

, 16-18

I XI  
2022 .

" ", 50

36  
18.03.2022 - 11:58

, 400m

4:04.90  
4:04.90

25.07.2018  
25.07.2018

14 +: 3:47.43 /	12 +: 4:05.00 /	10 +: 4:17.50 /	I	9 +: 4:34.00 /
II 9 +: 5:09.00 /	III 9 +: 5:50.00 /	I . 9 +: 6:46.00 /		
II . 9 +: 7:42.00 /	III . 9 +: 8:38.00			

: FINA 2021

FINA

1.			02	"	-2"	. . .			<b>4:09.02</b>		690	
	50m:	28.00	28.00	150m:	1:31.58	31.78	250m:	2:35.27	31.92	350m:	3:38.65	31.33
	100m:	59.80	31.80	200m:	2:03.35	31.77	300m:	3:07.32	32.05	400m:	4:09.02	30.37
2.			05	"	-1"	.			<b>4:24.03</b>	1	579	
	50m:	31.11	31.11	150m:	1:39.81	34.47	250m:	2:48.12	33.70	350m:	3:53.64	31.71
	100m:	1:05.34	34.23	200m:	2:14.42	34.61	300m:	3:21.93	33.81	400m:	4:24.03	30.39
3.			02	"	-1"	.			<b>4:25.08</b>	1	572	
	50m:	30.38	30.38	150m:	1:37.16	33.94	250m:	2:45.06	34.24	350m:	3:53.28	34.40
	100m:	1:03.22	32.84	200m:	2:10.82	33.66	300m:	3:18.88	33.82	400m:	4:25.08	31.80
4.			06 1	"	-1"	.			<b>4:28.41</b>	1	551	
	50m:	29.81	29.81	150m:	1:37.72	33.95	250m:	2:46.97	34.60	350m:	3:56.22	33.99
	100m:	1:03.77	33.96	200m:	2:12.37	34.65	300m:	3:22.23	35.26	400m:	4:28.41	32.19
5.			06 1	"	-1"	. . .			<b>4:37.68</b>	2	497	
	50m:	32.28	32.28	150m:	1:45.01	37.69	250m:	2:59.22	37.51	350m:	4:07.07	31.18
	100m:	1:07.32	35.04	200m:	2:21.71	36.70	300m:	3:35.89	36.67	400m:	4:37.68	30.61
6.			07 2	"	-2"	.			<b>4:38.88</b>	2	491	
	50m:	30.35	30.35	150m:	1:41.14	35.73	250m:	2:53.45	35.58	350m:	4:05.43	35.60
	100m:	1:05.41	35.06	200m:	2:17.87	36.73	300m:	3:29.83	36.38	400m:	4:38.88	33.45
7.			05 1	"	"	.			<b>4:39.22</b>	2	489	
	50m:	29.90	29.90	150m:	1:39.06	35.66	250m:	2:49.67	36.17	350m:	4:03.68	37.74
	100m:	1:03.40	33.50	200m:	2:13.50	34.44	300m:	3:25.94	36.27	400m:	4:39.22	35.54
8.			05 2	.	.	.			<b>4:39.90</b>	2	486	
	50m:	30.22	30.22	150m:	1:39.25	35.24	250m:	2:51.85	36.11	350m:	4:04.84	36.11
	100m:	1:04.01	33.79	200m:	2:15.74	36.49	300m:	3:28.73	36.88	400m:	4:39.90	35.06
9.			03 1	"	-1"	.			<b>4:40.89</b>	2	480	
	50m:	31.11	31.11	150m:	1:41.52	35.90	250m:	2:55.44	37.56	350m:	4:07.93	35.71
	100m:	1:05.62	34.51	200m:	2:17.88	36.36	300m:	3:32.22	36.78	400m:	4:40.89	32.96
10.			06 1	"	"	.			<b>4:41.89</b>	2	475	
	50m:	30.73	30.73	150m:	1:42.12	36.44	250m:	2:55.39	37.18	350m:	4:07.76	35.79
	100m:	1:05.68	34.95	200m:	2:18.21	36.09	300m:	3:31.97	36.58	400m:	4:41.89	34.13
11.			04 1	"	-2"	. . .			<b>4:43.83</b>	2	466	
	50m:	30.50	30.50	150m:	1:40.37	35.88	250m:	2:54.32	37.33	350m:	4:08.21	36.37
	100m:	1:04.49	33.99	200m:	2:16.99	36.62	300m:	3:31.84	37.52	400m:	4:43.83	35.62
12.			07 2	"	-2"	.			<b>4:44.33</b>	2	463	
	50m:	33.27	33.27	150m:	1:44.71	35.39	250m:	2:57.03	35.86	350m:	4:09.77	36.21
	100m:	1:09.32	36.05	200m:	2:21.17	36.46	300m:	3:33.56	36.53	400m:	4:44.33	34.56
13.			07 1	"	-2"	.			<b>4:45.10</b>	2	459	
	50m:	30.57	30.57	150m:	1:42.99	37.15	250m:	2:56.60	36.24	350m:	4:10.14	36.11
	100m:	1:05.84	35.27	200m:	2:20.36	37.37	300m:	3:34.03	37.43	400m:	4:45.10	34.96

ALGE-TIMING

36, , 400m ,

FINA

14.			06 1	" "				<b>4:45.46</b>	2		458	
	50m:	31.75	31.75	150m:	1:42.60	36.38	250m:	2:57.25	37.42	350m:	4:11.31	36.63
	100m:	1:06.22	34.47	200m:	2:19.83	37.23	300m:	3:34.68	37.43	400m:	4:45.46	34.15
15.			06 1	" "				<b>4:46.59</b>	2		452	
	50m:	32.09	32.09	150m:	1:43.65	36.20	250m:	2:57.85	37.33	350m:	4:12.20	36.78
	100m:	1:07.45	35.36	200m:	2:20.52	36.87	300m:	3:35.42	37.57	400m:	4:46.59	34.39
16.			07 2	" -2"				<b>4:50.70</b>	2		433	
	50m:	32.39	32.39	150m:	1:45.65	37.88	250m:	2:59.72	37.24	350m:	4:14.57	37.65
	100m:	1:07.77	35.38	200m:	2:22.48	36.83	300m:	3:36.92	37.20	400m:	4:50.70	36.13
17.			07 2	" "				<b>4:53.91</b>	2		419	
	50m:	32.07	32.07	150m:	1:45.62	36.78	250m:	3:01.32	37.58	350m:	4:17.21	37.65
	100m:	1:08.84	36.77	200m:	2:23.74	38.12	300m:	3:39.56	38.24	400m:	4:53.91	36.70
18.			06 2	" -2"				<b>4:56.58</b>	2		408	
	50m:	37.44	37.44	150m:	1:50.71	33.81	250m:	3:05.72	37.51	350m:	4:20.61	35.04
	100m:	1:16.90	39.46	200m:	2:28.21	37.50	300m:	3:45.57	39.85	400m:	4:56.58	35.97
19.			06 2	" "				<b>5:00.24</b>	2		393	
	50m:	31.12	31.12	150m:	1:44.49	38.06	250m:	3:01.42	39.72	350m:	4:20.88	40.67
	100m:	1:06.43	35.31	200m:	2:21.70	37.21	300m:	3:40.21	38.79	400m:	5:00.24	39.36
20.			07 2	" "				<b>5:01.37</b>	2		389	
	50m:	33.17	33.17	150m:	1:50.82	39.19	250m:	3:07.75	37.32	350m:	4:25.11	38.77
	100m:	1:11.63	38.46	200m:	2:30.43	39.61	300m:	3:46.34	38.59	400m:	5:01.37	36.26
21.			07 2	" -2"				<b>5:02.65</b>	2		384	
	50m:	33.11	33.11	150m:	1:49.93	38.47	250m:	3:08.22	39.22	350m:	4:26.95	39.24
	100m:	1:11.46	38.35	200m:	2:29.00	39.07	300m:	3:47.71	39.49	400m:	5:02.65	35.70
22.			07 2	" -1"				<b>5:05.27</b>	2		374	
	50m:	33.15	33.15	150m:	1:52.76	40.31	250m:	3:10.61	38.02	350m:	4:28.16	37.70
	100m:	1:12.45	39.30	200m:	2:32.59	39.83	300m:	3:50.46	39.85	400m:	5:05.27	37.11
23.			07 2	" -2"				<b>5:16.26</b>	3		336	
	50m:	33.46	33.46	150m:	1:53.01	40.21	250m:	3:14.68	41.00	350m:	4:36.97	41.04
	100m:	1:12.80	39.34	200m:	2:33.68	40.67	300m:	3:55.93	41.25	400m:	5:16.26	39.29
			07 3	" -2"				<b>5:16.26</b>	3		336	
	50m:	33.57	33.57	150m:	1:53.73	40.10	250m:	3:16.58	40.92	350m:	4:39.52	41.00
	100m:	1:13.63	40.06	200m:	2:35.66	41.93	300m:	3:58.52	41.94	400m:	5:16.26	36.74
25.			06 2	" "				<b>5:20.21</b>	3		324	
	50m:	33.91	33.91	150m:	1:54.14	40.81	250m:	3:16.29	41.40	350m:	4:39.45	41.95
	100m:	1:13.33	39.42	200m:	2:34.89	40.75	300m:	3:57.50	41.21	400m:	5:20.21	40.76
26.			07 2	" "				<b>5:22.49</b>	3		317	
	50m:	35.11	35.11	150m:	1:57.05	42.02	250m:	3:20.44	41.65	350m:	4:43.45	41.17
	100m:	1:15.03	39.92	200m:	2:38.79	41.74	300m:	4:02.28	41.84	400m:	5:22.49	39.04
27.			07 2	" "				<b>5:22.74</b>	3		317	
	50m:	35.05	35.05	150m:	1:55.99	40.89	250m:	3:18.70	41.31	350m:	4:43.27	42.31
	100m:	1:15.10	40.05	200m:	2:37.39	41.40	300m:	4:00.96	42.26	400m:	5:22.74	39.47
28.			07 3	" "				<b>5:47.04</b>	3		255	
	50m:	36.99	36.99	150m:	2:03.83	44.10	250m:	3:34.39	45.18	350m:	5:03.67	43.28
	100m:	1:19.73	42.74	200m:	2:49.21	45.38	300m:	4:20.39	46.00	400m:	5:47.04	43.37

DSQ  
DNS

06 2 " "  
07 1 -1

36, , 400m

(17-18 )

1.			05	"		-1"			<b>4:24.03</b>	1	579	
	50m:	31.11	31.11	150m:	1:39.81	34.47	250m:	2:48.12	33.70	350m:	3:53.64	31.71
	100m:	1:05.34	34.23	200m:	2:14.42	34.61	300m:	3:21.93	33.81	400m:	4:24.03	30.39
2.			05 1	" "					<b>4:39.22</b>	2	489	
	50m:	29.90	29.90	150m:	1:39.06	35.66	250m:	2:49.67	36.17	350m:	4:03.68	37.74
	100m:	1:03.40	33.50	200m:	2:13.50	34.44	300m:	3:25.94	36.27	400m:	4:39.22	35.54
3.			05 2						<b>4:39.90</b>	2	486	
	50m:	30.22	30.22	150m:	1:39.25	35.24	250m:	2:51.85	36.11	350m:	4:04.84	36.11
	100m:	1:04.01	33.79	200m:	2:15.74	36.49	300m:	3:28.73	36.88	400m:	4:39.90	35.06
4.			04 1	"		-2"			<b>4:43.83</b>	2	466	
	50m:	30.50	30.50	150m:	1:40.37	35.88	250m:	2:54.32	37.33	350m:	4:08.21	36.37
	100m:	1:04.49	33.99	200m:	2:16.99	36.62	300m:	3:31.84	37.52	400m:	4:43.83	35.62

36, , 400m

(15-16 )

1.			06 1	"	-1"				<b>4:28.41</b>	1	551	
	50m:	29.81	29.81	150m:	1:37.72	33.95	250m:	2:46.97	34.60	350m:	3:56.22	33.99
	100m:	1:03.77	33.96	200m:	2:12.37	34.65	300m:	3:22.23	35.26	400m:	4:28.41	32.19
2.			06 1	"	-1"				<b>4:37.68</b>	2	497	
	50m:	32.28	32.28	150m:	1:45.01	37.69	250m:	2:59.22	37.51	350m:	4:07.07	31.18
	100m:	1:07.32	35.04	200m:	2:21.71	36.70	300m:	3:35.89	36.67	400m:	4:37.68	30.61
3.			07 2	"	-2"				<b>4:38.88</b>	2	491	
	50m:	30.35	30.35	150m:	1:41.14	35.73	250m:	2:53.45	35.58	350m:	4:05.43	35.60
	100m:	1:05.41	35.06	200m:	2:17.87	36.73	300m:	3:29.83	36.38	400m:	4:38.88	33.45
4.			06 1	"	"				<b>4:41.89</b>	2	475	
	50m:	30.73	30.73	150m:	1:42.12	36.44	250m:	2:55.39	37.18	350m:	4:07.76	35.79
	100m:	1:05.68	34.95	200m:	2:18.21	36.09	300m:	3:31.97	36.58	400m:	4:41.89	34.13
5.			07 2	"	-2"				<b>4:44.33</b>	2	463	
	50m:	33.27	33.27	150m:	1:44.71	35.39	250m:	2:57.03	35.86	350m:	4:09.77	36.21
	100m:	1:09.32	36.05	200m:	2:21.17	36.46	300m:	3:33.56	36.53	400m:	4:44.33	34.56
6.			07 1	"	-2"				<b>4:45.10</b>	2	459	
	50m:	30.57	30.57	150m:	1:42.99	37.15	250m:	2:56.60	36.24	350m:	4:10.14	36.11
	100m:	1:05.84	35.27	200m:	2:20.36	37.37	300m:	3:34.03	37.43	400m:	4:45.10	34.96
7.			06 1	"	"				<b>4:45.46</b>	2	458	
	50m:	31.75	31.75	150m:	1:42.60	36.38	250m:	2:57.25	37.42	350m:	4:11.31	36.63
	100m:	1:06.22	34.47	200m:	2:19.83	37.23	300m:	3:34.68	37.43	400m:	4:45.46	34.15
8.			06 1	"	"				<b>4:46.59</b>	2	452	
	50m:	32.09	32.09	150m:	1:43.65	36.20	250m:	2:57.85	37.33	350m:	4:12.20	36.78
	100m:	1:07.45	35.36	200m:	2:20.52	36.87	300m:	3:35.42	37.57	400m:	4:46.59	34.39
9.			07 2	"	-2"				<b>4:50.70</b>	2	433	
	50m:	32.39	32.39	150m:	1:45.65	37.88	250m:	2:59.72	37.24	350m:	4:14.57	37.65
	100m:	1:07.77	35.38	200m:	2:22.48	36.83	300m:	3:36.92	37.20	400m:	4:50.70	36.13
10.			07 2	"	"				<b>4:53.91</b>	2	419	
	50m:	32.07	32.07	150m:	1:45.62	36.78	250m:	3:01.32	37.58	350m:	4:17.21	37.65
	100m:	1:08.84	36.77	200m:	2:23.74	38.12	300m:	3:39.56	38.24	400m:	4:53.91	36.70
11.			06 2	"	-2"				<b>4:56.58</b>	2	408	
	50m:	37.44	37.44	150m:	1:50.71	33.81	250m:	3:05.72	37.51	350m:	4:20.61	35.04
	100m:	1:16.90	39.46	200m:	2:28.21	37.50	300m:	3:45.57	39.85	400m:	4:56.58	35.97
12.			06 2	"	"				<b>5:00.24</b>	2	393	
	50m:	31.12	31.12	150m:	1:44.49	38.06	250m:	3:01.42	39.72	350m:	4:20.88	40.67
	100m:	1:06.43	35.31	200m:	2:21.70	37.21	300m:	3:40.21	38.79	400m:	5:00.24	39.36
13.			07 2	"	"				<b>5:01.37</b>	2	389	
	50m:	33.17	33.17	150m:	1:50.82	39.19	250m:	3:07.75	37.32	350m:	4:25.11	38.77
	100m:	1:11.63	38.46	200m:	2:30.43	39.61	300m:	3:46.34	38.59	400m:	5:01.37	36.26
14.			07 2	"	-2"				<b>5:02.65</b>	2	384	
	50m:	33.11	33.11	150m:	1:49.93	38.47	250m:	3:08.22	39.22	350m:	4:26.95	39.24
	100m:	1:11.46	38.35	200m:	2:29.00	39.07	300m:	3:47.71	39.49	400m:	5:02.65	35.70
15.			07 2	"	-1"				<b>5:05.27</b>	2	374	
	50m:	33.15	33.15	150m:	1:52.76	40.31	250m:	3:10.61	38.02	350m:	4:28.16	37.70
	100m:	1:12.45	39.30	200m:	2:32.59	39.83	300m:	3:50.46	39.85	400m:	5:05.27	37.11
16.			07 2	"	-2"				<b>5:16.26</b>	3	336	
	50m:	33.46	33.46	150m:	1:53.01	40.21	250m:	3:14.68	41.00	350m:	4:36.97	41.04
	100m:	1:12.80	39.34	200m:	2:33.68	40.67	300m:	3:55.93	41.25	400m:	5:16.26	39.29

36, , 400m , (15-16 )

FINA

16.			07 3	"	-2"				<b>5:16.26</b>	3	336
	50m:	33.57	33.57	150m:	1:53.73	40.10	250m:	3:16.58	40.92	350m:	4:39.52 41.00
	100m:	1:13.63	40.06	200m:	2:35.66	41.93	300m:	3:58.52	41.94	400m:	5:16.26 36.74
18.			06 2	"	"				<b>5:20.21</b>	3	324
	50m:	33.91	33.91	150m:	1:54.14	40.81	250m:	3:16.29	41.40	350m:	4:39.45 41.95
	100m:	1:13.33	39.42	200m:	2:34.89	40.75	300m:	3:57.50	41.21	400m:	5:20.21 40.76
19.			07 2	"	"				<b>5:22.49</b>	3	317
	50m:	35.11	35.11	150m:	1:57.05	42.02	250m:	3:20.44	41.65	350m:	4:43.45 41.17
	100m:	1:15.03	39.92	200m:	2:38.79	41.74	300m:	4:02.28	41.84	400m:	5:22.49 39.04
20.			07 2	"	"				<b>5:22.74</b>	3	317
	50m:	35.05	35.05	150m:	1:55.99	40.89	250m:	3:18.70	41.31	350m:	4:43.27 42.31
	100m:	1:15.10	40.05	200m:	2:37.39	41.40	300m:	4:00.96	42.26	400m:	5:22.74 39.47
21.			07 3	"	"				<b>5:47.04</b>	3	255
	50m:	36.99	36.99	150m:	2:03.83	44.10	250m:	3:34.39	45.18	350m:	5:03.67 43.28
	100m:	1:19.73	42.74	200m:	2:49.21	45.38	300m:	4:20.39	46.00	400m:	5:47.04 43.37
DSQ			06 2	"	"						
DNS			07 1	-1							