, 28. - 30.5.2025

4 , 400m 2011 29.05.2025 - 10:00

29.05.2025 - 10: : 3:59	9.00 /		: 4:15.50) / 1	: 4:35	.50 / 2	: 5	:11.50 / 3	3	: 6:01.00		
: AQUA 2024				. , .	. 1.00				-			
				,								
,				14						4-40-00	F00	
				11						4:12.08	596	
50m:	28.02 59.06	28.02 31.04	150m:	1:30.31 2:00.54	31.25	250m:	2:35.44 3:08.46	34.90 33.02	350m:	3:41.29 4:12.08	32.83 30.79	
100m:	39.00	31.04	200111.	2.00.54	30.23	300m:	3.00.40	33.02	400m:	4.12.00	30.79	
				11						4:19.34	548	1
50m:	29.62	29.62	150m:	1:34.14	32.49	250m:	2:40.31	33.25	350m:	3:46.89	32.98	
100m:	1:01.65	32.03	200m:	2:07.06	32.92	300m:	3:13.91	33.60	400m:	4:19.34	32.45	
				11						4:19.80	545	1
50m:	29.44	29.44	150m:	1:34.79	32.91	250m:	2:41.66	33.48	350m:	3:48.37	33.33	1
100m:	1:01.88	32.44		2:08.18	33.39	300m:	3:15.04	33.38	400m:	4:19.80	31.43	
100111.	1.01.00	J2.77	200111.	2.00.10	55.55	300111.	5.15.04	33.30	400111.			
				11						4:21.63	533	1
50m:	27.84	27.84	150m:	1:31.26	32.67	250m:	2:38.86	34.35	350m:	3:48.49	34.87	
100m:	58.59	30.75	200m:	2:04.51	33.25	300m:	3:13.62	34.76	400m:	4:21.63	33.14	
				11						4.22.22	530	4
50m:	28.43	28.43	150m:	1:34.54	33.92	250m:	2:42.71	24.42	250m:	4:22.23 3:50.03	33.61	'
100m:	1:00.62	32.19	150m:	2:08.59	34.05	300m:	3:16.42	34.12 33.71	350m:		32.20	
100111.	1.00.02	JZ. 19	200111.		54.05	JUUIII.	J. 10.4Z	JJ.1 I	400m:	4:22.23		
				11						4:27.90	497	1
50m:	29.17	29.17	150m:	1:35.31	33.74	250m:	2:45.08	35.16	350m:	3:55.66	35.10	
100m:	1:01.57	32.40	200m:	2:09.92	34.61	300m:	3:20.56	35.48	400m:	4:27.90	32.24	
				11						4:28.94	491	1
50m:	28.97	28.97	150m:	1:35.40	33.90	250m:	2:44.84	34.77	350m:	3:55.49	35.20	'
	1:01.50	32.53		2:10.07	34.67	300m:		35.45	400m:	4:28.94	33.45	
TOOM.	1.01.00	02.00	200111.	2.10.07	34.07	300111.	5.20.25	55.45	400111.	4.20.54	55.45	
				11						4:30.05	485	1
50m:	29.44	29.44	150m:	1:37.38	34.35	250m:	2:46.61	34.83	350m:	3:56.28	34.45	
100m:	1:03.03	33.59	200m:	2:11.78	34.40	300m:	3:21.83	35.22	400m:	4:30.05	33.77	
				11						4:31.87	475	1
50m:	30.46	30.46	150m:	1:38.95	34.71	250m:	2:48.41	34.77	350m:	3:58.43	34.80	'
100m:	1:04.24	33.78		2:13.64	34.69	300m:	3:23.63	35.22	400m:	4:31.87	33.44	
100111.	1.04.24	55.76	200111.	2.15.04	34.03	300111.	5.25.05	33.22	400111.			
				11						4:31.94	475	1
50m:	29.21	29.21	150m:	1:36.75	34.48	250m:	2:46.43	34.67	350m:	3:56.70	35.92	
100m:	1:02.27	33.06	200m:	2:11.76	35.01	300m:	3:20.78	34.35	400m:	4:31.94	35.24	
				11						4:32.04	474	1
50m:	30.73	30.73	150m:	1:39.97	34.80	250m:	2:49.62	34.85	350m:	3:58.43	34.29	•
100m:	1:05.17	34.44		2:14.77	34.80	300m:	3:24.14	34.52	400m:	4:32.04	33.61	
100111.	1.00.11	0	2001111		01.00	000111.	0.2	01.02	100111.	1.02.01		
				11						4:32.80	470	1
50m:	28.16	28.16	150m:	1:36.18	35.19	250m:	2:46.91	35.03	350m:	3:58.38	35.69	
100m:	1:00.99	32.83	200m:	2:11.88	35.70	300m:	3:22.69	35.78	400m:	4:32.80	34.42	
				11						4:33.74	466	1
50m:	29.80	29.80	150m:	1:37.37	34.65	250m:	2:48.30	35.44	350m:	4:00.17	35.82	•
100m:	1:02.72	32.92		2:12.86	35.49	300m:		36.05	400m:	4:33.74	33.57	
100111.		JV-			20.10			20.00				
				11						4:34.19	463	1
50m:	28.11	28.11	150m:	1:37.11	35.05	250m:	2:48.14	35.63	350m:	3:59.72	35.90	
100m:	1:02.06	33.95	200m:	2:12.51	35.40	300m:	3:23.82	35.68	400m:	4:34.19	34.47	
				11						4:34.53	462	1
50m:	29.72	29.72	150m:	1:40.46	36.33	250m:	2:52.93	36.31	350m:	4:03.83	35.06	ı
100m:	1:04.13	34.41	200m:	2:16.62	36.33	300m:	3:28.77	35.84	400m:	4:03.63 4:34.53	30.70	
	, .	• •										
				11						4:34.69	461	1
50m:	29.00	29.00	150m:	1:36.41	34.45	250m:	2:47.11	35.38	350m:	3:59.81	36.12	
100m:	1:01.96	32.96	200m:	2:11.73	35.32	300m:	3:23.69	36.58	400m:	4:34.69	34.88	
				11						4:34.84	460	1
E0m:	30.16	30.46	150~		35.04	250m:	2:52.30	35.76	350~-	4:02.34	34.24	'
50m: 100m:	1:04.42	30.16 34.26	150m: 200m:	1:40.36 2:16.54	35.94 36.18	300m:	3:28.10	35.76 35.80	350m: 400m:	4:02.34 4:34.84	32.50	
100111.	1.57.72	54.20	_00111.	2.10.04	50.10	500111.	5.20.10	55.50	.00111.	1.5-1.5-	52.50	

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4,		, 400m		, 2	2011							
,				/								
50m: 100m:	29.93 1:05.09	29.93 35.16	150m: 200m:	11 1:40.92 2:16.63	35.83 35.71	250m: 300m:	2:52.39 3:27.37	35.76 34.98	350m: 400m:	4:35.34 4:02.78 4:35.34	458 35.41 32.56	1
50m: 100m:	29.78 1:04.20	29.78 34.42	150m: 200m:	11 1:40.04 2:16.06	35.84 36.02	250m: 300m:	2:52.52 3:28.51	36.46 35.99	350m: 400m:	4:35.55 4:04.45 4:35.55	457 35.94 31.10	2
50m: 100m:	30.93 1:04.36	30.93 33.43	150m:	11 1:38.96 2:14.15	34.60 35.19	250m: 300m:	2:49.62 3:25.24	35.47 35.62	350m: 400m:	4:36.08 4:01.30 4:36.08	454 36.06 34.78	2
50m:	28.42	28.42	150m:	11 1:36.36	35.10	250m:	2:48.37	36.22	350m:	4:36.46 4:01.15	452 36.26	2
100m: 50m:	1:01.26 30.00	32.84	200m: 150m:	2:12.15 11 1:39.29	35.79 35.45		3:24.89 2:51.64	36.52 36.31	400m: 350m:	4:36.46 4:36.78 4:03.59	35.31 450 36.20	2
	1:03.84	33.84		2:15.33	36.04		3:27.39	35.75		4:36.78 4:36.84	33.19 450	2
50m: 100m:	30.76 1:04.77	30.76 34.01		1:39.79 2:15.17	35.02 35.38		2:50.77 3:26.44	35.60 35.67	350m: 400m:	4:02.25 4:36.84	35.81 34.59	2
50m: 100m:	29.20 1:04.26	29.20 35.06		11 1:39.51 2:15.44	35.25 35.93	250m: 300m:	2:51.86 3:28.17	36.42 36.31	350m: 400m:	4:38.44 4:04.02 4:38.44	442 35.85 34.42	2
50m: 100m:	32.15 1:08.02	32.15 35.87	150m: 200m:	11 1:44.00 2:19.73	35.98 35.73	250m: 300m:	2:55.56 3:31.44	35.83 35.88	350m: 400m:	4:38.48 4:06.10 4:38.48	442 34.66 32.38	2
50m: 100m:	29.48 1:03.33	29.48 33.85	150m: 200m:	11 1:38.95 2:14.49	35.62 35.54	250m: 300m:	2:50.48 3:26.65	35.99 36.17	350m: 400m:	4:38.51 4:03.13 4:38.51	442 36.48 35.38	2
50m: 100m:	30.94 1:06.23	30.94 35.29	150m: 200m:	11 1:42.67 2:18.75	36.44 36.08	250m: 300m:	2:55.15 3:31.18	36.40 36.03	350m: 400m:	4:38.62 4:06.71 4:38.62	442 35.53 31.91	2
50m: 100m:	30.96 1:06.52	30.96 35.56		12 1:42.76 2:18.70	36.24 35.94		2:55.25 3:31.64	36.55 36.39	350m: 400m:	4:38.80 4:06.18 4:38.80	441 34.54 32.62	2
50m: 100m:	30.64 1:05.43	30.64 34.79	150m: 200m:	12 1:41.14 2:17.35	35.71 36.21	250m: 300m:	2:53.87 3:29.81	36.52 35.94	350m: 400m:	4:38.89 4:05.49 4:38.89	440 35.68 33.40	2
50m: 100m:	30.51 1:05.31	30.51 34.80	150m: 200m:	11 1:41.03 2:16.75	35.72 35.72	250m: 300m:	2:52.75 3:28.71	36.00 35.96	350m: 400m:	4:39.15 4:04.60 4:39.15	439 35.89 34.55	2
50m: 100m:	30.58 1:05.43	30.58 34.85	150m: 200m:	12 1:40.58 2:16.74	35.15 36.16	250m: 300m:	2:51.89 3:28.50	35.15 36.61	350m: 400m:	4:39.16 4:04.63 4:39.16	439 36.13 34.53	2
50m: 100m:	31.09 1:05.97	31.09 34.88	150m: 200m:	12 1:40.91 2:16.66	34.94 35.75	250m: 300m:	2:51.94 3:28.39	35.28 36.45	350m: 400m:	4:40.03 4:05.10 4:40.03	435 36.71 34.93	2
50m: 100m:	29.80 1:04.52	29.80 34.72	150m: 200m:	11 1:40.20 2:16.66	35.68 36.46	250m: 300m:	2:53.16 3:29.80	36.50 36.64	350m: 400m:	4:40.72 4:05.99 4:40.72	432 36.19 34.73	2
50m: 100m:	31.41 1:06.86	31.41 35.45	150m: 200m:	11 1:43.52 2:19.97	36.66 36.45	250m: 300m:	2:56.38 3:32.97	36.41 36.59	350m: 400m:	4:40.98 4:06.86 4:40.98	431 33.89 34.12	2
50m: 100m:	30.64 1:04.77	30.64 34.13	150m:	12 1:40.86 2:16.84	36.09 35.98	250m: 300m:	2:53.30 3:29.90	36.46 36.60	350m: 400m:	4:41.02 4:06.28 4:41.02	430 36.38 34.74	2

4,		, 400m		, 2	2011							
50m: 100m:	31.58 1:05.55	31.58 33.97	150m: 200m:	/ 12 1:40.97 2:17.05	35.42 36.08	250m: 300m:	2:53.47 3:29.73	36.42 36.26	350m: 400m:	4:41.27 4:06.76 4:41.27	429 37.03 34.51	2
50m: 100m:	30.90 1:05.82	30.90 34.92	150m: 200m:	11 1:42.53 2:19.24	36.71 36.71	250m: 300m:	2:55.63 3:31.99	36.39 36.36	350m: 400m:	4:41.52 4:07.40 4:41.52		2
50m: 100m:	30.77 1:05.57	30.77 34.80	150m: 200m:	12 1:41.40 2:17.30	35.83 35.90	250m: 300m:	2:54.06 3:31.70	36.76 37.64	350m: 400m:	4:42.52 4:08.61 4:42.52	424 36.91 33.91	2
50m: 100m:	31.98 1:06.99	31.98 35.01	150m: 200m:	11 1:42.66 2:19.27	35.67 36.61	250m: 300m:	2:55.53 3:32.58	36.26 37.05	350m: 400m:	4:42.66 4:08.49 4:42.66	423 35.91 34.17	2
50m: 100m:	31.92 1:07.61	31.92 35.69	150m: 200m:	11 1:43.93 2:20.25	36.32 36.32	250m: 300m:	2:55.96 3:32.27	35.71 36.31	350m: 400m:	4:42.72 4:08.44 4:42.72	423 36.17 34.28	2
50m: 100m:	30.61 1:05.70	30.61 35.09	150m: 200m:	11 1:42.30 2:18.80	36.60 36.50	250m: 300m:	2:55.66 3:32.06	36.86 36.40	350m: 400m:	4:43.27 4:08.49 4:43.27	420 36.43 34.78	2
50m: 100m:	30.72 1:06.26	30.72 35.54	150m: 200m:	11 1:42.48 2:19.01	36.22 36.53	250m: 300m:	2:55.16 3:32.43	36.15 37.27	350m: 400m:	4:43.66 4:08.50 4:43.66	418 36.07 35.16	2
50m: 100m:	30.06 1:04.42	30.06 34.36	150m: 200m:	11 1:40.87 2:17.56	36.45 36.69	250m: 300m:	2:54.48 3:31.91	36.92 37.43	350m: 400m:	4:43.98 4:08.70 4:43.98	417 36.79 35.28	2
50m: 100m:	30.79 1:05.69	30.79 34.90	150m: 200m:	11 1:41.78 2:17.74	36.09 35.96	250m: 300m:	2:54.63 3:31.59	36.89 36.96	350m: 400m:	4:44.68 4:09.05 4:44.68	414 37.46 35.63	2
50m: 100m:	32.41 1:08.78	32.41 36.37	150m: 200m:	12 1:44.76 2:21.31	35.98 36.55	250m: 300m:	2:57.18 3:33.97	35.87 36.79	350m: 400m:	4:44.79 4:10.20 4:44.79	413 36.23 34.59	2
50m: 100m:	30.84 1:06.44	30.84 35.60		11 1:42.35 2:18.90	35.91 36.55	250m: 300m:	2:55.81 3:33.11	36.91 37.30	350m: 400m:	4:45.04 4:09.63 4:45.04	412 36.52 35.41	2
50m: 100m:	30.96 1:06.40	30.96 35.44	150m: 200m:	12 1:42.33 2:18.99	35.93 36.66		2:55.85 3:32.15	36.86 36.30	350m: 400m:	4:45.43 4:26.98 4:45.43	411 54.83 18.45	2
50m: 100m:	31.94 1:08.43	31.94 36.49	150m: 200m:	11 1:44.86 2:21.26	36.43 36.40	250m: 300m:	2:57.71 3:34.41	36.45 36.70	350m: 400m:	4:45.56 4:10.68 4:45.56	410 36.27 34.88	2
50m: 100m:	29.66 1:04.08	29.66 34.42	150m: 200m:	11 1:40.76 2:18.44	36.68 37.68	250m: 300m:	2:56.03 3:33.32	37.59 37.29	350m: 400m:	4:45.80 4:10.62 4:45.80	409 37.30 35.18	2
50m: 100m:	31.70 1:07.44	31.70 35.74	150m: 200m:	12 1:43.84 2:19.79	36.40 35.95		2:55.69 3:33.87	35.90 38.18	350m: 400m:	4:45.84 4:10.69 4:45.84	409 36.82 35.15	2
50m: 100m:	31.82 1:08.17	31.82 36.35	150m: 200m:	11 1:45.36 2:22.92	37.19 37.56	250m: 300m:	2:58.53 3:35.11	35.61 36.58	350m: 400m:	4:46.28 4:10.64 4:46.28	407 35.53 35.64	2
50m: 100m:	30.71 1:05.79	30.71 35.08	150m: 200m:	11 1:42.71 2:19.68	36.92 36.97	250m: 300m:	2:56.69 3:33.99	37.01 37.30	350m: 400m:	4:46.36 4:10.68 4:46.36	407 36.69 35.68	2
50m: 100m:	30.99 1:06.01	30.99 35.02	150m: 200m:	11 1:41.14 2:17.33	35.13 36.19	250m: 300m:	2:54.49 3:32.59	37.16 38.10	350m: 400m:	4:46.86 4:09.90 4:46.86	405 37.31 36.96	2

4,		, 400m		, 2	2011							
, 50m: 100m:	31.71 1:06.89	31.71 35.18	150m: 200m:	/ 11 1:43.58 2:20.84	36.69 37.26	250m: 300m:	2:58.03 3:35.08	37.19 37.05	350m: 400m:	4:46.96 4:12.27 4:46.96	404 37.19 34.69	2
50m: 100m:	31.01 1:06.04	31.01 35.03	150m: 200m:	11 2:00.82 2:38.03	54.78 37.21	250m: 300m:	3:15.12 3:52.61	37.09 37.49	350m: 400m:	4:47.06 4:30.11 4:47.06	404 37.50 16.95	2
50m: 100m:	31.14 1:05.57	31.14 34.43	150m: 200m:	11 1:42.35 2:19.68	36.78 37.33	250m: 300m:	2:57.07 3:34.50	37.39 37.43	350m: 400m:	4:47.11 4:11.78 4:47.11	404 37.28 35.33	2
50m: 100m:	29.74 1:04.74	29.74 35.00	150m: 200m:	11 1:41.43 2:19.03	36.69 37.60	250m: 300m:	2:56.23 3:33.72	37.20 37.49	350m: 400m:	4:47.17 4:11.39 4:47.17	403 37.67 35.78	2
50m: 100m:	31.97 1:07.53	31.97 35.56	150m: 200m:	11 1:43.38 2:20.15	35.85 36.77	250m: 300m:	2:57.61 3:35.75	37.46 38.14	350m: 400m:	4:47.41 4:13.02 4:47.41	402 37.27 34.39	2
50m: 100m:	31.44 1:07.24	31.44 35.80	150m: 200m:	12 1:43.85 2:20.87	36.61 37.02	250m: 300m:	2:58.47 3:36.16	37.60 37.69	350m: 400m:	4:47.68 4:13.49 4:47.68	401 37.33 34.19	2
50m: 100m:	30.72 1:05.62	30.72 34.90	150m: 200m:	12 1:42.14 2:19.90	36.52 37.76	250m: 300m:	2:58.13 3:35.69	38.23 37.56	350m: 400m:	4:47.73 4:13.36 4:47.73	401 37.67 34.37	2
50m: 100m:	31.19 1:06.30	31.19 35.11	150m: 200m:	11 1:43.15 2:20.34	36.85 37.19	250m: 300m:	2:57.95 3:35.65	37.61 37.70	350m: 400m:	4:47.74 4:12.79 4:47.74	401 37.14 34.95	2
50m: 100m:	29.62 1:04.24	29.62 34.62	150m: 200m:	11 1:40.64 2:18.57	36.40 37.93	250m: 300m:	2:56.33 3:34.17	37.76 37.84	350m: 400m:	4:47.82 4:13.02 4:47.82	401 38.85 34.80	2
50m: 100m:	32.01 1:07.77	32.01 35.76	150m: 200m:	11 1:44.49 2:21.52	36.72 37.03	250m: 300m:	2:58.89 3:36.27	37.37 37.38	350m: 400m:	4:48.05 4:13.61 4:48.05	400 37.34 34.44	2
50m: 100m:	31.21 1:06.39	31.21 35.18	150m: 200m:	2:39.42	55.57 37.46	250m: 300m:	3:17.03 3:54.36	37.61 37.33	350m: 400m:	4:48.19 4:31.26 4:48.19	399 36.90 16.93	2
50m: 100m:	30.74 1:06.13	30.74 35.39	150m: 200m:	12 1:42.77 2:20.01	36.64 37.24	250m: 300m:	2:56.79 3:33.47	36.78 36.68	350m: 400m:	4:48.28 4:08.18 4:48.28	399 34.71 40.10	2
50m: 100m:	31.55 1:07.72	31.55 36.17	150m: 200m:	12 2:03.93 2:41.27	56.21 37.34	250m: 300m:	3:18.87 3:55.79	37.60 36.92	350m: 400m:	4:48.46 4:31.72 4:48.46	398 35.93 16.74	
50m: 100m:	32.62 1:08.38	32.62 35.76	150m: 200m:	11 1:44.74 2:21.33	36.36 36.59	250m: 300m:	2:58.58 3:35.67	37.25 37.09	350m: 400m:	4:48.47 4:13.17 4:48.47	398 37.50 35.30	
50m: 100m:	31.37 1:06.97	31.37 35.60	150m: 200m:	12 1:43.53 2:20.94	36.56 37.41	250m: 300m:	2:57.67 3:33.95	36.73 36.28	350m: 400m:	4:48.53 4:10.94 4:48.53	398 36.99 37.59	
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50m: 100m:	32.25 1:07.53	32.25 35.28	150m: 200m:	12 1:44.08 2:19.69	36.55 35.61	250m: 300m:	2:55.82 3:31.01	36.13 35.19	350m: 400m:	4:48.81 4:06.86 4:48.81	396 35.85 41.95	2

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)m:	31.20	31.20		11 1:42.58	36.41	250m:	2:57.63	38.05	350m:	4:49.17 4:13.13	37.39	2
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100)m:	1:08.61	36.93	200m:	2:23.34	37.65	300m:	3:37.83	37.06	400m:	4:52.15 4:52.45	38.71 382	2
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50m: 100m:	30.84 1:07.39	30.84 36.55	150m: 200m:	11 1:44.95 2:23.08	37.56 38.13	250m: 300m:	3:02.07 3:41.39	38.99 39.32	350m: 400m:	4:53.20 4:18.75 4:53.20	379 37.36 34.45	2
50m: 100m:	31.66 1:07.92	31.66 36.26	150m: 200m:	12 1:45.44 2:23.30	37.52 37.86	250m: 300m:	3:01.18 3:38.94	37.88 37.76	350m: 400m:	4:53.51 4:16.93 4:53.51	378 37.99 36.58	2
50m: 100m:	32.53 1:08.30	32.53 35.77	150m: 200m:	11 1:45.24 2:22.76	36.94 37.52	250m: 300m:	3:00.92 3:38.45	38.16 37.53	350m: 400m:	4:53.65 4:16.22 4:53.65	377 37.77 37.43	2
50m: 100m:	30.83 1:06.44	30.83 35.61	150m: 200m:	11 1:43.86 2:22.08	37.42 38.22	250m: 300m:	2:59.96 3:38.65	37.88 38.69	350m: 400m:	4:53.72 4:16.72 4:53.72	377 38.07 37.00	2
50m: 100m:	31.70 1:08.83	31.70 37.13	150m: 200m:	12 1:46.70 2:24.80	37.87 38.10	250m: 300m:	3:03.29 3:40.24	38.49 36.95	350m: 400m:	4:54.03 4:17.35 4:54.03	376 37.11 36.68	2
50m: 100m:	32.56 1:09.07	32.56 36.51	150m: 200m:	11 1:45.76 2:22.87	36.69 37.11	250m: 300m:	2:59.83 3:37.60	36.96 37.77	350m: 400m:	4:54.27 4:16.07 4:54.27	375 38.47 38.20	2
50m: 100m:	33.41 1:10.21	33.41 36.80	150m: 200m:	11 1:47.93 2:25.86	37.72 37.93	250m: 300m:	3:03.87 3:42.02	38.01 38.15	350m: 400m:	4:54.59 4:18.65 4:54.59	36.63 35.94	2
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50m: 100m:	30.99 1:07.27	30.99 36.28	150m: 200m:	2:03.64 2:41.95	56.37 38.31	250m: 300m:	3:20.72 3:58.88	38.77 38.16	350m: 400m:	4:55.29 4:37.58 4:55.29	371 38.70 17.71	2
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50m: 100m:	32.51 1:10.00	32.51 37.49	150m: 200m:	11 1:48.59 2:27.33	38.59 38.74	250m: 300m:	3:05.64 3:43.37	38.31 37.73	350m: 400m:	4:55.85 4:19.65 4:55.85	369 36.28 36.20	
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50m: 100m:	34.11 1:12.77	34.11 38.66	150m: 200m:	11 1:50.85 2:29.12	38.08 38.27	250m: 300m:	3:07.16 3:45.90	38.04 38.74	350m: 400m:	4:56.65 4:56.65	366 37.44 33.31	2
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50m: 100m:	32.33 1:08.46	32.33 36.13	150m: 200m:	11 1:46.13 2:24.11	37.67 37.98	250m: 300m:	3:02.15 3:40.66	38.04 38.51	350m: 400m:	4:57.44 4:19.81 4:57.44	363 39.15 37.63	2
50m: 100m:	32.90 1:09.40	32.90 36.50		11 1:47.01 2:24.91	37.61 37.90	250m: 300m:	3:03.23 3:41.31	38.32 38.08	350m: 400m:	4:57.66 4:19.85 4:57.66	362 38.54 37.81	2
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50m: 100m:	31.92 1:08.59	31.92 36.67		12 1:47.25 2:26.20	38.66 38.95	250m: 300m:	3:05.36 3:44.96	39.16 39.60	350m: 400m:	4:59.12 4:23.90 4:59.12	357 38.94 35.22	2
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50m: 100m:	32.34 1:07.00	32.34 34.66		11 1:43.94 2:22.40	36.94 38.46	250m: 300m:	3:00.58 3:40.41	38.18 39.83	350m: 400m:	4:59.83 4:20.86 4:59.83	354 40.45 38.97	2
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50m: 100m:	32.43 1:10.03	32.43 37.60		11 1:48.48 2:27.41	38.45 38.93	250m: 300m:	3:06.91 3:46.47	39.50 39.56	350m: 400m:	5:01.94 4:25.38 5:01.94	347 38.91 36.56	2
50m: 100m:	33.80 1:11.73	33.80 37.93		12 1:50.37 2:30.15	38.64 39.78	250m: 300m:	3:09.64 3:48.39	39.49 38.75	350m: 400m:	5:01.95 4:26.90 5:01.95	347 38.51 35.05	2
50m: 100m:	33.19 1:11.32	33.19 38.13	150m: 200m:	11 1:50.54 2:29.74	39.22 39.20	250m: 300m:	3:08.88 3:47.80	39.14 38.92	350m: 400m:	5:02.78 4:26.94 5:02.78	344 39.14 35.84	2
50m: 100m:	32.53 1:09.82	32.53 37.29	150m: 200m:	11 1:48.66 2:27.89	38.84 39.23	250m: 300m:	3:06.71 3:46.19	38.82 39.48	350m: 400m:	5:02.83 4:26.45 5:02.83	344 40.26 36.38	2
50m: 100m:	33.63 1:11.50	33.63 37.87		11 1:49.54 2:28.46	38.04 38.92	250m: 300m:	3:08.05 3:47.53	39.59 39.48	350m: 400m:	5:02.89 4:25.83 5:02.89	344 38.30 37.06	2
50m: 100m:	32.50 1:10.20	32.50 37.70	150m: 200m:	12 1:48.95 2:28.13	38.75 39.18	250m: 300m:	3:06.94 3:46.64	38.81 39.70	350m: 400m:	5:03.22 4:25.95 5:03.22	342 39.31 37.27	2
50m: 100m:	33.04 1:10.52	33.04 37.48	150m: 200m:	12 1:49.11 2:28.15	38.59 39.04	250m: 300m:	3:07.73 3:47.08	39.58 39.35	350m: 400m:	5:03.47 4:26.53 5:03.47	342 39.45 36.94	2
50m: 100m:	33.03 1:10.82	33.03 37.79	150m: 200m:	11 1:50.39 2:29.25	39.57 38.86	250m: 300m:	3:09.12 3:48.60	39.87 39.48	350m: 400m:	5:03.52 4:28.11 5:03.52	341 39.51 35.41	2
50m: 100m:	32.35 1:09.89	32.35 37.54	150m: 200m:	11 1:49.01 2:28.75	39.12 39.74	250m: 300m:	3:09.30 3:47.89	40.55 38.59	350m: 400m:	5:03.52 4:27.13 5:03.52	341 39.24 36.39	2
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50m: 100m:	34.10 1:13.31	34.10 39.21	150m: 200m:	11 1:52.99 2:32.40	39.68 39.41	250m: 300m:	3:12.05 3:50.80	39.65 38.75	350m: 400m:	5:03.71 4:28.12 5:03.71	341 37.32 35.59	2
50m: 100m:	33.77 1:11.47	33.77 37.70	150m: 200m:	11 1:50.48 2:29.36	39.01 38.88	250m: 300m:	3:08.30 3:48.04	38.94 39.74	350m: 400m:	5:04.16 4:26.82 5:04.16	339 38.78 37.34	2
50m: 100m:	32.68 1:10.60	32.68 37.92	150m: 200m:	11 1:48.96 2:28.26	38.36 39.30	250m: 300m:	3:07.93 3:48.61	39.67 40.68	350m: 400m:	5:04.25 4:27.87 5:04.25	339 39.26 36.38	2
50m: 100m:	33.57 1:11.34	33.57 37.77	150m: 200m:	11 1:50.20 2:29.37	38.86 39.17	250m: 300m:	3:09.04 3:48.27	39.67 39.23	350m: 400m:	5:04.73 4:27.26 5:04.73	337 38.99 37.47	2
50m: 100m:	33.17 1:11.06	33.17 37.89	150m: 200m:	11 1:50.40 2:29.56	39.34 39.16	250m: 300m:	3:08.86 3:48.86	39.30 40.00	350m: 400m:	5:05.87 4:28.06 5:05.87	334 39.20 37.81	2
50m: 100m:	30.64 1:07.75	30.64 37.11	150m: 200m:	11 1:47.57 2:26.41	39.82 38.84	250m: 300m:	3:07.10 3:45.86	40.69 38.76	350m: 400m:	5:05.98 4:26.56 5:05.98	333 40.70 39.42	2
50m: 100m:	33.08 1:10.80	33.08 37.72	150m: 200m:	12 1:48.95 2:28.27	38.15 39.32	250m: 300m:	3:08.74 3:48.33	40.47 39.59	350m: 400m:	5:06.78 4:30.05 5:06.78	331 41.72 36.73	2

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100m:	1:10.04	37.25	200m:	2:28.46	39.11	300m:	3:47.80	39.94	400m:	5:06.82	38.88	
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				12						5:07.18	329	2
50m:	33.46	33.46		1:50.21	38.93	250m:	3:10.48	40.14	350m:	4:29.22	38.97	
100m:	1:11.28	37.82	200m:	2:30.34	40.13	300m:	3:50.25	39.77	400m:	5:07.18	37.96	
50	00.00	00.00	450	11	00.07	050	0.40.04	00.40	050	5:07.40	329	2
50m: 100m:	33.38 1:13.13	33.38 39.75		1:53.10 2:32.91	39.97 39.81	250m: 300m:	3:12.34 3:51.63	39.43 39.29	350m: 400m:	4:30.45 5:07.40	38.82 36.95	
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50m:	33.15	33.15	150m:	1:50.55	39.54	250m:	3:09.71	39.27	350m:	4:30.14	40.34	_
100m:	1:11.01	37.86	200m:	2:30.44	39.89	300m:	3:49.80	40.09	400m:	5:07.77	37.63	
				12						5:09.47	322	2
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50m:	32.11	32.11	150m:	11 1:47.55	38.37	250m:	3:07.61	40.51	350m:	5:10.35 4:30.39	319 41.24	2
100m:	1:09.18	37.07		2:27.10	39.55	300m:	3:49.15	41.54	400m:	5:10.35	39.96	
				12						5:10.42	319	2
50m:	34.37	34.37	150m:	1:52.59	39.82	250m:	3:12.29	39.73	350m:	4:31.84	39.79	
100m:	1:12.77	38.40	200m:	2:32.56	39.97	300m:	3:52.05	39.76	400m:	5:10.42	38.58	
50m:	34.04	34.04	150m:	12 1:51.67	39.16	250m:	3:12.23	40.29	350m:	5:11.92 4:33.14	315 40.26	3
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				12						5:12.53	313	3
50m:	35.13	35.13		1:53.75	39.76		3:13.60	40.01	350m:	4:31.96	38.35	Ū
100m:	1:13.99	38.86	200m:	2:33.59	39.84	300m:	3:53.61	40.01	400m:	5:12.53	40.57	
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50m: 100m:	33.87 1:13.80	33.87 39.93	150m: 200m:	1:54.71 2:35.68	40.91 40.97	250m: 300m:	3:15.81 3:56.01	40.13 40.20	350m: 400m:	4:35.10 5:12.68	39.09 37.58	
				11						5:13.34	310	2
50m:	33.70	33.70	150m:	1:53.35	40.20	250m:	3:13.46	40.15	350m:	4:33.21	40.08	3
	1:13.15	39.45	200m:	2:33.31	39.96	300m:	3:53.13	39.67	400m:	5:13.34	40.13	
				12						5:14.82	306	3
50m: 100m:	33.47 1:11.79	33.47 38.32	150m:	1:52.14 2:32.35	40.35 40.21	250m: 300m:	3:12.86 3:53.90	40.51 41.04	350m: 400m:	4:34.94 5:14.82	41.04 39.88	
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100m:	1:08.51	36.91		2:30.17	41.20	300m:	3:52.51	40.71	400m:	5:14.83	40.22	
				12						5:15.02	305	3
50m:	33.52	33.52	150m:	1:52.72	40.60	250m:	3:12.60	39.59	350m:	4:32.32	39.76	
100m:	1:12.12	38.60	200m:	2:33.01	40.29	300m:	3:52.56	39.96	400m:	5:15.02	42.70	
50	0470	0.4.70	450	12	40.40	050	0.44.50	40.50	050	5:15.68	303	3
50m: 100m:	34.70 1:12.67	34.70 37.97	150m: 200m:	1:53.09 2:34.03	40.42 40.94	250m: 300m:	3:14.56 3:55.21	40.53 40.65	350m: 400m:	4:35.77 5:15.68	40.56 39.91	
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50m:	33.17	33.17	150m:	1:52.85	40.88	250m:	3:15.21	40.99	350m:	4:37.70	41.32	J
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50m: 100m:	33.46 1:13.14	33.46 39.68		13 1:53.40 2:34.33	40.26 40.93	250m: 300m:	3:16.65 3:56.41	42.32 39.76	350m: 400m:	5:16.69 4:37.86 5:16.69	301 41.45 38.83	3
				12						5:17.98	297	3
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50m: 100m:	34.24 1:12.37	34.24 38.13		11 1:51.75 2:32.80	39.38 41.05		3:14.80 3:57.62	42.00 42.82		5:18.39 4:37.97 5:18.39	296 40.35 40.42	3
				12						5:19.45	293	3
50m: 100m:	33.86 1:13.56	33.86 39.70		1:54.12 2:34.90	40.56 40.78		3:16.69 3:58.99	41.79 42.30	350m: 400m:	4:40.73 5:19.45	41.74 38.72	
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50m: 100m:	33.92 1:13.45	33.92 39.53		11 1:55.11 2:36.68	41.66 41.57		3:17.84 3:58.98	41.16 41.14		5:19.88 4:40.25 5:19.88	292 41.27 39.63	3
50m:	33.08	33.08		2.30.00 11 1:53.81	41.38	250m:	3:17.52	41.14		5:21.37 4:41.18	288 42.43	3
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50m: 100m:	37.33 1:17.54	37.33 40.21		1:58.93 2:40.36	41.39 41.43	250m: 300m:	3:21.44 4:02.21	41.08 40.77	350m: 400m:		41.07 39.99	Ü
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50m:	32.72	32.72	150m:	11 1:52.37	41.24	250m:	3:19.51	44.62	350m:	5:32.47 4:47.43	260 44.06	3
100m:	1:11.13	38.41	200m:		42.52	300m:	4:03.37	43.86	400m:	5:32.47	45.04	0
50m: 100m:	37.63 1:18.72	37.63 41.09	150m: 200m:	12 2:01.59 2:43.36	42.87 41.77	250m: 300m:	3:26.47 4:09.52	43.11 43.05	350m: 400m:	5:33.84 4:51.72 5:33.84	256 42.20 42.12	3
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50m: 100m:	36.45 1:18.16	36.45 41.71	150m:	13 2:01.24 2:44.83	43.08 43.59	250m: 300m:	3:28.04 4:11.53	43.21 43.49	350m: 400m:	5:37.50 4:55.20 5:37.50	248 43.67 42.30	3
50m:	36.53	36.53	150m:	13 2:04.06	44.70	250m:	3:31.99	44.28	350m:	5:39.35 4:59.64	244 43.43	3
100m:	1:19.36	42.83	200m:	2:47.71	43.65	300m:	4:16.21	44.22	400m:	5:39.35	39.71	0
50m: 100m:	36.18 1:19.80	36.18 43.62	150m: 200m:	12 2:03.98 2:48.22	44.18 44.24	250m: 300m:	3:32.65 4:18.19	44.43 45.54	350m: 400m:	5:46.36 5:02.39 5:46.36	230 44.20 43.97	3

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