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33 , 400m 2010
 17.11.2022 - 11:55
 : FINA 2022

						R.T.			FINA		
2007											
1.			2005	1	"	"		+0,82	4:18.78	I	551
	50m:	28.80	150m:	1:33.06	32.80	250m:	2:39.45	33.19	350m:	3:46.85	33.79
	100m:	1:00.26	200m:	2:06.26	33.20	300m:	3:13.06	33.61	400m:	4:18.78	31.93
2.			2006	1	"	"		+0,68	4:50.66	II	389
	50m:	32.71	150m:	1:47.11	37.40	250m:	3:02.17	37.11	350m:	4:15.63	36.76
	100m:	1:09.71	200m:	2:25.06	37.95	300m:	3:38.87	36.70	400m:	4:50.66	35.03
3.			2007	3	"	"		+0,80	5:01.00	II	350
	50m:	32.25	150m:	1:47.08	38.05	250m:	3:04.89	38.96	350m:	4:23.61	39.19
	100m:	1:09.03	200m:	2:25.93	38.85	300m:	3:44.42	39.53	400m:	5:01.00	37.39
4.			2007	II				+0,66	5:01.28	II	349
	50m:	31.67	150m:	1:46.48	38.46	250m:	3:05.78	39.78	350m:	4:25.13	39.13
	100m:	1:08.02	200m:	2:26.00	39.52	300m:	3:46.00	40.22	400m:	5:01.28	36.15
5.			2006	II				+0,80	5:15.81	III	303
	50m:	33.89	150m:	1:52.96	40.32	250m:	3:14.93	40.95	350m:	4:37.10	40.76
	100m:	1:12.64	200m:	2:33.98	41.02	300m:	3:56.34	41.41	400m:	5:15.81	38.71
6.			2006	II				+0,83	5:17.19	III	299
	50m:	32.40	150m:	1:49.71	39.72	250m:	3:10.67	41.12	350m:	4:36.30	42.56
	100m:	1:09.99	200m:	2:29.55	39.84	300m:	3:53.74	43.07	400m:	5:17.19	40.89
7.			2007	II					5:17.38	III	299
	50m:	34.10	150m:	1:53.49	39.89	250m:	3:15.47	40.58	350m:	4:37.66	40.83
	100m:	1:13.60	200m:	2:34.89	41.40	300m:	3:56.83	41.36	400m:	5:17.38	39.72
8.			2007	II	"	"			5:35.17	III	253
	50m:	35.00	150m:	1:56.56	41.92	250m:	3:23.96	44.10	350m:	4:53.57	44.36
	100m:	1:14.64	200m:	2:39.86	43.30	300m:	4:09.21	45.25	400m:	5:35.17	41.60
9.			2007	III				+0,93	5:36.72	III	250
	50m:	35.49	150m:	1:59.57	42.70	250m:	3:27.44	44.63	350m:	4:55.38	43.98
	100m:	1:16.87	200m:	2:42.81	43.24	300m:	4:11.40	43.96	400m:	5:36.72	41.34
10.			2006	III		2			6:10.03	1	188
	50m:	37.43	150m:	2:08.16	47.07	250m:	3:44.92	49.12	350m:	5:22.10	48.37
	100m:	1:21.09	200m:	2:55.80	47.64	300m:	4:33.73	48.81	400m:	6:10.03	47.93
2008 - 2010											
1.			2009	II					4:29.29	II	489
	50m:	30.81	150m:	1:39.32	34.44	250m:	2:49.07	34.79	350m:	3:57.27	33.64
	100m:	1:04.88	200m:	2:14.28	34.96	300m:	3:23.63	34.56	400m:	4:29.29	32.02
2.			2008	I				+0,68	4:50.51	II	389
	50m:	32.21	150m:	1:46.81	37.59	250m:	3:01.54	37.37	350m:	4:14.75	36.85
	100m:	1:09.22	200m:	2:24.17	37.36	300m:	3:37.90	36.36	400m:	4:50.51	35.76
3.			2010	II				+0,83	4:53.35	II	378
	50m:	31.62	150m:	1:45.68	37.98	250m:	3:01.59	37.89	350m:	4:16.82	37.73
	100m:	1:07.70	200m:	2:23.70	38.02	300m:	3:39.09	37.50	400m:	4:53.35	36.53
4.			2008	II				+0,76	4:54.15	II	375
	50m:	32.38	150m:	1:46.49	37.52	250m:	3:02.41	38.02	350m:	4:17.78	37.67
	100m:	1:08.97	200m:	2:24.39	37.90	300m:	3:40.11	37.70	400m:	4:54.15	36.37



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33,		, 400m				2008 - 2010				R.T.	FINA	
5.				2008	II					5:02.45	II 345	
	50m:	32.31	32.31	150m:	1:49.05	39.00	250m:	3:08.12	39.54	350m:	4:26.84	39.51
	100m:	1:10.05	37.74	200m:	2:28.58	39.53	300m:	3:47.33	39.21	400m:	5:02.45	35.61
6.				2010	3	"	"		+0,47	5:08.17	III 326	
	50m:	34.16	34.16	150m:	1:52.00	39.19	250m:	3:49.58	1:18.14	350m:	5:08.35	37.82
	100m:	1:12.81	38.65	200m:	2:31.44	39.44	300m:	4:30.53	40.95	400m:	5:08.17	
7.				2009	3	"	"		+0,66	5:16.82	III 300	
	50m:	35.50	35.50	150m:	1:56.14	41.22	250m:	3:16.30	41.12	350m:	4:38.71	40.30
	100m:	1:14.92	39.42	200m:	2:35.18	39.04	300m:	3:58.41	42.11	400m:	5:16.82	38.11
8.				2009	3	Тпу-Swim			+0,61	5:19.51	III 293	
	50m:	35.72	35.72	150m:	1:57.15	41.32	250m:	3:19.24	41.07	350m:	4:40.91	40.81
	100m:	1:15.83	40.11	200m:	2:38.17	41.02	300m:	4:00.10	40.86	400m:	5:19.51	38.60
9.				2008	II					5:26.00	III 275	
	50m:			150m:	2:39.09		250m:	4:04.19	43.19	350m:		
	100m:			200m:	3:21.00	41.91	300m:	5:26.15	1:21.96	400m:	5:26.00	
10.				2008	III	"	"		+0,85	5:30.06	III 265	
	50m:	35.70	35.70	150m:	1:57.92	41.72	250m:	4:49.32	2:08.27	350m:		
	100m:	1:16.20	40.50	200m:	2:41.05	43.13	300m:	5:30.27	40.95	400m:	5:30.06	
11.				2009	III					5:34.35	III 255	
	50m:	34.26	34.26	150m:	1:59.62	44.66	250m:	3:24.85	45.17	350m:	4:54.84	45.45
	100m:	1:14.96	40.70	200m:	2:39.68	40.06	300m:	4:09.39	44.54	400m:	5:34.35	39.51
12.				2009	III				+0,98	5:36.86	III 250	
	50m:	34.94	34.94	150m:	2:00.02	43.91	250m:	3:29.10	45.27	350m:	4:58.57	44.45
	100m:	1:16.11	41.17	200m:	2:43.83	43.81	300m:	4:14.12	45.02	400m:	5:36.86	38.29
13.				2008	III				+0,62	5:41.34	III 240	
	50m:	34.69	34.69	150m:	1:58.71	43.42	250m:	3:25.65	44.04	350m:	4:57.80	46.30
	100m:	1:15.29	40.60	200m:	2:41.61	42.90	300m:	4:11.50	45.85	400m:	5:41.34	43.54
14.				2010	1				+1,03	5:46.76	1 229	
	50m:	36.91	36.91	150m:	2:07.87	47.42	250m:	3:36.82	43.81	350m:	5:04.34	44.31
	100m:	1:20.45	43.54	200m:	2:53.01	45.14	300m:	4:20.03	43.21	400m:	5:46.76	42.42
15.				2010	1	"	"			6:08.83	1 190	
	50m:	39.07	39.07	150m:	2:11.60	47.83	250m:	3:47.29	48.38	350m:	5:21.46	47.02
	100m:	1:23.77	44.70	200m:	2:58.91	47.31	300m:	4:34.44	47.15	400m:	6:08.83	47.37
16.				2010	III	"	"			6:16.58	1 179	
	50m:	37.28	37.28	150m:	2:11.24	48.28	250m:	3:50.03	49.58	350m:	5:28.32	48.64
	100m:	1:22.96	45.68	200m:	3:00.45	49.21	300m:	4:39.68	49.65	400m:	6:16.58	48.26
17.				2008	1	"	"		+0,83	6:32.23	1 158	
	50m:	39.35	39.35	150m:			250m:	5:43.79	52.09	350m:		
	100m:	1:27.23	47.88	200m:	4:51.70		300m:	6:32.23	48.44	400m:	6:32.23	
18.				2009	1		2			6:50.05	138	
	50m:	42.11	42.11	150m:	2:24.25	52.80	250m:	4:12.38	53.76	350m:	5:59.41	54.45
	100m:	1:31.45	49.34	200m:	3:18.62	54.37	300m:	5:04.96	52.58	400m:	6:50.05	50.64
EXH				2008	I				+0,63	4:41.90	II 426	
	50m:	31.93	31.93	150m:	2:21.26	36.19	250m:	3:32.42	35.44	350m:	4:41.98	34.19
	100m:	1:45.07	1:13.14	200m:	2:56.98	35.72	300m:	4:07.79	35.37	400m:	4:41.90	
EXH				2011	2	"	"			4:55.28	II 371	
	50m:	34.12	34.12	150m:	1:49.39	37.81	250m:	3:05.05	37.19	350m:	4:20.22	37.38
	100m:	1:11.58	37.46	200m:	2:27.86	38.47	300m:	3:42.84	37.79	400m:	4:55.28	35.06