

, 26. - 29.9.2023

11 , 400m (13-14)
27.09.2023 - 14:30

4:10.03

09.09.2020

: FINA 2023

								R.T.		FINA		
1.			2009					-4 +0,46	4:16.47	I 566		
	50m:	28.89	28.89	150m:	1:32.95	32.57	250m:	2:38.53	32.75	350m:	3:44.56	32.93
	100m:	1:00.38	31.49	200m:	2:05.78	32.83	300m:	3:11.63	33.10	400m:	4:16.47	31.91
2.			2010	I				+0,72	4:17.56	I 559		
	50m:	28.67	28.67	150m:	1:33.10	32.60	250m:	2:38.92	32.57	350m:	3:45.59	33.21
	100m:	1:00.50	31.83	200m:	2:06.35	33.25	300m:	3:12.38	33.46	400m:	4:17.56	31.97
3.			2009	I				-1 +0,69	4:31.55	II 477		
	50m:	29.63	29.63	150m:	1:35.69	33.63	250m:	2:46.30	35.76	350m:	3:57.60	35.55
	100m:	1:02.06	32.43	200m:	2:10.54	34.85	300m:	3:22.05	35.75	400m:	4:31.55	33.95
4.			2009	II				-2 +0,75	4:34.15	II 464		
	50m:	30.76	30.76	150m:	1:40.30	34.85	250m:	2:51.14	35.57	350m:	4:02.12	35.53
	100m:	1:05.45	34.69	200m:	2:15.57	35.27	300m:	3:26.59	35.45	400m:	4:34.15	32.03
5.			2010	I				-2	4:35.47	II 457		
	50m:	31.07	31.07	150m:	1:41.79	35.39	250m:	2:52.51	35.14	350m:	4:02.94	34.65
	100m:	1:06.40	35.33	200m:	2:17.37	35.58	300m:	3:28.29	35.78	400m:	4:35.47	32.53
6.			2009	II				-2 +0,68	4:38.45	II 442		
	50m:	30.15	30.15	150m:	1:39.27	35.17	250m:	2:51.29	36.17	350m:	4:03.36	35.62
	100m:	1:04.10	33.95	200m:	2:15.12	35.85	300m:	3:27.74	36.45	400m:	4:38.45	35.09
7.			2009	II				-1	4:44.14	II 416		
	50m:	30.49	30.49	150m:	1:40.51	35.54	250m:	2:52.90	36.33	350m:	4:06.77	36.90
	100m:	1:04.97	34.48	200m:	2:16.57	36.06	300m:	3:29.87	36.97	400m:	4:44.14	37.37
8.			2010	II				-3 +0,87	4:49.52	II 394		
	50m:	32.90	32.90	150m:	1:44.35	36.50	250m:	2:59.12	37.16	350m:	4:14.32	37.82
	100m:	1:07.85	34.95	200m:	2:21.96	37.61	300m:	3:36.50	37.38	400m:	4:49.52	35.20
9.			2009	II				-1	4:53.94	II 376		
	50m:	33.81	33.81	150m:	1:47.71	37.34	250m:	3:03.02	37.63	350m:	4:19.44	38.27
	100m:	1:10.37	36.56	200m:	2:25.39	37.68	300m:	3:41.17	38.15	400m:	4:53.94	34.50
10.			2009	II				+0,72	4:56.45	II 367		
	50m:	32.16	32.16	150m:	1:44.66	37.46	250m:	3:00.34	38.55	350m:	4:18.27	39.29
	100m:	1:07.20	35.04	200m:	2:21.79	37.13	300m:	3:38.98	38.64	400m:	4:56.45	38.18
11.			2009	II				+0,76	4:56.67	II 366		
	50m:	31.24	31.24	150m:	1:43.99	36.93	250m:	3:00.94	39.05	350m:	4:19.02	39.04
	100m:	1:07.06	35.82	200m:	2:21.89	37.90	300m:	3:39.98	39.04	400m:	4:56.67	37.65
12.			2009	II				-2 +0,92	4:57.56	II 362		
	50m:	31.35	31.35	150m:	1:45.62	38.06	250m:	3:03.40	39.16	350m:	4:21.70	38.62
	100m:	1:07.56	36.21	200m:	2:24.24	38.62	300m:	3:43.08	39.68	400m:	4:57.56	35.86
13.			2010	II				-1 +0,70	4:58.20	II 360		
	50m:	32.67	32.67	150m:	2:27.10	1:17.40	250m:	3:44.92	38.47	350m:	4:58.97	
	100m:	1:09.70	37.03	200m:	3:06.45	39.35	300m:			400m:	4:58.20	
14.			2010	II				+0,58	5:01.74	II 348		
	50m:	33.40	33.40	150m:	1:49.06	38.67	250m:	3:07.25	39.17	350m:	4:25.72	38.99
	100m:	1:10.39	36.99	200m:	2:28.08	39.02	300m:	3:46.73	39.48	400m:	5:01.74	36.02
15.			2009	II				-2	5:05.51	III 335		
	50m:	33.20	33.20	150m:	1:50.43	39.98	250m:	3:10.07	39.86	350m:	4:28.85	38.94
	100m:	1:10.45	37.25	200m:	2:30.21	39.78	300m:	3:49.91	39.84	400m:	5:05.51	36.66
16.			2009	II				+0,36	5:06.36	III 332		
	50m:	35.40	35.40	150m:	1:52.83	39.51	250m:	3:10.94	38.83	350m:	5:06.58	35.28
	100m:	1:13.32	37.92	200m:	2:32.11	39.28	300m:	4:31.30	1:20.36	400m:	5:06.36	



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11,		, 400m				(13-14)						
								R.T.		FINA		
17.				2010	II			-1		5:06.98	III	330
	50m:	33.52	33.52	150m:	1:50.11	38.74	250m:	3:09.30	39.87	350m:	4:29.13	39.21
	100m:	1:11.37	37.85	200m:	2:29.43	39.32	300m:	3:49.92	40.62	400m:	5:06.98	37.85
18.				2010	III			+0,91		5:08.05	III	327
	50m:	34.83	34.83	150m:	1:52.59	39.23	250m:	3:12.08	39.36	350m:	4:30.68	38.99
	100m:	1:13.36	38.53	200m:	2:32.72	40.13	300m:	3:51.69	39.61	400m:	5:08.05	37.37
19.				2010	II			-4		5:09.61	III	322
	50m:	34.28	34.28	150m:	1:51.85	39.44	250m:	3:12.08	40.18	350m:	4:32.39	39.76
	100m:	1:12.41	38.13	200m:	2:31.90	40.05	300m:	3:52.63	40.55	400m:	5:09.61	37.22
20.				2010	II			+0,75		5:10.07	III	320
	50m:	32.48	32.48	150m:	1:47.97	38.80	250m:	3:08.57	40.19	350m:	4:31.76	41.03
	100m:	1:09.17	36.69	200m:	2:28.38	40.41	300m:	3:50.73	42.16	400m:	5:10.07	38.31
21.				2009	II			+0,55		5:10.50	III	319
	50m:	31.60	31.60	150m:	1:46.59	38.49	250m:	3:08.44	41.05	350m:	4:30.37	40.89
	100m:	1:08.10	36.50	200m:	2:27.39	40.80	300m:	3:49.48	41.04	400m:	5:10.50	40.13
22.				2010	II					5:11.81	III	315
	50m:	34.59	34.59	150m:	1:50.82	38.89	250m:	3:10.76	39.53	350m:	4:33.01	41.34
	100m:	1:11.93	37.34	200m:	2:31.23	40.41	300m:	3:51.67	40.91	400m:	5:11.81	38.80
23.				2009	II					5:13.29	III	310
	50m:	31.79	31.79	150m:	1:48.97	39.82	250m:	3:10.35	40.71	350m:	4:34.74	42.81
	100m:	1:09.15	37.36	200m:	2:29.64	40.67	300m:	3:51.93	41.58	400m:	5:13.29	38.55
24.				2010	II			-2	+0,69	5:16.52	III	301
	50m:	33.32	33.32	150m:	1:51.06	39.57	250m:	3:12.23	40.95	350m:	4:35.18	41.30
	100m:	1:11.49	38.17	200m:	2:31.28	40.22	300m:	3:53.88	41.65	400m:	5:16.52	41.34
25.				2010	II			-2	+0,45	5:21.40	III	288
	50m:	35.06	35.06	150m:	1:55.29	40.64	250m:	3:17.58	41.31	350m:	4:40.77	41.50
	100m:	1:14.65	39.59	200m:	2:36.27	40.98	300m:	3:59.27	41.69	400m:	5:21.40	40.63
26.				2009	III			+0,41		5:22.44	III	285
	50m:	33.78	33.78	150m:	1:52.19	40.09	250m:	3:15.57	42.16	350m:	4:40.14	42.79
	100m:	1:12.10	38.32	200m:	2:33.41	41.22	300m:	3:57.35	41.78	400m:	5:22.44	42.30
27.				2010	III			+0,78		5:22.73	III	284
	50m:	31.56	31.56	150m:	1:51.80	41.88	250m:	3:16.11	42.86	350m:	4:41.90	42.90
	100m:	1:09.92	38.36	200m:	2:33.25	41.45	300m:	3:59.00	42.89	400m:	5:22.73	40.83
28.				2009	III			-4	+0,76	5:33.52	III	257
	50m:	37.98	37.98	150m:	2:04.58	44.36	250m:	3:30.44	43.03	350m:	4:55.97	42.19
	100m:	1:20.22	42.24	200m:	2:47.41	42.83	300m:	4:13.78	43.34	400m:	5:33.52	37.55
29.				2009	II			-1	+0,77	5:34.16	III	256
	50m:	35.17	35.17	150m:	1:56.10	40.40	250m:	3:22.51	43.36	350m:	4:51.30	44.19
	100m:	1:15.70	40.53	200m:	2:39.15	43.05	300m:	4:07.11	44.60	400m:	5:34.16	42.86
30.				2009	III			+0,77		5:36.73	III	250
	50m:	35.82	35.82	150m:	1:59.30	42.45	250m:	3:26.64	44.53	350m:	4:54.93	44.68
	100m:	1:16.85	41.03	200m:	2:42.11	42.81	300m:	4:10.25	43.61	400m:	5:36.73	41.80
31.				2009	III			-2		5:49.70	1	223
	50m:	38.61	38.61	150m:	2:07.42	44.63	250m:	3:36.04	43.65	350m:	5:06.80	44.82
	100m:	1:22.79	44.18	200m:	2:52.39	44.97	300m:	4:21.98	45.94	400m:	5:49.70	42.90
32.				2010	III					5:55.25	1	213
	50m:	37.69	37.69	150m:	2:05.36	44.38	250m:	3:38.96	46.91	350m:	5:11.65	45.62
	100m:	1:20.98	43.29	200m:	2:52.05	46.69	300m:	4:26.03	47.07	400m:	5:55.25	43.60
33.				2010	III			-3	+0,74	5:59.83	1	205
	50m:	39.25	39.25	150m:	2:10.09	45.97	250m:	3:44.36	46.85	350m:	5:18.86	47.50
	100m:	1:24.12	44.87	200m:	2:57.51	47.42	300m:	4:31.36	47.00	400m:	5:59.83	40.97



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	11,	, 400m		(13-14)			R.T.		FINA		
34.	,	/	2010	1	.	.	.	-3	+0,79	6:21.11	1	172
	50m:	40.10	40.10	150m:	2:13.82	47.51	250m:	3:53.81	50.32	350m:	5:34.04	50.38
	100m:	1:26.31	46.21	200m:	3:03.49	49.67	300m:	4:43.66	49.85	400m:	6:21.11	47.07
35.	,		2009	1	.	.	.	-4	+0,83	6:38.29	1	151
	50m:	39.14	39.14	150m:	2:15.78	49.09	250m:	3:59.87	53.13	350m:	5:46.48	53.05
	100m:	1:26.69	47.55	200m:	3:06.74	50.96	300m:	4:53.43	53.56	400m:	6:38.29	51.81
DSQ	,		2010	II	.	.	.	-2	+0,34			

