



30,		, 400m		2008 - 2009									
17.				<b>08</b>				<b>4:48.89</b>		396		2	
	50m:	29.07	29.07	150m:	1:40.02	36.90	250m:	2:55.91	38.20	350m:	4:12.05	37.65	
	100m:	1:03.12	34.05	200m:	2:17.71	37.69	300m:	3:34.40	38.49	400m:	4:48.89	36.84	
18.				<b>09</b>				<b>4:50.08</b>		391		2	
	50m:	32.81	32.81	150m:	1:45.57	36.99	250m:	3:00.53	37.26	350m:	4:15.28	36.46	
	100m:	1:08.58	35.77	200m:	2:23.27	37.70	300m:	3:38.82	38.29	400m:	4:50.08	34.80	
19.				<b>08</b>				<b>4:50.33</b>		390		2	
	50m:	31.32	31.32	150m:	1:43.94	36.90	250m:	2:58.97	37.18	350m:	4:13.39	36.74	
	100m:	1:07.04	35.72	200m:	2:21.79	37.85	300m:	3:36.65	37.68	400m:	4:50.33	36.94	
20.				<b>09</b>				<b>4:52.88</b>		380		2	
	50m:	32.47	32.47	150m:	1:45.92	37.43	250m:	3:01.18	37.80	350m:	4:17.53	38.01	
	100m:	1:08.49	36.02	200m:	2:23.38	37.46	300m:	3:39.52	38.34	400m:	4:52.88	35.35	
21.				<b>09</b>				<b>4:52.95</b>		380		2	
	50m:	32.33	32.33	150m:	1:47.05	37.52	250m:	3:04.22	39.11	350m:	4:18.43	36.94	
	100m:	1:09.53	37.20	200m:	2:25.11	38.06	300m:	3:41.49	37.27	400m:	4:52.95	34.52	
22.				<b>09</b>				<b>4:53.02</b>		380		2	
	50m:	31.54	31.54	150m:	1:44.65	36.89	250m:	3:00.06	38.08	350m:	4:17.04	38.51	
	100m:	1:07.76	36.22	200m:	2:21.98	37.33	300m:	3:38.53	38.47	400m:	4:53.02	35.98	
23.				<b>08</b>				<b>4:59.85</b>		354		2	
	50m:	32.80	32.80	150m:	1:47.93	38.67	250m:	3:05.78	38.93	350m:	4:22.76	38.47	
	100m:	1:09.26	36.46	200m:	2:26.85	38.92	300m:	3:44.29	38.51	400m:	4:59.85	37.09	
24.				<b>09</b>				<b>5:00.89</b>		351		2	
	50m:	32.96	32.96	150m:	1:48.36	38.46	250m:	3:06.41	39.41	350m:	4:24.10	38.75	
	100m:	1:09.90	36.94	200m:	2:27.00	38.64	300m:	3:45.35	38.94	400m:	5:00.89	36.79	
25.				<b>09</b>				<b>5:01.44</b>		349		2	
	50m:	33.16	33.16	150m:	1:48.79	38.45	250m:	3:06.30	39.05	350m:	4:24.26	38.92	
	100m:	1:10.34	37.18	200m:	2:27.25	38.46	300m:	3:45.34	39.04	400m:	5:01.44	37.18	
26.				<b>09</b>				<b>5:02.17</b>		346		2	
	50m:	33.91	33.91	150m:	1:49.67	38.42	250m:	3:07.57	39.11	350m:	4:25.76	39.27	
	100m:	1:11.25	37.34	200m:	2:28.46	38.79	300m:	3:46.49	38.92	400m:	5:02.17	36.41	
27.				<b>09</b>				<b>5:04.04</b>		340		3	
	50m:	33.42	33.42	150m:	1:50.30	38.90	250m:	3:08.30	38.95	350m:	4:26.42	38.99	
	100m:	1:11.40	37.98	200m:	2:29.35	39.05	300m:	3:47.43	39.13	400m:	5:04.04	37.62	
28.				<b>08</b>				<b>5:05.92</b>		333		3	
	50m:	33.17	33.17	150m:	1:49.72	39.20	250m:	3:08.79	39.65	350m:	4:27.65	39.64	
	100m:	1:10.52	37.35	200m:	2:29.14	39.42	300m:	3:48.01	39.22	400m:	5:05.92	38.27	
29.				<b>09</b>				<b>5:06.65</b>		331		3	
	50m:	32.29	32.29	150m:	1:45.77	37.67	250m:	3:04.26	39.95	350m:	4:26.06	40.98	
	100m:	1:08.10	35.81	200m:	2:24.31	38.54	300m:	3:45.08	40.82	400m:	5:06.65	40.59	
30.				<b>08</b>				<b>5:07.22</b>		329		3	
	50m:	32.90	32.90	150m:	1:47.59	38.18	250m:	3:06.70	40.11	350m:	4:27.73	40.56	
	100m:	1:09.41	36.51	200m:	2:26.59	39.00	300m:	3:47.17	40.47	400m:	5:07.22	39.49	
31.				<b>09</b>				<b>5:09.90</b>		321		3	
	50m:	34.82	34.82	150m:	1:51.29	38.61	250m:	3:10.99	40.26	350m:	4:30.91	40.36	
	100m:	1:12.68	37.86	200m:	2:30.73	39.44	300m:	3:50.55	39.56	400m:	5:09.90	38.99	
32.				<b>09</b>				<b>5:15.31</b>		305		3	
	50m:	35.52	35.52	150m:	1:54.86	40.41	250m:	3:15.57	40.08	350m:	4:36.51	40.29	
	100m:	1:14.45	38.93	200m:	2:35.49	40.63	300m:	3:56.22	40.65	400m:	5:15.31	38.80	
33.				<b>09</b>				<b>5:17.55</b>		298		3	
	50m:	34.64	34.64	150m:	1:54.71	40.44	250m:	3:16.06	40.96	350m:	4:39.02	40.73	
	100m:	1:14.27	39.63	200m:	2:35.10	40.39	300m:	3:58.29	42.23	400m:	5:17.55	38.53	

				" , 08-10		2022 .		" 13-14		11-12	
30, , 400m						2008 - 2009					
34.				<b>09</b>				<b>5:22.49</b>		<b>285</b>	<b>3</b>
	50m: 33.91	33.91	150m: 1:55.53	41.35	250m: 3:20.08	42.03	350m: 4:44.59	42.27			
	100m: 1:14.18	40.27	200m: 2:38.05	42.52	300m: 4:02.32	42.24	400m: 5:22.49	37.90			
35.			<b>09</b>				<b>5:28.77</b>		<b>269</b>	<b>3</b>	
	50m: 36.88	36.88	150m: 1:59.13	42.42	250m: 3:23.46	42.43	350m: 4:48.07	42.46			
	100m: 1:16.71	39.83	200m: 2:41.03	41.90	300m: 4:05.61	42.15	400m: 5:28.77	40.70			
36.			<b>08</b>				<b>5:38.06</b>		<b>247</b>	<b>3</b>	
	50m: 37.24	37.24	150m: 2:00.66	42.25	250m: 3:27.99	43.97	350m: 4:54.94	43.83			
	100m: 1:18.41	41.17	200m: 2:44.02	43.36	300m: 4:11.11	43.12	400m: 5:38.06	43.12			
37.			<b>09</b>				<b>5:39.68</b>		<b>243</b>	<b>3</b>	
	50m: 37.79	37.79	150m: 2:03.43	43.50	250m: 3:31.61	43.39	350m: 4:59.09	43.54			
	100m: 1:19.93	42.14	200m: 2:48.22	44.79	300m: 4:15.55	43.94	400m: 5:39.68	40.59			
38.			<b>09</b>				<b>5:41.49</b>		<b>240</b>	<b>3</b>	
	50m: 36.88	36.88	150m: 2:03.36	43.86	250m: 3:31.14	43.97	350m: 5:00.48	44.51			
	100m: 1:19.50	42.62	200m: 2:47.17	43.81	300m: 4:15.97	44.83	400m: 5:41.49	41.01			
DNS			<b>08</b>								
DNS			<b>08</b>								
DNS			<b>08</b>								
DNS			<b>08</b>								