

, 02 - 04 2024 .

02.10.2024 - 15:53 , 400m

: FINA 2023

1.			2009					4:35.18	593	I		
	50m:	31.44	31.44	150m:	1:40.54	34.97	250m:	2:51.10	35.34	350m:	4:01.67	35.42
	100m:	1:05.57	34.13	200m:	2:15.76	35.22	300m:	3:26.25	35.15	400m:	4:35.18	33.51
2.			2010					4:35.46	592	I		
	50m:	31.55	31.55	150m:	1:41.03	34.93	250m:	2:51.34	35.01	350m:	4:02.04	35.38
	100m:	1:06.10	34.55	200m:	2:16.33	35.30	300m:	3:26.66	35.32	400m:	4:35.46	33.42
3.			2009					4:39.30	567	I		
	50m:	31.34	31.34	150m:	1:41.04	35.14	250m:	2:52.49	35.78	350m:	4:04.29	35.59
	100m:	1:05.90	34.56	200m:	2:16.71	35.67	300m:	3:28.70	36.21	400m:	4:39.30	35.01
4.			2007					4:42.74	547	I		
	50m:	31.60	31.60	150m:	1:42.54	35.74	250m:	2:54.71	36.25	350m:	4:06.75	36.34
	100m:	1:06.80	35.20	200m:	2:18.46	35.92	300m:	3:30.41	35.70	400m:	4:42.74	35.99
5.			2009					4:47.13	522	I		
	50m:	31.67	31.67	150m:	1:43.56	36.40	250m:	2:57.27	36.82	350m:	4:11.36	37.11
	100m:	1:07.16	35.49	200m:	2:20.45	36.89	300m:	3:34.25	36.98	400m:	4:47.13	35.77
6.			2010 1					4:50.60	504	I		
	50m:	32.00	32.00	150m:	1:43.87	36.42	250m:	2:58.57	37.62	350m:	4:14.20	38.06
	100m:	1:07.45	35.45	200m:	2:20.95	37.08	300m:	3:36.14	37.57	400m:	4:50.60	36.40
7.			2010 1					4:51.70	498	I		
	50m:	32.99	32.99	150m:	1:46.70	37.20	250m:	3:00.84	36.83	350m:	4:15.14	37.43
	100m:	1:09.50	36.51	200m:	2:24.01	37.31	300m:	3:37.71	36.87	400m:	4:51.70	36.56
8.			2009 1					4:55.69	478	II		
	50m:	34.41	34.41	150m:	1:48.38	37.58	250m:	3:04.58	37.83	350m:	4:19.94	37.62
	100m:	1:10.80	36.39	200m:	2:26.75	38.37	300m:	3:42.32	37.74	400m:	4:55.69	35.75
9.			2008 1					4:56.64	474	II		
	50m:	32.55	32.55	150m:	1:45.83	37.28	250m:	3:02.07	38.38	350m:	4:19.30	38.68
	100m:	1:08.55	36.00	200m:	2:23.69	37.86	300m:	3:40.62	38.55	400m:	4:56.64	37.34
10.			2006					4:56.77	473	II		
	50m:	32.73	32.73	150m:	1:45.57	37.05	250m:	3:00.95	38.04	350m:	4:18.32	39.32
	100m:	1:08.52	35.79	200m:	2:22.91	37.34	300m:	3:39.00	38.05	400m:	4:56.77	38.45
11.			2009 1					4:57.00	472	II		
	50m:	31.92	31.92	150m:	1:46.21	38.26	250m:	3:02.98	38.62	350m:	4:19.89	39.03
	100m:	1:07.95	36.03	200m:	2:24.36	38.15	300m:	3:40.86	37.88	400m:	4:57.00	37.11
12.			2010 1					5:05.98	431	II		
	50m:	32.51	32.51	150m:	1:48.23	39.06	250m:	3:09.18	39.84	350m:	4:28.02	39.35
	100m:	1:09.17	36.66	200m:	2:29.34	41.11	300m:	3:48.67	39.49	400m:	5:05.98	37.96
13.			2009 2					5:11.80	408	II		
	50m:	35.15	35.15	150m:	1:52.81	39.17	250m:	3:12.81	40.14	350m:	4:32.74	39.29
	100m:	1:13.64	38.49	200m:	2:32.67	39.86	300m:	3:53.45	40.64	400m:	5:11.80	39.06
14.			2010 2					5:15.73	393	II		
	50m:	34.93	34.93	150m:	1:53.83	39.90	250m:	3:14.69	40.52	350m:	4:36.14	40.71
	100m:	1:13.93	39.00	200m:	2:34.17	40.34	300m:	3:55.43	40.74	400m:	5:15.73	39.59
15.			2010 2					5:22.65	368	II		
	50m:	36.00	36.00	150m:	1:57.07	40.99	250m:	3:20.68	41.98	350m:	4:43.17	40.95
	100m:	1:16.08	40.08	200m:	2:38.70	41.63	300m:	4:02.22	41.54	400m:	5:22.65	39.48

13, , 400m

16-18

1.			2007				4:42.74	547	I			
	50m:	31.60	31.60	150m:	1:42.54	35.74	250m:	2:54.71	36.25	350m:	4:06.75	36.34
	100m:	1:06.80	35.20	200m:	2:18.46	35.92	300m:	3:30.41	35.70	400m:	4:42.74	35.99
2.			2008	1			4:56.64	474	II			
	50m:	32.55	32.55	150m:	1:45.83	37.28	250m:	3:02.07	38.38	350m:	4:19.30	38.68
	100m:	1:08.55	36.00	200m:	2:23.69	37.86	300m:	3:40.62	38.55	400m:	4:56.64	37.34
3.			2006				4:56.77	473	II			
	50m:	32.73	32.73	150m:	1:45.57	37.05	250m:	3:00.95	38.04	350m:	4:18.32	39.32
	100m:	1:08.52	35.79	200m:	2:22.91	37.34	300m:	3:39.00	38.05	400m:	4:56.77	38.45

14-15

1.			2009				4:35.18	593	I			
	50m:	31.44	31.44	150m:	1:40.54	34.97	250m:	2:51.10	35.34	350m:	4:01.67	35.42
	100m:	1:05.57	34.13	200m:	2:15.76	35.22	300m:	3:26.25	35.15	400m:	4:35.18	33.51
2.			2010				4:35.46	592	I			
	50m:	31.55	31.55	150m:	1:41.03	34.93	250m:	2:51.34	35.01	350m:	4:02.04	35.38
	100m:	1:06.10	34.55	200m:	2:16.33	35.30	300m:	3:26.66	35.32	400m:	4:35.46	33.42
3.			2009				4:39.30	567	I			
	50m:	31.34	31.34	150m:	1:41.04	35.14	250m:	2:52.49	35.78	350m:	4:04.29	35.59
	100m:	1:05.90	34.56	200m:	2:16.71	35.67	300m:	3:28.70	36.21	400m:	4:39.30	35.01
4.			2009				4:47.13	522	I			
	50m:	31.67	31.67	150m:	1:43.56	36.40	250m:	2:57.27	36.82	350m:	4:11.36	37.11
	100m:	1:07.16	35.49	200m:	2:20.45	36.89	300m:	3:34.25	36.98	400m:	4:47.13	35.77
5.			2010	1			4:50.60	504	I			
	50m:	32.00	32.00	150m:	1:43.87	36.42	250m:	2:58.57	37.62	350m:	4:14.20	38.06
	100m:	1:07.45	35.45	200m:	2:20.95	37.08	300m:	3:36.14	37.57	400m:	4:50.60	36.40
6.			2010	1			4:51.70	498	I			
	50m:	32.99	32.99	150m:	1:46.70	37.20	250m:	3:00.84	36.83	350m:	4:15.14	37.43
	100m:	1:09.50	36.51	200m:	2:24.01	37.31	300m:	3:37.71	36.87	400m:	4:51.70	36.56
7.			2009	1			4:55.69	478	II			
	50m:	34.41	34.41	150m:	1:48.38	37.58	250m:	3:04.58	37.83	350m:	4:19.94	37.62
	100m:	1:10.80	36.39	200m:	2:26.75	38.37	300m:	3:42.32	37.74	400m:	4:55.69	35.75
8.			2009	1			4:57.00	472	II			
	50m:	31.92	31.92	150m:	1:46.21	38.26	250m:	3:02.98	38.62	350m:	4:19.89	39.03
	100m:	1:07.95	36.03	200m:	2:24.36	38.15	300m:	3:40.86	37.88	400m:	4:57.00	37.11
9.			2010	1			5:05.98	431	II			
	50m:	32.51	32.51	150m:	1:48.23	39.06	250m:	3:09.18	39.84	350m:	4:28.02	39.35
	100m:	1:09.17	36.66	200m:	2:29.34	41.11	300m:	3:48.67	39.49	400m:	5:05.98	37.96
10.			2009	2			5:11.80	408	II			
	50m:	35.15	35.15	150m:	1:52.81	39.17	250m:	3:12.81	40.14	350m:	4:32.74	39.29
	100m:	1:13.64	38.49	200m:	2:32.67	39.86	300m:	3:53.45	40.64	400m:	5:11.80	39.06
11.			2010	2			5:15.73	393	II			
	50m:	34.93	34.93	150m:	1:53.83	39.90	250m:	3:14.69	40.52	350m:	4:36.14	40.71
	100m:	1:13.93	39.00	200m:	2:34.17	40.34	300m:	3:55.43	40.74	400m:	5:15.73	39.59
12.			2010	2			5:22.65	368	II			
	50m:	36.00	36.00	150m:	1:57.07	40.99	250m:	3:20.68	41.98	350m:	4:43.17	40.95
	100m:	1:16.08	40.08	200m:	2:38.70	41.63	300m:	4:02.22	41.54	400m:	5:22.65	39.48