

| Long Course (50m) |       | Alltime   | Season 2010                 | Season 2009                       | Season 2008                      | Season 2007                 |
|-------------------|-------|---|-----------------------------|-----------------------------------|----------------------------------|-----------------------------|
| Freestyle         | 50m   |   |                             |                                   |                                  |                             |
|                   | 100m  | <b>50.58</b> 4 Aug 2005 Pesaro<br>24.86   25.72   |                             | 51.83 31 May 09<br>95.2%          |                                  | 52.65 8 Jun 07<br>92.3%     |
|                   | 200m  | <b>1:46.29</b> 31 Jul 2009 Rome<br>+0.84 25.54   26.38   51.92   27.07   27.30   54.37  | 1:49.78 18 Jun 10<br>93.7%  | 1:46.29 31 Jul 09<br>+0.84 100.0% | 1:47.04 10 Aug 08<br>+0.83 98.6% | 1:48.34 24 Jul 07<br>96.3%  |
|                   | 400m  | <b>3:45.11</b> 22 Jul 2001 Fukuoka (JPN)<br>+0.81 1) ---   2) ---   3) ---   4) ---   1) 55.29   3) 57.00<br>---   ---   ---   ---   2) 56.74   4) 56.08  | 3:53.10 17 Jun 10<br>93.3%  | 3:48.64 6 Mar 09<br>96.9%         | 3:51.10 6 Jun 08<br>94.9%        | 3:50.06 18 Dec 07<br>95.7%  |
|                   | 800m  | <b>7:55.17</b> 6 Apr 2005 Riccione<br>1) 58.63   58.63   4) 59.79   3:58.39   7) 59.39   6:56.96<br>2) 1:00.17   1:58.80   5) 59.74   4:58.13   8) 58.21   7:55.17<br>3) 59.80   2:58.60   6) 59.44   5:57.57 | 8:21.34 20 Jun 10<br>89.8%  | 8:15.95 8 Mar 09<br>91.8%         | 8:23.16 9 Jun 08<br>89.2%        | 8:13.79 27 May 07<br>92.6%  |
|                   | 1500m | <b>14:58.65</b> 13 Aug 1997 Sevilla (ESP)   | 16:04.45 20 Jun 10<br>86.8% | 15:24.67 8 Mar 09<br>94.5%        | 15:32.52 9 Jun 08<br>92.9%       | 16:01.47 27 May 07<br>87.4% |
| Backstroke        | 50m   |   |                             |                                   |                                  |                             |
|                   | 100m  |   |                             |                                   |                                  |                             |
|                   | 200m  |   |                             |                                   |                                  |                             |
| Breaststroke      | 50m   |   |                             |                                   |                                  |                             |
|                   | 100m  |   |                             |                                   |                                  |                             |
|                   | 200m  |   |                             |                                   |                                  |                             |
| Fly               | 50m   |   |                             |                                   |                                  |                             |
|                   | 100m  |   |                             |                                   |                                  |                             |
|                   | 200m  |   |                             |                                   |                                  |                             |
| Medley            | 100m  |   |                             |                                   |                                  |                             |
|                   | 200m  |   |                             |                                   |                                  |                             |
|                   | 400m  |   |                             |                                   |                                  |                             |

| Short Course (25m) |       | Alltime   | Season 2010                              | Season 2009                             | Season 2008                             | Season 2007 |
|--------------------|-------|---|--|---|---|-------------|
| Freestyle          | 50m   |   |  |   |   |             |
|                    | 100m  | <b>49.43</b> 18 Dec 2002 Camogli  | <b>51.84</b> 24 Jan 10<br>90.9%          |   |   |             |
|                    | 200m  | <b>1:43.97</b> 13 Dec 2009 Istanbul (TUR)<br>+0.79 24.94   26.15   51.09   26.43   26.45   52.88  | <b>1:43.97</b> 13 Dec 09<br>+0.79 100.0% | <b>1:44.56</b> 14 Dec 08<br>+0.83 98.9% | <b>1:45.90</b> 10 Apr 08<br>+0.83 96.4% |             |
|                    | 400m  | <b>3:37.57</b> 10 Dec 2009 Istanbul (TUR)<br>+0.80 1) 25.93   2) 27.71   3) 27.48   4) 27.43  <br>27.73   27.40   27.44   26.45   2) 53.66   3) 54.92<br>55.11   4) 53.88 | <b>3:37.57</b> 10 Dec 09<br>+0.80 100.0% | <b>3:41.49</b> 11 Dec 08<br>+0.85 96.5% | <b>3:42.98</b> 11 Apr 08<br>+0.80 95.2% |             |
|                    | 800m  | <b>7:39.30</b> 21 Jan 1998 Sydney (AUS)   | <b>7:56.16</b> 22 Nov 09<br>93.0%        | <b>7:58.77</b> 25 Apr 09<br>92.0%       |   |             |
|                    | 1500m | <b>14:53.45</b> 10 Dec 1998 Sheffield (GBR)   | <b>14:54.61</b> 22 Nov 09<br>99.7%       | <b>14:57.86</b> 25 Apr 09<br>99.0%      |   |             |
| Backstroke         | 50m   |   |  |   |   |             |
|                    | 100m  |   |  |   |   |             |
|                    | 200m  |   |  |   |   |             |
| Breaststroke       | 50m   |   |  |   |   |             |
|                    | 100m  |   |  |   |   |             |
|                    | 200m  |   |  |   |   |             |
| Fly                | 50m   |   |  |   |   |             |
|                    | 100m  |   |  |   |   |             |
|                    | 200m  |   |  |   |   |             |
| Medley             | 100m  |   |  |   |   |             |
|                    | 200m  |   |  |   |   |             |
|                    | 400m  |   |  |   |   |             |