9 , 800m 2011 18 06 2025 - 17:39

: 9:00.00 /			: 9:46.50 / 1		: 10:26.00 / 2		: 11:48.50					
AQUA	2024											
				/								R.T.
1.				11	"	,	'			9:20.15	619	+0,75
		1:04.85			3:25.20	1:10.85		5:47.52				1:11.39
	200m:	2:14.35	1:09.50	400m:	4:36.35	1:11.15	600m:	6:58.76	1:11.24	800m:	9:20.15	1:10.00
2.				11						9:27.84	594	+0,86
	100m:	1:04.25	1:04.25	300m:	3:27.06	1:11.67	500m:	5:51.09	1:12.28			1:13.04
		2:15.39				1:11.75		7:03.41	1:12.32	800m:	9:27.84	1:11.39
2				10						0.24.20	E02	. 0 00
3.	100m:	1:06.73	1.06.72	12	2:20.75	1.12 65	E00m:	5:56.58	1.12 02	<b>9:31.39</b> 700m:	583 8:21.74	+0,88 1:13.01
		2:17.10			3:30.75 4:43.55	1:12.80		7:08.73			9:31.39	1:09.65
	200111.	2.17.10	1.10.07	400111.	4.40.00	1.12.00					0.01.00	1.00.00
4.				11			"	-20°	11"	9:35.88	569	+0,94
		1:05.80			3:30.21		500m:		1:13.18			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
<b>J</b> .	100m·	1:07.73	1.07 73		3:31.60	1:12.74	500m·	5:57.94	1.12 70			1:13.88
		2:18.86			4:45.15	1:12.74		7:11.63		800m:	9:37.88	1:12.37
_												
6.				11		"	"	-		9:48.70	533	+1,06 1
		1:08.73			3:35.77			6:03.92				1:15.49
	200m:	2:22.07	1:13.34	400m:	4:47.22	1:11.45	600m:	7:19.81	1:15.89	800m:	9:48.70	1:13.40
7.				11						9:53.29	521	+1,10 1
-	100m:	1:10.40	1:10.40		3:41.60	1:15.75	500m:	6:11.75	1:15.03			1:13.89
		2:25.85			4:56.72			7:27.80				1:11.60
_												
8.	400	4.07.55	4.07.05	11	0.05.55	4.45.00	500	0.07	4 40 5 1	9:53.99	519	+0,98 1
		1:07.25			3:35.90			6:07.70				1:15.86
	∠uum:	2:20.61	1:13.36	400m:	4:51.66	1:15.76	600m:	7:23.42	1.15./2	800m:	9:53.99	1:14.71
9.				12						9:57.42	510	+0,97 1
	100m:	1:08.44	1:08.44		3:40.04	1:16.27	500m:	6:12.30	1:16.27			1:15.95
		2:23.77			4:56.03	1:15.99		7:28.10		800m:	9:57.42	1:13.37
Λ				44			"	-20°	11"	9:57.84	E00	11.00.4
0.	100~	1.00 59	1.00 59	300m:	2.40 74	1.16.00		_			509 8:44.08	+1,09 1
		1:09.58 2:24.62			3:40.71 4:56.38	1:16.09 1:15.67	500m:	6:12.53 7:28.41	1:16.15 1:15.88		8:44.08 9:57.84	1:15.67 1:13.76
	۷۰۰۱۱۱.	2.27.02	1.13.04		₸.50.50	1.10.01	000111.	1.20.41				
1.				12					1	10:05.03	491	+0,94 1
			1:10.27			1:16.41				700m:	8:51.26	1:17.04
	200m:	2:26.75	1:16.48	400m:	4:59.64	1:16.48	600m:	7:34.22	1:17.09	800m:	10:05.03	1:13.77
2.				12		7			4	10-10-26	478	+1,00 1
<b>-</b> .	100m·	1:12.96	1.12 96			1:17.81					8:56.91	1:16.30
		2:30.87			5:06.38	1:17.70		7:40.61			10:10.26	1:13.35
	200111.	2.00.01	1.17.01		5.00.00			70.01				
3.				11		"	"			10:17.52		+0,95 1
		1:13.01			3:46.39						9:01.30	
	200m:	2:30.61	1:17.60	400m:	5:05.32	1:18.93	600m:	7:41.70	1:18.82	800m:	10:17.52	1:16.22
4.				11		6			4	10:19.97	456	+0,96 1
••	100m:	1:12.54	1:12.54		3:49.03	1:18.40	500m:	6:26.84			9:05.10	
		2:30.63				1:18.68				800m:		1:14.87
_												
5.	_	_		11		5		_		10:23.14		+0,88 1
		1:13.39				1:18.61					9:07.09	
	200m:	2:32.24	1:18.85	400m:	5:09.75	1:18.90	600m:	7:48.06	1:18.61	800m:	10:23.14	1:16.05
6.				11		5			1	10:23.37	449	+0,82 1
٠.	100m <sup>-</sup>	1:10.92	1:10.92			1:19.38		6:26.69		700m:		1:19.03
		2:29.02				1:19.09				800m:		1:17.67
_							"					
				11		"					447	
7.						4 40 00		0 0 5 0 0	4 40 44	700	0.05.00	4 00 40
<b>/</b> .		1:11.24 2:28.36				1:18.29 1:18.97					9:05.38	

, 18. - 20.6.2025

	9,	9, , 800m			, 2011							
				/								R.T.
18.				13					1	0:35.04	424	+1,02 2
10.	100m:	1:15.99	1:15.99		3:57.85	1:20.67	500m:	6:38.84	1:19.88		9:18.97	,
		2:37.18				1:21.11	600m:		1:20.20		10:35.04	1:16.07
19.				12					4	0:40.16	414	.0.00
19.	100m:	1:12.80	1.12 80		3:53.15	1:20.65	500m:	6:36.30	1:21.61		9:19.97	,
		2:32.50			5:14.69				1:21.74		10:40.16	1:20.19
					0		000					
20.				11						0:42.93	409	+1,03 2
		1:14.13 2:35.07			3:57.24 5:19.19	1:22.17 1:21.95	500m: 600m:		1:22.85 1:21.84	700m:	9:26.01 10:42.93	1:22.13 1:16.92
	200111.	2.33.07	1.20.94		5.19.19			0.03.00				
21.				13		"	"			0:44.26	406	+1,02 2
		1:13.49			3:54.56				1:22.13			1:22.33
	200m:	2:34.02	1:20.53	400m:	5:16.71	1:22.15	600m:	8:01.80	1:22.96	800m:	10:44.26	1:20.13
22.				13					10	0:53.07	390	+0,86 2
	100m:	1:15.25	1:15.25	300m:	4:00.33	1:23.57			1:24.21	700m:	9:34.59	1:22.42
	200m:	2:36.76	1:21.51	400m:	5:24.06	1:23.73	600m:	8:12.17	1:23.90	800m:	10:53.07	1:18.48
23.	13								10	0:53.76	389	+0,95 2
	100m:	1:16.59	1:16.59		4:05.87	1:24.35	500m:	6:53.06	1:23.02			,
	200m:	2:41.52	1:24.93	400m:	5:30.04	1:24.17			1:21.55		10:53.76	1:17.97
24.				11	8				1	0:58.64	380	+0,94 2
۷٦.	100m:	1:15.16	1:15.16		4:02.02	1:24.38		6:50.59	1:24.01		9:37.50	
		2:37.64			5:26.58				1:23.71		10:58.64	1:21.14
05				40						4 00 45	070	. 0. 00 . 0
25.	100	1.11.70	1.11.70	12	4.00.24	1.04.04	F00m.	6.54.26		1:00.15	378	,
		1:14.72 2:38.30			5:27.11	1:24.04 1:24.77		6:51.36 8:14.40	1:24.25 1:23.04	700m:	9:38.00 11:00.15	1:23.60 1:22.15
	200111.	2.00.00	1.20.00		0.27.11			0.14.40				
26.				13		"	"			1:05.11	369	,
		1:17.85			4:06.88				1:24.05		9:42.71	
	Zuum:	2:41.53	1.23.08			1:23.98		0.10.77	1:23.86	ouum:	11:05.11	1:22.40
27.				14	"	"			1	1:12.25	358	+0,92 2
		1:18.31			4:10.52	1:26.57			1:24.84		9:51.17	
	200m:	2:43.95	1:25.64	400m:	5:36.47	1:25.95	600m:	8:27.06	1:25.75	800m:	11:12.25	1:21.08