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25		, 50m			2007 - 2008
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,	/		rt		FINA
1.	2007			27.14	663
2.	2007 I			27.36	647
3.	2007 I		+0,79	28.29	585 I
4.	2007 I	11 11	+0,76	29.02	542 II
5.	2007 I		+0,89	29.09	538 II
6.	2007 I		10,00	29.35	524 II
	2007 I		.0.71		
7.			+0,71	29.43	520 II
8.	2008 I	11 11	+0,78	29.60	511 II
9.	2008 I		+0,75	29.94	494 II
10.	2007 I		+0,83	30.27	478 II
11.	2008 I			30.80	453 II
12.	2007 I			30.89	449 II
13.	2007 I		+0,76	30.93	448 II
	2008 II			30.93	448 II
15.	2008 II	1	+0,79	31.12	440 II
16.	2007 II	" "	+0,84	31.14	439 II
17.	2007 II		+0,75	31.33	431 II
18.	2007 I			31.52	423 III
19.	2008 II			31.73	415 III
20.	2008 II	11 11	+0,90	32.11	400 III
21.	2008 II		,	32.16	398 III
22.	2007 II		+0,99	32.30	393 III
23.	2007 II		+0,93	32.51	385 III
24.	2007 II		+0,93	32.53	385
25.	2007 II		+0,93	32.87	373 III
26.	2007 II 2008 II			33.06	367 III
27.			. 0. 00	33.24	361 III
28.	2007 II		+0,86	33.47	353 III
29.	2008 II		+0,92	33.77	344 I
30.	2007	1		33.82	342 I
31.	2007 II			33.97	338 I
32.	2008 II	" "		34.73	316 I
33.	2008 II			34.96	310 I
34.	2008 II		+0,83	35.44	297 I
35.	2008 II	" "		36.83	265 I
26		, 50m			2005 - 2006
05.03.2021 - 12:06					
: FINA 2020					
,	/		rt		FINA
1.	2005 I			24.82	597 I
2.	2005 I 2005 I		+0,65	24.02 25.03	583 I
2. 3.					
			+0,71	25.59 25.60	545 544
4.	2005 I	" "		25.60	544 II
5.	2005	"	. 0.00	25.75	535 II
6.	2005 I	" "	+0,66	25.96	522 II
7.	2005		+0,75	26.00	520 II
8.	2006 I	" "	+0,75	26.02	518 I I
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	26,		, 50m		,			2005 - 2006		
	,			/				rt		FINA
9.				2005	I				26.34	500 II
10.				2005				+0,70	26.37	498 II
11.				2006		"	"	+0,73	26.59	486 II
12.				2005				+0,73	26.60	485 II
13.				2006	l	"	"		26.70	480 II
14.				2005	I				26.71	479 II
15.				2006	I				26.85	472 II
16.				2005				+0,70	26.87	471 II
17.				2006		"	"		26.93	468 II
				2005	<u> </u>			+0,70	26.93	468 II
19.				2005		"	"	+0,89	26.95	467 II
20.				2006				+0,69	26.99	465 II
21.				2005	 -				27.18	455 II
22.				2006				0.75	27.23	452 II
23.				2005	I			+0,75	27.34	447
0.5				2006	II			+0,78	27.34	447
25.				2006	II	•	1	. 0.70	27.63	433 II
26.				2005	II	"	"	+0,73	27.72	429 II
27.				2006	I			+0,88	27.93	419 III
28.				2006 2005	 			.0.70	27.94 27.94	419 Ⅲ 419 Ⅲ
30.				2005	II II	"	ıı	+0,78	27.9 4 28.07	413 III
31.				2006	II			+0,95	28.22	406 III
31. 32.				2006	II			+0,93	28.41	398 III
33.				2006	II	"	"	+0,78	29.26	364 III
34.				2006	" II			+0,78	29.28	364 III
35.				2006	" II	"	"	10,10	29.51	355 III
36.				2006	" 	"	"	+0,89	29.73	347
37.				2006	II			+0,73	29.85	343 III
38.				2005	 			+0,79	30.12	334 I
39.				2006	 II	"	"	. 5,. 5	30.64	317 I
DSQ				2005	 		1		00.01	III
DSQ				2006						Ī
05.03.202	27	12				, 10	00m			2007 - 2008
: FINA 202		12								
	,			/				rt		FINA
1.	50m:	35.61	35.61	2008 100m:	1:17.05	" 41.44	II		1:17.05	576
2.	50m:	36.85	36.85	2007 100m:	l 1:19.46	42.61		+0,72	1:19.46	525 I
3.	50m:	37.67	37.67	2007 100m:	l 1:22.22	" 44.55	II	+0,71	1:22.22	474 I
4.	50m:	40.01	40.01	2007 100m:	l 1:24.06	" 44.05	ıı	+0,73	1:24.06	444 II
				2007	1			+0,83	1:24.79	432 II

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	27,		, 100m	,		200	7 - 2008			
	,			/				rt		FINA
6.	50m:	43.70	43.70	2008 100m:	 1:31.33	47.63			1:31.33	346 Ⅱ
7.	50m:	43.68	43.68	2008 100m:	 1:31.86	" 48.18	"		1:31.86	340 III
8.	50m:	42.67	42.67	2008 100m:	 1:33.21	50.54			1:33.21	325 III
9.	50m:	45.62	45.62	2008 100m:	 1:34.98	49.36			1:34.98	307 III
0.	50m:	46.58	46.58	2008 100m:	III 1:38.39	51.81		+0,78	1:38.39	276 Ⅲ
5.03.2	28 2021 - 12	:17				, 1	00m			2005 - 200
: FINA										
1.	,			/ 2005				rt	1:05.50	FINA 654
2.	50m:	30.37	30.37	100m: 2006	1:05.50 	35.13 "	n	+0,72	1:11.26	508 I
	50m:	32.89	32.89	100m: 2005	1:11.26 I	38.37	II.		1:12.96	473 I
3.	50m:	34.21	34.21	100m:	1:12.96	38.75		+0,74		
4.	50m:	34.54	34.54	2005 100m:	1:13.57	39.03			1:13.57	462 II
5.	50m:	35.16	35.16	2005 100m:	l 1:14.81	39.65		+0,78	1:14.81	439 Ⅱ
6.	50m:	35.08	35.08	2005 100m:	l 1:15.84	40.76		+0,69	1:15.84	421 II
7.	50m:	35.35	35.35	2006 100m:	 1:16.05	" 40.70	"	+0,82	1:16.05	418 II
8.	50m:	36.46	36.46	2006 100m:	 1:16.22	39.76	II	+0,78	1:16.22	415 II
9.	50m:	35.08	35.08	2006 100m:	l 1:16.86	" 41.78	II	+0,83	1:16.86	405 II
10.	50m:	36.95	36.95	2005 100m:	 1:17.32	40.37			1:17.32	398 Ⅱ
11.	50m:	37.12	37.12	2005 100m:	 1:18.21	41.09			1:18.21	384 II
12.	50m:	36.89	36.89	2006 100m:	 1:18.44	41.55			1:18.44	381 II
3.	50m:	36.24	36.24	2006 100m:	 1:18.71	42.47			1:18.71	377 II
14.	50m:	38.92	38.92	2005 100m:	 1:21.88	42.96		+0,77	1:21.88	335 Ⅱ
5.	50m:	39.07	39.07	2006 100m:	II 1:24.43	45.36			1:24.43	305 III

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05.03.20	29 021 - 12	:23				, 100	m			2007 - 2008
. 1 1100 2				/				rt		FINA
1.	, 50m:	32.75	32.75	2007 100m:	1:08.20	35.45			1:08.20	601
2.	50m:	33.24	33.24	2007 100m:	l 1:09.36	36.12			1:09.36	571
3.	50m:	33.68	33.68	2007 100m:	1:09.96	36.28			1:09.96	557
4.	50m:	35.96	35.96	2008 100m:	l 1:12.91	36.95			1:12.91	492 I
5.	50m:	34.67	34.67	2007 100m:	l 1:13.35	38.68			1:13.35	483 I
6.	50m:	35.73	35.73	2007 100m:	1:13.60	37.87			1:13.60	478 I
7.	50m:	35.92	35.92	2008 100m:	l 1:13.69	37.77	"		1:13.69	476 I
8.	50m:	35.11	35.11	2007 100m:	1:13.86	" 38.75	"		1:13.86	473 I
9. 10.	50m:	34.85	34.85	2008 100m: 2008	1:14.46	39.61			1:14.46 1:16.02	462 ∣ 434 ∥
11.	50m:	36.45	36.45	100m: 2007	1:16.02	39.57			1:16.02	434
12.	50m:	36.55	36.55	100m: 2008	1:16.15	39.60			1:17.22	414
13.	50m:	37.87	37.87	100m: 2008	1:17.22	39.35	"		1:18.22	398
14.	50m:	37.89	37.89	100m: 2007		40.33			1:18.25	398
15.	50m:	37.13	37.13	100m: 2008	II	41.12			1:19.68	377 ∥
16.	50m:	38.89	38.89	100m: 2008	1:19.68	40.79			1:22.19	343
17.	50m:	40.56 41.56	40.56 41.56	100m: 2008	1:22.19 1:22.55	41.63 40.99			1:22.55	339
18.	50m:			100m: 2007	II				1:22.87	335 Ⅱ
19.	50m: 50m:	39.66 42.32	39.66 42.32	100m: 2008 100m:	1:22.87 1:25.05	43.21 42.73			1:25.05	310 III

, 100m 2005 - 2006 30 05.03.2021 - 12:29 : FINA 2020 rt FINA 2005 1. 59.86 649 28.92 50m: 28.92 100m: 59.86 30.94 2. 2005 1:01.18 608 50m: 29.38 29.38 100m: 1:01.18 31.80 1:01.90 587 3. 2006 50m: 29.67 29.67 100m: 1:01.90 32.23 4. 2005 1:02.62 567 I 50m: 30.25 30.25 100m: 1:02.62 32.37 1:03.42 546 I 5. 2006 30.33 50m: 30.33 100m: 1:03.42 33.09 6. 2006 I 1:03.72 538 I 50m: 30.38 30.38 100m: 1:03.72 33.34 7. 2005 1:04.10 529 I 50m: 30.37 30.37 100m: 1:04.10 33.73

	30111.	30.37	30.37	100111.	1.04.10	33.73			
8.	50m:	31.09	31.09	2005 100m:	1:04.99	33.90	II	1:04.99	507 I
9.	50m:	31.51	31.51	2006 100m:	l 1:05.15	" 33.64	II	1:05.15	504 I
10.	50m:	32.27	32.27	2006 100m:	l 1:07.55	" 35.28	11	1:07.55	452 II
11.	50m:	31.73	31.73	2006 100m:	 1:07.79	36.06		1:07.79	447 II
12.	50m:	32.90	32.90	2005 100m:	 1:07.81	34.91		1:07.81	447 II
13.	50m:	33.80	33.80	2005 100m:	l 1:07.88	34.08		1:07.88	445 II
14.	50m:	33.90	33.90	2006 100m:	 1:08.90	" 35.00	"	1:08.90	426 II
15.	50m:	32.38	32.38	2006 100m:	 1:09.14	36.76		1:09.14	421 II
16.	50m:	33.77	33.77	2006 100m:	 1:09.88	36.11		1:09.88	408 II
17.	50m:	34.52	34.52	2005 100m:	l 1:10.27	35.75		1:10.27	401 II
18.	50m:	33.42	33.42	2005 100m:	l 1:11.12	37.70		1:11.12	387 Ⅱ
	50m:	33.65	33.65	2006 100m:	 	37.47		1:11.12	387 Ⅱ
20.	50m:	34.47	34.47	2006 100m:	 1:11.71	37.24		1:11.71	378 Ⅱ
21.	50m:	34.75	34.75	2006 100m:	 	38.52	1	1:13.27	354 Ⅱ

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05.03.2	31 2021 - 12	:35			, 20	00m					2007 - 2008
: FINA	2020										
	,			1					rt		FINA
1.	50m:	31.42	31.42	2007 100m:	1:10.27	38.85	150m:	1:54.48	44.21	2:30.32 200m: 2:30.32	590 35.84
2.	50m:	30.55	30.55	2007 100m:	1:13.23	42.68	150m:	2:00.44	+0,77 47.21	2:31.96 200m: 2:31.96	571 31.52
3.	50m:	32.44	32.44	2007 100m:	1:11.20	38.76	150m:	1:56.35	45.15	2:32.81 200m: 2:32.81	562 36.46
4.	50m:	33.71	33.71	2007 100m:	l 1:14.82	41.11	150m:	2:00.32	+0,78 45.50	2:35.67 200m: 2:35.67	531 I 35.35
5.	50m:	33.10	33.10	2007 100m:	l 1:14.34	41.24	150m:	2:03.19	+0,79 48.85	2:37.25 200m: 2:37.25	515 I 34.06
6.	50m:	32.22	32.22	2008 100m:	l 1:13.17	40.95	150m:	2:00.89	+0,79 47.72	2:37.43 200m: 2:37.43	514 I 36.54
7.	50m:	35.67	35.67	2007 100m:	l 1:18.73	43.06	150m:	2:05.80	47.07	2:41.25 200m: 2:41.25	478 I 35.45
8.	50m:	35.60	35.60	2007 100m:	l 1:19.38	" 43.78	" 150m:	2:03.73	44.35	2:41.55 200m: 2:41.55	475 I 37.82
9.	50m:	35.81	35.81	2007 100m:	l 1:15.93	" 40.12	" 150m:	2:04.73	48.80	2:44.31 200m: 2:44.31	452 Ⅱ 39.58
10.	50m:	34.61	34.61	2007 100m:	l 1:18.33	43.72	150m:	2:07.26	48.93	2:45.67 200m: 2:45.67	441 38.41
11.	50m:	38.01	38.01	2008 100m:	l 1:19.50	41.49	150m:	2:13.47	53.97	2:52.00 200m: 2:52.00	394 Ⅱ 38.53
12.	50m:	38.32	38.32	2008 100m:	 1:25.41	47.09	150m:	2:15.65	+0,88 50.24	2:53.50 200m: 2:53.50	384 Ⅱ 37.85
13.	50m:	38.20	38.20	2008 100m:	II 1:24.56	46.36	150m:	2:15.39	50.83	2:56.31 200m: 2:56.31	366 II 40.92
14.	50m:	39.36	39.36	2008 100m:	II 1:24.70	45.34	150m:	2:18.08	53.38	2:58.62 200m: 2:58.62	352 Ⅱ 40.54
15.	50m:	36.96	36.96	2007 100m:	II 1:24.69	47.73	150m:	2:18.48	+0,88 53.79	3:01.15 200m: 3:01.15	337 Ⅱ 42.67
16.	50m:	40.51	40.51	2008 100m:	 1:26.21	45.70	150m:	2:24.46	+0,78 58.25	3:03.05 200m: 3:03.05	327 III 38.59
17.	50m:	35.67	35.67	2007 100m:	 1:22.22	46.55	150m:	2:17.61	55.39	3:03.40 200m: 3:03.40	325 III 45.79
18.	50m:	39.46	39.46	2008 100m:	 1:24.41	44.95	150m:	2:23.04	58.63	3:03.91 200m: 3:03.91	322 III 40.87
19.	50m:	41.96	41.96	2008 100m:	III 1:31.98	50.02	150m:	2:25.72	53.74	3:08.50 200m: 3:08.50	299 III 42.78
20.	50m:	43.74	43.74	2008 100m:	 1:34.52	" 50.78	" 150m:	2:30.79	56.27	3:15.76 200m: 3:15.76	267 III 44.97

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05.03.20	32)21 - 12	:46			, 2	200m					2005 - 2006
: FINA 2											
	,			/					rt		FINA
1.	50m:	29.29	29.29	2005 100m:	1:07.12	37.83	" 150m:	1:48.78	+0,73 41.66	2:18.87 200m: 2:18.87	553 I 30.09
2.	50m:	28.87	28.87	2005 100m:	l 1:04.23	" 35.36	" 150m:	1:47.02	+0,85 42.79	2:20.33 200m: 2:20.33	536 I 33.31
3.	50m:	29.49	29.49	2006 100m:	l 1:05.65	36.16	150m:	1:50.24	44.59	2:22.63 200m: 2:22.63	510 I 32.39
4.	50m:	29.24	29.24	2005 100m:	1:08.54	" 39.30	" 150m:	1:49.86	41.32	2:22.75 200m: 2:22.75	509 I 32.89
5.	50m:	29.42	29.42	2005 100m:	l 1:05.06	35.64	150m:	1:49.11	44.05	2:22.80 200m: 2:22.80	508 I 33.69
6.	50m:	29.97	29.97	2006 100m:	l 1:07.41	37.44	150m:	1:51.08	+0,71 43.67	2:23.22 200m: 2:23.22	504 I 32.14
7.	50m:	29.18	29.18	2006 100m:	l 1:05.52	36.34	150m:	1:48.71	+0,72 43.19	2:24.93 200m: 2:24.93	486 I 36.22
8.	50m:	28.26	28.26	2005 100m:	 1:05.78	37.52	150m:	1:50.20	44.42	2:25.06 200m: 2:25.06	485 I 34.86
9.	50m:	31.69	31.69	2006 100m:	 1:08.38	36.69	150m:	1:51.40	43.02	2:25.77 200m: 2:25.77	478 Ⅱ 34.37
10.	50m:	32.16	32.16	2006 100m:	l 1:11.74	" 39.58	" 150m:	1:53.12	+0,83 41.38	2:27.66 200m: 2:27.66	460 Ⅱ 34.54
11.	50m:	30.87	30.87	2005 100m:	l 1:08.69	37.82	150m:	1:53.55	+0,73 44.86	2:28.21 200m: 2:28.21	455 Ⅱ 34.66
12.	50m:	31.18	31.18	2006 100m:	 1:10.30	39.12	150m:	1:53.70	+0,75 43.40	2:28.96 200m: 2:28.96	448 Ⅱ 35.26
13.	50m:	29.58	29.58	2005 100m:	l 1:09.02	39.44	150m:	1:54.83	+0,76 45.81	2:29.15 200m: 2:29.15	446 Ⅱ 34.32
14.	50m:	29.97	29.97		l 1:10.19	40.22	150m:	1:57.92	47.73	2:31.73 200m: 2:31.73	424 Ⅱ 33.81
15.	50m:	31.05	31.05	2005 100m:	1:10.17	39.12	150m:	1:54.36	44.19	2:32.09 200m: 2:32.09	421 Ⅱ 37.73
16.	50m:	30.49	30.49	2006 100m:	l 1:12.13	" 41.64	" 150m:	1:58.13	+0,93 46.00	2:32.33 200m: 2:32.33	419 II 34.20
17.	50m:	33.86	33.86	2006 100m:	 1:15.93	42.07	150m:	1:59.77	43.84	2:36.75 200m: 2:36.75	384 II 36.98
	50m:	34.23	34.23	2006 100m:	 1:17.07	42.84	150m:	2:02.95	+0,79 45.88	2:36.75 200m: 2:36.75	384 Ⅱ 33.80
19.	50m:	31.90	31.90	2006 100m:	 1:13.22	" 41.32	" 150m:	2:03.46	+0,92 50.24	2:39.71 200m: 2:39.71	363 Ⅱ 36.25
20.	50m:	32.17	32.17	2006 100m:	 1:14.68	42.51	150m:	2:03.12	48.44	2:39.99 200m: 2:39.99	361 Ⅱ 36.87
21.	50m:	31.71	31.71	2006 100m:	 1:13.25	41.54	150m:	2:01.47	+0,75 48.22	2:40.15 200m: 2:40.15	360 II 38.68
22.	50m:	34.56	34.56	2006 100m:	 1:15.46	40.90	150m:	2:02.06		2:40.66 200m: 2:40.66	357 Ⅱ 38.60

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	32	,	, 200m			!	,	2	2005 - 20	006	
	,			/					rt		FINA
23.	50m:	32.70	32.70	2006 100m:	 1:14.04	41.34	150m:	2:04.61	+0,90 50.57	2:42.05 200m: 2:42.05	348 II 37.44
24.	50m:	34.37	34.37	2006 100m:	 1:18.74	" 44.37	" 150m:	2:08.15	49.41	2:47.15 200m: 2:47.15	317 III 39.00
25.	50m:	37.78	37.78	2006 100m:	 1:23.39	" 45.61	" 150m:	2:11.86	+0,85 48.47	2:52.44 200m: 2:52.44	288 III 40.58
	33					, 1500m	ı				2007 - 2008
05.03.	2021 - 12					,					
: FIN	IA 2020										
	,			1					rt		FINA
1.				2007						18:43.62	549
	50m:	31.64	31.64	450m:	5:29.70	37.39		10:33.57	37.93	1250m: 15:38.36	37.91
	100m:	1:06.80	35.16	500m:	6:08.03	38.33		11:11.80	38.23	1300m: 16:16.08	37.72
	150m: 200m:	1:43.28 2:20.82	36.48 37.54	550m: 600m:	6:45.67 7:24.25	37.64 38.58		11:49.82 12:28.16	38.02 38.34	1350m: 16:53.64 1400m: 17:31.94	37.56 38.30
	250m:	2:58.40	37.5 4 37.58	650m:	8:01.70	37.45		13:06.12	37.96	1450m: 18:08.95	37.01
	300m:	3:36.61	38.21	700m:	8:39.78	38.08		13:44.31	38.19	1500m: 18:43.62	34.67
	350m:	4:14.20	37.59	750m:	9:17.49	37.71		14:22.38	38.07		
	400m:	4:52.31	38.11	800m:	9:55.64	38.15	1200m:	15:00.45	38.07		
2.				2007	ı					19:15.84	505 I
	50m:	31.96	31.96	450m:	5:39.20	38.76	850m:	10:50.88	39.16	1250m: 16:05.36	39.50
	100m:	1:08.16	36.20	500m:	6:18.25	39.05		11:30.17	39.29	1300m: 16:44.36	39.00
	150m:	1:46.38	38.22	550m:	6:56.96	38.71		12:09.55	39.38	1350m: 17:24.07	39.71
	200m:	2:24.72	38.34	600m:	7:35.74	38.78		12:48.43	38.88	1400m: 18:02.94	38.87
	250m:	3:03.91 3:42.64	39.19	650m: 700m:	8:14.51	38.77		13:28.32	39.89	1450m: 18:40.03	37.09
	300m: 350m:	3:42.64 4:21.74	38.73 39.10	750m:	8:53.77 9:32.89	39.26 39.12		14:06.48 14:46.41	38.16 39.93	1500m: 19:15.84	35.81
	400m:	5:00.44	38.70		10:11.72	38.83		15:25.86	39.45		
3.				2007	1					19:26.44	491 I
0.	50m:	33.24	33.24	450m:	5:42.03	38.66	850m:	10:55.67	38.84	1250m: 16:11.21	39.02
	100m:		37.36	500m:	6:21.74	39.71		11:35.47	39.80	1300m: 16:51.48	40.27
	150m:	1:48.33	37.73	550m:	7:00.37	38.63	950m:	12:14.50	39.03	1350m: 17:30.36	38.88
	200m:	2:27.67	39.34	600m:	7:39.66	39.29		12:54.49	39.99	1400m: 18:10.34	39.98
	250m:	3:06.12	38.45	650m:	8:18.70	39.04		13:33.50	39.01	1450m: 18:48.92	38.58
	300m: 350m:	3:45.23 4:23.73	39.11 38.50	700m: 750m:	8:58.38 9:37.10	39.68 38.72		14:13.68 14:52.45	40.18 38.77	1500m: 19:26.44	37.52
	400m:	5:03.37	39.64		10:16.83	39.73		15:32.19	39.74		
4.				2008	1					19:50.00	462 I
٦.	50m:	35.60	35.60	450m:	5:55.73	39.97	850m·	11:16.63	39.49	1300m: 17:15.29	40.61
	100m:	1:15.40	39.80	500m:	6:35.85	40.12		11:57.24	40.61	1350m: 17:13.29	39.06
	150m:	1:54.61	39.21	550m:	7:16.01	40.16		12:35.78	38.54	1400m: 18:35.46	41.11
	200m:	2:35.18	40.57	600m:	7:55.77	39.76		13:15.68	39.90	1450m: 19:13.13	37.67
	250m:	3:14.74	39.56	650m:	8:35.44	39.67		13:54.89	39.21	1500m: 19:50.00	36.87
	300m:	3:55.42	40.68	700m:	9:16.36	40.92		14:35.32	40.43		
	350m: 400m:	4:35.46 5:15.76	40.04 40.30	750m:	9:56.11	39.75 41.03		15:14.74 16:34.68	39.42		
	400111.	5.15.76	40.30		10:37.14	41.03	1230111.	10.34.08	1:19.94		
5.				2008	II					20:15.18	434 I

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6.				2008	I					20:17.44	432 I
	50m:	33.99	33.99	450m:	5:56.73	40.87		11:25.91	41.07	1250m: 16:57.28	41.37
	100m:	1:12.38	38.39	500m:	6:37.68	40.95		12:07.22	41.31	1300m: 17:39.41	42.13
	150m:	1:53.38	41.00	550m:	7:19.22	41.54		12:48.75 13:30.00	41.53	1350m: 18:21.06	41.65
	200m: 250m:	2:33.47 3:15.11	40.09 41.64	600m: 650m:	7:59.75 8:41.56	40.53 41.81		13:30.00	41.25 41.97	1400m: 19:01.13 1450m: 19:40.67	40.07 39.54
	300m:	3:54.73	39.62	700m:	9:22.42	40.86		14:53.11	41.14	1500m: 20:17.44	36.77
	350m:	4:35.01	40.28		10:03.82	41.40		15:35.53	42.42		
	400m:	5:15.86	40.85	800m:	10:44.84	41.02	1200m:	16:15.91	40.38		
7.				2008	II					20:25.10	424 I
8.				2007	Ï					20:41.87	407 II
O.	50m:	36.13	36.13	450m:	6:03.24	42.45	850m:	11:37.79	43.01	1300m: 17:58.43	41.87
	100m:	1:15.37	39.24	500m:	6:43.65	40.41		12:18.80	41.01	1350m: 18:39.67	41.24
	150m:	1:56.60	41.23	550m:	7:25.76	42.11		13:02.12	43.32	1400m: 19:20.97	41.30
	200m:	2:36.41	39.81	600m:	8:06.55	40.79		14:26.40	1:24.28	1450m: 20:02.55	41.58
	250m:	3:17.92	41.51	650m:	8:48.88	42.33		15:08.35	41.95	1500m: 20:41.87	39.32
	300m: 350m:	3:58.65 4:40.17	40.73 41.52	700m:	9:30.25 10:13.05	41.37 42.80		15:51.42 16:33.87	43.07 42.45		
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9.				2007	II					21:11.98	378
10.				2007	I					21:50.56	346 Ⅱ
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1.				2005						17:15.71	594
	50m:	32.28	32.28	450m:	5:00.30	34.68	850m:	9:40.27	34.88		35.30
	50m: 100m:	32.28 1:05.41	32.28 33.13	450m: 500m:	5:00.30 5:35.12	34.68 34.82	850m: 900m:	9:40.27 10:15.15	34.88 34.88	1250m: 14:21.19 1300m: 14:56.61	35.30 35.42
							900m:			1250m: 14:21.19 1300m: 14:56.61 1350m: 15:31.47	
	100m: 150m: 200m:	1:05.41 1:38.53 2:11.19	33.13 33.12 32.66	500m: 550m: 600m:	5:35.12 6:10.17 6:45.22	34.82 35.05 35.05	900m: 950m: 1000m:	10:15.15 10:49.70 11:24.79	34.88 34.55 35.09	1250m: 14:21.19 1300m: 14:56.61 1350m: 15:31.47 1400m: 16:07.30	35.42 34.86 35.83
	100m: 150m: 200m: 250m:	1:05.41 1:38.53 2:11.19 2:44.09	33.13 33.12 32.66 32.90	500m: 550m: 600m: 650m:	5:35.12 6:10.17 6:45.22 7:20.41	34.82 35.05 35.05 35.19	900m: 950m: 1000m: 1050m:	10:15.15 10:49.70 11:24.79 11:59.78	34.88 34.55 35.09 34.99	1250m: 14:21.19 1300m: 14:56.61 1350m: 15:31.47 1400m: 16:07.30 1450m: 16:42.65	35.42 34.86 35.83 35.35
	100m: 150m: 200m: 250m: 300m:	1:05.41 1:38.53 2:11.19 2:44.09 3:17.44	33.13 33.12 32.66 32.90 33.35	500m: 550m: 600m: 650m: 700m:	5:35.12 6:10.17 6:45.22 7:20.41 7:55.34	34.82 35.05 35.05 35.19 34.93	900m: 950m: 1000m: 1050m: 1100m:	10:15.15 10:49.70 11:24.79 11:59.78 12:34.95	34.88 34.55 35.09 34.99 35.17	1250m: 14:21.19 1300m: 14:56.61 1350m: 15:31.47 1400m: 16:07.30	35.42 34.86 35.83
	100m: 150m: 200m: 250m: 300m: 350m:	1:05.41 1:38.53 2:11.19 2:44.09 3:17.44 3:51.37	33.13 33.12 32.66 32.90 33.35 33.93	500m: 550m: 600m: 650m: 700m: 750m:	5:35.12 6:10.17 6:45.22 7:20.41 7:55.34 8:30.14	34.82 35.05 35.05 35.19 34.93 34.80	900m: 950m: 1000m: 1050m: 1100m: 1150m:	10:15.15 10:49.70 11:24.79 11:59.78 12:34.95 13:10.39	34.88 34.55 35.09 34.99 35.17 35.44	1250m: 14:21.19 1300m: 14:56.61 1350m: 15:31.47 1400m: 16:07.30 1450m: 16:42.65	35.42 34.86 35.83 35.35
0	100m: 150m: 200m: 250m: 300m:	1:05.41 1:38.53 2:11.19 2:44.09 3:17.44	33.13 33.12 32.66 32.90 33.35	500m: 550m: 600m: 650m: 700m: 750m: 800m:	5:35.12 6:10.17 6:45.22 7:20.41 7:55.34 8:30.14 9:05.39	34.82 35.05 35.05 35.19 34.93 34.80 35.25	900m: 950m: 1000m: 1050m: 1100m: 1150m: 1200m:	10:15.15 10:49.70 11:24.79 11:59.78 12:34.95	34.88 34.55 35.09 34.99 35.17	1250m: 14:21.19 1300m: 14:56.61 1350m: 15:31.47 1400m: 16:07.30 1450m: 16:42.65 1500m: 17:15.71	35.42 34.86 35.83 35.35 33.06
2.	100m: 150m: 200m: 250m: 300m: 350m: 400m:	1:05.41 1:38.53 2:11.19 2:44.09 3:17.44 3:51.37 4:25.62	33.13 33.12 32.66 32.90 33.35 33.93 34.25	500m: 550m: 600m: 650m: 700m: 750m: 800m:	5:35.12 6:10.17 6:45.22 7:20.41 7:55.34 8:30.14 9:05.39	34.82 35.05 35.05 35.19 34.93 34.80 35.25	900m: 950m: 1000m: 1050m: 1100m: 1150m: 1200m:	10:15.15 10:49.70 11:24.79 11:59.78 12:34.95 13:10.39 13:45.89	34.88 34.55 35.09 34.99 35.17 35.44 35.50	1250m: 14:21.19 1300m: 14:56.61 1350m: 15:31.47 1400m: 16:07.30 1450m: 16:42.65 1500m: 17:15.71	35.42 34.86 35.83 35.35 33.06
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