



4
01.12.2020 - 10:05

, 400m

(15-16)

3:40.07	BIEDERMANN Paul	Rome (ITA)	26.07.2009
3:40.07	BIEDERMANN Paul	Rome (ITA)	26.07.2009
3:43.45		(CHN)	09.08.2008
3:44.60	HORTON Mack	Brisbane (AUS)	01.04.2014
3:46.06	ZOMBORI Gabor	Budapest (HUN)	20.08.2019
3:47.36		(HUN)	20.08.2019

: FINA 2020

									R.T.					FINA	
1.	2004				-				+0,74	4:02.61					746 Q
	50m:	28.01	28.01	150m:	1:29.66	31.11	250m:	2:32.25	31.05	350m:	3:34.27	31.34	400m:	4:02.61	28.34
	100m:	58.55	30.54	200m:	2:01.20	31.54	300m:	3:02.93	30.68	400m:	4:02.61	28.34			
2.	2004								+0,78	4:03.68					736 Q
	50m:	28.02	28.02	150m:	1:29.90	30.81	300m:	3:02.27	31.01	400m:	4:03.68	30.40			
	100m:	59.09	31.07	250m:	2:31.26	1:01.36	350m:	3:33.28	31.01						
3.	2004								+0,74	4:03.85					735 Q
	50m:	28.10	28.10	150m:	1:28.86	30.62	250m:	2:31.41	31.24	350m:	3:33.77	30.93	400m:	4:03.85	30.08
	100m:	58.24	30.14	200m:	2:00.17	31.31	300m:	3:02.84	31.43						
4.	2004								+0,68	4:04.35					730 Q
	50m:	27.25	27.25	150m:	1:28.73	31.14	250m:	2:31.32	30.75	350m:	3:33.96	31.38	400m:	4:04.35	30.39
	100m:	57.59	30.34	200m:	2:00.57	31.84	300m:	3:02.58	31.26						
5.	2004								+0,65	4:05.02					724 Q
	50m:	28.52	28.52	150m:	1:30.50	31.07	250m:	2:32.89	31.21	350m:	3:35.14	30.99	400m:	4:05.02	29.88
	100m:	59.43	30.91	200m:	2:01.68	31.18	300m:	3:04.15	31.26						
6.	2005								+0,69	4:05.03					724 Q
	50m:	27.67	27.67	150m:	1:30.15	31.55	250m:	2:32.80	30.86	350m:	3:35.27	31.08	400m:	4:05.03	29.76
	100m:	58.60	30.93	200m:	2:01.94	31.79	300m:	3:04.19	31.39						
7.	2004								+0,82	4:05.29					722 Q
	50m:	27.80	27.80	150m:	1:29.86	31.74	250m:	2:33.41	31.88	350m:	3:36.01	30.94	400m:	4:05.29	29.28
	100m:	58.12	30.32	200m:	2:01.53	31.67	300m:	3:05.07	31.66						
8.	2004				-				+0,68	4:05.37					721 Q
	50m:	27.69	27.69	150m:	1:29.82	30.74	250m:	2:30.93	30.92	350m:	3:34.19	31.65	400m:	4:05.37	31.18
	100m:	59.08	31.39	200m:	2:00.01	30.19	300m:	3:02.54	31.61						
9.	2004								+0,89	4:05.89					716 R
	50m:	28.21	28.21	150m:	1:30.02	30.78	250m:	2:32.55	31.27	350m:	3:35.33	31.01	400m:	4:05.89	30.56
	100m:	59.24	31.03	200m:	2:01.28	31.26	300m:	3:04.32	31.77						
10.	2004								+0,78	4:07.69					701 R
	50m:	27.29	27.29	150m:	1:29.41	31.74	250m:	2:32.48	31.91	350m:	3:36.08	32.06	400m:	4:07.69	31.61
	100m:	57.67	30.38	200m:	2:00.57	31.16	300m:	3:04.02	31.54						
11.	2004								+0,81	4:07.85					700
	50m:	28.13	28.13	150m:	1:31.12	31.01	250m:	2:33.65	30.64	350m:	3:36.73	31.09	400m:	4:07.85	31.12
	100m:	1:00.11	31.98	200m:	2:03.01	31.89	300m:	3:05.64	31.99						
12.	2005								+0,84	4:08.34					695
	50m:	28.69	28.69	150m:	1:31.47	31.59	250m:	2:35.20	31.73	350m:	3:38.94	31.31	400m:	4:08.34	29.40
	100m:	59.88	31.19	200m:	2:03.47	32.00	300m:	3:07.63	32.43						
13.	2004				-				+0,86	4:09.45					686
	50m:	27.78	27.78	150m:	1:29.66	30.94	250m:	2:33.49	32.15	350m:	3:38.37	32.37	400m:	4:09.45	31.08
	100m:	58.72	30.94	200m:	2:01.34	31.68	300m:	3:06.00	32.51						
14.	2004								+0,69	4:10.33					679
	50m:	27.24	27.24	150m:	1:28.75	30.76	250m:	2:32.37	31.85	350m:	3:37.74	32.85	400m:	4:10.33	32.59
	100m:	57.99	30.75	200m:	2:00.52	31.77	300m:	3:04.89	32.52						

50

OMEGA ARES 21

Splash Meet Manager, 11.67210

Registered to Volga Federal District/Republic of Mordovia

04.12.2020 20:11 -

1

Генеральный спонсор
соревнований:

Спонсоры соревнований:





		4, , 400m						(15-16)					
				/				R.T.				FINA	
15.				2005					+0,72	4:10.80			675
	50m:	28.65	28.65	150m:	1:32.43	32.16	250m:	2:35.80	31.41	350m:	3:40.37	32.33	
	100m:	1:00.27	31.62	200m:	2:04.39	31.96	300m:	3:08.04	32.24	400m:	4:10.80	30.43	
16.				2004					+0,73	4:10.91			674
	50m:	28.33	28.33	150m:	1:31.34	31.39	250m:	2:35.73	32.03	350m:	3:40.89	32.52	
	100m:	59.95	31.62	200m:	2:03.70	32.36	300m:	3:08.37	32.64	400m:	4:10.91	30.02	
17.				2005					+0,78	4:11.01			673
	50m:	28.20	28.20	150m:	1:31.29	32.01	250m:	2:35.96	32.36	350m:	3:41.44	32.84	
	100m:	59.28	31.08	200m:	2:03.60	32.31	300m:	3:08.60	32.64	400m:	4:11.01	29.57	
18.				2004					+0,73	4:11.24			672
	50m:	28.56	28.56	150m:	1:31.27	32.10	250m:	2:36.22	32.76	350m:	3:41.57	32.79	
	100m:	59.17	30.61	200m:	2:03.46	32.19	300m:	3:08.78	32.56	400m:	4:11.24	29.67	
19.				2005					+0,66	4:11.55			669
	50m:	27.83	27.83	150m:	1:30.70	32.07	250m:	2:36.41	32.72	350m:	3:41.04	31.36	
	100m:	58.63	30.80	200m:	2:03.69	32.99	300m:	3:09.68	33.27	400m:	4:11.55	30.51	
20.				2005					+0,85	4:11.82			667
	50m:	30.23	30.23	150m:	1:33.69	32.00	250m:	2:37.07	31.28	350m:	3:40.58	31.90	
	100m:	1:01.69	31.46	200m:	2:05.79	32.10	300m:	3:08.68	31.61	400m:	4:11.82	31.24	
21.				2005					+0,76	4:11.96			666
	50m:	29.14	29.14	150m:	1:32.40	31.32	250m:	2:35.92	31.53	350m:	3:40.93	32.54	
	100m:	1:01.08	31.94	200m:	2:04.39	31.99	300m:	3:08.39	32.47	400m:	4:11.96	31.03	
22.				2004					+0,67	4:12.10			665
	50m:	28.49	28.49	150m:	1:31.71	32.08	250m:	2:35.75	31.88	350m:	3:40.50	32.60	
	100m:	59.63	31.14	200m:	2:03.87	32.16	300m:	3:07.90	32.15	400m:	4:12.10	31.60	
23.				2004		-			+0,73	4:12.13			664
	50m:	27.92	27.92	150m:	1:30.27	31.78	250m:	2:36.09	33.26	350m:	3:40.84	31.59	
	100m:	58.49	30.57	200m:	2:02.83	32.56	300m:	3:09.25	33.16	400m:	4:12.13	31.29	
24.				2004					+0,77	4:13.34			655
	50m:	29.22	29.22	150m:	1:33.67	32.38	250m:	2:37.85	32.23	350m:	3:42.24	32.61	
	100m:	1:01.29	32.07	200m:	2:05.62	31.95	300m:	3:09.63	31.78	400m:	4:13.34	31.10	
25.				2004		-			+0,73	4:13.63			653
	50m:	28.52	28.52	150m:	1:32.72	32.68	250m:	2:37.50	32.42	350m:	3:42.04	32.21	
	100m:	1:00.04	31.52	200m:	2:05.08	32.36	300m:	3:09.83	32.33	400m:	4:13.63	31.59	
26.				2004					+0,76	4:14.06			649
	50m:	27.16	27.16	150m:	1:29.67	31.81	250m:	2:35.66	33.24	350m:	3:41.88	33.42	
	100m:	57.86	30.70	200m:	2:02.42	32.75	300m:	3:08.46	32.80	400m:	4:14.06	32.18	
27.				2004					+0,76	4:14.33			647
	50m:	28.02	28.02	150m:	1:31.63	32.19	250m:	2:35.62	32.06	350m:	3:42.16	33.47	
	100m:	59.44	31.42	200m:	2:03.56	31.93	300m:	3:08.69	33.07	400m:	4:14.33	32.17	
28.				2005					+0,83	4:15.39			639
	50m:	29.09	29.09	150m:	1:33.00	32.17	250m:	2:38.46	33.05	350m:	3:45.34	33.37	
	100m:	1:00.83	31.74	200m:	2:05.41	32.41	300m:	3:11.97	33.51	400m:	4:15.39	30.05	
29.				2005					+0,76	4:15.63			638
	50m:	29.01	29.01	150m:	1:31.92	31.73	250m:	2:37.05	32.60	350m:	3:43.16	33.21	
	100m:	1:00.19	31.18	200m:	2:04.45	32.53	300m:	3:09.95	32.90	400m:	4:15.63	32.47	
30.				2005					+0,88	4:16.34			632
	50m:	28.48	28.48	150m:	1:31.72	32.09	250m:	2:37.69	32.39	350m:	3:43.93	32.98	
	100m:	59.63	31.15	200m:	2:05.30	33.58	300m:	3:10.95	33.26	400m:	4:16.34	32.41	



4, , 400m

(15-16)

								R.T.				FINA
31.			2004					+0,76	4:16.58			630
	50m:	29.16	29.16	150m:	1:33.22	32.60	250m:	2:39.09	32.56	350m:	3:45.41	33.26
	100m:	1:00.62	31.46	200m:	2:06.53	33.31	300m:	3:12.15	33.06	400m:	4:16.58	31.17
32.			2004					+0,69	4:16.83			629
	50m:	29.78	29.78	150m:	1:34.57	32.86	250m:	2:40.07	32.67	350m:	3:46.06	32.92
	100m:	1:01.71	31.93	200m:	2:07.40	32.83	300m:	3:13.14	33.07	400m:	4:16.83	30.77
33.			2004					+0,75	4:16.87			628
	50m:	29.64	29.64	150m:	1:34.06	32.26	250m:	2:38.86	32.33	350m:	3:44.84	32.84
	100m:	1:01.80	32.16	200m:	2:06.53	32.47	300m:	3:12.00	33.14	400m:	4:16.87	32.03
34.			2005					+0,70	4:17.28			625
	50m:	28.51	28.51	150m:	1:34.14	33.52	250m:	2:40.95	33.64	350m:	3:46.40	32.46
	100m:	1:00.62	32.11	200m:	2:07.31	33.17	300m:	3:13.94	32.99	400m:	4:17.28	30.88
35.			2004					+0,75	4:17.50			624
	50m:	29.17	29.17	150m:	1:34.02	32.61	250m:	2:40.13	33.02	350m:	3:46.78	33.00
	100m:	1:01.41	32.24	200m:	2:07.11	33.09	300m:	3:13.78	33.65	400m:	4:17.50	30.72
36.			2005					+0,68	4:18.58	I		616
	50m:	26.84	26.84	150m:	1:30.06	32.20	250m:	2:36.33	33.25	350m:	3:45.05	34.76
	100m:	57.86	31.02	200m:	2:03.08	33.02	300m:	3:10.29	33.96	400m:	4:18.58	33.53
37.			2005					+0,68	4:19.89	I		607
	50m:	30.14	30.14	150m:	1:36.60	33.42	250m:	2:43.10	33.14	350m:	3:48.55	32.66
	100m:	1:03.18	33.04	200m:	2:09.96	33.36	300m:	3:15.89	32.79	400m:	4:19.89	31.34
38.			2004					+0,66	4:20.18	I		605
	50m:	30.06	30.06	150m:	1:35.24	33.31	250m:	2:41.26	33.17	350m:	3:48.26	33.97
	100m:	1:01.93	31.87	200m:	2:08.09	32.85	300m:	3:14.29	33.03	400m:	4:20.18	31.92
39.			2005					+0,77	4:20.84	I		600
	50m:	30.20	30.20	150m:	1:35.30	32.93	250m:	2:42.31	33.73	350m:	3:49.29	33.50
	100m:	1:02.37	32.17	200m:	2:08.58	33.28	300m:	3:15.79	33.48	400m:	4:20.84	31.55
40.			2005					+0,72	4:20.89	I		600
	50m:	30.32	30.32	150m:	1:36.89	33.51	250m:	2:44.51	33.95	350m:	3:51.75	33.05
	100m:	1:03.38	33.06	200m:	2:10.56	33.67	300m:	3:18.70	34.19	400m:	4:20.89	29.14
41.			2004					+0,71	4:21.50	I		596
	50m:	28.53	28.53	150m:	1:33.27	33.12	250m:	2:40.29	33.63	350m:	3:48.93	34.49
	100m:	1:00.15	31.62	200m:	2:06.66	33.39	300m:	3:14.44	34.15	400m:	4:21.50	32.57
42.			2004					+0,70	4:22.80	I		587
	50m:	28.57	28.57	150m:	1:33.75	33.25	250m:	2:41.55	33.96	350m:	3:49.49	33.73
	100m:	1:00.50	31.93	200m:	2:07.59	33.84	300m:	3:15.76	34.21	400m:	4:22.80	33.31
43.			2005					+0,94	4:23.73	I		581
	50m:	28.49	28.49	150m:	1:34.83	34.16	250m:	2:43.03	33.90	350m:	3:50.57	33.70
	100m:	1:00.67	32.18	200m:	2:09.13	34.30	300m:	3:16.87	33.84	400m:	4:23.73	33.16
44.			2004					+0,76	4:27.23	I		558
	50m:	29.16	29.16	150m:	1:33.75	32.36	250m:	2:40.38	33.61	350m:	3:51.57	38.33
	100m:	1:01.39	32.23	200m:	2:06.77	33.02	300m:	3:13.24	32.86	400m:	4:27.23	35.66
45.			2005					+0,71	4:30.84	I		536
	50m:	32.21	32.21	150m:	1:39.83	33.59	250m:	2:48.55	34.58	350m:	3:57.70	34.53
	100m:	1:06.24	34.03	200m:	2:13.97	34.14	300m:	3:23.17	34.62	400m:	4:30.84	33.14
46.			2004					+0,83	4:33.26	I		522
	50m:	29.18	29.18	150m:	1:37.19	34.49	250m:	2:47.35	35.14	350m:	3:59.15	35.29
	100m:	1:02.70	33.52	200m:	2:12.21	35.02	300m:	3:23.86	36.51	400m:	4:33.26	34.11



4, , 400m

(15-16)

DSQ / 2004
DSQ . 2004

R.T.

FINA





4, , 400m

4 , 400m

(17-18)

01.12.2020 - 10:05

3:40.07	BIEDERMANN Paul	Rome (ITA)	26.07.2009
3:40.07	BIEDERMANN Paul	Rome (ITA)	26.07.2009
3:43.45		(CHN)	09.08.2008
3:44.60	HORTON Mack	Brisbane (AUS)	01.04.2014
3:46.06	ZOMBORI Gabor	Budapest (HUN)	20.08.2019
3:47.36		(HUN)	20.08.2019

: FINA 2020

				/				R.T.				FINA	
1.			2002					+0,72	4:00.33			767	Q
	50m:	28.18	28.18	150m:	1:30.00	31.16	250m:	2:31.33	30.33	350m:	3:31.58	29.90	
	100m:	58.84	30.66	200m:	2:01.00	31.00	300m:	3:01.68	30.35	400m:	4:00.33	28.75	
2.			2002					+0,82	4:00.34			767	Q
	50m:	27.87	27.87	150m:	1:28.18	30.23	250m:	2:28.43	29.81	350m:	3:30.23	30.81	
	100m:	57.95	30.08	200m:	1:58.62	30.44	300m:	2:59.42	30.99	400m:	4:00.34	30.11	
3.			2003					+0,77	4:01.81			753	Q
	50m:	28.42	28.42	150m:	1:29.38	30.48	250m:	2:31.58	30.93	350m:	3:32.68	29.89	
	100m:	58.90	30.48	200m:	2:00.65	31.27	300m:	3:02.79	31.21	400m:	4:01.81	29.13	
4.			2003					+0,81	4:02.75			745	Q
	50m:	27.88	27.88	150m:	1:28.98	30.98	250m:	2:32.55	32.04	350m:	3:34.43	29.93	
	100m:	58.00	30.12	200m:	2:00.51	31.53	300m:	3:04.50	31.95	400m:	4:02.75	28.32	
5.			2003					+0,73	4:02.80			744	Q
	50m:	27.58	27.58	150m:	1:30.04	31.36	250m:	2:31.80	30.97	350m:	3:32.74	30.15	
	100m:	58.68	31.10	200m:	2:00.83	30.79	300m:	3:02.59	30.79	400m:	4:02.80	30.06	
6.			2003					+0,76	4:02.82			744	Q
	50m:	27.82	27.82	150m:	1:29.55	31.27	250m:	2:31.60	30.96	350m:	3:33.45	30.68	
	100m:	58.28	30.46	200m:	2:00.64	31.09	300m:	3:02.77	31.17	400m:	4:02.82	29.37	
7.			2003			-		+0,82	4:03.43			738	Q
	50m:	27.94	27.94	150m:	1:29.51	30.53	250m:	2:31.33	30.75	350m:	3:33.16	30.82	
	100m:	58.98	31.04	200m:	2:00.58	31.07	300m:	3:02.34	31.01	400m:	4:03.43	30.27	
8.			2002					+0,84	4:03.80			735	Q
	50m:	28.22	28.22	150m:	1:29.99	30.95	250m:	2:32.18	30.91	350m:	3:34.33	31.09	
	100m:	59.04	30.82	200m:	2:01.27	31.28	300m:	3:03.24	31.06	400m:	4:03.80	29.47	
9.			2002			-		+0,75	4:04.17			732	R
	50m:	27.86	27.86	150m:	1:28.61	30.35	250m:	2:31.00	30.96	350m:	3:33.82	31.13	
	100m:	58.26	30.40	200m:	2:00.04	31.43	300m:	3:02.69	31.69	400m:	4:04.17	30.35	
10.			2002					+0,69	4:06.20			714	R
	50m:	28.56	28.56	150m:	1:29.93	31.22	250m:	2:33.27	31.88	350m:	3:35.93	31.13	
	100m:	58.71	30.15	200m:	2:01.39	31.46	300m:	3:04.80	31.53	400m:	4:06.20	30.27	
11.			2002					+0,78	4:06.23			713	
	50m:	28.50	28.50	150m:	1:29.49	30.61	250m:	2:31.79	31.25	350m:	3:34.92	31.40	
	100m:	58.88	30.38	200m:	2:00.54	31.05	300m:	3:03.52	31.73	400m:	4:06.23	31.31	
12.			2003			-		+0,88	4:06.36			712	
	50m:	28.27	28.27	150m:	1:29.96	31.16	250m:	2:33.19	31.73	350m:	3:36.63	31.04	
	100m:	58.80	30.53	200m:	2:01.46	31.50	300m:	3:05.59	32.40	400m:	4:06.36	29.73	
13.			2003					+0,76	4:06.51			711	
	50m:	28.12	28.12	150m:	1:29.92	31.17	250m:	2:32.92	31.58	350m:	3:35.46	31.46	
	100m:	58.75	30.63	200m:	2:01.34	31.42	300m:	3:04.00	31.08	400m:	4:06.51	31.05	



		4, , 400m						(17-18)					
		/						R.T.				FINA	
14.				2003	-			+0,75	4:07.14			706	
	50m:	26.92	26.92	150m:	1:29.43	31.20	250m:	2:32.70	31.48	350m:	3:36.02	31.45	
	100m:	58.23	31.31	200m:	2:01.22	31.79	300m:	3:04.57	31.87	400m:	4:07.14	31.12	
15.				2003				+0,76	4:07.33			704	
	50m:	28.09	28.09	150m:	1:29.19	30.71	250m:	2:32.44	31.80	350m:	3:36.30	31.77	
	100m:	58.48	30.39	200m:	2:00.64	31.45	300m:	3:04.53	32.09	400m:	4:07.33	31.03	
16.				2003				+0,71	4:08.01			698	
	50m:	27.80	27.80	150m:	1:30.21	31.49	250m:	2:33.57	31.62	350m:	3:37.29	31.91	
	100m:	58.72	30.92	200m:	2:01.95	31.74	300m:	3:05.38	31.81	400m:	4:08.01	30.72	
17.				2002				+0,79	4:08.02			698	
	50m:	28.20	28.20	150m:	1:30.04	31.48	250m:	2:33.15	31.63	350m:	3:37.10	31.71	
	100m:	58.56	30.36	200m:	2:01.52	31.48	300m:	3:05.39	32.24	400m:	4:08.02	30.92	
18.				2003				+0,71	4:09.10			689	
	50m:	28.43	28.43	150m:	1:30.26	30.89	250m:	2:33.02	31.74	350m:	3:37.99	32.72	
	100m:	59.37	30.94	200m:	2:01.28	31.02	300m:	3:05.27	32.25	400m:	4:09.10	31.11	
19.				2003				+0,73	4:09.11			689	
	50m:	27.60	27.60	150m:	1:29.97	31.78	250m:	2:34.41	31.70	350m:	3:38.60	32.07	
	100m:	58.19	30.59	200m:	2:02.71	32.74	300m:	3:06.53	32.12	400m:	4:09.11	30.51	
20.				2002				+0,90	4:09.30			687	
	50m:	27.81	27.81	150m:	1:29.11	30.88	250m:	2:32.42	31.56	350m:	3:37.47	32.47	
	100m:	58.23	30.42	200m:	2:00.86	31.75	300m:	3:05.00	32.58	400m:	4:09.30	31.83	
21.				2003				+0,85	4:09.32			687	
	50m:	28.89	28.89	150m:	1:31.01	31.19	250m:	2:34.72	31.79	350m:	3:38.51	32.02	
	100m:	59.82	30.93	200m:	2:02.93	31.92	300m:	3:06.49	31.77	400m:	4:09.32	30.81	
22.				2003				+0,65	4:09.42			686	
	50m:	27.91	27.91	150m:	1:29.81	31.86	250m:	2:33.72	32.15	350m:	3:38.52	32.34	
	100m:	57.95	30.04	200m:	2:01.57	31.76	300m:	3:06.18	32.46	400m:	4:09.42	30.90	
23.				2003				+0,85	4:09.45			686	
	50m:	28.52	28.52	150m:	1:30.96	31.42	250m:	2:34.54	31.79	350m:	3:38.53	32.00	
	100m:	59.54	31.02	200m:	2:02.75	31.79	300m:	3:06.53	31.99	400m:	4:09.45	30.92	
24.				2003				+0,87	4:09.53			685	
	50m:	28.41	28.41	150m:	1:30.70	31.50	250m:	2:34.83	32.29	350m:	3:39.60	31.86	
	100m:	59.20	30.79	200m:	2:02.54	31.84	300m:	3:07.74	32.91	400m:	4:09.53	29.93	
25.				2002				+0,76	4:09.58			685	
	50m:	28.52	28.52	150m:	1:30.84	30.90	250m:	2:34.20	31.50	350m:	3:38.92	31.94	
	100m:	59.94	31.42	200m:	2:02.70	31.86	300m:	3:06.98	32.78	400m:	4:09.58	30.66	
26.				2003	-			+0,70	4:10.39			678	
	50m:	28.41	28.41	150m:	1:32.07	31.57	250m:	2:34.56	31.38	350m:	3:39.11	32.24	
	100m:	1:00.50	32.09	200m:	2:03.18	31.11	300m:	3:06.87	32.31	400m:	4:10.39	31.28	
27.				2003	-			+0,92	4:11.51			669	
	50m:	27.28	27.28	150m:	1:28.42	30.75	250m:	2:33.24	32.55	350m:	3:39.32	32.86	
	100m:	57.67	30.39	200m:	2:00.69	32.27	300m:	3:06.46	33.22	400m:	4:11.51	32.19	
28.				2003	-			+0,77	4:11.57			669	
	50m:	27.47	27.47	150m:	1:28.65	30.88	250m:	2:32.78	32.10	350m:	3:38.93	32.87	
	100m:	57.77	30.30	200m:	2:00.68	32.03	300m:	3:06.06	33.28	400m:	4:11.57	32.64	
29.				2003	-			+0,73	4:11.68			668	
	50m:	28.84	28.84	150m:	1:31.29	31.53	250m:	2:35.13	32.12	350m:	3:39.90	32.53	
	100m:	59.76	30.92	200m:	2:03.01	31.72	300m:	3:07.37	32.24	400m:	4:11.68	31.78	





4, , 400m

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									R.T.		FINA	
30.	/								+0,68	4:11.78	667	
	50m:	27.66	27.66	150m:	1:30.47	31.60	250m:	2:34.97	32.13	350m:	3:40.74	32.55
	100m:	58.87	31.21	200m:	2:02.84	32.37	300m:	3:08.19	33.22	400m:	4:11.78	31.04
31.	2003								+0,70	4:12.65	660	
	50m:	27.97	27.97	150m:	1:29.55	31.34	250m:	2:34.65	32.90	350m:	3:40.63	32.65
	100m:	58.21	30.24	200m:	2:01.75	32.20	300m:	3:07.98	33.33	400m:	4:12.65	32.02
32.	2002								+0,82	4:14.05	650	
	50m:	27.05	27.05	150m:	1:28.25	31.41	250m:	2:33.72	33.26	350m:	3:41.24	34.09
	100m:	56.84	29.79	200m:	2:00.46	32.21	300m:	3:07.15	33.43	400m:	4:14.05	32.81
33.	2003								+0,91	4:16.94	628	
	50m:	27.32	27.32	150m:	1:30.64	32.46	250m:	2:37.82	34.21	350m:	3:44.81	33.69
	100m:	58.18	30.86	200m:	2:03.61	32.97	300m:	3:11.12	33.30	400m:	4:16.94	32.13
34.	2002								+0,94	4:17.48	624	
	50m:	28.56	28.56	150m:	1:32.50	32.11	250m:	2:38.78	33.19	350m:	3:45.38	33.30
	100m:	1:00.39	31.83	200m:	2:05.59	33.09	300m:	3:12.08	33.30	400m:	4:17.48	32.10
35.	2003								+0,80	4:17.86	621	
	50m:	29.60	29.60	150m:	1:35.01	32.63	250m:	2:41.53	33.49	350m:	3:47.75	32.52
	100m:	1:02.38	32.78	200m:	2:08.04	33.03	300m:	3:15.23	33.70	400m:	4:17.86	30.11
36.	2002								+0,77	4:21.16	598	
	50m:	29.58	29.58	150m:	1:34.78	32.95	250m:	2:41.39	33.43	350m:	3:48.51	33.73
	100m:	1:01.83	32.25	200m:	2:07.96	33.18	300m:	3:14.78	33.39	400m:	4:21.16	32.65
37.	2003								+0,71	4:22.74	587	
	50m:	30.43	30.43	150m:	1:36.13	33.49	250m:	2:43.86	34.37	350m:	3:50.94	32.73
	100m:	1:02.64	32.21	200m:	2:09.49	33.36	300m:	3:18.21	34.35	400m:	4:22.74	31.80

