

20.12.2024 .

5 , 400m 2007 - 2015
20.12.2024 - 15:27

	10 +: 4:43.00 /	I	9 +: 5:02.00 /	II	9 +: 5:43.00 /		8 +: 8:22.00 /				
III	9 +: 6:31.00 /	I	8 +: 7:26.00 /	II	8 +: 8:22.00 /						
III	8 +: 9:18.00										
: FINA 2024											
/ FINA											
9 - 10											
1.	2014				()	6:42.39 I					
25m:	19.07	19.07	125m:	2:06.18	26.63	225m:	3:47.46	26.70	325m:	5:37.13	20.45
50m:	45.65	26.58	150m:	2:30.15	23.97	250m:	4:18.14	30.68	350m:	5:59.02	21.89
75m:	1:11.29	25.64	175m:	2:54.56	24.41	275m:	4:46.07	27.93	375m:	6:21.44	22.42
100m:	1:39.55	28.26	200m:	3:20.76	26.20	300m:	5:16.68	30.61	400m:	6:42.39	20.95
2.	2014				()	6:50.51 I					
25m:	20.01	20.01	125m:	2:06.74	26.19	225m:	3:51.14	28.41	325m:	5:46.73	23.63
50m:	44.95	24.94	150m:	2:31.63	24.89	250m:	4:22.02	30.88	350m:	6:09.31	22.58
75m:	1:11.89	26.94	175m:	2:56.51	24.88	275m:	4:52.06	30.04	375m:	6:31.47	22.16
100m:	1:40.55	28.66	200m:	3:22.73	26.22	300m:	5:23.10	31.04	400m:	6:50.51	19.04
11 - 13											
1.	2011				()	5:53.07 III					
25m:	16.45	16.45	125m:	1:45.95	24.80	225m:	3:18.65	25.58	325m:	4:54.65	20.76
50m:	36.82	20.37	150m:	2:08.65	22.70	250m:	3:45.33	26.68	350m:	5:14.95	20.30
75m:	58.64	21.82	175m:	2:31.35	22.70	275m:	4:08.95	23.62	375m:	5:34.41	19.46
100m:	1:21.15	22.51	200m:	2:53.07	21.72	300m:	4:33.89	24.94	400m:	5:53.07	18.66
2.	2012				()	6:12.53 III					
25m:	18.50	18.50	125m:	1:54.00	25.20	225m:	3:30.55	26.15	325m:	5:13.86	19.78
50m:	41.14	22.64	150m:	2:17.51	23.51	250m:	3:58.10	27.55	350m:	5:33.41	19.55
75m:	1:04.42	23.28	175m:	2:41.34	23.83	275m:	4:26.50	28.40	375m:	5:53.48	20.07
100m:	1:28.80	24.38	200m:	3:04.40	23.06	300m:	4:54.08	27.58	400m:	6:12.53	19.05
3.	2012				()	6:28.80 III					
25m:	18.30	18.30	125m:	1:55.50	25.61	225m:	3:36.49	29.05	325m:	5:24.89	21.91
50m:	40.97	22.67	150m:	2:19.32	23.82	250m:	4:05.10	28.61	350m:	5:47.08	22.19
75m:	1:05.47	24.50	175m:	2:44.10	24.78	275m:	4:33.96	28.86	375m:	6:08.52	21.44
100m:	1:29.89	24.42	200m:	3:07.44	23.34	300m:	5:02.98	29.02	400m:	6:28.80	20.28
4.	2013				()	6:55.32 I					
25m:	22.24	22.24	125m:	2:11.19	26.25	225m:	3:53.97	27.45	325m:	5:42.52	23.70
50m:	48.49	26.25	150m:	2:36.86	25.67	250m:	4:21.80	27.83	350m:	6:07.30	24.78
75m:	1:16.49	28.00	175m:	3:02.10	25.24	275m:	4:50.78	28.98	375m:	6:31.60	24.30
100m:	1:44.94	28.45	200m:	3:26.52	24.42	300m:	5:18.82	28.04	400m:	6:55.32	23.72
5.	2013				()	6:56.93 I					
25m:	22.61	22.61	125m:	2:11.17	24.59	225m:	3:54.94	32.93	325m:	5:52.00	22.08
50m:	49.30	26.69	150m:	2:35.55	24.38	250m:	4:26.60	31.66	350m:	6:14.18	22.18
75m:	1:17.96	28.66	175m:	2:59.22	23.67	275m:	4:58.60	32.00	375m:	6:37.14	22.96
100m:	1:46.58	28.62	200m:	3:22.01	22.79	300m:	5:29.92	31.32	400m:	6:56.93	19.79
6.	2012				()	7:05.03 I					
25m:	21.60	21.60	125m:	2:18.43	27.23	225m:	4:02.90	27.35	325m:	5:53.13	23.11
50m:	49.78	28.18	150m:	2:44.06	25.63	250m:	4:33.06	30.16	350m:	6:18.37	25.24
75m:	1:20.45	30.67	175m:	3:09.64	25.58	275m:	4:59.92	26.86	375m:	6:42.46	24.09
100m:	1:51.20	30.75	200m:	3:35.55	25.91	300m:	5:30.02	30.10	400m:	7:05.03	22.57

20.12.2024

5, , 400m

14 - 17

1.			2010				()		4:50.05 I			
	25m:	13.04	13.04	125m:	1:18.94	17.11	225m:	2:34.15	22.83	325m:	3:59.92	16.77
	50m:	29.59	16.55	150m:	1:35.63	16.69	250m:	2:56.73	22.58	350m:	4:16.61	16.69
	75m:	44.53	14.94	175m:	1:53.63	18.00	275m:	3:19.92	23.19	375m:	4:33.58	16.97
	100m:	1:01.83	17.30	200m:	2:11.32	17.69	300m:	3:43.15	23.23	400m:	4:50.05	16.47
2.			2009				()		4:58.10 I			
	25m:	13.51	13.51	125m:	1:22.38	19.55	225m:	2:42.37	21.93	325m:	4:06.50	18.55
	50m:	29.15	15.64	150m:	1:41.44	19.06	250m:	3:03.66	21.29	350m:	4:23.89	17.39
	75m:	46.11	16.96	175m:	2:01.67	20.23	275m:	3:25.71	22.05	375m:	4:42.14	18.25
	100m:	1:02.83	16.72	200m:	2:20.44	18.77	300m:	3:47.95	22.24	400m:	4:58.10	15.96
3.			2010				()		5:13.57 II			
	25m:	14.16	14.16	125m:	1:30.67	20.14	225m:	2:51.15	21.65	325m:	4:19.45	19.22
	50m:	32.66	18.50	150m:	1:49.61	18.94	250m:	3:14.01	22.86	350m:	4:37.92	18.47
	75m:	50.69	18.03	175m:	2:09.21	19.60	275m:	3:36.81	22.80	375m:	4:56.47	18.55
	100m:	1:10.53	19.84	200m:	2:29.50	20.29	300m:	4:00.23	23.42	400m:	5:13.57	17.10
4.			2008				()		5:25.45 II			
	25m:	15.88	15.88	125m:	1:35.83	21.76	225m:	2:58.43	23.41	325m:	4:28.26	18.77
	50m:	35.28	19.40	150m:	1:55.24	19.41	250m:	3:21.80	23.37	350m:	4:47.26	19.00
	75m:	53.82	18.54	175m:	2:15.44	20.20	275m:	3:45.34	23.54	375m:	5:06.50	19.24
	100m:	1:14.07	20.25	200m:	2:35.02	19.58	300m:	4:09.49	24.15	400m:	5:25.45	18.95
5.			2010				()		5:35.18 II			
	25m:	15.66	15.66	125m:	1:37.33	22.64	225m:	3:07.17	24.87	325m:	4:40.59	19.35
	50m:	34.53	18.87	150m:	1:58.36	21.03	250m:	3:31.46	24.29	350m:	4:59.58	18.99
	75m:	54.90	20.37	175m:	2:20.81	22.45	275m:	3:56.59	25.13	375m:	5:17.90	18.32
	100m:	1:14.69	19.79	200m:	2:42.30	21.49	300m:	4:21.24	24.65	400m:	5:35.18	17.28
6.			2010				()		5:59.45 III			
	25m:	17.28	17.28	125m:	1:46.38	21.21	225m:	3:19.53	25.43	325m:	4:59.91	21.14
	50m:	39.38	22.10	150m:	2:08.19	21.81	250m:	3:45.69	26.16	350m:	5:21.08	21.17
	75m:	1:01.08	21.70	175m:	2:30.91	22.72	275m:	4:12.42	26.73	375m:	5:42.23	21.15
	100m:	1:25.17	24.09	200m:	2:54.10	23.19	300m:	4:38.77	26.35	400m:	5:59.45	17.22
7.			2010				()		6:01.47 III			
	25m:	17.87	17.87	125m:	1:51.66	22.92	225m:	3:25.49	24.58	325m:	5:02.35	21.75
	50m:	39.97	22.10	150m:	2:15.21	23.55	250m:	3:51.44	25.95	350m:	5:23.24	20.89
	75m:	1:04.29	24.32	175m:	2:38.53	23.32	275m:	4:15.44	24.00	375m:	5:44.25	21.01
	100m:	1:28.74	24.45	200m:	3:00.91	22.38	300m:	4:40.60	25.16	400m:	6:01.47	17.22