9 , 800m 2011

: 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		3:27.06	1:11.67	500m:	5:51.09	1:12.28	700m:		1:13.04
			1:11.14		4:38.81	1:11.75		7:03.41	1:12.32	800m:	9:27.84	1:11.39
3.				10						0.24.20	E02	. 0. 00
ა.	100m:	1:06.73	1:06.72	12	3:30.75	1.12 65	500m:	5:56.58	1.12 02	9:31.39	583 8:21.74	+0,88
		2:17.10			4:43.55			7:08.73			9:31.39	1:09.65
	200111.	2.17.10	1.10.07		4.40.00	1.12.00						
4.				11			II	-20°		9:35.88	569	+0,94
			1:05.80		3:30.21	1:12.42	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
	100m:	1:07.73	1:07.73		3:31.60	1:12.74	500m:	5:57.94	1:12.79			1:13.88
		2:18.86			4:45.15	1:13.55			1:13.69	800m:	9:37.88	1:12.37
6				11		"	"			0.40 70	E 22	
6.	100	1.00 70	1.00 70		2.25 77			6.02.02	1.46.70	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	1:16.70 1:15.89	700m: 800m:	8:35.30 9:48.70	1:15.49 1:13.40
	200111.	,	1.10.07				000111.	7.10.01	0.00			
7.				11						9:53.29	521	+1,10 1
		1:10.40				1:15.75		6:11.75				1:13.89
	200m:	2:25.85	1:15.45	400m:	4:56.72	1:15.12	600m:	7:27.80	1:16.05	800m:	9:53.29	1:11.60
8.				11						9:53.99	519	+0,98 1
٥.	100m:	1:07.25	1:07.25		3:35.90	1:15.29	500m:	6:07.70	1:16.04			1:15.86
			1:13.36		4:51.66	1:15.76		7:23.42			9:53.99	1:14.71
`												
9.	400	4 00 44	4.00.44	12	0.40.04	4 40 07	500	0.40.00	4 40 07	9:57.42	510	+0,97 1
		1:08.44 2:23.77			3:40.04	1:16.27		6:12.30				1:15.95
	200111.	2.23.11	1.15.33	400m.	4:56.03	1:15.99	600111.	7:28.10	1.15.60	800m:	9:57.42	1:13.37
0.				11			"	-20	11"	9:57.84	509	+1,09 1
		1:09.58			3:40.71	1:16.09	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
1.				12						10:05.03	491	+0,94 1
٠	100m:	1:10.27	1:10.27		3:43.16	1:16.41	500m:	6:17.13			8:51.26	•
		2:26.75			4:59.64			7:34.22				1:13.77
2												.4.00 4
2.	100	1.10.00	4.40.00	12		7					478	
		1:12.96 2:30.87			5:06.38	1:17.81 1:17.70		6:23.16 7:40.61			8:56.91 10:10.26	1:16.30 1:13.35
	ZUUIII.	2.30.01	1.17.91					7.40.01	1.17.40	OUUIII.	10.10.20	1.13.33
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				10:19.97	456	+0,96 1
т.	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		7:45.91			10:19.97	
		22.00										
5.				11		5				10:23.14		+0,88 1
		1:13.39				1:18.61					9:07.09	
	∠∪∪m:	2:32.24	1.18.85	400m:	5.09.75	1:18.90	ouum:	7:48.06	1.18.61	guum:	10:23.14	1:16.05
6.				11		5			•	10:23.37	449	+0,82 1
	100m:	1:10.92	1:10.92		3:48.40	1:19.38		6:26.69			9:05.70	
		2:29.02				1:19.09		7:46.67			10:23.37	1:17.67
7				44		"	"			10.24.22	117	1004.4
7.	100	1.44 04	1.44 04	11				6.05.00			447	,
	min.	1:11.24	1.11.24	Juum:	J.40.65	1:18.29	อบบฑ:	0.25.06	1.19.44	/uum:	9:05.38	1.20.48
		2:28.36	1.17 10	400	5.05.60	1:18.97	600~	7.44.00	1.10 04	200~~	10:24.23	1.10 05

, 18. - 20.6.2025

	, 13. 20.0.2020												
	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	,	