

, 16-18

I XI
2022 .

" ", 50

35
18.03.2022 - 11:33

, 400m

4:17.88
4:30.67

10.05.2011
16.05.2019

14 +: 4:07.26 / 12 +: 4:29.00 / 10 +: 4:44.00 / I 9 +: 5:02.00 /
II 9 +: 5:43.00 / III 9 +: 6:27.00 / I 9 +: 7:38.00 /
II 9 +: 8:49.00 / III 9 +: 10:00.00

: FINA 2021

FINA

1.			02	"	-1"					4:35.73		630
	50m:	30.94	30.94	150m:	1:40.17	35.05	250m:	2:52.03	35.83	350m:	4:03.44	35.38
	100m:	1:05.12	34.18	200m:	2:16.20	36.03	300m:	3:28.06	36.03	400m:	4:35.73	32.29
2.			06		-1					4:48.06	1	553
	50m:	33.00	33.00	150m:	1:45.75	36.61	250m:	2:58.96	36.62	350m:	4:13.05	36.96
	100m:	1:09.14	36.14	200m:	2:22.34	36.59	300m:	3:36.09	37.13	400m:	4:48.06	35.01
3.			06		-1					4:48.12	1	552
	50m:	34.00	34.00	150m:	1:47.06	37.09	250m:	3:00.80	37.11	350m:	4:13.51	36.03
	100m:	1:09.97	35.97	200m:	2:23.69	36.63	300m:	3:37.48	36.68	400m:	4:48.12	34.61
4.			08 1	"	-1"					4:53.47	1	523
	50m:	32.97	32.97	150m:	1:47.06	37.33	250m:	3:03.07	37.22	350m:	4:17.41	36.47
	100m:	1:09.73	36.76	200m:	2:25.85	38.79	300m:	3:40.94	37.87	400m:	4:53.47	36.06
5.			07		-1					4:56.10	1	509
	50m:	33.74	33.74	150m:	1:48.52	37.29	250m:	3:04.73	37.81	350m:	4:20.22	36.35
	100m:	1:11.23	37.49	200m:	2:26.92	38.40	300m:	3:43.87	39.14	400m:	4:56.10	35.88
6.			09 1							5:02.14	2	479
	50m:	34.59	34.59	150m:	1:49.86	38.38	250m:	3:07.67	39.70	350m:	4:26.21	39.69
	100m:	1:11.48	36.89	200m:	2:27.97	38.11	300m:	3:46.52	38.85	400m:	5:02.14	35.93
7.			08 1	"						5:02.53	2	477
	50m:	34.33	34.33	150m:	1:53.12	39.24	250m:	3:11.91	38.41	350m:	4:27.51	36.14
	100m:	1:13.88	39.55	200m:	2:33.50	40.38	300m:	3:51.37	39.46	400m:	5:02.53	35.02
8.			08 1	"						5:02.71	2	476
	50m:	33.62	33.62	150m:	1:50.00	38.53	250m:	3:08.58	38.76	350m:	4:25.63	37.92
	100m:	1:11.47	37.85	200m:	2:29.82	39.82	300m:	3:47.71	39.13	400m:	5:02.71	37.08
9.			08 1	"						5:04.77	2	467
	50m:	34.36	34.36	150m:	1:52.79	39.61	250m:	3:12.23	39.37	350m:	4:28.74	37.51
	100m:	1:13.18	38.82	200m:	2:32.86	40.07	300m:	3:51.23	39.00	400m:	5:04.77	36.03
10.			09 2	"						5:09.25	2	447
	50m:	34.33	34.33	150m:	1:53.96	40.65	250m:	3:13.47	39.56	350m:	4:33.15	39.24
	100m:	1:13.31	38.98	200m:	2:33.91	39.95	300m:	3:53.91	40.44	400m:	5:09.25	36.10
11.			08 2		-2					5:12.93	2	431
	50m:	34.12	34.12	150m:	1:53.81	40.38	250m:	3:14.60	40.02	350m:	4:35.02	39.87
	100m:	1:13.43	39.31	200m:	2:34.58	40.77	300m:	3:55.15	40.55	400m:	5:12.93	37.91
12.			08 2	"	-1"					5:13.64	2	428
	50m:	36.76	36.76	150m:	1:56.11	39.41	250m:	3:14.63	39.14	350m:	4:35.15	39.67
	100m:	1:16.70	39.94	200m:	2:35.49	39.38	300m:	3:55.48	40.85	400m:	5:13.64	38.49
13.			09 2	"	-1"					5:13.91	2	427
	50m:	35.62	35.62	150m:	1:55.46	40.39	250m:	3:16.47	40.43	350m:	4:36.22	39.56
	100m:	1:15.07	39.45	200m:	2:36.04	40.58	300m:	3:56.66	40.19	400m:	5:13.91	37.69

ALGE-TIMING

		35, , 400m																					
14.			06	"	"			5:14.37	2														FINA
	50m:	34.19	34.19	150m:	1:54.17	40.21	250m:	3:15.55	40.71	350m:	4:35.82	39.62											425
	100m:	1:13.96	39.77	200m:	2:34.84	40.67	300m:	3:56.20	40.65	400m:	5:14.37	38.55											
15.			09 2	"	"			5:14.50	2														425
	50m:	34.17	34.17	150m:	1:53.96	40.37	250m:	3:16.22	41.25	350m:	4:36.63	39.46											
	100m:	1:13.59	39.42	200m:	2:34.97	41.01	300m:	3:57.17	40.95	400m:	5:14.50	37.87											
16.			08 2	"	-1"			5:16.34	2														417
	50m:	36.14	36.14	150m:	1:55.96	41.02	250m:	3:17.38	41.43	350m:	4:37.86	40.46											
	100m:	1:14.94	38.80	200m:	2:35.95	39.99	300m:	3:57.40	40.02	400m:	5:16.34	38.48											
17.			07 1	"	-2"			5:20.30	2														402
	50m:	34.41	34.41	150m:	1:54.14	40.65	250m:	3:17.00	41.76	350m:	4:40.14	41.93											
	100m:	1:13.49	39.08	200m:	2:35.24	41.10	300m:	3:58.21	41.21	400m:	5:20.30	40.16											
18.			09 2	"	-2"			5:23.52	2														390
	50m:	36.52	36.52	150m:	1:57.74	40.73	250m:	3:20.84	41.19	350m:	4:43.40	40.53											
	100m:	1:17.01	40.49	200m:	2:39.65	41.91	300m:	4:02.87	42.03	400m:	5:23.52	40.12											
19.			08 1	-1				5:23.96	2														388
	50m:	35.48	35.48	150m:	1:57.99	42.06	250m:	3:22.06	42.84	350m:	4:45.14	41.66											
	100m:	1:15.93	40.45	200m:	2:39.22	41.23	300m:	4:03.48	41.42	400m:	5:23.96	38.82											
20.			05 2	-1				5:24.24	2														387
	50m:	36.29	36.29	150m:	1:56.98	40.55	250m:	3:20.17	41.64	350m:	4:44.48	41.75											
	100m:	1:16.43	40.14	200m:	2:38.53	41.55	300m:	4:02.73	42.56	400m:	5:24.24	39.76											
21.			09 2	"	"			5:28.33	2														373
	50m:	37.28	37.28	150m:	2:00.94	42.44	250m:	3:25.57	42.40	350m:	4:49.47	42.02											
	100m:	1:18.50	41.22	200m:	2:43.17	42.23	300m:	4:07.45	41.88	400m:	5:28.33	38.86											
22.			09 2	"	"			5:28.79	2														371
	50m:	37.64	37.64	150m:	2:00.13	41.05	250m:	3:24.87	42.20	350m:	4:48.79	41.33											
	100m:	1:19.08	41.44	200m:	2:42.67	42.54	300m:	4:07.46	42.59	400m:	5:28.79	40.00											
23.			05 2	-1				5:32.15	2														360
	50m:	36.38	36.38	150m:	1:56.83	40.62	250m:	3:22.53	43.05	350m:	4:49.50	42.47											
	100m:	1:16.21	39.83	200m:	2:39.48	42.65	300m:	4:07.03	44.50	400m:	5:32.15	42.65											
24.			09 2	"	"			5:33.72	2														355
	50m:	34.64	34.64	150m:	1:58.44	42.61	250m:	3:25.83	43.31	350m:	4:52.18	43.01											
	100m:	1:15.83	41.19	200m:	2:42.52	44.08	300m:	4:09.17	43.34	400m:	5:33.72	41.54											
25.			08 2	"	-2"			5:34.61	2														352
	50m:	36.79	36.79	150m:	2:01.55	43.01	250m:	3:29.16	43.89	350m:	4:56.05	43.18											
	100m:	1:18.54	41.75	200m:	2:45.27	43.72	300m:	4:12.87	43.71	400m:	5:34.61	38.56											
26.			08 2					5:47.10	3														316
	50m:	36.82	36.82	150m:	2:03.47	44.99	250m:	3:33.91	46.00	350m:	5:05.03	45.49											
	100m:	1:18.48	41.66	200m:	2:47.91	44.44	300m:	4:19.54	45.63	400m:	5:47.10	42.07											
27.			09 2	"	"			5:51.33	3														304
	50m:	37.75	37.75	150m:	2:03.65	44.19	250m:	3:35.02	45.51	350m:	5:06.71	45.97											
	100m:	1:19.46	41.71	200m:	2:49.51	45.86	300m:	4:20.74	45.72	400m:	5:51.33	44.62											
28.			09 2	"	"			5:56.07	3														292
	50m:	38.55	38.55	150m:	2:07.57	44.37	250m:	3:38.29	45.24	350m:	5:11.11	46.01											
	100m:	1:23.20	44.65	200m:	2:53.05	45.48	300m:	4:25.10	46.81	400m:	5:56.07	44.96											
29.			09 2	"	"			6:00.59	3														281
	50m:	38.42	38.42	150m:	2:09.23	46.78	250m:	3:45.25	48.07	350m:	5:18.03	45.91											
	100m:	1:22.45	44.03	200m:	2:57.18	47.95	300m:	4:32.12	46.87	400m:	6:00.59	42.56											

, 16-18 I XI " ", 50
2022 .

35, , 400m ,

30.

06 3 " " . **6:14.35** 3
50m: 40.13 40.13 150m: 2:13.79 47.31 250m: 3:50.03 48.64 350m: 5:27.10 47.97
100m: 1:26.48 46.35 200m: 3:01.39 47.60 300m: 4:39.13 49.10 400m: 6:14.35 47.25

FINA

252

DNS

09 2 " -2" .

35, , 400m

(15-17)

1.			06	-1						4:48.06	1	553
	50m:	33.00	33.00	150m:	1:45.75	36.61	250m:	2:58.96	36.62	350m:	4:13.05	36.96
	100m:	1:09.14	36.14	200m:	2:22.34	36.59	300m:	3:36.09	37.13	400m:	4:48.06	35.01
2.			06	-1						4:48.12	1	552
	50m:	34.00	34.00	150m:	1:47.06	37.09	250m:	3:00.80	37.11	350m:	4:13.51	36.03
	100m:	1:09.97	35.97	200m:	2:23.69	36.63	300m:	3:37.48	36.68	400m:	4:48.12	34.61
3.			07	-1						4:56.10	1	509
	50m:	33.74	33.74	150m:	1:48.52	37.29	250m:	3:04.73	37.81	350m:	4:20.22	36.35
	100m:	1:11.23	37.49	200m:	2:26.92	38.40	300m:	3:43.87	39.14	400m:	4:56.10	35.88
4.			06	"						5:14.37	2	425
	50m:	34.19	34.19	150m:	1:54.17	40.21	250m:	3:15.55	40.71	350m:	4:35.82	39.62
	100m:	1:13.96	39.77	200m:	2:34.84	40.67	300m:	3:56.20	40.65	400m:	5:14.37	38.55
5.			07 1	"	-2"					5:20.30	2	402
	50m:	34.41	34.41	150m:	1:54.14	40.65	250m:	3:17.00	41.76	350m:	4:40.14	41.93
	100m:	1:13.49	39.08	200m:	2:35.24	41.10	300m:	3:58.21	41.21	400m:	5:20.30	40.16
6.			05 2	-1						5:24.24	2	387
	50m:	36.29	36.29	150m:	1:56.98	40.55	250m:	3:20.17	41.64	350m:	4:44.48	41.75
	100m:	1:16.43	40.14	200m:	2:38.53	41.55	300m:	4:02.73	42.56	400m:	5:24.24	39.76
7.			05 2	-1						5:32.15	2	360
	50m:	36.38	36.38	150m:	1:56.83	40.62	250m:	3:22.53	43.05	350m:	4:49.50	42.47
	100m:	1:16.21	39.83	200m:	2:39.48	42.65	300m:	4:07.03	44.50	400m:	5:32.15	42.65
8.			06 3	"	"					6:14.35	3	252
	50m:	40.13	40.13	150m:	2:13.79	47.31	250m:	3:50.03	48.64	350m:	5:27.10	47.97
	100m:	1:26.48	46.35	200m:	3:01.39	47.60	300m:	4:39.13	49.10	400m:	6:14.35	47.25

35, , 400m

(13-14)

1.			08 1	"	-1"				4:53.47	1	523	
	50m:	32.97	32.97	150m:	1:47.06	37.33	250m:	3:03.07	37.22	350m:	4:17.41	36.47
	100m:	1:09.73	36.76	200m:	2:25.85	38.79	300m:	3:40.94	37.87	400m:	4:53.47	36.06
2.			09 1						5:02.14	2	479	
	50m:	34.59	34.59	150m:	1:49.86	38.38	250m:	3:07.67	39.70	350m:	4:26.21	39.69
	100m:	1:11.48	36.89	200m:	2:27.97	38.11	300m:	3:46.52	38.85	400m:	5:02.14	35.93
3.			08 1	"	-2"				5:02.53	2	477	
	50m:	34.33	34.33	150m:	1:53.12	39.24	250m:	3:11.91	38.41	350m:	4:27.51	36.14
	100m:	1:13.88	39.55	200m:	2:33.50	40.38	300m:	3:51.37	39.46	400m:	5:02.53	35.02
4.			08 1	"	-2"				5:02.71	2	476	
	50m:	33.62	33.62	150m:	1:50.00	38.53	250m:	3:08.58	38.76	350m:	4:25.63	37.92
	100m:	1:11.47	37.85	200m:	2:29.82	39.82	300m:	3:47.71	39.13	400m:	5:02.71	37.08
5.			08 1	"	"				5:04.77	2	467	
	50m:	34.36	34.36	150m:	1:52.79	39.61	250m:	3:12.23	39.37	350m:	4:28.74	37.51
	100m:	1:13.18	38.82	200m:	2:32.86	40.07	300m:	3:51.23	39.00	400m:	5:04.77	36.03
6.			09 2	"	"				5:09.25	2	447	
	50m:	34.33	34.33	150m:	1:53.96	40.65	250m:	3:13.47	39.56	350m:	4:33.15	39.24
	100m:	1:13.31	38.98	200m:	2:33.91	39.95	300m:	3:53.91	40.44	400m:	5:09.25	36.10
7.			08 2	-2					5:12.93	2	431	
	50m:	34.12	34.12	150m:	1:53.81	40.38	250m:	3:14.60	40.02	350m:	4:35.02	39.87
	100m:	1:13.43	39.31	200m:	2:34.58	40.77	300m:	3:55.15	40.55	400m:	5:12.93	37.91
8.			08 2	"	-1"				5:13.64	2	428	
	50m:	36.76	36.76	150m:	1:56.11	39.41	250m:	3:14.63	39.14	350m:	4:35.15	39.67
	100m:	1:16.70	39.94	200m:	2:35.49	39.38	300m:	3:55.48	40.85	400m:	5:13.64	38.49
9.			09 2	"	-1"				5:13.91	2	427	
	50m:	35.62	35.62	150m:	1:55.46	40.39	250m:	3:16.47	40.43	350m:	4:36.22	39.56
	100m:	1:15.07	39.45	200m:	2:36.04	40.58	300m:	3:56.66	40.19	400m:	5:13.91	37.69
10.			09 2	"	"				5:14.50	2	425	
	50m:	34.17	34.17	150m:	1:53.96	40.37	250m:	3:16.22	41.25	350m:	4:36.63	39.46
	100m:	1:13.59	39.42	200m:	2:34.97	41.01	300m:	3:57.17	40.95	400m:	5:14.50	37.87
11.			08 2	"	-1"				5:16.34	2	417	
	50m:	36.14	36.14	150m:	1:55.96	41.02	250m:	3:17.38	41.43	350m:	4:37.86	40.46
	100m:	1:14.94	38.80	200m:	2:35.95	39.99	300m:	3:57.40	40.02	400m:	5:16.34	38.48
12.			09 2	"	-2"				5:23.52	2	390	
	50m:	36.52	36.52	150m:	1:57.74	40.73	250m:	3:20.84	41.19	350m:	4:43.40	40.53
	100m:	1:17.01	40.49	200m:	2:39.65	41.91	300m:	4:02.87	42.03	400m:	5:23.52	40.12
13.			08 1	-1					5:23.96	2	388	
	50m:	35.48	35.48	150m:	1:57.99	42.06	250m:	3:22.06	42.84	350m:	4:45.14	41.66
	100m:	1:15.93	40.45	200m:	2:39.22	41.23	300m:	4:03.48	41.42	400m:	5:23.96	38.82
14.			09 2	"	"				5:28.33	2	373	
	50m:	37.28	37.28	150m:	2:00.94	42.44	250m:	3:25.57	42.40	350m:	4:49.47	42.02
	100m:	1:18.50	41.22	200m:	2:43.17	42.23	300m:	4:07.45	41.88	400m:	5:28.33	38.86
15.			09 2	"	"				5:28.79	2	371	
	50m:	37.64	37.64	150m:	2:00.13	41.05	250m:	3:24.87	42.20	350m:	4:48.79	41.33
	100m:	1:19.08	41.44	200m:	2:42.67	42.54	300m:	4:07.46	42.59	400m:	5:28.79	40.00
16.			09 2	"	"				5:33.72	2	355	
	50m:	34.64	34.64	150m:	1:58.44	42.61	250m:	3:25.83	43.31	350m:	4:52.18	43.01
	100m:	1:15.83	41.19	200m:	2:42.52	44.08	300m:	4:09.17	43.34	400m:	5:33.72	41.54

35, , 400m , (13-14)

FINA

17.			08 2	"	-2"				5:34.61	2	352	
	50m:	36.79	36.79	150m:	2:01.55	43.01	250m:	3:29.16	43.89	350m:	4:56.05	43.18
	100m:	1:18.54	41.75	200m:	2:45.27	43.72	300m:	4:12.87	43.71	400m:	5:34.61	38.56
18.			08 2						5:47.10	3	316	
	50m:	36.82	36.82	150m:	2:03.47	44.99	250m:	3:33.91	46.00	350m:	5:05.03	45.49
	100m:	1:18.48	41.66	200m:	2:47.91	44.44	300m:	4:19.54	45.63	400m:	5:47.10	42.07
19.			09 2	"	"				5:51.33	3	304	
	50m:	37.75	37.75	150m:	2:03.65	44.19	250m:	3:35.02	45.51	350m:	5:06.71	45.97
	100m:	1:19.46	41.71	200m:	2:49.51	45.86	300m:	4:20.74	45.72	400m:	5:51.33	44.62
20.			09 2	"	"				5:56.07	3	292	
	50m:	38.55	38.55	150m:	2:07.57	44.37	250m:	3:38.29	45.24	350m:	5:11.11	46.01
	100m:	1:23.20	44.65	200m:	2:53.05	45.48	300m:	4:25.10	46.81	400m:	5:56.07	44.96
21.			09 2	"	"				6:00.59	3	281	
	50m:	38.42	38.42	150m:	2:09.23	46.78	250m:	3:45.25	48.07	350m:	5:18.03	45.91
	100m:	1:22.45	44.03	200m:	2:57.18	47.95	300m:	4:32.12	46.87	400m:	6:00.59	42.56
DNS			09 2	"	-2"							