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	9:31.39 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
J .	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
0												
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
- .	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 ⁻	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
/ .		1:11.24 2:28.36				1:18.29 1:18.97					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:	6:38.84 7:59.04	1:19.88 1:20.20		424 9:18.97 10:35.04	,
19.		1:12.80 2:32.50			3:53.15 5:14.69	1:20.65 1:21.54	500m: 600m:	6:36.30 7:58.04	1:21.61 1:21.74		414 9:19.97 10:40.16	+0,99 2 1:21.93 1:20.19
20.		1:14.13 2:35.07			3:57.24 5:19.19	1:22.17 1:21.95	500m: 600m:	6:42.04 8:03.88	1:22.85 1:21.84	700m: 800m:	409 9:26.01 10:42.93	+1,03 2 1:22.13 1:16.92
21.		1:13.49 2:34.02	1:13.49 1:20.53	13 300m: 400m:	3:54.56 5:16.71	1:20.54 1:22.15	500m: 600m:	6:38.84 8:01.80	1:22.13 1:22.96		406 9:24.13 10:44.26	+1,02 2 1:22.33 1:20.13
22.		1:15.25 2:36.76	1:15.25 1:21.51	13 300m: 400m:	4:00.33 5:24.06		500m: 600m:	6:48.27 8:12.17	1:24.21	700m: 800m:	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	1:24.35 1:24.17	500m: 600m:	6:53.06 8:14.61	1:23.02 1:21.55		389 9:35.79 10:53.76	+0,95 2 1:21.18 1:17.97
24.		1:15.16 2:37.64	1:15.16 1:22.48			8 1:24.38 1:24.56	500m:	6:50.59 8:14.30	1:24.01 1:23.71		380 9:37.50 10:58.64	+0,94 2 1:23.20 1:21.14
25.		1:14.72 2:38.30	1:14.72 1:23.58		4:02.34 5:27.11	1:24.04 1:24.77	500m: 600m:	6:51.36 8:14.40	1:24.25 1:23.04	700m: 800m:	378 9:38.00 11:00.15	+0,90 2 1:23.60 1:22.15
26.		1:17.85 2:41.53	1:17.85 1:23.68		4:06.88 5:30.86	1:25.35 1:23.98	500m: 600m:	6:54.91 8:18.77	1:24.05	700m: 800m:	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: 600m:		1:24.84 1:25.75		358 9:51.17 11:12.25	,