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, 400m

28.10.2022 - 11:33

: FINA 2021

	/				R.T.				FINA
1.	2001				+0,83 4:14.97				772
	25m: 14.41	14.41	125m: 1:17.41	16.11	225m: 2:22.63	16.36	325m: 3:27.64	16.23	
	50m: 29.82	15.41	150m: 1:33.68	16.27	250m: 2:38.78	16.15	350m: 3:43.75	16.11	
	75m: 45.60	15.78	175m: 1:50.01	16.33	275m: 2:55.07	16.29	375m: 3:59.75	16.00	
	100m: 1:01.30	15.70	200m: 2:06.27	16.26	300m: 3:11.41	16.34	400m: 4:14.97	15.22	
2.	2007				+0,79 4:15.69				765
	25m: 13.93	13.93	125m: 1:17.42	16.00	225m: 2:22.57	16.34	325m: 3:27.35	15.99	
	50m: 29.29	15.36	150m: 1:33.69	16.27	250m: 2:38.84	16.27	350m: 3:43.43	16.08	
	75m: 45.24	15.95	175m: 1:50.05	16.36	275m: 2:55.03	16.19	375m: 3:59.68	16.25	
	100m: 1:01.42	16.18	200m: 2:06.23	16.18	300m: 3:11.36	16.33	400m: 4:15.69	16.01	
3.	2007				+0,89 4:18.41				741
	25m: 14.31	14.31	125m: 1:17.32	16.31	225m: 2:23.33	16.56	325m: 3:29.67	16.39	
	50m: 29.49	15.18	150m: 1:33.76	16.44	250m: 2:39.91	16.58	350m: 3:46.21	16.54	
	75m: 45.08	15.59	175m: 1:50.30	16.54	275m: 2:56.59	16.68	375m: 4:02.55	16.34	
	100m: 1:01.01	15.93	200m: 2:06.77	16.47	300m: 3:13.28	16.69	400m: 4:18.41	15.86	
4.	2003				+0,80 4:19.02				736
	25m: 14.15	14.15	125m: 1:18.82	16.54	225m: 2:25.09	16.54	325m: 3:31.01	16.50	
	50m: 29.97	15.82	150m: 1:35.33	16.51	250m: 2:41.51	16.42	350m: 3:47.66	16.65	
	75m: 45.96	15.99	175m: 1:51.81	16.48	275m: 2:57.98	16.47	375m: 4:03.98	16.32	
	100m: 1:02.28	16.32	200m: 2:08.55	16.74	300m: 3:14.51	16.53	400m: 4:19.02	15.04	
5.	2007				+0,70 4:21.73				713
	25m: 14.01	14.01	125m: 1:18.11	16.16	225m: 2:23.96	16.67	325m: 3:31.50	16.94	
	50m: 29.89	15.88	150m: 1:34.30	16.19	250m: 2:40.79	16.83	350m: 3:48.41	16.91	
	75m: 45.78	15.89	175m: 1:50.66	16.36	275m: 2:57.68	16.89	375m: 4:05.59	17.18	
	100m: 1:01.95	16.17	200m: 2:07.29	16.63	300m: 3:14.56	16.88	400m: 4:21.73	16.14	
6.	2008				+0,87 4:23.53				699
	25m: 15.07	15.07	125m: 1:21.17	16.54	225m: 2:27.81	16.63	325m: 3:34.81	16.64	
	50m: 31.20	16.13	150m: 1:37.89	16.72	250m: 2:44.43	16.62	350m: 3:51.51	16.70	
	75m: 47.94	16.74	175m: 1:54.59	16.70	275m: 3:01.30	16.87	375m: 4:07.89	16.38	
	100m: 1:04.63	16.69	200m: 2:11.18	16.59	300m: 3:18.17	16.87	400m: 4:23.53	15.64	
7.	2007				+0,82 4:26.60				675
	25m: 14.22	14.22	125m: 1:18.97	16.69	225m: 2:26.54	17.07	325m: 3:35.39	17.42	
	50m: 29.91	15.69	150m: 1:35.43	16.46	250m: 2:43.51	16.97	350m: 3:52.59	17.20	
	75m: 46.00	16.09	175m: 1:52.57	17.14	275m: 3:00.78	17.27	375m: 4:10.07	17.48	
	100m: 1:02.28	16.28	200m: 2:09.47	16.90	300m: 3:17.97	17.19	400m: 4:26.60	16.53	
8.	2007				+0,77 4:27.48				668
	25m: 14.60	14.60	125m: 1:20.34	16.75	225m: 2:28.68	17.16	325m: 3:37.43	17.04	
	50m: 30.64	16.04	150m: 1:37.37	17.03	250m: 2:45.99	17.31	350m: 3:54.81	17.38	
	75m: 46.96	16.32	175m: 1:54.37	17.00	275m: 3:02.94	16.95	375m: 4:11.60	16.79	
	100m: 1:03.59	16.63	200m: 2:11.52	17.15	300m: 3:20.39	17.45	400m: 4:27.48	15.88	
9.	2006				+0,74 4:27.70				667
	25m: 14.49	14.49	125m: 1:20.27	17.01	225m: 2:29.27	17.40	325m: 3:39.37	17.50	
	50m: 30.14	15.65	150m: 1:37.36	17.09	250m: 2:46.63	17.36	350m: 3:56.17	16.80	
	75m: 46.56	16.42	175m: 1:54.63	17.27	275m: 3:04.29	17.66	375m: 4:12.64	16.47	
	100m: 1:03.26	16.70	200m: 2:11.87	17.24	300m: 3:21.87	17.58	400m: 4:27.70	15.06	



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					R.T.				FINA			
10.	2008				+0,90				4:27.78			666
	25m:	15.22	15.22	125m:	1:21.37	16.90	225m:	2:29.64	17.05	325m:	3:38.11	17.15
	50m:	31.26	16.04	150m:	1:38.28	16.91	250m:	2:46.64	17.00	350m:	3:55.18	17.07
	75m:	47.74	16.48	175m:	1:55.47	17.19	275m:	3:03.85	17.21	375m:	4:12.05	16.87
	100m:	1:04.47	16.73	200m:	2:12.59	17.12	300m:	3:20.96	17.11	400m:	4:27.78	15.73
11.	2005				+0,74				4:28.01			664
	25m:	14.54	14.54	125m:	1:19.64	16.57	225m:	2:27.18	17.00	325m:	3:37.40	17.86
	50m:	30.35	15.81	150m:	1:36.27	16.63	250m:	2:44.34	17.16	350m:	3:55.30	17.90
	75m:	46.67	16.32	175m:	1:53.29	17.02	275m:	3:01.80	17.46	375m:	4:12.34	17.04
	100m:	1:03.07	16.40	200m:	2:10.18	16.89	300m:	3:19.54	17.74	400m:	4:28.01	15.67
12.	2006				+0,77				4:28.97			657
	25m:	14.12	14.12	125m:	1:20.19	17.19	225m:	2:29.75	17.50	325m:	3:38.78	17.41
	50m:	29.98	15.86	150m:	1:37.21	17.02	250m:	2:47.02	17.27	350m:	3:55.95	17.17
	75m:	46.53	16.55	175m:	1:54.85	17.64	275m:	3:04.22	17.20	375m:	4:12.79	16.84
	100m:	1:03.00	16.47	200m:	2:12.25	17.40	300m:	3:21.37	17.15	400m:	4:28.97	16.18
13.	2008				+0,67				4:29.22			655
	25m:	14.11	14.11	125m:	1:20.60	17.39	225m:	2:29.61	17.24	325m:	3:38.33	17.02
	50m:	29.86	15.75	150m:	1:38.01	17.41	250m:	2:46.80	17.19	350m:	3:55.27	16.94
	75m:	46.22	16.36	175m:	1:54.92	16.91	275m:	3:03.83	17.03	375m:	4:13.03	17.76
	100m:	1:03.21	16.99	200m:	2:12.37	17.45	300m:	3:21.31	17.48	400m:	4:29.22	16.19
14.	2005				+0,75				4:31.85			637
	25m:	14.24	14.24	125m:	1:21.50	17.14	225m:	2:30.27	17.24	325m:	3:40.06	17.42
	50m:	30.60	16.36	150m:	1:38.63	17.13	250m:	2:47.65	17.38	350m:	3:57.64	17.58
	75m:	47.16	16.56	175m:	1:55.76	17.13	275m:	3:05.18	17.53	375m:	4:15.01	17.37
	100m:	1:04.36	17.20	200m:	2:13.03	17.27	300m:	3:22.64	17.46	400m:	4:31.85	16.84
15.	2002				+0,71				4:32.71			631
	25m:	14.33	14.33	125m:	1:19.84	16.91	225m:	2:28.75	17.51	325m:	3:40.22	18.15
	50m:	30.06	15.73	150m:	1:36.79	16.95	250m:	2:46.22	17.47	350m:	3:58.18	17.96
	75m:	46.45	16.39	175m:	1:53.92	17.13	275m:	3:04.21	17.99	375m:	4:16.31	18.13
	100m:	1:02.93	16.48	200m:	2:11.24	17.32	300m:	3:22.07	17.86	400m:	4:32.71	16.40
16.	2008				+0,77				4:33.28			627
	25m:	14.42	14.42	125m:	1:21.65	17.06	225m:	2:32.14	17.68	325m:	3:43.32	17.84
	50m:	30.66	16.24	150m:	1:38.89	17.24	250m:	2:49.88	17.74	350m:	4:00.86	17.54
	75m:	47.35	16.69	175m:	1:56.77	17.88	275m:	3:07.69	17.81	375m:	4:17.44	16.58
	100m:	1:04.59	17.24	200m:	2:14.46	17.69	300m:	3:25.48	17.79	400m:	4:33.28	15.84
17.	2007				+0,63				4:33.88			623
	25m:	14.75	14.75	125m:	1:22.42	17.32	225m:	2:32.25	17.60	325m:	3:42.42	17.62
	50m:	30.98	16.23	150m:	1:39.76	17.34	250m:	2:49.75	17.50	350m:	3:59.83	17.41
	75m:	48.09	17.11	175m:	1:57.23	17.47	275m:	3:07.12	17.37	375m:	4:17.27	17.44
	100m:	1:05.10	17.01	200m:	2:14.65	17.42	300m:	3:24.80	17.68	400m:	4:33.88	16.61
18.	2006				+0,96				4:34.06			621
	25m:	15.21	15.21	125m:	1:22.92	17.12	225m:	2:32.45	17.26	325m:	3:42.08	17.40
	50m:	31.66	16.45	150m:	1:40.42	17.50	250m:	2:49.84	17.39	350m:	3:59.94	17.86
	75m:	48.51	16.85	175m:	1:57.67	17.25	275m:	3:07.22	17.38	375m:	4:17.03	17.09
	100m:	1:05.80	17.29	200m:	2:15.19	17.52	300m:	3:24.68	17.46	400m:	4:34.06	17.03



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37, , 400m

						R.T.					FINA	
19.	2007					+0,63 4:34.08					621	
	25m:	14.67	14.67	125m:	1:22.66	17.39	225m:	2:32.60	17.29	325m:	3:43.03	17.54
	50m:	31.10	16.43	150m:	1:40.13	17.47	250m:	2:50.29	17.69	350m:	4:00.57	17.54
	75m:	47.98	16.88	175m:	1:57.70	17.57	275m:	3:07.97	17.68	375m:	4:17.73	17.16
	100m:	1:05.27	17.29	200m:	2:15.31	17.61	300m:	3:25.49	17.52	400m:	4:34.08	16.35
20.	2006					+0,88 4:34.15					621	
	25m:	14.69	14.69	125m:	1:19.42	16.52	225m:	2:28.78	17.66	325m:	3:40.96	18.15
	50m:	30.51	15.82	150m:	1:36.29	16.87	250m:	2:46.70	17.92	350m:	3:59.25	18.29
	75m:	46.57	16.06	175m:	1:53.37	17.08	275m:	3:04.77	18.07	375m:	4:17.44	18.19
	100m:	1:02.90	16.33	200m:	2:11.12	17.75	300m:	3:22.81	18.04	400m:	4:34.15	16.71
21.	2009 1					+0,75 4:34.45					619	
	25m:	15.03	15.03	125m:	1:22.74	17.09	225m:	2:32.38	17.26	325m:	3:42.88	17.64
	50m:	31.31	16.28	150m:	1:40.03	17.29	250m:	2:49.95	17.57	350m:	4:00.48	17.60
	75m:	48.67	17.36	175m:	1:57.55	17.52	275m:	3:07.72	17.77	375m:	4:18.29	17.81
	100m:	1:05.65	16.98	200m:	2:15.12	17.57	300m:	3:25.24	17.52	400m:	4:34.45	16.16
22.	2008					+0,85 4:34.82					616	
	25m:	15.44	15.44	125m:	1:23.44	17.45	225m:	2:33.48	17.67	325m:	3:43.83	17.50
	50m:	31.89	16.45	150m:	1:40.93	17.49	250m:	2:51.20	17.72	350m:	4:01.21	17.38
	75m:	48.86	16.97	175m:	1:58.42	17.49	275m:	3:08.78	17.58	375m:	4:18.39	17.18
	100m:	1:05.99	17.13	200m:	2:15.81	17.39	300m:	3:26.33	17.55	400m:	4:34.82	16.43
23.	2009					+0,69 4:35.90					609	
	25m:	15.77	15.77	125m:	1:25.56	17.56	225m:	2:35.92	17.47	325m:	3:45.35	16.92
	50m:	33.05	17.28	150m:	1:43.21	17.65	250m:	2:53.40	17.48	350m:	4:02.66	17.31
	75m:	50.57	17.52	175m:	2:00.76	17.55	275m:	3:10.95	17.55	375m:	4:19.71	17.05
	100m:	1:08.00	17.43	200m:	2:18.45	17.69	300m:	3:28.43	17.48	400m:	4:35.90	16.19
24.	2009					+0,68 4:36.56					605	
	25m:	14.86	14.86	125m:	1:23.47	17.74	225m:	2:34.50	17.57	325m:	3:45.19	17.47
	50m:	31.14	16.28	150m:	1:41.20	17.73	250m:	2:52.23	17.73	350m:	4:03.01	17.82
	75m:	48.11	16.97	175m:	1:59.02	17.82	275m:	3:10.03	17.80	375m:	4:20.17	17.16
	100m:	1:05.73	17.62	200m:	2:16.93	17.91	300m:	3:27.72	17.69	400m:	4:36.56	16.39
25.	2007					+0,68 4:36.97					602	
	25m:	14.65	14.65	125m:	1:21.85	17.03	225m:	2:32.94	17.88	325m:	3:45.09	18.24
	50m:	31.07	16.42	150m:	1:39.36	17.51	250m:	2:50.87	17.93	350m:	4:03.33	18.24
	75m:	47.83	16.76	175m:	1:57.21	17.85	275m:	3:08.72	17.85	375m:	4:20.94	17.61
	100m:	1:04.82	16.99	200m:	2:15.06	17.85	300m:	3:26.85	18.13	400m:	4:36.97	16.03
26.	2009					+0,68 4:37.07					601	
	25m:	15.58	15.58	125m:	1:24.81	17.59	225m:	2:35.78	17.80	325m:	3:46.52	17.33
	50m:	32.63	17.05	150m:	1:42.41	17.60	250m:	2:53.62	17.84	350m:	4:04.03	17.51
	75m:	49.67	17.04	175m:	2:00.27	17.86	275m:	3:11.34	17.72	375m:	4:21.16	17.13
	100m:	1:07.22	17.55	200m:	2:17.98	17.71	300m:	3:29.19	17.85	400m:	4:37.07	15.91
27.	2006					+0,78 4:37.17					601	
	25m:	15.06	15.06	125m:	1:22.81	17.34	225m:	2:34.03	17.75	325m:	3:45.41	17.65
	50m:	31.34	16.28	150m:	1:40.28	17.47	250m:	2:51.85	17.82	350m:	4:02.97	17.56
	75m:	48.18	16.84	175m:	1:58.22	17.94	275m:	3:09.78	17.93	375m:	4:20.45	17.48
	100m:	1:05.47	17.29	200m:	2:16.28	18.06	300m:	3:27.76	17.98	400m:	4:37.17	16.72



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37, , 400m

						R.T.					FINA	
28.	2001					+0,69	4:37.35				599	
	25m:	15.87	15.87	125m:	1:25.59	17.45	225m:	2:36.06	17.27	325m:	3:46.19	17.35
	50m:	33.09	17.22	150m:	1:43.35	17.76	250m:	2:53.73	17.67	350m:	4:03.89	17.70
	75m:	50.49	17.40	175m:	2:01.07	17.72	275m:	3:11.16	17.43	375m:	4:20.91	17.02
	100m:	1:08.14	17.65	200m:	2:18.79	17.72	300m:	3:28.84	17.68	400m:	4:37.35	16.44
29.	2008					+0,79	4:37.43				599	
	25m:	14.85	14.85	125m:	1:23.42	17.61	225m:	2:33.50	17.68	325m:	3:44.49	17.56
	50m:	31.51	16.66	150m:	1:40.95	17.53	250m:	2:51.37	17.87	350m:	4:01.95	17.46
	75m:	48.59	17.08	175m:	1:58.47	17.52	275m:	3:09.18	17.81	375m:	4:19.60	17.65
	100m:	1:05.81	17.22	200m:	2:15.82	17.35	300m:	3:26.93	17.75	400m:	4:37.43	17.83
30.	2005					+0,86	4:37.80				597	
	25m:	14.93	14.93	125m:	1:22.90	17.30	225m:	2:34.01	17.54	325m:	3:45.37	17.33
	50m:	31.29	16.36	150m:	1:40.57	17.67	250m:	2:52.10	18.09	350m:	4:03.54	18.17
	75m:	48.48	17.19	175m:	1:58.33	17.76	275m:	3:09.94	17.84	375m:	4:21.13	17.59
	100m:	1:05.60	17.12	200m:	2:16.47	18.14	300m:	3:28.04	18.10	400m:	4:37.80	16.67
31.	2009					+0,83	4:38.55				592	
	25m:	14.81	14.81	125m:	1:22.08	17.19	225m:	2:33.68	17.94	325m:	3:45.78	18.19
	50m:	30.97	16.16	150m:	1:39.81	17.73	250m:	2:51.47	17.79	350m:	4:03.68	17.90
	75m:	47.95	16.98	175m:	1:57.76	17.95	275m:	3:09.88	18.41	375m:	4:21.59	17.91
	100m:	1:04.89	16.94	200m:	2:15.74	17.98	300m:	3:27.59	17.71	400m:	4:38.55	16.96
32.	2006					+0,76	4:38.57				592	
	25m:	15.72	15.72	125m:	1:25.62	17.74	225m:	2:37.02	17.69	325m:	3:47.60	17.49
	50m:	32.72	17.00	150m:	1:43.71	18.09	250m:	2:55.06	18.04	350m:	4:05.08	17.48
	75m:	49.99	17.27	175m:	2:01.36	17.65	275m:	3:12.87	17.81	375m:	4:22.40	17.32
	100m:	1:07.88	17.89	200m:	2:19.33	17.97	300m:	3:30.11	17.24	400m:	4:38.57	16.17
33.	2007					+0,83	4:38.60				591	
	25m:	15.31	15.31	125m:	1:25.27	17.81	225m:	2:36.86	17.81	325m:	3:48.05	17.76
	50m:	32.19	16.88	150m:	1:43.30	18.03	250m:	2:54.52	17.66	350m:	4:05.71	17.66
	75m:	49.64	17.45	175m:	2:00.91	17.61	275m:	3:12.45	17.93	375m:	4:22.55	16.84
	100m:	1:07.46	17.82	200m:	2:19.05	18.14	300m:	3:30.29	17.84	400m:	4:38.60	16.05
34.	2007					+0,70	4:38.64				591	
	25m:	14.62	14.62	125m:	1:24.05	18.05	225m:	2:35.68	17.91	325m:	3:47.71	18.12
	50m:	31.25	16.63	150m:	1:41.83	17.78	250m:	2:53.31	17.63	350m:	4:05.59	17.88
	75m:	48.54	17.29	175m:	1:59.94	18.11	275m:	3:11.76	18.45	375m:	4:22.99	17.40
	100m:	1:06.00	17.46	200m:	2:17.77	17.83	300m:	3:29.59	17.83	400m:	4:38.64	15.65
35.	2004					+0,71	4:38.72				591	
	25m:	14.88	14.88	125m:	1:23.15	17.43	225m:	2:34.10	17.89	325m:	3:46.01	17.75
	50m:	31.64	16.76	150m:	1:40.77	17.62	250m:	2:52.23	18.13	350m:	4:04.07	18.06
	75m:	48.57	16.93	175m:	1:58.37	17.60	275m:	3:09.93	17.70	375m:	4:21.66	17.59
	100m:	1:05.72	17.15	200m:	2:16.21	17.84	300m:	3:28.26	18.33	400m:	4:38.72	17.06
36.	2005					+0,82	4:38.75				590	
	25m:	14.78	14.78	125m:	1:23.04	17.90	225m:	2:35.22	18.08	325m:	3:46.19	17.30
	50m:	30.61	15.83	150m:	1:40.74	17.70	250m:	2:52.76	17.54	350m:	4:02.77	16.58
	75m:	47.60	16.99	175m:	1:59.00	18.26	275m:	3:10.96	18.20	375m:	4:22.31	19.54
	100m:	1:05.14	17.54	200m:	2:17.14	18.14	300m:	3:28.89	17.93	400m:	4:38.75	16.44



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37, , 400m

						R.T.					FINA	
37.	2007					+0,93	4:38.76	I			590	
	25m:	15.00	15.00	125m:	1:23.33	17.87	225m:	2:34.73	18.01	325m:	3:45.59	17.78
	50m:	31.06	16.06	150m:	1:40.85	17.52	250m:	2:52.40	17.67	350m:	4:03.75	18.16
	75m:	48.48	17.42	175m:	1:59.02	18.17	275m:	3:10.45	18.05	375m:	4:21.44	17.69
	100m:	1:05.46	16.98	200m:	2:16.72	17.70	300m:	3:27.81	17.36	400m:	4:38.76	17.32
38.	2009 1						4:39.36	I			587	
	25m:	15.61	15.61	125m:	1:25.39	17.94	225m:	2:37.00	17.73	325m:	3:47.82	17.55
	50m:	32.44	16.83	150m:	1:43.36	17.97	250m:	2:54.67	17.67	350m:	4:05.39	17.57
	75m:	50.04	17.60	175m:	2:01.56	18.20	275m:	3:12.64	17.97	375m:	4:23.11	17.72
	100m:	1:07.45	17.41	200m:	2:19.27	17.71	300m:	3:30.27	17.63	400m:	4:39.36	16.25
39.	2007					+0,73	4:39.62	I			585	
	25m:	14.20	14.20	125m:	1:22.50	17.64	225m:	2:33.92	17.43	325m:	3:46.58	18.18
	50m:	30.52	16.32	150m:	1:40.48	17.98	250m:	2:52.05	18.13	350m:	4:04.76	18.18
	75m:	47.35	16.83	175m:	1:58.35	17.87	275m:	3:10.21	18.16	375m:	4:22.52	17.76
	100m:	1:04.86	17.51	200m:	2:16.49	18.14	300m:	3:28.40	18.19	400m:	4:39.62	17.10
40.	2007					+0,77	4:40.03	I			582	
	25m:	15.04	15.04	125m:	1:23.96	17.73	225m:	2:35.59	18.12	325m:	3:48.00	18.39
	50m:	31.84	16.80	150m:	1:41.52	17.56	250m:	2:53.30	17.71	350m:	4:05.89	17.89
	75m:	48.97	17.13	175m:	1:59.61	18.09	275m:	3:11.64	18.34	375m:	4:23.76	17.87
	100m:	1:06.23	17.26	200m:	2:17.47	17.86	300m:	3:29.61	17.97	400m:	4:40.03	16.27
41.	2008					+0,71	4:40.29	I			581	
	25m:	14.47	14.47	125m:	1:25.18	18.23	225m:	2:36.41	17.70	325m:	3:47.72	18.09
	50m:	31.43	16.96	150m:	1:42.83	17.65	250m:	2:54.00	17.59	350m:	4:05.58	17.86
	75m:	49.15	17.72	175m:	2:00.79	17.96	275m:	3:11.96	17.96	375m:	4:23.43	17.85
	100m:	1:06.95	17.80	200m:	2:18.71	17.92	300m:	3:29.63	17.67	400m:	4:40.29	16.86
42.	2009					+0,76	4:40.69	I			578	
	25m:	14.97	14.97	125m:	1:25.06	17.89	225m:	2:37.31	18.02	325m:	3:49.03	17.95
	50m:	31.95	16.98	150m:	1:43.05	17.99	250m:	2:55.31	18.00	350m:	4:06.79	17.76
	75m:	49.50	17.55	175m:	2:01.43	18.38	275m:	3:13.16	17.85	375m:	4:24.45	17.66
	100m:	1:07.17	17.67	200m:	2:19.29	17.86	300m:	3:31.08	17.92	400m:	4:40.69	16.24
43.	2006					+0,78	4:40.80	I			578	
	25m:	15.24	15.24	125m:	1:25.01	17.82	225m:	2:36.50	17.84	325m:	3:48.23	17.89
	50m:	32.19	16.95	150m:	1:42.77	17.76	250m:	2:54.43	17.93	350m:	4:06.43	18.20
	75m:	49.56	17.37	175m:	2:00.87	18.10	275m:	3:12.35	17.92	375m:	4:23.98	17.55
	100m:	1:07.19	17.63	200m:	2:18.66	17.79	300m:	3:30.34	17.99	400m:	4:40.80	16.82
44.	2006					+0,75	4:40.90	I			577	
	25m:	14.69	14.69	125m:	1:23.74	17.34	225m:	2:35.02	17.55	325m:	3:47.61	18.21
	50m:	31.46	16.77	150m:	1:41.40	17.66	250m:	2:53.01	17.99	350m:	4:05.71	18.10
	75m:	48.78	17.32	175m:	1:59.19	17.79	275m:	3:11.04	18.03	375m:	4:23.91	18.20
	100m:	1:06.40	17.62	200m:	2:17.47	18.28	300m:	3:29.40	18.36	400m:	4:40.90	16.99
45.	2009 1					+0,80	4:41.73	I			572	
	25m:	15.36	15.36	125m:	1:24.78	17.88	225m:	2:36.88	17.41	325m:	3:49.63	18.61
	50m:	31.80	16.44	150m:	1:42.80	18.02	250m:	2:54.78	17.90	350m:	4:07.69	18.06
	75m:	49.15	17.35	175m:	2:01.15	18.35	275m:	3:12.63	17.85	375m:	4:25.19	17.50
	100m:	1:06.90	17.75	200m:	2:19.47	18.32	300m:	3:31.02	18.39	400m:	4:41.73	16.54



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37, , 400m

					R.T.				FINA			
46.	2008 1				+0,81 4:41.99				570			
	25m:	15.59	15.59	125m:	1:26.69	17.97	225m:	2:37.97	17.99	325m:	3:50.13	17.70
	50m:	33.36	17.77	150m:	1:44.28	17.59	250m:	2:55.96	17.99	350m:	4:07.82	17.69
	75m:	51.13	17.77	175m:	2:02.16	17.88	275m:	3:14.43	18.47	375m:	4:25.44	17.62
	100m:	1:08.72	17.59	200m:	2:19.98	17.82	300m:	3:32.43	18.00	400m:	4:41.99	16.55
47.	2008				+0,73 4:42.27				569			
	25m:	15.45	15.45	125m:	1:25.34	17.60	225m:	2:37.01	17.90	325m:	3:49.50	18.16
	50m:	32.56	17.11	150m:	1:43.31	17.97	250m:	2:55.24	18.23	350m:	4:07.68	18.18
	75m:	50.07	17.51	175m:	2:01.10	17.79	275m:	3:13.06	17.82	375m:	4:25.55	17.87
	100m:	1:07.74	17.67	200m:	2:19.11	18.01	300m:	3:31.34	18.28	400m:	4:42.27	16.72
48.	2008 1				+0,74 4:42.77				566			
	25m:	15.16	15.16	125m:	1:24.92	17.93	225m:	2:37.16	18.06	325m:	3:49.73	18.20
	50m:	31.60	16.44	150m:	1:42.60	17.68	250m:	2:55.26	18.10	350m:	4:07.49	17.76
	75m:	49.25	17.65	175m:	2:01.02	18.42	275m:	3:13.56	18.30	375m:	4:25.67	18.18
	100m:	1:06.99	17.74	200m:	2:19.10	18.08	300m:	3:31.53	17.97	400m:	4:42.77	17.10
49.	2005				+0,78 4:43.01				564			
	25m:	14.76	14.76	125m:	1:23.28	17.57	225m:	2:35.16	18.17	325m:	3:48.43	18.38
	50m:	31.27	16.51	150m:	1:40.93	17.65	250m:	2:53.33	18.17	350m:	4:06.94	18.51
	75m:	48.37	17.10	175m:	1:58.93	18.00	275m:	3:11.68	18.35	375m:	4:25.31	18.37
	100m:	1:05.71	17.34	200m:	2:16.99	18.06	300m:	3:30.05	18.37	400m:	4:43.01	17.70
50.	2009 1				+0,66 4:43.61				561			
	25m:	14.39	14.39	125m:	1:25.17	18.20	225m:	2:38.05	18.21	325m:	3:51.49	18.89
	50m:	31.22	16.83	150m:	1:43.41	18.24	250m:	2:55.86	17.81	350m:	4:09.71	18.22
	75m:	49.05	17.83	175m:	2:01.95	18.54	275m:	3:14.50	18.64	375m:	4:26.91	17.20
	100m:	1:06.97	17.92	200m:	2:19.84	17.89	300m:	3:32.60	18.10	400m:	4:43.61	16.70
51.	2006				+0,80 4:44.02				558			
	25m:	15.24	15.24	125m:	1:25.84	18.28	225m:	2:38.56	18.10	325m:	3:50.52	18.15
	50m:	32.23	16.99	150m:	1:43.98	18.14	250m:	2:56.23	17.67	350m:	4:08.69	18.17
	75m:	49.99	17.76	175m:	2:02.37	18.39	275m:	3:14.30	18.07	375m:	4:26.77	18.08
	100m:	1:07.56	17.57	200m:	2:20.46	18.09	300m:	3:32.37	18.07	400m:	4:44.02	17.25
52.	2009 1				+0,76 4:44.23				557			
	25m:	15.30	15.30	125m:	1:25.58	18.02	225m:	2:38.54	17.78	325m:	3:51.96	18.25
	50m:	32.34	17.04	150m:	1:44.05	18.47	250m:	2:56.67	18.13	350m:	4:10.80	18.84
	75m:	49.75	17.41	175m:	2:02.22	18.17	275m:	3:14.95	18.28	375m:	4:28.26	17.46
	100m:	1:07.56	17.81	200m:	2:20.76	18.54	300m:	3:33.71	18.76	400m:	4:44.23	15.97
53.	2008				+0,89 4:44.68				554			
	25m:	15.50	15.50	125m:	1:25.44	18.26	225m:	2:38.11	18.07	325m:	3:51.37	18.42
	50m:	32.05	16.55	150m:	1:43.44	18.00	250m:	2:56.23	18.12	350m:	4:09.57	18.20
	75m:	49.52	17.47	175m:	2:01.89	18.45	275m:	3:14.87	18.64	375m:	4:27.78	18.21
	100m:	1:07.18	17.66	200m:	2:20.04	18.15	300m:	3:32.95	18.08	400m:	4:44.68	16.90
54.	2007 1				+0,81 4:44.79				554			
	25m:	14.94	14.94	125m:	1:24.70	18.19	225m:	2:38.03	18.27	325m:	3:51.74	18.34
	50m:	31.49	16.55	150m:	1:43.29	18.59	250m:	2:56.49	18.46	350m:	4:09.91	18.17
	75m:	48.70	17.21	175m:	2:01.54	18.25	275m:	3:14.94	18.45	375m:	4:28.02	18.11
	100m:	1:06.51	17.81	200m:	2:19.76	18.22	300m:	3:33.40	18.46	400m:	4:44.79	16.77



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37, , 400m

							R.T.			FINA		
55.	2009						+0,82	4:45.02	I	552		
	25m:	15.34	15.34	125m:	1:25.80	18.13	225m:	2:39.62	18.32	325m:	3:52.66	18.15
	50m:	32.15	16.81	150m:	1:44.22	18.42	250m:	2:58.10	18.48	350m:	4:10.49	17.83
	75m:	49.54	17.39	175m:	2:02.65	18.43	275m:	3:16.04	17.94	375m:	4:27.93	17.44
	100m:	1:07.67	18.13	200m:	2:21.30	18.65	300m:	3:34.51	18.47	400m:	4:45.02	17.09
56.	2007						+0,80	4:45.05	I	552		
	25m:	14.82	14.82	125m:	1:24.86	18.11	225m:	2:37.25	18.30	325m:	3:50.75	18.56
	50m:	31.46	16.64	150m:	1:42.84	17.98	250m:	2:55.43	18.18	350m:	4:09.17	18.42
	75m:	49.03	17.57	175m:	2:00.98	18.14	275m:	3:13.90	18.47	375m:	4:27.56	18.39
	100m:	1:06.75	17.72	200m:	2:18.95	17.97	300m:	3:32.19	18.29	400m:	4:45.05	17.49
57.	2007						+0,96	4:46.03	I	546		
	25m:	15.43	15.43	125m:	1:23.83	17.99	225m:	2:36.52	18.60	325m:	3:50.68	18.71
	50m:	31.83	16.40	150m:	1:41.45	17.62	250m:	2:54.79	18.27	350m:	4:09.21	18.53
	75m:	48.75	16.92	175m:	1:59.72	18.27	275m:	3:13.35	18.56	375m:	4:28.03	18.82
	100m:	1:05.84	17.09	200m:	2:17.92	18.20	300m:	3:31.97	18.62	400m:	4:46.03	18.00
58.	2009 1						+0,73	4:46.39	I	544		
	25m:	15.42	15.42	125m:	1:25.50	18.19	225m:	2:38.59	18.44	325m:	3:52.60	18.49
	50m:	32.13	16.71	150m:	1:43.34	17.84	250m:	2:57.23	18.64	350m:	4:10.84	18.24
	75m:	49.75	17.62	175m:	2:01.91	18.57	275m:	3:15.76	18.53	375m:	4:29.04	18.20
	100m:	1:07.31	17.56	200m:	2:20.15	18.24	300m:	3:34.11	18.35	400m:	4:46.39	17.35
59.	2007						+0,74	4:46.60	I	543		
	25m:	15.16	15.16	125m:	1:25.92	18.10	225m:	2:39.37	18.38	325m:	3:53.03	18.65
	50m:	32.26	17.10	150m:	1:44.23	18.31	250m:	2:58.00	18.63	350m:	4:10.92	17.89
	75m:	49.83	17.57	175m:	2:02.59	18.36	275m:	3:16.35	18.35	375m:	4:29.54	18.62
	100m:	1:07.82	17.99	200m:	2:20.99	18.40	300m:	3:34.38	18.03	400m:	4:46.60	17.06
60.	2009						+0,76	4:46.86	I	542		
	25m:	15.41	15.41	125m:	1:26.93	18.06	225m:	2:40.21	18.35	325m:	3:53.60	18.24
	50m:	32.81	17.40	150m:	1:45.15	18.22	250m:	2:58.44	18.23	350m:	4:11.93	18.33
	75m:	50.49	17.68	175m:	2:03.24	18.09	275m:	3:17.00	18.56	375m:	4:29.76	17.83
	100m:	1:08.87	18.38	200m:	2:21.86	18.62	300m:	3:35.36	18.36	400m:	4:46.86	17.10
61.	2009 1						+0,82	4:47.24	I	540		
	25m:	14.89	14.89	125m:	1:26.59	18.23	225m:	2:40.08	18.27	325m:	3:53.26	18.14
	50m:	32.26	17.37	150m:	1:45.07	18.48	250m:	2:58.64	18.56	350m:	4:11.84	18.58
	75m:	50.16	17.90	175m:	2:03.50	18.43	275m:	3:16.80	18.16	375m:	4:30.26	18.42
	100m:	1:08.36	18.20	200m:	2:21.81	18.31	300m:	3:35.12	18.32	400m:	4:47.24	16.98
62.	2009 1						+0,82	4:48.03	I	535		
	25m:	15.37	15.37	125m:	1:27.54	18.22	225m:	2:41.39	18.06	325m:	3:55.68	18.24
	50m:	32.63	17.26	150m:	1:46.10	18.56	250m:	3:00.38	18.99	350m:	4:14.01	18.33
	75m:	50.86	18.23	175m:	2:04.73	18.63	275m:	3:18.70	18.32	375m:	4:32.05	18.04
	100m:	1:09.32	18.46	200m:	2:23.33	18.60	300m:	3:37.44	18.74	400m:	4:48.03	15.98
63.	2007 1						+0,72	4:48.39	I	533		
	25m:	15.14	15.14	125m:	1:26.17	18.11	225m:	2:39.42	18.30	325m:	3:53.35	18.63
	50m:	32.08	16.94	150m:	1:44.42	18.25	250m:	2:57.85	18.43	350m:	4:11.91	18.56
	75m:	49.88	17.80	175m:	2:02.61	18.19	275m:	3:16.14	18.29	375m:	4:30.48	18.57
	100m:	1:08.06	18.18	200m:	2:21.12	18.51	300m:	3:34.72	18.58	400m:	4:48.39	17.91



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37, , 400m

					R.T.				FINA			
64.	2004				+0,62				4:48.51	I	532	
	25m:	16.13	16.13	125m:	1:25.91	18.08	225m:	2:39.16	18.35	325m:	3:52.93	18.57
	50m:	32.52	16.39	150m:	1:43.96	18.05	250m:	2:57.32	18.16	350m:	4:11.76	18.83
	75m:	49.93	17.41	175m:	2:02.32	18.36	275m:	3:15.71	18.39	375m:	4:30.39	18.63
	100m:	1:07.83	17.90	200m:	2:20.81	18.49	300m:	3:34.36	18.65	400m:	4:48.51	18.12
65.	2008				+0,88				4:49.56	I	527	
	25m:	16.51	16.51	125m:	1:28.29	18.57	225m:	2:42.15	18.64	325m:	3:55.84	18.46
	50m:	33.85	17.34	150m:	1:46.59	18.30	250m:	3:00.51	18.36	350m:	4:14.11	18.27
	75m:	51.87	18.02	175m:	2:05.14	18.55	275m:	3:19.03	18.52	375m:	4:32.30	18.19
	100m:	1:09.72	17.85	200m:	2:23.51	18.37	300m:	3:37.38	18.35	400m:	4:49.56	17.26
66.	2008 1				+0,56				4:52.10	I	513	
	25m:	14.98	14.98	125m:	1:25.92	18.17	225m:	2:40.89	18.85	325m:	3:56.31	18.87
	50m:	32.20	17.22	150m:	1:44.69	18.77	250m:	2:59.69	18.80	350m:	4:15.39	19.08
	75m:	49.77	17.57	175m:	2:03.24	18.55	275m:	3:18.61	18.92	375m:	4:34.05	18.66
	100m:	1:07.75	17.98	200m:	2:22.04	18.80	300m:	3:37.44	18.83	400m:	4:52.10	18.05
67.	2007				+0,65				4:52.22	I	512	
	25m:	15.89	15.89	125m:	1:29.34	18.59	225m:	2:44.03	18.89	325m:	3:58.94	18.48
	50m:	33.66	17.77	150m:	1:47.94	18.60	250m:	3:02.87	18.84	350m:	4:17.36	18.42
	75m:	51.85	18.19	175m:	2:06.57	18.63	275m:	3:21.55	18.68	375m:	4:35.22	17.86
	100m:	1:10.75	18.90	200m:	2:25.14	18.57	300m:	3:40.46	18.91	400m:	4:52.22	17.00
68.	2009 1				+0,75				4:52.50	I	511	
	25m:	15.75	15.75	125m:	1:26.43	18.10	225m:	2:40.77	18.71	325m:	3:56.25	18.89
	50m:	32.72	16.97	150m:	1:44.93	18.50	250m:	2:59.77	19.00	350m:	4:15.35	19.10
	75m:	50.20	17.48	175m:	2:03.27	18.34	275m:	3:18.46	18.69	375m:	4:34.50	19.15
	100m:	1:08.33	18.13	200m:	2:22.06	18.79	300m:	3:37.36	18.90	400m:	4:52.50	18.00
69.	2009 1				+0,78				4:52.80	I	509	
	25m:	15.71	15.71	125m:	1:27.55	18.56	225m:	2:42.19	19.02	325m:	3:55.39	18.21
	50m:	33.00	17.29	150m:	1:46.25	18.70	250m:	3:00.58	18.39	350m:	4:13.65	18.26
	75m:	50.93	17.93	175m:	2:04.49	18.24	275m:	3:18.83	18.25	375m:	4:31.97	18.32
	100m:	1:08.99	18.06	200m:	2:23.17	18.68	300m:	3:37.18	18.35	400m:	4:52.80	20.83
70.	2008 1				+0,63				4:53.59	I	505	
	25m:	16.07	16.07	125m:	1:26.71	18.07	225m:	2:41.49	19.07	325m:	3:58.28	18.93
	50m:	33.19	17.12	150m:	1:45.09	18.38	250m:	3:00.65	19.16	350m:	4:16.97	18.69
	75m:	50.83	17.64	175m:	2:03.79	18.70	275m:	3:19.77	19.12	375m:	4:35.90	18.93
	100m:	1:08.64	17.81	200m:	2:22.42	18.63	300m:	3:39.35	19.58	400m:	4:53.59	17.69
71.	2009 1								4:54.50	I	501	
	25m:	15.52	15.52	125m:	1:26.91	18.06	225m:	2:42.44	19.30	325m:	3:59.07	19.13
	50m:	32.55	17.03	150m:	1:45.21	18.30	250m:	3:01.75	19.31	350m:	4:17.96	18.89
	75m:	50.26	17.71	175m:	2:04.25	19.04	275m:	3:20.88	19.13	375m:	4:37.12	19.16
	100m:	1:08.85	18.59	200m:	2:23.14	18.89	300m:	3:39.94	19.06	400m:	4:54.50	17.38
72.	2009 1				+0,78				4:55.67	I	495	
	25m:	15.86	15.86	125m:	1:30.94	19.84	225m:	2:47.30	19.26	325m:	4:02.73	18.04
	50m:	33.45	17.59	150m:	1:49.89	18.95	250m:	3:06.10	18.80	350m:	4:21.15	18.42
	75m:	51.98	18.53	175m:	2:08.84	18.95	275m:	3:25.87	19.77	375m:	4:39.11	17.96
	100m:	1:11.10	19.12	200m:	2:28.04	19.20	300m:	3:44.69	18.82	400m:	4:55.67	16.56



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37, , 400m

					R.T.				FINA	
73.	2009 1				+0,83 4:57.25				487	
	25m: 15.30	15.30	125m: 1:28.42	18.65	225m: 2:43.77	18.74	325m: 4:00.15	18.89		
	50m: 33.18	17.88	150m: 1:47.41	18.99	250m: 3:02.79	19.02	350m: 4:19.51	19.36		
	75m: 51.12	17.94	175m: 2:06.31	18.90	275m: 3:21.96	19.17	375m: 4:38.29	18.78		
	100m: 1:09.77	18.65	200m: 2:25.03	18.72	300m: 3:41.26	19.30	400m: 4:57.25	18.96		
74.	2009 1				+0,75 4:57.59				485	
	25m: 15.63	15.63	125m: 1:27.98	18.74	225m: 2:44.35	18.96	325m: 4:01.08	19.17		
	50m: 32.89	17.26	150m: 1:46.99	19.01	250m: 3:03.59	19.24	350m: 4:20.20	19.12		
	75m: 50.77	17.88	175m: 2:06.10	19.11	275m: 3:22.56	18.97	375m: 4:39.08	18.88		
	100m: 1:09.24	18.47	200m: 2:25.39	19.29	300m: 3:41.91	19.35	400m: 4:57.59	18.51		
75.	2008 1				+0,79 4:59.32				477	
	25m: 15.62	15.62	125m: 1:29.03	19.25	225m: 2:46.19	19.46	325m: 4:03.21	19.58		
	50m: 32.77	17.15	150m: 1:48.26	19.23	250m: 3:04.98	18.79	350m: 4:22.28	19.07		
	75m: 51.05	18.28	175m: 2:07.67	19.41	275m: 3:24.23	19.25	375m: 4:41.39	19.11		
	100m: 1:09.78	18.73	200m: 2:26.73	19.06	300m: 3:43.63	19.40	400m: 4:59.32	17.93		
76.	2007				+0,82 4:59.87				474	
	25m: 14.88	14.88	125m: 1:26.76	18.70	225m: 2:44.16	19.60	325m: 4:02.64	19.81		
	50m: 31.79	16.91	150m: 1:45.87	19.11	250m: 3:03.86	19.70	350m: 4:22.32	19.68		
	75m: 49.82	18.03	175m: 2:05.51	19.64	275m: 3:23.31	19.45	375m: 4:41.75	19.43		
	100m: 1:08.06	18.24	200m: 2:24.56	19.05	300m: 3:42.83	19.52	400m: 4:59.87	18.12		
77.	2007 1				+0,72 5:03.20				459	
	25m: 15.88	15.88	125m: 1:28.42	18.77	225m: 2:46.08	19.66	325m: 4:05.06	19.78		
	50m: 33.37	17.49	150m: 1:47.66	19.24	250m: 3:05.82	19.74	350m: 4:24.88	19.82		
	75m: 51.20	17.83	175m: 2:07.01	19.35	275m: 3:25.46	19.64	375m: 4:44.39	19.51		
	100m: 1:09.65	18.45	200m: 2:26.42	19.41	300m: 3:45.28	19.82	400m: 5:03.20	18.81		
78.	2009 1				5:04.50				453	
	25m: 16.58	16.58	125m: 1:31.43	19.30	225m: 2:49.52	19.38	325m: 4:07.87	19.60		
	50m: 34.41	17.83	150m: 1:50.87	19.44	250m: 3:09.09	19.57	350m: 4:27.40	19.53		
	75m: 53.05	18.64	175m: 2:10.70	19.83	275m: 3:29.13	20.04	375m: 4:47.10	19.70		
	100m: 1:12.13	19.08	200m: 2:30.14	19.44	300m: 3:48.27	19.14	400m: 5:04.50	17.40		
79.	2008 1				+0,87 5:04.89				451	
	25m: 16.12	16.12	125m: 1:31.68	19.23	225m: 2:49.24	19.37	325m: 4:08.05	19.63		
	50m: 34.48	18.36	150m: 1:50.93	19.25	250m: 3:09.09	19.85	350m: 4:28.09	20.04		
	75m: 53.45	18.97	175m: 2:10.40	19.47	275m: 3:28.60	19.51	375m: 4:47.59	19.50		
	100m: 1:12.45	19.00	200m: 2:29.87	19.47	300m: 3:48.42	19.82	400m: 5:04.89	17.30		
80.	2009 1				+0,81 5:06.63				443	
	25m: 16.01	16.01	125m: 1:31.33	19.52	225m: 2:49.89	19.65	325m: 4:08.95	19.80		
	50m: 33.69	17.68	150m: 1:50.87	19.54	250m: 3:09.79	19.90	350m: 4:28.88	19.93		
	75m: 52.66	18.97	175m: 2:10.75	19.88	275m: 3:29.35	19.56	375m: 4:48.51	19.63		
	100m: 1:11.81	19.15	200m: 2:30.24	19.49	300m: 3:49.15	19.80	400m: 5:06.63	18.12		
81.	2009 1				+0,87 5:12.70				418	
	25m: 15.25	15.25	125m: 1:27.88	19.03	225m: 2:48.03	20.16	325m: 4:11.22	21.41		
	50m: 32.42	17.17	150m: 1:47.53	19.65	250m: 3:08.46	20.43	350m: 4:32.60	21.38		
	75m: 50.29	17.87	175m: 2:07.57	20.04	275m: 3:28.92	20.46	375m: 4:53.98	21.38		
	100m: 1:08.85	18.56	200m: 2:27.87	20.30	300m: 3:49.81	20.89	400m: 5:12.70	18.72		



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37, , 400m

						R.T.					FINA	
82.	2007					+0,60	5:13.73					414
	25m:	16.39	16.39	125m:	1:33.34	19.45	225m:	2:53.21	20.15	325m:	4:14.26	20.47
	50m:	35.30	18.91	150m:	1:53.07	19.73	250m:	3:13.46	20.25	350m:	4:34.63	20.37
	75m:	54.41	19.11	175m:	2:13.07	20.00	275m:	3:33.53	20.07	375m:	4:55.05	20.42
	100m:	1:13.89	19.48	200m:	2:33.06	19.99	300m:	3:53.79	20.26	400m:	5:13.73	18.68
83.	2009 1					+0,93	5:21.80					384
	25m:	16.01	16.01	125m:	1:34.26	20.60	225m:	2:57.02	20.95	325m:	4:20.33	20.55
	50m:	34.14	18.13	150m:	1:55.03	20.77	250m:	3:17.89	20.87	350m:	4:41.37	21.04
	75m:	53.38	19.24	175m:	2:15.48	20.45	275m:	3:39.11	21.22	375m:	5:02.47	21.10
	100m:	1:13.66	20.28	200m:	2:36.07	20.59	300m:	3:59.78	20.67	400m:	5:21.80	19.33
84.	2009 1					+1,05	5:26.42					368
	25m:	17.17	17.17	125m:	1:37.70	21.07	225m:	3:01.74	21.45	325m:	4:26.22	21.17
	50m:	35.67	18.50	150m:	1:58.12	20.42	250m:	3:22.68	20.94	350m:	4:46.79	20.57
	75m:	56.20	20.53	175m:	2:19.60	21.48	275m:	3:44.33	21.65	375m:	5:06.96	20.17
	100m:	1:16.63	20.43	200m:	2:40.29	20.69	300m:	4:05.05	20.72	400m:	5:26.42	19.46



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37, , 400m

37

, 400m

(15-17)

28.10.2022 - 11:33

: FINA 2021

	/				R.T.				FINA			
1.	2007				+0,79				4:15.69	765		
	25m:	13.93	13.93	125m:	1:17.42	16.00	225m:	2:22.57	16.34	325m:	3:27.35	15.99
	50m:	29.29	15.36	150m:	1:33.69	16.27	250m:	2:38.84	16.27	350m:	3:43.43	16.08
	75m:	45.24	15.95	175m:	1:50.05	16.36	275m:	2:55.03	16.19	375m:	3:59.68	16.25
	100m:	1:01.42	16.18	200m:	2:06.23	16.18	300m:	3:11.36	16.33	400m:	4:15.69	16.01
2.	2007				+0,89				4:18.41	741		
	25m:	14.31	14.31	125m:	1:17.32	16.31	225m:	2:23.33	16.56	325m:	3:29.67	16.39
	50m:	29.49	15.18	150m:	1:33.76	16.44	250m:	2:39.91	16.58	350m:	3:46.21	16.54
	75m:	45.08	15.59	175m:	1:50.30	16.54	275m:	2:56.59	16.68	375m:	4:02.55	16.34
	100m:	1:01.01	15.93	200m:	2:06.77	16.47	300m:	3:13.28	16.69	400m:	4:18.41	15.86
3.	2007				+0,70				4:21.73	713		
	25m:	14.01	14.01	125m:	1:18.11	16.16	225m:	2:23.96	16.67	325m:	3:31.50	16.94
	50m:	29.89	15.88	150m:	1:34.30	16.19	250m:	2:40.79	16.83	350m:	3:48.41	16.91
	75m:	45.78	15.89	175m:	1:50.66	16.36	275m:	2:57.68	16.89	375m:	4:05.59	17.18
	100m:	1:01.95	16.17	200m:	2:07.29	16.63	300m:	3:14.56	16.88	400m:	4:21.73	16.14
4.	2007				+0,82				4:26.60	675		
	25m:	14.22	14.22	125m:	1:18.97	16.69	225m:	2:26.54	17.07	325m:	3:35.39	17.42
	50m:	29.91	15.69	150m:	1:35.43	16.46	250m:	2:43.51	16.97	350m:	3:52.59	17.20
	75m:	46.00	16.09	175m:	1:52.57	17.14	275m:	3:00.78	17.27	375m:	4:10.07	17.48
	100m:	1:02.28	16.28	200m:	2:09.47	16.90	300m:	3:17.97	17.19	400m:	4:26.60	16.53
5.	2007				+0,77				4:27.48	668		
	25m:	14.60	14.60	125m:	1:20.34	16.75	225m:	2:28.68	17.16	325m:	3:37.43	17.04
	50m:	30.64	16.04	150m:	1:37.37	17.03	250m:	2:45.99	17.31	350m:	3:54.81	17.38
	75m:	46.96	16.32	175m:	1:54.37	17.00	275m:	3:02.94	16.95	375m:	4:11.60	16.79
	100m:	1:03.59	16.63	200m:	2:11.52	17.15	300m:	3:20.39	17.45	400m:	4:27.48	15.88
6.	2006				+0,74				4:27.70	667		
	25m:	14.49	14.49	125m:	1:20.27	17.01	225m:	2:29.27	17.40	325m:	3:39.37	17.50
	50m:	30.14	15.65	150m:	1:37.36	17.09	250m:	2:46.63	17.36	350m:	3:56.17	16.80
	75m:	46.56	16.42	175m:	1:54.63	17.27	275m:	3:04.29	17.66	375m:	4:12.64	16.47
	100m:	1:03.26	16.70	200m:	2:11.87	17.24	300m:	3:21.87	17.58	400m:	4:27.70	15.06
7.	2005				+0,74				4:28.01	664		
	25m:	14.54	14.54	125m:	1:19.64	16.57	225m:	2:27.18	17.00	325m:	3:37.40	17.86
	50m:	30.35	15.81	150m:	1:36.27	16.63	250m:	2:44.34	17.16	350m:	3:55.30	17.90
	75m:	46.67	16.32	175m:	1:53.29	17.02	275m:	3:01.80	17.46	375m:	4:12.34	17.04
	100m:	1:03.07	16.40	200m:	2:10.18	16.89	300m:	3:19.54	17.74	400m:	4:28.01	15.67
8.	2006				+0,77				4:28.97	657		
	25m:	14.12	14.12	125m:	1:20.19	17.19	225m:	2:29.75	17.50	325m:	3:38.78	17.41
	50m:	29.98	15.86	150m:	1:37.21	17.02	250m:	2:47.02	17.27	350m:	3:55.95	17.17
	75m:	46.53	16.55	175m:	1:54.85	17.64	275m:	3:04.22	17.20	375m:	4:12.79	16.84
	100m:	1:03.00	16.47	200m:	2:12.25	17.40	300m:	3:21.37	17.15	400m:	4:28.97	16.18
9.	2005				+0,75				4:31.85	637		
	25m:	14.24	14.24	125m:	1:21.50	17.14	225m:	2:30.27	17.24	325m:	3:40.06	17.42
	50m:	30.60	16.36	150m:	1:38.63	17.13	250m:	2:47.65	17.38	350m:	3:57.64	17.58
	75m:	47.16	16.56	175m:	1:55.76	17.13	275m:	3:05.18	17.53	375m:	4:15.01	17.37
	100m:	1:04.36	17.20	200m:	2:13.03	17.27	300m:	3:22.64	17.46	400m:	4:31.85	16.84



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37,		, 400m				(15-17)		R.T.		FINA		
10.				2007				+0,63	4:33.88		623	
	25m:	14.75	14.75	125m:	1:22.42	17.32	225m:	2:32.25	17.60	325m:	3:42.42	17.62
	50m:	30.98	16.23	150m:	1:39.76	17.34	250m:	2:49.75	17.50	350m:	3:59.83	17.41
	75m:	48.09	17.11	175m:	1:57.23	17.47	275m:	3:07.12	17.37	375m:	4:17.27	17.44
	100m:	1:05.10	17.01	200m:	2:14.65	17.42	300m:	3:24.80	17.68	400m:	4:33.88	16.61
11.				2006				+0,96	4:34.06		621	
	25m:	15.21	15.21	125m:	1:22.92	17.12	225m:	2:32.45	17.26	325m:	3:42.08	17.40
	50m:	31.66	16.45	150m:	1:40.42	17.50	250m:	2:49.84	17.39	350m:	3:59.94	17.86
	75m:	48.51	16.85	175m:	1:57.67	17.25	275m:	3:07.22	17.38	375m:	4:17.03	17.09
	100m:	1:05.80	17.29	200m:	2:15.19	17.52	300m:	3:24.68	17.46	400m:	4:34.06	17.03
12.				2007				+0,63	4:34.08		621	
	25m:	14.67	14.67	125m:	1:22.66	17.39	225m:	2:32.60	17.29	325m:	3:43.03	17.54
	50m:	31.10	16.43	150m:	1:40.13	17.47	250m:	2:50.29	17.69	350m:	4:00.57	17.54
	75m:	47.98	16.88	175m:	1:57.70	17.57	275m:	3:07.97	17.68	375m:	4:17.73	17.16
	100m:	1:05.27	17.29	200m:	2:15.31	17.61	300m:	3:25.49	17.52	400m:	4:34.08	16.35
13.				2006				+0,88	4:34.15		621	
	25m:	14.69	14.69	125m:	1:19.42	16.52	225m:	2:28.78	17.66	325m:	3:40.96	18.15
	50m:	30.51	15.82	150m:	1:36.29	16.87	250m:	2:46.70	17.92	350m:	3:59.25	18.29
	75m:	46.57	16.06	175m:	1:53.37	17.08	275m:	3:04.77	18.07	375m:	4:17.44	18.19
	100m:	1:02.90	16.33	200m:	2:11.12	17.75	300m:	3:22.81	18.04	400m:	4:34.15	16.71
14.				2007				+0,68	4:36.97		602	
	25m:	14.65	14.65	125m:	1:21.85	17.03	225m:	2:32.94	17.88	325m:	3:45.09	18.24
	50m:	31.07	16.42	150m:	1:39.36	17.51	250m:	2:50.87	17.93	350m:	4:03.33	18.24
	75m:	47.83	16.76	175m:	1:57.21	17.85	275m:	3:08.72	17.85	375m:	4:20.94	17.61
	100m:	1:04.82	16.99	200m:	2:15.06	17.85	300m:	3:26.85	18.13	400m:	4:36.97	16.03
15.				2006				+0,78	4:37.17		601	
	25m:	15.06	15.06	125m:	1:22.81	17.34	225m:	2:34.03	17.75	325m:	3:45.41	17.65
	50m:	31.34	16.28	150m:	1:40.28	17.47	250m:	2:51.85	17.82	350m:	4:02.97	17.56
	75m:	48.18	16.84	175m:	1:58.22	17.94	275m:	3:09.78	17.93	375m:	4:20.45	17.48
	100m:	1:05.47	17.29	200m:	2:16.28	18.06	300m:	3:27.76	17.98	400m:	4:37.17	16.72
16.				2005				+0,86	4:37.80		597	
	25m:	14.93	14.93	125m:	1:22.90	17.30	225m:	2:34.01	17.54	325m:	3:45.37	17.33
	50m:	31.29	16.36	150m:	1:40.57	17.67	250m:	2:52.10	18.09	350m:	4:03.54	18.17
	75m:	48.48	17.19	175m:	1:58.33	17.76	275m:	3:09.94	17.84	375m:	4:21.13	17.59
	100m:	1:05.60	17.12	200m:	2:16.47	18.14	300m:	3:28.04	18.10	400m:	4:37.80	16.67
17.				2006				+0,76	4:38.57		592	
	25m:	15.72	15.72	125m:	1:25.62	17.74	225m:	2:37.02	17.69	325m:	3:47.60	17.49
	50m:	32.72	17.00	150m:	1:43.71	18.09	250m:	2:55.06	18.04	350m:	4:05.08	17.48
	75m:	49.99	17.27	175m:	2:01.36	17.65	275m:	3:12.87	17.81	375m:	4:22.40	17.32
	100m:	1:07.88	17.89	200m:	2:19.33	17.97	300m:	3:30.11	17.24	400m:	4:38.57	16.17
18.				2007				+0,83	4:38.60		591	
	25m:	15.31	15.31	125m:	1:25.27	17.81	225m:	2:36.86	17.81	325m:	3:48.05	17.76
	50m:	32.19	16.88	150m:	1:43.30	18.03	250m:	2:54.52	17.66	350m:	4:05.71	17.66
	75m:	49.64	17.45	175m:	2:00.91	17.61	275m:	3:12.45	17.93	375m:	4:22.55	16.84
	100m:	1:07.46	17.82	200m:	2:19.05	18.14	300m:	3:30.29	17.84	400m:	4:38.60	16.05



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37,		, 400m				(15-17)		R.T.		FINA		
19.				2007				+0,70	4:38.64	I	591	
	25m:	14.62	14.62	125m:	1:24.05	18.05	225m:	2:35.68	17.91	325m:	3:47.71	18.12
	50m:	31.25	16.63	150m:	1:41.83	17.78	250m:	2:53.31	17.63	350m:	4:05.59	17.88
	75m:	48.54	17.29	175m:	1:59.94	18.11	275m:	3:11.76	18.45	375m:	4:22.99	17.40
	100m:	1:06.00	17.46	200m:	2:17.77	17.83	300m:	3:29.59	17.83	400m:	4:38.64	15.65
20.				2005				+0,82	4:38.75	I	590	
	25m:	14.78	14.78	125m:	1:23.04	17.90	225m:	2:35.22	18.08	325m:	3:46.19	17.30
	50m:	30.61	15.83	150m:	1:40.74	17.70	250m:	2:52.76	17.54	350m:	4:02.77	16.58
	75m:	47.60	16.99	175m:	1:59.00	18.26	275m:	3:10.96	18.20	375m:	4:22.31	19.54
	100m:	1:05.14	17.54	200m:	2:17.14	18.14	300m:	3:28.89	17.93	400m:	4:38.75	16.44
21.				2007				+0,93	4:38.76	I	590	
	25m:	15.00	15.00	125m:	1:23.33	17.87	225m:	2:34.73	18.01	325m:	3:45.59	17.78
	50m:	31.06	16.06	150m:	1:40.85	17.52	250m:	2:52.40	17.67	350m:	4:03.75	18.16
	75m:	48.48	17.42	175m:	1:59.02	18.17	275m:	3:10.45	18.05	375m:	4:21.44	17.69
	100m:	1:05.46	16.98	200m:	2:16.72	17.70	300m:	3:27.81	17.36	400m:	4:38.76	17.32
22.				2007				+0,73	4:39.62	I	585	
	25m:	14.20	14.20	125m:	1:22.50	17.64	225m:	2:33.92	17.43	325m:	3:46.58	18.18
	50m:	30.52	16.32	150m:	1:40.48	17.98	250m:	2:52.05	18.13	350m:	4:04.76	18.18
	75m:	47.35	16.83	175m:	1:58.35	17.87	275m:	3:10.21	18.16	375m:	4:22.52	17.76
	100m:	1:04.86	17.51	200m:	2:16.49	18.14	300m:	3:28.40	18.19	400m:	4:39.62	17.10
23.				2007				+0,77	4:40.03	I	582	
	25m:	15.04	15.04	125m:	1:23.96	17.73	225m:	2:35.59	18.12	325m:	3:48.00	18.39
	50m:	31.84	16.80	150m:	1:41.52	17.56	250m:	2:53.30	17.71	350m:	4:05.89	17.89
	75m:	48.97	17.13	175m:	1:59.61	18.09	275m:	3:11.64	18.34	375m:	4:23.76	17.87
	100m:	1:06.23	17.26	200m:	2:17.47	17.86	300m:	3:29.61	17.97	400m:	4:40.03	16.27
24.				2006				+0,78	4:40.80	I	578	
	25m:	15.24	15.24	125m:	1:25.01	17.82	225m:	2:36.50	17.84	325m:	3:48.23	17.89
	50m:	32.19	16.95	150m:	1:42.77	17.76	250m:	2:54.43	17.93	350m:	4:06.43	18.20
	75m:	49.56	17.37	175m:	2:00.87	18.10	275m:	3:12.35	17.92	375m:	4:23.98	17.55
	100m:	1:07.19	17.63	200m:	2:18.66	17.79	300m:	3:30.34	17.99	400m:	4:40.80	16.82
25.				2006				+0,75	4:40.90	I	577	
	25m:	14.69	14.69	125m:	1:23.74	17.34	225m:	2:35.02	17.55	325m:	3:47.61	18.21
	50m:	31.46	16.77	150m:	1:41.40	17.66	250m:	2:53.01	17.99	350m:	4:05.71	18.10
	75m:	48.78	17.32	175m:	1:59.19	17.79	275m:	3:11.04	18.03	375m:	4:23.91	18.20
	100m:	1:06.40	17.62	200m:	2:17.47	18.28	300m:	3:29.40	18.36	400m:	4:40.90	16.99
26.				2005				+0,78	4:43.01	I	564	
	25m:	14.76	14.76	125m:	1:23.28	17.57	225m:	2:35.16	18.17	325m:	3:48.43	18.38
	50m:	31.27	16.51	150m:	1:40.93	17.65	250m:	2:53.33	18.17	350m:	4:06.94	18.51
	75m:	48.37	17.10	175m:	1:58.93	18.00	275m:	3:11.68	18.35	375m:	4:25.31	18.37
	100m:	1:05.71	17.34	200m:	2:16.99	18.06	300m:	3:30.05	18.37	400m:	4:43.01	17.70
27.				2006				+0,80	4:44.02	I	558	
	25m:	15.24	15.24	125m:	1:25.84	18.28	225m:	2:38.56	18.10	325m:	3:50.52	18.15
	50m:	32.23	16.99	150m:	1:43.98	18.14	250m:	2:56.23	17.67	350m:	4:08.69	18.17
	75m:	49.99	17.76	175m:	2:02.37	18.39	275m:	3:14.30	18.07	375m:	4:26.77	18.08
	100m:	1:07.56	17.57	200m:	2:20.46	18.09	300m:	3:32.37	18.07	400m:	4:44.02	17.25



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37, , 400m (15-17)

									R.T.		FINA	
28.	2007 1								+0,81	4:44.79	I	554
	25m:	14.94	14.94	125m:	1:24.70	18.19	225m:	2:38.03	18.27	325m:	3:51.74	18.34
	50m:	31.49	16.55	150m:	1:43.29	18.59	250m:	2:56.49	18.46	350m:	4:09.91	18.17
	75m:	48.70	17.21	175m:	2:01.54	18.25	275m:	3:14.94	18.45	375m:	4:28.02	18.11
	100m:	1:06.51	17.81	200m:	2:19.76	18.22	300m:	3:33.40	18.46	400m:	4:44.79	16.77
29.	2007								+0,80	4:45.05	I	552
	25m:	14.82	14.82	125m:	1:24.86	18.11	225m:	2:37.25	18.30	325m:	3:50.75	18.56
	50m:	31.46	16.64	150m:	1:42.84	17.98	250m:	2:55.43	18.18	350m:	4:09.17	18.42
	75m:	49.03	17.57	175m:	2:00.98	18.14	275m:	3:13.90	18.47	375m:	4:27.56	18.39
	100m:	1:06.75	17.72	200m:	2:18.95	17.97	300m:	3:32.19	18.29	400m:	4:45.05	17.49
30.	2007								+0,96	4:46.03	I	546
	25m:	15.43	15.43	125m:	1:23.83	17.99	225m:	2:36.52	18.60	325m:	3:50.68	18.71
	50m:	31.83	16.40	150m:	1:41.45	17.62	250m:	2:54.79	18.27	350m:	4:09.21	18.53
	75m:	48.75	16.92	175m:	1:59.72	18.27	275m:	3:13.35	18.56	375m:	4:28.03	18.82
	100m:	1:05.84	17.09	200m:	2:17.92	18.20	300m:	3:31.97	18.62	400m:	4:46.03	18.00
31.	2007								+0,74	4:46.60	I	543
	25m:	15.16	15.16	125m:	1:25.92	18.10	225m:	2:39.37	18.38	325m:	3:53.03	18.65
	50m:	32.26	17.10	150m:	1:44.23	18.31	250m:	2:58.00	18.63	350m:	4:10.92	17.89
	75m:	49.83	17.57	175m:	2:02.59	18.36	275m:	3:16.35	18.35	375m:	4:29.54	18.62
	100m:	1:07.82	17.99	200m:	2:20.99	18.40	300m:	3:34.38	18.03	400m:	4:46.60	17.06
32.	2007 1								+0,72	4:48.39	I	533
	25m:	15.14	15.14	125m:	1:26.17	18.11	225m:	2:39.42	18.30	325m:	3:53.35	18.63
	50m:	32.08	16.94	150m:	1:44.42	18.25	250m:	2:57.85	18.43	350m:	4:11.91	18.56
	75m:	49.88	17.80	175m:	2:02.61	18.19	275m:	3:16.14	18.29	375m:	4:30.48	18.57
	100m:	1:08.06	18.18	200m:	2:21.12	18.51	300m:	3:34.72	18.58	400m:	4:48.39	17.91
33.	2007								+0,65	4:52.22	I	512
	25m:	15.89	15.89	125m:	1:29.34	18.59	225m:	2:44.03	18.89	325m:	3:58.94	18.48
	50m:	33.66	17.77	150m:	1:47.94	18.60	250m:	3:02.87	18.84	350m:	4:17.36	18.42
	75m:	51.85	18.19	175m:	2:06.57	18.63	275m:	3:21.55	18.68	375m:	4:35.22	17.86
	100m:	1:10.75	18.90	200m:	2:25.14	18.57	300m:	3:40.46	18.91	400m:	4:52.22	17.00
34.	2007								+0,82	4:59.87		474
	25m:	14.88	14.88	125m:	1:26.76	18.70	225m:	2:44.16	19.60	325m:	4:02.64	19.81
	50m:	31.79	16.91	150m:	1:45.87	19.11	250m:	3:03.86	19.70	350m:	4:22.32	19.68
	75m:	49.82	18.03	175m:	2:05.51	19.64	275m:	3:23.31	19.45	375m:	4:41.75	19.43
	100m:	1:08.06	18.24	200m:	2:24.56	19.05	300m:	3:42.83	19.52	400m:	4:59.87	18.12
35.	2007 1								+0,72	5:03.20		459
	25m:	15.88	15.88	125m:	1:28.42	18.77	225m:	2:46.08	19.66	325m:	4:05.06	19.78
	50m:	33.37	17.49	150m:	1:47.66	19.24	250m:	3:05.82	19.74	350m:	4:24.88	19.82
	75m:	51.20	17.83	175m:	2:07.01	19.35	275m:	3:25.46	19.64	375m:	4:44.39	19.51
	100m:	1:09.65	18.45	200m:	2:26.42	19.41	300m:	3:45.28	19.82	400m:	5:03.20	18.81
36.	2007								+0,60	5:13.73		414
	25m:	16.39	16.39	125m:	1:33.34	19.45	225m:	2:53.21	20.15	325m:	4:14.26	20.47
	50m:	35.30	18.91	150m:	1:53.07	19.73	250m:	3:13.46	20.25	350m:	4:34.63	20.37
	75m:	54.41	19.11	175m:	2:13.07	20.00	275m:	3:33.53	20.07	375m:	4:55.05	20.42
	100m:	1:13.89	19.48	200m:	2:33.06	19.99	300m:	3:53.79	20.26	400m:	5:13.73	18.68



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37, , 400m

37 , 400m

(13-14)

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	/						R.T.				FINA	
1.	2008						+0,87	4:23.53				699
	25m:	15.07	15.07	125m:	1:21.17	16.54	225m:	2:27.81	16.63	325m:	3:34.81	16.64
	50m:	31.20	16.13	150m:	1:37.89	16.72	250m:	2:44.43	16.62	350m:	3:51.51	16.70
	75m:	47.94	16.74	175m:	1:54.59	16.70	275m:	3:01.30	16.87	375m:	4:07.89	16.38
	100m:	1:04.63	16.69	200m:	2:11.18	16.59	300m:	3:18.17	16.87	400m:	4:23.53	15.64
2.	2008						+0,90	4:27.78				666
	25m:	15.22	15.22	125m:	1:21.37	16.90	225m:	2:29.64	17.05	325m:	3:38.11	17.15
	50m:	31.26	16.04	150m:	1:38.28	16.91	250m:	2:46.64	17.00	350m:	3:55.18	17.07
	75m:	47.74	16.48	175m:	1:55.47	17.19	275m:	3:03.85	17.21	375m:	4:12.05	16.87
	100m:	1:04.47	16.73	200m:	2:12.59	17.12	300m:	3:20.96	17.11	400m:	4:27.78	15.73
3.	2008						+0,67	4:29.22				655
	25m:	14.11	14.11	125m:	1:20.60	17.39	225m:	2:29.61	17.24	325m:	3:38.33	17.02
	50m:	29.86	15.75	150m:	1:38.01	17.41	250m:	2:46.80	17.19	350m:	3:55.27	16.94
	75m:	46.22	16.36	175m:	1:54.92	16.91	275m:	3:03.83	17.03	375m:	4:13.03	17.76
	100m:	1:03.21	16.99	200m:	2:12.37	17.45	300m:	3:21.31	17.48	400m:	4:29.22	16.19
4.	2008						+0,77	4:33.28				627
	25m:	14.42	14.42	125m:	1:21.65	17.06	225m:	2:32.14	17.68	325m:	3:43.32	17.84
	50m:	30.66	16.24	150m:	1:38.89	17.24	250m:	2:49.88	17.74	350m:	4:00.86	17.54
	75m:	47.35	16.69	175m:	1:56.77	17.88	275m:	3:07.69	17.81	375m:	4:17.44	16.58
	100m:	1:04.59	17.24	200m:	2:14.46	17.69	300m:	3:25.48	17.79	400m:	4:33.28	15.84
5.	2009 1						+0,75	4:34.45				619
	25m:	15.03	15.03	125m:	1:22.74	17.09	225m:	2:32.38	17.26	325m:	3:42.88	17.64
	50m:	31.31	16.28	150m:	1:40.03	17.29	250m:	2:49.95	17.57	350m:	4:00.48	17.60
	75m:	48.67	17.36	175m:	1:57.55	17.52	275m:	3:07.72	17.77	375m:	4:18.29	17.81
	100m:	1:05.65	16.98	200m:	2:15.12	17.57	300m:	3:25.24	17.52	400m:	4:34.45	16.16
6.	2008						+0,85	4:34.82				616
	25m:	15.44	15.44	125m:	1:23.44	17.45	225m:	2:33.48	17.67	325m:	3:43.83	17.50
	50m:	31.89	16.45	150m:	1:40.93	17.49	250m:	2:51.20	17.72	350m:	4:01.21	17.38
	75m:	48.86	16.97	175m:	1:58.42	17.49	275m:	3:08.78	17.58	375m:	4:18.39	17.18
	100m:	1:05.99	17.13	200m:	2:15.81	17.39	300m:	3:26.33	17.55	400m:	4:34.82	16.43
7.	2009						+0,69	4:35.90				609
	25m:	15.77	15.77	125m:	1:25.56	17.56	225m:	2:35.92	17.47	325m:	3:45.35	16.92
	50m:	33.05	17.28	150m:	1:43.21	17.65	250m:	2:53.40	17.48	350m:	4:02.66	17.31
	75m:	50.57	17.52	175m:	2:00.76	17.55	275m:	3:10.95	17.55	375m:	4:19.71	17.05
	100m:	1:08.00	17.43	200m:	2:18.45	17.69	300m:	3:28.43	17.48	400m:	4:35.90	16.19
8.	2009						+0,68	4:36.56				605
	25m:	14.86	14.86	125m:	1:23.47	17.74	225m:	2:34.50	17.57	325m:	3:45.19	17.47
	50m:	31.14	16.28	150m:	1:41.20	17.73	250m:	2:52.23	17.73	350m:	4:03.01	17.82
	75m:	48.11	16.97	175m:	1:59.02	17.82	275m:	3:10.03	17.80	375m:	4:20.17	17.16
	100m:	1:05.73	17.62	200m:	2:16.93	17.91	300m:	3:27.72	17.69	400m:	4:36.56	16.39
9.	2009						+0,68	4:37.07				601
	25m:	15.58	15.58	125m:	1:24.81	17.59	225m:	2:35.78	17.80	325m:	3:46.52	17.33
	50m:	32.63	17.05	150m:	1:42.41	17.60	250m:	2:53.62	17.84	350m:	4:04.03	17.51
	75m:	49.67	17.04	175m:	2:00.27	17.86	275m:	3:11.34	17.72	375m:	4:21.16	17.13
	100m:	1:07.22	17.55	200m:	2:17.98	17.71	300m:	3:29.19	17.85	400m:	4:37.07	15.91



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37, , 400m , (13-14)

							R.T.			FINA			
10.	2008						+0,79			4:37.43			599
	25m:	14.85	14.85	125m:	1:23.42	17.61	225m:	2:33.50	17.68	325m:	3:44.49	17.56	
	50m:	31.51	16.66	150m:	1:40.95	17.53	250m:	2:51.37	17.87	350m:	4:01.95	17.46	
	75m:	48.59	17.08	175m:	1:58.47	17.52	275m:	3:09.18	17.81	375m:	4:19.60	17.65	
	100m:	1:05.81	17.22	200m:	2:15.82	17.35	300m:	3:26.93	17.75	400m:	4:37.43	17.83	
11.	2009						+0,83			4:38.55			592
	25m:	14.81	14.81	125m:	1:22.08	17.19	225m:	2:33.68	17.94	325m:	3:45.78	18.19	
	50m:	30.97	16.16	150m:	1:39.81	17.73	250m:	2:51.47	17.79	350m:	4:03.68	17.90	
	75m:	47.95	16.98	175m:	1:57.76	17.95	275m:	3:09.88	18.41	375m:	4:21.59	17.91	
	100m:	1:04.89	16.94	200m:	2:15.74	17.98	300m:	3:27.59	17.71	400m:	4:38.55	16.96	
12.	2009 1									4:39.36			587
	25m:	15.61	15.61	125m:	1:25.39	17.94	225m:	2:37.00	17.73	325m:	3:47.82	17.55	
	50m:	32.44	16.83	150m:	1:43.36	17.97	250m:	2:54.67	17.67	350m:	4:05.39	17.57	
	75m:	50.04	17.60	175m:	2:01.56	18.20	275m:	3:12.64	17.97	375m:	4:23.11	17.72	
	100m:	1:07.45	17.41	200m:	2:19.27	17.71	300m:	3:30.27	17.63	400m:	4:39.36	16.25	
13.	2008						+0,71			4:40.29			581
	25m:	14.47	14.47	125m:	1:25.18	18.23	225m:	2:36.41	17.70	325m:	3:47.72	18.09	
	50m:	31.43	16.96	150m:	1:42.83	17.65	250m:	2:54.00	17.59	350m:	4:05.58	17.86	
	75m:	49.15	17.72	175m:	2:00.79	17.96	275m:	3:11.96	17.96	375m:	4:23.43	17.85	
	100m:	1:06.95	17.80	200m:	2:18.71	17.92	300m:	3:29.63	17.67	400m:	4:40.29	16.86	
14.	2009						+0,76			4:40.69			578
	25m:	14.97	14.97	125m:	1:25.06	17.89	225m:	2:37.31	18.02	325m:	3:49.03	17.95	
	50m:	31.95	16.98	150m:	1:43.05	17.99	250m:	2:55.31	18.00	350m:	4:06.79	17.76	
	75m:	49.50	17.55	175m:	2:01.43	18.38	275m:	3:13.16	17.85	375m:	4:24.45	17.66	
	100m:	1:07.17	17.67	200m:	2:19.29	17.86	300m:	3:31.08	17.92	400m:	4:40.69	16.24	
15.	2009 1						+0,80			4:41.73			572
	25m:	15.36	15.36	125m:	1:24.78	17.88	225m:	2:36.88	17.41	325m:	3:49.63	18.61	
	50m:	31.80	16.44	150m:	1:42.80	18.02	250m:	2:54.78	17.90	350m:	4:07.69	18.06	
	75m:	49.15	17.35	175m:	2:01.15	18.35	275m:	3:12.63	17.85	375m:	4:25.19	17.50	
	100m:	1:06.90	17.75	200m:	2:19.47	18.32	300m:	3:31.02	18.39	400m:	4:41.73	16.54	
16.	2008 1						+0,81			4:41.99			570
	25m:	15.59	15.59	125m:	1:26.69	17.97	225m:	2:37.97	17.99	325m:	3:50.13	17.70	
	50m:	33.36	17.77	150m:	1:44.28	17.59	250m:	2:55.96	17.99	350m:	4:07.82	17.69	
	75m:	51.13	17.77	175m:	2:02.16	17.88	275m:	3:14.43	18.47	375m:	4:25.44	17.62	
	100m:	1:08.72	17.59	200m:	2:19.98	17.82	300m:	3:32.43	18.00	400m:	4:41.99	16.55	
17.	2008						+0,73			4:42.27			569
	25m:	15.45	15.45	125m:	1:25.34	17.60	225m:	2:37.01	17.90	325m:	3:49.50	18.16	
	50m:	32.56	17.11	150m:	1:43.31	17.97	250m:	2:55.24	18.23	350m:	4:07.68	18.18	
	75m:	50.07	17.51	175m:	2:01.10	17.79	275m:	3:13.06	17.82	375m:	4:25.55	17.87	
	100m:	1:07.74	17.67	200m:	2:19.11	18.01	300m:	3:31.34	18.28	400m:	4:42.27	16.72	
18.	2008 1						+0,74			4:42.77			566
	25m:	15.16	15.16	125m:	1:24.92	17.93	225m:	2:37.16	18.06	325m:	3:49.73	18.20	
	50m:	31.60	16.44	150m:	1:42.60	17.68	250m:	2:55.26	18.10	350m:	4:07.49	17.76	
	75m:	49.25	17.65	175m:	2:01.02	18.42	275m:	3:13.56	18.30	375m:	4:25.67	18.18	
	100m:	1:06.99	17.74	200m:	2:19.10	18.08	300m:	3:31.53	17.97	400m:	4:42.77	17.10	



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37, , 400m , (13-14)

									R.T.		FINA	
19.	2009 1								+0,66	4:43.61	561	
	25m:	14.39	14.39	125m:	1:25.17	18.20	225m:	2:38.05	18.21	325m:	3:51.49	18.89
	50m:	31.22	16.83	150m:	1:43.41	18.24	250m:	2:55.86	17.81	350m:	4:09.71	18.22
	75m:	49.05	17.83	175m:	2:01.95	18.54	275m:	3:14.50	18.64	375m:	4:26.91	17.20
	100m:	1:06.97	17.92	200m:	2:19.84	17.89	300m:	3:32.60	18.10	400m:	4:43.61	16.70
20.	2009 1								+0,76	4:44.23	557	
	25m:	15.30	15.30	125m:	1:25.58	18.02	225m:	2:38.54	17.78	325m:	3:51.96	18.25
	50m:	32.34	17.04	150m:	1:44.05	18.47	250m:	2:56.67	18.13	350m:	4:10.80	18.84
	75m:	49.75	17.41	175m:	2:02.22	18.17	275m:	3:14.95	18.28	375m:	4:28.26	17.46
	100m:	1:07.56	17.81	200m:	2:20.76	18.54	300m:	3:33.71	18.76	400m:	4:44.23	15.97
21.	2008								+0,89	4:44.68	554	
	25m:	15.50	15.50	125m:	1:25.44	18.26	225m:	2:38.11	18.07	325m:	3:51.37	18.42
	50m:	32.05	16.55	150m:	1:43.44	18.00	250m:	2:56.23	18.12	350m:	4:09.57	18.20
	75m:	49.52	17.47	175m:	2:01.89	18.45	275m:	3:14.87	18.64	375m:	4:27.78	18.21
	100m:	1:07.18	17.66	200m:	2:20.04	18.15	300m:	3:32.95	18.08	400m:	4:44.68	16.90
22.	2009								+0,82	4:45.02	552	
	25m:	15.34	15.34	125m:	1:25.80	18.13	225m:	2:39.62	18.32	325m:	3:52.66	18.15
	50m:	32.15	16.81	150m:	1:44.22	18.42	250m:	2:58.10	18.48	350m:	4:10.49	17.83
	75m:	49.54	17.39	175m:	2:02.65	18.43	275m:	3:16.04	17.94	375m:	4:27.93	17.44
	100m:	1:07.67	18.13	200m:	2:21.30	18.65	300m:	3:34.51	18.47	400m:	4:45.02	17.09
23.	2009 1								+0,73	4:46.39	544	
	25m:	15.42	15.42	125m:	1:25.50	18.19	225m:	2:38.59	18.44	325m:	3:52.60	18.49
	50m:	32.13	16.71	150m:	1:43.34	17.84	250m:	2:57.23	18.64	350m:	4:10.84	18.24
	75m:	49.75	17.62	175m:	2:01.91	18.57	275m:	3:15.76	18.53	375m:	4:29.04	18.20
	100m:	1:07.31	17.56	200m:	2:20.15	18.24	300m:	3:34.11	18.35	400m:	4:46.39	17.35
24.	2009								+0,76	4:46.86	542	
	25m:	15.41	15.41	125m:	1:26.93	18.06	225m:	2:40.21	18.35	325m:	3:53.60	18.24
	50m:	32.81	17.40	150m:	1:45.15	18.22	250m:	2:58.44	18.23	350m:	4:11.93	18.33
	75m:	50.49	17.68	175m:	2:03.24	18.09	275m:	3:17.00	18.56	375m:	4:29.76	17.83
	100m:	1:08.87	18.38	200m:	2:21.86	18.62	300m:	3:35.36	18.36	400m:	4:46.86	17.10
25.	2009 1								+0,82	4:47.24	540	
	25m:	14.89	14.89	125m:	1:26.59	18.23	225m:	2:40.08	18.27	325m:	3:53.26	18.14
	50m:	32.26	17.37	150m:	1:45.07	18.48	250m:	2:58.64	18.56	350m:	4:11.84	18.58
	75m:	50.16	17.90	175m:	2:03.50	18.43	275m:	3:16.80	18.16	375m:	4:30.26	18.42
	100m:	1:08.36	18.20	200m:	2:21.81	18.31	300m:	3:35.12	18.32	400m:	4:47.24	16.98
26.	2009 1								+0,82	4:48.03	535	
	25m:	15.37	15.37	125m:	1:27.54	18.22	225m:	2:41.39	18.06	325m:	3:55.68	18.24
	50m:	32.63	17.26	150m:	1:46.10	18.56	250m:	3:00.38	18.99	350m:	4:14.01	18.33
	75m:	50.86	18.23	175m:	2:04.73	18.63	275m:	3:18.70	18.32	375m:	4:32.05	18.04
	100m:	1:09.32	18.46	200m:	2:23.33	18.60	300m:	3:37.44	18.74	400m:	4:48.03	15.98
27.	2008								+0,88	4:49.56	527	
	25m:	16.51	16.51	125m:	1:28.29	18.57	225m:	2:42.15	18.64	325m:	3:55.84	18.46
	50m:	33.85	17.34	150m:	1:46.59	18.30	250m:	3:00.51	18.36	350m:	4:14.11	18.27
	75m:	51.87	18.02	175m:	2:05.14	18.55	275m:	3:19.03	18.52	375m:	4:32.30	18.19
	100m:	1:09.72	17.85	200m:	2:23.51	18.37	300m:	3:37.38	18.35	400m:	4:49.56	17.26



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37, , 400m (13-14)

					R.T.				FINA			
28.	2008 1				+0,56				4:52.10	I	513	
	25m:	14.98	14.98	125m:	1:25.92	18.17	225m:	2:40.89	18.85	325m:	3:56.31	18.87
	50m:	32.20	17.22	150m:	1:44.69	18.77	250m:	2:59.69	18.80	350m:	4:15.39	19.08
	75m:	49.77	17.57	175m:	2:03.24	18.55	275m:	3:18.61	18.92	375m:	4:34.05	18.66
	100m:	1:07.75	17.98	200m:	2:22.04	18.80	300m:	3:37.44	18.83	400m:	4:52.10	18.05
29.	2009 1				+0,75				4:52.50	I	511	
	25m:	15.75	15.75	125m:	1:26.43	18.10	225m:	2:40.77	18.71	325m:	3:56.25	18.89
	50m:	32.72	16.97	150m:	1:44.93	18.50	250m:	2:59.77	19.00	350m:	4:15.35	19.10
	75m:	50.20	17.48	175m:	2:03.27	18.34	275m:	3:18.46	18.69	375m:	4:34.50	19.15
	100m:	1:08.33	18.13	200m:	2:22.06	18.79	300m:	3:37.36	18.90	400m:	4:52.50	18.00
30.	2009 1				+0,78				4:52.80	I	509	
	25m:	15.71	15.71	125m:	1:27.55	18.56	225m:	2:42.19	19.02	325m:	3:55.39	18.21
	50m:	33.00	17.29	150m:	1:46.25	18.70	250m:	3:00.58	18.39	350m:	4:13.65	18.26
	75m:	50.93	17.93	175m:	2:04.49	18.24	275m:	3:18.83	18.25	375m:	4:31.97	18.32
	100m:	1:08.99	18.06	200m:	2:23.17	18.68	300m:	3:37.18	18.35	400m:	4:52.80	20.83
31.	2008 1				+0,63				4:53.59	I	505	
	25m:	16.07	16.07	125m:	1:26.71	18.07	225m:	2:41.49	19.07	325m:	3:58.28	18.93
	50m:	33.19	17.12	150m:	1:45.09	18.38	250m:	3:00.65	19.16	350m:	4:16.97	18.69
	75m:	50.83	17.64	175m:	2:03.79	18.70	275m:	3:19.77	19.12	375m:	4:35.90	18.93
	100m:	1:08.64	17.81	200m:	2:22.42	18.63	300m:	3:39.35	19.58	400m:	4:53.59	17.69
32.	2009 1								4:54.50	I	501	
	25m:	15.52	15.52	125m:	1:26.91	18.06	225m:	2:42.44	19.30	325m:	3:59.07	19.13
	50m:	32.55	17.03	150m:	1:45.21	18.30	250m:	3:01.75	19.31	350m:	4:17.96	18.89
	75m:	50.26	17.71	175m:	2:04.25	19.04	275m:	3:20.88	19.13	375m:	4:37.12	19.16
	100m:	1:08.85	18.59	200m:	2:23.14	18.89	300m:	3:39.94	19.06	400m:	4:54.50	17.38
33.	2009 1				+0,78				4:55.67	I	495	
	25m:	15.86	15.86	125m:	1:30.94	19.84	225m:	2:47.30	19.26	325m:	4:02.73	18.04
	50m:	33.45	17.59	150m:	1:49.89	18.95	250m:	3:06.10	18.80	350m:	4:21.15	18.42
	75m:	51.98	18.53	175m:	2:08.84	18.95	275m:	3:25.87	19.77	375m:	4:39.11	17.96
	100m:	1:11.10	19.12	200m:	2:28.04	19.20	300m:	3:44.69	18.82	400m:	4:55.67	16.56
34.	2009 1				+0,83				4:57.25		487	
	25m:	15.30	15.30	125m:	1:28.42	18.65	225m:	2:43.77	18.74	325m:	4:00.15	18.89
	50m:	33.18	17.88	150m:	1:47.41	18.99	250m:	3:02.79	19.02	350m:	4:19.51	19.36
	75m:	51.12	17.94	175m:	2:06.31	18.90	275m:	3:21.96	19.17	375m:	4:38.29	18.78
	100m:	1:09.77	18.65	200m:	2:25.03	18.72	300m:	3:41.26	19.30	400m:	4:57.25	18.96
35.	2009 1				+0,75				4:57.59		485	
	25m:	15.63	15.63	125m:	1:27.98	18.74	225m:	2:44.35	18.96	325m:	4:01.08	19.17
	50m:	32.89	17.26	150m:	1:46.99	19.01	250m:	3:03.59	19.24	350m:	4:20.20	19.12
	75m:	50.77	17.88	175m:	2:06.10	19.11	275m:	3:22.56	18.97	375m:	4:39.08	18.88
	100m:	1:09.24	18.47	200m:	2:25.39	19.29	300m:	3:41.91	19.35	400m:	4:57.59	18.51
36.	2008 1				+0,79				4:59.32		477	
	25m:	15.62	15.62	125m:	1:29.03	19.25	225m:	2:46.19	19.46	325m:	4:03.21	19.58
	50m:	32.77	17.15	150m:	1:48.26	19.23	250m:	3:04.98	18.79	350m:	4:22.28	19.07
	75m:	51.05	18.28	175m:	2:07.67	19.41	275m:	3:24.23	19.25	375m:	4:41.39	19.11
	100m:	1:09.78	18.73	200m:	2:26.73	19.06	300m:	3:43.63	19.40	400m:	4:59.32	17.93



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37, , 400m , (13-14)

					R.T.				FINA		
37.	2009 1				5:04.50				453		
25m:	16.58	16.58	125m:	1:31.43	19.30	225m:	2:49.52	19.38	325m:	4:07.87	19.60
50m:	34.41	17.83	150m:	1:50.87	19.44	250m:	3:09.09	19.57	350m:	4:27.40	19.53
75m:	53.05	18.64	175m:	2:10.70	19.83	275m:	3:29.13	20.04	375m:	4:47.10	19.70
100m:	1:12.13	19.08	200m:	2:30.14	19.44	300m:	3:48.27	19.14	400m:	5:04.50	17.40
38.	2008 1				+0,87 5:04.89				451		
25m:	16.12	16.12	125m:	1:31.68	19.23	225m:	2:49.24	19.37	325m:	4:08.05	19.63
50m:	34.48	18.36	150m:	1:50.93	19.25	250m:	3:09.09	19.85	350m:	4:28.09	20.04
75m:	53.45	18.97	175m:	2:10.40	19.47	275m:	3:28.60	19.51	375m:	4:47.59	19.50
100m:	1:12.45	19.00	200m:	2:29.87	19.47	300m:	3:48.42	19.82	400m:	5:04.89	17.30
39.	2009 1				+0,81 5:06.63				443		
25m:	16.01	16.01	125m:	1:31.33	19.52	225m:	2:49.89	19.65	325m:	4:08.95	19.80
50m:	33.69	17.68	150m:	1:50.87	19.54	250m:	3:09.79	19.90	350m:	4:28.88	19.93
75m:	52.66	18.97	175m:	2:10.75	19.88	275m:	3:29.35	19.56	375m:	4:48.51	19.63
100m:	1:11.81	19.15	200m:	2:30.24	19.49	300m:	3:49.15	19.80	400m:	5:06.63	18.12
40.	2009 1				+0,87 5:12.70				418		
25m:	15.25	15.25	125m:	1:27.88	19.03	225m:	2:48.03	20.16	325m:	4:11.22	21.41
50m:	32.42	17.17	150m:	1:47.53	19.65	250m:	3:08.46	20.43	350m:	4:32.60	21.38
75m:	50.29	17.87	175m:	2:07.57	20.04	275m:	3:28.92	20.46	375m:	4:53.98	21.38
100m:	1:08.85	18.56	200m:	2:27.87	20.30	300m:	3:49.81	20.89	400m:	5:12.70	18.72
41.	2009 1				+0,93 5:21.80				384		
25m:	16.01	16.01	125m:	1:34.26	20.60	225m:	2:57.02	20.95	325m:	4:20.33	20.55
50m:	34.14	18.13	150m:	1:55.03	20.77	250m:	3:17.89	20.87	350m:	4:41.37	21.04
75m:	53.38	19.24	175m:	2:15.48	20.45	275m:	3:39.11	21.22	375m:	5:02.47	21.10
100m:	1:13.66	20.28	200m:	2:36.07	20.59	300m:	3:59.78	20.67	400m:	5:21.80	19.33
42.	2009 1				+1,05 5:26.42				368		
25m:	17.17	17.17	125m:	1:37.70	21.07	225m:	3:01.74	21.45	325m:	4:26.22	21.17
50m:	35.67	18.50	150m:	1:58.12	20.42	250m:	3:22.68	20.94	350m:	4:46.79	20.57
75m:	56.20	20.53	175m:	2:19.60	21.48	275m:	3:44.33	21.65	375m:	5:06.96	20.17
100m:	1:16.63	20.43	200m:	2:40.29	20.69	300m:	4:05.05	20.72	400m:	5:26.42	19.46

