					,							
1 8.05.2025 - 10	·00				, 400m						2012	
	3.00 /	: 4:39.50 / 1			: 5:00	.50 / 2	: 5	5:40.00 / 3	: 6:28.50			
: AQUA 2024												
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50m:	29.21	29.21	150m:	12 1:35.95	33.93	250m:	2:45.70	35.15	350m:	4:34.58 3:58.92	597 36.83	
100m:		32.81		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		1:41.80	36.13	250m:		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	
50	00.00	00.00	450	12	05.00	050	0.55.05	00.04	050	4:43.29	544	1
50m: 100m:	32.26 1:07.10	32.26 34.84		1:43.00 2:19.04	35.90 36.04	250m: 300m:	2:55.35 3:31.55	36.31 36.20	350m: 400m:	4:07.93 4:43.29	36.38 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 1:07.31	32.11 35.20		1:43.48 2:19.76	36.17 36.28	250m:	2:56.11 3:32.90	36.35 36.79	350m:	4:09.51 4:45.72	36.61 36.21	
TOUIII.	1.07.31	30.20	200III.		30.20	JUUIII.	3.32.80	30.78	400m:			4
50m:	32.36	32.36	150m·	12 1:44.48	36.20	250m:	2:57.42	36.61	350m:	4:47.18 4:11.23	522 36.49	1
	1:08.28	35.92		2:20.81	36.33	300m:		37.32	400m:	4:47.18	35.95	
				13						4:47.92	518	1
50m:	33.37	33.37		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	
50	24.07	24.07	450	12	20.00	250	0.57.00	07.04	250	4:49.20 4:12.22	511	1
50m: 100m:	31.97 1:07.04	31.97 35.07		1:43.33 2:20.02	36.29 36.69	250m: 300m:	2:57.36 3:34.62	37.34 37.26	350m: 400m:	4:49.20	37.60 36.98	
				12						4:51.81	497	1
50m:		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: 100m:	31.56 1:06.66	31.56 35.10		1:43.53 2:21.04	36.87 37.51		2:58.43 3:37.51	37.39 39.08		4:15.46 4:52.68	37.95 37.22	
	22.00			12		2 2 2		2.30			489	4
50m:	33.66	33.66	150m:	12 1:47.11	36.75	250m:	3:01.78	37.69	350m:	4:53.49 4:16.85	489 37.40	ı
100m:		36.70	200m:		36.98	300m:	3:39.45	37.67	400m:	4:53.49	36.64	
				12						4:53.88	487	1
50m:	32.26 1:08.16	32.26		1:45.76	37.60	250m:	3:01.42	37.48	350m:		37.69	
ioom:	1.00.10	35.90	ZUUII):	2:23.94	38.18	300m:	3:39.31	37.89	400m:	4:53.88	36.88	
50m:	33.89	33.89	150m·	12 1:47.40	36.92	250m:	3:02.85	37.07	350m:	4:54.21 4:17.32	485 36.88	1
	1:10.48	36.59		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		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	
	00.00	00.55	450	12	07.55	050	0.00.55	00.45	050	4:57.43	470	1
50m: 100m:	33.62 1:10.81	33.62 37.19	150m: 200m:	1:48.37 2:25.75	37.56 37.38	250m: 300m:	3:03.93 3:41.40	38.18 37.47	350m: 400m:	4:19.37 4:57.43	37.97 38.06	
				12						4:57.83	468	1
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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:	20 40	22 49	150m	1.47 54	38 30	250m	3.04.28	20 52	250m.	1.21 51	20 05	

50m:

100m: 1:09.34

32.48

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150m: 1:47.54

200m: 2:25.75

38.20

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250m: 3:04.28 300m: 3:42.66

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350m:

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33.93 1:11.86	33.93 37.93		2:29.37	38.70 38.81	250m: 300m:	3:07.22 3:45.72	37.85 38.50	350m: 400m:	4:22.91 4:58.98	37.19 36.07	
33.58 1:11.92	- 33.58 38.34		1:49.88	37.96 38.08			38.07 38.44	350m: 400m:	5:00.12 4:22.97 5:00.12	457 38.50 37.15	1
33.41 1:11.08	33.41 37.67			39.20 38.94	250m: 300m:	3:09.69 3:46.04	40.47 36.35	350m: 400m:	5:00.13 4:24.41 5:00.13	457 38.37 35.72	1
32.21 1:08.67	32.21			38.48			38.37	350m:	5:00.32 4:23.18 5:00.32	39.95	1
1.00.07	30.40	200111.		30.93	300111.	3.43.23	30.76	400111.			2
31.87 1:09.65	31.87 37.78	150m: 200m:	1:48.28	38.63 38.98	250m: 300m:	3:05.28 3:44.55	38.02 39.27	350m: 400m:	4:24.62 5:01.58	40.07 36.96	
33.08 1:09.46	33.08 36.38			37.73 39.00			59.22 39.53	350m: 400m:	5:03.63 4:44.45 5:03.63	442 39.51 19.18	2
33.51 1:11.96	33.51 38.45			38.63 38.14	250m: 300m:	3:07.31 3:46.44	38.58 39.13	350m: 400m:	5:03.67 4:25.49 5:03.67	441 39.05 38.18	2
33.25 1:10.00	33.25 36.75			38.28 38.75	250m: 300m:	3:06.11 3:46.05	39.08 39.94	350m: 400m:	5:04.35 4:26.06 5:04.35	438 40.01 38.29	2
32.79 1:10.22	32.79 37.43	150m: 200m:	12 1:49.94 2:29.34	39.72 39.40			39.49 39.29	350m: 400m:	5:04.65 4:27.27 5:04.65	437 39.15 37.38	2
33.25 1:10.81	33.25 37.56			39.09 39.79	250m: 300m:	3:09.58 3:49.99	39.89 40.41	350m: 400m:	5:04.85 4:29.50 5:04.85	436 39.51 35.35	2
33.03 1:10.43	33.03 37.40			39.06 39.56			39.52 39.20			39.30	2
33.90	33.90 37.88	150m:	12 1:50.43	38.65 38.75	250m:	3:09.18	40.00 39.82	350m: 400m:	5:05.36 4:28.40 5:05.36	434 39.40 36.96	2
32.59	32.59 37.83	150m: 200m:	12 1:49.16 2:28.92	38.74 39.76	250m: 300m:	3:08.89	39.97 39.38	350m: 400m:	5:05.75 4:27.39 5:05.75	432 39.12	2
32.90 1:10.35	32.90 37.45	150m: 200m:	12 1:49.42 2:28.96	39.07 39.54	250m: 300m:	3:08.38 3:47.68	39.42 39.30	350m: 400m:	5:05.99 4:27.20 5:05.99	431 39.52 38.79	2
33.81 1:12.05	33.81 38.24	150m: 200m:	12 1:50.98 2:30.19	38.93 39.21	250m: 300m:	3:09.69 3:49.12	39.50 39.43	350m: 400m:	5:06.42 4:28.29 5:06.42	430 39.17 38.13	2
34.20 1:12.45	34.20 38.25	150m: 200m:	12 1:51.43 2:30.95	38.98 39.52	250m: 300m:	3:10.84 3:50.44	39.89 39.60	350m: 400m:	5:06.76 4:29.02 5:06.76	428 38.58 37.74	2
34.06 1:12.30	34.06 38.24	150m: 200m:	12 1:51.20 2:30.04	38.90 38.84	250m: 300m:	3:09.39 3:48.80	39.35 39.41	350m: 400m:	5:06.99 4:28.09 5:06.99	427 39.29 38.90	2
34.74 1:13.65	34.74 38.91	150m: 200m:	12 1:53.03 2:32.78	39.38 39.75	250m: 300m:	3:12.20 3:51.66	39.42 39.46	350m: 400m:	5:07.05 4:30.22 5:07.05	427 38.56 36.83	2
	33.93 1:11.86 33.58 1:11.92 33.41 1:11.08 32.21 1:08.67 31.87 1:09.65 33.08 1:09.46 33.51 1:11.96 33.25 1:10.00 32.79 1:10.22 33.25 1:10.81 33.03 1:10.43 33.90 1:11.78 32.59 1:10.42 32.90 1:10.35 33.81 1:12.05 34.20 1:12.45	33.93 33.93 1:11.86 37.93 - 33.58 33.58 1:11.92 38.34 33.41 33.41 1:11.08 37.67 32.21 32.21 1:08.67 36.46 31.87 31.87 1:09.65 37.78 33.08 33.08 1:09.46 36.38 33.51 33.51 1:11.96 38.45 33.25 33.25 1:10.00 36.75 32.79 32.79 1:10.22 37.43 33.25 33.25 1:10.81 37.56 33.03 33.03 1:10.43 37.40 33.90 33.90 1:11.78 37.88 32.59 32.59 1:10.42 37.83 32.90 32.90 1:10.35 37.45 33.81 33.81 1:12.05 38.24 34.20 34.20 1:12.45 38.25 34.06 34.06 1:12.30 38.24 34.74 34.74	33.93 33.93 150m: 1:11.86 37.93 200m:	12 33.93 33.93 150m: 1:50.56 1:11.86 37.93 200m: 2:29.37 - 12 33.58 33.58 150m: 1:49.88 1:11.92 38.34 200m: 2:27.96 12 33.41 33.41 150m: 1:50.28 1:11.08 37.67 200m: 2:29.22 13 32.21 32.21 150m: 1:47.15 1:08.67 36.46 200m: 2:26.08 13 31.87 31.87 150m: 1:48.28 1:09.65 37.78 200m: 2:27.26 12 33.08 33.08 150m: 1:47.19 1:09.46 36.38 200m: 2:26.19 12 33.51 33.51 150m: 1:50.59 1:11.96 38.45 200m: 2:28.73 12 33.25 33.25 150m: 1:48.28 1:10.00 36.75 200m: 2:27.03 12 32.79 32.79 150m: 1:49.94 1:10.22 37.43 200m: 2:29.34 12 33.25 33.25 150m: 1:49.94 1:10.23 37.43 200m: 2:29.34 12 33.03 33.03 150m: 1:49.94 1:10.43 37.56 200m: 2:29.69 12 33.90 33.90 150m: 1:49.49 1:10.43 37.40 200m: 2:29.05 12 33.90 33.90 150m: 1:49.49 1:10.43 37.83 200m: 2:29.18 12 32.59 32.59 150m: 1:49.49 1:10.43 37.83 200m: 2:29.18 12 32.90 32.90 150m: 1:49.42 1:10.35 37.45 200m: 2:28.92 12 32.90 32.90 150m: 1:49.42 1:10.35 37.45 200m: 2:28.96 12 33.81 33.81 150m: 1:50.98 1:12.05 38.24 200m: 2:30.95 12 34.06 34.06 150m: 1:51.43 1:12.45 38.25 200m: 2:30.95 12 34.74 34.74 34.74 150m: 1:53.03	12	12	12	12 33.93 33.93 150m: 1:50.56 38.70 250m: 3:07.22 37.85 33.58 33.58 150m: 1:49.88 37.96 250m: 3:06.03 38.07 33.41 33.41 33.41 150m: 1:50.28 39.20 250m: 3:06.03 38.07 33.41 33.41 150m: 1:50.28 39.20 250m: 3:06.03 38.07 33.41 33.41 150m: 1:50.28 39.20 250m: 3:06.04 36.35 33.21 32.21 150m: 1:49.88 38.93 300m: 3:44.45 38.37 33.21 32.21 150m: 1:48.28 38.63 250m: 3:04.45 38.37 33.48 33.87 33.87 33.87 33.87 33.87 33.88 33.08 33.08 150m: 1:47.19 37.73 250m: 3:05.28 39.27 32.78 32.27 32.21 32.21 150m: 1:48.28 38.63 250m: 3:05.28 38.02 33.08 33.08 150m: 1:47.19 37.73 250m: 3:05.28 38.02 33.08 33.08 150m: 1:47.19 37.73 250m: 3:05.28 39.27 33.51 33.51 150m: 1:50.59 38.63 250m: 3:07.31 39.53 33.51 33.51 150m: 1:22.73 38.14 300m: 3:46.44 39.13 33.51 33.51 150m: 1:22.73 38.14 300m: 3:46.44 39.13 33.25 33.25 150m: 1:48.28 38.28 250m: 3:06.11 39.08 1:10.00 36.75 200m: 2:27.03 38.75 300m: 3:46.05 39.94 30.32 30.33 30.33 35.01 1:49.94 39.72 250m: 3:06.83 39.49 30.32 30.33 30.33 30.33 150m: 1:49.90 39.09 250m: 3:09.58 39.89 30.32 30.33 30.33 30.33 150m: 1:49.49 39.72 250m: 3:09.58 39.89 30.32 30.33 30.33 30.33 150m: 1:49.49 39.72 250m: 3:09.58 39.89 30.33 30.33 30.33 150m: 1:49.49 39.05 250m: 3:09.58 39.89 30.33 30.33 30.33 150m: 1:49.49 39.72 250m: 3:09.58 39.89 30.33 30.33 30.33 150m: 1:49.49 39.06 250m: 3:09.58 39.89 30.35 30.	12		12

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				12						5:07.36	426	2
50m: 100m:	33.54 1:10.98	33.54 37.44		1:49.88 2:28.43	38.90 38.55	250m: 300m:	3:07.95 3:47.55	39.52 39.60	350m: 400m:	4:27.87 5:07.36	40.32 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	۷
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: 100m:	35.05 1:13.67	35.05 38.62		1:53.23 2:32.84	39.56 39.61	250m: 300m:	3:12.04 3:51.25	39.20 39.21	350m: 400m:	4:30.30 5:08.04	39.05 37.74	
				13						5:08.11	423	2
50m:	34.92	34.92		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	
E0m:	24.24	24.24	15000	12	20.02	250	2.12.12	20.77	250~~	5:08.29	422	2
50m: 100m:	34.24 1:12.64	34.24 38.40		1:52.46 2:32.65	39.82 40.19	250m: 300m:	3:12.42 3:52.05	39.77 39.63	350m: 400m:	4:30.66 5:08.29	38.61 37.63	
				12						5:08.47	421	2
50m:	33.72	33.72		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	_
50m:	34.75	34.75	150m:	13 1:53.93	39.89	250m:	3:13.18	39.66	350m:	5:08.59 4:32.40	421 39.31	2
	1:14.04	39.29		2:33.52	39.59	300m:		39.91	400m:	5:08.59	36.19	
				12						5:09.97	415	2
50m:	34.92 1:13.62	34.92 38.70		1:53.37 2:32.67	39.75 39.30	250m:	3:12.70 3:52.90	40.03 40.20	350m:	4:32.81 5:09.97	39.91 37.16	
100m:	1.13.02	30.70	200111.		39.30	300m:	3.32.90	40.20	400m:			0
50m:	33.78	33.78	150m:	12 1:50.45	39.02	250m:	3:10.56	40.31	350m:	5:10.05 4:30.81	415 39.82	2
100m:	1:11.43	37.65		2:30.25	39.80	300m:		40.43	400m:	5:10.05	39.24	
				12						5:10.67	412	2
50m: 100m:	34.05 1:12.01	34.05 37.96	150m: 200m:	1:51.10 2:30.44	39.09 39.34	250m: 300m:	3:10.83 3:50.80	40.39 39.97	350m: 400m:	4:31.30 5:10.67	40.50 39.37	
				12						5:11.05	411	2
50m:	35.11	35.11		1:54.07	39.75		3:13.00	39.31		4:32.12	39.51	_
100m:	1:14.32	39.21	200m:	2:33.69	39.62	300m:	3:52.61	39.61	400m:		38.93	
50m:	25 50	25 50	150m:	12 1:54.92	40.22	250m:	3:14.11	20.14	250m:	5:11.11 4:32.89	410 38.81	2
100m:	35.59 1:14.70	35.59 39.11	150m: 200m:	2:34.97	40.22	250m: 300m:	3:54.08	39.14 39.97	350m: 400m:	5:11.11	38.22	
				12						5:11.44	409	2
50m:	34.24	34.24	150m:	1:52.26 2:33.22	39.10	250m:	3:12.88	39.66 40.74	350m: 400m:	4:32.60 5:11.44	38.98 38.84	
100m:	1:13.16	38.92	200m:		40.96	300m:	3:53.62	40.74	400111.			0
50m:	33.91	33.91	150m:	13 1:53.74	40.39	250m:	3:13.61	39.99	350m:	5:11.90 4:33.78	407 40.20	2
	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: 100m:	31.62 1:10.25	31.62 38.63	150m: 200m:	1:50.64 2:32.30	40.39 41.66	250m: 300m:	3:13.34 3:54.30	41.04 40.96	350m: 400m:	4:35.52 5:11.92	41.22 36.40	
1001111	1.10.20	00.00	2001111	13	11.00	000111.	0.01.00	10.00	100111.	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	2
100m:	1:12.39	37.90	200m:	2:32.37	40.47	300m:	3:53.34	40.43	400m:	5:12.00	38.36	
F0	24.40	24.40	150	12	20.00	050	2.42.04	20.00	250	5:12.79	404	2
50m: 100m:	34.42 1:13.64	34.42 39.22	150m: 200m:	1:53.50 2:33.68	39.86 40.18	250m: 300m:	3:13.61 3:53.59	39.93 39.98	350m: 400m:	4:33.86 5:12.79	40.27 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									
50m: 100m:	33.84 1:12.10	33.84 38.26	150m: 200m:	/ 13 1:51.66 2:32.07	39.56 40.41	250m: 300m:	3:12.49 3:53.36	40.42 40.87	350m: 400m:	5:12.99 4:34.44 5:12.99	403 41.08 38.55	2
50m: 100m:	33.70 1:12.03	33.70 38.33	150m: 200m:	13 1:52.07 2:31.82	40.04 39.75	250m: 300m:	3:11.38 3:51.67	39.56 40.29	350m: 400m:	5:13.06 4:32.24 5:13.06	403 40.57 40.82	2
50m: 100m:	34.01 1:12.34	34.01 38.33	150m: 200m:	12 1:52.39 2:32.46	40.05 40.07	250m: 300m:	3:13.24 3:54.69	40.78 41.45	350m: 400m:	5:13.56 4:36.97 5:13.56	401 42.28 36.59	2
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50m: 100m:	33.87 1:12.65	33.87 38.78	150m: 200m:	12 1:53.01 2:34.12	40.36 41.11	250m: 300m:	3:15.96 3:57.00	41.84 41.04	350m: 400m:	5:15.95 4:37.11 5:15.95	392 40.11 38.84	2
50m: 100m:	36.41 1:17.25	36.41 40.84	150m: 200m:	12 1:57.91 2:38.76	40.66 40.85	250m: 300m:	3:20.03 4:00.14	41.27 40.11	350m: 400m:	5:15.97 4:39.35 5:15.97	392 39.21 36.62	2
50m: 100m:	34.30 1:12.42	34.30 38.12	150m: 200m:	12 1:52.49 2:33.15	40.07 40.66	250m: 300m:	3:13.30 3:54.24	40.15 40.94	350m: 400m:	5:15.99 4:35.44 5:15.99	392 41.20 40.55	2
50m: 100m:	34.34 1:13.73	34.34 39.39	150m: 200m:	12 1:54.70 2:35.20	40.97 40.50	250m: 300m:	3:16.32 3:56.99	41.12 40.67	350m: 400m:	5:16.09 4:37.83 5:16.09	391 40.84 38.26	2
50m: 100m:	34.89 1:13.72	34.89 38.83	150m: 200m:	12 1:54.53 2:35.12	40.81 40.59	250m: 300m:	3:15.58 3:56.17	40.46 40.59	350m: 400m:	5:16.25 4:36.92 5:16.25 5:17.04	391 40.75 39.33 388	
50m: 100m:	35.48 1:15.80	35.48 40.32	150m: 200m:	1:56.10 2:36.84	40.30 40.74	250m: 300m:	3:17.39 3:58.08	40.55 40.69	350m: 400m:	4:38.24 5:17.04 5:17.99	40.16 38.80 384	
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50m: 100m:	36.05 1:16.04	36.05 39.99	150m: 200m:	12 1:57.05 2:38.22	41.01 41.17	250m: 300m:	3:19.73 4:01.30	41.51 41.57	350m: 400m:	5:21.43 4:42.24 5:21.43	372 40.94 39.19	2
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50m: 100m:	33.49 1:11.18	33.49 37.69	150m: 200m:	1:51.65 2:32.86	40.47 41.21	250m: 300m:	3:15.10 3:57.78	42.24 42.68	350m: 400m:	4:40.65 5:22.18	42.87 41.53	
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50m: 100m:	34.88 1:15.19	34.88 40.31	150m: 200m:	12 1:55.70 2:37.68	40.51 41.98	250m: 300m:	3:19.08 4:00.56	41.40 41.48	350m: 400m:	5:22.96 4:42.75 5:22.96	367 42.19 40.21	2
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50m: 100m:	34.58 1:14.59	34.58 40.01	150m: 200m:	12 1:56.67 2:38.44	42.08 41.77	250m: 300m:	3:20.27 4:03.00	41.83 42.73	350m: 400m:	5:25.33 4:44.88 5:25.33	359 41.88 40.45	2
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50m: 100m:	34.89 1:14.52	34.89 39.63	150m: 200m:	12 1:57.71 2:40.34	43.19 42.63	250m: 300m:	3:23.27 4:05.70	42.93 42.43	350m: 400m:	5:27.85 4:48.35 5:27.85	351 42.65 39.50	2
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	50m: 100m:	37.91 1:20.23	37.91 42.32	150m: 200m:	12 2:04.92 2:48.61	44.69 43.69	250m: 300m:	3:31.75 4:15.51	43.14 43.76	350m: 400m:	5:39.63 4:58.79 5:39.63	315 43.28 40.84	2
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	50m: 100m:	36.10 1:18.07	36.10 41.97		12 2:02.13 2:47.20	44.06 45.07	250m: 300m:	3:33.32 4:16.48	46.12 43.16	350m: 400m:	5:42.52 5:00.91 5:42.52	307 44.43 41.61	3
	50m: 100m:	35.82 1:17.37	35.82 41.55	150m: 200m:	13 2:02.58 2:46.56	45.21 43.98	250m: 300m:	3:30.05 4:13.91	43.49 43.86	350m: 400m:	5:42.67 4:58.44 5:42.67	307 44.53 44.23	3
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