

		, 30		- 01		2024 .			
29, , 400m		, 11 - 13							
		/						rt	
17.			2012	2			5:24.99	360	2
	50m: 35.57	35.57	150m: 1:56.19	41.05	250m: 3:19.63	42.18	350m: 4:45.20	42.89	
	100m: 1:15.14	39.57	200m: 2:37.45	41.26	300m: 4:02.31	42.68	400m: 5:24.99	39.79	
18.			2013	2			5:33.72	332	2
	50m: 36.91	36.91	150m: 2:00.77	42.65	250m: 3:26.08	42.62	350m: 4:51.70	42.97	
	100m: 1:18.12	41.21	200m: 2:43.46	42.69	300m: 4:08.73	42.65	400m: 5:33.72	42.02	
19.			2013	3			5:37.48	321	3
	50m: 38.73	38.73	150m: 2:02.07	42.42	250m: 3:29.32	43.48	350m: 4:55.62	43.13	
	100m: 1:19.65	40.92	200m: 2:45.84	43.77	300m: 4:12.49	43.17	400m: 5:37.48	41.86	
20.			2013	2			5:38.84	318	3
	50m: 36.23	36.23	150m: 2:03.94	44.85	250m: 3:31.57	44.14	350m: 4:58.38	42.89	
	100m: 1:19.09	42.86	200m: 2:47.43	43.49	300m: 4:15.49	43.92	400m: 5:38.84	40.46	
21.			2011	2			5:46.89	296	3
	50m: 35.80	35.80	150m: 2:02.59	45.27	250m: 3:32.71	45.35	350m: 5:03.93	45.34	
	100m: 1:17.32	41.52	200m: 2:47.36	44.77	300m: 4:18.59	45.88	400m: 5:46.89	42.96	
22.			2013	3			5:50.66	286	3
	50m: 38.70	38.70	150m: 2:06.41	44.25	250m: 3:37.69	46.17	350m: 5:06.67	43.37	
	100m: 1:22.16	43.46	200m: 2:51.52	45.11	300m: 4:23.30	45.61	400m: 5:50.66	43.99	
23.			2012	3			5:50.86	286	3
	50m: 39.34	39.34	150m: 2:08.89	45.00	250m: 3:38.59	44.83	350m: 5:08.86	44.61	
	100m: 1:23.89	44.55	200m: 2:53.76	44.87	300m: 4:24.25	45.66	400m: 5:50.86	42.00	
24.			2012	3			5:51.47	285	3
	50m: 37.84	37.84	150m: 2:02.90	43.62	250m: 3:31.17	44.30	350m: 4:56.91	42.79	
	100m: 1:19.28	41.44	200m: 2:46.87	43.97	300m: 4:14.12	42.95	400m: 5:51.47	54.56	
25.			2013	3			5:55.80	274	3
	50m: 36.72	36.72	150m: 2:05.26	46.15	250m: 3:38.42	46.75	350m: 5:10.77	45.70	
	100m: 1:19.11	42.39	200m: 2:51.67	46.41	300m: 4:25.07	46.65	400m: 5:55.80	45.03	
26.			2013	3			6:01.52	261	3
	50m: 39.48	39.48	150m: 2:10.35	45.76	250m: 3:43.40	47.45	350m: 5:16.88	46.18	
	100m: 1:24.59	45.11	200m: 2:55.95	45.60	300m: 4:30.70	47.30	400m: 6:01.52	44.64	
27.			2011	3			6:01.60	261	3
	50m: 38.20	38.20	150m: 2:07.10	45.46	250m: 3:40.86	46.79	350m: 5:15.35	46.91	
	100m: 1:21.64	43.44	200m: 2:54.07	46.97	300m: 4:28.44	47.58	400m: 6:01.60	46.25	
28.			2012	3		-	6:26.29	214	1
	50m: 38.09	38.09	150m: 2:15.73	50.45	250m: 3:55.99	50.25	350m: 5:37.01	50.38	
	100m: 1:25.28	47.19	200m: 3:05.74	50.01	300m: 4:46.63	50.64	400m: 6:26.29	49.28	
29.			2013	3			6:35.07	200	1
	50m: 42.51	42.51	150m: 2:22.92	50.81	250m: 4:03.90	49.77	350m: 5:47.35	52.38	
	100m: 1:32.11	49.60	200m: 3:14.13	51.21	300m: 4:54.97	51.07	400m: 6:35.07	47.72	
30.			2013	3			6:45.48	185	1
	50m: 41.12	41.12	150m: 2:23.19	52.36	250m: 4:08.28	52.47	350m: 5:54.78	53.11	
	100m: 1:30.83	49.71	200m: 3:15.81	52.62	300m: 5:01.67	53.39	400m: 6:45.48	50.70	
DNS			2011	2					
DNS			2012	2					