

, 06 - 09 2015

13 , 400m
07.10.2015 - 10:26

		3:35.75						(TUR)		10.12.2009		
		3:46.11								14.12.2014		
: FINA 2015												
		/						R.T.		FINA		
1.				1996				+0,74	3:53.18		754	
	25m:	12.78	12.78	125m:	1:10.38	14.71	225m:	2:09.93	14.95	325m:	3:09.57	15.01
	50m:	26.91	14.13	150m:	1:25.01	14.63	250m:	2:24.69	14.76	350m:	3:24.29	14.72
	75m:	41.25	14.34	175m:	1:40.03	15.02	275m:	2:39.71	15.02	375m:	3:39.16	14.87
	100m:	55.67	14.42	200m:	1:54.98	14.95	300m:	2:54.56	14.85	400m:	3:53.18	14.02
2.				1994				+0,79	3:56.26		725	
	25m:	13.16	13.16	125m:	1:12.32	14.92	225m:	2:12.33	15.10	325m:	3:12.01	14.78
	50m:	27.57	14.41	150m:	1:27.16	14.84	250m:	2:27.38	15.05	350m:	3:26.89	14.88
	75m:	42.47	14.90	175m:	1:42.25	15.09	275m:	2:42.18	14.80	375m:	3:41.79	14.90
	100m:	57.40	14.93	200m:	1:57.23	14.98	300m:	2:57.23	15.05	400m:	3:56.26	14.47
3.				1997				+0,73	3:57.97		709	
	25m:	13.08	13.08	125m:	1:12.05	15.01	225m:	2:12.35	15.20	325m:	3:12.94	15.09
	50m:	27.23	14.15	150m:	1:27.00	14.95	250m:	2:27.47	15.12	350m:	3:27.85	14.91
	75m:	42.27	15.04	175m:	1:42.14	15.14	275m:	2:42.72	15.25	375m:	3:43.17	15.32
	100m:	57.04	14.77	200m:	1:57.15	15.01	300m:	2:57.85	15.13	400m:	3:57.97	14.80
4.				1994				+0,74	4:00.21		689	
	25m:	12.88	12.88	125m:	1:12.28	15.28	225m:	2:12.79	15.27	325m:	3:14.35	15.65
	50m:	27.15	14.27	150m:	1:26.94	14.66	250m:	2:27.93	15.14	350m:	3:29.65	15.30
	75m:	42.19	15.04	175m:	1:42.27	15.33	275m:	2:43.24	15.31	375m:	3:45.25	15.60
	100m:	57.00	14.81	200m:	1:57.52	15.25	300m:	2:58.70	15.46	400m:	4:00.21	14.96
5.				1998				+0,80	4:00.44		687	
	25m:	12.57	12.57	125m:	1:11.75	15.12	225m:	2:13.51	15.20	325m:	3:15.40	15.53
	50m:	26.75	14.18	150m:	1:27.16	15.41	250m:	2:28.80	15.29	350m:	3:30.76	15.36
	75m:	41.72	14.97	175m:	1:42.76	15.60	275m:	2:44.14	15.34	375m:	3:45.97	15.21
	100m:	56.63	14.91	200m:	1:58.31	15.55	300m:	2:59.87	15.73	400m:	4:00.44	14.47
6.				1998				+0,73	4:00.59		686	
	25m:	13.16	13.16	125m:	1:13.41	14.87	225m:	2:12.77	15.17	325m:	3:14.86	15.19
	50m:	28.15	14.99	150m:	1:27.80	14.39	250m:	2:28.29	15.52	350m:	3:30.25	15.39
	75m:	43.42	15.27	175m:	1:42.60	14.80	275m:	2:43.98	15.69	375m:	3:45.92	15.67
	100m:	58.54	15.12	200m:	1:57.60	15.00	300m:	2:59.67	15.69	400m:	4:00.59	14.67
7.				1997				+0,72	4:01.01		683	
	25m:	13.16	13.16	125m:	1:12.29	14.93	225m:	2:12.95	15.24	325m:	3:14.36	15.48
	50m:	27.49	14.33	150m:	1:27.36	15.07	250m:	2:28.17	15.22	350m:	3:30.15	15.79
	75m:	42.30	14.81	175m:	1:42.48	15.12	275m:	2:43.54	15.37	375m:	3:45.80	15.65
	100m:	57.36	15.06	200m:	1:57.71	15.23	300m:	2:58.88	15.34	400m:	4:01.01	15.21
8.				2000				+0,68	4:02.70		668	
	25m:	13.34	13.34	125m:	1:12.90	14.93	225m:	2:14.59	15.29	325m:	3:17.05	16.05
	50m:	27.97	14.63	150m:	1:28.26	15.36	250m:	2:30.01	15.42	350m:	3:33.00	15.95
	75m:	42.92	14.95	175m:	1:43.75	15.49	275m:	2:45.42	15.41	375m:	3:48.40	15.40
	100m:	57.97	15.05	200m:	1:59.30	15.55	300m:	3:01.00	15.58	400m:	4:02.70	14.30
9.				1993				+0,89	4:02.75		668	
	25m:	13.13	13.13	125m:	1:13.59	15.23	225m:	2:15.29	15.35	325m:	3:17.15	15.38
	50m:	27.69	14.56	150m:	1:29.03	15.44	250m:	2:30.59	15.30	350m:	3:32.56	15.41
	75m:	42.82	15.13	175m:	1:44.51	15.48	275m:	2:46.13	15.54	375m:	3:48.10	15.54
	100m:	58.36	15.54	200m:	1:59.94	15.43	300m:	3:01.77	15.64	400m:	4:02.75	14.65



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13,		, 400m						R.T.	FINA			
10.				1997					4:03.72	660		
	25m:	12.98	12.98	125m:	1:12.73	15.13	225m:	2:14.04	15.44	325m:	3:16.06	15.62
	50m:	27.66	14.68	150m:	1:28.08	15.35	250m:	2:29.38	15.34	350m:	3:31.80	15.74
	75m:	42.57	14.91	175m:	1:43.34	15.26	275m:	2:44.84	15.46	375m:	3:48.27	16.47
	100m:	57.60	15.03	200m:	1:58.60	15.26	300m:	3:00.44	15.60	400m:	4:03.72	15.45
11.				1998				+0,79	4:04.19	656		
	25m:	13.24	13.24	125m:	1:14.55	15.53	225m:	2:17.11	15.65	325m:	3:19.35	15.62
	50m:	28.17	14.93	150m:	1:30.08	15.53	250m:	2:32.70	15.59	350m:	3:34.69	15.34
	75m:	43.46	15.29	175m:	1:45.87	15.79	275m:	2:48.26	15.56	375m:	3:49.71	15.02
	100m:	59.02	15.56	200m:	2:01.46	15.59	300m:	3:03.73	15.47	400m:	4:04.19	14.48
12.				1996					4:04.58	653		
	25m:	13.59	13.59	125m:	1:14.00	15.55	225m:	2:16.88	15.64	325m:	3:18.56	15.30
	50m:	28.16	14.57	150m:	1:29.64	15.64	250m:	2:32.30	15.42	350m:	3:33.78	15.22
	75m:	43.21	15.05	175m:	1:45.33	15.69	275m:	2:47.82	15.52	375m:	3:49.24	15.46
	100m:	58.45	15.24	200m:	2:01.24	15.91	300m:	3:03.26	15.44	400m:	4:04.58	15.34
13.				1998					4:04.99	650		
	25m:	13.39	13.39	125m:	1:14.82	15.51	225m:	2:17.52	15.52	325m:	3:20.43	15.72
	50m:	28.45	15.06	150m:	1:30.62	15.80	250m:	2:33.15	15.63	350m:	3:36.32	15.89
	75m:	43.72	15.27	175m:	1:46.21	15.59	275m:	2:48.89	15.74	375m:	3:51.01	14.69
	100m:	59.31	15.59	200m:	2:02.00	15.79	300m:	3:04.71	15.82	400m:	4:04.99	13.98
14.				1998					4:06.53	638		
	25m:	12.61	12.61	125m:	1:12.57	15.74	225m:	2:16.03	15.44	325m:	3:20.49	15.81
	50m:	26.50	13.89	150m:	1:28.44	15.87	250m:	2:31.99	15.96	350m:	3:36.59	16.10
	75m:	41.35	14.85	175m:	1:44.34	15.90	275m:	2:48.20	16.21	375m:	3:51.53	14.94
	100m:	56.83	15.48	200m:	2:00.59	16.25	300m:	3:04.68	16.48	400m:	4:06.53	15.00
15.				1997				+0,86	4:07.57	630		
	25m:	13.44	13.44	125m:	1:14.94	15.76	225m:	2:18.09	15.72	325m:	3:21.54	15.84
	50m:	28.28	14.84	150m:	1:30.71	15.77	250m:	2:33.99	15.90	350m:	3:37.33	15.79
	75m:	43.73	15.45	175m:	1:46.56	15.85	275m:	2:49.84	15.85	375m:	3:52.82	15.49
	100m:	59.18	15.45	200m:	2:02.37	15.81	300m:	3:05.70	15.86	400m:	4:07.57	14.75
16.				1999					4:07.62	629		
	25m:	13.14	13.14	125m:	1:13.47	15.21	225m:	2:15.87	15.63	325m:	3:20.09	16.22
	50m:	27.94	14.80	150m:	1:28.82	15.35	250m:	2:31.78	15.91	350m:	3:36.35	16.26
	75m:	43.32	15.38	175m:	1:44.49	15.67	275m:	2:47.87	16.09	375m:	3:52.40	16.05
	100m:	58.26	14.94	200m:	2:00.24	15.75	300m:	3:03.87	16.00	400m:	4:07.62	15.22
17.				1999				+0,75	4:07.93	627		
	25m:	13.30	13.30	125m:	1:14.93	15.55	225m:	2:17.64	15.64	325m:	3:21.11	15.99
	50m:	28.42	15.12	150m:	1:30.48	15.55	250m:	2:33.39	15.75	350m:	3:37.06	15.95
	75m:	43.88	15.46	175m:	1:46.23	15.75	275m:	2:49.27	15.88	375m:	3:52.93	15.87
	100m:	59.38	15.50	200m:	2:02.00	15.77	300m:	3:05.12	15.85	400m:	4:07.93	15.00
18.				1999				+0,82	4:08.07	626		
	25m:	13.47	13.47	125m:	1:14.14	15.50	225m:	2:17.69	15.83	325m:	3:21.62	15.87
	50m:	28.05	14.58	150m:	1:29.72	15.58	250m:	2:33.44	15.75	350m:	3:37.25	15.63
	75m:	43.38	15.33	175m:	1:45.79	16.07	275m:	2:49.51	16.07	375m:	3:53.17	15.92
	100m:	58.64	15.26	200m:	2:01.86	16.07	300m:	3:05.75	16.24	400m:	4:08.07	14.90
19.				1998				+0,87	4:09.80	613		
	25m:	13.34	13.34	125m:	1:14.46	15.69	225m:	2:17.68	15.82	325m:	3:21.79	15.96
	50m:	28.09	14.75	150m:	1:30.04	15.58	250m:	2:33.53	15.85	350m:	3:37.98	16.19
	75m:	43.36	15.27	175m:	1:45.90	15.86	275m:	2:49.61	16.08	375m:	3:54.21	16.23
	100m:	58.77	15.41	200m:	2:01.86	15.96	300m:	3:05.83	16.22	400m:	4:09.80	15.59



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		13, , 400m						R.T.			FINA	
20.				2000					4:09.84		613	
	25m:	13.42	13.42	125m:	1:15.41	15.88	225m:	2:19.37	15.86	325m:	3:22.73	15.74
	50m:	28.75	15.33	150m:	1:31.48	16.07	250m:	2:35.15	15.78	350m:	3:38.74	16.01
	75m:	44.25	15.50	175m:	1:47.50	16.02	275m:	2:51.21	16.06	375m:	3:54.72	15.98
	100m:	59.53	15.28	200m:	2:03.51	16.01	300m:	3:06.99	15.78	400m:	4:09.84	15.12
21.				1999					+0,79	4:10.82	605	
	25m:	13.49	13.49	125m:	1:16.74	16.22	225m:	2:20.76	15.95	325m:	3:25.16	16.06
	50m:	29.14	15.65	150m:	1:33.01	16.27	250m:	2:36.97	16.21	350m:	3:41.24	16.08
	75m:	44.80	15.66	175m:	1:48.75	15.74	275m:	2:53.13	16.16	375m:	3:56.69	15.45
	100m:	1:00.52	15.72	200m:	2:04.81	16.06	300m:	3:09.10	15.97	400m:	4:10.82	14.13
22.				1991					+0,76	4:12.79	591	
	25m:	13.44	13.44	125m:	1:14.07	15.61	225m:	2:17.62	15.95	325m:	3:23.45	16.80
	50m:	28.13	14.69	150m:	1:29.90	15.83	250m:	2:33.80	16.18	350m:	3:40.23	16.78
	75m:	43.28	15.15	175m:	1:45.88	15.98	275m:	2:50.19	16.39	375m:	3:56.95	16.72
	100m:	58.46	15.18	200m:	2:01.67	15.79	300m:	3:06.65	16.46	400m:	4:12.79	15.84
23.				1996					+0,67	4:13.48	587	
	25m:	13.27	13.27	125m:	1:15.70	16.12	225m:	2:21.41	16.42	325m:	3:26.60	16.27
	50m:	28.38	15.11	150m:	1:32.21	16.51	250m:	2:37.86	16.45	350m:	3:42.71	16.11
	75m:	43.98	15.60	175m:	1:48.45	16.24	275m:	2:54.15	16.29	375m:	3:58.28	15.57
	100m:	59.58	15.60	200m:	2:04.99	16.54	300m:	3:10.33	16.18	400m:	4:13.48	15.20
24.				1997					+0,66	4:13.92	584	
	25m:	13.37	13.37	125m:	1:14.73	15.84	225m:	2:19.98	16.46	325m:	3:25.42	16.40
	50m:	28.19	14.82	150m:	1:30.75	16.02	250m:	2:36.13	16.15	350m:	3:41.76	16.34
	75m:	43.50	15.31	175m:	1:47.06	16.31	275m:	2:52.71	16.58	375m:	3:58.35	16.59
	100m:	58.89	15.39	200m:	2:03.52	16.46	300m:	3:09.02	16.31	400m:	4:13.92	15.57
25.				2000						4:14.70	578	
	25m:	12.97	12.97	125m:	1:14.40	15.99	225m:	2:19.80	16.68	325m:	3:25.93	16.47
	50m:	27.61	14.64	150m:	1:30.60	16.20	250m:	2:36.31	16.51	350m:	3:42.28	16.35
	75m:	42.89	15.28	175m:	1:46.68	16.08	275m:	2:52.89	16.58	375m:	3:59.07	16.79
	100m:	58.41	15.52	200m:	2:03.12	16.44	300m:	3:09.46	16.57	400m:	4:14.70	15.63
26.				1997						4:15.33	574	
	25m:	13.01	13.01	125m:	1:14.44	16.23	225m:	2:20.24	16.54	325m:	3:26.51	16.64
	50m:	27.68	14.67	150m:	1:30.79	16.35	250m:	2:36.46	16.22	350m:	3:43.28	16.77
	75m:	42.81	15.13	175m:	1:47.15	16.36	275m:	2:53.06	16.60	375m:	3:59.70	16.42
	100m:	58.21	15.40	200m:	2:03.70	16.55	300m:	3:09.87	16.81	400m:	4:15.33	15.63
27.				2000					+0,77	4:15.46	573	
	25m:	13.23	13.23	125m:	1:16.32	16.27	225m:	2:22.75	16.75	325m:	3:28.88	16.61
	50m:	28.13	14.90	150m:	1:32.54	16.22	250m:	2:39.29	16.54	350m:	3:45.94	17.06
	75m:	44.18	16.05	175m:	1:49.09	16.55	275m:	2:55.93	16.64	375m:	4:02.00	16.06
	100m:	1:00.05	15.87	200m:	2:06.00	16.91	300m:	3:12.27	16.34	400m:	4:15.46	13.46
28.				1998						4:15.82	571	
	25m:	13.01	13.01	125m:	1:15.34	16.05	225m:	2:21.41	16.30	325m:	3:27.28	16.49
	50m:	27.63	14.62	150m:	1:32.35	17.01	250m:	2:37.82	16.41	350m:	3:43.78	16.50
	75m:	43.29	15.66	175m:	1:48.83	16.48	275m:	2:54.19	16.37	375m:	4:00.34	16.56
	100m:	59.29	16.00	200m:	2:05.11	16.28	300m:	3:10.79	16.60	400m:	4:15.82	15.48
29.				1998					+0,82	4:16.62	565	
	25m:	13.14	13.14	125m:	1:15.46	16.24	225m:	2:21.57	16.93	325m:	3:28.71	16.90
	50m:	28.02	14.88	150m:	1:31.62	16.16	250m:	2:38.35	16.78	350m:	3:45.47	16.76
	75m:	43.43	15.41	175m:	1:48.15	16.53	275m:	2:55.06	16.71	375m:	4:01.70	16.23
	100m:	59.22	15.79	200m:	2:04.64	16.49	300m:	3:11.81	16.75	400m:	4:16.62	14.92



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13,		, 400m						R.T.		FINA		
30.				1998				+0,78	4:17.11	I	562	
	25m:	13.34	13.34	125m:	1:17.11	16.22	225m:	2:23.35	16.52	325m:	3:29.78	16.70
	50m:	28.91	15.57	150m:	1:33.67	16.56	250m:	2:39.79	16.44	350m:	3:46.35	16.57
	75m:	44.77	15.86	175m:	1:50.40	16.73	275m:	2:56.44	16.65	375m:	4:02.00	15.65
	100m:	1:00.89	16.12	200m:	2:06.83	16.43	300m:	3:13.08	16.64	400m:	4:17.11	15.11
31.				1999	I			+0,72	4:17.42	I	560	
	25m:	13.18	13.18	125m:	1:14.10	16.05	225m:	2:19.36	16.45	325m:	3:27.93	
	50m:	27.56	14.38	150m:	1:29.98	15.88	250m:	2:36.26	16.90	350m:	4:17.49	49.56
	75m:	42.78	15.22	175m:	1:46.14	16.16	275m:	2:53.71	17.45	375m:	4:01.94	
	100m:	58.05	15.27	200m:	2:02.91	16.77	300m:	3:45.03	51.32	400m:	4:17.42	15.48
32.				1999				+0,85	4:18.33	I	554	
	25m:	13.41	13.41	125m:	1:15.72	15.97	225m:	2:21.32	16.57	325m:	3:28.54	17.00
	50m:	28.45	15.04	150m:	1:31.85	16.13	250m:	2:37.97	16.65	350m:	3:45.47	16.93
	75m:	44.02	15.57	175m:	1:48.26	16.41	275m:	2:54.77	16.80	375m:	4:02.16	16.69
	100m:	59.75	15.73	200m:	2:04.75	16.49	300m:	3:11.54	16.77	400m:	4:18.33	16.17
33.				1995				+0,86	4:18.46	I	553	
	25m:	13.75	13.75	125m:	1:17.86	16.33	225m:	2:23.61	16.19	325m:	3:30.22	16.12
	50m:	29.37	15.62	150m:	1:34.21	16.35	250m:	2:40.23	16.62	350m:	3:46.70	16.48
	75m:	45.39	16.02	175m:	1:50.80	16.59	275m:	2:57.19	16.96	375m:	4:02.96	16.26
	100m:	1:01.53	16.14	200m:	2:07.42	16.62	300m:	3:14.10	16.91	400m:	4:18.46	15.50
34.				2001				+0,83	4:18.58	I	553	
	25m:	13.66	13.66	125m:	1:17.33	16.55	225m:	2:23.58	16.57	325m:	3:30.69	16.24
	50m:	28.78	15.12	150m:	1:33.80	16.47	250m:	2:40.52	16.94	350m:	3:47.73	17.04
	75m:	44.58	15.80	175m:	1:50.50	16.70	275m:	2:57.53	17.01	375m:	4:03.74	16.01
	100m:	1:00.78	16.20	200m:	2:07.01	16.51	300m:	3:14.45	16.92	400m:	4:18.58	14.84
35.				1999				+0,74	4:19.85	I	544	
	25m:	13.26	13.26	125m:	1:16.71	16.28	225m:	2:23.17	16.94	325m:	3:31.01	17.35
	50m:	28.20	14.94	150m:	1:32.97	16.26	250m:	2:39.91	16.74	350m:	3:47.56	16.55
	75m:	44.23	16.03	175m:	1:49.58	16.61	275m:	2:56.77	16.86	375m:	4:04.34	16.78
	100m:	1:00.43	16.20	200m:	2:06.23	16.65	300m:	3:13.66	16.89	400m:	4:19.85	15.51
36.				2000	I			+0,72	4:19.91	I	544	
	25m:	13.82	13.82	125m:	1:17.17	16.32	225m:	2:22.67	16.44	325m:	3:30.51	16.81
	50m:	29.10	15.28	150m:	1:33.20	16.03	250m:	2:39.51	16.84	350m:	3:47.33	16.82
	75m:	44.81	15.71	175m:	1:49.66	16.46	275m:	2:56.45	16.94	375m:	4:04.36	17.03
	100m:	1:00.85	16.04	200m:	2:06.23	16.57	300m:	3:13.70	17.25	400m:	4:19.91	15.55
37.				1997				+0,73	4:20.04	I	543	
	25m:	13.45	13.45	125m:	1:17.23	16.43	225m:	2:23.67	16.67	325m:	3:30.80	16.99
	50m:	28.72	15.27	150m:	1:33.80	16.57	250m:	2:40.24	16.57	350m:	3:47.61	16.81
	75m:	44.52	15.80	175m:	1:50.43	16.63	275m:	2:57.02	16.78	375m:	4:04.37	16.76
	100m:	1:00.80	16.28	200m:	2:07.00	16.57	300m:	3:13.81	16.79	400m:	4:20.04	15.67
38.				1999				+0,81	4:20.32	I	542	
	25m:	13.72	13.72	125m:	1:17.18	16.22	225m:	2:24.25	16.97	325m:	3:32.23	16.61
	50m:	29.02	15.30	150m:	1:33.72	16.54	250m:	2:41.70	17.45	350m:	3:49.18	16.95
	75m:	44.90	15.88	175m:	1:50.29	16.57	275m:	2:58.61	16.91	375m:	4:05.24	16.06
	100m:	1:00.96	16.06	200m:	2:07.28	16.99	300m:	3:15.62	17.01	400m:	4:20.32	15.08
39.				2000	I			+0,81	4:20.64	I	540	
	25m:	13.54	13.54	125m:	1:16.96	16.40	225m:	2:23.76	17.04	325m:	3:31.79	17.00
	50m:	28.59	15.05	150m:	1:33.24	16.28	250m:	2:40.81	17.05	350m:	3:48.71	16.92
	75m:	44.50	15.91	175m:	1:50.03	16.79	275m:	2:57.75	16.94	375m:	4:05.35	16.64
	100m:	1:00.56	16.06	200m:	2:06.72	16.69	300m:	3:14.79	17.04	400m:	4:20.64	15.29



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13,		, 400m						R.T.			FINA	
40.				2001	I			+0,70	4:21.60	I	534	
	25m:	14.01	14.01	125m:	1:17.92	16.30	225m:	2:25.34	16.99	325m:	3:32.68	17.02
	50m:	29.19	15.18	150m:	1:34.53	16.61	250m:	2:41.84	16.50	350m:	3:49.56	16.88
	75m:	45.15	15.96	175m:	1:51.31	16.78	275m:	2:58.83	16.99	375m:	4:05.82	16.26
	100m:	1:01.62	16.47	200m:	2:08.35	17.04	300m:	3:15.66	16.83	400m:	4:21.60	15.78
41.				1998	I			+0,64	4:21.75	I	533	
	25m:	13.88	13.88	125m:	1:18.66	16.85	225m:	2:27.02	17.25	325m:	3:34.36	16.27
	50m:	29.31	15.43	150m:	1:35.39	16.73	250m:	2:43.91	16.89	350m:	3:50.43	16.07
	75m:	45.42	16.11	175m:	1:52.61	17.22	275m:	3:01.01	17.10	375m:	4:06.73	16.30
	100m:	1:01.81	16.39	200m:	2:09.77	17.16	300m:	3:18.09	17.08	400m:	4:21.75	15.02
42.				1999	I			+0,65	4:21.98	I	531	
	25m:	13.88	13.88	125m:	1:16.03	15.94	225m:	2:22.28	16.80	325m:	3:31.13	17.41
	50m:	28.79	14.91	150m:	1:32.00	15.97	250m:	2:39.37	17.09	350m:	3:48.33	17.20
	75m:	44.31	15.52	175m:	1:48.54	16.54	275m:	2:56.57	17.20	375m:	4:05.37	17.04
	100m:	1:00.09	15.78	200m:	2:05.48	16.94	300m:	3:13.72	17.15	400m:	4:21.98	16.61
43.				2001	I			+0,69	4:24.15	I	518	
	25m:	13.99	13.99	125m:	1:19.05	16.70	225m:	2:26.75	17.20	325m:	3:35.25	17.16
	50m:	29.63	15.64	150m:	1:35.73	16.68	250m:	2:43.82	17.07	350m:	3:51.97	16.72
	75m:	45.96	16.33	175m:	1:52.61	16.88	275m:	3:01.09	17.27	375m:	4:08.64	16.67
	100m:	1:02.35	16.39	200m:	2:09.55	16.94	300m:	3:18.09	17.00	400m:	4:24.15	15.51
44.				2000				+0,70	4:24.45	I	517	
	25m:	13.46	13.46	125m:	1:18.13	16.80	225m:	2:25.98	16.93	325m:	3:34.85	17.12
	50m:	28.90	15.44	150m:	1:35.08	16.95	250m:	2:43.08	17.10	350m:	3:51.96	17.11
	75m:	44.88	15.98	175m:	1:52.08	17.00	275m:	3:00.23	17.15	375m:	4:08.84	16.88
	100m:	1:01.33	16.45	200m:	2:09.05	16.97	300m:	3:17.73	17.50	400m:	4:24.45	15.61
45.				1999	I			+0,84	4:24.86	I	514	
	25m:	13.81	13.81	125m:	1:19.05	16.68	225m:	2:26.86	17.04	325m:	3:36.12	17.33
	50m:	29.53	15.72	150m:	1:35.79	16.74	250m:	2:43.90	17.04	350m:	3:53.53	17.41
	75m:	45.83	16.30	175m:	1:52.75	16.96	275m:	3:01.33	17.43	375m:	4:09.65	16.12
	100m:	1:02.37	16.54	200m:	2:09.82	17.07	300m:	3:18.79	17.46	400m:	4:24.86	15.21
46.				2002	I			+0,77	4:25.00	I	513	
	25m:	13.67	13.67	125m:	1:18.65	16.88	225m:	2:27.00	17.20	325m:	3:35.61	17.08
	50m:	28.98	15.31	150m:	1:35.98	17.33	250m:	2:44.29	17.29	350m:	3:53.03	17.42
	75m:	45.26	16.28	175m:	1:52.77	16.79	275m:	3:01.44	17.15	375m:	4:09.74	16.71
	100m:	1:01.77	16.51	200m:	2:09.80	17.03	300m:	3:18.53	17.09	400m:	4:25.00	15.26
47.				2000	I			+0,75	4:25.74	I	509	
	25m:	14.03	14.03	125m:	1:19.45	16.63	225m:	2:27.18	16.99	325m:	3:35.34	16.99
	50m:	30.35	16.32	150m:	1:36.21	16.76	250m:	2:43.99	16.81	350m:	3:52.38	17.04
	75m:	46.40	16.05	175m:	1:53.11	16.90	275m:	3:01.05	17.06	375m:	4:09.73	17.35
	100m:	1:02.82	16.42	200m:	2:10.19	17.08	300m:	3:18.35	17.30	400m:	4:25.74	16.01
48.				1998				+0,73	4:25.94	I	508	
	25m:	13.56	13.56	125m:	1:16.10	16.04	225m:	2:23.18	17.31	325m:	3:34.47	18.12
	50m:	28.47	14.91	150m:	1:32.14	16.04	250m:	2:40.60	17.42	350m:	3:52.36	17.89
	75m:	44.35	15.88	175m:	1:48.99	16.85	275m:	2:58.40	17.80	375m:	4:09.52	17.16
	100m:	1:00.06	15.71	200m:	2:05.87	16.88	300m:	3:16.35	17.95	400m:	4:25.94	16.42
49.				2000	I			+0,74	4:27.00	I	502	
	25m:	13.64	13.64	125m:	1:18.16	16.88	225m:	2:26.74	17.39	325m:	3:36.57	17.34
	50m:	28.88	15.24	150m:	1:34.86	16.70	250m:	2:44.45	17.71	350m:	3:54.17	17.60
	75m:	45.02	16.14	175m:	1:52.10	17.24	275m:	3:01.70	17.25	375m:	4:10.96	16.79
	100m:	1:01.28	16.26	200m:	2:09.35	17.25	300m:	3:19.23	17.53	400m:	4:27.00	16.04

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13,		, 400m				R.T.		FINA				
50.				1999	I		+0,69	4:27.34	I	500		
	25m:	13.72	13.72	125m:	1:20.61	17.13	225m:	2:29.23	17.10	325m:	3:38.28	16.88
	50m:	29.55	15.83	150m:	1:37.73	17.12	250m:	2:46.55	17.32	350m:	3:55.37	17.09
	75m:	46.31	16.76	175m:	1:54.97	17.24	275m:	3:04.00	17.45	375m:	4:12.19	16.82
	100m:	1:03.48	17.17	200m:	2:12.13	17.16	300m:	3:21.40	17.40	400m:	4:27.34	15.15
51.				2000	I			4:28.32	I	494		
	25m:	14.09	14.09	125m:	1:17.92	17.45	225m:	2:27.40	17.36	325m:	3:36.64	17.68
	50m:	28.93	14.84	150m:	1:35.54	17.62	250m:	2:44.42	17.02	350m:	3:54.59	17.95
	75m:	44.21	15.28	175m:	1:52.91	17.37	275m:	3:01.51	17.09	375m:	4:12.08	17.49
	100m:	1:00.47	16.26	200m:	2:10.04	17.13	300m:	3:18.96	17.45	400m:	4:28.32	16.24
52.				2001	I		+0,71	4:29.24		489		
	25m:	14.01	14.01	125m:	1:21.20	17.24	225m:	2:30.12	17.07	325m:	3:39.17	17.22
	50m:	29.83	15.82	150m:	1:38.50	17.30	250m:	2:47.15	17.03	350m:	3:56.38	17.21
	75m:	46.80	16.97	175m:	1:55.90	17.40	275m:	3:04.54	17.39	375m:	4:13.35	16.97
	100m:	1:03.96	17.16	200m:	2:13.05	17.15	300m:	3:21.95	17.41	400m:	4:29.24	15.89
53.				1999	I		+0,62	4:35.42		457		
	25m:	13.52	13.52	125m:	1:20.91	17.06	225m:	2:30.91	17.81	325m:	3:42.40	17.90
	50m:	29.98	16.46	150m:	1:38.01	17.10	250m:	2:48.65	17.74	350m:	4:00.56	18.16
	75m:	46.61	16.63	175m:	1:55.33	17.32	275m:	3:06.50	17.85	375m:	4:18.87	18.31
	100m:	1:03.85	17.24	200m:	2:13.10	17.77	300m:	3:24.50	18.00	400m:	4:35.42	16.55
54.				2002	I		+0,60	4:35.64		456		
	25m:	15.15	15.15	125m:	1:22.87	16.65	225m:	2:31.54	17.43	325m:	3:42.51	18.11
	50m:	31.87	16.72	150m:	1:39.62	16.75	250m:	2:48.91	17.37	350m:	4:00.32	17.81
	75m:	49.14	17.27	175m:	1:56.77	17.15	275m:	3:06.70	17.79	375m:	4:18.25	17.93
	100m:	1:06.22	17.08	200m:	2:14.11	17.34	300m:	3:24.40	17.70	400m:	4:35.64	17.39
55.				2000	I		+0,86	4:37.66		446		
	25m:	13.66	13.66	125m:	1:21.15	17.72	225m:	2:32.31	17.72	325m:	3:43.95	18.08
	50m:	29.41	15.75	150m:	1:38.84	17.69	250m:	2:49.96	17.65	350m:	4:02.23	18.28
	75m:	46.30	16.89	175m:	1:56.67	17.83	275m:	3:08.02	18.06	375m:	4:20.45	18.22
	100m:	1:03.43	17.13	200m:	2:14.59	17.92	300m:	3:25.87	17.85	400m:	4:37.66	17.21
56.				2000	I		+0,71	4:40.72		432		
	25m:	14.02	14.02	125m:	1:22.13	17.78	225m:	2:35.12	18.58	325m:	3:47.89	18.13
	50m:	29.92	15.90	150m:	1:40.31	18.18	250m:	2:52.92	17.80	350m:	4:06.79	18.90
	75m:	46.93	17.01	175m:	1:58.88	18.57	275m:	3:11.70	18.78	375m:	4:25.19	18.40
	100m:	1:04.35	17.42	200m:	2:16.54	17.66	300m:	3:29.76	18.06	400m:	4:40.72	15.53
57.				2000	I			4:40.95		431		
	25m:	14.25	14.25	125m:	1:22.94	17.55	225m:	2:34.52	17.69	325m:	3:47.60	18.02
	50m:	30.46	16.21	150m:	1:40.78	17.84	250m:	2:52.62	18.10	350m:	4:06.11	18.51
	75m:	47.82	17.36	175m:	1:58.52	17.74	275m:	3:11.08	18.46	375m:	4:24.23	18.12
	100m:	1:05.39	17.57	200m:	2:16.83	18.31	300m:	3:29.58	18.50	400m:	4:40.95	16.72
58.				1999	I		+0,74	4:42.52		424		
	25m:	14.49	14.49	125m:	1:21.74	17.28	225m:	2:34.11	18.83	325m:	3:48.30	18.54
	50m:	30.60	16.11	150m:	1:39.46	17.72	250m:	2:52.60	18.49	350m:	4:06.70	18.40
	75m:	47.20	16.60	175m:	1:57.43	17.97	275m:	3:11.28	18.68	375m:	4:25.21	18.51
	100m:	1:04.46	17.26	200m:	2:15.28	17.85	300m:	3:29.76	18.48	400m:	4:42.52	17.31
59.				2001	I		+0,53	4:45.57		410		
	25m:	14.65	14.65	125m:	1:26.12	18.07	225m:	2:40.25	18.58	325m:	3:53.58	17.92
	50m:	31.81	17.16	150m:	1:44.48	18.36	250m:	2:58.69	18.44	350m:	4:11.48	17.90
	75m:	49.73	17.92	175m:	2:03.00	18.52	275m:	3:17.09	18.40	375m:	4:29.21	17.73
	100m:	1:08.05	18.32	200m:	2:21.67	18.67	300m:	3:35.66	18.57	400m:	4:45.57	16.36

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13,												
			/					R.T.			FINA	
60.			1999	I				+0,92	4:46.67		405	
25m:	14.84	14.84	125m:	1:24.84	18.38	225m:	2:39.68	18.96	325m:	3:53.01	17.86	
50m:	31.24	16.40	150m:	1:43.22	18.38	250m:	2:58.24	18.56	350m:	4:11.26	18.25	
75m:	48.80	17.56	175m:	2:02.23	19.01	275m:	3:16.68	18.44	375m:	4:29.49	18.23	
100m:	1:06.46	17.66	200m:	2:20.72	18.49	300m:	3:35.15	18.47	400m:	4:46.67	17.18	



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13, , 400m

07.10.2015 - 10:26 13 , 400m (15-17)

3:35.75 (TUR) 10.12.2009
3:46.11 14.12.2014

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	/						R.T.				FINA	
1.	1998						+0,80	4:00.44				687
	25m:	12.57	12.57	125m:	1:11.75	15.12	225m:	2:13.51	15.20	325m:	3:15.40	15.53
	50m:	26.75	14.18	150m:	1:27.16	15.41	250m:	2:28.80	15.29	350m:	3:30.76	15.36
	75m:	41.72	14.97	175m:	1:42.76	15.60	275m:	2:44.14	15.34	375m:	3:45.97	15.21
	100m:	56.63	14.91	200m:	1:58.31	15.55	300m:	2:59.87	15.73	400m:	4:00.44	14.47
2.	1998						+0,73	4:00.59				686
	25m:	13.16	13.16	125m:	1:13.41	14.87	225m:	2:12.77	15.17	325m:	3:14.86	15.19
	50m:	28.15	14.99	150m:	1:27.80	14.39	250m:	2:28.29	15.52	350m:	3:30.25	15.39
	75m:	43.42	15.27	175m:	1:42.60	14.80	275m:	2:43.98	15.69	375m:	3:45.92	15.67
	100m:	58.54	15.12	200m:	1:57.60	15.00	300m:	2:59.67	15.69	400m:	4:00.59	14.67
3.	2000						+0,68	4:02.70				668
	25m:	13.34	13.34	125m:	1:12.90	14.93	225m:	2:14.59	15.29	325m:	3:17.05	16.05
	50m:	27.97	14.63	150m:	1:28.26	15.36	250m:	2:30.01	15.42	350m:	3:33.00	15.95
	75m:	42.92	14.95	175m:	1:43.75	15.49	275m:	2:45.42	15.41	375m:	3:48.40	15.40
	100m:	57.97	15.05	200m:	1:59.30	15.55	300m:	3:01.00	15.58	400m:	4:02.70	14.30
4.	1998						+0,79	4:04.19				656
	25m:	13.24	13.24	125m:	1:14.55	15.53	225m:	2:17.11	15.65	325m:	3:19.35	15.62
	50m:	28.17	14.93	150m:	1:30.08	15.53	250m:	2:32.70	15.59	350m:	3:34.69	15.34
	75m:	43.46	15.29	175m:	1:45.87	15.79	275m:	2:48.26	15.56	375m:	3:49.71	15.02
	100m:	59.02	15.56	200m:	2:01.46	15.59	300m:	3:03.73	15.47	400m:	4:04.19	14.48
5.	1998							4:04.99				650
	25m:	13.39	13.39	125m:	1:14.82	15.51	225m:	2:17.52	15.52	325m:	3:20.43	15.72
	50m:	28.45	15.06	150m:	1:30.62	15.80	250m:	2:33.15	15.63	350m:	3:36.32	15.89
	75m:	43.72	15.27	175m:	1:46.21	15.59	275m:	2:48.89	15.74	375m:	3:51.01	14.69
	100m:	59.31	15.59	200m:	2:02.00	15.79	300m:	3:04.71	15.82	400m:	4:04.99	13.98
6.	1998							4:06.53				638
	25m:	12.61	12.61	125m:	1:12.57	15.74	225m:	2:16.03	15.44	325m:	3:20.49	15.81
	50m:	26.50	13.89	150m:	1:28.44	15.87	250m:	2:31.99	15.96	350m:	3:36.59	16.10
	75m:	41.35	14.85	175m:	1:44.34	15.90	275m:	2:48.20	16.21	375m:	3:51.53	14.94
	100m:	56.83	15.48	200m:	2:00.59	16.25	300m:	3:04.68	16.48	400m:	4:06.53	15.00
7.	1999							4:07.62				629
	25m:	13.14	13.14	125m:	1:13.47	15.21	225m:	2:15.87	15.63	325m:	3:20.09	16.22
	50m:	27.94	14.80	150m:	1:28.82	15.35	250m:	2:31.78	15.91	350m:	3:36.35	16.26
	75m:	43.32	15.38	175m:	1:44.49	15.67	275m:	2:47.87	16.09	375m:	3:52.40	16.05
	100m:	58.26	14.94	200m:	2:00.24	15.75	300m:	3:03.87	16.00	400m:	4:07.62	15.22
8.	1999						+0,75	4:07.93				627
	25m:	13.30	13.30	125m:	1:14.93	15.55	225m:	2:17.64	15.64	325m:	3:21.11	15.99
	50m:	28.42	15.12	150m:	1:30.48	15.55	250m:	2:33.39	15.75	350m:	3:37.06	15.95
	75m:	43.88	15.46	175m:	1:46.23	15.75	275m:	2:49.27	15.88	375m:	3:52.93	15.87
	100m:	59.38	15.50	200m:	2:02.00	15.77	300m:	3:05.12	15.85	400m:	4:07.93	15.00
9.	1999						+0,82	4:08.07				626
	25m:	13.47	13.47	125m:	1:14.14	15.50	225m:	2:17.69	15.83	325m:	3:21.62	15.87
	50m:	28.05	14.58	150m:	1:29.72	15.58	250m:	2:33.44	15.75	350m:	3:37.25	15.63
	75m:	43.38	15.33	175m:	1:45.79	16.07	275m:	2:49.51	16.07	375m:	3:53.17	15.92
	100m:	58.64	15.26	200m:	2:01.86	16.07	300m:	3:05.75	16.24	400m:	4:08.07	14.90

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13,		, 400m				(15-17)				R.T.	FINA	
10.										+0,87	4:09.80	613
	25m:	13.34	13.34	125m:	1:14.46	15.69	225m:	2:17.68	15.82	325m:	3:21.79	15.96
	50m:	28.09	14.75	150m:	1:30.04	15.58	250m:	2:33.53	15.85	350m:	3:37.98	16.19
	75m:	43.36	15.27	175m:	1:45.90	15.86	275m:	2:49.61	16.08	375m:	3:54.21	16.23
	100m:	58.77	15.41	200m:	2:01.86	15.96	300m:	3:05.83	16.22	400m:	4:09.80	15.59
11.											4:09.84	613
	25m:	13.42	13.42	125m:	1:15.41	15.88	225m:	2:19.37	15.86	325m:	3:22.73	15.74
	50m:	28.75	15.33	150m:	1:31.48	16.07	250m:	2:35.15	15.78	350m:	3:38.74	16.01
	75m:	44.25	15.50	175m:	1:47.50	16.02	275m:	2:51.21	16.06	375m:	3:54.72	15.98
	100m:	59.53	15.28	200m:	2:03.51	16.01	300m:	3:06.99	15.78	400m:	4:09.84	15.12
12.										+0,79	4:10.82	605
	25m:	13.49	13.49	125m:	1:16.74	16.22	225m:	2:20.76	15.95	325m:	3:25.16	16.06
	50m:	29.14	15.65	150m:	1:33.01	16.27	250m:	2:36.97	16.21	350m:	3:41.24	16.08
	75m:	44.80	15.66	175m:	1:48.75	15.74	275m:	2:53.13	16.16	375m:	3:56.69	15.45
	100m:	1:00.52	15.72	200m:	2:04.81	16.06	300m:	3:09.10	15.97	400m:	4:10.82	14.13
13.											4:14.70	578
	25m:	12.97	12.97	125m:	1:14.40	15.99	225m:	2:19.80	16.68	325m:	3:25.93	16.47
	50m:	27.61	14.64	150m:	1:30.60	16.20	250m:	2:36.31	16.51	350m:	3:42.28	16.35
	75m:	42.89	15.28	175m:	1:46.68	16.08	275m:	2:52.89	16.58	375m:	3:59.07	16.79
	100m:	58.41	15.52	200m:	2:03.12	16.44	300m:	3:09.46	16.57	400m:	4:14.70	15.63
14.										+0,77	4:15.46	573
	25m:	13.23	13.23	125m:	1:16.32	16.27	225m:	2:22.75	16.75	325m:	3:28.88	16.61
	50m:	28.13	14.90	150m:	1:32.54	16.22	250m:	2:39.29	16.54	350m:	3:45.94	17.06
	75m:	44.18	16.05	175m:	1:49.09	16.55	275m:	2:55.93	16.64	375m:	4:02.00	16.06
	100m:	1:00.05	15.87	200m:	2:06.00	16.91	300m:	3:12.27	16.34	400m:	4:15.46	13.46
15.											4:15.82	571
	25m:	13.01	13.01	125m:	1:15.34	16.05	225m:	2:21.41	16.30	325m:	3:27.28	16.49
	50m:	27.63	14.62	150m:	1:32.35	17.01	250m:	2:37.82	16.41	350m:	3:43.78	16.50
	75m:	43.29	15.66	175m:	1:48.83	16.48	275m:	2:54.19	16.37	375m:	4:00.34	16.56
	100m:	59.29	16.00	200m:	2:05.11	16.28	300m:	3:10.79	16.60	400m:	4:15.82	15.48
16.										+0,82	4:16.62	565
	25m:	13.14	13.14	125m:	1:15.46	16.24	225m:	2:21.57	16.93	325m:	3:28.71	16.90
	50m:	28.02	14.88	150m:	1:31.62	16.16	250m:	2:38.35	16.78	350m:	3:45.47	16.76
	75m:	43.43	15.41	175m:	1:48.15	16.53	275m:	2:55.06	16.71	375m:	4:01.70	16.23
	100m:	59.22	15.79	200m:	2:04.64	16.49	300m:	3:11.81	16.75	400m:	4:16.62	14.92
17.										+0,78	4:17.11	562
	25m:	13.34	13.34	125m:	1:17.11	16.22	225m:	2:23.35	16.52	325m:	3:29.78	16.70
	50m:	28.91	15.57	150m:	1:33.67	16.56	250m:	2:39.79	16.44	350m:	3:46.35	16.57
	75m:	44.77	15.86	175m:	1:50.40	16.73	275m:	2:56.44	16.65	375m:	4:02.00	15.65
	100m:	1:00.89	16.12	200m:	2:06.83	16.43	300m:	3:13.08	16.64	400m:	4:17.11	15.11
18.										+0,72	4:17.42	560
	25m:	13.18	13.18	125m:	1:14.10	16.05	225m:	2:19.36	16.45	325m:	3:27.93	
	50m:	27.56	14.38	150m:	1:29.98	15.88	250m:	2:36.26	16.90	350m:	4:17.49	49.56
	75m:	42.78	15.22	175m:	1:46.14	16.16	275m:	2:53.71	17.45	375m:	4:01.94	
	100m:	58.05	15.27	200m:	2:02.91	16.77	300m:	3:45.03	51.32	400m:	4:17.42	15.48
19.										+0,85	4:18.33	554
	25m:	13.41	13.41	125m:	1:15.72	15.97	225m:	2:21.32	16.57	325m:	3:28.54	17.00
	50m:	28.45	15.04	150m:	1:31.85	16.13	250m:	2:37.97	16.65	350m:	3:45.47	16.93
	75m:	44.02	15.57	175m:	1:48.26	16.41	275m:	2:54.77	16.80	375m:	4:02.16	16.69
	100m:	59.75	15.73	200m:	2:04.75	16.49	300m:	3:11.54	16.77	400m:	4:18.33	16.17

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13,		, 400m				(15-17)		R.T.		FINA		
20.				1999				+0,74	4:19.85	I	544	
	25m:	13.26	13.26	125m:	1:16.71	16.28	225m:	2:23.17	16.94	325m:	3:31.01	17.35
	50m:	28.20	14.94	150m:	1:32.97	16.26	250m:	2:39.91	16.74	350m:	3:47.56	16.55
	75m:	44.23	16.03	175m:	1:49.58	16.61	275m:	2:56.77	16.86	375m:	4:04.34	16.78
	100m:	1:00.43	16.20	200m:	2:06.23	16.65	300m:	3:13.66	16.89	400m:	4:19.85	15.51
21.				2000	I			+0,72	4:19.91	I	544	
	25m:	13.82	13.82	125m:	1:17.17	16.32	225m:	2:22.67	16.44	325m:	3:30.51	16.81
	50m:	29.10	15.28	150m:	1:33.20	16.03	250m:	2:39.51	16.84	350m:	3:47.33	16.82
	75m:	44.81	15.71	175m:	1:49.66	16.46	275m:	2:56.45	16.94	375m:	4:04.36	17.03
	100m:	1:00.85	16.04	200m:	2:06.23	16.57	300m:	3:13.70	17.25	400m:	4:19.91	15.55
22.				1999				+0,81	4:20.32	I	542	
	25m:	13.72	13.72	125m:	1:17.18	16.22	225m:	2:24.25	16.97	325m:	3:32.23	16.61
	50m:	29.02	15.30	150m:	1:33.72	16.54	250m:	2:41.70	17.45	350m:	3:49.18	16.95
	75m:	44.90	15.88	175m:	1:50.29	16.57	275m:	2:58.61	16.91	375m:	4:05.24	16.06
	100m:	1:00.96	16.06	200m:	2:07.28	16.99	300m:	3:15.62	17.01	400m:	4:20.32	15.08
23.				2000	I			+0,81	4:20.64	I	540	
	25m:	13.54	13.54	125m:	1:16.96	16.40	225m:	2:23.76	17.04	325m:	3:31.79	17.00
	50m:	28.59	15.05	150m:	1:33.24	16.28	250m:	2:40.81	17.05	350m:	3:48.71	16.92
	75m:	44.50	15.91	175m:	1:50.03	16.79	275m:	2:57.75	16.94	375m:	4:05.35	16.64
	100m:	1:00.56	16.06	200m:	2:06.72	16.69	300m:	3:14.79	17.04	400m:	4:20.64	15.29
24.				1998	I			+0,64	4:21.75	I	533	
	25m:	13.88	13.88	125m:	1:18.66	16.85	225m:	2:27.02	17.25	325m:	3:34.36	16.27
	50m:	29.31	15.43	150m:	1:35.39	16.73	250m:	2:43.91	16.89	350m:	3:50.43	16.07
	75m:	45.42	16.11	175m:	1:52.61	17.22	275m:	3:01.01	17.10	375m:	4:06.73	16.30
	100m:	1:01.81	16.39	200m:	2:09.77	17.16	300m:	3:18.09	17.08	400m:	4:21.75	15.02
25.				1999	I			+0,65	4:21.98	I	531	
	25m:	13.88	13.88	125m:	1:16.03	15.94	225m:	2:22.28	16.80	325m:	3:31.13	17.41
	50m:	28.79	14.91	150m:	1:32.00	15.97	250m:	2:39.37	17.09	350m:	3:48.33	17.20
	75m:	44.31	15.52	175m:	1:48.54	16.54	275m:	2:56.57	17.20	375m:	4:05.37	17.04
	100m:	1:00.09	15.78	200m:	2:05.48	16.94	300m:	3:13.72	17.15	400m:	4:21.98	16.61
26.				2000				+0,70	4:24.45	I	517	
	25m:	13.46	13.46	125m:	1:18.13	16.80	225m:	2:25.98	16.93	325m:	3:34.85	17.12
	50m:	28.90	15.44	150m:	1:35.08	16.95	250m:	2:43.08	17.10	350m:	3:51.96	17.11
	75m:	44.88	15.98	175m:	1:52.08	17.00	275m:	3:00.23	17.15	375m:	4:08.84	16.88
	100m:	1:01.33	16.45	200m:	2:09.05	16.97	300m:	3:17.73	17.50	400m:	4:24.45	15.61
27.				1999	I			+0,84	4:24.86	I	514	
	25m:	13.81	13.81	125m:	1:19.05	16.68	225m:	2:26.86	17.04	325m:	3:36.12	17.33
	50m:	29.53	15.72	150m:	1:35.79	16.74	250m:	2:43.90	17.04	350m:	3:53.53	17.41
	75m:	45.83	16.30	175m:	1:52.75	16.96	275m:	3:01.33	17.43	375m:	4:09.65	16.12
	100m:	1:02.37	16.54	200m:	2:09.82	17.07	300m:	3:18.79	17.46	400m:	4:24.86	15.21
28.				2000	I			+0,75	4:25.74	I	509	
	25m:	14.03	14.03	125m:	1:19.45	16.63	225m:	2:27.18	16.99	325m:	3:35.34	16.99
	50m:	30.35	16.32	150m:	1:36.21	16.76	250m:	2:43.99	16.81	350m:	3:52.38	17.04
	75m:	46.40	16.05	175m:	1:53.11	16.90	275m:	3:01.05	17.06	375m:	4:09.73	17.35
	100m:	1:02.82	16.42	200m:	2:10.19	17.08	300m:	3:18.35	17.30	400m:	4:25.74	16.01
29.				1998				+0,73	4:25.94	I	508	
	25m:	13.56	13.56	125m:	1:16.10	16.04	225m:	2:23.18	17.31	325m:	3:34.47	18.12
	50m:	28.47	14.91	150m:	1:32.14	16.04	250m:	2:40.60	17.42	350m:	3:52.36	17.89
	75m:	44.35	15.88	175m:	1:48.99	16.85	275m:	2:58.40	17.80	375m:	4:09.52	17.16
	100m:	1:00.06	15.71	200m:	2:05.87	16.88	300m:	3:16.35	17.95	400m:	4:25.94	16.42

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13, , 400m , (15-17)

					R.T.				FINA			
30.	2000 I				+0,74 4:27.00				502			
	25m:	13.64	13.64	125m:	1:18.16	16.88	225m:	2:26.74	17.39	325m:	3:36.57	17.34
	50m:	28.88	15.24	150m:	1:34.86	16.70	250m:	2:44.45	17.71	350m:	3:54.17	17.60
	75m:	45.02	16.14	175m:	1:52.10	17.24	275m:	3:01.70	17.25	375m:	4:10.96	16.79
	100m:	1:01.28	16.26	200m:	2:09.35	17.25	300m:	3:19.23	17.53	400m:	4:27.00	16.04
31.	1999 I				+0,69 4:27.34				500			
	25m:	13.72	13.72	125m:	1:20.61	17.13	225m:	2:29.23	17.10	325m:	3:38.28	16.88
	50m:	29.55	15.83	150m:	1:37.73	17.12	250m:	2:46.55	17.32	350m:	3:55.37	17.09
	75m:	46.31	16.76	175m:	1:54.97	17.24	275m:	3:04.00	17.45	375m:	4:12.19	16.82
	100m:	1:03.48	17.17	200m:	2:12.13	17.16	300m:	3:21.40	17.40	400m:	4:27.34	15.15
32.	2000 I				4:28.32				494			
	25m:	14.09	14.09	125m:	1:17.92	17.45	225m:	2:27.40	17.36	325m:	3:36.64	17.68
	50m:	28.93	14.84	150m:	1:35.54	17.62	250m:	2:44.42	17.02	350m:	3:54.59	17.95
	75m:	44.21	15.28	175m:	1:52.91	17.37	275m:	3:01.51	17.09	375m:	4:12.08	17.49
	100m:	1:00.47	16.26	200m:	2:10.04	17.13	300m:	3:18.96	17.45	400m:	4:28.32	16.24
33.	1999 I				+0,62 4:35.42				457			
	25m:	13.52	13.52	125m:	1:20.91	17.06	225m:	2:30.91	17.81	325m:	3:42.40	17.90
	50m:	29.98	16.46	150m:	1:38.01	17.10	250m:	2:48.65	17.74	350m:	4:00.56	18.16
	75m:	46.61	16.63	175m:	1:55.33	17.32	275m:	3:06.50	17.85	375m:	4:18.87	18.31
	100m:	1:03.85	17.24	200m:	2:13.10	17.77	300m:	3:24.50	18.00	400m:	4:35.42	16.55
34.	2000 I				+0,86 4:37.66				446			
	25m:	13.66	13.66	125m:	1:21.15	17.72	225m:	2:32.31	17.72	325m:	3:43.95	18.08
	50m:	29.41	15.75	150m:	1:38.84	17.69	250m:	2:49.96	17.65	350m:	4:02.23	18.28
	75m:	46.30	16.89	175m:	1:56.67	17.83	275m:	3:08.02	18.06	375m:	4:20.45	18.22
	100m:	1:03.43	17.13	200m:	2:14.59	17.92	300m:	3:25.87	17.85	400m:	4:37.66	17.21
35.	2000 I				+0,71 4:40.72				432			
	25m:	14.02	14.02	125m:	1:22.13	17.78	225m:	2:35.12	18.58	325m:	3:47.89	18.13
	50m:	29.92	15.90	150m:	1:40.31	18.18	250m:	2:52.92	17.80	350m:	4:06.79	18.90
	75m:	46.93	17.01	175m:	1:58.88	18.57	275m:	3:11.70	18.78	375m:	4:25.19	18.40
	100m:	1:04.35	17.42	200m:	2:16.54	17.66	300m:	3:29.76	18.06	400m:	4:40.72	15.53
36.	2000 I				4:40.95				431			
	25m:	14.25	14.25	125m:	1:22.94	17.55	225m:	2:34.52	17.69	325m:	3:47.60	18.02
	50m:	30.46	16.21	150m:	1:40.78	17.84	250m:	2:52.62	18.10	350m:	4:06.11	18.51
	75m:	47.82	17.36	175m:	1:58.52	17.74	275m:	3:11.08	18.46	375m:	4:24.23	18.12
	100m:	1:05.39	17.57	200m:	2:16.83	18.31	300m:	3:29.58	18.50	400m:	4:40.95	16.72
37.	1999 I				+0,74 4:42.52				424			
	25m:	14.49	14.49	125m:	1:21.74	17.28	225m:	2:34.11	18.83	325m:	3:48.30	18.54
	50m:	30.60	16.11	150m:	1:39.46	17.72	250m:	2:52.60	18.49	350m:	4:06.70	18.40
	75m:	47.20	16.60	175m:	1:57.43	17.97	275m:	3:11.28	18.68	375m:	4:25.21	18.51
	100m:	1:04.46	17.26	200m:	2:15.28	17.85	300m:	3:29.76	18.48	400m:	4:42.52	17.31
38.	1999 I				+0,92 4:46.67				405			
	25m:	14.84	14.84	125m:	1:24.84	18.38	225m:	2:39.68	18.96	325m:	3:53.01	17.86
	50m:	31.24	16.40	150m:	1:43.22	18.38	250m:	2:58.24	18.56	350m:	4:11.26	18.25
	75m:	48.80	17.56	175m:	2:02.23	19.01	275m:	3:16.68	18.44	375m:	4:29.49	18.23
	100m:	1:06.46	17.66	200m:	2:20.72	18.49	300m:	3:35.15	18.47	400m:	4:46.67	17.18

" " , 25

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13, , 400m

								R.T.		FINA		
EXH			2002	I				+0,82	4:31.84	475		
	25m:	14.14	14.14	125m:	1:20.88	17.29	225m:	2:30.72	17.68	325m:	3:41.11	17.45
	50m:	29.87	15.73	150m:	1:38.20	17.32	250m:	2:48.03	17.31	350m:	3:58.75	17.64
	75m:	46.46	16.59	175m:	1:55.41	17.21	275m:	3:05.86	17.83	375m:	4:15.94	17.19
	100m:	1:03.59	17.13	200m:	2:13.04	17.63	300m:	3:23.66	17.80	400m:	4:31.84	15.90
EXH			1999	I				+0,68	4:28.40	I	494	
	25m:	14.27	14.27	125m:	1:20.09	16.50	225m:	2:28.74	17.23	325m:	3:37.68	17.31
	50m:	30.34	16.07	150m:	1:37.12	17.03	250m:	2:46.04	17.30	350m:	3:55.00	17.32
	75m:	46.87	16.53	175m:	1:54.34	17.22	275m:	3:03.10	17.06	375m:	4:12.15	17.15
	100m:	1:03.59	16.72	200m:	2:11.51	17.17	300m:	3:20.37	17.27	400m:	4:28.40	16.25

