

28 , 400m
 21.01.2022 - 15:07

			4:27.54								25.03.2005
			4:27.54								25.03.2005
	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 /					: 4:42.57 /		
			17 - 18: 4:51.62								

: FINA 2021

FINA

1.			05	"	"				4:50.89		589
	50m: 29.90	29.90	150m: 1:40.28	36.96	250m: 3:00.86	42.80	350m: 4:19.25	35.60			
	100m: 1:03.32	33.42	200m: 2:18.06	37.78	300m: 3:43.65	42.79	400m: 4:50.89	31.64			
2.			04	"	"				4:52.43	1	579
	50m: 30.53	30.53	150m: 1:41.15	35.51	250m: 3:01.58	42.60	350m: 4:19.29	34.58			
	100m: 1:05.64	35.11	200m: 2:18.98	37.83	300m: 3:44.71	43.13	400m: 4:52.43	33.14			
3.			07 1	"	"				5:05.12	1	510
	50m: 31.31	31.31	150m: 1:49.58	42.58	250m: 3:12.98	42.22	350m: 4:31.76	35.97			
	100m: 1:07.00	35.69	200m: 2:30.76	41.18	300m: 3:55.79	42.81	400m: 5:05.12	33.36			
4.			07 1	"	"				5:09.64	1	488
	50m: 32.26	32.26	150m: 1:50.00	39.57	250m: 3:14.05	43.77	350m: 4:34.91	36.06			
	100m: 1:10.43	38.17	200m: 2:30.28	40.28	300m: 3:58.85	44.80	400m: 5:09.64	34.73			
5.			07 2	"	"				5:11.72	2	478
	50m: 32.25	32.25	150m: 1:54.14	41.50	250m: 3:16.97	42.02	350m: 4:37.30	36.04			
	100m: 1:12.64	40.39	200m: 2:34.95	40.81	300m: 4:01.26	44.29	400m: 5:11.72	34.42			
6.			07 1	"	"				5:12.48	2	475
	50m: 30.13	30.13	150m: 1:47.94	41.59	250m: 3:13.74	45.72	350m: 4:36.62	36.11			
	100m: 1:06.35	36.22	200m: 2:28.02	40.08	300m: 4:00.51	46.77	400m: 5:12.48	35.86			
7.			07 1	"	"				5:13.89	2	468
	50m: 31.51	31.51	150m: 1:51.06	42.79	250m: 3:16.39	44.20	350m: 4:38.94	37.41			
	100m: 1:08.27	36.76	200m: 2:32.19	41.13	300m: 4:01.53	45.14	400m: 5:13.89	34.95			
8.			06 2	"	"				5:25.13	2	421
	50m: 31.70	31.70	150m: 1:53.97	41.25	250m: 3:26.28	51.08	350m: 4:51.82	35.91			
	100m: 1:12.72	41.02	200m: 2:35.20	41.23	300m: 4:15.91	49.63	400m: 5:25.13	33.31			
9.			07 2	"	"				5:36.81	2	379
	50m: 33.32	33.32	150m: 1:57.45	44.74	250m: 3:30.29	50.25	350m: 4:59.70	39.88			
	100m: 1:12.71	39.39	200m: 2:40.04	42.59	300m: 4:19.82	49.53	400m: 5:36.81	37.11			
10.			04 1	"	"				5:44.27	2	355
	50m: 33.79	33.79	150m: 1:59.53	43.60	250m: 3:32.99	50.50	350m: 5:04.94	39.29			
	100m: 1:15.93	42.14	200m: 2:42.49	42.96	300m: 4:25.65	52.66	400m: 5:44.27	39.33			
11.			07 2	"	"				5:46.53	2	348
	50m: 34.71	34.71	150m: 2:01.07	43.59	250m: 3:34.88	49.02	350m: 5:05.67	39.78			
	100m: 1:17.48	42.77	200m: 2:45.86	44.79	300m: 4:25.89	51.01	400m: 5:46.53	40.86			
DSQ			07 2	"	"						
WDR			07 2	"	"						

" " (l « ») " , 50
 , 20-21 2022 .

28, , 400m

(17-18)

1.				05	"	"				4:50.89		589
	50m:	29.90	29.90	150m:	1:40.28	36.96	250m:	3:00.86	42.80	350m:	4:19.25	35.60
	100m:	1:03.32	33.42	200m:	2:18.06	37.78	300m:	3:43.65	42.79	400m:	4:50.89	31.64
2.				04	"	"				4:52.43	1	579
	50m:	30.53	30.53	150m:	1:41.15	35.51	250m:	3:01.58	42.60	350m:	4:19.29	34.58
	100m:	1:05.64	35.11	200m:	2:18.98	37.83	300m:	3:44.71	43.13	400m:	4:52.43	33.14
3.				04 1	"	"				5:44.27	2	355
	50m:	33.79	33.79	150m:	1:59.53	43.60	250m:	3:32.99	50.50	350m:	5:04.94	39.29
	100m:	1:15.93	42.14	200m:	2:42.49	42.96	300m:	4:25.65	52.66	400m:	5:44.27	39.33

" " (l « ») " , 50
 , 20-21 2022 .

28, , 400m

(15-16)

1.				07 1	"	"				5:05.12	1	510
	50m:	31.31	31.31	150m:	1:49.58	42.58	250m:	3:12.98	42.22	350m:	4:31.76	35.97
	100m:	1:07.00	35.69	200m:	2:30.76	41.18	300m:	3:55.79	42.81	400m:	5:05.12	33.36
2.				07 1	"	"				5:09.64	1	488
	50m:	32.26	32.26	150m:	1:50.00	39.57	250m:	3:14.05	43.77	350m:	4:34.91	36.06
	100m:	1:10.43	38.17	200m:	2:30.28	40.28	300m:	3:58.85	44.80	400m:	5:09.64	34.73
3.				07 2	"	"				5:11.72	2	478
	50m:	32.25	32.25	150m:	1:54.14	41.50	250m:	3:16.97	42.02	350m:	4:37.30	36.04
	100m:	1:12.64	40.39	200m:	2:34.95	40.81	300m:	4:01.26	44.29	400m:	5:11.72	34.42
4.				07 1	"	"				5:12.48	2	475
	50m:	30.13	30.13	150m:	1:47.94	41.59	250m:	3:13.74	45.72	350m:	4:36.62	36.11
	100m:	1:06.35	36.22	200m:	2:28.02	40.08	300m:	4:00.51	46.77	400m:	5:12.48	35.86
5.				07 1	"	"				5:13.89	2	468
	50m:	31.51	31.51	150m:	1:51.06	42.79	250m:	3:16.39	44.20	350m:	4:38.94	37.41
	100m:	1:08.27	36.76	200m:	2:32.19	41.13	300m:	4:01.53	45.14	400m:	5:13.89	34.95
6.				06 2	"	"				5:25.13	2	421
	50m:	31.70	31.70	150m:	1:53.97	41.25	250m:	3:26.28	51.08	350m:	4:51.82	35.91
	100m:	1:12.72	41.02	200m:	2:35.20	41.23	300m:	4:15.91	49.63	400m:	5:25.13	33.31
7.				07 2	"	"				5:36.81	2	379
	50m:	33.32	33.32	150m:	1:57.45	44.74	250m:	3:30.29	50.25	350m:	4:59.70	39.88
	100m:	1:12.71	39.39	200m:	2:40.04	42.59	300m:	4:19.82	49.53	400m:	5:36.81	37.11
8.				07 2	"	"				5:46.53	2	348
	50m:	34.71	34.71	150m:	2:01.07	43.59	250m:	3:34.88	49.02	350m:	5:05.67	39.78
	100m:	1:17.48	42.77	200m:	2:45.86	44.79	300m:	4:25.89	51.01	400m:	5:46.53	40.86
DSQ				07 2	"	"						
WDR				07 2	"	"						