, 28. - 30.5.2025

4 , 400m 2011 29.05.2025 - 10:00

		9.00 /		: 4:15.50) / 1	: 4:35	.50 / 2	: 5	5:11.50 / 3	3	: 6:01.00		
: AQUA	2024												
	,				1								
1.					11						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	
2.					11						4:19.34	548	1
۷.	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		2:07.06	32.43	300m:	3:13.91	33.60	400m:	4:19.34	32.45	
3.					11						4:19.80		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.					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	520	1
5.	50m:	28.43	28.43	150m:	11 1:34.54	33.92	250m:	2:42.71	34.12	350m:	4:22.23 3:50.03	530 33.61	ı
	100m:	1:00.62	26.43 32.19		2:08.59	33.92 34.05	300m:	3:16.42	34.12	400m:	4:22.23	32.20	
	100111.	1.00.02	JZ. 13	200111.		UT.UU	Joonn.	0.10.42	00.71	-100III.			
6.					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	
7.					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	
	100m:	1:01.50	32.53	200m:	2:10.07	34.67	300m:	3:20.29	35.45	400m:	4:28.94	33.45	
0					11						4.20 OF	40E	4
8.	F0	20.44	20.44	15000	11	24.25	250	0.46.64	24.02	250	4:30.05	485	1
	50m: 100m:	29.44 1:03.03	29.44 33.59	150m:	1:37.38 2:11.78	34.35 34.40	250m: 300m:	2:46.61 3:21.83	34.83 35.22	350m: 400m:	3:56.28 4:30.05	34.45 33.77	
	100111.	1.00.00	00.00	200111.		54.40	300111.	3.21.00	33.22	400111.	4.50.05		
9.					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	200m:	2:13.64	34.69	300m:	3:23.63	35.22	400m:	4:31.87	33.44	
10.					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		2:11.76	35.01	300m:	3:20.78	34.35	400m:	4:31.94	35.24	
4.4					44						4.22.04	474	4
11.	F0	20.72	20.72	450	11 1:39.97	34.80	050	0.40.00	24.05	250	4:32.04	474	ı
	50m:	30.73 1:05.17	30.73 34.44		2:14.77	34.80 34.80	300m:	2:49.62 3:24.14	34.85 34.52	350m: 400m:	3:58.43 4:32.04	34.29 33.61	
	100111.	1.00.17	J 4 .44	ZUUIII.	4.17.11	J 4 .00	JUUIII.	J.27.14	J4.J2	7 00111.			
12.					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	
13.					11						4:33.74	466	1
. 0.	50m:	29.80	29.80	150m·	1:37.37	34.65	250m:	2:48.30	35.44	350m:	4:00.17	35.82	'
		1:02.72	32.92		2:12.86	35.49	300m:		36.05	400m:	4:33.74	33.57	
													,
14.	==	co : :	00.11	450	11	05.65	050	0.40.11	05.66	050	4:34.19	463	1
	50m:	28.11	28.11		1:37.11	35.05	250m:		35.63	350m:	3:59.72	35.90	
	100m:	1:02.06	33.95	∠uum:	2:12.51	35.40	300m:	3:23.82	35.68	400m:	4:34.19	34.47	
15.					11						4:34.53	462	1
	50m:	29.72	29.72		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	
16.					11						4:34.69	461	1
10.	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	
			52.50	_00111.		55.52	500111.	5.25.00	20.00	.00111.			
17.					11						4:34.84	460	1
	50m:	30.16	30.16		1:40.36	35.94	250m:		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	

						,							
	4,		, 400m		, 2	2011							
	,				/								
18.					11						4:35.34	458	1
	50m: 100m:	29.93 1:05.09	29.93 35.16		1:40.92 2:16.63	35.83 35.71	250m:	2:52.39 3:27.37	35.76 34.98	350m: 400m:	4:02.78 4:35.34	35.41 32.56	
40	100111.	1.05.09	33.10	200111.		33.71	300111.	3.21.31	34.90	400111.			•
19.	50m:	29.78	29.78	150m:	11 1:40.04	35.84	250m:	2:52.52	36.46	350m:	4:35.55 4:04.45	457 35.94	2
		1:04.20	34.42		2:16.06	36.02	300m:		35.99	400m:	4:35.55	31.10	
20.					11						4:36.08	454	2
	50m:	30.93	30.93		1:38.96	34.60		2:49.62	35.47	350m:		36.06	
0.4	100m:	1:04.36	33.43	200m:	2:14.15	35.19	300m:	3:25.24	35.62	400m:	4:36.08	34.78	•
21.	50m:	28.42	28.42	150m·	11 1:36.36	35.10	250m:	2:48.37	36.22	350m·	4:36.46 4:01.15	452 36.26	2
		1:01.26	32.84		2:12.15	35.79		3:24.89	36.52	400m:		35.31	
22.					11						4:36.78	450	2
	50m:	30.00 1:03.84	30.00 33.84		1:39.29 2:15.33	35.45 36.04		2:51.64 3:27.39	36.31 35.75	350m: 400m:	4:03.59 4:36.78	36.20 33.19	
00	100111.	1.03.04	33.04	200111.		30.04	300111.	3.27.39	33.73	400111.			•
23.	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
		1:04.77	34.01		2:15.17	35.38	300m:		35.67	400m:		34.59	
24.					11						4:38.44	442	2
	50m:	29.20 1:04.26	29.20 35.06		1:39.51 2:15.44	35.25 35.93		2:51.86 3:28.17	36.42 36.31	350m: 400m:		35.85 34.42	
0.5	100111.	1.04.20	33.00	200111.		33.93	300111.	3.20.17	30.31	400111.			•
25.	50m:	32.15	32.15	150m:	11 1:44.00	35.98	250m:	2:55.56	35.83	350m:	4:38.48 4:06.10	442 34.66	2
		1:08.02	35.87		2:19.73	35.73		3:31.44	35.88	400m:	4:38.48	32.38	
26.					11						4:38.51	442	2
	50m:	29.48 1:03.33	29.48 33.85		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	36.48 35.38	
27.	100111.	1.00.00	00.00	200111.	11	00.01	000111.	0.20.00	00.17	100111.	4:38.62	442	2
21.	50m:	30.94	30.94	150m:	1:42.67	36.44	250m:	2:55.15	36.40	350m:		35.53	2
	100m:	1:06.23	35.29	200m:	2:18.75	36.08	300m:	3:31.18	36.03	400m:	4:38.62	31.91	
28.					12						4:38.80	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	
29.					12						4:38.89	440	2
25.	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	
30.	50	00.54	00.54	450	11	05.70	050	0.50.75	00.00	050	4:39.15	439	2
	50m: 100m:	30.51 1:05.31	30.51 34.80		1:41.03 2:16.75	35.72 35.72	250m: 300m:	2:52.75 3:28.71	36.00 35.96	350m: 400m:	4:04.60 4:39.15	35.89 34.55	
31.					12						4:39.16	439	2
0	50m:	30.58	30.58		1:40.58	35.15	250m:	2:51.89	35.15	350m:	4:04.63	36.13	_
	100m:	1:05.43	34.85	200m:		36.16	300m:	3:28.50	36.61	400m:	4:39.16	34.53	
32.	50	04.00	04.00	450	12	04.04	050	0.54.04	05.00	050	4:40.03	435	2
	50m: 100m:	31.09 1:05.97	31.09 34.88	150m: 200m:	1:40.91 2:16.66	34.94 35.75	250m: 300m:	2:51.94 3:28.39	35.28 36.45	350m: 400m:	4:05.10 4:40.03	36.71 34.93	
33.					11						4:40.72	432	2
	50m:	29.80	29.80		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	
34.	50m·	21 //	21 //1	150~	11 1:43.52	36 66	250~.	2.56.20	36 A1	350~	4:40.98 4:06.86	431 33.89	2
	50m: 100m:	31.41 1:06.86	31.41 35.45	150m: 200m:		36.66 36.45	250m: 300m:	2:56.38 3:32.97	36.41 36.59	350m: 400m:	4:06.86 4:40.98	33.89	
35.					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	

						, 20	30.5.	2020					
	4,		, 400m		, 2	2011							
	,				/								
36.	50m: 100m:	31.58 1:05.55	31.58 33.97		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
37.	50m: 100m:	30.90 1:05.82	30.90 34.92		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:	4:41.52 4:07.40 4:41.52	428 35.41 34.12	2
38.	50m: 100m:	30.77 1:05.57	30.77 34.80	150m: 200m:	12 1:41.40 2:17.30	35.83 35.90		2:54.06 3:31.70	36.76 37.64	350m: 400m:	4:42.52 4:08.61 4:42.52	424 36.91 33.91	2
39.	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:	4:42.66 4:08.49 4:42.66	423 35.91 34.17	2
40.	50m:	31.92	31.92	150m:	11 1:43.93	36.32	250m:	2:55.96	35.71	350m:	4:42.72 4:08.44	423 36.17	2
41.	100m: 50m:	30.61	35.69 30.61		2:20.25 11 1:42.30	36.32 36.60	300m: 250m:	3:32.27 2:55.66	36.31 36.86	400m: 350m:	4:42.72 4:43.27 4:08.49	34.28 420 36.43	2
42.	100m: 50m:	1:05.70	35.09 30.72		2:18.80 11 1:42.48	36.50 36.22	300m: 250m:	3:32.06 2:55.16	36.40 36.15	400m: 350m:	4:43.27 4:43.66 4:08.50	34.78 418 36.07	2
43.	100m:	1:06.26	35.54	200m:	2:19.01	36.53	300m:	3:32.43	37.27	400m:	4:43.66 4:43.98	35.16 417	2
44.	50m: 100m:	30.06 1:04.42	30.06 34.36		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 4:44.68	36.79 35.28 414	2
	50m: 100m:	30.79 1:05.69	30.79 34.90	150m: 200m:	1:41.78 2:17.74	36.09 35.96		2:54.63 3:31.59	36.89 36.96	350m: 400m:	4:09.05 4:44.68	37.46 35.63	
45.	50m: 100m:	32.41 1:08.78	32.41 36.37	150m: 200m:	12 1:44.76 2:21.31	35.98 36.55		2:57.18 3:33.97	35.87 36.79	350m: 400m:	4:44.79 4:10.20 4:44.79	413 36.23 34.59	2
46.	50m: 100m:	30.84 1:06.44	30.84 35.60		11 1:42.35 2:18.90	35.91 36.55		2:55.81 3:33.11	36.91 37.30	350m: 400m:	4:45.04 4:09.63 4:45.04	412 36.52 35.41	2
47.	50m: 100m:	30.96 1:06.40	30.96 35.44		12 1:42.33 2:18.99	35.93 36.66	250m: 300m:	2:55.85 3:32.15	36.86 36.30	350m: 400m:	4:45.43 4:26.98 4:45.43	411 54.83 18.45	2
48.	50m: 100m:	31.94 1:08.43	31.94 36.49	150m: 200m:	11 1:44.86 2:21.26	36.43 36.40		2:57.71 3:34.41	36.45 36.70	350m: 400m:	4:45.56 4:10.68 4:45.56	410 36.27 34.88	2
49.	50m: 100m:	29.66 1:04.08	29.66 34.42	150m: 200m:	11 1:40.76 2:18.44	36.68 37.68		2:56.03 3:33.32	37.59 37.29	350m: 400m:	4:45.80 4:10.62 4:45.80	409 37.30 35.18	2
50.	50m: 100m:	31.70 1:07.44	31.70 35.74		12 1:43.84 2:19.79	36.40 35.95	250m: 300m:	2:55.69 3:33.87	35.90 38.18	350m: 400m:	4:45.84 4:10.69 4:45.84	409 36.82 35.15	2
51.	50m:	31.82 1:08.17	31.82 36.35	150m:	11 1:45.36 2:22.92	37.19 37.56	250m:	2:58.53 3:35.11	35.61 36.58	350m: 400m:	4:46.28 4:10.64	407 35.53 35.64	2
52.	50m: 100m:	30.71 1:05.79	30.71 35.08		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:	4:46.36 4:10.68 4:46.36	407 36.69 35.68	2
53.	50m: 100m:	30.99 1:06.01	30.99 35.02		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:	4:46.86 4:09.90 4:46.86	405 37.31 36.96	2

						, 20	30.5.	2020					
	4,		, 400m		, 2	2011							
	,				1								
54.	50m: 100m:	31.71 1:06.89	31.71 35.18		11 1:43.58 2:20.84	36.69 37.26	250m: 300m:	2:58.03 3:35.08	37.19 37.05	350m: 400m:	4:46.96 4:12.27 4:46.96	404 37.19 34.69	2
55.	50m: 100m:	31.01 1:06.04	31.01 35.03		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
56.	50m:	31.14	31.14	150m:	11 1:42.35	36.78	250m:	2:57.07	37.39	350m:	4:47.11 4:11.78	404 37.28	2
57.	50m:	1:05.57	34.43 29.74	200m: 150m:	2:19.68 11 1:41.43	37.33 36.69	250m:	3:34.50 2:56.23	37.43 37.20	400m: 350m:	4:47.11 4:47.17 4:11.39	35.33 403 37.67	2
58.		1:04.74	35.00		2:19.03	37.60	300m:	3:33.72	37.49	400m:	4:47.17 4:47.41	35.78 402	2
	50m: 100m:	31.97 1:07.53	31.97 35.56	150m: 200m:	1:43.38 2:20.15	35.85 36.77	250m: 300m:	2:57.61 3:35.75	37.46 38.14	350m: 400m:	4:13.02 4:47.41	37.27 34.39	_
59.	50m: 100m:	31.44 1:07.24	31.44 35.80		12 1:43.85 2:20.87	36.61 37.02		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
60.	50m: 100m:	30.72 1:05.62	30.72 34.90		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
61.	50m: 100m:	31.19 1:06.30	31.19 35.11		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
62.	50m: 100m:	29.62 1:04.24	29.62 34.62	150m: 200m:	11 1:40.64 2:18.57	36.40 37.93		2:56.33 3:34.17	37.76 37.84	350m: 400m:	4:47.82 4:13.02 4:47.82	401 38.85 34.80	2
63.	50m: 100m:	32.01 1:07.77	32.01 35.76	150m: 200m:	11 1:44.49 2:21.52	36.72 37.03		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
64.		31.21 1:06.39	31.21 35.18		11 2:01.96 2:39.42	55.57 37.46		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
65.	50m:	30.74 1:06.13	30.74 35.39		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
66.	50m:	31.55 1:07.72	31.55 36.17	150m:	12	56.21 37.34	250m:	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
67.	50m:	32.62 1:08.38	32.62 35.76	150m:	11 1:44.74 2:21.33	36.36 36.59	250m:	2:58.58 3:35.67	37.25 37.09	350m: 400m:	4:48.47 4:13.17 4:48.47	398 37.50 35.30	2
68.	50m:	31.37	31.37	150m:	12 1:43.53	36.56	250m:	2:57.67	36.73	350m:	4:48.53 4:10.94	398 36.99	2
69.	50m:	1:06.97 30.99 1:06.48	35.60 30.99 35.49	150m:	2:20.94 11 1:43.13 2:20.60	37.41 36.65 37.47		3:33.95 2:58.74 3:36.93	36.28 38.14 38.19	400m: 350m: 400m:	4:48.53 4:48.72 4:13.61 4:48.72	37.59 397 36.68 35.11	2
70.	50m:	32.89 1:08.57	32.89 35.68	150m:	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
71.	50m: 100m:	32.25 1:07.53	32.25 35.28		12 1:44.08 2:19.69	36.55 35.61	250m: 300m:	2:55.82 3:31.01	36.13 35.19		4:48.81 4:06.86 4:48.81	396 35.85 41.95	2

						,							
	4,		, 400m		, 2	2011							
	,				1								
72.					11						4:48.90	396	2
	50m:	30.56	30.56		1:43.45	36.83		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	
73.					11						4:48.95	396	2
	50m:	30.67	30.67		1:42.84	36.99		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	
74.					11						4:49.03	396	2
	50m:	31.62	31.62		1:44.48	36.62		2:58.58	37.37		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	
75.					11						4:49.17	395	2
	50m:	31.20	31.20		1:42.58	36.41		2:57.63	38.05		4:13.13	37.39	
	Toom:	1:06.17	34.97	200m:	2:19.58	37.00	300m:	3:35.74	38.11	400m:	4:49.17	36.04	
76.					11						4:49.42	394	2
	50m:	32.42 1:08.37	32.42 35.95		1:45.47 2:22.83	37.10 37.36		3:00.14 3:37.31	37.31 37.17	350m:	4:14.02 4:49.42	36.71 35.40	
	100111.	1.00.07	55.55	200111.		37.50	300111.	0.07.01	37.17	400111.			
77.	5 0	00.00	00.00	450	11	07.07	050	0.50.07	00.00	050	4:49.48	394	2
	50m:	32.69 1:08.61	32.69 35.92		1:45.68 2:22.31	37.07 36.63		2:58.97 3:35.54	36.66 36.57	350m: 400m:	4:12.63 4:49.48	37.09 36.85	
	100111.	1.00.01	33.32	200111.		30.03	300111.	3.33.34	30.37	400111.			
78.	50	00.00	00.00	450	11	07.05	050	0.50.00	00.00	050	4:49.64	393	2
	50m:	30.69 1:06.86	30.69 36.17		1:44.71 2:22.20	37.85 37.49		2:59.09 3:35.85	36.89 36.76		4:13.74 4:49.64	37.89 35.90	
	100111.	1.00.00	30.17	200111.		37.43	300111.	0.00.00	30.70	400111.			
79.	5 0	04.00	04.00	450	11	07.40	050	0.50.00	40.40	050	4:50.42	390	2
	50m:	31.06 1:06.65	31.06 35.59		1:43.77 2:09.60	37.12 25.83		2:58.06 3:34.07	48.46 36.01	350m: 400m:	4:09.87 4:50.42	35.80 40.55	
	100111.	1.00.00	00.00	200111.		20.00	000111.	0.04.07	00.01	400111.			_
80.	50	20.50	20.50	450	11	20.07	050	0.50.04	20.00	250	4:50.50	390	2
	50m: 100m:	30.58 1:05.89	30.58 35.31		1:42.86 2:20.89	36.97 38.03		2:58.91 3:36.73	38.02 37.82	350m: 400m:	4:14.10 4:50.50	37.37 36.40	
0.4													0
81.	50m:	31.97	31.97	150m:	11 1:45.96	37.23	250m:	3:01.20	38.27	350m:	4:50.79 4:15.67	388 37.23	2
		1:08.73	36.76		2:22.93	36.97	300m:	3:38.44	37.24	400m:	4:50.79	35.12	
00													2
82.	50m:	32.45	32.45	150m·	11 1:45.90	37.02	250m·	3:01.26	37.49	350m·	4:50.93 4:15.82	388 36.52	2
		1:08.88	36.43		2:23.77	37.87		3:39.30	38.04		4:50.93	35.11	
83.					12						4:51.58	385	2
03.	50m:	32.82	32.82	150m:	1:45.59	36.89	250m:	3:00.22	37.67	350m:	4:15.47	37.52	2
		1:08.70	35.88		2:22.55	36.96	300m:		37.73	400m:	4:51.58	36.11	
84.					12						4:51.61	385	2
04.	50m:	32.19	32.19	150m ⁻	1:45.01	37.32	250m:	3:00.72	38.37	350m:	4:34.10	37.48	2
	100m:	1:07.69	35.50		2:22.35	37.34	300m:	3:56.62	55.90	400m:	4:51.61	17.51	
85.					11						4:52.08	383	2
00.	50m:	31.02	31.02	150m:	1:45.23	38.10	250m:	3:01.02	38.29	350m:	4:16.87	37.93	_
		1:07.13	36.11		2:22.73	37.50	300m:	3:38.94	37.92	400m:	4:52.08	35.21	
86.					11						4:52.13	383	2
00.	50m:	30.85	30.85	150m:	1:44.08	37.41	250m:	2:58.79	37.51	350m:	4:15.18	38.20	_
		1:06.67	35.82		2:21.28	37.20	300m:		38.19	400m:	4:52.13	36.95	
87.					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	
88.					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	
89.					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	

						,							
	4,		, 400m		, 2	2011							
	,				1								
90.					12						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	
91.					11						4:53.20	379	2
31.	50m:	30.84	30.84	150m·	1:44.95	37.56	250m:	3:02.07	38.99	350m:	4:18.75	37.36	2
		1:07.39	36.55		2:23.08	38.13	300m:		39.32	400m:	4:53.20	34.45	
			00.00			001.0	000	000	00.02				
92.					12						4:53.51	378	2
	50m:	31.66	31.66		1:45.44	37.52	250m:	3:01.18	37.88		4:16.93	37.99	
	Toom:	1:07.92	36.26	200m:	2:23.30	37.86	300m:	3:38.94	37.76	400m:	4:53.51	36.58	
93.					11						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	
94.					11						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	
		1:06.44	35.61		2:22.08	38.22		3:38.65	38.69	400m:		37.00	
95.					12						4:54.03	376	2
95.	50m:	31.70	31.70	150m:	1∠ 1:46.70	37.87	250m:	3:03.29	38.49	350m:		37.11	2
		1:08.83	37.13		2:24.80	38.10		3:40.24	36.95	400m:	4:54.03	36.68	
			00			001.0	000	0	00.00				
96.				. = -	11						4:54.27	375	2
	50m:	32.56	32.56		1:45.76	36.69		2:59.83	36.96		4:16.07	38.47	
	TOOM.	1:09.07	36.51	200111.	2:22.87	37.11	300111.	3:37.60	37.77	400m:	4:54.27	38.20	
97.					11						4:54.59	374	2
	50m:	33.41	33.41		1:47.93	37.72		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	
98.					12						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	_
		1:07.90	36.49		2:23.94	38.44	300m:		39.29	400m:	4:55.09	36.49	
99.					11						4:55.29	371	2
33.	50m:	30.99	30.99	150m·	2:03.64	56.37	250m:	3:20.72	38.77	350m:	4:37.58	38.70	2
		1:07.27	36.28		2:41.95	38.31	300m:	3:58.88	38.16	400m:	4:55.29	17.71	
400					4.4						4 55 54	070	0
100.	50	04.00	04.00	450	11	07.40	050	0.00.00	00.00	050	4:55.54	370	2
	50m:	31.60 1:07.67	31.60 36.07		1:44.83 2:22.07	37.16 37.24		3:00.96 3:40.22	38.89 39.26		4:18.29 4:55.54	38.07 37.25	
	100111.	1.07.07	30.07	200111.	2.22.01	37.24	300111.	3.40.22	33.20	400111.	4.55.54		
101.					13						4:55.68	369	2
	50m:	32.00	32.00		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	
102.					11						4:55.85	369	2
	50m:	32.51	32.51	150m:	1:48.59	38.59	250m:	3:05.64	38.31	350m:		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	
103.					11						4:56.60	366	2
100.	50m:	32.96	32.96	150m:	1:47.51	37.78	250m:	3:04.22	38.96	350m:	4:20.39	37.44	_
		1:09.73	36.77	200m:		37.75	300m:	3:42.95	38.73	400m:	4:56.60	36.21	
101					44						4.EC C4	266	2
104.	50	20.07	20.27	450	11	20.40	050	2.05.20	20.55	250	4:56.64	366	2
	50m: 100m:	32.37 1:09.69	32.37 37.32	150m: 200m:	1:48.15 2:26.77	38.46 38.62	250m: 300m:	3:05.32 3:43.96	38.55 38.64	350m: 400m:	4:21.90 4:56.64	37.94 34.74	
			*****										_
105.					11						4:56.65	366	2
	50m:	34.11	34.11	150m:		38.08	250m:	3:07.16	38.04	350m:	4:23.34	37.44	
	TOOM.	1:12.77	38.66	200111.	2:29.12	38.27	300m:	3:45.90	38.74	400m:	4:56.65	33.31	
106.					12						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	
					11						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	_
		1:09.10	37.40		2:26.37	39.09	300m:	3:43.85	38.79		4:56.88	34.62	

						, 28.	30.5.2	2025					
	4,		, 400m		, 2	2011							
	,				/								
108.	50m: 100m:	31.81 1:09.85	31.81 38.04	150m: 200m:	11 1:48.11 2:25.75	38.26 37.64	250m: 300m:	3:04.64 3:42.77	38.89 38.13	350m: 400m:	4:56.96 4:17.46 4:56.96	365 34.69 39.50	2
109.	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:	4:57.41 4:19.80 4:57.41	363 38.77 37.61	2
110.	50m: 100m:	32.33 1:08.46	32.33 36.13		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:	4:57.44 4:19.81 4:57.44	363 39.15 37.63	2
111.	50m: 100m:	32.90 1:09.40	32.90 36.50		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:	4:57.66 4:19.85 4:57.66	362 38.54 37.81	2
112.	50m:	29.90	29.90	150m:	12 1:44.17	38.24	250m:	3:02.92	39.96	350m:	4:58.24 4:19.63	360 38.56	2
113.	100m: 50m:	1:05.93	36.03 31.92	200m: 150m:	2:22.96 12 1:47.25	38.79 38.66	300m: 250m:	3:41.07 3:05.36	38.15 39.16	400m: 350m:	4:58.24 4:59.12 4:23.90	38.61 357 38.94	2
114.		1:08.59	36.67		2:26.20	38.95	300m:	3:44.96	39.60	400m:	4:59.12 4:59.43	35.22 356	2
	50m: 100m:	33.40 1:10.98	33.40 37.58	150m: 200m:	1:49.96	38.98 40.00	250m: 300m:	3:09.61 3:46.12	39.65 36.51	350m: 400m:	4:25.33 4:59.43	39.21 34.10	
115.	50m: 100m:	32.34 1:07.00	32.34 34.66		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:	4:59.83 4:20.86 4:59.83	354 40.45 38.97	2
116.	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:	4:59.90 4:22.61 4:59.90	354 38.51 37.29	2
117.	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:	5:00.29 4:24.11 5:00.29	353 39.01 36.18	2
118.	50m:	32.04 1:08.62	32.04 36.58	150m:	11 1:47.24 2:26.64	38.62 39.40	250m:	3:06.07 3:45.59	39.43 39.52	350m:	5:00.53 4:24.11 5:00.53	352 38.52 36.42	2
119.	50m: 100m:	31.68 1:08.51	31.68 36.83		13 1:47.04 2:26.09	38.53 39.05		3:05.18 3:44.51	39.09 39.33	350m: 400m:	5:00.86 4:23.15 5:00.86	351 38.64 37.71	2
120.	50m: 100m:	31.94 1:09.58	31.94 37.64		12 1:48.63 2:27.64	39.05 39.01		3:06.45 3:45.53	38.81 39.08		5:01.07 4:24.41 5:01.07	350 38.88 36.66	2
121.	50m: 100m:	34.07 1:12.80	34.07 38.73		13 1:51.50 2:30.29	38.70 38.79		3:08.86 3:47.84	38.57 38.98		5:01.11 4:26.42 5:01.11	350 38.58 34.69	2
	50m: 100m:	32.73 1:10.15	32.73 37.42		13 1:48.54 2:27.46	38.39 38.92		3:06.59 3:45.52	39.13 38.93	350m: 400m:	5:01.11 4:24.26 5:01.11	350 38.74 36.85	2
123.	50m: 100m:	31.10 1:08.76	31.10 37.66		12 1:47.40 2:26.22	38.64 38.82	250m: 300m:	3:05.29 3:45.14	39.07 39.85		5:01.51 4:24.59 5:01.51	348 39.45 36.92	2
124.	50m: 100m:	30.84 1:09.24	30.84 38.40		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:	5:01.62 4:26.36 5:01.62	348 38.39 35.26	2
125.	50m:	33.08 1:11.21	33.08 38.13	150m:	12 1:51.14 2:30.29	39.93 39.15	250m:	3:09.96 3:48.64	39.67 38.68	350m:	5:01.78 4:26.55 5:01.78	347 37.91 35.23	2

						, 20	. 50.5.	2020					
	4,		, 400m		, 2	2011							
	,				/								
126.					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	
127.					11						5:01.94	347	2
127.	50m:	32.43	32.43	150m:	1:48.48	38.45	250m:	3:06.91	39.50	350m:	4:25.38	38.91	_
		1:10.03	37.60		2:27.41	38.93	300m:	3:46.47	39.56	400m:	5:01.94	36.56	
400					40						F-04 0F	0.47	0
128.	F0m.	22.00	22.00	1 <i>E</i> 0m.	12	20.64	250	2.00.64	20.40	250	5:01.95	347	2
	50m:	33.80 1:11.73	33.80 37.93		1:50.37 2:30.15	38.64 39.78	250m: 300m:	3:09.64 3:48.39	39.49 38.75	350m: 400m:	4:26.90 5:01.95	38.51 35.05	
	100111.	1.11.73	37.33	200111.		55.76	300111.	5.40.55	30.73	400111.			
129.					11						5:02.78	344	2
	50m:	33.19	33.19		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	
130.					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		2:27.89	39.23	300m:	3:46.19	39.48	400m:	5:02.83	36.38	
121					11						5:02.89	344	2
131.	50m:	22.62	22.62	150m:	1:49.54	38.04	250m:	2·09 05	39.59	250m:	4:25.83	38.30	2
	50m:	33.63 1:11.50	33.63 37.87		2:28.46	38.92	300m:	3:08.05 3:47.53	39.39	400m:	5:02.89	37.06	
	100111.	1.11.50	37.07	200111.		30.32	300111.	5.47.55	33.40	400111.			
132.					12						5:03.22	342	2
	50m:	32.50	32.50		1:48.95	38.75	250m:	3:06.94	38.81		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	
133.					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		2:28.15	39.04	300m:	3:47.08	39.35	400m:	5:03.47	36.94	
134.					11						5:03.52	341	2
134.	50m:	33.03	33.03	150m:	1:50.39	39.57	250m:	3:09.12	39.87	350m:	4:28.11	39.51	2
		1:10.82	33.03 37.79		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		1:49.01	39.12	250m:	3:09.30	40.55	350m:		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	
136.					12						5:03.68	341	2
	50m:	33.47	33.47		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	
137.					11						5:03.71	341	2
107.	50m:	34.10	34.10	150m:	1:52.99	39.68	250m:	3:12.05	39.65	350m:	4:28.12	37.32	_
		1:13.31	39.21		2:32.40	39.41	300m:	3:50.80	38.75	400m:	5:03.71	35.59	
400											5 04 40	000	•
138.		00.77	00.77	450	11	00.04	050	0.00.00	00.04	050	5:04.16	339	2
	50m: 100m:	33.77 1:11.47	33.77 37.70		1:50.48 2:29.36	39.01 38.88	250m: 300m:	3:08.30 3:48.04	38.94 39.74	350m: 400m:	4:26.82 5:04.16	38.78 37.34	
	100111.	1.11.47	37.70	200111.		30.00	300111.	5.40.04	33.74	400111.	3.04.10		
139.					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	
140.					11						5:04.73	337	2
	50m:	33.57	33.57	150m:		38.86	250m:	3:09.04	39.67	350m:	4:27.26	38.99	_
		1:11.34	37.77		2:29.37	39.17	300m:	3:48.27	39.23	400m:	5:04.73	37.47	
1.11					11						E.0E 07	224	2
141.	E0m:	22 17	33.17	150m:	11 1:50.40	39.34	250m:	2.00 06	20.20	250m:	5:05.87 4:28.06	334 39.20	2
	50m: 100m:	33.17 1:11.06	37.89	150m:	2:29.56	39.16	250m: 300m:	3:08.86 3:48.86	39.30 40.00	350m: 400m:	5:05.87	37.81	
	100111.	1.11.00	37.03	200111.	2.23.30	33.10	300111.	3.40.00	40.00	400111.	3.03.07	37.01	
142.					11						5:05.98	333	2
	50m:	30.64	30.64		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	
143.					12						5:06.78	331	2
	50m:	33.08	33.08	150m:	1:48.95	38.15	250m:	3:08.74	40.47	350m:	4:30.05	41.72	_
		1:10.80	37.72		2:28.27	39.32	300m:		39.59	400m:	5:06.78	36.73	

						, 20	. 50.5.	2020					
	4,		, 400m		, 2	2011							
	,				/								
144.					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	_
		1:10.04	37.25		2:28.46	39.11	300m:	3:47.80	39.94	400m:	5:06.82	38.88	
1.15					12						5:07.06	330	2
145.	50m:	33.04	33.04	150m:	1:50.69	39.77	250m:	3:11.05	39.69	350m:	4:29.95	39.11	2
		1:10.92	37.88		2:31.36	40.67	300m:	3:50.84	39.79	400m:	5:07.06	37.11	
	100111.	1110.02	07.00	2001111		10.01	0001111	0.00.01	00.70	100111.			
					13						5:07.06	330	2
	50m:	33.68	33.68		1:49.71	38.84	250m:	3:07.70	38.88	350m:		40.13	
	100m:	1:10.87	37.19	200m:	2:28.82	39.11	300m:	3:47.82	40.12	400m:	5:07.06	39.11	
147.					12						5:07.18	329	2
	50m:	33.46	33.46	150m:	1:50.21	38.93	250m:	3:10.48	40.14	350m:	4:29.22	38.97	
	100m:	1:11.28	37.82	200m:	2:30.34	40.13	300m:	3:50.25	39.77	400m:	5:07.18	37.96	
148.					11						5:07.40	329	2
1 10.	50m:	33.38	33.38	150m·	1:53.10	39.97	250m:	3:12.34	39.43	350m:	4:30.45	38.82	_
		1:13.13	39.75		2:32.91	39.81	300m:		39.29	400m:	5:07.40	36.95	
4.40												007	•
149.	50	00.45	00.45	450	11	00.54	050	0.00.74	00.07	050	5:07.77	327	2
	50m:	33.15 1:11.01	33.15		1:50.55	39.54	250m: 300m:	3:09.71	39.27	350m:		40.34	
	100111.	1.11.01	37.86	200111.	2:30.44	39.89	300111.	3:49.80	40.09	400m:	5:07.77	37.63	
150.					12						5:09.47	322	2
	50m:	31.88	31.88		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	
151.					11						5:10.35	319	2
101.	50m:	32.11	32.11	150m:	1:47.55	38.37	250m:	3:07.61	40.51	350m:	4:30.39	41.24	_
		1:09.18	37.07		2:27.10	39.55	300m:	3:49.15	41.54	400m:	5:10.35	39.96	
450					40						E-40-40	040	0
152.	F0	04.07	04.07	450	12	20.00	050	0.40.00	20.72	250	5:10.42	319	2
	50m:	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	
	100111.	1.12.77	00.40	200111.		00.07	000111.	0.02.00	00.70	400111.			
153.					12						5:11.92	315	3
	50m:	34.04	34.04		1:51.67	39.16	250m:	3:12.23	40.29	350m:		40.26	
	100m:	1:12.51	38.47	200m:	2:31.94	40.27	300m:	3:52.88	40.65	400m:	5:11.92	38.78	
154.					12						5:12.53	313	3
	50m:	35.13	35.13	150m:	1:53.75	39.76	250m:	3:13.60	40.01	350m:	4:31.96	38.35	
	100m:	1:13.99	38.86	200m:	2:33.59	39.84	300m:	3:53.61	40.01	400m:	5:12.53	40.57	
155.					12						5:12.68	312	3
100.	50m:	33.87	33.87	150m·	1:54.71	40.91	250m·	3:15.81	40.13	350m:	4:35.10	39.09	3
		1:13.80	39.93		2:35.68	40.97	300m:	3:56.01	40.20	400m:	5:12.68	37.58	
													_
156.					11						5:13.34	310	3
	50m:	33.70 1:13.15	33.70 39.45		1:53.35 2:33.31	40.20 39.96	250m: 300m:	3:13.46 3:53.13	40.15 39.67	350m: 400m:	4:33.21 5:13.34	40.08 40.13	
	100m:	1.13.13	39.43	200111.	2.33.31	39.90	300111.	3.55.15	39.07	400111.	5.15.54	40.13	
157.					12						5:14.82	306	3
	50m:	33.47	33.47	150m:	1:52.14	40.35	250m:	3:12.86	40.51	350m:	4:34.94	41.04	
	100m:	1:11.79	38.32	200m:	2:32.35	40.21	300m:	3:53.90	41.04	400m:	5:14.82	39.88	
158.					11						5:14.83	306	3
100.	50m:	31.60	31.60	150m·	1:48.97	40.46	250m·	3:11.80	41.63	350m:	4:34.61	42.10	Ū
		1:08.51	36.91		2:30.17	41.20		3:52.51	40.71	400m:	5:14.83	40.22	
450					40						C-4 C 00		0
159.	F0	22.50	22.50	450	12	40.00	050	0.40.00	20.50	250	5:15.02	305	3
	50m:	33.52 1:12.12	33.52 38.60		1:52.72 2:33.01	40.60 40.29	250m: 300m:	3:12.60 3:52.56	39.59 39.96	350m: 400m:	4:32.32 5:15.02	39.76 42.70	
	100111.	1.12.12	30.00	200111.	2.33.01	40.29	300111.	3.32.30	39.90	400111.	5.15.02	42.70	
160.					12						5:15.68	303	3
	50m:	34.70	34.70		1:53.09	40.42		3:14.56	40.53	350m:	4:35.77	40.56	
	100m:	1:12.67	37.97	200m:	2:34.03	40.94	300m:	3:55.21	40.65	400m:	5:15.68	39.91	
161.					12						5:15.99	303	3
.01.	50m:	33.17	33.17	150m:	1:52.85	40.88	250m:	3:15.21	40.99	350m:	4:37.70	41.32	J
		1:11.97	38.80		2:34.22	41.37		3:56.38	41.17		5:15.99	38.29	

	4,		, 400m		, 2	2011							
	,				/								
162.	50m: 100m:	34.64 1:13.57	34.64 38.93		12 1:53.98 2:34.81	40.41 40.83	250m: 300m:	3:15.77 3:56.08	40.96 40.31		5:16.60 4:36.60 5:16.60	301 40.52 40.00	3
163.	50m: 100m:	33.46 1:13.14	33.46 39.68		13 1:53.40 2:34.33	40.26 40.93		3:16.65 3:56.41	42.32 39.76		5:16.69 4:37.86 5:16.69	301 41.45 38.83	3
164.	50m: 100m:	34.16 1:12.64	34.16 38.48		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:	5:17.98 4:37.26 5:17.98	297 41.36 40.72	3
165.	50m: 100m:	34.24 1:12.37	34.24 38.13		11 1:51.75 2:32.80	39.38 41.05		3:14.80 3:57.62	42.00 42.82		5:18.39 4:37.97 5:18.39	296 40.35 40.42	3
166.	50m:	33.86 1:13.56	33.86 39.70	150m:	12 1:54.12 2:34.90	40.56 40.78	250m:	3:16.69 3:58.99	41.79 42.30	350m:	5:19.45 4:40.73 5:19.45	293 41.74 38.72	3
167.	50m:	34.88 1:14.86	34.88 39.98	150m:	13 1:55.86 2:37.90	41.00 42.04	250m:	3:18.46 4:00.20	40.56 41.74		5:19.67 4:40.58	292 40.38 39.09	3
168.	50m:	33.92 1:13.45	33.92 39.53	150m:	11 1:55.11 2:36.68	41.66 41.57	250m:		41.16 41.14	350m:	5:19.88 4:40.25 5:19.88	292 41.27 39.63	3
169.	50m: 100m:	33.08 1:12.43	33.08 39.35		11 1:53.81 2:35.99	41.38 42.18	250m: 300m:		41.53 41.23		5:21.37 4:41.18 5:21.37	288 42.43 40.19	3
170.	50m: 100m:	37.33 1:17.54	37.33 40.21		13 1:58.93 2:40.36	41.39 41.43		3:21.44 4:02.21	41.08 40.77	350m: 400m:	5:23.27 4:43.28 5:23.27	283 41.07 39.99	3
171.	50m: 100m:	35.48 1:16.38	35.48 40.90		12 1:56.80 2:37.36	40.42 40.56	250m: 300m:	3:18.48 4:00.17	41.12 41.69	350m: 400m:	5:24.39 4:42.55 5:24.39	280 42.38 41.84	3
172.	50m: 100m:	33.76 1:13.72	33.76 39.96		12 1:55.64 2:38.53	41.92 42.89		3:22.41 4:06.47	43.88 44.06		5:29.35 4:50.07 5:29.35	267 43.60 39.28	3
173.	50m: 100m:	37.52 1:19.68	37.52 42.16		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:	5:29.99 4:50.59 5:29.99	266 42.56 39.40	3
174.	50m: 100m:	36.09 1:17.88	36.09 41.79		13 2:00.38 2:42.80	42.50 42.42	250m: 300m:	3:24.93 4:08.47	42.13 43.54	350m: 400m:	5:32.15 4:51.55 5:32.15	260 43.08 40.60	3
175.	50m: 100m:	32.72 1:11.13	32.72 38.41		11 1:52.37 2:34.89	41.24 42.52	250m: 300m:		44.62 43.86	350m: 400m:	5:32.47 4:47.43 5:32.47	260 44.06 45.04	3
176.	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:	5:33.84 4:51.72 5:33.84	256 42.20 42.12	3
177.	50m:	35.24 1:15.79	35.24 40.55	150m:	11 1:58.03 2:41.48	42.24 43.45	250m: 300m:	3:25.86 4:10.13	44.38 44.27	350m: 400m:	5:35.06 4:53.32 5:35.06	254 43.19 41.74	3
178.	50m:	35.47 1:17.04	35.47 41.57	150m:	12 1:59.74 2:43.66	42.70 43.92	250m: 300m:	3:27.09 4:10.95	43.43 43.86	350m: 400m:	5:35.25 4:54.27 5:35.25	253 43.32 40.98	3
179.	50m:	36.90 1:19.82	36.90 42.92	150m:	11 2:03.40 2:46.46	43.58 43.06	250m:	3:30.85 4:14.57	44.39 43.72	350m:	5:37.13 4:57.01 5:37.13	249 42.44 40.12	3

"

, 28. - 30.5.2025

	4,		, 400m		, 2	2011							
	,				/								
180.					13						5:37.50	248	3
	50m:	36.45	36.45	150m:	2:01.24	43.08	250m:	3:28.04	43.21	350m:	4:55.20	43.67	
	100m:	1:18.16	41.71	200m:	2:44.83	43.59	300m:	4:11.53	43.49	400m:	5:37.50	42.30	
181.					12						5:38.05	247	3
	50m:	38.51	38.51	150m:		50.40	250m:	3:31.80	43.99	350m:	4:57.82	42.41	
	100m:	1:13.94	35.43	200m:	2:47.81	43.47	300m:	4:15.41	43.61	400m:	5:38.05	40.23	
182.					13						5:39.35	244	3
	50m:	36.53	36.53	150m:	2:04.06	44.70	250m:	3:31.99	44.28	350m:	4:59.64	43.43	
	100m:	1:19.36	42.83	200m:	2:47.71	43.65	300m:	4:16.21	44.22	400m:	5:39.35	39.71	
183.					12						5:46.36	230	3
	50m:	36.18	36.18	150m:	2:03.98	44.18	250m:	3:32.65	44.43	350m:	5:02.39	44.20	
	100m:	1:19.80	43.62	200m:	2:48.22	44.24	300m:	4:18.19	45.54	400m:	5:46.36	43.97	
SQ					12								2
SQ					12								2
DNS					11								_
DNS					12								
DNS					11								