

15-17.02.2024

30			, 400m									
17.02.2024			4:18.30			/ -1			09.04.2019			
: FINA 2024												
/												
1.			05	-	-	-22	4:25.39				697	
	50m:	31.89	31.89	150m:	1:38.79	33.65	250m:	2:45.99	33.39	350m:	3:52.98	33.45
	100m:	1:05.14	33.25	200m:	2:12.60	33.81	300m:	3:19.53	33.54	400m:	4:25.39	32.41
2.			04	-	-	-22	4:28.44				674	
	50m:	31.70	31.70	150m:	1:38.56	33.86	250m:	2:46.57	34.17	350m:	3:55.30	34.71
	100m:	1:04.70	33.00	200m:	2:12.40	33.84	300m:	3:20.59	34.02	400m:	4:28.44	33.14
3.			08			-3	4:35.25				625	
	50m:	32.04	32.04	150m:	1:40.65	34.33	250m:	2:50.38	34.84	350m:	4:01.47	35.49
	100m:	1:06.32	34.28	200m:	2:15.54	34.89	300m:	3:25.98	35.60	400m:	4:35.25	33.78
4.			08	-	-		4:35.66				622	
	50m:	32.40	32.40	150m:	1:42.23	34.91	250m:	2:51.67	34.62	350m:	4:01.75	35.05
	100m:	1:07.32	34.92	200m:	2:17.05	34.82	300m:	3:26.70	35.03	400m:	4:35.66	33.91
5.			08	-	-	-22	4:38.50				603	
	50m:	32.79	32.79	150m:	1:43.97	35.79	250m:	2:55.76	35.86	350m:	4:05.65	34.66
	100m:	1:08.18	35.39	200m:	2:19.90	35.93	300m:	3:30.99	35.23	400m:	4:38.50	32.85
6.			10	-	-	-22	4:40.05				593	
	50m:	32.11	32.11	150m:	1:43.44	35.81	250m:	2:54.85	35.83	350m:	4:06.17	35.43
	100m:	1:07.63	35.52	200m:	2:19.02	35.58	300m:	3:30.74	35.89	400m:	4:40.05	33.88
7.			06	-	-		4:51.34				527	
	50m:	32.47	32.47	150m:	1:43.79	36.67	250m:	2:58.03	37.24	350m:	4:14.20	37.59
	100m:	1:07.12	34.65	200m:	2:20.79	37.00	300m:	3:36.61	38.58	400m:	4:51.34	37.14
8.			03			13	4:53.40				516	
	50m:	32.87	32.87	150m:	1:45.36	37.01	250m:	3:01.24	37.87	350m:	4:16.91	38.28
	100m:	1:08.35	35.48	200m:	2:23.37	38.01	300m:	3:38.63	37.39	400m:	4:53.40	36.49
9.			10 II	-	-	-22	5:00.16				482	
	50m:	33.36	33.36	150m:	1:48.08	37.75	250m:	3:05.66	38.80	350m:	4:23.00	37.89
	100m:	1:10.33	36.97	200m:	2:26.86	38.78	300m:	3:45.11	39.45	400m:	5:00.16	37.16
10.			08 I	-	-	-22	5:01.31				476	
	100m:	1:12.64	1:12.64	150m:	2:30.36	1:17.72	300m:	3:47.78	1:17.42	400m:	5:01.31	1:13.53
11.			08 I	-	-	-4	5:01.91				473	
	50m:	32.86	32.86	150m:	1:45.85	37.36	250m:	3:04.19	39.23	350m:	4:22.95	39.11
	100m:	1:08.49	35.63	200m:	2:24.96	39.11	300m:	3:43.84	39.65	400m:	5:01.91	38.96
12.			09 I	-	-	-4	5:06.23				454	
	50m:	34.37	34.37	150m:	1:50.76	38.78	250m:	3:09.33	39.57	350m:	4:28.40	39.90
	100m:	1:11.98	37.61	200m:	2:29.76	39.00	300m:	3:48.50	39.17	400m:	5:06.23	37.83
13.			09 I			-2	5:08.88				442	
	50m:	35.55	35.55	150m:	1:52.79	38.81	250m:	3:11.19	39.59	350m:	4:30.68	39.76
	100m:	1:13.98	38.43	200m:	2:31.60	38.81	300m:	3:50.92	39.73	400m:	5:08.88	38.20
14.			10 II	-	-	-22	5:20.03				397	
	50m:	35.45	35.45	150m:	1:55.27	40.59	250m:	3:18.23	41.67	350m:	4:39.82	40.61
	100m:	1:14.68	39.23	200m:	2:36.56	41.29	300m:	3:59.21	40.98	400m:	5:20.03	40.21
15.			10 II			-3	5:26.71				373	
	50m:	34.33	34.33	150m:	1:54.35	41.10	250m:	3:20.06	43.22	350m:	4:44.96	42.40
	100m:	1:13.25	38.92	200m:	2:36.84	42.49	300m:	4:02.56	42.50	400m:	5:26.71	41.75
16.			10 II			-25	5:28.97				366	
	50m:	36.56	36.56	150m:	1:59.61	42.40	250m:	3:24.45	43.03	350m:	4:49.88	42.76
	100m:	1:17.21	40.65	200m:	2:41.42	41.81	300m:	4:07.12	42.67	400m:	5:28.97	39.09

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15-17.02.2024

	30,		, 400m										
17.				08 II				5	5:34.54				348
	50m:	37.00	37.00	150m:	2:00.78	42.48	250m:	3:27.03	43.31	350m:	4:53.73	43.14	
	100m:	1:18.30	41.30	200m:	2:43.72	42.94	300m:	4:10.59	43.56	400m:	5:34.54	40.81	
18.				10 II				1	5:39.47				333
	50m:	37.61	37.61	150m:	2:03.82	43.07	250m:	3:29.34	42.42	350m:	4:56.39	42.80	
	100m:	1:20.75	43.14	200m:	2:46.92	43.10	300m:	4:13.59	44.25	400m:	5:39.47	43.08	
19.				09 II				1	5:50.36				303
	50m:	41.73	41.73	150m:	2:11.20	45.20	250m:	3:40.71	44.79	350m:	5:08.69	43.83	
	100m:	1:26.00	44.27	200m:	2:55.92	44.72	300m:	4:24.86	44.15	400m:	5:50.36	41.67	
20.				09 II				-25	6:02.21				274
	50m:	40.83	40.83	150m:	2:11.57	45.67	250m:	3:44.82	46.62	350m:	5:19.25	46.50	
	100m:	1:25.90	45.07	200m:	2:58.20	46.63	300m:	4:32.75	47.93	400m:	6:02.21	42.96	

17.02.2024 30 , 400m (16-18)

4:18.30 / -1 09.04.2019

: FINA 2024

1.				08				-3	4:35.25				625
	50m:	32.04	32.04	150m:	1:40.65	34.33	250m:	2:50.38	34.84	350m:	4:01.47	35.49	
	100m:	1:06.32	34.28	200m:	2:15.54	34.89	300m:	3:25.98	35.60	400m:	4:35.25	33.78	
2.				08		- -			4:35.66				622
	50m:	32.40	32.40	150m:	1:42.23	34.91	250m:	2:51.67	34.62	350m:	4:01.75	35.05	
	100m:	1:07.32	34.92	200m:	2:17.05	34.82	300m:	3:26.70	35.03	400m:	4:35.66	33.91	
3.				08		- -		-22	4:38.50				603
	50m:	32.79	32.79	150m:	1:43.97	35.79	250m:	2:55.76	35.86	350m:	4:05.65	34.66	
	100m:	1:08.18	35.39	200m:	2:19.90	35.93	300m:	3:30.99	35.23	400m:	4:38.50	32.85	
4.				06		- -			4:51.34				527
	50m:	32.47	32.47	150m:	1:43.79	36.67	250m:	2:58.03	37.24	350m:	4:14.20	37.59	
	100m:	1:07.12	34.65	200m:	2:20.79	37.00	300m:	3:36.61	38.58	400m:	4:51.34	37.14	
5.				08 I		- -		-22	5:01.31				476
	100m:	1:12.64	1:12.64	150m:	2:30.36	1:17.72	300m:	3:47.78	1:17.42	400m:	5:01.31	1:13.53	
6.				08 I		- -		-4	5:01.91				473
	50m:	32.86	32.86	150m:	1:45.85	37.36	250m:	3:04.19	39.23	350m:	4:22.95	39.11	
	100m:	1:08.49	35.63	200m:	2:24.96	39.11	300m:	3:43.84	39.65	400m:	5:01.91	38.96	
7.				08 II				5	5:34.54				348
	50m:	37.00	37.00	150m:	2:00.78	42.48	250m:	3:27.03	43.31	350m:	4:53.73	43.14	
	100m:	1:18.30	41.30	200m:	2:43.72	42.94	300m:	4:10.59	43.56	400m:	5:34.54	40.81	

15-17.02.2024

30, , 400m													
30												(14-15)	
17.02.2024													
				4:18.30					/ -1	09.04.2019			
: FINA 2024													
/													
1.				10	- -			-22	4:40.05				593
	50m:	32.11	32.11	150m:	1:43.44	35.81	250m:	2:54.85	35.83	350m:	4:06.17	35.43	
	100m:	1:07.63	35.52	200m:	2:19.02	35.58	300m:	3:30.74	35.89	400m:	4:40.05	33.88	
2.				10 II	- -			-22	5:00.16				482
	50m:	33.36	33.36	150m:	1:48.08	37.75	250m:	3:05.66	38.80	350m:	4:23.00	37.89	
	100m:	1:10.33	36.97	200m:	2:26.86	38.78	300m:	3:45.11	39.45	400m:	5:00.16	37.16	
3.				09 I	- -			-4	5:06.23				454
	50m:	34.37	34.37	150m:	1:50.76	38.78	250m:	3:09.33	39.57	350m:	4:28.40	39.90	
	100m:	1:11.98	37.61	200m:	2:29.76	39.00	300m:	3:48.50	39.17	400m:	5:06.23	37.83	
4.				09 I	- -			-2	5:08.88				442
	50m:	35.55	35.55	150m:	1:52.79	38.81	250m:	3:11.19	39.59	350m:	4:30.68	39.76	
	100m:	1:13.98	38.43	200m:	2:31.60	38.81	300m:	3:50.92	39.73	400m:	5:08.88	38.20	
5.				10 II	- -			-22	5:20.03				397
	50m:	35.45	35.45	150m:	1:55.27	40.59	250m:	3:18.23	41.67	350m:	4:39.82	40.61	
	100m:	1:14.68	39.23	200m:	2:36.56	41.29	300m:	3:59.21	40.98	400m:	5:20.03	40.21	
6.				10 II	- -			-3	5:26.71				373
	50m:	34.33	34.33	150m:	1:54.35	41.10	250m:	3:20.06	43.22	350m:	4:44.96	42.40	
	100m:	1:13.25	38.92	200m:	2:36.84	42.49	300m:	4:02.56	42.50	400m:	5:26.71	41.75	
7.				10 II	- -			-25	5:28.97				366
	50m:	36.56	36.56	150m:	1:59.61	42.40	250m:	3:24.45	43.03	350m:	4:49.88	42.76	
	100m:	1:17.21	40.65	200m:	2:41.42	41.81	300m:	4:07.12	42.67	400m:	5:28.97	39.09	
8.				10 II	- -			1	5:39.47				333
	50m:	37.61	37.61	150m:	2:03.82	43.07	250m:	3:29.34	42.42	350m:	4:56.39	42.80	
	100m:	1:20.75	43.14	200m:	2:46.92	43.10	300m:	4:13.59	44.25	400m:	5:39.47	43.08	
9.				09 II	- -			1	5:50.36				303
	50m:	41.73	41.73	150m:	2:11.20	45.20	250m:	3:40.71	44.79	350m:	5:08.69	43.83	
	100m:	1:26.00	44.27	200m:	2:55.92	44.72	300m:	4:24.86	44.15	400m:	5:50.36	41.67	
10.				09 II	- -			-25	6:02.21				274
	50m:	40.83	40.83	150m:	2:11.57	45.67	250m:	3:44.82	46.62	350m:	5:19.25	46.50	
	100m:	1:25.90	45.07	200m:	2:58.20	46.63	300m:	4:32.75	47.93	400m:	6:02.21	42.96	