

35
28.10.2023 - 12:34

, 400m

: FINA 2022

/

R.T.

1.			2010	"	"	+0,94	4:40.48	580	1			
	25m:	15.00	15.00	125m:	1:23.71	17.69	225m:	2:36.19	18.21	325m:	3:48.63	18.24
	50m:	31.34	16.34	150m:	1:41.75	18.04	250m:	2:54.20	18.01	350m:	4:06.79	18.16
	75m:	48.37	17.03	175m:	1:59.66	17.91	275m:	3:12.06	17.86	375m:	4:24.59	17.80
	100m:	1:06.02	17.65	200m:	2:17.98	18.32	300m:	3:30.39	18.33	400m:	4:40.48	15.89
2.			2007			+0,68	4:42.73	566	1			
	25m:	15.10	15.10	125m:	1:25.50	17.86	225m:	2:37.59	18.18	325m:	3:50.54	18.24
	50m:	32.03	16.93	150m:	1:43.41	17.91	250m:	2:55.78	18.19	350m:	4:08.86	18.32
	75m:	49.66	17.63	175m:	2:01.47	18.06	275m:	3:13.87	18.09	375m:	4:26.53	17.67
	100m:	1:07.64	17.98	200m:	2:19.41	17.94	300m:	3:32.30	18.43	400m:	4:42.73	16.20
3.			2007			+0,82	4:44.83	553	1			
	25m:	15.20	15.20	125m:	1:25.71	18.32	225m:	2:39.44	18.56	325m:	3:52.31	17.55
	50m:	32.12	16.92	150m:	1:44.05	18.34	250m:	2:57.99	18.55	350m:	4:10.44	18.13
	75m:	49.43	17.31	175m:	2:02.57	18.52	275m:	3:16.53	18.54	375m:	4:28.06	17.62
	100m:	1:07.39	17.96	200m:	2:20.88	18.31	300m:	3:34.76	18.23	400m:	4:44.83	16.77
4.			2010			+0,79	4:46.01	547	1			
	25m:	14.59	14.59	125m:	1:24.62	18.20	225m:	2:38.62	18.63	325m:	3:52.15	18.27
	50m:	31.42	16.83	150m:	1:42.97	18.35	250m:	2:56.87	18.25	350m:	4:10.56	18.41
	75m:	48.73	17.31	175m:	2:01.43	18.46	275m:	3:15.13	18.26	375m:	4:28.68	18.12
	100m:	1:06.42	17.69	200m:	2:19.99	18.56	300m:	3:33.88	18.75	400m:	4:46.01	17.33
5.			2007			+0,80	4:46.43	544	1			
	25m:	15.25	15.25	125m:	1:25.06	17.80	225m:	2:37.79	18.25	325m:	3:52.14	18.95
	50m:	32.24	16.99	150m:	1:43.02	17.96	250m:	2:56.19	18.40	350m:	4:10.98	18.84
	75m:	49.61	17.37	175m:	2:01.20	18.18	275m:	3:14.75	18.56	375m:	4:29.01	18.03
	100m:	1:07.26	17.65	200m:	2:19.54	18.34	300m:	3:33.19	18.44	400m:	4:46.43	17.42
6.			2009	I		+0,86	4:48.32	534	1			
	25m:	15.68	15.68	125m:	1:27.02	18.35	225m:	2:40.55	18.51	325m:	3:54.38	18.34
	50m:	32.78	17.10	150m:	1:45.32	18.30	250m:	2:58.83	18.28	350m:	4:13.15	18.77
	75m:	50.41	17.63	175m:	2:03.67	18.35	275m:	3:17.61	18.78	375m:	4:31.16	18.01
	100m:	1:08.67	18.26	200m:	2:22.04	18.37	300m:	3:36.04	18.43	400m:	4:48.32	17.16
7.			2010	I		+0,86	4:48.47	533	1			
	25m:	15.80	15.80	125m:	1:26.07	18.16	225m:	2:40.32	18.24	325m:	3:54.34	18.31
	50m:	32.41	16.61	150m:	1:44.81	18.74	250m:	2:59.28	18.96	350m:	4:13.12	18.78
	75m:	49.89	17.48	175m:	2:03.22	18.41	275m:	3:17.58	18.30	375m:	4:31.29	18.17
	100m:	1:07.91	18.02	200m:	2:22.08	18.86	300m:	3:36.03	18.45	400m:	4:48.47	17.18
8.			2011	II		+0,76	4:58.76	479	2			
	25m:	15.87	15.87	125m:	1:29.45	19.01	225m:	2:45.67	19.46	325m:	4:02.29	19.13
	50m:	33.60	17.73	150m:	1:48.12	18.67	250m:	3:04.63	18.96	350m:	4:21.43	19.14
	75m:	52.12	18.52	175m:	2:07.04	18.92	275m:	3:23.82	19.19	375m:	4:40.86	19.43
	100m:	1:10.44	18.32	200m:	2:26.21	19.17	300m:	3:43.16	19.34	400m:	4:58.76	17.90
9.			2010	II	"	"	+0,77	5:01.11	468	2		
	25m:	16.04	16.04	125m:	1:31.46	19.43	225m:	2:49.16	19.65	325m:	4:07.06	19.11
	50m:	34.10	18.06	150m:	1:50.67	19.21	250m:	3:08.76	19.60	350m:	4:26.76	19.70
	75m:	52.72	18.62	175m:	2:10.31	19.64	275m:	3:27.98	19.22	375m:	4:44.52	17.76
	100m:	1:12.03	19.31	200m:	2:29.51	19.20	300m:	3:47.95	19.97	400m:	5:01.11	16.59
10.			2011	I	"	"	+0,93	5:03.33	458	2		
	25m:	16.46	16.46	125m:	1:32.51	19.40	225m:	2:50.05	18.92	325m:	4:07.91	19.39
	50m:	34.66	18.20	150m:	1:51.47	18.96	250m:	3:09.66	19.61	350m:	4:27.07	19.16
	75m:	53.56	18.90	175m:	2:11.48	20.01	275m:	3:29.28	19.62	375m:	4:44.97	17.90
	100m:	1:13.11	19.55	200m:	2:31.13	19.65	300m:	3:48.52	19.24	400m:	5:03.33	18.36

35, , 400m								R.T.				
11.			2012	II			+0,92	5:06.42	444 2			
	25m:	15.70	15.70	125m:	1:28.43	18.98	225m:	2:47.68	20.00	325m:	4:07.86	19.98
	50m:	32.79	17.09	150m:	1:47.86	19.43	250m:	3:07.76	20.08	350m:	4:28.02	20.16
	75m:	50.95	18.16	175m:	2:07.60	19.74	275m:	3:27.66	19.90	375m:	4:47.68	19.66
	100m:	1:09.45	18.50	200m:	2:27.68	20.08	300m:	3:47.88	20.22	400m:	5:06.42	18.74
12.			2012	II			"	"	+0,89	5:07.70	439 2	
	25m:	16.80	16.80	125m:	1:32.25	19.42	225m:	2:50.95	19.87	325m:	4:10.04	19.94
	50m:	34.95	18.15	150m:	1:51.74	19.49	250m:	3:10.64	19.69	350m:	4:29.72	19.68
	75m:	53.90	18.95	175m:	2:11.48	19.74	275m:	3:30.49	19.85	375m:	4:49.22	19.50
	100m:	1:12.83	18.93	200m:	2:31.08	19.60	300m:	3:50.10	19.61	400m:	5:07.70	18.48
13.			2011	II					+0,90	5:20.22	389 2	
	25m:	16.23	16.23	125m:	1:33.88	20.11	225m:	2:56.15	20.38	325m:	4:20.01	20.79
	50m:	34.49	18.26	150m:	1:54.11	20.23	250m:	3:17.10	20.95	350m:	4:41.10	21.09
	75m:	54.08	19.59	175m:	2:15.03	20.92	275m:	3:38.04	20.94	375m:	5:01.14	20.04
	100m:	1:13.77	19.69	200m:	2:35.77	20.74	300m:	3:59.22	21.18	400m:	5:20.22	19.08
14.			2012	II					+0,97	5:20.45	388 2	
	25m:	16.86	16.86	125m:	1:35.68	20.70	225m:	2:57.61	20.80	325m:	4:21.51	20.89
	50m:	35.31	18.45	150m:	1:55.92	20.24	250m:	3:18.38	20.77	350m:	4:42.22	20.71
	75m:	54.76	19.45	175m:	2:16.08	20.16	275m:	3:39.31	20.93	375m:	5:01.79	19.57
	100m:	1:14.98	20.22	200m:	2:36.81	20.73	300m:	4:00.62	21.31	400m:	5:20.45	18.66
15.			2011	II			"	"	+0,69	5:25.82	370 2	
	25m:	15.96	15.96	125m:	1:34.48	20.42	225m:	2:57.87	20.96	325m:	4:23.82	21.36
	50m:	34.66	18.70	150m:	1:54.89	20.41	250m:	3:19.23	21.36	350m:	4:45.46	21.64
	75m:	53.97	19.31	175m:	2:15.91	21.02	275m:	3:40.61	21.38	375m:	5:06.58	21.12
	100m:	1:14.06	20.09	200m:	2:36.91	21.00	300m:	4:02.46	21.85	400m:	5:25.82	19.24
2009												
1.			2010				"	"	+0,94	4:40.48	580 1	
	25m:	15.00	15.00	125m:	1:23.71	17.69	225m:	2:36.19	18.21	325m:	3:48.63	18.24
	50m:	31.34	16.34	150m:	1:41.75	18.04	250m:	2:54.20	18.01	350m:	4:06.79	18.16
	75m:	48.37	17.03	175m:	1:59.66	17.91	275m:	3:12.06	17.86	375m:	4:24.59	17.80
	100m:	1:06.02	17.65	200m:	2:17.98	18.32	300m:	3:30.39	18.33	400m:	4:40.48	15.89
2.			2010						+0,79	4:46.01	547 1	
	25m:	14.59	14.59	125m:	1:24.62	18.20	225m:	2:38.62	18.63	325m:	3:52.15	18.27
	50m:	31.42	16.83	150m:	1:42.97	18.35	250m:	2:56.87	18.25	350m:	4:10.56	18.41
	75m:	48.73	17.31	175m:	2:01.43	18.46	275m:	3:15.13	18.26	375m:	4:28.68	18.12
	100m:	1:06.42	17.69	200m:	2:19.99	18.56	300m:	3:33.88	18.75	400m:	4:46.01	17.33
3.			2009	I					+0,86	4:48.32	534 1	
	25m:	15.68	15.68	125m:	1:27.02	18.35	225m:	2:40.55	18.51	325m:	3:54.38	18.34
	50m:	32.78	17.10	150m:	1:45.32	18.30	250m:	2:58.83	18.28	350m:	4:13.15	18.77
	75m:	50.41	17.63	175m:	2:03.67	18.35	275m:	3:17.61	18.78	375m:	4:31.16	18.01
	100m:	1:08.67	18.26	200m:	2:22.04	18.37	300m:	3:36.04	18.43	400m:	4:48.32	17.16
4.			2010	I					+0,86	4:48.47	533 1	
	25m:	15.80	15.80	125m:	1:26.07	18.16	225m:	2:40.32	18.24	325m:	3:54.34	18.31
	50m:	32.41	16.61	150m:	1:44.81	18.74	250m:	2:59.28	18.96	350m:	4:13.12	18.78
	75m:	49.89	17.48	175m:	2:03.22	18.41	275m:	3:17.58	18.30	375m:	4:31.29	18.17
	100m:	1:07.91	18.02	200m:	2:22.08	18.86	300m:	3:36.03	18.45	400m:	4:48.47	17.18
5.			2011	II					+0,76	4:58.76	479 2	
	25m:	15.87	15.87	125m:	1:29.45	19.01	225m:	2:45.67	19.46	325m:	4:02.29	19.13
	50m:	33.60	17.73	150m:	1:48.12	18.67	250m:	3:04.63	18.96	350m:	4:21.43	19.14
	75m:	52.12	18.52	175m:	2:07.04	18.92	275m:	3:23.82	19.19	375m:	4:40.86	19.43
	100m:	1:10.44	18.32	200m:	2:26.21	19.17	300m:	3:43.16	19.34	400m:	4:58.76	17.90

35, , 400m , 2009

								R.T.				
6.			2010		"	"	+0,77	5:01.11	468	2		
	25m:	16.04	16.04	125m:	1:31.46	19.43	225m:	2:49.16	19.65	325m:	4:07.06	19.11
	50m:	34.10	18.06	150m:	1:50.67	19.21	250m:	3:08.76	19.60	350m:	4:26.76	19.70
	75m:	52.72	18.62	175m:	2:10.31	19.64	275m:	3:27.98	19.22	375m:	4:44.52	17.76
	100m:	1:12.03	19.31	200m:	2:29.51	19.20	300m:	3:47.95	19.97	400m:	5:01.11	16.59
7.			2011		"	"	+0,93	5:03.33	458	2		
	25m:	16.46	16.46	125m:	1:32.51	19.40	225m:	2:50.05	18.92	325m:	4:07.91	19.39
	50m:	34.66	18.20	150m:	1:51.47	18.96	250m:	3:09.66	19.61	350m:	4:27.07	19.16
	75m:	53.56	18.90	175m:	2:11.48	20.01	275m:	3:29.28	19.62	375m:	4:44.97	17.90
	100m:	1:13.11	19.55	200m:	2:31.13	19.65	300m:	3:48.52	19.24	400m:	5:03.33	18.36
8.			2012		"	"	+0,92	5:06.42	444	2		
	25m:	15.70	15.70	125m:	1:28.43	18.98	225m:	2:47.68	20.00	325m:	4:07.86	19.98
	50m:	32.79	17.09	150m:	1:47.86	19.43	250m:	3:07.76	20.08	350m:	4:28.02	20.16
	75m:	50.95	18.16	175m:	2:07.60	19.74	275m:	3:27.66	19.90	375m:	4:47.68	19.66
	100m:	1:09.45	18.50	200m:	2:27.68	20.08	300m:	3:47.88	20.22	400m:	5:06.42	18.74
9.			2012		"	"	+0,89	5:07.70	439	2		
	25m:	16.80	16.80	125m:	1:32.25	19.42	225m:	2:50.95	19.87	325m:	4:10.04	19.94
	50m:	34.95	18.15	150m:	1:51.74	19.49	250m:	3:10.64	19.69	350m:	4:29.72	19.68
	75m:	53.90	18.95	175m:	2:11.48	19.74	275m:	3:30.49	19.85	375m:	4:49.22	19.50
	100m:	1:12.83	18.93	200m:	2:31.08	19.60	300m:	3:50.10	19.61	400m:	5:07.70	18.48
10.			2011		"	"	+0,90	5:20.22	389	2		
	25m:	16.23	16.23	125m:	1:33.88	20.11	225m:	2:56.15	20.38	325m:	4:20.01	20.79
	50m:	34.49	18.26	150m:	1:54.11	20.23	250m:	3:17.10	20.95	350m:	4:41.10	21.09
	75m:	54.08	19.59	175m:	2:15.03	20.92	275m:	3:38.04	20.94	375m:	5:01.14	20.04
	100m:	1:13.77	19.69	200m:	2:35.77	20.74	300m:	3:59.22	21.18	400m:	5:20.22	19.08
11.			2012		"	"	+0,97	5:20.45	388	2		
	25m:	16.86	16.86	125m:	1:35.68	20.70	225m:	2:57.61	20.80	325m:	4:21.51	20.89
	50m:	35.31	18.45	150m:	1:55.92	20.24	250m:	3:18.38	20.77	350m:	4:42.22	20.71
	75m:	54.76	19.45	175m:	2:16.08	20.16	275m:	3:39.31	20.93	375m:	5:01.79	19.57
	100m:	1:14.98	20.22	200m:	2:36.81	20.73	300m:	4:00.62	21.31	400m:	5:20.45	18.66
12.			2011		"	"	+0,69	5:25.82	370	2		
	25m:	15.96	15.96	125m:	1:34.48	20.42	225m:	2:57.87	20.96	325m:	4:23.82	21.36
	50m:	34.66	18.70	150m:	1:54.89	20.41	250m:	3:19.23	21.36	350m:	4:45.46	21.64
	75m:	53.97	19.31	175m:	2:15.91	21.02	275m:	3:40.61	21.38	375m:	5:06.58	21.12
	100m:	1:14.06	20.09	200m:	2:36.91	21.00	300m:	4:02.46	21.85	400m:	5:25.82	19.24