

45,		, 400m				(14-15)				R.T.		
14.				2010	I	"	"			+0,62	4:34.77	14,00
25m:	14.24	14.24	125m:	1:21.09	17.47	225m:	2:31.56	18.54	325m:	3:41.68	17.76	
50m:	29.97	15.73	150m:	1:38.49	17.40	250m:	2:48.99	17.43	350m:	3:59.49	17.81	
75m:	46.57	16.60	175m:	1:55.77	17.28	275m:	3:06.69	17.70	375m:	4:17.13	17.64	
100m:	1:03.62	17.05	200m:	2:13.02	17.25	300m:	3:23.92	17.23	400m:	4:34.77	17.64	
15.				2009	I	"	"	"		+0,73	4:35.74	12,00
25m:	14.35	14.35	125m:	1:20.72	17.49	225m:	2:30.38	17.87	325m:	3:42.72	18.17	
50m:	29.70	15.35	150m:	1:37.81	17.09	250m:	2:48.33	17.95	350m:	4:00.68	17.96	
75m:	46.65	16.95	175m:	1:55.33	17.52	275m:	3:06.52	18.19	375m:	4:18.62	17.94	
100m:	1:03.23	16.58	200m:	2:12.51	17.18	300m:	3:24.55	18.03	400m:	4:35.74	17.12	
16.				2009	I	"	"			+0,79	4:38.54	10,00
25m:	13.71	13.71	125m:	1:21.30	17.74	225m:	2:32.68	18.29	325m:	3:44.98	18.11	
50m:	29.60	15.89	150m:	1:38.74	17.44	250m:	2:50.57	17.89	350m:	4:03.07	18.09	
75m:	46.56	16.96	175m:	1:56.28	17.54	275m:	3:09.38	18.81	375m:	4:21.39	18.32	
100m:	1:03.56	17.00	200m:	2:14.39	18.11	300m:	3:26.87	17.49	400m:	4:38.54	17.15	
17.				2009	I	"	"			+0,78	4:38.96	9,00
25m:	14.41	14.41	125m:	1:23.00	17.97	225m:	2:35.71	18.28	325m:	3:47.71	18.05	
50m:	30.21	15.80	150m:	1:40.83	17.83	250m:	2:53.58	17.87	350m:	4:05.17	17.46	
75m:	47.78	17.57	175m:	1:58.96	18.13	275m:	3:11.76	18.18	375m:	4:22.42	17.25	
100m:	1:05.03	17.25	200m:	2:17.43	18.47	300m:	3:29.66	17.90	400m:	4:38.96	16.54	
18.				2010	I	"	"			+0,77	4:40.35	8,00
25m:	48.08	48.08	125m:	1:59.95	54.61	225m:	3:49.58	1:31.30	350m:	4:07.01	34.82	
50m:	30.93		150m:	1:41.15		250m:	2:55.44		400m:	4:40.35	33.34	
75m:	1:23.58	52.65	175m:	3:13.85	1:32.70	275m:	4:24.37	1:28.93				
100m:	1:05.34		200m:	2:18.28		300m:	3:32.19					
19.				2010	I	"	"			+0,87	4:40.97	7,00
25m:	14.69	14.69	125m:	1:22.76	17.13	225m:	2:34.50	18.13	325m:	3:46.94	18.59	
50m:	30.99	16.30	150m:	1:40.50	17.74	250m:	2:52.37	17.87	350m:	4:05.15	18.21	
75m:	48.29	17.30	175m:	1:58.70	18.20	275m:	3:10.64	18.27	375m:	4:23.56	18.41	
100m:	1:05.63	17.34	200m:	2:16.37	17.67	300m:	3:28.35	17.71	400m:	4:40.97	17.41	
20.				2010	I	"	"			+0,64	4:42.63	6,00
25m:	14.56	14.56	125m:	1:24.59	18.40	225m:	2:36.34	16.81	325m:	3:47.78	18.40	
50m:	31.01	16.45	150m:	1:42.56	17.97	250m:	2:53.38	17.04	350m:	4:06.17	18.39	
75m:	48.57	17.56	175m:	2:01.13	18.57	275m:	3:11.39	18.01	375m:	4:24.63	18.46	
100m:	1:06.19	17.62	200m:	2:19.53	18.40	300m:	3:29.38	17.99	400m:	4:42.63	18.00	
21.				2010	I	"	"			+0,60	4:49.69	5,00
25m:	14.91	14.91	125m:	1:25.36	18.25	225m:	2:39.03	18.51	325m:	3:54.04	19.12	
50m:	31.54	16.63	150m:	1:43.70	18.34	250m:	2:57.28	18.25	350m:	4:12.52	18.48	
75m:	49.48	17.94	175m:	2:02.10	18.40	275m:	3:16.18	18.90	375m:	4:31.78	19.26	
100m:	1:07.11	17.63	200m:	2:20.52	18.42	300m:	3:34.92	18.74	400m:	4:49.69	17.91	
22.				2010	III	"	"			+0,80	4:51.19	4,00
25m:	14.68	14.68	125m:	1:22.65	17.97	225m:	2:37.57	19.15	325m:	3:54.45	19.27	
50m:	30.58	15.90	150m:	1:40.96	18.31	250m:	2:56.61	19.04	350m:	4:13.42	18.97	
75m:	47.36	16.78	175m:	1:59.67	18.71	275m:	3:16.15	19.54	375m:	4:33.34	19.92	
100m:	1:04.68	17.32	200m:	2:18.42	18.75	300m:	3:35.18	19.03	400m:	4:51.19	17.85	
23.				2010	I	"	"			+0,65	4:55.88	3,00
25m:	15.58	15.58	125m:	1:28.07	18.45	225m:	2:42.58	18.47	325m:	3:58.65	19.21	
50m:	33.07	17.49	150m:	1:46.56	18.49	250m:	3:01.00	18.42	350m:	4:17.81	19.16	
75m:	51.27	18.20	175m:	2:05.33	18.77	275m:	3:20.21	19.21	375m:	4:37.35	19.54	
100m:	1:09.62	18.35	200m:	2:24.11	18.78	300m:	3:39.44	19.23	400m:	4:55.88	18.53	
24.				2010	I	"	"			+0,66	5:13.45	2,00
25m:	14.95	14.95	125m:	1:29.37	19.67	225m:	2:50.69	20.45	325m:	4:13.62	21.20	
50m:	32.15	17.20	150m:	1:49.52	20.15	250m:	3:11.10	20.41	350m:	4:34.44	20.82	
75m:	50.68	18.53	175m:	2:10.11	20.59	275m:	3:31.69	20.59	375m:	4:54.66	20.22	
100m:	1:09.70	19.02	200m:	2:30.24	20.13	300m:	3:52.42	20.73	400m:	5:13.45	18.79	
DSQ				2010	I	"	"					-