



12  
04.05.2022 - 9:58

, 400m

(13-14 )

: FINA 2022

							R.T.			FINA		
1.			2008			- 1	+0,92	<b>4:25.36</b>		707	Q	
	50m:	30.27	30.27	150m:	1:36.53	33.44	250m:	2:44.02	34.08	350m:	3:52.48	34.22
	100m:	1:03.09	32.82	200m:	2:09.94	33.41	300m:	3:18.26	34.24	400m:	4:25.36	32.88
2.			2008				+0,72	<b>4:28.69</b>		681	Q	
	50m:	30.98	30.98	150m:	1:38.00	34.07	250m:	2:45.57	33.77	350m:	3:55.00	34.69
	100m:	1:03.93	32.95	200m:	2:11.80	33.80	300m:	3:20.31	34.74	400m:	4:28.69	33.69
3.			2008				+0,79	<b>4:29.21</b>		677	Q	
	50m:	31.44	31.44	150m:	1:39.36	34.32	250m:	2:47.99	34.34	350m:	3:56.27	33.80
	100m:	1:05.04	33.60	200m:	2:13.65	34.29	300m:	3:22.47	34.48	400m:	4:29.21	32.94
4.			2008				+0,78	<b>4:32.07</b>		656	Q	
	50m:	31.93	31.93	150m:	1:40.21	34.48	250m:	2:49.27	34.82	350m:	3:58.68	34.82
	100m:	1:05.73	33.80	200m:	2:14.45	34.24	300m:	3:23.86	34.59	400m:	4:32.07	33.39
5.			2008			- 1	+0,80	<b>4:32.80</b>		651	Q	
	50m:	31.97	31.97	150m:	1:41.27	34.62	250m:	2:51.33	35.15	350m:	3:59.89	34.01
	100m:	1:06.65	34.68	200m:	2:16.18	34.91	300m:	3:25.88	34.55	400m:	4:32.80	32.91
6.			2008				+0,80	<b>4:32.81</b>		651	Q	
	50m:	30.78	30.78	150m:	1:39.56	34.93	250m:	2:49.99	35.45	350m:	3:59.80	34.94
	100m:	1:04.63	33.85	200m:	2:14.54	34.98	300m:	3:24.86	34.87	400m:	4:32.81	33.01
7.			2008			- 1	+0,84	<b>4:33.06</b>		649	Q	
	50m:	31.22	31.22	150m:	1:40.61	35.05	250m:	2:51.15	35.08	350m:	4:01.23	34.92
	100m:	1:05.56	34.34	200m:	2:16.07	35.46	300m:	3:26.31	35.16	400m:	4:33.06	31.83
8.			2008			- 1	+0,81	<b>4:33.13</b>		648	Q	
	50m:	30.95	30.95	150m:	1:40.46	35.20	250m:	2:50.92	34.98	350m:	4:01.29	34.87
	100m:	1:05.26	34.31	200m:	2:15.94	35.48	300m:	3:26.42	35.50	400m:	4:33.13	31.84
9.			2008			- 1	+0,78	<b>4:34.99</b>		635	R	
	50m:	31.61	31.61	150m:	1:39.68	34.46	250m:	2:49.86	35.07	350m:	4:00.40	35.41
	100m:	1:05.22	33.61	200m:	2:14.79	35.11	300m:	3:24.99	35.13	400m:	4:34.99	34.59
10.			2008			- 1	+0,92	<b>4:35.66</b>		631	R	
	50m:	31.28	31.28	150m:	1:39.67	35.04	250m:	2:49.67	35.34	350m:	4:01.26	35.98
	100m:	1:04.63	33.35	200m:	2:14.33	34.66	300m:	3:25.28	35.61	400m:	4:35.66	34.40
11.			2009					<b>4:36.02</b>		628		
	50m:	32.37	32.37	150m:	1:41.91	35.03	250m:	2:52.40	35.33	350m:	4:03.11	35.57
	100m:	1:06.88	34.51	200m:	2:17.07	35.16	300m:	3:27.54	35.14	400m:	4:36.02	32.91
12.			2009				+0,80	<b>4:36.22</b>		627		
	50m:	32.46	32.46	150m:	1:42.66	35.69	250m:	2:53.14	35.35	350m:	4:03.00	35.02
	100m:	1:06.97	34.51	200m:	2:17.79	35.13	300m:	3:27.98	34.84	400m:	4:36.22	33.22
13.			2008			- 1	+0,78	<b>4:36.59</b>		624		
	50m:	32.41	32.41	150m:	1:43.09	34.97	250m:	2:53.33	34.88	350m:	4:02.58	34.08
	100m:	1:08.12	35.71	200m:	2:18.45	35.36	300m:	3:28.50	35.17	400m:	4:36.59	34.01
14.			2008			- 1	+0,77	<b>4:37.36</b>		619		
	50m:	32.00	32.00	150m:	1:41.89	35.36	250m:	2:52.71	35.40	350m:	4:03.55	35.15
	100m:	1:06.53	34.53	200m:	2:17.31	35.42	300m:	3:28.40	35.69	400m:	4:37.36	33.81
15.			2008				+0,63	<b>4:38.73</b>		610		
	50m:	30.22	30.22	150m:	1:40.71	35.64	250m:	2:53.43	36.23	350m:	4:04.61	35.41
	100m:	1:05.07	34.85	200m:	2:17.20	36.49	300m:	3:29.20	35.77	400m:	4:38.73	34.12
16.			2009				+0,90	<b>4:38.91</b>		609		
	50m:	31.56	31.56	150m:	1:42.01	35.09	250m:	2:53.51	35.26	350m:	4:04.80	35.22
	100m:	1:06.92	35.36	200m:	2:18.25	36.24	300m:	3:29.58	36.07	400m:	4:38.91	34.11

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		12, , 400m						(13-14 )				
		/						R.T.			FINA	
17.				2008			- 1		<b>4:38.93</b>		609	
	50m:	30.63	30.63	150m:	1:39.85	34.70	250m:	2:51.66	36.25	350m:	4:03.81	36.02
	100m:	1:05.15	34.52	200m:	2:15.41	35.56	300m:	3:27.79	36.13	400m:	4:38.93	35.12
18.				2008		-	- 1	+0,79	<b>4:38.95</b>		609	
	50m:	31.72	31.72	150m:	1:43.17	36.37	250m:	2:54.73	35.24	350m:	4:04.78	34.61
	100m:	1:06.80	35.08	200m:	2:19.49	36.32	300m:	3:30.17	35.44	400m:	4:38.95	34.17
19.				2008				+0,79	<b>4:39.00</b>		608	
	50m:			150m:	1:41.71	35.32	250m:	2:51.85	35.30	350m:	4:04.46	35.86
	100m:	1:06.39		200m:	2:16.55	34.84	300m:	3:28.60	36.75	400m:	4:39.00	34.54
20.				2008			- 1	+0,81	<b>4:39.32</b>		606	
	50m:	30.43	30.43	150m:	1:41.05	35.65	250m:	2:53.19	35.98	350m:	4:04.70	35.29
	100m:	1:05.40	34.97	200m:	2:17.21	36.16	300m:	3:29.41	36.22	400m:	4:39.32	34.62
21.				2008		- 2		+0,59	<b>4:39.93</b>		602	
	50m:	31.52	31.52	150m:	1:41.02	35.09	250m:	2:52.87	36.13	350m:	4:05.00	36.16
	100m:	1:05.93	34.41	200m:	2:16.74	35.72	300m:	3:28.84	35.97	400m:	4:39.93	34.93
22.				2009		-	- 2	+0,76	<b>4:40.25</b>		600	
	50m:	32.41	32.41	150m:	1:43.66	36.08	250m:	2:55.68	36.27	350m:	4:07.34	36.07
	100m:	1:07.58	35.17	200m:	2:19.41	35.75	300m:	3:31.27	35.59	400m:	4:40.25	32.91
23.				2008			- 1	+0,70	<b>4:40.28</b>		600	
	50m:	30.90	30.90	150m:	1:41.14	35.56	250m:	2:53.08	35.79	350m:	4:05.11	36.19
	100m:	1:05.58	34.68	200m:	2:17.29	36.15	300m:	3:28.92	35.84	400m:	4:40.28	35.17
24.				2008				+0,83	<b>4:40.41</b>		599	
	50m:	29.66	29.66	150m:	1:39.42	35.18	250m:	2:51.49	36.50	350m:	4:05.26	36.70
	100m:	1:04.24	34.58	200m:	2:14.99	35.57	300m:	3:28.56	37.07	400m:	4:40.41	35.15
25.				2008				+0,93	<b>4:40.74</b>		597	
	50m:	33.40	33.40	150m:	1:43.87	35.71	250m:	2:55.29	35.94	350m:	4:06.50	35.76
	100m:	1:08.16	34.76	200m:	2:19.35	35.48	300m:	3:30.74	35.45	400m:	4:40.74	34.24
26.				2008				+0,81	<b>4:40.93</b>		596	
	50m:	32.06	32.06	150m:	1:41.82	35.25	250m:	2:53.81	36.45	350m:	4:06.60	36.76
	100m:	1:06.57	34.51	200m:	2:17.36	35.54	300m:	3:29.84	36.03	400m:	4:40.93	34.33
27.				2008		-	- 1	+0,75	<b>4:41.22</b>		594	
	50m:	31.22	31.22	150m:	1:43.35	36.29	250m:	2:56.14	36.49	350m:	4:09.22	36.47
	100m:	1:07.06	35.84	200m:	2:19.65	36.30	300m:	3:32.75	36.61	400m:	4:41.22	32.00
				2008				+0,96	<b>4:41.22</b>		594	
	50m:	32.23	32.23	150m:	1:42.89	35.51	250m:	2:54.33	35.67	350m:	4:06.21	35.96
	100m:	1:07.38	35.15	200m:	2:18.66	35.77	300m:	3:30.25	35.92	400m:	4:41.22	35.01
29.				2009				+0,63	<b>4:41.27</b>		594	
	50m:	31.97	31.97	150m:	1:43.10	35.77	250m:	2:55.16	35.75	350m:	4:06.63	35.50
	100m:	1:07.33	35.36	200m:	2:19.41	36.31	300m:	3:31.13	35.97	400m:	4:41.27	34.64
30.				2008			- 1	+0,96	<b>4:41.34</b>		593	
	50m:	32.68	32.68	150m:	1:43.80	35.76	250m:	2:55.89	36.27	350m:	4:07.44	35.71
	100m:	1:08.04	35.36	200m:	2:19.62	35.82	300m:	3:31.73	35.84	400m:	4:41.34	33.90
31.				2008				+0,88	<b>4:41.71</b>		591	
	50m:	31.35	31.35	150m:	1:42.32	36.01	250m:	2:54.50	36.06	350m:	4:07.65	36.46
	100m:	1:06.31	34.96	200m:	2:18.44	36.12	300m:	3:31.19	36.69	400m:	4:41.71	34.06
32.				2008				+0,95	<b>4:41.95</b>		589	
	50m:	33.20	33.20	150m:	1:46.20	36.83	250m:	2:58.97	35.91	350m:	4:09.59	34.68
	100m:	1:09.37	36.17	200m:	2:23.06	36.86	300m:	3:34.91	35.94	400m:	4:41.95	32.36
33.				2009				+0,67	<b>4:42.26</b>		587	
	50m:	30.67	30.67	150m:	1:40.96	35.72	250m:	2:53.91	36.75	350m:	4:07.20	36.13
	100m:	1:05.24	34.57	200m:	2:17.16	36.20	300m:	3:31.07	37.16	400m:	4:42.26	35.06



	12, , 400m				(13-14 )				R.T.	FINA		
34.	/								+0,88	<b>4:42.40</b>	587	
	50m:	31.83	31.83	150m:	1:44.21	36.36	250m:	2:56.71	36.38	350m:	4:08.67	35.42
	100m:	1:07.85	36.02	200m:	2:20.33	36.12	300m:	3:33.25	36.54	400m:	4:42.40	33.73
35.	2009								+0,83	<b>4:42.47</b>	586	
	50m:	32.78	32.78	150m:	1:44.10	36.17	250m:	2:56.55	36.72	350m:	4:09.09	36.68
	100m:	1:07.93	35.15	200m:	2:19.83	35.73	300m:	3:32.41	35.86	400m:	4:42.47	33.38
36.	2008								+1,06	<b>4:42.56</b>	586	
	50m:	33.41	33.41	150m:	1:44.35	35.49	250m:	2:56.19	35.71	350m:	4:07.66	35.69
	100m:	1:08.86	35.45	200m:	2:20.48	36.13	300m:	3:31.97	35.78	400m:	4:42.56	34.90
37.	2009								- 1	+0,84	<b>4:43.11</b>	582
	50m:	31.52	31.52	150m:	1:42.79	36.54	250m:	2:56.41	37.10	350m:	4:08.43	35.77
	100m:	1:06.25	34.73	200m:	2:19.31	36.52	300m:	3:32.66	36.25	400m:	4:43.11	34.68
38.	2008								+0,62	<b>4:43.47</b>	580	
	50m:	32.03	32.03	150m:	1:43.44	36.01	250m:	2:56.11	36.42	350m:	4:09.10	36.49
	100m:	1:07.43	35.40	200m:	2:19.69	36.25	300m:	3:32.61	36.50	400m:	4:43.47	34.37
39.	2009								+0,84	<b>4:44.14</b>	576	
	50m:	31.74	31.74	150m:	1:43.14	36.15	250m:	2:55.27	36.18	350m:	4:08.36	36.29
	100m:	1:06.99	35.25	200m:	2:19.09	35.95	300m:	3:32.07	36.80	400m:	4:44.14	35.78
40.	2008								- 1	+0,76	<b>4:44.24</b>	575
	50m:	32.19	32.19	150m:	1:44.32	36.15	250m:	2:57.06	35.90	350m:	4:09.36	36.07
	100m:	1:08.17	35.98	200m:	2:21.16	36.84	300m:	3:33.29	36.23	400m:	4:44.24	34.88
41.	2008								+0,82	<b>4:44.75</b>	572	
	50m:	31.87	31.87	150m:	1:43.55	36.06	250m:	2:56.20	36.36	350m:	4:09.99	36.81
	100m:	1:07.49	35.62	200m:	2:19.84	36.29	300m:	3:33.18	36.98	400m:	4:44.75	34.76
42.	2008								+0,74	<b>4:44.78</b>	572	
	50m:	31.89	31.89	150m:	1:44.13	37.13	250m:	2:57.63	36.67	350m:	4:10.40	35.98
	100m:	1:07.00	35.11	200m:	2:20.96	36.83	300m:	3:34.42	36.79	400m:	4:44.78	34.38
43.	2008								- 1	+1,00	<b>4:44.86</b>	571
	50m:	31.98	31.98	150m:	1:44.12	36.48	250m:	2:57.86	37.07	350m:	4:10.44	36.27
	100m:	1:07.64	35.66	200m:	2:20.79	36.67	300m:	3:34.17	36.31	400m:	4:44.86	34.42
44.	2008								+0,72	<b>4:44.88</b>	571	
	50m:	31.69	31.69	150m:	1:42.79	35.91	250m:	2:55.91	36.87	350m:	4:10.32	37.05
	100m:	1:06.88	35.19	200m:	2:19.04	36.25	300m:	3:33.27	37.36	400m:	4:44.88	34.56
45.	2009									<b>4:45.29</b>	569	
	50m:	31.25	31.25	150m:	1:43.38	36.53	250m:	2:57.02	36.68	350m:	4:10.15	36.06
	100m:	1:06.85	35.60	200m:	2:20.34	36.96	300m:	3:34.09	37.07	400m:	4:45.29	35.14
	2008								- 2	+0,78	<b>4:45.29</b>	569
	50m:	1:43.27	1:43.27	150m:			250m:	2:56.51	36.74	350m:		
	100m:	1:07.60		200m:	2:19.77		300m:	3:33.51	37.00	400m:	4:45.29	
47.	2008								+0,70	<b>4:45.45</b>	568	
	50m:	31.85	31.85	150m:	1:43.36	36.74	250m:	2:57.17	37.53	350m:	4:10.77	36.33
	100m:	1:06.62	34.77	200m:	2:19.64	36.28	300m:	3:34.44	37.27	400m:	4:45.45	34.68
48.	2008								- 1	+0,81	<b>4:45.47</b>	568
	50m:	31.83	31.83	150m:	1:43.60	36.22	250m:	2:57.55	36.97	350m:	4:11.34	36.94
	100m:	1:07.38	35.55	200m:	2:20.58	36.98	300m:	3:34.40	36.85	400m:	4:45.47	34.13
49.	2009								+0,92	<b>4:45.89</b>	565	
	50m:	32.71	32.71	150m:	1:45.59	36.33	250m:	2:58.06	36.16	350m:	4:11.25	35.96
	100m:	1:09.26	36.55	200m:	2:21.90	36.31	300m:	3:35.29	37.23	400m:	4:45.89	34.64
50.	2009								- 2	+0,76	<b>4:45.92</b>	565
	50m:	31.76	31.76	150m:	1:43.27	35.12	250m:	2:56.02	36.05	350m:	4:09.87	35.72
	100m:	1:08.15	36.39	200m:	2:19.97	36.70	300m:	3:34.15	38.13	400m:	4:45.92	36.05



	12, , 400m				(13-14 )				R.T.	FINA		
51.	/								+0,93	<b>4:45.97</b>	565	
	50m:	31.23	31.23	150m:	1:43.39	36.67	250m:	2:57.04	36.91	350m:	4:11.47	36.40
	100m:	1:06.72	35.49	200m:	2:20.13	36.74	300m:	3:35.07	38.03	400m:	4:45.97	34.50
52.	2008				- 1				+0,82	<b>4:46.26</b>	563	
	50m:	31.88	31.88	150m:	1:41.68	35.53	250m:	2:54.29	36.42	350m:	4:09.05	37.40
	100m:	1:06.15	34.27	200m:	2:17.87	36.19	300m:	3:31.65	37.36	400m:	4:46.26	37.21
53.	2008				- 1				+0,79	<b>4:46.71</b>	560	
	50m:	32.70	32.70	150m:	1:45.78	37.26	250m:	2:59.48	37.03	350m:	4:12.87	36.59
	100m:	1:08.52	35.82	200m:	2:22.45	36.67	300m:	3:36.28	36.80	400m:	4:46.71	33.84
54.	2008				- 1				+0,84	<b>4:47.06</b>	558	
	50m:	32.20	32.20	150m:	1:44.50	36.47	250m:	2:58.30	36.86	350m:	4:12.89	36.88
	100m:	1:08.03	35.83	200m:	2:21.44	36.94	300m:	3:36.01	37.71	400m:	4:47.06	34.17
	2008				-				+0,83	<b>4:47.06</b>	558	
	50m:	32.26	32.26	150m:	1:43.84	36.06	250m:	2:57.99	37.11	350m:	4:11.65	36.62
	100m:	1:07.78	35.52	200m:	2:20.88	37.04	300m:	3:35.03	37.04	400m:	4:47.06	35.41
56.	2008								+0,79	<b>4:47.25</b>	557	
	50m:	32.17	32.17	150m:	1:44.49	36.61	250m:	2:58.06	36.70	350m:	4:12.05	36.96
	100m:	1:07.88	35.71	200m:	2:21.36	36.87	300m:	3:35.09	37.03	400m:	4:47.25	35.20
57.	2009								+0,85	<b>4:47.34</b>	557	
	50m:	32.97	32.97	150m:	1:45.18	36.50	250m:	2:59.14	36.99	350m:	4:13.08	37.05
	100m:	1:08.68	35.71	200m:	2:22.15	36.97	300m:	3:36.03	36.89	400m:	4:47.34	34.26
58.	2008								+0,80	<b>4:47.43</b>	556	
	50m:	32.67	32.67	150m:	1:46.25	37.36	250m:	3:00.22	36.73	350m:	4:13.59	36.70
	100m:	1:08.89	36.22	200m:	2:23.49	37.24	300m:	3:36.89	36.67	400m:	4:47.43	33.84
59.	2009				( )				+0,85	<b>4:47.54</b>	556	
	50m:	32.19	32.19	150m:	1:44.48	36.69	250m:	2:57.87	36.60	350m:	4:11.67	36.91
	100m:	1:07.79	35.60	200m:	2:21.27	36.79	300m:	3:34.76	36.89	400m:	4:47.54	35.87
60.	2009								+0,69	<b>4:47.57</b>	555	
	50m:	32.83	32.83	150m:	1:46.92	38.16	250m:	2:59.57	36.02	350m:	4:12.95	37.19
	100m:	1:08.76	35.93	200m:	2:23.55	36.63	300m:	3:35.76	36.19	400m:	4:47.57	34.62
61.	2008								+0,83	<b>4:47.70</b>	555	
	50m:	33.47	33.47	150m:	1:46.58	36.77	250m:	3:00.76	37.11	350m:	4:13.85	36.36
	100m:	1:09.81	36.34	200m:	2:23.65	37.07	300m:	3:37.49	36.73	400m:	4:47.70	33.85
62.	2009								+0,80	<b>4:48.03</b>	553	
	50m:	31.41	31.41	150m:	1:43.83	37.34	250m:	2:58.59	37.31	350m:	4:12.69	36.90
	100m:	1:06.49	35.08	200m:	2:21.28	37.45	300m:	3:35.79	37.20	400m:	4:48.03	35.34
63.	2008								+0,73	<b>4:48.05</b>	553	
	50m:	32.67	32.67	150m:	1:43.96	36.68	250m:	2:58.17	37.35	350m:	4:12.47	37.24
	100m:	1:07.28	34.61	200m:	2:20.82	36.86	300m:	3:35.23	37.06	400m:	4:48.05	35.58
64.	2009				- 2				+0,77	<b>4:48.06</b>	553	
	50m:	32.67	32.67	150m:	1:45.36	36.82	250m:	2:58.82	36.62	350m:	4:11.98	36.58
	100m:	1:08.54	35.87	200m:	2:22.20	36.84	300m:	3:35.40	36.58	400m:	4:48.06	36.08
65.	2009				- 1				+0,82	<b>4:48.15</b>	552	
	50m:	32.23	32.23	150m:	1:44.19	37.10	250m:	2:57.68	37.20	350m:	4:13.05	37.39
	100m:	1:07.09	34.86	200m:	2:20.48	36.29	300m:	3:35.66	37.98	400m:	4:48.15	35.10
66.	2008				-				- 2	<b>4:48.33</b>	551	
	50m:	31.73	31.73	150m:	1:43.50	36.45	250m:	2:57.61	37.26	350m:	4:12.61	37.43
	100m:	1:07.05	35.32	200m:	2:20.35	36.85	300m:	3:35.18	37.57	400m:	4:48.33	35.72
67.	2008								+0,77	<b>4:48.57</b>	550	
	50m:	31.48	31.48	150m:	1:44.09	37.48	250m:	2:58.65	37.52	350m:	4:13.49	37.55
	100m:	1:06.61	35.13	200m:	2:21.13	37.04	300m:	3:35.94	37.29	400m:	4:48.57	35.08



		12, 400m						(13-14)			
				/				R.T.		FINA	
68.				2008	I						
	50m:	32.71	32.71	150m:	1:44.63	36.94	250m:	2:57.97	36.92	350m:	4:12.48
	100m:	1:07.69	34.98	200m:	2:21.05	36.42	300m:	3:35.19	37.22	400m:	4:48.75
											549
69.				2008							
	50m:	32.47	32.47	150m:	1:44.29	36.69	250m:	2:58.79	37.78	350m:	4:13.34
	100m:	1:07.60	35.13	200m:	2:21.01	36.72	300m:	3:36.07	37.28	400m:	4:48.96
											547
70.				2009	I						
	50m:	32.97	32.97	150m:	1:45.38	36.40	250m:	2:59.98	37.24	350m:	4:14.22
	100m:	1:08.98	36.01	200m:	2:22.74	37.36	300m:	3:36.65	36.67	400m:	4:49.10
											547
71.				2009	I						
	50m:	33.47	33.47	150m:	1:46.78	36.67	250m:	3:00.82	36.70	350m:	4:13.89
	100m:	1:10.11	36.64	200m:	2:24.12	37.34	300m:	3:37.88	37.06	400m:	4:49.13
											547
72.				2008							
	50m:	32.36	32.36	150m:	1:44.36	36.52	250m:	2:59.06	37.79	350m:	4:14.07
	100m:	1:07.84	35.48	200m:	2:21.27	36.91	300m:	3:36.34	37.28	400m:	4:49.28
											546
73.				2008							
	50m:	32.10	32.10	150m:	1:44.35	36.78	250m:	2:59.00	37.71	350m:	4:14.06
	100m:	1:07.57	35.47	200m:	2:21.29	36.94	300m:	3:36.59	37.59	400m:	4:49.36
											545
74.				2008	I						
	50m:	32.86	32.86	150m:	1:46.61	37.24	250m:	3:00.40	37.26	350m:	4:14.15
	100m:	1:09.37	36.51	200m:	2:23.14	36.53	300m:	3:37.18	36.78	400m:	4:49.45
											545
75.				2009	I						
	50m:	33.16	33.16	150m:	1:47.97	37.71	250m:	3:03.16	37.78	350m:	4:16.95
	100m:	1:10.26	37.10	200m:	2:25.38	37.41	300m:	3:40.04	36.88	400m:	4:49.57
											544
76.				2009							
	50m:	32.91	32.91	150m:	1:47.36	37.93	250m:	3:02.26	36.97	350m:	4:16.09
	100m:	1:09.43	36.52	200m:	2:25.29	37.93	300m:	3:39.56	37.30	400m:	4:49.78
											543
77.				2009							
	50m:	32.60	32.60	150m:	1:45.83	37.06	250m:	3:00.15	37.62	350m:	4:13.67
	100m:	1:08.77	36.17	200m:	2:22.53	36.70	300m:	3:37.31	37.16	400m:	4:49.81
											543
78.				2009	I						
	50m:	31.91	31.91	150m:	1:43.83	36.62	250m:	2:58.78	37.43	350m:	4:13.98
	100m:	1:07.21	35.30	200m:	2:21.35	37.52	300m:	3:36.65	37.87	400m:	4:49.94
											542
79.				2009							
	50m:	32.53	32.53	150m:	1:45.13	36.88	250m:	2:59.94	37.50	350m:	4:14.30
	100m:	1:08.25	35.72	200m:	2:22.44	37.31	300m:	3:37.45	37.51	400m:	4:49.99
											542
80.				2008							
	50m:	33.96	33.96	150m:	1:47.30	37.04	250m:	3:01.37	37.20	350m:	4:14.87
	100m:	1:10.26	36.30	200m:	2:24.17	36.87	300m:	3:38.81	37.44	400m:	4:50.06
											541
81.				2009	I						
	50m:	32.54	32.54	150m:	1:45.60	36.86	250m:	3:00.00	37.48	350m:	4:14.55
	100m:	1:08.74	36.20	200m:	2:22.52	36.92	300m:	3:37.60	37.60	400m:	4:50.13
											541
82.				2008							
	50m:	31.09	31.09	150m:	1:43.01	36.75	250m:	2:58.52	38.21	350m:	4:14.23
	100m:	1:06.26	35.17	200m:	2:20.31	37.30	300m:	3:36.36	37.84	400m:	4:50.35
											540
83.				2008							
	50m:	31.89	31.89	150m:	1:45.08	37.49	250m:	3:00.94	38.23	350m:	4:16.05
	100m:	1:07.59	35.70	200m:	2:22.71	37.63	300m:	3:38.89	37.95	400m:	4:50.56
											538
84.				2008							
	50m:	32.01	32.01	150m:	1:43.72	36.88	250m:	2:58.47	37.32	350m:	4:13.93
	100m:	1:06.84	34.83	200m:	2:21.15	37.43	300m:	3:36.59	38.12	400m:	4:50.63
											538



		12, 400m						(13-14)					
		/						R.T.		FINA			
85.				2008	I				+0,72	<b>4:50.90</b>	I	537	
	50m:	32.32	32.32	150m:	1:45.30	37.21	250m:	3:00.42	36.95	350m:	4:15.81	37.57	
	100m:	1:08.09	35.77	200m:	2:23.47	38.17	300m:	3:38.24	37.82	400m:	4:50.90	35.09	
86.				2008	I				- 2	+0,79	<b>4:51.27</b>	I	535
	50m:	33.79	33.79	150m:	1:46.07	36.65	250m:	3:01.02	37.57	350m:	4:15.68	37.45	
	100m:	1:09.42	35.63	200m:	2:23.45	37.38	300m:	3:38.23	37.21	400m:	4:51.27	35.59	
				2009		-	- 1		+0,69	<b>4:51.27</b>	I	535	
	50m:	32.12	32.12	150m:	1:44.46	36.47	250m:	2:58.91	36.92	350m:	4:14.63	37.50	
	100m:	1:07.99	35.87	200m:	2:21.99	37.53	300m:	3:37.13	38.22	400m:	4:51.27	36.64	
88.				2009					+0,69	<b>4:51.28</b>	I	534	
	50m:	32.48	32.48	150m:	1:46.89	37.84	250m:	3:01.89	37.57	350m:	4:16.32	36.70	
	100m:	1:09.05	36.57	200m:	2:24.32	37.43	300m:	3:39.62	37.73	400m:	4:51.28	34.96	
89.				2008					+0,86	<b>4:51.29</b>	I	534	
	50m:	33.18	33.18	150m:	1:45.80	36.92	250m:	3:00.50	37.68	350m:	4:15.54	37.40	
	100m:	1:08.88	35.70	200m:	2:22.82	37.02	300m:	3:38.14	37.64	400m:	4:51.29	35.75	
90.				2009	I				+0,86	<b>4:51.52</b>	I	533	
	50m:	33.20	33.20	150m:	1:47.52	37.40	250m:	3:02.29	37.24	350m:	4:17.51	37.39	
	100m:	1:10.12	36.92	200m:	2:25.05	37.53	300m:	3:40.12	37.83	400m:	4:51.52	34.01	
91.				2009	I				+0,80	<b>4:51.58</b>	I	533	
	50m:	33.14	33.14	150m:	1:45.84	36.82	250m:	3:01.51	37.97	350m:	4:15.64	36.34	
	100m:	1:09.02	35.88	200m:	2:23.54	37.70	300m:	3:39.30	37.79	400m:	4:51.58	35.94	
92.				2008					+0,88	<b>4:51.78</b>	I	532	
	50m:	32.90	32.90	150m:	1:44.27	36.18	250m:	2:58.82	37.55	350m:	4:14.45	37.69	
	100m:	1:08.09	35.19	200m:	2:21.27	37.00	300m:	3:36.76	37.94	400m:	4:51.78	37.33	
93.				2009	I	-	- 2		+0,77	<b>4:52.13</b>	I	530	
	50m:	32.66	32.66	150m:	1:45.76	37.11	250m:	3:01.59	38.26	350m:	4:16.39	37.71	
	100m:	1:08.65	35.99	200m:	2:23.33	37.57	300m:	3:38.68	37.09	400m:	4:52.13	35.74	
94.				2009	I				- 2	+0,98	<b>4:52.29</b>	I	529
	50m:	32.30	32.30	150m:	1:44.06	37.09	250m:	2:59.24	38.41	350m:	4:15.54	38.57	
	100m:	1:06.97	34.67	200m:	2:20.83	36.77	300m:	3:36.97	37.73	400m:	4:52.29	36.75	
95.				2008	I				- 1	+0,82	<b>4:52.42</b>	I	528
	50m:	30.14	30.14	150m:	1:42.02	37.32	250m:	2:59.84	39.61	350m:	4:16.59	37.86	
	100m:	1:04.70	34.56	200m:	2:20.23	38.21	300m:	3:38.73	38.89	400m:	4:52.42	35.83	
96.				2008					+0,76	<b>4:52.49</b>	I	528	
	50m:	32.13	32.13	150m:	1:46.13	37.44	250m:	3:01.83	38.29	350m:	4:17.73	37.92	
	100m:	1:08.69	36.56	200m:	2:23.54	37.41	300m:	3:39.81	37.98	400m:	4:52.49	34.76	
97.				2009	I				- 1	+0,84	<b>4:52.52</b>	I	528
	50m:	31.90	31.90	150m:	1:44.70	37.26	250m:	3:00.14	38.18	350m:	4:16.61	38.22	
	100m:	1:07.44	35.54	200m:	2:21.96	37.26	300m:	3:38.39	38.25	400m:	4:52.52	35.91	
98.				2008	I				+0,84	<b>4:52.70</b>	I	527	
	50m:	31.76	31.76	150m:	1:45.86	37.29	250m:	3:02.59	37.89	350m:	4:18.77	37.97	
	100m:	1:08.57	36.81	200m:	2:24.70	38.84	300m:	3:40.80	38.21	400m:	4:52.70	33.93	
99.				2008		- 2				<b>4:52.89</b>	I	526	
	50m:	32.96	32.96	150m:	1:46.21	37.24	250m:	3:01.33	37.79	350m:	4:17.33	38.39	
	100m:	1:08.97	36.01	200m:	2:23.54	37.33	300m:	3:38.94	37.61	400m:	4:52.89	35.56	
100.				2009	I				+0,79	<b>4:53.09</b>	I	525	
	50m:	32.26	32.26	150m:	1:45.23	37.77	250m:	3:01.85	38.99	350m:	4:17.65	37.98	
	100m:	1:07.46	35.20	200m:	2:22.86	37.63	300m:	3:39.67	37.82	400m:	4:53.09	35.44	
101.				2008	I				- 1	<b>4:53.50</b>	I	522	
	50m:	33.15	33.15	150m:	1:45.68	36.43	250m:	3:01.81	38.38	350m:	4:17.23	37.59	
	100m:	1:09.25	36.10	200m:	2:23.43	37.75	300m:	3:39.64	37.83	400m:	4:53.50	36.27	



	12,	, 400m						(13-14 )				
			/					R.T.				FINA
102.			2008		-			+0,82	<b>4:53.53</b>			522
	50m:	32.38	32.38	150m:	1:46.06	37.56	250m:	3:02.08	37.80	350m:	4:18.20	36.96
	100m:	1:08.50	36.12	200m:	2:24.28	38.22	300m:	3:41.24	39.16	400m:	4:53.53	35.33
103.			2009					+0,89	<b>4:53.58</b>			522
	50m:	32.69	32.69	150m:	1:47.28	37.93	250m:	3:03.08	38.05	350m:	4:18.11	37.71
	100m:	1:09.35	36.66	200m:	2:25.03	37.75	300m:	3:40.40	37.32	400m:	4:53.58	35.47
104.			2009				- 1	+0,78	<b>4:53.64</b>			522
	50m:	31.60	31.60	150m:	1:44.73	36.85	250m:	3:00.60	37.63	350m:	4:16.87	38.07
	100m:	1:07.88	36.28	200m:	2:22.97	38.24	300m:	3:38.80	38.20	400m:	4:53.64	36.77
105.			2009					+0,65	<b>4:53.65</b>			522
	50m:	32.42	32.42	150m:	1:47.22	38.14	250m:	3:04.48	37.94	350m:	4:19.15	36.18
	100m:	1:09.08	36.66	200m:	2:26.54	39.32	300m:	3:42.97	38.49	400m:	4:53.65	34.50
106.			2008				- 2	+0,79	<b>4:54.20</b>			519
	50m:	32.39	32.39	150m:	1:45.73	36.94	250m:	3:01.41	37.71	350m:	4:18.01	38.35
	100m:	1:08.79	36.40	200m:	2:23.70	37.97	300m:	3:39.66	38.25	400m:	4:54.20	36.19
107.			2008				- 1	+0,91	<b>4:54.28</b>			518
	50m:	33.59	33.59	150m:	1:47.75	37.55	250m:	3:04.12	38.36	350m:	4:19.15	37.34
	100m:	1:10.20	36.61	200m:	2:25.76	38.01	300m:	3:41.81	37.69	400m:	4:54.28	35.13
108.			2009					+0,77	<b>4:54.30</b>			518
	50m:	32.88	32.88	150m:	1:49.34	38.80	250m:	3:05.70	37.62	350m:	4:19.93	36.18
	100m:	1:10.54	37.66	200m:	2:28.08	38.74	300m:	3:43.75	38.05	400m:	4:54.30	34.37
109.			2008						<b>4:54.56</b>			517
	50m:	32.84	32.84	150m:	1:48.43	38.51	250m:	3:05.49	38.65	350m:	4:20.23	36.25
	100m:	1:09.92	37.08	200m:	2:26.84	38.41	300m:	3:43.98	38.49	400m:	4:54.56	34.33
110.			2008					+0,80	<b>4:54.68</b>			516
	50m:	34.90	34.90	150m:	1:49.23	37.36	250m:	3:04.34	37.73	350m:	4:18.92	37.57
	100m:	1:11.87	36.97	200m:	2:26.61	37.38	300m:	3:41.35	37.01	400m:	4:54.68	35.76
111.			2009					+0,79	<b>4:54.87</b>			515
	50m:	32.29	32.29	150m:	1:46.46	37.66	250m:	3:03.05	39.12	350m:	4:19.88	38.27
	100m:	1:08.80	36.51	200m:	2:23.93	37.47	300m:	3:41.61	38.56	400m:	4:54.87	34.99
112.			2008					+1,03	<b>4:55.13</b>			514
	50m:	32.56	32.56	150m:	1:46.33	37.41	250m:	3:02.84	38.31	350m:	4:19.26	37.75
	100m:	1:08.92	36.36	200m:	2:24.53	38.20	300m:	3:41.51	38.67	400m:	4:55.13	35.87
113.			2009					+0,83	<b>4:55.33</b>			513
	50m:	32.80	32.80	150m:	1:47.30	37.90	250m:	3:03.41	37.59	350m:	4:20.10	38.29
	100m:	1:09.40	36.60	200m:	2:25.82	38.52	300m:	3:41.81	38.40	400m:	4:55.33	35.23
114.			2009					+0,65	<b>4:55.41</b>			512
	50m:	32.82	32.82	150m:	1:45.02	36.99	250m:	3:00.28	38.02	350m:	4:17.33	38.50
	100m:	1:08.03	35.21	200m:	2:22.26	37.24	300m:	3:38.83	38.55	400m:	4:55.41	38.08
115.			2009					+0,73	<b>4:55.46</b>			512
	50m:	31.92	31.92	150m:	1:45.91	37.77	250m:	3:03.42	38.90	350m:	4:20.00	37.73
	100m:	1:08.14	36.22	200m:	2:24.52	38.61	300m:	3:42.27	38.85	400m:	4:55.46	35.46
116.			2008				- 2	+0,86	<b>4:55.59</b>			511
	50m:	33.58	33.58	150m:	1:48.29	37.77	250m:	3:03.56	37.42	350m:	4:18.80	37.31
	100m:	1:10.52	36.94	200m:	2:26.14	37.85	300m:	3:41.49	37.93	400m:	4:55.59	36.79
117.			2008				- 2	+0,88	<b>4:55.60</b>			511
	50m:	31.59	31.59	150m:	1:45.19	38.33	250m:	3:01.45	38.33	350m:	4:18.80	38.67
	100m:	1:06.86	35.27	200m:	2:23.12	37.93	300m:	3:40.13	38.68	400m:	4:55.60	36.80
118.			2009				- 2	+0,94	<b>4:55.79</b>			510
	50m:	32.54	32.54	150m:	1:48.89	38.58	250m:	3:03.77	36.72	350m:	4:20.27	37.66
	100m:	1:10.31	37.77	200m:	2:27.05	38.16	300m:	3:42.61	38.84	400m:	4:55.79	35.52



	12,	, 400m						(13-14 )				
			/					R.T.				FINA
119.			2009	I				+0,90	<b>4:56.20</b>	I		508
	50m:	32.22	32.22	150m:	1:46.01	38.03	250m:	3:02.15	38.52	350m:	4:19.65	38.88
	100m:	1:07.98	35.76	200m:	2:23.63	37.62	300m:	3:40.77	38.62	400m:	4:56.20	36.55
120.			2008					+0,77	<b>4:56.38</b>	I		507
	50m:	33.53	33.53	150m:	1:47.72	37.18	250m:	3:02.53	36.98	350m:	4:20.62	39.50
	100m:	1:10.54	37.01	200m:	2:25.55	37.83	300m:	3:41.12	38.59	400m:	4:56.38	35.76
121.			2009	I			- 2	+0,79	<b>4:56.39</b>	I		507
	50m:	33.13	33.13	150m:	1:46.70	37.34	250m:	3:03.34	38.35	350m:	4:19.64	37.84
	100m:	1:09.36	36.23	200m:	2:24.99	38.29	300m:	3:41.80	38.46	400m:	4:56.39	36.75
122.			2008	I				+0,76	<b>4:56.59</b>	I		506
	50m:	31.12	31.12	150m:	1:45.11	38.12	250m:	3:03.01	38.90	350m:	4:20.23	38.55
	100m:	1:06.99	35.87	200m:	2:24.11	39.00	300m:	3:41.68	38.67	400m:	4:56.59	36.36
123.			2009	I				+0,84	<b>4:56.76</b>	I		505
	50m:	33.62	33.62	150m:	1:49.73	38.36	250m:	3:06.49	38.26	350m:	4:21.39	36.84
	100m:	1:11.37	37.75	200m:	2:28.23	38.50	300m:	3:44.55	38.06	400m:	4:56.76	35.37
124.			2008	I			- 2	+0,70	<b>4:57.13</b>	I		504
	50m:	33.92	33.92	150m:	1:48.26	37.71	300m:	3:42.08	1:16.24	400m:	4:57.13	37.58
	100m:	1:10.55	36.63	200m:	2:25.84	37.58	350m:	4:19.55	37.47			
125.			2008	I			- 2	+0,73	<b>4:57.20</b>	I		503
	50m:	32.86	32.86	150m:	1:47.22	38.01	250m:	3:03.67	38.32	350m:	4:20.84	38.60
	100m:	1:09.21	36.35	200m:	2:25.35	38.13	300m:	3:42.24	38.57	400m:	4:57.20	36.36
126.			2009	I				+0,79	<b>4:57.35</b>	I		502
	50m:	34.01	34.01	150m:	1:48.69	37.91	250m:	3:05.16	38.32	350m:	4:21.62	38.19
	100m:	1:10.78	36.77	200m:	2:26.84	38.15	300m:	3:43.43	38.27	400m:	4:57.35	35.73
			2009	I					<b>4:57.35</b>	I		502
	50m:	32.93	32.93	150m:	1:47.07	37.94	250m:	3:03.79	39.07	350m:	4:20.77	38.57
	100m:	1:09.13	36.20	200m:	2:24.72	37.65	300m:	3:42.20	38.41	400m:	4:57.35	36.58
128.			2008					+0,59	<b>4:57.42</b>	I		502
	50m:	33.24	33.24	150m:	1:48.27	37.90	250m:	3:04.60	38.33	350m:	4:21.11	37.92
	100m:	1:10.37	37.13	200m:	2:26.27	38.00	300m:	3:43.19	38.59	400m:	4:57.42	36.31
129.			2009	I				+0,75	<b>4:57.74</b>	I		500
	50m:	31.20	31.20	150m:	1:45.12	37.68	250m:	3:02.96	38.84	350m:	4:21.76	39.15
	100m:	1:07.44	36.24	200m:	2:24.12	39.00	300m:	3:42.61	39.65	400m:	4:57.74	35.98
130.			2009	I				+0,70	<b>4:58.64</b>	I		496
	50m:	32.56	32.56	150m:	1:45.56	37.13	250m:	3:02.06	38.60	350m:	4:20.35	38.70
	100m:	1:08.43	35.87	200m:	2:23.46	37.90	300m:	3:41.65	39.59	400m:	4:58.64	38.29
131.			2008	I				+0,76	<b>4:58.76</b>	I		495
	50m:	32.85	32.85	150m:	1:47.52	38.30	250m:	3:04.70	38.84	350m:	4:21.90	38.60
	100m:	1:09.22	36.37	200m:	2:25.86	38.34	300m:	3:43.30	38.60	400m:	4:58.76	36.86
132.			2008					+0,71	<b>4:59.42</b>	I		492
	50m:	32.89	32.89	150m:	1:47.31	37.85	250m:	3:04.02	38.62	350m:	4:21.98	39.11
	100m:	1:09.46	36.57	200m:	2:25.40	38.09	300m:	3:42.87	38.85	400m:	4:59.42	37.44
133.			2008	I			- 2	+0,74	<b>4:59.53</b>	I		491
	50m:	33.18	33.18	150m:	1:47.90	37.92	250m:	3:04.66	38.20	350m:	4:22.49	38.48
	100m:	1:09.98	36.80	200m:	2:26.46	38.56	300m:	3:44.01	39.35	400m:	4:59.53	37.04
134.			2009	I				+0,77	<b>4:59.59</b>	I		491
	50m:	31.52	31.52	150m:	1:46.36	38.06	250m:	3:04.27	38.60	350m:	4:21.88	38.22
	100m:	1:08.30	36.78	200m:	2:25.67	39.31	300m:	3:43.66	39.39	400m:	4:59.59	37.71
135.			2008	I				+0,83	<b>4:59.68</b>	I		491
	50m:	32.85	32.85	150m:	1:47.99	38.40	250m:	3:06.00	38.85	350m:	4:23.56	38.42
	100m:	1:09.59	36.74	200m:	2:27.15	39.16	300m:	3:45.14	39.14	400m:	4:59.68	36.12





No.	12, , 400m						(13-14 )					
	50m:	33.44	33.44	150m:	1:48.66	38.56	250m:	3:06.08	39.04	350m:	4:24.20	39.22
136.	100m:	1:10.10	36.66	200m:	2:27.04	38.38	300m:	3:44.98	38.90	400m:	5:00.36	36.16
137.	50m:	32.92	32.92	150m:	1:47.19	38.48	250m:	3:05.61	39.35	350m:	4:24.15	39.31
	100m:	1:08.71	35.79	200m:	2:26.26	39.07	300m:	3:44.84	39.23	400m:	5:00.56	36.41
138.	50m:	33.15	33.15	150m:	1:48.82	38.17	250m:	3:06.04	38.44	350m:	4:23.56	38.23
	100m:	1:10.65	37.50	200m:	2:27.60	38.78	300m:	3:45.33	39.29	400m:	5:00.59	37.03
139.	50m:	32.82	32.82	150m:	1:49.14	38.63	250m:	3:06.76	38.74	350m:	4:23.56	38.14
	100m:	1:10.51	37.69	200m:	2:28.02	38.88	300m:	3:45.42	38.66	400m:	5:00.80	37.24
140.	50m:	34.06	34.06	150m:	1:49.05	38.07	250m:	3:06.50	38.70	350m:	4:24.03	38.90
	100m:	1:10.98	36.92	200m:	2:27.80	38.75	300m:	3:45.13	38.63	400m:	5:00.84	36.81
141.	50m:	34.41	34.41	150m:	1:53.00	40.06	250m:	3:10.37	38.86	350m:	4:25.31	37.92
	100m:	1:12.94	38.53	200m:	2:31.51	38.51	300m:	3:47.39	37.02	400m:	5:01.10	35.79
142.	50m:	33.43	33.43	150m:	1:50.03	39.09	250m:	3:07.94	39.43	350m:	4:26.19	39.03
	100m:	1:10.94	37.51	200m:	2:28.51	38.48	300m:	3:47.16	39.22	400m:	5:01.50	35.31
143.	50m:	32.60	32.60	150m:	1:47.66	38.73	250m:	3:05.58	39.33	350m:	4:22.63	37.68
	100m:	1:08.93	36.33	200m:	2:26.25	38.59	300m:	3:44.95	39.37	400m:	5:01.53	38.90
144.	50m:	34.56	34.56	150m:	1:50.83	38.29	250m:	3:08.32	38.81	350m:	4:25.18	37.33
	100m:	1:12.54	37.98	200m:	2:29.51	38.68	300m:	3:47.85	39.53	400m:	5:01.64	36.46
145.	50m:	32.11	32.11	150m:	1:47.20	38.03	250m:	3:05.55	38.88	350m:	4:23.32	38.32
	100m:	1:09.17	37.06	200m:	2:26.67	39.47	300m:	3:45.00	39.45	400m:	5:01.77	38.45
146.	50m:	33.37	33.37	150m:	1:48.96	37.99	250m:	3:06.71	39.00	350m:	4:24.88	38.82
	100m:	1:10.97	37.60	200m:	2:27.71	38.75	300m:	3:46.06	39.35	400m:	5:02.06	37.18
147.	50m:	34.54	34.54	150m:	1:51.70	39.54	250m:	3:09.62	39.42	350m:	4:27.64	39.17
	100m:	1:12.16	37.62	200m:	2:30.20	38.50	300m:	3:48.47	38.85	400m:	5:02.58	34.94
148.	50m:	33.73	33.73	150m:	1:49.43	38.67	250m:	3:08.48	39.31	350m:	4:26.44	38.68
	100m:	1:10.76	37.03	200m:	2:29.17	39.74	300m:	3:47.76	39.28	400m:	5:02.80	36.36
149.	50m:	34.62	34.62	150m:	1:51.40	39.01	250m:	3:09.22	38.84	350m:	4:26.37	38.38
	100m:	1:12.39	37.77	200m:	2:30.38	38.98	300m:	3:47.99	38.77	400m:	5:02.93	36.56
150.	50m:	33.99	33.99	150m:	1:50.09	38.91	250m:	3:08.12	38.86	350m:	4:26.21	38.70
	100m:	1:11.18	37.19	200m:	2:29.26	39.17	300m:	3:47.51	39.39	400m:	5:03.34	37.13
151.	50m:	32.79	32.79	150m:	1:47.60	39.00	250m:	3:07.47	40.07	350m:	4:27.23	39.67
	100m:	1:08.60	35.81	200m:	2:27.40	39.80	300m:	3:47.56	40.09	400m:	5:03.44	36.21
152.	50m:	33.47	33.47	150m:	1:51.20	38.99	250m:	3:09.67	39.09	350m:	4:27.65	38.47
	100m:	1:12.21	38.74	200m:	2:30.58	39.38	300m:	3:49.18	39.51	400m:	5:03.58	35.93



	12,	, 400m					(13-14 )		R.T.		FINA	
153.			2009	I						<b>5:05.11</b>	<b>465</b>	
	50m:	33.07	33.07	150m:	1:49.22	38.86	250m:	3:08.46	39.70	350m:	4:28.30	40.47
	100m:	1:10.36	37.29	200m:	2:28.76	39.54	300m:	3:47.83	39.37	400m:	5:05.11	36.81
			2008	I					+0,75	<b>5:05.11</b>	<b>465</b>	
	50m:	32.73	32.73	150m:	1:47.01	37.85	250m:	3:06.21	40.08	350m:	4:26.04	39.84
	100m:	1:09.16	36.43	200m:	2:26.13	39.12	300m:	3:46.20	39.99	400m:	5:05.11	39.07
			2009	I					+0,81	<b>5:05.11</b>	<b>465</b>	
	50m:	33.79	33.79	150m:	1:50.49	39.45	250m:	3:08.29	38.58	350m:	4:26.54	39.61
	100m:	1:11.04	37.25	200m:	2:29.71	39.22	300m:	3:46.93	38.64	400m:	5:05.11	38.57
156.			2008	I					+0,79	<b>5:05.20</b>	<b>465</b>	
	50m:	32.50	32.50	150m:	1:47.07	38.21	250m:	3:06.66	39.99	350m:	4:26.70	39.82
	100m:	1:08.86	36.36	200m:	2:26.67	39.60	300m:	3:46.88	40.22	400m:	5:05.20	38.50
157.			2008	I			- 1		+0,90	<b>5:05.31</b>	<b>464</b>	
	50m:	34.00	34.00	150m:	1:50.22	39.04	250m:	3:09.65	39.95	350m:	4:28.41	39.74
	100m:	1:11.18	37.18	200m:	2:29.70	39.48	300m:	3:48.67	39.02	400m:	5:05.31	36.90
158.			2009	I		-	- 2		+0,86	<b>5:05.52</b>	<b>463</b>	
	50m:	32.42	32.42	150m:	1:49.39	39.82	250m:	3:09.84	40.16	350m:	4:28.73	39.55
	100m:	1:09.57	37.15	200m:	2:29.68	40.29	300m:	3:49.18	39.34	400m:	5:05.52	36.79
			2008	I						<b>5:05.52</b>	<b>463</b>	
	50m:	33.48	33.48	150m:	1:49.74	38.51	250m:	3:08.87	39.85	350m:	4:28.05	39.29
	100m:	1:11.23	37.75	200m:	2:29.02	39.28	300m:	3:48.76	39.89	400m:	5:05.52	37.47
160.			2008	I			- 2		+0,75	<b>5:05.84</b>	<b>462</b>	
	50m:	33.91	33.91	150m:	1:51.23	39.54	250m:	3:10.01	39.39	350m:	4:28.74	39.42
	100m:	1:11.69	37.78	200m:	2:30.62	39.39	300m:	3:49.32	39.31	400m:	5:05.84	37.10
161.			2008				- 2		+0,82	<b>5:06.02</b>	<b>461</b>	
	50m:	32.91	32.91	150m:	1:48.91	38.40	250m:	3:08.29	39.53	350m:	4:27.75	39.20
	100m:	1:10.51	37.60	200m:	2:28.76	39.85	300m:	3:48.55	40.26	400m:	5:06.02	38.27
162.			2008	I			- 2		+0,75	<b>5:06.21</b>	<b>460</b>	
	50m:	34.58	34.58	150m:	1:52.20	39.38	250m:	3:11.21	39.42	350m:	4:29.36	38.73
	100m:	1:12.82	38.24	200m:	2:31.79	39.59	300m:	3:50.63	39.42	400m:	5:06.21	36.85
163.			2008	I					+0,82	<b>5:06.27</b>	<b>460</b>	
	50m:	33.22	33.22	150m:	1:49.82	38.95	250m:	3:08.75	39.83	350m:	4:29.00	40.45
	100m:	1:10.87	37.65	200m:	2:28.92	39.10	300m:	3:48.55	39.80	400m:	5:06.27	37.27
164.			2009	I			- 2		+0,91	<b>5:06.30</b>	<b>460</b>	
	50m:	34.26	34.26	150m:	1:53.51	39.36	250m:	3:12.95	40.44	350m:	4:28.48	36.19
	100m:	1:14.15	39.89	200m:	2:32.51	39.00	300m:	3:52.29	39.34	400m:	5:06.30	37.82
165.			2008	I			- 2		+0,93	<b>5:06.52</b>	<b>459</b>	
	50m:	34.48	34.48	150m:	1:51.14	38.81	250m:	3:09.50	39.42	350m:	4:28.41	39.25
	100m:	1:12.33	37.85	200m:	2:30.08	38.94	300m:	3:49.16	39.66	400m:	5:06.52	38.11
166.			2009	I					+0,84	<b>5:07.74</b>	<b>453</b>	
	50m:	33.53	33.53	150m:	1:52.08	39.69	250m:	3:12.05	39.61	350m:	4:30.96	38.71
	100m:	1:12.39	38.86	200m:	2:32.44	40.36	300m:	3:52.25	40.20	400m:	5:07.74	36.78
167.			2009	I					+0,81	<b>5:08.16</b>	<b>451</b>	
	50m:	33.77	33.77	150m:	1:50.57	40.35	250m:	3:10.28	39.72	350m:	4:32.29	41.18
	100m:	1:10.22	36.45	200m:	2:30.56	39.99	300m:	3:51.11	40.83	400m:	5:08.16	35.87
168.			2008				( )		+0,80	<b>5:09.40</b>	<b>446</b>	
	50m:	33.44	33.44	150m:	1:48.14	37.82	250m:	3:07.92	40.48	350m:	4:29.58	40.76
	100m:	1:10.32	36.88	200m:	2:27.44	39.30	300m:	3:48.82	40.90	400m:	5:09.40	39.82
169.			2008	I			- 2			<b>5:09.51</b>	<b>445</b>	
	50m:	33.79	33.79	150m:	1:51.11	38.93	250m:	3:10.77	39.89	350m:	4:31.19	39.96
	100m:	1:12.18	38.39	200m:	2:30.88	39.77	300m:	3:51.23	40.46	400m:	5:09.51	38.32



		12, , 400m						(13-14 )				
				/				R.T.		FINA		
170.				2008	I			- 2	+0,82	<b>5:11.31</b>	438	
	50m:	35.49	35.49	150m:	1:54.75	39.94	250m:	3:14.53	40.23	350m:	4:34.57	39.98
	100m:	1:14.81	39.32	200m:	2:34.30	39.55	300m:	3:54.59	40.06	400m:	5:11.31	36.74
171.				2009	I				+0,75	<b>5:13.29</b>	429	
	50m:	33.96	33.96	150m:	1:52.45	39.58	250m:	3:13.26	40.04	350m:	4:34.90	40.70
	100m:	1:12.87	38.91	200m:	2:33.22	40.77	300m:	3:54.20	40.94	400m:	5:13.29	38.39
172.				2009	I			- 2	+0,79	<b>5:13.34</b>	429	
	50m:	35.43	35.43	150m:	1:56.14	40.77	250m:	3:16.29	40.26	350m:	4:36.81	40.80
	100m:	1:15.37	39.94	200m:	2:36.03	39.89	300m:	3:56.01	39.72	400m:	5:13.34	36.53
173.				2009	I			- 2	+0,64	<b>5:13.74</b>	428	
	50m:	34.45	34.45	150m:	1:54.67	40.71	250m:	3:15.34	41.29	350m:	4:34.81	39.93
	100m:	1:13.96	39.51	200m:	2:34.05	39.38	300m:	3:54.88	39.54	400m:	5:13.74	38.93
174.				2008	I				+1,01	<b>5:14.32</b>	425	
	50m:	34.63	34.63	150m:	1:55.03	41.51	250m:	3:16.67	41.15	350m:	4:37.88	40.40
	100m:	1:13.52	38.89	200m:	2:35.52	40.49	300m:	3:57.48	40.81	400m:	5:14.32	36.44
175.				2009	I				+0,78	<b>5:14.59</b>	424	
	50m:	36.82	36.82	150m:	1:57.78	40.51	250m:	3:19.28	40.76	350m:	4:37.35	38.67
	100m:	1:17.27	40.45	200m:	2:38.52	40.74	300m:	3:58.68	39.40	400m:	5:14.59	37.24
176.				2008	I				+0,85	<b>5:16.43</b>	417	
	50m:	35.06	35.06	150m:	1:54.78	40.52	250m:	3:16.36	41.12	350m:	4:38.21	41.02
	100m:	1:14.26	39.20	200m:	2:35.24	40.46	300m:	3:57.19	40.83	400m:	5:16.43	38.22
177.				2008	I				+0,78	<b>5:17.51</b>	413	
	50m:	35.93	35.93	150m:	1:57.56	41.45	250m:	3:20.32	41.50	350m:	4:41.38	41.22
	100m:	1:16.11	40.18	200m:	2:38.82	41.26	300m:	4:00.16	39.84	400m:	5:17.51	36.13
178.				2009	I				+0,72	<b>5:20.15</b>	402	
	50m:	35.24	35.24	150m:	1:53.69	40.28	250m:	3:16.26	41.78	350m:	4:39.85	41.35
	100m:	1:13.41	38.17	200m:	2:34.48	40.79	300m:	3:58.50	42.24	400m:	5:20.15	40.30
179.				2008					+0,77	<b>5:21.28</b>	398	
	50m:	35.97	35.97	150m:	1:56.80	40.96	250m:	3:19.41	41.35	350m:	4:41.54	40.87
	100m:	1:15.84	39.87	200m:	2:38.06	41.26	300m:	4:00.67	41.26	400m:	5:21.28	39.74
180.				2009	I			- 2	+0,76	<b>5:22.39</b>	394	
	50m:	33.77	33.77	150m:	1:52.51	40.59	300m:	4:01.73	43.85	400m:	5:22.39	37.52
	100m:	1:11.92	38.15	250m:	3:17.88	1:25.37	350m:	4:44.87	43.14			
181.				2008	I				+0,79	<b>5:22.49</b>	394	
	50m:	36.62	36.62	150m:	1:59.01	41.72	250m:	3:21.68	41.51	350m:	4:44.38	41.07
	100m:	1:17.29	40.67	200m:	2:40.17	41.16	300m:	4:03.31	41.63	400m:	5:22.49	38.11
182.				2009	I			- 2	+0,76	<b>5:22.59</b>	393	
	50m:	34.67	34.67	150m:	1:54.19	40.50	250m:	3:17.06	41.34	350m:	4:41.48	41.93
	100m:	1:13.69	39.02	200m:	2:35.72	41.53	300m:	3:59.55	42.49	400m:	5:22.59	41.11
183.				2008	I				+0,78	<b>5:33.22</b>	357	
	50m:	34.51	34.51	150m:	1:57.98	43.50	250m:	3:25.25	44.06	350m:	4:53.28	44.41
	100m:	1:14.48	39.97	200m:	2:41.19	43.21	300m:	4:08.87	43.62	400m:	5:33.22	39.94
DSQ				2008	I			- 2				
DNS				2008				- 1				
DNS				2008				- 1				