

12 , 1500m
11.03.2015 - 13:13

	16:14.80								31.07.1979
	16:28.77								09.04.2013
14 +:	15:04.69 /	12 +:	16:07.00 /	10 +:	17:45.00 /	I	:	18:45.00 /	
II	: 21:00.00 /	III	: 24:00.00 /	I	: 28:02.50 /	II	:	32:02.50 /	
III	: 36:02.50								

									R.T.	FINA
1.		94	"	"-	.				17:18.22	
	100m: 1:02.72 1:02.72	500m: 5:43.78 1:10.22	900m: 10:27.94 1:10.60	1300m: 15:08.15 1:11.09						
	200m: 2:13.69 1:10.97	600m: 6:54.69 1:10.91	1000m: 11:36.45 1:08.51	1400m: 16:13.44 1:05.29						
	300m: 3:23.81 1:10.12	700m: 8:05.22 1:10.53	1100m: 12:46.06 1:09.61	1500m: 17:18.22 1:04.78						
	400m: 4:33.56 1:09.75	800m: 9:17.34 1:12.12	1200m: 13:57.06 1:11.00							
2.		00 1	"	-1"	.				17:35.85	561
	100m: 1:02.30 1:02.30	500m: 5:45.41 1:11.25	900m: 10:30.64 1:11.65	1300m: 15:19.41 1:12.46						
	200m: 2:12.93 1:10.63	600m: 6:54.75 1:09.34	1000m: 11:42.13 1:11.49	1400m: 16:30.62 1:11.21						
	300m: 3:23.65 1:10.72	700m: 8:08.12 1:13.37	1100m: 12:54.46 1:12.33	1500m: 17:35.85 1:05.23						
	400m: 4:34.16 1:10.51	800m: 9:18.99 1:10.87	1200m: 14:06.95 1:12.49							
3.		99	"	-1"	.				17:51.06	1 537
	100m: 1:08.59 1:08.59	500m: 5:58.09 1:12.94	900m: 10:47.44 1:12.85	1300m: 15:31.90 1:11.46						
	200m: 2:20.59 1:12.00	600m: 7:10.19 1:12.10	1000m: 11:59.94 1:12.50	1400m: 16:43.72 1:11.82						
	300m: 3:32.72 1:12.13	700m: 8:22.00 1:11.81	1100m: 13:09.53 1:09.59	1500m: 17:51.06 1:07.34						
	400m: 4:45.15 1:12.43	800m: 9:34.59 1:12.59	1200m: 14:20.44 1:10.91							
4.		00	"	-1"	.				17:53.86	1
	100m: 1:08.86 1:08.86	500m: 5:58.86 1:13.04	900m: 10:47.23 1:11.87	1300m: 15:35.48 1:12.06						
	200m: 2:21.54 1:12.68	600m: 7:11.13 1:12.27	1000m: 11:59.60 1:12.37	1400m: 16:46.80 1:11.32						
	300m: 3:33.48 1:11.94	700m: 8:23.29 1:12.16	1100m: 13:11.32 1:11.72	1500m: 17:53.86 1:07.06						
	400m: 4:45.82 1:12.34	800m: 9:35.36 1:12.07	1200m: 14:23.42 1:12.10							
5.		98	"	-1"	.				18:10.37	1 509
	100m: 1:03.88 1:03.88	500m: 5:55.51 1:13.47	900m: 10:47.96 1:12.64	1300m: 15:42.04 1:14.63						
	200m: 2:15.33 1:11.45	600m: 7:09.51 1:14.00	1000m: 12:00.27 1:12.31	1400m: 16:59.01 1:16.97						
	300m: 3:28.42 1:13.09	700m: 8:22.54 1:13.03	1100m: 13:12.50 1:12.23	1500m: 18:10.37 1:11.36						
	400m: 4:42.04 1:13.62	800m: 9:35.32 1:12.78	1200m: 14:27.41 1:14.91							
6.		01 1	.						18:10.89	1 509
	100m: 1:10.07 1:10.07	500m: 6:03.04 1:13.37	900m: 10:56.00 1:13.49	1300m: 15:47.73 1:13.41						
	200m: 2:22.92 1:12.85	600m: 7:16.73 1:13.69	1000m: 12:08.89 1:12.89	1400m: 17:00.80 1:13.07						
	300m: 3:35.76 1:12.84	700m: 8:29.42 1:12.69	1100m: 13:21.48 1:12.59	1500m: 18:10.89 1:10.09						
	400m: 4:49.67 1:13.91	800m: 9:42.51 1:13.09	1200m: 14:34.32 1:12.84							
7.		99 1	"	"	.				18:28.40	1 485
	100m: 1:06.60 1:06.60	500m: 6:03.91 1:14.51	900m: 11:01.64 1:14.85	1300m: 15:59.26 1:14.68						
	200m: 2:20.21 1:13.61	600m: 7:17.90 1:13.99	1000m: 12:15.88 1:14.24	1400m: 17:14.00 1:14.74						
	300m: 3:34.46 1:14.25	700m: 8:27.12 1:09.22	1100m: 13:29.99 1:14.11	1500m: 18:28.40 1:14.40						
	400m: 4:49.40 1:14.94	800m: 9:46.79 1:19.67	1200m: 14:44.58 1:14.59							
8.		00 2	"	"	.				18:44.96	1 464
	100m: 1:08.72 1:08.72	500m: 6:13.06 1:17.13	900m: 11:17.22 1:15.85	1300m: 16:20.92 1:15.80						
	200m: 2:23.16 1:14.44	600m: 7:29.57 1:16.51	1000m: 12:33.79 1:16.57	1400m: 17:34.69 1:13.77						
	300m: 3:39.41 1:16.25	700m: 8:45.40 1:15.83	1100m: 13:49.16 1:15.37	1500m: 18:44.96 1:10.27						
	400m: 4:55.93 1:16.52	800m: 10:01.37 1:15.97	1200m: 15:05.12 1:15.96							
9.		99 1	"	-2"	.				18:49.04	2
	100m: 1:06.60 1:06.60	500m: 6:04.71 1:15.30	900m: 11:12.86 1:17.70	1300m: 16:23.01 1:18.09						
	200m: 2:20.21 1:13.61	600m: 7:21.34 1:16.63	1000m: 12:30.24 1:17.38	1400m: 17:38.15 1:15.14						
	300m: 3:34.48 1:14.27	700m: 8:38.03 1:16.69	1100m: 13:47.51 1:17.27	1500m: 18:49.04 1:10.89						
	400m: 4:49.41 1:14.93	800m: 9:55.16 1:17.13	1200m: 15:04.92 1:17.41							



												R.T.	FINA	
10.	12,	, 1500m	01 2	"	-2"							19:04.60	2	440
	100m:	1:09.91	1:09.91	500m:	6:15.32	1:17.16	900m:	11:23.80	1:17.54	1300m:	16:32.70	1:16.88		
	200m:	2:25.57	1:15.66	600m:	7:32.36	1:17.04	1000m:	12:41.20	1:17.40	1400m:	17:49.23	1:16.53		
	300m:	3:41.57	1:16.00	700m:	8:49.32	1:16.96	1100m:	13:58.48	1:17.28	1500m:	19:04.60	1:15.37		
	400m:	4:58.16	1:16.59	800m:	10:06.26	1:16.94	1200m:	15:15.82	1:17.34					
11.			97	"	-1"							19:36.82	2	
	100m:	1:10.14	1:10.14	500m:	6:26.28	1:19.64	900m:	11:45.64	1:19.48	1300m:	17:03.40	1:18.89		
	200m:	2:27.10	1:16.96	600m:	7:45.52	1:19.24	1000m:	13:06.01	1:20.37	1400m:	18:21.85	1:18.45		
	300m:	3:46.08	1:18.98	700m:	9:06.16	1:20.64	1100m:	14:25.45	1:19.44	1500m:	19:36.82	1:14.97		
	400m:	5:06.64	1:20.56	800m:	10:26.16	1:20.00	1200m:	15:44.51	1:19.06					
12.			01 2	"	"							19:49.76	2	
	100m:	1:11.06	1:11.06	500m:	6:30.21	1:19.01	900m:	11:47.81	1:20.15	1300m:	17:12.32	1:22.50		
	200m:	2:29.43	1:18.37	600m:	7:49.27	1:19.06	1000m:	13:07.50	1:19.69	1400m:	18:33.15	1:20.83		
	300m:	3:50.05	1:20.62	700m:	9:08.40	1:19.13	1100m:	14:28.03	1:20.53	1500m:	19:49.76	1:16.61		
	400m:	5:11.20	1:21.15	800m:	10:27.66	1:19.26	1200m:	15:49.82	1:21.79					
13.			01 2	"	-1"							19:55.51	2	386
	100m:	1:07.40	1:07.40	500m:	6:33.28	1:21.07	900m:	11:52.80	1:23.63	1300m:	17:18.34	1:22.60		
	200m:	2:24.35	1:16.95	600m:	7:51.01	1:17.73	1000m:	13:13.84	1:21.04	1400m:	18:38.94	1:20.60		
	300m:	3:51.28	1:26.93	700m:	9:11.45	1:20.44	1100m:	14:36.66	1:22.82	1500m:	19:55.51	1:16.57		
	400m:	5:12.21	1:20.93	800m:	10:29.17	1:17.72	1200m:	15:55.74	1:19.08					
14.			86									19:57.80	2	384
	100m:	1:10.70	1:10.70	500m:	6:31.60	1:21.31	900m:	11:55.51	1:20.94	1300m:	17:18.89	1:21.29		
	200m:	2:28.48	1:17.78	600m:	7:52.95	1:21.35	1000m:	13:16.32	1:20.81	1400m:	18:40.70	1:21.81		
	300m:	3:49.07	1:20.59	700m:	9:13.42	1:20.47	1100m:	14:36.70	1:20.38	1500m:	19:57.80	1:17.10		
	400m:	5:10.29	1:21.22	800m:	10:34.57	1:21.15	1200m:	15:57.60	1:20.90					
15.			01 2	"	-2"							20:32.67	2	
	100m:	1:13.76	1:13.76	500m:	6:42.18	1:22.67	900m:	12:12.54	1:23.51	1300m:	17:47.95	1:24.36		
	200m:	2:35.93	1:22.17	600m:	8:03.93	1:21.75	1000m:	13:36.72	1:24.18	1400m:	19:12.36	1:24.41		
	300m:	3:58.31	1:22.38	700m:	9:25.93	1:22.00	1100m:	15:00.62	1:23.90	1500m:	20:32.67	1:20.31		
	400m:	5:19.51	1:21.20	800m:	10:49.03	1:23.10	1200m:	16:23.59	1:22.97					
16.			01 2	"	-1"							22:20.63	3	274
	100m:	1:18.06	1:18.06	500m:	7:18.12	1:30.28	900m:	13:28.56	1:33.16	1300m:	19:29.76	1:27.21		
	200m:	2:46.86	1:28.80	600m:	8:48.35	1:30.23	1000m:	15:01.03	1:32.47	1400m:	20:52.41	1:22.65		
	300m:	4:18.04	1:31.18	700m:	10:23.46	1:35.11	1100m:	16:32.41	1:31.38	1500m:	22:20.63	1:28.22		
	400m:	5:47.84	1:29.80	800m:	11:55.40	1:31.94	1200m:	18:02.55	1:30.14					
1999 - 2000														
1.			00 1	"	-1"							17:35.85		561
	100m:	1:02.30	1:02.30	500m:	5:45.41	1:11.25	900m:	10:30.64	1:11.65	1300m:	15:19.41	1:12.46		
	200m:	2:12.93	1:10.63	600m:	6:54.75	1:09.34	1000m:	11:42.13	1:11.49	1400m:	16:30.62	1:11.21		
	300m:	3:23.65	1:10.72	700m:	8:08.12	1:13.37	1100m:	12:54.46	1:12.33	1500m:	17:35.85	1:05.23		
	400m:	4:34.16	1:10.51	800m:	9:18.99	1:10.87	1200m:	14:06.95	1:12.49					
2.			99	"	-1"							17:51.06	1	537
	100m:	1:08.59	1:08.59	500m:	5:58.09	1:12.94	900m:	10:47.44	1:12.85	1300m:	15:31.90	1:11.46		
	200m:	2:20.59	1:12.00	600m:	7:10.19	1:12.10	1000m:	11:59.94	1:12.50	1400m:	16:43.72	1:11.82		
	300m:	3:32.72	1:12.13	700m:	8:22.00	1:11.81	1100m:	13:09.53	1:09.59	1500m:	17:51.06	1:07.34		
	400m:	4:45.15	1:12.43	800m:	9:34.59	1:12.59	1200m:	14:20.44	1:10.91					
3.			00	"	-1"							17:53.86	1	
	100m:	1:08.86	1:08.86	500m:	5:58.86	1:13.04	900m:	10:47.23	1:11.87	1300m:	15:35.48	1:12.06		
	200m:	2:21.54	1:12.68	600m:	7:11.13	1:12.27	1000m:	11:59.60	1:12.37	1400m:	16:46.80	1:11.32		
	300m:	3:33.48	1:11.94	700m:	8:23.29	1:12.16	1100m:	13:11.32	1:11.72	1500m:	17:53.86	1:07.06		
	400m:	4:45.82	1:12.34	800m:	9:35.36	1:12.07	1200m:	14:23.42	1:12.10					



12, , 1500m , 1999 - 2000

											R.T.	FINA	
4.											18:28.40	1	485
	100m:	1:06.60	1:06.60	500m:	6:03.91	1:14.51	900m:	11:01.64	1:14.85	1300m:	15:59.26	1:14.68	
	200m:	2:20.21	1:13.61	600m:	7:17.90	1:13.99	1000m:	12:15.88	1:14.24	1400m:	17:14.00	1:14.74	
	300m:	3:34.46	1:14.25	700m:	8:27.12	1:09.22	1100m:	13:29.99	1:14.11	1500m:	18:28.40	1:14.40	
	400m:	4:49.40	1:14.94	800m:	9:46.79	1:19.67	1200m:	14:44.58	1:14.59				
5.											18:44.96	1	464
	100m:	1:08.72	1:08.72	500m:	6:13.06	1:17.13	900m:	11:17.22	1:15.85	1300m:	16:20.92	1:15.80	
	200m:	2:23.16	1:14.44	600m:	7:29.57	1:16.51	1000m:	12:33.79	1:16.57	1400m:	17:34.69	1:13.77	
	300m:	3:39.41	1:16.25	700m:	8:45.40	1:15.83	1100m:	13:49.16	1:15.37	1500m:	18:44.96	1:10.27	
	400m:	4:55.93	1:16.52	800m:	10:01.37	1:15.97	1200m:	15:05.12	1:15.96				
6.											18:49.04	2	
	100m:	1:06.60	1:06.60	500m:	6:04.71	1:15.30	900m:	11:12.86	1:17.70	1300m:	16:23.01	1:18.09	
	200m:	2:20.21	1:13.61	600m:	7:21.34	1:16.63	1000m:	12:30.24	1:17.38	1400m:	17:38.15	1:15.14	
	300m:	3:34.48	1:14.27	700m:	8:38.03	1:16.69	1100m:	13:47.51	1:17.27	1500m:	18:49.04	1:10.89	
	400m:	4:49.41	1:14.93	800m:	9:55.16	1:17.13	1200m:	15:04.92	1:17.41				

