10 , 800m 2010

: 8:17.00 /			: 9:02.50 / 1		: 9:33.50 / 2		: 10:33.50				
: AQUA 2024											
			/								R.T.
			10						9:03.50	532	+0,79 1
100m:	1:00.76	1:00.76		3:18.58	1:08.77	500m:	5:36.51	1:09.26		7:56.82	1:10.19
200m:	2:09.81	1:09.05			1:08.67	600m:	6:46.63	1:10.12		9:03.50	1:06.68
			11		5					487	+1,01 1
	1:05.82			3:27.92		500m:				8:11.79	1:11.11
200m:	2:17.06	1:11.24	400m:	4:39.03	1711.11	600m:	7:00.68	1:11.00	800m:	9:19.75	1:07.96
			11						9:23.76	476	+0,89 1
	1:04.29				1:11.29		5:50.77			8:15.16	
200m:	2:15.42	1:11.13	400m:	4:38.32	1:11.61	600m:	7:02.58	1:11.81	800m:	9:23.76	1:08.60
			10		II	"			9:30.19	460	+0,91 1
100m:	1:03.37	1:03.37		3:26.01	1:11.70	500m:	5:52.11	1:12.97		8:19.52	·
200m:	2:14.31	1:10.94	400m:	4:39.14			7:06.64	1:14.53	800m:	9:30.19	1:10.67
			11						9:30.22	460	+0,78 1
100m:	1:06.22	1:06.22		3:30.88	1:13.41	500m:	5:56.59	1:13.40	700m:		
	2:17.47			4:43.19			7:09.19			9:30.22	1:08.03
100m	1:06.68	1.06.69	10	3:31.08	1.12 01	500m:	5:56.29	1.12.04	9:30.49 700m:	460 8:22.12	+0,87 1 1:12.96
	2:18.24			4:43.25			7:09.16			9:30.49	1:08.37
			10						9:37.24	444	•
	1:05.58			3:30.92					700m:	8:26.60	1:14.52
200m:	2:17.72	1:12.14	400m:	4:43.85	1:12.93	600m:	7:12.08	1:14.06	800m:	9:37.24	1:10.64
			10		8				9:38.81	440	+0,75 2
	1:06.00				1:13.36		5:59.83			8:27.81	
200m:	2:18.22	1:12.22	400m:	4:45.79	1:14.21	600m:	7:13.92	1:14.09	800m:	9:38.81	1:11.00
			10						9:39.60	438	+0,73 2
100m:	1:08.78	1:08.78		3:35.53	1:13.28	500m:	6:01.16	1:12.45	700m:		
200m:	2:22.25	1:13.47	400m:	4:48.71	1:13.18	600m:	7:14.87	1:13.71	800m:	9:39.60	1:11.67
			10	"	"				9:41.35	434	+0,91 2
100m:	1:06.83	1:06.83		3:35.29	1:14.41	500m:	6:04.67	1:15.28		8:31.88	1:13.22
	2:20.88				1:14.10		7:18.66			9:41.35	1:09.47
			10		"	"			9:41.70	434	10.70.2
100m·	1:06.81	1.06.81		3:34.25			6:02.96	1.14 44		8:30.75	
					1:14.27						
					"						
400	4 00 00	4 00 00	10	0.00.45		"	0.04.04		9:44.24	428	+0,84 2
	1:06.83 2:18.99	1:06.83 1:12.16	300m: 400m:		1:13.16 1:13.75	500m: 600m:	6:01.01 7:14.80	1:15.11		8:31.55 9:44.24	1:16.75 1:12.69
200111.	2.10.33	1.12.10		Ŧ.ĦIJ.ŬU	1.10.70	OUUIII.	7.14.00	1.13.13	JUUIII.	J.77.24	
			11						9:45.13	426	+0,91 2
	1:07.80	1:07.80	300m:		1:13.81	500m:	6:04.08	1:15.03		8:32.57	1:14.09
200m:	2:21.11	1:13.31	400m:	4:49.05	1:14.13	600m:	7:18.48	1:14.40	800m:	9:45.13	1:12.56
			11		"	"			9:47.99	420	+0,82 2
100m:	1:07.60	1:07.60	300m:	3:36.42	1:14.51	500m:	6:06.34	1:15.17		8:36.29	1:15.22
200m:	2:21.91	1:14.31	400m:	4:51.17	1:14.75	600m:	7:21.07	1:14.73	800m:	9:47.99	1:11.70
			10						9:49.32	417	+0,87 2
100m:	1:07.57	1:07.57		3:36.36	1:13.92	500m:	6:05.18	1:14.82		8:36.28	1:15.59
		1:14.87	400m:	4:50.36	1:14.00	600m:	7:20.69	1:15.51	800m:	9:49.32	1:13.04
			12						9:52.62	410	+0,90 2
100m·	1:07.83	1:07.83		3:36.01	1:14.43	500m:	6:07.04	1:16.98		8:32.33	1:14.47
		1:13.75			1:14.05		7:17.86	1:10.82		9:52.62	1:20.29
			40						0.52.00	400	11.00.0
400	1.04.70	1.04.70	10	2.25 04	1.16.07	500~-	6.00 07	1:16:00	9:52.96 700m:	409 8:41.60	+1,00 2 1:16.19
	1:04.70 2:19.74	1:04.70 1:15.04	300m: 400m:		1:16.07 1:16.77	500m: 600m:	6:08.87 7:25.41	1:16.29 1:16.54		9:52.96	1:11.36
200.11.											

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	10,		, 800m			, 2010						
				/								R.T.
		1:08.12 2:24.07			3:40.50 4:57.76	5 1:16.43 1:17.26	500m:	6:14.43 7:32.41	1:16.67 1:17.98		391 8:49.13 10:02.12	+0,97 2 1:16.72 1:12.99
		1:11.05 2:28.94	1:11.05 1:17.89		3:46.47 5:04.86	1:17.53 1:18.39			1:17.71 1:18.71	700m:	377 8:57.56 10:09.33	+0,99 2 1:16.28 1:11.77
		1:11.94 2:30.48			3:48.02 5:07.09	1:17.54 1:19.07			1:17.07 1:18.39		377 8:57.78 10:09.48	+0,95 2 1:15.23 1:11.70
		1:09.47 2:25.64	1:09.47 1:16.17		3:44.35 5:02.67	1:18.71 1:18.32	" 500m: 600m:	6:20.48	11" 1(1:17.81 1:19.41	700m:	370 8:57.47 10:13.16	+0,99 2 1:17.58 1:15.69
		1:14.08 2:34.05			3:53.23 5:11.22	1:19.18 1:17.99	500m: 600m:		1:17.73 1:18.11		361 9:05.39 10:18.08	+0,93 2 1:18.33 1:12.69
		1:11.32 2:30.22			3:50.13 5:10.02	1:19.91 1:19.89	500m: 600m:		1:19.16 1:20.41	700m:	347 9:10.01 10:26.30	+0,80 2 1:20.42 1:16.29
		1:13.76 2:34.56	1:13.76 1:20.80		3:55.13 5:15.33	7 1:20.57 1:20.20	500m:	6:35.82 7:55.78	1:20.49		341 9:15.21 10:30.33	+0,96 2 1:19.43 1:15.12
		1:15.81 2:35.32			3:56.10 5:17.73	1:20.78 1:21.63	" 500m: 600m:		11" 1(1:21.36 1:22.78	700m:	319 9:23.60 10:44.37	+1,08 1:21.73 1:20.77
		1:13.79 2:34.31	1:13.79 1:20.52		3:56.33 5:19.19	1:22.02 1:22.86	500m: 600m:		1:22.71		309 9:30.12 10:51.06	+0,86 1:24.08 1:20.94
		1:14.02 2:35.83			3:56.94 5:19.99	1:21.11 1:23.05	500m: 600m:		1:23.77 1:22.58	700m:	308 9:31.17 10:51.55	+0,77 1:24.83 1:20.38
DSQ		1:06.46 2:18.46			3:30.99 4:43.76	1:12.53 1:12.77	500m: 600m:	- 5:56.50 7:08.48	1:12.74		8:20.27 9:28.66	+0,69 1 1:11.79 1:08.39