						50.5.							
1 3.05.2025 - 10:00			, 400m							2012			
	23.00 /		: 4:39.50	) / 1	: 5:00	0.50 / 2	: 5	: 6:28.50					
: AQUA 2024													
	,			/									
				12						4:34.58	597		
50m:		29.21		1:35.95	33.93	250m:	2:45.70	35.15	350m:	3:58.92	36.83		
100m:	1:02.02	32.81	200m:	2:10.55	34.60	300m:	3:22.09	36.39	400m:	4:34.58	35.66		
				12						4:40.91	558	1	
50m: 100m:	30.68 1:05.67	30.68 34.99		1:41.80 2:18.04	36.13 36.24		2:54.29 3:30.51	36.25 36.22	350m: 400m:	4:07.00 4:40.91	36.49 33.91		
TOOM.	1.00.07	04.00	200111.		30.24	300111.	0.00.01	30.22	400111.				
50m:	32.26	32.26	150m:	12 1:43.00	35.90	250m:	2:55.35	36.31	350m:	<b>4:43.29</b> 4:07.93	544 36.38	1	
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: 100m:		32.36 35.92		1:44.48 2:20.81	36.20 36.33	250m: 300m:	2:57.42 3:34.74	36.61 37.32	350m: 400m:	4:11.23 4:47.18	36.49 35.95		
				13						4:47.92	518	4	
50m:	33.37	33.37	150m:	1:46.74	37.07	250m:	3:00.74	36.74	350m:	4:47. <b>32</b> 4:13.26	35.68		
100m:		36.30		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	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: 100m:	32.86 1:08.37	32.86 35.51		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		
100111.	1.00.01	00.01	200111.		07.17	000111.	0.07.00	07.01	100111.				
50m:	31.56	31.56	150m:	12 1:43.53	36.87	250m:	2:58.43	37.39	350m:	<b>4:52.68</b> 4:15.46	493 37.95	1	
	1:06.66	35.10		2:21.04	37.51		3:37.51	39.08		4:52.68	37.22		
				12						4:53.49	489	1	
50m:		33.66		1:47.11	36.75		3:01.78	37.69		4:16.85	37.40		
100m:	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	
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100m:		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	,	
100m:	1:09.58	37.21	200m:	2:25.91	38.20	300m:	3:41.76	38.25	400m:	4:56.73	36.49		

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100m:	1:11.92	38.34	200m:	2:27.96	38.08	300m:	3:44.47	38.44	400m:	5:00.12 <b>5:00.13</b>	37.15 <b>457</b>	1
50m: 100m:	33.41 1:11.08	33.41 37.67		1:50.28 2:29.22	39.20 38.94	250m: 300m:	3:09.69 3:46.04	40.47 36.35	350m: 400m:	4:24.41 5:00.13	38.37 35.72	
50m: 100m:	32.21 1:08.67	32.21 36.46		13 1:47.15 2:26.08	38.48 38.93	250m: 300m:	3:04.45 3:43.23	38.37 38.78	350m: 400m:	<b>5:00.32</b> 4:23.18 5:00.32	456 39.95 37.14	1
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50m: 100m:	31.87 1:09.65	31.87 37.78	150m: 200m:	1:48.28 2:27.26	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	_
50m:	33.08	33.08	150m:	12 1:47.19	37.73	250m:	3:25.41	59.22	350m:	<b>5:03.63</b> 4:44.45	442 39.51	2
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	1:11.78	37.88	150m: 200m:	2:29.18	38.75	250m: 300m:	3:09.18 3:49.00	40.00 39.82	400m:	5:05.36	36.96	
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50m: 100m:	32.59 1:10.42	32.59 37.83	200m:	1:49.16 2:28.92	38.74 39.76	250m: 300m:	3:08.89 3:48.27	39.97 39.38	350m: 400m:	4:27.39 5:05.75	39.12 38.36	
50m:	32.90	32.90	150m:	12 1:49.42	39.07	250m:	3:08.38	39.42	350m:	<b>5:05.99</b> 4:27.20	<b>431</b> 39.52	2
	1:10.35	37.45	200m:	2:28.96	39.54	300m:	3:47.68	39.30	400m:	5:05.99	38.79	
50m:	33.81	33.81	150m:	12 1:50.98	38.93	250m:	3:09.69	39.50	350m:	<b>5:06.42</b> 4:28.29	430 39.17	2
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100m:	1:14.18	39.47	200m:	2:34.48	40.35	300m:	3:53.94	39.51	400m:	5:07.90	35.35	
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50m:	34.92	34.92		1:51.30	38.29	250m:	3:10.46	39.45	350m:	4:29.71	39.31	_
100m:	1:13.01	38.09	200m:	2:31.01	39.71	300m:	3:50.40	39.94	400m:	5:08.11	38.40	
E0m:	24.24	24.24	15000	12	20.02	25000	2.12.12	20.77	250~~	5:08.29	422	2
50m: 100m:	34.24 1:12.64	34.24 38.40		1:52.46 2:32.65	39.82 40.19	250m: 300m:	3:12.42 3:52.05	39.77 39.63	350m: 400m:	4:30.66 5:08.29	38.61 37.63	
				12						5:08.47	421	2
50m:	33.72	33.72		1:51.22	39.39	250m:	3:10.78	39.81	350m:	4:31.09	39.71	
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50m:	34.75	34.75	150m:	13 1:53.93	39.89	250m:	3:13.18	39.66	350m:	<b>5:08.59</b> 4:32.40	<b>421</b> 39.31	2
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100m:	1.13.02	30.70	200111.		39.30	300m:	3.32.90	40.20	400m:			0
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100m:	1:11.43	37.65		2:30.25	39.80	300m:		40.43	400m:	5:10.05	39.24	
				12						5:10.67	412	2
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				12						5:11.05	411	2
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100m:	1:14.32	39.21	200m:	2:33.69	39.62	300m:	3:52.61	39.61	400m:		38.93	
50m:	25 50	25 50	150m:	12 1:54.92	40.22	250m:	3:14.11	20.14	250m:	<b>5:11.11</b> 4:32.89	410 38.81	2
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				12						5:11.44	409	2
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	1:13.35	39.44	200m:	2:33.62	39.88	300m:	3:53.58	39.97	400m:	5:11.90	38.12	
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50m:	34.49	34.49	150m:	1:51.90	39.51	250m:	3:12.91	40.54	350m:	4:33.64	40.30	2
100m:	1:12.39	37.90	200m:	2:32.37	40.47	300m:	3:53.34	40.43	400m:	5:12.00	38.36	
F0	24.40	24.40	150	12	20.00	050	2.42.04	20.00	250	5:12.79	404	2
50m: 100m:	34.42 1:13.64	34.42 39.22	150m: 200m:	1:53.50 2:33.68	39.86 40.18	250m: 300m:	3:13.61 3:53.59	39.93 39.98	350m: 400m:	4:33.86 5:12.79	40.27 38.93	
				12						5:12.95	403	2
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100m:	1:13.01	39.30	200m:	2:33.67	40.74	300m:	3:53.93	40.12	400m:	5:12.95	39.43	

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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
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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

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1,	, 4	400m		, 20	12							
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50m: 100m:	35.68 1:14.54	35.68 38.86		12 1:54.97 2:35.96	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
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:	<b>5:20.59</b> 4:42.64 5:20.59	375 40.50 37.95	2
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:	<b>5:20.91</b> 4:40.43 5:20.91	374 42.07 40.48	2
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:	<b>5:21.28</b> 4:42.65 5:21.28	373 40.84 38.63	2
50m: 100m:	32.70 1:11.42	32.70 38.72	150m: 200m:	12 1:51.56 2:33.37	40.14 41.81	250m: 300m:	3:17.26 4:01.19	43.89 43.93	350m: 400m:	<b>5:21.35</b> 4:42.95 5:21.35	372 41.76 38.40	2
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:	<b>5:21.43</b> 4:42.61 5:21.43	372 41.47 38.82	2
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:	<b>5:22.09</b> 4:42.56 5:22.09	370 41.28 39.53	2
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:	<b>5:22.18</b> 4:40.65 5:22.18	370 42.87 41.53	2
50m: 100m:	36.01 1:15.99	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
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:	<b>5:22.96</b> 4:42.75 5:22.96	367 42.19 40.21	2
50m: 100m:	37.07 1:17.92	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
50m: 100m:	35.30 1:15.53	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	<b>364</b> 41.06 39.82	2
50m: 100m:	34.58 1:14.59	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
50m: 100m:	35.22 1:14.98	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
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:	<b>5:27.26</b> 4:46.69 5:27.26	353 42.94 40.57	2
50m: 100m:	35.46 1:15.71	35.46 40.25	150m: 200m:	12 1:57.94 2:39.94	42.23 42.00	250m: 300m:	3:22.08 4:04.85	42.14 42.77	350m: 400m:	<b>5:28.23</b> 4:47.23 5:28.23	349 42.38 41.00	2
50m: 100m:	37.15 1:18.94	37.15 41.79	150m: 200m:	12 2:02.45 2:45.25	43.51 42.80	250m: 300m:	3:27.63 4:09.69	42.38 42.06	350m: 400m:	<b>5:29.80</b> 4:50.92 5:29.80	344 41.23 38.88	2
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:	<b>5:30.65</b> 4:49.78 5:30.65	342 44.58 40.87	2

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1,	, 4	400m		, 20	12							
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				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						5:34.23	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	200m:	2:45.63	43.69	300m:	4:12.23	44.07	400m:	5:35.49	40.04	
				13						5:36.24	325	2
50m:	36.00	36.00	150m:	2:02.22	43.67	250m:	3:29.73	44.16	350m:	4:57.30	43.44	
100m:	1:18.55	42.55	200m:	2:45.57	43.35	300m:	4:13.86	44.13	400m:	5:36.24	38.94	
				12						5:39.63	315	2
50m:	37.91	37.91	150m:	2:04.92	44.69	250m:	3:31.75	43.14	350m:	4:58.79	43.28	
100m:	1:20.23	42.32	200m:	2:48.61	43.69	300m:	4:15.51	43.76	400m:	5:39.63	40.84	
				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	
				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	