

, 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			: 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	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	

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4, , 400m			, 2010						FINA		
			/								
			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

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4, , 400m			, 2010						FINA		
			/								
			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						4:44.69 414 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
			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

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4, , 400m			, 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	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
			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						4:47.79 401 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
			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
			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
			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
			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						4:50.80 388 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
			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						4:51.20 387 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
			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

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4, , 400m			, 2010						FINA		
			/								
			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						4:52.74 381 2		
50m:	32.05	32.05	150m:	1:47.39	38.14	250m:	3:02.81	36.93	350m:	4:18.42	37.89
100m:	1:09.25	37.20	200m:	2:25.88	38.49	300m:	3:40.53	37.72	400m:	4:52.74	34.32
			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						4:53.06 379 2		
50m:	32.50	32.50	150m:	1:44.88	36.38	250m:	2:59.81	37.41	350m:	4:15.74	37.82
100m:	1:08.50	36.00	200m:	2:22.40	37.52	300m:	3:37.92	38.11	400m:	4:53.06	37.32
			10						4:53.13 379 2		
50m:	33.58	33.58	150m:	1:46.55	36.28	250m:	2:59.40	36.51	350m:	4:15.23	38.47
100m:	1:10.27	36.69	200m:	2:22.89	36.34	300m:	3:36.76	37.36	400m:	4:53.13	37.90
			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
			10						4:53.47 378 2		
50m:	30.50	30.50	150m:	1:43.25	37.21	250m:	3:00.45	38.97	350m:	4:17.92	38.28
100m:	1:06.04	35.54	200m:	2:21.48	38.23	300m:	3:39.64	39.19	400m:	4:53.47	35.55
			10						4:53.49 378 2		
50m:	32.55	32.55	150m:	1:45.35	36.96	250m:	2:59.97	37.30	350m:	4:16.39	38.34
100m:	1:08.39	35.84	200m:	2:22.67	37.32	300m:	3:38.05	38.08	400m:	4:53.49	37.10
			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						4:54.17 375 2		
50m:	32.44	32.44	150m:	1:46.89	37.91	250m:	3:03.19	38.47	350m:	4:19.23	38.00
100m:	1:08.98	36.54	200m:	2:24.72	37.83	300m:	3:41.23	38.04	400m:	4:54.17	34.94
			10						4:54.55 374 2		
50m:	31.54	31.54	150m:	1:46.04	37.64	250m:	3:01.81	38.05	350m:	4:17.47	37.57
100m:	1:08.40	36.86	200m:	2:23.76	37.72	300m:	3:39.90	38.09	400m:	4:54.55	37.08
			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						4:54.90 372 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						4:54.90 372 2		
50m:	31.66	31.66	150m:	1:45.07	38.02	250m:	3:02.64	38.79	350m:	4:19.19	38.04
100m:	1:07.05	35.39	200m:	2:23.85	38.78	300m:	3:41.15	38.51	400m:	4:54.90	35.71
			10						4:54.94 372 2		
50m:	32.01	32.01	150m:	1:47.94	38.42	250m:	3:04.73	38.04	350m:	4:19.18	37.08
100m:	1:09.52	37.51	200m:	2:26.69	38.75	300m:	3:42.10	37.37	400m:	4:54.94	35.76
			10						4:55.23 371 2		
50m:	30.69	30.69	150m:	1:43.64	37.81	250m:	3:00.72	38.65	350m:	4:17.84	38.63
100m:	1:05.83	35.14	200m:	2:22.07	38.43	300m:	3:39.21	38.49	400m:	4:55.23	37.39

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4, , 400m			, 2010						FINA		
			/								
			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
			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
			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
			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
			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
			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
			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						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
			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
			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
			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
			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
			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
			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
			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	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
			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						FINA		
			/								
			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						5:00.25 353 2		
50m:	33.23	33.23	150m:	1:48.52	38.21	250m:	3:06.05	38.64	350m:	4:23.66	38.68
100m:	1:10.31	37.08	200m:	2:27.41	38.89	300m:	3:44.98	38.93	400m:	5:00.25	36.59
			11						5:00.43 352 2		
50m:	32.99	32.99	150m:	1:48.77	38.64	250m:	3:06.89	39.11	350m:	4:25.12	37.29
100m:	1:10.13	37.14	200m:	2:27.78	39.01	300m:	3:47.83	40.94	400m:	5:00.43	35.31
			10						5:00.98 350 2		
50m:	32.21	32.21	150m:	1:47.46	38.61	250m:	3:06.72	39.86	350m:	4:24.02	38.36
100m:	1:08.85	36.64	200m:	2:26.86	39.40	300m:	3:45.66	38.94	400m:	5:00.98	36.96
			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
			12						5:01.32 349 2		
50m:	33.43	33.43	150m:	1:49.16	38.33	250m:	3:07.20	39.46	350m:	4:25.19	38.21
100m:	1:10.83	37.40	200m:	2:27.74	38.58	300m:	3:46.98	39.78	400m:	5:01.32	36.13
			12						5:01.82 347 2		
50m:	31.84	31.84	150m:	1:47.50	38.90	250m:	3:06.98	40.30	350m:	4:25.01	38.76
100m:	1:08.60	36.76	200m:	2:26.68	39.18	300m:	3:46.25	39.27	400m:	5:01.82	36.81
			10						5:01.95 347 2		
50m:	32.02	32.02	150m:	1:47.02	38.69	250m:	3:06.44	39.89	350m:	4:24.68	38.44
100m:	1:08.33	36.31	200m:	2:26.55	39.53	300m:	3:46.24	39.80	400m:	5:01.95	37.27
			10						5:02.10 346 2		
50m:	33.50	33.50	150m:	1:49.28	38.42	250m:	3:06.78	38.60	350m:	4:24.54	38.88
100m:	1:10.86	37.36	200m:	2:28.18	38.90	300m:	3:45.66	38.88	400m:	5:02.10	37.56
			11						5:02.29 346 2		
50m:	34.72	34.72	150m:	1:53.01	39.20	250m:	3:10.53	38.79	350m:	4:27.25	37.71
100m:	1:13.81	39.09	200m:	2:31.74	38.73	300m:	3:49.54	39.01	400m:	5:02.29	35.04
			10						5:02.37 345 2		
50m:	33.18	33.18	150m:	1:49.94	38.79	250m:	3:08.91	39.94	350m:	4:26.10	38.34
100m:	1:11.15	37.97	200m:	2:28.97	39.03	300m:	3:47.76	38.85	400m:	5:02.37	36.27
			10						5:02.76 344 2		
50m:	33.50	33.50	150m:	1:49.31	38.21	250m:	3:07.96	39.39	350m:	4:26.19	39.50
100m:	1:11.10	37.60	200m:	2:28.57	39.26	300m:	3:46.69	38.73	400m:	5:02.76	36.57
			11						5:02.84 344 2		
50m:	35.25	35.25	150m:	1:51.83	38.58	250m:	3:08.84	38.83	350m:	4:25.98	38.87
100m:	1:13.25	38.00	200m:	2:30.01	38.18	300m:	3:47.11	38.27	400m:	5:02.84	36.86
			10						5:03.26 342 2		
50m:	32.73	32.73	150m:	1:48.80	38.76	250m:	3:07.27	38.94	350m:	4:26.22	39.25
100m:	1:10.04	37.31	200m:	2:28.33	39.53	300m:	3:46.97	39.70	400m:	5:03.26	37.04
			10						5:03.53 341 2		
50m:	32.81	32.81	150m:	1:50.39	39.19	250m:	3:09.17	39.11	350m:	4:26.86	38.29
100m:	1:11.20	38.39	200m:	2:30.06	39.67	300m:	3:48.57	39.40	400m:	5:03.53	36.67
			10						5:03.75 341 2		
50m:	31.31	31.31	150m:	1:47.71	39.00	250m:	3:06.40	39.28	350m:	4:25.39	39.17
100m:	1:08.71	37.40	200m:	2:27.12	39.41	300m:	3:46.22	39.82	400m:	5:03.75	38.36
			10						5:03.90 340 2		
50m:	30.71	30.71	150m:	1:45.33	38.67	250m:	3:05.68	40.12	350m:	4:26.31	40.38
100m:	1:06.66	35.95	200m:	2:25.56	40.23	300m:	3:45.93	40.25	400m:	5:03.90	37.59
			10						5:03.94 340 2		
50m:	34.22	34.22	150m:	1:50.21	38.50	250m:	3:07.53	38.40	350m:	4:26.52	39.21
100m:	1:11.71	37.49	200m:	2:29.13	38.92	300m:	3:47.31	39.78	400m:	5:03.94	37.42

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4, , 400m			, 2010						FINA		
			/								
			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
			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
			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
			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
			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
			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
			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
			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
			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
			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
			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
			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
			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
			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
			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
			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
			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
			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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			/									
			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	
			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	
			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	
			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	
			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	
			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	
			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	
			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	
			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	
			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	
			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	
			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	
			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	
			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	
DSQ				11						5:48.19 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	