

, 04 - 06 2023 .

14 , 400m 2008 . .
04.10.2023 - 16:07

: FINA 2023

2008 . .

1.					08					4:01.71	677	
	50m:	26.00	26.00	150m:	1:26.17	30.68	250m:	2:28.66	31.31	350m:	3:31.33	31.13
	100m:	55.49	29.49	200m:	1:57.35	31.18	300m:	3:00.20	31.54	400m:	4:01.71	30.38
2.					05					4:04.80	651	
	50m:	27.72	27.72	150m:	1:28.40	30.83	250m:	2:31.08	31.20	350m:	3:34.02	31.44
	100m:	57.57	29.85	200m:	1:59.88	31.48	300m:	3:02.58	31.50	400m:	4:04.80	30.78
3.					08					4:06.10	641	
	50m:	27.65	27.65	150m:	1:29.13	31.00	250m:	2:31.63	31.26	350m:	3:35.33	31.77
	100m:	58.13	30.48	200m:	2:00.37	31.24	300m:	3:03.56	31.93	400m:	4:06.10	30.77
4.					05					4:08.66	621	
	50m:	27.24	27.24	150m:	1:28.99	31.16	250m:	2:32.58	31.97	350m:	3:36.98	32.41
	100m:	57.83	30.59	200m:	2:00.61	31.62	300m:	3:04.57	31.99	400m:	4:08.66	31.68
5.					08					4:09.27	617	
	50m:	27.61	27.61	150m:	1:30.06	31.53	250m:	2:33.77	31.94	350m:	3:37.91	32.13
	100m:	58.53	30.92	200m:	2:01.83	31.77	300m:	3:05.78	32.01	400m:	4:09.27	31.36
6.					04					4:12.58	593 1	
	50m:	27.45	27.45	150m:	1:30.12	31.47	250m:	2:33.64	31.98	350m:	3:39.54	33.51
	100m:	58.65	31.20	200m:	2:01.66	31.54	300m:	3:06.03	32.39	400m:	4:12.58	33.04
7.					05					4:16.84	564 1	
	50m:	29.49	29.49	150m:	1:33.49	32.02	250m:	2:37.86	31.97	350m:	3:43.97	33.36
	100m:	1:01.47	31.98	200m:	2:05.89	32.40	300m:	3:10.61	32.75	400m:	4:16.84	32.87
8.					08					4:19.72	545 1	
	50m:	29.05	29.05	150m:	1:33.96	32.91	250m:	2:40.38	32.69	350m:	3:47.72	33.63
	100m:	1:01.05	32.00	200m:	2:07.69	33.73	300m:	3:14.09	33.71	400m:	4:19.72	32.00
9.					04					4:19.74	545 1	
	50m:	29.17	29.17	150m:	1:34.10	32.95	250m:	2:39.72	32.68	350m:	3:47.04	33.21
	100m:	1:01.15	31.98	200m:	2:07.04	32.94	300m:	3:13.83	34.11	400m:	4:19.74	32.70
10.					07					4:19.96	544 1	
	50m:	29.91	29.91	150m:	1:36.65	33.50	250m:	2:43.52	33.32	350m:	3:50.41	33.39
	100m:	1:03.15	33.24	200m:	2:10.20	33.55	300m:	3:17.02	33.50	400m:	4:19.96	29.55
11.					06					4:21.78	533 1	
	50m:	29.44	29.44	150m:	1:34.27	32.40	250m:	2:41.22	33.84	350m:	3:49.87	34.35
	100m:	1:01.87	32.43	200m:	2:07.38	33.11	300m:	3:15.52	34.30	400m:	4:21.78	31.91
12.					07					4:22.37	529 1	
	50m:	29.86	29.86	150m:	1:36.57	33.69	250m:	2:44.06	33.66	350m:	3:50.87	33.18
	100m:	1:02.88	33.02	200m:	2:10.40	33.83	300m:	3:17.69	33.63	400m:	4:22.37	31.50
13.					08					4:22.80	526 1	
	50m:	29.58	29.58	150m:	1:35.35	33.12	250m:	2:41.93	33.51	350m:	3:49.99	33.78
	100m:	1:02.23	32.65	200m:	2:08.42	33.07	300m:	3:16.21	34.28	400m:	4:22.80	32.81
14.					08					4:23.23	524 1	
	50m:	29.41	29.41	150m:	1:35.20	33.13	250m:	2:42.99	33.72	350m:	3:50.90	33.78
	100m:	1:02.07	32.66	200m:	2:09.27	34.07	300m:	3:17.12	34.13	400m:	4:23.23	32.33
15.					06					4:24.12	518 1	
	50m:	28.53	28.53	150m:	1:33.50	33.19	250m:	2:41.17	34.04	350m:	3:50.96	35.03
	100m:	1:00.31	31.78	200m:	2:07.13	33.63	300m:	3:15.93	34.76	400m:	4:24.12	33.16

ALGE TIMING

, 04 - 06 2023 .

14, , 400m , 2008 . .

16.				08					4:24.80	514	1	
	50m:	29.76	29.76	150m:	1:36.95	33.71	250m:	2:44.93	33.69	350m:	3:52.93	34.01
	100m:	1:03.24	33.48	200m:	2:11.24	34.29	300m:	3:18.92	33.99	400m:	4:24.80	31.87
17.				08						4:26.07	507	1
	50m:	29.47	29.47	150m:	1:35.10	32.94	250m:	2:43.61	34.22	350m:	3:52.44	34.36
	100m:	1:02.16	32.69	200m:	2:09.39	34.29	300m:	3:18.08	34.47	400m:	4:26.07	33.63
18.				08						4:26.30	506	1
	50m:	30.24	30.24	150m:	1:36.16	33.34	250m:	2:43.93	34.12	350m:	3:53.02	34.33
	100m:	1:02.82	32.58	200m:	2:09.81	33.65	300m:	3:18.69	34.76	400m:	4:26.30	33.28
19.				07						4:27.05	502	1
	50m:	29.19	29.19	150m:	1:35.33	33.74	250m:	2:44.22	34.41	350m:	3:54.47	35.20
	100m:	1:01.59	32.40	200m:	2:09.81	34.48	300m:	3:19.27	35.05	400m:	4:27.05	32.58
20.				06						4:29.84	486	2
	50m:	30.20	30.20	150m:	1:38.33	34.44	250m:	2:47.27	34.42	350m:	3:56.19	34.53
	100m:	1:03.89	33.69	200m:	2:12.85	34.52	300m:	3:21.66	34.39	400m:	4:29.84	33.65
21.				08						4:31.21	479	2
	50m:	29.73	29.73	150m:	1:37.31	34.34	250m:	2:47.29	35.07	350m:	3:57.94	35.45
	100m:	1:02.97	33.24	200m:	2:12.22	34.91	300m:	3:22.49	35.20	400m:	4:31.21	33.27
22.				06						4:31.28	478	2
	50m:	29.67	29.67	150m:	1:36.62	33.50	250m:	2:45.39	34.32	350m:	3:55.54	35.47
	100m:	1:03.12	33.45	200m:	2:11.07	34.45	300m:	3:20.07	34.68	400m:	4:31.28	35.74
23.				07						4:37.63	446	2
	50m:	29.63	29.63	150m:	1:37.53	34.31	250m:	2:49.49	36.46	350m:	4:03.23	36.65
	100m:	1:03.22	33.59	200m:	2:13.03	35.50	300m:	3:26.58	37.09	400m:	4:37.63	34.40
24.				08						4:37.74	446	2
	50m:	30.39	30.39	150m:	1:38.07	34.39	250m:	2:49.50	35.97	350m:	4:02.43	36.82
	100m:	1:03.68	33.29	200m:	2:13.53	35.46	300m:	3:25.61	36.11	400m:	4:37.74	35.31
25.				08						4:37.96	445	2
	50m:	30.97	30.97	150m:	1:41.78	36.05	250m:	2:53.17	35.60	350m:	4:05.25	35.77
	100m:	1:05.73	34.76	200m:	2:17.57	35.79	300m:	3:29.48	36.31	400m:	4:37.96	32.71
26.				08						4:38.53	442	2
	50m:	29.34	29.34	150m:	1:38.49	35.01	250m:	2:50.77	36.35	350m:	4:03.81	36.74
	100m:	1:03.48	34.14	200m:	2:14.42	35.93	300m:	3:27.07	36.30	400m:	4:38.53	34.72
27.				08						4:38.90	440	2
	50m:	30.63	30.63	150m:	1:41.14	35.83	250m:	2:52.96	35.71	350m:	4:04.32	35.55
	100m:	1:05.31	34.68	200m:	2:17.25	36.11	300m:	3:28.77	35.81	400m:	4:38.90	34.58
28.				08						4:38.96	440	2
	50m:	31.26	31.26	150m:	1:40.56	35.08	250m:	2:52.39	36.12	350m:	4:04.70	36.15
	100m:	1:05.48	34.22	200m:	2:16.27	35.71	300m:	3:28.55	36.16	400m:	4:38.96	34.26
29.				08						4:39.73	436	2
	50m:	31.18	31.18	150m:	1:40.55	35.33	250m:	2:51.90	34.84	350m:	4:03.98	36.28
	100m:	1:05.22	34.04	200m:	2:17.06	36.51	300m:	3:27.70	35.80	400m:	4:39.73	35.75
30.				08						4:44.60	414	2
	50m:	30.56	30.56	150m:	1:40.33	35.41	250m:	2:53.61	36.81	350m:	4:08.03	37.20
	100m:	1:04.92	34.36	200m:	2:16.80	36.47	300m:	3:30.83	37.22	400m:	4:44.60	36.57
31.				08						4:45.62	410	2
	50m:	31.09	31.09	150m:	1:41.73	36.17	250m:	2:54.87	36.69	350m:	4:09.38	37.05
	100m:	1:05.56	34.47	200m:	2:18.18	36.45	300m:	3:32.33	37.46	400m:	4:45.62	36.24
32.				06						5:15.46	304	3
	50m:	34.43	34.43	150m:	1:55.56	40.72	250m:	3:17.16	40.69	350m:	4:37.39	40.06
	100m:	1:14.84	40.41	200m:	2:36.47	40.91	300m:	3:57.33	40.17	400m:	5:15.46	38.07

ALGE TIMING

14, , 400m , 2008 . .

DNS , 06
DNS , 07

2005-2006

1.												4:04.80	651
	50m:	27.72	27.72	150m:	1:28.40	30.83	250m:	2:31.08	31.20	350m:	3:34.02	31.44	
	100m:	57.57	29.85	200m:	1:59.88	31.48	300m:	3:02.58	31.50	400m:	4:04.80	30.78	
2.												4:08.66	621
	50m:	27.24	27.24	150m:	1:28.99	31.16	250m:	2:32.58	31.97	350m:	3:36.98	32.41	
	100m:	57.83	30.59	200m:	2:00.61	31.62	300m:	3:04.57	31.99	400m:	4:08.66	31.68	
3.												4:16.84	564 1
	50m:	29.49	29.49	150m:	1:33.49	32.02	250m:	2:37.86	31.97	350m:	3:43.97	33.36	
	100m:	1:01.47	31.98	200m:	2:05.89	32.40	300m:	3:10.61	32.75	400m:	4:16.84	32.87	
4.												4:21.78	533 1
	50m:	29.44	29.44	150m:	1:34.27	32.40	250m:	2:41.22	33.84	350m:	3:49.87	34.35	
	100m:	1:01.87	32.43	200m:	2:07.38	33.11	300m:	3:15.52	34.30	400m:	4:21.78	31.91	
5.												4:24.12	518 1
	50m:	28.53	28.53	150m:	1:33.50	33.19	250m:	2:41.17	34.04	350m:	3:50.96	35.03	
	100m:	1:00.31	31.78	200m:	2:07.13	33.63	300m:	3:15.93	34.76	400m:	4:24.12	33.16	
6.												4:29.84	486 2
	50m:	30.20	30.20	150m:	1:38.33	34.44	250m:	2:47.27	34.42	350m:	3:56.19	34.53	
	100m:	1:03.89	33.69	200m:	2:12.85	34.52	300m:	3:21.66	34.39	400m:	4:29.84	33.65	
7.												4:31.28	478 2
	50m:	29.67	29.67	150m:	1:36.62	33.50	250m:	2:45.39	34.32	350m:	3:55.54	35.47	
	100m:	1:03.12	33.45	200m:	2:11.07	34.45	300m:	3:20.07	34.68	400m:	4:31.28	35.74	
8.												5:15.46	304 3
	50m:	34.43	34.43	150m:	1:55.56	40.72	250m:	3:17.16	40.69	350m:	4:37.39	40.06	
	100m:	1:14.84	40.41	200m:	2:36.47	40.91	300m:	3:57.33	40.17	400m:	5:15.46	38.07	

DNS , 06

2007-2008

1.												4:01.71	677
	50m:	26.00	26.00	150m:	1:26.17	30.68	250m:	2:28.66	31.31	350m:	3:31.33	31.13	
	100m:	55.49	29.49	200m:	1:57.35	31.18	300m:	3:00.20	31.54	400m:	4:01.71	30.38	
2.												4:06.10	641
	50m:	27.65	27.65	150m:	1:29.13	31.00	250m:	2:31.63	31.26	350m:	3:35.33	31.77	
	100m:	58.13	30.48	200m:	2:00.37	31.24	300m:	3:03.56	31.93	400m:	4:06.10	30.77	
3.												4:09.27	617
	50m:	27.61	27.61	150m:	1:30.06	31.53	250m:	2:33.77	31.94	350m:	3:37.91	32.13	
	100m:	58.53	30.92	200m:	2:01.83	31.77	300m:	3:05.78	32.01	400m:	4:09.27	31.36	
4.												4:19.72	545 1
	50m:	29.05	29.05	150m:	1:33.96	32.91	250m:	2:40.38	32.69	350m:	3:47.72	33.63	
	100m:	1:01.05	32.00	200m:	2:07.69	33.73	300m:	3:14.09	33.71	400m:	4:19.72	32.00	
5.												4:19.96	544 1
	50m:	29.91	29.91	150m:	1:36.65	33.50	250m:	2:43.52	33.32	350m:	3:50.41	33.39	
	100m:	1:03.15	33.24	200m:	2:10.20	33.55	300m:	3:17.02	33.50	400m:	4:19.96	29.55	
6.												4:22.37	529 1
	50m:	29.86	29.86	150m:	1:36.57	33.69	250m:	2:44.06	33.66	350m:	3:50.87	33.18	
	100m:	1:02.88	33.02	200m:	2:10.40	33.83	300m:	3:17.69	33.63	400m:	4:22.37	31.50	

, 04 - 06 2023 .

14,		, 400m		2007-2008								
7.	,			08						4:22.80	526	1
	50m:	29.58	29.58	150m:	1:35.35	33.12	250m:	2:41.93	33.51	350m:	3:49.99	33.78
	100m:	1:02.23	32.65	200m:	2:08.42	33.07	300m:	3:16.21	34.28	400m:	4:22.80	32.81
8.	,			08						4:23.23	524	1
	50m:	29.41	29.41	150m:	1:35.20	33.13	250m:	2:42.99	33.72	350m:	3:50.90	33.78
	100m:	1:02.07	32.66	200m:	2:09.27	34.07	300m:	3:17.12	34.13	400m:	4:23.23	32.33
9.	,			08						4:24.80	514	1
	50m:	29.76	29.76	150m:	1:36.95	33.71	250m:	2:44.93	33.69	350m:	3:52.93	34.01
	100m:	1:03.24	33.48	200m:	2:11.24	34.29	300m:	3:18.92	33.99	400m:	4:24.80	31.87
10.	,			08						4:26.07	507	1
	50m:	29.47	29.47	150m:	1:35.10	32.94	250m:	2:43.61	34.22	350m:	3:52.44	34.36
	100m:	1:02.16	32.69	200m:	2:09.39	34.29	300m:	3:18.08	34.47	400m:	4:26.07	33.63
11.	,			08						4:26.30	506	1
	50m:	30.24	30.24	150m:	1:36.16	33.34	250m:	2:43.93	34.12	350m:	3:53.02	34.33
	100m:	1:02.82	32.58	200m:	2:09.81	33.65	300m:	3:18.69	34.76	400m:	4:26.30	33.28
12.	,			07						4:27.05	502	1
	50m:	29.19	29.19	150m:	1:35.33	33.74	250m:	2:44.22	34.41	350m:	3:54.47	35.20
	100m:	1:01.59	32.40	200m:	2:09.81	34.48	300m:	3:19.27	35.05	400m:	4:27.05	32.58
13.	,			08						4:31.21	479	2
	50m:	29.73	29.73	150m:	1:37.31	34.34	250m:	2:47.29	35.07	350m:	3:57.94	35.45
	100m:	1:02.97	33.24	200m:	2:12.22	34.91	300m:	3:22.49	35.20	400m:	4:31.21	33.27
14.	,			07						4:37.63	446	2
	50m:	29.63	29.63	150m:	1:37.53	34.31	250m:	2:49.49	36.46	350m:	4:03.23	36.65
	100m:	1:03.22	33.59	200m:	2:13.03	35.50	300m:	3:26.58	37.09	400m:	4:37.63	34.40
15.	,			08						4:37.74	446	2
	50m:	30.39	30.39	150m:	1:38.07	34.39	250m:	2:49.50	35.97	350m:	4:02.43	36.82
	100m:	1:03.68	33.29	200m:	2:13.53	35.46	300m:	3:25.61	36.11	400m:	4:37.74	35.31
16.	,			08						4:37.96	445	2
	50m:	30.97	30.97	150m:	1:41.78	36.05	250m:	2:53.17	35.60	350m:	4:05.25	35.77
	100m:	1:05.73	34.76	200m:	2:17.57	35.79	300m:	3:29.48	36.31	400m:	4:37.96	32.71
17.	,			08						4:38.53	442	2
	50m:	29.34	29.34	150m:	1:38.49	35.01	250m:	2:50.77	36.35	350m:	4:03.81	36.74
	100m:	1:03.48	34.14	200m:	2:14.42	35.93	300m:	3:27.07	36.30	400m:	4:38.53	34.72
18.	,			08						4:38.90	440	2
	50m:	30.63	30.63	150m:	1:41.14	35.83	250m:	2:52.96	35.71	350m:	4:04.32	35.55
	100m:	1:05.31	34.68	200m:	2:17.25	36.11	300m:	3:28.77	35.81	400m:	4:38.90	34.58
19.	,			08						4:38.96	440	2
	50m:	31.26	31.26	150m:	1:40.56	35.08	250m:	2:52.39	36.12	350m:	4:04.70	36.15
	100m:	1:05.48	34.22	200m:	2:16.27	35.71	300m:	3:28.55	36.16	400m:	4:38.96	34.26
20.	,			08						4:39.73	436	2
	50m:	31.18	31.18	150m:	1:40.55	35.33	250m:	2:51.90	34.84	350m:	4:03.98	36.28
	100m:	1:05.22	34.04	200m:	2:17.06	36.51	300m:	3:27.70	35.80	400m:	4:39.73	35.75
21.	,			08						4:44.60	414	2
	50m:	30.56	30.56	150m:	1:40.33	35.41	250m:	2:53.61	36.81	350m:	4:08.03	37.20
	100m:	1:04.92	34.36	200m:	2:16.80	36.47	300m:	3:30.83	37.22	400m:	4:44.60	36.57
22.	,			08						4:45.62	410	2
	50m:	31.09	31.09	150m:	1:41.73	36.17	250m:	2:54.87	36.69	350m:	4:09.38	37.05
	100m:	1:05.56	34.47	200m:	2:18.18	36.45	300m:	3:32.33	37.46	400m:	4:45.62	36.24
DNS	,			07								