

, 06 - 09 2015

15 , 400m  
07.10.2015 - 11:30

4:03.91  
4:06.02

09.11.2014  
16.11.2013

: FINA 2015

	/						R.T.				FINA	
<b>1.</b>	<b>1997</b>						<b>+0,71 4:27.24</b>				<b>684</b>	
25m:	13.31	13.31	125m:	1:20.85	18.26	225m:	2:32.03	18.90	325m:	3:43.68	15.30	
50m:	29.35	16.04	150m:	1:38.25	17.40	250m:	2:50.35	18.32	350m:	3:58.00	14.32	
75m:	45.86	16.51	175m:	1:55.80	17.55	275m:	3:09.37	19.02	375m:	4:12.88	14.88	
100m:	1:02.59	16.73	200m:	2:13.13	17.33	300m:	3:28.38	19.01	400m:	4:27.24	14.36	
<b>2.</b>	<b>1998</b>						<b>+0,75 4:29.06</b>				<b>670</b>	
25m:	13.02	13.02	125m:	1:19.52	17.67	225m:	2:30.80	19.34	325m:	3:43.86	15.76	
50m:	28.90	15.88	150m:	1:36.73	17.21	250m:	2:49.78	18.98	350m:	3:59.00	15.14	
75m:	45.19	16.29	175m:	1:54.33	17.60	275m:	3:09.00	19.22	375m:	4:14.29	15.29	
100m:	1:01.85	16.66	200m:	2:11.46	17.13	300m:	3:28.10	19.10	400m:	4:29.06	14.77	
<b>3.</b>	<b>2000</b>						<b>4:34.93</b>				<b>628</b>	
25m:	12.98	12.98	125m:	1:20.07	17.92	225m:	2:32.33	20.44	325m:	3:49.45	15.71	
50m:	28.70	15.72	150m:	1:37.28	17.21	250m:	2:52.50	20.17	350m:	4:04.15	14.70	
75m:	45.43	16.73	175m:	1:54.76	17.48	275m:	3:12.90	20.40	375m:	4:19.93	15.78	
100m:	1:02.15	16.72	200m:	2:11.89	17.13	300m:	3:33.74	20.84	400m:	4:34.93	15.00	
<b>4.</b>	<b>1994</b>						<b>+0,76 4:38.75</b>				<b>603</b>	
25m:	13.21	13.21	125m:	1:21.07	18.22	225m:	2:34.91	19.54	325m:	3:51.82	16.01	
50m:	29.25	16.04	150m:	1:38.95	17.88	250m:	2:55.19	20.28	350m:	4:07.35	15.53	
75m:	45.86	16.61	175m:	1:56.93	17.98	275m:	3:15.58	20.39	375m:	4:23.39	16.04	
100m:	1:02.85	16.99	200m:	2:15.37	18.44	300m:	3:35.81	20.23	400m:	4:38.75	15.36	
<b>5.</b>	<b>1997</b>						<b>+0,78 4:39.33</b>				<b>599</b>	
25m:	13.38	13.38	125m:	1:21.39	18.55	225m:	2:32.54	18.74	325m:	3:50.49	17.46	
50m:	29.36	15.98	150m:	1:38.58	17.19	250m:	2:52.33	19.79	350m:	4:07.06	16.57	
75m:	45.68	16.32	175m:	1:55.88	17.30	275m:	3:12.75	20.42	375m:	4:23.72	16.66	
100m:	1:02.84	17.16	200m:	2:13.80	17.92	300m:	3:33.03	20.28	400m:	4:39.33	15.61	
<b>6.</b>	<b>1999</b>						<b>+0,74 4:39.50</b>				<b>598</b>	
25m:	13.13	13.13	125m:	1:23.29	19.02	225m:	2:37.29	20.13	325m:	3:54.45	16.40	
50m:	29.49	16.36	150m:	1:41.26	17.97	250m:	2:57.40	20.11	350m:	4:09.96	15.51	
75m:	46.25	16.76	175m:	1:59.47	18.21	275m:	3:17.57	20.17	375m:	4:25.53	15.57	
100m:	1:04.27	18.02	200m:	2:17.16	17.69	300m:	3:38.05	20.48	400m:	4:39.50	13.97	
<b>7.</b>	<b>1999</b>						<b>+0,74 4:39.61</b>				<b>597</b>	
25m:	13.43	13.43	125m:	1:23.51	18.51	225m:	2:36.58	20.57	325m:	3:53.74	17.10	
50m:	30.03	16.60	150m:	1:40.80	17.29	250m:	2:56.75	20.17	350m:	4:09.59	15.85	
75m:	47.37	17.34	175m:	1:58.60	17.80	275m:	3:16.60	19.85	375m:	4:25.06	15.47	
100m:	1:05.00	17.63	200m:	2:16.01	17.41	300m:	3:36.64	20.04	400m:	4:39.61	14.55	
<b>8.</b>	<b>1999</b>						<b>4:44.72</b>				<b>565</b>	
25m:	12.76	12.76	125m:	1:20.28	19.05	225m:	2:34.57	20.15	325m:	3:53.21	17.74	
50m:	28.15	15.39	150m:	1:38.31	18.03	250m:	2:54.57	20.00	350m:	4:10.53	17.32	
75m:	44.06	15.91	175m:	1:56.87	18.56	275m:	3:15.18	20.61	375m:	4:27.90	17.37	
100m:	1:01.23	17.17	200m:	2:14.42	17.55	300m:	3:35.47	20.29	400m:	4:44.72	16.82	
<b>9.</b>	<b>1998</b>						<b>+0,48 4:44.76</b>				<b>565</b>	
25m:	12.70	12.70	125m:	1:20.89	18.38	225m:	2:34.51	19.52	325m:	3:54.08	18.09	
50m:	28.40	15.70	150m:	1:38.68	17.79	250m:	2:54.35	19.84	350m:	4:11.25	17.17	
75m:	45.09	16.69	175m:	1:56.93	18.25	275m:	3:15.15	20.80	375m:	4:28.60	17.35	
100m:	1:02.51	17.42	200m:	2:14.99	18.06	300m:	3:35.99	20.84	400m:	4:44.76	16.16	

" " ", 25

OMEGA



15,		, 400m						R.T.		FINA		
10.				1999				+0,79	<b>4:44.78</b>		565	
	25m:	14.03	14.03	125m:	1:23.15	17.13	225m:	2:35.34	20.89	325m:	3:56.08	17.57
	50m:	30.79	16.76	150m:	1:39.69	16.54	250m:	2:56.04	20.70	350m:	4:12.95	16.87
	75m:	48.31	17.52	175m:	1:56.99	17.30	275m:	3:16.90	20.86	375m:	4:29.54	16.59
	100m:	1:06.02	17.71	200m:	2:14.45	17.46	300m:	3:38.51	21.61	400m:	4:44.78	15.24
11.				1999				+0,71	<b>4:45.56</b>		560	
	25m:	12.67	12.67	125m:	1:22.04	19.89	225m:	2:38.33	20.44	325m:	3:56.90	16.90
	50m:	28.33	15.66	150m:	1:41.07	19.03	250m:	2:58.62	20.29	350m:	4:13.64	16.74
	75m:	45.09	16.76	175m:	1:59.57	18.50	275m:	3:18.94	20.32	375m:	4:30.00	16.36
	100m:	1:02.15	17.06	200m:	2:17.89	18.32	300m:	3:40.00	21.06	400m:	4:45.56	15.56
12.				1998						<b>4:46.18</b>	557	
	25m:	13.69	13.69	125m:	1:23.37	18.70	225m:	2:37.94	21.04	325m:	3:57.50	17.09
	50m:	30.24	16.55	150m:	1:41.06	17.69	250m:	2:58.47	20.53	350m:	4:14.07	16.57
	75m:	47.50	17.26	175m:	1:59.16	18.10	275m:	3:19.34	20.87	375m:	4:30.92	16.85
	100m:	1:04.67	17.17	200m:	2:16.90	17.74	300m:	3:40.41	21.07	400m:	4:46.18	15.26
13.				1998				+0,74	<b>4:46.45</b>		555	
	25m:	13.14	13.14	125m:	1:21.97	19.12	225m:	2:38.58	20.05	325m:	3:56.12	17.94
	50m:	28.60	15.46	150m:	1:40.06	18.09	250m:	2:58.16	19.58	350m:	4:13.16	17.04
	75m:	45.06	16.46	175m:	1:59.41	19.35	275m:	3:18.27	20.11	375m:	4:30.45	17.29
	100m:	1:02.85	17.79	200m:	2:18.53	19.12	300m:	3:38.18	19.91	400m:	4:46.45	16.00
14.				1999				+0,80	<b>4:46.95</b>		552	
	25m:	12.92	12.92	125m:	1:23.16	19.69	225m:	2:38.42		325m:	3:59.46	
	50m:	29.10	16.18	150m:	1:41.49	18.33	250m:	3:42.80	1:04.38	350m:	4:46.98	47.52
	75m:	46.01	16.91	175m:	2:00.12	18.63	275m:	3:21.54		375m:	4:31.92	
	100m:	1:03.47	17.46	200m:	2:59.60	59.48	300m:	4:15.53	53.99	400m:	4:46.95	15.03
15.				1999	I			+0,71	<b>4:52.27</b>	I	523	
	25m:	13.12	13.12	125m:	1:22.83	18.88	225m:	2:37.28	20.37	325m:	3:59.09	18.43
	50m:	29.15	16.03	150m:	1:40.60	17.77	250m:	2:57.63	20.35	350m:	4:17.05	17.96
	75m:	46.08	16.93	175m:	1:59.05	18.45	275m:	3:19.06	21.43	375m:	4:34.86	17.81
	100m:	1:03.95	17.87	200m:	2:16.91	17.86	300m:	3:40.66	21.60	400m:	4:52.27	17.41
16.				1999	I			+0,64	<b>4:54.76</b>	I	509	
	25m:	14.01	14.01	125m:	1:25.83	19.16	225m:	2:41.97	21.25	325m:	4:04.37	17.81
	50m:	30.88	16.87	150m:	1:43.99	18.16	250m:	3:03.32	21.35	350m:	4:21.40	17.03
	75m:	48.30	17.42	175m:	2:02.29	18.30	275m:	3:24.99	21.67	375m:	4:38.50	17.10
	100m:	1:06.67	18.37	200m:	2:20.72	18.43	300m:	3:46.56	21.57	400m:	4:54.76	16.26
17.				2000				+0,77	<b>4:54.85</b>	I	509	
	25m:	13.43	13.43	125m:	1:25.34	20.45	225m:	2:42.64	19.96	325m:	4:03.84	18.30
	50m:	29.75	16.32	150m:	1:44.27	18.93	250m:	3:03.16	20.52	350m:	4:21.30	17.46
	75m:	46.96	17.21	175m:	2:03.61	19.34	275m:	3:24.05	20.89	375m:	4:38.93	17.63
	100m:	1:04.89	17.93	200m:	2:22.68	19.07	300m:	3:45.54	21.49	400m:	4:54.85	15.92
18.				1998				+0,65	<b>4:55.03</b>	I	508	
	25m:	13.74	13.74	125m:	1:27.54	20.24	225m:	2:45.62	21.45	325m:	4:07.79	16.35
	50m:	30.81	17.07	150m:	1:46.42	18.88	250m:	3:07.62	22.00	350m:	4:23.90	16.11
	75m:	48.76	17.95	175m:	2:05.59	19.17	275m:	3:29.31	21.69	375m:	4:39.99	16.09
	100m:	1:07.30	18.54	200m:	2:24.17	18.58	300m:	3:51.44	22.13	400m:	4:55.03	15.04
19.				2001	I			+0,75	<b>4:55.16</b>	I	507	
	25m:	13.73	13.73	125m:	1:26.26	19.97	225m:	2:44.61	21.85	325m:	4:06.49	18.05
	50m:	30.45	16.72	150m:	1:44.96	18.70	250m:	3:06.09	21.48	350m:	4:23.30	16.81
	75m:	48.23	17.78	175m:	2:04.02	19.06	275m:	3:27.22	21.13	375m:	4:39.84	16.54
	100m:	1:06.29	18.06	200m:	2:22.76	18.74	300m:	3:48.44	21.22	400m:	4:55.16	15.32

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15,		, 400m						R.T.			FINA	
20.				1999				<b>+0,56</b>	<b>4:55.98</b>		<b>503</b>	
	25m:	12.84	12.84	125m:	1:21.97	20.27	225m:	2:42.71	20.97	325m:	4:03.85	18.53
	50m:	28.45	15.61	150m:	1:41.72	19.75	250m:	3:03.28	20.57	350m:	4:21.74	17.89
	75m:	44.66	16.21	175m:	2:02.10	20.38	275m:	3:23.96	20.68	375m:	4:39.45	17.71
	100m:	1:01.70	17.04	200m:	2:21.74	19.64	300m:	3:45.32	21.36	400m:	4:55.98	16.53
21.				2000				<b>+0,88</b>	<b>4:56.05</b>		<b>503</b>	
	25m:	14.10	14.10	125m:	1:24.80	18.86	225m:	2:40.22	21.38	325m:	4:03.77	17.97
	50m:	30.50	16.40	150m:	1:42.64	17.84	250m:	3:01.96	21.74	350m:	4:21.37	17.60
	75m:	47.81	17.31	175m:	2:00.95	18.31	275m:	3:23.86	21.90	375m:	4:39.17	17.80
	100m:	1:05.94	18.13	200m:	2:18.84	17.89	300m:	3:45.80	21.94	400m:	4:56.05	16.88
22.				1999							<b>4:57.94</b>	<b>493</b>
	25m:	13.58	13.58	125m:	1:30.15	19.37	225m:	2:47.31	20.30	325m:	4:08.35	18.06
	50m:	31.49	17.91	150m:	1:48.76	18.61	250m:	3:07.81	20.50	350m:	4:25.57	17.22
	75m:	50.56	19.07	175m:	2:08.01	19.25	275m:	3:29.01	21.20	375m:	4:42.42	16.85
	100m:	1:10.78	20.22	200m:	2:27.01	19.00	300m:	3:50.29	21.28	400m:	4:57.94	15.52
23.				1999				<b>+0,76</b>	<b>4:59.41</b>		<b>486</b>	
	25m:	13.72	13.72	125m:	1:27.26	20.07	225m:	2:46.23	19.97	325m:	4:09.68	17.54
	50m:	30.59	16.87	150m:	1:46.85	19.59	250m:	3:07.20	20.97	350m:	4:26.54	16.86
	75m:	48.40	17.81	175m:	2:06.66	19.81	275m:	3:29.49	22.29	375m:	4:42.87	16.33
	100m:	1:07.19	18.79	200m:	2:26.26	19.60	300m:	3:52.14	22.65	400m:	4:59.41	16.54
DSQ				1997								



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15, , 400m

07.10.2015 - 11:30 15 , 400m (15-17 )

4:03.91 09.11.2014  
4:06.02 16.11.2013

: FINA 2015

	/				R.T.				FINA			
1.	1998				+0,75				4:29.06 670			
	25m:	13.02	13.02	125m:	1:19.52	17.67	225m:	2:30.80	19.34	325m:	3:43.86	15.76
	50m:	28.90	15.88	150m:	1:36.73	17.21	250m:	2:49.78	18.98	350m:	3:59.00	15.14
	75m:	45.19	16.29	175m:	1:54.33	17.60	275m:	3:09.00	19.22	375m:	4:14.29	15.29
	100m:	1:01.85	16.66	200m:	2:11.46	17.13	300m:	3:28.10	19.10	400m:	4:29.06	14.77
2.	2000				4:34.93				628			
	25m:	12.98	12.98	125m:	1:20.07	17.92	225m:	2:32.33	20.44	325m:	3:49.45	15.71
	50m:	28.70	15.72	150m:	1:37.28	17.21	250m:	2:52.50	20.17	350m:	4:04.15	14.70
	75m:	45.43	16.73	175m:	1:54.76	17.48	275m:	3:12.90	20.40	375m:	4:19.93	15.78
	100m:	1:02.15	16.72	200m:	2:11.89	17.13	300m:	3:33.74	20.84	400m:	4:34.93	15.00
3.	1999				+0,74				4:39.50 598			
	25m:	13.13	13.13	125m:	1:23.29	19.02	225m:	2:37.29	20.13	325m:	3:54.45	16.40
	50m:	29.49	16.36	150m:	1:41.26	17.97	250m:	2:57.40	20.11	350m:	4:09.96	15.51
	75m:	46.25	16.76	175m:	1:59.47	18.21	275m:	3:17.57	20.17	375m:	4:25.53	15.57
	100m:	1:04.27	18.02	200m:	2:17.16	17.69	300m:	3:38.05	20.48	400m:	4:39.50	13.97
4.	1999				+0,74				4:39.61 597			
	25m:	13.43	13.43	125m:	1:23.51	18.51	225m:	2:36.58	20.57	325m:	3:53.74	17.10
	50m:	30.03	16.60	150m:	1:40.80	17.29	250m:	2:56.75	20.17	350m:	4:09.59	15.85
	75m:	47.37	17.34	175m:	1:58.60	17.80	275m:	3:16.60	19.85	375m:	4:25.06	15.47
	100m:	1:05.00	17.63	200m:	2:16.01	17.41	300m:	3:36.64	20.04	400m:	4:39.61	14.55
5.	1999				4:44.72				565			
	25m:	12.76	12.76	125m:	1:20.28	19.05	225m:	2:34.57	20.15	325m:	3:53.21	17.74
	50m:	28.15	15.39	150m:	1:38.31	18.03	250m:	2:54.57	20.00	350m:	4:10.53	17.32
	75m:	44.06	15.91	175m:	1:56.87	18.56	275m:	3:15.18	20.61	375m:	4:27.90	17.37
	100m:	1:01.23	17.17	200m:	2:14.42	17.55	300m:	3:35.47	20.29	400m:	4:44.72	16.82
6.	1998				+0,48				4:44.76 565			
	25m:	12.70	12.70	125m:	1:20.89	18.38	225m:	2:34.51	19.52	325m:	3:54.08	18.09
	50m:	28.40	15.70	150m:	1:38.68	17.79	250m:	2:54.35	19.84	350m:	4:11.25	17.17
	75m:	45.09	16.69	175m:	1:56.93	18.25	275m:	3:15.15	20.80	375m:	4:28.60	17.35
	100m:	1:02.51	17.42	200m:	2:14.99	18.06	300m:	3:35.99	20.84	400m:	4:44.76	16.16
7.	1999				+0,79				4:44.78 565			
	25m:	14.03	14.03	125m:	1:23.15	17.13	225m:	2:35.34	20.89	325m:	3:56.08	17.57
	50m:	30.79	16.76	150m:	1:39.69	16.54	250m:	2:56.04	20.70	350m:	4:12.95	16.87
	75m:	48.31	17.52	175m:	1:56.99	17.30	275m:	3:16.90	20.86	375m:	4:29.54	16.59
	100m:	1:06.02	17.71	200m:	2:14.45	17.46	300m:	3:38.51	21.61	400m:	4:44.78	15.24
8.	1999				+0,71				4:45.56 560			
	25m:	12.67	12.67	125m:	1:22.04	19.89	225m:	2:38.33	20.44	325m:	3:56.90	16.90
	50m:	28.33	15.66	150m:	1:41.07	19.03	250m:	2:58.62	20.29	350m:	4:13.64	16.74
	75m:	45.09	16.76	175m:	1:59.57	18.50	275m:	3:18.94	20.32	375m:	4:30.00	16.36
	100m:	1:02.15	17.06	200m:	2:17.89	18.32	300m:	3:40.00	21.06	400m:	4:45.56	15.56
9.	1998				4:46.18				557			
	25m:	13.69	13.69	125m:	1:23.37	18.70	225m:	2:37.94	21.04	325m:	3:57.50	17.09
	50m:	30.24	16.55	150m:	1:41.06	17.69	250m:	2:58.47	20.53	350m:	4:14.07	16.57
	75m:	47.50	17.26	175m:	1:59.16	18.10	275m:	3:19.34	20.87	375m:	4:30.92	16.85
	100m:	1:04.67	17.17	200m:	2:16.90	17.74	300m:	3:40.41	21.07	400m:	4:46.18	15.26

" " ", 25

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15,		, 400m				(15-17 )		R.T.		FINA		
10.				1998				<b>+0,74</b>	<b>4:46.45</b>		<b>555</b>	
	25m:	13.14	13.14	125m:	1:21.97	19.12	225m:	2:38.58	20.05	325m:	3:56.12	17.94
	50m:	28.60	15.46	150m:	1:40.06	18.09	250m:	2:58.16	19.58	350m:	4:13.16	17.04
	75m:	45.06	16.46	175m:	1:59.41	19.35	275m:	3:18.27	20.11	375m:	4:30.45	17.29
	100m:	1:02.85	17.79	200m:	2:18.53	19.12	300m:	3:38.18	19.91	400m:	4:46.45	16.00
11.				1999				<b>+0,80</b>	<b>4:46.95</b>		<b>552</b>	
	25m:	12.92	12.92	125m:	1:23.16	19.69	225m:	2:38.42		325m:	3:59.46	
	50m:	29.10	16.18	150m:	1:41.49	18.33	250m:	3:42.80	1:04.38	350m:	4:46.98	47.52
	75m:	46.01	16.91	175m:	2:00.12	18.63	275m:	3:21.54		375m:	4:31.92	
	100m:	1:03.47	17.46	200m:	2:59.60	59.48	300m:	4:15.53	53.99	400m:	4:46.95	15.03
12.				1999				<b>+0,71</b>	<b>4:52.27  </b>		<b>523</b>	
	25m:	13.12	13.12	125m:	1:22.83	18.88	225m:	2:37.28	20.37	325m:	3:59.09	18.43
	50m:	29.15	16.03	150m:	1:40.60	17.77	250m:	2:57.63	20.35	350m:	4:17.05	17.96
	75m:	46.08	16.93	175m:	1:59.05	18.45	275m:	3:19.06	21.43	375m:	4:34.86	17.81
	100m:	1:03.95	17.87	200m:	2:16.91	17.86	300m:	3:40.66	21.60	400m:	4:52.27	17.41
13.				1999				<b>+0,64</b>	<b>4:54.76  </b>		<b>509</b>	
	25m:	14.01	14.01	125m:	1:25.83	19.16	225m:	2:41.97	21.25	325m:	4:04.37	17.81
	50m:	30.88	16.87	150m:	1:43.99	18.16	250m:	3:03.32	21.35	350m:	4:21.40	17.03
	75m:	48.30	17.42	175m:	2:02.29	18.30	275m:	3:24.99	21.67	375m:	4:38.50	17.10
	100m:	1:06.67	18.37	200m:	2:20.72	18.43	300m:	3:46.56	21.57	400m:	4:54.76	16.26
14.				2000				<b>+0,77</b>	<b>4:54.85  </b>		<b>509</b>	
	25m:	13.43	13.43	125m:	1:25.34	20.45	225m:	2:42.64	19.96	325m:	4:03.84	18.30
	50m:	29.75	16.32	150m:	1:44.27	18.93	250m:	3:03.16	20.52	350m:	4:21.30	17.46
	75m:	46.96	17.21	175m:	2:03.61	19.34	275m:	3:24.05	20.89	375m:	4:38.93	17.63
	100m:	1:04.89	17.93	200m:	2:22.68	19.07	300m:	3:45.54	21.49	400m:	4:54.85	15.92
15.				1998				<b>+0,65</b>	<b>4:55.03  </b>		<b>508</b>	
	25m:	13.74	13.74	125m:	1:27.54	20.24	225m:	2:45.62	21.45	325m:	4:07.79	16.35
	50m:	30.81	17.07	150m:	1:46.42	18.88	250m:	3:07.62	22.00	350m:	4:23.90	16.11
	75m:	48.76	17.95	175m:	2:05.59	19.17	275m:	3:29.31	21.69	375m:	4:39.99	16.09
	100m:	1:07.30	18.54	200m:	2:24.17	18.58	300m:	3:51.44	22.13	400m:	4:55.03	15.04
16.				1999				<b>+0,56</b>	<b>4:55.98  </b>		<b>503</b>	
	25m:	12.84	12.84	125m:	1:21.97	20.27	225m:	2:42.71	20.97	325m:	4:03.85	18.53
	50m:	28.45	15.61	150m:	1:41.72	19.75	250m:	3:03.28	20.57	350m:	4:21.74	17.89
	75m:	44.66	16.21	175m:	2:02.10	20.38	275m:	3:23.96	20.68	375m:	4:39.45	17.71
	100m:	1:01.70	17.04	200m:	2:21.74	19.64	300m:	3:45.32	21.36	400m:	4:55.98	16.53
17.				2000				<b>+0,88</b>	<b>4:56.05  </b>		<b>503</b>	
	25m:	14.10	14.10	125m:	1:24.80	18.86	225m:	2:40.22	21.38	325m:	4:03.77	17.97
	50m:	30.50	16.40	150m:	1:42.64	17.84	250m:	3:01.96	21.74	350m:	4:21.37	17.60
	75m:	47.81	17.31	175m:	2:00.95	18.31	275m:	3:23.86	21.90	375m:	4:39.17	17.80
	100m:	1:05.94	18.13	200m:	2:18.84	17.89	300m:	3:45.80	21.94	400m:	4:56.05	16.88
18.				1999					<b>4:57.94  </b>		<b>493</b>	
	25m:	13.58	13.58	125m:	1:30.15	19.37	225m:	2:47.31	20.30	325m:	4:08.35	18.06
	50m:	31.49	17.91	150m:	1:48.76	18.61	250m:	3:07.81	20.50	350m:	4:25.57	17.22
	75m:	50.56	19.07	175m:	2:08.01	19.25	275m:	3:29.01	21.20	375m:	4:42.42	16.85
	100m:	1:10.78	20.22	200m:	2:27.01	19.00	300m:	3:50.29	21.28	400m:	4:57.94	15.52
19.				1999				<b>+0,76</b>	<b>4:59.41  </b>		<b>486</b>	
	25m:	13.72	13.72	125m:	1:27.26	20.07	225m:	2:46.23	19.97	325m:	4:09.68	17.54
	50m:	30.59	16.87	150m:	1:46.85	19.59	250m:	3:07.20	20.97	350m:	4:26.54	16.86
	75m:	48.40	17.81	175m:	2:06.66	19.81	275m:	3:29.49	22.29	375m:	4:42.87	16.33
	100m:	1:07.19	18.79	200m:	2:26.26	19.60	300m:	3:52.14	22.65	400m:	4:59.41	16.54

