

27.04.2024

1

, 200m

13

								R.T.							
7			/												
1.	50m:	1:02.07	1:02.07	2017	/	100m:	2:27.00	1:24.93	150m:	3:38.81	1:11.81	5:37.22	200m:	5:37.22	1:58.41
9															
1.	50m:	48.17	48.17	2015	/	100m:	1:46.42	58.25	150m:	2:47.04	1:00.62	3:46.24	200m:	3:46.24	59.20
2.	50m:	50.34	50.34	2015	/	100m:	1:54.57	1:04.23	150m:	2:58.64	1:04.07	3:57.84	200m:	3:57.84	59.20
3.	50m:	1:08.36	1:08.36	2015	/	100m:	2:27.72	1:19.36	150m:	3:51.87	1:24.15	5:15.34	200m:	5:15.34	1:23.47
10															
1.	50m:	47.94	47.94	2014	2	100m:	1:43.57	55.63	150m:	2:40.66	57.09	3:36.74	200m:	3:36.74	56.08
2.	50m:	49.24	49.24	2014	3	100m:	1:42.59	53.35	150m:	2:39.84	57.25	3:37.02	200m:	3:37.02	57.18
3.	50m:	57.21	57.21	2014	3	100m:	2:04.40	1:07.19	150m:	3:15.71	1:11.31	4:26.10	200m:	4:26.10	1:10.39
12															
1.	50m:	45.51	45.51	2012	2	100m:	1:40.10	54.59	150m:	2:35.26	55.16	3:28.14	200m:	3:28.14	52.88
2.	50m:	49.47	49.47	2012	2	100m:	1:51.91	1:02.44	150m:	2:52.08	1:00.17	3:47.37	200m:	3:47.37	55.29
EXH	50m:	45.00	45.00	2009	/	100m:	1:37.83	52.83	150m:	2:34.20	56.37	3:32.00	200m:	3:32.00	57.80
EXH	50m:	56.85	56.85	2014	/	100m:	1:58.67	1:01.82	150m:	3:07.65	1:08.98	4:15.01	200m:	4:15.01	1:07.36

2

, 200m

13

27.04.2024

								R.T.							
7			/												
1.	50m:	53.67	53.67	2017	/	100m:	2:01.17	1:07.50	150m:	3:11.89	1:10.72	4:22.31	200m:	4:22.31	1:10.42
2.	50m:	1:12.70	1:12.70	2017	/	100m:	2:36.07	1:23.37	150m:	3:56.67	1:20.60	5:20.93	200m:	5:20.93	1:24.26
3.	50m:	1:15.24	1:15.24	2017	/	100m:	2:41.96	1:26.72	150m:	4:04.19	1:22.23	5:26.17	200m:	5:26.17	1:21.98
8															
1.	50m:	54.44	54.44	2016	/	100m:	2:05.63	1:11.19	150m:	3:16.38	1:10.75	4:25.50	200m:	4:25.50	1:09.12
2.	50m:	1:19.00	1:19.00	2016	/	100m:	2:55.18	1:36.18	150m:	4:31.70	1:36.52	6:14.51	200m:	6:14.51	1:42.81

2,		, 200m		, 8		R.T.						
3.				2016 /						7:05.83		
	50m:	1:20.28	1:20.28	100m:	3:13.35	1:53.07	150m:	5:04.72	1:51.37	200m:	7:05.83	2:01.11
9												
1.				2015 /						3:20.16	2	
	50m:	40.95	40.95	100m:	1:33.00	52.05	150m:	2:28.13	55.13	200m:	3:20.16	52.03
2.				2015 /						3:27.08	2	
	50m:	46.91	46.91	100m:	1:41.09	54.18	150m:	2:37.04	55.95	200m:	3:27.08	50.04
3.				2015 /						3:28.10	2	
	50m:	43.39	43.39	100m:	1:37.33	53.94	150m:	2:32.45	55.12	200m:	3:28.10	55.65
4.				2015 /						3:45.52	3	
	50m:	47.53	47.53	100m:	1:45.00	57.47	150m:	2:45.84	1:00.84	200m:	3:45.52	59.68
5.				2015 /						3:48.55	3	
	50m:	53.55	53.55	100m:	1:54.19	1:00.64	150m:	2:56.34	1:02.15	200m:	3:48.55	52.21
6.				2015 /						3:56.87	3	
	50m:	51.20	51.20	100m:	1:53.10	1:01.90	150m:	2:57.03	1:03.93	200m:	3:56.87	59.84
7.				2015 /						4:06.11	3	
	50m:	53.45	53.45	100m:	1:56.29	1:02.84	150m:	3:02.01	1:05.72	200m:	4:06.11	1:04.10
8.				2015 /						4:06.75	3	
	50m:	47.32	47.32	100m:	1:52.32	1:05.00	150m:	2:58.95	1:06.63	200m:	4:06.75	1:07.80
9.				2015 /						4:06.99	3	
	50m:	53.23	53.23	100m:	1:56.93	1:03.70	150m:	3:02.74	1:05.81	200m:	4:06.99	1:04.25
10.				2015 /						4:21.23	3	
	50m:	56.40	56.40	100m:	2:06.68	1:10.28	150m:	3:13.40	1:06.72	200m:	4:21.23	1:07.83
11.				2015 /						4:26.26		
	50m:	59.27	59.27	100m:	2:07.71	1:08.44	150m:	3:19.83	1:12.12	200m:	4:26.26	1:06.43
12.				2015 /						4:53.76		
	50m:	56.38	56.38	100m:	2:14.79	1:18.41	150m:	3:35.98	1:21.19	200m:	4:53.76	1:17.78
13.				2015 /						4:56.17		
	50m:	58.84	58.84	100m:	2:14.66	1:15.82	150m:	3:35.38	1:20.72	200m:	4:56.17	1:20.79
10												
1.				2014 2						3:28.96	2	
	50m:	41.70	41.70	100m:	1:35.58	53.88	150m:	2:32.58	57.00	200m:	3:28.96	56.38
2.				2014 /						3:45.00	2	
	50m:	47.33	47.33	100m:	1:49.45	1:02.12	150m:	2:48.76	59.31	200m:	3:45.00	56.24
3.				2014 3						3:57.67	3	
	50m:	50.52	50.52	100m:	1:53.44	1:02.92	150m:	2:55.39	1:01.95	200m:	3:57.67	1:02.28
4.				2014 /						4:08.25	3	
	50m:	54.66	54.66	100m:	1:58.94	1:04.28	150m:	3:05.57	1:06.63	200m:	4:08.25	1:02.68
5.				2014 /						4:09.57	3	
	50m:	50.19	50.19	100m:	1:55.22	1:05.03	150m:	3:04.98	1:09.76	200m:	4:09.57	1:04.59
11												
1.				2013 /						4:04.71	3	
	50m:	51.33	51.33	100m:	1:54.62	1:03.29	150m:	3:00.13	1:05.51	200m:	4:04.71	1:04.58
2.				2013 /						4:06.88	3	
	50m:	53.39	53.39	100m:	1:56.83	1:03.44	150m:	3:02.89	1:06.06	200m:	4:06.88	1:03.99
12												
1.				2012 3						3:55.29	3	
	50m:	50.07	50.07	100m:	1:50.78	1:00.71	150m:	2:52.08	1:01.30	200m:	3:55.29	1:03.21
2.				2012 /						4:31.73		
	50m:	48.22	48.22	100m:	2:00.21	1:11.99	150m:	3:19.37	1:19.16	200m:	4:31.73	1:12.36

3, , 400m

13

1.				2011 /						6:12.19 III		
	50m:	40.31	40.31	150m:	2:11.69	46.68	250m:	3:46.57	47.79	350m:	5:23.38	47.97
	100m:	1:25.01	44.70	200m:	2:58.78	47.09	300m:	4:35.41	48.84	400m:	6:12.19	48.81

4

, 400m

13

27.04.2024

R.T.

9

1.				2015 /						7:03.49 2		
	50m:	46.26	46.26	150m:	2:33.76	54.74	250m:	4:24.02	53.64	350m:	6:12.23	54.21
	100m:	1:39.02	52.76	200m:	3:30.38	56.62	300m:	5:18.02	54.00	400m:	7:03.49	51.26
2.				2015 /						7:15.34 2		
	50m:	44.15	44.15	150m:	2:36.46	57.16	250m:	4:29.85	56.70	350m:	6:23.83	58.18
	100m:	1:39.30	55.15	200m:	3:33.15	56.69	300m:	5:25.65	55.80	400m:	7:15.34	51.51
3.				2015 /						8:02.24 3		
	50m:	46.55	46.55	150m:	2:47.62	1:01.26	250m:	4:51.18	1:01.44	350m:	6:58.82	1:02.13
	100m:	1:46.36	59.81	200m:	3:49.74	1:02.12	300m:	5:56.69	1:05.51	400m:	8:02.24	1:03.42
4.				2015 /						8:57.45		
	50m:	51.70	51.70	150m:	3:06.78	1:06.20	250m:	5:25.03	1:07.45	350m:	7:43.28	1:09.04
	100m:	2:00.58	1:08.88	200m:	4:17.58	1:10.80	300m:	6:34.24	1:09.21	400m:	8:57.45	1:14.17

10

1.				2014 2						7:08.35 2		
	50m:	45.42	45.42	150m:	2:32.21	54.09	250m:	4:22.68	53.99	350m:	6:14.20	56.11
	100m:	1:38.12	52.70	200m:	3:28.69	56.48	300m:	5:18.09	55.41	400m:	7:08.35	54.15
2.				2014 3						8:01.92 3		
	50m:	49.53	49.53	150m:	2:51.02	1:01.05	250m:	4:54.15	1:02.14	350m:	7:01.01	1:02.06
	100m:	1:49.97	1:00.44	200m:	3:52.01	1:00.99	300m:	5:58.95	1:04.80	400m:	8:01.92	1:00.91
3.				2014 3						8:20.59 3		
	50m:	51.95	51.95	150m:	2:56.48	1:03.00	250m:	5:08.17	1:06.54	350m:	7:15.39	1:03.16
	100m:	1:53.48	1:01.53	200m:	4:01.63	1:05.15	300m:	6:12.23	1:04.06	400m:	8:20.59	1:05.20
4.				2014 3						8:21.94 3		
	50m:	54.57	54.57	150m:	3:00.62	1:03.87	250m:	5:10.29	1:04.59	350m:	7:19.61	1:02.46
	100m:	1:56.75	1:02.18	200m:	4:05.70	1:05.08	300m:	6:17.15	1:06.86	400m:	8:21.94	1:02.33
5.				2014 2						8:25.99 3		
	50m:	50.23	50.23	150m:	2:58.60	1:04.71	250m:	5:10.30	1:06.42	350m:	7:21.59	1:04.84
	100m:	1:53.89	1:03.66	200m:	4:03.88	1:05.28	300m:	6:16.75	1:06.45	400m:	8:25.99	1:04.40

DSQ

2014 /

11

1.				2013 2						7:36.52 3		
	50m:	46.00	46.00	150m:	2:40.27	57.97	250m:	4:39.65	59.19	350m:	6:42.46	1:01.94
	100m:	1:42.30	56.30	200m:	3:40.46	1:00.19	300m:	5:40.52	1:00.87	400m:	7:36.52	54.06

13

1.				2011 /						6:52.08 2		
	50m:	42.90	42.90	150m:	2:24.12	52.24	250m:	4:13.38	54.02	350m:	6:00.57	54.09
	100m:	1:31.88	48.98	200m:	3:19.36	55.24	300m:	5:06.48	53.10	400m:	6:52.08	51.51
2.				2011 /						7:02.76 2		
	50m:	45.25	45.25	150m:	2:31.66	54.66	250m:	4:21.90	55.59	350m:	6:10.73	53.33
	100m:	1:37.00	51.75	200m:	3:26.31	54.65	300m:	5:17.40	55.50	400m:	7:02.76	52.03

4, 400m

EXH			2009 /						6:31.83 1			
	50m:	40.94	40.94	150m:	2:20.51	51.82	250m:	4:06.26	53.25	350m:	5:45.16	49.75
	100m:	1:28.69	47.75	200m:	3:13.01	52.50	300m:	4:55.41	49.15	400m:	6:31.83	46.67
EXH			2009 /						6:36.31 1			
	50m:	34.69	34.69	150m:	2:09.57	50.42	250m:	3:52.12	51.77	350m:	5:41.25	55.22
	100m:	1:19.15	44.46	200m:	3:00.35	50.78	300m:	4:46.03	53.91	400m:	6:36.31	55.06

5, 800m

13

27.04.2024

R.T.

10												
1.			2014 1						12:34.18 III			
	50m:	41.38	41.38	250m:	3:54.46	48.49	450m:	7:06.91	48.52	650m:	10:18.41	47.57
	100m:	1:29.50	48.12	300m:	4:42.08	47.62	500m:	7:55.40	48.49	700m:	11:05.24	46.83
	150m:	2:18.41	48.91	350m:	5:29.87	47.79	550m:	8:49.85	54.45	750m:	11:58.73	53.49
	200m:	3:05.97	47.56	400m:	6:18.39	48.52	600m:	9:30.84	40.99	800m:	12:34.18	35.45
2.			2014 1						12:35.37 III			
	50m:	41.38	41.38	250m:	3:53.01	48.49	450m:	7:05.56	48.18	650m:	10:17.07	47.07
	100m:	1:28.28	46.90	300m:	4:40.99	47.98	500m:	7:54.08	48.52	700m:	11:03.56	46.49
	150m:	2:16.68	48.40	350m:	5:28.57	47.58	550m:	8:42.52	48.44	750m:	11:49.50	45.94
	200m:	3:04.52	47.84	400m:	6:17.38	48.81	600m:	9:30.00	47.48	800m:	12:35.37	45.87
3.			2014 1						13:42.58 1			
	50m:	42.55	42.55	250m:	4:07.77	51.66	450m:	7:36.08	51.75	650m:	11:06.51	53.11
	100m:	1:31.43	48.88	300m:	5:00.42	52.65	500m:	8:28.02	51.94	700m:	12:00.24	53.73
	150m:	2:23.50	52.07	350m:	5:52.61	52.19	550m:	9:21.11	53.09	750m:	12:51.35	51.11
	200m:	3:16.11	52.61	400m:	6:44.33	51.72	600m:	10:13.40	52.29	800m:	13:42.58	51.23
4.			2014 1						14:55.80 1			
	50m:	46.60	46.60	250m:	4:29.09	55.77	450m:	8:20.44	57.84	650m:	12:09.60	57.81
	100m:	1:41.88	55.28	300m:	5:27.32	58.23	500m:	9:17.38	56.94	700m:	13:04.35	54.75
	150m:	2:38.00	56.12	350m:	6:23.50	56.18	550m:	10:14.19	56.81	750m:	14:01.98	57.63
	200m:	3:33.32	55.32	400m:	7:22.60	59.10	600m:	11:11.79	57.60	800m:	14:55.80	53.82
11												
1.			2013 II						11:40.55 II			
	50m:	37.87	37.87	250m:	3:31.76	44.13	450m:	6:31.31	44.47	650m:	9:32.00	45.41
	100m:	1:20.28	42.41	300m:	4:16.78	45.02	500m:	7:17.25	45.94	700m:	10:15.90	43.90
	150m:	2:03.78	43.50	350m:	5:01.75	44.97	550m:	8:01.94	44.69	750m:	10:58.68	42.78
	200m:	2:47.63	43.85	400m:	5:46.84	45.09	600m:	8:46.59	44.65	800m:	11:40.55	41.87
2.			2013 III						12:28.73 III			
	50m:	39.81	39.81	250m:	3:48.08	47.67	450m:	7:00.50	47.68	650m:	10:11.80	46.54
	100m:	1:25.71	45.90	300m:	4:36.97	48.89	500m:	7:48.02	47.52	700m:	10:59.29	47.49
	150m:	2:13.17	47.46	350m:	5:24.52	47.55	550m:	8:36.81	48.79	750m:	11:45.72	46.43
	200m:	3:00.41	47.24	400m:	6:12.82	48.30	600m:	9:25.26	48.45	800m:	12:28.73	43.01
12												
1.			2012 II						12:08.22 III			
	50m:	41.97	41.97	250m:	3:45.62	45.97	450m:	6:49.65	46.03	650m:	9:54.74	46.28
	100m:	1:27.21	45.24	300m:	4:31.78	46.16	500m:	7:35.87	46.22	700m:	10:39.53	44.79
	150m:	2:13.31	46.10	350m:	5:17.28	45.50	550m:	8:22.01	46.14	750m:	11:24.90	45.37
	200m:	2:59.65	46.34	400m:	6:03.62	46.34	600m:	9:08.46	46.45	800m:	12:08.22	43.32

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						R.T.						
9												
1.		2015	2			15:04.11	2					
	50m:	45.70	45.70	250m:	4:28.89	56.75	450m:	8:22.33	56.75	650m:	12:18.14	1:00.75
	100m:	1:40.46	54.76	300m:	5:27.96	59.07	500m:	9:19.70	57.37	700m:	13:14.70	56.56
	150m:	2:37.14	56.68	350m:	6:25.89	57.93	550m:	10:18.70	59.00	750m:	14:10.89	56.19
	200m:	3:32.14	55.00	400m:	7:25.58	59.69	600m:	11:17.39	58.69	800m:	15:04.11	53.22
10												
1.		2014	III			11:13.69	III					
	50m:	36.40	36.40	250m:	3:25.21	42.23	450m:	6:15.71	41.89	650m:	9:10.04	43.76
	100m:	1:18.46	42.06	300m:	4:07.70	42.49	500m:	6:59.24	43.53	700m:	9:52.64	42.60
	150m:	2:02.34	43.88	350m:	4:50.92	43.22	550m:	7:42.90	43.66	750m:	10:35.45	42.81
	200m:	2:42.98	40.64	400m:	5:33.82	42.90	600m:	8:26.28	43.38	800m:	11:13.69	38.24
2.		2014	1			11:48.12	III					
	50m:	39.02	39.02	250m:	3:33.20	44.65	450m:	6:35.00	45.70	650m:	9:37.00	45.00
	100m:	1:22.00	42.98	300m:	4:18.29	45.09	500m:	7:21.50	46.50	700m:	10:22.00	45.00
	150m:	2:05.00	43.00	350m:	5:03.70	45.41	550m:	8:07.00	45.50	750m:	11:02.57	40.57
	200m:	2:48.55	43.55	400m:	5:49.30	45.60	600m:	8:52.00	45.00	800m:	11:48.12	45.55
3.		2014	1			12:39.89	1					
	50m:	41.33	41.33	250m:	3:48.46	48.76	450m:	7:03.52	49.63	650m:	10:20.33	50.19
	100m:	1:26.00	44.67	300m:	4:35.27	46.81	500m:	7:52.46	48.94	700m:	11:07.58	47.25
	150m:	2:13.39	47.39	350m:	5:24.77	49.50	550m:	8:40.64	48.18	750m:	11:56.64	49.06
	200m:	2:59.70	46.31	400m:	6:13.89	49.12	600m:	9:30.14	49.50	800m:	12:39.89	43.25
4.		2014	1			13:12.88	1					
	50m:	43.36	43.36	250m:	4:00.84	50.50	450m:	7:23.28	51.41	650m:	10:43.30	48.52
	100m:	1:30.37	47.01	300m:	4:50.80	49.96	500m:	8:12.80	49.52	700m:	11:34.72	51.42
	150m:	2:20.71	50.34	350m:	5:41.44	50.64	550m:	9:04.07	51.27	750m:	12:25.53	50.81
	200m:	3:10.34	49.63	400m:	6:31.87	50.43	600m:	9:54.78	50.71	800m:	13:12.88	47.35
5.		2014	2			13:36.99	1					
	50m:	44.54	44.54	250m:	4:06.85	52.59	450m:	7:33.26	51.25	650m:	11:04.01	53.91
	100m:	1:32.94	48.40	300m:	4:58.85	52.00	500m:	8:25.52	52.26	700m:	11:55.22	51.21
	150m:	2:24.16	51.22	350m:	5:50.10	51.25	550m:	9:17.66	52.14	750m:	12:49.44	54.22
	200m:	3:14.26	50.10	400m:	6:42.01	51.91	600m:	10:10.10	52.44	800m:	13:36.99	47.55
6.		2014	2			13:39.31	1					
	50m:	42.53	42.53	250m:	4:08.84	50.67	450m:	7:38.00	53.54	650m:	11:08.18	53.25
	100m:	1:33.68	51.15	300m:	4:59.03	50.19	500m:	8:29.90	51.90	700m:	12:00.96	52.78
	150m:	2:26.31	52.63	350m:	5:53.03	54.00	550m:	9:22.84	52.94	750m:	12:48.78	47.82
	200m:	3:18.17	51.86	400m:	6:44.46	51.43	600m:	10:14.93	52.09	800m:	13:39.31	50.53
7.		2014	2			13:48.92	1					
	50m:	42.86	42.86	250m:	4:12.12	52.94	450m:	7:44.03	53.78	650m:	11:14.59	53.02
	100m:	1:34.60	51.74	300m:	5:05.41	53.29	500m:	8:34.68	50.65	700m:	12:07.01	52.42
	150m:	2:26.86	52.26	350m:	5:58.20	52.79	550m:	9:28.51	53.83	750m:	13:00.46	53.45
	200m:	3:19.18	52.32	400m:	6:50.25	52.05	600m:	10:21.57	53.06	800m:	13:48.92	48.46
8.		2014	2			14:07.84	1					
	50m:	41.34	41.34	250m:	4:11.12	55.38	450m:	7:50.24	53.34	650m:	11:29.70	54.99
	100m:	1:32.68	51.34	300m:	5:06.66	55.54	500m:	8:44.40	54.16	700m:	12:24.84	55.14
	150m:	2:24.58	51.90	350m:	6:00.76	54.10	550m:	9:39.46	55.06	750m:	13:20.55	55.71
	200m:	3:15.74	51.16	400m:	6:56.90	56.14	600m:	10:34.71	55.25	800m:	14:07.84	47.29
9.		2014	2			14:12.58	1					
	50m:	42.76	42.76	250m:	4:11.00	54.12	450m:	7:45.01	52.72	650m:	11:22.41	55.50
	100m:	1:32.38	49.62	300m:	5:04.00	53.00	500m:	8:39.19	54.18	700m:	12:14.22	51.81
	150m:	2:24.32	51.94	350m:	5:58.51	54.51	550m:	9:32.91	53.72	750m:	13:11.52	57.30
	200m:	3:16.88	52.56	400m:	6:52.29	53.78	600m:	10:26.91	54.00	800m:	14:12.58	1:01.06
10.		2014	2			14:37.96	2					
	50m:	33.25	33.25	250m:	4:27.59	57.57	450m:	8:13.09	58.09	650m:	11:59.00	54.95
	100m:	1:36.27	1:03.02	300m:	5:22.19	54.60	500m:	9:09.07	55.98	700m:	12:54.65	55.65
	150m:	2:33.92	57.65	350m:	6:20.35	58.16	550m:	10:07.31	58.24	750m:	13:49.04	54.39
	200m:	3:30.02	56.10	400m:	7:15.00	54.65	600m:	11:04.05	56.74	800m:	14:37.96	48.92
11.		2014	2			14:51.00	2					
	50m:	43.97	43.97	250m:	4:09.10	50.61	450m:	7:40.01	51.89	650m:	11:03.00	51.03
	100m:	1:35.16	51.19	300m:	5:00.15	51.05	500m:	8:32.03	52.02	700m:	12:02.10	59.10
	150m:	2:28.15	52.99	350m:	5:54.03	53.88	550m:	9:20.97	48.94	750m:	13:05.10	1:03.00
	200m:	3:18.49	50.34	400m:	6:48.12	54.09	600m:	10:11.97	51.00	800m:	14:51.00	1:45.90

6, , 800m , 10		R.T.										
12.			2014	2				15:01.53	2			
	50m:	45.01	45.01	250m:	4:34.26	59.32	450m:	8:27.29	57.69	650m:	12:14.22	56.40
	100m:	1:41.44	56.43	300m:	5:31.26	57.00	500m:	9:24.00	56.71	700m:	13:13.44	59.22
	150m:	2:37.38	55.94	350m:	6:32.69	1:01.43	550m:	10:21.41	57.41	750m:	14:15.02	1:01.58
	200m:	3:34.94	57.56	400m:	7:29.60	56.91	600m:	11:17.82	56.41	800m:	15:01.53	46.51
13.			2014	2				15:10.95	2			
	50m:	42.68	42.68	250m:	4:30.23	57.23	450m:	8:23.84	57.37	650m:	12:21.09	58.87
	100m:	1:36.58	53.90	300m:	5:28.55	58.32	500m:	9:22.68	58.84	700m:	13:19.01	57.92
	150m:	2:39.89	1:03.31	350m:	6:27.95	59.40	550m:	10:22.75	1:00.07	750m:	14:16.44	57.43
	200m:	3:33.00	53.11	400m:	7:26.47	58.52	600m:	11:22.22	59.47	800m:	15:10.95	54.51
14.			2014	2				15:27.30	2			
	50m:	48.98	48.98	250m:	4:56.88	1:01.30	450m:	9:12.06	1:03.04	650m:	13:26.08	1:02.80
	100m:	1:49.66	1:00.68	300m:	6:01.11	1:04.23	500m:	10:14.77	1:02.71	700m:	14:22.84	56.76
	150m:	2:54.01	1:04.35	350m:	7:05.14	1:04.03	550m:	11:18.30	1:03.53	750m:		
	200m:	3:55.58	1:01.57	400m:	8:09.02	1:03.88	600m:	12:23.28	1:04.98	800m:	15:27.30	
15.			2014	2				15:44.63	2			
	50m:	50.80	50.80	250m:	4:47.40	58.60	450m:	8:49.80	1:00.30	650m:	12:47.10	57.40
	100m:	1:48.60	57.80	300m:	5:48.40	1:01.00	500m:	9:49.10	59.30	700m:	13:46.11	59.01
	150m:	2:47.10	58.50	350m:	6:48.10	59.70	550m:	10:49.30	1:00.20	750m:	14:45.90	59.79
	200m:	3:48.80	1:01.70	400m:	7:49.50	1:01.40	600m:	11:49.70	1:00.40	800m:	15:44.63	58.73
16.			2014	2				15:52.49	2			
	50m:	50.12	50.12	250m:	4:45.83	59.74	450m:	8:47.06	1:00.83	650m:	12:55.59	1:01.60
	100m:	1:48.87	58.75	300m:	5:48.52	1:02.69	500m:	9:49.54	1:02.48	700m:	13:57.69	1:02.10
	150m:	2:47.15	58.28	350m:	6:47.69	59.17	550m:	10:53.35	1:03.81	750m:	14:56.41	58.72
	200m:	3:46.09	58.94	400m:	7:46.23	58.54	600m:	11:53.99	1:00.64	800m:	15:52.49	56.08
17.			2014	3				16:23.21	2			
	50m:	47.85	47.85	250m:	4:47.85	1:01.44	450m:	8:56.32	1:03.22	650m:	13:10.38	1:04.90
	100m:	1:46.94	59.09	300m:	5:50.11	1:02.26	500m:	9:57.32	1:01.00	700m:	14:16.22	1:05.84
	150m:	2:46.32	59.38	350m:	6:50.16	1:00.05	550m:	11:04.01	1:06.69	750m:	15:19.20	1:02.98
	200m:	3:46.41	1:00.09	400m:	7:53.10	1:02.94	600m:	12:05.48	1:01.47	800m:	16:23.21	1:04.01
11												
1.			2013	III				11:23.90	III			
	50m:	38.26	38.26	250m:	3:29.71	43.16	450m:	6:27.46	44.41	650m:	9:21.39	43.28
	100m:	1:20.26	42.00	300m:	4:14.05	44.34	500m:	7:10.55	43.09	700m:	10:04.30	42.91
	150m:	2:03.55	43.29	350m:	4:59.12	45.07	550m:	7:54.94	44.39	750m:	10:46.03	41.73
	200m:	2:46.55	43.00	400m:	5:43.05	43.93	600m:	8:38.11	43.17	800m:	11:23.90	37.87
2.			2013	III				11:24.70	III			
	50m:	36.46	36.46	250m:	3:25.39	42.43	450m:	6:18.64	43.25	650m:	9:16.83	44.94
	100m:	1:18.52	42.06	300m:	4:08.64	43.25	500m:	7:03.46	44.82	700m:	10:01.52	44.69
	150m:	2:00.83	42.31	350m:	4:51.33	42.69	550m:	7:47.83	44.37	750m:	10:45.77	44.25
	200m:	2:42.96	42.13	400m:	5:35.39	44.06	600m:	8:31.89	44.06	800m:	11:24.70	38.93
3.			2013	III				11:54.98	III			
	50m:	38.30	38.30	250m:	3:39.70	46.40	450m:	6:40.70	46.20	650m:	9:44.10	45.80
	100m:	1:22.60	44.30	300m:	4:24.60	44.90	500m:	7:26.30	45.60	700m:	10:28.10	44.00
	150m:	2:07.10	44.50	350m:	5:09.10	44.50	550m:	8:12.10	45.80	750m:	11:13.00	44.90
	200m:	2:53.30	46.20	400m:	5:54.50	45.40	600m:	8:58.30	46.20	800m:	11:54.98	41.98
4.			2013	1				13:07.33	1			
	50m:	43.02	43.02	250m:	4:01.22	51.14	450m:	7:22.32	49.70	650m:	10:43.32	50.68
	100m:	1:31.23	48.21	300m:	4:48.83	47.61	500m:	8:13.02	50.70	700m:	11:34.07	50.75
	150m:	2:19.92	48.69	350m:	5:41.37	52.54	550m:	9:03.54	50.52	750m:	12:21.70	47.63
	200m:	3:10.08	50.16	400m:	6:32.62	51.25	600m:	9:52.64	49.10	800m:	13:07.33	45.63
5.			2013	2				13:31.97	1			
	50m:	42.60	42.60	250m:	4:01.30	49.60	450m:	7:32.70	53.40	650m:	10:59.60	51.50
	100m:	1:30.40	47.80	300m:	4:55.90	54.60	500m:	8:22.90	50.20	700m:	11:53.40	53.80
	150m:	2:20.10	49.70	350m:	5:48.60	52.70	550m:	9:15.30	52.40	750m:	12:43.40	50.00
	200m:	3:11.70	51.60	400m:	6:39.30	50.70	600m:	10:08.10	52.80	800m:	13:31.97	48.57
6.			2013	2				14:09.52	1			
	50m:	43.52	43.52	250m:	4:16.42	54.77	450m:	7:56.02	54.25	650m:	11:35.70	55.61
	100m:	1:34.74	51.22	300m:	5:11.09	54.67	500m:	8:49.71	53.69	700m:	12:30.58	54.88
	150m:	2:28.02	53.28	350m:	6:05.50	54.41	550m:	9:45.23	55.52	750m:	13:23.62	53.04
	200m:	3:21.65	53.63	400m:	7:01.77	56.27	600m:	10:40.09	54.86	800m:	14:09.52	45.90
7.			2013	1				14:36.82	2			
	50m:	46.60	46.60	250m:	4:24.40	55.80	450m:	8:09.80	56.60	650m:	11:52.00	58.00
	100m:	1:38.10	51.50	300m:	5:21.60	57.20	500m:	9:04.80	55.00	700m:	12:46.00	54.00
	150m:	2:33.40	55.30	350m:	6:16.90	55.30	550m:	10:01.10	56.30	750m:	13:43.00	57.00
	200m:	3:28.60	55.20	400m:	7:13.20	56.30	600m:	10:54.00	52.90	800m:	14:36.82	53.82

6, , 800m , 11								R.T.	
8.			2013 2					15:23.44	2
	50m: 46.01	46.01	250m: 4:35.59	59.34	450m: 8:33.53	1:00.66	650m: 12:31.94	59.35	
	100m: 1:41.84	55.83	300m: 5:34.40	58.81	500m: 9:33.56	1:00.03	700m: 13:28.72	56.78	
	150m: 2:38.62	56.78	350m: 6:35.72	1:01.32	550m: 10:34.50	1:00.94	750m: 14:29.81	1:01.09	
	200m: 3:36.25	57.63	400m: 7:32.87	57.15	600m: 11:32.59	58.09	800m: 15:23.44	53.63	
9.			2013 2					15:42.05	2
	50m: 48.50	48.50	250m: 4:42.00	59.00	450m: 8:47.34	1:01.84	650m: 12:50.00	1:01.21	
	100m: 1:45.80	57.30	300m: 5:42.00	1:00.00	500m: 9:47.02	59.68	700m: 13:49.50	59.50	
	150m: 2:44.45	58.65	350m: 6:44.00	1:02.00	550m: 10:47.50	1:00.48	750m: 14:47.90	58.40	
	200m: 3:43.00	58.55	400m: 7:45.50	1:01.50	600m: 11:48.79	1:01.29	800m: 15:42.05	54.15	
10.			2013 3					15:42.15	2
	50m: 49.03	49.03	250m: 4:50.00	59.82	450m: 8:49.71	1:00.28	650m: 12:46.90	59.66	
	100m: 1:47.18	58.15	300m: 5:49.93	59.93	500m: 9:48.90	59.19	700m: 13:45.78	58.88	
	150m: 2:49.40	1:02.22	350m: 6:49.90	59.97	550m: 10:47.90	59.00	750m: 14:44.62	58.84	
	200m: 3:50.18	1:00.78	400m: 7:49.43	59.53	600m: 11:47.24	59.34	800m: 15:42.15	57.53	
12									
1.			2012 III					11:48.63	III
	50m: 36.85	36.85	250m: 3:32.65	44.15	450m: 6:33.68	46.19	650m: 9:36.57	45.79	
	100m: 1:19.36	42.51	300m: 4:17.50	44.85	500m: 7:19.43	45.75	700m: 10:23.46	46.89	
	150m: 2:04.63	45.27	350m: 5:01.90	44.40	550m: 8:04.47	45.04	750m: 11:06.47	43.01	
	200m: 2:48.50	43.87	400m: 5:47.49	45.59	600m: 8:50.78	46.31	800m: 11:48.63	42.16	
2.			2012 III					12:12.26	III
	50m: 40.27	40.27	250m: 3:45.33	46.56	450m: 6:52.46	45.94	650m: 9:57.39	46.12	
	100m: 1:26.27	46.00	300m: 4:33.27	47.94	500m: 7:38.77	46.31	700m: 10:44.20	46.81	
	150m: 2:12.77	46.50	350m: 5:20.58	47.31	550m: 8:25.00	46.23	750m: 11:31.00	46.80	
	200m: 2:58.77	46.00	400m: 6:06.52	45.94	600m: 9:11.27	46.27	800m: 12:12.26	41.26	
3.			2012 1					13:35.92	1
	50m: 44.06	44.06	250m: 4:11.53	53.23	450m: 7:41.25	51.21	650m: 11:07.43	51.96	
	100m: 1:33.80	49.74	300m: 5:03.90	52.37	500m: 8:33.74	52.49	700m: 11:57.75	50.32	
	150m: 2:24.99	51.19	350m: 5:56.76	52.86	550m: 9:24.74	51.00	750m: 12:47.83	50.08	
	200m: 3:18.30	53.31	400m: 6:50.04	53.28	600m: 10:15.47	50.73	800m: 13:35.92	48.09	
4.			2012 /					13:58.59	1
	50m: 41.89	41.89	250m: 4:09.64	50.06	450m: 7:44.00	51.30	650m: 11:22.58	54.70	
	100m: 1:35.00	53.11	300m: 5:04.33	54.69	500m: 8:40.20	56.20	700m: 12:15.64	53.06	
	150m: 2:27.70	52.70	350m: 5:59.33	55.00	550m: 9:33.20	53.00	750m: 13:08.70	53.06	
	200m: 3:19.58	51.88	400m: 6:52.70	53.37	600m: 10:27.88	54.68	800m: 13:58.59	49.89	
13									
1.			2011 III					11:06.24	III
	50m: 35.41	35.41	250m: 3:22.00	42.65	450m: 6:11.91	42.72	650m: 9:02.48	42.94	
	100m: 1:15.44	40.03	300m: 4:03.94	41.94	500m: 6:55.44	43.53	700m: 9:45.66	43.18	
	150m: 1:56.94	41.50	350m: 4:46.79	42.85	550m: 7:37.73	42.29	750m: 10:28.29	42.63	
	200m: 2:39.35	42.41	400m: 5:29.19	42.40	600m: 8:19.54	41.81	800m: 11:06.24	37.95	
2.			2011 III					11:13.46	III
	50m: 38.21	38.21	250m: 3:28.15	42.53	450m: 6:18.34	42.38	650m: 9:10.03	43.44	
	100m: 1:19.76	41.55	300m: 4:10.40	42.25	500m: 7:01.00	42.66	700m: 9:52.31	42.28	
	150m: 2:02.34	42.58	350m: 4:53.28	42.88	550m: 7:43.00	42.00	750m: 10:34.40	42.09	
	200m: 2:45.62	43.28	400m: 5:35.96	42.68	600m: 8:26.59	43.59	800m: 11:13.46	39.06	
3.			2011 1					11:59.96	III
	50m: 35.74	35.74	250m: 3:36.24	44.68	450m: 6:39.04	46.16	650m: 9:48.34	47.82	
	100m: 1:19.03	43.29	300m: 4:22.78	46.54	500m: 7:25.90	46.86	700m: 10:35.03	46.69	
	150m: 2:05.24	46.21	350m: 5:07.68	44.90	550m: 8:12.93	47.03	750m: 11:20.34	45.31	
	200m: 2:51.56	46.32	400m: 5:52.88	45.20	600m: 9:00.52	47.59	800m: 11:59.96	39.62	
4.			2011 2					14:25.76	1
	50m: 42.00	42.00	250m: 4:17.00	54.29	450m: 8:06.00	58.22	650m: 11:52.78	55.88	
	100m: 1:33.65	51.65	300m: 5:13.56	56.56	500m: 9:03.03	57.03	700m: 12:47.43	54.65	
	150m: 2:28.78	55.13	350m: 6:11.03	57.47	550m: 10:00.74	57.71	750m: 13:35.18	47.75	
	200m: 3:22.71	53.93	400m: 7:07.78	56.75	600m: 10:56.90	56.16	800m: 14:25.76	50.58	
5.			2011 3					18:44.38	
	50m: 57.30	57.30	250m: 5:38.59	1:10.68	450m: 10:27.99	1:13.66	650m: 15:18.04	1:15.16	
	100m: 2:07.13	1:09.83	300m: 6:49.99	1:11.40	500m: 11:39.55	1:11.56	700m: 16:28.49	1:10.45	
	150m: 3:17.03	1:09.90	350m: 8:04.87	1:14.88	550m: 12:49.27	1:09.72	750m: 17:38.67	1:10.18	
	200m: 4:27.91	1:10.88	400m: 9:14.33	1:09.46	600m: 14:02.88	1:13.61	800m: 18:44.38	1:05.71	

27.04.2024

7

, 1500m

13

R.T.

11

1.

2013 II

22:29.02 II

50m:	36.82	36.82	450m:	6:24.87	44.46	850m:	12:29.21	46.34	1250m:	18:44.34	46.08
100m:	1:17.34	40.52	500m:	7:09.06	44.19	900m:	13:15.68	46.47	1300m:	19:32.52	48.18
150m:	2:00.72	43.38	550m:	7:53.21	44.15	950m:	14:03.06	47.38	1350m:	20:17.71	45.19
200m:	2:43.37	42.65	600m:	8:38.49	45.28	1000m:	14:49.87	46.81	1400m:	21:02.96	45.25
250m:	3:26.80	43.43	650m:	9:24.46	45.97	1050m:	15:37.96	48.09	1450m:	21:47.33	44.37
300m:	4:11.31	44.51	700m:	10:10.21	45.75	1100m:	16:24.24	46.28	1500m:	22:29.02	41.69
350m:	4:55.64	44.33	750m:	10:56.26	46.05	1150m:	17:10.86	46.62			
400m:	5:40.41	44.77	800m:	11:42.87	46.61	1200m:	17:58.26	47.40			

27.04.2024

8

, 1500m

13

R.T.

13

1.

2011 III

21:04.19 III

50m:	34.33	34.33	450m:	6:11.33	42.50	850m:	11:51.26	42.75	1250m:	17:33.89	42.89
100m:	1:14.09	39.76	500m:	6:54.14	42.81	900m:	12:33.83	42.57	1300m:	18:17.00	43.11
150m:	1:56.68	42.59	550m:	7:35.95	41.81	950m:	13:17.20	43.37	1350m:	18:59.89	42.89
200m:	2:39.39	42.71	600m:	8:18.33	42.38	1000m:	14:00.09	42.89	1400m:	19:45.83	45.94
250m:	3:21.58	42.19	650m:	9:00.64	42.31	1050m:	14:42.33	42.24	1450m:	20:25.00	39.17
300m:	4:04.00	42.42	700m:	9:43.51	42.87	1100m:	15:25.26	42.93	1500m:	21:04.19	39.19
350m:	4:46.58	42.58	750m:	10:25.83	42.32	1150m:	16:08.09	42.83			
400m:	5:28.83	42.25	800m:	11:08.51	42.68	1200m:	16:51.00	42.91			

EXH

2010 II

19:59.25 II

50m:	32.64	32.64	450m:	5:51.58	40.19	850m:	11:18.09	45.64	1250m:	16:39.00	40.50
100m:	1:10.58	37.94	500m:	6:22.39	30.81	900m:	11:58.51	40.42	1300m:	17:18.89	39.89
150m:	1:49.95	39.37	550m:	7:13.20	50.81	950m:	12:39.26	40.75	1350m:	17:58.45	39.56
200m:	2:30.14	40.19	600m:	7:54.26	41.06	1000m:	13:19.14	39.88	1400m:	18:38.39	39.94
250m:	3:09.89	39.75	650m:	8:34.83	40.57	1050m:	13:58.95	39.81	1450m:	19:19.00	40.61
300m:	3:49.70	39.81	700m:	9:15.45	40.62	1100m:	14:39.70	40.75	1500m:	19:59.25	40.25
350m:	4:30.14	40.44	750m:	9:55.76	40.31	1150m:	15:19.45	39.75			
400m:	5:11.39	41.25	800m:	10:32.45	36.69	1200m:	15:58.50	39.05			

EXH

2010 II

20:09.38 II

50m:	32.15	32.15	450m:	5:51.00	41.00	850m:	11:17.27	41.27	1250m:	16:45.33	42.33
100m:	1:09.58	37.43	500m:	6:30.77	39.77	900m:	11:57.30	40.03	1300m:	17:25.30	39.97
150m:	1:48.71	39.13	550m:	7:11.21	40.44	950m:	12:38.09	40.79	1350m:	18:07.58	42.28
200m:	2:28.58	39.87	600m:	7:51.52	40.31	1000m:	13:19.27	41.18	1400m:	18:43.46	35.88
250m:	3:08.00	39.42	650m:	8:33.30	41.78	1050m:	13:58.00	38.73	1450m:	19:30.46	47.00
300m:	3:48.58	40.58	700m:	9:14.21	40.91	1100m:	14:39.77	41.77	1500m:	20:09.38	38.92
350m:	4:28.96	40.38	750m:	9:55.27	41.06	1150m:	15:20.52	40.75			
400m:	5:10.00	41.04	800m:	10:36.00	40.73	1200m:	16:03.00	42.48			

EXH

2010 III

20:41.53 III

50m:	32.45	32.45	450m:	5:58.23	41.22	850m:	11:32.74	41.82	1250m:	17:11.68	42.39
100m:	1:10.42	37.97	500m:	6:39.88	41.65	900m:	12:16.35	43.61	1300m:	17:55.10	43.42
150m:	1:50.82	40.40	550m:	7:21.09	41.21	950m:	12:57.74	41.39	1350m:	18:37.28	42.18
200m:	2:32.14	41.32	600m:	8:02.36	41.27	1000m:	13:40.04	42.30	1400m:	19:19.70	42.42
250m:	3:13.72	41.58	650m:	8:44.95	42.59	1050m:	14:22.38	42.34	1450m:	20:00.89	41.19
300m:	3:54.94	41.22	700m:	9:27.13	42.18	1100m:	15:05.50	43.12	1500m:	20:41.53	40.64
350m:	4:35.57	40.63	750m:	10:08.74	41.61	1150m:	15:46.33	40.83			
400m:	5:17.01	41.44	800m:	10:50.92	42.18	1200m:	16:29.29	42.96			