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, 400m

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							R.T.			FINA		
1.	1998						4:54.48			683		
	50m:	29.94	29.94	150m:	1:45.07	38.95	250m:	3:05.64	42.96	350m:	4:22.34	33.97
	100m:	1:06.12	36.18	200m:	2:22.68	37.61	300m:	3:48.37	42.73	400m:	4:54.48	32.14
2.	1996						4:56.84			667		
	50m:	31.72	31.72	150m:	1:46.21	38.19	250m:	3:05.86	43.32	350m:	4:23.85	33.64
	100m:	1:08.02	36.30	200m:	2:22.54	36.33	300m:	3:50.21	44.35	400m:	4:56.84	32.99
3.	2000						5:05.55			612		
	50m:	31.95	31.95	150m:	1:49.91	40.60	250m:	3:11.78	42.90	350m:	4:30.90	35.78
	100m:	1:09.31	37.36	200m:	2:28.88	38.97	300m:	3:55.12	43.34	400m:	5:05.55	34.65
4.	2005 I						5:09.29			590		
	50m:	31.99	31.99	150m:	1:49.98	41.49	250m:	3:13.53	43.17	350m:	4:34.53	36.62
	100m:	1:08.49	36.50	200m:	2:30.36	40.38	300m:	3:57.91	44.38	400m:	5:09.29	34.76
5.	2002						5:09.48			589		
	50m:	31.86	31.86	150m:	1:50.01	40.08	250m:	3:12.98	43.84	350m:	4:34.05	36.86
	100m:	1:09.93	38.07	200m:	2:29.14	39.13	300m:	3:57.19	44.21	400m:	5:09.48	35.43
6.	2001						5:12.60			571		
	50m:	31.42	31.42	150m:	1:51.01	42.41	250m:	3:16.98	45.61	350m:	4:37.79	36.24
	100m:	1:08.60	37.18	200m:	2:31.37	40.36	300m:	4:01.55	44.57	400m:	5:12.60	34.81
7.	2000						5:13.69			565		
	50m:	32.37	32.37	150m:	1:49.51	40.20	250m:	3:15.71	45.97	350m:	4:38.53	37.26
	100m:	1:09.31	36.94	200m:	2:29.74	40.23	300m:	4:01.27	45.56	400m:	5:13.69	35.16
8.	2002 I						5:16.36			551		
	50m:	35.19	35.19	150m:	1:56.02	41.76	250m:	3:19.58	43.01	350m:	4:40.26	36.96
	100m:	1:14.26	39.07	200m:	2:36.57	40.55	300m:	4:03.30	43.72	400m:	5:16.36	36.10
9.	2002						5:19.96 I			533		
	50m:	32.88	32.88	150m:	1:54.56	42.35	250m:	3:21.32	44.79	350m:	4:44.33	37.50
	100m:	1:12.21	39.33	200m:	2:36.53	41.97	300m:	4:06.83	45.51	400m:	5:19.96	35.63
10.	2005 I						5:20.92 I			528		
	50m:	34.40	34.40	150m:	1:55.46	41.60	250m:	3:22.09	46.63	350m:	4:46.07	35.97
	100m:	1:13.86	39.46	200m:	2:35.46	40.00	300m:	4:10.10	48.01	400m:	5:20.92	34.85
11.	2004						5:22.16 I			522		
	50m:	33.19	33.19	150m:	1:53.46	39.29	250m:	3:21.16	49.07	350m:	4:47.41	37.88
	100m:	1:14.17	40.98	200m:	2:32.09	38.63	300m:	4:09.53	48.37	400m:	5:22.16	34.75
12.	2005 I						5:24.29 I			512		
	50m:	34.98	34.98	150m:	1:57.14	41.18	250m:	3:22.62	44.49	350m:	4:47.47	38.42
	100m:	1:15.96	40.98	200m:	2:38.13	40.99	300m:	4:09.05	46.43	400m:	5:24.29	36.82
13.	2001 I						5:26.81 I			500		
	50m:	33.67	33.67	150m:	1:55.43	42.46	250m:	3:23.23	46.57	350m:	4:48.93	38.73
	100m:	1:12.97	39.30	200m:	2:36.66	41.23	300m:	4:10.20	46.97	400m:	5:26.81	37.88
14.	2002						5:26.94 I			499		
	50m:	34.02	34.02	150m:	1:56.13	41.79	250m:	3:23.49	45.69	350m:	4:48.98	38.84
	100m:	1:14.34	40.32	200m:	2:37.80	41.67	300m:	4:10.14	46.65	400m:	5:26.94	37.96
15.	2002						5:28.31 I			493		
	50m:	33.15	33.15	150m:	1:56.68	42.09	250m:	3:22.51	46.25	350m:	4:49.69	39.81
	100m:	1:14.59	41.44	200m:	2:36.26	39.58	300m:	4:09.88	47.37	400m:	5:28.31	38.62

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	13,		, 400m						R.T.		FINA	
16.				2000					5:30.26		484	
	50m:	33.63	33.63	150m:	1:55.76	42.37	250m:	3:25.08	46.85	350m:	4:52.35	38.37
	100m:	1:13.39	39.76	200m:	2:38.23	42.47	300m:	4:13.98	48.90	400m:	5:30.26	37.91
17.				2001					5:31.29		480	
	50m:	35.29	35.29	150m:	2:00.05	43.01	250m:	3:28.56	46.82	350m:	4:54.46	38.49
	100m:	1:17.04	41.75	200m:	2:41.74	41.69	300m:	4:15.97	47.41	400m:	5:31.29	36.83
18.				2002					5:31.34		480	
	50m:	31.58	31.58	150m:	1:54.23	44.79	250m:	3:23.51	45.12	350m:	4:51.48	41.35
	100m:	1:09.44	37.86	200m:	2:38.39	44.16	300m:	4:10.13	46.62	400m:	5:31.34	39.86
19.				2003					5:36.80		457	
	50m:	35.26	35.26	150m:	1:58.87	42.73	250m:	3:30.66	48.95	350m:	4:59.95	39.16
	100m:	1:16.14	40.88	200m:	2:41.71	42.84	300m:	4:20.79	50.13	400m:	5:36.80	36.85
20.				2003					5:38.91		448	
	50m:	34.03	34.03	150m:	1:59.69	44.86	250m:	3:30.48	47.81	350m:	4:59.49	39.90
	100m:	1:14.83	40.80	200m:	2:42.67	42.98	300m:	4:19.59	49.11	400m:	5:38.91	39.42
21.				2002					5:44.49		427	
	50m:	37.77	37.77	150m:	2:07.47	44.59	250m:	3:39.70	48.95	350m:	5:07.46	39.20
	100m:	1:22.88	45.11	200m:	2:50.75	43.28	300m:	4:28.26	48.56	400m:	5:44.49	37.03
DSQ				2003								

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								R.T.		FINA		
1.			2005						5:09.29	590		
	50m:	31.99	31.99	150m:	1:49.98	41.49	250m:	3:13.53	43.17	350m:	4:34.53	36.62
	100m:	1:08.49	36.50	200m:	2:30.36	40.38	300m:	3:57.91	44.38	400m:	5:09.29	34.76
2.			2005						5:20.92	528		
	50m:	34.40	34.40	150m:	1:55.46	41.60	250m:	3:22.09	46.63	350m:	4:46.07	35.97
	100m:	1:13.86	39.46	200m:	2:35.46	40.00	300m:	4:10.10	48.01	400m:	5:20.92	34.85
3.			2004						5:22.16	522		
	50m:	33.19	33.19	150m:	1:53.46	39.29	250m:	3:21.16	49.07	350m:	4:47.41	37.88
	100m:	1:14.17	40.98	200m:	2:32.09	38.63	300m:	4:09.53	48.37	400m:	5:22.16	34.75
4.			2005						5:24.29	512		
	50m:	34.98	34.98	150m:	1:57.14	41.18	250m:	3:22.62	44.49	350m:	4:47.47	38.42
	100m:	1:15.96	40.98	200m:	2:38.13	40.99	300m:	4:09.05	46.43	400m:	5:24.29	36.82
5.			2003						5:36.80	457		
	50m:	35.26	35.26	150m:	1:58.87	42.73	250m:	3:30.66	48.95	350m:	4:59.95	39.16
	100m:	1:16.14	40.88	200m:	2:41.71	42.84	300m:	4:20.79	50.13	400m:	5:36.80	36.85
6.			2003						5:38.91	448		
	50m:	34.03	34.03	150m:	1:59.69	44.86	250m:	3:30.48	47.81	350m:	4:59.49	39.90
	100m:	1:14.83	40.80	200m:	2:42.67	42.98	300m:	4:19.59	49.11	400m:	5:38.91	39.42
DSQ			2003									

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			/					R.T.		FINA		
EXH			2004		-				5:37.58		454	
	50m:	33.45	33.45	150m:	1:58.30	43.86	250m:	3:32.99	50.88	350m:	5:02.05	37.52
	100m:	1:14.44	40.99	200m:	2:42.11	43.81	300m:	4:24.53	51.54	400m:	5:37.58	35.53
EXH			2004		-				5:44.31		427	
	50m:	39.69	39.69	150m:	2:08.53	41.02	250m:	3:37.90	48.25	350m:	5:06.50	39.43
	100m:	1:27.51	47.82	200m:	2:49.65	41.12	300m:	4:27.07	49.17	400m:	5:44.31	37.81