9 , 800m 2011 18.06.2025 - 17:39

AQUA		0.00 /		: 9:46.50 / 1		: 10:26.00 / 2		: 11:48.50				
AQUA	2024											
				/							-	R.T.
1.	400	464==	464	11	"		" ====	==		9:20.15	619	+0,75
		1:04.85 2:14.35			3:25.20 4:36.35			5:47.52 6:58.76		700m: 800m:		1:11.39 1:10.00
2.				11						9:27.84	594	+0,86
		1:04.25			3:27.06			5:51.09		700m:		1:13.04
_	200m:	2:15.39	1:11.14		4:38.81	1:11.75	600m:	7:03.41		800m:		1:11.39
3.	100m:	1:06.73	1:06.72	12	3:30.75	1.12 65	500m:	5:56.58		9:31.39 700m:	583 8:21.74	+0,88 1:13.01
		2:17.10			4:43.55	1:12.80	600m:		1:12.15	800m:	9:31.39	1:09.65
4.				11			"	-20°	11"	9:35.88	569	+0,94
		1:05.80			3:30.21			5:57.05	1:13.18	700m:	8:23.71	1:13.76
	200m:	2:17.79	1:11.99	400m:	4:43.87	1:13.66	600m:	7:09.95	1:12.90	800m:	9:35.88	1:12.17
5.				11						9:37.88	563	+1,03
		1:07.73				1:12.74		5:57.94		700m:		1:13.88
	200m:	2:18.86	1:11.13		4:45.15	1:13.55		7:11.63				1:12.37
6.				11		"	"	-		9:48.70	533	+1,06 1
		1:08.73 2:22.07			3:35.77 4:47.22	1:13.70 1:11.45		6:03.92 7:19.81		700m: 800m:	8:35.30 9:48.70	1:15.49 1:13.40
7.				11						9:53.29		
1.	100m	1:10.40	1:10 40		3:41.60	1.15 75	500m·	6:11.75	1.15 03		521 8:41.69	+1,10 1
		2:25.85			4:56.72			7:27.80		800m:		1:11.60
8.				11						9:53.99	519	+0,98 1
	100m:	1:07.25	1:07.25		3:35.90	1:15.29	500m:	6:07.70	1:16.04			1:15.86
		2:20.61				1:15.76		7:23.42				1:14.71
9.				12						9:57.42	510	+0,97 1
		1:08.44			3:40.04			6:12.30				1:15.95
	200m:	2:23.77	1:15.33		4:56.03	1:15.99		7:28.10		800m:	9:57.42	1:13.37
0.				11			"			9:57.84	509	+1,09 1
		1:09.58 2:24.62			3:40.71 4:56.38			6:12.53 7:28.41			8:44.08 9:57.84	1:15.67 1:13.76
	۷۰۰۱۱۱.	2.24.02	1.15.04		7.50.50	1.15.07	ooon.	1.20.41				
1.	400	4.40.0=	4.40.07	12	0.40.45	4 40 44	500	0.47.46		0:05.03	491	
		1:10.27 2:26.75	1:10.27 1:16.48			1:16.41 1:16.48		6:17.13 7:34.22			8:51.26 10:05.03	
2	ZUUIII.	2.20.10	1.10.40					1.04.22				
2.	100m	1.12 06	1.12 06	12		7 1:17.81		6:23.16			478 8:56.91	
		1:12.96 2:30.87			5:06.38	1:17.81					10:10.26	1:13.35
13.				11		"	"		1	0:17.52	462	+0.95 1
	100m:	1:13.01	1:13.01		3:46.39	1:15.78	500m:	6:22.88			9:01.30	
		2:30.61			5:05.32			7:41.70			10:17.52	1:16.22
4.				11		6				0:19.97		+0,96
		1:12.54			3:49.03			6:26.84				1:19.19
	200m:	2:30.63	1:18.09		5:07.71	1:18.68		7:45.91				1:14.87
5.	400	4.40.00	4.40.00	11	0.50.05	5		0.00 15		10:23.14		+0,88 1
		1:13.39 2:32.24				1:18.61 1:18.90		6:29.45 7:48.06			9:07.09 10:23.14	1:19.03 1:16.05
6.				11		5				0:23.37		+0,82
U.	100m	1:10.92	1:10.92		3:48 40	1:19.38		6:26.69			9:05.70	1:19.03
		2:29.02			5:07.49	1:19.09		7:46.67			10:23.37	1:17.67
				11		"	"		1	0:24.23	447	+0,94
7.												
7.	100m:	1:11.24	1:11.24		3:46.65	1:18.29	500m:	6:25.06			9:05.38	

, 18. - 20.6.2025

	,												
	9,	,	800m	, 2011									
				/								R.T.	
18.		1:15.99 2:37.18		13 300m: 400m:	3:57.85 5:18.96	1:20.67 1:21.11	500m: 600m:			10:35.04 700m: 800m:	424 9:18.97 10:35.04		
19.		1:12.80 2:32.50		12 300m: 400m:	3:53.15 5:14.69		500m: 600m:	6:36.30 7:58.04	1:21.61 1:21.74		414 9:19.97 10:40.16		
20.		1:14.13 2:35.07			3:57.24 5:19.19	1:22.17 1:21.95		6:42.04 8:03.88	1:22.85 1:21.84		409 9:26.01 10:42.93	+1,03 2 1:22.13 1:16.92	
21.		1:13.49 2:34.02			3:54.56 5:16.71			6:38.84 8:01.80	1:22.13		406 9:24.13 10:44.26	+1,02 2 1:22.33 1:20.13	
22.		1:15.25 2:36.76		13 300m: 400m:	4:00.33 5:24.06	1:23.57 1:23.73		6:48.27 8:12.17	1:24.21		390 9:34.59 10:53.07	+0,86 2 1:22.42 1:18.48	
23.		1:16.59 2:41.52			4:05.87 5:30.04			6:53.06 8:14.61	1:23.02		389 9:35.79 10:53.76	+0,95 2 1:21.18 1:17.97	
24.		1:15.16 2:37.64			4:02.02 5:26.58	8 1:24.38 1:24.56	500m:		1:24.01	10:58.64 700m: 800m:			
25.		1:14.72 2:38.30			4:02.34 5:27.11				1:24.25 1:23.04		378 9:38.00 11:00.15	+0,90 2 1:23.60 1:22.15	
26.		1:17.85 2:41.53			4:06.88 5:30.86	1:25.35 1:23.98		6:54.91 8:18.77	1:24.05		369 9:42.71 11:05.11	+0,82 2 1:23.94 1:22.40	
27.		1:18.31 2:43.95	1:18.31 1:25.64		4:10.52 5:36.47	1:26.57 1:25.95	500m:	7:01.31 8:27.06	1:24.84		358 9:51.17 11:12.25	,	