

, 19 2024

2

, 5000m

19.03.2024

: FINA 2024

							R.T.				
1.	2003						54:55.3 683				
50m:	30.0	30.0	1300m:	14:18.1	33.3	2550m:	28:05.9	32.6	3800m:	41:56.8	33.5
100m:	1:03.9	33.8	1350m:	14:50.4	32.2	2600m:	28:39.5	33.5	3850m:	42:29.5	32.7
150m:	1:37.5	33.6	1400m:	15:23.7	33.3	2650m:	29:12.4	32.9	3900m:	43:03.1	33.5
200m:	2:11.7	34.2	1450m:	15:56.2	32.4	2700m:	29:45.8	33.3	3950m:	43:36.0	32.9
250m:	2:45.1	33.3	1500m:	16:29.7	33.5	2750m:	30:18.6	32.8	4000m:	44:09.3	33.3
300m:	3:18.5	33.4	1550m:	17:02.7	33.0	2800m:	30:52.1	33.4	4050m:	44:42.1	32.7
350m:	3:51.5	33.0	1600m:	17:36.2	33.4	2850m:	31:24.9	32.8	4100m:	45:15.4	33.3
400m:	4:24.9	33.4	1650m:	18:08.8	32.5	2900m:	31:58.1	33.1	4150m:	45:48.1	32.7
450m:	4:57.7	32.7	1700m:	18:42.5	33.6	2950m:	32:31.1	33.0	4200m:	46:21.1	33.0
500m:	5:30.7	32.9	1750m:	19:15.3	32.8	3000m:	33:04.6	33.5	4250m:	46:53.7	32.5
550m:	6:03.5	32.8	1800m:	19:48.9	33.5	3050m:	33:37.6	32.9	4300m:	47:26.7	33.0
600m:	6:36.6	33.1	1850m:	20:21.8	32.9	3100m:	34:11.3	33.7	4350m:	47:59.5	32.7
650m:	7:09.2	32.5	1900m:	20:55.4	33.6	3150m:	34:43.8	32.4	4400m:	48:32.6	33.1
700m:	7:42.6	33.4	1950m:	21:28.4	32.9	3200m:	35:17.3	33.5	4450m:	49:05.3	32.6
750m:	8:15.9	33.2	2000m:	22:01.7	33.3	3250m:	35:50.3	32.9	4500m:	49:38.3	32.9
800m:	8:49.4	33.4	2050m:	22:34.5	32.8	3300m:	36:23.8	33.4	4550m:	50:10.7	32.4
850m:	9:21.9	32.5	2100m:	23:08.1	33.5	3350m:	36:56.6	32.8	4600m:	50:43.3	32.6
900m:	9:55.4	33.4	2150m:	23:40.8	32.7	3400m:	37:30.4	33.7	4650m:	51:15.9	32.5
950m:	10:28.0	32.6	2200m:	24:14.1	33.3	3450m:	38:03.5	33.1	4700m:	51:48.5	32.6
1000m:	11:01.1	33.1	2250m:	24:47.2	33.0	3500m:	38:37.0	33.5	4750m:	52:20.4	31.9
1050m:	11:33.5	32.3	2300m:	25:20.6	33.4	3550m:	39:10.0	32.9	4800m:	52:52.6	32.2
1100m:	12:06.5	32.9	2350m:	25:53.5	32.8	3600m:	39:43.9	33.9	4850m:	53:24.3	31.6
1150m:	12:38.9	32.3	2400m:	26:27.0	33.5	3650m:	40:16.6	32.7	4900m:	53:56.0	31.7
1200m:	13:12.3	33.4	2450m:	26:59.8	32.8	3700m:	40:50.3	33.6	4950m:	54:26.7	30.7
1250m:	13:44.7	32.4	2500m:	27:33.3	33.4	3750m:	41:23.3	32.9	5000m:	54:55.3	28.5
2.	2005						54:57.3 682				
50m:	29.2	29.2	1300m:	14:17.1	32.9	2550m:	28:05.7	32.9	3800m:	41:56.3	33.3
100m:	1:01.4	32.1	1350m:	14:49.9	32.8	2600m:	28:38.9	33.2	3850m:	42:29.3	33.0
150m:	1:34.8	33.4	1400m:	15:23.0	33.0	2650m:	29:12.0	33.0	3900m:	43:02.6	33.2
200m:	2:08.0	33.1	1450m:	15:56.0	33.0	2700m:	29:45.4	33.4	3950m:	43:35.7	33.1
250m:	2:41.7	33.6	1500m:	16:29.2	33.1	2750m:	30:18.3	32.8	4000m:	44:09.4	33.6
300m:	3:15.3	33.5	1550m:	17:02.4	33.2	2800m:	30:51.6	33.2	4050m:	44:41.9	32.4
350m:	3:48.7	33.4	1600m:	17:35.6	33.2	2850m:	31:24.6	33.0	4100m:	45:14.8	32.9
400m:	4:22.4	33.7	1650m:	18:08.8	33.1	2900m:	31:57.8	33.2	4150m:	45:47.7	32.9
450m:	4:55.9	33.5	1700m:	18:41.6	32.8	2950m:	32:31.0	33.1	4200m:	46:20.7	33.0
500m:	5:29.2	33.3	1750m:	19:14.9	33.3	3000m:	33:04.2	33.2	4250m:	46:53.6	32.8
550m:	6:01.8	32.5	1800m:	19:48.1	33.1	3050m:	33:37.3	33.1	4300m:	47:26.4	32.8
600m:	6:34.9	33.1	1850m:	20:21.4	33.2	3100m:	34:10.7	33.4	4350m:	47:59.3	32.9
650m:	7:08.3	33.4	1900m:	20:54.4	33.0	3150m:	34:43.7	32.9	4400m:	48:32.4	33.1
700m:	7:41.9	33.6	1950m:	21:27.6	33.1	3200m:	35:16.8	33.1	4450m:	49:05.3	32.8
750m:	8:15.3	33.4	2000m:	22:01.0	33.3	3250m:	35:50.0	33.2	4500m:	49:38.6	33.2
800m:	8:48.2	32.8	2050m:	22:34.2	33.2	3300m:	36:23.3	33.2	4550m:	50:10.6	32.0
850m:	9:21.3	33.1	2100m:	23:07.3	33.1	3350m:	36:56.6	33.2	4600m:	50:43.3	32.6
900m:	9:54.0	32.7	2150m:	23:40.5	33.1	3400m:	37:30.0	33.3	4650m:	51:15.7	32.4
950m:	10:26.9	32.8	2200m:	24:14.1	33.6	3450m:	38:03.1	33.1	4700m:	51:48.4	32.6
1000m:	10:59.9	33.0	2250m:	24:46.7	32.6	3500m:	38:36.7	33.6	4750m:	52:20.4	32.0
1050m:	11:32.9	33.0	2300m:	25:19.8	33.0	3550m:	39:09.9	33.2	4800m:	52:53.0	32.5
1100m:	12:05.4	32.5	2350m:	25:53.0	33.2	3600m:	39:43.3	33.3	4850m:	53:24.9	31.9
1150m:	12:38.2	32.8	2400m:	26:26.6	33.6	3650m:	40:16.5	33.1	4900m:	53:57.5	32.5
1200m:	13:11.3	33.0	2450m:	26:59.6	32.9	3700m:	40:49.8	33.3	4950m:	54:27.9	30.4
1250m:	13:44.1	32.8	2500m:	27:32.7	33.1	3750m:	41:23.0	33.1	5000m:	54:57.3	29.4
3.	2001						58:29.5 566				
50m:	29.3	29.3	650m:	7:17.7	34.3	1250m:	14:11.0	34.8	1850m:	21:08.8	35.2
100m:	1:02.5	33.2	700m:	7:52.0	34.2	1300m:	14:45.2	34.2	1900m:	21:43.8	35.0
150m:	1:36.6	34.1	750m:	8:26.3	34.3	1350m:	15:19.9	34.6	1950m:	22:19.2	35.3
200m:	2:10.7	34.1	800m:	9:00.7	34.3	1400m:	15:54.4	34.5	2000m:	22:54.6	35.3
250m:	2:45.0	34.3	850m:	9:35.2	34.4	1450m:	16:29.1	34.7	2050m:	23:29.8	35.2
300m:	3:18.7	33.7	900m:	10:09.7	34.5	1500m:	17:04.1	35.0	2100m:	24:05.3	35.5
350m:	3:52.6	33.9	950m:	10:44.3	34.5	1550m:	17:38.5	34.4	2150m:	24:41.0	35.6
400m:	4:27.1	34.4	1000m:	11:18.7	34.3	1600m:	18:13.4	34.9	2200m:	25:16.5	35.5
450m:	5:01.4	34.3	1050m:	11:52.6	33.9	1650m:	18:48.5	35.0	2250m:	25:51.2	34.7
500m:	5:35.3	33.9	1100m:	12:27.0	34.4	1700m:	19:23.4	34.8	2300m:	26:27.5	36.2
550m:	6:09.4	34.0	1150m:	13:01.4	34.3	1750m:	19:58.6	35.2	2350m:	27:03.7	36.2
600m:	6:43.4	34.0	1200m:	13:36.1	34.7	1800m:	20:33.5	34.9	2400m:	27:39.6	35.8
2450m:	28:15.4	35.8	2500m:	28:51.6	36.2	2550m:	29:27.8	36.2	2600m:	30:04.2	36.3

, 19 2024

2, , 5000m

R.T.

2650m:	30:40.1	35.9	3250m:	37:48.0	35.6	3850m:	44:53.6	35.0	4450m:	52:01.0	35.6
2700m:	31:16.4	36.3	3300m:	38:23.6	35.5	3900m:	45:28.9	35.2	4500m:	52:36.8	35.8
2750m:	31:52.1	35.6	3350m:	38:58.7	35.0	3950m:	46:04.5	35.5	4550m:	53:12.3	35.5
2800m:	32:27.5	35.4	3400m:	39:34.3	35.6	4000m:	46:40.3	35.8	4600m:	53:47.9	35.5
2850m:	33:03.2	35.7	3450m:	40:09.6	35.2	4050m:	47:15.4	35.1	4650m:	54:23.4	35.4
2900m:	33:39.2	36.0	3500m:	40:45.0	35.3	4100m:	47:51.0	35.5	4700m:	54:59.5	36.1
2950m:	34:14.8	35.6	3550m:	41:20.4	35.4	4150m:	48:26.8	35.8	4750m:	55:35.5	36.0
3000m:	34:51.1	36.2	3600m:	41:56.1	35.6	4200m:	49:02.7	35.8	4800m:	56:11.5	35.9
3050m:	35:26.6	35.4	3650m:	42:31.5	35.3	4250m:	49:38.3	35.5	4850m:	56:46.8	35.3
3100m:	36:01.9	35.3	3700m:	43:07.1	35.5	4300m:	50:13.5	35.2	4900m:	57:22.5	35.6
3150m:	36:37.0	35.1	3750m:	43:42.7	35.6	4350m:	50:49.4	35.8	4950m:	57:57.1	34.6
3200m:	37:12.4	35.3	3800m:	44:18.5	35.8	4400m:	51:25.4	35.9	5000m:	58:29.5	32.3

4.

			<b>2007</b>			<b>59:44.8</b>		<b>531</b>			
50m:	30.1	30.1	1300m:	15:10.3	35.6	2550m:	30:12.5	35.7	3800m:	45:20.7	36.0
100m:	1:03.9	33.7	1350m:	15:46.1	35.8	2600m:	30:49.2	36.7	3850m:	45:57.4	36.6
150m:	1:37.4	33.5	1400m:	16:21.8	35.6	2650m:	31:25.7	36.5	3900m:	46:34.0	36.6
200m:	2:11.7	34.2	1450m:	16:57.5	35.7	2700m:	32:01.2	35.4	3950m:	47:11.0	36.9
250m:	2:46.1	34.3	1500m:	17:32.9	35.3	2750m:	32:37.4	36.2	4000m:	47:47.3	36.2
300m:	3:21.3	35.2	1550m:	18:09.2	36.3	2800m:	33:14.1	36.7	4050m:	48:24.7	37.3
350m:	3:56.0	34.7	1600m:	18:44.8	35.5	2850m:	33:50.1	36.0	4100m:	49:00.9	36.1
400m:	4:31.6	35.5	1650m:	19:21.1	36.3	2900m:	34:26.4	36.2	4150m:	49:37.8	36.9
450m:	5:06.9	35.3	1700m:	19:56.6	35.4	2950m:	35:02.6	36.1	4200m:	50:14.3	36.5
500m:	5:42.5	35.6	1750m:	20:32.5	35.8	3000m:	35:38.3	35.6	4250m:	50:50.8	36.4
550m:	6:18.0	35.4	1800m:	21:08.3	35.7	3050m:	36:14.7	36.4	4300m:	51:27.1	36.2
600m:	6:53.2	35.2	1850m:	21:44.4	36.1	3100m:	36:51.3	36.5	4350m:	52:04.1	37.0
650m:	7:28.9	35.6	1900m:	22:20.6	36.2	3150m:	37:27.9	36.6	4400m:	52:40.0	35.8
700m:	8:04.1	35.2	1950m:	22:56.8	36.1	3200m:	38:04.2	36.3	4450m:	53:16.2	36.2
750m:	8:39.4	35.3	2000m:	23:32.9	36.1	3250m:	38:40.9	36.6	4500m:	53:51.5	35.3
800m:	9:14.7	35.2	2050m:	24:09.4	36.5	3300m:	39:17.3	36.4	4550m:	54:28.2	36.6
850m:	9:50.0	35.3	2100m:	24:46.0	36.5	3350m:	39:53.7	36.3	4600m:	55:03.8	35.5
900m:	10:25.6	35.5	2150m:	25:22.7	36.7	3400m:	40:29.8	36.0	4650m:	55:39.3	35.5
950m:	11:01.1	35.4	2200m:	25:58.8	36.0	3450m:	41:06.5	36.7	4700m:	56:14.7	35.3
1000m:	11:36.7	35.6	2250m:	26:35.3	36.4	3500m:	41:43.0	36.5	4750m:	56:50.8	36.1
1050m:	12:12.5	35.7	2300m:	27:11.4	36.1	3550m:	42:19.1	36.1	4800m:	57:26.2	35.3
1100m:	12:48.2	35.7	2350m:	27:47.6	36.2	3600m:	42:55.1	35.9	4850m:	58:02.1	35.9
1150m:	13:23.3	35.0	2400m:	28:23.9	36.2	3650m:	43:31.7	36.6	4900m:	58:37.4	35.2
1200m:	13:58.6	35.3	2450m:	29:00.6	36.7	3700m:	44:08.1	36.3	4950m:	59:12.1	34.7
1250m:	14:34.7	36.0	2500m:	29:36.7	36.0	3750m:	44:44.7	36.5	5000m:	59:44.8	32.7

5.

			<b>2009</b>	<b>I</b>		<b>1:00:11.6</b>		<b>519</b>			
50m:	31.0	31.0	1300m:	15:15.7	35.1	2550m:	29:59.5	35.4	3800m:	44:58.2	36.4
100m:	1:05.6	34.6	1350m:	15:51.3	35.6	2600m:	30:34.9	35.4	3850m:	45:35.8	37.6
150m:	1:40.2	34.6	1400m:	16:26.8	35.5	2650m:	31:10.6	35.7	3900m:	46:12.3	36.5
200m:	2:14.8	34.6	1450m:	17:02.4	35.6	2700m:	31:46.0	35.4	3950m:	46:48.8	36.5
250m:	2:49.7	34.9	1500m:	17:37.9	35.5	2750m:	32:21.6	35.6	4000m:	47:26.0	37.2
300m:	3:25.2	35.5	1550m:	18:13.7	35.8	2800m:	32:57.5	35.9	4050m:	48:03.5	37.5
350m:	4:00.4	35.2	1600m:	18:49.0	35.3	2850m:	33:33.1	35.6	4100m:	48:40.7	37.2
400m:	4:36.1	35.7	1650m:	19:24.3	35.3	2900m:	34:08.9	35.8	4150m:	49:18.3	37.6
450m:	5:12.0	35.9	1700m:	19:59.4	35.1	2950m:	34:44.7	35.8	4200m:	49:56.0	37.7
500m:	5:47.7	35.7	1750m:	20:34.6	35.2	3000m:	35:20.0	35.3	4250m:	50:33.5	37.5
550m:	6:23.4	35.7	1800m:	21:09.9	35.3	3050m:	35:55.7	35.7	4300m:	51:11.8	38.3
600m:	6:59.0	35.6	1850m:	21:45.4	35.5	3100m:	36:31.4	35.7	4350m:	51:49.0	37.2
650m:	7:34.7	35.7	1900m:	22:20.9	35.5	3150m:	37:06.8	35.4	4400m:	52:27.0	38.0
700m:	8:10.1	35.4	1950m:	22:56.3	35.4	3200m:	37:42.5	35.7	4450m:	53:05.6	38.6
750m:	8:45.8	35.7	2000m:	23:31.7	35.4	3250m:	38:18.3	35.8	4500m:	53:43.6	38.0
800m:	9:21.3	35.5	2050m:	24:07.0	35.3	3300m:	38:54.5	36.2	4550m:	54:21.5	37.9
850m:	9:56.8	35.5	2100m:	24:42.5	35.5	3350m:	39:30.6	36.1	4600m:	55:00.4	38.9
900m:	10:32.4	35.6	2150m:	25:17.7	35.2	3400m:	40:06.4	35.8	4650m:	55:39.0	38.6
950m:	11:07.7	35.3	2200m:	25:52.8	35.1	3450m:	40:42.8	36.4	4700m:	56:17.4	38.4
1000m:	11:43.3	35.6	2250m:	26:28.0	35.2	3500m:	41:19.3	36.5	4750m:	56:56.2	38.8
1050m:	12:18.7	35.4	2300m:	27:03.0	35.0	3550m:	41:55.5	36.2	4800m:	57:35.5	39.3
1100m:	12:54.2	35.5	2350m:	27:38.3	35.3	3600m:	42:32.0	36.5	4850m:	58:14.1	38.6
1150m:	13:29.8	35.6	2400m:	28:13.4	35.1	3650m:	43:08.3	36.3	4900m:	58:54.5	40.4
1200m:	14:05.1	35.3	2450m:	28:48.4	35.0	3700m:	43:44.9	36.6	4950m:	59:33.2	38.7
1250m:	14:40.6	35.5	2500m:	29:24.1	35.7	3750m:	44:21.8	36.9	5000m:	1:00:11.6	38.4

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2, , 5000m

								R.T.				
6.				2008	I			1:02:02.6	474			
	50m:	32.2	32.2	1300m:	15:37.5	37.0	2550m:	30:51.4	36.1	3800m:	46:18.9	37.9
	100m:	1:09.2	37.0	1350m:	16:14.1	36.5	2600m:	31:28.1	36.6	3850m:	46:57.2	38.3
	150m:	1:45.2	35.9	1400m:	16:51.2	37.1	2650m:	32:04.7	36.6	3900m:	47:36.0	38.7
	200m:	2:22.2	37.0	1450m:	17:27.0	35.8	2700m:	32:41.6	36.8	3950m:	48:14.3	38.2
	250m:	2:57.9	35.7	1500m:	18:03.3	36.3	2750m:	33:18.4	36.8	4000m:	48:52.7	38.4
	300m:	3:33.9	35.9	1550m:	18:40.2	36.8	2800m:	33:55.5	37.1	4050m:	49:30.8	38.0
	350m:	4:09.7	35.7	1600m:	19:17.1	36.8	2850m:	34:32.1	36.5	4100m:	50:09.8	39.0
	400m:	4:45.9	36.2	1650m:	19:53.7	36.5	2900m:	35:08.7	36.6	4150m:	50:49.3	39.4
	450m:	5:21.7	35.8	1700m:	20:30.4	36.7	2950m:	35:45.5	36.8	4200m:	51:27.6	38.3
	500m:	5:57.7	35.9	1750m:	21:07.1	36.7	3000m:	36:22.1	36.5	4250m:	52:06.4	38.8
	550m:	6:33.5	35.8	1800m:	21:44.2	37.0	3050m:	36:58.7	36.6	4300m:	52:46.0	39.5
	600m:	7:09.9	36.3	1850m:	22:19.9	35.7	3100m:	37:35.3	36.5	4350m:	53:25.0	38.9
	650m:	7:45.5	35.6	1900m:	22:55.6	35.6	3150m:	38:12.0	36.6	4400m:	54:04.4	39.4
	700m:	8:22.3	36.7	1950m:	23:31.6	35.9	3200m:	38:49.8	37.8	4450m:	54:44.0	39.6
	750m:	8:58.8	36.4	2000m:	24:07.4	35.8	3250m:	39:26.8	36.9	4500m:	55:23.9	39.8
	800m:	9:34.8	36.0	2050m:	24:43.9	36.4	3300m:	40:04.6	37.7	4550m:	56:03.3	39.3
	850m:	10:10.8	36.0	2100m:	25:20.7	36.8	3350m:	40:40.6	36.0	4600m:	56:43.4	40.0
	900m:	10:47.6	36.7	2150m:	25:57.5	36.8	3400m:	41:17.6	36.9	4650m:	57:22.9	39.5
	950m:	11:23.4	35.8	2200m:	26:34.6	37.0	3450m:	41:54.4	36.8	4700m:	58:03.4	40.5
	1000m:	11:59.9	36.5	2250m:	27:11.6	37.0	3500m:	42:32.3	37.8	4750m:	58:43.6	40.2
	1050m:	12:35.4	35.5	2300m:	27:48.7	37.0	3550m:	43:09.4	37.1	4800m:	59:24.0	40.4
	1100m:	13:11.8	36.3	2350m:	28:25.2	36.5	3600m:	43:47.2	37.7	4850m:	1:00:03.8	39.7
	1150m:	13:47.6	35.8	2400m:	29:01.6	36.3	3650m:	44:25.2	38.0	4900m:	1:00:44.4	40.5
	1200m:	14:23.9	36.3	2450m:	29:38.4	36.8	3700m:	45:03.3	38.1	4950m:	1:01:24.2	39.8
	1250m:	15:00.5	36.5	2500m:	30:15.3	36.9	3750m:	45:40.9	37.6	5000m:	1:02:02.6	38.4
7.				2009	I			1:03:43.6	437			
	50m:	30.6	30.6	1300m:	15:49.0	37.0	2550m:	31:22.0	37.1	3800m:	47:18.3	39.5
	100m:	1:04.0	33.4	1350m:	16:27.1	38.0	2600m:	31:59.1	37.0	3850m:	47:58.2	39.9
	150m:	1:38.9	34.9	1400m:	17:03.7	36.6	2650m:	32:36.7	37.5	3900m:	48:37.8	39.5
	200m:	2:14.1	35.1	1450m:	17:40.9	37.1	2700m:	33:14.1	37.4	3950m:	49:17.9	40.1
	250m:	2:50.9	36.7	1500m:	18:18.7	37.8	2750m:	33:50.7	36.5	4000m:	49:57.5	39.5
	300m:	3:27.8	36.9	1550m:	18:55.9	37.1	2800m:	34:28.8	38.1	4050m:	50:38.0	40.4
	350m:	4:05.0	37.2	1600m:	19:33.1	37.2	2850m:	35:06.8	38.0	4100m:	51:17.4	39.4
	400m:	4:42.1	37.1	1650m:	20:11.1	37.9	2900m:	35:44.6	37.7	4150m:	51:58.2	40.8
	450m:	5:19.6	37.5	1700m:	20:48.6	37.5	2950m:	36:22.8	38.1	4200m:	52:39.4	41.2
	500m:	5:57.0	37.4	1750m:	21:26.0	37.4	3000m:	37:00.9	38.1	4250m:	53:20.0	40.5
	550m:	6:35.0	38.0	1800m:	22:03.1	37.0	3050m:	37:39.1	38.1	4300m:	54:01.2	41.2
	600m:	7:12.3	37.2	1850m:	22:39.4	36.3	3100m:	38:16.9	37.8	4350m:	54:42.6	41.4
	650m:	7:50.1	37.8	1900m:	23:16.1	36.6	3150m:	38:55.1	38.2	4400m:	55:24.3	41.7
	700m:	8:27.7	37.5	1950m:	23:53.1	37.0	3200m:	39:33.1	38.0	4450m:	56:06.7	42.3
	750m:	9:04.9	37.1	2000m:	24:30.1	36.9	3250m:	40:11.9	38.7	4500m:	56:48.3	41.6
	800m:	9:42.0	37.1	2050m:	25:06.7	36.5	3300m:	40:50.7	38.8	4550m:	57:30.0	41.6
	850m:	10:19.0	37.0	2100m:	25:43.9	37.2	3350m:	41:29.6	38.8	4600m:	58:12.2	42.2
	900m:	10:56.3	37.2	2150m:	26:21.5	37.5	3400m:	42:07.0	37.3	4650m:	58:54.4	42.1
	950m:	11:33.1	36.8	2200m:	26:58.8	37.3	3450m:	42:45.9	38.9	4700m:	59:36.5	42.1
	1000m:	12:07.1	33.9	2250m:	27:36.8	37.9	3500m:	43:23.8	37.8	4750m:	1:00:18.9	42.3
	1050m:	12:44.7	37.6	2300m:	28:14.6	37.7	3550m:	44:02.4	38.6	4800m:	1:01:00.9	42.0
	1100m:	13:21.1	36.4	2350m:	28:52.4	37.8	3600m:	44:40.6	38.2	4850m:	1:01:43.1	42.1
	1150m:	13:57.8	36.7	2400m:	29:29.5	37.1	3650m:	45:19.9	39.3	4900m:	1:02:24.9	41.8
	1200m:	14:34.8	36.9	2450m:	30:07.3	37.7	3700m:	45:59.2	39.2	4950m:	1:03:04.5	39.5
	1250m:	15:11.9	37.1	2500m:	30:44.8	37.5	3750m:	46:38.8	39.6	5000m:	1:03:43.6	39.1
8.				2007				1:03:54.1	434			
	50m:	34.9	34.9	800m:	10:11.8	38.7	1550m:	19:38.5	37.4	2300m:	29:09.1	39.0
	100m:	1:12.7	37.8	850m:	10:49.0	37.2	1600m:	20:17.1	38.5	2350m:	29:47.9	38.7
	150m:	1:50.1	37.3	900m:	11:27.4	38.4	1650m:	20:55.0	37.8	2400m:	30:26.3	38.4
	200m:	2:29.0	38.8	950m:	12:04.8	37.3	1700m:	21:33.7	38.7	2450m:	31:04.2	37.8
	250m:	3:06.7	37.7	1000m:	12:43.2	38.3	1750m:	22:11.3	37.6	2500m:	31:43.9	39.6
	300m:	3:45.8	39.1	1050m:	13:20.7	37.5	1800m:	22:48.7	37.3	2550m:	32:23.1	39.2
	350m:	4:24.2	38.4	1100m:	13:59.2	38.5	1850m:	23:26.8	38.0	2600m:	33:00.8	37.6
	400m:	5:02.7	38.5	1150m:	14:36.5	37.2	1900m:	24:05.4	38.6	2650m:	33:37.4	36.6
	450m:	5:40.9	38.1	1200m:	15:15.1	38.6	1950m:	24:43.5	38.0	2700m:	34:15.3	37.9
	500m:	6:20.0	39.0	1250m:	15:52.5	37.3	2000m:	25:21.3	37.7	2750m:	34:52.8	37.4
	550m:	6:58.2	38.2	1300m:	16:30.9	38.4	2050m:	25:58.6	37.3	2800m:	35:30.5	37.7
	600m:	7:37.5	39.3	1350m:	17:08.6	37.7	2100m:	26:36.6	38.0	2850m:	36:07.8	37.3
	650m:	8:15.9	38.3	1400m:	17:46.8	38.1	2150m:	27:14.6	37.9	2900m:	36:45.8	37.9
	700m:	8:54.8	38.8	1450m:	18:24.0	37.2	2200m:	27:52.4	37.8	2950m:	37:23.3	37.5
	750m:	9:33.1	38.2	1500m:	19:01.1	37.1	2250m:	28:30.1	37.7	3000m:	38:00.6	37.3
	3050m:	38:38.6	37.9	3150m:	39:55.2	38.9	3250m:	41:11.9	38.2	3350m:	42:28.7	38.4
	3100m:	39:16.3	37.6	3200m:	40:33.7	38.4	3300m:	41:50.2	38.3	3400m:	43:07.5	38.7

, 19 2024

2, , 5000m ,

R.T.

3450m:	43:45.5	38.0	3850m:	48:55.4	38.5	4250m:	54:05.4	39.1	4650m:	59:21.0	39.1
3500m:	44:24.6	39.0	3900m:	49:34.3	38.8	4300m:	54:45.4	39.9	4700m:	1:00:00.8	39.7
3550m:	45:03.2	38.6	3950m:	50:12.9	38.5	4350m:	55:24.8	39.4	4750m:	1:00:40.2	39.3
3600m:	45:42.2	38.9	4000m:	50:50.9	38.0	4400m:	56:03.5	38.7	4800m:	1:01:19.4	39.2
3650m:	46:20.8	38.6	4050m:	51:29.3	38.4	4450m:	56:43.5	39.9	4850m:	1:01:59.3	39.8
3700m:	47:00.0	39.2	4100m:	52:07.9	38.6	4500m:	57:23.5	39.9	4900m:	1:02:39.6	40.3
3750m:	47:38.5	38.5	4150m:	52:47.2	39.2	4550m:	58:02.5	39.0	4950m:	1:03:16.7	37.1
3800m:	48:16.9	38.3	4200m:	53:26.3	39.1	4600m:	58:41.9	39.3	5000m:	1:03:54.1	37.3

9.

			<b>2006</b>	<b>I</b>				<b>1:06:06.7</b>		<b>392</b>	
50m:	32.8	32.8	1300m:	16:47.1	39.0	2550m:	33:18.3	40.4	3800m:	50:09.2	40.9
100m:	1:09.5	36.6	1350m:	17:26.7	39.6	2600m:	33:58.8	40.4	3850m:	50:49.0	39.7
150m:	1:47.3	37.8	1400m:	18:05.5	38.7	2650m:	34:39.0	40.1	3900m:	51:28.1	39.1
200m:	2:25.7	38.3	1450m:	18:44.9	39.4	2700m:	35:19.0	40.0	3950m:	52:08.5	40.4
250m:	3:04.7	38.9	1500m:	19:24.4	39.4	2750m:	35:59.3	40.2	4000m:	52:48.9	40.3
300m:	3:43.5	38.8	1550m:	20:04.0	39.6	2800m:	36:39.7	40.4	4050m:	53:29.0	40.1
350m:	4:22.4	38.9	1600m:	20:43.7	39.6	2850m:	37:20.1	40.4	4100m:	54:09.4	40.4
400m:	5:01.1	38.6	1650m:	21:22.6	38.9	2900m:	38:00.8	40.6	4150m:	54:48.9	39.5
450m:	5:40.2	39.0	1700m:	22:02.8	40.1	2950m:	38:41.8	40.9	4200m:	55:28.9	40.0
500m:	6:19.2	38.9	1750m:	22:42.5	39.7	3000m:	39:22.5	40.7	4250m:	56:08.4	39.4
550m:	6:58.7	39.5	1800m:	23:22.5	40.0	3050m:	40:03.2	40.7	4300m:	56:48.7	40.2
600m:	7:37.9	39.1	1850m:	24:01.5	38.9	3100m:	40:44.2	40.9	4350m:	57:28.3	39.6
650m:	8:17.2	39.3	1900m:	24:41.0	39.5	3150m:	41:24.1	39.8	4400m:	58:08.2	39.8
700m:	8:56.1	38.8	1950m:	25:19.5	38.5	3200m:	42:04.8	40.7	4450m:	58:48.0	39.8
750m:	9:35.9	39.7	2000m:	25:59.9	40.3	3250m:	42:44.7	39.9	4500m:	59:28.5	40.4
800m:	10:14.9	39.0	2050m:	26:39.0	39.0	3300m:	43:24.8	40.1	4550m:	1:00:07.6	39.1
850m:	10:54.5	39.6	2100m:	27:18.8	39.8	3350m:	44:04.7	39.9	4600m:	1:00:47.8	40.1
900m:	11:33.3	38.7	2150m:	27:58.6	39.7	3400m:	44:45.9	41.1	4650m:	1:01:27.2	39.4
950m:	12:12.3	39.0	2200m:	28:37.9	39.3	3450m:	45:25.9	39.9	4700m:	1:02:08.1	40.8
1000m:	12:51.0	38.6	2250m:	29:17.3	39.3	3500m:	46:06.0	40.0	4750m:	1:02:47.8	39.6
1050m:	13:30.1	39.0	2300m:	29:58.0	40.7	3550m:	46:46.5	40.5	4800m:	1:03:28.2	40.4
1100m:	14:09.2	39.0	2350m:	30:37.4	39.4	3600m:	47:26.9	40.3	4850m:	1:04:07.9	39.7
1150m:	14:49.1	39.9	2400m:	31:17.9	40.4	3650m:	48:06.8	39.9	4900m:	1:04:47.9	40.0
1200m:	15:28.2	39.0	2450m:	31:57.9	39.9	3700m:	48:47.5	40.6	4950m:	1:05:28.2	40.3
1250m:	16:08.0	39.8	2500m:	32:37.9	40.0	3750m:	49:28.3	40.8	5000m:	1:06:06.7	38.4

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19.03.2024 1 , 5000m

: FINA 2024

						R.T.					
1.			2005			59:00.9	650				
50m:	32.0	32.0	1300m:	15:10.8	35.6	2550m:	30:00.9	35.5	3800m:	44:49.2	35.7
100m:	1:06.8	34.8	1350m:	15:46.5	35.6	2600m:	30:36.4	35.5	3850m:	45:25.0	35.7
150m:	1:41.1	34.3	1400m:	16:22.2	35.7	2650m:	31:11.8	35.3	3900m:	46:00.9	35.8
200m:	2:15.5	34.3	1450m:	16:57.6	35.4	2700m:	31:47.4	35.6	3950m:	46:36.7	35.8
250m:	2:50.0	34.5	1500m:	17:33.5	35.8	2750m:	32:22.7	35.2	4000m:	47:12.6	35.8
300m:	3:24.9	34.9	1550m:	18:09.1	35.5	2800m:	32:58.4	35.7	4050m:	47:47.8	35.1
350m:	3:59.7	34.7	1600m:	18:44.9	35.7	2850m:	33:33.7	35.3	4100m:	48:23.4	35.6
400m:	4:34.6	34.9	1650m:	19:20.5	35.5	2900m:	34:09.3	35.6	4150m:	48:58.8	35.3
450m:	5:09.7	35.0	1700m:	19:56.4	35.9	2950m:	34:44.8	35.5	4200m:	49:34.5	35.7
500m:	5:45.0	35.3	1750m:	20:32.2	35.8	3000m:	35:20.4	35.5	4250m:	50:10.3	35.7
550m:	6:19.7	34.7	1800m:	21:08.1	35.8	3050m:	35:55.6	35.2	4300m:	50:46.2	35.9
600m:	6:55.2	35.4	1850m:	21:43.6	35.5	3100m:	36:31.1	35.4	4350m:	51:22.1	35.8
650m:	7:30.4	35.1	1900m:	22:19.5	35.9	3150m:	37:06.3	35.2	4400m:	51:58.2	36.1
700m:	8:05.8	35.4	1950m:	22:55.0	35.5	3200m:	37:41.8	35.5	4450m:	52:34.2	36.0
750m:	8:41.0	35.2	2000m:	23:30.8	35.8	3250m:	38:17.0	35.2	4500m:	53:10.6	36.4
800m:	9:16.4	35.3	2050m:	24:06.3	35.4	3300m:	38:52.5	35.5	4550m:	53:46.4	35.8
850m:	9:51.4	35.0	2100m:	24:41.8	35.4	3350m:	39:27.9	35.3	4600m:	54:22.2	35.8
900m:	10:27.0	35.5	2150m:	25:17.2	35.4	3400m:	40:03.7	35.8	4650m:	54:58.0	35.7
950m:	11:02.4	35.4	2200m:	25:52.7	35.5	3450m:	40:39.3	35.6	4700m:	55:33.6	35.6
1000m:	11:38.0	35.5	2250m:	26:28.1	35.3	3500m:	41:15.6	36.2	4750m:	56:08.8	35.2
1050m:	12:13.3	35.3	2300m:	27:03.5	35.4	3550m:	41:51.0	35.4	4800m:	56:44.5	35.7
1100m:	12:48.7	35.3	2350m:	27:39.2	35.6	3600m:	42:26.8	35.7	4850m:	57:19.7	35.1
1150m:	13:24.1	35.3	2400m:	28:14.6	35.4	3650m:	43:02.4	35.6	4900m:	57:55.0	35.3
1200m:	13:59.7	35.5	2450m:	28:49.9	35.2	3700m:	43:38.0	35.6	4950m:	58:28.6	33.5
1250m:	14:35.2	35.5	2500m:	29:25.3	35.4	3750m:	44:13.5	35.4	5000m:	59:00.9	32.2
2.			2009			1:04:54.6	488				
50m:	35.0	35.0	1300m:	16:26.6	38.9	2550m:	32:46.2	38.8	3800m:	49:11.7	39.1
100m:	1:12.4	37.3	1350m:	17:05.4	38.8	2600m:	33:25.4	39.2	3850m:	49:51.2	39.4
150m:	1:49.9	37.4	1400m:	17:44.4	38.9	2650m:	34:04.2	38.8	3900m:	50:30.8	39.6
200m:	2:27.2	37.3	1450m:	18:23.9	39.4	2700m:	34:43.4	39.2	3950m:	51:10.7	39.8
250m:	3:04.6	37.4	1500m:	19:03.1	39.2	2750m:	35:22.5	39.0	4000m:	51:50.7	39.9
300m:	3:42.2	37.5	1550m:	19:42.4	39.2	2800m:	36:01.5	39.0	4050m:	52:30.2	39.5
350m:	4:19.6	37.3	1600m:	20:21.8	39.4	2850m:	36:40.3	38.8	4100m:	53:09.7	39.4
400m:	4:57.1	37.4	1650m:	21:01.2	39.3	2900m:	37:19.9	39.5	4150m:	53:49.1	39.3
450m:	5:35.1	37.9	1700m:	21:40.3	39.1	2950m:	37:58.8	38.9	4200m:	54:28.8	39.6
500m:	6:12.7	37.6	1750m:	22:19.2	38.8	3000m:	38:38.5	39.6	4250m:	55:08.4	39.6
550m:	6:50.7	37.9	1800m:	22:58.2	38.9	3050m:	39:17.5	39.0	4300m:	55:48.3	39.8
600m:	7:28.6	37.8	1850m:	23:37.4	39.1	3100m:	39:57.4	39.8	4350m:	56:27.7	39.3
650m:	8:06.8	38.2	1900m:	24:16.4	39.0	3150m:	40:37.0	39.6	4400m:	57:07.6	39.8
700m:	8:44.9	38.0	1950m:	24:55.7	39.3	3200m:	41:16.7	39.7	4450m:	57:47.0	39.4
750m:	9:23.1	38.1	2000m:	25:35.1	39.4	3250m:	41:56.8	40.0	4500m:	58:26.2	39.2
800m:	10:01.3	38.2	2050m:	26:14.6	39.4	3300m:	42:36.6	39.8	4550m:	59:06.0	39.8
850m:	10:39.8	38.5	2100m:	26:53.6	39.0	3350m:	43:16.1	39.5	4600m:	59:45.5	39.4
900m:	11:18.1	38.2	2150m:	27:32.9	39.2	3400m:	43:55.8	39.6	4650m:	1:00:24.8	39.2
950m:	11:56.6	38.4	2200m:	28:12.3	39.3	3450m:	44:35.6	39.8	4700m:	1:01:04.1	39.3
1000m:	12:34.7	38.1	2250m:	28:51.4	39.0	3500m:	45:15.2	39.6	4750m:	1:01:42.9	38.8
1050m:	13:13.3	38.6	2300m:	29:31.3	39.8	3550m:	45:54.9	39.6	4800m:	1:02:22.4	39.4
1100m:	13:52.0	38.7	2350m:	30:10.6	39.3	3600m:	46:34.5	39.5	4850m:	1:03:01.1	38.7
1150m:	14:30.6	38.5	2400m:	30:49.9	39.3	3650m:	47:13.6	39.1	4900m:	1:03:40.1	39.0
1200m:	15:09.4	38.7	2450m:	31:28.6	38.7	3700m:	47:52.9	39.3	4950m:	1:04:18.5	38.3
1250m:	15:47.7	38.3	2500m:	32:07.4	38.7	3750m:	48:32.5	39.5	5000m:	1:04:54.6	36.0
3.			2009			1:06:00.3	465				
50m:	32.5	32.5	650m:	8:06.9	38.0	1250m:	15:52.0	38.8	1850m:	23:54.4	40.0
100m:	1:08.2	35.6	700m:	8:45.3	38.3	1300m:	16:31.9	39.9	1900m:	24:35.2	40.8
150m:	1:45.0	36.8	750m:	9:23.7	38.4	1350m:	17:12.0	40.0	1950m:	25:15.2	39.9
200m:	2:23.7	38.6	800m:	10:02.6	38.9	1400m:	17:52.1	40.0	2000m:	25:55.8	40.6
250m:	3:01.8	38.1	850m:	10:40.5	37.8	1450m:	18:32.5	40.4	2050m:	26:36.2	40.4
300m:	3:40.1	38.2	900m:	11:19.4	38.9	1500m:	19:13.3	40.7	2100m:	27:17.2	40.9
350m:	4:18.3	38.1	950m:	11:57.8	38.3	1550m:	19:52.6	39.3	2150m:	27:57.6	40.4
400m:	4:56.8	38.4	1000m:	12:36.5	38.7	1600m:	20:32.5	39.8	2200m:	28:38.6	41.0
450m:	5:34.6	37.8	1050m:	13:15.5	38.9	1650m:	21:12.2	39.7	2250m:	29:18.9	40.3
500m:	6:12.8	38.2	1100m:	13:54.8	39.3	1700m:	21:52.7	40.5	2300m:	29:59.9	40.9
550m:	6:50.3	37.5	1150m:	14:33.5	38.6	1750m:	22:33.0	40.2	2350m:	30:40.7	40.8
600m:	7:28.9	38.5	1200m:	15:13.2	39.7	1800m:	23:14.3	41.2	2400m:	31:21.9	41.2
2450m:	32:03.0	41.1	2500m:	32:44.2	41.2	2550m:	33:26.0	41.7	2600m:	34:07.5	41.5

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1, , 5000m

R.T.

2650m:	34:48.6	41.1	3250m:	42:48.3	38.4	3850m:	50:45.6	39.0	4450m:	58:45.1	39.8
2700m:	35:30.7	42.0	3300m:	43:27.9	39.6	3900m:	51:25.6	40.0	4500m:	59:25.8	40.6
2750m:	36:12.5	41.7	3350m:	44:07.0	39.0	3950m:	52:05.2	39.6	4550m:	1:00:05.9	40.1
2800m:	36:53.1	40.6	3400m:	44:47.5	40.5	4000m:	52:45.5	40.3	4600m:	1:00:46.3	40.3
2850m:	37:33.8	40.6	3450m:	45:27.2	39.7	4050m:	53:25.3	39.7	4650m:	1:01:26.5	40.2
2900m:	38:14.5	40.6	3500m:	46:07.8	40.6	4100m:	54:05.6	40.3	4700m:	1:02:06.9	40.4
2950m:	38:53.5	39.0	3550m:	46:47.2	39.3	4150m:	54:45.6	40.0	4750m:	1:02:46.4	39.4
3000m:	39:33.8	40.2	3600m:	47:27.2	40.0	4200m:	55:25.5	39.8	4800m:	1:03:26.6	40.2
3050m:	40:12.7	38.9	3650m:	48:06.6	39.4	4250m:	56:05.2	39.6	4850m:	1:04:06.3	39.6
3100m:	40:52.2	39.5	3700m:	48:47.0	40.3	4300m:	56:45.2	39.9	4900m:	1:04:45.7	39.3
3150m:	41:30.6	38.3	3750m:	49:26.2	39.2	4350m:	57:24.8	39.6	4950m:	1:05:22.6	36.9
3200m:	42:09.8	39.2	3800m:	50:06.5	40.3	4400m:	58:05.3	40.4	5000m:	1:06:00.3	37.6

4.

2007

1:06:09.5

461

50m:	32.7	32.7	1300m:	16:45.9	40.0	2550m:	33:32.2	39.8	3800m:	50:08.6	39.8
100m:	1:08.4	35.6	1350m:	17:25.9	39.9	2600m:	34:13.3	41.1	3850m:	50:50.1	41.4
150m:	1:45.5	37.1	1400m:	18:06.3	40.3	2650m:	34:54.3	40.9	3900m:	51:30.0	39.8
200m:	2:23.5	37.9	1450m:	18:46.5	40.2	2700m:	35:34.7	40.4	3950m:	52:10.9	40.9
250m:	3:01.6	38.1	1500m:	19:27.2	40.6	2750m:	36:14.7	39.9	4000m:	52:52.3	41.3
300m:	3:40.0	38.4	1550m:	20:07.1	39.9	2800m:	36:55.0	40.3	4050m:	53:34.1	41.8
350m:	4:18.2	38.2	1600m:	20:47.4	40.2	2850m:	37:33.9	38.9	4100m:	54:14.9	40.8
400m:	4:56.2	37.9	1650m:	21:27.7	40.3	2900m:	38:13.3	39.3	4150m:	54:54.4	39.5
450m:	5:34.1	37.9	1700m:	22:08.8	41.1	2950m:	38:52.9	39.6	4200m:	55:33.7	39.2
500m:	6:12.6	38.4	1750m:	22:48.5	39.6	3000m:	39:32.5	39.5	4250m:	56:15.8	42.1
550m:	6:51.3	38.7	1800m:	23:28.6	40.0	3050m:	40:11.2	38.7	4300m:	56:55.8	39.9
600m:	7:31.0	39.6	1850m:	24:08.7	40.1	3100m:	40:50.4	39.1	4350m:	57:34.9	39.1
650m:	8:10.1	39.1	1900m:	24:49.2	40.5	3150m:	41:29.2	38.7	4400m:	58:14.6	39.7
700m:	8:49.6	39.4	1950m:	25:29.1	39.9	3200m:	42:08.5	39.3	4450m:	58:55.0	40.3
750m:	9:29.4	39.8	2000m:	26:08.7	39.6	3250m:	42:47.6	39.1	4500m:	59:35.0	40.0
800m:	10:09.1	39.6	2050m:	26:48.6	39.9	3300m:	43:27.6	40.0	4550m:	1:00:14.0	39.0
850m:	10:48.7	39.6	2100m:	27:29.1	40.4	3350m:	44:08.5	40.8	4600m:	1:00:54.4	40.4
900m:	11:28.5	39.7	2150m:	28:09.4	40.2	3400m:	44:48.5	39.9	4650m:	1:01:34.5	40.0
950m:	12:08.0	39.4	2200m:	28:49.9	40.5	3450m:	45:29.6	41.1	4700m:	1:02:14.8	40.3
1000m:	12:47.8	39.8	2250m:	29:30.0	40.0	3500m:	46:09.3	39.6	4750m:	1:02:56.2	41.3
1050m:	13:27.7	39.8	2300m:	30:09.9	39.9	3550m:	46:49.3	40.0	4800m:	1:03:36.0	39.7
1100m:	14:07.0	39.3	2350m:	30:49.8	39.9	3600m:	47:28.8	39.4	4850m:	1:04:13.0	37.0
1150m:	14:46.5	39.5	2400m:	31:30.4	40.5	3650m:	48:09.5	40.7	4900m:	1:04:52.0	38.9
1200m:	15:26.6	40.1	2450m:	32:11.4	41.0	3700m:	48:48.8	39.3	4950m:	1:05:30.8	38.7
1250m:	16:05.9	39.2	2500m:	32:52.4	40.9	3750m:	49:28.8	40.0	5000m:	1:06:09.5	38.6

5.

2008 I

1:12:00.2

358

50m:	37.6	37.6	1300m:	18:11.8	43.6	2550m:	36:15.6	43.1	3800m:	54:36.0	43.4
100m:	1:18.3	40.7	1350m:	18:54.6	42.7	2600m:	37:00.4	44.8	3850m:	55:19.4	43.3
150m:	1:59.9	41.5	1400m:	19:37.4	42.8	2650m:	37:43.4	42.9	3900m:	56:04.1	44.7
200m:	2:41.6	41.7	1450m:	20:20.4	42.9	2700m:	38:26.9	43.5	3950m:	56:48.4	44.2
250m:	3:22.6	41.0	1500m:	21:03.6	43.2	2750m:	39:10.6	43.7	4000m:	57:33.3	44.8
300m:	4:04.3	41.7	1550m:	21:47.2	43.5	2800m:	39:53.9	43.3	4050m:	58:17.2	43.9
350m:	4:45.7	41.3	1600m:	22:30.9	43.6	2850m:	40:37.5	43.6	4100m:	59:01.3	44.0
400m:	5:27.6	41.9	1650m:	23:14.1	43.2	2900m:	41:21.7	44.1	4150m:	59:45.4	44.0
450m:	6:09.3	41.7	1700m:	23:57.7	43.6	2950m:	42:05.8	44.0	4200m:	1:00:29.7	44.3
500m:	6:51.7	42.4	1750m:	24:40.4	42.7	3000m:	42:49.6	43.8	4250m:	1:01:13.0	43.3
550m:	7:33.7	41.9	1800m:	25:23.8	43.3	3050m:	43:33.5	43.8	4300m:	1:01:56.6	43.6
600m:	8:16.0	42.3	1850m:	26:07.2	43.4	3100m:	44:17.8	44.3	4350m:	1:02:40.6	43.9
650m:	8:57.6	41.6	1900m:	26:50.6	43.4	3150m:	45:01.9	44.1	4400m:	1:03:24.7	44.1
700m:	9:40.0	42.4	1950m:	27:34.0	43.3	3200m:	45:47.0	45.1	4450m:	1:04:08.6	43.8
750m:	10:22.1	42.0	2000m:	28:18.4	44.4	3250m:	46:31.7	44.6	4500m:	1:04:53.1	44.5
800m:	11:05.0	42.9	2050m:	29:01.2	42.7	3300m:	47:15.8	44.1	4550m:	1:05:37.1	43.9
850m:	11:47.3	42.3	2100m:	29:45.5	44.3	3350m:	48:00.2	44.3	4600m:	1:06:21.1	44.0
900m:	12:29.9	42.5	2150m:	30:28.8	43.2	3400m:	48:44.3	44.1	4650m:	1:07:04.8	43.7
950m:	13:12.6	42.6	2200m:	31:11.8	42.9	3450m:	49:28.1	43.7	4700m:	1:07:49.4	44.5
1000m:	13:55.4	42.8	2250m:	31:54.7	42.9	3500m:	50:12.1	44.0	4750m:	1:08:32.4	42.9
1050m:	14:37.7	42.2	2300m:	32:38.5	43.7	3550m:	50:55.3	43.1	4800m:	1:09:15.7	43.3
1100m:	15:20.1	42.3	2350m:	33:21.5	43.0	3600m:	51:39.8	44.5	4850m:	1:09:58.4	42.7
1150m:	16:02.3	42.2	2400m:	34:05.2	43.7	3650m:	52:23.8	44.0	4900m:	1:10:41.9	43.4
1200m:	16:45.6	43.3	2450m:	34:48.3	43.1	3700m:	53:07.9	44.1	4950m:	1:11:21.5	39.6
1250m:	17:28.2	42.5	2500m:	35:32.5	44.1	3750m:	53:52.5	44.6	5000m:	1:12:00.2	38.6

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1, , 5000m ,

6.			/				R.T.				
			2007	I			<b>1:22:45.6</b>		235		
50m:	38.1	38.1	1300m:	20:30.3	49.1	2550m:	41:19.2	50.6	3800m:	1:02:21.7	50.9
100m:	1:22.0	43.9	1350m:	21:19.9	49.6	2600m:	42:09.2	50.0	3850m:	1:03:12.4	50.7
150m:	2:07.7	45.7	1400m:	22:10.0	50.1	2650m:	42:59.6	50.3	3900m:	1:04:02.8	50.3
200m:	2:52.7	44.9	1450m:	22:59.8	49.8	2700m:	43:49.1	49.4	3950m:	1:04:54.2	51.4
250m:	3:39.1	46.4	1500m:	23:49.3	49.4	2750m:	44:39.3	50.2	4000m:	1:05:45.3	51.0
300m:	4:25.8	46.6	1550m:	24:39.8	50.5	2800m:	45:29.2	49.8	4050m:	1:06:36.9	51.6
350m:	5:13.0	47.2	1600m:	25:29.6	49.8	2850m:	46:19.7	50.4	4100m:	1:07:27.9	50.9
400m:	5:59.9	46.8	1650m:	26:19.5	49.8	2900m:	47:09.6	49.8	4150m:	1:08:19.4	51.5
450m:	6:47.7	47.7	1700m:	27:09.0	49.5	2950m:	47:59.4	49.8	4200m:	1:09:10.4	51.0
500m:	7:34.7	46.9	1750m:	27:59.9	50.8	3000m:	48:49.2	49.8	4250m:	1:10:02.0	51.5
550m:	8:23.0	48.2	1800m:	28:49.7	49.8	3050m:	49:39.7	50.4	4300m:	1:10:52.7	50.7
600m:	9:10.4	47.4	1850m:	29:39.9	50.1	3100m:	50:29.7	50.0	4350m:	1:11:43.4	50.6
650m:	9:58.6	48.1	1900m:	30:29.8	49.9	3150m:	51:20.9	51.2	4400m:	1:12:34.2	50.8
700m:	10:46.6	47.9	1950m:	31:19.9	50.0	3200m:	52:10.9	50.0	4450m:	1:13:25.4	51.1
750m:	11:35.3	48.7	2000m:	32:09.0	49.1	3250m:	53:01.2	50.2	4500m:	1:14:16.0	50.5
800m:	12:24.1	48.8	2050m:	32:58.9	49.9	3300m:	53:51.6	50.4	4550m:	1:15:07.4	51.4
850m:	13:12.7	48.5	2100m:	33:48.0	49.1	3350m:	54:42.5	50.8	4600m:	1:15:58.5	51.1
900m:	14:02.0	49.3	2150m:	34:37.9	49.8	3400m:	55:33.6	51.1	4650m:	1:16:50.3	51.7
950m:	14:51.5	49.4	2200m:	35:27.8	49.9	3450m:	56:24.5	50.9	4700m:	1:17:41.5	51.2
1000m:	15:40.6	49.0	2250m:	36:18.0	50.1	3500m:	57:15.5	50.9	4750m:	1:18:33.5	51.9
1050m:	16:27.1	46.5	2300m:	37:07.7	49.7	3550m:	58:07.0	51.5	4800m:	1:19:24.5	51.0
1100m:	17:15.9	48.7	2350m:	37:57.9	50.1	3600m:	58:57.8	50.8	4850m:	1:20:15.6	51.0
1150m:	18:04.2	48.3	2400m:	38:47.7	49.8	3650m:	59:48.9	51.0	4900m:	1:21:05.9	50.3
1200m:	18:52.4	48.2	2450m:	39:38.6	50.9	3700m:	1:00:39.2	50.3	4950m:	1:21:57.1	51.2
1250m:	19:41.1	48.7	2500m:	40:28.6	49.9	3750m:	1:01:30.8	51.5	5000m:	1:22:45.6	48.4