



6, , 200m								R.T.				
17.			2011	II	"	"	+0,74	<b>2:40.77</b>	305	3		
	25m:	15.52	15.52	75m:	53.94	19.86	125m:	1:35.49	21.10	175m:	2:18.44	21.70
	50m:	34.08	18.56	100m:	1:14.39	20.45	150m:	1:56.74	21.25	200m:	2:40.77	22.33
18.			2011	II			+0,83	<b>2:49.01</b>	262	3		
	25m:	16.81	16.81	75m:	59.65	22.18	125m:	1:45.53	23.43	175m:	2:28.59	21.99
	50m:	37.47	20.66	100m:	1:22.10	22.45	150m:	2:06.60	21.07	200m:	2:49.01	20.42
19.			2010	II	"	"	+0,77	<b>2:50.79</b>	254	3		
	25m:	14.79	14.79	75m:	54.20	20.28	125m:	1:38.79	21.61	175m:	2:26.50	22.92
	50m:	33.92	19.13	100m:	1:17.18	22.98	150m:	2:03.58	24.79	200m:	2:50.79	24.29
20.			2011	III	"	"	+0,76	<b>2:52.99</b>	244	3		
	25m:	15.87	15.87	75m:	57.89	21.35	125m:	1:44.74	23.10	175m:	2:31.43	23.26
	50m:	36.54	20.67	100m:	1:21.64	23.75	150m:	2:08.17	23.43	200m:	2:52.99	21.56
21.			2013	III			+0,66	<b>3:07.31</b>	192	1		
	25m:	17.09	17.09	75m:	1:02.35	23.63	125m:	1:52.02	24.83	175m:	2:42.55	24.82
	50m:	38.72	21.63	100m:	1:27.19	24.84	150m:	2:17.73	25.71	200m:	3:07.31	24.76
DSQ			2010	II	"	"					3	
2007												
1.			2007			179	+0,76	<b>2:06.13</b>	631			
	50m:	27.86	27.86	100m:	59.71	31.85	150m:	1:32.84	33.13	200m:	2:06.13	33.29
2.			2010	I	"	"	+0,70	<b>2:23.11</b>	432	2		
	50m:	32.02	32.02	100m:	1:07.92	35.90	150m:	1:45.29	37.37	200m:	2:23.11	37.82
3.			2010	II			+0,73	<b>2:23.12</b>	432	2		
	25m:	14.48	14.48	75m:	48.52	17.26	125m:	1:25.86	19.22	175m:	2:04.68	20.55
	50m:	31.26	16.78	100m:	1:06.64	18.12	150m:	1:44.13	18.27	200m:	2:23.12	18.44
4.			2010	II			+0,79	<b>2:23.61</b>	428	2		
	25m:	13.67	13.67	75m:	47.46	17.25	125m:	1:25.43	19.41	175m:	2:04.49	19.07
	50m:	30.21	16.54	100m:	1:06.02	18.56	150m:	1:45.42	19.99	200m:	2:23.61	19.12
5.			2011				+0,82	<b>2:26.85</b>	400	2		
	25m:	14.81	14.81	75m:	50.29	18.21	125m:	1:28.92	20.24	175m:	2:08.29	20.65
	50m:	32.08	17.27	100m:	1:08.68	18.39	150m:	1:47.64	18.72	200m:	2:26.85	18.56
6.			2009	I			+0,70	<b>2:28.22</b>	389	2		
	25m:	15.01	15.01	75m:	51.49	18.49	125m:	1:29.87	18.11	175m:	2:09.02	18.61
	50m:	33.00	17.99	100m:	1:11.76	20.27	150m:	1:50.41	20.54	200m:	2:28.22	19.20
7.			2010	I			+0,63	<b>2:28.25</b>	389	2		
	25m:	14.69	14.69	75m:	51.88	19.13	125m:	1:30.55	19.71	175m:	2:09.67	18.29
	50m:	32.75	18.06	100m:	1:10.84	18.96	150m:	1:51.38	20.83	200m:	2:28.25	18.58
8.			2011				+0,88	<b>2:28.61</b>	386	2		
	25m:	15.39	15.39	75m:	51.43	18.19	125m:	1:29.58	18.97	175m:	2:08.68	19.56
	50m:	33.24	17.85	100m:	1:10.61	19.18	150m:	1:49.12	19.54	200m:	2:28.61	19.93
9.			2011	II	"	"	+0,93	<b>2:30.05</b>	375	2		
	25m:	14.68	14.68	75m:	51.27	18.83	125m:	1:30.45	19.89	175m:	2:10.35	20.11
	50m:	32.44	17.76	100m:	1:10.56	19.29	150m:	1:50.24	19.79	200m:	2:30.05	19.70
10.			2011	II	"	"	+0,84	<b>2:31.15</b>	367	2		
	25m:	15.73	15.73	75m:	54.04	19.15	125m:	1:33.72	19.75	175m:	2:12.63	19.47
	50m:	34.89	19.16	100m:	1:13.97	19.93	150m:	1:53.16	19.44	200m:	2:31.15	18.52
11.			2010	II	"	"	+0,85	<b>2:33.48</b>	350	2		
	25m:	15.38	15.38	75m:	54.15	20.01	125m:	1:34.50	20.13	175m:	2:13.91	19.53
	50m:	34.14	18.76	100m:	1:14.37	20.22	150m:	1:54.38	19.88	200m:	2:33.48	19.57

6, , 200m , 2007		/		R.T.					
12.	,	2010	I	"	"	+0,74	<b>2:34.82</b>	341	2
	25m: 15.37	15.37	75m: 52.41	18.90	125m: 1:33.34	20.74	175m: 2:15.03	20.82	
	50m: 33.51	18.14	100m: 1:12.60	20.19	150m: 1:54.21	20.87	200m: 2:34.82	19.79	
13.	,	2010	II	"	"	+0,72	<b>2:37.82</b>	322	3
	50m: 34.75	34.75	100m: 1:15.68	40.93	150m: 1:58.23	42.55	200m: 2:37.82	39.59	
14.	,	2009	II			+0,69	<b>2:38.07</b>	321	3
	25m: 15.88	15.88	75m: 55.68	20.05	125m: 1:37.63	21.26	175m: 2:18.62	19.39	
	50m: 35.63	19.75	100m: 1:16.37	20.69	150m: 1:59.23	21.60	200m: 2:38.07	19.45	
15.	,	2011	II			+0,79	<b>2:38.40</b>	319	3
	25m: 15.26	15.26	75m: 53.31	20.05	125m: 1:34.58	20.44	175m: 2:18.74		
	50m: 33.26	18.00	100m: 1:14.14	20.83	150m: 2:38.51	1:03.93	200m: 2:38.40	19.66	
16.	,	2011	II	"	"	+0,74	<b>2:40.77</b>	305	3
	25m: 15.52	15.52	75m: 53.94	19.86	125m: 1:35.49	21.10	175m: 2:18.44	21.70	
	50m: 34.08	18.56	100m: 1:14.39	20.45	150m: 1:56.74	21.25	200m: 2:40.77	22.33	
17.	,	2011	II			+0,83	<b>2:49.01</b>	262	3
	25m: 16.81	16.81	75m: 59.65	22.18	125m: 1:45.53	23.43	175m: 2:28.59	21.99	
	50m: 37.47	20.66	100m: 1:22.10	22.45	150m: 2:06.60	21.07	200m: 2:49.01	20.42	
18.	,	2010	II	"	"	+0,77	<b>2:50.79</b>	254	3
	25m: 14.79	14.79	75m: 54.20	20.28	125m: 1:38.79	21.61	175m: 2:26.50	22.92	
	50m: 33.92	19.13	100m: 1:17.18	22.98	150m: 2:03.58	24.79	200m: 2:50.79	24.29	
19.	,	2011	III	"	"	+0,76	<b>2:52.99</b>	244	3
	25m: 15.87	15.87	75m: 57.89	21.35	125m: 1:44.74	23.10	175m: 2:31.43	23.26	
	50m: 36.54	20.67	100m: 1:21.64	23.75	150m: 2:08.17	23.43	200m: 2:52.99	21.56	
20.	,	2013	III			+0,66	<b>3:07.31</b>	192	1
	25m: 17.09	17.09	75m: 1:02.35	23.63	125m: 1:52.02	24.83	175m: 2:42.55	24.82	
	50m: 38.72	21.63	100m: 1:27.19	24.84	150m: 2:17.73	25.71	200m: 3:07.31	24.76	
DSQ	,	2010	II	"	"				3