"

, 29. - 31.5.2024

4 , 400m 2010 30.05.2024 - 9:55

S).05.2024 - 9:5			. 4 45 53	\	4.0=	50 / 0		.44.50 / :	2	. 0.04.00	
	: 3:59 : FINA 2023	9.00 /		: 4:15.50) / 1	: 4:35	.50 / 2	: 5:11.50 / 3		: 6:01.00		
	. 1 1147 2023											
					/						FINA	
					10					4:08.68		
	50m:	27.34	27.34		1:28.97	31.09		2:32.84	31.98		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		1:31.28	32.42	250m:	2:37.35	33.18		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		1:32.39	32.51		2:38.72	33.45		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		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		3:51.70	34.51
		1:01.23	32.55		2:08.62	33.99	300m:		34.26		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		3:56.29	33.68
		1:03.49	33.80		2:12.35	34.53		3:22.61	35.22		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		3:57.28	35.35
		1:02.05	33.03		2:11.29	34.90	300m:	3:21.93	35.08		4:27.93	30.65
					10					4.20.25	40E	4
	50m:	28.72	28.72	150m·	10 1:34.58	33.72	250m:	2:44.71	35.37	4:28.25	495 3:54.48	1 34.72
		1:00.86	32.14		2:09.34	34.76		3:19.76	35.05		4:28.25	33.77
	E0m.	20.65	20.65	1 <i>E</i> 0m.	10	22.54	250~	0.40.40	24.54	4:28.37		1
	50m:	28.65 1:01.11	28.65 32.46		1:34.62 2:08.58	33.51 33.96	250m: 300m:	2:43.12 3:18.25	34.54 35.13		3:53.75 4:28.37	35.50 34.62
	100111.		02.10	200111.		00.00	000111.	0.10.20	00.10			
	50	00.50	00.50	450	10	0.4.77	050	0.40.50	0.4.00	4:28.47		1
	50m:	29.59 1:03.80	29.59 34.21		1:38.57 2:13.78	34.77 35.21		2:48.58 3:23.02	34.80 34.44		3:56.14 4:28.47	33.12 32.33
	100111.	1.00.00	01.21	200111.		00.21	000111.	0.20.02	0			
					11					4:30.41		1
		29.45	29.45		1:37.22			2:46.89	34.84		3:56.96	34.67
	100111:	1:03.06	33.61	ZUUIII.	2:12.05	34.83	JUUIII.	3:22.29	35.40		4:30.41	33.45
					10			_	_	4:30.49		1
	50m:	29.87	29.87		1:37.74	34.56		2:47.20	34.98		3:56.53	33.88
	TUUM:	1:03.18	33.31	∠uum:	2:12.22	34.48	SUUM:	3:22.65	35.45	400M:	4:30.49	33.96
					10					4:31.82		1
	50m:	30.17	30.17		1:38.62	35.00		2:49.11	35.74		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		1:39.20	34.44		2:48.52	34.92		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		1:38.97	34.84		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		4:00.87	35.60
		1:03.61	33.45		2:14.31	35.76		3:25.27	35.65		4:35.12	34.25

4, , 400m , 2010 1 **FINA** 10 4:35.80 455 2 35.91 50m: 30.10 30.10 150m: 1:38.41 34.71 250m: 2:49.37 35.64 350m: 4:01.36 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 1:05.23 34.58 2:17.21 35.58 300m: 3:28.37 35.94 400m: 4:35.84 100m: 200m: 33.34 10 4:37.84 445 2 50m: 150m: 250m: 350m: 300m: 100m: 200m: 400m: 4:37.84 4:38.39 10 443 2 50m: 31.85 31.85 150m: 1:41.83 35.48 250m: 2:53.98 36.45 350m: 4:05.23 35.60 400m: 300m: 3:29.63 33.16 100m: 1:06.35 34.50 200m: 2:17.53 35.70 35.65 4:38.39 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 1:05.59 34.51 2:16.76 35.70 300m: 3:28.04 35.63 400m: 4:38.72 35.44 100m: 200m: 4:38.83 2 10 441 30.29 30.29 1:40.61 2:52.30 35.83 4:03.81 35.61 50m: 150m: 35.71 250m: 350m: 2:16.47 300m: 100m: 1:04.90 34.61 200m: 35.86 3:28.20 35.90 400m: 4:38.83 35.02 4:39.22 10 439 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 4:39.41 11 438 2 31.63 4:05.29 50m: 31.63 150m: 1:42.47 250m: 2:54.05 35.90 350m: 35.60 35.63 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 30.98 1:40.84 250m: 2:52.72 4:05.25 36.09 50m: 30.98 150m: 35.67 36.02 350m: 2:16.70 4:39.54 100m: 1:05.17 34.19 200m: 35.86 300m: 3:29.16 36.44 400m: 34.29 4:40.00 435 10 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 2 433 50m: 29.60 29.60 150m: 1:38.39 34.79 250m: 2:49.66 36.27 350m: 4:02.79 36.65 300m: 400m: 100m: 1:03.60 34.00 200m: 2:13.39 35.00 3:26.14 36.48 4:40.52 37.73 10 4:41.14 430 2 150m: 1:40.16 350m: 4:06.13 50m 30.54 30.54 35 19 250m· 2.52 62 36.35 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 1:42.07 35.84 4:05.47 35.79 50m 30.57 30.57 150m 36 45 250m· 2.54 49 350m: 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 1:42.27 250m: 2:54.67 350m: 4:07.29 36.18 50m: 31.30 31.30 150m: 35.89 36.09 1:06.38 35.08 2:18.58 36.31 300m: 3:31.11 36.44 400m: 4:41.74 34.45 100m: 200m: 11 4:41.84 427 2 1:40.95 4:06.43 35.07 50m: 30.08 30.08 150m: 36.14 250m: 2:54.20 36.52 350m: 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 1:07.35 35.35 2:20.47 36.87 300m: 3:32.90 36.18 400m: 4:41.84 33.38 100m: 200m: 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

, 29. - 31.5.2024

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

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4,		, 400m		, 2	2010							
				/						FINA		
				10					4:47.64	401	2	
50m:	31.92	31.92	150m:	1:45.20	37.36	250m:	2:59.66	36.64		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	
F0	24.04	24.04	450	10	27.00	050	0.50.00	27.55	4:47.74		2	
50m: 100m:	31.21 1:06.73	31.21 35.52	150m: 200m:	1:44.02 2:21.31	37.29 37.29	250m: 300m:	2:58.86 3:36.03	37.55 37.17	350m: 400m:	4:12.99 4:47.74	36.96 34.75	
				10					4:47.79		2	
50m:	30.58	30.58	150m:	1:42.36	36.35	250m:	2:56.97	37.47	350m:		37.86	
100m:	1:06.01	35.43	200m:		37.14		3:34.83	37.86	400m:	4:47.79	35.10	
				12					4:48.75	397	2	
50m:	32.42	32.42		1:46.92	37.98	250m:	3:01.93	37.40		4:15.17	35.79	
100m:	1:08.94	36.52	200m:		37.61	300m:	3:39.38	37.45	400m:		33.58	
				11					4:48.95		2	
50m: 100m:	32.39 1:08.80	32.39 36.41	150m: 200m:	1:46.39 2:23.23	37.59 36.84	250m: 300m:	3:01.02 3:38.17	37.79 37.15	350m: 400m:		36.75 34.03	
				11					4:49.29		2	
50m:	32.27	32.27	150m:	1:45.87	37.00	250m:	3:00.84	37.36		4:15.20	∠ 37.13	
	1:08.87	36.60		2:23.48	37.61	300m:	3:38.07	37.23	400m:		34.09	
				10					4:50.43	390	2	
50m:	30.86	30.86		1:44.10	37.32	250m:		37.68		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					4:50.80		2	
50m: 100m:	31.64 1:07.60	31.64 35.96	150m: 200m:	1:44.88 2:23.01	37.28 38.13	250m: 300m:		37.77 38.41	350m: 400m:		37.07 34.54	
		00.00			00.10	000	0.001.0	00				
50m:	31.07	31.07	150m:	10 1:43.56	37.05	250m:	2:58.32	37.80	4:50.91 350m:	388 4:15.42	2 38.46	
	1:06.51	35.44		2:20.52	36.96	300m:	3:36.96	38.64	400m:		35.49	
				10					4:51.06	387	2	
50m:	30.97	30.97		1:41.90	36.33	250m:		37.64		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		2	
50m:	32.70 1:08.93	32.70 36.23		1:46.21 2:23.74	37.28 37.53		3:01.49 3:39.18	37.75 37.69	350m: 400m:		36.80 35.12	
100111.	1.00.00	00.20	200111.		01.00	000111.	0.00.10	07.00				
50m:	31.84	31.84	150m:	10 1:45.03	37.28	250m:	3:01.07	38.10	4:51.20 350m:	387 4:15.54	2 36.08	
	1:07.75	35.91		2:22.97	37.94	300m:		38.39		4:51.20	35.66	
				10					4:51.27	386	2	
50m:	31.81	31.81		1:45.67	37.74		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		2	
50m: 100m:	31.83 1:07.70	31.83 35.87		1:44.79 2:22.58	37.09 37.79		2:59.98 3:37.84	37.40 37.86		4:15.88 4:51.62	38.04 35.74	
				10					4:52.04		2	
50m:	31.51	31.51	150m:	1:43.99	36.83	250m:	2:58.09	37.59		4:14.35	∠ 37.80	
	1:07.16	35.65		2:20.50	36.51		3:36.55	38.46	400m:		37.69	
				10					4:52.04	383	2	
50m:	31.78	31.78		1:45.71	37.63	250m:	3:00.43	37.28	350m:		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	
		00.0-	4-0	10	00.0=	050	0.65 ==	0= 5 -	4:52.05		2	
50m: 100m:	32.06 1:08.50	32.06 36.44		1:46.57 2:24.67	38.07 38.10	250m: 300m:	3:02.56 3:39.67	37.89 37.11	350m: 400m:	4:17.40 4:52.05	37.73 34.65	
100111.		JJ. 17	_00111.		33.10	550111.	5.55.57	J				
50m:	30.62	30.62	150m:	10 1:42.32	36.87	250m:	2:57.58	37.81	4:52.10 350m:	383 4:14.50	2 38.61	
	1:05.45	34.83		2:19.77	37.45	300m:		38.31		4:52.10	37.60	

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4,		, 400m		, 2	2010					
				/					FINA	
50m: 100m:	32.95 1:09.27	32.95 36.32	150m: 200m:	10 1:46.09 2:23.37	36.82 37.28	250m: 300m:	3:01.13 3:39.05	37.76 37.92	4:52.50 382 350m: 4:16.14 400m: 4:52.50	2 37.09 36.36
50m: 100m:	31.57 1:07.24	31.57 35.67	150m: 200m:		37.83 38.34	250m: 300m:	3:00.69 3:39.91	37.28 39.22	4:52.60 381 350m: 4:17.42 400m: 4:52.60	2 37.51 35.18
50m: 100m:	32.05 1:09.25	32.05 37.20	150m: 200m:	10 1:47.39 2:25.88	38.14 38.49	250m: 300m:	3:02.81 3:40.53	36.93 37.72	4:52.74 381 350m: 4:18.42 400m: 4:52.74	2 37.89 34.32
50m: 100m:	32.45 1:08.13	32.45 35.68	150m: 200m:	10 1:45.39 2:23.48	37.26 38.09	250m: 300m:	3:00.56 3:38.63	37.08 38.07	4:53.03 380 350m: 4:16.60 400m: 4:53.03	2 37.97 36.43
50m: 100m:	32.50 1:08.50	32.50 36.00		10 1:44.88 2:22.40	36.38 37.52	250m: 300m:	2:59.81 3:37.92	37.41 38.11	4:53.06 379 350m: 4:15.74 400m: 4:53.06	2 37.82 37.32
50m: 100m:	33.58 1:10.27	33.58 36.69		10 1:46.55 2:22.89	36.28 36.34	250m: 300m:	2:59.40 3:36.76	36.51 37.36	4:53.13 379 350m: 4:15.23 400m: 4:53.13	2 38.47 37.90
50m: 100m:	32.31 1:08.04	32.31 35.73	150m: 200m:	10 1:45.66 2:24.06	37.62 38.40	250m: 300m:	3:02.95 3:41.29	38.89 38.34	4:53.28 379 350m: 4:19.34 400m: 4:53.28	2 38.05 33.94
50m: 100m:	32.83 1:09.28	32.83 36.45		11 1:47.16 2:24.81	37.88 37.65	250m: 300m:	3:01.97 3:39.98	37.16 38.01	4:53.46 378 350m: 4:17.14 400m: 4:53.46	2 37.16 36.32
50m: 100m:	30.50 1:06.04	30.50 35.54	150m: 200m:	10 1:43.25 2:21.48	37.21 38.23	250m: 300m:		38.97 39.19	4:53.47 378 350m: 4:17.92 400m: 4:53.47	2 38.28 35.55
50m: 100m:	32.55 1:08.39	32.55 35.84	150m: 200m:	10 1:45.35 2:22.67	36.96 37.32	250m: 300m:	2:59.97 3:38.05	37.30 38.08	4:53.49 378 350m: 4:16.39 400m: 4:53.49	2 38.34 37.10
50m: 100m:	32.28 1:09.16	32.28 36.88		11 1:46.98 2:25.28	37.82 38.30	250m: 300m:	3:03.16 3:40.81	37.88 37.65		2 37.44 35.56
	31.54 1:08.40	31.54 36.86		10 1:46.04 2:23.76	37.64 37.72	250m: 300m:	3:01.81 3:39.90	38.05 38.09	4:54.55 374 350m: 4:17.47 400m: 4:54.55	2 37.57 37.08
50m: 100m:	31.16 1:07.18	31.16 36.02		10 1:45.07 2:23.71	37.89 38.64	250m: 300m:		38.49 37.97	4:54.88 372 350m: 4:16.79 400m: 4:54.88	2 36.62 38.09
50m: 100m:	32.66 1:09.91	32.66 37.25	150m: 200m:	10 1:47.28 2:25.08	37.37 37.80	250m: 300m:	3:02.01 3:39.69	36.93 37.68	4:54.90 372 350m: 4:18.10 400m: 4:54.90	2 38.41 36.80
50m: 100m:	31.66 1:07.05	31.66 35.39		11 1:45.07 2:23.85	38.02 38.78	250m: 300m:	3:02.64 3:41.15	38.79 38.51	4:54.90 372 350m: 4:19.19 400m: 4:54.90	2 38.04 35.71
50m: 100m:	32.01 1:09.52	32.01 37.51		10 1:47.94 2:26.69	38.42 38.75	250m: 300m:	3:04.73 3:42.10	38.04 37.37	4:54.94 372 350m: 4:19.18 400m: 4:54.94	2 37.08 35.76
50m: 100m:	30.69 1:05.83	30.69 35.14	150m: 200m:	10 1:43.64 2:22.07	37.81 38.43	250m: 300m:	3:00.72 3:39.21	38.65 38.49	4:55.23 371 350m: 4:17.84 400m: 4:55.23	2 38.63 37.39
50m: 100m:	31.42 1:07.39	31.42 35.97		10 1:44.57 2:23.00	37.18 38.43	250m: 300m:	3:01.76 3:40.56	38.76 38.80	4:55.48 370 350m: 4:18.44 400m: 4:55.48	2 37.88 37.04

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				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 1:09.36	32.56 36.80	150m: 200m:	1:48.20 2:27.49	38.84 39.29	250m: 300m:	3:04.31 3:41.43	36.82 37.12	350m: 4:20.01 400m: 4:56.39	38.58 36.38
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	1:09.30	36.64		2:25.23	38.04	300m:		38.45	400m: 4:56.44	36.23
				12					4:56.78 365	2
50m:	32.94	32.94		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
				11					4:56.87 365	2
50m: 100m:	31.26 1:09.54	31.26 38.28		1:47.99 2:26.26	38.45 38.27	250m: 300m:	3:05.15 3:44.00	38.89 38.85	350m: 4:22.01 400m: 4:56.87	38.01 34.86
				11					4:58.10 360	2
50m:	33.76	33.76	150m:	11 1:47.96	37.52	250m:	3:04.29	38.36	350m: 4:22.02	∠ 38.57
	1:10.44	36.68		2:25.93	37.97	300m:	3:43.45	39.16	400m: 4:58.10	36.08
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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
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50m: 100m:	32.51 1:08.76	32.51 36.25	150m: 200m:	1:46.14 2:24.29	37.38 38.15	250m: 300m:	3:02.73 3:41.58	38.44 38.85	350m: 4:20.24 400m: 4:58.53	38.66 38.29
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	1:08.64	36.18	200m:		38.38	300m:	3:41.59	38.78	400m: 4:58.54	38.01
				10					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
50	04.05	04.05	450	11	00.50	050	0.04.75	00.00	4:58.80 358	2
50m: 100m:	31.95 1:08.70	31.95 36.75		1:47.26 2:26.06	38.56 38.80	250m: 300m:	3:04.75 3:43.87	38.69 39.12	350m: 4:22.11 400m: 4:58.80	38.24 36.69
				11					4:58.95 357	2
50m:	32.51	32.51	150m:		38.18	250m:	3:03.95	38.36	4.36.93 357 350m: 4:20.60	38.46
	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:		38.23	250m:		39.33	350m: 4:25.53	39.02
TOOM.	1:11.10	38.27	200m.	2:28.16	38.83	300m:	3:46.51	39.02	400m: 4:59.02	33.49
F0	04.00	24.00	450	11	40.70	050	2.40.25	20.54	4:59.22 356	2
50m: 100m:	34.86 1:13.13	34.86 38.27		1:53.92 2:31.81	40.79 37.89	250m: 300m:	3:10.35 3:49.13	38.54 38.78	350m: 4:25.15 400m: 4:59.22	36.02 34.07
				10					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
				10					4:59.83 354	2
50m:	32.91	32.91		1:47.71	37.88	250m:	3:06.21	39.37	350m: 4:23.41 400m: 4:59.83	38.23
TOOM.	1:09.83	36.92	ZUUIII.	2:26.84	39.13	300m:	3:45.18	38.97		36.42
50m:	33.18	33.18	150m:	11 1:50.05	39.23	250m:	3:07.54	38.90	5:00.11 353 350m: 4:23.62	2 37.67
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				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

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50m: 100m:	33.23 1:10.31	33.23 37.08	150m: 200m:	11 1:48.52 2:27.41	38.21 38.89	250m: 300m:	3:06.05 3:44.98	38.64 38.93	5:00.25 353 350m: 4:23.66 400m: 5:00.25	2 38.68 36.59
50m: 100m:	32.99 1:10.13	32.99 37.14	150m: 200m:	11 1:48.77 2:27.78	38.64 39.01	250m: 300m:	3:06.89 3:47.83	39.11 40.94	5:00.43 352 350m: 4:25.12 400m: 5:00.43	2 37.29 35.31
50m: 100m:	32.21 1:08.85	32.21 36.64		10 1:47.46 2:26.86	38.61 39.40	250m: 300m:	3:06.72 3:45.66	39.86 38.94	5:00.98 350 350m: 4:24.02 400m: 5:00.98	2 38.36 36.96
50m: 100m:	32.55 1:08.31	32.55 35.76		11 1:45.63 2:23.68	37.32 38.05	250m: 300m:	3:02.97 3:42.19	39.29 39.22	5:01.05 350 350m: 4:21.47 400m: 5:01.05	39.28 39.58
50m: 100m:	33.43 1:10.83	33.43 37.40		12 1:49.16 2:27.74	38.33 38.58	250m: 300m:	3:07.20 3:46.98	39.46 39.78	5:01.32 349 350m: 4:25.19 400m: 5:01.32	38.21 36.13
50m: 100m:	31.84 1:08.60	31.84 36.76	150m: 200m:	12 1:47.50 2:26.68	38.90 39.18	250m: 300m:	3:06.98 3:46.25	40.30 39.27	5:01.82 347 350m: 4:25.01 400m: 5:01.82	2 38.76 36.81
50m: 100m:	32.02 1:08.33	32.02 36.31	150m: 200m:	10 1:47.02 2:26.55	38.69 39.53	250m: 300m:	3:06.44 3:46.24	39.89 39.80	5:01.95 347 350m: 4:24.68 400m: 5:01.95	2 38.44 37.27
50m: 100m:	33.50 1:10.86	33.50 37.36		10 1:49.28 2:28.18	38.42 38.90	250m: 300m:	3:06.78 3:45.66	38.60 38.88	5:02.10 346 350m: 4:24.54 400m: 5:02.10	2 38.88 37.56
50m: 100m:	34.72 1:13.81	34.72 39.09	150m: 200m:	11 1:53.01 2:31.74	39.20 38.73	250m: 300m:		38.79 39.01	5:02.29 346 350m: 4:27.25 400m: 5:02.29	2 37.71 35.04
50m: 100m:	33.18 1:11.15	33.18 37.97		10 1:49.94 2:28.97	38.79 39.03	250m: 300m:	3:08.91 3:47.76	39.94 38.85	5:02.37 345 350m: 4:26.10 400m: 5:02.37	2 38.34 36.27
50m: 100m:	33.50 1:11.10	33.50 37.60		10 1:49.31 2:28.57	38.21 39.26	250m: 300m:	3:07.96 3:46.69	39.39 38.73	5:02.76 344 350m: 4:26.19 400m: 5:02.76	2 39.50 36.57
	35.25 1:13.25	35.25 38.00		11 1:51.83 2:30.01	38.58 38.18	250m: 300m:		38.83 38.27	5:02.84 344 350m: 4:25.98 400m: 5:02.84	2 38.87 36.86
50m: 100m:	32.73 1:10.04	32.73 37.31		10 1:48.80 2:28.33	38.76 39.53	250m: 300m:		38.94 39.70	5:03.26 342 350m: 4:26.22 400m: 5:03.26	2 39.25 37.04
	32.81 1:11.20	32.81 38.39		10 1:50.39 2:30.06	39.19 39.67	250m: 300m:		39.11 39.40	5:03.53 341 350m: 4:26.86 400m: 5:03.53	38.29 36.67
50m: 100m:	31.31 1:08.71	31.31 37.40		10 1:47.71 2:27.12	39.00 39.41	250m: 300m:		39.28 39.82	5:03.75 341 350m: 4:25.39 400m: 5:03.75	39.17 38.36
50m: 100m:	30.71 1:06.66	30.71 35.95		10 1:45.33 2:25.56	38.67 40.23	250m: 300m:	3:05.68 3:45.93	40.12 40.25	5:03.90 340 350m: 4:26.31 400m: 5:03.90	2 40.38 37.59
	34.22 1:11.71	34.22 37.49	150m: 200m:	10 1:50.21 2:29.13	38.50 38.92	250m: 300m:	3:07.53 3:47.31	38.40 39.78	5:03.94 340 350m: 4:26.52 400m: 5:03.94	2 39.21 37.42
	34.54 1:12.43	34.54 37.89		10 1:51.93 2:31.61	39.50 39.68	250m: 300m:	3:11.16 3:50.40	39.55 39.24	5:04.59 338 350m: 4:29.60 400m: 5:04.59	2 39.20 34.99

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2 39.38 36.43	5:04.73 337 350m: 4:28.30 400m: 5:04.73	39.36 39.13		250m: 300m:	39.06 39.45	11 1:50.98 2:30.43	150m: 200m:	33.81 38.11	33.81 1:11.92	50m: 100m:
2 38.66 38.70	5:04.94 337 350m: 4:26.24 400m: 5:04.94	39.63 39.47		250m: 300m:	39.60 39.21	11 1:49.27 2:28.48	150m: 200m:	32.11 37.56	32.11 1:09.67	50m: 100m:
2 40.17 38.26	5:05.00 337 350m: 4:26.74 400m: 5:05.00	39.22 39.73	3:06.84 3:46.57	250m: 300m:	38.23 39.28	10 1:48.34 2:27.62	150m: 200m:	33.00 37.11	33.00 1:10.11	50m: 100m:
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39.31 38.92	350m: 4:26.91 400m: 5:05.83	38.85 39.56	3:08.04 3:47.60	250m: 300m:	38.78 39.31	1:49.88 2:29.19		33.93 37.17	33.93 1:11.10	50m: 100m:
39.51 37.37	5:05.85 334 350m: 4:28.48 400m: 5:05.85	40.63 39.62		250m: 300m:	39.26 39.49	10 1:49.23 2:28.72		32.57 37.40	32.57 1:09.97	50m: 100m:
2 40.31 38.85	5:05.92 333 350m: 4:27.07 400m: 5:05.92	39.17 39.64	3:07.12 3:46.76	250m: 300m:	38.27 39.06	10 1:48.89 2:27.95		33.04 37.58	33.04 1:10.62	50m: 100m:
2	5:06.22 332					11				
39.62 37.99	350m: 4:28.23 400m: 5:06.22	39.44 39.57		250m: 300m:	38.49 38.83	1:50.77 2:29.60		34.17 38.11	34.17 1:12.28	50m: 100m:
2 38.87 36.58	5:06.31 332 350m: 4:29.73 400m: 5:06.31	40.08 40.29		250m: 300m:	39.07 39.69	12 1:50.80 2:30.49		33.61 38.12	33.61 1:11.73	50m: 100m:
2 38.28 36.29	5:06.74 331 350m: 4:30.45 400m: 5:06.74	39.46 39.42	3:12.75 3:52.17	250m: 300m:	40.11 38.93	11 1:54.36 2:33.29		34.98 39.27	34.98 1:14.25	50m: 100m:
2 38.91 39.42	5:07.02 330 350m: 4:27.60 400m: 5:07.02	39.70 39.46	3:09.23 3:48.69	250m: 300m:	39.20 38.40	12 1:51.13 2:29.53		33.83 38.10	33.83 1:11.93	50m: 100m:
2 40.19 36.78	5:07.62 328 350m: 4:30.84 400m: 5:07.62	40.14 39.93	3:10.72 3:50.65		39.14 39.41	10 1:51.17 2:30.58		33.98 38.05	33.98 1:12.03	50m: 100m:
2 38.69 36.67	5:08.43 325 350m: 4:31.76 400m: 5:08.43	39.58 40.36	3:12.71 3:53.07	250m: 300m:	39.82 38.49	11 1:54.64 2:33.13		35.35 39.47	35.35 1:14.82	50m: 100m:
2 40.05 40.04	5:09.77 321 350m: 4:29.73 400m: 5:09.77	40.61 40.88	3:08.80 3:49.68	250m: 300m:	39.10 40.56	10 1:47.63 2:28.19		31.62 36.91	31.62 1:08.53	50m: 100m:
2 41.53 37.98	5:10.95 318 350m: 4:32.97 400m: 5:10.95	39.86 40.42	3:11.02 3:51.44	250m: 300m:	40.04 40.42	12 1:50.74 2:31.16		32.61 38.09	32.61 1:10.70	50m: 100m:
2 40.02 38.72	5:11.00 317 350m: 4:32.28 400m: 5:11.00	40.57 40.59		250m: 300m:	39.74 40.18	10 1:50.92 2:31.10		33.04 38.14	33.04 1:11.18	50m: 100m:
2 40.96 39.88	5:11.13 317 350m: 4:31.25 400m: 5:11.13	40.72 41.16	3:09.13 3:50.29	250m: 300m:	38.68 39.69	10 1:48.72 2:28.41		33.30 36.74	33.30 1:10.04	50m: 100m:
3 41.81 40.26	5:15.19 305 350m: 4:34.93 400m: 5:15.19	41.07 41.58	3:11.54 3:53.12	250m: 300m:	39.34 40.00	10 1:50.47 2:30.47		33.61 37.52	33.61 1:11.13	50m: 100m: