9 , 800m 2011

06.00	9	20				, 800m						2011
8.06.2025 <b>- 17:39</b> : 9:00.00 /				: 9:46.50	) / 1	: 10:26	5.00 / 2		)			
: AQUA												
				/								R.T.
1.				11	"		"			9:20.15	619	+0,75
		1:04.85 2:14.35			3:25.20 4:36.35	1:10.85 1:11.15		5:47.52 6:58.76			8:10.15 9:20.15	1:11.39 1:10.00
2.				11						9:27.84	594	+0,86
		1:04.25 2:15.39	1:04.25 1:11.14		3:27.06 4:38.81	1:11.67 1:11.75	500m: 600m:	5:51.09 7:03.41	1:12.28 1:12.32		8:16.45 9:27.84	1:13.04 1:11.39
3.				12						9:31.39	583	+0,88
		1:06.73				1:13.65	500m:		1:13.03			1:13.01
	200m:	2:17.10	1:10.37	400m:	4:43.55	1:12.80	600m:	7:08.73	1:12.15	800m:	9:31.39	1:09.65
4.				11			"			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
		1:07.73			3:31.60	1:12.74	500m:		1:12.79			1:13.88
	200m:	2:18.86	1:11.13		4:45.15	1:13.55	600m:	7:11.63	1:13.69		9:37.88	1:12.37
6.				11		"	"	-		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		8:35.30 9:48.70	1:15.49 1:13.40
7.				11						9:53.29	521	+1,10 1
		1:10.40	1:10.40		3:41.60	1:15.75	500m:	6:11.75	1:15.03			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
	100m:	1:07.25	1:07.25		3:35.90	1:15.29	500m:	6:07.70	1:16.04			1:15.86
	200m:	2:20.61	1:13.36	400m:	4:51.66	1:15.76	600m:	7:23.42	1:15.72	800m:	9:53.99	1:14.71
9.				12						9:57.42	510	+0,97 1
		1:08.44			3:40.04	1:16.27	500m:	6:12.30	1:16.27	700m:		1:15.95
	200m:	2:23.77	1:15.33	400m:	4:56.03	1:15.99	600m:	7:28.10	1:15.80	800m:	9:57.42	1:13.37
10.				11			"	-20	11"	9:57.84	509	+1,09 1
		1:09.58	1:09.58		3:40.71		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
11.				12					•	10:05.03	491	+0,94 1
		1:10.27				1:16.41		6:17.13				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
12.				12		7				10:10.26		•
		1:12.96				1:17.81		6:23.16			8:56.91	1:16.30
	∠uum:	2:30.87	1.17.91	400M:	5:06.38		600m:	7.40.61	1:17.45		10:10.26	1:13.35
13.		_		11			"	_		10:17.52		•
		1:13.01 2:30.61				1:15.78 1:18.93		6:22.88 7:41.70			9:01.30 10:17.52	1:19.60 1:16.22
	200III.	2.30.01	1.17.00		J.UJ.JZ	1.10.93	OUUIII.	1.41.10				
14.	400	= :	4 4 5 = :	11	0.40	6	=	0.00 = :		10:19.97		+0,96 1
		1:12.54 2:30.63				1:18.40 1:18.68		6:26.84 7:45.91			9:05.10 10:19.97	1:19.19 1:14.87
	200111.	2.50.03	1.10.08		3.07.71			1.40.81				
15.	400	4.40.00	4.40.00	11	0.50.05	5		0.00 15		10:23.14		+0,88 1
		1:13.39 2:32.24				1:18.61 1:18.90		6:29.45 7:48.06			9:07.09 10:23.14	1:19.03 1:16.05
40	_00111.	52			5.55.70							
16.	100	1.40.00	1.40.00	11	2.40.40	1:10.29		6.06.00		10:23.37		+0,82 1
		1:10.92 2:29.02				1:19.38 1:19.09	500m: 600m:	6:26.69 7:46.67	1:19.20 1:19.98		9:05.70 10:23.37	1:19.03 1:17.67
4	_00111.	0.02			5.57.40	"	"					
17.	100	1.11 04	1.11 04	11	2:46 65			6.05.06		10:24.23		
		1:11.24 2:28.36				1:18.29 1:18.97		6:25.06 7:44.90			9:05.38 10:24.23	
							2001111			000111.		

, 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:		1:19.88		424 9:18.97 10:35.04	
19.		1:12.80 2:32.50			3:53.15 5:14.69			6:36.30 7:58.04	1:21.61		414 9:19.97 10:40.16	,
20.		1:14.13 2:35.07			3:57.24 5:19.19		500m: 600m:	6:42.04 8:03.88			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		500m: 600m:				406 9:24.13 10:44.26	+1,02 2 1:22.33 1:20.13
22.		1:15.25 2:36.76			4:00.33 5:24.06			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	700m: 800m:	380 9:37.50 10:58.64	
25.		1:14.72 2:38.30			4:02.34 5:27.11				1:24.25	700m: 800m:	9:38.00	+0,90 2 1:23.60 1:22.15
26.		1:17.85 2:41.53			4:06.88 5:30.86			6:54.91 8:18.77	1:24.05		369 9:42.71 11:05.11	,
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	