

		" , 25 - 27				" 13-14			11-12			
27.10.2023 - 13:25		, 400m							2009 - 2010			
: FINA 2023												
		/				rt						
1.		2009						4:09.31	617			
	50m:	28.14	28.14	150m:	1:30.51	31.56	250m:	2:34.33	31.96	350m:	3:38.13	31.88
	100m:	58.95	30.81	200m:	2:02.37	31.86	300m:	3:06.25	31.92	400m:	4:09.31	31.18
2.		2009						4:11.46	601			
	50m:	28.38	28.38	150m:	1:31.26	31.62	250m:	2:35.08	31.69	350m:	3:39.87	32.26
	100m:	59.64	31.26	200m:	2:03.39	32.13	300m:	3:07.61	32.53	400m:	4:11.46	31.59
3.		2009						4:13.90	584 1			
	50m:	27.13	27.13	150m:	1:30.06	32.29	250m:	2:35.19	32.54	350m:	3:41.72	33.10
	100m:	57.77	30.64	200m:	2:02.65	32.59	300m:	3:08.62	33.43	400m:	4:13.90	32.18
4.		2009 1						4:22.76	527 1			
	50m:	28.78	28.78	150m:	1:33.66	33.00	250m:	2:41.08	33.80	350m:	3:49.67	34.34
	100m:	1:00.66	31.88	200m:	2:07.28	33.62	300m:	3:15.33	34.25	400m:	4:22.76	33.09
5.		2009 1						4:29.15	490 2			
	50m:	29.84	29.84	150m:	1:36.51	33.89	250m:	2:45.77	34.71	350m:	3:55.62	34.97
	100m:	1:02.62	32.78	200m:	2:11.06	34.55	300m:	3:20.65	34.88	400m:	4:29.15	33.53
6.		2009 2						4:32.21	474 2			
	50m:	28.97	28.97	150m:	1:36.34	34.22	250m:	2:46.76	35.04	350m:	3:57.47	36.03
	100m:	1:02.12	33.15	200m:	2:11.72	35.38	300m:	3:21.44	34.68	400m:	4:32.21	34.74
7.		2009 1						4:32.28	473 2			
	50m:	29.40	29.40	150m:	1:36.38	34.08	250m:	2:46.75	35.20	350m:	3:57.98	35.66
	100m:	1:02.30	32.90	200m:	2:11.55	35.17	300m:	3:22.32	35.57	400m:	4:32.28	34.30
8.		2009 1						4:32.85	470 2			
	50m:	30.39	30.39	150m:	1:39.69	35.29	250m:	2:49.42	34.54	350m:	4:00.22	35.69
	100m:	1:04.40	34.01	200m:	2:14.88	35.19	300m:	3:24.53	35.11	400m:	4:32.85	32.63
9.		2010 2						4:34.29	463 2			
	50m:	31.60	31.60	150m:	1:41.08	35.08	250m:	2:51.39	34.81	350m:	4:01.50	35.19
	100m:	1:06.00	34.40	200m:	2:16.58	35.50	300m:	3:26.31	34.92	400m:	4:34.29	32.79
10.		2009 2						4:34.37	462 2			
	50m:	30.28	30.28	150m:	1:38.85	34.38	250m:	2:49.26	35.02	350m:	4:00.65	35.71
	100m:	1:04.47	34.19	200m:	2:14.24	35.39	300m:	3:24.94	35.68	400m:	4:34.37	33.72
11.		2009 2						4:35.76	455 2			
	50m:	29.56	29.56	150m:	1:36.72	34.18	250m:	2:47.67	35.73	350m:	3:59.35	35.89
	100m:	1:02.54	32.98	200m:	2:11.94	35.22	300m:	3:23.46	35.79	400m:	4:35.76	36.41
12.		2009 2						4:36.39	452 2			
	50m:	30.44	30.44	150m:	1:39.50	35.03	250m:	2:50.54	35.39	350m:	4:01.59	35.53
	100m:	1:04.47	34.03	200m:	2:15.15	35.65	300m:	3:26.06	35.52	400m:	4:36.39	34.80
13.		2009 2						4:37.59	447 2			
	50m:	30.06	30.06	150m:	1:38.13	34.62	250m:	2:50.79	36.55	350m:	4:03.12	36.00
	100m:	1:03.51	33.45	200m:	2:14.24	36.11	300m:	3:27.12	36.33	400m:	4:37.59	34.47
14.		2009 2						4:41.28	429 2			
	50m:	30.43	30.43	150m:	1:40.01	35.37	250m:	2:52.64	36.60	350m:	4:05.84	36.71
	100m:	1:04.64	34.21	200m:	2:16.04	36.03	300m:	3:29.13	36.49	400m:	4:41.28	35.44
15.		2009 1						4:41.30	429 2			
	50m:	29.75	29.75	150m:	1:38.23	35.33	250m:	2:50.84	36.23	350m:	4:05.26	37.11
	100m:	1:02.90	33.15	200m:	2:14.61	36.38	300m:	3:28.15	37.31	400m:	4:41.30	36.04
16.		2009 2						4:44.80	413 2			
	50m:	31.57	31.57	150m:	1:43.13	36.42	250m:	2:55.90	36.40	350m:	4:09.93	36.82
	100m:	1:06.71	35.14	200m:	2:19.50	36.37	300m:	3:33.11	37.21	400m:	4:44.80	34.87

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2023 .

30,		, 400m		2009 - 2010								
		/		rt								
17.				2010	2					4:44.90	413	2
	50m:	30.93	30.93	150m:	1:42.62	36.16	250m:	2:55.24	36.38	350m:	4:08.90	36.70
	100m:	1:06.46	35.53	200m:	2:18.86	36.24	300m:	3:32.20	36.96	400m:	4:44.90	36.00
18.				2010	2					4:44.92	413	2
	50m:	31.61	31.61	150m:	1:42.74	36.26	250m:	2:55.74	36.46	350m:	4:09.16	36.92
	100m:	1:06.48	34.87	200m:	2:19.28	36.54	300m:	3:32.24	36.50	400m:	4:44.92	35.76
19.				2009	2					4:46.66	405	2
	50m:	31.45	31.45	150m:	1:42.18	36.12	250m:	2:56.60	37.09	350m:	4:09.39	36.26
	100m:	1:06.06	34.61	200m:	2:19.51	37.33	300m:	3:33.13	36.53	400m:	4:46.66	37.27
20.				2009	2					4:47.92	400	2
	50m:	31.73	31.73	150m:	1:43.24	36.13	250m:	2:56.68	36.77	350m:	4:11.82	37.86
	100m:	1:07.11	35.38	200m:	2:19.91	36.67	300m:	3:33.96	37.28	400m:	4:47.92	36.10
21.				2009	2					4:48.81	396	2
	50m:	32.54	32.54	150m:	1:44.94	36.75	250m:	2:58.52	36.76	350m:	4:13.41	37.57
	100m:	1:08.19	35.65	200m:	2:21.76	36.82	300m:	3:35.84	37.32	400m:	4:48.81	35.40
22.				2009	2					4:53.83	376	2
	50m:	32.46	32.46	150m:	1:48.31	38.36	250m:	3:02.93	37.66	350m:	4:17.18	37.21
	100m:	1:09.95	37.49	200m:	2:25.27	36.96	300m:	3:39.97	37.04	400m:	4:53.83	36.65
23.				2009	2					4:55.10	372	2
	50m:	32.63	32.63	150m:	1:46.39	37.65	250m:	3:02.15	37.95	350m:	4:18.23	38.34
	100m:	1:08.74	36.11	200m:	2:24.20	37.81	300m:	3:39.89	37.74	400m:	4:55.10	36.87
24.				2009	2					4:55.78	369	2
	50m:	31.51	31.51	150m:	1:45.46	37.90	250m:	3:02.18	38.33	350m:	4:19.96	38.48
	100m:	1:07.56	36.05	200m:	2:23.85	38.39	300m:	3:41.48	39.30	400m:	4:55.78	35.82
25.				2010	2					4:56.06	368	2
	50m:	33.02	33.02	150m:	1:47.78	37.92	250m:	3:04.21	38.08	350m:	4:20.80	38.25
	100m:	1:09.86	36.84	200m:	2:26.13	38.35	300m:	3:42.55	38.34	400m:	4:56.06	35.26
26.				2010	3					4:57.32	363	2
	50m:	31.83	31.83	150m:	1:45.49	37.65	250m:	3:01.57	37.74	350m:	4:19.54	39.18
	100m:	1:07.84	36.01	200m:	2:23.83	38.34	300m:	3:40.36	38.79	400m:	4:57.32	37.78
27.				2009	2					4:59.34	356	2
	50m:	32.88	32.88	150m:	1:46.58	37.87	250m:	3:03.63	38.29	350m:	4:21.02	38.88
	100m:	1:08.71	35.83	200m:	2:25.34	38.76	300m:	3:42.14	38.51	400m:	4:59.34	38.32
28.				2010	2					5:00.46	352	2
	50m:	33.60	33.60	150m:	1:48.52	37.07	250m:	3:05.52	37.77	350m:	4:22.79	39.36
	100m:	1:11.45	37.85	200m:	2:27.75	39.23	300m:	3:43.43	37.91	400m:	5:00.46	37.67
29.				2010	2					5:00.79	351	2
	50m:	32.35	32.35	150m:	1:47.93	38.08	250m:	3:05.48	38.66	350m:	4:23.47	39.04
	100m:	1:09.85	37.50	200m:	2:26.82	38.89	300m:	3:44.43	38.95	400m:	5:00.79	37.32
				2009	2					5:00.79	351	2
	50m:	32.04	32.04	150m:	1:45.95	37.56	250m:	3:04.21	39.10	350m:	4:23.37	39.57
	100m:	1:08.39	36.35	200m:	2:25.11	39.16	300m:	3:43.80	39.59	400m:	5:00.79	37.42
31.				2010	2					5:01.36	349	2
	50m:	31.27	31.27	150m:	1:45.52	37.73	250m:	3:03.95	39.73	350m:	4:23.20	39.52
	100m:	1:07.79	36.52	200m:	2:24.22	38.70	300m:	3:43.68	39.73	400m:	5:01.36	38.16
32.				2009	2					5:01.51	348	2
	50m:	34.17	34.17	150m:	1:50.33	38.32	250m:	3:07.22	38.48	350m:	4:24.31	38.42
	100m:	1:12.01	37.84	200m:	2:28.74	38.41	300m:	3:45.89	38.67	400m:	5:01.51	37.20
33.				2009	2					5:01.94	347	2
	50m:	33.68	33.68	150m:	1:50.32	38.90	250m:	3:07.65	38.88	350m:	4:24.95	38.79
	100m:	1:11.42	37.74	200m:	2:28.77	38.45	300m:	3:46.16	38.51	400m:	5:01.94	36.99

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30,		, 400m		2009 - 2010								
		/		rt								
34.				2009	2					5:02.65	344	2
	50m:	33.67	33.67	150m:	1:48.29	37.98	250m:	3:05.74	39.30	350m:	4:24.80	39.18
	100m:	1:10.31	36.64	200m:	2:26.44	38.15	300m:	3:45.62	39.88	400m:	5:02.65	37.85
35.				2010	2					5:03.78	341	3
	50m:	32.85	32.85	150m:	1:48.94	38.46	250m:	3:06.64	38.84	350m:	4:25.69	39.87
	100m:	1:10.48	37.63	200m:	2:27.80	38.86	300m:	3:45.82	39.18	400m:	5:03.78	38.09
36.				2009	2					5:06.64	331	3
	50m:	32.53	32.53	150m:	1:46.27	37.25	250m:	3:05.87	40.26	350m:	4:27.41	40.57
	100m:	1:09.02	36.49	200m:	2:25.61	39.34	300m:	3:46.84	40.97	400m:	5:06.64	39.23
37.				2010	2					5:06.79	331	3
	50m:	34.66	34.66	150m:	1:51.55	39.16	250m:	3:10.73	39.34	350m:	4:30.19	39.71
	100m:	1:12.39	37.73	200m:	2:31.39	39.84	300m:	3:50.48	39.75	400m:	5:06.79	36.60
38.				2010	2					5:08.07	327	3
	50m:	34.19	34.19	150m:	1:52.24	39.58	250m:	3:11.08	39.57	350m:	4:29.93	39.88
	100m:	1:12.66	38.47	200m:	2:31.51	39.27	300m:	3:50.05	38.97	400m:	5:08.07	38.14
39.				2009	3					5:08.54	325	3
	50m:	32.82	32.82	150m:	1:48.71	38.72	250m:	3:08.50	40.32	350m:	4:30.14	41.27
	100m:	1:09.99	37.17	200m:	2:28.18	39.47	300m:	3:48.87	40.37	400m:	5:08.54	38.40
40.				2009	3					5:10.38	319	3
	50m:	33.16	33.16	150m:	1:52.28	40.64	250m:	3:11.99	39.97	350m:	4:32.40	40.46
	100m:	1:11.64	38.48	200m:	2:32.02	39.74	300m:	3:51.94	39.95	400m:	5:10.38	37.98
41.				2010	2					5:15.40	304	3
	50m:	33.67	33.67	150m:	1:51.35	39.83	250m:	3:13.18	41.03	350m:	4:36.46	41.56
	100m:	1:11.52	37.85	200m:	2:32.15	40.80	300m:	3:54.90	41.72	400m:	5:15.40	38.94
42.				2010	2					5:15.74	303	3
	50m:	33.87	33.87	150m:	1:54.60	40.97	250m:	3:15.54	39.97	350m:	4:36.68	40.17
	100m:	1:13.63	39.76	200m:	2:35.57	40.97	300m:	3:56.51	40.97	400m:	5:15.74	39.06
43.				2010	2					5:18.67	295	3
	50m:	35.73	35.73	150m:	1:57.35	41.20	250m:	3:19.27	40.80	350m:	4:39.31	39.89
	100m:	1:16.15	40.42	200m:	2:38.47	41.12	300m:	3:59.42	40.15	400m:	5:18.67	39.36
44.				2010	3					5:20.10	291	3
	50m:	33.19	33.19	150m:	1:53.03	41.36	250m:	3:17.29	41.03	350m:	4:41.02	41.33
	100m:	1:11.67	38.48	200m:	2:36.26	43.23	300m:	3:59.69	42.40	400m:	5:20.10	39.08
45.				2010	2					5:20.35	290	3
	50m:	36.43	36.43	150m:	1:56.49	40.24	250m:	3:18.51	40.41	350m:	4:40.34	40.74
	100m:	1:16.25	39.82	200m:	2:38.10	41.61	300m:	3:59.60	41.09	400m:	5:20.35	40.01
46.				2010	2					5:27.43	272	3
	50m:	34.91	34.91	150m:	1:58.24	42.46	250m:	3:22.76	42.26	350m:	4:48.90	42.76
	100m:	1:15.78	40.87	200m:	2:40.50	42.26	300m:	4:06.14	43.38	400m:	5:27.43	38.53
47.				2010	3					5:28.10	270	3
	50m:	37.45	37.45	150m:	2:01.13	42.56	250m:	3:25.30	42.10	350m:	4:48.99	41.92
	100m:	1:18.57	41.12	200m:	2:43.20	42.07	300m:	4:07.07	41.77	400m:	5:28.10	39.11
48.				2010	3					5:38.47	246	3
	50m:	36.07	36.07	150m:	2:00.62	43.29	250m:	3:28.73	44.51	350m:	4:56.00	43.30
	100m:	1:17.33	41.26	200m:	2:44.22	43.60	300m:	4:12.70	43.97	400m:	5:38.47	42.47
49.				2010	3					5:49.99	223	1
	50m:	37.94	37.94	150m:	2:05.12	44.59	250m:	3:36.93	46.40	350m:	5:06.93	44.02
	100m:	1:20.53	42.59	200m:	2:50.53	45.41	300m:	4:22.91	45.98	400m:	5:49.99	43.06
50.				2010	3					5:50.05	222	1
	50m:	37.38	37.38	150m:	2:07.18	46.02	250m:	3:39.08	46.21	350m:	5:08.53	43.48
	100m:	1:21.16	43.78	200m:	2:52.87	45.69	300m:	4:25.05	45.97	400m:	5:50.05	41.52

	30,	400m					2009 - 2010					
			/					rt				
51.			2010						5:52.28	218	1	
	50m:	38.48	38.48	150m:	2:06.11	44.98	250m:	3:37.42	45.72	350m:	5:09.48	45.54
	100m:	1:21.13	42.65	200m:	2:51.70	45.59	300m:	4:23.94	46.52	400m:	5:52.28	42.80
52.			2009	1						6:46.15	142	2
	50m:	39.80	39.80	150m:	2:22.04	52.26	250m:	4:09.43	53.56	350m:	5:57.26	53.58
	100m:	1:29.78	49.98	200m:	3:15.87	53.83	300m:	5:03.68	54.25	400m:	6:46.15	48.89
EXH			2010	2						4:33.52	467	2
	50m:	31.04	31.04	150m:	1:41.07	35.46	250m:	2:52.00	35.47	350m:	4:01.46	33.84
	100m:	1:05.61	34.57	200m:	2:16.53	35.46	300m:	3:27.62	35.62	400m:	4:33.52	32.06