

, 23 - 26 2021

9
24.02.2021 - 9:00

, 400m

												4:06.01			09.04.2019	
												4:08.81			24.06.2015	
														(AZE)		
: FINA 2020																
												/		R.T.	FINA	
1.				2004						4:24.71	712					
	50m:	31.44	31.44	150m:	1:39.82	34.47	250m:	2:48.81	34.35	350m:	3:54.94	32.04				
	100m:	1:05.35	33.91	200m:	2:14.46	34.64	300m:	3:22.90	34.09	400m:	4:24.71	29.77				
2.				2005						4:25.12	709					
	50m:	30.77	30.77	150m:	1:38.51	33.88	250m:	2:46.91	34.03	350m:	3:54.40	33.48				
	100m:	1:04.63	33.86	200m:	2:12.88	34.37	300m:	3:20.92	34.01	400m:	4:25.12	30.72				
3.				1999						4:25.83	703					
	50m:	31.44	31.44	150m:	1:39.91	34.52	250m:	2:47.93	33.54	350m:	3:54.00	32.36				
	100m:	1:05.39	33.95	200m:	2:14.39	34.48	300m:	3:21.64	33.71	400m:	4:25.83	31.83				
4.				2002						4:29.43	675					
	50m:	29.70	29.70	150m:	1:36.77	34.41	250m:	2:46.45	34.74	350m:	3:55.83	34.95				
	100m:	1:02.36	32.66	200m:	2:11.71	34.94	300m:	3:20.88	34.43	400m:	4:29.43	33.60				
5.				2006						4:29.82	673					
	50m:	31.39	31.39	150m:	1:39.28	34.23	250m:	2:48.44	34.70	350m:	3:57.39	34.17				
	100m:	1:05.05	33.66	200m:	2:13.74	34.46	300m:	3:23.22	34.78	400m:	4:29.82	32.43				
6.				2001						4:30.59	667					
	50m:	30.53	30.53	150m:	1:38.12	34.34	250m:	2:47.35	34.42	350m:	3:56.96	34.78				
	100m:	1:03.78	33.25	200m:	2:12.93	34.81	300m:	3:22.18	34.83	400m:	4:30.59	33.63				
7.				2000						4:33.69	644					
	50m:	30.91	30.91	150m:	1:40.60	34.25	250m:	2:50.00	33.97	350m:	3:58.84	34.10				
	100m:	1:06.35	35.44	200m:	2:16.03	35.43	300m:	3:24.74	34.74	400m:	4:33.69	34.85				
8.				2005						4:34.59	638					
	50m:	30.77	30.77	150m:	1:39.61	34.76	250m:	2:49.90	35.08	350m:	4:00.13	34.92				
	100m:	1:04.85	34.08	200m:	2:14.82	35.21	300m:	3:25.21	35.31	400m:	4:34.59	34.46				
9.				1998						4:36.66	624					
	50m:	30.57	30.57	150m:	1:40.12	35.30	250m:	2:52.13	35.95	350m:	4:02.65	34.92				
	100m:	1:04.82	34.25	200m:	2:16.18	36.06	300m:	3:27.73	35.60	400m:	4:36.66	34.01				
10.				2002						4:36.73	623					
	50m:	30.96	30.96	150m:	1:39.69	34.77	250m:	2:50.32	35.28	350m:	4:01.75	35.92				
	100m:	1:04.92	33.96	200m:	2:15.04	35.35	300m:	3:25.83	35.51	400m:	4:36.73	34.98				
11.				2002						4:37.90	616					
	50m:	31.17	31.17	150m:	1:40.52	34.97	250m:	2:51.29	35.13	350m:	4:02.77	35.42				
	100m:	1:05.55	34.38	200m:	2:16.16	35.64	300m:	3:27.35	36.06	400m:	4:37.90	35.13				
12.				2002						4:38.90	609					
	50m:	32.10	32.10	150m:	1:43.87	36.23	250m:	2:56.66	35.56	350m:	4:04.05	32.96				
	100m:	1:07.64	35.54	200m:	2:21.10	37.23	300m:	3:31.09	34.43	400m:	4:38.90	34.85				
13.				2005						4:40.51	599					
	50m:	32.31	32.31	150m:	1:42.70	35.32	250m:	2:54.31	35.85	350m:	4:05.78	35.51				
	100m:	1:07.38	35.07	200m:	2:18.46	35.76	300m:	3:30.27	35.96	400m:	4:40.51	34.73				
14.				2005						4:40.73	597					
	50m:	32.14	32.14	150m:	1:41.94	35.23	250m:	2:53.51	35.84	350m:	4:06.00	36.34				
	100m:	1:06.71	34.57	200m:	2:17.67	35.73	300m:	3:29.66	36.15	400m:	4:40.73	34.73				

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ALT TIMING



9,		, 400m						R.T.		FINA		
15.				2004					4:42.43		586	
	50m:	30.88	30.88	150m:	1:42.19	36.89	250m:	2:55.61	37.26	350m:	4:08.64	36.88
	100m:	1:05.30	34.42	200m:	2:18.35	36.16	300m:	3:31.76	36.15	400m:	4:42.43	33.79
16.				2005					4:44.31		575	
	50m:	32.75	32.75	150m:	1:42.66	35.21	250m:	2:54.80	36.34	350m:	4:07.91	36.36
	100m:	1:07.45	34.70	200m:	2:18.46	35.80	300m:	3:31.55	36.75	400m:	4:44.31	36.40
17.				2004					4:44.84		572	
	50m:	32.21	32.21	150m:	1:43.05	36.02	250m:	2:55.94	36.66	350m:	4:09.23	36.34
	100m:	1:07.03	34.82	200m:	2:19.28	36.23	300m:	3:32.89	36.95	400m:	4:44.84	35.61
18.				2006					4:45.08		570	
	50m:	31.91	31.91	150m:	1:41.86	35.30	250m:	2:55.03	36.68	350m:	4:10.27	37.44
	100m:	1:06.56	34.65	200m:	2:18.35	36.49	300m:	3:32.83	37.80	400m:	4:45.08	34.81
19.				2005					4:45.92		565	
	50m:	32.79	32.79	150m:	1:43.82	36.03	250m:	2:57.32	36.76	350m:	4:10.49	36.11
	100m:	1:07.79	35.00	200m:	2:20.56	36.74	300m:	3:34.38	37.06	400m:	4:45.92	35.43
20.				2005					4:47.28		557	
	50m:	31.95	31.95	150m:	1:43.69	36.61	250m:	2:57.96	37.08	350m:	4:12.39	36.93
	100m:	1:07.08	35.13	200m:	2:20.88	37.19	300m:	3:35.46	37.50	400m:	4:47.28	34.89
21.				2007					4:47.48		556	
	50m:	32.66	32.66	150m:	1:44.77	36.32	250m:	2:58.06	36.52	350m:	4:12.00	36.68
	100m:	1:08.45	35.79	200m:	2:21.54	36.77	300m:	3:35.32	37.26	400m:	4:47.48	35.48
22.				2002					4:49.65		544	
	50m:	32.22	32.22	150m:	1:44.13	36.32	250m:	2:57.50	36.50	350m:	4:12.66	37.66
	100m:	1:07.81	35.59	200m:	2:21.00	36.87	300m:	3:35.00	37.50	400m:	4:49.65	36.99
23.				1995					4:50.54		539	
	50m:	31.67	31.67	150m:	1:43.24	36.29	250m:	2:57.61	37.37	350m:	4:13.32	37.53
	100m:	1:06.95	35.28	200m:	2:20.24	37.00	300m:	3:35.79	38.18	400m:	4:50.54	37.22
24.				2005					4:50.88		537	
	50m:	31.87	31.87	150m:	1:44.76	36.84	250m:	2:59.90	37.70	350m:	4:15.48	37.83
	100m:	1:07.92	36.05	200m:	2:22.20	37.44	300m:	3:37.65	37.75	400m:	4:50.88	35.40
25.				2004					4:51.18		535	
	50m:	32.01	32.01	150m:	1:46.43	37.74	250m:	3:02.39	37.91	350m:	4:16.47	36.99
	100m:	1:08.69	36.68	200m:	2:24.48	38.05	300m:	3:39.48	37.09	400m:	4:51.18	34.71
26.				2006					4:51.49		533	
	50m:	31.56	31.56	150m:	1:44.31	37.04	250m:	2:59.56	37.38	350m:	4:15.49	37.83
	100m:	1:07.27	35.71	200m:	2:22.18	37.87	300m:	3:37.66	38.10	400m:	4:51.49	36.00
27.				2007					4:55.04		514	
	50m:	31.98	31.98	150m:	1:46.29	38.05	250m:	3:02.58	38.54	350m:	4:19.21	38.14
	100m:	1:08.24	36.26	200m:	2:24.04	37.75	300m:	3:41.07	38.49	400m:	4:55.04	35.83
28.				2005					4:56.90		505	
	50m:	33.59	33.59	150m:	1:47.93	37.76	250m:	3:04.23	38.29	350m:	4:19.78	37.09
	100m:	1:10.17	36.58	200m:	2:25.94	38.01	300m:	3:42.69	38.46	400m:	4:56.90	37.12
29.				2007					4:57.57		501	
	50m:	32.85	32.85	150m:	1:47.98	37.93	250m:	3:04.90	38.47	350m:	4:21.28	37.40
	100m:	1:10.05	37.20	200m:	2:26.43	38.45	300m:	3:43.88	38.98	400m:	4:57.57	36.29

9,		, 400m						R.T.		FINA		
30.				2006	I				4:57.67	I	501	
	50m:	33.69	33.69	150m:	1:48.58	37.97	250m:	3:05.20	38.39	350m:	4:21.83	37.79
	100m:	1:10.61	36.92	200m:	2:26.81	38.23	300m:	3:44.04	38.84	400m:	4:57.67	35.84
31.				2006	I				5:01.42	I	482	
	50m:	33.41	33.41	150m:	1:49.80	38.86	250m:	3:07.19	39.15	350m:	4:25.61	39.41
	100m:	1:10.94	37.53	200m:	2:28.04	38.24	300m:	3:46.20	39.01	400m:	5:01.42	35.81
32.				2008	I				5:02.47		477	
	50m:	31.93	31.93	150m:	1:45.70	37.34	250m:	3:03.54	39.41	350m:	4:24.07	40.39
	100m:	1:08.36	36.43	200m:	2:24.13	38.43	300m:	3:43.68	40.14	400m:	5:02.47	38.40
33.				2005	I				5:03.54		472	
	50m:	33.49	33.49	150m:	1:49.03	38.42	250m:	3:06.41	38.69	350m:	4:25.11	39.45
	100m:	1:10.61	37.12	200m:	2:27.72	38.69	300m:	3:45.66	39.25	400m:	5:03.54	38.43
34.				2006	I				5:05.17		465	
	50m:	32.33	32.33	150m:	1:47.64	38.38	250m:	3:06.63	39.91	350m:	4:26.49	39.89
	100m:	1:09.26	36.93	200m:	2:26.72	39.08	300m:	3:46.60	39.97	400m:	5:05.17	38.68
35.				2004	I				5:06.46		459	
	50m:	32.06	32.06	150m:	1:47.38	38.49	250m:	3:06.62	40.13	350m:	4:27.99	40.34
	100m:	1:08.89	36.83	200m:	2:26.49	39.11	300m:	3:47.65	41.03	400m:	5:06.46	38.47
36.				2004	I				5:11.08		439	
	50m:	34.38	34.38	150m:	1:51.20	39.30	250m:	3:11.23	40.10	350m:	4:31.93	40.63
	100m:	1:11.90	37.52	200m:	2:31.13	39.93	300m:	3:51.30	40.07	400m:	5:11.08	39.15
37.				2006	I				5:14.86		423	
	50m:	34.97	34.97	150m:	1:53.55	39.58	250m:	3:14.09	40.26	350m:	4:35.22	40.33
	100m:	1:13.97	39.00	200m:	2:33.83	40.28	300m:	3:54.89	40.80	400m:	5:14.86	39.64
38.				2006	I				5:15.93		419	
	50m:	35.35	35.35	150m:	1:54.58	40.09	250m:	3:15.03	40.32	350m:	4:36.58	40.66
	100m:	1:14.49	39.14	200m:	2:34.71	40.13	300m:	3:55.92	40.89	400m:	5:15.93	39.35
39.				2006	I				5:17.23		414	
	50m:	32.67	32.67	150m:	1:50.01	39.87	250m:	3:12.66	41.25	350m:	4:36.76	41.64
	100m:	1:10.14	37.47	200m:	2:31.41	41.40	300m:	3:55.12	42.46	400m:	5:17.23	40.47
DSQ				2000								



9, , 400m

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, 400m

(15-17)

24.02.2021 - 9:00

4:06.01

09.04.2019

4:08.81

(AZE)

24.06.2015

: FINA 2020

				/			R.T.			FINA		
1.				2004			4:24.71			712		
	50m:	31.44	31.44	150m:	1:39.82	34.47	250m:	2:48.81	34.35	350m:	3:54.94	32.04
	100m:	1:05.35	33.91	200m:	2:14.46	34.64	300m:	3:22.90	34.09	400m:	4:24.71	29.77
2.				2005			4:25.12			709		
	50m:	30.77	30.77	150m:	1:38.51	33.88	250m:	2:46.91	34.03	350m:	3:54.40	33.48
	100m:	1:04.63	33.86	200m:	2:12.88	34.37	300m:	3:20.92	34.01	400m:	4:25.12	30.72
3.				2006			4:29.82			673		
	50m:	31.39	31.39	150m:	1:39.28	34.23	250m:	2:48.44	34.70	350m:	3:57.39	34.17
	100m:	1:05.05	33.66	200m:	2:13.74	34.46	300m:	3:23.22	34.78	400m:	4:29.82	32.43
4.				2005			4:34.59			638		
	50m:	30.77	30.77	150m:	1:39.61	34.76	250m:	2:49.90	35.08	350m:	4:00.13	34.92
	100m:	1:04.85	34.08	200m:	2:14.82	35.21	300m:	3:25.21	35.31	400m:	4:34.59	34.46
5.				2005			4:40.51			599		
	50m:	32.31	32.31	150m:	1:42.70	35.32	250m:	2:54.31	35.85	350m:	4:05.78	35.51
	100m:	1:07.38	35.07	200m:	2:18.46	35.76	300m:	3:30.27	35.96	400m:	4:40.51	34.73
6.				2005			4:40.73			597		
	50m:	32.14	32.14	150m:	1:41.94	35.23	250m:	2:53.51	35.84	350m:	4:06.00	36.34
	100m:	1:06.71	34.57	200m:	2:17.67	35.73	300m:	3:29.66	36.15	400m:	4:40.73	34.73
7.				2004			4:42.43			586		
	50m:	30.88	30.88	150m:	1:42.19	36.89	250m:	2:55.61	37.26	350m:	4:08.64	36.88
	100m:	1:05.30	34.42	200m:	2:18.35	36.16	300m:	3:31.76	36.15	400m:	4:42.43	33.79
8.				2005			4:44.31			575		
	50m:	32.75	32.75	150m:	1:42.66	35.21	250m:	2:54.80	36.34	350m:	4:07.91	36.36
	100m:	1:07.45	34.70	200m:	2:18.46	35.80	300m:	3:31.55	36.75	400m:	4:44.31	36.40
9.				2004			4:44.84			572		
	50m:	32.21	32.21	150m:	1:43.05	36.02	250m:	2:55.94	36.66	350m:	4:09.23	36.34
	100m:	1:07.03	34.82	200m:	2:19.28	36.23	300m:	3:32.89	36.95	400m:	4:44.84	35.61
10.				2006			4:45.08			570		
	50m:	31.91	31.91	150m:	1:41.86	35.30	250m:	2:55.03	36.68	350m:	4:10.27	37.44
	100m:	1:06.56	34.65	200m:	2:18.35	36.49	300m:	3:32.83	37.80	400m:	4:45.08	34.81
11.				2005			4:45.92			565		
	50m:	32.79	32.79	150m:	1:43.82	36.03	250m:	2:57.32	36.76	350m:	4:10.49	36.11
	100m:	1:07.79	35.00	200m:	2:20.56	36.74	300m:	3:34.38	37.06	400m:	4:45.92	35.43
12.				2005			4:47.28			557		
	50m:	31.95	31.95	150m:	1:43.69	36.61	250m:	2:57.96	37.08	350m:	4:12.39	36.93
	100m:	1:07.08	35.13	200m:	2:20.88	37.19	300m:	3:35.46	37.50	400m:	4:47.28	34.89
13.				2005			4:50.88			537		
	50m:	31.87	31.87	150m:	1:44.76	36.84	250m:	2:59.90	37.70	350m:	4:15.48	37.83
	100m:	1:07.92	36.05	200m:	2:22.20	37.44	300m:	3:37.65	37.75	400m:	4:50.88	35.40

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ALT TIMING



, 23 - 26 2021

9, , 400m				(15-17)				R.T.		FINA	
14.			2004						4:51.18		535
	50m: 32.01	32.01	150m: 1:46.43	37.74	250m: 3:02.39	37.91	350m: 4:16.47	36.99			
	100m: 1:08.69	36.68	200m: 2:24.48	38.05	300m: 3:39.48	37.09	400m: 4:51.18	34.71			
15.			2006						4:51.49		533
	50m: 31.56	31.56	150m: 1:44.31	37.04	250m: 2:59.56	37.38	350m: 4:15.49	37.83			
	100m: 1:07.27	35.71	200m: 2:22.18	37.87	300m: 3:37.66	38.10	400m: 4:51.49	36.00			
16.			2005						4:56.90		505
	50m: 33.59	33.59	150m: 1:47.93	37.76	250m: 3:04.23	38.29	350m: 4:19.78	37.09			
	100m: 1:10.17	36.58	200m: 2:25.94	38.01	300m: 3:42.69	38.46	400m: 4:56.90	37.12			
17.			2006						4:57.67		501
	50m: 33.69	33.69	150m: 1:48.58	37.97	250m: 3:05.20	38.39	350m: 4:21.83	37.79			
	100m: 1:10.61	36.92	200m: 2:26.81	38.23	300m: 3:44.04	38.84	400m: 4:57.67	35.84			
18.			2006						5:01.42		482
	50m: 33.41	33.41	150m: 1:49.80	38.86	250m: 3:07.19	39.15	350m: 4:25.61	39.41			
	100m: 1:10.94	37.53	200m: 2:28.04	38.24	300m: 3:46.20	39.01	400m: 5:01.42	35.81			
19.			2005						5:03.54		472
	50m: 33.49	33.49	150m: 1:49.03	38.42	250m: 3:06.41	38.69	350m: 4:25.11	39.45			
	100m: 1:10.61	37.12	200m: 2:27.72	38.69	300m: 3:45.66	39.25	400m: 5:03.54	38.43			
20.			2006						5:05.17		465
	50m: 32.33	32.33	150m: 1:47.64	38.38	250m: 3:06.63	39.91	350m: 4:26.49	39.89			
	100m: 1:09.26	36.93	200m: 2:26.72	39.08	300m: 3:46.60	39.97	400m: 5:05.17	38.68			
21.			2004						5:06.46		459
	50m: 32.06	32.06	150m: 1:47.38	38.49	250m: 3:06.62	40.13	350m: 4:27.99	40.34			
	100m: 1:08.89	36.83	200m: 2:26.49	39.11	300m: 3:47.65	41.03	400m: 5:06.46	38.47			
22.			2004						5:11.08		439
	50m: 34.38	34.38	150m: 1:51.20	39.30	250m: 3:11.23	40.10	350m: 4:31.93	40.63			
	100m: 1:11.90	37.52	200m: 2:31.13	39.93	300m: 3:51.30	40.07	400m: 5:11.08	39.15			
23.			2006						5:14.86		423
	50m: 34.97	34.97	150m: 1:53.55	39.58	250m: 3:14.09	40.26	350m: 4:35.22	40.33			
	100m: 1:13.97	39.00	200m: 2:33.83	40.28	300m: 3:54.89	40.80	400m: 5:14.86	39.64			
24.			2006						5:15.93		419
	50m: 35.35	35.35	150m: 1:54.58	40.09	250m: 3:15.03	40.32	350m: 4:36.58	40.66			
	100m: 1:14.49	39.14	200m: 2:34.71	40.13	300m: 3:55.92	40.89	400m: 5:15.93	39.35			
25.			2006						5:17.23		414
	50m: 32.67	32.67	150m: 1:50.01	39.87	250m: 3:12.66	41.25	350m: 4:36.76	41.64			
	100m: 1:10.14	37.47	200m: 2:31.41	41.40	300m: 3:55.12	42.46	400m: 5:17.23	40.47			

