

40  
26.02.2021 - 15:06

, 1500m

		16:13.13				(ESP)		22.07.2003				
		16:13.13				(ESP)		22.07.2003				
: FINA 2020												
		/				R.T.		FINA				
1.		2006				17:15.34		702				
	50m:	32.60	32.60	450m:	5:13.43	34.91	850m:	9:49.56	34.33	1250m:	14:25.97	34.56
	100m:	1:07.86	35.26	500m:	5:48.32	34.89	900m:	10:23.95	34.39	1300m:	15:00.94	34.97
	150m:	1:43.13	35.27	550m:	6:23.05	34.73	950m:	10:58.19	34.24	1350m:	15:35.62	34.68
	200m:	2:18.34	35.21	600m:	6:57.47	34.42	1000m:	11:32.65	34.46	1400m:	16:10.30	34.68
	250m:	2:53.45	35.11	650m:	7:32.05	34.58	1050m:	12:07.17	34.52	1450m:	16:43.25	32.95
	300m:	3:28.65	35.20	700m:	8:06.41	34.36	1100m:	12:41.83	34.66	1500m:	17:15.34	32.09
	350m:	4:03.84	35.19	750m:	8:40.92	34.51	1150m:	13:16.43	34.60			
	400m:	4:38.52	34.68	800m:	9:15.23	34.31	1200m:	13:51.41	34.98			
2.		2003				17:15.37		702				
	50m:	31.97	31.97	450m:	5:10.09	34.66	850m:	9:48.75	35.41	1250m:	14:28.45	34.83
	100m:	1:06.99	35.02	500m:	5:44.85	34.76	900m:	10:23.86	35.11	1300m:	15:02.76	34.31
	150m:	1:41.52	34.53	550m:	6:18.78	33.93	950m:	10:58.90	35.04	1350m:	15:37.22	34.46
	200m:	2:16.41	34.89	600m:	6:53.38	34.60	1000m:	11:33.75	34.85	1400m:	16:11.55	34.33
	250m:	2:51.20	34.79	650m:	7:27.97	34.59	1050m:	12:08.67	34.92	1450m:	16:43.94	32.39
	300m:	3:25.71	34.51	700m:	8:02.95	34.98	1100m:	12:43.65	34.98	1500m:	17:15.37	31.43
	350m:	4:00.79	35.08	750m:	8:38.10	35.15	1150m:	13:18.78	35.13			
	400m:	4:35.43	34.64	800m:	9:13.34	35.24	1200m:	13:53.62	34.84			
3.		2004				17:20.85		691				
	50m:	31.64	31.64	450m:	5:08.31	34.42	850m:	9:42.73	34.40	1250m:	14:25.03	35.89
	100m:	1:06.02	34.38	500m:	5:43.07	34.76	900m:	10:17.13	34.40	1300m:	15:00.31	35.28
	150m:	1:40.78	34.76	550m:	6:16.95	33.88	950m:	10:51.94	34.81	1350m:	15:35.90	35.59
	200m:	2:15.47	34.69	600m:	6:51.27	34.32	1000m:	11:27.69	35.75	1400m:	16:11.35	35.45
	250m:	2:49.92	34.45	650m:	7:25.47	34.20	1050m:	12:02.81	35.12	1450m:	16:46.84	35.49
	300m:	3:24.82	34.90	700m:	7:59.92	34.45	1100m:	12:38.19	35.38	1500m:	17:20.85	34.01
	350m:	3:59.16	34.34	750m:	8:33.99	34.07	1150m:	13:13.59	35.40			
	400m:	4:33.89	34.73	800m:	9:08.33	34.34	1200m:	13:49.14	35.55			
4.		2003				17:22.54		688				
	50m:	32.19	32.19	450m:	5:10.03	34.78	850m:	9:48.98	35.39	1250m:	14:28.80	35.36
	100m:	1:06.82	34.63	500m:	5:44.45	34.42	900m:	10:23.58	34.60	1300m:	15:03.96	35.16
	150m:	1:42.17	35.35	550m:	6:19.36	34.91	950m:	10:58.73	35.15	1350m:	15:39.13	35.17
	200m:	2:16.72	34.55	600m:	6:53.67	34.31	1000m:	11:33.37	34.64	1400m:	16:13.98	34.85
	250m:	2:51.59	34.87	650m:	7:28.80	35.13	1050m:	12:08.61	35.24	1450m:	16:48.82	34.84
	300m:	3:26.17	34.58	700m:	8:03.28	34.48	1100m:	12:43.31	34.70	1500m:	17:22.54	33.72
	350m:	4:01.00	34.83	750m:	8:38.77	35.49	1150m:	13:18.56	35.25			
	400m:	4:35.25	34.25	800m:	9:13.59	34.82	1200m:	13:53.44	34.88			
5.		2005				17:26.31		680				
	50m:	32.19	32.19	450m:	5:11.72	35.36	850m:	9:51.47	34.86	1250m:	14:30.97	35.03
	100m:	1:06.36	34.17	500m:	5:46.83	35.11	900m:	10:26.27	34.80	1300m:	15:06.03	35.06
	150m:	1:41.02	34.66	550m:	6:22.11	35.28	950m:	11:00.95	34.68	1350m:	15:42.02	35.99
	200m:	2:16.03	35.01	600m:	6:57.47	35.36	1000m:	11:35.38	34.43	1400m:	16:16.91	34.89
	250m:	2:51.23	35.20	650m:	7:32.41	34.94	1050m:	12:10.57	35.19	1450m:	16:52.03	35.12
	300m:	3:26.26	35.03	700m:	8:07.19	34.78	1100m:	12:45.67	35.10	1500m:	17:26.31	34.28
	350m:	4:01.59	35.33	750m:	8:41.92	34.73	1150m:	13:20.97	35.30			
	400m:	4:36.36	34.77	800m:	9:16.61	34.69	1200m:	13:55.94	34.97			

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									R.T.	FINA		
6.					2004				-	<b>17:31.39</b>	671	
	50m:	31.03	31.03	450m:	5:11.24	35.52	850m:	9:54.15	35.21	1250m:	14:37.11	35.29
	100m:	1:05.26	34.23	500m:	5:46.77	35.53	900m:	10:29.56	35.41	1300m:	15:12.57	35.46
	150m:	1:39.70	34.44	550m:	6:22.34	35.57	950m:	11:04.71	35.15	1350m:	15:47.88	35.31
	200m:	2:14.95	35.25	600m:	6:57.74	35.40	1000m:	11:40.28	35.57	1400m:	16:22.98	35.10
	250m:	2:49.82	34.87	650m:	7:33.01	35.27	1050m:	12:15.56	35.28	1450m:	16:57.52	34.54
	300m:	3:24.99	35.17	700m:	8:08.45	35.44	1100m:	12:51.07	35.51	1500m:	17:31.39	33.87
	350m:	4:00.27	35.28	750m:	8:43.75	35.30	1150m:	13:26.30	35.23			
	400m:	4:35.72	35.45	800m:	9:18.94	35.19	1200m:	14:01.82	35.52			
7.					2003					<b>17:34.13</b>	665	
	50m:	31.72	31.72	450m:	5:08.73	34.43	850m:	9:50.72	35.25	1250m:	14:38.28	36.14
	100m:	1:06.34	34.62	500m:	5:43.74	35.01	900m:	10:26.77	36.05	1300m:	15:13.86	35.58
	150m:	1:40.48	34.14	550m:	6:18.41	34.67	950m:	11:02.59	35.82	1350m:	15:49.07	35.21
	200m:	2:15.21	34.73	600m:	6:54.06	35.65	1000m:	11:38.51	35.92	1400m:	16:24.63	35.56
	250m:	2:49.67	34.46	650m:	7:29.42	35.36	1050m:	12:14.54	36.03	1450m:	17:00.24	35.61
	300m:	3:24.78	35.11	700m:	8:05.26	35.84	1100m:	12:50.19	35.65	1500m:	17:34.13	33.89
	350m:	3:59.43	34.65	750m:	8:40.34	35.08	1150m:	13:26.52	36.33			
	400m:	4:34.30	34.87	800m:	9:15.47	35.13	1200m:	14:02.14	35.62			
8.					2007					<b>17:36.00</b>	662	
	50m:	33.43	33.43	450m:	5:17.06	35.40	850m:	9:59.31	35.26	1250m:	14:41.88	35.16
	100m:	1:09.28	35.85	500m:	5:52.14	35.08	900m:	10:34.59	35.28	1300m:	15:17.10	35.22
	150m:	1:45.17	35.89	550m:	6:27.64	35.50	950m:	11:10.15	35.56	1350m:	15:52.70	35.60
	200m:	2:20.55	35.38	600m:	7:02.71	35.07	1000m:	11:45.43	35.28	1400m:	16:27.78	35.08
	250m:	2:55.91	35.36	650m:	7:38.12	35.41	1050m:	12:20.70	35.27	1450m:	17:02.69	34.91
	300m:	3:31.13	35.22	700m:	8:13.29	35.17	1100m:	12:55.69	34.99	1500m:	17:36.00	33.31
	350m:	4:06.61	35.48	750m:	8:48.89	35.60	1150m:	13:31.10	35.41			
	400m:	4:41.66	35.05	800m:	9:24.05	35.16	1200m:	14:06.72	35.62			
9.					2005					<b>17:36.65</b>	661	
	100m:	1:06.29	1:06.29	500m:	5:46.89	1:10.68	900m:	10:31.44	1:12.03	1300m:	15:17.75	1:11.15
	200m:	2:15.82	1:09.53	600m:	6:57.57	1:10.68	1000m:	11:43.03	1:11.59	1400m:	16:28.89	1:11.14
	300m:	3:25.89	1:10.07	700m:	8:08.31	1:10.74	1100m:	12:54.78	1:11.75	1500m:	17:36.65	1:07.76
	400m:	4:36.21	1:10.32	800m:	9:19.41	1:11.10	1200m:	14:06.60	1:11.82			
10.					2007					<b>17:37.80</b>	658	
	50m:	31.78	31.78	450m:	5:10.56	35.27	850m:	9:54.74	36.06	1250m:	14:43.15	35.89
	100m:	1:05.93	34.15	500m:	5:45.20	34.64	900m:	10:30.76	36.02	1300m:	15:18.90	35.75
	150m:	1:40.66	34.73	550m:	6:20.80	35.60	950m:	11:06.62	35.86	1350m:	15:54.81	35.91
	200m:	2:15.39	34.73	600m:	6:55.82	35.02	1000m:	11:42.77	36.15	1400m:	16:30.69	35.88
	250m:	2:50.63	35.24	650m:	7:31.38	35.56	1050m:	12:18.80	36.03	1450m:	17:05.14	34.45
	300m:	3:25.15	34.52	700m:	8:06.86	35.48	1100m:	12:54.89	36.09	1500m:	17:37.80	32.66
	350m:	4:00.56	35.41	750m:	8:42.83	35.97	1150m:	13:31.06	36.17			
	400m:	4:35.29	34.73	800m:	9:18.68	35.85	1200m:	14:07.26	36.20			
11.					2005					<b>17:40.47</b>	653	
	50m:	32.18	32.18	450m:	5:13.79	35.79	850m:	9:56.57	35.96	1250m:	14:42.95	36.15
	100m:	1:06.70	34.52	500m:	5:48.76	34.97	900m:	10:31.96	35.39	1300m:	15:18.57	35.62
	150m:	1:41.99	35.29	550m:	6:24.25	35.49	950m:	11:08.01	36.05	1350m:	15:54.16	35.59
	200m:	2:17.24	35.25	600m:	6:59.03	34.78	1000m:	11:43.88	35.87	1400m:	16:30.09	35.93
	250m:	2:52.58	35.34	650m:	7:34.59	35.56	1050m:	12:19.62	35.74	1450m:	17:05.89	35.80
	300m:	3:27.45	34.87	700m:	8:09.51	34.92	1100m:	12:55.00	35.38	1500m:	17:40.47	34.58
	350m:	4:02.77	35.32	750m:	8:45.37	35.86	1150m:	13:31.22	36.22			
	400m:	4:38.00	35.23	800m:	9:20.61	35.24	1200m:	14:06.80	35.58			



40, , 1500m

									R.T.	FINA		
12.					2006				<b>17:46.09</b>	<b>643</b>		
	50m:	32.29	32.29	450m:	5:12.40	35.47	850m:	9:58.26	36.16	1250m:	14:47.86	36.31
	100m:	1:06.58	34.29	500m:	5:47.79	35.39	900m:	10:34.53	36.27	1300m:	15:24.35	36.49
	150m:	1:41.60	35.02	550m:	6:23.36	35.57	950m:	11:10.51	35.98	1350m:	15:59.81	35.46
	200m:	2:15.83	34.23	600m:	6:58.95	35.59	1000m:	11:46.54	36.03	1400m:	16:36.03	36.22
	250m:	2:51.03	35.20	650m:	7:34.74	35.79	1050m:	12:22.45	35.91	1450m:	17:11.71	35.68
	300m:	3:25.96	34.93	700m:	8:10.43	35.69	1100m:	12:58.86	36.41	1500m:	17:46.09	34.38
	350m:	4:01.38	35.42	750m:	8:46.12	35.69	1150m:	13:34.94	36.08			
	400m:	4:36.93	35.55	800m:	9:22.10	35.98	1200m:	14:11.55	36.61			
13.					2006				<b>17:48.49</b>	<b>639</b>		
	50m:	32.39	32.39	450m:	5:12.03	35.32	850m:	9:58.13	36.23	1250m:	14:47.72	36.46
	100m:	1:07.34	34.95	500m:	5:47.37	35.34	900m:	10:33.99	35.86	1300m:	15:24.38	36.66
	150m:	1:41.96	34.62	550m:	6:23.21	35.84	950m:	11:10.02	36.03	1350m:	16:00.67	36.29
	200m:	2:16.92	34.96	600m:	6:58.82	35.61	1000m:	11:46.28	36.26	1400m:	16:37.40	36.73
	250m:	2:51.30	34.38	650m:	7:34.63	35.81	1050m:	12:22.42	36.14	1450m:	17:13.26	35.86
	300m:	3:26.39	35.09	700m:	8:10.38	35.75	1100m:	12:58.61	36.19	1500m:	17:48.49	35.23
	350m:	4:01.57	35.18	750m:	8:46.35	35.97	1150m:	13:34.72	36.11			
	400m:	4:36.71	35.14	800m:	9:21.90	35.55	1200m:	14:11.26	36.54			
14.					2004				<b>17:48.79</b>	<b>638</b>		
	50m:	32.68	32.68	450m:	5:14.00	35.12	850m:	9:59.04	36.15	1250m:	14:49.86	35.98
	100m:	1:07.60	34.92	500m:	5:49.26	35.26	900m:	10:35.58	36.54	1300m:	15:26.59	36.73
	150m:	1:42.49	34.89	550m:	6:24.34	35.08	950m:	11:12.03	36.45	1350m:	16:02.24	35.65
	200m:	2:17.91	35.42	600m:	6:59.72	35.38	1000m:	11:48.62	36.59	1400m:	16:38.48	36.24
	250m:	2:52.89	34.98	650m:	7:35.15	35.43	1050m:	12:25.00	36.38	1450m:	17:14.06	35.58
	300m:	3:28.27	35.38	700m:	8:11.08	35.93	1100m:	13:01.34	36.34	1500m:	17:48.79	34.73
	350m:	4:03.57	35.30	750m:	8:47.09	36.01	1150m:	13:37.31	35.97			
	400m:	4:38.88	35.31	800m:	9:22.89	35.80	1200m:	14:13.88	36.57			
15.					2004				<b>17:59.69</b>	<b>619</b>		
	50m:	32.75	32.75	450m:	5:21.59	36.56	850m:	10:10.83	36.94	1250m:	15:01.67	36.77
	100m:	1:08.62	35.87	500m:	5:57.28	35.69	900m:	10:46.67	35.84	1300m:	15:38.00	36.33
	150m:	1:44.90	36.28	550m:	6:33.41	36.13	950m:	11:23.49	36.82	1350m:	16:14.45	36.45
	200m:	2:21.09	36.19	600m:	7:08.92	35.51	1000m:	11:59.37	35.88	1400m:	16:50.57	36.12
	250m:	2:57.19	36.10	650m:	7:45.25	36.33	1050m:	12:35.89	36.52	1450m:	17:26.39	35.82
	300m:	3:32.98	35.79	700m:	8:21.51	36.26	1100m:	13:12.16	36.27	1500m:	17:59.69	33.30
	350m:	4:09.35	36.37	750m:	8:58.09	36.58	1150m:	13:48.82	36.66			
	400m:	4:45.03	35.68	800m:	9:33.89	35.80	1200m:	14:24.90	36.08			
16.					2005				<b>18:00.99</b>	<b>617</b>		
	50m:	31.63	31.63	450m:	5:11.50	35.52	850m:	9:59.99	36.19	1250m:	14:57.46	37.14
	100m:	1:06.04	34.41	500m:	5:47.02	35.52	900m:	10:37.43	37.44	1300m:	15:35.16	37.70
	150m:	1:40.48	34.44	550m:	6:22.42	35.40	950m:	11:14.00	36.57	1350m:	16:12.28	37.12
	200m:	2:15.41	34.93	600m:	6:58.52	36.10	1000m:	11:51.11	37.11	1400m:	16:49.82	37.54
	250m:	2:50.18	34.77	650m:	7:34.28	35.76	1050m:	12:27.94	36.83	1450m:	17:26.16	36.34
	300m:	3:25.39	35.21	700m:	8:10.82	36.54	1100m:	13:05.61	37.67	1500m:	18:00.99	34.83
	350m:	4:00.42	35.03	750m:	8:46.99	36.17	1150m:	13:42.65	37.04			
	400m:	4:35.98	35.56	800m:	9:23.80	36.81	1200m:	14:20.32	37.67			
17.					2004				<b>18:09.11</b>	<b>603</b>		
	50m:	31.81	31.81	450m:	5:15.51	36.48	850m:	10:12.04	37.30	1250m:	15:08.61	37.34
	100m:	1:06.70	34.89	500m:	5:51.85	36.34	900m:	10:48.88	36.84	1300m:	15:44.77	36.16
	150m:	1:41.73	35.03	550m:	6:28.75	36.90	950m:	11:26.00	37.12	1350m:	16:21.93	37.16
	200m:	2:16.77	35.04	600m:	7:05.83	37.08	1000m:	12:03.68	37.68	1400m:	16:58.34	36.41
	250m:	2:52.01	35.24	650m:	7:43.68	37.85	1050m:	12:41.21	37.53	1450m:	17:34.93	36.59
	300m:	3:27.43	35.42	700m:	8:20.04	36.36	1100m:	13:17.84	36.63	1500m:	18:09.11	34.18
	350m:	4:03.17	35.74	750m:	8:57.24	37.20	1150m:	13:54.68	36.84			
	400m:	4:39.03	35.86	800m:	9:34.74	37.50	1200m:	14:31.27	36.59			



40, , 1500m

									R.T.	FINA	
18.					/				<b>18:10.06</b>	<b>602</b>	
	2005										
50m:	32.97	32.97	450m:	5:17.22	36.63	850m:	10:11.22	37.48	1250m:	15:07.54	37.42
100m:	1:07.84	34.87	500m:	5:53.66	36.44	900m:	10:47.75	36.53	1300m:	15:43.99	36.45
150m:	1:42.64	34.80	550m:	6:30.79	37.13	950m:	11:25.47	37.72	1350m:	16:21.47	37.48
200m:	2:17.42	34.78	600m:	7:07.25	36.46	1000m:	12:02.24	36.77	1400m:	16:58.00	36.53
250m:	2:52.69	35.27	650m:	7:44.10	36.85	1050m:	12:39.67	37.43	1450m:	17:35.22	37.22
300m:	3:28.07	35.38	700m:	8:20.58	36.48	1100m:	13:16.00	36.33	1500m:	18:10.06	34.84
350m:	4:04.61	36.54	750m:	8:57.39	36.81	1150m:	13:53.51	37.51			
400m:	4:40.59	35.98	800m:	9:33.74	36.35	1200m:	14:30.12	36.61			
19.									<b>18:12.16</b>	<b>598</b>	
	2006										
50m:	33.02	33.02	450m:	5:22.85	36.77	850m:	10:15.35	36.34	1250m:	15:10.34	37.33
100m:	1:08.48	35.46	500m:	5:59.20	36.35	900m:	10:51.31	35.96	1300m:	15:46.85	36.51
150m:	1:44.62	36.14	550m:	6:36.20	37.00	950m:	11:28.22	36.91	1350m:	16:24.25	37.40
200m:	2:20.54	35.92	600m:	7:12.68	36.48	1000m:	12:04.86	36.64	1400m:	17:00.79	36.54
250m:	2:57.23	36.69	650m:	7:49.49	36.81	1050m:	12:41.80	36.94	1450m:	17:37.34	36.55
300m:	3:33.39	36.16	700m:	8:25.92	36.43	1100m:	13:18.75	36.95	1500m:	18:12.16	34.82
350m:	4:10.00	36.61	750m:	9:03.03	37.11	1150m:	13:55.80	37.05			
400m:	4:46.08	36.08	800m:	9:39.01	35.98	1200m:	14:33.01	37.21			
20.									<b>18:19.51</b>	<b>586</b>	
	2002										
50m:	32.43	32.43	450m:	5:18.90	36.33	850m:	10:14.86	37.32	1250m:	15:14.72	37.58
100m:	1:07.34	34.91	500m:	5:54.82	35.92	900m:	10:51.69	36.83	1300m:	15:52.06	37.34
150m:	1:42.59	35.25	550m:	6:31.36	36.54	950m:	11:28.81	37.12	1350m:	16:29.26	37.20
200m:	2:18.43	35.84	600m:	7:08.53	37.17	1000m:	12:06.25	37.44	1400m:	17:06.79	37.53
250m:	2:54.21	35.78	650m:	7:45.67	37.14	1050m:	12:43.71	37.46	1450m:	17:43.88	37.09
300m:	3:30.14	35.93	700m:	8:22.75	37.08	1100m:	13:21.54	37.83	1500m:	18:19.51	35.63
350m:	4:06.08	35.94	750m:	9:00.12	37.37	1150m:	13:59.44	37.90			
400m:	4:42.57	36.49	800m:	9:37.54	37.42	1200m:	14:37.14	37.70			
21.									<b>18:20.85</b>	<b>584</b>	
	2006										
100m:	1:09.88	1:09.88	500m:	6:03.00	1:13.50	900m:	10:59.17	1:14.91	1300m:	15:55.71	1:14.67
200m:	2:22.56	1:12.68	600m:	7:17.05	1:14.05	1000m:	12:12.87	1:13.70	1400m:	17:10.23	1:14.52
300m:	3:36.04	1:13.48	700m:	8:31.12	1:14.07	1100m:	13:26.93	1:14.06	1500m:	18:20.85	1:10.62
400m:	4:49.50	1:13.46	800m:	9:44.26	1:13.14	1200m:	14:41.04	1:14.11			
22.									<b>18:21.38</b>	<b>583</b>	
	2007										
50m:	33.36	33.36	450m:	5:27.76	36.95	850m:	10:21.76	36.75	1250m:	15:20.55	37.48
100m:	1:10.32	36.96	500m:	6:04.03	36.27	900m:	10:59.15	37.39	1300m:	15:57.82	37.27
150m:	1:46.75	36.43	550m:	6:40.97	36.94	950m:	11:36.35	37.20	1350m:	16:34.62	36.80
200m:	2:23.72	36.97	600m:	7:17.79	36.82	1000m:	12:13.93	37.58	1400m:	17:11.76	37.14
250m:	3:00.26	36.54	650m:	7:54.00	36.21	1050m:	12:51.24	37.31	1450m:	17:47.48	35.72
300m:	3:36.81	36.55	700m:	8:30.88	36.88	1100m:	13:28.53	37.29	1500m:	18:21.38	33.90
350m:	4:14.03	37.22	750m:	9:07.96	37.08	1150m:	14:05.51	36.98			
400m:	4:50.81	36.78	800m:	9:45.01	37.05	1200m:	14:43.07	37.56			
23.									<b>18:24.37</b>	<b>579</b>	
	2007										
50m:	32.52	32.52	450m:	5:22.38	37.11	850m:	10:17.94	36.77	1250m:	15:21.10	38.03
100m:	1:08.20	35.68	500m:	5:59.20	36.82	900m:	10:55.55	37.61	1300m:	15:59.74	38.64
150m:	1:43.90	35.70	550m:	6:35.96	36.76	950m:	11:32.84	37.29	1350m:	16:36.67	36.93
200m:	2:20.08	36.18	600m:	7:12.60	36.64	1000m:	12:10.57	37.73	1400m:	17:13.56	36.89
250m:	2:55.73	35.65	650m:	7:49.34	36.74	1050m:	12:48.14	37.57	1450m:	17:49.80	36.24
300m:	3:32.13	36.40	700m:	8:26.63	37.29	1100m:	13:26.17	38.03	1500m:	18:24.37	34.57
350m:	4:08.50	36.37	750m:	9:03.61	36.98	1150m:	14:04.32	38.15			
400m:	4:45.27	36.77	800m:	9:41.17	37.56	1200m:	14:43.07	38.75			



40, , 1500m

									R.T.	FINA		
24.					2003				<b>18:24.45</b>	<b>578</b>		
	50m:	33.35	33.35	450m:	5:24.75	36.63	850m:	10:21.85	37.29	1250m:	15:20.18	37.10
	100m:	1:09.32	35.97	500m:	6:01.92	37.17	900m:	10:59.62	37.77	1300m:	15:57.77	37.59
	150m:	1:45.37	36.05	550m:	6:38.33	36.41	950m:	11:36.63	37.01	1350m:	16:35.13	37.36
	200m:	2:22.14	36.77	600m:	7:15.03	36.70	1000m:	12:13.69	37.06	1400m:	17:12.12	36.99
	250m:	2:58.30	36.16	650m:	7:51.88	36.85	1050m:	12:50.82	37.13	1450m:	17:49.11	36.99
	300m:	3:35.29	36.99	700m:	8:29.39	37.51	1100m:	13:28.25	37.43	1500m:	18:24.45	35.34
	350m:	4:11.47	36.18	750m:	9:06.42	37.03	1150m:	14:05.38	37.13			
	400m:	4:48.12	36.65	800m:	9:44.56	38.14	1200m:	14:43.08	37.70			
25.					2006				<b>18:27.07</b>	<b>574</b>		
	50m:	32.59	32.59	450m:	5:22.56	36.59	850m:	10:20.27	37.55	1250m:	15:21.56	37.63
	100m:	1:08.49	35.90	500m:	5:58.83	36.27	900m:	10:57.76	37.49	1300m:	15:59.42	37.86
	150m:	1:44.74	36.25	550m:	6:35.85	37.02	950m:	11:35.19	37.43	1350m:	16:37.14	37.72
	200m:	2:21.13	36.39	600m:	7:12.52	36.67	1000m:	12:12.96	37.77	1400m:	17:15.05	37.91
	250m:	2:57.27	36.14	650m:	7:49.98	37.46	1050m:	12:50.39	37.43	1450m:	17:51.81	36.76
	300m:	3:33.62	36.35	700m:	8:27.20	37.22	1100m:	13:27.96	37.57	1500m:	18:27.07	35.26
	350m:	4:09.76	36.14	750m:	9:05.14	37.94	1150m:	14:06.13	38.17			
	400m:	4:45.97	36.21	800m:	9:42.72	37.58	1200m:	14:43.93	37.80			
26.					2005				<b>18:30.93</b>	<b>568</b>		
	50m:	32.94	32.94	450m:	5:29.65	37.22	850m:	10:29.26	37.70	1250m:	15:26.89	37.52
	100m:	1:09.63	36.69	500m:	6:07.30	37.65	900m:	11:06.44	37.18	1300m:	16:03.42	36.53
	150m:	1:46.30	36.67	550m:	6:44.53	37.23	950m:	11:44.06	37.62	1350m:	16:41.08	37.66
	200m:	2:23.32	37.02	600m:	7:21.89	37.36	1000m:	12:20.79	36.73	1400m:	17:17.41	36.33
	250m:	3:00.09	36.77	650m:	7:59.73	37.84	1050m:	12:58.60	37.81	1450m:	17:54.34	36.93
	300m:	3:37.34	37.25	700m:	8:37.15	37.42	1100m:	13:35.29	36.69	1500m:	18:30.93	36.59
	350m:	4:15.02	37.68	750m:	9:14.56	37.41	1150m:	14:13.08	37.79			
	400m:	4:52.43	37.41	800m:	9:51.56	37.00	1200m:	14:49.37	36.29			
27.					2006				<b>18:33.74</b>	<b>564</b>		
	50m:	33.20	33.20	450m:	5:25.62	36.85	850m:	10:23.64	37.36	1250m:	15:25.87	37.85
	100m:	1:09.28	36.08	500m:	6:02.51	36.89	900m:	11:01.30	37.66	1300m:	16:04.31	38.44
	150m:	1:45.42	36.14	550m:	6:39.51	37.00	950m:	11:38.89	37.59	1350m:	16:41.79	37.48
	200m:	2:22.15	36.73	600m:	7:16.68	37.17	1000m:	12:16.77	37.88	1400m:	17:19.95	38.16
	250m:	2:58.51	36.36	650m:	7:53.99	37.31	1050m:	12:54.49	37.72	1450m:	17:57.06	37.11
	300m:	3:35.62	37.11	700m:	8:31.79	37.80	1100m:	13:32.08	37.59	1500m:	18:33.74	36.68
	350m:	4:12.19	36.57	750m:	9:08.98	37.19	1150m:	14:09.90	37.82			
	400m:	4:48.77	36.58	800m:	9:46.28	37.30	1200m:	14:48.02	38.12			
28.					2004				<b>18:35.90</b>	<b>561</b>		
	50m:	33.28	33.28	450m:	5:26.09	36.62	850m:	10:23.82	38.18	1250m:	15:28.39	38.19
	100m:	1:09.13	35.85	500m:	6:02.96	36.87	900m:	11:01.30	37.48	1300m:	16:06.29	37.90
	150m:	1:45.43	36.30	550m:	6:39.89	36.93	950m:	11:39.63	38.33	1350m:	16:44.40	38.11
	200m:	2:22.35	36.92	600m:	7:17.01	37.12	1000m:	12:17.50	37.87	1400m:	17:21.94	37.54
	250m:	2:59.05	36.70	650m:	7:54.06	37.05	1050m:	12:55.81	38.31	1450m:	17:59.93	37.99
	300m:	3:35.74	36.69	700m:	8:31.13	37.07	1100m:	13:33.82	38.01	1500m:	18:35.90	35.97
	350m:	4:12.48	36.74	750m:	9:08.51	37.38	1150m:	14:12.79	38.97			
	400m:	4:49.47	36.99	800m:	9:45.64	37.13	1200m:	14:50.20	37.41			
29.					2004				<b>18:37.39</b>	<b>559</b>		
	50m:	33.28	33.28	450m:	5:28.41	37.25	850m:	10:27.03	37.29	1250m:	15:29.17	37.86
	100m:	1:09.37	36.09	500m:	6:05.89	37.48	900m:	11:04.59	37.56	1300m:	16:06.99	37.82
	150m:	1:45.60	36.23	550m:	6:42.96	37.07	950m:	11:42.68	38.09	1350m:	16:45.51	38.52
	200m:	2:22.28	36.68	600m:	7:20.64	37.68	1000m:	12:20.79	38.11	1400m:	17:23.14	37.63
	250m:	2:59.22	36.94	650m:	7:58.42	37.78	1050m:	12:58.56	37.77	1450m:	18:00.48	37.34
	300m:	3:36.17	36.95	700m:	8:35.40	36.98	1100m:	13:36.66	38.10	1500m:	18:37.39	36.91
	350m:	4:13.76	37.59	750m:	9:12.46	37.06	1150m:	14:13.97	37.31			
	400m:	4:51.16	37.40	800m:	9:49.74	37.28	1200m:	14:51.31	37.34			



40, , 1500m

									R.T.	FINA	
30.	2005								<b>18:45.61</b>	546	
50m:	33.62	33.62	450m:	5:28.23	37.30	850m:	10:29.43	38.02	1250m:	15:34.26	38.69
100m:	1:10.18	36.56	500m:	6:05.10	36.87	900m:	11:07.12	37.69	1300m:	16:12.57	38.31
150m:	1:47.24	37.06	550m:	6:42.75	37.65	950m:	11:45.15	38.03	1350m:	16:51.48	38.91
200m:	2:23.41	36.17	600m:	7:20.30	37.55	1000m:	12:22.84	37.69	1400m:	17:29.94	38.46
250m:	3:00.42	37.01	650m:	7:58.20	37.90	1050m:	13:01.04	38.20	1450m:	18:08.50	38.56
300m:	3:37.20	36.78	700m:	8:35.71	37.51	1100m:	13:39.01	37.97	1500m:	18:45.61	37.11
350m:	4:14.17	36.97	750m:	9:13.93	38.22	1150m:	14:17.51	38.50			
400m:	4:50.93	36.76	800m:	9:51.41	37.48	1200m:	14:55.57	38.06			
31.	2008								<b>18:47.60</b>	543	
100m:	1:10.79	1:10.79	500m:	6:11.67	1:15.50	900m:	11:12.41	1:15.86	1300m:	16:17.92	1:16.27
200m:	2:25.99	1:15.20	600m:	7:26.44	1:14.77	1000m:	12:28.83	1:16.42	1400m:	17:33.82	1:15.90
300m:	3:40.89	1:14.90	700m:	8:41.42	1:14.98	1100m:	13:45.23	1:16.40	1500m:	18:47.60	1:13.78
400m:	4:56.17	1:15.28	800m:	9:56.55	1:15.13	1200m:	15:01.65	1:16.42			
32.	2008 I								<b>18:48.15</b>	543	
50m:	34.16	34.16	450m:	5:37.65	37.65	850m:	10:39.42	37.21	1250m:	15:40.96	37.62
100m:	1:12.09	37.93	500m:	6:15.71	38.06	900m:	11:17.22	37.80	1300m:	16:18.84	37.88
150m:	1:50.36	38.27	550m:	6:53.28	37.57	950m:	11:54.55	37.33	1350m:	16:57.08	38.24
200m:	2:28.63	38.27	600m:	7:31.01	37.73	1000m:	12:32.70	38.15	1400m:	17:34.73	37.65
250m:	3:06.46	37.83	650m:	8:08.34	37.33	1050m:	13:09.84	37.14	1450m:	18:12.11	37.38
300m:	3:44.42	37.96	700m:	8:46.37	38.03	1100m:	13:48.03	38.19	1500m:	18:48.15	36.04
350m:	4:22.03	37.61	750m:	9:24.01	37.64	1150m:	14:25.48	37.45			
400m:	5:00.00	37.97	800m:	10:02.21	38.20	1200m:	15:03.34	37.86			
33.	2006								<b>18:50.44</b>	539	
50m:	34.18	34.18	450m:	5:33.45	38.34	850m:	10:38.12	37.60	1250m:	15:43.06	38.08
100m:	1:10.09	35.91	500m:	6:11.36	37.91	900m:	11:15.89	37.77	1300m:	16:21.25	38.19
150m:	1:46.96	36.87	550m:	6:49.48	38.12	950m:	11:54.05	38.16	1350m:	16:59.84	38.59
200m:	2:24.13	37.17	600m:	7:27.15	37.67	1000m:	12:32.22	38.17	1400m:	17:37.84	38.00
250m:	3:01.78	37.65	650m:	8:05.58	38.43	1050m:	13:09.88	37.66	1450m:	18:15.75	37.91
300m:	3:39.00	37.22	700m:	8:43.74	38.16	1100m:	13:48.59	38.71	1500m:	18:50.44	34.69
350m:	4:17.13	38.13	750m:	9:21.97	38.23	1150m:	14:26.95	38.36			
400m:	4:55.11	37.98	800m:	10:00.52	38.55	1200m:	15:04.98	38.03			
34.	2004								<b>18:52.24</b>	537	
50m:	33.50	33.50	450m:	5:35.30	38.00	850m:	10:37.31	38.15	1250m:	15:41.47	37.99
100m:	1:10.84	37.34	500m:	6:12.88	37.58	900m:	11:15.15	37.84	1300m:	16:19.31	37.84
150m:	1:48.65	37.81	550m:	6:50.42	37.54	950m:	11:53.20	38.05	1350m:	16:57.37	38.06
200m:	2:26.46	37.81	600m:	7:27.82	37.40	1000m:	12:31.13	37.93	1400m:	17:35.59	38.22
250m:	3:04.21	37.75	650m:	8:05.63	37.81	1050m:	13:09.13	38.00	1450m:	18:14.18	38.59
300m:	3:41.80	37.59	700m:	8:43.41	37.78	1100m:	13:47.22	38.09	1500m:	18:52.24	38.06
350m:	4:19.71	37.91	750m:	9:21.49	38.08	1150m:	14:25.50	38.28			
400m:	4:57.30	37.59	800m:	9:59.16	37.67	1200m:	15:03.48	37.98			
35.	2008								<b>18:53.59</b>	535	
50m:	34.15	34.15	450m:	5:35.61	38.05	850m:	10:40.10	38.75	1250m:	15:45.57	38.50
100m:	1:11.06	36.91	500m:	6:13.31	37.70	900m:	11:17.39	37.29	1300m:	16:23.63	38.06
150m:	1:48.88	37.82	550m:	6:51.51	38.20	950m:	11:55.90	38.51	1350m:	17:02.02	38.39
200m:	2:26.14	37.26	600m:	7:28.77	37.26	1000m:	12:34.06	38.16	1400m:	17:39.76	37.74
250m:	3:04.14	38.00	650m:	8:07.12	38.35	1050m:	13:12.81	38.75	1450m:	18:17.77	38.01
300m:	3:41.77	37.63	700m:	8:44.82	37.70	1100m:	13:50.33	37.52	1500m:	18:53.59	35.82
350m:	4:19.64	37.87	750m:	9:23.77	38.95	1150m:	14:28.93	38.60			
400m:	4:57.56	37.92	800m:	10:01.35	37.58	1200m:	15:07.07	38.14			



40, , 1500m

					R.T.				FINA		
36.	2005 I				<b>18:57.16</b> I				530		
50m:	32.19	32.19	450m:	5:35.14	38.19	850m:	10:39.71	38.09	1250m:	15:47.16	38.35
100m:	1:08.48	36.29	500m:	6:13.26	38.12	900m:	11:17.79	38.08	1300m:	16:25.61	38.45
150m:	1:46.38	37.90	550m:	6:51.20	37.94	950m:	11:56.39	38.60	1350m:	17:04.68	39.07
200m:	2:24.26	37.88	600m:	7:29.44	38.24	1000m:	12:34.58	38.19	1400m:	17:42.91	38.23
250m:	3:02.70	38.44	650m:	8:07.37	37.93	1050m:	13:13.10	38.52	1450m:	18:20.80	37.89
300m:	3:40.73	38.03	700m:	8:45.23	37.86	1100m:	13:51.39	38.29	1500m:	18:57.16	36.36
350m:	4:18.61	37.88	750m:	9:23.47	38.24	1150m:	14:30.21	38.82			
400m:	4:56.95	38.34	800m:	10:01.62	38.15	1200m:	15:08.81	38.60			
37.	2008 I				<b>18:59.67</b> I				526		
50m:	35.71	35.71	450m:	5:42.66	38.23	850m:	10:49.18	38.07	1250m:	15:54.26	38.19
100m:	1:13.91	38.20	500m:	6:20.52	37.86	900m:	11:26.75	37.57	1300m:	16:31.93	37.67
150m:	1:51.90	37.99	550m:	6:59.14	38.62	950m:	12:04.88	38.13	1350m:	17:10.08	38.15
200m:	2:30.05	38.15	600m:	7:37.38	38.24	1000m:	12:42.67	37.79	1400m:	17:46.87	36.79
250m:	3:08.55	38.50	650m:	8:15.84	38.46	1050m:	13:20.96	38.29	1450m:	18:23.68	36.81
300m:	3:46.58	38.03	700m:	8:53.85	38.01	1100m:	13:58.90	37.94	1500m:	18:59.67	35.99
350m:	4:25.53	38.95	750m:	9:32.77	38.92	1150m:	14:37.43	38.53			
400m:	5:04.43	38.90	800m:	10:11.11	38.34	1200m:	15:16.07	38.64			
38.	2005				<b>19:13.28</b> I				508		
50m:	33.48	33.48	450m:	5:33.43	37.80	850m:	10:43.91	39.58	1250m:	15:59.10	38.97
100m:	1:09.88	36.40	500m:	6:11.61	38.18	900m:	11:23.99	40.08	1300m:	16:38.09	38.99
150m:	1:47.25	37.37	550m:	6:50.14	38.53	950m:	12:03.73	39.74	1350m:	17:16.69	38.60
200m:	2:24.41	37.16	600m:	7:28.58	38.44	1000m:	12:42.99	39.26	1400m:	17:56.00	39.31
250m:	3:01.55	37.14	650m:	8:07.36	38.78	1050m:	13:23.19	40.20	1450m:	18:35.37	39.37
300m:	3:38.93	37.38	700m:	8:46.92	39.56	1100m:	14:01.75	38.56	1500m:	19:13.28	37.91
350m:	4:17.03	38.10	750m:	9:25.84	38.92	1150m:	14:40.95	39.20			
400m:	4:55.63	38.60	800m:	10:04.33	38.49	1200m:	15:20.13	39.18			
39.	2004				<b>19:23.74</b> I				494		
50m:	32.96	32.96	450m:	5:46.09	40.04	850m:	11:00.66	38.05	1250m:	16:08.70	38.97
100m:	1:09.38	36.42	500m:	6:26.43	40.34	900m:	11:39.00	38.34	1300m:	16:48.02	39.32
150m:	1:47.56	38.18	550m:	7:06.83	40.40	950m:	12:17.58	38.58	1350m:	17:27.86	39.84
200m:	2:26.93	39.37	600m:	7:47.07	40.24	1000m:	12:55.81	38.23	1400m:	18:07.50	39.64
250m:	3:06.29	39.36	650m:	8:26.99	39.92	1050m:	13:34.48	38.67	1450m:	18:45.87	38.37
300m:	3:46.49	40.20	700m:	9:05.63	38.64	1100m:	14:12.84	38.36	1500m:	19:23.74	37.87
350m:	4:25.99	39.50	750m:	9:44.38	38.75	1150m:	14:51.37	38.53			
400m:	5:06.05	40.06	800m:	10:22.61	38.23	1200m:	15:29.73	38.36			
40.	2005				<b>19:28.85</b> I				488		
50m:	32.05	32.05	450m:	5:37.78	39.30	850m:	10:53.15	39.51	1250m:	16:11.07	40.71
100m:	1:08.25	36.20	500m:	6:16.95	39.17	900m:	11:32.56	39.41	1300m:	16:50.91	39.84
150m:	1:45.75	37.50	550m:	6:56.18	39.23	950m:	12:12.42	39.86	1350m:	17:32.37	41.46
200m:	2:23.82	38.07	600m:	7:35.35	39.17	1000m:	12:51.98	39.56	1400m:	18:11.32	38.95
250m:	3:01.89	38.07	650m:	8:15.26	39.91	1050m:	13:31.33	39.35	1450m:	18:50.40	39.08
300m:	3:40.59	38.70	700m:	8:54.60	39.34	1100m:	14:10.90	39.57	1500m:	19:28.85	38.45
350m:	4:19.53	38.94	750m:	9:33.99	39.39	1150m:	14:50.88	39.98			
400m:	4:58.48	38.95	800m:	10:13.64	39.65	1200m:	15:30.36	39.48			
41.	2007 I				<b>19:31.37</b> I				485		
50m:	34.20	34.20	450m:	5:43.69	39.47	850m:	10:59.77	39.65	1250m:	16:16.27	40.54
100m:	1:11.75	37.55	500m:	6:22.37	38.68	900m:	11:38.33	38.56	1300m:	16:57.07	40.80
150m:	1:50.48	38.73	550m:	7:02.41	40.04	950m:	12:17.52	39.19	1350m:	17:37.94	40.87
200m:	2:28.65	38.17	600m:	7:41.94	39.53	1000m:	12:56.18	38.66	1400m:	18:17.04	39.10
250m:	3:07.90	39.25	650m:	8:22.08	40.14	1050m:	13:35.52	39.34	1450m:	18:55.43	38.39
300m:	3:46.84	38.94	700m:	9:01.55	39.47	1100m:	14:15.05	39.53	1500m:	19:31.37	35.94
350m:	4:25.44	38.60	750m:	9:41.25	39.70	1150m:	14:55.37	40.32			
400m:	5:04.22	38.78	800m:	10:20.12	38.87	1200m:	15:35.73	40.36			

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40, , 1500m

	/				R.T.				FINA		
42.	2006 I				19:43.34 I				470		
50m:	33.27	33.27	450m:	5:44.57	39.73	850m:	11:01.86	39.83	1250m:	16:25.43	41.22
100m:	1:10.67	37.40	500m:	6:23.61	39.04	900m:	11:41.89	40.03	1300m:	17:06.03	40.60
150m:	1:49.68	39.01	550m:	7:03.20	39.59	950m:	12:22.36	40.47	1350m:	17:46.64	40.61
200m:	2:28.36	38.68	600m:	7:42.42	39.22	1000m:	13:02.33	39.97	1400m:	18:26.93	40.29
250m:	3:07.64	39.28	650m:	8:22.72	40.30	1050m:	13:42.97	40.64	1450m:	19:05.52	38.59
300m:	3:46.39	38.75	700m:	9:01.88	39.16	1100m:	14:23.19	40.22	1500m:	19:43.34	37.82
350m:	4:25.55	39.16	750m:	9:41.61	39.73	1150m:	15:03.83	40.64			
400m:	5:04.84	39.29	800m:	10:22.03	40.42	1200m:	15:44.21	40.38			
43.	2007 I				19:49.71 I				463		
50m:	35.53	35.53	450m:	5:53.15	40.01	850m:	11:13.42	40.19	1250m:	16:35.25	40.57
100m:	1:13.81	38.28	500m:	6:33.26	40.11	900m:	11:53.55	40.13	1300m:	17:15.09	39.84
150m:	1:53.88	40.07	550m:	7:13.21	39.95	950m:	12:33.94	40.39	1350m:	17:53.95	38.86
200m:	2:33.55	39.67	600m:	7:53.26	40.05	1000m:	13:13.96	40.02	1400m:	18:33.34	39.39
250m:	3:13.28	39.73	650m:	8:33.68	40.42	1050m:	13:53.74	39.78	1450m:	19:11.53	38.19
300m:	3:53.13	39.85	700m:	9:13.33	39.65	1100m:	14:33.65	39.91	1500m:	19:49.71	38.18
350m:	4:32.98	39.85	750m:	9:53.25	39.92	1150m:	15:14.55	40.90			
400m:	5:13.14	40.16	800m:	10:33.23	39.98	1200m:	15:54.68	40.13			
44.	2007				19:54.80 I				457		
50m:	35.25	35.25	450m:	5:47.23	39.63	850m:	11:07.91	40.52	1250m:	16:33.47	41.01
100m:	1:13.06	37.81	500m:	6:26.75	39.52	900m:	11:48.22	40.31	1300m:	17:14.20	40.73
150m:	1:51.60	38.54	550m:	7:06.45	39.70	950m:	12:29.18	40.96	1350m:	17:54.85	40.65
200m:	2:30.47	38.87	600m:	7:46.40	39.95	1000m:	13:09.71	40.53	1400m:	18:35.87	41.02
250m:	3:09.90	39.43	650m:	8:26.41	40.01	1050m:	13:50.34	40.63	1450m:	19:15.75	39.88
300m:	3:49.04	39.14	700m:	9:06.85	40.44	1100m:	14:31.13	40.79	1500m:	19:54.80	39.05
350m:	4:28.26	39.22	750m:	9:47.05	40.20	1150m:	15:11.69	40.56			
400m:	5:07.60	39.34	800m:	10:27.39	40.34	1200m:	15:52.46	40.77			
45.	2005				19:57.29 I				454		
50m:	34.82	34.82	450m:	5:45.81	39.64	850m:	11:12.64	41.52	1250m:	16:40.45	40.67
100m:	1:11.90	37.08	500m:	6:26.64	40.83	900m:	11:53.80	41.16	1300m:	17:20.59	40.14
150m:	1:49.50	37.60	550m:	7:06.75	40.11	950m:	12:34.87	41.07	1350m:	18:00.39	39.80
200m:	2:27.21	37.71	600m:	7:48.11	41.36	1000m:	13:16.07	41.20	1400m:	18:40.08	39.69
250m:	3:06.48	39.27	650m:	8:28.47	40.36	1050m:	13:56.83	40.76	1450m:	19:18.93	38.85
300m:	3:45.40	38.92	700m:	9:09.59	41.12	1100m:	14:37.85	41.02	1500m:	19:57.29	38.36
350m:	4:25.54	40.14	750m:	9:50.06	40.47	1150m:	15:18.32	40.47			
400m:	5:06.17	40.63	800m:	10:31.12	41.06	1200m:	15:59.78	41.46			
46.	2007				20:00.35 I				450		
100m:	1:11.56	1:11.56	500m:	6:25.74	1:19.18	900m:	11:52.03	1:22.57	1300m:	17:18.93	1:21.53
200m:	2:28.85	1:17.29	600m:	7:46.11	1:20.37	1000m:	13:12.91	1:20.88	1400m:	18:40.94	1:22.01
300m:	3:47.08	1:18.23	700m:	9:07.64	1:21.53	1100m:	14:35.11	1:22.20	1500m:	20:00.35	1:19.41
400m:	5:06.56	1:19.48	800m:	10:29.46	1:21.82	1200m:	15:57.40	1:22.29			
47.	2008 I				20:09.23 I				441		
50m:	35.83	35.83	450m:	5:51.72	40.96	850m:	11:20.18	40.95	1250m:	16:51.30	39.74
100m:	1:14.23	38.40	500m:	6:32.24	40.52	900m:	12:02.05	41.87	1300m:	17:31.53	40.23
150m:	1:52.42	38.19	550m:	7:13.59	41.35	950m:	12:43.96	41.91	1350m:	18:10.78	39.25
200m:	2:31.62	39.20	600m:	7:53.95	40.36	1000m:	13:25.99	42.03	1400m:	18:49.55	38.77
250m:	3:11.16	39.54	650m:	8:35.83	41.88	1050m:	14:07.87	41.88	1450m:	19:30.50	40.95
300m:	3:50.46	39.30	700m:	9:16.45	40.62	1100m:	14:49.87	42.00	1500m:	20:09.23	38.73
350m:	4:30.72	40.26	750m:	9:57.57	41.12	1150m:	15:32.35	42.48			
400m:	5:10.76	40.04	800m:	10:39.23	41.66	1200m:	16:11.56	39.21			

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40, , 1500m ,

						R.T.					FINA	
48.	/					<b>20:09.58</b>					<b>440</b>	
	2006											
50m:	36.21	36.21	450m:	5:59.26	41.59	850m:	11:28.70	41.46	1250m:	16:54.83	39.98	
100m:	1:15.74	39.53	500m:	6:40.15	40.89	900m:	12:10.09	41.39	1300m:	17:35.38	40.55	
150m:	1:55.53	39.79	550m:	7:21.48	41.33	950m:	12:51.62	41.53	1350m:	18:15.57	40.19	
200m:	2:35.40	39.87	600m:	8:02.50	41.02	1000m:	13:32.15	40.53	1400m:	18:55.71	40.14	
250m:	3:16.12	40.72	650m:	8:43.76	41.26	1050m:	14:12.89	40.74	1450m:	19:35.55	39.84	
300m:	3:56.06	39.94	700m:	9:25.18	41.42	1100m:	14:53.70	40.81	1500m:	20:09.58	34.03	
350m:	4:37.65	41.59	750m:	10:06.00	40.82	1150m:	15:34.20	40.50				
400m:	5:17.67	40.02	800m:	10:47.24	41.24	1200m:	16:14.85	40.65				
49.	2007					<b>20:28.00</b>					<b>421</b>	
50m:	34.92	34.92	450m:	5:59.68	41.46	850m:	11:30.33	41.64	1250m:	17:03.25	41.11	
100m:	1:14.37	39.45	500m:	6:40.43	40.75	900m:	12:11.15	40.82	1300m:	17:44.92	41.67	
150m:	1:55.49	41.12	550m:	7:21.81	41.38	950m:	12:52.71	41.56	1350m:	18:26.38	41.46	
200m:	2:35.46	39.97	600m:	8:03.70	41.89	1000m:	13:34.69	41.98	1400m:	19:07.49	41.11	
250m:	3:16.10	40.64	650m:	8:44.97	41.27	1050m:	14:17.09	42.40	1450m:	19:48.79	41.30	
300m:	3:56.32	40.22	700m:	9:26.10	41.13	1100m:	14:58.29	41.20	1500m:	20:28.00	39.21	
350m:	4:37.08	40.76	750m:	10:07.00	40.90	1150m:	15:40.19	41.90				
400m:	5:18.22	41.14	800m:	10:48.69	41.69	1200m:	16:22.14	41.95				

DSQ

2000

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40, , 1500m  
 40 , 1500m (15-17 )  
 26.02.2021 - 15:06

16:13.13 (ESP) 22.07.2003  
 16:13.13 (ESP) 22.07.2003

: FINA 2020

	/				R.T.				FINA			
<b>1.</b>	<b>2006</b>				<b>17:15.34</b>				<b>702</b>			
50m:	32.60	32.60	450m:	5:13.43	34.91	850m:	9:49.56	34.33	1250m:	14:25.97	34.56	
100m:	1:07.86	35.26	500m:	5:48.32	34.89	900m:	10:23.95	34.39	1300m:	15:00.94	34.97	
150m:	1:43.13	35.27	550m:	6:23.05	34.73	950m:	10:58.19	34.24	1350m:	15:35.62	34.68	
200m:	2:18.34	35.21	600m:	6:57.47	34.42	1000m:	11:32.65	34.46	1400m:	16:10.30	34.68	
250m:	2:53.45	35.11	650m:	7:32.05	34.58	1050m:	12:07.17	34.52	1450m:	16:43.25	32.95	
300m:	3:28.65	35.20	700m:	8:06.41	34.36	1100m:	12:41.83	34.66	1500m:	17:15.34	32.09	
350m:	4:03.84	35.19	750m:	8:40.92	34.51	1150m:	13:16.43	34.60				
400m:	4:38.52	34.68	800m:	9:15.23	34.31	1200m:	13:51.41	34.98				
<b>2.</b>	<b>2004</b>				<b>17:20.85</b>				<b>691</b>			
50m:	31.64	31.64	450m:	5:08.31	34.42	850m:	9:42.73	34.40	1250m:	14:25.03	35.89	
100m:	1:06.02	34.38	500m:	5:43.07	34.76	900m:	10:17.13	34.40	1300m:	15:00.31	35.28	
150m:	1:40.78	34.76	550m:	6:16.95	33.88	950m:	10:51.94	34.81	1350m:	15:35.90	35.59	
200m:	2:15.47	34.69	600m:	6:51.27	34.32	1000m:	11:27.69	35.75	1400m:	16:11.35	35.45	
250m:	2:49.92	34.45	650m:	7:25.47	34.20	1050m:	12:02.81	35.12	1450m:	16:46.84	35.49	
300m:	3:24.82	34.90	700m:	7:59.92	34.45	1100m:	12:38.19	35.38	1500m:	17:20.85	34.01	
350m:	3:59.16	34.34	750m:	8:33.99	34.07	1150m:	13:13.59	35.40				
400m:	4:33.89	34.73	800m:	9:08.33	34.34	1200m:	13:49.14	35.55				
<b>3.</b>	<b>2005</b>				<b>17:26.31</b>				<b>680</b>			
50m:	32.19	32.19	450m:	5:11.72	35.36	850m:	9:51.47	34.86	1250m:	14:30.97	35.03	
100m:	1:06.36	34.17	500m:	5:46.83	35.11	900m:	10:26.27	34.80	1300m:	15:06.03	35.06	
150m:	1:41.02	34.66	550m:	6:22.11	35.28	950m:	11:00.95	34.68	1350m:	15:42.02	35.99	
200m:	2:16.03	35.01	600m:	6:57.47	35.36	1000m:	11:35.38	34.43	1400m:	16:16.91	34.89	
250m:	2:51.23	35.20	650m:	7:32.41	34.94	1050m:	12:10.57	35.19	1450m:	16:52.03	35.12	
300m:	3:26.26	35.03	700m:	8:07.19	34.78	1100m:	12:45.67	35.10	1500m:	17:26.31	34.28	
350m:	4:01.59	35.33	750m:	8:41.92	34.73	1150m:	13:20.97	35.30				
400m:	4:36.36	34.77	800m:	9:16.61	34.69	1200m:	13:55.94	34.97				
<b>4.</b>	<b>2004</b>				<b>17:31.39</b>				<b>671</b>			
50m:	31.03	31.03	450m:	5:11.24	35.52	850m:	9:54.15	35.21	1250m:	14:37.11	35.29	
100m:	1:05.26	34.23	500m:	5:46.77	35.53	900m:	10:29.56	35.41	1300m:	15:12.57	35.46	
150m:	1:39.70	34.44	550m:	6:22.34	35.57	950m:	11:04.71	35.15	1350m:	15:47.88	35.31	
200m:	2:14.95	35.25	600m:	6:57.74	35.40	1000m:	11:40.28	35.57	1400m:	16:22.98	35.10	
250m:	2:49.82	34.87	650m:	7:33.01	35.27	1050m:	12:15.56	35.28	1450m:	16:57.52	34.54	
300m:	3:24.99	35.17	700m:	8:08.45	35.44	1100m:	12:51.07	35.51	1500m:	17:31.39	33.87	
350m:	4:00.27	35.28	750m:	8:43.75	35.30	1150m:	13:26.30	35.23				
400m:	4:35.72	35.45	800m:	9:18.94	35.19	1200m:	14:01.82	35.52				
<b>5.</b>	<b>2005</b>				<b>17:36.65</b>				<b>661</b>			
100m:	1:06.29	1:06.29	500m:	5:46.89	1:10.68	900m:	10:31.44	1:12.03	1300m:	15:17.75	1:11.15	
200m:	2:15.82	1:09.53	600m:	6:57.57	1:10.68	1000m:	11:43.03	1:11.59	1400m:	16:28.89	1:11.14	
300m:	3:25.89	1:10.07	700m:	8:08.31	1:10.74	1100m:	12:54.78	1:11.75	1500m:	17:36.65	1:07.76	
400m:	4:36.21	1:10.32	800m:	9:19.41	1:11.10	1200m:	14:06.60	1:11.82				



	40,	, 1500m		(15-17 )		R.T.	FINA	
6.			2005			<b>17:40.47</b>	<b>653</b>	
	50m: 32.18	32.18	450m: 5:13.79	35.79	850m: 9:56.57	35.96	1250m: 14:42.95	36.15
	100m: 1:06.70	34.52	500m: 5:48.76	34.97	900m: 10:31.96	35.39	1300m: 15:18.57	35.62
	150m: 1:41.99	35.29	550m: 6:24.25	35.49	950m: 11:08.01	36.05	1350m: 15:54.16	35.59
	200m: 2:17.24	35.25	600m: 6:59.03	34.78	1000m: 11:43.88	35.87	1400m: 16:30.09	35.93
	250m: 2:52.58	35.34	650m: 7:34.59	35.56	1050m: 12:19.62	35.74	1450m: 17:05.89	35.80
	300m: 3:27.45	34.87	700m: 8:09.51	34.92	1100m: 12:55.00	35.38	1500m: 17:40.47	34.58
	350m: 4:02.77	35.32	750m: 8:45.37	35.86	1150m: 13:31.22	36.22		
	400m: 4:38.00	35.23	800m: 9:20.61	35.24	1200m: 14:06.80	35.58		
7.			2006			<b>17:46.09</b>	<b>643</b>	
	50m: 32.29	32.29	450m: 5:12.40	35.47	850m: 9:58.26	36.16	1250m: 14:47.86	36.31
	100m: 1:06.58	34.29	500m: 5:47.79	35.39	900m: 10:34.53	36.27	1300m: 15:24.35	36.49
	150m: 1:41.60	35.02	550m: 6:23.36	35.57	950m: 11:10.51	35.98	1350m: 15:59.81	35.46
	200m: 2:15.83	34.23	600m: 6:58.95	35.59	1000m: 11:46.54	36.03	1400m: 16:36.03	36.22
	250m: 2:51.03	35.20	650m: 7:34.74	35.79	1050m: 12:22.45	35.91	1450m: 17:11.71	35.68
	300m: 3:25.96	34.93	700m: 8:10.43	35.69	1100m: 12:58.86	36.41	1500m: 17:46.09	34.38
	350m: 4:01.38	35.42	750m: 8:46.12	35.69	1150m: 13:34.94	36.08		
	400m: 4:36.93	35.55	800m: 9:22.10	35.98	1200m: 14:11.55	36.61		
8.			2006			<b>17:48.49</b>	<b>639</b>	
	50m: 32.39	32.39	450m: 5:12.03	35.32	850m: 9:58.13	36.23	1250m: 14:47.72	36.46
	100m: 1:07.34	34.95	500m: 5:47.37	35.34	900m: 10:33.99	35.86	1300m: 15:24.38	36.66
	150m: 1:41.96	34.62	550m: 6:23.21	35.84	950m: 11:10.02	36.03	1350m: 16:00.67	36.29
	200m: 2:16.92	34.96	600m: 6:58.82	35.61	1000m: 11:46.28	36.26	1400m: 16:37.40	36.73
	250m: 2:51.30	34.38	650m: 7:34.63	35.81	1050m: 12:22.42	36.14	1450m: 17:13.26	35.86
	300m: 3:26.39	35.09	700m: 8:10.38	35.75	1100m: 12:58.61	36.19	1500m: 17:48.49	35.23
	350m: 4:01.57	35.18	750m: 8:46.35	35.97	1150m: 13:34.72	36.11		
	400m: 4:36.71	35.14	800m: 9:21.90	35.55	1200m: 14:11.26	36.54		
9.			2004			<b>17:48.79</b>	<b>638</b>	
	50m: 32.68	32.68	450m: 5:14.00	35.12	850m: 9:59.04	36.15	1250m: 14:49.86	35.98
	100m: 1:07.60	34.92	500m: 5:49.26	35.26	900m: 10:35.58	36.54	1300m: 15:26.59	36.73
	150m: 1:42.49	34.89	550m: 6:24.34	35.08	950m: 11:12.03	36.45	1350m: 16:02.24	35.65
	200m: 2:17.91	35.42	600m: 6:59.72	35.38	1000m: 11:48.62	36.59	1400m: 16:38.48	36.24
	250m: 2:52.89	34.98	650m: 7:35.15	35.43	1050m: 12:25.00	36.38	1450m: 17:14.06	35.58
	300m: 3:28.27	35.38	700m: 8:11.08	35.93	1100m: 13:01.34	36.34	1500m: 17:48.79	34.73
	350m: 4:03.57	35.30	750m: 8:47.09	36.01	1150m: 13:37.31	35.97		
	400m: 4:38.88	35.31	800m: 9:22.89	35.80	1200m: 14:13.88	36.57		
10.			2004			<b>17:59.69</b>	<b>619</b>	
	50m: 32.75	32.75	450m: 5:21.59	36.56	850m: 10:10.83	36.94	1250m: 15:01.67	36.77
	100m: 1:08.62	35.87	500m: 5:57.28	35.69	900m: 10:46.67	35.84	1300m: 15:38.00	36.33
	150m: 1:44.90	36.28	550m: 6:33.41	36.13	950m: 11:23.49	36.82	1350m: 16:14.45	36.45
	200m: 2:21.09	36.19	600m: 7:08.92	35.51	1000m: 11:59.37	35.88	1400m: 16:50.57	36.12
	250m: 2:57.19	36.10	650m: 7:45.25	36.33	1050m: 12:35.89	36.52	1450m: 17:26.39	35.82
	300m: 3:32.98	35.79	700m: 8:21.51	36.26	1100m: 13:12.16	36.27	1500m: 17:59.69	33.30
	350m: 4:09.35	36.37	750m: 8:58.09	36.58	1150m: 13:48.82	36.66		
	400m: 4:45.03	35.68	800m: 9:33.89	35.80	1200m: 14:24.90	36.08		
11.			2005			<b>18:00.99</b>	<b>617</b>	
	50m: 31.63	31.63	450m: 5:11.50	35.52	850m: 9:59.99	36.19	1250m: 14:57.46	37.14
	100m: 1:06.04	34.41	500m: 5:47.02	35.52	900m: 10:37.43	37.44	1300m: 15:35.16	37.70
	150m: 1:40.48	34.44	550m: 6:22.42	35.40	950m: 11:14.00	36.57	1350m: 16:12.28	37.12
	200m: 2:15.41	34.93	600m: 6:58.52	36.10	1000m: 11:51.11	37.11	1400m: 16:49.82	37.54
	250m: 2:50.18	34.77	650m: 7:34.28	35.76	1050m: 12:27.94	36.83	1450m: 17:26.16	36.34
	300m: 3:25.39	35.21	700m: 8:10.82	36.54	1100m: 13:05.61	37.67	1500m: 18:00.99	34.83
	350m: 4:00.42	35.03	750m: 8:46.99	36.17	1150m: 13:42.65	37.04		
	400m: 4:35.98	35.56	800m: 9:23.80	36.81	1200m: 14:20.32	37.67		

40,		, 1500m				(15-17 )				R.T.	FINA	
12.				2004						<b>18:09.11</b>	<b>603</b>	
	50m:	31.81	31.81	450m:	5:15.51	36.48	850m:	10:12.04	37.30	1250m:	15:08.61	37.34
	100m:	1:06.70	34.89	500m:	5:51.85	36.34	900m:	10:48.88	36.84	1300m:	15:44.77	36.16
	150m:	1:41.73	35.03	550m:	6:28.75	36.90	950m:	11:26.00	37.12	1350m:	16:21.93	37.16
	200m:	2:16.77	35.04	600m:	7:05.83	37.08	1000m:	12:03.68	37.68	1400m:	16:58.34	36.41
	250m:	2:52.01	35.24	650m:	7:43.68	37.85	1050m:	12:41.21	37.53	1450m:	17:34.93	36.59
	300m:	3:27.43	35.42	700m:	8:20.04	36.36	1100m:	13:17.84	36.63	1500m:	18:09.11	34.18
	350m:	4:03.17	35.74	750m:	8:57.24	37.20	1150m:	13:54.68	36.84			
	400m:	4:39.03	35.86	800m:	9:34.74	37.50	1200m:	14:31.27	36.59			
13.				2005						<b>18:10.06</b>	<b>602</b>	
	50m:	32.97	32.97	450m:	5:17.22	36.63	850m:	10:11.22	37.48	1250m:	15:07.54	37.42
	100m:	1:07.84	34.87	500m:	5:53.66	36.44	900m:	10:47.75	36.53	1300m:	15:43.99	36.45
	150m:	1:42.64	34.80	550m:	6:30.79	37.13	950m:	11:25.47	37.72	1350m:	16:21.47	37.48
	200m:	2:17.42	34.78	600m:	7:07.25	36.46	1000m:	12:02.24	36.77	1400m:	16:58.00	36.53
	250m:	2:52.69	35.27	650m:	7:44.10	36.85	1050m:	12:39.67	37.43	1450m:	17:35.22	37.22
	300m:	3:28.07	35.38	700m:	8:20.58	36.48	1100m:	13:16.00	36.33	1500m:	18:10.06	34.84
	350m:	4:04.61	36.54	750m:	8:57.39	36.81	1150m:	13:53.51	37.51			
	400m:	4:40.59	35.98	800m:	9:33.74	36.35	1200m:	14:30.12	36.61			
14.				2006						<b>18:12.16</b>	<b>598</b>	
	50m:	33.02	33.02	450m:	5:22.85	36.77	850m:	10:15.35	36.34	1250m:	15:10.34	37.33
	100m:	1:08.48	35.46	500m:	5:59.20	36.35	900m:	10:51.31	35.96	1300m:	15:46.85	36.51
	150m:	1:44.62	36.14	550m:	6:36.20	37.00	950m:	11:28.22	36.91	1350m:	16:24.25	37.40
	200m:	2:20.54	35.92	600m:	7:12.68	36.48	1000m:	12:04.86	36.64	1400m:	17:00.79	36.54
	250m:	2:57.23	36.69	650m:	7:49.49	36.81	1050m:	12:41.80	36.94	1450m:	17:37.34	36.55
	300m:	3:33.39	36.16	700m:	8:25.92	36.43	1100m:	13:18.75	36.95	1500m:	18:12.16	34.82
	350m:	4:10.00	36.61	750m:	9:03.03	37.11	1150m:	13:55.80	37.05			
	400m:	4:46.08	36.08	800m:	9:39.01	35.98	1200m:	14:33.01	37.21			
15.				2006						<b>18:20.85</b>	<b>584</b>	
	100m:	1:09.88	1:09.88	500m:	6:03.00	1:13.50	900m:	10:59.17	1:14.91	1300m:	15:55.71	1:14.67
	200m:	2:22.56	1:12.68	600m:	7:17.05	1:14.05	1000m:	12:12.87	1:13.70	1400m:	17:10.23	1:14.52
	300m:	3:36.04	1:13.48	700m:	8:31.12	1:14.07	1100m:	13:26.93	1:14.06	1500m:	18:20.85	1:10.62
	400m:	4:49.50	1:13.46	800m:	9:44.26	1:13.14	1200m:	14:41.04	1:14.11			
16.				2006						<b>18:27.07</b>	<b>574</b>	
	50m:	32.59	32.59	450m:	5:22.56	36.59	850m:	10:20.27	37.55	1250m:	15:21.56	37.63
	100m:	1:08.49	35.90	500m:	5:58.83	36.27	900m:	10:57.76	37.49	1300m:	15:59.42	37.86
	150m:	1:44.74	36.25	550m:	6:35.85	37.02	950m:	11:35.19	37.43	1350m:	16:37.14	37.72
	200m:	2:21.13	36.39	600m:	7:12.52	36.67	1000m:	12:12.96	37.77	1400m:	17:15.05	37.91
	250m:	2:57.27	36.14	650m:	7:49.98	37.46	1050m:	12:50.39	37.43	1450m:	17:51.81	36.76
	300m:	3:33.62	36.35	700m:	8:27.20	37.22	1100m:	13:27.96	37.57	1500m:	18:27.07	35.26
	350m:	4:09.76	36.14	750m:	9:05.14	37.94	1150m:	14:06.13	38.17			
	400m:	4:45.97	36.21	800m:	9:42.72	37.58	1200m:	14:43.93	37.80			
17.				2005						<b>18:30.93</b>	<b>568</b>	
	50m:	32.94	32.94	450m:	5:29.65	37.22	850m:	10:29.26	37.70	1250m:	15:26.89	37.52
	100m:	1:09.63	36.69	500m:	6:07.30	37.65	900m:	11:06.44	37.18	1300m:	16:03.42	36.53
	150m:	1:46.30	36.67	550m:	6:44.53	37.23	950m:	11:44.06	37.62	1350m:	16:41.08	37.66
	200m:	2:23.32	37.02	600m:	7:21.89	37.36	1000m:	12:20.79	36.73	1400m:	17:17.41	36.33
	250m:	3:00.09	36.77	650m:	7:59.73	37.84	1050m:	12:58.60	37.81	1450m:	17:54.34	36.93
	300m:	3:37.34	37.25	700m:	8:37.15	37.42	1100m:	13:35.29	36.69	1500m:	18:30.93	36.59
	350m:	4:15.02	37.68	750m:	9:14.56	37.41	1150m:	14:13.08	37.79			
	400m:	4:52.43	37.41	800m:	9:51.56	37.00	1200m:	14:49.37	36.29			

40,		, 1500m				(15-17 )		R.T.		FINA		
18.				2006				<b>18:33.74</b>		<b>564</b>		
	50m:	33.20	33.20	450m:	5:25.62	36.85	850m:	10:23.64	37.36	1250m:	15:25.87	37.85
	100m:	1:09.28	36.08	500m:	6:02.51	36.89	900m:	11:01.30	37.66	1300m:	16:04.31	38.44
	150m:	1:45.42	36.14	550m:	6:39.51	37.00	950m:	11:38.89	37.59	1350m:	16:41.79	37.48
	200m:	2:22.15	36.73	600m:	7:16.68	37.17	1000m:	12:16.77	37.88	1400m:	17:19.95	38.16
	250m:	2:58.51	36.36	650m:	7:53.99	37.31	1050m:	12:54.49	37.72	1450m:	17:57.06	37.11
	300m:	3:35.62	37.11	700m:	8:31.79	37.80	1100m:	13:32.08	37.59	1500m:	18:33.74	36.68
	350m:	4:12.19	36.57	750m:	9:08.98	37.19	1150m:	14:09.90	37.82			
	400m:	4:48.77	36.58	800m:	9:46.28	37.30	1200m:	14:48.02	38.12			
19.				2004				<b>18:35.90</b>		<b>561</b>		
	50m:	33.28	33.28	450m:	5:26.09	36.62	850m:	10:23.82	38.18	1250m:	15:28.39	38.19
	100m:	1:09.13	35.85	500m:	6:02.96	36.87	900m:	11:01.30	37.48	1300m:	16:06.29	37.90
	150m:	1:45.43	36.30	550m:	6:39.89	36.93	950m:	11:39.63	38.33	1350m:	16:44.40	38.11
	200m:	2:22.35	36.92	600m:	7:17.01	37.12	1000m:	12:17.50	37.87	1400m:	17:21.94	37.54
	250m:	2:59.05	36.70	650m:	7:54.06	37.05	1050m:	12:55.81	38.31	1450m:	17:59.93	37.99
	300m:	3:35.74	36.69	700m:	8:31.13	37.07	1100m:	13:33.82	38.01	1500m:	18:35.90	35.97
	350m:	4:12.48	36.74	750m:	9:08.51	37.38	1150m:	14:12.79	38.97			
	400m:	4:49.47	36.99	800m:	9:45.64	37.13	1200m:	14:50.20	37.41			
20.				2004				<b>18:37.39</b>		<b>559</b>		
	50m:	33.28	33.28	450m:	5:28.41	37.25	850m:	10:27.03	37.29	1250m:	15:29.17	37.86
	100m:	1:09.37	36.09	500m:	6:05.89	37.48	900m:	11:04.59	37.56	1300m:	16:06.99	37.82
	150m:	1:45.60	36.23	550m:	6:42.96	37.07	950m:	11:42.68	38.09	1350m:	16:45.51	38.52
	200m:	2:22.28	36.68	600m:	7:20.64	37.68	1000m:	12:20.79	38.11	1400m:	17:23.14	37.63
	250m:	2:59.22	36.94	650m:	7:58.42	37.78	1050m:	12:58.56	37.77	1450m:	18:00.48	37.34
	300m:	3:36.17	36.95	700m:	8:35.40	36.98	1100m:	13:36.66	38.10	1500m:	18:37.39	36.91
	350m:	4:13.76	37.59	750m:	9:12.46	37.06	1150m:	14:13.97	37.31			
	400m:	4:51.16	37.40	800m:	9:49.74	37.28	1200m:	14:51.31	37.34			
21.				2005				<b>18:45.61</b>		<b>546</b>		
	50m:	33.62	33.62	450m:	5:28.23	37.30	850m:	10:29.43	38.02	1250m:	15:34.26	38.69
	100m:	1:10.18	36.56	500m:	6:05.10	36.87	900m:	11:07.12	37.69	1300m:	16:12.57	38.31
	150m:	1:47.24	37.06	550m:	6:42.75	37.65	950m:	11:45.15	38.03	1350m:	16:51.48	38.91
	200m:	2:23.41	36.17	600m:	7:20.30	37.55	1000m:	12:22.84	37.69	1400m:	17:29.94	38.46
	250m:	3:00.42	37.01	650m:	7:58.20	37.90	1050m:	13:01.04	38.20	1450m:	18:08.50	38.56
	300m:	3:37.20	36.78	700m:	8:35.71	37.51	1100m:	13:39.01	37.97	1500m:	18:45.61	37.11
	350m:	4:14.17	36.97	750m:	9:13.93	38.22	1150m:	14:17.51	38.50			
	400m:	4:50.93	36.76	800m:	9:51.41	37.48	1200m:	14:55.57	38.06			
22.				2006				<b>18:50.44</b>		<b>539</b>		
	50m:	34.18	34.18	450m:	5:33.45	38.34	850m:	10:38.12	37.60	1250m:	15:43.06	38.08
	100m:	1:10.09	35.91	500m:	6:11.36	37.91	900m:	11:15.89	37.77	1300m:	16:21.25	38.19
	150m:	1:46.96	36.87	550m:	6:49.48	38.12	950m:	11:54.05	38.16	1350m:	16:59.84	38.59
	200m:	2:24.13	37.17	600m:	7:27.15	37.67	1000m:	12:32.22	38.17	1400m:	17:37.84	38.00
	250m:	3:01.78	37.65	650m:	8:05.58	38.43	1050m:	13:09.88	37.66	1450m:	18:15.75	37.91
	300m:	3:39.00	37.22	700m:	8:43.74	38.16	1100m:	13:48.59	38.71	1500m:	18:50.44	34.69
	350m:	4:17.13	38.13	750m:	9:21.97	38.23	1150m:	14:26.95	38.36			
	400m:	4:55.11	37.98	800m:	10:00.52	38.55	1200m:	15:04.98	38.03			
23.				2004				<b>18:52.24</b>		<b>537</b>		
	50m:	33.50	33.50	450m:	5:35.30	38.00	850m:	10:37.31	38.15	1250m:	15:41.47	37.99
	100m:	1:10.84	37.34	500m:	6:12.88	37.58	900m:	11:15.15	37.84	1300m:	16:19.31	37.84
	150m:	1:48.65	37.81	550m:	6:50.42	37.54	950m:	11:53.20	38.05	1350m:	16:57.37	38.06
	200m:	2:26.46	37.81	600m:	7:27.82	37.40	1000m:	12:31.13	37.93	1400m:	17:35.59	38.22
	250m:	3:04.21	37.75	650m:	8:05.63	37.81	1050m:	13:09.13	38.00	1450m:	18:14.18	38.59
	300m:	3:41.80	37.59	700m:	8:43.41	37.78	1100m:	13:47.22	38.09	1500m:	18:52.24	38.06
	350m:	4:19.71	37.91	750m:	9:21.49	38.08	1150m:	14:25.50	38.28			
	400m:	4:57.30	37.59	800m:	9:59.16	37.67	1200m:	15:03.48	37.98			



40,		, 1500m				(15-17 )				R.T.	FINA	
		/										
24.				2005	I			<b>18:57.16</b>	I		530	
	50m:	32.19	32.19	450m:	5:35.14	38.19	850m:	10:39.71	38.09	1250m:	15:47.16	38.35
	100m:	1:08.48	36.29	500m:	6:13.26	38.12	900m:	11:17.79	38.08	1300m:	16:25.61	38.45
	150m:	1:46.38	37.90	550m:	6:51.20	37.94	950m:	11:56.39	38.60	1350m:	17:04.68	39.07
	200m:	2:24.26	37.88	600m:	7:29.44	38.24	1000m:	12:34.58	38.19	1400m:	17:42.91	38.23
	250m:	3:02.70	38.44	650m:	8:07.37	37.93	1050m:	13:13.10	38.52	1450m:	18:20.80	37.89
	300m:	3:40.73	38.03	700m:	8:45.23	37.86	1100m:	13:51.39	38.29	1500m:	18:57.16	36.36
	350m:	4:18.61	37.88	750m:	9:23.47	38.24	1150m:	14:30.21	38.82			
	400m:	4:56.95	38.34	800m:	10:01.62	38.15	1200m:	15:08.81	38.60			
25.				2005				<b>19:13.28</b>	I		508	
	50m:	33.48	33.48	450m:	5:33.43	37.80	850m:	10:43.91	39.58	1250m:	15:59.10	38.97
	100m:	1:09.88	36.40	500m:	6:11.61	38.18	900m:	11:23.99	40.08	1300m:	16:38.09	38.99
	150m:	1:47.25	37.37	550m:	6:50.14	38.53	950m:	12:03.73	39.74	1350m:	17:16.69	38.60
	200m:	2:24.41	37.16	600m:	7:28.58	38.44	1000m:	12:42.99	39.26	1400m:	17:56.00	39.31
	250m:	3:01.55	37.14	650m:	8:07.36	38.78	1050m:	13:23.19	40.20	1450m:	18:35.37	39.37
	300m:	3:38.93	37.38	700m:	8:46.92	39.56	1100m:	14:01.75	38.56	1500m:	19:13.28	37.91
	350m:	4:17.03	38.10	750m:	9:25.84	38.92	1150m:	14:40.95	39.20			
	400m:	4:55.63	38.60	800m:	10:04.33	38.49	1200m:	15:20.13	39.18			
26.				2004				<b>19:23.74</b>	I		494	
	50m:	32.96	32.96	450m:	5:46.09	40.04	850m:	11:00.66	38.05	1250m:	16:08.70	38.97
	100m:	1:09.38	36.42	500m:	6:26.43	40.34	900m:	11:39.00	38.34	1300m:	16:48.02	39.32
	150m:	1:47.56	38.18	550m:	7:06.83	40.40	950m:	12:17.58	38.58	1350m:	17:27.86	39.84
	200m:	2:26.93	39.37	600m:	7:47.07	40.24	1000m:	12:55.81	38.23	1400m:	18:07.50	39.64
	250m:	3:06.29	39.36	650m:	8:26.99	39.92	1050m:	13:34.48	38.67	1450m:	18:45.87	38.37
	300m:	3:46.49	40.20	700m:	9:05.63	38.64	1100m:	14:12.84	38.36	1500m:	19:23.74	37.87
	350m:	4:25.99	39.50	750m:	9:44.38	38.75	1150m:	14:51.37	38.53			
	400m:	5:06.05	40.06	800m:	10:22.61	38.23	1200m:	15:29.73	38.36			
27.				2005				<b>19:28.85</b>	I		488	
	50m:	32.05	32.05	450m:	5:37.78	39.30	850m:	10:53.15	39.51	1250m:	16:11.07	40.71
	100m:	1:08.25	36.20	500m:	6:16.95	39.17	900m:	11:32.56	39.41	1300m:	16:50.91	39.84
	150m:	1:45.75	37.50	550m:	6:56.18	39.23	950m:	12:12.42	39.86	1350m:	17:32.37	41.46
	200m:	2:23.82	38.07	600m:	7:35.35	39.17	1000m:	12:51.98	39.56	1400m:	18:11.32	38.95
	250m:	3:01.89	38.07	650m:	8:15.26	39.91	1050m:	13:31.33	39.35	1450m:	18:50.40	39.08
	300m:	3:40.59	38.70	700m:	8:54.60	39.34	1100m:	14:10.90	39.57	1500m:	19:28.85	38.45
	350m:	4:19.53	38.94	750m:	9:33.99	39.39	1150m:	14:50.88	39.98			
	400m:	4:58.48	38.95	800m:	10:13.64	39.65	1200m:	15:30.36	39.48			
28.				2006	I			<b>19:43.34</b>	I		470	
	50m:	33.27	33.27	450m:	5:44.57	39.73	850m:	11:01.86	39.83	1250m:	16:25.43	41.22
	100m:	1:10.67	37.40	500m:	6:23.61	39.04	900m:	11:41.89	40.03	1300m:	17:06.03	40.60
	150m:	1:49.68	39.01	550m:	7:03.20	39.59	950m:	12:22.36	40.47	1350m:	17:46.64	40.61
	200m:	2:28.36	38.68	600m:	7:42.42	39.22	1000m:	13:02.33	39.97	1400m:	18:26.93	40.29
	250m:	3:07.64	39.28	650m:	8:22.72	40.30	1050m:	13:42.97	40.64	1450m:	19:05.52	38.59
	300m:	3:46.39	38.75	700m:	9:01.88	39.16	1100m:	14:23.19	40.22	1500m:	19:43.34	37.82
	350m:	4:25.55	39.16	750m:	9:41.61	39.73	1150m:	15:03.83	40.64			
	400m:	5:04.84	39.29	800m:	10:22.03	40.42	1200m:	15:44.21	40.38			
29.				2005				<b>19:57.29</b>	I		454	
	50m:	34.82	34.82	450m:	5:45.81	39.64	850m:	11:12.64	41.52	1250m:	16:40.45	40.67
	100m:	1:11.90	37.08	500m:	6:26.64	40.83	900m:	11:53.80	41.16	1300m:	17:20.59	40.14
	150m:	1:49.50	37.60	550m:	7:06.75	40.11	950m:	12:34.87	41.07	1350m:	18:00.39	39.80
	200m:	2:27.21	37.71	600m:	7:48.11	41.36	1000m:	13:16.07	41.20	1400m:	18:40.08	39.69
	250m:	3:06.48	39.27	650m:	8:28.47	40.36	1050m:	13:56.83	40.76	1450m:	19:18.93	38.85
	300m:	3:45.40	38.92	700m:	9:09.59	41.12	1100m:	14:37.85	41.02	1500m:	19:57.29	38.36
	350m:	4:25.54	40.14	750m:	9:50.06	40.47	1150m:	15:18.32	40.47			
	400m:	5:06.17	40.63	800m:	10:31.12	41.06	1200m:	15:59.78	41.46			

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40, , 1500m , (15-17 )

30.			/					R.T.		FINA		
			2006					<b>20:09.58</b>	I	440		
	50m:	36.21	36.21	450m:	5:59.26	41.59	850m:	11:28.70	41.46	1250m:	16:54.83	39.98
	100m:	1:15.74	39.53	500m:	6:40.15	40.89	900m:	12:10.09	41.39	1300m:	17:35.38	40.55
	150m:	1:55.53	39.79	550m:	7:21.48	41.33	950m:	12:51.62	41.53	1350m:	18:15.57	40.19
	200m:	2:35.40	39.87	600m:	8:02.50	41.02	1000m:	13:32.15	40.53	1400m:	18:55.71	40.14
	250m:	3:16.12	40.72	650m:	8:43.76	41.26	1050m:	14:12.89	40.74	1450m:	19:35.55	39.84
	300m:	3:56.06	39.94	700m:	9:25.18	41.42	1100m:	14:53.70	40.81	1500m:	20:09.58	34.03
	350m:	4:37.65	41.59	750m:	10:06.00	40.82	1150m:	15:34.20	40.50			
	400m:	5:17.67	40.02	800m:	10:47.24	41.24	1200m:	16:14.85	40.65			

