

09-11 2023 .

22
10.02.2023 - 12:06

, 400m

15

: FINA 2022

								R.T				
1.			1999						4:37.34	679		
	50m:	27.93	27.93	150m:	1:37.07	36.93	250m:	2:50.62	38.19	350m:	4:03.47	33.75
	100m:	1:00.14	32.21	200m:	2:12.43	35.36	300m:	3:29.72	39.10	400m:	4:37.34	33.87
2.			2006				4		+0,68	4:40.47	657	
	50m:	29.25	29.25	150m:	1:38.76	36.40	250m:	2:55.93	41.87	350m:	4:09.83	32.13
	100m:	1:02.36	33.11	200m:	2:14.06	35.30	300m:	3:37.70	41.77	400m:	4:40.47	30.64
3.			2002				7		+0,72	4:43.97	633	
	50m:	29.53	29.53	150m:	1:40.59	37.04	250m:	2:57.48	40.66	350m:	4:11.79	34.02
	100m:	1:03.55	34.02	200m:	2:16.82	36.23	300m:	3:37.77	40.29	400m:	4:43.97	32.18
4.			2006				2			4:46.39	617	
	50m:	29.05	29.05	150m:	1:40.26	36.96	250m:	2:56.21	39.83	350m:	4:11.63	34.82
	100m:	1:03.30	34.25	200m:	2:16.38	36.12	300m:	3:36.81	40.60	400m:	4:46.39	34.76
5.			2007				7		+0,79	4:47.09	612	
	50m:	29.41	29.41	150m:	1:42.67	39.18	250m:	3:01.73	41.47	350m:	4:16.80	33.35
	100m:	1:03.49	34.08	200m:	2:20.26	37.59	300m:	3:43.45	41.72	400m:	4:47.09	30.29
6.			2008						+0,65	4:52.68	578 1	
	50m:	29.99	29.99	150m:	1:42.92	37.70	250m:	3:01.90	40.92	350m:	4:19.96	35.78
	100m:	1:05.22	35.23	200m:	2:20.98	38.06	300m:	3:44.18	42.28	400m:	4:52.68	32.72
7.			2008				4			4:53.38	574 1	
	50m:	31.94	31.94	150m:	1:48.67	40.80	250m:	3:06.59	39.88	350m:	4:21.44	33.73
	100m:	1:07.87	35.93	200m:	2:26.71	38.04	300m:	3:47.71	41.12	400m:	4:53.38	31.94
8.			2007				5			4:55.91	559 1	
	50m:	29.55	29.55	150m:	1:42.02	39.78	250m:	3:04.80	44.50	350m:	4:22.73	35.05
	100m:	1:02.24	32.69	200m:	2:20.30	38.28	300m:	3:47.68	42.88	400m:	4:55.91	33.18
9.			2008	I					+0,80	5:04.26	514 1	
	50m:	32.94	32.94	150m:	1:51.22	39.17	250m:	3:11.21	40.31	350m:	4:29.90	35.86
	100m:	1:12.05	39.11	200m:	2:30.90	39.68	300m:	3:54.04	42.83	400m:	5:04.26	34.36
10.			2006	I					+0,71	5:04.49	513 1	
	50m:	32.02	32.02	150m:	1:49.28	41.63	250m:	3:12.16	42.23	350m:	4:30.88	36.66
	100m:	1:07.65	35.63	200m:	2:29.93	40.65	300m:	3:54.22	42.06	400m:	5:04.49	33.61
11.			2005							5:06.02	505 1	
	50m:	30.06	30.06	150m:	1:43.24	38.74	250m:	3:04.53	42.76	350m:	4:27.81	38.64
	100m:	1:04.50	34.44	200m:	2:21.77	38.53	300m:	3:49.17	44.64	400m:	5:06.02	38.21
12.			2007	I						5:10.02	486 1	
	50m:	33.16	33.16	150m:	1:50.85	39.26	250m:	3:13.26	43.55	350m:	4:34.11	36.74
	100m:	1:11.59	38.43	200m:	2:29.71	38.86	300m:	3:57.37	44.11	400m:	5:10.02	35.91
13.			2008	I					+0,82	5:11.21	481 2	
	50m:	33.02	33.02	150m:	1:53.01	40.74	250m:	3:16.09	44.18	350m:	4:36.37	36.36
	100m:	1:12.27	39.25	200m:	2:31.91	38.90	300m:	4:00.01	43.92	400m:	5:11.21	34.84
14.			2007	I					+0,69	5:14.29	467 2	
	50m:	31.60	31.60	150m:	1:50.62	41.63	250m:	3:17.01	45.39	350m:	4:39.21	36.09
	100m:	1:08.99	37.39	200m:	2:31.62	41.00	300m:	4:03.12	46.11	400m:	5:14.29	35.08
15.			2008	I						5:19.36	445 2	
	50m:	32.21	32.21	150m:	1:49.77	39.08	250m:	3:17.24	47.66	350m:	4:42.92	37.24
	100m:	1:10.69	38.48	200m:	2:29.58	39.81	300m:	4:05.68	48.44	400m:	5:19.36	36.44

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OMEGA ARES 21

09-11 2023 .

22, , 400m , 15

			/					R.T				
16.			2007	I					5:25.00	422 2		
	50m:	32.75	32.75	150m:	3:23.28	2:14.36	250m:	4:47.88	2:13.59	400m:	5:25.00	1:14.56
	100m:	1:08.92	36.17	200m:	2:34.29		300m:	4:10.44				
17.			2007	I					5:31.78	396 2		
	50m:	33.27	33.27	150m:	3:30.01	2:16.37	300m:	4:17.72	1:36.95			
	100m:	1:13.64	40.37	200m:	2:40.77		400m:	5:31.78	1:14.06			
18.			2006					+0,70	5:49.57	339 2		
	50m:	35.51	35.51	150m:	2:02.92	41.97	250m:	3:36.41	51.11	350m:	5:09.58	41.17
	100m:	1:20.95	45.44	200m:	2:45.30	42.38	300m:	4:28.41	52.00	400m:	5:49.57	39.99