1		, 400m			2012

28.05.2025 - 10:00

: 4:23.00 /	: 4:39.50 / 1	: 5:00.50 / 2	: 5:40.00 / 3	: 6:28.50

: AQUA 2024

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12 **4:34.58** 597

| 50m: | 29.21 | 29.21 | 150m: | 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: | 30.68 | 30.68 | 150m: | 1:41.80 | 36.13 | 250m: | 2:54.29 | 36.25 | 350m: | 4:07.00 | 36.49 |
| 100m: | 1:05.67 | 34.99 | 200m: | 2:18.04 | 36.24 | 300m: | 3:30.51 | 36.22 | 400m: | 4:40.91 | 33.91 |

12 **4:43.29** 544 1

| 50m: | 32.26 | 32.26 | 150m: | 1:43.00 | 35.90 | 250m: | 2:55.35 | 36.31 | 350m: | 4:07.93 | 36.38 |
| 100m: | 1:07.10 | 34.84 | 200m: | 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: | 32.36 | 32.36 | 150m: | 1:44.48 | 36.20 | 250m: | 2:57.42 | 36.61 | 350m: | 4:11.23 | 36.49 |
| 100m: | 1:08.28 | 35.92 | 200m: | 2:20.81 | 36.33 | 300m: | 3:34.74 | 37.32 | 400m: | 4:47.18 | 35.95 |

13 **4:47.92** 518 1

| 50m: | 33.37 | 33.37 | 150m: | 1:46.74 | 37.07 | 250m: | 3:00.74 | 36.74 | 350m: | 4:13.26 | 35.68 |
| 100m: | 1:09.67 | 36.30 | 200m: | 2:24.00 | 37.26 | 300m: | 3:37.58 | 36.84 | 400m: | 4:47.92 | 34.66 |

12 **4:49.20** 511 1

| 50m: | 31.97 | 31.97 | 150m: | 1:43.33 | 36.29 | 250m: | 2:57.36 | 37.34 | 350m: | 4:12.22 | 37.60 |
| 100m: | 1:07.04 | 35.07 | 200m: | 2:20.02 | 36.69 | 300m: | 3:34.62 | 37.26 | 400m: | 4:49.20 | 36.98 |

12 **4:51.81** 497 1

| 50m: | 32.86 | 32.86 | 150m: | 1:45.38 | 37.01 | 250m: | 3:00.09 | 37.24 | 350m: | 4:15.04 | 37.14 |
| 100m: | 1:08.37 | 35.51 | 200m: | 2:22.85 | 37.47 | 300m: | 3:37.90 | 37.81 | 400m: | 4:51.81 | 36.77 |

12 **4:52.68** 493 1

| 50m: | 31.56 | 31.56 | 150m: | 1:43.53 | 36.87 | 250m: | 2:58.43 | 37.39 | 350m: | 4:15.46 | 37.95 |
| 100m: | 1:06.66 | 35.10 | 200m: | 2:21.04 | 37.51 | 300m: | 3:37.51 | 39.08 | 400m: | 4:52.68 | 37.22 |

12 **4:53.49** 489 1

| 50m: | 33.66 | 33.66 | 150m: | 1:47.11 | 36.75 | 250m: | 3:01.78 | 37.69 | 350m: | 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

| 50m: | 32.26 | 32.26 | 150m: | 1:45.76 | 37.60 | 250m: | 3:01.42 | 37.48 | 350m: | 4:17.00 | 37.69 |
| 100m: | 1:08.16 | 35.90 | 200m: | 2:23.94 | 38.18 | 300m: | 3:39.31 | 37.89 | 400m: | 4:53.88 | 36.88 |

12 **4:54.21** 485 1

| 50m: | 33.89 | 33.89 | 150m: | 1:47.40 | 36.92 | 250m: | 3:02.85 | 37.07 | 350m: | 4:17.32 | 36.88 |
| 100m: | 1:10.48 | 36.59 | 200m: | 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 |

12 **4:57.43** 470 1

| 50m: | 33.62 | 33.62 | 150m: | 1:48.37 | 37.56 | 250m: | 3:03.93 | 38.18 | 350m: | 4:19.37 | 37.97 |
| 100m: | 1:10.81 | 37.19 | 200m: | 2:25.75 | 37.38 | 300m: | 3:41.40 | 37.47 | 400m: | 4:57.43 | 38.06 |

12 **4:57.83** 468 1

| 50m: | 32.21 | 32.21 | 150m: | 1:47.66 | 38.33 | 250m: | 3:05.22 | 38.90 | 350m: | 4:21.92 | 38.14 |
| 100m: | 1:09.33 | 37.12 | 200m: | 2:26.32 | 38.66 | 300m: | 3:43.78 | 38.56 | 400m: | 4:57.83 | 35.91 |

12 **4:58.30** 466 1

| 50m: | 32.48 | 32.48 | 150m: | 1:47.54 | 38.20 | 250m: | 3:04.28 | 38.53 | 350m: | 4:21.51 | 38.85 |
| 100m: | 1:09.34 | 36.86 | 200m: | 2:25.75 | 38.21 | 300m: | 3:42.66 | 38.38 | 400m: | 4:58.30 | 36.79 |

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					12						**4:58.98**	463	1
50m:	33.93	33.93	150m:	1:50.56	38.70	250m:	3:07.22	37.85	350m:	4:22.91	37.19
100m:	1:11.86	37.93	200m:	2:29.37	38.81	300m:	3:45.72	38.50	400m:	4:58.98	36.07

		-			12						**5:00.12**	457	1
50m:	33.58	33.58	150m:	1:49.88	37.96	250m:	3:06.03	38.07	350m:	4:22.97	38.50
100m:	1:11.92	38.34	200m:	2:27.96	38.08	300m:	3:44.47	38.44	400m:	5:00.12	37.15

					12						**5:00.13**	457	1
50m:	33.41	33.41	150m:	1:50.28	39.20	250m:	3:09.69	40.47	350m:	4:24.41	38.37
100m:	1:11.08	37.67	200m:	2:29.22	38.94	300m:	3:46.04	36.35	400m:	5:00.13	35.72

					13						**5:00.32**	456	1
50m:	32.21	32.21	150m:	1:47.15	38.48	250m:	3:04.45	38.37	350m:	4:23.18	39.95
100m:	1:08.67	36.46	200m:	2:26.08	38.93	300m:	3:43.23	38.78	400m:	5:00.32	37.14

					13						**5:01.58**	451	2
50m:	31.87	31.87	150m:	1:48.28	38.63	250m:	3:05.28	38.02	350m:	4:24.62	40.07
100m:	1:09.65	37.78	200m:	2:27.26	38.98	300m:	3:44.55	39.27	400m:	5:01.58	36.96

					12						**5:03.63**	442	2
50m:	33.08	33.08	150m:	1:47.19	37.73	250m:	3:25.41	59.22	350m:	4:44.45	39.51
100m:	1:09.46	36.38	200m:	2:26.19	39.00	300m:	4:04.94	39.53	400m:	5:03.63	19.18

					12						**5:03.67**	441	2
50m:	33.51	33.51	150m:	1:50.59	38.63	250m:	3:07.31	38.58	350m:	4:25.49	39.05
100m:	1:11.96	38.45	200m:	2:28.73	38.14	300m:	3:46.44	39.13	400m:	5:03.67	38.18

					12						**5:04.35**	438	2
50m:	33.25	33.25	150m:	1:48.28	38.28	250m:	3:06.11	39.08	350m:	4:26.06	40.01
100m:	1:10.00	36.75	200m:	2:27.03	38.75	300m:	3:46.05	39.94	400m:	5:04.35	38.29

					12						**5:04.65**	437	2
50m:	32.79	32.79	150m:	1:49.94	39.72	250m:	3:08.83	39.49	350m:	4:27.27	39.15
100m:	1:10.22	37.43	200m:	2:29.34	39.40	300m:	3:48.12	39.29	400m:	5:04.65	37.38

					12						**5:04.85**	436	2
50m:	33.25	33.25	150m:	1:49.90	39.09	250m:	3:09.58	39.89	350m:	4:29.50	39.51
100m:	1:10.81	37.56	200m:	2:29.69	39.79	300m:	3:49.99	40.41	400m:	5:04.85	35.35

					12						**5:04.91**	436	2
50m:	33.03	33.03	150m:	1:49.49	39.06	250m:	3:08.57	39.52	350m:	4:27.07	39.30
100m:	1:10.43	37.40	200m:	2:29.05	39.56	300m:	3:47.77	39.20	400m:	5:04.91	37.84

					12						**5:05.36**	434	2
50m:	33.90	33.90	150m:	1:50.43	38.65	250m:	3:09.18	40.00	350m:	4:28.40	39.40
100m:	1:11.78	37.88	200m:	2:29.18	38.75	300m:	3:49.00	39.82	400m:	5:05.36	36.96

					12						**5:05.75**	432	2
50m:	32.59	32.59	150m:	1:49.16	38.74	250m:	3:08.89	39.97	350m:	4:27.39	39.12
100m:	1:10.42	37.83	200m:	2:28.92	39.76	300m:	3:48.27	39.38	400m:	5:05.75	38.36

					12						**5:05.99**	431	2
50m:	32.90	32.90	150m:	1:49.42	39.07	250m:	3:08.38	39.42	350m:	4:27.20	39.52
100m:	1:10.35	37.45	200m:	2:28.96	39.54	300m:	3:47.68	39.30	400m:	5:05.99	38.79

					12						**5:06.42**	430	2
50m:	33.81	33.81	150m:	1:50.98	38.93	250m:	3:09.69	39.50	350m:	4:28.29	39.17
100m:	1:12.05	38.24	200m:	2:30.19	39.21	300m:	3:49.12	39.43	400m:	5:06.42	38.13

					12						**5:06.76**	428	2
50m:	34.20	34.20	150m:	1:51.43	38.98	250m:	3:10.84	39.89	350m:	4:29.02	38.58
100m:	1:12.45	38.25	200m:	2:30.95	39.52	300m:	3:50.44	39.60	400m:	5:06.76	37.74

					12						**5:06.99**	427	2
50m:	34.06	34.06	150m:	1:51.20	38.90	250m:	3:09.39	39.35	350m:	4:28.09	39.29
100m:	1:12.30	38.24	200m:	2:30.04	38.84	300m:	3:48.80	39.41	400m:	5:06.99	38.90

					12						**5:07.05**	427	2
50m:	34.74	34.74	150m:	1:53.03	39.38	250m:	3:12.20	39.42	350m:	4:30.22	38.56
100m:	1:13.65	38.91	200m:	2:32.78	39.75	300m:	3:51.66	39.46	400m:	5:07.05	36.83

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										5:07.36	426	2
12												
50m:	33.54	33.54	150m:	1:49.88	38.90	250m:	3:07.95	39.52	350m:	4:27.87	40.32	
100m:	1:10.98	37.44	200m:	2:28.43	38.55	300m:	3:47.55	39.60	400m:	5:07.36	39.49	

										5:07.90	423	2
12												
50m:	34.71	34.71	150m:	1:54.13	39.95	250m:	3:14.43	39.95	350m:	4:32.55	38.61	
100m:	1:14.18	39.47	200m:	2:34.48	40.35	300m:	3:53.94	39.51	400m:	5:07.90	35.35	

										5:08.04	423	2
12												
50m:	35.05	35.05	150m:	1:53.23	39.56	250m:	3:12.04	39.20	350m:	4:30.30	39.05	
100m:	1:13.67	38.62	200m:	2:32.84	39.61	300m:	3:51.25	39.21	400m:	5:08.04	37.74	

										5:08.11	423	2
13												
50m:	34.92	34.92	150m:	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	

										5:08.29	422	2
12												
50m:	34.24	34.24	150m:	1:52.46	39.82	250m:	3:12.42	39.77	350m:	4:30.66	38.61	
100m:	1:12.64	38.40	200m:	2:32.65	40.19	300m:	3:52.05	39.63	400m:	5:08.29	37.63	

										5:08.47	421	2
12												
50m:	33.72	33.72	150m:	1:51.22	39.39	250m:	3:10.78	39.81	350m:	4:31.09	39.71	
100m:	1:11.83	38.11	200m:	2:30.97	39.75	300m:	3:51.38	40.60	400m:	5:08.47	37.38	

										5:08.59	421	2
13												
50m:	34.75	34.75	150m:	1:53.93	39.89	250m:	3:13.18	39.66	350m:	4:32.40	39.31	
100m:	1:14.04	39.29	200m:	2:33.52	39.59	300m:	3:53.09	39.91	400m:	5:08.59	36.19	

										5:09.97	415	2
12												
50m:	34.92	34.92	150m:	1:53.37	39.75	250m:	3:12.70	40.03	350m:	4:32.81	39.91	
100m:	1:13.62	38.70	200m:	2:32.67	39.30	300m:	3:52.90	40.20	400m:	5:09.97	37.16	

										5:10.05	415	2
12												
50m:	33.78	33.78	150m:	1:50.45	39.02	250m:	3:10.56	40.31	350m:	4:30.81	39.82	
100m:	1:11.43	37.65	200m:	2:30.25	39.80	300m:	3:50.99	40.43	400m:	5:10.05	39.24	

										5:10.67	412	2
12												
50m:	34.05	34.05	150m:	1:51.10	39.09	250m:	3:10.83	40.39	350m:	4:31.30	40.50	
100m:	1:12.01	37.96	200m:	2:30.44	39.34	300m:	3:50.80	39.97	400m:	5:10.67	39.37	

										5:11.05	411	2
12												
50m:	35.11	35.11	150m:	1:54.07	39.75	250m:	3:13.00	39.31	350m:	4:32.12	39.51	
100m:	1:14.32	39.21	200m:	2:33.69	39.62	300m:	3:52.61	39.61	400m:	5:11.05	38.93	

										5:11.11	410	2
12												
50m:	35.59	35.59	150m:	1:54.92	40.22	250m:	3:14.11	39.14	350m:	4:32.89	38.81	
100m:	1:14.70	39.11	200m:	2:34.97	40.05	300m:	3:54.08	39.97	400m:	5:11.11	38.22	

										5:11.44	409	2
12												
50m:	34.24	34.24	150m:	1:52.26	39.10	250m:	3:12.88	39.66	350m:	4:32.60	38.98	
100m:	1:13.16	38.92	200m:	2:33.22	40.96	300m:	3:53.62	40.74	400m:	5:11.44	38.84	

										5:11.90	407	2
13												
50m:	33.91	33.91	150m:	1:53.74	40.39	250m:	3:13.61	39.99	350m:	4:33.78	40.20	
100m:	1:13.35	39.44	200m:	2:33.62	39.88	300m:	3:53.58	39.97	400m:	5:11.90	38.12	

										5:11.92	407	2
12												
50m:	31.62	31.62	150m:	1:50.64	40.39	250m:	3:13.34	41.04	350m:	4:35.52	41.22	
100m:	1:10.25	38.63	200m:	2:32.30	41.66	300m:	3:54.30	40.96	400m:	5:11.92	36.40	

										5:12.00	407	2
13												
50m:	34.49	34.49	150m:	1:51.90	39.51	250m:	3:12.91	40.54	350m:	4:33.64	40.30	
100m:	1:12.39	37.90	200m:	2:32.37	40.47	300m:	3:53.34	40.43	400m:	5:12.00	38.36	

										5:12.79	404	2
12												
50m:	34.42	34.42	150m:	1:53.50	39.86	250m:	3:13.61	39.93	350m:	4:33.86	40.27	
100m:	1:13.64	39.22	200m:	2:33.68	40.18	300m:	3:53.59	39.98	400m:	5:12.79	38.93	

										5:12.95	403	2
12												
50m:	33.71	33.71	150m:	1:52.93	39.92	250m:	3:13.81	40.14	350m:	4:33.52	39.59	
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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1, , 400m , 2012

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13   **5:12.99**   403   2

50m:	33.84	33.84	150m:	1:51.66	39.56	250m:	3:12.49	40.42
100m:	1:12.10	38.26	200m:	2:32.07	40.41	300m:	3:53.36	40.87

350m:	4:34.44	41.08
400m:	5:12.99	38.55

13   **5:13.06**   403   2

50m:	33.70	33.70	150m:	1:52.07	40.04	250m:	3:11.38	39.56	350m:	4:32.24	40.57
100m:	1:12.03	38.33	200m:	2:31.82	39.75	300m:	3:51.67	40.29	400m:	5:13.06	40.82

12   **5:13.56**   401   2

50m:	34.01	34.01	150m:	1:52.39	40.05	250m:	3:13.24	40.78	350m:	4:36.97	42.28
100m:	1:12.34	38.33	200m:	2:32.46	40.07	300m:	3:54.69	41.45	400m:	5:13.56	36.59

12   **5:14.28**   398   2

50m:	36.00	36.00	150m:	1:56.88	40.81	250m:	3:18.21	40.83	350m:	4:37.42	39.07
100m:	1:16.07	40.07	200m:	2:37.38	40.50	300m:	3:58.35	40.14	400m:	5:14.28	36.86

12   **5:14.45**   397   2

50m:	34.90	34.90	150m:	1:55.53	40.99	250m:	3:16.01	40.05	350m:	4:37.09	40.61
100m:	1:14.54	39.64	200m:	2:35.96	40.43	300m:	3:56.48	40.47	400m:	5:14.45	37.36

12   **5:14.60**   397   2

50m:	34.98	34.98	150m:	1:55.48	40.93	250m:	3:16.26	40.27	350m:	4:36.82	39.77
100m:	1:14.55	39.57	200m:	2:35.99	40.51	300m:	3:57.05	40.79	400m:	5:14.60	37.78

13   **5:14.82**   396   2

50m:	34.74	34.74	150m:	1:54.64	40.29	250m:	3:16.49	40.81	350m:	4:38.73	41.15
100m:	1:14.35	39.61	200m:	2:35.68	41.04	300m:	3:57.58	41.09	400m:	5:14.82	36.09

12   **5:15.20**   395   2

50m:	34.09	34.09	150m:	1:52.87	40.33	250m:	3:14.97	40.69	350m:	4:35.83	40.25
100m:	1:12.54	38.45	200m:	2:34.28	41.41	300m:	3:55.58	40.61	400m:	5:15.20	39.37

12   **5:15.95**   392   2

50m:	33.87	33.87	150m:	1:53.01	40.36	250m:	3:15.96	41.84	350m:	4:37.11	40.11
100m:	1:12.65	38.78	200m:	2:34.12	41.11	300m:	3:57.00	41.04	400m:	5:15.95	38.84

12   **5:15.97**   392   2

50m:	36.41	36.41	150m:	1:57.91	40.66	250m:	3:20.03	41.27	350m:	4:39.35	39.21
100m:	1:17.25	40.84	200m:	2:38.76	40.85	300m:	4:00.14	40.11	400m:	5:15.97	36.62

12   **5:15.99**   392   2

50m:	34.30	34.30	150m:	1:52.49	40.07	250m:	3:13.30	40.15	350m:	4:35.44	41.20
100m:	1:12.42	38.12	200m:	2:33.15	40.66	300m:	3:54.24	40.94	400m:	5:15.99	40.55

12   **5:16.09**   391   2

50m:	34.34	34.34	150m:	1:54.70	40.97	250m:	3:16.32	41.12	350m:	4:37.83	40.84
100m:	1:13.73	39.39	200m:	2:35.20	40.50	300m:	3:56.99	40.67	400m:	5:16.09	38.26

12   **5:16.25**   391   2

50m:	34.89	34.89	150m:	1:54.53	40.81	250m:	3:15.58	40.46	350m:	4:36.92	40.75
100m:	1:13.72	38.83	200m:	2:35.12	40.59	300m:	3:56.17	40.59	400m:	5:16.25	39.33

12   **5:17.04**   388   2

50m:	35.48	35.48	150m:	1:56.10	40.30	250m:	3:17.39	40.55	350m:	4:38.24	40.16
100m:	1:15.80	40.32	200m:	2:36.84	40.74	300m:	3:58.08	40.69	400m:	5:17.04	38.80

12   **5:17.99**   384   2

50m:	34.52	34.52	150m:	1:54.73	40.77	250m:	3:17.39	40.84	350m:	4:39.50	40.84
100m:	1:13.96	39.44	200m:	2:36.55	41.82	300m:	3:58.66	41.27	400m:	5:17.99	38.49

12   **5:17.99**   384   2

50m:	35.24	35.24	150m:	1:56.94	41.19	250m:	3:18.44	40.88	350m:	4:39.72	40.51
100m:	1:15.75	40.51	200m:	2:37.56	40.62	300m:	3:59.21	40.77	400m:	5:17.99	38.27

13   **5:18.04**   384   2

50m:	32.15	32.15	150m:	1:49.29	40.09	250m:	3:13.38	42.00	350m:	4:37.47	41.96
100m:	1:09.20	37.05	200m:	2:31.38	42.09	300m:	3:55.51	42.13	400m:	5:18.04	40.57

12   **5:18.73**   382   2

50m:	35.60	35.60	150m:	1:57.64	41.12	250m:	3:18.31	40.50	350m:	4:39.03	40.12
100m:	1:16.52	40.92	200m:	2:37.81	40.17	300m:	3:58.91	40.60	400m:	5:18.73	39.70

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									5:19.05	381	2
50m:	35.18	35.18	150m:	1:54.63	40.06	250m:	3:16.72	40.71	350m:	4:39.59	41.67
100m:	1:14.57	39.39	200m:	2:36.01	41.38	300m:	3:57.92	41.20	400m:	5:19.05	39.46

									5:19.24	380	2
50m:	34.72	34.72	150m:	1:53.50	40.49	250m:	3:15.31	40.81	350m:	4:38.12	41.20
100m:	1:13.01	38.29	200m:	2:34.50	41.00	300m:	3:56.92	41.61	400m:	5:19.24	41.12

									5:19.38	379	2
50m:	34.65	34.65	150m:	1:55.50	41.11	250m:	3:18.42	41.43	350m:	4:41.33	41.39
100m:	1:14.39	39.74	200m:	2:36.99	41.49	300m:	3:59.94	41.52	400m:	5:19.38	38.05

									5:20.22	376	2
50m:	35.26	35.26	150m:	1:55.99	40.90	250m:	3:17.50	40.73	350m:	4:40.06	41.32
100m:	1:15.09	39.83	200m:	2:36.77	40.78	300m:	3:58.74	41.24	400m:	5:20.22	40.16

									5:20.37	376	2
50m:	35.68	35.68	150m:	1:54.97	40.43	250m:	3:17.25	41.29	350m:	4:39.83	41.30
100m:	1:14.54	38.86	200m:	2:35.96	40.99	300m:	3:58.53	41.28	400m:	5:20.37	40.54

									5:20.59	375	2
50m:	35.89	35.89	150m:	1:58.93	42.43	250m:	3:21.08	40.71	350m:	4:42.64	40.50
100m:	1:16.50	40.61	200m:	2:40.37	41.44	300m:	4:02.14	41.06	400m:	5:20.59	37.95

									5:20.91	374	2
50m:	33.21	33.21	150m:	1:52.08	40.40	250m:	3:15.92	42.22	350m:	4:40.43	42.07
100m:	1:11.68	38.47	200m:	2:33.70	41.62	300m:	3:58.36	42.44	400m:	5:20.91	40.48

									5:21.28	373	2
50m:	35.80	35.80	150m:	1:56.68	40.89	250m:	3:19.77	41.61	350m:	4:42.65	40.84
100m:	1:15.79	39.99	200m:	2:38.16	41.48	300m:	4:01.81	42.04	400m:	5:21.28	38.63

									5:21.35	372	2
50m:	32.70	32.70	150m:	1:51.56	40.14	250m:	3:17.26	43.89	350m:	4:42.95	41.76
100m:	1:11.42	38.72	200m:	2:33.37	41.81	300m:	4:01.19	43.93	400m:	5:21.35	38.40

									5:21.43	372	2
50m:	36.05	36.05	150m:	1:57.05	41.01	250m:	3:19.73	41.51	350m:	4:42.24	40.94
100m:	1:16.04	39.99	200m:	2:38.22	41.17	300m:	4:01.30	41.57	400m:	5:21.43	39.19

									5:21.43	372	2
50m:	35.56	35.56	150m:	1:57.11	41.04	250m:	3:19.85	41.08	350m:	4:42.61	41.47
100m:	1:16.07	40.51	200m:	2:38.77	41.66	300m:	4:01.14	41.29	400m:	5:21.43	38.82

									5:22.09	370	2
50m:	35.23	35.23	150m:	1:56.51	41.26	250m:	3:19.96	41.81	350m:	4:42.56	41.28
100m:	1:15.25	40.02	200m:	2:38.15	41.64	300m:	4:01.28	41.32	400m:	5:22.09	39.53

									5:22.18	370	2
50m:	33.49	33.49	150m:	1:51.65	40.47	250m:	3:15.10	42.24	350m:	4:40.65	42.87
100m:	1:11.18	37.69	200m:	2:32.86	41.21	300m:	3:57.78	42.68	400m:	5:22.18	41.53

									5:22.42	369	2
50m:	36.01	36.01	150m:	1:57.36	41.37	250m:	3:19.87	41.92	350m:	4:42.92	41.45
100m:	1:15.99	39.98	200m:	2:37.95	40.59	300m:	4:01.47	41.60	400m:	5:22.42	39.50

									5:22.96	367	2
50m:	34.88	34.88	150m:	1:55.70	40.51	250m:	3:19.08	41.40	350m:	4:42.75	42.19
100m:	1:15.19	40.31	200m:	2:37.68	41.98	300m:	4:00.56	41.48	400m:	5:22.96	40.21

									5:23.03	367	2
50m:	37.07	37.07	150m:	1:59.67	41.75	250m:	3:22.44	40.89	350m:	4:44.19	40.61
100m:	1:17.92	40.85	200m:	2:41.55	41.88	300m:	4:03.58	41.14	400m:	5:23.03	38.84

									5:23.91	364	2
50m:	35.30	35.30	150m:	1:56.89	41.36	250m:	3:20.25	42.01	350m:	4:44.09	41.06
100m:	1:15.53	40.23	200m:	2:38.24	41.35	300m:	4:03.03	42.78	400m:	5:23.91	39.82

									5:24.06	363	2
50m:	35.68	35.68	150m:	1:56.92	41.37	250m:	3:19.43	41.14	350m:	4:43.87	41.85
100m:	1:15.55	39.87	200m:	2:38.29	41.37	300m:	4:02.02	42.59	400m:	5:24.06	40.19

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12   **5:24.75**   361   2

| 50m: | 32.68 | 32.68 | 150m: | 1:51.98 | 41.46 | 250m: | 3:18.37 | 43.68 | 350m: | 4:44.47 | 42.63 |
| 100m: | 1:10.52 | 37.84 | 200m: | 2:34.69 | 42.71 | 300m: | 4:01.84 | 43.47 | 400m: | 5:24.75 | 40.28 |

13   **5:24.83**   361   2

| 50m: | 36.88 | 36.88 | 150m: | 1:59.19 | 41.49 | 250m: | 3:22.95 | 41.78 | 350m: | 4:45.84 | 40.94 |
| 100m: | 1:17.70 | 40.82 | 200m: | 2:41.17 | 41.98 | 300m: | 4:04.90 | 41.95 | 400m: | 5:24.83 | 38.99 |

12   **5:25.33**   359   2

| 50m: | 34.58 | 34.58 | 150m: | 1:56.67 | 42.08 | 250m: | 3:20.27 | 41.83 | 350m: | 4:44.88 | 41.88 |
| 100m: | 1:14.59 | 40.01 | 200m: | 2:38.44 | 41.77 | 300m: | 4:03.00 | 42.73 | 400m: | 5:25.33 | 40.45 |

13   **5:26.29**   356   2

| 50m: | 35.22 | 35.22 | 150m: | 1:56.84 | 41.86 | 250m: | 3:21.75 | 42.46 | 350m: | 4:45.82 | 42.18 |
| 100m: | 1:14.98 | 39.76 | 200m: | 2:39.29 | 42.45 | 300m: | 4:03.64 | 41.89 | 400m: | 5:26.29 | 40.47 |

12   **5:27.26**   353   2

| 50m: | 33.86 | 33.86 | 150m: | 1:56.87 | 43.00 | 250m: | 3:21.53 | 42.45 | 350m: | 4:46.69 | 42.94 |
| 100m: | 1:13.87 | 40.01 | 200m: | 2:39.08 | 42.21 | 300m: | 4:03.75 | 42.22 | 400m: | 5:27.26 | 40.57 |

12   **5:27.60**   351   2

| 50m: | 35.78 | 35.78 | 150m: | 1:58.89 | 42.05 | 250m: | 3:23.32 | 41.97 | 350m: | 4:47.56 | 42.44 |
| 100m: | 1:16.84 | 41.06 | 200m: | 2:41.35 | 42.46 | 300m: | 4:05.12 | 41.80 | 400m: | 5:27.60 | 40.04 |

13   **5:27.60**   351   2

| 50m: | 35.24 | 35.24 | 150m: | 1:55.08 | 40.91 | 250m: | 3:19.39 | 42.86 | 350m: | 4:46.23 | 43.64 |
| 100m: | 1:14.17 | 38.93 | 200m: | 2:36.53 | 41.45 | 300m: | 4:02.59 | 43.20 | 400m: | 5:27.60 | 41.37 |

12   **5:27.78**   351   2

| 50m: | 35.55 | 35.55 | 150m: | 1:58.93 | 42.67 | 250m: | 3:25.12 | 43.14 | 350m: | 4:50.18 | 42.44 |
| 100m: | 1:16.26 | 40.71 | 200m: | 2:41.98 | 43.05 | 300m: | 4:07.74 | 42.62 | 400m: | 5:27.78 | 37.60 |

12   **5:27.85**   351   2

| 50m: | 34.89 | 34.89 | 150m: | 1:57.71 | 43.19 | 250m: | 3:23.27 | 42.93 | 350m: | 4:48.35 | 42.65 |
| 100m: | 1:14.52 | 39.63 | 200m: | 2:40.34 | 42.63 | 300m: | 4:05.70 | 42.43 | 400m: | 5:27.85 | 39.50 |

12   **5:28.20**   350   2

| 50m: | 34.79 | 34.79 | 150m: | 1:57.87 | 42.67 | 250m: | 3:23.47 | 42.84 | 350m: | 4:48.76 | 42.67 |
| 100m: | 1:15.20 | 40.41 | 200m: | 2:40.63 | 42.76 | 300m: | 4:06.09 | 42.62 | 400m: | 5:28.20 | 39.44 |

12   **5:28.23**   349   2

| 50m: | 35.46 | 35.46 | 150m: | 1:57.94 | 42.23 | 250m: | 3:22.08 | 42.14 | 350m: | 4:47.23 | 42.38 |
| 100m: | 1:15.71 | 40.25 | 200m: | 2:39.94 | 42.00 | 300m: | 4:04.85 | 42.77 | 400m: | 5:28.23 | 41.00 |

14   **5:28.23**   349   2

| 50m: | 36.29 | 36.29 | 150m: | 1:59.18 | 42.56 | 250m: | 3:24.85 | 42.64 | 350m: | 4:49.18 | 42.35 |
| 100m: | 1:16.62 | 40.33 | 200m: | 2:42.21 | 43.03 | 300m: | 4:06.83 | 41.98 | 400m: | 5:28.23 | 39.05 |

12   **5:29.80**   344   2

| 50m: | 37.15 | 37.15 | 150m: | 2:02.45 | 43.51 | 250m: | 3:27.63 | 42.38 | 350m: | 4:50.92 | 41.23 |
| 100m: | 1:18.94 | 41.79 | 200m: | 2:45.25 | 42.80 | 300m: | 4:09.69 | 42.06 | 400m: | 5:29.80 | 38.88 |

13   **5:30.56**   342   2

| 50m: | 37.04 | 37.04 | 150m: | 1:59.23 | 41.91 | 250m: | 3:24.58 | 42.48 | 350m: | 4:50.20 | 42.16 |
| 100m: | 1:17.32 | 40.28 | 200m: | 2:42.10 | 42.87 | 300m: | 4:08.04 | 43.46 | 400m: | 5:30.56 | 40.36 |

12   **5:30.65**   342   2

| 50m: | 33.13 | 33.13 | 150m: | 1:54.25 | 42.03 | 250m: | 3:20.56 | 43.31 | 350m: | 4:49.78 | 44.58 |
| 100m: | 1:12.22 | 39.09 | 200m: | 2:37.25 | 43.00 | 300m: | 4:05.20 | 44.64 | 400m: | 5:30.65 | 40.87 |

12   **5:30.97**   341   2

| 50m: | 36.22 | 36.22 | 150m: | 1:59.76 | 42.91 | 250m: | 3:25.33 | 42.48 | 350m: | 4:50.26 | 42.26 |
| 100m: | 1:16.85 | 40.63 | 200m: | 2:42.85 | 43.09 | 300m: | 4:08.00 | 42.67 | 400m: | 5:30.97 | 40.71 |

12   **5:31.77**   338   2

| 50m: | 35.69 | 35.69 | 150m: | 2:00.09 | 42.86 | 250m: | 3:27.21 | 43.65 | 350m: | 4:54.10 | 43.37 |
| 100m: | 1:17.23 | 41.54 | 200m: | 2:43.56 | 43.47 | 300m: | 4:10.73 | 43.52 | 400m: | 5:31.77 | 37.67 |

12   **5:32.76**   335   2

| 50m: | 38.08 | 38.08 | 150m: | 2:02.65 | 42.58 | 250m: | 3:27.20 | 42.18 | 350m: | 4:51.48 | 41.89 |
| 100m: | 1:20.07 | 41.99 | 200m: | 2:45.02 | 42.37 | 300m: | 4:09.59 | 42.39 | 400m: | 5:32.76 | 41.28 |

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			13								5:33.24	334	2
50m:	33.53	33.53	150m:	1:57.22	42.84	250m:	3:22.31	42.34	350m:	4:50.87	44.16		
100m:	1:14.38	40.85	200m:	2:39.97	42.75	300m:	4:06.71	44.40	400m:	5:33.24	42.37		
			12								5:33.63	333	2
50m:	34.52	34.52	150m:	1:58.21	43.04	250m:	3:26.34	44.30	350m:	4:53.60	43.51		
100m:	1:15.17	40.65	200m:	2:42.04	43.83	300m:	4:10.09	43.75	400m:	5:33.63	40.03		
			13								5:34.00	332	2
50m:	34.90	34.90	150m:	1:59.79	43.04	250m:	3:26.42	43.50	350m:	4:52.72	42.75		
100m:	1:16.75	41.85	200m:	2:42.92	43.13	300m:	4:09.97	43.55	400m:	5:34.00	41.28		
			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								5:35.83	326	2
50m:	36.01	36.01	150m:	1:59.91	43.10	250m:	3:27.75	44.08	350m:	4:55.05	43.89		
100m:	1:16.81	40.80	200m:	2:43.67	43.76	300m:	4:11.16	43.41	400m:	5:35.83	40.78		
			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								5:36.90	323	2
50m:	35.83	35.83	150m:	1:58.95	42.73	250m:	3:26.24	44.06	350m:	4:54.64	44.34		
100m:	1:16.22	40.39	200m:	2:42.18	43.23	300m:	4:10.30	44.06	400m:	5:36.90	42.26		
			13								5:38.41	319	2
50m:	34.98	34.98	150m:	1:59.01	43.48	250m:	3:27.29	43.68	350m:	4:57.15	45.11		
100m:	1:15.53	40.55	200m:	2:43.61	44.60	300m:	4:12.04	44.75	400m:	5:38.41	41.26		
			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								5:39.93	315	2
50m:	36.39	36.39	150m:	2:01.57	43.51	250m:	3:29.93	43.97	350m:	4:57.89	43.80		
100m:	1:18.06	41.67	200m:	2:45.96	44.39	300m:	4:14.09	44.16	400m:	5:39.93	42.04		
			13								5:40.00	314	2
50m:	36.51	36.51	150m:	2:03.69	44.24	250m:	3:31.02	43.90	350m:	4:59.04	43.41		
100m:	1:19.45	42.94	200m:	2:47.12	43.43	300m:	4:15.63	44.61	400m:	5:40.00	40.96		
			13								5:40.80	312	3
50m:	35.36	35.36	150m:	2:02.40	44.45	250m:	3:30.05	44.29	350m:	4:57.17	43.31		
100m:	1:17.95	42.59	200m:	2:45.76	43.36	300m:	4:13.86	43.81	400m:	5:40.80	43.63		
			12								5:41.00	312	3
50m:	36.05	36.05	150m:	1:59.74	43.27	250m:	3:28.14	44.60	350m:	4:58.60	45.92		
100m:	1:16.47	40.42	200m:	2:43.54	43.80	300m:	4:12.68	44.54	400m:	5:41.00	42.40		
			14								5:41.23	311	3
50m:	35.98	35.98	150m:	2:01.20	44.04	250m:	3:30.47	44.62	350m:	4:58.68	44.18		
100m:	1:17.16	41.18	200m:	2:45.85	44.65	300m:	4:14.50	44.03	400m:	5:41.23	42.55		
			12								5:42.52	307	3
50m:	36.10	36.10	150m:	2:02.13	44.06	250m:	3:33.32	46.12	350m:	5:00.91	44.43		
100m:	1:18.07	41.97	200m:	2:47.20	45.07	300m:	4:16.48	43.16	400m:	5:42.52	41.61		
			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		

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	12							5:42.74	307	3
50m:	35.73	35.73	150m:	2:01.61	43.99	250m:	3:31.45	44.94	350m:	5:00.56	44.58
100m:	1:17.62	41.89	200m:	2:46.51	44.90	300m:	4:15.98	44.53	400m:	5:42.74	42.18

	12							5:45.25	300	3
50m:	36.34	36.34	150m:	2:01.11	44.34	250m:	3:31.07	45.01	350m:	4:59.85	44.79
100m:	1:16.77	40.43	200m:	2:46.06	44.95	300m:	4:15.06	43.99	400m:	5:45.25	45.40

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