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50m: 100m:	29.62 1:01.65	29.62 32.03	150m: 200m:	11 1:34.14 2:07.06	32.49 32.92	250m: 300m:	2:40.31 3:13.91	33.25 33.60	350m: 400m:	<b>4:19.34</b> 3:46.89 4:19.34	548 32.98 32.45	1
50m: 100m:	29.44 1:01.88	29.44 32.44		11 1:34.79 2:08.18	32.91 33.39	250m: 300m:	2:41.66 3:15.04	33.48 33.38	350m: 400m:	<b>4:19.80</b> 3:48.37 4:19.80	545 33.33 31.43	1
50m: 100m:	27.84 58.59	27.84 30.75	150m:	11 1:31.26 2:04.51	32.67 33.25	250m: 300m:	2:38.86 3:13.62	34.35 34.76	350m: 400m:	<b>4:21.63</b> 3:48.49 4:21.63	533 34.87 33.14	1
50m: 100m:	28.43 1:00.62	28.43 32.19	150m:	11 1:34.54 2:08.59	33.92 34.05	250m: 300m:	2:42.71 3:16.42	34.12 33.71	350m: 400m:	<b>4:22.23</b> 3:50.03 4:22.23	530 33.61 32.20	1
50m: 100m:	29.17 1:01.57	29.17 32.40	150m:	11 1:35.31 2:09.92	33.74 34.61	250m: 300m:	2:45.08 3:20.56	35.16 35.48	350m: 400m:	<b>4:27.90</b> 3:55.66 4:27.90	497 35.10 32.24	1
50m:	28.97 1:01.50	28.97 32.53	150m:	11 1:35.40 2:10.07	33.90 34.67	250m: 300m:	2:44.84	34.77 35.45	350m: 400m:	<b>4:28.94</b> 3:55.49 4:28.94	491 35.20 33.45	1
50m: 100m:	29.44 1:03.03	29.44 33.59	150m:	11 1:37.38 2:11.78	34.35 34.40	250m: 300m:	2:46.61 3:21.83	34.83 35.22	350m:	<b>4:30.05</b> 3:56.28 4:30.05	485 34.45 33.77	1
50m:	30.46 1:04.24	30.46 33.78	150m:	11 1:38.95 2:13.64	34.71 34.69	250m: 300m:	2:48.41 3:23.63	34.77 35.22	400m: 350m: 400m:	<b>4:31.87</b> 3:58.43 4:31.87	475 34.80 33.44	1
50m:	29.21 1:02.27	29.21 33.06	150m:	11 1:36.75 2:11.76	34.48 35.01	250m: 300m:	2:46.43 3:20.78	34.67 34.35	350m: 400m:	<b>4:31.94</b> 3:56.70 4:31.94	475 35.92 35.24	1
50m: 100m:	30.73 1:05.17	30.73 34.44	150m:	11 1:39.97 2:14.77	34.80 34.80	250m: 300m:	2:49.62 3:24.14	34.85 34.52	350m: 400m:	<b>4:32.04</b> 3:58.43 4:32.04	474 34.29 33.61	1
50m: 100m:	28.16 1:00.99	28.16 32.83		11 1:36.18 2:11.88	35.19 35.70	250m: 300m:	2:46.91 3:22.69	35.03 35.78	350m: 400m:	<b>4:32.80</b> 3:58.38 4:32.80	470 35.69 34.42	1
50m: 100m:	29.80 1:02.72	29.80 32.92	150m:	11 1:37.37 2:12.86	34.65 35.49	250m: 300m:	2:48.30	35.44 36.05	350m: 400m:	<b>4:33.74</b> 4:00.17 4:33.74	466 35.82 33.57	1
50m: 100m:	28.11 1:02.06	28.11 33.95		11 1:37.11 2:12.51	35.05 35.40	250m: 300m:	2:48.14 3:23.82	35.63 35.68	350m: 400m:	<b>4:34.19</b> 3:59.72 4:34.19	463 35.90 34.47	1
50m: 100m:	29.72 1:04.13	29.72 34.41	150m:	11 1:40.46 2:16.62	36.33 36.16	250m: 300m:	2:52.93 3:28.77	36.31 35.84	350m: 400m:	<b>4:34.53</b> 4:03.83 4:34.53	462 35.06 30.70	1
50m: 100m:	29.00 1:01.96	29.00 32.96	150m:	11 1:36.41 2:11.73	34.45 35.32	250m: 300m:	2:47.11	35.38 36.58	350m: 400m:	<b>4:34.69</b> 3:59.81 4:34.69	461 36.12 34.88	1
50m:	30.16 1:04.42	30.16 34.26	150m:	11 1:40.36 2:16.54	35.94 36.18	250m: 300m:	2:52.30	35.76 35.80	350m: 400m:	<b>4:34.84</b> 4:02.34 4:34.84	460 34.24 32.50	1

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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:	<b>4:35.55</b> 4:04.45 4:35.55	<b>457</b> 35.94 31.10	2
50m: 100m:	30.93 1:04.36	30.93 33.43		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:	<b>4:36.08</b> 4:01.30 4:36.08	454 36.06 34.78	2
50m:	28.42 1:01.26	28.42 32.84	150m:	11 1:36.36 2:12.15	35.10 35.79	250m:	2:48.37 3:24.89	36.22 36.52	350m: 400m:	<b>4:36.46</b> 4:01.15 4:36.46	452 36.26 35.31	2
50m:	30.00	30.00	150m:	11 1:39.29	35.45	250m:	2:51.64	36.31	350m:	<b>4:36.78</b> 4:03.59	450 36.20	2
50m:	1:03.84 30.76	33.84	150m:	2:15.33 12 1:39.79	36.04 35.02	250m:	3:27.39 2:50.77	35.75 35.60	400m: 350m:	4:36.78 <b>4:36.84</b> 4:02.25	33.19 450 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 <b>4:38.44</b> 4:04.02	34.59 442 35.85	2
100m:	1:04.26	35.06	200m:	2:15.44 <b>11</b>	35.93	300m:	3:28.17	36.31	400m:	4:38.44 <b>4:38.48</b>	34.42 442	2
50m: 100m:	32.15 1:08.02	32.15 35.87		1:44.00 2:19.73	35.98 35.73		2:55.56 3:31.44	35.83 35.88	350m: 400m:	4:06.10 4:38.48 <b>4:38.51</b>	34.66 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 <b>4:38.62</b>	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	35.53 31.91	
50m: 100m:	30.96 1:06.52	30.96 35.56		12 1:42.76 2:18.70	36.24 35.94		2:55.25 3:31.64	36.55 36.39	350m: 400m:	<b>4:38.80</b> 4:06.18 4:38.80	441 34.54 32.62	2
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:	<b>4:38.89</b> 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:	<b>4:39.15</b> 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:	<b>4:39.16</b> 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:	<b>4:40.03</b> 4:05.10 4:40.03	435 36.71 34.93	2
50m: 100m:	29.80 1:04.52	29.80 34.72	150m: 200m:	11 1:40.20 2:16.66	35.68 36.46	250m: 300m:	2:53.16 3:29.80	36.50 36.64	350m: 400m:	<b>4:40.72</b> 4:05.99 4:40.72	432 36.19 34.73	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	250m: 300m:	2:56.38 3:32.97	36.41 36.59	350m: 400m:	<b>4:40.98</b> 4:06.86 4:40.98	431 33.89 34.12	2
50m: 100m:	30.64 1:04.77	30.64 34.13	150m:	12 1:40.86 2:16.84	36.09 35.98		2:53.30	36.46 36.60	350m: 400m:	<b>4:41.02</b> 4:06.28 4:41.02	430 36.38 34.74	2

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50m: 100m:	30.90 1:05.82	30.90 34.92	150m: 200m:	11 1:42.53 2:19.24	36.71 36.71	250m: 300m:	2:55.63 3:31.99	36.39 36.36	350m: 400m:	<b>4:41.52</b> 4:07.40 4:41.52		2
50m: 100m:	30.77 1:05.57	30.77 34.80	150m: 200m:	12 1:41.40 2:17.30	35.83 35.90	250m: 300m:	2:54.06 3:31.70	36.76 37.64	350m: 400m:	<b>4:42.52</b> 4:08.61 4:42.52	424 36.91 33.91	2
50m: 100m:	31.98 1:06.99	31.98 35.01	150m: 200m:	11 1:42.66 2:19.27	35.67 36.61	250m: 300m:	2:55.53 3:32.58	36.26 37.05	350m: 400m:	<b>4:42.66</b> 4:08.49 4:42.66	423 35.91 34.17	2
50m: 100m:	31.92 1:07.61	31.92 35.69	150m: 200m:	11 1:43.93 2:20.25	36.32 36.32	250m: 300m:	2:55.96 3:32.27	35.71 36.31	350m: 400m:	<b>4:42.72</b> 4:08.44 4:42.72	423 36.17 34.28	2
50m: 100m:	30.61 1:05.70	30.61 35.09	150m: 200m:	11 1:42.30 2:18.80	36.60 36.50	250m: 300m:	2:55.66 3:32.06	36.86 36.40	350m: 400m:	<b>4:43.27</b> 4:08.49 4:43.27	420 36.43 34.78	2
50m: 100m:	30.72 1:06.26	30.72 35.54	150m: 200m:	11 1:42.48 2:19.01	36.22 36.53	250m: 300m:	2:55.16 3:32.43	36.15 37.27	350m: 400m:	<b>4:43.66</b> 4:08.50 4:43.66	418 36.07 35.16	2
50m: 100m:	30.06 1:04.42	30.06 34.36	150m: 200m:	11 1:40.87 2:17.56	36.45 36.69	250m: 300m:	2:54.48 3:31.91	36.92 37.43	350m: 400m:	<b>4:43.98</b> 4:08.70 4:43.98	417 36.79 35.28	2
50m: 100m:	30.79 1:05.69	30.79 34.90	150m: 200m:	11 1:41.78 2:17.74	36.09 35.96	250m: 300m:	2:54.63 3:31.59	36.89 36.96	350m: 400m:	<b>4:44.68</b> 4:09.05 4:44.68	414 37.46 35.63	2
50m: 100m:	32.41 1:08.78	32.41 36.37	150m: 200m:	12 1:44.76 2:21.31	35.98 36.55	250m: 300m:	2:57.18 3:33.97	35.87 36.79	350m: 400m:	<b>4:44.79</b> 4:10.20 4:44.79	413 36.23 34.59	2
50m: 100m:	30.84 1:06.44	30.84 35.60		11 1:42.35 2:18.90	35.91 36.55	250m: 300m:	2:55.81 3:33.11	36.91 37.30	350m: 400m:	<b>4:45.04</b> 4:09.63 4:45.04	412 36.52 35.41	2
50m: 100m:	30.96 1:06.40	30.96 35.44	150m: 200m:	12 1:42.33 2:18.99	35.93 36.66		2:55.85 3:32.15	36.86 36.30	350m: 400m:	<b>4:45.43</b> 4:26.98 4:45.43	<b>411</b> 54.83 18.45	2
50m: 100m:	31.94 1:08.43	31.94 36.49	150m: 200m:	11 1:44.86 2:21.26	36.43 36.40	250m: 300m:	2:57.71 3:34.41	36.45 36.70	350m: 400m:	<b>4:45.56</b> 4:10.68 4:45.56	410 36.27 34.88	2
50m: 100m:	29.66 1:04.08	29.66 34.42	150m: 200m:	11 1:40.76 2:18.44	36.68 37.68	250m: 300m:	2:56.03 3:33.32	37.59 37.29	350m: 400m:	<b>4:45.80</b> 4:10.62 4:45.80	409 37.30 35.18	2
50m: 100m:	31.70 1:07.44	31.70 35.74	150m: 200m:	12 1:43.84 2:19.79	36.40 35.95		2:55.69 3:33.87	35.90 38.18	350m: 400m:	<b>4:45.84</b> 4:10.69 4:45.84	409 36.82 35.15	2
50m: 100m:	31.82 1:08.17	31.82 36.35	150m: 200m:	11 1:45.36 2:22.92	37.19 37.56	250m: 300m:	2:58.53 3:35.11	35.61 36.58	350m: 400m:	<b>4:46.28</b> 4:10.64 4:46.28	407 35.53 35.64	2
50m: 100m:	30.71 1:05.79	30.71 35.08	150m: 200m:	11 1:42.71 2:19.68	36.92 36.97	250m: 300m:	2:56.69 3:33.99	37.01 37.30	350m: 400m:	<b>4:46.36</b> 4:10.68 4:46.36	407 36.69 35.68	2
50m: 100m:	30.99 1:06.01	30.99 35.02	150m: 200m:	11 1:41.14 2:17.33	35.13 36.19	250m: 300m:	2:54.49 3:32.59	37.16 38.10	350m: 400m:	<b>4:46.86</b> 4:09.90 4:46.86	405 37.31 36.96	2

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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:	<b>4:47.06</b> 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:	<b>4:47.11</b> 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:	<b>4:47.17</b> 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:	<b>4:47.41</b> 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:	<b>4:47.68</b> 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:	<b>4:47.73</b> 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:	<b>4:47.74</b> 4:12.79 4:47.74	401 37.14 34.95	2
50m: 100m:	29.62 1:04.24	29.62 34.62	150m: 200m:	11 1:40.64 2:18.57	36.40 37.93	250m: 300m:	2:56.33 3:34.17	37.76 37.84	350m: 400m:	<b>4:47.82</b> 4:13.02 4:47.82	401 38.85 34.80	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:	<b>4:48.05</b> 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:	2:39.42	55.57 37.46	250m: 300m:	3:17.03 3:54.36	37.61 37.33	350m: 400m:	<b>4:48.19</b> 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:	<b>4:48.28</b> 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:	<b>4:48.46</b> 4:31.72 4:48.46	398 35.93 16.74	
50m: 100m:	32.62 1:08.38	32.62 35.76	150m: 200m:	11 1:44.74 2:21.33	36.36 36.59	250m: 300m:	2:58.58 3:35.67	37.25 37.09	350m: 400m:	<b>4:48.47</b> 4:13.17 4:48.47	398 37.50 35.30	
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:	<b>4:48.53</b> 4:10.94 4:48.53	398 36.99 37.59	
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:	<b>4:48.72</b> 4:13.61 4:48.72	397 36.68 35.11	
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:	<b>4:48.78</b> 4:12.75 4:48.78	397 36.46 36.03	
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:	<b>4:48.81</b> 4:06.86 4:48.81	396 35.85 41.95	2

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,				/ 11						4:48.90	396	2
50m: 100m:	30.56 1:06.62	30.56 36.06		1:43.45 2:20.73	36.83 37.28	250m: 300m:	2:58.54 3:36.41	37.81 37.87	350m: 400m:	4:13.79 4:48.90	37.38 35.11	_
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:	<b>4:48.95</b> 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:	<b>4:49.03</b> 4:12.83 4:49.03	396 37.04 36.20	2
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:	<b>4:49.17</b> 4:13.13 4:49.17	395 37.39 36.04	2
50m: 100m:	32.42 1:08.37	32.42 35.95	150m: 200m:	11 1:45.47 2:22.83	37.10 37.36	250m: 300m:	3:00.14 3:37.31	37.31 37.17	350m: 400m:	<b>4:49.42</b> 4:14.02 4:49.42	394 36.71 35.40	2
50m: 100m:	32.69 1:08.61	32.69 35.92		11 1:45.68 2:22.31	37.07 36.63	250m: 300m:	2:58.97 3:35.54	36.66 36.57	350m: 400m:	<b>4:49.48</b> 4:12.63 4:49.48	394 37.09 36.85	2
50m: 100m:	30.69 1:06.86	30.69 36.17	150m: 200m:	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:	<b>4:49.64</b> 4:13.74 4:49.64	393 37.89 35.90	2
50m: 100m:	31.06 1:06.65	31.06 35.59		11 1:43.77 2:09.60	37.12 25.83	250m: 300m:	2:58.06 3:34.07	48.46 36.01	350m: 400m:	<b>4:50.42</b> 4:09.87 4:50.42	390 35.80 40.55	2
50m: 100m:	30.58 1:05.89	30.58 35.31	150m: 200m:	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:	<b>4:50.50</b> 4:14.10 4:50.50	390 37.37 36.40	2
50m: 100m:	31.97 1:08.73	31.97 36.76	150m: 200m:	11 1:45.96 2:22.93	37.23 36.97	250m: 300m:	3:01.20 3:38.44	38.27 37.24	350m: 400m:	<b>4:50.79</b> 4:50.79 4:50.79	388 37.23 35.12	2
50m: 100m:	32.45 1:08.88	32.45 36.43		11 1:45.90 2:23.77	37.02 37.87		3:01.26 3:39.30	37.49 38.04	350m: 400m:	<b>4:50.93</b> 4:15.82 4:50.93	388 36.52 35.11	2
50m: 100m:	32.82 1:08.70	32.82 35.88	150m: 200m:	12 1:45.59 2:22.55	36.89 36.96	250m: 300m:	3:00.22 3:37.95	37.67 37.73	350m: 400m:	<b>4:51.58</b> 4:15.47 4:51.58	385 37.52 36.11	2
50m: 100m:	32.19 1:07.69	32.19 35.50	150m: 200m:	12 1:45.01 2:22.35	37.32 37.34	250m: 300m:	3:00.72 3:56.62	38.37 55.90	350m: 400m:	<b>4:51.61</b> 4:34.10 4:51.61	385 37.48 17.51	2
50m: 100m:	31.02 1:07.13	31.02 36.11		11 1:45.23 2:22.73	38.10 37.50	250m: 300m:	3:01.02 3:38.94	38.29 37.92	350m: 400m:	<b>4:52.08</b> 4:16.87 4:52.08	383 37.93 35.21	2
50m: 100m:	30.85 1:06.67	30.85 35.82	150m: 200m:	11 1:44.08 2:21.28	37.41 37.20	250m: 300m:	2:58.79 3:36.98	37.51 38.19	350m: 400m:	<b>4:52.13</b> 4:15.18 4:52.13	383 38.20 36.95	2
50m: 100m:	31.68 1:08.61	31.68 36.93	150m: 200m:	11 1:45.69 2:23.34	37.08 37.65	250m: 300m:	3:00.77 3:37.83	37.43 37.06	350m: 400m:	<b>4:52.15</b> 4:13.44 4:52.15	383 35.61 38.71	2
50m: 100m:	31.58 1:07.52	31.58 35.94	150m: 200m:	11 1:44.84 2:22.47	37.32 37.63	250m: 300m:	3:00.02 3:37.66	37.55 37.64	350m: 400m:	<b>4:52.45</b> 4:52.45 4:52.45	382 37.83 36.96	2
50m: 100m:	31.60 1:08.06	31.60 36.46	150m: 200m:	11 1:45.12 2:23.79	37.06 38.67	250m: 300m:	3:02.16 3:39.42	38.37 37.26	350m: 400m:	<b>4:52.54</b> 4:16.60 4:52.54	381 37.18 35.94	2

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<b>50</b>	20.04	20.04	450	12	20.05	050	0.50.40	20.77	250	4:52.89	380	2
50m: 100m:	30.81 1:06.17	30.81 35.36	150m: 200m:	1:43.02 2:20.71	36.85 37.69	250m: 300m:	2:59.48 3:38.54	38.77 39.06	350m: 400m:	4:16.41 4:52.89	37.87 36.48	
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50m: 100m:	30.84 1:07.39	30.84 36.55	150m: 200m:	1:44.95 2:23.08	37.56 38.13	250m: 300m:	3:02.07 3:41.39	38.99 39.32	350m: 400m:	4:18.75 4:53.20	37.36 34.45	
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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 <b>4:53.65</b>	36.58 <b>377</b>	2
50m:	32.53	32.53		1:45.24	36.94	250m:	3:00.92	38.16	350m:	4:16.22	37.77	2
100m:	1:08.30	35.77	200m:	2:22.76	37.52	300m:	3:38.45	37.53	400m:	4:53.65	37.43	
50m:	30.83	30.83	150m:	11 1:43.86	37.42	250m:	2:59.96	37.88	350m:	<b>4:53.72</b> 4:16.72	377 38.07	2
100m:	1:06.44	35.61		2:22.08	38.22	300m:	3:38.65	38.69	400m:	4:53.72	37.00	
F0	24.70	24.70	150m;	12	27.07	250~	2.02.20	38.49	250	4:54.03	376	2
50m: 100m:	31.70 1:08.83	31.70 37.13	150m: 200m:	1:46.70 2:24.80	37.87 38.10	250m: 300m:	3:03.29 3:40.24	36.95	350m: 400m:	4:17.35 4:54.03	37.11 36.68	
				11						4:54.27	375	2
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50m: 100m:	33.41 1:10.21	33.41 36.80	150m:	1:47.93 2:25.86	37.72 37.93	250m:	3:03.87	38.01 38.15	350m:	4:18.65 4:54.59	36.63 35.94	
100111.	1.10.21	30.60	200111.	12	37.93	300m:	3:42.02	30.13	400m:	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	2
100m:	1:07.90	36.49	200m:	2:23.94	38.44	300m:	3:41.91	39.29	400m:	4:55.09	36.49	
50m:	30.99	30.99	150m:	11 2:03.64	56.37	250m:	3:20.72	38.77	350m:	<b>4:55.29</b> 4:37.58	371 38.70	2
100m:	1:07.27	36.28	200m:	2:41.95	38.31	300m:	3:58.88	38.16	400m:	4:55.29	17.71	
50m:	31.60	31.60	150m·	11 1:44.83	37.16	250m·	3:00.96	38.89	350m:	<b>4:55.54</b> 4:18.29	370 38.07	2
	1:07.67	36.07		2:22.07	37.10		3:40.22	39.26	400m:	4:55.54	37.25	
				13						4:55.68	369	2
50m: 100m:	32.00 1:08.22	32.00 36.22	150m: 200m:	1:45.88 2:24.37	37.66 38.49	250m: 300m:	3:02.70 3:41.06	38.33 38.36	350m: 400m:	4:18.52 4:55.68	37.46 37.16	
				11						4:55.85	369	2
50m: 100m:	32.51 1:10.00	32.51 37.49	150m: 200m:	1:48.59 2:27.33	38.59 38.74	250m: 300m:	3:05.64 3:43.37	38.31 37.73	350m: 400m:	4:19.65 4:55.85	36.28 36.20	
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50m: 100m:	32.96 1:09.73	32.96 36.77	150m: 200m:	1:47.51 2:25.26	37.78 37.75	250m: 300m:	3:04.22 3:42.95	38.96 38.73	350m: 400m:	4:20.39 4:56.60	37.44 36.21	
100111.	1.09.73	30.77	200111.	11	31.13	300111.	3.42.93	30.73	400111.	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	۷
100m:	1:09.69	37.32	200m:	2:26.77	38.62	300m:	3:43.96	38.64	400m:	4:56.64	34.74	
50m:	34.11	34.11	150m:	11 1:50.85	38.08	250m:	3:07.16	38.04	350m:	<b>4:56.65</b> 4:23.34	366 37.44	2
	1:12.77	38.66	200m:	2:29.12	38.27	300m:	3:45.90	38.74	400m:	4:56.65	33.31	
50m:	32.51	32.51	150m:	12 1:47.80	37.63	250m:	3:05.16	38.61	350m:	<b>4:56.88</b> 4:21.86	<b>365</b> 37.89	2
100m:	1:10.17	37.66	200m:	2:26.55	38.75	300m:	3:43.97	38.81	400m:	4:56.88	35.02	
<b>5</b> 6	04 ==	04 ===	450	11	00.15	050	0.05.00	00.55	050	4:56.88	365	2
50m: 100m:	31.70 1:09.10	31.70 37.40	150m: 200m:	1:47.28 2:26.37	38.18 39.09	250m: 300m:	3:05.06 3:43.85	38.69 38.79	350m: 400m:	4:22.26 4:56.88	38.41 34.62	

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50m: 100m:	30.59 1:06.43	30.59 35.84	150m: 200m:	12 1:44.50 2:23.14	38.07 38.64	250m: 300m:	3:00.87 3:41.03	37.73 40.16	350m: 400m:	<b>4:57.41</b> 4:19.80 4:57.41	363 38.77 37.61	2
50m: 100m:	32.33 1:08.46	32.33 36.13	150m: 200m:	11 1:46.13 2:24.11	37.67 37.98	250m: 300m:	3:02.15 3:40.66	38.04 38.51	350m: 400m:	<b>4:57.44</b> 4:19.81 4:57.44	363 39.15 37.63	2
50m: 100m:	32.90 1:09.40	32.90 36.50	150m: 200m:	11 1:47.01 2:24.91	37.61 37.90	250m: 300m:	3:03.23 3:41.31	38.32 38.08	350m: 400m:	<b>4:57.66</b> 4:19.85 4:57.66	362 38.54 37.81	2
50m: 100m:	29.90 1:05.93	29.90 36.03	150m: 200m:	12 1:44.17 2:22.96	38.24 38.79	250m: 300m:	3:02.92 3:41.07	39.96 38.15	350m: 400m:	<b>4:58.24</b> 4:19.63 4:58.24	360 38.56 38.61	2
50m: 100m:	31.92 1:08.59	31.92 36.67	150m: 200m:	12 1:47.25 2:26.20	38.66 38.95	250m: 300m:	3:05.36 3:44.96	39.16 39.60	350m: 400m:	<b>4:59.12</b> 4:23.90 4:59.12	357 38.94 35.22	2
50m: 100m:	33.40 1:10.98	33.40 37.58	150m: 200m:	12 1:49.96 2:29.96	38.98 40.00	250m: 300m:	3:09.61 3:46.12	39.65 36.51	350m: 400m:	<b>4:59.43</b> 4:25.33 4:59.43	356 39.21 34.10	2
50m: 100m:	32.34 1:07.00	32.34 34.66	150m: 200m:	11 1:43.94 2:22.40	36.94 38.46	250m: 300m:	3:00.58 3:40.41	38.18 39.83	350m: 400m:	<b>4:59.83</b> 4:20.86 4:59.83	354 40.45 38.97	2
50m: 100m:	31.80 1:09.11	31.80 37.31	150m: 200m:	11 1:47.78 2:25.38	38.67 37.60	250m: 300m:	3:04.41 3:44.10	39.03 39.69	350m: 400m:	<b>4:59.90</b> 4:22.61 4:59.90	354 38.51 37.29	2
50m: 100m:	32.54 1:09.46	32.54 36.92	150m: 200m:	11 1:47.87 2:26.76	38.41 38.89	250m: 300m:	3:05.54 3:45.10	38.78 39.56	350m: 400m:	<b>5:00.29</b> 4:24.11 5:00.29	353 39.01 36.18	2
50m: 100m:	32.04 1:08.62	32.04 36.58	150m: 200m:	11 1:47.24 2:26.64	38.62 39.40	250m: 300m:	3:06.07 3:45.59	39.43 39.52	350m: 400m:	<b>5:00.53</b> 4:24.11 5:00.53	352 38.52 36.42	2
50m: 100m:	31.68 1:08.51	31.68 36.83	150m: 200m:	13 1:47.04 2:26.09	38.53 39.05	250m: 300m:	3:05.18 3:44.51	39.09 39.33	350m: 400m:	<b>5:00.86</b> 4:23.15 5:00.86	351 38.64 37.71	2
50m: 100m:	31.94 1:09.58	31.94 37.64	150m: 200m:	12 1:48.63 2:27.64	39.05 39.01	250m: 300m:	3:06.45 3:45.53	38.81 39.08	350m: 400m:	<b>5:01.07</b> 4:24.41 5:01.07	350 38.88 36.66	
50m: 100m:	34.07 1:12.80	34.07 38.73	150m: 200m:	13 1:51.50 2:30.29	38.70 38.79	250m: 300m:	3:08.86 3:47.84	38.57 38.98	350m: 400m:	<b>5:01.11</b> 4:26.42 5:01.11	350 38.58 34.69	
50m: 100m:	32.73 1:10.15	32.73 37.42	150m: 200m:	13 1:48.54 2:27.46	38.39 38.92	250m: 300m:	3:06.59 3:45.52	39.13 38.93	350m: 400m:	<b>5:01.11</b> 4:24.26 5:01.11	350 38.74 36.85	
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50m: 100m:	30.84 1:09.24	30.84 38.40	150m: 200m:	11 1:48.90 2:28.76	39.66 39.86	250m: 300m:	3:08.36 3:47.97	39.60 39.61	350m: 400m:	<b>5:01.62</b> 4:26.36 5:01.62	348 38.39 35.26	
50m: 100m:	33.08 1:11.21	33.08 38.13	150m: 200m:	12 1:51.14 2:30.29	39.93 39.15	250m: 300m:	3:09.96 3:48.64	39.67 38.68	350m: 400m:	<b>5:01.78</b> 4:26.55 5:01.78	347 37.91 35.23	2

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				11						5:01.88	347	2
50m: 100m:	33.34 1:10.81	33.34 37.47		1:49.70 2:29.22	38.89 39.52	250m: 300m:	3:07.93 3:47.08	38.71 39.15	350m: 400m:	4:24.42 5:01.88	37.34 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	_
50m:	33.80	33.80	150m:	12 1:50.37	38.64	250m:	3:09.64	39.49	350m:	<b>5:01.95</b> 4:26.90	347 38.51	2
100m:	1:11.73	37.93		2:30.15	39.78	300m:	3:48.39	38.75	400m:	5:01.95	35.05	
				11						5:02.78	344	2
50m: 100m:	33.19 1:11.32	33.19 38.13		1:50.54 2:29.74	39.22 39.20	250m: 300m:	3:08.88 3:47.80	39.14 38.92	350m: 400m:	4:26.94 5:02.78	39.14 35.84	
				11						5:02.83	344	2
50m:	32.53	32.53	150m:	1:48.66 2:27.89	38.84	250m:	3:06.71	38.82	350m:	4:26.45	40.26 36.38	
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100m:	1:11.50	37.87	200m:	2:28.46	38.92	300m:	3:47.53	39.48	400m:	5:02.89	37.06	
50	00.50	00.50	450	12	00.75	050	0.00.04	00.04	050	5:03.22	342	2
50m: 100m:	32.50 1:10.20	32.50 37.70	150m: 200m:	1:48.95 2:28.13	38.75 39.18	250m: 300m:	3:06.94 3:46.64	38.81 39.70	350m: 400m:	4:25.95 5:03.22	39.31 37.27	
				12						5:03.47	342	2
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100m:	1:10.82	37.79	200m:	2:29.25	38.86	300m:	3:48.60	39.48	400m:	5:03.52	35.41	
50m:	32.35	32.35	150m:	11 1:49.01	39.12	250m:	3:09.30	40.55	350m:	<b>5:03.52</b> 4:27.13	341 39.24	2
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: 100m:	33.47 1:11.18	33.47 37.71		1:49.44 2:29.04	38.26 39.60		3:09.55 3:49.53	40.51 39.98	350m: 400m:	4:28.18 5:03.68	38.65 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	_
50m:	33.77	33.77	150m:	11 1:50.48	39.01	250m:	3:08.30	38.94	350m:	<b>5:04.16</b> 4:26.82	339 38.78	2
100m:	1:11.47	37.70	200m:	2:29.36	38.88	300m:	3:48.04	39.74	400m:	5:04.16	37.34	
				11						5:04.25	339	2
50m: 100m:	32.68 1:10.60	32.68 37.92	150m: 200m:	1:48.96 2:28.26	38.36 39.30	250m: 300m:	3:07.93 3:48.61	39.67 40.68	350m: 400m:	4:27.87 5:04.25	39.26 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	•
50m:	30.64	30.64	150m:	11 1:47.57	39.82	250m:	3:07.10	40.69	350m:	<b>5:05.98</b> 4:26.56	333 40.70	2
100m:	1:07.75	37.11	200m:	2:26.41	38.84	300m:	3:45.86	38.76	400m:	5:05.98	39.42	
50m:	22.00	22.00	150m:	12	20 15	250m:	2.00 74	40.47	250m:	<b>5:06.78</b>	331	2
50m: 100m:	33.08 1:10.80	33.08 37.72	150m: 200m:	1:48.95 2:28.27	38.15 39.32	250m: 300m:	3:08.74 3:48.33	40.47 39.59	350m: 400m:	4:30.05 5:06.78	41.72 36.73	
				12						5:06.82	331	2
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100m:	1:10.92	37.88		2:31.36	40.67	300m:	3:50.84	39.79	400m:	5:07.06	37.11	
50m:	33.68	33.68	150m:	13 1:49.71	38.84	250m:	3:07.70	38.88	350m:	<b>5:07.06</b> 4:27.95	330 40.13	2
	1:10.87	37.19		2:28.82	39.11	300m:		40.12	400m:	5:07.06	39.11	
50m:	33.46	33.46	150m;	12 1:50.21	38.93	250m:	3:10.48	40.14	350m:	<b>5:07.18</b> 4:29.22	329 38.97	2
100m:	1:11.28	37.82		2:30.34	40.13	300m:	3:50.25	39.77	400m:	5:07.18	37.96	
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	1:13.13	39.75		2:32.91	39.81	300m:	3:51.63	39.29	400m:	5:07.40	36.95	
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50m: 100m:	33.15 1:11.01	33.15 37.86		1:50.55 2:30.44	39.54 39.89	250m: 300m:	3:09.71 3:49.80	39.27 40.09	350m: 400m:	4:30.14 5:07.77	40.34 37.63	
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	1:09.05	37.17		2:27.40	39.68		3:47.07	41.00	400m:	5:09.47	41.14	
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50m: 100m:	1:09.18	37.07		2:27.10	39.55	300m:	3:07.61 3:49.15	41.54	400m:	5:10.35	39.96	
F0	24.27	24.27	150m;	12	20.02	250~	2.42.20	20.72	250m;	5:10.42	319	2
50m: 100m:	34.37 1:12.77	34.37 38.40		1:52.59 2:32.56	39.82 39.97	250m: 300m:	3:12.29 3:52.05	39.73 39.76	350m: 400m:	4:31.84 5:10.42	39.79 38.58	
F0	24.04	24.04	150m;	12	20.46	250~	2.40.02	40.20	350m:	5:11.92	315	3
50m: 100m:	34.04 1:12.51	34.04 38.47	150m: 200m:	1:51.67 2:31.94	39.16 40.27	250m: 300m:	3:12.23 3:52.88	40.29 40.65	400m:	4:33.14 5:11.92	40.26 38.78	
50m:	35.13	35.13	150m:	12 1:53.75	39.76	250m:	3:13.60	40.01	350m:	<b>5:12.53</b> 4:31.96	313 38.35	3
	1:13.99	38.86	200m:	2:33.59	39.84	300m:	3:53.61	40.01	400m:	5:12.53	40.57	
50m:	33.87	33.87	150m:	12 1:54.71	40.91	250m:	3:15.81	40.13	350m:	<b>5:12.68</b> 4:35.10	312 39.09	3
	1:13.80	39.93		2:35.68	40.97	300m:		40.13	400m:		37.58	
50m:	33.70	33.70	150m:	11 1:53.35	40.20	250m:	3:13.46	40.15	250m:	<b>5:13.34</b> 4:33.21	310 40.08	3
	1:13.15	39.45	150m: 200m:	2:33.31	39.96	300m:	3:53.13	40.15 39.67	350m: 400m:	5:13.34	40.08	
50m:	33.47	33.47	150m:	12 1:52.14	40.35	250m:	3:12.86	40.51	350m:	<b>5:14.82</b> 4:34.94	306 41.04	3
100m:	1:11.79	38.32	200m:	2:32.35	40.21	300m:	3:53.90	41.04	400m:	5:14.82	39.88	
50m:	31.60	31.60	150m:	11 1:48.97	40.46	250m:	3:11.80	41.63	350m:	<b>5:14.83</b> 4:34.61	306 42.10	3
100m:	1:08.51	36.91	200m:	2:30.17	41.20	300m:	3:52.51	40.71	400m:	5:14.83	40.22	
E0m:	22.52	22 52	150m:	12 1:52.72	40.60	250m:	2:12.60	20.50	350m:	<b>5:15.02</b> 4:32.32	305 39.76	3
50m: 100m:	33.52 1:12.12	33.52 38.60	150m: 200m:	2:33.01	40.29	300m:	3:12.60 3:52.56	39.59 39.96	400m:	5:15.02	42.70	
50m:	34.70	34.70	150m:	12 1:53.09	40.42	250m:	3:14.56	40.53	350m:	<b>5:15.68</b> 4:35.77	303 40.56	3
100m:	1:12.67	37.97	200m:	2:34.03	40.94	300m:	3:55.21	40.65	400m:	5:15.68	39.91	
50m:	33.17	33.17	150m:	12 1:52.85	40.88	250m:	3:15.21	40.99	350m:	<b>5:15.99</b> 4:37.70	303 41.32	3
100m:	1:11.97	38.80	200m:	2:34.22	41.37	300m:	3:56.38	41.17	400m:	5:15.99	38.29	
50m:	34.64	34.64	150m:	12 1:53.98	40.41	250m:	3:15.77	40.96	350m:	<b>5:16.60</b> 4:36.60	301 40.52	3
100m:	1:13.57	38.93	200m:	2:34.81	40.83	300m:	3:56.08	40.31	400m:	5:16.60	40.00	

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	50m: 100m:	34.16 1:12.64	34.16 38.48	150m: 200m:	12 1:53.51 2:33.94	40.87 40.43	250m: 300m:	3:13.98 3:55.90	40.04 41.92	350m: 400m:	<b>5:17.98</b> 4:37.26 5:17.98	297 41.36 40.72	3
	50m: 100m:	34.24 1:12.37	34.24 38.13	150m: 200m:	11 1:51.75 2:32.80	39.38 41.05	250m: 300m:	3:14.80 3:57.62	42.00 42.82	350m: 400m:	<b>5:18.39</b> 4:37.97 5:18.39	296 40.35 40.42	3
	50m: 100m:	33.86 1:13.56	33.86 39.70	150m: 200m:	12 1:54.12 2:34.90	40.56 40.78	250m: 300m:	3:16.69 3:58.99	41.79 42.30	350m: 400m:	<b>5:19.45</b> 4:40.73 5:19.45	293 41.74 38.72	3
	50m: 100m:	34.88 1:14.86	34.88 39.98	150m: 200m:	13 1:55.86 2:37.90	41.00 42.04	250m: 300m:	3:18.46 4:00.20	40.56 41.74	350m: 400m:	<b>5:19.67</b> 4:40.58 5:19.67	292 40.38 39.09	3
	50m: 100m:	33.08 1:12.43	33.08 39.35	150m: 200m:	11 1:53.81 2:35.99	41.38 42.18	250m: 300m:	3:17.52 3:58.75	41.53 41.23	350m: 400m:	<b>5:21.37</b> 4:41.18 5:21.37	288 42.43 40.19	3
	50m: 100m:	37.33 1:17.54	37.33 40.21	150m: 200m:	13 1:58.93 2:40.36	41.39 41.43	250m: 300m:	3:21.44 4:02.21	41.08 40.77	350m: 400m:	<b>5:23.27</b> 4:43.28 5:23.27	283 41.07 39.99	3
	50m: 100m:	37.52 1:19.68	37.52 42.16	150m: 200m:	12 2:01.61 2:43.46	41.93 41.85	250m: 300m:	3:26.07 4:08.03	42.61 41.96	350m: 400m:	<b>5:29.99</b> 4:50.59 5:29.99	266 42.56 39.40	3
	50m: 100m:	32.72 1:11.13	32.72 38.41	150m: 200m:	11 1:52.37 2:34.89	41.24 42.52	250m: 300m:	3:19.51 4:03.37	44.62 43.86	350m: 400m:	<b>5:32.47</b> 4:47.43 5:32.47	260 44.06 45.04	3
	50m: 100m:	37.63 1:18.72	37.63 41.09	150m: 200m:	12 2:01.59 2:43.36	42.87 41.77	250m: 300m:	3:26.47 4:09.52	43.11 43.05	350m: 400m:	<b>5:33.84</b> 4:51.72 5:33.84	256 42.20 42.12	3
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