

6 - 7 2023

, 4

10 , 400m 2009 - 2010
06.12.2023 - 13:30

: FINA 2023

2010

rt

1.			2010	2					4:51.68	385	2	
	50m:	31.85	31.85	150m:	1:42.62	36.47	250m:	2:56.30	37.17	350m:	4:13.51	38.84
	100m:	1:06.15	34.30	200m:	2:19.13	36.51	300m:	3:34.67	38.37	400m:	4:51.68	38.17
2.			2010	2					4:56.30	367	2	
	50m:	32.49	32.49	150m:	1:45.89	37.47	250m:	3:02.31	38.58	350m:	4:19.65	38.62
	100m:	1:08.42	35.93	200m:	2:23.73	37.84	300m:	3:41.03	38.72	400m:	4:56.30	36.65
3.			2010	2					4:59.95	354	2	
	50m:	33.42	33.42	150m:	1:49.11	38.31	250m:	3:05.09	38.05	350m:	4:22.47	38.67
	100m:	1:10.80	37.38	200m:	2:27.04	37.93	300m:	3:43.80	38.71	400m:	4:59.95	37.48
4.			2010	2					5:07.25	329	3	
	50m:	33.55	33.55	150m:	1:47.97	38.21	250m:	3:06.54	40.31	350m:	4:28.48	40.97
	100m:	1:09.76	36.21	200m:	2:26.23	38.26	300m:	3:47.51	40.97	400m:	5:07.25	38.77
5.			2010	2					5:14.13	308	3	
	50m:	32.90	32.90	150m:	1:53.46	40.44	250m:	3:14.83	40.20	350m:	4:36.92	40.73
	100m:	1:13.02	40.12	200m:	2:34.63	41.17	300m:	3:56.19	41.36	400m:	5:14.13	37.21
6.			2010	2					5:14.85	306	3	
	50m:	33.36	33.36	150m:	1:51.90	40.36	250m:	3:13.99	41.22	350m:	4:37.04	41.54
	100m:	1:11.54	38.18	200m:	2:32.77	40.87	300m:	3:55.50	41.51	400m:	5:14.85	37.81
7.			2010	2					5:16.42	301	3	
	50m:	34.82	34.82	150m:	1:54.28	40.95	250m:	3:16.93	41.88	350m:	4:40.14	41.49
	100m:	1:13.33	38.51	200m:	2:35.05	40.77	300m:	3:58.65	41.72	400m:	5:16.42	36.28
8.			2010	2					5:16.61	301	3	
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:16.61	
9.			2010	3					5:20.86	289	3	
	50m:	34.67	34.67	150m:	1:54.58	40.63	250m:	3:16.58	41.21	350m:	4:39.33	41.06
	100m:	1:13.95	39.28	200m:	2:35.37	40.79	300m:	3:58.27	41.69	400m:	5:20.86	41.53
10.			2010	1					5:26.13	275	3	
	50m:	36.05	36.05	150m:	1:56.77	40.89	250m:	3:21.63	42.18	350m:	4:46.49	42.31
	100m:	1:15.88	39.83	200m:	2:39.45	42.68	300m:	4:04.18	42.55	400m:	5:26.13	39.64
11.			2010	2					5:27.61	271	3	
	50m:	36.26	36.26	150m:	1:59.21	42.20	250m:	3:23.94	42.50	350m:	4:47.77	41.55
	100m:	1:17.01	40.75	200m:	2:41.44	42.23	300m:	4:06.22	42.28	400m:	5:27.61	39.84
12.			2010	2					5:27.66	271	3	
	50m:	37.26	37.26	150m:	2:00.93	42.00	250m:	3:24.19	41.68	350m:	4:48.15	41.15
	100m:	1:18.93	41.67	200m:	2:42.51	41.58	300m:	4:07.00	42.81	400m:	5:27.66	39.51
13.			2010	3					5:28.26	270	3	
	50m:	34.02	34.02	150m:	1:56.23	42.32	250m:	3:20.95	42.84	350m:	4:46.18	43.10
	100m:	1:13.91	39.89	200m:	2:38.11	41.88	300m:	4:03.08	42.13	400m:	5:28.26	42.08
14.			2010	3					5:31.35	262	3	
	50m:	38.83	38.83	150m:	2:02.63	42.74	250m:	3:26.98	42.36	350m:	4:51.49	42.18
	100m:	1:19.89	41.06	200m:	2:44.62	41.99	300m:	4:09.31	42.33	400m:	5:31.35	39.86
15.			2010	3					5:34.04	256	3	
	50m:	35.82	35.82	150m:	1:59.18	42.73	250m:	3:24.00	41.81	350m:	4:50.91	44.29
	100m:	1:16.45	40.63	200m:	2:42.19	43.01	300m:	4:06.62	42.62	400m:	5:34.04	43.13

" , 25

ALGE TIMING

		10, , 400m				2010						
										rt		
16.				2010	3			5:37.36	249	3		
	50m:	36.34	36.34	150m:	2:00.74	42.89	250m:	3:29.35	44.51	350m:	4:57.29	44.24
	100m:	1:17.85	41.51	200m:	2:44.84	44.10	300m:	4:13.05	43.70	400m:	5:37.36	40.07
DSQ				2010	3							
DSQ				2010	2						2	
2009												
1.				2009	1			4:27.79	497	1		
	50m:	29.34	29.34	150m:	1:35.80	33.91	250m:	2:44.98	34.92	350m:	3:55.15	35.16
	100m:	1:01.89	32.55	200m:	2:10.06	34.26	300m:	3:19.99	35.01	400m:	4:27.79	32.64
2.				2009	2			4:31.61	477	2		
	50m:	30.10	30.10	150m:	1:38.09	34.44	250m:	2:47.45	34.51	350m:	3:57.20	35.22
	100m:	1:03.65	33.55	200m:	2:12.94	34.85	300m:	3:21.98	34.53	400m:	4:31.61	34.41
3.				2009	1			4:32.11	474	2		
	50m:	30.50	30.50	150m:	1:38.69		250m:	2:48.58	35.15	350m:	3:59.05	34.55
	100m:			200m:	2:13.43	34.74	300m:	3:24.50	35.92	400m:	4:32.11	33.06
4.				2009	2			4:33.12	469	2		
	50m:	29.78	29.78	150m:	1:37.34	34.18	250m:	2:47.08	35.02	350m:	3:57.99	35.44
	100m:	1:03.16	33.38	200m:	2:12.06	34.72	300m:	3:22.55	35.47	400m:	4:33.12	35.13
5.				2009	2			4:36.54	452	2		
	50m:	30.42	30.42	150m:	1:39.09	34.97	250m:	2:49.93	35.30	350m:	4:01.55	36.10
	100m:	1:04.12	33.70	200m:	2:14.63	35.54	300m:	3:25.45	35.52	400m:	4:36.54	34.99
6.				2009	2			4:42.10	425	2		
	50m:	31.03	31.03	150m:	1:41.18	35.75	250m:	2:54.07	36.96	350m:	4:07.66	36.77
	100m:	1:05.43	34.40	200m:	2:17.11	35.93	300m:	3:30.89	36.82	400m:	4:42.10	34.44
7.				2009	2			4:54.44	374	2		
	50m:	31.30	31.30	150m:	1:41.21	35.81	250m:	2:58.02	38.73	350m:	4:15.93	38.41
	100m:	1:05.40	34.10	200m:	2:19.29	38.08	300m:	3:37.52	39.50	400m:	4:54.44	38.51
8.				2009	2			4:55.32	371	2		
	50m:	30.92	30.92	150m:	1:43.46	37.20	250m:	3:00.54	39.12	350m:	4:17.80	39.13
	100m:	1:06.26	35.34	200m:	2:21.42	37.96	300m:	3:38.67	38.13	400m:	4:55.32	37.52
9.				2009	2			4:55.60	370	2		
	50m:	33.22	33.22	150m:	1:47.35	37.82	250m:	3:03.08	37.76	350m:	4:19.05	37.65
	100m:	1:09.53	36.31	200m:	2:25.32	37.97	300m:	3:41.40	38.32	400m:	4:55.60	36.55
10.				2009	2		-	4:58.36	360	2		
	50m:	30.31	30.31	150m:	1:41.68	36.96	250m:	3:00.22	39.58	350m:	4:19.01	38.91
	100m:	1:04.72	34.41	200m:	2:20.64	38.96	300m:	3:40.10	39.88	400m:	4:58.36	39.35
11.				2009	2			5:03.75	341	3		
	50m:	31.52	31.52	150m:	1:44.61	37.68	250m:	3:04.55	40.16	350m:	4:24.96	39.52
	100m:	1:06.93	35.41	200m:	2:24.39	39.78	300m:	3:45.44	40.89	400m:	5:03.75	38.79
12.				2009	2			5:04.15	339	3		
	50m:	32.02	32.02	150m:	1:48.24	38.97	250m:	3:06.43	39.46	350m:	4:24.79	38.85
	100m:	1:09.27	37.25	200m:	2:26.97	38.73	300m:	3:45.94	39.51	400m:	5:04.15	39.36
13.				2009	2			5:06.92	330	3		
	50m:	35.01	35.01	150m:	1:52.68	38.93	250m:	3:10.74	39.08	350m:	4:29.41	39.93
	100m:	1:13.75	38.74	200m:	2:31.66	38.98	300m:	3:49.48	38.74	400m:	5:06.92	37.51
14.				2009		A		5:24.65	279	3		
	50m:	33.90	33.90	150m:			250m:			350m:		
	100m:	1:13.07	39.17	200m:			300m:			400m:	5:24.65	