, 28. - 30.5.2025

1 , 400m 2012 28.05.2025 - 10:00

		3.00 /		: 4:39.50) / 1	: 5:00	.50 / 2	: 5	:40.00 / 3	 	: 6:28.50		
: AQUA	2024												
	,				/								
1.					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	
2.					12						4:40.91	558	1
۷.	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		2:18.04	36.13	300m:	3:30.51	36.23	400m:	4:40.91	33.91	
			000				000	0.00.0	00.22				
3.					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	
4.					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	
5.					12						4:45.72	530	1
J.	50m:	32.11	32.11	150m:	1:43.48	36.17	250m:	2:56.11	36.35	350m:	4:09.51	36.61	1
	100m:	1:07.31	35.20		2:19.76	36.28	300m:	3:32.90	36.79	400m:	4:45.72	36.21	
e													4
6.	E0	20.00	20.00	150	12	26.00	250	0.E7 40	26.64	250	4:47.18	522	1
	50m: 100m:	32.36 1:08.28	32.36 35.92	150m: 200m:	1:44.48 2:20.81	36.20 36.33	250m: 300m:	2:57.42 3:34.74	36.61 37.32	350m: 400m:	4:11.23 4:47.18	36.49 35.95	
	. 50111.		55.0 L			55.00	0001111	0.0	JOL				
7.					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	
8.					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	
9.					12						4:51.81	497	1
٥.	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		2:22.85	37.47	300m:	3:37.90	37.81	400m:	4:51.81	36.77	
40					40								_
10.	50	24.50	24.50	450	12	20.07	050	0.50.40	27.20	250	4:52.68	493	1
	50m: 100m:	31.56 1:06.66	31.56 35.10	150m:	1:43.53 2:21.04	36.87 37.51	250m: 300m:	2:58.43 3:37.51	37.39 39.08	350m: 400m:	4:15.46 4:52.68	37.95 37.22	
	100111.	1.00.00	00.10	200111.		07.01	000111.	0.07.01	00.00	400111.			
11.					12						4:53.49	489	1
	50m:	33.66	33.66		1:47.11	36.75	250m:		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.					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	
13.					12						4:54.21	485	1
10.	50m:	33.89	33.89	150m:	1:47.40	36.92	250m:	3:02.85	37.07	350m:	4:17.32	36.88	'
		1:10.48	36.59		2:25.78	38.38	300m:	3:40.44	37.59	400m:	4:54.21	36.89	
4.4													
14.	E0	20.07	20.07	150	12	20.42	250	2.02.54	27.60	250	4:56.73	473	1
	50m: 100m:	32.37 1:09.58	32.37 37.21		1:47.71 2:25.91	38.13 38.20	250m: 300m:	3:03.51 3:41.76	37.60 38.25	350m: 400m:	4:20.24 4:56.73	38.48 36.49	
	100111.	1.03.00	01.41	۷۰۰۱۱۱.		50.20	JUUIII.	J.+1./U	50.25	7 00111.			
15.					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	
16.					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	
17.					12						1.50 20	166	1
17.	50m:	32.48	32.48	150m:	1∠ 1:47.54	38.20	250m:	3:04.28	38.53	350m:	4:58.30 4:21.51	466 38.85	ı
		1:09.34	36.86		2:25.75	38.21	300m:		38.38	400m:	4:58.30	36.79	
			55.50	_00111.	0.70	30.E1	500111.	5. 12.00	55.50			55.75	

						,							
	1,	, '	400m		, 20	12							
	,				/								
18.					12						4:58.98	463	1
10.	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	
19.			_		12						5:00.12	457	1
10.	50m:	33.58	33.58	150m:	1:49.88	37.96	250m:	3:06.03	38.07	350m:		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	
20.					12						5:00.13	457	1
20.	50m:	33.41	33.41	150m:	1:50.28	39.20	250m:	3:09.69	40.47	350m:	4:24.41	38.37	•
		1:11.08	37.67		2:29.22	38.94	300m:	3:46.04	36.35	400m:	5:00.13	35.72	
21.					13						5:00.32	456	1
۷۱.	50m:	32.21	32.21	150m·	1:47.15	38.48	250m·	3:04.45	38.37	350m	4:23.18	39.95	'
		1:08.67	36.46		2:26.08	38.93		3:43.23	38.78		5:00.32	37.14	
22.					13						5:01.58	451	2
22.	50m:	31.87	31.87	150m:	1:48.28	38.63	250m·	3:05.28	38.02	350m:	4:24.62	40.07	2
		1:09.65	37.78		2:27.26	38.98		3:44.55	39.27		5:01.58	36.96	
23.					12						5:03.63	442	2
23.	50m:	33.08	33.08	150m·	1∠ 1:47.19	37.73	250m:	3:25.41	59.22	350m:	4:44.45	39.51	2
		1:09.46	36.38		2:26.19	39.00		4:04.94	39.53	400m:	5:03.63	19.18	
0.4					40						F-00 67		0
24.	50m:	33.51	33.51	150m·	12 1:50.59	38.63	250m:	3:07.31	38.58	350m:	5:03.67 4:25.49	441 39.05	2
		1:11.96	38.45		2:28.73	38.14	300m:		39.13		5:03.67	38.18	
25.	F0	22.05	22.05	150	12	20.20	25000	2.06.11	20.00	250~	5:04.35	438	2
	50m:	33.25 1:10.00	33.25 36.75		1:48.28 2:27.03	38.28 38.75		3:06.11 3:46.05	39.08 39.94	400m:	4:26.06 5:04.35	40.01 38.29	
	100111.	1.10.00	00.70	200111.		00.70	000111.	0.40.00	00.04	400111.			
26.	50	00.70	00.70	450	12	00.70	050	0.00.00	00.40	050	5:04.65	437	2
	50m: 100m:	32.79 1:10.22	32.79 37.43		1:49.94 2:29.34	39.72 39.40		3:08.83 3:48.12	39.49 39.29	350m: 400m:	4:27.27 5:04.65	39.15 37.38	
			01110	200		001.10		0	00.20				
27.	50	22.05	22.05	450	12	20.00	050	2.00 50	20.00	250	5:04.85	436	2
	50m:	33.25 1:10.81	33.25 37.56		1:49.90 2:29.69	39.09 39.79	250m: 300m:	3:09.58 3:49.99	39.89 40.41	400m:	4:29.50 5:04.85	39.51 35.35	
			01.00			000	000	0.10.00					
28.	F0	22.02	22.02	15000	12	20.06	250	2.00 57	20.52	250~	5:04.91	436	2
	50m: 100m:	33.03 1:10.43	33.03 37.40		1:49.49 2:29.05	39.06 39.56		3:08.57 3:47.77	39.52 39.20		4:27.07 5:04.91	39.30 37.84	
			01110			00.00	000	0	00.20				
29.	50	22.00	22.00	450	12	20.05	050	0.00.40	40.00	250	5:05.36	434	2
	50m:	33.90 1:11.78	33.90 37.88	150m:	1:50.43 2:29.18	38.65 38.75	250m: 300m:	3:09.18 3:49.00	40.00 39.82	350m: 400m:	4:28.40 5:05.36	39.40 36.96	
	100111.		07.00	2001111		00.70	000111.	0.10.00	00.02	100111.			
30.	50	00.50	00.50	450	12	00.74	050	0.00.00	00.07	050	5:05.75	432	2
	50m: 100m:	32.59 1:10.42	32.59 37.83		1:49.16 2:28.92	38.74 39.76	250m: 300m:	3:08.89 3:48.27	39.97 39.38	350m: 400m:	4:27.39 5:05.75	39.12 38.36	
			01.00	200		000		0.10.21	00.00				
31.	50	00.00	00.00	450	12	00.07	050	0.00.00	00.40	050	5:05.99	431	2
	50m:	32.90 1:10.35	32.90 37.45		1:49.42 2:28.96	39.07 39.54	250m: 300m:	3:08.38 3:47.68	39.42 39.30	350m: 400m:	4:27.20 5:05.99	39.52 38.79	
	100111.	1.10.00	07.40	200111.		00.04	000111.	0.47.00	00.00	400111.			
32.					12						5:06.42	430	2
	50m:	33.81 1:12.05	33.81 38.24	150m:	1:50.98 2:30.19	38.93 39.21	250m: 300m:	3:09.69 3:49.12	39.50 39.43	350m: 400m:	4:28.29 5:06.42	39.17 38.13	
	100111.	1.12.00	30.24	200111.		39.21	300111.	3.43.12	33.43	400111.			
33.					12						5:06.76	428	2
	50m:	34.20 1:12.45	34.20 38.25	150m:	1:51.43 2:30.95	38.98 39.52	250m: 300m:	3:10.84 3:50.44	39.89 39.60	350m: 400m:	4:29.02 5:06.76	38.58 37.74	
	100111.	1.12.43	30.23	200111.	2.30.93	39.32	300III.	3.30.44	39.00	400111.	5.00.76		
34.			_		12		_		_		5:06.99	427	2
	50m:	34.06	34.06	150m:	1:51.20	38.90	250m:	3:09.39	39.35		4:28.09	39.29	
	100m:	1:12.30	38.24	∠uum:	2:30.04	38.84	300m:	3:48.80	39.41	400m:	5:06.99	38.90	
35.					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	

						, 20	30.5.	2023					
	1,	, '	400m		, 20	12							
	,				1								
36.	50m: 100m:	33.54 1:10.98	33.54 37.44		12 1:49.88 2:28.43	38.90 38.55	250m: 300m:	3:07.95 3:47.55	39.52 39.60	350m: 400m:	5:07.36 4:27.87 5:07.36	426 40.32 39.49	2
37.	50m: 100m:	34.71 1:14.18	34.71 39.47		12 1:54.13 2:34.48	39.95 40.35	250m: 300m:	3:14.43 3:53.94	39.95 39.51	350m: 400m:	5:07.90 4:32.55 5:07.90	423 38.61 35.35	2
38.	50m:	35.05	35.05	150m:	12 1:53.23	39.56	250m:	3:12.04	39.20	350m:	5:08.04 4:30.30	423 39.05	2
39.	100m:	1:13.67	38.62	200m:	2:32.84	39.61	300m:	3:51.25	39.21	400m:	5:08.04 5:08.11	37.74 423	2
00.	50m: 100m:	34.92 1:13.01	34.92 38.09		1:51.30 2:31.01	38.29 39.71	250m: 300m:	3:10.46 3:50.40	39.45 39.94	350m: 400m:	4:29.71 5:08.11	39.31 38.40	_
40.	50m:	34.24	34.24		12 1:52.46	39.82	250m:	3:12.42	39.77	350m:	5:08.29 4:30.66	422 38.61	2
41.	100m:	1:12.64	38.40		2:32.65	40.19	300m:	3:52.05	39.63	400m:	5:08.29 5:08.47	37.63 421	2
40	50m: 100m:	33.72 1:11.83	33.72 38.11		1:51.22 2:30.97	39.39 39.75		3:10.78 3:51.38	39.81 40.60	350m: 400m:	5:08.47	39.71 37.38	•
42.	50m: 100m:	34.75 1:14.04	34.75 39.29		13 1:53.93 2:33.52	39.89 39.59	250m: 300m:	3:13.18 3:53.09	39.66 39.91	350m: 400m:	5:08.59 4:32.40 5:08.59	421 39.31 36.19	2
43.	50m: 100m:	34.92 1:13.62	34.92 38.70		12 1:53.37 2:32.67	39.75 39.30	250m: 300m:	3:12.70 3:52.90	40.03 40.20	350m: 400m:	5:09.97 4:32.81 5:09.97	415 39.91 37.16	2
44.	50m: 100m:	33.78 1:11.43	33.78 37.65	150m: 200m:	12 1:50.45 2:30.25	39.02 39.80		3:10.56 3:50.99	40.31 40.43	350m: 400m:	5:10.05 4:30.81 5:10.05	415 39.82 39.24	2
45.	50m:	34.05 1:12.01	34.05 37.96	150m:	12 1:51.10 2:30.44	39.09 39.34		3:10.83 3:50.80	40.39 39.97	350m: 400m:	5:10.67 4:31.30 5:10.67	412 40.50 39.37	2
46.	50m:	35.11	35.11	150m:	12 1:54.07	39.75		3:13.00	39.31	350m:	5:11.05 4:32.12	411 39.51	2
47.		1:14.32	39.21		2:33.69 12 1:54.92	39.62		3:52.61	39.61		5:11.05 5:11.11	38.93	2
40	50m: 100m:	35.59 1:14.70	35.59 39.11	200m:	2:34.97	40.22 40.05	300m:	3:14.11 3:54.08	39.14 39.97	350m: 400m:	5:11.11	38.81 38.22	•
48.	50m: 100m:	34.24 1:13.16	34.24 38.92	150m: 200m:	12 1:52.26 2:33.22	39.10 40.96		3:12.88 3:53.62	39.66 40.74	350m: 400m:	5:11.44 4:32.60 5:11.44	409 38.98 38.84	2
49.	50m: 100m:	33.91 1:13.35	33.91 39.44		13 1:53.74 2:33.62	40.39 39.88		3:13.61 3:53.58	39.99 39.97	350m: 400m:	5:11.90 4:33.78 5:11.90	407 40.20 38.12	2
50.	50m: 100m:	31.62 1:10.25	31.62 38.63	150m: 200m:	12 1:50.64 2:32.30	40.39 41.66		3:13.34 3:54.30	41.04 40.96	350m: 400m:	5:11.92 4:35.52 5:11.92	407 41.22 36.40	2
51.	50m: 100m:	34.49 1:12.39	34.49 37.90	150m:	13 1:51.90 2:32.37	39.51 40.47	250m:	3:12.91 3:53.34	40.54 40.43		5:12.00 4:33.64	407 40.30 38.36	2
52.	50m: 100m:	34.42 1:13.64	34.42 39.22	150m: 200m:	12 1:53.50 2:33.68	39.86 40.18	250m: 300m:	3:13.61 3:53.59	39.93 39.98	350m: 400m:	5:12.79 4:33.86 5:12.79	404 40.27 38.93	2
53.	50m: 100m:	33.71 1:13.01	33.71 39.30		12 1:52.93 2:33.67	39.92 40.74	250m: 300m:	3:13.81 3:53.93	40.14 40.12		5:12.95 4:33.52 5:12.95	403 39.59 39.43	2

						,							
	1,	, 4	400m		, 20	12							
	,				/								
54.					13						5:12.99	403	2
	50m:	33.84	33.84		1:51.66	39.56	250m:		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	
55.					13						5:13.06	403	2
	50m:	33.70 1:12.03	33.70 38.33		1:52.07 2:31.82	40.04 39.75	250m: 300m:	3:11.38 3:51.67	39.56 40.29	350m: 400m:	4:32.24 5:13.06	40.57 40.82	
	100111.	1.12.03	30.33	200111.		39.73	300111.	3.31.07	40.29	400111.			
56.	50m:	34.01	34.01	150m:	12 1:52.39	40.05	250m:	2.12.24	40.78	250m:	5:13.56 4:36.97	401 42.28	2
		1:12.34	38.33		2:32.46	40.03	300m:	3:13.24 3:54.69	41.45	400m:	5:13.56	36.59	
57.					12						5:14.28	398	2
07.	50m:	36.00	36.00	150m:	1:56.88	40.81	250m:	3:18.21	40.83	350m:	4:37.42	39.07	_
		1:16.07	40.07		2:37.38	40.50		3:58.35	40.14		5:14.28	36.86	
58.					12						5:14.45	397	2
	50m:	34.90	34.90	150m:	1:55.53	40.99		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	
59.					12						5:14.60	397	2
	50m:	34.98	34.98		1:55.48	40.93	250m:	3:16.26	40.27		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	
60.					13						5:14.82	396	2
	50m:	34.74 1:14.35	34.74 39.61		1:54.64 2:35.68	40.29 41.04	250m:	3:16.49 3:57.58	40.81 41.09		4:38.73 5:14.82	41.15 36.09	
	100111.	1.14.00	00.01	200111.		71.04	000111.	0.07.00	41.00	400111.			
61.	50m:	34.09	34.09	150m:	12 1:52.87	40.33	250m:	3:14.97	40.69	350m:	5:15.20 4:35.83	395 40.25	2
		1:12.54	38.45		2:34.28	41.41		3:55.58	40.69	400m:		39.37	
62.					12						5:15.95	392	2
02.	50m:	33.87	33.87	150m:	1:53.01	40.36	250m:	3:15.96	41.84	350m:	4:37.11	40.11	2
		1:12.65	38.78		2:34.12	41.11		3:57.00	41.04	400m:	5:15.95	38.84	
63.					12						5:15.97	392	2
	50m:	36.41	36.41		1:57.91	40.66	250m:	3:20.03	41.27		4:39.35	39.21	
	100m:	1:17.25	40.84	200m:	2:38.76	40.85	300m:	4:00.14	40.11	400m:	5:15.97	36.62	
64.					12						5:15.99	392	2
	50m:	34.30	34.30		1:52.49	40.07		3:13.30	40.15		4:35.44	41.20	
	100111.	1:12.42	38.12	200111.	2:33.15	40.66	300111.	3:54.24	40.94	400111.	5:15.99	40.55	
65.	50	04.04	04.04	450	12	40.07	050	0.40.00	44.40	050	5:16.09	391	2
	50m: 100m:	34.34 1:13.73	34.34 39.39	150m: 200m:	1:54.70 2:35.20	40.97 40.50	250m: 300m:	3:16.32 3:56.99	41.12 40.67	350m: 400m:	4:37.83 5:16.09	40.84 38.26	
66													2
66.	50m:	34.89	34.89	150m:	12 1:54.53	40.81	250m:	3:15.58	40.46	350m:	5:16.25 4:36.92	391 40.75	2
	100m:	1:13.72	38.83		2:35.12	40.59	300m:	3:56.17	40.59	400m:	5:16.25	39.33	
67.					12						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	
68.					12						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	
					12						5:17.99	384	2
	50m:	35.24 1:15.75	35.24 40.51	150m:	1:56.94 2:37.56	41.19 40.62	250m: 300m:	3:18.44 3:59.21	40.88 40.77	350m: 400m:	4:39.72 5:17.99	40.51 38.27	
70			10.01	200111.		10.02	000111.	0.00.21	10.77				0
70.	50m:	32.15	32.15	150m:	13 1:49.29	40.09	250m:	3:13.38	42.00	350m:	5:18.04 4:37.47	384 41.96	2
	100m:	1:09.20	37.05		2:31.38	42.09	300m:	3:55.51	42.00	400m:	5:18.04	40.57	
71.					12						5:18.73	382	2
/ 1.	50m:	35.60	35.60	150m:	1:57.64	41.12	250m:	3:18.31	40.50	350m:	4:39.03	40.12	_
		1:16.52	40.92		2:37.81	40.17	300m:	3:58.91	40.60	400m:		39.70	

						,							
	1,	, '	400m		, 20	12							
	,				/								
72.					12						5:19.05	381	2
12.	50m:	35.18	35.18	150m:	1:54.63	40.06	250m:	3:16.72	40.71	350m:	4:39.59	41.67	2
		1:14.57	39.39		2:36.01	41.38		3:57.92	41.20		5:19.05	39.46	
70					40						E 40.04	000	0
73.	50	04.70	04.70	450	12	10.10	050	0.45.04	40.04	050	5:19.24	380	2
	50m:	34.72 1:13.01	34.72 38.29		1:53.50 2:34.50	40.49 41.00		3:15.31 3:56.92	40.81 41.61	350m: 400m:	4:38.12 5:19.24	41.20 41.12	
	100111.	1.13.01	30.29	200111.	2.34.30	41.00	300111.	3.30.92	41.01	400111.		41.12	
74.					12						5:19.38	379	2
	50m:	34.65	34.65		1:55.50	41.11		3:18.42	41.43		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	
75.					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		2:36.77	40.78		3:58.74	41.24	400m:	5:20.22	40.16	
76.					12						5:20.37	376	2
70.	50m:	35.68	35.68	150m:	1:54.97	40.43	250m:	3:17.25	41.29	350m:	4:39.83	41.30	2
		1:14.54	38.86		2:35.96	40.99		3:58.53	41.28		5:20.37	40.54	
													_
77.					13						5:20.59	375	2
	50m:	35.89	35.89		1:58.93	42.43		3:21.08	40.71		4:42.64	40.50	
	TOOM:	1:16.50	40.61	200m:	2:40.37	41.44	300m:	4:02.14	41.06	400m:	5:20.59	37.95	
78.					12						5:20.91	374	2
	50m:	33.21	33.21		1:52.08	40.40	250m:		42.22		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	
79.					12						5:21.28	373	2
70.	50m:	35.80	35.80	150m:	1:56.68	40.89	250m:	3:19.77	41.61	350m:		40.84	_
		1:15.79	39.99		2:38.16	41.48		4:01.81	42.04		5:21.28	38.63	
00					40						E-04 0E	270	0
80.	50m:	32.70	32.70	150m:	12 1:51.56	40.14	250m:	3:17.26	43.89	350m:	5:21.35 4:42.95	372 41.76	2
		1:11.42	38.72		2:33.37	41.81		4:01.19	43.69	400m:	5:21.35	38.40	
													_
81.					12						5:21.43	372	2
	50m:	36.05	36.05		1:57.05 2:38.22	41.01	250m:	3:19.73	41.51		4:42.24	40.94	
	100111.	1:16.04	39.99	200111.	2.30.22	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		1:57.11	41.04		3:19.85	41.08		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	
83.					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	
84.					12						5:22.18	370	2
04.	50m:	33.49	33.49	150m:	1:51.65	40.47	250m:	3:15.10	42.24	350m:	4:40.65	42.87	2
	100m:	1:11.18	37.69		2:32.86	41.21	300m:	3:57.78	42.68	400m:	5:22.18	41.53	
0.5					40								•
85.					13						5:22.42	369	2
	50m:	36.01 1:15.99	36.01 39.98		1:57.36 2:37.95	41.37 40.59	250m: 300m:		41.92 41.60	350m: 400m:	4:42.92 5:22.42	41.45 39.50	
	100111.	1.15.55	39.90	200111.	2.37.93	40.59	300111.	4.01.47	41.00	400111.	3.22.42	39.30	
86.					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	
87.					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	
00					40						5.22.04	264	2
88.	50m·	35.30	35.20	150~	12 1:56.89	41.36	250~.	3.20.25	/2 O4	350m:	5:23.91 4:44.09	364 41.06	∠
	50m: 100m:	1:15.53	35.30 40.23	150m: 200m:	2:38.24	41.35	250m: 300m:	3:20.25 4:03.03	42.01 42.78	400m:	5:23.91	39.82	
				_001111		50							_
89.			_		12		_	_		_	5:24.06	363	2
	50m:	35.68	35.68	150m:	1:56.92	41.37	250m:	3:19.43	41.14	350m:	4:43.87	41.85	
	100m:	1:15.55	39.87	200m:	2:38.29	41.37	300m:	4:02.02	42.59	400m:	5:24.06	40.19	

						, 20	30.5.	2023					
	1,	, '	400m		, 20	12							
	,				/								
90.					12						5:24.75	361	2
	50m:	32.68	32.68	150m:	1:51.98	41.46	250m:	3:18.37	43.68	350m:	4:44.47	42.63	
	100m:	1:10.52	37.84	200m:	2:34.69	42.71	300m:	4:01.84	43.47	400m:	5:24.75	40.28	
91.					13						5:24.83	361	2
91.	50m:	36.88	36.88	150m:	1:59.19	41.49	250m:	3:22.95	41.78	350m:	4:45.84	40.94	2
		1:17.70	40.82		2:41.17	41.98	300m:	4:04.90	41.95	400m:	5:24.83	38.99	
00					40						5.05.00		•
92.	50	04.50	04.50	450	12	40.00	050	0.00.07	44.00	050	5:25.33	359	2
	50m:	34.58 1:14.59	34.58 40.01	150m:	1:56.67 2:38.44	42.08 41.77	250m:	3:20.27 4:03.00	41.83 42.73	350m: 400m:	4:44.88 5:25.33	41.88 40.45	
	100111.	1.14.55	40.01	200111.		41.77	300111.	4.03.00	42.73	400111.			
93.					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	
94.					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	
95.					12						5:27.60	351	2
00.	50m:	35.78	35.78	150m:	1:58.89	42.05	250m:	3:23.32	41.97	350m:	4:47.56	42.44	_
	100m:	1:16.84	41.06		2:41.35	42.46		4:05.12	41.80	400m:	5:27.60	40.04	
					10						E-27 CO	251	2
	50m:	35.24	35.24	150m:	13 1:55.08	40.91	250m:	3:19.39	42.86	350m:	5:27.60 4:46.23	351 43.64	2
		1:14.17	38.93		2:36.53	41.45		4:02.59	43.20	400m:	5:27.60	41.37	
	100111.		00.00	2001111		11.10	000111.	1.02.00	10.20	100111.			
97.					12						5:27.78	351	2
	50m:	35.55	35.55	150m:	1:58.93	42.67	250m:	3:25.12	43.14	350m:		42.44	
	100m:	1:16.26	40.71	200m:	2:41.98	43.05	300m:	4:07.74	42.62	400m:	5:27.78	37.60	
98.					12						5:27.85	351	2
	50m:	34.89	34.89	150m:	1:57.71	43.19	250m:	3:23.27	42.93	350m:	4:48.35	42.65	
	100m:	1:14.52	39.63	200m:	2:40.34	42.63	300m:	4:05.70	42.43	400m:	5:27.85	39.50	
99.					12						5:28.20	350	2
	50m:	34.79	34.79	150m:	1:57.87	42.67	250m:	3:23.47	42.84	350m:	4:48.76	42.67	
	100m:	1:15.20	40.41	200m:	2:40.63	42.76	300m:	4:06.09	42.62	400m:	5:28.20	39.44	
100.					12						5:28.23	349	2
100.	50m:	35.46	35.46	150m:	1:57.94	42.23	250m:	3:22.08	42.14	350m:	4:47.23	42.38	_
		1:15.71	40.25		2:39.94	42.00		4:04.85	42.77	400m:	5:28.23	41.00	
					14						5:28.23	240	2
	50m:	36.29	36.29	150m:	1:59.18	42.56	250m:	3:24.85	42.64	350m:	3.26.23 4:49.18	349 42.35	2
		1:16.62	40.33		2:42.21	43.03	300m:		41.98	400m:	5:28.23	39.05	
400													
102.		07.45	07.45	450	12	10.51	050	0.07.00	40.00	050	5:29.80	344	2
	50m:	37.15 1:18.94	37.15 41.79	150m:	2:02.45 2:45.25	43.51 42.80		3:27.63 4:09.69	42.38 42.06	350m: 400m:	4:50.92 5:29.80	41.23 38.88	
	100111.	1.10.34	41.73	200111.	2.43.23	42.00	300111.	4.03.03	42.00	400111.	3.23.00	30.00	
103.					13						5:30.56	342	2
	50m:	37.04	37.04		1:59.23	41.91		3:24.58	42.48	350m:	4:50.20	42.16	
	100m:	1:17.32	40.28	200m:	2:42.10	42.87	300m:	4:08.04	43.46	400m:	5:30.56	40.36	
104.					12						5:30.65	342	2
	50m:	33.13	33.13	150m:	1:54.25	42.03	250m:	3:20.56	43.31	350m:	4:49.78	44.58	
	100m:	1:12.22	39.09	200m:	2:37.25	43.00	300m:	4:05.20	44.64	400m:	5:30.65	40.87	
105.					12						5:30.97	341	2
100.	50m:	36.22	36.22	150m:	1:59.76	42.91	250m:	3:25.33	42.48	350m:	4:50.26	42.26	_
		1:16.85	40.63		2:42.85	43.09		4:08.00	42.67	400m:		40.71	
106					40						E.24 77	220	2
106.	50m:	35.69	35.69	150~	12 2:00.09	42.86	250m:	3:27.21	43.65	350m:	5:31.77 4:54.10	338 43.37	∠
		1:17.23	35.69 41.54		2:43.56	42.66		4:10.73	43.52	400m:	5:31.77	43.37 37.67	
							500		.0.02				_
107.		66	00.5	4=-	12	40 ==	0==	0.6=	4	0=0	5:32.76	335	2
	50m:	38.08	38.08		2:02.65	42.58	250m:	3:27.20	42.18		4:51.48	41.89	
	iuum:	1:20.07	41.99	∠uum:	2:45.02	42.37	300m:	4:09.59	42.39	400M:	5:32.76	41.28	

						, 20	. 50.5.	2020					
	1,	, '	400m		, 20	12							
	,				1								
108.					13						5:33.24	334	2
	50m:	33.53 1:14.38	33.53 40.85		1:57.22 2:39.97	42.84 42.75	250m:	3:22.31 4:06.71	42.34 44.40	350m:	4:50.87 5:33.24	44.16 42.37	
	100111.	1.14.30	40.00	200111.		42.75	300111.	4.00.71	44.40	400111.			
109.	50	0.4.50	0.4.50	450	12	40.04	050	0.00.04	44.00	050	5:33.63	333	2
	50m:	34.52 1:15.17	34.52 40.65		1:58.21 2:42.04	43.04 43.83	250m: 300m:	3:26.34 4:10.09	44.30 43.75	350m: 400m:	4:53.60 5:33.63	43.51 40.03	
440	100111.	1.10.11	10.00	200111.		10.00	000111.	1.10.00	10.70	100111.			0
110.	50m:	34.90	34.90	150m:	13 1:59.79	43.04	250m:	3:26.42	43.50	350m·	5:34.00 4:52.72	332 42.75	2
		1:16.75	41.85		2:42.92	43.13		4:09.97	43.55	400m:	5:34.00	41.28	
111.					12						5:34.23	331	2
111.	50m:	35.29	35.29	150m:	1:57.82	42.84	250m:	3:25.42	43.82	350m:	4:51.89	43.04	2
		1:14.98	39.69		2:41.60	43.78		4:08.85	43.43		5:34.23	42.34	
112.					13						5:35.49	327	2
	50m:	36.16	36.16	150m:		43.61	250m:	3:28.16	42.53	350m:	4:55.45	43.22	_
	100m:	1:18.33	42.17	200m:	2:45.63	43.69	300m:	4:12.23	44.07	400m:	5:35.49	40.04	
113.					13						5:35.83	326	2
	50m:	36.01	36.01		1:59.91	43.10	250m:	3:27.75	44.08		4:55.05	43.89	
	100m:	1:16.81	40.80	200m:	2:43.67	43.76	300m:	4:11.16	43.41	400m:	5:35.83	40.78	
114.					13						5:36.24	325	2
	50m:	36.00	36.00		2:02.22	43.67	250m:		44.16		4:57.30	43.44	
	100m:	1:18.55	42.55	200m:	2:45.57	43.35	300m:	4:13.86	44.13	400m:	5:36.24	38.94	
115.					12						5:36.90	323	2
	50m:	35.83	35.83		1:58.95	42.73		3:26.24	44.06		4:54.64	44.34	
	Toom:	1:16.22	40.39	200m:	2:42.18	43.23	300m:	4:10.30	44.06	400m:	5:36.90	42.26	
116.					13						5:38.20	319	2
	50m:	37.59 1:19.38	37.59 41.79		2:03.14 2:47.64	43.76 44.50	250m: 300m:		44.48 42.36	350m: 400m:	4:57.26 5:38.20	42.78 40.94	
	100111.	1.10.00	41.70	200111.		44.00	000111.	4.14.40	42.00	400111.			
117.	50m:	34.98	34.98	150m:	13 1:59.01	43.48	250m:	3:27.29	43.68	350m:	5:38.41 4:57.15	319 45.11	2
		1:15.53	40.55		2:43.61	44.60		4:12.04	44.75		5:38.41	41.26	
118.					12						5:39.63	315	2
110.	50m:	37.91	37.91	150m:	2:04.92	44.69	250m:	3:31.75	43.14	350m:	4:58.79	43.28	2
		1:20.23	42.32		2:48.61	43.69		4:15.51	43.76		5:39.63	40.84	
119.					12						5:39.73	315	2
110.	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	
120.					13						5:39.83	315	2
	50m:	36.17	36.17	150m:	2:01.21	43.55	250m:	3:29.76	44.45	350m:	4:55.87	41.85	
	100m:	1:17.66	41.49	200m:	2:45.31	44.10	300m:	4:14.02	44.26	400m:	5:39.83	43.96	
121.					13						5:39.93	315	2
	50m:	36.39	36.39	150m:	2:01.57	43.51	250m:	3:29.93	43.97	350m:	4:57.89	43.80	
	100m:	1:18.06	41.67	200m:	2:45.96	44.39	300m:	4:14.09	44.16	400m:	5:39.93	42.04	
122.					13						5:40.00	314	2
	50m:	36.51 1:19.45	36.51		2:03.69 2:47.12	44.24 43.43	250m:	3:31.02 4:15.63	43.90 44.61	350m:	4:59.04 5:40.00	43.41	
	100111.	1.19.45	42.94	200111.		43.43	300m:	4.13.63	44.01	400m:		40.96	
123.	F0	25.20	25.20	450	13	44.45	050	2.20.05	44.00	250	5:40.80	312	3
	50m: 100m:	35.36 1:17.95	35.36 42.59	150m: 200m:	2:02.40 2:45.76	44.45 43.36	250m: 300m:	3:30.05 4:13.86	44.29 43.81	350m: 400m:	4:57.17 5:40.80	43.31 43.63	
404	100111.		12.00	200111.		10.00	000111.	1.10.00	10.01	100111.			
124.	50m:	36.05	36.05	150m	12 1:59.74	43.27	250m:	3:28.14	44.60	350m:	5:41.00 4:58.60	312 45.92	3
		1:16.47	40.42		2:43.54	43.27		4:12.68	44.60 44.54	400m:		45.92	
105													2
125.	50m:	35.98	35.98	150m ⁻	14 2:01.20	44.04	250m:	3:30.47	44.62	350m:	5:41.23 4:58.68	311 44.18	3
		1:17.16	41.18		2:45.85	44.65	300m:		44.03	400m:		42.55	

						, 28	30.5.2	2025					
	1,	, 4	400m		, 20	12							
	,				/								
126.	50m:	36.86	36.86	150m:	12 2:01.52	43.31	250m:	3:30.80	44.87	350m:	5:42.03 4:55.89	309 40.16	3
	100m:	1:18.21	41.35	200m:	2:45.93	44.41	300m:	4:15.73	44.93	400m:	5:42.03	46.14	
127.	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
128.	50m: 100m:	35.82 1:17.37	35.82 41.55		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
129.					12						5:42.74	307	3
	50m: 100m:	35.73 1:17.62	35.73 41.89	150m: 200m:	2:46.51	43.99 44.90	250m: 300m:	3:31.45 4:15.98	44.94 44.53	350m: 400m:	5:00.56 5:42.74	44.58 42.18	
130.	50m:	35.37	35.37	150m:	12 2:02.82	45.41	250m:	3:32.30	44.09	350m:	5:42.96 5:01.81	306 44.16	3
		1:17.41	42.04		2:48.21	45.39	300m:		45.35	400m:	5:42.96	41.15	
131.	50m: 100m:	36.10 1:18.47	36.10 42.37	150m:	13 2:02.46 2:47.35	43.99 44.89	250m: 300m:	3:31.83 4:15.25	44.48 43.42	350m: 400m:	5:44.37 5:01.71 5:44.37	303 46.46 42.66	3
132.	100111.	1.10.47	42.07	200111.	12	44.00	300111.	4.10.20	40.42	400111.	5:45.25	300	3
	50m: 100m:	36.34 1:16.77	36.34 40.43		2:01.11 2:46.06	44.34 44.95	250m: 300m:	3:31.07 4:15.06	45.01 43.99	350m: 400m:	4:59.85 5:45.25	44.79 45.40	
133.	50m: 100m:	38.30 1:20.82	38.30 42.52		13 2:05.45 2:49.62	44.63 44.17	250m: 300m:	3:33.86 4:18.28	44.24 44.42	350m: 400m:	5:45.31 5:03.31 5:45.31	300 45.03 42.00	3
134.	50m:	37.81	37.81	150m:	13 2:05.20	45.21	250m:	3:36.22	46.15	350m:	5:46.09 5:05.09	298 44.15	3
		1:19.99	42.18		2:50.07	44.87	300m:		44.72	400m:	5:46.09	41.00	
135.	50m:	36.69 1:20.36	36.69 43.67		13 2:05.91 2:50.43	45.55 44.52	250m: 300m:	3:35.70 4:21.76	45.27 46.06	350m: 400m:	5:48.16 5:07.22 5:48.16	293 45.46 40.94	3
136.	100m:	1.20.30	43.07	200111.	2.50.43	44.52	300111.	4.21.70	40.00	400111.	5:50.83	286	3
100.		39.42 1:22.75	39.42 43.33		2:06.96 2:51.47	44.21 44.51		3:36.77 4:23.25	45.30 46.48	350m: 400m:		45.57 42.01	Ü
137.	F0m:	27.00	27.20	150m;	13 2:02.48	42.07	250~	2.24.70	4F 0F	250~	5:50.86	286	3
		37.28 1:18.61	37.28 41.33		2:46.74	43.87 44.26		3:31.79 4:17.96	45.05 46.17	400m:	5:01.62 5:50.86	43.66 49.24	
138.	50m:	34.72	34.72	150m:	12 2:02.36	45.66	250m:	3:34.23	45.91	350m:	5:52.40 5:07.47	282 46.57	3
		1:16.70	41.98		2:48.32	45.96		4:20.90	46.67		5:52.40	44.93	
139.	50m: 100m:	34.91 1:17.63	34.91 42.72		12 2:03.01 2:49.81	45.38 46.80		3:35.58 4:21.38	45.77 45.80		5:55.22 5:07.62 5:55.22	276 46.24 47.60	3
140.	E0m:	25 50			13					250m:	5:59.56	266	3
	50m: 100m:	35.59 1:20.38	35.59 44.79		2:08.99 2:55.57	48.61 46.58		3:42.52 4:28.11	46.95 45.59	400m:	5:14.44 5:59.56	46.33 45.12	
141.	50m: 100m:	38.25 1:22.65	38.25 44.40		12 2:09.60 2:57.26	46.95 47.66		3:45.67 4:33.48	48.41 47.81		6:03.36 5:20.08 6:03.36	257 46.60 43.28	3
142.	50m:	39.71	39.71		14 2:12.98	47.41		3:48.86	48.00		6:08.00 5:23.95	248 47.52	3
4.40	100m:	1:25.57	45.86	200m:	3:00.86	47.88	300m:	4:36.43	47.57	400m:	6:08.00	44.05	0
143.	50m: 100m:	38.21 1:23.47	38.21 45.26		14 2:10.01 2:57.81	46.54 47.80		3:45.46 4:34.25	47.65 48.79		6:10.43 5:24.00 6:10.43	243 49.75 46.43	3

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	1,	, '	400m		, 20	12							
	,				/								
144.					14						6:10.90	242	3
	50m:	40.92	40.92	150m:	2:16.20	48.47	250m:	3:52.82	48.31	350m:	5:26.72	45.76	
	100m:	1:27.73	46.81	200m:	3:04.51	48.31	300m:	4:40.96	48.14	400m:	6:10.90	44.18	
145.					12						6:10.99	242	3
	50m:	39.59	39.59	150m:	2:13.97	47.49	250m:	3:48.90	47.46	350m:	5:26.70	49.32	
	100m:	1:26.48	46.89	200m:	3:01.44	47.47	300m:	4:37.38	48.48	400m:	6:10.99	44.29	
146.					13						6:15.99	232	3
	50m:	41.57	41.57	150m:	2:17.28	47.70	250m:	3:53.90	48.10	350m:	5:30.36	46.84	
	100m:	1:29.58	48.01	200m:	3:05.80	48.52	300m:	4:43.52	49.62	400m:	6:15.99	45.63	
DNS					12								