10 8.06.2025 - 17:52 : 8:17.00 /			, 800m								2010	
			: 9:02.50	/ 1	: 9:33	: 9:33.50 / 2		10:33.50				
: AQUA				. 0.02.00		. 0.00	.00 , _	<u>·</u>				
				/								R.T.
1.				10						8:35.59	623	+0,81
1.	100m:	57.86	57.86		3:05.14	1:04.57	500m:	5:17 00	1:05.99	700m:	7:29.88	1:06.67
		2:00.57			4:11.01	1:05.87	600m:		1:06.21	800m:	8:35.59	1:05.71
2.				10						8:39.28	610	+0,83
۷.	100m:	58.24	58.24		3:07.55	1:05.64	500m:	5:18.98	1:06.02			1:07.49
			1:03.67		4:12.96	1:05.41	600m:		1:06.12		8:39.28	1:06.69
3.				11		2	1			8:54.54	559	+0,86
0.	100m:	1:00.92	1:00.92		3:16.58	1:08.37		5:33.79	1:08.60		7:51.18	1:08.17
	200m:	2:08.21	1:07.29	400m:	4:25.19	1:08.61	600m:	6:43.01	1:09.22	800m:	8:54.54	1:03.36
4.				10		6				8:56.38	553	+0,97
••	100m:	1:02.97	1:02.97		3:19.77	1:09.52	500m:	5:36.88	1:08.00		7:52.13	1:07.57
	200m:	2:10.25	1:07.28	400m:	4:28.88	1:09.11	600m:	6:44.56	1:07.68	800m:	8:56.38	1:04.25
5.				11		"	"			8:59.90	542	+0,82
	100m:	59.58	59.58		3:15.85	1:08.24	500m:	5:34.00	1:09.01	700m:	7:52.93	1:09.38
	200m:	2:07.61	1:08.03	400m:	4:24.99	1:09.14	600m:	6:43.55	1:09.55	800m:	8:59.90	1:06.97
6.				10		"	"			9:00.04	542	+0,84
			1:00.30		3:15.21	1:08.49	500m:	5:32.80	1:08.97		7:51.78	1:09.88
	200m:	2:06.72	1:06.42	400m:	4:23.83	1:08.62	600m:	6:41.90	1:09.10	800m:	9:00.04	1:08.26
7.				10						9:03.50	532	+0,79 1
		1:00.76			3:18.58	1:08.77	500m:		1:09.26		7:56.82	1:10.19
	200m:	2:09.81	1:09.05	400m:	4:27.25	1:08.67	600m:	6:46.63	1:10.12	800m:	9:03.50	1:06.68
8.				10						9:17.47	493	+0,77 1
			1:02.36		3:21.91	1:10.26	500m:		1:11.97		8:08.13	1:11.07
	200m:	2:11.65	1:09.29	400m:	4:33.03	1:11.12	600m:	6:57.06	1:12.06	800m:	9:17.47	1:09.34
9.				11		5				9:19.75	487	+1,01 1
		1:05.82				1:10.86			1:10.65			1:11.11
	200m:	2:17.06	1:11.24	400m:	4:39.03	1:11.11	600m:	7:00.68	1:11.00	800m:	9:19.75	1:07.96
10.				10						9:22.22	480	+0,85 1
		1:04.54 2:14.52	1:04.54	300m:	3:25.85 4:37.29	1:11.33 1:11.44	500m:	5:48.22 6:59.87	1:10.93			1:12.15 1:10.20
	200111.	2.17.02	1.00.00		4.07.20	1.11	000111.	0.00.07	1.11.00			
11.	400	4.04.00	4.04.00	11	0.00 74	4.44.00	F00	F.F0 77	4.40.45	9:23.76	476	+0,89 1
		1:04.29 2:15.42			3:26.71 4:38.32			5:50.77 7:02.58			8:15.16 9:23.76	1:12.58
40						"	"					
12.	100m:	1:03.37	1.02.27	10	3:26.01		500m:	E-EO 11	1:12.97	9:30.19	460 8:19.52	+0,91 1
		2:14.31			4:39.14		600m:		1:14.53		9:30.19	1:10.67
40												
13.	100m·	1:06.22	1.06.22	11	3:30.88	1.13 11	500m·	5:56.59	1:13.40	9:30.22	460 8:22.19	+0,78 1
		2:17.47			4:43.19				1:12.60		9:30.22	1:08.03
11										9:30.49	460	10 07 4
14.	100m·	1:06.68	1:06 68	10 300m:	3:31 08	1:12.84	500m·	5:56.29	1:13 04		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
15.				10						9:37.24	444	+0,84 2
١٠.	100m:	1:05.58	1:05.58		3:30.92	1:13.20	500m:	5:58.02	1:14.17		8:26.60	+0,04 Z 1:14.52
		2:17.72				1:12.93		7:12.08			9:37.24	1:10.64
16.				10		8	3			9:38.81	440	+0,75 2
. 0.	100m:	1:06.00	1:06.00		3:31.58	1:13.36		5:59.83	1:14.04		8:27.81	1:13.89
		2:18.22			4:45.79			7:13.92			9:38.81	1:11.00
17.				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			1:13.06
						-	· · · · · · · · · · · · · · · · · · ·	7:14.87	-		9:39.60	

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	10,		, 800m			, 2010							
				/								R.T.	
18.				10	"	"				9:41.35	434	+0,91 2	
		1:06.83				1:14.41			1:15.28			1:13.22	
	200m:	2:20.88	1:14.05	400m:	4:49.39	1:14.10	600m:	7:18.66	1:13.99	800m:	9:41.35	1:09.47	
19.				10		"	"			9:41.70	434	+0,79 2	
		1:06.81				1:13.24	500m:		1:14.44			1:14.26	
	200111.	2:21.01	1:14.20	400m:	4:48.52	1:14.27	600m:	7:16.49	1:13.53		9:41.70	1:10.95	
20.	400	4 00 00	4 00 00	10	0.00.45	"	"	0.04.04		9:44.24	428	+0,84 2	
			1:06.83 1:12.16			1:13.16 1:13.75	500m: 600m:		1:15.11 1:13.79		8:31.55 9:44.24	1:16.75 1:12.69	
24	200						000						
21.	100m:	1:07.80	1:07.80	300m:	3.34 02	1:13.81	500m:	6:04.08	1:15.03	9:45.13	426 8:32.57	+0,91 2 1:14.09	
		2:21.11	1:13.31		4:49.05	1:14.13	600m:	7:18.48	1:14.40		9:45.13	1:12.56	
22.				11		"	"			9:47.99	420	+0,82 2	
~~.	100m:	1:07.60	1:07.60		3:36.42	1:14.51	500m:	6:06.34	1:15.17			1:15.22	
			1:14.31			1:14.75	600m:		1:14.73		9:47.99	1:11.70	
23.				10						9:49.32	417	+0,87 2	
		1:07.57		300m:		1:13.92	500m:	6:05.18	1:14.82	700m:	8:36.28	1:15.59	
	200m:	2:22.44	1:14.87	400m:	4:50.36	1:14.00	600m:	7:20.69	1:15.51	800m:	9:49.32	1:13.04	
24.				12						9:52.62	410	+0,90 2	
			1:07.83			1:14.43			1:16.98		8:32.33	1:14.47	
	200m:	2:21.58	1:13.75	400m:	4:50.06	1:14.05	600m:	7:17.86	1:10.82	800m:	9:52.62	1:20.29	
25.				10						9:52.96	409	+1,00 2	
		1:04.70 2:19.74	1:04.70		3:35.81 4:52.58	1:16.07 1:16.77	500m: 600m:		1:16.29 1:16.54		8:41.60 9:52.96	1:16.19 1:11.36	
	200111.	2.19.74	1.15.04		4.32.36			7.23.41					
26.	100	4.00.40	4.00.40	10	2:40.50	5		0.44.40		0:02.12	391	+0,97 2	
		1:08.12 2:24.07			3:40.50 4:57.76	1:16.43 1:17.26	500m: 600m:		1:16.67 1:17.98		8:49.13 10:02.12	1:16.72 1:12.99	
27.				11		"	"		4	0:09.33	377	+0,99 2	
21.	100m:	1:11.05	1:11.05		3:46.47	1:17.53	500m:	6:22.57	1:17.71		8:57.56	1:16.28	
	200m:	2:28.94	1:17.89			1:18.39	600m:		1:18.71		10:09.33	1:11.77	
28.				11					1	0:09.48	377	+0,95 2	
	100m:	1:11.94	1:11.94	300m:		1:17.54			1:17.07	700m:	8:57.78	1:15.23	
	200m:	2:30.48	1:18.54	400m:	5:07.09	1:19.07	600m:	7:42.55	1:18.39	800m:	10:09.48	1:11.70	
29.				10			"	-20	11" 1	0:13.16	370	+0,99 2	
		1:09.47				1:18.71			1:17.81		8:57.47		
	200m:	2:25.64	1:16.17	400m:	5:02.67	1:18.32	600m:	7:39.89	1:19.41		10:13.16	1:15.69	
30.				10		"	"			0:18.08			
		1:14.08 2:34.05				1:19.18 1:17.99			1:17.73 1:18.11		9:05.39 10:18.08	1:18.33 1:12.69	
04													
31.	100m:	1:11.32	1.11 32	300m:	3.50 13	1:19.91	500m:	6.20.18	1:19.16	0:26.30	347 9:10.01	+0,80 2 1:20.42	
		2:30.22				1:19.89			1:20.41		10:26.30	1:16.29	
32.				13		7	7		1	0:30.33	341	+0,96 2	
JZ.	100m:	1:13.76	1:13.76		3:55.13	1:20.57		6:35.82	1:20.49		9:15.21	1:19.43	
		2:34.56				1:20.20			1:19.96		10:30.33	1:15.12	
33.				11			"	-20°	11" 1	0:44.37	319	+1,08	
		1:15.81			3:56.10	1:20.78	500m:	6:39.09	1:21.36	700m:	9:23.60	1:21.73	
	200m:	2:35.32	1:19.51	400m:	5:17.73	1:21.63	600m:	8:01.87	1:22.78	800m:	10:44.37	1:20.77	
34.				11					1	0:51.06	309	+0,86	
		1:13.79				1:22.02			1:22.71				
	200m:	2:34.31	1:20.52	400m:	5:19.19	1:22.86		8:06.04			10:51.06	1:20.94	
35.				10			"			0:51.55			
		1:14.02 2:35.83				1:21.11 1:23.05			1:23.77 1:22.58		9:31.17 10:51.55		
	∠uum:	∠.35.83	1.21.61	400M:	5.19.99	1.23.05	ouum:	0.00.34	1.22.58	ouum:	10.51.55	1.20.38	

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	10,		, 800m			, 2010						
				/							R.T.	
DSQ				12		"	ıı	-	9:28.66		+0,69 1	
	100m: 200m:	1:06.46 2:18.46			3:30.99 4:43.76	1:12.53 1:12.77		5:56.50 7:08.48		8:20.27 9:28.66	1:11.79 1:08.39	