| 1 | , 100m | 2012 |

17.10.2024

III   .   9 +: 2:05.00 /   II   .   9 +: 1:45.00 /   I   .   9 +: 1:31.50 /
III   9 +: 1:22.50 /   II   9 +: 1:13.00 /   I   9 +: 1:03.20 /
10 +: 58.50 /   : 56.50 /   14 +: 54.64

. .

1.		2002		53.62
	50m:	25.84	100m:	27.78
2.		1998		53.86
	50m:	26.19	100m:	27.67
3.		2005		54.60
	50m:	25.61	100m:	28.99
4.		1993		55.08
	50m:	26.59	100m:	28.49
5.		1999		55.09
	50m:	26.67	100m:	28.42
6.		2000		55.41
	50m:	27.12	100m:	28.29
7.		2004	-	56.02
	50m:	26.18	100m:	29.84
8.		2003		56.84
	50m:	27.62	100m:	29.22
9.		2006		58.02
	50m:	27.96	100m:	30.06
10.		2006		58.57 I
	50m:	28.42	100m:	30.15
11.		2001		58.60 I
	50m:	27.52	100m:	31.08
12.		2005		58.97 I
	50m:	28.04	100m:	30.93
13.		2006		59.28 I
	50m:	28.90	100m:	30.38
14.		2007		59.39 I
	50m:	28.55	100m:	30.84
15.		2009		59.65 I
	50m:	29.07	100m:	30.58
16.		2007		59.80 I
	50m:	28.42	100m:	31.38
17.		2005		59.88 I
	50m:	28.23	100m:	31.65
18.		2007		1:00.02 I
	50m:	28.69	100m:	31.33
19.		1995		1:00.14 I
	50m:	28.56	100m:	31.58
20.		2007		1:00.20 I
	50m:	29.15	100m:	31.05
21.		2009		1:00.83 I
	50m:	29.65	100m:	31.18
22.		2005		1:00.97 I
	50m:	29.74	100m:	31.23
23.		2007		1:00.99 I
	50m:	28.73	100m:	32.26

"   "   17-19   2024 .
50 .   SEIKO   .

1, , 100m , 2012

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24.				2004		**1:01.11**	I
	50m:	29.51	100m:	31.60			
25.				2004		**1:02.04**	I
	50m:	29.42	100m:	32.62			
26.				2006		**1:02.36**	I
	50m:	29.34	100m:	33.02			
27.				2009		**1:02.83**	I
	50m:	29.45	100m:	33.38			
28.				2011		**1:02.96**	I
	50m:	29.83	100m:	33.13			
29.				2009		**1:04.90**	II
	50m:	30.55	100m:	34.35			
30.				2007		**1:05.85**	II
	50m:	30.82	100m:	35.03			
31.				2010		**1:06.56**	II
	50m:	30.88	100m:	35.68			
32.				2010		**1:07.12**	II
	50m:	31.60	100m:	35.52			
33.				2009		**1:07.58**	II
	50m:	31.92	100m:	35.66			
34.				2002		**1:09.55**	II
	50m:	32.68	100m:	36.87			
35.				2007		**1:10.01**	II
	50m:	32.97	100m:	37.04			
36.				2009		**1:10.07**	II
	50m:	33.87	100m:	36.20			
				2010		**1:10.07**	II
	50m:	33.27	100m:	36.80			
38.				2009		**1:10.64**	II
	50m:	32.70	100m:	37.94			
39.				2011		**1:11.32**	II
	50m:	33.25	100m:	38.07			
40.				2008		**1:12.09**	II
	50m:	33.30	100m:	38.79			
41.				2011		**1:14.38**	III
	50m:	35.58	100m:	38.80			
42.				2011		**1:19.72**	III
	50m:	36.25	100m:	43.47			
43.				2009		**1:22.11**	III
	50m:	33.88	100m:	48.23			
44.				2011		**1:25.41**	I
	50m:	40.68	100m:	44.73			
DSQ				2009			
DSQ				2009			
DNS				2007			
DNS				2009			

2	, 100m	2012

17.10.2024

III . 9 +: 2:14.00 / II . 9 +: 1:56.00 / I . 9 +: 1:46.00 /
III 9 +: 1:36.00 / II 9 +: 1:25.00 / I 9 +: 1:15.00 /
10 +: 1:10.00 / : 1:05.00 / 14 +: 1:01.52

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1.					1999			**1:00.38**	
	50m:	29.52	100m:	30.86					
2.					2004	-	-	**1:01.95**	
	50m:	29.83	100m:	32.12					
3.					1998			**1:03.17**	
	50m:	29.98	100m:	33.19					
4.					2002			**1:03.27**	
	50m:	29.61	100m:	33.66					
5.					2006			**1:04.85**	
	50m:	30.88	100m:	33.97					
6.					2009			**1:05.66**	
	50m:	31.48	100m:	34.18					
7.								**1:05.92**	
	50m:	31.16	100m:	34.76					
8.					2010			**1:06.33**	
	50m:	31.30	100m:	35.03					
9.					2007			**1:06.38**	
	50m:	31.90	100m:	34.48					
10.					2008			**1:06.79**	
	50m:	31.84	100m:	34.95					
11.					2007			**1:08.48**	
	50m:	33.26	100m:	35.22					
12.					2008			**1:09.56**	
	50m:	32.82	100m:	36.74					
13.					2008			**1:09.81**	
	50m:	33.65	100m:	36.16					
14.					2007			**1:09.96**	
	50m:	33.28	100m:	36.68					
15.					2004			**1:10.73**	I
	50m:	32.79	100m:	37.94					
16.					1999			**1:10.84**	I
	50m:	33.26	100m:	37.58					
17.					2009			**1:12.31**	I
	50m:	34.12	100m:	38.19					
18.					2005	-	-	**1:13.51**	I
	50m:	34.40	100m:	39.11					
19.					2011			**1:14.18**	I
	50m:	34.32	100m:	39.86					
20.					2003			**1:14.38**	I
	50m:	34.62	100m:	39.76					
21.					2005			**1:16.29**	II
	50m:	35.98	100m:	40.31					
22.					2008			**1:16.63**	II
	50m:	34.17	100m:	42.46					
23.					2004			**1:17.54**	II
	50m:	35.99	100m:	41.55					

" " 17-19 2024 .
50 . SEIKO .

2, , 100m , 2012

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24.				2000						1:18.63	ll
	50m:	35.77	100m:	42.86							
25.				2011						1:18.81	ll
	50m:	35.99	100m:	42.82							
26.				2011			-			1:18.85	ll
	50m:	36.44	100m:	42.41							
DNS				2011							
DNS				2006							

3 , 200m 2012
17.10.2024

III . 9 +: 4:40.00 / II . 9 +: 4:06.00 / I . 9 +: 3:44.00 /
III 9 +: 3:27.00 / II 9 +: 3:02.00 / I 9 +: 2:41.00 /
10 +: 2:32.50 / : 2:22.00 / 14 +: 2:12.50

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1.				2004						2:09.07	
	50m:	28.05	100m:	31.89	150m:	33.80	200m:	35.33			
2.				2000						2:24.06	
	50m:	32.06	100m:	36.90	150m:	37.66	200m:	37.44			
3.				2008						2:25.56	
	50m:	32.06	100m:	36.83	150m:	38.64	200m:	38.03			
4.				2007						2:28.84	
	50m:	32.51	100m:	38.13	150m:	39.32	200m:	38.88			
5.				2009						2:38.76	I
	50m:	34.49	100m:	39.43	150m:	41.97	200m:	42.87			
6.				2007						2:39.68	I
	50m:	30.46	100m:	38.13	150m:	44.33	200m:	46.76			
7.				2008						2:43.89	ll
	50m:	31.91	100m:	39.77	150m:	46.62	200m:	45.59			
8.				2005						2:55.14	ll
	50m:	38.31	100m:	43.41	150m:	46.56	200m:	46.86			
9.				2010						3:31.46	I
	50m:	45.72	100m:	53.15	150m:	56.87	200m:	55.72			

4 , 200m 2012
17.10.2024

III . 9 +: 5:05.00 / II . 9 +: 4:40.00 / I . 9 +: 4:16.50 /
III 9 +: 3:51.00 / II 9 +: 3:23.00 / I 9 +: 3:00.00 /
10 +: 2:48.00 / : 2:40.50 / 14 +: 2:37.00

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1.				2012						2:39.77	
	50m:	35.53	100m:	42.65	150m:	40.78	200m:	40.81			
2.				2011						2:41.96	
	50m:	32.32	100m:	39.54	150m:	44.68	200m:	45.42			
3.				2010						2:45.77	
	50m:	33.65	100m:	39.90	150m:	44.54	200m:	47.68			

" " 17-19 2024 .
50 . SEIKO .

4, , 200m , 2012

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DSQ	2005		II
DNS	2006		

5 , 100m 2012
17.10.2024

III . 9 +: 2:18.00 / II . 9 +: 1:58.00 / I . 9 +: 1:43.00 /
III 9 +: 1:36.40 / II 9 +: 1:25.30 / I 9 +: 1:15.50 /
10 +: 1:10.50 / : 1:07.40 / 14 +: 1:02.50

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1.				2006		1:01.43	
	50m:	29.96	100m:	31.47			
2.				2001		1:02.40	
	50m:	30.12	100m:	32.28			
3.				2003		1:04.61	
	50m:	32.30	100m:	32.31			
4.				2009		1:04.97	
	50m:	31.76	100m:	33.21			
5.				2007		1:06.47	
	50m:	32.58	100m:	33.89			
6.				1997		1:06.68	
	50m:	32.01	100m:	34.67			
7.				2004		1:07.46	
	50m:	32.08	100m:	35.38			
8.				2006		1:08.13	
	50m:	33.10	100m:	35.03			
9.				2009		1:08.92	
	50m:	33.26	100m:	35.66			
10.				2006		1:09.68	
	50m:	33.83	100m:	35.85			
11.				2004		1:12.10	I
	50m:	34.73	100m:	37.37			
12.				2010		1:16.87	II
	50m:	36.74	100m:	40.13			
13.				2011		1:19.08	II
	50m:	38.58	100m:	40.50			
14.				2007		1:24.20	II
	50m:	40.47	100m:	43.73			
15.				2009		1:30.04	III
	50m:	43.35	100m:	46.69			
DSQ				2004			
DNS				2009			
DNS				2010			

" " 17-19 2024 .
50 . SEIKO .

6 , 100m 2012

17.10.2024

III . 9 +: 2:30.00 / II . 9 +: 2:10.00 / I . 9 +: 1:56.00 /
III 9 +: 1:43.50 / II 9 +: 1:36.00 / I 9 +: 1:25.00 /
10 +: 1:20.50 / : 1:15.00 / 14 +: 1:11.80

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1.				1989			**1:09.05**	
	50m:	33.77	100m:	35.28				
2.				2011			**1:12.17**	
	50m:	34.83	100m:	37.34				
3.							**1:12.44**	
	50m:	35.53	100m:	36.91				
4.				2004			**1:13.12**	
	50m:	34.32	100m:	38.80				
5.				2008			**1:18.47**	
	50m:	37.49	100m:	40.98				
6.				2008			**1:19.76**	
	50m:	37.79	100m:	41.97				
7.				2007			**1:21.00**	I
	50m:	39.41	100m:	41.59				
8.				2012			**1:23.64**	I
	50m:	40.16	100m:	43.48				
9.				2008			**1:24.65**	I
	50m:	39.32	100m:	45.33				
10.				2011			**1:26.52**	II
	50m:	43.08	100m:	43.44				
11.				2004			**1:27.99**	II
	50m:	42.75	100m:	45.24				
DSQ				2008				
DSQ				2006				
DNS				2011				

7 , 50m 2012

17.10.2024

III . 9 +: 1:06.00 / II . 9 +: 56.00 / I . 9 +: 48.70 /
III 9 +: 46.60 / II 9 +: 41.60 / I 9 +: 37.50 / 10 +: 35.00 /
: 32.80 / 14 +: 31.50

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1.		2000	**29.15**
2.		1994	**31.08**
3.		1997	**31.24**
4.		2002	**31.73**
5.		2003	**32.15**
6.		2007	**32.17**
7.		2008	**32.18**
8.		2004	**32.37**
9.		2007	**32.39**
10.		2003	**32.98**
11.		2008	**33.12**
12.		2006	**33.71**
13.		2008	**33.91**

" " 17-19 2024 .
50 . SEIKO .

7,   , 50m   , 2012

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14.		2001		**34.12**	
15.		2005		**34.16**	
16.		2006		**35.14**	I
17.		2009		**35.48**	I
18.		2007		**35.51**	I
19.		2004		**36.07**	I
20.		2004		**36.34**	I
21.		2011		**37.52**	II
22.		2010		**38.37**	II
23.		2008		**39.10**	II
24.		2009		**39.35**	II
25.		2009		**40.48**	II
26.		2007		**41.65**	III
27.		2002		**43.05**	III
28.		2009		**44.28**	III
29.		2011		**44.38**	III
30.		2011		**45.76**	III

8   , 50m   2012

17.10.2024

III .	9 +: 1:12.50 /	II .	9 +: 1:02.50 /	I .	9 +: 56.40 /
III	9 +: 51.90 /	II	9 +: 47.30 /	I	9 +: 42.60 /	10 +: 40.20 /
: 38.70 /		14 +: 37.50			

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1.		2002				**34.94**	
2.		2001				**34.95**	
3.		1989				**35.64**	
4.		2008				**35.77**	
5.		2006				**35.78**	
6.		2005				**36.50**	
7.		2006				**37.26**	
8.		2008				**37.41**	
9.		2010				**38.37**	
10.		2009				**38.56**	
11.		2004				**39.09**	
12.		2000				**39.72**	
13.		2009				**40.03**	
14.		2006	-	-		**40.61**	I
15.		2006				**40.98**	I
16.		2005				**44.57**	II
17.		2011				**44.97**	II
18.		2011		-		**45.91**	II
DSQ		2011					II
DNS		2011					

9 , 200m 2012
17.10.2024

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1.				2004					**2:11.70**
	50m:	26.97	100m:	34.81	150m:	39.65	200m:	30.27	
2.				1997					**2:14.29**
	50m:	28.07	100m:	36.33	150m:	38.15	200m:	31.74	
3.				1992					**2:14.56**
	50m:	28.19	100m:	35.52	150m:	38.78	200m:	32.07	
4.				2002					**2:21.13**
	50m:	29.02	100m:	38.19	150m:	41.00	200m:	32.92	
5.				2000					**2:21.52**
	50m:	30.67	100m:	39.07	150m:	38.34	200m:	33.44	
6.				2007		-		-	**2:21.73**
	50m:	30.37	100m:	36.26	150m:	42.87	200m:	32.23	
7.				2008		-		-	**2:22.83**
	50m:	29.48	100m:	37.19	150m:	42.89	200m:	33.27	
8.				2004		-			**2:23.42**
	50m:	28.62	100m:	37.79	150m:	43.06	200m:	33.95	
9.				2006					**2:24.47**
	50m:	31.25	100m:	38.06	150m:	42.63	200m:	32.53	
10.				2007					**2:27.92**
	50m:	32.87	100m:	40.44	150m:	40.83	200m:	33.78	
11.				2008					**2:32.57**
	50m:	30.88	100m:	41.60	150m:	45.25	200m:	34.84	
12.				2008					**2:33.04**
	50m:	31.30	100m:	42.39	150m:	45.10	200m:	34.25	
13.				2008					**2:33.24**
	50m:	31.50	100m:	40.74	150m:	42.78	200m:	38.22	
14.				2006					**2:33.27**
	50m:	32.62	100m:	40.41	150m:	45.82	200m:	34.42	
15.				2007					**2:36.90** I
	50m:	31.31	100m:	44.71	150m:	48.69	200m:	32.19	
16.				2009					**2:38.01** I
	50m:	32.79	100m:	42.31	150m:	48.28	200m:	34.63	
17.				2009					**2:38.04** I
	50m:	31.74	100m:	40.83	150m:	48.27	200m:	37.20	
18.				2009					**2:41.58** I
	50m:	36.86	100m:	43.28	150m:	46.84	200m:	34.60	
19.				2011					**2:41.69** I
	50m:	35.37	100m:	44.04	150m:	46.20	200m:	36.08	
20.				2009					**2:42.55** I
	50m:	35.56	100m:	41.31	150m:	47.80	200m:	37.88	
21.				2005					**2:44.47** I
	50m:	34.54	100m:	45.28	150m:	46.89	200m:	37.76	
22.				2008					**2:46.48** I
	50m:	34.17	100m:	46.43	150m:	46.25	200m:	39.63	
23.				2010					**3:05.86** II
	50m:	36.86	100m:	50.41	150m:	54.99	200m:	43.60	

" " 17-19 2024 .
50 . SEIKO .

9, , 200m , 2012

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24.				2011					**3:13.68**	III
	50m:	43.89	100m:	51.00	150m:	57.75	200m:	41.04		
25.				2011					**3:40.50**	I
	50m:	56.84	100m:	1:00.09	150m:	54.09	200m:	49.48		
DSQ				2004						
DSQ				2006						
DNS				2009						

10 , 200m 2012

17.10.2024

III . 9 +: 5:14.00 / II . 9 +: 4:34.00 / I . 9 +: 4:01.00 /
III 9 +: 3:50.00 / II 9 +: 3:30.00 / I 9 +: 3:06.00 /
10 +: 2:53.00 / : 2:42.90 / 14 +: 2:33.90

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1.				2004			-		-	**2:34.15**
	50m:	32.50	100m:	39.62	150m:	46.84	200m:	35.19		
2.				2011						**2:37.96**
	50m:	33.37	100m:	39.39	150m:	48.92	200m:	36.28		
3.				2002						**2:38.22**
	50m:	32.69	100m:	43.55	150m:	47.61	200m:	34.37		
4.				2002						**2:39.51**
	50m:	33.24	100m:	41.43	150m:	45.42	200m:	39.42		
5.				2010						**2:43.88**
	50m:	34.87	100m:	43.17	150m:	48.55	200m:	37.29		
6.				2003						**2:44.75**
	50m:	34.95	100m:	43.38	150m:	46.67	200m:	39.75		
7.				2009						**2:47.24**
	50m:	34.41	100m:	44.95	150m:	48.35	200m:	39.53		
8.				2011						**2:48.57**
	50m:	32.83	100m:	46.46	150m:	49.49	200m:	39.79		
9.				2007						**3:02.02** I
	50m:	34.31	100m:	49.43	150m:	55.43	200m:	42.85		
10.				2007						**3:04.35** I
	50m:	41.29	100m:	46.78	150m:	54.20	200m:	42.08		
11.				2011						**3:12.48** II
	50m:	42.08	100m:	46.77	150m:	1:00.52	200m:	43.11		
12.				2011						**3:17.77** II
	50m:	43.78	100m:	54.88	150m:	54.50	200m:	44.61		
13.				2008						**3:22.05** II
	50m:	45.85	100m:	50.80	150m:	57.95	200m:	47.45		
14.				2011						**3:24.03** II
	50m:	48.22	100m:	48.53	150m:	1:02.42	200m:	44.86		
DSQ				2011						II
DNS				2006						

11 , 800m 2012

17.10.2024

III . 9 +: 21:16.00 / II . 9 +: 19:35.00 / I . 9 +: 17:55.00 /
III 9 +: 15:54.00 / II 9 +: 13:50.00 / I 9 +: 12:08.00 /
10 +: 11:15.00 / : 10:44.00 / 14 +: 9:56.00

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1.				1999							**9:49.02**	
	50m:	33.48	200m:	37.58	350m:	37.04	500m:	37.66	650m:	37.14	800m:	34.82
	100m:	36.67	250m:	36.65	400m:	37.37	550m:	37.40	700m:	37.63		
	150m:	37.10	300m:	37.42	450m:	37.46	600m:	37.89	750m:	35.71		

2.				2012							**10:08.70**	
	50m:	36.34	200m:	38.71	350m:	37.31	500m:	38.53	650m:	39.22	800m:	35.70
	100m:	39.30	250m:	37.59	400m:	38.36	550m:	38.92	700m:	38.60		
	150m:	38.56	300m:	38.18	450m:	38.64	600m:	38.48	750m:	36.26		

3.				2008				-		-	**10:09.06**	
	50m:	33.71	200m:	38.40	350m:	38.58	500m:	39.35	650m:	39.34	800m:	36.26
	100m:	36.84	250m:	38.20	400m:	38.65	550m:	38.81	700m:	38.79		
	150m:	37.40	300m:	38.86	450m:	39.20	600m:	39.17	750m:	37.50		

4.				2007							**10:44.04**	
	50m:	35.32	200m:	40.68	350m:	40.96	500m:	41.36	650m:	40.86	800m:	37.89
	100m:	38.95	250m:	41.35	400m:	41.97	550m:	40.69	700m:	40.79		
	150m:	40.12	300m:	40.61	450m:	41.03	600m:	40.84	750m:	40.62		

5.				2009							**10:44.47**	
	50m:	34.74	200m:	39.95	350m:	41.09	500m:	41.86	650m:	41.73	800m:	37.76
	100m:	37.83	250m:	40.77	400m:	41.23	550m:	41.78	700m:	41.79		
	150m:	39.02	300m:	40.21	450m:	41.67	600m:	41.67	750m:	41.37		

6.				2007							**11:01.61**	
	50m:	36.29	200m:	41.47	350m:	41.98	500m:	42.20	650m:	41.62	800m:	39.82
	100m:	40.69	250m:	41.56	400m:	42.12	550m:	42.20	700m:	42.12		
	150m:	41.52	300m:	41.62	450m:	41.73	600m:	42.86	750m:	41.81		

7.				2008							**11:03.31**	
	50m:	35.04	200m:	40.31	350m:	41.24	500m:	43.56	650m:	44.21	800m:	40.03
	100m:	38.03	250m:	40.82	400m:	42.43	550m:	44.32	700m:	44.75		
	150m:	39.33	300m:	41.49	450m:	42.74	600m:	44.59	750m:	40.42		

8.				2005							**11:08.83**	
	50m:	37.80	200m:	43.50	350m:	42.13	500m:	42.12	650m:	41.30	800m:	40.05
	100m:	42.21	250m:	42.93	400m:	42.42	550m:	41.84	700m:	42.08		
	150m:	43.07	300m:	42.61	450m:	41.78	600m:	41.91	750m:	41.08		

9.				2006							**11:33.27**	I
	50m:	36.10	200m:	43.14	350m:	44.33	500m:	44.18	650m:	44.83	800m:	43.06
	100m:	40.28	250m:	43.60	400m:	44.51	550m:	45.42	700m:	44.22		
	150m:	42.14	300m:	43.81	450m:	44.70	600m:	44.41	750m:	44.54		

10.				2008							**11:48.19**	I
	50m:	36.42	200m:	44.16	350m:	46.36	500m:	46.46	650m:	44.85	800m:	42.84
	100m:	41.24	250m:	45.15	400m:	46.98	550m:	46.06	700m:	44.41		
	150m:	42.95	300m:	46.14	450m:	45.38	600m:	45.45	750m:	43.34		

11.				2008							**11:54.63**	I
	50m:	39.65	200m:	45.84	350m:	46.11	500m:	45.80	650m:	45.09	800m:	42.26
	100m:	43.09	250m:	44.90	400m:	44.98	550m:	46.15	700m:	45.92		
	150m:	44.05	300m:	45.25	450m:	45.66	600m:	45.20	750m:	44.68		

" " 17-19 2024 .

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12   , 4 x 100m   2012
17.10.2024

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1.						**4:21.20**
		34.25	1:11.36		03	27.29	59.76
	97	31.59	1:07.05		02	29.70	1:03.03
2.						**4:40.24**
	04	38.77	1:16.29		89	29.05	1:02.92
	03	33.66	1:12.96		10	32.21	1:08.07
3.	-	-		-	-	**4:44.99**
	07	33.18	1:08.17		04	31.99	1:10.19
	06	40.86	1:28.77		08	27.07	57.86
4.	1					**4:59.68**
	04	42.03	1:28.58		05	27.15	1:01.07
	03	34.05	1:12.56		11	35.26	1:17.47
5.						**5:23.38**
	05	37.42	1:17.90		05	30.04	1:12.10
	00	40.81	1:32.97		09	36.65	1:20.41

" "   17-19   2024 .
    50 .   SEIKO   .

13				, 200m				2012

18.10.2024

III . 9 +: 4:28.00 / II . 9 +: 3:48.00 / I . 9 +: 3:21.00 /
III 9 +: 3:10.00 / II 9 +: 2:47.00 / I 9 +: 2:28.00 /
10 +: 2:17.00 / : 2:07.50 / 14 +: 2:02.00

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#		Year						Time	
1.		2002						**1:59.28**	
	50m:	28.73	100m:	31.56	150m:	29.62	200m:	29.37	
2.		1998						**2:00.71**	
	50m:	28.71	100m:	30.56	150m:	30.97	200m:	30.47	
3.		2007		-		-		**2:04.02**	
	50m:	28.91	100m:	31.33	150m:	31.91	200m:	31.87	
4.		2006						**2:05.20**	
	50m:	29.20	100m:	31.96	150m:	32.33	200m:	31.71	
5.		2004			-			**2:05.23**	
	50m:	26.99	100m:	30.90	150m:	33.17	200m:	34.17	
6.		1999						**2:05.79**	
	50m:	29.26	100m:	31.98	150m:	32.50	200m:	32.05	
7.		2005						**2:08.54**	
	50m:	28.97	100m:	32.74	150m:	34.36	200m:	32.47	
8.		1994						**2:08.74**	
	50m:	29.66	100m:	32.38	150m:	33.50	200m:	33.20	
9.		2003						**2:09.58**	
	50m:	29.42	100m:	32.68	150m:	34.59	200m:	32.89	
10.		2001						**2:10.75**	
	50m:	30.08	100m:	33.94	150m:	34.54	200m:	32.19	
11.		2009						**2:12.35**	
	50m:	29.76	100m:	33.53	150m:	35.53	200m:	33.53	
12.		2007						**2:13.26**	
	50m:	30.62	100m:	33.51	150m:	35.98	200m:	33.15	
13.		2009						**2:13.94**	
	50m:	30.40	100m:	35.34	150m:	35.85	200m:	32.35	
14.		2006						**2:14.16**	
	50m:	30.23	100m:	33.17	150m:	35.94	200m:	34.82	
15.		2005						**2:16.13**	
	50m:	30.46	100m:	34.07	150m:	35.46	200m:	36.14	
16.		2006						**2:17.35**	I
	50m:	31.05	100m:	35.34	150m:	35.75	200m:	35.21	
17.		2009						**2:17.41**	I
	50m:	29.94	100m:	33.81	150m:	37.15	200m:	36.51	
18.		2009						**2:17.52**	I
	50m:	31.40	100m:	35.54	150m:	35.65	200m:	34.93	
19.		2007						**2:17.55**	I
	50m:	31.59	100m:	35.71	150m:	35.78	200m:	34.47	
20.		2011						**2:20.38**	I
	50m:	31.53	100m:	36.00	150m:	37.32	200m:	35.53	
21.		2005						**2:20.70**	I
	50m:	31.02	100m:	35.24	150m:	37.48	200m:	36.96	
22.		2009						**2:21.44**	I
	50m:	32.61	100m:	35.03	150m:	37.51	200m:	36.29	
23.		2009						**2:21.74**	I
	50m:	32.30	100m:	36.63	150m:	37.02	200m:	35.79	

" " 17-19 2024 .
50 . SEIKO .

13, , 200m , 2012

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24.				2004						**2:21.97**	I
	50m:	31.53	100m:	37.60	150m:	39.14	200m:	33.70			
25.				2009						**2:26.72**	I
	50m:	31.72	100m:	37.48	150m:	38.74	200m:	38.78			
26.				2010						**2:27.17**	I
	50m:	31.64	100m:	37.25	150m:	38.99	200m:	39.29			
27.				2010						**2:32.55**	II
	50m:	34.82	100m:	38.25	150m:	41.35	200m:	38.13			
28.				2007						**2:33.30**	II
	50m:	33.91	100m:	38.28	150m:	40.87	200m:	40.24			
29.				2011						**2:42.03**	II
	50m:	34.74	100m:	41.49	150m:	43.98	200m:	41.82			
30.				2008						**2:43.06**	II
	50m:	35.22	100m:	41.74	150m:	43.87	200m:	42.23			
31.				2011						**2:47.45**	III
	50m:	38.69	100m:	42.03	150m:	43.92	200m:	42.81			
DNS				2010							
DNS				2007							
DNS				2006							

14 , 200m 2012

18.10.2024

III . 9 +: 4:47.00 / II . 9 +: 4:11.00 / I . 9 +: 3:51.00 /
III 9 +: 3:31.00 / II 9 +: 3:05.00 / I 9 +: 2:44.00 /
10 +: 2:31.00 / : 2:23.20 / 14 +: 2:17.00

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1.				1999						**2:09.78**	
	50m:	30.80	100m:	33.44	150m:	33.25	200m:	32.29			
2.				2004			-		-	**2:15.28**	
	50m:	31.50	100m:	33.91	150m:	34.87	200m:	35.00			
3.				2002						**2:20.87**	
	50m:	32.28	100m:	35.49	150m:	36.15	200m:	36.95			
4.				2008			-		-	**2:22.17**	
	50m:	32.54	100m:	35.73	150m:	37.16	200m:	36.74			
5.				2008						**2:23.76**	
	50m:	32.23	100m:	36.01	150m:	37.54	200m:	37.98			
6.				2009						**2:26.17**	
	50m:	32.94	100m:	36.40	150m:	38.36	200m:	38.47			
7.				2007						**2:26.47**	
	50m:	33.38	100m:	37.41	150m:	39.14	200m:	36.54			
8.				2007						**2:29.42**	
	50m:	35.19	100m:	38.34	150m:	39.03	200m:	36.86			
9.				2007						**2:31.38**	I
	50m:	33.79	100m:	38.02	150m:	40.25	200m:	39.32			
10.				2008						**2:39.39**	I
	50m:	34.63	100m:	40.00	150m:	43.19	200m:	41.57			
11.				2005			-		-	**2:39.98**	I
	50m:	35.75	100m:	40.12	150m:	42.76	200m:	41.35			

" " 17-19 2024 .

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14,   , 200m   , 2012

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12.					2008						**2:43.38**	I
	50m:	35.79	100m:	40.43	150m:	43.85	200m:	43.31				
13.					2006		-		-		**2:44.69**	II
	50m:	36.81	100m:	41.72	150m:	43.82	200m:	42.34				
14.					2011						**2:47.32**	II
	50m:	36.21	100m:	42.63	150m:	44.70	200m:	43.78				
15.					2004						**2:48.39**	II
	50m:	36.77	100m:	42.12	150m:	45.06	200m:	44.44				
16.					2005						**2:49.01**	II
	50m:	37.66	100m:	42.64	150m:	45.52	200m:	43.19				
17.					2011						**2:49.87**	II
	50m:	38.51	100m:	42.14	150m:	47.03	200m:	42.19				
18.					2008						**2:51.16**	II
	50m:	38.39	100m:	43.39	150m:	46.02	200m:	43.36				
19.					2003						**2:53.12**	II
	50m:	37.44	100m:	41.45	150m:	46.63	200m:	47.60				
DNS					2011							
DNS					2006							

15   , 100m   2012

18.10.2024

III	.	9 +: 2:11.00 /		II	.	9 +: 1:51.00 /		I	.	9 +: 1:40.00 /	
III		9 +: 1:33.00 /		II		9 +: 1:22.50 /		I		9 +: 1:13.00 /	
		10 +: 1:07.00 /			: 1:01.80 /			14 +: 59.50			

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1.					2004	**56.78**
	50m:	26.72	100m:	30.06		
2.					2003	**58.85**
	50m:	27.72	100m:	31.13		
3.					2001	**59.15**
	50m:	27.93	100m:	31.22		
4.					2002	**59.80**
	50m:	27.89	100m:	31.91		
5.					1989	**1:00.74**
	50m:	28.23	100m:	32.51		
6.					1989	**1:01.42**
	50m:	29.33	100m:	32.09		
7.					2000	**1:02.24**
	50m:	29.39	100m:	32.85		
8.					2008	**1:02.61**
	50m:	30.14	100m:	32.47		
9.					2005	**1:02.64**
	50m:	30.14	100m:	32.50		
10.					1995	**1:03.71**
	50m:	29.76	100m:	33.95		
11.					2007	**1:03.92**
	50m:	29.21	100m:	34.71		
12.					2007	**1:03.94**
	50m:	30.21	100m:	33.73		

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15,   , 100m   , 2012

					. .		
13.					2008	1:05.81	
	50m:	30.00	100m:	35.81			
14.					2009	1:09.40	I
	50m:	30.86	100m:	38.54			
15.					2005	1:10.60	I
	50m:	31.01	100m:	39.59			
16.					2006	1:12.10	I
	50m:	31.50	100m:	40.60			
DSQ					2005		I
DNS					2009		
DNS					2004		

16   , 100m   2012
18.10.2024

III   .   9 +: 2:23.00 /   II   .   9 +: 2:03.00 /   I   .   9 +: 1:51.00 /
III   9 +: 1:45.00 /   II   9 +: 1:33.00 /   I   9 +: 1:22.00 /
10 +: 1:16.00 /   : 1:13.00 /   14 +: 1:09.45

					. .				
1.					1998			1:07.65	
	50m:	31.20	100m:	36.45					
2.					2011			1:09.88	
	50m:	31.46	100m:	38.42					
3.					2010			1:12.05	
	50m:	33.06	100m:	38.99					
4.					2006			1:17.46	I
	50m:	35.06	100m:	42.40					
5.					2007			1:17.54	I
	50m:	34.83	100m:	42.71					
6.					2005			1:18.34	I
	50m:	36.13	100m:	42.21					
7.					1999			1:18.65	I
	50m:	36.14	100m:	42.51					
8.					2005	-	-	1:28.17	II
	50m:	39.79	100m:	48.38					

17 , 200m 2012
18.10.2024

III . 9 +: 5:08.00 / II . 9 +: 4:28.00 / I . 9 +: 4:02.00 /
III 9 +: 3:57.00 / II 9 +: 3:28.00 / I 9 +: 3:04.00 /
10 +: 2:49.00 / : 2:40.50 / 14 +: 2:32.50

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1.					2000						2:23.84	
	50m:	33.89	100m:		36.62	150m:	37.55	200m:	35.78		
2.					1997						2:26.20	
	50m:	32.12	100m:		36.73	150m:	38.30	200m:	39.05		
3.					2007						2:34.14	
	50m:	34.33	100m:		40.47	150m:	39.65	200m:	39.69		
4.					1994						2:34.53	
	50m:	38.44	100m:		41.49	150m:	39.28	200m:	35.32		
5.					2003						2:34.81	
	50m:	34.94	100m:		39.55	150m:	40.09	200m:	40.23		
6.					2004						2:37.16	
	50m:	35.01	100m:		39.46	150m:	41.31	200m:	41.38		
7.					2008						2:42.39	
	50m:	36.43	100m:		40.93	150m:	42.21	200m:	42.82		
8.					2009						2:45.83	
	50m:	37.22	100m:		42.55	150m:	43.60	200m:	42.46		
9.					2007						2:47.03	
	50m:	37.85	100m:		42.73	150m:	43.14	200m:	43.31		
10.					2008						2:47.51	
	50m:	37.11	100m:		41.98	150m:	44.93	200m:	43.49		
11.					2008						2:51.53	I
	50m:	38.34	100m:		43.32	150m:	44.81	200m:	45.06		
12.					2011						3:06.65	II
	50m:	41.74	100m:		48.18	150m:	48.33	200m:	48.40		
13.					2008						3:13.81	II
	50m:	41.40	100m:		48.76	150m:	51.25	200m:	52.40		
14.					2010						3:20.85	II
	50m:	45.78	100m:		50.89	150m:	52.27	200m:	51.91		
15.					2009						3:23.25	II
	50m:	42.07	100m:		50.04	150m:	54.34	200m:	56.80		
16.					2011						3:33.28	III
	50m:	48.10	100m:		54.73	150m:	55.17	200m:	55.28		
17.					2011						3:47.05	III
	50m:	54.54	100m:		58.11	150m:	59.42	200m:	54.98		
DSQ					2011							III
DNS					2010							
DNS					2010							

18   , 200m   2012

18.10.2024

III   .   9 +: 5:37.00 /   II   .   9 +: 4:57.00 /   I   .   9 +: 4:37.00 /
III   9 +: 4:22.00 /   II   9 +: 3:50.00 /   I   9 +: 3:24.00 /
10 +: 3:10.00 /   : 3:02.00 /   14 +: 2:52.15

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1.		2002							**2:44.91**	
	50m:	38.76	100m:	41.92	150m:	42.35	200m:	41.88		
2.		2006							**2:49.50**	
	50m:	37.95	100m:	42.99	150m:	43.34	200m:	45.22		
3.		2008							**2:55.16**	
	50m:	38.81	100m:	43.23	150m:	46.27	200m:	46.85		
4.		2009							**3:03.04**	
	50m:	40.63	100m:	47.36	150m:	47.79	200m:	47.26		
5.		2008							**3:04.08**	
	50m:	39.98	100m:	45.58	150m:	48.64	200m:	49.88		
6.		2006			-		-		**3:13.42**	I
	50m:	42.72	100m:	48.31	150m:	51.21	200m:	51.18		
7.		2009							**3:14.61**	I
	50m:	41.85	100m:	49.20	150m:	51.00	200m:	52.56		
8.		2008							**3:15.27**	I
	50m:	44.15	100m:	48.63	150m:	51.43	200m:	51.06		
9.		2011							**3:21.94**	I
	50m:	45.21	100m:	49.83	150m:	53.03	200m:	53.87		
10.		2010							**3:33.90**	II
	50m:	45.10	100m:	53.75	150m:	57.56	200m:	57.49		
11.		2011							**3:34.42**	II
	50m:	47.38	100m:	53.20	150m:	56.29	200m:	57.55		
12.		2005							**3:36.74**	II
	50m:	46.81	100m:	54.97	150m:	57.16	200m:	57.80		

DNS   2008

19   , 400m   2012

18.10.2024

III   .   9 +: 9:35.00 /   II   .   9 +: 8:45.00 /   I   .   9 +: 7:56.00 /
III   9 +: 7:10.00 /   II   9 +: 6:41.00 /   I   9 +: 5:55.00 /
10 +: 5:23.00 /   : 5:10.00 /   14 +: 5:05.50

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1.		1992							**4:46.21**	
	50m:	30.94	150m:	37.27	250m:	40.27	350m:	32.87		
	100m:	35.48	200m:	36.62	300m:	40.57	400m:	32.19		
2.		2007			-		-		**4:57.15**	
	50m:	30.92	150m:	37.96	250m:	43.77	350m:	33.65		
	100m:	36.96	200m:	36.75	300m:	44.95	400m:	32.19		
3.		1997							**5:08.43**	
	50m:	35.05	150m:	41.98	250m:	42.58	350m:	32.19		
	100m:	41.47	200m:	40.67	300m:	43.48	400m:	31.01		
4.		2006							**5:09.70**	
	50m:	32.03	150m:	41.36	250m:	44.12	350m:	34.44		
	100m:	40.26	200m:	39.98	300m:	44.51	400m:	33.00		

"   "   17-19   2024 .
50 .   SEIKO   .

19,   , 400m   , 2012

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| 5. | | | | | 2008 | | | | | | | | **5:16.75** |

| | 50m: | 33.26 | 150m: | 43.35 | 250m: | 45.94 | 350m: | 34.25 |
| | 100m: | 38.51 | 200m: | 42.67 | 300m: | 45.29 | 400m: | 33.48 |

DNS   2010
DNS   2006

20   , 400m   2012
18.10.2024

III   .   9 +: 10:46.00 /   II   .   9 +: 9:35.00 /   I   .   9 +: 8:24.00 /
III   9 +: 7:40.00 /   II   9 +: 7:24.00 /   I   9 +: 6:33.00 /
10 +: 6:10.00 /   : 5:51.00 /   14 +: 5:27.50

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| 1. | | | | | 2004 | | | - | | - | | | **5:30.64** |

| | 50m: | 34.44 | 150m: | 42.47 | 250m: | 49.36 | 350m: | 35.23 |
| | 100m: | 41.23 | 200m: | 43.34 | 300m: | 49.34 | 400m: | 35.23 |

| 2. | | | | | 2012 | | | | | | | | **5:31.88** |

| | 50m: | 36.13 | 150m: | 44.38 | 250m: | 46.34 | 350m: | 36.07 |
| | 100m: | 43.39 | 200m: | 42.23 | 300m: | 48.03 | 400m: | 35.31 |

| 3. | | | | | 2011 | | | | | | | | **5:38.36** |

| | 50m: | 34.45 | 150m: | 41.42 | 250m: | 50.70 | 350m: | 39.69 |
| | 100m: | 42.08 | 200m: | 41.26 | 300m: | 50.77 | 400m: | 37.99 |

| 4. | | | | | 2002 | | | | | | | | **5:43.51** |

| | 50m: | 34.49 | 150m: | 45.94 | 250m: | 47.58 | 350m: | 41.24 |
| | 100m: | 41.51 | 200m: | 43.65 | 300m: | 48.00 | 400m: | 41.10 |

| 5. | | | | | 2002 | | | | | | | | **5:45.90** |

| | 50m: | 35.14 | 150m: | 46.30 | 250m: | 50.86 | 350m: | 39.15 |
| | 100m: | 43.34 | 200m: | 45.37 | 300m: | 50.75 | 400m: | 34.99 |

| 6. | | | | | 2010 | | | | | | | | **5:46.08** |

| | 50m: | 36.10 | 150m: | 45.69 | 250m: | 50.84 | 350m: | 38.57 |
| | 100m: | 45.70 | 200m: | 43.08 | 300m: | 50.43 | 400m: | 35.67 |

| 7. | | | | | 2003 | | | | | | | | **5:51.79** |

| | 50m: | 36.42 | 150m: | 46.75 | 250m: | 48.29 | 350m: | 41.42 |
| | 100m: | 44.27 | 200m: | 45.36 | 300m: | 48.97 | 400m: | 40.31 |

| 8. | | | | | 2011 | | | | | | | | **5:59.21** |

| | 50m: | 34.89 | 150m: | 47.97 | 250m: | 50.03 | 350m: | 42.35 |
| | 100m: | 42.13 | 200m: | 46.91 | 300m: | 51.04 | 400m: | 43.89 |

| 9. | | | | | 2007 | | | | | | | | **6:27.83** | I |

| | 50m: | 39.17 | 150m: | 49.85 | 250m: | 55.28 | 350m: | 43.29 |
| | 100m: | 50.68 | 200m: | 49.15 | 300m: | 58.34 | 400m: | 42.07 |

21 , 50m 2012
18.10.2024

III . 9 +: 1:02.50 / II . 9 +: 52.50 / I . 9 +: 45.50 /
III 9 +: 42.80 / II 9 +: 38.20 / I 9 +: 34.40 / 10 +: 32.70 /
: 29.90 / 14 +: 28.90

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1.	2001		**27.91**	
2.	2006		**28.58**	
3.	1997		**29.19**	
4.	2003		**29.41**	
5.	2009		**30.00**	
6.	2004		**30.21**	
7.	2006		**30.22**	
8.	2004		**30.79**	
9.	2007		**30.91**	
10.	2006		**31.17**	
11.	2001		**31.88**	
12.	2004		**32.17**	
13.	2007		**32.30**	
14.	2006		**32.38**	
15.	2009		**32.46**	
16.	2008		**32.98**	I
17.	2004		**33.62**	I
18.	2009		**34.02**	I
19.	2009		**34.22**	I
20.	2009		**36.01**	II
21.	2007		**37.06**	II
22.	2011		**37.36**	II
23.	2009		**37.64**	II
24.	2010		**38.24**	III
25.	2009		**39.94**	III
26.	2011		**42.48**	III
27.	2011		**43.64**	I
DNS	2007			
EXH	2014		**49.80**	II

22 , 50m 2012
18.10.2024

III . 9 +: 1:08.00 / II . 9 +: 58.00 / I . 9 +: 51.20 /
III 9 +: 48.70 / II 9 +: 43.50 / I 9 +: 39.20 / 10 +: 37.00 /
: 34.50 / 14 +: 33.60

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1.	1989		**31.48**
2.	2004		**32.54**
3.			**32.84**
4.	2008		**33.61**
5.	2006		**34.45**
6.	2011		**34.68**
7.	2010		**35.38**
8.	2008		**35.89**
9.	2007		**36.10**
10.	2005		**36.31**

" " 17-19 2024 .
50 . SEIKO .

22,   , 50m   , 2012

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11.		2008		**37.01**	I
12.		2010		**37.77**	I
13.		2008		**37.79**	I
14.		2012		**38.28**	I
15.		2004		**38.32**	I
16.		2011		**38.98**	I
17.		2011		**40.70**	II
18.		2004		**41.19**	II
19.		2011		**42.45**	II
20.		2008		**43.14**	II
21.		2005		**43.93**	III
22.		2011		**47.10**	III

23   , 800m   2012

18.10.2024

III   .   9 +: 17:50.50 /   II   .   9 +: 16:35.00 /   I   .   9 +: 15:13.50 /
III   9 +: 14:00.00 /   II   9 +: 12:26.30 /   I   9 +: 11:05.50 /
10 +: 10:15.20 /   : 9:48.50 /   14 +: 9:10.50

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1.				2000										**8:57.80**	
	50m:	29.21	200m:	33.66	350m:	34.50	500m:	34.61	650m:	34.71	800m:	32.80
	100m:	32.68	250m:	33.97	400m:	34.27	550m:	34.51	700m:	34.98	
	150m:	33.44	300m:	34.11	450m:	33.89	600m:	34.47	750m:	31.99	

2.				2008				-		-			**9:11.79**	
	50m:	30.76	200m:	34.44	350m:	34.62	500m:	35.09	650m:	34.68	800m:	33.64
	100m:	34.18	250m:	34.97	400m:	34.84	550m:	35.39	700m:	35.15	
	150m:	34.58	300m:	34.85	450m:	34.84	600m:	34.88	750m:	34.88	

3.				2006										**9:13.09**	
	50m:	29.76	200m:	34.58	350m:	35.70	500m:	35.58	650m:	35.20	800m:	33.64
	100m:	32.93	250m:	34.59	400m:	35.89	550m:	35.41	700m:	34.93	
	150m:	33.92	300m:	35.79	450m:	35.90	600m:	35.05	750m:	34.22	

4.				2006										**9:15.16**	
	50m:	31.22	200m:	35.03	350m:	35.68	500m:	35.93	650m:	35.04	800m:	31.01
	100m:	33.59	250m:	35.02	400m:	35.46	550m:	35.64	700m:	35.11	
	150m:	34.51	300m:	35.44	450m:	35.99	600m:	35.88	750m:	34.61	

5.				2004										**9:17.14**	
	50m:	31.27	200m:	35.19	350m:	35.55	500m:	34.98	650m:	35.41	800m:	32.96
	100m:	34.35	250m:	34.93	400m:	35.52	550m:	35.43	700m:	35.03	
	150m:	35.50	300m:	35.44	450m:	35.23	600m:	35.45	750m:	34.90	

6.				2007										**9:29.85**	
	50m:	30.65	200m:	36.29	350m:	36.78	500m:	36.67	650m:	35.98	800m:	32.68
	100m:	34.79	250m:	36.33	400m:	35.77	550m:	36.58	700m:	36.22	
	150m:	35.39	300m:	37.14	450m:	36.41	600m:	36.48	750m:	35.69	

7.				2007										**9:45.96**	
	50m:	31.82	200m:	37.05	350m:	37.62	500m:	37.49	650m:	36.93	800m:	34.74
	100m:	36.09	250m:	37.46	400m:	37.20	550m:	37.38	700m:	37.07	
	150m:	37.17	300m:	37.29	450m:	37.03	600m:	37.57	750m:	36.05	

8.				2009										**9:51.72**	
	50m:	31.69	200m:	37.25	350m:	38.01	500m:	38.51	650m:	38.19	800m:	32.72
	100m:	36.08	250m:	37.45	400m:	37.75	550m:	38.44	700m:	37.93	
	150m:	37.11	300m:	37.51	450m:	38.40	600m:	37.71	750m:	36.97	

9.				2009										**10:05.74**	
	50m:	33.69	200m:	39.08	350m:	39.10	500m:	38.77	650m:	37.91	800m:	35.07
	100m:	37.94	250m:	39.14	400m:	39.51	550m:	38.10	700m:	37.07	
	150m:	38.36	300m:	39.17	450m:	38.86	600m:	37.90	750m:	36.07	

"   "   17-19   2024 .
50 .   SEIKO   .

23, , 800m , 2012

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10.				2007								**10:08.41**	
	50m:	31.46	200m:	37.79	350m:	38.88	500m:	39.57	650m:	39.62	800m:	37.61	
	100m:	35.52	250m:	37.19	400m:	39.34	550m:	39.48	700m:	39.41			
	150m:	36.62	300m:	38.54	450m:	38.98	600m:	39.59	750m:	38.81			
11.				2007								**10:29.54**	I
	50m:	31.53	200m:	40.23	350m:	40.86	500m:	39.58	650m:	40.19	800m:	36.31	
	100m:	36.63	250m:	40.95	400m:	41.11	550m:	40.33	700m:	37.93			
	150m:	40.86	300m:	40.46	450m:	41.82	600m:	39.64	750m:	41.11			
12.				2009								**10:35.06**	I
	50m:	35.87	200m:	41.37	350m:	39.98	500m:	40.29	650m:	40.09	800m:	36.77	
	100m:	40.10	250m:	39.98	400m:	40.78	550m:	40.42	700m:	39.68			
	150m:	40.95	300m:	39.68	450m:	40.16	600m:	40.37	750m:	38.57			
13.				2011								**10:37.89**	I
	50m:	35.40	200m:	41.09	350m:	40.83	500m:	39.95	650m:	41.13	800m:	36.57	
	100m:	39.00	250m:	40.23	400m:	41.14	550m:	40.28	700m:	40.60			
	150m:	40.53	300m:	41.75	450m:	39.99	600m:	40.73	750m:	38.67			
14.				2009								**10:50.76**	I
	50m:	35.37	200m:	39.25	350m:	42.47	500m:	41.14	650m:	42.68	800m:	39.13	
	100m:	38.38	250m:	41.07	400m:	39.56	550m:	43.02	700m:	41.35			
	150m:	40.84	300m:	39.88	450m:	43.38	600m:	41.27	750m:	41.97			
15.				2010								**11:14.10**	II
	50m:	35.51	200m:	41.81	350m:	43.74	500m:	43.40	650m:	43.06	800m:	38.60	
	100m:	40.43	250m:	43.03	400m:	43.13	550m:	43.20	700m:	42.98			
	150m:	42.21	300m:	43.19	450m:	43.94	600m:	43.32	750m:	42.55			
16.				2011								**12:39.38**	III
	50m:	41.93	200m:	47.97	350m:	48.43	500m:	47.97	650m:	48.18	800m:	42.32	
	100m:	46.90	250m:	48.81	400m:	48.51	550m:	48.12	700m:	48.40			
	150m:	48.27	300m:	48.87	450m:	47.95	600m:	48.26	750m:	48.49			

DNS 2011

DNS 2010

24 , 4 x 100m 2012

18.10.2024

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1.									**4:00.91**	
		99	26.64	55.30			06	30.73	1:04.42	
		93	26.09	54.93			09	31.31	1:06.26	
2.	-	-			-	-			**4:05.33**	
		08	28.61	58.83			08	31.37	1:05.83	
		07	28.60	59.23			04	29.59	1:01.44	
3.									**4:06.88**	
		89	28.02	58.41			07	32.61	1:08.77	
		98	25.68	53.99			10	30.55	1:05.71	
4.	1								**4:26.23**	
		03	27.84	57.32			11	34.67	1:15.48	
		04	35.36	1:17.00			05	26.54	56.43	
5.									**4:27.54**	
		12	33.12	1:10.15			06	29.09	58.81	
		10	35.41	1:17.93			06	29.15	1:00.65	

| | 25 | | , 50m | | | | 2012 |

19.10.2024

III . 9 +: 56.00 /	II . 9 +: 46.00 /	I . 9 +: 40.00 /
III 9 +: 36.50 /	II 9 +: 31.60 /	I 9 +: 28.40 /	10 +: 26.50 /
: 25.84 /	14 +: 24.72		

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		Год		Время	
1.		1998		**24.72**	
2.		1993		**24.90**	
3.		2001		**24.92**	
4.		2002		**25.07**	
5.		2004	-	**25.49**	
6.		1989		**25.60**	
7.		1999		**25.64**	
8.		2000		**25.75**	
9.		2005		**25.76**	
10.		2007		**26.43**	
11.		2005		**26.48**	
12.		2001		**26.56**	I
13.		2004		**26.62**	I
14.		2005		**26.63**	I
15.		2006		**26.73**	I
16.		2004		**26.90**	I
17.		2009		**27.08**	I
18.		2008		**27.25**	I
19.		2004		**27.34**	I
20.		2009		**27.38**	I
21.		2009		**27.41**	I
22.		2006		**27.45**	I
		2007		**27.45**	I
24.		2006		**27.46**	I
25.		2006		**27.47**	I
26.		2007		**27.49**	I
27.		2006		**27.50**	I
28.		1995		**27.69**	I
29.		2005		**27.98**	I
30.		2007		**28.10**	I
31.		2007		**28.43**	II
32.		2007		**28.46**	II
33.		2010		**28.59**	II
34.		2009		**28.70**	II
35.		2011		**28.74**	II
36.		2009		**29.10**	II
37.		2009		**29.52**	II
38.		2009		**29.91**	II
39.		2009		**30.06**	II
40.		2009		**30.21**	II
41.		2009		**30.44**	II
42.		2002		**30.68**	II
43.		2009		**30.72**	II
44.		2010		**30.80**	II
45.		2007		**30.89**	II
46.		2011		**32.79**	III
47.		2011		**33.70**	III
48.		2011		**35.98**	III
DNS		2007			
DNS		2003			
DNS		2009			

| " " | 17-19 2024 . |
| 50 . | . |

25, , 50m

| EXH | | 2014 | | **49.25** | III |

26 , 50m 2012

19.10.2024

III . 9 +: 1:00.00 / II . 9 +: 51.20 / I . 9 +: 46.20 /
III 9 +: 41.20 / II 9 +: 35.80 / I 9 +: 32.20 / 10 +: 30.50 /
: 29.65 / 14 +: 28.22

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1.		2005		**27.57**	
2.		1989		**27.62**	
3.		2002		**28.36**	
4.		1998		**28.46**	
5.		2004	- -	**29.23**	
6.		2006		**29.41**	
7.		2011		**29.45**	
8.		2008		**29.75**	
9.				**29.81**	
10.		2006		**29.84**	
11.		2010		**30.00**	
12.		2008		**30.51**	I
13.		2009		**30.52**	I
14.		1993		**31.00**	I
15.		2004		**31.36**	I
16.		2002		**31.44**	I
17.		2007		**31.56**	I
18.		2003		**31.78**	I
19.		2012		**31.85**	I
20.		2007		**31.88**	I
21.		2003		**31.93**	I
22.		2008		**31.99**	I
23.		1999		**32.05**	I
24.		2011		**33.10**	II
25.		2008		**33.17**	II
26.		2008		**33.53**	II
27.		2010		**33.69**	II
28.		2011		**33.92**	II
29.		2005		**34.14**	II
30.		2000		**34.34**	II
31.		2004		**34.82**	II
32.		2011		**34.88**	II
33.		2011		**35.44**	II
34.		2011	-	**35.69**	II
DNS		2009			

27	, 100m	2012

19.10.2024

III . 9 +: 2:25.00 / II . 9 +: 2:05.00 / I . 9 +: 1:50.00 /
III 9 +: 1:47.00 / II 9 +: 1:35.00 / I 9 +: 1:24.00 /
10 +: 1:17.00 / : 1:13.00 / 14 +: 1:09.50

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1.		2000			**1:04.84**	
	50m:	30.57	100m:	34.27		
2.		1994			**1:07.47**	
	50m:	31.99	100m:	35.48		
3.		2002			**1:07.93**	
	50m:	31.61	100m:	36.32		
4.		1997			**1:09.18**	
	50m:	31.93	100m:	37.25		
5.		2004			**1:10.91**	
	50m:	33.00	100m:	37.91		
6.		2007			**1:11.29**	
	50m:	33.76	100m:	37.53		
7.		2003			**1:11.80**	
	50m:	33.37	100m:	38.43		
8.		2003			**1:11.98**	
	50m:	34.54	100m:	37.44		
9.		2008			**1:12.40**	
	50m:	34.02	100m:	38.38		
10.		2009			**1:14.76**	
	50m:	35.08	100m:	39.68		
11.		2008			**1:15.50**	
	50m:	34.51	100m:	40.99		
12.		2006			**1:15.70**	
	50m:	35.44	100m:	40.26		
13.		2008			**1:17.90**	I
	50m:	37.09	100m:	40.81		
14.		2007			**1:18.37**	I
	50m:	36.94	100m:	41.43		
15.		2005			**1:21.17**	I
	50m:	38.34	100m:	42.83		
16.		2011			**1:25.46**	II
	50m:	39.52	100m:	45.94		
17.		2010			**1:29.99**	II
	50m:	42.16	100m:	47.83		
18.		2009			**1:33.84**	II
	50m:	44.20	100m:	49.64		
19.		2009			**1:34.59**	II
	50m:	42.72	100m:	51.87		
20.		2011			**1:38.54**	III
	50m:	47.33	100m:	51.21		
21.		2011			**1:42.24**	III
	50m:	47.17	100m:	55.07		
DSQ		2007				
DNS		2010				
DNS		2010				

" " 17-19 2024 .
50 . SEIKO .

( )

| | 28 | | | | , 100m | | | | 2012 |

19.10.2024

III . 9 +: 2:39.00 / II . 9 +: 2:18.00 / I . 9 +: 2:08.00 /
III 9 +: 1:57.00 / II 9 +: 1:47.00 / I 9 +: 1:35.00 /
10 +: 1:28.50 / : 1:22.00 / 14 +: 1:17.35

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1.				2002			**1:15.68**	
	50m:	36.54	100m:	39.14				
2.				2006			**1:18.77**	
	50m:	36.49	100m:	42.28				
3.				2008			**1:20.03**	
	50m:	37.40	100m:	42.63				
4.				2008			**1:23.83**	
	50m:	39.31	100m:	44.52				
5.				2009			**1:24.90**	
	50m:	39.88	100m:	45.02				
6.				2003			**1:25.14**	
	50m:	40.43	100m:	44.71				
7.				2000			**1:29.82**	I
	50m:	41.40	100m:	48.42				
8.				2006	-	-	**1:30.18**	I
	50m:	41.63	100m:	48.55				
9.				2009			**1:30.29**	I
	50m:	41.57	100m:	48.72				
10.				2011			**1:33.84**	I
	50m:	44.27	100m:	49.57				
11.				2005			**1:39.93**	II
	50m:	46.35	100m:	53.58				
12.				2011			**1:40.28**	II
	50m:	47.79	100m:	52.49				
DSQ				2010				II
DNS				2008				
DNS				2001				
DNS				2011	-			

| | 29 | | | | , 200m | | | | | | 2012 |

19.10.2024

III . 9 +: 4:54.00 / II . 9 +: 4:14.00 / I . 9 +: 3:46.50 /
III 9 +: 3:30.00 / II 9 +: 3:04.00 / I 9 +: 2:43.00 /
10 +: 2:34.00 / : 2:24.00 / 14 +: 2:18.00

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1.				2006							**2:13.23**
	50m:	30.72	100m:	33.81	150m:	34.81	200m:	33.89			
2.				2009							**2:21.02**
	50m:	33.75	100m:	36.83	150m:	36.84	200m:	33.60			
3.				2001							**2:21.99**
	50m:	33.28	100m:	35.95	150m:	36.42	200m:	36.34			
4.				2007							**2:26.67**
	50m:	34.45	100m:	37.16	150m:	38.01	200m:	37.05			
5.				2004							**2:31.85**
	50m:	35.28	100m:	39.69	150m:	39.86	200m:	37.02			

" " 17-19 2024 .
50 . SEIKO .

29,   , 200m   , 2012

			. .							
6.			2009							**2:34.34**	I
	50m:	36.05	100m:	39.32	150m:	40.41	200m:	38.56			
7.			2006							**2:35.72**	I
	50m:	36.38	100m:	40.36	150m:	41.41	200m:	37.57			
8.			2009							**2:39.97**	I
	50m:	37.72	100m:	40.38	150m:	42.11	200m:	39.76			

30   , 200m   2012
19.10.2024

III   .   9 +: 5:19.00 /   II   .   9 +: 4:39.00 /   I   .   9 +: 4:15.00 /
III   9 +: 3:56.00 /   II   9 +: 3:27.00 /   I   9 +: 3:03.00 /
10 +: 2:51.00 /   : 2:39.00 /   14 +: 2:31.20

			. .							
1.			1989							**2:32.83**	
	50m:	35.16	100m:	38.11	150m:	40.51	200m:	39.05			
2.			2011							**2:34.61**	
	50m:	36.20	100m:	39.34	150m:	40.63	200m:	38.44			
3.										**2:41.46**	
	50m:	36.87	100m:	40.96	150m:	42.14	200m:	41.49			
4.			2008							**2:48.65**	
	50m:	39.78	100m:	43.80	150m:	45.02	200m:	40.05			
5.			2008							**2:54.27**	I
	50m:	38.19	100m:	45.25	150m:	46.08	200m:	44.75			
6.			2008							**2:58.99**	I
	50m:	42.31	100m:	45.91	150m:	47.87	200m:	42.90			
7.			2012							**3:01.94**	I
	50m:	43.22	100m:	47.02	150m:	47.28	200m:	44.42			
DSQ			2010								
DSQ			2007								I
DNS			2006								
DNS			2004								

31   , 50m   2012
19.10.2024

III   .   9 +: 59.00 /   II   .   9 +: 49.00 /   I   .   9 +: 44.00 /
III   9 +: 39.60 /   II   9 +: 35.40 /   I   9 +: 31.90 /   10 +: 29.50 /
: 27.20 /   14 +: 26.40

		. .			
1.		2003			**26.05**
2.		2001			**26.61**
3.		1989			**26.81**
4.		2004		-	**27.11**
5.		2002			**27.12**
		2005			**27.12**
7.		1993			**27.24**
8.		1997			**27.36**
9.		2000			**27.58**
10.		2000			**27.78**

"   "   17-19   2024 .
50 .   SEIKO   .

31,   , 50m   , 2012

11.	2004	**27.86**	
12.	2007	**27.89**	
13.	1997	**28.38**	
14.	2005	**28.39**	
15.	2007	**28.85**	
16.	1995	**28.89**	
17.	2008	**29.23**	
18.	2006	**29.56**	I
19.	2007	**29.74**	I
20.	2008	**29.78**	I
21.	2009	**30.14**	I
22.	2004	**30.39**	I
23.	2004	**30.65**	I
24.	2008	**30.90**	I
25.	2006	**30.92**	I
26.	2008	**30.96**	I
27.	2004	**31.17**	I
28.	2007	**31.88**	I
29.	2009	**31.95**	II
30.	2007	**32.05**	II
31.	2009	**32.07**	II
32.	2007	**32.12**	II
33.	2005	**32.14**	II
34.	2011	**33.16**	II
35.	2002	**34.52**	II
36.	2007	**35.28**	II
37.	2010	**36.91**	III
38.	2009	**36.99**	III
DNS	2010		
DNS	2006		
DNS	1989		
DNS	2009		

32   , 50m   2012
19.10.2024

III   .   9 +: 1:04.50 /   II   .   9 +: 54.00 /   I   .   9 +: 49.60 /
III   9 +: 44.80 /   II   9 +: 40.00 /   I   9 +: 36.00 /   10 +: 34.50 /
: 32.00 /   14 +: 30.50

1.	1998	**30.41**
2.	2011	**30.70**
3.	2002	**31.59**
4.	1993	**31.60**
5.	2005	**31.87**
6.	2005	**32.07**
7.	2007	**32.12**
8.	2010	**32.36**
9.	2002	**32.72**
10.	2006	**33.19**
11.	2010	**33.34**
12.	2009	**33.66**
13.	2008	**33.96**
14.	2008	**34.31**

"   "   17-19   2024 .
50 .   SEIKO   .

32, , 50m , 2012

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15.	2010		**34.41**	
16.	1999		**34.77**	I
17.	2008		**35.46**	I
18.	2005	- -	**36.47**	II
19.	2003		**36.97**	II
20.	2007		**37.71**	II
21.	2009		**39.22**	II
22.	2011		**40.77**	III
23.	2005		**44.14**	III
24.	2008		**44.44**	III
25.	2005		**44.82**	I
26.	2011		**44.89**	I
DNS	1989			

33 , 400m 2012

19.10.2024

III . 9 +: 8:50.00 / II . 9 +: 8:05.00 / I . 9 +: 7:13.00 /
III 9 +: 6:45.00 / II 9 +: 5:56.00 / I 9 +: 5:15.00 /
10 +: 4:55.00 / : 4:41.00 / 14 +: 4:23.00

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1.		2000				**4:16.18**
	50m: 28.50	150m: 33.14	250m: 31.77	350m: 32.93		
	100m: 31.76	200m: 33.14	300m: 32.52	400m: 32.42		
2.		2004				**4:18.86**
	50m: 29.85	150m: 32.82	250m: 32.70	350m: 33.10		
	100m: 31.78	200m: 33.24	300m: 33.09	400m: 32.28		
3.		2007		- -		**4:21.23**
	50m: 29.20	150m: 33.19	250m: 33.93	350m: 33.13		
	100m: 32.05	200m: 33.75	300m: 33.98	400m: 32.00		
4.		2008		- -		**4:25.70**
	50m: 29.32	150m: 33.39	250m: 34.24	350m: 34.00		
	100m: 32.38	200m: 34.16	300m: 34.88	400m: 33.33		
5.		2006				**4:25.77**
	50m: 29.64	150m: 33.35	250m: 34.44	350m: 34.08		
	100m: 32.91	200m: 34.14	300m: 34.70	400m: 32.51		
6.		2006				**4:29.96**
	50m: 29.37	150m: 34.28	250m: 34.74	350m: 34.34		
	100m: 33.11	200m: 35.05	300m: 35.10	400m: 33.97		
7.		2007				**4:40.99**
	50m: 31.04	150m: 35.73	250m: 36.52	350m: 35.43		
	100m: 34.46	200m: 36.78	300m: 36.52	400m: 34.51		
8.		2007				**4:41.02**
	50m: 30.44	150m: 35.19	250m: 37.46	350m: 36.83		
	100m: 33.95	200m: 36.16	300m: 37.59	400m: 33.40		
9.		2009				**4:41.47**
	50m: 31.05	150m: 36.87	250m: 36.52	350m: 35.56		
	100m: 35.97	200m: 37.09	300m: 37.56	400m: 30.85		
10.		2007				**4:47.13**
	50m: 30.81	150m: 36.32	250m: 37.28	350m: 36.89		
	100m: 35.19	200m: 36.86	300m: 37.74	400m: 36.04		
11.		2009				**4:54.71**
	50m: 33.21	150m: 38.14	250m: 38.65	350m: 37.59		
	100m: 36.60	200m: 37.63	300m: 37.67	400m: 35.22		

" " 17-19 2024 .

50 . SEIKO .

33, , 400m , 2012

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			50m:		150m:		250m:		350m:				

12.		2011										**5:00.09**	I
	50m:	31.91	150m:	38.18	250m:	40.36	350m:	38.43					
	100m:	35.84	200m:	39.53	300m:	39.99	400m:	35.85					
13.		2009										**5:04.35**	I
	50m:	34.72	150m:	38.78	250m:	39.50	350m:	38.97					
	100m:	38.23	200m:	39.17	300m:	39.10	400m:	35.88					
14.		2009										**5:06.08**	I
	50m:	34.62	150m:	39.83	250m:	40.25	350m:	40.14					
	100m:	38.14	200m:	38.71	300m:	39.13	400m:	35.26					
15.		2005										**5:08.47**	I
	50m:	33.48	150m:	38.12	250m:	39.95	350m:	40.23					
	100m:	36.49	200m:	38.63	300m:	41.06	400m:	40.51					
16.		2009										**5:10.14**	I
	50m:	34.94	150m:	40.64	250m:	39.88	350m:	38.31					
	100m:	40.46	200m:	39.61	300m:	39.87	400m:	36.43					
17.		2010										**5:17.78**	II
	50m:	34.18	150m:	41.01	250m:	41.07	350m:	41.37					
	100m:	38.69	200m:	40.86	300m:	41.55	400m:	39.05					
18.		2003										**5:22.11**	II
	50m:	35.46	150m:	41.37	250m:	41.14	350m:	41.17					
	100m:	39.26	200m:	41.67	300m:	41.73	400m:	40.31					
19.		2011										**5:56.34**	III
	50m:	40.11	150m:	46.21	250m:	46.21	350m:	45.92					
	100m:	44.61	200m:	46.05	300m:	45.50	400m:	41.73					
20.		2011										**7:05.44**	I
	50m:	43.38	150m:	55.05	250m:	55.78	350m:	55.39					
	100m:	51.59	200m:	54.94	300m:	55.44	400m:	53.87					

DNS 2010
DNS 1997
DNS 2011

34 , 400m 2012
19.10.2024

III . 9 +: 10:00.00 / II . 9 +: 8:55.00 / I . 9 +: 8:10.00 /
III 9 +: 7:23.00 / II 9 +: 6:29.00 / I 9 +: 5:44.00 /
10 +: 5:20.00 / : 5:07.00 / 14 +: 4:47.00

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1.		1999										**4:41.15**
	50m:	32.79	150m:	36.11	250m:	35.78	350m:	34.96				
	100m:	36.12	200m:	36.10	300m:	35.42	400m:	33.87				
2.		2012										**4:56.53**
	50m:	35.12	150m:	38.99	250m:	37.71	350m:	36.66				
	100m:	38.53	200m:	36.81	300m:	37.07	400m:	35.64				
		2004			-		-					**4:56.53**
	50m:	35.00	150m:	38.79	250m:	36.79	350m:	36.91				
	100m:	37.61	200m:	38.69	300m:	37.11	400m:	35.63				
4.		2008			-		-					**4:57.64**
	50m:	33.99	150m:	38.10	250m:	38.47	350m:	37.70				
	100m:	36.94	200m:	38.43	300m:	38.09	400m:	35.92				
5.		2007										**5:09.45**
	50m:	33.97	150m:	39.21	250m:	40.82	350m:	40.47				
	100m:	37.54	200m:	39.83	300m:	40.36	400m:	37.25				

" " 17-19 2024 .
50 . SEIKO .

34, , 400m , 2012

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		50m		150m		250m		350m			
6.				2008						**5:09.97**		
	50m:	34.50	150m:	39.66	250m:	41.17	350m:	39.77				
	100m:	37.62	200m:	40.17	300m:	40.61	400m:	36.47				
7.				2009						**5:13.61**		
	50m:	34.96	150m:	39.83	250m:	41.37	350m:	40.89				
	100m:	38.25	200m:	40.47	300m:	41.30	400m:	36.54				
8.				2007						**5:17.05**		
	50m:	34.79	150m:	40.18	250m:	40.61	350m:	40.18				
	100m:	40.24	200m:	40.66	300m:	40.74	400m:	39.65				
9.				2006						**5:21.62**	I	
	50m:	35.12	150m:	40.38	250m:	41.66	350m:	42.05				
	100m:	38.95	200m:	41.98	300m:	42.34	400m:	39.14				
10.				2008						**5:39.65**	I	
	50m:	38.59	150m:	42.51	250m:	42.83	350m:	42.33				
	100m:	42.84	200m:	44.60	300m:	44.41	400m:	41.54				
11.				2005			-		-	**5:43.46**	I	
	50m:	37.97	150m:	44.50	250m:	44.53	350m:	42.66				
	100m:	42.95	200m:	45.43	300m:	44.26	400m:	41.16				
12.				2008						**5:49.38**	II	
	50m:	37.39	150m:	46.48	250m:	44.14	350m:	44.69				
	100m:	43.64	200m:	47.81	300m:	47.20	400m:	38.03				
13.				2011						**6:12.69**	II	
	50m:	41.02	150m:	46.66	250m:	48.14	350m:	49.05				
	100m:	45.17	200m:	47.53	300m:	49.07	400m:	46.05				
DNS				2002								
DNS				2011								

35 , 4 x 100m 2012

19.10.2024

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1.						**3:47.70**				
		89	28.08	58.09			00	26.77	55.80	
		07	28.41	59.91			98	25.76	53.90	
2.						**3:49.16**				
		02	25.88	54.45			07	28.51	59.29	
		94	27.55	57.27			06	27.74	58.15	
3.	1					**3:49.90**				
		03	28.03	57.48			95	27.77	58.78	
		05	27.28	58.92			05	26.08	54.72	
4.						**4:07.24**				
		01	27.77	56.49			06	28.36	59.50	
		06	28.22	58.75			11	33.14	1:12.50	
5.						**4:18.76**				
		09	30.92	1:02.82			09	30.82	1:06.81	
		08	31.52	1:04.89			09	30.36	1:04.24	

36   , 4 x 100m   2012

19.10.2024

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1.								4:21.52		
	06	30.57	1:04.80				08	31.39	1:05.61	
	06	30.18	1:04.04				07	32.18	1:07.07	
2.								4:34.75		
	08	33.49	1:11.33				04	31.98	1:07.58	
	07	32.75	1:09.38				10	31.48	1:06.46	
3.	-	-		-	-			4:37.15		
	08	32.45	1:07.63				06	34.57	1:14.11	
	05	34.49	1:13.46				04	29.64	1:01.95	
4.								4:52.96		
	05	33.22	1:10.34				11	34.26	1:14.91	
	08	35.02	1:15.84				99	34.02	1:11.87	
5.	1							5:19.26		
	04	36.00	1:16.04				05	43.64	1:32.26	
	05	35.76	1:15.73				11	35.05	1:15.23	