, 28. - 30.5.2025

4 , 400m 2011 29.05.2025 - 10:00

		9.00 /		: 4:15.50) / 1	: 4:35	.50 / 2	: 5	:11.50 / 3	3	: 6:01.00		
: AQUA	2024												
	,				/								
1.					11						4:12.08	596	
	50m:	28.02	28.02	150m:	1:30.31	31.25	250m:	2:35.44	34.90	350m:	3:41.29	32.83	
	100m:	59.06	31.04	200m:	2:00.54	30.23	300m:	3:08.46	33.02	400m:	4:12.08	30.79	
2.					11						4:19.34	548	1
۷.	50m:	29.62	29.62	150m:	1:34.14	32.49	250m:	2:40.31	33.25	350m:	3:46.89	32.98	٠
	100m:	1:01.65	32.03		2:07.06	32.49	300m:	3:13.91	33.60	400m:	4:19.34	32.45	
_													
3.					11						4:19.80	545	1
	50m:	29.44 1:01.88	29.44	150m:	1:34.79	32.91	250m:	2:41.66	33.48	350m:	3:48.37	33.33	
	100m:	1.01.00	32.44	200m.	2:08.18	33.39	300m:	3:15.04	33.38	400m:	4:19.80	31.43	
4.					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	
5.					11						4:22.23	530	1
٥.	50m:	28.43	28.43	150m ⁻	1:34.54	33.92	250m:	2:42.71	34.12	350m:	3:50.03	33.61	•
	100m:	1:00.62	32.19		2:08.59	34.05	300m:	3:16.42	33.71	400m:	4:22.23	32.20	
c		-	-	, , , , , , , , , , , , , , , , , , ,									4
6.	F0	00.47	00.47	450	11	20.74	050	0.45.00	05.40	050	4:27.90	497	1
	50m: 100m:	29.17 1:01.57	29.17 32.40	150m:	1:35.31 2:09.92	33.74 34.61	250m: 300m:	2:45.08 3:20.56	35.16 35.48	350m: 400m:	3:55.66 4:27.90	35.10 32.24	
	100111.	1.01.01	02.70	200111.		0-7.01	550111.	0.20.00	00.40	-100III.			
7.					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	
	100m:	1:01.50	32.53	200m:	2:10.07	34.67	300m:	3:20.29	35.45	400m:	4:28.94	33.45	
8.					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	
0					11						4.24.07	175	4
9.	50m:	30.46	30.46	150m:	11 1:38.95	34.71	250m:	2:48.41	34.77	250m:	4:31.87 3:58.43	4 75 34.80	I
		1:04.24	33.78		2:13.64	34.71	300m:	3:23.63	34.77 35.22	350m: 400m:	3.56.43 4:31.87	33.44	
	100111.	1.04.24	55.76	200111.		54.05	300111.	3.23.03	55.22	400111.			
10.					11						4:31.94		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.					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	200m:	2:14.77	34.80	300m:	3:24.14	34.52	400m:	4:32.04	33.61	
12.					11						4:32.80	470	1
٠	50m:	28.16	28.16	150m:	1:36.18	35.19	250m:	2:46.91	35.03	350m:	3:58.38	35.69	•
		1:00.99	32.83		2:11.88	35.70	300m:	3:22.69	35.78	400m:	4:32.80	34.42	
40					4.4						4.00 74	400	,
13.	E0	20.00	20.00	150	11	24.65	250	2.40.20	25 44	250	4:33.74	466	Т
	50m: 100m:	29.80 1:02.72	29.80 32.92		1:37.37 2:12.86	34.65 35.49	250m: 300m:	2:48.30 3:24.35	35.44 36.05	350m: 400m:	4:00.17 4:33.74	35.82 33.57	
	100111.	1.02.12	UZ.UZ	200111.		JJ. 1 ∂	JUJIII.	0.27.00	50.05	-00III.			
14.					11						4:34.19	463	1
	50m:	28.11	28.11		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	
15.					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	
	100m:	1:04.13	34.41		2:16.62	36.16	300m:	3:28.77	35.84	400m:	4:34.53	30.70	
16.					11						4:34.69	461	1
10.	50m:	29.00	29.00	150m·	1:36.41	34.45	250m:	2:47.11	35.38	350m:	4:34.09 3:59.81	36.12	ı
		1:01.96	32.96		2:11.73	35.32	300m:	3:23.69	36.58	400m:	4:34.69	34.88	
			50			-0.02	200111.		20.00				_
17.					11						4:34.84	460	1
	50m:	30.16	30.16	150m:		35.94	250m:	2:52.30	35.76	350m:	4:02.34	34.24	
	100m:	1:04.42	34.26	200m:	2:16.54	36.18	300m:	3:28.10	35.80	400m:	4:34.84	32.50	

						,							
	4,		, 400m		, 2	2011							
	,				/								
18.					11						4:35.34	458	1
	50m: 100m:	29.93 1:05.09	29.93 35.16		1:40.92 2:16.63	35.83 35.71	250m:	2:52.39 3:27.37	35.76 34.98	350m: 400m:	4:02.78 4:35.34	35.41 32.56	
40	100111.	1.05.09	33.10	200111.		33.71	300111.	3.21.31	34.90	400111.			•
19.	50m:	29.78	29.78	150m:	11 1:40.04	35.84	250m:	2:52.52	36.46	350m:	4:35.55 4:04.45	457 35.94	2
		1:04.20	34.42		2:16.06	36.02	300m:		35.99	400m:	4:35.55	31.10	
20.					11						4:36.08	454	2
	50m:	30.93	30.93		1:38.96	34.60		2:49.62	35.47	350m:		36.06	
0.4	100m:	1:04.36	33.43	200m:	2:14.15	35.19	300m:	3:25.24	35.62	400m:	4:36.08	34.78	•
21.	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
		1:01.26	32.84		2:12.15	35.79		3:24.89	36.52	400m:		35.31	
22.					11						4:36.78	450	2
	50m:	30.00 1:03.84	30.00 33.84		1:39.29 2:15.33	35.45 36.04		2:51.64 3:27.39	36.31 35.75	350m: 400m:	4:03.59 4:36.78	36.20 33.19	
00	100111.	1.03.04	33.04	200111.		30.04	300111.	3.27.39	33.73	400111.			•
23.	50m:	30.76	30.76	150m:	12 1:39.79	35.02	250m:	2:50.77	35.60	350m:	4:36.84 4:02.25	450 35.81	2
		1:04.77	34.01		2:15.17	35.38	300m:		35.67	400m:		34.59	
24.					11						4:38.44	442	2
	50m:	29.20 1:04.26	29.20 35.06		1:39.51 2:15.44	35.25 35.93		2:51.86 3:28.17	36.42 36.31	350m: 400m:		35.85 34.42	
0.5	100111.	1.04.20	33.00	200111.		33.93	300111.	3.20.17	30.31	400111.			•
25.	50m:	32.15	32.15	150m:	11 1:44.00	35.98	250m:	2:55.56	35.83	350m:	4:38.48 4:06.10	442 34.66	2
		1:08.02	35.87		2:19.73	35.73		3:31.44	35.88	400m:	4:38.48	32.38	
26.					11						4:38.51	442	2
	50m:	29.48 1:03.33	29.48 33.85		1:38.95 2:14.49	35.62 35.54	250m: 300m:	2:50.48 3:26.65	35.99 36.17	350m: 400m:	4:03.13 4:38.51	36.48 35.38	
27.	100111.	1.00.00	00.00	200111.	11	00.01	000111.	0.20.00	00.17	100111.	4:38.62	442	2
21.	50m:	30.94	30.94	150m:	1:42.67	36.44	250m:	2:55.15	36.40	350m:		35.53	2
	100m:	1:06.23	35.29	200m:	2:18.75	36.08	300m:	3:31.18	36.03	400m:	4:38.62	31.91	
28.					12						4:38.80	441	2
	50m: 100m:	30.96 1:06.52	30.96 35.56		1:42.76 2:18.70	36.24 35.94		2:55.25 3:31.64	36.55 36.39	350m: 400m:	4:06.18 4:38.80	34.54 32.62	
29.					12						4:38.89	440	2
25.	50m:	30.64	30.64	150m:	1:41.14	35.71	250m:	2:53.87	36.52	350m:	4:05.49	35.68	_
	100m:	1:05.43	34.79	200m:	2:17.35	36.21	300m:	3:29.81	35.94	400m:	4:38.89	33.40	
30.	50	00.54	00.54	450	11	05.70	050	0.50.75	00.00	050	4:39.15	439	2
	50m: 100m:	30.51 1:05.31	30.51 34.80		1:41.03 2:16.75	35.72 35.72	250m: 300m:	2:52.75 3:28.71	36.00 35.96	350m: 400m:	4:04.60 4:39.15	35.89 34.55	
31.					12						4:39.16	439	2
0	50m:	30.58	30.58		1:40.58	35.15	250m:	2:51.89	35.15	350m:	4:04.63	36.13	_
	100m:	1:05.43	34.85	200m:		36.16	300m:	3:28.50	36.61	400m:	4:39.16	34.53	
32.	50	04.00	04.00	450	12	04.04	050	0.54.04	05.00	050	4:40.03	435	2
	50m: 100m:	31.09 1:05.97	31.09 34.88	150m: 200m:	1:40.91 2:16.66	34.94 35.75	250m: 300m:	2:51.94 3:28.39	35.28 36.45	350m: 400m:	4:05.10 4:40.03	36.71 34.93	
33.					11						4:40.72	432	2
	50m:	29.80	29.80		1:40.20	35.68	250m:	2:53.16	36.50	350m:	4:05.99	36.19	
	100m:	1:04.52	34.72	200m:	2:16.66	36.46	300m:	3:29.80	36.64	400m:	4:40.72	34.73	
34.	50m·	21 //	21 //1	150~	11 1:43.52	36 66	250~.	2.56.20	36 A1	350~	4:40.98 4:06.86	431 33.89	2
	50m: 100m:	31.41 1:06.86	31.41 35.45	150m: 200m:		36.66 36.45	250m: 300m:	2:56.38 3:32.97	36.41 36.59	350m: 400m:	4:06.86 4:40.98	33.89	
35.					12						4:41.02	430	2
	50m:	30.64	30.64	150m:	1:40.86	36.09	250m:	2:53.30	36.46	350m:	4:06.28	36.38	
	100m:	1:04.77	34.13	200m:	2:16.84	35.98	300m:	3:29.90	36.60	400m:	4:41.02	34.74	

						,							
	4,		, 400m		, 2	2011							
	,				/								
36.					12						4:41.27	429	2
00.	50m:	31.58	31.58	150m:	1:40.97	35.42	250m:	2:53.47	36.42	350m:	4:06.76	37.03	_
	100m:	1:05.55	33.97		2:17.05	36.08	300m:		36.26	400m:	4:41.27	34.51	
37.					11						4:41.52	428	2
	50m:	30.90	30.90		1:42.53	36.71		2:55.63	36.39	350m:	4:07.40	35.41	
	100m:	1:05.82	34.92	200m:	2:19.24	36.71	300m:	3:31.99	36.36	400m:	4:41.52	34.12	
38.					12						4:42.52	424	2
50.	50m:	30.77	30.77	150m:	1:41.40	35.83	250m:	2:54.06	36.76	350m:	4:08.61	36.91	_
		1:05.57	34.80		2:17.30	35.90	300m:	3:31.70	37.64	400m:	4:42.52	33.91	
	100111.	1.00.07	34.00	200111.	2.17.00	55.50	300111.	5.51.70	37.04	400111.			
39.					11						4:42.66	423	2
	50m:	31.98	31.98	150m:	1:42.66	35.67	250m:	2:55.53	36.26	350m:	4:08.49	35.91	
	100m:	1:06.99	35.01	200m:	2:19.27	36.61	300m:	3:32.58	37.05	400m:	4:42.66	34.17	
40.					11						4:42.72	423	2
40.	F0	24.00	04.00	450		20.20	050	0.55.00	25.74	250			_
	50m:	31.92 1:07.61	31.92 35.69		1:43.93 2:20.25	36.32 36.32		2:55.96 3:32.27	35.71 36.31	350m: 400m:	4:08.44 4:42.72	36.17 34.28	
	100111.	1.07.01	55.05	200111.	2.20.25	30.32	300111.	5.52.21	30.31	400111.	4.42.72	34.20	
41.					11						4:43.27	420	2
	50m:	30.61	30.61	150m:	1:42.30	36.60	250m:	2:55.66	36.86	350m:	4:08.49	36.43	
	100m:	1:05.70	35.09	200m:	2:18.80	36.50	300m:	3:32.06	36.40	400m:	4:43.27	34.78	
40					44						4-40-00	440	_
42.	50	00.70	00.70	450	11	00.00	050	0.55.40	00.45	050	4:43.66	418	2
	50m:	30.72	30.72		1:42.48	36.22		2:55.16	36.15	350m:		36.07	
	Toom:	1:06.26	35.54	200m:	2:19.01	36.53	300m:	3:32.43	37.27	400m:	4:43.66	35.16	
43.					11						4:43.98	417	2
	50m:	30.06	30.06	150m:	1:40.87	36.45	250m:	2:54.48	36.92	350m:	4:08.70	36.79	
	100m:	1:04.42	34.36		2:17.56	36.69		3:31.91	37.43	400m:	4:43.98	35.28	
44.					11						4:44.68	414	2
	50m:	30.79	30.79		1:41.78	36.09	250m:	2:54.63	36.89	350m:	4:09.05	37.46	
	100m:	1:05.69	34.90	200m:	2:17.74	35.96	300m:	3:31.59	36.96	400m:	4:44.68	35.63	
45.					12						4:44.79	413	2
	50m:	32.41	32.41	150m:	1:44.76	35.98	250m:	2:57.18	35.87	350m:	4:10.20	36.23	
	100m:	1:08.78	36.37	200m:	2:21.31	36.55	300m:	3:33.97	36.79	400m:	4:44.79	34.59	
40					44						4.45.04	440	0
46.	F0	20.04	20.04	450	11	25.04	050	0.55.04	20.04	250	4:45.04	412	2
	50m:	30.84	30.84		1:42.35	35.91		2:55.81	36.91		4:09.63	36.52	
	TOOM.	1:06.44	35.60	200111.	2:18.90	36.55	300111.	3:33.11	37.30	400m:	4:45.04	35.41	
47.					12						4:45.43	411	2
	50m:	30.96	30.96	150m:	1:42.33	35.93	250m:	2:55.85	36.86	350m:	4:26.98	54.83	
	100m:	1:06.40	35.44		2:18.99	36.66	300m:	3:32.15	36.30	400m:	4:45.43	18.45	
40											4 45 50	440	•
48.					11						4:45.56	410	2
	50m:	31.94	31.94		1:44.86	36.43	250m:	2:57.71	36.45	350m:	4:10.68	36.27	
	100m:	1:08.43	36.49	200m:	2:21.26	36.40	300m:	3:34.41	36.70	400m:	4:45.56	34.88	
49.					11						4:45.80	409	2
-	50m:	29.66	29.66	150m:	1:40.76	36.68	250m:	2:56.03	37.59	350m:	4:10.62	37.30	
		1:04.08	34.42	200m:		37.68	300m:	3:33.32	37.29	400m:	4:45.80	35.18	
													_
50.					12						4:45.84	409	2
	50m:	31.70	31.70	150m:	1:43.84	36.40	250m:	2:55.69	35.90	350m:	4:10.69	36.82	
	100m:	1:07.44	35.74	200m:	2:19.79	35.95	300m:	3:33.87	38.18	400m:	4:45.84	35.15	
51.					11						4:46.28	407	2
0	50m:	31.82	31.82	150m:	1:45.36	37.19	250m:	2:58.53	35.61	350m:	4:10.64	35.53	_
		1:08.17	36.35		2:22.92	37.56	300m:	3:35.11	36.58	400m:	4:46.28	35.64	
						20							
52.					11						4:46.36	407	2
	50m:	30.71	30.71	150m:	1:42.71	36.92	250m:	2:56.69	37.01	350m:	4:10.68	36.69	
	100m:	1:05.79	35.08	200m:	2:19.68	36.97	300m:	3:33.99	37.30	400m:	4:46.36	35.68	
53.					11						4:46.86	405	2
50.	50m:	30.99	30.99	150m·	1:41.14	35.13	250m:	2:54.49	37.16	350m:	4:09.90	37.31	_
		1:06.01	35.02		2:17.33	36.19	300m:	3:32.59	38.10	400m:	4:46.86	36.96	

						, 20	30.5.	2020					
	4,		, 400m		, 2	2011							
	,				1								
54.	50m: 100m:	31.71 1:06.89	31.71 35.18		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
55.	50m: 100m:	31.01 1:06.04	31.01 35.03		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
56.	50m:	31.14	31.14	150m:	11 1:42.35	36.78	250m:	2:57.07	37.39	350m:	4:47.11 4:11.78	404 37.28	2
57.	50m:	1:05.57	34.43 29.74	200m:	2:19.68 11 1:41.43	37.33 36.69	250m:	3:34.50 2:56.23	37.43 37.20	400m: 350m:	4:47.11 4:47.17 4:11.39	35.33 403 37.67	2
58.		1:04.74	35.00		2:19.03	37.60	300m:	3:33.72	37.49	400m:	4:47.17 4:47.41	35.78 402	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	_
59.	50m: 100m:	31.44 1:07.24	31.44 35.80		12 1:43.85 2:20.87	36.61 37.02		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
60.	50m: 100m:	30.72 1:05.62	30.72 34.90		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
61.	50m: 100m:	31.19 1:06.30	31.19 35.11		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
62.	50m: 100m:	29.62 1:04.24	29.62 34.62	150m: 200m:	11 1:40.64 2:18.57	36.40 37.93		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
63.	50m: 100m:	32.01 1:07.77	32.01 35.76	150m: 200m:	11 1:44.49 2:21.52	36.72 37.03		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
64.		31.21 1:06.39	31.21 35.18		11 2:01.96 2:39.42	55.57 37.46		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
65.	50m:	30.74 1:06.13	30.74 35.39		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
66.	50m:	31.55 1:07.72	31.55 36.17	150m:	12	56.21 37.34	250m:	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	2
67.	50m:	32.62 1:08.38	32.62 35.76	150m:	11 1:44.74 2:21.33	36.36 36.59	250m:	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	2
68.	50m:	31.37	31.37	150m:	12 1:43.53	36.56	250m:	2:57.67	36.73	350m:	4:48.53 4:10.94	398 36.99	2
69.	50m:	1:06.97 30.99 1:06.48	35.60 30.99 35.49	150m:	2:20.94 11 1:43.13 2:20.60	37.41 36.65 37.47		3:33.95 2:58.74 3:36.93	36.28 38.14 38.19	400m: 350m: 400m:	4:48.53 4:48.72 4:13.61 4:48.72	37.59 397 36.68 35.11	2
70.	50m:	32.89 1:08.57	32.89 35.68	150m:	11 1:45.08 2:21.59	36.51 36.51	250m: 300m:	2:58.88 3:36.29	37.29 37.41	350m: 400m:	4:48.78 4:12.75 4:48.78	397 36.46 36.03	2
71.	50m: 100m:	32.25 1:07.53	32.25 35.28		12 1:44.08 2:19.69	36.55 35.61	250m: 300m:	2:55.82 3:31.01	36.13 35.19		4:48.81 4:06.86 4:48.81	396 35.85 41.95	2

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	4,		, 400m		, 2	2011							
	,				1								
72.					11						4:48.90	396	2
	50m:	30.56	30.56		1:43.45	36.83		2:58.54	37.81	350m:	4:13.79	37.38	
	100m:	1:06.62	36.06	200m:	2:20.73	37.28	300m:	3:36.41	37.87	400m:	4:48.90	35.11	
73.					11						4:48.95	396	2
	50m:	30.67	30.67		1:42.84	36.99		2:58.91	38.14	350m:	4:14.72	37.49	
	100m:	1:05.85	35.18	200m:	2:20.77	37.93	300m:	3:37.23	38.32	400m:	4:48.95	34.23	
74.					11						4:49.03	396	2
	50m:	31.62	31.62		1:44.48	36.62		2:58.58	37.37		4:12.83	37.04	
	100m:	1:07.86	36.24	200m:	2:21.21	36.73	300m:	3:35.79	37.21	400m:	4:49.03	36.20	
75.					11						4:49.17	395	2
	50m:	31.20	31.20		1:42.58	36.41		2:57.63	38.05		4:13.13	37.39	
	Toom:	1:06.17	34.97	200m:	2:19.58	37.00	300m:	3:35.74	38.11	400m:	4:49.17	36.04	
76.					11						4:49.42	394	2
	50m:	32.42 1:08.37	32.42 35.95		1:45.47 2:22.83	37.10 37.36		3:00.14 3:37.31	37.31 37.17	350m:	4:14.02 4:49.42	36.71 35.40	
	100111.	1.00.07	55.55	200111.		37.50	300111.	0.07.01	37.17	400111.			
77.	5 0	00.00	00.00	450	11	07.07	050	0.50.07	00.00	050	4:49.48	394	2
	50m:	32.69 1:08.61	32.69 35.92		1:45.68 2:22.31	37.07 36.63		2:58.97 3:35.54	36.66 36.57	350m: 400m:	4:12.63 4:49.48	37.09 36.85	
	100111.	1.00.01	33.32	200111.		30.03	300111.	3.33.34	30.37	400111.			
78.	50	00.00	00.00	450	11	07.05	050	0.50.00	00.00	050	4:49.64	393	2
	50m:	30.69 1:06.86	30.69 36.17		1:44.71 2:22.20	37.85 37.49		2:59.09 3:35.85	36.89 36.76		4:13.74 4:49.64	37.89 35.90	
	100111.	1.00.00	30.17	200111.		37.43	300111.	0.00.00	30.70	400111.			
79.	5 0	04.00	04.00	450	11	07.40	050	0.50.00	40.40	050	4:50.42	390	2
	50m:	31.06 1:06.65	31.06 35.59		1:43.77 2:09.60	37.12 25.83		2:58.06 3:34.07	48.46 36.01	350m: 400m:	4:09.87 4:50.42	35.80 40.55	
	100111.	1.00.00	00.00	200111.		20.00	000111.	0.04.07	00.01	400111.			_
80.	50	20.50	20.50	450	11	20.07	050	0.50.04	20.00	250	4:50.50	390	2
	50m: 100m:	30.58 1:05.89	30.58 35.31		1:42.86 2:20.89	36.97 38.03		2:58.91 3:36.73	38.02 37.82	350m: 400m:	4:14.10 4:50.50	37.37 36.40	
0.4													0
81.	50m:	31.97	31.97	150m:	11 1:45.96	37.23	250m:	3:01.20	38.27	350m:	4:50.79 4:15.67	388 37.23	2
		1:08.73	36.76		2:22.93	36.97	300m:	3:38.44	37.24	400m:	4:50.79	35.12	
00													2
82.	50m:	32.45	32.45	150m·	11 1:45.90	37.02	250m·	3:01.26	37.49	350m·	4:50.93 4:15.82	388 36.52	2
		1:08.88	36.43		2:23.77	37.87		3:39.30	38.04		4:50.93	35.11	
83.					12						4:51.58	385	2
03.	50m:	32.82	32.82	150m:	1:45.59	36.89	250m:	3:00.22	37.67	350m:	4:15.47	37.52	2
		1:08.70	35.88		2:22.55	36.96	300m:		37.73	400m:	4:51.58	36.11	
84.					12						4:51.61	385	2
04.	50m:	32.19	32.19	150m ⁻	1:45.01	37.32	250m:	3:00.72	38.37	350m:	4:34.10	37.48	2
	100m:	1:07.69	35.50		2:22.35	37.34	300m:	3:56.62	55.90	400m:	4:51.61	17.51	
85.					11						4:52.08	383	2
00.	50m:	31.02	31.02	150m:	1:45.23	38.10	250m:	3:01.02	38.29	350m:	4:16.87	37.93	_
		1:07.13	36.11		2:22.73	37.50	300m:	3:38.94	37.92	400m:	4:52.08	35.21	
86.					11						4:52.13	383	2
00.	50m:	30.85	30.85	150m:	1:44.08	37.41	250m:	2:58.79	37.51	350m:	4:15.18	38.20	_
		1:06.67	35.82		2:21.28	37.20	300m:		38.19	400m:	4:52.13	36.95	
87.					11						4:52.15	383	2
· · ·	50m:	31.68	31.68	150m:	1:45.69	37.08	250m:	3:00.77	37.43	350m:	4:13.44	35.61	_
	100m:	1:08.61	36.93	200m:	2:23.34	37.65	300m:	3:37.83	37.06	400m:	4:52.15	38.71	
88.					11						4:52.45	382	2
	50m:	31.58	31.58	150m:	1:44.84	37.32	250m:	3:00.02	37.55	350m:	4:15.49	37.83	_
	100m:	1:07.52	35.94	200m:	2:22.47	37.63	300m:	3:37.66	37.64	400m:	4:52.45	36.96	
89.					11						4:52.54	381	2
	50m:	31.60	31.60	150m:	1:45.12	37.06	250m:	3:02.16	38.37	350m:	4:16.60	37.18	
	100m:	1:08.06	36.46	200m:	2:23.79	38.67	300m:	3:39.42	37.26	400m:	4:52.54	35.94	

						, 20	30.5.	2025					
	4,		, 400m		, 2	2011							
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90.	50m: 100m:	30.81 1:06.17	30.81 35.36		12 1:43.02 2:20.71	36.85 37.69	250m: 300m:	2:59.48 3:38.54	38.77 39.06	350m: 400m:	4:52.89 4:16.41 4:52.89	380 37.87 36.48	2
91.	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
92.	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
93.	50m:	32.53 1:08.30	32.53 35.77		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
94.	50m:	30.83	30.83	150m:	11 1:43.86	37.42	250m:	2:59.96	37.88	350m:	4:53.72 4:16.72	377 38.07	2
95.	100m:	1:06.44	35.61		2:22.08	38.22	300m:	3:38.65	38.69	400m:	4:53.72 4:54.03	37.00 376	2
00	50m: 100m:	31.70 1:08.83	31.70 37.13		1:46.70 2:24.80	37.87 38.10	250m: 300m:	3:03.29 3:40.24	38.49 36.95	350m: 400m:	4:17.35 4:54.03	37.11 36.68	2
96.	50m: 100m:	32.56 1:09.07	32.56 36.51		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
97.	50m: 100m:	33.41 1:10.21	33.41 36.80		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	374 36.63 35.94	2
98.	50m: 100m:	31.41 1:07.90	31.41 36.49		12 1:45.50 2:23.94	37.60 38.44	250m: 300m:	3:02.62 3:41.91	38.68 39.29	350m: 400m:	4:55.09 4:18.60 4:55.09	372 36.69 36.49	2
99.	50m: 100m:	30.99 1:07.27	30.99 36.28		11 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
100.	50m: 100m:	31.60 1:07.67	31.60 36.07		11 1:44.83 2:22.07	37.16 37.24		3:00.96 3:40.22	38.89 39.26		4:55.54 4:18.29 4:55.54	370 38.07 37.25	2
101.	50m: 100m:	32.00 1:08.22	32.00 36.22		13 1:45.88	37.66 38.49	250m: 300m:	3:02.70 3:41.06	38.33 38.36	350m: 400m:	4:55.68	369 37.46 37.16	2
102.	50m: 100m:	32.51 1:10.00	32.51 37.49		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	2
103.	50m: 100m:	32.96 1:09.73	32.96 36.77		11 1:47.51 2:25.26	37.78 37.75	250m: 300m:	3:04.22 3:42.95	38.96 38.73	350m: 400m:	4:56.60 4:20.39 4:56.60	366 37.44 36.21	2
104.	50m:	32.37 1:09.69	32.37 37.32	150m: 200m:		38.46 38.62	250m: 300m:	3:05.32 3:43.96	38.55 38.64	350m: 400m:	4:56.64 4:21.90 4:56.64	366 37.94 34.74	2
105.	50m:	34.11 1:12.77	34.11 38.66	150m:	11 1:50.85 2:29.12	38.08 38.27	250m: 300m:	3:07.16	38.04 38.74	350m: 400m:	4:56.65 4:23.34	366 37.44 33.31	2
106.	50m: 100m:	32.51 1:10.17	32.51 37.66	150m: 200m:	12 1:47.80 2:26.55	37.63 38.75	250m: 300m:	3:05.16 3:43.97	38.61 38.81	350m: 400m:	4:56.88 4:21.86 4:56.88	365 37.89 35.02	2
	50m: 100m:	31.70 1:09.10	31.70 37.40	150m: 200m:	11 1:47.28 2:26.37	38.18 39.09	250m: 300m:	3:05.06 3:43.85	38.69 38.79	350m: 400m:	4:56.88 4:22.26 4:56.88	365 38.41 34.62	2

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	4,		, 400m		, 2	2011							
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108.					11						4:56.96	365	2
	50m:	31.81	31.81	150m:	1:48.11	38.26	250m:	3:04.64	38.89	350m:	4:17.46	34.69	
	100m:	1:09.85	38.04	200m:	2:25.75	37.64	300m:	3:42.77	38.13	400m:	4:56.96	39.50	
109.					12						4:57.41	363	2
100.	50m:	30.59	30.59	150m:	1:44.50	38.07	250m:	3:00.87	37.73	350m:	4:19.80	38.77	_
		1:06.43	35.84		2:23.14	38.64	300m:	3:41.03	40.16	400m:	4:57.41	37.61	
440					44						4.57.44	202	0
110.	F0	20.22	22.22	15000	11	27.67	250	2.02.15	20.04	250	4:57.44	363	2
	50m:	32.33 1:08.46	32.33 36.13		1:46.13 2:24.11	37.67 37.98	250m: 300m:	3:02.15 3:40.66	38.04 38.51	350m: 400m:	4:19.81 4:57.44	39.15 37.63	
	100111.	1.00.40	00.10	200111.		07.00	000111.	0.40.00	00.01	400111.			_
111.					11						4:57.66	362	2
	50m:	32.90	32.90		1:47.01	37.61	250m:	3:03.23	38.32	350m:	4:19.85	38.54	
	100m:	1:09.40	36.50	200m:	2:24.91	37.90	300m:	3:41.31	38.08	400m:	4:57.66	37.81	
112.					12						4:58.24	360	2
	50m:	29.90	29.90		1:44.17	38.24	250m:	3:02.92	39.96	350m:	4:19.63	38.56	
	100m:	1:05.93	36.03	200m:	2:22.96	38.79	300m:	3:41.07	38.15	400m:	4:58.24	38.61	
113.					12						4:59.12	357	2
	50m:	31.92	31.92	150m:	1:47.25	38.66	250m:	3:05.36	39.16	350m:		38.94	_
	100m:	1:08.59	36.67		2:26.20	38.95	300m:	3:44.96	39.60	400m:	4:59.12	35.22	
114.					12						4:59.43	356	2
114.	50m:	33.40	33.40	150m:	1∠ 1:49.96	38.98	250m:	3:09.61	39.65	350m:	4:25.33	39.21	2
		1:10.98	37.58		2:29.96	40.00	300m:		36.51	400m:	4:59.43	34.10	
			0.100	200			000	0	00.0.				
115.					11						4:59.83	354	2
	50m:	32.34	32.34		1:43.94	36.94	250m:	3:00.58	38.18	350m:	4:20.86	40.45	
	100m:	1:07.00	34.66	200m:	2:22.40	38.46	300m:	3:40.41	39.83	400m:	4:59.83	38.97	
116.					11						4:59.90	354	2
	50m:	31.80	31.80		1:47.78	38.67	250m:	3:04.41	39.03	350m:	4:22.61	38.51	
	100m:	1:09.11	37.31	200m:	2:25.38	37.60	300m:	3:44.10	39.69	400m:	4:59.90	37.29	
117.					11						5:00.29	353	2
	50m:	32.54	32.54	150m:	1:47.87	38.41	250m:	3:05.54	38.78	350m:	4:24.11	39.01	
	100m:	1:09.46	36.92	200m:	2:26.76	38.89	300m:	3:45.10	39.56	400m:	5:00.29	36.18	
118.					11						5:00.53	352	2
110.	50m:	32.04	32.04	150m		38.62	250m·	3:06.07	39.43	350m	4:24.11	38.52	2
		1:08.62	36.58		2:26.64	39.40		3:45.59	39.52		5:00.53	36.42	
440					40						5 00 00	054	0
119.	F0	04.00	24.00	450	13	20.52	050	0.05.40	20.00	250	5:00.86	351	2
	50m: 100m:	31.68 1:08.51	31.68 36.83		1:47.04 2:26.09	38.53 39.05	250m: 300m:	3:05.18 3:44.51	39.09 39.33	350m: 400m:	4:23.15 5:00.86	38.64 37.71	
	100111.	1.00.01	30.03	200111.		33.03	300111.	0.44.01	33.33	400111.			
120.					12						5:01.07	350	2
	50m:	31.94	31.94		1:48.63	39.05	250m:	3:06.45	38.81	350m:	4:24.41	38.88	
	100m:	1:09.58	37.64	200m:	2:27.64	39.01	300m:	3:45.53	39.08	400m:	5:01.07	36.66	
121.					13						5:01.11	350	2
	50m:	34.07	34.07	150m:	1:51.50	38.70	250m:	3:08.86	38.57	350m:	4:26.42	38.58	
	100m:	1:12.80	38.73	200m:	2:30.29	38.79	300m:	3:47.84	38.98	400m:	5:01.11	34.69	
					13						5:01.11	350	2
	50m:	32.73	32.73	150m:	1:48.54	38.39	250m:	3:06.59	39.13	350m:	4:24.26	38.74	_
		1:10.15	37.42		2:27.46	38.92	300m:	3:45.52	38.93	400m:	5:01.11	36.85	
123.					12						E.01 E1	348	2
123.	50m:	31.10	31.10	150m:	1∠ 1:47.40	38.64	250m:	3:05.29	39.07	350m:	5:01.51 4:24.59	39.45	2
		1:08.76	37.66		2:26.22	38.82	300m:	3:45.14	39.85	400m:	5:01.51	36.92	
			200										_
124.			00.5	4	11	00.5-	0==	0.00	00.55	0=0	5:01.62	348	2
	50m:	30.84	30.84		1:48.90	39.66	250m:	3:08.36	39.60	350m:	4:26.36	38.39	
	TOOM.	1:09.24	38.40	ZUUIII.	2:28.76	39.86	300m:	3:47.97	39.61	400m:	5:01.62	35.26	
125.					12						5:01.78	347	2
	50m:	33.08	33.08		1:51.14	39.93	250m:	3:09.96	39.67		4:26.55	37.91	
	100m:	1:11.21	38.13	200m:	2:30.29	39.15	300m:	3:48.64	38.68	400m:	5:01.78	35.23	

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	4,		, 400m		, 2	2011							
	,				,								
126.					11						5:01.88	347	2
0.	50m:	33.34	33.34	150m:	1:49.70	38.89	250m:	3:07.93	38.71	350m:	4:24.42	37.34	_
	100m:	1:10.81	37.47	200m:	2:29.22	39.52	300m:	3:47.08	39.15	400m:	5:01.88	37.46	
127.					11						5:01.94	347	2
	50m:	32.43	32.43	150m:	1:48.48	38.45	250m:	3:06.91	39.50	350m:	4:25.38	38.91	
	100m:	1:10.03	37.60	200m:	2:27.41	38.93	300m:	3:46.47	39.56	400m:	5:01.94	36.56	
128.					12						5:01.95	347	2
	50m:	33.80	33.80		1:50.37	38.64	250m:	3:09.64	39.49	350m:	4:26.90	38.51	
	100m:	1:11.73	37.93	200m:	2:30.15	39.78	300m:	3:48.39	38.75	400m:	5:01.95	35.05	
129.					11						5:02.78	344	2
	50m:	33.19	33.19		1:50.54	39.22	250m:	3:08.88	39.14	350m:	4:26.94	39.14	
	100m:	1:11.32	38.13	200m:	2:29.74	39.20	300m:	3:47.80	38.92	400m:	5:02.78	35.84	
130.					11						5:02.83	344	2
	50m:	32.53 1:09.82	32.53 37.29	150m:	1:48.66 2:27.89	38.84 39.23	250m: 300m:	3:06.71 3:46.19	38.82 39.48	350m: 400m:	4:26.45 5:02.83	40.26 36.38	
	100111.	1.00.02	37.23	200111.		33.23	300111.	5.40.15	33.40	400111.			_
131.	F0	22.62	22.02	450	11	20.04	250	2.00.05	20.50	250	5:02.89	344	2
	50m: 100m:	33.63 1:11.50	33.63 37.87		1:49.54 2:28.46	38.04 38.92	250m: 300m:	3:08.05 3:47.53	39.59 39.48	350m: 400m:	4:25.83 5:02.89	38.30 37.06	
400	100111.	1.11.00	07.07	200111.		00.02	000111.	0.17.00	00.10	100111.			•
132.	50m:	32.50	32.50	150m:	12 1:48.95	38.75	250m:	3:06.04	38.81	350m:	5:03.22 4:25.95	342 39.31	2
	50m: 100m:	1:10.20	37.70	150m: 200m:		39.18	300m:	3:06.94 3:46.64	39.70	400m:	5:03.22	37.27	
400													0
133.	50m:	33.04	33.04	150m·	12 1:49.11	38.59	250m:	3:07.73	39.58	350m:	5:03.47 4:26.53	342 39.45	2
		1:10.52	37.48		2:28.15	39.04	300m:		39.35	400m:	5:03.47	36.94	
134.					11						5:03.52	341	2
134.	50m:	33.03	33.03	150m:	1:50.39	39.57	250m:	3:09.12	39.87	350m:	4:28.11	39.51	2
		1:10.82	37.79		2:29.25	38.86	300m:	3:48.60	39.48	400m:	5:03.52	35.41	
					11						5:03.52	341	2
	50m:	32.35	32.35	150m:	1:49.01	39.12	250m:	3:09.30	40.55	350m:	4:27.13	39.24	_
	100m:	1:09.89	37.54	200m:	2:28.75	39.74	300m:	3:47.89	38.59	400m:	5:03.52	36.39	
136.					12						5:03.68	341	2
		33.47	33.47		1:49.44	38.26		3:09.55	40.51		4:28.18	38.65	
	100m:	1:11.18	37.71	200m:	2:29.04	39.60	300m:	3:49.53	39.98	400m:	5:03.68	35.50	
137.					11						5:03.71	341	2
		34.10	34.10		1:52.99	39.68		3:12.05	39.65		4:28.12	37.32	
	100m:	1:13.31	39.21	200m:	2:32.40	39.41	300m:	3:50.80	38.75	400m:	5:03.71	35.59	
138.					11						5:04.16	339	2
	50m:	33.77 1:11.47	33.77 37.70		1:50.48 2:29.36	39.01 38.88		3:08.30 3:48.04	38.94 39.74		4:26.82 5:04.16	38.78 37.34	
	100111.	1.11.47	37.70	200111.		30.00	300111.	3.40.04	33.74	400111.			_
139.	50	00.00	00.00	450	11	00.00	050	0.07.00	00.07	050	5:04.25	339	2
	50m: 100m:	32.68 1:10.60	32.68 37.92		1:48.96 2:28.26	38.36 39.30		3:07.93 3:48.61	39.67 40.68		4:27.87 5:04.25	39.26 36.38	
4.40													0
140.	F0	22.57	22.57	450	11	20.00	250	2.00.04	20.07	250	5:04.73 4:27.26	337	2
	50m: 100m:	33.57 1:11.34	33.57 37.77		1:50.20 2:29.37	38.86 39.17		3:09.04 3:48.27	39.67 39.23	400m:		38.99 37.47	
141.					11						5:05.87	334	2
141.	50m:	33.17	33.17	150m:	1:50.40	39.34	250m:	3:08.86	39.30	350m:	4:28.06	39.20	2
		1:11.06	37.89		2:29.56	39.16		3:48.86	40.00		5:05.87	37.81	
142.					11						5:05.98	333	2
1 7 2 .	50m:	30.64	30.64	150m:	1:47.57	39.82	250m:	3:07.10	40.69	350m:	4:26.56	40.70	_
		1:07.75	37.11		2:26.41	38.84	300m:	3:45.86	38.76	400m:	5:05.98	39.42	
143.					12						5:06.78	331	2
	50m:	33.08	33.08	150m:	1:48.95	38.15	250m:	3:08.74	40.47	350m:	4:30.05	41.72	
	100m:	1:10.80	37.72	200m:	2:28.27	39.32	300m:	3:48.33	39.59	400m:	5:06.78	36.73	

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	4,		, 400m		, 2	2011							
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144.					12						5:06.82	331	2
	50m:	32.79	32.79		1:49.35	39.31	250m:	3:07.86	39.40	350m:	4:27.94	40.14	
	100m:	1:10.04	37.25	200m:	2:28.46	39.11	300m:	3:47.80	39.94	400m:	5:06.82	38.88	
145.					12						5:07.06	330	2
	50m:	33.04	33.04	150m:	1:50.69	39.77	250m:	3:11.05	39.69	350m:	4:29.95	39.11	
	100m:	1:10.92	37.88	200m:	2:31.36	40.67	300m:	3:50.84	39.79	400m:	5:07.06	37.11	
					13						5:07.06	330	2
	50m:	33.68	33.68		1:49.71	38.84	250m:	3:07.70	38.88	350m:	4:27.95	40.13	
	100m:	1:10.87	37.19	200m:	2:28.82	39.11	300m:	3:47.82	40.12	400m:	5:07.06	39.11	
147.					12						5:07.18	329	2
	50m: 100m:	33.46 1:11.28	33.46 37.82	150m:	1:50.21 2:30.34	38.93 40.13	250m: 300m:	3:10.48 3:50.25	40.14 39.77	350m: 400m:	4:29.22 5:07.18	38.97 37.96	
4.40	100111.	1.11.20	37.02	200111.		40.13	300111.	3.30.23	39.11	400111.			_
148.	50	22.20	22.20	450	11	20.07	250	0.40.04	20.42	250	5:07.40	329	2
	50m: 100m:	33.38 1:13.13	33.38 39.75	150m: 200m:	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	
4.40													0
149.	50m:	33.15	33.15	150m:	11 1:50.55	39.54	250m:	3:09.71	39.27	350m:	5:07.77 4:30.14	327 40.34	2
		1:11.01	37.86		2:30.44	39.89	300m:	3:49.80	40.09	400m:	5:07.77	37.63	
150.					12						5:09.47	322	2
130.	50m:	31.88	31.88	150m:	1:47.72	38.67	250m:	3:06.07	38.67	350m:	4:28.21	41.14	2
		1:09.05	37.17	200m:		39.68	300m:	3:47.07	41.00	400m:	5:09.47	41.26	
151.					11						5:10.35	319	2
101.	50m:	32.11	32.11	150m:	1:47.55	38.37	250m:	3:07.61	40.51	350m:	4:30.39	41.24	_
	100m:	1:09.18	37.07	200m:	2:27.10	39.55	300m:	3:49.15	41.54	400m:	5:10.35	39.96	
152.					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	
153.					12						5:11.92	315	3
	50m:	34.04	34.04		1:51.67	39.16	250m:	3:12.23	40.29	350m:	4:33.14	40.26	
	100m:	1:12.51	38.47	200m:	2:31.94	40.27	300m:	3:52.88	40.65	400m:	5:11.92	38.78	
154.					12						5:12.53	313	3
		35.13 1:13.99	35.13 38.86		1:53.75 2:33.59	39.76 39.84		3:13.60 3:53.61	40.01 40.01		4:31.96 5:12.53	38.35 40.57	
	100111.	1.10.00	30.00	200111.		33.04	300111.	5.55.61	40.01	400111.			_
155.	F0	22.07	22.07	15000	12	40.04	250~	2.15.01	40.42	250~	5:12.68	312	3
		33.87 1:13.80	33.87 39.93		1:54.71 2:35.68	40.91 40.97		3:15.81 3:56.01	40.13 40.20		4:35.10 5:12.68	39.09 37.58	
450													2
156.	50m:	33.70	33.70	150m·	11 1:53.35	40.20	250m·	3:13.46	40.15	350m·	5:13.34 4:33.21	310 40.08	3
		1:13.15	39.45		2:33.31	39.96		3:53.13	39.67		5:13.34	40.13	
157.					12						5:14.82	306	3
107.	50m:	33.47	33.47	150m:	1:52.14	40.35	250m:	3:12.86	40.51	350m:	4:34.94	41.04	5
		1:11.79	38.32		2:32.35	40.21		3:53.90	41.04		5:14.82	39.88	
158.					11						5:14.83	306	3
	50m:	31.60	31.60	150m:	1:48.97	40.46	250m:	3:11.80	41.63	350m:	4:34.61	42.10	
	100m:	1:08.51	36.91	200m:	2:30.17	41.20	300m:	3:52.51	40.71	400m:	5:14.83	40.22	
159.					12						5:15.02	305	3
	50m:	33.52	33.52		1:52.72	40.60		3:12.60	39.59		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	
160.					12						5:15.68	303	3
	50m:	34.70	34.70		1:53.09	40.42		3:14.56	40.53		4:35.77	40.56	
	iuum:	1:12.67	37.97	∠uum:	2:34.03	40.94	300m:	3:55.21	40.65	400m:	5:15.68	39.91	
161.		·-	00 (=	4=-	12	46.5-	0	0.4= = :	40.0-	0=2	5:15.99	303	3
	50m:	33.17 1:11.97	33.17 38.80		1:52.85 2:34.22	40.88 41.37		3:15.21 3:56.38	40.99 41.17		4:37.70 5:15.99	41.32 38.29	
	100111.	1.11.31	50.00	۷۰۰۱۱.	2.54.22	71.37	JUUIII.	0.00.00	71.17	- 00111.	J. 1J.JJ	50.28	

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162.	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:	5:16.60 4:36.60 5:16.60	301 40.52 40.00	3
163.	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
164.	50m: 100m:	34.16 1:12.64	34.16 38.48		12 1:53.51 2:33.94	40.87 40.43	250m: 300m:	3:13.98 3:55.90	40.04 41.92	350m: 400m:	5:17.98 4:37.26 5:17.98	297 41.36 40.72	3
165.	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:	5:18.39 4:37.97 5:18.39	296 40.35 40.42	3
166.	50m: 100m:	33.86 1:13.56	33.86 39.70		12 1:54.12 2:34.90	40.56 40.78	250m: 300m:	3:16.69 3:58.99	41.79 42.30	350m: 400m:	5:19.45 4:40.73 5:19.45	293 41.74 38.72	3
167.	50m: 100m:	34.88 1:14.86	34.88 39.98	150m: 200m:	13 1:55.86 2:37.90	41.00 42.04	250m: 300m:	3:18.46 4:00.20	40.56 41.74	350m: 400m:	5:19.67 4:40.58 5:19.67	292 40.38 39.09	3
168.	50m:	33.92 1:13.45	33.92 39.53	150m:	11 1:55.11 2:36.68	41.66 41.57	250m: 300m:	3:17.84 3:58.98	41.16 41.14	350m: 400m:	5:19.88	292 41.27 39.63	3
169.	50m: 100m:	33.08 1:12.43	33.08 39.35		11 1:53.81 2:35.99	41.38 42.18	250m: 300m:	3:17.52 3:58.75	41.53 41.23	350m: 400m:	5:21.37 4:41.18 5:21.37	288 42.43 40.19	3
170.	50m: 100m:	37.33 1:17.54	37.33 40.21	150m: 200m:	13 1:58.93 2:40.36	41.39 41.43	250m: 300m:	3:21.44 4:02.21	41.08 40.77	350m: 400m:	5:23.27 4:43.28 5:23.27	283 41.07 39.99	3
171.	50m: 100m:	35.48 1:16.38	35.48 40.90		12 1:56.80 2:37.36	40.42 40.56	250m: 300m:	3:18.48 4:00.17	41.12 41.69	350m: 400m:	5:24.39 4:42.55 5:24.39	280 42.38 41.84	3
172.		33.76 1:13.72	33.76 39.96		12 1:55.64 2:38.53	41.92 42.89		3:22.41 4:06.47	43.88 44.06		5:29.35 4:50.07 5:29.35	267 43.60 39.28	3
173.		37.52 1:19.68	37.52 42.16		12 2:01.61 2:43.46	41.93 41.85		3:26.07 4:08.03	42.61 41.96		5:29.99 4:50.59 5:29.99	266 42.56 39.40	3
174.		36.09 1:17.88	36.09 41.79		13 2:00.38 2:42.80	42.50 42.42		3:24.93 4:08.47	42.13 43.54		5:32.15 4:51.55 5:32.15	260 43.08 40.60	3
175.		32.72 1:11.13	32.72 38.41		11 1:52.37 2:34.89	41.24 42.52		3:19.51 4:03.37	44.62 43.86		5:32.47 4:47.43 5:32.47	260 44.06 45.04	3
176.		37.63 1:18.72	37.63 41.09		12 2:01.59 2:43.36	42.87 41.77		3:26.47 4:09.52	43.11 43.05		5:33.84 4:51.72 5:33.84	256 42.20 42.12	3
177.	50m: 100m:	35.24 1:15.79	35.24 40.55		11 1:58.03 2:41.48	42.24 43.45		3:25.86 4:10.13	44.38 44.27		5:35.06 4:53.32 5:35.06	254 43.19 41.74	3
178.	50m: 100m:	35.47 1:17.04	35.47 41.57		12 1:59.74 2:43.66	42.70 43.92		3:27.09 4:10.95	43.43 43.86	350m: 400m:	5:35.25 4:54.27 5:35.25	253 43.32 40.98	3
179.	50m: 100m:	36.90 1:19.82	36.90 42.92		11 2:03.40 2:46.46	43.58 43.06		3:30.85 4:14.57	44.39 43.72		5:37.13 4:57.01 5:37.13	249 42.44 40.12	3

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180.					13						5:37.50	248	3
	50m:	36.45	36.45	150m:	2:01.24	43.08	250m:	3:28.04	43.21	350m:	4:55.20	43.67	
	100m:	1:18.16	41.71	200m:	2:44.83	43.59	300m:	4:11.53	43.49	400m:	5:37.50	42.30	
81.					12						5:38.05	247	3
	50m:	38.51	38.51	150m:	2:04.34	50.40	250m:	3:31.80	43.99	350m:	4:57.82	42.41	
	100m:	1:13.94	35.43	200m:	2:47.81	43.47	300m:	4:15.41	43.61	400m:	5:38.05	40.23	
182.					13						5:39.35	244	3
	50m:	36.53	36.53	150m:	2:04.06	44.70	250m:	3:31.99	44.28	350m:	4:59.64	43.43	
	100m:	1:19.36	42.83	200m:	2:47.71	43.65	300m:	4:16.21	44.22	400m:	5:39.35	39.71	
183.					12						5:46.36	230	3
	50m:	36.18	36.18	150m:	2:03.98	44.18	250m:	3:32.65	44.43	350m:	5:02.39	44.20	
	100m:	1:19.80	43.62	200m:	2:48.22	44.24	300m:	4:18.19	45.54	400m:	5:46.36	43.97	
SQ					12								2
SQ					12								2
DNS					11								
NS					12								
DNS					11								