

, 16-18

I XI
2022 .

" , 50

4 , 400m
16.03.2022 - 10:34

4:27.32 - 03.07.2021
4:27.32 - 03.07.2021

14 +: 4:14.98 / 12 +: 4:37.00 / 10 +: 4:52.00 / I 9 +: 5:11.00 /
II 9 +: 5:52.00 / III 9 +: 6:40.00 / I 9 +: 7:35.00 /
II 9 +: 8:31.00 / III 9 +: 9:27.00

: FINA 2021

FINA

1.		04	"	-1-	"			4:35.99		689		
	50m:	28.25	28.25	150m:	1:38.03	36.70	250m:	2:52.76	38.95	350m:	4:05.01	30.97
	100m:	1:01.33	33.08	200m:	2:13.81	35.78	300m:	3:34.04	41.28	400m:	4:35.99	30.98
2.		04	"	-2"				4:45.40		623		
	50m:	29.37	29.37	150m:	1:41.39	37.53	250m:	2:58.49	39.27	350m:	4:13.07	34.13
	100m:	1:03.86	34.49	200m:	2:19.22	37.83	300m:	3:38.94	40.45	400m:	4:45.40	32.33
3.		05	"	-1"				4:59.52	1	539		
	50m:	31.85	31.85	150m:	1:47.90	38.75	250m:	3:07.96	42.68	350m:	4:26.01	35.29
	100m:	1:09.15	37.30	200m:	2:25.28	37.38	300m:	3:50.72	42.76	400m:	4:59.52	33.51
4.		07 1	"	-1"				5:03.36	1	519		
	50m:	31.31	31.31	150m:	1:49.29	41.43	250m:	3:12.37	42.49	350m:	4:30.79	34.53
	100m:	1:07.86	36.55	200m:	2:29.88	40.59	300m:	3:56.26	43.89	400m:	5:03.36	32.57
5.		07 1	"	-1"				5:04.50	1	513		
	50m:	31.82	31.82	150m:	1:50.55	41.63	250m:	3:14.05	42.86	350m:	4:31.94	34.12
	100m:	1:08.92	37.10	200m:	2:31.19	40.64	300m:	3:57.82	43.77	400m:	5:04.50	32.56
6.		07 2	"	-1"				5:06.96	1	501		
	50m:	32.74	32.74	150m:	1:52.85	41.37	250m:	3:15.09	42.86	350m:	4:33.66	35.73
	100m:	1:11.48	38.74	200m:	2:32.23	39.38	300m:	3:57.93	42.84	400m:	5:06.96	33.30
7.		07 1	"	-1"				5:11.10	2	481		
	50m:	32.55	32.55	150m:	1:48.13	38.46	250m:	3:13.74	44.74	350m:	4:35.29	35.04
	100m:	1:09.67	37.12	200m:	2:29.00	40.87	300m:	4:00.25	46.51	400m:	5:11.10	35.81
8.		07 2	"	"				5:39.37	2	370		
	50m:	33.83	33.83	150m:	1:57.54	45.25	250m:	3:29.40	48.03	350m:	4:59.15	41.17
	100m:	1:12.29	38.46	200m:	2:41.37	43.83	300m:	4:17.98	48.58	400m:	5:39.37	40.22

ALGE-TIMING

4, , 400m

(17-18)

1.			04	"	-1-	"			4:35.99		689	
	50m:	28.25	28.25	150m:	1:38.03	36.70	250m:	2:52.76	38.95	350m:	4:05.01	30.97
	100m:	1:01.33	33.08	200m:	2:13.81	35.78	300m:	3:34.04	41.28	400m:	4:35.99	30.98
2.			04	"	-2"	.	.	.		4:45.40	623	
	50m:	29.37	29.37	150m:	1:41.39	37.53	250m:	2:58.49	39.27	350m:	4:13.07	34.13
	100m:	1:03.86	34.49	200m:	2:19.22	37.83	300m:	3:38.94	40.45	400m:	4:45.40	32.33
3.			05	"	-1"					4:59.52	1	539
	50m:	31.85	31.85	150m:	1:47.90	38.75	250m:	3:07.96	42.68	350m:	4:26.01	35.29
	100m:	1:09.15	37.30	200m:	2:25.28	37.38	300m:	3:50.72	42.76	400m:	4:59.52	33.51

4, , 400m

(15-16)

1.			07 1	"	-1"				5:03.36	1	519	
	50m:	31.31	31.31	150m:	1:49.29	41.43	250m:	3:12.37	42.49	350m:	4:30.79	34.53
	100m:	1:07.86	36.55	200m:	2:29.88	40.59	300m:	3:56.26	43.89	400m:	5:03.36	32.57
2.			07 1	"	-1"				5:04.50	1	513	
	50m:	31.82	31.82	150m:	1:50.55	41.63	250m:	3:14.05	42.86	350m:	4:31.94	34.12
	100m:	1:08.92	37.10	200m:	2:31.19	40.64	300m:	3:57.82	43.77	400m:	5:04.50	32.56
3.			07 2	"	-1"				5:06.96	1	501	
	50m:	32.74	32.74	150m:	1:52.85	41.37	250m:	3:15.09	42.86	350m:	4:33.66	35.73
	100m:	1:11.48	38.74	200m:	2:32.23	39.38	300m:	3:57.93	42.84	400m:	5:06.96	33.30
4.			07 1	"	-1"				5:11.10	2	481	
	50m:	32.55	32.55	150m:	1:48.13	38.46	250m:	3:13.74	44.74	350m:	4:35.29	35.04
	100m:	1:09.67	37.12	200m:	2:29.00	40.87	300m:	4:00.25	46.51	400m:	5:11.10	35.81
5.			07 2	"	"				5:39.37	2	370	
	50m:	33.83	33.83	150m:	1:57.54	45.25	250m:	3:29.40	48.03	350m:	4:59.15	41.17
	100m:	1:12.29	38.46	200m:	2:41.37	43.83	300m:	4:17.98	48.58	400m:	5:39.37	40.22