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 |

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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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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 — **4:44.83** 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 |

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 |

4, , 400m , 2010

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				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						**4:50.91**	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						**4:51.27**	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	

				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	

				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						**4:53.03**	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						**4:53.28**	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						**4:53.81**	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						**4:54.88**	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						**4:56.39**	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						**4:58.39**	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						**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						**5:01.05**	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	