

«

»

, 23 - 26 2021

40 , 1500m
26.02.2021 - 14:4416:13.13 (ESP) 22.07.2003
16:13.13 (ESP) 22.07.2003

: FINA 2020

	/				R.T.				FINA			
1.	2001				+0,80 17:12.72				708			
50m:	31.26	31.26	450m:	5:03.96	34.69	850m:	9:42.45	34.81	1250m:	14:22.45	35.22	
100m:	1:05.29	34.03	500m:	5:38.78	34.82	900m:	10:16.95	34.50	1300m:	14:57.33	34.88	
150m:	1:39.33	34.04	550m:	6:13.86	35.08	950m:	10:51.94	34.99	1350m:	15:32.46	35.13	
200m:	2:13.00	33.67	600m:	6:48.30	34.44	1000m:	11:26.95	35.01	1400m:	16:07.33	34.87	
250m:	2:47.05	34.05	650m:	7:22.88	34.58	1050m:	12:02.13	35.18	1450m:	16:40.62	33.29	
300m:	3:20.80	33.75	700m:	7:57.69	34.81	1100m:	12:37.16	35.03	1500m:	17:12.72	32.10	
350m:	3:55.09	34.29	750m:	8:32.82	35.13	1150m:	13:12.12	34.96				
400m:	4:29.27	34.18	800m:	9:07.64	34.82	1200m:	13:47.23	35.11				
2.	2008				+0,90 17:34.28				665			
50m:	31.93	31.93	450m:	5:16.79	35.66	850m:	9:59.88	35.29	1250m:	14:42.35	35.79	
100m:	1:07.02	35.09	500m:	5:51.73	34.94	900m:	10:34.86	34.98	1300m:	15:18.26	35.91	
150m:	1:42.89	35.87	550m:	6:27.58	35.85	950m:	11:10.44	35.58	1350m:	15:53.35	35.09	
200m:	2:17.90	35.01	600m:	7:03.36	35.78	1000m:	11:45.43	34.99	1400m:	16:27.68	34.33	
250m:	2:53.78	35.88	650m:	7:39.13	35.77	1050m:	12:21.04	35.61	1450m:	17:01.71	34.03	
300m:	3:29.66	35.88	700m:	8:14.31	35.18	1100m:	12:56.62	35.58	1500m:	17:34.28	32.57	
350m:	4:05.77	36.11	750m:	8:49.61	35.30	1150m:	13:31.56	34.94				
400m:	4:41.13	35.36	800m:	9:24.59	34.98	1200m:	14:06.56	35.00				
3.	2007				+0,88 17:53.09				631			
50m:	32.11	32.11	450m:	5:15.81	35.44	850m:	10:00.42	35.64	1250m:	14:51.75	36.64	
100m:	1:07.22	35.11	500m:	5:50.96	35.15	900m:	10:36.43	36.01	1300m:	15:28.59	36.84	
150m:	1:42.35	35.13	550m:	6:26.59	35.63	950m:	11:12.43	36.00	1350m:	16:04.96	36.37	
200m:	2:18.21	35.86	600m:	7:02.31	35.72	1000m:	11:49.02	36.59	1400m:	16:41.99	37.03	
250m:	2:53.58	35.37	650m:	7:37.84	35.53	1050m:	12:25.13	36.11	1450m:	17:17.71	35.72	
300m:	3:29.41	35.83	700m:	8:13.50	35.66	1100m:	13:01.85	36.72	1500m:	17:53.09	35.38	
350m:	4:04.73	35.32	750m:	8:48.91	35.41	1150m:	13:38.36	36.51				
400m:	4:40.37	35.64	800m:	9:24.78	35.87	1200m:	14:15.11	36.75				
4.	2005				+0,93 18:17.89				589			
50m:	32.55	32.55	450m:	5:26.04	37.33	850m:	10:22.48	37.32	1250m:	15:17.73	36.86	
100m:	1:08.71	36.16	500m:	6:02.59	36.55	900m:	10:59.35	36.87	1300m:	15:54.27	36.54	
150m:	1:45.36	36.65	550m:	6:40.04	37.45	950m:	11:36.44	37.09	1350m:	16:30.89	36.62	
200m:	2:21.65	36.29	600m:	7:16.89	36.85	1000m:	12:13.16	36.72	1400m:	17:07.02	36.13	
250m:	2:58.76	37.11	650m:	7:54.18	37.29	1050m:	12:50.11	36.95	1450m:	17:43.40	36.38	
300m:	3:35.14	36.38	700m:	8:31.05	36.87	1100m:	13:26.82	36.71	1500m:	18:17.89	34.49	
350m:	4:12.29	37.15	750m:	9:08.38	37.33	1150m:	14:04.15	37.33				
400m:	4:48.71	36.42	800m:	9:45.16	36.78	1200m:	14:40.87	36.72				
5.	2005				+0,70 18:18.96				587			
50m:	32.46	32.46	450m:	5:18.34	37.05	850m:	10:18.35	38.83	1250m:	15:19.24	37.87	
100m:	1:07.47	35.01	500m:	5:54.90	36.56	900m:	10:54.59	36.24	1300m:	15:56.15	36.91	
150m:	1:42.83	35.36	550m:	6:31.77	36.87	950m:	11:33.46	38.87	1350m:	16:32.99	36.84	
200m:	2:18.22	35.39	600m:	7:08.88	37.11	1000m:	12:10.23	36.77	1400m:	17:08.80	35.81	
250m:	2:53.96	35.74	650m:	7:47.06	38.18	1050m:	12:48.88	38.65	1450m:	17:44.90	36.10	
300m:	3:29.33	35.37	700m:	8:23.98	36.92	1100m:	13:25.97	37.09	1500m:	18:18.96	34.06	
350m:	4:05.59	36.26	750m:	9:02.68	38.70	1150m:	14:04.13	38.16				
400m:	4:41.29	35.70	800m:	9:39.52	36.84	1200m:	14:41.37	37.24				

50

OMEGA



«

»

, 23 - 26 2021

40, , 1500m

						R.T.					FINA	
6.	2002					+0,77 18:19.56					586	
	50m:	30.92	30.92	450m:	5:21.24	37.07	850m:	10:20.10	37.46	1250m:	15:19.01	36.86
	100m:	1:05.46	34.54	500m:	5:58.56	37.32	900m:	10:57.35	37.25	1300m:	15:56.05	37.04
	150m:	1:40.79	35.33	550m:	6:35.54	36.98	950m:	11:35.33	37.98	1350m:	16:32.96	36.91
	200m:	2:16.92	36.13	600m:	7:12.77	37.23	1000m:	12:13.03	37.70	1400m:	17:10.00	37.04
	250m:	2:53.15	36.23	650m:	7:50.07	37.30	1050m:	12:49.91	36.88	1450m:	17:46.04	36.04
	300m:	3:30.19	37.04	700m:	8:27.69	37.62	1100m:	13:27.62	37.71	1500m:	18:19.56	33.52
	350m:	4:06.82	36.63	750m:	9:04.68	36.99	1150m:	14:04.87	37.25			
	400m:	4:44.17	37.35	800m:	9:42.64	37.96	1200m:	14:42.15	37.28			
7.	2005					+0,84 18:21.81					583	
	50m:	32.67	32.67	450m:	5:26.71	37.59	850m:	10:22.53	36.81	1250m:	15:17.79	37.04
	100m:	1:08.27	35.60	500m:	6:03.29	36.58	900m:	10:59.57	37.04	1300m:	15:54.80	37.01
	150m:	1:44.94	36.67	550m:	6:40.40	37.11	950m:	11:35.67	36.10	1350m:	16:31.98	37.18
	200m:	2:21.15	36.21	600m:	7:17.70	37.30	1000m:	12:12.44	36.77	1400m:	17:09.59	37.61
	250m:	2:58.46	37.31	650m:	7:54.71	37.01	1050m:	12:48.90	36.46	1450m:	17:46.64	37.05
	300m:	3:35.13	36.67	700m:	8:31.67	36.96	1100m:	13:25.74	36.84	1500m:	18:21.81	35.17
	350m:	4:12.22	37.09	750m:	9:09.10	37.43	1150m:	14:03.49	37.75			
	400m:	4:49.12	36.90	800m:	9:45.72	36.62	1200m:	14:40.75	37.26			
8.	2006 I					+0,93 18:25.62					577	
	50m:	33.27	33.27	450m:	5:29.60	37.14	850m:	10:24.29	36.55	1250m:	15:20.85	37.37
	100m:	1:09.46	36.19	500m:	6:06.69	37.09	900m:	11:01.36	37.07	1300m:	15:58.25	37.40
	150m:	1:46.64	37.18	550m:	6:43.53	36.84	950m:	11:38.27	36.91	1350m:	16:35.58	37.33
	200m:	2:24.37	37.73	600m:	7:20.41	36.88	1000m:	12:15.10	36.83	1400m:	17:12.90	37.32
	250m:	3:01.30	36.93	650m:	7:57.12	36.71	1050m:	12:51.96	36.86	1450m:	17:50.09	37.19
	300m:	3:38.60	37.30	700m:	8:34.13	37.01	1100m:	13:29.07	37.11	1500m:	18:25.62	35.53
	350m:	4:15.34	36.74	750m:	9:10.91	36.78	1150m:	14:06.18	37.11			
	400m:	4:52.46	37.12	800m:	9:47.74	36.83	1200m:	14:43.48	37.30			
9.	2006					+0,69 18:29.26					571	
	50m:	32.25	32.25	450m:	5:23.87	37.80	850m:	10:23.99	37.46	1250m:	15:22.63	37.70
	100m:	1:07.43	35.18	500m:	6:01.86	37.99	900m:	11:01.01	37.02	1300m:	16:00.42	37.79
	150m:	1:43.28	35.85	550m:	6:40.10	38.24	950m:	11:38.89	37.88	1350m:	16:38.37	37.95
	200m:	2:18.98	35.70	600m:	7:16.90	36.80	1000m:	12:15.36	36.47	1400m:	17:15.83	37.46
	250m:	2:55.39	36.41	650m:	7:55.28	38.38	1050m:	12:53.27	37.91	1450m:	17:53.69	37.86
	300m:	3:32.48	37.09	700m:	8:31.97	36.69	1100m:	13:29.99	36.72	1500m:	18:29.26	35.57
	350m:	4:09.19	36.71	750m:	9:09.93	37.96	1150m:	14:07.94	37.95			
	400m:	4:46.07	36.88	800m:	9:46.53	36.60	1200m:	14:44.93	36.99			
10.	2008 I					+0,94 18:33.82					564	
	50m:	33.35	33.35	450m:	5:31.94	37.01	850m:	10:31.06	36.94	1250m:	15:30.19	37.12
	100m:	1:10.06	36.71	500m:	6:09.90	37.96	900m:	11:08.48	37.42	1300m:	16:08.00	37.81
	150m:	1:47.12	37.06	550m:	6:47.25	37.35	950m:	11:45.38	36.90	1350m:	16:45.10	37.10
	200m:	2:24.65	37.53	600m:	7:24.43	37.18	1000m:	12:22.79	37.41	1400m:	17:22.68	37.58
	250m:	3:01.99	37.34	650m:	8:01.68	37.25	1050m:	12:59.94	37.15	1450m:	17:58.67	35.99
	300m:	3:39.72	37.73	700m:	8:39.28	37.60	1100m:	13:37.52	37.58	1500m:	18:33.82	35.15
	350m:	4:17.24	37.52	750m:	9:16.41	37.13	1150m:	14:14.85	37.33			
	400m:	4:54.93	37.69	800m:	9:54.12	37.71	1200m:	14:53.07	38.22			



«

»

, 23 - 26 2021

40, , 1500m

					R.T.				FINA	
11.	2005				+1,00 18:36.95				559	
	50m: 32.87	32.87	450m: 5:31.15	37.37	850m: 10:34.62	37.71	1250m: 15:37.47	37.40		
	100m: 1:09.07	36.20	500m: 6:08.87	37.72	900m: 11:12.58	37.96	1300m: 16:14.48	37.01		
	150m: 1:46.17	37.10	550m: 6:46.42	37.55	950m: 11:50.51	37.93	1350m: 16:50.79	36.31		
	200m: 2:23.67	37.50	600m: 7:24.36	37.94	1000m: 12:29.07	38.56	1400m: 17:27.44	36.65		
	250m: 3:01.09	37.42	650m: 8:02.22	37.86	1050m: 13:06.89	37.82	1450m: 18:04.24	36.80		
	300m: 3:38.84	37.75	700m: 8:40.72	38.50	1100m: 13:44.71	37.82	1500m: 18:36.95	32.71		
	350m: 4:16.04	37.20	750m: 9:18.65	37.93	1150m: 14:22.85	38.14				
	400m: 4:53.78	37.74	800m: 9:56.91	38.26	1200m: 15:00.07	37.22				
12.	2004				+0,74 18:37.57				558	
	50m: 32.05	32.05	450m: 5:31.53	37.61	850m: 10:35.56	38.02	1250m: 15:37.05	37.15		
	100m: 1:07.76	35.71	500m: 6:09.21	37.68	900m: 11:13.92	38.36	1300m: 16:14.09	37.04		
	150m: 1:44.65	36.89	550m: 6:47.26	38.05	950m: 11:51.98	38.06	1350m: 16:50.24	36.15		
	200m: 2:21.95	37.30	600m: 7:25.15	37.89	1000m: 12:30.02	38.04	1400m: 17:27.12	36.88		
	250m: 2:59.75	37.80	650m: 8:03.01	37.86	1050m: 13:07.69	37.67	1450m: 18:03.13	36.01		
	300m: 3:37.49	37.74	700m: 8:41.02	38.01	1100m: 13:45.58	37.89	1500m: 18:37.57	34.44		
	350m: 4:15.60	38.11	750m: 9:19.19	38.17	1150m: 14:22.71	37.13				
	400m: 4:53.92	38.32	800m: 9:57.54	38.35	1200m: 14:59.90	37.19				
13.	2006				+0,87 18:38.45				557	
	50m: 32.34	32.34	450m: 5:24.52	37.28	850m: 10:22.69	37.55	1250m: 15:28.71	38.36		
	100m: 1:07.54	35.20	500m: 6:01.44	36.92	900m: 10:59.54	36.85	1300m: 16:07.13	38.42		
	150m: 1:43.64	36.10	550m: 6:38.55	37.11	950m: 11:37.45	37.91	1350m: 16:46.20	39.07		
	200m: 2:20.36	36.72	600m: 7:15.45	36.90	1000m: 12:15.91	38.46	1400m: 17:24.20	38.00		
	250m: 2:57.18	36.82	650m: 7:52.46	37.01	1050m: 12:54.51	38.60	1450m: 18:02.27	38.07		
	300m: 3:34.15	36.97	700m: 8:30.31	37.85	1100m: 13:32.90	38.39	1500m: 18:38.45	36.18		
	350m: 4:10.67	36.52	750m: 9:07.56	37.25	1150m: 14:11.97	39.07				
	400m: 4:47.24	36.57	800m: 9:45.14	37.58	1200m: 14:50.35	38.38				
14.	2006				+0,67 18:39.44				555	
	50m: 32.94	32.94	450m: 5:30.45	38.17	850m: 10:34.09	38.35	1250m: 15:37.44	38.07		
	100m: 1:08.97	36.03	500m: 6:08.14	37.69	900m: 11:11.88	37.79	1300m: 16:15.28	37.84		
	150m: 1:46.09	37.12	550m: 6:46.73	38.59	950m: 11:49.94	38.06	1350m: 16:53.56	38.28		
	200m: 2:22.75	36.66	600m: 7:24.39	37.66	1000m: 12:27.38	37.44	1400m: 17:30.46	36.90		
	250m: 3:00.28	37.53	650m: 8:02.94	38.55	1050m: 13:06.34	38.96	1450m: 18:06.68	36.22		
	300m: 3:37.19	36.91	700m: 8:40.48	37.54	1100m: 13:43.59	37.25	1500m: 18:39.44	32.76		
	350m: 4:14.97	37.78	750m: 9:18.32	37.84	1150m: 14:21.51	37.92				
	400m: 4:52.28	37.31	800m: 9:55.74	37.42	1200m: 14:59.37	37.86				
15.	2005				+0,88 18:40.80				553	
	50m: 32.55	32.55	450m: 5:27.70	37.68	850m: 10:28.31	37.67	1250m: 15:32.65	38.05		
	100m: 1:08.14	35.59	500m: 6:04.98	37.28	900m: 11:06.53	38.22	1300m: 16:10.84	38.19		
	150m: 1:44.65	36.51	550m: 6:42.50	37.52	950m: 11:44.83	38.30	1350m: 16:48.84	38.00		
	200m: 2:21.21	36.56	600m: 7:19.96	37.46	1000m: 12:22.61	37.78	1400m: 17:26.74	37.90		
	250m: 2:58.41	37.20	650m: 7:57.55	37.59	1050m: 13:00.47	37.86	1450m: 18:04.22	37.48		
	300m: 3:35.45	37.04	700m: 8:35.20	37.65	1100m: 13:38.50	38.03	1500m: 18:40.80	36.58		
	350m: 4:12.90	37.45	750m: 9:12.99	37.79	1150m: 14:16.64	38.14				
	400m: 4:50.02	37.12	800m: 9:50.64	37.65	1200m: 14:54.60	37.96				



«

»

, 23 - 26 2021

40, , 1500m

					R.T.				FINA			
16.	2005				+0,76 18:43.16				550			
50m:	34.61	34.61	450m:	5:31.37	37.95	850m:	10:32.83	37.81	1250m:	15:35.08	37.96	
100m:	1:10.59	35.98	500m:	6:08.64	37.27	900m:	11:10.38	37.55	1300m:	16:13.06	37.98	
150m:	1:47.27	36.68	550m:	6:46.50	37.86	950m:	11:48.14	37.76	1350m:	16:50.96	37.90	
200m:	2:23.90	36.63	600m:	7:24.21	37.71	1000m:	12:25.80	37.66	1400m:	17:28.69	37.73	
250m:	3:01.35	37.45	650m:	8:02.05	37.84	1050m:	13:03.84	38.04	1450m:	18:06.71	38.02	
300m:	3:38.50	37.15	700m:	8:39.49	37.44	1100m:	13:41.67	37.83	1500m:	18:43.16	36.45	
350m:	4:16.20	37.70	750m:	9:17.33	37.84	1150m:	14:19.42	37.75				
400m:	4:53.42	37.22	800m:	9:55.02	37.69	1200m:	14:57.12	37.70				
17.	2006				+0,78 18:44.89				547			
50m:	33.19	33.19	450m:	5:31.03	38.15	850m:	10:36.53	38.39	1250m:	15:41.57	38.10	
100m:	1:09.11	35.92	500m:	6:08.89	37.86	900m:	11:14.66	38.13	1300m:	16:19.44	37.87	
150m:	1:45.77	36.66	550m:	6:47.01	38.12	950m:	11:52.60	37.94	1350m:	16:56.70	37.26	
200m:	2:22.51	36.74	600m:	7:24.97	37.96	1000m:	12:31.00	38.40	1400m:	17:33.62	36.92	
250m:	2:59.74	37.23	650m:	8:03.46	38.49	1050m:	13:08.88	37.88	1450m:	18:10.10	36.48	
300m:	3:37.15	37.41	700m:	8:41.79	38.33	1100m:	13:46.93	38.05	1500m:	18:44.89	34.79	
350m:	4:15.15	38.00	750m:	9:20.11	38.32	1150m:	14:25.16	38.23				
400m:	4:52.88	37.73	800m:	9:58.14	38.03	1200m:	15:03.47	38.31				
18.	2008 I				+0,79 18:45.37				547			
50m:	34.92	34.92	450m:	5:35.37	37.34	850m:	10:36.03	37.46	1250m:	15:37.72	37.90	
100m:	1:12.27	37.35	500m:	6:13.17	37.80	900m:	11:13.63	37.60	1300m:	16:15.72	38.00	
150m:	1:49.77	37.50	550m:	6:50.65	37.48	950m:	11:51.09	37.46	1350m:	16:53.38	37.66	
200m:	2:27.54	37.77	600m:	7:27.94	37.29	1000m:	12:28.67	37.58	1400m:	17:31.54	38.16	
250m:	3:05.33	37.79	650m:	8:05.72	37.78	1050m:	13:06.49	37.82	1450m:	18:09.21	37.67	
300m:	3:42.93	37.60	700m:	8:43.29	37.57	1100m:	13:44.31	37.82	1500m:	18:45.37	36.16	
350m:	4:20.73	37.80	750m:	9:20.96	37.67	1150m:	14:22.24	37.93				
400m:	4:58.03	37.30	800m:	9:58.57	37.61	1200m:	14:59.82	37.58				
19.	2005				+0,85 18:46.13				546			
50m:	32.60	32.60	450m:	5:31.68	37.78	850m:	10:33.36	37.33	1250m:	15:38.41	37.71	
100m:	1:09.45	36.85	500m:	6:09.81	38.13	900m:	11:11.79	38.43	1300m:	16:16.56	38.15	
150m:	1:46.86	37.41	550m:	6:46.97	37.16	950m:	11:49.64	37.85	1350m:	16:54.86	38.30	
200m:	2:24.52	37.66	600m:	7:24.58	37.61	1000m:	12:28.31	38.67	1400m:	17:32.37	37.51	
250m:	3:01.89	37.37	650m:	8:02.39	37.81	1050m:	13:06.42	38.11	1450m:	18:09.31	36.94	
300m:	3:39.60	37.71	700m:	8:40.10	37.71	1100m:	13:44.70	38.28	1500m:	18:46.13	36.82	
350m:	4:16.56	36.96	750m:	9:17.89	37.79	1150m:	14:22.32	37.62				
400m:	4:53.90	37.34	800m:	9:56.03	38.14	1200m:	15:00.70	38.38				
20.	2006				+0,81 18:47.49				544			
50m:	33.52	33.52	450m:	5:36.11	38.52	850m:	10:39.08	37.46	1250m:	15:40.86	38.32	
100m:	1:09.85	36.33	500m:	6:14.05	37.94	900m:	11:16.88	37.80	1300m:	16:19.00	38.14	
150m:	1:47.61	37.76	550m:	6:52.51	38.46	950m:	11:54.79	37.91	1350m:	16:56.94	37.94	
200m:	2:24.94	37.33	600m:	7:30.09	37.58	1000m:	12:32.32	37.53	1400m:	17:34.58	37.64	
250m:	3:03.43	38.49	650m:	8:08.06	37.97	1050m:	13:09.64	37.32	1450m:	18:12.50	37.92	
300m:	3:41.13	37.70	700m:	8:45.98	37.92	1100m:	13:47.02	37.38	1500m:	18:47.49	34.99	
350m:	4:19.74	38.61	750m:	9:23.88	37.90	1150m:	14:25.16	38.14				
400m:	4:57.59	37.85	800m:	10:01.62	37.74	1200m:	15:02.54	37.38				



«

»

, 23 - 26 2021

40, , 1500m

					R.T.				FINA			
21.	2007				+0,75 19:02.16				523			
	50m: 33.17	33.17	450m: 5:34.02	38.61	850m: 10:43.07	38.58	1250m: 15:52.95	39.40				
	100m: 1:09.63	36.46	500m: 6:12.25	38.23	900m: 11:21.47	38.40	1300m: 16:31.15	38.20				
	150m: 1:47.06	37.43	550m: 6:50.75	38.50	950m: 11:59.67	38.20	1350m: 17:10.24	39.09				
	200m: 2:24.08	37.02	600m: 7:29.11	38.36	1000m: 12:38.34	38.67	1400m: 17:48.20	37.96				
	250m: 3:01.69	37.61	650m: 8:08.01	38.90	1050m: 13:17.15	38.81	1450m: 18:26.73	38.53				
	300m: 3:39.28	37.59	700m: 8:46.62	38.61	1100m: 13:55.56	38.41	1500m: 19:02.16	35.43				
	350m: 4:17.40	38.12	750m: 9:25.97	39.35	1150m: 14:34.75	39.19						
	400m: 4:55.41	38.01	800m: 10:04.49	38.52	1200m: 15:13.55	38.80						
22.	2005				+0,76 19:13.58				508			
	50m: 32.59	32.59	450m: 5:27.51	38.12	850m: 10:38.28	38.80	1250m: 15:55.05	40.33				
	100m: 1:08.04	35.45	500m: 6:04.91	37.40	900m: 11:17.83	39.55	1300m: 16:35.07	40.02				
	150m: 1:44.78	36.74	550m: 6:43.02	38.11	950m: 11:58.03	40.20	1350m: 17:15.98	40.91				
	200m: 2:21.36	36.58	600m: 7:21.25	38.23	1000m: 12:37.45	39.42	1400m: 17:56.36	40.38				
	250m: 2:58.52	37.16	650m: 8:00.52	39.27	1050m: 13:17.50	40.05	1450m: 18:36.83	40.47				
	300m: 3:35.21	36.69	700m: 8:39.49	38.97	1100m: 13:57.16	39.66	1500m: 19:13.58	36.75				
	350m: 4:12.78	37.57	750m: 9:19.75	40.26	1150m: 14:35.66	38.50						
	400m: 4:49.39	36.61	800m: 9:59.48	39.73	1200m: 15:14.72	39.06						
23.	2004				19:14.81				506			
	50m: 33.35	33.35	450m: 5:37.28	38.74	850m: 10:47.85	39.26	1250m: 16:01.78	39.60				
	100m: 1:09.75	36.40	500m: 6:15.67	38.39	900m: 11:26.71	38.86	1300m: 16:40.71	38.93				
	150m: 1:47.41	37.66	550m: 6:54.25	38.58	950m: 12:06.13	39.42	1350m: 17:20.02	39.31				
	200m: 2:24.98	37.57	600m: 7:32.97	38.72	1000m: 12:45.20	39.07	1400m: 17:58.77	38.75				
	250m: 3:03.45	38.47	650m: 8:11.76	38.79	1050m: 13:24.76	39.56	1450m: 18:38.13	39.36				
	300m: 3:41.32	37.87	700m: 8:50.55	38.79	1100m: 14:03.29	38.53	1500m: 19:14.81	36.68				
	350m: 4:20.00	38.68	750m: 9:29.99	39.44	1150m: 14:43.06	39.77						
	400m: 4:58.54	38.54	800m: 10:08.59	38.60	1200m: 15:22.18	39.12						
24.	2004				+0,76 19:16.04				504			
	50m: 33.17	33.17	450m: 5:34.90	38.86	850m: 10:45.29	39.62	1250m: 15:59.80	40.25				
	100m: 1:09.26	36.09	500m: 6:13.16	38.26	900m: 11:23.44	38.15	1300m: 16:39.05	39.25				
	150m: 1:46.28	37.02	550m: 6:52.49	39.33	950m: 12:03.24	39.80	1350m: 17:18.91	39.86				
	200m: 2:23.55	37.27	600m: 7:30.50	38.01	1000m: 12:42.01	38.77	1400m: 17:57.90	38.99				
	250m: 3:01.59	38.04	650m: 8:09.94	39.44	1050m: 13:21.91	39.90	1450m: 18:38.05	40.15				
	300m: 3:39.74	38.15	700m: 8:47.97	38.03	1100m: 14:00.67	38.76	1500m: 19:16.04	37.99				
	350m: 4:18.00	38.26	750m: 9:27.64	39.67	1150m: 14:40.62	39.95						
	400m: 4:56.04	38.04	800m: 10:05.67	38.03	1200m: 15:19.55	38.93						
25.	2007				+0,82 19:29.77				487			
	50m: 35.10	35.10	450m: 5:36.77	38.93	850m: 10:53.89	40.11	1250m: 16:13.44	40.74				
	100m: 1:11.92	36.82	500m: 6:15.83	39.06	900m: 11:33.48	39.59	1300m: 16:53.36	39.92				
	150m: 1:49.34	37.42	550m: 6:55.01	39.18	950m: 12:13.06	39.58	1350m: 17:33.13	39.77				
	200m: 2:26.35	37.01	600m: 7:34.67	39.66	1000m: 12:52.81	39.75	1400m: 18:13.25	40.12				
	250m: 3:03.76	37.41	650m: 8:14.09	39.42	1050m: 13:32.21	39.40	1450m: 18:52.81	39.56				
	300m: 3:41.76	38.00	700m: 8:54.19	40.10	1100m: 14:12.73	40.52	1500m: 19:29.77	36.96				
	350m: 4:19.35	37.59	750m: 9:33.43	39.24	1150m: 14:52.20	39.47						
	400m: 4:57.84	38.49	800m: 10:13.78	40.35	1200m: 15:32.70	40.50						



«

»

, 23 - 26 2021

40, , 1500m

					R.T.				FINA		
26.	2005				+0,87 19:29.85				487		
50m:	33.07	33.07	450m:	5:39.65	39.25	850m:	10:53.29	39.85	1250m:	16:14.47	40.54
100m:	1:10.21	37.14	500m:	6:17.86	38.21	900m:	11:32.84	39.55	1300m:	16:54.74	40.27
150m:	1:48.42	38.21	550m:	6:57.15	39.29	950m:	12:13.11	40.27	1350m:	17:34.21	39.47
200m:	2:26.60	38.18	600m:	7:36.21	39.06	1000m:	12:52.97	39.86	1400m:	18:13.33	39.12
250m:	3:05.06	38.46	650m:	8:15.82	39.61	1050m:	13:34.05	41.08	1450m:	18:53.29	39.96
300m:	3:43.39	38.33	700m:	8:54.76	38.94	1100m:	14:14.25	40.20	1500m:	19:29.85	36.56
350m:	4:22.35	38.96	750m:	9:34.24	39.48	1150m:	14:54.57	40.32			
400m:	5:00.40	38.05	800m:	10:13.44	39.20	1200m:	15:33.93	39.36			
27.	2006				+0,89 19:32.33				484		
50m:	34.44	34.44	450m:	5:52.33	40.11	850m:	11:10.75	39.53	1250m:	16:23.82	38.49
100m:	1:13.09	38.65	500m:	6:32.87	40.54	900m:	11:50.24	39.49	1300m:	17:02.87	39.05
150m:	1:52.20	39.11	550m:	7:12.79	39.92	950m:	12:29.37	39.13	1350m:	17:40.92	38.05
200m:	2:31.82	39.62	600m:	7:53.28	40.49	1000m:	13:08.78	39.41	1400m:	18:19.64	38.72
250m:	3:12.10	40.28	650m:	8:32.60	39.32	1050m:	13:47.42	38.64	1450m:	18:57.08	37.44
300m:	3:51.83	39.73	700m:	9:12.28	39.68	1100m:	14:27.01	39.59	1500m:	19:32.33	35.25
350m:	4:32.04	40.21	750m:	9:51.26	38.98	1150m:	15:05.96	38.95			
400m:	5:12.22	40.18	800m:	10:31.22	39.96	1200m:	15:45.33	39.37			
28.	2004				+0,82 19:33.44				482		
50m:	33.63	33.63	450m:	5:42.44	39.12	850m:	10:58.38	39.85	1250m:	16:17.27	39.84
100m:	1:10.76	37.13	500m:	6:21.87	39.43	900m:	11:38.66	40.28	1300m:	16:57.12	39.85
150m:	1:49.00	38.24	550m:	7:01.19	39.32	950m:	12:18.53	39.87	1350m:	17:36.67	39.55
200m:	2:27.37	38.37	600m:	7:40.45	39.26	1000m:	12:57.73	39.20	1400m:	18:16.59	39.92
250m:	3:06.09	38.72	650m:	8:20.05	39.60	1050m:	13:37.71	39.98	1450m:	18:56.42	39.83
300m:	3:45.12	39.03	700m:	8:59.51	39.46	1100m:	14:17.04	39.33	1500m:	19:33.44	37.02
350m:	4:24.12	39.00	750m:	9:39.16	39.65	1150m:	14:57.49	40.45			
400m:	5:03.32	39.20	800m:	10:18.53	39.37	1200m:	15:37.43	39.94			
29.	2004				+1,13 19:35.77				479		
50m:	35.12	35.12	450m:	5:44.27	39.53	850m:	10:58.35	39.53	1250m:	16:19.13	40.58
100m:	1:13.42	38.30	500m:	6:23.31	39.04	900m:	11:37.91	39.56	1300m:	16:58.70	39.57
150m:	1:52.05	38.63	550m:	7:02.80	39.49	950m:	12:17.72	39.81	1350m:	17:39.12	40.42
200m:	2:30.48	38.43	600m:	7:41.64	38.84	1000m:	12:57.44	39.72	1400m:	18:18.76	39.64
250m:	3:08.93	38.45	650m:	8:21.01	39.37	1050m:	13:37.81	40.37	1450m:	18:58.70	39.94
300m:	3:47.45	38.52	700m:	9:00.17	39.16	1100m:	14:17.50	39.69	1500m:	19:35.77	37.07
350m:	4:26.38	38.93	750m:	9:39.74	39.57	1150m:	14:58.28	40.78			
400m:	5:04.74	38.36	800m:	10:18.82	39.08	1200m:	15:38.55	40.27			
30.	2007				+0,87 19:38.27				476		
50m:	34.32	34.32	450m:	5:52.10	40.40	850m:	11:08.97	40.17	1250m:	16:25.49	39.42
100m:	1:12.86	38.54	500m:	6:31.33	39.23	900m:	11:48.65	39.68	1300m:	17:05.28	39.79
150m:	1:52.50	39.64	550m:	7:11.29	39.96	950m:	12:28.10	39.45	1350m:	17:44.34	39.06
200m:	2:31.60	39.10	600m:	7:50.57	39.28	1000m:	13:07.84	39.74	1400m:	18:23.17	38.83
250m:	3:11.82	40.22	650m:	8:30.40	39.83	1050m:	13:47.47	39.63	1450m:	19:01.55	38.38
300m:	3:51.45	39.63	700m:	9:09.82	39.42	1100m:	14:27.01	39.54	1500m:	19:38.27	36.72
350m:	4:32.40	40.95	750m:	9:49.79	39.97	1150m:	15:06.51	39.50			
400m:	5:11.70	39.30	800m:	10:28.80	39.01	1200m:	15:46.07	39.56			



«

»

, 23 - 26 2021

40, , 1500m

						R.T.					FINA
31.	2005					+1,11 19:43.70					470
50m:	36.18	36.18	450m:	5:48.85	38.61	850m:	11:03.13	40.14	1250m:	16:26.03	41.01
100m:	1:15.80	39.62	500m:	6:28.15	39.30	900m:	11:43.31	40.18	1300m:	17:07.46	41.43
150m:	1:54.37	38.57	550m:	7:06.84	38.69	950m:	12:22.85	39.54	1350m:	17:47.42	39.96
200m:	2:33.97	39.60	600m:	7:46.03	39.19	1000m:	13:03.34	40.49	1400m:	18:27.59	40.17
250m:	3:12.25	38.28	650m:	8:24.99	38.96	1050m:	13:43.70	40.36	1450m:	19:06.77	39.18
300m:	3:52.10	39.85	700m:	9:04.85	39.86	1100m:	14:24.13	40.43	1500m:	19:43.70	36.93
350m:	4:30.53	38.43	750m:	9:43.49	38.64	1150m:	15:04.64	40.51			
400m:	5:10.24	39.71	800m:	10:22.99	39.50	1200m:	15:45.02	40.38			
32.	2006					+0,94 19:44.97					468
50m:	33.56	33.56	450m:	5:41.47	39.46	850m:	11:01.67	40.22	1250m:	16:24.28	40.85
100m:	1:10.33	36.77	500m:	6:20.72	39.25	900m:	11:41.95	40.28	1300m:	17:04.62	40.34
150m:	1:48.48	38.15	550m:	7:00.75	40.03	950m:	12:22.62	40.67	1350m:	17:44.85	40.23
200m:	2:27.00	38.52	600m:	7:40.48	39.73	1000m:	13:02.41	39.79	1400m:	18:24.80	39.95
250m:	3:06.08	39.08	650m:	8:20.83	40.35	1050m:	13:42.74	40.33	1450m:	19:05.14	40.34
300m:	3:44.65	38.57	700m:	9:00.59	39.76	1100m:	14:23.34	40.60	1500m:	19:44.97	39.83
350m:	4:23.38	38.73	750m:	9:41.23	40.64	1150m:	15:03.86	40.52			
400m:	5:02.01	38.63	800m:	10:21.45	40.22	1200m:	15:43.43	39.57			
33.	2007					+0,89 19:57.55					454
50m:	32.97	32.97	450m:	5:45.41	40.26	850m:	11:10.58	40.62	1250m:	16:36.88	40.80
100m:	1:10.27	37.30	500m:	6:25.64	40.23	900m:	11:51.22	40.64	1300m:	17:17.82	40.94
150m:	1:48.79	38.52	550m:	7:05.69	40.05	950m:	12:32.26	41.04	1350m:	17:58.08	40.26
200m:	2:27.88	39.09	600m:	7:46.42	40.73	1000m:	13:13.04	40.78	1400m:	18:39.46	41.38
250m:	3:06.28	38.40	650m:	8:26.85	40.43	1050m:	13:53.82	40.78	1450m:	19:18.55	39.09
300m:	3:46.09	39.81	700m:	9:08.43	41.58	1100m:	14:34.90	41.08	1500m:	19:57.55	39.00
350m:	4:25.39	39.30	750m:	9:49.47	41.04	1150m:	15:15.07	40.17			
400m:	5:05.15	39.76	800m:	10:29.96	40.49	1200m:	15:56.08	41.01			
34.	2005					20:08.37					442
50m:	34.60	34.60	450m:	5:52.48	39.94	850m:	11:18.69	41.32	1250m:	16:46.41	41.47
100m:	1:13.25	38.65	500m:	6:32.97	40.49	900m:	11:59.29	40.60	1300m:	17:27.12	40.71
150m:	1:52.61	39.36	550m:	7:13.97	41.00	950m:	12:40.52	41.23	1350m:	18:08.29	41.17
200m:	2:31.33	38.72	600m:	7:54.38	40.41	1000m:	13:21.03	40.51	1400m:	18:49.05	40.76
250m:	3:10.94	39.61	650m:	8:35.09	40.71	1050m:	14:02.09	41.06	1450m:	19:29.66	40.61
300m:	3:51.19	40.25	700m:	9:15.74	40.65	1100m:	14:42.89	40.80	1500m:	20:08.37	38.71
350m:	4:31.96	40.77	750m:	9:56.65	40.91	1150m:	15:24.14	41.25			
400m:	5:12.54	40.58	800m:	10:37.37	40.72	1200m:	16:04.94	40.80			
35.	2006					+0,80 20:08.66					441
50m:	33.96	33.96	450m:	5:53.93	40.68	850m:	11:19.53	40.61	1250m:	16:45.62	40.66
100m:	1:11.97	38.01	500m:	6:35.22	41.29	900m:	12:00.46	40.93	1300m:	17:27.19	41.57
150m:	1:51.08	39.11	550m:	7:15.82	40.60	950m:	12:40.90	40.44	1350m:	18:07.43	40.24
200m:	2:31.03	39.95	600m:	7:56.46	40.64	1000m:	13:21.79	40.89	1400m:	18:48.55	41.12
250m:	3:11.24	40.21	650m:	8:36.86	40.40	1050m:	14:02.35	40.56	1450m:	19:28.77	40.22
300m:	3:51.96	40.72	700m:	9:17.78	40.92	1100m:	14:43.34	40.99	1500m:	20:08.66	39.89
350m:	4:32.38	40.42	750m:	9:58.04	40.26	1150m:	15:24.09	40.75			
400m:	5:13.25	40.87	800m:	10:38.92	40.88	1200m:	16:04.96	40.87			



« »

, 23 - 26 2021

40, , 1500m

								R.T.			FINA	
36.			2007	I				+0,97	20:29.74	I	419	
	50m:	35.99	35.99	450m:	6:05.47	41.65	850m:	11:37.56	41.38	1250m:	17:08.95	41.53
	100m:	1:15.55	39.56	500m:	6:47.04	41.57	900m:	12:19.33	41.77	1300m:	17:50.48	41.53
	150m:	1:56.53	40.98	550m:	7:28.35	41.31	950m:	13:00.67	41.34	1350m:	18:31.78	41.30
	200m:	2:37.60	41.07	600m:	8:10.00	41.65	1000m:	13:42.19	41.52	1400m:	19:12.71	40.93
	250m:	3:19.00	41.40	650m:	8:51.57	41.57	1050m:	14:23.73	41.54	1450m:	19:52.63	39.92
	300m:	4:00.20	41.20	700m:	9:33.19	41.62	1100m:	15:05.04	41.31	1500m:	20:29.74	37.11
	350m:	4:42.67	42.47	750m:	10:14.67	41.48	1150m:	15:46.49	41.45			
	400m:	5:23.82	41.15	800m:	10:56.18	41.51	1200m:	16:27.42	40.93			
37.			2005	I				+0,69	20:35.95	I	413	
	50m:	36.33	36.33	450m:	6:05.37	41.17	850m:	11:37.62	42.03	1250m:	17:13.46	42.91
	100m:	1:16.64	40.31	500m:	6:46.92	41.55	900m:	12:19.66	42.04	1300m:	17:54.81	41.35
	150m:	1:57.18	40.54	550m:	7:28.20	41.28	950m:	13:02.28	42.62	1350m:	18:36.64	41.83
	200m:	2:38.37	41.19	600m:	8:09.35	41.15	1000m:	13:44.31	42.03	1400m:	19:17.92	41.28
	250m:	3:19.78	41.41	650m:	8:50.43	41.08	1050m:	14:26.16	41.85	1450m:	19:56.61	38.69
	300m:	4:01.17	41.39	700m:	9:32.49	42.06	1100m:	15:07.49	41.33	1500m:	20:35.95	39.34
	350m:	4:42.62	41.45	750m:	10:14.40	41.91	1150m:	15:49.45	41.96			
	400m:	5:24.20	41.58	800m:	10:55.59	41.19	1200m:	16:30.55	41.10			



« »

, 23 - 26 2021

40, , 1500m

40 , 1500m

(15-17)

26.02.2021 - 14:44

16:13.13

(ESP)

22.07.2003

16:13.13

(ESP)

22.07.2003

: FINA 2020

	/			R.T.			FINA				
1.	2005			+0,93 18:17.89			589				
50m:	32.55	32.55	450m:	5:26.04	37.33	850m:	10:22.48	37.32	1250m:	15:17.73	36.86
100m:	1:08.71	36.16	500m:	6:02.59	36.55	900m:	10:59.35	36.87	1300m:	15:54.27	36.54
150m:	1:45.36	36.65	550m:	6:40.04	37.45	950m:	11:36.44	37.09	1350m:	16:30.89	36.62
200m:	2:21.65	36.29	600m:	7:16.89	36.85	1000m:	12:13.16	36.72	1400m:	17:07.02	36.13
250m:	2:58.76	37.11	650m:	7:54.18	37.29	1050m:	12:50.11	36.95	1450m:	17:43.40	36.38
300m:	3:35.14	36.38	700m:	8:31.05	36.87	1100m:	13:26.82	36.71	1500m:	18:17.89	34.49
350m:	4:12.29	37.15	750m:	9:08.38	37.33	1150m:	14:04.15	37.33			
400m:	4:48.71	36.42	800m:	9:45.16	36.78	1200m:	14:40.87	36.72			
2.	2005			+0,70 18:18.96			587				
50m:	32.46	32.46	450m:	5:18.34	37.05	850m:	10:18.35	38.83	1250m:	15:19.24	37.87
100m:	1:07.47	35.01	500m:	5:54.90	36.56	900m:	10:54.59	36.24	1300m:	15:56.15	36.91
150m:	1:42.83	35.36	550m:	6:31.77	36.87	950m:	11:33.46	38.87	1350m:	16:32.99	36.84
200m:	2:18.22	35.39	600m:	7:08.88	37.11	1000m:	12:10.23	36.77	1400m:	17:08.80	35.81
250m:	2:53.96	35.74	650m:	7:47.06	38.18	1050m:	12:48.88	38.65	1450m:	17:44.90	36.10
300m:	3:29.33	35.37	700m:	8:23.98	36.92	1100m:	13:25.97	37.09	1500m:	18:18.96	34.06
350m:	4:05.59	36.26	750m:	9:02.68	38.70	1150m:	14:04.13	38.16			
400m:	4:41.29	35.70	800m:	9:39.52	36.84	1200m:	14:41.37	37.24			
3.	2005			+0,84 18:21.81			583				
50m:	32.67	32.67	450m:	5:26.71	37.59	850m:	10:22.53	36.81	1250m:	15:17.79	37.04
100m:	1:08.27	35.60	500m:	6:03.29	36.58	900m:	10:59.57	37.04	1300m:	15:54.80	37.01
150m:	1:44.94	36.67	550m:	6:40.40	37.11	950m:	11:35.67	36.10	1350m:	16:31.98	37.18
200m:	2:21.15	36.21	600m:	7:17.70	37.30	1000m:	12:12.44	36.77	1400m:	17:09.59	37.61
250m:	2:58.46	37.31	650m:	7:54.71	37.01	1050m:	12:48.90	36.46	1450m:	17:46.64	37.05
300m:	3:35.13	36.67	700m:	8:31.67	36.96	1100m:	13:25.74	36.84	1500m:	18:21.81	35.17
350m:	4:12.22	37.09	750m:	9:09.10	37.43	1150m:	14:03.49	37.75			
400m:	4:49.12	36.90	800m:	9:45.72	36.62	1200m:	14:40.75	37.26			
4.	2006 I			+0,93 18:25.62			577				
50m:	33.27	33.27	450m:	5:29.60	37.14	850m:	10:24.29	36.55	1250m:	15:20.85	37.37
100m:	1:09.46	36.19	500m:	6:06.69	37.09	900m:	11:01.36	37.07	1300m:	15:58.25	37.40
150m:	1:46.64	37.18	550m:	6:43.53	36.84	950m:	11:38.27	36.91	1350m:	16:35.58	37.33
200m:	2:24.37	37.73	600m:	7:20.41	36.88	1000m:	12:15.10	36.83	1400m:	17:12.90	37.32
250m:	3:01.30	36.93	650m:	7:57.12	36.71	1050m:	12:51.96	36.86	1450m:	17:50.09	37.19
300m:	3:38.60	37.30	700m:	8:34.13	37.01	1100m:	13:29.07	37.11	1500m:	18:25.62	35.53
350m:	4:15.34	36.74	750m:	9:10.91	36.78	1150m:	14:06.18	37.11			
400m:	4:52.46	37.12	800m:	9:47.74	36.83	1200m:	14:43.48	37.30			
5.	2006			+0,69 18:29.26			571				
50m:	32.25	32.25	450m:	5:23.87	37.80	850m:	10:23.99	37.46	1250m:	15:22.63	37.70
100m:	1:07.43	35.18	500m:	6:01.86	37.99	900m:	11:01.01	37.02	1300m:	16:00.42	37.79
150m:	1:43.28	35.85	550m:	6:40.10	38.24	950m:	11:38.89	37.88	1350m:	16:38.37	37.95
200m:	2:18.98	35.70	600m:	7:16.90	36.80	1000m:	12:15.36	36.47	1400m:	17:15.83	37.46
250m:	2:55.39	36.41	650m:	7:55.28	38.38	1050m:	12:53.27	37.91	1450m:	17:53.69	37.86
300m:	3:32.48	37.09	700m:	8:31.97	36.69	1100m:	13:29.99	36.72	1500m:	18:29.26	35.57
350m:	4:09.19	36.71	750m:	9:09.93	37.96	1150m:	14:07.94	37.95			
400m:	4:46.07	36.88	800m:	9:46.53	36.60	1200m:	14:44.93	36.99			

50

OMEGA



« »

, 23 - 26 2021

40, , 1500m , (15-17)

	/			R.T.			FINA				
6.	2005			+1,00 18:36.95			559				
50m:	32.87	32.87	450m:	5:31.15	37.37	850m:	10:34.62	37.71	1250m:	15:37.47	37.40
100m:	1:09.07	36.20	500m:	6:08.87	37.72	900m:	11:12.58	37.96	1300m:	16:14.48	37.01
150m:	1:46.17	37.10	550m:	6:46.42	37.55	950m:	11:50.51	37.93	1350m:	16:50.79	36.31
200m:	2:23.67	37.50	600m:	7:24.36	37.94	1000m:	12:29.07	38.56	1400m:	17:27.44	36.65
250m:	3:01.09	37.42	650m:	8:02.22	37.86	1050m:	13:06.89	37.82	1450m:	18:04.24	36.80
300m:	3:38.84	37.75	700m:	8:40.72	38.50	1100m:	13:44.71	37.82	1500m:	18:36.95	32.71
350m:	4:16.04	37.20	750m:	9:18.65	37.93	1150m:	14:22.85	38.14			
400m:	4:53.78	37.74	800m:	9:56.91	38.26	1200m:	15:00.07	37.22			
7.	2004			+0,74 18:37.57			558				
50m:	32.05	32.05	450m:	5:31.53	37.61	850m:	10:35.56	38.02	1250m:	15:37.05	37.15
100m:	1:07.76	35.71	500m:	6:09.21	37.68	900m:	11:13.92	38.36	1300m:	16:14.09	37.04
150m:	1:44.65	36.89	550m:	6:47.26	38.05	950m:	11:51.98	38.06	1350m:	16:50.24	36.15
200m:	2:21.95	37.30	600m:	7:25.15	37.89	1000m:	12:30.02	38.04	1400m:	17:27.12	36.88
250m:	2:59.75	37.80	650m:	8:03.01	37.86	1050m:	13:07.69	37.67	1450m:	18:03.13	36.01
300m:	3:37.49	37.74	700m:	8:41.02	38.01	1100m:	13:45.58	37.89	1500m:	18:37.57	34.44
350m:	4:15.60	38.11	750m:	9:19.19	38.17	1150m:	14:22.71	37.13			
400m:	4:53.92	38.32	800m:	9:57.54	38.35	1200m:	14:59.90	37.19			
8.	2006			+0,87 18:38.45			557				
50m:	32.34	32.34	450m:	5:24.52	37.28	850m:	10:22.69	37.55	1250m:	15:28.71	38.36
100m:	1:07.54	35.20	500m:	6:01.44	36.92	900m:	10:59.54	36.85	1300m:	16:07.13	38.42
150m:	1:43.64	36.10	550m:	6:38.55	37.11	950m:	11:37.45	37.91	1350m:	16:46.20	39.07
200m:	2:20.36	36.72	600m:	7:15.45	36.90	1000m:	12:15.91	38.46	1400m:	17:24.20	38.00
250m:	2:57.18	36.82	650m:	7:52.46	37.01	1050m:	12:54.51	38.60	1450m:	18:02.27	38.07
300m:	3:34.15	36.97	700m:	8:30.31	37.85	1100m:	13:32.90	38.39	1500m:	18:38.45	36.18
350m:	4:10.67	36.52	750m:	9:07.56	37.25	1150m:	14:11.97	39.07			
400m:	4:47.24	36.57	800m:	9:45.14	37.58	1200m:	14:50.35	38.38			
9.	2006			+0,67 18:39.44			555				
50m:	32.94	32.94	450m:	5:30.45	38.17	850m:	10:34.09	38.35	1250m:	15:37.44	38.07
100m:	1:08.97	36.03	500m:	6:08.14	37.69	900m:	11:11.88	37.79	1300m:	16:15.28	37.84
150m:	1:46.09	37.12	550m:	6:46.73	38.59	950m:	11:49.94	38.06	1350m:	16:53.56	38.28
200m:	2:22.75	36.66	600m:	7:24.39	37.66	1000m:	12:27.38	37.44	1400m:	17:30.46	36.90
250m:	3:00.28	37.53	650m:	8:02.94	38.55	1050m:	13:06.34	38.96	1450m:	18:06.68	36.22
300m:	3:37.19	36.91	700m:	8:40.48	37.54	1100m:	13:43.59	37.25	1500m:	18:39.44	32.76
350m:	4:14.97	37.78	750m:	9:18.32	37.84	1150m:	14:21.51	37.92			
400m:	4:52.28	37.31	800m:	9:55.74	37.42	1200m:	14:59.37	37.86			
10.	2005			+0,88 18:40.80			553				
50m:	32.55	32.55	450m:	5:27.70	37.68	850m:	10:28.31	37.67	1250m:	15:32.65	38.05
100m:	1:08.14	35.59	500m:	6:04.98	37.28	900m:	11:06.53	38.22	1300m:	16:10.84	38.19
150m:	1:44.65	36.51	550m:	6:42.50	37.52	950m:	11:44.83	38.30	1350m:	16:48.84	38.00
200m:	2:21.21	36.56	600m:	7:19.96	37.46	1000m:	12:22.61	37.78	1400m:	17:26.74	37.90
250m:	2:58.41	37.20	650m:	7:57.55	37.59	1050m:	13:00.47	37.86	1450m:	18:04.22	37.48
300m:	3:35.45	37.04	700m:	8:35.20	37.65	1100m:	13:38.50	38.03	1500m:	18:40.80	36.58
350m:	4:12.90	37.45	750m:	9:12.99	37.79	1150m:	14:16.64	38.14			
400m:	4:50.02	37.12	800m:	9:50.64	37.65	1200m:	14:54.60	37.96			



«

»

, 23 - 26 2021

40, , 1500m , (15-17)

									R.T.					FINA	
11.									+0,76	18:43.16					550
	50m:	34.61	34.61	450m:	5:31.37	37.95	850m:	10:32.83	37.81	1250m:	15:35.08	37.96			
	100m:	1:10.59	35.98	500m:	6:08.64	37.27	900m:	11:10.38	37.55	1300m:	16:13.06	37.98			
	150m:	1:47.27	36.68	550m:	6:46.50	37.86	950m:	11:48.14	37.76	1350m:	16:50.96	37.90			
	200m:	2:23.90	36.63	600m:	7:24.21	37.71	1000m:	12:25.80	37.66	1400m:	17:28.69	37.73			
	250m:	3:01.35	37.45	650m:	8:02.05	37.84	1050m:	13:03.84	38.04	1450m:	18:06.71	38.02			
	300m:	3:38.50	37.15	700m:	8:39.49	37.44	1100m:	13:41.67	37.83	1500m:	18:43.16	36.45			
	350m:	4:16.20	37.70	750m:	9:17.33	37.84	1150m:	14:19.42	37.75						
	400m:	4:53.42	37.22	800m:	9:55.02	37.69	1200m:	14:57.12	37.70						
12.									+0,78	18:44.89					547
	50m:	33.19	33.19	450m:	5:31.03	38.15	850m:	10:36.53	38.39	1250m:	15:41.57	38.10			
	100m:	1:09.11	35.92	500m:	6:08.89	37.86	900m:	11:14.66	38.13	1300m:	16:19.44	37.87			
	150m:	1:45.77	36.66	550m:	6:47.01	38.12	950m:	11:52.60	37.94	1350m:	16:56.70	37.26			
	200m:	2:22.51	36.74	600m:	7:24.97	37.96	1000m:	12:31.00	38.40	1400m:	17:33.62	36.92			
	250m:	2:59.74	37.23	650m:	8:03.46	38.49	1050m:	13:08.88	37.88	1450m:	18:10.10	36.48			
	300m:	3:37.15	37.41	700m:	8:41.79	38.33	1100m:	13:46.93	38.05	1500m:	18:44.89	34.79			
	350m:	4:15.15	38.00	750m:	9:20.11	38.32	1150m:	14:25.16	38.23						
	400m:	4:52.88	37.73	800m:	9:58.14	38.03	1200m:	15:03.47	38.31						
13.									+0,85	18:46.13					546
	50m:	32.60	32.60	450m:	5:31.68	37.78	850m:	10:33.36	37.33	1250m:	15:38.41	37.71			
	100m:	1:09.45	36.85	500m:	6:09.81	38.13	900m:	11:11.79	38.43	1300m:	16:16.56	38.15			
	150m:	1:46.86	37.41	550m:	6:46.97	37.16	950m:	11:49.64	37.85	1350m:	16:54.86	38.30			
	200m:	2:24.52	37.66	600m:	7:24.58	37.61	1000m:	12:28.31	38.67	1400m:	17:32.37	37.51			
	250m:	3:01.89	37.37	650m:	8:02.39	37.81	1050m:	13:06.42	38.11	1450m:	18:09.31	36.94			
	300m:	3:39.60	37.71	700m:	8:40.10	37.71	1100m:	13:44.70	38.28	1500m:	18:46.13	36.82			
	350m:	4:16.56	36.96	750m:	9:17.89	37.79	1150m:	14:22.32	37.62						
	400m:	4:53.90	37.34	800m:	9:56.03	38.14	1200m:	15:00.70	38.38						
14.									+0,81	18:47.49					544
	50m:	33.52	33.52	450m:	5:36.11	38.52	850m:	10:39.08	37.46	1250m:	15:40.86	38.32			
	100m:	1:09.85	36.33	500m:	6:14.05	37.94	900m:	11:16.88	37.80	1300m:	16:19.00	38.14			
	150m:	1:47.61	37.76	550m:	6:52.51	38.46	950m:	11:54.79	37.91	1350m:	16:56.94	37.94			
	200m:	2:24.94	37.33	600m:	7:30.09	37.58	1000m:	12:32.32	37.53	1400m:	17:34.58	37.64			
	250m:	3:03.43	38.49	650m:	8:08.06	37.97	1050m:	13:09.64	37.32	1450m:	18:12.50	37.92			
	300m:	3:41.13	37.70	700m:	8:45.98	37.92	1100m:	13:47.02	37.38	1500m:	18:47.49	34.99			
	350m:	4:19.74	38.61	750m:	9:23.88	37.90	1150m:	14:25.16	38.14						
	400m:	4:57.59	37.85	800m:	10:01.62	37.74	1200m:	15:02.54	37.38						
15.									+0,76	19:13.58					508
	50m:	32.59	32.59	450m:	5:27.51	38.12	850m:	10:38.28	38.80	1250m:	15:55.05	40.33			
	100m:	1:08.04	35.45	500m:	6:04.91	37.40	900m:	11:17.83	39.55	1300m:	16:35.07	40.02			
	150m:	1:44.78	36.74	550m:	6:43.02	38.11	950m:	11:58.03	40.20	1350m:	17:15.98	40.91			
	200m:	2:21.36	36.58	600m:	7:21.25	38.23	1000m:	12:37.45	39.42	1400m:	17:56.36	40.38			
	250m:	2:58.52	37.16	650m:	8:00.52	39.27	1050m:	13:17.50	40.05	1450m:	18:36.83	40.47			
	300m:	3:35.21	36.69	700m:	8:39.49	38.97	1100m:	13:57.16	39.66	1500m:	19:13.58	36.75			
	350m:	4:12.78	37.57	750m:	9:19.75	40.26	1150m:	14:35.66	38.50						
	400m:	4:49.39	36.61	800m:	9:59.48	39.73	1200m:	15:14.72	39.06						



«

»

, 23 - 26 2021

	40,	, 1500m		(15-17)				R.T.		FINA		
16.			2004	I				19:14.81	I	506		
	50m:	33.35	33.35	450m:	5:37.28	38.74	850m:	10:47.85	39.26	1250m:	16:01.78	39.60
	100m:	1:09.75	36.40	500m:	6:15.67	38.39	900m:	11:26.71	38.86	1300m:	16:40.71	38.93
	150m:	1:47.41	37.66	550m:	6:54.25	38.58	950m:	12:06.13	39.42	1350m:	17:20.02	39.31
	200m:	2:24.98	37.57	600m:	7:32.97	38.72	1000m:	12:45.20	39.07	1400m:	17:58.77	38.75
	250m:	3:03.45	38.47	650m:	8:11.76	38.79	1050m:	13:24.76	39.56	1450m:	18:38.13	39.36
	300m:	3:41.32	37.87	700m:	8:50.55	38.79	1100m:	14:03.29	38.53	1500m:	19:14.81	36.68
	350m:	4:20.00	38.68	750m:	9:29.99	39.44	1150m:	14:43.06	39.77			
	400m:	4:58.54	38.54	800m:	10:08.59	38.60	1200m:	15:22.18	39.12			
17.			2004					+0,76	19:16.04	I	504	
	50m:	33.17	33.17	450m:	5:34.90	38.86	850m:	10:45.29	39.62	1250m:	15:59.80	40.25
	100m:	1:09.26	36.09	500m:	6:13.16	38.26	900m:	11:23.44	38.15	1300m:	16:39.05	39.25
	150m:	1:46.28	37.02	550m:	6:52.49	39.33	950m:	12:03.24	39.80	1350m:	17:18.91	39.86
	200m:	2:23.55	37.27	600m:	7:30.50	38.01	1000m:	12:42.01	38.77	1400m:	17:57.90	38.99
	250m:	3:01.59	38.04	650m:	8:09.94	39.44	1050m:	13:21.91	39.90	1450m:	18:38.05	40.15
	300m:	3:39.74	38.15	700m:	8:47.97	38.03	1100m:	14:00.67	38.76	1500m:	19:16.04	37.99
	350m:	4:18.00	38.26	750m:	9:27.64	39.67	1150m:	14:40.62	39.95			
	400m:	4:56.04	38.04	800m:	10:05.67	38.03	1200m:	15:19.55	38.93			
18.			2005					+0,87	19:29.85	I	487	
	50m:	33.07	33.07	450m:	5:39.65	39.25	850m:	10:53.29	39.85	1250m:	16:14.47	40.54
	100m:	1:10.21	37.14	500m:	6:17.86	38.21	900m:	11:32.84	39.55	1300m:	16:54.74	40.27
	150m:	1:48.42	38.21	550m:	6:57.15	39.29	950m:	12:13.11	40.27	1350m:	17:34.21	39.47
	200m:	2:26.60	38.18	600m:	7:36.21	39.06	1000m:	12:52.97	39.86	1400m:	18:13.33	39.12
	250m:	3:05.06	38.46	650m:	8:15.82	39.61	1050m:	13:34.05	41.08	1450m:	18:53.29	39.96
	300m:	3:43.39	38.33	700m:	8:54.76	38.94	1100m:	14:14.25	40.20	1500m:	19:29.85	36.56
	350m:	4:22.35	38.96	750m:	9:34.24	39.48	1150m:	14:54.57	40.32			
	400m:	5:00.40	38.05	800m:	10:13.44	39.20	1200m:	15:33.93	39.36			
19.			2006	I				+0,89	19:32.33	I	484	
	50m:	34.44	34.44	450m:	5:52.33	40.11	850m:	11:10.75	39.53	1250m:	16:23.82	38.49
	100m:	1:13.09	38.65	500m:	6:32.87	40.54	900m:	11:50.24	39.49	1300m:	17:02.87	39.05
	150m:	1:52.20	39.11	550m:	7:12.79	39.92	950m:	12:29.37	39.13	1350m:	17:40.92	38.05
	200m:	2:31.82	39.62	600m:	7:53.28	40.49	1000m:	13:08.78	39.41	1400m:	18:19.64	38.72
	250m:	3:12.10	40.28	650m:	8:32.60	39.32	1050m:	13:47.42	38.64	1450m:	18:57.08	37.44
	300m:	3:51.83	39.73	700m:	9:12.28	39.68	1100m:	14:27.01	39.59	1500m:	19:32.33	35.25
	350m:	4:32.04	40.21	750m:	9:51.26	38.98	1150m:	15:05.96	38.95			
	400m:	5:12.22	40.18	800m:	10:31.22	39.96	1200m:	15:45.33	39.37			
20.			2004	I				+0,82	19:33.44	I	482	
	50m:	33.63	33.63	450m:	5:42.44	39.12	850m:	10:58.38	39.85	1250m:	16:17.27	39.84
	100m:	1:10.76	37.13	500m:	6:21.87	39.43	900m:	11:38.66	40.28	1300m:	16:57.12	39.85
	150m:	1:49.00	38.24	550m:	7:01.19	39.32	950m:	12:18.53	39.87	1350m:	17:36.67	39.55
	200m:	2:27.37	38.37	600m:	7:40.45	39.26	1000m:	12:57.73	39.20	1400m:	18:16.59	39.92
	250m:	3:06.09	38.72	650m:	8:20.05	39.60	1050m:	13:37.71	39.98	1450m:	18:56.42	39.83
	300m:	3:45.12	39.03	700m:	8:59.51	39.46	1100m:	14:17.04	39.33	1500m:	19:33.44	37.02
	350m:	4:24.12	39.00	750m:	9:39.16	39.65	1150m:	14:57.49	40.45			
	400m:	5:03.32	39.20	800m:	10:18.53	39.37	1200m:	15:37.43	39.94			



« »

, 23 - 26 2021

40,		, 1500m				(15-17)							
								R.T.				FINA	
21.				2004	I			+1,13	19:35.77	I		479	
	50m:	35.12	35.12	450m:	5:44.27	39.53	850m:	10:58.35	39.53	1250m:	16:19.13	40.58	
	100m:	1:13.42	38.30	500m:	6:23.31	39.04	900m:	11:37.91	39.56	1300m:	16:58.70	39.57	
	150m:	1:52.05	38.63	550m:	7:02.80	39.49	950m:	12:17.72	39.81	1350m:	17:39.12	40.42	
	200m:	2:30.48	38.43	600m:	7:41.64	38.84	1000m:	12:57.44	39.72	1400m:	18:18.76	39.64	
	250m:	3:08.93	38.45	650m:	8:21.01	39.37	1050m:	13:37.81	40.37	1450m:	18:58.70	39.94	
	300m:	3:47.45	38.52	700m:	9:00.17	39.16	1100m:	14:17.50	39.69	1500m:	19:35.77	37.07	
	350m:	4:26.38	38.93	750m:	9:39.74	39.57	1150m:	14:58.28	40.78				
	400m:	5:04.74	38.36	800m:	10:18.82	39.08	1200m:	15:38.55	40.27				
22.				2005				+1,11	19:43.70	I		470	
	50m:	36.18	36.18	450m:	5:48.85	38.61	850m:	11:03.13	40.14	1250m:	16:26.03	41.01	
	100m:	1:15.80	39.62	500m:	6:28.15	39.30	900m:	11:43.31	40.18	1300m:	17:07.46	41.43	
	150m:	1:54.37	38.57	550m:	7:06.84	38.69	950m:	12:22.85	39.54	1350m:	17:47.42	39.96	
	200m:	2:33.97	39.60	600m:	7:46.03	39.19	1000m:	13:03.34	40.49	1400m:	18:27.59	40.17	
	250m:	3:12.25	38.28	650m:	8:24.99	38.96	1050m:	13:43.70	40.36	1450m:	19:06.77	39.18	
	300m:	3:52.10	39.85	700m:	9:04.85	39.86	1100m:	14:24.13	40.43	1500m:	19:43.70	36.93	
	350m:	4:30.53	38.43	750m:	9:43.49	38.64	1150m:	15:04.64	40.51				
	400m:	5:10.24	39.71	800m:	10:22.99	39.50	1200m:	15:45.02	40.38				
23.				2006	I			+0,94	19:44.97	I		468	
	50m:	33.56	33.56	450m:	5:41.47	39.46	850m:	11:01.67	40.22	1250m:	16:24.28	40.85	
	100m:	1:10.33	36.77	500m:	6:20.72	39.25	900m:	11:41.95	40.28	1300m:	17:04.62	40.34	
	150m:	1:48.48	38.15	550m:	7:00.75	40.03	950m:	12:22.62	40.67	1350m:	17:44.85	40.23	
	200m:	2:27.00	38.52	600m:	7:40.48	39.73	1000m:	13:02.41	39.79	1400m:	18:24.80	39.95	
	250m:	3:06.08	39.08	650m:	8:20.83	40.35	1050m:	13:42.74	40.33	1450m:	19:05.14	40.34	
	300m:	3:44.65	38.57	700m:	9:00.59	39.76	1100m:	14:23.34	40.60	1500m:	19:44.97	39.83	
	350m:	4:23.38	38.73	750m:	9:41.23	40.64	1150m:	15:03.86	40.52				
	400m:	5:02.01	38.63	800m:	10:21.45	40.22	1200m:	15:43.43	39.57				
24.				2005	I				20:08.37	I		442	
	50m:	34.60	34.60	450m:	5:52.48	39.94	850m:	11:18.69	41.32	1250m:	16:46.41	41.47	
	100m:	1:13.25	38.65	500m:	6:32.97	40.49	900m:	11:59.29	40.60	1300m:	17:27.12	40.71	
	150m:	1:52.61	39.36	550m:	7:13.97	41.00	950m:	12:40.52	41.23	1350m:	18:08.29	41.17	
	200m:	2:31.33	38.72	600m:	7:54.38	40.41	1000m:	13:21.03	40.51	1400m:	18:49.05	40.76	
	250m:	3:10.94	39.61	650m:	8:35.09	40.71	1050m:	14:02.09	41.06	1450m:	19:29.66	40.61	
	300m:	3:51.19	40.25	700m:	9:15.74	40.65	1100m:	14:42.89	40.80	1500m:	20:08.37	38.71	
	350m:	4:31.96	40.77	750m:	9:56.65	40.91	1150m:	15:24.14	41.25				
	400m:	5:12.54	40.58	800m:	10:37.37	40.72	1200m:	16:04.94	40.80				
25.				2006	I			+0,80	20:08.66	I		441	
	50m:	33.96	33.96	450m:	5:53.93	40.68	850m:	11:19.53	40.61	1250m:	16:45.62	40.66	
	100m:	1:11.97	38.01	500m:	6:35.22	41.29	900m:	12:00.46	40.93	1300m:	17:27.19	41.57	
	150m:	1:51.08	39.11	550m:	7:15.82	40.60	950m:	12:40.90	40.44	1350m:	18:07.43	40.24	
	200m:	2:31.03	39.95	600m:	7:56.46	40.64	1000m:	13:21.79	40.89	1400m:	18:48.55	41.12	
	250m:	3:11.24	40.21	650m:	8:36.86	40.40	1050m:	14:02.35	40.56	1450m:	19:28.77	40.22	
	300m:	3:51.96	40.72	700m:	9:17.78	40.92	1100m:	14:43.34	40.99	1500m:	20:08.66	39.89	
	350m:	4:32.38	40.42	750m:	9:58.04	40.26	1150m:	15:24.09	40.75				
	400m:	5:13.25	40.87	800m:	10:38.92	40.88	1200m:	16:04.96	40.87				



« »

, 23 - 26 2021

40, , 1500m , (15-17)

		/				R.T.		FINA			
26.			2005 I			+0,69	20:35.95 I		413		
	50m:	36.33	450m:	6:05.37	41.17	850m:	11:37.62	42.03	1250m:	17:13.46	42.91
	100m:	1:16.64	500m:	6:46.92	41.55	900m:	12:19.66	42.04	1300m:	17:54.81	41.35
	150m:	1:57.18	550m:	7:28.20	41.28	950m:	13:02.28	42.62	1350m:	18:36.64	41.83
	200m:	2:38.37	600m:	8:09.35	41.15	1000m:	13:44.31	42.03	1400m:	19:17.92	41.28
	250m:	3:19.78	650m:	8:50.43	41.08	1050m:	14:26.16	41.85	1450m:	19:56.61	38.69
	300m:	4:01.17	700m:	9:32.49	42.06	1100m:	15:07.49	41.33	1500m:	20:35.95	39.34
	350m:	4:42.62	750m:	10:14.40	41.91	1150m:	15:49.45	41.96			
	400m:	5:24.20	800m:	10:55.59	41.19	1200m:	16:30.55	41.10			

