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 |

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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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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   **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   **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 |

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 |

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 |

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 |

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 |

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 |

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 |

4,   , 400m   , 2010

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10 **4:35.80** 455 2
| 50m: | 30.10 | 30.10 | 150m: | 1:38.41 | 34.71 | 250m: | 2:49.37 | 35.64 | 350m: | 4:01.36 | 35.91 |
| 100m: | 1:03.70 | 33.60 | 200m: | 2:13.73 | 35.32 | 300m: | 3:25.45 | 36.08 | 400m: | 4:35.80 | 34.44 |

10 **4:35.84** 455 2
| 50m: | 30.65 | 30.65 | 150m: | 1:41.63 | 36.40 | 250m: | 2:52.43 | 35.22 | 350m: | 4:02.50 | 34.13 |
| 100m: | 1:05.23 | 34.58 | 200m: | 2:17.21 | 35.58 | 300m: | 3:28.37 | 35.94 | 400m: | 4:35.84 | 33.34 |

10 **4:37.84** 445 2
| 50m: | | | 150m: | | | 250m: | | | 350m: | | |
| 100m: | | | 200m: | | | 300m: | | | 400m: | 4:37.84 | |

10 **4:38.39** 443 2
| 50m: | 31.85 | 31.85 | 150m: | 1:41.83 | 35.48 | 250m: | 2:53.98 | 36.45 | 350m: | 4:05.23 | 35.60 |
| 100m: | 1:06.35 | 34.50 | 200m: | 2:17.53 | 35.70 | 300m: | 3:29.63 | 35.65 | 400m: | 4:38.39 | 33.16 |

10 **4:38.72** 441 2
| 50m: | 31.08 | 31.08 | 150m: | 1:41.06 | 35.47 | 250m: | 2:52.41 | 35.65 | 350m: | 4:03.28 | 35.24 |
| 100m: | 1:05.59 | 34.51 | 200m: | 2:16.76 | 35.70 | 300m: | 3:28.04 | 35.63 | 400m: | 4:38.72 | 35.44 |

10 **4:38.83** 441 2
| 50m: | 30.29 | 30.29 | 150m: | 1:40.61 | 35.71 | 250m: | 2:52.30 | 35.83 | 350m: | 4:03.81 | 35.61 |
| 100m: | 1:04.90 | 34.61 | 200m: | 2:16.47 | 35.86 | 300m: | 3:28.20 | 35.90 | 400m: | 4:38.83 | 35.02 |

10 **4:39.22** 439 2
| 50m: | 29.53 | 29.53 | 150m: | 1:38.67 | 35.36 | 250m: | 2:51.14 | 36.54 | 350m: | 4:04.99 | 36.68 |
| 100m: | 1:03.31 | 33.78 | 200m: | 2:14.60 | 35.93 | 300m: | 3:28.31 | 37.17 | 400m: | 4:39.22 | 34.23 |

11 **4:39.41** 438 2
| 50m: | 31.63 | 31.63 | 150m: | 1:42.47 | 35.63 | 250m: | 2:54.05 | 35.90 | 350m: | 4:05.29 | 35.60 |
| 100m: | 1:06.84 | 35.21 | 200m: | 2:18.15 | 35.68 | 300m: | 3:29.69 | 35.64 | 400m: | 4:39.41 | 34.12 |

10 **4:39.54** 437 2
| 50m: | 30.98 | 30.98 | 150m: | 1:40.84 | 35.67 | 250m: | 2:52.72 | 36.02 | 350m: | 4:05.25 | 36.09 |
| 100m: | 1:05.17 | 34.19 | 200m: | 2:16.70 | 35.86 | 300m: | 3:29.16 | 36.44 | 400m: | 4:39.54 | 34.29 |

10 **4:40.00** 435 2
| 50m: | 29.02 | 29.02 | 150m: | 1:38.20 | 35.64 | 250m: | 2:51.10 | 36.56 | 350m: | 4:04.47 | 36.32 |
| 100m: | 1:02.56 | 33.54 | 200m: | 2:14.54 | 36.34 | 300m: | 3:28.15 | 37.05 | 400m: | 4:40.00 | 35.53 |

10 **4:40.52** 433 2
| 50m: | 29.60 | 29.60 | 150m: | 1:38.39 | 34.79 | 250m: | 2:49.66 | 36.27 | 350m: | 4:02.79 | 36.65 |
| 100m: | 1:03.60 | 34.00 | 200m: | 2:13.39 | 35.00 | 300m: | 3:26.14 | 36.48 | 400m: | 4:40.52 | 37.73 |

10 **4:41.14** 430 2
| 50m: | 30.54 | 30.54 | 150m: | 1:40.16 | 35.19 | 250m: | 2:52.62 | 36.35 | 350m: | 4:06.13 | 36.57 |
| 100m: | 1:04.97 | 34.43 | 200m: | 2:16.27 | 36.11 | 300m: | 3:29.56 | 36.94 | 400m: | 4:41.14 | 35.01 |

11 **4:41.18** 430 2
| 50m: | 30.08 | 30.08 | 150m: | 1:40.71 | 35.65 | 250m: | 2:52.52 | 36.15 | 350m: | 4:05.08 | 36.32 |
| 100m: | 1:05.06 | 34.98 | 200m: | 2:16.37 | 35.66 | 300m: | 3:28.76 | 36.24 | 400m: | 4:41.18 | 36.10 |

10 **4:41.45** 428 2
| 50m: | 30.57 | 30.57 | 150m: | 1:42.07 | 36.45 | 250m: | 2:54.49 | 35.84 | 350m: | 4:05.47 | 35.79 |
| 100m: | 1:05.62 | 35.05 | 200m: | 2:18.65 | 36.58 | 300m: | 3:29.68 | 35.19 | 400m: | 4:41.45 | 35.98 |

10 **4:41.74** 427 2
| 50m: | 31.30 | 31.30 | 150m: | 1:42.27 | 35.89 | 250m: | 2:54.67 | 36.09 | 350m: | 4:07.29 | 36.18 |
| 100m: | 1:06.38 | 35.08 | 200m: | 2:18.58 | 36.31 | 300m: | 3:31.11 | 36.44 | 400m: | 4:41.74 | 34.45 |

11 **4:41.84** 427 2
| 50m: | 30.08 | 30.08 | 150m: | 1:40.95 | 36.14 | 250m: | 2:54.20 | 36.52 | 350m: | 4:06.43 | 35.07 |
| 100m: | 1:04.81 | 34.73 | 200m: | 2:17.68 | 36.73 | 300m: | 3:31.36 | 37.16 | 400m: | 4:41.84 | 35.41 |

10 **4:41.84** 427 2
| 50m: | 32.00 | 32.00 | 150m: | 1:43.60 | 36.25 | 250m: | 2:56.72 | 36.25 | 350m: | 4:08.46 | 35.56 |
| 100m: | 1:07.35 | 35.35 | 200m: | 2:20.47 | 36.87 | 300m: | 3:32.90 | 36.18 | 400m: | 4:41.84 | 33.38 |

10 **4:41.88** 426 2
| 50m: | 30.07 | 30.07 | 150m: | 1:40.54 | 35.91 | 250m: | 2:53.09 | 36.65 | 350m: | 4:06.15 | 36.15 |
| 100m: | 1:04.63 | 34.56 | 200m: | 2:16.44 | 35.90 | 300m: | 3:30.00 | 36.91 | 400m: | 4:41.88 | 35.73 |

4, , 400m , 2010

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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 |

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 |

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 |

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 |

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 |

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 |

10 **4:44.83** 413 2

| 50m: | | | 150m: | | | 250m: | | | 350m: | | |
| 100m: | | | 200m: | | | 300m: | | | 400m: | 4:44.83 | |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

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 |

4,   , 400m   , 2010

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					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	
					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	
					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	
					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	
					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	
					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	
					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	
					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	
					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	
					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	
					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	
					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						**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	
					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	
					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	
					10						**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	
					11						**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	
					10						**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	

4,   , 400m   , 2010

									/		FINA	

10 — **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 |

10 — **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 |

10 — **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 |

11 — **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 |

10 — **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 |

11 — **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 |

10 — **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 |

10 — **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 |

10 — **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 |

11 — **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 |

10 — **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 |

11 — **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 |

10 — **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 |

11 — **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 |

11 — **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 |

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 |

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 |

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 |

4,   , 400m   , 2010

											FINA	
						/				**5:02.37**	345	2
						10						
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	
						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	
						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	
						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	
						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	
						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	