

11  
24.02.2021 - 12:51

, 400m

: FINA 2020

							R.T.			FINA		
1.	/											
	2003						<b>4:50.20</b>					
	50m:	32.10	32.10	150m:	1:45.18	37.21	250m:	3:01.28	40.07	350m:	4:16.33	35.09
	100m:	1:07.97	35.87	200m:	2:21.21	36.03	300m:	3:41.24	39.96	400m:	4:50.20	33.87
2.	2006						<b>4:59.81</b>					
	50m:	32.67	32.67	150m:	1:48.86	39.78	250m:	3:09.37	42.56	350m:	4:26.29	34.08
	100m:	1:09.08	36.41	200m:	2:26.81	37.95	300m:	3:52.21	42.84	400m:	4:59.81	33.52
3.	2002						<b>5:01.70</b>					
	50m:	32.69	32.69	150m:	1:50.27	39.89	250m:	3:12.01	42.79	350m:	4:29.97	34.55
	100m:	1:10.38	37.69	200m:	2:29.22	38.95	300m:	3:55.42	43.41	400m:	5:01.70	31.73
4.	2004						<b>5:05.45</b>					
	50m:	32.07	32.07	150m:	1:49.98	39.51	250m:	3:12.16	43.52	350m:	4:30.69	34.28
	100m:	1:10.47	38.40	200m:	2:28.64	38.66	300m:	3:56.41	44.25	400m:	5:05.45	34.76
5.	2004						<b>5:11.35</b>					
	50m:	33.12	33.12	150m:	1:50.90	40.14	250m:	3:15.61	45.38	350m:	4:36.19	35.53
	100m:	1:10.76	37.64	200m:	2:30.23	39.33	300m:	4:00.66	45.05	400m:	5:11.35	35.16
6.	2004						<b>5:12.43</b>					
	50m:	33.10	33.10	150m:	1:52.49	41.56	250m:	3:17.21	45.06	350m:	4:38.23	36.21
	100m:	1:10.93	37.83	200m:	2:32.15	39.66	300m:	4:02.02	44.81	400m:	5:12.43	34.20
7.	2007						<b>5:12.93</b>					
	50m:	33.39	33.39	150m:	1:50.01	40.16	250m:	3:17.24	47.66	350m:	4:38.11	34.97
	100m:	1:09.85	36.46	200m:	2:29.58	39.57	300m:	4:03.14	45.90	400m:	5:12.93	34.82
8.	2007						<b>5:15.07</b>					
	50m:	32.92	32.92	150m:	1:51.88	39.65	250m:	3:17.26	47.03	350m:	4:39.05	36.25
	100m:	1:12.23	39.31	200m:	2:30.23	38.35	300m:	4:02.80	45.54	400m:	5:15.07	36.02
9.	2006						<b>5:15.53</b>					
	50m:	32.81	32.81	150m:	1:53.68	41.63	250m:	3:19.22	45.42	350m:	4:40.63	36.01
	100m:	1:12.05	39.24	200m:	2:33.80	40.12	300m:	4:04.62	45.40	400m:	5:15.53	34.90
10.	2006						<b>5:17.14</b>					
	50m:	33.77	33.77	150m:	1:52.67	40.06	250m:	3:19.46	46.86	350m:	4:43.14	36.51
	100m:	1:12.61	38.84	200m:	2:32.60	39.93	300m:	4:06.63	47.17	400m:	5:17.14	34.00
11.	2004						<b>5:17.34</b>					
	50m:	35.27	35.27	150m:	1:54.51	38.39	250m:	3:19.44	48.03	350m:	4:43.46	36.60
	100m:	1:16.12	40.85	200m:	2:31.41	36.90	300m:	4:06.86	47.42	400m:	5:17.34	33.88
12.	2007						<b>5:17.75</b>					
	100m:	1:15.38	1:15.38	200m:	2:35.69	1:20.31	300m:	4:06.39	1:30.70	400m:	5:17.75	1:11.36
13.	2007						<b>5:17.79</b>					
	50m:	34.48	34.48	150m:	1:54.26	40.80	250m:	3:17.34	44.43	350m:	4:41.30	38.31
	100m:	1:13.46	38.98	200m:	2:32.91	38.65	300m:	4:02.99	45.65	400m:	5:17.79	36.49
14.	2008 I						<b>5:22.50</b>					
	50m:	34.44	34.44	150m:	1:56.85	42.36	250m:	3:23.83	45.80	350m:	4:46.79	36.89
	100m:	1:14.49	40.05	200m:	2:38.03	41.18	300m:	4:09.90	46.07	400m:	5:22.50	35.71
15.	2007						<b>5:22.89</b>					
	100m:	1:15.35	1:15.35	200m:	2:37.26	1:21.91	300m:	4:08.07	1:30.81	400m:	5:22.89	1:14.82

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16.				2005						<b>5:23.75</b>		
	50m:	32.21	32.21	150m:	1:52.77	43.56	250m:	3:21.09	47.60	350m:	4:47.12	36.94
	100m:	1:09.21	37.00	200m:	2:33.49	40.72	300m:	4:10.18	49.09	400m:	5:23.75	36.63
17.				2005						<b>5:24.24</b>		
	50m:	34.40	34.40	150m:	1:56.06	42.77	250m:	3:24.53	46.43	350m:	4:47.80	38.02
	100m:	1:13.29	38.89	200m:	2:38.10	42.04	300m:	4:09.78	45.25	400m:	5:24.24	36.44
18.				2005						<b>5:27.98</b>		
	50m:	35.01	35.01	150m:	1:59.72	42.96	250m:	3:23.48	42.88	350m:	4:48.64	39.94
	100m:	1:16.76	41.75	200m:	2:40.60	40.88	300m:	4:08.70	45.22	400m:	5:27.98	39.34
19.				2007						<b>5:28.13</b>		
	100m:	1:13.91	1:13.91	200m:	2:38.93	42.98	300m:	4:14.50	47.58	400m:	5:28.13	35.62
	150m:	1:55.95	42.04	250m:	3:26.92	47.99	350m:	4:52.51	38.01			
20.				2005 I						<b>5:30.60</b>		
	50m:	33.08	33.08	150m:	1:55.78	43.14	250m:	3:27.19	49.55	350m:	4:54.20	38.11
	100m:	1:12.64	39.56	200m:	2:37.64	41.86	300m:	4:16.09	48.90	400m:	5:30.60	36.40
21.				2008 I						<b>5:31.11</b>		
	50m:	35.82	35.82	150m:	2:00.50	43.21	250m:	3:28.48	46.20	350m:	4:53.94	39.28
	100m:	1:17.29	41.47	200m:	2:42.28	41.78	300m:	4:14.66	46.18	400m:	5:31.11	37.17
22.				2007						<b>5:33.82</b>		
	50m:	35.59	35.59	150m:	1:59.84	42.56	250m:	3:30.03	48.35	350m:	4:56.14	38.69
	100m:	1:17.28	41.69	200m:	2:41.68	41.84	300m:	4:17.45	47.42	400m:	5:33.82	37.68
23.				2005						<b>5:34.31</b>		
	50m:	36.10	36.10	150m:	1:59.34	40.80	250m:	3:28.63	48.87	350m:	4:56.64	38.82
	100m:	1:18.54	42.44	200m:	2:39.76	40.42	300m:	4:17.82	49.19	400m:	5:34.31	37.67
24.				2007						<b>5:36.43</b>		
	50m:	34.67	34.67	150m:	1:55.17	41.02	250m:	3:29.29	53.14	350m:	4:59.20	39.15
	100m:	1:14.15	39.48	200m:	2:36.15	40.98	300m:	4:20.05	50.76	400m:	5:36.43	37.23
25.				2006						<b>5:38.19</b>		
	50m:	35.06	35.06	150m:	1:57.74	41.22	250m:	3:30.55	51.38	350m:	5:01.04	39.29
	100m:	1:16.52	41.46	200m:	2:39.17	41.43	300m:	4:21.75	51.20	400m:	5:38.19	37.15
26.				2007 I						<b>5:38.59</b>		
	100m:	1:14.83	1:14.83	200m:	2:37.38	1:22.55	300m:	4:19.47	1:42.09	400m:	5:38.59	1:19.12
27.				2006 I						<b>5:39.71</b>		
	50m:	35.69	35.69	150m:	2:03.22	46.26	250m:	3:33.91	46.31	350m:	5:01.55	40.18
	100m:	1:16.96	41.27	200m:	2:47.60	44.38	300m:	4:21.37	47.46	400m:	5:39.71	38.16
28.				2004						<b>5:41.33</b>		
	50m:	32.33	32.33	150m:	1:55.87	44.34	250m:	3:28.28	48.63	350m:	4:59.94	42.52
	100m:	1:11.53	39.20	200m:	2:39.65	43.78	300m:	4:17.42	49.14	400m:	5:41.33	41.39
29.				2004						<b>5:41.93</b>		
	50m:	36.36	36.36	150m:	2:03.89	43.24	250m:	3:34.33	49.58	350m:	5:03.67	41.07
	100m:	1:20.65	44.29	200m:	2:44.75	40.86	300m:	4:22.60	48.27	400m:	5:41.93	38.26
30.				2008 I						<b>5:43.58</b>		
	50m:	37.09	37.09	150m:	2:05.34	44.76	250m:	3:38.65	49.78	350m:	5:07.64	40.64
	100m:	1:20.58	43.49	200m:	2:48.87	43.53	300m:	4:27.00	48.35	400m:	5:43.58	35.94
31.				2008 I						<b>5:46.26</b>		
	50m:	35.87	35.87	150m:	2:04.75	44.40	250m:	3:37.24	49.34	350m:	5:08.63	40.33
	100m:	1:20.35	44.48	200m:	2:47.90	43.15	300m:	4:28.30	51.06	400m:	5:46.26	37.63



	11,		, 400m						R.T.		FINA	
32.				2007	I					<b>5:47.04</b>		
	50m:	35.23	35.23	150m:	2:04.03	44.33	250m:	3:35.14	47.13	350m:	5:07.02	42.85
	100m:	1:19.70	44.47	200m:	2:48.01	43.98	300m:	4:24.17	49.03	400m:	5:47.04	40.02
33.				2006	I					<b>5:49.24</b>		
	50m:	35.81	35.81	150m:	2:05.70	46.02	250m:	3:39.90	49.09	350m:	5:10.61	41.43
	100m:	1:19.68	43.87	200m:	2:50.81	45.11	300m:	4:29.18	49.28	400m:	5:49.24	38.63
34.				2006	I					<b>5:52.07</b>		
	50m:	38.18	38.18	150m:	2:06.00	43.40	250m:	3:39.82	50.50	350m:	5:11.55	41.96
	100m:	1:22.60	44.42	200m:	2:49.32	43.32	300m:	4:29.59	49.77	400m:	5:52.07	40.52
35.				2008	I					<b>6:04.43</b>		
	50m:	37.87	37.87	150m:	2:13.66	47.93	250m:	3:49.75	49.72	350m:	5:24.51	42.04
	100m:	1:25.73	47.86	200m:	3:00.03	46.37	300m:	4:42.47	52.72	400m:	6:04.43	39.92



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: FINA 2020

									R.T.		FINA	
1.			2006							<b>4:59.81</b>		
	50m:	32.67	32.67	150m:	1:48.86	39.78	250m:	3:09.37	42.56	350m:	4:26.29	34.08
	100m:	1:09.08	36.41	200m:	2:26.81	37.95	300m:	3:52.21	42.84	400m:	4:59.81	33.52
2.			2004							<b>5:05.45</b>		
	50m:	32.07	32.07	150m:	1:49.98	39.51	250m:	3:12.16	43.52	350m:	4:30.69	34.28
	100m:	1:10.47	38.40	200m:	2:28.64	38.66	300m:	3:56.41	44.25	400m:	5:05.45	34.76
3.			2004							<b>5:11.35</b>		
	50m:	33.12	33.12	150m:	1:50.90	40.14	250m:	3:15.61	45.38	350m:	4:36.19	35.53
	100m:	1:10.76	37.64	200m:	2:30.23	39.33	300m:	4:00.66	45.05	400m:	5:11.35	35.16
4.			2004							<b>5:12.43</b>		
	50m:	33.10	33.10	150m:	1:52.49	41.56	250m:	3:17.21	45.06	350m:	4:38.23	36.21
	100m:	1:10.93	37.83	200m:	2:32.15	39.66	300m:	4:02.02	44.81	400m:	5:12.43	34.20
5.			2006							<b>5:15.53</b>		
	50m:	32.81	32.81	150m:	1:53.68	41.63	250m:	3:19.22	45.42	350m:	4:40.63	36.01
	100m:	1:12.05	39.24	200m:	2:33.80	40.12	300m:	4:04.62	45.40	400m:	5:15.53	34.90
6.			2006							<b>5:17.14</b>		
	50m:	33.77	33.77	150m:	1:52.67	40.06	250m:	3:19.46	46.86	350m:	4:43.14	36.51
	100m:	1:12.61	38.84	200m:	2:32.60	39.93	300m:	4:06.63	47.17	400m:	5:17.14	34.00
7.			2004							<b>5:17.34</b>		
	50m:	35.27	35.27	150m:	1:54.51	38.39	250m:	3:19.44	48.03	350m:	4:43.46	36.60
	100m:	1:16.12	40.85	200m:	2:31.41	36.90	300m:	4:06.86	47.42	400m:	5:17.34	33.88
8.			2005							<b>5:23.75</b>		
	50m:	32.21	32.21	150m:	1:52.77	43.56	250m:	3:21.09	47.60	350m:	4:47.12	36.94
	100m:	1:09.21	37.00	200m:	2:33.49	40.72	300m:	4:10.18	49.09	400m:	5:23.75	36.63
9.			2005							<b>5:24.24</b>		
	50m:	34.40	34.40	150m:	1:56.06	42.77	250m:	3:24.53	46.43	350m:	4:47.80	38.02
	100m:	1:13.29	38.89	200m:	2:38.10	42.04	300m:	4:09.78	45.25	400m:	5:24.24	36.44
10.			2005							<b>5:27.98</b>		
	50m:	35.01	35.01	150m:	1:59.72	42.96	250m:	3:23.48	42.88	350m:	4:48.64	39.94
	100m:	1:16.76	41.75	200m:	2:40.60	40.88	300m:	4:08.70	45.22	400m:	5:27.98	39.34
11.			2005 I							<b>5:30.60</b>		
	50m:	33.08	33.08	150m:	1:55.78	43.14	250m:	3:27.19	49.55	350m:	4:54.20	38.11
	100m:	1:12.64	39.56	200m:	2:37.64	41.86	300m:	4:16.09	48.90	400m:	5:30.60	36.40
12.			2005							<b>5:34.31</b>		
	50m:	36.10	36.10	150m:	1:59.34	40.80	250m:	3:28.63	48.87	350m:	4:56.64	38.82
	100m:	1:18.54	42.44	200m:	2:39.76	40.42	300m:	4:17.82	49.19	400m:	5:34.31	37.67
13.			2006							<b>5:38.19</b>		
	50m:	35.06	35.06	150m:	1:57.74	41.22	250m:	3:30.55	51.38	350m:	5:01.04	39.29
	100m:	1:16.52	41.46	200m:	2:39.17	41.43	300m:	4:21.75	51.20	400m:	5:38.19	37.15
14.			2006 I							<b>5:39.71</b>		
	50m:	35.69	35.69	150m:	2:03.22	46.26	250m:	3:33.91	46.31	350m:	5:01.55	40.18
	100m:	1:16.96	41.27	200m:	2:47.60	44.38	300m:	4:21.37	47.46	400m:	5:39.71	38.16

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	11,		, 400m						(15-17 )			
				/				R.T.			FINA	
15.				2004						<b>5:41.33</b>		
	50m:	32.33	32.33	150m:	1:55.87	44.34	250m:	3:28.28	48.63	350m:	4:59.94	42.52
	100m:	1:11.53	39.20	200m:	2:39.65	43.78	300m:	4:17.42	49.14	400m:	5:41.33	41.39
16.				2004						<b>5:41.93</b>		
	50m:	36.36	36.36	150m:	2:03.89	43.24	250m:	3:34.33	49.58	350m:	5:03.67	41.07
	100m:	1:20.65	44.29	200m:	2:44.75	40.86	300m:	4:22.60	48.27	400m:	5:41.93	38.26
17.				2006 I						<b>5:49.24</b>		
	50m:	35.81	35.81	150m:	2:05.70	46.02	250m:	3:39.90	49.09	350m:	5:10.61	41.43
	100m:	1:19.68	43.87	200m:	2:50.81	45.11	300m:	4:29.18	49.28	400m:	5:49.24	38.63
18.				2006 I						<b>5:52.07</b>		
	50m:	38.18	38.18	150m:	2:06.00	43.40	250m:	3:39.82	50.50	350m:	5:11.55	41.96
	100m:	1:22.60	44.42	200m:	2:49.32	43.32	300m:	4:29.59	49.77	400m:	5:52.07	40.52

