

, 23 - 26 2021

9
24.02.2021 - 9:00

, 400m

											4:06.01			09.04.2019	
											4:08.81			24.06.2015	
													(AZE)		
: FINA 2020															
													R.T.	FINA	
1.				2002							4:19.94	752			
	50m:	28.99	28.99	150m:	1:33.97	33.04	250m:	2:40.83	33.23	350m:	3:47.60	33.06			
	100m:	1:00.93	31.94	200m:	2:07.60	33.63	300m:	3:14.54	33.71	400m:	4:19.94	32.34			
2.				2004							4:26.30	700			
	50m:	31.01	31.01	150m:	1:38.10	33.45	250m:	2:45.39	33.54	350m:	3:52.95	33.65			
	100m:	1:04.65	33.64	200m:	2:11.85	33.75	300m:	3:19.30	33.91	400m:	4:26.30	33.35			
3.				2002							4:27.65	689			
	50m:	30.39	30.39	150m:	1:38.68	34.38	250m:	2:47.02	33.92	350m:	3:54.73	33.52			
	100m:	1:04.30	33.91	200m:	2:13.10	34.42	300m:	3:21.21	34.19	400m:	4:27.65	32.92			
4.				2005							4:31.22	662			
	50m:	30.63	30.63	150m:	1:38.98	34.25	250m:	2:48.80	34.97	350m:	3:58.41	34.77			
	100m:	1:04.73	34.10	200m:	2:13.83	34.85	300m:	3:23.64	34.84	400m:	4:31.22	32.81			
5.				2005							4:31.31	662			
	50m:	31.18	31.18	150m:	1:39.09	34.09	250m:	2:48.31	34.63	350m:	3:57.76	34.49			
	100m:	1:05.00	33.82	200m:	2:13.68	34.59	300m:	3:23.27	34.96	400m:	4:31.31	33.55			
6.				2005							4:32.92	650			
	50m:	30.92	30.92	150m:	1:39.40	34.41	250m:	2:49.43	35.08	350m:	3:59.29	34.81			
	100m:	1:04.99	34.07	200m:	2:14.35	34.95	300m:	3:24.48	35.05	400m:	4:32.92	33.63			
7.				1995							4:33.88	643			
	50m:	31.42	31.42	150m:	1:40.37	34.60	250m:	2:50.13	34.57	350m:	4:00.51	34.86			
	100m:	1:05.77	34.35	200m:	2:15.56	35.19	300m:	3:25.65	35.52	400m:	4:33.88	33.37			
8.				2007							4:34.45	639			
	50m:	30.95	30.95	150m:	1:40.58	35.06	250m:	2:50.86	34.84	350m:	4:00.90	34.84			
	100m:	1:05.52	34.57	200m:	2:16.02	35.44	300m:	3:26.06	35.20	400m:	4:34.45	33.55			
9.				2002							4:35.48	632			
	50m:	31.68	31.68	150m:	1:41.72	35.11	250m:	2:51.99	34.93	350m:	4:01.23	34.20			
	100m:	1:06.61	34.93	200m:	2:17.06	35.34	300m:	3:27.03	35.04	400m:	4:35.48	34.25			
10.				2006							4:36.76	623			
	50m:	30.49	30.49	150m:	1:38.73	34.53	250m:	2:49.93	35.60	350m:	4:01.70	35.62			
	100m:	1:04.20	33.71	200m:	2:14.33	35.60	300m:	3:26.08	36.15	400m:	4:36.76	35.06			
11.				2002							4:39.27	607			
	50m:	31.75	31.75	150m:	1:42.52	35.98	250m:	2:53.67	35.62	350m:	4:05.03	34.63			
	100m:	1:06.54	34.79	200m:	2:18.05	35.53	300m:	3:30.40	36.73	400m:	4:39.27	34.24			
12.				2006							4:39.73	604			
	50m:	30.62	30.62	150m:	1:40.17	35.22	250m:	2:51.76	35.69	350m:	4:03.96	36.08			
	100m:	1:04.95	34.33	200m:	2:16.07	35.90	300m:	3:27.88	36.12	400m:	4:39.73	35.77			
13.				2001							4:40.12	601			
	50m:	30.60	30.60	150m:	1:41.78	35.67	250m:	2:55.24	36.77	350m:	4:08.49	36.40			
	100m:	1:06.11	35.51	200m:	2:18.47	36.69	300m:	3:32.09	36.85	400m:	4:40.12	31.63			



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9, , 400m								R.T.		FINA		
14.				2000					4:40.23		600	
	50m:	31.80	31.80	150m:	1:42.18	35.59	250m:	2:54.30	36.51	350m:	4:05.94	35.42
	100m:	1:06.59	34.79	200m:	2:17.79	35.61	300m:	3:30.52	36.22	400m:	4:40.23	34.29
15.				2005					4:40.44		599	
	50m:	30.70	30.70	150m:	1:41.99	36.32	250m:	2:54.82	36.07	350m:	4:06.92	35.39
	100m:	1:05.67	34.97	200m:	2:18.75	36.76	300m:	3:31.53	36.71	400m:	4:40.44	33.52
16.				2006					4:40.75		597	
	50m:	30.93	30.93	150m:	1:41.28	35.23	250m:	2:52.96	35.93	350m:	4:05.19	35.98
	100m:	1:06.05	35.12	200m:	2:17.03	35.75	300m:	3:29.21	36.25	400m:	4:40.75	35.56
17.				2001					4:41.07		595	
	50m:	31.49	31.49	150m:	1:42.19	35.85	250m:	2:54.30	36.24	350m:	4:06.59	36.11
	100m:	1:06.34	34.85	200m:	2:18.06	35.87	300m:	3:30.48	36.18	400m:	4:41.07	34.48
18.				2008 I					4:41.12		595	
	50m:	33.38	33.38	150m:	1:44.79	35.54	250m:	2:56.54	35.68	350m:	4:06.99	34.82
	100m:	1:09.25	35.87	200m:	2:20.86	36.07	300m:	3:32.17	35.63	400m:	4:41.12	34.13
19.				2003					4:41.35		593	
	50m:	31.74	31.74	150m:	1:42.62	35.51	250m:	2:54.36	35.75	350m:	4:06.53	35.61
	100m:	1:07.11	35.37	200m:	2:18.61	35.99	300m:	3:30.92	36.56	400m:	4:41.35	34.82
20.				2007					4:43.31		581	
	50m:	31.58	31.58	150m:	1:42.76	35.86	250m:	2:56.28	36.74	350m:	4:08.89	35.77
	100m:	1:06.90	35.32	200m:	2:19.54	36.78	300m:	3:33.12	36.84	400m:	4:43.31	34.42
21.				2007 I					4:43.65		579	
	50m:	32.96	32.96	150m:	1:44.32	35.78	250m:	2:56.57	36.24	350m:	4:09.70	35.77
	100m:	1:08.54	35.58	200m:	2:20.33	36.01	300m:	3:33.93	37.36	400m:	4:43.65	33.95
22.				2006					4:44.93 I		571	
	50m:	32.22	32.22	150m:	1:43.83	36.11	250m:	2:56.53	36.19	350m:	4:09.12	36.52
	100m:	1:07.72	35.50	200m:	2:20.34	36.51	300m:	3:32.60	36.07	400m:	4:44.93	35.81
23.				2005					4:45.05 I		570	
	50m:	31.26	31.26	150m:	1:42.43	36.14	250m:	2:55.04	36.43	350m:	4:08.84	37.00
	100m:	1:06.29	35.03	200m:	2:18.61	36.18	300m:	3:31.84	36.80	400m:	4:45.05	36.21
24.				2007					4:45.37 I		568	
	50m:	32.25	32.25	150m:	1:42.45	35.76	250m:	2:56.27	37.44	350m:	4:10.77	37.39
	100m:	1:06.69	34.44	200m:	2:18.83	36.38	300m:	3:33.38	37.11	400m:	4:45.37	34.60
25.				2005					4:45.61 I		567	
	50m:	31.25	31.25	150m:	1:42.39	36.21	250m:	2:56.47	37.32	350m:	4:10.55	36.63
	100m:	1:06.18	34.93	200m:	2:19.15	36.76	300m:	3:33.92	37.45	400m:	4:45.61	35.06
26.				2007 I					4:47.84 I		554	
	50m:	32.97	32.97	150m:	1:44.92	36.59	250m:	2:59.02	37.07	350m:	4:12.24	36.17
	100m:	1:08.33	35.36	200m:	2:21.95	37.03	300m:	3:36.07	37.05	400m:	4:47.84	35.60
27.				2005					4:48.22 I		552	
	50m:	33.49	33.49	150m:	1:47.10	36.84	250m:	3:00.35	36.46	350m:	4:13.55	36.26
	100m:	1:10.26	36.77	200m:	2:23.89	36.79	300m:	3:37.29	36.94	400m:	4:48.22	34.67
28.				2006 I					4:48.27 I		551	
	50m:	31.68	31.68	150m:	1:43.07	35.91	250m:	2:56.82	37.22	350m:	4:11.92	37.48
	100m:	1:07.16	35.48	200m:	2:19.60	36.53	300m:	3:34.44	37.62	400m:	4:48.27	36.35



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9, , 400m								R.T.		FINA		
29.				2007						4:48.31		551
	50m:	31.31	31.31	150m:	1:43.25	36.87	250m:	2:57.16	36.71	350m:	4:12.29	37.09
	100m:	1:06.38	35.07	200m:	2:20.45	37.20	300m:	3:35.20	38.04	400m:	4:48.31	36.02
30.				2005						4:48.84		548
	50m:	30.95	30.95	150m:	1:41.23	35.77	250m:	2:57.29	38.11	350m:	4:12.54	37.33
	100m:	1:05.46	34.51	200m:	2:19.18	37.95	300m:	3:35.21	37.92	400m:	4:48.84	36.30
31.				2006						4:49.13		547
	50m:	31.58	31.58	150m:	1:44.32	36.55	250m:	2:58.39	37.10	350m:	4:13.53	37.46
	100m:	1:07.77	36.19	200m:	2:21.29	36.97	300m:	3:36.07	37.68	400m:	4:49.13	35.60
32.				2006						4:49.32		545
	50m:	33.06	33.06	150m:	1:45.42	36.35	250m:	2:59.24	37.10	350m:	4:13.26	36.99
	100m:	1:09.07	36.01	200m:	2:22.14	36.72	300m:	3:36.27	37.03	400m:	4:49.32	36.06
33.				2005						4:49.80		543
	50m:	32.83	32.83	150m:	1:45.54	36.32	250m:	2:59.09	36.46	350m:	4:13.41	36.96
	100m:	1:09.22	36.39	200m:	2:22.63	37.09	300m:	3:36.45	37.36	400m:	4:49.80	36.39
34.				2006						4:51.79		532
	50m:	31.89	31.89	150m:	1:43.78	36.57	250m:	2:59.63	38.23	350m:	4:15.39	37.69
	100m:	1:07.21	35.32	200m:	2:21.40	37.62	300m:	3:37.70	38.07	400m:	4:51.79	36.40
35.				2004						4:51.89		531
	50m:	32.48	32.48	150m:	1:45.55	37.10	250m:	3:00.86	37.95	350m:	4:16.05	37.11
	100m:	1:08.45	35.97	200m:	2:22.91	37.36	300m:	3:38.94	38.08	400m:	4:51.89	35.84
36.				2006						4:52.45		528
	50m:	33.12	33.12	150m:	1:46.16	36.72	250m:	3:00.84	37.04	350m:	4:15.82	37.46
	100m:	1:09.44	36.32	200m:	2:23.80	37.64	300m:	3:38.36	37.52	400m:	4:52.45	36.63
37.				2007						4:53.99		520
	50m:	31.61	31.61	150m:	1:43.10	36.45	250m:	3:00.01	38.59	350m:	4:16.99	37.52
	100m:	1:06.65	35.04	200m:	2:21.42	38.32	300m:	3:39.47	39.46	400m:	4:53.99	37.00
38.				2004						4:54.08		519
	50m:	32.75	32.75	150m:	1:45.11	36.67	250m:	3:00.27	37.82	350m:	4:16.51	38.26
	100m:	1:08.44	35.69	200m:	2:22.45	37.34	300m:	3:38.25	37.98	400m:	4:54.08	37.57
39.				2004						4:54.81		515
	50m:	31.77	31.77	150m:	1:43.94	36.48	250m:	2:59.96	37.80	350m:	4:16.64	37.67
	100m:	1:07.46	35.69	200m:	2:22.16	38.22	300m:	3:38.97	39.01	400m:	4:54.81	38.17
40.				2005						4:58.36		497
	50m:	31.62	31.62	150m:	1:45.93	37.67	250m:	3:02.81	38.49	350m:	4:21.22	39.05
	100m:	1:08.26	36.64	200m:	2:24.32	38.39	300m:	3:42.17	39.36	400m:	4:58.36	37.14
41.				2007						4:58.51		497
	50m:	33.42	33.42	150m:	1:47.66	37.59	250m:	3:03.89	38.22	350m:	4:21.42	38.34
	100m:	1:10.07	36.65	200m:	2:25.67	38.01	300m:	3:43.08	39.19	400m:	4:58.51	37.09
42.				2006						4:58.64		496
	50m:	33.49	33.49	150m:	1:47.59	36.98	250m:	3:04.00	38.49	350m:	4:21.60	38.69
	100m:	1:10.61	37.12	200m:	2:25.51	37.92	300m:	3:42.91	38.91	400m:	4:58.64	37.04
43.				2007						4:59.43		492
	50m:	32.32	32.32	150m:	1:46.20	37.60	250m:	3:03.71	38.82	350m:	4:21.55	38.49
	100m:	1:08.60	36.28	200m:	2:24.89	38.69	300m:	3:43.06	39.35	400m:	4:59.43	37.88



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9, , 400m								R.T.		FINA	
44.	-		2006						5:00.04		489
	50m: 32.03	32.03	150m: 1:48.04		39.55	250m: 3:06.55	39.17	350m: 4:23.58		38.13	
	100m: 1:08.49	36.46	200m: 2:27.38		39.34	300m: 3:45.45	38.90	400m: 5:00.04		36.46	
45.			2003						5:00.65		486
	50m: 33.53	33.53	150m: 1:49.67		38.83	250m: 3:07.03	38.45	350m: 4:24.44		37.93	
	100m: 1:10.84	37.31	200m: 2:28.58		38.91	300m: 3:46.51	39.48	400m: 5:00.65		36.21	
46.			2006						5:01.43		482
	50m: 32.88	32.88	150m: 1:49.27		37.80	250m: 3:06.47	38.19	350m: 4:23.71		38.09	
	100m: 1:11.47	38.59	200m: 2:28.28		39.01	300m: 3:45.62	39.15	400m: 5:01.43		37.72	
47.			2006						5:03.29		473
	50m: 32.26	32.26	150m: 1:48.67		39.55	250m: 3:07.72	39.50	350m: 4:26.14		39.08	
	100m: 1:09.12	36.86	200m: 2:28.22		39.55	300m: 3:47.06	39.34	400m: 5:03.29		37.15	
48.			2006						5:03.74		471
	50m: 33.15	33.15	150m: 1:49.05		38.69	250m: 3:07.62	39.63	350m: 4:26.29		39.15	
	100m: 1:10.36	37.21	200m: 2:27.99		38.94	300m: 3:47.14	39.52	400m: 5:03.74		37.45	
49.			2007						5:04.00		470
	50m: 33.60	33.60	150m: 1:49.57		38.34	250m: 3:07.65	39.01	350m: 4:26.40		39.07	
	100m: 1:11.23	37.63	200m: 2:28.64		39.07	300m: 3:47.33	39.68	400m: 5:04.00		37.60	
50.			2006						5:04.35		468
	50m: 33.45	33.45	150m: 1:50.62		38.84	250m: 3:08.76	38.77	350m: 4:26.21		38.34	
	100m: 1:11.78	38.33	200m: 2:29.99		39.37	300m: 3:47.87	39.11	400m: 5:04.35		38.14	
51.			2008						5:06.08		461
	50m: 32.91	32.91	150m: 1:50.40		38.77	250m: 3:08.24	38.87	350m: 4:27.59		38.54	
	100m: 1:11.63	38.72	200m: 2:29.37		38.97	300m: 3:49.05	40.81	400m: 5:06.08		38.49	
52.			2008						5:07.60		454
	50m: 34.33	34.33	150m: 1:53.36		39.58	250m: 3:12.68	39.70	350m: 4:30.86		39.51	
	100m: 1:13.78	39.45	200m: 2:32.98		39.62	300m: 3:51.35	38.67	400m: 5:07.60		36.74	
53.			2006						5:12.75		432
	50m: 32.86	32.86	150m: 1:50.26		39.72	250m: 3:12.19	41.02	350m: 4:34.59		40.95	
	100m: 1:10.54	37.68	200m: 2:31.17		40.91	300m: 3:53.64	41.45	400m: 5:12.75		38.16	
54.			2007						5:13.36		429
	50m: 33.88	33.88	150m: 1:53.25		40.43	250m: 3:14.98	40.39	350m: 4:35.57		40.29	
	100m: 1:12.82	38.94	200m: 2:34.59		41.34	300m: 3:55.28	40.30	400m: 5:13.36		37.79	
55.			2007						5:15.46		421
	50m: 32.20	32.20	150m: 1:50.91		40.34	250m: 3:14.01	41.33	350m: 4:36.63		40.87	
	100m: 1:10.57	38.37	200m: 2:32.68		41.77	300m: 3:55.76	41.75	400m: 5:15.46		38.83	
56.			2007						5:18.61		408
	50m: 33.99	33.99	150m: 1:53.22		40.95	250m: 3:15.51	41.15	350m: 4:37.92		40.66	
	100m: 1:12.27	38.28	200m: 2:34.36		41.14	300m: 3:57.26	41.75	400m: 5:18.61		40.69	
57.			2007						5:19.26		406
	50m: 33.96	33.96	150m: 1:53.75		40.92	250m: 3:16.74	41.48	350m: 4:39.85		41.38	
	100m: 1:12.83	38.87	200m: 2:35.26		41.51	300m: 3:58.47	41.73	400m: 5:19.26		39.41	
58.			2008						5:23.29		391
	50m: 33.59	33.59	150m: 1:53.82		40.92	250m: 3:16.77	41.37	350m: 4:40.86		41.77	
	100m: 1:12.90	39.31	200m: 2:35.40		41.58	300m: 3:59.09	42.32	400m: 5:23.29		42.43	



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9, , 400m

9 , 400m (15-17)
24.02.2021 - 9:00

4:06.01 09.04.2019
4:08.81 (AZE) 24.06.2015

: FINA 2020

				/			R.T.			FINA		
1.				2004			4:26.30			700		
	50m:	31.01	31.01	150m:	1:38.10	33.45	250m:	2:45.39	33.54	350m:	3:52.95	33.65
	100m:	1:04.65	33.64	200m:	2:11.85	33.75	300m:	3:19.30	33.91	400m:	4:26.30	33.35
2.				2005			4:31.22			662		
	50m:	30.63	30.63	150m:	1:38.98	34.25	250m:	2:48.80	34.97	350m:	3:58.41	34.77
	100m:	1:04.73	34.10	200m:	2:13.83	34.85	300m:	3:23.64	34.84	400m:	4:31.22	32.81
3.				2005			4:31.31			662		
	50m:	31.18	31.18	150m:	1:39.09	34.09	250m:	2:48.31	34.63	350m:	3:57.76	34.49
	100m:	1:05.00	33.82	200m:	2:13.68	34.59	300m:	3:23.27	34.96	400m:	4:31.31	33.55
4.				2005			4:32.92			650		
	50m:	30.92	30.92	150m:	1:39.40	34.41	250m:	2:49.43	35.08	350m:	3:59.29	34.81
	100m:	1:04.99	34.07	200m:	2:14.35	34.95	300m:	3:24.48	35.05	400m:	4:32.92	33.63
5.				2006			4:36.76			623		
	50m:	30.49	30.49	150m:	1:38.73	34.53	250m:	2:49.93	35.60	350m:	4:01.70	35.62
	100m:	1:04.20	33.71	200m:	2:14.33	35.60	300m:	3:26.08	36.15	400m:	4:36.76	35.06
6.				2006			4:39.73			604		
	50m:	30.62	30.62	150m:	1:40.17	35.22	250m:	2:51.76	35.69	350m:	4:03.96	36.08
	100m:	1:04.95	34.33	200m:	2:16.07	35.90	300m:	3:27.88	36.12	400m:	4:39.73	35.77
7.				2005			4:40.44			599		
	50m:	30.70	30.70	150m:	1:41.99	36.32	250m:	2:54.82	36.07	350m:	4:06.92	35.39
	100m:	1:05.67	34.97	200m:	2:18.75	36.76	300m:	3:31.53	36.71	400m:	4:40.44	33.52
8.				2006			4:40.75			597		
	50m:	30.93	30.93	150m:	1:41.28	35.23	250m:	2:52.96	35.93	350m:	4:05.19	35.98
	100m:	1:06.05	35.12	200m:	2:17.03	35.75	300m:	3:29.21	36.25	400m:	4:40.75	35.56
9.				2006			4:44.93			571		
	50m:	32.22	32.22	150m:	1:43.83	36.11	250m:	2:56.53	36.19	350m:	4:09.12	36.52
	100m:	1:07.72	35.50	200m:	2:20.34	36.51	300m:	3:32.60	36.07	400m:	4:44.93	35.81
10.				2005			4:45.05			570		
	50m:	31.26	31.26	150m:	1:42.43	36.14	250m:	2:55.04	36.43	350m:	4:08.84	37.00
	100m:	1:06.29	35.03	200m:	2:18.61	36.18	300m:	3:31.84	36.80	400m:	4:45.05	36.21
11.				2005			4:45.61			567		
	50m:	31.25	31.25	150m:	1:42.39	36.21	250m:	2:56.47	37.32	350m:	4:10.55	36.63
	100m:	1:06.18	34.93	200m:	2:19.15	36.76	300m:	3:33.92	37.45	400m:	4:45.61	35.06
12.				2005			4:48.22			552		
	50m:	33.49	33.49	150m:	1:47.10	36.84	250m:	3:00.35	36.46	350m:	4:13.55	36.26
	100m:	1:10.26	36.77	200m:	2:23.89	36.79	300m:	3:37.29	36.94	400m:	4:48.22	34.67
13.				2006			4:48.27			551		
	50m:	31.68	31.68	150m:	1:43.07	35.91	250m:	2:56.82	37.22	350m:	4:11.92	37.48
	100m:	1:07.16	35.48	200m:	2:19.60	36.53	300m:	3:34.44	37.62	400m:	4:48.27	36.35

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9, , 400m				(15-17)				R.T.		FINA		
14.				2005					4:48.84		548	
	50m:	30.95	30.95	150m:	1:41.23	35.77	250m:	2:57.29	38.11	350m:	4:12.54	37.33
	100m:	1:05.46	34.51	200m:	2:19.18	37.95	300m:	3:35.21	37.92	400m:	4:48.84	36.30
15.				2006					4:49.13		547	
	50m:	31.58	31.58	150m:	1:44.32	36.55	250m:	2:58.39	37.10	350m:	4:13.53	37.46
	100m:	1:07.77	36.19	200m:	2:21.29	36.97	300m:	3:36.07	37.68	400m:	4:49.13	35.60
16.				2006					4:49.32		545	
	50m:	33.06	33.06	150m:	1:45.42	36.35	250m:	2:59.24	37.10	350m:	4:13.26	36.99
	100m:	1:09.07	36.01	200m:	2:22.14	36.72	300m:	3:36.27	37.03	400m:	4:49.32	36.06
17.				2005					4:49.80		543	
	50m:	32.83	32.83	150m:	1:45.54	36.32	250m:	2:59.09	36.46	350m:	4:13.41	36.96
	100m:	1:09.22	36.39	200m:	2:22.63	37.09	300m:	3:36.45	37.36	400m:	4:49.80	36.39
18.				2006					4:51.79		532	
	50m:	31.89	31.89	150m:	1:43.78	36.57	250m:	2:59.63	38.23	350m:	4:15.39	37.69
	100m:	1:07.21	35.32	200m:	2:21.40	37.62	300m:	3:37.70	38.07	400m:	4:51.79	36.40
19.				2004					4:51.89		531	
	50m:	32.48	32.48	150m:	1:45.55	37.10	250m:	3:00.86	37.95	350m:	4:16.05	37.11
	100m:	1:08.45	35.97	200m:	2:22.91	37.36	300m:	3:38.94	38.08	400m:	4:51.89	35.84
20.				2006					4:52.45		528	
	50m:	33.12	33.12	150m:	1:46.16	36.72	250m:	3:00.84	37.04	350m:	4:15.82	37.46
	100m:	1:09.44	36.32	200m:	2:23.80	37.64	300m:	3:38.36	37.52	400m:	4:52.45	36.63
21.				2004					4:54.08		519	
	50m:	32.75	32.75	150m:	1:45.11	36.67	250m:	3:00.27	37.82	350m:	4:16.51	38.26
	100m:	1:08.44	35.69	200m:	2:22.45	37.34	300m:	3:38.25	37.98	400m:	4:54.08	37.57
22.				2004					4:54.81		515	
	50m:	31.77	31.77	150m:	1:43.94	36.48	250m:	2:59.96	37.80	350m:	4:16.64	37.67
	100m:	1:07.46	35.69	200m:	2:22.16	38.22	300m:	3:38.97	39.01	400m:	4:54.81	38.17
23.				2005					4:58.36		497	
	50m:	31.62	31.62	150m:	1:45.93	37.67	250m:	3:02.81	38.49	350m:	4:21.22	39.05
	100m:	1:08.26	36.64	200m:	2:24.32	38.39	300m:	3:42.17	39.36	400m:	4:58.36	37.14
24.				2006					4:58.64		496	
	50m:	33.49	33.49	150m:	1:47.59	36.98	250m:	3:04.00	38.49	350m:	4:21.60	38.69
	100m:	1:10.61	37.12	200m:	2:25.51	37.92	300m:	3:42.91	38.91	400m:	4:58.64	37.04
25.				2006					5:00.04		489	
	50m:	32.03	32.03	150m:	1:48.04	39.55	250m:	3:06.55	39.17	350m:	4:23.58	38.13
	100m:	1:08.49	36.46	200m:	2:27.38	39.34	300m:	3:45.45	38.90	400m:	5:00.04	36.46
26.				2006					5:01.43		482	
	50m:	32.88	32.88	150m:	1:49.27	37.80	250m:	3:06.47	38.19	350m:	4:23.71	38.09
	100m:	1:11.47	38.59	200m:	2:28.28	39.01	300m:	3:45.62	39.15	400m:	5:01.43	37.72
27.				2006					5:03.29		473	
	50m:	32.26	32.26	150m:	1:48.67	39.55	250m:	3:07.72	39.50	350m:	4:26.14	39.08
	100m:	1:09.12	36.86	200m:	2:28.22	39.55	300m:	3:47.06	39.34	400m:	5:03.29	37.15
28.				2006					5:03.74		471	
	50m:	33.15	33.15	150m:	1:49.05	38.69	250m:	3:07.62	39.63	350m:	4:26.29	39.15
	100m:	1:10.36	37.21	200m:	2:27.99	38.94	300m:	3:47.14	39.52	400m:	5:03.74	37.45



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	9,	, 400m	,	(15-17)					R.T.		FINA	
29.			/	2006 I					5:04.35		468	
	50m:	33.45	33.45	150m:	1:50.62	38.84	250m:	3:08.76	38.77	350m:	4:26.21	38.34
	100m:	1:11.78	38.33	200m:	2:29.99	39.37	300m:	3:47.87	39.11	400m:	5:04.35	38.14
30.				2006 I					5:12.75		432	
	50m:	32.86	32.86	150m:	1:50.26	39.72	250m:	3:12.19	41.02	350m:	4:34.59	40.95
	100m:	1:10.54	37.68	200m:	2:31.17	40.91	300m:	3:53.64	41.45	400m:	5:12.75	38.16

