

02.11.2024 18 , 200m

										R.T.		
		(14-15)										
1.				2009	"	"	-			+0,81	2:03.23	60,00
	25m:	13.98	13.98	75m:	45.04	15.52	125m:	1:16.53	15.54	175m:	1:47.89	15.72
	50m:	29.52	15.54	100m:	1:00.99	15.95	150m:	1:32.17	15.64	200m:	2:03.23	15.34
2.				2009			MY CHAMPS			+0,68	2:07.94	52,00
	25m:	13.82	13.82	75m:	45.52	15.93	125m:	1:18.00	16.29	175m:	1:51.43	16.87
	50m:	29.59	15.77	100m:	1:01.71	16.19	150m:	1:34.56	16.56	200m:	2:07.94	16.51
3.				2009						+0,79	2:10.25	45,00
	25m:	14.22	14.22	75m:	46.48	16.36	125m:	1:20.19	16.86	175m:	1:54.39	17.15
	50m:	30.12	15.90	100m:	1:03.33	16.85	150m:	1:37.24	17.05	200m:	2:10.25	15.86
4.				2010	I		10 "	"		+0,84	2:12.30	I 41,00
	25m:	15.37	15.37	75m:	48.72	16.61	125m:	1:22.37	16.46	175m:	1:56.14	16.81
	50m:	32.11	16.74	100m:	1:05.91	17.19	150m:	1:39.33	16.96	200m:	2:12.30	16.16
5.				2009		"	"			+0,63	2:12.81	I 37,00
	25m:	14.46	14.46	75m:	46.71	16.26	125m:	1:21.22	17.51	175m:	1:56.44	17.66
	50m:	30.45	15.99	100m:	1:03.71	17.00	150m:	1:38.78	17.56	200m:	2:12.81	16.37
6.				2010	I					+0,77	2:12.88	I 33,00
	25m:	14.37	14.37	75m:	47.61	16.93	125m:	1:22.25	17.21	175m:	1:56.84	16.73
	50m:	30.68	16.31	100m:	1:05.04	17.43	150m:	1:40.11	17.86	200m:	2:12.88	16.04
7.				2009						+0,62	2:13.06	I 30,00
	25m:	14.00	14.00	75m:	47.30	16.89	125m:	1:22.17	17.33	175m:	1:56.79	17.01
	50m:	30.41	16.41	100m:	1:04.84	17.54	150m:	1:39.78	17.61	200m:	2:13.06	16.27
8.				2009	I					+0,75	2:13.71	I 27,00
	25m:	14.45	14.45	75m:	47.38	16.60	125m:	1:21.97	17.31	175m:	1:57.09	17.44
	50m:	30.78	16.33	100m:	1:04.66	17.28	150m:	1:39.65	17.68	200m:	2:13.71	16.62
9.				2010		"	"	-		+0,56	2:14.19	I 24,00
	25m:	14.72	14.72	75m:	47.82	16.65	125m:	1:22.12	17.32	175m:	1:57.25	17.44
	50m:	31.17	16.45	100m:	1:04.80	16.98	150m:	1:39.81	17.69	200m:	2:14.19	16.94
10.				2009		"	"			+0,58	2:14.34	I 22,00
	25m:	14.43	14.43	75m:	47.32	16.84	125m:	1:21.60	17.37	175m:	1:57.17	17.97
	50m:	30.48	16.05	100m:	1:04.23	16.91	150m:	1:39.20	17.60	200m:	2:14.34	17.17
11.				2010			MY CHAMPS			+0,59	2:14.80	I 20,00
	25m:	14.33	14.33	75m:	46.79	16.51	125m:	1:21.78	17.87	175m:	1:57.99	17.75
	50m:	30.28	15.95	100m:	1:03.91	17.12	150m:	1:40.24	18.46	200m:	2:14.80	16.81
12.				2009	I					+0,78	2:15.42	I 18,00
	25m:	15.35	15.35	75m:	1:58.69	1:26.80	150m:	1:41.04	35.01	175m:		
	50m:	31.89	16.54	100m:	1:06.03		200m:	2:15.42	34.38	200m:		
13.				2009		"	"			+0,68	2:16.48	I 16,00
	25m:	15.09	15.09	75m:	48.80	17.11	125m:	1:23.86	17.63	175m:	1:59.94	17.94
	50m:	31.69	16.60	100m:	1:06.23	17.43	150m:	1:42.00	18.14	200m:	2:16.48	16.54
14.				2009	I					+0,73	2:17.44	I 14,00
	25m:	14.84	14.84	75m:	48.36	17.12	125m:	1:23.78	17.89	175m:	2:00.03	18.39
	50m:	31.24	16.40	100m:	1:05.89	17.53	150m:	1:41.64	17.86	200m:	2:17.44	17.41
15.				2009	I					+0,66	2:18.14	I 12,00
	25m:	14.80	14.80	75m:	48.37	17.19	125m:	1:23.47	17.77	175m:	1:59.99	18.38
	50m:	31.18	16.38	100m:	1:05.70	17.33	150m:	1:41.61	18.14	200m:	2:18.14	18.15
16.				2010	I		"	"		+0,69	2:18.19	I 10,00
	25m:	14.62	14.62	75m:	47.77	16.72	125m:	1:23.43	17.88	175m:	2:00.26	18.36
	50m:	31.05	16.43	100m:	1:05.55	17.78	150m:	1:41.90	18.47	200m:	2:18.19	17.93
17.				2010	I		10 "	"		+0,81	2:18.49	I 9,00
	25m:	15.18	15.18	75m:	50.12	17.50	125m:	1:25.58	17.76	175m:	2:01.36	17.45
	50m:	32.62	17.44	100m:	1:07.82	17.70	150m:	1:43.91	18.33	200m:	2:18.49	17.13
18.				2009	I		MY CHAMPS			+0,70	2:22.37	I 8,00
	25m:	14.97	14.97	75m:	49.26	17.23	125m:	1:25.60	18.47	175m:	2:03.75	19.14
	50m:	32.03	17.06	100m:	1:07.13	17.87	150m:	1:44.61	19.01	200m:	2:22.37	18.62
19.				2010	I		"	"		+0,79	2:22.88	I 7,00
	25m:	15.28	15.28	75m:	51.20	18.39	125m:	1:27.77	18.29	175m:	2:05.19	18.73
	50m:	32.81	17.53	100m:	1:09.48	18.28	150m:	1:46.46	18.69	200m:	2:22.88	17.69
20.				2010			1			+0,64	2:23.24	I 6,00
21.				2010	I					+0,72	2:26.74	I 5,00
	25m:	15.80	15.80	75m:	52.28	18.69	125m:	1:29.81	18.42	175m:	2:08.39	19.14
	50m:	33.59	17.79	100m:	1:11.39	19.11	150m:	1:49.25	19.44	200m:	2:26.74	18.35

18, , 200m , (14-15)

										R.T.			
22.	/			2010	III					+0,85	2:32.68	I	4,00
	25m:	15.68	15.68	75m:	51.46	18.23	125m:	1:30.37	19.57	175m:	2:12.14	20.85	
	50m:	33.23	17.55	100m:	1:10.80	19.34	150m:	1:51.29	20.92	200m:	2:32.68	20.54	
23.				2010	I					+0,80	2:32.70	I	3,00
	25m:	16.27	16.27	75m:	53.75	18.92	125m:	1:33.09	19.68	175m:	2:13.46	19.92	
	50m:	34.83	18.56	100m:	1:13.41	19.66	150m:	1:53.54	20.45	200m:	2:32.70	19.24	
24.				2009	I	STORM				+0,65	2:37.68	III	2,00
	25m:	15.87	15.87	75m:	53.86	19.38	125m:	1:34.90	20.69	175m:	2:17.10	20.85	
	50m:	34.48	18.61	100m:	1:14.21	20.35	150m:	1:56.25	21.35	200m:	2:37.68	20.58	
25.				2009	III						2:37.70	III	1,00
26.				2009	I					+0,89	2:41.76	III	-

(16-18)

1.				2007						+0,74	2:05.29		60,00
	25m:	13.83	13.83	75m:	44.90	15.81	125m:	1:17.44	16.42	175m:	1:50.49	16.59	
	50m:	29.09	15.26	100m:	1:01.02	16.12	150m:	1:33.90	16.46	200m:	2:05.29	14.80	
2.				2008						+0,65	2:06.01		52,00
	25m:	13.63	13.63	75m:	44.60	15.58	125m:	1:16.85	16.09	175m:	1:49.81	16.43	
	50m:	29.02	15.39	100m:	1:00.76	16.16	150m:	1:33.38	16.53	200m:	2:06.01	16.20	
3.				2007						+0,76	2:10.25		45,00
	25m:	14.59	14.59	75m:	46.42	16.09	125m:	1:19.44	16.60	175m:	1:53.74	17.25	
	50m:	30.33	15.74	100m:	1:02.84	16.42	150m:	1:36.49	17.05	200m:	2:10.25	16.51	
4.				2007						+0,70	2:10.71		41,00
	25m:	14.08	14.08	75m:	45.73	15.98	125m:	1:19.31	16.77	175m:	1:53.63	17.22	
	50m:	29.75	15.67	100m:	1:02.54	16.81	150m:	1:36.41	17.10	200m:	2:10.71	17.08	
5.				2008		MY CHAMPS				+0,72	2:13.98	I	37,00
	25m:	14.13	14.13	75m:	47.51	16.89	125m:	1:22.25	17.18	175m:	1:57.19	16.93	
	50m:	30.62	16.49	100m:	1:05.07	17.56	150m:	1:40.26	18.01	200m:	2:13.98	16.79	
19													
1.				1998						+0,73	2:00.88		60,00
	25m:	13.15	13.15	75m:	43.26	15.29	125m:	1:13.72	15.37	175m:	1:45.39	16.03	
	50m:	27.97	14.82	100m:	58.35	15.09	150m:	1:29.36	15.64	200m:	2:00.88	15.49	
2. JO Yu Mi				2004	PRK					+0,77	2:15.25	I	52,00
	25m:	14.46	14.46	75m:	47.00	16.48	125m:	1:21.69	17.53	175m:	1:57.73	20.12	
	50m:	30.52	16.06	100m:	1:04.16	17.16	150m:	1:37.61	15.92	200m:	2:15.25	17.52	