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24.01.2024 - 13:40

, 400m

2009 - 2010

: FINA 2023

		/		rt				FINA				
1.			2009					<b>4:26.89</b>	560	1		
2.			2009	1				<b>4:33.70</b>	519	1		
3.			2009	2				<b>4:34.30</b>	516	2		
4.			2009	2				<b>4:35.01</b>	512	2		
5.			2009	2				<b>4:37.66</b>	497	2		
	50m:	30.74	30.74	150m:	1:40.69	35.37	250m:	2:51.62	35.28	350m:	4:03.26	35.52
	100m:	1:05.32	34.58	200m:	2:16.34	35.65	300m:	3:27.74	36.12	400m:	4:37.66	34.40
6.			2010	1				<b>4:39.35</b>	488	2		
	50m:	30.66	30.66	150m:	1:41.56	35.59	250m:	2:53.61	35.55	350m:	4:03.82	34.75
	100m:	1:05.97	35.31	200m:	2:18.06	36.50	300m:	3:29.07	35.46	400m:	4:39.35	35.53
7.			2009	1				<b>4:40.80</b>	481	2		
8.			2009	2			+0,71	<b>4:40.81</b>	481	2		
	50m:	31.23	31.23	150m:	1:41.79	35.36	250m:	2:53.18	35.57	350m:	4:05.91	35.94
	100m:	1:06.43	35.20	200m:	2:17.61	35.82	300m:	3:29.97	36.79	400m:	4:40.81	34.90
9.			2010	1				<b>4:41.39</b>	478	2		
10.			2010	2			+0,84	<b>4:42.70</b>	471	2		
	50m:	30.92	30.92	150m:	1:42.26	35.95	250m:	2:54.50	35.97	350m:	4:07.65	36.23
	100m:	1:06.31	35.39	200m:	2:18.53	36.27	300m:	3:31.42	36.92	400m:	4:42.70	35.05
11.			2009	2				<b>4:42.96</b>	470	2		
12.			2010	2				<b>4:45.13</b>	459	2		
	50m:	31.10	31.10	150m:	1:42.50	35.81	250m:	2:54.71	35.82	400m:	4:45.13	36.66
	100m:	1:06.69	35.59	200m:	2:18.89	36.39	350m:	4:08.47	1:13.76			
13.			2009	1				<b>4:54.48</b>	417	2		
14.			2010	2				<b>4:57.77</b>	403	2		
	50m:	33.96	33.96	150m:	1:50.36	38.58	250m:	3:06.83	38.86	350m:	4:22.00	37.69
	100m:	1:11.78	37.82	200m:	2:27.97	37.61	300m:	3:44.31	37.48	400m:	4:57.77	35.77
15.			2010	2			+0,62	<b>4:57.82</b>	403	2		
	50m:	34.14	34.14	150m:	1:50.14	38.48	250m:	3:06.69	38.24	350m:	4:22.31	37.25
	100m:	1:11.66	37.52	200m:	2:28.45	38.31	300m:	3:45.06	38.37	400m:	4:57.82	35.51
16.			2010	2			+0,65	<b>4:59.28</b>	397	2		
	50m:	31.82	31.82	150m:	1:46.65	38.17	300m:	3:44.28	39.26	400m:	4:59.28	36.86
	100m:	1:08.48	36.66	250m:	3:05.02	1:18.37	350m:	4:22.42	38.14			
17.			2010	2				<b>5:00.73</b>	391	2		
	50m:	33.26	33.26	150m:	1:48.11	37.68	250m:	3:05.29	38.83	350m:	4:22.42	38.83
	100m:	1:10.43	37.17	200m:	2:26.46	38.35	300m:	3:43.59	38.30	400m:	5:00.73	38.31
18.			2010	2				<b>5:00.80</b>	391	2		
	50m:	33.05	33.05	150m:	1:48.82	38.57	250m:	3:06.12	38.57	350m:	4:23.24	38.57
	100m:	1:10.25	37.20	200m:	2:27.55	38.73	300m:	3:44.67	38.55	400m:	5:00.80	37.56
19.			2009	1			+0,86	<b>5:01.11</b>	390	2		
	50m:	31.92	31.92	150m:	1:46.27	38.12	250m:	3:04.28	38.93	350m:	4:23.37	39.43
	100m:	1:08.15	36.23	200m:	2:25.35	39.08	300m:	3:43.94	39.66	400m:	5:01.11	37.74
20.			2010	2			+0,70	<b>5:03.53</b>	381	2		
	50m:	31.39	31.39	150m:	1:48.51	39.30	300m:	3:47.75	40.62	400m:	5:03.53	36.82
	100m:	1:09.21	37.82	250m:	3:07.13	1:18.62	350m:	4:26.71	38.96			
21.			2010	3				<b>5:04.75</b>	376	2		
	50m:	33.24	33.24	150m:	1:49.45	39.12	250m:	3:07.74	39.99	350m:	4:26.74	39.80
	100m:	1:10.33	37.09	200m:	2:27.75	38.30	300m:	3:46.94	39.20	400m:	5:04.75	38.01

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2009 - 2010

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22.			2010	2			+0,90	<b>5:06.24</b>	371	2		
	50m:	32.93	32.93	150m:	1:50.24	40.33	250m:	3:09.14	40.26	350m:	4:29.16	39.08
	100m:	1:09.91	36.98	200m:	2:28.88	38.64	300m:	3:50.08	40.94	400m:	5:06.24	37.08
23.			2009	2				<b>5:06.37</b>	370	2		
	50m:	34.96	34.96	150m:	1:53.45	39.41	250m:	3:12.18	39.02	350m:	4:30.94	38.95
	100m:	1:14.04	39.08	200m:	2:33.16	39.71	300m:	3:51.99	39.81	400m:	5:06.37	35.43
24.			2010	2			+0,79	<b>5:06.84</b>	368	2		
	50m:	34.81	34.81	150m:	1:53.61	39.64	250m:	3:12.31	39.33	350m:	4:30.87	38.90
	100m:	1:13.97	39.16	200m:	2:32.98	39.37	300m:	3:51.97	39.66	400m:	5:06.84	35.97
25.			2010	2				<b>5:12.11</b>	350	3		
	50m:	36.43	36.43	150m:	1:54.75	39.90	250m:	3:14.68	40.27	350m:	4:34.42	40.00
	100m:	1:14.85	38.42	200m:	2:34.41	39.66	300m:	3:54.42	39.74	400m:	5:12.11	37.69
26.			2009	2			+0,74	<b>5:12.74</b>	348	3		
	50m:	33.66	33.66	150m:	1:52.01	40.03	250m:	3:12.63	40.27	350m:	4:33.92	40.24
	100m:	1:11.98	38.32	200m:	2:32.36	40.35	300m:	3:53.68	41.05	400m:	5:12.74	38.82
27.			2009	2			+0,64	<b>5:13.52</b>	345	3		
	50m:	32.02	32.02	150m:	1:49.63	39.46	250m:	3:10.87	41.21	350m:	4:32.79	41.34
	100m:	1:10.17	38.15	200m:	2:29.66	40.03	300m:	3:51.45	40.58	400m:	5:13.52	40.73
28.			2010	2			+0,67	<b>5:14.39</b>	342	3		
	50m:	36.76	36.76	150m:	1:56.25	40.31	250m:	3:17.26	40.81	350m:	4:37.41	39.91
	100m:	1:15.94	39.18	200m:	2:36.45	40.20	300m:	3:57.50	40.24	400m:	5:14.39	36.98
29.			2009	2				<b>5:14.53</b>	342	3		
	50m:	33.22	33.22	150m:	1:49.78	39.06	250m:	3:11.82	41.81	400m:	5:14.53	1:20.85
	100m:	1:10.72	37.50	200m:	2:30.01	40.23	300m:	3:53.68	41.86			
30.			2010	2				<b>5:17.67</b>	332	3		
	50m:	35.73	35.73	150m:	1:56.36	40.90	250m:	3:17.71	40.56	350m:	4:39.08	40.50
	100m:	1:15.46	39.73	200m:	2:37.15	40.79	300m:	3:58.58	40.87	400m:	5:17.67	38.59
31.			2009	2				<b>5:20.96</b>	322	3		
	50m:	34.02	34.02	150m:	1:52.35	39.25	250m:	3:14.48	41.23	350m:	4:37.63	41.47
	100m:	1:13.10	39.08	200m:	2:33.25	40.90	300m:	3:56.16	41.68	400m:	5:20.96	43.33
32.			2010	2				<b>5:21.12</b>	321	3		
	50m:	36.02	36.02	150m:	1:58.76	41.16	250m:	3:20.22	40.29	350m:	4:41.96	39.87
	100m:	1:17.60	41.58	200m:	2:39.93	41.17	300m:	4:02.09	41.87	400m:	5:21.12	39.16
33.			2010	2				<b>5:32.34</b>	290	3		
	50m:	38.20	38.20	150m:	2:02.25	41.68	250m:	3:25.01	40.65	350m:	4:50.09	42.73
	100m:	1:20.57	42.37	200m:	2:44.36	42.11	300m:	4:07.36	42.35	400m:	5:32.34	42.25
34.			2010	2				<b>5:36.63</b>	279	3		
	50m:	37.55	37.55	150m:	2:01.48	42.14	250m:	3:28.33	43.49	350m:	4:55.12	43.05
	100m:	1:19.34	41.79	200m:	2:44.84	43.36	300m:	4:12.07	43.74	400m:	5:36.63	41.51
35.			2010	3				<b>5:48.64</b>	251	3		
	50m:	38.52	38.52	150m:	2:06.24	44.75	250m:	3:34.70	44.77	350m:	5:04.65	45.19
	100m:	1:21.49	42.97	200m:	2:49.93	43.69	300m:	4:19.46	44.76	400m:	5:48.64	43.99
36.			2010	3				<b>5:51.44</b>	245	1		
	50m:	37.81	37.81	150m:	2:07.83	45.94	350m:	5:08.93	1:29.31			
	100m:	1:21.89	44.08	250m:	3:39.62	1:31.79	400m:	5:51.44	42.51			

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