

# "ЧЕМПИОНАТ МОСКВЫ" ПО ПЛАВАНИЮ

среди мужчин и женщин

19-22 марта 2024г.



СК "Акватория ЗИЛ"  
бассейн 50 м.

32

, 1500m

21.03.2024 - 13:15

14:57.72

09.04.2021

: FINA 2024

WA

1.			02		3			<b>15:43.67</b>	<b>786</b>			
	50m:	30.19	30.19	450m:	4:45.09	31.82	850m:	8:58.27	31.79	1250m:	13:09.87	31.31
	100m:	1:01.92	31.73	500m:	5:16.94	31.85	900m:	9:29.32	31.05	1300m:	13:41.74	31.87
	150m:	1:34.10	32.18	550m:	5:48.25	31.31	950m:	10:00.69	31.37	1350m:	14:13.39	31.65
	200m:	2:05.97	31.87	600m:	6:19.84	31.59	1000m:	10:32.67	31.98	1400m:	14:43.95	30.56
	250m:	2:37.66	31.69	650m:	6:51.22	31.38	1050m:	11:04.36	31.69	1450m:	15:14.69	30.74
	300m:	3:09.42	31.76	700m:	7:22.86	31.64	1100m:	11:35.40	31.04	1500m:	15:43.67	28.98
	350m:	3:41.36	31.94	750m:	7:54.83	31.97	1150m:	12:06.90	31.50			
	400m:	4:13.27	31.91	800m:	8:26.48	31.65	1200m:	12:38.56	31.66			
2.			04		"		"	<b>15:45.32</b>	<b>782</b>			
	50m:	29.55	29.55	450m:	4:44.03	31.82	850m:	8:56.36	31.43	1250m:	13:09.77	31.89
	100m:	1:01.17	31.62	500m:	5:15.61	31.58	900m:	9:27.85	31.49	1300m:	13:41.20	31.43
	150m:	1:32.90	31.73	550m:	5:47.16	31.55	950m:	9:59.76	31.91	1350m:	14:13.25	32.05
	200m:	2:04.87	31.97	600m:	6:18.78	31.62	1000m:	10:31.48	31.72	1400m:	14:44.35	31.10
	250m:	2:36.94	32.07	650m:	6:50.43	31.65	1050m:	11:03.10	31.62	1450m:	15:15.65	31.30
	300m:	3:08.58	31.64	700m:	7:21.83	31.40	1100m:	11:34.32	31.22	1500m:	15:45.32	29.67
	350m:	3:40.49	31.91	750m:	7:53.62	31.79	1150m:	12:06.36	32.04			
	400m:	4:12.21	31.72	800m:	8:24.93	31.31	1200m:	12:37.88	31.52			
3.			05		3			<b>15:57.36</b>	<b>753</b>			
	50m:	29.75	29.75	450m:	4:45.93	32.14	850m:	9:02.10	32.14	1250m:	13:18.93	31.99
	100m:	1:02.08	32.33	500m:	5:17.91	31.98	900m:	9:34.22	32.12	1300m:	13:51.26	32.33
	150m:	1:34.32	32.24	550m:	5:49.57	31.66	950m:	10:06.33	32.11	1350m:	14:23.40	32.14
	200m:	2:06.42	32.10	600m:	6:21.67	32.10	1000m:	10:38.52	32.19	1400m:	14:55.47	32.07
	250m:	2:38.41	31.99	650m:	6:53.54	31.87	1050m:	11:10.46	31.94	1450m:	15:26.84	31.37
	300m:	3:10.14	31.73	700m:	7:25.77	32.23	1100m:	11:42.69	32.23	1500m:	15:57.36	30.52
	350m:	3:41.96	31.82	750m:	7:58.21	32.44	1150m:	12:14.88	32.19			
	400m:	4:13.79	31.83	800m:	8:29.96	31.75	1200m:	12:46.94	32.06			
4.			05		3			<b>16:03.75</b>	<b>738</b>			
	50m:	29.20	29.20	450m:	4:45.74	32.13	850m:	9:03.98	31.86	1250m:	13:22.32	32.53
	100m:	1:01.07	31.87	500m:	5:18.03	32.29	900m:	9:36.58	32.60	1300m:	13:54.69	32.37
	150m:	1:32.94	31.87	550m:	5:50.18	32.15	950m:	10:08.83	32.25	1350m:	14:27.50	32.81
	200m:	2:04.99	32.05	600m:	6:22.86	32.68	1000m:	10:40.67	31.84	1400m:	15:00.09	32.59
	250m:	2:37.12	32.13	650m:	6:54.86	32.00	1050m:	11:12.61	31.94	1450m:	15:32.70	32.61
	300m:	3:09.46	32.34	700m:	7:27.50	32.64	1100m:	11:44.77	32.16	1500m:	16:03.75	31.05
	350m:	3:41.61	32.15	750m:	7:59.45	31.95	1150m:	12:17.33	32.56			
	400m:	4:13.61	32.00	800m:	8:32.12	32.67	1200m:	12:49.79	32.46			
5.			06		3			<b>16:06.31</b>	<b>732</b>			
	50m:	29.75	29.75	450m:	4:48.56	32.16	850m:	9:05.67	32.14	1250m:	13:24.59	32.38
	100m:	1:02.01	32.26	500m:	5:20.74	32.18	900m:	9:37.89	32.22	1300m:	13:57.16	32.57
	150m:	1:34.44	32.43	550m:	5:52.91	32.17	950m:	10:10.20	32.31	1350m:	14:29.51	32.35
	200m:	2:06.97	32.53	600m:	6:24.94	32.03	1000m:	10:42.45	32.25	1400m:	15:02.29	32.78
	250m:	2:39.31	32.34	650m:	6:56.92	31.98	1050m:	11:14.80	32.35	1450m:	15:34.74	32.45
	300m:	3:11.75	32.44	700m:	7:29.06	32.14	1100m:	11:47.20	32.40	1500m:	16:06.31	31.57
	350m:	3:44.08	32.33	750m:	8:01.34	32.28	1150m:	12:19.63	32.43			
	400m:	4:16.40	32.32	800m:	8:33.53	32.19	1200m:	12:52.21	32.58			
6.			06		"		"	<b>16:17.25</b>	<b>708</b>			
	50m:	29.92	29.92	450m:	4:53.66	32.96	850m:	9:15.22	32.95	1250m:	13:39.35	31.77
	100m:	1:03.60	33.68	500m:	5:26.40	32.74	900m:	9:48.28	33.06	1300m:	14:12.01	32.66
	150m:	1:36.41	32.81	550m:	5:59.21	32.81	950m:	10:21.11	32.83	1350m:	14:43.60	31.59
	200m:	2:09.49	33.08	600m:	6:32.14	32.93	1000m:	10:53.88	32.77	1400m:	15:15.75	32.15
	250m:	2:42.38	32.89	650m:	7:04.30	32.16	1050m:	11:27.24	33.36	1450m:	15:47.70	31.95
	300m:	3:15.16	32.78	700m:	7:37.51	33.21	1100m:	12:00.75	33.51	1500m:	16:17.25	29.55
	350m:	3:47.86	32.70	750m:	8:09.64	32.13	1150m:	12:34.02	33.27			
	400m:	4:20.70	32.84	800m:	8:42.27	32.63	1200m:	13:07.58	33.56			

19-22 2024 .

SEIKO

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# "ЧЕМПИОНАТ МОСКВЫ" ПО ПЛАВАНИЮ

среди мужчин и женщин

19-22 марта 2024г.



СК "Акватория ЗИЛ"  
бассейн 50 м.

32, , 1500m

WA

7.			06		3			<b>16:17.37</b>	707			
	50m:	29.93	29.93	450m:	4:53.29	32.99	850m:	9:14.31	32.47	1250m:	13:36.25	32.61
	100m:	1:03.41	33.48	500m:	5:26.17	32.88	900m:	9:46.85	32.54	1300m:	14:09.45	33.20
	150m:	1:36.11	32.70	550m:	5:59.02	32.85	950m:	10:19.38	32.53	1350m:	14:42.39	32.94
	200m:	2:08.91	32.80	600m:	6:31.69	32.67	1000m:	10:52.13	32.75	1400m:	15:15.22	32.83
	250m:	2:41.87	32.96	650m:	7:04.41	32.72	1050m:	11:24.91	32.78	1450m:	15:48.11	32.89
	300m:	3:14.63	32.76	700m:	7:36.91	32.50	1100m:	11:57.85	32.94	1500m:	16:17.37	29.26
	350m:	3:47.52	32.89	750m:	8:09.43	32.52	1150m:	12:30.76	32.91			
	400m:	4:20.30	32.78	800m:	8:41.84	32.41	1200m:	13:03.64	32.88			
8.			07					<b>16:21.80</b>	698			
	50m:	29.38	29.38	450m:	4:49.61	32.46	850m:	9:11.41	32.81	1250m:	13:37.23	33.27
	100m:	1:01.91	32.53	500m:	5:22.30	32.69	900m:	9:44.78	33.37	1300m:	14:10.78	33.55
	150m:	1:34.68	32.77	550m:	5:54.93	32.63	950m:	10:17.69	32.91	1350m:	14:44.08	33.30
	200m:	2:07.40	32.72	600m:	6:27.40	32.47	1000m:	10:50.88	33.19	1400m:	15:17.34	33.26
	250m:	2:39.79	32.39	650m:	6:59.96	32.56	1050m:	11:24.02	33.14	1450m:	15:50.07	32.73
	300m:	3:12.22	32.43	700m:	7:32.81	32.85	1100m:	11:57.23	33.21	1500m:	16:21.80	31.73
	350m:	3:44.74	32.52	750m:	8:05.70	32.89	1150m:	12:30.39	33.16			
	400m:	4:17.15	32.41	800m:	8:38.60	32.90	1200m:	13:03.96	33.57			
9.			06		3			<b>16:22.50</b>	696			
	50m:	29.35	29.35	450m:	4:49.38	32.63	850m:	9:10.26	32.65	1250m:	13:38.10	33.55
	100m:	1:01.69	32.34	500m:	5:21.93	32.55	900m:	9:43.45	33.19	1300m:	14:11.69	33.59
	150m:	1:34.67	32.98	550m:	5:54.01	32.08	950m:	10:16.58	33.13	1350m:	14:45.17	33.48
	200m:	2:06.92	32.25	600m:	6:26.40	32.39	1000m:	10:50.03	33.45	1400m:	15:18.64	33.47
	250m:	2:39.37	32.45	650m:	6:58.84	32.44	1050m:	11:23.43	33.40	1450m:	15:51.20	32.56
	300m:	3:11.63	32.26	700m:	7:31.60	32.76	1100m:	11:57.15	33.72	1500m:	16:22.50	31.30
	350m:	3:44.30	32.67	750m:	8:04.48	32.88	1150m:	12:31.21	34.06			
	400m:	4:16.75	32.45	800m:	8:37.61	33.13	1200m:	13:04.55	33.34			
10.			08		"	"		<b>16:30.00</b>	681			
	50m:	29.72	29.72	450m:	4:55.95	33.39	850m:	9:22.27	33.54	1250m:	13:49.28	32.73
	100m:	1:02.52	32.80	500m:	5:29.40	33.45	900m:	9:55.94	33.67	1300m:	14:22.07	32.79
	150m:	1:35.72	33.20	550m:	6:02.70	33.30	950m:	10:29.42	33.48	1350m:	14:54.92	32.85
	200m:	2:08.78	33.06	600m:	6:35.94	33.24	1000m:	11:02.91	33.49	1400m:	15:27.46	32.54
	250m:	2:42.12	33.34	650m:	7:09.13	33.19	1050m:	11:36.31	33.40	1450m:	15:59.12	31.66
	300m:	3:15.61	33.49	700m:	7:42.14	33.01	1100m:	12:09.88	33.57	1500m:	16:30.00	30.88
	350m:	3:48.99	33.38	750m:	8:15.55	33.41	1150m:	12:43.16	33.28			
	400m:	4:22.56	33.57	800m:	8:48.73	33.18	1200m:	13:16.55	33.39			
11.			07		"	"		<b>16:50.21</b>	640			
	50m:	30.24	30.24	450m:	4:57.49	33.80	850m:	9:29.66	34.30	1250m:	14:02.75	34.65
	100m:	1:02.50	32.26	500m:	5:31.18	33.69	900m:	10:03.38	33.72	1300m:	14:36.51	33.76
	150m:	1:35.91	33.41	550m:	6:05.47	34.29	950m:	10:37.83	34.45	1350m:	15:11.37	34.86
	200m:	2:09.32	33.41	600m:	6:39.11	33.64	1000m:	11:11.53	33.70	1400m:	15:46.01	34.64
	250m:	2:42.88	33.56	650m:	7:13.38	34.27	1050m:	11:45.80	34.27	1450m:	16:18.81	32.80
	300m:	3:16.32	33.44	700m:	7:47.22	33.84	1100m:	12:19.66	33.86	1500m:	16:50.21	31.40
	350m:	3:50.18	33.86	750m:	8:21.38	34.16	1150m:	12:54.04	34.38			
	400m:	4:23.69	33.51	800m:	8:55.36	33.98	1200m:	13:28.10	34.06			
12.			07		"	"		<b>16:50.59</b>	640			
	50m:	29.79	29.79	450m:	4:57.24	33.35	850m:	9:28.49	33.74	1250m:	14:01.81	34.57
	100m:	1:02.69	32.90	500m:	5:31.16	33.92	900m:	10:02.68	34.19	1300m:	14:36.20	34.39
	150m:	1:35.67	32.98	550m:	6:04.93	33.77	950m:	10:36.50	33.82	1350m:	15:10.30	34.10
	200m:	2:09.28	33.61	600m:	6:38.82	33.89	1000m:	11:10.33	33.83	1400m:	15:44.51	34.21
	250m:	2:42.61	33.33	650m:	7:12.46	33.64	1050m:	11:44.18	33.85	1450m:	16:18.24	33.73
	300m:	3:16.38	33.77	700m:	7:46.81	34.35	1100m:	12:18.42	34.24	1500m:	16:50.59	32.35
	350m:	3:49.83	33.45	750m:	8:20.61	33.80	1150m:	12:52.61	34.19			
	400m:	4:23.89	34.06	800m:	8:54.75	34.14	1200m:	13:27.24	34.63			

19-22 2024 .

SEIKO

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# "ЧЕМПИОНАТ МОСКВЫ" ПО ПЛАВАНИЮ

среди мужчин и женщин

19-22 марта 2024г.



СК "Акватория ЗИЛ"  
бассейн 50 м.

32, , 1500m

WA

13.			09					<b>17:01.01</b>	620			
	50m:	30.24	30.24	450m:	5:03.03	34.58	850m:	9:37.35	34.26	1250m:	14:13.63	34.65
	100m:	1:03.94	33.70	500m:	5:37.34	34.31	900m:	10:12.18	34.83	1300m:	14:48.35	34.72
	150m:	1:37.64	33.70	550m:	6:12.05	34.71	950m:	10:46.24	34.06	1350m:	15:22.82	34.47
	200m:	2:11.66	34.02	600m:	6:46.01	33.96	1000m:	11:21.01	34.77	1400m:	15:56.98	34.16
	250m:	2:45.59	33.93	650m:	7:21.03	35.02	1050m:	11:55.10	34.09	1450m:	16:29.91	32.93
	300m:	3:19.81	34.22	700m:	7:54.99	33.96	1100m:	12:29.62	34.52	1500m:	17:01.01	31.10
	350m:	3:54.82	35.01	750m:	8:28.63	33.64	1150m:	13:04.67	35.05			
	400m:	4:28.45	33.63	800m:	9:03.09	34.46	1200m:	13:38.98	34.31			
14.			06					<b>17:04.47</b>	614			
	50m:	29.47	29.47	450m:	5:00.35	34.49	850m:	9:36.30	34.27	1250m:	14:11.77	34.55
	100m:	1:02.08	32.61	500m:	5:34.79	34.44	900m:	10:10.58	34.28	1300m:	14:46.72	34.95
	150m:	1:35.25	33.17	550m:	6:09.11	34.32	950m:	10:45.21	34.63	1350m:	15:21.45	34.73
	200m:	2:09.31	34.06	600m:	6:43.67	34.56	1000m:	11:19.64	34.43	1400m:	15:56.14	34.69
	250m:	2:43.29	33.98	650m:	7:18.21	34.54	1050m:	11:53.62	33.98	1450m:	16:30.96	34.82
	300m:	3:17.39	34.10	700m:	7:52.83	34.62	1100m:	12:28.29	34.67	1500m:	17:04.47	33.51
	350m:	3:51.38	33.99	750m:	8:27.57	34.74	1150m:	13:02.85	34.56			
	400m:	4:25.86	34.48	800m:	9:02.03	34.46	1200m:	13:37.22	34.37			
15.			08 I					<b>17:16.95</b>	592			
	50m:	30.99	30.99	450m:	5:05.34	34.57	850m:	9:46.38	34.66	1250m:	14:25.66	34.38
	100m:	1:04.44	33.45	500m:	5:41.01	35.67	900m:	10:21.54	35.16	1300m:	15:00.49	34.83
	150m:	1:38.81	34.37	550m:	6:15.65	34.64	950m:	10:56.55	35.01	1350m:	15:35.10	34.61
	200m:	2:13.34	34.53	600m:	6:51.35	35.70	1000m:	11:31.93	35.38	1400m:	16:10.22	35.12
	250m:	2:46.91	33.57	650m:	7:25.75	34.40	1050m:	12:06.49	34.56	1450m:	16:44.55	34.33
	300m:	3:21.66	34.75	700m:	8:01.18	35.43	1100m:	12:41.23	34.74	1500m:	17:16.95	32.40
	350m:	3:55.86	34.20	750m:	8:36.23	35.05	1150m:	13:16.37	35.14			
	400m:	4:30.77	34.91	800m:	9:11.72	35.49	1200m:	13:51.28	34.91			
16.			07					<b>17:20.93</b>	585			
	50m:	30.19	30.19	450m:	5:03.42	35.11	850m:	9:45.18	35.92	1250m:	14:30.02	35.21
	100m:	1:02.57	32.38	500m:	5:37.71	34.29	900m:	10:20.56	35.38	1300m:	15:04.89	34.87
	150m:	1:36.46	33.89	550m:	6:13.30	35.59	950m:	10:56.53	35.97	1350m:	15:40.18	35.29
	200m:	2:10.49	34.03	600m:	6:47.99	34.69	1000m:	11:31.60	35.07	1400m:	16:14.81	34.63
	250m:	2:45.21	34.72	650m:	7:23.36	35.37	1050m:	12:07.16	35.56	1450m:	16:48.80	33.99
	300m:	3:19.62	34.41	700m:	7:58.30	34.94	1100m:	12:43.04	35.88	1500m:	17:20.93	32.13
	350m:	3:54.61	34.99	750m:	8:34.03	35.73	1150m:	13:18.93	35.89			
	400m:	4:28.31	33.70	800m:	9:09.26	35.23	1200m:	13:54.81	35.88			
17.			10 I					<b>17:36.46</b>	560			
	50m:	30.95	30.95	450m:	5:07.66	34.71	850m:	9:51.85	35.86	1250m:	14:39.24	36.19
	100m:	1:05.11	34.16	500m:	5:42.90	35.24	900m:	10:27.25	35.40	1300m:	15:15.31	36.07
	150m:	1:39.36	34.25	550m:	6:18.37	35.47	950m:	11:02.97	35.72	1350m:	15:51.17	35.86
	200m:	2:14.11	34.75	600m:	6:53.70	35.33	1000m:	11:38.91	35.94	1400m:	16:27.07	35.90
	250m:	2:48.61	34.50	650m:	7:29.27	35.57	1050m:	12:15.10	36.19	1450m:	17:02.86	35.79
	300m:	3:23.42	34.81	700m:	8:04.62	35.35	1100m:	12:50.98	35.88	1500m:	17:36.46	33.60
	350m:	3:58.08	34.66	750m:	8:40.38	35.76	1150m:	13:27.10	36.12			
	400m:	4:32.95	34.87	800m:	9:15.99	35.61	1200m:	14:03.05	35.95			
18.			07					<b>17:37.49</b>	558			
	50m:	29.76	29.76	450m:	5:03.51	34.40	850m:	9:48.30	35.80	1250m:	14:38.60	36.40
	100m:	1:02.84	33.08	500m:	5:39.07	35.56	900m:	10:23.98	35.68	1300m:	15:15.05	36.45
	150m:	1:36.31	33.47	550m:	6:14.35	35.28	950m:	11:00.03	36.05	1350m:	15:51.16	36.11
	200m:	2:10.43	34.12	600m:	6:49.62	35.27	1000m:	11:36.45	36.42	1400m:	16:27.36	36.20
	250m:	2:44.09	33.66	650m:	7:24.97	35.35	1050m:	12:12.48	36.03	1450m:	17:03.18	35.82
	300m:	3:18.80	34.71	700m:	8:00.78	35.81	1100m:	12:49.10	36.62	1500m:	17:37.49	34.31
	350m:	3:53.34	34.54	750m:	8:36.74	35.96	1150m:	13:25.84	36.74			
	400m:	4:29.11	35.77	800m:	9:12.50	35.76	1200m:	14:02.20	36.36			

19-22 2024 .

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# "ЧЕМПИОНАТ МОСКВЫ" ПО ПЛАВАНИЮ

среди мужчин и женщин

19-22 марта 2024г.



СК "Акватория ЗИЛ"  
бассейн 50 м.

32, , 1500m

WA

19.			08							<b>17:41.89</b>	551	I
	50m:	30.50	30.50	450m:	5:01.47	33.31	850m:	9:46.39	36.64	1250m:	14:40.68	36.81
	100m:	1:03.95	33.45	500m:	5:36.00	34.53	900m:	10:23.05	36.66	1300m:	15:17.02	36.34
	150m:	1:37.68	33.73	550m:	6:10.65	34.65	950m:	10:59.99	36.94	1350m:	15:55.17	38.15
	200m:	2:11.69	34.01	600m:	6:46.20	35.55	1000m:	11:36.97	36.98	1400m:	16:31.31	36.14
	250m:	2:45.57	33.88	650m:	7:21.77	35.57	1050m:	12:13.52	36.55	1450m:	17:06.57	35.26
	300m:	3:19.84	34.27	700m:	7:56.85	35.08	1100m:	12:50.31	36.79	1500m:	17:41.89	35.32
	350m:	3:54.27	34.43	750m:	8:33.24	36.39	1150m:	13:26.51	36.20			
	400m:	4:28.16	33.89	800m:	9:09.75	36.51	1200m:	14:03.87	37.36			
20.			09	I						<b>17:43.49</b>	549	I
	50m:	30.55	30.55	450m:	5:11.64	35.26	850m:	9:57.62	36.05	1250m:	14:46.57	36.22
	100m:	1:04.99	34.44	500m:	5:47.08	35.44	900m:	10:33.82	36.20	1300m:	15:22.60	36.03
	150m:	1:39.80	34.81	550m:	6:22.98	35.90	950m:	11:09.77	35.95	1350m:	15:58.27	35.67
	200m:	2:14.62	34.82	600m:	6:58.87	35.89	1000m:	11:46.05	36.28	1400m:	16:33.83	35.56
	250m:	2:49.80	35.18	650m:	7:34.57	35.70	1050m:	12:22.23	36.18	1450m:	17:09.44	35.61
	300m:	3:25.44	35.64	700m:	8:10.34	35.77	1100m:	12:58.68	36.45	1500m:	17:43.49	34.05
	350m:	4:00.53	35.09	750m:	8:46.00	35.66	1150m:	13:34.36	35.68			
	400m:	4:36.38	35.85	800m:	9:21.57	35.57	1200m:	14:10.35	35.99			
21.			09	I						<b>17:46.92</b>	544	I
	50m:	29.07	29.07	450m:	5:07.40	35.46	850m:	9:58.90	36.19	1250m:	14:49.42	36.13
	100m:	1:01.43	32.36	500m:	5:43.87	36.47	900m:	10:35.51	36.61	1300m:	15:25.73	36.31
	150m:	1:35.18	33.75	550m:	6:20.06	36.19	950m:	11:11.76	36.25	1350m:	16:01.92	36.19
	200m:	2:10.40	35.22	600m:	6:56.76	36.70	1000m:	11:48.23	36.47	1400m:	16:37.93	36.01
	250m:	2:45.07	34.67	650m:	7:32.95	36.19	1050m:	12:24.24	36.01	1450m:	17:13.56	35.63
	300m:	3:20.55	35.48	700m:	8:09.52	36.57	1100m:	13:00.61	36.37	1500m:	17:46.92	33.36
	350m:	3:56.15	35.60	750m:	8:45.95	36.43	1150m:	13:36.74	36.13			
	400m:	4:31.94	35.79	800m:	9:22.71	36.76	1200m:	14:13.29	36.55			
22.			08	I						<b>17:48.44</b>	541	I
	50m:	30.51	30.51	450m:	5:12.65	36.11	850m:	10:03.15	36.46	1250m:	14:53.38	36.14
	100m:	1:04.07	33.56	500m:	5:48.37	35.72	900m:	10:39.39	36.24	1300m:	15:28.85	35.47
	150m:	1:38.85	34.78	550m:	6:24.52	36.15	950m:	11:15.89	36.50	1350m:	16:04.01	35.16
	200m:	2:13.98	35.13	600m:	7:00.55	36.03	1000m:	11:52.22	36.33	1400m:	16:39.83	35.82
	250m:	2:49.72	35.74	650m:	7:37.54	36.99	1050m:	12:29.40	37.18	1450m:	17:14.65	34.82
	300m:	3:25.50	35.78	700m:	8:13.83	36.29	1100m:	13:05.09	35.69	1500m:	17:48.44	33.79
	350m:	4:01.21	35.71	750m:	8:50.56	36.73	1150m:	13:41.40	36.31			
	400m:	4:36.54	35.33	800m:	9:26.69	36.13	1200m:	14:17.24	35.84			
23.			08							<b>18:01.71</b>	522	I
	50m:	31.00	31.00	450m:	5:14.70	36.16	850m:	10:08.60	36.84	1250m:	15:02.93	37.06
	100m:	1:05.54	34.54	500m:	5:51.75	37.05	900m:	10:45.46	36.86	1300m:	15:39.09	36.16
	150m:	1:40.25	34.71	550m:	6:28.58	36.83	950m:	11:22.25	36.79	1350m:	16:15.44	36.35
	200m:	2:15.60	35.35	600m:	7:05.08	36.50	1000m:	11:58.59	36.34	1400m:	16:51.21	35.77
	250m:	2:50.74	35.14	650m:	7:41.56	36.48	1050m:	12:37.75	39.16	1450m:	17:26.87	35.66
	300m:	3:26.69	35.95	700m:	8:18.41	36.85	1100m:	13:11.98	34.23	1500m:	18:01.71	34.84
	350m:	4:02.19	35.50	750m:	8:54.74	36.33	1150m:	13:48.95	36.97			
	400m:	4:38.54	36.35	800m:	9:31.76	37.02	1200m:	14:25.87	36.92			
24.			08	I						<b>18:32.11</b>	480	I
	50m:	31.54	31.54	450m:	5:28.55	38.39	850m:	10:28.87	37.70	1250m:	15:31.39	36.62
	100m:	1:06.74	35.20	500m:	6:05.87	37.32	900m:	11:06.68	37.81	1300m:	16:08.62	37.23
	150m:	1:43.80	37.06	550m:	6:43.64	37.77	950m:	11:45.32	38.64	1350m:	16:45.65	37.03
	200m:	2:20.96	37.16	600m:	7:20.51	36.87	1000m:	12:22.87	37.55	1400m:	17:21.44	35.79
	250m:	2:58.57	37.61	650m:	7:58.51	38.00	1050m:	13:01.24	38.37	1450m:	17:58.74	37.30
	300m:	3:35.56	36.99	700m:	8:35.83	37.32	1100m:	13:38.59	37.35	1500m:	18:32.11	33.37
	350m:	4:13.33	37.77	750m:	9:14.12	38.29	1150m:	14:16.53	37.94			
	400m:	4:50.16	36.83	800m:	9:51.17	37.05	1200m:	14:54.77	38.24			

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