

8 , 400m 2003 - 2004
07.05.2017

Mad Wave Challenge 13		4:29.52		Jontvedt Jon		NOR		06.05.2016	
Mad Wave Challenge 14		4:11.39				UKR		06.05.2016	
						R.T.			
1.			2003				+0,79	4:12.01	60,00
	25m: 14.10	14.10	125m: 1:17.40	15.93	225m: 2:21.26	16.07	325m: 3:25.02	15.77	
	50m: 29.54	15.44	150m: 1:33.25	15.85	250m: 2:37.30	16.04	350m: 3:41.11	16.09	
	75m: 45.50	15.96	175m: 1:49.17	15.92	275m: 2:53.11	15.81	375m: 3:56.75	15.64	
	100m: 1:01.47	15.97	200m: 2:05.19	16.02	300m: 3:09.25	16.14	400m: 4:12.01	15.26	
2.			2003				+0,79	4:14.27 I	52,00
	25m: 13.53	13.53	125m: 1:17.79	16.03	225m: 2:22.19	16.18	325m: 3:27.44	15.97	
	50m: 28.95	15.42	150m: 1:33.75	15.96	250m: 2:38.69	16.50	350m: 3:43.18	15.74	
	75m: 45.16	16.21	175m: 1:49.83	16.08	275m: 2:54.91	16.22	375m: 3:59.16	15.98	
	100m: 1:01.76	16.60	200m: 2:06.01	16.18	300m: 3:11.47	16.56	400m: 4:14.27	15.11	
3.			2003				+0,74	4:15.22 I	45,00
	25m: 13.62	13.62	125m: 1:16.30	15.99	225m: 2:21.25	16.33	325m: 3:26.84	16.53	
	50m: 28.80	15.18	150m: 1:32.51	16.21	250m: 2:37.61	16.36	350m: 3:43.44	16.60	
	75m: 44.51	15.71	175m: 1:48.67	16.16	275m: 2:53.75	16.14	375m: 3:59.55	16.11	
	100m: 1:00.31	15.80	200m: 2:04.92	16.25	300m: 3:10.31	16.56	400m: 4:15.22	15.67	
4.			2003				+0,89	4:20.09 I	41,00
	25m: 13.80	13.80	125m: 1:18.51	16.53	225m: 2:24.47	16.81	325m: 3:30.98	16.69	
	50m: 29.34	15.54	150m: 1:34.72	16.21	250m: 2:41.06	16.59	350m: 3:47.66	16.68	
	75m: 45.26	15.92	175m: 1:50.90	16.18	275m: 2:57.49	16.43	375m: 4:04.18	16.52	
	100m: 1:01.98	16.72	200m: 2:07.66	16.76	300m: 3:14.29	16.80	400m: 4:20.09	15.91	
5.			2003				+0,70	4:22.78 I	37,00
	25m: 13.73	13.73	125m: 1:18.20	16.36	225m: 2:24.81	16.84	325m: 3:32.11	16.58	
	50m: 29.38	15.65	150m: 1:34.76	16.56	250m: 2:41.76	16.95	350m: 3:49.67	17.56	
	75m: 45.54	16.16	175m: 1:51.18	16.42	275m: 2:58.57	16.81	375m: 4:07.14	17.47	
	100m: 1:01.84	16.30	200m: 2:07.97	16.79	300m: 3:15.53	16.96	400m: 4:22.78	15.64	
6.			2003				+0,81	4:23.94 I	33,00
	25m: 13.97	13.97	125m: 1:20.14	16.62	225m: 2:28.53	16.95	325m: 3:35.83	16.89	
	50m: 29.80	15.83	150m: 1:37.31	17.17	250m: 2:45.49	16.96	350m: 3:52.54	16.71	
	75m: 46.44	16.64	175m: 1:54.39	17.08	275m: 3:02.05	16.56	375m: 4:09.06	16.52	
	100m: 1:03.52	17.08	200m: 2:11.58	17.19	300m: 3:18.94	16.89	400m: 4:23.94	14.88	
7.			2004				+0,72	4:24.45 RCI	30,00
	25m: 13.84	13.84	125m: 1:18.72	16.81	225m: 2:26.60	16.92	325m: 3:34.58	16.89	
	50m: 29.14	15.30	150m: 1:35.55	16.83	250m: 2:43.74	17.14	350m: 3:51.50	16.92	
	75m: 45.43	16.29	175m: 1:52.64	17.09	275m: 3:00.80	17.06	375m: 4:08.29	16.79	
	100m: 1:01.91	16.48	200m: 2:09.68	17.04	300m: 3:17.69	16.89	400m: 4:24.45	16.16	
8.			2003				+0,73	4:28.89 I	27,00
	25m: 13.45	13.45	125m: 1:20.01	17.27	225m: 2:29.07	17.24	325m: 3:40.10	17.62	
	50m: 29.14	15.69	150m: 1:37.13	17.12	250m: 2:46.85	17.78	350m: 3:57.70	17.60	
	75m: 45.53	16.39	175m: 1:54.20	17.07	275m: 3:04.74	17.89	375m: 4:14.30	16.60	
	100m: 1:02.74	17.21	200m: 2:11.83	17.63	300m: 3:22.48	17.74	400m: 4:28.89	14.59	
9.			2003				+0,80	4:29.17 II	24,00
	25m: 13.64	13.64	125m: 1:18.77	16.61	225m: 2:27.37	17.31	325m: 3:37.32	17.20	
	50m: 29.11	15.47	150m: 1:35.74	16.97	250m: 2:44.92	17.55	350m: 3:54.80	17.48	
	75m: 45.27	16.16	175m: 1:52.55	16.81	275m: 3:02.44	17.52	375m: 4:12.10	17.30	
	100m: 1:02.16	16.89	200m: 2:10.06	17.51	300m: 3:20.12	17.68	400m: 4:29.17	17.07	
10.			2003				+0,74	4:29.59 II	22,00
	25m: 14.05	14.05	125m: 1:19.21	16.72	225m: 2:28.18	17.59	325m: 3:38.51	17.52	
	50m: 29.58	15.53	150m: 1:36.17	16.96	250m: 2:45.82	17.64	350m: 3:55.82	17.31	
	75m: 45.83	16.25	175m: 1:53.36	17.19	275m: 3:03.54	17.72	375m: 4:13.09	17.27	
	100m: 1:02.49	16.66	200m: 2:10.59	17.23	300m: 3:20.99	17.45	400m: 4:29.59	16.50	
11.			2003				+0,69	4:30.81 II	20,00
	25m: 14.55	14.55	125m: 1:21.74	17.28	225m: 2:31.56	17.21	325m: 3:40.94	16.72	
	50m: 30.52	15.97	150m: 1:39.11	17.37	250m: 2:48.97	17.41	350m: 3:57.97	17.03	
	75m: 47.13	16.61	175m: 1:56.38	17.27	275m: 3:06.55	17.58	375m: 4:14.68	16.71	
	100m: 1:04.46	17.33	200m: 2:14.35	17.97	300m: 3:24.22	17.67	400m: 4:30.81	16.13	



8, , 400m		2003 - 2004		R.T.	
12.		2003 II		+1,02	4:31.46 II 18,00
	25m: 14.59 14.59	150m: 1:37.82 17.32	250m: 2:47.94		350m: 3:58.13
	50m: 30.14 15.55	175m: 1:55.37 17.55	275m: 3:40.76 52.82		400m: 4:31.46 33.33
	100m: 1:03.18 33.04	200m: 2:12.81 17.44	300m: 3:23.18		
	125m: 1:20.50 17.32	225m: 3:05.64 52.83	325m: 4:15.43 52.25		
13.		2003 II		+0,65	4:32.06 II 16,00
	25m: 13.73 13.73	125m: 1:20.27 17.11	225m: 2:30.43 17.59		325m: 3:41.23 17.43
	50m: 29.65 15.92	150m: 1:38.02 17.75	250m: 2:48.21 17.78		350m: 3:58.80 17.57
	75m: 46.23 16.58	175m: 1:55.15 17.13	275m: 3:05.82 17.61		375m: 4:15.91 17.11
	100m: 1:03.16 16.93	200m: 2:12.84 17.69	300m: 3:23.80 17.98		400m: 4:32.06 16.15
14.		2003 I		+0,71	4:32.45 II 14,00
	25m: 14.45 14.45	125m: 1:23.06 17.04	225m: 2:32.33 17.28		325m: 3:41.65 17.48
	50m: 31.12 16.67	150m: 1:40.24 17.18	250m: 2:49.60 17.27		350m: 3:58.72 17.07
	75m: 48.44 17.32	175m: 1:57.60 17.36	275m: 3:06.70 17.10		375m: 4:15.76 17.04
	100m: 1:06.02 17.58	200m: 2:15.05 17.45	300m: 3:24.17 17.47		400m: 4:32.45 16.69
15.		2003 II		+0,76	4:34.53 II 12,00
	25m: 14.62 14.62	125m: 1:20.41 16.75	225m: 2:29.51 17.69		325m: 3:40.69 18.08
	50m: 30.63 16.01	150m: 1:37.13 16.72	250m: 2:47.11 17.60		350m: 3:59.10 18.41
	75m: 47.06 16.43	175m: 1:54.33 17.20	275m: 3:04.70 17.59		375m: 4:16.87 17.77
	100m: 1:03.66 16.60	200m: 2:11.82 17.49	300m: 3:22.61 17.91		400m: 4:34.53 17.66
16.		2003 II		+0,84	4:34.61 II 10,00
	25m: 15.34 15.34	125m: 1:22.65 17.45	225m: 2:33.07 17.86		325m: 3:44.42 18.09
	50m: 31.64 16.30	150m: 1:40.03 17.38	250m: 2:50.97 17.90		350m: 4:01.62 17.20
	75m: 48.45 16.81	175m: 1:57.76 17.73	275m: 3:08.60 17.63		375m: 4:19.31 17.69
	100m: 1:05.20 16.75	200m: 2:15.21 17.45	300m: 3:26.33 17.73		400m: 4:34.61 15.30
17.		2003 I		+0,75	4:35.64 II 9,00
	25m: 14.52 14.52	125m: 1:20.85 16.98	225m: 2:31.22 17.55		325m: 3:43.14 18.27
	50m: 31.00 16.48	150m: 1:38.34 17.49	250m: 2:48.82 17.60		350m: 4:01.09 17.95
	75m: 47.40 16.40	175m: 1:55.88 17.54	275m: 3:07.16 18.34		375m: 4:18.97 17.88
	100m: 1:03.87 16.47	200m: 2:13.67 17.79	300m: 3:24.87 17.71		400m: 4:35.64 16.67
18.		2004 II		+0,79	4:36.23 II 8,00
	25m: 14.43 14.43	125m: 1:21.82 17.39	225m: 2:32.75 17.79		325m: 3:44.19 17.91
	50m: 30.63 16.20	150m: 1:39.47 17.65	250m: 2:50.84 18.09		350m: 4:02.14 17.95
	75m: 47.40 16.77	175m: 1:57.03 17.56	275m: 3:08.39 17.55		375m: 4:19.56 17.42
	100m: 1:04.43 17.03	200m: 2:14.96 17.93	300m: 3:26.28 17.89		400m: 4:36.23 16.67
19.		2003 I		+0,79	4:36.90 II 7,00
	25m: 14.27 14.27	125m: 1:21.85 17.41	225m: 2:32.47 17.71		325m: 3:44.27 18.16
	50m: 30.44 16.17	150m: 1:39.64 17.79	250m: 2:50.46 17.99		350m: 4:02.37 18.10
	75m: 47.25 16.81	175m: 1:57.22 17.58	275m: 3:08.10 17.64		375m: 4:20.16 17.79
	100m: 1:04.44 17.19	200m: 2:14.76 17.54	300m: 3:26.11 18.01		400m: 4:36.90 16.74
20.		2003 II		+0,65	4:37.22 II 6,00
	25m: 14.14 14.14	125m: 1:21.39 17.35	225m: 2:33.00 17.85		325m: 3:45.11 17.82
	50m: 30.07 15.93	150m: 1:39.29 17.90	250m: 2:50.87 17.87		350m: 4:03.20 18.09
	75m: 46.67 16.60	175m: 1:57.16 17.87	275m: 3:08.97 18.10		375m: 4:20.50 17.30
	100m: 1:04.04 17.37	200m: 2:15.15 17.99	300m: 3:27.29 18.32		400m: 4:37.22 16.72
21.		2004 II		+0,81	4:37.28 II 5,00
	25m: 14.34 14.34	125m: 1:22.97 17.69	225m: 2:34.44 17.51		325m: 3:47.32 18.16
	50m: 30.75 16.41	150m: 1:40.80 17.83	250m: 2:52.43 17.99		350m: 4:05.68 18.36
	75m: 47.76 17.01	175m: 1:58.79 17.99	275m: 3:10.73 18.30		375m: 4:21.96 16.28
	100m: 1:05.28 17.52	200m: 2:16.93 18.14	300m: 3:29.16 18.43		400m: 4:37.28 15.32
22.		2003 II		+0,71	4:39.06 II 4,00
	25m: 13.96 13.96	125m: 1:21.05 17.53	225m: 2:31.66 17.87		325m: 3:44.80 18.38
	50m: 29.93 15.97	150m: 1:38.77 17.72	250m: 2:49.84 18.18		350m: 4:03.59 18.79
	75m: 46.58 16.65	175m: 1:56.17 17.40	275m: 3:08.17 18.33		375m: 4:21.73 18.14
	100m: 1:03.52 16.94	200m: 2:13.79 17.62	300m: 3:26.42 18.25		400m: 4:39.06 17.33
23.		2004 II		+0,80	4:39.44 II 3,00
	25m: 14.77 14.77	125m: 1:24.73 18.28	225m: 2:36.43 17.95		325m: 3:47.97 18.09
	50m: 31.25 16.48	150m: 1:42.73 18.00	250m: 2:54.33 17.90		350m: 4:05.65 17.68
	75m: 48.62 17.37	175m: 2:00.68 17.95	275m: 3:12.22 17.89		375m: 4:22.99 17.34
	100m: 1:06.45 17.83	200m: 2:18.48 17.80	300m: 3:29.88 17.66		400m: 4:39.44 16.45



		8, , 400m				2003 - 2004						
								R.T.				
24.				2003 II				+0,92	4:39.83 II		2,00	
	25m:	14.41	14.41	125m:	1:22.22	17.82	225m:	2:34.45	18.22	325m:	3:46.61	18.04
	50m:	30.47	16.06	150m:	1:40.12	17.90	250m:	2:52.26	17.81	350m:	4:04.54	17.93
	75m:	47.21	16.74	175m:	1:58.22	18.10	275m:	3:10.50	18.24	375m:	4:22.65	18.11
	100m:	1:04.40	17.19	200m:	2:16.23	18.01	300m:	3:28.57	18.07	400m:	4:39.83	17.18
25.				2004 II				+0,84	4:42.61 II		1,00	
	25m:	14.92	14.92	125m:	1:24.76	17.99	225m:	2:37.54	18.22	325m:	3:50.75	18.37
	50m:	31.43	16.51	150m:	1:43.01	18.25	250m:	2:55.99	18.45	350m:	4:08.85	18.10
	75m:	49.13	17.70	175m:	2:01.25	18.24	275m:	3:14.34	18.35	375m:	4:27.11	18.26
	100m:	1:06.77	17.64	200m:	2:19.32	18.07	300m:	3:32.38	18.04	400m:	4:42.61	15.50
26.				2003 II				+1,01	4:42.86 II		-	
	25m:	15.20	15.20	125m:	1:24.16	17.72	225m:	2:36.49	17.97	325m:	3:50.37	18.40
	50m:	31.91	16.71	150m:	1:42.03	17.87	250m:	2:54.65	18.16	350m:	4:08.67	18.30
	75m:	49.09	17.18	175m:	2:00.20	18.17	275m:	3:13.46	18.81	375m:	4:26.44	17.77
	100m:	1:06.44	17.35	200m:	2:18.52	18.32	300m:	3:31.97	18.51	400m:	4:42.86	16.42
27.				2004 II				+0,95	4:43.03 II		-	
	25m:	15.26	15.26	125m:	1:24.42	17.58	225m:	2:37.45	18.55	325m:	3:50.14	18.10
	50m:	31.85	16.59	150m:	1:42.31	17.89	250m:	2:55.78	18.33	350m:	4:08.45	18.31
	75m:	49.23	17.38	175m:	2:00.64	18.33	275m:	3:14.07	18.29	375m:	4:26.78	18.33
	100m:	1:06.84	17.61	200m:	2:18.90	18.26	300m:	3:32.04	17.97	400m:	4:43.03	16.25
28.				2003 III				+0,74	4:43.99 II		-	
	25m:	14.78	14.78	125m:	1:24.30	17.96	225m:	2:37.60	18.11	325m:	3:50.87	18.32
	50m:	31.29	16.51	150m:	1:42.74	18.44	250m:	2:55.87	18.27	350m:	4:09.10	18.23
	75m:	48.62	17.33	175m:	2:01.17	18.43	275m:	3:14.35	18.48	375m:	4:26.93	17.83
	100m:	1:06.34	17.72	200m:	2:19.49	18.32	300m:	3:32.55	18.20	400m:	4:43.99	17.06
29.				2004 II				+0,66	4:44.79 II		-	
	25m:	15.01	15.01	150m:	1:42.65	17.73	275m:	3:13.46	18.28	400m:	4:44.79	36.56
	50m:	31.71	16.70	200m:	2:18.96	36.31	300m:	3:31.66	18.20			
	100m:	1:06.99	35.28	225m:	2:37.07	18.11	325m:	4:26.59	54.93			
	125m:	1:24.92	17.93	250m:	2:55.18	18.11	350m:	4:08.23				
30.				2003 II				+0,83	4:47.01 II		-	
	25m:	15.59	15.59	125m:	1:27.37	18.19	225m:	2:40.46	18.05	325m:	3:53.33	18.12
	50m:	33.20	17.61	150m:	1:45.56	18.19	250m:	2:59.20	18.74	350m:	4:11.72	18.39
	75m:	50.88	17.68	175m:	2:03.80	18.24	275m:	3:17.04	17.84	375m:	4:29.45	17.73
	100m:	1:09.18	18.30	200m:	2:22.41	18.61	300m:	3:35.21	18.17	400m:	4:47.01	17.56
31.				2003 II				+0,72	4:47.21 II		-	
	25m:	15.28	15.28	125m:	1:27.64	18.55	225m:	2:41.57	18.52	325m:	3:54.02	17.94
	50m:	32.39	17.11	150m:	1:46.07	18.43	250m:	2:59.64	18.07	350m:	4:11.87	17.85
	75m:	50.39	18.00	175m:	2:04.59	18.52	275m:	3:18.07	18.43	375m:	4:29.80	17.93
	100m:	1:09.09	18.70	200m:	2:23.05	18.46	300m:	3:36.08	18.01	400m:	4:47.21	17.41
32.				2003 III				+0,90	4:47.50 II		-	
	25m:	15.78	15.78	125m:	1:28.63	18.53	225m:	2:42.08	18.13	325m:	3:55.42	18.24
	50m:	33.62	17.84	150m:	1:46.90	18.27	250m:	3:00.04	17.96	350m:	4:13.59	18.17
	75m:	51.95	18.33	175m:	2:05.31	18.41	275m:	3:18.64	18.60	375m:	4:31.18	17.59
	100m:	1:10.10	18.15	200m:	2:23.95	18.64	300m:	3:37.18	18.54	400m:	4:47.50	16.32
33.				2003 II				+0,73	4:47.87 II		-	
	25m:	14.45	14.45	125m:	1:22.73	17.89	225m:	2:36.25	18.49	325m:	3:52.13	18.92
	50m:	30.30	15.85	150m:	1:40.87	18.14	250m:	2:54.67	18.42	350m:	4:10.97	18.84
	75m:	47.20	16.90	175m:	1:59.60	18.73	275m:	3:14.03	19.36	375m:	4:30.08	19.11
	100m:	1:04.84	17.64	200m:	2:17.76	18.16	300m:	3:33.21	19.18	400m:	4:47.87	17.79
34.				2003 III				+0,86	4:48.13 II		-	
	25m:	14.98	14.98	125m:	1:27.68	17.92	225m:	2:41.15		325m:	3:55.02	
	50m:	33.02	18.04	150m:	1:45.53	17.85	250m:	4:13.98	1:32.83	375m:	4:32.09	37.07
	75m:	50.93	17.91	175m:	2:03.92	18.39	275m:	3:18.82		400m:	4:48.13	16.04
	100m:	1:09.76	18.83	200m:	3:37.89	1:33.97	300m:	4:48.34	1:29.52			
35.				2003 II				+0,79	4:49.52 II		-	
	25m:	14.77	14.77	125m:	1:25.65	18.39	225m:	2:39.62	18.71	325m:	3:54.43	18.78
	50m:	31.55	16.78	150m:	1:44.01	18.36	250m:	2:58.37	18.75	350m:	4:13.51	19.08
	75m:	49.49	17.94	175m:	2:02.39	18.38	275m:	3:17.12	18.75	375m:	4:32.52	19.01
	100m:	1:07.26	17.77	200m:	2:20.91	18.52	300m:	3:35.65	18.53	400m:	4:49.52	17.00

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OMEGA ARES 21

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Поволжская государственная академия физической культуры, спорта и туризма



8,	, 400m	, 2003 - 2004	R.T.
36.		2004 II	+0,90 4:51.72 II
25m:	15.33 15.33	125m: 1:28.07 18.44	18.87 325m: 3:58.46 18.97
50m:	33.01 17.68	150m: 1:46.98 18.91	18.91 350m: 4:17.36 18.90
75m:	50.98 17.97	175m: 2:05.43 18.45	18.54 375m: 4:34.55 17.19
100m:	1:09.63 18.65	200m: 2:24.29 18.86	18.88 400m: 4:51.72 17.17
37.		2003 II	+0,92 4:52.03 II
25m:	14.96 14.96	125m: 1:24.93 17.99	18.80 325m: 3:55.19 19.38
50m:	32.03 17.07	150m: 1:43.29 18.36	19.12 350m: 4:14.53 19.34
75m:	49.38 17.35	175m: 2:01.91 18.62	19.05 375m: 4:33.89 19.36
100m:	1:06.94 17.56	200m: 2:20.40 18.49	18.44 400m: 4:52.03 18.14
38.		2004 II	+0,70 4:52.83 II
25m:	15.28 15.28	125m: 1:27.28 18.40	18.48 325m: 3:57.47 18.97
50m:	32.59 17.31	150m: 1:46.34 19.06	19.45 350m: 4:16.14 18.67
75m:	50.67 18.08	175m: 2:04.72 18.38	18.59 375m: 4:34.88 18.74
100m:	1:08.88 18.21	200m: 2:23.11 18.39	18.87 400m: 4:52.83 17.95
39.		2003 II	+0,99 4:53.51 II
25m:	14.79 14.79	125m: 1:26.35 18.63	18.94 325m: 3:57.85 18.94
50m:	31.13 16.34	150m: 1:45.24 18.89	18.91 350m: 4:16.76 18.91
75m:	49.65 18.52	175m: 2:03.97 18.73	18.93 375m: 4:35.64 18.88
100m:	1:07.72 18.07	200m: 2:23.03 19.06	19.10 400m: 4:53.51 17.87
40.		2004 II	+0,76 4:53.76 II
25m:	15.55 15.55	125m: 1:26.85 18.15	19.08 325m: 3:57.61 19.04
50m:	32.80 17.25	150m: 1:45.49 18.64	18.92 350m: 4:16.75 19.14
75m:	50.67 17.87	175m: 2:04.12 18.63	18.97 375m: 4:35.68 18.93
100m:	1:08.70 18.03	200m: 2:22.73 18.61	18.87 400m: 4:53.76 18.08
41.		2003 II	+0,74 4:55.00 II
50m:	33.46 33.46	175m: 2:09.70 19.95	20.00 400m: 4:55.00 15.39
100m:	1:11.24 37.78	200m: 2:28.30 18.60	18.46 300m: 3:44.65 18.46
125m:	1:30.94 19.70	225m: 2:47.51 19.21	37.73 350m: 4:22.38 37.73
150m:	1:49.75 18.81	250m: 3:06.19 18.68	17.23 375m: 4:39.61 17.23
42.		2003 II	+0,71 4:55.06 II
25m:	14.97 14.97	125m: 1:28.50 19.10	18.74 325m: 4:00.52 19.26
50m:	32.20 17.23	150m: 1:47.75 19.25	19.23 350m: 4:18.98 18.46
75m:	50.52 18.32	175m: 2:06.92 19.17	19.04 375m: 4:37.61 18.63
100m:	1:09.40 18.88	200m: 2:25.45 18.53	18.80 400m: 4:55.06 17.45
43.		2003 II	+0,94 4:56.35 II
25m:	15.79 15.79	125m: 1:27.57 18.81	19.75 325m: 4:01.97 18.50
50m:	32.94 17.15	150m: 1:46.75 19.18	18.96 350m: 4:20.73 18.76
75m:	50.90 17.96	175m: 2:06.58 19.83	19.14 375m: 4:39.30 18.57
100m:	1:08.76 17.86	200m: 2:26.11 19.53	19.51 400m: 4:56.35 17.05
44.		2004 II	+0,75 4:56.85 II
25m:	15.31 15.31	125m: 1:28.33 18.83	18.53 325m: 4:00.90 19.14
50m:	32.81 17.50	150m: 1:47.28 18.95	19.23 350m: 4:20.63 19.73
75m:	51.09 18.28	175m: 2:06.32 19.04	19.00 375m: 4:39.41 18.78
100m:	1:09.50 18.41	200m: 2:25.51 19.19	19.49 400m: 4:56.85 17.44
45.		2003 II	+0,75 4:56.99 II
25m:	14.80 14.80	125m: 1:24.66 17.82	19.46 325m: 3:58.48 19.61
50m:	32.00 17.20	150m: 1:42.82 18.16	19.13 375m: 4:38.15 39.67
75m:	49.24 17.24	175m: 2:01.57 18.75	20.02 400m: 4:56.99 18.84
100m:	1:06.84 17.60	200m: 2:20.86 19.29	19.40 300m: 3:38.87 19.40
46.		2004 III	+0,91 4:57.60 II
25m:	15.39 15.39	125m: 1:28.27 19.07	19.21 325m: 4:01.51 19.12
50m:	32.68 17.29	150m: 1:47.27 19.00	19.22 350m: 4:20.93 19.42
75m:	50.66 17.98	175m: 2:06.73 19.46	19.05 375m: 4:39.34 18.41
100m:	1:09.20 18.54	200m: 2:25.55 18.82	19.36 400m: 4:57.60 18.26
47.		2004 III	+0,70 4:58.40 II
25m:	15.94 15.94	125m: 1:30.45 19.07	19.06 325m: 4:03.42 18.92
50m:	33.72 17.78	150m: 1:49.36 18.91	19.17 350m: 4:22.40 18.98
75m:	52.27 18.55	175m: 2:08.64 19.28	19.14 375m: 4:41.15 18.75
100m:	1:11.38 19.11	200m: 2:28.02 19.38	19.11 400m: 4:58.40 17.25



8, , 400m				2003 - 2004				R.T.		
48.				2003 II				+0,85	4:58.44 II	
	25m: 15.12	15.12	125m: 1:28.30	19.10	225m: 2:46.75	19.92	325m: 4:03.82	18.70		
	50m: 32.32	17.20	150m: 1:47.66	19.36	250m: 3:06.21	19.46	350m: 4:22.69	18.87		
	75m: 50.37	18.05	175m: 2:07.25	19.59	275m: 3:25.75	19.54	375m: 4:40.49	17.80		
	100m: 1:09.20	18.83	200m: 2:26.83	19.58	300m: 3:45.12	19.37	400m: 4:58.44	17.95		
49.			2003 II					+0,78	4:59.04 II	
	25m: 15.54	15.54	125m: 1:30.78	19.93	225m: 2:47.96	19.54	325m: 4:04.86	18.88		
	50m: 33.19	17.65	150m: 1:50.02	19.24	250m: 3:07.11	19.15	350m: 4:23.96	19.10		
	75m: 51.82	18.63	175m: 2:09.25	19.23	275m: 3:26.44	19.33	375m: 4:42.54	18.58		
	100m: 1:10.85	19.03	200m: 2:28.42	19.17	300m: 3:45.98	19.54	400m: 4:59.04	16.50		
50.			2003 II					+0,76	4:59.55 II	
	25m: 15.37	15.37	125m: 1:31.05	19.33	225m: 2:49.49	19.42	325m: 4:04.95	18.76		
	50m: 33.69	18.32	150m: 1:50.89	19.84	250m: 3:08.31	18.82	350m: 4:24.05	19.10		
	75m: 52.43	18.74	175m: 2:10.37	19.48	275m: 3:27.03	18.72	375m: 4:42.63	18.58		
	100m: 1:11.72	19.29	200m: 2:30.07	19.70	300m: 3:46.19	19.16	400m: 4:59.55	16.92		
51.			2003 III		687,			+0,82	4:59.59 II	
	25m: 15.43	15.43	125m: 1:29.85	18.49	225m: 2:45.72	18.39	325m: 4:02.51	18.98		
	50m: 33.38	17.95	150m: 1:48.92	19.07	250m: 3:04.65	18.93	350m: 4:22.17	19.66		
	75m: 52.46	19.08	175m: 2:07.96	19.04	275m: 3:23.95	19.30	375m: 4:41.36	19.19		
	100m: 1:11.36	18.90	200m: 2:27.33	19.37	300m: 3:43.53	19.58	400m: 4:59.59	18.23		
52.			2004 II					+1,01	4:59.60 II	
	25m: 16.13	16.13	125m: 1:31.19	19.25	225m: 2:47.68	19.25	325m: 4:04.76	19.06		
	50m: 34.01	17.88	150m: 1:50.18	18.99	250m: 3:07.19	19.51	350m: 4:23.84	19.08		
	75m: 52.65	18.64	175m: 2:09.25	19.07	275m: 3:26.37	19.18	375m: 4:42.47	18.63		
	100m: 1:11.94	19.29	200m: 2:28.43	19.18	300m: 3:45.70	19.33	400m: 4:59.60	17.13		
53.			2003 II	WorldClass				+0,78	5:00.72 II	
	25m: 16.02	16.02	125m: 1:30.92	19.37	225m: 2:46.69	18.79	325m: 4:03.40	19.18		
	50m: 33.93	17.91	150m: 1:50.11	19.19	250m: 3:05.91	19.22	350m: 4:22.91	19.51		
	75m: 52.42	18.49	175m: 2:08.86	18.75	275m: 3:24.86	18.95	375m: 4:42.09	19.18		
	100m: 1:11.55	19.13	200m: 2:27.90	19.04	300m: 3:44.22	19.36	400m: 5:00.72	18.63		
54.			2004 II					+0,82	5:01.41 II	
	25m: 15.13	15.13	125m: 1:27.12	18.98	225m: 2:44.25	21.53	325m: 4:03.72	19.66		
	50m: 32.01	16.88	150m: 1:46.50	19.38	250m: 3:04.34	20.09	350m: 4:22.15	18.43		
	75m: 49.53	17.52	175m: 2:05.36	18.86	275m: 3:24.07	19.73	375m: 4:43.54	21.39		
	100m: 1:08.14	18.61	200m: 2:22.72	17.36	300m: 3:44.06	19.99	400m: 5:01.41	17.87		
55.			2003 II	" "				+0,85	5:01.64 II	
	25m: 15.19	15.19	125m: 1:29.96	19.45	225m: 2:48.35	19.63	325m: 4:06.08	18.83		
	50m: 32.95	17.76	150m: 1:49.72	19.76	250m: 3:07.95	19.60	350m: 4:24.92	18.84		
	75m: 51.57	18.62	175m: 2:09.10	19.38	275m: 3:27.34	19.39	375m: 4:43.64	18.72		
	100m: 1:10.51	18.94	200m: 2:28.72	19.62	300m: 3:47.25	19.91	400m: 5:01.64	18.00		
56.			2003 II					+0,69	5:01.74 II	
	25m: 15.18	15.18	125m: 1:26.65	18.58	250m: 3:03.24	39.28	400m: 5:01.74	18.51		
	50m: 31.92	16.74	150m: 1:45.41	18.76	300m: 3:43.25	40.01				
	75m: 49.67	17.75	175m: 2:04.53	19.12	350m: 4:23.21	39.96				
	100m: 1:08.07	18.40	200m: 2:23.96	19.43	375m: 4:43.23	20.02				
57.			2003 II					+0,74	5:01.89 II	
	25m: 14.48	14.48	125m: 1:25.52	18.76	225m: 2:42.87	19.77	325m: 4:03.26	19.67		
	50m: 31.23	16.75	150m: 1:44.47	18.95	250m: 3:03.22	20.35	350m: 4:22.96	19.70		
	75m: 48.46	17.23	175m: 2:03.57	19.10	275m: 3:23.12	19.90	375m: 4:42.66	19.70		
	100m: 1:06.76	18.30	200m: 2:23.10	19.53	300m: 3:43.59	20.47	400m: 5:01.89	19.23		
58.			2004 II	22,				+0,78	5:02.18 II	
	25m: 15.73	15.73	125m: 1:30.48	19.32	225m: 2:45.81	18.79	325m: 4:03.89	19.81		
	50m: 33.48	17.75	150m: 1:49.57	19.09	250m: 3:05.29	19.48	350m: 4:23.92	20.03		
	75m: 51.73	18.25	175m: 2:08.20	18.63	275m: 3:24.58	19.29	375m: 4:43.63	19.71		
	100m: 1:11.16	19.43	200m: 2:27.02	18.82	300m: 3:44.08	19.50	400m: 5:02.18	18.55		
59.			2004 III					+0,67	5:02.19 II	
	25m: 14.85	14.85	125m: 1:27.03	18.83	225m: 2:45.24	19.30	325m: 4:04.92	19.82		
	50m: 31.65	16.80	150m: 1:46.83	19.80	250m: 3:04.89	19.65	350m: 4:24.31	19.39		
	75m: 49.81	18.16	175m: 2:06.15	19.32	275m: 3:24.58	19.69	375m: 4:43.29	18.98		
	100m: 1:08.20	18.39	200m: 2:25.94	19.79	300m: 3:45.10	20.52	400m: 5:02.19	18.90		



8, , 400m				2003 - 2004				R.T.				
60.				2004 II				+0,76	5:02.21 II	-		
	25m:	15.44	15.44	125m:	1:28.50	18.51	225m:	2:45.03	18.99	325m:	4:04.02	19.63
	50m:	33.02	17.58	150m:	1:47.67	19.17	250m:	3:04.77	19.74	350m:	4:23.94	19.92
	75m:	51.36	18.34	175m:	2:06.88	19.21	275m:	3:24.21	19.44	375m:	4:43.44	19.50
	100m:	1:09.99	18.63	200m:	2:26.04	19.16	300m:	3:44.39	20.18	400m:	5:02.21	18.77
61.				2003 II				+0,78	5:02.28 II	-		
	25m:	16.06	16.06	125m:	1:32.06	19.89	225m:	2:49.70	19.34	325m:	4:06.26	18.94
	50m:	34.38	18.32	150m:	1:51.59	19.53	250m:	3:09.05	19.35	350m:	4:25.57	19.31
	75m:	53.21	18.83	175m:	2:10.96	19.37	275m:	3:28.40	19.35	375m:	4:44.00	18.43
	100m:	1:12.17	18.96	200m:	2:30.36	19.40	300m:	3:47.32	18.92	400m:	5:02.28	18.28
62.				2004 II				+0,66	5:02.63 II	-		
	25m:	15.98	15.98	125m:	1:31.76	19.33	225m:	2:49.43	19.36	325m:	4:06.96	19.63
	50m:	34.18	18.20	150m:	1:51.21	19.45	250m:	3:08.74	19.31	350m:	4:26.36	19.40
	75m:	53.08	18.90	175m:	2:10.78	19.57	275m:	3:27.72	18.98	375m:	4:44.88	18.52
	100m:	1:12.43	19.35	200m:	2:30.07	19.29	300m:	3:47.33	19.61	400m:	5:02.63	17.75
63.				2004 II				+0,56	5:02.87 II	-		
	25m:	15.59	15.59	125m:	1:31.61	19.25	225m:	2:49.57	19.35	325m:	4:07.55	19.09
	50m:	34.20	18.61	150m:	1:51.17	19.56	250m:	3:08.79	19.22	350m:	4:26.81	19.26
	75m:	52.87	18.67	175m:	2:10.90	19.73	275m:	3:28.80	20.01	375m:	4:45.41	18.60
	100m:	1:12.36	19.49	200m:	2:30.22	19.32	300m:	3:48.46	19.66	400m:	5:02.87	17.46
64.				2004 II				+0,71	5:05.35 III	-		
	25m:	14.15	14.15	125m:	1:23.35	18.21	225m:	2:39.64	19.41	325m:	3:58.15	19.68
	50m:	30.51	16.36	150m:	1:41.79	18.44	250m:	2:58.97	19.33	350m:	4:16.38	18.23
	75m:	47.41	16.90	175m:	2:01.01	19.22	275m:	3:18.42	19.45	375m:	4:46.33	29.95
	100m:	1:05.14	17.73	200m:	2:20.23	19.22	300m:	3:38.47	20.05	400m:	5:05.35	19.02
65.				2004 II		22,		+0,72	5:07.73 III	-		
	25m:	14.90	14.90	125m:	1:29.26	19.43	225m:	2:49.37	20.62	325m:	4:09.79	20.05
	50m:	31.80	16.90	150m:	1:49.15	19.89	250m:	3:09.32	19.95	350m:	4:29.63	19.84
	75m:	50.41	18.61	175m:	2:09.39	20.24	275m:	3:29.87	20.55	375m:	4:49.09	19.46
	100m:	1:09.83	19.42	200m:	2:28.75	19.36	300m:	3:49.74	19.87	400m:	5:07.73	18.64
66.				2004 II				+0,67	5:08.60 III	-		
	25m:	16.22	16.22	125m:	1:31.82	19.64	225m:	2:50.70	19.22	325m:	4:10.81	20.10
	50m:	34.09	17.87	150m:	1:51.50	19.68	250m:	3:10.34	19.64	350m:	4:30.43	19.62
	75m:	52.75	18.66	175m:	2:11.80	20.30	275m:	3:30.59	20.25	375m:	4:50.02	19.59
	100m:	1:12.18	19.43	200m:	2:31.48	19.68	300m:	3:50.71	20.12	400m:	5:08.60	18.58
67.				2004 I				+0,75	5:09.08 III	-		
	25m:	16.17	16.17	125m:	1:32.01	19.82	225m:	2:51.85	20.57	325m:	4:12.14	19.95
	50m:	34.58	18.41	150m:	1:51.42	19.41	250m:	3:11.54	19.69	350m:	4:32.59	20.45
	75m:	53.22	18.64	175m:	2:11.42	20.00	275m:	3:31.63	20.09	375m:	4:51.93	19.34
	100m:	1:12.19	18.97	200m:	2:31.28	19.86	300m:	3:52.19	20.56	400m:	5:09.08	17.15
68.				2004 II				+0,86	5:10.52 III	-		
	25m:	16.21	16.21	100m:	1:11.06	19.01	175m:	2:09.07	19.54	300m:	3:49.58	40.79
	50m:	33.70	17.49	125m:	1:30.12	19.06	200m:	2:28.89	19.82	350m:	4:30.28	40.70
	75m:	52.05	18.35	150m:	1:49.53	19.41	250m:	3:08.79	39.90	400m:	5:10.52	40.24
69.				2004 II		" "		+0,65	5:11.02 III	-		
	25m:	16.12	16.12	125m:	1:34.11	20.20	225m:	2:53.36	20.16	325m:	4:13.29	19.91
	50m:	34.40	18.28	150m:	1:53.97	19.86	250m:	3:13.41	20.05	350m:	4:33.21	19.92
	75m:	53.88	19.48	175m:	2:13.46	19.49	275m:	3:33.52	20.11	375m:	4:53.07	19.86
	100m:	1:13.91	20.03	200m:	2:33.20	19.74	300m:	3:53.38	19.86	400m:	5:11.02	17.95
70.				2004 II				+0,70	5:11.05 III	-		
	25m:	15.87	15.87	150m:	1:53.68	20.35	275m:	3:35.81	20.86	400m:	5:11.05	16.70
	50m:	33.39	17.52	200m:	2:34.62	40.94	300m:	3:55.76	19.95			
	100m:	1:12.80	39.41	225m:	2:55.00	20.38	350m:	4:35.65	39.89			
	125m:	1:33.33	20.53	250m:	3:14.95	19.95	375m:	4:54.35	18.70			
71.				2004 II		" "		+0,87	5:11.33 III	-		
	25m:	16.18	16.18	125m:	1:33.64	19.98	225m:	2:53.03	19.72	325m:	4:14.14	20.37
	50m:	34.68	18.50	150m:	1:53.25	19.61	250m:	3:13.13	20.10	350m:	4:34.32	20.18
	75m:	53.95	19.27	175m:	2:13.44	20.19	275m:	3:33.18	20.05	375m:	4:53.46	19.14
	100m:	1:13.66	19.71	200m:	2:33.31	19.87	300m:	3:53.77	20.59	400m:	5:11.33	17.87



8, , 400m		2003 - 2004				R.T.			
72.			2004 II	" "	"	+1,02	5:13.39 III	-	
	25m: 16.88	16.88	125m: 1:35.77	20.41	225m: 2:55.85	19.35	325m: 4:15.70	19.40	
	50m: 35.66	18.78	150m: 1:55.64	19.87	250m: 3:15.56	19.71	350m: 4:35.72	20.02	
	75m: 55.69	20.03	175m: 2:16.07	20.43	275m: 3:36.23	20.67	375m: 4:54.63	18.91	
	100m: 1:15.36	19.67	200m: 2:36.50	20.43	300m: 3:56.30	20.07	400m: 5:13.39	18.76	
73.			2004 III	22,	.	+0,84	5:15.38 III	-	
	25m: 16.95	16.95	125m: 1:34.17	20.25	225m: 2:55.17	20.06	325m: 4:16.27	20.09	
	50m: 35.14	18.19	150m: 1:54.65	20.48	250m: 3:15.92	20.75	350m: 4:36.77	20.50	
	75m: 54.31	19.17	175m: 2:14.53	19.88	275m: 3:35.75	19.83	375m: 4:56.72	19.95	
	100m: 1:13.92	19.61	200m: 2:35.11	20.58	300m: 3:56.18	20.43	400m: 5:15.38	18.66	
74.			2004 III	,		+0,75	5:16.56 III	-	
	25m: 15.88	15.88	125m: 1:32.81	20.00	225m: 2:54.03	20.76	325m: 4:16.29	20.43	
	50m: 34.26	18.38	150m: 1:52.70	19.89	250m: 3:14.66	20.63	350m: 4:36.71	20.42	
	75m: 53.18	18.92	175m: 2:13.35	20.65	275m: 3:35.16	20.50	375m: 4:57.10	20.39	
	100m: 1:12.81	19.63	200m: 2:33.27	19.92	300m: 3:55.86	20.70	400m: 5:16.56	19.46	
75.			2003 II	,		+0,99	5:21.71 III	-	
	25m: 16.62	16.62	125m: 1:36.34	20.86	225m: 2:59.06	20.62	325m: 4:21.96	20.61	
	50m: 35.89	19.27	150m: 1:56.81	20.47	250m: 3:19.49	20.43	350m: 4:42.83	20.87	
	75m: 55.48	19.59	175m: 2:17.31	20.50	275m: 3:40.54	21.05	375m: 5:02.85	20.02	
	100m: 1:15.48	20.00	200m: 2:38.44	21.13	300m: 4:01.35	20.81	400m: 5:21.71	18.86	
76.			2004 III	,		+0,80	5:25.16 III	-	
	25m: 15.95	15.95	125m: 1:33.55	20.82	225m: 2:56.98	20.20	325m: 4:21.31	21.55	
	50m: 33.91	17.96	150m: 1:54.41	20.86	250m: 3:17.27	20.29	350m: 4:42.63	21.32	
	75m: 53.20	19.29	175m: 2:15.77	21.36	275m: 3:37.99	20.72	375m: 5:04.62	21.99	
	100m: 1:12.73	19.53	200m: 2:36.78	21.01	300m: 3:59.76	21.77	400m: 5:25.16	20.54	
77.			2004 III	,	,	+0,73	5:25.76 III	-	
	25m: 16.25	16.25	125m: 1:35.75	20.31	225m: 2:59.36	21.46	325m: 4:23.62	20.45	
	50m: 35.05	18.80	150m: 1:55.94	20.19	250m: 3:20.40	21.04	350m: 4:44.30	20.68	
	75m: 55.11	20.06	175m: 2:16.99	21.05	275m: 3:42.04	21.64	375m: 5:05.35	21.05	
	100m: 1:15.44	20.33	200m: 2:37.90	20.91	300m: 4:03.17	21.13	400m: 5:25.76	20.41	
78.			2004 III	.	,	+0,70	5:28.05 III	-	
	25m: 16.05	16.05	125m: 1:35.45	20.60	225m: 3:01.38	22.24	325m: 4:28.69	22.01	
	50m: 34.10	18.05	150m: 1:56.68	21.23	250m: 3:22.57	21.19	350m: 4:48.40	19.71	
	75m: 53.63	19.53	175m: 2:17.70	21.02	275m: 3:44.41	21.84	375m: 5:09.58	21.18	
	100m: 1:14.85	21.22	200m: 2:39.14	21.44	300m: 4:06.68	22.27	400m: 5:28.05	18.47	
79.			2004 II	,	,	+0,86	5:28.39 III	-	
	25m: 16.27	16.27	125m: 1:36.80	21.04	225m: 3:00.72	21.12	325m: 4:25.39	20.44	
	50m: 34.98	18.71	150m: 1:57.57	20.77	250m: 3:22.19	21.47	350m: 4:47.17	21.78	
	75m: 54.94	19.96	175m: 2:18.29	20.72	275m: 3:43.52	21.33	375m: 5:08.76	21.59	
	100m: 1:15.76	20.82	200m: 2:39.60	21.31	300m: 4:04.95	21.43	400m: 5:28.39	19.63	
80.			2004 III	,	,	+0,76	5:31.40 III	-	
	25m: 16.92	16.92	125m: 1:40.53	21.51	225m: 3:05.42	20.65	325m: 4:29.63	20.67	
	50m: 37.01	20.09	150m: 2:01.97	21.44	250m: 3:27.06	21.64	350m: 4:50.82	21.19	
	75m: 57.72	20.71	175m: 2:23.20	21.23	275m: 3:47.72	20.66	375m: 5:12.16	21.34	
	100m: 1:19.02	21.30	200m: 2:44.77	21.57	300m: 4:08.96	21.24	400m: 5:31.40	19.24	
81.			2004 III	,	,	+0,80	5:33.27 III	-	
	25m: 17.65	17.65	125m: 1:42.56	22.22	225m: 3:08.22	20.78	325m: 4:32.63	20.59	
	50m: 38.52	20.87	150m: 2:04.74	22.18	250m: 3:29.43	21.21	350m: 4:54.45	21.82	
	75m: 59.45	20.93	175m: 2:26.55	21.81	275m: 3:50.95	21.52	375m: 5:14.20	19.75	
	100m: 1:20.34	20.89	200m: 2:47.44	20.89	300m: 4:12.04	21.09	400m: 5:33.27	19.07	
82.			2003 III	,	,	+0,75	5:37.54 III	-	
	50m: 35.18	35.18	150m: 1:58.18	21.25	250m: 3:25.54	21.80	350m: 4:54.08	21.57	
	75m: 55.18	20.00	175m: 2:20.05	21.87	275m: 3:48.07	22.53	375m: 5:16.59	22.51	
	100m: 1:15.59	20.41	200m: 2:41.65	21.60	300m: 4:10.13	22.06	400m: 5:37.54	20.95	
	125m: 1:36.93	21.34	225m: 3:03.74	22.09	325m: 4:32.51	22.38			
83.			2004 II	,	,		5:38.03 III	-	
	25m: 16.68	16.68	150m: 2:46.19	1:27.36	300m: 4:56.32	43.96			
	50m: 36.22	19.54	200m: 3:28.92	42.73	350m: 5:38.41	42.09			
	100m: 1:18.83	42.61	250m: 4:12.36	43.44	400m: 5:38.03				



		8, , 400m				2003 - 2004						
								R.T.				
84.				2004	III			+0,73	5:40.63	III	-	
	25m:	17.36	17.36	125m:	1:39.85	21.41	225m:	3:07.50	22.15	325m:	4:35.86	22.33
	50m:	36.87	19.51	150m:	2:01.77	21.92	250m:	3:29.15	21.65	350m:	4:57.91	22.05
	75m:	57.22	20.35	175m:	2:23.58	21.81	275m:	3:51.07	21.92	375m:	5:19.45	21.54
	100m:	1:18.44	21.22	200m:	2:45.35	21.77	300m:	4:13.53	22.46	400m:	5:40.63	21.18
85.				2004	III			+0,89	5:40.89	III	-	
	25m:	17.48	17.48	125m:	1:40.84	21.46	225m:	3:09.73	22.16	325m:	4:37.44	21.02
	50m:	37.70	20.22	150m:	2:02.97	22.13	250m:	3:32.69	22.96	350m:	4:59.56	22.12
	75m:	58.15	20.45	175m:	2:25.51	22.54	275m:	3:55.05	22.36	375m:	5:21.10	21.54
	100m:	1:19.38	21.23	200m:	2:47.57	22.06	300m:	4:16.42	21.37	400m:	5:40.89	19.79
86.				2004	III			+0,68	5:46.09	I	-	
	25m:	16.19	16.19	125m:	1:37.61	21.41	225m:	3:06.91	22.41	325m:	4:38.82	23.58
	50m:	35.20	19.01	150m:	1:59.75	22.14	250m:	3:30.39	23.48	350m:	5:00.68	21.86
	75m:	55.36	20.16	175m:	2:21.97	22.22	275m:	3:52.71	22.32	375m:	5:24.29	23.61
	100m:	1:16.20	20.84	200m:	2:44.50	22.53	300m:	4:15.24	22.53	400m:	5:46.09	21.80
87.				2004	III	2,		+0,76	6:06.90	I	-	
	25m:	18.40	18.40	125m:	1:48.55	23.76	225m:	3:22.45	24.01	325m:	4:57.19	24.15
	50m:	39.56	21.16	150m:	2:11.98	23.43	250m:	3:45.96	23.51	350m:	5:20.46	23.27
	75m:	1:01.81	22.25	175m:	2:35.34	23.36	275m:	4:09.53	23.57	375m:	5:44.52	24.06
	100m:	1:24.79	22.98	200m:	2:58.44	23.10	300m:	4:33.04	23.51	400m:	6:06.90	22.38



8, , 400m

EXH	Vibar	Eirron	Seth B.	2002	Philippines	+1,00	4:34.83	II	-				
		25m:	14.74	14.74	150m:	1:40.41	17.92	250m:	2:50.93	17.73	350m:	4:01.94	17.55
		50m:	31.09	16.35	175m:	1:57.94	17.53	275m:	3:08.61	17.68	375m:	4:19.50	17.56
		75m:	47.61	16.52	200m:	2:15.56	17.62	300m:	3:26.39	17.78	400m:	4:34.83	15.33
		125m:	1:22.49	34.88	225m:	2:33.20	17.64	325m:	3:44.39	18.00			