

, 21. - 24.3.2022

22.03.2022 12 , 400m 2006-2007 . .

12 +: 4:05.00 /

10 +: 4:17.50 /

I 9 +: 4:34.00

: FINA 2022

							100m	200m	300m	400m
1.	,	06				<b>4:12.90</b> 658	59.16	1:04.41	1:05.26	1:04.07
	50m:	27.96	27.96	150m:	1:31.43	32.27	32.42	350m:		
	100m:	59.16	31.20	200m:	2:03.57	32.14	32.84	400m:	4:12.90	
2.	,	07				<b>4:19.92</b> 606 I	1:01.08	1:07.54	1:06.92	1:04.38
	50m:	28.50	28.50	150m:	1:34.73	33.65	33.73	350m:	3:48.46	32.92
	100m:	1:01.08	32.58	200m:	2:08.62	33.89	33.19	400m:	4:19.92	31.46
3.	,	07				<b>4:22.67</b> 588 I	1:03.65	1:07.03	1:07.29	1:04.70
	50m:	30.12	30.12	150m:	1:37.16	33.51	33.68	350m:	3:51.03	33.06
	100m:	1:03.65	33.53	200m:	2:10.68	33.52	33.61	400m:	4:22.67	31.64
4.	,	06				<b>4:23.21</b> 584 I	1:04.41	1:06.07	1:06.18	1:06.55
	50m:			150m:				350m:		
	100m:	1:04.41		200m:	2:10.48			400m:	4:23.21	
5.	,	07				<b>4:23.32</b> 583 I	1:01.93	1:08.05	1:08.14	1:05.20
	50m:			150m:				350m:		
	100m:	1:01.93		200m:	2:09.98			400m:	4:23.32	
6.	,	07				<b>4:23.41</b> 583 I	1:01.11	1:06.68	1:08.42	1:07.20
	50m:			150m:				350m:		
	100m:	1:01.11		200m:	2:07.79			400m:	4:23.41	
7.	,	06				<b>4:29.71</b> 543 I	1:02.78	1:09.04	1:10.45	1:07.44
	50m:	29.90	29.90	150m:	1:37.29	34.51	35.30	350m:	3:56.73	34.46
	100m:	1:02.78	32.88	200m:	2:11.82	34.53	35.15	400m:	4:29.71	32.98
8.	,	06				<b>4:31.27</b> 533 I	1:02.65	1:08.69	1:11.44	1:08.49
	50m:	30.01	30.01	150m:	1:36.65	34.00	35.70	350m:	3:58.42	35.64
	100m:	1:02.65	32.64	200m:	2:11.34	34.69	35.74	400m:	4:31.27	32.85
9.	,	06				<b>4:32.24</b> 528 I	1:03.38	1:09.37	1:10.02	1:09.47
	50m:			150m:				350m:		
	100m:	1:03.38		200m:	2:12.75			400m:	4:32.24	
10.	,	06				<b>4:34.19</b> 517	1:03.63	1:08.83	1:11.53	1:10.20
	50m:	30.56	30.56	150m:	1:37.42	33.79	35.32	350m:	3:59.40	35.41
	100m:	1:03.63	33.07	200m:	2:12.46	35.04	36.21	400m:	4:34.19	34.79
11.	,	06				<b>4:34.24</b> 516	1:03.38	1:09.09	1:12.08	1:09.69
	50m:	1:37.77	1:37.77	150m:	4:01.01	2:57.63		350m:		
	100m:	1:03.38		200m:	2:12.47			400m:	4:34.24	
12.	,	06				<b>4:35.89</b> 507	1:06.39	1:11.77	1:12.70	1:05.03
	50m:	31.77	31.77	150m:	1:42.00	35.61	36.41	350m:	4:05.40	34.54
	100m:	1:06.39	34.62	200m:	2:18.16	36.16	36.29	400m:	4:35.89	30.49
13.	,	07				<b>4:35.92</b> 507	1:06.46	1:11.03	1:10.95	1:07.48
	50m:			150m:				350m:		
	100m:	1:06.46		200m:	2:17.49			400m:	4:35.92	
14.	,	07				<b>4:38.71</b> 492	1:06.66	1:11.83	1:12.01	1:08.21
	50m:			150m:				350m:		
	100m:	1:06.66		200m:	2:18.49			400m:	4:38.71	
15.	,	06				<b>4:38.79</b> 491	1:04.20	1:10.75	1:12.63	1:11.21
	50m:	30.07	30.07	150m:	1:39.11	34.91	36.08	350m:	4:04.14	36.56
	100m:	1:04.20	34.13	200m:	2:14.95	35.84	36.55	400m:	4:38.79	34.65
16.	,	06				<b>4:43.68</b> 466	1:08.83	1:11.08	1:13.33	1:10.44
	50m:	33.36	33.36	150m:	1:44.16	35.33	36.36	350m:	4:09.71	36.47
	100m:	1:08.83	35.47	200m:	2:19.91	35.75	36.97	400m:	4:43.68	33.97
17.	,	07				<b>4:45.48</b> 458	1:07.69	1:12.84	1:13.79	1:11.16
	50m:	31.96	31.96	150m:	1:44.23	36.54	36.81	350m:	4:10.76	36.44
	100m:	1:07.69	35.73	200m:	2:20.53	36.30	36.98	400m:	4:45.48	34.72
18.	,	07				<b>4:45.55</b> 457	1:07.06	1:12.42	1:13.42	1:12.65
	50m:	32.02	32.02	150m:	1:42.94	35.88	36.15	350m:	4:10.39	37.49
	100m:	1:07.06	35.04	200m:	2:19.48	36.54	37.27	400m:	4:45.55	35.16
19.	,	07				<b>4:46.05</b> 455	1:08.05	1:12.28	1:14.10	1:11.62
	50m:			150m:				350m:		
	100m:	1:08.05		200m:	2:20.33			400m:	4:46.05	

12,		, 400m				2006-2007 . .		100m	200m	300m	400m	
20.			07			<b>4:46.42</b>	453	1:07.18	1:13.97	1:14.47	1:10.80	
	50m:	31.96	31.96	150m:	1:44.41	37.23	250m:	2:58.44	37.29	350m:	4:12.55	36.93
	100m:	1:07.18	35.22	200m:	2:21.15	36.74	300m:	3:35.62	37.18	400m:	4:46.42	33.87
21.			06			<b>4:46.62</b>	452	1:08.34	1:14.52	1:12.51	1:11.25	
	50m:	32.52	32.52	150m:	1:45.25	36.91	250m:	4:12.76	1:49.90	350m:		
	100m:	1:08.34	35.82	200m:	2:22.86	37.61	300m:	3:35.37		400m:	4:46.62	
22.			06			<b>4:47.19</b>	449	1:06.21	1:14.12	1:14.66	1:12.20	
	50m:			150m:			250m:		350m:			
	100m:	1:06.21		200m:	2:20.33		300m:	3:34.99		400m:	4:47.19	
23.			06			<b>4:47.83</b>	446	1:07.19	1:13.81	1:15.62	1:11.21	
	50m:	31.36	31.36	150m:	1:43.95	36.76	250m:	2:58.81	37.81	350m:	4:13.44	36.82
	100m:	1:07.19	35.83	200m:	2:21.00	37.05	300m:	3:36.62	37.81	400m:	4:47.83	34.39
24.			06			<b>4:48.42</b>	444	1:05.16	1:12.71	1:14.89	1:15.66	
	50m:	30.50	30.50	150m:	1:41.56	36.40	250m:	2:55.09	37.22	350m:	4:11.09	38.33
	100m:	1:05.16	34.66	200m:	2:17.87	36.31	300m:	3:32.76	37.67	400m:	4:48.42	37.33
25.			07			<b>4:49.55</b>	439	1:08.04	1:13.31	1:14.65	1:13.55	
	50m:	2:58.17	2:58.17	150m:	4:13.61	3:05.57	250m:		350m:			
	100m:	1:08.04		200m:	2:21.35		300m:	3:36.00		400m:	4:49.55	
26.			06			<b>4:49.85</b>	437	1:08.82	1:13.99	1:15.34	1:11.70	
	50m:	32.92	32.92	150m:	1:45.57	36.75	250m:	3:00.00	37.19	350m:	4:15.04	36.89
	100m:	1:08.82	35.90	200m:	2:22.81	37.24	300m:	3:38.15	38.15	400m:	4:49.85	34.81
27.			07			<b>4:54.59</b>	416	1:11.54	1:16.80	1:16.23	1:10.02	
	50m:	1:49.89	1:49.89	150m:	3:06.74	1:55.20	250m:	4:21.65	1:53.31	350m:		
	100m:	1:11.54		200m:	2:28.34		300m:	3:44.57		400m:	4:54.59	
28.			06			<b>4:57.54</b>	404	1:07.85	1:14.49	1:17.80	1:17.40	
	50m:	32.06	32.06	150m:	1:44.38	36.53	250m:	3:00.23	37.89	350m:	4:19.05	38.91
	100m:	1:07.85	35.79	200m:	2:22.34	37.96	300m:	3:40.14	39.91	400m:	4:57.54	38.49
29.			06			<b>5:01.94</b>	387	1:09.64	1:17.57	1:19.46	1:15.27	
	50m:	1:48.12	1:48.12	150m:	3:07.25	1:57.61	250m:	4:25.65	1:58.44	350m:		
	100m:	1:09.64		200m:	2:27.21		300m:	3:46.67		400m:	5:01.94	
30.			06			<b>5:04.33</b>	378	1:11.75	1:19.28	1:18.05	1:15.25	
	50m:			150m:			250m:		350m:			
	100m:	1:11.75		200m:	2:31.03		300m:	3:49.08		400m:	5:04.33	
31.			06			<b>5:05.02</b>	375	1:10.34	1:16.60	1:19.48	1:18.60	
	50m:	32.82	32.82	150m:	1:48.28	37.94	250m:	3:06.48	39.54	350m:	4:26.51	40.09
	100m:	1:10.34	37.52	200m:	2:26.94	38.66	300m:	3:46.42	39.94	400m:	5:05.02	38.51
32.			06			<b>5:05.26</b>	374	1:12.03	1:18.26	1:17.84	1:17.13	
	50m:	33.94	33.94	150m:	1:50.93	38.90	250m:	3:09.00	38.71	350m:	4:26.93	38.80
	100m:	1:12.03	38.09	200m:	2:30.29	39.36	300m:	3:48.13	39.13	400m:	5:05.26	38.33
33.			07			<b>5:05.33</b>	374	1:10.33	1:19.25	1:20.87	1:14.88	
	50m:	33.45	33.45	150m:	1:49.65	39.32	250m:	3:09.87	40.29	350m:	4:30.17	39.72
	100m:	1:10.33	36.88	200m:	2:29.58	39.93	300m:	3:50.45	40.58	400m:	5:05.33	35.16
34.			06			<b>5:05.34</b>	374	1:11.26	1:17.71	1:19.28	1:17.09	
	50m:	33.65	33.65	150m:	1:50.05	38.79	250m:	3:08.56	39.59	350m:		
	100m:	1:11.26	37.61	200m:	2:28.97	38.92	300m:	3:48.25	39.69	400m:	5:05.34	
35.			07			<b>5:05.83</b>	372	1:10.61	1:18.73	1:19.29	1:17.20	
	50m:	33.71	33.71	150m:	1:49.72	39.11	250m:	3:09.20	39.86	350m:	4:28.72	40.09
	100m:	1:10.61	36.90	200m:	2:29.34	39.62	300m:	3:48.63	39.43	400m:	5:05.83	37.11
36.			07			<b>5:05.96</b>	372	1:09.62	1:18.44	1:20.46	1:17.44	
	50m:	32.75	32.75	150m:	1:48.54	38.92	250m:	3:07.97	39.91	350m:	4:28.68	40.16
	100m:	1:09.62	36.87	200m:	2:28.06	39.52	300m:	3:48.52	40.55	400m:	5:05.96	37.28
37.			06			<b>5:08.71</b>	362	1:12.57	1:19.48	1:17.96	1:18.70	
	50m:			150m:			250m:		350m:			
	100m:	1:12.57		200m:	2:32.05		300m:	3:50.01		400m:	5:08.71	
38.			07			<b>5:10.81</b>	354	1:10.22	1:16.53	1:22.34	1:21.72	
	50m:	34.99	34.99	150m:	1:47.79	37.57	250m:	3:07.28	40.53	350m:	4:30.33	41.24
	100m:	1:10.22	35.23	200m:	2:26.75	38.96	300m:	3:49.09	41.81	400m:	5:10.81	40.48
39.			07			<b>5:12.45</b>	349	1:12.01			1:20.52	
	50m:	34.75	34.75	150m:	1:51.08	39.07	250m:	3:11.32		350m:	4:33.32	41.39
	100m:	1:12.01	37.26	200m:			300m:	3:51.93	40.61	400m:	5:12.45	39.13

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12,		, 400m				2006-2007 . .		100m	200m	300m	400m
40.			07			<b>5:14.00</b>	344	1:11.52	1:20.63	1:22.41	1:19.44
	50m:			150m:		250m:			350m:		
	100m:	1:11.52		200m:	2:32.15	300m:	3:54.56		400m:	5:14.00	
41.			07			<b>5:16.41</b>	336	1:13.90	1:21.67	1:22.35	1:18.49
	50m:	34.50	34.50	150m:	1:54.38	250m:	3:16.11	40.54	350m:		
	100m:	1:13.90	39.40	200m:	2:35.57	300m:	3:57.92	41.81	400m:	5:16.41	
42.			07			<b>5:19.32</b>	327	1:12.44	1:21.57	1:23.85	1:21.46
	50m:	34.40	34.40	150m:		250m:			350m:		
	100m:	1:12.44	38.04	200m:	2:34.01	300m:	3:57.86		400m:	5:19.32	
43.			07			<b>5:19.83</b>	325	1:13.91	1:24.60	1:23.07	1:18.25
	50m:	34.16	34.16	150m:	1:55.75	250m:	3:20.78	42.27	350m:	4:42.73	41.15
	100m:	1:13.91	39.75	200m:	2:38.51	300m:	4:01.58	40.80	400m:	5:19.83	37.10
44.			06			<b>5:20.18</b>	324	1:10.36	1:21.67	1:25.13	1:23.02
	50m:	33.56	33.56	150m:		250m:			350m:		
	100m:	1:10.36	36.80	200m:	2:32.03	300m:	3:57.16		400m:	5:20.18	
45.			06			<b>5:20.32</b>	324	1:11.24	1:21.95	1:24.60	1:22.53
	50m:	33.94	33.94	150m:	1:51.98	250m:	3:15.30	42.11	350m:	4:40.83	43.04
	100m:	1:11.24	37.30	200m:	2:33.19	300m:	3:57.79	42.49	400m:	5:20.32	39.49
46.			07			<b>5:26.05</b>	307	1:17.65	1:26.48	1:25.38	1:16.54
	50m:	35.69	35.69	150m:	2:00.85	250m:	3:26.93	42.80	350m:	4:50.88	41.37
	100m:	1:17.65	41.96	200m:	2:44.13	300m:	4:09.51	42.58	400m:	5:26.05	35.17
47.			06			<b>5:26.31</b>	306				
	50m:	34.07	34.07	150m:	1:56.58	250m:	3:22.63		350m:	4:48.10	
	100m:			200m:		300m:			400m:	5:26.31	38.21
48.			07			<b>5:26.90</b>	305	1:15.17	1:24.92	1:26.65	1:20.16
	50m:			150m:		250m:			350m:		
	100m:	1:15.17		200m:	2:40.09	300m:	4:06.74		400m:	5:26.90	
49.			07			<b>5:30.08</b>	296	1:15.72	1:25.50	1:26.44	1:22.42
	50m:	34.87	34.87	150m:	1:57.85	250m:	3:24.50	43.28	350m:	4:49.87	42.21
	100m:	1:15.72	40.85	200m:	2:41.22	300m:	4:07.66	43.16	400m:	5:30.08	40.21
50.			07			<b>5:32.00</b>	291	1:15.09	1:25.32	1:26.79	1:24.80
	50m:	35.79	35.79	150m:	1:56.59	250m:	3:23.84	43.43	350m:	4:52.00	44.80
	100m:	1:15.09	39.30	200m:	2:40.41	300m:	4:07.20	43.36	400m:	5:32.00	40.00
51.			07			<b>5:40.03</b>	271				
	50m:			150m:		250m:			350m:		
	100m:			200m:		300m:			400m:	5:40.03	
52.			07			<b>5:59.18</b>	230			1:33.69	1:29.96
	50m:	37.89	37.89	150m:	2:07.68	250m:	3:42.06	46.53	350m:	5:16.50	47.28
	100m:			200m:	2:55.53	300m:	4:29.22	47.16	400m:	5:59.18	42.68
53.			07			<b>7:02.15</b>	141	1:29.95			
	50m:	41.30	41.30	150m:	2:23.56	250m:	4:13.63		350m:		
	100m:	1:29.95	48.65	200m:		300m:			400m:	7:02.15	