

32  
17.02.2023 - 13:55

, 400m

2010

: FINA 2023

						100m	200m	300m	400m			
(2009-2010)												
1.			09	-	<b>4:58.86</b>	494 I	1:11.16	1:16.25	1:17.07	1:14.38		
	50m:	33.74	33.74	150m:	1:48.83	37.67	250m:	3:05.57	38.16	350m:	4:22.72	38.24
	100m:	1:11.16	37.42	200m:	2:27.41	38.58	300m:	3:44.48	38.91	400m:	4:58.86	36.14
2.			09		<b>5:08.63</b>	449 II	1:11.69	1:17.93	1:20.12	1:18.89		
	50m:	33.56	33.56	150m:	1:50.45	38.76	250m:	3:09.30	39.68	350m:	4:29.68	39.94
	100m:	1:11.69	38.13	200m:	2:29.62	39.17	300m:	3:49.74	40.44	400m:	5:08.63	38.95
3.			09	- .	<b>5:09.29</b>	446 II	1:13.02	1:19.59	1:19.93	1:16.75		
	50m:	34.80	34.80	150m:	1:52.49	39.47	250m:	3:12.51	39.90	350m:	4:32.43	39.89
	100m:	1:13.02	38.22	200m:	2:32.61	40.12	300m:	3:52.54	40.03	400m:	5:09.29	36.86
4.			09		<b>5:13.84</b>	427 II	1:13.77	1:21.12	1:22.15	1:16.80		
	50m:	35.01	35.01	150m:	1:54.44	40.67	250m:	3:15.96	41.07	350m:	4:36.62	39.58
	100m:	1:13.77	38.76	200m:	2:34.89	40.45	300m:	3:57.04	41.08	400m:	5:13.84	37.22
5.			09	-	<b>5:14.23</b>	425 II	1:14.14	1:20.64	1:22.99	1:16.46		
	50m:	34.81	34.81	150m:	1:54.62	40.48	250m:	3:16.50	41.72	350m:	4:36.21	38.44
	100m:	1:14.14	39.33	200m:	2:34.78	40.16	300m:	3:57.77	41.27	400m:	5:14.23	38.02
6.			10		<b>5:16.85</b>	415 II	1:15.36	1:21.63	1:21.00	1:18.86		
	50m:	35.58	35.58	150m:	1:56.37	41.01	250m:	3:17.44	40.45	350m:	4:38.26	40.27
	100m:	1:15.36	39.78	200m:	2:36.99	40.62	300m:	3:57.99	40.55	400m:	5:16.85	38.59
7.			10		<b>5:17.74</b>	411 II	1:15.71	1:21.03	1:21.32	1:19.68		
	50m:	35.82	35.82	150m:	1:56.64	40.93	250m:	3:17.14	40.40	350m:	4:38.13	40.07
	100m:	1:15.71	39.89	200m:	2:36.74	40.10	300m:	3:58.06	40.92	400m:	5:17.74	39.61
8.			09	- .	<b>5:22.21</b>	394 II	1:13.96	1:22.15	1:22.81	1:23.29		
	50m:	34.39	34.39	150m:	1:54.84	40.88	250m:	3:17.61	41.50	350m:	4:40.79	41.87
	100m:	1:13.96	39.57	200m:	2:36.11	41.27	300m:	3:58.92	41.31	400m:	5:22.21	41.42
9.			09	- .	<b>5:23.26</b>	391 II	1:17.14	1:23.43	1:24.19	1:18.50		
	50m:	36.70	36.70	150m:	1:59.26	42.12	250m:	3:22.51	41.94	350m:	4:46.20	41.44
	100m:	1:17.14	40.44	200m:	2:40.57	41.31	300m:	4:04.76	42.25	400m:	5:23.26	37.06
10.			09	- .	<b>5:26.20</b>	380 II	1:16.39	1:23.00	1:24.69	1:22.12		
	50m:	36.45	36.45	150m:	1:57.75	41.36	250m:	3:21.89	42.50	350m:	4:46.10	42.02
	100m:	1:16.39	39.94	200m:	2:39.39	41.64	300m:	4:04.08	42.19	400m:	5:26.20	40.10
11.			09		<b>5:32.17</b>	360 II	1:17.46	1:24.45	1:26.55	1:23.71		
	50m:	35.80	35.80	150m:	1:59.29	41.83	250m:	3:24.85	42.94	350m:	4:50.85	42.39
	100m:	1:17.46	41.66	200m:	2:41.91	42.62	300m:	4:08.46	43.61	400m:	5:32.17	41.32
12.			10	-	<b>5:35.24</b>	350 II	1:19.52	1:25.03	1:26.25	1:24.44		
	50m:	38.07	38.07	150m:	2:01.64	42.12	250m:	3:27.76	43.21	350m:	4:54.04	43.24
	100m:	1:19.52	41.45	200m:	2:44.55	42.91	300m:	4:10.80	43.04	400m:	5:35.24	41.20
13.			10	- .	<b>5:36.29</b>	347 II	1:19.01	1:27.48	1:26.25	1:23.55		
	50m:	36.60	36.60	150m:	2:03.37	44.36	250m:	3:29.52	43.03	350m:	4:55.87	43.13
	100m:	1:19.01	42.41	200m:	2:46.49	43.12	300m:	4:12.74	43.22	400m:	5:36.29	40.42
14.			10	.	<b>5:36.41</b>	347 II	1:19.62	1:26.50	1:27.86	1:22.43		
	50m:	37.54	37.54	150m:	2:03.18	43.56	250m:	3:30.07	43.95	350m:	4:56.84	42.86
	100m:	1:19.62	42.08	200m:	2:46.12	42.94	300m:	4:13.98	43.91	400m:	5:36.41	39.57
15.			09	.	<b>5:39.48</b>	337 II	1:19.92	1:26.90	1:29.63	1:23.03		
	50m:	37.96	37.96	150m:	2:03.33	43.41	250m:	3:30.88	44.06	350m:	4:59.72	43.27
	100m:	1:19.92	41.96	200m:	2:46.82	43.49	300m:	4:16.45	45.57	400m:	5:39.48	39.76
16.			09		<b>5:40.26</b>	335 II	1:19.51	1:28.40	1:28.01	1:24.34		
	50m:	37.50	37.50	150m:	2:03.20	43.69	250m:	3:31.89	43.98	350m:	4:59.27	43.35
	100m:	1:19.51	42.01	200m:	2:47.91	44.71	300m:	4:15.92	44.03	400m:	5:40.26	40.99
17.			10		<b>5:41.57</b>	331 II	1:21.66	1:27.61	1:27.66	1:24.64		
	50m:	38.75	38.75	150m:	2:05.22	43.56	250m:	3:33.14	43.87	350m:	4:59.66	42.73
	100m:	1:21.66	42.91	200m:	2:49.27	44.05	300m:	4:16.93	43.79	400m:	5:41.57	41.91
18.			09		<b>5:41.82</b>	330 II	1:17.30	1:27.46	1:29.06	1:28.00		
	50m:	35.90	35.90	150m:	2:00.20	42.90	250m:	3:29.16	44.40	350m:	4:58.19	44.37
	100m:	1:17.30	41.40	200m:	2:44.76	44.56	300m:	4:13.82	44.66	400m:	5:41.82	43.63
19.			10		<b>5:42.00</b>	330 II	1:21.03	1:30.12	1:28.49	1:22.36		
	50m:	37.81	37.81	150m:	2:06.14	45.11	250m:	3:34.84	43.69	350m:	5:02.17	42.53
	100m:	1:21.03	43.22	200m:	2:51.15	45.01	300m:	4:19.64	44.80	400m:	5:42.00	39.83

32,		, 400m				(2009-2010)						
						100m	200m	300m	400m			
20.	,	10				<b>5:43.77</b>	325 III	1:19.68	1:28.52	1:29.22	1:26.35	
	50m:	37.94	37.94	150m:	2:03.62	43.94	250m:	3:32.98	44.78	350m:	5:01.17	43.75
	100m:	1:19.68	41.74	200m:	2:48.20	44.58	300m:	4:17.42	44.44	400m:	5:43.77	42.60
21.	,	10				<b>5:44.77</b>	322 III	1:19.05	1:27.00	1:30.61	1:28.11	
	50m:	37.68	37.68	150m:	2:02.04	42.99	250m:	3:30.81	44.76	350m:	5:02.72	46.06
	100m:	1:19.05	41.37	200m:	2:46.05	44.01	300m:	4:16.66	45.85	400m:	5:44.77	42.05
22.	,	10				<b>5:49.21</b>	310 III	1:17.05	1:27.71	1:29.96	1:34.49	
	50m:	36.21	36.21	150m:	2:00.87	43.82	250m:	3:29.50	44.74	350m:	5:00.10	45.38
	100m:	1:17.05	40.84	200m:	2:44.76	43.89	300m:	4:14.72	45.22	400m:	5:49.21	49.11
23.	,	10				<b>5:54.56</b>	296 III	1:26.56	1:30.37	1:32.50	1:25.13	
	50m:	40.55	40.55	150m:	2:11.83	45.27	250m:	3:42.48	45.55	350m:	5:12.15	42.72
	100m:	1:26.56	46.01	200m:	2:56.93	45.10	300m:	4:29.43	46.95	400m:	5:54.56	42.41
24.	,	09				<b>5:59.88</b>	283 III	1:21.63	1:31.87	1:34.77	1:31.61	
	50m:	38.04	38.04	150m:	2:06.77	45.14	250m:	3:40.54	47.04	350m:	5:15.28	47.01
	100m:	1:21.63	43.59	200m:	2:53.50	46.73	300m:	4:28.27	47.73	400m:	5:59.88	44.60
25.	,	10				<b>6:10.43</b>	259 III	1:24.74	1:34.53	1:36.22	1:34.94	
	50m:	39.45	39.45	150m:	2:11.70	46.96	250m:	3:47.65	48.38	350m:	5:24.64	49.15
	100m:	1:24.74	45.29	200m:	2:59.27	47.57	300m:	4:35.49	47.84	400m:	6:10.43	45.79
26.	,	10				<b>6:44.87</b>	199 I	1:31.04	1:42.92	1:46.59	1:44.32	
	50m:	41.78	41.78	150m:	2:21.75	50.71	250m:	4:06.82	52.86	350m:	5:54.26	53.71
	100m:	1:31.04	49.26	200m:	3:13.96	52.21	300m:	5:00.55	53.73	400m:	6:44.87	50.61
2010												
1.	,	01				<b>4:27.90</b>	687	1:05.43	1:07.78	1:08.74	1:05.95	
	50m:	31.71	31.71	150m:	1:39.65	34.22	250m:	2:47.64	34.43	350m:	3:55.77	33.82
	100m:	1:05.43	33.72	200m:	2:13.21	33.56	300m:	3:21.95	34.31	400m:	4:27.90	32.13
2.	,	08				<b>4:32.25</b>	654	1:06.24	1:09.08	1:09.40	1:07.53	
	50m:	32.07	32.07	150m:	1:40.88	34.64	250m:	2:50.02	34.70	350m:	3:59.24	34.52
	100m:	1:06.24	34.17	200m:	2:15.32	34.44	300m:	3:24.72	34.70	400m:	4:32.25	33.01
3.	,	08				<b>4:52.08</b>	530 I	1:10.50	1:13.95	1:14.57	1:13.06	
	50m:	34.48	34.48	150m:	1:47.27	36.77	250m:	3:01.40	36.95	350m:	4:15.73	36.71
	100m:	1:10.50	36.02	200m:	2:24.45	37.18	300m:	3:39.02	37.62	400m:	4:52.08	36.35
4.	,	08				<b>4:58.39</b>	497 I	1:10.38	1:16.23	1:16.93	1:14.85	
	50m:	33.39	33.39	150m:	1:48.55	38.17	250m:	3:05.16	38.55	350m:	4:21.93	38.39
	100m:	1:10.38	36.99	200m:	2:26.61	38.06	300m:	3:43.54	38.38	400m:	4:58.39	36.46
5.	,	09				<b>4:58.86</b>	494 I	1:11.16	1:16.25	1:17.07	1:14.38	
	50m:	33.74	33.74	150m:	1:48.83	37.67	250m:	3:05.57	38.16	350m:	4:22.72	38.24
	100m:	1:11.16	37.42	200m:	2:27.41	38.58	300m:	3:44.48	38.91	400m:	4:58.86	36.14
6.	,	07				<b>5:04.23</b>	469 II	1:11.83	1:16.84	1:18.76	1:16.80	
	50m:	34.01	34.01	150m:	1:49.87	38.04	250m:	3:08.01	39.34	350m:	4:26.13	38.70
	100m:	1:11.83	37.82	200m:	2:28.67	38.80	300m:	3:47.43	39.42	400m:	5:04.23	38.10
7.	,	07				<b>5:05.96</b>	461 II	1:11.20	1:19.07	1:19.82	1:15.87	
	50m:	33.57	33.57	150m:	1:50.45	39.25	250m:	3:10.38	40.11	350m:	4:28.18	38.09
	100m:	1:11.20	37.63	200m:	2:30.27	39.82	300m:	3:50.09	39.71	400m:	5:05.96	37.78
8.	,	08				<b>5:06.80</b>	457 II	1:12.49	1:17.16	1:19.04	1:18.11	
	50m:	34.20	34.20	150m:	1:50.88	38.39	250m:	3:08.99	39.34	350m:	4:28.61	39.92
	100m:	1:12.49	38.29	200m:	2:29.65	38.77	300m:	3:48.69	39.70	400m:	5:06.80	38.19
9.	,	08				<b>5:07.25</b>	455 II	1:11.74	1:18.79	1:19.98	1:16.74	
	50m:	33.86	33.86	150m:	1:50.53	38.79	250m:	3:10.01	39.48	350m:	4:30.51	40.00
	100m:	1:11.74	37.88	200m:	2:30.53	40.00	300m:	3:50.51	40.50	400m:	5:07.25	36.74
10.	,	09				<b>5:08.63</b>	449 II	1:11.69	1:17.93	1:20.12	1:18.89	
	50m:	33.56	33.56	150m:	1:50.45	38.76	250m:	3:09.30	39.68	350m:	4:29.68	39.94
	100m:	1:11.69	38.13	200m:	2:29.62	39.17	300m:	3:49.74	40.44	400m:	5:08.63	38.95
11.	,	09				<b>5:09.29</b>	446 II	1:13.02	1:19.59	1:19.93	1:16.75	
	50m:	34.80	34.80	150m:	1:52.49	39.47	250m:	3:12.51	39.90	350m:	4:32.43	39.89
	100m:	1:13.02	38.22	200m:	2:32.61	40.12	300m:	3:52.54	40.03	400m:	5:09.29	36.86
12.	,	08				<b>5:11.91</b>	435 II	1:13.29	1:18.92	1:19.96	1:19.74	
	50m:	34.31	34.31	150m:	1:52.75	39.46	250m:	3:12.21	40.00	350m:	4:32.16	39.99
	100m:	1:13.29	38.98	200m:	2:32.21	39.46	300m:	3:52.17	39.96	400m:	5:11.91	39.75

32,		, 400m		, 2010								
						100m	200m	300m	400m			
13.		08	- .			<b>5:12.24</b>	433 II	1:15.39	1:20.96	1:20.62	1:15.27	
	50m:	35.90	35.90	150m:	1:55.91	40.52	250m:	3:17.29	40.94	350m:	4:36.89	39.92
	100m:	1:15.39	39.49	200m:	2:36.35	40.44	300m:	3:56.97	39.68	400m:	5:12.24	35.35
14.		08	- .			<b>5:12.33</b>	433 II	1:13.86	1:19.76	1:21.35	1:17.36	
	50m:	35.12	35.12	150m:	1:53.66	39.80	250m:	3:14.24	40.62	350m:	4:34.60	39.63
	100m:	1:13.86	38.74	200m:	2:33.62	39.96	300m:	3:54.97	40.73	400m:	5:12.33	37.73
15.		09	- .			<b>5:13.84</b>	427 II	1:13.77	1:21.12	1:22.15	1:16.80	
	50m:	35.01	35.01	150m:	1:54.44	40.67	250m:	3:15.96	41.07	350m:	4:36.62	39.58
	100m:	1:13.77	38.76	200m:	2:34.89	40.45	300m:	3:57.04	41.08	400m:	5:13.84	37.22
16.		09	- .			<b>5:14.23</b>	425 II	1:14.14	1:20.64	1:22.99	1:16.46	
	50m:	34.81	34.81	150m:	1:54.62	40.48	250m:	3:16.50	41.72	350m:	4:36.21	38.44
	100m:	1:14.14	39.33	200m:	2:34.78	40.16	300m:	3:57.77	41.27	400m:	5:14.23	38.02
17.		10	- .			<b>5:16.85</b>	415 II	1:15.36	1:21.63	1:21.00	1:18.86	
	50m:	35.58	35.58	150m:	1:56.37	41.01	250m:	3:17.44	40.45	350m:	4:38.26	40.27
	100m:	1:15.36	39.78	200m:	2:36.99	40.62	300m:	3:57.99	40.55	400m:	5:16.85	38.59
18.		10	- .			<b>5:17.74</b>	411 II	1:15.71	1:21.03	1:21.32	1:19.68	
	50m:	35.82	35.82	150m:	1:56.64	40.93	250m:	3:17.14	40.40	350m:	4:38.13	40.07
	100m:	1:15.71	39.89	200m:	2:36.74	40.10	300m:	3:58.06	40.92	400m:	5:17.74	39.61
19.		07	- .			<b>5:21.75</b>	396 II	1:15.58	1:22.06	1:23.32	1:20.79	
	50m:	35.79	35.79	150m:	1:56.19	40.61	250m:	3:19.30	41.66	350m:	4:41.87	40.91
	100m:	1:15.58	39.79	200m:	2:37.64	41.45	300m:	4:00.96	41.66	400m:	5:21.75	39.88
20.		09	- .			<b>5:22.21</b>	394 II	1:13.96	1:22.15	1:22.81	1:23.29	
	50m:	34.39	34.39	150m:	1:54.84	40.88	250m:	3:17.61	41.50	350m:	4:40.79	41.87
	100m:	1:13.96	39.57	200m:	2:36.11	41.27	300m:	3:58.92	41.31	400m:	5:22.21	41.42
21.		09	- .			<b>5:23.26</b>	391 II	1:17.14	1:23.43	1:24.19	1:18.50	
	50m:	36.70	36.70	150m:	1:59.26	42.12	250m:	3:22.51	41.94	350m:	4:46.20	41.44
	100m:	1:17.14	40.44	200m:	2:40.57	41.31	300m:	4:04.76	42.25	400m:	5:23.26	37.06
22.		09	- .			<b>5:26.20</b>	380 II	1:16.39	1:23.00	1:24.69	1:22.12	
	50m:	36.45	36.45	150m:	1:57.75	41.36	250m:	3:21.89	42.50	350m:	4:46.10	42.02
	100m:	1:16.39	39.94	200m:	2:39.39	41.64	300m:	4:04.08	42.19	400m:	5:26.20	40.10
23.		08	- .			<b>5:28.37</b>	373 II	1:17.26	1:25.54	1:25.54	1:20.03	
	50m:	36.49	36.49	150m:	2:00.03	42.77	250m:	3:25.49	42.69	350m:	4:49.74	41.40
	100m:	1:17.26	40.77	200m:	2:42.80	42.77	300m:	4:08.34	42.85	400m:	5:28.37	38.63
24.		08	- .			<b>5:30.44</b>	366 II	1:16.11	1:24.33	1:26.98	1:23.02	
	50m:	35.19	35.19	150m:	1:57.79	41.68	250m:	3:23.87	43.43	350m:	4:50.27	42.85
	100m:	1:16.11	40.92	200m:	2:40.44	42.65	300m:	4:07.42	43.55	400m:	5:30.44	40.17
25.		09	- .			<b>5:32.17</b>	360 II	1:17.46	1:24.45	1:26.55	1:23.71	
	50m:	35.80	35.80	150m:	1:59.29	41.83	250m:	3:24.85	42.94	350m:	4:50.85	42.39
	100m:	1:17.46	41.66	200m:	2:41.91	42.62	300m:	4:08.46	43.61	400m:	5:32.17	41.32
26.		10	- .			<b>5:35.24</b>	350 II	1:19.52	1:25.03	1:26.25	1:24.44	
	50m:	38.07	38.07	150m:	2:01.64	42.12	250m:	3:27.76	43.21	350m:	4:54.04	43.24
	100m:	1:19.52	41.45	200m:	2:44.55	42.91	300m:	4:10.80	43.04	400m:	5:35.24	41.20
27.		10	- .			<b>5:36.29</b>	347 II	1:19.01	1:27.48	1:26.25	1:23.55	
	50m:	36.60	36.60	150m:	2:03.37	44.36	250m:	3:29.52	43.03	350m:	4:55.87	43.13
	100m:	1:19.01	42.41	200m:	2:46.49	43.12	300m:	4:12.74	43.22	400m:	5:36.29	40.42
28.		10	- .			<b>5:36.41</b>	347 II	1:19.62	1:26.50	1:27.86	1:22.43	
	50m:	37.54	37.54	150m:	2:03.18	43.56	250m:	3:30.07	43.95	350m:	4:56.84	42.86
	100m:	1:19.62	42.08	200m:	2:46.12	42.94	300m:	4:13.98	43.91	400m:	5:36.41	39.57
29.		09	- .			<b>5:39.48</b>	337 II	1:19.92	1:26.90	1:29.63	1:23.03	
	50m:	37.96	37.96	150m:	2:03.33	43.41	250m:	3:30.88	44.06	350m:	4:59.72	43.27
	100m:	1:19.92	41.96	200m:	2:46.82	43.49	300m:	4:16.45	45.57	400m:	5:39.48	39.76
30.		09	- .			<b>5:40.26</b>	335 II	1:19.51	1:28.40	1:28.01	1:24.34	
	50m:	37.50	37.50	150m:	2:03.20	43.69	250m:	3:31.89	43.98	350m:	4:59.27	43.35
	100m:	1:19.51	42.01	200m:	2:47.91	44.71	300m:	4:15.92	44.03	400m:	5:40.26	40.99
31.		10	- .			<b>5:41.57</b>	331 II	1:21.66	1:27.61	1:27.66	1:24.64	
	50m:	38.75	38.75	150m:	2:05.22	43.56	250m:	3:33.14	43.87	350m:	4:59.66	42.73
	100m:	1:21.66	42.91	200m:	2:49.27	44.05	300m:	4:16.93	43.79	400m:	5:41.57	41.91
32.		09	- .			<b>5:41.82</b>	330 II	1:17.30	1:27.46	1:29.06	1:28.00	
	50m:	35.90	35.90	150m:	2:00.20	42.90	250m:	3:29.16	44.40	350m:	4:58.19	44.37
	100m:	1:17.30	41.40	200m:	2:44.76	44.56	300m:	4:13.82	44.66	400m:	5:41.82	43.63

32,		, 400m		, 2010								
		10										
		10				100m	200m	300m	400m			
33.	,	10				<b>5:42.00</b>	330 II	1:21.03	1:30.12	1:28.49	1:22.36	
	50m:	37.81	37.81	150m:	2:06.14	45.11	250m:	3:34.84	43.69	350m:	5:02.17	42.53
	100m:	1:21.03	43.22	200m:	2:51.15	45.01	300m:	4:19.64	44.80	400m:	5:42.00	39.83
34.	,	10				<b>5:43.77</b>	325 III	1:19.68	1:28.52	1:29.22	1:26.35	
	50m:	37.94	37.94	150m:	2:03.62	43.94	250m:	3:32.98	44.78	350m:	5:01.17	43.75
	100m:	1:19.68	41.74	200m:	2:48.20	44.58	300m:	4:17.42	44.44	400m:	5:43.77	42.60
35.	,	10				<b>5:44.77</b>	322 III	1:19.05	1:27.00	1:30.61	1:28.11	
	50m:	37.68	37.68	150m:	2:02.04	42.99	250m:	3:30.81	44.76	350m:	5:02.72	46.06
	100m:	1:19.05	41.37	200m:	2:46.05	44.01	300m:	4:16.66	45.85	400m:	5:44.77	42.05
36.	,	10				<b>5:49.21</b>	310 III	1:17.05	1:27.71	1:29.96	1:34.49	
	50m:	36.21	36.21	150m:	2:00.87	43.82	250m:	3:29.50	44.74	350m:	5:00.10	45.38
	100m:	1:17.05	40.84	200m:	2:44.76	43.89	300m:	4:14.72	45.22	400m:	5:49.21	49.11
37.	,	10				<b>5:54.56</b>	296 III	1:26.56	1:30.37	1:32.50	1:25.13	
	50m:	40.55	40.55	150m:	2:11.83	45.27	250m:	3:42.48	45.55	350m:	5:12.15	42.72
	100m:	1:26.56	46.01	200m:	2:56.93	45.10	300m:	4:29.43	46.95	400m:	5:54.56	42.41
38.	,	09				<b>5:59.88</b>	283 III	1:21.63	1:31.87	1:34.77	1:31.61	
	50m:	38.04	38.04	150m:	2:06.77	45.14	250m:	3:40.54	47.04	350m:	5:15.28	47.01
	100m:	1:21.63	43.59	200m:	2:53.50	46.73	300m:	4:28.27	47.73	400m:	5:59.88	44.60
39.	,	10				<b>6:10.43</b>	259 III	1:24.74	1:34.53	1:36.22	1:34.94	
	50m:	39.45	39.45	150m:	2:11.70	46.96	250m:	3:47.65	48.38	350m:	5:24.64	49.15
	100m:	1:24.74	45.29	200m:	2:59.27	47.57	300m:	4:35.49	47.84	400m:	6:10.43	45.79
40.	,	10				<b>6:44.87</b>	199 I	1:31.04	1:42.92	1:46.59	1:44.32	
	50m:	41.78	41.78	150m:	2:21.75	50.71	250m:	4:06.82	52.86	350m:	5:54.26	53.71
	100m:	1:31.04	49.26	200m:	3:13.96	52.21	300m:	5:00.55	53.73	400m:	6:44.87	50.61