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31 , 400m 2006
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							R.T.		FINA	
1.			2003	"	"		+0,68	4:18.33	I	554
	50m:	59.58 59.58	150m:	2:04.99 32.95	250m:	3:11.73 33.70	350m:	4:18.57 32.97		
	100m:	1:32.04 32.46	200m:	2:38.03 33.04	300m:	3:45.60 33.87	400m:	4:18.33		
2.			2004	II			+0,80	4:22.94	I	525
	50m:	1:01.11 1:01.11	150m:	2:08.34 34.12	250m:	3:16.48 34.00	350m:	4:23.14 32.83		
	100m:	1:34.22 33.11	200m:	2:42.48 34.14	300m:	3:50.31 33.83	400m:	4:22.94		
3.			2004	2	"	"	+0,54	4:23.82	I	520
	50m:	30.19 30.19	150m:	1:35.17 33.37	250m:	2:42.67 33.50	350m:	3:50.72 33.76		
	100m:	1:01.80 31.61	200m:	2:09.17 34.00	300m:	3:16.96 34.29	400m:	4:23.82 33.10		
4.			2001				+0,71	4:32.25	II	473
	50m:	1:00.03 1:00.03	150m:	2:07.34 34.17	250m:	3:19.14 36.57	350m:	4:32.51 36.56		
	100m:	1:33.17 33.14	200m:	2:42.57 35.23	300m:	3:55.95 36.81	400m:	4:32.25		
5.			2002	1	"	"	+0,73	4:35.57	II	456
	50m:	30.69 30.69	150m:	1:37.73 33.93	250m:	2:47.94 35.64	350m:	4:01.33 37.14		
	100m:	1:03.80 33.11	200m:	2:12.30 34.57	300m:	3:24.19 36.25	400m:	4:35.57 34.24		
6.			2002	2	"	"	+0,72	4:37.11	II	449
	50m:	1:02.15 1:02.15	150m:	2:11.94 35.65	250m:	3:24.70 36.55	350m:	4:37.28 35.44		
	100m:	1:36.29 34.14	200m:	2:48.15 36.21	300m:	4:01.84 37.14	400m:	4:37.11		
7.			2004	II			+0,80	4:46.72	II	405
	50m:	31.06 31.06	150m:	1:40.05 35.15	250m:	2:53.68 37.04	350m:	4:10.25 38.37		
	100m:	1:04.90 33.84	200m:	2:16.64 36.59	300m:	3:31.88 38.20	400m:	4:46.72 36.47		
8.			2004	2	"	"	+0,80	4:47.65	II	401
	50m:	32.92 32.92	150m:	1:45.47 36.86	250m:	2:58.75 36.79	350m:	4:13.43 36.86		
	100m:	1:08.61 35.69	200m:	2:21.96 36.49	300m:	3:36.57 37.82	400m:	4:47.65 34.22		
9.			2006	II	"	"	+0,67	4:47.80	II	401
	50m:	31.80 31.80	150m:	1:43.71 36.28	250m:	2:56.20 36.26	350m:	4:11.27 38.31		
	100m:	1:07.43 35.63	200m:	2:19.94 36.23	300m:	3:32.96 36.76	400m:	4:47.80 36.53		
10.			2003	2	"	"	+0,82	4:48.09	II	399
	50m:	30.34 30.34	150m:	1:40.03 35.73	250m:	2:53.57 37.35	350m:	4:10.21 37.97		
	100m:	1:04.30 33.96	200m:	2:16.22 36.19	300m:	3:32.24 38.67	400m:	4:48.09 37.88		
11.			2004	2	"	"	+0,71	4:54.73	II	373
	50m:	30.84 30.84	150m:	1:42.41 36.43	250m:	2:58.21 38.14	350m:	4:16.71 38.73		
	100m:	1:05.98 35.14	200m:	2:20.07 37.66	300m:	3:37.98 39.77	400m:	4:54.73 38.02		
12.			2004	2	"	"	+0,81	4:57.43	II	363
	50m:	31.73 31.73	150m:	1:45.36 37.12	250m:	3:01.95 38.05	350m:	4:19.99 39.18		
	100m:	1:08.24 36.51	200m:	2:23.90 38.54	300m:	3:40.81 38.86	400m:	4:57.43 37.44		
13.			1985				+0,72	5:00.60	II	352
	50m:	33.57 33.57	150m:	2:25.13 1:15.68	250m:	4:22.76 39.65	350m:	5:00.60 35.22		
	100m:	1:09.45 35.88	200m:	3:43.11 1:17.98	300m:	5:00.59 37.83	400m:	5:00.60		
14.			2006				+0,79	5:04.80	III	337
	50m:	33.34 33.34	150m:	1:50.22 38.62	250m:	3:09.31 40.18	350m:	4:26.78 38.76		
	100m:	1:11.60 38.26	200m:	2:29.13 38.91	300m:	3:48.02 38.71	400m:	5:04.80 38.02		
15.			2005	3			+0,63	5:07.77	III	327
	50m:	33.28 33.28	150m:	1:49.48 38.71	250m:	3:09.10 39.46	350m:	4:29.35 39.89		
	100m:	1:10.77 37.49	200m:	2:29.64 40.16	300m:	3:49.46 40.36	400m:	5:07.77 38.42		



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31,		, 400m		, 2006		R.T.				FINA		
16.	,			2005 2	" "	+0,77	5:08.64	III		325		
	50m:	34.55	34.55	150m:	1:52.23	39.14	250m:	3:10.95	39.51	350m:	4:27.75	37.66
	100m:	1:13.09	38.54	200m:	2:31.44	39.21	300m:	3:50.09	39.14	400m:	5:08.64	40.89
17.	,			2004 2	" "	+0,95	5:17.41	III		299		
	50m:	33.37	33.37	150m:	1:52.18	40.21	250m:	3:14.09	41.36	350m:	4:37.87	42.44
	100m:	1:11.97	38.60	200m:	2:32.73	40.55	300m:	3:55.43	41.34	400m:	5:17.41	39.54
18.	,			2004 III		+0,70	5:21.09	III		288		
	50m:	35.13	35.13	150m:	1:56.34	41.59	250m:	3:19.99	41.57	350m:	4:42.44	40.52
	100m:	1:14.75	39.62	200m:	2:38.42	42.08	300m:	4:01.92	41.93	400m:	5:21.09	38.65
19.	,			2003 I		+1,07	5:21.74	III		287		
	50m:	35.80	35.80	150m:	1:55.70	40.78	250m:	3:18.85	39.83	350m:	4:43.49	41.35
	100m:	1:14.92	39.12	200m:	2:39.02	43.32	300m:	4:02.14	43.29	400m:	5:21.74	38.25
20.	,			2003 III		+0,83	5:21.79	III		286		
	50m:	33.77	33.77	150m:	1:53.02	40.76	250m:	3:17.89	41.75	350m:	5:22.11	1:21.83
	100m:	1:12.26	38.49	200m:	2:36.14	43.12	300m:	4:00.28	42.39	400m:	5:21.79	
21.	,			2006		+0,80	5:30.09	III		265		
	50m:	36.53	36.53	150m:	2:01.17	42.71	250m:	3:26.00	42.32	350m:	4:50.95	42.03
	100m:	1:18.46	41.93	200m:	2:43.68	42.51	300m:	4:08.92	42.92	400m:	5:30.09	39.14
22.	,			2005 3	" "	+0,66	5:31.25	III		263		
	50m:	33.10	33.10	150m:	1:52.06	41.72	250m:	3:18.28	43.46	350m:	4:46.62	44.08
	100m:	1:10.34	37.24	200m:	2:34.82	42.76	300m:	4:02.54	44.26	400m:	5:31.25	44.63
23.	,			2006 III		+0,75	5:44.94			232		
	50m:	35.25	35.25	150m:	1:59.00	42.35	250m:	3:28.44	45.31	350m:	5:00.90	47.02
	100m:	1:16.65	41.40	200m:	2:43.13	44.13	300m:	4:13.88	45.44	400m:	5:44.94	44.04
24.	,			2006 III		+0,61	5:47.98			226		
	50m:	36.05	36.05	150m:	2:03.65	44.43	250m:	3:34.28	44.77	350m:	5:05.06	45.22
	100m:	1:19.22	43.17	200m:	2:49.51	45.86	300m:	4:19.84	45.56	400m:	5:47.98	42.92
DSQ	,			2005 3	" "							
DSQ	,			2005 2								

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31		, 400m		, 2004 - 2005		R.T.				FINA		
1.	,			2004 II		+0,80	4:22.94	I		525		
	50m:	1:01.11	1:01.11	150m:	2:08.34	34.12	250m:	3:16.48	34.00	350m:	4:23.14	32.83
	100m:	1:34.22	33.11	200m:	2:42.48	34.14	300m:	3:50.31	33.83	400m:	4:22.94	
2.	,			2004 2	" "	+0,54	4:23.82	I		520		
	50m:	30.19	30.19	150m:	1:35.17	33.37	250m:	2:42.67	33.50	350m:	3:50.72	33.76
	100m:	1:01.80	31.61	200m:	2:09.17	34.00	300m:	3:16.96	34.29	400m:	4:23.82	33.10
3.	,			2004 II		+0,80	4:46.72	II		405		
	50m:	31.06	31.06	150m:	1:40.05	35.15	250m:	2:53.68	37.04	350m:	4:10.25	38.37
	100m:	1:04.90	33.84	200m:	2:16.64	36.59	300m:	3:31.88	38.20	400m:	4:46.72	36.47
4.	,			2004 2	" "	+0,80	4:47.65	II		401		
	50m:	32.92	32.92	150m:	1:45.47	36.86	250m:	2:58.75	36.79	350m:	4:13.43	36.86
	100m:	1:08.61	35.69	200m:	2:21.96	36.49	300m:	3:36.57	37.82	400m:	4:47.65	34.22



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31,		, 400m				2004 - 2005				R.T.	FINA		
5.				2004	2	"	"			+0,71	4:54.73	II	373
	50m:	30.84	30.84	150m:	1:42.41	36.43	250m:	2:58.21	38.14	350m:	4:16.71	38.73	
	100m:	1:05.98	35.14	200m:	2:20.07	37.66	300m:	3:37.98	39.77	400m:	4:54.73	38.02	
6.				2004	2	"	"			+0,81	4:57.43	II	363
	50m:	31.73	31.73	150m:	1:45.36	37.12	250m:	3:01.95	38.05	350m:	4:19.99	39.18	
	100m:	1:08.24	36.51	200m:	2:23.90	38.54	300m:	3:40.81	38.86	400m:	4:57.43	37.44	
7.				2005	3					+0,63	5:07.77	III	327
	50m:	33.28	33.28	150m:	1:49.48	38.71	250m:	3:09.10	39.46	350m:	4:29.35	39.89	
	100m:	1:10.77	37.49	200m:	2:29.64	40.16	300m:	3:49.46	40.36	400m:	5:07.77	38.42	
8.				2005	2	"	"			+0,77	5:08.64	III	325
	50m:	34.55	34.55	150m:	1:52.23	39.14	250m:	3:10.95	39.51	350m:	4:27.75	37.66	
	100m:	1:13.09	38.54	200m:	2:31.44	39.21	300m:	3:50.09	39.14	400m:	5:08.64	40.89	
9.				2004	2	"	"			+0,95	5:17.41	III	299
	50m:	33.37	33.37	150m:	1:52.18	40.21	250m:	3:14.09	41.36	350m:	4:37.87	42.44	
	100m:	1:11.97	38.60	200m:	2:32.73	40.55	300m:	3:55.43	41.34	400m:	5:17.41	39.54	
10.				2004	III					+0,70	5:21.09	III	288
	50m:	35.13	35.13	150m:	1:56.34	41.59	250m:	3:19.99	41.57	350m:	4:42.44	40.52	
	100m:	1:14.75	39.62	200m:	2:38.42	42.08	300m:	4:01.92	41.93	400m:	5:21.09	38.65	
11.				2005	3	"	"			+0,66	5:31.25	III	263
	50m:	33.10	33.10	150m:	1:52.06	41.72	250m:	3:18.28	43.46	350m:	4:46.62	44.08	
	100m:	1:10.34	37.24	200m:	2:34.82	42.76	300m:	4:02.54	44.26	400m:	5:31.25	44.63	
DSQ				2005	3	"	"						
DSQ				2005	2								
EXH				2007	III					+0,81	5:04.57	III	338
	50m:	33.01	33.01	150m:	1:48.93	38.60	250m:	3:06.55	38.46	350m:	4:25.18	39.09	
	100m:	1:10.33	37.32	200m:	2:28.09	39.16	300m:	3:46.09	39.54	400m:	5:04.57	39.39	
EXH				2007	III					+0,62	5:08.69	III	325
	50m:	32.75	32.75	150m:	1:49.78	40.11	250m:	3:10.23	39.91	350m:	4:30.36	39.78	
	100m:	1:09.67	36.92	200m:	2:30.32	40.54	300m:	3:50.58	40.35	400m:	5:08.69	38.33	
EXH				2008	III						5:13.34	III	310
	50m:	36.10	36.10	150m:	1:56.59	40.44	250m:	3:17.14	40.07	350m:	4:36.63	38.89	
	100m:	1:16.15	40.05	200m:	2:37.07	40.48	300m:	3:57.74	40.60	400m:	5:13.34	36.71	
EXH				2007	III					+0,60	5:14.33	III	307
	50m:	34.66	34.66	150m:	1:54.55	40.43	250m:	3:16.33	41.15	350m:	4:35.89	39.29	
	100m:	1:14.12	39.46	200m:	2:35.18	40.63	300m:	3:56.60	40.27	400m:	5:14.33	38.44	
EXH				2009	III					+0,53	5:16.32	III	302
	50m:	36.49	36.49	150m:	1:57.71	40.74	250m:	3:18.91	40.64	350m:	4:39.43	40.06	
	100m:	1:16.97	40.48	200m:	2:38.27	40.56	300m:	3:59.37	40.46	400m:	5:16.32	36.89	
EXH				2007						+0,90	5:22.72	III	284
	50m:	36.90	36.90	150m:	2:00.86	41.57	250m:	3:24.96	41.41	350m:	4:44.94	38.79	
	100m:	1:19.29	42.39	200m:	2:43.55	42.69	300m:	4:06.15	41.19	400m:	5:22.72	37.78	
EXH				2008	III					+0,45	5:34.41	III	255
	50m:	37.31	37.31	150m:	2:02.23	43.44	250m:	3:27.65	42.94	350m:	4:52.98	42.65	
	100m:	1:18.79	41.48	200m:	2:44.71	42.48	300m:	4:10.33	42.68	400m:	5:34.41	41.43	
EXH				2008	III					+0,55	5:37.66	III	248
	50m:	39.15	39.15	150m:	2:05.58	43.63	250m:	3:30.96	42.79	350m:	4:56.94	43.04	
	100m:	1:21.95	42.80	200m:	2:48.17	42.59	300m:	4:13.90	42.94	400m:	5:37.66	40.72	



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								R.T.			FINA	
EXH	,		2007	III					5:42.91	III	237	
	50m:	38.70	38.70	150m:	2:05.15	43.53	250m:	3:32.56	43.70	350m:	5:00.62	43.46
	100m:	1:21.62	42.92	200m:	2:48.86	43.71	300m:	4:17.16	44.60	400m:	5:42.91	42.29
EXH	,		2009	III				+0.66	5:45.85		231	
	50m:	38.07	38.07	150m:	2:05.41	44.68	250m:	3:34.91	44.63	350m:	5:04.36	44.64
	100m:	1:20.73	42.66	200m:	2:50.28	44.87	300m:	4:19.72	44.81	400m:	5:45.85	41.49
EXH	,		2007						5:46.94		228	
	50m:	39.02	39.02	150m:	2:07.80	44.71	250m:	3:37.68	44.75	350m:	5:06.95	44.17
	100m:	1:23.09	44.07	200m:	2:52.93	45.13	300m:	4:22.78	45.10	400m:	5:46.94	39.99