

19 -21 2024

20.09.2024		25		, 400m		2010						
: FINA 2023												
/ R.T												
1.				2007		6	+0,67	4:30.87	651			
	25m:	13.20	13.20	125m:	1:21.02	17.66	225m:	2:31.56	19.12	325m:	3:45.34	15.06
	50m:	29.47	16.27	150m:	1:38.25	17.23	250m:	2:50.91	19.35	350m:	4:00.60	15.26
	75m:	46.09	16.62	175m:	1:55.46	17.21	275m:	3:10.38	19.47	375m:	4:15.81	15.21
	100m:	1:03.36	17.27	200m:	2:12.44	16.98	300m:	3:30.28	19.90	400m:	4:30.87	15.06
2.				2009		4	+0,66	4:33.21	634			
	25m:	13.44	13.44	125m:	1:22.56	18.14	225m:	2:33.62	18.24	325m:	3:46.17	15.83
	50m:	29.66	16.22	150m:	1:39.99	17.43	250m:	2:52.05	18.43	350m:	4:01.89	15.72
	75m:	46.89	17.23	175m:	1:57.77	17.78	275m:	3:10.80	18.75	375m:	4:18.02	16.13
	100m:	1:04.42	17.53	200m:	2:15.38	17.61	300m:	3:30.34	19.54	400m:	4:33.21	15.19
3.				2008		4	+0,68	4:36.10	615			
	25m:	13.52	13.52	125m:	1:23.55	18.86	225m:	2:36.15	19.23	325m:	3:50.70	16.55
	50m:	30.02	16.50	150m:	1:41.21	17.66	250m:	2:55.64	19.49	350m:	4:06.56	15.86
	75m:	47.20	17.18	175m:	1:59.13	17.92	275m:	3:15.05	19.41	375m:	4:21.91	15.35
	100m:	1:04.69	17.49	200m:	2:16.92	17.79	300m:	3:34.15	19.10	400m:	4:36.10	14.19
4.				2008		4	+0,72	4:36.14	614			
	25m:	13.51	13.51	125m:	1:22.04	19.07	225m:	2:36.47	19.72	325m:	3:52.00	16.11
	50m:	29.62	16.11	150m:	1:40.16	18.12	250m:	2:56.30	19.83	350m:	4:07.07	15.07
	75m:	46.08	16.46	175m:	1:58.64	18.48	275m:	3:16.14	19.84	375m:	4:22.00	14.93
	100m:	1:02.97	16.89	200m:	2:16.75	18.11	300m:	3:35.89	19.75	400m:	4:36.14	14.14
5.				2008	I		+0,75	4:47.53	1	544		
	25m:	13.71	13.71	125m:	1:23.53	18.54	225m:	2:37.28	21.06	325m:	3:58.61	17.36
	50m:	30.06	16.35	150m:	1:41.31	17.78	250m:	2:58.22	20.94	350m:	4:15.43	16.82
	75m:	47.09	17.03	175m:	1:58.80	17.49	275m:	3:19.71	21.49	375m:	4:32.18	16.75
	100m:	1:04.99	17.90	200m:	2:16.22	17.42	300m:	3:41.25	21.54	400m:	4:47.53	15.35
6.				2010	I		+0,66	4:54.15	1	508		
	25m:	13.94	13.94	125m:	1:25.33	20.09	225m:	2:42.39	20.67	325m:	4:02.54	17.71
	50m:	30.38	16.44	150m:	1:44.04	18.71	250m:	3:02.72	20.33	350m:	4:19.86	17.32
	75m:	47.74	17.36	175m:	2:03.12	19.08	275m:	3:23.94	21.22	375m:	4:37.29	17.43
	100m:	1:05.24	17.50	200m:	2:21.72	18.60	300m:	3:44.83	20.89	400m:	4:54.15	16.86
7.				2010			+0,69	4:56.07	1	498		
	25m:	14.23	14.23	125m:	1:25.23	19.66	225m:	2:42.32	20.68	325m:	4:04.75	17.62
	50m:	30.78	16.55	150m:	1:43.90	18.67	250m:	3:03.76	21.44	350m:	4:21.87	17.12
	75m:	48.02	17.24	175m:	2:02.74	18.84	275m:	3:25.27	21.51	375m:	4:39.45	17.58
	100m:	1:05.57	17.55	200m:	2:21.64	18.90	300m:	3:47.13	21.86	400m:	4:56.07	16.62
8.				2010			+0,69	5:01.38	1	472		
	25m:	14.59	14.59	125m:	1:26.96	20.38	225m:	2:47.17	22.14	325m:	4:11.26	17.54
	50m:	31.34	16.75	150m:	1:46.06	19.10	250m:	3:09.54	22.37	350m:	4:27.88	16.62
	75m:	48.40	17.06	175m:	2:05.24	19.18	275m:	3:31.56	22.02	375m:	4:44.91	17.03
	100m:	1:06.58	18.18	200m:	2:25.03	19.79	300m:	3:53.72	22.16	400m:	5:01.38	16.47
9.				2009	I		+0,79	5:04.32	2	459		
	25m:	14.28	14.28	125m:	1:27.91	19.85	225m:	2:47.87	21.83	325m:	4:12.15	18.04
	50m:	31.39	17.11	150m:	1:47.34	19.43	250m:	3:09.75	21.88	350m:	4:29.53	17.38
	75m:	49.31	17.92	175m:	2:06.85	19.51	275m:	3:31.79	22.04	375m:	4:47.35	17.82
	100m:	1:08.06	18.75	200m:	2:26.04	19.19	300m:	3:54.11	22.32	400m:	5:04.32	16.97
10.				2007			+0,78	5:07.03	2	447		
	25m:	14.14	14.14	125m:	1:27.14	20.13	225m:	2:47.63	21.99	325m:	4:12.87	18.19
	50m:	30.93	16.79	150m:	1:46.35	19.21	250m:	3:09.90	22.27	350m:	4:30.81	17.94
	75m:	48.88	17.95	175m:	2:06.14	19.79	275m:	3:32.24	22.34	375m:	4:49.19	18.38
	100m:	1:07.01	18.13	200m:	2:25.64	19.50	300m:	3:54.68	22.44	400m:	5:07.03	17.84

19 -21 2024

25, , 400m , 2010

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R.T

11. , 2009 +0,66 **5:12.66** 2 423
25m: 14.11 14.11 125m: 1:28.93 20.01 225m: 2:49.85 22.05 325m: 4:17.07 18.99
50m: 31.07 16.96 150m: 1:48.52 19.59 250m: 3:11.99 22.14 350m: 4:36.28 19.21
75m: 49.10 18.03 175m: 2:08.29 19.77 275m: 3:35.11 23.12 375m: 4:55.87 19.59
100m: 1:08.92 19.82 200m: 2:27.80 19.51 300m: 3:58.08 22.97 400m: 5:12.66 16.79

DSQ , 2007 | 10
DSQ , 2008 |