

, 18 - 21 2020

9
19.02.2020 - 9:00

, 400m

											4:06.01			09.04.2019	
											4:08.81			24.06.2015	
													(AZE)		
: FINA 2020															
											/	R.T.		FINA	
1.				2002				- 1	4:16.91		779				
	50m:	29.42	29.42	150m:	1:33.59	32.03	250m:	2:38.69	32.82	350m:	3:45.02	32.95			
	100m:	1:01.56	32.14	200m:	2:05.87	32.28	300m:	3:12.07	33.38	400m:	4:16.91	31.89			
2.				2002				- 1	4:26.26		700				
	50m:	30.27	30.27	150m:	1:38.23	34.48	250m:	2:46.54	33.89	350m:	3:53.77	33.24			
	100m:	1:03.75	33.48	200m:	2:12.65	34.42	300m:	3:20.53	33.99	400m:	4:26.26	32.49			
3.				2004					4:28.06		686				
	50m:	30.42	30.42	150m:	1:35.35	32.58	250m:	2:43.52	34.11	350m:	3:53.40	35.08			
	100m:	1:02.77	32.35	200m:	2:09.41	34.06	300m:	3:18.32	34.80	400m:	4:28.06	34.66			
4.				2004				- 2	4:29.66		674				
	50m:	30.90	30.90	150m:	1:37.94	33.79	250m:	2:46.13	34.18	350m:	3:55.83	34.98			
	100m:	1:04.15	33.25	200m:	2:11.95	34.01	300m:	3:20.85	34.72	400m:	4:29.66	33.83			
5.				2005					4:31.44		661				
	50m:	31.70	31.70	150m:	1:40.78	34.66	250m:	2:50.19	34.48	350m:	3:59.37	34.10			
	100m:	1:06.12	34.42	200m:	2:15.71	34.93	300m:	3:25.27	35.08	400m:	4:31.44	32.07			
6.				2005				- 1	4:33.18		648				
	50m:	31.00	31.00	150m:	1:39.70	34.50	250m:	2:49.59	34.83	350m:	3:59.84	34.89			
	100m:	1:05.20	34.20	200m:	2:14.76	35.06	300m:	3:24.95	35.36	400m:	4:33.18	33.34			
7.				2005				- 1	4:34.33		640				
	50m:	31.38	31.38	150m:	1:40.83	34.72	250m:	2:51.02	35.04	350m:	4:00.80	34.81			
	100m:	1:06.11	34.73	200m:	2:15.98	35.15	300m:	3:25.99	34.97	400m:	4:34.33	33.53			
8.				2006				- 1	4:34.79		637				
	50m:	31.47	31.47	150m:	1:40.31	34.43	250m:	2:50.13	35.03	350m:	4:00.56	35.27			
	100m:	1:05.88	34.41	200m:	2:15.10	34.79	300m:	3:25.29	35.16	400m:	4:34.79	34.23			
9.				2004				- 1	4:37.30		620				
	50m:	31.78	31.78	150m:	1:41.02	35.14	250m:	2:51.39	35.64	350m:	4:02.74	35.80			
	100m:	1:05.88	34.10	200m:	2:15.75	34.73	300m:	3:26.94	35.55	400m:	4:37.30	34.56			
10.				2002					4:37.65		617				
	50m:	31.76	31.76	150m:	1:42.08	35.44	250m:	2:52.72	35.33	350m:	4:03.98	35.18			
	100m:	1:06.64	34.88	200m:	2:17.39	35.31	300m:	3:28.80	36.08	400m:	4:37.65	33.67			
11.				2003					4:37.67		617				
	50m:	31.69	31.69	150m:	1:42.71	35.99	250m:	2:54.14	35.83	350m:	4:04.48	35.24			
	100m:	1:06.72	35.03	200m:	2:18.31	35.60	300m:	3:29.24	35.10	400m:	4:37.67	33.19			
12.				2005				- 1	4:38.03		615				
	50m:	31.04	31.04	150m:	1:39.73	34.93	250m:	2:50.94	35.87	350m:	4:03.31	36.08			
	100m:	1:04.80	33.76	200m:	2:15.07	35.34	300m:	3:27.23	36.29	400m:	4:38.03	34.72			
13.				2003				- 1	4:39.87		603				
	50m:	31.72	31.72	150m:	1:42.27	35.40	250m:	2:53.77	35.65	350m:	4:05.12	35.14			
	100m:	1:06.87	35.15	200m:	2:18.12	35.85	300m:	3:29.98	36.21	400m:	4:39.87	34.75			

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9, , 400m								R.T.		FINA		
14.				2002					4:39.98		602	
	50m:	32.23	32.23	150m:	1:42.76	35.65	250m:	2:54.36	35.75	350m:	4:05.80	35.50
	100m:	1:07.11	34.88	200m:	2:18.61	35.85	300m:	3:30.30	35.94	400m:	4:39.98	34.18
15.				2005					4:40.02		602	
	50m:	30.30	30.30	150m:	1:38.96	35.40	250m:	2:53.06	37.69	350m:	4:06.53	36.27
	100m:	1:03.56	33.26	200m:	2:15.37	36.41	300m:	3:30.26	37.20	400m:	4:40.02	33.49
16.				2001					4:41.58		592	
	50m:	31.27	31.27	150m:	1:42.76	36.26	250m:	2:55.65	36.64	350m:	4:08.82	36.66
	100m:	1:06.50	35.23	200m:	2:19.01	36.25	300m:	3:32.16	36.51	400m:	4:41.58	32.76
17.				2005				- 2	4:43.65		579	
	50m:	32.20	32.20	150m:	1:43.53	36.29	250m:	2:56.15	36.40	350m:	4:08.71	36.30
	100m:	1:07.24	35.04	200m:	2:19.75	36.22	300m:	3:32.41	36.26	400m:	4:43.65	34.94
18.				2004				- 1	4:43.97		577	
	50m:	31.65	31.65	150m:	1:42.89	36.19	250m:	2:56.12	36.96	350m:	4:08.93	36.42
	100m:	1:06.70	35.05	200m:	2:19.16	36.27	300m:	3:32.51	36.39	400m:	4:43.97	35.04
19.				2004				- 1	4:44.93		571	
	50m:	32.84	32.84	150m:	1:45.26	36.70	250m:	2:57.78	36.19	350m:	4:10.25	36.21
	100m:	1:08.56	35.72	200m:	2:21.59	36.33	300m:	3:34.04	36.26	400m:	4:44.93	34.68
20.				2000					4:45.81		566	
	50m:	31.60	31.60	150m:	1:42.25	35.76	250m:	2:54.02	36.17	350m:	4:08.69	37.71
	100m:	1:06.49	34.89	200m:	2:17.85	35.60	300m:	3:30.98	36.96	400m:	4:45.81	37.12
21.				2005				- 1	4:45.89		565	
	50m:	31.49	31.49	150m:	1:41.78	35.72	250m:	2:55.39	36.98	350m:	4:09.39	36.88
	100m:	1:06.06	34.57	200m:	2:18.41	36.63	300m:	3:32.51	37.12	400m:	4:45.89	36.50
22.				2003					4:46.57		561	
	50m:	31.93	31.93	150m:	1:43.52	36.92	250m:	2:56.29	36.93	350m:	4:11.07	37.50
	100m:	1:06.60	34.67	200m:	2:19.36	35.84	300m:	3:33.57	37.28	400m:	4:46.57	35.50
23.				2006				- 2	4:47.15		558	
	50m:	31.98	31.98	150m:	1:43.83	36.47	250m:	2:58.47	37.48	350m:	4:11.97	37.19
	100m:	1:07.36	35.38	200m:	2:20.99	37.16	300m:	3:34.78	36.31	400m:	4:47.15	35.18
24.				2006					4:50.14		541	
	50m:	31.46	31.46	150m:	1:43.64	36.64	250m:	2:57.84	37.06	350m:	4:13.47	37.62
	100m:	1:07.00	35.54	200m:	2:20.78	37.14	300m:	3:35.85	38.01	400m:	4:50.14	36.67
25.				2004					4:50.33		540	
	50m:	31.55	31.55	150m:	1:44.44	36.99	250m:	2:59.36	37.52	350m:	4:14.45	37.21
	100m:	1:07.45	35.90	200m:	2:21.84	37.40	300m:	3:37.24	37.88	400m:	4:50.33	35.88
26.				2003					4:51.26		535	
	50m:	31.78	31.78	150m:	1:43.47	36.31	250m:	2:57.73	37.28	350m:	4:14.27	38.34
	100m:	1:07.16	35.38	200m:	2:20.45	36.98	300m:	3:35.93	38.20	400m:	4:51.26	36.99
27.				2006				- 2	4:51.74		532	
	50m:	33.97	33.97	150m:	1:46.38	36.53	250m:	3:00.46	37.28	350m:	4:15.05	37.22
	100m:	1:09.85	35.88	200m:	2:23.18	36.80	300m:	3:37.83	37.37	400m:	4:51.74	36.69
28.				2006					4:52.67		527	
	50m:	32.19	32.19	150m:	1:46.25	38.05	250m:	3:03.30	38.37	350m:	4:18.12	37.01
	100m:	1:08.20	36.01	200m:	2:24.93	38.68	300m:	3:41.11	37.81	400m:	4:52.67	34.55

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9, , 400m								R.T.		FINA	
29.			2006			- 1		4:52.94			525
	50m: 32.28	32.28	150m: 1:45.26	37.11	250m: 3:00.67	37.35	350m: 4:15.69	37.56			
	100m: 1:08.15	35.87	200m: 2:23.32	38.06	300m: 3:38.13	37.46	400m: 4:52.94	37.25			
30.			2004			- 1		4:54.10			519
	50m: 33.13	33.13	150m: 1:46.62	37.34	250m: 3:02.10	37.98	350m: 4:17.98	38.03			
	100m: 1:09.28	36.15	200m: 2:24.12	37.50	300m: 3:39.95	37.85	400m: 4:54.10	36.12			
31.			2006			- 2		4:54.28			518
	50m: 34.11	34.11	150m: 1:48.61	37.86	250m: 3:03.19	36.81	350m: 4:18.03	37.67			
	100m: 1:10.75	36.64	200m: 2:26.38	37.77	300m: 3:40.36	37.17	400m: 4:54.28	36.25			
32.			2004					4:54.54			517
	50m: 31.76	31.76	150m: 1:43.67	36.60	250m: 3:00.38	38.49	350m: 4:18.31	39.54			
	100m: 1:07.07	35.31	200m: 2:21.89	38.22	300m: 3:38.77	38.39	400m: 4:54.54	36.23			
33.			2002					4:54.61			517
	50m: 32.36	32.36	150m: 1:45.71	37.32	250m: 3:00.53	37.24	350m: 4:17.50	38.65			
	100m: 1:08.39	36.03	200m: 2:23.29	37.58	300m: 3:38.85	38.32	400m: 4:54.61	37.11			
34.			2006					4:54.89			515
	50m: 32.22	32.22	150m: 1:44.39	36.87	250m: 2:59.91	38.07	350m: 4:16.83	38.12			
	100m: 1:07.52	35.30	200m: 2:21.84	37.45	300m: 3:38.71	38.80	400m: 4:54.89	38.06			
35.			2005					4:55.42			512
	50m: 31.32	31.32	150m: 1:44.38	37.51	250m: 3:00.85	38.73	350m: 4:18.31	38.92			
	100m: 1:06.87	35.55	200m: 2:22.12	37.74	300m: 3:39.39	38.54	400m: 4:55.42	37.11			
36.			2007					4:56.72			506
	50m: 33.33	33.33	150m: 1:47.26	37.35	250m: 3:03.91	38.39	350m: 4:20.57	38.02			
	100m: 1:09.91	36.58	200m: 2:25.52	38.26	300m: 3:42.55	38.64	400m: 4:56.72	36.15			
37.			2003					4:56.83			505
	50m: 32.89	32.89	150m: 1:47.48	37.79	250m: 3:05.18	39.41	350m: 4:20.52	37.40			
	100m: 1:09.69	36.80	200m: 2:25.77	38.29	300m: 3:43.12	37.94	400m: 4:56.83	36.31			
38.			2007					4:58.45			497
	50m: 33.25	33.25	150m: 1:52.61	40.01	250m: 3:09.60	37.63	350m: 4:24.14	36.96			
	100m: 1:12.60	39.35	200m: 2:31.97	39.36	300m: 3:47.18	37.58	400m: 4:58.45	34.31			
39.			2005			- 1		4:59.06			494
	50m: 33.68	33.68	150m: 1:47.19	37.29	250m: 3:03.83	38.73	350m: 4:21.22	38.75			
	100m: 1:09.90	36.22	200m: 2:25.10	37.91	300m: 3:42.47	38.64	400m: 4:59.06	37.84			
40.			2005					5:02.18			479
	50m: 35.11	35.11	150m: 1:53.80	39.44	250m: 3:12.99	39.12	350m: 4:28.19	36.53			
	100m: 1:14.36	39.25	200m: 2:33.87	40.07	300m: 3:51.66	38.67	400m: 5:02.18	33.99			
41.			2004			- 1		5:02.76			476
	50m: 32.63	32.63	150m: 1:46.42	37.43	250m: 3:03.99	39.59	350m: 4:24.00	39.97			
	100m: 1:08.99	36.36	200m: 2:24.40	37.98	300m: 3:44.03	40.04	400m: 5:02.76	38.76			
42.			2006					5:04.48			468
	50m: 34.63	34.63	150m: 1:51.33	38.93	250m: 3:10.60	39.28	350m: 4:27.72	37.96			
	100m: 1:12.40	37.77	200m: 2:31.32	39.99	300m: 3:49.76	39.16	400m: 5:04.48	36.76			
43.			2007					5:07.85			453
	50m: 34.00	34.00	150m: 1:50.06	38.46	250m: 3:09.80	39.97	350m: 4:30.86	40.39			
	100m: 1:11.60	37.60	200m: 2:29.83	39.77	300m: 3:50.47	40.67	400m: 5:07.85	36.99			

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	9,	, 400m							R.T.		FINA	
44.				2007	I				5:13.71		428	
	50m:	35.31	35.31	150m:	1:55.54	40.30	250m:	3:16.16	40.46	350m:	4:35.89	39.84
	100m:	1:15.24	39.93	200m:	2:35.70	40.16	300m:	3:56.05	39.89	400m:	5:13.71	37.82
45.				2003	I				5:16.17		418	
	50m:	32.93	32.93	150m:	1:51.91	41.06	250m:	3:15.35	42.20	350m:	4:38.06	42.45
	100m:	1:10.85	37.92	200m:	2:33.15	41.24	300m:	3:55.61	40.26	400m:	5:16.17	38.11
46.				2006	I				5:26.20		380	
	50m:	33.36	33.36	150m:	1:54.07	41.63	250m:	3:19.61	42.60	350m:	4:45.27	41.93
	100m:	1:12.44	39.08	200m:	2:37.01	42.94	300m:	4:03.34	43.73	400m:	5:26.20	40.93
47.				2004	I				5:31.01		364	
	50m:	35.46	35.46	150m:	1:57.08	41.32	250m:	3:23.17	42.98	350m:	4:49.13	43.08
	100m:	1:15.76	40.30	200m:	2:40.19	43.11	300m:	4:06.05	42.88	400m:	5:31.01	41.88
48.				2007	I				5:40.42		335	
	50m:	34.75	34.75	150m:	1:59.30	43.49	250m:	3:27.54	43.68	350m:	4:57.05	44.20
	100m:	1:15.81	41.06	200m:	2:43.86	44.56	300m:	4:12.85	45.31	400m:	5:40.42	43.37
DSQ				2003					- 2			

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9, , 400m

9 , 400m (15-17)
19.02.2020 - 9:00

4:06.01 09.04.2019
4:08.81 (AZE) 24.06.2015

: FINA 2020

				/			R.T.			FINA		
1.				2004						4:28.06 686		
	50m:	30.42	30.42	150m:	1:35.35	32.58	250m:	2:43.52	34.11	350m:	3:53.40	35.08
	100m:	1:02.77	32.35	200m:	2:09.41	34.06	300m:	3:18.32	34.80	400m:	4:28.06	34.66
2.				2004			- 2			4:29.66 674		
	50m:	30.90	30.90	150m:	1:37.94	33.79	250m:	2:46.13	34.18	350m:	3:55.83	34.98
	100m:	1:04.15	33.25	200m:	2:11.95	34.01	300m:	3:20.85	34.72	400m:	4:29.66	33.83
3.				2005						4:31.44 661		
	50m:	31.70	31.70	150m:	1:40.78	34.66	250m:	2:50.19	34.48	350m:	3:59.37	34.10
	100m:	1:06.12	34.42	200m:	2:15.71	34.93	300m:	3:25.27	35.08	400m:	4:31.44	32.07
4.				2005			- 1			4:33.18 648		
	50m:	31.00	31.00	150m:	1:39.70	34.50	250m:	2:49.59	34.83	350m:	3:59.84	34.89
	100m:	1:05.20	34.20	200m:	2:14.76	35.06	300m:	3:24.95	35.36	400m:	4:33.18	33.34
5.				2005			- 1			4:34.33 640		
	50m:	31.38	31.38	150m:	1:40.83	34.72	250m:	2:51.02	35.04	350m:	4:00.80	34.81
	100m:	1:06.11	34.73	200m:	2:15.98	35.15	300m:	3:25.99	34.97	400m:	4:34.33	33.53
6.				2004			- 1			4:37.30 620		
	50m:	31.78	31.78	150m:	1:41.02	35.14	250m:	2:51.39	35.64	350m:	4:02.74	35.80
	100m:	1:05.88	34.10	200m:	2:15.75	34.73	300m:	3:26.94	35.55	400m:	4:37.30	34.56
7.				2003						4:37.67 617		
	50m:	31.69	31.69	150m:	1:42.71	35.99	250m:	2:54.14	35.83	350m:	4:04.48	35.24
	100m:	1:06.72	35.03	200m:	2:18.31	35.60	300m:	3:29.24	35.10	400m:	4:37.67	33.19
8.				2005			- 1			4:38.03 615		
	50m:	31.04	31.04	150m:	1:39.73	34.93	250m:	2:50.94	35.87	350m:	4:03.31	36.08
	100m:	1:04.80	33.76	200m:	2:15.07	35.34	300m:	3:27.23	36.29	400m:	4:38.03	34.72
9.				2003			- 1			4:39.87 603		
	50m:	31.72	31.72	150m:	1:42.27	35.40	250m:	2:53.77	35.65	350m:	4:05.12	35.14
	100m:	1:06.87	35.15	200m:	2:18.12	35.85	300m:	3:29.98	36.21	400m:	4:39.87	34.75
10.				2005						4:40.02 602		
	50m:	30.30	30.30	150m:	1:38.96	35.40	250m:	2:53.06	37.69	350m:	4:06.53	36.27
	100m:	1:03.56	33.26	200m:	2:15.37	36.41	300m:	3:30.26	37.20	400m:	4:40.02	33.49
11.				2005			- 2			4:43.65 579		
	50m:	32.20	32.20	150m:	1:43.53	36.29	250m:	2:56.15	36.40	350m:	4:08.71	36.30
	100m:	1:07.24	35.04	200m:	2:19.75	36.22	300m:	3:32.41	36.26	400m:	4:43.65	34.94
12.				2004			- 1			4:43.97 577		
	50m:	31.65	31.65	150m:	1:42.89	36.19	250m:	2:56.12	36.96	350m:	4:08.93	36.42
	100m:	1:06.70	35.05	200m:	2:19.16	36.27	300m:	3:32.51	36.39	400m:	4:43.97	35.04
13.				2004			- 1			4:44.93 571		
	50m:	32.84	32.84	150m:	1:45.26	36.70	250m:	2:57.78	36.19	350m:	4:10.25	36.21
	100m:	1:08.56	35.72	200m:	2:21.59	36.33	300m:	3:34.04	36.26	400m:	4:44.93	34.68

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9, , 400m				(15-17)		R.T.		FINA	
14.			2005	I		- 1	4:45.89	I	565
	50m: 31.49	31.49	150m: 1:41.78	35.72	250m: 2:55.39	36.98	350m: 4:09.39	36.88	
	100m: 1:06.06	34.57	200m: 2:18.41	36.63	300m: 3:32.51	37.12	400m: 4:45.89	36.50	
15.			2003				4:46.57	I	561
	50m: 31.93	31.93	150m: 1:43.52	36.92	250m: 2:56.29	36.93	350m: 4:11.07	37.50	
	100m: 1:06.60	34.67	200m: 2:19.36	35.84	300m: 3:33.57	37.28	400m: 4:46.57	35.50	
16.			2004				4:50.33	I	540
	50m: 31.55	31.55	150m: 1:44.44	36.99	250m: 2:59.36	37.52	350m: 4:14.45	37.21	
	100m: 1:07.45	35.90	200m: 2:21.84	37.40	300m: 3:37.24	37.88	400m: 4:50.33	35.88	
17.			2003				4:51.26	I	535
	50m: 31.78	31.78	150m: 1:43.47	36.31	250m: 2:57.73	37.28	350m: 4:14.27	38.34	
	100m: 1:07.16	35.38	200m: 2:20.45	36.98	300m: 3:35.93	38.20	400m: 4:51.26	36.99	
18.			2004	I		- 1	4:54.10	I	519
	50m: 33.13	33.13	150m: 1:46.62	37.34	250m: 3:02.10	37.98	350m: 4:17.98	38.03	
	100m: 1:09.28	36.15	200m: 2:24.12	37.50	300m: 3:39.95	37.85	400m: 4:54.10	36.12	
19.			2004				4:54.54	I	517
	50m: 31.76	31.76	150m: 1:43.67	36.60	250m: 3:00.38	38.49	350m: 4:18.31	39.54	
	100m: 1:07.07	35.31	200m: 2:21.89	38.22	300m: 3:38.77	38.39	400m: 4:54.54	36.23	
20.			2005	I			4:55.42	I	512
	50m: 31.32	31.32	150m: 1:44.38	37.51	250m: 3:00.85	38.73	350m: 4:18.31	38.92	
	100m: 1:06.87	35.55	200m: 2:22.12	37.74	300m: 3:39.39	38.54	400m: 4:55.42	37.11	
21.			2003				4:56.83	I	505
	50m: 32.89	32.89	150m: 1:47.48	37.79	250m: 3:05.18	39.41	350m: 4:20.52	37.40	
	100m: 1:09.69	36.80	200m: 2:25.77	38.29	300m: 3:43.12	37.94	400m: 4:56.83	36.31	
22.			2005	I		- 1	4:59.06	I	494
	50m: 33.68	33.68	150m: 1:47.19	37.29	250m: 3:03.83	38.73	350m: 4:21.22	38.75	
	100m: 1:09.90	36.22	200m: 2:25.10	37.91	300m: 3:42.47	38.64	400m: 4:59.06	37.84	
23.			2005	I			5:02.18		479
	50m: 35.11	35.11	150m: 1:53.80	39.44	250m: 3:12.99	39.12	350m: 4:28.19	36.53	
	100m: 1:14.36	39.25	200m: 2:33.87	40.07	300m: 3:51.66	38.67	400m: 5:02.18	33.99	
24.			2004	I		- 1	5:02.76		476
	50m: 32.63	32.63	150m: 1:46.42	37.43	250m: 3:03.99	39.59	350m: 4:24.00	39.97	
	100m: 1:08.99	36.36	200m: 2:24.40	37.98	300m: 3:44.03	40.04	400m: 5:02.76	38.76	
25.			2003	I			5:16.17		418
	50m: 32.93	32.93	150m: 1:51.91	41.06	250m: 3:15.35	42.20	350m: 4:38.06	42.45	
	100m: 1:10.85	37.92	200m: 2:33.15	41.24	300m: 3:55.61	40.26	400m: 5:16.17	38.11	
26.			2004	I			5:31.01		364
	50m: 35.46	35.46	150m: 1:57.08	41.32	250m: 3:23.17	42.98	350m: 4:49.13	43.08	
	100m: 1:15.76	40.30	200m: 2:40.19	43.11	300m: 4:06.05	42.88	400m: 5:31.01	41.88	
DSQ			2003			- 2			

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		9, , 400m						R.T.		FINA		
EXH				1997					4:21.69		737	
	50m:	29.94	29.94	150m:	1:34.95	32.93	250m:	2:41.24	33.09	350m:	3:48.58	34.06
	100m:	1:02.02	32.08	200m:	2:08.15	33.20	300m:	3:14.52	33.28	400m:	4:21.69	33.11
EXH				2005						4:30.66	666	
	50m:	30.96	30.96	150m:	1:38.25	33.89	250m:	2:46.84	34.29	350m:	3:56.59	34.80
	100m:	1:04.36	33.40	200m:	2:12.55	34.30	300m:	3:21.79	34.95	400m:	4:30.66	34.07
EXH				2005						4:41.09	595	
	50m:	31.57	31.57	150m:	1:42.28	35.69	250m:	2:54.32	35.87	350m:	4:06.24	35.50
	100m:	1:06.59	35.02	200m:	2:18.45	36.17	300m:	3:30.74	36.42	400m:	4:41.09	34.85
EXH				2007						4:56.22	508	
	50m:	32.59	32.59	150m:	1:47.82	37.85	250m:	3:04.20	38.63	350m:	4:19.68	37.15
	100m:	1:09.97	37.38	200m:	2:25.57	37.75	300m:	3:42.53	38.33	400m:	4:56.22	36.54