1 , 400m 2012

1				, 400m		2012						
28.05.2025 - 10:00 : 4:23.00 /			: 4:39.50 / 1 : 5:00.50 / 2					: 5:40.00 / 3 : 6:28				
: AQUA 2024	5.00 /		. 4.39.30) / I	. 5.00	.50 / 2	. 0	0.40.00 / 3	•	: 6:28.50		
				,								
,				10						4-04-50	507	
F0	00.04	00.04	450	12	22.02	050	0.45.70	25.45	250	4:34.58	597	
50m: 100m:	29.21 1:02.02	29.21 32.81	150m: 200m:	1:35.95 2:10.55	33.93 34.60	250m: 300m:		35.15 36.39	350m: 400m:	3:58.92 4:34.58	36.83 35.66	
												4
50m:	30.68	30.68	150m:	12 1:41.80	36.13	250m:	2:54.29	36.25	350m:	4:40.91 4:07.00	558 36.49	1
100m:	1:05.67	34.99		2:18.04	36.24	300m:	3:30.51	36.22	400m:	4:40.91	33.91	
				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		2:19.04	36.04	300m:	3:31.55	36.20	400m:	4:43.29	35.36	
				12						4:44.88	535	1
50m:	30.50	30.50	150m:	1:41.68	36.60	250m:	2:55.54	37.11	350m:	4:10.12	37.17	•
100m:	1:05.08	34.58	200m:	2:18.43	36.75	300m:	3:32.95	37.41	400m:	4:44.88	34.76	
				12						4:45.72	530	1
50m:	32.11	32.11	150m:	1:43.48	36.17	250m:	2:56.11	36.35	350m:	4:09.51	36.61	
100m:	1:07.31	35.20	200m:	2:19.76	36.28	300m:	3:32.90	36.79	400m:	4:45.72	36.21	
				12						4:47.18	522	1
50m:	32.36	32.36	150m:	1:44.48	36.20	250m:	2:57.42	36.61	350m:	4:11.23	36.49	
100m:	1:08.28	35.92	200m:	2:20.81	36.33	300m:	3:34.74	37.32	400m:	4:47.18	35.95	
				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	
				12						4:49.20	511	1
50m: 100m:	31.97 1:07.04	31.97 35.07	150m:	1:43.33 2:20.02	36.29 36.69	250m: 300m:	2:57.36 3:34.62	37.34 37.26	350m: 400m:	4:12.22 4:49.20	37.60 36.98	
100111.	1.07.04	33.07	200111.		30.09	300111.	3.34.02	37.20	400111.			
50	00.00	00.00	450	12	07.04	050	0.00.00	07.04	050	4:51.81	497	1
50m: 100m:	32.86 1:08.37	32.86 35.51	150m: 200m:	1:45.38 2:22.85	37.01 37.47	250m: 300m:	3:00.09 3:37.90	37.24 37.81	350m: 400m:	4:15.04 4:51.81	37.14 36.77	
		00.0.	200		0		0.07.100	0				
50m:	31.56	31.56	150m:	12 1:43.53	36.87	250m:	2:58.43	37.39	350m:	4:52.68 4:15.46	493 37.95	1
100m:	1:06.66	35.10		2:21.04	37.51	300m:	3:37.51	39.08	400m:	4:52.68	37.22	
				12						4:53.49	489	1
50m:	33.66	33.66	150m:	1:47.11	36.75	250m:	3:01.78	37.69	350m:	4:16.85	37.40	•
	1:10.36	36.70	200m:	2:24.09	36.98	300m:	3:39.45	37.67	400m:	4:53.49	36.64	
				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	
				12						4:54.21	485	1
50m:	33.89	33.89	150m:	1:47.40	36.92	250m:	3:02.85	37.07	350m:	4:17.32	36.88	
100m:	1:10.48	36.59	200m:	2:25.78	38.38	300m:	3:40.44	37.59	400m:	4:54.21	36.89	
				12						4:56.73	473	1
50m:	32.37	32.37	150m:	1:47.71	38.13	250m:	3:03.51	37.60	350m:	4:20.24	38.48	
100m:	1:09.58	37.21	200m:	2:25.91	38.20	300m:	3:41.76	38.25	400m:	4:56.73	36.49	
				12						4:57.43	470	1
50m: 100m:	33.62 1:10.81	33.62 37.19	150m:	1:48.37 2:25.75	37.56 37.38	250m: 300m:	3:03.93 3:41.40	38.18 37.47	350m: 400m:	4:19.37 4:57.43	37.97 38.06	
100111.	1.10.01	51.15	۷۰۰۱۱۱.		37.30	JUUIII.	J.+1.4U	51.41	-1 00111.			
50-	00.04	20.04	450	12	20.00	050	2.05.00	20.00	250	4:57.83	468	1
50m: 100m:	32.21 1:09.33	32.21 37.12		1:47.66 2:26.32	38.33 38.66	250m: 300m:	3:05.22 3:43.78	38.90 38.56	350m: 400m:	4:21.92 4:57.83	38.14 35.91	
100711.		JL			22.00		55., 6	22.00				4
50m:	32.48	32.48	150m:	12 1:47.54	38.20	250m:	3:04.28	38.53	350m:	4:58.30 4:21.51	466 38.85	1
	1:09.34	36.86		2:25.75	38.21	300m:	3:42.66	38.38	400m:	4:58.30	36.79	

				,							
, 4	400m		, 20	12							
			/ 12						4:58.98	463	1
33.93 1:11.86	33.93 37.93		2:29.37	38.70 38.81	250m: 300m:	3:07.22 3:45.72	37.85 38.50	350m: 400m:	4:22.91 4:58.98	37.19 36.07	
33.58 1:11.92	- 33.58 38.34		1:49.88	37.96 38.08			38.07 38.44	350m: 400m:	5:00.12 4:22.97 5:00.12	457 38.50 37.15	1
33.41 1:11.08	33.41 37.67			39.20 38.94	250m: 300m:	3:09.69 3:46.04	40.47 36.35	350m: 400m:	5:00.13 4:24.41 5:00.13	457 38.37 35.72	1
32.21 1:08.67	32.21			38.48			38.37	350m:	5:00.32 4:23.18 5:00.32	39.95	1
1.00.07	30.40	200111.		30.93	300111.	3.43.23	30.76	400111.			2
31.87 1:09.65	31.87 37.78	150m: 200m:	1:48.28	38.63 38.98	250m: 300m:	3:05.28 3:44.55	38.02 39.27	350m: 400m:	4:24.62 5:01.58	40.07 36.96	
33.08 1:09.46	33.08 36.38			37.73 39.00			59.22 39.53	350m: 400m:	5:03.63 4:44.45 5:03.63	442 39.51 19.18	2
33.51 1:11.96	33.51 38.45			38.63 38.14	250m: 300m:	3:07.31 3:46.44	38.58 39.13	350m: 400m:	5:03.67 4:25.49 5:03.67	441 39.05 38.18	2
33.25 1:10.00	33.25 36.75			38.28 38.75	250m: 300m:	3:06.11 3:46.05	39.08 39.94	350m: 400m:	5:04.35 4:26.06 5:04.35	438 40.01 38.29	2
32.79 1:10.22	32.79 37.43	150m: 200m:	12 1:49.94 2:29.34	39.72 39.40			39.49 39.29	350m: 400m:	5:04.65 4:27.27 5:04.65	437 39.15 37.38	2
33.25 1:10.81	33.25 37.56			39.09 39.79	250m: 300m:	3:09.58 3:49.99	39.89 40.41	350m: 400m:	5:04.85 4:29.50 5:04.85	436 39.51 35.35	2
33.03 1:10.43	33.03 37.40			39.06 39.56			39.52 39.20			39.30	2
33.90	33.90 37.88	150m:	12 1:50.43	38.65 38.75	250m:	3:09.18	40.00 39.82	350m: 400m:	5:05.36 4:28.40 5:05.36	434 39.40 36.96	2
32.59	32.59 37.83	150m: 200m:	12 1:49.16 2:28.92	38.74 39.76	250m: 300m:	3:08.89	39.97 39.38	350m: 400m:	5:05.75 4:27.39 5:05.75	432 39.12	2
32.90 1:10.35	32.90 37.45	150m: 200m:	12 1:49.42 2:28.96	39.07 39.54	250m: 300m:	3:08.38 3:47.68	39.42 39.30	350m: 400m:	5:05.99 4:27.20 5:05.99	431 39.52 38.79	2
33.81 1:12.05	33.81 38.24	150m: 200m:	12 1:50.98 2:30.19	38.93 39.21	250m: 300m:	3:09.69 3:49.12	39.50 39.43	350m: 400m:	5:06.42 4:28.29 5:06.42	430 39.17 38.13	2
34.20 1:12.45	34.20 38.25	150m: 200m:	12 1:51.43 2:30.95	38.98 39.52	250m: 300m:	3:10.84 3:50.44	39.89 39.60	350m: 400m:	5:06.76 4:29.02 5:06.76	428 38.58 37.74	2
34.06 1:12.30	34.06 38.24	150m: 200m:	12 1:51.20 2:30.04	38.90 38.84	250m: 300m:	3:09.39 3:48.80	39.35 39.41	350m: 400m:	5:06.99 4:28.09 5:06.99	427 39.29 38.90	2
34.74 1:13.65	34.74 38.91	150m: 200m:	12 1:53.03 2:32.78	39.38 39.75	250m: 300m:	3:12.20 3:51.66	39.42 39.46	350m: 400m:	5:07.05 4:30.22 5:07.05	427 38.56 36.83	2
	33.93 1:11.86 33.58 1:11.92 33.41 1:11.08 32.21 1:08.67 31.87 1:09.65 33.08 1:09.46 33.51 1:11.96 33.25 1:10.00 32.79 1:10.22 33.25 1:10.81 33.03 1:10.43 33.90 1:11.78 32.59 1:10.42 32.90 1:10.35 33.81 1:12.05 34.20 1:12.45	33.93 33.93 1:11.86 37.93 - 33.58 33.58 1:11.92 38.34 33.41 33.41 1:11.08 37.67 32.21 32.21 1:08.67 36.46 31.87 31.87 1:09.65 37.78 33.08 33.08 1:09.46 36.38 33.51 33.51 1:11.96 38.45 33.25 33.25 1:10.00 36.75 32.79 32.79 1:10.22 37.43 33.25 33.25 1:10.81 37.56 33.03 33.03 1:10.43 37.40 33.90 33.90 1:11.78 37.88 32.59 32.59 1:10.42 37.83 32.90 32.90 1:10.35 37.45 33.81 33.81 1:12.05 38.24 34.20 34.20 1:12.45 38.25 34.06 34.06 1:12.30 38.24 34.74 34.74	33.93 33.93 150m: 1:11.86 37.93 200m:	12 33.93 33.93 150m: 1:50.56 1:11.86 37.93 200m: 2:29.37 - 12 33.58 33.58 150m: 1:49.88 1:11.92 38.34 200m: 2:27.96 12 33.41 33.41 150m: 1:50.28 1:11.08 37.67 200m: 2:29.22 13 32.21 32.21 150m: 1:47.15 1:08.67 36.46 200m: 2:26.08 13 31.87 31.87 150m: 1:48.28 1:09.65 37.78 200m: 2:27.26 12 33.08 33.08 150m: 1:47.19 1:09.46 36.38 200m: 2:26.19 12 33.51 33.51 150m: 1:50.59 1:11.96 38.45 200m: 2:28.73 12 33.25 33.25 150m: 1:48.28 1:10.00 36.75 200m: 2:27.03 12 32.79 32.79 150m: 1:49.94 1:10.22 37.43 200m: 2:29.34 12 33.25 33.25 150m: 1:49.94 1:10.23 37.43 200m: 2:29.34 12 33.03 33.03 150m: 1:49.94 1:10.43 37.56 200m: 2:29.69 12 33.90 33.90 150m: 1:49.49 1:10.43 37.40 200m: 2:29.05 12 33.90 33.90 150m: 1:49.49 1:10.43 37.83 200m: 2:29.18 12 32.59 32.59 150m: 1:49.49 1:10.43 37.83 200m: 2:29.18 12 32.90 32.90 150m: 1:49.42 1:10.35 37.45 200m: 2:28.92 12 32.90 32.90 150m: 1:49.42 1:10.35 37.45 200m: 2:28.96 12 33.81 33.81 150m: 1:50.98 1:12.05 38.24 200m: 2:30.95 12 34.06 34.06 150m: 1:51.43 1:12.45 38.25 200m: 2:30.95 12 34.74 34.74 34.74 150m: 1:53.03	12	12	12	12 33.93 33.93 150m: 1:50.56 38.70 250m: 3:07.22 37.85 33.58 33.58 150m: 1:49.88 37.96 250m: 3:06.03 38.07 33.41 33.41 33.41 150m: 1:50.28 39.20 250m: 3:06.03 38.07 33.41 33.41 150m: 1:50.28 39.20 250m: 3:06.03 38.07 33.41 33.41 150m: 1:50.28 39.20 250m: 3:06.04 36.35 33.21 32.21 150m: 1:49.88 38.93 300m: 3:44.45 38.37 33.21 32.21 150m: 1:48.28 38.63 250m: 3:04.45 38.37 33.48 33.87 33.87 33.87 33.87 33.87 33.88 33.08 33.08 150m: 1:47.19 37.73 250m: 3:05.28 39.27 32.78 32.27 32.21 32.21 150m: 1:48.28 38.63 250m: 3:05.28 38.02 33.08 33.08 150m: 1:47.19 37.73 250m: 3:05.28 38.02 33.08 33.08 150m: 1:47.19 37.73 250m: 3:05.28 39.27 33.51 33.51 150m: 1:50.59 38.63 250m: 3:07.31 39.53 33.51 33.51 150m: 1:22.73 38.14 300m: 3:46.44 39.13 33.51 33.51 150m: 1:22.73 38.14 300m: 3:46.44 39.13 33.25 33.25 150m: 1:48.28 38.28 250m: 3:06.11 39.08 33.25 33.25 150m: 1:48.28 38.28 250m: 3:06.11 39.08 33.25 33.25 150m: 1:48.28 38.28 250m: 3:06.61 39.08 30.09 30.00 3:46.05 39.94 30.00 30.00 3:49.99 40.41 30.00 30.00 3:40.05 39.94 30.00 3:40.05	12		12

1,	, 4	100m		, 20	12							
, 50m: 100m:	33.54 1:10.98	33.54 37.44	150m: 200m:	/ 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
50m: 100m:	34.71 1:14.18	34.71 39.47	150m: 200m:	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
50m: 100m:	35.05 1:13.67	35.05 38.62	150m: 200m:	12 1:53.23 2:32.84	39.56 39.61	250m: 300m:	3:12.04 3:51.25	39.20 39.21	350m: 400m:	5:08.04 4:30.30 5:08.04	423 39.05 37.74	2
50m: 100m:	34.92 1:13.01	34.92 38.09	150m: 200m:	13 1:51.30 2:31.01	38.29 39.71	250m: 300m:	3:10.46 3:50.40	39.45 39.94	350m: 400m:	5:08.11 4:29.71 5:08.11	423 39.31 38.40	2
50m: 100m:	34.24 1:12.64	34.24 38.40	150m: 200m:	12 1:52.46 2:32.65	39.82 40.19	250m: 300m:	3:12.42 3:52.05	39.77 39.63	350m: 400m:	5:08.29 4:30.66 5:08.29	422 38.61 37.63	2
50m: 100m:	33.72 1:11.83	33.72 38.11	150m: 200m:	12 1:51.22 2:30.97	39.39 39.75	250m: 300m:	3:10.78 3:51.38	39.81 40.60	350m: 400m:	5:08.47 4:31.09 5:08.47	421 39.71 37.38	2
50m: 100m:	34.75 1:14.04	34.75 39.29	150m: 200m:	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
50m: 100m:	34.92 1:13.62	34.92 38.70	150m: 200m:	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
50m: 100m:	33.78 1:11.43	33.78 37.65	150m: 200m:	12 1:50.45 2:30.25	39.02 39.80	250m: 300m:	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
50m: 100m:	34.05 1:12.01	34.05 37.96	150m: 200m:	12 1:51.10 2:30.44	39.09 39.34	250m: 300m:	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	
50m: 100m:	35.11 1:14.32	35.11 39.21	150m: 200m:	12 1:54.07 2:33.69	39.75 39.62	250m: 300m:	3:13.00 3:52.61	39.31 39.61	350m: 400m:	5:11.05 4:32.12 5:11.05	411 39.51 38.93	2
50m: 100m:	35.59 1:14.70	35.59 39.11	150m: 200m:	12 1:54.92 2:34.97	40.22 40.05	250m: 300m:	3:14.11 3:54.08	39.14 39.97	350m: 400m:	5:11.11 4:32.89 5:11.11	410 38.81 38.22	
50m: 100m:	34.24 1:13.16	34.24 38.92	150m: 200m:	12 1:52.26 2:33.22	39.10 40.96	250m: 300m:	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	
50m: 100m:	33.91 1:13.35	33.91 39.44	150m: 200m:	13 1:53.74 2:33.62	40.39 39.88	250m: 300m:	3:13.61 3:53.58	39.99 39.97	350m: 400m:	5:11.90 4:33.78 5:11.90	40.20 38.12	
50m: 100m:	31.62 1:10.25	31.62 38.63	150m: 200m:	12 1:50.64 2:32.30	40.39 41.66	250m: 300m:	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	
50m: 100m:	34.49 1:12.39	34.49 37.90	150m: 200m:	13 1:51.90 2:32.37	39.51 40.47	250m: 300m:	3:12.91 3:53.34	40.54 40.43	350m: 400m:	5:12.00 4:33.64 5:12.00	407 40.30 38.36	
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	
50m: 100m:	33.71 1:13.01	33.71 39.30	150m: 200m:	12 1:52.93 2:33.67	39.92 40.74	250m: 300m:	3:13.81 3:53.93	40.14 40.12	350m: 400m:	5:12.95 4:33.52 5:12.95	403 39.59 39.43	2

1,	, 4	100m		, 20	12							
50m: 100m:	33.84 1:12.10	33.84 38.26	150m: 200m:	/ 13 1:51.66 2:32.07	39.56 40.41	250m: 300m:	3:12.49 3:53.36	40.42 40.87	350m: 400m:	5:12.99 4:34.44 5:12.99	403 41.08 38.55	2
50m: 100m:	33.70 1:12.03	33.70 38.33	150m: 200m:	13 1:52.07 2:31.82	40.04 39.75	250m: 300m:	3:11.38 3:51.67	39.56 40.29	350m: 400m:	5:13.06 4:32.24 5:13.06	403 40.57 40.82	2
50m: 100m:	34.01 1:12.34	34.01 38.33	150m: 200m:	12 1:52.39 2:32.46	40.05 40.07	250m: 300m:	3:13.24 3:54.69	40.78 41.45	350m: 400m:	5:13.56 4:36.97 5:13.56	401 42.28 36.59	2
50m: 100m:	36.00 1:16.07	36.00 40.07	150m: 200m:	12 1:56.88 2:37.38	40.81 40.50	250m: 300m:	3:18.21 3:58.35	40.83 40.14	350m: 400m:	5:14.28 4:37.42 5:14.28	398 39.07 36.86	2
50m: 100m:	34.90 1:14.54	34.90 39.64	150m: 200m:	12 1:55.53 2:35.96	40.99 40.43	250m: 300m:	3:16.01 3:56.48	40.05 40.47	350m: 400m:	5:14.45 4:37.09 5:14.45	397 40.61 37.36	2
50m: 100m:	34.98 1:14.55	34.98 39.57	150m: 200m:	12 1:55.48 2:35.99	40.93 40.51	250m: 300m:	3:16.26 3:57.05	40.27 40.79	350m: 400m:	5:14.60 4:36.82 5:14.60	397 39.77 37.78	
50m: 100m:	34.74 1:14.35	34.74 39.61	150m: 200m:	13 1:54.64 2:35.68	40.29 41.04	250m: 300m:	3:16.49 3:57.58	40.81 41.09	350m: 400m:	5:14.82 4:38.73 5:14.82	396 41.15 36.09	2
50m: 100m:	34.09 1:12.54	34.09 38.45	150m: 200m:	12 1:52.87 2:34.28	40.33 41.41	250m: 300m:	3:14.97 3:55.58	40.69 40.61	350m: 400m:	5:15.20 4:35.83 5:15.20	395 40.25 39.37	2
50m: 100m:	33.87 1:12.65	33.87 38.78	150m: 200m:	12 1:53.01 2:34.12	40.36 41.11	250m: 300m:	3:15.96 3:57.00	41.84 41.04	350m: 400m:	5:15.95 4:37.11 5:15.95	392 40.11 38.84	2
50m: 100m:	34.30 1:12.42	34.30 38.12	150m: 200m:	12 1:52.49 2:33.15	40.07 40.66	250m: 300m:	3:13.30 3:54.24	40.15 40.94	350m: 400m:	5:15.99 4:35.44 5:15.99	392 41.20 40.55	2
50m: 100m:	34.34 1:13.73	34.34 39.39	150m: 200m:	12 1:54.70 2:35.20	40.97 40.50	250m: 300m:	3:16.32 3:56.99	41.12 40.67	350m: 400m:	5:16.09 4:37.83 5:16.09	391 40.84 38.26	2
50m: 100m:	34.89 1:13.72	34.89 38.83	150m: 200m:	12 1:54.53 2:35.12	40.81 40.59	250m: 300m:	3:15.58 3:56.17	40.46 40.59	350m: 400m:	5:16.25 4:36.92 5:16.25	391 40.75 39.33	2
50m: 100m:	35.48 1:15.80	35.48 40.32	150m: 200m:	12 1:56.10 2:36.84	40.30 40.74	250m: 300m:	3:17.39 3:58.08	40.55 40.69	350m: 400m:	5:17.04 4:38.24 5:17.04 5:17.99	388 40.16 38.80 384	
50m: 100m:	34.52 1:13.96	34.52 39.44	150m: 200m:	1:54.73 2:36.55	40.77 41.82	250m: 300m:	3:17.39 3:58.66	40.84 41.27	350m: 400m:	4:39.50 5:17.99 5:17.99	40.84 38.49 384	
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50m: 100m:	35.60 1:16.52	35.60 40.92	150m: 200m:	1:57.64 2:37.81	41.12 40.17	250m: 300m:	3:18.31 3:58.91	40.50 40.60	350m: 400m:	4:39.03 5:18.73 5:19.05	40.12 39.70 381	2
50m: 100m:	35.18 1:14.57	35.18 39.39	150m: 200m:	1:54.63 2:36.01	40.06 41.38	250m: 300m:	3:16.72 3:57.92	40.71 41.20	350m: 400m:	4:39.59 5:19.05 5:19.24	41.67 39.46 380	
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50m: 100m:	35.89 1:16.50	35.89 40.61	150m: 200m:	13 1:58.93 2:40.37	42.43 41.44	250m: 300m:	3:21.08 4:02.14	40.71 41.06	350m: 400m:	5:20.59 4:42.64 5:20.59	375 2 40.50 37.95
50m: 100m:	33.21 1:11.68	33.21 38.47	150m: 200m:	12 1:52.08 2:33.70	40.40 41.62	250m: 300m:	3:15.92 3:58.36	42.22 42.44	350m: 400m:	5:20.91 4:40.43 5:20.91	374 2 42.07 40.48
50m: 100m:	35.80 1:15.79	35.80 39.99	150m: 200m:	12 1:56.68 2:38.16	40.89 41.48	250m: 300m:	3:19.77 4:01.81	41.61 42.04	350m: 400m:	5:21.28 4:42.65 5:21.28	373 2 40.84 38.63
50m: 100m:	35.56 1:16.07	35.56 40.51	150m: 200m:	13 1:57.11 2:38.77	41.04 41.66	250m: 300m:	3:19.85 4:01.14	41.08 41.29	350m: 400m:	5:21.43 4:42.61 5:21.43	372 2 41.47 38.82
50m: 100m:	35.23 1:15.25	35.23 40.02	150m: 200m:	12 1:56.51 2:38.15	41.26 41.64	250m: 300m:	3:19.96 4:01.28	41.81 41.32	350m: 400m:	5:22.09 4:42.56 5:22.09	370 2 41.28 39.53
50m: 100m:	33.49 1:11.18	33.49 37.69	150m: 200m:	12 1:51.65 2:32.86	40.47 41.21	250m: 300m:	3:15.10 3:57.78	42.24 42.68	350m: 400m:	5:22.18 4:40.65 5:22.18	370 2 42.87 41.53
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50m: 100m:	34.88 1:15.19	34.88 40.31	150m: 200m:	12 1:55.70 2:37.68	40.51 41.98	250m: 300m:	3:19.08 4:00.56	41.40 41.48	350m: 400m:	5:22.96 4:42.75 5:22.96	367 2 42.19 40.21
50m: 100m:	37.07 1:17.92	37.07 40.85	150m: 200m:	12 1:59.67 2:41.55	41.75 41.88	250m: 300m:	3:22.44 4:03.58	40.89 41.14	350m: 400m:	5:23.03 4:44.19 5:23.03	367 2 40.61 38.84
50m: 100m:	34.58 1:14.59	34.58 40.01		12 1:56.67 2:38.44	42.08 41.77	250m: 300m:	3:20.27 4:03.00	41.83 42.73		5:25.33 4:44.88 5:25.33	359 2 41.88 40.45
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50m: 100m:	33.86 1:13.87	33.86 40.01	150m: 200m:	12 1:56.87 2:39.08	43.00 42.21	250m: 300m:	3:21.53 4:03.75	42.45 42.22	350m: 400m:	5:27.26 4:46.69 5:27.26	353 2 42.94 40.57
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50m: 100m:	33.13 1:12.22	33.13 39.09	150m: 200m:	12 1:54.25 2:37.25	42.03 43.00	250m: 300m:	3:20.56 4:05.20	43.31 44.64	350m: 400m:	5:30.65 4:49.78 5:30.65	342 2 44.58 40.87
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