

23
17.03.2022 - 12:03

, 1500m

17:17.49
17:55.5929.04.2009
27.03.2019

14 +: 16:26.08 /	12 +: 17:45.00 /	10 +: 18:54.00 /	I	9 +: 20:37.00 /
II 9 +: 23:07.00 /	III 9 +: 26:30.00 /	I 9 +: 30:37.50 /		
II 9 +: 34:42.50 /	III 9 +: 38:52.50			

: FINA 2021

FINA

1.		06	-1						18:51.17	538		
	50m:	35.34	35.34	450m:	5:40.83	37.75	850m:	10:42.23	37.41	1250m:	15:44.62	37.44
	100m:	1:14.16	38.82	500m:	6:19.06	38.23	900m:	11:20.17	37.94	1300m:	16:22.90	38.28
	150m:	1:51.67	37.51	550m:	6:56.50	37.44	950m:	11:57.78	37.61	1350m:	17:00.29	37.39
	200m:	2:30.39	38.72	600m:	7:34.59	38.09	1000m:	12:35.94	38.16	1400m:	17:38.18	37.89
	250m:	3:08.31	37.92	650m:	8:11.72	37.13	1050m:	13:13.31	37.37	1450m:	18:14.82	36.64
	300m:	3:46.76	38.45	700m:	8:49.72	38.00	1100m:	13:51.11	37.80	1500m:	18:51.17	36.35
	350m:	4:24.53	37.77	750m:	9:26.96	37.24	1150m:	14:29.05	37.94			
	400m:	5:03.08	38.55	800m:	10:04.82	37.86	1200m:	15:07.18	38.13			
2.		01	"						18:55.59	1	532	
	50m:	33.94	33.94	450m:	5:34.42	37.65	850m:	10:41.02	37.33	1250m:	15:44.89	38.08
	100m:	1:10.59	36.65	500m:	6:13.23	38.81	900m:	11:19.44	38.42	1300m:	16:23.89	39.00
	150m:	1:47.26	36.67	550m:	6:51.06	37.83	950m:	11:56.73	37.29	1350m:	17:01.86	37.97
	200m:	2:25.00	37.74	600m:	7:29.88	38.82	1000m:	12:34.91	38.18	1400m:	17:40.57	38.71
	250m:	3:02.31	37.31	650m:	8:07.91	38.03	1050m:	13:12.39	37.48	1450m:	18:19.04	38.47
	300m:	3:40.45	38.14	700m:	8:46.86	38.95	1100m:	13:50.94	38.55	1500m:	18:55.59	36.55
	350m:	4:18.18	37.73	750m:	9:24.69	37.83	1150m:	14:28.42	37.48			
	400m:	4:56.77	38.59	800m:	10:03.69	39.00	1200m:	15:06.81	38.39			
3.		06	-1						19:08.25	1	515	
	50m:	32.96	32.96	450m:	5:32.91	37.48	850m:	10:40.35	38.25	1250m:	15:55.88	38.62
	100m:	1:09.58	36.62	500m:	6:11.82	38.91	900m:	11:19.85	39.50	1300m:	16:35.98	40.10
	150m:	1:46.20	36.62	550m:	6:49.34	37.52	950m:	11:57.94	38.09	1350m:	17:13.67	37.69
	200m:	2:24.62	38.42	600m:	7:28.34	39.00	1000m:	12:38.18	40.24	1400m:	17:53.41	39.74
	250m:	3:01.67	37.05	650m:	8:06.03	37.69	1050m:	13:17.50	39.32	1450m:	18:30.54	37.13
	300m:	3:39.78	38.11	700m:	8:45.11	39.08	1100m:	13:58.37	40.87	1500m:	19:08.25	37.71
	350m:	4:17.12	37.34	750m:	9:22.89	37.78	1150m:	14:37.59	39.22			
	400m:	4:55.43	38.31	800m:	10:02.10	39.21	1200m:	15:17.26	39.67			
4.		09	1	"					19:09.35	1	513	
	50m:	33.61	33.61	450m:	5:35.74	37.58	850m:	10:43.62	37.81	1250m:	15:57.36	38.44
	100m:	1:11.07	37.46	500m:	6:14.87	39.13	900m:	11:23.45	39.83	1300m:	16:36.32	38.96
	150m:	1:48.01	36.94	550m:	6:52.60	37.73	950m:	12:02.04	38.59	1350m:	17:14.72	38.40
	200m:	2:26.09	38.08	600m:	7:31.63	39.03	1000m:	12:42.04	40.00	1400m:	17:53.71	38.99
	250m:	3:03.32	37.23	650m:	8:09.42	37.79	1050m:	13:20.88	38.84	1450m:	18:31.84	38.13
	300m:	3:41.99	38.67	700m:	8:48.64	39.22	1100m:	14:00.59	39.71	1500m:	19:09.35	37.51
	350m:	4:19.46	37.47	750m:	9:26.94	38.30	1150m:	14:39.17	38.58			
	400m:	4:58.16	38.70	800m:	10:05.81	38.87	1200m:	15:18.92	39.75			
5.		08	1	"					19:38.11	1	476	
	50m:	34.88	34.88	450m:	5:50.84	39.90	850m:	11:06.50	40.10	1250m:	16:23.62	39.88
	100m:	1:13.29	38.41	500m:	6:30.34	39.50	900m:	11:46.25	39.75	1300m:	17:03.28	39.66
	150m:	1:52.03	38.74	550m:	7:10.51	40.17	950m:	12:26.04	39.79	1350m:	17:43.12	39.84
	200m:	2:32.26	40.23	600m:	7:49.35	38.84	1000m:	13:05.57	39.53	1400m:	18:22.58	39.46
	250m:	3:12.31	40.05	650m:	8:28.88	39.53	1050m:	13:44.74	39.17	1450m:	19:01.49	38.91
	300m:	3:51.46	39.15	700m:	9:07.57	38.69	1100m:	14:24.34	39.60	1500m:	19:38.11	36.62
	350m:	4:31.36	39.90	750m:	9:47.74	40.17	1150m:	15:03.95	39.61			
	400m:	5:10.94	39.58	800m:	10:26.40	38.66	1200m:	15:43.74	39.79			

23, , 1500m ,

											FINA
6.	08 1		"		"		19:46.35		1	467	
	50m:		450m:		850m:		1250m:				
	100m: 1:13.73		500m: 6:34.75		900m: 11:51.23		1300m: 17:09.11				
	150m:		550m:		950m:		1350m:				
	200m: 2:33.88		600m: 7:53.28		1000m: 13:10.89		1400m: 18:28.70				
	250m:		650m:		1050m:		1450m:				
	300m: 3:54.37		700m: 9:12.89		1100m: 14:30.45		1500m: 19:46.35				
	350m:		750m:		1150m:						
	400m: 5:15.05		800m: 10:32.23		1200m: 15:49.61						
7.	09 1		"		-2"		20:17.25		1	432	
	50m: 35.26	35.26	450m: 6:05.76	40.75	850m: 11:32.91	41.04	1250m: 17:00.97	40.44			
	100m: 1:16.78	41.52	500m: 6:46.80	41.04	900m: 12:14.03	41.12	1300m: 17:41.74	40.77			
	150m: 1:57.51	40.73	550m: 7:27.48	40.68	950m: 12:55.26	41.23	1350m: 18:21.43	39.69			
	200m: 2:39.71	42.20	600m: 8:08.21	40.73	1000m: 13:37.18	41.92	1400m: 19:01.47	40.04			
	250m: 3:21.44	41.73	650m: 8:49.28	41.07	1050m: 14:17.75	40.57	1450m: 19:39.57	38.10			
	300m: 4:03.14	41.70	700m: 9:30.70	41.42	1100m: 14:59.23	41.48	1500m: 20:17.25	37.68			
	350m: 4:44.00	40.86	750m: 10:10.71	40.01	1150m: 15:39.64	40.41					
	400m: 5:25.01	41.01	800m: 10:51.87	41.16	1200m: 16:20.53	40.89					
8.	07 1		"		-2"		20:38.29		2	410	
	50m: 36.42	36.42	450m: 6:04.46	41.81	850m: 11:36.77	42.13	1250m: 17:13.57	42.78			
	100m: 1:16.57	40.15	500m: 6:45.07	40.61	900m: 12:17.43	40.66	1300m: 17:54.41	40.84			
	150m: 1:57.71	41.14	550m: 7:27.09	42.02	950m: 13:00.67	43.24	1350m: 18:36.48	42.07			
	200m: 2:38.45	40.74	600m: 8:07.77	40.68	1000m: 13:42.58	41.91	1400m: 19:17.37	40.89			
	250m: 3:19.53	41.08	650m: 8:49.83	42.06	1050m: 14:24.93	42.35	1450m: 19:58.50	41.13			
	300m: 3:59.79	40.26	700m: 9:30.57	40.74	1100m: 15:06.51	41.58	1500m: 20:38.29	39.79			
	350m: 4:41.55	41.76	750m: 10:13.41	42.84	1150m: 15:48.74	42.23					
	400m: 5:22.65	41.10	800m: 10:54.64	41.23	1200m: 16:30.79	42.05					
9.	08 2		"		-2"		21:39.56		2	355	
	50m:		450m:		850m:		1250m:				
	100m: 1:13.70		500m: 6:59.27		900m: 12:55.97		1300m: 18:51.34				
	150m:		550m:		950m:		1350m:				
	200m: 2:36.19		600m: 8:28.49		1000m: 14:25.15		1400m: 20:17.00				
	250m:		650m:		1050m:		1450m:				
	300m: 4:01.00		700m: 9:57.59		1100m: 15:53.90		1500m: 21:39.56				
	350m:		750m:		1150m:						
	400m: 5:30.59		800m: 11:26.66		1200m: 17:23.45						

23, , 1500m

(15-17)

1.		06	-1			18:51.17	538					
	50m:	35.34	35.34	450m:	5:40.83	37.75	850m:	10:42.23	37.41	1250m:	15:44.62	37.44
	100m:	1:14.16	38.82	500m:	6:19.06	38.23	900m:	11:20.17	37.94	1300m:	16:22.90	38.28
	150m:	1:51.67	37.51	550m:	6:56.50	37.44	950m:	11:57.78	37.61	1350m:	17:00.29	37.39
	200m:	2:30.39	38.72	600m:	7:34.59	38.09	1000m:	12:35.94	38.16	1400m:	17:38.18	37.89
	250m:	3:08.31	37.92	650m:	8:11.72	37.13	1050m:	13:13.31	37.37	1450m:	18:14.82	36.64
	300m:	3:46.76	38.45	700m:	8:49.72	38.00	1100m:	13:51.11	37.80	1500m:	18:51.17	36.35
	350m:	4:24.53	37.77	750m:	9:26.96	37.24	1150m:	14:29.05	37.94			
	400m:	5:03.08	38.55	800m:	10:04.82	37.86	1200m:	15:07.18	38.13			
2.		06	-1				19:08.25	1	515			
	50m:	32.96	32.96	450m:	5:32.91	37.48	850m:	10:40.35	38.25	1250m:	15:55.88	38.62
	100m:	1:09.58	36.62	500m:	6:11.82	38.91	900m:	11:19.85	39.50	1300m:	16:35.98	40.10
	150m:	1:46.20	36.62	550m:	6:49.34	37.52	950m:	11:57.94	38.09	1350m:	17:13.67	37.69
	200m:	2:24.62	38.42	600m:	7:28.34	39.00	1000m:	12:38.18	40.24	1400m:	17:53.41	39.74
	250m:	3:01.67	37.05	650m:	8:06.03	37.69	1050m:	13:17.50	39.32	1450m:	18:30.54	37.13
	300m:	3:39.78	38.11	700m:	8:45.11	39.08	1100m:	13:58.37	40.87	1500m:	19:08.25	37.71
	350m:	4:17.12	37.34	750m:	9:22.89	37.78	1150m:	14:37.59	39.22			
	400m:	4:55.43	38.31	800m:	10:02.10	39.21	1200m:	15:17.26	39.67			
3.		07	1	"	-2"		20:38.29	2	410			
	50m:	36.42	36.42	450m:	6:04.46	41.81	850m:	11:36.77	42.13	1250m:	17:13.57	42.78
	100m:	1:16.57	40.15	500m:	6:45.07	40.61	900m:	12:17.43	40.66	1300m:	17:54.41	40.84
	150m:	1:57.71	41.14	550m:	7:27.09	42.02	950m:	13:00.67	43.24	1350m:	18:36.48	42.07
	200m:	2:38.45	40.74	600m:	8:07.77	40.68	1000m:	13:42.58	41.91	1400m:	19:17.37	40.89
	250m:	3:19.53	41.08	650m:	8:49.83	42.06	1050m:	14:24.93	42.35	1450m:	19:58.50	41.13
	300m:	3:59.79	40.26	700m:	9:30.57	40.74	1100m:	15:06.51	41.58	1500m:	20:38.29	39.79
	350m:	4:41.55	41.76	750m:	10:13.41	42.84	1150m:	15:48.74	42.23			
	400m:	5:22.65	41.10	800m:	10:54.64	41.23	1200m:	16:30.79	42.05			

23, , 1500m

(13-14)

1.			09 1	"	-1"			19:09.35	1	513		
	50m:	33.61	33.61	450m:	5:35.74	37.58	850m:	10:43.62	37.81	1250m:	15:57.36	38.44
	100m:	1:11.07	37.46	500m:	6:14.87	39.13	900m:	11:23.45	39.83	1300m:	16:36.32	38.96
	150m:	1:48.01	36.94	550m:	6:52.60	37.73	950m:	12:02.04	38.59	1350m:	17:14.72	38.40
	200m:	2:26.09	38.08	600m:	7:31.63	39.03	1000m:	12:42.04	40.00	1400m:	17:53.71	38.99
	250m:	3:03.32	37.23	650m:	8:09.42	37.79	1050m:	13:20.88	38.84	1450m:	18:31.84	38.13
	300m:	3:41.99	38.67	700m:	8:48.64	39.22	1100m:	14:00.59	39.71	1500m:	19:09.35	37.51
	350m:	4:19.46	37.47	750m:	9:26.94	38.30	1150m:	14:39.17	38.58			
	400m:	4:58.16	38.70	800m:	10:05.81	38.87	1200m:	15:18.92	39.75			
2.			08 1	"	-2"			19:38.11	1	476		
	50m:	34.88	34.88	450m:	5:50.84	39.90	850m:	11:06.50	40.10	1250m:	16:23.62	39.88
	100m:	1:13.29	38.41	500m:	6:30.34	39.50	900m:	11:46.25	39.75	1300m:	17:03.28	39.66
	150m:	1:52.03	38.74	550m:	7:10.51	40.17	950m:	12:26.04	39.79	1350m:	17:43.12	39.84
	200m:	2:32.26	40.23	600m:	7:49.35	38.84	1000m:	13:05.57	39.53	1400m:	18:22.58	39.46
	250m:	3:12.31	40.05	650m:	8:28.88	39.53	1050m:	13:44.74	39.17	1450m:	19:01.49	38.91
	300m:	3:51.46	39.15	700m:	9:07.57	38.69	1100m:	14:24.34	39.60	1500m:	19:38.11	36.62
	350m:	4:31.36	39.90	750m:	9:47.74	40.17	1150m:	15:03.95	39.61			
	400m:	5:10.94	39.58	800m:	10:26.40	38.66	1200m:	15:43.74	39.79			
3.			08 1	"	"			19:46.35	1	467		
	50m:			450m:			850m:			1250m:		
	100m:	1:13.73		500m:	6:34.75		900m:	11:51.23		1300m:	17:09.11	
	150m:			550m:			950m:			1350m:		
	200m:	2:33.88		600m:	7:53.28		1000m:	13:10.89		1400m:	18:28.70	
	250m:			650m:			1050m:			1450m:		
	300m:	3:54.37		700m:	9:12.89		1100m:	14:30.45		1500m:	19:46.35	
	350m:			750m:			1150m:					
	400m:	5:15.05		800m:	10:32.23		1200m:	15:49.61				
4.			09 1	"	-2"			20:17.25	1	432		
	50m:	35.26	35.26	450m:	6:05.76	40.75	850m:	11:32.91	41.04	1250m:	17:00.97	40.44
	100m:	1:16.78	41.52	500m:	6:46.80	41.04	900m:	12:14.03	41.12	1300m:	17:41.74	40.77
	150m:	1:57.51	40.73	550m:	7:27.48	40.68	950m:	12:55.26	41.23	1350m:	18:21.43	39.69
	200m:	2:39.71	42.20	600m:	8:08.21	40.73	1000m:	13:37.18	41.92	1400m:	19:01.47	40.04
	250m:	3:21.44	41.73	650m:	8:49.28	41.07	1050m:	14:17.75	40.57	1450m:	19:39.57	38.10
	300m:	4:03.14	41.70	700m:	9:30.70	41.42	1100m:	14:59.23	41.48	1500m:	20:17.25	37.68
	350m:	4:44.00	40.86	750m:	10:10.71	40.01	1150m:	15:39.64	40.41			
	400m:	5:25.01	41.01	800m:	10:51.87	41.16	1200m:	16:20.53	40.89			
5.			08 2	"	-2"			21:39.56	2	355		
	50m:			450m:			850m:			1250m:		
	100m:	1:13.70		500m:	6:59.27		900m:	12:55.97		1300m:	18:51.34	
	150m:			550m:			950m:			1350m:		
	200m:	2:36.19		600m:	8:28.49		1000m:	14:25.15		1400m:	20:17.00	
	250m:			650m:			1050m:			1450m:		
	300m:	4:01.00		700m:	9:57.59		1100m:	15:53.90		1500m:	21:39.56	
	350m:			750m:			1150m:					
	400m:	5:30.59		800m:	11:26.66		1200m:	17:23.45				