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

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10 — **4:08.68** 621

| 50m: | 27.34 | 27.34 | 150m: | 1:28.97 | 31.09 | 250m: | 2:32.84 | 31.98 | 350m: | 3:36.94 | 31.87 |
| 100m: | 57.88 | 30.54 | 200m: | 2:00.86 | 31.89 | 300m: | 3:05.07 | 32.23 | 400m: | 4:08.68 | 31.74 |

10 — **4:15.42** 573

| 50m: | 28.03 | 28.03 | 150m: | 1:31.28 | 32.42 | 250m: | 2:37.35 | 33.18 | 350m: | 3:43.66 | 33.05 |
| 100m: | 58.86 | 30.83 | 200m: | 2:04.17 | 32.89 | 300m: | 3:10.61 | 33.26 | 400m: | 4:15.42 | 31.76 |

10 — **4:17.49** 560 — 1

| 50m: | 28.30 | 28.30 | 150m: | 1:32.39 | 32.51 | 250m: | 2:38.72 | 33.45 | 350m: | 3:45.13 | 33.00 |
| 100m: | 59.88 | 31.58 | 200m: | 2:05.27 | 32.88 | 300m: | 3:12.13 | 33.41 | 400m: | 4:17.49 | 32.36 |

10 — **4:18.37** 554 — 1

| 50m: | 28.37 | 28.37 | 150m: | 1:33.61 | 33.11 | 250m: | 2:39.52 | 32.97 | 350m: | 3:45.66 | 32.69 |
| 100m: | 1:00.50 | 32.13 | 200m: | 2:06.55 | 32.94 | 300m: | 3:12.97 | 33.45 | 400m: | 4:18.37 | 32.71 |

10 — **4:24.28** 518 — 1

| 50m: | 28.68 | 28.68 | 150m: | 1:34.63 | 33.40 | 250m: | 2:42.93 | 34.31 | 350m: | 3:51.70 | 34.51 |
| 100m: | 1:01.23 | 32.55 | 200m: | 2:08.62 | 33.99 | 300m: | 3:17.19 | 34.26 | 400m: | 4:24.28 | 32.58 |

10 — **4:26.99** 502 — 1

| 50m: | 29.69 | 29.69 | 150m: | 1:37.82 | 34.33 | 250m: | 2:47.39 | 35.04 | 350m: | 3:56.29 | 33.68 |
| 100m: | 1:03.49 | 33.80 | 200m: | 2:12.35 | 34.53 | 300m: | 3:22.61 | 35.22 | 400m: | 4:26.99 | 30.70 |

10 — **4:27.93** 497 — 1

| 50m: | 29.02 | 29.02 | 150m: | 1:36.39 | 34.34 | 250m: | 2:46.85 | 35.56 | 350m: | 3:57.28 | 35.35 |
| 100m: | 1:02.05 | 33.03 | 200m: | 2:11.29 | 34.90 | 300m: | 3:21.93 | 35.08 | 400m: | 4:27.93 | 30.65 |

10 — **4:28.25** 495 — 1

| 50m: | 28.72 | 28.72 | 150m: | 1:34.58 | 33.72 | 250m: | 2:44.71 | 35.37 | 350m: | 3:54.48 | 34.72 |
| 100m: | 1:00.86 | 32.14 | 200m: | 2:09.34 | 34.76 | 300m: | 3:19.76 | 35.05 | 400m: | 4:28.25 | 33.77 |

10 — **4:28.37** 494 — 1

| 50m: | 28.65 | 28.65 | 150m: | 1:34.62 | 33.51 | 250m: | 2:43.12 | 34.54 | 350m: | 3:53.75 | 35.50 |
| 100m: | 1:01.11 | 32.46 | 200m: | 2:08.58 | 33.96 | 300m: | 3:18.25 | 35.13 | 400m: | 4:28.37 | 34.62 |

10 — **4:28.47** 494 — 1

| 50m: | 29.59 | 29.59 | 150m: | 1:38.57 | 34.77 | 250m: | 2:48.58 | 34.80 | 350m: | 3:56.14 | 33.12 |
| 100m: | 1:03.80 | 34.21 | 200m: | 2:13.78 | 35.21 | 300m: | 3:23.02 | 34.44 | 400m: | 4:28.47 | 32.33 |

11 — **4:30.41** 483 — 1

| 50m: | 29.45 | 29.45 | 150m: | 1:37.22 | 34.16 | 250m: | 2:46.89 | 34.84 | 350m: | 3:56.96 | 34.67 |
| 100m: | 1:03.06 | 33.61 | 200m: | 2:12.05 | 34.83 | 300m: | 3:22.29 | 35.40 | 400m: | 4:30.41 | 33.45 |

10 — **4:30.49** 483 — 1

| 50m: | 29.87 | 29.87 | 150m: | 1:37.74 | 34.56 | 250m: | 2:47.20 | 34.98 | 350m: | 3:56.53 | 33.88 |
| 100m: | 1:03.18 | 33.31 | 200m: | 2:12.22 | 34.48 | 300m: | 3:22.65 | 35.45 | 400m: | 4:30.49 | 33.96 |

10 — **4:31.82** 476 — 1

| 50m: | 30.17 | 30.17 | 150m: | 1:38.62 | 35.00 | 250m: | 2:49.11 | 35.74 | 350m: | 3:58.28 | 32.99 |
| 100m: | 1:03.62 | 33.45 | 200m: | 2:13.37 | 34.75 | 300m: | 3:25.29 | 36.18 | 400m: | 4:31.82 | 33.54 |

10 — **4:32.52** 472 — 1

| 50m: | 30.55 | 30.55 | 150m: | 1:39.20 | 34.44 | 250m: | 2:48.52 | 34.92 | 350m: | 3:57.99 | 34.75 |
| 100m: | 1:04.76 | 34.21 | 200m: | 2:13.60 | 34.40 | 300m: | 3:23.24 | 34.72 | 400m: | 4:32.52 | 34.53 |

10 — **4:32.87** 470 — 1

| 50m: | 30.07 | 30.07 | 150m: | 1:38.97 | 34.84 | 250m: | 2:49.45 | 34.84 | 350m: | 3:59.32 | 34.91 |
| 100m: | 1:04.13 | 34.06 | 200m: | 2:14.61 | 35.64 | 300m: | 3:24.41 | 34.96 | 400m: | 4:32.87 | 33.55 |

10 — **4:34.10** 464 — 1

| 50m: | 30.19 | 30.19 | 150m: | 1:39.29 | 34.98 | 250m: | 2:49.33 | 35.06 | 350m: | 4:00.38 | 35.80 |
| 100m: | 1:04.31 | 34.12 | 200m: | 2:14.27 | 34.98 | 300m: | 3:24.58 | 35.25 | 400m: | 4:34.10 | 33.72 |

10 — **4:35.12** 459 — 1

| 50m: | 30.16 | 30.16 | 150m: | 1:38.55 | 34.94 | 250m: | 2:49.62 | 35.31 | 350m: | 4:00.87 | 35.60 |
| 100m: | 1:03.61 | 33.45 | 200m: | 2:14.31 | 35.76 | 300m: | 3:25.27 | 35.65 | 400m: | 4:35.12 | 34.25 |

4,   , 400m   , 2010

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10   **4:35.80**   455   2

| 50m: | 30.10 | 30.10 | 150m: | 1:38.41 | 34.71 | 250m: | 2:49.37 | 35.64 | 350m: | 4:01.36 | 35.91 |
| 100m: | 1:03.70 | 33.60 | 200m: | 2:13.73 | 35.32 | 300m: | 3:25.45 | 36.08 | 400m: | 4:35.80 | 34.44 |

10   **4:35.84**   455   2

| 50m: | 30.65 | 30.65 | 150m: | 1:41.63 | 36.40 | 250m: | 2:52.43 | 35.22 | 350m: | 4:02.50 | 34.13 |
| 100m: | 1:05.23 | 34.58 | 200m: | 2:17.21 | 35.58 | 300m: | 3:28.37 | 35.94 | 400m: | 4:35.84 | 33.34 |

10   **4:37.84**   445   2

| 50m: | | | 150m: | | | 250m: | | | 350m: | | |
| 100m: | | | 200m: | | | 300m: | | | 400m: | 4:37.84 | |

10   **4:38.39**   443   2

| 50m: | 31.85 | 31.85 | 150m: | 1:41.83 | 35.48 | 250m: | 2:53.98 | 36.45 | 350m: | 4:05.23 | 35.60 |
| 100m: | 1:06.35 | 34.50 | 200m: | 2:17.53 | 35.70 | 300m: | 3:29.63 | 35.65 | 400m: | 4:38.39 | 33.16 |

10   **4:38.72**   441   2

| 50m: | 31.08 | 31.08 | 150m: | 1:41.06 | 35.47 | 250m: | 2:52.41 | 35.65 | 350m: | 4:03.28 | 35.24 |
| 100m: | 1:05.59 | 34.51 | 200m: | 2:16.76 | 35.70 | 300m: | 3:28.04 | 35.63 | 400m: | 4:38.72 | 35.44 |

10   **4:38.83**   441   2

| 50m: | 30.29 | 30.29 | 150m: | 1:40.61 | 35.71 | 250m: | 2:52.30 | 35.83 | 350m: | 4:03.81 | 35.61 |
| 100m: | 1:04.90 | 34.61 | 200m: | 2:16.47 | 35.86 | 300m: | 3:28.20 | 35.90 | 400m: | 4:38.83 | 35.02 |

10   **4:39.22**   439   2

| 50m: | 29.53 | 29.53 | 150m: | 1:38.67 | 35.36 | 250m: | 2:51.14 | 36.54 | 350m: | 4:04.99 | 36.68 |
| 100m: | 1:03.31 | 33.78 | 200m: | 2:14.60 | 35.93 | 300m: | 3:28.31 | 37.17 | 400m: | 4:39.22 | 34.23 |

11   **4:39.41**   438   2

| 50m: | 31.63 | 31.63 | 150m: | 1:42.47 | 35.63 | 250m: | 2:54.05 | 35.90 | 350m: | 4:05.29 | 35.60 |
| 100m: | 1:06.84 | 35.21 | 200m: | 2:18.15 | 35.68 | 300m: | 3:29.69 | 35.64 | 400m: | 4:39.41 | 34.12 |

10   **4:39.54**   437   2

| 50m: | 30.98 | 30.98 | 150m: | 1:40.84 | 35.67 | 250m: | 2:52.72 | 36.02 | 350m: | 4:05.25 | 36.09 |
| 100m: | 1:05.17 | 34.19 | 200m: | 2:16.70 | 35.86 | 300m: | 3:29.16 | 36.44 | 400m: | 4:39.54 | 34.29 |

10   **4:40.00**   435   2

| 50m: | 29.02 | 29.02 | 150m: | 1:38.20 | 35.64 | 250m: | 2:51.10 | 36.56 | 350m: | 4:04.47 | 36.32 |
| 100m: | 1:02.56 | 33.54 | 200m: | 2:14.54 | 36.34 | 300m: | 3:28.15 | 37.05 | 400m: | 4:40.00 | 35.53 |

10   **4:40.52**   433   2

| 50m: | 29.60 | 29.60 | 150m: | 1:38.39 | 34.79 | 250m: | 2:49.66 | 36.27 | 350m: | 4:02.79 | 36.65 |
| 100m: | 1:03.60 | 34.00 | 200m: | 2:13.39 | 35.00 | 300m: | 3:26.14 | 36.48 | 400m: | 4:40.52 | 37.73 |

10   **4:41.14**   430   2

| 50m: | 30.54 | 30.54 | 150m: | 1:40.16 | 35.19 | 250m: | 2:52.62 | 36.35 | 350m: | 4:06.13 | 36.57 |
| 100m: | 1:04.97 | 34.43 | 200m: | 2:16.27 | 36.11 | 300m: | 3:29.56 | 36.94 | 400m: | 4:41.14 | 35.01 |

11   **4:41.18**   430   2

| 50m: | 30.08 | 30.08 | 150m: | 1:40.71 | 35.65 | 250m: | 2:52.52 | 36.15 | 350m: | 4:05.08 | 36.32 |
| 100m: | 1:05.06 | 34.98 | 200m: | 2:16.37 | 35.66 | 300m: | 3:28.76 | 36.24 | 400m: | 4:41.18 | 36.10 |

10   **4:41.45**   428   2

| 50m: | 30.57 | 30.57 | 150m: | 1:42.07 | 36.45 | 250m: | 2:54.49 | 35.84 | 350m: | 4:05.47 | 35.79 |
| 100m: | 1:05.62 | 35.05 | 200m: | 2:18.65 | 36.58 | 300m: | 3:29.68 | 35.19 | 400m: | 4:41.45 | 35.98 |

10   **4:41.74**   427   2

| 50m: | 31.30 | 31.30 | 150m: | 1:42.27 | 35.89 | 250m: | 2:54.67 | 36.09 | 350m: | 4:07.29 | 36.18 |
| 100m: | 1:06.38 | 35.08 | 200m: | 2:18.58 | 36.31 | 300m: | 3:31.11 | 36.44 | 400m: | 4:41.74 | 34.45 |

11   **4:41.84**   427   2

| 50m: | 30.08 | 30.08 | 150m: | 1:40.95 | 36.14 | 250m: | 2:54.20 | 36.52 | 350m: | 4:06.43 | 35.07 |
| 100m: | 1:04.81 | 34.73 | 200m: | 2:17.68 | 36.73 | 300m: | 3:31.36 | 37.16 | 400m: | 4:41.84 | 35.41 |

10   **4:41.84**   427   2

| 50m: | 32.00 | 32.00 | 150m: | 1:43.60 | 36.25 | 250m: | 2:56.72 | 36.25 | 350m: | 4:08.46 | 35.56 |
| 100m: | 1:07.35 | 35.35 | 200m: | 2:20.47 | 36.87 | 300m: | 3:32.90 | 36.18 | 400m: | 4:41.84 | 33.38 |

10   **4:41.88**   426   2

| 50m: | 30.07 | 30.07 | 150m: | 1:40.54 | 35.91 | 250m: | 2:53.09 | 36.65 | 350m: | 4:06.15 | 36.15 |
| 100m: | 1:04.63 | 34.56 | 200m: | 2:16.44 | 35.90 | 300m: | 3:30.00 | 36.91 | 400m: | 4:41.88 | 35.73 |

4, , 400m , 2010

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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 |

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 |

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 |

4:43.10 421 2 — 11
| 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 |

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 |

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 |

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 |

4:44.83 413 2
| 50m: | | | 150m: | | | 250m: | | | 350m: | | |
| 100m: | | | 200m: | | | 300m: | | | 400m: | 4:44.83 | |

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 |

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 |

4:45.51 410 2 — 11
| 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 |

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 |

4:46.42 406 2 — 11
| 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 |

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 |

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 |

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 |

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 |

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 |

4,   , 400m   , 2010

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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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											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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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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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 |

4,   , 400m   , 2010

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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   **5:06.74**   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

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

4,   , 400m   , 2010

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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 **5:22.37** 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 |

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 |