

36
28.10.2023 - 12:46

, 400m

: FINA 2022

/

R.T.

1.			2007						+0,68	4:12.56	593	1
	25m:	13.40	13.40	125m:	1:15.57	16.15	225m:	2:20.97	16.17	325m:	3:26.50	16.07
	50m:	28.10	14.70	150m:	1:32.13	16.56	250m:	2:37.72	16.75	350m:	3:42.43	15.93
	75m:	43.46	15.36	175m:	1:48.19	16.06	275m:	2:53.84	16.12	375m:	3:58.01	15.58
	100m:	59.42	15.96	200m:	2:04.80	16.61	300m:	3:10.43	16.59	400m:	4:12.56	14.55
2.			2006						+0,66	4:12.71	592	1
	25m:	13.35	13.35	125m:	1:16.26	16.40	225m:	2:21.69	16.66	325m:	3:25.82	15.71
	50m:	28.27	14.92	150m:	1:32.31	16.05	250m:	2:37.85	16.16	350m:	3:41.82	16.00
	75m:	43.97	15.70	175m:	1:48.74	16.43	275m:	2:54.04	16.19	375m:	3:57.60	15.78
	100m:	59.86	15.89	200m:	2:05.03	16.29	300m:	3:10.11	16.07	400m:	4:12.71	15.11
3.			2007	I			179		+0,74	4:15.83	571	1
	25m:	14.11	14.11	125m:	1:18.13	32.86	250m:	2:39.81	16.46	325m:	3:28.39	
	50m:	2:07.17	1:53.06	175m:	1:50.73	32.60	275m:	2:56.11	16.30	375m:	4:00.04	31.65
	75m:	45.27		225m:	2:23.35	32.62	300m:	3:44.34	48.23	400m:	4:15.83	15.79
4.			2007						+0,70	4:16.44	567	1
	25m:	13.61	13.61	125m:	1:15.78	16.17	225m:	2:21.02	16.40	325m:	3:28.04	16.83
	50m:	28.26	14.65	150m:	1:31.97	16.19	250m:	2:37.83	16.81	350m:	3:44.74	16.70
	75m:	43.60	15.34	175m:	1:48.30	16.33	275m:	2:54.35	16.52	375m:	4:01.11	16.37
	100m:	59.61	16.01	200m:	2:04.62	16.32	300m:	3:11.21	16.86	400m:	4:16.44	15.33
5.			2007						+0,70	4:19.19	549	1
	25m:	13.55	13.55	125m:	1:17.95	16.35	225m:	2:23.98	16.44	325m:	3:30.33	16.60
	50m:	28.90	15.35	150m:	1:34.60	16.65	250m:	2:40.34	16.36	350m:	3:47.04	16.71
	75m:	44.82	15.92	175m:	1:50.77	16.17	275m:	2:56.76	16.42	375m:	4:03.47	16.43
	100m:	1:01.60	16.78	200m:	2:07.54	16.77	300m:	3:13.73	16.97	400m:	4:19.19	15.72
6.			2007						+0,80	4:20.80	539	1
	25m:	13.96	13.96	125m:	1:19.04	16.72	225m:	2:27.14	16.69	325m:	3:33.62	15.81
	50m:	29.59	15.63	150m:	1:36.08	17.04	250m:	2:44.06	16.92	350m:	3:50.12	16.50
	75m:	45.89	16.30	175m:	1:53.18	17.10	275m:	3:00.88	16.82	375m:	4:05.77	15.65
	100m:	1:02.32	16.43	200m:	2:10.45	17.27	300m:	3:17.81	16.93	400m:	4:20.80	15.03
7.			2009	I					+0,77	4:23.14	524	1
	25m:	14.01	14.01	125m:	1:18.50	16.44	225m:	2:25.66	16.91	325m:	3:33.17	16.67
	50m:	29.50	15.49	150m:	1:35.28	16.78	250m:	2:43.02	17.36	350m:	3:50.16	16.99
	75m:	45.75	16.25	175m:	1:51.70	16.42	275m:	2:59.85	16.83	375m:	4:06.51	16.35
	100m:	1:02.06	16.31	200m:	2:08.75	17.05	300m:	3:16.50	16.65	400m:	4:23.14	16.63
8.			2010	I					+0,64	4:26.39	505	1
	25m:	13.70	13.70	125m:	1:18.17	16.89	225m:	2:27.00	17.27	325m:	3:35.78	17.05
	50m:	28.85	15.15	150m:	1:35.36	17.19	250m:	2:44.29	17.29	350m:	3:53.48	17.70
	75m:	44.67	15.82	175m:	1:52.34	16.98	275m:	3:01.50	17.21	375m:	4:10.52	17.04
	100m:	1:01.28	16.61	200m:	2:09.73	17.39	300m:	3:18.73	17.23	400m:	4:26.39	15.87
9.			2008	I					+0,80	4:26.80	503	1
	25m:	14.23	14.23	125m:	1:22.07	17.15	225m:	2:30.99	17.25	325m:	3:39.25	17.13
	50m:	30.99	16.76	150m:	1:39.05	16.98	250m:	2:47.89	16.90	350m:	3:56.01	16.76
	75m:	48.17	17.18	175m:	1:56.32	17.27	275m:	3:05.27	17.38	375m:	4:11.88	15.87
	100m:	1:04.92	16.75	200m:	2:13.74	17.42	300m:	3:22.12	16.85	400m:	4:26.80	14.92
10.			2008	I					+0,70	4:26.83	503	1
	25m:	13.98	13.98	125m:	1:18.31	16.65	225m:	2:26.34	17.08	325m:	3:35.84	17.33
	50m:	29.30	15.32	150m:	1:35.32	17.01	250m:	2:43.47	17.13	350m:	3:53.47	17.63
	75m:	45.19	15.89	175m:	1:52.20	16.88	275m:	3:01.11	17.64	375m:	4:10.45	16.98
	100m:	1:01.66	16.47	200m:	2:09.26	17.06	300m:	3:18.51	17.40	400m:	4:26.83	16.38

36, , 400m								R.T.				
11.			2009	I				+0,78	4:28.22	495 2		
	25m:	14.35	14.35	125m:	1:20.11	16.91	225m:	2:29.06	17.49	325m:	3:38.77	17.47
	50m:	30.20	15.85	150m:	1:37.08	16.97	250m:	2:46.28	17.22	350m:	3:56.01	17.24
	75m:	46.38	16.18	175m:	1:54.20	17.12	275m:	3:03.73	17.45	375m:	4:12.63	16.62
	100m:	1:03.20	16.82	200m:	2:11.57	17.37	300m:	3:21.30	17.57	400m:	4:28.22	15.59
12.			2010	I				+0,70	4:28.41	494 2		
	25m:	14.11	14.11	125m:	1:20.57	17.00	225m:	2:29.29	17.21	325m:	3:38.62	17.10
	50m:	30.08	15.97	150m:	1:37.61	17.04	250m:	2:46.70	17.41	350m:	3:55.81	17.19
	75m:	46.62	16.54	175m:	1:54.76	17.15	275m:	3:04.15	17.45	375m:	4:12.67	16.86
	100m:	1:03.57	16.95	200m:	2:12.08	17.32	300m:	3:21.52	17.37	400m:	4:28.41	15.74
13.			2008	I				+1,10	4:30.16	484 2		
	25m:	14.53	14.53	125m:	1:20.48	16.76	225m:	2:29.22	17.20	325m:	3:38.94	17.03
	50m:	30.31	15.78	150m:	1:37.66	17.18	250m:	2:46.62	17.40	350m:	3:56.68	17.74
	75m:	46.62	16.31	175m:	1:54.60	16.94	275m:	3:04.26	17.64	375m:	4:13.46	16.78
	100m:	1:03.72	17.10	200m:	2:12.02	17.42	300m:	3:21.91	17.65	400m:	4:30.16	16.70
14.			2010	II				+0,71	4:33.10	469 2		
	25m:	14.26	14.26	125m:	1:20.68	17.20	225m:	2:30.20	17.74	325m:	3:40.97	17.20
	50m:	30.47	16.21	150m:	1:37.81	17.13	250m:	2:48.66	18.46	350m:	3:58.42	17.45
	75m:	46.80	16.33	175m:	1:55.16	17.35	275m:	3:06.47	17.81	375m:	4:16.25	17.83
	100m:	1:03.48	16.68	200m:	2:12.46	17.30	300m:	3:23.77	17.30	400m:	4:33.10	16.85
15.			2010	I				+0,75	4:33.15	469 2		
	25m:	15.13	15.13	125m:	1:22.79	17.32	225m:	2:32.61	17.50	325m:	3:42.90	17.43
	50m:	31.49	16.36	150m:	1:40.11	17.32	250m:	2:50.26	17.65	350m:	4:00.33	17.43
	75m:	48.39	16.90	175m:	1:57.47	17.36	275m:	3:07.72	17.46	375m:	4:17.43	17.10
	100m:	1:05.47	17.08	200m:	2:15.11	17.64	300m:	3:25.47	17.75	400m:	4:33.15	15.72
16.			2009	I				+0,94	4:35.62	456 2		
	25m:	14.56	14.56	125m:	1:21.08	17.21	225m:	2:31.92	17.86	325m:	3:43.17	17.70
	50m:	30.51	15.95	150m:	1:38.58	17.50	250m:	2:49.81	17.89	350m:	4:00.99	17.82
	75m:	46.97	16.46	175m:	1:56.31	17.73	275m:	3:07.53	17.72	375m:	4:18.62	17.63
	100m:	1:03.87	16.90	200m:	2:14.06	17.75	300m:	3:25.47	17.94	400m:	4:35.62	17.00
17.			2010	II				+0,93	4:36.26	453 2		
	25m:	15.02	15.02	125m:	1:21.51	17.23	225m:	2:31.82	17.43	325m:	3:43.26	17.72
	50m:	31.14	16.12	150m:	1:39.22	17.71	250m:	2:49.58	17.76	350m:	4:01.03	17.77
	75m:	47.38	16.24	175m:	1:56.54	17.32	275m:	3:07.26	17.68	375m:	4:19.33	18.30
	100m:	1:04.28	16.90	200m:	2:14.39	17.85	300m:	3:25.54	18.28	400m:	4:36.26	16.93
18.			2009	II				+0,80	4:36.35	453 2		
	25m:	14.21	14.21	125m:	1:21.07	17.43	225m:	2:31.02	17.55	325m:	3:43.16	17.88
	50m:	30.20	15.99	150m:	1:38.43	17.36	250m:	2:48.83	17.81	350m:	4:01.19	18.03
	75m:	46.69	16.49	175m:	1:55.81	17.38	275m:	3:06.79	17.96	375m:	4:19.08	17.89
	100m:	1:03.64	16.95	200m:	2:13.47	17.66	300m:	3:25.28	18.49	400m:	4:36.35	17.27
19.			2008	II				+0,61	4:38.64	441 2		
	25m:	14.21	14.21	125m:	1:22.33	17.49	225m:	2:34.29	17.94	325m:	3:46.83	18.09
	50m:	30.62	16.41	150m:	1:40.34	18.01	250m:	2:52.61	18.32	350m:	4:04.96	18.13
	75m:	47.64	17.02	175m:	1:58.25	17.91	275m:	3:11.01	18.40	375m:	4:22.26	17.30
	100m:	1:04.84	17.20	200m:	2:16.35	18.10	300m:	3:28.74	17.73	400m:	4:38.64	16.38
20.			2009	I				+0,70	4:38.96	440 2		
	25m:	14.59	14.59	125m:	1:21.97	17.36	225m:	2:32.83	17.80	325m:	3:45.02	18.08
	50m:	31.03	16.44	150m:	1:39.35	17.38	250m:	2:51.08	18.25	350m:	4:03.21	18.19
	75m:	47.36	16.33	175m:	1:56.89	17.54	275m:	3:08.94	17.86	375m:	4:21.06	17.85
	100m:	1:04.61	17.25	200m:	2:15.03	18.14	300m:	3:26.94	18.00	400m:	4:38.96	17.90
21.			2010	I				+0,76	4:39.86	436 2		
	25m:	14.76	14.76	125m:	1:23.28	17.55	225m:	2:34.99	18.06	325m:	3:46.82	18.05
	50m:	31.19	16.43	150m:	1:41.27	17.99	250m:	2:52.89	17.90	350m:	4:04.57	17.75
	75m:	48.17	16.98	175m:	1:59.11	17.84	275m:	3:10.76	17.87	375m:	4:22.45	17.88
	100m:	1:05.73	17.56	200m:	2:16.93	17.82	300m:	3:28.77	18.01	400m:	4:39.86	17.41

36, , 400m

R.T.

22.			2011	II	"	"	+0,88	4:40.00	435	2		
	25m:	15.42	15.42	125m:	1:25.76	17.86	225m:	2:37.49	18.19	325m:	3:48.74	17.76
	50m:	32.44	17.02	150m:	1:43.52	17.76	250m:	2:55.35	17.86	350m:	4:06.49	17.75
	75m:	50.15	17.71	175m:	2:01.17	17.65	275m:	3:13.07	17.72	375m:	4:23.87	17.38
	100m:	1:07.90	17.75	200m:	2:19.30	18.13	300m:	3:30.98	17.91	400m:	4:40.00	16.13
23.			2010	II	"	"	+0,70	4:41.89	426	2		
	25m:	15.11	15.11	125m:	1:24.65	17.99	225m:	2:37.23	18.11	325m:	3:49.88	18.19
	50m:	31.77	16.66	150m:	1:42.77	18.12	250m:	2:55.40	18.17	350m:	4:08.12	18.24
	75m:	48.94	17.17	175m:	2:00.89	18.12	275m:	3:13.36	17.96	375m:	4:25.48	17.36
	100m:	1:06.66	17.72	200m:	2:19.12	18.23	300m:	3:31.69	18.33	400m:	4:41.89	16.41
24.			2011	II	"	"	+0,85	4:42.75	422	2		
	25m:	14.51	14.51	125m:	1:24.25	17.80	225m:	2:37.23	18.46	325m:	3:50.02	18.19
	50m:	31.56	17.05	150m:	1:42.41	18.16	250m:	2:55.25	18.02	350m:	4:07.68	17.66
	75m:	48.80	17.24	175m:	2:00.60	18.19	275m:	3:13.92	18.67	375m:	4:25.55	17.87
	100m:	1:06.45	17.65	200m:	2:18.77	18.17	300m:	3:31.83	17.91	400m:	4:42.75	17.20
25.			2010	II	"	"	+0,76	4:43.39	420	2		
	25m:	14.83	14.83	125m:	1:25.04	17.88	225m:	2:37.86	18.01	325m:	3:51.17	18.04
	50m:	31.36	16.53	150m:	1:43.10	18.06	250m:	2:56.29	18.43	350m:	4:09.37	18.20
	75m:	48.85	17.49	175m:	2:01.41	18.31	275m:	3:14.72	18.43	375m:	4:26.89	17.52
	100m:	1:07.16	18.31	200m:	2:19.85	18.44	300m:	3:33.13	18.41	400m:	4:43.39	16.50
26.			2007	I	"	"	+0,82	4:46.37	407	2		
	25m:	13.64	13.64	125m:	1:20.91	18.37	225m:	2:36.90	18.60	325m:	3:50.64	18.60
	50m:	28.87	15.23	150m:	1:40.10	19.19	250m:	2:54.78	17.88	350m:	4:09.48	18.84
	75m:	45.26	16.39	175m:	1:59.07	18.97	275m:	3:13.27	18.49	375m:	4:28.34	18.86
	100m:	1:02.54	17.28	200m:	2:18.30	19.23	300m:	3:32.04	18.77	400m:	4:46.37	18.03
27.			2010	I	"	"	+0,89	4:46.54	406	2		
	25m:	16.54	16.54	125m:	1:28.66	18.24	225m:	2:41.47	18.17	325m:	3:53.82	17.74
	50m:	34.26	17.72	150m:	1:46.91	18.25	250m:	2:59.89	18.42	350m:	4:11.54	17.72
	75m:	52.24	17.98	175m:	2:05.33	18.42	275m:	3:17.96	18.07	375m:	4:29.57	18.03
	100m:	1:10.42	18.18	200m:	2:23.30	17.97	300m:	3:36.08	18.12	400m:	4:46.54	16.97
28.			2011	II	"	"	+0,79	4:47.57	402	2		
	25m:	14.92	14.92	125m:	1:26.09	18.41	225m:	2:39.06	18.05	325m:	3:53.12	18.41
	50m:	31.66	16.74	150m:	1:44.38	18.29	250m:	2:57.46	18.40	350m:	4:11.75	18.63
	75m:	49.65	17.99	175m:	2:02.40	18.02	275m:	3:15.96	18.50	375m:	4:29.94	18.19
	100m:	1:07.68	18.03	200m:	2:21.01	18.61	300m:	3:34.71	18.75	400m:	4:47.57	17.63
29.			2009	II	"	"	+0,84	4:47.89	400	2		
	25m:	15.02	15.02	125m:	1:27.08	18.63	225m:	2:41.21	18.72	325m:	3:54.37	17.80
	50m:	32.00	16.98	150m:	1:45.57	18.49	250m:	2:59.63	18.42	350m:	4:12.26	17.89
	75m:	49.98	17.98	175m:	2:03.84	18.27	275m:	3:17.89	18.26	375m:	4:30.64	18.38
	100m:	1:08.45	18.47	200m:	2:22.49	18.65	300m:	3:36.57	18.68	400m:	4:47.89	17.25
30.			2010	II	"	"	+0,68	4:49.20	395	2		
	25m:	15.34	15.34	125m:	1:26.00	18.26	225m:	2:40.50	18.68	325m:	3:55.21	18.86
	50m:	32.12	16.78	150m:	1:44.60	18.60	250m:	2:58.91	18.41	350m:	4:14.06	18.85
	75m:	49.63	17.51	175m:	2:03.08	18.48	275m:	3:17.49	18.58	375m:	4:31.67	17.61
	100m:	1:07.74	18.11	200m:	2:21.82	18.74	300m:	3:36.35	18.86	400m:	4:49.20	17.53
31.			2010	II	"	"	+0,72	4:49.41	394	2		
	25m:	14.77	14.77	125m:	1:23.61	17.48	225m:	2:37.81	18.67	325m:	3:54.02	19.07
	50m:	31.19	16.42	150m:	1:41.56	17.95	250m:	2:56.58	18.77	350m:	4:13.05	19.03
	75m:	48.49	17.30	175m:	1:59.84	18.28	275m:	3:15.43	18.85	375m:	4:31.87	18.82
	100m:	1:06.13	17.64	200m:	2:19.14	19.30	300m:	3:34.95	19.52	400m:	4:49.41	17.54
32.			2011	II	"	"	+0,76	4:49.90	392	2		
	25m:	14.80	14.80	125m:	1:25.69	18.20	225m:	2:39.15	17.74	325m:	3:53.75	18.63
	50m:	31.62	16.82	150m:	1:44.23	18.54	250m:	2:57.93	18.78	350m:	4:12.66	18.91
	75m:	49.26	17.64	175m:	2:02.77	18.54	275m:	3:16.29	18.36	375m:	4:31.42	18.76
	100m:	1:07.49	18.23	200m:	2:21.41	18.64	300m:	3:35.12	18.83	400m:	4:49.90	18.48

36, , 400m										R.T.		
33.			2011	II				+0,94	4:54.35	374	2	
	25m:	15.97	15.97	125m:	1:28.30	18.61	225m:	2:44.18	19.17	325m:	4:00.01	18.93
	50m:	33.37	17.40	150m:	1:47.20	18.90	250m:	3:03.22	19.04	350m:	4:18.81	18.80
	75m:	51.38	18.01	175m:	2:05.94	18.74	275m:	3:22.03	18.81	375m:	4:37.57	18.76
	100m:	1:09.69	18.31	200m:	2:25.01	19.07	300m:	3:41.08	19.05	400m:	4:54.35	16.78
34.			2010	II				+0,70	4:55.52	370	2	
	25m:	15.62	15.62	125m:	1:26.52	18.47	225m:	2:42.07	19.03	325m:	3:59.53	19.71
	50m:	32.35	16.73	150m:	1:45.01	18.49	250m:	3:01.47	19.40	350m:	4:18.98	19.45
	75m:	49.96	17.61	175m:	2:03.67	18.66	275m:	3:20.69	19.22	375m:	4:37.84	18.86
	100m:	1:08.05	18.09	200m:	2:23.04	19.37	300m:	3:39.82	19.13	400m:	4:55.52	17.68
35.			2012	II				+0,76	4:56.28	367	2	
	25m:	16.03	16.03	125m:	1:29.81	18.85	225m:	2:45.62	18.95	325m:	4:01.39	18.60
	50m:	33.87	17.84	150m:	1:48.40	18.59	250m:	3:04.72	19.10	350m:	4:20.23	18.84
	75m:	52.28	18.41	175m:	2:07.54	19.14	275m:	3:23.93	19.21	375m:	4:38.68	18.45
	100m:	1:10.96	18.68	200m:	2:26.67	19.13	300m:	3:42.79	18.86	400m:	4:56.28	17.60
36.			2011	II				+0,87	4:57.60	362	2	
	25m:	15.99	15.99	125m:	1:29.58	18.64	225m:	2:46.00	19.07	325m:	4:02.94	19.40
	50m:	33.91	17.92	150m:	1:48.71	19.13	250m:	3:05.23	19.23	350m:	4:22.04	19.10
	75m:	52.40	18.49	175m:	2:07.79	19.08	275m:	3:24.25	19.02	375m:	4:40.32	18.28
	100m:	1:10.94	18.54	200m:	2:26.93	19.14	300m:	3:43.54	19.29	400m:	4:57.60	17.28
37.			2009	II				+0,65	4:57.77	362	2	
	25m:	15.32	15.32	125m:	1:28.99	18.88	225m:	2:45.97	19.15	325m:	4:02.16	19.07
	50m:	32.91	17.59	150m:	1:48.42	19.43	250m:	3:04.99	19.02	350m:	4:21.43	19.27
	75m:	51.18	18.27	175m:	2:07.69	19.27	275m:	3:24.22	19.23	375m:	4:40.60	19.17
	100m:	1:10.11	18.93	200m:	2:26.82	19.13	300m:	3:43.09	18.87	400m:	4:57.77	17.17
38.			2011	II				+0,78	4:59.16	357	2	
	25m:	15.72	15.72	125m:	1:30.55	19.11	225m:	2:46.49	18.90	325m:	4:03.23	19.33
	50m:	33.65	17.93	150m:	1:49.44	18.89	250m:	3:05.24	18.75	350m:	4:22.43	19.20
	75m:	52.54	18.89	175m:	2:08.52	19.08	275m:	3:24.60	19.36	375m:	4:41.13	18.70
	100m:	1:11.44	18.90	200m:	2:27.59	19.07	300m:	3:43.90	19.30	400m:	4:59.16	18.03
39.			2011					+0,87	4:59.33	356	2	
	25m:	15.60	15.60	125m:	1:28.90	18.61	225m:	2:44.91		350m:	4:21.25	19.35
	50m:	33.07	17.47	150m:	2:26.00	57.10	250m:	3:42.51	57.60	375m:	4:40.66	19.41
	75m:	51.40	18.33	175m:	2:06.66		275m:	3:23.22		400m:	4:59.33	18.67
	100m:	1:10.29	18.89	200m:	3:04.35	57.69	325m:	4:01.90	38.68			
40.			2011	II				+0,79	4:59.39	356	2	
	25m:	15.45	15.45	125m:	1:29.70	19.16	225m:	2:46.25	19.40	325m:	4:02.89	19.09
	50m:	33.11	17.66	150m:	1:48.84	19.14	250m:	3:05.70	19.45	350m:	4:22.40	19.51
	75m:	51.78	18.67	175m:	2:07.78	18.94	275m:	3:24.89	19.19	375m:	4:41.22	18.82
	100m:	1:10.54	18.76	200m:	2:26.85	19.07	300m:	3:43.80	18.91	400m:	4:59.39	18.17
41.			2011	II			" "	+0,94	5:00.42	352	2	
	25m:	15.15	15.15	125m:	1:28.41	18.98	225m:	2:45.81	19.72	325m:	4:03.36	19.09
	50m:	32.57	17.42	150m:	1:47.49	19.08	250m:	3:05.24	19.43	350m:	4:23.07	19.71
	75m:	50.87	18.30	175m:	2:06.83	19.34	275m:	3:24.60	19.36	375m:	4:41.71	18.64
	100m:	1:09.43	18.56	200m:	2:26.09	19.26	300m:	3:44.27	19.67	400m:	5:00.42	18.71
42.			2011	II				+0,82	5:01.82	347	2	
	25m:	15.50	15.50	125m:	1:28.97	19.18	225m:	2:45.99	19.40	325m:	4:04.39	19.57
	50m:	32.68	17.18	150m:	1:48.26	19.29	250m:	3:05.51	19.52	350m:	4:23.46	19.07
	75m:	51.33	18.65	175m:	2:07.59	19.33	275m:	3:25.15	19.64	375m:	4:42.91	19.45
	100m:	1:09.79	18.46	200m:	2:26.59	19.00	300m:	3:44.82	19.67	400m:	5:01.82	18.91
43.			2011	II				+0,70	5:08.88	324	3	
	25m:	15.91	15.91	125m:	1:31.74	19.81	225m:	2:50.84	19.89	325m:	4:10.55	20.03
	50m:	33.89	17.98	150m:	1:51.05	19.31	250m:	3:11.24	20.40	350m:	4:30.46	19.91
	75m:	52.74	18.85	175m:	2:10.71	19.66	275m:	3:30.32	19.08	375m:	4:50.32	19.86
	100m:	1:11.93	19.19	200m:	2:30.95	20.24	300m:	3:50.52	20.20	400m:	5:08.88	18.56

36, , 400m								R.T.				
44.			2012	III				+0,56	5:14.97	306 3		
	25m:	15.91	15.91	125m:	1:32.14	20.00	225m:	2:53.56	20.00	325m:	4:15.45	20.73
	50m:	33.67	17.76	150m:	1:52.65	20.51	250m:	3:13.96	20.40	350m:	4:35.70	20.25
	75m:	52.57	18.90	175m:	2:13.36	20.71	275m:	3:34.31	20.35	375m:	4:55.91	20.21
	100m:	1:12.14	19.57	200m:	2:33.56	20.20	300m:	3:54.72	20.41	400m:	5:14.97	19.06
45.			2010	II						+0,74	5:19.52	293 3
	25m:	16.31	16.31	125m:	1:33.63	20.54	225m:	2:55.00	21.30	325m:	4:18.38	20.59
	50m:	34.57	18.26	150m:	1:52.93	19.30	250m:	3:15.70	20.70	375m:	5:00.34	41.96
	75m:	53.78	19.21	175m:	2:13.76	20.83	275m:	3:37.06	21.36	400m:	5:19.52	19.18
	100m:	1:13.09	19.31	200m:	2:33.70	19.94	300m:	3:57.79	20.73			
46.			2012	III						+0,88	5:30.05	265 3
	25m:	18.18	18.18	125m:	1:40.32	21.76	225m:	3:03.55	21.09	325m:	4:27.26	21.15
	50m:	37.61	19.43	150m:	2:01.26	20.94	250m:	3:24.02	20.47	350m:	4:48.49	21.23
	75m:	57.55	19.94	175m:	2:21.90	20.64	275m:	3:45.19	21.17	375m:	5:09.39	20.90
	100m:	1:18.56	21.01	200m:	2:42.46	20.56	300m:	4:06.11	20.92	400m:	5:30.05	20.66
47.			2012	III						+0,91	6:15.84	180 1
	25m:	17.69	17.69	125m:	1:47.79	47.09	225m:	3:25.04	49.06	400m:	6:15.84	2:01.62
	75m:	1:00.70	43.01	175m:	2:35.98	48.19	275m:	4:14.22	49.18			
DNS			2008	I								
DNS			2009	I								
2007												
1.			2007							+0,68	4:12.56	593 1
	25m:	13.40	13.40	125m:	1:15.57	16.15	225m:	2:20.97	16.17	325m:	3:26.50	16.07
	50m:	28.10	14.70	150m:	1:32.13	16.56	250m:	2:37.72	16.75	350m:	3:42.43	15.93
	75m:	43.46	15.36	175m:	1:48.19	16.06	275m:	2:53.84	16.12	375m:	3:58.01	15.58
	100m:	59.42	15.96	200m:	2:04.80	16.61	300m:	3:10.43	16.59	400m:	4:12.56	14.55
2.			2007	I				179		+0,74	4:15.83	571 1
	25m:	14.11	14.11	125m:	1:18.13	32.86	250m:	2:39.81	16.46	325m:	3:28.39	
	50m:	2:07.17	1:53.06	175m:	1:50.73	32.60	275m:	2:56.11	16.30	375m:	4:00.04	31.65
	75m:	45.27		225m:	2:23.35	32.62	300m:	3:44.34	48.23	400m:	4:15.83	15.79
3.			2007							+0,70	4:16.44	567 1
	25m:	13.61	13.61	125m:	1:15.78	16.17	225m:	2:21.02	16.40	325m:	3:28.04	16.83
	50m:	28.26	14.65	150m:	1:31.97	16.19	250m:	2:37.83	16.81	350m:	3:44.74	16.70
	75m:	43.60	15.34	175m:	1:48.30	16.33	275m:	2:54.35	16.52	375m:	4:01.11	16.37
	100m:	59.61	16.01	200m:	2:04.62	16.32	300m:	3:11.21	16.86	400m:	4:16.44	15.33
4.			2007							+0,70	4:19.19	549 1
	25m:	13.55	13.55	125m:	1:17.95	16.35	225m:	2:23.98	16.44	325m:	3:30.33	16.60
	50m:	28.90	15.35	150m:	1:34.60	16.65	250m:	2:40.34	16.36	350m:	3:47.04	16.71
	75m:	44.82	15.92	175m:	1:50.77	16.17	275m:	2:56.76	16.42	375m:	4:03.47	16.43
	100m:	1:01.60	16.78	200m:	2:07.54	16.77	300m:	3:13.73	16.97	400m:	4:19.19	15.72
5.			2007							+0,80	4:20.80	539 1
	25m:	13.96	13.96	125m:	1:19.04	16.72	225m:	2:27.14	16.69	325m:	3:33.62	15.81
	50m:	29.59	15.63	150m:	1:36.08	17.04	250m:	2:44.06	16.92	350m:	3:50.12	16.50
	75m:	45.89	16.30	175m:	1:53.18	17.10	275m:	3:00.88	16.82	375m:	4:05.77	15.65
	100m:	1:02.32	16.43	200m:	2:10.45	17.27	300m:	3:17.81	16.93	400m:	4:20.80	15.03
6.			2009	I						+0,77	4:23.14	524 1
	25m:	14.01	14.01	125m:	1:18.50	16.44	225m:	2:25.66	16.91	325m:	3:33.17	16.67
	50m:	29.50	15.49	150m:	1:35.28	16.78	250m:	2:43.02	17.36	350m:	3:50.16	16.99
	75m:	45.75	16.25	175m:	1:51.70	16.42	275m:	2:59.85	16.83	375m:	4:06.51	16.35
	100m:	1:02.06	16.31	200m:	2:08.75	17.05	300m:	3:16.50	16.65	400m:	4:23.14	16.63

36,	, 400m	, 2007	/						R.T.		
7.			2010	I				+0,64	4:26.39	505	1
	25m: 13.70	13.70	125m: 1:18.17	16.89	225m: 2:27.00	17.27	325m: 3:35.78	17.05			
	50m: 28.85	15.15	150m: 1:35.36	17.19	250m: 2:44.29	17.29	350m: 3:53.48	17.70			
	75m: 44.67	15.82	175m: 1:52.34	16.98	275m: 3:01.50	17.21	375m: 4:10.52	17.04			
	100m: 1:01.28	16.61	200m: 2:09.73	17.39	300m: 3:18.73	17.23	400m: 4:26.39	15.87			
8.			2008	I				+0,80	4:26.80	503	1
	25m: 14.23	14.23	125m: 1:22.07	17.15	225m: 2:30.99	17.25	325m: 3:39.25	17.13			
	50m: 30.99	16.76	150m: 1:39.05	16.98	250m: 2:47.89	16.90	350m: 3:56.01	16.76			
	75m: 48.17	17.18	175m: 1:56.32	17.27	275m: 3:05.27	17.38	375m: 4:11.88	15.87			
	100m: 1:04.92	16.75	200m: 2:13.74	17.42	300m: 3:22.12	16.85	400m: 4:26.80	14.92			
9.			2008	I				+0,70	4:26.83	503	1
	25m: 13.98	13.98	125m: 1:18.31	16.65	225m: 2:26.34	17.08	325m: 3:35.84	17.33			
	50m: 29.30	15.32	150m: 1:35.32	17.01	250m: 2:43.47	17.13	350m: 3:53.47	17.63			
	75m: 45.19	15.89	175m: 1:52.20	16.88	275m: 3:01.11	17.64	375m: 4:10.45	16.98			
	100m: 1:01.66	16.47	200m: 2:09.26	17.06	300m: 3:18.51	17.40	400m: 4:26.83	16.38			
10.			2009	I				+0,78	4:28.22	495	2
	25m: 14.35	14.35	125m: 1:20.11	16.91	225m: 2:29.06	17.49	325m: 3:38.77	17.47			
	50m: 30.20	15.85	150m: 1:37.08	16.97	250m: 2:46.28	17.22	350m: 3:56.01	17.24			
	75m: 46.38	16.18	175m: 1:54.20	17.12	275m: 3:03.73	17.45	375m: 4:12.63	16.62			
	100m: 1:03.20	16.82	200m: 2:11.57	17.37	300m: 3:21.30	17.57	400m: 4:28.22	15.59			
11.			2010	I				+0,70	4:28.41	494	2
	25m: 14.11	14.11	125m: 1:20.57	17.00	225m: 2:29.29	17.21	325m: 3:38.62	17.10			
	50m: 30.08	15.97	150m: 1:37.61	17.04	250m: 2:46.70	17.41	350m: 3:55.81	17.19			
	75m: 46.62	16.54	175m: 1:54.76	17.15	275m: 3:04.15	17.45	375m: 4:12.67	16.86			
	100m: 1:03.57	16.95	200m: 2:12.08	17.32	300m: 3:21.52	17.37	400m: 4:28.41	15.74			
12.			2008	I	"	"		+1,10	4:30.16	484	2
	25m: 14.53	14.53	125m: 1:20.48	16.76	225m: 2:29.22	17.20	325m: 3:38.94	17.03			
	50m: 30.31	15.78	150m: 1:37.66	17.18	250m: 2:46.62	17.40	350m: 3:56.68	17.74			
	75m: 46.62	16.31	175m: 1:54.60	16.94	275m: 3:04.26	17.64	375m: 4:13.46	16.78			
	100m: 1:03.72	17.10	200m: 2:12.02	17.42	300m: 3:21.91	17.65	400m: 4:30.16	16.70			
13.			2010	II				+0,71	4:33.10	469	2
	25m: 14.26	14.26	125m: 1:20.68	17.20	225m: 2:30.20	17.74	325m: 3:40.97	17.20			
	50m: 30.47	16.21	150m: 1:37.81	17.13	250m: 2:48.66	18.46	350m: 3:58.42	17.45			
	75m: 46.80	16.33	175m: 1:55.16	17.35	275m: 3:06.47	17.81	375m: 4:16.25	17.83			
	100m: 1:03.48	16.68	200m: 2:12.46	17.30	300m: 3:23.77	17.30	400m: 4:33.10	16.85			
14.			2010	I	"	"		+0,75	4:33.15	469	2
	25m: 15.13	15.13	125m: 1:22.79	17.32	225m: 2:32.61	17.50	325m: 3:42.90	17.43			
	50m: 31.49	16.36	150m: 1:40.11	17.32	250m: 2:50.26	17.65	350m: 4:00.33	17.43			
	75m: 48.39	16.90	175m: 1:57.47	17.36	275m: 3:07.72	17.46	375m: 4:17.43	17.10			
	100m: 1:05.47	17.08	200m: 2:15.11	17.64	300m: 3:25.47	17.75	400m: 4:33.15	15.72			
15.			2009	I				+0,94	4:35.62	456	2
	25m: 14.56	14.56	125m: 1:21.08	17.21	225m: 2:31.92	17.86	325m: 3:43.17	17.70			
	50m: 30.51	15.95	150m: 1:38.58	17.50	250m: 2:49.81	17.89	350m: 4:00.99	17.82			
	75m: 46.97	16.46	175m: 1:56.31	17.73	275m: 3:07.53	17.72	375m: 4:18.62	17.63			
	100m: 1:03.87	16.90	200m: 2:14.06	17.75	300m: 3:25.47	17.94	400m: 4:35.62	17.00			
16.			2010	II				+0,93	4:36.26	453	2
	25m: 15.02	15.02	125m: 1:21.51	17.23	225m: 2:31.82	17.43	325m: 3:43.26	17.72			
	50m: 31.14	16.12	150m: 1:39.22	17.71	250m: 2:49.58	17.76	350m: 4:01.03	17.77			
	75m: 47.38	16.24	175m: 1:56.54	17.32	275m: 3:07.26	17.68	375m: 4:19.33	18.30			
	100m: 1:04.28	16.90	200m: 2:14.39	17.85	300m: 3:25.54	18.28	400m: 4:36.26	16.93			
17.			2009	II				+0,80	4:36.35	453	2
	25m: 14.21	14.21	125m: 1:21.07	17.43	225m: 2:31.02	17.55	325m: 3:43.16	17.88			
	50m: 30.20	15.99	150m: 1:38.43	17.36	250m: 2:48.83	17.81	350m: 4:01.19	18.03			
	75m: 46.69	16.49	175m: 1:55.81	17.38	275m: 3:06.79	17.96	375m: 4:19.08	17.89			
	100m: 1:03.64	16.95	200m: 2:13.47	17.66	300m: 3:25.28	18.49	400m: 4:36.35	17.27			

36,		, 400m		, 2007				R.T.				
18.				2008	II			+0,61	4:38.64	441 2		
	25m:	14.21	14.21	125m:	1:22.33	17.49	225m:	2:34.29	17.94	325m:	3:46.83	18.09
	50m:	30.62	16.41	150m:	1:40.34	18.01	250m:	2:52.61	18.32	350m:	4:04.96	18.13
	75m:	47.64	17.02	175m:	1:58.25	17.91	275m:	3:11.01	18.40	375m:	4:22.26	17.30
	100m:	1:04.84	17.20	200m:	2:16.35	18.10	300m:	3:28.74	17.73	400m:	4:38.64	16.38
19.				2009	I			+0,70	4:38.96	440 2		
	25m:	14.59	14.59	125m:	1:21.97	17.36	225m:	2:32.83	17.80	325m:	3:45.02	18.08
	50m:	31.03	16.44	150m:	1:39.35	17.38	250m:	2:51.08	18.25	350m:	4:03.21	18.19
	75m:	47.36	16.33	175m:	1:56.89	17.54	275m:	3:08.94	17.86	375m:	4:21.06	17.85
	100m:	1:04.61	17.25	200m:	2:15.03	18.14	300m:	3:26.94	18.00	400m:	4:38.96	17.90
20.				2010	I			+0,76	4:39.86	436 2		
	25m:	14.76	14.76	125m:	1:23.28	17.55	225m:	2:34.99	18.06	325m:	3:46.82	18.05
	50m:	31.19	16.43	150m:	1:41.27	17.99	250m:	2:52.89	17.90	350m:	4:04.57	17.75
	75m:	48.17	16.98	175m:	1:59.11	17.84	275m:	3:10.76	17.87	375m:	4:22.45	17.88
	100m:	1:05.73	17.56	200m:	2:16.93	17.82	300m:	3:28.77	18.01	400m:	4:39.86	17.41
21.				2011	II		" "	+0,88	4:40.00	435 2		
	25m:	15.42	15.42	125m:	1:25.76	17.86	225m:	2:37.49	18.19	325m:	3:48.74	17.76
	50m:	32.44	17.02	150m:	1:43.52	17.76	250m:	2:55.35	17.86	350m:	4:06.49	17.75
	75m:	50.15	17.71	175m:	2:01.17	17.65	275m:	3:13.07	17.72	375m:	4:23.87	17.38
	100m:	1:07.90	17.75	200m:	2:19.30	18.13	300m:	3:30.98	17.91	400m:	4:40.00	16.13
22.				2010	II		" "	+0,70	4:41.89	426 2		
	25m:	15.11	15.11	125m:	1:24.65	17.99	225m:	2:37.23	18.11	325m:	3:49.88	18.19
	50m:	31.77	16.66	150m:	1:42.77	18.12	250m:	2:55.40	18.17	350m:	4:08.12	18.24
	75m:	48.94	17.17	175m:	2:00.89	18.12	275m:	3:13.36	17.96	375m:	4:25.48	17.36
	100m:	1:06.66	17.72	200m:	2:19.12	18.23	300m:	3:31.69	18.33	400m:	4:41.89	16.41
23.				2011	II		" "	+0,85	4:42.75	422 2		
	25m:	14.51	14.51	125m:	1:24.25	17.80	225m:	2:37.23	18.46	325m:	3:50.02	18.19
	50m:	31.56	17.05	150m:	1:42.41	18.16	250m:	2:55.25	18.02	350m:	4:07.68	17.66
	75m:	48.80	17.24	175m:	2:00.60	18.19	275m:	3:13.92	18.67	375m:	4:25.55	17.87
	100m:	1:06.45	17.65	200m:	2:18.77	18.17	300m:	3:31.83	17.91	400m:	4:42.75	17.20
24.				2010	II			+0,76	4:43.39	420 2		
	25m:	14.83	14.83	125m:	1:25.04	17.88	225m:	2:37.86	18.01	325m:	3:51.17	18.04
	50m:	31.36	16.53	150m:	1:43.10	18.06	250m:	2:56.29	18.43	350m:	4:09.37	18.20
	75m:	48.85	17.49	175m:	2:01.41	18.31	275m:	3:14.72	18.43	375m:	4:26.89	17.52
	100m:	1:07.16	18.31	200m:	2:19.85	18.44	300m:	3:33.13	18.41	400m:	4:43.39	16.50
25.				2007	I			+0,82	4:46.37	407 2		
	25m:	13.64	13.64	125m:	1:20.91	18.37	225m:	2:36.90	18.60	325m:	3:50.64	18.60
	50m:	28.87	15.23	150m:	1:40.10	19.19	250m:	2:54.78	17.88	350m:	4:09.48	18.84
	75m:	45.26	16.39	175m:	1:59.07	18.97	275m:	3:13.27	18.49	375m:	4:28.34	18.86
	100m:	1:02.54	17.28	200m:	2:18.30	19.23	300m:	3:32.04	18.77	400m:	4:46.37	18.03
26.				2010	I		" "	+0,89	4:46.54	406 2		
	25m:	16.54	16.54	125m:	1:28.66	18.24	225m:	2:41.47	18.17	325m:	3:53.82	17.74
	50m:	34.26	17.72	150m:	1:46.91	18.25	250m:	2:59.89	18.42	350m:	4:11.54	17.72
	75m:	52.24	17.98	175m:	2:05.33	18.42	275m:	3:17.96	18.07	375m:	4:29.57	18.03
	100m:	1:10.42	18.18	200m:	2:23.30	17.97	300m:	3:36.08	18.12	400m:	4:46.54	16.97
27.				2011	II			+0,79	4:47.57	402 2		
	25m:	14.92	14.92	125m:	1:26.09	18.41	225m:	2:39.06	18.05	325m:	3:53.12	18.41
	50m:	31.66	16.74	150m:	1:44.38	18.29	250m:	2:57.46	18.40	350m:	4:11.75	18.63
	75m:	49.65	17.99	175m:	2:02.40	18.02	275m:	3:15.96	18.50	375m:	4:29.94	18.19
	100m:	1:07.68	18.03	200m:	2:21.01	18.61	300m:	3:34.71	18.75	400m:	4:47.57	17.63
28.				2009	II		" "	+0,84	4:47.89	400 2		
	25m:	15.02	15.02	125m:	1:27.08	18.63	225m:	2:41.21	18.72	325m:	3:54.37	17.80
	50m:	32.00	16.98	150m:	1:45.57	18.49	250m:	2:59.63	18.42	350m:	4:12.26	17.89
	75m:	49.98	17.98	175m:	2:03.84	18.27	275m:	3:17.89	18.26	375m:	4:30.64	18.38
	100m:	1:08.45	18.47	200m:	2:22.49	18.65	300m:	3:36.57	18.68	400m:	4:47.89	17.25

36,		, 400m		, 2007				R.T.				
29.	,			2010		"	"	+0,68	4:49.20	395 2		
	25m:	15.34	15.34	125m:	1:26.00	18.26	225m:	2:40.50	18.68	325m:	3:55.21	18.86
	50m:	32.12	16.78	150m:	1:44.60	18.60	250m:	2:58.91	18.41	350m:	4:14.06	18.85
	75m:	49.63	17.51	175m:	2:03.08	18.48	275m:	3:17.49	18.58	375m:	4:31.67	17.61
	100m:	1:07.74	18.11	200m:	2:21.82	18.74	300m:	3:36.35	18.86	400m:	4:49.20	17.53
30.	,			2010				+0,72	4:49.41	394 2		
	25m:	14.77	14.77	125m:	1:23.61	17.48	225m:	2:37.81	18.67	325m:	3:54.02	19.07
	50m:	31.19	16.42	150m:	1:41.56	17.95	250m:	2:56.58	18.77	350m:	4:13.05	19.03
	75m:	48.49	17.30	175m:	1:59.84	18.28	275m:	3:15.43	18.85	375m:	4:31.87	18.82
	100m:	1:06.13	17.64	200m:	2:19.14	19.30	300m:	3:34.95	19.52	400m:	4:49.41	17.54
31.	,			2011				+0,76	4:49.90	392 2		
	25m:	14.80	14.80	125m:	1:25.69	18.20	225m:	2:39.15	17.74	325m:	3:53.75	18.63
	50m:	31.62	16.82	150m:	1:44.23	18.54	250m:	2:57.93	18.78	350m:	4:12.66	18.91
	75m:	49.26	17.64	175m:	2:02.77	18.54	275m:	3:16.29	18.36	375m:	4:31.42	18.76
	100m:	1:07.49	18.23	200m:	2:21.41	18.64	300m:	3:35.12	18.83	400m:	4:49.90	18.48
32.	,			2011				+0,94	4:54.35	374 2		
	25m:	15.97	15.97	125m:	1:28.30	18.61	225m:	2:44.18	19.17	325m:	4:00.01	18.93
	50m:	33.37	17.40	150m:	1:47.20	18.90	250m:	3:03.22	19.04	350m:	4:18.81	18.80
	75m:	51.38	18.01	175m:	2:05.94	18.74	275m:	3:22.03	18.81	375m:	4:37.57	18.76
	100m:	1:09.69	18.31	200m:	2:25.01	19.07	300m:	3:41.08	19.05	400m:	4:54.35	16.78
33.	,			2010				+0,70	4:55.52	370 2		
	25m:	15.62	15.62	125m:	1:26.52	18.47	225m:	2:42.07	19.03	325m:	3:59.53	19.71
	50m:	32.35	16.73	150m:	1:45.01	18.49	250m:	3:01.47	19.40	350m:	4:18.98	19.45
	75m:	49.96	17.61	175m:	2:03.67	18.66	275m:	3:20.69	19.22	375m:	4:37.84	18.86
	100m:	1:08.05	18.09	200m:	2:23.04	19.37	300m:	3:39.82	19.13	400m:	4:55.52	17.68
34.	,			2012				+0,76	4:56.28	367 2		
	25m:	16.03	16.03	125m:	1:29.81	18.85	225m:	2:45.62	18.95	325m:	4:01.39	18.60
	50m:	33.87	17.84	150m:	1:48.40	18.59	250m:	3:04.72	19.10	350m:	4:20.23	18.84
	75m:	52.28	18.41	175m:	2:07.54	19.14	275m:	3:23.93	19.21	375m:	4:38.68	18.45
	100m:	1:10.96	18.68	200m:	2:26.67	19.13	300m:	3:42.79	18.86	400m:	4:56.28	17.60
35.	,			2011				+0,87	4:57.60	362 2		
	25m:	15.99	15.99	125m:	1:29.58	18.64	225m:	2:46.00	19.07	325m:	4:02.94	19.40
	50m:	33.91	17.92	150m:	1:48.71	19.13	250m:	3:05.23	19.23	350m:	4:22.04	19.10
	75m:	52.40	18.49	175m:	2:07.79	19.08	275m:	3:24.25	19.02	375m:	4:40.32	18.28
	100m:	1:10.94	18.54	200m:	2:26.93	19.14	300m:	3:43.54	19.29	400m:	4:57.60	17.28
36.	,			2009				+0,65	4:57.77	362 2		
	25m:	15.32	15.32	125m:	1:28.99	18.88	225m:	2:45.97	19.15	325m:	4:02.16	19.07
	50m:	32.91	17.59	150m:	1:48.42	19.43	250m:	3:04.99	19.02	350m:	4:21.43	19.27
	75m:	51.18	18.27	175m:	2:07.69	19.27	275m:	3:24.22	19.23	375m:	4:40.60	19.17
	100m:	1:10.11	18.93	200m:	2:26.82	19.13	300m:	3:43.09	18.87	400m:	4:57.77	17.17
37.	,			2011				+0,78	4:59.16	357 2		
	25m:	15.72	15.72	125m:	1:30.55	19.11	225m:	2:46.49	18.90	325m:	4:03.23	19.33
	50m:	33.65	17.93	150m:	1:49.44	18.89	250m:	3:05.24	18.75	350m:	4:22.43	19.20
	75m:	52.54	18.89	175m:	2:08.52	19.08	275m:	3:24.60	19.36	375m:	4:41.13	18.70
	100m:	1:11.44	18.90	200m:	2:27.59	19.07	300m:	3:43.90	19.30	400m:	4:59.16	18.03
38.	,			2011				+0,87	4:59.33	356 2		
	25m:	15.60	15.60	125m:	1:28.90	18.61	225m:	2:44.91		350m:	4:21.25	19.35
	50m:	33.07	17.47	150m:	2:26.00	57.10	250m:	3:42.51	57.60	375m:	4:40.66	19.41
	75m:	51.40	18.33	175m:	2:06.66		275m:	3:23.22		400m:	4:59.33	18.67
	100m:	1:10.29	18.89	200m:	3:04.35	57.69	325m:	4:01.90	38.68			
39.	,			2011				+0,79	4:59.39	356 2		
	25m:	15.45	15.45	125m:	1:29.70	19.16	225m:	2:46.25	19.40	325m:	4:02.89	19.09
	50m:	33.11	17.66	150m:	1:48.84	19.14	250m:	3:05.70	19.45	350m:	4:22.40	19.51
	75m:	51.78	18.67	175m:	2:07.78	18.94	275m:	3:24.89	19.19	375m:	4:41.22	18.82
	100m:	1:10.54	18.76	200m:	2:26.85	19.07	300m:	3:43.80	18.91	400m:	4:59.39	18.17

36,		, 400m		, 2007				R.T.				
40.	,			2011	II	"	"	+0,94	5:00.42	352 2		
	25m:	15.15	15.15	125m:	1:28.41	18.98	225m:	2:45.81	19.72	325m:	4:03.36	19.09
	50m:	32.57	17.42	150m:	1:47.49	19.08	250m:	3:05.24	19.43	350m:	4:23.07	19.71
	75m:	50.87	18.30	175m:	2:06.83	19.34	275m:	3:24.60	19.36	375m:	4:41.71	18.64
	100m:	1:09.43	18.56	200m:	2:26.09	19.26	300m:	3:44.27	19.67	400m:	5:00.42	18.71
41.	,			2011	II			+0,82	5:01.82	347 2		
	25m:	15.50	15.50	125m:	1:28.97	19.18	225m:	2:45.99	19.40	325m:	4:04.39	19.57
	50m:	32.68	17.18	150m:	1:48.26	19.29	250m:	3:05.51	19.52	350m:	4:23.46	19.07
	75m:	51.33	18.65	175m:	2:07.59	19.33	275m:	3:25.15	19.64	375m:	4:42.91	19.45
	100m:	1:09.79	18.46	200m:	2:26.59	19.00	300m:	3:44.82	19.67	400m:	5:01.82	18.91
42.	,			2011	II			+0,70	5:08.88	324 3		
	25m:	15.91	15.91	125m:	1:31.74	19.81	225m:	2:50.84	19.89	325m:	4:10.55	20.03
	50m:	33.89	17.98	150m:	1:51.05	19.31	250m:	3:11.24	20.40	350m:	4:30.46	19.91
	75m:	52.74	18.85	175m:	2:10.71	19.66	275m:	3:30.32	19.08	375m:	4:50.32	19.86
	100m:	1:11.93	19.19	200m:	2:30.95	20.24	300m:	3:50.52	20.20	400m:	5:08.88	18.56
43.	,			2012	III			+0,56	5:14.97	306 3		
	25m:	15.91	15.91	125m:	1:32.14	20.00	225m:	2:53.56	20.00	325m:	4:15.45	20.73
	50m:	33.67	17.76	150m:	1:52.65	20.51	250m:	3:13.96	20.40	350m:	4:35.70	20.25
	75m:	52.57	18.90	175m:	2:13.36	20.71	275m:	3:34.31	20.35	375m:	4:55.91	20.21
	100m:	1:12.14	19.57	200m:	2:33.56	20.20	300m:	3:54.72	20.41	400m:	5:14.97	19.06
44.	,			2010	II	"	"	+0,74	5:19.52	293 3		
	25m:	16.31	16.31	125m:	1:33.63	20.54	225m:	2:55.00	21.30	325m:	4:18.38	20.59
	50m:	34.57	18.26	150m:	1:52.93	19.30	250m:	3:15.70	20.70	375m:	5:00.34	41.96
	75m:	53.78	19.21	175m:	2:13.76	20.83	275m:	3:37.06	21.36	400m:	5:19.52	19.18
	100m:	1:13.09	19.31	200m:	2:33.70	19.94	300m:	3:57.79	20.73			
45.	,			2012	III			+0,88	5:30.05	265 3		
	25m:	18.18	18.18	125m:	1:40.32	21.76	225m:	3:03.55	21.09	325m:	4:27.26	21.15
	50m:	37.61	19.43	150m:	2:01.26	20.94	250m:	3:24.02	20.47	350m:	4:48.49	21.23
	75m:	57.55	19.94	175m:	2:21.90	20.64	275m:	3:45.19	21.17	375m:	5:09.39	20.90
	100m:	1:18.56	21.01	200m:	2:42.46	20.56	300m:	4:06.11	20.92	400m:	5:30.05	20.66
46.	,			2012	III			+0,91	6:15.84	180 1		
	25m:	17.69	17.69	125m:	1:47.79	47.09	225m:	3:25.04	49.06	400m:	6:15.84	2:01.62
	75m:	1:00.70	43.01	175m:	2:35.98	48.19	275m:	4:14.22	49.18			
DNS	,			2008	I							
DNS	,			2009	I							