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05.2024 - 9												
: 4:23.00 /		: 4:39.50 / 1			: 5:00	.50 / 2	: 5:40.00 / 3			: 6:28.50		
FINA 2023												
					/						FINA	
					11					4:36.01	588	
50n 100n		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		
50n 100n		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
10011		1.0 1.00	01.20	200111.	11	00.00	000111.	0.27.00	00.00	4:40.55		1
50n	m·	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
50n	n:	31.37	31.37	150m:	1:43.08	36.22	250m:	2:54.82	36.23	350m:	4:06.10	35.15
100n	m:	1:06.86	35.49	200m:	2:18.59	35.51	300m:	3:30.95	36.13	400m:	4:40.74	34.64
					11					4:44.57		1
50n		30.94	30.94		1:41.15	35.72	250m:	2:54.04	36.56		4:08.13	37.02
100n	n:	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
50n 100n		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		1
50n	m:	32.00	32.00	150m <sup>-</sup>	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
50n		31.96	31.96		1:43.89	36.90		2:59.71	38.02		4:15.65	37.85
100n	n:	1:06.99	35.03	200m:	2:21.69	37.80	300m:	3:37.80	38.09	400m:	4:52.02	36.37
_				. = -	11					4:52.11	496	1
50n		32.49	32.49		1:44.64	36.70		2:59.38	37.39		4:15.17	38.26
100n	11.	1:07.94	35.45	∠uum:	2:21.99	37.35	SUUM:	3:36.91	37.53	400m:	4:52.11	36.94
<b>5</b> 0		20.75	20.75	450	11	20.00	050	0.00 50	07.55	4:52.72		1
50n 100n		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
50n		32.77	32.77		1:46.17	37.35	250m:		37.14		4:15.33	37.66
100n	n:	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	150	11	27.45	050	2.00.07	07.70	4:54.60		1
50n 100n		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
50n	m:	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
50n		32.15	32.15		1:45.38	37.24		3:01.90	38.49		4:18.65	38.34
100n	n:	1:08.14	35.99	200m:	2:23.41	38.03	300m:	3:40.31	38.41		4:55.45	36.80
50	<b></b> .	20.00	20.00	150	11	27.04	050	2.00.40	20.04	4:55.46		1
50n 100n		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
50n	n:	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
50n		33.37	33.37		1:48.25	38.26	250m:	3:04.83	38.55		4:21.46	38.15
100n	n:	1:09.99	36.62	200m:	2:26.28	38.03	300m:	3:43.31	38.48	400m:	4:58.03	36.57

1,	, 4	100m		, 20	11					
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				12					<b>4:58.44</b> 465	
50m: 100m:	33.49 1:10.52	33.49 37.03	150m: 200m:		38.26 38.58	250m: 300m:		38.66 38.87	350m: 4:22.99 400m: 4:58.44	38.10
				11					<b>4:58.75</b> 464	1
50m: 100m:	32.61 1:09.19	32.61 36.58	150m: 200m:	1:46.58 2:24.78	37.39 38.20	250m: 300m:	3:03.22 3:42.67	38.44 39.45	350m: 4:22.40 400m: 4:58.75	
				11					<b>4:58.98</b> 463	
50m: 100m:	32.80 1:10.16	32.80 37.36	150m: 200m:	2:25.28	37.11 38.01	250m: 300m:	3:03.71 3:42.91	38.43 39.20	350m: 4:22.14 400m: 4:58.98	36.84
50	00.40	00.40	450	11	07.50	050	0.00.00	07.07	<b>4:59.81</b> 459	
50m: 100m:	33.19 1:10.16	33.19 36.97		1:47.68 2:25.66	37.52 37.98	250m: 300m:		37.97 37.52	350m: 4:20.25 400m: 4:59.81	39.56
<b>50</b>	20.00	22.00	450	11	27.00	250	0.00.44	20.04	<b>5:00.79</b> 454	
50m: 100m:	32.69 1:08.58	32.69 35.89	150m: 200m:	2:24.17	37.68 37.91	250m: 300m:		38.94 39.71	350m: 4:22.06 400m: 5:00.79	38.73
50m:	32.27	32.27	150m:	12 1:45.46	37.39	250m:	3:02.70	38.94	<b>5:00.84</b> 454 350m: 4:20.99	
	1:08.07	35.80		2:23.76	38.30	300m:	3:41.49	38.79	400m: 5:00.84	39.85
E0m:	34.15	34.15	150m:	11 1:49.32	37.90	250m:	3:05.91	38.06	<b>5:01.70</b> 450 350m: 4:22.42	
50m: 100m:	1:11.42	37.27		2:27.85	38.53	300m:		38.07	400m: 5:01.70	39.28
50m:	33.60	33.60	150m:	<b>11</b> 1:49.97	38.59	250m:	3:07.31	38.71	<b>5:02.37</b> 447 350m: 4:24.67	
	1:11.38	37.78		2:28.60	38.63	300m:		38.69	400m: 5:02.37	7 37.70
50m:	33.82	33.82	150m:	12 1:50.84	39.08	250m:	3:09.87	20.71	<b>5:03.12</b> 444 350m: 4:26.70	
	1:11.76	37.94		2:30.16	39.32	300m:		38.77	400m: 5:03.12	36.42
50m:	34.64	<b>-</b> 34.64	150m:	12 1:52.47	38.87	250m:	3:09.14	38.14	<b>5:03.89</b> 440 350m: 4:25.36	
100m:	1:13.60	38.96		2:31.00	38.53	300m:	3:47.07	37.93	400m: 5:03.89	38.53
50m:	33.53	33.53	150m:	12 1:50.01	38.58	250m:	3:09.19	39.43	<b>5:04.52</b> 438 350m: 4:27.44	
	1:11.43			2:29.76			3:48.42	39.23	400m: 5:04.52	2 37.08
50m:	33.57	33.57	150m:	<b>11</b> 1:48.94	38.66	250m:	3:08.58	39.96	<b>5:04.54</b> 438 350m: 4:27.32	
	1:10.28	36.71		2:28.62	39.68	300m:		39.46	400m: 5:04.54	37.22
50m:	32.36	32.36	150m:	1:46.82	38.13	250m:	3:06.48	39.89	<b>5:04.55</b> 438 350m: 4:26.06	
100m:	1:08.69	36.33	200m:	2:26.59 11	39.77	300m:	3:46.69	40.21	400m: 5:04.55 <b>5:04.59</b> 437	
50m:	33.41	33.41	150m:	1:51.71	39.66	250m:	3:10.94	39.61	350m: 4:29.00	
100m:	1:12.05	38.64	200m:	2:31.33 11	39.62	300m:	3:50.46	39.52	400m: 5:04.59 <b>5:04.87</b> 436	
50m:	35.13	35.13	150m:	1:52.61	39.85	250m:	3:10.15	38.45	350m: 4:27.23	
100m:	1:12.76	37.63	200m:	2:31.70 <b>11</b>	39.09	300m:		39.14	400m: 5:04.87 <b>5:04.98</b> 436	
50m:	34.86	34.86	150m:	1:52.94	39.26	250m:	3:12.26	39.38	350m: 4:29.07	
100m:	1:13.68	38.82	200m:	2:32.88	39.94	300m:	3:51.29	39.03	400m: 5:04.98 <b>5:05.09</b> 435	35.91
50m:	33.34	33.34	150m:	11 1:50.09	39.42	250m:	3:08.81	39.32	350m: 4:26.72	
	1:10.67	37.33		2:29.49	39.40	300m:	3:47.81	39.00	400m: 5:05.09	38.37
50m:	34.54	34.54	150m:	11 1:50.78	38.35	250m:	3:08.15	38.84	<b>5:05.10</b> 435 350m: 4:26.49	
	1:12.43	37.89		2:29.31	38.53	300m:		38.94	400m: 5:05.10	

1,	, 4	400m		, 20	11					
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50m: 100m:	35.02 1:13.05	35.02 38.03	150m: 200m:	11 1:51.42 2:30.56	38.37 39.14	250m: 300m:	3:10.35 3:49.43	39.79 39.08	<b>5:05.26</b> 435 350m: 4:28.46 400m: 5:05.26	2 39.03 36.80
50m: 100m:	32.57 1:09.56	32.57 36.99	150m: 200m:	11 1:48.79 2:28.84	39.23 40.05	250m: 300m:	3:09.08 3:49.43	40.24 40.35	<b>5:05.59</b> 433 350m: 4:28.62 400m: 5:05.59	2 39.19 36.97
50m: 100m:	33.27 1:11.35	33.27 38.08		12 1:50.64 2:29.98	39.29 39.34	250m: 300m:	3:09.10 3:48.61	39.12 39.51	<b>5:05.99</b> 431 350m: 4:27.82 400m: 5:05.99	2 39.21 38.17
50m: 100m:	33.11 1:11.06	33.11 37.95	150m: 200m:	11 1:49.76 2:29.30	38.70 39.54	250m: 300m:	3:08.86 3:48.71	39.56 39.85	<b>5:06.09</b> 431 350m: 4:28.56 400m: 5:06.09	2 39.85 37.53
50m: 100m:	32.83 1:09.85	32.83 37.02	150m: 200m:	11 1:48.49 2:27.99	38.64 39.50	250m: 300m:	3:08.39 3:48.58	40.40 40.19	5:06.89 428 350m: 4:28.26 400m: 5:06.89	2 39.68 38.63
50m: 100m:	34.82 1:14.78	34.82 39.96	150m: 200m:	11 1:54.35 2:34.08	39.57 39.73	250m: 300m:	3:12.86 3:51.65	38.78 38.79	<b>5:07.47</b> 425 350m: 4:30.48 400m: 5:07.47	2 38.83 36.99
50m: 100m:	33.30 1:11.45	33.30 38.15	150m: 200m:	11 1:50.56 2:30.35	39.11 39.79	250m: 300m:	3:10.80 3:51.03	40.45 40.23	<b>5:08.18</b> 422 350m: 4:31.23 400m: 5:08.18	2 40.20 36.95
50m: 100m:	35.57 1:13.77	35.57 38.20	150m: 200m:	11 1:52.38 2:32.16	38.61 39.78	250m: 300m:	3:11.34 3:51.04	39.18 39.70	<b>5:08.38</b> 421 350m: 4:30.78 400m: 5:08.38	2 39.74 37.60
50m: 100m:	34.42 1:12.84	34.42 38.42		12 1:52.73 2:32.23	39.89 39.50	250m: 300m:	3:13.33 3:53.18	41.10 39.85	<b>5:08.56</b> 421 350m: 4:32.85 400m: 5:08.56	2 39.67 35.71
50m: 100m:	33.25 1:11.32	33.25 38.07		11 1:50.42 2:30.66	39.10 40.24	250m: 300m:	3:10.61 3:50.89	39.95 40.28	<b>5:08.76</b> 420 350m: 4:31.53 400m: 5:08.76	2 40.64 37.23
50m: 100m:	35.84 1:15.06	35.84 39.22		11 1:54.28 2:33.42	39.22 39.14	250m: 300m:	3:12.62 3:51.93	39.20 39.31	<b>5:09.47</b> 417 350m: 4:31.29 400m: 5:09.47	2 39.36 38.18
50m: 100m:	34.99 1:13.68	34.99 38.69		12 1:53.26 2:33.16	39.58 39.90	250m: 300m:	3:13.12 3:52.72	39.96 39.60	<b>5:09.90</b> 415 350m: 4:32.02 400m: 5:09.90	2 39.30 37.88
50m: 100m:	34.71 1:13.19	34.71 38.48		11 1:53.37 2:33.74	40.18 40.37	250m: 300m:	3:13.71 3:53.72	39.97 40.01	<b>5:10.11</b> 414 350m: 4:32.74 400m: 5:10.11	2 39.02 37.37
50m: 100m:	35.51 1:14.71	35.51 39.20		11 1:54.15 2:34.14	39.44 39.99	250m: 300m:		40.11 39.86	5:10.15 414 350m: 4:33.20 400m: 5:10.15	39.09 36.95
50m: 100m:	35.52 1:14.58	35.52 39.06		12 1:54.29 2:34.08	39.71 39.79	250m: 300m:	3:13.86 3:53.77	39.78 39.91	<b>5:10.60</b> 412 350m: 4:33.25 400m: 5:10.60	2 39.48 37.35
50m: 100m:	32.89 1:11.07	32.89 38.18	150m: 200m:	11 1:50.33 2:30.19	39.26 39.86	250m: 300m:	3:09.69 3:50.10	39.50 40.41	<b>5:11.10</b> 410 350m: 4:31.26 400m: 5:11.10	2 41.16 39.84
50m: 100m:	35.40 1:14.17	35.40 38.77		12 1:53.19 2:33.00	39.02 39.81	250m: 300m:	3:12.15 3:52.01	39.15 39.86	<b>5:11.42</b> 409 350m: 4:31.31 400m: 5:11.42	2 39.30 40.11
50m: 100m:	35.55 1:14.92	35.55 39.37	150m: 200m:	11 1:54.58 2:34.78	39.66 40.20	250m: 300m:	3:14.63 3:54.64	39.85 40.01	<b>5:11.69</b> 408 350m: 4:34.32 400m: 5:11.69	2 39.68 37.37

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50m: 100m:	34.60 1:12.74	34.60 38.14	150m: 200m:	11 1:52.26 2:32.07	39.52 39.81	250m: 300m:		39.77 40.41	<b>5:11.71</b> 408 350m: 4:32.63 400m: 5:11.71	2 40.38 39.08
50m: 100m:	34.91 1:14.07	34.91 39.16	150m: 200m:	11 1:54.37 2:34.59	40.30 40.22	250m: 300m:		40.22 39.98	<b>5:11.97</b> 407 350m: 4:34.68 400m: 5:11.97	2 39.89 37.29
50m: 100m:	34.61 1:13.68	34.61 39.07	150m: 200m:	11 1:53.34 2:33.89	39.66 40.55	250m: 300m:	3:14.00 3:55.11	40.11 41.11	<b>5:13.06</b> 403 350m: 4:34.77 400m: 5:13.06	2 39.66 38.29
50m: 100m:	34.85 1:14.50	34.85 39.65		11 1:54.37 2:35.06	39.87 40.69	250m: 300m:		40.12 40.28	<b>5:13.27</b> 402 350m: 4:35.35 400m: 5:13.27	2 39.89 37.92
50m: 100m:	35.15 1:14.88	35.15 39.73		12 1:56.25 2:37.05	41.37 40.80	250m: 300m:	-	40.19 40.65	<b>5:13.29</b> 402 350m: 4:37.46 400m: 5:13.29	2 39.57 35.83
50m: 100m:	36.21 1:15.39	36.21 39.18		12 1:55.71 2:35.66	40.32 39.95	250m: 300m:	3:15.55 3:56.36	39.89 40.81	<b>5:13.52</b> 401 350m: 4:34.58 400m: 5:13.52	2 38.22 38.94
50m: 100m:	33.18 1:11.34	33.18 38.16		11 1:52.40 2:33.15	41.06 40.75	250m: 300m:		40.52 40.66	<b>5:13.71</b> 400 350m: 4:34.56 400m: 5:13.71	2 40.23 39.15
50m: 100m:	34.02 1:11.92	34.02 37.90		12 1:52.22 2:32.55	40.30 40.33	250m: 300m:		40.45 40.30	<b>5:14.16</b> 399 350m: 4:34.19 400m: 5:14.16	2 40.89 39.97
50m: 100m:	34.64 1:14.69	34.64 40.05		12 1:55.23 2:35.72	40.54 40.49	250m: 300m:	3:15.60 3:56.23	39.88 40.63	<b>5:14.32</b> 398 350m: 4:36.09 400m: 5:14.32	2 39.86 38.23
50m: 100m:	33.93 1:13.00	33.93 39.07		11 1:53.46 2:34.63	40.46 41.17	250m: 300m:	3:15.74 3:57.05	41.11 41.31	<b>5:16.47</b> 390 350m: 4:38.13 400m: 5:16.47	2 41.08 38.34
50m: 100m:	35.09 1:14.64	35.09 39.55		11 1:55.65 2:36.67	41.01 41.02		3:17.09 3:57.50	40.42 40.41		2 40.24 39.32
50m: 100m:	33.69 1:13.12	33.69 39.43		12 1:54.15 2:35.36	41.03 41.21	250m: 300m:	3:16.52 3:57.29	41.16 40.77	<b>5:17.11</b> 388 350m: 4:38.17 400m: 5:17.11	2 40.88 38.94
	33.93 1:11.32	33.93 37.39		12 1:50.66 2:30.46	39.34 39.80	250m: 300m:	3:11.70 3:53.01	41.24 41.31	<b>5:17.24</b> 387 350m: 4:35.16 400m: 5:17.24	2 42.15 42.08
	34.56 1:14.07	34.56 39.51		11 1:55.44 2:36.69	41.37 41.25	250m: 300m:		42.39 40.90	<b>5:17.33</b> 387 350m: 4:40.78 400m: 5:17.33	2 40.80 36.55
50m: 100m:	33.17 1:11.14	33.17 37.97		11 1:51.76 2:32.39	40.62 40.63	250m: 300m:		41.68 41.57	<b>5:17.34</b> 387 350m: 4:37.14 400m: 5:17.34	2 41.50 40.20
	34.43 1:13.84	34.43 39.41		11 1:54.57 2:35.44	40.73 40.87	250m: 300m:	3:16.84 3:58.10	41.40 41.26	<b>5:17.47</b> 386 350m: 4:39.16 400m: 5:17.47	2 41.06 38.31
50m: 100m:	34.10 1:11.53	34.10 37.43		11 1:51.15 2:31.76	39.62 40.61	250m: 300m:	3:13.10 3:54.13	41.34 41.03	<b>5:18.02</b> 384 350m: 4:36.45 400m: 5:18.02	2 42.32 41.57
50m: 100m:	34.05 1:12.28	34.05 38.23		11 1:52.87 2:33.40	40.59 40.53	250m: 300m:		41.17 41.80	<b>5:18.19</b> 384 350m: 4:37.27 400m: 5:18.19	2 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	<b>5:18.21</b> 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	<b>5:18.55</b> 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		11 1:58.71 2:39.83	41.37 41.12	250m: 300m:	3:20.59 4:01.32	40.76 40.73	<b>5:19.44</b> 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	<b>5:19.74</b> 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	<b>5:20.16</b> 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	<b>5:20.22</b> 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		11 1:54.65 2:35.60	40.53 40.95	250m: 300m:	3:17.08 3:58.45	41.48 41.37	<b>5:20.52</b> 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	150m: 200m:	11 1:57.11 2:38.63	40.30 41.52	250m: 300m:	3:19.12 4:00.33	40.49 41.21	<b>5:20.72</b> 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	<b>5:20.92</b> 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	<b>5:21.18</b> 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	250m: 300m:	3:17.83 4:01.23	42.07 43.40	<b>5:21.20</b> 373 350m: 4:42.36 400m: 5:21.20	2 41.13 38.84
50m: 100m:	36.41 1:14.65	36.41 38.24	150m: 200m:	11 1:55.12 2:36.67	40.47 41.55	250m: 300m:	3:17.42 3:59.30	40.75 41.88	<b>5:21.23</b> 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	<b>5:21.41</b> 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:		42.30 41.14	<b>5:21.42</b> 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	<b>5:21.67</b> 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	<b>5:22.95</b> 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	<b>5:23.00</b> 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	<b>5:23.67</b> 364 350m: 4:42.11 400m: 5:23.67	2 40.71 41.56

1,	, 4	, 400m , 2011									
				/						FINA	
				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
				12					5:27.25		2
50m:	34.77 1:14.81	34.77 40.04		1:56.58 2:39.33	41.77 42.75	250m: 300m:	3:21.93 4:04.46	42.60 42.53	350m: 400m:	4:45.18	40.72 42.07
100111.	1.14.01	40.04	200111.		42.73	300111.	4.04.40	42.55			
50	07.00	07.00	450	12	40.70	050	0.00.40	10.01	5:28.19		2
50m: 100m:	37.63 1:19.74	37.63 42.11	150m: 200m:	2:02.50 2:44.88	42.76 42.38	250m: 300m:	3:28.12 4:10.21	43.24 42.09	350m: 400m:	4:50.82 5:28.19	40.61 37.37
50m:	36.36	36.36	150m·	11 1:57.85	41.59	250m:	3:22.38	42.21	<b>5:28.41</b> 350m:	349 4:48.20	2 42.54
100m:	1:16.26	39.90		2:40.17	42.32	300m:	4:05.66	43.28	400m:	5:28.41	40.21
				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	200m:	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	350m: 400m:	4:50.02	42.05
100111.	1:17.41	40.59	200111.	2:42.36	42.66	300m:	4:07.97	43.21			41.07
50	00.50	00.50	450	11	44.07	050	0.04.44	44.00	5:31.45		2
50m:	32.56 1:11.55	32.56 38.99	150m:	1:53.52 2:36.86	41.97 43.34	250m: 300m:	3:21.14 4:06.19	44.28 45.05		4:49.87 5:31.45	43.68 41.58
700111.		55.55	_00111.		.0.04	500111.	1.50.15	10.00			
E0	22.07	22.07	150~	<b>11</b> 1:57.14	10 11	250~-	2.22.20	42 OF	5:31.72		43.70
50m: 100m:	33.97 1:14.73	33.97 40.76		2:39.35	42.41 42.21	250m: 300m:	3:22.20 4:05.84	42.85 43.64	350m: 400m:		43.79 42.09
2											
50m:	34.90	34.90	150m·	<b>11</b> 1:56.90	42.09	250m:	3:23.56	43.67	<b>5:32.07</b> 350m:		2 43.36
	1:14.81	39.91		2:39.89	42.99	300m:		42.63		5:32.07	42.52

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50m: 100m:	37.61 1:17.87	37.61 40.26	150m: 200m:	13 1:59.67 2:41.52	41.80 41.85	250m: 300m:	3:24.66 4:07.83	43.14 43.17	<b>5:32.14</b> 350m: 400m:	337 4:50.81 5:32.14	2 42.98 41.33
50m: 100m:	35.34 1:15.76	35.34 40.42		12 1:58.01 2:41.27	42.25 43.26	250m: 300m:	3:25.32 4:08.48	44.05 43.16	<b>5:32.34</b> 350m: 400m:	337 4:50.84 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	<b>5:34.37</b> 350m: 400m:	331 4:50.82 5:34.37	2 43.20 43.55
50m: 100m:	37.15 1:18.08	37.15 40.93		12 2:00.18 2:43.24	42.10 43.06	250m: 300m:	3:26.32 4:09.91	43.08 43.59	<b>5:35.22</b> 350m: 400m:	328 4:53.38 5:35.22	2 43.47 41.84
50m: 100m:	38.44 1:20.01	38.44 41.57	150m: 200m:	11 2:02.12 2:45.42	42.11 43.30	250m: 300m:	3:29.16 4:12.75	43.74 43.59	<b>5:35.23</b> 350m: 400m:	328 4:55.47 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:	3:30.91 4:14.23	43.91 43.32	<b>5:35.58</b> 350m: 400m:	327 4:57.31 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:	3:28.89 4:12.21	42.42 43.32	<b>5:35.94</b> 350m: 400m:	326 4:55.28 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	<b>5:36.39</b> 350m: 400m:	325 4:55.85 5:36.39	2 42.69 40.54
50m: 100m:	37.79 1:20.91	37.79 43.12		12 2:04.65 2:49.22	43.74 44.57	250m: 300m:	3:33.81 4:18.34	44.59 44.53	<b>5:44.55</b> 350m: 400m:	302 5:02.26 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	<b>5:45.02</b> 350m: 400m:	301 5:00.59 5:45.02	3 44.76 44.43
50m: 100m:	39.27 1:21.12	39.27 41.85		11 2:04.15 2:49.27	43.03 45.12	250m: 300m:	3:33.99 4:19.07	44.72 45.08	<b>5:46.63</b> 350m: 400m:	5:04.28	3 45.21 42.35
50m: 100m:	37.67 1:20.70	37.67 43.03	150m: 200m:	11 2:05.27 2:50.35	44.57 45.08	250m: 300m:	3:35.77 4:22.63	45.42 46.86	<b>5:52.65</b> 350m: 400m:		3 45.70 44.32