





3, , 200m , (11-12 )

										R.T.				
5.				2010	II						+0,81	<b>2:43.83</b>	II	382
	25m:	18.23	18.23	75m:	57.66	20.00	125m:	1:40.31	21.28	175m:	2:23.75	21.46		
	50m:	37.66	19.43	100m:	1:19.03	21.37	150m:	2:02.29	21.98	200m:	2:43.83	20.08		
6.				2010	II	3,					+0,94	<b>2:44.11</b>	II	380
	25m:	18.89	18.89	125m:	1:39.87	42.14	175m:	2:23.53	21.79					
	75m:	57.73	38.84	150m:	2:01.74	21.87	200m:	2:44.11	20.58					
7.				2011	II						+0,76	<b>2:49.29</b>	II	346
	25m:	19.51	19.51	75m:	1:01.32	20.83	125m:	1:44.25	21.38	175m:	2:27.77	21.83		
	50m:	40.49	20.98	100m:	1:22.87	21.55	150m:	2:05.94	21.69	200m:	2:49.29	21.52		
8.				2010	II		1,				+0,71	<b>2:50.62</b>	II	338
	25m:	18.36	18.36	75m:	1:01.09	21.90	125m:	1:45.40	21.95	175m:	2:29.74	22.17		
	50m:	39.19	20.83	100m:	1:23.45	22.36	150m:	2:07.57	22.17	200m:	2:50.62	20.88		
9.				2011	II	18,					+0,64	<b>2:50.78</b>	II	337
	25m:	18.33	18.33	75m:	59.40	21.27	150m:	2:50.94	1:05.93		200m:	2:50.78	20.62	
	50m:	38.13	19.80	125m:	1:45.01	45.61	175m:	2:30.16						
10.				2010	II		( ) ,				+0,73	<b>2:53.00</b>	II	324
	25m:	19.92	19.92	75m:	1:02.19	21.40	125m:	1:45.87	21.68	175m:	2:31.17	22.65		
	50m:	40.79	20.87	100m:	1:24.19	22.00	150m:	2:08.52	22.65	200m:	2:53.00	21.83		
11.				2011	III		,				+0,80	<b>2:57.20</b>	III	302
	25m:	19.87	19.87	75m:	1:04.60	22.34	125m:	1:50.34	22.81	175m:	2:34.93	22.45		
	50m:	42.26	22.39	100m:	1:27.53	22.93	150m:	2:12.48	22.14	200m:	2:57.20	22.27		
12.				2011	III		( ) ,				+0,93	<b>3:04.56</b>	III	267
	25m:	21.16	21.16	125m:	1:53.53	46.87	175m:	2:41.05						
	75m:	1:06.66	45.50	150m:	3:04.72	1:11.19	200m:	3:04.56	23.51					
13.				2011	III		( ) ,				+0,80	<b>3:06.58</b>	III	259
	25m:	21.68	21.68	75m:	1:07.54	23.64	125m:	1:55.98	24.45	175m:	2:44.15	24.35		
	50m:	43.90	22.22	100m:	1:31.53	23.99	150m:	2:19.80	23.82	200m:	3:06.58	22.43		
14.				2011	III		,				+0,83	<b>3:06.83</b>	III	258
	25m:	19.28	19.28	75m:	1:05.31	22.47	125m:	1:54.00	24.72	175m:	2:43.37	24.03		
	50m:	42.84	23.56	100m:	1:29.28	23.97	150m:	2:19.34	25.34	200m:	3:06.83	23.46		
15.				2010	III		( ) ,				+0,82	<b>3:09.05</b>	III	249
	25m:	22.16	22.16	75m:	1:08.50	23.30	125m:	1:56.91	24.71	175m:	2:45.88	23.93		
	50m:	45.20	23.04	100m:	1:32.20	23.70	150m:	2:21.95	25.04	200m:	3:09.05	23.17		
DSQ				2011	III		" ,						II	
DSQ				2011	III		( ) ,						III	
EXH				2010	I	RSO SwimTeam,					+0,67	<b>2:34.52</b>	I	456
	25m:	17.70	17.70	75m:	56.37	19.62	125m:	1:36.74	20.05	175m:	2:16.02	19.45		
	50m:	36.75	19.05	100m:	1:16.69	20.32	150m:	1:56.57	19.83	200m:	2:34.52	18.50		
EXH				2012	II	RSO SwimTeam,					+0,72	<b>2:54.05</b>	II	319
	25m:	20.22	20.22	75m:	1:03.72	22.29	125m:	1:48.32	22.44	175m:	2:32.79	22.02		
	50m:	41.43	21.21	100m:	1:25.88	22.16	150m:	2:10.77	22.45	200m:	2:54.05	21.26		

