

19				, 400m				2011			
22.01.2025 - 11:45											
: FINA 2023											
1.			2009	I						4:13.35	I 588
	50m:	28.85	28.85	150m:	1:32.57	31.83	250m:	2:36.84	31.85	350m:	3:41.94 32.65
	100m:	1:00.74	31.89	200m:	2:04.99	32.42	300m:	3:09.29	32.45	400m:	4:13.35 31.41
2.			2009	I				" "		4:15.96	I 570
	50m:	28.53	28.53	150m:	1:30.82	31.30	250m:	2:36.40	33.09	350m:	3:43.44 33.45
	100m:	59.52	30.99	200m:	2:03.31	32.49	300m:	3:09.99	33.59	400m:	4:15.96 32.52
3.			2009	I				" "		4:17.57	I 559
	50m:	30.26	30.26	150m:	1:35.20	32.81	250m:	2:40.60	32.91	350m:	3:45.80 32.52
	100m:	1:02.39	32.13	200m:	2:07.69	32.49	300m:	3:13.28	32.68	400m:	4:17.57 31.77
4.			2009	I						4:18.41	I 554
	50m:	29.46	29.46	150m:	1:34.78	32.98	250m:	2:40.51	32.86	350m:	3:46.57 32.98
	100m:	1:01.80	32.34	200m:	2:07.65	32.87	300m:	3:13.59	33.08	400m:	4:18.41 31.84
5.			2008	I				" "		4:18.86	I 551
	50m:	29.06	29.06	150m:	1:33.22	32.30	250m:	2:38.61	33.40	350m:	3:46.21 34.01
	100m:	1:00.92	31.86	200m:	2:05.21	31.99	300m:	3:12.20	33.59	400m:	4:18.86 32.65
6.			2010	II						4:20.59	I 540
	50m:	29.52	29.52	150m:	1:34.76	32.82	250m:	2:42.00	33.47	350m:	3:48.79 33.16
	100m:	1:01.94	32.42	200m:	2:08.53	33.77	300m:	3:15.63	33.63	400m:	4:20.59 31.80
7.			2009	I				" "		4:22.38	I 529
	50m:	29.84	29.84	150m:	1:35.76	33.44	250m:	2:42.35	33.26	350m:	3:49.46 33.29
	100m:	1:02.32	32.48	200m:	2:09.09	33.33	300m:	3:16.17	33.82	400m:	4:22.38 32.92
8.			2011	I				" "		4:23.09	I 525
	50m:	29.59	29.59	150m:	1:35.68	33.27	250m:	2:43.16	33.70	350m:	3:50.49 33.79
	100m:	1:02.41	32.82	200m:	2:09.46	33.78	300m:	3:16.70	33.54	400m:	4:23.09 32.60
9.			2008	I				" "		4:23.18	I 524
	50m:	29.79	29.79	150m:	1:35.67	33.17	250m:	2:43.19	33.70	350m:	3:49.86 33.53
	100m:	1:02.50	32.71	200m:	2:09.49	33.82	300m:	3:16.33	33.14	400m:	4:23.18 33.32
10.			2008	I			-			4:23.69	I 521
	50m:	28.08	28.08	150m:	1:31.46	32.37	250m:	2:39.29	33.95	350m:	3:49.01 35.28
	100m:	59.09	31.01	200m:	2:05.34	33.88	300m:	3:13.73	34.44	400m:	4:23.69 34.68
11.			2009	I				" "		4:23.87	I 520
	50m:	28.96	28.96	150m:	1:36.04	34.10	250m:	2:43.95	33.80	350m:	3:52.47 34.36
	100m:	1:01.94	32.98	200m:	2:10.15	34.11	300m:	3:18.11	34.16	400m:	4:23.87 31.40
12.			2010	II						4:23.94	I 520
	50m:	30.53	30.53	150m:	1:36.71	33.15	250m:	2:44.39	33.44	350m:	3:52.41 33.93
	100m:	1:03.56	33.03	200m:	2:10.95	34.24	300m:	3:18.48	34.09	400m:	4:23.94 31.53
13.			2007	I						4:23.96	I 519
	50m:	29.32	29.32	150m:	1:36.93	34.30	250m:	2:48.10	35.36	350m:	3:58.56 35.13
	100m:	1:02.63	33.31	200m:	2:12.74	35.81	300m:	3:23.43	35.33	400m:	4:23.96 25.40
14.			2008	II				" "		4:23.97	I 519
	50m:	30.40	30.40	150m:	1:36.35	33.55	250m:	2:43.26	33.28	350m:	3:51.78 34.29
	100m:	1:02.80	32.40	200m:	2:09.98	33.63	300m:	3:17.49	34.23	400m:	4:23.97 32.19
15.			2006	I				" "		4:24.50	I 516
	50m:	30.27	30.27	150m:	1:36.16	33.13	250m:	2:43.30	33.54	350m:	3:51.22 34.02
	100m:	1:03.03	32.76	200m:	2:09.76	33.60	300m:	3:17.20	33.90	400m:	4:24.50 33.28

19,	, 400m	, 2011									
16.			2010	I						4:25.53	510
	50m: 29.83	29.83	150m: 1:37.00		34.10	250m: 2:45.36	34.00	350m: 3:54.11	34.36		
	100m: 1:02.90	33.07	200m: 2:11.36		34.36	300m: 3:19.75	34.39	400m: 4:25.53	31.42		
17.			2009	I						4:25.76	509
	50m: 30.57	30.57	150m: 1:37.45		33.42	250m: 2:45.72	34.68	350m: 3:53.48	34.19		
	100m: 1:04.03	33.46	200m: 2:11.04		33.59	300m: 3:19.29	33.57	400m: 4:25.76	32.28		
18.			2009	I						4:25.81	509
	50m: 29.40	29.40	150m: 1:35.11		33.09	250m: 2:43.33	34.48	350m: 3:52.89	34.74		
	100m: 1:02.02	32.62	200m: 2:08.85		33.74	300m: 3:18.15	34.82	400m: 4:25.81	32.92		
19.			2009	II						4:27.12	501
	50m: 30.20	30.20	150m: 1:36.34		33.10	250m: 2:44.99	34.45	350m: 3:54.01	34.77		
	100m: 1:03.24	33.04	200m: 2:10.54		34.20	300m: 3:19.24	34.25	400m: 4:27.12	33.11		
20.			2010	II						4:28.21	495
	50m: 29.76	29.76	150m: 1:36.20		33.54	250m: 2:45.23	34.53	350m: 3:54.85	34.96		
	100m: 1:02.66	32.90	200m: 2:10.70		34.50	300m: 3:19.89	34.66	400m: 4:28.21	33.36		
21.			2011	I						4:28.76	492
	50m: 30.38	30.38	150m: 1:38.47		34.52	250m: 2:47.43	34.61	350m: 3:56.23	34.28		
	100m: 1:03.95	33.57	200m: 2:12.82		34.35	300m: 3:21.95	34.52	400m: 4:28.76	32.53		
22.			2010	II						4:29.49	488
	50m: 29.76	29.76	150m: 1:35.46		33.55	250m: 2:45.46	35.56	350m: 3:56.12	35.48		
	100m: 1:01.91	32.15	200m: 2:09.90		34.44	300m: 3:20.64	35.18	400m: 4:29.49	33.37		
23.			2008	I						4:30.26	484
	50m: 30.52	30.52	150m: 1:37.76		34.20	250m: 2:47.53	35.27	350m: 3:57.29	34.43		
	100m: 1:03.56	33.04	200m: 2:12.26		34.50	300m: 3:22.86	35.33	400m: 4:30.26	32.97		
24.			2011	II						4:30.86	481
	50m: 30.68	30.68	150m: 1:38.88		34.35	250m: 2:48.75	35.21	350m: 3:58.63	34.63		
	100m: 1:04.53	33.85	200m: 2:13.54		34.66	300m: 3:24.00	35.25	400m: 4:30.86	32.23		
25.			2010	II						4:30.90	480
	50m: 30.41	30.41	150m: 1:38.13		34.07	250m: 2:47.14	34.63	350m: 3:57.01	35.17		
	100m: 1:04.06	33.65	200m: 2:12.51		34.38	300m: 3:21.84	34.70	400m: 4:30.90	33.89		
26.			2010	II						4:32.01	475
	50m: 30.29	30.29	150m: 1:37.97		34.40	250m: 2:47.80	35.07	350m: 3:58.24	35.44		
	100m: 1:03.57	33.28	200m: 2:12.73		34.76	300m: 3:22.80	35.00	400m: 4:32.01	33.77		
27.			2010	II						4:33.11	469
	50m: 30.36	30.36	150m: 1:37.83		34.24	250m: 2:47.33	34.74	350m: 3:58.48	35.80		
	100m: 1:03.59	33.23	200m: 2:12.59		34.76	300m: 3:22.68	35.35	400m: 4:33.11	34.63		
28.			2011	II						4:34.52	462
	50m: 29.58	29.58	150m: 1:38.33		35.47	250m: 2:48.58	35.15	350m: 3:59.56	36.40		
	100m: 1:02.86	33.28	200m: 2:13.43		35.10	300m: 3:23.16	34.58	400m: 4:34.52	34.96		
29.			2011	II						4:35.27	458
	50m: 29.19	29.19	150m: 1:38.35		35.27	250m: 2:49.07	35.52	350m: 4:01.88	36.49		
	100m: 1:03.08	33.89	200m: 2:13.55		35.20	300m: 3:25.39	36.32	400m: 4:35.27	33.39		
30.			2010	II						4:35.51	457
	50m: 32.71	32.71	150m: 1:41.49		34.79	250m: 2:52.05	35.56	350m: 4:02.87	35.49		
	100m: 1:06.70	33.99	200m: 2:16.49		35.00	300m: 3:27.38	35.33	400m: 4:35.51	32.64		
31.			2011	I						4:35.56	456
	50m: 31.09	31.09	150m: 1:40.79		35.40	250m: 2:52.02	35.55	350m: 4:02.67	35.43		
	100m: 1:05.39	34.30	200m: 2:16.47		35.68	300m: 3:27.24	35.22	400m: 4:35.56	32.89		

19,	, 400m	, 2011									
32.			2007								
	50m: 30.07	30.07	150m: 1:37.71		34.27	250m: 2:48.15	35.74	350m: 4:00.45		455	
	100m: 1:03.44	33.37	200m: 2:12.41		34.70	300m: 3:24.29	36.14	400m: 4:35.95		36.16	35.50
33.			2011								
	50m: 31.97	31.97	150m: 1:40.78		34.67	250m: 2:50.77	35.10	350m: 4:01.33		454	
	100m: 1:06.11	34.14	200m: 2:15.67		34.89	300m: 3:25.98	35.21	400m: 4:36.05		35.35	34.72
34.			2010								
	50m: 32.15	32.15	150m: 1:41.49		34.07	250m: 2:52.13	35.73	350m: 4:03.69		452	
	100m: 1:07.42	35.27	200m: 2:16.40		34.91	300m: 3:27.80	35.67	400m: 4:36.39		35.89	32.70
35.			2009								
	50m: 32.06	32.06	150m: 1:42.71		35.52	250m: 2:53.82	35.59	350m: 4:03.85		448	
	100m: 1:07.19	35.13	200m: 2:18.23		35.52	300m: 3:29.01	35.19	400m: 4:37.38		34.84	33.53
36.			2010								
	50m: 30.81	30.81	150m: 1:39.78		35.01	250m: 2:51.07	36.20	350m: 4:03.09		447	
	100m: 1:04.77	33.96	200m: 2:14.87		35.09	300m: 3:27.02	35.95	400m: 4:37.50		36.07	34.41
37.			2010								
	50m: 31.47	31.47	150m: 1:40.97		34.93	250m: 2:52.90	36.34	350m: 4:04.13		444	
	100m: 1:06.04	34.57	200m: 2:16.56		35.59	300m: 3:28.83	35.93	400m: 4:38.13		35.30	34.00
38.			2009								
	50m: 33.25	33.25	150m: 1:46.32		36.70	250m: 2:57.97	35.23	350m: 4:06.22		443	
	100m: 1:09.62	36.37	200m: 2:22.74		36.42	300m: 3:32.68	34.71	400m: 4:38.23		33.54	32.01
39.			2009								
	50m: 30.76	30.76	150m: 1:40.78		36.12	250m: 2:52.70	35.80	350m: 4:04.93		433	
	100m: 1:04.66	33.90	200m: 2:16.90		36.12	300m: 3:28.82	36.12	400m: 4:40.36		36.11	35.43
40.			2011								
	50m: 19.02	19.02	150m: 1:40.39		35.24	250m: 2:52.56	36.13	350m: 4:04.89		432	
	100m: 1:05.15	46.13	200m: 2:16.43		36.04	300m: 3:28.76	36.20	400m: 4:40.63		36.13	35.74
41.			2010								
	50m: 30.95	30.95	150m: 1:41.11		35.34	250m: 2:53.36	36.14	350m: 4:05.86		427	
	100m: 1:05.77	34.82	200m: 2:17.22		36.11	300m: 3:29.62	36.26	400m: 4:41.76		36.24	35.90
42.			2008								
	50m: 31.15	31.15	150m: 1:39.49		34.86	250m: 2:51.33	36.39	350m: 4:05.02		427	
	100m: 1:04.63	33.48	200m: 2:14.94		35.45	300m: 3:27.91	36.58	400m: 4:41.83		37.11	36.81
43.			2011								
	50m: 31.63	31.63	150m: 1:42.91		35.98	250m: 2:55.03	36.37	350m: 4:07.73		423	
	100m: 1:06.93	35.30	200m: 2:18.66		35.75	300m: 3:31.60	36.57	400m: 4:42.69		36.13	34.96
44.			2009								
	50m: 32.32	32.32	150m: 1:42.99		35.56	250m: 2:55.03	36.23	350m: 4:07.72		422	
	100m: 1:07.43	35.11	200m: 2:18.80		35.81	300m: 3:31.16	36.13	400m: 4:42.95		36.56	35.23
45.			2009								
	50m: 31.19	31.19	150m: 1:41.71		35.75	250m: 2:54.58	36.32	350m: 4:07.54		419	
	100m: 1:05.96	34.77	200m: 2:18.26		36.55	300m: 3:31.23	36.65	400m: 4:43.49		36.31	35.95
46.			2009								
	50m: 31.95	31.95	150m: 1:43.20		35.72	250m: 2:55.23	36.18	350m: 4:07.92		419	
	100m: 1:07.48	35.53	200m: 2:19.05		35.85	300m: 3:31.29	36.06	400m: 4:43.54		36.63	35.62
47.			2009								
	50m: 31.99	31.99	150m: 1:43.79		35.60	250m: 2:56.86	36.71	350m: 4:10.06		416	
	100m: 1:08.19	36.20	200m: 2:20.15		36.36	300m: 3:33.59	36.73	400m: 4:44.23		36.47	34.17

19,	, 400m	, 2011									
48.			2009							4:44.75	414
	50m: 29.52	29.52	150m: 1:39.83		36.01	250m: 2:54.29	36.99	350m: 4:08.79	37.48		
	100m: 1:03.82	34.30	200m: 2:17.30		37.47	300m: 3:31.31	37.02	400m: 4:44.75	35.96		
49.			2011							4:44.85	413
	50m: 29.93	29.93	150m: 1:39.22		35.71	250m: 2:53.28	37.46	350m: 4:08.29	37.45		
	100m: 1:03.51	33.58	200m: 2:15.82		36.60	300m: 3:30.84	37.56	400m: 4:44.85	36.56		
50.			2010							4:45.42	411
	50m: 31.23	31.23	150m: 1:41.25		35.98	250m: 2:56.35	37.89	350m: 4:09.62	36.25		
	100m: 1:05.27	34.04	200m: 2:18.46		37.21	300m: 3:33.37	37.02	400m: 4:45.42	35.80		
51.			2011							4:46.72	405
	50m: 31.88	31.88	150m: 1:43.37		36.07	250m: 2:57.17	37.28	350m: 4:11.25	36.99		
	100m: 1:07.30	35.42	200m: 2:19.89		36.52	300m: 3:34.26	37.09	400m: 4:46.72	35.47		
52.			2010							4:47.28	403
	50m: 32.32	32.32	150m: 1:45.15		37.35	250m: 2:56.99	35.39	350m: 4:11.51	36.43		
	100m: 1:07.80	35.48	200m: 2:21.60		36.45	300m: 3:35.08	38.09	400m: 4:47.28	35.77		
53.			2010							4:48.35	398
	50m: 30.83	30.83	150m: 1:43.29		36.85	250m: 2:58.52	37.55	350m: 4:14.07	37.93		
	100m: 1:06.44	35.61	200m: 2:20.97		37.68	300m: 3:36.14	37.62	400m: 4:48.35	34.28		
54.			2011							4:48.99	396
	50m: 31.37	31.37	150m: 1:42.56		36.31	250m: 2:57.37	37.51	350m: 4:13.35	38.14		
	100m: 1:06.25	34.88	200m: 2:19.86		37.30	300m: 3:35.21	37.84	400m: 4:48.99	35.64		
55.			2011							4:49.40	394
	50m: 30.81	30.81	150m: 1:44.58		37.36	250m: 2:59.75	37.34	350m: 4:14.41	37.65		
	100m: 1:07.22	36.41	200m: 2:22.41		37.83	300m: 3:36.76	37.01	400m: 4:49.40	34.99		
56.			2011							4:49.50	394
	50m: 32.45	32.45	150m: 1:45.37		37.02	250m: 3:00.04	37.20	350m: 4:14.38	37.43		
	100m: 1:08.35	35.90	200m: 2:22.84		37.47	300m: 3:36.95	36.91	400m: 4:49.50	35.12		
57.			2011							4:52.37	382
	50m: 31.46	31.46	150m: 1:44.32		37.22	250m: 2:59.94	37.64	350m: 4:15.79	38.54		
	100m: 1:07.10	35.64	200m: 2:22.30		37.98	300m: 3:37.25	37.31	400m: 4:52.37	36.58		
58.			2009							4:52.40	382
	50m: 30.47	30.47	150m: 1:41.18		36.34	250m: 2:57.52	38.72	350m: 4:14.49	37.80		
	100m: 1:04.84	34.37	200m: 2:18.80		37.62	300m: 3:36.69	39.17	400m: 4:52.40	37.91		
59.			2011							4:53.63	377
	50m: 31.73	31.73	150m: 1:44.21		36.36	250m: 2:59.73	38.08	350m: 4:17.04	39.01		
	100m: 1:07.85	36.12	200m: 2:21.65		37.44	300m: 3:38.03	38.30	400m: 4:53.63	36.59		
			2010							4:53.63	377
	50m: 32.81	32.81	150m: 1:43.78		36.40	250m: 2:58.40	37.15	350m: 4:16.00	38.23		
	100m: 1:07.38	34.57	200m: 2:21.25		37.47	300m: 3:37.77	39.37	400m: 4:53.63	37.63		
61.			2010							4:54.62	373
	50m: 32.94	32.94	150m: 1:43.60		36.50	250m: 3:00.38	38.94	350m: 4:18.22	39.16		
	100m: 1:07.10	34.16	200m: 2:21.44		37.84	300m: 3:39.06	38.68	400m: 4:54.62	36.40		
62.			2011							4:54.83	373
	50m: 32.07	32.07	150m: 1:44.61		36.90	250m: 3:01.72	38.70	350m: 4:18.76	38.23		
	100m: 1:07.71	35.64	200m: 2:23.02		38.41	300m: 3:40.53	38.81	400m: 4:54.83	36.07		
63.			2011							4:55.20	371
	50m: 32.94	32.94	150m: 1:46.97		37.22	250m: 3:02.42	37.24	350m: 4:17.67	38.01		
	100m: 1:09.75	36.81	200m: 2:25.18		38.21	300m: 3:39.66	37.24	400m: 4:55.20	37.53		

19,	, 400m	, 2011										
64.			2011	II			"	"		4:55.80	II	369
	50m: 32.42	32.42	150m: 1:45.87	37.28	250m: 3:00.70	37.40	350m: 4:17.85	38.95				
	100m: 1:08.59	36.17	200m: 2:23.30	37.43	300m: 3:38.90	38.20	400m: 4:55.80	37.95				
65.			2009	I						4:56.13	II	368
	50m: 32.64	32.64	150m: 1:46.75	37.70	250m: 3:02.94	38.20	350m: 4:18.76	37.82				
	100m: 1:09.05	36.41	200m: 2:24.74	37.99	300m: 3:40.94	38.00	400m: 4:56.13	37.37				
66.			2009	II			"	"		4:57.45	II	363
	50m: 33.33	33.33	150m: 1:46.68	37.15	250m: 3:03.00	38.35	350m: 4:20.28	38.61				
	100m: 1:09.53	36.20	200m: 2:24.65	37.97	300m: 3:41.67	38.67	400m: 4:57.45	37.17				
67.			2009	II						4:58.49	II	359
	50m: 32.60	32.60	150m: 1:45.98	37.58	250m: 3:03.30	38.69	350m: 4:21.35	39.27				
	100m: 1:08.40	35.80	200m: 2:24.61	38.63	300m: 3:42.08	38.78	400m: 4:58.49	37.14				
68.			2011	II			"	"		5:00.19	III	353
	50m: 32.09	32.09	150m: 1:46.03	37.26	250m: 3:03.18	38.13	350m: 4:22.16	39.37				
	100m: 1:08.77	36.68	200m: 2:25.05	39.02	300m: 3:42.79	39.61	400m: 5:00.19	38.03				
69.			2010	II			"	"		5:01.37	III	349
	50m: 33.07	33.07	150m: 1:50.05	38.82	250m: 3:06.08	38.49	350m: 4:24.45	38.79				
	100m: 1:11.23	38.16	200m: 2:27.59	37.54	300m: 3:45.66	39.58	400m: 5:01.37	36.92				
70.			2010	II			"	"		5:01.66	III	348
	50m: 33.78	33.78	150m: 1:50.80	37.81	250m: 3:07.42	38.01	350m: 4:24.14	38.13				
	100m: 1:12.99	39.21	200m: 2:29.41	38.61	300m: 3:46.01	38.59	400m: 5:01.66	37.52				
71.			2011	II						5:03.40	III	342
	50m: 34.16	34.16	150m: 1:51.38	38.68	250m: 3:08.97	38.69	350m: 4:26.41	38.73				
	100m: 1:12.70	38.54	200m: 2:30.28	38.90	300m: 3:47.68	38.71	400m: 5:03.40	36.99				
72.			2011	II			"	"		5:07.37	III	329
	50m: 31.78	31.78	150m: 1:46.34	38.72	250m: 3:07.29	40.58	350m: 4:28.70	39.98				
	100m: 1:07.62	35.84	200m: 2:26.71	40.37	300m: 3:48.72	41.43	400m: 5:07.37	38.67				
73.			2010	III						5:08.24	III	326
	50m: 33.42	33.42	150m: 1:49.72	38.35	250m: 3:09.64	39.84	350m: 4:30.14	39.88				
	100m: 1:11.37	37.95	200m: 2:29.80	40.08	300m: 3:50.26	40.62	400m: 5:08.24	38.10				
74.			2011	II			"	"		5:09.01	III	324
	50m: 35.34	35.34	150m: 1:53.21	39.24	250m: 3:12.11	39.02	350m: 4:30.98	39.41				
	100m: 1:13.97	38.63	200m: 2:33.09	39.88	300m: 3:51.57	39.46	400m: 5:09.01	38.03				
75.			2011	II						5:10.96	III	318
	50m: 32.46	32.46	150m: 1:59.90	37.28	250m: 3:16.37	38.27	350m: 4:33.67	38.60				
	100m: 1:22.62	50.16	200m: 2:38.10	38.20	300m: 3:55.07	38.70	400m: 5:10.96	37.29				
76.			2011	II						5:11.05	III	317
	50m: 34.70	34.70	150m: 1:53.57	40.07	250m: 3:14.29	40.01	350m: 4:34.42	39.58				
	100m: 1:13.50	38.80	200m: 2:34.28	40.71	300m: 3:54.84	40.55	400m: 5:11.05	36.63				
77.			2011	II			"	"		5:11.11	III	317
	50m: 33.05	33.05	150m: 1:50.56	39.34	250m: 3:10.82	40.50	350m: 4:31.60	40.59				
	100m: 1:11.22	38.17	200m: 2:30.32	39.76	300m: 3:51.01	40.19	400m: 5:11.11	39.51				
78.			2011	II			"	"		5:12.62	III	312
	50m: 35.04	35.04	150m: 1:55.22	40.58	250m: 3:14.76	39.28	350m: 4:33.49	39.11				
	100m: 1:14.64	39.60	200m: 2:35.48	40.26	300m: 3:54.38	39.62	400m: 5:12.62	39.13				
79.			2011	II			"	"		5:13.17	III	311
	50m: 33.73	33.73	150m: 1:52.69	40.88	250m: 3:14.45	41.08	350m: 4:35.47	40.57				
	100m: 1:11.81	38.08	200m: 2:33.37	40.68	300m: 3:54.90	40.45	400m: 5:13.17	37.70				

19, , 400m , 2011

80.			2011	II						5:14.36	III	307
	50m:	34.06	34.06	150m:	1:53.32	40.49	250m:	3:13.54	39.91	350m:	4:34.26	40.36
	100m:	1:12.83	38.77	200m:	2:33.63	40.31	300m:	3:53.90	40.36	400m:	5:14.36	40.10
81.			2011	II						5:14.84	III	306
	50m:	34.51	34.51	150m:	1:54.04	40.38	250m:	3:15.09	40.15	350m:	4:36.51	40.06
	100m:	1:13.66	39.15	200m:	2:34.94	40.90	300m:	3:56.45	41.36	400m:	5:14.84	38.33
82.			2011	II						5:14.87	III	306
	50m:	33.91	33.91	150m:	1:53.81	40.96	250m:	3:15.93	40.45	350m:	4:37.48	40.82
	100m:	1:12.85	38.94	200m:	2:35.48	41.67	300m:	3:56.66	40.73	400m:	5:14.87	37.39

		19, , 400m									
EXH				2007							
	50m:	26.83	26.83	150m:	1:27.18	30.20	250m:	2:27.95	30.23	350m:	3:28.51 30.33
	100m:	56.98	30.15	200m:	1:57.72	30.54	300m:	2:58.18	30.23	400m:	3:57.79 29.28
EXH				2008							
	50m:	27.87	27.87	150m:	1:29.17	30.88	250m:	2:30.67	30.54	350m:	3:31.66 30.29
	100m:	58.29	30.42	200m:	2:00.13	30.96	300m:	3:01.37	30.70	400m:	4:01.72 30.06
EXH				2009							
	50m:	27.81	27.81	150m:	1:28.81	30.54	250m:	2:31.05	31.29	350m:	3:33.82 31.31
	100m:	58.27	30.46	200m:	1:59.76	30.95	300m:	3:02.51	31.46	400m:	4:04.00 30.18
EXH				2006							
	50m:	27.95	27.95	150m:	1:30.23	31.30	250m:	2:33.45	31.57	350m:	3:38.30 32.93
	100m:	58.93	30.98	200m:	2:01.88	31.65	300m:	3:05.37	31.92	400m:	4:10.52 32.22
EXH				2008							
	50m:	28.95	28.95	150m:	1:32.13	31.45	250m:	2:36.27	31.55	350m:	3:40.75 32.15
	100m:	1:00.68	31.73	200m:	2:04.72	32.59	300m:	3:08.60	32.33	400m:	4:11.78 31.03
EXH				2005							
	50m:	30.12	30.12	150m:	1:33.77	31.44	250m:	2:37.99	32.57	350m:	3:42.26 32.81
	100m:	1:02.33	32.21	200m:	2:05.42	31.65	300m:	3:09.45	31.46	400m:	4:12.21 29.95
EXH				2001							
	50m:	28.10	28.10	150m:	1:28.51	30.70	250m:	2:32.17	32.39	350m:	3:39.07 33.78
	100m:	57.81	29.71	200m:	1:59.78	31.27	300m:	3:05.29	33.12	400m:	4:12.69 33.62
EXH				2009							
	50m:	27.18	27.18	150m:	1:29.95	32.10	250m:	2:35.87	33.09	350m:	3:41.96 33.10
	100m:	57.85	30.67	200m:	2:02.78	32.83	300m:	3:08.86	32.99	400m:	4:13.69 31.73
EXH				2011							
	50m:	30.24	30.24	150m:	1:34.70	32.31	250m:	2:38.94	32.34	350m:	3:43.31 32.21
	100m:	1:02.39	32.15	200m:	2:06.60	31.90	300m:	3:11.10	32.16	400m:	4:14.05 30.74
EXH				2008							
	50m:	28.99	28.99	150m:	1:32.80	32.12	250m:	2:37.97	32.61	350m:	3:44.13 33.53
	100m:	1:00.68	31.69	200m:	2:05.36	32.56	300m:	3:10.60	32.63	400m:	4:16.26 32.13
EXH				2007							
	50m:	29.71	29.71	150m:	1:34.61	32.59	250m:	2:39.67	32.75	350m:	3:45.33 33.12
	100m:	1:02.02	32.31	200m:	2:06.92	32.31	300m:	3:12.21	32.54	400m:	4:17.63 32.30
EXH				2008							
	50m:	28.18	28.18	150m:	1:31.53	32.05	250m:	2:37.59	33.41	350m:	3:47.59 35.16
	100m:	59.48	31.30	200m:	2:04.18	32.65	300m:	3:12.43	34.84	400m:	4:19.88 32.29
EXH				2011 II							