

	13,	, 400m		, 17 - 18									
5.			05							6:13.24	248	III	
	50m:	30.75	30.75	150m:	1:58.23	49.71	250m:	3:44.62	56.95	350m:	5:28.09	45.35	
	100m:	1:08.52	37.77	200m:	2:47.67	49.44	300m:	4:42.74	58.12	400m:	6:13.24	45.15	
15 - 16													
1.			08								4:46.99	547	I
	50m:	29.46	29.46	150m:	1:42.11	36.56	250m:	2:57.91	38.70	350m:	4:14.41	35.30	
	100m:	1:05.55	36.09	200m:	2:19.21	37.10	300m:	3:39.11	41.20	400m:	4:46.99	32.58	
2.			08								4:57.43	492	I
	50m:	30.14	30.14	150m:	1:44.10	37.77	250m:	3:04.00	42.32	350m:	4:23.33	36.22	
	100m:	1:06.33	36.19	200m:	2:21.68	37.58	300m:	3:47.11	43.11	400m:	4:57.43	34.10	
3.			07	()	(.)			4:58.28	487	I
	50m:	32.45	32.45	150m:	1:48.98	39.22	250m:	3:10.55	42.40	350m:	4:26.53	33.10	
	100m:	1:09.76	37.31	200m:	2:28.15	39.17	300m:	3:53.43	42.88	400m:	4:58.28	31.75	
4.			07								5:00.34	477	I
	50m:	30.32	30.32	150m:	1:47.22	39.24	250m:	3:14.66	49.32	350m:	4:30.55	28.65	
	100m:	1:07.98	37.66	200m:	2:25.34	38.12	300m:	4:01.90	47.24	400m:	5:00.34	29.79	
5.			08								5:01.47	472	I
	50m:	31.08	31.08	150m:	1:47.78	38.71	250m:	3:06.91	42.00	350m:	4:26.73	36.25	
	100m:	1:09.07	37.99	200m:	2:24.91	37.13	300m:	3:50.48	43.57	400m:	5:01.47	34.74	
6.			08								5:07.04	447	II
	50m:	32.31	32.31	150m:	1:48.93	39.23	250m:	3:11.84	44.61	350m:	4:32.90	35.01	
	100m:	1:09.70	37.39	200m:	2:27.23	38.30	300m:	3:57.89	46.05	400m:	5:07.04	34.14	
7.			08			6					5:17.53	404	II
	50m:	32.44	32.44	150m:	1:55.34	44.38	250m:	3:19.88	42.34	350m:	4:43.34	37.68	
	100m:	1:10.96	38.52	200m:	2:37.54	42.20	300m:	4:05.66	45.78	400m:	5:17.53	34.19	