, 28. - 30.5.2025

4 , 400m 2011 29.05.2025 - 10:00

29.05.2025 - 10:00 : 3:59.00 /			: 4:15.50 / 1			: 4:35.50 / 2 : 5:11.50 / 3				3 : 6:01.00		
: AQUA 2024			. 7.10.00 / 1						-			
				,								
,				1						4-40-00	F00	
				11						4:12.08	596	
50m:	28.02 59.06	28.02 31.04	150m:	1:30.31 2:00.54	31.25	250m:	2:35.44 3:08.46	34.90 33.02	350m:	3:41.29 4:12.08	32.83 30.79	
100m:	39.00	31.04	200111.	2.00.54	30.23	300m:	3.00.40	33.02	400m:	4.12.00	30.79	
				11						4:19.34	548	1
50m:	29.62	29.62	150m:	1:34.14	32.49	250m:	2:40.31	33.25	350m:	3:46.89	32.98	
100m:	1:01.65	32.03	200m:	2:07.06	32.92	300m:	3:13.91	33.60	400m:	4:19.34	32.45	
				11						4:19.80	545	1
50m:	29.44	29.44	150m:	1:34.79	32.91	250m:	2:41.66	33.48	350m:	3:48.37	33.33	1
100m:	1:01.88	32.44		2:08.18	33.39	300m:	3:15.04	33.38	400m:	4:19.80	31.43	
100111.	1.01.00	J2.77	200111.	2.00.10	55.55	300111.	5.15.04	33.30	400111.			
				11						4:21.63	533	1
50m:	27.84	27.84	150m:	1:31.26	32.67	250m:	2:38.86	34.35	350m:	3:48.49	34.87	
100m:	58.59	30.75	200m:	2:04.51	33.25	300m:	3:13.62	34.76	400m:	4:21.63	33.14	
				11						4.22.22	530	4
50m:	28.43	28.43	150m:	1:34.54	33.92	250m:	2:42.71	24.42	250m:	4:22.23 3:50.03	33.61	'
100m:	1:00.62	32.19	150m:	2:08.59	34.05	300m:	3:16.42	34.12 33.71	350m:		32.20	
100111.	1.00.02	JZ. 19	200111.		54.05	JUUIII.	J. 10.4Z	JJ.1 I	400m:	4:22.23		
				11						4:27.90	497	1
50m:	29.17	29.17	150m:	1:35.31	33.74	250m:	2:45.08	35.16	350m:	3:55.66	35.10	
100m:	1:01.57	32.40	200m:	2:09.92	34.61	300m:	3:20.56	35.48	400m:	4:27.90	32.24	
				11						4:28.94	491	1
50m:	28.97	28.97	150m:	1:35.40	33.90	250m:	2:44.84	34.77	350m:	3:55.49	35.20	'
	1:01.50	32.53		2:10.07	34.67	300m:		35.45	400m:	4:28.94	33.45	
TOOM.	1.01.00	02.00	200111.	2.10.07	34.07	300111.	5.20.25	55.45	400111.	4.20.54	55.45	
				11						4:30.05	485	1
50m:	29.44	29.44	150m:	1:37.38	34.35	250m:	2:46.61	34.83	350m:	3:56.28	34.45	
100m:	1:03.03	33.59	200m:	2:11.78	34.40	300m:	3:21.83	35.22	400m:	4:30.05	33.77	
				11						4:31.87	475	1
50m:	30.46	30.46	150m:	1:38.95	34.71	250m:	2:48.41	34.77	350m:	3:58.43	34.80	'
100m:	1:04.24	33.78		2:13.64	34.69	300m:	3:23.63	35.22	400m:	4:31.87	33.44	
100111.	1.04.24	55.76	200111.	2.10.04	34.03	300111.	5.25.05	33.22	400111.			
				11						4:31.94	475	1
50m:	29.21	29.21	150m:	1:36.75	34.48	250m:	2:46.43	34.67	350m:	3:56.70	35.92	
100m:	1:02.27	33.06	200m:	2:11.76	35.01	300m:	3:20.78	34.35	400m:	4:31.94	35.24	
				11						4:32.04	474	1
50m:	30.73	30.73	150m:	1:39.97	34.80	250m:	2:49.62	34.85	350m:	3:58.43	34.29	•
100m:	1:05.17	34.44		2:14.77	34.80	300m:	3:24.14	34.52	400m:	4:32.04	33.61	
100111.		2										
				11						4:32.80	470	1
50m:	28.16	28.16	150m:	1:36.18	35.19	250m:	2:46.91	35.03	350m:	3:58.38	35.69	
100m:	1:00.99	32.83	200m:	2:11.88	35.70	300m:	3:22.69	35.78	400m:	4:32.80	34.42	
				11						4:33.74	466	1
50m:	29.80	29.80	150m:	1:37.37	34.65	250m:	2:48.30	35.44	350m:	4:00.17	35.82	'
100m:	1:02.72	32.92		2:12.86	35.49	300m:		36.05	400m:	4:33.74	33.57	
		02.02			000	000	0.200	00.00				
				11						4:34.19	463	1
50m:	28.11	28.11	150m:	1:37.11	35.05	250m:	2:48.14	35.63	350m:	3:59.72	35.90	
100m:	1:02.06	33.95	200m:	2:12.51	35.40	300m:	3:23.82	35.68	400m:	4:34.19	34.47	
				11						4:34.53	462	1
50m:	29.72	29.72	150m:	1:40.46	36.33	250m:	2:52.93	36.31	350m:	4:03.83	35.06	'
100m:	1:04.13	34.41	200m:	2:16.62	36.33	300m:	3:28.77	35.84	400m:	4:34.53	30.70	
	, .	• •										
				11						4:34.69	461	1
50m:	29.00	29.00	150m:	1:36.41	34.45	250m:	2:47.11	35.38	350m:	3:59.81	36.12	
100m:	1:01.96	32.96	200m:	2:11.73	35.32	300m:	3:23.69	36.58	400m:	4:34.69	34.88	
				11						4:34.84	460	1
E0m:	30.16	30.46	150~		35.04	250m:	2:52.30	35.76	350~-	4:02.34	34.24	'
50m: 100m:	1:04.42	30.16 34.26	150m: 200m:	1:40.36 2:16.54	35.94 36.18	300m:	3:28.10	35.76 35.80	350m: 400m:	4:02.34 4:34.84	32.50	
100111.		54.20	200111.	2.70.07	50.10	500111.	5.20.10	55.50	.00111.	1.5-1.5-	52.50	

					,							
4,		, 400m		, 2	:011							
,				1								
50m: 100m:	29.93 1:05.09	29.93 35.16	150m: 200m:	11 1:40.92 2:16.63	35.83 35.71	250m: 300m:	2:52.39 3:27.37	35.76 34.98	350m: 400m:	4:35.34 4:02.78 4:35.34	458 35.41 32.56	1
50m: 100m:	29.78 1:04.20	29.78 34.42	150m: 200m:	11 1:40.04 2:16.06	35.84 36.02	250m: 300m:	2:52.52 3:28.51	36.46 35.99	350m: 400m:	4:35.55 4:04.45 4:35.55	457 35.94 31.10	2
50m: 100m:	30.93 1:04.36	30.93 33.43	150m: 200m:	11 1:38.96 2:14.15	34.60 35.19	250m: 300m:	2:49.62 3:25.24	35.47 35.62	350m: 400m:	4:36.08 4:01.30 4:36.08	454 36.06 34.78	2
50m: 100m:	28.42 1:01.26	28.42 32.84		11 1:36.36 2:12.15	35.10 35.79		2:48.37 3:24.89	36.22 36.52	350m: 400m:	4:36.46 4:01.15 4:36.46	452 36.26 35.31	2
50m:	30.00 1:03.84	30.00 33.84	150m:	11 1:39.29 2:15.33	35.45 36.04	250m:	2:51.64 3:27.39	36.31 35.75	350m: 400m:	4:36.78 4:03.59 4:36.78	450 36.20 33.19	2
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
100m: 50m:	1:04.77	34.01 29.20		2:15.17 11 1:39.51	35.38 35.25	300m: 250m:	3:26.44 2:51.86	35.67 36.42	400m: 350m:	4:36.84 4:38.44 4:04.02	34.59 442 35.85	2
100m: 50m:	1:04.26 32.15	35.06 32.15		2:15.44 11 1:44.00	35.93 35.98	300m: 250m:	3:28.17 2:55.56	36.31 35.83	400m: 350m:	4:38.44 4:38.48 4:06.10	34.42 442 34.66	2
100m:	1:08.02	35.87	200m:	2:19.73	35.73	300m:	3:31.44	35.88	400m:	4:38.48 4:38.51	32.38 442	2
50m: 100m:	29.48 1:03.33	29.48 33.85	150m: 200m:	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 4:38.62	36.48 35.38 442	2
50m: 100m:	30.94 1:06.23	30.94 35.29	150m: 200m:	1:42.67 2:18.75	36.44 36.08	250m: 300m:	2:55.15 3:31.18	36.40 36.03	350m: 400m:	4:06.71 4:38.62 4:38.80	35.53 31.91 441	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	
50m: 100m:	30.64 1:05.43	30.64 34.79	150m: 200m:	12 1:41.14 2:17.35	35.71 36.21		2:53.87 3:29.81	36.52 35.94	350m: 400m:	4:38.89 4:05.49 4:38.89	440 35.68 33.40	2
50m: 100m:	30.51 1:05.31	30.51 34.80	150m: 200m:	11 1:41.03 2:16.75	35.72 35.72	250m: 300m:	2:52.75 3:28.71	36.00 35.96	350m: 400m:	4:39.15 4:04.60 4:39.15	439 35.89 34.55	2
50m: 100m:	30.58 1:05.43	30.58 34.85	150m: 200m:	12 1:40.58 2:16.74	35.15 36.16		2:51.89 3:28.50	35.15 36.61	350m: 400m:	4:39.16 4:04.63 4:39.16	439 36.13 34.53	2
50m: 100m:	31.09 1:05.97	31.09 34.88	150m: 200m:	12 1:40.91 2:16.66	34.94 35.75	250m: 300m:	2:51.94 3:28.39	35.28 36.45	350m: 400m:	4:40.03 4:05.10 4:40.03	435 36.71 34.93	2
50m: 100m:	31.41 1:06.86	31.41 35.45	150m: 200m:	11 1:43.52 2:19.97	36.66 36.45		2:56.38 3:32.97	36.41 36.59	350m: 400m:	4:40.98 4:06.86 4:40.98	431 33.89 34.12	2
50m: 100m:	30.64 1:04.77	30.64 34.13	150m: 200m:	12 1:40.86 2:16.84	36.09 35.98	250m: 300m:	2:53.30 3:29.90	36.46 36.60	350m: 400m:	4:41.02 4:06.28 4:41.02	430 36.38 34.74	2
50m: 100m:	31.58 1:05.55	31.58 33.97	150m: 200m:	12 1:40.97 2:17.05	35.42 36.08	250m: 300m:	2:53.47 3:29.73	36.42 36.26	350m: 400m:	4:41.27 4:06.76 4:41.27	429 37.03 34.51	2

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4,		, 400m		, 2	:011							
,				/								
				11						4:41.52	428	2
50m: 100m:	30.90 1:05.82	30.90 34.92		1:42.53 2:19.24	36.71 36.71	250m: 300m:	2:55.63 3:31.99	36.39 36.36	350m: 400m:	4:07.40 4:41.52	35.41 34.12	
100111.	1.00.02	J4.52	200111.		30.71	300111.	0.01.00	30.30	400111.			•
50m:	30.77	30.77	150m:	12 1:41.40	35.83	250m:	2:54.06	36.76	350m:	4:42.52 4:08.61	424 36.91	2
	1:05.57	34.80		2:17.30	35.90	300m:		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: 100m:	31.92 1:07.61	31.92 35.69		1:43.93 2:20.25	36.32 36.32	250m: 300m:	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	33.09	200111.		30.32	300111.	3.32.21	30.31	400111.			2
50m:	30.61	30.61	150m:	11 1:42.30	36.60	250m:	2:55.66	36.86	350m:	4:43.27 4:08.49	420 36.43	2
100m:	1:05.70	35.09		2:18.80	36.50	300m:		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: 100m:	30.06 1:04.42	30.06 34.36	150m: 200m:	1:40.87 2:17.56	36.45 36.69	250m: 300m:	2:54.48 3:31.91	36.92 37.43	350m: 400m:	4:08.70 4:43.98	36.79 35.28	
100111.	1.0 1.12	01.00	200111.		00.00	000111.	0.01.01	01.10	100111.			0
50m:	30.79	30.79	150m:	11 1:41.78	36.09	250m:	2:54.63	36.89	350m:	4:44.68 4:09.05	414 37.46	2
	1:05.69	34.90		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	
50m:	30.84	30.84	150m:	11 1:42.35	35.91	250m:	2:55.81	36.91	350m:	4:45.04 4:09.63	412 36.52	2
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: 100m:	31.94 1:08.43	31.94 36.49	150m: 200m:	1:44.86 2:21.26	36.43 36.40	250m: 300m:	2:57.71 3:34.41	36.45 36.70	350m: 400m:	4:10.68 4:45.56	36.27 34.88	
100111.	1.00.40	00.40	200111.		00.40	000111.	0.04.41	00.70	400111.			0
50m:	29.66	29.66	150m:	11 1:40.76	36.68	250m:	2:56.03	37.59	350m:	4:45.80 4:10.62	409 37.30	2
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	
	04.00	04.00	450	11	07.40	050	0.50.50	05.04	050	4:46.28	407	2
50m: 100m:	31.82 1:08.17	31.82 36.35	150m: 200m:	1:45.36 2:22.92	37.19 37.56	250m: 300m:	2:58.53 3:35.11	35.61 36.58	350m: 400m:	4:10.64 4:46.28	35.53 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: 100m:	30.99 1:06.01	30.99 35.02	150m: 200m:	1:41.14 2:17.33	35.13 36.19	250m: 300m:	2:54.49 3:32.59	37.16 38.10	350m: 400m:	4:09.90 4:46.86	37.31 36.96	
	1.55.51	33.02	_00111.		55.15	550111.	0.02.00	33.10	100111.			0
50m:	31.71	31.71	150m:	11 1:43.58	36.69	250m:	2:58.03	37.19	350m:	4:46.96 4:12.27	404 37.19	2
100m:	1:06.89	35.18	200m:	2:20.84	37.26	300m:	3:35.08	37.05	400m:	4:46.96	34.69	

4,		, 400m		, 2	2011							
, 50m: 100m:	31.01 1:06.04	31.01 35.03	150m: 200m:	/ 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
50m: 100m:	31.14 1:05.57	31.14 34.43	150m: 200m:	11 1:42.35 2:19.68	36.78 37.33	250m: 300m:	2:57.07 3:34.50	37.39 37.43	350m: 400m:	4:47.11 4:11.78 4:47.11	404 37.28 35.33	2
50m: 100m:	29.74 1:04.74	29.74 35.00	150m: 200m:	11 1:41.43 2:19.03	36.69 37.60	250m: 300m:	2:56.23 3:33.72	37.20 37.49	350m: 400m:	4:47.17 4:11.39 4:47.17	403 37.67 35.78	2
50m: 100m:	31.97 1:07.53	31.97 35.56	150m: 200m:	11 1:43.38 2:20.15	35.85 36.77	250m: 300m:	2:57.61 3:35.75	37.46 38.14	350m: 400m:	4:47.41 4:13.02 4:47.41	402 37.27 34.39	2
50m: 100m:	31.44 1:07.24	31.44 35.80	150m: 200m:	12 1:43.85 2:20.87	36.61 37.02	250m: 300m:	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
50m: 100m:	30.72 1:05.62	30.72 34.90	150m: 200m:	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
50m: 100m:	31.19 1:06.30	31.19 35.11	150m: 200m:	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
50m: 100m:	32.01 1:07.77	32.01 35.76	150m: 200m:	11 1:44.49 2:21.52	36.72 37.03	250m: 300m:	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
50m: 100m:	31.21 1:06.39	31.21 35.18	150m: 200m:	11 2:01.96 2:39.42	55.57 37.46	250m: 300m:	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
50m: 100m:	30.74 1:06.13	30.74 35.39	150m: 200m:	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
50m: 100m:	31.55 1:07.72	31.55 36.17	150m: 200m:	12 2:03.93 2:41.27	56.21 37.34	250m: 300m:	3:18.87 3:55.79	37.60 36.92	350m: 400m:	4:48.46 4:31.72 4:48.46	398 35.93 16.74	2
50m: 100m:	31.37 1:06.97	31.37 35.60	150m: 200m:	12 1:43.53 2:20.94	36.56 37.41	250m: 300m:	2:57.67 3:33.95	36.73 36.28	350m: 400m:	4:48.53 4:10.94 4:48.53	398 36.99 37.59	2
50m: 100m:	30.99 1:06.48	30.99 35.49	150m: 200m:	11 1:43.13 2:20.60	36.65 37.47	250m: 300m:	2:58.74 3:36.93	38.14 38.19	350m: 400m:	4:48.72 4:13.61 4:48.72	397 36.68 35.11	2
50m: 100m:	32.89 1:08.57	32.89 35.68	150m: 200m:	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
50m: 100m:	32.25 1:07.53	32.25 35.28	150m: 200m:	12 1:44.08 2:19.69	36.55 35.61	250m: 300m:	2:55.82 3:31.01	36.13 35.19	350m: 400m:	4:48.81 4:06.86 4:48.81	396 35.85 41.95	2
50m: 100m:	30.56 1:06.62	30.56 36.06	150m: 200m:	11 1:43.45 2:20.73	36.83 37.28	250m: 300m:	2:58.54 3:36.41	37.81 37.87	350m: 400m:	4:48.90 4:13.79 4:48.90	396 37.38 35.11	2
50m: 100m:	30.67 1:05.85	30.67 35.18	150m: 200m:	11 1:42.84 2:20.77	36.99 37.93	250m: 300m:	2:58.91 3:37.23	38.14 38.32	350m: 400m:	4:48.95 4:14.72 4:48.95	396 37.49 34.23	2
50m: 100m:	31.62 1:07.86	31.62 36.24	150m: 200m:	11 1:44.48 2:21.21	36.62 36.73	250m: 300m:	2:58.58 3:35.79	37.37 37.21	350m: 400m:	4:49.03 4:12.83 4:49.03	396 37.04 36.20	2

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50m: 100m:	31.20 1:06.17	31.20 34.97		11 1:42.58 2:19.58	36.41 37.00	250m: 300m:	2:57.63 3:35.74	38.05 38.11	350m: 400m:	4:49.17 4:13.13 4:49.17	395 37.39 36.04	2
50m:	32.42	32.42	150m:	11 1:45.47	37.10	250m:	3:00.14	37.31	350m:	4:49.42 4:14.02	394 36.71	2
100m:	1:08.37	35.95	200m:	2:22.83	37.36	300m:	3:37.31	37.17	400m:	4:49.42 4:49.48	35.40 394	2
50m: 100m:	32.69 1:08.61	32.69 35.92		1:45.68 2:22.31	37.07 36.63	250m: 300m:	2:58.97 3:35.54	36.66 36.57	350m: 400m:	4:12.63 4:49.48	37.09 36.85	_
50m: 100m:	30.69 1:06.86	30.69 36.17		11 1:44.71 2:22.20	37.85 37.49	250m: 300m:	2:59.09 3:35.85	36.89 36.76	350m: 400m:	4:49.64 4:13.74 4:49.64	393 37.89 35.90	2
				11						4:50.42	390	2
50m: 100m:	31.06 1:06.65	31.06 35.59	150m: 200m:	1:43.77 2:39.65	37.12 55.88	250m: 300m:	3:16.08 3:52.34	36.43 36.26	350m: 400m:	4:31.70 4:50.42	39.36 18.72	
50m: 100m:	30.58 1:05.89	30.58 35.31		11 1:42.86 2:20.89	36.97 38.03	250m: 300m:	2:58.91 3:36.73	38.02 37.82	350m: 400m:	4:50.50 4:14.10 4:50.50	390 37.37 36.40	2
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50m: 100m:	31.97 1:45.96	31.97 1:13.99		2:22.93 3:01.20	36.97 38.27	250m: 300m:	3:38.44 4:15.67	37.24 37.23	350m: 400m:	4:50.79		
50m: 100m:	32.45 1:08.88	32.45 36.43		11 1:45.90 2:23.77	37.02 37.87	250m: 300m:	3:01.26 3:39.30	37.49 38.04	350m: 400m:	4:50.93 4:15.82 4:50.93	388 36.52 35.11	2
50m:	32.82	32.82	150m:	12 1:45.59	36.89	250m:	3:00.22	37.67	350m:	4:51.58 4:15.47	385 37.52	2
100m:	1:08.70	35.88		2:22.55	36.96		3:37.95	37.73	400m:	4:51.58	36.11	
50m: 100m:	32.19 1:07.69	32.19 35.50	150m: 200m:	12 2:03.46 2:40.78	55.77 37.32	250m: 300m:	3:37.70 4:15.75	56.92 38.05	350m: 400m:	4:51.61 4:51.61	385	2
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50m: 100m:	31.58 1:07.52	31.58 35.94		1:44.84 2:22.47	37.32 37.63		3:00.02 3:37.66	37.55 37.64	400m:		37.83 36.96	
50m: 100m:	30.81 1:06.17	30.81 35.36	150m: 200m:	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
50m:	30.84	30.84	150m:	11 1:44.95	37.56	250m:	3:02.07	38.99	350m:	4:53.20 4:18.75	379 37.36	2
100m:	1:07.39	36.55	200m:	2:23.08	38.13	300m:	3:41.39	39.32	400m:	4:53.20 4:53.51	34.45 378	2
50m: 100m:	31.66 1:07.92	31.66 36.26		1:45.44 2:23.30	37.52 37.86	250m: 300m:	3:01.18 3:38.94	37.88 37.76	350m: 400m:	4:16.93 4:53.51	37.99 36.58	_
50m: 100m:	32.53 1:08.30	32.53 35.77	150m: 200m:	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
50m: 100m:	30.83 1:06.44	30.83 35.61	150m: 200m:	11 1:43.86 2:22.08	37.42 38.22	250m: 300m:	2:59.96 3:38.65	37.88 38.69	350m: 400m:	4:53.72 4:16.72 4:53.72	377 38.07 37.00	2
				11						4:54.59	374	2
50m: 100m:	33.41 1:10.21	33.41 36.80	150m: 200m:	1:47.93 2:25.86	37.72 37.93	250m: 300m:	3:03.87 3:42.02	38.01 38.15	350m: 400m:	4:18.65 4:54.59	36.63 35.94	_
50m: 100m:	30.99 1:07.27	30.99 36.28	150m: 200m:	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

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				13						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	
				11						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	
				11						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	
				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						5:00.29	353	2
50m:	32.54	32.54	150m:	2:26.76	38.89	250m:	3:45.10	39.56	350m:			
100m:	1:47.87	1:15.33	200m:	3:05.54	38.78	300m:	4:23.73	38.63	400m:	5:00.29		
				11						5:00.53	352	2
50m:	32.04	32.04	150m:	2:26.64	39.40	250m:	3:45.59	39.52	350m:			
100m:	1:47.24	1:15.20	200m:	3:06.07	39.43	300m:	4:24.11	38.52	400m:	5:00.53		
				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	