



" " (l « ») " , 50

10, , 400m

FINA

14.			06 1	"	"				<b>4:48.85</b>	2	442	
	50m:	31.91	31.91	150m:	1:44.32	36.72	250m:	2:58.78	37.30	350m:	4:13.23	37.25
	100m:	1:07.60	35.69	200m:	2:21.48	37.16	300m:	3:35.98	37.20	400m:	4:48.85	35.62
15.			07 2	"	"				<b>4:50.07</b>	2	436	
	50m:	32.05	32.05	150m:	1:45.14	36.79	250m:	2:58.51	37.04	350m:	4:13.57	37.21
	100m:	1:08.35	36.30	200m:	2:21.47	36.33	300m:	3:36.36	37.85	400m:	4:50.07	36.50
16.			06 2	"	"				<b>4:50.99</b>	2	432	
	50m:	32.55	32.55	150m:	1:45.18	37.04	250m:	2:59.75	37.59	350m:	4:15.01	37.67
	100m:	1:08.14	35.59	200m:	2:22.16	36.98	300m:	3:37.34	37.59	400m:	4:50.99	35.98
17.			07 2	"	"				<b>4:53.43</b>	2	421	
	50m:	31.47	31.47	150m:	1:44.19	37.19	250m:	3:00.00	38.06	350m:	4:16.38	37.81
	100m:	1:07.00	35.53	200m:	2:21.94	37.75	300m:	3:38.57	38.57	400m:	4:53.43	37.05
18.			07 2	"	"				<b>4:54.64</b>	2	416	
	50m:	30.94	30.94	150m:	1:44.01	37.43	250m:	3:01.00	38.79	350m:	4:18.65	39.01
	100m:	1:06.58	35.64	200m:	2:22.21	38.20	300m:	3:39.64	38.64	400m:	4:54.64	35.99
19.			07 2	"	"				<b>4:56.97</b>	2	406	
	50m:	32.92	32.92	150m:	1:48.58	38.74	250m:	3:06.69	38.64	350m:	4:22.84	37.34
	100m:	1:09.84	36.92	200m:	2:28.05	39.47	300m:	3:45.50	38.81	400m:	4:56.97	34.13
20.			07 2	-1					<b>5:04.91</b>	2	375	
	50m:	32.57	32.57	150m:	1:48.46	38.28	250m:	3:07.06	39.76	350m:	4:26.85	39.95
	100m:	1:10.18	37.61	200m:	2:27.30	38.84	300m:	3:46.90	39.84	400m:	5:04.91	38.06
21.			07 2	"	"				<b>5:05.63</b>	2	373	
	50m:	33.35	33.35	150m:	1:49.26	38.61	250m:	3:08.40	39.95	350m:	4:26.81	38.88
	100m:	1:10.65	37.30	200m:	2:28.45	39.19	300m:	3:47.93	39.53	400m:	5:05.63	38.82
22.			07 2	"	"				<b>5:07.07</b>	2	368	
	50m:	34.33	34.33	150m:	1:52.85	40.02	250m:	3:11.20	38.70	350m:	4:30.96	39.79
	100m:	1:12.83	38.50	200m:	2:32.50	39.65	300m:	3:51.17	39.97	400m:	5:07.07	36.11
23.			06 2	"	"				<b>5:12.02</b>	3	350	
	50m:	34.43	34.43	150m:	1:52.81	39.98	250m:	3:11.83	39.30	350m:	4:32.85	40.64
	100m:	1:12.83	38.40	200m:	2:32.53	39.72	300m:	3:52.21	40.38	400m:	5:12.02	39.17
24.			05 2	"	"				<b>5:20.88</b>	3	322	
	50m:	32.38	32.38	150m:	1:50.26	39.86	250m:	3:12.95	41.90	350m:	4:39.29	43.90
	100m:	1:10.40	38.02	200m:	2:31.05	40.79	300m:	3:55.39	42.44	400m:	5:20.88	41.59

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" " (l « ») " , 50  
 , 20-21 2022 .

10, , 400m

(17-18 )

1.				04	"	"				<b>4:14.76</b>		644
	50m:	28.47	28.47	150m:	1:33.95	32.69	250m:	2:40.70	32.65	350m:	3:45.53	31.64
	100m:	1:01.26	32.79	200m:	2:08.05	34.10	300m:	3:13.89	33.19	400m:	4:14.76	29.23
2.				05	"	"				<b>4:16.97</b>		628
	50m:	28.30	28.30	150m:	1:33.84	33.15	250m:	2:40.74	33.11	350m:	3:45.84	31.91
	100m:	1:00.69	32.39	200m:	2:07.63	33.79	300m:	3:13.93	33.19	400m:	4:16.97	31.13
3.				05	"	"				<b>4:25.71</b>	1	568
	50m:	30.73	30.73	150m:	1:39.47	34.88	250m:	2:49.20	34.85	350m:	3:55.85	32.41
	100m:	1:04.59	33.86	200m:	2:14.35	34.88	300m:	3:23.44	34.24	400m:	4:25.71	29.86
4.				04 1	"	"				<b>4:43.71</b>	2	466
	50m:	31.63	31.63	150m:	1:41.83	35.37	250m:	2:55.01	36.93	350m:	4:08.05	36.78
	100m:	1:06.46	34.83	200m:	2:18.08	36.25	300m:	3:31.27	36.26	400m:	4:43.71	35.66
5.				05 2	"	"				<b>5:20.88</b>	3	322
	50m:	32.38	32.38	150m:	1:50.26	39.86	250m:	3:12.95	41.90	350m:	4:39.29	43.90
	100m:	1:10.40	38.02	200m:	2:31.05	40.79	300m:	3:55.39	42.44	400m:	5:20.88	41.59

" " (l « ») " , 50  
 , 20-21 2022 .

10, , 400m

(15-16 )

1.				06 1	"	"			<b>4:29.36</b>	1	545	
	50m:	30.19	30.19	150m:	1:39.15	34.89	250m:	2:49.62	35.48	400m:	4:29.36	30.42
	100m:	1:04.26	34.07	200m:	2:14.14	34.99	350m:	3:58.94	1:09.32			
2.				07 1	"	"			<b>4:29.56</b>	1	544	
	50m:	30.18	30.18	150m:	1:36.57	33.73	250m:	2:45.49	34.74	350m:	3:56.17	34.97
	100m:	1:02.84	32.66	200m:	2:10.75	34.18	300m:	3:21.20	35.71	400m:	4:29.56	33.39
3.				07 1	"	"			<b>4:30.99</b>	1	535	
	50m:	31.58	31.58	150m:	1:40.47	34.51	250m:	2:49.59	34.87	350m:	3:57.96	34.25
	100m:	1:05.96	34.38	200m:	2:14.72	34.25	300m:	3:23.71	34.12	400m:	4:30.99	33.03
4.				07 1	"	"			<b>4:38.34</b>	2	494	
	50m:	31.78	31.78	150m:	1:41.45	35.21	250m:	2:51.88	35.72	350m:	4:03.58	35.87
	100m:	1:06.24	34.46	200m:	2:16.16	34.71	300m:	3:27.71	35.83	400m:	4:38.34	34.76
5.				06 1	"	"			<b>4:42.90</b>	2	470	
	50m:	29.74	29.74	150m:	1:40.00	35.77	250m:	2:53.56	36.60	350m:	4:07.31	36.64
	100m:	1:04.23	34.49	200m:	2:16.96	36.96	300m:	3:30.67	37.11	400m:	4:42.90	35.59
6.				07 2	"	"			<b>4:43.49</b>	2	467	
	50m:	32.17	32.17	150m:	1:44.83	36.37	250m:	2:58.08	36.24	350m:	4:09.57	35.18
	100m:	1:08.46	36.29	200m:	2:21.84	37.01	300m:	3:34.39	36.31	400m:	4:43.49	33.92
7.				07 2	"	"			<b>4:48.10</b>	2	445	
	50m:	30.93	30.93	150m:	1:42.61	36.82	250m:	2:57.42	37.67	350m:	4:12.86	37.89
	100m:	1:05.79	34.86	200m:	2:19.75	37.14	300m:	3:34.97	37.55	400m:	4:48.10	35.24
8.				06 1	"	"			<b>4:48.85</b>	2	442	
	50m:	31.91	31.91	150m:	1:44.32	36.72	250m:	2:58.78	37.30	350m:	4:13.23	37.25
	100m:	1:07.60	35.69	200m:	2:21.48	37.16	300m:	3:35.98	37.20	400m:	4:48.85	35.62
9.				07 2	"	"			<b>4:50.07</b>	2	436	
	50m:	32.05	32.05	150m:	1:45.14	36.79	250m:	2:58.51	37.04	350m:	4:13.57	37.21
	100m:	1:08.35	36.30	200m:	2:21.47	36.33	300m:	3:36.36	37.85	400m:	4:50.07	36.50
10.				06 2	"	"			<b>4:50.99</b>	2	432	
	50m:	32.55	32.55	150m:	1:45.18	37.04	250m:	2:59.75	37.59	350m:	4:15.01	37.67
	100m:	1:08.14	35.59	200m:	2:22.16	36.98	300m:	3:37.34	37.59	400m:	4:50.99	35.98
11.				07 2	"	"			<b>4:53.43</b>	2	421	
	50m:	31.47	31.47	150m:	1:44.19	37.19	250m:	3:00.00	38.06	350m:	4:16.38	37.81
	100m:	1:07.00	35.53	200m:	2:21.94	37.75	300m:	3:38.57	38.57	400m:	4:53.43	37.05
12.				07 2	"	"			<b>4:54.64</b>	2	416	
	50m:	30.94	30.94	150m:	1:44.01	37.43	250m:	3:01.00	38.79	350m:	4:18.65	39.01
	100m:	1:06.58	35.64	200m:	2:22.21	38.20	300m:	3:39.64	38.64	400m:	4:54.64	35.99
13.				07 2	"	"			<b>4:56.97</b>	2	406	
	50m:	32.92	32.92	150m:	1:48.58	38.74	250m:	3:06.69	38.64	350m:	4:22.84	37.34
	100m:	1:09.84	36.92	200m:	2:28.05	39.47	300m:	3:45.50	38.81	400m:	4:56.97	34.13
14.				07 2	-1	"			<b>5:04.91</b>	2	375	
	50m:	32.57	32.57	150m:	1:48.46	38.28	250m:	3:07.06	39.76	350m:	4:26.85	39.95
	100m:	1:10.18	37.61	200m:	2:27.30	38.84	300m:	3:46.90	39.84	400m:	5:04.91	38.06
15.				07 2	"	"			<b>5:05.63</b>	2	373	
	50m:	33.35	33.35	150m:	1:49.26	38.61	250m:	3:08.40	39.95	350m:	4:26.81	38.88
	100m:	1:10.65	37.30	200m:	2:28.45	39.19	300m:	3:47.93	39.53	400m:	5:05.63	38.82
16.				07 2	"	"			<b>5:07.07</b>	2	368	
	50m:	34.33	34.33	150m:	1:52.85	40.02	250m:	3:11.20	38.70	350m:	4:30.96	39.79
	100m:	1:12.83	38.50	200m:	2:32.50	39.65	300m:	3:51.17	39.97	400m:	5:07.07	36.11

" " (l « ») " , 50  
 , 20-21 2022 .

10, , 400m , (15-16 )

17.

			06 2	" "					<b>5:12.02</b>	3	
50m:	34.43	34.43	150m:	1:52.81	39.98	250m:	3:11.83	39.30	350m:	4:32.85	40.64
100m:	1:12.83	38.40	200m:	2:32.53	39.72	300m:	3:52.21	40.38	400m:	5:12.02	39.17

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