



17, , 200m

(15-17)

1.			2006								+0,73	2:18.88	628
	25m:	15.69	15.69	75m:	49.79	17.19	125m:	1:24.93	17.66	175m:	2:01.30	18.27	
	50m:	32.60	16.91	100m:	1:07.27	17.48	150m:	1:43.03	18.10	200m:	2:18.88	17.58	
2.			2006 I			179,					+0,67	2:29.53 I	503
	25m:	16.39	16.39	75m:	52.51	18.65	125m:	1:30.69	19.25	175m:	2:10.32	20.07	
	50m:	33.86	17.47	100m:	1:11.44	18.93	150m:	1:50.25	19.56	200m:	2:29.53	19.21	
3.			2007 I			"					+0,73	2:39.82 II	412
	25m:	17.48	17.48	75m:	55.61	19.82	125m:	1:36.37	20.51	175m:	2:18.91	21.34	
	50m:	35.79	18.31	100m:	1:15.86	20.25	150m:	1:57.57	21.20	200m:	2:39.82	20.91	
4.			2006 II			,					+0,74	2:41.39 II	400
	25m:	17.63	17.63	75m:	56.18	19.84	125m:	1:38.22	21.28	175m:	2:20.53	21.12	
	50m:	36.34	18.71	100m:	1:16.94	20.76	150m:	1:59.41	21.19	200m:	2:41.39	20.86	
5.			2006 II			Mad Wave					+0,61	2:46.31 II	365
	25m:	18.42	18.42	75m:	57.87	20.04	125m:	1:40.82	21.57	175m:	2:24.75	22.15	
	50m:	37.83	19.41	100m:	1:19.25	21.38	150m:	2:02.60	21.78	200m:	2:46.31	21.56	
2004													
1.			2003								+0,70	2:16.11	667
	25m:	15.57	15.57	75m:	48.81	16.89	125m:	1:23.54	17.52	175m:	1:58.61	17.57	
	50m:	31.92	16.35	100m:	1:06.02	17.21	150m:	1:41.04	17.50	200m:	2:16.11	17.50	
2.			2004								+0,63	2:17.10	652
	25m:	15.31	15.31	75m:	48.45	16.78	125m:	1:22.74	17.21	175m:	1:58.69	18.31	
	50m:	31.67	16.36	100m:	1:05.53	17.08	150m:	1:40.38	17.64	200m:	2:17.10	18.41	
3.			2003			"					+0,74	2:23.03	575
	25m:	16.40	16.40	75m:	51.33	17.92	125m:	1:28.02	18.42	175m:	2:04.95	18.47	
	50m:	33.41	17.01	100m:	1:09.60	18.27	150m:	1:46.48	18.46	200m:	2:23.03	18.08	
4.			2004			,					+0,61	2:28.44 I	514
	25m:	16.00	16.00	75m:	51.29	17.91	125m:	1:29.70	19.43	175m:	2:09.21	19.90	
	50m:	33.38	17.38	100m:	1:10.27	18.98	150m:	1:49.31	19.61	200m:	2:28.44	19.23	
EXH			2008			RSO SwimTeam,					+0,64	2:25.48	546
	25m:	15.98	15.98	75m:	51.04	17.77	125m:	1:28.16	18.62	175m:	2:06.79	19.32	
	50m:	33.27	17.29	100m:	1:09.54	18.50	150m:	1:47.47	19.31	200m:	2:25.48	18.69	

