

30, , 400m , (11-13)

№	R.T.								Total																						
	25m	50m	75m	100m	125m	150m	175m	200m		325m	350m	375m	400m																		
16.	17.01	36.10	56.96	1:17.72	17.01	36.10	56.96	1:17.72	125m: 1:38.76	150m: 1:59.24	175m: 2:20.47	200m: 2:41.03	21.04	20.48	21.23	20.56	225m: 3:00.82	250m: 3:20.51	275m: 3:41.19	300m: 4:01.64	19.79	19.69	20.68	20.45	+0,84	5:22.02	21.10	20.74	19.75	18.79	10,00
17.	17.65	37.37	57.83	1:18.17	17.65	37.37	57.83	1:18.17	125m: 1:38.87	150m: 1:59.58	175m: 2:19.86	200m: 2:40.33	20.70	20.71	20.28	20.47	225m: 3:01.01	250m: 3:21.21	275m: 3:42.10	300m: 4:02.42	20.68	20.20	20.89	20.32	+0,73	5:22.76	20.84	20.27	20.16	19.07	9,00
18.	15.79	34.23	53.40	1:13.68	15.79	34.23	53.40	1:13.68	125m: 1:34.15	150m: 1:55.05	175m: 2:15.62	200m: 2:36.73	20.47	20.90	20.57	21.11	225m: 2:57.54	250m: 3:18.77	275m: 3:39.73	300m: 4:00.94	20.81	21.23	20.96	21.21	+1,04	5:24.49	21.34	20.77	21.26	20.18	8,00
19.	16.13	35.32	54.73	1:15.50	16.13	35.32	54.73	1:15.50	125m: 1:35.76	150m: 1:57.28	175m: 2:17.73	200m: 2:38.92	20.26	21.52	20.45	21.19	225m: 2:59.53	250m: 3:21.41	275m: 3:42.21	300m: 4:03.45	20.61	21.88	20.80	21.24	+0,82	5:24.54	20.89	21.23	20.04	18.93	7,00
20.	17.73	36.91	57.25	1:18.02	17.73	36.91	57.25	1:18.02	125m: 1:39.01	150m: 1:59.64	175m: 2:20.20	200m: 2:40.87	20.99	20.63	20.56	20.67	225m: 3:01.73	250m: 3:22.50	275m: 3:43.54	300m: 4:04.51	20.86	20.77	21.04	20.97	+0,74	5:24.58	20.61	20.28	19.97	19.21	6,00
21.	17.85	36.77	56.80	1:17.37	17.85	36.77	56.80	1:17.37	125m: 1:37.87	150m: 1:58.47	175m: 2:19.41	200m: 2:40.58	20.50	20.60	20.94	21.17	225m: 3:01.82	250m: 3:22.83	275m: 3:43.56	300m: 4:04.40	21.24	21.01	20.73	20.84	+0,68	5:24.74	20.56	20.58	20.07	19.13	5,00
22.	16.67	36.32	56.49	1:17.05	16.67	36.32	56.49	1:17.05	125m: 1:38.19	150m: 1:59.04	175m: 2:20.09	200m: 2:41.00	21.14	20.85	21.05	20.91	225m: 3:02.34	250m: 3:23.47	275m: 3:45.69	300m: 4:06.65	21.34	21.13	22.22	20.96	+0,77	5:25.75	20.17	20.52	20.16	18.25	4,00
23.	16.63	34.55	53.86	1:14.43	16.63	34.55	53.86	1:14.43	125m: 1:35.92	150m: 1:57.25	175m: 2:19.00	200m: 2:40.03	21.49	21.33	21.75	21.03	225m: 3:01.33	250m: 3:21.89	275m: 3:42.85	300m: 4:03.87	21.30	20.56	20.96	21.02	+0,52	5:26.51	21.07	20.94	20.89	19.74	3,00
24.	16.40	35.56	55.26	1:15.87	16.40	35.56	55.26	1:15.87	125m: 1:36.52	150m: 1:58.00	175m: 2:18.93	200m: 2:40.91	20.65	21.48	20.93	21.98	225m: 3:02.27	250m: 3:24.54	275m: 3:46.50	300m: 4:08.46	21.36	22.27	21.96	21.96	+0,84	5:27.32	19.50	21.16	19.14	19.06	2,00
25.	16.87	36.46	56.64	1:17.10	16.87	36.46	56.64	1:17.10	125m: 1:38.31	150m: 1:59.13	175m: 2:20.04	200m: 2:41.40	21.21	20.82	20.91	21.36	225m: 3:02.52	250m: 3:23.58	275m: 3:44.82	300m: 4:06.01	21.12	21.06	21.24	21.19	+0,57	5:28.13	21.05	21.18	21.05	18.84	1,00
26.	16.77	35.78	56.21	1:16.66	16.77	35.78	56.21	1:16.66	125m: 1:37.59	150m: 1:58.00	175m: 2:19.39	200m: 2:39.63	20.93	20.41	21.39	20.24	225m: 3:00.53	250m: 3:22.02	275m: 3:43.31	300m: 4:04.45	20.90	21.49	21.29	21.14	+0,81	5:28.48	21.64	20.72	21.46	20.21	-
27.	16.93	36.31	56.90	1:18.39	16.93	36.31	56.90	1:18.39	125m: 1:40.12	150m: 2:02.14	175m: 2:23.79	200m: 2:45.96	21.73	22.02	21.65	22.17	225m: 3:07.15	250m: 3:29.41	275m: 3:50.96	300m: 4:12.80	21.19	22.26	21.55	21.84	+0,69	5:38.79	22.79	21.21	21.47	20.52	-
28.	16.59	35.58	55.10	1:15.93	16.59	35.58	55.10	1:15.93	125m: 1:36.23	150m: 1:57.76	175m: 2:20.01	200m: 2:42.55	20.30	21.53	22.25	22.54	225m: 3:05.76	250m: 3:27.81	275m: 3:50.34	300m: 4:13.16	23.21	22.05	22.53	22.82	+0,84	5:40.05	22.47	22.99	21.20	20.23	-
29.	16.17	35.10	55.75	1:16.92	16.17	35.10	55.75	1:16.92	125m: 1:38.56	150m: 2:00.19	175m: 2:21.82	200m: 2:43.86	21.64	21.63	21.63	22.04	225m: 3:06.00	250m: 3:28.53	275m: 3:51.23	300m: 4:13.86	22.14	22.53	22.70	22.63	+0,68	5:41.26	22.96	22.08	21.95	20.41	-

		30, , 400m				(11-13)				R.T.		
		/										
30.		2013 I								+0,87	5:46.31	-
	25m:	17.50	17.50	125m:	1:42.36	22.43	225m:	3:11.19	22.60	325m:	4:41.56	22.00
	50m:	37.37	19.87	150m:	2:04.67	22.31	250m:	3:33.61	22.42	350m:	5:04.76	23.20
	75m:	58.18	20.81	175m:	2:26.34	21.67	275m:	3:56.69	23.08	375m:	5:27.02	22.26
	100m:	1:19.93	21.75	200m:	2:48.59	22.25	300m:	4:19.56	22.87	400m:	5:46.31	19.29
31.		2012 I								+0,80	5:48.29	-
	25m:	16.87	16.87	125m:	1:40.73	22.19	225m:	3:11.00	23.02	325m:	4:42.75	23.07
	50m:	36.43	19.56	150m:	2:02.95	22.22	250m:	3:33.72	22.72	350m:	5:04.99	22.24
	75m:	57.11	20.68	175m:	2:25.59	22.64	275m:	3:56.37	22.65	375m:	5:27.49	22.50
	100m:	1:18.54	21.43	200m:	2:47.98	22.39	300m:	4:19.68	23.31	400m:	5:48.29	20.80
32.		2013 I								+0,86	5:48.79	-
	25m:	18.85	18.85	125m:	1:46.59	22.41	225m:	3:16.22	22.91	325m:	4:44.67	20.36
	50m:	39.65	20.80	150m:	2:09.28	22.69	250m:	3:39.01	22.79	350m:	5:06.51	21.84
	75m:	1:01.42	21.77	175m:	2:31.95	22.67	275m:	4:01.08	22.07	375m:	5:28.68	22.17
	100m:	1:24.18	22.76	200m:	2:53.31	21.36	300m:	4:24.31	23.23	400m:	5:48.79	20.11
33.		2012 I				1				+0,74	5:54.22	-
	25m:	16.86	16.86	125m:	1:44.30	23.11	225m:	3:16.18	22.97	325m:	4:47.14	22.12
	50m:	36.63	19.77	150m:	2:07.51	23.21	250m:	3:39.29	23.11	350m:	5:10.32	23.18
	75m:	58.61	21.98	175m:	2:30.21	22.70	275m:	4:01.37	22.08	375m:	5:32.41	22.09
	100m:	1:21.19	22.58	200m:	2:53.21	23.00	300m:	4:25.02	23.65	400m:	5:54.22	21.81
34.		2012 I				1				+0,47	5:59.74	-
	25m:	16.64	16.64	125m:	1:42.69	22.96	225m:	3:16.89	23.85	325m:	4:53.42	23.42
	50m:	35.75	19.11	150m:	2:05.68	22.99	250m:	3:41.24	24.35	350m:	5:17.18	23.76
	75m:	57.23	21.48	175m:	2:28.87	23.19	275m:	4:05.18	23.94	375m:	5:39.72	22.54
	100m:	1:19.73	22.50	200m:	2:53.04	24.17	300m:	4:30.00	24.82	400m:	5:59.74	20.02
35.		2012 I								+0,96	6:14.97	-
	25m:	18.88	18.88	125m:	1:49.99	23.39	225m:	3:27.07	24.02	325m:	5:06.97	24.92
	50m:	40.21	21.33	150m:	2:14.49	24.50	250m:	3:52.54	25.47	350m:	5:30.61	23.64
	75m:	1:02.52	22.31	175m:	2:38.18	23.69	275m:	4:17.02	24.48	375m:	5:53.32	22.71
	100m:	1:26.60	24.08	200m:	3:03.05	24.87	300m:	4:42.05	25.03	400m:	6:14.97	21.65
36.		2012 I								+0,64	6:35.60	-
	25m:	20.54	20.54	125m:	1:58.49	25.54	225m:	3:40.59	24.86	325m:	5:22.05	24.30
	50m:	42.91	22.37	150m:	2:23.21	24.72	250m:	4:06.01	25.42	350m:	5:47.72	25.67
	75m:	1:07.46	24.55	175m:	2:49.16	25.95	275m:	4:32.01	26.00	375m:	6:12.19	24.47
	100m:	1:32.95	25.49	200m:	3:15.73	26.57	300m:	4:57.75	25.74	400m:	6:35.60	23.41
37.		2012 II								+0,94	6:42.69	-
	25m:	20.01	20.01	125m:	2:00.18	25.72	225m:	4:36.61	1:18.40	350m:	5:53.77	52.04
	50m:	43.88	23.87	150m:	2:26.10	25.92	250m:	4:10.19		400m:	6:42.69	48.92
	75m:	1:09.28	25.40	175m:	2:51.78	25.68	275m:	5:28.23	1:18.04			
	100m:	1:34.46	25.18	200m:	3:18.21	26.43	300m:	5:01.73				
DSQ		2013 III										-
DSQ		2013 II				1						-