

, 04 - 06 2023 .

23 , 400m 2010 . .
05.10.2023 - 15:28

: FINA 2023

2010 . .

1.				04						5:05.84	606	
	50m:	32.06	32.06	150m:	1:49.76	40.45	250m:	3:12.37	43.14	350m:	4:31.49	35.04
	100m:	1:09.31	37.25	200m:	2:29.23	39.47	300m:	3:56.45	44.08	400m:	5:05.84	34.35
2.				10						5:08.42	591	
	50m:	33.75	33.75	150m:	1:53.43	42.08	250m:	3:16.55	43.31	350m:	4:35.09	35.37
	100m:	1:11.35	37.60	200m:	2:33.24	39.81	300m:	3:59.72	43.17	400m:	5:08.42	33.33
3.				05						5:09.34	586	
	50m:	34.79	34.79	150m:	1:57.60	42.53	250m:	3:18.51	40.14	350m:	4:34.86	36.42
	100m:	1:15.07	40.28	200m:	2:38.37	40.77	300m:	3:58.44	39.93	400m:	5:09.34	34.48
4.				10						5:14.41	558	
	50m:	32.81	32.81	150m:	1:52.16	42.31	250m:	3:17.97	44.70	350m:	4:39.78	36.93
	100m:	1:09.85	37.04	200m:	2:33.27	41.11	300m:	4:02.85	44.88	400m:	5:14.41	34.63
5.				09						5:16.18	549	
	50m:	33.86	33.86	150m:	1:54.98	41.87	250m:	3:18.37	42.88	350m:	4:39.91	37.93
	100m:	1:13.11	39.25	200m:	2:35.49	40.51	300m:	4:01.98	43.61	400m:	5:16.18	36.27
6.				09						5:17.13	544	
	50m:	32.63	32.63	150m:	1:52.85	41.05	250m:	3:19.51	45.94	350m:	4:42.13	36.34
	100m:	1:11.80	39.17	200m:	2:33.57	40.72	300m:	4:05.79	46.28	400m:	5:17.13	35.00
7.				10						5:24.42	508 1	
	50m:	32.84	32.84	150m:	1:53.75	41.88	250m:	3:18.58	44.56	350m:	4:46.18	41.95
	100m:	1:11.87	39.03	200m:	2:34.02	40.27	300m:	4:04.23	45.65	400m:	5:24.42	38.24
8.				10						5:28.20	491 1	
	50m:	33.21	33.21	150m:	1:57.59	45.26	250m:	3:26.87	46.66	350m:	4:52.14	38.04
	100m:	1:12.33	39.12	200m:	2:40.21	42.62	300m:	4:14.10	47.23	400m:	5:28.20	36.06
9.				09						5:50.28	403 2	
	50m:	37.03	37.03	150m:	2:05.42	43.90	250m:	3:38.11	48.68	350m:	5:10.49	42.97
	100m:	1:21.52	44.49	200m:	2:49.43	44.01	300m:	4:27.52	49.41	400m:	5:50.28	39.79
10.				08						6:42.61	266 3	
	50m:	41.08	41.08	150m:	2:27.47	50.55	250m:	4:13.79	57.77	350m:	6:00.31	46.05
	100m:	1:36.92	55.84	200m:	3:16.02	48.55	300m:	5:14.26	1:00.47	400m:	6:42.61	42.30

DNS

2006-2008

1.				08						6:42.61	266 3	
	50m:	41.08	41.08	150m:	2:27.47	50.55	250m:	4:13.79	57.77	350m:	6:00.31	46.05
	100m:	1:36.92	55.84	200m:	3:16.02	48.55	300m:	5:14.26	1:00.47	400m:	6:42.61	42.30

2009-2010

1.				10						5:08.42	591	
	50m:	33.75	33.75	150m:	1:53.43	42.08	250m:	3:16.55	43.31	350m:	4:35.09	35.37
	100m:	1:11.35	37.60	200m:	2:33.24	39.81	300m:	3:59.72	43.17	400m:	5:08.42	33.33
2.				10						5:14.41	558	
	50m:	32.81	32.81	150m:	1:52.16	42.31	250m:	3:17.97	44.70	350m:	4:39.78	36.93
	100m:	1:09.85	37.04	200m:	2:33.27	41.11	300m:	4:02.85	44.88	400m:	5:14.41	34.63
3.				09						5:16.18	549	
	50m:	33.86	33.86	150m:	1:54.98	41.87	250m:	3:18.37	42.88	350m:	4:39.91	37.93
	100m:	1:13.11	39.25	200m:	2:35.49	40.51	300m:	4:01.98	43.61	400m:	5:16.18	36.27

ALGE TIMING

" " "

, 04 - 06 2023 .

23, , 400m , 2009-2010

4.				09					5:17.13	544		
	50m:	32.63	32.63	150m:	1:52.85	41.05	250m:	3:19.51	45.94	350m:	4:42.13	36.34
	100m:	1:11.80	39.17	200m:	2:33.57	40.72	300m:	4:05.79	46.28	400m:	5:17.13	35.00
5.				10						5:24.42	508	1
	50m:	32.84	32.84	150m:	1:53.75	41.88	250m:	3:18.58	44.56	350m:	4:46.18	41.95
	100m:	1:11.87	39.03	200m:	2:34.02	40.27	300m:	4:04.23	45.65	400m:	5:24.42	38.24
6.				10						5:28.20	491	1
	50m:	33.21	33.21	150m:	1:57.59	45.26	250m:	3:26.87	46.66	350m:	4:52.14	38.04
	100m:	1:12.33	39.12	200m:	2:40.21	42.62	300m:	4:14.10	47.23	400m:	5:28.20	36.06
7.				09						5:50.28	403	2
	50m:	37.03	37.03	150m:	2:05.42	43.90	250m:	3:38.11	48.68	350m:	5:10.49	42.97
	100m:	1:21.52	44.49	200m:	2:49.43	44.01	300m:	4:27.52	49.41	400m:	5:50.28	39.79
DNS				09								