

, 23 - 26 2021

10
24.02.2021 - 9:30

, 400m

				3:43.45				(CHN)				09.08.2008
				3:47.36				(HUN)				20.08.2019
: FINA 2020												
				/				R.T.				FINA
1.				2003							4:03.12	741
	50m:	27.46	27.46	150m:	1:29.96	31.37	250m:	2:32.72	31.58	350m:	3:34.61	30.63
	100m:	58.59	31.13	200m:	2:01.14	31.18	300m:	3:03.98	31.26	400m:	4:03.12	28.51
2.				2003							4:03.59	737
	50m:	28.66	28.66	150m:	1:30.58	30.66	250m:	2:31.93	30.87	350m:	3:35.04	31.61
	100m:	59.92	31.26	200m:	2:01.06	30.48	300m:	3:03.43	31.50	400m:	4:03.59	28.55
3.				2001							4:03.76	735
	50m:	28.06	28.06	150m:	1:29.65	30.68	250m:	2:32.10	31.57	350m:	3:34.81	31.09
	100m:	58.97	30.91	200m:	2:00.53	30.88	300m:	3:03.72	31.62	400m:	4:03.76	28.95
4.				2002							4:04.45	729
	50m:	28.45	28.45	150m:	1:30.33	31.18	250m:	2:32.56	30.71	350m:	3:34.79	30.84
	100m:	59.15	30.70	200m:	2:01.85	31.52	300m:	3:03.95	31.39	400m:	4:04.45	29.66
5.				2002							4:06.16	714
	50m:	28.18	28.18	150m:	1:30.45	31.15	250m:	2:32.77	30.74	350m:	3:35.09	31.33
	100m:	59.30	31.12	200m:	2:02.03	31.58	300m:	3:03.76	30.99	400m:	4:06.16	31.07
6.				2000							4:07.28	704
	50m:	27.74	27.74	150m:	1:30.47	31.33	250m:	2:33.15	31.00	350m:	3:36.42	31.52
	100m:	59.14	31.40	200m:	2:02.15	31.68	300m:	3:04.90	31.75	400m:	4:07.28	30.86
7.				1999							4:08.21	696
	50m:	27.25	27.25	150m:	1:29.45	31.24	250m:	2:31.72	31.09	350m:	3:36.31	32.76
	100m:	58.21	30.96	200m:	2:00.63	31.18	300m:	3:03.55	31.83	400m:	4:08.21	31.90
8.				2005							4:12.19	664
	50m:	28.32	28.32	150m:	1:31.04	31.82	250m:	2:35.61	32.52	350m:	3:41.43	32.90
	100m:	59.22	30.90	200m:	2:03.09	32.05	300m:	3:08.53	32.92	400m:	4:12.19	30.76
9.				2000							4:12.85	659
	50m:	27.96	27.96	150m:	1:31.14	31.90	250m:	2:34.70	31.71	350m:	3:40.19	32.93
	100m:	59.24	31.28	200m:	2:02.99	31.85	300m:	3:07.26	32.56	400m:	4:12.85	32.66
10.				2004							4:12.94	658
	50m:	28.62	28.62	150m:	1:31.87	31.95	250m:	2:36.54	32.53	350m:	3:41.73	32.89
	100m:	59.92	31.30	200m:	2:04.01	32.14	300m:	3:08.84	32.30	400m:	4:12.94	31.21
11.				2004							4:13.38	655
	50m:	28.92	28.92	150m:	1:32.29	31.61	250m:	2:37.23	32.14	350m:	3:42.26	31.91
	100m:	1:00.68	31.76	200m:	2:05.09	32.80	300m:	3:10.35	33.12	400m:	4:13.38	31.12
12.				2003							4:13.44	654
	50m:	28.25	28.25	150m:	1:31.89	31.99	250m:	2:37.09	32.99	350m:	3:43.84	33.47
	100m:	59.90	31.65	200m:	2:04.10	32.21	300m:	3:10.37	33.28	400m:	4:13.44	29.60
13.				2004							4:14.47	646
	50m:	27.61	27.61	150m:	1:30.55	31.51	250m:	2:35.10	32.34	350m:	3:41.02	32.60
	100m:	59.04	31.43	200m:	2:02.76	32.21	300m:	3:08.42	33.32	400m:	4:14.47	33.45
14.				2004							4:15.41	639
	50m:	29.56	29.56	150m:	1:34.62	32.74	250m:	2:39.62	32.41	350m:	3:44.46	32.42
	100m:	1:01.88	32.32	200m:	2:07.21	32.59	300m:	3:12.04	32.42	400m:	4:15.41	30.95

" ", 50

ALT TIMING



10,	, 400m								R.T.	FINA		
15.			2005						4:15.61	638		
	50m:	28.66	28.66	150m:	1:32.64	32.34	250m:	2:37.91	33.11	350m:	3:44.33	33.64
	100m:	1:00.30	31.64	200m:	2:04.80	32.16	300m:	3:10.69	32.78	400m:	4:15.61	31.28
16.			2003						4:15.84	636		
	50m:	28.86	28.86	150m:	1:31.79	31.74	250m:	2:36.13	32.32	350m:	3:42.97	33.67
	100m:	1:00.05	31.19	200m:	2:03.81	32.02	300m:	3:09.30	33.17	400m:	4:15.84	32.87
17.			2006						4:16.54	631		
	50m:	29.56	29.56	150m:	1:34.50	32.74	250m:	2:40.16	33.15	350m:	3:44.98	32.09
	100m:	1:01.76	32.20	200m:	2:07.01	32.51	300m:	3:12.89	32.73	400m:	4:16.54	31.56
18.			2003						4:17.00	627		
	50m:	29.33	29.33	150m:	1:33.27	32.16	250m:	2:39.10	32.69	350m:	3:45.97	33.50
	100m:	1:01.11	31.78	200m:	2:06.41	33.14	300m:	3:12.47	33.37	400m:	4:17.00	31.03
19.			2005						4:18.52	616		
	50m:	28.50	28.50	150m:	1:33.21	32.73	250m:	2:39.86	33.36	350m:	3:46.77	33.15
	100m:	1:00.48	31.98	200m:	2:06.50	33.29	300m:	3:13.62	33.76	400m:	4:18.52	31.75
20.			2000						4:18.69	615		
	50m:	29.58	29.58	150m:	1:33.97	32.29	250m:	2:40.03	33.07	350m:	3:46.73	33.36
	100m:	1:01.68	32.10	200m:	2:06.96	32.99	300m:	3:13.37	33.34	400m:	4:18.69	31.96
21.			2004						4:18.78	615		
	50m:	28.41	28.41	150m:	1:33.44	32.53	250m:	2:39.86	33.26	350m:	3:46.26	33.04
	100m:	1:00.91	32.50	200m:	2:06.60	33.16	300m:	3:13.22	33.36	400m:	4:18.78	32.52
22.			2005						4:19.22	611		
	50m:	29.14	29.14	150m:	1:32.79	32.47	250m:	2:39.75	33.83	350m:	3:47.83	33.67
	100m:	1:00.32	31.18	200m:	2:05.92	33.13	300m:	3:14.16	34.41	400m:	4:19.22	31.39
23.			2004						4:19.57	609		
	50m:	29.02	29.02	150m:	1:34.60	33.24	250m:	2:41.74	33.57	350m:	3:48.59	33.22
	100m:	1:01.36	32.34	200m:	2:08.17	33.57	300m:	3:15.37	33.63	400m:	4:19.57	30.98
24.			2004						4:20.03	606		
	50m:	30.04	30.04	150m:	1:35.20	32.71	250m:	2:41.22	33.15	350m:	3:47.23	32.71
	100m:	1:02.49	32.45	200m:	2:08.07	32.87	300m:	3:14.52	33.30	400m:	4:20.03	32.80
25.			2003						4:20.37	603		
	50m:	29.23	29.23	150m:	1:33.57	32.36	250m:	2:40.02	33.36	350m:	3:48.05	34.02
	100m:	1:01.21	31.98	200m:	2:06.66	33.09	300m:	3:14.03	34.01	400m:	4:20.37	32.32
26.			2005						4:20.65	601		
	50m:	28.99	28.99	150m:	1:35.25	33.86	250m:	2:42.94	34.09	350m:	3:49.98	33.65
	100m:	1:01.39	32.40	200m:	2:08.85	33.60	300m:	3:16.33	33.39	400m:	4:20.65	30.67
27.			2005						4:20.78	600		
	50m:	29.41	29.41	150m:	1:32.42	31.68	250m:	2:37.94	33.20	350m:	3:46.81	34.64
	100m:	1:00.74	31.33	200m:	2:04.74	32.32	300m:	3:12.17	34.23	400m:	4:20.78	33.97
28.			2004						4:20.85	600		
	50m:	29.02	29.02	150m:	1:34.15	33.16	250m:	2:40.93	33.90	350m:	3:48.67	34.15
	100m:	1:00.99	31.97	200m:	2:07.03	32.88	300m:	3:14.52	33.59	400m:	4:20.85	32.18
29.			1998						4:21.04	599		
	50m:	29.41	29.41	150m:	1:35.33	33.30	250m:	2:44.19	34.52	350m:	3:50.32	31.23
	100m:	1:02.03	32.62	200m:	2:09.67	34.34	300m:	3:19.09	34.90	400m:	4:21.04	30.72

	10,	, 400m							R.T.		FINA
30.			2004							4:21.42	596
	50m:	28.68	28.68	150m:	1:34.98	33.69	250m:	2:42.36	33.32	350m:	3:49.53
	100m:	1:01.29	32.61	200m:	2:09.04	34.06	300m:	3:17.02	34.66	400m:	4:21.42
31.			2005							4:21.69	594
	50m:	29.24	29.24	150m:	1:34.69	32.93	250m:	2:42.32	33.70	350m:	3:49.98
	100m:	1:01.76	32.52	200m:	2:08.62	33.93	300m:	3:16.31	33.99	400m:	4:21.69
32.			2003							4:21.76	594
	50m:	29.09	29.09	150m:	1:33.74	32.38	250m:	2:40.44	33.17	350m:	3:48.61
	100m:	1:01.36	32.27	200m:	2:07.27	33.53	300m:	3:14.47	34.03	400m:	4:21.76
33.			2004							4:22.05	592
	50m:	28.50	28.50	150m:	1:34.08	32.52	250m:	2:40.66	33.55	350m:	3:50.01
	100m:	1:01.56	33.06	200m:	2:07.11	33.03	300m:	3:15.46	34.80	400m:	4:22.05
34.			2004							4:24.40	576
	50m:	29.56	29.56	150m:	1:34.71	33.08	250m:	2:42.90	34.17	350m:	3:52.03
	100m:	1:01.63	32.07	200m:	2:08.73	34.02	300m:	3:17.84	34.94	400m:	4:24.40
35.			2002							4:24.95	573
	50m:	29.82	29.82	150m:	1:35.80	33.61	250m:	2:44.68	34.52	350m:	3:52.77
	100m:	1:02.19	32.37	200m:	2:10.16	34.36	300m:	3:19.03	34.35	400m:	4:24.95
36.			2003							4:25.96	566
	50m:	29.50	29.50	150m:	1:35.70	33.01	250m:	2:44.12	34.74	350m:	3:53.89
	100m:	1:02.69	33.19	200m:	2:09.38	33.68	300m:	3:19.20	35.08	400m:	4:25.96
37.			2003							4:26.07	565
	50m:	29.32	29.32	150m:	1:34.61	32.92	250m:	2:42.29	34.18	350m:	3:52.21
	100m:	1:01.69	32.37	200m:	2:08.11	33.50	300m:	3:17.27	34.98	400m:	4:26.07
38.			2005							4:26.11	565
	50m:	29.35	29.35	150m:	1:34.95	33.19	250m:	2:42.59	33.60	350m:	3:53.48
	100m:	1:01.76	32.41	200m:	2:08.99	34.04	300m:	3:18.03	35.44	400m:	4:26.11
39.			2004							4:26.20	565
	50m:	29.81	29.81	150m:	1:31.43	29.47	250m:	2:43.10	34.43	350m:	3:52.77
	100m:	1:01.96	32.15	200m:	2:08.67	37.24	300m:	3:18.35	35.25	400m:	4:26.20
40.			2001							4:26.40	563
	50m:	28.94	28.94	150m:	1:35.68	33.48	250m:	2:44.01	34.06	350m:	3:52.72
	100m:	1:02.20	33.26	200m:	2:09.95	34.27	300m:	3:19.15	35.14	400m:	4:26.40
41.			2005							4:26.60	562
	50m:	28.98	28.98	150m:	1:34.42	33.55	250m:	2:43.47	34.67	350m:	3:53.00
	100m:	1:00.87	31.89	200m:	2:08.80	34.38	300m:	3:18.30	34.83	400m:	4:26.60
42.			2005							4:26.97	560
	50m:	29.53	29.53	150m:	1:35.28	33.14	250m:	2:44.05	35.02	350m:	3:54.25
	100m:	1:02.14	32.61	200m:	2:09.03	33.75	300m:	3:19.49	35.44	400m:	4:26.97
43.			2004							4:27.35	557
	50m:	29.00	29.00	150m:	1:36.58	34.30	250m:	2:45.40	34.77	350m:	3:54.37
	100m:	1:02.28	33.28	200m:	2:10.63	34.05	300m:	3:20.08	34.68	400m:	4:27.35
44.			2003							4:27.54	556
	50m:	29.31	29.31	150m:	1:34.73	33.54	250m:	2:44.94	35.63	350m:	3:54.90
	100m:	1:01.19	31.88	200m:	2:09.31	34.58	300m:	3:20.07	35.13	400m:	4:27.54



10,	, 400m								R.T.	FINA			
45.			2004	I							4:28.29	I	551
	50m:	29.87	29.87	150m:	1:36.09	33.50	250m:	2:45.85	34.81	350m:	3:55.27	34.43	
	100m:	1:02.59	32.72	200m:	2:11.04	34.95	300m:	3:20.84	34.99	400m:	4:28.29	33.02	
46.			2003	I							4:28.77	I	548
	50m:	30.98	30.98	150m:	1:38.51	33.99	250m:	2:47.21	34.50	350m:	3:55.76	34.40	
	100m:	1:04.52	33.54	200m:	2:12.71	34.20	300m:	3:21.36	34.15	400m:	4:28.77	33.01	
47.			2004								4:28.94	I	547
	50m:	30.83	30.83	150m:	1:40.49	35.51	250m:	2:49.09	33.70	350m:	3:56.00	33.55	
	100m:	1:04.98	34.15	200m:	2:15.39	34.90	300m:	3:22.45	33.36	400m:	4:28.94	32.94	
48.			2004	I							4:30.91	I	536
	50m:	29.71	29.71	150m:	1:37.67	34.56	250m:	2:48.12	35.55	350m:	3:57.63	35.08	
	100m:	1:03.11	33.40	200m:	2:12.57	34.90	300m:	3:22.55	34.43	400m:	4:30.91	33.28	
49.			2002								4:30.94	I	535
	50m:	30.27	30.27	150m:	1:39.60	35.40	250m:	2:48.87	33.58	350m:	3:56.32	34.62	
	100m:	1:04.20	33.93	200m:	2:15.29	35.69	300m:	3:21.70	32.83	400m:	4:30.94	34.62	
50.			2004	I							4:33.09	I	523
	50m:	28.76	28.76	150m:	1:36.18	33.76	250m:	2:46.71	35.59	350m:	3:58.68	35.92	
	100m:	1:02.42	33.66	200m:	2:11.12	34.94	300m:	3:22.76	36.05	400m:	4:33.09	34.41	
51.			2004	I							4:34.08		517
	50m:	30.03	30.03	150m:	1:38.15	34.42	250m:	2:49.02	35.57	350m:	3:59.82	35.15	
	100m:	1:03.73	33.70	200m:	2:13.45	35.30	300m:	3:24.67	35.65	400m:	4:34.08	34.26	
			2005	I							4:34.08		517
	50m:	29.38	29.38	150m:	1:37.02	34.49	250m:	2:47.98	35.37	350m:	4:00.36	36.19	
	100m:	1:02.53	33.15	200m:	2:12.61	35.59	300m:	3:24.17	36.19	400m:	4:34.08	33.72	
53.			2004	I							4:37.58		498
	50m:	30.40	30.40	150m:	1:37.07	33.60	250m:	2:47.85	35.55	350m:	4:01.51	36.76	
	100m:	1:03.47	33.07	200m:	2:12.30	35.23	300m:	3:24.75	36.90	400m:	4:37.58	36.07	
54.			2005	I							4:38.22		494
	50m:	29.36	29.36	150m:	1:38.28	35.07	250m:	2:49.98	35.88	350m:	4:03.25	37.03	
	100m:	1:03.21	33.85	200m:	2:14.10	35.82	300m:	3:26.22	36.24	400m:	4:38.22	34.97	
55.			2001								4:39.33		489
	50m:	28.34	28.34	150m:	1:35.38	34.78	250m:	2:47.50	36.40	350m:	4:02.84	37.36	
	100m:	1:00.60	32.26	200m:	2:11.10	35.72	300m:	3:25.48	37.98	400m:	4:39.33	36.49	
56.			2004	I							4:43.70		466
	50m:	30.44	30.44	150m:	1:39.92	35.44	250m:	2:53.40	37.04	350m:	4:07.57	37.25	
	100m:	1:04.48	34.04	200m:	2:16.36	36.44	300m:	3:30.32	36.92	400m:	4:43.70	36.13	
57.			2005	I							4:46.87		451
	50m:	31.13	31.13	150m:	1:42.91	36.56	250m:	2:57.29	37.18	350m:	4:11.94	37.13	
	100m:	1:06.35	35.22	200m:	2:20.11	37.20	300m:	3:34.81	37.52	400m:	4:46.87	34.93	
58.			2006	I							4:49.82		437
	50m:	30.93	30.93	150m:	1:43.55	37.31	250m:	2:59.39	37.99	350m:	4:13.63	36.65	
	100m:	1:06.24	35.31	200m:	2:21.40	37.85	300m:	3:36.98	37.59	400m:	4:49.82	36.19	
59.			2005	I							4:49.90		437
	50m:	29.94	29.94	150m:	1:40.12	36.14	250m:	2:56.99	39.11	350m:	4:14.08	38.88	
	100m:	1:03.98	34.04	200m:	2:17.88	37.76	300m:	3:35.20	38.21	400m:	4:49.90	35.82	



	10,	, 400m							R.T.		FINA	
60.			2004	I					4:50.89		433	
	50m:	32.71	32.71	150m:	1:45.10	36.54	250m:	2:59.88	37.29	350m:	4:14.56	37.35
	100m:	1:08.56	35.85	200m:	2:22.59	37.49	300m:	3:37.21	37.33	400m:	4:50.89	36.33
61.			2004	I					4:53.48		421	
	50m:	30.81	30.81	150m:	1:42.16	36.42	250m:	2:58.90	38.63	350m:	4:16.77	38.78
	100m:	1:05.74	34.93	200m:	2:20.27	38.11	300m:	3:37.99	39.09	400m:	4:53.48	36.71
62.			2004	I					4:53.79		420	
	50m:	29.40	29.40	150m:	1:42.79	37.78	250m:	2:59.31	38.14	350m:	4:16.38	38.32
	100m:	1:05.01	35.61	200m:	2:21.17	38.38	300m:	3:38.06	38.75	400m:	4:53.79	37.41
63.			2004	I					4:54.10		418	
	50m:	29.97	29.97	150m:	1:41.85	36.60	250m:	2:59.17	38.75	350m:	4:16.09	38.23
	100m:	1:05.25	35.28	200m:	2:20.42	38.57	300m:	3:37.86	38.69	400m:	4:54.10	38.01
64.			2004	I					4:56.46		409	
	50m:	31.52	31.52	150m:	1:45.00	37.46	250m:	3:01.50	38.65	350m:	4:18.31	38.08
	100m:	1:07.54	36.02	200m:	2:22.85	37.85	300m:	3:40.23	38.73	400m:	4:56.46	38.15
65.			2006	I					4:59.72		395	
	50m:	31.32	31.32	150m:	1:45.04	37.95	250m:	3:02.77	38.70	350m:	4:21.43	39.13
	100m:	1:07.09	35.77	200m:	2:24.07	39.03	300m:	3:42.30	39.53	400m:	4:59.72	38.29
66.			2005	I					5:08.01		364	
	50m:	31.64	31.64	150m:	1:47.84	39.67	250m:	3:09.97	41.42	350m:	4:31.68	39.70
	100m:	1:08.17	36.53	200m:	2:28.55	40.71	300m:	3:51.98	42.01	400m:	5:08.01	36.33
67.			2006	I					5:09.96		357	
	50m:	30.91	30.91	150m:	1:47.21	39.61	250m:	3:08.15	40.92	350m:	4:31.45	41.83
	100m:	1:07.60	36.69	200m:	2:27.23	40.02	300m:	3:49.62	41.47	400m:	5:09.96	38.51
68.			2005	I					5:17.29		333	
	50m:	31.08	31.08	150m:	1:46.53	39.36	250m:	3:10.80	42.38	350m:	4:35.75	42.94
	100m:	1:07.17	36.09	200m:	2:28.42	41.89	300m:	3:52.81	42.01	400m:	5:17.29	41.54
DSQ			2005									



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10, , 400m
 10 , 400m (17-18)
 24.02.2021 - 9:30

3:43.45 (CHN) 09.08.2008
 3:47.36 (HUN) 20.08.2019

: FINA 2020

				/						R.T.	FINA	
1.				2003						4:03.12	741	
	50m:	27.46	27.46	150m:	1:29.96	31.37	250m:	2:32.72	31.58	350m:	3:34.61	30.63
	100m:	58.59	31.13	200m:	2:01.14	31.18	300m:	3:03.98	31.26	400m:	4:03.12	28.51
2.				2003						4:03.59	737	
	50m:	28.66	28.66	150m:	1:30.58	30.66	250m:	2:31.93	30.87	350m:	3:35.04	31.61
	100m:	59.92	31.26	200m:	2:01.06	30.48	300m:	3:03.43	31.50	400m:	4:03.59	28.55
3.				2004						4:12.94	658	
	50m:	28.62	28.62	150m:	1:31.87	31.95	250m:	2:36.54	32.53	350m:	3:41.73	32.89
	100m:	59.92	31.30	200m:	2:04.01	32.14	300m:	3:08.84	32.30	400m:	4:12.94	31.21
4.				2004						4:13.38	655	
	50m:	28.92	28.92	150m:	1:32.29	31.61	250m:	2:37.23	32.14	350m:	3:42.26	31.91
	100m:	1:00.68	31.76	200m:	2:05.09	32.80	300m:	3:10.35	33.12	400m:	4:13.38	31.12
5.				2003						4:13.44	654	
	50m:	28.25	28.25	150m:	1:31.89	31.99	250m:	2:37.09	32.99	350m:	3:43.84	33.47
	100m:	59.90	31.65	200m:	2:04.10	32.21	300m:	3:10.37	33.28	400m:	4:13.44	29.60
6.				2004						4:14.47	646	
	50m:	27.61	27.61	150m:	1:30.55	31.51	250m:	2:35.10	32.34	350m:	3:41.02	32.60
	100m:	59.04	31.43	200m:	2:02.76	32.21	300m:	3:08.42	33.32	400m:	4:14.47	33.45
7.				2004						4:15.41	639	
	50m:	29.56	29.56	150m:	1:34.62	32.74	250m:	2:39.62	32.41	350m:	3:44.46	32.42
	100m:	1:01.88	32.32	200m:	2:07.21	32.59	300m:	3:12.04	32.42	400m:	4:15.41	30.95
8.				2003						4:15.84	636	
	50m:	28.86	28.86	150m:	1:31.79	31.74	250m:	2:36.13	32.32	350m:	3:42.97	33.67
	100m:	1:00.05	31.19	200m:	2:03.81	32.02	300m:	3:09.30	33.17	400m:	4:15.84	32.87
9.				2003						4:17.00	627	
	50m:	29.33	29.33	150m:	1:33.27	32.16	250m:	2:39.10	32.69	350m:	3:45.97	33.50
	100m:	1:01.11	31.78	200m:	2:06.41	33.14	300m:	3:12.47	33.37	400m:	4:17.00	31.03
10.				2004						4:18.78	615	
	50m:	28.41	28.41	150m:	1:33.44	32.53	250m:	2:39.86	33.26	350m:	3:46.26	33.04
	100m:	1:00.91	32.50	200m:	2:06.60	33.16	300m:	3:13.22	33.36	400m:	4:18.78	32.52
11.				2004						4:19.57	609	
	50m:	29.02	29.02	150m:	1:34.60	33.24	250m:	2:41.74	33.57	350m:	3:48.59	33.22
	100m:	1:01.36	32.34	200m:	2:08.17	33.57	300m:	3:15.37	33.63	400m:	4:19.57	30.98
12.				2004						4:20.03	606	
	50m:	30.04	30.04	150m:	1:35.20	32.71	250m:	2:41.22	33.15	350m:	3:47.23	32.71
	100m:	1:02.49	32.45	200m:	2:08.07	32.87	300m:	3:14.52	33.30	400m:	4:20.03	32.80
13.				2003						4:20.37	603	
	50m:	29.23	29.23	150m:	1:33.57	32.36	250m:	2:40.02	33.36	350m:	3:48.05	34.02
	100m:	1:01.21	31.98	200m:	2:06.66	33.09	300m:	3:14.03	34.01	400m:	4:20.37	32.32

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10,	, 400m				(17-18)				R.T.	FINA		
14.			/		2004					4:20.85	600	
	50m:	29.02	29.02	150m:	1:34.15	33.16	250m:	2:40.93	33.90	350m:	3:48.67	34.15
	100m:	1:00.99	31.97	200m:	2:07.03	32.88	300m:	3:14.52	33.59	400m:	4:20.85	32.18
15.					2004					4:21.42	596	
	50m:	28.68	28.68	150m:	1:34.98	33.69	250m:	2:42.36	33.32	350m:	3:49.53	32.51
	100m:	1:01.29	32.61	200m:	2:09.04	34.06	300m:	3:17.02	34.66	400m:	4:21.42	31.89
16.					2003					4:21.76	594	
	50m:	29.09	29.09	150m:	1:33.74	32.38	250m:	2:40.44	33.17	350m:	3:48.61	34.14
	100m:	1:01.36	32.27	200m:	2:07.27	33.53	300m:	3:14.47	34.03	400m:	4:21.76	33.15
17.					2004					4:22.05	592	
	50m:	28.50	28.50	150m:	1:34.08	32.52	250m:	2:40.66	33.55	350m:	3:50.01	34.55
	100m:	1:01.56	33.06	200m:	2:07.11	33.03	300m:	3:15.46	34.80	400m:	4:22.05	32.04
18.					2004					4:24.40	576	
	50m:	29.56	29.56	150m:	1:34.71	33.08	250m:	2:42.90	34.17	350m:	3:52.03	34.19
	100m:	1:01.63	32.07	200m:	2:08.73	34.02	300m:	3:17.84	34.94	400m:	4:24.40	32.37
19.					2003					4:25.96	566	
	50m:	29.50	29.50	150m:	1:35.70	33.01	250m:	2:44.12	34.74	350m:	3:53.89	34.69
	100m:	1:02.69	33.19	200m:	2:09.38	33.68	300m:	3:19.20	35.08	400m:	4:25.96	32.07
20.					2003					4:26.07	565	
	50m:	29.32	29.32	150m:	1:34.61	32.92	250m:	2:42.29	34.18	350m:	3:52.21	34.94
	100m:	1:01.69	32.37	200m:	2:08.11	33.50	300m:	3:17.27	34.98	400m:	4:26.07	33.86
21.					2004					4:26.20	565	
	50m:	29.81	29.81	150m:	1:31.43	29.47	250m:	2:43.10	34.43	350m:	3:52.77	34.42
	100m:	1:01.96	32.15	200m:	2:08.67	37.24	300m:	3:18.35	35.25	400m:	4:26.20	33.43
22.					2004					4:27.35	557	
	50m:	29.00	29.00	150m:	1:36.58	34.30	250m:	2:45.40	34.77	350m:	3:54.37	34.29
	100m:	1:02.28	33.28	200m:	2:10.63	34.05	300m:	3:20.08	34.68	400m:	4:27.35	32.98
23.					2003					4:27.54	556	
	50m:	29.31	29.31	150m:	1:34.73	33.54	250m:	2:44.94	35.63	350m:	3:54.90	34.83
	100m:	1:01.19	31.88	200m:	2:09.31	34.58	300m:	3:20.07	35.13	400m:	4:27.54	32.64
24.					2004					4:28.29	551	
	50m:	29.87	29.87	150m:	1:36.09	33.50	250m:	2:45.85	34.81	350m:	3:55.27	34.43
	100m:	1:02.59	32.72	200m:	2:11.04	34.95	300m:	3:20.84	34.99	400m:	4:28.29	33.02
25.					2003					4:28.77	548	
	50m:	30.98	30.98	150m:	1:38.51	33.99	250m:	2:47.21	34.50	350m:	3:55.76	34.40
	100m:	1:04.52	33.54	200m:	2:12.71	34.20	300m:	3:21.36	34.15	400m:	4:28.77	33.01
26.					2004					4:28.94	547	
	50m:	30.83	30.83	150m:	1:40.49	35.51	250m:	2:49.09	33.70	350m:	3:56.00	33.55
	100m:	1:04.98	34.15	200m:	2:15.39	34.90	300m:	3:22.45	33.36	400m:	4:28.94	32.94
27.					2004					4:30.91	536	
	50m:	29.71	29.71	150m:	1:37.67	34.56	250m:	2:48.12	35.55	350m:	3:57.63	35.08
	100m:	1:03.11	33.40	200m:	2:12.57	34.90	300m:	3:22.55	34.43	400m:	4:30.91	33.28
28.					2004					4:33.09	523	
	50m:	28.76	28.76	150m:	1:36.18	33.76	250m:	2:46.71	35.59	350m:	3:58.68	35.92
	100m:	1:02.42	33.66	200m:	2:11.12	34.94	300m:	3:22.76	36.05	400m:	4:33.09	34.41

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10,		, 400m				(17-18)		R.T.		FINA		
29.				2004	I				4:34.08		517	
	50m:	30.03	30.03	150m:	1:38.15	34.42	250m:	2:49.02	35.57	350m:	3:59.82	35.15
	100m:	1:03.73	33.70	200m:	2:13.45	35.30	300m:	3:24.67	35.65	400m:	4:34.08	34.26
30.				2004	I				4:37.58		498	
	50m:	30.40	30.40	150m:	1:37.07	33.60	250m:	2:47.85	35.55	350m:	4:01.51	36.76
	100m:	1:03.47	33.07	200m:	2:12.30	35.23	300m:	3:24.75	36.90	400m:	4:37.58	36.07
31.				2004	I				4:43.70		466	
	50m:	30.44	30.44	150m:	1:39.92	35.44	250m:	2:53.40	37.04	350m:	4:07.57	37.25
	100m:	1:04.48	34.04	200m:	2:16.36	36.44	300m:	3:30.32	36.92	400m:	4:43.70	36.13
32.				2004	I				4:50.89		433	
	50m:	32.71	32.71	150m:	1:45.10	36.54	250m:	2:59.88	37.29	350m:	4:14.56	37.35
	100m:	1:08.56	35.85	200m:	2:22.59	37.49	300m:	3:37.21	37.33	400m:	4:50.89	36.33
33.				2004	I				4:53.48		421	
	50m:	30.81	30.81	150m:	1:42.16	36.42	250m:	2:58.90	38.63	350m:	4:16.77	38.78
	100m:	1:05.74	34.93	200m:	2:20.27	38.11	300m:	3:37.99	39.09	400m:	4:53.48	36.71
34.				2004	I				4:53.79		420	
	50m:	29.40	29.40	150m:	1:42.79	37.78	250m:	2:59.31	38.14	350m:	4:16.38	38.32
	100m:	1:05.01	35.61	200m:	2:21.17	38.38	300m:	3:38.06	38.75	400m:	4:53.79	37.41
35.				2004	I				4:54.10		418	
	50m:	29.97	29.97	150m:	1:41.85	36.60	250m:	2:59.17	38.75	350m:	4:16.09	38.23
	100m:	1:05.25	35.28	200m:	2:20.42	38.57	300m:	3:37.86	38.69	400m:	4:54.10	38.01
36.				2004	I				4:56.46		409	
	50m:	31.52	31.52	150m:	1:45.00	37.46	250m:	3:01.50	38.65	350m:	4:18.31	38.08
	100m:	1:07.54	36.02	200m:	2:22.85	37.85	300m:	3:40.23	38.73	400m:	4:56.46	38.15

