



1 - 5 ИЮЛЯ 2025





10 , 1500m 02.07.2025 - 18:11

15:20.48 Ledecky Kathleen	USA	Indianapolis (USA)	2018
15:38.88 Friis Lotte	DEN	Barcelona (ESP)	2013
16:40.60	BLR	???	1982
17:05.81			2021

	: 16:10.23 /	: 17:4	5.00 /	: 19:48.	00							
: A	QUA 2025											
				/						R.T.		
4				04							17.10.70	710
1.	F0	24.44	24.44		E:04 77	24.56	050	0.40.05	24.02	+1,08	17:10.78	<b>712</b> 34.57
	50m:	31.11	31.11	450m:	5:04.77	34.56	850m:	9:42.05	34.82 35.13		14:21.21 14:56.44	
	100m:	1:04.71	33.60	500m:	5:39.44	34.67		10:17.18				35.23
	150m:	1:38.53	33.82	550m:	6:13.73	34.29		10:51.65	34.47		15:30.92	34.48
	200m:	2:12.88	34.35	600m:	6:48.36	34.63		11:26.88	35.23		16:05.58	34.66
	250m:	2:47.19	34.31	650m:	7:22.91	34.55		12:01.90	35.02		16:38.40	32.82
	300m:	3:21.51	34.32	700m:	7:57.55	34.64		12:37.14	35.24	1500m:	17:10.78	32.38
	350m:	3:55.82	34.31	750m:	8:32.39	34.84		13:11.76	34.62			
	400m:	4:30.21	34.39	800m:	9:07.23	34.84	1200m:	13:46.64	34.88			
2.				80						+0,80	18:11.50	599
	50m:	32.41	32.41	450m:	5:20.20	36.34	850m:	10:12.59	36.35	1250m:	15:07.85	36.88
	100m:	1:07.81	35.40	500m:	5:56.53	36.33	900m:	10:49.70	37.11		15:45.01	37.16
	150m:	1:43.66	35.85	550m:	6:33.14	36.61	950m:	11:26.34	36.64	1350m:	16:22.05	37.04
	200m:	2:19.26	35.60	600m:	7:09.54	36.40	1000m:	12:03.28	36.94		16:58.89	36.84
	250m:	2:55.30	36.04	650m:	7:46.17	36.63	1050m:	12:39.97	36.69	1450m:	17:35.79	36.90
	300m:	3:31.24	35.94	700m:	8:23.08	36.91	1100m:	13:17.26	37.29	1500m:	18:11.50	35.71
	350m:	4:07.41	36.17	750m:	8:59.46	36.38	1150m:	13:54.10	36.84			
	400m:	4:43.86	36.45	800m:	9:36.24	36.78	1200m:	14:30.97	36.87			
3.				09						+0.84	18:22.97	581
٥.	50m:	31.98	31.98	450m:	5:21.27	36.90	850m·	10:18.42	37.59	- , -	15:17.95	38.11
	100m:	1:06.92	34.94	500m:	5:58.05	36.78		10:55.56	37.14		15:55.16	37.21
	150m:	1:42.37	35.45	550m:	6:34.93	36.88		11:32.85	37.29		16:32.55	37.39
	200m:	2:18.58	36.21	600m:	7:12.07	37.14		12:10.06	37.21		17:09.76	37.21
	250m:	2:54.78	36.20	650m:	7:49.26	37.19		12:47.56	37.50		17:47.55	37.79
	300m:	3:31.06	36.28	700m:	8:26.46	37.20		13:24.89	37.33		18:22.97	35.42
	350m:	4:07.58	36.52	750m:	9:03.36	36.90		14:02.04	37.15			001.12
	400m:	4:44.37	36.79	800m:	9:40.83	37.47	1200m:	14:39.84	37.80			
4.				10						+0,89	18:30.08	570
٦.	50m:	32.63	32.63	450m:	5:25.15	36.77	850m·	10:22.76	37.51	,	15:23.51	38.09
	100m:	1:08.42	35.79	500m:	6:02.25	37.10		10:59.90	37.14		16:01.28	37.77
	150m:	1:44.74	36.32	550m:	6:39.47	37.10		11:36.92	37.14		16:38.55	37.27
	200m:	2:21.32	36.58	600m:	7:16.67	37.22		12:14.39	37.02		17:16.50	37.27
	250m:	2:58.07	36.75	650m:	7:53.53	36.86		12:51.91	37.52		17:10:30	37.29
	300m:	3:34.82	36.75	700m:	8:30.53	37.00		13:29.68	37.77		18:30.08	36.29
	350m:	4:11.37	36.55	750m:	9:07.70	37.00		14:07.47	37.77	1000111.	.0.00.00	50.25
	400m:	4:48.38	37.01	800m:	9:45.25	37.55		14:45.42	37.75			
	100111.	10.00	01.01	000111.	5.10.20	01.00	1200111.		01.00			

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				/						R.T.		
5.				10						+1,02	18:33.94	564
٥.	50m:	33.25	33.25	450m:	5:28.99	37.39	850m·	10:28.11	37.27	,	15:28.49	37.69
	100m:	1:08.83	35.58	500m:	6:06.54	37.55		11:05.66	37.55		16:06.35	37.86
	150m:	1:45.60	36.77	550m:	6:43.93	37.39		11:42.97	37.31		16:43.84	37.49
	200m:	2:22.48	36.88	600m:	7:21.36	37.43	1000m:	12:20.25	37.28	1400m:	17:21.47	37.63
	250m:	2:59.55	37.07	650m:	7:55.80	34.44	1050m:	12:57.77	37.52	1450m:	17:58.21	36.74
	300m:	3:36.96	37.41	700m:	8:36.19	40.39	1100m:	13:35.39	37.62	1500m:	18:33.94	35.73
	350m:	4:14.17	37.21	750m:	9:13.64	37.45	1150m:	14:13.16	37.77			
	400m:	4:51.60	37.43	800m:	9:50.84	37.20	1200m:	14:50.80	37.64			
6.				08						+0,93	18:46.51	545
	50m:	33.16	33.16	450m:	5:24.94	37.11	850m:	10:25.89	38.36	1250m:	15:36.54	39.45
	100m:	1:08.72	35.56	500m:	6:02.22	37.28	900m:	11:04.14	38.25	1300m:	16:15.08	38.54
	150m:	1:45.00	36.28	550m:	6:40.13	37.91	950m:	11:43.08	38.94	1350m:	16:53.55	38.47
	200m:	2:20.96	35.96	600m:	7:16.99	36.86	1000m:	12:21.54	38.46	1400m:	17:31.76	38.21
	250m:	2:57.49	36.53	650m:	7:54.44	37.45		13:00.07	38.53		18:09.93	38.17
	300m:	3:33.84	36.35	700m:	8:31.89	37.45		13:39.15	39.08	1500m:	18:46.51	36.58
	350m:	4:10.87	37.03	750m:	9:09.47	37.58		14:18.16	39.01			
	400m:	4:47.83	36.96	800m:	9:47.53	38.06	1200m:	14:57.09	38.93			
7.				11						+0,80	18:51.41	538
	50m:	33.52	33.52	450m:	5:32.02	37.91	850m:	10:36.41	38.49	1250m:	15:42.68	38.76
	100m:	1:09.92	36.40	500m:	6:09.17	37.15	900m:	11:14.18	37.77	1300m:	16:20.20	37.52
	150m:	1:46.77	36.85	550m:	6:47.18	38.01	950m:	11:52.74	38.56	1350m:	16:58.77	38.57
	200m:	2:24.19	37.42	600m:	7:24.95	37.77		12:30.48	37.74		17:36.67	37.90
	250m:	3:01.39	37.20	650m:	8:02.95	38.00		13:08.80	38.32		18:14.63	37.96
	300m:	3:38.73	37.34	700m:	8:41.01	38.06		13:47.14	38.34	1500m:	18:51.41	36.78
	350m: 400m:	4:16.76 4:54.11	38.03 37.35	750m:	9:19.78	38.77		14:26.05	38.91 37.87			
	400111.	4.34.11	37.33	800m:	9:57.92	38.14	1200111.	15:03.92	31.01			
8.				09						+0,86	19:08.47	514
	50m:	32.22	32.22	450m:	5:31.51	38.15	850m:	10:40.76	38.69	1250m:	15:54.43	39.52
	100m:	1:08.07	35.85	500m:	6:09.49	37.98		11:19.87	39.11		16:33.82	39.39
	150m:	1:44.62	36.55	550m:	6:47.81	38.32		11:58.89	39.02		17:13.02	39.20
	200m:	2:21.71	37.09	600m:	7:26.62	38.81		12:38.33	39.44		17:53.17	40.15
	250m:	2:59.49	37.78	650m:	8:05.34	38.72		13:17.05	38.72		18:31.25	38.08
	300m:	3:37.29	37.80	700m:		39.04		13:56.43	39.38	1500m:	19:08.47	37.22
	350m: 400m:	4:15.15 4:53.36	37.86	750m:	9:23.00 10:02.07	38.62		14:35.43 15:14.91	39.00 39.48			
	400111.	4.33.30	38.21	600III.	10.02.07	39.07	1200111.	13.14.91	39.40			
9.				10						+0,94	19:15.33	505
	50m:	33.29	33.29	450m:	5:40.60	39.06	850m:	10:53.51	39.48	1250m:	16:04.08	39.13
	100m:	1:10.71	37.42	500m:	6:19.63	39.03		11:32.19	38.68		16:42.99	38.91
	150m:	1:48.88	38.17	550m:	6:59.03	39.40		12:11.09	38.90		17:21.25	38.26
	200m:	2:26.41	37.53	600m:	7:38.18	39.15		12:49.96	38.87		17:59.99	38.74
	250m:	3:05.50	39.09	650m:	8:17.07	38.89		13:28.51	38.55		18:38.02	38.03
	300m:	3:44.30	38.80	700m:	8:55.95	38.88		14:07.15	38.64	1500m:	19:15.33	37.31
	350m:	4:23.01	38.71	750m:	9:35.19	39.24		14:46.19	39.04			
	400m:	5:01.54	38.53	800m:	10:14.03	38.84	1∠00m:	15:24.95	38.76			

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				/						R.T.		
10.				10						+0,77	19:24.04	494
	50m:	34.26	34.26	450m:	5:40.38	39.08	850m:	10:55.12	39.54	1250m:	16:11.33	39.56
	100m:	1:11.00	36.74	500m:	6:19.35	38.97		11:34.86	39.74		16:50.67	39.34
	150m:	1:48.63	37.63	550m:	6:58.56	39.21	950m:	12:14.80	39.94		17:29.98	39.31
	200m:	2:26.83	38.20	600m:	7:37.64	39.08	1000m:	12:54.39	39.59	1400m:	18:08.95	38.97
	250m:	3:05.38	38.55	650m:	8:16.99	39.35	1050m:	13:34.12	39.73	1450m:	18:47.24	38.29
	300m:	3:44.02	38.64	700m:	8:56.68	39.69	1100m:	14:13.20	39.08	1500m:	19:24.04	36.80
	350m:	4:22.55	38.53	750m:	9:36.05	39.37	1150m:	14:52.66	39.46			
	400m:	5:01.30	38.75	800m:	10:15.58	39.53	1200m:	15:31.77	39.11			
11.				09						+0.94	19:26.64	491
	50m:	34.73	34.73	450m:	5:42.18	38.42	850m:	10:52.68	39.08	,	16:11.02	39.60
	100m:	1:12.43	37.70	500m:	6:21.06	38.88		11:32.12	39.44		16:51.02	40.00
	150m:	1:50.35	37.92	550m:	6:59.83	38.77		12:11.30	39.18		17:30.87	39.85
	200m:	2:28.76	38.41	600m:	7:38.52	38.69	1000m:	12:50.98	39.68	1400m:	18:10.33	39.46
	250m:	3:07.34	38.58	650m:	8:17.12	38.60	1050m:	13:30.94	39.96	1450m:	18:48.70	38.37
	300m:	3:46.27	38.93	700m:	8:55.79	38.67	1100m:	14:10.49	39.55	1500m:	19:26.64	37.94
	350m:	4:24.84	38.57	750m:	9:34.79	39.00	1150m:	14:50.99	40.50			
	400m:	5:03.76	38.92	800m:	10:13.60	38.81	1200m:	15:31.42	40.43			
12.				07						+1,04	19:30.34	486
	50m:	32.59	32.59	450m:	5:38.37	38.93	850m:	10:54.30	39.54	1250m:	16:13.37	40.43
	100m:	1:09.76	37.17	500m:	6:17.69	39.32	900m:	11:34.19	39.89	1300m:	16:53.41	40.04
	150m:	1:46.80	37.04	550m:	6:57.19	39.50	950m:	12:16.19	42.00	1350m:	17:33.84	40.43
	200m:	2:25.20	38.40	600m:	7:37.22	40.03		12:53.19	37.00		18:13.44	39.60
	250m:	3:03.00	37.80	650m:	8:15.62	38.40	1050m:	13:32.37	39.18	1450m:	18:53.12	39.68
	300m:	3:41.79	38.79	700m:	8:55.87	40.25	1100m:	14:12.59	40.22	1500m:	19:30.34	37.22
	350m:	4:20.62	38.83	750m:	9:35.16	39.29	1150m:	14:52.91	40.32			
	400m:	4:59.44	38.82	800m:	10:14.76	39.60	1200m:	15:32.94	40.03			
13.				09						+0,89	19:33.31	482
	50m:	34.91	34.91	450m:	5:46.07	39.23	850m:	11:01.05	39.64	1250m:	16:19.99	39.80
	100m:	1:12.92	38.01	500m:	6:25.14	39.07	900m:	11:40.70	39.65	1300m:	16:59.66	39.67
	150m:	1:52.02	39.10	550m:	7:04.24	39.10	950m:	12:20.52	39.82	1350m:	17:39.52	39.86
	200m:	2:30.58	38.56	600m:	7:42.91	38.67	1000m:	13:00.39	39.87	1400m:	18:18.53	39.01
	250m:	3:09.78	39.20	650m:	8:22.15	39.24	1050m:	13:40.38	39.99	1450m:	18:57.24	38.71
	300m:	3:48.73	38.95	700m:	9:01.56	39.41	1100m:	14:20.28	39.90	1500m:	19:33.31	36.07
	350m:	4:28.06	39.33	750m:	9:41.71	40.15	1150m:	15:00.24	39.96			
	400m:	5:06.84	38.78	800m:	10:21.41	39.70	1200m:	15:40.19	39.95			
14.				09						+0,84	19:33.37	482
	50m:	34.21	34.21	450m:	5:46.85	39.61	850m:	11:02.73	39.46	1250m:	16:20.26	39.74
	100m:	1:12.50	38.29	500m:	6:25.66	38.81	900m:	11:42.40	39.67		16:59.38	39.12
	150m:	1:51.24	38.74	550m:	7:05.76	40.10	950m:	12:22.25	39.85	1350m:	17:39.27	39.89
	200m:	2:30.21	38.97	600m:	7:44.78	39.02	1000m:	13:01.83	39.58	1400m:	18:18.33	39.06
	250m:	3:09.60	39.39	650m:	8:23.97	39.19		13:41.84	40.01	1450m:	18:56.96	38.63
	300m:	3:48.41	38.81	700m:	9:03.58	39.61		14:21.14	39.30	1500m:	19:33.37	36.41
	350m:	4:28.01	39.60	750m:	9:43.26	39.68		15:01.17	40.03			
	400m:	5:07.24	39.23	800m:	10:23.27	40.01	1200m:	15:40.52	39.35			

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				/						R.T.		
15.				11						+1,11	19:39.90	474
	50m:	34.70	34.70	450m: 5:4	7.57 3	9.22	850m:	11:08.68	39.62	•	16:25.01	39.11
	100m:	1:12.23	37.53	500m: 6:2	28.67 4	1.10	900m:	11:48.78	40.10	1300m:	17:04.67	39.66
	150m:	1:51.08	38.85	550m: 7:0	7.36 3	8.69	950m:	12:29.17	40.39	1350m:	17:44.45	39.78
	200m:	2:30.49	39.41	600m: 7:4	7.15 3	9.79	1000m:	13:10.30	41.13	1400m:	18:23.94	39.49
	250m:	3:09.61	39.12		-			13:48.33	38.03		19:01.81	37.87
	300m:	3:48.89	39.28					14:27.72	39.39	1500m:	19:39.90	38.09
	350m:	4:28.49	39.60					15:06.78	39.06			
	400m:	5:08.35	39.86	800m: 10:2	29.06 4	0.13	1200m:	15:45.90	39.12			
16.				08						+0,87	19:50.31	462
	50m:	34.21	34.21	450m: 5:5	0.62 3	9.98	850m:	11:09.35	39.20	1250m:	16:32.34	40.64
	100m:	1:12.27	38.06			0.62		11:49.50	40.15		17:13.28	40.94
	150m:	1:51.26	38.99			9.78		12:29.79	40.29		17:53.77	40.49
	200m:	2:31.03	39.77					13:10.36	40.57		18:33.99	40.22
	250m:	3:10.87	39.84					13:50.49	40.13		19:12.82	38.83
	300m:	3:50.95	40.08					14:30.76	40.27	1500m:	19:50.31	37.49
	350m:	4:30.65	39.70					15:11.28	40.52			
	400m:	5:10.64	39.99	800m: 10:3	30.15 3	9.80	1200m:	15:51.70	40.42			
17.				09						+1,04	19:51.81	460
	50m:	33.61	33.61	450m: 5:3	37.52	9.02	850m:	10:57.12	41.08	1250m:	16:28.56	42.22
	100m:	1:10.49	36.88	500m: 6:1	7.42 3	9.90	900m:	11:38.05	40.93	1300m:	17:10.08	41.52
	150m:	1:47.62	37.13	550m: 6:5	6.26 3	8.84	950m:	12:19.66	41.61	1350m:	17:52.67	42.59
	200m:	2:24.68	37.06					13:00.97	41.31		18:33.05	40.38
	250m:	3:02.69	38.01					13:42.37	41.40		19:12.84	39.79
	300m:	3:41.10	38.41					14:23.82	41.45	1500m:	19:51.81	38.97
	350m:	4:19.60	38.50		-	-		15:05.16	41.34			
	400m:	4:58.50	38.90	800m: 10:1	6.04 4	0.60	1200m:	15:46.34	41.18			
18.				89						+1,47	19:59.01	452
	50m:	35.13	35.13	450m: 5:4	5.20 3	6.38	850m:	11:12.05	40.38	1250m:	16:37.20	42.07
	100m:	1:13.16	38.03	500m: 6:2	29.72 4	4.52	900m:	11:52.41	40.36	1300m:	17:16.92	39.72
	150m:	1:52.25	39.09	550m: 7:0	8.56 3	8.84	950m:	12:32.91	40.50	1350m:	17:58.20	41.28
	200m:	2:31.37	39.12	600m: 7:5	50.07 4	-		13:13.31	40.40		18:39.22	41.02
	250m:	3:09.75	38.38					13:54.50	41.19		19:19.52	40.30
	300m:	3:50.57	40.82					14:34.60	40.10	1500m:	19:59.01	39.49
	350m:	4:27.34	36.77					15:15.20	40.60			
	400m:	5:08.82	41.48	800m: 10:3	31.67 4	2.85	1200m:	15:55.13	39.93			

ZhongYongShares

















