

1  
 16.03.2023 - 10:00

, 800m

2009 - 2010

: FINA 2023

		/				R.T.						
1.			2010	I	2		<b>9:16.92</b>	535	1			
	50m:	31.19	31.19	250m:	2:49.53	35.28	450m:	5:10.99	35.47	650m:	7:33.09	35.80
	100m:	1:05.03	33.84	300m:	3:25.21	35.68	500m:	5:46.37	35.38	700m:	8:08.44	35.35
	150m:	1:39.12	34.09	350m:	4:00.33	35.12	550m:	6:21.99	35.62	750m:	8:43.59	35.15
	200m:	2:14.25	35.13	400m:	4:35.52	35.19	600m:	6:57.29	35.30	800m:	9:16.92	33.33
2.			2010	I			<b>9:19.52</b>	527	1			
	50m:	30.88	30.88	250m:	2:50.37	35.18	450m:	5:12.96	35.25	650m:	7:35.05	35.44
	100m:	1:04.73	33.85	300m:	3:26.15	35.78	500m:	5:48.81	35.85	700m:	8:11.06	36.01
	150m:	1:39.73	35.00	350m:	4:01.69	35.54	550m:	6:23.76	34.95	750m:	8:45.32	34.26
	200m:	2:15.19	35.46	400m:	4:37.71	36.02	600m:	6:59.61	35.85	800m:	9:19.52	34.20
3.			2009	I	1-1		<b>9:19.98</b>	526	1			
4.			2009	I	2		<b>9:23.10</b>	517	1			
	50m:	31.00	31.00	250m:	2:50.63	35.18	450m:	5:12.50	36.14	650m:	7:36.33	36.18
	100m:	1:05.47	34.47	300m:	3:25.74	35.11	500m:	5:48.31	35.81	700m:	8:12.96	36.63
	150m:	1:40.14	34.67	350m:	4:01.59	35.85	550m:	6:24.06	35.75	750m:	8:49.23	36.27
	200m:	2:15.45	35.31	400m:	4:36.36	34.77	600m:	7:00.15	36.09	800m:	9:23.10	33.87
5.			2009	I			<b>9:26.11</b>	509	1			
	50m:	30.76	30.76	250m:	2:50.59		450m:	5:13.46		650m:	7:38.01	
	100m:	3:26.34	2:55.58	300m:	5:48.95	2:58.36	500m:	8:14.85	3:01.39	750m:	8:50.72	1:12.71
	150m:	1:39.96		350m:	4:02.03		550m:	6:25.12		800m:	9:26.11	35.39
	200m:	4:37.72	2:57.76	400m:	7:01.60	2:59.57	600m:	9:26.40	3:01.28			
6.			2009	1			<b>9:29.31</b>	500	1			
	50m:			250m:			450m:			650m:		
	100m:	2:14.24		300m:	4:37.52		500m:	7:05.04		750m:		
	150m:			350m:			550m:			800m:	9:29.31	
	200m:	3:26.08		400m:	5:50.70		600m:	8:19.45				
7.			2009	I	2		<b>9:29.39</b>	500	1			
8.			2009	I	2		<b>9:31.90</b>	494	1			
	50m:	31.31	31.31	250m:	2:52.17	36.13	450m:	5:16.84	36.72	650m:	7:43.02	37.14
	100m:	1:05.76	34.45	300m:	3:27.69	35.52	500m:	5:53.00	36.16	700m:	9:32.14	1:49.12
	150m:	1:41.09	35.33	350m:	4:04.26	36.57	550m:	6:29.44	36.44	750m:	8:56.44	
	200m:	2:16.04	34.95	400m:	4:40.12	35.86	600m:	7:05.88	36.44	800m:	9:31.90	35.46
9.			2009	I			<b>9:34.34</b>	487	1			
	50m:	30.68	30.68	250m:	2:52.03	35.99	450m:	5:18.07	37.61	650m:	7:47.32	37.53
	100m:	1:05.05	34.37	300m:	3:27.47	35.44	500m:	5:54.79	36.72	700m:	8:22.93	35.61
	150m:	1:40.69	35.64	350m:	4:04.09	36.62	550m:	6:32.72	37.93	750m:	9:00.14	37.21
	200m:	2:16.04	35.35	400m:	4:40.46	36.37	600m:	7:09.79	37.07	800m:	9:34.34	34.20
10.			2010	II	1-1		<b>9:34.59</b>	487	1			
	50m:	32.53	32.53	250m:	2:57.28	35.84	450m:	5:21.94	35.53	650m:	7:47.93	36.32
	100m:	1:08.87	36.34	300m:	3:33.82	36.54	500m:	5:58.56	36.62	700m:	8:23.97	36.04
	150m:	1:45.17	36.30	350m:	4:10.48	36.66	550m:	6:35.33	36.77	750m:	8:59.86	35.89
	200m:	2:21.44	36.27	400m:	4:46.41	35.93	600m:	7:11.61	36.28	800m:	9:34.59	34.73
11.			2010	I	1-1		<b>9:35.65</b>	484	1			
12.			2009	II	3-1		<b>9:37.46</b>	479	1			
13.			2009	II	1-1		<b>9:39.87</b>	473	1			
14.			2010	II	1-1		<b>9:39.96</b>	473	1			
	50m:	32.01	32.01	250m:	2:58.22	36.77	450m:	5:25.93	36.23	650m:	7:53.57	36.48
	100m:	1:07.80	35.79	300m:	3:35.70	37.48	500m:	6:03.31	37.38	700m:	9:40.21	1:46.64
	150m:	1:44.38	36.58	350m:	4:12.16	36.46	550m:	6:39.84	36.53	750m:	9:05.45	
	200m:	2:21.45	37.07	400m:	4:49.70	37.54	600m:	7:17.09	37.25	800m:	9:39.96	34.51
15.			2009	II	4		<b>9:42.56</b>	467	2			
	100m:	1:08.05	1:08.05	300m:	3:34.76	1:13.62	500m:	6:02.54	1:13.98	700m:	8:30.42	1:13.97
	200m:	2:21.14	1:13.09	400m:	4:48.56	1:13.80	600m:	7:16.45	1:13.91	800m:	9:42.56	1:12.14

1, , 800m				2009 - 2010				R.T.	
16.			2009		1-1			<b>9:42.79</b>	466 2
	100m: 1:07.19	1:07.19	300m: 3:32.17	1:12.96	500m: 6:02.07	1:15.35	700m: 8:31.68	1:14.82	
	200m: 2:19.21	1:12.02	400m: 4:46.72	1:14.55	600m: 7:16.86	1:14.79	800m: 9:42.79	1:11.11	
17.			2009		4			<b>9:43.50</b>	465 2
18.			2009	I	3-1			<b>9:44.93</b>	461 2
19.			2009					<b>9:46.01</b>	459 2
	100m: 1:08.64	1:08.64	300m: 3:35.25	1:13.43	500m: 6:02.89	1:13.98	700m: 8:33.24	1:15.08	
	200m: 2:21.82	1:13.18	400m: 4:48.91	1:13.66	600m: 7:18.16	1:15.27	800m: 9:46.01	1:12.77	
20.			2009		4			<b>9:47.36</b>	456 2
	100m: 1:09.42	1:09.42	300m: 3:36.84	1:14.12	500m: 6:06.27	1:14.78	700m: 8:34.80	1:14.27	
	200m: 2:22.72	1:13.30	400m: 4:51.49	1:14.65	600m: 7:20.53	1:14.26	800m: 9:47.36	1:12.56	
21.			2010		1-1			<b>9:47.92</b>	454 2
	50m: 33.41	33.41	250m: 3:01.95	37.30	450m: 5:29.01	37.18	650m: 7:58.91	37.82	
	100m: 1:10.41	37.00	300m: 3:38.81	36.86	500m: 6:06.18	37.17	700m: 8:36.90	37.99	
	150m: 1:47.64	37.23	350m: 4:15.95	37.14	550m: 6:43.81	37.63	750m: 9:13.77	36.87	
	200m: 2:24.65	37.01	400m: 4:51.83	35.88	600m: 7:21.09	37.28	800m: 9:47.92	34.15	
22.			2009		2			<b>9:48.56</b>	453 2
	50m: 31.80	31.80	250m: 2:58.29	36.98	450m: 5:27.24	37.32	650m: 7:59.14	38.14	
	100m: 1:07.68	35.88	300m: 3:35.57	37.28	500m: 6:05.47	38.23	700m: 8:36.16	37.02	
	150m: 1:44.42	36.74	350m: 4:12.07	36.50	550m: 6:43.13	37.66	750m: 9:12.86	36.70	
	200m: 2:21.31	36.89	400m: 4:49.92	37.85	600m: 7:21.00	37.87	800m: 9:48.56	35.70	
23.			2010	I	3-2			<b>9:48.75</b>	452 2
24.			2009		1-1			<b>9:49.45</b>	451 2
25.			2009	I	1-1			<b>9:50.50</b>	448 2
26.			2009		3-1			<b>9:51.01</b>	447 2
	50m: 30.44	30.44	300m: 3:32.72	1:15.28	600m: 7:21.06	1:16.00			
	100m: 1:04.18	33.74	400m: 4:48.84	1:16.12	700m: 8:37.73	1:16.67			
	200m: 2:17.44	1:13.26	500m: 6:05.06	1:16.22	800m: 9:51.01	1:13.28			
27.			2010	I	1-1			<b>9:51.68</b>	446 2
	50m: 32.49	32.49	300m: 3:34.97	1:13.60	600m: 7:23.23	1:16.05			
	100m: 1:08.52	36.03	400m: 4:50.89	1:15.92	700m: 8:39.33	1:16.10			
	200m: 2:21.37	1:12.85	500m: 6:07.18	1:16.29	800m: 9:51.68	1:12.35			
28.			2010		3-1			<b>9:52.18</b>	445 2
	50m: 33.35	33.35	250m: 3:00.23	36.16	450m: 5:30.44	37.12	650m: 8:01.73	37.46	
	100m: 1:09.97	36.62	300m: 3:38.86	38.63	500m: 6:08.28	37.84	700m: 8:39.38	37.65	
	150m: 1:46.01	36.04	350m: 4:14.93	36.07	550m: 6:46.08	37.80	750m: 9:16.45	37.07	
	200m: 2:24.07	38.06	400m: 4:53.32	38.39	600m: 7:24.27	38.19	800m: 9:52.18	35.73	
29.			2009		1-1			<b>9:52.28</b>	444 2
30.			2009		1-1			<b>9:54.05</b>	440 2
	50m: 33.51	33.51	250m: 3:00.76	37.51	450m: 5:31.90	37.91	650m: 8:03.82	37.98	
	100m: 1:09.38	35.87	300m: 3:38.34	37.58	500m: 6:09.93	38.03	700m: 8:41.76	37.94	
	150m: 1:46.31	36.93	350m: 4:16.29	37.95	550m: 6:47.88	37.95	750m: 8:46.85	5.09	
	200m: 2:23.25	36.94	400m: 4:53.99	37.70	600m: 7:25.84	37.96	800m: 9:54.05	1:07.20	
31.			2010		2			<b>9:54.58</b>	439 2
32.			2009	I	3-1			<b>9:55.70</b>	437 2
33.			2010		2-1			<b>9:57.00</b>	434 2
34.			2009		1-1			<b>9:57.70</b>	432 2
35.			2010		3-2			<b>9:58.00</b>	432 2
	50m: 32.70	32.70	250m: 3:01.85	37.79	450m: 5:31.42	36.28	650m: 8:00.96	34.80	
	100m: 1:09.44	36.74	300m: 3:39.52	37.67	500m: 6:10.11	38.69	700m: 8:43.15	42.19	
	150m: 1:46.53	37.09	350m: 4:17.22	37.70	550m: 6:46.31	36.20	750m: 9:13.97	30.82	
	200m: 2:24.06	37.53	400m: 4:55.14	37.92	600m: 7:26.16	39.85	800m: 9:58.00	44.03	

1, , 800m				2009 - 2010				R.T.				
36.				2009		1-2		<b>9:58.23</b>	431 2			
	50m:	33.33	33.33	250m:	2:59.46	35.58	450m:	5:31.22	37.41	650m:	8:05.03	38.06
	100m:	1:09.64	36.31	300m:	3:38.81	39.35	500m:	6:10.03	38.81	700m:	8:44.22	39.19
	150m:	1:44.98	35.34	350m:	4:14.93	36.12	550m:	6:48.03	38.00	750m:	9:21.48	37.26
	200m:	2:23.88	38.90	400m:	4:53.81	38.88	600m:	7:26.97	38.94	800m:	9:58.23	36.75
37.				2010			2			<b>10:00.63</b>	426 2	
	50m:	32.57	32.57	250m:	2:59.68	36.70	450m:	5:30.80	35.99	650m:	8:04.71	34.65
	100m:	1:08.86	36.29	300m:	3:38.52	38.84	500m:	6:11.63	40.83	700m:	8:47.68	42.97
	150m:	1:45.72	36.86	350m:	4:14.89	36.37	550m:	6:47.73	36.10	750m:	9:20.84	33.16
	200m:	2:22.98	37.26	400m:	4:54.81	39.92	600m:	7:30.06	42.33	800m:	10:00.63	39.79
38.				2009						<b>10:03.00</b>	421 2	
	50m:	32.47	32.47	250m:	2:55.62	31.26	450m:	5:24.97	27.92	650m:	7:53.68	22.23
	100m:	1:08.70	36.23	300m:	3:40.64	45.02	500m:	6:14.21	49.24	700m:	8:48.03	54.35
	150m:	1:43.16	34.46	350m:	4:09.99	29.35	550m:	6:39.72	25.51	750m:	9:06.00	17.97
	200m:	2:24.36	41.20	400m:	4:57.05	47.06	600m:	7:31.45	51.73	800m:	10:03.00	57.00
39.				2010			2-1			<b>10:03.27</b>	420 2	
	100m:	1:09.36	1:09.36	300m:	3:39.73	1:15.83	500m:	6:12.27	1:16.54	700m:	8:47.16	1:17.33
	200m:	2:23.90	1:14.54	400m:	4:55.73	1:16.00	600m:	7:29.83	1:17.56	800m:	10:03.27	1:16.11
40.				2010			3-2			<b>10:03.43</b>	420 2	
41.				2010			1-1			<b>10:03.80</b>	419 2	
42.				2009			3-1			<b>10:03.84</b>	419 2	
	50m:	32.18	32.18	300m:	3:38.46	1:15.72	600m:	7:28.57	1:17.67			
	100m:	1:07.94	35.76	400m:	4:54.89	1:16.43	700m:	8:46.13	1:17.56			
	200m:	2:22.74	1:14.80	500m:	6:10.90	1:16.01	800m:	10:03.84	1:17.71			
43.				2009						<b>10:03.96</b>	419 2	
	50m:	33.95	33.95	250m:	3:06.62	38.54	450m:	5:40.59	38.72	650m:	8:14.17	38.36
	100m:	1:11.63	37.68	300m:	3:44.72	38.10	500m:	6:18.89	38.30	700m:	8:52.27	38.10
	150m:	1:50.29	38.66	350m:	4:23.60	38.88	550m:	6:57.92	39.03	750m:	9:29.36	37.09
	200m:	2:28.08	37.79	400m:	5:01.87	38.27	600m:	7:35.81	37.89	800m:	10:03.96	34.60
44.				2009						<b>10:05.10</b>	417 2	
45.				2010						<b>10:06.63</b>	413 2	
46.				2009						<b>10:07.72</b>	411 2	
	50m:	30.08	30.08	300m:	3:40.81	1:16.53	600m:	7:33.64	1:17.77			
	100m:	1:08.85	38.77	400m:	4:58.16	1:17.35	700m:	8:52.32	1:18.68			
	200m:	2:24.28	1:15.43	500m:	6:15.87	1:17.71	800m:	10:07.72	1:15.40			
47.				2009			1-1			<b>10:08.47</b>	410 2	
48.				2009						<b>10:09.20</b>	408 2	
49.				2010			1-2			<b>10:09.33</b>	408 2	
	50m:	33.58	33.58	250m:	3:04.18	37.70	450m:	5:38.23	38.35	650m:	8:15.75	40.41
	100m:	1:10.52	36.94	300m:	3:42.98	38.80	500m:	6:17.61	39.38	700m:	8:54.72	38.97
	150m:	1:48.10	37.58	350m:	4:20.89	37.91	550m:	6:56.04	38.43	750m:	9:32.43	37.71
	200m:	2:26.48	38.38	400m:	4:59.88	38.99	600m:	7:35.34	39.30	800m:	10:09.33	36.90
50.				2010			1-2			<b>10:09.66</b>	407 2	
	50m:	34.22	34.22	250m:	3:06.82	38.51	450m:	5:41.69	38.88	650m:	8:16.42	38.61
	100m:	1:11.31	37.09	300m:	3:45.21	38.39	500m:	6:20.87	39.18	700m:	8:54.72	38.30
	150m:	1:49.75	38.44	350m:	4:23.78	38.57	550m:	6:59.62	38.75	750m:	9:33.07	38.35
	200m:	2:28.31	38.56	400m:	5:02.81	39.03	600m:	7:37.81	38.19	800m:	10:09.66	36.59
51.				2009						<b>10:10.16</b>	406 2	
	50m:	33.40	33.40	250m:	3:08.11	39.29	450m:	5:44.29	39.13	650m:	8:18.79	38.31
	100m:	1:11.13	37.73	300m:	3:47.02	38.91	500m:	6:23.06	38.77	700m:	8:57.27	38.48
	150m:	1:49.07	37.94	350m:	4:26.24	39.22	550m:	7:01.57	38.51	750m:	8:58.80	1.53
	200m:	2:28.82	39.75	400m:	5:05.16	38.92	600m:	7:40.48	38.91	800m:	10:10.16	1:11.36

1, , 800m		2009 - 2010								R.T.		
52.			2010						<b>10:11.09</b>	404 2		
	50m:	32.34	32.34	250m:	3:02.10	36.56	450m:	5:38.76	38.90	650m:	8:15.50	38.94
	100m:	1:08.92	36.58	300m:	3:41.85	39.75	500m:	6:18.66	39.90	700m:	8:55.31	39.81
	150m:	1:46.63	37.71	350m:	4:20.74	38.89	550m:	6:56.56	37.90	750m:	9:32.55	37.24
	200m:	2:25.54	38.91	400m:	4:59.86	39.12	600m:	7:36.56	40.00	800m:	10:11.09	38.54
53.			2009 II						<b>10:11.24</b>	404 2		
54.			2010 II						<b>10:12.36</b>	402 2		
	50m:	32.73	32.73	250m:	3:07.75	39.37	450m:	5:44.19	38.45	650m:	8:19.27	38.77
	100m:	1:11.11	38.38	300m:	3:46.60	38.85	500m:	6:23.32	39.13	700m:	8:58.65	39.38
	150m:	1:49.46	38.35	350m:	4:26.46	39.86	550m:	7:01.69	38.37	750m:	9:35.83	37.18
	200m:	2:28.38	38.92	400m:	5:05.74	39.28	600m:	7:40.50	38.81	800m:	10:12.36	36.53
55.			2009 1						<b>10:12.63</b>	401 2		
	50m:	32.09	32.09	300m:	3:41.86	1:17.36	600m:	7:38.24	1:18.92			
	100m:	1:07.01	34.92	400m:	4:59.79	1:17.93	700m:	8:56.50	1:18.26			
	200m:	2:24.50	1:17.49	500m:	6:19.32	1:19.53	800m:	10:12.63	1:16.13			
56.			2010				1-2		<b>10:13.75</b>	399 2		
	100m:	1:13.25	1:13.25	300m:	3:54.69	1:20.20	500m:	6:31.63	1:17.01	700m:	9:04.24	1:15.42
	200m:	2:34.49	1:21.24	400m:	5:14.62	1:19.93	600m:	7:48.82	1:17.19	800m:	10:13.75	1:09.51
57.			2009 II						<b>10:15.65</b>	396 2		
	50m:	33.36	33.36	250m:	3:07.91	35.60	450m:	5:48.15	37.88	650m:	8:23.07	38.30
	100m:	1:12.23	38.87	300m:	3:51.00	43.09	500m:	6:27.01	38.86	700m:	9:01.58	38.51
	150m:	1:49.23	37.00	350m:	4:27.89	36.89	550m:	7:05.62	38.61	750m:	9:40.88	39.30
	200m:	2:32.31	43.08	400m:	5:10.27	42.38	600m:	7:44.77	39.15	800m:	10:15.65	34.77
58.			2010 II				3-2		<b>10:15.94</b>	395 2		
59.			2009 II				2-1		<b>10:17.15</b>	393 2		
60.			2009 II						<b>10:17.30</b>	392 2		
61.			2010 II						<b>10:17.99</b>	391 2		
62.			2010				1-2		<b>10:18.02</b>	391 2		
63.			2010 II				1-2		<b>10:18.36</b>	390 2		
64.			2010 II				1-1		<b>10:19.27</b>	389 2		
	50m:	34.51	34.51	250m:	3:10.84	39.78	450m:	5:50.47	41.22	650m:	7:51.86	3.17
	100m:	1:11.76	37.25	300m:	3:49.76	38.92	500m:	6:29.39	38.92	700m:	9:06.38	1:14.52
	150m:	1:51.45	39.69	350m:	4:29.76	40.00	550m:	7:09.60	40.21	750m:	9:17.82	11.44
	200m:	2:31.06	39.61	400m:	5:09.25	39.49	600m:	7:48.69	39.09	800m:	10:19.27	1:01.45
65.			2009 II				2-1		<b>10:19.42</b>	388 2		
66.			2009 II				3-1		<b>10:19.66</b>	388 2		
	100m:	1:12.92	1:12.92	300m:	3:51.87	1:19.56	500m:	6:30.90	1:19.59	700m:	9:07.08	1:17.99
	200m:	2:32.31	1:19.39	400m:	5:11.31	1:19.44	600m:	7:49.09	1:18.19	800m:	10:19.66	1:12.58
67.			2010 II						<b>10:22.58</b>	382 2		
68.			2009 II				4		<b>10:24.84</b>	378 2		
69.			2009 II						<b>10:25.01</b>	378 2		
	50m:	33.58	33.58	250m:	3:10.53	38.65	450m:	5:48.69	39.34	650m:	8:01.26	12.91
	100m:	1:11.69	38.11	300m:	3:49.77	39.24	500m:	6:28.23	39.54	700m:	9:07.40	1:06.14
	150m:	1:50.97	39.28	350m:	4:29.49	39.72	550m:	6:31.84	3.61	750m:	9:29.75	22.35
	200m:	2:31.88	40.91	400m:	5:09.35	39.86	600m:	7:48.35	1:16.51	800m:	10:25.01	55.26
70.			2010						<b>10:25.02</b>	378 2		
	50m:	33.75	33.75	250m:	3:12.32	40.15	450m:	5:52.56	40.06	650m:	8:30.75	39.10
	100m:	1:12.82	39.07	300m:	3:52.80	40.48	500m:	6:32.76	40.20	700m:	9:09.85	39.10
	150m:	1:52.46	39.64	350m:	4:32.18	39.38	550m:	7:12.05	39.29	750m:	9:48.08	38.23
	200m:	2:32.17	39.71	400m:	5:12.50	40.32	600m:	7:51.65	39.60	800m:	10:25.02	36.94
71.			2009						<b>10:25.86</b>	376 2		
	50m:	33.33	33.33	250m:	3:07.15	37.12	450m:	5:42.29	33.13	650m:	8:16.79	28.35
	100m:	1:11.67	38.34	300m:	3:49.27	42.12	500m:	6:28.60	46.31	700m:	9:08.81	52.02
	150m:	1:49.85	38.18	350m:	4:24.58	35.31	550m:	6:59.54	30.94	750m:	9:31.63	22.82
	200m:	2:30.03	40.18	400m:	5:09.16	44.58	600m:	7:48.44	48.90	800m:	10:25.86	54.23

1, , 800m		2009 - 2010											
		/ R.T.											
72.		2009					1-2					<b>10:28.77</b>	371 2
	50m: 33.48	33.48	250m: 3:03.01	33.40	450m: 5:37.41	29.80	650m: 8:12.21	23.73					
	100m: 1:11.40	37.92	300m: 3:48.88	45.87	500m: 6:28.18	50.77	700m: 9:08.81	56.60					
	150m: 1:46.76	35.36	350m: 4:19.76	30.88	550m: 6:54.59	26.41	750m: 9:28.06	19.25					
	200m: 2:29.61	42.85	400m: 5:07.61	47.85	600m: 7:48.48	53.89	800m: 10:28.77	1:00.71					
73.		2009 II					1-2					<b>10:28.90</b>	371 2
74.		2010 II					1-2					<b>10:30.02</b>	369 2
75.		2010 II					1-2					<b>10:30.05</b>	369 2
76.		2010 II					1-2					<b>10:30.27</b>	369 2
	50m: 35.01	35.01	250m: 3:15.41	40.37	450m: 5:54.75	39.67	650m: 8:33.92	39.40					
	100m: 1:14.09	39.08	300m: 3:55.04	39.63	500m: 6:34.58	39.83	700m: 9:13.56	39.64					
	150m: 1:54.45	40.36	350m: 4:35.25	40.21	550m: 7:14.76	40.18	750m: 9:52.58	39.02					
	200m: 2:35.04	40.59	400m: 5:15.08	39.83	600m: 7:54.52	39.76	800m: 10:30.27	37.69					
77.		2009 II					2-1					<b>10:30.63</b>	368 2
78.		2009 II					2-1					<b>10:30.88</b>	368 2
	50m: 33.92	33.92	250m: 3:08.77	35.74	450m: 5:47.89	33.75	650m: 8:24.72	28.93					
	100m: 1:12.59	38.67	300m: 3:53.70	44.93	500m: 6:35.37	47.48	700m: 9:15.83	51.11					
	150m: 1:50.54	37.95	350m: 4:28.59	34.89	550m: 7:05.94	30.57	750m: 9:41.86	26.03					
	200m: 2:33.03	42.49	400m: 5:14.14	45.55	600m: 7:55.79	49.85	800m: 10:30.88	49.02					
79.		2010 II					2-1					<b>10:31.11</b>	367 2
80.		2010 II					3-2					<b>10:31.67</b>	366 2
	100m: 1:12.71	1:12.71	300m: 3:54.03	1:20.67	500m: 6:34.09	1:20.08	700m: 9:15.68	1:19.85					
	200m: 2:33.36	1:20.65	400m: 5:14.01	1:19.98	600m: 7:55.83	1:21.74	800m: 10:31.67	1:15.99					
81.		2009					1-2					<b>10:32.27</b>	365 2
82.		2009 II					1-2					<b>10:32.46</b>	365 2
83.		2010 II					1-2					<b>10:32.81</b>	364 2
84.		2009 II					1-2					<b>10:34.25</b>	362 2
85.		2010 II					1-2					<b>10:35.46</b>	360 2
86.		2010 II					4					<b>10:35.60</b>	359 2
	50m: 34.47	34.47	250m: 3:10.40	37.09	450m: 5:48.63	31.80	650m: 8:29.06	29.31					
	100m: 1:12.88	38.41	300m: 3:54.01	43.61	500m: 6:38.34	49.71	700m: 9:20.04	50.98					
	150m: 1:51.73	38.85	350m: 4:29.31	35.30	550m: 7:08.46	30.12	750m: 9:49.33	29.29					
	200m: 2:33.31	41.58	400m: 5:16.83	47.52	600m: 7:59.75	51.29	800m: 10:35.60	46.27					
87.		2010 II					1-2					<b>10:35.76</b>	359 2
	50m: 36.57	36.57	250m: 3:17.75	40.70	450m: 5:58.41	39.27	650m: 8:37.01	37.94					
	100m: 1:16.09	39.52	300m: 3:58.64	40.89	500m: 6:39.31	40.90	700m: 9:18.05	41.04					
	150m: 1:56.80	40.71	350m: 4:38.72	40.08	550m: 7:17.24	37.93	750m: 9:53.41	35.36					
	200m: 2:37.05	40.25	400m: 5:19.14	40.42	600m: 7:59.07	41.83	800m: 10:35.76	42.35					
88.		2009 2					1-2					<b>10:36.06</b>	359 2
	50m: 31.56	31.56	250m: 3:09.61	40.63	450m: 5:53.66	41.75	650m: 8:38.64	41.17					
	100m: 1:08.66	37.10	300m: 3:50.07	40.46	500m: 6:34.66	41.00	700m: 9:19.05	40.41					
	150m: 1:48.58	39.92	350m: 4:30.76	40.69	550m: 7:16.32	41.66	750m: 9:59.27	40.22					
	200m: 2:28.98	40.40	400m: 5:11.91	41.15	600m: 7:57.47	41.15	800m: 10:36.06	36.79					
89.		2009 II					2-1					<b>10:37.03</b>	357 2
	50m: 34.18	34.18	250m: 3:09.30	35.42	450m: 5:45.66	27.50	650m: 8:21.75	18.58					
	100m: 1:12.99	38.81	300m: 3:55.79	46.49	500m: 6:41.29	55.63	700m: 9:24.53	1:02.78					
	150m: 1:51.15	38.16	350m: 4:27.77	31.98	550m: 7:03.58	22.29	750m: 9:40.10	15.57					
	200m: 2:33.88	42.73	400m: 5:18.16	50.39	600m: 8:03.17	59.59	800m: 10:37.03	56.93					
90.		2010 II					2-2					<b>10:37.70</b>	356 2
91.		2009 II					2-2					<b>10:38.09</b>	355 2
	50m: 33.78	33.78	250m: 3:05.25	35.10	450m: 5:39.52	25.68	650m: 8:15.06	15.77					
	100m: 1:11.40	37.62	300m: 3:51.73	46.48	500m: 6:36.11	56.59	700m: 9:22.33	1:07.27					
	150m: 1:49.37	37.97	350m: 4:21.91	30.18	550m: 6:56.57	20.46	750m: 9:32.53	10.20					
	200m: 2:30.15	40.78	400m: 5:13.84	51.93	600m: 7:59.29	1:02.72	800m: 10:38.09	1:05.56					

1, , 800m				2009 - 2010				R.T.	
92.			2009 II					<b>10:38.56</b>	354 2
	50m: 33.92	33.92	250m: 3:10.97	37.10	450m: 5:52.77	36.77	650m: 8:35.82	33.47	
	100m: 1:13.13	39.21	300m: 3:53.69	42.72	500m: 6:38.78	46.01	700m: 9:24.10	48.28	
	150m: 1:50.77	37.64	350m: 4:31.24	37.55	550m: 7:14.32	35.54	750m: 9:54.70	30.60	
	200m: 2:33.87	43.10	400m: 5:16.00	44.76	600m: 8:02.35	48.03	800m: 10:38.56	43.86	
93.			2009 II					<b>10:38.95</b>	354 2
94.			2009 II		1-2			<b>10:39.02</b>	354 2
	50m: 34.56	34.56	250m: 3:12.97	40.25	450m: 5:56.09	40.98	650m: 8:40.00	41.04	
	100m: 1:13.20	38.64	300m: 3:53.86	40.89	500m: 6:36.99	40.90	700m: 9:21.03	41.03	
	150m: 1:53.18	39.98	350m: 4:34.50	40.64	550m: 7:17.89	40.90	750m: 10:00.92	39.89	
	200m: 2:32.72	39.54	400m: 5:15.11	40.61	600m: 7:58.96	41.07	800m: 10:39.02	38.10	
95.			2009					<b>10:39.34</b>	353 2
96.			2009 II					<b>10:39.79</b>	352 2
97.			2009 II		2-1			<b>10:39.81</b>	352 2
	50m: 32.20	32.20	250m: 3:06.09	40.03	450m: 5:49.46	40.61	650m: 8:35.82	41.72	
	100m: 1:08.16	35.96	300m: 3:46.64	40.55	500m: 6:31.00	41.54	700m: 9:17.63	41.81	
	150m: 1:46.53	38.37	350m: 4:27.97	41.33	550m: 7:12.46	41.46	750m: 9:59.63	42.00	
	200m: 2:26.06	39.53	400m: 5:08.85	40.88	600m: 7:54.10	41.64	800m: 10:39.81	40.18	
98.			2009 II		1-2			<b>10:40.73</b>	351 2
99.			2010 II					<b>10:41.10</b>	350 2
	50m: 34.46	34.46	250m: 3:11.67	38.90	450m: 5:47.67	31.57	650m: 8:25.30	22.64	
	100m: 1:12.77	38.31	300m: 3:53.29	41.62	500m: 6:39.23	51.56	700m: 9:24.08	58.78	
	150m: 1:52.48	39.71	350m: 4:29.69	36.40	550m: 7:06.12	26.89	750m: 9:42.43	18.35	
	200m: 2:32.77	40.29	400m: 5:16.10	46.41	600m: 8:02.66	56.54	800m: 10:41.10	58.67	
100.			2009 II					<b>10:41.39</b>	350 2
	50m: 32.67	32.67	250m: 3:12.95	41.08	450m: 5:59.01	42.05	650m: 8:42.96		
	100m: 1:11.02	38.35	300m: 3:54.34	41.39	500m: 8:02.27	2:03.26	700m: 10:41.64	1:58.68	
	150m: 1:51.53	40.51	350m: 4:35.87	41.53	550m: 7:21.29		750m: 10:03.58		
	200m: 2:31.87	40.34	400m: 5:16.96	41.09	600m: 9:23.67	2:02.38	800m: 10:41.39	37.81	
			2010 II					<b>10:41.39</b>	350 2
	50m: 32.81	32.81	250m: 3:07.08	37.51	450m: 5:50.01	36.86	650m: 8:35.59	36.07	
	100m: 1:10.35	37.54	300m: 3:50.77	43.69	500m: 6:36.37	46.36	700m: 9:22.10	46.51	
	150m: 1:48.54	38.19	350m: 4:27.65	36.88	550m: 7:12.42	36.05	750m: 9:55.85	33.75	
	200m: 2:29.57	41.03	400m: 5:13.15	45.50	600m: 7:59.52	47.10	800m: 10:41.39	45.54	
102.			2010 II		1-2			<b>10:43.19</b>	347 2
103.			2010					<b>10:43.20</b>	347 2
	50m: 34.52	34.52	250m: 3:14.75	41.54	450m: 6:00.02	41.74	650m: 8:44.70	41.58	
	100m: 1:12.56	38.04	300m: 3:55.24	40.49	500m: 6:39.98	39.96	700m: 9:25.48	40.78	
	150m: 1:52.89	40.33	350m: 4:37.17	41.93	550m: 7:22.46	42.48	750m: 10:06.15	40.67	
	200m: 2:33.21	40.32	400m: 5:18.28	41.11	600m: 8:03.12	40.66	800m: 10:43.20	37.05	
104.			2009 II					<b>10:43.40</b>	346 2
105.			2009 II		2-2			<b>10:43.42</b>	346 2
	50m: 34.38	34.38	250m: 3:14.96	38.75	450m: 6:00.87	35.49	650m: 8:45.99	29.80	
	100m: 1:14.39	40.01	300m: 4:00.44	45.48	500m: 6:49.96	49.09	700m: 9:40.87	54.88	
	150m: 1:53.32	38.93	350m: 4:38.29	37.85	550m: 7:23.24	33.28	750m: 10:06.12	25.25	
	200m: 2:36.21	42.89	400m: 5:25.38	47.09	600m: 8:16.19	52.95	800m: 10:43.42	37.30	
106.			2010 II					<b>10:43.76</b>	346 2
	50m: 35.94	35.94	250m: 3:14.86	37.94	450m: 5:57.49	36.73	650m: 8:41.63	37.81	
	100m: 1:15.97	40.03	300m: 3:58.65	43.79	500m: 6:42.45	44.96	700m: 9:25.27	43.64	
	150m: 1:54.00	38.03	350m: 4:36.15	37.50	550m: 7:19.67	37.22	750m: 10:02.99	37.72	
	200m: 2:36.92	42.92	400m: 5:20.76	44.61	600m: 8:03.82	44.15	800m: 10:43.76	40.77	
107.			2010 II		2			<b>10:44.11</b>	345 2
	50m: 34.41	34.41	250m: 3:06.74	34.14	450m: 5:40.41	24.92	650m: 8:14.85	14.01	
	100m: 1:13.07	38.66	300m: 3:53.24	46.50	500m: 6:37.97	57.56	700m: 9:25.10	1:10.25	
	150m: 1:49.83	36.76	350m: 4:23.58	30.34	550m: 6:57.79	19.82	750m: 9:30.21	5.11	
	200m: 2:32.60	42.77	400m: 5:15.49	51.91	600m: 8:00.84	1:03.05	800m: 10:44.11	1:13.90	

1, , 800m				2009 - 2010				R.T.	
108.									
109.									
	50m:	32.86	32.86	250m:	3:13.12	450m:	5:59.58	650m:	8:45.56
	100m:	2:32.22	1:59.36	300m:	5:18.32	2:05.20	500m:	8:04.18	2:04.60
	150m:	1:50.92		350m:	4:36.69		550m:	7:22.14	
	200m:	3:54.35	2:03.43	400m:	6:40.93	2:04.24	600m:	9:27.07	2:04.93
									800m: 10:46.03 38.50
110.									
111.									
	50m:	33.38	33.38	250m:	3:05.96	34.14	450m:	5:43.16	24.77
	100m:	1:10.86	37.48	300m:	3:54.41	48.45	500m:	6:43.70	1:00.54
	150m:	1:48.96	38.10	350m:	4:24.15	29.74	550m:	7:03.38	19.68
	200m:	2:31.82	42.86	400m:	5:18.39	54.24	600m:	8:08.31	1:04.93
									800m: 10:47.46 1:06.19
112.									
113.									
114.									
	50m:	33.64	33.64	250m:	3:08.41	29.77	450m:	5:46.06	21.30
	100m:	1:15.15	41.51	300m:	4:01.97	53.56	500m:	6:46.66	1:00.60
	150m:	1:50.83	35.68	350m:	4:26.63	24.66	550m:	7:04.46	17.80
	200m:	2:38.64	47.81	400m:	5:24.76	58.13	600m:	8:10.20	1:05.74
									800m: 10:47.96 1:06.92
115.									
	50m:	37.35	37.35	250m:	3:17.07	36.19	450m:	5:56.74	33.61
	100m:	1:17.87	40.52	300m:	4:04.01	46.94	500m:	6:44.67	47.93
	150m:	1:57.46	39.59	350m:	4:36.91	32.90	550m:	7:16.77	32.10
	200m:	2:40.88	43.42	400m:	5:23.13	46.22	600m:	8:08.01	51.24
									800m: 10:50.00 54.40
116.									
	50m:	36.42	36.42	250m:	3:17.08	38.38	450m:	6:05.28	40.21
	100m:	1:16.68	40.26	300m:	4:01.55	44.47	500m:	6:47.92	42.64
	150m:	1:55.46	38.78	350m:	4:40.98	39.43	550m:	7:29.73	41.81
	200m:	2:38.70	43.24	400m:	5:25.07	44.09	600m:	8:10.92	41.19
									800m: 10:50.92 38.68
117.									
	50m:	35.18	35.18	250m:	3:14.68	40.96	450m:	5:57.14	36.19
	100m:	1:12.86	37.68	300m:	3:56.89	42.21	500m:	6:45.56	48.42
	150m:	1:53.39	40.53	350m:	4:35.83	38.94	550m:	7:17.78	32.22
	200m:	2:33.72	40.33	400m:	5:20.95	45.12	600m:	8:09.10	51.32
									800m: 10:50.96 50.57
118.									
119.									
	50m:	34.85	34.85	250m:	3:11.68	36.10	450m:	5:49.94	29.33
	100m:	1:13.63	38.78	300m:	3:57.16	45.48	500m:	6:44.22	54.28
	150m:	1:53.72	40.09	350m:	4:30.67	33.51	550m:	7:08.91	24.69
	200m:	2:35.58	41.86	400m:	5:20.61	49.94	600m:	8:08.05	59.14
									800m: 10:51.80 1:06.19
120.									
121.									
	50m:	37.13	37.13	250m:	3:21.99	41.62	450m:	6:09.05	41.62
	100m:	1:17.55	40.42	300m:	4:04.07	42.08	500m:	6:50.84	41.79
	150m:	1:58.83	41.28	350m:	4:45.58	41.51	550m:	7:32.02	41.18
	200m:	2:40.37	41.54	400m:	5:27.43	41.85	600m:	8:13.58	41.56
									800m: 10:54.14 38.05
122.									
	50m:	35.33	35.33	250m:	3:21.62	41.76	450m:	6:09.22	41.84
	100m:	1:15.86	40.53	300m:	4:03.15	41.53	500m:	6:51.31	42.09
	150m:	1:57.33	41.47	350m:	4:45.19	42.04	550m:	7:33.47	42.16
	200m:	2:39.86	42.53	400m:	5:27.38	42.19	600m:	8:14.87	41.40
									800m: 10:54.78 36.84
123.									
124.									
	50m:	37.41	37.41	250m:	3:21.78	42.98	450m:	6:10.22	42.35
	100m:	1:16.66	39.25	300m:	4:03.34	41.56	500m:	6:51.55	41.33
	150m:	1:57.95	41.29	350m:	4:45.90	42.56	550m:	7:33.56	42.01
	200m:	2:38.80	40.85	400m:	5:27.87	41.97	600m:	8:15.53	41.97
									800m: 10:56.56 37.93

1,		, 800m				2009 - 2010				R.T.
125.	,			2010	II					<b>10:57.70</b> 324 2
126.	,			2010	II					<b>10:58.08</b> 324 2
127.	,			2010	II					<b>10:58.61</b> 323 2
		100m: 1:18.16	1:18.16	300m: 4:03.20	1:22.58	500m: 6:51.47	1:24.41	700m: 9:38.47	1:23.11	
		200m: 2:40.62	1:22.46	400m: 5:27.06	1:23.86	600m: 8:15.36	1:23.89	800m: 10:58.61	1:20.14	
128.	,			2010	III					<b>10:58.64</b> 323 2
129.	,			2010	II	4				<b>10:58.86</b> 323 2
130.	,			2010	II					<b>10:59.93</b> 321 2
131.	,			2009	II					<b>11:00.75</b> 320 2
		50m: 34.09	34.09	250m: 3:11.02	34.17	450m: 5:56.58	31.41	650m: 8:40.19	25.88	
		100m: 1:15.30	41.21	300m: 4:00.22	49.20	500m: 6:50.14	53.56	700m: 9:39.27	59.08	
		150m: 1:50.46	35.16	350m: 4:33.25	33.03	550m: 7:18.72	28.58	750m: 10:02.28	23.01	
		200m: 2:36.85	46.39	400m: 5:25.17	51.92	600m: 8:14.31	55.59	800m: 11:00.75	58.47	
132.	,			2009	II					<b>11:01.13</b> 319 2
133.	,			2010	II	3-2				<b>11:01.64</b> 319 2
134.	,			2010	II					<b>11:01.99</b> 318 2
135.	,			2010	II					<b>11:02.55</b> 317 2
136.	,			2009		1-2				<b>11:04.54</b> 314 2
		50m: 32.26	32.26	250m: 3:08.41	30.87	450m: 5:59.12	29.76	650m: 8:48.06	27.53	
		100m: 1:13.65	41.39	300m: 4:03.37	54.96	500m: 6:55.61	56.49	700m: 9:45.43	57.37	
		150m: 1:46.45	32.80	350m: 4:33.45	30.08	550m: 7:23.73	28.12	750m: 10:08.89	23.46	
		200m: 2:37.54	51.09	400m: 5:29.36	55.91	600m: 8:20.53	56.80	800m: 11:04.54	55.65	
137.	,			2009	III					<b>11:05.01</b> 314 2
		50m: 36.01	36.01	250m: 3:20.34	41.44	450m: 6:09.87	41.96	650m: 9:00.87	42.50	
		100m: 1:15.68	39.67	300m: 4:03.13	42.79	500m: 6:53.23	43.36	700m: 9:43.03	42.16	
		150m: 1:57.13	41.45	350m: 4:44.98	41.85	550m: 7:35.70	42.47	750m: 10:22.85	39.82	
		200m: 2:38.90	41.77	400m: 5:27.91	42.93	600m: 8:18.37	42.67	800m: 11:05.01	42.16	
138.	,			2010	II	3-1				<b>11:05.66</b> 313 2
139.	,			2009	II					<b>11:06.03</b> 312 2
140.	,			2010	II	4				<b>11:06.44</b> 312 2
141.	,			2010	II					<b>11:07.34</b> 310 2
142.	,			2009	III	2-2				<b>11:07.92</b> 310 2
		50m: 35.87	35.87	250m: 3:21.73	42.08	450m: 6:13.07	42.87	650m: 9:05.68	43.21	
		100m: 1:16.02	40.15	300m: 4:04.29	42.56	500m: 6:56.15	43.08	700m: 9:48.07	42.39	
		150m: 1:57.67	41.65	350m: 4:47.31	43.02	550m: 7:39.60	43.45	750m: 10:28.98	40.91	
		200m: 2:39.65	41.98	400m: 5:30.20	42.89	600m: 8:22.47	42.87	800m: 11:07.92	38.94	
143.	,			2010	II					<b>11:08.94</b> 308 2
144.	,			2009	2					<b>11:09.82</b> 307 2
		50m: 35.04	35.04	250m: 3:11.34	34.59	450m: 5:52.28	23.70	650m: 8:34.95	13.34	
		100m: 1:14.53	39.49	300m: 4:01.85	50.51	500m: 6:55.75	1:03.47	700m: 9:46.73	1:11.78	
		150m: 1:51.95	37.42	350m: 4:31.15	29.30	550m: 7:14.09	18.34	750m: 9:53.44	6.71	
		200m: 2:36.75	44.80	400m: 5:28.58	57.43	600m: 8:21.61	1:07.52	800m: 11:09.82	1:16.38	
145.	,			2010	III					<b>11:13.34</b> 302 2
		50m: 34.93	34.93	250m: 3:20.49	42.00	450m: 6:08.53	40.91	650m: 8:56.21	34.08	
		100m: 1:16.93	42.00	300m: 4:02.02	41.53	500m: 6:54.06	45.53	700m: 9:47.75	51.54	
		150m: 1:56.43	39.50	350m: 4:45.12	43.10	550m: 7:32.69	38.63	750m: 10:18.59	30.84	
		200m: 2:38.49	42.06	400m: 5:27.62	42.50	600m: 8:22.13	49.44	800m: 11:13.34	54.75	
146.	,			2010	II					<b>11:14.21</b> 301 2
		50m: 36.59	36.59	250m: 3:25.23	43.46	450m: 6:19.41	43.22	650m: 9:11.23	43.20	
		100m: 1:18.13	41.54	300m: 4:09.48	44.25	500m: 7:01.62	42.21	700m: 9:53.57	42.34	
		150m: 2:00.22	42.09	350m: 4:53.21	43.73	550m: 7:44.29	42.67	750m: 10:35.92	42.35	
		200m: 2:41.77	41.55	400m: 5:36.19	42.98	600m: 8:28.03	43.74	800m: 11:14.21	38.29	

1, , 800m				2009 - 2010				R.T.	
147.			2009					<b>11:14.63</b>	300 2
	50m: 35.82	35.82	250m: 3:19.96	41.95	450m: 6:12.71	43.96	650m: 9:08.16	43.90	
	100m: 1:14.60	38.78	300m: 4:02.45	42.49	500m: 6:56.08	43.37	700m: 9:50.61	42.45	
	150m: 1:56.50	41.90	350m: 4:45.36	42.91	550m: 7:40.91	44.83	750m: 10:33.63	43.02	
	200m: 2:38.01	41.51	400m: 5:28.75	43.39	600m: 8:24.26	43.35	800m: 11:14.63	41.00	
148.			2009 II					<b>11:17.40</b>	297 2
149.			2010 III					<b>11:18.24</b>	296 3
	50m: 38.38	38.38	250m: 3:28.87	42.63	450m: 6:25.33	43.42	650m: 9:16.82	42.37	
	100m: 1:21.15	42.77	300m: 4:14.17	45.30	500m: 7:08.56	43.23	700m: 9:59.85	43.03	
	150m: 2:01.89	40.74	350m: 4:57.99	43.82	550m: 7:51.83	43.27	750m: 10:40.79	40.94	
	200m: 2:46.24	44.35	400m: 5:41.91	43.92	600m: 8:34.45	42.62	800m: 11:18.24	37.45	
150.			2010 III					<b>11:22.31</b>	290 3
151.			2010 III					<b>11:22.48</b>	290 3
152.			2010 II					<b>11:22.74</b>	290 3
153.			2009 II					<b>11:23.24</b>	289 3
	50m: 35.02	35.02	250m: 3:19.86	39.18	450m: 6:09.47	34.01	650m: 9:00.17	29.07	
	100m: 1:15.76	40.74	300m: 4:07.97	48.11	500m: 7:03.14	53.67	700m: 9:58.39	58.22	
	150m: 1:56.57	40.81	350m: 4:44.45	36.48	550m: 7:34.87	31.73	750m: 10:23.98	25.59	
	200m: 2:40.68	44.11	400m: 5:35.46	51.01	600m: 8:31.10	56.23	800m: 11:23.24	59.26	
154.			2010 II					<b>11:26.39</b>	285 3
155.			2009 II		2-2			<b>11:27.57</b>	284 3
	50m: 35.84	35.84	250m: 3:22.10	41.85	450m: 6:07.25	33.41	650m: 8:54.05	22.87	
	100m: 1:15.99	40.15	300m: 4:06.58	44.48	500m: 7:02.09	54.84	700m: 10:00.80	1:06.75	
	150m: 1:57.96	41.97	350m: 4:45.41	38.83	550m: 7:31.60	29.51	750m: 10:17.21	16.41	
	200m: 2:40.25	42.29	400m: 5:33.84	48.43	600m: 8:31.18	59.58	800m: 11:27.57	1:10.36	
156.			2009 III					<b>11:28.20</b>	283 3
	50m: 36.69	36.69	250m: 3:30.11	44.55	450m: 6:29.20	45.08	650m: 9:25.27	41.94	
	100m: 1:17.78	41.09	300m: 4:14.77	44.66	500m: 7:13.73	44.53	700m: 10:08.66	43.39	
	150m: 2:00.93	43.15	350m: 4:59.64	44.87	550m: 7:58.04	44.31	750m: 10:49.40	40.74	
	200m: 2:45.56	44.63	400m: 5:44.12	44.48	600m: 8:43.33	45.29	800m: 11:28.20	38.80	
157.			2009 III					<b>11:32.25</b>	278 3
	50m: 35.90	35.90	250m: 3:22.98	40.88	450m: 6:13.97	35.84	650m: 9:03.00	25.71	
	100m: 1:16.60	40.70	300m: 4:08.82	45.84	500m: 7:07.23	53.26	700m: 10:06.12	1:03.12	
	150m: 1:57.81	41.21	350m: 4:48.78	39.96	550m: 7:38.75	31.52	750m: 10:25.81	19.69	
	200m: 2:42.10	44.29	400m: 5:38.13	49.35	600m: 8:37.29	58.54	800m: 11:32.25	1:06.44	
158.			2010					<b>11:33.22</b>	277 3
159.			2010 II					<b>11:35.18</b>	275 3
160.			2010 III					<b>11:35.44</b>	274 3
	50m: 34.31	34.31	250m: 3:26.74	36.53	450m: 6:29.34	43.10	650m: 9:24.73	44.66	
	100m: 1:21.09	46.78	300m: 4:19.86	53.12	500m: 7:13.13	43.79	700m: 10:09.12	44.39	
	150m: 1:55.88	34.79	350m: 4:57.87	38.01	550m: 7:57.02	43.89	750m: 10:52.75	43.63	
	200m: 2:50.21	54.33	400m: 5:46.24	48.37	600m: 8:40.07	43.05	800m: 11:35.44	42.69	
161.			2010 II					<b>11:35.86</b>	274 3
162.			2010 III					<b>11:37.05</b>	272 3
163.			2009 III					<b>11:38.79</b>	270 3
	50m: 38.21	38.21	250m: 3:31.01	40.30	450m: 6:26.18	36.20	650m: 9:22.09	33.67	
	100m: 1:22.23	44.02	300m: 4:20.30	49.29	500m: 7:19.48	53.30	700m: 10:15.09	53.00	
	150m: 2:04.09	41.86	350m: 4:58.93	38.63	550m: 7:54.09	34.61	750m: 10:46.84	31.75	
	200m: 2:50.71	46.62	400m: 5:49.98	51.05	600m: 8:48.42	54.33	800m: 11:38.79	51.95	
164.			2010 III		6			<b>11:39.52</b>	269 3
165.			2010 III					<b>11:40.96</b>	268 3
	50m: 35.99	35.99	250m: 3:20.02	32.14	450m: 6:08.45	21.78	650m: 8:58.01	11.26	
	100m: 1:20.49	44.50	300m: 4:16.88	56.86	500m: 7:16.36	1:07.91	700m: 10:16.13	1:18.12	
	150m: 1:57.27	36.78	350m: 4:43.50	26.62	550m: 7:34.54	18.18	750m: 10:21.17	5.04	
	200m: 2:47.88	50.61	400m: 5:46.67	1:03.17	600m: 8:46.75	1:12.21	800m: 11:40.96	1:19.79	

1, , 800m		2009 - 2010										R.T.			
166.			2010	III									<b>11:41.78</b>	267	3
167.			2010	3									<b>11:41.91</b>	267	3
168.			2010	III									<b>11:41.92</b>	267	3
	50m:	37.73	37.73	250m:	3:28.38	35.68	450m:	6:21.54	28.57	650m:	9:18.06	27.09			
	100m:	1:22.67	44.94	300m:	4:22.74	54.36	500m:	7:22.08	1:00.54	700m:	10:18.48	1:00.42			
	150m:	2:02.74	40.07	350m:	4:54.53	31.79	550m:	7:50.46	28.38	750m:	10:44.40	25.92			
	200m:	2:52.70	49.96	400m:	5:52.97	58.44	600m:	8:50.97	1:00.51	800m:	11:41.92	57.52			
169.			2010	II									<b>11:43.26</b>	265	3
	50m:	37.73	37.73	250m:	3:32.30	44.46	450m:	6:31.41	44.76	650m:	9:31.71	45.40			
	100m:	1:20.21	42.48	300m:	4:16.13	43.83	500m:	7:16.44	45.03	700m:	10:16.01	44.30			
	150m:	2:04.35	44.14	350m:	5:01.71	45.58	550m:	8:01.49	45.05	750m:	10:59.77	43.76			
	200m:	2:47.84	43.49	400m:	5:46.65	44.94	600m:	8:46.31	44.82	800m:	11:43.26	43.49			
170.			2010	III									<b>11:44.33</b>	264	3
171.			2009	III									<b>11:46.63</b>	261	3
	50m:	36.89	36.89	250m:	3:34.30	47.20	450m:	6:36.91	45.92	650m:	9:36.61	43.62			
	100m:	1:17.65	40.76	300m:	4:19.34	45.04	500m:	7:23.28	46.37	700m:	10:20.03	43.42			
	150m:	2:04.21	46.56	350m:	5:05.62	46.28	550m:	8:07.97	44.69	750m:	11:05.13	45.10			
	200m:	2:47.10	42.89	400m:	5:50.99	45.37	600m:	8:52.99	45.02	800m:	11:46.63	41.50			
172.			2009	III									<b>11:47.16</b>	261	3
173.			2009	2									<b>11:47.71</b>	260	3
174.			2010	3									<b>11:48.90</b>	259	3
	50m:	33.63	33.63	250m:	3:19.06	29.46	450m:	6:08.95	19.02	650m:	8:56.80	5.45			
	100m:	1:19.52	45.89	300m:	4:19.47	1:00.41	500m:	7:21.74	1:12.79	700m:	10:20.58	1:23.78			
	150m:	1:55.27	35.75	350m:	4:43.77	24.30	550m:	7:33.32	11.58	750m:	10:19.47				
	200m:	2:49.60	54.33	400m:	5:49.93	1:06.16	600m:	8:51.35	1:18.03	800m:	11:48.90	1:29.43			
175.			2009	II									<b>11:49.57</b>	258	3
	50m:	38.14	38.14	250m:	3:32.21	38.71	450m:	6:31.26	37.06	650m:	9:31.56	35.79			
	100m:	1:22.47	44.33	300m:	4:25.08	52.87	500m:	7:24.45	53.19	700m:	10:25.09	53.53			
	150m:	2:04.03	41.56	350m:	5:01.60	36.52	550m:	8:01.28	36.83	750m:	10:58.78	33.69			
	200m:	2:53.50	49.47	400m:	5:54.20	52.60	600m:	8:55.77	54.49	800m:	11:49.57	50.79			
176.			2010										<b>11:50.27</b>	257	3
177.			2009	III									<b>11:54.20</b>	253	3
178.			2009	III									<b>11:54.41</b>	253	3
	50m:	35.49	35.49	250m:	3:29.92	43.26	450m:	6:35.35	44.91	650m:	9:40.07	44.90			
	100m:	1:17.60	42.11	300m:	4:17.97	48.05	500m:	7:23.41	48.06	700m:	10:26.48	46.41			
	150m:	2:00.67	43.07	350m:	5:00.85	42.88	550m:	8:08.72	45.31	750m:	11:12.26	45.78			
	200m:	2:46.66	45.99	400m:	5:50.44	49.59	600m:	8:55.17	46.45	800m:	11:54.41	42.15			
179.			2010	III									<b>11:54.66</b>	253	3
180.			2010	3									<b>12:04.23</b>	243	3
	50m:	35.72	35.72	250m:	3:36.44	47.27	450m:	6:43.88	47.12	650m:	9:52.98	47.40			
	100m:	1:18.41	42.69	300m:	4:22.72	46.28	500m:	7:30.48	46.60	700m:	10:39.65	46.67			
	150m:	2:04.02	45.61	350m:	5:09.93	47.21	550m:	8:18.29	47.81	750m:	11:24.30	44.65			
	200m:	2:49.17	45.15	400m:	5:56.76	46.83	600m:	9:05.58	47.29	800m:	12:04.23	39.93			
181.			2009	III									<b>12:04.91</b>	242	3
182.			2009	3									<b>12:05.28</b>	242	3
183.			2010	III			2-2						<b>12:07.63</b>	239	3
184.			2009	III									<b>12:09.53</b>	238	3
185.			2010	3									<b>12:17.38</b>	230	3
	50m:	37.28	37.28	250m:	3:38.58		450m:	6:46.06		650m:	9:55.52				
	100m:	1:25.90	48.62	300m:	6:10.82	2:32.24	500m:	9:21.05	2:34.99	700m:	12:17.52	2:22.00			
	150m:	2:06.90	41.00	350m:	5:12.19		550m:	8:20.62		750m:	11:26.17				
	200m:	4:36.29	2:29.39	400m:	7:46.78	2:34.59	600m:	10:54.45	2:33.83	800m:	12:17.38	51.21			
186.			2010	3									<b>12:22.81</b>	225	3
187.			2010	III									<b>12:28.95</b>	219	3

1, , 800m				2009 - 2010				R.T.	
188.		2010	III	2-2		<b>12:41.97</b>	208	1	
50m:	35.43 35.43	250m:	3:26.52 27.98	450m:	6:29.48 15.51	650m:	8:41.35		
100m:	1:23.10 47.67	300m:	4:36.05 1:09.53	500m:	7:52.24 1:22.76	700m:	11:09.34	2:27.99	
150m:	1:58.06 34.96	350m:	4:56.97 20.92	550m:	8:00.93 8.69	750m:	9:33.39		
200m:	2:58.54 1:00.48	400m:	6:13.97 1:17.00	600m:	9:31.47 1:30.54	800m:	12:41.97	3:08.58	
189.		2010	3			<b>12:48.34</b>	203	1	
50m:		250m:		450m:	6:43.84	650m:			
100m:		300m:		500m:		700m:			
150m:		350m:		550m:		750m:			
200m:		400m:	7:53.96	600m:		800m:	12:48.34		
190.		2009	3			<b>12:52.22</b>	200	1	
191.		2010	III			<b>13:20.65</b>	180	1	
50m:	36.73 36.73	250m:	3:38.88 31.83	450m:	6:44.30 12.80	650m:	9:05.52		
100m:	1:26.51 49.78	300m:	4:49.96 1:11.08	500m:	8:15.42 1:31.12	700m:	11:41.47	2:35.95	
150m:	2:07.38 40.87	350m:	5:40.34 50.38	550m:	8:18.45 3.03	750m:	9:50.32		
200m:	3:07.05 59.67	400m:	6:31.50 51.16	600m:	9:57.73 1:39.28	800m:	13:20.65	3:30.33	
DNS		2010	II	3-2					
DNS		2010	II						