

26, , 1500m , 2010								R.T.	
7.			2006					17:19.48	588
	50m:	30.18	30.18	450m:	5:02.54	34.60	850m:	9:41.33	35.22
	100m:	1:03.50	33.32	500m:	5:36.82	34.28	900m:	10:16.91	35.58
	150m:	1:36.94	33.44	550m:	6:11.60	34.78	950m:	10:52.77	35.86
	200m:	2:11.02	34.08	600m:	6:46.21	34.61	1000m:	11:28.14	35.37
	250m:	2:45.12	34.10	650m:	7:20.82	34.61	1050m:	12:03.70	35.56
	300m:	3:19.20	34.08	700m:	7:55.70	34.88	1100m:	12:39.26	35.56
	350m:	3:53.93	34.73	750m:	8:31.25	35.55	1150m:	13:15.11	35.85
	400m:	4:27.94	34.01	800m:	9:06.11	34.86	1200m:	13:50.62	35.51
8.			2008	1		4		17:21.11	585
	50m:	32.03	32.03	450m:	5:06.95	34.73	850m:	9:45.63	34.99
	100m:	1:05.81	33.78	500m:	5:41.80	34.85	900m:	10:20.66	35.03
	150m:	1:39.95	34.14	550m:	6:16.58	34.78	950m:	10:55.27	34.61
	200m:	2:13.89	33.94	600m:	6:51.37	34.79	1000m:	11:30.71	35.44
	250m:	2:48.39	34.50	650m:	7:26.39	35.02	1050m:	12:06.11	35.40
	300m:	3:22.78	34.39	700m:	8:01.28	34.89	1100m:	12:41.47	35.36
	350m:	3:57.62	34.84	750m:	8:35.91	34.63	1150m:	13:16.60	35.13
	400m:	4:32.22	34.60	800m:	9:10.64	34.73	1200m:	13:51.85	35.25
9.			2008					17:24.61	579
	50m:	31.98	31.98	450m:	5:07.26	34.88	850m:	9:48.00	35.12
	100m:	1:05.95	33.97	500m:	5:42.11	34.85	900m:	10:23.12	35.12
	150m:	1:40.24	34.29	550m:	6:17.25	35.14	950m:	10:58.57	35.45
	200m:	2:14.31	34.07	600m:	6:52.37	35.12	1000m:	11:33.83	35.26
	250m:	2:48.83	34.52	650m:	7:27.45	35.08	1050m:	12:09.07	35.24
	300m:	3:23.21	34.38	700m:	8:02.45	35.00	1100m:	12:44.04	34.97
	350m:	3:57.84	34.63	750m:	8:37.57	35.12	1150m:	13:19.77	35.73
	400m:	4:32.38	34.54	800m:	9:12.88	35.31	1200m:	13:55.01	35.24
10.			2008	1		4		17:28.98	572
11.			2008	1		1		17:35.88	561
12.			2008			3		17:36.79	559
	50m:	32.04	32.04	450m:	5:14.99	35.35	850m:	9:57.35	35.35
	100m:	1:06.88	34.84	500m:	5:49.99	35.00	900m:	10:32.73	35.38
	150m:	1:42.80	35.92	550m:	6:25.52	35.53	950m:	11:07.82	35.09
	200m:	2:17.94	35.14	600m:	7:00.27	34.75	1000m:	11:43.35	35.53
	250m:	2:53.54	35.60	650m:	7:35.79	35.52	1050m:	12:19.16	35.81
	300m:	3:28.60	35.06	700m:	8:11.18	35.39	1100m:	12:54.74	35.58
	350m:	4:04.30	35.70	750m:	8:46.65	35.47	1150m:	13:30.52	35.78
	400m:	4:39.64	35.34	800m:	9:22.00	35.35	1200m:	14:06.49	35.97
13.			2007			3		17:37.34	559
	50m:	31.71	31.71	450m:	5:09.39	34.98	850m:	9:51.15	35.52
	100m:	1:05.71	34.00	500m:	5:44.10	34.71	900m:	10:26.29	35.14
	150m:	1:40.56	34.85	550m:	6:19.22	35.12	950m:	11:02.27	35.98
	200m:	2:15.36	34.80	600m:	6:54.26	35.04	1000m:	11:37.75	35.48
	250m:	2:50.26	34.90	650m:	7:29.66	35.40	1050m:	12:13.94	36.19
	300m:	3:24.91	34.65	700m:	8:04.58	34.92	1100m:	12:50.05	36.11
	350m:	3:59.73	34.82	750m:	8:40.35	35.77	1150m:	13:26.05	36.00
	400m:	4:34.41	34.68	800m:	9:15.63	35.28	1200m:	14:02.14	36.09
14.			2006	1		2		17:41.97	551 1
	50m:	30.20	30.20	450m:	5:06.91	34.79	850m:	9:51.40	36.15
	100m:	1:03.78	33.58	500m:	5:42.18	35.27	900m:	10:28.01	36.61
	150m:	1:38.14	34.36	550m:	6:17.49	35.31	950m:	11:04.23	36.22
	200m:	2:12.38	34.24	600m:	6:53.15	35.66	1000m:	11:40.13	35.90
	250m:	2:46.86	34.48	650m:	7:28.31	35.16	1050m:	12:15.81	35.68
	300m:	3:21.84	34.98	700m:	8:03.62	35.31	1100m:	12:52.46	36.65
	350m:	3:56.88	35.04	750m:	8:39.26	35.64	1150m:	13:28.49	36.03
	400m:	4:32.12	35.24	800m:	9:15.25	35.99	1200m:	14:05.03	36.54

26, , 1500m , 2010										R.T.		
14.	,		2008	1							17:41.97	551 1
16.	,		2010								17:42.24	551 1
17.	,		2008								+0,55 17:46.59	544 1
	50m:	30.42	30.42	450m:	5:11.20	36.05	850m:	9:57.50	35.72	1250m:	14:46.99	36.12
	100m:	1:04.32	33.90	500m:	5:46.96	35.76	900m:	10:32.79	35.29	1300m:	15:22.98	35.99
	150m:	1:38.87	34.55	550m:	6:22.46	35.50	950m:	11:08.89	36.10	1350m:	15:59.44	36.46
	200m:	2:13.74	34.87	600m:	6:58.03	35.57	1000m:	11:45.13	36.24	1400m:	16:34.30	34.86
	250m:	2:48.70	34.96	650m:	7:33.32	35.29	1050m:	12:21.27	36.14	1500m:	17:46.59	1:12.29
	300m:	3:23.91	35.21	700m:	8:09.24	35.92	1100m:	12:57.67	36.40			
	350m:	3:59.53	35.62	750m:	8:46.06	36.82	1150m:	13:34.06	36.39			
	400m:	4:35.15	35.62	800m:	9:21.78	35.72	1200m:	14:10.87	36.81			
18.	,		2009								17:49.91	539 1
19.	,		2008								17:50.26	539 1
20.	,		2008	1							17:50.47	538 1
	50m:	31.25	31.25	450m:	5:14.67	35.97	850m:	10:02.58	36.35	1250m:	14:51.81	36.19
	100m:	1:05.67	34.42	500m:	5:50.65	35.98	900m:	10:38.65	36.07	1300m:	15:28.20	36.39
	150m:	1:40.77	35.10	550m:	6:26.77	36.12	950m:	11:14.61	35.96	1350m:	16:04.70	36.50
	200m:	2:15.71	34.94	600m:	7:02.79	36.02	1000m:	11:51.05	36.44	1400m:	16:40.72	36.02
	250m:	2:50.98	35.27	650m:	7:38.62	35.83	1050m:	12:27.07	36.02	1450m:	17:16.31	35.59
	300m:	3:26.90	35.92	700m:	8:14.37	35.75	1100m:	13:03.33	36.26	1500m:	17:50.47	34.16
	350m:	4:02.84	35.94	750m:	8:50.28	35.91	1150m:	13:39.60	36.27			
	400m:	4:38.70	35.86	800m:	9:26.23	35.95	1200m:	14:15.62	36.02			
21.	,		2010								18:02.64	520 1
22.	,		2009								18:06.37	515 1
23.	,		2008								18:07.33	514 1
24.	,		2008								18:08.89	511 1
25.	,		2008								18:23.96	491 1
26.	,		2007								18:32.63	479 1
	50m:	31.38	31.38	450m:	5:16.70	36.71	850m:	10:14.70	38.11	1250m:	15:21.92	38.78
	100m:	1:05.24	33.86	500m:	5:53.16	36.46	900m:	10:52.48	37.78	1300m:	16:00.35	38.43
	150m:	1:40.24	35.00	550m:	6:30.23	37.07	950m:	11:00.14	7.66	1350m:	16:38.83	38.48
	200m:	2:15.85	35.61	600m:	7:07.18	36.95	1000m:	12:09.37	1:09.23	1400m:	17:16.74	37.91
	250m:	2:51.60	35.75	650m:	7:44.50	37.32	1050m:	12:48.58	39.21	1450m:	17:55.11	38.37
	300m:	3:27.51	35.91	700m:	8:21.25	36.75	1100m:	13:26.44	37.86	1500m:	18:32.63	37.52
	350m:	4:03.75	36.24	750m:	8:59.12	37.87	1150m:	14:05.06	38.62			
	400m:	4:39.99	36.24	800m:	9:36.59	37.47	1200m:	14:43.14	38.08			
27.	,		2008								18:41.13	468 2
28.	,		2007								18:47.14	461 2
29.	,		2009								18:54.63	452 2
30.	,		2007								19:32.52	409 2
DSQ	,		2008									1