

29,		, 400m				2010 - 2011						
17.				10		5:39.91	325	3				
	50m:	35.98	35.98	150m:	2:03.52	44.99	250m:	3:31.19	43.46	350m:	5:00.00	44.25
	100m:	1:18.53	42.55	200m:	2:47.73	44.21	300m:	4:15.75	44.56	400m:	5:39.91	39.91
18.				10		5:41.93	320	3				
	50m:	36.90	36.90	150m:	2:01.87	42.72	250m:	3:29.87	43.96	350m:	5:00.41	45.40
	100m:	1:19.15	42.25	200m:	2:45.91	44.04	300m:	4:15.01	45.14	400m:	5:41.93	41.52
19.				11		5:44.78	312	3				
	50m:	37.11	37.11	150m:	2:01.89	42.91	250m:	3:30.41	44.54	350m:	5:01.71	46.00
	100m:	1:18.98	41.87	200m:	2:45.87	43.98	300m:	4:15.71	45.30	400m:	5:44.78	43.07
20.				10		5:45.37	310	3				
	50m:	37.60	37.60	150m:	2:04.86	44.44	250m:	3:34.72	45.01	350m:	5:03.46	44.21
	100m:	1:20.42	42.82	200m:	2:49.71	44.85	300m:	4:19.25	44.53	400m:	5:45.37	41.91
21.				11		5:45.69	309	3				
	50m:	40.05	40.05	150m:	2:08.24	44.35	250m:	3:35.50	44.75	350m:	5:04.72	44.09
	100m:	1:23.89	43.84	200m:	2:50.75	42.51	300m:	4:20.63	45.13	400m:	5:45.69	40.97
22.				10		5:52.91	291	3				
	50m:	37.85	37.85	150m:	2:05.33	44.63	250m:	3:36.78	46.14	350m:	5:09.68	46.30
	100m:	1:20.70	42.85	200m:	2:50.64	45.31	300m:	4:23.38	46.60	400m:	5:52.91	43.23
23.				11		6:00.60	272	3				
	50m:	38.73	38.73	150m:	2:10.19	46.07	250m:	3:42.59	46.14	350m:	5:16.03	46.58
	100m:	1:24.12	45.39	200m:	2:56.45	46.26	300m:	4:29.45	46.86	400m:	6:00.60	44.57
24.				10		6:04.54	264	3				
	50m:	39.96	39.96	150m:	2:11.26	46.88	250m:	3:45.88	47.04	350m:	5:20.76	47.41
	100m:	1:24.38	44.42	200m:	2:58.84	47.58	300m:	4:33.35	47.47	400m:	6:04.54	43.78
25.				11		6:05.79	261	3				
	50m:	39.79	39.79	150m:	2:12.82	46.95	250m:	3:46.08	46.96	350m:	5:20.74	47.00
	100m:	1:25.87	46.08	200m:	2:59.12	46.30	300m:	4:33.74	47.66	400m:	6:05.79	45.05
26.				11		6:16.32	240	3				
	50m:	40.62	40.62	150m:	2:13.69	47.56	250m:	3:51.27	49.17	350m:	5:25.13	45.79
	100m:	1:26.13	45.51	200m:	3:02.10	48.41	300m:	4:39.34	48.07	400m:	6:16.32	51.19
27.				11		7:24.19	146	1				
	50m:	43.92	43.92	150m:	2:32.37	55.06	250m:	4:26.71	58.05	350m:	6:24.13	57.78
	100m:	1:37.31	53.39	200m:	3:28.66	56.29	300m:	5:26.35	59.64	400m:	7:24.19	1:00.06
DNS				10								