

16.03.2022 1 , 400m

4:18.70

01.01.2021

1 : 5:07.00 / : 4:44.50 / : 4:29.00

: FINA 2021

							100m	200m	300m	400m	
1.		07				4:40.45 599 Q	1:04.09	1:12.35	1:12.29	1:11.72	
	50m:	30.14	30.14	150m:	1:40.14	250m:	2:52.48	36.04	350m:	4:05.21	36.48
	100m:	1:04.09	33.95	200m:	2:16.44	300m:	3:28.73	36.25	400m:	4:40.45	35.24
2.		07				4:43.30 581 Q	1:08.47	1:11.95	1:12.65	1:10.23	
	50m:	32.93	32.93	150m:	1:43.93	250m:	2:56.56	36.14	350m:	4:08.37	35.30
	100m:	1:08.47	35.54	200m:	2:20.42	300m:	3:33.07	36.51	400m:	4:43.30	34.93
3.		07				4:43.45 580 Q	1:07.25	1:11.89	1:12.96	1:11.35	
	50m:	31.85	31.85	150m:	1:43.06	250m:	2:55.55	36.41	350m:	4:08.37	36.27
	100m:	1:07.25	35.40	200m:	2:19.14	300m:	3:32.10	36.55	400m:	4:43.45	35.08
4.		08				4:45.11 570 Q 1	1:07.16	1:13.55	1:13.22	1:11.18	
	50m:	31.69	31.69	150m:	1:43.32	250m:	2:57.12	36.41	350m:	4:09.73	35.80
	100m:	1:07.16	35.47	200m:	2:20.71	300m:	3:33.93	36.81	400m:	4:45.11	35.38
5.		07				4:46.71 560 Q 1				1:12.63	
	50m:	32.82	32.82	150m:	1:45.11	250m:	2:57.61		350m:	4:10.59	36.51
	100m:			200m:		300m:	3:34.08	36.47	400m:	4:46.71	36.12
6.		08				4:47.34 557 Q 1	1:07.26	1:13.41	1:13.48	1:13.19	
	50m:	31.86	31.86	150m:	1:43.57	250m:	2:57.30	36.63	350m:	4:11.15	37.00
	100m:	1:07.26	35.40	200m:	2:20.67	300m:	3:34.15	36.85	400m:	4:47.34	36.19
7.		07				4:50.04 541 Q 1	1:07.78	1:13.93	1:14.41	1:13.92	
	50m:	31.97	31.97	150m:	1:44.63	250m:	2:58.83	37.12	350m:	4:13.03	36.91
	100m:	1:07.78	35.81	200m:	2:21.71	300m:	3:36.12	37.29	400m:	4:50.04	37.01
8.		08				4:51.13 535 Q 1	1:09.22	1:13.43	1:14.87	1:13.61	
	50m:	33.53	33.53	150m:	1:45.73	250m:	3:00.03	37.38	350m:	4:15.04	37.52
	100m:	1:09.22	35.69	200m:	2:22.65	300m:	3:37.52	37.49	400m:	4:51.13	36.09
9.		07				4:53.69 521 Q 1	1:08.77	1:14.89	1:16.35	1:13.68	
	50m:	32.71	32.71	150m:	1:46.00	250m:	3:01.63	37.97	350m:	4:17.79	37.78
	100m:	1:08.77	36.06	200m:	2:23.66	300m:	3:40.01	38.38	400m:	4:53.69	35.90
10.		07				4:54.86 515 Q 1	1:09.81	1:15.97	1:15.53	1:13.55	
	50m:	32.62	32.62	150m:	1:47.71	250m:	3:03.76	37.98	350m:	4:18.83	37.52
	100m:	1:09.81	37.19	200m:	2:25.78	300m:	3:41.31	37.55	400m:	4:54.86	36.03
11.		07				4:55.23 513 R 1	1:09.95	1:15.79	1:16.14	1:13.35	
	50m:	32.76	32.76	150m:	1:47.39	250m:	3:03.66	37.92	350m:	4:18.31	36.43
	100m:	1:09.95	37.19	200m:	2:25.74	300m:	3:41.88	38.22	400m:	4:55.23	36.92
12.		07				4:56.55 506 R 1	1:07.45	1:16.19	1:17.37	1:15.54	
	50m:	31.37	31.37	150m:	1:45.41	250m:	3:02.21	38.57	350m:	4:19.55	38.54
	100m:	1:07.45	36.08	200m:	2:23.64	300m:	3:41.01	38.80	400m:	4:56.55	37.00
13.		09				4:58.19 498 1	1:09.69	1:17.81	1:17.73	1:12.96	
	50m:	32.17	32.17	150m:	1:48.42	250m:	3:06.52	39.02	350m:	4:22.71	37.48
	100m:	1:09.69	37.52	200m:	2:27.50	300m:	3:45.23	38.71	400m:	4:58.19	35.48
14.		08				4:58.77 495 1	1:12.41	1:16.54	1:16.97	1:12.85	
	50m:	34.71	34.71	150m:	1:50.24	250m:	3:07.45	38.50	350m:	4:23.07	37.15
	100m:	1:12.41	37.70	200m:	2:28.95	300m:	3:45.92	38.47	400m:	4:58.77	35.70
15.		09				4:59.90 490 1	1:11.47	1:18.34	1:18.11	1:11.98	
	50m:	33.54	33.54	150m:	1:50.61	250m:	3:09.03	39.22	350m:	4:24.97	37.05
	100m:	1:11.47	37.93	200m:	2:29.81	300m:	3:47.92	38.89	400m:	4:59.90	34.93
16.		07				5:00.65 486 1	1:08.94	1:15.60	1:18.94	1:17.17	
	50m:	32.92	32.92	150m:	1:46.67	250m:	3:03.97	39.43	350m:	4:23.52	40.04
	100m:	1:08.94	36.02	200m:	2:24.54	300m:	3:43.48	39.51	400m:	5:00.65	37.13
17.		07				5:00.91 485 1	1:08.17	1:17.53	1:18.63	1:16.58	
	50m:	32.33	32.33	150m:	1:46.51	250m:	3:04.60	38.90	350m:	4:23.22	38.89
	100m:	1:08.17	35.84	200m:	2:25.70	300m:	3:44.33	39.73	400m:	5:00.91	37.69
18.		07				5:01.05 484 1	1:09.86	1:16.95	1:17.88	1:16.36	
	50m:	32.73	32.73	150m:	1:48.17	250m:	3:05.82	39.01	350m:	4:24.08	39.39
	100m:	1:09.86	37.13	200m:	2:26.81	300m:	3:44.69	38.87	400m:	5:01.05	36.97
19.		09				5:01.35 483 1	1:09.95	1:18.42	1:18.18	1:14.80	
	50m:	32.74	32.74	150m:	1:48.71	250m:	3:06.79	38.42	350m:	4:24.80	38.25
	100m:	1:09.95	37.21	200m:	2:28.37	300m:	3:46.55	39.76	400m:	5:01.35	36.55

		1, , 400m								100m	200m	300m	400m
20.	, ,	07				5:01.64	481	1	1:09.44	1:17.12	1:18.31	1:16.77	
	50m:	32.70	32.70	150m:	1:47.88	38.44	250m:	3:05.58	39.02	350m:	4:24.70	39.83	
	100m:	1:09.44	36.74	200m:	2:26.56	38.68	300m:	3:44.87	39.29	400m:	5:01.64	36.94	
21.	, ,	07				5:05.60	463	1	1:14.87	1:19.70	1:17.42	1:13.61	
	50m:	35.93	35.93	150m:	1:55.00	40.13	250m:	3:13.49	38.92	350m:	4:30.19	38.20	
	100m:	1:14.87	38.94	200m:	2:34.57	39.57	300m:	3:51.99	38.50	400m:	5:05.60	35.41	
22.	, ,	07				5:06.14	460	1	1:14.18				
	50m:	34.64	34.64	150m:	1:53.75	39.57	250m:	3:13.03		350m:	4:31.28		
	100m:	1:14.18	39.54	200m:			300m:			400m:	5:06.14	34.86	
23.	, ,	08				5:06.75	458	1	1:14.25	1:19.35	1:19.82	1:13.33	
	50m:	35.05	35.05	150m:	1:53.82	39.57	250m:	3:13.41	39.81	350m:	4:31.23	37.81	
	100m:	1:14.25	39.20	200m:	2:33.60	39.78	300m:	3:53.42	40.01	400m:	5:06.75	35.52	
24.	, ,	08				5:06.84	457	1	1:10.94	1:17.38	1:19.39	1:19.13	
	50m:	33.90	33.90	150m:	1:48.97	38.03	250m:	3:07.63	39.31	350m:	4:27.72	40.01	
	100m:	1:10.94	37.04	200m:	2:28.32	39.35	300m:	3:47.71	40.08	400m:	5:06.84	39.12	
25.	, ,	08				5:07.29	455		1:12.45	1:18.67	1:19.48	1:16.69	
	50m:	34.17	34.17	150m:	1:51.66	39.21	250m:	3:10.79	39.67	350m:	4:29.65	39.05	
	100m:	1:12.45	38.28	200m:	2:31.12	39.46	300m:	3:50.60	39.81	400m:	5:07.29	37.64	
26.	, ,	08				5:08.00	452		1:12.59	1:18.71	1:19.74	1:16.96	
	50m:	34.19	34.19	150m:	1:51.87	39.28	250m:	3:11.13	39.83	350m:	4:30.62	39.58	
	100m:	1:12.59	38.40	200m:	2:31.30	39.43	300m:	3:51.04	39.91	400m:	5:08.00	37.38	
27.	, ,	09				5:09.72	445		1:13.40	1:19.88	1:19.96	1:16.48	
	50m:	34.52	34.52	150m:	1:53.40	40.00	250m:	3:13.07	39.79	350m:	4:32.61	39.37	
	100m:	1:13.40	38.88	200m:	2:33.28	39.88	300m:	3:53.24	40.17	400m:	5:09.72	37.11	
28.	, ,	07				5:10.22	442		1:12.69	1:20.02	1:19.58	1:17.93	
	50m:	34.40	34.40	150m:	1:52.94	40.25	250m:	3:12.44	39.73	350m:	4:31.66	39.37	
	100m:	1:12.69	38.29	200m:	2:32.71	39.77	300m:	3:52.29	39.85	400m:	5:10.22	38.56	
29.	, ,	08				5:10.32	442		1:14.64	1:20.07	1:19.34	1:16.27	
	50m:	35.03	35.03	150m:	1:54.52	39.88	250m:	3:14.31	39.60	350m:	4:33.56	39.51	
	100m:	1:14.64	39.61	200m:	2:34.71	40.19	300m:	3:54.05	39.74	400m:	5:10.32	36.76	
30.	, ,	07				5:13.62	428		1:13.26	1:20.46	1:22.04	1:17.86	
	50m:	34.64	34.64	150m:	1:53.36	40.10	250m:	3:14.85	41.13	350m:	4:36.23	40.47	
	100m:	1:13.26	38.62	200m:	2:33.72	40.36	300m:	3:55.76	40.91	400m:	5:13.62	37.39	
31.	, ,	08				5:17.90	411		1:12.74	1:22.81	1:23.79	1:18.56	
	50m:	35.04	35.04	150m:	1:53.88	41.14	250m:	3:17.82	42.27	350m:	4:40.21	40.87	
	100m:	1:12.74	37.70	200m:	2:35.55	41.67	300m:	3:59.34	41.52	400m:	5:17.90	37.69	
32.	, ,	09				5:18.69	408		1:14.13	1:22.11	1:23.26	1:19.19	
	50m:	34.55	34.55	150m:	1:54.58	40.45	250m:	3:17.25	41.01	350m:	4:40.06	40.56	
	100m:	1:14.13	39.58	200m:	2:36.24	41.66	300m:	3:59.50	42.25	400m:	5:18.69	38.63	
33.	, ,	07				5:19.01	407		1:15.70	1:22.36	1:22.30	1:18.65	
	50m:	35.43	35.43	150m:	1:56.83	41.13	250m:	3:19.57	41.51	350m:	4:40.85	40.49	
	100m:	1:15.70	40.27	200m:	2:38.06	41.23	300m:	4:00.36	40.79	400m:	5:19.01	38.16	
34.	, ,	07				5:19.14	406		1:15.28	1:21.95	1:23.56	1:18.35	
	50m:	35.70	35.70	150m:	1:55.89	40.61	250m:	3:19.28	42.05	350m:	4:40.85	40.06	
	100m:	1:15.28	39.58	200m:	2:37.23	41.34	300m:	4:00.79	41.51	400m:	5:19.14	38.29	
35.	, ,	08				5:19.85	404		1:13.43	1:21.73	1:23.26	1:21.43	
	50m:	33.98	33.98	150m:	1:54.18	40.75	250m:	3:17.27	42.11	350m:	4:39.54	41.12	
	100m:	1:13.43	39.45	200m:	2:35.16	40.98	300m:	3:58.42	41.15	400m:	5:19.85	40.31	
36.	, ,	08				5:20.62	401		1:14.04	1:22.72	1:23.37	1:20.49	
	50m:	34.93	34.93	150m:	1:54.68	40.64	250m:	3:18.27	41.51	350m:	4:41.87	41.74	
	100m:	1:14.04	39.11	200m:	2:36.76	42.08	300m:	4:00.13	41.86	400m:	5:20.62	38.75	
37.	, ,	08				5:22.18	395		1:16.28	1:24.29	1:21.75	1:19.86	
	50m:	36.07	36.07	150m:	1:58.65	42.37	250m:	3:21.33	40.76	350m:	4:43.36	41.04	
	100m:	1:16.28	40.21	200m:	2:40.57	41.92	300m:	4:02.32	40.99	400m:	5:22.18	38.82	
38.	, ,	09				5:22.78	393		1:15.62	1:20.87	1:23.55	1:22.74	
	50m:	35.79	35.79	150m:	1:55.87	40.25	250m:	3:17.55	41.06	350m:	4:42.03	41.99	
	100m:	1:15.62	39.83	200m:	2:36.49	40.62	300m:	4:00.04	42.49	400m:	5:22.78	40.75	
39.	, ,	08				5:23.25	391		1:16.89	1:21.92	1:22.66	1:21.78	
	50m:	36.20	36.20	150m:	1:58.19	41.30	250m:	3:19.14	40.33	350m:	4:43.06	41.59	
	100m:	1:16.89	40.69	200m:	2:38.81	40.62	300m:	4:01.47	42.33	400m:	5:23.25	40.19	

1,		, 400m						100m	200m	300m	400m	
40.			07			5:24.89	385	1:16.52	1:24.07	1:23.90	1:20.40	
	50m:	36.25	36.25	150m:	1:59.28	42.76	250m:	3:23.11	42.52	350m:	4:46.66	42.17
	100m:	1:16.52	40.27	200m:	2:40.59	41.31	300m:	4:04.49	41.38	400m:	5:24.89	38.23
41.			10			5:24.94	385	1:17.85	1:23.39	1:23.26	1:20.44	
	50m:	36.34	36.34	150m:	1:59.66	41.81	250m:	3:22.73	41.49	350m:	4:45.72	41.22
	100m:	1:17.85	41.51	200m:	2:41.24	41.58	300m:	4:04.50	41.77	400m:	5:24.94	39.22
42.			08			5:25.66	382	1:14.11	1:24.41	1:25.85	1:21.29	
	50m:	34.54	34.54	150m:	1:55.67	41.56	250m:	3:21.11	42.59	350m:	4:46.87	42.50
	100m:	1:14.11	39.57	200m:	2:38.52	42.85	300m:	4:04.37	43.26	400m:	5:25.66	38.79
43.			08			5:26.15	381	1:13.88	1:24.08	1:24.95	1:23.24	
	50m:	34.12	34.12	150m:	1:55.33	41.45	250m:	3:20.32	42.36	350m:	4:45.64	42.73
	100m:	1:13.88	39.76	200m:	2:37.96	42.63	300m:	4:02.91	42.59	400m:	5:26.15	40.51
44.			08			5:26.65	379	1:15.50	1:22.95	1:25.02	1:23.18	
	50m:	35.60	35.60	150m:	1:56.39	40.89	250m:	3:20.82	42.37	350m:	4:45.69	42.22
	100m:	1:15.50	39.90	200m:	2:38.45	42.06	300m:	4:03.47	42.65	400m:	5:26.65	40.96
45.			09			5:27.44	376	1:14.13	1:24.11	1:25.42	1:23.78	
	50m:	34.97	34.97	150m:	1:55.76	41.63	250m:	3:20.49	42.25	350m:	4:45.64	41.98
	100m:	1:14.13	39.16	200m:	2:38.24	42.48	300m:	4:03.66	43.17	400m:	5:27.44	41.80
46.			08			5:28.14	374	1:16.62	1:24.93	1:26.01	1:20.58	
	50m:	35.62	35.62	150m:	1:58.95	42.33	250m:	3:24.24	42.69	350m:	4:49.77	42.21
	100m:	1:16.62	41.00	200m:	2:41.55	42.60	300m:	4:07.56	43.32	400m:	5:28.14	38.37
47.			09			5:31.27	363	1:15.02	1:25.67	1:28.28	1:22.30	
	50m:	35.05	35.05	150m:	1:58.29	43.27	250m:	3:24.84	44.15	350m:	4:51.05	42.08
	100m:	1:15.02	39.97	200m:	2:40.69	42.40	300m:	4:08.97	44.13	400m:	5:31.27	40.22
48.			09			5:32.83	358	1:17.87	1:26.60	1:26.23	1:22.13	
	50m:	36.25	36.25	150m:	2:01.00	43.13	250m:	3:27.32	42.85	350m:	4:52.72	42.02
	100m:	1:17.87	41.62	200m:	2:44.47	43.47	300m:	4:10.70	43.38	400m:	5:32.83	40.11
49.			07			5:36.86	345	1:21.27	1:26.69	1:26.43	1:22.47	
	50m:	38.87	38.87	150m:	2:04.88	43.61	250m:	3:31.09	43.13	350m:	4:57.63	43.24
	100m:	1:21.27	42.40	200m:	2:47.96	43.08	300m:	4:14.39	43.30	400m:	5:36.86	39.23
50.			08			5:37.31	344	1:19.70	1:27.80	1:27.33	1:22.48	
	50m:	36.34	36.34	150m:	2:03.49	43.79	250m:	3:30.28	42.78	350m:	4:57.81	42.98
	100m:	1:19.70	43.36	200m:	2:47.50	44.01	300m:	4:14.83	44.55	400m:	5:37.31	39.50
51.			07			5:37.37	344	1:16.11	1:28.20	1:29.30	1:23.76	
	50m:	35.82	35.82	150m:	1:59.89	43.78	250m:	3:29.16	44.85	350m:	4:56.05	42.44
	100m:	1:16.11	40.29	200m:	2:44.31	44.42	300m:	4:13.61	44.45	400m:	5:37.37	41.32
52.			10			5:37.88	342	1:18.52	1:28.18	1:27.54	1:23.64	
	50m:	36.87	36.87	150m:	2:02.00	43.48	250m:	3:30.50	43.80	350m:	4:57.20	42.96
	100m:	1:18.52	41.65	200m:	2:46.70	44.70	300m:	4:14.24	43.74	400m:	5:37.88	40.68
53.			09			5:41.91	330	1:18.91	1:29.11	1:29.99	1:23.90	
	50m:	36.42	36.42	150m:	2:03.72	44.81	250m:	3:32.08	44.06	350m:	5:01.64	43.63
	100m:	1:18.91	42.49	200m:	2:48.02	44.30	300m:	4:18.01	45.93	400m:	5:41.91	40.27
54.			09			5:47.58	314	1:21.98	1:30.50	1:31.51	1:23.59	
	50m:	38.87	38.87	150m:	2:07.51	45.53	250m:	3:37.21	44.73	350m:	5:07.90	43.91
	100m:	1:21.98	43.11	200m:	2:52.48	44.97	300m:	4:23.99	46.78	400m:	5:47.58	39.68
55.			07			5:48.23	313	1:22.31	1:29.26	1:30.83	1:25.83	
	50m:	38.81	38.81	150m:	2:07.06	44.75	250m:	3:36.84	45.27	350m:	5:06.61	44.21
	100m:	1:22.31	43.50	200m:	2:51.57	44.51	300m:	4:22.40	45.56	400m:	5:48.23	41.62
56.			08			5:56.77	291	1:24.37			1:28.90	
	50m:	39.92	39.92	150m:	2:10.00	45.63	250m:	3:41.77		350m:	5:12.78	44.91
	100m:	1:24.37	44.45	200m:			300m:	4:27.87	46.10	400m:	5:56.77	43.99
57.			08			6:00.30	282	1:20.51	1:33.79	1:34.37	1:31.63	
	50m:	36.64	36.64	150m:	2:06.94	46.43	250m:	3:41.80	47.50	350m:	5:15.95	47.28
	100m:	1:20.51	43.87	200m:	2:54.30	47.36	300m:	4:28.67	46.87	400m:	6:00.30	44.35