1 , 400m 2011

)5.2024 - 9:											
	23.00 /		: 4:39.50) / 1	: 5:00	.50 / 2	: 5	5:40.00 / 3	3	: 6:28.50	
FINA 2023											
				/						FINA	
				11					4:36.01	588	
50m: 100m:	29.41 1:03.66	29.41 34.25		1:38.70 2:13.72	35.04 35.02	250m: 300m:	2:48.72 3:24.54	35.00 35.82		4:00.59 4:36.01	36.05 35.42
				11					4:38.68		
50m: 100m:	30.70 1:04.95	30.70 34.25		1:40.16 2:15.82	35.21 35.66	250m: 300m:	2:51.82 3:27.85	36.00 36.03		4:03.71 4:38.68	35.86 34.97
100111.	1.01.00	01.20	200111.	11	00.00	000111.	0.27.00	00.00	4:40.55		1
50m:	30.93	30.93	150m·	1:40.97	35.71	250m:	2:53.38	36.17		4:05.54	36.09
	1:05.26	34.33		2:17.21	36.24	300m:	3:29.45	36.07	400m:	4:40.55	35.01
				11					4:40.74	559	1
50m:	31.37	31.37	150m:	1:43.08	36.22	250m:	2:54.82	36.23	350m:	4:06.10	35.15
100m:	1:06.86	35.49	200m:	2:18.59	35.51	300m:	3:30.95	36.13	400m:	4:40.74	34.64
		00.5	4	11	0===	0=2	0.5.1	00.55	4:44.57		1
50m:		30.94		1:41.15	35.72	250m:	2:54.04	36.56		4:08.13	37.02
100m:	1:05.43	34.49	200m:	2:17.48	36.33	300m:	3:31.11	37.07		4:44.57	36.44
				12					4:48.04		1
50m: 100m:	32.21 1:08.31	32.21 36.10		1:44.84 2:21.94	36.53 37.10	250m: 300m:	2:58.91 3:35.80	36.97 36.89		4:12.44 4:48.04	36.64 35.60
				11					4:48.49	515	1
50m:	32.00	32.00	150m:	1:45.10	37.18	250m:	2:58.95	36.79		4:13.09	36.71
	1:07.92	35.92		2:22.16	37.06		3:36.38	37.43		4:48.49	35.40
				11					4:52.02		1
50m:		31.96		1:43.89	36.90		2:59.71	38.02		4:15.65	37.85
100m:	1:06.99	35.03	200m:	2:21.69	37.80	300m:	3:37.80	38.09	400m:	4:52.02	36.37
		00 :-	4	11	00	0=0	0.50	0= -	4:52.11	496	1
50m:		32.49		1:44.64	36.70		2:59.38	37.39		4:15.17	38.26
Tuum:	1:07.94	35.45	∠uum:	2:21.99	37.35	JUUM:	3:36.91	37.53	400m:	4:52.11	36.94
	00.75	20.75	450	11	00.00	050	0.00 50	07.55	4:52.72		1
50m: 100m:	33.75 1:10.31	33.75 36.56		1:47.27 2:25.03	36.96 37.76	250m: 300m:		37.55 36.55	350m: 400m:	4:16.37 4:52.72	37.24 36.35
				11					4:53.33		1
50m:		32.77		1:46.17	37.35	250m:		37.14		4:15.33	37.66
100m:	1:08.82	36.05	200m:	2:23.47	37.30	300m:	3:37.67	37.06	400m:		38.00
50	20.05	20.05	450	11	07.45	050	2.00.07	07.70	4:54.60		1
50m: 100m:	32.65 1:08.63	32.65 35.98		1:45.78 2:23.25	37.15 37.47	250m: 300m:	3:00.97 3:39.22	37.72 38.25	350m: 400m:	4:17.27 4:54.60	38.05 37.33
				11					4:54.85	482	1
50m:	33.35	33.35	150m:	1:46.94	37.40	250m:	3:03.12	38.15		4:18.64	37.32
	1:09.54	36.19		2:24.97	38.03	300m:	3:41.32	38.20	400m:	4:54.85	36.21
				11					4:55.45		1
50m:		32.15		1:45.38	37.24		3:01.90	38.49		4:18.65	38.34
100m:	1:08.14	35.99	200m:	2:23.41	38.03	300m:	3:40.31	38.41		4:55.45	36.80
=0	00.00	00.00	450	11	07.04	050	0.00.10	00.04	4:55.46		1
50m: 100m:	32.83 1:09.13	32.83 36.30		1:46.34 2:24.44	37.21 38.10	250m: 300m:	3:02.48 3:40.70	38.04 38.22	350m: 400m:	4:18.67 4:55.46	37.97 36.79
				11					4:57.81		1
50m:	33.90	33.90	150m ⁻	1:49.64	38.29	250m:	3:06.35	38.18		4:22.59	38.17
	1:11.35	37.45		2:28.17	38.53		3:44.42	38.07	400m:		35.22
				11					4:58.03	467	1
50m:		33.37		1:48.25	38.26	250m:	3:04.83	38.55		4:21.46	38.15
100m:	1:09.99	36.62	200m	2:26.28	38.03	300m:	3:43.31	38.48	400m:	4:58.03	36.57

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50m: 100m:	33.49 1:10.52	33.49 37.03	150m: 200m:	12 1:48.78 2:27.36	38.26 38.58	250m: 300m:	3:06.02 3:44.89	38.66 38.87	4:58.44 465 350m: 4:22.99 400m: 4:58.44	1 38.10 35.45
50m: 100m:	32.61 1:09.19	32.61 36.58	150m: 200m:	11 1:46.58 2:24.78	37.39 38.20	250m: 300m:	3:03.22 3:42.67	38.44 39.45	4:58.75 464 350m: 4:22.40 400m: 4:58.75	1 39.73 36.35
50m: 100m:	32.80 1:10.16	32.80 37.36		11 1:47.27 2:25.28	37.11 38.01	250m: 300m:	3:03.71 3:42.91	38.43 39.20	4:58.98 463 350m: 4:22.14 400m: 4:58.98	1 39.23 36.84
50m: 100m:	33.19 1:10.16	33.19 36.97		11 1:47.68 2:25.66	37.52 37.98	250m: 300m:	3:03.63 3:41.15	37.97 37.52	4:59.81 459 350m: 4:20.25 400m: 4:59.81	1 39.10 39.56
50m: 100m:	32.69 1:08.58	32.69 35.89		11 1:46.26 2:24.17	37.68 37.91	250m: 300m:	3:03.11 3:42.82	38.94 39.71	5:00.79 454 350m: 4:22.06 400m: 5:00.79	2 39.24 38.73
50m: 100m:	32.27 1:08.07	32.27 35.80	150m: 200m:	12 1:45.46 2:23.76	37.39 38.30	250m: 300m:	3:02.70 3:41.49	38.94 38.79	5:00.84 454 350m: 4:20.99 400m: 5:00.84	2 39.50 39.85
50m: 100m:	34.15 1:11.42	34.15 37.27		11 1:49.32 2:27.85	37.90 38.53	250m: 300m:	3:05.91 3:43.98	38.06 38.07	5:01.70 450 350m: 4:22.42 400m: 5:01.70	2 38.44 39.28
50m: 100m:	33.60 1:11.38	33.60 37.78		11 1:49.97 2:28.60	38.59 38.63	250m: 300m:	3:07.31 3:46.00	38.71 38.69	5:02.37 447 350m: 4:24.67 400m: 5:02.37	2 38.67 37.70
50m: 100m:	33.82 1:11.76	33.82 37.94		12 1:50.84 2:30.16	39.08 39.32	250m: 300m:	3:09.87 3:48.64	39.71 38.77	5:03.12 444 350m: 4:26.70 400m: 5:03.12	2 38.06 36.42
50m: 100m:	34.64 1:13.60	- 34.64 38.96		12 1:52.47 2:31.00	38.87 38.53	250m: 300m:	3:09.14 3:47.07	38.14 37.93	5:03.89 440 350m: 4:25.36 400m: 5:03.89	2 38.29 38.53
50m: 100m:	33.53 1:11.43	33.53 37.90		12 1:50.01 2:29.76	38.58 39.75	250m: 300m:	3:09.19 3:48.42	39.43 39.23	5:04.52 438 350m: 4:27.44 400m: 5:04.52	2 39.02 37.08
50m: 100m:	33.57 1:10.28	33.57 36.71		11 1:48.94 2:28.62	38.66 39.68	250m: 300m:	3:08.58 3:48.04	39.96 39.46	5:04.54 438 350m: 4:27.32 400m: 5:04.54	2 39.28 37.22
50m: 100m:	32.36 1:08.69	32.36 36.33		11 1:46.82 2:26.59	38.13 39.77	250m: 300m:	3:06.48 3:46.69	39.89 40.21	5:04.55 438 350m: 4:26.06 400m: 5:04.55	2 39.37 38.49
50m: 100m:	33.41 1:12.05	33.41 38.64		11 1:51.71 2:31.33	39.66 39.62	250m: 300m:	3:10.94 3:50.46	39.61 39.52	5:04.59 437 350m: 4:29.00 400m: 5:04.59	2 38.54 35.59
50m: 100m:	35.13 1:12.76	35.13 37.63	150m: 200m:	11 1:52.61 2:31.70	39.85 39.09	250m: 300m:	3:10.15 3:49.29	38.45 39.14	5:04.87 436 350m: 4:27.23 400m: 5:04.87	2 37.94 37.64
50m: 100m:	34.86 1:13.68	34.86 38.82	150m: 200m:	11 1:52.94 2:32.88	39.26 39.94	250m: 300m:	3:12.26 3:51.29	39.38 39.03	5:04.98 436 350m: 4:29.07 400m: 5:04.98	2 37.78 35.91
50m: 100m:	33.34 1:10.67	33.34 37.33	150m: 200m:	11 1:50.09 2:29.49	39.42 39.40	250m: 300m:	3:08.81 3:47.81	39.32 39.00	5:05.09 435 350m: 4:26.72 400m: 5:05.09	2 38.91 38.37
50m: 100m:	34.54 1:12.43	34.54 37.89	150m: 200m:	11 1:50.78 2:29.31	38.35 38.53	250m: 300m:	3:08.15 3:47.09	38.84 38.94	5:05.10 435 350m: 4:26.49 400m: 5:05.10	2 39.40 38.61

1,	, 4	100m		, 20	11					
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50m: 100m:	35.02 1:13.05	35.02 38.03	150m: 200m:	1:51.42 2:30.56	38.37 39.14	250m: 300m:		39.79 39.08	350m: 4:28.46 400m: 5:05.26	39.03 36.80
				11					5:05.59 433	2
50m: 100m:	32.57 1:09.56	32.57 36.99	150m: 200m:	1:48.79 2:28.84	39.23 40.05	250m: 300m:	3:09.08 3:49.43	40.24 40.35	350m: 4:28.62 400m: 5:05.59	39.19 36.97
				12					5:05.99 431	2
50m: 100m:	33.27 1:11.35	33.27 38.08	150m: 200m:	1:50.64 2:29.98	39.29 39.34	250m: 300m:	3:09.10 3:48.61	39.12 39.51	350m: 4:27.82 400m: 5:05.99	39.21 38.17
50	00.44	00.44	450	11	00.70	050	0.00.00	00.50	5:06.09 431	2
50m: 100m:	33.11 1:11.06	33.11 37.95		1:49.76 2:29.30	38.70 39.54	250m: 300m:	3:08.86 3:48.71	39.56 39.85	350m: 4:28.56 400m: 5:06.09	39.85 37.53
50	00.00	00.00	450	11	00.04	050	0.00.00	40.40	5:06.89 428	2
50m: 100m:	32.83 1:09.85	32.83 37.02	150m: 200m:	1:48.49 2:27.99	38.64 39.50	250m: 300m:		40.40 40.19	350m: 4:28.26 400m: 5:06.89	39.68 38.63
50m:	34.82	34.82	150m:	11 1:54.35	39.57	250m:	3:12.86	38.78	5:07.47 425 350m: 4:30.48	2 38.83
	1:14.78	39.96		2:34.08	39.73	300m:	3:51.65	38.79	400m: 5:07.47	36.99
F0m:	22.20	22.20	15000	11	20.44	250~	2.10.00	40.45	5:08.18 422	2
50m: 100m:	33.30 1:11.45	33.30 38.15		1:50.56 2:30.35	39.11 39.79	250m: 300m:	3:10.80 3:51.03	40.45 40.23	350m: 4:31.23 400m: 5:08.18	40.20 36.95
50m:	35.57	35.57	150m:	11 1:52.38	38.61	250m:	3:11.34	39.18	5:08.38 421 350m: 4:30.78	2 39.74
100m:	1:13.77	38.20		2:32.16	39.78	300m:		39.70	400m: 5:08.38	37.60
50m:	34.42	34.42	150m:	12 1:52.73	39.89	250m:	3:13.33	41.10	5:08.56 421 350m: 4:32.85	2 39.67
	1:12.84	38.42		2:32.23	39.50	300m:	3:53.18	39.85	400m: 5:08.56	35.71
50m:	33.25	33.25	150m·	11 1:50.42	39.10	250m:	3:10.61	39.95	5:08.76 420 350m: 4:31.53	2 40.64
100m:	1:11.32	38.07		2:30.66	40.24	300m:	3:50.89	40.28	400m: 5:08.76	37.23
50m:	35.84	35.84	150m·	11 1:54.28	39.22	250m:	3:12.62	39.20	5:09.47 417 350m: 4:31.29	2 39.36
	1:15.06			2:33.42			3:51.93	39.31	400m: 5:09.47	38.18
50m:	34.99	34.99	150m·	12 1:53.26	39.58	250m:	3:13.12	39.96	5:09.90 415 350m: 4:32.02	2 39.30
	1:13.68	38.69		2:33.16	39.90	300m:		39.60	400m: 5:09.90	37.88
50m:	34.71	34.71	150m:	11 1:53.37	40.18	250m:	3:13.71	39.97	5:10.11 414 350m: 4:32.74	2 39.02
	1:13.19	38.48		2:33.74	40.37	300m:		40.01	400m: 5:10.11	37.37
50m:	35.51	35.51	150m:	1:54.15	39.44	250m:	3:14.25	40.11	5:10.15 414 350m: 4:33.20	39.09
	1:14.71	39.20		2:34.14	39.99	300m:		39.86	400m: 5:10.15	36.95
50m:	35.52	35.52	150m·	12 1:54.29	39.71	250m:	3:13.86	39.78	5:10.60 412 350m: 4:33.25	2 39.48
	1:14.58	39.06		2:34.08	39.79	300m:		39.91	400m: 5:10.60	37.35
50m:	32.89	32.89	150m·	11 1:50.33	39.26	250m:	3:09.69	39.50	5:11.10 410 350m: 4:31.26	2 41.16
	1:11.07	38.18		2:30.19	39.86	300m:	3:50.10	40.41	400m: 5:11.10	39.84
50m:	35.40	35.40	150m·	12 1:53.19	39.02	250m:	3:12.15	39.15	5:11.42 409 350m: 4:31.31	2 39.30
	1:14.17	38.77		2:33.00	39.81	300m:		39.86	400m: 5:11.42	40.11
50m:	35.55	35.55	150m·	11 1:54.58	39.66	250m·	3:14.63	39.85	5:11.69 408 350m: 4:34.32	2 39.68
	1:14.92	39.37		2:34.78	40.20	300m:		40.01	400m: 5:11.69	37.37

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50m: 34.60 34.60 150m: 1:52.26 39.52 250m: 3:11.84 39.77 350m 100m: 1:12.74 38.14 200m: 2:32.07 39.81 300m: 3:52.25 40.41 400m	: 4:32.63 : 5:11.71 97 407 : 4:34.68 : 5:11.97 96 403	40.38 39.08
11 5:11. 9	4:34.68 5:11.97 6 403	
50m: 34.91 34.91 150m: 1:54.37 40.30 250m: 3:14.81 40.22 350m 100m: 1:14.07 39.16 200m: 2:34.59 40.22 300m: 3:54.79 39.98 400m		39.89 37.29
5:13.0 50m: 34.61 34.61 150m: 1:53.34 39.66 250m: 3:14.00 40.11 350m 100m: 1:13.68 39.07 200m: 2:33.89 40.55 300m: 3:55.11 41.11 400m		2 39.66 38.29
5:13.2 50m: 34.85 34.85 150m: 1:54.37 39.87 250m: 3:15.18 40.12 350m 100m: 1:14.50 39.65 200m: 2:35.06 40.69 300m: 3:55.46 40.28 400m	: 4:35.35	2 39.89 37.92
5:13.2 50m: 35.15 35.15 150m: 1:56.25 41.37 250m: 3:17.24 40.19 350m 100m: 1:14.88 39.73 200m: 2:37.05 40.80 300m: 3:57.89 40.65 400m	: 4:37.46	2 39.57 35.83
5:13.5 50m: 36.21 36.21 150m: 1:55.71 40.32 250m: 3:15.55 39.89 350m 100m: 1:15.39 39.18 200m: 2:35.66 39.95 300m: 3:56.36 40.81 400m	: 4:34.58	2 38.22 38.94
50m: 33.18 33.18 150m: 1:52.40 41.06 250m: 3:13.67 40.52 350m	71 400 : 4:34.56 : 5:13.71	2 40.23 39.15
	16 399 : 4:34.19 : 5:14.16	2 40.89 39.97
5:14.3 50m: 34.64 34.64 150m: 1:55.23 40.54 250m: 3:15.60 39.88 350m 100m: 1:14.69 40.05 200m: 2:35.72 40.49 300m: 3:56.23 40.63 400m	4:36.09	2 39.86 38.23
5:16.4 50m: 33.93 33.93 150m: 1:53.46 40.46 250m: 3:15.74 41.11 350m 1:13.00 39.07 200m: 2:34.63 41.17 300m: 3:57.05 41.31 400m	: 4:38.13	2 41.08 38.34
5:17.0 50m: 35.09 35.09 150m: 1:55.65 41.01 250m: 3:17.09 40.42 350m 100m: 1:14.64 39.55 200m: 2:36.67 41.02 300m: 3:57.50 40.41 400m	: 4:37.74	2 40.24 39.32
5:17.1 50m: 33.69 33.69 150m: 1:54.15 41.03 250m: 3:16.52 41.16 350m: 1:00m: 1:13.12 39.43 200m: 2:35.36 41.21 300m: 3:57.29 40.77 400m	: 4:38.17	2 40.88 38.94
5:17.2 50m: 33.93 33.93 150m: 1:50.66 39.34 250m: 3:11.70 41.24 350m 100m: 1:11.32 37.39 200m: 2:30.46 39.80 300m: 3:53.01 41.31 400m	: 4:35.16	2 42.15 42.08
5:17.3 50m: 34.56 34.56 150m: 1:55.44 41.37 250m: 3:19.08 42.39 350m 100m: 1:14.07 39.51 200m: 2:36.69 41.25 300m: 3:59.98 40.90 400m	: 4:40.78	40.80 36.55
5:17.3 50m: 33.17 33.17 150m: 1:51.76 40.62 250m: 3:14.07 41.68 350m 100m: 1:11.14 37.97 200m: 2:32.39 40.63 300m: 3:55.64 41.57 400m	: 4:37.14	41.50 40.20
5:17.4 50m: 34.43 34.43 150m: 1:54.57 40.73 250m: 3:16.84 41.40 350m 100m: 1:13.84 39.41 200m: 2:35.44 40.87 300m: 3:58.10 41.26 400m	: 4:39.16	2 41.06 38.31
50m: 34.10 34.10 150m: 1:51.15 39.62 250m: 3:13.10 41.34 350m	384 : 4:36.45 : 5:18.02	2 42.32 41.57
50m: 34.05 34.05 150m: 1:52.87 40.59 250m: 3:14.57 41.17 350m	384 : 4:37.27 : 5:18.19	40.90 40.92

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50m: 100m:	35.66 1:15.67	35.66 40.01	150m: 200m:	11 1:55.67 2:36.56	40.00 40.89	250m: 300m:	3:17.17 3:58.24	40.61 41.07	5:18.21 384 350m: 4:39.19 400m: 5:18.21	2 40.95 39.02
50m: 100m:	34.46 1:14.18	34.46 39.72	150m: 200m:	12 1:54.85 2:36.20	40.67 41.35	250m: 300m:	3:17.80 3:58.20	41.60 40.40	5:18.55 382 350m: 4:38.87 400m: 5:18.55	2 40.67 39.68
50m: 100m:	36.55 1:17.34	36.55 40.79	150m: 200m:	11 1:58.71 2:39.83	41.37 41.12	250m: 300m:	3:20.59 4:01.32	40.76 40.73	5:19.44 379 350m: 4:41.57 400m: 5:19.44	2 40.25 37.87
50m: 100m:	34.04 1:12.64	34.04 38.60	150m: 200m:	11 1:53.36 2:34.77	40.72 41.41	250m: 300m:	3:16.70 3:58.13	41.93 41.43	5:19.74 378 350m: 4:39.56 400m: 5:19.74	2 41.43 40.18
50m: 100m:	34.90 1:15.30	34.90 40.40	150m: 200m:	11 1:57.61 2:38.84	42.31 41.23	250m: 300m:	3:19.76 4:00.78	40.92 41.02	5:20.16 377 350m: 4:41.38 400m: 5:20.16	2 40.60 38.78
50m: 100m:	34.91 1:14.94	34.91 40.03	150m: 200m:	11 1:56.17 2:37.94	41.23 41.77	250m: 300m:	3:19.65 4:01.02	41.71 41.37	5:20.22 376 350m: 4:41.58 400m: 5:20.22	2 40.56 38.64
50m: 100m:	34.65 1:14.12	34.65 39.47	150m: 200m:	11 1:54.65 2:35.60	40.53 40.95	250m: 300m:		41.48 41.37	5:20.52 375 350m: 4:40.23 400m: 5:20.52	2 41.78 40.29
50m: 100m:	36.84 1:16.81	36.84 39.97		11 1:57.11 2:38.63	40.30 41.52	250m: 300m:	3:19.12 4:00.33	40.49 41.21	5:20.72 375 350m: 4:42.22 400m: 5:20.72	2 41.89 38.50
50m: 100m:	34.60 1:13.91	34.60 39.31		11 1:55.20 2:36.96	41.29 41.76	250m: 300m:	3:17.54 3:59.14	40.58 41.60	5:20.92 374 350m: 4:41.13 400m: 5:20.92	2 41.99 39.79
50m: 100m:	36.69 1:16.29	36.69 39.60		11 1:57.43 2:38.73	41.14 41.30	250m: 300m:	3:20.32 4:02.24	41.59 41.92	5:21.18 373 350m: 4:42.69 400m: 5:21.18	2 40.45 38.49
50m: 100m:	33.49 1:12.04	33.49 38.55		11 1:52.94 2:35.76	40.90 42.82		3:17.83 4:01.23	42.07 43.40		2 41.13 38.84
	36.41 1:14.65	36.41 38.24		11 1:55.12 2:36.67	40.47 41.55	250m: 300m:	3:17.42 3:59.30	40.75 41.88	5:21.23 373 350m: 4:40.81 400m: 5:21.23	2 41.51 40.42
50m: 100m:	35.68 1:16.70	35.68 41.02		12 1:58.16 2:39.81	41.46 41.65	250m: 300m:		41.34 41.60	5:21.41 372 350m: 4:43.86 400m: 5:21.41	2 41.11 37.55
50m: 100m:	36.05 1:16.50	36.05 40.45		11 1:58.48 2:39.96	41.98 41.48	250m: 300m:	3:22.26 4:03.40	42.30 41.14	5:21.42 372 350m: 4:44.64 400m: 5:21.42	2 41.24 36.78
50m: 100m:	36.35 1:16.42	36.35 40.07	150m: 200m:	11 1:57.47 2:38.87	41.05 41.40	250m: 300m:	3:19.43 4:00.85	40.56 41.42	5:21.67 371 350m: 4:41.74 400m: 5:21.67	2 40.89 39.93
50m: 100m:	35.96 1:16.13	35.96 40.17	150m: 200m:	11 1:57.42 2:39.35	41.29 41.93	250m: 300m:	3:21.41 4:03.57	42.06 42.16	5:22.95 367 350m: 4:44.41 400m: 5:22.95	2 40.84 38.54
50m: 100m:	36.60 1:17.25	36.60 40.65	150m: 200m:	11 1:58.92 2:40.47	41.67 41.55	250m: 300m:	3:21.81 4:03.15	41.34 41.34	5:23.00 367 350m: 4:45.59 400m: 5:23.00	2 42.44 37.41
50m: 100m:	34.90 1:14.96	34.90 40.06	150m: 200m:	11 1:56.21 2:37.78	41.25 41.57	250m: 300m:	3:18.90 4:01.40	41.12 42.50	5:23.67 364 350m: 4:42.11 400m: 5:23.67	2 40.71 41.56

1,	, 400m		Om , 2011								
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				12					5:24.46	362	2
50m:	35.25	35.25	150m:	2:00.33	44.06	250m:	3:23.91	41.38	-	4:46.38	40.91
100m:	1:16.27	41.02	200m:	2:42.53	42.20	300m:	4:05.47	41.56		5:24.46	38.08
				11					5:24.93	360	2
50m:	36.29	36.29	150m:	1:58.00	41.34	250m:	3:22.91	42.28		4:46.37	41.86
100m:	1:16.66	40.37	200m:	2:40.63	42.63	300m:	4:04.51	41.60	400m:	5:24.93	38.56
				12					5:25.53	358	2
50m:	36.01	36.01	150m:	1:58.61	42.21	250m:	3:23.33	42.49		4:46.49	41.61
100m:	1:16.40	40.39	200m:	2:40.84	42.23	300m:	4:04.88	41.55	400m:	5:25.53	39.04
				11					5:26.72	354	2
50m:	34.27	34.27	150m:	1:54.71	41.62	250m:	3:19.77	42.72	350m:	4:45.88	42.83
100m:	1:13.09	38.82	200m:	2:37.05	42.34	300m:	4:03.05	43.28	400m:	5:26.72	40.84
				13					5:26.73	354	2
50m:	34.23	34.23	150m:	1:56.05	42.30	250m:	3:19.55	42.16		4:48.00	45.87
100m:	1:13.75	39.52	200m:	2:37.39	41.34	300m:	4:02.13	42.58	400m:	5:26.73	38.73
				12					5:27.11	353	2
50m:	36.21	36.21	150m:	1:57.73	41.69	250m:	3:21.18	42.08		4:47.16	43.56
100m:	1:16.04	39.83	200m:	2:39.10	41.37	300m:	4:03.60	42.42	400m:	5:27.11	39.95
				13					5:27.19		2
50m:	36.11	36.11	150m:		42.06	250m:	3:22.68	42.37	350m:		42.43
100m:	1:16.59	40.48	200m:	2:40.31	41.66	300m:	4:04.54	41.86	400m:		40.22
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50	07.00	07.00	450	12	40.70	050	0.00.40	10.01	5:28.19		2
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50m:	36.36	36.36	150m·	11 1:57.85	41.59	250m:	3:22.38	42.21	5:28.41 350m:	349 4:48.20	2 42.54
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				11					5:28.91	347	2
50m:	36.37	36.37	150m:	1:58.84	41.82	250m:	3:23.57	42.84	350m:		42.41
	1:17.02	40.65		2:40.73	41.89		4:06.06	42.49		5:28.91	40.44
				13					5:29.00	347	2
50m:	37.49	37.49	150m:	1:59.66	41.31	250m:	3:23.77	42.14	350m:	_	42.30
100m:	1:18.35	40.86		2:41.63	41.97	300m:	4:06.70	42.93	400m:	5:29.00	40.00
				12					5:30.10	344	2
50m:	35.98	35.98		2:00.62	42.88	250m:	3:26.66	43.03	350m:	4:50.48	41.18
100m:	1:17.74	41.76	200m:	2:43.63	43.01	300m:	4:09.30	42.64	400m:	5:30.10	39.62
				12					5:30.30	343	2
50m:		37.46		1:59.81	41.52	250m:		42.12	350m:		42.40
100m:	1:18.29	40.83	200m:	2:42.09	42.28	300m:	4:06.09	41.88	400m:	5:30.30	41.81
				12					5:31.09	340	2
50m:	36.82	36.82		1:59.70	42.29	250m:		42.40		4:50.02	42.05
100m:	1:17.41	40.59	200m:	2:42.36	42.66	300m:	4:07.97	43.21	400m:	5:31.09	41.07
				11					5:31.45		2
50m:	32.56	32.56	150m:	1:53.52	41.97	250m:	3:21.14	44.28 45.05		4:49.87	43.68
TOOM.	1:11.55	38.99	∠UUIII.	2:36.86	43.34	300m:	4:06.19	45.05		5:31.45	41.58
	co c=	00.0=	450	11	40.77	050	0.00.55	40.05	5:31.72		2
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50m: 100m:	35.34 1:15.76	35.34 40.42	150m: 200m:	12 1:58.01 2:41.27	42.25 43.26	250m: 300m:	3:25.32 4:08.48	44.05 43.16	5:32.34 337 350m: 4:50.84 400m: 5:32.34	2 42.36 41.50		
50m: 100m:	34.70 1:15.77	34.70 41.07	150m: 200m:	12 1:57.74 2:40.93	41.97 43.19	250m: 300m:	3:24.52 4:07.62	43.59 43.10	5:34.37 331 350m: 4:50.82 400m: 5:34.37	2 43.20 43.55		
50m: 100m:	36.42 1:17.73	36.42 41.31	150m: 200m:	11 2:01.24 2:44.62	43.51 43.38	250m: 300m:	3:28.31 4:10.47	43.69 42.16	5:34.55 330 350m: 4:52.66 400m: 5:34.55	2 42.19 41.89		
50m: 100m:	37.15 1:18.08	37.15 40.93	150m: 200m:	12 2:00.18 2:43.24	42.10 43.06	250m: 300m:	3:26.32 4:09.91	43.08 43.59	5:35.22 328 350m: 4:53.38 400m: 5:35.22	2 43.47 41.84		
50m: 100m:	38.44 1:20.01	38.44 41.57		11 2:02.12 2:45.42	42.11 43.30	250m: 300m:	3:29.16 4:12.75	43.74 43.59	5:35.23 328 350m: 4:55.47 400m: 5:35.23	2 42.72 39.76		
50m: 100m:	38.45 1:20.24	38.45 41.79	150m: 200m:	12 2:03.33 2:47.00	43.09 43.67	250m: 300m:		43.91 43.32	5:35.58 327 350m: 4:57.31 400m: 5:35.58	2 43.08 38.27		
50m: 100m:	37.62 1:19.47	37.62 41.85		11 2:02.60 2:46.47	43.13 43.87	250m: 300m:		42.42 43.32	5:35.94 326 350m: 4:55.28 400m: 5:35.94	2 43.07 40.66		
50m: 100m:	39.58 1:22.16	39.58 42.58		12 2:04.70 2:47.91	42.54 43.21	250m: 300m:	3:29.97 4:13.16	42.06 43.19	5:36.39 325 350m: 4:55.85 400m: 5:36.39	2 42.69 40.54		
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50m: 100m:	36.99 1:19.30	36.99 42.31		12 2:02.61 2:45.84	43.31 43.23	250m: 300m:	3:30.11 4:13.68	44.27 43.57		2 43.88 41.68		
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50m: 100m:	36.02 1:18.98	36.02 42.96		12 2:02.57 2:46.85	43.59 44.28	250m: 300m:	3:31.03 4:15.79	44.18 44.76	5:41.46 310 350m: 5:00.17 400m: 5:41.46	3 44.38 41.29		
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50m: 100m:	37.79 1:20.91	37.79 43.12	150m: 200m:	12 2:04.65 2:49.22	43.74 44.57	250m: 300m:	3:33.81 4:18.34	44.59 44.53	5:44.55 302 350m: 5:02.26 400m: 5:44.55	3 43.92 42.29
50m: 100m:	36.58 1:18.33	36.58 41.75		11 2:01.72 2:46.97	43.39 45.25	250m: 300m:	3:31.26 4:15.83	44.29 44.57	5:45.02 301 350m: 5:00.59 400m: 5:45.02	3 44.76 44.43
50m: 100m:	39.27 1:21.12	39.27 41.85	150m: 200m:	11 2:04.15 2:49.27	43.03 45.12	250m: 300m:	3:33.99 4:19.07	44.72 45.08	5:46.63 297 350m: 5:04.28 400m: 5:46.63	3 45.21 42.35
50m: 100m:	37.93 1:21.86	37.93 43.93	150m: 200m:	12 2:06.18 2:50.29	44.32 44.11	250m: 300m:	3:35.15 4:19.82	44.86 44.67	5:46.75 296 350m: 5:05.25 400m: 5:46.75	3 45.43 41.50
50m: 100m:	37.99 1:21.46	37.99 43.47		12 2:06.16 2:50.84	44.70 44.68	250m: 300m:	3:35.96 4:21.77		5:48.45 292 350m: 5:06.17 400m: 5:48.45	3 44.40 42.28
50m: 100m:	39.26 1:23.57	39.26 44.31		12 2:09.60 2:55.85	46.03 46.25	250m: 300m:	3:41.31 4:25.69	45.46 44.38	5:49.98 288 350m: 5:09.12 400m: 5:49.98	3 43.43 40.86
50m: 100m:	37.67 1:20.70	37.67 43.03		11 2:05.27 2:50.35	44.57 45.08	250m: 300m:	3:35.77 4:22.63	45.42 46.86	5:52.65 282 350m: 5:08.33 400m: 5:52.65	3 45.70 44.32
50m: 100m:	37.94 1:21.50	37.94 43.56		12 2:06.48 2:52.22	44.98 45.74	250m: 300m:	3:38.33 4:24.14	46.11 45.81	5:52.85 281 350m: 5:10.07 400m: 5:52.85	3 45.93 42.78
50m: 100m:	40.16 1:24.94	40.16 44.78		12 2:10.58 2:55.48	45.64 44.90	250m: 300m:	3:41.61 4:27.72	46.13 46.11	5:54.90 276 350m: 5:12.22 400m: 5:54.90	3 44.50 42.68
50m: 100m:	36.99 1:20.37	36.99 43.38		12 2:05.87 2:52.75	45.50 46.88	250m: 300m:	3:38.82 4:25.76	46.07 46.94	5:56.43 273 350m: 5:12.51 400m: 5:56.43	3 46.75 43.92