

, 29. - 31.5.2024

4				, 400m				2010				
30.05.2024 - 9:55												
: 3:59.00 /				: 4:15.50 / 1				: 4:35.50 / 2				
								: 5:11.50 / 3				
								: 6:01.00				
: FINA 2023				/				FINA				
1.				10				4:08.68	621			
	50m:	27.34	27.34	150m:	1:28.97	31.09	250m:	2:32.84	31.98	350m:	3:36.94	31.87
	100m:	57.88	30.54	200m:	2:00.86	31.89	300m:	3:05.07	32.23	400m:	4:08.68	31.74
2.				10				4:15.42	573			
	50m:	28.03	28.03	150m:	1:31.28	32.42	250m:	2:37.35	33.18	350m:	3:43.66	33.05
	100m:	58.86	30.83	200m:	2:04.17	32.89	300m:	3:10.61	33.26	400m:	4:15.42	31.76
3.				10				4:17.49	560	1		
	50m:	28.30	28.30	150m:	1:32.39	32.51	250m:	2:38.72	33.45	350m:	3:45.13	33.00
	100m:	59.88	31.58	200m:	2:05.27	32.88	300m:	3:12.13	33.41	400m:	4:17.49	32.36
4.				10				4:18.37	554	1		
	50m:	28.37	28.37	150m:	1:33.61	33.11	250m:	2:39.52	32.97	350m:	3:45.66	32.69
	100m:	1:00.50	32.13	200m:	2:06.55	32.94	300m:	3:12.97	33.45	400m:	4:18.37	32.71
5.				10				4:24.28	518	1		
	50m:	28.68	28.68	150m:	1:34.63	33.40	250m:	2:42.93	34.31	350m:	3:51.70	34.51
	100m:	1:01.23	32.55	200m:	2:08.62	33.99	300m:	3:17.19	34.26	400m:	4:24.28	32.58
6.				10				4:26.99	502	1		
	50m:	29.69	29.69	150m:	1:37.82	34.33	250m:	2:47.39	35.04	350m:	3:56.29	33.68
	100m:	1:03.49	33.80	200m:	2:12.35	34.53	300m:	3:22.61	35.22	400m:	4:26.99	30.70
7.				10				4:27.93	497	1		
	50m:	29.02	29.02	150m:	1:36.39	34.34	250m:	2:46.85	35.56	350m:	3:57.28	35.35
	100m:	1:02.05	33.03	200m:	2:11.29	34.90	300m:	3:21.93	35.08	400m:	4:27.93	30.65
8.				10				4:28.25	495	1		
	50m:	28.72	28.72	150m:	1:34.58	33.72	250m:	2:44.71	35.37	350m:	3:54.48	34.72
	100m:	1:00.86	32.14	200m:	2:09.34	34.76	300m:	3:19.76	35.05	400m:	4:28.25	33.77
9.				10				4:28.37	494	1		
	50m:	28.65	28.65	150m:	1:34.62	33.51	250m:	2:43.12	34.54	350m:	3:53.75	35.50
	100m:	1:01.11	32.46	200m:	2:08.58	33.96	300m:	3:18.25	35.13	400m:	4:28.37	34.62
10.				10				4:28.47	494	1		
	50m:	29.59	29.59	150m:	1:38.57	34.77	250m:	2:48.58	34.80	350m:	3:56.14	33.12
	100m:	1:03.80	34.21	200m:	2:13.78	35.21	300m:	3:23.02	34.44	400m:	4:28.47	32.33
11.				11				4:30.41	483	1		
	50m:	29.45	29.45	150m:	1:37.22	34.16	250m:	2:46.89	34.84	350m:	3:56.96	34.67
	100m:	1:03.06	33.61	200m:	2:12.05	34.83	300m:	3:22.29	35.40	400m:	4:30.41	33.45
12.				10				4:30.49	483	1		
	50m:	29.87	29.87	150m:	1:37.74	34.56	250m:	2:47.20	34.98	350m:	3:56.53	33.88
	100m:	1:03.18	33.31	200m:	2:12.22	34.48	300m:	3:22.65	35.45	400m:	4:30.49	33.96
13.				10				4:31.82	476	1		
	50m:	30.17	30.17	150m:	1:38.62	35.00	250m:	2:49.11	35.74	350m:	3:58.28	32.99
	100m:	1:03.62	33.45	200m:	2:13.37	34.75	300m:	3:25.29	36.18	400m:	4:31.82	33.54
14.				10				4:32.52	472	1		
	50m:	30.55	30.55	150m:	1:39.20	34.44	250m:	2:48.52	34.92	350m:	3:57.99	34.75
	100m:	1:04.76	34.21	200m:	2:13.60	34.40	300m:	3:23.24	34.72	400m:	4:32.52	34.53
15.				10				4:32.87	470	1		
	50m:	30.07	30.07	150m:	1:38.97	34.84	250m:	2:49.45	34.84	350m:	3:59.32	34.91
	100m:	1:04.13	34.06	200m:	2:14.61	35.64	300m:	3:24.41	34.96	400m:	4:32.87	33.55
16.				10				4:34.10	464	1		
	50m:	30.19	30.19	150m:	1:39.29	34.98	250m:	2:49.33	35.06	350m:	4:00.38	35.80
	100m:	1:04.31	34.12	200m:	2:14.27	34.98	300m:	3:24.58	35.25	400m:	4:34.10	33.72
17.				10				4:35.12	459	1		
	50m:	30.16	30.16	150m:	1:38.55	34.94	250m:	2:49.62	35.31	350m:	4:00.87	35.60
	100m:	1:03.61	33.45	200m:	2:14.31	35.76	300m:	3:25.27	35.65	400m:	4:35.12	34.25

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	4,	, 400m	, 2010							FINA		
36.				10				4:42.02	426		2	
	50m:	30.31	30.31	150m:	1:41.53	36.47	250m:	2:54.67	36.60	350m:	4:06.94	35.99
	100m:	1:05.06	34.75	200m:	2:18.07	36.54	300m:	3:30.95	36.28	400m:	4:42.02	35.08
37.				10				4:42.97	422		2	
	50m:	31.62	31.62	150m:	1:42.24	36.14	250m:	2:54.44	36.27	350m:	4:07.60	36.45
	100m:	1:06.10	34.48	200m:	2:18.17	35.93	300m:	3:31.15	36.71	400m:	4:42.97	35.37
38.				10				4:43.04	421		2	
	50m:	30.88	30.88	150m:	1:41.26	35.73	250m:	2:53.12	36.22	350m:	4:06.37	36.52
	100m:	1:05.53	34.65	200m:	2:16.90	35.64	300m:	3:29.85	36.73	400m:	4:43.04	36.67
39.				11				4:43.10	421		2	
	50m:	32.83	32.83	150m:	1:45.70	36.69	250m:	2:58.21	36.22	350m:	4:09.49	35.14
	100m:	1:09.01	36.18	200m:	2:21.99	36.29	300m:	3:34.35	36.14	400m:	4:43.10	33.61
40.				10				4:43.35	420		2	
	50m:	31.20	31.20	150m:	1:43.72	36.86	250m:	2:58.38	37.21	350m:	4:10.95	35.80
	100m:	1:06.86	35.66	200m:	2:21.17	37.45	300m:	3:35.15	36.77	400m:	4:43.35	32.40
41.				10				4:43.61	419		2	
	50m:	32.05	32.05	150m:	1:44.34	36.38	250m:	2:57.40	36.63	350m:	4:10.34	36.50
	100m:	1:07.96	35.91	200m:	2:20.77	36.43	300m:	3:33.84	36.44	400m:	4:43.61	33.27
42.				10				4:44.29	416		2	
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	4:44.29	
43.				10				4:44.69	414		2	
	50m:	31.60	31.60	150m:	1:45.08	37.18	250m:	2:58.41	36.57	350m:	4:10.83	36.21
	100m:	1:07.90	36.30	200m:	2:21.84	36.76	300m:	3:34.62	36.21	400m:	4:44.69	33.86
44.				10				4:44.83	413		2	
	50m:	31.13	31.13	150m:	1:42.11	36.26	250m:	2:55.68	36.77	350m:	4:08.99	36.43
	100m:	1:05.85	34.72	200m:	2:18.91	36.80	300m:	3:32.56	36.88	400m:	4:44.83	35.84
45.				10				4:45.43	411		2	
	50m:	31.57	31.57	150m:	1:43.68	36.62	250m:	2:55.14	35.36	350m:	4:09.12	37.30
	100m:	1:07.06	35.49	200m:	2:19.78	36.10	300m:	3:31.82	36.68	400m:	4:45.43	36.31
46.				11				4:45.51	410		2	
	50m:	31.69	31.69	150m:	1:42.98	36.04	250m:	2:56.74	36.11	350m:	4:10.69	36.67
	100m:	1:06.94	35.25	200m:	2:20.63	37.65	300m:	3:34.02	37.28	400m:	4:45.51	34.82
47.				10				4:46.08	408		2	
	50m:	31.92	31.92	150m:	1:44.28	36.81	250m:	2:58.15	36.43	350m:	4:11.38	36.42
	100m:	1:07.47	35.55	200m:	2:21.72	37.44	300m:	3:34.96	36.81	400m:	4:46.08	34.70
48.				11				4:46.42	406		2	
	50m:	30.48	30.48	150m:	1:43.28	37.07	250m:	2:57.75	37.21	350m:	4:11.21	36.33
	100m:	1:06.21	35.73	200m:	2:20.54	37.26	300m:	3:34.88	37.13	400m:	4:46.42	35.21
49.				10				4:46.80	405		2	
	50m:	30.91	30.91	150m:	1:41.48	35.88	250m:	2:53.72	36.30	350m:	4:08.84	37.34
	100m:	1:05.60	34.69	200m:	2:17.42	35.94	300m:	3:31.50	37.78	400m:	4:46.80	37.96
50.				10				4:47.03	404		2	
	50m:	30.69	30.69	150m:	1:41.42	36.04	250m:	2:54.97	37.11	350m:	4:11.10	38.32
	100m:	1:05.38	34.69	200m:	2:17.86	36.44	300m:	3:32.78	37.81	400m:	4:47.03	35.93
51.				10				4:47.15	403		2	
	50m:	31.31	31.31	150m:	1:42.36	35.94	250m:	2:57.35	37.98	350m:	4:11.32	36.82
	100m:	1:06.42	35.11	200m:	2:19.37	37.01	300m:	3:34.50	37.15	400m:	4:47.15	35.83
52.				10				4:47.24	403		2	
	50m:	31.06	31.06	150m:	1:42.94	36.86	250m:	2:57.62	37.32	350m:	4:12.68	37.50
	100m:	1:06.08	35.02	200m:	2:20.30	37.36	300m:	3:35.18	37.56	400m:	4:47.24	34.56
53.				10				4:47.42	402		2	
	50m:	32.98	32.98	150m:	1:46.95	37.17	250m:	3:02.14	37.55	350m:	4:14.86	35.92
	100m:	1:09.78	36.80	200m:	2:24.59	37.64	300m:	3:38.94	36.80	400m:	4:47.42	32.56

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	4,	, 400m	, 2010								FINA	
54.				/								
				10						4:47.64	401	2
	50m:	31.92	31.92	150m:	1:45.20	37.36	250m:	2:59.66	36.64	350m:	4:13.87	36.71
	100m:	1:07.84	35.92	200m:	2:23.02	37.82	300m:	3:37.16	37.50	400m:	4:47.64	33.77
55.				10								
				10						4:47.74	401	2
	50m:	31.21	31.21	150m:	1:44.02	37.29	250m:	2:58.86	37.55	350m:	4:12.99	36.96
	100m:	1:06.73	35.52	200m:	2:21.31	37.29	300m:	3:36.03	37.17	400m:	4:47.74	34.75
56.				10								
				10						4:47.79	401	2
	50m:	30.58	30.58	150m:	1:42.36	36.35	250m:	2:56.97	37.47	350m:	4:12.69	37.86
	100m:	1:06.01	35.43	200m:	2:19.50	37.14	300m:	3:34.83	37.86	400m:	4:47.79	35.10
57.				12								
				12						4:48.75	397	2
	50m:	32.42	32.42	150m:	1:46.92	37.98	250m:	3:01.93	37.40	350m:	4:15.17	35.79
	100m:	1:08.94	36.52	200m:	2:24.53	37.61	300m:	3:39.38	37.45	400m:	4:48.75	33.58
58.				11								
				11						4:48.95	396	2
	50m:	32.39	32.39	150m:	1:46.39	37.59	250m:	3:01.02	37.79	350m:	4:14.92	36.75
	100m:	1:08.80	36.41	200m:	2:23.23	36.84	300m:	3:38.17	37.15	400m:	4:48.95	34.03
59.				11								
				11						4:49.29	394	2
	50m:	32.27	32.27	150m:	1:45.87	37.00	250m:	3:00.84	37.36	350m:	4:15.20	37.13
	100m:	1:08.87	36.60	200m:	2:23.48	37.61	300m:	3:38.07	37.23	400m:	4:49.29	34.09
60.				10								
				10						4:50.43	390	2
	50m:	30.86	30.86	150m:	1:44.10	37.32	250m:	2:59.19	37.68	350m:	4:14.25	37.45
	100m:	1:06.78	35.92	200m:	2:21.51	37.41	300m:	3:36.80	37.61	400m:	4:50.43	36.18
61.				10								
				10						4:50.80	388	2
	50m:	31.64	31.64	150m:	1:44.88	37.28	250m:	3:00.78	37.77	350m:	4:16.26	37.07
	100m:	1:07.60	35.96	200m:	2:23.01	38.13	300m:	3:39.19	38.41	400m:	4:50.80	34.54
62.				10								
				10						4:50.91	388	2
	50m:	31.07	31.07	150m:	1:43.56	37.05	250m:	2:58.32	37.80	350m:	4:15.42	38.46
	100m:	1:06.51	35.44	200m:	2:20.52	36.96	300m:	3:36.96	38.64	400m:	4:50.91	35.49
63.				10								
				10						4:51.06	387	2
	50m:	30.97	30.97	150m:	1:41.90	36.33	250m:	2:56.61	37.64	350m:	4:13.49	38.15
	100m:	1:05.57	34.60	200m:	2:18.97	37.07	300m:	3:35.34	38.73	400m:	4:51.06	37.57
64.				10								
				10						4:51.10	387	2
	50m:	32.70	32.70	150m:	1:46.21	37.28	250m:	3:01.49	37.75	350m:	4:15.98	36.80
	100m:	1:08.93	36.23	200m:	2:23.74	37.53	300m:	3:39.18	37.69	400m:	4:51.10	35.12
65.				10								
				10						4:51.20	387	2
	50m:	31.84	31.84	150m:	1:45.03	37.28	250m:	3:01.07	38.10	350m:	4:15.54	36.08
	100m:	1:07.75	35.91	200m:	2:22.97	37.94	300m:	3:39.46	38.39	400m:	4:51.20	35.66
66.				10								
				10						4:51.27	386	2
	50m:	31.81	31.81	150m:	1:45.67	37.74	250m:	3:01.56	37.87	350m:	4:17.28	37.61
	100m:	1:07.93	36.12	200m:	2:23.69	38.02	300m:	3:39.67	38.11	400m:	4:51.27	33.99
67.				11								
				11						4:51.62	385	2
	50m:	31.83	31.83	150m:	1:44.79	37.09	250m:	2:59.98	37.40	350m:	4:15.88	38.04
	100m:	1:07.70	35.87	200m:	2:22.58	37.79	300m:	3:37.84	37.86	400m:	4:51.62	35.74
68.				10								
				10						4:52.04	383	2
	50m:	31.51	31.51	150m:	1:43.99	36.83	250m:	2:58.09	37.59	350m:	4:14.35	37.80
	100m:	1:07.16	35.65	200m:	2:20.50	36.51	300m:	3:36.55	38.46	400m:	4:52.04	37.69
				10								
				10						4:52.04	383	2
	50m:	31.78	31.78	150m:	1:45.71	37.63	250m:	3:00.43	37.28	350m:	4:16.01	37.95
	100m:	1:08.08	36.30	200m:	2:23.15	37.44	300m:	3:38.06	37.63	400m:	4:52.04	36.03
70.				10								
				10						4:52.05	383	2
	50m:	32.06	32.06	150m:	1:46.57	38.07	250m:	3:02.56	37.89	350m:	4:17.40	37.73
	100m:	1:08.50	36.44	200m:	2:24.67	38.10	300m:	3:39.67	37.11	400m:	4:52.05	34.65
71.				10								
				10						4:52.10	383	2
	50m:	30.62	30.62	150m:	1:42.32	36.87	250m:	2:57.58	37.81	350m:	4:14.50	38.61
	100m:	1:05.45	34.83	200m:	2:19.77	37.45	300m:	3:35.89	38.31	400m:	4:52.10	37.60

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	4,		, 400m		, 2010				FINA			
72.									4:52.50	382	2	
	50m:	32.95	32.95	150m:	1:46.09	36.82	250m:	3:01.13	37.76	350m:	4:16.14	37.09
	100m:	1:09.27	36.32	200m:	2:23.37	37.28	300m:	3:39.05	37.92	400m:	4:52.50	36.36
73.									4:52.60	381	2	
	50m:	31.57	31.57	150m:	1:45.07	37.83	250m:	3:00.69	37.28	350m:	4:17.42	37.51
	100m:	1:07.24	35.67	200m:	2:23.41	38.34	300m:	3:39.91	39.22	400m:	4:52.60	35.18
74.									4:52.74	381	2	
	50m:	32.05	32.05	150m:	1:47.39	38.14	250m:	3:02.81	36.93	350m:	4:18.42	37.89
	100m:	1:09.25	37.20	200m:	2:25.88	38.49	300m:	3:40.53	37.72	400m:	4:52.74	34.32
75.									4:53.03	380	2	
	50m:	32.45	32.45	150m:	1:45.39	37.26	250m:	3:00.56	37.08	350m:	4:16.60	37.97
	100m:	1:08.13	35.68	200m:	2:23.48	38.09	300m:	3:38.63	38.07	400m:	4:53.03	36.43
76.									4:53.06	379	2	
	50m:	32.50	32.50	150m:	1:44.88	36.38	250m:	2:59.81	37.41	350m:	4:15.74	37.82
	100m:	1:08.50	36.00	200m:	2:22.40	37.52	300m:	3:37.92	38.11	400m:	4:53.06	37.32
77.									4:53.13	379	2	
	50m:	33.58	33.58	150m:	1:46.55	36.28	250m:	2:59.40	36.51	350m:	4:15.23	38.47
	100m:	1:10.27	36.69	200m:	2:22.89	36.34	300m:	3:36.76	37.36	400m:	4:53.13	37.90
78.									4:53.28	379	2	
	50m:	32.31	32.31	150m:	1:45.66	37.62	250m:	3:02.95	38.89	350m:	4:19.34	38.05
	100m:	1:08.04	35.73	200m:	2:24.06	38.40	300m:	3:41.29	38.34	400m:	4:53.28	33.94
79.									4:53.46	378	2	
	50m:	32.83	32.83	150m:	1:47.16	37.88	250m:	3:01.97	37.16	350m:	4:17.14	37.16
	100m:	1:09.28	36.45	200m:	2:24.81	37.65	300m:	3:39.98	38.01	400m:	4:53.46	36.32
80.									4:53.47	378	2	
	50m:	30.50	30.50	150m:	1:43.25	37.21	250m:	3:00.45	38.97	350m:	4:17.92	38.28
	100m:	1:06.04	35.54	200m:	2:21.48	38.23	300m:	3:39.64	39.19	400m:	4:53.47	35.55
81.									4:53.49	378	2	
	50m:	32.55	32.55	150m:	1:45.35	36.96	250m:	2:59.97	37.30	350m:	4:16.39	38.34
	100m:	1:08.39	35.84	200m:	2:22.67	37.32	300m:	3:38.05	38.08	400m:	4:53.49	37.10
82.									4:53.81	377	2	
	50m:	32.28	32.28	150m:	1:46.98	37.82	250m:	3:03.16	37.88	350m:	4:18.25	37.44
	100m:	1:09.16	36.88	200m:	2:25.28	38.30	300m:	3:40.81	37.65	400m:	4:53.81	35.56
83.									4:54.17	375	2	
	50m:	32.44	32.44	150m:	1:46.89	37.91	250m:	3:03.19	38.47	350m:	4:19.23	38.00
	100m:	1:08.98	36.54	200m:	2:24.72	37.83	300m:	3:41.23	38.04	400m:	4:54.17	34.94
84.									4:54.55	374	2	
	50m:	31.54	31.54	150m:	1:46.04	37.64	250m:	3:01.81	38.05	350m:	4:17.47	37.57
	100m:	1:08.40	36.86	200m:	2:23.76	37.72	300m:	3:39.90	38.09	400m:	4:54.55	37.08
85.									4:54.88	372	2	
	50m:	31.16	31.16	150m:	1:45.07	37.89	250m:	3:02.20	38.49	350m:	4:16.79	36.62
	100m:	1:07.18	36.02	200m:	2:23.71	38.64	300m:	3:40.17	37.97	400m:	4:54.88	38.09
86.									4:54.90	372	2	
	50m:	32.66	32.66	150m:	1:47.28	37.37	250m:	3:02.01	36.93	350m:	4:18.10	38.41
	100m:	1:09.91	37.25	200m:	2:25.08	37.80	300m:	3:39.69	37.68	400m:	4:54.90	36.80
									4:54.90	372	2	
	50m:	31.66	31.66	150m:	1:45.07	38.02	250m:	3:02.64	38.79	350m:	4:19.19	38.04
	100m:	1:07.05	35.39	200m:	2:23.85	38.78	300m:	3:41.15	38.51	400m:	4:54.90	35.71
88.									4:54.94	372	2	
	50m:	32.01	32.01	150m:	1:47.94	38.42	250m:	3:04.73	38.04	350m:	4:19.18	37.08
	100m:	1:09.52	37.51	200m:	2:26.69	38.75	300m:	3:42.10	37.37	400m:	4:54.94	35.76
89.									4:55.23	371	2	
	50m:	30.69	30.69	150m:	1:43.64	37.81	250m:	3:00.72	38.65	350m:	4:17.84	38.63
	100m:	1:05.83	35.14	200m:	2:22.07	38.43	300m:	3:39.21	38.49	400m:	4:55.23	37.39

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	4,		, 400m		, 2010				FINA			
90.									4:55.48	370	2	
	50m:	31.42	31.42	150m:	1:44.57	37.18	250m:	3:01.76	38.76	350m:	4:18.44	37.88
	100m:	1:07.39	35.97	200m:	2:23.00	38.43	300m:	3:40.56	38.80	400m:	4:55.48	37.04
91.									4:55.75	369	2	
	50m:	31.96	31.96	150m:	1:47.18	38.30	250m:	3:04.24	38.31	350m:	4:20.51	38.12
	100m:	1:08.88	36.92	200m:	2:25.93	38.75	300m:	3:42.39	38.15	400m:	4:55.75	35.24
92.									4:56.39	367	2	
	50m:	32.56	32.56	150m:	1:48.20	38.84	250m:	3:04.31	36.82	350m:	4:20.01	38.58
	100m:	1:09.36	36.80	200m:	2:27.49	39.29	300m:	3:41.43	37.12	400m:	4:56.39	36.38
93.									4:56.44	367	2	
	50m:	32.66	32.66	150m:	1:47.19	37.89	250m:	3:03.49	38.26	350m:	4:20.21	38.27
	100m:	1:09.30	36.64	200m:	2:25.23	38.04	300m:	3:41.94	38.45	400m:	4:56.44	36.23
94.									4:56.78	365	2	
	50m:	32.94	32.94	150m:	1:47.28	37.74	250m:	3:03.81	38.46	350m:	4:20.97	38.37
	100m:	1:09.54	36.60	200m:	2:25.35	38.07	300m:	3:42.60	38.79	400m:	4:56.78	35.81
95.									4:56.87	365	2	
	50m:	31.26	31.26	150m:	1:47.99	38.45	250m:	3:05.15	38.89	350m:	4:22.01	38.01
	100m:	1:09.54	38.28	200m:	2:26.26	38.27	300m:	3:44.00	38.85	400m:	4:56.87	34.86
96.									4:58.10	360	2	
	50m:	33.76	33.76	150m:	1:47.96	37.52	250m:	3:04.29	38.36	350m:	4:22.02	38.57
	100m:	1:10.44	36.68	200m:	2:25.93	37.97	300m:	3:43.45	39.16	400m:	4:58.10	36.08
97.									4:58.39	359	2	
	50m:	33.54	33.54	150m:	1:47.72	37.67	250m:	3:04.40	38.47	350m:	4:22.06	38.37
	100m:	1:10.05	36.51	200m:	2:25.93	38.21	300m:	3:43.69	39.29	400m:	4:58.39	36.33
98.									4:58.53	359	2	
	50m:	32.51	32.51	150m:	1:46.14	37.38	250m:	3:02.73	38.44	350m:	4:20.24	38.66
	100m:	1:08.76	36.25	200m:	2:24.29	38.15	300m:	3:41.58	38.85	400m:	4:58.53	38.29
99.									4:58.54	359	2	
	50m:	32.46	32.46	150m:	1:45.96	37.32	250m:	3:02.81	38.47	350m:	4:20.53	38.94
	100m:	1:08.64	36.18	200m:	2:24.34	38.38	300m:	3:41.59	38.78	400m:	4:58.54	38.01
100.									4:58.66	358	2	
	50m:	30.56	30.56	150m:	1:45.87	38.49	250m:	3:04.49	39.77	350m:	4:23.02	38.46
	100m:	1:07.38	36.82	200m:	2:24.72	38.85	300m:	3:44.56	40.07	400m:	4:58.66	35.64
101.									4:58.80	358	2	
	50m:	31.95	31.95	150m:	1:47.26	38.56	250m:	3:04.75	38.69	350m:	4:22.11	38.24
	100m:	1:08.70	36.75	200m:	2:26.06	38.80	300m:	3:43.87	39.12	400m:	4:58.80	36.69
102.									4:58.95	357	2	
	50m:	32.51	32.51	150m:	1:47.32	38.18	250m:	3:03.95	38.36	350m:	4:20.60	38.46
	100m:	1:09.14	36.63	200m:	2:25.59	38.27	300m:	3:42.14	38.19	400m:	4:58.95	38.35
103.									4:59.02	357	2	
	50m:	32.83	32.83	150m:	1:49.33	38.23	250m:	3:07.49	39.33	350m:	4:25.53	39.02
	100m:	1:11.10	38.27	200m:	2:28.16	38.83	300m:	3:46.51	39.02	400m:	4:59.02	33.49
104.									4:59.22	356	2	
	50m:	34.86	34.86	150m:	1:53.92	40.79	250m:	3:10.35	38.54	350m:	4:25.15	36.02
	100m:	1:13.13	38.27	200m:	2:31.81	37.89	300m:	3:49.13	38.78	400m:	4:59.22	34.07
105.									4:59.61	355	2	
	50m:	31.65	31.65	150m:	1:46.22	38.36	250m:	3:04.32	39.45	350m:	4:22.66	38.92
	100m:	1:07.86	36.21	200m:	2:24.87	38.65	300m:	3:43.74	39.42	400m:	4:59.61	36.95
106.									4:59.83	354	2	
	50m:	32.91	32.91	150m:	1:47.71	37.88	250m:	3:06.21	39.37	350m:	4:23.41	38.23
	100m:	1:09.83	36.92	200m:	2:26.84	39.13	300m:	3:45.18	38.97	400m:	4:59.83	36.42
107.									5:00.11	353	2	
	50m:	33.18	33.18	150m:	1:50.05	39.23	250m:	3:07.54	38.90	350m:	4:23.62	37.67
	100m:	1:10.82	37.64	200m:	2:28.64	38.59	300m:	3:45.95	38.41	400m:	5:00.11	36.49

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	4,	, 400m	, 2010							FINA	
108.				10				5:00.14	353		2
	50m:	34.72 34.72	150m:	1:51.63 38.87	250m:	3:08.91 38.24	350m:	4:23.77 37.62			
	100m:	1:12.76 38.04	200m:	2:30.67 39.04	300m:	3:46.15 37.24	400m:	5:00.14 36.37			
109.				11				5:00.25	353		2
	50m:	33.23 33.23	150m:	1:48.52 38.21	250m:	3:06.05 38.64	350m:	4:23.66 38.68			
	100m:	1:10.31 37.08	200m:	2:27.41 38.89	300m:	3:44.98 38.93	400m:	5:00.25 36.59			
110.				11				5:00.43	352		2
	50m:	32.99 32.99	150m:	1:48.77 38.64	250m:	3:06.89 39.11	350m:	4:25.12 37.29			
	100m:	1:10.13 37.14	200m:	2:27.78 39.01	300m:	3:47.83 40.94	400m:	5:00.43 35.31			
111.				10				5:00.98	350		2
	50m:	32.21 32.21	150m:	1:47.46 38.61	250m:	3:06.72 39.86	350m:	4:24.02 38.36			
	100m:	1:08.85 36.64	200m:	2:26.86 39.40	300m:	3:45.66 38.94	400m:	5:00.98 36.96			
112.				11				5:01.05	350		2
	50m:	32.55 32.55	150m:	1:45.63 37.32	250m:	3:02.97 39.29	350m:	4:21.47 39.28			
	100m:	1:08.31 35.76	200m:	2:23.68 38.05	300m:	3:42.19 39.22	400m:	5:01.05 39.58			
113.				12				5:01.32	349		2
	50m:	33.43 33.43	150m:	1:49.16 38.33	250m:	3:07.20 39.46	350m:	4:25.19 38.21			
	100m:	1:10.83 37.40	200m:	2:27.74 38.58	300m:	3:46.98 39.78	400m:	5:01.32 36.13			
114.				12				5:01.82	347		2
	50m:	31.84 31.84	150m:	1:47.50 38.90	250m:	3:06.98 40.30	350m:	4:25.01 38.76			
	100m:	1:08.60 36.76	200m:	2:26.68 39.18	300m:	3:46.25 39.27	400m:	5:01.82 36.81			
115.				10				5:01.95	347		2
	50m:	32.02 32.02	150m:	1:47.02 38.69	250m:	3:06.44 39.89	350m:	4:24.68 38.44			
	100m:	1:08.33 36.31	200m:	2:26.55 39.53	300m:	3:46.24 39.80	400m:	5:01.95 37.27			
116.				10				5:02.10	346		2
	50m:	33.50 33.50	150m:	1:49.28 38.42	250m:	3:06.78 38.60	350m:	4:24.54 38.88			
	100m:	1:10.86 37.36	200m:	2:28.18 38.90	300m:	3:45.66 38.88	400m:	5:02.10 37.56			
117.				11				5:02.29	346		2
	50m:	34.72 34.72	150m:	1:53.01 39.20	250m:	3:10.53 38.79	350m:	4:27.25 37.71			
	100m:	1:13.81 39.09	200m:	2:31.74 38.73	300m:	3:49.54 39.01	400m:	5:02.29 35.04			
118.				10				5:02.37	345		2
	50m:	33.18 33.18	150m:	1:49.94 38.79	250m:	3:08.91 39.94	350m:	4:26.10 38.34			
	100m:	1:11.15 37.97	200m:	2:28.97 39.03	300m:	3:47.76 38.85	400m:	5:02.37 36.27			
119.				10				5:02.76	344		2
	50m:	33.50 33.50	150m:	1:49.31 38.21	250m:	3:07.96 39.39	350m:	4:26.19 39.50			
	100m:	1:11.10 37.60	200m:	2:28.57 39.26	300m:	3:46.69 38.73	400m:	5:02.76 36.57			
120.				11				5:02.84	344		2
	50m:	35.25 35.25	150m:	1:51.83 38.58	250m:	3:08.84 38.83	350m:	4:25.98 38.87			
	100m:	1:13.25 38.00	200m:	2:30.01 38.18	300m:	3:47.11 38.27	400m:	5:02.84 36.86			
121.				10				5:03.26	342		2
	50m:	32.73 32.73	150m:	1:48.80 38.76	250m:	3:07.27 38.94	350m:	4:26.22 39.25			
	100m:	1:10.04 37.31	200m:	2:28.33 39.53	300m:	3:46.97 39.70	400m:	5:03.26 37.04			
122.				10				5:03.53	341		2
	50m:	32.81 32.81	150m:	1:50.39 39.19	250m:	3:09.17 39.11	350m:	4:26.86 38.29			
	100m:	1:11.20 38.39	200m:	2:30.06 39.67	300m:	3:48.57 39.40	400m:	5:03.53 36.67			
123.				10				5:03.75	341		2
	50m:	31.31 31.31	150m:	1:47.71 39.00	250m:	3:06.40 39.28	350m:	4:25.39 39.17			
	100m:	1:08.71 37.40	200m:	2:27.12 39.41	300m:	3:46.22 39.82	400m:	5:03.75 38.36			
124.				10				5:03.90	340		2
	50m:	30.71 30.71	150m:	1:45.33 38.67	250m:	3:05.68 40.12	350m:	4:26.31 40.38			
	100m:	1:06.66 35.95	200m:	2:25.56 40.23	300m:	3:45.93 40.25	400m:	5:03.90 37.59			
125.				10				5:03.94	340		2
	50m:	34.22 34.22	150m:	1:50.21 38.50	250m:	3:07.53 38.40	350m:	4:26.52 39.21			
	100m:	1:11.71 37.49	200m:	2:29.13 38.92	300m:	3:47.31 39.78	400m:	5:03.94 37.42			

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	4,	, 400m	, 2010	FINA								
126.			10					5:04.59	338	2		
	50m:	34.54	34.54	150m:	1:51.93	39.50	250m:	3:11.16	39.55	350m:	4:29.60	39.20
	100m:	1:12.43	37.89	200m:	2:31.61	39.68	300m:	3:50.40	39.24	400m:	5:04.59	34.99
127.			11					5:04.73	337	2		
	50m:	33.81	33.81	150m:	1:50.98	39.06	250m:	3:09.79	39.36	350m:	4:28.30	39.38
	100m:	1:11.92	38.11	200m:	2:30.43	39.45	300m:	3:48.92	39.13	400m:	5:04.73	36.43
128.			11					5:04.94	337	2		
	50m:	32.11	32.11	150m:	1:49.27	39.60	250m:	3:08.11	39.63	350m:	4:26.24	38.66
	100m:	1:09.67	37.56	200m:	2:28.48	39.21	300m:	3:47.58	39.47	400m:	5:04.94	38.70
129.			10					5:05.00	337	2		
	50m:	33.00	33.00	150m:	1:48.34	38.23	250m:	3:06.84	39.22	350m:	4:26.74	40.17
	100m:	1:10.11	37.11	200m:	2:27.62	39.28	300m:	3:46.57	39.73	400m:	5:05.00	38.26
130.			10					5:05.78	334	2		
	50m:	34.76	34.76	150m:	1:52.92	39.45	250m:	3:11.68	39.28	350m:	4:31.09	39.27
	100m:	1:13.47	38.71	200m:	2:32.40	39.48	300m:	3:51.82	40.14	400m:	5:05.78	34.69
131.			10					5:05.83	334	2		
	50m:	33.93	33.93	150m:	1:49.88	38.78	250m:	3:08.04	38.85	350m:	4:26.91	39.31
	100m:	1:11.10	37.17	200m:	2:29.19	39.31	300m:	3:47.60	39.56	400m:	5:05.83	38.92
132.			10					5:05.85	334	2		
	50m:	32.57	32.57	150m:	1:49.23	39.26	250m:	3:09.35	40.63	350m:	4:28.48	39.51
	100m:	1:09.97	37.40	200m:	2:28.72	39.49	300m:	3:48.97	39.62	400m:	5:05.85	37.37
133.			10					5:05.92	333	2		
	50m:	33.04	33.04	150m:	1:48.89	38.27	250m:	3:07.12	39.17	350m:	4:27.07	40.31
	100m:	1:10.62	37.58	200m:	2:27.95	39.06	300m:	3:46.76	39.64	400m:	5:05.92	38.85
134.			11					5:06.22	332	2		
	50m:	34.17	34.17	150m:	1:50.77	38.49	250m:	3:09.04	39.44	350m:	4:28.23	39.62
	100m:	1:12.28	38.11	200m:	2:29.60	38.83	300m:	3:48.61	39.57	400m:	5:06.22	37.99
135.			12					5:06.31	332	2		
	50m:	33.61	33.61	150m:	1:50.80	39.07	250m:	3:10.57	40.08	350m:	4:29.73	38.87
	100m:	1:11.73	38.12	200m:	2:30.49	39.69	300m:	3:50.86	40.29	400m:	5:06.31	36.58
136.			11					5:06.37	332	2		
	50m:	33.61	33.61	150m:	1:49.33	38.45	250m:	3:08.09	39.29	350m:	4:29.80	41.08
	100m:	1:10.88	37.27	200m:	2:28.80	39.47	300m:	3:48.72	40.63	400m:	5:06.37	36.57
137.			10					5:06.69	331	2		
	50m:	34.05	34.05	150m:	1:51.86	39.08	250m:	3:11.02	40.02	350m:	4:30.95	39.47
	100m:	1:12.78	38.73	200m:	2:31.00	39.14	300m:	3:51.48	40.46	400m:	5:06.69	35.74
138.			11					5:06.74	331	2		
	50m:	34.98	34.98	150m:	1:54.36	40.11	250m:	3:12.75	39.46	350m:	4:30.45	38.28
	100m:	1:14.25	39.27	200m:	2:33.29	38.93	300m:	3:52.17	39.42	400m:	5:06.74	36.29
139.			12					5:07.02	330	2		
	50m:	33.83	33.83	150m:	1:51.13	39.20	250m:	3:09.23	39.70	350m:	4:27.60	38.91
	100m:	1:11.93	38.10	200m:	2:29.53	38.40	300m:	3:48.69	39.46	400m:	5:07.02	39.42
140.			10					5:07.62	328	2		
	50m:	33.98	33.98	150m:	1:51.17	39.14	250m:	3:10.72	40.14	350m:	4:30.84	40.19
	100m:	1:12.03	38.05	200m:	2:30.58	39.41	300m:	3:50.65	39.93	400m:	5:07.62	36.78
141.			11					5:08.43	325	2		
	50m:	35.35	35.35	150m:	1:54.64	39.82	250m:	3:12.71	39.58	350m:	4:31.76	38.69
	100m:	1:14.82	39.47	200m:	2:33.13	38.49	300m:	3:53.07	40.36	400m:	5:08.43	36.67
142.			10					5:09.66	322	2		
	50m:	32.55	32.55	150m:	1:50.66	40.30	250m:	3:12.75	40.95	350m:	4:33.43	39.38
	100m:	1:10.36	37.81	200m:	2:31.80	41.14	300m:	3:54.05	41.30	400m:	5:09.66	36.23
143.			10					5:09.77	321	2		
	50m:	31.62	31.62	150m:	1:47.63	39.10	250m:	3:08.80	40.61	350m:	4:29.73	40.05
	100m:	1:08.53	36.91	200m:	2:28.19	40.56	300m:	3:49.68	40.88	400m:	5:09.77	40.04

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	4,		, 400m		, 2010				FINA			
144.					12				5:10.95	318	2	
	50m:	32.61	32.61	150m:	1:50.74	40.04	250m:	3:11.02	39.86	350m:	4:32.97	41.53
	100m:	1:10.70	38.09	200m:	2:31.16	40.42	300m:	3:51.44	40.42	400m:	5:10.95	37.98
145.					10				5:11.00	317	2	
	50m:	33.04	33.04	150m:	1:50.92	39.74	250m:	3:11.67	40.57	350m:	4:32.28	40.02
	100m:	1:11.18	38.14	200m:	2:31.10	40.18	300m:	3:52.26	40.59	400m:	5:11.00	38.72
146.					10				5:11.13	317	2	
	50m:	33.30	33.30	150m:	1:48.72	38.68	250m:	3:09.13	40.72	350m:	4:31.25	40.96
	100m:	1:10.04	36.74	200m:	2:28.41	39.69	300m:	3:50.29	41.16	400m:	5:11.13	39.88
147.					11				5:12.93	312	3	
	50m:	32.93	32.93	150m:	1:52.16	40.48	250m:	3:13.97	40.80	350m:	4:35.80	40.35
	100m:	1:11.68	38.75	200m:	2:33.17	41.01	300m:	3:55.45	41.48	400m:	5:12.93	37.13
148.					11				5:13.61	310	3	
	50m:	34.07	34.07	150m:	1:55.23	40.78	250m:	3:17.50	41.55	350m:	4:36.38	40.08
	100m:	1:14.45	40.38	200m:	2:35.95	40.72	300m:	3:56.30	38.80	400m:	5:13.61	37.23
149.					10				5:15.19	305	3	
	50m:	33.61	33.61	150m:	1:50.47	39.34	250m:	3:11.54	41.07	350m:	4:34.93	41.81
	100m:	1:11.13	37.52	200m:	2:30.47	40.00	300m:	3:53.12	41.58	400m:	5:15.19	40.26
150.					11				5:15.84	303	3	
	50m:	33.32	33.32	150m:	1:53.51	40.88	250m:	3:15.66	41.04	350m:	4:36.83	40.37
	100m:	1:12.63	39.31	200m:	2:34.62	41.11	300m:	3:56.46	40.80	400m:	5:15.84	39.01
151.					10				5:17.63	298	3	
	50m:	34.92	34.92	150m:	1:55.35	41.01	250m:	3:19.21	41.93	350m:	4:40.69	40.08
	100m:	1:14.34	39.42	200m:	2:37.28	41.93	300m:	4:00.61	41.40	400m:	5:17.63	36.94
152.					11				5:22.32	285	3	
	50m:	33.83	33.83	150m:	1:56.62	41.91	250m:	3:20.45	41.66	350m:	4:44.08	42.19
	100m:	1:14.71	40.88	200m:	2:38.79	42.17	300m:	4:01.89	41.44	400m:	5:22.32	38.24
153.					11				5:22.37	285	3	
	50m:	34.79	34.79	150m:	1:55.69	41.15	250m:	3:18.99	41.57	350m:	4:41.80	41.42
	100m:	1:14.54	39.75	200m:	2:37.42	41.73	300m:	4:00.38	41.39	400m:	5:22.37	40.57
154.					10				5:22.85	284	3	
	50m:	34.84	34.84	150m:	1:55.60	41.15	250m:	3:20.68	43.42	350m:	4:41.96	41.29
	100m:	1:14.45	39.61	200m:	2:37.26	41.66	300m:	4:00.67	39.99	400m:	5:22.85	40.89
155.					12				5:24.45	279	3	
	50m:	35.71	35.71	150m:	1:58.24	41.43	250m:	3:22.56	43.18	350m:	4:45.80	41.62
	100m:	1:16.81	41.10	200m:	2:39.38	41.14	300m:	4:04.18	41.62	400m:	5:24.45	38.65
156.					10				5:25.52	277	3	
	50m:	35.75	35.75	150m:	1:58.39	41.84	250m:	3:23.26	42.62	350m:	4:48.42	42.35
	100m:	1:16.55	40.80	200m:	2:40.64	42.25	300m:	4:06.07	42.81	400m:	5:25.52	37.10
157.					11				5:28.67	269	3	
	50m:	35.18	35.18	150m:	1:59.65	42.29	250m:	3:23.17	42.51	350m:	4:48.00	41.68
	100m:	1:17.36	42.18	200m:	2:40.66	41.01	300m:	4:06.32	43.15	400m:	5:28.67	40.67
158.					10				5:30.09	265	3	
	50m:	35.27	35.27	150m:	1:57.96	42.14	250m:	3:23.39	42.37	350m:	4:48.85	42.56
	100m:	1:15.82	40.55	200m:	2:41.02	43.06	300m:	4:06.29	42.90	400m:	5:30.09	41.24
159.					10				5:30.87	263	3	
	50m:	33.48	33.48	150m:	1:55.16	42.14	250m:	3:21.59	43.47	350m:	4:48.16	43.87
	100m:	1:13.02	39.54	200m:	2:38.12	42.96	300m:	4:04.29	42.70	400m:	5:30.87	42.71
160.					10				5:35.23	253	3	
	50m:	33.96	33.96	150m:	1:56.85	42.81	250m:	3:26.36	45.05	350m:	4:54.70	44.16
	100m:	1:14.04	40.08	200m:	2:41.31	44.46	300m:	4:10.54	44.18	400m:	5:35.23	40.53
161.					13				5:40.86	241	3	
	50m:	35.63	35.63	150m:	2:00.55	43.39	250m:	3:29.57	45.30	350m:	4:55.74	43.46
	100m:	1:17.16	41.53	200m:	2:44.27	43.72	300m:	4:12.28	42.71	400m:	5:40.86	45.12

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	4,	, 400m	, 2010									
			/							FINA		
162.			12					5:42.11	238		3	
	50m:	38.47 38.47	150m:	2:06.52 44.76	250m:	3:34.43 43.85	350m:	5:02.81 43.34				
	100m:	1:21.76 43.29	200m:	2:50.58 44.06	300m:	4:19.47 45.04	400m:	5:42.11 39.30				
163.			11					5:43.56	235		3	
	50m:	35.85 35.85	150m:	2:00.41 43.09	250m:	3:29.79 45.14	350m:	5:00.29 45.29				
	100m:	1:17.32 41.47	200m:	2:44.65 44.24	300m:	4:15.00 45.21	400m:	5:43.56 43.27				
164.			10					5:48.93	225		3	
	50m:	35.90 35.90	150m:	1:58.00 42.34	250m:	3:28.72 45.84	350m:	5:01.57 46.75				
	100m:	1:15.66 39.76	200m:	2:42.88 44.88	300m:	4:14.82 46.10	400m:	5:48.93 47.36				
DSQ			11					5:48.19			3	
	50m:	36.72 36.72	150m:	2:02.58 44.28	250m:	3:32.39 45.41	350m:	5:02.78 45.33				
	100m:	1:18.30 41.58	200m:	2:46.98 44.40	300m:	4:17.45 45.06	400m:	5:48.19 45.41				