

, 23 - 26 2021

10
24.02.2021 - 9:50

, 400m

				3:43.45				(CHN)				09.08.2008
				3:47.36				(HUN)				20.08.2019
: FINA 2020												
				/				R.T.				FINA
1.				2003				3:58.24				788
	50m:	27.52	27.52	150m:	1:29.04	30.78	250m:	2:29.90	29.81	350m:	3:29.81	29.61
	100m:	58.26	30.74	200m:	2:00.09	31.05	300m:	3:00.20	30.30	400m:	3:58.24	28.43
2.				2003				4:02.96				743
	50m:	27.62	27.62	150m:	1:28.84	31.04	250m:	2:31.18	31.08	350m:	3:33.66	31.02
	100m:	57.80	30.18	200m:	2:00.10	31.26	300m:	3:02.64	31.46	400m:	4:02.96	29.30
3.				2003				4:03.44				738
	50m:	27.69	27.69	150m:	1:28.86	31.17	250m:	2:31.28	31.21	350m:	3:34.35	31.54
	100m:	57.69	30.00	200m:	2:00.07	31.21	300m:	3:02.81	31.53	400m:	4:03.44	29.09
4.				2001				4:04.35				730
	50m:	26.70	26.70	150m:	1:27.60	30.69	250m:	2:31.10	32.16	350m:	3:34.31	31.49
	100m:	56.91	30.21	200m:	1:58.94	31.34	300m:	3:02.82	31.72	400m:	4:04.35	30.04
5.				2000				4:05.35				721
	50m:	27.67	27.67	150m:	1:29.70	31.19	250m:	2:32.22	31.28	350m:	3:35.04	31.23
	100m:	58.51	30.84	200m:	2:00.94	31.24	300m:	3:03.81	31.59	400m:	4:05.35	30.31
6.				2004				4:06.61				710
	50m:	27.76	27.76	150m:	1:28.52	30.48	250m:	2:31.00	30.96	350m:	3:34.64	32.17
	100m:	58.04	30.28	200m:	2:00.04	31.52	300m:	3:02.47	31.47	400m:	4:06.61	31.97
7.				2001				4:09.17				688
	50m:	27.00	27.00	150m:	1:28.29	31.00	250m:	2:31.95	31.84	350m:	3:37.05	32.19
	100m:	57.29	30.29	200m:	2:00.11	31.82	300m:	3:04.86	32.91	400m:	4:09.17	32.12
8.				2003				4:09.46				686
	50m:	28.48	28.48	150m:	1:31.49	31.55	250m:	2:35.57	31.84	350m:	3:39.65	31.57
	100m:	59.94	31.46	200m:	2:03.73	32.24	300m:	3:08.08	32.51	400m:	4:09.46	29.81
9.				2005				4:10.39				678
	50m:	27.72	27.72	150m:	1:30.54	31.55	250m:	2:34.46	31.64	350m:	3:38.60	31.53
	100m:	58.99	31.27	200m:	2:02.82	32.28	300m:	3:07.07	32.61	400m:	4:10.39	31.79
10.				2003				4:11.00				674
	50m:	27.67	27.67	150m:	1:29.99	31.48	250m:	2:34.91	32.45	350m:	3:40.04	32.08
	100m:	58.51	30.84	200m:	2:02.46	32.47	300m:	3:07.96	33.05	400m:	4:11.00	30.96
11.				2003				4:12.30				663
	50m:	27.36	27.36	150m:	1:28.32	30.98	250m:	2:32.75	32.61	350m:	3:39.53	33.69
	100m:	57.34	29.98	200m:	2:00.14	31.82	300m:	3:05.84	33.09	400m:	4:12.30	32.77
12.				2006 I				4:13.04				657
	50m:	27.96	27.96	150m:	1:31.89	32.49	250m:	2:37.84	32.83	350m:	3:42.60	32.31
	100m:	59.40	31.44	200m:	2:05.01	33.12	300m:	3:10.29	32.45	400m:	4:13.04	30.44
13.				2004				4:13.61				653
	50m:	28.92	28.92	150m:	1:31.24	31.51	250m:	2:35.88	32.28	350m:	3:40.91	32.26
	100m:	59.73	30.81	200m:	2:03.60	32.36	300m:	3:08.65	32.77	400m:	4:13.61	32.70



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	10,	, 400m							R.T.		FINA	
14.				2006					4:13.89		651	
	50m:	27.35	27.35	150m:	1:30.59	32.02	250m:	2:37.17	33.34	350m:	3:43.33	32.50
	100m:	58.57	31.22	200m:	2:03.83	33.24	300m:	3:10.83	33.66	400m:	4:13.89	30.56
15.				2004					4:14.30		648	
	50m:	28.55	28.55	150m:	1:32.13	32.17	250m:	2:36.80	32.83	350m:	3:42.66	33.61
	100m:	59.96	31.41	200m:	2:03.97	31.84	300m:	3:09.05	32.25	400m:	4:14.30	31.64
16.				2001					4:15.05		642	
	50m:	29.07	29.07	150m:	1:32.19	31.85	250m:	2:37.54	32.68	350m:	3:42.87	32.25
	100m:	1:00.34	31.27	200m:	2:04.86	32.67	300m:	3:10.62	33.08	400m:	4:15.05	32.18
17.				2003					4:15.25		640	
	50m:	29.00	29.00	150m:	1:32.39	31.65	250m:	2:37.06	32.21	350m:	3:43.06	32.70
	100m:	1:00.74	31.74	200m:	2:04.85	32.46	300m:	3:10.36	33.30	400m:	4:15.25	32.19
18.				2005					4:15.97		635	
	50m:	28.52	28.52	150m:	1:32.61	31.88	250m:	2:38.68	32.79	350m:	3:44.21	31.93
	100m:	1:00.73	32.21	200m:	2:05.89	33.28	300m:	3:12.28	33.60	400m:	4:15.97	31.76
19.				1996					4:16.38		632	
	50m:	28.11	28.11	150m:	1:31.31	31.82	250m:	2:36.71	32.31	350m:	3:44.02	33.44
	100m:	59.49	31.38	200m:	2:04.40	33.09	300m:	3:10.58	33.87	400m:	4:16.38	32.36
20.				2005					4:16.89		628	
	50m:	28.24	28.24	150m:	1:33.03	32.73	250m:	2:39.36	33.13	350m:	3:44.81	32.76
	100m:	1:00.30	32.06	200m:	2:06.23	33.20	300m:	3:12.05	32.69	400m:	4:16.89	32.08
21.				2000					4:20.24		604	
	50m:	28.05	28.05	150m:	1:30.83	31.52	250m:	2:37.96	33.88	350m:	3:46.90	34.46
	100m:	59.31	31.26	200m:	2:04.08	33.25	300m:	3:12.44	34.48	400m:	4:20.24	33.34
22.				2004					4:20.57		602	
	50m:	27.96	27.96	150m:	1:33.26	32.97	250m:	2:40.65	33.84	350m:	3:48.28	33.36
	100m:	1:00.29	32.33	200m:	2:06.81	33.55	300m:	3:14.92	34.27	400m:	4:20.57	32.29
23.				2000					4:21.03		599	
	50m:	29.20	29.20	150m:	1:35.94	33.93	250m:	2:43.97	34.00	350m:	3:50.06	32.57
	100m:	1:02.01	32.81	200m:	2:09.97	34.03	300m:	3:17.49	33.52	400m:	4:21.03	30.97
24.				2004					4:21.33		597	
	50m:	29.07	29.07	150m:	1:34.69	33.27	250m:	2:42.64	34.17	350m:	3:50.14	33.91
	100m:	1:01.42	32.35	200m:	2:08.47	33.78	300m:	3:16.23	33.59	400m:	4:21.33	31.19
25.				2006					4:21.42		596	
	50m:	28.31	28.31	150m:	1:32.71	32.84	250m:	2:39.99	33.67	350m:	3:48.41	33.94
	100m:	59.87	31.56	200m:	2:06.32	33.61	300m:	3:14.47	34.48	400m:	4:21.42	33.01
26.				2001					4:21.82		593	
	50m:	29.18	29.18	150m:	1:35.12	33.49	250m:	2:42.66	33.73	350m:	3:50.54	33.29
	100m:	1:01.63	32.45	200m:	2:08.93	33.81	300m:	3:17.25	34.59	400m:	4:21.82	31.28
27.				2002					4:21.83		593	
	50m:	27.48	27.48	150m:	1:32.67	33.31	250m:	2:41.54	34.59	350m:	3:50.90	34.32
	100m:	59.36	31.88	200m:	2:06.95	34.28	300m:	3:16.58	35.04	400m:	4:21.83	30.93
28.				1998					4:22.27		590	
	50m:	28.96	28.96	150m:	1:33.27	32.51	250m:	2:40.70	33.87	350m:	3:49.52	34.23
	100m:	1:00.76	31.80	200m:	2:06.83	33.56	300m:	3:15.29	34.59	400m:	4:22.27	32.75



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10,		, 400m						R.T.		FINA		
29.				2001					4:22.41		589	
	50m:	28.62	28.62	150m:	1:32.76	32.49	250m:	2:40.67	34.14	350m:	3:49.52	34.32
	100m:	1:00.27	31.65	200m:	2:06.53	33.77	300m:	3:15.20	34.53	400m:	4:22.41	32.89
30.				2003						4:23.30		583
	50m:	28.57	28.57	150m:	1:33.15	33.06	250m:	2:41.44	34.46	350m:	3:50.81	34.37
	100m:	1:00.09	31.52	200m:	2:06.98	33.83	300m:	3:16.44	35.00	400m:	4:23.30	32.49
31.				2004						4:23.35		583
	50m:	28.62	28.62	150m:	1:34.98	33.52	250m:	2:42.86	34.05	350m:	3:51.89	34.30
	100m:	1:01.46	32.84	200m:	2:08.81	33.83	300m:	3:17.59	34.73	400m:	4:23.35	31.46
32.				2006						4:23.41		583
	50m:	28.93	28.93	150m:	1:35.42	33.60	250m:	2:43.31	33.82	350m:	3:51.98	33.89
	100m:	1:01.82	32.89	200m:	2:09.49	34.07	300m:	3:18.09	34.78	400m:	4:23.41	31.43
33.				2003						4:23.43		583
	50m:	28.14	28.14	150m:	1:31.58	32.01	250m:	2:38.20	33.48	350m:	3:48.27	35.21
	100m:	59.57	31.43	200m:	2:04.72	33.14	300m:	3:13.06	34.86	400m:	4:23.43	35.16
34.				2006						4:23.45		582
	50m:	27.89	27.89	150m:	1:33.60	33.32	250m:	2:42.63	34.26	350m:	3:51.24	34.05
	100m:	1:00.28	32.39	200m:	2:08.37	34.77	300m:	3:17.19	34.56	400m:	4:23.45	32.21
35.				1998						4:23.86		580
	50m:	26.72	26.72	150m:	1:26.03	29.89	250m:	2:37.06	40.41	350m:	3:49.04	35.36
	100m:	56.14	29.42	200m:	1:56.65	30.62	300m:	3:13.68	36.62	400m:	4:23.86	34.82
36.				2002						4:23.93		579
	50m:	29.20	29.20	150m:	1:36.63	34.44	250m:	2:45.22	33.73	350m:	3:52.11	32.94
	100m:	1:02.19	32.99	200m:	2:11.49	34.86	300m:	3:19.17	33.95	400m:	4:23.93	31.82
37.				2006						4:24.40		576
	50m:	29.20	29.20	150m:	1:35.27	33.63	250m:	2:43.59	34.47	350m:	3:51.80	33.79
	100m:	1:01.64	32.44	200m:	2:09.12	33.85	300m:	3:18.01	34.42	400m:	4:24.40	32.60
38.				2004						4:25.34		570
	50m:	28.78	28.78	150m:	1:36.49	34.11	250m:	2:44.77	33.90	350m:	3:53.00	33.14
	100m:	1:02.38	33.60	200m:	2:10.87	34.38	300m:	3:19.86	35.09	400m:	4:25.34	32.34
39.				2004						4:26.08		565
	50m:	29.73	29.73	150m:	1:37.10	33.70	250m:	2:45.42	33.33	350m:	3:52.63	33.43
	100m:	1:03.40	33.67	200m:	2:12.09	34.99	300m:	3:19.20	33.78	400m:	4:26.08	33.45
40.				2006						4:27.73		555
	50m:	28.27	28.27	150m:	1:34.88	33.74	250m:	2:44.46	34.70	350m:	3:54.13	34.64
	100m:	1:01.14	32.87	200m:	2:09.76	34.88	300m:	3:19.49	35.03	400m:	4:27.73	33.60
41.				2004						4:27.89		554
	50m:	29.18	29.18	150m:	1:33.55	32.77	250m:	2:42.32	34.85	350m:	3:53.50	35.65
	100m:	1:00.78	31.60	200m:	2:07.47	33.92	300m:	3:17.85	35.53	400m:	4:27.89	34.39
42.				2006						4:27.94		554
	50m:	29.17	29.17	150m:	1:36.17	33.81	250m:	2:45.75	34.61	350m:	3:55.23	34.32
	100m:	1:02.36	33.19	200m:	2:11.14	34.97	300m:	3:20.91	35.16	400m:	4:27.94	32.71
43.				2006						4:28.13		552
	50m:	29.28	29.28	150m:	1:35.81	33.93	250m:	2:46.25	35.32	350m:	3:55.84	34.15
	100m:	1:01.88	32.60	200m:	2:10.93	35.12	300m:	3:21.69	35.44	400m:	4:28.13	32.29



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	10,	, 400m							R.T.		FINA	
44.			2003						4:28.14		552	
	50m:	29.54	29.54	150m:	1:35.48	33.32	250m:	2:45.45	35.41	350m:	3:56.78	35.63
	100m:	1:02.16	32.62	200m:	2:10.04	34.56	300m:	3:21.15	35.70	400m:	4:28.14	31.36
45.			2003						4:28.32		551	
	50m:	30.15	30.15	150m:	1:38.18	34.70	250m:	2:47.66	34.65	350m:	3:57.04	34.23
	100m:	1:03.48	33.33	200m:	2:13.01	34.83	300m:	3:22.81	35.15	400m:	4:28.32	31.28
46.			2003						4:28.86		548	
	50m:	30.54	30.54	150m:	1:38.37	34.03	250m:	2:47.29	34.53	350m:	3:56.27	34.32
	100m:	1:04.34	33.80	200m:	2:12.76	34.39	300m:	3:21.95	34.66	400m:	4:28.86	32.59
47.			2003						4:30.56		538	
	50m:	29.64	29.64	150m:	1:36.71	33.95	250m:	2:45.68	33.92	350m:	3:57.66	36.31
	100m:	1:02.76	33.12	200m:	2:11.76	35.05	300m:	3:21.35	35.67	400m:	4:30.56	32.90
48.			2002						4:31.75		531	
	50m:	30.62	30.62	150m:	1:38.73	34.65	250m:	2:47.98	34.57	350m:	3:57.20	34.71
	100m:	1:04.08	33.46	200m:	2:13.41	34.68	300m:	3:22.49	34.51	400m:	4:31.75	34.55
49.			2005						4:32.38		527	
	50m:	30.19	30.19	150m:	1:38.88	34.59	250m:	2:49.89	35.48	350m:	3:59.24	34.30
	100m:	1:04.29	34.10	200m:	2:14.41	35.53	300m:	3:24.94	35.05	400m:	4:32.38	33.14
50.			2002						4:32.44		527	
	50m:	29.14	29.14	150m:	1:37.07	34.48	250m:	2:47.96	35.70	350m:	3:59.57	35.72
	100m:	1:02.59	33.45	200m:	2:12.26	35.19	300m:	3:23.85	35.89	400m:	4:32.44	32.87
51.			2004						4:32.60		526	
	50m:	29.83	29.83	150m:	1:39.19	34.63	250m:	2:49.25	35.00	350m:	4:00.50	35.58
	100m:	1:04.56	34.73	200m:	2:14.25	35.06	300m:	3:24.92	35.67	400m:	4:32.60	32.10
52.			2005						4:34.02		518	
	50m:	29.92	29.92	150m:	1:38.97	35.28	250m:	2:49.38	35.12	350m:	3:59.95	35.14
	100m:	1:03.69	33.77	200m:	2:14.26	35.29	300m:	3:24.81	35.43	400m:	4:34.02	34.07
53.			2004						4:34.04		517	
	50m:	28.32	28.32	150m:	1:34.54	33.93	250m:	2:45.31	35.58	350m:	3:58.45	36.01
	100m:	1:00.61	32.29	200m:	2:09.73	35.19	300m:	3:22.44	37.13	400m:	4:34.04	35.59
54.			2006						4:34.06		517	
	50m:	30.00	30.00	150m:	1:38.54	34.86	250m:	2:49.08	35.45	350m:	3:59.85	35.20
	100m:	1:03.68	33.68	200m:	2:13.63	35.09	300m:	3:24.65	35.57	400m:	4:34.06	34.21
55.			2004						4:35.98		507	
	50m:	29.87	29.87	150m:	1:37.89	34.57	250m:	2:49.31	35.90	350m:	4:02.06	35.74
	100m:	1:03.32	33.45	200m:	2:13.41	35.52	300m:	3:26.32	37.01	400m:	4:35.98	33.92
56.			2006						4:36.25		505	
	50m:	29.32	29.32	150m:	1:39.00	35.59	250m:	2:51.07	36.13	350m:	4:02.27	34.95
	100m:	1:03.41	34.09	200m:	2:14.94	35.94	300m:	3:27.32	36.25	400m:	4:36.25	33.98
57.			2003						4:36.96		501	
	50m:	30.00	30.00	150m:	1:37.12	33.50	250m:	2:48.24	35.65	350m:	4:02.17	37.07
	100m:	1:03.62	33.62	200m:	2:12.59	35.47	300m:	3:25.10	36.86	400m:	4:36.96	34.79
58.			2005						4:37.16		500	
	50m:	29.63	29.63	150m:	1:39.97	35.53	250m:	2:51.93	35.83	350m:	4:03.90	35.85
	100m:	1:04.44	34.81	200m:	2:16.10	36.13	300m:	3:28.05	36.12	400m:	4:37.16	33.26



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	10,	, 400m							R.T.		FINA	
58.			2006	I					4:37.16		500	
	50m:	29.29	29.29	150m:	1:38.04	35.29	250m:	2:50.53	37.01	350m:	4:02.79	36.08
	100m:	1:02.75	33.46	200m:	2:13.52	35.48	300m:	3:26.71	36.18	400m:	4:37.16	34.37
60.			2004	I					4:37.27		500	
	50m:	29.57	29.57	150m:	1:38.32	34.94	250m:	2:51.08	36.14	350m:	4:03.94	35.14
	100m:	1:03.38	33.81	200m:	2:14.94	36.62	300m:	3:27.80	36.72	400m:	4:37.27	33.33
61.			2006	I					4:37.87		496	
	50m:	30.34	30.34	150m:	1:39.94	35.43	250m:	2:52.15	36.30	350m:	4:04.09	35.57
	100m:	1:04.51	34.17	200m:	2:15.85	35.91	300m:	3:28.52	36.37	400m:	4:37.87	33.78
62.			2006	I					4:37.91		496	
	50m:	29.12	29.12	150m:	1:38.35	35.64	250m:	2:50.68	35.91	350m:	4:03.78	36.60
	100m:	1:02.71	33.59	200m:	2:14.77	36.42	300m:	3:27.18	36.50	400m:	4:37.91	34.13
63.			2004						4:38.16		495	
	50m:	29.85	29.85	150m:	1:37.99	34.58	250m:	2:48.90	35.07	350m:	4:03.07	37.13
	100m:	1:03.41	33.56	200m:	2:13.83	35.84	300m:	3:25.94	37.04	400m:	4:38.16	35.09
64.			2006	I					4:38.36		494	
	50m:	30.15	30.15	150m:	1:39.69	35.66	250m:	2:52.58	36.57	350m:	4:04.52	35.84
	100m:	1:04.03	33.88	200m:	2:16.01	36.32	300m:	3:28.68	36.10	400m:	4:38.36	33.84
65.			2003						4:38.40		493	
	50m:	29.15	29.15	150m:	1:38.11	34.97	250m:	2:49.86	35.39	350m:	4:02.77	36.16
	100m:	1:03.14	33.99	200m:	2:14.47	36.36	300m:	3:26.61	36.75	400m:	4:38.40	35.63
66.			2005						4:41.20		479	
	50m:	30.86	30.86	150m:	1:41.08	34.88	250m:	2:53.73	36.44	350m:	4:07.90	36.24
	100m:	1:06.20	35.34	200m:	2:17.29	36.21	300m:	3:31.66	37.93	400m:	4:41.20	33.30
67.			2006	I					4:49.64		438	
	50m:	31.30	31.30	150m:	1:43.45	36.82	250m:	2:58.17	37.47	350m:	4:14.15	37.82
	100m:	1:06.63	35.33	200m:	2:20.70	37.25	300m:	3:36.33	38.16	400m:	4:49.64	35.49
68.			2006	I					4:50.89		433	
	50m:	31.47	31.47	150m:	1:44.69	37.37	250m:	2:59.42	37.02	350m:	4:14.65	37.53
	100m:	1:07.32	35.85	200m:	2:22.40	37.71	300m:	3:37.12	37.70	400m:	4:50.89	36.24
69.			2005	I					4:54.77		416	
	50m:	29.49	29.49	150m:	1:40.07	37.26	250m:	2:56.89	39.13	350m:	4:17.40	40.88
	100m:	1:02.81	33.32	200m:	2:17.76	37.69	300m:	3:36.52	39.63	400m:	4:54.77	37.37
70.			2002	I					4:54.87		415	
	50m:	29.89	29.89	150m:	1:39.29	35.80	250m:	2:56.48	39.22	350m:	4:17.99	40.90
	100m:	1:03.49	33.60	200m:	2:17.26	37.97	300m:	3:37.09	40.61	400m:	4:54.87	36.88
71.			2006	I					5:00.91		391	
	50m:	30.53	30.53	150m:	1:45.05	38.45	250m:	3:05.68	40.88	350m:	4:24.36	39.02
	100m:	1:06.60	36.07	200m:	2:24.80	39.75	300m:	3:45.34	39.66	400m:	5:00.91	36.55
72.			2003	I					5:11.27		353	
	50m:	32.30	32.30	150m:	1:46.34	38.05	250m:	3:06.95	40.59	400m:	5:11.27	41.22
	100m:	1:08.29	35.99	200m:	2:26.36	40.02	350m:	4:30.05	1:23.10			
DSQ			1997									



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10, , 400m

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R.T.

FINA



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10, , 400m
 10 , 400m (17-18)
 24.02.2021 - 9:50

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

: FINA 2020

	/						R.T.				FINA	
1.	2003						3:58.24				788	
	50m:	27.52	27.52	150m:	1:29.04	30.78	250m:	2:29.90	29.81	350m:	3:29.81	29.61
	100m:	58.26	30.74	200m:	2:00.09	31.05	300m:	3:00.20	30.30	400m:	3:58.24	28.43
2.	2003						4:02.96				743	
	50m:	27.62	27.62	150m:	1:28.84	31.04	250m:	2:31.18	31.08	350m:	3:33.66	31.02
	100m:	57.80	30.18	200m:	2:00.10	31.26	300m:	3:02.64	31.46	400m:	4:02.96	29.30
3.	2003						4:03.44				738	
	50m:	27.69	27.69	150m:	1:28.86	31.17	250m:	2:31.28	31.21	350m:	3:34.35	31.54
	100m:	57.69	30.00	200m:	2:00.07	31.21	300m:	3:02.81	31.53	400m:	4:03.44	29.09
4.	2004						4:06.61				710	
	50m:	27.76	27.76	150m:	1:28.52	30.48	250m:	2:31.00	30.96	350m:	3:34.64	32.17
	100m:	58.04	30.28	200m:	2:00.04	31.52	300m:	3:02.47	31.47	400m:	4:06.61	31.97
5.	2003						4:09.46				686	
	50m:	28.48	28.48	150m:	1:31.49	31.55	250m:	2:35.57	31.84	350m:	3:39.65	31.57
	100m:	59.94	31.46	200m:	2:03.73	32.24	300m:	3:08.08	32.51	400m:	4:09.46	29.81
6.	2003						4:11.00				674	
	50m:	27.67	27.67	150m:	1:29.99	31.48	250m:	2:34.91	32.45	350m:	3:40.04	32.08
	100m:	58.51	30.84	200m:	2:02.46	32.47	300m:	3:07.96	33.05	400m:	4:11.00	30.96
7.	2003						4:12.30				663	
	50m:	27.36	27.36	150m:	1:28.32	30.98	250m:	2:32.75	32.61	350m:	3:39.53	33.69
	100m:	57.34	29.98	200m:	2:00.14	31.82	300m:	3:05.84	33.09	400m:	4:12.30	32.77
8.	2004						4:13.61				653	
	50m:	28.92	28.92	150m:	1:31.24	31.51	250m:	2:35.88	32.28	350m:	3:40.91	32.26
	100m:	59.73	30.81	200m:	2:03.60	32.36	300m:	3:08.65	32.77	400m:	4:13.61	32.70
9.	2004						4:14.30				648	
	50m:	28.55	28.55	150m:	1:32.13	32.17	250m:	2:36.80	32.83	350m:	3:42.66	33.61
	100m:	59.96	31.41	200m:	2:03.97	31.84	300m:	3:09.05	32.25	400m:	4:14.30	31.64
10.	2003						4:15.25				640	
	50m:	29.00	29.00	150m:	1:32.39	31.65	250m:	2:37.06	32.21	350m:	3:43.06	32.70
	100m:	1:00.74	31.74	200m:	2:04.85	32.46	300m:	3:10.36	33.30	400m:	4:15.25	32.19
11.	2004						4:20.57				602	
	50m:	27.96	27.96	150m:	1:33.26	32.97	250m:	2:40.65	33.84	350m:	3:48.28	33.36
	100m:	1:00.29	32.33	200m:	2:06.81	33.55	300m:	3:14.92	34.27	400m:	4:20.57	32.29
12.	2004						4:21.33				597	
	50m:	29.07	29.07	150m:	1:34.69	33.27	250m:	2:42.64	34.17	350m:	3:50.14	33.91
	100m:	1:01.42	32.35	200m:	2:08.47	33.78	300m:	3:16.23	33.59	400m:	4:21.33	31.19
13.	2003						4:23.30				583	
	50m:	28.57	28.57	150m:	1:33.15	33.06	250m:	2:41.44	34.46	350m:	3:50.81	34.37
	100m:	1:00.09	31.52	200m:	2:06.98	33.83	300m:	3:16.44	35.00	400m:	4:23.30	32.49

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10,		, 400m				(17-18)		R.T.		FINA		
14.				2004				4:23.35			583	
	50m:	28.62	28.62	150m:	1:34.98	33.52	250m:	2:42.86	34.05	350m:	3:51.89	34.30
	100m:	1:01.46	32.84	200m:	2:08.81	33.83	300m:	3:17.59	34.73	400m:	4:23.35	31.46
15.				2003				4:23.43			583	
	50m:	28.14	28.14	150m:	1:31.58	32.01	250m:	2:38.20	33.48	350m:	3:48.27	35.21
	100m:	59.57	31.43	200m:	2:04.72	33.14	300m:	3:13.06	34.86	400m:	4:23.43	35.16
16.				2004				4:25.34			570	
	50m:	28.78	28.78	150m:	1:36.49	34.11	250m:	2:44.77	33.90	350m:	3:53.00	33.14
	100m:	1:02.38	33.60	200m:	2:10.87	34.38	300m:	3:19.86	35.09	400m:	4:25.34	32.34
17.				2004				4:26.08			565	
	50m:	29.73	29.73	150m:	1:37.10	33.70	250m:	2:45.42	33.33	350m:	3:52.63	33.43
	100m:	1:03.40	33.67	200m:	2:12.09	34.99	300m:	3:19.20	33.78	400m:	4:26.08	33.45
18.				2004				4:27.89			554	
	50m:	29.18	29.18	150m:	1:33.55	32.77	250m:	2:42.32	34.85	350m:	3:53.50	35.65
	100m:	1:00.78	31.60	200m:	2:07.47	33.92	300m:	3:17.85	35.53	400m:	4:27.89	34.39
19.				2003				4:28.14			552	
	50m:	29.54	29.54	150m:	1:35.48	33.32	250m:	2:45.45	35.41	350m:	3:56.78	35.63
	100m:	1:02.16	32.62	200m:	2:10.04	34.56	300m:	3:21.15	35.70	400m:	4:28.14	31.36
20.				2003				4:28.32			551	
	50m:	30.15	30.15	150m:	1:38.18	34.70	250m:	2:47.66	34.65	350m:	3:57.04	34.23
	100m:	1:03.48	33.33	200m:	2:13.01	34.83	300m:	3:22.81	35.15	400m:	4:28.32	31.28
21.				2003				4:28.86			548	
	50m:	30.54	30.54	150m:	1:38.37	34.03	250m:	2:47.29	34.53	350m:	3:56.27	34.32
	100m:	1:04.34	33.80	200m:	2:12.76	34.39	300m:	3:21.95	34.66	400m:	4:28.86	32.59
22.				2003				4:30.56			538	
	50m:	29.64	29.64	150m:	1:36.71	33.95	250m:	2:45.68	33.92	350m:	3:57.66	36.31
	100m:	1:02.76	33.12	200m:	2:11.76	35.05	300m:	3:21.35	35.67	400m:	4:30.56	32.90
23.				2004				4:32.60			526	
	50m:	29.83	29.83	150m:	1:39.19	34.63	250m:	2:49.25	35.00	350m:	4:00.50	35.58
	100m:	1:04.56	34.73	200m:	2:14.25	35.06	300m:	3:24.92	35.67	400m:	4:32.60	32.10
24.				2004				4:34.04			517	
	50m:	28.32	28.32	150m:	1:34.54	33.93	250m:	2:45.31	35.58	350m:	3:58.45	36.01
	100m:	1:00.61	32.29	200m:	2:09.73	35.19	300m:	3:22.44	37.13	400m:	4:34.04	35.59
25.				2004				4:35.98			507	
	50m:	29.87	29.87	150m:	1:37.89	34.57	250m:	2:49.31	35.90	350m:	4:02.06	35.74
	100m:	1:03.32	33.45	200m:	2:13.41	35.52	300m:	3:26.32	37.01	400m:	4:35.98	33.92
26.				2003				4:36.96			501	
	50m:	30.00	30.00	150m:	1:37.12	33.50	250m:	2:48.24	35.65	350m:	4:02.17	37.07
	100m:	1:03.62	33.62	200m:	2:12.59	35.47	300m:	3:25.10	36.86	400m:	4:36.96	34.79
27.				2004				4:37.27			500	
	50m:	29.57	29.57	150m:	1:38.32	34.94	250m:	2:51.08	36.14	350m:	4:03.94	36.14
	100m:	1:03.38	33.81	200m:	2:14.94	36.62	300m:	3:27.80	36.72	400m:	4:37.27	33.33
28.				2004				4:38.16			495	
	50m:	29.85	29.85	150m:	1:37.99	34.58	250m:	2:48.90	35.07	350m:	4:03.07	37.13
	100m:	1:03.41	33.56	200m:	2:13.83	35.84	300m:	3:25.94	37.04	400m:	4:38.16	35.09



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10, , 400m				(17-18)				R.T.	FINA	
29.			/	2003				4:38.40		493
	50m: 29.15	29.15		150m: 1:38.11	34.97	250m: 2:49.86	35.39	350m: 4:02.77	36.16	
	100m: 1:03.14	33.99		200m: 2:14.47	36.36	300m: 3:26.61	36.75	400m: 4:38.40	35.63	
30.				2003 I		-		5:11.27		353
	50m: 32.30	32.30		150m: 1:46.34	38.05	250m: 3:06.95	40.59	400m: 5:11.27	41.22	
	100m: 1:08.29	35.99		200m: 2:26.36	40.02	350m: 4:30.05	1:23.10			



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	10,		, 400m									
				/					R.T.			FINA
EXH				1999	-				4:02.84			744
	50m:	27.56	27.56	150m:	1:28.50	30.19	250m:	2:31.19	31.25	350m:	3:34.81	31.84
	100m:	58.31	30.75	200m:	1:59.94	31.44	300m:	3:02.97	31.78	400m:	4:02.84	28.03
EXH				1998	-				4:03.31			739
	50m:	27.35	27.35	150m:	1:28.47	30.80	250m:	2:31.04	31.25	350m:	3:33.90	31.41
	100m:	57.67	30.32	200m:	1:59.79	31.32	300m:	3:02.49	31.45	400m:	4:03.31	29.41

