

10  
09.03.2022 - 11:01

, 400m

: FINA 2022

										R.T.		FINA
1.				2003		-					<b>3:57.81</b>	<b>792</b>
	50m:	28.47	28.47	150m:	1:29.79	30.84	250m:	2:31.34	30.69	350m:	3:31.05	29.17
	100m:	58.95	30.48	200m:	2:00.65	30.86	300m:	3:01.88	30.54	400m:	3:57.81	26.76
2.				2005							<b>3:58.17</b>	<b>788</b>
	50m:	28.57	28.57	150m:	1:30.08	30.71	250m:	2:31.03	30.12	350m:	3:30.54	29.72
	100m:	59.37	30.80	200m:	2:00.91	30.83	300m:	3:00.82	29.79	400m:	3:58.17	27.63
3.				2001							<b>3:59.57</b>	<b>775</b>
	50m:	28.35	28.35	150m:	1:30.15	30.65	250m:	2:31.69	30.75	350m:	3:31.76	29.33
	100m:	59.50	31.15	200m:	2:00.94	30.79	300m:	3:02.43	30.74	400m:	3:59.57	27.81
4.				1998		-					<b>4:02.23</b>	<b>749</b>
	50m:	28.62	28.62	150m:	1:30.19	30.88	250m:	2:32.02	30.83	350m:	3:33.49	30.15
	100m:	59.31	30.69	200m:	2:01.19	31.00	300m:	3:03.34	31.32	400m:	4:02.23	28.74
5.				2000		-					<b>4:02.39</b>	<b>748</b>
	50m:	28.05	28.05	150m:	1:29.99	31.21	250m:	2:31.96	30.98	350m:	3:32.99	30.18
	100m:	58.78	30.73	200m:	2:00.98	30.99	300m:	3:02.81	30.85	400m:	4:02.39	29.40
6.				2000							<b>4:03.63</b>	<b>737</b>
	50m:	28.05	28.05	150m:	1:29.52	30.87	250m:	2:31.47	31.25	350m:	3:33.47	30.55
	100m:	58.65	30.60	200m:	2:00.22	30.70	300m:	3:02.92	31.45	400m:	4:03.63	30.16
7.				2003							<b>4:05.47</b>	<b>720</b>
	50m:	28.44	28.44	150m:	1:31.29	31.64	250m:	2:33.59	30.63	350m:	3:35.60	31.07
	100m:	59.65	31.21	200m:	2:02.96	31.67	300m:	3:04.53	30.94	400m:	4:05.47	29.87
8.				2005							<b>4:06.09</b>	<b>715</b>
	100m:	59.13	59.13	200m:	2:01.42	1:02.29	300m:	3:03.73	1:02.31	400m:	4:06.09	1:02.36
9.				2006							<b>4:06.96</b>	<b>707</b>
	50m:	29.10	29.10	150m:	1:31.57	30.88	250m:	2:33.30	30.96	350m:	3:35.88	31.52
	100m:	1:00.69	31.59	200m:	2:02.34	30.77	300m:	3:04.36	31.06	400m:	4:06.96	31.08
10.				2005							<b>4:08.02</b>	<b>698</b>
	50m:	28.78	28.78	150m:	1:30.77	30.95	250m:	2:33.45	31.49	350m:	3:36.85	31.53
	100m:	59.82	31.04	200m:	2:01.96	31.19	300m:	3:05.32	31.87	400m:	4:08.02	31.17
11.				2005							<b>4:08.34</b>	<b>695</b>
	50m:	29.01	29.01	150m:	1:30.39	30.83	250m:	2:33.91	32.06	350m:	3:38.07	32.23
	100m:	59.56	30.55	200m:	2:01.85	31.46	300m:	3:05.84	31.93	400m:	4:08.34	30.27
12.				2007							<b>4:08.37</b>	<b>695</b>
	50m:	28.39	28.39	150m:	1:30.72	31.07	250m:	2:34.19	31.67	350m:	3:38.09	31.76
	100m:	59.65	31.26	200m:	2:02.52	31.80	300m:	3:06.33	32.14	400m:	4:08.37	30.28
13.				2006							<b>4:08.64</b>	<b>693</b>
	50m:	28.48	28.48	150m:	1:31.64	31.76	250m:	2:36.06	32.28	350m:	3:39.55	31.77
	100m:	59.88	31.40	200m:	2:03.78	32.14	300m:	3:07.78	31.72	400m:	4:08.64	29.09
14.				2004							<b>4:09.17</b>	<b>688</b>
	50m:	29.18	29.18	150m:	1:33.44	32.20	250m:	2:38.06	32.21	350m:	3:42.38	31.83
	100m:	1:01.24	32.06	200m:	2:05.85	32.41	300m:	3:10.55	32.49	400m:	4:09.17	26.79
15.				1998							<b>4:09.38</b>	<b>687</b>
	50m:	27.41	27.41	150m:	1:28.99	31.23	250m:	2:32.34	31.92	350m:	3:37.10	33.05
	100m:	57.76	30.35	200m:	2:00.42	31.43	300m:	3:04.05	31.71	400m:	4:09.38	32.28

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16.			/									
			2006							<b>4:10.04</b>		<b>681</b>
	50m:	29.43	29.43	150m:	1:32.76	31.96	250m:	2:36.88	32.06	350m:	3:40.00	31.23
	100m:	1:00.80	31.37	200m:	2:04.82	32.06	300m:	3:08.77	31.89	400m:	4:10.04	30.04
17.			2005							<b>4:10.83</b>		<b>675</b>
	50m:	29.04	29.04	150m:	1:32.70	31.93	250m:	2:36.87	32.06	350m:	3:41.26	31.96
	100m:	1:00.77	31.73	200m:	2:04.81	32.11	300m:	3:09.30	32.43	400m:	4:10.83	29.57
18.			2005							<b>4:10.96</b>		<b>674</b>
	50m:	28.90	28.90	150m:	1:32.39	31.77	250m:	2:36.75	32.08	350m:	3:40.42	31.13
	100m:	1:00.62	31.72	200m:	2:04.67	32.28	300m:	3:09.29	32.54	400m:	4:10.96	30.54
19.			2005							<b>4:11.18</b>		<b>672</b>
	50m:	28.27	28.27	150m:	1:31.28	32.09	250m:	2:35.99	32.56	350m:	3:40.56	32.07
	100m:	59.19	30.92	200m:	2:03.43	32.15	300m:	3:08.49	32.50	400m:	4:11.18	30.62
20.			2005							<b>4:11.32</b>		<b>671</b>
	50m:	28.94	28.94	150m:	1:32.02	31.76	250m:	2:36.26	31.99	350m:	3:40.35	31.77
	100m:	1:00.26	31.32	200m:	2:04.27	32.25	300m:	3:08.58	32.32	400m:	4:11.32	30.97
21.			2003							<b>4:11.55</b>		<b>669</b>
	50m:	29.07	29.07	150m:	1:32.35	31.71	250m:	2:36.22	32.00	350m:	3:40.24	31.66
	100m:	1:00.64	31.57	200m:	2:04.22	31.87	300m:	3:08.58	32.36	400m:	4:11.55	31.31
22.			2005							<b>4:11.76</b>		<b>667</b>
	50m:	29.26	29.26	150m:	1:32.64	31.65	250m:	2:36.62	32.15	350m:	3:40.92	32.05
	100m:	1:00.99	31.73	200m:	2:04.47	31.83	300m:	3:08.87	32.25	400m:	4:11.76	30.84
23.			2004							<b>4:13.40</b>		<b>655</b>
	50m:	28.62	28.62	150m:	1:31.75	31.60	250m:	2:36.06	32.19	350m:	3:41.50	32.75
	100m:	1:00.15	31.53	200m:	2:03.87	32.12	300m:	3:08.75	32.69	400m:	4:13.40	31.90
24.			2003							<b>4:14.06</b>		<b>649</b>
	100m:	59.42	59.42	200m:	2:02.89	1:03.47	300m:	3:08.53	1:05.64	400m:	4:14.06	1:05.53
25.			2004							<b>4:14.59</b>		<b>645</b>
	50m:	29.29	29.29	150m:	1:33.33	32.39	250m:	2:38.08	32.68	350m:	3:42.91	32.31
	100m:	1:00.94	31.65	200m:	2:05.40	32.07	300m:	3:10.60	32.52	400m:	4:14.59	31.68
26.			2007							<b>4:15.60</b>		<b>638</b>
	50m:	27.80	27.80	150m:	1:31.81	32.25	250m:	2:38.16	32.95	350m:	3:44.37	32.59
	100m:	59.56	31.76	200m:	2:05.21	33.40	300m:	3:11.78	33.62	400m:	4:15.60	31.23
27.			2005							<b>4:16.05</b>		<b>634</b>
	100m:	1:02.16	1:02.16	200m:	2:06.93	1:04.77	300m:	3:12.15	1:05.22	400m:	4:16.05	1:03.90
28.			2001							<b>4:16.16</b>		<b>634</b>
	50m:	29.40	29.40	150m:	1:33.42	32.31	250m:	2:39.28	33.09	350m:	3:44.22	32.26
	100m:	1:01.11	31.71	200m:	2:06.19	32.77	300m:	3:11.96	32.68	400m:	4:16.16	31.94
29.			2004							<b>4:17.21</b>		<b>626</b>
	50m:	30.08	30.08	150m:	1:34.75	32.38	250m:	2:39.82	32.33	350m:	3:45.14	32.48
	100m:	1:02.37	32.29	200m:	2:07.49	32.74	300m:	3:12.66	32.84	400m:	4:17.21	32.07
30.			2006							<b>4:17.24</b>		<b>626</b>
	50m:	29.20	29.20	150m:	1:34.89	33.38	250m:	2:41.46	33.10	350m:	3:47.01	33.09
	100m:	1:01.51	32.31	200m:	2:08.36	33.47	300m:	3:13.92	32.46	400m:	4:17.24	30.23
31.			2006							<b>4:17.73</b>		<b>622</b>
	50m:	29.22	29.22	150m:	1:34.59	33.16	250m:	2:40.78	32.94	350m:	3:46.77	32.73
	100m:	1:01.43	32.21	200m:	2:07.84	33.25	300m:	3:14.04	33.26	400m:	4:17.73	30.96



10,		, 400m						R.T.		FINA		
32.				2007	I					<b>4:17.81</b>	I	621
	50m:	30.20	30.20	150m:	1:34.52	32.02	250m:	2:40.78	32.89	350m:	3:46.83	33.10
	100m:	1:02.50	32.30	200m:	2:07.89	33.37	300m:	3:13.73	32.95	400m:	4:17.81	30.98
33.				2007						<b>4:18.00</b>	I	620
	50m:	28.96	28.96	150m:	1:32.62	32.24	250m:	2:37.96	32.94	350m:	3:45.15	33.68
	100m:	1:00.38	31.42	200m:	2:05.02	32.40	300m:	3:11.47	33.51	400m:	4:18.00	32.85
34.				2004						<b>4:18.16</b>	I	619
	50m:	29.25	29.25	150m:	1:32.29	31.86	250m:	2:37.15	32.71	350m:	3:44.30	33.90
	100m:	1:00.43	31.18	200m:	2:04.44	32.15	300m:	3:10.40	33.25	400m:	4:18.16	33.86
35.				2005						<b>4:18.17</b>	I	619
	50m:	29.17	29.17	150m:	1:33.25	32.33	250m:	2:39.22	33.44	350m:	3:46.13	33.49
	100m:	1:00.92	31.75	200m:	2:05.78	32.53	300m:	3:12.64	33.42	400m:	4:18.17	32.04
36.				2007						<b>4:18.81</b>	I	614
	50m:	29.59	29.59	150m:	1:34.72	33.14	250m:	2:40.89	33.34	350m:	3:47.29	33.10
	100m:	1:01.58	31.99	200m:	2:07.55	32.83	300m:	3:14.19	33.30	400m:	4:18.81	31.52
37.				2006						<b>4:19.65</b>	I	608
	50m:	28.80	28.80	150m:	1:33.43	32.58	250m:	2:40.10	33.56	350m:	3:47.28	33.47
	100m:	1:00.85	32.05	200m:	2:06.54	33.11	300m:	3:13.81	33.71	400m:	4:19.65	32.37
38.				2003						<b>4:19.86</b>	I	607
	50m:	29.08	29.08	150m:	1:34.29	33.24	250m:	2:40.31	32.72	350m:	3:47.26	33.58
	100m:	1:01.05	31.97	200m:	2:07.59	33.30	300m:	3:13.68	33.37	400m:	4:19.86	32.60
39.				2006						<b>4:20.24</b>	I	604
	100m:	1:02.57	1:02.57	200m:	2:08.42	1:05.85	300m:	3:15.25	1:06.83	400m:	4:20.24	1:04.99
40.				2005						<b>4:21.52</b>	I	595
	50m:	29.59	29.59	150m:	1:35.26	33.43	250m:	2:42.67	34.12	350m:	3:49.96	33.77
	100m:	1:01.83	32.24	200m:	2:08.55	33.29	300m:	3:16.19	33.52	400m:	4:21.52	31.56
41.				2006						<b>4:21.74</b>	I	594
	50m:	28.43	28.43	150m:	1:33.10	33.01	250m:	2:40.42	34.07	350m:	3:49.46	34.72
	100m:	1:00.09	31.66	200m:	2:06.35	33.25	300m:	3:14.74	34.32	400m:	4:21.74	32.28
42.				2006						<b>4:21.94</b>	I	593
	50m:	29.64	29.64	150m:	1:35.06	33.07	250m:	2:42.70	33.77	350m:	3:50.08	33.52
	100m:	1:01.99	32.35	200m:	2:08.93	33.87	300m:	3:16.56	33.86	400m:	4:21.94	31.86
43.				2006						<b>4:22.85</b>	I	586
	50m:	29.87	29.87	200m:	2:09.15	1:06.95	300m:	3:16.79	34.01	400m:	4:22.85	32.21
	100m:	1:02.20	32.33	250m:	2:42.78	33.63	350m:	3:50.64	33.85			
44.				2001						<b>4:23.43</b>	I	583
	50m:	29.86	29.86	150m:	1:37.16	34.33	250m:	2:43.56	32.81	350m:	3:50.30	33.93
	100m:	1:02.83	32.97	200m:	2:10.75	33.59	300m:	3:16.37	32.81	400m:	4:23.43	33.13
45.				2006						<b>4:23.98</b>	I	579
	50m:	29.86	29.86	150m:	1:36.18	33.52	250m:	2:44.11	34.21	350m:	3:52.70	34.11
	100m:	1:02.66	32.80	200m:	2:09.90	33.72	300m:	3:18.59	34.48	400m:	4:23.98	31.28
46.				2007						<b>4:24.32</b>	I	577
	50m:	28.99	28.99	150m:	1:36.13	34.01	250m:	2:44.25	34.13	350m:	3:51.95	33.76
	100m:	1:02.12	33.13	200m:	2:10.12	33.99	300m:	3:18.19	33.94	400m:	4:24.32	32.37
47.				2007	I					<b>4:24.36</b>	I	576
	50m:	29.96	29.96	150m:	1:35.99	33.29	250m:	2:43.21	33.88	350m:	3:51.81	34.13
	100m:	1:02.70	32.74	200m:	2:09.33	33.34	300m:	3:17.68	34.47	400m:	4:24.36	32.55



	10,	, 400m							R.T.		FINA	
48.			2006							<b>4:24.70</b>	574	
	50m:	27.71	27.71	150m:	1:32.77	33.22	250m:	2:40.72	34.09	350m:	3:53.71	36.77
	100m:	59.55	31.84	200m:	2:06.63	33.86	300m:	3:16.94	36.22	400m:	4:24.70	30.99
49.			2007							<b>4:24.79</b>	574	
	50m:	29.41	29.41	150m:	1:34.98	33.27	250m:	2:42.51	33.88	350m:	3:50.96	34.27
	100m:	1:01.71	32.30	200m:	2:08.63	33.65	300m:	3:16.69	34.18	400m:	4:24.79	33.83
50.			2005							<b>4:25.75</b>	567	
	50m:	28.66	28.66	150m:	1:34.00	33.26	250m:	2:42.46	34.40	350m:	3:51.83	34.74
	100m:	1:00.74	32.08	200m:	2:08.06	34.06	300m:	3:17.09	34.63	400m:	4:25.75	33.92
51.			2005							<b>4:25.91</b>	566	
	50m:	29.73	29.73	150m:	1:37.13	34.05	250m:	2:45.33	34.01	350m:	3:53.26	33.60
	100m:	1:03.08	33.35	200m:	2:11.32	34.19	300m:	3:19.66	34.33	400m:	4:25.91	32.65
52.			2005							<b>4:26.21</b>	564	
	50m:	30.43	30.43	150m:	1:37.06	33.64	250m:	2:44.64	34.26	350m:	3:52.85	34.50
	100m:	1:03.42	32.99	200m:	2:10.38	33.32	300m:	3:18.35	33.71	400m:	4:26.21	33.36
53.			2006							<b>4:26.37</b>	563	
	100m:	1:01.69	1:01.69	200m:	2:10.11	1:08.42	300m:	3:19.49	1:09.38	400m:	4:26.37	1:06.88
54.			2005							<b>4:26.71</b>	561	
	100m:	1:02.86	1:02.86	200m:	2:09.99	1:07.13	300m:	3:18.24	1:08.25	400m:	4:26.71	1:08.47
55.			2005							<b>4:27.18</b>	558	
	50m:	30.25	30.25	150m:	1:35.22	32.94	250m:	2:44.02	34.60	350m:	3:54.55	34.93
	100m:	1:02.28	32.03	200m:	2:09.42	34.20	300m:	3:19.62	35.60	400m:	4:27.18	32.63
56.			2006							<b>4:27.19</b>	558	
	50m:	29.98	29.98	150m:	1:35.93	33.40	250m:	2:44.56	34.30	350m:	3:54.36	34.84
	100m:	1:02.53	32.55	200m:	2:10.26	34.33	300m:	3:19.52	34.96	400m:	4:27.19	32.83
57.			2003							<b>4:27.62</b>	556	
	50m:	29.47	29.47	150m:	1:34.14	32.35	250m:	2:42.29	34.60	350m:	3:53.22	35.30
	100m:	1:01.79	32.32	200m:	2:07.69	33.55	300m:	3:17.92	35.63	400m:	4:27.62	34.40
58.			2007							<b>4:27.86</b>	554	
	100m:	1:03.87	1:03.87	200m:	2:13.17	1:09.30	300m:	3:21.27	1:08.10	400m:	4:27.86	1:06.59
59.			2005							<b>4:28.35</b>	551	
	50m:	30.27	30.27	150m:	1:36.93	33.60	250m:	2:45.08	33.89	350m:	3:54.70	34.77
	100m:	1:03.33	33.06	200m:	2:11.19	34.26	300m:	3:19.93	34.85	400m:	4:28.35	33.65
60.			2006							<b>4:28.81</b>	548	
	50m:	30.54	30.54	150m:	1:38.66	34.22	250m:	2:48.22	34.38	350m:	3:56.82	34.21
	100m:	1:04.44	33.90	200m:	2:13.84	35.18	300m:	3:22.61	34.39	400m:	4:28.81	31.99
61.			2007							<b>4:28.91</b>	548	
	50m:	30.86	30.86	150m:	1:38.16	34.15	250m:	2:46.92	34.58	350m:	3:55.46	34.44
	100m:	1:04.01	33.15	200m:	2:12.34	34.18	300m:	3:21.02	34.10	400m:	4:28.91	33.45
62.			2003							<b>4:29.74</b>	543	
	50m:	29.87	29.87	150m:	1:36.75	33.93	250m:	2:46.25	34.88	350m:	3:56.20	34.98
	100m:	1:02.82	32.95	200m:	2:11.37	34.62	300m:	3:21.22	34.97	400m:	4:29.74	33.54
63.			2005							<b>4:30.21</b>	540	
	50m:	30.77	30.77	150m:	1:38.33	33.47	250m:	2:46.77	34.31	350m:	3:56.69	34.68
	100m:	1:04.86	34.09	200m:	2:12.46	34.13	300m:	3:22.01	35.24	400m:	4:30.21	33.52



10,		, 400m						R.T.		FINA		
64.				2007	I					<b>4:30.74</b>	I	537
	50m:	30.09	30.09	150m:	1:37.05	33.98	250m:	2:46.42	35.00	350m:	3:56.54	34.73
	100m:	1:03.07	32.98	200m:	2:11.42	34.37	300m:	3:21.81	35.39	400m:	4:30.74	34.20
65.				2004	I					<b>4:31.02</b>	I	535
	50m:	30.92	30.92	150m:	1:38.67	34.35	250m:	2:47.47	34.65	350m:	3:57.58	34.99
	100m:	1:04.32	33.40	200m:	2:12.82	34.15	300m:	3:22.59	35.12	400m:	4:31.02	33.44
66.				2005	I					<b>4:31.57</b>	I	532
	50m:	30.14	30.14	150m:	1:35.73	33.33	250m:	2:44.73	35.34	350m:	3:55.19	35.04
	100m:	1:02.40	32.26	200m:	2:09.39	33.66	300m:	3:20.15	35.42	400m:	4:31.57	36.38
67.				2005	I					<b>4:31.66</b>	I	531
	50m:	29.38	29.38	150m:	1:36.39	33.95	250m:	2:46.96	35.43	350m:	3:57.64	34.67
	100m:	1:02.44	33.06	200m:	2:11.53	35.14	300m:	3:22.97	36.01	400m:	4:31.66	34.02
68.				2007						<b>4:32.52</b>	I	526
	50m:	31.20	31.20	150m:	1:39.78	34.72	250m:	2:49.62	35.05	350m:	3:59.12	34.97
	100m:	1:05.06	33.86	200m:	2:14.57	34.79	300m:	3:24.15	34.53	400m:	4:32.52	33.40
69.				2007						<b>4:32.64</b>	I	525
	50m:	31.53	31.53	150m:	1:39.74	34.11	250m:	2:48.89	34.57	350m:	3:58.33	34.54
	100m:	1:05.63	34.10	200m:	2:14.32	34.58	300m:	3:23.79	34.90	400m:	4:32.64	34.31
70.				2006						<b>4:33.55</b>	I	520
	50m:	31.62	31.62	150m:	1:39.28	34.37	250m:	2:49.81	35.06	350m:	3:59.89	35.26
	100m:	1:04.91	33.29	200m:	2:14.75	35.47	300m:	3:24.63	34.82	400m:	4:33.55	33.66
71.				2005	I					<b>4:33.64</b>	I	520
	50m:	29.42	29.42	150m:	1:34.83	33.33	250m:	2:45.92	36.32	350m:	3:59.36	36.50
	100m:	1:01.50	32.08	200m:	2:09.60	34.77	300m:	3:22.86	36.94	400m:	4:33.64	34.28
72.				2007	I					<b>4:33.87</b>	I	518
	50m:	31.89	31.89	150m:	1:41.77	34.91	250m:	2:51.37	34.27	350m:	4:00.70	34.13
	100m:	1:06.86	34.97	200m:	2:17.10	35.33	300m:	3:26.57	35.20	400m:	4:33.87	33.17
73.				2005						<b>4:34.31</b>		516
	100m:	1:05.31	1:05.31	200m:	2:16.49	1:11.18	300m:	3:27.31	1:10.82	400m:	4:34.31	1:07.00
74.				2006	I					<b>4:34.35</b>		516
	50m:	29.72	29.72	150m:	1:38.56	34.89	250m:	2:49.04	35.07	350m:	3:59.41	34.92
	100m:	1:03.67	33.95	200m:	2:13.97	35.41	300m:	3:24.49	35.45	400m:	4:34.35	34.94
75.				2007	I					<b>4:34.94</b>		512
	100m:	1:05.74	1:05.74	200m:	2:15.69	1:09.95	300m:	3:26.15	1:10.46	400m:	4:34.94	1:08.79
76.				2005	I					<b>4:35.44</b>		510
	50m:	30.18	30.18	150m:	1:39.58	35.45	250m:	2:51.21	35.54	350m:	4:01.90	34.73
	100m:	1:04.13	33.95	200m:	2:15.67	36.09	300m:	3:27.17	35.96	400m:	4:35.44	33.54
77.				2006	I					<b>4:36.19</b>		505
	50m:	29.91	29.91	150m:	1:39.54	35.22	250m:	2:51.07	35.62	350m:	4:02.40	35.08
	100m:	1:04.32	34.41	200m:	2:15.45	35.91	300m:	3:27.32	36.25	400m:	4:36.19	33.79
78.				2006	I					<b>4:36.82</b>		502
	50m:	29.93	29.93	150m:	1:38.69	35.03	250m:	2:50.11	35.40	350m:	4:02.80	35.72
	100m:	1:03.66	33.73	200m:	2:14.71	36.02	300m:	3:27.08	36.97	400m:	4:36.82	34.02
79.				2004						<b>4:37.20</b>		500
	50m:	30.14	30.14	150m:	1:38.54	34.79	250m:	2:49.85	36.41	350m:	4:02.26	36.43
	100m:	1:03.75	33.61	200m:	2:13.44	34.90	300m:	3:25.83	35.98	400m:	4:37.20	34.94



	10,	, 400m							R.T.		FINA	
80.			1999	I					<b>4:37.66</b>		497	
	50m:	30.81	30.81	150m:	1:40.67	35.12	250m:	2:51.60	35.47	350m:	4:03.69	36.12
	100m:	1:05.55	34.74	200m:	2:16.13	35.46	300m:	3:27.57	35.97	400m:	4:37.66	33.97
81.			2006	I					<b>4:38.01</b>		496	
	50m:	31.10	31.10	150m:	1:40.76	35.34	250m:	2:51.98	35.95	350m:	4:03.77	35.85
	100m:	1:05.42	34.32	200m:	2:16.03	35.27	300m:	3:27.92	35.94	400m:	4:38.01	34.24
82.			2005	I					<b>4:38.06</b>		495	
	50m:	32.04	32.04	150m:	1:41.81	35.26	250m:	2:52.77	35.72	350m:	4:04.06	35.94
	100m:	1:06.55	34.51	200m:	2:17.05	35.24	300m:	3:28.12	35.35	400m:	4:38.06	34.00
83.			2007	I					<b>4:38.29</b>		494	
	50m:	30.39	30.39	150m:	1:40.43	35.13	250m:	2:51.62	35.37	350m:	4:03.10	35.64
	100m:	1:05.30	34.91	200m:	2:16.25	35.82	300m:	3:27.46	35.84	400m:	4:38.29	35.19
84.			2005						<b>4:38.92</b>		491	
	50m:	30.56	30.56	150m:	1:39.28	35.12	250m:	2:51.11	35.76	350m:	4:05.03	37.28
	100m:	1:04.16	33.60	200m:	2:15.35	36.07	300m:	3:27.75	36.64	400m:	4:38.92	33.89
85.			2006						<b>4:38.98</b>		490	
	50m:	30.39	30.39	150m:	1:39.49	35.23	250m:	2:51.62	36.35	350m:	4:04.10	36.40
	100m:	1:04.26	33.87	200m:	2:15.27	35.78	300m:	3:27.70	36.08	400m:	4:38.98	34.88
86.			2005	I					<b>4:39.29</b>		489	
	50m:	29.21	29.21	150m:	1:38.82	35.89	250m:	2:51.97	36.60	350m:	4:04.78	36.07
	100m:	1:02.93	33.72	200m:	2:15.37	36.55	300m:	3:28.71	36.74	400m:	4:39.29	34.51
87.			2006						<b>4:40.29</b>		484	
	50m:	30.87	30.87	150m:	1:41.15	35.69	250m:	2:53.39	35.84	350m:	4:06.78	35.94
	100m:	1:05.46	34.59	200m:	2:17.55	36.40	300m:	3:30.84	37.45	400m:	4:40.29	33.51
88.			2005						<b>4:40.76</b>		481	
	50m:	30.16	30.16	150m:	1:40.01	35.72	250m:	2:53.07	36.76	350m:	4:05.84	36.74
	100m:	1:04.29	34.13	200m:	2:16.31	36.30	300m:	3:29.10	36.03	400m:	4:40.76	34.92
89.			2007	I					<b>4:40.99</b>		480	
	50m:	31.66	31.66	150m:	1:40.56	35.58	250m:	2:53.61	36.87	350m:	4:07.72	37.28
	100m:	1:04.98	33.32	200m:	2:16.74	36.18	300m:	3:30.44	36.83	400m:	4:40.99	33.27
90.			2005	I					<b>4:41.33</b>		478	
	50m:	30.59	30.59	150m:	1:39.85	35.23	250m:	2:51.90	36.36	350m:	4:05.11	36.51
	100m:	1:04.62	34.03	200m:	2:15.54	35.69	300m:	3:28.60	36.70	400m:	4:41.33	36.22
91.			2007	I					<b>4:42.01</b>		475	
	50m:	30.42	30.42	150m:	1:42.17	36.31	250m:	2:54.85	35.77	350m:	4:08.33	36.82
	100m:	1:05.86	35.44	200m:	2:19.08	36.91	300m:	3:31.51	36.66	400m:	4:42.01	33.68
92.			2002						<b>4:42.04</b>		475	
	50m:	30.53	30.53	150m:	1:40.71	35.53	250m:	2:52.88	36.27	350m:	4:06.83	37.71
	100m:	1:05.18	34.65	200m:	2:16.61	35.90	300m:	3:29.12	36.24	400m:	4:42.04	35.21
93.			2002	I					<b>4:42.24</b>		474	
	50m:	30.24	30.24	150m:	1:38.64	34.91	250m:	2:50.80	36.34	350m:	4:05.31	37.33
	100m:	1:03.73	33.49	200m:	2:14.46	35.82	300m:	3:27.98	37.18	400m:	4:42.24	36.93
94.			2005	I					<b>4:42.39</b>		473	
	50m:	31.50	31.50	150m:	1:42.68	36.25	250m:	2:56.21	36.87	350m:	4:08.61	36.39
	100m:	1:06.43	34.93	200m:	2:19.34	36.66	300m:	3:32.22	36.01	400m:	4:42.39	33.78



	10,	, 400m							R.T.		FINA	
95.			2006	I					<b>4:43.47</b>		467	
	50m:	31.08	31.08	150m:	1:41.73	35.99	250m:	2:55.18	37.30	350m:	4:08.61	36.90
	100m:	1:05.74	34.66	200m:	2:17.88	36.15	300m:	3:31.71	36.53	400m:	4:43.47	34.86
96.			2005						<b>4:43.92</b>		465	
	50m:	31.07	31.07	150m:	1:40.75	35.41	250m:	2:53.40	36.41	350m:	4:07.44	36.72
	100m:	1:05.34	34.27	200m:	2:16.99	36.24	300m:	3:30.72	37.32	400m:	4:43.92	36.48
97.			2006	I					<b>4:44.09</b>		464	
	50m:	29.71	29.71	150m:	1:40.70	37.17	250m:	2:55.64	38.01	350m:	4:10.56	37.19
	100m:	1:03.53	33.82	200m:	2:17.63	36.93	300m:	3:33.37	37.73	400m:	4:44.09	33.53
98.			2005	I					<b>4:44.37</b>		463	
	50m:	31.33	31.33	150m:	1:42.80	36.09	250m:	2:55.13	35.86	350m:	4:08.56	36.78
	100m:	1:06.71	35.38	200m:	2:19.27	36.47	300m:	3:31.78	36.65	400m:	4:44.37	35.81
99.			2004	I					<b>4:45.05</b>		460	
	50m:	29.85	29.85	150m:	1:38.30	35.05	250m:	2:51.33	36.98	350m:	4:07.38	38.44
	100m:	1:03.25	33.40	200m:	2:14.35	36.05	300m:	3:28.94	37.61	400m:	4:45.05	37.67
100.			2007	I					<b>4:46.39</b>		453	
	50m:	31.62	31.62	150m:	1:43.12	36.31	250m:	2:56.66	37.11	350m:	4:10.44	37.14
	100m:	1:06.81	35.19	200m:	2:19.55	36.43	300m:	3:33.30	36.64	400m:	4:46.39	35.95
101.			2006	I					<b>4:47.89</b>		446	
	100m:	1:07.10	1:07.10	200m:	2:19.20	1:12.10	300m:	3:34.52	1:15.32	400m:	4:47.89	1:13.37
102.			2006	I					<b>4:49.91</b>		437	
	50m:	30.82	30.82	150m:	1:42.59	36.61	250m:	2:58.33	38.40	350m:	4:13.38	37.40
	100m:	1:05.98	35.16	200m:	2:19.93	37.34	300m:	3:35.98	37.65	400m:	4:49.91	36.53
103.			2007	I					<b>4:50.99</b>		432	
	50m:	31.85	31.85	150m:	1:44.44	36.25	250m:	2:59.91	37.38	350m:	4:14.67	37.75
	100m:	1:08.19	36.34	200m:	2:22.53	38.09	300m:	3:36.92	37.01	400m:	4:50.99	36.32
104.			2005	I					<b>4:57.16</b>		406	
	50m:	32.06	32.06	150m:	1:45.39	37.63	250m:	3:03.02	39.16	350m:	4:20.65	39.21
	100m:	1:07.76	35.70	200m:	2:23.86	38.47	300m:	3:41.44	38.42	400m:	4:57.16	36.51
105.			2003	I					<b>5:03.98</b>		379	
	50m:	30.55	30.55	150m:	1:44.72	38.20	250m:	3:03.51	38.94	350m:	4:24.44	39.82
	100m:	1:06.52	35.97	200m:	2:24.57	39.85	300m:	3:44.62	41.11	400m:	5:03.98	39.54
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									R.T.			FINA
1.				2005						<b>3:58.17</b>		788
	50m:	28.57	28.57	150m:	1:30.08	30.71	250m:	2:31.03	30.12	350m:	3:30.54	29.72
	100m:	59.37	30.80	200m:	2:00.91	30.83	300m:	3:00.82	29.79	400m:	3:58.17	27.63
2.				2005						<b>4:06.09</b>		715
	100m:	59.13	59.13	200m:	2:01.42	1:02.29	300m:	3:03.73	1:02.31	400m:	4:06.09	1:02.36
3.				2005						<b>4:08.02</b>		698
	50m:	28.78	28.78	150m:	1:30.77	30.95	250m:	2:33.45	31.49	350m:	3:36.85	31.53
	100m:	59.82	31.04	200m:	2:01.96	31.19	300m:	3:05.32	31.87	400m:	4:08.02	31.17
4.				2005						<b>4:08.34</b>		695
	50m:	29.01	29.01	150m:	1:30.39	30.83	250m:	2:33.91	32.06	350m:	3:38.07	32.23
	100m:	59.56	30.55	200m:	2:01.85	31.46	300m:	3:05.84	31.93	400m:	4:08.34	30.27
5.				2004						<b>4:09.17</b>		688
	50m:	29.18	29.18	150m:	1:33.44	32.20	250m:	2:38.06	32.21	350m:	3:42.38	31.83
	100m:	1:01.24	32.06	200m:	2:05.85	32.41	300m:	3:10.55	32.49	400m:	4:09.17	26.79
6.				2005						<b>4:10.83</b>		675
	50m:	29.04	29.04	150m:	1:32.70	31.93	250m:	2:36.87	32.06	350m:	3:41.26	31.96
	100m:	1:00.77	31.73	200m:	2:04.81	32.11	300m:	3:09.30	32.43	400m:	4:10.83	29.57
7.				2005						<b>4:10.96</b>		674
	50m:	28.90	28.90	150m:	1:32.39	31.77	250m:	2:36.75	32.08	350m:	3:40.42	31.13
	100m:	1:00.62	31.72	200m:	2:04.67	32.28	300m:	3:09.29	32.54	400m:	4:10.96	30.54
8.				2005						<b>4:11.18</b>		672
	50m:	28.27	28.27	150m:	1:31.28	32.09	250m:	2:35.99	32.56	350m:	3:40.56	32.07
	100m:	59.19	30.92	200m:	2:03.43	32.15	300m:	3:08.49	32.50	400m:	4:11.18	30.62
9.				2005						<b>4:11.32</b>		671
	50m:	28.94	28.94	150m:	1:32.02	31.76	250m:	2:36.26	31.99	350m:	3:40.35	31.77
	100m:	1:00.26	31.32	200m:	2:04.27	32.25	300m:	3:08.58	32.32	400m:	4:11.32	30.97
10.				2005						<b>4:11.76</b>		667
	50m:	29.26	29.26	150m:	1:32.64	31.65	250m:	2:36.62	32.15	350m:	3:40.92	32.05
	100m:	1:00.99	31.73	200m:	2:04.47	31.83	300m:	3:08.87	32.25	400m:	4:11.76	30.84
11.				2004						<b>4:13.40</b>		655
	50m:	28.62	28.62	150m:	1:31.75	31.60	250m:	2:36.06	32.19	350m:	3:41.50	32.75
	100m:	1:00.15	31.53	200m:	2:03.87	32.12	300m:	3:08.75	32.69	400m:	4:13.40	31.90
12.				2004						<b>4:14.59</b>		645
	50m:	29.29	29.29	150m:	1:33.33	32.39	250m:	2:38.08	32.68	350m:	3:42.91	32.31
	100m:	1:00.94	31.65	200m:	2:05.40	32.07	300m:	3:10.60	32.52	400m:	4:14.59	31.68
13.				2005						<b>4:16.05</b>		634
	100m:	1:02.16	1:02.16	200m:	2:06.93	1:04.77	300m:	3:12.15	1:05.22	400m:	4:16.05	1:03.90
14.				2004						<b>4:17.21</b>		626
	50m:	30.08	30.08	150m:	1:34.75	32.38	250m:	2:39.82	32.33	350m:	3:45.14	32.48
	100m:	1:02.37	32.29	200m:	2:07.49	32.74	300m:	3:12.66	32.84	400m:	4:17.21	32.07
15.				2004						<b>4:18.16</b>		619
	50m:	29.25	29.25	150m:	1:32.29	31.86	250m:	2:37.15	32.71	350m:	3:44.30	33.90
	100m:	1:00.43	31.18	200m:	2:04.44	32.15	300m:	3:10.40	33.25	400m:	4:18.16	33.86

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10,		, 400m				(17-18 )		R.T.		FINA	
16.				2005					<b>4:18.17</b>		619
	50m:	29.17	29.17	150m:	1:33.25	32.33	250m:	2:39.22	33.44	350m:	3:46.13
	100m:	1:00.92	31.75	200m:	2:05.78	32.53	300m:	3:12.64	33.42	400m:	4:18.17
17.				2005					<b>4:21.52</b>		595
	50m:	29.59	29.59	150m:	1:35.26	33.43	250m:	2:42.67	34.12	350m:	3:49.96
	100m:	1:01.83	32.24	200m:	2:08.55	33.29	300m:	3:16.19	33.52	400m:	4:21.52
18.				2005					<b>4:25.75</b>		567
	50m:	28.66	28.66	150m:	1:34.00	33.26	250m:	2:42.46	34.40	350m:	3:51.83
	100m:	1:00.74	32.08	200m:	2:08.06	34.06	300m:	3:17.09	34.63	400m:	4:25.75
19.				2005					<b>4:25.91</b>		566
	50m:	29.73	29.73	150m:	1:37.13	34.05	250m:	2:45.33	34.01	350m:	3:53.26
	100m:	1:03.08	33.35	200m:	2:11.32	34.19	300m:	3:19.66	34.33	400m:	4:25.91
20.				2005					<b>4:26.21</b>		564
	50m:	30.43	30.43	150m:	1:37.06	33.64	250m:	2:44.64	34.26	350m:	3:52.85
	100m:	1:03.42	32.99	200m:	2:10.38	33.32	300m:	3:18.35	33.71	400m:	4:26.21
21.				2005					<b>4:26.71</b>		561
	100m:	1:02.86	1:02.86	200m:	2:09.99	1:07.13	300m:	3:18.24	1:08.25	400m:	4:26.71
22.				2005					<b>4:27.18</b>		558
	50m:	30.25	30.25	150m:	1:35.22	32.94	250m:	2:44.02	34.60	350m:	3:54.55
	100m:	1:02.28	32.03	200m:	2:09.42	34.20	300m:	3:19.62	35.60	400m:	4:27.18
23.				2005					<b>4:28.35</b>		551
	50m:	30.27	30.27	150m:	1:36.93	33.60	250m:	2:45.08	33.89	350m:	3:54.70
	100m:	1:03.33	33.06	200m:	2:11.19	34.26	300m:	3:19.93	34.85	400m:	4:28.35
24.				2005					<b>4:30.21</b>		540
	50m:	30.77	30.77	150m:	1:38.33	33.47	250m:	2:46.77	34.31	350m:	3:56.69
	100m:	1:04.86	34.09	200m:	2:12.46	34.13	300m:	3:22.01	35.24	400m:	4:30.21
25.				2004					<b>4:31.02</b>		535
	50m:	30.92	30.92	150m:	1:38.67	34.35	250m:	2:47.47	34.65	350m:	3:57.58
	100m:	1:04.32	33.40	200m:	2:12.82	34.15	300m:	3:22.59	35.12	400m:	4:31.02
26.				2005					<b>4:31.57</b>		532
	50m:	30.14	30.14	150m:	1:35.73	33.33	250m:	2:44.73	35.34	350m:	3:55.19
	100m:	1:02.40	32.26	200m:	2:09.39	33.66	300m:	3:20.15	35.42	400m:	4:31.57
27.				2005					<b>4:31.66</b>		531
	50m:	29.38	29.38	150m:	1:36.39	33.95	250m:	2:46.96	35.43	350m:	3:57.64
	100m:	1:02.44	33.06	200m:	2:11.53	35.14	300m:	3:22.97	36.01	400m:	4:31.66
28.				2005					<b>4:33.64</b>		520
	50m:	29.42	29.42	150m:	1:34.83	33.33	250m:	2:45.92	36.32	350m:	3:59.36
	100m:	1:01.50	32.08	200m:	2:09.60	34.77	300m:	3:22.86	36.94	400m:	4:33.64
29.				2005					<b>4:34.31</b>		516
	100m:	1:05.31	1:05.31	200m:	2:16.49	1:11.18	300m:	3:27.31	1:10.82	400m:	4:34.31
30.				2005					<b>4:35.44</b>		510
	50m:	30.18	30.18	150m:	1:39.58	35.45	250m:	2:51.21	35.54	350m:	4:01.90
	100m:	1:04.13	33.95	200m:	2:15.67	36.09	300m:	3:27.17	35.96	400m:	4:35.44
31.				2004					<b>4:37.20</b>		500
	50m:	30.14	30.14	150m:	1:38.54	34.79	250m:	2:49.85	36.41	350m:	4:02.26
	100m:	1:03.75	33.61	200m:	2:13.44	34.90	300m:	3:25.83	35.98	400m:	4:37.20

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10,		, 400m				(17-18 )		R.T.		FINA		
32.				2005	I			<b>4:38.06</b>		495		
	50m:	32.04	32.04	150m:	1:41.81	35.26	250m:	2:52.77	35.72	350m:	4:04.06	35.94
	100m:	1:06.55	34.51	200m:	2:17.05	35.24	300m:	3:28.12	35.35	400m:	4:38.06	34.00
33.				2005				<b>4:38.92</b>		491		
	50m:	30.56	30.56	150m:	1:39.28	35.12	250m:	2:51.11	35.76	350m:	4:05.03	37.28
	100m:	1:04.16	33.60	200m:	2:15.35	36.07	300m:	3:27.75	36.64	400m:	4:38.92	33.89
34.				2005	I			<b>4:39.29</b>		489		
	50m:	29.21	29.21	150m:	1:38.82	35.89	250m:	2:51.97	36.60	350m:	4:04.78	36.07
	100m:	1:02.93	33.72	200m:	2:15.37	36.55	300m:	3:28.71	36.74	400m:	4:39.29	34.51
35.				2005				<b>4:40.76</b>		481		
	50m:	30.16	30.16	150m:	1:40.01	35.72	250m:	2:53.07	36.76	350m:	4:05.84	36.74
	100m:	1:04.29	34.13	200m:	2:16.31	36.30	300m:	3:29.10	36.03	400m:	4:40.76	34.92
36.				2005	I			<b>4:41.33</b>		478		
	50m:	30.59	30.59	150m:	1:39.85	35.23	250m:	2:51.90	36.36	350m:	4:05.11	36.51
	100m:	1:04.62	34.03	200m:	2:15.54	35.69	300m:	3:28.60	36.70	400m:	4:41.33	36.22
37.				2005	I			<b>4:42.39</b>		473		
	50m:	31.50	31.50	150m:	1:42.68	36.25	250m:	2:56.21	36.87	350m:	4:08.61	36.39
	100m:	1:06.43	34.93	200m:	2:19.34	36.66	300m:	3:32.22	36.01	400m:	4:42.39	33.78
38.				2005				<b>4:43.92</b>		465		
	50m:	31.07	31.07	150m:	1:40.75	35.41	250m:	2:53.40	36.41	350m:	4:07.44	36.72
	100m:	1:05.34	34.27	200m:	2:16.99	36.24	300m:	3:30.72	37.32	400m:	4:43.92	36.48
39.				2005	I			<b>4:44.37</b>		463		
	50m:	31.33	31.33	150m:	1:42.80	36.09	250m:	2:55.13	35.86	350m:	4:08.56	36.78
	100m:	1:06.71	35.38	200m:	2:19.27	36.47	300m:	3:31.78	36.65	400m:	4:44.37	35.81
40.				2004	I			<b>4:45.05</b>		460		
	50m:	29.85	29.85	150m:	1:38.30	35.05	250m:	2:51.33	36.98	350m:	4:07.38	38.44
	100m:	1:03.25	33.40	200m:	2:14.35	36.05	300m:	3:28.94	37.61	400m:	4:45.05	37.67
41.				2005	I			<b>4:57.16</b>		406		
	50m:	32.06	32.06	150m:	1:45.39	37.63	250m:	3:03.02	39.16	350m:	4:20.65	39.21
	100m:	1:07.76	35.70	200m:	2:23.86	38.47	300m:	3:41.44	38.42	400m:	4:57.16	36.51

