9 , 800m 2011

18.	06.	.2025	- 1	7:39
10.	UU.	.とひとひ	- 1	1.00

18.06.2025 - 17:	39										
: 9:00.00 / : AQUA 2024		: 9:46.50 / 1		: 10:26.00 / 2		: 11:48.50					
			/								R.T.
			11						9:53.29	521	+1,10 1
	1:10.40 2:25.85			3:41.60 4:56.72	1:15.75 1:15.12		6:11.75 7:27.80			8:41.69 9:53.29	1:13.89 1:11.60
			12						9:57.42	510	+0,97 1
	1:08.44 2:23.77			3:40.04 4:56.03		500m: 600m:	6:12.30 7:28.10	1:16.27 1:15.80	700m: 800m:	8:44.05 9:57.42	
			11			II .				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	
			12							491	+0,94 1
	1:10.27 2:26.75			3:43.16 4:59.64						8:51.26 10:05.03	
			12		7					478	
	1:12.96 2:30.87			3:48.68 5:06.38		600m:	6:23.16 7:40.61			8:56.91 10:10.26	1:16.30 1:13.35
			11		"	"			0:17.52	462	+0,95 1
	1:13.01 2:30.61		300m: 400m:	3:46.39 5:05.32	1:15.78 1:18.93		6:22.88 7:41.70			9:01.30 10:17.52	
			11		6				0:19.97		
	1:12.54 2:30.63			3:49.03 5:07.71			6:26.84 7:45.91			9:05.10 10:19.97	
			11		5						+0,88 1
	1:13.39 2:32.24				1:18.61 1:18.90	600m:	6:29.45 7:48.06			9:07.09 10:23.14	1:19.03 1:16.05
			11			"			0:24.23		
	1:11.24 2:28.36			3:46.65 5:05.62			6:25.06 7:44.90			9:05.38 10:24.23	1:20.48 1:18.85
			13							424	
	1:15.99 2:37.18		300m: 400m:	3:57.85 5:18.96						9:18.97 10:35.04	
			12								+0,99 2
	1:12.80 2:32.50			3:53.15 5:14.69	1:20.65 1:21.54					9:19.97 10:40.16	
			11								+1,03 2
	1:14.13 2:35.07			3:57.24 5:19.19						9:26.01 10:42.93	
			13		II .	ıı .				406	
	1:13.49 2:34.02			3:54.56 5:16.71						9:24.13 10:44.26	
			13							390	
	1:15.25 2:36.76			4:00.33 5:24.06						9:34.59 10:53.07	
200111.	2.30.76	1.21.31	13	5.24.00	1.23.73	OUUIII.	0.12.17			389	
	1:16.59		300m:	4:05.87			6:53.06	1:23.02	700m:	9:35.79	1:21.18
200m:	2:41.52	1:24.93	400m: 11	5:30.04	1:24.17	600m:	8:14.61			10:53.76 380	1:17.97 +0,94 2
100m:	1:15.16	1:15.16			1:24.38	500m:	6:50.59			9:37.50	
	2:37.64				1:24.56					10:58.64	
			12							378	+0,90 2
	1:14.72 2:38.30				1:24.04 1:24.77					9:38.00 11:00.15	

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			/								R.T.	
			13		"	ıı		1.	1:05.11	369	+0,82 2	
100m:	1:17.85	1:17.85	300m:	4:06.88	1:25.35	500m:	6:54.91	1:24.05	700m:	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	
			14	" "				11:12.25		358	+0,92 2	
100m:	1:18.31	1:18.31	300m:	4:10.52	1:26.57	500m:	7:01.31	1:24.84	700m:	9:51.17	1:24.11	
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	