

, 16-18

I XI  
2022 .

" " , 50

11 , 800m  
16.03.2022 - 12:20

8:54.59  
9:24.56

07.05.2010  
06.02.2019

14 +: 8:28.12 / 12 +: 9:12.00 / 10 +: 9:46.00 / I 9 +: 10:27.00 /  
II 9 +: 11:58.00 / III 9 +: 13:31.00 / I 9 +: 16:16.00 /  
II 9 +: 18:46.00 / III 9 +: 21:16.00

: FINA 2021

FINA

1.		08	"	-1"						<b>9:49.16</b>	1	557
	50m:	33.82	33.82	250m:	3:02.74	37.34	450m:	5:34.04	37.70	650m:	8:01.90	37.61
	100m:	1:10.01	36.19	300m:	3:39.98	37.24	500m:	6:09.81	36.77	700m:	8:39.09	37.19
	150m:	1:47.05	37.04	350m:	4:17.66	37.68	550m:	6:47.69	37.88	750m:	9:15.60	36.51
	200m:	2:25.40	38.35	400m:	4:55.34	37.68	600m:	7:24.29	36.60	800m:	9:49.16	33.56
2.		06		-1						<b>9:49.34</b>	1	556
	50m:	35.61	35.61	250m:	3:05.67	37.55	450m:	5:34.34	36.84	650m:	8:01.95	36.76
	100m:	1:12.80	37.19	300m:	3:43.41	37.74	500m:	6:11.41	37.07	700m:	8:39.09	37.14
	150m:	1:50.25	37.45	350m:	4:20.11	36.70	550m:	6:48.28	36.87	750m:	9:15.18	36.09
	200m:	2:28.12	37.87	400m:	4:57.50	37.39	600m:	7:25.19	36.91	800m:	9:49.34	34.16
3.		08 1	"	-1"						<b>10:10.88</b>	1	499
	50m:	33.55	33.55	250m:	3:04.06	37.96	450m:	5:38.73	39.35	650m:	8:15.37	38.70
	100m:	1:10.81	37.26	300m:	3:42.65	38.59	500m:	6:18.11	39.38	700m:	8:54.63	39.26
	150m:	1:47.79	36.98	350m:	4:20.07	37.42	550m:	6:57.17	39.06	750m:	9:32.88	38.25
	200m:	2:26.10	38.31	400m:	4:59.38	39.31	600m:	7:36.67	39.50	800m:	10:10.88	38.00
4.		06		-1						<b>10:12.38</b>	1	496
	50m:	34.48	34.48	250m:	3:05.43	38.12	450m:	5:43.02	39.42	650m:	8:19.47	38.14
	100m:	1:11.92	37.44	300m:	3:44.47	39.04	500m:	6:22.96	39.94	700m:	8:58.57	39.10
	150m:	1:48.98	37.06	350m:	4:23.59	39.12	550m:	7:01.76	38.80	750m:	9:35.69	37.12
	200m:	2:27.31	38.33	400m:	5:03.60	40.01	600m:	7:41.33	39.57	800m:	10:12.38	36.69
5.		08 1	"	-2"						<b>10:13.30</b>	1	493
	50m:	34.68	34.68	250m:	3:10.39	38.75	450m:	5:45.04	37.67	650m:	8:19.48	38.32
	100m:	1:13.38	38.70	300m:	3:49.83	39.44	500m:	6:23.91	38.87	700m:	8:58.80	39.32
	150m:	1:52.04	38.66	350m:	4:28.20	38.37	550m:	7:01.90	37.99	750m:	9:36.07	37.27
	200m:	2:31.64	39.60	400m:	5:07.37	39.17	600m:	7:41.16	39.26	800m:	10:13.30	37.23
6.		08 1	"	"						<b>10:13.71</b>	1	492
	50m:	34.99	34.99	250m:	3:10.28	39.18	450m:	5:45.55	37.97	650m:	8:20.10	38.40
	100m:	1:13.23	38.24	300m:	3:49.45	39.17	500m:	6:24.70	39.15	700m:	8:59.56	39.46
	150m:	1:51.81	38.58	350m:	4:27.91	38.46	550m:	7:02.51	37.81	750m:	9:37.17	37.61
	200m:	2:31.10	39.29	400m:	5:07.58	39.67	600m:	7:41.70	39.19	800m:	10:13.71	36.54
7.		08 1	"	-2"						<b>10:14.00</b>	1	492
	50m:	34.59	34.59	250m:	3:09.72	38.90	450m:	5:46.78	38.81	650m:	8:21.37	36.42
	100m:	1:13.98	39.39	300m:	3:49.37	39.65	500m:	6:26.21	39.43	700m:	9:01.49	40.12
	150m:	1:52.03	38.05	350m:	4:28.14	38.77	550m:	7:05.47	39.26	750m:	9:38.98	37.49
	200m:	2:30.82	38.79	400m:	5:07.97	39.83	600m:	7:44.95	39.48	800m:	10:14.00	35.02
8.		09 1								<b>10:29.47</b>	2	456
	50m:	35.87	35.87	250m:	3:12.16	39.21	450m:	5:52.51	39.72	650m:	8:32.22	39.55
	100m:	1:14.55	38.68	300m:	3:51.77	39.61	500m:	6:32.55	40.04	700m:	9:12.94	40.72
	150m:	1:53.69	39.14	350m:	4:32.15	40.38	550m:	7:12.66	40.11	750m:	9:52.31	39.37
	200m:	2:32.95	39.26	400m:	5:12.79	40.64	600m:	7:52.67	40.01	800m:	10:29.47	37.16

ALGE-TIMING

											FINA	
11,	, 800m											
9.	09 2 " -1" .										<b>10:40.11</b> 2	434
	50m:	36.58	36.58	250m:	3:19.48	40.29	450m:	6:01.72	40.14	650m:	8:42.53	39.68
	100m:	1:17.25	40.67	300m:	4:00.05	40.57	500m:	6:42.37	40.65	700m:	9:22.39	39.86
	150m:	1:58.03	40.78	350m:	4:40.56	40.51	550m:	7:22.52	40.15	750m:	10:01.32	38.93
	200m:	2:39.19	41.16	400m:	5:21.58	41.02	600m:	8:02.85	40.33	800m:	10:40.11	38.79
10.	09 2 " "										<b>10:43.36</b> 2	427
	50m:	35.12	35.12	250m:	3:17.98	41.40	450m:	6:01.72	40.23	650m:	8:45.06	40.13
	100m:	1:14.91	39.79	300m:	3:58.90	40.92	500m:	6:43.50	41.78	700m:	9:25.13	40.07
	150m:	1:55.37	40.46	350m:	4:39.99	41.09	550m:	7:24.23	40.73	750m:	10:04.78	39.65
	200m:	2:36.58	41.21	400m:	5:21.49	41.50	600m:	8:04.93	40.70	800m:	10:43.36	38.58
11.	08 2 " -1" .										<b>10:44.31</b> 2	425
	50m:	36.21	36.21	250m:	3:18.85	40.52	450m:	6:01.76	40.17	650m:	8:43.34	39.86
	100m:	1:16.77	40.56	300m:	3:59.83	40.98	500m:	6:42.66	40.90	700m:	9:24.11	40.77
	150m:	1:57.22	40.45	350m:	4:40.26	40.43	550m:	7:22.83	40.17	750m:	10:04.71	40.60
	200m:	2:38.33	41.11	400m:	5:21.59	41.33	600m:	8:03.48	40.65	800m:	10:44.31	39.60
12.	09 1 . . .										<b>10:45.94</b> 2	422
	50m:	36.41	36.41	250m:	3:19.08	41.89	450m:	6:03.52	41.51	650m:	8:46.69	41.29
	100m:	1:15.29	38.88	300m:	3:59.45	40.37	500m:	6:43.61	40.09	700m:	9:26.85	40.16
	150m:	1:56.53	41.24	350m:	4:41.37	41.92	550m:	7:25.18	41.57	750m:	10:07.81	40.96
	200m:	2:37.19	40.66	400m:	5:22.01	40.64	600m:	8:05.40	40.22	800m:	10:45.94	38.13
13.	09 2 " "										<b>10:52.53</b> 2	410
	100m:	1:14.05	1:14.05	300m:	3:58.97	1:22.32	500m:	6:43.45	1:23.43	700m:	9:25.45	1:20.40
	200m:	2:36.65	1:22.60	400m:	5:20.02	1:21.05	600m:	8:05.05	1:21.60	800m:	10:52.53	1:27.08
14.	09 2 " "										<b>11:03.31</b> 2	390
	100m:	1:18.80	1:18.80	300m:	4:07.98	1:25.44	500m:	6:56.98	1:24.48	800m:	11:03.31	2:43.29
	200m:	2:42.54	1:23.74	400m:	5:32.50	1:24.52	600m:	8:20.02	1:23.04			
15.	06 2 " "										<b>11:08.81</b> 2	380
	100m:	1:20.28	1:20.28	300m:	4:08.45	1:24.47	500m:	6:57.37	1:23.84	700m:	9:45.91	1:23.88
	200m:	2:43.98	1:23.70	400m:	5:33.53	1:25.08	600m:	8:22.03	1:24.66	800m:	11:08.81	1:22.90
16.	07 1 " -2" . . .										<b>11:10.92</b> 2	377
	50m:	37.93	37.93	250m:	3:25.55	42.42	450m:	6:16.13	43.28	650m:	9:06.71	42.37
	100m:	1:18.86	40.93	300m:	4:07.82	42.27	500m:	6:58.51	42.38	700m:	9:48.82	42.11
	150m:	2:01.68	42.82	350m:	4:50.75	42.93	550m:	7:42.16	43.65	750m:	10:30.37	41.55
	200m:	2:43.13	41.45	400m:	5:32.85	42.10	600m:	8:24.34	42.18	800m:	11:10.92	40.55
17.	09 2 " "										<b>11:35.22</b> 2	339
	100m:	1:18.47	1:18.47	300m:	4:11.73	1:27.20	500m:	7:09.78	1:28.81	700m:	10:07.89	1:28.68
	200m:	2:44.53	1:26.06	400m:	5:40.97	1:29.24	600m:	8:39.21	1:29.43	800m:	11:35.22	1:27.33
18.	09 2 " "										<b>12:30.81</b> 3	269
	100m:	1:25.05	1:25.05	300m:	4:33.83	1:34.41	500m:	7:45.67	1:35.98	700m:	10:57.69	1:35.67
	200m:	2:59.42	1:34.37	400m:	6:09.69	1:35.86	600m:	9:22.02	1:36.35	800m:	12:30.81	1:33.12

11, , 800m

(15-17 )

1.			06		-1					<b>9:49.34</b>	1	556
	50m:	35.61	35.61	250m:	3:05.67	37.55	450m:	5:34.34	36.84	650m:	8:01.95	36.76
	100m:	1:12.80	37.19	300m:	3:43.41	37.74	500m:	6:11.41	37.07	700m:	8:39.09	37.14
	150m:	1:50.25	37.45	350m:	4:20.11	36.70	550m:	6:48.28	36.87	750m:	9:15.18	36.09
	200m:	2:28.12	37.87	400m:	4:57.50	37.39	600m:	7:25.19	36.91	800m:	9:49.34	34.16
2.			06		-1					<b>10:12.38</b>	1	496
	50m:	34.48	34.48	250m:	3:05.43	38.12	450m:	5:43.02	39.42	650m:	8:19.47	38.14
	100m:	1:11.92	37.44	300m:	3:44.47	39.04	500m:	6:22.96	39.94	700m:	8:58.57	39.10
	150m:	1:48.98	37.06	350m:	4:23.59	39.12	550m:	7:01.76	38.80	750m:	9:35.69	37.12
	200m:	2:27.31	38.33	400m:	5:03.60	40.01	600m:	7:41.33	39.57	800m:	10:12.38	36.69
3.			06 2		"		"			<b>11:08.81</b>	2	380
	100m:	1:20.28	1:20.28	300m:	4:08.45	1:24.47	500m:	6:57.37	1:23.84	700m:	9:45.91	1:23.88
	200m:	2:43.98	1:23.70	400m:	5:33.53	1:25.08	600m:	8:22.03	1:24.66	800m:	11:08.81	1:22.90
4.			07 1		"		-2"			<b>11:10.92</b>	2	377
	50m:	37.93	37.93	250m:	3:25.55	42.42	450m:	6:16.13	43.28	650m:	9:06.71	42.37
	100m:	1:18.86	40.93	300m:	4:07.82	42.27	500m:	6:58.51	42.38	700m:	9:48.82	42.11
	150m:	2:01.68	42.82	350m:	4:50.75	42.93	550m:	7:42.16	43.65	750m:	10:30.37	41.55
	200m:	2:43.13	41.45	400m:	5:32.85	42.10	600m:	8:24.34	42.18	800m:	11:10.92	40.55

11, , 800m

(13-14 )

1.			08	"	-1"				<b>9:49.16</b>	1	557	
	50m:	33.82	33.82	250m:	3:02.74	37.34	450m:	5:33.04	37.70	650m:	8:01.90	37.61
	100m:	1:10.01	36.19	300m:	3:39.98	37.24	500m:	6:09.81	36.77	700m:	8:39.09	37.19
	150m:	1:47.05	37.04	350m:	4:17.66	37.68	550m:	6:47.69	37.88	750m:	9:15.60	36.51
	200m:	2:25.40	38.35	400m:	4:55.34	37.68	600m:	7:24.29	36.60	800m:	9:49.16	33.56
2.			08 1	"	-1"				<b>10:10.88</b>	1	499	
	50m:	33.55	33.55	250m:	3:04.06	37.96	450m:	5:38.73	39.35	650m:	8:15.37	38.70
	100m:	1:10.81	37.26	300m:	3:42.65	38.59	500m:	6:18.11	39.38	700m:	8:54.63	39.26
	150m:	1:47.79	36.98	350m:	4:20.07	37.42	550m:	6:57.17	39.06	750m:	9:32.88	38.25
	200m:	2:26.10	38.31	400m:	4:59.38	39.31	600m:	7:36.67	39.50	800m:	10:10.88	38.00
3.			08 1	"	-2"				<b>10:13.30</b>	1	493	
	50m:	34.68	34.68	250m:	3:10.39	38.75	450m:	5:45.04	37.67	650m:	8:19.48	38.32
	100m:	1:13.38	38.70	300m:	3:49.83	39.44	500m:	6:23.91	38.87	700m:	8:58.80	39.32
	150m:	1:52.04	38.66	350m:	4:28.20	38.37	550m:	7:01.90	37.99	750m:	9:36.07	37.27
	200m:	2:31.64	39.60	400m:	5:07.37	39.17	600m:	7:41.16	39.26	800m:	10:13.30	37.23
4.			08 1	"	"				<b>10:13.71</b>	1	492	
	50m:	34.99	34.99	250m:	3:10.28	39.18	450m:	5:45.55	37.97	650m:	8:20.10	38.40
	100m:	1:13.23	38.24	300m:	3:49.45	39.17	500m:	6:24.70	39.15	700m:	8:59.56	39.46
	150m:	1:51.81	38.58	350m:	4:27.91	38.46	550m:	7:02.51	37.81	750m:	9:37.17	37.61
	200m:	2:31.10	39.29	400m:	5:07.58	39.67	600m:	7:41.70	39.19	800m:	10:13.71	36.54
5.			08 1	"	-2"				<b>10:14.00</b>	1	492	
	50m:	34.59	34.59	250m:	3:09.72	38.90	450m:	5:46.78	38.81	650m:	8:21.37	36.42
	100m:	1:13.98	39.39	300m:	3:49.37	39.65	500m:	6:26.21	39.43	700m:	9:01.49	40.12
	150m:	1:52.03	38.05	350m:	4:28.14	38.77	550m:	7:05.47	39.26	750m:	9:38.98	37.49
	200m:	2:30.82	38.79	400m:	5:07.97	39.83	600m:	7:44.95	39.48	800m:	10:14.00	35.02
6.			09 1						<b>10:29.47</b>	2	456	
	50m:	35.87	35.87	250m:	3:12.16	39.21	450m:	5:52.51	39.72	650m:	8:32.22	39.55
	100m:	1:14.55	38.68	300m:	3:51.77	39.61	500m:	6:32.55	40.04	700m:	9:12.94	40.72
	150m:	1:53.69	39.14	350m:	4:32.15	40.38	550m:	7:12.66	40.11	750m:	9:52.31	39.37
	200m:	2:32.95	39.26	400m:	5:12.79	40.64	600m:	7:52.67	40.01	800m:	10:29.47	37.16
7.			09 2	"	-1"				<b>10:40.11</b>	2	434	
	50m:	36.58	36.58	250m:	3:19.48	40.29	450m:	6:01.72	40.14	650m:	8:42.53	39.68
	100m:	1:17.25	40.67	300m:	4:00.05	40.57	500m:	6:42.37	40.65	700m:	9:22.39	39.86
	150m:	1:58.03	40.78	350m:	4:40.56	40.51	550m:	7:22.52	40.15	750m:	10:01.32	38.93
	200m:	2:39.19	41.16	400m:	5:21.58	41.02	600m:	8:02.85	40.33	800m:	10:40.11	38.79
8.			09 2	"	"				<b>10:43.36</b>	2	427	
	50m:	35.12	35.12	250m:	3:17.98	41.40	450m:	6:01.72	40.23	650m:	8:45.06	40.13
	100m:	1:14.91	39.79	300m:	3:58.90	40.92	500m:	6:43.50	41.78	700m:	9:25.13	40.07
	150m:	1:55.37	40.46	350m:	4:39.99	41.09	550m:	7:24.23	40.73	750m:	10:04.78	39.65
	200m:	2:36.58	41.21	400m:	5:21.49	41.50	600m:	8:04.93	40.70	800m:	10:43.36	38.58
9.			08 2	"	-1"				<b>10:44.31</b>	2	425	
	50m:	36.21	36.21	250m:	3:18.85	40.52	450m:	6:01.76	40.17	650m:	8:43.34	39.86
	100m:	1:16.77	40.56	300m:	3:59.83	40.98	500m:	6:42.66	40.90	700m:	9:24.11	40.77
	150m:	1:57.22	40.45	350m:	4:40.26	40.43	550m:	7:22.83	40.17	750m:	10:04.71	40.60
	200m:	2:38.33	41.11	400m:	5:21.59	41.33	600m:	8:03.48	40.65	800m:	10:44.31	39.60
10.			09 1						<b>10:45.94</b>	2	422	
	50m:	36.41	36.41	250m:	3:19.08	41.89	450m:	6:03.52	41.51	650m:	8:46.69	41.29
	100m:	1:15.29	38.88	300m:	3:59.45	40.37	500m:	6:43.61	40.09	700m:	9:26.85	40.16
	150m:	1:56.53	41.24	350m:	4:41.37	41.92	550m:	7:25.18	41.57	750m:	10:07.81	40.96
	200m:	2:37.19	40.66	400m:	5:22.01	40.64	600m:	8:05.40	40.22	800m:	10:45.94	38.13

11, , 800m , (13-14 )

								FINA			
11.							<b>10:52.53</b>	2	410		
	09	2	"	"	"	"					
100m:	1:14.05	1:14.05	300m:	3:58.97	1:22.32	500m:	6:43.45	1:23.43	700m:	9:25.45	1:20.40
200m:	2:36.65	1:22.60	400m:	5:20.02	1:21.05	600m:	8:05.05	1:21.60	800m:	10:52.53	1:27.08
12.							<b>11:03.31</b>	2	390		
	09	2	"	"	"	"					
100m:	1:18.80	1:18.80	300m:	4:07.98	1:25.44	500m:	6:56.98	1:24.48	800m:	11:03.31	2:43.29
200m:	2:42.54	1:23.74	400m:	5:32.50	1:24.52	600m:	8:20.02	1:23.04			
13.							<b>11:35.22</b>	2	339		
	09	2	"	"	"	"					
100m:	1:18.47	1:18.47	300m:	4:11.73	1:27.20	500m:	7:09.78	1:28.81	700m:	10:07.89	1:28.68
200m:	2:44.53	1:26.06	400m:	5:40.97	1:29.24	600m:	8:39.21	1:29.43	800m:	11:35.22	1:27.33
14.							<b>12:30.81</b>	3	269		
	09	2	"	"	"	"					
100m:	1:25.05	1:25.05	300m:	4:33.83	1:34.41	500m:	7:45.67	1:35.98	700m:	10:57.69	1:35.67
200m:	2:59.42	1:34.37	400m:	6:09.69	1:35.86	600m:	9:22.02	1:36.35	800m:	12:30.81	1:33.12

, 16-18 I XI  
2022 .

" ", 50

11, , 800m

EXH

10 1

**10:13.13** 1

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100m:	1:12.69	1:12.69	300m:	3:48.83	1:18.21	500m:	6:24.96	1:18.20	700m:	9:00.17	1:17.22
200m:	2:30.62	1:17.93	400m:	5:06.76	1:17.93	600m:	7:42.95	1:17.99	800m:	10:13.13	1:12.96