

37, , 400m				13-14				WA	
5.			2010					4:59.52	460 II
	50m: 33.91	33.91	150m: 1:47.26	37.17	250m: 3:03.72	38.11	350m: 4:21.51	38.89	
	100m: 1:10.09	36.18	200m: 2:25.61	38.35	300m: 3:42.62	38.90	400m: 4:59.52	38.01	
6.			2009					5:00.39	456 II
	50m: 32.54	32.54	150m: 1:46.89	38.04	250m: 3:04.43	38.60	350m: 4:23.23	39.33	
	100m: 1:08.85	36.31	200m: 2:25.83	38.94	300m: 3:43.90	39.47	400m: 5:00.39	37.16	
7.			2009					5:04.70	437 II
	50m: 33.52	33.52	150m: 1:48.53	38.33	250m: 3:06.86	39.34	350m: 4:26.02	39.74	
	100m: 1:10.20	36.68	200m: 2:27.52	38.99	300m: 3:46.28	39.42	400m: 5:04.70	38.68	
8.			2010					5:09.57	417 II
	50m: 33.81	33.81	150m: 1:50.32	39.03	250m: 3:10.25	39.97	350m: 4:30.20	39.79	
	100m: 1:11.29	37.48	200m: 2:30.28	39.96	300m: 3:50.41	40.16	400m: 5:09.57	39.37	
9.			2010					5:15.15	395 II
	50m: 34.16	34.16	150m: 1:53.23	39.80	250m: 3:14.71	40.55	350m: 4:35.66	40.40	
	100m: 1:13.43	39.27	200m: 2:34.16	40.93	300m: 3:55.26	40.55	400m: 5:15.15	39.49	
10.			2010					5:19.60	379 II
	50m: 35.34	35.34	150m: 1:55.37	40.55	250m: 3:17.31	40.91	350m: 4:39.20	40.56	
	100m: 1:14.82	39.48	200m: 2:36.40	41.03	300m: 3:58.64	41.33	400m: 5:19.60	40.40	
15-17									
1.			2007					4:35.63	590
	50m: 31.08	31.08	150m: 1:39.10	34.19	250m: 2:48.13	34.65	350m: 3:57.24	34.09	
	100m: 1:04.91	33.83	200m: 2:13.48	34.38	300m: 3:23.15	35.02	400m: 4:35.63	38.39	
2.			2007			"	"	4:37.63	578
	50m: 31.27	31.27	150m: 1:40.51	34.98	250m: 2:51.00	35.57	350m: 4:02.59	36.00	
	100m: 1:05.53	34.26	200m: 2:15.43	34.92	300m: 3:26.59	35.59	400m: 4:37.63	35.04	
3.			2007					4:42.55	548 I
	50m: 32.67	32.67	150m: 1:42.29	34.99	250m: 2:53.44	35.65	350m: 4:06.39	36.63	
	100m: 1:07.30	34.63	200m: 2:17.79	35.50	300m: 3:29.76	36.32	400m: 4:42.55	36.16	
4.			2007					4:47.99	518 I
	50m: 32.45	32.45	150m: 1:42.78	35.96	250m: 2:56.65	36.91	350m: 4:11.33	37.27	
	100m: 1:06.82	34.37	200m: 2:19.74	36.96	300m: 3:34.06	37.41	400m: 4:47.99	36.66	
5.			2008					4:48.40	515 I
	50m: 33.13	33.13	150m: 1:44.40	35.94	250m: 2:58.29	36.90	350m: 4:11.92	36.77	
	100m: 1:08.46	35.33	200m: 2:21.39	36.99	300m: 3:35.15	36.86	400m: 4:48.40	36.48	
6.			2008					4:49.93	507 I
	50m: 30.59	30.59	150m: 1:42.47	36.76	250m: 2:57.89	37.91	350m: 4:13.02	37.71	
	100m: 1:05.71	35.12	200m: 2:19.98	37.51	300m: 3:35.31	37.42	400m: 4:49.93	36.91	
7.			2006					4:53.14	491 I
	50m: 32.25	32.25	150m: 1:44.65	36.85	250m: 3:00.01	37.84	350m: 4:16.17	38.11	
	100m: 1:07.80	35.55	200m: 2:22.17	37.52	300m: 3:38.06	38.05	400m: 4:53.14	36.97	
8.			2008					4:57.12	471 II
	50m: 31.14	31.14	150m: 1:45.79	38.48	250m: 3:00.88	36.92	350m: 4:19.83	38.92	
	100m: 1:07.31	36.17	200m: 2:23.96	38.17	300m: 3:40.91	40.03	400m: 4:57.12	37.29	
EXH			2013					5:32.17	337 II
	50m: 37.00	37.00	150m: 1:59.75	41.80	250m: 3:25.55	42.83	350m: 4:51.23	42.83	
	100m: 1:17.95	40.95	200m: 2:42.72	42.97	300m: 4:08.40	42.85	400m: 5:32.17	40.94	