

, 16-17

2021 .

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, 400m

16.06.2021 - 15:13

4:04.90

25.07.2018

4:04.90

25.07.2018

II	14 +: 3:47.43 /	III	12 +: 4:05.00 /	I	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 2021

										FINA		
1.			05	"	"			4:11.80		667		
	50m:	27.97	27.97	150m:	1:32.27	32.71	250m:	2:37.84	33.15	350m:	3:41.81	31.79
	100m:	59.56	31.59	200m:	2:04.69	32.42	300m:	3:10.02	32.18	400m:	4:11.80	29.99
2.			04	"	"			4:14.34		647		
	50m:	28.65	28.65	150m:	1:32.36	32.68	250m:	2:38.42	33.12	350m:	3:43.06	32.13
	100m:	59.68	31.03	200m:	2:05.30	32.94	300m:	3:10.93	32.51	400m:	4:14.34	31.28
3.			03	"	"			4:21.23	1	597		
	50m:	28.32	28.32	150m:	1:31.82	32.26	250m:	2:38.20	33.59	350m:	3:47.00	34.36
	100m:	59.56	31.24	200m:	2:04.61	32.79	300m:	3:12.64	34.44	400m:	4:21.23	34.23
4.			05					4:33.66	1	520		
	50m:	29.97	29.97	150m:	1:38.53	34.44	250m:	2:48.36	35.08	350m:	3:59.27	34.95
	100m:	1:04.09	34.12	200m:	2:13.28	34.75	300m:	3:24.32	35.96	400m:	4:33.66	34.39
5.			06	1	"	"		4:34.07	2	517		
	50m:	30.94	30.94	150m:	1:40.81	35.74	250m:	2:51.16	34.68	350m:	4:03.04	36.46
	100m:	1:05.07	34.13	200m:	2:16.48	35.67	300m:	3:26.58	35.42	400m:	4:34.07	31.03
6.			06	1	-1			4:35.33	2	510		
	50m:	30.02	30.02	150m:	1:38.89	34.61	250m:	2:50.33	35.63	350m:	4:02.00	35.70
	100m:	1:04.28	34.26	200m:	2:14.70	35.81	300m:	3:26.30	35.97	400m:	4:35.33	33.33
7.			07	1	"	"		4:37.53	2	498		
	50m:	30.40	30.40	150m:	1:40.49	35.20	250m:	2:51.94	35.14	350m:	4:03.27	34.37
	100m:	1:05.29	34.89	200m:	2:16.80	36.31	300m:	3:28.90	36.96	400m:	4:37.53	34.26
8.			04	1	"	"		4:42.67	2	471		
	50m:	30.41	30.41	150m:	1:40.35	35.22	250m:	2:52.25	35.79	350m:	4:06.13	36.48
	100m:	1:05.13	34.72	200m:	2:16.46	36.11	300m:	3:29.65	37.40	400m:	4:42.67	36.54
9.			06	2	"	"		4:43.41	2	468		
	50m:	31.83	31.83	150m:	1:46.20	37.96	250m:	2:58.67	35.01	350m:	4:08.72	34.83
	100m:	1:08.24	36.41	200m:	2:23.66	37.46	300m:	3:33.89	35.22	400m:	4:43.41	34.69
10.			06	2	"	"		4:44.32	2	463		
	50m:	31.25	31.25	150m:	1:42.67	36.67	250m:	2:56.41	37.27	350m:	4:09.56	36.41
	100m:	1:06.00	34.75	200m:	2:19.14	36.47	300m:	3:33.15	36.74	400m:	4:44.32	34.76
11.			04	1	"	"		4:46.01	2	455		
	50m:	29.98	29.98	150m:	1:41.53	37.56	250m:	2:54.15	36.78	350m:	4:08.98	36.94
	100m:	1:03.97	33.99	200m:	2:17.37	35.84	300m:	3:32.04	37.89	400m:	4:46.01	37.03
12.			07	2	"	"		4:46.09	2	455		
	50m:	31.25	31.25	150m:	1:43.36	36.23	250m:	2:56.86	36.32	350m:	4:09.88	36.17
	100m:	1:07.13	35.88	200m:	2:20.54	37.18	300m:	3:33.71	36.85	400m:	4:46.09	36.21
13.			07	2	"	"		4:46.10	2	455		
	50m:	30.78	30.78	150m:	1:41.24	36.17	250m:	2:55.85	37.22	350m:	4:10.03	36.64
	100m:	1:05.07	34.29	200m:	2:18.63	37.39	300m:	3:33.39	37.54	400m:	4:46.10	36.07
14.			07	2	"	"		4:47.35	2	449		
	50m:	31.95	31.95	150m:	1:44.03	36.78	250m:	2:57.41	36.81	350m:	4:12.09	37.52
	100m:	1:07.25	35.30	200m:	2:20.60	36.57	300m:	3:34.57	37.16	400m:	4:47.35	35.26

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		9, , 400m										FINA
15.				06 2	" "			4:47.85	2			446
	50m:	31.61	31.61	150m:	1:43.65	35.57	250m:	2:57.59	36.65	350m:	4:11.49	36.27
	100m:	1:08.08	36.47	200m:	2:20.94	37.29	300m:	3:35.22	37.63	400m:	4:47.85	36.36
16.				07 2	" "			4:49.58	2			438
	50m:	32.71	32.71	150m:	1:46.49	37.50	250m:	3:00.45	36.96	350m:	4:13.69	36.92
	100m:	1:08.99	36.28	200m:	2:23.49	37.00	300m:	3:36.77	36.32	400m:	4:49.58	35.89
17.				07 2	" "			4:53.20	2			422
	50m:	32.14	32.14	150m:	1:46.08	37.54	250m:	3:01.19	37.82	350m:	4:17.39	38.68
	100m:	1:08.54	36.40	200m:	2:23.37	37.29	300m:	3:38.71	37.52	400m:	4:53.20	35.81
18.				08 2	" "			4:57.39	2			405
	50m:	31.94	31.94	150m:	1:45.14	37.24	250m:	3:02.54	38.65	350m:	4:20.30	38.66
	100m:	1:07.90	35.96	200m:	2:23.89	38.75	300m:	3:41.64	39.10	400m:	4:57.39	37.09
19.				06 2	" "			5:11.07	3			354
	50m:	32.14	32.14	150m:	1:49.91	39.73	250m:	3:11.42	40.44	350m:	4:32.77	41.09
	100m:	1:10.18	38.04	200m:	2:30.98	41.07	300m:	3:51.68	40.26	400m:	5:11.07	38.30
20.				05 2	" "			5:44.40	3			260
	50m:	35.31	35.31	150m:	2:00.55	44.02	250m:	3:29.92	45.51	350m:	5:00.25	45.69
	100m:	1:16.53	41.22	200m:	2:44.41	43.86	300m:	4:14.56	44.64	400m:	5:44.40	44.15
EXH				10	" "			5:31.22	3			293
	50m:	35.69	35.69	150m:	1:59.37	42.23	250m:	3:25.39	43.40	350m:	4:50.47	42.04
	100m:	1:17.14	41.45	200m:	2:41.99	42.62	300m:	4:08.43	43.04	400m:	5:31.22	40.75