

**ПЕРВЕНСТВО
МОСКВЫ ПО ПЛАВАНИЮ**

СРЕДИ ЮНОШЕЙ 15-16 ЛЕТ И ДЕВУШЕК 13-14 ЛЕТ

28 февраля - 3 марта
2023 г.32
02.03.2023 - 13:25

, 1500m

(15 - 16)

12 +: 16:01.00 /
II 9 +: 21:00.00

10 +: 17:39.00 /

I

9 +: 18:39.00 /

: FINA 2023

WA

1.			2007	"	"			16:44.59	651			
	50m:	29.84	29.84	450m:	4:57.15	33.39	850m:	9:26.35	33.70	1250m:	13:56.91	34.05
	100m:	1:02.93	33.09	500m:	5:30.59	33.44	900m:	10:00.13	33.78	1300m:	14:31.01	34.10
	150m:	1:36.42	33.49	550m:	6:03.96	33.37	950m:	10:33.81	33.68	1350m:	15:05.15	34.14
	200m:	2:09.73	33.31	600m:	6:37.73	33.77	1000m:	11:07.42	33.61	1400m:	15:39.21	34.06
	250m:	2:43.40	33.67	650m:	7:11.27	33.54	1050m:	11:41.39	33.97	1450m:	16:12.74	33.53
	300m:	3:16.95	33.55	700m:	7:45.05	33.78	1100m:	12:15.16	33.77	1500m:	16:44.59	31.85
	350m:	3:50.50	33.55	750m:	8:18.82	33.77	1150m:	12:48.90	33.74			
	400m:	4:23.76	33.26	800m:	8:52.65	33.83	1200m:	13:22.86	33.96			
2.			2008	"	"			16:51.25	639			
	50m:	30.16	30.16	450m:	5:01.27	33.96	850m:	9:34.88	34.21	1250m:	14:07.05	33.90
	100m:	1:04.00	33.84	500m:	5:35.39	34.12	900m:	10:09.20	34.32	1300m:	14:40.64	33.59
	150m:	1:37.36	33.36	550m:	6:09.32	33.93	950m:	10:43.42	34.22	1350m:	15:14.27	33.63
	200m:	2:11.70	34.34	600m:	6:43.76	34.44	1000m:	11:17.44	34.02	1400m:	15:48.22	33.95
	250m:	2:45.15	33.45	650m:	7:17.70	33.94	1050m:	11:51.55	34.11	1450m:	16:20.82	32.60
	300m:	3:19.41	34.26	700m:	7:52.33	34.63	1100m:	12:25.50	33.95	1500m:	16:51.25	30.43
	350m:	3:53.04	33.63	750m:	8:26.43	34.10	1150m:	12:59.36	33.86			
	400m:	4:27.31	34.27	800m:	9:00.67	34.24	1200m:	13:33.15	33.79			
3.			2007				-1	16:55.80	630			
	50m:	31.23	31.23	450m:	5:00.37	33.79	850m:	9:35.43	34.14	1250m:	14:08.28	34.05
	100m:	1:04.95	33.72	500m:	5:34.56	34.19	900m:	10:09.97	34.54	1300m:	14:42.64	34.36
	150m:	1:38.31	33.36	550m:	6:08.71	34.15	950m:	10:44.01	34.04	1350m:	15:16.83	34.19
	200m:	2:12.07	33.76	600m:	6:43.28	34.57	1000m:	11:18.63	34.62	1400m:	15:51.42	34.59
	250m:	2:45.43	33.36	650m:	7:17.60	34.32	1050m:	11:52.45	33.82	1450m:	16:25.12	33.70
	300m:	3:19.14	33.71	700m:	7:52.42	34.82	1100m:	12:26.40	33.95	1500m:	16:55.80	30.68
	350m:	3:52.73	33.59	750m:	8:26.82	34.40	1150m:	13:00.13	33.73			
	400m:	4:26.58	33.85	800m:	9:01.29	34.47	1200m:	13:34.23	34.10			
4.			2007				-1	16:56.94	628			
	50m:	32.46	32.46	450m:	5:01.34	33.82	850m:	9:34.73	34.14	1250m:	14:10.74	34.54
	100m:	1:06.44	33.98	500m:	5:35.38	34.04	900m:	10:09.04	34.31	1300m:	14:44.88	34.14
	150m:	1:39.73	33.29	550m:	6:09.53	34.15	950m:	10:43.39	34.35	1350m:	15:18.91	34.03
	200m:	2:13.23	33.50	600m:	6:43.66	34.13	1000m:	11:18.40	35.01	1400m:	15:51.69	32.78
	250m:	2:46.70	33.47	650m:	7:17.75	34.09	1050m:	11:52.71	34.31	1450m:	16:24.79	33.10
	300m:	3:20.15	33.45	700m:	7:51.98	34.23	1100m:	12:26.82	34.11	1500m:	16:56.94	32.15
	350m:	3:54.01	33.86	750m:	8:26.19	34.21	1150m:	13:01.32	34.50			
	400m:	4:27.52	33.51	800m:	9:00.59	34.40	1200m:	13:36.20	34.88			
5.			2007	I			-2	17:15.95	594			
	50m:	30.28	30.28	450m:	5:03.29	34.36	850m:	9:42.66	35.37	1250m:	14:24.12	34.99
	100m:	1:03.52	33.24	500m:	5:37.80	34.51	900m:	10:17.82	35.16	1300m:	14:59.24	35.12
	150m:	1:37.90	34.38	550m:	6:12.91	35.11	950m:	10:53.02	35.20	1350m:	15:34.54	35.30
	200m:	2:12.00	34.10	600m:	6:47.27	34.36	1000m:	11:28.42	35.40	1400m:	16:09.60	35.06
	250m:	2:46.18	34.18	650m:	7:22.45	35.18	1050m:	12:03.49	35.07	1450m:	16:43.77	34.17
	300m:	3:20.33	34.15	700m:	7:57.14	34.69	1100m:	12:38.32	34.83	1500m:	17:15.95	32.18
	350m:	3:55.05	34.72	750m:	8:32.39	35.25	1150m:	13:13.56	35.24			
	400m:	4:28.93	33.88	800m:	9:07.29	34.90	1200m:	13:49.13	35.57			

**ПЕРВЕНСТВО
МОСКВЫ ПО ПЛАВАНИЮ**28 февраля - 3 марта
2023 г.**СРЕДИ ЮНОШЕЙ 15-16 ЛЕТ И ДЕВУШЕК 13-14 ЛЕТ**

32, , 1500m , (15 - 16)

											WA	
6.			2007					-2	17:17.16		592	
	50m:	32.24	32.24	450m:	5:08.83	34.68	850m:	9:46.33	34.82	1250m:	14:25.55	35.36
	100m:	1:06.81	34.57	500m:	5:43.26	34.43	900m:	10:21.13	34.80	1300m:	15:00.68	35.13
	150m:	1:41.02	34.21	550m:	6:18.04	34.78	950m:	10:55.64	34.51	1350m:	15:35.48	34.80
	200m:	2:15.41	34.39	600m:	6:52.71	34.67	1000m:	11:30.46	34.82	1400m:	16:10.54	35.06
	250m:	2:50.04	34.63	650m:	7:27.35	34.64	1050m:	12:05.16	34.70	1450m:	16:44.61	34.07
	300m:	3:24.79	34.75	700m:	8:02.08	34.73	1100m:	12:40.26	35.10	1500m:	17:17.16	32.55
	350m:	3:59.66	34.87	750m:	8:36.81	34.73	1150m:	13:14.98	34.72			
	400m:	4:34.15	34.49	800m:	9:11.51	34.70	1200m:	13:50.19	35.21			
7.			2008					" -77"-	17:20.89		585	
	50m:	30.30	30.30	450m:	5:01.31	34.19	850m:	9:35.36	34.60	1250m:	14:21.27	36.88
	100m:	1:03.48	33.18	500m:	5:35.40	34.09	900m:	10:10.24	34.88	1300m:	14:57.56	36.29
	150m:	1:37.55	34.07	550m:	6:09.43	34.03	950m:	10:45.27	35.03	1350m:	15:33.76	36.20
	200m:	2:11.18	33.63	600m:	6:43.53	34.10	1000m:	11:20.87	35.60	1400m:	16:09.48	35.72
	250m:	2:44.97	33.79	650m:	7:17.82	34.29	1050m:	11:56.40	35.53	1450m:	16:45.32	35.84
	300m:	3:18.89	33.92	700m:	7:52.00	34.18	1100m:	12:32.12	35.72	1500m:	17:20.89	35.57
	350m:	3:52.86	33.97	750m:	8:26.40	34.40	1150m:	13:08.54	36.42			
	400m:	4:27.12	34.26	800m:	9:00.76	34.36	1200m:	13:44.39	35.85			
8.			2008	I					-3	17:25.69		577
	50m:	32.21	32.21	450m:	5:12.77	34.97	850m:	9:53.44	35.21	1250m:	14:33.91	35.38
	100m:	1:06.46	34.25	500m:	5:47.73	34.96	900m:	10:28.19	34.75	1300m:	15:09.15	35.24
	150m:	1:41.37	34.91	550m:	6:22.69	34.96	950m:	11:03.38	35.19	1350m:	15:44.26	35.11
	200m:	2:16.25	34.88	600m:	6:57.70	35.01	1000m:	11:38.06	34.68	1400m:	16:18.82	34.56
	250m:	2:51.68	35.43	650m:	7:32.94	35.24	1050m:	12:13.65	35.59	1450m:	16:52.99	34.17
	300m:	3:27.00	35.32	700m:	8:08.11	35.17	1100m:	12:48.35	34.70	1500m:	17:25.69	32.70
	350m:	4:02.79	35.79	750m:	8:43.15	35.04	1150m:	13:23.32	34.97			
	400m:	4:37.80	35.01	800m:	9:18.23	35.08	1200m:	13:58.53	35.21			
9.			2007	I					" "	17:28.44		573
	50m:	29.87	29.87	450m:	5:06.31	36.01	850m:	9:49.43	34.95	1250m:	14:35.36	35.65
	100m:	1:02.39	32.52	500m:	5:41.46	35.15	900m:	10:25.32	35.89	1300m:	15:11.23	35.87
	150m:	1:36.56	34.17	550m:	6:17.23	35.77	950m:	11:01.69	36.37	1350m:	15:45.95	34.72
	200m:	2:10.66	34.10	600m:	6:52.31	35.08	1000m:	11:36.84	35.15	1400m:	16:20.79	34.84
	250m:	2:45.52	34.86	650m:	7:28.21	35.90	1050m:	12:12.65	35.81	1450m:	16:55.39	34.60
	300m:	3:20.05	34.53	700m:	8:03.38	35.17	1100m:	12:48.31	35.66	1500m:	17:28.44	33.05
	350m:	3:55.27	35.22	750m:	8:39.02	35.64	1150m:	13:23.80	35.49			
	400m:	4:30.30	35.03	800m:	9:14.48	35.46	1200m:	13:59.71	35.91			
10.			2008	I					" "	17:32.94		566
	50m:	29.87	29.87	450m:	5:08.28	35.15	850m:	9:50.66	35.68	1250m:	14:36.77	36.61
	100m:	1:03.34	33.47	500m:	5:43.13	34.85	900m:	10:25.95	35.29	1300m:	15:12.58	35.81
	150m:	1:38.07	34.73	550m:	6:18.50	35.37	950m:	11:01.79	35.84	1350m:	15:48.68	36.10
	200m:	2:13.41	35.34	600m:	6:53.54	35.04	1000m:	11:37.28	35.49	1400m:	16:24.13	35.45
	250m:	2:48.52	35.11	650m:	7:29.05	35.51	1050m:	12:13.36	36.08	1450m:	16:59.99	35.86
	300m:	3:23.29	34.77	700m:	8:04.06	35.01	1100m:	12:48.76	35.40	1500m:	17:32.94	32.95
	350m:	3:58.28	34.99	750m:	8:39.77	35.71	1150m:	13:24.68	35.92			
	400m:	4:33.13	34.85	800m:	9:14.98	35.21	1200m:	14:00.16	35.48			
11.			2007	I					" "	17:38.31		557
	50m:	30.40	30.40	450m:	5:05.75	35.01	850m:	9:52.07	36.24	1250m:	14:43.56	36.33
	100m:	1:04.52	34.12	500m:	5:41.43	35.68	900m:	10:28.09	36.02	1300m:	15:19.84	36.28
	150m:	1:37.40	32.88	550m:	6:16.85	35.42	950m:	11:04.04	35.95	1350m:	15:55.09	35.25
	200m:	2:12.02	34.62	600m:	6:52.90	36.05	1000m:	11:40.21	36.17	1400m:	16:30.65	35.56
	250m:	2:46.10	34.08	650m:	7:28.05	35.15	1050m:	12:17.10	36.89	1450m:	17:05.25	34.60
	300m:	3:21.09	34.99	700m:	8:04.12	36.07	1100m:	12:53.89	36.79	1500m:	17:38.31	33.06
	350m:	3:55.46	34.37	750m:	8:39.69	35.57	1150m:	13:30.41	36.52			
	400m:	4:30.74	35.28	800m:	9:15.83	36.14	1200m:	14:07.23	36.82			

**ПЕРВЕНСТВО
МОСКВЫ ПО ПЛАВАНИЮ**28 февраля - 3 марта
2023 г.**СРЕДИ ЮНОШЕЙ 15-16 ЛЕТ И ДЕВУШЕК 13-14 ЛЕТ**

32, , 1500m , (15 - 16)

			2008		I	"	"	17:38.41		WA		
12.										557		
	50m:	30.72	30.72	450m:	5:07.95	35.22	850m:	9:52.05	35.28	1250m:	14:42.00	35.65
	100m:	1:04.21	33.49	500m:	5:43.72	35.77	900m:	10:27.73	35.68	1300m:	15:19.49	37.49
	150m:	1:37.81	33.60	550m:	6:18.51	34.79	950m:	11:03.10	35.37	1350m:	15:55.15	35.66
	200m:	2:12.38	34.57	600m:	6:53.82	35.31	1000m:	11:38.59	35.49	1400m:	16:31.39	36.24
	250m:	2:47.49	35.11	650m:	7:30.46	36.64	1050m:	12:14.82	36.23	1450m:	17:04.71	33.32
	300m:	3:22.02	34.53	700m:	8:04.43	33.97	1100m:	12:52.32	37.50	1500m:	17:38.41	33.70
	350m:	3:57.73	35.71	750m:	8:39.19	34.76	1150m:	13:28.48	36.16			
	400m:	4:32.73	35.00	800m:	9:16.77	37.58	1200m:	14:06.35	37.87			
13.			2007				-3	17:39.60		I	555	
	50m:	31.32	31.32	450m:	5:09.82	35.49	850m:	9:58.09	36.56	1250m:	14:45.41	36.04
	100m:	1:05.27	33.95	500m:	5:45.57	35.75	900m:	10:34.19	36.10	1300m:	15:21.43	36.02
	150m:	1:39.92	34.65	550m:	6:21.91	36.34	950m:	11:10.35	36.16	1350m:	15:57.03	35.60
	200m:	2:14.36	34.44	600m:	6:57.55	35.64	1000m:	11:46.00	35.65	1400m:	16:32.67	35.64
	250m:	2:49.10	34.74	650m:	7:33.37	35.82	1050m:	12:21.72	35.72	1450m:	17:07.71	35.04
	300m:	3:23.96	34.86	700m:	8:09.62	36.25	1100m:	12:57.56	35.84	1500m:	17:39.60	31.89
	350m:	3:58.91	34.95	750m:	8:45.50	35.88	1150m:	13:33.39	35.83			
	400m:	4:34.33	35.42	800m:	9:21.53	36.03	1200m:	14:09.37	35.98			
14.			2007		I		-4	17:43.11		I	549	
	50m:	31.15	31.15	450m:	5:12.80	35.91	850m:	9:57.86	35.72	1250m:	14:47.02	35.99
	100m:	1:05.67	34.52	500m:	5:47.73	34.93	900m:	10:34.02	36.16	1300m:	15:23.29	36.27
	150m:	1:41.23	35.56	550m:	6:23.29	35.56	950m:	11:10.21	36.19	1350m:	15:59.32	36.03
	200m:	2:16.43	35.20	600m:	6:59.10	35.81	1000m:	11:46.37	36.16	1400m:	16:34.72	35.40
	250m:	2:51.89	35.46	650m:	7:34.82	35.72	1050m:	12:22.56	36.19	1450m:	17:10.25	35.53
	300m:	3:26.36	34.47	700m:	8:10.14	35.32	1100m:	12:58.63	36.07	1500m:	17:43.11	32.86
	350m:	4:02.60	36.24	750m:	8:46.16	36.02	1150m:	13:34.75	36.12			
	400m:	4:36.89	34.29	800m:	9:22.14	35.98	1200m:	14:11.03	36.28			
15.			2007		I		-4	17:43.18		I	549	
	50m:	31.44	31.44	450m:	5:13.40	35.65	850m:	9:58.45	35.93	1250m:	14:47.16	35.89
	100m:	1:06.14	34.70	500m:	5:47.86	34.46	900m:	10:34.22	35.77	1300m:	15:23.06	35.90
	150m:	1:41.17	35.03	550m:	6:23.00	35.14	950m:	11:10.54	36.32	1350m:	15:59.18	36.12
	200m:	2:16.71	35.54	600m:	6:58.66	35.66	1000m:	11:46.48	35.94	1400m:	16:34.87	35.69
	250m:	2:52.18	35.47	650m:	7:34.20	35.54	1050m:	12:22.45	35.97	1450m:	17:10.54	35.67
	300m:	3:27.20	35.02	700m:	8:10.18	35.98	1100m:	12:58.80	36.35	1500m:	17:43.18	32.64
	350m:	4:02.58	35.38	750m:	8:46.28	36.10	1150m:	13:35.29	36.49			
	400m:	4:37.75	35.17	800m:	9:22.52	36.24	1200m:	14:11.27	35.98			
16.			2007		I		-3	17:47.51		I	543	
	50m:	31.31	31.31	450m:	5:13.60	36.01	850m:	10:02.78	36.31	1250m:	14:52.34	35.73
	100m:	1:05.65	34.34	500m:	5:49.63	36.03	900m:	10:38.98	36.20	1300m:	15:28.28	35.94
	150m:	1:40.49	34.84	550m:	6:25.42	35.79	950m:	11:15.03	36.05	1350m:	16:04.02	35.74
	200m:	2:15.64	35.15	600m:	7:01.76	36.34	1000m:	11:51.31	36.28	1400m:	16:39.80	35.78
	250m:	2:50.87	35.23	650m:	7:37.98	36.22	1050m:	12:27.65	36.34	1450m:	17:14.86	35.06
	300m:	3:26.38	35.51	700m:	8:14.68	36.70	1100m:	13:04.14	36.49	1500m:	17:47.51	32.65
	350m:	4:02.06	35.68	750m:	8:50.56	35.88	1150m:	13:40.51	36.37			
	400m:	4:37.59	35.53	800m:	9:26.47	35.91	1200m:	14:16.61	36.10			
17.			2008		I		-2	17:53.04		I	534	
	50m:	30.07	30.07	450m:	5:10.09	35.57	850m:	10:01.23	36.48	1250m:	14:52.93	36.32
	100m:	1:03.66	33.59	500m:	5:45.89	35.80	900m:	10:37.56	36.33	1300m:	15:29.06	36.13
	150m:	1:38.17	34.51	550m:	6:22.41	36.52	950m:	11:14.02	36.46	1350m:	16:05.45	36.39
	200m:	2:13.60	35.43	600m:	6:59.01	36.60	1000m:	11:50.60	36.58	1400m:	16:41.94	36.49
	250m:	2:48.67	35.07	650m:	7:35.31	36.30	1050m:	12:26.90	36.30	1450m:	17:17.78	35.84
	300m:	3:23.75	35.08	700m:	8:11.77	36.46	1100m:	13:03.37	36.47	1500m:	17:53.04	35.26
	350m:	3:58.99	35.24	750m:	8:48.56	36.79	1150m:	13:40.13	36.76			
	400m:	4:34.52	35.53	800m:	9:24.75	36.19	1200m:	14:16.61	36.48			

**ПЕРВЕНСТВО
МОСКВЫ ПО ПЛАВАНИЮ**28 февраля - 3 марта
2023 г.

СРЕДИ ЮНОШЕЙ 15-16 ЛЕТ И ДЕВУШЕК 13-14 ЛЕТ

32, , 1500m , (15 - 16)

											WA	
18.			2007	I	"	-77"-			18:00.62	I	523	
	50m:	31.36	31.36	450m:	5:14.10	36.01	850m:	10:04.71	36.83	1250m:	15:00.95	37.33
	100m:	1:05.56	34.20	500m:	5:50.12	36.02	900m:	10:41.42	36.71	1300m:	15:38.57	37.62
	150m:	1:39.97	34.41	550m:	6:25.57	35.45	950m:	11:17.80	36.38	1350m:	16:15.50	36.93
	200m:	2:14.71	34.74	600m:	7:01.55	35.98	1000m:	11:54.56	36.76	1400m:	16:52.34	36.84
	250m:	2:50.52	35.81	650m:	7:38.10	36.55	1050m:	12:31.74	37.18	1450m:	17:27.93	35.59
	300m:	3:26.34	35.82	700m:	8:14.97	36.87	1100m:	13:09.20	37.46	1500m:	18:00.62	32.69
	350m:	4:02.19	35.85	750m:	8:51.81	36.84	1150m:	13:46.00	36.80			
	400m:	4:38.09	35.90	800m:	9:27.88	36.07	1200m:	14:23.62	37.62			
19.			2008	II	"	"			18:00.91	I	523	
	50m:	31.68	31.68	450m:	5:18.34	36.14	850m:	10:10.14	36.26	1250m:	15:02.33	36.55
	100m:	1:06.26	34.58	500m:	5:54.46	36.12	900m:	10:46.70	36.56	1300m:	15:38.51	36.18
	150m:	1:41.57	35.31	550m:	6:30.82	36.36	950m:	11:23.20	36.50	1350m:	16:14.54	36.03
	200m:	2:17.93	36.36	600m:	7:07.26	36.44	1000m:	11:59.93	36.73	1400m:	16:50.79	36.25
	250m:	2:53.55	35.62	650m:	7:43.39	36.13	1050m:	12:36.39	36.46	1450m:	17:26.49	35.70
	300m:	3:29.47	35.92	700m:	8:20.82	37.43	1100m:	13:12.33	35.94	1500m:	18:00.91	34.42
	350m:	4:05.68	36.21	750m:	8:57.62	36.80	1150m:	13:48.84	36.51			
	400m:	4:42.20	36.52	800m:	9:33.88	36.26	1200m:	14:25.78	36.94			
20.			2007	I					18:05.81	I	516	
	50m:	32.64	32.64	450m:	5:19.78	36.06	850m:	10:09.42	35.98	1250m:	15:03.21	36.82
	100m:	1:07.69	35.05	500m:	5:55.55	35.77	900m:	10:45.86	36.44	1300m:	15:40.18	36.97
	150m:	1:43.26	35.57	550m:	6:31.48	35.93	950m:	11:22.18	36.32	1350m:	16:17.21	37.03
	200m:	2:18.94	35.68	600m:	7:07.93	36.45	1000m:	11:58.94	36.76	1400m:	16:54.11	36.90
	250m:	2:54.79	35.85	650m:	7:44.40	36.47	1050m:	12:35.28	36.34	1450m:	17:30.60	36.49
	300m:	3:30.95	36.16	700m:	8:20.95	36.55	1100m:	13:12.32	37.04	1500m:	18:05.81	35.21
	350m:	4:07.26	36.31	750m:	8:56.99	36.04	1150m:	13:49.01	36.69			
	400m:	4:43.72	36.46	800m:	9:33.44	36.45	1200m:	14:26.39	37.38			
21.			2007						18:11.88	I	507	
	50m:	30.90	30.90	450m:	5:13.28	36.23	850m:	10:04.69	37.19	1250m:	15:06.81	38.42
	100m:	1:04.74	33.84	500m:	5:49.39	36.11	900m:	10:41.94	37.25	1300m:	15:44.52	37.71
	150m:	1:39.76	35.02	550m:	6:25.92	36.53	950m:	11:18.91	36.97	1350m:	16:22.44	37.92
	200m:	2:14.82	35.06	600m:	7:01.96	36.04	1000m:	11:56.36	37.45	1400m:	16:59.74	37.30
	250m:	2:49.89	35.07	650m:	7:38.07	36.11	1050m:	12:34.38	38.02	1450m:	17:37.47	37.73
	300m:	3:25.55	35.66	700m:	8:14.62	36.55	1100m:	13:12.33	37.95	1500m:	18:11.88	34.41
	350m:	4:01.16	35.61	750m:	8:51.31	36.69	1150m:	13:50.33	38.00			
	400m:	4:37.05	35.89	800m:	9:27.50	36.19	1200m:	14:28.39	38.06			
22.			2007	I	"	"			18:24.96	I	489	
	50m:	30.56	30.56	450m:	5:19.30	36.96	850m:	10:19.94	38.69	1250m:	15:20.81	37.68
	100m:	1:04.89	34.33	500m:	5:56.82	37.52	900m:	10:58.09	38.15	1300m:	15:58.94	38.13
	150m:	1:40.86	35.97	550m:	6:34.60	37.78	950m:	11:36.54	38.45	1350m:	16:36.00	37.06
	200m:	2:16.75	35.89	600m:	7:12.18	37.58	1000m:	12:14.11	37.57	1400m:	17:12.12	36.12
	250m:	2:52.66	35.91	650m:	7:49.62	37.44	1050m:	12:52.03	37.92	1450m:	17:49.55	37.43
	300m:	3:28.65	35.99	700m:	8:26.48	36.86	1100m:	13:30.14	38.11	1500m:	18:24.96	35.41
	350m:	4:05.13	36.48	750m:	9:03.98	37.50	1150m:	14:05.92	35.78			
	400m:	4:42.34	37.21	800m:	9:41.25	37.27	1200m:	14:43.13	37.21			
23.			2008	I	"	-77"-			18:25.11	I	489	
	50m:	31.76	31.76	450m:	5:21.33	37.31	850m:	10:19.29	37.00	1250m:	15:19.89	37.91
	100m:	1:06.12	34.36	500m:	5:58.09	36.76	900m:	10:56.82	37.53	1300m:	15:57.26	37.37
	150m:	1:42.25	36.13	550m:	6:35.19	37.10	950m:	11:34.98	38.16	1350m:	16:34.84	37.58
	200m:	2:18.12	35.87	600m:	7:12.27	37.08	1000m:	12:12.41	37.43	1400m:	17:12.23	37.39
	250m:	2:54.55	36.43	650m:	7:50.12	37.85	1050m:	12:49.66	37.25	1450m:	17:49.50	37.27
	300m:	3:30.40	35.85	700m:	8:27.13	37.01	1100m:	13:26.93	37.27	1500m:	18:25.11	35.61
	350m:	4:07.57	37.17	750m:	9:04.83	37.70	1150m:	14:04.84	37.91			
	400m:	4:44.02	36.45	800m:	9:42.29	37.46	1200m:	14:41.98	37.14			