

13				, 400m				14				
19.06.2024												
: FINA 2022												
14 - 15												
1.	,			09		"		"	4:55.85	499	I	
	50m:	31.24	31.24	150m:	1:47.23	39.01	250m:	3:05.91	39.98	350m:	4:23.17	34.09
	100m:	1:08.22	36.98	200m:	2:25.93	38.70	300m:	3:49.08	43.17	400m:	4:55.85	32.68
2.	,			10		"		"	4:57.18	493	I	
	50m:	30.63	30.63	150m:	1:46.57	39.88	250m:	3:07.78	42.23	350m:	4:24.09	34.11
	100m:	1:06.69	36.06	200m:	2:25.55	38.98	300m:	3:49.98	42.20	400m:	4:57.18	33.09
3.	,			09		6			5:04.43	458	II	
	50m:	32.35	32.35	150m:	1:48.11	37.84	250m:	3:07.18	41.54	350m:	4:27.60	38.61
	100m:	1:10.27	37.92	200m:	2:25.64	37.53	300m:	3:48.99	41.81	400m:	5:04.43	36.83
4.	,			10		"		"	5:10.63	431	II	
	50m:	32.74	32.74	150m:	1:51.94	39.62	250m:	3:16.31	45.73	350m:	4:37.36	35.49
	100m:	1:12.32	39.58	200m:	2:30.58	38.64	300m:	4:01.87	45.56	400m:	5:10.63	33.27
5.	,			09		"		"	5:17.04	406	II	
	50m:	31.68	31.68	150m:	1:51.79	41.58	250m:	3:16.78	42.90	350m:	4:41.88	38.07
	100m:	1:10.21	38.53	200m:	2:33.88	42.09	300m:	4:03.81	47.03	400m:	5:17.04	35.16
6.	,			09		"		"	5:17.44	404	II	
	50m:	31.85	31.85	150m:	1:50.81	41.80	250m:	3:17.95	46.60	350m:	4:41.82	37.19
	100m:	1:09.01	37.16	200m:	2:31.35	40.54	300m:	4:04.63	46.68	400m:	5:17.44	35.62
7.	,			09		6			5:19.93	395	II	
	50m:	32.62	32.62	150m:	1:51.15	40.31	250m:	3:17.76	45.22	350m:	4:44.69	39.12
	100m:	1:10.84	38.22	200m:	2:32.54	41.39	300m:	4:05.57	47.81	400m:	5:19.93	35.24
8.	,			09					5:21.82	388	II	
	50m:	33.24	33.24	150m:	1:54.67	42.00	250m:	3:22.22	46.71	350m:	4:46.49	38.44
	100m:	1:12.67	39.43	200m:	2:35.51	40.84	300m:	4:08.05	45.83	400m:	5:21.82	35.33
9.	,			10		6			5:29.47	361	II	
	50m:	33.53	33.53	150m:	1:55.26	41.55	250m:	3:22.53	46.62	350m:	4:49.94	40.43
	100m:	1:13.71	40.18	200m:	2:35.91	40.65	300m:	4:09.51	46.98	400m:	5:29.47	39.53
10.	,			09		6			5:29.56	361	II	
	50m:	34.25	34.25	150m:	1:54.36	40.85	250m:	3:21.27	46.36	350m:	4:50.48	41.55
	100m:	1:13.51	39.26	200m:	2:34.91	40.55	300m:	4:08.93	47.66	400m:	5:29.56	39.08
11.	,			10		6			5:45.45	314	1	
	50m:	36.11	36.11	150m:	2:04.49	45.24	250m:	3:35.38	47.24	350m:	5:05.88	43.17
	100m:	1:19.25	43.14	200m:	2:48.14	43.65	300m:	4:22.71	47.33	400m:	5:45.45	39.57
12.	,			09		"		"	6:08.04	259	1	
	50m:	38.68	38.68	150m:	2:13.36	47.50	250m:	3:51.87	52.08	350m:	5:28.10	42.72
	100m:	1:25.86	47.18	200m:	2:59.79	46.43	300m:	4:45.38	53.51	400m:	6:08.04	39.94
16 - 18												
1.	,			06		"		"	4:28.18	671		
	50m:	28.42	28.42	150m:	1:37.34	35.38	250m:	2:49.70	37.43	350m:	3:59.08	32.15
	100m:	1:01.96	33.54	200m:	2:12.27	34.93	300m:	3:26.93	37.23	400m:	4:28.18	29.10
2.	,			06		"		"	4:28.37	669		
	50m:	28.97	28.97	150m:	1:38.47	35.65	250m:	2:50.28	36.66	350m:	3:58.64	32.04
	100m:	1:02.82	33.85	200m:	2:13.62	35.15	300m:	3:26.60	36.32	400m:	4:28.37	29.73
3.	,			06		"		"	4:48.48	539	I	
	50m:	29.80	29.80	150m:	1:41.34	36.30	250m:	2:56.75	39.69	350m:	4:14.21	34.87
	100m:	1:05.04	35.24	200m:	2:17.06	35.72	300m:	3:39.34	42.59	400m:	4:48.48	34.27
4.	,			08		6			4:51.69	521	I	
	50m:	32.09	32.09	150m:	1:44.94	35.09	250m:	3:00.62	41.79	350m:	4:18.60	35.04
	100m:	1:09.85	37.76	200m:	2:18.83	33.89	300m:	3:43.56	42.94	400m:	4:51.69	33.09

	13,	, 400m		, 16 - 18								
5.			07								4:56.52	496
	50m:	32.25	32.25	150m:	1:48.16	38.59	250m:	3:08.89	40.79	350m:	4:24.69	34.51
	100m:	1:09.57	37.32	200m:	2:28.10	39.94	300m:	3:50.18	41.29	400m:	4:56.52	31.83
6.			08								4:58.72	485
	50m:	29.05	29.05	150m:	1:42.92	38.72	250m:	3:06.20	44.48	350m:	4:25.22	33.91
	100m:	1:04.20	35.15	200m:	2:21.72	38.80	300m:	3:51.31	45.11	400m:	4:58.72	33.50
7.			06								5:00.77	475
	50m:	31.82	31.82	150m:	1:49.28	40.01	250m:	3:10.34	41.63	350m:	4:27.89	34.45
	100m:	1:09.27	37.45	200m:	2:28.71	39.43	300m:	3:53.44	43.10	400m:	5:00.77	32.88
14												
1.			06				"			"	4:28.18	671
	50m:	28.42	28.42	150m:	1:37.34	35.38	250m:	2:49.70	37.43	350m:	3:59.08	32.15
	100m:	1:01.96	33.54	200m:	2:12.27	34.93	300m:	3:26.93	37.23	400m:	4:28.18	29.10
2.			06				"			"	4:28.37	669
	50m:	28.97	28.97	150m:	1:38.47	35.65	250m:	2:50.28	36.66	350m:	3:58.64	32.04
	100m:	1:02.82	33.85	200m:	2:13.62	35.15	300m:	3:26.60	36.32	400m:	4:28.37	29.73
3.			00								4:41.36	581
	50m:	28.92	28.92	150m:	1:39.80	36.08	250m:	2:55.29	38.78	350m:	4:08.64	32.97
	100m:	1:03.72	34.80	200m:	2:16.51	36.71	300m:	3:35.67	40.38	400m:	4:41.36	32.72
4.			06				"			"	4:48.48	539
	50m:	29.80	29.80	150m:	1:41.34	36.30	250m:	2:56.75	39.69	350m:	4:14.21	34.87
	100m:	1:05.04	35.24	200m:	2:17.06	35.72	300m:	3:39.34	42.59	400m:	4:48.48	34.27
5.			08				6				4:51.69	521
	50m:	32.09	32.09	150m:	1:44.94	35.09	250m:	3:00.62	41.79	350m:	4:18.60	35.04
	100m:	1:09.85	37.76	200m:	2:18.83	33.89	300m:	3:43.56	42.94	400m:	4:51.69	33.09
6.			09				"			"	4:55.85	499
	50m:	31.24	31.24	150m:	1:47.23	39.01	250m:	3:05.91	39.98	350m:	4:23.17	34.09
	100m:	1:08.22	36.98	200m:	2:25.93	38.70	300m:	3:49.08	43.17	400m:	4:55.85	32.68
7.			07								4:56.52	496
	50m:	32.25	32.25	150m:	1:48.16	38.59	250m:	3:08.89	40.79	350m:	4:24.69	34.51
	100m:	1:09.57	37.32	200m:	2:28.10	39.94	300m:	3:50.18	41.29	400m:	4:56.52	31.83
8.			10				"			"	4:57.18	493
	50m:	30.63	30.63	150m:	1:46.57	39.88	250m:	3:07.78	42.23	350m:	4:24.09	34.11
	100m:	1:06.69	36.06	200m:	2:25.55	38.98	300m:	3:49.98	42.20	400m:	4:57.18	33.09
9.			08								4:58.72	485
	50m:	29.05	29.05	150m:	1:42.92	38.72	250m:	3:06.20	44.48	350m:	4:25.22	33.91
	100m:	1:04.20	35.15	200m:	2:21.72	38.80	300m:	3:51.31	45.11	400m:	4:58.72	33.50
10.			06								5:00.77	475
	50m:	31.82	31.82	150m:	1:49.28	40.01	250m:	3:10.34	41.63	350m:	4:27.89	34.45
	100m:	1:09.27	37.45	200m:	2:28.71	39.43	300m:	3:53.44	43.10	400m:	5:00.77	32.88
11.			09				6				5:04.43	458
	50m:	32.35	32.35	150m:	1:48.11	37.84	250m:	3:07.18	41.54	350m:	4:27.60	38.61
	100m:	1:10.27	37.92	200m:	2:25.64	37.53	300m:	3:48.99	41.81	400m:	5:04.43	36.83
12.			10				"			"	5:10.63	431
	50m:	32.74	32.74	150m:	1:51.94	39.62	250m:	3:16.31	45.73	350m:	4:37.36	35.49
	100m:	1:12.32	39.58	200m:	2:30.58	38.64	300m:	4:01.87	45.56	400m:	5:10.63	33.27
13.			05				"			"	5:14.74	415
	50m:	31.33	31.33	150m:	1:49.07	39.08	250m:	3:13.78	45.97	350m:	4:38.79	37.45
	100m:	1:09.99	38.66	200m:	2:27.81	38.74	300m:	4:01.34	47.56	400m:	5:14.74	35.95
14.			09				"			"	5:17.04	406
	50m:	31.68	31.68	150m:	1:51.79	41.58	250m:	3:16.78	42.90	350m:	4:41.88	38.07
	100m:	1:10.21	38.53	200m:	2:33.88	42.09	300m:	4:03.81	47.03	400m:	5:17.04	35.16

	13,	, 400m		, 14									
15.			04							5:17.22	405	II	
	50m:	29.62	29.62	150m:	1:45.45	40.86	250m:	3:09.13	43.00	350m:	4:36.13	41.96	
	100m:	1:04.59	34.97	200m:	2:26.13	40.68	300m:	3:54.17	45.04	400m:	5:17.22	41.09	
16.			09								5:17.44	404	II
	50m:	31.85	31.85	150m:	1:50.81	41.80	250m:	3:17.95	46.60	350m:	4:41.82	37.19	
	100m:	1:09.01	37.16	200m:	2:31.35	40.54	300m:	4:04.63	46.68	400m:	5:17.44	35.62	
17.			09		6						5:19.93	395	II
	50m:	32.62	32.62	150m:	1:51.15	40.31	250m:	3:17.76	45.22	350m:	4:44.69	39.12	
	100m:	1:10.84	38.22	200m:	2:32.54	41.39	300m:	4:05.57	47.81	400m:	5:19.93	35.24	
18.			09								5:21.82	388	II
	50m:	33.24	33.24	150m:	1:54.67	42.00	250m:	3:22.22	46.71	350m:	4:46.49	38.44	
	100m:	1:12.67	39.43	200m:	2:35.51	40.84	300m:	4:08.05	45.83	400m:	5:21.82	35.33	
19.			10		6						5:29.47	361	II
	50m:	33.53	33.53	150m:	1:55.26	41.55	250m:	3:22.53	46.62	350m:	4:49.94	40.43	
	100m:	1:13.71	40.18	200m:	2:35.91	40.65	300m:	4:09.51	46.98	400m:	5:29.47	39.53	
20.			09		6						5:29.56	361	II
	50m:	34.25	34.25	150m:	1:54.36	40.85	250m:	3:21.27	46.36	350m:	4:50.48	41.55	
	100m:	1:13.51	39.26	200m:	2:34.91	40.55	300m:	4:08.93	47.66	400m:	5:29.56	39.08	
21.			10		6						5:45.45	314	1
	50m:	36.11	36.11	150m:	2:04.49	45.24	250m:	3:35.38	47.24	350m:	5:05.88	43.17	
	100m:	1:19.25	43.14	200m:	2:48.14	43.65	300m:	4:22.71	47.33	400m:	5:45.45	39.57	
22.			09								6:08.04	259	1
	50m:	38.68	38.68	150m:	2:13.36	47.50	250m:	3:51.87	52.08	350m:	5:28.10	42.72	
	100m:	1:25.86	47.18	200m:	2:59.79	46.43	300m:	4:45.38	53.51	400m:	6:08.04	39.94	