.19	700m:	8:58.56 39.50				
7.			2011 1				10:27.84		460	2
8.			2010 1				10:53.63		408	2
	50m:	35.81 35.81	250m:	3:14.00 39.59	450m:	5:59.11 42.46	650m:	8:49.79 43.24		
	100m:	1:14.05 38.24	300m:	3:54.13 40.13	500m:	6:41.65 42.54	700m:	9:32.11 42.32		
	150m:	1:53.94 39.89	350m:	4:35.10 40.97	550m:	7:24.01 42.36	750m:	10:14.22 42.11		
	200m:	2:34.41 40.47	400m:	5:16.65 41.55	600m:	8:06.55 42.54	800m:	10:53.63 39.41		
9.			2011 3				12:07.85		295	3