

18 , 1500m
 20.01.2022 - 17:20

	15:51.31		18.05.2019
	15:51.31		18.05.2019
14 +: 15:02.33 /	12 +: 16:01.00 /	10 +: 17:39.00 /	I 9 +: 18:39.00 /
II 9 +: 21:00.00 /	III 9 +: 24:00.00 /	I 9 +: 28:02.50 /	
II 9 +: 32:02.50 /	III 9 +: 36:02.50 /		: 16:40.77 /
17 - 18: 16:58.44			

: FINA 2021

FINA

1.		05		17:10.71	603
	50m: 31.03 31.03	450m: 5:05.18 33.36	850m: 9:40.49 34.38	1250m: 14:18.91 34.50	
	100m: 1:05.43 34.40	500m: 5:39.41 34.23	900m: 10:15.45 34.96	1300m: 14:54.00 35.09	
	150m: 1:39.82 34.39	550m: 6:13.57 34.16	950m: 10:50.07 34.62	1350m: 15:28.93 34.93	
	200m: 2:14.29 34.47	600m: 6:48.20 34.63	1000m: 11:24.83 34.76	1400m: 16:03.97 35.04	
	250m: 2:48.87 34.58	650m: 7:22.44 34.24	1050m: 11:59.79 34.96	1450m: 16:38.03 34.06	
	300m: 3:23.33 34.46	700m: 7:57.30 34.86	1100m: 12:34.85 35.06	1500m: 17:10.71 32.68	
	350m: 3:57.58 34.25	750m: 8:31.54 34.24	1150m: 13:09.41 34.56		
	400m: 4:31.82 34.24	800m: 9:06.11 34.57	1200m: 13:44.41 35.00		
2.		02	" "	17:29.68	571
	50m: 30.78 30.78	450m: 5:10.76 35.67	850m: 9:53.49 35.10	1250m: 14:37.65 35.50	
	100m: 1:04.94 34.16	500m: 5:46.36 35.60	900m: 10:28.54 35.05	1300m: 15:13.35 35.70	
	150m: 1:39.65 34.71	550m: 6:22.27 35.91	950m: 11:04.14 35.60	1350m: 15:48.79 35.44	
	200m: 2:14.40 34.75	600m: 6:56.98 34.71	1000m: 11:39.46 35.32	1400m: 16:24.11 35.32	
	250m: 2:49.23 34.83	650m: 7:31.54 34.56	1050m: 12:15.02 35.56	1450m: 16:58.05 33.94	
	300m: 3:24.23 35.00	700m: 8:06.99 35.45	1100m: 12:50.74 35.72	1500m: 17:29.68 31.63	
	350m: 3:59.79 35.56	750m: 8:42.42 35.43	1150m: 13:26.49 35.75		
	400m: 4:35.09 35.30	800m: 9:18.39 35.97	1200m: 14:02.15 35.66		
3.		05	" "	17:34.02	564
	50m: 31.43 31.43	450m: 5:08.55 34.50	850m: 9:53.47 35.63	1250m: 14:38.40 35.50	
	100m: 1:05.86 34.43	500m: 5:43.70 35.15	900m: 10:28.90 35.43	1300m: 15:14.55 36.15	
	150m: 1:40.49 34.63	550m: 6:18.78 35.08	950m: 11:04.16 35.26	1350m: 15:49.70 35.15	
	200m: 2:15.21 34.72	600m: 6:54.45 35.67	1000m: 11:39.97 35.81	1400m: 16:26.21 36.51	
	250m: 2:49.61 34.40	650m: 7:29.82 35.37	1050m: 12:15.28 35.31	1450m: 17:00.23 34.02	
	300m: 3:24.56 34.95	700m: 8:05.91 36.09	1100m: 12:50.99 35.71	1500m: 17:34.02 33.79	
	350m: 3:58.89 34.33	750m: 8:41.39 35.48	1150m: 13:27.02 36.03		
	400m: 4:34.05 35.16	800m: 9:17.84 36.45	1200m: 14:02.90 35.88		
4.		06 1	" "	18:01.71 1	522
	50m: 32.82 32.82	450m: 5:21.01 36.58	850m: 10:12.39 36.24	1250m: 15:05.38 35.86	
	100m: 1:07.58 34.76	500m: 5:57.75 36.74	900m: 10:48.40 36.01	1300m: 15:41.85 36.47	
	150m: 1:43.00 35.42	550m: 6:34.02 36.27	950m: 11:25.19 36.79	1350m: 16:18.04 36.19	
	200m: 2:18.73 35.73	600m: 7:10.32 36.30	1000m: 12:01.49 36.30	1400m: 16:54.06 36.02	
	250m: 2:55.12 36.39	650m: 7:47.20 36.88	1050m: 12:38.84 37.35	1450m: 17:29.50 35.44	
	300m: 3:31.44 36.32	700m: 8:23.28 36.08	1100m: 13:15.41 36.57	1500m: 18:01.71 32.21	
	350m: 4:08.20 36.76	750m: 9:00.11 36.83	1150m: 13:52.64 37.23		
	400m: 4:44.43 36.23	800m: 9:36.15 36.04	1200m: 14:29.52 36.88		
5.		04 1	" "	18:03.60 1	519
	50m: 29.89 29.89	450m: 5:18.18 37.21	850m: 10:12.58 35.56	1250m: 15:07.07 36.93	
	100m: 1:04.76 34.87	500m: 5:54.99 36.81	900m: 10:49.50 36.92	1300m: 15:43.58 36.51	
	150m: 1:40.71 35.95	550m: 6:32.21 37.22	950m: 11:25.32 35.82	1350m: 16:20.15 36.57	
	200m: 2:16.58 35.87	600m: 7:08.73 36.52	1000m: 12:02.38 37.06	1400m: 16:56.03 35.88	
	250m: 2:52.92 36.34	650m: 7:45.94 37.21	1050m: 12:38.72 36.34	1450m: 17:30.80 34.77	
	300m: 3:28.64 35.72	700m: 8:22.86 36.92	1100m: 13:16.30 37.58	1500m: 18:03.60 32.80	
	350m: 4:05.21 36.57	750m: 9:00.05 37.19	1150m: 13:53.31 37.01		
	400m: 4:40.97 35.76	800m: 9:37.02 36.97	1200m: 14:30.14 36.83		

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 , 20-21 2022 .

18, , 1500m ,

FINA

6.			07 1	"	"			18:12.13	1	507		
	100m:	1:07.83	1:07.83	500m:	5:59.48	1:13.19	900m:	10:54.62	1:13.56	1300m:	15:48.89	1:13.01
	200m:	2:20.68	1:12.85	600m:	7:12.75	1:13.27	1000m:	12:08.30	1:13.68	1400m:	17:01.61	1:12.72
	300m:	3:33.18	1:12.50	700m:	8:27.10	1:14.35	1100m:	13:21.62	1:13.32	1500m:	18:12.13	1:10.52
	400m:	4:46.29	1:13.11	800m:	9:41.06	1:13.96	1200m:	14:35.88	1:14.26			
7.			06 1	"	"			18:37.61	1	473		
	100m:	1:07.51	1:07.51	500m:	6:08.86	1:16.48	900m:	11:10.44	1:16.08	1300m:	16:11.48	1:15.26
	200m:	2:21.23	1:13.72	600m:	7:23.71	1:14.85	1000m:	12:25.83	1:15.39	1400m:	17:26.49	1:15.01
	300m:	3:36.30	1:15.07	700m:	8:38.79	1:15.08	1100m:	13:41.25	1:15.42	1500m:	18:37.61	1:11.12
	400m:	4:52.38	1:16.08	800m:	9:54.36	1:15.57	1200m:	14:56.22	1:14.97			
8.			07 2	"	"			18:48.25	2	460		
	50m:	31.23	31.23	450m:	5:28.79	38.10	850m:	10:33.07	37.65	1250m:	15:37.91	38.44
	100m:	1:06.75	35.52	500m:	6:07.14	38.35	900m:	11:10.91	37.84	1300m:	16:16.94	39.03
	150m:	1:42.99	36.24	550m:	6:45.21	38.07	950m:	11:48.93	38.02	1350m:	16:54.94	38.00
	200m:	2:20.19	37.20	600m:	7:23.69	38.48	1000m:	12:27.08	38.15	1400m:	17:33.41	38.47
	250m:	2:57.52	37.33	650m:	8:01.51	37.82	1050m:	13:05.02	37.94	1450m:	18:11.12	37.71
	300m:	3:35.01	37.49	700m:	8:39.86	38.35	1100m:	13:43.34	38.32	1500m:	18:48.25	37.13
	350m:	4:12.74	37.73	750m:	9:17.40	37.54	1150m:	14:21.07	37.73			
	400m:	4:50.69	37.95	800m:	9:55.42	38.02	1200m:	14:59.47	38.40			
9.			07 2	"	"			18:49.73	2	458		
	100m:	1:05.23	1:05.23	500m:	6:05.98	1:16.74	900m:	11:11.75	1:16.67	1300m:	16:21.30	1:17.47
	200m:	2:18.37	1:13.14	600m:	7:22.23	1:16.25	1000m:	12:28.88	1:17.13	1400m:	17:37.45	1:16.15
	300m:	3:33.08	1:14.71	700m:	8:38.22	1:15.99	1100m:	13:47.00	1:18.12	1500m:	18:49.73	1:12.28
	400m:	4:49.24	1:16.16	800m:	9:55.08	1:16.86	1200m:	15:03.83	1:16.83			
10.			05 2	"	"			21:38.30	3	301		
	100m:	1:15.05	1:15.05	500m:	7:01.05	1:25.87	900m:	12:51.74	1:28.25	1300m:	18:45.83	1:28.71
	200m:	2:40.64	1:25.59	600m:	8:28.36	1:27.31	1000m:	14:17.95	1:26.21	1400m:	20:13.91	1:28.08
	300m:	4:07.26	1:26.62	700m:	9:56.76	1:28.40	1100m:	15:46.80	1:28.85	1500m:	21:38.30	1:24.39
	400m:	5:35.18	1:27.92	800m:	11:23.49	1:26.73	1200m:	17:17.12	1:30.32			

18, , 1500m

(17-18)

1.			05						17:10.71	603		
	50m:	31.03	31.03	450m:	5:05.18	33.36	850m:	9:40.49	34.38	1250m:	14:18.91	34.50
	100m:	1:05.43	34.40	500m:	5:39.41	34.23	900m:	10:15.45	34.96	1300m:	14:54.00	35.09
	150m:	1:39.82	34.39	550m:	6:13.57	34.16	950m:	10:50.07	34.62	1350m:	15:28.93	34.93
	200m:	2:14.29	34.47	600m:	6:48.20	34.63	1000m:	11:24.83	34.76	1400m:	16:03.97	35.04
	250m:	2:48.87	34.58	650m:	7:22.44	34.24	1050m:	11:59.79	34.96	1450m:	16:38.03	34.06
	300m:	3:23.33	34.46	700m:	7:57.30	34.86	1100m:	12:34.85	35.06	1500m:	17:10.71	32.68
	350m:	3:57.58	34.25	750m:	8:31.54	34.24	1150m:	13:09.41	34.56			
	400m:	4:31.82	34.24	800m:	9:06.11	34.57	1200m:	13:44.41	35.00			
2.			05						17:34.02	564		
	50m:	31.43	31.43	450m:	5:08.55	34.50	850m:	9:53.47	35.63	1250m:	14:38.40	35.50
	100m:	1:05.86	34.43	500m:	5:43.70	35.15	900m:	10:28.90	35.43	1300m:	15:14.55	36.15
	150m:	1:40.49	34.63	550m:	6:18.78	35.08	950m:	11:04.16	35.26	1350m:	15:49.70	35.15
	200m:	2:15.21	34.72	600m:	6:54.45	35.67	1000m:	11:39.97	35.81	1400m:	16:26.21	36.51
	250m:	2:49.61	34.40	650m:	7:29.82	35.37	1050m:	12:15.28	35.31	1450m:	17:00.23	34.02
	300m:	3:24.56	34.95	700m:	8:05.91	36.09	1100m:	12:50.99	35.71	1500m:	17:34.02	33.79
	350m:	3:58.89	34.33	750m:	8:41.39	35.48	1150m:	13:27.02	36.03			
	400m:	4:34.05	35.16	800m:	9:17.84	36.45	1200m:	14:02.90	35.88			
3.			04 1						18:03.60	1	519	
	50m:	29.89	29.89	450m:	5:18.18	37.21	850m:	10:12.58	35.56	1250m:	15:07.07	36.93
	100m:	1:04.76	34.87	500m:	5:54.99	36.81	900m:	10:49.50	36.92	1300m:	15:43.58	36.51
	150m:	1:40.71	35.95	550m:	6:32.21	37.22	950m:	11:25.32	35.82	1350m:	16:20.15	36.57
	200m:	2:16.58	35.87	600m:	7:08.73	36.52	1000m:	12:02.38	37.06	1400m:	16:56.03	35.88
	250m:	2:52.92	36.34	650m:	7:45.94	37.21	1050m:	12:38.72	36.34	1450m:	17:30.80	34.77
	300m:	3:28.64	35.72	700m:	8:22.86	36.92	1100m:	13:16.30	37.58	1500m:	18:03.60	32.80
	350m:	4:05.21	36.57	750m:	9:00.05	37.19	1150m:	13:53.31	37.01			
	400m:	4:40.97	35.76	800m:	9:37.02	36.97	1200m:	14:30.14	36.83			
4.			05 2						21:38.30	3	301	
	100m:	1:15.05	1:15.05	500m:	7:01.05	1:25.87	900m:	12:51.74	1:28.25	1300m:	18:45.83	1:28.71
	200m:	2:40.64	1:25.59	600m:	8:28.36	1:27.31	1000m:	14:17.95	1:26.21	1400m:	20:13.91	1:28.08
	300m:	4:07.26	1:26.62	700m:	9:56.76	1:28.40	1100m:	15:46.80	1:28.85	1500m:	21:38.30	1:24.39
	400m:	5:35.18	1:27.92	800m:	11:23.49	1:26.73	1200m:	17:17.12	1:30.32			

18, , 1500m

(15-16)

1.			06 1	"	"				18:01.71	1	522	
	50m:	32.82	32.82	450m:	5:21.01	36.58	850m:	10:12.39	36.24	1250m:	15:05.38	35.86
	100m:	1:07.58	34.76	500m:	5:57.75	36.74	900m:	10:48.40	36.01	1300m:	15:41.85	36.47
	150m:	1:43.00	35.42	550m:	6:34.02	36.27	950m:	11:25.19	36.79	1350m:	16:18.04	36.19
	200m:	2:18.73	35.73	600m:	7:10.32	36.30	1000m:	12:01.49	36.30	1400m:	16:54.06	36.02
	250m:	2:55.12	36.39	650m:	7:47.20	36.88	1050m:	12:38.84	37.35	1450m:	17:29.50	35.44
	300m:	3:31.44	36.32	700m:	8:23.28	36.08	1100m:	13:15.41	36.57	1500m:	18:01.71	32.21
	350m:	4:08.20	36.76	750m:	9:00.11	36.83	1150m:	13:52.64	37.23			
	400m:	4:44.43	36.23	800m:	9:36.15	36.04	1200m:	14:29.52	36.88			
2.			07 1	"	"				18:12.13	1	507	
	100m:	1:07.83	1:07.83	500m:	5:59.48	1:13.19	900m:	10:54.62	1:13.56	1300m:	15:48.89	1:13.01
	200m:	2:20.68	1:12.85	600m:	7:12.75	1:13.27	1000m:	12:08.30	1:13.68	1400m:	17:01.61	1:12.72
	300m:	3:33.18	1:12.50	700m:	8:27.10	1:14.35	1100m:	13:21.62	1:13.32	1500m:	18:12.13	1:10.52
	400m:	4:46.29	1:13.11	800m:	9:41.06	1:13.96	1200m:	14:35.88	1:14.26			
3.			06 1	"	"				18:37.61	1	473	
	100m:	1:07.51	1:07.51	500m:	6:08.86	1:16.48	900m:	11:10.44	1:16.08	1300m:	16:11.48	1:15.26
	200m:	2:21.23	1:13.72	600m:	7:23.71	1:14.85	1000m:	12:25.83	1:15.39	1400m:	17:26.49	1:15.01
	300m:	3:36.30	1:15.07	700m:	8:38.79	1:15.08	1100m:	13:41.25	1:15.42	1500m:	18:37.61	1:11.12
	400m:	4:52.38	1:16.08	800m:	9:54.36	1:15.57	1200m:	14:56.22	1:14.97			
4.			07 2	"	"				18:48.25	2	460	
	50m:	31.23	31.23	450m:	5:28.79	38.10	850m:	10:33.07	37.65	1250m:	15:37.91	38.44
	100m:	1:06.75	35.52	500m:	6:07.14	38.35	900m:	11:10.91	37.84	1300m:	16:16.94	39.03
	150m:	1:42.99	36.24	550m:	6:45.21	38.07	950m:	11:48.93	38.02	1350m:	16:54.94	38.00
	200m:	2:20.19	37.20	600m:	7:23.69	38.48	1000m:	12:27.08	38.15	1400m:	17:33.41	38.47
	250m:	2:57.52	37.33	650m:	8:01.51	37.82	1050m:	13:05.02	37.94	1450m:	18:11.12	37.71
	300m:	3:35.01	37.49	700m:	8:39.86	38.35	1100m:	13:43.34	38.32	1500m:	18:48.25	37.13
	350m:	4:12.74	37.73	750m:	9:17.40	37.54	1150m:	14:21.07	37.73			
	400m:	4:50.69	37.95	800m:	9:55.42	38.02	1200m:	14:59.47	38.40			
5.			07 2	"	"				18:49.73	2	458	
	100m:	1:05.23	1:05.23	500m:	6:05.98	1:16.74	900m:	11:11.75	1:16.67	1300m:	16:21.30	1:17.47
	200m:	2:18.37	1:13.14	600m:	7:22.23	1:16.25	1000m:	12:28.88	1:17.13	1400m:	17:37.45	1:16.15
	300m:	3:33.08	1:14.71	700m:	8:38.22	1:15.99	1100m:	13:47.00	1:18.12	1500m:	18:49.73	1:12.28
	400m:	4:49.24	1:16.16	800m:	9:55.08	1:16.86	1200m:	15:03.83	1:16.83			