

, 12. - 15.12.2023

12
13.12.2023

, 400m

		4:04.28								14.12.2016		
		4:04.28								14.12.2016		
: FINA 2023												
R.T.												
1.	/			2006				+0,67	4:15.62		572	
		50m: 28.61	28.61	150m: 1:32.04	32.04	250m: 2:37.27	32.71	350m: 3:43.74	33.41			
		100m: 1:00.00	31.39	200m: 2:04.56	32.52	300m: 3:10.33	33.06	400m: 4:15.62	31.88			
2.	/			2007				-3	+0,63	4:25.31	512	
		50m: 28.85	28.85	150m: 1:33.92	33.35	250m: 2:42.19	34.26	350m: 3:50.97	34.32			
		100m: 1:00.57	31.72	200m: 2:07.93	34.01	300m: 3:16.65	34.46	400m: 4:25.31	34.34			
3.	//			2008				-1	+0,68	4:28.28	495	
		50m: 30.14	30.14	150m: 1:37.10	33.94	250m: 2:45.36	34.38	350m: 3:54.63	34.86			
		100m: 1:03.16	33.02	200m: 2:10.98	33.88	300m: 3:19.77	34.41	400m: 4:28.28	33.65			
4.	//			2008 II					+0,63	4:34.81	460	
		50m: 32.10	32.10	150m: 1:42.51	35.62	250m: 2:51.46	34.22	350m: 4:01.13	34.55			
		100m: 1:06.89	34.79	200m: 2:17.24	34.73	300m: 3:26.58	35.12	400m: 4:34.81	33.68			
5.	//			2008 I					+0,65	4:35.18	458	
		50m: 30.14	30.14	150m: 1:37.94	34.43	250m: 2:48.60	35.39	350m: 4:00.71	35.83			
		100m: 1:03.51	33.37	200m: 2:13.21	35.27	300m: 3:24.88	36.28	400m: 4:35.18	34.47			
6.	//			2008 II					-1	+0,69	4:35.52	457
		50m: 31.40	31.40	150m: 1:40.35	34.90	250m: 2:50.98	35.42	350m: 4:01.42	35.16			
		100m: 1:05.45	34.05	200m: 2:15.56	35.21	300m: 3:26.26	35.28	400m: 4:35.52	34.10			
7.	//			2008 II					+0,65	4:38.28	443	
		50m: 29.75	29.75	150m: 1:36.82	34.08	250m: 2:48.82	36.33	350m: 4:02.91	37.34			
		100m: 1:02.74	32.99	200m: 2:12.49	35.67	300m: 3:25.57	36.75	400m: 4:38.28	35.37			
8.	//			2007 II					-3	+0,63	4:39.22	439
		50m: 30.94	30.94	150m: 1:40.32	35.18	250m: 2:51.79	35.79	350m: 4:04.36	36.06			
		100m: 1:05.14	34.20	200m: 2:16.00	35.68	300m: 3:28.30	36.51	400m: 4:39.22	34.86			
9.	//			2008 II					+0,78	4:39.67	437	
		50m: 29.84	29.84	150m: 1:38.40	35.02	250m: 2:51.21	36.82	350m: 4:05.13	36.93			
		100m: 1:03.38	33.54	200m: 2:14.39	35.99	300m: 3:28.20	36.99	400m: 4:39.67	34.54			
10.	//			2007 I					-1	+0,78	4:42.12	425
		50m: 29.67	29.67	150m: 1:37.13	34.18	250m: 2:50.48	36.77	350m: 4:05.33	37.61			
		100m: 1:02.95	33.28	200m: 2:13.71	36.58	300m: 3:27.72	37.24	400m: 4:42.12	36.79			
11.	//			2008 II					+0,70	4:47.14	403	
		50m: 31.46	31.46	150m: 1:42.53	36.04	250m: 2:55.89	37.12	350m: 4:10.42	37.20			
		100m: 1:06.49	35.03	200m: 2:18.77	36.24	300m: 3:33.22	37.33	400m: 4:47.14	36.72			
12.	//			2008 II					-1	+0,73	4:48.26	399
		50m: 31.56	31.56	150m: 1:42.22	36.04	250m: 2:57.18	37.62	350m: 4:12.83	37.88			
		100m: 1:06.18	34.62	200m: 2:19.56	37.34	300m: 3:34.95	37.77	400m: 4:48.26	35.43			

12,		, 400m											
								R.T.					
13.	//			2008	II			-3	+0,68	4:50.78	388		
		50m:	31.76	31.76	150m:	1:43.67	36.69	250m:	2:57.97	37.45	350m:	4:13.69	37.96
		100m:	1:06.98	35.22	200m:	2:20.52	36.85	300m:	3:35.73	37.76	400m:	4:50.78	37.09
14.	//			2008	II				+0,94	4:55.72	369		
		50m:	32.23	32.23	150m:	1:44.78	37.02	250m:	3:01.25	38.58	350m:	4:18.58	38.91
		100m:	1:07.76	35.53	200m:	2:22.67	37.89	300m:	3:39.67	38.42	400m:	4:55.72	37.14
15.	//			2008	II				+0,71	4:56.64	366		
		50m:	31.80	31.80	150m:	1:45.12	37.67	250m:	3:00.61	38.25	350m:	4:19.22	39.42
		100m:	1:07.45	35.65	200m:	2:22.36	37.24	300m:	3:39.80	39.19	400m:	4:56.64	37.42
16.	//			2008	II				+0,66	4:58.59	359		
		50m:	33.86	33.86	150m:	1:47.25	37.69	250m:	3:04.66	39.40	350m:	4:22.48	39.09
		100m:	1:09.56	35.70	200m:	2:25.26	38.01	300m:	3:43.39	38.73	400m:	4:58.59	36.11
(15-16)													
1.	/			2007				-3	+0,63	4:25.31	512		
		50m:	28.85	28.85	150m:	1:33.92	33.35	250m:	2:42.19	34.26	350m:	3:50.97	34.32
		100m:	1:00.57	31.72	200m:	2:07.93	34.01	300m:	3:16.65	34.46	400m:	4:25.31	34.34
2.	//			2008				-1	+0,68	4:28.28	495		
		50m:	30.14	30.14	150m:	1:37.10	33.94	250m:	2:45.36	34.38	350m:	3:54.63	34.86
		100m:	1:03.16	33.02	200m:	2:10.98	33.88	300m:	3:19.77	34.41	400m:	4:28.28	33.65
3.	//			2008	II				+0,63	4:34.81	460		
		50m:	32.10	32.10	150m:	1:42.51	35.62	250m:	2:51.46	34.22	350m:	4:01.13	34.55
		100m:	1:06.89	34.79	200m:	2:17.24	34.73	300m:	3:26.58	35.12	400m:	4:34.81	33.68
4.	//			2008	I				+0,65	4:35.18	458		
		50m:	30.14	30.14	150m:	1:37.94	34.43	250m:	2:48.60	35.39	350m:	4:00.71	35.83
		100m:	1:03.51	33.37	200m:	2:13.21	35.27	300m:	3:24.88	36.28	400m:	4:35.18	34.47
5.	//			2008	II			-1	+0,69	4:35.52	457		
		50m:	31.40	31.40	150m:	1:40.35	34.90	250m:	2:50.98	35.42	350m:	4:01.42	35.16
		100m:	1:05.45	34.05	200m:	2:15.56	35.21	300m:	3:26.26	35.28	400m:	4:35.52	34.10
6.	//			2008	II				+0,65	4:38.28	443		
		50m:	29.75	29.75	150m:	1:36.82	34.08	250m:	2:48.82	36.33	350m:	4:02.91	37.34
		100m:	1:02.74	32.99	200m:	2:12.49	35.67	300m:	3:25.57	36.75	400m:	4:38.28	35.37
7.	//			2007	II			-3	+0,63	4:39.22	439		
		50m:	30.94	30.94	150m:	1:40.32	35.18	250m:	2:51.79	35.79	350m:	4:04.36	36.06
		100m:	1:05.14	34.20	200m:	2:16.00	35.68	300m:	3:28.30	36.51	400m:	4:39.22	34.86
8.	//			2008	II				+0,78	4:39.67	437		
		50m:	29.84	29.84	150m:	1:38.40	35.02	250m:	2:51.21	36.82	350m:	4:05.13	36.93
		100m:	1:03.38	33.54	200m:	2:14.39	35.99	300m:	3:28.20	36.99	400m:	4:39.67	34.54
9.	//			2007	I			-1	+0,78	4:42.12	425		
		50m:	29.67	29.67	150m:	1:37.13	34.18	250m:	2:50.48	36.77	350m:	4:05.33	37.61
		100m:	1:02.95	33.28	200m:	2:13.71	36.58	300m:	3:27.72	37.24	400m:	4:42.12	36.79

12,		, 400m				(15-16)						
		/						R.T.				
10.				2008	II			+0,70	4:47.14		403	
//												
	50m:	31.46	31.46	150m:	1:42.53	36.04	250m:	2:55.89	37.12	350m:	4:10.42	37.20
	100m:	1:06.49	35.03	200m:	2:18.77	36.24	300m:	3:33.22	37.33	400m:	4:47.14	36.72
11.				2008	II			-1	+0,73	4:48.26	399	
//												
	50m:	31.56	31.56	150m:	1:42.22	36.04	250m:	2:57.18	37.62	350m:	4:12.83	37.88
	100m:	1:06.18	34.62	200m:	2:19.56	37.34	300m:	3:34.95	37.77	400m:	4:48.26	35.43
12.				2008	II			-3	+0,68	4:50.78	388	
//												
	50m:	31.76	31.76	150m:	1:43.67	36.69	250m:	2:57.97	37.45	350m:	4:13.69	37.96
	100m:	1:06.98	35.22	200m:	2:20.52	36.85	300m:	3:35.73	37.76	400m:	4:50.78	37.09
13.				2008	II				+0,94	4:55.72	369	
//												
	50m:	32.23	32.23	150m:	1:44.78	37.02	250m:	3:01.25	38.58	350m:	4:18.58	38.91
	100m:	1:07.76	35.53	200m:	2:22.67	37.89	300m:	3:39.67	38.42	400m:	4:55.72	37.14
14.				2008	II				+0,71	4:56.64	366	
//												
	50m:	31.80	31.80	150m:	1:45.12	37.67	250m:	3:00.61	38.25	350m:	4:19.22	39.42
	100m:	1:07.45	35.65	200m:	2:22.36	37.24	300m:	3:39.80	39.19	400m:	4:56.64	37.42
15.				2008	II				+0,66	4:58.59	359	
//												
	50m:	33.86	33.86	150m:	1:47.25	37.69	250m:	3:04.66	39.40	350m:	4:22.48	39.09
	100m:	1:09.56	35.70	200m:	2:25.26	38.01	300m:	3:43.39	38.73	400m:	4:58.59	36.11