



ЧЕМПИОНАТ РОССИИ ПО ПЛАВАНИЮ



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22
17.11.2013 - 10:49

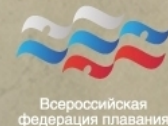
, 400m

2000

				3:35.75				(TUR)		10.12.2009		
				3:48.58								
: FINA 2013												
								RT		FINA		
1.				1990				+0,78	3:44.73		842 A	
	25m:	12.18	12.18	125m:	1:07.26	13.95	225m:	2:04.13	14.26	325m:	3:01.80	14.40
	50m:	25.64	13.46	150m:	1:21.32	14.06	250m:	2:18.33	14.20	350m:	3:16.28	14.48
	75m:	39.50	13.86	175m:	1:35.48	14.16	275m:	2:32.85	14.52	375m:	3:30.79	14.51
	100m:	53.31	13.81	200m:	1:49.87	14.39	300m:	2:47.40	14.55	400m:	3:44.73	13.94
2.				1988				+0,84	3:46.40		823 A	
	25m:	12.66	12.66	125m:	1:08.74	14.34	225m:	2:05.41	14.27	325m:	3:02.98	14.47
	50m:	26.36	13.70	150m:	1:22.83	14.09	250m:	2:19.74	14.33	350m:	3:17.59	14.61
	75m:	40.36	14.00	175m:	1:37.02	14.19	275m:	2:34.06	14.32	375m:	3:32.19	14.60
	100m:	54.40	14.04	200m:	1:51.14	14.12	300m:	2:48.51	14.45	400m:	3:46.40	14.21
3.				1993				+0,71	3:48.48		801 A	
	25m:	12.21	12.21	125m:	1:09.72	14.43	225m:	2:07.65	14.45	325m:	3:05.94	14.72
	50m:	26.39	14.18	150m:	1:23.98	14.26	250m:	2:22.17	14.52	350m:	3:20.47	14.53
	75m:	40.77	14.38	175m:	1:38.59	14.61	275m:	2:36.70	14.53	375m:	3:34.68	14.21
	100m:	55.29	14.52	200m:	1:53.20	14.61	300m:	2:51.22	14.52	400m:	3:48.48	13.80
4.				1989				+0,80	3:48.49		801 A	
	25m:	12.39	12.39	125m:	1:09.50	14.34	225m:	2:07.84	14.53	325m:	3:06.01	14.55
	50m:	26.30	13.91	150m:	1:24.10	14.60	250m:	2:22.43	14.59	350m:	3:20.34	14.33
	75m:	40.69	14.39	175m:	1:38.65	14.55	275m:	2:37.04	14.61	375m:	3:34.77	14.43
	100m:	55.16	14.47	200m:	1:53.31	14.66	300m:	2:51.46	14.42	400m:	3:48.49	13.72
5.				1991				+0,67	3:48.66		799 A	
	25m:	12.19	12.19	125m:	1:08.63	14.26	225m:	2:04.79	14.27	325m:	3:02.82	14.56
	50m:	26.03	13.84	150m:	1:22.69	14.06	250m:	2:19.31	14.52	350m:	3:16.76	13.94
	75m:	40.10	14.07	175m:	1:36.67	13.98	275m:	2:33.79	14.48	375m:	3:34.95	18.19
	100m:	54.37	14.27	200m:	1:50.52	13.85	300m:	2:48.26	14.47	400m:	3:48.66	13.71
6.				1994				+0,71	3:49.03		795 A	
	25m:	12.32	12.32	125m:	1:08.98	14.50	225m:	2:07.35	14.66	325m:	3:05.76	14.73
	50m:	26.05	13.73	150m:	1:23.45	14.47	250m:	2:22.08	14.73	350m:	3:20.33	14.57
	75m:	40.28	14.23	175m:	1:38.03	14.58	275m:	2:36.64	14.56	375m:	3:35.15	14.82
	100m:	54.48	14.20	200m:	1:52.69	14.66	300m:	2:51.03	14.39	400m:	3:49.03	13.88
7.				1993				+0,75	3:49.71		788 A	
	25m:	12.40	12.40	125m:	1:09.33	14.34	225m:	2:07.54	14.71	325m:	3:06.46	14.81
	50m:	26.46	14.06	150m:	1:23.75	14.42	250m:	2:22.21	14.67	350m:	3:21.28	14.82
	75m:	40.71	14.25	175m:	1:38.33	14.58	275m:	2:36.83	14.62	375m:	3:36.17	14.89
	100m:	54.99	14.28	200m:	1:52.83	14.50	300m:	2:51.65	14.82	400m:	3:49.71	13.54
8.				1991				+0,73	3:50.14		784 A	
	25m:	12.57	12.57	125m:	1:09.16	14.31	225m:	2:06.75	14.45	325m:	3:05.54	14.89
	50m:	26.39	13.82	150m:	1:23.59	14.43	250m:	2:21.25	14.50	350m:	3:20.47	14.93
	75m:	40.57	14.18	175m:	1:37.90	14.31	275m:	2:35.78	14.53	375m:	3:35.56	15.09
	100m:	54.85	14.28	200m:	1:52.30	14.40	300m:	2:50.65	14.87	400m:	3:50.14	14.58
9.				1995				+0,64	3:50.20		783 R	
	25m:	12.65	12.65	125m:	1:10.59	14.69	225m:	2:08.99	14.39	325m:	3:06.78	14.41
	50m:	26.78	14.13	150m:	1:25.19	14.60	250m:	2:23.34	14.35	350m:	3:21.29	14.51
	75m:	41.29	14.51	175m:	1:39.90	14.71	275m:	2:37.86	14.52	375m:	3:35.90	14.61
	100m:	55.90	14.61	200m:	1:54.60	14.70	300m:	2:52.37	14.51	400m:	3:50.20	14.30
10.				1988				+0,90	3:50.82		777 ?	
	25m:	12.95	12.95	125m:	1:10.82	14.64	225m:	2:08.88	14.11	325m:	3:07.16	14.59
	50m:	27.19	14.24	150m:	1:25.50	14.68	250m:	2:23.39	14.51	350m:	3:22.01	14.85
	75m:	41.64	14.45	175m:	1:40.24	14.74	275m:	2:37.83	14.44	375m:	3:36.72	14.71
	100m:	56.18	14.54	200m:	1:54.77	14.53	300m:	2:52.57	14.74	400m:	3:50.82	14.10



ЧЕМПИОНАТ РОССИИ ПО ПЛАВАНИЮ



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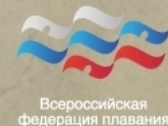
22, , 400m , , 2000

									RT	FINA		
10.	1994								+0,81	3:50.82	777 ?	
	25m:	12.61	12.61	125m:	1:11.16	14.82	225m:	2:10.04	14.54	325m:	3:08.63	14.53
	50m:	26.84	14.23	150m:	1:25.99	14.83	250m:	2:24.77	14.73	350m:	3:23.14	14.51
	75m:	41.64	14.80	175m:	1:40.73	14.74	275m:	2:39.41	14.64	375m:	3:37.35	14.21
	100m:	56.34	14.70	200m:	1:55.50	14.77	300m:	2:54.10	14.69	400m:	3:50.82	13.47
12.	1994								+0,71	3:51.03	775	
	25m:	12.67	12.67	125m:	1:10.09	14.58	225m:	2:09.32	14.79	325m:	3:08.92	15.08
	50m:	26.76	14.09	150m:	1:24.85	14.76	250m:	2:24.09	14.77	350m:	3:23.42	14.50
	75m:	41.09	14.33	175m:	1:39.60	14.75	275m:	2:38.98	14.89	375m:	3:37.67	14.25
	100m:	55.51	14.42	200m:	1:54.53	14.93	300m:	2:53.84	14.86	400m:	3:51.03	13.36
13.	1992								+0,80	3:51.20	773	
	25m:	12.23	12.23	125m:	1:07.73	14.13	225m:	2:05.04	14.35	325m:	3:03.91	14.80
	50m:	25.98	13.75	150m:	1:21.88	14.15	250m:	2:19.40	14.36	350m:	3:18.25	14.34
	75m:	39.72	13.74	175m:	1:36.17	14.29	275m:	2:34.10	14.70	375m:	3:36.89	18.64
	100m:	53.60	13.88	200m:	1:50.69	14.52	300m:	2:49.11	15.01	400m:	3:51.20	14.31
14.	1992								+0,76	3:51.23	773	
	25m:	12.24	12.24	125m:	1:09.36	14.37	225m:	2:08.30	14.72	325m:	3:07.23	14.88
	50m:	26.30	14.06	150m:	1:23.99	14.63	250m:	2:22.85	14.55	350m:	3:22.39	15.16
	75m:	40.36	14.06	175m:	1:38.61	14.62	275m:	2:37.46	14.61	375m:	3:37.52	15.13
	100m:	54.99	14.63	200m:	1:53.58	14.97	300m:	2:52.35	14.89	400m:	3:51.23	13.71
15.	1995								+0,73	3:51.64	769	
	25m:	12.76	12.76	125m:	1:10.26	14.60	225m:	2:08.94	14.51	325m:	3:07.16	14.51
	50m:	26.77	14.01	150m:	1:24.83	14.57	250m:	2:23.35	14.41	350m:	3:22.12	14.96
	75m:	41.21	14.44	175m:	1:39.51	14.68	275m:	2:37.96	14.61	375m:	3:37.33	15.21
	100m:	55.66	14.45	200m:	1:54.43	14.92	300m:	2:52.65	14.69	400m:	3:51.64	14.31
16.	1996								+0,68	3:52.06	765	
	25m:	12.44	12.44	125m:	1:09.51	14.57	225m:	2:08.37	14.76	325m:	3:08.12	15.09
	50m:	26.26	13.82	150m:	1:23.98	14.47	250m:	2:23.06	14.69	350m:	3:23.15	15.03
	75m:	40.56	14.30	175m:	1:38.77	14.79	275m:	2:38.09	15.03	375m:	3:38.09	14.94
	100m:	54.94	14.38	200m:	1:53.61	14.84	300m:	2:53.03	14.94	400m:	3:52.06	13.97
17.	1991								+0,76	3:53.26	753	
	25m:	12.92	12.92	125m:	1:10.30	14.56	225m:	2:09.16	14.80	325m:	3:08.99	14.76
	50m:	27.04	14.12	150m:	1:24.95	14.65	250m:	2:24.04	14.88	350m:	3:23.99	15.00
	75m:	41.38	14.34	175m:	1:39.65	14.70	275m:	2:39.15	15.11	375m:	3:38.97	14.98
	100m:	55.74	14.36	200m:	1:54.36	14.71	300m:	2:54.23	15.08	400m:	3:53.26	14.29
18.	1994								+0,72	3:53.31	752	
	25m:	12.27	12.27	125m:	1:08.32	14.61	225m:	2:07.51	15.12	325m:	3:08.38	15.58
	50m:	25.83	13.56	150m:	1:22.86	14.54	250m:	2:22.43	14.92	350m:	3:23.60	15.22
	75m:	39.80	13.97	175m:	1:37.66	14.80	275m:	2:37.66	15.23	375m:	3:39.03	15.43
	100m:	53.71	13.91	200m:	1:52.39	14.73	300m:	2:52.80	15.14	400m:	3:53.31	14.28
19.	1997								+0,72	3:53.65	749	
	25m:	12.70	12.70	125m:	1:11.07	14.73	225m:	2:10.33	14.84	325m:	3:09.95	15.00
	50m:	26.87	14.17	150m:	1:25.79	14.72	250m:	2:25.12	14.79	350m:	3:24.75	14.80
	75m:	41.60	14.73	175m:	1:40.61	14.82	275m:	2:40.08	14.96	375m:	3:39.57	14.82
	100m:	56.34	14.74	200m:	1:55.49	14.88	300m:	2:54.95	14.87	400m:	3:53.65	14.08
20.	1993								+0,64	3:53.81	748	
	25m:	12.32	12.32	125m:	1:08.77	14.59	225m:	2:08.49	15.07	325m:	3:09.56	15.35
	50m:	25.96	13.64	150m:	1:23.58	14.81	250m:	2:23.77	15.28	350m:	3:24.87	15.31
	75m:	40.02	14.06	175m:	1:38.39	14.81	275m:	2:39.01	15.24	375m:	3:39.65	14.78
	100m:	54.18	14.16	200m:	1:53.42	15.03	300m:	2:54.21	15.20	400m:	3:53.81	14.16
21.	1995								+0,76	3:54.00	746	
	25m:	12.45	12.45	125m:	1:09.67	14.67	225m:	2:08.39	14.80	325m:	3:08.41	15.09
	50m:	26.20	13.75	150m:	1:24.17	14.50	250m:	2:23.27	14.88	350m:	3:23.83	15.42
	75m:	40.66	14.46	175m:	1:38.86	14.69	275m:	2:38.16	14.89	375m:	3:39.28	15.45
	100m:	55.00	14.34	200m:	1:53.59	14.73	300m:	2:53.32	15.16	400m:	3:54.00	14.72





ЧЕМПИОНАТ РОССИИ ПО ПЛАВАНИЮ



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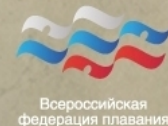
22, , 400m , , 2000

									RT			FINA	
22.									+0,84	3:54.09			745
	25m:	12.64	12.64	125m:	1:11.92	15.05	225m:	2:11.94	14.88	325m:	3:11.47	14.59	
	50m:	27.00	14.36	150m:	1:27.01	15.09	250m:	2:26.98	15.04	350m:	3:25.99	14.52	
	75m:	41.83	14.83	175m:	1:41.87	14.86	275m:	2:41.97	14.99	375m:	3:40.39	14.40	
	100m:	56.87	15.04	200m:	1:57.06	15.19	300m:	2:56.88	14.91	400m:	3:54.09	13.70	
23.									+0,81	3:54.26			743
	25m:	13.18	13.18	125m:	1:11.92	15.06	225m:	2:11.26	14.73	325m:	3:09.87	14.78	
	50m:	27.42	14.24	150m:	1:26.79	14.87	250m:	2:25.76	14.50	350m:	3:24.73	14.86	
	75m:	42.20	14.78	175m:	1:41.69	14.90	275m:	2:40.44	14.68	375m:	3:39.90	15.17	
	100m:	56.86	14.66	200m:	1:56.53	14.84	300m:	2:55.09	14.65	400m:	3:54.26	14.36	
24.									+0,66	3:55.08			736
	25m:	12.90	12.90	125m:	1:10.99	14.72	225m:	2:10.63	15.07	325m:	3:10.99	14.97	
	50m:	27.20	14.30	150m:	1:25.87	14.88	250m:	2:25.46	14.83	350m:	3:26.29	15.30	
	75m:	41.50	14.30	175m:	1:40.80	14.93	275m:	2:40.78	15.32	375m:	3:41.05	14.76	
	100m:	56.27	14.77	200m:	1:55.56	14.76	300m:	2:56.02	15.24	400m:	3:55.08	14.03	
25.									+0,76	3:55.21			734
	25m:	12.04	12.04	125m:	1:09.42	14.91	225m:	2:09.89	14.97	325m:	3:10.93	15.19	
	50m:	25.94	13.90	150m:	1:24.49	15.07	250m:	2:25.38	15.49	350m:	3:26.40	15.47	
	75m:	40.09	14.15	175m:	1:39.52	15.03	275m:	2:40.45	15.07	375m:	3:41.11	14.71	
	100m:	54.51	14.42	200m:	1:54.92	15.40	300m:	2:55.74	15.29	400m:	3:55.21	14.10	
26.									+0,72	3:56.15			726
	25m:	12.97	12.97	125m:	1:11.61	14.80	225m:	2:11.60	15.03	325m:	3:11.87	15.22	
	50m:	27.27	14.30	150m:	1:26.60	14.99	250m:	2:26.63	15.03	350m:	3:26.87	15.00	
	75m:	41.98	14.71	175m:	1:41.57	14.97	275m:	2:41.63	15.00	375m:	3:41.79	14.92	
	100m:	56.81	14.83	200m:	1:56.57	15.00	300m:	2:56.65	15.02	400m:	3:56.15	14.36	
27.									+0,71	3:56.24			725
	25m:	12.04	12.04	125m:	1:08.91	14.75	225m:	2:09.02	15.09	325m:	3:10.46	15.50	
	50m:	25.67	13.63	150m:	1:23.81	14.90	250m:	2:24.22	15.20	350m:	3:26.37	15.91	
	75m:	39.77	14.10	175m:	1:38.96	15.15	275m:	2:39.65	15.43	375m:	3:41.87	15.50	
	100m:	54.16	14.39	200m:	1:53.93	14.97	300m:	2:54.96	15.31	400m:	3:56.24	14.37	
28.									+0,71	3:56.34			724
	25m:	12.60	12.60	125m:	1:10.48	14.77	225m:	2:11.60	15.27	325m:	3:12.78	15.06	
	50m:	26.56	13.96	150m:	1:25.58	15.10	250m:	2:27.04	15.44	350m:	3:27.96	15.18	
	75m:	40.96	14.40	175m:	1:40.86	15.28	275m:	2:42.31	15.27	375m:	3:42.33	14.37	
	100m:	55.71	14.75	200m:	1:56.33	15.47	300m:	2:57.72	15.41	400m:	3:56.34	14.01	
29.									+0,72	3:56.58			722
	25m:	13.13	13.13	125m:	1:12.92	14.92	225m:	2:13.48	14.97	325m:	3:14.10	14.98	
	50m:	27.76	14.63	150m:	1:28.02	15.10	250m:	2:28.75	15.27	350m:	3:28.91	14.81	
	75m:	42.92	15.16	175m:	1:43.27	15.25	275m:	2:43.92	15.17	375m:	3:42.99	14.08	
	100m:	58.00	15.08	200m:	1:58.51	15.24	300m:	2:59.12	15.20	400m:	3:56.58	13.59	
30.									+0,70	3:57.06			717
	25m:	12.90	12.90	125m:	1:11.42	15.01	225m:	2:12.78	15.06	325m:	3:13.57	14.82	
	50m:	27.00	14.10	150m:	1:26.86	15.44	250m:	2:28.08	15.30	350m:	3:28.84	15.27	
	75m:	41.38	14.38	175m:	1:42.05	15.19	275m:	2:43.26	15.18	375m:	3:43.52	14.68	
	100m:	56.41	15.03	200m:	1:57.72	15.67	300m:	2:58.75	15.49	400m:	3:57.06	13.54	
31.									+0,75	3:57.53			713
	25m:	12.58	12.58	125m:	1:11.26	14.87	225m:	2:11.45	15.11	325m:	3:12.09	15.27	
	50m:	26.75	14.17	150m:	1:26.16	14.90	250m:	2:26.68	15.23	350m:	3:27.53	15.44	
	75m:	41.41	14.66	175m:	1:41.14	14.98	275m:	2:41.74	15.06	375m:	3:43.02	15.49	
	100m:	56.39	14.98	200m:	1:56.34	15.20	300m:	2:56.82	15.08	400m:	3:57.53	14.51	
32.									+0,84	3:57.61			712
	25m:	13.17	13.17	125m:	1:12.31	15.18	225m:	2:13.24	15.18	325m:	3:13.68	15.14	
	50m:	27.43	14.26	150m:	1:27.45	15.14	250m:	2:28.52	15.28	350m:	3:28.87	15.19	
	75m:	42.08	14.65	175m:	1:42.77	15.32	275m:	2:43.51	14.99	375m:	3:43.89	15.02	
	100m:	57.13	15.05	200m:	1:58.06	15.29	300m:	2:58.54	15.03	400m:	3:57.61	13.72	





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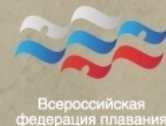
22, , 400m , , 2000

									RT			FINA	
33.									+0,80	3:57.67			712
	25m:	13.12	13.12	125m:	1:12.25	15.03	225m:	2:13.69	15.43	325m:	3:14.48	14.90	
	50m:	27.60	14.48	150m:	1:27.37	15.12	250m:	2:29.05	15.36	350m:	3:29.36	14.88	
	75m:	42.37	14.77	175m:	1:42.85	15.48	275m:	2:44.38	15.33	375m:	3:43.83	14.47	
	100m:	57.22	14.85	200m:	1:58.26	15.41	300m:	2:59.58	15.20	400m:	3:57.67	13.84	
34.									+0,76	3:57.88			710
	25m:	12.31	12.31	125m:	1:09.21	14.70	225m:	2:08.44	14.93	325m:	3:10.68	15.96	
	50m:	26.02	13.71	150m:	1:23.89	14.68	250m:	2:23.64	15.20	350m:	3:26.66	15.98	
	75m:	40.26	14.24	175m:	1:38.75	14.86	275m:	2:39.08	15.44	375m:	3:42.58	15.92	
	100m:	54.51	14.25	200m:	1:53.51	14.76	300m:	2:54.72	15.64	400m:	3:57.88	15.30	
35.									+0,83	3:59.06			699
	25m:	13.62	13.62	125m:	1:12.93	15.19	225m:	2:14.21	15.44	325m:	3:14.91	14.91	
	50m:	28.21	14.59	150m:	1:28.09	15.16	250m:	2:29.38	15.17	350m:	3:29.74	14.83	
	75m:	42.85	14.64	175m:	1:43.50	15.41	275m:	2:44.74	15.36	375m:	3:44.94	15.20	
	100m:	57.74	14.89	200m:	1:58.77	15.27	300m:	3:00.00	15.26	400m:	3:59.06	14.12	
36.									+0,71	3:59.19			698
	25m:	12.43	12.43	125m:	1:09.89	14.81	225m:	2:11.31	15.40	325m:	3:13.31	15.27	
	50m:	26.31	13.88	150m:	1:25.03	15.14	250m:	2:26.91	15.60	350m:	3:28.77	15.46	
	75m:	40.56	14.25	175m:	1:40.42	15.39	275m:	2:42.59	15.68	375m:	3:44.46	15.69	
	100m:	55.08	14.52	200m:	1:55.91	15.49	300m:	2:58.04	15.45	400m:	3:59.19	14.73	
37.									+0,80	4:00.98			683
	25m:	13.06	13.06	125m:	1:12.31	15.11	225m:	2:13.01	15.20	325m:	3:14.94	15.58	
	50m:	27.38	14.32	150m:	1:27.39	15.08	250m:	2:28.39	15.38	350m:	3:30.53	15.59	
	75m:	42.18	14.80	175m:	1:42.51	15.12	275m:	2:43.74	15.35	375m:	3:46.13	15.60	
	100m:	57.20	15.02	200m:	1:57.81	15.30	300m:	2:59.36	15.62	400m:	4:00.98	14.85	
38.									+0,81	4:01.03			682
	25m:	13.12	13.12	125m:	1:12.70	15.25	225m:	2:14.16	15.30	325m:	3:16.11	15.52	
	50m:	27.50	14.38	150m:	1:27.99	15.29	250m:	2:29.65	15.49	350m:	3:31.74	15.63	
	75m:	42.38	14.88	175m:	1:43.41	15.42	275m:	2:45.01	15.36	375m:	3:46.74	15.00	
	100m:	57.45	15.07	200m:	1:58.86	15.45	300m:	3:00.59	15.58	400m:	4:01.03	14.29	
39.									+0,73	4:02.02			674
	25m:	13.11	13.11	125m:	1:12.95	15.32	225m:	2:14.09	15.06	325m:	3:16.30	15.55	
	50m:	27.47	14.36	150m:	1:28.42	15.47	250m:	2:29.79	15.70	350m:	3:31.96	15.66	
	75m:	42.42	14.95	175m:	1:43.96	15.54	275m:	2:45.35	15.56	375m:	3:47.55	15.59	
	100m:	57.63	15.21	200m:	1:59.03	15.07	300m:	3:00.75	15.40	400m:	4:02.02	14.47	
40.									+0,79	4:02.43			671
	25m:	12.55	12.55	125m:	1:11.54	15.27	225m:	2:13.86	15.60	325m:	3:16.64	15.78	
	50m:	26.61	14.06	150m:	1:26.96	15.42	250m:	2:29.49	15.63	350m:	3:32.34	15.70	
	75m:	41.35	14.74	175m:	1:42.54	15.58	275m:	2:45.09	15.60	375m:	3:47.76	15.42	
	100m:	56.27	14.92	200m:	1:58.26	15.72	300m:	3:00.86	15.77	400m:	4:02.43	14.67	
41.									+0,81	4:03.34			663
	25m:	12.98	12.98	125m:	1:14.40	15.80	225m:	2:16.98	15.76	325m:	3:19.65	15.71	
	50m:	27.44	14.46	150m:	1:30.35	15.95	250m:	2:32.67	15.69	350m:	3:34.97	15.32	
	75m:	42.83	15.39	175m:	1:45.69	15.34	275m:	2:48.39	15.72	375m:	3:49.80	14.83	
	100m:	58.60	15.77	200m:	2:01.22	15.53	300m:	3:03.94	15.55	400m:	4:03.34	13.54	
42.									+0,77	4:03.45			662
	25m:	13.48	13.48	125m:	1:12.89	15.16	225m:	2:14.51	15.48	325m:	3:17.03	15.70	
	50m:	27.93	14.45	150m:	1:28.14	15.25	250m:	2:30.02	15.51	350m:	3:32.74	15.71	
	75m:	42.71	14.78	175m:	1:43.55	15.41	275m:	2:45.70	15.68	375m:	3:48.38	15.64	
	100m:	57.73	15.02	200m:	1:59.03	15.48	300m:	3:01.33	15.63	400m:	4:03.45	15.07	
43.									+0,83	4:04.74			652
	25m:	13.01	13.01	125m:	1:11.95	15.21	225m:	2:13.84	15.67	325m:	3:17.35	16.07	
	50m:	27.23	14.22	150m:	1:27.36	15.41	250m:	2:29.41	15.57	350m:	3:33.49	16.14	
	75m:	41.95	14.72	175m:	1:42.73	15.37	275m:	2:45.31	15.90	375m:	3:49.51	16.02	
	100m:	56.74	14.79	200m:	1:58.17	15.44	300m:	3:01.28	15.97	400m:	4:04.74	15.23	





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	22,	, 400m	,	, 2000				RT		FINA		
44.					1995			+0,72	4:05.75	644		
	25m:	12.33	12.33	125m:	1:10.72	14.75	225m:	2:13.44	16.05	325m:	3:18.53	16.30
	50m:	26.22	13.89	150m:	1:25.70	14.98	250m:	2:29.45	16.01	350m:	3:34.27	15.74
	75m:	40.88	14.66	175m:	1:41.64	15.94	275m:	2:45.86	16.41	375m:	3:50.67	16.40
	100m:	55.97	15.09	200m:	1:57.39	15.75	300m:	3:02.23	16.37	400m:	4:05.75	15.08
45.					1997			+0,71	4:06.28	640		
	25m:	12.78	12.78	125m:	1:12.41	15.80	225m:	2:15.53	15.96	325m:	3:20.02	16.10
	50m:	26.51	13.73	150m:	1:28.11	15.70	250m:	2:31.64	16.11	350m:	3:36.11	16.09
	75m:	41.39	14.88	175m:	1:43.79	15.68	275m:	2:47.79	16.15	375m:	3:52.35	16.24
	100m:	56.61	15.22	200m:	1:59.57	15.78	300m:	3:03.92	16.13	400m:	4:06.28	13.93
46.					1996			+0,76	4:16.73 I	565		
	25m:	13.62	13.62	125m:	1:17.81	16.22	225m:	2:23.88	16.10	325m:	3:29.76	16.32
	50m:	29.40	15.78	150m:	1:34.65	16.84	250m:	2:40.39	16.51	350m:	3:46.00	16.24
	75m:	45.16	15.76	175m:	1:51.12	16.47	275m:	2:56.73	16.34	375m:	4:01.88	15.88
	100m:	1:01.59	16.43	200m:	2:07.78	16.66	300m:	3:13.44	16.71	400m:	4:16.73	14.85
DSQ					1995							