"

, 29. - 31.5.2024

4 , 400m 2010 30.05.2024 - 9:55

	9.00 /		: 4:15.50	) / 1	: 4:35	.50 / 2	: 5	5:11.50 /	3	: 6:01.00	
FINA 2023											
				/						FINA	
				10					4:08.68	621	
50m:	27.34	27.34	150m:	1:28.97	31.09	250m:	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	150m:	1:31.28	32.42	250m:	2:37.35	33.18		3:43.66	33.05
100m:	58.86	30.83		2:04.17	32.89		3:10.61	33.26		4:15.42	31.76
				10					4.47.40	ECO	4
50m:	28.30	28.30	150m:	10 1:32.39	22 54	250m:	2:38.72	33.45	4:17.49	<b>560</b> 3:45.13	1 33.00
100m:	59.88	31.58		2:05.27	32.51 32.88		3:12.13	33.41		4:17.49	32.36
100111.	00.00	01.00	2001111		02.00	000111.	0.12.10	00.11			
				10					4:18.37		1
50m:	28.37	28.37		1:33.61	33.11	250m:		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
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 <sup>-</sup>	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					4,07.00	407	4
50m:	29.02	29.02	150m	10 1:36.39	34.34	250m:	2:46 05	35.56	4:27.93	497 3:57.28	1 35.35
100m:	1:02.05	33.03		2:11.29	34.34 34.90	300m:		35.08		3.57.26 4:27.93	30.65
100111.	1.02.00	33.03	200111.		34.30	300111.	0.21.00	55.00			30.03
				10					4:28.25		1
50m:	28.72	28.72		1:34.58	33.72		2:44.71	35.37		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		3:56.14	33.12
	1:03.80	34.21		2:13.78	35.21		3:23.02	34.44	400m:	4:28.47	32.33
				44							4
50	00.45	00.45	450	11	04.40	050	0.40.00	04.04	4:30.41		1
50m:	29.45 1:03.06	29.45		1:37.22 2:12.05			2:46.89 3:22.29	34.84		3:56.96 4:30.41	34.67
100111.	1.03.00	33.61	ZUUIII.		34.83	JUUIII.	5.22.23	35.40			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
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		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	<b>⊿7</b> 2	1
50m:	30.55	30.55	150m:	1:39.20	34.44	250m:	2:48.52	34.92		3:57.99	34.75
	1:04.76	34.21		2:13.60	34.40		3:23.24	34.72		4:32.52	34.53
F0	20.07	20.07	150	10	24.04	250	2.40.45	24.04	4:32.87		1
50m: 100m:	30.07 1:04.13	30.07 34.06		1:38.97 2:14.61	34.84 35.64		2:49.45 3:24.41	34.84 34.96		3:59.32 4:32.87	34.91 33.55
100111.	1.54.10	54.00	200111.		55.54	500111.	JTI	54.50			
				10					4:34.10		1
50m:	30.19	30.19		1:39.29	34.98		2:49.33	35.06		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
			450		04.04	050	2.40.62	25.24			
50m:	30.16	30.16	150m:	1:38.55	34.94	250m:	2:49.62	35.31	350m:	4:00.87	35.60

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

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4,		, 400m		, 2	2010					
				1					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	<b>4:42.02</b> 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	<b>4:42.97</b> 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	<b>4:43.04</b> 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	<b>4:43.10</b> 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		<b>4:43.35</b> 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		10 1:44.34 2:20.77	36.38 36.43	250m: 300m:	2:57.40 3:33.84	36.63 36.44	<b>4:43.61</b> 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		10 1:45.08 2:21.84	37.18 36.76	250m: 300m:	2:58.41 3:34.62		<b>4:44.69</b> 414 350m: 4:10.83 400m: 4:44.69	2 36.21 33.86
50m: 100m:			150m: 200m:	10		250m: 300m:			<b>4:44.83</b> 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	<b>4:44.83</b> 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	<b>4:45.43</b> 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		2:56.74 3:34.02		<b>4:45.51</b> 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		2:58.15 3:34.96	36.43 36.81	<b>4:46.08</b> 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	250m: 300m:	2:57.75 3:34.88	37.21 37.13	<b>4:46.42</b> 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	250m: 300m:	2:53.72 3:31.50	36.30 37.78	<b>4:46.80</b> 405 350m: 4:08.84 400m: 4:46.80	2 37.34 37.96
	30.69 1:05.38	30.69 34.69		10 1:41.42 2:17.86	36.04 36.44	250m: 300m:	2:54.97 3:32.78	37.11 37.81	<b>4:47.03</b> 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	<b>4:47.15</b> 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	<b>4:47.24</b> 403 350m: 4:12.68 400m: 4:47.24	2 37.50 34.56
	32.98 1:09.78	32.98 36.80		10 1:46.95 2:24.59	37.17 37.64	250m: 300m:		37.55 36.80	<b>4:47.42</b> 402 350m: 4:14.86 400m: 4:47.42	2 35.92 32.56

					,							
4,		, 400m		, 2	010							
				/						FINA		
				10					4:47.64	401	2	
50m:	31.92	31.92	150m:	1:45.20	37.36	250m:		36.64	350m:		36.71	
100m:	1:07.84	35.92	200m.	2:23.02	37.82	300m:	3:37.16	37.50	400m:		33.77	
F0	31.21	24.04	150	10	27.20	250~	0.50.06	37.55	<b>4:47.74</b> 350m:		2 36.96	
50m: 100m:	1:06.73	31.21 35.52		1:44.02 2:21.31	37.29 37.29	250m: 300m:	2:58.86 3:36.03	37.55 37.17	350m: 400m:		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	4.47.79 350m:		37.86	
	1:06.01	35.43		2:19.50	37.14	300m:		37.86	400m:		35.10	
				12					4:48.75	397	2	
50m:	32.42	32.42		1:46.92	37.98	250m:		37.40	350m:		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		2	
	32.39 1:08.80	32.39 36.41		1:46.39 2:23.23	37.59 36.84	250m:	3:01.02 3:38.17	37.79 37.15	350m: 400m:		36.75 34.03	
100111.	1.00.00	00.41	200111.		00.04	000111.	0.00.17	07.10				
50m:	32.27	32.27	150m·	11 1:45.87	37.00	250m:	3:00.84	37.36	<b>4:49.29</b> 350m:		2 37.13	
	1:08.87	36.60		2:23.48	37.61		3:38.07	37.23	400m:		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:		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	388	2	
	31.64	31.64		1:44.88	37.28		3:00.78 3:39.19	37.77	350m: 400m:		37.07	
TOOM:	1:07.60	35.96	200m.	2:23.01	38.13	300m.	3.39.19	38.41			34.54	
E0m.	24.07	24.07	150	10	27.05	250~	0.50.20	27.00	4:50.91		20.46	
50m: 100m:	31.07 1:06.51	31.07 35.44		1:43.56 2:20.52	37.05 36.96	250m: 300m:	2:58.32 3:36.96	37.80 38.64	350m: 400m:		38.46 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:		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		1:46.21	37.28		3:01.49	37.75	350m:		36.80	
100m:	1:08.93	36.23	200m:	2:23.74	37.53	300m:	3:39.18	37.69	400m:		35.12	
<b>5</b> 0	04.04	04.04	450	10	07.00	050	0.04.07	00.40	4:51.20		2	
	31.84 1:07.75	31.84 35.91		1:45.03 2:22.97	37.28 37.94		3:01.07 3:39.46	38.10 38.39		4:15.54 4:51.20	36.08 35.66	
50m:	31.81	31.81	150m:	10 1:45.67	37.74	250m:	3:01.56	37.87	<b>4:51.27</b> 350m:		2 37.61	
	1:07.93	36.12		2:23.69	38.02		3:39.67	38.11	400m:	4:51.27	33.99	
				11					4:51.62	385	2	
50m:	31.83	31.83		1:44.79	37.09		2:59.98	37.40	350m:		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		2	
	31.51 1:07.16	31.51 35.65		1:43.99 2:20.50	36.83 36.51		2:58.09 3:36.55	37.59 38.46	350m: 400m:	4:14.35 4:52.04	37.80 37.69	
100111.	1.07.10	00.00	200111.		00.01	000111.	0.00.00	00.40				
50m:	31.78	31.78	150m:	10 1:45.71	37.63	250m:	3:00.43	37.28	<b>4:52.04</b> 350m:		2 37.95	
	1:08.08	36.30		2:23.15	37.44		3:38.06	37.63	400m:		36.03	
				10					4:52.05	383	2	
	32.06	32.06		1:46.57	38.07	250m:		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		2	
	30.62 1:05.45	30.62 34.83		1:42.32 2:19.77	36.87 37.45	250m: 300m:	2:57.58 3:35.89	37.81 38.31	350m: 400m:	4:14.50 4:52.10	38.61 37.60	
100111.	1.00.40	J <del>-1</del> .03	۷۰۰۱۱۱.	4.13.11	57.75	JUUIII.	0.00.08	50.51	<del>-</del> 00111.	-t.∪∠.1U	57.00	

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	<b>4:52.50</b> 382 350m: 4:16.14 400m: 4:52.50	2 37.09 36.36
	31.57 1:07.24	31.57 35.67		11 1:45.07 2:23.41	37.83 38.34	250m: 300m:	3:00.69 3:39.91	37.28 39.22	<b>4:52.60</b> 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	<b>4:52.74</b> 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		10 1:45.39 2:23.48	37.26 38.09	250m: 300m:	3:00.56 3:38.63	37.08 38.07	<b>4:53.03</b> 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	150m: 200m:	10 1:44.88 2:22.40	36.38 37.52	250m: 300m:	2:59.81 3:37.92	37.41 38.11	<b>4:53.06</b> 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	150m: 200m:	10 1:46.55 2:22.89	36.28 36.34	250m: 300m:	2:59.40 3:36.76	36.51 37.36	<b>4:53.13</b> 379 350m: 4:15.23 400m: 4:53.13	2 38.47 37.90
	32.31 1:08.04	32.31 35.73		10 1:45.66 2:24.06	37.62 38.40	250m: 300m:	3:02.95 3:41.29	38.89 38.34	<b>4:53.28</b> 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	<b>4:53.46</b> 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		10 1:43.25 2:21.48	37.21 38.23	250m: 300m:	3:00.45 3:39.64	38.97 39.19	<b>4:53.47</b> 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		10 1:45.35 2:22.67	36.96 37.32	250m: 300m:	2:59.97 3:38.05	37.30 38.08	<b>4:53.49</b> 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		3:03.16 3:40.81	37.88 37.65	<b>4:53.81</b> 377 350m: 4:18.25 400m: 4:53.81	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	<b>4:54.55</b> 374 350m: 4:17.47 400m: 4:54.55	2 37.57 37.08
	31.16 1:07.18	31.16 36.02	150m: 200m:	10 1:45.07 2:23.71	37.89 38.64		3:02.20 3:40.17	38.49 37.97	<b>4:54.88</b> 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		10 1:47.28 2:25.08	37.37 37.80	250m: 300m:		36.93 37.68	<b>4:54.90</b> 372 350m: 4:18.10 400m: 4:54.90	2 38.41 36.80
50m: 100m:	32.01 1:09.52	32.01 37.51	150m: 200m:	10 1:47.94 2:26.69	38.42 38.75	250m: 300m:	3:04.73 3:42.10	38.04 37.37	<b>4:54.94</b> 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	<b>4:55.23</b> 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	<b>4:55.48</b> 370 350m: 4:18.44 400m: 4:55.48	2 37.88 37.04
50m: 100m:	31.96 1:08.88	31.96 36.92		11 1:47.18 2:25.93	38.30 38.75	250m: 300m:	3:04.24 3:42.39	38.31 38.15	<b>4:55.75</b> 369 350m: 4:20.51 400m: 4:55.75	2 38.12 35.24

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50m: 100m:	32.56 1:09.36	32.56 36.80	150m: 200m:	10 1:48.20 2:27.49	38.84 39.29	250m: 300m:	3:04.31 3:41.43	36.82 37.12	<b>4:56.39</b> 367 350m: 4:20.01 400m: 4:56.39	2 38.58 36.38
	32.94 1:09.54	32.94 36.60		12 1:47.28 2:25.35	37.74 38.07	250m: 300m:	3:03.81 3:42.60	38.46 38.79	<b>4:56.78</b> 365 350m: 4:20.97 400m: 4:56.78	2 38.37 35.81
50m: 100m:	31.26 1:09.54	31.26 38.28	150m: 200m:	11 1:47.99 2:26.26	38.45 38.27	250m: 300m:	3:05.15 3:44.00	38.89 38.85	<b>4:56.87</b> 365 350m: 4:22.01 400m: 4:56.87	2 38.01 34.86
50m: 100m:	33.76 1:10.44	33.76 36.68		11 1:47.96 2:25.93	37.52 37.97	250m: 300m:	3:04.29 3:43.45	38.36 39.16	<b>4:58.10</b> 360 350m: 4:22.02 400m: 4:58.10	2 38.57 36.08
50m: 100m:	33.54 1:10.05	33.54 36.51	150m: 200m:	10 1:47.72 2:25.93	37.67 38.21	250m: 300m:	3:04.40 3:43.69	38.47 39.29	<b>4:58.39</b> 359 350m: 4:22.06 400m: 4:58.39	2 38.37 36.33
50m: 100m:	32.51 1:08.76	32.51 36.25	150m: 200m:	10 1:46.14 2:24.29	37.38 38.15	250m: 300m:	3:02.73 3:41.58	38.44 38.85	<b>4:58.53</b> 359 350m: 4:20.24 400m: 4:58.53	2 38.66 38.29
	32.46 1:08.64	32.46 36.18	150m: 200m:	10 1:45.96 2:24.34	37.32 38.38	250m: 300m:	3:02.81 3:41.59	38.47 38.78	<b>4:58.54</b> 359 350m: 4:20.53 400m: 4:58.54	2 38.94 38.01
50m: 100m:	30.56 1:07.38	30.56 36.82		10 1:45.87 2:24.72	38.49 38.85	250m: 300m:	3:04.49 3:44.56		<b>4:58.66</b> 358 350m: 4:23.02 400m: 4:58.66	2 38.46 35.64
50m: 100m:	31.95 1:08.70	31.95 36.75		11 1:47.26 2:26.06	38.56 38.80	250m: 300m:	3:04.75 3:43.87	38.69 39.12	<b>4:58.80</b> 358 350m: 4:22.11 400m: 4:58.80	2 38.24 36.69
50m: 100m:	32.51 1:09.14	32.51 36.63		11 1:47.32 2:25.59	38.18 38.27	250m: 300m:	3:03.95 3:42.14	38.36 38.19	<b>4:58.95</b> 357 350m: 4:20.60 400m: 4:58.95	2 38.46 38.35
50m: 100m:	32.83 1:11.10	32.83 38.27		11 1:49.33 2:28.16	38.23 38.83	250m: 300m:	3:07.49 3:46.51		<b>4:59.02</b> 357 350m: 4:25.53 400m: 4:59.02	2 39.02 33.49
	34.86 1:13.13	34.86 38.27		11 1:53.92 2:31.81	40.79 37.89	250m: 300m:	3:10.35 3:49.13	38.54 38.78	<b>4:59.22</b> 356 350m: 4:25.15 400m: 4:59.22	2 36.02 34.07
	31.65 1:07.86	31.65 36.21	150m: 200m:	10 1:46.22 2:24.87	38.36 38.65		3:04.32 3:43.74	39.45 39.42	<b>4:59.61</b> 355 350m: 4:22.66 400m: 4:59.61	2 38.92 36.95
50m: 100m:	33.18 1:10.82	33.18 37.64		11 1:50.05 2:28.64	39.23 38.59	250m: 300m:		38.90 38.41	<b>5:00.11</b> 353 350m: 4:23.62 400m: 5:00.11	2 37.67 36.49
	34.72 1:12.76	34.72 38.04	150m: 200m:	10 1:51.63 2:30.67	38.87 39.04	250m: 300m:	3:08.91 3:46.15	38.24 37.24	<b>5:00.14</b> 353 350m: 4:23.77 400m: 5:00.14	2 37.62 36.37
50m: 100m:	33.23 1:10.31	33.23 37.08		11 1:48.52 2:27.41	38.21 38.89	250m: 300m:	3:06.05 3:44.98	38.64 38.93	<b>5:00.25</b> 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		11 1:48.77 2:27.78	38.64 39.01	250m: 300m:	3:06.89 3:47.83	39.11 40.94	<b>5:00.43</b> 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		<b>5:00.98</b> 350 350m: 4:24.02 400m: 5:00.98	2 38.36 36.96

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50m: 100m:	32.55 1:08.31	32.55 35.76	150m: 200m:	11 1:45.63 2:23.68	37.32 38.05	250m: 300m:	3:02.97 3:42.19	39.29 39.22	<b>5:01.05</b> 350 350m: 4:21.47 400m: 5:01.05	2 39.28 39.58
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	<b>5:01.82</b> 347 350m: 4:25.01 400m: 5:01.82	2 38.76 36.81
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	<b>5:02.10</b> 346 350m: 4:24.54 400m: 5:02.10	2 38.88 37.56
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	<b>5:02.37</b> 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	<b>5:02.76</b> 344 350m: 4:26.19 400m: 5:02.76	2 39.50 36.57
50m: 100m:	32.73 1:10.04	32.73 37.31	150m: 200m:	10 1:48.80 2:28.33	38.76 39.53	250m: 300m:	3:07.27 3:46.97	38.94 39.70	<b>5:03.26</b> 342 350m: 4:26.22 400m: 5:03.26	2 39.25 37.04
50m: 100m:	32.81 1:11.20	32.81 38.39	150m: 200m:	10 1:50.39 2:30.06	39.19 39.67	250m: 300m:	3:09.17 3:48.57	39.11 39.40	<b>5:03.53</b> 341 350m: 4:26.86 400m: 5:03.53	2 38.29 36.67
50m: 100m:	31.31 1:08.71	31.31 37.40	150m: 200m:	10 1:47.71 2:27.12	39.00 39.41	250m: 300m:	3:06.40 3:46.22	39.28 39.82	<b>5:03.75</b> 341 350m: 4:25.39 400m: 5:03.75	2 39.17 38.36
50m: 100m:	34.22 1:11.71	34.22 37.49	150m: 200m:	10 1:50.21 2:29.13	38.50 38.92	250m: 300m:		38.40 39.78	<b>5:03.94</b> 340 350m: 4:26.52 400m: 5:03.94	2 39.21 37.42
50m: 100m:	32.11 1:09.67	32.11 37.56		11 1:49.27 2:28.48	39.60 39.21	250m: 300m:	3:08.11 3:47.58	39.63 39.47	<b>5:04.94</b> 337 350m: 4:26.24 400m: 5:04.94	2 38.66 38.70
50m: 100m:	33.00 1:10.11	33.00 37.11		10 1:48.34 2:27.62	38.23 39.28	250m: 300m:	3:06.84 3:46.57	39.22 39.73	<b>5:05.00</b> 337 350m: 4:26.74 400m: 5:05.00	2 40.17 38.26
50m: 100m:	33.93 1:11.10	33.93 37.17	150m: 200m:	10 1:49.88 2:29.19	38.78 39.31	250m: 300m:		38.85 39.56	<b>5:05.83</b> 334 350m: 4:26.91 400m: 5:05.83	2 39.31 38.92
50m: 100m:	33.04 1:10.62	33.04 37.58		10 1:48.89 2:27.95	38.27 39.06	250m: 300m:	3:07.12 3:46.76	39.17 39.64	<b>5:05.92</b> 333 350m: 4:27.07 400m: 5:05.92	2 40.31 38.85
	34.17 1:12.28	34.17 38.11		11 1:50.77 2:29.60	38.49 38.83	250m: 300m:		39.44 39.57	<b>5:06.22</b> 332 350m: 4:28.23 400m: 5:06.22	2 39.62 37.99
50m: 100m:	34.98 1:14.25	34.98 39.27		11 1:54.36 2:33.29	40.11 38.93	250m: 300m:		39.46 39.42	<b>5:06.74</b> 331 350m: 4:30.45 400m: 5:06.74	2 38.28 36.29
50m: 100m:	33.98 1:12.03	33.98 38.05	150m: 200m:	10 1:51.17 2:30.58	39.14 39.41	250m: 300m:	3:10.72 3:50.65	40.14 39.93	<b>5:07.62</b> 328 350m: 4:30.84 400m: 5:07.62	2 40.19 36.78
50m: 100m:	31.62 1:08.53	31.62 36.91	150m: 200m:	10 1:47.63 2:28.19	39.10 40.56	250m: 300m:	3:08.80 3:49.68	40.61 40.88	<b>5:09.77</b> 321 350m: 4:29.73 400m: 5:09.77	2 40.05 40.04
50m: 100m:	32.61 1:10.70	32.61 38.09		12 1:50.74 2:31.16	40.04 40.42	250m: 300m:	3:11.02 3:51.44	39.86 40.42	<b>5:10.95</b> 318 350m: 4:32.97 400m: 5:10.95	2 41.53 37.98

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				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