

04.11.2024 57 , 400m

										R.T.			
		(14-15)											
1.				2010		1				+0,71	4:31.01	I	60,00
	25m:	14.84	14.84	125m:	1:22.75	17.25	225m:	2:32.35	17.34	325m:	3:41.28	16.93	
	50m:	31.19	16.35	150m:	1:40.29	17.54	250m:	2:49.59	17.24	350m:	3:58.44	17.16	
	75m:	48.08	16.89	175m:	1:57.60	17.31	275m:	3:07.09	17.50	375m:	4:15.40	16.96	
	100m:	1:05.50	17.42	200m:	2:15.01	17.41	300m:	3:24.35	17.26	400m:	4:31.01	15.61	
2.				2009		MY CHAMPS				+0,71	4:31.35	I	52,00
	25m:	14.11	14.11	125m:	1:20.96	17.43	225m:	2:31.60	17.53	325m:	3:41.28	17.06	
	50m:	30.11	16.00	150m:	1:38.66	17.70	250m:	2:49.18	17.58	350m:	3:58.50	17.22	
	75m:	46.54	16.43	175m:	1:56.37	17.71	275m:	3:06.88	17.70	375m:	4:15.74	17.24	
	100m:	1:03.53	16.99	200m:	2:14.07	17.70	300m:	3:24.22	17.34	400m:	4:31.35	15.61	
3.				2009		" "				+0,70	4:37.25	I	45,00
	25m:	14.42	14.42	125m:	1:22.23	17.68	225m:	2:33.91	17.84	375m:	4:20.82	35.29	
	50m:	30.66	16.24	150m:	1:40.23	18.00	275m:	3:09.93	36.02	400m:	4:37.25	16.43	
	75m:	47.34	16.68	175m:	1:57.99	17.76	300m:	3:27.80	17.87				
	100m:	1:04.55	17.21	200m:	2:16.07	18.08	325m:	3:45.53	17.73				
4.				2010		" "				+0,59	4:37.95	I	41,00
	25m:	15.46	15.46	125m:	1:25.02	17.56	225m:	2:35.62	17.58	325m:	3:46.38	17.27	
	50m:	32.38	16.92	150m:	1:42.61	17.59	250m:	2:53.30	17.68	350m:	4:03.40	17.02	
	75m:	49.78	17.40	175m:	2:00.37	17.76	275m:	3:11.16	17.86	375m:	4:20.85	17.45	
	100m:	1:07.46	17.68	200m:	2:18.04	17.67	300m:	3:29.11	17.95	400m:	4:37.95	17.10	
5.				2009		" "				+0,76	4:40.06	I	37,00
	25m:	15.28	15.28	150m:	1:42.46	17.99	250m:	2:54.31	18.25	350m:	4:05.87	18.01	
	75m:	49.17	33.89	175m:	2:00.28	17.82	275m:	3:12.20	17.89	375m:	4:23.55	17.68	
	100m:	1:06.81	17.64	200m:	2:18.33	18.05	300m:	3:30.17	17.97	400m:	4:40.06	16.51	
	125m:	1:24.47	17.66	225m:	2:36.06	17.73	325m:	3:47.86	17.69				
6.				2010	I	10 "	"			+0,69	4:41.92	I	33,00
	25m:	15.55	15.55	125m:	1:26.24	17.66	225m:	2:38.24	17.77	325m:	3:50.23	17.86	
	50m:	32.66	17.11	150m:	1:44.30	18.06	250m:	2:56.29	18.05	350m:	4:08.26	18.03	
	75m:	50.48	17.82	175m:	2:02.46	18.16	275m:	3:13.85	17.56	375m:	4:25.98	17.72	
	100m:	1:08.58	18.10	200m:	2:20.47	18.01	300m:	3:32.37	18.52	400m:	4:41.92	15.94	
7.				2009		" "				+0,76	4:42.29	I	30,00
	25m:	14.40	14.40	125m:	1:23.55	17.70	225m:	2:35.99	18.20	325m:	3:49.31	18.02	
	50m:	31.43	17.03	150m:	1:41.62	18.07	250m:	2:54.50	18.51	350m:	4:07.93	18.62	
	75m:	48.46	17.03	175m:	1:59.52	17.90	275m:	3:12.81	18.31	375m:	4:26.02	18.09	
	100m:	1:05.85	17.39	200m:	2:17.79	18.27	300m:	3:31.29	18.48	400m:	4:42.29	16.27	
8.				2010	I	" "	"			+0,58	4:42.66	I	27,00
	25m:	14.96	14.96	125m:	1:24.19	17.63	225m:	2:36.03	18.06	325m:	3:48.69	18.37	
	50m:	31.68	16.72	150m:	1:42.04	17.85	250m:	2:54.17	18.14	350m:	4:07.23	18.54	
	75m:	49.02	17.34	175m:	1:59.99	17.95	275m:	3:12.16	17.99	375m:	4:25.20	17.97	
	100m:	1:06.56	17.54	200m:	2:17.97	17.98	300m:	3:30.32	18.16	400m:	4:42.66	17.46	
9.				2009	I	" "	"			+0,62	4:44.93	I	24,00
	25m:	15.68	15.68	125m:	1:25.80	17.98	225m:	2:39.23	18.47	325m:	3:52.87	18.55	
	50m:	32.81	17.13	150m:	1:43.97	18.17	250m:	2:57.63	18.40	350m:	4:11.06	18.19	
	75m:	50.18	17.37	175m:	2:02.35	18.38	275m:	3:16.21	18.58	375m:	4:28.30	17.24	
	100m:	1:07.82	17.64	200m:	2:20.76	18.41	300m:	3:34.32	18.11	400m:	4:44.93	16.63	
10.				2010	I	10 "	"			+0,73	4:46.84	I	22,00
	25m:	15.98	15.98	125m:	1:27.87	18.06	225m:	2:40.74	17.94	325m:	3:53.24	17.91	
	50m:	33.77	17.79	150m:	1:46.23	18.36	250m:	2:59.25	18.51	350m:	4:11.64	18.40	
	75m:	51.46	17.69	175m:	2:04.44	18.21	275m:	3:17.15	17.90	375m:	4:29.45	17.81	
	100m:	1:09.81	18.35	200m:	2:22.80	18.36	300m:	3:35.33	18.18	400m:	4:46.84	17.39	
11.				2009	I	" "	"			+0,76	4:49.34	I	20,00
	25m:	15.05	15.05	175m:	2:01.32	36.75	325m:	3:54.23	37.37				
	75m:	48.55	33.50	225m:	2:38.75	37.43	375m:	4:31.78	37.55				
	125m:	1:24.57	36.02	275m:	3:16.86	38.11	400m:	4:49.34	17.56				
12.				2010		MY CHAMPS				+0,59	4:49.63	I	18,00
	25m:	14.52	14.52	125m:	1:23.91	18.09	225m:	2:37.94	18.71	325m:	3:53.82	18.93	
	50m:	30.63	16.11	150m:	1:42.23	18.32	250m:	2:56.63	18.69	350m:	4:12.71	18.89	
	75m:	47.79	17.16	175m:	2:00.68	18.45	275m:	3:15.97	19.34	375m:	4:31.51	18.80	
	100m:	1:05.82	18.03	200m:	2:19.23	18.55	300m:	3:34.89	18.92	400m:	4:49.63	18.12	
13.				2010	I	" "	"			+0,76	4:53.76	I	16,00
	25m:	15.19	15.19	125m:	1:28.08	18.49	225m:	2:43.89	18.37	325m:	3:59.46	18.80	
	50m:	32.63	17.44	150m:	1:46.93	18.85	250m:	3:03.30	19.41	350m:	4:18.70	19.24	
	75m:	50.75	18.12	175m:	2:05.66	18.73	275m:	3:21.47	18.17	375m:	4:36.14	17.44	
	100m:	1:09.59	18.84	200m:	2:25.52	19.86	300m:	3:40.66	19.19	400m:	4:53.76	17.62	

57, , 400m , (14-15)

										R.T.			
14.			2010	I	"	"				+0,74	4:57.09	I	14,00
	25m:	15.59	15.59	125m:	1:28.60	18.37	225m:	2:44.57	18.92	325m:	4:01.08	18.82	
	50m:	33.62	18.03	150m:	1:47.52	18.92	250m:	3:03.82	19.25	350m:	4:20.46	19.38	
	75m:	51.49	17.87	175m:	2:06.28	18.76	275m:	3:22.74	18.92	375m:	4:39.16	18.70	
	100m:	1:10.23	18.74	200m:	2:25.65	19.37	300m:	3:42.26	19.52	400m:	4:57.09	17.93	
15.			2010	I	MY CHAMPS					+0,59	4:58.53	I	12,00
	25m:	15.63	15.63	125m:	1:29.36	18.84	225m:	2:44.56	18.62	325m:	4:01.01	19.02	
	50m:	32.96	17.33	150m:	1:48.07	18.71	250m:	3:03.66	19.10	350m:	4:20.55	19.54	
	75m:	51.68	18.72	175m:	2:06.55	18.48	275m:	3:22.35	18.69	375m:	4:40.46	19.91	
	100m:	1:10.52	18.84	200m:	2:25.94	19.39	300m:	3:41.99	19.64	400m:	4:58.53	18.07	
16.			2009	I	MY CHAMPS					+0,76	5:03.31	I	10,00
	25m:	15.38	15.38	125m:	1:29.67	18.91	225m:	2:47.01	19.43	325m:	4:04.93	19.41	
	50m:	33.58	18.20	150m:	1:48.88	19.21	250m:	3:06.36	19.35	350m:	4:24.68	19.75	
	75m:	51.88	18.30	175m:	2:08.01	19.13	275m:	3:25.78	19.42	375m:	4:44.33	19.65	
	100m:	1:10.76	18.88	200m:	2:27.58	19.57	300m:	3:45.52	19.74	400m:	5:03.31	18.98	
17.			2010	I						+0,63	5:26.17	I	9,00
	25m:	16.64	16.64	125m:	1:34.47	20.21	225m:	2:58.35	20.91	375m:	5:06.58	21.19	
	50m:	35.23	18.59	150m:	1:55.33	20.86	250m:	3:41.46	43.11	400m:	5:26.17	19.59	
	75m:	54.60	19.37	175m:	2:16.29	20.96	325m:	4:24.13	42.67				
	100m:	1:14.26	19.66	200m:	2:37.44	21.15	350m:	4:45.39	21.26				
18.			2010	I	"	"				+0,71	5:33.40	I	8,00
	25m:	17.94	17.94	125m:	1:39.77	20.81	225m:	3:06.67	21.98	325m:	4:33.98	21.14	
	50m:	37.91	19.97	150m:	2:01.10	21.33	250m:	3:28.50	21.83	350m:	4:55.11	21.13	
	75m:	58.24	20.33	175m:	2:22.72	21.62	275m:	3:50.65	22.15	375m:	5:15.08	19.97	
	100m:	1:18.96	20.72	200m:	2:44.69	21.97	300m:	4:12.84	22.19	400m:	5:33.40	18.32	
19.			2010	III						+0,80	5:33.46	I	7,00
	25m:	16.41	16.41	125m:	1:34.51	20.48	225m:	3:00.16	21.72	325m:	4:28.90	22.37	
	50m:	34.67	18.26	150m:	1:55.45	20.94	250m:	3:22.00	21.84	350m:	4:51.42	22.52	
	75m:	54.00	19.33	175m:	2:16.91	21.46	275m:	3:44.43	22.43	375m:	5:13.66	22.24	
	100m:	1:14.03	20.03	200m:	2:38.44	21.53	300m:	4:06.53	22.10	400m:	5:33.46	19.80	

(16-18)

1.			2007		"	"				+0,71	4:26.35		60,00
	25m:	13.89	13.89	125m:	1:19.22	16.99	225m:	2:27.54	17.10	325m:	3:36.52	17.25	
	50m:	29.32	15.43	150m:	1:36.27	17.05	250m:	2:44.61	17.07	350m:	3:53.65	17.13	
	75m:	45.46	16.14	175m:	1:53.39	17.12	275m:	3:02.21	17.60	375m:	4:10.69	17.04	
	100m:	1:02.23	16.77	200m:	2:10.44	17.05	300m:	3:19.27	17.06	400m:	4:26.35	15.66	
2.			2007		"	"				+0,76	4:37.34	I	52,00
	25m:	15.05	15.05	175m:	1:58.07	35.26	325m:	3:44.85	35.40				
	75m:	48.23	33.18	225m:	2:33.45	35.38	375m:	4:20.75	35.90				
	125m:	1:22.81	34.58	275m:	3:09.45	36.00	400m:	4:37.34	16.59				
3.			2007							+0,73	4:38.57	I	45,00
	25m:	15.10	15.10	125m:	1:23.94	17.56	225m:	2:35.09	17.91	325m:	3:46.77	17.52	
	50m:	32.02	16.92	150m:	1:41.58	17.64	250m:	2:53.02	17.93	350m:	4:04.35	17.58	
	75m:	49.04	17.02	175m:	1:59.34	17.76	275m:	3:11.21	18.19	375m:	4:21.75	17.40	
	100m:	1:06.38	17.34	200m:	2:17.18	17.84	300m:	3:29.25	18.04	400m:	4:38.57	16.82	
4.			2008							+0,72	4:43.06	I	41,00
	25m:	14.81	14.81	125m:	1:23.33	17.47	225m:	2:35.74	18.04	325m:	3:49.00	18.39	
	50m:	31.49	16.68	150m:	1:41.43	18.10	250m:	2:53.87	18.13	350m:	4:07.70	18.70	
	75m:	48.33	16.84	175m:	1:59.40	17.97	275m:	3:11.97	18.10	375m:	4:25.77	18.07	
	100m:	1:05.86	17.53	200m:	2:17.70	18.30	300m:	3:30.61	18.64	400m:	4:43.06	17.29	
5.			2008		MY CHAMPS					+0,73	4:44.56	I	37,00
	25m:	14.73	14.73	125m:	1:23.86	17.81	225m:	2:36.46	18.44	325m:	3:50.60	18.55	
	50m:	31.25	16.52	150m:	1:41.77	17.91	250m:	2:54.83	18.37	350m:	4:08.90	18.30	
	75m:	48.34	17.09	175m:	1:59.85	18.08	275m:	3:13.35	18.52	375m:	4:26.94	18.04	
	100m:	1:06.05	17.71	200m:	2:18.02	18.17	300m:	3:32.05	18.70	400m:	4:44.56	17.62	
6.			2007		"	"				+0,66	4:45.45	I	33,00
	25m:	14.86	14.86	125m:	1:25.54	17.85	225m:	2:37.79	17.86	325m:	3:50.08	18.21	
	50m:	32.26	17.40	150m:	1:43.54	18.00	250m:	2:55.78	17.99	350m:	4:08.82	18.74	
	75m:	49.82	17.56	175m:	2:01.77	18.23	275m:	3:13.78	18.00	375m:	4:27.42	18.60	
	100m:	1:07.69	17.87	200m:	2:19.93	18.16	300m:	3:31.87	18.09	400m:	4:45.45	18.03	
7.			2008	I	"	"				+0,80	6:01.44	III	30,00
	25m:	18.09	18.09	125m:	1:44.83	22.33	225m:	3:17.38	23.47	325m:	4:53.04	23.68	
	50m:	38.96	20.87	150m:	2:07.73	22.90	250m:	3:41.32	23.94	350m:	5:17.33	24.29	
	75m:	1:00.28	21.32	175m:	2:30.55	22.82	275m:	4:05.15	23.83	375m:	5:39.88	22.55	
	100m:	1:22.50	22.22	200m:	2:53.91	23.36	300m:	4:29.36	24.21	400m:	6:01.44	21.56	

57, , 400m

19														
1.	PAK Mi Song			2001	PRK					+0,73	4:50.93	I	60,00	
	25m:	14.19	14.19	125m:	1:24.35	18.03	225m:	2:38.87	18.57	325m:	3:54.60	18.48		
	50m:	31.04	16.85	150m:	1:43.02	18.67	250m:	2:57.97	19.10	350m:	4:13.88	19.28		
	75m:	48.16	17.12	175m:	2:01.47	18.45	275m:	3:16.89	18.92	375m:	4:32.62	18.74		
	100m:	1:06.32	18.16	200m:	2:20.30	18.83	300m:	3:36.12	19.23	400m:	4:50.93	18.31		
2.	JO Yu Mi			2004	PRK					+0,74	4:55.24	I	52,00	
	25m:	15.78	15.78	125m:	1:28.17	18.77	225m:	2:43.82	19.14	325m:	4:00.26	19.31		
	50m:	33.06	17.28	150m:	1:46.45	18.28	250m:	3:02.71	18.89	350m:	4:19.03	18.77		
	75m:	51.19	18.13	175m:	2:05.43	18.98	275m:	3:21.75	19.04	375m:	4:37.63	18.60		
	100m:	1:09.40	18.21	200m:	2:24.68	19.25	300m:	3:40.95	19.20	400m:	4:55.24	17.61		
3.				2003	I	MY CHAMPS					+0,84	5:21.84	I	45,00
	25m:	16.42	16.42	125m:	1:34.46	20.12	225m:	2:55.49	20.36	325m:	4:19.35	21.01		
	50m:	35.22	18.80	150m:	1:54.57	20.11	250m:	3:16.50	21.01	350m:	4:40.52	21.17		
	75m:	54.50	19.28	175m:	2:14.82	20.25	275m:	3:37.29	20.79	375m:	5:01.90	21.38		
	100m:	1:14.34	19.84	200m:	2:35.13	20.31	300m:	3:58.34	21.05	400m:	5:21.84	19.94		