36 , 800m 18.05.2024 - 12:56

10.05.20	JZ T - 1Z.	.50										
: 8:29		: 9:13.00) / 1 : 9:45	.00 / 2 :	10:45.00 /	3 : 12:46.0	00					
: FINA 2	2024											
				/						1	FINA	
1.				00					8:2	9.09	700	_
	100m:	1:01.85	1:01.85	300m:	3:10.89	1:04.57	500m:	5:21.26	1:05.49		7:30.59	1:04.18
	200m:	2:06.32	1:04.47	400m:	4:15.77	1:04.88	600m:	6:26.41	1:05.15	800m:	8:29.09	58.50
2.				04					8:34.37 679			_
	100m:	1:01.56	1:01.56	300m:	3:11.36	1:04.65	500m:	5:21.45	1:05.37		7:31.44	1:04.91
	200m:	2:06.71	1:05.15	400m:	4:16.08	1:04.72	600m:	6:26.53	1:05.08	800m:	8:34.37	1:02.93
3.				06					8:5	4.55	605	-
	100m:	1:02.12	1:02.12	300m:	3:17.46	1:08.07	500m:	5:33.26	1:07.58	700m:	7:49.13	1:07.66
	200m:	2:09.39	1:07.27	400m:	4:25.68	1:08.22	600m:	6:41.47	1:08.21	800m:	8:54.55	1:05.42
4.				05					8:5	7.10	596	-
			1:02.08		3:17.19	1:07.98	500m:		1:07.84		7:50.81	1:08.48
	200m:	2:09.21	1:07.13	400m:	4:25.70	1:08.51	600m:	6:42.33	1:08.79	800m:	8:57.10	1:06.29
5.		05 9:00.49 585							-			
		1:04.41	1:04.41		3:20.11	1:07.99	500m:	5:36.64	1:08.35		7:55.52	
	200m:	2:12.12	1:07.71	400m:	4:28.29	1:08.18	600m:	6:45.75	1:09.11	800m:	9:00.49	1:04.97
6.				02					9:3	3.25	490	- 1
			1:05.45		3:29.66	1:12.92	500m:		1:13.49		8:23.66	1:12.88
	200m:	2:16.74	1:11.29	400m:	4:43.88	1:14.22	600m:	7:10.78	1:13.41	800m:	9:33.25	1:09.59
7.				05							447	- 2
			1:04.06	300m:		1:14.08	500m:		1:17.44		8:37.41	1:16.20
	200m:	2:15.98	1:11.92	400m:	4:46.28	1:16.22	600m:	7:21.21	1:17.49		9:51.10	1:13.69
8.				05						9.20		- 2
		1:03.05		300m: 400m:	3:32.82 4:50.12	1:16.15	500m:	6:07.39 7:25.90	1:17.27 1:18.51		8:43.80 9:59.20	
	200111.	2:16.67	1.13.02		4.50.12	1:17.30	600m:	7.25.90				1:15.40
9.				06					10:0		427	- 2
		1:06.78			3:34.12	1:16.09 1:19.12	500m:		1:18.97 1:18.55		8:46.75	
	200111.	2:18.03	1.11.25		4:53.24	1.19.12	600m:	7.30.76			10:00.26	1.13.51
10.				02					10:2		375	- 2
		1:11.26 2:30.25		300m: 400m:	3:50.29 5:10.70	1:20.04 1:20.41	500m: 600m:	6:31.45 7:52.78	1:20.75 1:21.33		9:12.61 10:26.79	
	200111.	2.00.20	1.10.55		5.10.70	1.20.41	000111.	7.52.70				
11.	400	4 00 50	4.00.50	06	0.57.70	4.00.00	500	0.50.0:			312	- 3
		1:08.52 2:30.82	1:08.52	300m: 400m:	3:57.78 5:25.75	1:26.96 1:27.97	500m: 600m:	6:52.84 8:20.01	1:27.09 1:27.17		9:45.93 11:06.53	1:25.92 1:20.60
	200111.	2.30.02	1.22.30		5.25.75	1.21.31	000111.	0.20.01				
12.	400	4.40.00	4.40.00	06	0.54.00	4.04.04	500	0.40.05	11:10		306	- 3
	100m:	1:10.22 2:30.38	1:10.22		3:54.69 5:21.07	1:24.31 1:26.38	500m:	6:49.95 8:18.65	1:28.88		9:42.75 11:10.23	
	200111.	2.50.56	1.20.10	400111.	J.Z 1.U/	1.20.30	ooon.	0.10.03	1.20.70	000111.	11.10.23	1.27.40