

9 , 400m
20.01.2022 - 14:14

		4:17.88								10.05.2011
		4:30.67								16.05.2019
	14 +: 4:07.26 /		12 +: 4:29.00 /		10 +: 4:44.00 /	I		9 +: 5:02.00 /		
II	9 +: 5:43.00 /		III	9 +: 6:27.00 /		I		9 +: 7:38.00 /		
II	9 +: 8:49.00 /		III	9 +: 10:00.00 /					4:32.44 /	
		15 - 17: 4:34.86								

: FINA 2021

										FINA		
1.			07	"	"				4:45.24	1	569	
	50m:	31.26	31.26	150m:	1:42.98	36.39	250m:	2:57.36	36.83	350m:	4:10.77	36.61
	100m:	1:06.59	35.33	200m:	2:20.53	37.55	300m:	3:34.16	36.80	400m:	4:45.24	34.47
2.			07	"	"				4:49.57	1	544	
	50m:	32.94	32.94	150m:	1:45.26	36.45	250m:	2:59.55	37.40	350m:	4:13.61	37.17
	100m:	1:08.81	35.87	200m:	2:22.15	36.89	300m:	3:36.44	36.89	400m:	4:49.57	35.96
3.			02						4:51.69	1	532	
	50m:	32.47	32.47	150m:	1:45.20	36.95	250m:	3:00.05	37.66	350m:	4:14.98	37.71
	100m:	1:08.25	35.78	200m:	2:22.39	37.19	300m:	3:37.27	37.22	400m:	4:51.69	36.71
4.			09 1	"	"				4:54.89	1	515	
	50m:	33.23	33.23	150m:	1:46.88	37.18	250m:	3:02.38	37.49	350m:	4:17.84	37.52
	100m:	1:09.70	36.47	200m:	2:24.89	38.01	300m:	3:40.32	37.94	400m:	4:54.89	37.05
5.			07 1						4:55.48	1	512	
	50m:	34.24	34.24	150m:	1:49.98	38.32	250m:	3:05.90	38.05	350m:	4:21.28	37.37
	100m:	1:11.66	37.42	200m:	2:27.85	37.87	300m:	3:43.91	38.01	400m:	4:55.48	34.20
6.			08	"	"				4:56.07	1	509	
	50m:	32.42	32.42	150m:	1:47.50	37.99	250m:	3:04.39	38.32	350m:	4:21.19	37.94
	100m:	1:09.51	37.09	200m:	2:26.07	38.57	300m:	3:43.25	38.86	400m:	4:56.07	34.88
7.			06	"	"				4:56.34	1	508	
	50m:	32.88	32.88	150m:	1:46.98	37.82	250m:	3:03.61	38.57	350m:	4:20.77	38.09
	100m:	1:09.16	36.28	200m:	2:25.04	38.06	300m:	3:42.68	39.07	400m:	4:56.34	35.57
8.			07 1	"	"				4:57.11	1	504	
	50m:	34.28	34.28	150m:	1:49.71	37.93	250m:	3:06.17	37.88	350m:	4:21.16	36.58
	100m:	1:11.78	37.50	200m:	2:28.29	38.58	300m:	3:44.58	38.41	400m:	4:57.11	35.95
9.			07 1	"	"				4:57.18	1	503	
	50m:	34.77	34.77	150m:	1:51.77	38.46	250m:	3:07.14	36.23	350m:	4:21.09	36.83
	100m:	1:13.31	38.54	200m:	2:30.91	39.14	300m:	3:44.26	37.12	400m:	4:57.18	36.09
10.			08 1	"	"				5:00.85	1	485	
	50m:	33.44	33.44	150m:	1:48.48	38.25	250m:	3:05.90	38.77	350m:	4:23.15	38.56
	100m:	1:10.23	36.79	200m:	2:27.13	38.65	300m:	3:44.59	38.69	400m:	5:00.85	37.70
11.			05	"	"				5:02.65	2	476	
	50m:	33.01	33.01	150m:	1:48.87	38.22	250m:	3:06.73	39.06	350m:	4:24.99	39.31
	100m:	1:10.65	37.64	200m:	2:27.67	38.80	300m:	3:45.68	38.95	400m:	5:02.65	37.66
12.			08 1	"	"				5:03.28	2	473	
	50m:	33.68	33.68	150m:	1:50.01	38.54	250m:	3:08.54	39.55	350m:	4:26.45	39.01
	100m:	1:11.47	37.79	200m:	2:28.99	38.98	300m:	3:47.44	38.90	400m:	5:03.28	36.83
13.			08	"	"				5:05.58	2	463	
	50m:	35.12	35.12	150m:	1:53.01	39.15	250m:	3:11.22	38.32	350m:	4:28.30	38.37
	100m:	1:13.86	38.74	200m:	2:32.90	39.89	300m:	3:49.93	38.71	400m:	5:05.58	37.28

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14.			09 2	"	"					5:15.33	2	421
	50m:	35.85	35.85	150m:	1:57.62	41.13	250m:	3:18.22	40.07	350m:	4:39.07	39.68
	100m:	1:16.49	40.64	200m:	2:38.15	40.53	300m:	3:59.39	41.17	400m:	5:15.33	36.26
15.			09 2	"	"					5:15.95	2	419
	50m:	34.16	34.16	150m:	1:53.61	40.76	250m:	3:14.94	40.83	350m:	4:37.07	40.39
	100m:	1:12.85	38.69	200m:	2:34.11	40.50	300m:	3:56.68	41.74	400m:	5:15.95	38.88
16.			08 1	"	"					5:16.05	2	418
	50m:	34.03	34.03	150m:	1:51.28	39.36	250m:	3:12.40	41.28	350m:	4:35.31	41.35
	100m:	1:11.92	37.89	200m:	2:31.12	39.84	300m:	3:53.96	41.56	400m:	5:16.05	40.74
17.			09 2	"	"					5:17.04	2	414
	50m:	35.70	35.70	150m:	2:35.47	1:20.85	250m:	3:56.85	40.51	350m:	5:17.04	39.27
	100m:	1:14.62	38.92	200m:	3:16.34	40.87	300m:	4:37.77	40.92	400m:	5:17.04	
18.			08 1	-1						5:17.24	2	414
	50m:	33.90	33.90	150m:	1:54.80	41.72	250m:	3:16.52	40.55	350m:	4:38.96	41.32
	100m:	1:13.08	39.18	200m:	2:35.97	41.17	300m:	3:57.64	41.12	400m:	5:17.24	38.28
19.			09 1	"	"					5:19.40	2	405
	50m:	36.21	36.21	150m:	1:58.28	41.85	250m:	3:21.52	41.97	350m:	4:42.11	39.68
	100m:	1:16.43	40.22	200m:	2:39.55	41.27	300m:	4:02.43	40.91	400m:	5:19.40	37.29
20.			09 2	"	"					5:21.05	2	399
	50m:	36.53	36.53	150m:	1:57.94	41.38	350m:	4:42.16	1:21.90			
	100m:	1:16.56	40.03	250m:	3:20.26	1:22.32	400m:	5:21.05	38.89			
21.			09 2	"	"					5:21.92	2	396
	50m:	36.37	36.37	150m:	2:00.13	42.79	250m:	3:24.45	42.56	350m:	4:45.50	38.69
	100m:	1:17.34	40.97	200m:	2:41.89	41.76	300m:	4:06.81	42.36	400m:	5:21.92	36.42
22.			09 2	"	"					5:23.15	2	391
	50m:	35.93	35.93	150m:	1:57.50	41.44	250m:	3:21.12	41.87	350m:	4:45.23	40.49
	100m:	1:16.06	40.13	200m:	2:39.25	41.75	300m:	4:04.74	43.62	400m:	5:23.15	37.92
23.			07 2	"	"					5:24.88	2	385
	50m:	34.86	34.86	150m:	1:57.01	41.97	250m:	3:21.50	42.30	350m:	4:45.82	41.64
	100m:	1:15.04	40.18	200m:	2:39.20	42.19	300m:	4:04.18	42.68	400m:	5:24.88	39.06
24.			06 2	"	"					5:26.39	2	380
	50m:	37.34	37.34	150m:	2:00.99	42.12	250m:	3:24.32	41.81	350m:	4:47.72	41.65
	100m:	1:18.87	41.53	200m:	2:42.51	41.52	300m:	4:06.07	41.75	400m:	5:26.39	38.67
25.			09 2	"	"					5:26.57	2	379
	50m:	36.45	36.45	150m:	1:57.78	41.25	250m:	3:21.95	42.25	350m:	4:46.38	41.97
	100m:	1:16.53	40.08	200m:	2:39.70	41.92	300m:	4:04.41	42.46	400m:	5:26.57	40.19
26.			06	"	"					5:27.59	2	376
	50m:	36.83	36.83	150m:	1:59.11	41.75	250m:	3:23.70	42.94	350m:	4:47.95	42.53
	100m:	1:17.36	40.53	200m:	2:40.76	41.65	300m:	4:05.42	41.72	400m:	5:27.59	39.64
27.			09 2	"	"					5:28.22	2	373
	50m:	36.70	36.70	150m:	2:00.28	42.05	250m:	3:24.99	42.19	350m:	4:49.31	42.16
	100m:	1:18.23	41.53	200m:	2:42.80	42.52	300m:	4:07.15	42.16	400m:	5:28.22	38.91
28.			09 2	"	"					5:31.17	2	364
	50m:	35.27	35.27	150m:	1:57.07	41.35	250m:	3:22.89	43.07	350m:	4:50.47	43.20
	100m:	1:15.72	40.45	200m:	2:39.82	42.75	300m:	4:07.27	44.38	400m:	5:31.17	40.70
29.			08 1	"	"					5:31.56	2	362
	50m:	37.52	37.52	150m:	2:01.35	42.50	250m:	3:26.45	42.87	400m:	5:31.56	40.76
	100m:	1:18.85	41.33	200m:	2:43.58	42.23	350m:	4:50.80	1:24.35			

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30.			09 2	" "					5:36.03	2	348	
	50m:	37.12	37.12	150m:	2:02.40	42.73	250m:	3:29.39	42.66	350m:	4:55.78	42.62
	100m:	1:19.67	42.55	200m:	2:46.73	44.33	300m:	4:13.16	43.77	400m:	5:36.03	40.25
31.			05 2	-1						5:36.74	2	346
	50m:	36.60	36.60	150m:	1:58.83	42.03	250m:	3:26.00	43.76	350m:	4:54.53	43.60
	100m:	1:16.80	40.20	200m:	2:42.24	43.41	300m:	4:10.93	44.93	400m:	5:36.74	42.21
32.			09 2	" "						5:37.02	2	345
	50m:	36.80	36.80	150m:	2:00.85	43.00	250m:	3:28.29	44.21	350m:	4:55.37	43.77
	100m:	1:17.85	41.05	200m:	2:44.08	43.23	300m:	4:11.60	43.31	400m:	5:37.02	41.65
33.			05 2	-1						5:37.18	2	344
	50m:	36.21	36.21	150m:	1:57.68	41.22	250m:	3:24.97	44.02	350m:	4:54.41	45.32
	100m:	1:16.46	40.25	200m:	2:40.95	43.27	300m:	4:09.09	44.12	400m:	5:37.18	42.77
34.			09 2	" "						5:40.98	2	333
	50m:	38.17	38.17	150m:	2:05.92	44.08	250m:	3:32.99	43.25	350m:	5:00.28	43.37
	100m:	1:21.84	43.67	200m:	2:49.74	43.82	300m:	4:16.91	43.92	400m:	5:40.98	40.70
35.			04 2	" "						5:46.96	3	316
	50m:	36.64	36.64	150m:	2:00.83	43.18	250m:	3:30.35	44.89	350m:	5:02.16	45.97
	100m:	1:17.65	41.01	200m:	2:45.46	44.63	300m:	4:16.19	45.84	400m:	5:46.96	44.80
36.			09 2	" "						5:58.45	3	287
	50m:	39.62	39.62	150m:	2:10.78	46.34	250m:	3:44.09	47.00	350m:	5:16.90	45.24
	100m:	1:24.44	44.82	200m:	2:57.09	46.31	300m:	4:31.66	47.57	400m:	5:58.45	41.55
37.			09 2	" "						6:37.40	1	210
	50m:	42.21	42.21	150m:	2:23.44	51.69	250m:	4:07.38	52.00	350m:	5:48.78	50.30
	100m:	1:31.75	49.54	200m:	3:15.38	51.94	300m:	4:58.48	51.10	400m:	6:37.40	48.62

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1.			07	"	"				4:45.24	1	569	
	50m:	31.26	31.26	150m:	1:42.98	36.39	250m:	2:57.36	36.83	350m:	4:10.77	36.61
	100m:	1:06.59	35.33	200m:	2:20.53	37.55	300m:	3:34.16	36.80	400m:	4:45.24	34.47
2.			07	"	"				4:49.57	1	544	
	50m:	32.94	32.94	150m:	1:45.26	36.45	250m:	2:59.55	37.40	350m:	4:13.61	37.17
	100m:	1:08.81	35.87	200m:	2:22.15	36.89	300m:	3:36.44	36.89	400m:	4:49.57	35.96
3.			07 1	"	"				4:55.48	1	512	
	50m:	34.24	34.24	150m:	1:49.98	38.32	250m:	3:05.90	38.05	350m:	4:21.28	37.37
	100m:	1:11.66	37.42	200m:	2:27.85	37.87	300m:	3:43.91	38.01	400m:	4:55.48	34.20
4.			06	"	"				4:56.34	1	508	
	50m:	32.88	32.88	150m:	1:46.98	37.82	250m:	3:03.61	38.57	350m:	4:20.77	38.09
	100m:	1:09.16	36.28	200m:	2:25.04	38.06	300m:	3:42.68	39.07	400m:	4:56.34	35.57
5.			07 1	"	"				4:57.11	1	504	
	50m:	34.28	34.28	150m:	1:49.71	37.93	250m:	3:06.17	37.88	350m:	4:21.16	36.58
	100m:	1:11.78	37.50	200m:	2:28.29	38.58	300m:	3:44.58	38.41	400m:	4:57.11	35.95
6.			07 1	"	"				4:57.18	1	503	
	50m:	34.77	34.77	150m:	1:51.77	38.46	250m:	3:07.14	36.23	350m:	4:21.09	36.83
	100m:	1:13.31	38.54	200m:	2:30.91	39.14	300m:	3:44.26	37.12	400m:	4:57.18	36.09
7.			05	"	"				5:02.65	2	476	
	50m:	33.01	33.01	150m:	1:48.87	38.22	250m:	3:06.73	39.06	350m:	4:24.99	39.31
	100m:	1:10.65	37.64	200m:	2:27.67	38.80	300m:	3:45.68	38.95	400m:	5:02.65	37.66
8.			07 2	"	"				5:24.88	2	385	
	50m:	34.86	34.86	150m:	1:57.01	41.97	250m:	3:21.50	42.30	350m:	4:45.82	41.64
	100m:	1:15.04	40.18	200m:	2:39.20	42.19	300m:	4:04.18	42.68	400m:	5:24.88	39.06
9.			06 2	"	"				5:26.39	2	380	
	50m:	37.34	37.34	150m:	2:00.99	42.12	250m:	3:24.32	41.81	350m:	4:47.72	41.65
	100m:	1:18.87	41.53	200m:	2:42.51	41.52	300m:	4:06.07	41.75	400m:	5:26.39	38.67
10.			06	"	"				5:27.59	2	376	
	50m:	36.83	36.83	150m:	1:59.11	41.75	250m:	3:23.70	42.94	350m:	4:47.95	42.53
	100m:	1:17.36	40.53	200m:	2:40.76	41.65	300m:	4:05.42	41.72	400m:	5:27.59	39.64
11.			05 2	-1					5:36.74	2	346	
	50m:	36.60	36.60	150m:	1:58.83	42.03	250m:	3:26.00	43.76	350m:	4:54.53	43.60
	100m:	1:16.80	40.20	200m:	2:42.24	43.41	300m:	4:10.93	44.93	400m:	5:36.74	42.21
12.			05 2	-1					5:37.18	2	344	
	50m:	36.21	36.21	150m:	1:57.68	41.22	250m:	3:24.97	44.02	350m:	4:54.41	45.32
	100m:	1:16.46	40.25	200m:	2:40.95	43.27	300m:	4:09.09	44.12	400m:	5:37.18	42.77

9, , 400m

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1.				09 1	"	"			4:54.89	1	515	
	50m:	33.23	33.23	150m:	1:46.88	37.18	250m:	3:02.38	37.49	350m:	4:17.84	37.52
	100m:	1:09.70	36.47	200m:	2:24.89	38.01	300m:	3:40.32	37.94	400m:	4:54.89	37.05
2.				08	"	"			4:56.07	1	509	
	50m:	32.42	32.42	150m:	1:47.50	37.99	250m:	3:04.39	38.32	350m:	4:21.19	37.94
	100m:	1:09.51	37.09	200m:	2:26.07	38.57	300m:	3:43.25	38.86	400m:	4:56.07	34.88
3.				08 1	"	"			5:00.85	1	485	
	50m:	33.44	33.44	150m:	1:48.48	38.25	250m:	3:05.90	38.77	350m:	4:23.15	38.56
	100m:	1:10.23	36.79	200m:	2:27.13	38.65	300m:	3:44.59	38.69	400m:	5:00.85	37.70
4.				08 1	"	"			5:03.28	2	473	
	50m:	33.68	33.68	150m:	1:50.01	38.54	250m:	3:08.54	39.55	350m:	4:26.45	39.01
	100m:	1:11.47	37.79	200m:	2:28.99	38.98	300m:	3:47.44	38.90	400m:	5:03.28	36.83
5.				08	"	"			5:05.58	2	463	
	50m:	35.12	35.12	150m:	1:53.01	39.15	250m:	3:11.22	38.32	350m:	4:28.30	38.37
	100m:	1:13.86	38.74	200m:	2:32.90	39.89	300m:	3:49.93	38.71	400m:	5:05.58	37.28
6.				09 2	"	"			5:15.33	2	421	
	50m:	35.85	35.85	150m:	1:57.62	41.13	250m:	3:18.22	40.07	350m:	4:39.07	39.68
	100m:	1:16.49	40.64	200m:	2:38.15	40.53	300m:	3:59.39	41.17	400m:	5:15.33	36.26
7.				09 2	"	"			5:15.95	2	419	
	50m:	34.16	34.16	150m:	1:53.61	40.76	250m:	3:14.94	40.83	350m:	4:37.07	40.39
	100m:	1:12.85	38.69	200m:	2:34.11	40.50	300m:	3:56.68	41.74	400m:	5:15.95	38.88
8.				08 1	"	"			5:16.05	2	418	
	50m:	34.03	34.03	150m:	1:51.28	39.36	250m:	3:12.40	41.28	350m:	4:35.31	41.35
	100m:	1:11.92	37.89	200m:	2:31.12	39.84	300m:	3:53.96	41.56	400m:	5:16.05	40.74
9.				09 2	"	"			5:17.04	2	414	
	50m:	35.70	35.70	150m:	2:35.47	1:20.85	250m:	3:56.85	40.51	350m:	5:17.04	39.27
	100m:	1:14.62	38.92	200m:	3:16.34	40.87	300m:	4:37.77	40.92	400m:	5:17.04	
10.				08 1	-1	"			5:17.24	2	414	
	50m:	33.90	33.90	150m:	1:54.80	41.72	250m:	3:16.52	40.55	350m:	4:38.96	41.32
	100m:	1:13.08	39.18	200m:	2:35.97	41.17	300m:	3:57.64	41.12	400m:	5:17.24	38.28
11.				09 1	"	"			5:19.40	2	405	
	50m:	36.21	36.21	150m:	1:58.28	41.85	250m:	3:21.52	41.97	350m:	4:42.11	39.68
	100m:	1:16.43	40.22	200m:	2:39.55	41.27	300m:	4:02.43	40.91	400m:	5:19.40	37.29
12.				09 2	"	"			5:21.05	2	399	
	50m:	36.53	36.53	150m:	1:57.94	41.38	350m:	4:42.16	1:21.90			
	100m:	1:16.56	40.03	250m:	3:20.26	1:22.32	400m:	5:21.05	38.89			
13.				09 2	"	"			5:21.92	2	396	
	50m:	36.37	36.37	150m:	2:00.13	42.79	250m:	3:24.45	42.56	350m:	4:45.50	38.69
	100m:	1:17.34	40.97	200m:	2:41.89	41.76	300m:	4:06.81	42.36	400m:	5:21.92	36.42
14.				09 2	"	"			5:23.15	2	391	
	50m:	35.93	35.93	150m:	1:57.50	41.44	250m:	3:21.12	41.87	350m:	4:45.23	40.49
	100m:	1:16.06	40.13	200m:	2:39.25	41.75	300m:	4:04.74	43.62	400m:	5:23.15	37.92
15.				09 2	"	"			5:26.57	2	379	
	50m:	36.45	36.45	150m:	1:57.78	41.25	250m:	3:21.95	42.25	350m:	4:46.38	41.97
	100m:	1:16.53	40.08	200m:	2:39.70	41.92	300m:	4:04.41	42.46	400m:	5:26.57	40.19
16.				09 2	"	"			5:28.22	2	373	
	50m:	36.70	36.70	150m:	2:00.28	42.05	250m:	3:24.99	42.19	350m:	4:49.31	42.16
	100m:	1:18.23	41.53	200m:	2:42.80	42.52	300m:	4:07.15	42.16	400m:	5:28.22	38.91

		9, , 400m				(13-14)						
17.				09 2	" "					5:31.17	2	FINA 364
	50m:	35.27	35.27	150m:	1:57.07	41.35	250m:	3:22.89	43.07	350m:	4:50.47	43.20
	100m:	1:15.72	40.45	200m:	2:39.82	42.75	300m:	4:07.27	44.38	400m:	5:31.17	40.70
18.				08 1	" "					5:31.56	2	362
	50m:	37.52	37.52	150m:	2:01.35	42.50	250m:	3:26.45	42.87	400m:	5:31.56	40.76
	100m:	1:18.85	41.33	200m:	2:43.58	42.23	350m:	4:50.80	1:24.35			
19.				09 2	" "					5:36.03	2	348
	50m:	37.12	37.12	150m:	2:02.40	42.73	250m:	3:29.39	42.66	350m:	4:55.78	42.62
	100m:	1:19.67	42.55	200m:	2:46.73	44.33	300m:	4:13.16	43.77	400m:	5:36.03	40.25
20.				09 2	" "					5:37.02	2	345
	50m:	36.80	36.80	150m:	2:00.85	43.00	250m:	3:28.29	44.21	350m:	4:55.37	43.77
	100m:	1:17.85	41.05	200m:	2:44.08	43.23	300m:	4:11.60	43.31	400m:	5:37.02	41.65
21.				09 2	" "					5:40.98	2	333
	50m:	38.17	38.17	150m:	2:05.92	44.08	250m:	3:32.99	43.25	350m:	5:00.28	43.37
	100m:	1:21.84	43.67	200m:	2:49.74	43.82	300m:	4:16.91	43.92	400m:	5:40.98	40.70
22.				09 2	" "					5:58.45	3	287
	50m:	39.62	39.62	150m:	2:10.78	46.34	250m:	3:44.09	47.00	350m:	5:16.90	45.24
	100m:	1:24.44	44.82	200m:	2:57.09	46.31	300m:	4:31.66	47.57	400m:	5:58.45	41.55
23.				09 2	" "					6:37.40	1	210
	50m:	42.21	42.21	150m:	2:23.44	51.69	250m:	4:07.38	52.00	350m:	5:48.78	50.30
	100m:	1:31.75	49.54	200m:	3:15.38	51.94	300m:	4:58.48	51.10	400m:	6:37.40	48.62