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 |

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 — **4:51.27** — 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 |

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 |

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 — **4:53.03** — 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 — **4:53.28** — 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 — **4:53.81** — 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 — **4:56.39** — 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 |

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 |

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 |