4	, 400m	2011

29.05.2025 - 10:00

: 3:59.00 /	: 4:15.50 / 1	: 4:35.50 / 2	: 5:11.50 / 3	: 6:01.00

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										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

										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

										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
100m:	1:01.88	32.44	200m:	2:08.18	33.39	300m:	3:15.04	33.38	400m:	4:19.80	31.43

										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

										4:22.23	530	1
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	200m:	2:08.59	34.05	300m:	3:16.42	33.71	400m:	4:22.23	32.20

										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

										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

										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

										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	200m:	2:13.64	34.69	300m:	3:23.63	35.22	400m:	4:31.87	33.44

										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

										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

										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

										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	200m:	2:12.86	35.49	300m:	3:24.35	36.05	400m:	4:33.74	33.57

										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

										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	200m:	2:16.62	36.16	300m:	3:28.77	35.84	400m:	4:34.53	30.70

										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

										4:34.84	460	1
50m:	30.16	30.16	150m:	1:40.36	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

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									4:35.34	458	1
50m:	29.93	29.93	150m:	1:40.92	35.83	250m:	2:52.39	35.76	350m:	4:02.78	35.41
100m:	1:05.09	35.16	200m:	2:16.63	35.71	300m:	3:27.37	34.98	400m:	4:35.34	32.56

									4:35.55	457	2
50m:	29.78	29.78	150m:	1:40.04	35.84	250m:	2:52.52	36.46	350m:	4:04.45	35.94
100m:	1:04.20	34.42	200m:	2:16.06	36.02	300m:	3:28.51	35.99	400m:	4:35.55	31.10

									4:36.08	454	2
50m:	30.93	30.93	150m:	1:38.96	34.60	250m:	2:49.62	35.47	350m:	4:01.30	36.06
100m:	1:04.36	33.43	200m:	2:14.15	35.19	300m:	3:25.24	35.62	400m:	4:36.08	34.78

									4:36.46	452	2
50m:	28.42	28.42	150m:	1:36.36	35.10	250m:	2:48.37	36.22	350m:	4:01.15	36.26
100m:	1:01.26	32.84	200m:	2:12.15	35.79	300m:	3:24.89	36.52	400m:	4:36.46	35.31

									4:36.78	450	2
50m:	30.00	30.00	150m:	1:39.29	35.45	250m:	2:51.64	36.31	350m:	4:03.59	36.20
100m:	1:03.84	33.84	200m:	2:15.33	36.04	300m:	3:27.39	35.75	400m:	4:36.78	33.19

									4:36.84	450	2
50m:	30.76	30.76	150m:	1:39.79	35.02	250m:	2:50.77	35.60	350m:	4:02.25	35.81
100m:	1:04.77	34.01	200m:	2:15.17	35.38	300m:	3:26.44	35.67	400m:	4:36.84	34.59

									4:38.44	442	2
50m:	29.20	29.20	150m:	1:39.51	35.25	250m:	2:51.86	36.42	350m:	4:04.02	35.85
100m:	1:04.26	35.06	200m:	2:15.44	35.93	300m:	3:28.17	36.31	400m:	4:38.44	34.42

									4:38.48	442	2
50m:	32.15	32.15	150m:	1:44.00	35.98	250m:	2:55.56	35.83	350m:	4:06.10	34.66
100m:	1:08.02	35.87	200m:	2:19.73	35.73	300m:	3:31.44	35.88	400m:	4:38.48	32.38

									4:38.51	442	2
50m:	29.48	29.48	150m:	1:38.95	35.62	250m:	2:50.48	35.99	350m:	4:03.13	36.48
100m:	1:03.33	33.85	200m:	2:14.49	35.54	300m:	3:26.65	36.17	400m:	4:38.51	35.38

									4:38.62	442	2
50m:	30.94	30.94	150m:	1:42.67	36.44	250m:	2:55.15	36.40	350m:	4:06.71	35.53
100m:	1:06.23	35.29	200m:	2:18.75	36.08	300m:	3:31.18	36.03	400m:	4:38.62	31.91

									4:38.80	441	2
50m:	30.96	30.96	150m:	1:42.76	36.24	250m:	2:55.25	36.55	350m:	4:06.18	34.54
100m:	1:06.52	35.56	200m:	2:18.70	35.94	300m:	3:31.64	36.39	400m:	4:38.80	32.62

									4:38.89	440	2
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

									4:39.15	439	2
50m:	30.51	30.51	150m:	1:41.03	35.72	250m:	2:52.75	36.00	350m:	4:04.60	35.89
100m:	1:05.31	34.80	200m:	2:16.75	35.72	300m:	3:28.71	35.96	400m:	4:39.15	34.55

									4:39.16	439	2
50m:	30.58	30.58	150m:	1:40.58	35.15	250m:	2:51.89	35.15	350m:	4:04.63	36.13
100m:	1:05.43	34.85	200m:	2:16.74	36.16	300m:	3:28.50	36.61	400m:	4:39.16	34.53

									4:40.03	435	2
50m:	31.09	31.09	150m:	1:40.91	34.94	250m:	2:51.94	35.28	350m:	4:05.10	36.71
100m:	1:05.97	34.88	200m:	2:16.66	35.75	300m:	3:28.39	36.45	400m:	4:40.03	34.93

									4:40.72	432	2
50m:	29.80	29.80	150m:	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

									4:40.98	431	2
50m:	31.41	31.41	150m:	1:43.52	36.66	250m:	2:56.38	36.41	350m:	4:06.86	33.89
100m:	1:06.86	35.45	200m:	2:19.97	36.45	300m:	3:32.97	36.59	400m:	4:40.98	34.12

									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

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			12							**4:41.27**	429	2
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	200m:	2:17.05	36.08	300m:	3:29.73	36.26	400m:	4:41.27	34.51	

			11							**4:41.52**	428	2
50m:	30.90	30.90	150m:	1:42.53	36.71	250m:	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	

			12							**4:42.52**	424	2
50m:	30.77	30.77	150m:	1:41.40	35.83	250m:	2:54.06	36.76	350m:	4:08.61	36.91	
100m:	1:05.57	34.80	200m:	2:17.30	35.90	300m:	3:31.70	37.64	400m:	4:42.52	33.91	

			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	

			11							**4:42.72**	423	2
50m:	31.92	31.92	150m:	1:43.93	36.32	250m:	2:55.96	35.71	350m:	4:08.44	36.17	
100m:	1:07.61	35.69	200m:	2:20.25	36.32	300m:	3:32.27	36.31	400m:	4:42.72	34.28	

			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	

			11							**4:43.66**	418	2
50m:	30.72	30.72	150m:	1:42.48	36.22	250m:	2:55.16	36.15	350m:	4:08.50	36.07	
100m:	1:06.26	35.54	200m:	2:19.01	36.53	300m:	3:32.43	37.27	400m:	4:43.66	35.16	

			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	200m:	2:17.56	36.69	300m:	3:31.91	37.43	400m:	4:43.98	35.28	

			11							**4:44.68**	414	2
50m:	30.79	30.79	150m:	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	

			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	

			11							**4:45.04**	412	2
50m:	30.84	30.84	150m:	1:42.35	35.91	250m:	2:55.81	36.91	350m:	4:09.63	36.52	
100m:	1:06.44	35.60	200m:	2:18.90	36.55	300m:	3:33.11	37.30	400m:	4:45.04	35.41	

			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	200m:	2:18.99	36.66	300m:	3:32.15	36.30	400m:	4:45.43	18.45	

			11							**4:45.56**	410	2
50m:	31.94	31.94	150m:	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	

			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	
100m:	1:04.08	34.42	200m:	2:18.44	37.68	300m:	3:33.32	37.29	400m:	4:45.80	35.18	

			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	

			11							**4:46.28**	407	2
50m:	31.82	31.82	150m:	1:45.36	37.19	250m:	2:58.53	35.61	350m:	4:10.64	35.53	
100m:	1:08.17	36.35	200m:	2:22.92	37.56	300m:	3:35.11	36.58	400m:	4:46.28	35.64	

			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	

			11							**4:46.86**	405	2
50m:	30.99	30.99	150m:	1:41.14	35.13	250m:	2:54.49	37.16	350m:	4:09.90	37.31	
100m:	1:06.01	35.02	200m:	2:17.33	36.19	300m:	3:32.59	38.10	400m:	4:46.86	36.96	

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								11			**4:46.96**	404	2
50m:	31.71	31.71	150m:	1:43.58	36.69	250m:	2:58.03	37.19	350m:	4:12.27	37.19
100m:	1:06.89	35.18	200m:	2:20.84	37.26	300m:	3:35.08	37.05	400m:	4:46.96	34.69

								11			**4:47.06**	404	2
50m:	31.01	31.01	150m:	2:00.82	54.78	250m:	3:15.12	37.09	350m:	4:30.11	37.50
100m:	1:06.04	35.03	200m:	2:38.03	37.21	300m:	3:52.61	37.49	400m:	4:47.06	16.95

								11			**4:47.11**	404	2
50m:	31.14	31.14	150m:	1:42.35	36.78	250m:	2:57.07	37.39	350m:	4:11.78	37.28
100m:	1:05.57	34.43	200m:	2:19.68	37.33	300m:	3:34.50	37.43	400m:	4:47.11	35.33

								11			**4:47.17**	403	2
50m:	29.74	29.74	150m:	1:41.43	36.69	250m:	2:56.23	37.20	350m:	4:11.39	37.67
100m:	1:04.74	35.00	200m:	2:19.03	37.60	300m:	3:33.72	37.49	400m:	4:47.17	35.78

								11			**4:47.41**	402	2
50m:	31.97	31.97	150m:	1:43.38	35.85	250m:	2:57.61	37.46	350m:	4:13.02	37.27
100m:	1:07.53	35.56	200m:	2:20.15	36.77	300m:	3:35.75	38.14	400m:	4:47.41	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

								12			**4:47.73**	401	2
50m:	30.72	30.72	150m:	1:42.14	36.52	250m:	2:58.13	38.23	350m:	4:13.36	37.67
100m:	1:05.62	34.90	200m:	2:19.90	37.76	300m:	3:35.69	37.56	400m:	4:47.73	34.37

								11			**4:47.74**	401	2
50m:	31.19	31.19	150m:	1:43.15	36.85	250m:	2:57.95	37.61	350m:	4:12.79	37.14
100m:	1:06.30	35.11	200m:	2:20.34	37.19	300m:	3:35.65	37.70	400m:	4:47.74	34.95

								11			**4:47.82**	401	2
50m:	29.62	29.62	150m:	1:40.64	36.40	250m:	2:56.33	37.76	350m:	4:13.02	38.85
100m:	1:04.24	34.62	200m:	2:18.57	37.93	300m:	3:34.17	37.84	400m:	4:47.82	34.80

								11			**4:48.05**	400	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

								11			**4:48.19**	399	2
50m:	31.21	31.21	150m:	2:01.96	55.57	250m:	3:17.03	37.61	350m:	4:31.26	36.90
100m:	1:06.39	35.18	200m:	2:39.42	37.46	300m:	3:54.36	37.33	400m:	4:48.19	16.93

								12			**4:48.28**	399	2
50m:	30.74	30.74	150m:	1:42.77	36.64	250m:	2:56.79	36.78	350m:	4:08.18	34.71
100m:	1:06.13	35.39	200m:	2:20.01	37.24	300m:	3:33.47	36.68	400m:	4:48.28	40.10

								12			**4:48.46**	398	2
50m:	31.55	31.55	150m:	2:03.93	56.21	250m:	3:18.87	37.60	350m:	4:31.72	35.93
100m:	1:07.72	36.17	200m:	2:41.27	37.34	300m:	3:55.79	36.92	400m:	4:48.46	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

								12			**4:48.53**	398	2
50m:	31.37	31.37	150m:	1:43.53	36.56	250m:	2:57.67	36.73	350m:	4:10.94	36.99
100m:	1:06.97	35.60	200m:	2:20.94	37.41	300m:	3:33.95	36.28	400m:	4:48.53	37.59

								11			**4:48.72**	397	2
50m:	30.99	30.99	150m:	1:43.13	36.65	250m:	2:58.74	38.14	350m:	4:13.61	36.68
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:	32.89	32.89	150m:	1:45.08	36.51	250m:	2:58.88	37.29	350m:	4:12.75	36.46
100m:	1:08.57	35.68	200m:	2:21.59	36.51	300m:	3:36.29	37.41	400m:	4:48.78	36.03

								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

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	11		4:48.90	396	2

50m:	30.56	30.56	150m:	1:43.45	36.83	250m:	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

11 — **4:48.95** 396 2

50m:	30.67	30.67	150m:	1:42.84	36.99	250m:	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

11 — **4:49.03** 396 2

50m:	31.62	31.62	150m:	1:44.48	36.62	250m:	2:58.58	37.37	350m:	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

11 — **4:49.17** 395 2

50m:	31.20	31.20	150m:	1:42.58	36.41	250m:	2:57.63	38.05	350m:	4:13.13	37.39
100m:	1:06.17	34.97	200m:	2:19.58	37.00	300m:	3:35.74	38.11	400m:	4:49.17	36.04

11 — **4:49.42** 394 2

50m:	32.42	32.42	150m:	1:45.47	37.10	250m:	3:00.14	37.31	350m:	4:14.02	36.71
100m:	1:08.37	35.95	200m:	2:22.83	37.36	300m:	3:37.31	37.17	400m:	4:49.42	35.40

11 — **4:49.48** 394 2

50m:	32.69	32.69	150m:	1:45.68	37.07	250m:	2:58.97	36.66	350m:	4:12.63	37.09
100m:	1:08.61	35.92	200m:	2:22.31	36.63	300m:	3:35.54	36.57	400m:	4:49.48	36.85

11 — **4:49.64** 393 2

50m:	30.69	30.69	150m:	1:44.71	37.85	250m:	2:59.09	36.89	350m:	4:13.74	37.89
100m:	1:06.86	36.17	200m:	2:22.20	37.49	300m:	3:35.85	36.76	400m:	4:49.64	35.90

11 — **4:50.42** 390 2

50m:	31.06	31.06	150m:	1:43.77	37.12	250m:	2:58.06	48.46	350m:	4:09.87	35.80
100m:	1:06.65	35.59	200m:	2:09.60	25.83	300m:	3:34.07	36.01	400m:	4:50.42	40.55

11 — **4:50.50** 390 2

50m:	30.58	30.58	150m:	1:42.86	36.97	250m:	2:58.91	38.02	350m:	4:14.10	37.37
100m:	1:05.89	35.31	200m:	2:20.89	38.03	300m:	3:36.73	37.82	400m:	4:50.50	36.40

11 — **4:50.79** 388 2

50m:	31.97	31.97	150m:	1:45.96	37.23	250m:	3:01.20	38.27	350m:	4:15.67	37.23
100m:	1:08.73	36.76	200m:	2:22.93	36.97	300m:	3:38.44	37.24	400m:	4:50.79	35.12

11 — **4:50.93** 388 2

50m:	32.45	32.45	150m:	1:45.90	37.02	250m:	3:01.26	37.49	350m:	4:15.82	36.52
100m:	1:08.88	36.43	200m:	2:23.77	37.87	300m:	3:39.30	38.04	400m:	4:50.93	35.11

12 — **4:51.58** 385 2

50m:	32.82	32.82	150m:	1:45.59	36.89	250m:	3:00.22	37.67	350m:	4:15.47	37.52
100m:	1:08.70	35.88	200m:	2:22.55	36.96	300m:	3:37.95	37.73	400m:	4:51.58	36.11

12 — **4:51.61** 385 2

50m:	32.19	32.19	150m:	1:45.01	37.32	250m:	3:00.72	38.37	350m:	4:34.10	37.48
100m:	1:07.69	35.50	200m:	2:22.35	37.34	300m:	3:56.62	55.90	400m:	4:51.61	17.51

11 — **4:52.08** 383 2

50m:	31.02	31.02	150m:	1:45.23	38.10	250m:	3:01.02	38.29	350m:	4:16.87	37.93
100m:	1:07.13	36.11	200m:	2:22.73	37.50	300m:	3:38.94	37.92	400m:	4:52.08	35.21

11 — **4:52.13** 383 2

50m:	30.85	30.85	150m:	1:44.08	37.41	250m:	2:58.79	37.51	350m:	4:15.18	38.20
100m:	1:06.67	35.82	200m:	2:21.28	37.20	300m:	3:36.98	38.19	400m:	4:52.13	36.95

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

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

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

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											4:52.89	380	2
50m:	30.81	30.81	150m:	1:43.02	36.85	250m:	2:59.48	38.77	350m:	4:16.41	37.87		
100m:	1:06.17	35.36	200m:	2:20.71	37.69	300m:	3:38.54	39.06	400m:	4:52.89	36.48		

											4:53.20	379	2
50m:	30.84	30.84	150m:	1:44.95	37.56	250m:	3:02.07	38.99	350m:	4:18.75	37.36		
100m:	1:07.39	36.55	200m:	2:23.08	38.13	300m:	3:41.39	39.32	400m:	4:53.20	34.45		

											4:53.51	378	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	36.58		

											4:53.65	377	2
50m:	32.53	32.53	150m:	1:45.24	36.94	250m:	3:00.92	38.16	350m:	4:16.22	37.77		
100m:	1:08.30	35.77	200m:	2:22.76	37.52	300m:	3:38.45	37.53	400m:	4:53.65	37.43		

											4:53.72	377	2
50m:	30.83	30.83	150m:	1:43.86	37.42	250m:	2:59.96	37.88	350m:	4:16.72	38.07		
100m:	1:06.44	35.61	200m:	2:22.08	38.22	300m:	3:38.65	38.69	400m:	4:53.72	37.00		

											4:54.03	376	2
50m:	31.70	31.70	150m:	1:46.70	37.87	250m:	3:03.29	38.49	350m:	4:17.35	37.11		
100m:	1:08.83	37.13	200m:	2:24.80	38.10	300m:	3:40.24	36.95	400m:	4:54.03	36.68		

											4:54.27	375	2
50m:	32.56	32.56	150m:	1:45.76	36.69	250m:	2:59.83	36.96	350m:	4:16.07	38.47		
100m:	1:09.07	36.51	200m:	2:22.87	37.11	300m:	3:37.60	37.77	400m:	4:54.27	38.20		

											4:54.59	374	2
50m:	33.41	33.41	150m:	1:47.93	37.72	250m:	3:03.87	38.01	350m:	4:18.65	36.63		
100m:	1:10.21	36.80	200m:	2:25.86	37.93	300m:	3:42.02	38.15	400m:	4:54.59	35.94		

											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		
100m:	1:07.90	36.49	200m:	2:23.94	38.44	300m:	3:41.91	39.29	400m:	4:55.09	36.49		

											4:55.29	371	2
50m:	30.99	30.99	150m:	2:03.64	56.37	250m:	3:20.72	38.77	350m:	4:37.58	38.70		
100m:	1:07.27	36.28	200m:	2:41.95	38.31	300m:	3:58.88	38.16	400m:	4:55.29	17.71		

											4:55.54	370	2
50m:	31.60	31.60	150m:	1:44.83	37.16	250m:	3:00.96	38.89	350m:	4:18.29	38.07		
100m:	1:07.67	36.07	200m:	2:22.07	37.24	300m:	3:40.22	39.26	400m:	4:55.54	37.25		

											4:55.68	369	2
50m:	32.00	32.00	150m:	1:45.88	37.66	250m:	3:02.70	38.33	350m:	4:18.52	37.46		
100m:	1:08.22	36.22	200m:	2:24.37	38.49	300m:	3:41.06	38.36	400m:	4:55.68	37.16		

											4:55.85	369	2
50m:	32.51	32.51	150m:	1:48.59	38.59	250m:	3:05.64	38.31	350m:	4:19.65	36.28		
100m:	1:10.00	37.49	200m:	2:27.33	38.74	300m:	3:43.37	37.73	400m:	4:55.85	36.20		

											4:56.60	366	2
50m:	32.96	32.96	150m:	1:47.51	37.78	250m:	3:04.22	38.96	350m:	4:20.39	37.44		
100m:	1:09.73	36.77	200m:	2:25.26	37.75	300m:	3:42.95	38.73	400m:	4:56.60	36.21		

											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		
100m:	1:09.69	37.32	200m:	2:26.77	38.62	300m:	3:43.96	38.64	400m:	4:56.64	34.74		

											4:56.65	366	2
50m:	34.11	34.11	150m:	1:50.85	38.08	250m:	3:07.16	38.04	350m:	4:23.34	37.44		
100m:	1:12.77	38.66	200m:	2:29.12	38.27	300m:	3:45.90	38.74	400m:	4:56.65	33.31		

											4:56.88	365	2
50m:	32.51	32.51	150m:	1:47.80	37.63	250m:	3:05.16	38.61	350m:	4:21.86	37.89		
100m:	1:10.17	37.66	200m:	2:26.55	38.75	300m:	3:43.97	38.81	400m:	4:56.88	35.02		

											4:56.88	365	2
50m:	31.70	31.70	150m:	1:47.28	38.18	250m:	3:05.06	38.69	350m:	4:22.26	38.41		
100m:	1:09.10	37.40	200m:	2:26.37	39.09	300m:	3:43.85	38.79	400m:	4:56.88	34.62		

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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

12 **4:57.41** 363 2

50m:	30.59	30.59	150m:	1:44.50	38.07	250m:	3:00.87	37.73	350m:	4:19.80	38.77
100m:	1:06.43	35.84	200m:	2:23.14	38.64	300m:	3:41.03	40.16	400m:	4:57.41	37.61

11 **4:57.44** 363 2

50m:	32.33	32.33	150m:	1:46.13	37.67	250m:	3:02.15	38.04	350m:	4:19.81	39.15
100m:	1:08.46	36.13	200m:	2:24.11	37.98	300m:	3:40.66	38.51	400m:	4:57.44	37.63

11 **4:57.66** 362 2

50m:	32.90	32.90	150m:	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

12 **4:58.24** 360 2

50m:	29.90	29.90	150m:	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

12 **4:59.12** 357 2

50m:	31.92	31.92	150m:	1:47.25	38.66	250m:	3:05.36	39.16	350m:	4:23.90	38.94
100m:	1:08.59	36.67	200m:	2:26.20	38.95	300m:	3:44.96	39.60	400m:	4:59.12	35.22

12 **4:59.43** 356 2

50m:	33.40	33.40	150m:	1:49.96	38.98	250m:	3:09.61	39.65	350m:	4:25.33	39.21
100m:	1:10.98	37.58	200m:	2:29.96	40.00	300m:	3:46.12	36.51	400m:	4:59.43	34.10

11 **4:59.83** 354 2

50m:	32.34	32.34	150m:	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

11 **4:59.90** 354 2

50m:	31.80	31.80	150m:	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

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

11 **5:00.53** 352 2

50m:	32.04	32.04	150m:	1:47.24	38.62	250m:	3:06.07	39.43	350m:	4:24.11	38.52
100m:	1:08.62	36.58	200m:	2:26.64	39.40	300m:	3:45.59	39.52	400m:	5:00.53	36.42

13 **5:00.86** 351 2

50m:	31.68	31.68	150m:	1:47.04	38.53	250m:	3:05.18	39.09	350m:	4:23.15	38.64
100m:	1:08.51	36.83	200m:	2:26.09	39.05	300m:	3:44.51	39.33	400m:	5:00.86	37.71

12 **5:01.07** 350 2

50m:	31.94	31.94	150m:	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

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
100m:	1:10.15	37.42	200m:	2:27.46	38.92	300m:	3:45.52	38.93	400m:	5:01.11	36.85

12 **5:01.51** 348 2

50m:	31.10	31.10	150m:	1:47.40	38.64	250m:	3:05.29	39.07	350m:	4:24.59	39.45
100m:	1:08.76	37.66	200m:	2:26.22	38.82	300m:	3:45.14	39.85	400m:	5:01.51	36.92

11 **5:01.62** 348 2

50m:	30.84	30.84	150m:	1:48.90	39.66	250m:	3:08.36	39.60	350m:	4:26.36	38.39
100m:	1:09.24	38.40	200m:	2:28.76	39.86	300m:	3:47.97	39.61	400m:	5:01.62	35.26

12 **5:01.78** 347 2

50m:	33.08	33.08	150m:	1:51.14	39.93	250m:	3:09.96	39.67	350m:	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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				11						**5:01.88**	347 2
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
				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
				12						**5:01.95**	347 2
50m:	33.80	33.80	150m:	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
				11						**5:02.78**	344 2
50m:	33.19	33.19	150m:	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
				11						**5:02.83**	344 2
50m:	32.53	32.53	150m:	1:48.66	38.84	250m:	3:06.71	38.82	350m:	4:26.45	40.26
100m:	1:09.82	37.29	200m:	2:27.89	39.23	300m:	3:46.19	39.48	400m:	5:02.83	36.38
				12						**5:03.22**	342 2
50m:	32.50	32.50	150m:	1:48.95	38.75	250m:	3:06.94	38.81	350m:	4:25.95	39.31
100m:	1:10.20	37.70	200m:	2:28.13	39.18	300m:	3:46.64	39.70	400m:	5:03.22	37.27
				12						**5:03.47**	342 2
50m:	33.04	33.04	150m:	1:49.11	38.59	250m:	3:07.73	39.58	350m:	4:26.53	39.45
100m:	1:10.52	37.48	200m:	2:28.15	39.04	300m:	3:47.08	39.35	400m:	5:03.47	36.94
				11						**5:03.52**	341 2
50m:	33.03	33.03	150m:	1:50.39	39.57	250m:	3:09.12	39.87	350m:	4:28.11	39.51
100m:	1:10.82	37.79	200m:	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
				12						**5:03.68**	341 2
50m:	33.47	33.47	150m:	1:49.44	38.26	250m:	3:09.55	40.51	350m:	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
				11						**5:03.71**	341 2
50m:	34.10	34.10	150m:	1:52.99	39.68	250m:	3:12.05	39.65	350m:	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
				11						**5:04.25**	339 2
50m:	32.68	32.68	150m:	1:48.96	38.36	250m:	3:07.93	39.67	350m:	4:27.87	39.26
100m:	1:10.60	37.92	200m:	2:28.26	39.30	300m:	3:48.61	40.68	400m:	5:04.25	36.38
				11						**5:04.73**	337 2
50m:	33.57	33.57	150m:	1:50.20	38.86	250m:	3:09.04	39.67	350m:	4:27.26	38.99
100m:	1:11.34	37.77	200m:	2:29.37	39.17	300m:	3:48.27	39.23	400m:	5:04.73	37.47
				11						**5:05.98**	333 2
50m:	30.64	30.64	150m:	1:47.57	39.82	250m:	3:07.10	40.69	350m:	4:26.56	40.70
100m:	1:07.75	37.11	200m:	2:26.41	38.84	300m:	3:45.86	38.76	400m:	5:05.98	39.42
				12						**5:06.82**	331 2
50m:	32.79	32.79	150m:	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
				11						**5:07.40**	329 2
50m:	33.38	33.38	150m:	1:53.10	39.97	250m:	3:12.34	39.43	350m:	4:30.45	38.82
100m:	1:13.13	39.75	200m:	2:32.91	39.81	300m:	3:51.63	39.29	400m:	5:07.40	36.95
				11						**5:07.77**	327 2
50m:	33.15	33.15	150m:	1:50.55	39.54	250m:	3:09.71	39.27	350m:	4:30.14	40.34
100m:	1:11.01	37.86	200m:	2:30.44	39.89	300m:	3:49.80	40.09	400m:	5:07.77	37.63
				12						**5:09.47**	322 2
50m:	31.88	31.88	150m:	1:47.72	38.67	250m:	3:06.07	38.67	350m:	4:28.21	41.14
100m:	1:09.05	37.17	200m:	2:27.40	39.68	300m:	3:47.07	41.00	400m:	5:09.47	41.26

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		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		

		12									**5:12.68**	312	3
50m:	33.87	33.87	150m:	1:54.71	40.91	250m:	3:15.81	40.13	350m:	4:35.10	39.09		
100m:	1:13.80	39.93	200m:	2:35.68	40.97	300m:	3:56.01	40.20	400m:	5:12.68	37.58		

		11									**5:13.34**	310	3
50m:	33.70	33.70	150m:	1:53.35	40.20	250m:	3:13.46	40.15	350m:	4:33.21	40.08		
100m:	1:13.15	39.45	200m:	2:33.31	39.96	300m:	3:53.13	39.67	400m:	5:13.34	40.13		

		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		

		13									**5:16.69**	301	3
50m:	33.46	33.46	150m:	1:53.40	40.26	250m:	3:16.65	42.32	350m:	4:37.86	41.45		
100m:	1:13.14	39.68	200m:	2:34.33	40.93	300m:	3:56.41	39.76	400m:	5:16.69	38.83		

DSQ		12		2
DSQ		12		2
DNS		12		
DNS		11		