



408, , 200m , (16-18 )

	/	R.T.
DSQ	2008	
DSQ	2007	
DNS	2007	
DNS	2008	



408, , 200m

1.					2003						<b>2:07.52</b>	714
	50m:	27.39	27.39	100m:	59.59	32.20	150m:	1:36.82	37.23	200m:	2:07.52	30.70
2.					2004						<b>2:18.28</b>	560
	50m:	29.18	29.18	100m:	1:04.69	35.51	150m:	1:44.91	40.22	200m:	2:18.28	33.37
3.					2003						<b>2:22.61</b>	510
	50m:	30.16	30.16	100m:	1:07.12	36.96	150m:	1:48.37	41.25	200m:	2:22.61	34.24
4.					2005						<b>2:22.89</b>	507
	50m:	29.02	29.02	100m:	1:05.65	36.63	150m:	1:46.43	40.78	200m:	2:22.89	36.46
5.					1987						<b>2:29.09</b>	447
	50m:	29.45	29.45	100m:	1:10.02	40.57	150m:	1:53.38	43.36	200m:	2:29.09	35.71
6.					2004						<b>2:29.87</b>	440
	50m:	29.95	29.95	100m:	1:09.92	39.97	150m:	1:58.16	48.24	200m:	2:29.87	31.71
7.					2005						<b>2:31.86</b>	423
	50m:	32.18	32.18	100m:	1:09.95	37.77	150m:	1:57.12	47.17	200m:	2:31.86	34.74

