1 , 400m 2012

1			, 400m						2012				
28.05.2025 - 10:00			4.00.50	. / 4	5.00	: 5:00.50 / 2 : 5:40.00 / 3							
: 4:23.00 /			: 4:39.50	7 7	: 5:00.50 / 2 : 5:40.00 / 3					: 6:28.50			
.7100712024													
,				/									
				12						4:34.58	597		
50m: 100m:	29.21 1:02.02	29.21 32.81		1:35.95 2:10.55	33.93 34.60	250m: 300m:	2:45.70 3:22.09	35.15 36.39	350m: 400m:	3:58.92 4:34.58	36.83 35.66		
100111.	1.02.02	32.01	200111.		34.00	300111.	0.22.00	30.33	400111.				
				12						4:40.91	558	1	
50m: 100m:	30.68 1:05.67	30.68 34.99	150m:	1:41.80 2:18.04	36.13 36.24	250m: 300m:	2:54.29 3:30.51	36.25 36.22	350m: 400m:	4:07.00 4:40.91	36.49 33.91		
100111.	1.03.07	04.00	200111.		30.24	300111.	0.00.01	50.22	400111.				
FOmi	22.26	20.06	150m	12	25.00	250	0.55.05	26.24	250~	4:43.29	544	1	
50m: 100m:	32.26 1:07.10	32.26 34.84	150m: 200m:	1:43.00 2:19.04	35.90 36.04	250m: 300m:	2:55.35 3:31.55	36.31 36.20	350m: 400m:	4:07.93 4:43.29	36.38 35.36		
50m:	30.50	30.50	150m:	12 1:41.68	36.60	250m:	2:55.54	37.11	350m:	<b>4:44.88</b> 4:10.12	535 37.17	1	
100m:	1:05.08	34.58		2:18.43	36.75	300m:	3:32.95	37.11	400m:	4:44.88	34.76		
				12						4.45.70	530	1	
50m:	32.11	32.11	150m:	1∠ 1:43.48	36.17	250m:	2:56.11	36.35	350m:	<b>4:45.72</b> 4:09.51	36.61	1	
100m:	1:07.31	35.20		2:19.76	36.28	300m:	3:32.90	36.79	400m:	4:45.72	36.21		
				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:	31.97	31.97	150m:	1:43.33	36.29	250m:	2:57.36	37.34	350m:	4:12.22	37.60		
100m:	1:07.04	35.07	200m:	2:20.02	36.69	300m:	3:34.62	37.26	400m:	4:49.20	36.98		
				12						4:51.81	497	1	
50m:	32.86	32.86	150m:	1:45.38	37.01	250m:	3:00.09	37.24	350m:	4:15.04	37.14		
100m:	1:08.37	35.51	200m:	2:22.85	37.47	300m:	3:37.90	37.81	400m:	4:51.81	36.77		
				12						4:52.68	493	1	
50m: 100m:	31.56	31.56		1:43.53 2:21.04	36.87 37.51	250m:	2:58.43	37.39	350m:	4:15.46 4:52.68	37.95 37.22		
100111.	1:06.66	35.10	200111.		37.31	300m:	3:37.51	39.08	400m:				
			.=-	12						4:53.49	489	1	
50m: 100m:	33.66 1:10.36	33.66 36.70		1:47.11 2:24.09	36.75 36.98	250m: 300m:	3:01.78 3:39.45	37.69 37.67	350m: 400m:	4:16.85 4:53.49	37.40 36.64		
100111.	1.10.50	30.70	200111.		30.30	300111.	0.00.40	37.07	400111.				
FOmi	22.26	20.06	150m	12	27.60	250	2.04.42	27.40	250~	4:53.88	487	1	
50m: 100m:	32.26 1:08.16	32.26 35.90		1:45.76 2:23.94	37.60 38.18	250m: 300m:	3:01.42 3:39.31	37.48 37.89	350m: 400m:	4:17.00 4:53.88	37.69 36.88		
50m:	33.89	33.89	150m:	12 1:47.40	36.92	250m:	3:02.85	37.07	350m:	<b>4:54.21</b> 4:17.32	485 36.88	1	
	1:10.48	36.59		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	1	
100m:	1:09.58	37.21		2:25.91	38.20	300m:	3:41.76	38.25	400m:	4:56.73	36.49		
				12						4:57.43	470	1	
50m:	33.62	33.62	150m:	1:48.37	37.56	250m:	3:03.93	38.18	350m:	4:19.37	37.97	•	
	1:10.81	37.19		2:25.75	37.38	300m:	3:41.40	37.47	400m:	4:57.43	38.06		
				12						4:57.83	468	1	
50m:	32.21	32.21	150m:	1:47.66	38.33	250m:	3:05.22	38.90	350m:	4:21.92	38.14		
100m:	1:09.33	37.12	200m:	2:26.32	38.66	300m:	3:43.78	38.56	400m:	4:57.83	35.91		
				12						4:58.30	466	1	
50m:	32.48	32.48		1:47.54	38.20	250m:	3:04.28	38.53	350m:	4:21.51	38.85		
100m:	1:09.34	36.86	200m:	2:25.75	38.21	300m:	3:42.66	38.38	400m:	4:58.30	36.79		

, 400m		, 201	2							
	, 400m									
		/ 12						4:58.98	463	1
		: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	
		:49.88	37.96 38.08	250m: 300m:	3:06.03 3:44.47	38.07 38.44		4:22.97	457 38.50 37.15	1
			39.20 38.94	250m: 300m:	3:09.69 3:46.04	40.47 36.35	350m: 400m:	<b>5:00.13</b> 4:24.41 5:00.13	457 38.37 35.72	1
			38.48 38.93			38.37 38.78		<b>5:00.32</b> 4:23.18 5:00.32	456 39.95 37.14	1
		13						5:01.58	451	2
		:27.26	38.63 38.98			38.02 39.27		5:01.58	40.07 36.96	
		:47.19	37.73 39.00			59.22 39.53	350m: 400m:	<b>5:03.63</b> 4:44.45 5:03.63	442 39.51 19.18	2
			38.63 38.14	250m: 300m:	3:07.31 3:46.44	38.58 39.13			441 39.05 38.18	2
			38.28 38.75			39.08 39.94			438 40.01 38.29	2
00 30.73	200111. 2		50.75	300111.	3.40.03	33.34	400111.			2
		:49.94	39.72 39.40	250m: 300m:	3:08.83 3:48.12	39.49 39.29	350m: 400m:	4:27.27 5:04.65	39.15 37.38	_
			39.09 39.79	250m: 300m:	3:09.58 3:49.99	39.89 40.41	350m: 400m:	<b>5:04.85</b> 4:29.50 5:04.85	436 39.51 35.35	2
	.=-	12						5:04.91	436	2
		:29.05	39.06			39.52 39.20		5:04.91	37.84	2
		:50.43	38.65 38.75	250m: 300m:	3:09.18 3:49.00	40.00 39.82	350m: 400m:	4:28.40 5:05.36	39.40 36.96	2
			38.74 39.76	250m: 300m:	3:08.89 3:48.27	39.97 39.38	350m: 400m:	<b>5:05.75</b> 4:27.39 5:05.75	432 39.12 38.36	2
			39.07 39.54	250m: 300m:	3:08.38 3:47.68	39.42 39.30	350m: 400m:	<b>5:05.99</b> 4:27.20 5:05.99	431 39.52 38.79	2
			38.93 39.21	250m: 300m:	3:09.69 3:49.12	39.50 39.43	350m: 400m:	<b>5:06.42</b> 4:28.29 5:06.42	430 39.17 38.13	2
			38.98 39.52	250m: 300m:	3:10.84 3:50.44	39.89 39.60	350m: 400m:	<b>5:06.76</b> 4:29.02 5:06.76	428 38.58 37.74	2
	<del>-</del>	12				· <del>-</del>				2
		:51.20 :30.04	38.90 38.84	250m: 300m:	3:09.39 3:48.80	39.35 39.41	350m: 400m:	4:28.09 5:06.99	39.29 38.90	
			39.38 39.75			39.42 39.46	350m: 400m:	<b>5:07.05</b> 4:30.22 5:07.05	427 38.56 36.83	2
	.86 37.93	.86	12.93	12 193 33.93 150m: 1:50.56 38.70 186 37.93 200m: 2:29.37 38.81  - 12 158 33.58 150m: 1:49.88 37.96 192 38.34 200m: 2:27.96 38.08  - 12 141 33.41 150m: 1:50.28 39.20 108 37.67 200m: 2:29.22 38.94  - 13 12.1 32.21 150m: 1:47.15 38.48 167 36.46 200m: 2:26.08 38.93  - 13 187 31.87 150m: 1:48.28 38.63 165 37.78 200m: 2:27.26 38.98  - 12 108 33.08 150m: 1:47.19 37.73 146 36.38 200m: 2:26.19 39.00  - 12 151 33.51 150m: 1:47.19 37.73 18.63 38.45 200m: 2:28.73 38.14  - 12 12 13 150m: 1:49.49 39.00  - 12 150m: 1:49.94 39.72 17 180 32.79 150m: 1:49.94 39.72 181 37.56 200m: 2:29.34 39.40  - 12 181 37.56 200m: 2:29.69 39.79  - 12 183 33.90 150m: 1:49.49 39.06 183 37.40 200m: 2:29.05 39.56  - 12 190 33.90 150m: 1:50.43 38.65 178 37.88 200m: 2:29.18 38.75  - 12 190 33.90 150m: 1:50.43 38.65 178 37.88 200m: 2:29.18 38.75  - 12 190 33.90 150m: 1:50.43 38.65 178 37.88 200m: 2:29.18 38.75  - 12 190 33.90 150m: 1:50.43 38.65 37.83 200m: 2:29.18 38.75  - 12 203 34.20 150m: 1:49.40 39.06 37.83 37.85 200m: 2:29.05 39.56  - 12 20 34.20 150m: 1:50.98 38.93 39.54  - 12 20 34.20 150m: 1:51.43 38.98 38.93 39.52  - 12 20 34.20 150m: 1:51.43 38.98 38.93 39.52  - 12 20 34.20 150m: 1:50.98 38.93 39.52  - 12 20 34.20 150m: 1:50.98 38.93 39.52  - 12 20 34.20 150m: 1:50.98 38.93 39.52  - 12 20 34.20 150m: 1:51.43 38.98 38.93 39.52  - 12 20 34.20 150m: 1:51.20 38.90 39.95 39.52  - 12 20 34.20 150m: 1:51.43 38.98 39.93 39.94 39.95 39.95 39.95 39.95 39.95 39.90 39.9	12	12	12	12   150m; 150m; 150.56   38.70   250m; 3.07.22   37.85   350m; 3.086   37.93   200m; 2:29.37   38.81   300m; 3.45.72   38.50   400m; 2.27.86   38.08   300m; 3.45.72   38.50   400m; 2.27.86   38.08   300m; 3.44.47   38.44   400m; 2.28.08   37.67   200m; 2.29.22   38.94   300m; 3.46.04   36.35   400m; 2.29.22   38.94   300m; 3.46.04   36.35   400m; 2.26.08   38.93   300m; 3.44.45   38.37   350m; 3.46.46   36.35   400m; 2.26.08   38.93   300m; 3.44.55   38.37   400m; 2.27.26   38.98   300m; 3.44.55   39.27   400m; 2.27.26   38.98   300m; 3.44.55   39.27   400m; 2.28.08   33.08   150m; 1.47.19   37.73   250m; 3.25.41   59.22   350m; 3.35.1   150m; 1.50.59   38.63   250m; 3.07.31   38.58   350m; 3.35.1   150m; 1.50.59   38.63   250m; 3.07.31   38.58   350m; 3.35.1   150m; 1.48.28   38.28   250m; 3.07.31   38.58   350m; 3.35.1   250m; 2.28.73   38.14   300m; 3.46.44   39.13   400m; 2.28.73   38.14   300m; 3.46.44   39.13   400m; 2.28.73   38.14   300m; 3.46.44   39.13   400m; 2.28.73   38.75   300m; 3.46.05   39.94   400m; 2.28.33   300m; 3.46.05   39.94   400m; 2.28.33   300m; 3.46.05   39.94   400m; 2.28.33   300m; 3.48.12   39.29   400m; 2.28.33   300m; 3.48.12   39.29   400m; 2.28.33   300m; 3.48.12   39.29   400m; 2.28.33   300m; 3.48.05   39.94   400m; 2.28.33   300m; 3.48.05   39.95   300m; 3.48.05   39.94   400m; 2.28.33   300m; 3.48.05   39.95   300m; 3.48.05   39.94   400m; 2.28.33   300m; 3.48.05   39.95   300m; 3.48.07   39.35   300m; 3.49.90   39.50   30	12	12

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1,	, 4	-00m		, 201	12							
,				/								
50m: 100m:	33.54 1:10.98	33.54 37.44		12 1:49.88 2:28.43	38.90 38.55	250m: 300m:	3:07.95 3:47.55	39.52 39.60	350m: 400m:	<b>5:07.36</b> 4:27.87 5:07.36	426 40.32 39.49	2
50m: 100m:	34.71 1:14.18	34.71 39.47		12 1:54.13 2:34.48	39.95 40.35		3:14.43 3:53.94	39.95 39.51	350m: 400m:	<b>5:07.90</b> 4:32.55 5:07.90	423 38.61 35.35	2
50m: 100m:	35.05 1:13.67	35.05 38.62		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:	<b>5:08.04</b> 4:30.30 5:08.04	423 39.05 37.74	2
50m: 100m:	34.92 1:13.01	34.92 38.09		13 1:51.30 2:31.01	38.29 39.71		3:10.46 3:50.40	39.45 39.94		<b>5:08.11</b> 4:29.71 5:08.11	423 39.31 38.40	2
50m:	34.24	34.24	150m:	12 1:52.46	39.82	250m:	3:12.42	39.77	350m:	<b>5:08.29</b> 4:30.66	422 38.61	2
100m: 50m:	1:12.64 33.72	38.40		2:32.65 12 1:51.22	40.19 39.39		3:52.05 3:10.78	39.63 39.81		5:08.29 <b>5:08.47</b> 4:31.09	37.63 421 39.71	2
	1:11.83	38.11		2:30.97	39.75		3:51.38	40.60	400m:	5:08.47	37.38	0
50m: 100m:	34.75 1:14.04	34.75 39.29		13 1:53.93 2:33.52	39.89 39.59		3:13.18 3:53.09	39.66 39.91		<b>5:08.59</b> 4:32.40 5:08.59	421 39.31 36.19	2
50m: 100m:	34.92 1:13.62	34.92 38.70		12 1:53.37 2:32.67	39.75 39.30		3:12.70 3:52.90	40.03 40.20		<b>5:09.97</b> 4:32.81 5:09.97	415 39.91 37.16	2
50m: 100m:	33.78 1:11.43	33.78 37.65		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:	<b>5:10.05</b> 4:30.81 5:10.05	415 39.82 39.24	2
50m: 100m:	34.05 1:12.01	34.05 37.96		12 1:51.10 2:30.44	39.09 39.34		3:10.83 3:50.80	40.39 39.97	350m: 400m:	<b>5:10.67</b> 4:31.30 5:10.67	412 40.50 39.37	2
50m: 100m:	35.11 1:14.32	35.11 39.21	150m:	12 1:54.07 2:33.69		250m:	3:13.00 3:52.61	39.31 39.61		<b>5:11.05</b> 4:32.12 5:11.05	411 39.51 38.93	2
50m:	35.59 1:14.70	35.59 39.11	150m:	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:	<b>5:11.11</b> 4:32.89 5:11.11	410 38.81 38.22	2
50m: 100m:	34.24 1:13.16	34.24 38.92	150m:	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:	<b>5:11.44</b> 4:32.60 5:11.44	409 38.98 38.84	2
50m: 100m:	33.91 1:13.35	33.91 39.44		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:	<b>5:11.90</b> 4:33.78 5:11.90	407 40.20 38.12	2
50m:	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	41.04 40.96	350m: 400m:	<b>5:11.92</b> 4:35.52 5:11.92	407 41.22 36.40	2
50m:	34.49 1:12.39	34.49 37.90	150m:	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:	<b>5:12.00</b> 4:33.64 5:12.00	407 40.30 38.36	2
50m: 100m:	34.42 1:13.64	34.42 39.22	150m:	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:	<b>5:12.79</b> 4:33.86 5:12.79	404 40.27 38.93	2
50m: 100m:	33.71 1:13.01	33.71 39.30	150m:	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:	<b>5:12.95</b> 4:33.52	403 39.59 39.43	2

					,							
1,	, 400m			, 20	12							
,				/ 13						5:12.99	403	2
50m: 100m:	33.84 1:12.10	33.84 38.26		1:51.66 2:32.07	39.56 40.41	250m: 300m:	3:12.49 3:53.36	40.42 40.87	350m: 400m:	4:34.44 5:12.99	41.08 38.55	
50m: 100m:	33.70 1:12.03	33.70 38.33		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:	<b>5:13.06</b> 4:32.24 5:13.06	403 40.57 40.82	2
50m: 100m:	34.01 1:12.34	34.01 38.33		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:	<b>5:13.56</b> 4:36.97 5:13.56	401 42.28 36.59	2
50m:	36.00 1:16.07	36.00 40.07		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:	<b>5:14.28</b> 4:37.42 5:14.28	398 39.07 36.86	2
100111.	1.10.07	40.07	200111.	12	40.30	300111.	3.36.33	40.14	400111.	5:14.45	397	2
50m: 100m:	34.90 1:14.54	34.90 39.64		1:55.53 2:35.96	40.99 40.43	250m: 300m:	3:16.01 3:56.48	40.05 40.47	350m: 400m:	4:37.09 5:14.45	40.61 37.36	2
50m: 100m:	34.98 1:14.55	34.98 39.57		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:	<b>5:14.60</b> 4:36.82 5:14.60	397 39.77 37.78	2
		00.0.	200	13	.0.0		0.01.00			5:14.82		2
50m: 100m:	34.74 1:14.35	34.74 39.61		1:54.64 2:35.68	40.29 41.04	250m: 300m:	3:16.49 3:57.58	40.81 41.09	350m: 400m:	4:38.73 5:14.82	41.15 36.09	_
50m: 100m:	34.09 1:12.54	34.09 38.45		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:	<b>5:15.20</b> 4:35.83 5:15.20	395 40.25 39.37	2
				12						5:15.95	392	2
50m: 100m:	33.87 1:12.65	33.87 38.78	150m: 200m:	1:53.01 2:34.12	40.36 41.11	250m: 300m:	3:15.96 3:57.00	41.84 41.04	350m: 400m:	4:37.11 5:15.95	40.11 38.84	
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:	<b>5:15.99</b> 4:35.44 5:15.99	392 41.20 40.55	2
				12						5:16.09	391	2
50m: 100m:	34.34 1:13.73	34.34 39.39		1:54.70 2:35.20	40.97 40.50	250m: 300m:	3:16.32 3:56.99	41.12 40.67	350m: 400m:	4:37.83 5:16.09	40.84 38.26	_
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:	<b>5:16.25</b> 4:36.92 5:16.25	391 40.75 39.33	2
				12						5:17.04	388	2
50m: 100m:	35.48 1:15.80	35.48 40.32	150m: 200m:	1:56.10 2:36.84	40.30 40.74	250m: 300m:	3:17.39 3:58.08	40.55 40.69	350m: 400m:	4:38.24 5:17.04	40.16 38.80	0
50m: 100m:	34.52 1:13.96	34.52 39.44	150m: 200m:	12 1:54.73 2:36.55	40.77 41.82	250m: 300m:	3:17.39 3:58.66	40.84 41.27	350m: 400m:	<b>5:17.99</b> 4:39.50 5:17.99	384 40.84 38.49	2
50m: 100m:	35.24 1:15.75	35.24 40.51	150m: 200m:	12 1:56.94 2:37.56	41.19 40.62	250m: 300m:	3:18.44 3:59.21	40.88 40.77	350m: 400m:	<b>5:17.99</b> 4:39.72 5:17.99	384 40.51 38.27	2
50m:	35.60	35.60	150m:	12 1:57.64	41.12	250m:	3:18.31	40.50	350m:	<b>5:18.73</b> 4:39.03	382 40.12	2
100m:	1:16.52	40.92	200m:	2:37.81	40.17	300m:	3:58.91	40.60	400m:	5:18.73 <b>5:10.05</b>	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:	<b>5:19.05</b> 4:39.59 5:19.05	381 41.67 39.46	۷
50m: 100m:	34.72 1:13.01	34.72 38.29	150m: 200m:	12 1:53.50 2:34.50	40.49 41.00	250m: 300m:	3:15.31 3:56.92	40.81 41.61	350m: 400m:	<b>5:19.24</b> 4:38.12 5:19.24	380 41.20 41.12	2

,	400m		, 20	12							
	, 400m			12							
,			/ 12						5:19.38	379	2
	34.65 39.74		2:36.99	41.11 41.49	250m: 300m:	3:18.42 3:59.94	41.43 41.52	350m: 400m:	4:41.33 5:19.38	41.39 38.05	
	35.26 39.83		1:55.99	40.90 40.78			40.73 41.24	350m: 400m:	<b>5:20.22</b> 4:40.06 5:20.22	376 41.32 40.16	2
	35.68 38.86			40.43 40.99	250m: 300m:	3:17.25 3:58.53	41.29 41.28	350m: 400m:	<b>5:20.37</b> 4:39.83 5:20.37	376 41.30 40.54	2
	35.89			42.43			40.71	350m:	<b>5:20.59</b> 4:42.64	375 40.50	2
1. 1.16.50	40.61	200111.		41.44	300m.	4.02.14	41.00	400m.			2
	33.21 38.47		1:52.08	40.40 41.62	250m: 300m:	3:15.92 3:58.36	42.22 42.44	350m: 400m:	4:40.43	42.07 40.48	_
	35.80 39.99			40.89 41.48			41.61 42.04	350m: 400m:	<b>5:21.28</b> 4:42.65 5:21.28	373 40.84 38.63	2
	32.70 38.72			40.14 41.81			43.89 43.93	350m: 400m:	<b>5:21.35</b> 4:42.95 5:21.35	372 41.76 38.40	2
	36.05 39.99			41.01 41.17	250m: 300m:	3:19.73 4:01.30	41.51 41.57	350m: 400m:	<b>5:21.43</b> 4:42.24 5:21.43	372 40.94 39.19	2
	35.56 40.51	150m: 200m:	13 1:57.11 2:38.77	41.04 41.66			41.08 41.29	350m: 400m:	<b>5:21.43</b> 4:42.61 5:21.43	372 41.47 38.82	2
	35.23 40.02			41.26 41.64	250m: 300m:	3:19.96 4:01.28	41.81 41.32	350m: 400m:	<b>5:22.09</b> 4:42.56 5:22.09	370 41.28 39.53	2
00.40	00.40	450	12	40.47	050	0.45.40	10.04	050	5:22.18	370	2
	33.49 37.69			40.47 41.21			42.24 42.68			42.87	
	36.01 39.98	150m: 200m:	13 1:57.36 2:37.95	41.37 40.59	250m: 300m:	3:19.87 4:01.47	41.92 41.60	350m: 400m:	<b>5:22.42</b> 4:42.92 5:22.42	369 41.45 39.50	2
	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:	<b>5:22.96</b> 4:42.75 5:22.96	367 42.19 40.21	2
	37.07 40.85		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:	<b>5:23.03</b> 4:44.19 5:23.03	367 40.61 38.84	2
	35.30 40.23	150m: 200m:	12 1:56.89 2:38.24	41.36 41.35	250m: 300m:	3:20.25 4:03.03	42.01 42.78	350m: 400m:	<b>5:23.91</b> 4:44.09 5:23.91	364 41.06 39.82	2
	34.58 40.01	150m: 200m:	12 1:56.67 2:38.44	42.08 41.77	250m: 300m:	3:20.27 4:03.00	41.83 42.73	350m: 400m:	<b>5:25.33</b> 4:44.88 5:25.33	359 41.88 40.45	2
	35.22 39.76	150m: 200m:	13 1:56.84 2:39.29	41.86 42.45	250m: 300m:	3:21.75 4:03.64	42.46 41.89	350m: 400m:	<b>5:26.29</b> 4:45.82 5:26.29	356 42.18 40.47	2
	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:	<b>5:27.26</b> 4:46.69 5:27.26	353 42.94 40.57	2
	1. 34.65 1.:14.39 1.: 35.26 1.:15.09 1.: 35.68 1.:14.54 1.: 35.89 1.: 16.50 1.: 33.21 1.: 16.50 1.: 33.21 1.: 11.68 1.: 35.80 1.: 15.79 1.: 32.70 1.: 11.42 1.: 36.05 1.: 16.04 1.: 35.23 1.: 15.25 1.: 33.49 1.: 11.18 1.: 36.01 1.: 15.99 1.: 35.23 1.: 15.25 1.: 33.49 1.: 11.18 1.: 36.01 1.: 15.99 1.: 35.30 1.: 15.53 1.: 35.30 1.: 35.30 1.: 15.53 1.: 35.30	11. 34.65 34.65 39.74 39.74 39.74 39.74 39.83 39.74 39.83 39.83 35.68 35.68 35.68 35.68 35.68 35.68 35.69 35.89 35.89 35.89 36. 1:14.54 38.47 39.99 39.99 39.99 39.99 39.99 39.99 39.99 39.99 39.99 39.99 39.99 39.99 39.99 39.99 39.99 39.99 39.99 39.99 39.90 35.56 35.56 35.56 35.56 37. 1:16.04 39.99 39	11. 34.65	12	12	12	12	12	12	5:19.38 1:14.39 39.74 200m: 1:55.50 41.11 250m: 3:18.42 41.43 350m: 4:19.38 1:14.39 39.74 200m: 2:36.99 41.49 300m: 3:59.94 41.49 250m: 3:17.50 40.73 350m: 4:40.05 1:15.09 39.83 200m: 2:36.77 40.78 300m: 3:17.50 40.73 350m: 4:40.06 1:15.09 39.83 200m: 2:35.59 40.99 300m: 3:55.53 41.28 400m: 5:20.22 1:15.09 39.83 200m: 2:35.56 40.99 300m: 3:55.53 41.28 40.00 1:14.54 38.86 200m: 2:35.56 40.99 300m: 3:55.53 41.28 40.00 1:14.54 38.86 200m: 2:35.56 40.99 300m: 3:55.53 41.28 40.00 1:15.69 35.89 35.89 150m: 1:58.93 42.43 250m: 3:17.25 41.29 350m: 4:29.83 1.11.16.16 36.00 1:11.16.16 38.47 200m: 2:30.37 41.44 300m: 4:02.14 41.06 400m: 5:20.99 1:11.16.16 38.47 200m: 2:33.70 41.62 300m: 3:58.36 42.44 400m: 5:20.91 1:11.16 38.847 200m: 2:33.70 41.62 300m: 3:58.36 42.44 400m: 5:20.91 1:11.16 38.847 200m: 2:33.70 41.81 300m: 4:01.81 42.04 400m: 5:20.91 1:11.16 38.847 200m: 2:33.77 41.81 300m: 4:01.81 42.04 400m: 5:20.91 1:11.16 38.847 200m: 2:33.77 41.81 300m: 4:01.81 42.04 400m: 5:20.91 1:11.16 38.72 200m: 2:38.16 41.48 300m: 4:01.81 42.04 400m: 5:22.138 1:11.14 38.72 200m: 2:38.16 40.14 250m: 3:17.26 43.89 350m: 4:42.65 40.11 42.04 400m: 5:21.38 40.11 42.04 400m: 5:21.38 40.11 42.04 40.00 5:21.38 40.11 42.04 40.00 5:21.38 40.11 42.04 40.00 5:21.38 40.11 42.04 40.00 5:21.38 40.11 42.04 40.00 5:21.38 40.11 42.04 40.00 5:21.38 40.11 42.04 40.00 5:21.38 40.11 42.04 40.00 5:21.38 40.11 42.04 40.00 5:21.38 40.11 42.04 40.00 5:21.38 40.11 42.04 40.00 5:21.38 40.11 42.04 40.00 5:22.13 40.11 42.1	12

1,	, 400m		, 400m , 2012									
,				/								
				12						5:27.78	351	2
50m:	35.55	35.55	150m:	1:58.93	42.67	250m:	3:25.12	43.14	350m:	4:50.18	42.44	_
100m:	1:16.26	40.71	200m:	2:41.98	43.05	300m:	4:07.74	42.62	400m:	5:27.78	37.60	
				12						5:27.85	351	2
50m:	34.89	34.89	150m:	1:57.71	43.19	250m:	3:23.27	42.93	350m:	4:48.35	42.65	_
100m:	1:14.52	39.63	200m:		42.63	300m:	4:05.70	42.43	400m:	5:27.85	39.50	
				40						E-20 22	240	2
50m:	25.46	35.46	150m:	12 1:57.94	42.23	250m:	3:22.08	42.14	350m:	<b>5:28.23</b> 4:47.23	349 42.38	2
100m:	35.46 1:15.71	35.46 40.25	200m:	2:39.94	42.23 42.00	300m:	3.22.06 4:04.85	42.14 42.77	400m:	4:47.23 5:28.23	42.36	
100111.	1.10.71	10.20	200111.		12.00	000111.	1.0 1.00	.2	100111.			_
			. = -	12						5:29.80	344	2
50m:	37.15	37.15	150m:		43.51	250m:	3:27.63	42.38	350m:	4:50.92	41.23	
100m:	1:18.94	41.79	200m:	2:45.25	42.80	300m:	4:09.69	42.06	400m:	5:29.80	38.88	
				12						5:30.65	342	2
50m:	33.13	33.13	150m:	1:54.25	42.03	250m:	3:20.56	43.31	350m:	4:49.78	44.58	
100m:	1:12.22	39.09	200m:	2:37.25	43.00	300m:	4:05.20	44.64	400m:	5:30.65	40.87	
				12						5:30.97	341	2
50m:	36.22	36.22	150m:	1:59.76	42.91	250m:	3:25.33	42.48	350m:	4:50.26	42.26	
100m:	1:16.85	40.63	200m:	2:42.85	43.09	300m:	4:08.00	42.67	400m:	5:30.97	40.71	
				12						5:32.76	335	2
50m:	38.08	38.08	150m:	2:02.65	42.58	250m:	3:27.20	42.18	350m:	4:51.48	41.89	
100m:	1:20.07	41.99	200m:	2:45.02	42.37	300m:	4:09.59	42.39	400m:	5:32.76	41.28	
				12						5:33.63	333	2
50m:	34.52	34.52	150m:	1:58.21	43.04	250m:	3:26.34	44.30	350m:	4:53.60	43.51	_
100m:	1:15.17	40.65		2:42.04	43.83	300m:	4:10.09	43.75	400m:	5:33.63	40.03	
				12						5:34.23	331	2
50m:	35.29	35.29	150m:	1:57.82	42.84	250m:	3:25.42	43.82	350m:	4:51.89	43.04	_
100m:	1:14.98	39.69	200m:	2:41.60	43.78	300m:	4:08.85	43.43	400m:	5:34.23	42.34	
				13						5:35.49	327	2
50m:	36.16	36.16	150m:	2:01.94	43.61	250m:	3:28.16	42.53	350m:	4:55.45	43.22	_
100m:	1:18.33	42.17		2:45.63	43.69	300m:	4:12.23	44.07	400m:	5:35.49	40.04	
										E-00 04	205	0
50m:	36.00	36.00	150m:	13 2:02.22	43.67	250m:	3:29.73	44.16	250m:	<b>5:36.24</b> 4:57.30	325 43.44	2
	1:18.55	42.55		2:45.57	43.35	300m:	4:13.86	44.13	400m:	5:36.24	38.94	
100111.	1.10.00	12.00	200111.		10.00	000111.	1.10.00	11.10	100111.			_
			. = -	12						5:39.63	315	2
50m: 100m:	37.91 1:20.23	37.91 42.32	150m: 200m:	2:04.92 2:48.61	44.69 43.69	250m: 300m:	3:31.75 4:15.51	43.14 43.76	350m: 400m:	4:58.79 5:39.63	43.28 40.84	
100111.	1.20.23	42.32	200111.	2.40.01	43.09	300111.	4.13.31	43.70	400111.	5.59.05	40.04	
				12						5:39.73	315	2
50m:	37.39	37.39	150m:	2:02.62	42.96	250m:	3:30.71	44.15	350m:	4:57.31	43.39	
100m:	1:19.66	42.27	200m:	2:46.56	43.94	300m:	4:13.92	43.21	400m:	5:39.73	42.42	
				12						5:41.00	312	3
50m:	36.05	36.05	150m:	1:59.74	43.27	250m:	3:28.14	44.60	350m:	4:58.60	45.92	
100m:	1:16.47	40.42	200m:	2:43.54	43.80	300m:	4:12.68	44.54	400m:	5:41.00	42.40	
				13						5:42.67	307	3
50m:	35.82	35.82	150m:	2:02.58	45.21	250m:	3:30.05	43.49	350m:	4:58.44	44.53	
100m:	1:17.37	41.55	200m:	2:46.56	43.98	300m:	4:13.91	43.86	400m:	5:42.67	44.23	