

35  
09.11.2019 - 9:38

, 400m

3:55.50	LOCHTE Ryan	USA	Dubai (UAE)	16.12.2010
3:57.27	CSEH Laszlo	HUN	Istanbul (TUR)	11.12.2009
4:03.91				09.11.2014
3:59.15				
4:04.10				
4:04.23				19.11.2017

: FINA 2019

								R.T.		FINA	
1.		1994		-1		+0,72	<b>4:07.52</b>				Q
	25m: 12.08	12.08	125m: 1:13.50	16.88	225m: 2:17.71	17.27	325m: 3:25.10	15.22			
	50m: 26.73	14.65	150m: 1:29.25	15.75	250m: 2:35.15	17.44	350m: 3:39.31	14.21			
	75m: 41.50	14.77	175m: 1:45.12	15.87	275m: 2:52.46	17.31	375m: 3:53.60	14.29			
	100m: 56.62	15.12	200m: 2:00.44	15.32	300m: 3:09.88	17.42	400m: 4:07.52	13.92			
2.		2000		-1		+0,68	<b>4:07.89</b>				Q
	25m: 11.91	11.91	125m: 1:12.75	16.21	225m: 2:15.84	17.17	325m: 3:23.91	15.46			
	50m: 26.34	14.43	150m: 1:28.01	15.26	250m: 2:33.09	17.25	350m: 3:38.79	14.88			
	75m: 41.34	15.00	175m: 1:43.30	15.29	275m: 2:50.71	17.62	375m: 3:53.57	14.78			
	100m: 56.54	15.20	200m: 1:58.67	15.37	300m: 3:08.45	17.74	400m: 4:07.89	14.32			
3.		2003				+0,75	<b>4:08.27</b>				Q
	25m: 12.09	12.09	125m: 1:13.28	16.06	225m: 2:17.97	16.56	325m: 3:25.55	15.54			
	50m: 26.73	14.64	150m: 1:29.00	15.72	250m: 2:35.12	17.15	350m: 3:40.24	14.69			
	75m: 41.88	15.15	175m: 1:44.94	15.94	275m: 2:52.49	17.37	375m: 3:54.73	14.49			
	100m: 57.22	15.34	200m: 2:01.41	16.47	300m: 3:10.01	17.52	400m: 4:08.27	13.54			
4.		1999			-1	+0,69	<b>4:10.98</b>				Q
	25m: 12.06	12.06	125m: 1:14.63	16.79	225m: 2:19.85	17.08	325m: 3:27.36	15.54			
	50m: 26.78	14.72	150m: 1:30.79	16.16	250m: 2:37.10	17.25	350m: 3:42.26	14.90			
	75m: 42.09	15.31	175m: 1:46.91	16.12	275m: 2:54.33	17.23	375m: 3:56.78	14.52			
	100m: 57.84	15.75	200m: 2:02.77	15.86	300m: 3:11.82	17.49	400m: 4:10.98	14.20			
5.		1995				+0,68	<b>4:11.16</b>				Q
	25m: 11.61	11.61	125m: 1:11.81	16.32	225m: 2:16.67	17.61	325m: 3:26.40	15.98			
	50m: 25.87	14.26	150m: 1:27.48	15.67	250m: 2:34.42	17.75	350m: 3:41.58	15.18			
	75m: 40.49	14.62	175m: 1:43.42	15.94	275m: 2:52.61	18.19	375m: 3:56.67	15.09			
	100m: 55.49	15.00	200m: 1:59.06	15.64	300m: 3:10.42	17.81	400m: 4:11.16	14.49			
6.		2001			-1	+0,70	<b>4:11.57</b>				Q
	25m: 12.31	12.31	125m: 1:14.93	16.42	225m: 2:19.68	17.62	325m: 3:28.99	15.22			
	50m: 27.03	14.72	150m: 1:30.47	15.54	250m: 2:37.61	17.93	350m: 3:43.24	14.25			
	75m: 42.61	15.58	175m: 1:46.47	16.00	275m: 2:55.80	18.19	375m: 3:57.67	14.43			
	100m: 58.51	15.90	200m: 2:02.06	15.59	300m: 3:13.77	17.97	400m: 4:11.57	13.90			
7.		1995		-2		+0,72	<b>4:11.82</b>				Q
	25m: 12.34	12.34	125m: 1:14.84	17.08	225m: 2:20.15	17.59	325m: 3:28.40	15.21			
	50m: 27.20	14.86	150m: 1:30.93	16.09	250m: 2:38.02	17.87	350m: 3:43.41	15.01			
	75m: 42.48	15.28	175m: 1:46.88	15.95	275m: 2:55.52	17.50	375m: 3:58.08	14.67			
	100m: 57.76	15.28	200m: 2:02.56	15.68	300m: 3:13.19	17.67	400m: 4:11.82	13.74			
8.		1997			-1	+0,68	<b>4:12.29</b>				Q
	25m: 12.52	12.52	125m: 1:14.71	16.33	225m: 2:20.12	17.63	325m: 3:28.74	15.51			
	50m: 27.33	14.81	150m: 1:30.55	15.84	250m: 2:37.83	17.71	350m: 3:43.58	14.84			
	75m: 42.61	15.28	175m: 1:46.46	15.91	275m: 2:55.32	17.49	375m: 3:58.34	14.76			
	100m: 58.38	15.77	200m: 2:02.49	16.03	300m: 3:13.23	17.91	400m: 4:12.29	13.95			



# ЧЕМПИОНАТ РОССИИ ПО ПЛАВАНИЮ



05-10 НОЯБРЯ  
КАЗАНЬ 2019

35, , 400m

								R.T.		FINA		
9.			1998	-	-1	+0,75	<b>4:12.76</b>				R	
	25m:	12.23	12.23	125m:	1:14.56	16.75	225m:	2:19.35	18.18	325m:	3:28.73	15.63
	50m:	27.05	14.82	150m:	1:30.06	15.50	250m:	2:37.16	17.81	350m:	3:43.62	14.89
	75m:	42.37	15.32	175m:	1:45.82	15.76	275m:	2:55.08	17.92	375m:	3:58.71	15.09
	100m:	57.81	15.44	200m:	2:01.17	15.35	300m:	3:13.10	18.02	400m:	4:12.76	14.05
10.			1991	-1		+0,74	<b>4:13.84</b>				R	
	25m:	11.94	11.94	125m:	1:14.22	16.39	225m:	2:19.17	17.61	325m:	3:28.62	16.05
	50m:	26.40	14.46	150m:	1:29.98	15.76	250m:	2:36.69	17.52	350m:	3:44.10	15.48
	75m:	41.89	15.49	175m:	1:45.89	15.91	275m:	2:54.48	17.79	375m:	3:59.38	15.28
	100m:	57.83	15.94	200m:	2:01.56	15.67	300m:	3:12.57	18.09	400m:	4:13.84	14.46
11.			1996	-1		+0,70	<b>4:16.23</b>					
	25m:	12.22	12.22	125m:	1:15.70	16.74	225m:	2:22.03	17.24	325m:	3:32.11	16.10
	50m:	27.47	15.25	150m:	1:31.81	16.11	250m:	2:39.79	17.76	350m:	3:47.35	15.24
	75m:	43.24	15.77	175m:	1:48.22	16.41	275m:	2:57.82	18.03	375m:	4:02.46	15.11
	100m:	58.96	15.72	200m:	2:04.79	16.57	300m:	3:16.01	18.19	400m:	4:16.23	13.77
12.			1999	-	-1	+0,68	<b>4:16.44</b>					
	25m:	11.97	11.97	125m:	1:14.38	16.37	225m:	2:20.59	17.80	325m:	3:32.23	15.85
	50m:	26.82	14.85	150m:	1:30.20	15.82	250m:	2:39.52	18.93	350m:	3:47.44	15.21
	75m:	42.03	15.21	175m:	1:46.49	16.29	275m:	2:57.71	18.19	375m:	4:02.52	15.08
	100m:	58.01	15.98	200m:	2:02.79	16.30	300m:	3:16.38	18.67	400m:	4:16.44	13.92
13.			2001	-	-1	+0,70	<b>4:16.95</b>					
	25m:	12.33	12.33	125m:	1:15.63	17.19	225m:	2:23.19	18.57	325m:	3:33.93	15.23
	50m:	27.36	15.03	150m:	1:32.04	16.41	250m:	2:41.80	18.61	350m:	3:48.47	14.54
	75m:	43.20	15.84	175m:	1:48.44	16.40	275m:	3:00.39	18.59	375m:	4:02.94	14.47
	100m:	58.44	15.24	200m:	2:04.62	16.18	300m:	3:18.70	18.31	400m:	4:16.95	14.01
14.			1997		-1	+0,73	<b>4:21.48</b>					
	25m:	12.89	12.89	125m:	1:17.90	17.70	225m:	2:26.50	17.14	325m:	3:35.56	16.41
	50m:	28.17	15.28	150m:	1:34.84	16.94	250m:	2:43.84	17.34	350m:	3:51.06	15.50
	75m:	44.08	15.91	175m:	1:52.16	17.32	275m:	3:01.34	17.50	375m:	4:06.91	15.85
	100m:	1:00.20	16.12	200m:	2:09.36	17.20	300m:	3:19.15	17.81	400m:	4:21.48	14.57
15.			2001	-2		+0,68	<b>4:22.92</b>					
	25m:	12.58	12.58	125m:	1:19.92	17.90	225m:	2:27.77	17.60	325m:	3:37.64	15.67
	50m:	28.23	15.65	150m:	1:36.74	16.82	250m:	2:45.39	17.62	350m:	3:53.03	15.39
	75m:	44.72	16.49	175m:	1:53.61	16.87	275m:	3:03.44	18.05	375m:	4:08.13	15.10
	100m:	1:02.02	17.30	200m:	2:10.17	16.56	300m:	3:21.97	18.53	400m:	4:22.92	14.79
16.			1998			+0,71	<b>4:24.80</b>					
	25m:	12.48	12.48	125m:	1:18.12	17.45	225m:	2:25.25	18.22	325m:	3:37.56	16.78
	50m:	27.73	15.25	150m:	1:34.63	16.51	250m:	2:43.42	18.17	350m:	3:53.37	15.81
	75m:	44.37	16.64	175m:	1:51.22	16.59	275m:	3:02.16	18.74	375m:	4:09.57	16.20
	100m:	1:00.67	16.30	200m:	2:07.03	15.81	300m:	3:20.78	18.62	400m:	4:24.80	15.23
17.			2001			+0,72	<b>4:24.90</b>					
	25m:	12.18	12.18	125m:	1:16.33	17.87	225m:	2:26.97	19.51	325m:	3:41.95	15.50
	50m:	26.96	14.78	150m:	1:33.59	17.26	250m:	2:46.78	19.81	350m:	3:56.45	14.50
	75m:	42.46	15.50	175m:	1:50.60	17.01	275m:	3:06.42	19.64	375m:	4:11.18	14.73
	100m:	58.46	16.00	200m:	2:07.46	16.86	300m:	3:26.45	20.03	400m:	4:24.90	13.72
18.			2004		-1	+0,81	<b>4:25.18</b>					
	25m:	12.69	12.69	125m:	1:19.22	17.52	225m:	2:27.78	19.43	325m:	3:41.82	15.50
	50m:	28.34	15.65	150m:	1:35.75	16.53	250m:	2:46.99	19.21	350m:	3:56.30	14.48
	75m:	44.95	16.61	175m:	1:52.07	16.32	275m:	3:06.73	19.74	375m:	4:11.11	14.81
	100m:	1:01.70	16.75	200m:	2:08.35	16.28	300m:	3:26.32	19.59	400m:	4:25.18	14.07

ГЕНЕРАЛЬНЫЙ СПОНСОР  
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СПОНСОРЫ СОРЕВНОВАНИЙ





# ЧЕМПИОНАТ РОССИИ ПО ПЛАВАНИЮ



05-10 НОЯБРЯ  
КАЗАНЬ 2019

35, , 400m

							R.T.	FINA		
19.	2000						+0,69	<b>4:25.49</b>		
	25m: 12.73	12.73	125m: 1:17.85	17.41	225m: 2:27.47	18.64	325m: 3:40.44	16.19		
	50m: 28.01	15.28	150m: 1:34.70	16.85	250m: 2:46.21	18.74	350m: 3:55.90	15.46		
	75m: 43.94	15.93	175m: 1:51.79	17.09	275m: 3:05.12	18.91	375m: 4:11.32	15.42		
	100m: 1:00.44	16.50	200m: 2:08.83	17.04	300m: 3:24.25	19.13	400m: 4:25.49	14.17		
20.	2001						+0,66	<b>4:25.54</b>		
	25m: 12.78	12.78	125m: 1:15.90	16.41	225m: 2:24.11	19.66	325m: 3:39.95	15.98		
	50m: 27.79	15.01	150m: 1:31.98	16.08	250m: 2:43.89	19.78	350m: 3:55.42	15.47		
	75m: 43.39	15.60	175m: 1:48.30	16.32	275m: 3:03.90	20.01	375m: 4:10.92	15.50		
	100m: 59.49	16.10	200m: 2:04.45	16.15	300m: 3:23.97	20.07	400m: 4:25.54	14.62		
21.	2004						-1	+0,67	<b>4:25.75</b>	
	25m: 12.09	12.09	125m: 1:16.49	17.80	225m: 2:26.70	18.58	325m: 3:40.15	16.09		
	50m: 26.86	14.77	150m: 1:33.69	17.20	250m: 2:45.56	18.86	350m: 3:55.56	15.41		
	75m: 42.68	15.82	175m: 1:50.98	17.29	275m: 3:04.89	19.33	375m: 4:11.15	15.59		
	100m: 58.69	16.01	200m: 2:08.12	17.14	300m: 3:24.06	19.17	400m: 4:25.75	14.60		
22.	2001							+0,74	<b>4:25.77</b>	
	25m: 13.07	13.07	125m: 1:19.28	17.49	225m: 2:28.11	18.35	325m: 3:40.17	16.22		
	50m: 28.96	15.89	150m: 1:35.97	16.69	250m: 2:46.47	18.36	350m: 3:55.78	15.61		
	75m: 45.18	16.22	175m: 1:53.02	17.05	275m: 3:04.96	18.49	375m: 4:11.08	15.30		
	100m: 1:01.79	16.61	200m: 2:09.76	16.74	300m: 3:23.95	18.99	400m: 4:25.77	14.69		
23.	2002							+0,83	<b>4:26.07</b>	
	25m: 13.00	13.00	125m: 1:18.09	17.49	225m: 2:25.97	19.09	325m: 3:40.16	15.94		
	50m: 28.16	15.16	150m: 1:34.42	16.33	250m: 2:45.39	19.42	350m: 3:55.50	15.34		
	75m: 44.43	16.27	175m: 1:50.91	16.49	275m: 3:04.74	19.35	375m: 4:11.12	15.62		
	100m: 1:00.60	16.17	200m: 2:06.88	15.97	300m: 3:24.22	19.48	400m: 4:26.07	14.95		
24.	1999							+0,75	<b>4:26.14</b>	
	25m: 12.83	12.83	125m: 1:18.84	18.22	225m: 2:28.94	18.96	325m: 3:41.87	15.62		
	50m: 28.40	15.57	150m: 1:36.13	17.29	250m: 2:47.93	18.99	350m: 3:56.81	14.94		
	75m: 44.44	16.04	175m: 1:53.33	17.20	275m: 3:07.26	19.33	375m: 4:11.75	14.94		
	100m: 1:00.62	16.18	200m: 2:09.98	16.65	300m: 3:26.25	18.99	400m: 4:26.14	14.39		
25.	1997							+0,80	<b>4:26.29</b>	
	25m: 12.56	12.56	125m: 1:15.53	16.92	225m: 2:22.23	18.06	325m: 3:36.00	16.09		
	50m: 27.49	14.93	150m: 1:31.51	15.98	250m: 2:41.15	18.92	350m: 3:52.54	16.54		
	75m: 42.88	15.39	175m: 1:47.80	16.29	275m: 2:59.91	18.76	375m: 4:10.19	17.65		
	100m: 58.61	15.73	200m: 2:04.17	16.37	300m: 3:19.91	20.00	400m: 4:26.29	16.10		
26.	2002							+0,86	<b>4:26.36</b>	
	25m: 12.78	12.78	125m: 1:18.24	18.41	225m: 2:28.48	18.36	325m: 3:40.91	16.09		
	50m: 28.10	15.32	150m: 1:35.57	17.33	250m: 2:46.84	18.36	350m: 3:56.33	15.42		
	75m: 44.07	15.97	175m: 1:53.05	17.48	275m: 3:05.68	18.84	375m: 4:11.58	15.25		
	100m: 59.83	15.76	200m: 2:10.12	17.07	300m: 3:24.82	19.14	400m: 4:26.36	14.78		
27.	1999							+0,66	<b>4:26.98</b>	
	25m: 12.53	12.53	125m: 1:17.42	17.18	225m: 2:26.66	19.22	325m: 3:40.69	16.57		
	50m: 27.85	15.32	150m: 1:34.26	16.84	250m: 2:45.55	18.89	350m: 3:56.22	15.53		
	75m: 43.81	15.96	175m: 1:50.94	16.68	275m: 3:04.77	19.22	375m: 4:11.98	15.76		
	100m: 1:00.24	16.43	200m: 2:07.44	16.50	300m: 3:24.12	19.35	400m: 4:26.98	15.00		
28.	2002							+0,65	<b>4:30.72</b>	
	25m: 12.36	12.36	125m: 1:17.72	17.68	225m: 2:28.87	19.42	325m: 3:44.81	16.60		
	50m: 27.71	15.35	150m: 1:34.80	17.08	250m: 2:48.45	19.58	350m: 4:00.69	15.88		
	75m: 43.47	15.76	175m: 1:52.05	17.25	275m: 3:08.29	19.84	375m: 4:16.20	15.51		
	100m: 1:00.04	16.57	200m: 2:09.45	17.40	300m: 3:28.21	19.92	400m: 4:30.72	14.52		

ГЕНЕРАЛЬНЫЙ СПОНСОР  
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# ЧЕМПИОНАТ РОССИИ ПО ПЛАВАНИЮ



05-10 НОЯБРЯ  
КАЗАНЬ 2019

35, , 400m

								R.T.	FINA		
29.			2002			-2	+0,79	<b>4:31.58</b>			
	25m:	13.13	125m:	1:20.04	17.41	225m:	2:30.11	19.65	325m:	3:45.76	16.57
	50m:	29.26	150m:	1:36.84	16.80	250m:	2:49.88	19.77	350m:	4:01.51	15.75
	75m:	45.68	175m:	1:53.75	16.91	275m:	3:09.56	19.68	375m:	4:17.24	15.73
	100m:	1:02.63	200m:	2:10.46	16.71	300m:	3:29.19	19.63	400m:	4:31.58	14.34
30.			2001					+0,72	<b>4:31.69</b>		
	25m:	12.52	125m:	1:17.88	17.68	225m:	2:28.73	19.79	325m:	3:44.65	16.21
	50m:	27.69	150m:	1:34.77	16.89	250m:	2:48.34	19.61	350m:	4:00.62	15.97
	75m:	43.71	175m:	1:51.61	16.84	275m:	3:08.12	19.78	375m:	4:16.37	15.75
	100m:	1:00.20	200m:	2:08.94	17.33	300m:	3:28.44	20.32	400m:	4:31.69	15.32
31.			1999					+0,80	<b>4:32.03</b>		
	25m:	12.73	125m:	1:19.05	17.89	225m:	2:29.85	19.39	325m:	3:45.38	16.51
	50m:	28.37	150m:	1:36.16	17.11	250m:	2:49.28	19.43	350m:	4:01.11	15.73
	75m:	44.60	175m:	1:53.52	17.36	275m:	3:09.17	19.89	375m:	4:16.91	15.80
	100m:	1:01.16	200m:	2:10.46	16.94	300m:	3:28.87	19.70	400m:	4:32.03	15.12
32.			2002			-1	+0,88	<b>4:32.08</b>			
	25m:	13.34	125m:	1:21.08	18.13	225m:	2:31.01	18.45	325m:	3:44.49	16.59
	50m:	29.36	150m:	1:38.26	17.18	250m:	2:49.55	18.54	350m:	4:00.87	16.38
	75m:	45.85	175m:	1:55.51	17.25	275m:	3:08.81	19.26	375m:	4:17.15	16.28
	100m:	1:02.95	200m:	2:12.56	17.05	300m:	3:27.90	19.09	400m:	4:32.08	14.93
33.			2000					+0,73	<b>4:32.17</b>		
	25m:	12.74	125m:	1:18.97	17.68	225m:	2:29.55	19.57	325m:	3:44.76	16.85
	50m:	28.26	150m:	1:35.74	16.77	250m:	2:49.05	19.50	350m:	4:00.71	15.95
	75m:	44.35	175m:	1:52.86	17.12	275m:	3:08.27	19.22	375m:	4:16.85	16.14
	100m:	1:01.29	200m:	2:09.98	17.12	300m:	3:27.91	19.64	400m:	4:32.17	15.32
34.			2001			-2	+0,72	<b>4:32.21</b>			
	25m:	13.65	125m:	1:21.23	18.12	225m:	2:32.37	18.33	325m:	3:46.27	15.95
	50m:	30.01	150m:	1:38.70	17.47	250m:	2:51.33	18.96	350m:	4:01.67	15.40
	75m:	46.59	175m:	1:56.13	17.43	275m:	3:10.68	19.35	375m:	4:17.43	15.76
	100m:	1:03.11	200m:	2:14.04	17.91	300m:	3:30.32	19.64	400m:	4:32.21	14.78
35.			2001		-	-2	+0,74	<b>4:32.81</b>			
	25m:	12.84	125m:	1:18.83	17.97	225m:	2:30.45	19.58	325m:	3:46.46	15.52
	50m:	28.36	150m:	1:35.98	17.15	250m:	2:50.44	19.99	350m:	4:01.73	15.27
	75m:	44.47	175m:	1:53.45	17.47	275m:	3:10.61	20.17	375m:	4:17.30	15.57
	100m:	1:00.86	200m:	2:10.87	17.42	300m:	3:30.94	20.33	400m:	4:32.81	15.51
36.			2004			-2	+0,71	<b>4:33.07</b>			
	25m:	12.81	125m:	1:18.35	18.05	225m:	2:30.32	20.22	325m:	3:46.86	16.86
	50m:	28.27	150m:	1:35.55	17.20	250m:	2:50.38	20.06	350m:	4:02.88	16.02
	75m:	43.91	175m:	1:53.08	17.53	275m:	3:10.14	19.76	375m:	4:18.28	15.40
	100m:	1:00.30	200m:	2:10.10	17.02	300m:	3:30.00	19.86	400m:	4:33.07	14.79
37.			2001			-2	+0,87	<b>4:33.25</b>			
	25m:	13.12	125m:	1:20.69	18.43	225m:	2:31.77	19.71	325m:	3:46.80	16.42
	50m:	29.19	150m:	1:38.00	17.31	250m:	2:51.39	19.62	350m:	4:02.41	15.61
	75m:	45.28	175m:	1:55.20	17.20	275m:	3:10.87	19.48	375m:	4:18.13	15.72
	100m:	1:02.26	200m:	2:12.06	16.86	300m:	3:30.38	19.51	400m:	4:33.25	15.12
38.			2003			-1	+0,72	<b>4:33.63</b>			
	25m:	12.79	125m:	1:20.82	18.40	225m:	2:31.54	19.04	325m:	3:47.62	16.99
	50m:	28.84	150m:	1:38.06	17.24	250m:	2:51.14	19.60	350m:	4:03.58	15.96
	75m:	45.50	175m:	1:55.22	17.16	275m:	3:10.90	19.76	375m:	4:19.30	15.72
	100m:	1:02.42	200m:	2:12.50	17.28	300m:	3:30.63	19.73	400m:	4:33.63	14.33

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								R.T.	FINA			
39.			2003					+0,73	<b>4:33.94</b>			
	25m:	12.58	12.58	125m:	1:20.33	17.81	225m:	2:32.30	19.92	325m:	3:48.19	16.22
	50m:	28.43	15.85	150m:	1:37.59	17.26	250m:	2:51.84	19.54	350m:	4:03.74	15.55
	75m:	45.26	16.83	175m:	1:54.91	17.32	275m:	3:11.86	20.02	375m:	4:19.40	15.66
	100m:	1:02.52	17.26	200m:	2:12.38	17.47	300m:	3:31.97	20.11	400m:	4:33.94	14.54
40.			2003					-2	+0,63	<b>4:34.62</b>		
	25m:	13.37	13.37	125m:	1:22.69	18.51	225m:	2:33.75	18.49	325m:	3:46.17	17.03
	50m:	29.45	16.08	150m:	1:40.40	17.71	250m:	2:52.02	18.27	350m:	4:02.43	16.26
	75m:	46.66	17.21	175m:	1:58.03	17.63	275m:	3:10.44	18.42	375m:	4:18.78	16.35
	100m:	1:04.18	17.52	200m:	2:15.26	17.23	300m:	3:29.14	18.70	400m:	4:34.62	15.84
41.			2001					-	-2	+0,80	<b>4:35.48</b>	
	25m:	13.10	13.10	125m:	1:20.08	18.29	225m:	2:32.00	20.18	325m:	3:50.15	16.71
	50m:	28.64	15.54	150m:	1:37.15	17.07	250m:	2:52.39	20.39	350m:	4:05.73	15.58
	75m:	44.99	16.35	175m:	1:54.47	17.32	275m:	3:12.85	20.46	375m:	4:21.45	15.72
	100m:	1:01.79	16.80	200m:	2:11.82	17.35	300m:	3:33.44	20.59	400m:	4:35.48	14.03
42.			2003					-1	+0,67	<b>4:35.50</b>		
	25m:	13.23	13.23	125m:	1:20.74	18.27	225m:	2:34.05	19.55	325m:	3:49.33	16.50
	50m:	28.90	15.67	150m:	1:38.79	18.05	250m:	2:53.50	19.45	350m:	4:05.32	15.99
	75m:	45.46	16.56	175m:	1:56.58	17.79	275m:	3:13.08	19.58	375m:	4:20.80	15.48
	100m:	1:02.47	17.01	200m:	2:14.50	17.92	300m:	3:32.83	19.75	400m:	4:35.50	14.70
43.			2003					-2	+0,81	<b>4:35.54</b>		
	25m:	12.77	12.77	125m:	1:20.65	18.80	225m:	2:32.89	19.23	325m:	3:48.95	16.04
	50m:	28.47	15.70	150m:	1:38.47	17.82	250m:	2:52.86	19.97	350m:	4:04.76	15.81
	75m:	45.07	16.60	175m:	1:56.41	17.94	275m:	3:12.81	19.95	375m:	4:20.67	15.91
	100m:	1:01.85	16.78	200m:	2:13.66	17.25	300m:	3:32.91	20.10	400m:	4:35.54	14.87
44.			2002						+0,63	<b>4:35.74</b>		
	25m:	12.18	12.18	125m:	1:19.18	18.21	225m:	2:32.34	20.52	325m:	3:49.97	17.21
	50m:	27.65	15.47	150m:	1:36.82	17.64	250m:	2:52.22	19.88	350m:	4:06.10	16.13
	75m:	44.06	16.41	175m:	1:54.42	17.60	275m:	3:12.67	20.45	375m:	4:22.02	15.92
	100m:	1:00.97	16.91	200m:	2:11.82	17.40	300m:	3:32.76	20.09	400m:	4:35.74	13.72
45.			2000					-2	+0,83	<b>4:36.50</b>		
	25m:	12.64	12.64	125m:	1:18.73	18.27	225m:	2:31.05	19.40	325m:	3:47.81	16.68
	50m:	28.01	15.37	150m:	1:36.16	17.43	250m:	2:50.73	19.68	350m:	4:03.87	16.06
	75m:	43.96	15.95	175m:	1:53.99	17.83	275m:	3:10.78	20.05	375m:	4:20.32	16.45
	100m:	1:00.46	16.50	200m:	2:11.65	17.66	300m:	3:31.13	20.35	400m:	4:36.50	16.18
46.			2004						+0,82	<b>4:37.66</b>		
	25m:	13.68	13.68	125m:	1:24.08	18.80	225m:	2:36.32	19.09	325m:	3:50.84	16.18
	50m:	30.22	16.54	150m:	1:42.15	18.07	250m:	2:55.59	19.27	350m:	4:06.89	16.05
	75m:	47.49	17.27	175m:	1:59.81	17.66	275m:	3:15.08	19.49	375m:	4:22.97	16.08
	100m:	1:05.28	17.79	200m:	2:17.23	17.42	300m:	3:34.66	19.58	400m:	4:37.66	14.69
47.			1999						+0,71	<b>4:38.63</b>		
	25m:	12.42	12.42	125m:	1:18.28	18.34	225m:	2:31.73	20.13	325m:	3:51.29	16.82
	50m:	27.68	15.26	150m:	1:35.72	17.44	250m:	2:52.57	20.84	350m:	4:07.17	15.88
	75m:	43.44	15.76	175m:	1:53.95	18.23	275m:	3:13.50	20.93	375m:	4:23.34	16.17
	100m:	59.94	16.50	200m:	2:11.60	17.65	300m:	3:34.47	20.97	400m:	4:38.63	15.29
48.			1998						+0,83	<b>4:39.25</b>		
	25m:	13.93	13.93	125m:	1:22.81	19.09	225m:	2:36.75	20.83	325m:	3:54.98	16.37
	50m:	30.36	16.43	150m:	1:40.61	17.80	250m:	2:57.51	20.76	350m:	4:10.24	15.26
	75m:	46.84	16.48	175m:	1:58.31	17.70	275m:	3:18.20	20.69	375m:	4:25.09	14.85
	100m:	1:03.72	16.88	200m:	2:15.92	17.61	300m:	3:38.61	20.41	400m:	4:39.25	14.16

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									R.T.	FINA		
49.	2002								+0,74	<b>4:40.18</b>		
	25m:	13.03	13.03	125m:	1:20.94	18.35	225m:	2:34.52	19.99	325m:	3:51.55	17.28
	50m:	28.73	15.70	150m:	1:38.78	17.84	250m:	2:54.38	19.86	350m:	4:08.05	16.50
	75m:	45.22	16.49	175m:	1:56.84	18.06	275m:	3:14.15	19.77	375m:	4:24.33	16.28
	100m:	1:02.59	17.37	200m:	2:14.53	17.69	300m:	3:34.27	20.12	400m:	4:40.18	15.85
50.	2001								-2	<b>+0,71 4:40.58</b>		
	25m:	13.17	13.17	125m:	1:22.10	19.02	225m:	2:35.24	19.23	325m:	3:51.18	17.81
	50m:	28.85	15.68	150m:	1:39.92	17.82	250m:	2:54.35	19.11	350m:	4:07.85	16.67
	75m:	45.79	16.94	175m:	1:58.05	18.13	275m:	3:13.83	19.48	375m:	4:24.62	16.77
	100m:	1:03.08	17.29	200m:	2:16.01	17.96	300m:	3:33.37	19.54	400m:	4:40.58	15.96
51.	2002								+0,73	<b>4:40.93</b>		
	25m:	12.61	12.61	125m:	1:18.38	17.77	225m:	2:31.27	20.06	325m:	3:50.07	18.00
	50m:	27.77	15.16	150m:	1:35.91	17.53	250m:	2:51.18	19.91	350m:	4:07.14	17.07
	75m:	44.01	16.24	175m:	1:53.86	17.95	275m:	3:11.56	20.38	375m:	4:24.44	17.30
	100m:	1:00.61	16.60	200m:	2:11.21	17.35	300m:	3:32.07	20.51	400m:	4:40.93	16.49
52.	2000								-2	<b>+0,78 4:41.85</b>		
	25m:	12.62	12.62	125m:	1:21.76	18.81	225m:	2:35.51	19.62	325m:	3:53.77	17.39
	50m:	28.66	16.04	150m:	1:39.72	17.96	250m:	2:55.44	19.93	350m:	4:10.03	16.26
	75m:	45.90	17.24	175m:	1:57.90	18.18	275m:	3:16.04	20.60	375m:	4:26.39	16.36
	100m:	1:02.95	17.05	200m:	2:15.89	17.99	300m:	3:36.38	20.34	400m:	4:41.85	15.46
53.	2002								+0,66	<b>4:41.95</b>		
	25m:	12.56	12.56	125m:	1:22.18	19.52	225m:	2:37.14	19.54	325m:	3:54.33	16.92
	50m:	28.36	15.80	150m:	1:40.67	18.49	250m:	2:57.23	20.09	350m:	4:10.92	16.59
	75m:	45.34	16.98	175m:	1:59.35	18.68	275m:	3:17.14	19.91	375m:	4:27.00	16.08
	100m:	1:02.66	17.32	200m:	2:17.60	18.25	300m:	3:37.41	20.27	400m:	4:41.95	14.95
54.	2002				( )				+0,68	<b>4:42.14</b>		
	25m:	13.34	13.34	125m:	1:23.06	18.84	225m:	2:36.22	19.74	325m:	3:55.06	16.58
	50m:	29.61	16.27	150m:	1:40.68	17.62	250m:	2:56.81	20.59	350m:	4:10.84	15.78
	75m:	46.71	17.10	175m:	1:58.93	18.25	275m:	3:17.85	21.04	375m:	4:26.82	15.98
	100m:	1:04.22	17.51	200m:	2:16.48	17.55	300m:	3:38.48	20.63	400m:	4:42.14	15.32
55.	1999								+0,70	<b>4:43.10</b>		
	25m:	12.67	12.67	125m:	1:19.33	18.22	225m:	2:34.12	20.91	325m:	3:54.33	17.32
	50m:	28.36	15.69	150m:	1:37.27	17.94	250m:	2:54.81	20.69	350m:	4:11.00	16.67
	75m:	44.64	16.28	175m:	1:55.18	17.91	275m:	3:15.80	20.99	375m:	4:27.48	16.48
	100m:	1:01.11	16.47	200m:	2:13.21	18.03	300m:	3:37.01	21.21	400m:	4:43.10	15.62
56.	2003								-2	<b>+0,71 4:43.20</b>		
	25m:	13.45	13.45	125m:	1:22.13	19.26	225m:	2:37.43	20.86	325m:	3:56.00	16.59
	50m:	29.62	16.17	150m:	1:40.31	18.18	250m:	2:58.04	20.61	350m:	4:11.95	15.95
	75m:	46.11	16.49	175m:	1:58.65	18.34	275m:	3:18.76	20.72	375m:	4:27.98	16.03
	100m:	1:02.87	16.76	200m:	2:16.57	17.92	300m:	3:39.41	20.65	400m:	4:43.20	15.22
57.	2001								-2	<b>+0,73 4:43.40</b>		
	25m:	12.41	12.41	125m:	1:20.39	18.48	225m:	2:35.67	21.49	325m:	3:56.00	15.78
	50m:	27.68	15.27	150m:	1:38.22	17.83	250m:	2:57.13	21.46	350m:	4:12.25	16.25
	75m:	44.56	16.88	175m:	1:56.18	17.96	275m:	3:18.84	21.71	375m:	4:29.09	16.84
	100m:	1:01.91	17.35	200m:	2:14.18	18.00	300m:	3:40.22	21.38	400m:	4:43.40	14.31
58.	2003								-	<b>+0,69 4:44.49</b>		
	25m:	13.33	13.33	125m:	1:25.14	19.83	225m:	2:41.06	19.25	325m:	3:56.52	17.39
	50m:	29.79	16.46	150m:	1:44.17	19.03	250m:	3:00.26	19.20	350m:	4:12.74	16.22
	75m:	47.27	17.48	175m:	2:03.08	18.91	275m:	3:19.56	19.30	375m:	4:29.16	16.42
	100m:	1:05.31	18.04	200m:	2:21.81	18.73	300m:	3:39.13	19.57	400m:	4:44.49	15.33





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	/		R.T.	FINA
DSQ	1999		-1	
DSQ	2004			
DSQ	2004		-2	
DSQ	2003		-2	
DNS	2000	-2		
DNS	1996			

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