



35
11.11.2018 - 9:43

, 400m

				4:03.91								09.11.2014	
				4:04.23								19.11.2017	
: FINA 2018													
				/				R.T.				FINA	
1.				1994				+0,70	4:09.84			837	Q
	25m:	11.99	11.99	125m:	1:14.28	16.94	225m:	2:18.74	17.43	325m:	3:27.22	15.50	
	50m:	26.77	14.78	150m:	1:30.02	15.74	250m:	2:36.47	17.73	350m:	3:41.58	14.36	
	75m:	41.86	15.09	175m:	1:45.93	15.91	275m:	2:54.09	17.62	375m:	3:55.94	14.36	
	100m:	57.34	15.48	200m:	2:01.31	15.38	300m:	3:11.72	17.63	400m:	4:09.84	13.90	
2.				2000				+0,70	4:11.74			818	Q
	25m:	11.79	11.79	125m:	1:12.68	16.21	225m:	2:16.90	17.48	325m:	3:27.03	15.99	
	50m:	26.16	14.37	150m:	1:28.07	15.39	250m:	2:34.84	17.94	350m:	3:41.92	14.89	
	75m:	41.21	15.05	175m:	1:43.64	15.57	275m:	2:52.97	18.13	375m:	3:56.96	15.04	
	100m:	56.47	15.26	200m:	1:59.42	15.78	300m:	3:11.04	18.07	400m:	4:11.74	14.78	
3.				1996				+0,69	4:11.98			816	Q
	25m:	12.28	12.28	125m:	1:14.70	15.94	225m:	2:19.01	17.14	325m:	3:28.03	15.92	
	50m:	27.15	14.87	150m:	1:30.19	15.49	250m:	2:36.62	17.61	350m:	3:42.79	14.76	
	75m:	42.74	15.59	175m:	1:46.03	15.84	275m:	2:54.28	17.66	375m:	3:57.83	15.04	
	100m:	58.76	16.02	200m:	2:01.87	15.84	300m:	3:12.11	17.83	400m:	4:11.98	14.15	
4.				1991				+0,75	4:12.35			812	Q
	25m:	12.05	12.05	125m:	1:13.74	16.52	225m:	2:18.29	17.70	325m:	3:27.04	15.80	
	50m:	26.21	14.16	150m:	1:29.42	15.68	250m:	2:35.77	17.48	350m:	3:42.21	15.17	
	75m:	41.58	15.37	175m:	1:45.14	15.72	275m:	2:53.43	17.66	375m:	3:57.55	15.34	
	100m:	57.22	15.64	200m:	2:00.59	15.45	300m:	3:11.24	17.81	400m:	4:12.35	14.80	
5.				1995				+0,71	4:13.64			800	Q
	25m:	12.26	12.26	125m:	1:15.27	16.72	225m:	2:20.65	17.93	325m:	3:29.07	15.69	
	50m:	27.86	15.60	150m:	1:31.11	15.84	250m:	2:38.31	17.66	350m:	3:43.98	14.91	
	75m:	42.65	14.79	175m:	1:46.98	15.87	275m:	2:55.56	17.25	375m:	3:59.17	15.19	
	100m:	58.55	15.90	200m:	2:02.72	15.74	300m:	3:13.38	17.82	400m:	4:13.64	14.47	
6.				1999		-		+0,68	4:14.07			796	Q
	25m:	12.05	12.05	125m:	1:12.96	16.61	225m:	2:19.15	18.12	325m:	3:30.18	15.50	
	50m:	26.27	14.22	150m:	1:28.79	15.83	250m:	2:37.29	18.14	350m:	3:44.99	14.81	
	75m:	41.25	14.98	175m:	1:44.97	16.18	275m:	2:56.01	18.72	375m:	4:00.13	15.14	
	100m:	56.35	15.10	200m:	2:01.03	16.06	300m:	3:14.68	18.67	400m:	4:14.07	13.94	
7.				1997				+0,68	4:14.22			794	Q
	25m:	12.18	12.18	125m:	1:14.21	16.44	225m:	2:19.60	18.01	325m:	3:29.20	15.97	
	50m:	26.82	14.64	150m:	1:30.05	15.84	250m:	2:37.00	17.40	350m:	3:44.37	15.17	
	75m:	42.22	15.40	175m:	1:46.10	16.05	275m:	2:55.14	18.14	375m:	3:59.63	15.26	
	100m:	57.77	15.55	200m:	2:01.59	15.49	300m:	3:13.23	18.09	400m:	4:14.22	14.59	
8.				1999				+0,72	4:14.43			792	Q
	25m:	12.18	12.18	125m:	1:15.23	16.93	225m:	2:20.97	16.31	325m:	3:29.63	15.47	
	50m:	27.00	14.82	150m:	1:31.38	16.15	250m:	2:38.51	17.54	350m:	3:45.18	15.55	
	75m:	42.31	15.31	175m:	1:47.53	16.15	275m:	2:55.83	17.32	375m:	4:00.29	15.11	
	100m:	58.30	15.99	200m:	2:04.66	17.13	300m:	3:14.16	18.33	400m:	4:14.43	14.14	
9.				1995				+0,68	4:15.62			781	R
	25m:	12.14	12.14	125m:	1:14.01	16.44	225m:	2:20.17	17.70	325m:	3:30.65	15.96	
	50m:	26.87	14.73	150m:	1:29.83	15.82	250m:	2:38.28	18.11	350m:	3:45.90	15.25	
	75m:	42.20	15.33	175m:	1:46.39	16.56	275m:	2:56.20	17.92	375m:	4:00.93	15.03	
	100m:	57.57	15.37	200m:	2:02.47	16.08	300m:	3:14.69	18.49	400m:	4:15.62	14.69	
10.				1998		-		+0,73	4:15.93			779	R
	25m:	12.46	12.46	125m:	1:15.17	16.78	225m:	2:21.40	18.52	325m:	3:31.83	15.75	
	50m:	27.20	14.74	150m:	1:31.14	15.97	250m:	2:39.57	18.17	350m:	3:46.89	15.06	
	75m:	42.48	15.28	175m:	1:47.04	15.90	275m:	2:57.78	18.21	375m:	4:01.68	14.79	
	100m:	58.39	15.91	200m:	2:02.88	15.84	300m:	3:16.08	18.30	400m:	4:15.93	14.25	





		35,		, 400m						R.T.	FINA	
		/										
11.										+0,72	4:17.65	763
	25m:	12.43	12.43	125m:	1:16.77	16.84	225m:	2:22.65	17.88	325m:	3:33.17	15.91
	50m:	27.63	15.20	150m:	1:32.65	15.88	250m:	2:40.18	17.53	350m:	3:48.15	14.98
	75m:	43.57	15.94	175m:	1:48.62	15.97	275m:	2:58.70	18.52	375m:	4:03.39	15.24
	100m:	59.93	16.36	200m:	2:04.77	16.15	300m:	3:17.26	18.56	400m:	4:17.65	14.26
12.										+0,65	4:18.17	759
	25m:	12.37	12.37	125m:	1:16.21	17.10	225m:	2:23.73	18.07	325m:	3:34.00	15.39
	50m:	27.58	15.21	150m:	1:32.76	16.55	250m:	2:41.85	18.12	350m:	3:48.77	14.77
	75m:	43.25	15.67	175m:	1:49.21	16.45	275m:	3:00.23	18.38	375m:	4:03.86	15.09
	100m:	59.11	15.86	200m:	2:05.66	16.45	300m:	3:18.61	18.38	400m:	4:18.17	14.31
13.										+0,67	4:18.24	758
	25m:	12.44	12.44	125m:	1:16.31	17.06	225m:	2:22.74	17.84	325m:	3:33.24	15.37
	50m:	27.68	15.24	150m:	1:32.41	16.10	250m:	2:40.72	17.98	350m:	3:47.91	14.67
	75m:	43.22	15.54	175m:	1:48.86	16.45	275m:	2:59.24	18.52	375m:	4:03.22	15.31
	100m:	59.25	16.03	200m:	2:04.90	16.04	300m:	3:17.87	18.63	400m:	4:18.24	15.02
14.										+0,67	4:18.96	752
	25m:	12.36	12.36	125m:	1:17.88	17.70	225m:	2:24.77	16.76	325m:	3:33.03	16.27
	50m:	27.17	14.81	150m:	1:34.63	16.75	250m:	2:41.87	17.10	350m:	3:48.49	15.46
	75m:	43.12	15.95	175m:	1:51.42	16.79	275m:	2:59.26	17.39	375m:	4:04.02	15.53
	100m:	1:00.18	17.06	200m:	2:08.01	16.59	300m:	3:16.76	17.50	400m:	4:18.96	14.94
15.										+0,65	4:20.18	741
	25m:	11.69	11.69	125m:	1:14.55	17.17	225m:	2:21.94	18.08	325m:	3:34.29	15.85
	50m:	26.31	14.62	150m:	1:30.95	16.40	250m:	2:40.18	18.24	350m:	3:49.68	15.39
	75m:	41.78	15.47	175m:	1:47.67	16.72	275m:	2:59.01	18.83	375m:	4:05.21	15.53
	100m:	57.38	15.60	200m:	2:03.86	16.19	300m:	3:18.44	19.43	400m:	4:20.18	14.97
16.										+0,70	4:20.89	735
	25m:	12.92	12.92	125m:	1:16.69	17.16	225m:	2:24.73	18.21	325m:	3:35.61	15.75
	50m:	27.96	15.04	150m:	1:33.21	16.52	250m:	2:42.72	17.99	350m:	3:50.97	15.36
	75m:	43.54	15.58	175m:	1:49.90	16.69	275m:	3:01.42	18.70	375m:	4:06.40	15.43
	100m:	59.53	15.99	200m:	2:06.52	16.62	300m:	3:19.86	18.44	400m:	4:20.89	14.49
17.										+0,65	4:21.95	726
	25m:	12.41	12.41	125m:	1:16.75	16.95	225m:	2:25.41	18.81	325m:	3:38.76	15.40
	50m:	27.91	15.50	150m:	1:33.14	16.39	250m:	2:44.77	19.36	350m:	3:53.40	14.64
	75m:	43.72	15.81	175m:	1:49.85	16.71	275m:	3:03.88	19.11	375m:	4:08.21	14.81
	100m:	59.80	16.08	200m:	2:06.60	16.75	300m:	3:23.36	19.48	400m:	4:21.95	13.74
18.						-				+0,73	4:22.02	726
	25m:	12.83	12.83	125m:	1:18.18	18.15	225m:	2:25.64	17.92	325m:	3:36.56	16.14
	50m:	28.07	15.24	150m:	1:34.80	16.62	250m:	2:43.90	18.26	350m:	3:51.81	15.25
	75m:	43.85	15.78	175m:	1:51.53	16.73	275m:	3:02.05	18.15	375m:	4:07.29	15.48
	100m:	1:00.03	16.18	200m:	2:07.72	16.19	300m:	3:20.42	18.37	400m:	4:22.02	14.73
19.										+0,74	4:23.04	717
	25m:	12.52	12.52	125m:	1:17.05	17.83	225m:	2:25.66	18.38	325m:	3:37.06	16.01
	50m:	27.36	14.84	150m:	1:33.83	16.78	250m:	2:43.81	18.15	350m:	3:52.59	15.53
	75m:	43.07	15.71	175m:	1:50.77	16.94	275m:	3:02.15	18.34	375m:	4:08.31	15.72
	100m:	59.22	16.15	200m:	2:07.28	16.51	300m:	3:21.05	18.90	400m:	4:23.04	14.73
20.										+0,73	4:23.50	713
	25m:	12.50	12.50	125m:	1:16.28	17.02	225m:	2:23.73	18.99	325m:	3:37.40	16.21
	50m:	27.68	15.18	150m:	1:32.15	15.87	250m:	2:43.21	19.48	350m:	3:52.92	15.52
	75m:	43.27	15.59	175m:	1:48.40	16.25	275m:	3:02.12	18.91	375m:	4:08.58	15.66
	100m:	59.26	15.99	200m:	2:04.74	16.34	300m:	3:21.19	19.07	400m:	4:23.50	14.92
21.										+0,72	4:24.20	708
	25m:	12.26	12.26	125m:	1:16.17	17.45	225m:	2:23.86	18.03	325m:	3:35.96	16.76
	50m:	27.15	14.89	150m:	1:32.89	16.72	250m:	2:42.16	18.30	350m:	3:52.04	16.08
	75m:	42.64	15.49	175m:	1:49.65	16.76	275m:	3:00.50	18.34	375m:	4:08.26	16.22
	100m:	58.72	16.08	200m:	2:05.83	16.18	300m:	3:19.20	18.70	400m:	4:24.20	15.94





35, , 400m

					R.T.				FINA			
22.	1997				-	+0,69				4:24.42	706	
	25m:	12.59	12.59	125m:	1:16.14	16.54	225m:	2:24.60	18.70	325m:	3:36.95	15.73
	50m:	27.74	15.15	150m:	1:32.53	16.39	250m:	2:43.34	18.74	350m:	3:52.61	15.66
	75m:	43.57	15.83	175m:	1:49.26	16.73	275m:	3:02.24	18.90	375m:	4:08.78	16.17
	100m:	59.60	16.03	200m:	2:05.90	16.64	300m:	3:21.22	18.98	400m:	4:24.42	15.64
23.	1996					+0,71				4:25.48	698	
	25m:	12.30	12.30	125m:	1:15.97	17.22	225m:	2:24.69	19.28	325m:	3:39.26	16.63
	50m:	27.25	14.95	150m:	1:32.20	16.23	250m:	2:43.63	18.94	350m:	3:54.96	15.70
	75m:	42.87	15.62	175m:	1:49.02	16.82	275m:	3:03.01	19.38	375m:	4:10.42	15.46
	100m:	58.75	15.88	200m:	2:05.41	16.39	300m:	3:22.63	19.62	400m:	4:25.48	15.06
24.	2000					+0,63				4:26.00	693	
	25m:	12.92	12.92	125m:	1:17.83	17.48	225m:	2:27.44	18.78	325m:	3:40.33	15.92
	50m:	28.07	15.15	150m:	1:34.91	17.08	250m:	2:46.25	18.81	350m:	3:55.79	15.46
	75m:	43.99	15.92	175m:	1:51.83	16.92	275m:	3:05.22	18.97	375m:	4:11.15	15.36
	100m:	1:00.35	16.36	200m:	2:08.66	16.83	300m:	3:24.41	19.19	400m:	4:26.00	14.85
25.	1995				-	+0,66				4:26.35	691	
	25m:	12.49	12.49	125m:	1:17.59	17.56	225m:	2:27.33	18.34	325m:	3:39.82	16.48
	50m:	27.69	15.20	150m:	1:34.47	16.88	250m:	2:45.71	18.38	350m:	3:55.63	15.81
	75m:	43.65	15.96	175m:	1:51.84	17.37	275m:	3:04.52	18.81	375m:	4:11.49	15.86
	100m:	1:00.03	16.38	200m:	2:08.99	17.15	300m:	3:23.34	18.82	400m:	4:26.35	14.86
26.	1997					+0,71				4:27.18	684	
	25m:	12.34	12.34	125m:	1:16.95	17.04	225m:	2:24.48	18.76	325m:	3:40.09	16.75
	50m:	27.49	15.15	150m:	1:33.30	16.35	250m:	2:43.35	18.87	350m:	3:56.10	16.01
	75m:	43.56	16.07	175m:	1:49.62	16.32	275m:	3:03.32	19.97	375m:	4:11.93	15.83
	100m:	59.91	16.35	200m:	2:05.72	16.10	300m:	3:23.34	20.02	400m:	4:27.18	15.25
27.	1999					+0,65				4:27.90	679	
	25m:	12.46	12.46	125m:	1:17.42	17.24	225m:	2:27.10	19.46	325m:	3:43.35	15.95
	50m:	27.47	15.01	150m:	1:33.96	16.54	250m:	2:46.82	19.72	350m:	3:58.64	15.29
	75m:	43.67	16.20	175m:	1:50.88	16.92	275m:	3:07.20	20.38	375m:	4:13.78	15.14
	100m:	1:00.18	16.51	200m:	2:07.64	16.76	300m:	3:27.40	20.20	400m:	4:27.90	14.12
28.	2001					+0,90				4:28.56	674	
	25m:	13.42	13.42	125m:	1:20.62	17.78	225m:	2:30.25	19.46	325m:	3:42.92	15.88
	50m:	29.16	15.74	150m:	1:37.48	16.86	250m:	2:49.27	19.02	350m:	3:58.38	15.46
	75m:	46.06	16.90	175m:	1:54.41	16.93	275m:	3:08.28	19.01	375m:	4:13.94	15.56
	100m:	1:02.84	16.78	200m:	2:10.79	16.38	300m:	3:27.04	18.76	400m:	4:28.56	14.62
29.	2001					+0,64				4:29.38	668	
	25m:	12.32	12.32	125m:	1:17.84	17.81	225m:	2:28.11	18.77	325m:	3:42.65	16.62
	50m:	27.37	15.05	150m:	1:34.78	16.94	250m:	2:47.03	18.92	350m:	3:58.36	15.71
	75m:	43.41	16.04	175m:	1:52.22	17.44	275m:	3:06.44	19.41	375m:	4:14.39	16.03
	100m:	1:00.03	16.62	200m:	2:09.34	17.12	300m:	3:26.03	19.59	400m:	4:29.38	14.99
30.	1997					+0,81				4:29.40	668	
	25m:	12.98	12.98	125m:	1:18.56	17.58	225m:	2:27.97	19.21	325m:	3:43.85	16.25
	50m:	28.38	15.40	150m:	1:35.34	16.78	250m:	2:47.76	19.79	350m:	3:59.10	15.25
	75m:	44.53	16.15	175m:	1:52.06	16.72	275m:	3:07.49	19.73	375m:	4:14.54	15.44
	100m:	1:00.98	16.45	200m:	2:08.76	16.70	300m:	3:27.60	20.11	400m:	4:29.40	14.86
31.	1999					+0,74				4:30.42	660	
	25m:	12.23	12.23	125m:	1:17.97	17.55	225m:	2:28.70	19.59	325m:	3:43.84	17.07
	50m:	27.41	15.18	150m:	1:34.85	16.88	250m:	2:47.42	18.72	350m:	3:59.75	15.91
	75m:	43.77	16.36	175m:	1:52.13	17.28	275m:	3:06.91	19.49	375m:	4:15.87	16.12
	100m:	1:00.42	16.65	200m:	2:09.11	16.98	300m:	3:26.77	19.86	400m:	4:30.42	14.55
32.	1997					+0,72				4:30.85	657	
	25m:	12.75	12.75	125m:	1:18.46	17.38	225m:	2:27.00	19.49	325m:	3:42.75	16.85
	50m:	28.03	15.28	150m:	1:34.68	16.22	250m:	2:46.25	19.25	350m:	3:58.78	16.03
	75m:	44.36	16.33	175m:	1:51.29	16.61	275m:	3:05.95	19.70	375m:	4:15.27	16.49
	100m:	1:01.08	16.72	200m:	2:07.51	16.22	300m:	3:25.90	19.95	400m:	4:30.85	15.58





35, , 400m , ,

							R.T.				FINA	
33.	1999						+0,75 4:31.25				654	
	25m:	12.40	12.40	125m:	1:18.67	18.44	225m:	2:28.75	18.55	325m:	3:42.71	16.65
	50m:	27.72	15.32	150m:	1:35.99	17.32	250m:	2:47.28	18.53	350m:	3:58.66	15.95
	75m:	44.13	16.41	175m:	1:53.37	17.38	275m:	3:06.47	19.19	375m:	4:15.09	16.43
	100m:	1:00.23	16.10	200m:	2:10.20	16.83	300m:	3:26.06	19.59	400m:	4:31.25	16.16
34.	2001						+0,67 4:32.10				648	
	25m:	13.15	13.15	125m:	1:19.02	17.71	225m:	2:28.70	19.53	325m:	3:45.42	16.52
	50m:	28.60	15.45	150m:	1:35.81	16.79	250m:	2:48.46	19.76	350m:	4:01.05	15.63
	75m:	44.84	16.24	175m:	1:52.57	16.76	275m:	3:08.63	20.17	375m:	4:16.89	15.84
	100m:	1:01.31	16.47	200m:	2:09.17	16.60	300m:	3:28.90	20.27	400m:	4:32.10	15.21
35.	2002						+0,74 4:32.34				646	
	25m:	12.94	12.94	125m:	1:19.76	18.21	225m:	2:30.74	18.84	325m:	3:44.57	16.77
	50m:	28.59	15.65	150m:	1:37.45	17.69	250m:	2:49.35	18.61	350m:	4:00.67	16.10
	75m:	44.84	16.25	175m:	1:54.99	17.54	275m:	3:08.67	19.32	375m:	4:17.16	16.49
	100m:	1:01.55	16.71	200m:	2:11.90	16.91	300m:	3:27.80	19.13	400m:	4:32.34	15.18
36.	2001						+0,68 4:32.52				645	
	25m:	12.70	12.70	125m:	1:17.82	17.23	225m:	2:27.78	19.82	325m:	3:45.69	16.94
	50m:	28.17	15.47	150m:	1:34.30	16.48	250m:	2:47.63	19.85	350m:	4:01.38	15.69
	75m:	44.04	15.87	175m:	1:51.47	17.17	275m:	3:07.98	20.35	375m:	4:17.19	15.81
	100m:	1:00.59	16.55	200m:	2:07.96	16.49	300m:	3:28.75	20.77	400m:	4:32.52	15.33
37.	1999						+0,73 4:32.68				644	
	25m:	13.72	13.72	125m:	1:21.66	17.76	225m:	2:31.71	19.35	325m:	3:45.66	16.40
	50m:	29.85	16.13	150m:	1:38.67	17.01	250m:	2:50.67	18.96	350m:	4:01.50	15.84
	75m:	46.61	16.76	175m:	1:55.65	16.98	275m:	3:10.03	19.36	375m:	4:17.39	15.89
	100m:	1:03.90	17.29	200m:	2:12.36	16.71	300m:	3:29.26	19.23	400m:	4:32.68	15.29
38.	1990						+0,78 4:32.70				644	
	25m:	12.50	12.50	125m:	1:19.09	18.07	225m:	2:28.81	18.86	325m:	3:43.35	16.97
	50m:	27.95	15.45	150m:	1:35.96	16.87	250m:	2:47.74	18.93	350m:	4:00.13	16.78
	75m:	44.39	16.44	175m:	1:52.96	17.00	275m:	3:06.89	19.15	375m:	4:16.77	16.64
	100m:	1:01.02	16.63	200m:	2:09.95	16.99	300m:	3:26.38	19.49	400m:	4:32.70	15.93
39.	2003						+0,69 4:32.78				643	
	25m:	12.49	12.49	125m:	1:19.52	18.54	225m:	2:31.14	19.30	325m:	3:47.65	16.76
	50m:	27.91	15.42	150m:	1:36.88	17.36	250m:	2:50.91	19.77	350m:	4:03.25	15.60
	75m:	44.32	16.41	175m:	1:54.58	17.70	275m:	3:11.00	20.09	375m:	4:18.78	15.53
	100m:	1:00.98	16.66	200m:	2:11.84	17.26	300m:	3:30.89	19.89	400m:	4:32.78	14.00
40.	2003						+0,65 4:33.26				640	
	25m:	12.84	12.84	125m:	1:19.20	17.58	225m:	2:28.78	18.92	325m:	3:45.43	17.16
	50m:	28.56	15.72	150m:	1:36.14	16.94	250m:	2:48.24	19.46	350m:	4:01.48	16.05
	75m:	44.82	16.26	175m:	1:53.03	16.89	275m:	3:08.13	19.89	375m:	4:17.61	16.13
	100m:	1:01.62	16.80	200m:	2:09.86	16.83	300m:	3:28.27	20.14	400m:	4:33.26	15.65
41.	2001						+0,70 4:33.99				634	
	25m:	13.53	13.53	125m:	1:21.48	18.31	225m:	2:33.72	19.14	325m:	3:48.61	16.27
	50m:	29.49	15.96	150m:	1:39.30	17.82	250m:	2:52.73	19.01	350m:	4:04.27	15.66
	75m:	46.27	16.78	175m:	1:56.91	17.61	275m:	3:12.45	19.72	375m:	4:19.96	15.69
	100m:	1:03.17	16.90	200m:	2:14.58	17.67	300m:	3:32.34	19.89	400m:	4:33.99	14.03
42.	2001						+0,69 4:34.20				633	
	25m:	12.54	12.54	125m:	1:18.83	18.01	225m:	2:30.50	19.75	325m:	3:45.72	16.62
	50m:	27.90	15.36	150m:	1:36.02	17.19	250m:	2:49.87	19.37	350m:	4:01.78	16.06
	75m:	44.21	16.31	175m:	1:53.60	17.58	275m:	3:09.48	19.61	375m:	4:18.18	16.40
	100m:	1:00.82	16.61	200m:	2:10.75	17.15	300m:	3:29.10	19.62	400m:	4:34.20	16.02
43.	2001						+0,67 4:34.61				630	
	25m:	13.02	13.02	125m:	1:19.24	18.36	225m:	2:31.32	20.09	325m:	3:48.30	16.35
	50m:	28.22	15.20	150m:	1:36.32	17.08	250m:	2:51.26	19.94	350m:	4:03.84	15.54
	75m:	44.32	16.10	175m:	1:54.00	17.68	275m:	3:11.45	20.19	375m:	4:19.42	15.58
	100m:	1:00.88	16.56	200m:	2:11.23	17.23	300m:	3:31.95	20.50	400m:	4:34.61	15.19





35, , 400m

							R.T.				FINA	
44.	2001						+0,72	4:34.72			629	
	25m:	13.66	13.66	125m:	1:21.77	17.45	225m:	2:33.01	19.49	325m:	3:48.39	16.45
	50m:	29.89	16.23	150m:	1:39.15	17.38	250m:	2:52.75	19.74	350m:	4:04.25	15.86
	75m:	47.04	17.15	175m:	1:56.49	17.34	275m:	3:12.06	19.31	375m:	4:19.80	15.55
	100m:	1:04.32	17.28	200m:	2:13.52	17.03	300m:	3:31.94	19.88	400m:	4:34.72	14.92
45.	2001						+0,68	4:35.24			626	
	25m:	13.19	13.19	125m:	1:20.37	17.92	225m:	2:31.52	19.28	325m:	3:45.93	17.10
	50m:	28.89	15.70	150m:	1:37.58	17.21	250m:	2:50.71	19.19	350m:	4:02.45	16.52
	75m:	45.60	16.71	175m:	1:55.05	17.47	275m:	3:09.90	19.19	375m:	4:19.35	16.90
	100m:	1:02.45	16.85	200m:	2:12.24	17.19	300m:	3:28.83	18.93	400m:	4:35.24	15.89
46.	2003						+0,68	4:35.47			624	
	25m:	13.31	13.31	125m:	1:22.09	18.59	225m:	2:34.96	19.33	325m:	3:49.53	16.18
	50m:	29.72	16.41	150m:	1:40.07	17.98	250m:	2:54.68	19.72	350m:	4:05.19	15.66
	75m:	46.34	16.62	175m:	1:58.22	18.15	275m:	3:14.22	19.54	375m:	4:20.59	15.40
	100m:	1:03.50	17.16	200m:	2:15.63	17.41	300m:	3:33.35	19.13	400m:	4:35.47	14.88
47.	2000						+0,66	4:36.22			619	
	25m:	12.78	12.78	125m:	1:20.74	18.30	225m:	2:34.84	21.14	325m:	3:53.69	15.69
	50m:	29.11	16.33	150m:	1:38.31	17.57	250m:	2:55.98	21.14	350m:	4:08.39	14.70
	75m:	45.71	16.60	175m:	1:56.13	17.82	275m:	3:16.89	20.91	375m:	4:22.61	14.22
	100m:	1:02.44	16.73	200m:	2:13.70	17.57	300m:	3:38.00	21.11	400m:	4:36.22	13.61
48.	2002						+0,78	4:36.72			616	
	25m:	13.01	13.01	125m:	1:21.72	18.20	225m:	2:34.15	20.26	325m:	3:50.43	16.84
	50m:	29.13	16.12	150m:	1:38.99	17.27	250m:	2:54.08	19.93	350m:	4:06.30	15.87
	75m:	45.91	16.78	175m:	1:56.47	17.48	275m:	3:13.90	19.82	375m:	4:21.96	15.66
	100m:	1:03.52	17.61	200m:	2:13.89	17.42	300m:	3:33.59	19.69	400m:	4:36.72	14.76
	2000						+0,80	4:36.72			616	
	25m:	13.08	13.08	125m:	1:22.19	19.21	225m:	2:34.66	18.43	325m:	3:48.90	18.04
	50m:	28.97	15.89	150m:	1:39.99	17.80	250m:	2:53.25	18.59	350m:	4:05.88	16.98
	75m:	45.69	16.72	175m:	1:58.18	18.19	275m:	3:11.86	18.61	375m:	4:22.31	16.43
	100m:	1:02.98	17.29	200m:	2:16.23	18.05	300m:	3:30.86	19.00	400m:	4:36.72	14.41
50.	2000						+0,74	4:36.92			615	
	25m:	12.60	12.60	125m:	1:20.09	18.63	225m:	2:33.39	19.81	325m:	3:50.57	16.81
	50m:	28.24	15.64	150m:	1:37.88	17.79	250m:	2:53.44	20.05	350m:	4:06.24	15.67
	75m:	44.75	16.51	175m:	1:55.92	18.04	275m:	3:13.59	20.15	375m:	4:22.01	15.77
	100m:	1:01.46	16.71	200m:	2:13.58	17.66	300m:	3:33.76	20.17	400m:	4:36.92	14.91
51.	1997						+0,74	4:37.45			611	
	25m:	12.75	12.75	125m:	1:21.09	19.47	225m:	2:35.45	18.35	325m:	3:48.42	16.86
	50m:	28.07	15.32	150m:	1:39.98	18.89	250m:	2:53.99	18.54	350m:	4:04.69	16.27
	75m:	44.53	16.46	175m:	1:58.65	18.67	275m:	3:12.59	18.60	375m:	4:21.51	16.82
	100m:	1:01.62	17.09	200m:	2:17.10	18.45	300m:	3:31.56	18.97	400m:	4:37.45	15.94
52.	2001						+0,75	4:37.57			610	
	25m:	12.73	12.73	125m:	1:19.13	18.18	225m:	2:31.69	19.94	325m:	3:50.33	17.57
	50m:	28.14	15.41	150m:	1:36.57	17.44	250m:	2:51.61	19.92	350m:	4:07.12	16.79
	75m:	44.29	16.15	175m:	1:54.09	17.52	275m:	3:12.14	20.53	375m:	4:23.59	16.47
	100m:	1:00.95	16.66	200m:	2:11.75	17.66	300m:	3:32.76	20.62	400m:	4:37.57	13.98
53.	1998						+0,81	4:38.40			605	
	25m:	13.22	13.22	125m:	1:19.66	18.47	225m:	2:31.71	20.04	325m:	3:51.13	16.85
	50m:	28.82	15.60	150m:	1:37.10	17.44	250m:	2:52.32	20.61	350m:	4:07.18	16.05
	75m:	44.93	16.11	175m:	1:54.59	17.49	275m:	3:13.21	20.89	375m:	4:22.98	15.80
	100m:	1:01.19	16.26	200m:	2:11.67	17.08	300m:	3:34.28	21.07	400m:	4:38.40	15.42
54.	2002						+0,67	4:38.66			603	
	25m:	12.55	12.55	125m:	1:19.97	17.45	225m:	2:32.98	20.75	325m:	3:50.90	17.04
	50m:	28.48	15.93	150m:	1:37.22	17.25	250m:	2:53.34	20.36	350m:	4:07.46	16.56
	75m:	45.30	16.82	175m:	1:54.72	17.50	275m:	3:13.68	20.34	375m:	4:23.95	16.49
	100m:	1:02.52	17.22	200m:	2:12.23	17.51	300m:	3:33.86	20.18	400m:	4:38.66	14.71





	35,	, 400m						R.T.		FINA
55.			2001					+0,66	4:39.94	595
	25m: 13.64	13.64	125m: 1:23.56	19.36	225m: 2:36.95	18.84	325m: 3:51.34	17.46		
	50m: 29.78	16.14	150m: 1:41.80	18.24	250m: 2:55.76	18.81	350m: 4:07.58	16.24		
	75m: 47.05	17.27	175m: 2:00.20	18.40	275m: 3:14.80	19.04	375m: 4:24.11	16.53		
	100m: 1:04.20	17.15	200m: 2:18.11	17.91	300m: 3:33.88	19.08	400m: 4:39.94	15.83		
56.			2003					+0,77	4:40.86	589
	25m: 13.04	13.04	125m: 1:20.92	19.53	225m: 2:35.00	19.53	325m: 3:51.24	17.85		
	50m: 28.53	15.49	150m: 1:38.86	17.94	250m: 2:54.12	19.12	350m: 4:07.98	16.74		
	75m: 44.97	16.44	175m: 1:57.56	18.70	275m: 3:13.69	19.57	375m: 4:24.72	16.74		
	100m: 1:01.39	16.42	200m: 2:15.47	17.91	300m: 3:33.39	19.70	400m: 4:40.86	16.14		
57.			2002					+0,74	4:41.06	588
	25m: 13.48	13.48	125m: 1:23.01	18.76	225m: 2:36.55	19.96	325m: 3:53.24	17.52		
	50m: 29.67	16.19	150m: 1:40.87	17.86	250m: 2:56.20	19.65	350m: 4:09.83	16.59		
	75m: 46.66	16.99	175m: 1:58.95	18.08	275m: 3:15.97	19.77	375m: 4:26.00	16.17		
	100m: 1:04.25	17.59	200m: 2:16.59	17.64	300m: 3:35.72	19.75	400m: 4:41.06	15.06		
58.			2001					+0,79	4:42.56	578
	25m: 12.96	12.96	125m: 1:18.92	18.17	225m: 2:31.61	20.05	325m: 3:52.46	17.52		
	50m: 27.91	14.95	150m: 1:36.20	17.28	250m: 2:51.99	20.38	350m: 4:09.27	16.81		
	75m: 44.23	16.32	175m: 1:53.94	17.74	275m: 3:13.15	21.16	375m: 4:26.27	17.00		
	100m: 1:00.75	16.52	200m: 2:11.56	17.62	300m: 3:34.94	21.79	400m: 4:42.56	16.29		
59.			1999					+0,80	4:46.57	554
	25m: 13.86	13.86	125m: 1:23.71	18.81	225m: 2:38.57	19.95	325m: 3:57.47	16.93		
	50m: 29.78	15.92	150m: 1:41.70	17.99	250m: 2:58.73	20.16	350m: 4:13.95	16.48		
	75m: 46.92	17.14	175m: 2:00.20	18.50	275m: 3:19.57	20.84	375m: 4:30.78	16.83		
	100m: 1:04.90	17.98	200m: 2:18.62	18.42	300m: 3:40.54	20.97	400m: 4:46.57	15.79		
DSQ			1999							
DSQ			2000							
DNS			1995							
DNS			1999							

