

4
01.03.2023 - 10:37

, 400m

			4:27.32									03.07.2021
			4:27.32									03.07.2021
			: 4:42.57 /									
			14 +: 4:14.98 /									
			9 +: 5:11.00 /									
			9 +: 7:35.00 /									
			12 +: 4:37.00 /									
			9 +: 5:52.00 /									
			9 +: 8:31.00 /									
			10 +: 4:52.00 /									
			9 +: 6:40.00 /									
			9 +: 9:27.00									

: FINA 2023

FINA

1.			04	"	"	"						4:28.30	750
	50m:	28.34	28.34	150m:	1:36.39	35.42	250m:	2:48.72	37.54	350m:	3:57.99	29.97	
	100m:	1:00.97	32.63	200m:	2:11.18	34.79	300m:	3:28.02	39.30	400m:	4:28.30	30.31	
2.			07	-1	.	.						4:31.27	726
	50m:	29.25	29.25	150m:	1:36.58	33.68	250m:	2:48.60	40.04	350m:	4:00.49	31.49	
	100m:	1:02.90	33.65	200m:	2:08.56	31.98	300m:	3:29.00	40.40	400m:	4:31.27	30.78	
3.			07	"	-1"	.						4:55.36 1	562
	50m:	31.53	31.53	150m:	1:45.32	38.04	250m:	3:05.45	42.71	350m:	4:23.20	33.84	
	100m:	1:07.28	35.75	200m:	2:22.74	37.42	300m:	3:49.36	43.91	400m:	4:55.36	32.16	
4.			08 1	"	-2"	.						5:07.69 1	497
	50m:	32.61	32.61	150m:	1:50.03	39.78	250m:	3:14.47	45.58	350m:	4:34.31	35.36	
	100m:	1:10.25	37.64	200m:	2:28.89	38.86	300m:	3:58.95	44.48	400m:	5:07.69	33.38	
5.			07 1	"	-2"	.						5:07.75 1	497
	50m:	32.56	32.56	150m:	1:53.10	41.60	250m:	3:16.39	41.96	350m:	4:35.21	35.84	
	100m:	1:11.50	38.94	200m:	2:34.43	41.33	300m:	3:59.37	42.98	400m:	5:07.75	32.54	
6.			05	"	-1"	.						5:09.15 1	490
	50m:	31.25	31.25	150m:	1:50.98	42.88	250m:	3:13.94	43.78	350m:	4:35.38	37.73	
	100m:	1:08.10	36.85	200m:	2:30.16	39.18	300m:	3:57.65	43.71	400m:	5:09.15	33.77	
7.			07 2	"	-2"	.						5:12.88 2	473
	50m:	30.59	30.59	150m:	1:46.57	39.99	250m:	3:13.61	46.66	400m:	5:12.88	1:13.08	
	100m:	1:06.58	35.99	200m:	2:26.95	40.38	300m:	3:59.80	46.19				
8.			08 1	"	-1"	.						5:14.51 2	466
	50m:	33.18	33.18	150m:	1:56.96	42.27	250m:	3:21.81	44.19	350m:	4:41.16	35.49	
	100m:	1:14.69	41.51	200m:	2:37.62	40.66	300m:	4:05.67	43.86	400m:	5:14.51	33.35	
9.			08 2	"	-2"	.						5:18.05 2	450
	100m:	1:17.50	1:17.50	200m:	2:37.20	1:19.70	300m:	4:06.12	1:28.92	400m:	5:18.05	1:11.93	
10.			06 1	"	-1"	.						5:19.44 2	444
	50m:	31.80	31.80	150m:	1:50.61	43.07	250m:	3:20.86	48.41	350m:	4:43.96	35.33	
	100m:	1:07.54	35.74	200m:	2:32.45	41.84	300m:	4:08.63	47.77	400m:	5:19.44	35.48	
11.			08 1	"	-2"	.						5:20.91 2	438
	100m:	1:12.24	1:12.24	200m:	2:33.57	1:21.33	300m:	4:07.52	1:33.95	400m:	5:20.91	1:13.39	
12.			02	"	-2"	.						5:23.69 2	427
	100m:	1:06.24	1:06.24	200m:	2:35.38	1:29.14	300m:	4:08.07	1:32.69	400m:	5:23.69	1:15.62	
13.			08 1	"	-2"	.						5:27.40 2	413
	100m:	1:17.00	1:17.00	200m:	2:42.43	1:25.43	300m:	4:11.87	1:29.44	400m:	5:27.40	1:15.53	
14.			08 1	"	-1"	.						5:38.97 2	372
	50m:	32.66	32.66	150m:	1:55.23	42.83	250m:	3:28.30	52.75	350m:	5:00.50	39.93	
	100m:	1:12.40	39.74	200m:	2:35.55	40.32	300m:	4:20.57	52.27	400m:	5:38.97	38.47	
15.			08 2	"	"	.						5:59.32 3	312
	50m:	41.36	41.36	150m:	2:16.82	47.10	250m:	3:49.39	47.64	400m:	5:59.32	1:20.23	
	100m:	1:29.72	48.36	200m:	3:01.75	44.93	300m:	4:39.09	49.70				

4, , 400m

(15-16)

1.			07	-1						4:31.27		726
	50m:	29.25	29.25	150m:	1:36.58	33.68	250m:	2:48.60	40.04	350m:	4:00.49	31.49
	100m:	1:02.90	33.65	200m:	2:08.56	31.98	300m:	3:29.00	40.40	400m:	4:31.27	30.78
2.			07	"	-1"					4:55.36	1	562
	50m:	31.53	31.53	150m:	1:45.32	38.04	250m:	3:05.45	42.71	350m:	4:23.20	33.84
	100m:	1:07.28	35.75	200m:	2:22.74	37.42	300m:	3:49.36	43.91	400m:	4:55.36	32.16
3.			08 1	"	-2"					5:07.69	1	497
	50m:	32.61	32.61	150m:	1:50.03	39.78	250m:	3:14.47	45.58	350m:	4:34.31	35.36
	100m:	1:10.25	37.64	200m:	2:28.89	38.86	300m:	3:58.95	44.48	400m:	5:07.69	33.38
4.			07 1	"	-2"					5:07.75	1	497
	50m:	32.56	32.56	150m:	1:53.10	41.60	250m:	3:16.39	41.96	350m:	4:35.21	35.84
	100m:	1:11.50	38.94	200m:	2:34.43	41.33	300m:	3:59.37	42.98	400m:	5:07.75	32.54
5.			07 2	"	-2"					5:12.88	2	473
	50m:	30.59	30.59	150m:	1:46.57	39.99	250m:	3:13.61	46.66	400m:	5:12.88	1:13.08
	100m:	1:06.58	35.99	200m:	2:26.95	40.38	300m:	3:59.80	46.19			
6.			08 1	"	-1"					5:14.51	2	466
	50m:	33.18	33.18	150m:	1:56.96	42.27	250m:	3:21.81	44.19	350m:	4:41.16	35.49
	100m:	1:14.69	41.51	200m:	2:37.62	40.66	300m:	4:05.67	43.86	400m:	5:14.51	33.35
7.			08 2	"	-2"					5:18.05	2	450
	100m:	1:17.50	1:17.50	200m:	2:37.20	1:19.70	300m:	4:06.12	1:28.92	400m:	5:18.05	1:11.93
8.			08 1	"	-2"					5:20.91	2	438
	100m:	1:12.24	1:12.24	200m:	2:33.57	1:21.33	300m:	4:07.52	1:33.95	400m:	5:20.91	1:13.39
9.			08 1	"	-2"					5:27.40	2	413
	100m:	1:17.00	1:17.00	200m:	2:42.43	1:25.43	300m:	4:11.87	1:29.44	400m:	5:27.40	1:15.53
10.			08 1	"	-1"					5:38.97	2	372
	50m:	32.66	32.66	150m:	1:55.23	42.83	250m:	3:28.30	52.75	350m:	5:00.50	39.93
	100m:	1:12.40	39.74	200m:	2:35.55	40.32	300m:	4:20.57	52.27	400m:	5:38.97	38.47
11.			08 2	"	"					5:59.32	3	312
	50m:	41.36	41.36	150m:	2:16.82	47.10	250m:	3:49.39	47.64	400m:	5:59.32	1:20.23
	100m:	1:29.72	48.36	200m:	3:01.75	44.93	300m:	4:39.09	49.70			

4, , 400m

(17-18)

1.			05	"	-1"					5:09.15	1	490	
	50m:	31.25	31.25	150m:	1:50.98	42.88	250m:	3:13.94	43.78	350m:	4:35.38	37.73	
	100m:	1:08.10	36.85	200m:	2:30.16	39.18	300m:	3:57.65	43.71	400m:	5:09.15	33.77	
2.			06 1	"	-1"					5:19.44	2	444	
	50m:	31.80	31.80	150m:	1:50.61	43.07	250m:	3:20.86	48.41	350m:	4:43.96	35.33	
	100m:	1:07.54	35.74	200m:	2:32.45	41.84	300m:	4:08.63	47.77	400m:	5:19.44	35.48	