

, 02 - 04 2024 .

14 , 400m
02.10.2024 - 16:05

: FINA 2023

1.			2007					4:00.60	686			
	50m:	27.76	27.76	150m:	1:29.54	31.23	250m:	2:31.26	30.45	350m:	3:31.75	29.88
	100m:	58.31	30.55	200m:	2:00.81	31.27	300m:	3:01.87	30.61	400m:	4:00.60	28.85
2.			2007					4:03.75	660			
	50m:	27.72	27.72	150m:	1:30.02	31.13	250m:	2:32.38	30.96	350m:	3:33.96	30.65
	100m:	58.89	31.17	200m:	2:01.42	31.40	300m:	3:03.31	30.93	400m:	4:03.75	29.79
3.			2005					4:07.46	630			
	50m:	29.09	29.09	150m:	1:31.30	31.13	250m:	2:34.01	31.55	350m:	3:36.64	31.56
	100m:	1:00.17	31.08	200m:	2:02.46	31.16	300m:	3:05.08	31.07	400m:	4:07.46	30.82
4.			2008					4:08.12	625			
	50m:	27.85	27.85	150m:	1:29.88	30.76	250m:	2:33.13	31.63	350m:	3:36.99	31.90
	100m:	59.12	31.27	200m:	2:01.50	31.62	300m:	3:05.09	31.96	400m:	4:08.12	31.13
5.			2005					4:10.36	609	I		
	50m:	27.79	27.79	150m:	1:29.92	31.42	250m:	2:33.36	31.72	350m:	3:38.66	33.09
	100m:	58.50	30.71	200m:	2:01.64	31.72	300m:	3:05.57	32.21	400m:	4:10.36	31.70
6.			2008					4:11.62	600	I		
	50m:	28.36	28.36	150m:	1:30.43	31.34	250m:	2:34.93	32.58	350m:	3:40.70	32.99
	100m:	59.09	30.73	200m:	2:02.35	31.92	300m:	3:07.71	32.78	400m:	4:11.62	30.92
7.			2009					4:12.92	591	I		
	50m:	29.11	29.11	150m:	1:33.61	32.11	250m:	2:38.85	32.44	350m:	3:42.86	31.30
	100m:	1:01.50	32.39	200m:	2:06.41	32.80	300m:	3:11.56	32.71	400m:	4:12.92	30.06
8.			2008					4:17.92	557	I		
	50m:	28.57	28.57	150m:	1:34.87	33.49	250m:	2:41.27	33.19	350m:	3:48.17	33.41
	100m:	1:01.38	32.81	200m:	2:08.08	33.21	300m:	3:14.76	33.49	400m:	4:17.92	29.75
9.			2008					4:18.62	552	I		
	50m:	30.39	30.39	150m:	1:35.53	32.79	250m:	2:41.46	32.92	350m:	3:47.67	33.03
	100m:	1:02.74	32.35	200m:	2:08.54	33.01	300m:	3:14.64	33.18	400m:	4:18.62	30.95
10.			2008					4:19.22	548	I		
	50m:	27.79	27.79	150m:	1:32.58	32.91	250m:	2:39.50	33.29	350m:	3:47.09	34.12
	100m:	59.67	31.88	200m:	2:06.21	33.63	300m:	3:12.97	33.47	400m:	4:19.22	32.13
11.			2007					4:19.26	548	I		
	50m:	29.06	29.06	150m:	1:34.57	33.20	250m:	2:41.39	33.28	350m:	3:47.87	32.94
	100m:	1:01.37	32.31	200m:	2:08.11	33.54	300m:	3:14.93	33.54	400m:	4:19.26	31.39
12.			2008					4:19.77	545	I		
	50m:	28.93	28.93	150m:	1:35.21	33.40	250m:	2:42.27	33.43	350m:	3:48.89	33.35
	100m:	1:01.81	32.88	200m:	2:08.84	33.63	300m:	3:15.54	33.27	400m:	4:19.77	30.88
13.			2009 1					4:21.91	532	I		
	50m:	29.03	29.03	150m:	1:35.34	33.58	250m:	2:42.52	33.55	350m:	3:49.72	33.57
	100m:	1:01.76	32.73	200m:	2:08.97	33.63	300m:	3:16.15	33.63	400m:	4:21.91	32.19
14.			2007					4:22.33	529	I		
	50m:	30.94	30.94	150m:	1:37.63	33.56	250m:	2:44.88	33.64	350m:	3:51.56	33.09
	100m:	1:04.07	33.13	200m:	2:11.24	33.61	300m:	3:18.47	33.59	400m:	4:22.33	30.77
15.			2009 1					4:22.57	528	I		
	50m:	29.08	29.08	150m:	1:36.04	33.81	250m:	2:43.27	33.22	350m:	3:49.97	33.46
	100m:	1:02.23	33.15	200m:	2:10.05	34.01	300m:	3:16.51	33.24	400m:	4:22.57	32.60

14,													
16.			2009	1				4:22.78	526	I			
	50m:	30.03	30.03	150m:	1:36.25	33.33	250m:	2:43.22	33.37	350m:	3:49.99	33.43	
	100m:	1:02.92	32.89	200m:	2:09.85	33.60	300m:	3:16.56	33.34	400m:	4:22.78	32.79	
17.			2009	1				4:23.76	521	I			
	50m:	29.55	29.55	150m:	1:36.21	33.77	250m:	2:44.90	34.42	350m:	3:52.29	33.56	
	100m:	1:02.44	32.89	200m:	2:10.48	34.27	300m:	3:18.73	33.83	400m:	4:23.76	31.47	
18.			2008	1				4:24.87	514	I			
	50m:	29.91	29.91	150m:	1:37.32	34.24	250m:	2:45.06	33.68	350m:	3:52.05	33.39	
	100m:	1:03.08	33.17	200m:	2:11.38	34.06	300m:	3:18.66	33.60	400m:	4:24.87	32.82	
19.			2008					4:25.43	511	II			
	50m:	29.72	29.72	150m:	1:36.16	33.64	250m:	2:44.07	33.94	350m:	3:53.34	34.38	
	100m:	1:02.52	32.80	200m:	2:10.13	33.97	300m:	3:18.96	34.89	400m:	4:25.43	32.09	
20.			2010	2				4:25.84	508	II			
	50m:	29.62	29.62	150m:	1:35.06	33.24	250m:	2:43.86	35.31	350m:	3:54.86	35.20	
	100m:	1:01.82	32.20	200m:	2:08.55	33.49	300m:	3:19.66	35.80	400m:	4:25.84	30.98	
21.			2006	1				4:26.63	504	II			
	50m:	29.06	29.06	150m:	1:35.86	34.05	250m:	2:44.11	34.29	350m:	3:53.21	34.41	
	100m:	1:01.81	32.75	200m:	2:09.82	33.96	300m:	3:18.80	34.69	400m:	4:26.63	33.42	
22.			2009	1				4:26.69	504	II			
	50m:	29.85	29.85	150m:	1:36.85	33.91	250m:	2:44.25	33.16	350m:	3:52.46	34.03	
	100m:	1:02.94	33.09	200m:	2:11.09	34.24	300m:	3:18.43	34.18	400m:	4:26.69	34.23	
23.			2010	2				4:29.10	490	II			
	50m:	30.10	30.10	150m:	1:38.12	34.45	250m:	2:46.52	34.18	350m:	3:55.51	34.55	
	100m:	1:03.67	33.57	200m:	2:12.34	34.22	300m:	3:20.96	34.44	400m:	4:29.10	33.59	
24.			2009	1				4:30.36	483	II			
	50m:	29.97	29.97	150m:	1:37.92	34.33	250m:	2:47.06	34.53	350m:	3:56.73	34.85	
	100m:	1:03.59	33.62	200m:	2:12.53	34.61	300m:	3:21.88	34.82	400m:	4:30.36	33.63	
25.			2007	1				4:30.53	482	II			
	50m:	30.32	30.32	150m:	1:38.38	34.53	250m:	2:48.06	35.07	350m:	3:57.57	34.11	
	100m:	1:03.85	33.53	200m:	2:12.99	34.61	300m:	3:23.46	35.40	400m:	4:30.53	32.96	
26.			2002					4:31.10	479	II			
	50m:	31.31	31.31	150m:	1:37.51	33.36	250m:	2:45.10	33.76	350m:	3:55.61	36.01	
	100m:	1:04.15	32.84	200m:	2:11.34	33.83	300m:	3:19.60	34.50	400m:	4:31.10	35.49	
27.			2010	1				4:32.20	474	II			
	50m:	31.05	31.05	150m:	1:38.51	34.25	250m:	2:47.87	34.84	350m:	3:58.43	35.62	
	100m:	1:04.26	33.21	200m:	2:13.03	34.52	300m:	3:22.81	34.94	400m:	4:32.20	33.77	
28.			2010	1				4:32.23	473	II			
	50m:	29.94	29.94	150m:	1:38.20	34.67	250m:	2:48.49	35.16	350m:	3:57.42	34.19	
	100m:	1:03.53	33.59	200m:	2:13.33	35.13	300m:	3:23.23	34.74	400m:	4:32.23	34.81	
29.			2010	1				4:32.48	472	II			
	50m:	30.54	30.54	150m:	1:39.32	34.66	250m:	2:48.29	34.52	350m:	3:58.27	34.82	
	100m:	1:04.66	34.12	200m:	2:13.77	34.45	300m:	3:23.45	35.16	400m:	4:32.48	34.21	
30.			2009	1				4:32.90	470	II			
	50m:	29.87	29.87	150m:	1:36.83	34.07	250m:	2:47.00	35.39	350m:	3:58.40	35.89	
	100m:	1:02.76	32.89	200m:	2:11.61	34.78	300m:	3:22.51	35.51	400m:	4:32.90	34.50	
31.			2007	1				4:33.65	466	II			
	50m:	29.03	29.03	150m:	1:35.57	34.42	250m:	2:45.41	35.07	350m:	3:57.88	36.47	
	100m:	1:01.15	32.12	200m:	2:10.34	34.77	300m:	3:21.41	36.00	400m:	4:33.65	35.77	
32.			2009	1			-	4:37.06	449	II			
	50m:	30.35	30.35	150m:	1:38.65	34.44	250m:	2:50.32	36.51	350m:	4:02.03	35.82	
	100m:	1:04.21	33.86	200m:	2:13.81	35.16	300m:	3:26.21	35.89	400m:	4:37.06	35.03	

14, , 400m												
33.			2010	2		4:39.64	437	II				
	50m:	31.20	31.20	150m:	1:40.40	35.03	250m:	2:51.59	35.47	350m:	4:04.46	36.94
	100m:	1:05.37	34.17	200m:	2:16.12	35.72	300m:	3:27.52	35.93	400m:	4:39.64	35.18
34.			2010	2		4:40.06	435	II				
	50m:	31.64	31.64	150m:	1:42.75	36.10	250m:	2:54.18	35.62	350m:	4:05.54	35.81
	100m:	1:06.65	35.01	200m:	2:18.56	35.81	300m:	3:29.73	35.55	400m:	4:40.06	34.52
35.			2004			4:40.39	433	II				
	50m:	29.88	29.88	150m:	1:36.75	34.10	250m:	2:48.11	36.45	350m:	4:03.05	37.96
	100m:	1:02.65	32.77	200m:	2:11.66	34.91	300m:	3:25.09	36.98	400m:	4:40.39	37.34
36.			2010	2		4:40.58	432	II				
	50m:	31.90	31.90	150m:	1:44.00	36.28	250m:	2:55.97	36.12	350m:	4:06.64	34.94
	100m:	1:07.72	35.82	200m:	2:19.85	35.85	300m:	3:31.70	35.73	400m:	4:40.58	33.94
37.			2008	2		4:42.89	422	II				
	50m:	29.08	29.08	150m:	1:37.14	34.81	250m:	2:50.36	36.88	350m:	4:07.00	38.60
	100m:	1:02.33	33.25	200m:	2:13.48	36.34	300m:	3:28.40	38.04	400m:	4:42.89	35.89
38.			2008	2		4:44.68	414	II				
	50m:	32.00	32.00	150m:	1:43.04	35.61	250m:	2:55.78	36.50	350m:	4:09.13	36.64
	100m:	1:07.43	35.43	200m:	2:19.28	36.24	300m:	3:32.49	36.71	400m:	4:44.68	35.55
39.			2002			4:44.87	413	II				
	50m:	29.68	29.68	150m:	1:36.74	34.03	250m:	2:49.83	37.63	350m:	4:06.85	38.89
	100m:	1:02.71	33.03	200m:	2:12.20	35.46	300m:	3:27.96	38.13	400m:	4:44.87	38.02
40.			2009	2		4:45.01	413	II				
	50m:	31.10	31.10	150m:	1:42.87	36.30	250m:	2:57.08	36.97	350m:	4:09.74	36.30
	100m:	1:06.57	35.47	200m:	2:20.11	37.24	300m:	3:33.44	36.36	400m:	4:45.01	35.27
41.			2005	1		4:45.40	411	II				
	50m:	30.52	30.52	150m:	1:41.03	36.24	250m:	2:54.62	37.14	350m:	4:08.59	36.72
	100m:	1:04.79	34.27	200m:	2:17.48	36.45	300m:	3:31.87	37.25	400m:	4:45.40	36.81
42.			2010	2		4:45.47	411	II				
	50m:	32.82	32.82	150m:	1:45.76	36.96	250m:	2:58.71	36.32	350m:	4:10.59	35.60
	100m:	1:08.80	35.98	200m:	2:22.39	36.63	300m:	3:34.99	36.28	400m:	4:45.47	34.88
43.			2010	2		4:47.90	400	II				
	50m:	32.26	32.26	150m:	1:44.54	36.89	250m:	2:57.72	36.89	350m:	4:12.08	37.15
	100m:	1:07.65	35.39	200m:	2:20.83	36.29	300m:	3:34.93	37.21	400m:	4:47.90	35.82
44.			2009	2		4:49.32	394	II				
	50m:	30.88	30.88	150m:	1:42.82	36.82	250m:	2:56.92	37.10	350m:	4:11.96	38.05
	100m:	1:06.00	35.12	200m:	2:19.82	37.00	300m:	3:33.91	36.99	400m:	4:49.32	37.36
45.			2008	2		4:50.51	389	II				
	50m:	30.98	30.98	150m:	1:42.75	36.67	250m:	2:58.43	37.85	350m:	4:13.22	36.97
	100m:	1:06.08	35.10	200m:	2:20.58	37.83	300m:	3:36.25	37.82	400m:	4:50.51	37.29
46.			2010	2		4:51.48	386	II				
	50m:	30.25	30.25	150m:	1:42.70	37.10	250m:	2:59.73	38.57	350m:	4:17.48	38.52
	100m:	1:05.60	35.35	200m:	2:21.16	38.46	300m:	3:38.96	39.23	400m:	4:51.48	34.00
47.			2009	1		4:51.51	385	II				
	50m:	29.61	29.61	150m:	1:38.77	36.00	250m:	2:55.99	39.09	350m:	4:13.68	38.65
	100m:	1:02.77	33.16	200m:	2:16.90	38.13	300m:	3:35.03	39.04	400m:	4:51.51	37.83
48.			2004	1		4:54.03	376	II				
	50m:	31.02	31.02	150m:	1:41.29	36.15	250m:	2:56.46	37.61	350m:	4:16.35	39.92
	100m:	1:05.14	34.12	200m:	2:18.85	37.56	300m:	3:36.43	39.97	400m:	4:54.03	37.68
49.			2010	2		4:54.29	375	II				
	50m:	31.54	31.54	150m:	1:42.96	36.62	250m:	2:57.95	38.18	350m:	4:16.74	39.80
	100m:	1:06.34	34.80	200m:	2:19.77	36.81	300m:	3:36.94	38.99	400m:	4:54.29	37.55

14, , 400m											
50.			2005	1		4:54.52	374	II			
	50m: 31.23	31.23	150m: 1:41.84	36.22	250m: 2:57.89	38.60	350m: 4:16.06	39.09			
	100m: 1:05.62	34.39	200m: 2:19.29	37.45	300m: 3:36.97	39.08	400m: 4:54.52	38.46			
51.			2010	2		4:54.67	373	II			
	50m: 33.24	33.24	150m: 1:45.45	36.74	250m: 3:01.31	38.21	350m: 4:17.29	38.22			
	100m: 1:08.71	35.47	200m: 2:23.10	37.65	300m: 3:39.07	37.76	400m: 4:54.67	37.38			
52.			2008	1		4:56.84	365	II			
	50m: 30.25	30.25	150m: 1:42.23	38.01	250m: 3:02.42	39.76	350m: 4:19.90	38.18			
	100m: 1:04.22	33.97	200m: 2:22.66	40.43	300m: 3:41.72	39.30	400m: 4:56.84	36.94			
53.			2010	2		4:59.31	356	II			
	50m: 33.03	33.03	150m: 1:48.89	38.34	250m: 3:06.19	38.68	350m: 4:23.26	38.93			
	100m: 1:10.55	37.52	200m: 2:27.51	38.62	300m: 3:44.33	38.14	400m: 4:59.31	36.05			
54.			2009	1		5:02.63	344	III			
	50m: 32.24	32.24	150m: 1:46.19	37.66	250m: 3:04.32	39.16	350m: 4:23.75	39.82			
	100m: 1:08.53	36.29	200m: 2:25.16	38.97	300m: 3:43.93	39.61	400m: 5:02.63	38.88			
55.			2010	2		5:03.45	342	III			
	50m: 18.30	18.30	150m: 1:06.80	35.48	250m: 2:23.87	38.89	350m: 3:44.27	40.48			
	100m: 31.32	13.02	200m: 1:44.98	38.18	300m: 3:03.79	39.92	400m: 5:03.45	1:19.18			
56.			2004			5:04.37	339	III			
	50m: 30.63	30.63	150m: 1:41.07	35.85	250m: 3:00.12	40.75	350m: 4:23.99	42.30			
	100m: 1:05.22	34.59	200m: 2:19.37	38.30	300m: 3:41.69	41.57	400m: 5:04.37	40.38			
57.			2010	2		5:05.84	334	III			
	50m: 34.20	34.20	150m: 1:51.95	39.43	250m: 3:09.81	38.79	350m: 4:27.76	39.18			
	100m: 1:12.52	38.32	200m: 2:31.02	39.07	300m: 3:48.58	38.77	400m: 5:05.84	38.08			
58.			2010	2		5:10.39	319	III			
	50m: 33.29	33.29	150m: 1:51.22	39.77	250m: 3:14.34	42.13	350m: 4:33.38	37.80			
	100m: 1:11.45	38.16	200m: 2:32.21	40.99	300m: 3:55.58	41.24	400m: 5:10.39	37.01			
59.			2010	2		5:10.59	319	III			
	50m: 35.03	35.03	150m: 1:54.11	40.21	250m: 3:14.24	39.75	350m: 4:32.89	38.48			
	100m: 1:13.90	38.87	200m: 2:34.49	40.38	300m: 3:54.41	40.17	400m: 5:10.59	37.70			
60.			2010	2		5:10.90	318	III			
	50m: 35.49	35.49	150m: 1:53.98	39.67	250m: 3:12.02	39.11	350m: 4:31.23	39.25			
	100m: 1:14.31	38.82	200m: 2:32.91	38.93	300m: 3:51.98	39.96	400m: 5:10.90	39.67			
61.			2010	2		5:13.98	308	III			
	50m: 35.77	35.77	150m: 1:57.03	40.73	250m: 3:17.88	40.10	350m: 4:36.36	39.42			
	100m: 1:16.30	40.53	200m: 2:37.78	40.75	300m: 3:56.94	39.06	400m: 5:13.98	37.62			
62.			2010	2		5:23.26	283	III			
	50m: 36.52	36.52	150m: 1:56.77	40.11	250m: 3:19.12	41.42	350m: 4:41.89	41.39			
	100m: 1:16.66	40.14	200m: 2:37.70	40.93	300m: 4:00.50	41.38	400m: 5:23.26	41.37			
63.			2010	2		5:29.55	267	III			
	50m: 35.51	35.51	150m: 1:55.54	40.94	250m: 3:20.80	42.89	350m: 4:47.56	43.45			
	100m: 1:14.60	39.09	200m: 2:37.91	42.37	300m: 4:04.11	43.31	400m: 5:29.55	41.99			
64.			2009	2		5:29.64	266	III			
	50m: 36.07	36.07	150m: 1:59.76	42.54	250m: 3:25.41	42.47	350m: 4:49.87	42.27			
	100m: 1:17.22	41.15	200m: 2:42.94	43.18	300m: 4:07.60	42.19	400m: 5:29.64	39.77			

14, , 400m

16-18

1.			2007					4:00.60	686			
	50m:	27.76	27.76	150m:	1:29.54	31.23	250m:	2:31.26	30.45	350m:	3:31.75	29.88
	100m:	58.31	30.55	200m:	2:00.81	31.27	300m:	3:01.87	30.61	400m:	4:00.60	28.85
2.			2007					4:03.75	660			
	50m:	27.72	27.72	150m:	1:30.02	31.13	250m:	2:32.38	30.96	350m:	3:33.96	30.65
	100m:	58.89	31.17	200m:	2:01.42	31.40	300m:	3:03.31	30.93	400m:	4:03.75	29.79
3.			2008					4:08.12	625			
	50m:	27.85	27.85	150m:	1:29.88	30.76	250m:	2:33.13	31.63	350m:	3:36.99	31.90
	100m:	59.12	31.27	200m:	2:01.50	31.62	300m:	3:05.09	31.96	400m:	4:08.12	31.13
4.			2008					4:11.62	600	I		
	50m:	28.36	28.36	150m:	1:30.43	31.34	250m:	2:34.93	32.58	350m:	3:40.70	32.99
	100m:	59.09	30.73	200m:	2:02.35	31.92	300m:	3:07.71	32.78	400m:	4:11.62	30.92
5.			2008					4:17.92	557	I		
	50m:	28.57	28.57	150m:	1:34.87	33.49	250m:	2:41.27	33.19	350m:	3:48.17	33.41
	100m:	1:01.38	32.81	200m:	2:08.08	33.21	300m:	3:14.76	33.49	400m:	4:17.92	29.75
6.			2008					4:18.62	552	I		
	50m:	30.39	30.39	150m:	1:35.53	32.79	250m:	2:41.46	32.92	350m:	3:47.67	33.03
	100m:	1:02.74	32.35	200m:	2:08.54	33.01	300m:	3:14.64	33.18	400m:	4:18.62	30.95
7.			2008					4:19.22	548	I		
	50m:	27.79	27.79	150m:	1:32.58	32.91	250m:	2:39.50	33.29	350m:	3:47.09	34.12
	100m:	59.67	31.88	200m:	2:06.21	33.63	300m:	3:12.97	33.47	400m:	4:19.22	32.13
8.			2007					4:19.26	548	I		
	50m:	29.06	29.06	150m:	1:34.57	33.20	250m:	2:41.39	33.28	350m:	3:47.87	32.94
	100m:	1:01.37	32.31	200m:	2:08.11	33.54	300m:	3:14.93	33.54	400m:	4:19.26	31.39
9.			2008					4:19.77	545	I		
	50m:	28.93	28.93	150m:	1:35.21	33.40	250m:	2:42.27	33.43	350m:	3:48.89	33.35
	100m:	1:01.81	32.88	200m:	2:08.84	33.63	300m:	3:15.54	33.27	400m:	4:19.77	30.88
10.			2007					4:22.33	529	I		
	50m:	30.94	30.94	150m:	1:37.63	33.56	250m:	2:44.88	33.64	350m:	3:51.56	33.09
	100m:	1:04.07	33.13	200m:	2:11.24	33.61	300m:	3:18.47	33.59	400m:	4:22.33	30.77
11.			2008 1					4:24.87	514	I		
	50m:	29.91	29.91	150m:	1:37.32	34.24	250m:	2:45.06	33.68	350m:	3:52.05	33.39
	100m:	1:03.08	33.17	200m:	2:11.38	34.06	300m:	3:18.66	33.60	400m:	4:24.87	32.82
12.			2008					4:25.43	511	II		
	50m:	29.72	29.72	150m:	1:36.16	33.64	250m:	2:44.07	33.94	350m:	3:53.34	34.38
	100m:	1:02.52	32.80	200m:	2:10.13	33.97	300m:	3:18.96	34.89	400m:	4:25.43	32.09
13.			2006 1					4:26.63	504	II		
	50m:	29.06	29.06	150m:	1:35.86	34.05	250m:	2:44.11	34.29	350m:	3:53.21	34.41
	100m:	1:01.81	32.75	200m:	2:09.82	33.96	300m:	3:18.80	34.69	400m:	4:26.63	33.42
14.			2007 1					4:30.53	482	II		
	50m:	30.32	30.32	150m:	1:38.38	34.53	250m:	2:48.06	35.07	350m:	3:57.57	34.11
	100m:	1:03.85	33.53	200m:	2:12.99	34.61	300m:	3:23.46	35.40	400m:	4:30.53	32.96
15.			2007 1					4:33.65	466	II		
	50m:	29.03	29.03	150m:	1:35.57	34.42	250m:	2:45.41	35.07	350m:	3:57.88	36.47
	100m:	1:01.15	32.12	200m:	2:10.34	34.77	300m:	3:21.41	36.00	400m:	4:33.65	35.77
16.			2008 2					4:42.89	422	II		
	50m:	29.08	29.08	150m:	1:37.14	34.81	250m:	2:50.36	36.88	350m:	4:07.00	38.60
	100m:	1:02.33	33.25	200m:	2:13.48	36.34	300m:	3:28.40	38.04	400m:	4:42.89	35.89
17.			2008 2					4:44.68	414	II		
	50m:	32.00	32.00	150m:	1:43.04	35.61	250m:	2:55.78	36.50	350m:	4:09.13	36.64
	100m:	1:07.43	35.43	200m:	2:19.28	36.24	300m:	3:32.49	36.71	400m:	4:44.68	35.55

14, , 400m				16-18					
18.			2008	2		4:50.51	389	II	
	50m: 30.98	30.98	150m: 1:42.75	36.67	250m: 2:58.43	37.85	350m: 4:13.22	36.97	
	100m: 1:06.08	35.10	200m: 2:20.58	37.83	300m: 3:36.25	37.82	400m: 4:50.51	37.29	
19.			2008	1		4:56.84	365	II	
	50m: 30.25	30.25	150m: 1:42.23	38.01	250m: 3:02.42	39.76	350m: 4:19.90	38.18	
	100m: 1:04.22	33.97	200m: 2:22.66	40.43	300m: 3:41.72	39.30	400m: 4:56.84	36.94	
14-15									
1.			2009			4:12.92	591	I	
	50m: 29.11	29.11	150m: 1:33.61	32.11	250m: 2:38.85	32.44	350m: 3:42.86	31.30	
	100m: 1:01.50	32.39	200m: 2:06.41	32.80	300m: 3:11.56	32.71	400m: 4:12.92	30.06	
2.			2009	1		4:21.91	532	I	
	50m: 29.03	29.03	150m: 1:35.34	33.58	250m: 2:42.52	33.55	350m: 3:49.72	33.57	
	100m: 1:01.76	32.73	200m: 2:08.97	33.63	300m: 3:16.15	33.63	400m: 4:21.91	32.19	
3.			2009	1		4:22.57	528	I	
	50m: 29.08	29.08	150m: 1:36.04	33.81	250m: 2:43.27	33.22	350m: 3:49.97	33.46	
	100m: 1:02.23	33.15	200m: 2:10.05	34.01	300m: 3:16.51	33.24	400m: 4:22.57	32.60	
4.			2009	1		4:22.78	526	I	
	50m: 30.03	30.03	150m: 1:36.25	33.33	250m: 2:43.22	33.37	350m: 3:49.99	33.43	
	100m: 1:02.92	32.89	200m: 2:09.85	33.60	300m: 3:16.56	33.34	400m: 4:22.78	32.79	
5.			2009	1		4:23.76	521	I	
	50m: 29.55	29.55	150m: 1:36.21	33.77	250m: 2:44.90	34.42	350m: 3:52.29	33.56	
	100m: 1:02.44	32.89	200m: 2:10.48	34.27	300m: 3:18.73	33.83	400m: 4:23.76	31.47	
6.			2010	2		4:25.84	508	II	
	50m: 29.62	29.62	150m: 1:35.06	33.24	250m: 2:43.86	35.31	350m: 3:54.86	35.20	
	100m: 1:01.82	32.20	200m: 2:08.55	33.49	300m: 3:19.66	35.80	400m: 4:25.84	30.98	
7.			2009	1		4:26.69	504	II	
	50m: 29.85	29.85	150m: 1:36.85	33.91	250m: 2:44.25	33.16	350m: 3:52.46	34.03	
	100m: 1:02.94	33.09	200m: 2:11.09	34.24	300m: 3:18.43	34.18	400m: 4:26.69	34.23	
8.			2010	2		4:29.10	490	II	
	50m: 30.10	30.10	150m: 1:38.12	34.45	250m: 2:46.52	34.18	350m: 3:55.51	34.55	
	100m: 1:03.67	33.57	200m: 2:12.34	34.22	300m: 3:20.96	34.44	400m: 4:29.10	33.59	
9.			2009	1		4:30.36	483	II	
	50m: 29.97	29.97	150m: 1:37.92	34.33	250m: 2:47.06	34.53	350m: 3:56.73	34.85	
	100m: 1:03.59	33.62	200m: 2:12.53	34.61	300m: 3:21.88	34.82	400m: 4:30.36	33.63	
10.			2010	1		4:32.20	474	II	
	50m: 31.05	31.05	150m: 1:38.51	34.25	250m: 2:47.87	34.84	350m: 3:58.43	35.62	
	100m: 1:04.26	33.21	200m: 2:13.03	34.52	300m: 3:22.81	34.94	400m: 4:32.20	33.77	
11.			2010	1		4:32.23	473	II	
	50m: 29.94	29.94	150m: 1:38.20	34.67	250m: 2:48.49	35.16	350m: 3:57.42	34.19	
	100m: 1:03.53	33.59	200m: 2:13.33	35.13	300m: 3:23.23	34.74	400m: 4:32.23	34.81	
12.			2010	1		4:32.48	472	II	
	50m: 30.54	30.54	150m: 1:39.32	34.66	250m: 2:48.29	34.52	350m: 3:58.27	34.82	
	100m: 1:04.66	34.12	200m: 2:13.77	34.45	300m: 3:23.45	35.16	400m: 4:32.48	34.21	
13.			2009	1		4:32.90	470	II	
	50m: 29.87	29.87	150m: 1:36.83	34.07	250m: 2:47.00	35.39	350m: 3:58.40	35.89	
	100m: 1:02.76	32.89	200m: 2:11.61	34.78	300m: 3:22.51	35.51	400m: 4:32.90	34.50	
14.			2009	1	-	4:37.06	449	II	
	50m: 30.35	30.35	150m: 1:38.65	34.44	250m: 2:50.32	36.51	350m: 4:02.03	35.82	
	100m: 1:04.21	33.86	200m: 2:13.81	35.16	300m: 3:26.21	35.89	400m: 4:37.06	35.03	

14, , 400m				14-15					
15.			2010	2		4:39.64	437	II	
	50m: 31.20	31.20	150m: 1:40.40	35.03	250m: 2:51.59	35.47	350m: 4:04.46	36.94	
	100m: 1:05.37	34.17	200m: 2:16.12	35.72	300m: 3:27.52	35.93	400m: 4:39.64	35.18	
16.			2010	2		4:40.06	435	II	
	50m: 31.64	31.64	150m: 1:42.75	36.10	250m: 2:54.18	35.62	350m: 4:05.54	35.81	
	100m: 1:06.65	35.01	200m: 2:18.56	35.81	300m: 3:29.73	35.55	400m: 4:40.06	34.52	
17.			2010	2		4:40.58	432	II	
	50m: 31.90	31.90	150m: 1:44.00	36.28	250m: 2:55.97	36.12	350m: 4:06.64	34.94	
	100m: 1:07.72	35.82	200m: 2:19.85	35.85	300m: 3:31.70	35.73	400m: 4:40.58	33.94	
18.			2009	2		4:45.01	413	II	
	50m: 31.10	31.10	150m: 1:42.87	36.30	250m: 2:57.08	36.97	350m: 4:09.74	36.30	
	100m: 1:06.57	35.47	200m: 2:20.11	37.24	300m: 3:33.44	36.36	400m: 4:45.01	35.27	
19.			2010	2		4:45.47	411	II	
	50m: 32.82	32.82	150m: 1:45.76	36.96	250m: 2:58.71	36.32	350m: 4:10.59	35.60	
	100m: 1:08.80	35.98	200m: 2:22.39	36.63	300m: 3:34.99	36.28	400m: 4:45.47	34.88	
20.			2010	2		4:47.90	400	II	
	50m: 32.26	32.26	150m: 1:44.54	36.89	250m: 2:57.72	36.89	350m: 4:12.08	37.15	
	100m: 1:07.65	35.39	200m: 2:20.83	36.29	300m: 3:34.93	37.21	400m: 4:47.90	35.82	
21.			2009	2	-	4:49.32	394	II	
	50m: 30.88	30.88	150m: 1:42.82	36.82	250m: 2:56.92	37.10	350m: 4:11.96	38.05	
	100m: 1:06.00	35.12	200m: 2:19.82	37.00	300m: 3:33.91	36.99	400m: 4:49.32	37.36	
22.			2010	2		4:51.48	386	II	
	50m: 30.25	30.25	150m: 1:42.70	37.10	250m: 2:59.73	38.57	350m: 4:17.48	38.52	
	100m: 1:05.60	35.35	200m: 2:21.16	38.46	300m: 3:38.96	39.23	400m: 4:51.48	34.00	
23.			2009	1		4:51.51	385	II	
	50m: 29.61	29.61	150m: 1:38.77	36.00	250m: 2:55.99	39.09	350m: 4:13.68	38.65	
	100m: 1:02.77	33.16	200m: 2:16.90	38.13	300m: 3:35.03	39.04	400m: 4:51.51	37.83	
24.			2010	2		4:54.29	375	II	
	50m: 31.54	31.54	150m: 1:42.96	36.62	250m: 2:57.95	38.18	350m: 4:16.74	39.80	
	100m: 1:06.34	34.80	200m: 2:19.77	36.81	300m: 3:36.94	38.99	400m: 4:54.29	37.55	
25.			2010	2		4:54.67	373	II	
	50m: 33.24	33.24	150m: 1:45.45	36.74	250m: 3:01.31	38.21	350m: 4:17.29	38.22	
	100m: 1:08.71	35.47	200m: 2:23.10	37.65	300m: 3:39.07	37.76	400m: 4:54.67	37.38	
26.			2010	2		4:59.31	356	II	
	50m: 33.03	33.03	150m: 1:48.89	38.34	250m: 3:06.19	38.68	350m: 4:23.26	38.93	
	100m: 1:10.55	37.52	200m: 2:27.51	38.62	300m: 3:44.33	38.14	400m: 4:59.31	36.05	
27.			2009	1		5:02.63	344	III	
	50m: 32.24	32.24	150m: 1:46.19	37.66	250m: 3:04.32	39.16	350m: 4:23.75	39.82	
	100m: 1:08.53	36.29	200m: 2:25.16	38.97	300m: 3:43.93	39.61	400m: 5:02.63	38.88	
28.			2010	2		5:03.45	342	III	
	50m: 18.30	18.30	150m: 1:06.80	35.48	250m: 2:23.87	38.89	350m: 3:44.27	40.48	
	100m: 31.32	13.02	200m: 1:44.98	38.18	300m: 3:03.79	39.92	400m: 5:03.45	1:19.18	
29.			2010	2		5:05.84	334	III	
	50m: 34.20	34.20	150m: 1:51.95	39.43	250m: 3:09.81	38.79	350m: 4:27.76	39.18	
	100m: 1:12.52	38.32	200m: 2:31.02	39.07	300m: 3:48.58	38.77	400m: 5:05.84	38.08	
30.			2010	2		5:10.39	319	III	
	50m: 33.29	33.29	150m: 1:51.22	39.77	250m: 3:14.34	42.13	350m: 4:33.38	37.80	
	100m: 1:11.45	38.16	200m: 2:32.21	40.99	300m: 3:55.58	41.24	400m: 5:10.39	37.01	
31.			2010	2		5:10.59	319	III	
	50m: 35.03	35.03	150m: 1:54.11	40.21	250m: 3:14.24	39.75	350m: 4:32.89	38.48	
	100m: 1:13.90	38.87	200m: 2:34.49	40.38	300m: 3:54.41	40.17	400m: 5:10.59	37.70	

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14,		, 400m								14-15									
			/																
32.			2010	2								5:10.90	318	III					
	50m:	35.49	35.49	150m:	1:53.98	39.67	250m:	3:12.02	39.11	350m:	4:31.23	39.25							
	100m:	1:14.31	38.82	200m:	2:32.91	38.93	300m:	3:51.98	39.96	400m:	5:10.90	39.67							
33.			2010	2								5:13.98	308	III					
	50m:	35.77	35.77	150m:	1:57.03	40.73	250m:	3:17.88	40.10	350m:	4:36.36	39.42							
	100m:	1:16.30	40.53	200m:	2:37.78	40.75	300m:	3:56.94	39.06	400m:	5:13.98	37.62							
34.			2010	2								5:23.26	283	III					
	50m:	36.52	36.52	150m:	1:56.77	40.11	250m:	3:19.12	41.42	350m:	4:41.89	41.39							
	100m:	1:16.66	40.14	200m:	2:37.70	40.93	300m:	4:00.50	41.38	400m:	5:23.26	41.37							
35.			2010	2								5:29.55	267	III					
	50m:	35.51	35.51	150m:	1:55.54	40.94	250m:	3:20.80	42.89	350m:	4:47.56	43.45							
	100m:	1:14.60	39.09	200m:	2:37.91	42.37	300m:	4:04.11	43.31	400m:	5:29.55	41.99							
36.			2009	2								5:29.64	266	III					
	50m:	36.07	36.07	150m:	1:59.76	42.54	250m:	3:25.41	42.47	350m:	4:49.87	42.27							
	100m:	1:17.22	41.15	200m:	2:42.94	43.18	300m:	4:07.60	42.19	400m:	5:29.64	39.77							