

10
 14.04.2022 - 15:08

, 400m

13

		4:04.90		25.07.2018		4:04.90		25.07.2018				
		14 +: 3:47.43 /		12 +: 4:05.00 /		10 +: 4:17.50 /		I 9 +: 4:34.00 /				
II		9 +: 5:09.00 /		III 9 +: 5:50.00 /		I 9 +: 6:46.00 /						
II		9 +: 7:42.00 /		III 9 +: 8:38.00								
: FINA 2022												
FINA												
1.				05	"	"			4:16.15	634		
	50m:	28.44	28.44	150m:	1:33.61	32.99	250m:	2:39.99	33.25	350m:	3:45.81	32.45
	100m:	1:00.62	32.18	200m:	2:06.74	33.13	300m:	3:13.36	33.37	400m:	4:16.15	30.34
2.				04	"	"			4:18.91	1	614	
	50m:	29.04	29.04	150m:	1:34.20	32.83	250m:	2:40.58	33.00	350m:	3:47.11	32.96
	100m:	1:01.37	32.33	200m:	2:07.58	33.38	300m:	3:14.15	33.57	400m:	4:18.91	31.80
3.				07 1	"	"			4:25.46	1	569	
	50m:	29.43	29.43	150m:	1:36.18	33.78	250m:	2:44.22	33.78	350m:	3:52.31	33.89
	100m:	1:02.40	32.97	200m:	2:10.44	34.26	300m:	3:18.42	34.20	400m:	4:25.46	33.15
4.				06 1	"	"			4:34.24	2	516	
	50m:	30.38	30.38	150m:			250m:	2:52.06	35.97	350m:	4:01.42	33.91
	100m:	1:03.56	33.18	200m:	2:16.09		300m:	3:27.51	35.45	400m:	4:34.24	32.82
5.				04 1	"	"			4:34.70	2	514	
	50m:	28.85	28.85	150m:	1:37.11	34.89	250m:	2:47.75	35.12	350m:	3:59.67	35.68
	100m:	1:02.22	33.37	200m:	2:12.63	35.52	300m:	3:23.99	36.24	400m:	4:34.70	35.03
6.				07 1	"	"			4:38.48	2	493	
	50m:	29.29	29.29	150m:	1:39.48	36.07	250m:	2:52.25	36.34	350m:	4:03.79	35.54
	100m:	1:03.41	34.12	200m:	2:15.91	36.43	300m:	3:28.25	36.00	400m:	4:38.48	34.69
7.				06 1	"	"			4:39.27	2	489	
	50m:	30.01	30.01	150m:	1:40.13	36.00	250m:	2:51.54	35.45	350m:	4:04.19	35.95
	100m:	1:04.13	34.12	200m:	2:16.09	35.96	300m:	3:28.24	36.70	400m:	4:39.27	35.08
8.				07 1	"	"			4:41.36	2	478	
	50m:	31.47	31.47	150m:	1:42.96	36.23	250m:	2:56.04	36.54	350m:	4:07.76	35.11
	100m:	1:06.73	35.26	200m:	2:19.50	36.54	300m:	3:32.65	36.61	400m:	4:41.36	33.60
9.				07 2	"	"			4:42.84	2	471	
	50m:	30.73	30.73	150m:	1:41.42	35.55	250m:	2:54.49	36.94	350m:	4:07.67	36.26
	100m:	1:05.87	35.14	200m:	2:17.55	36.13	300m:	3:31.41	36.92	400m:	4:42.84	35.17
10.				07 2	"	"			4:45.78	2	456	
	50m:	31.48	31.48	150m:	1:42.18	36.51	250m:	2:57.58	38.32	350m:	4:11.33	37.83
	100m:	1:05.67	34.19	200m:	2:19.26	37.08	300m:	3:33.50	35.92	400m:	4:45.78	34.45
11.				05 2					4:46.43	2	453	
	50m:	30.53	30.53	150m:	1:41.04	36.33	250m:	2:55.66	37.63	350m:	4:10.86	37.95
	100m:	1:04.71	34.18	200m:	2:18.03	36.99	300m:	3:32.91	37.25	400m:	4:46.43	35.57
12.				06 2	"	"			5:04.59	2	377	
	50m:	32.42	32.42	150m:	1:49.27	39.06	250m:	3:08.73	39.85	350m:	4:28.27	38.94
	100m:	1:10.21	37.79	200m:	2:28.88	39.61	300m:	3:49.33	40.60	400m:	5:04.59	36.32
13.				07 2	-2				5:07.56	2	366	
	50m:	34.03	34.03	150m:	1:52.03	39.96	250m:	3:10.87	40.00	350m:	4:30.70	40.65
	100m:	1:12.07	38.04	200m:	2:30.87	38.84	300m:	3:50.05	39.18	400m:	5:07.56	36.86
14.				07 2	"	"			5:18.26	3	330	
	50m:	32.27	32.27	150m:	1:50.67	40.23	250m:	3:13.40	41.46	350m:	4:36.96	41.39
	100m:	1:10.44	38.17	200m:	2:31.94	41.27	300m:	3:55.57	42.17	400m:	5:18.26	41.30

" " (IV « ») " , 50
 , 14-15 2022 .

10, , 400m

(17-18)

1.				05	"	"				4:16.15		634
	50m:	28.44	28.44	150m:	1:33.61	32.99	250m:	2:39.99	33.25	350m:	3:45.81	32.45
	100m:	1:00.62	32.18	200m:	2:06.74	33.13	300m:	3:13.36	33.37	400m:	4:16.15	30.34
2.				04	"	"				4:18.91	1	614
	50m:	29.04	29.04	150m:	1:34.20	32.83	250m:	2:40.58	33.00	350m:	3:47.11	32.96
	100m:	1:01.37	32.33	200m:	2:07.58	33.38	300m:	3:14.15	33.57	400m:	4:18.91	31.80
3.				04 1	"	"				4:34.70	2	514
	50m:	28.85	28.85	150m:	1:37.11	34.89	250m:	2:47.75	35.12	350m:	3:59.67	35.68
	100m:	1:02.22	33.37	200m:	2:12.63	35.52	300m:	3:23.99	36.24	400m:	4:34.70	35.03
4.				05 2						4:46.43	2	453
	50m:	30.53	30.53	150m:	1:41.04	36.33	250m:	2:55.66	37.63	350m:	4:10.86	37.95
	100m:	1:04.71	34.18	200m:	2:18.03	36.99	300m:	3:32.91	37.25	400m:	4:46.43	35.57

10, , 400m

(15-16)

1.				07 1	"	"				4:25.46	1	569
	50m:	29.43	29.43	150m:	1:36.18	33.78	250m:	2:44.22	33.78	350m:	3:52.31	33.89
	100m:	1:02.40	32.97	200m:	2:10.44	34.26	300m:	3:18.42	34.20	400m:	4:25.46	33.15
2.				06 1	"	"				4:34.24	2	516
	50m:	30.38	30.38	150m:			250m:	2:52.06	35.97	350m:	4:01.42	33.91
	100m:	1:03.56	33.18	200m:	2:16.09		300m:	3:27.51	35.45	400m:	4:34.24	32.82
3.				07 1	"	"				4:38.48	2	493
	50m:	29.29	29.29	150m:	1:39.48	36.07	250m:	2:52.25	36.34	350m:	4:03.79	35.54
	100m:	1:03.41	34.12	200m:	2:15.91	36.43	300m:	3:28.25	36.00	400m:	4:38.48	34.69
4.				06 1	"	"				4:39.27	2	489
	50m:	30.01	30.01	150m:	1:40.13	36.00	250m:	2:51.54	35.45	350m:	4:04.19	35.95
	100m:	1:04.13	34.12	200m:	2:16.09	35.96	300m:	3:28.24	36.70	400m:	4:39.27	35.08
5.				07 1	"	"				4:41.36	2	478
	50m:	31.47	31.47	150m:	1:42.96	36.23	250m:	2:56.04	36.54	350m:	4:07.76	35.11
	100m:	1:06.73	35.26	200m:	2:19.50	36.54	300m:	3:32.65	36.61	400m:	4:41.36	33.60
6.				07 2	"	"				4:42.84	2	471
	50m:	30.73	30.73	150m:	1:41.42	35.55	250m:	2:54.49	36.94	350m:	4:07.67	36.26
	100m:	1:05.87	35.14	200m:	2:17.55	36.13	300m:	3:31.41	36.92	400m:	4:42.84	35.17
7.				07 2	"	"				4:45.78	2	456
	50m:	31.48	31.48	150m:	1:42.18	36.51	250m:	2:57.58	38.32	350m:	4:11.33	37.83
	100m:	1:05.67	34.19	200m:	2:19.26	37.08	300m:	3:33.50	35.92	400m:	4:45.78	34.45
8.				06 2	"	"				5:04.59	2	377
	50m:	32.42	32.42	150m:	1:49.27	39.06	250m:	3:08.73	39.85	350m:	4:28.27	38.94
	100m:	1:10.21	37.79	200m:	2:28.88	39.61	300m:	3:49.33	40.60	400m:	5:04.59	36.32
9.				07 2	-2					5:07.56	2	366
	50m:	34.03	34.03	150m:	1:52.03	39.96	250m:	3:10.87	40.00	350m:	4:30.70	40.65
	100m:	1:12.07	38.04	200m:	2:30.87	38.84	300m:	3:50.05	39.18	400m:	5:07.56	36.86
10.				07 2	"	"				5:18.26	3	330
	50m:	32.27	32.27	150m:	1:50.67	40.23	250m:	3:13.40	41.46	350m:	4:36.96	41.39
	100m:	1:10.44	38.17	200m:	2:31.94	41.27	300m:	3:55.57	42.17	400m:	5:18.26	41.30
11.				07 2	"	"				5:21.87	3	319
	50m:	35.85	35.85	150m:			250m:			350m:		
	100m:	1:15.60	39.75	200m:	2:37.94		300m:	3:59.95		400m:	5:21.87	
12.				07 2	"	"				5:22.65	3	317
	50m:	34.49	34.49	150m:	1:55.68	41.22	250m:	3:20.05	42.62	350m:	4:44.46	41.47
	100m:	1:14.46	39.97	200m:	2:37.43	41.75	300m:	4:02.99	42.94	400m:	5:22.65	38.19
13.				07 2	"	"				5:29.21	3	298
	50m:	35.40	35.40	150m:	1:57.99	41.63	250m:	3:23.08	42.65	350m:	4:47.94	42.84
	100m:	1:16.36	40.96	200m:	2:40.43	42.44	300m:	4:05.10	42.02	400m:	5:29.21	41.27

" " (IV « ») " , 50
 , 14-15 2022 .

10, , 400m

EXH			08 2	" "						4:43.89	2	465
	50m:	30.39	30.39	150m:	1:42.27	36.39	250m:	2:56.20	37.07	350m:	4:09.66	36.08
	100m:	1:05.88	35.49	200m:	2:19.13	36.86	300m:	3:33.58	37.38	400m:	4:43.89	34.23
EXH			08 2	" "						4:55.04	2	414
	50m:	32.01	32.01	150m:	1:46.28	38.17	250m:	3:03.38	38.82	350m:	4:20.14	38.59
	100m:	1:08.11	36.10	200m:	2:24.56	38.28	300m:	3:41.55	38.17	400m:	4:55.04	34.90
EXH			08 2	" "						5:09.46	3	359
	50m:	34.46	34.46	150m:	1:52.23	39.44	250m:	3:13.06	40.44	350m:	4:33.23	40.01
	100m:	1:12.79	38.33	200m:	2:32.62	40.39	300m:	3:53.22	40.16	400m:	5:09.46	36.23
EXH			08 2	" "						5:11.03	3	354
	50m:	36.11	36.11	150m:	1:56.87	40.10	250m:	3:17.43	39.82	350m:	4:35.14	38.29
	100m:	1:16.77	40.66	200m:	2:37.61	40.74	300m:	3:56.85	39.42	400m:	5:11.03	35.89