10 , 800m 2010 18.06.2025 - 17:52

3.06.20)25 - 17:											
: 8:17.00 /			: 9:02.50	/ 1	: 9:33.	: 9:33.50 / 2		: 10:33.50				
: AQUA	2024			,								R.T.
4				,						0-05 50	000	
1.	100m: 200m:	57.86 2:00.57	57.86 1:02.71	10 300m: 400m:	3:05.14 4:11.01	1:04.57 1:05.87	500m: 600m:	5:17.00 6:23.21	1:05.99 1:06.21	8:35.59 700m: 800m:	623 7:29.88 8:35.59	+0,81 1:06.67 1:05.71
2.	100m:	58.24	58.24	10 300m:	3:07.55	1:05.64	500m:	5:18.98	1:06.02	8:39.28 700m:	610 7:32.59	+ 0,83 1:07.49
_	200m:	2:01.91	1:03.67	400m:	4:12.96	1:05.41	600m:	6:25.10	1:06.12	800m:	8:39.28	1:06.69
3.	400	4 00 00	4 00 00	11	0.40.50	4		5 00 70	4 00 00	8:54.54	559	+0,86
	100m: 200m:	1:00.92 2:08.21	1:00.92 1:07.29	400m:	3:16.58 4:25.19	1:08.37 1:08.61	500m: 600m:	5:33.79 6:43.01	1:08.60 1:09.22		7:51.18 8:54.54	1:08.17 1:03.36
4.				10		6				8:56.38	553	+0,97
		1:02.97 2:10.25	1:02.97 1:07.28	300m: 400m:	3:19.77 4:28.88	1:09.52 1:09.11	500m: 600m:	5:36.88 6:44.56	1:08.00 1:07.68		7:52.13 8:56.38	1:07.57 1:04.25
5.				11		"	"			8:59.90	542	+0,82
	100m: 200m:	59.58 2:07.61	59.58 1:08.03		3:15.85 4:24.99	1:08.24 1:09.14	500m: 600m:	5:34.00 6:43.55	1:09.01 1:09.55	700m: 800m:	7:52.93 8:59.90	1:09.38 1:06.97
6.				10		"	"			9:00.04	542	+0,84
-		1:00.30 2:06.72	1:00.30 1:06.42	300m:	3:15.21 4:23.83	1:08.49 1:08.62	500m: 600m:	5:32.80 6:41.90	1:08.97 1:09.10	700m:	7:51.78 9:00.04	1:09.88 1:08.26
7.				10						9:03.50	532	+0,79 1
		1:00.76 2:09.81	1:00.76 1:09.05	300m:	3:18.58 4:27.25	1:08.77 1:08.67	500m: 600m:	5:36.51 6:46.63	1:09.26 1:10.12	700m:	7:56.82 9:03.50	1:10.19 1:06.68
8.				10						9:17.47	493	+0,77 1
0.		1:02.36 2:11.65	1:02.36 1:09.29	300m:	3:21.91 4:33.03	1:10.26 1:11.12	500m: 600m:	5:45.00 6:57.06	1:11.97 1:12.06	700m:	8:08.13 9:17.47	1:11.07 1:09.34
9.				11		5				9:19.75	487	+1,01 1
9.		1:05.82 2:17.06	1:05.82 1:11.24	300m:	3:27.92 4:39.03	1:10.86 1:11.11	500m: 600m:		1:10.65 1:11.00	700m:	8:11.79 9:19.75	1:11.11 1:07.96
10.				10						9:22.22	480	+0,85 1
10.		1:04.54 2:14.52	1:04.54 1:09.98	300m:	3:25.85 4:37.29	1:11.33 1:11.44	500m: 600m:	5:48.22 6:59.87	1:10.93 1:11.65	700m:	8:12.02 9:22.22	1:12.15 1:10.20
11.				11						9:23.76	476	+0,89 1
		1:04.29 2:15.42		300m:	3:26.71 4:38.32	1:11.29 1:11.61	500m: 600m:	5:50.77 7:02.58	1:12.45 1:11.81		8:15.16 9:23.76	1:12.58 1:08.60
12.				10		"	"			9:30.19	460	+0,91 1
12.		1:03.37 2:14.31	1:03.37 1:10.94	300m:	3:26.01 4:39.14	1:11.70 1:13.13	500m: 600m:	5:52.11 7:06.64	1:12.97 1:14.53	700m:		1:12.88 1:10.67
13.				11						9:30.22	460	+0,78 1
10.		1:06.22 2:17.47		300m:	3:30.88 4:43.19	1:13.41 1:12.31	500m: 600m:	5:56.59 7:09.19	1:13.40 1:12.60	700m:	8:22.19 9:30.22	1:13.00 1:08.03
14.				10						9:30.49	460	+0,87 1
		1:06.68 2:18.24		300m:	3:31.08 4:43.25	1:12.84 1:12.17	500m: 600m:	5:56.29 7:09.16	1:13.04 1:12.87	700m:	8:22.12 9:30.49	1:12.96 1:08.37
15.				10						9:37.24	444	+0,84 2
10.		1:05.58 2:17.72		300m:	3:30.92 4:43.85	1:13.20 1:12.93		5:58.02 7:12.08	1:14.17 1:14.06	700m:	8:26.60 9:37.24	1:14.52 1:10.64
16.				10		8				9:38.81	440	+0,75 2
		1:06.00 2:18.22		300m:	3:31.58 4:45.79	1:13.36 1:14.21	500m:	5:59.83 7:13.92		700m:	8:27.81 9:38.81	1:13.89 1:11.00
17.				10						9:39.60	438	+0,73 2
		1:08.78 2:22.25		300m:		1:13.28 1:13.18		6:01.16 7:14.87				1:13.06 1:11.67

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						, 10.	20.0.20	J25				
	10,		, 800m			, 2010						
				/								R.T.
18.				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			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
	100m:	1:06.81	1:06.81		3:34.25	1:13.24	500m:	6:02.96	1:14.44	700m:		1:14.26
	200m:	2:21.01	1:14.20	400m:	4:48.52	1:14.27	600m:	7:16.49	1:13.53	800m:	9:41.70	1:10.95
20.				10		II.	"			9:44.24	428	+0,84 2
	100m:	1:06.83	1:06.83		3:32.15	1:13.16	500m:	6:01.01	1:15.11			1:16.75
	200m:		1:12.16	400m:	4:45.90	1:13.75	600m:		1:13.79		9:44.24	1:12.69
21.				11						9:45.13	426	+0,91 2
	100m:	1:07.80	1:07.80		3:34.92	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
22.				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
23.				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			
	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
	100m:	1:07.83	1:07.83		3:36.01	1:14.43	500m:	6:07.04	1:16.98		8:32.33	
	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
	100m:	1:04.70	1:04.70		3:35.81	1:16.07	500m:	6:08.87	1:16.29			1:16.19
	200m:	2:19.74	1:15.04	400m:	4:52.58	1:16.77			1:16.54		9:52.96	1:11.36
26.				10		5	;		1	10:02.12	391	+0,97 2
_0.	100m:	1:08.12	1:08.12		3:40.50	1:16.43		6:14.43		700m:	8:49.13	1:16.72
	200m:	2:24.07	1:15.95	400m:	4:57.76	1:17.26	600m:	7:32.41	1:17.98	800m:	10:02.12	1:12.99
27.				11		II.	ıı ı		1	10:09.33	377	+0,99 2
	100m:	1:11.05	1:11.05		3:46.47	1:17.53	500m:	6:22.57			8:57.56	
	200m:	2:28.94	1:17.89	400m:	5:04.86	1:18.39	600m:	7:41.28	1:18.71	800m:	10:09.33	1:11.77
28.				11					1	10:09.48	377	+0,95 2
	100m:	1:11.94	1:11.94		3:48.02	1:17.54	500m:	6:24.16			8:57.78	
	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			II .	-20°	11" 1	10:13.16	370	+0,99 2
		1:09.47	1:09.47		3:44.35	1:18.71	500m:		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	800m:	10:13.16	1:15.69
30.				10		II .	II.		1	10:18.08	361	+0,93 2
		1:14.08			3:53.23			6:28.95			9:05.39	
	200m:	2:34.05	1:19.97	400m:	5:11.22	1:17.99	600m:	7:47.06	1:18.11	800m:	10:18.08	1:12.69
31.				13					1	10:26.30	347	+0,80 2
		1:11.32				1:19.91		6:29.18			9:10.01	1:20.42
	200m:	2:30.22	1:18.90	400m:	5:10.02	1:19.89	600m:	7:49.59	1:20.41	800m:	10:26.30	1:16.29
32.				13		7	•		1	10:30.33	341	+0,96 2
		1:13.76			3:55.13	1:20.57		6:35.82			9:15.21	1:19.43
	200m:	2:34.56	1:20.80	400m:	5:15.33	1:20.20	600m:	7:55.78	1:19.96	800m:	10:30.33	1:15.12
33.				11			"	-20	11" 1	10:44.37	319	+1,08
			1:15.81		3:56.10		500m:		1:21.36			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	10:51.06	309	+0,86
		1:13.79				1:22.02		6:41.90			9:30.12	
	200m:	2:34.31	1:20.52	400m:	5:19.19	1:22.86	600m:	8:06.04	1:24.14	800m:	10:51.06	1:20.94
35.				10		"	"			10:51.55	308	+0,77
		1:14.02			3:56.94		500m:		1:23.77		9:31.17	
	200m:	2:35.83	1:21.81	400m:	5:19.99	1:23.05	600m:	8:06.34	1:22.58	800m:	10:51.55	1:20.38

, 18. - 20.6.2025

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	10,		, 800m			, 2010							
				/								R.T.	
DSQ				12		"	"	-	9	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		700m: 800m:	8:20.27 9:28.66	1:11.79 1:08.39	