, 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	JZ.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:	<b>4:22.23</b> 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	
	, <b>.</b>	• •										
				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	

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:	<b>4:35.34</b> 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:	<b>4:35.55</b> 4:04.45 4:35.55	457 35.94 31.10	2
50m: 100m:	30.93 1:04.36	30.93 33.43	150m: 200m:	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:	<b>4:36.08</b> 4:01.30 4:36.08	454 36.06 34.78	2
50m: 100m:	28.42 1:01.26	28.42 32.84	150m: 200m:	11 1:36.36 2:12.15	35.10 35.79	250m: 300m:	2:48.37 3:24.89	36.22 36.52	350m: 400m:	<b>4:36.46</b> 4:01.15 4:36.46	452 36.26 35.31	2
50m: 100m:	30.00 1:03.84	30.00 33.84	150m: 200m:	11 1:39.29 2:15.33	35.45 36.04	250m: 300m:	2:51.64 3:27.39	36.31 35.75	350m: 400m:	<b>4:36.78</b> 4:03.59 4:36.78	450 36.20 33.19	2
50m: 100m:	30.76 1:04.77	30.76 34.01	150m: 200m:	12 1:39.79 2:15.17	35.02 35.38	250m: 300m:	2:50.77 3:26.44	35.60 35.67	350m: 400m:	<b>4:36.84</b> 4:02.25 4:36.84	450 35.81 34.59	2
50m: 100m:	29.20 1:04.26	29.20 35.06	150m: 200m:	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:	<b>4:38.44</b> 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:	<b>4:38.48</b> 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:	<b>4:38.51</b> 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:	<b>4:38.62</b> 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	250m: 300m:	2:55.25 3:31.64	36.55 36.39	350m: 400m:	<b>4:38.80</b> 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:	<b>4:38.89</b> 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:	<b>4:39.15</b> 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:	<b>4:39.16</b> 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:	<b>4:40.03</b> 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:	<b>4:40.72</b> 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:	<b>4:40.98</b> 4:06.86 4:40.98	431 33.89 34.12	2
50m: 100m:	30.64 1:04.77	30.64 34.13	150m: 200m:	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:	<b>4:41.02</b> 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:	<b>4:41.27</b> 4:06.76 4:41.27	<b>429</b> 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:	<b>4:41.52</b> 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:	<b>4:42.52</b> 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:	<b>4:42.66</b> 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:	<b>4:42.72</b> 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:	<b>4:43.27</b> 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:	<b>4:43.66</b> 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:	<b>4:43.98</b> 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:	<b>4:44.68</b> 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:	<b>4:44.79</b> 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:	<b>4:45.04</b> 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:	<b>4:45.43</b> 4:26.98 4:45.43	<b>411</b> 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:	<b>4:45.56</b> 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:	<b>4:45.80</b> 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:	<b>4:45.84</b> 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:	<b>4:46.28</b> 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:	<b>4:46.36</b> 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:	<b>4:46.86</b> 4:09.90 4:46.86	405 37.31 36.96	2

					,							
4,		, 400m		, 2	2011							
,				1								
	·			11						4:46.96	404	2
50m: 100m:	31.71 1:06.89	31.71 35.18		1:43.58 2:20.84	36.69 37.26	250m: 300m:	2:58.03 3:35.08	37.19 37.05	350m: 400m:	4:12.27 4:46.96	37.19 34.69	
				11						4:47.06	404	2
50m:	31.01	31.01		2:00.82	54.78	250m:	3:15.12	37.09	350m:	4:30.11	37.50	
100m:	1:06.04	35.03	200m:		37.21	300m:	3:52.61	37.49	400m:	4:47.06	16.95	0
50m:	31.14	31.14	150m:	11 1:42.35	36.78	250m:	2:57.07	37.39	350m:	<b>4:47.11</b> 4:11.78	404 37.28	2
100m:	1:05.57	34.43	200m:	2:19.68	37.33	300m:	3:34.50	37.43	400m:	4:47.11	35.33	
50m:	29.74	29.74	150m:	11 1:41.43	36.69	250m:	2:56.23	37.20	350m:	<b>4:47.17</b> 4:11.39	403 37.67	2
	1:04.74	35.00		2:19.03	37.60	300m:	3:33.72	37.49	400m:	4:47.17	35.78	
				11						4:47.41	402	2
50m: 100m:	31.97 1:07.53	31.97 35.56	150m: 200m:	1:43.38 2:20.15	35.85 36.77	250m: 300m:	2:57.61 3:35.75	37.46 38.14	350m: 400m:	4:13.02 4:47.41	37.27 34.39	
				12						4:47.68	401	2
50m:	31.44	31.44	150m:	1:43.85	36.61	250m:	2:58.47	37.60	350m:	4:13.49	37.33	_
100m:	1:07.24	35.80	200m:	2:20.87	37.02	300m:	3:36.16	37.69	400m:	4:47.68	34.19	•
50m:	30.72	30.72	150m:	12 1:42.14	36.52	250m:	2:58.13	38.23	350m:	<b>4:47.73</b> 4:13.36	401 37.67	2
100m:	1:05.62	34.90	200m:	2:19.90	37.76	300m:	3:35.69	37.56	400m:	4:47.73	34.37	
<b>50</b>	24.40	24.40	450	11	20.05	050	0.57.05	07.04	250	4:47.74	401	2
50m: 100m:	31.19 1:06.30	31.19 35.11	150m: 200m:	1:43.15 2:20.34	36.85 37.19	250m: 300m:	2:57.95 3:35.65	37.61 37.70	350m: 400m:	4:12.79 4:47.74	37.14 34.95	
				11						4:47.82	401	2
50m: 100m:	29.62 1:04.24	29.62 34.62	150m: 200m:	1:40.64 2:18.57	36.40 37.93	250m: 300m:	2:56.33 3:34.17	37.76 37.84	350m: 400m:	4:13.02 4:47.82	38.85 34.80	
				11						4:48.05		2
50m:	32.01	32.01	150m:	1:44.49	36.72	250m:	2:58.89	37.37	350m:	4:13.61	37.34	_
100m:	1:07.77	35.76	200m:	2:21.52	37.03	300m:	3:36.27	37.38	400m:	4:48.05	34.44	0
50m:	31.21	31.21	150m:	11 2:01.96	55.57	250m:	3:17.03	37.61	350m:	<b>4:48.19</b> 4:31.26	<b>399</b> 36.90	2
100m:	1:06.39	35.18	200m:	2:39.42	37.46	300m:	3:54.36	37.33	400m:	4:48.19	16.93	
50m:	30.74	30.74	150m:	12 1:42.77	36.64	250m:	2:56.79	26.70	250m:	4:48.28	399 34.71	2
	1:06.13	35.39	150m: 200m:	2:20.01	37.24	250m: 300m:	3:33.47	36.78 36.68	350m: 400m:	4:08.18 4:48.28	40.10	
				12						4:48.46	398	2
50m: 100m:	31.55 1:07.72	31.55 36.17	150m: 200m:	2:03.93 2:41.27	56.21 37.34	250m: 300m:	3:18.87 3:55.79	37.60 36.92	350m: 400m:	4:31.72 4:48.46	35.93 16.74	
				11						4:48.47	398	2
50m:	32.62	32.62	150m:	1:44.74	36.36	250m:	2:58.58	37.25	350m:	4:13.17	37.50	_
100m:	1:08.38	35.76	200m:	2:21.33	36.59	300m:	3:35.67	37.09	400m:	4:48.47	35.30	0
50m:	31.37	31.37	150m:	12 1:43.53	36.56	250m:	2:57.67	36.73	350m:	<b>4:48.53</b> 4:10.94	<b>398</b> 36.99	2
100m:	1:06.97	35.60	200m:	2:20.94	37.41	300m:	3:33.95	36.28	400m:	4:48.53	37.59	
50m:	30.99	30.99	150m:	11 1:43.13	36.65	250m:	2:58.74	38.14	350m:	<b>4:48.72</b> 4:13.61	397 36.68	2
100m:	1:06.48	35.49	200m:	2:20.60	37.47	300m:	3:36.93	38.19	400m:	4:48.72	35.11	
				11						4:48.78	397	2
50m: 100m:	32.89 1:08.57	32.89 35.68	150m: 200m:	1:45.08 2:21.59	36.51 36.51	250m: 300m:	2:58.88 3:36.29	37.29 37.41	350m: 400m:	4:12.75 4:48.78	36.46 36.03	
		<del>-</del>		12						4:48.81	396	2
50m:	32.25	32.25	150m:	1:44.08	36.55	250m:	2:55.82	36.13	350m:	4:06.86	35.85	_
100m:	1:07.53	35.28	200m:	2:19.69	35.61	300m:	3:31.01	35.19	400m:	4:48.81	41.95	

4,		, 400m		, 2	2011							
, 50m: 100m:	30.56 1:06.62	30.56 36.06	150m: 200m:	/ 11 1:43.45 2:20.73	36.83 37.28	250m: 300m:	2:58.54 3:36.41	37.81 37.87	350m: 400m:	<b>4:48.90</b> 4:13.79 4:48.90	396 37.38 35.11	2
50m: 100m:	30.67 1:05.85	30.67 35.18	150m: 200m:	11 1:42.84 2:20.77	36.99 37.93	250m: 300m:	2:58.91 3:37.23	38.14 38.32	350m: 400m:	<b>4:48.95</b> 4:14.72 4:48.95	396 37.49 34.23	
50m: 100m:	31.62 1:07.86	31.62 36.24	150m: 200m:	11 1:44.48 2:21.21	36.62 36.73	250m: 300m:	2:58.58 3:35.79	37.37 37.21	350m: 400m:	<b>4:49.03</b> 4:12.83 4:49.03	396 37.04 36.20	2
50m: 100m:	31.20 1:06.17	31.20 34.97	150m: 200m:	11 1:42.58 2:19.58	36.41 37.00	250m: 300m:	2:57.63 3:35.74	38.05 38.11	350m: 400m:	<b>4:49.17</b> 4:13.13 4:49.17	395 37.39 36.04	2
50m: 100m:	32.42 1:08.37	32.42 35.95	150m: 200m:	11 1:45.47 2:22.83	37.10 37.36	250m: 300m:	3:00.14 3:37.31	37.31 37.17	350m: 400m:	<b>4:49.42</b> 4:14.02 4:49.42	394 36.71 35.40	
50m: 100m:	32.69 1:08.61	32.69 35.92	150m: 200m:	11 1:45.68 2:22.31	37.07 36.63	250m: 300m:	2:58.97 3:35.54	36.66 36.57	350m: 400m:	<b>4:49.48</b> 4:12.63 4:49.48	394 37.09 36.85	
50m: 100m:	30.69 1:06.86	30.69 36.17	150m: 200m:	11 1:44.71 2:22.20	37.85 37.49	250m: 300m:	2:59.09 3:35.85	36.89 36.76	350m: 400m:	<b>4:49.64</b> 4:13.74 4:49.64	393 37.89 35.90	
50m: 100m:	31.06 1:06.65	31.06 35.59	150m: 200m:	11 1:43.77 2:09.60	37.12 25.83	250m: 300m:	2:58.06 3:34.07	48.46 36.01	350m: 400m:	<b>4:50.42</b> 4:09.87 4:50.42	390 35.80 40.55	
50m: 100m:	30.58 1:05.89	30.58 35.31	150m: 200m:	11 1:42.86 2:20.89	36.97 38.03	250m: 300m:	2:58.91 3:36.73	38.02 37.82	350m: 400m:	<b>4:50.50</b> 4:14.10 4:50.50	390 37.37 36.40	2
50m: 100m:	31.97 1:08.73	31.97 36.76	150m: 200m:	11 1:45.96 2:22.93	37.23 36.97	250m: 300m:	3:01.20 3:38.44	38.27 37.24	350m: 400m:	<b>4:50.79</b> 4:15.67 4:50.79	388 37.23 35.12	2
50m: 100m:	32.45 1:08.88	32.45 36.43		11 1:45.90 2:23.77	37.02 37.87	250m: 300m:	3:01.26 3:39.30	37.49 38.04	350m: 400m:	<b>4:50.93</b> 4:15.82 4:50.93	388 36.52 35.11	2
50m: 100m:	32.82 1:08.70	32.82 35.88		12 1:45.59 2:22.55	36.89 36.96		3:00.22 3:37.95	37.67 37.73	350m: 400m:	<b>4:51.58</b> 4:15.47 4:51.58	385 37.52 36.11	2
50m: 100m:	32.19 1:07.69	32.19 35.50	150m: 200m:	12 1:45.01 2:22.35	37.32 37.34	250m: 300m:	3:00.72 3:56.62	38.37 55.90	350m: 400m:	<b>4:51.61</b> 4:34.10 4:51.61	385 37.48 17.51	
50m: 100m:	31.02 1:07.13	31.02 36.11		11 1:45.23 2:22.73	38.10 37.50	250m: 300m:	3:01.02 3:38.94	38.29 37.92	350m: 400m:	<b>4:52.08</b> 4:16.87 4:52.08	383 37.93 35.21	2
50m: 100m:	30.85 1:06.67	30.85 35.82		11 1:44.08 2:21.28	37.41 37.20		2:58.79 3:36.98	37.51 38.19	350m: 400m:	<b>4:52.13</b> 4:15.18 4:52.13	383 38.20 36.95	2
50m: 100m:	31.68 1:08.61	31.68 36.93		11 1:45.69 2:23.34	37.08 37.65	250m: 300m:	3:00.77 3:37.83	37.43 37.06	350m: 400m:	<b>4:52.15</b> 4:13.44 4:52.15	383 35.61 38.71	2
50m: 100m:	31.58 1:07.52	31.58 35.94		11 1:44.84 2:22.47	37.32 37.63	250m: 300m:	3:00.02 3:37.66	37.55 37.64	350m: 400m:	<b>4:52.45</b> 4:15.49 4:52.45	382 37.83 36.96	2
50m: 100m:	31.60 1:08.06	31.60 36.46		11 1:45.12 2:23.79	37.06 38.67	250m: 300m:	3:02.16 3:39.42	38.37 37.26	350m: 400m:	<b>4:52.54</b> 4:16.60 4:52.54	381 37.18 35.94	2

					,							
4,		, 400m		, 2	:011							
,				/								
<b>50</b>	20.04	20.04	450	12	20.05	050	0.50.40	20.77	250	4:52.89	380	2
50m: 100m:	30.81 1:06.17	30.81 35.36	150m: 200m:	1:43.02 2:20.71	36.85 37.69	250m: 300m:	2:59.48 3:38.54	38.77 39.06	350m: 400m:	4:16.41 4:52.89	37.87 36.48	
				11						4:53.20	379	2
50m: 100m:	30.84 1:07.39	30.84 36.55	150m: 200m:	1:44.95 2:23.08	37.56 38.13	250m: 300m:	3:02.07 3:41.39	38.99 39.32	350m: 400m:	4:18.75 4:53.20	37.36 34.45	
				12						4:53.51		2
50m:	31.66	31.66	150m:	1:45.44	37.52	250m:	3:01.18	37.88	350m:	4:16.93	37.99	_
100m:	1:07.92	36.26	200m:	2:23.30	37.86	300m:	3:38.94	37.76	400m:	4:53.51 <b>4:53.65</b>	36.58 <b>377</b>	2
50m:	32.53	32.53		1:45.24	36.94	250m:	3:00.92	38.16	350m:	4:16.22	37.77	2
100m:	1:08.30	35.77	200m:	2:22.76	37.52	300m:	3:38.45	37.53	400m:	4:53.65	37.43	
50m:	30.83	30.83	150m:	11 1:43.86	37.42	250m:	2:59.96	37.88	350m:	<b>4:53.72</b> 4:16.72	377 38.07	2
100m:	1:06.44	35.61		2:22.08	38.22	300m:	3:38.65	38.69	400m:	4:53.72	37.00	
F0	24.70	24.70	150m;	12	27.07	250~	2.02.20	38.49	250	4:54.03	376	2
50m: 100m:	31.70 1:08.83	31.70 37.13	150m: 200m:	1:46.70 2:24.80	37.87 38.10	250m: 300m:	3:03.29 3:40.24	36.95	350m: 400m:	4:17.35 4:54.03	37.11 36.68	
				11						4:54.27	375	2
50m: 100m:	32.56 1:09.07	32.56 36.51	150m: 200m:	1:45.76 2:22.87	36.69 37.11	250m: 300m:	2:59.83 3:37.60	36.96 37.77	350m: 400m:	4:16.07 4:54.27	38.47 38.20	
				11						4:54.59	374	2
50m: 100m:	33.41 1:10.21	33.41 36.80	150m:	1:47.93 2:25.86	37.72 37.93	250m:	3:03.87	38.01 38.15	350m:	4:18.65 4:54.59	36.63 35.94	
100111.	1.10.21	30.60	200111.	12	37.93	300m:	3:42.02	30.13	400m:	4:55.09	372	2
50m:	31.41	31.41	150m:	1:45.50	37.60	250m:	3:02.62	38.68	350m:	4:18.60	36.69	2
100m:	1:07.90	36.49	200m:	2:23.94	38.44	300m:	3:41.91	39.29	400m:	4:55.09	36.49	
50m:	30.99	30.99	150m:	11 2:03.64	56.37	250m:	3:20.72	38.77	350m:	<b>4:55.29</b> 4:37.58	371 38.70	2
100m:	1:07.27	36.28	200m:	2:41.95	38.31	300m:	3:58.88	38.16	400m:	4:55.29	17.71	
50m:	31.60	31.60	150m·	11 1:44.83	37.16	250m·	3:00.96	38.89	350m:	<b>4:55.54</b> 4:18.29	370 38.07	2
	1:07.67	36.07		2:22.07	37.10		3:40.22	39.26	400m:	4:55.54	37.25	
				13						4:55.68	369	2
50m: 100m:	32.00 1:08.22	32.00 36.22	150m: 200m:	1:45.88 2:24.37	37.66 38.49	250m: 300m:	3:02.70 3:41.06	38.33 38.36	350m: 400m:	4:18.52 4:55.68	37.46 37.16	
				11						4:55.85	369	2
50m: 100m:	32.51 1:10.00	32.51 37.49	150m: 200m:	1:48.59 2:27.33	38.59 38.74	250m: 300m:	3:05.64 3:43.37	38.31 37.73	350m: 400m:	4:19.65 4:55.85	36.28 36.20	
				11						4:56.60		2
50m: 100m:	32.96 1:09.73	32.96 36.77	150m: 200m:	1:47.51 2:25.26	37.78 37.75	250m: 300m:	3:04.22 3:42.95	38.96 38.73	350m: 400m:	4:20.39 4:56.60	37.44 36.21	
100111.	1.09.73	30.77	200111.	11	31.13	300111.	3.42.93	30.73	400111.	4:56.64	366	2
50m:	32.37	32.37	150m:	1:48.15	38.46	250m:	3:05.32	38.55	350m:	4:21.90	37.94	۷
100m:	1:09.69	37.32	200m:	2:26.77	38.62	300m:	3:43.96	38.64	400m:	4:56.64	34.74	
50m:	34.11	34.11	150m:	<b>11</b> 1:50.85	38.08	250m:	3:07.16	38.04	350m:	<b>4:56.65</b> 4:23.34	366 37.44	2
	1:12.77	38.66	200m:	2:29.12	38.27	300m:	3:45.90	38.74	400m:	4:56.65	33.31	
50m:	32.51	32.51	150m:	12 1:47.80	37.63	250m:	3:05.16	38.61	350m:	<b>4:56.88</b> 4:21.86	<b>365</b> 37.89	2
100m:	1:10.17	37.66	200m:	2:26.55	38.75	300m:	3:43.97	38.81	400m:	4:56.88	35.02	
<b>5</b> 6	04 ==	04 ===	450	11	00.15	050	0.05.00	00.55	050	4:56.88	365	2
50m: 100m:	31.70 1:09.10	31.70 37.40	150m: 200m:	1:47.28 2:26.37	38.18 39.09	250m: 300m:	3:05.06 3:43.85	38.69 38.79	350m: 400m:	4:22.26 4:56.88	38.41 34.62	

					,							
4,		, 400m		, 2	2011							
,				/								
50m: 100m:	31.81 1:09.85	31.81 38.04	150m:	11 1:48.11 2:25.75	38.26 37.64	250m: 300m:	3:04.64 3:42.77	38.89 38.13	350m: 400m:	<b>4:56.96</b> 4:17.46 4:56.96	365 34.69 39.50	2
50m:	30.59	30.59	150m:	12 1:44.50	38.07	250m:	3:00.87	37.73	350m:	<b>4:57.41</b> 4:19.80	363 38.77	2
100m:	1:06.43	35.84		2:23.14	38.64	300m:	3:41.03	40.16	400m:	4:57.41	37.61	2
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:	<b>4:57.44</b> 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:	<b>4:57.66</b> 4:19.85 4:57.66	362 38.54 37.81	2
				12						4:58.24	360	2
50m: 100m:	29.90 1:05.93	29.90 36.03	150m: 200m:	1:44.17 2:22.96	38.24 38.79	250m: 300m:	3:02.92 3:41.07	39.96 38.15	350m: 400m:	4:19.63 4:58.24	38.56 38.61	
50m:	31.92	31.92	150m:	12 1:47.25	38.66	250m:	3:05.36	39.16	350m:	<b>4:59.12</b> 4:23.90	357 38.94	2
100m:	1:08.59	36.67		2:26.20	38.95	300m:	3:44.96	39.60	400m:	4:59.12	35.22	
50m:	33.40	33.40	150m:	12 1:49.96	38.98	250m:	3:09.61	39.65	350m:	<b>4:59.43</b> 4:25.33	356 39.21	2
100m:	1:10.98	37.58		2:29.96	40.00	300m:	3:46.12	36.51	400m:	4:59.43	34.10	
50m:	32.34	32.34	150m:	11 1:43.94	36.94	250m:	3:00.58	38.18	350m:	<b>4:59.83</b> 4:20.86	354 40.45	2
100m:	1:07.00	34.66		2:22.40	38.46	300m:	3:40.41	39.83	400m:	4:59.83	38.97	
50m:	31.80	31.80	150m:	11 1:47.78	38.67	250m:	3:04.41	39.03	350m:	<b>4:59.90</b> 4:22.61	354 38.51	2
100m:	1:09.11	37.31	200m:	2:25.38	37.60	300m:	3:44.10	39.69	400m:	4:59.90	37.29	
50m:	32.54	32.54	150m:	11 1:47.87	38.41	250m:	3:05.54	38.78	350m:	<b>5:00.29</b> 4:24.11	353 39.01	2
100m:	1:09.46	36.92	200m:	2:26.76	38.89	300m:	3:45.10	39.56	400m:	5:00.29	36.18	
50m:	32.04	32.04	150m:	11 1:47.24	38.62	250m:	3:06.07	39.43	350m:	<b>5:00.53</b> 4:24.11	352 38.52	2
	1:08.62	36.58		2:26.64	39.40		3:45.59	39.52	400m:	5:00.53	36.42	
50m:	31.68	31.68	150m:	13 1:47.04	38.53	250m:	3:05.18	39.09	350m:	<b>5:00.86</b> 4:23.15	351 38.64	2
	1:08.51	36.83	200m:	2:26.09	39.05	300m:	3:44.51	39.33	400m:	5:00.86	37.71	
50m:	31.94	31.94	150m:	12 1:48.63	39.05	250m:	3:06.45	38.81	350m:	<b>5:01.07</b> 4:24.41	350 38.88	2
100m:	1:09.58	37.64	200m:	2:27.64	39.01	300m:	3:45.53	39.08	400m:	5:01.07	36.66	
50m:	34.07	34.07	150m:	13 1:51.50	38.70	250m:	3:08.86	38.57	350m:	<b>5:01.11</b> 4:26.42	350 38.58	2
	1:12.80	38.73	200m:	2:30.29	38.79	300m:	3:47.84	38.98	400m:	5:01.11	34.69	
50m:	32.73	32.73	150m:	13 1:48.54	38.39	250m:	3:06.59	39.13	350m:	<b>5:01.11</b> 4:24.26	350 38.74	2
	1:10.15	37.42	200m:	2:27.46	38.92	300m:	3:45.52	38.93	400m:	5:01.11	36.85	
50m:	31.10	31.10	150m:	12 1:47.40	38.64	250m:	3:05.29	39.07	350m:	<b>5:01.51</b> 4:24.59	348 39.45	2
	1:08.76	37.66	200m:	2:26.22	38.82	300m:	3:45.14	39.85	400m:	5:01.51	36.92	
50m:	30.84	30.84	150m:	<b>11</b> 1:48.90	39.66	250m:	3:08.36	39.60	350m:	<b>5:01.62</b> 4:26.36	348 38.39	2
100m:	1:09.24	38.40	200m:	2:28.76	39.86	300m:	3:47.97	39.61	400m:	5:01.62	35.26	
50m:	33.08	33.08	150m:	12 1:51.14	39.93	250m:	3:09.96	39.67	350m:	<b>5:01.78</b> 4:26.55	<b>347</b> 37.91	2
100m:	1:11.21	38.13	200m:	2:30.29	39.15	300m:	3:48.64	38.68	400m:	5:01.78	35.23	

4,		, 400m		, 2	2011							
50m: 100m:	33.34 1:10.81	33.34 37.47	150m: 200m:	/ 11 1:49.70 2:29.22	38.89 39.52	250m: 300m:	3:07.93 3:47.08	38.71 39.15	350m: 400m:	<b>5:01.88</b> 4:24.42 5:01.88	347 37.34 37.46	2
50m: 100m:	32.43 1:10.03	32.43 37.60	150m: 200m:	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:	<b>5:01.94</b> 4:25.38 5:01.94	347 38.91 36.56	2
50m: 100m:	33.80 1:11.73	33.80 37.93	150m: 200m:	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:	<b>5:01.95</b> 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:	<b>5:02.78</b> 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:	<b>5:02.83</b> 4:26.45 5:02.83	344 40.26 36.38	2
50m: 100m:	33.63 1:11.50	33.63 37.87	150m: 200m:	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:	<b>5:02.89</b> 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:	<b>5:03.22</b> 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:	<b>5:03.47</b> 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:	<b>5:03.52</b> 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:	<b>5:03.52</b> 4:27.13 5:03.52	341 39.24 36.39	2
50m: 100m:	33.47 1:11.18	33.47 37.71	150m: 200m:	12 1:49.44 2:29.04	38.26 39.60	250m: 300m:	3:09.55 3:49.53	40.51 39.98	350m: 400m:	<b>5:03.68</b> 4:28.18 5:03.68	341 38.65 35.50	2
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:	<b>5:03.71</b> 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:	<b>5:04.16</b> 4:26.82 5:04.16	339 38.78 37.34	
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:	<b>5:04.25</b> 4:27.87 5:04.25	339 39.26 36.38	
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:	<b>5:04.73</b> 4:27.26 5:04.73	337 38.99 37.47	
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:	<b>5:05.98</b> 4:26.56 5:05.98	333 40.70 39.42	
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:	<b>5:06.78</b> 4:30.05 5:06.78	331 41.72 36.73	2
50m: 100m:	32.79 1:10.04	32.79 37.25	150m: 200m:	12 1:49.35 2:28.46	39.31 39.11	250m: 300m:	3:07.86 3:47.80	39.40 39.94	350m: 400m:	<b>5:06.82</b> 4:27.94 5:06.82	331 40.14 38.88	2

					,							
4,		, 400m		, 2	2011							
,				/								
50m: 100m:	33.68 1:10.87	33.68 37.19		13 1:49.71 2:28.82	38.84 39.11	250m: 300m:	3:07.70 3:47.82	38.88 40.12	350m: 400m:	<b>5:07.06</b> 4:27.95 5:07.06	330 40.13 39.11	2
50m:	33.46	33.46		12 1:50.21	38.93	250m:	3:10.48	40.14	350m:	<b>5:07.18</b> 4:29.22	329 38.97	2
100m:	1:11.28	37.82		2:30.34	40.13	300m:	3:50.25	39.77	400m:	5:07.18	37.96	0
50m: 100m:	33.38 1:13.13	33.38 39.75		11 1:53.10 2:32.91	39.97 39.81	250m: 300m:	3:12.34 3:51.63	39.43 39.29	350m: 400m:	<b>5:07.40</b> 4:30.45 5:07.40	329 38.82 36.95	2
50m: 100m:	33.15 1:11.01	33.15 37.86		11 1:50.55 2:30.44	39.54 39.89	250m: 300m:	3:09.71 3:49.80	39.27 40.09	350m: 400m:	<b>5:07.77</b> 4:30.14 5:07.77	327 40.34 37.63	2
		000	200	12	00.00		0.10.00	.0.00		5:09.47		2
50m: 100m:	31.88 1:09.05	31.88 37.17	150m: 200m:	1:47.72 2:27.40	38.67 39.68	250m: 300m:	3:06.07 3:47.07	38.67 41.00	350m: 400m:	4:28.21 5:09.47	41.14 41.26	
50m: 100m:	32.11 1:09.18	32.11 37.07		11 1:47.55 2:27.10	38.37 39.55	250m: 300m:	3:07.61 3:49.15	40.51 41.54	350m: 400m:	<b>5:10.35</b> 4:30.39 5:10.35	319 41.24 39.96	2
50m: 100m:	34.37 1:12.77	34.37 38.40	150m:	12 1:52.59 2:32.56	39.82 39.97	250m: 300m:	3:12.29 3:52.05	39.73 39.76	350m: 400m:	<b>5:10.42</b> 4:31.84 5:10.42	319 39.79 38.58	2
50m:	34.04	34.04		12 1:51.67	39.16	250m:	3:12.23	40.29	350m:	<b>5:11.92</b> 4:33.14	315 40.26	3
100m:	1:12.51	38.47		2:31.94	40.27	300m:	3:52.88	40.65	400m:	5:11.92	38.78	•
50m: 100m:	35.13 1:13.99	35.13 38.86	150m: 200m:	12 1:53.75 2:33.59	39.76 39.84	250m: 300m:	3:13.60 3:53.61	40.01 40.01	350m: 400m:	<b>5:12.53</b> 4:31.96 5:12.53	313 38.35 40.57	3
50m: 100m:	33.87 1:13.80	33.87 39.93	150m: 200m:	12 1:54.71 2:35.68	40.91 40.97	250m: 300m:	3:15.81 3:56.01	40.13 40.20	350m: 400m:	<b>5:12.68</b> 4:35.10 5:12.68	312 39.09 37.58	3
50m:	33.70	33.70	150m:	11 1:53.35	40.20	250m:	3:13.46	40.15	350m:	<b>5:13.34</b> 4:33.21	310 40.08	3
	1:13.15	39.45		2:33.31	39.96		3:53.13	39.67	400m:	5:13.34	40.13	0
50m: 100m:	33.47 1:11.79	33.47 38.32	150m: 200m:	12 1:52.14 2:32.35	40.35 40.21	250m: 300m:	3:12.86 3:53.90	40.51 41.04	350m: 400m:	<b>5:14.82</b> 4:34.94 5:14.82	306 41.04 39.88	3
50m: 100m:	31.60 1:08.51	31.60 36.91	150m: 200m:	11 1:48.97 2:30.17	40.46 41.20	250m: 300m:	3:11.80 3:52.51	41.63 40.71	350m: 400m:	<b>5:14.83</b> 4:34.61 5:14.83	306 42.10 40.22	3
100111		00.01	200111	12		000111.			100111.	5:15.02	305	3
50m: 100m:	33.52 1:12.12	33.52 38.60	150m: 200m:	1:52.72 2:33.01	40.60 40.29	250m: 300m:	3:12.60 3:52.56	39.59 39.96	350m: 400m:	4:32.32 5:15.02	39.76 42.70	
50m: 100m:	34.70 1:12.67	34.70 37.97	150m: 200m:	12 1:53.09 2:34.03	40.42 40.94	250m: 300m:	3:14.56 3:55.21	40.53 40.65	350m: 400m:	<b>5:15.68</b> 4:35.77 5:15.68	303 40.56 39.91	3
50m: 100m:	34.64 1:13.57	34.64 38.93	150m: 200m:	12 1:53.98 2:34.81	40.41 40.83	250m: 300m:	3:15.77 3:56.08	40.96 40.31	350m: 400m:	<b>5:16.60</b> 4:36.60 5:16.60	301 40.52 40.00	3
50m:	33.46	33.46	150m:	13 1:53.40	40.26	250m:	3:16.65	42.32	350m:	<b>5:16.69</b> 4:37.86	301 41.45	3
100m:	1:13.14	39.68		2:34.33	40.93	300m:	3:56.41	39.76	400m:	5:16.69	38.83	0
50m: 100m:	34.24 1:12.37	34.24 38.13	150m: 200m:	11 1:51.75 2:32.80	39.38 41.05	250m: 300m:	3:14.80 3:57.62	42.00 42.82	350m: 400m:	<b>5:18.39</b> 4:37.97 5:18.39	296 40.35 40.42	3

"

, 28. - 30.5.2025

	4,		, 400m		, 2	2011							
	,				/								
					12						5:19.45	293	3
	50m: 100m:	33.86 1:13.56	33.86 39.70	150m: 200m:	1:54.12 2:34.90	40.56 40.78	250m: 300m:	3:16.69 3:58.99	41.79 42.30	350m: 400m:	4:40.73 5:19.45	41.74 38.72	
					13						5:19.67	292	3
	50m:	34.88	34.88	150m:	1:55.86	41.00	250m:	3:18.46	40.56	350m:	4:40.58	40.38	
	100m:	1:14.86	39.98	200m:	2:37.90	42.04	300m:	4:00.20	41.74	400m:	5:19.67	39.09	
					11						5:32.47	260	3
	50m:	32.72	32.72	150m:	1:52.37	41.24	250m:	3:19.51	44.62	350m:	4:47.43	44.06	
	100m:	1:11.13	38.41	200m:	2:34.89	42.52	300m:	4:03.37	43.86	400m:	5:32.47	45.04	
DSQ					12								2
DSQ					12								2
DNS					12								
DNS					11								