1	, 400m	2012

28.05.2025 - 10:00

: 4:23.00 /   : 4:39.50 / 1   : 5:00.50 / 2   : 5:40.00 / 3   : 6:28.50

: AQUA 2024

,   /

		12						4:34.58	597	
50m:	29.21	29.21	150m:	1:35.95	33.93	250m:	2:45.70	35.15	350m:	3:58.92	36.83
100m:	1:02.02	32.81	200m:	2:10.55	34.60	300m:	3:22.09	36.39	400m:	4:34.58	35.66

		12						4:40.91	558	1
50m:	30.68	30.68	150m:	1:41.80	36.13	250m:	2:54.29	36.25	350m:	4:07.00	36.49
100m:	1:05.67	34.99	200m:	2:18.04	36.24	300m:	3:30.51	36.22	400m:	4:40.91	33.91

		12						4:43.29	544	1
50m:	32.26	32.26	150m:	1:43.00	35.90	250m:	2:55.35	36.31	350m:	4:07.93	36.38
100m:	1:07.10	34.84	200m:	2:19.04	36.04	300m:	3:31.55	36.20	400m:	4:43.29	35.36

		12						4:44.88	535	1
50m:	30.50	30.50	150m:	1:41.68	36.60	250m:	2:55.54	37.11	350m:	4:10.12	37.17
100m:	1:05.08	34.58	200m:	2:18.43	36.75	300m:	3:32.95	37.41	400m:	4:44.88	34.76

		12						4:45.72	530	1
50m:	32.11	32.11	150m:	1:43.48	36.17	250m:	2:56.11	36.35	350m:	4:09.51	36.61
100m:	1:07.31	35.20	200m:	2:19.76	36.28	300m:	3:32.90	36.79	400m:	4:45.72	36.21

		12						4:47.18	522	1
50m:	32.36	32.36	150m:	1:44.48	36.20	250m:	2:57.42	36.61	350m:	4:11.23	36.49
100m:	1:08.28	35.92	200m:	2:20.81	36.33	300m:	3:34.74	37.32	400m:	4:47.18	35.95

		13						4:47.92	518	1
50m:	33.37	33.37	150m:	1:46.74	37.07	250m:	3:00.74	36.74	350m:	4:13.26	35.68
100m:	1:09.67	36.30	200m:	2:24.00	37.26	300m:	3:37.58	36.84	400m:	4:47.92	34.66

		12						4:49.20	511	1
50m:	31.97	31.97	150m:	1:43.33	36.29	250m:	2:57.36	37.34	350m:	4:12.22	37.60
100m:	1:07.04	35.07	200m:	2:20.02	36.69	300m:	3:34.62	37.26	400m:	4:49.20	36.98

		12						4:51.81	497	1
50m:	32.86	32.86	150m:	1:45.38	37.01	250m:	3:00.09	37.24	350m:	4:15.04	37.14
100m:	1:08.37	35.51	200m:	2:22.85	37.47	300m:	3:37.90	37.81	400m:	4:51.81	36.77

		12						4:52.68	493	1
50m:	31.56	31.56	150m:	1:43.53	36.87	250m:	2:58.43	37.39	350m:	4:15.46	37.95
100m:	1:06.66	35.10	200m:	2:21.04	37.51	300m:	3:37.51	39.08	400m:	4:52.68	37.22

		12						4:53.49	489	1
50m:	33.66	33.66	150m:	1:47.11	36.75	250m:	3:01.78	37.69	350m:	4:16.85	37.40
100m:	1:10.36	36.70	200m:	2:24.09	36.98	300m:	3:39.45	37.67	400m:	4:53.49	36.64

		12						4:53.88	487	1
50m:	32.26	32.26	150m:	1:45.76	37.60	250m:	3:01.42	37.48	350m:	4:17.00	37.69
100m:	1:08.16	35.90	200m:	2:23.94	38.18	300m:	3:39.31	37.89	400m:	4:53.88	36.88

		12						4:54.21	485	1
50m:	33.89	33.89	150m:	1:47.40	36.92	250m:	3:02.85	37.07	350m:	4:17.32	36.88
100m:	1:10.48	36.59	200m:	2:25.78	38.38	300m:	3:40.44	37.59	400m:	4:54.21	36.89

		12						4:56.73	473	1
50m:	32.37	32.37	150m:	1:47.71	38.13	250m:	3:03.51	37.60	350m:	4:20.24	38.48
100m:	1:09.58	37.21	200m:	2:25.91	38.20	300m:	3:41.76	38.25	400m:	4:56.73	36.49

		12						4:57.43	470	1
50m:	33.62	33.62	150m:	1:48.37	37.56	250m:	3:03.93	38.18	350m:	4:19.37	37.97
100m:	1:10.81	37.19	200m:	2:25.75	37.38	300m:	3:41.40	37.47	400m:	4:57.43	38.06

		12						4:57.83	468	1
50m:	32.21	32.21	150m:	1:47.66	38.33	250m:	3:05.22	38.90	350m:	4:21.92	38.14
100m:	1:09.33	37.12	200m:	2:26.32	38.66	300m:	3:43.78	38.56	400m:	4:57.83	35.91

		12						4:58.30	466	1
50m:	32.48	32.48	150m:	1:47.54	38.20	250m:	3:04.28	38.53	350m:	4:21.51	38.85
100m:	1:09.34	36.86	200m:	2:25.75	38.21	300m:	3:42.66	38.38	400m:	4:58.30	36.79

1,   , 400m   , 2012

,   /

12									**4:58.98**	463	1
50m:	33.93	33.93	150m:	1:50.56	38.70	250m:	3:07.22	37.85	350m:	4:22.91	37.19
100m:	1:11.86	37.93	200m:	2:29.37	38.81	300m:	3:45.72	38.50	400m:	4:58.98	36.07
-									**5:00.12**	457	1
50m:	33.58	33.58	150m:	1:49.88	37.96	250m:	3:06.03	38.07	350m:	4:22.97	38.50
100m:	1:11.92	38.34	200m:	2:27.96	38.08	300m:	3:44.47	38.44	400m:	5:00.12	37.15
12									**5:00.13**	457	1
50m:	33.41	33.41	150m:	1:50.28	39.20	250m:	3:09.69	40.47	350m:	4:24.41	38.37
100m:	1:11.08	37.67	200m:	2:29.22	38.94	300m:	3:46.04	36.35	400m:	5:00.13	35.72
13									**5:00.32**	456	1
50m:	32.21	32.21	150m:	1:47.15	38.48	250m:	3:04.45	38.37	350m:	4:23.18	39.95
100m:	1:08.67	36.46	200m:	2:26.08	38.93	300m:	3:43.23	38.78	400m:	5:00.32	37.14
13									**5:01.58**	451	2
50m:	31.87	31.87	150m:	1:48.28	38.63	250m:	3:05.28	38.02	350m:	4:24.62	40.07
100m:	1:09.65	37.78	200m:	2:27.26	38.98	300m:	3:44.55	39.27	400m:	5:01.58	36.96
12									**5:03.63**	442	2
50m:	33.08	33.08	150m:	1:47.19	37.73	250m:	3:25.41	59.22	350m:	4:44.45	39.51
100m:	1:09.46	36.38	200m:	2:26.19	39.00	300m:	4:04.94	39.53	400m:	5:03.63	19.18
12									**5:03.67**	441	2
50m:	33.51	33.51	150m:	1:50.59	38.63	250m:	3:07.31	38.58	350m:	4:25.49	39.05
100m:	1:11.96	38.45	200m:	2:28.73	38.14	300m:	3:46.44	39.13	400m:	5:03.67	38.18
12									**5:04.35**	438	2
50m:	33.25	33.25	150m:	1:48.28	38.28	250m:	3:06.11	39.08	350m:	4:26.06	40.01
100m:	1:10.00	36.75	200m:	2:27.03	38.75	300m:	3:46.05	39.94	400m:	5:04.35	38.29
12									**5:04.65**	437	2
50m:	32.79	32.79	150m:	1:49.94	39.72	250m:	3:08.83	39.49	350m:	4:27.27	39.15
100m:	1:10.22	37.43	200m:	2:29.34	39.40	300m:	3:48.12	39.29	400m:	5:04.65	37.38
12									**5:04.85**	436	2
50m:	33.25	33.25	150m:	1:49.90	39.09	250m:	3:09.58	39.89	350m:	4:29.50	39.51
100m:	1:10.81	37.56	200m:	2:29.69	39.79	300m:	3:49.99	40.41	400m:	5:04.85	35.35
12									**5:04.91**	436	2
50m:	33.03	33.03	150m:	1:49.49	39.06	250m:	3:08.57	39.52	350m:	4:27.07	39.30
100m:	1:10.43	37.40	200m:	2:29.05	39.56	300m:	3:47.77	39.20	400m:	5:04.91	37.84
12									**5:05.36**	434	2
50m:	33.90	33.90	150m:	1:50.43	38.65	250m:	3:09.18	40.00	350m:	4:28.40	39.40
100m:	1:11.78	37.88	200m:	2:29.18	38.75	300m:	3:49.00	39.82	400m:	5:05.36	36.96
12									**5:05.75**	432	2
50m:	32.59	32.59	150m:	1:49.16	38.74	250m:	3:08.89	39.97	350m:	4:27.39	39.12
100m:	1:10.42	37.83	200m:	2:28.92	39.76	300m:	3:48.27	39.38	400m:	5:05.75	38.36
12									**5:05.99**	431	2
50m:	32.90	32.90	150m:	1:49.42	39.07	250m:	3:08.38	39.42	350m:	4:27.20	39.52
100m:	1:10.35	37.45	200m:	2:28.96	39.54	300m:	3:47.68	39.30	400m:	5:05.99	38.79
12									**5:06.42**	430	2
50m:	33.81	33.81	150m:	1:50.98	38.93	250m:	3:09.69	39.50	350m:	4:28.29	39.17
100m:	1:12.05	38.24	200m:	2:30.19	39.21	300m:	3:49.12	39.43	400m:	5:06.42	38.13
12									**5:06.76**	428	2
50m:	34.20	34.20	150m:	1:51.43	38.98	250m:	3:10.84	39.89	350m:	4:29.02	38.58
100m:	1:12.45	38.25	200m:	2:30.95	39.52	300m:	3:50.44	39.60	400m:	5:06.76	37.74
12									**5:06.99**	427	2
50m:	34.06	34.06	150m:	1:51.20	38.90	250m:	3:09.39	39.35	350m:	4:28.09	39.29
100m:	1:12.30	38.24	200m:	2:30.04	38.84	300m:	3:48.80	39.41	400m:	5:06.99	38.90
12									**5:07.05**	427	2
50m:	34.74	34.74	150m:	1:53.03	39.38	250m:	3:12.20	39.42	350m:	4:30.22	38.56
100m:	1:13.65	38.91	200m:	2:32.78	39.75	300m:	3:51.66	39.46	400m:	5:07.05	36.83

1,   , 400m   , 2012

,   /

												5:07.36	426	2
12														
50m:	33.54	33.54	150m:	1:49.88	38.90	250m:	3:07.95	39.52	350m:	4:27.87	40.32			
100m:	1:10.98	37.44	200m:	2:28.43	38.55	300m:	3:47.55	39.60	400m:	5:07.36	39.49			

12												**5:07.90**	423	2
50m:	34.71	34.71	150m:	1:54.13	39.95	250m:	3:14.43	39.95	350m:	4:32.55	38.61			
100m:	1:14.18	39.47	200m:	2:34.48	40.35	300m:	3:53.94	39.51	400m:	5:07.90	35.35			

12												**5:08.04**	423	2
50m:	35.05	35.05	150m:	1:53.23	39.56	250m:	3:12.04	39.20	350m:	4:30.30	39.05			
100m:	1:13.67	38.62	200m:	2:32.84	39.61	300m:	3:51.25	39.21	400m:	5:08.04	37.74			

13												**5:08.11**	423	2
50m:	34.92	34.92	150m:	1:51.30	38.29	250m:	3:10.46	39.45	350m:	4:29.71	39.31			
100m:	1:13.01	38.09	200m:	2:31.01	39.71	300m:	3:50.40	39.94	400m:	5:08.11	38.40			

12												**5:08.29**	422	2
50m:	34.24	34.24	150m:	1:52.46	39.82	250m:	3:12.42	39.77	350m:	4:30.66	38.61			
100m:	1:12.64	38.40	200m:	2:32.65	40.19	300m:	3:52.05	39.63	400m:	5:08.29	37.63			

12												**5:08.47**	421	2
50m:	33.72	33.72	150m:	1:51.22	39.39	250m:	3:10.78	39.81	350m:	4:31.09	39.71			
100m:	1:11.83	38.11	200m:	2:30.97	39.75	300m:	3:51.38	40.60	400m:	5:08.47	37.38			

13												**5:08.59**	421	2
50m:	34.75	34.75	150m:	1:53.93	39.89	250m:	3:13.18	39.66	350m:	4:32.40	39.31			
100m:	1:14.04	39.29	200m:	2:33.52	39.59	300m:	3:53.09	39.91	400m:	5:08.59	36.19			

12												**5:09.97**	415	2
50m:	34.92	34.92	150m:	1:53.37	39.75	250m:	3:12.70	40.03	350m:	4:32.81	39.91			
100m:	1:13.62	38.70	200m:	2:32.67	39.30	300m:	3:52.90	40.20	400m:	5:09.97	37.16			

12												**5:10.05**	415	2
50m:	33.78	33.78	150m:	1:50.45	39.02	250m:	3:10.56	40.31	350m:	4:30.81	39.82			
100m:	1:11.43	37.65	200m:	2:30.25	39.80	300m:	3:50.99	40.43	400m:	5:10.05	39.24			

12												**5:10.67**	412	2
50m:	34.05	34.05	150m:	1:51.10	39.09	250m:	3:10.83	40.39	350m:	4:31.30	40.50			
100m:	1:12.01	37.96	200m:	2:30.44	39.34	300m:	3:50.80	39.97	400m:	5:10.67	39.37			

12												**5:11.05**	411	2
50m:	35.11	35.11	150m:	1:54.07	39.75	250m:	3:13.00	39.31	350m:	4:32.12	39.51			
100m:	1:14.32	39.21	200m:	2:33.69	39.62	300m:	3:52.61	39.61	400m:	5:11.05	38.93			

12												**5:11.11**	410	2
50m:	35.59	35.59	150m:	1:54.92	40.22	250m:	3:14.11	39.14	350m:	4:32.89	38.81			
100m:	1:14.70	39.11	200m:	2:34.97	40.05	300m:	3:54.08	39.97	400m:	5:11.11	38.22			

12												**5:11.44**	409	2
50m:	34.24	34.24	150m:	1:52.26	39.10	250m:	3:12.88	39.66	350m:	4:32.60	38.98			
100m:	1:13.16	38.92	200m:	2:33.22	40.96	300m:	3:53.62	40.74	400m:	5:11.44	38.84			

13												**5:11.90**	407	2
50m:	33.91	33.91	150m:	1:53.74	40.39	250m:	3:13.61	39.99	350m:	4:33.78	40.20			
100m:	1:13.35	39.44	200m:	2:33.62	39.88	300m:	3:53.58	39.97	400m:	5:11.90	38.12			

12												**5:11.92**	407	2
50m:	31.62	31.62	150m:	1:50.64	40.39	250m:	3:13.34	41.04	350m:	4:35.52	41.22			
100m:	1:10.25	38.63	200m:	2:32.30	41.66	300m:	3:54.30	40.96	400m:	5:11.92	36.40			

13												**5:12.00**	407	2
50m:	34.49	34.49	150m:	1:51.90	39.51	250m:	3:12.91	40.54	350m:	4:33.64	40.30			
100m:	1:12.39	37.90	200m:	2:32.37	40.47	300m:	3:53.34	40.43	400m:	5:12.00	38.36			

12												**5:12.79**	404	2
50m:	34.42	34.42	150m:	1:53.50	39.86	250m:	3:13.61	39.93	350m:	4:33.86	40.27			
100m:	1:13.64	39.22	200m:	2:33.68	40.18	300m:	3:53.59	39.98	400m:	5:12.79	38.93			

12												**5:12.95**	403	2
50m:	33.71	33.71	150m:	1:52.93	39.92	250m:	3:13.81	40.14	350m:	4:33.52	39.59			
100m:	1:13.01	39.30	200m:	2:33.67	40.74	300m:	3:53.93	40.12	400m:	5:12.95	39.43			

1,   , 400m   , 2012

,   /

										5:12.99	403	2
50m:	33.84	33.84	150m:	1:51.66	39.56	250m:	3:12.49	40.42	350m:	4:34.44	41.08	
100m:	1:12.10	38.26	200m:	2:32.07	40.41	300m:	3:53.36	40.87	400m:	5:12.99	38.55	

										5:13.06	403	2
50m:	33.70	33.70	150m:	1:52.07	40.04	250m:	3:11.38	39.56	350m:	4:32.24	40.57	
100m:	1:12.03	38.33	200m:	2:31.82	39.75	300m:	3:51.67	40.29	400m:	5:13.06	40.82	

										5:13.56	401	2
50m:	34.01	34.01	150m:	1:52.39	40.05	250m:	3:13.24	40.78	350m:	4:36.97	42.28	
100m:	1:12.34	38.33	200m:	2:32.46	40.07	300m:	3:54.69	41.45	400m:	5:13.56	36.59	

										5:14.28	398	2
50m:	36.00	36.00	150m:	1:56.88	40.81	250m:	3:18.21	40.83	350m:	4:37.42	39.07	
100m:	1:16.07	40.07	200m:	2:37.38	40.50	300m:	3:58.35	40.14	400m:	5:14.28	36.86	

										5:14.45	397	2
50m:	34.90	34.90	150m:	1:55.53	40.99	250m:	3:16.01	40.05	350m:	4:37.09	40.61	
100m:	1:14.54	39.64	200m:	2:35.96	40.43	300m:	3:56.48	40.47	400m:	5:14.45	37.36	

										5:14.60	397	2
50m:	34.98	34.98	150m:	1:55.48	40.93	250m:	3:16.26	40.27	350m:	4:36.82	39.77	
100m:	1:14.55	39.57	200m:	2:35.99	40.51	300m:	3:57.05	40.79	400m:	5:14.60	37.78	

										5:14.82	396	2
50m:	34.74	34.74	150m:	1:54.64	40.29	250m:	3:16.49	40.81	350m:	4:38.73	41.15	
100m:	1:14.35	39.61	200m:	2:35.68	41.04	300m:	3:57.58	41.09	400m:	5:14.82	36.09	

										5:15.20	395	2
50m:	34.09	34.09	150m:	1:52.87	40.33	250m:	3:14.97	40.69	350m:	4:35.83	40.25	
100m:	1:12.54	38.45	200m:	2:34.28	41.41	300m:	3:55.58	40.61	400m:	5:15.20	39.37	

										5:15.95	392	2
50m:	33.87	33.87	150m:	1:53.01	40.36	250m:	3:15.96	41.84	350m:	4:37.11	40.11	
100m:	1:12.65	38.78	200m:	2:34.12	41.11	300m:	3:57.00	41.04	400m:	5:15.95	38.84	

										5:15.99	392	2
50m:	34.30	34.30	150m:	1:52.49	40.07	250m:	3:13.30	40.15	350m:	4:35.44	41.20	
100m:	1:12.42	38.12	200m:	2:33.15	40.66	300m:	3:54.24	40.94	400m:	5:15.99	40.55	

										5:16.09	391	2
50m:	34.34	34.34	150m:	1:54.70	40.97	250m:	3:16.32	41.12	350m:	4:37.83	40.84	
100m:	1:13.73	39.39	200m:	2:35.20	40.50	300m:	3:56.99	40.67	400m:	5:16.09	38.26	

										5:16.25	391	2
50m:	34.89	34.89	150m:	1:54.53	40.81	250m:	3:15.58	40.46	350m:	4:36.92	40.75	
100m:	1:13.72	38.83	200m:	2:35.12	40.59	300m:	3:56.17	40.59	400m:	5:16.25	39.33	

										5:17.04	388	2
50m:	35.48	35.48	150m:	1:56.10	40.30	250m:	3:17.39	40.55	350m:	4:38.24	40.16	
100m:	1:15.80	40.32	200m:	2:36.84	40.74	300m:	3:58.08	40.69	400m:	5:17.04	38.80	

										5:17.99	384	2
50m:	34.52	34.52	150m:	1:54.73	40.77	250m:	3:17.39	40.84	350m:	4:39.50	40.84	
100m:	1:13.96	39.44	200m:	2:36.55	41.82	300m:	3:58.66	41.27	400m:	5:17.99	38.49	

										5:17.99	384	2
50m:	35.24	35.24	150m:	1:56.94	41.19	250m:	3:18.44	40.88	350m:	4:39.72	40.51	
100m:	1:15.75	40.51	200m:	2:37.56	40.62	300m:	3:59.21	40.77	400m:	5:17.99	38.27	

										5:18.73	382	2
50m:	35.60	35.60	150m:	1:57.64	41.12	250m:	3:18.31	40.50	350m:	4:39.03	40.12	
100m:	1:16.52	40.92	200m:	2:37.81	40.17	300m:	3:58.91	40.60	400m:	5:18.73	39.70	

										5:19.05	381	2
50m:	35.18	35.18	150m:	1:54.63	40.06	250m:	3:16.72	40.71	350m:	4:39.59	41.67	
100m:	1:14.57	39.39	200m:	2:36.01	41.38	300m:	3:57.92	41.20	400m:	5:19.05	39.46	

										5:19.24	380	2
50m:	34.72	34.72	150m:	1:53.50	40.49	250m:	3:15.31	40.81	350m:	4:38.12	41.20	
100m:	1:13.01	38.29	200m:	2:34.50	41.00	300m:	3:56.92	41.61	400m:	5:19.24	41.12	

1,   , 400m   , 2012

,   /

				12							**5:19.38**	379	2
50m:	34.65	34.65	150m:	1:55.50	41.11	250m:	3:18.42	41.43	350m:	4:41.33	41.39		
100m:	1:14.39	39.74	200m:	2:36.99	41.49	300m:	3:59.94	41.52	400m:	5:19.38	38.05		

				14							**5:20.22**	376	2
50m:	35.26	35.26	150m:	1:55.99	40.90	250m:	3:17.50	40.73	350m:	4:40.06	41.32		
100m:	1:15.09	39.83	200m:	2:36.77	40.78	300m:	3:58.74	41.24	400m:	5:20.22	40.16		

				12							**5:20.37**	376	2
50m:	35.68	35.68	150m:	1:54.97	40.43	250m:	3:17.25	41.29	350m:	4:39.83	41.30		
100m:	1:14.54	38.86	200m:	2:35.96	40.99	300m:	3:58.53	41.28	400m:	5:20.37	40.54		

				13							**5:20.59**	375	2
50m:	35.89	35.89	150m:	1:58.93	42.43	250m:	3:21.08	40.71	350m:	4:42.64	40.50		
100m:	1:16.50	40.61	200m:	2:40.37	41.44	300m:	4:02.14	41.06	400m:	5:20.59	37.95		

				12							**5:20.91**	374	2
50m:	33.21	33.21	150m:	1:52.08	40.40	250m:	3:15.92	42.22	350m:	4:40.43	42.07		
100m:	1:11.68	38.47	200m:	2:33.70	41.62	300m:	3:58.36	42.44	400m:	5:20.91	40.48		

				12							**5:21.28**	373	2
50m:	35.80	35.80	150m:	1:56.68	40.89	250m:	3:19.77	41.61	350m:	4:42.65	40.84		
100m:	1:15.79	39.99	200m:	2:38.16	41.48	300m:	4:01.81	42.04	400m:	5:21.28	38.63		

				12							**5:21.35**	372	2
50m:	32.70	32.70	150m:	1:51.56	40.14	250m:	3:17.26	43.89	350m:	4:42.95	41.76		
100m:	1:11.42	38.72	200m:	2:33.37	41.81	300m:	4:01.19	43.93	400m:	5:21.35	38.40		

				12							**5:21.43**	372	2
50m:	36.05	36.05	150m:	1:57.05	41.01	250m:	3:19.73	41.51	350m:	4:42.24	40.94		
100m:	1:16.04	39.99	200m:	2:38.22	41.17	300m:	4:01.30	41.57	400m:	5:21.43	39.19		

				13							**5:21.43**	372	2
50m:	35.56	35.56	150m:	1:57.11	41.04	250m:	3:19.85	41.08	350m:	4:42.61	41.47		
100m:	1:16.07	40.51	200m:	2:38.77	41.66	300m:	4:01.14	41.29	400m:	5:21.43	38.82		

				12							**5:22.09**	370	2
50m:	35.23	35.23	150m:	1:56.51	41.26	250m:	3:19.96	41.81	350m:	4:42.56	41.28		
100m:	1:15.25	40.02	200m:	2:38.15	41.64	300m:	4:01.28	41.32	400m:	5:22.09	39.53		

				12							**5:22.18**	370	2
50m:	33.49	33.49	150m:	1:51.65	40.47	250m:	3:15.10	42.24	350m:	4:40.65	42.87		
100m:	1:11.18	37.69	200m:	2:32.86	41.21	300m:	3:57.78	42.68	400m:	5:22.18	41.53		

				13							**5:22.42**	369	2
50m:	36.01	36.01	150m:	1:57.36	41.37	250m:	3:19.87	41.92	350m:	4:42.92	41.45		
100m:	1:15.99	39.98	200m:	2:37.95	40.59	300m:	4:01.47	41.60	400m:	5:22.42	39.50		

				12							**5:22.96**	367	2
50m:	34.88	34.88	150m:	1:55.70	40.51	250m:	3:19.08	41.40	350m:	4:42.75	42.19		
100m:	1:15.19	40.31	200m:	2:37.68	41.98	300m:	4:00.56	41.48	400m:	5:22.96	40.21		

				12							**5:23.03**	367	2
50m:	37.07	37.07	150m:	1:59.67	41.75	250m:	3:22.44	40.89	350m:	4:44.19	40.61		
100m:	1:17.92	40.85	200m:	2:41.55	41.88	300m:	4:03.58	41.14	400m:	5:23.03	38.84		

				12							**5:23.91**	364	2
50m:	35.30	35.30	150m:	1:56.89	41.36	250m:	3:20.25	42.01	350m:	4:44.09	41.06		
100m:	1:15.53	40.23	200m:	2:38.24	41.35	300m:	4:03.03	42.78	400m:	5:23.91	39.82		

				12							**5:25.33**	359	2
50m:	34.58	34.58	150m:	1:56.67	42.08	250m:	3:20.27	41.83	350m:	4:44.88	41.88		
100m:	1:14.59	40.01	200m:	2:38.44	41.77	300m:	4:03.00	42.73	400m:	5:25.33	40.45		

				13							**5:26.29**	356	2
50m:	35.22	35.22	150m:	1:56.84	41.86	250m:	3:21.75	42.46	350m:	4:45.82	42.18		
100m:	1:14.98	39.76	200m:	2:39.29	42.45	300m:	4:03.64	41.89	400m:	5:26.29	40.47		

				12							**5:27.26**	353	2
50m:	33.86	33.86	150m:	1:56.87	43.00	250m:	3:21.53	42.45	350m:	4:46.69	42.94		
100m:	1:13.87	40.01	200m:	2:39.08	42.21	300m:	4:03.75	42.22	400m:	5:27.26	40.57		

1,   , 400m   , 2012

,   /

	50m	100m	150m	200m	250m	300m	350m	400m	Time	Points	
12									**5:27.60**	351	2
50m:	35.78	35.78	1:58.89	42.05	3:23.32	41.97	4:47.56	42.44			
100m:	1:16.84	41.06	2:41.35	42.46	4:05.12	41.80	5:27.60	40.04			
12									**5:27.78**	351	2
50m:	35.55	35.55	1:58.93	42.67	3:25.12	43.14	4:50.18	42.44			
100m:	1:16.26	40.71	2:41.98	43.05	4:07.74	42.62	5:27.78	37.60			
12									**5:27.85**	351	2
50m:	34.89	34.89	1:57.71	43.19	3:23.27	42.93	4:48.35	42.65			
100m:	1:14.52	39.63	2:40.34	42.63	4:05.70	42.43	5:27.85	39.50			
12									**5:28.20**	350	2
50m:	34.79	34.79	1:57.87	42.67	3:23.47	42.84	4:48.76	42.67			
100m:	1:15.20	40.41	2:40.63	42.76	4:06.09	42.62	5:28.20	39.44			
12									**5:28.23**	349	2
50m:	35.46	35.46	1:57.94	42.23	3:22.08	42.14	4:47.23	42.38			
100m:	1:15.71	40.25	2:39.94	42.00	4:04.85	42.77	5:28.23	41.00			
14									**5:28.23**	349	2
50m:	36.29	36.29	1:59.18	42.56	3:24.85	42.64	4:49.18	42.35			
100m:	1:16.62	40.33	2:42.21	43.03	4:06.83	41.98	5:28.23	39.05			
12									**5:29.80**	344	2
50m:	37.15	37.15	2:02.45	43.51	3:27.63	42.38	4:50.92	41.23			
100m:	1:18.94	41.79	2:45.25	42.80	4:09.69	42.06	5:29.80	38.88			
12									**5:30.65**	342	2
50m:	33.13	33.13	1:54.25	42.03	3:20.56	43.31	4:49.78	44.58			
100m:	1:12.22	39.09	2:37.25	43.00	4:05.20	44.64	5:30.65	40.87			
12									**5:30.97**	341	2
50m:	36.22	36.22	1:59.76	42.91	3:25.33	42.48	4:50.26	42.26			
100m:	1:16.85	40.63	2:42.85	43.09	4:08.00	42.67	5:30.97	40.71			
12									**5:31.77**	338	2
50m:	35.69	35.69	2:00.09	42.86	3:27.21	43.65	4:54.10	43.37			
100m:	1:17.23	41.54	2:43.56	43.47	4:10.73	43.52	5:31.77	37.67			
12									**5:32.76**	335	2
50m:	38.08	38.08	2:02.65	42.58	3:27.20	42.18	4:51.48	41.89			
100m:	1:20.07	41.99	2:45.02	42.37	4:09.59	42.39	5:32.76	41.28			
13									**5:33.24**	334	2
50m:	33.53	33.53	1:57.22	42.84	3:22.31	42.34	4:50.87	44.16			
100m:	1:14.38	40.85	2:39.97	42.75	4:06.71	44.40	5:33.24	42.37			
12									**5:33.63**	333	2
50m:	34.52	34.52	1:58.21	43.04	3:26.34	44.30	4:53.60	43.51			
100m:	1:15.17	40.65	2:42.04	43.83	4:10.09	43.75	5:33.63	40.03			
13									**5:34.00**	332	2
50m:	34.90	34.90	1:59.79	43.04	3:26.42	43.50	4:52.72	42.75			
100m:	1:16.75	41.85	2:42.92	43.13	4:09.97	43.55	5:34.00	41.28			
12									**5:34.23**	331	2
50m:	35.29	35.29	1:57.82	42.84	3:25.42	43.82	4:51.89	43.04			
100m:	1:14.98	39.69	2:41.60	43.78	4:08.85	43.43	5:34.23	42.34			
13									**5:35.49**	327	2
50m:	36.16	36.16	2:01.94	43.61	3:28.16	42.53	4:55.45	43.22			
100m:	1:18.33	42.17	2:45.63	43.69	4:12.23	44.07	5:35.49	40.04			
13									**5:36.24**	325	2
50m:	36.00	36.00	2:02.22	43.67	3:29.73	44.16	4:57.30	43.44			
100m:	1:18.55	42.55	2:45.57	43.35	4:13.86	44.13	5:36.24	38.94			
13									**5:38.41**	319	2
50m:	34.98	34.98	1:59.01	43.48	3:27.29	43.68	4:57.15	45.11			
100m:	1:15.53	40.55	2:43.61	44.60	4:12.04	44.75	5:38.41	41.26			

1,   , 400m   , 2012

,   /

		12									**5:39.63**	315	2
50m:	37.91	37.91	150m:	2:04.92	44.69	250m:	3:31.75	43.14	350m:	4:58.79	43.28		
100m:	1:20.23	42.32	200m:	2:48.61	43.69	300m:	4:15.51	43.76	400m:	5:39.63	40.84		
		12									**5:39.73**	315	2
50m:	37.39	37.39	150m:	2:02.62	42.96	250m:	3:30.71	44.15	350m:	4:57.31	43.39		
100m:	1:19.66	42.27	200m:	2:46.56	43.94	300m:	4:13.92	43.21	400m:	5:39.73	42.42		
		12									**5:41.00**	312	3
50m:	36.05	36.05	150m:	1:59.74	43.27	250m:	3:28.14	44.60	350m:	4:58.60	45.92		
100m:	1:16.47	40.42	200m:	2:43.54	43.80	300m:	4:12.68	44.54	400m:	5:41.00	42.40		
		13									**5:42.67**	307	3
50m:	35.82	35.82	150m:	2:02.58	45.21	250m:	3:30.05	43.49	350m:	4:58.44	44.53		
100m:	1:17.37	41.55	200m:	2:46.56	43.98	300m:	4:13.91	43.86	400m:	5:42.67	44.23		
		12									**5:42.74**	307	3
50m:	35.73	35.73	150m:	2:01.61	43.99	250m:	3:31.45	44.94	350m:	5:00.56	44.58		
100m:	1:17.62	41.89	200m:	2:46.51	44.90	300m:	4:15.98	44.53	400m:	5:42.74	42.18		

1,   , 400m   , 2012