



20, , 400m , (15-16)

R.T.

11.				2007 III	"	"				+0,74	5:46.61	I	229
	25m:	15.36	15.36	125m:	1:30.56	20.33	225m:	2:58.98	23.40	325m:	4:35.98	24.30	
	50m:	33.13	17.77	150m:	1:51.88	21.32	250m:	3:22.54	23.56	350m:	5:00.23	24.25	
	75m:	51.20	18.07	175m:	2:13.65	21.77	275m:	3:47.16	24.62	375m:	5:23.98	23.75	
	100m:	1:10.23	19.03	200m:	2:35.58	21.93	300m:	4:11.68	24.52	400m:	5:46.61	22.63	

(17-18)

1.				2005						+0,78	4:12.69	I	592
	25m:	13.69	13.69	125m:	1:14.53	15.48	225m:	2:18.89	16.08	325m:	3:24.07	16.15	
	50m:	28.57	14.88	150m:	1:30.71	16.18	250m:	2:35.17	16.28	350m:	3:40.58	16.51	
	75m:	43.55	14.98	175m:	1:46.73	16.02	275m:	2:51.43	16.26	375m:	3:56.84	16.26	
	100m:	59.05	15.50	200m:	2:02.81	16.08	300m:	3:07.92	16.49	400m:	4:12.69	15.85	

2003

1.				2003						+0,70	4:02.21		672
	25m:	13.19	13.19	125m:	1:12.56	15.21	225m:	2:13.74	15.48	325m:	3:16.27	15.64	
	50m:	27.50	14.31	150m:	1:27.72	15.16	250m:	2:29.32	15.58	350m:	3:32.12	15.85	
	75m:	42.43	14.93	175m:	1:43.01	15.29	275m:	2:44.93	15.61	375m:	3:47.84	15.72	
	100m:	57.35	14.92	200m:	1:58.26	15.25	300m:	3:00.63	15.70	400m:	4:02.21	14.37	

2.				2003						+0,82	4:22.32	I	529
	25m:	13.61	13.61	125m:	1:16.81	16.16	225m:	2:23.50	16.74	325m:	3:31.82	17.03	
	50m:	28.70	15.09	150m:	1:33.23	16.42	250m:	2:40.58	17.08	350m:	3:49.06	17.24	
	75m:	44.35	15.65	175m:	1:49.84	16.61	275m:	2:57.67	17.09	375m:	4:05.97	16.91	
	100m:	1:00.65	16.30	200m:	2:06.76	16.92	300m:	3:14.79	17.12	400m:	4:22.32	16.35	

3.				2002						+0,79	4:58.70	II	358
	25m:	15.60	15.60	125m:	1:26.73	18.38	225m:	2:41.95	19.03	325m:	4:00.39	20.18	
	50m:	32.95	17.35	150m:	1:45.19	18.46	250m:	3:01.24	19.29	350m:	4:20.37	19.98	
	75m:	50.49	17.54	175m:	2:04.01	18.82	275m:	3:20.67	19.43	375m:	4:40.60	20.23	
	100m:	1:08.35	17.86	200m:	2:22.92	18.91	300m:	3:40.21	19.54	400m:	4:58.70	18.10	

