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

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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

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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 — **4:50.43** — 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 — **4:51.27** — 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 — **4:53.03** — 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 — **4:53.46** — 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

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

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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

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

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 **5:05.92** 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