

, 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				
: FINA 2023								: 6:01.00				
				/				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					
18.					10			<b>4:35.80</b>	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
19.					10			<b>4:35.84</b>	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
20.					10			<b>4:37.84</b>	445	2	
	50m:			150m:			250m:			350m:	
	100m:			200m:			300m:			400m:	4:37.84
21.					10			<b>4:38.39</b>	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
22.					10			<b>4:38.72</b>	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
23.					10			<b>4:38.83</b>	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
24.					10			<b>4:39.22</b>	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
25.					11			<b>4:39.41</b>	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
26.					10			<b>4:39.54</b>	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
27.					10			<b>4:40.00</b>	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
28.					10			<b>4:40.52</b>	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
29.					10			<b>4:41.14</b>	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
30.					11			<b>4:41.18</b>	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
31.					10			<b>4:41.45</b>	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
32.					10			<b>4:41.74</b>	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
33.					11			<b>4:41.84</b>	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			<b>4:41.84</b>	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
35.					10			<b>4:41.88</b>	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

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4, , 400m				, 2010							
				/				FINA			
36.				10				<b>4:42.02</b>	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				<b>4:42.97</b>	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				<b>4:43.04</b>	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				<b>4:43.10</b>	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				<b>4:43.35</b>	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				<b>4:43.61</b>	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				<b>4:44.69</b>	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
43.				10				<b>4:44.83</b>	413	2	
	50m:			150m:			250m:			350m:	
	100m:			200m:			300m:			400m:	4:44.83
				10				<b>4:44.83</b>	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				<b>4:45.43</b>	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				<b>4:45.51</b>	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				<b>4:46.08</b>	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				<b>4:46.42</b>	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				<b>4:46.80</b>	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				<b>4:47.03</b>	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				<b>4:47.15</b>	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				<b>4:47.24</b>	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				<b>4:47.42</b>	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				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				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				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				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				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				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				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				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				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				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				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				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				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				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
70.				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				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

" "

Splash Meet Manager, 11.79083	Registered to Belarus Swimming Federation	30.05.2024 12:03 -	5
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, 29. - 31.5.2024

4, , 400m			, 2010									
						FINA						
90.			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
91.			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
92.			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
93.			10			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.			12			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.			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
96.			11			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.			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
98.			10			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.			10			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.			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
101.			11			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.			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
103.			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
104.			11			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.			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
106.			10			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.			11			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								
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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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162.				12				<b>5:42.11</b>	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				<b>5:43.56</b>	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				<b>5:48.93</b>	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				<b>5:48.19</b>		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