

, 04 - 06 2023 .

13
04.10.2023 - 15:43

, 400m

2010 . .

: FINA 2023

2010 . .

1.				09					4:36.39	586		
	50m:	31.34	31.34	150m:	1:41.10	35.32	250m:	2:52.25	35.37	350m:	4:03.53	35.43
	100m:	1:05.78	34.44	200m:	2:16.88	35.78	300m:	3:28.10	35.85	400m:	4:36.39	32.86
2.				10						4:37.37	579	
	50m:	32.88	32.88	150m:	1:43.04	35.37	250m:	2:53.89	35.31	350m:	4:04.04	34.96
	100m:	1:07.67	34.79	200m:	2:18.58	35.54	300m:	3:29.08	35.19	400m:	4:37.37	33.33
3.				07						4:38.99	569	1
	50m:	31.47	31.47	150m:	1:41.80	35.76	250m:	2:52.77	35.39	350m:	4:04.43	36.03
	100m:	1:06.04	34.57	200m:	2:17.38	35.58	300m:	3:28.40	35.63	400m:	4:38.99	34.56
4.				10						4:40.31	561	1
	50m:	32.00	32.00	150m:	1:42.67	35.55	250m:	2:53.97	35.86	350m:	4:05.83	36.16
	100m:	1:07.12	35.12	200m:	2:18.11	35.44	300m:	3:29.67	35.70	400m:	4:40.31	34.48
5.				06						4:41.14	556	1
	50m:	32.10	32.10	150m:	1:42.47	35.50	250m:	2:53.52	35.67	350m:	4:05.46	36.07
	100m:	1:06.97	34.87	200m:	2:17.85	35.38	300m:	3:29.39	35.87	400m:	4:41.14	35.68
6.				07						4:44.34	538	1
	50m:	31.18	31.18	150m:	1:41.31	35.81	250m:	2:54.02	36.90	350m:	4:08.21	37.52
	100m:	1:05.50	34.32	200m:	2:17.12	35.81	300m:	3:30.69	36.67	400m:	4:44.34	36.13
7.				05						4:47.82	518	1
	50m:	32.28	32.28	150m:	1:45.13	37.02	250m:	3:00.10	37.23	350m:	4:13.10	36.26
	100m:	1:08.11	35.83	200m:	2:22.87	37.74	300m:	3:36.84	36.74	400m:	4:47.82	34.72
8.				08						4:48.29	516	1
	50m:	32.03	32.03	150m:	1:43.25	36.15	250m:	2:57.12	37.21	350m:	4:12.45	37.75
	100m:	1:07.10	35.07	200m:	2:19.91	36.66	300m:	3:34.70	37.58	400m:	4:48.29	35.84
9.				09						4:49.39	510	1
	50m:	31.66	31.66	150m:	1:43.74	37.01	250m:	2:58.35	37.43	350m:	4:12.89	36.97
	100m:	1:06.73	35.07	200m:	2:20.92	37.18	300m:	3:35.92	37.57	400m:	4:49.39	36.50
10.				09						4:51.22	501	1
	50m:	31.56	31.56	150m:	1:44.49	37.18	250m:	2:58.98	37.42	350m:	4:15.02	38.03
	100m:	1:07.31	35.75	200m:	2:21.56	37.07	300m:	3:36.99	38.01	400m:	4:51.22	36.20
11.				08						4:54.83	482	1
	50m:	34.34	34.34	150m:	1:47.91	36.93	250m:	3:03.09	37.54	350m:	4:18.64	37.48
	100m:	1:10.98	36.64	200m:	2:25.55	37.64	300m:	3:41.16	38.07	400m:	4:54.83	36.19
12.				09						4:55.59	479	1
	50m:	32.90	32.90	150m:	1:47.49	37.72	250m:	3:03.94	38.20	350m:	4:20.24	37.95
	100m:	1:09.77	36.87	200m:	2:25.74	38.25	300m:	3:42.29	38.35	400m:	4:55.59	35.35
13.				10						4:56.46	474	2
	50m:	32.49	32.49	150m:	1:47.23	37.46	250m:	3:03.58	38.29	350m:	4:19.94	37.94
	100m:	1:09.77	37.28	200m:	2:25.29	38.06	300m:	3:42.00	38.42	400m:	4:56.46	36.52
14.				09						4:56.94	472	2
	50m:	33.58	33.58	150m:	1:50.86	38.88	250m:	3:07.50	38.14	350m:	4:24.38	38.70
	100m:	1:11.98	38.40	200m:	2:29.36	38.50	300m:	3:45.68	38.18	400m:	4:56.94	32.56
15.				10						4:57.14	471	2
	50m:	33.18	33.18	150m:	1:46.20	37.00	250m:	3:02.28	37.98	350m:	4:19.69	38.72
	100m:	1:09.20	36.02	200m:	2:24.30	38.10	300m:	3:40.97	38.69	400m:	4:57.14	37.45

ALGE TIMING

, 04 - 06 2023 .

13, , 400m , 2010 . .

16.			08					5:00.39	456	2		
	50m:	33.60	33.60	150m:	1:48.68	38.03	250m:	3:05.24	37.92	350m:	4:22.38	38.72
	100m:	1:10.65	37.05	200m:	2:27.32	38.64	300m:	3:43.66	38.42	400m:	5:00.39	38.01
17.			08					5:00.51	455	2		
	50m:	32.96	32.96	150m:	1:47.17	37.77	250m:	3:04.27	38.52	350m:	4:21.93	38.71
	100m:	1:09.40	36.44	200m:	2:25.75	38.58	300m:	3:43.22	38.95	400m:	5:00.51	38.58
18.			09					5:09.09	419	2		
	50m:	33.37	33.37	150m:	1:50.48	39.29	250m:	3:09.61	39.36	350m:	4:30.30	39.87
	100m:	1:11.19	37.82	200m:	2:30.25	39.77	300m:	3:50.43	40.82	400m:	5:09.09	38.79
19.			10					5:17.26	387	2		
	50m:	35.34	35.34	150m:	1:54.35	40.01	250m:	3:15.46	40.97	350m:	4:37.12	40.90
	100m:	1:14.34	39.00	200m:	2:34.49	40.14	300m:	3:56.22	40.76	400m:	5:17.26	40.14
20.			10					5:17.84	385	2		
	50m:	35.96	35.96	150m:	1:55.94	40.35	250m:	3:17.92	40.99	350m:	4:39.25	40.47
	100m:	1:15.59	39.63	200m:	2:36.93	40.99	300m:	3:58.78	40.86	400m:	5:17.84	38.59
21.			09					5:21.39	372	2		
	50m:	35.08	35.08	150m:	1:55.64	40.92	250m:	3:18.19	41.20	350m:	4:40.38	41.23
	100m:	1:14.72	39.64	200m:	2:36.99	41.35	300m:	3:59.15	40.96	400m:	5:21.39	41.01
22.			09					5:21.75	371	2		
	50m:	35.04	35.04	150m:	1:53.59	39.95	250m:	3:16.64	41.36	350m:	4:40.60	42.28
	100m:	1:13.64	38.60	200m:	2:35.28	41.69	300m:	3:58.32	41.68	400m:	5:21.75	41.15
23.			10					5:27.55	352	2		
	50m:	35.72	35.72	150m:	1:56.61	41.03	250m:	3:19.34	41.27	350m:	4:44.21	42.81
	100m:	1:15.58	39.86	200m:	2:38.07	41.46	300m:	4:01.40	42.06	400m:	5:27.55	43.34
24.			09					5:30.45	342	2		
	50m:	35.75	35.75	150m:	1:58.67	42.00	250m:	3:24.94	43.24	350m:	4:50.11	42.16
	100m:	1:16.67	40.92	200m:	2:41.70	43.03	300m:	4:07.95	43.01	400m:	5:30.45	40.34
25.			09					5:33.28	334	2		
	50m:	36.69	36.69	150m:	1:59.40	41.97	250m:	3:25.98	43.72	350m:	4:53.17	43.30
	100m:	1:17.43	40.74	200m:	2:42.26	42.86	300m:	4:09.87	43.89	400m:	5:33.28	40.11
26.			09					5:34.82	329	2		
	50m:	36.45	36.45	150m:	2:00.60	42.50	250m:	3:26.55	42.60	350m:	4:52.22	42.44
	100m:	1:18.10	41.65	200m:	2:43.95	43.35	300m:	4:09.78	43.23	400m:	5:34.82	42.60
DNS			10									
2006-2008												
1.			07					4:38.99	569	1		
	50m:	31.47	31.47	150m:	1:41.80	35.76	250m:	2:52.77	35.39	350m:	4:04.43	36.03
	100m:	1:06.04	34.57	200m:	2:17.38	35.58	300m:	3:28.40	35.63	400m:	4:38.99	34.56
2.			06					4:41.14	556	1		
	50m:	32.10	32.10	150m:	1:42.47	35.50	250m:	2:53.52	35.67	350m:	4:05.46	36.07
	100m:	1:06.97	34.87	200m:	2:17.85	35.38	300m:	3:29.39	35.87	400m:	4:41.14	35.68
3.			07					4:44.34	538	1		
	50m:	31.18	31.18	150m:	1:41.31	35.81	250m:	2:54.02	36.90	350m:	4:08.21	37.52
	100m:	1:05.50	34.32	200m:	2:17.12	35.81	300m:	3:30.69	36.67	400m:	4:44.34	36.13
4.			08					4:48.29	516	1		
	50m:	32.03	32.03	150m:	1:43.25	36.15	250m:	2:57.12	37.21	350m:	4:12.45	37.75
	100m:	1:07.10	35.07	200m:	2:19.91	36.66	300m:	3:34.70	37.58	400m:	4:48.29	35.84
5.			08					4:54.83	482	1		
	50m:	34.34	34.34	150m:	1:47.91	36.93	250m:	3:03.09	37.54	350m:	4:18.64	37.48
	100m:	1:10.98	36.64	200m:	2:25.55	37.64	300m:	3:41.16	38.07	400m:	4:54.83	36.19

ALGE TIMING

, 04 - 06 2023 .

13, , 400m , 2006-2008

6. , 08 **5:00.39** 456 2
 50m: 33.60 33.60 150m: 1:48.68 38.03 250m: 3:05.24 37.92 350m: 4:22.38 38.72
 100m: 1:10.65 37.05 200m: 2:27.32 38.64 300m: 3:43.66 38.42 400m: 5:00.39 38.01

7. , 08 **5:00.51** 455 2
 50m: 32.96 32.96 150m: 1:47.17 37.77 250m: 3:04.27 38.52 350m: 4:21.93 38.71
 100m: 1:09.40 36.44 200m: 2:25.75 38.58 300m: 3:43.22 38.95 400m: 5:00.51 38.58

2009-2010

1. , 09 **4:36.39** 586
 50m: 31.34 31.34 150m: 1:41.10 35.32 250m: 2:52.25 35.37 350m: 4:03.53 35.43
 100m: 1:05.78 34.44 200m: 2:16.88 35.78 300m: 3:28.10 35.85 400m: 4:36.39 32.86

2. , 10 **4:37.37** 579
 50m: 32.88 32.88 150m: 1:43.04 35.37 250m: 2:53.89 35.31 350m: 4:04.04 34.96
 100m: 1:07.67 34.79 200m: 2:18.58 35.54 300m: 3:29.08 35.19 400m: 4:37.37 33.33

3. , 10 **4:40.31** 561 1
 50m: 32.00 32.00 150m: 1:42.67 35.55 250m: 2:53.97 35.86 350m: 4:05.83 36.16
 100m: 1:07.12 35.12 200m: 2:18.11 35.44 300m: 3:29.67 35.70 400m: 4:40.31 34.48

4. , 09 **4:49.39** 510 1
 50m: 31.66 31.66 150m: 1:43.74 37.01 250m: 2:58.35 37.43 350m: 4:12.89 36.97
 100m: 1:06.73 35.07 200m: 2:20.92 37.18 300m: 3:35.92 37.57 400m: 4:49.39 36.50

5. , 09 **4:51.22** 501 1
 50m: 31.56 31.56 150m: 1:44.49 37.18 250m: 2:58.98 37.42 350m: 4:15.02 38.03
 100m: 1:07.31 35.75 200m: 2:21.56 37.07 300m: 3:36.99 38.01 400m: 4:51.22 36.20

6. , 09 **4:55.59** 479 1
 50m: 32.90 32.90 150m: 1:47.49 37.72 250m: 3:03.94 38.20 350m: 4:20.24 37.95
 100m: 1:09.77 36.87 200m: 2:25.74 38.25 300m: 3:42.29 38.35 400m: 4:55.59 35.35

7. , 10 **4:56.46** 474 2
 50m: 32.49 32.49 150m: 1:47.23 37.46 250m: 3:03.58 38.29 350m: 4:19.94 37.94
 100m: 1:09.77 37.28 200m: 2:25.29 38.06 300m: 3:42.00 38.42 400m: 4:56.46 36.52

8. , 09 **4:56.94** 472 2
 50m: 33.58 33.58 150m: 1:50.86 38.88 250m: 3:07.50 38.14 350m: 4:24.38 38.70
 100m: 1:11.98 38.40 200m: 2:29.36 38.50 300m: 3:45.68 38.18 400m: 4:56.94 32.56

9. , 10 **4:57.14** 471 2
 50m: 33.18 33.18 150m: 1:46.20 37.00 250m: 3:02.28 37.98 350m: 4:19.69 38.72
 100m: 1:09.20 36.02 200m: 2:24.30 38.10 300m: 3:40.97 38.69 400m: 4:57.14 37.45

10. , 09 **5:09.09** 419 2
 50m: 33.37 33.37 150m: 1:50.48 39.29 250m: 3:09.61 39.36 350m: 4:30.30 39.87
 100m: 1:11.19 37.82 200m: 2:30.25 39.77 300m: 3:50.43 40.82 400m: 5:09.09 38.79

11. , 10 **5:17.26** 387 2
 50m: 35.34 35.34 150m: 1:54.35 40.01 250m: 3:15.46 40.97 350m: 4:37.12 40.90
 100m: 1:14.34 39.00 200m: 2:34.49 40.14 300m: 3:56.22 40.76 400m: 5:17.26 40.14

12. , 10 **5:17.84** 385 2
 50m: 35.96 35.96 150m: 1:55.94 40.35 250m: 3:17.92 40.99 350m: 4:39.25 40.47
 100m: 1:15.59 39.63 200m: 2:36.93 40.99 300m: 3:58.78 40.86 400m: 5:17.84 38.59

13. , 09 **5:21.39** 372 2
 50m: 35.08 35.08 150m: 1:55.64 40.92 250m: 3:18.19 41.20 350m: 4:40.38 41.23
 100m: 1:14.72 39.64 200m: 2:36.99 41.35 300m: 3:59.15 40.96 400m: 5:21.39 41.01

14. , 09 **5:21.75** 371 2
 50m: 35.04 35.04 150m: 1:53.59 39.95 250m: 3:16.64 41.36 350m: 4:40.60 42.28
 100m: 1:13.64 38.60 200m: 2:35.28 41.69 300m: 3:58.32 41.68 400m: 5:21.75 41.15

