9 , 800m 2011

ne 2 0	25 - 17	30				, 600111						
06.2025 - 17:39 : 9:00.00 /			: 9:46.50	: 10:26	: 10:26.00 / 2		: 11:48.50					
: AQUA												
				/								R.T.
1.				11	"		"			9:20.15	619	+0,75
١.	100m:	1:04.85	1:04.85		3:25.20	1:10.85	500m:	5:47.52	1:11.17			1:11.39
		2:14.35			4:36.35				1:11.24		9:20.15	1:10.00
2.				11						9:27.84	594	+0,86
		1:04.25		300m:	3:27.06				1:12.28	700m:	8:16.45	1:13.04
	200m:	2:15.39	1:11.14	400m:	4:38.81	1:11.75	600m:	7:03.41	1:12.32	800m:	9:27.84	1:11.39
3.				12						9:31.39	583	+0,88
		1:06.73			3:30.75			5:56.58			8:21.74	1:13.01
	200m:	2:17.10	1:10.37	400m:	4:43.55	1:12.80	600m:	7:08.73	1:12.15	800m:	9:31.39	1:09.65
4.				11			"			9:35.88	569	+0,94
		1:05.80			3:30.21		500m:	5:57.05				1:13.76
	200m.	2:17.79	1.11.99		4:43.87	1.13.00	600111.	7:09.95	1.12.90			1:12.17
5.				11						9:37.88	563	+1,03
		1:07.73 2:18.86			3:31.60 4:45.15	1:12.74 1:13.55		5:57.94 7:11.63				1:13.88 1:12.37
	200111.	2.10.00	1.11.10			"	"		1.10.03			
6.	100~	1:08.73	1:00 72	11	2.25 77			- 6:03.92	1.16 70	9:48.70	533 8:35.30	+1,06 1 1:15.49
		2:22.07			3:35.77 4:47.22	1:13.70		7:19.81			9:48.70	1:15.49
7.				11						9:53.29	521	
7.	100m·	1:10.40	1.10.40		3:41.60	1.15 75	500m·	6:11.75	1.15.03			+1,10 1 1:13.89
		2:25.85			4:56.72			7:27.80				1:11.60
8.				11						9:53.99	519	+0,98 1
0.	100m:	1:07.25	1:07.25		3:35.90	1:15.29	500m:	6:07.70	1:16.04	700m:		1:15.86
			1:13.36		4:51.66	1:15.76		7:23.42				1:14.71
9.				12						9:57.42	510	+0,97 1
0.	100m:	1:08.44	1:08.44		3:40.04	1:16.27	500m:	6:12.30	1:16.27			1:15.95
	200m:	2:23.77	1:15.33	400m:	4:56.03	1:15.99	600m:	7:28.10	1:15.80	800m:	9:57.42	1:13.37
10.				11			"	-20°	11"	9:57.84	509	+1,09 1
		1:09.58			3:40.71		500m:		1:16.15			1:15.67
	200m:	2:24.62	1:15.04	400m:	4:56.38	1:15.67	600m:	7:28.41	1:15.88	800m:	9:57.84	1:13.76
11.				12						10:05.03	491	+0,94 1
		1:10.27				1:16.41						
	200m:	2:26.75	1:16.48		4:59.64	1:16.48		7:34.22			10:05.03	
12.	400			12	0 10	7		0.00 :-			478	+1,00 1
		1:12.96 2:30.87				1:17.81 1:17.70		6:23.16 7:40.61			8:56.91 10:10.26	
	200III.	2.30.07	1.17.91		5.00.36			7.40.01				
13.	400	4.40.01	4.40.01	11	0.40.00	1.45.70	" 	0.00.00			462	
		1:13.01 2:30.61				1:15.78 1:18.93		6:22.88 7:41.70			9:01.30 10:17.52	1:19.60 1:16.22
4.4	_001111				2.30.0 2	_						
14.	100m·	1:12.54	1.10 54	11	3·40 03	6 1:18.40	500m·	6.26 84			456 9:05.10	
		2:30.63				1:18.68					10:19.97	
15												
15.	100m·	1:13.39	1:13.39	11 300m:		5 1:18.61					449 9:07.09	
		2:32.24				1:18.90		7:48.06			10:23.14	
16.				11		5			4	10:23 37	449	+0,82 1
	100m:	1:10.92	1:10.92		3:48.40	1:19.38						
		2:29.02				1:19.09				800m:		1:17.67
17.				11		"	"		1	0:24.23	447	+0,94 1
	100m:	1:11.24	1:11.24		3:46.65	1:18.29	500m:	6:25.06				
											10:24.23	

, 18. - 20.6.2025

	<u> </u>											
	9,	,	800m		, 2011							
				/								R.T.
18.				13						10:35.04	424	+1,02 2
	100m:	1:15.99	1:15.99		3:57.85	1:20.67	500m:	6:38.84			9:18.97	,
	200m:	2:37.18	1:21.19	400m:		1:21.11	600m:	7:59.04	1:20.20	800m:	10:35.04	1:16.07
19.				12						10:40.16	414	+0,99 2
19.	100m·	1:12.80	1.12.80		3:53.15	1.20.65	500m·	6.36.30			9:19.97	,
		2:32.50			5:14.69				1:21.74		10:40.16	1:20.19
					011 1100		000					
20.				11						10:42.93		+1,03 2
		1:14.13 2:35.07			3:57.24			6:42.04	1:22.85 1:21.84		9:26.01	
	200m.	2.35.07	1.20.94		5:19.19		600m:	0.03.00			10:42.93	1:16.92
21.				13		"	"		•	10:44.26	406	+1,02 2
		1:13.49			3:54.56			6:38.84			9:24.13	
	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					•	10:53.07	390	+0,86 2
	100m:	1:15.25	1:15.25	300m:	4:00.33	1:23.57	500m:	6:48.27	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						10:53.76	389	+0,95 2
20.	100m:	1:16.59	1:16.59		4:05.87	1:24.35	500m:	6:53.06				
		2:41.52			5:30.04			8:14.61	1:21.55		10:53.76	1:17.97
0.4						0	0					.004.0
24.	100	1:15.16	1.15.16	11	4.02.02	8		C.E.O. E.O.		10:58.64	380 9:37.50	
		2:37.64			5:26.58	1:24.38 1:24.56				800m:		1:23.20
	200111.	2.57.04	1.22.40		3.20.30	1.24.50	000111.	0.14.50				
25.				12								+0,90 2
		1:14.72			4:02.34			6:51.36	1:24.25		9:38.00	
	200m:	2:38.30	1:23.58	400m:	5:27.11	1:24.77	600m:	8:14.40	1:23.04	800m:	11:00.15	1:22.15
26.				13		"	"		•	11:05.11	369	+0,82 2
		1:17.85			4:06.88		500m:		1:24.05		9:42.71	1:23.94
	200m:	2:41.53	1:23.68	400m:	5:30.86	1:23.98	600m:	8:18.77	1:23.86	800m:	11:05.11	1:22.40
27.				14	"	"				11:12.25	358	+0,92 2
	100m:	1:18.31	1:18.31		4:10.52	1:26.57	500m:	7:01.31			9:51.17	,
		2:43.95	1:25.64		5:36.47			8:27.06			11:12.25	1:21.08