

1500 m női gyors

4. versenyszám Országos csúcs: 15:47.09 (Kapás Boglárka - 1970)

Leány 2009 és idősebb

1.	Henter Nóra	2007	UTE	18:23,30
	50m: 0:32,42 100m: 1:07,82 150m: 1:43,29 200m: 2:19,48 250m: 2:55,49 300m: 3:31,88 350m: 4:07,75			
	400m: 4:44,52 450m: 5:21,07 500m: 5:57,82 550m: 6:33,72 600m: 7:10,53 650m: 7:47,21 700m: 8:24,47			
	750m: 9:01,46 800m: 9:38,92 850m: 10:15,99 900m: 10:53,67 950m: 11:31,11 1000m: 12:09,11 1050m: 12:46,16			
	1100m: 13:23,73 1150m: 14:00,92 1200m: 14:38,90 1250m: 15:17,03 1300m: 15:55,00 1350m: 16:32,62 1400m: 17:10,71			
	1450m: 17:47,26			
	Edzője:			
2.	Busánszky Anasztázia	2008	Debr.SC SI	18:43,36
	50m: 0:32,19 100m: 1:08,80 150m: 1:45,07 200m: 2:22,60 250m: 2:59,56 300m: 3:37,34 350m: 4:14,17			
	400m: 4:52,12 450m: 5:29,99 500m: 6:07,88 550m: 6:45,22 600m: 7:23,05 650m: 8:00,61 700m: 8:39,28			
	750m: 9:17,18 800m: 9:55,63 850m: 10:32,71 900m: 11:10,95 950m: 11:49,47 1000m: 12:28,18 1050m: 13:05,80			
	1100m: 13:43,81 1150m: 14:21,43 1200m: 15:00,36 1250m: 15:38,19 1300m: 16:16,54 1350m: 16:53,40 1400m: 17:31,59			
	1450m: 18:08,33			
3.	Horváth Zsófia	2009	NivoMed E.	19:16,65
	50m: 0:33,19 100m: 1:09,49 150m: 1:47,47 200m: 2:25,24 250m: 3:03,69 300m: 3:41,69 350m: 4:20,53			
	400m: 4:59,09 450m: 5:38,26 500m: 6:16,58 550m: 6:55,32 600m: 7:33,34 650m: 8:12,40 700m: 8:51,00			
	750m: 9:31,13 800m: 10:10,44 850m: 10:50,01 900m: 11:28,90 950m: 12:08,52 1000m: 12:47,51 1050m: 13:27,00			
	1100m: 14:05,80 1150m: 14:45,42 1200m: 15:24,20 1250m: 16:03,51 1300m: 16:41,86 1350m: 17:21,51 1400m: 18:00,00			
	1450m: 18:39,37			

Leány 2010

1.	Priester Jázmin Nóra	2010	BVSC-Zugló	18:11,43
	50m: 0:32,61 100m: 1:07,80 150m: 1:44,24 200m: 2:19,93 250m: 2:56,06 300m: 3:31,87 350m: 4:08,55			
	400m: 4:44,53 450m: 5:21,25 500m: 5:57,60 550m: 6:34,38 600m: 7:10,86 650m: 7:47,51 700m: 8:23,69			
	750m: 9:00,80 800m: 9:36,89 850m: 10:13,78 900m: 10:50,07 950m: 11:27,42 1000m: 12:04,50 1050m: 12:41,44			
	1100m: 13:18,12 1150m: 13:55,08 1200m: 14:31,57 1250m: 15:08,95 1300m: 15:45,91 1350m: 16:23,12 1400m: 16:59,76			
	1450m: 17:36,33			
	Edzője:			
2.	Boros Tamara	2010	BVSC-Zugló	18:20,60
	50m: 0:31,73 100m: 1:07,64 150m: 1:44,35 200m: 2:21,16 250m: 2:57,48 300m: 3:33,96 350m: 4:10,34			
	400m: 4:47,07 450m: 5:23,71 500m: 6:00,62 550m: 6:37,30 600m: 7:14,08 650m: 7:51,13 700m: 8:27,86			
	750m: 9:05,10 800m: 9:42,15 850m: 10:19,18 900m: 10:56,68 950m: 11:34,14 1000m: 12:11,81 1050m: 12:48,81			
	1100m: 13:26,30 1150m: 14:03,51 1200m: 14:40,81 1250m: 15:17,93 1300m: 15:55,75 1350m: 16:32,56 1400m: 17:10,02			
	1450m: 17:46,58			
3.	Kinczel Adrienn	2010	Debr.SC SI	18:21,43
	50m: 0:33,17 100m: 1:08,95 150m: 1:44,99 200m: 2:21,09 250m: 2:57,47 300m: 3:33,84 350m: 4:10,24			
	400m: 4:46,77 450m: 5:23,46 500m: 6:00,31 550m: 6:36,91 600m: 7:13,92 650m: 7:50,98 700m: 8:28,49			
	750m: 9:05,45 800m: 9:42,16 850m: 10:19,47 900m: 10:56,63 950m: 11:33,83 1000m: 12:10,94 1050m: 12:47,96			
	1100m: 13:25,56 1150m: 14:02,77 1200m: 14:40,09 1250m: 15:17,34 1300m: 15:55,27 1350m: 16:32,80 1400m: 17:10,41			
	1450m: 17:47,11			
4.	Kovács Lara Gréta	2010	Egri ÚK	18:34,48
	50m: 0:34,06 100m: 1:10,32 150m: 1:47,56 200m: 2:24,37 250m: 3:01,41 300m: 3:38,13 350m: 4:15,13			
	400m: 4:52,17 450m: 5:29,36 500m: 6:06,51 550m: 6:44,05 600m: 7:21,26 650m: 7:58,78 700m: 8:36,17			
	750m: 9:13,96 800m: 9:51,60 850m: 10:29,14 900m: 11:06,62 950m: 11:44,46 1000m: 12:21,48 1050m: 12:59,35			
	1100m: 13:36,87 1150m: 14:14,89 1200m: 14:52,37 1250m: 15:30,33 1300m: 16:08,04 1350m: 16:45,54 1400m: 17:23,02			
	1450m: 18:00,68			

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Leány 2010

5.	Dobra Katalin	2010	UTE	18:42,48
	50m: 0:32,25 100m: 1:09,47 150m: 1:46,81 200m: 2:24,63 250m: 3:01,84 300m: 3:40,21 350m: 4:17,78			
	400m: 4:55,85 450m: 5:33,51 500m: 6:10,33 550m: 6:48,30 600m: 7:26,91 650m: 8:04,40 700m: 8:42,67			
	750m: 9:19,69 800m: 9:58,20 850m: 10:35,98 900m: 11:13,98 950m: 11:51,92 1000m: 12:29,81 1050m: 13:07,04			
	1100m: 13:45,50 1150m: 14:23,21 1200m: 15:00,89 1250m: 15:38,02 1300m: 16:16,72 1350m: 16:53,56 1400m: 17:31,37			
	1450m: 18:07,28			
6.	Illés Viktória	2010	RÁJA'94 UK	19:18,90
	50m: 0:32,11 100m: 1:07,65 150m: 1:44,37 200m: 2:21,61 250m: 2:58,98 300m: 3:36,58 350m: 4:15,56			
	400m: 4:53,95 450m: 5:32,84 500m: 6:11,32 550m: 6:50,41 600m: 7:28,79 650m: 8:07,65 700m: 8:46,52			
	750m: 9:25,68 800m: 10:04,77 850m: 10:44,28 900m: 11:23,70 950m: 12:03,22 1000m: 12:42,53 1050m: 13:22,21			
	1100m: 14:01,71 1150m: 14:41,37 1200m: 15:21,15 1250m: 16:01,20 1300m: 16:40,99 1350m: 17:20,98 1400m: 18:00,66			
	1450m: 18:40,74			
7.	Pongrácz Emma Mirtill	2010	Bohóchal	19:40,45
	50m: 0:33,45 100m: 1:11,19 150m: 1:50,40 200m: 2:29,82 250m: 3:08,80 300m: 3:48,05 350m: 4:27,27			
	400m: 5:06,51 450m: 5:46,07 500m: 6:25,33 550m: 7:04,55 600m: 7:44,00 650m: 8:23,32 700m: 9:02,92			
	750m: 9:42,62 800m: 10:22,34 850m: 11:02,06 900m: 11:42,03 950m: 12:21,87 1000m: 13:02,07 1050m: 13:42,16			
	1100m: 14:22,39 1150m: 15:02,72 1200m: 15:43,01 1250m: 16:22,67 1300m: 17:02,85 1350m: 17:42,93 1400m: 18:23,17			
	1450m: 19:02,62			
8.	Bartha Csenge	2010	RÁJA'94 UK	19:58,00
	50m: 0:33,78 100m: 1:11,49 150m: 1:50,43 200m: 2:29,97 250m: 3:09,09 300m: 3:48,64 350m: 4:28,10			
	400m: 5:07,27 450m: 5:49,83 500m: 6:32,00 550m: 7:12,96 600m: 7:54,06 650m: 8:34,26 700m: 9:15,39			
	750m: 9:55,65 800m: 10:36,58 850m: 11:16,83 900m: 11:57,48 950m: 12:38,09 1000m: 13:19,48 1050m: 13:59,67			
	1100m: 14:40,90 1150m: 15:21,30 1200m: 16:01,93 1250m: 16:41,74 1300m: 17:21,87 1350m: 18:01,09 1400m: 18:40,85			
	1450m: 19:19,89			
9.	Szurgyiczki Adél	2010	Bohóchal	20:43,87
	50m: 0:35,02 100m: 1:14,71 150m: 1:55,75 200m: 2:36,77 250m: 3:18,41 300m: 3:59,86 350m: 4:42,01			
	400m: 5:23,66 450m: 6:05,57 500m: 6:47,63 550m: 7:29,97 600m: 8:11,83 650m: 8:53,75 700m: 9:35,40			
	750m: 10:16,89 800m: 10:58,34 850m: 11:40,26 900m: 12:21,88 950m: 13:04,04 1000m: 13:45,76 1050m: 14:28,01			
	1100m: 15:09,81 1150m: 15:52,08 1200m: 16:34,03 1250m: 17:16,09 1300m: 17:57,92 1350m: 18:40,16 1400m: 19:22,22			
	1450m: 20:03,39			

Leány 2011

1.	Tófalvi Tímea Gréta	2011	Kőbánya SC	19:02,94
	50m: 0:32,68 100m: 1:08,55 150m: 1:44,87 200m: 2:21,58 250m: 2:58,01 300m: 3:35,71 350m: 4:12,13			
	400m: 4:49,83 450m: 5:27,54 500m: 6:05,94 550m: 6:43,92 600m: 7:22,91 650m: 8:01,24 700m: 8:40,66			
	750m: 9:19,13 800m: 9:57,13 850m: 10:36,57 900m: 11:15,46 950m: 11:54,23 1000m: 12:33,71 1050m: 13:12,68			
	1100m: 13:52,14 1150m: 14:31,24 1200m: 15:10,83 1250m: 15:49,82 1300m: 16:29,72 1350m: 17:09,12 1400m: 17:47,44			
	1450m: 18:25,47			
	Edzője:			
2.	Bolla Csenge Emília	2011	Bohóchal	19:33,00
	50m: 0:32,83 100m: 1:09,06 150m: 1:46,65 200m: 2:24,49 250m: 3:03,14 300m: 3:41,67 350m: 4:20,77			
	400m: 4:59,24 450m: 5:38,58 500m: 6:17,72 550m: 6:57,69 600m: 7:36,97 650m: 8:17,10 700m: 8:56,57			
	750m: 9:36,44 800m: 10:16,37 850m: 10:56,52 900m: 11:36,17 950m: 12:16,36 1000m: 12:55,97 1050m: 13:35,78			
	1100m: 14:15,57 1150m: 14:55,27 1200m: 15:35,12 1250m: 16:15,05 1300m: 16:54,54 1350m: 17:34,34 1400m: 18:14,03			
	1450m: 18:54,09			

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4. versenyszám Országos csúcs: 15:47.09 (Kapás Boglárka - 1970)

Leány 2011

3.	Korbély Lotti	2011	RÁJA`94 UK	19:48,62
	50m: 0:34,70 100m: 1:12,47 150m: 1:51,87 200m: 2:30,97 250m: 3:10,50 300m: 3:49,52 350m: 4:29,15			
	400m: 5:08,35 450m: 5:48,18 500m: 6:27,83 550m: 7:08,10 600m: 7:48,07 650m: 8:28,82 700m: 9:08,69			
	750m: 9:48,62 800m: 10:28,62 850m: 11:08,68 900m: 11:48,75 950m: 12:28,98 1000m: 13:08,98 1050m: 13:49,21			
	1100m: 14:29,07 1150m: 15:09,47 1200m: 15:49,58 1250m: 16:29,76 1300m: 17:09,91 1350m: 17:50,07 1400m: 18:30,21			
	1450m: 19:09,90			
4.	Ujvári Dóra Brigitta	2011	MiskolciSI	20:07,90
	50m: 0:35,04 100m: 1:13,66 150m: 1:53,93 200m: 2:34,93 250m: 3:15,96 300m: 3:56,22 350m: 4:36,90			
	400m: 5:17,64 450m: 5:58,89 500m: 6:39,92 550m: 7:21,27 600m: 8:02,14 650m: 8:43,26 700m: 9:23,59			
	750m: 10:04,30 800m: 10:44,63 850m: 11:25,73 900m: 12:06,18 950m: 12:47,15 1000m: 13:27,83 1050m: 14:08,55			
	1100m: 14:49,37 1150m: 15:30,18 1200m: 16:10,91 1250m: 16:51,83 1300m: 17:32,24 1350m: 18:13,07 1400m: 18:53,12			
	1450m: 19:32,55			
5.	Graf Emese	2011	Bohóchal	21:37,27
	50m: 0:36,55 100m: 1:16,88 150m: 1:57,98 200m: 2:39,15 250m: 3:20,47 300m: 4:02,15 350m: 4:43,70			
	400m: 5:25,10 450m: 6:06,83 500m: 6:48,76 550m: 7:30,80 600m: 8:12,52 650m: 8:54,15 700m: 9:34,29			
	750m: 10:17,68 800m: 10:57,56 850m: 11:44,23 900m: 12:29,12 950m: 13:15,30 1000m: 14:00,54 1050m: 14:46,39			
	1100m: 15:31,21 1150m: 16:17,64 1200m: 17:03,38 1250m: 17:49,81 1300m: 18:35,91 1350m: 19:21,64 1400m: 20:07,54			
	1450m: 20:52,63			

Leány 2012

1.	Kádár Csenge	2012	TVSE	18:22,46
	50m: 0:33,29 100m: 1:09,47 150m: 1:45,36 200m: 2:22,19 250m: 2:58,80 300m: 3:35,73 350m: 4:12,31			
	400m: 5:25,10 450m: 5:25,92 500m: 6:03,02 550m: 6:40,11 600m: 7:17,72 650m: 7:54,76 700m: 8:31,76			
	750m: 9:08,46 800m: 9:46,23 850m: 10:22,94 900m: 10:59,99 950m: 11:36,92 1000m: 12:14,27 1050m: 12:51,20			
	1100m: 13:28,54 1150m: 14:05,57 1200m: 14:43,05 1250m: 15:20,35 1300m: 15:57,67 1350m: 16:34,23 1400m: 17:11,11			
	1450m: 17:47,60			
	Edzője:			
2.	Wirth Emma Julianna	2012	Szh VUK SE	19:34,41
	50m: 0:36,14 100m: 1:15,15 150m: 1:55,21 200m: 2:34,82 250m: 3:14,49 300m: 3:53,74 350m: 4:33,77			
	400m: 5:13,35 450m: 5:52,53 500m: 6:31,61 550m: 7:11,16 600m: 7:50,56 650m: 8:30,11 700m: 9:09,33			
	750m: 9:49,05 800m: 10:27,72 850m: 11:07,43 900m: 11:46,59 950m: 12:26,69 1000m: 13:05,70 1050m: 13:45,27			
	1100m: 14:24,51 1150m: 15:04,17 1200m: 15:43,54 1250m: 16:23,18 1300m: 17:02,14 1350m: 17:41,81 1400m: 18:20,68			
	1450m: 18:58,25			
3.	Béke Blanka	2012	Debr.SC SI	20:13,38
	50m: 0:34,90 100m: 1:14,18 150m: 1:53,84 200m: 2:33,94 250m: 3:13,65 300m: 3:55,00 350m: 4:35,31			
	400m: 5:16,42 450m: 5:57,22 500m: 6:38,19 550m: 7:19,00 600m: 7:59,88 650m: 8:40,35 700m: 9:22,04			
	750m: 10:02,79 800m: 10:44,24 850m: 11:24,88 900m: 12:06,48 950m: 12:47,16 1000m: 13:28,78 1050m: 14:09,56			
	1100m: 14:50,68 1150m: 15:31,72 1200m: 16:12,80 1250m: 16:53,86 1300m: 17:35,12 1350m: 18:14,82 1400m: 18:55,66			
	1450m: 19:35,13			
4.	Kövics Amira	2012	DKSE	20:18,59
	50m: 0:35,72 100m: 1:16,42 150m: 1:56,36 200m: 2:36,92 250m: 3:17,30 300m: 3:57,49 350m: 4:38,26			
	400m: 5:18,87 450m: 5:58,47 500m: 6:39,77 550m: 7:20,64 600m: 8:01,23 650m: 8:41,74 700m: 9:23,34			
	750m: 10:03,55 800m: 10:45,12 850m: 11:25,95 900m: 12:07,51 950m: 12:48,88 1000m: 13:30,29 1050m: 14:10,13			
	1100m: 14:52,12 1150m: 15:32,65 1200m: 16:13,97 1250m: 16:54,78 1300m: 17:36,63 1350m: 18:18,14 1400m: 18:58,99			
	1450m: 19:39,20			

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4. versenyszám Országos csúcs: 15:47.09 (Kapás Boglárka - 1970)

Leány 2012

5.	Cserés Adél	2012	Nyíregyházi Sportc	21:34,52
	50m: 0:37,54 100m: 1:19,65 150m: 2:03,06 200m: 2:46,27 250m: 3:30,28 300m: 4:13,02 350m: 4:57,13			
	400m: 5:40,46 450m: 6:23,81 500m: 7:06,89 550m: 7:51,95 600m: 8:34,80 650m: 9:18,09 700m: 10:01,28			
	750m: 10:45,22 800m: 11:28,43 850m: 12:13,07 900m: 12:56,31 950m: 13:40,20 1000m: 14:24,28 1050m: 15:07,91			
	1100m: 15:51,13 1150m: 16:35,37 1200m: 17:18,51 1250m: 18:02,29 1300m: 18:45,60 1350m: 19:28,90 1400m: 20:12,29			
	1450m: 20:54,80			
6.	Gincsei Regina	2012	Nyíregyházi Sportc	23:08,53
	50m: 0:39,00 100m: 1:22,17 150m: 2:06,50 200m: 2:52,16 250m: 3:37,56 300m: 4:23,49 350m: 5:08,74			
	400m: 5:55,02 450m: 6:41,03 500m: 7:27,53 550m: 8:13,06 600m: 8:59,17 650m: 9:44,65 700m: 10:30,65			
	750m: 11:17,81 800m: 12:02,09 850m: 12:50,68 900m: 13:40,51 950m: 14:29,06 1000m: 15:17,66 1050m: 16:04,82			
	1100m: 16:53,36 1150m: 17:40,68 1200m: 18:29,56 1250m: 19:16,78 1300m: 20:04,03 1350m: 20:52,54 1400m: 21:41,25			
	1450m: 22:24,21			

Leány 2013

1.	Erdős Luca	2013	Debr.SC SI	19:24,05
	50m: 0:34,22 100m: 1:12,81 150m: 1:51,50 200m: 2:31,13 250m: 3:09,95 300m: 3:49,57 350m: 4:28,52			
	400m: 5:08,52 450m: 5:47,05 500m: 6:26,46 550m: 7:05,30 600m: 7:44,94 650m: 8:23,67 700m: 9:03,04			
	750m: 9:42,29 800m: 10:21,79 850m: 10:59,50 900m: 11:38,38 950m: 12:17,04 1000m: 12:55,51 1050m: 13:34,30			
	1100m: 14:13,63 1150m: 14:52,29 1200m: 15:32,11 1250m: 16:11,33 1300m: 16:50,75 1350m: 17:29,33 1400m: 18:09,22			
	1450m: 18:47,03			
	Edzője:			
2.	Szabó Regina	2013	Nyíregyházi Sportc	20:57,34
	50m: 0:34,95 100m: 1:15,43 150m: 1:56,93 200m: 2:39,03 250m: 3:20,58 300m: 4:02,78 350m: 4:45,16			
	400m: 5:27,17 450m: 6:09,52 500m: 6:52,73 550m: 7:34,20 600m: 8:16,68 650m: 8:59,38 700m: 9:42,28			
	750m: 10:25,29 800m: 11:08,01 850m: 11:50,23 900m: 12:33,52 950m: 13:16,30 1000m: 13:58,81 1050m: 14:41,32			
	1100m: 15:23,85 1150m: 16:06,57 1200m: 16:48,86 1250m: 17:30,86 1300m: 18:13,12 1350m: 18:54,95 1400m: 19:36,46			
	1450m: 20:18,67			
3.	Podhorszki Csenge Edit	2013	DKSE	22:15,82
	50m: 0:37,61 100m: 1:22,52 150m: 2:09,05 200m: 2:54,40 250m: 3:40,18 300m: 4:26,25 350m: 5:11,36			
	400m: 5:57,57 450m: 6:42,68 500m: 7:28,35 550m: 8:15,03 600m: 8:57,67 650m: 9:42,40 700m: 10:26,72			
	750m: 11:11,52 800m: 11:57,79 850m: 12:42,48 900m: 13:28,79 950m: 14:11,18 1000m: 14:56,82 1050m: 15:41,68			
	1100m: 16:27,94 1150m: 17:12,54 1200m: 17:57,69 1250m: 18:42,02 1300m: 19:26,92 1350m: 20:09,78 1400m: 20:54,00			
	1450m: 21:36,15			
4.	Perger Rebeka	2013	RÁJA`94 UK	22:48,39
	50m: 0:38,63 100m: 1:22,12 150m: 2:07,32 200m: 2:53,26 250m: 3:39,07 300m: 4:25,14 350m: 5:10,54			
	400m: 5:57,00 450m: 6:43,43 500m: 7:29,92 550m: 8:17,01 600m: 9:03,73 650m: 9:50,68 700m: 10:37,46			
	750m: 11:24,17 800m: 12:10,17 850m: 12:56,84 900m: 13:42,68 950m: 14:28,62 1000m: 15:14,97 1050m: 16:01,00			
	1100m: 16:47,29 1150m: 17:33,72 1200m: 18:20,23 1250m: 19:06,07 1300m: 19:52,02 1350m: 20:38,14 1400m: 21:23,50			
	1450m: 22:07,56			
5.	Gál Betti Magdolna	2013	DKSE	24:26,66
	50m: 0:41,04 100m: 1:28,34 150m: 2:18,00 200m: 3:05,85 250m: 3:54,65 300m: 4:42,84 350m: 5:32,52			
	400m: 6:22,01 450m: 7:12,83 500m: 8:01,63 550m: 8:51,08 600m: 9:41,13 650m: 10:31,69 700m: 11:21,73			
	750m: 12:09,34 800m: 12:57,89 850m: 13:47,22 900m: 14:37,54 950m: 15:26,42 1000m: 16:16,24 1050m: 17:06,24			
	1100m: 17:55,21 1150m: 18:44,85 1200m: 19:34,03 1250m: 20:25,04 1300m: 21:14,51 1350m: 22:03,92 1400m: 22:51,59			
	1450m: 23:41,38			

1500 m női gyors

4. versenyszám Országos csúcs: 15:47.09 (Kapás Boglárka - 1970)

Leány 2013

6.	Szabó Polli	2013	DKSE						25:46,89
	50m: 0:42,53	100m: 1:31,69	150m: 2:23,10	200m: 3:12,83	250m: 4:04,35	300m: 4:55,56	350m: 5:47,07		
	400m: 6:38,23	450m: 7:30,64	500m: 8:22,13	550m: 9:14,82	600m: 10:06,90	650m: 10:59,59	700m: 11:51,77		
	750m: 12:44,94	800m: 13:38,02	850m: 14:30,44	900m: 15:23,11	950m: 16:16,60	1000m: 17:08,38	1050m: 18:01,66		
	1100m: 18:53,90	1150m: 19:47,27	1200m: 20:38,73	1250m: 21:31,93	1300m: 22:23,22	1350m: 23:16,25	1400m: 24:07,22		
	1450m: 24:58,23								

Leány 2014 és fiatalabb (n.é)

1.	Takler Tímea	2014	DKSE						26:52,41
	50m: 0:46,49	100m: 1:36,58	150m: 2:29,33	200m: 3:19,11	250m: 4:12,27	300m: 5:02,76	350m: 5:56,18		
	400m: 6:48,99	450m: 7:43,52	500m: 8:35,13	550m: 9:26,61	600m: 10:21,17	650m: 11:16,46	700m: 12:11,24		
	750m: 13:08,90	800m: 14:05,35	850m: 15:03,79	900m: 15:59,96	950m: 16:58,62	1000m: 17:56,94	1050m: 18:51,55		
	1100m: 19:45,49	1150m: 20:42,18	1200m: 21:35,80	1250m: 22:32,63	1300m: 23:26,99	1350m: 24:23,11	1400m: 25:17,48		
	1450m: 26:08,73								
	Edzője:								