

33 , 800m
 21.01.2022 - 16:21

			8:54.59							07.05.2010
			9:24.56							06.02.2019
	14 +: 8:28.12 /		12 +: 9:12.00 /			10 +: 9:46.00 /	I		9 +: 10:27.00 /	
II	9 +: 11:58.00 /		III	9 +: 13:31.00 /		I		9 +: 16:16.00 /		
II	9 +: 18:46.00 /		III	9 +: 21:16.00 /					9:25.25 /	
			15 - 17: 9:28.38							

: FINA 2021

FINA

1.			07	"	"				9:44.90		569	
	50m:	33.95	33.95	250m:	3:00.93	37.04	450m:	5:28.03	37.16	650m:	7:56.23	36.85
	100m:	1:10.42	36.47	300m:	3:37.31	36.38	500m:	6:05.07	37.04	700m:	8:33.47	37.24
	150m:	1:47.14	36.72	350m:	4:14.01	36.70	550m:	6:42.27	37.20	750m:	9:09.77	36.30
	200m:	2:23.89	36.75	400m:	4:50.87	36.86	600m:	7:19.38	37.11	800m:	9:44.90	35.13
2.			06							9:52.57	1	547
	50m:	33.62	33.62	250m:	3:01.08	36.99	450m:	5:31.68	37.75	650m:	8:02.70	37.43
	100m:	1:10.22	36.60	300m:	3:38.21	37.13	500m:	6:09.97	38.29	700m:	8:40.63	37.93
	150m:	1:46.94	36.72	350m:	4:15.82	37.61	550m:	6:47.60	37.63	750m:	9:16.96	36.33
	200m:	2:24.09	37.15	400m:	4:53.93	38.11	600m:	7:25.27	37.67	800m:	9:52.57	35.61
3.			06 1							9:58.58	1	531
	50m:	35.38	35.38	250m:	3:05.35	37.73	450m:	5:36.36	37.96	650m:	8:07.40	37.66
	100m:	1:12.38	37.00	300m:	3:42.75	37.40	500m:	6:14.11	37.75	700m:	8:45.07	37.67
	150m:	1:49.92	37.54	350m:	4:20.57	37.82	550m:	6:51.73	37.62	750m:	9:22.17	37.10
	200m:	2:27.62	37.70	400m:	4:58.40	37.83	600m:	7:29.74	38.01	800m:	9:58.58	36.41
4.			07	"	"					10:00.11	1	527
	50m:	33.08	33.08	250m:	3:03.07	37.98	450m:	5:36.16	38.43	650m:	8:10.69	38.27
	100m:	1:09.83	36.75	300m:	3:41.48	38.41	500m:	6:15.02	38.86	700m:	8:49.01	38.32
	150m:	1:47.05	37.22	350m:	4:19.59	38.11	550m:	6:53.42	38.40	750m:	9:26.08	37.07
	200m:	2:25.09	38.04	400m:	4:57.73	38.14	600m:	7:32.42	39.00	800m:	10:00.11	34.03
5.			08 1	"	"					10:14.49	1	491
	50m:	35.66	35.66	250m:	3:09.78	39.48	450m:	5:46.77	39.43	650m:	8:22.78	39.06
	100m:	1:13.28	37.62	300m:	3:48.57	38.79	500m:	6:25.39	38.62	700m:	9:00.73	37.95
	150m:	1:51.85	38.57	350m:	4:28.26	39.69	550m:	7:04.41	39.02	750m:	9:38.70	37.97
	200m:	2:30.30	38.45	400m:	5:07.34	39.08	600m:	7:43.72	39.31	800m:	10:14.49	35.79
6.			08 1	"	"					10:19.81	1	478
	50m:	34.60	34.60	250m:	3:09.61	38.98	450m:	5:47.04	38.92	650m:	8:25.23	38.80
	100m:	1:12.86	38.26	300m:	3:49.17	39.56	500m:	6:27.13	40.09	700m:	9:04.91	39.68
	150m:	1:51.27	38.41	350m:	4:28.15	38.98	550m:	7:06.31	39.18	750m:	9:43.06	38.15
	200m:	2:30.63	39.36	400m:	5:08.12	39.97	600m:	7:46.43	40.12	800m:	10:19.81	36.75
7.			08 1	"	"					10:21.14	1	475
	50m:	34.49	34.49	250m:	3:10.58	38.94	450m:	5:47.40	38.93	650m:	8:25.46	38.74
	100m:	1:13.60	39.11	300m:	3:49.68	39.10	500m:	6:27.53	40.13	700m:	9:05.07	39.61
	150m:	1:52.36	38.76	350m:	4:28.76	39.08	550m:	7:07.03	39.50	750m:	9:43.10	38.03
	200m:	2:31.64	39.28	400m:	5:08.47	39.71	600m:	7:46.72	39.69	800m:	10:21.14	38.04
8.			06	"	"					10:30.24	2	455
	100m:	1:12.75	1:12.75	300m:	3:51.67	1:19.83	500m:	6:30.84	1:18.87	700m:	9:12.15	1:20.38
	200m:	2:31.84	1:19.09	400m:	5:11.97	1:20.30	600m:	7:51.77	1:20.93	800m:	10:30.24	1:18.09
9.			05	"	"					10:32.14	2	451
	100m:	1:15.59	1:15.59	300m:	3:56.12	1:20.44	500m:	6:36.65	1:20.28	700m:	9:16.97	1:20.39
	200m:	2:35.68	1:20.09	400m:	5:16.37	1:20.25	600m:	7:56.58	1:19.93	800m:	10:32.14	1:15.17
10.			09 1							10:33.66	2	447
	100m:	1:15.62	1:15.62	300m:	3:56.41	1:21.23	500m:	6:36.33	1:20.69	700m:	9:16.16	1:19.30
	200m:	2:35.18	1:19.56	400m:	5:15.64	1:19.23	600m:	7:56.86	1:20.53	800m:	10:33.66	1:17.50

33, , 800m

FINA

11.			09 1	"	"				10:40.29	2	434	
	50m:	35.40	35.40	250m:	3:18.50	40.54	450m:	6:01.46	40.39	650m:	8:44.21	39.91
	100m:	1:16.06	40.66	300m:	3:59.13	40.63	500m:	6:42.32	40.86	700m:	9:24.73	40.52
	150m:	1:57.09	41.03	350m:	4:40.33	41.20	550m:	7:23.40	41.08	750m:	10:02.84	38.11
	200m:	2:37.96	40.87	400m:	5:21.07	40.74	600m:	8:04.30	40.90	800m:	10:40.29	37.45
12.			09 1						10:40.58	2	433	
	100m:	1:12.92	1:12.92	300m:	3:51.82	1:19.67	500m:	6:35.23	1:22.36	700m:	9:19.30	1:22.94
	200m:	2:32.15	1:19.23	400m:	5:12.87	1:21.05	600m:	7:56.36	1:21.13	800m:	10:40.58	1:21.28
13.			09 2	"	"				10:52.86	2	409	
	50m:	36.14	36.14	250m:	3:20.40	41.75	450m:	6:06.39	41.30	650m:	8:52.00	41.37
	100m:	1:15.84	39.70	300m:	4:01.97	41.57	500m:	6:47.66	41.27	700m:	9:33.17	41.17
	150m:	1:57.08	41.24	350m:	4:44.07	42.10	550m:	7:29.24	41.58	750m:	10:13.19	40.02
	200m:	2:38.65	41.57	400m:	5:25.09	41.02	600m:	8:10.63	41.39	800m:	10:52.86	39.67
14.			09 2	"	"				11:06.87	2	384	
	50m:	38.15	38.15	250m:	3:26.39	42.43	450m:	6:15.29	41.87	650m:	9:03.17	41.69
	100m:	1:19.70	41.55	300m:	4:08.90	42.51	500m:	6:57.44	42.15	700m:	9:44.89	41.72
	150m:	2:01.61	41.91	350m:	4:51.84	42.94	550m:	7:39.72	42.28	750m:	10:26.18	41.29
	200m:	2:43.96	42.35	400m:	5:33.42	41.58	600m:	8:21.48	41.76	800m:	11:06.87	40.69
15.			09 2	"	"				11:08.90	2	380	
	100m:	1:20.50	1:20.50	300m:	4:09.65	1:24.37	500m:	6:59.50	1:25.22	700m:	9:49.47	1:24.73
	200m:	2:45.28	1:24.78	400m:	5:34.28	1:24.63	600m:	8:24.74	1:25.24	800m:	11:08.90	1:19.43
16.			08 2	"	"				11:19.48	2	363	
	50m:	35.88	35.88	250m:	3:23.01	42.37	450m:	6:18.52	43.97	650m:	9:13.04	42.85
	100m:	1:15.95	40.07	300m:	4:06.94	43.93	500m:	7:02.61	44.09	700m:	9:56.61	43.57
	150m:	1:57.92	41.97	350m:	4:51.02	44.08	550m:	7:46.59	43.98	750m:	10:39.24	42.63
	200m:	2:40.64	42.72	400m:	5:34.55	43.53	600m:	8:30.19	43.60	800m:	11:19.48	40.24
17.			09 2	"	"				11:19.80	2	362	
	100m:	1:18.37	1:18.37	300m:	4:07.57	1:24.99	500m:	6:59.56	1:26.25	700m:	9:55.26	1:28.15
	200m:	2:42.58	1:24.21	400m:	5:33.31	1:25.74	600m:	8:27.11	1:27.55	800m:	11:19.80	1:24.54
18.			09 2	"	"				11:28.19	2	349	
	100m:	1:21.12	1:21.12	300m:	4:13.21	1:26.41	500m:	7:10.28	1:28.80	700m:	10:06.13	1:27.70
	200m:	2:46.80	1:25.68	400m:	5:41.48	1:28.27	600m:	8:38.43	1:28.15	800m:	11:28.19	1:22.06
19.			05 1	"	"				11:28.91	2	348	
	50m:	38.24	38.24	250m:	3:27.16	43.09	450m:	7:05.61	44.20	650m:	10:02.36	44.11
	100m:	1:19.64	41.40	300m:	4:10.47	43.31	500m:	7:49.73	44.12	700m:	10:46.29	43.93
	150m:	2:01.89	42.25	350m:	4:54.06	43.59	550m:	8:34.33	44.60	750m:	11:28.91	42.62
	200m:	2:44.07	42.18	400m:	6:21.41	1:27.35	600m:	9:18.25	43.92	800m:	11:28.91	
20.			09 3	"	"				12:46.93	3	252	
	100m:	1:26.07	1:26.07	300m:	4:40.22	1:38.19	500m:	7:57.66	1:38.93	700m:	11:13.58	1:37.57
	200m:	3:02.03	1:35.96	400m:	6:18.73	1:38.51	600m:	9:36.01	1:38.35	800m:	12:46.93	1:33.35

" " (l « ») " , 50
 , 20-21 2022 .

33, , 800m

(15-17)

1.				07	"	"			9:44.90		569	
	50m:	33.95	33.95	250m:	3:00.93	37.04	450m:	5:28.03	37.16	650m:	7:56.23	36.85
	100m:	1:10.42	36.47	300m:	3:37.31	36.38	500m:	6:05.07	37.04	700m:	8:33.47	37.24
	150m:	1:47.14	36.72	350m:	4:14.01	36.70	550m:	6:42.27	37.20	750m:	9:09.77	36.30
	200m:	2:23.89	36.75	400m:	4:50.87	36.86	600m:	7:19.38	37.11	800m:	9:44.90	35.13
2.				06						9:52.57	1	547
	50m:	33.62	33.62	250m:	3:01.08	36.99	450m:	5:31.68	37.75	650m:	8:02.70	37.43
	100m:	1:10.22	36.60	300m:	3:38.21	37.13	500m:	6:09.97	38.29	700m:	8:40.63	37.93
	150m:	1:46.94	36.72	350m:	4:15.82	37.61	550m:	6:47.60	37.63	750m:	9:16.96	36.33
	200m:	2:24.09	37.15	400m:	4:53.93	38.11	600m:	7:25.27	37.67	800m:	9:52.57	35.61
3.				06 1						9:58.58	1	531
	50m:	35.38	35.38	250m:	3:05.35	37.73	450m:	5:36.36	37.96	650m:	8:07.40	37.66
	100m:	1:12.38	37.00	300m:	3:42.75	37.40	500m:	6:14.11	37.75	700m:	8:45.07	37.67
	150m:	1:49.92	37.54	350m:	4:20.57	37.82	550m:	6:51.73	37.62	750m:	9:22.17	37.10
	200m:	2:27.62	37.70	400m:	4:58.40	37.83	600m:	7:29.74	38.01	800m:	9:58.58	36.41
4.				07	"	"				10:00.11	1	527
	50m:	33.08	33.08	250m:	3:03.07	37.98	450m:	5:36.16	38.43	650m:	8:10.69	38.27
	100m:	1:09.83	36.75	300m:	3:41.48	38.41	500m:	6:15.02	38.86	700m:	8:49.01	38.32
	150m:	1:47.05	37.22	350m:	4:19.59	38.11	550m:	6:53.42	38.40	750m:	9:26.08	37.07
	200m:	2:25.09	38.04	400m:	4:57.73	38.14	600m:	7:32.42	39.00	800m:	10:00.11	34.03
5.				06	"	"				10:30.24	2	455
	100m:	1:12.75	1:12.75	300m:	3:51.67	1:19.83	500m:	6:30.84	1:18.87	700m:	9:12.15	1:20.38
	200m:	2:31.84	1:19.09	400m:	5:11.97	1:20.30	600m:	7:51.77	1:20.93	800m:	10:30.24	1:18.09
6.				05	"	"				10:32.14	2	451
	100m:	1:15.59	1:15.59	300m:	3:56.12	1:20.44	500m:	6:36.65	1:20.28	700m:	9:16.97	1:20.39
	200m:	2:35.68	1:20.09	400m:	5:16.37	1:20.25	600m:	7:56.58	1:19.93	800m:	10:32.14	1:15.17
7.				05 1	"	"				11:28.91	2	348
	50m:	38.24	38.24	250m:	3:27.16	43.09	450m:	7:05.61	44.20	650m:	10:02.36	44.11
	100m:	1:19.64	41.40	300m:	4:10.47	43.31	500m:	7:49.73	44.12	700m:	10:46.29	43.93
	150m:	2:01.89	42.25	350m:	4:54.06	43.59	550m:	8:34.33	44.60	750m:	11:28.91	42.62
	200m:	2:44.07	42.18	400m:	6:21.41	1:27.35	600m:	9:18.25	43.92	800m:	11:28.91	

33, , 800m

(13-14)

1.				08 1	"	"			10:14.49	1	491	
	50m:	35.66	35.66	250m:	3:09.78	39.48	450m:	5:46.77	39.43	650m:	8:22.78	39.06
	100m:	1:13.28	37.62	300m:	3:48.57	38.79	500m:	6:25.39	38.62	700m:	9:00.73	37.95
	150m:	1:51.85	38.57	350m:	4:28.26	39.69	550m:	7:04.41	39.02	750m:	9:38.70	37.97
	200m:	2:30.30	38.45	400m:	5:07.34	39.08	600m:	7:43.72	39.31	800m:	10:14.49	35.79
2.				08 1	"	"			10:19.81	1	478	
	50m:	34.60	34.60	250m:	3:09.61	38.98	450m:	5:47.04	38.92	650m:	8:25.23	38.80
	100m:	1:12.86	38.26	300m:	3:49.17	39.56	500m:	6:27.13	40.09	700m:	9:04.91	39.68
	150m:	1:51.27	38.41	350m:	4:28.15	38.98	550m:	7:06.31	39.18	750m:	9:43.06	38.15
	200m:	2:30.63	39.36	400m:	5:08.12	39.97	600m:	7:46.43	40.12	800m:	10:19.81	36.75
3.				08 1	"	"			10:21.14	1	475	
	50m:	34.49	34.49	250m:	3:10.58	38.94	450m:	5:47.40	38.93	650m:	8:25.46	38.74
	100m:	1:13.60	39.11	300m:	3:49.68	39.10	500m:	6:27.53	40.13	700m:	9:05.07	39.61
	150m:	1:52.36	38.76	350m:	4:28.76	39.08	550m:	7:07.03	39.50	750m:	9:43.10	38.03
	200m:	2:31.64	39.28	400m:	5:08.47	39.71	600m:	7:46.72	39.69	800m:	10:21.14	38.04
4.				09 1					10:33.66	2	447	
	100m:	1:15.62	1:15.62	300m:	3:56.41	1:21.23	500m:	6:36.33	1:20.69	700m:	9:16.16	1:19.30
	200m:	2:35.18	1:19.56	400m:	5:15.64	1:19.23	600m:	7:56.86	1:20.53	800m:	10:33.66	1:17.50
5.				09 1	"	"			10:40.29	2	434	
	50m:	35.40	35.40	250m:	3:18.50	40.54	450m:	6:01.46	40.39	650m:	8:44.21	39.91
	100m:	1:16.06	40.66	300m:	3:59.13	40.63	500m:	6:42.32	40.86	700m:	9:24.73	40.52
	150m:	1:57.09	41.03	350m:	4:40.33	41.20	550m:	7:23.40	41.08	750m:	10:02.84	38.11
	200m:	2:37.96	40.87	400m:	5:21.07	40.74	600m:	8:04.30	40.90	800m:	10:40.29	37.45
6.				09 1					10:40.58	2	433	
	100m:	1:12.92	1:12.92	300m:	3:51.82	1:19.67	500m:	6:35.23	1:22.36	700m:	9:19.30	1:22.94
	200m:	2:32.15	1:19.23	400m:	5:12.87	1:21.05	600m:	7:56.36	1:21.13	800m:	10:40.58	1:21.28
7.				09 2	"	"			10:52.86	2	409	
	50m:	36.14	36.14	250m:	3:20.40	41.75	450m:	6:06.39	41.30	650m:	8:52.00	41.37
	100m:	1:15.84	39.70	300m:	4:01.97	41.57	500m:	6:47.66	41.27	700m:	9:33.17	41.17
	150m:	1:57.08	41.24	350m:	4:44.07	42.10	550m:	7:29.24	41.58	750m:	10:13.19	40.02
	200m:	2:38.65	41.57	400m:	5:25.09	41.02	600m:	8:10.63	41.39	800m:	10:52.86	39.67
8.				09 2	"	"			11:06.87	2	384	
	50m:	38.15	38.15	250m:	3:26.39	42.43	450m:	6:15.29	41.87	650m:	9:03.17	41.69
	100m:	1:19.70	41.55	300m:	4:08.90	42.51	500m:	6:57.44	42.15	700m:	9:44.89	41.72
	150m:	2:01.61	41.91	350m:	4:51.84	42.94	550m:	7:39.72	42.28	750m:	10:26.18	41.29
	200m:	2:43.96	42.35	400m:	5:33.42	41.58	600m:	8:21.48	41.76	800m:	11:06.87	40.69
9.				09 2	"	"			11:08.90	2	380	
	100m:	1:20.50	1:20.50	300m:	4:09.65	1:24.37	500m:	6:59.50	1:25.22	700m:	9:49.47	1:24.73
	200m:	2:45.28	1:24.78	400m:	5:34.28	1:24.63	600m:	8:24.74	1:25.24	800m:	11:08.90	1:19.43
10.				08 2	"	"			11:19.48	2	363	
	50m:	35.88	35.88	250m:	3:23.01	42.37	450m:	6:18.52	43.97	650m:	9:13.04	42.85
	100m:	1:15.95	40.07	300m:	4:06.94	43.93	500m:	7:02.61	44.09	700m:	9:56.61	43.57
	150m:	1:57.92	41.97	350m:	4:51.02	44.08	550m:	7:46.59	43.98	750m:	10:39.24	42.63
	200m:	2:40.64	42.72	400m:	5:34.55	43.53	600m:	8:30.19	43.60	800m:	11:19.48	40.24
11.				09 2	"	"			11:19.80	2	362	
	100m:	1:18.37	1:18.37	300m:	4:07.57	1:24.99	500m:	6:59.56	1:26.25	700m:	9:55.26	1:28.15
	200m:	2:42.58	1:24.21	400m:	5:33.31	1:25.74	600m:	8:27.11	1:27.55	800m:	11:19.80	1:24.54
12.				09 2	"	"			11:28.19	2	349	
	100m:	1:21.12	1:21.12	300m:	4:13.21	1:26.41	500m:	7:10.28	1:28.80	700m:	10:06.13	1:27.70
	200m:	2:46.80	1:25.68	400m:	5:41.48	1:28.27	600m:	8:38.43	1:28.15	800m:	11:28.19	1:22.06
13.				09 3	"	"			12:46.93	3	252	
	100m:	1:26.07	1:26.07	300m:	4:40.22	1:38.19	500m:	7:57.66	1:38.93	700m:	11:13.58	1:37.57
	200m:	3:02.03	1:35.96	400m:	6:18.73	1:38.51	600m:	9:36.01	1:38.35	800m:	12:46.93	1:33.35