

9
09.03.2022 - 10:00

, 400m

: FINA 2022

									R.T.	FINA				
1.					2005					4:21.08	742			
	50m:	29.14	29.14	150m:	1:35.57	33.08	250m:	2:42.41	33.33	350m:	3:48.77	33.13		
	100m:	1:02.49	33.35	200m:	2:09.08	33.51	300m:	3:15.64	33.23	400m:	4:21.08	32.31		
2.					2006					4:24.26	716			
	50m:	30.69	30.69	150m:	1:38.58	34.07	250m:	2:46.59	34.58	350m:	3:53.74	33.39		
	100m:	1:04.51	33.82	200m:	2:12.01	33.43	300m:	3:20.35	33.76	400m:	4:24.26	30.52		
3.					2006					4:24.39	715			
	50m:	30.75	30.75	150m:	1:38.67	34.21	250m:	2:46.72	34.17	350m:	3:53.61	33.10		
	100m:	1:04.46	33.71	200m:	2:12.55	33.88	300m:	3:20.51	33.79	400m:	4:24.39	30.78		
4.					2006					4:26.45	698			
	50m:	30.79	30.79	150m:	1:39.05	34.40	250m:	2:47.88	34.91	350m:	3:54.77	32.60		
	100m:	1:04.65	33.86	200m:	2:12.97	33.92	300m:	3:22.17	34.29	400m:	4:26.45	31.68		
5.					2006					4:28.09	686			
	50m:	30.96	30.96	150m:	1:38.29	33.94	250m:	2:47.15	34.61	350m:	3:55.59	34.15		
	100m:	1:04.35	33.39	200m:	2:12.54	34.25	300m:	3:21.44	34.29	400m:	4:28.09	32.50		
6.					2002					4:28.22	685			
	50m:	30.50	30.50	150m:	1:38.21	33.92	250m:	2:46.67	34.51	350m:	3:56.00	34.81		
	100m:	1:04.29	33.79	200m:	2:12.16	33.95	300m:	3:21.19	34.52	400m:	4:28.22	32.22		
7.					2004					4:30.29	669			
	50m:	30.55	30.55	150m:	1:39.05	34.49	250m:	2:47.14	33.41	350m:	3:56.93	35.00		
	100m:	1:04.56	34.01	200m:	2:13.73	34.68	300m:	3:21.93	34.79	400m:	4:30.29	33.36		
8.					2004					4:32.34	654			
	50m:	30.99	30.99	150m:	1:39.72	34.83	250m:	2:49.50	34.81	350m:	3:58.93	34.47		
	100m:	1:04.89	33.90	200m:	2:14.69	34.97	300m:	3:24.46	34.96	400m:	4:32.34	33.41		
9.					2007					4:33.20	648			
	100m:	1:06.46	1:06.46	200m:	2:16.11	1:09.65	300m:	3:25.45	1:09.34	400m:	4:33.20	1:07.75		
10.					2001					4:33.86	643			
	100m:	1:05.28	1:05.28	200m:	2:17.12	1:11.84	300m:	3:26.84	1:09.72	400m:	4:33.86	1:07.02		
11.					2005					4:33.99	642			
	50m:	31.44	31.44	150m:	1:39.36	34.10	250m:	2:49.44	35.12	350m:	4:00.54	35.75		
	100m:	1:05.26	33.82	200m:	2:14.32	34.96	300m:	3:24.79	35.35	400m:	4:33.99	33.45		
12.					2004					4:34.72	637			
	50m:	31.13	31.13	150m:	1:40.10	34.58	250m:	2:50.64	35.55	350m:	4:00.64	34.93		
	100m:	1:05.52	34.39	200m:	2:15.09	34.99	300m:	3:25.71	35.07	400m:	4:34.72	34.08		
13.					2007					4:34.78	637			
	50m:	32.06	32.06	150m:	1:42.33	35.25	250m:	2:52.33	35.20	350m:	4:01.51	34.44		
	100m:	1:07.08	35.02	200m:	2:17.13	34.80	300m:	3:27.07	34.74	400m:	4:34.78	33.27		
14.					2008					4:35.30	633			
	50m:	31.72	31.72	150m:	1:41.59	35.14	250m:	2:52.26	35.43	350m:	4:01.76	34.17		
	100m:	1:06.45	34.73	200m:	2:16.83	35.24	300m:	3:27.59	35.33	400m:	4:35.30	33.54		
15.					2008					4:35.47	632			
	50m:	32.47	32.47	150m:	1:42.59	35.43	250m:	2:52.28	34.94	350m:	4:02.34	35.06		
	100m:	1:07.16	34.69	200m:	2:17.34	34.75	300m:	3:27.28	35.00	400m:	4:35.47	33.13		



9,		, 400m						R.T.		FINA		
16.				2003					4:36.31		626	
	50m:	32.83	32.83	150m:	1:44.06	35.80	250m:	2:53.87	34.86	350m:	4:02.73	34.47
	100m:	1:08.26	35.43	200m:	2:19.01	34.95	300m:	3:28.26	34.39	400m:	4:36.31	33.58
17.				2008					4:37.95		615	
	50m:	31.91	31.91	150m:	1:41.99	35.19	250m:	2:52.30	35.60	350m:	4:03.23	35.65
	100m:	1:06.80	34.89	200m:	2:16.70	34.71	300m:	3:27.58	35.28	400m:	4:37.95	34.72
18.				2005					4:39.71		604	
	50m:	32.09	32.09	150m:	1:42.30	35.35	250m:	2:53.56	35.63	350m:	4:05.26	35.96
	100m:	1:06.95	34.86	200m:	2:17.93	35.63	300m:	3:29.30	35.74	400m:	4:39.71	34.45
19.				2006 I					4:41.29		594	
	50m:	30.64	30.64	150m:	1:40.60	35.33	250m:	2:52.80	35.96	350m:	4:05.80	36.50
	100m:	1:05.27	34.63	200m:	2:16.84	36.24	300m:	3:29.30	36.50	400m:	4:41.29	35.49
20.				2004					4:41.46		592	
	50m:	32.19	32.19	150m:	1:42.93	35.69	250m:	2:55.01	36.36	350m:	4:06.90	36.05
	100m:	1:07.24	35.05	200m:	2:18.65	35.72	300m:	3:30.85	35.84	400m:	4:41.46	34.56
21.				2008					4:41.71		591	
	50m:	32.23	32.23	150m:	1:42.97	35.74	250m:	2:54.56	35.71	350m:	4:06.54	35.94
	100m:	1:07.23	35.00	200m:	2:18.85	35.88	300m:	3:30.60	36.04	400m:	4:41.71	35.17
22.				2005					4:42.20		588	
	50m:	31.06	31.06	150m:	1:41.21	35.39	250m:	2:53.58	35.95	350m:	4:06.64	36.42
	100m:	1:05.82	34.76	200m:	2:17.63	36.42	300m:	3:30.22	36.64	400m:	4:42.20	35.56
23.				2009					4:43.65		579	
	50m:	32.86	32.86	150m:	1:44.81	36.31	250m:	2:57.52	36.44	350m:	4:09.85	36.34
	100m:	1:08.50	35.64	200m:	2:21.08	36.27	300m:	3:33.51	35.99	400m:	4:43.65	33.80
24.				2006					4:45.26 I		569	
	50m:	32.09	32.09	150m:	1:43.20	35.82	250m:	2:56.45	36.67	350m:	4:10.35	36.64
	100m:	1:07.38	35.29	200m:	2:19.78	36.58	300m:	3:33.71	37.26	400m:	4:45.26	34.91
25.				2007					4:45.48 I		568	
	50m:	33.97	33.97	150m:	1:46.48	36.28	250m:	2:58.34	35.68	350m:	4:11.19	36.26
	100m:	1:10.20	36.23	200m:	2:22.66	36.18	300m:	3:34.93	36.59	400m:	4:45.48	34.29
26.				2007					4:46.33 I		563	
	50m:	32.56	32.56	150m:	1:44.56	36.43	250m:	2:58.09	37.35	350m:	4:10.98	36.39
	100m:	1:08.13	35.57	200m:	2:20.74	36.18	300m:	3:34.59	36.50	400m:	4:46.33	35.35
				2006					4:46.33 I		563	
	100m:	1:08.71	1:08.71	200m:	2:21.19	1:12.48	300m:	3:33.93	1:12.74	400m:	4:46.33	1:12.40
28.				2007					4:47.86 I		554	
	50m:	32.86	32.86	150m:	1:44.32	36.17	250m:	2:58.24	37.34	350m:	4:12.88	37.12
	100m:	1:08.15	35.29	200m:	2:20.90	36.58	300m:	3:35.76	37.52	400m:	4:47.86	34.98
29.				2006					4:48.37 I		551	
	50m:	32.75	32.75	150m:	1:42.88	35.27	250m:	2:55.90	36.60	350m:	4:10.90	37.52
	100m:	1:07.61	34.86	200m:	2:19.30	36.42	300m:	3:33.38	37.48	400m:	4:48.37	37.47
30.				2008					4:48.60 I		550	
	50m:	33.96	33.96	150m:	1:47.68	36.66	250m:	3:01.03	36.62	350m:	4:13.11	35.42
	100m:	1:11.02	37.06	200m:	2:24.41	36.73	300m:	3:37.69	36.66	400m:	4:48.60	35.49
31.				2009					4:49.16 I		546	
	50m:	33.39	33.39	150m:	1:45.66	36.26	250m:	2:59.74	36.84	350m:	4:13.94	36.51
	100m:	1:09.40	36.01	200m:	2:22.90	37.24	300m:	3:37.43	37.69	400m:	4:49.16	35.22



9,		, 400m						R.T.		FINA	
32.				2006					4:49.93		542
	50m:	32.85	32.85	150m:	1:46.53	37.12	250m:	3:00.07	36.81	350m:	4:13.99
	100m:	1:09.41	36.56	200m:	2:23.26	36.73	300m:	3:36.75	36.68	400m:	4:49.93
33.				2009					4:50.60		538
	50m:	32.24	32.24	150m:	1:44.74	36.82	250m:	2:58.70	36.83	350m:	4:13.73
	100m:	1:07.92	35.68	200m:	2:21.87	37.13	300m:	3:36.03	37.33	400m:	4:50.60
34.				2008					4:51.28		534
	100m:	1:10.02	1:10.02	200m:	2:23.96	1:13.94	300m:	3:38.56	1:14.60	400m:	4:51.28
35.				2009					4:52.13		530
	50m:	32.39	32.39	150m:	1:45.00	36.59	250m:	3:00.55	37.64	350m:	4:15.24
	100m:	1:08.41	36.02	200m:	2:22.91	37.91	300m:	3:38.67	38.12	400m:	4:52.13
36.				2007					4:52.82		526
	50m:	33.41	33.41	150m:	1:46.66	37.36	250m:	3:01.27	37.40	350m:	4:17.21
	100m:	1:09.30	35.89	200m:	2:23.87	37.21	300m:	3:38.84	37.57	400m:	4:52.82
37.				2007					4:52.83		526
	50m:	32.17	32.17	150m:	1:46.07	38.17	250m:	3:02.80	38.67	350m:	4:17.79
	100m:	1:07.90	35.73	200m:	2:24.13	38.06	300m:	3:40.45	37.65	400m:	4:52.83
38.				2007					4:52.87		526
	50m:	30.95	30.95	150m:	1:44.28	37.61	250m:	3:00.60	37.86	350m:	4:17.16
	100m:	1:06.67	35.72	200m:	2:22.74	38.46	300m:	3:38.85	38.25	400m:	4:52.87
39.				2007					4:53.10		525
	50m:	34.69	34.69	150m:	1:49.44	37.68	250m:	3:04.02	37.25	350m:	4:17.70
	100m:	1:11.76	37.07	200m:	2:26.77	37.33	300m:	3:41.07	37.05	400m:	4:53.10
40.				2008					4:53.27		524
	50m:	33.35	33.35	150m:	1:46.94	37.26	250m:	3:02.21	37.66	350m:	4:17.38
	100m:	1:09.68	36.33	200m:	2:24.55	37.61	300m:	3:39.42	37.21	400m:	4:53.27
41.				2008					4:53.53		522
	50m:	32.64	32.64	150m:	1:46.50	37.72	250m:	3:01.84	37.58	350m:	4:17.40
	100m:	1:08.78	36.14	200m:	2:24.26	37.76	300m:	3:39.46	37.62	400m:	4:53.53
42.				2009					4:53.73		521
	50m:	32.67	32.67	150m:	1:45.82	37.01	250m:	3:01.63	37.64	350m:	4:17.21
	100m:	1:08.81	36.14	200m:	2:23.99	38.17	300m:	3:39.67	38.04	400m:	4:53.73
43.				2007					4:54.03		520
	50m:	32.63	32.63	150m:	1:47.50	37.67	250m:	3:02.58	38.07	350m:	4:17.91
	100m:	1:09.83	37.20	200m:	2:24.51	37.01	300m:	3:40.00	37.42	400m:	4:54.03
44.				2009					4:54.52		517
	50m:	32.87	32.87	150m:	1:46.64	37.45	250m:	3:02.34	37.71	350m:	4:18.48
	100m:	1:09.19	36.32	200m:	2:24.63	37.99	300m:	3:40.47	38.13	400m:	4:54.52
45.				2006					4:55.14		514
	50m:	31.93	31.93	150m:	1:44.81	37.66	250m:	3:01.21	38.60	350m:	4:18.66
	100m:	1:07.15	35.22	200m:	2:22.61	37.80	300m:	3:39.54	38.33	400m:	4:55.14
46.				2009					4:56.16		508
	50m:	32.27	32.27	150m:	1:47.39	38.17	250m:	3:04.44	38.96	350m:	4:21.42
	100m:	1:09.22	36.95	200m:	2:25.48	38.09	300m:	3:43.76	39.32	400m:	4:56.16
47.				2005					4:56.72		506
	50m:	33.25	33.25	150m:	1:46.74	36.35	250m:	3:01.54	37.33	350m:	4:18.37
	100m:	1:10.39	37.14	200m:	2:24.21	37.47	300m:	3:39.66	38.12	400m:	4:56.72



9,		, 400m						R.T.		FINA		
48.				2009						4:56.95		504
	50m:	33.83	33.83	150m:	1:50.11	38.45	250m:	3:04.42	36.23	350m:	4:20.00	37.87
	100m:	1:11.66	37.83	200m:	2:28.19	38.08	300m:	3:42.13	37.71	400m:	4:56.95	36.95
49.				2008						4:57.24		503
	50m:	33.57	33.57	150m:	1:48.39	38.03	250m:	3:05.10	38.41	350m:	4:21.12	37.70
	100m:	1:10.36	36.79	200m:	2:26.69	38.30	300m:	3:43.42	38.32	400m:	4:57.24	36.12
50.				2008						4:58.18		498
	50m:	33.51	33.51	150m:	1:49.60	38.79	250m:	3:06.24	38.11	350m:	4:22.75	38.08
	100m:	1:10.81	37.30	200m:	2:28.13	38.53	300m:	3:44.67	38.43	400m:	4:58.18	35.43
51.				2009						4:58.81		495
	50m:	33.41	33.41	150m:	1:50.17	39.01	250m:	3:08.41	39.61	350m:	4:25.14	38.05
	100m:	1:11.16	37.75	200m:	2:28.80	38.63	300m:	3:47.09	38.68	400m:	4:58.81	33.67
52.				2006						4:58.86		495
	50m:	33.86	33.86	150m:	1:48.99	38.11	250m:	3:06.18	38.74	350m:	4:22.73	37.59
	100m:	1:10.88	37.02	200m:	2:27.44	38.45	300m:	3:45.14	38.96	400m:	4:58.86	36.13
53.				2003						4:59.34		492
	50m:	34.07	34.07	150m:	1:48.75	38.06	250m:	3:04.94	38.18	350m:	4:22.15	38.74
	100m:	1:10.69	36.62	200m:	2:26.76	38.01	300m:	3:43.41	38.47	400m:	4:59.34	37.19
54.				2008						4:59.47		492
	50m:	33.87	33.87	150m:	1:48.32	37.71	250m:	3:04.96	38.42	350m:	4:22.12	38.16
	100m:	1:10.61	36.74	200m:	2:26.54	38.22	300m:	3:43.96	39.00	400m:	4:59.47	37.35
55.				2006						5:00.01		489
	50m:	33.72	33.72	150m:	1:49.84	38.71	250m:	3:08.53	39.65	350m:	4:24.79	37.47
	100m:	1:11.13	37.41	200m:	2:28.88	39.04	300m:	3:47.32	38.79	400m:	5:00.01	35.22
56.				2007						5:00.21		488
	50m:	32.54	32.54	150m:	1:47.17	38.10	250m:	3:04.70	39.17	350m:	4:22.23	38.50
	100m:	1:09.07	36.53	200m:	2:25.53	38.36	300m:	3:43.73	39.03	400m:	5:00.21	37.98
57.				2009						5:00.32		488
	50m:	32.31	32.31	150m:	1:49.21	39.13	250m:	3:07.01	39.35	350m:	4:23.67	37.65
	100m:	1:10.08	37.77	200m:	2:27.66	38.45	300m:	3:46.02	39.01	400m:	5:00.32	36.65
58.				2001						5:00.58		486
	50m:	33.00	33.00	150m:	1:48.96	38.18	250m:	3:06.21	38.81	350m:	4:23.19	38.39
	100m:	1:10.78	37.78	200m:	2:27.40	38.44	300m:	3:44.80	38.59	400m:	5:00.58	37.39
59.				2009						5:00.85		485
	50m:	34.60	34.60	150m:	1:50.93	38.39	250m:	3:08.30	38.72	350m:	4:24.74	37.86
	100m:	1:12.54	37.94	200m:	2:29.58	38.65	300m:	3:46.88	38.58	400m:	5:00.85	36.11
60.				2008						5:01.02		484
	100m:	1:09.44	1:09.44	200m:	2:26.08	1:16.64	300m:	3:43.93	1:17.85	400m:	5:01.02	1:17.09
61.				2009						5:01.68		481
	50m:	33.82	33.82	150m:	1:50.36	38.62	250m:	3:07.33	38.37	350m:	4:24.19	37.98
	100m:	1:11.74	37.92	200m:	2:28.96	38.60	300m:	3:46.21	38.88	400m:	5:01.68	37.49
62.				2009						5:02.06		479
	50m:	33.71	33.71	150m:	1:49.87	38.50	250m:	3:07.09	38.58	350m:	4:24.47	38.71
	100m:	1:11.37	37.66	200m:	2:28.51	38.64	300m:	3:45.76	38.67	400m:	5:02.06	37.59
63.				2008						5:02.39		478
	50m:	34.00	34.00	150m:	1:49.43	38.05	250m:	3:07.88	39.22	350m:	4:25.84	38.38
	100m:	1:11.38	37.38	200m:	2:28.66	39.23	300m:	3:47.46	39.58	400m:	5:02.39	36.55



9,		, 400m						R.T.		FINA		
64.				2006					5:03.07		474	
	50m:	32.31	32.31	150m:	1:49.52	39.62	250m:	3:06.43	38.73	350m:	4:24.83	38.67
	100m:	1:09.90	37.59	200m:	2:27.70	38.18	300m:	3:46.16	39.73	400m:	5:03.07	38.24
65.				2008	I				5:03.27		474	
	50m:	33.05	33.05	150m:	1:48.20	38.09	250m:	3:06.43	39.11	350m:	4:25.39	38.92
	100m:	1:10.11	37.06	200m:	2:27.32	39.12	300m:	3:46.47	40.04	400m:	5:03.27	37.88
66.				2009	I				5:05.95		461	
	50m:	34.34	34.34	150m:	1:51.49	39.19	250m:	3:10.12	39.73	350m:	4:29.34	39.84
	100m:	1:12.30	37.96	200m:	2:30.39	38.90	300m:	3:49.50	39.38	400m:	5:05.95	36.61
67.				2006	I				5:05.98		461	
	50m:	33.59	33.59	150m:	1:50.32	39.17	250m:	3:09.50	39.59	350m:	4:28.74	39.25
	100m:	1:11.15	37.56	200m:	2:29.91	39.59	300m:	3:49.49	39.99	400m:	5:05.98	37.24
68.				2007	I				5:06.83		457	
	50m:	34.93	34.93	150m:	1:52.18	39.14	250m:	3:11.28	39.76	350m:	4:30.81	39.78
	100m:	1:13.04	38.11	200m:	2:31.52	39.34	300m:	3:51.03	39.75	400m:	5:06.83	36.02
69.				2006	I				5:07.03		456	
	100m:	1:11.03	1:11.03	200m:	2:29.99	1:18.96	300m:	3:49.78	1:19.79	400m:	5:07.03	1:17.25
70.				2003					5:07.08		456	
	50m:	35.60	35.60	150m:	1:52.80	39.03	250m:	3:11.89	39.50	350m:	4:31.04	39.04
	100m:	1:13.77	38.17	200m:	2:32.39	39.59	300m:	3:52.00	40.11	400m:	5:07.08	36.04
71.				2007	I				5:07.35		455	
	50m:	32.75	32.75	150m:	1:47.65	38.36	250m:	3:07.35	39.92	350m:	4:28.02	40.74
	100m:	1:09.29	36.54	200m:	2:27.43	39.78	300m:	3:47.28	39.93	400m:	5:07.35	39.33
72.				2008	I				5:07.57		454	
	50m:	33.76	33.76	150m:	1:50.83	38.91	250m:	3:09.90	39.48	350m:	4:29.39	39.11
	100m:	1:11.92	38.16	200m:	2:30.42	39.59	300m:	3:50.28	40.38	400m:	5:07.57	38.18
73.				2006	I				5:08.42		450	
	50m:	34.46	34.46	150m:	1:51.65	39.41	250m:	3:10.24	39.25	350m:	4:29.62	39.66
	100m:	1:12.24	37.78	200m:	2:30.99	39.34	300m:	3:49.96	39.72	400m:	5:08.42	38.80
74.				2007	I				5:08.58		449	
	50m:	36.56	36.56	150m:	1:53.80	38.60	250m:	3:11.77	38.93	350m:	4:30.02	38.71
	100m:	1:15.20	38.64	200m:	2:32.84	39.04	300m:	3:51.31	39.54	400m:	5:08.58	38.56
75.				2007					5:08.63		449	
	50m:	34.89	34.89	150m:	1:51.42	39.23	250m:	3:09.79	39.65	350m:	4:29.09	40.02
	100m:	1:12.19	37.30	200m:	2:30.14	38.72	300m:	3:49.07	39.28	400m:	5:08.63	39.54
76.				2006	I				5:09.88		444	
	50m:	35.04	35.04	150m:	1:54.24	40.20	250m:	3:14.21	40.18	350m:	4:32.10	39.17
	100m:	1:14.04	39.00	200m:	2:34.03	39.79	300m:	3:52.93	38.72	400m:	5:09.88	37.78
77.				2007	I				5:10.16		443	
	50m:	35.35	35.35	150m:	1:54.70	40.50	250m:	3:15.33	41.12	350m:	4:34.55	39.23
	100m:	1:14.20	38.85	200m:	2:34.21	39.51	300m:	3:55.32	39.99	400m:	5:10.16	35.61
78.				2009	I				5:10.88		440	
	50m:	32.54	32.54	150m:	1:51.05	40.79	250m:	3:12.63	40.38	350m:	4:34.07	40.21
	100m:	1:10.26	37.72	200m:	2:32.25	41.20	300m:	3:53.86	41.23	400m:	5:10.88	36.81
79.				2008	I				5:10.92		439	
	50m:	34.27	34.27	150m:	1:51.14	39.14	250m:	3:11.26	40.07	350m:	4:32.04	40.30
	100m:	1:12.00	37.73	200m:	2:31.19	40.05	300m:	3:51.74	40.48	400m:	5:10.92	38.88

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9,		, 400m						R.T.		FINA	
80.				2007	I					5:11.15	438
	50m:	34.47	34.47	150m:	1:53.22	40.14	250m:	3:14.21	40.79	350m:	4:34.01
	100m:	1:13.08	38.61	200m:	2:33.42	40.20	300m:	3:53.81	39.60	400m:	5:11.15
81.				2008	I					5:11.85	435
	50m:	34.30	34.30	150m:	1:52.68	39.66	250m:	3:13.16	40.02	350m:	4:33.33
	100m:	1:13.02	38.72	200m:	2:33.14	40.46	300m:	3:53.41	40.25	400m:	5:11.85
82.				2006	I					5:13.10	430
	50m:	33.13	33.13	150m:	1:50.86	39.65	250m:	3:12.81	41.24	350m:	4:34.56
	100m:	1:11.21	38.08	200m:	2:31.57	40.71	300m:	3:53.72	40.91	400m:	5:13.10
83.				2007	I					5:13.61	428
	50m:	33.60	33.60	150m:	1:50.51	39.35	250m:	3:11.12	40.45	350m:	4:33.01
	100m:	1:11.16	37.56	200m:	2:30.67	40.16	300m:	3:51.82	40.70	400m:	5:13.61
84.				2006	I					5:14.06	426
	50m:	34.81	34.81	150m:	1:53.78	39.86	250m:	3:14.87	40.27	350m:	4:35.89
	100m:	1:13.92	39.11	200m:	2:34.60	40.82	300m:	3:55.11	40.24	400m:	5:14.06
				2006	I					5:14.06	426
	50m:	32.87	32.87	150m:	1:48.78	39.02	250m:	3:11.72	41.69	350m:	4:34.52
	100m:	1:09.76	36.89	200m:	2:30.03	41.25	300m:	3:53.70	41.98	400m:	5:14.06
86.				2006	I					5:14.20	426
	50m:	32.31	32.31	150m:	1:49.10	40.03	250m:	3:11.60	42.15	350m:	4:34.87
	100m:	1:09.07	36.76	200m:	2:29.45	40.35	300m:	3:52.53	40.93	400m:	5:14.20
87.				2008	I					5:15.75	419
	50m:	34.48	34.48	150m:	1:53.00	39.77	250m:	3:15.09	41.08	350m:	4:38.14
	100m:	1:13.23	38.75	200m:	2:34.01	41.01	300m:	3:57.27	42.18	400m:	5:15.75
88.				2009	I					5:16.34	417
	50m:	36.00	36.00	150m:	1:55.54	39.70	250m:	3:16.43	40.55	350m:	4:37.68
	100m:	1:15.84	39.84	200m:	2:35.88	40.34	300m:	3:56.94	40.51	400m:	5:16.34
89.				2005	I					5:16.60	416
	100m:	1:17.61	1:17.61	200m:	2:37.15	1:19.54	300m:	3:57.64	1:20.49	400m:	5:16.60
90.				2009	I					5:17.05	414
	50m:	36.20	36.20	150m:	1:55.59	40.27	250m:	3:17.60	41.33	350m:	4:39.30
	100m:	1:15.32	39.12	200m:	2:36.27	40.68	300m:	3:58.40	40.80	400m:	5:17.05
91.				2006	I					5:22.32	394
	50m:	34.73	34.73	150m:	1:53.29	40.44	250m:	3:16.77	42.21	350m:	4:40.88
	100m:	1:12.85	38.12	200m:	2:34.56	41.27	300m:	3:58.77	42.00	400m:	5:22.32
92.				2005	I					5:25.29	384
	100m:	1:17.17	1:17.17	200m:	2:38.89	1:21.72	300m:	4:02.33	1:23.44	400m:	5:25.29
93.				2009	I					5:28.14	374
	100m:	1:15.89	1:15.89	200m:	2:39.70	1:23.81	300m:	4:04.88	1:25.18	400m:	5:28.14



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9, , 400m

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							R.T.			FINA		
1.				2005				4:21.08			742	
	50m:	29.14	29.14	150m:	1:35.57	33.08	250m:	2:42.41	33.33	350m:	3:48.77	33.13
	100m:	1:02.49	33.35	200m:	2:09.08	33.51	300m:	3:15.64	33.23	400m:	4:21.08	32.31
2.				2006				4:24.26			716	
	50m:	30.69	30.69	150m:	1:38.58	34.07	250m:	2:46.59	34.58	350m:	3:53.74	33.39
	100m:	1:04.51	33.82	200m:	2:12.01	33.43	300m:	3:20.35	33.76	400m:	4:24.26	30.52
3.				2006				4:24.39			715	
	50m:	30.75	30.75	150m:	1:38.67	34.21	250m:	2:46.72	34.17	350m:	3:53.61	33.10
	100m:	1:04.46	33.71	200m:	2:12.55	33.88	300m:	3:20.51	33.79	400m:	4:24.39	30.78
4.				2006				4:26.45			698	
	50m:	30.79	30.79	150m:	1:39.05	34.40	250m:	2:47.88	34.91	350m:	3:54.77	32.60
	100m:	1:04.65	33.86	200m:	2:12.97	33.92	300m:	3:22.17	34.29	400m:	4:26.45	31.68
5.				2006				4:28.09			686	
	50m:	30.96	30.96	150m:	1:38.29	33.94	250m:	2:47.15	34.61	350m:	3:55.59	34.15
	100m:	1:04.35	33.39	200m:	2:12.54	34.25	300m:	3:21.44	34.29	400m:	4:28.09	32.50
6.				2007				4:33.20			648	
	100m:	1:06.46	1:06.46	200m:	2:16.11	1:09.65	300m:	3:25.45	1:09.34	400m:	4:33.20	1:07.75
7.				2005				4:33.99			642	
	50m:	31.44	31.44	150m:	1:39.36	34.10	250m:	2:49.44	35.12	350m:	4:00.54	35.75
	100m:	1:05.26	33.82	200m:	2:14.32	34.96	300m:	3:24.79	35.35	400m:	4:33.99	33.45
8.				2007				4:34.78			637	
	50m:	32.06	32.06	150m:	1:42.33	35.25	250m:	2:52.33	35.20	350m:	4:01.51	34.44
	100m:	1:07.08	35.02	200m:	2:17.13	34.80	300m:	3:27.07	34.74	400m:	4:34.78	33.27
9.				2005				4:39.71			604	
	50m:	32.09	32.09	150m:	1:42.30	35.35	250m:	2:53.56	35.63	350m:	4:05.26	35.96
	100m:	1:06.95	34.86	200m:	2:17.93	35.63	300m:	3:29.30	35.74	400m:	4:39.71	34.45
10.				2006				4:41.29			594	
	50m:	30.64	30.64	150m:	1:40.60	35.33	250m:	2:52.80	35.96	350m:	4:05.80	36.50
	100m:	1:05.27	34.63	200m:	2:16.84	36.24	300m:	3:29.30	36.50	400m:	4:41.29	35.49
11.				2005				4:42.20			588	
	50m:	31.06	31.06	150m:	1:41.21	35.39	250m:	2:53.58	35.95	350m:	4:06.64	36.42
	100m:	1:05.82	34.76	200m:	2:17.63	36.42	300m:	3:30.22	36.64	400m:	4:42.20	35.56
12.				2006				4:45.26			569	
	50m:	32.09	32.09	150m:	1:43.20	35.82	250m:	2:56.45	36.67	350m:	4:10.35	36.64
	100m:	1:07.38	35.29	200m:	2:19.78	36.58	300m:	3:33.71	37.26	400m:	4:45.26	34.91
13.				2007				4:45.48			568	
	50m:	33.97	33.97	150m:	1:46.48	36.28	250m:	2:58.34	35.68	350m:	4:11.19	36.26
	100m:	1:10.20	36.23	200m:	2:22.66	36.18	300m:	3:34.93	36.59	400m:	4:45.48	34.29
14.				2007				4:46.33			563	
	50m:	32.56	32.56	150m:	1:44.56	36.43	250m:	2:58.09	37.35	350m:	4:10.98	36.39
	100m:	1:08.13	35.57	200m:	2:20.74	36.18	300m:	3:34.59	36.50	400m:	4:46.33	35.35
				2006				4:46.33			563	
	100m:	1:08.71	1:08.71	200m:	2:21.19	1:12.48	300m:	3:33.93	1:12.74	400m:	4:46.33	1:12.40

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9,		, 400m				(15-17)		R.T.		FINA	
16.				2007					4:47.86		554
	50m:	32.86	32.86	150m:	1:44.32	36.17	250m:	2:58.24	37.34	350m:	4:12.88
	100m:	1:08.15	35.29	200m:	2:20.90	36.58	300m:	3:35.76	37.52	400m:	4:47.86
17.				2006					4:48.37		551
	50m:	32.75	32.75	150m:	1:42.88	35.27	250m:	2:55.90	36.60	350m:	4:10.90
	100m:	1:07.61	34.86	200m:	2:19.30	36.42	300m:	3:33.38	37.48	400m:	4:48.37
18.				2006					4:49.93		542
	50m:	32.85	32.85	150m:	1:46.53	37.12	250m:	3:00.07	36.81	350m:	4:13.99
	100m:	1:09.41	36.56	200m:	2:23.26	36.73	300m:	3:36.75	36.68	400m:	4:49.93
19.				2007					4:52.82		526
	50m:	33.41	33.41	150m:	1:46.66	37.36	250m:	3:01.27	37.40	350m:	4:17.21
	100m:	1:09.30	35.89	200m:	2:23.87	37.21	300m:	3:38.84	37.57	400m:	4:52.82
20.				2007					4:52.83		526
	50m:	32.17	32.17	150m:	1:46.07	38.17	250m:	3:02.80	38.67	350m:	4:17.79
	100m:	1:07.90	35.73	200m:	2:24.13	38.06	300m:	3:40.45	37.65	400m:	4:52.83
21.				2007					4:52.87		526
	50m:	30.95	30.95	150m:	1:44.28	37.61	250m:	3:00.60	37.86	350m:	4:17.16
	100m:	1:06.67	35.72	200m:	2:22.74	38.46	300m:	3:38.85	38.25	400m:	4:52.87
22.				2007					4:53.10		525
	50m:	34.69	34.69	150m:	1:49.44	37.68	250m:	3:04.02	37.25	350m:	4:17.70
	100m:	1:11.76	37.07	200m:	2:26.77	37.33	300m:	3:41.07	37.05	400m:	4:53.10
23.				2007					4:54.03		520
	50m:	32.63	32.63	150m:	1:47.50	37.67	250m:	3:02.58	38.07	350m:	4:17.91
	100m:	1:09.83	37.20	200m:	2:24.51	37.01	300m:	3:40.00	37.42	400m:	4:54.03
24.				2006					4:55.14		514
	50m:	31.93	31.93	150m:	1:44.81	37.66	250m:	3:01.21	38.60	350m:	4:18.66
	100m:	1:07.15	35.22	200m:	2:22.61	37.80	300m:	3:39.54	38.33	400m:	4:55.14
25.				2005					4:56.72		506
	50m:	33.25	33.25	150m:	1:46.74	36.35	250m:	3:01.54	37.33	350m:	4:18.37
	100m:	1:10.39	37.14	200m:	2:24.21	37.47	300m:	3:39.66	38.12	400m:	4:56.72
26.				2006					4:58.86		495
	50m:	33.86	33.86	150m:	1:48.99	38.11	250m:	3:06.18	38.74	350m:	4:22.73
	100m:	1:10.88	37.02	200m:	2:27.44	38.45	300m:	3:45.14	38.96	400m:	4:58.86
27.				2006					5:00.01		489
	50m:	33.72	33.72	150m:	1:49.84	38.71	250m:	3:08.53	39.65	350m:	4:24.79
	100m:	1:11.13	37.41	200m:	2:28.88	39.04	300m:	3:47.32	38.79	400m:	5:00.01
28.				2007					5:00.21		488
	50m:	32.54	32.54	150m:	1:47.17	38.10	250m:	3:04.70	39.17	350m:	4:22.23
	100m:	1:09.07	36.53	200m:	2:25.53	38.36	300m:	3:43.73	39.03	400m:	5:00.21
29.				2006					5:03.07		474
	50m:	32.31	32.31	150m:	1:49.52	39.62	250m:	3:06.43	38.73	350m:	4:24.83
	100m:	1:09.90	37.59	200m:	2:27.70	38.18	300m:	3:46.16	39.73	400m:	5:03.07
30.				2006					5:05.98		461
	50m:	33.59	33.59	150m:	1:50.32	39.17	250m:	3:09.50	39.59	350m:	4:28.74
	100m:	1:11.15	37.56	200m:	2:29.91	39.59	300m:	3:49.49	39.99	400m:	5:05.98



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9,		, 400m				(15-17)		R.T.		FINA	
31.				2007	I					5:06.83	457
	50m:	34.93	34.93	150m:	1:52.18	39.14	250m:	3:11.28	39.76	350m:	4:30.81
	100m:	1:13.04	38.11	200m:	2:31.52	39.34	300m:	3:51.03	39.75	400m:	5:06.83
32.				2006	I					5:07.03	456
	100m:	1:11.03	1:11.03	200m:	2:29.99	1:18.96	300m:	3:49.78	1:19.79	400m:	5:07.03
33.				2007	I					5:07.35	455
	50m:	32.75	32.75	150m:	1:47.65	38.36	250m:	3:07.35	39.92	350m:	4:28.02
	100m:	1:09.29	36.54	200m:	2:27.43	39.78	300m:	3:47.28	39.93	400m:	5:07.35
34.				2006	I					5:08.42	450
	50m:	34.46	34.46	150m:	1:51.65	39.41	250m:	3:10.24	39.25	350m:	4:29.62
	100m:	1:12.24	37.78	200m:	2:30.99	39.34	300m:	3:49.96	39.72	400m:	5:08.42
35.				2007	I					5:08.58	449
	50m:	36.56	36.56	150m:	1:53.80	38.60	250m:	3:11.77	38.93	350m:	4:30.02
	100m:	1:15.20	38.64	200m:	2:32.84	39.04	300m:	3:51.31	39.54	400m:	5:08.58
36.				2007						5:08.63	449
	50m:	34.89	34.89	150m:	1:51.42	39.23	250m:	3:09.79	39.65	350m:	4:29.09
	100m:	1:12.19	37.30	200m:	2:30.14	38.72	300m:	3:49.07	39.28	400m:	5:08.63
37.				2006	I					5:09.88	444
	50m:	35.04	35.04	150m:	1:54.24	40.20	250m:	3:14.21	40.18	350m:	4:32.10
	100m:	1:14.04	39.00	200m:	2:34.03	39.79	300m:	3:52.93	38.72	400m:	5:09.88
38.				2007	I					5:10.16	443
	50m:	35.35	35.35	150m:	1:54.70	40.50	250m:	3:15.33	41.12	350m:	4:34.55
	100m:	1:14.20	38.85	200m:	2:34.21	39.51	300m:	3:55.32	39.99	400m:	5:10.16
39.				2007	I					5:11.15	438
	50m:	34.47	34.47	150m:	1:53.22	40.14	250m:	3:14.21	40.79	350m:	4:34.01
	100m:	1:13.08	38.61	200m:	2:33.42	40.20	300m:	3:53.81	39.60	400m:	5:11.15
40.				2006	I					5:13.10	430
	50m:	33.13	33.13	150m:	1:50.86	39.65	250m:	3:12.81	41.24	350m:	4:34.56
	100m:	1:11.21	38.08	200m:	2:31.57	40.71	300m:	3:53.72	40.91	400m:	5:13.10
41.				2007	I					5:13.61	428
	50m:	33.60	33.60	150m:	1:50.51	39.35	250m:	3:11.12	40.45	350m:	4:33.01
	100m:	1:11.16	37.56	200m:	2:30.67	40.16	300m:	3:51.82	40.70	400m:	5:13.61
42.				2006	I					5:14.06	426
	50m:	34.81	34.81	150m:	1:53.78	39.86	250m:	3:14.87	40.27	350m:	4:35.89
	100m:	1:13.92	39.11	200m:	2:34.60	40.82	300m:	3:55.11	40.24	400m:	5:14.06
				2006	I					5:14.06	426
	50m:	32.87	32.87	150m:	1:48.78	39.02	250m:	3:11.72	41.69	350m:	4:34.52
	100m:	1:09.76	36.89	200m:	2:30.03	41.25	300m:	3:53.70	41.98	400m:	5:14.06
44.				2006	I					5:14.20	426
	50m:	32.31	32.31	150m:	1:49.10	40.03	250m:	3:11.60	42.15	350m:	4:34.87
	100m:	1:09.07	36.76	200m:	2:29.45	40.35	300m:	3:52.53	40.93	400m:	5:14.20
45.				2005	I					5:16.60	416
	100m:	1:17.61	1:17.61	200m:	2:37.15	1:19.54	300m:	3:57.64	1:20.49	400m:	5:16.60
46.				2006	I					5:22.32	394
	50m:	34.73	34.73	150m:	1:53.29	40.44	250m:	3:16.77	42.21	350m:	4:40.88
	100m:	1:12.85	38.12	200m:	2:34.56	41.27	300m:	3:58.77	42.00	400m:	5:22.32



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9, , 400m , (15-17)

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2005 I **5:25.29** 384
100m: 1:17.17 1:17.17 200m: 2:38.89 1:21.72 300m: 4:02.33 1:23.44 400m: 5:25.29 1:22.96

