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34 , 400m 2013  
17.02.2024 - 11:20

: FINA 2024

						100m	200m	300m	400m
2010									
1.		09	"	"	<b>4:45.74</b> 558 I	1:07.05	1:12.28	1:14.17	1:12.24
	50m:	31.93	31.93	150m:	1:42.70	35.65	250m:	2:55.99	36.66
	100m:	1:07.05	35.12	200m:	2:19.33	36.63	300m:	3:33.50	37.51
							350m:	4:10.40	36.90
							400m:	4:45.74	35.34
2.		09			<b>5:01.84</b> 474 I	1:08.80	1:17.70	1:18.68	1:16.66
	50m:	32.27	32.27	150m:	1:47.38	38.58	250m:	3:05.75	39.25
	100m:	1:08.80	36.53	200m:	2:26.50	39.12	300m:	3:45.18	39.43
							350m:	4:24.06	38.88
							400m:	5:01.84	37.78
3.		10	"	"	<b>5:10.80</b> 434 II	1:10.33	1:18.91	1:23.12	1:18.44
	50m:	33.46	33.46	150m:	1:49.21	38.88	250m:	3:10.68	41.44
	100m:	1:10.33	36.87	200m:	2:29.24	40.03	300m:	3:52.36	41.68
							350m:	4:33.40	41.04
							400m:	5:10.80	37.40
4.		08			<b>5:11.60</b> 431 II	1:14.48	1:21.13	1:19.92	1:16.07
	50m:	35.12	35.12	150m:	1:54.99	40.51	250m:	3:15.60	39.99
	100m:	1:14.48	39.36	200m:	2:35.61	40.62	300m:	3:55.53	39.93
							350m:	4:34.18	38.65
							400m:	5:11.60	37.42
5.		07			<b>5:17.98</b> 405 II	1:15.28	1:20.99	1:23.34	1:18.37
	50m:	35.90	35.90	150m:	1:55.52	40.24	250m:	3:18.00	41.73
	100m:	1:15.28	39.38	200m:	2:36.27	40.75	300m:	3:59.61	41.61
							350m:	4:39.26	39.65
							400m:	5:17.98	38.72
6.		07			<b>5:18.27</b> 404 II	1:15.52	1:22.36	1:21.20	1:19.19
	50m:	35.25	35.25	150m:	1:56.34	40.82	250m:	3:18.39	40.51
	100m:	1:15.52	40.27	200m:	2:37.88	41.54	300m:	3:59.08	40.69
							350m:	4:38.95	39.87
							400m:	5:18.27	39.32
7.		05			<b>5:20.48</b> 396 II	1:10.14	1:18.96	1:25.16	1:26.22
	50m:	33.62	33.62	150m:	1:48.61	38.47	250m:	3:11.11	42.01
	100m:	1:10.14	36.52	200m:	2:29.10	40.49	300m:	3:54.26	43.15
							350m:	4:38.06	43.80
							400m:	5:20.48	42.42
8.		07			<b>5:23.03</b> 386 II	1:14.93	1:23.29	1:23.52	1:21.29
	50m:	34.99	34.99	150m:	1:56.33	41.40	250m:	3:20.22	42.00
	100m:	1:14.93	39.94	200m:	2:38.22	41.89	300m:	4:01.74	41.52
							350m:	4:43.29	41.55
							400m:	5:23.03	39.74
9.		10			<b>5:28.56</b> 367 II	1:16.27	1:22.47	1:23.85	1:25.97
	50m:	36.04	36.04	150m:	1:56.27	40.00	250m:	3:19.80	41.06
	100m:	1:16.27	40.23	200m:	2:38.74	42.47	300m:	4:02.59	42.79
							350m:	4:45.77	43.18
							400m:	5:28.56	42.79
10.		07	"	"	<b>5:31.38</b> 358 II	1:18.77	1:24.27	1:24.61	1:23.73
	50m:	37.55	37.55	150m:	2:00.75	41.98	250m:	3:25.52	42.48
	100m:	1:18.77	41.22	200m:	2:43.04	42.29	300m:	4:07.65	42.13
							350m:	4:50.28	42.63
							400m:	5:31.38	41.10
11.		03			<b>5:32.95</b> 353 II	1:18.64	1:23.92	1:25.88	1:24.51
	50m:	38.10	38.10	150m:	2:00.33	41.69	250m:	3:25.03	42.47
	100m:	1:18.64	40.54	200m:	2:42.56	42.23	300m:	4:08.44	43.41
							350m:	4:51.30	42.86
							400m:	5:32.95	41.65
12.		09	TPU-swim		<b>5:35.03</b> 346 II	1:20.27	1:26.82	1:25.84	1:22.10
	50m:	37.44	37.44	150m:	2:03.70	43.43	250m:	3:30.19	43.10
	100m:	1:20.27	42.83	200m:	2:47.09	43.39	300m:	4:12.93	42.74
							350m:	4:56.02	43.09
							400m:	5:35.03	39.01
13.		10	"	"	<b>5:39.60</b> 332 II	1:19.59	1:28.53	1:27.32	1:24.16
	50m:	37.01	37.01	150m:	2:03.76	44.17	250m:	3:32.55	44.43
	100m:	1:19.59	42.58	200m:	2:48.12	44.36	300m:	4:15.44	42.89
							350m:	4:58.99	43.55
							400m:	5:39.60	40.61
14.		10			<b>5:39.66</b> 332 II	1:16.78	1:27.11	1:29.49	1:26.28
	50m:	36.61	36.61	150m:	1:59.52	42.74	250m:	3:28.64	44.75
	100m:	1:16.78	40.17	200m:	2:43.89	44.37	300m:	4:13.38	44.74
							350m:	4:57.42	44.04
							400m:	5:39.66	42.24



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34,		, 400m		, 2010							
						100m	200m	300m	400m		
15.	,	09				<b>5:43.83</b>	320 III	1:20.64	1:28.45	1:28.44	1:26.30
	50m:		150m:	3:32.42	2:11.78	250m:	4:59.95	2:10.86	350m:		
	100m:	1:20.64	200m:	2:49.09		300m:	4:17.53		400m:	5:43.83	
16.	,	08				<b>6:00.52</b>	278 III	1:21.41	1:33.02	1:35.84	1:30.25
	50m:	38.11	150m:	2:07.68	46.27	250m:	3:42.05	47.62	350m:	5:17.83	47.56
	100m:	1:21.41	200m:	2:54.43	46.75	300m:	4:30.27	48.22	400m:	6:00.52	42.69
17.	,	10				<b>6:01.05</b>	277 III	1:22.49	1:31.29	1:35.16	1:32.11
	50m:	39.05	150m:	2:07.04	44.55	250m:	3:41.15	47.37	350m:	5:15.55	46.61
	100m:	1:22.49	200m:	2:53.78	46.74	300m:	4:28.94	47.79	400m:	6:01.05	45.50
18.	,	05				<b>6:13.41</b>	250 III	1:26.39	1:36.18	1:36.31	1:34.53
	50m:	40.21	150m:	2:13.72	47.33	250m:	3:50.22	47.65	350m:	5:27.74	48.86
	100m:	1:26.39	200m:	3:02.57	48.85	300m:	4:38.88	48.66	400m:	6:13.41	45.67
19.	,	09		"	"	<b>6:16.03</b>	245 III	1:29.87	1:35.58	1:36.81	1:33.77
	50m:	42.19	150m:	2:17.94	48.07	250m:	3:53.43	47.98	350m:	5:30.96	48.70
	100m:	1:29.87	200m:	3:05.45	47.51	300m:	4:42.26	48.83	400m:	6:16.03	45.07
20.	,	09		2	.	<b>6:17.63</b>	242 III	1:28.63	1:37.13	1:38.62	1:33.25
	50m:	40.33	150m:	2:17.57	48.94	250m:	3:54.57	48.81	350m:	5:33.15	48.77
	100m:	1:28.63	200m:	3:05.76	48.19	300m:	4:44.38	49.81	400m:	6:17.63	44.48

2009 - 2010

1.	,	09		"	"	<b>4:45.74</b>	558 I	1:07.05	1:12.28	1:14.17	1:12.24
	50m:	31.93	150m:	1:42.70	35.65	250m:	2:55.99	36.66	350m:	4:10.40	36.90
	100m:	1:07.05	200m:	2:19.33	36.63	300m:	3:33.50	37.51	400m:	4:45.74	35.34
2.	,	09				<b>5:01.84</b>	474 I	1:08.80	1:17.70	1:18.68	1:16.66
	50m:	32.27	150m:	1:47.38	38.58	250m:	3:05.75	39.25	350m:	4:24.06	38.88
	100m:	1:08.80	200m:	2:26.50	39.12	300m:	3:45.18	39.43	400m:	5:01.84	37.78
3.	,	10		"	"	<b>5:10.80</b>	434 II	1:10.33	1:18.91	1:23.12	1:18.44
	50m:	33.46	150m:	1:49.21	38.88	250m:	3:10.68	41.44	350m:	4:33.40	41.04
	100m:	1:10.33	200m:	2:29.24	40.03	300m:	3:52.36	41.68	400m:	5:10.80	37.40
4.	,	10				<b>5:28.56</b>	367 II	1:16.27	1:22.47	1:23.85	1:25.97
	50m:	36.04	150m:	1:56.27	40.00	250m:	3:19.80	41.06	350m:	4:45.77	43.18
	100m:	1:16.27	200m:	2:38.74	42.47	300m:	4:02.59	42.79	400m:	5:28.56	42.79
5.	,	09				<b>5:35.03</b>	346 II	1:20.27	1:26.82	1:25.84	1:22.10
	50m:	37.44	150m:	2:03.70	43.43	250m:	3:30.19	43.10	350m:	4:56.02	43.09
	100m:	1:20.27	200m:	2:47.09	43.39	300m:	4:12.93	42.74	400m:	5:35.03	39.01
6.	,	10		"	"	<b>5:39.60</b>	332 II	1:19.59	1:28.53	1:27.32	1:24.16
	50m:	37.01	150m:	2:03.76	44.17	250m:	3:32.55	44.43	350m:	4:58.99	43.55
	100m:	1:19.59	200m:	2:48.12	44.36	300m:	4:15.44	42.89	400m:	5:39.60	40.61
7.	,	10				<b>5:39.66</b>	332 II	1:16.78	1:27.11	1:29.49	1:26.28
	50m:	36.61	150m:	1:59.52	42.74	250m:	3:28.64	44.75	350m:	4:57.42	44.04
	100m:	1:16.78	200m:	2:43.89	44.37	300m:	4:13.38	44.74	400m:	5:39.66	42.24
8.	,	09				<b>5:43.83</b>	320 III	1:20.64	1:28.45	1:28.44	1:26.30
	50m:		150m:	3:32.42	2:11.78	250m:	4:59.95	2:10.86	350m:		
	100m:	1:20.64	200m:	2:49.09		300m:	4:17.53		400m:	5:43.83	
9.	,	10				<b>6:01.05</b>	277 III	1:22.49	1:31.29	1:35.16	1:32.11
	50m:	39.05	150m:	2:07.04	44.55	250m:	3:41.15	47.37	350m:	5:15.55	46.61
	100m:	1:22.49	200m:	2:53.78	46.74	300m:	4:28.94	47.79	400m:	6:01.05	45.50



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34, , 400m , 2009 - 2010

							100m	200m	300m	400m		
10.	,	09	"	"	<b>6:16.03</b>	245 III	1:29.87	1:35.58	1:36.81	1:33.77		
	50m:	42.19	42.19	150m:	2:17.94	48.07	250m:	3:53.43	47.98	350m:	5:30.96	48.70
	100m:	1:29.87	47.68	200m:	3:05.45	47.51	300m:	4:42.26	48.83	400m:	6:16.03	45.07
11.	,	09		2 .	<b>6:17.63</b>	242 III	1:28.63	1:37.13	1:38.62	1:33.25		
	50m:	40.33	40.33	150m:	2:17.57	48.94	250m:	3:54.57	48.81	350m:	5:33.15	48.77
	100m:	1:28.63	48.30	200m:	3:05.76	48.19	300m:	4:44.38	49.81	400m:	6:17.63	44.48

2011 - 2013

1.	,	11			<b>5:13.71</b>	422 II	1:12.93	1:21.15	1:21.02	1:18.61		
	50m:	33.90	33.90	150m:	1:53.02	40.09	250m:	3:14.11	40.03	350m:	4:35.44	40.34
	100m:	1:12.93	39.03	200m:	2:34.08	41.06	300m:	3:55.10	40.99	400m:	5:13.71	38.27
2.	,	11	"	"	<b>5:55.44</b>	290 III	1:25.36	1:32.12	1:31.83	1:26.13		
	50m:	39.53	39.53	150m:	2:11.49	46.13	250m:	3:43.41	45.93	350m:	5:14.03	44.72
	100m:	1:25.36	45.83	200m:	2:57.48	45.99	300m:	4:29.31	45.90	400m:	5:55.44	41.41
3.	,	11		2 .	<b>6:40.60</b>	202 1	1:30.83	1:41.47	1:43.28	1:45.02		
	50m:	42.33	42.33	150m:	2:22.05	51.22	250m:	4:03.28	50.98	350m:	5:48.42	52.84
	100m:	1:30.83	48.50	200m:	3:12.30	50.25	300m:	4:55.58	52.30	400m:	6:40.60	52.18
4.	,	11	"	"	<b>7:01.86</b>	173 1	1:34.79	1:49.53	1:49.97	1:47.57		
	50m:	43.29	43.29	150m:	2:29.15	54.36	250m:	4:19.83	55.51	350m:	6:10.37	56.08
	100m:	1:34.79	51.50	200m:	3:24.32	55.17	300m:	5:14.29	54.46	400m:	7:01.86	51.49
5.	,	12			<b>7:24.90</b>	148 1	1:39.36	1:55.13	1:54.35	1:56.06		
	50m:	44.77	44.77	150m:	2:36.27	56.91	250m:	4:33.21	58.72	350m:	6:30.57	1:01.73
	100m:	1:39.36	54.59	200m:	3:34.49	58.22	300m:	5:28.84	55.63	400m:	7:24.90	54.33
6.	,	13	"	"	<b>7:41.00</b>	133 2	1:47.68	2:01.19	1:59.01	1:53.12		
	50m:	49.17	49.17	150m:	2:47.59	59.91	250m:	4:47.53	58.66	350m:	6:46.17	58.29
	100m:	1:47.68	58.51	200m:	3:48.87	1:01.28	300m:	5:47.88	1:00.35	400m:	7:41.00	54.83