

23, , 1500m ,

FINA

7.			09 2	"	"			21:30.03	2	363		
	100m:	1:17.66	1:17.66	500m:	6:59.74	1:26.56	900m:	12:49.03	1:26.83	1300m:	18:40.59	1:27.56
	200m:	2:41.62	1:23.96	600m:	8:28.03	1:28.29	1000m:	14:18.06	1:29.03	1400m:	20:07.50	1:26.91
	300m:	4:07.09	1:25.47	700m:	9:54.80	1:26.77	1100m:	15:46.57	1:28.51	1500m:	21:30.03	1:22.53
	400m:	5:33.18	1:26.09	800m:	11:22.20	1:27.40	1200m:	17:13.03	1:26.46			
8.			10 2	"	"			21:54.36	2	343		
	100m:	1:16.95	1:16.95	500m:	7:05.98	1:28.22	900m:	13:02.82	1:29.21	1300m:	18:58.90	1:28.98
	200m:	2:42.32	1:25.37	600m:	8:34.89	1:28.91	1000m:	14:31.73	1:28.91	1400m:	20:28.86	1:29.96
	300m:	4:09.86	1:27.54	700m:	10:04.11	1:29.22	1100m:	16:00.73	1:29.00	1500m:	21:54.36	1:25.50
	400m:	5:37.76	1:27.90	800m:	11:33.61	1:29.50	1200m:	17:29.92	1:29.19			
9.			09 1	"	-1"			21:55.01	2	342		
	100m:	1:20.04	1:20.04	500m:	7:09.44	1:29.17	900m:	13:06.04	1:29.27	1300m:	19:03.59	1:29.08
	200m:	2:44.87	1:24.83	600m:	8:39.11	1:29.67	1000m:	14:35.66	1:29.62	1400m:	20:31.12	1:27.53
	300m:	4:12.04	1:27.17	700m:	10:07.53	1:28.42	1100m:	16:05.56	1:29.90	1500m:	21:55.01	1:23.89
	400m:	5:40.27	1:28.23	800m:	11:36.77	1:29.24	1200m:	17:34.51	1:28.95			
10.			10 2	"	"			22:58.88	2	297		
	100m:	1:22.26	1:22.26	500m:	7:31.57	1:33.15	900m:	13:41.76	1:32.50	1300m:	19:56.00	1:33.96
	200m:	2:52.51	1:30.25	600m:	9:04.36	1:32.79	1000m:	15:14.48	1:32.72	1400m:	21:28.90	1:32.90
	300m:	4:24.98	1:32.47	700m:	10:36.48	1:32.12	1100m:	16:48.11	1:33.63	1500m:	22:58.88	1:29.98
	400m:	5:58.42	1:33.44	800m:	12:09.26	1:32.78	1200m:	18:22.04	1:33.93			

23, , 1500m

(13-14)

1.			10	"	-1"				18:31.57		567	
	50m:	33.65	33.65	450m:	5:31.50	37.21	850m:	10:27.95	37.38	1250m:	15:24.78	37.33
	100m:	1:10.05	36.40	500m:	6:09.31	37.81	900m:	11:05.37	37.42	1300m:	16:02.26	37.48
	150m:	1:47.26	37.21	550m:	6:45.37	36.06	950m:	11:41.98	36.61	1350m:	16:39.67	37.41
	200m:	2:25.12	37.86	600m:	7:22.18	36.81	1000m:	12:19.70	37.72	1400m:	17:17.55	37.88
	250m:	3:01.99	36.87	650m:	7:58.89	36.71	1050m:	12:56.15	36.45	1450m:	17:54.68	37.13
	300m:	3:39.76	37.77	700m:	8:36.45	37.56	1100m:	13:33.41	37.26	1500m:	18:31.57	36.89
	350m:	4:16.82	37.06	750m:	9:13.37	36.92	1150m:	14:10.06	36.65			
	400m:	4:54.29	37.47	800m:	9:50.57	37.20	1200m:	14:47.45	37.39			
2.			09	"	-1"				18:41.65		552	
	50m:	33.52	33.52	450m:	5:30.48	37.54	850m:	10:30.22	37.99	1250m:	15:33.92	38.44
	100m:	1:09.58	36.06	500m:	6:07.88	37.40	900m:	11:07.91	37.69	1300m:	16:11.97	38.05
	150m:	1:46.69	37.11	550m:	6:45.26	37.38	950m:	11:45.86	37.95	1350m:	16:50.27	38.30
	200m:	2:24.06	37.37	600m:	7:22.35	37.09	1000m:	12:23.62	37.76	1400m:	17:28.29	38.02
	250m:	3:01.27	37.21	650m:	7:59.67	37.32	1050m:	13:01.68	38.06	1450m:	18:05.96	37.67
	300m:	3:38.59	37.32	700m:	8:37.16	37.49	1100m:	13:39.51	37.83	1500m:	18:41.65	35.69
	350m:	4:15.89	37.30	750m:	9:14.77	37.61	1150m:	14:17.61	38.10			
	400m:	4:52.94	37.05	800m:	9:52.23	37.46	1200m:	14:55.48	37.87			
3.			10 1	"	-1"				20:15.17	1	434	
	100m:	1:14.32	1:14.32	500m:	6:33.08	1:21.11	900m:	12:05.28	1:24.94	1300m:	17:35.36	1:21.29
	200m:	2:32.63	1:18.31	600m:	7:54.18	1:21.10	1000m:	13:29.26	1:23.98	1400m:	18:56.57	1:21.21
	300m:	3:52.16	1:19.53	700m:	9:16.50	1:22.32	1100m:	14:53.31	1:24.05	1500m:	20:15.17	1:18.60
	400m:	5:11.97	1:19.81	800m:	10:40.34	1:23.84	1200m:	16:14.07	1:20.76			
4.			09 2	"	"				21:30.03	2	363	
	100m:	1:17.66	1:17.66	500m:	6:59.74	1:26.56	900m:	12:49.03	1:26.83	1300m:	18:40.59	1:27.56
	200m:	2:41.62	1:23.96	600m:	8:28.03	1:28.29	1000m:	14:18.06	1:29.03	1400m:	20:07.50	1:26.91
	300m:	4:07.09	1:25.47	700m:	9:54.80	1:26.77	1100m:	15:46.57	1:28.51	1500m:	21:30.03	1:22.53
	400m:	5:33.18	1:26.09	800m:	11:22.20	1:27.40	1200m:	17:13.03	1:26.46			
5.			10 2	"	"				21:54.36	2	343	
	100m:	1:16.95	1:16.95	500m:	7:05.98	1:28.22	900m:	13:02.82	1:29.21	1300m:	18:58.90	1:28.98
	200m:	2:42.32	1:25.37	600m:	8:34.89	1:28.91	1000m:	14:31.73	1:28.91	1400m:	20:28.86	1:29.96
	300m:	4:09.86	1:27.54	700m:	10:04.11	1:29.22	1100m:	16:00.73	1:29.00	1500m:	21:54.36	1:25.50
	400m:	5:37.76	1:27.90	800m:	11:33.61	1:29.50	1200m:	17:29.92	1:29.19			
6.			09 1	"	-1"				21:55.01	2	342	
	100m:	1:20.04	1:20.04	500m:	7:09.44	1:29.17	900m:	13:06.04	1:29.27	1300m:	19:03.59	1:29.08
	200m:	2:44.87	1:24.83	600m:	8:39.11	1:29.67	1000m:	14:35.66	1:29.62	1400m:	20:31.12	1:27.53
	300m:	4:12.04	1:27.17	700m:	10:07.53	1:28.42	1100m:	16:05.56	1:29.90	1500m:	21:55.01	1:23.89
	400m:	5:40.27	1:28.23	800m:	11:36.77	1:29.24	1200m:	17:34.51	1:28.95			
7.			10 2	"	"				22:58.88	2	297	
	100m:	1:22.26	1:22.26	500m:	7:31.57	1:33.15	900m:	13:41.76	1:32.50	1300m:	19:56.00	1:33.96
	200m:	2:52.51	1:30.25	600m:	9:04.36	1:32.79	1000m:	15:14.48	1:32.72	1400m:	21:28.90	1:32.90
	300m:	4:24.98	1:32.47	700m:	10:36.48	1:32.12	1100m:	16:48.11	1:33.63	1500m:	22:58.88	1:29.98
	400m:	5:58.42	1:33.44	800m:	12:09.26	1:32.78	1200m:	18:22.04	1:33.93			

23, , 1500m

(15-17)

1.			06	-1	.	.			19:11.68	1	510	
	50m:	34.18	34.18	450m:	5:41.15	38.25	850m:	10:47.60	38.23	1250m:	15:58.92	38.52
	100m:	1:12.06	37.88	500m:	6:19.88	38.73	900m:	11:26.87	39.27	1300m:	16:38.09	39.17
	150m:	1:50.26	38.20	550m:	6:58.10	38.22	950m:	12:05.40	38.53	1350m:	17:16.44	38.35
	200m:	2:28.63	38.37	600m:	7:36.83	38.73	1000m:	12:44.74	39.34	1400m:	17:55.90	39.46
	250m:	3:07.31	38.68	650m:	8:14.33	37.50	1050m:	13:23.50	38.76	1450m:	18:33.93	38.03
	300m:	3:46.10	38.79	700m:	8:52.98	38.65	1100m:	14:02.63	39.13	1500m:	19:11.68	37.75
	350m:	4:24.38	38.28	750m:	9:31.05	38.07	1150m:	14:41.24	38.61			
	400m:	5:02.90	38.52	800m:	10:09.37	38.32	1200m:	15:20.40	39.16			
2.			06	-1	.	.			19:15.28	1	505	
	50m:	35.40	35.40	450m:	5:40.76	38.47	850m:	10:50.37	38.78	1250m:	16:01.26	38.73
	100m:	1:13.41	38.01	500m:	6:19.30	38.54	900m:	11:29.32	38.95	1300m:	16:40.22	38.96
	150m:	1:51.43	38.02	550m:	6:58.04	38.74	950m:	12:07.97	38.65	1350m:	17:19.18	38.96
	200m:	2:29.49	38.06	600m:	7:36.72	38.68	1000m:	12:47.09	39.12	1400m:	17:58.13	38.95
	250m:	3:07.61	38.12	650m:	8:15.19	38.47	1050m:	13:25.62	38.53	1450m:	18:37.18	39.05
	300m:	3:45.71	38.10	700m:	8:53.97	38.78	1100m:	14:04.59	38.97	1500m:	19:15.28	38.10
	350m:	4:24.02	38.31	750m:	9:32.65	38.68	1150m:	14:43.61	39.02			
	400m:	5:02.29	38.27	800m:	10:11.59	38.94	1200m:	15:22.53	38.92			
3.			08 1	"	"				19:43.92	1	469	
	50m:	35.57	35.57	450m:	5:49.91	39.22	850m:	11:07.21	39.06	1250m:	16:27.91	39.99
	100m:	1:14.63	39.06	500m:	6:30.24	40.33	900m:	11:48.18	40.97	1300m:	17:08.25	40.34
	150m:	1:52.49	37.86	550m:	7:09.72	39.48	950m:	12:27.30	39.12	1350m:	17:47.40	39.15
	200m:	2:32.49	40.00	600m:	7:49.45	39.73	1000m:	13:08.15	40.85	1400m:	18:27.41	40.01
	250m:	3:11.41	38.92	650m:	8:29.01	39.56	1050m:	13:47.96	39.81	1450m:	19:06.43	39.02
	300m:	3:51.54	40.13	700m:	9:08.92	39.91	1100m:	14:28.56	40.60	1500m:	19:43.92	37.49
	350m:	4:30.49	38.95	750m:	9:48.16	39.24	1150m:	15:07.82	39.26			
	400m:	5:10.69	40.20	800m:	10:28.15	39.99	1200m:	15:47.92	40.10			

" " , 3 " " " , 50

23, , 1500m

EXH			10 1	"	"				20:11.16	1	438
100m:	1:14.24	1:14.24	500m:	6:31.66	1:20.29	900m:	11:58.65	1:25.65	1300m:	17:31.13	1:20.91
200m:	2:33.01	1:18.77	600m:	7:52.45	1:20.79	1000m:	13:21.76	1:23.11	1400m:	18:52.56	1:21.43
300m:	3:52.19	1:19.18	700m:	9:13.51	1:21.06	1100m:	14:46.47	1:24.71	1500m:	20:11.16	1:18.60
400m:	5:11.37	1:19.18	800m:	10:33.00	1:19.49	1200m:	16:10.22	1:23.75			