

, 16. - 19.3.2022

26
19.03.2022

, 400m

4:29.25 , 01.01.2013
1 : 5:12.50 / : 4:55.00 / : 4:37.00

: FINA 2021

							100m	200m	300m	400m		
1.		07				4:50.41 591 Q	1:03.99	1:16.61	1:25.82	1:03.99		
	50m:	29.23	29.23	150m:	1:42.79	38.80	250m:	3:03.61	43.01	350m:	4:18.35	31.93
	100m:	1:03.99	34.76	200m:	2:20.60	37.81	300m:	3:46.42	42.81	400m:	4:50.41	32.06
2.		06				4:51.16 587 Q	1:05.12	1:15.35	1:21.85	1:08.84		
	50m:	30.02	30.02	150m:	1:42.49	37.37	250m:	3:00.77	40.30	350m:	4:16.84	34.52
	100m:	1:05.12	35.10	200m:	2:20.47	37.98	300m:	3:42.32	41.55	400m:	4:51.16	34.32
3.		06				4:53.52 573 Q	1:04.80	1:16.18	1:26.67	1:05.87		
	50m:	28.92	28.92	150m:	1:43.01	38.21	250m:	3:04.46	43.48	350m:	4:20.68	33.03
	100m:	1:04.80	35.88	200m:	2:20.98	37.97	300m:	3:47.65	43.19	400m:	4:53.52	32.84
4.		06				4:54.00 570 Q	1:04.81	1:14.92	1:25.78	1:08.49		
	50m:	29.91	29.91	150m:	1:43.27	38.46	250m:	3:02.73	43.00	350m:	4:20.26	34.75
	100m:	1:04.81	34.90	200m:	2:19.73	36.46	300m:	3:45.51	42.78	400m:	4:54.00	33.74
5.		07				4:55.34 562 Q 1	1:05.52	1:16.38	1:26.54	1:06.90		
	50m:	30.24	30.24	150m:	1:44.52	39.00	250m:	3:05.05	43.15	350m:	4:22.99	34.55
	100m:	1:05.52	35.28	200m:	2:21.90	37.38	300m:	3:48.44	43.39	400m:	4:55.34	32.35
6.		06				4:55.73 560 Q 1	1:08.00	1:16.10	1:26.34	1:05.29		
	50m:	30.61	30.61	150m:	1:46.67	38.67	250m:	3:07.10	43.00	350m:	4:24.29	33.85
	100m:	1:08.00	37.39	200m:	2:24.10	37.43	300m:	3:50.44	43.34	400m:	4:55.73	31.44
7.		07				4:56.75 554 Q 1	1:08.61	1:17.32	1:21.07	1:09.75		
	50m:	31.08	31.08	150m:	1:48.06	39.45	250m:	3:05.50	39.57	350m:	4:23.33	36.33
	100m:	1:08.61	37.53	200m:	2:25.93	37.87	300m:	3:47.00	41.50	400m:	4:56.75	33.42
8.		07				4:58.42 545 Q 1	1:08.94	1:16.42	1:24.75	1:08.31		
	50m:	31.59	31.59	150m:	1:48.01	39.07	250m:	3:07.09	41.73	350m:	4:24.91	34.80
	100m:	1:08.94	37.35	200m:	2:25.36	37.35	300m:	3:50.11	43.02	400m:	4:58.42	33.51
9.		06				5:02.18 525 Q 1	1:04.88	1:16.43	1:30.95	1:09.92		
	50m:	28.75	28.75	150m:	1:43.47	38.59	250m:	3:07.68	46.37	350m:	4:27.42	35.16
	100m:	1:04.88	36.13	200m:	2:21.31	37.84	300m:	3:52.26	44.58	400m:	5:02.18	34.76
10.		06				5:09.75 487 Q 1	1:10.93	1:23.46	1:23.39	1:11.97		
	50m:	32.50	32.50	150m:	1:52.85	41.92	250m:	3:15.46	41.07	350m:	4:35.57	37.79
	100m:	1:10.93	38.43	200m:	2:34.39	41.54	300m:	3:57.78	42.32	400m:	5:09.75	34.18
11.		07				5:10.63 483 R 1	1:10.69	1:19.53	1:30.36	1:10.05		
	50m:	31.76	31.76	150m:	1:50.51	39.82	250m:	3:15.13	44.91	350m:	4:35.73	35.15
	100m:	1:10.69	38.93	200m:	2:30.22	39.71	300m:	4:00.58	45.45	400m:	5:10.63	34.90
12.		07				5:10.66 483 R 1	1:09.50	1:23.97	1:25.90	1:11.29		
	50m:	31.73	31.73	150m:	1:52.09	42.59	250m:	3:15.67	42.20	350m:	4:36.54	37.17
	100m:	1:09.50	37.77	200m:	2:33.47	41.38	300m:	3:59.37	43.70	400m:	5:10.66	34.12
13.		07				5:10.71 483 1	1:07.79	1:21.55	1:33.22	1:08.15		
	50m:	30.79	30.79	150m:	1:49.20	41.41	250m:	3:15.09	45.75	350m:	4:36.77	34.21
	100m:	1:07.79	37.00	200m:	2:29.34	40.14	300m:	4:02.56	47.47	400m:	5:10.71	33.94
14.		07				5:12.07 477 1	1:14.36	1:21.00	1:29.80	1:06.91		
	50m:	32.83	32.83	150m:	1:55.32	40.96	250m:	3:20.43	45.07	350m:	4:40.72	35.56
	100m:	1:14.36	41.53	200m:	2:35.36	40.04	300m:	4:05.16	44.73	400m:	5:12.07	31.35
15.		06				5:15.42 462	1:06.93	1:21.16	1:29.23	1:18.10		
	50m:	30.39	30.39	150m:	1:47.65	40.72	250m:	3:12.15	44.06	350m:	4:37.18	39.86
	100m:	1:06.93	36.54	200m:	2:28.09	40.44	300m:	3:57.32	45.17	400m:	5:15.42	38.24
16.		06				5:15.89 459	1:10.79	1:22.83	1:32.47	1:09.80		
	50m:	31.79	31.79	150m:	1:52.56	41.77	250m:	3:19.57	45.95	350m:	4:42.11	36.02
	100m:	1:10.79	39.00	200m:	2:33.62	41.06	300m:	4:06.09	46.52	400m:	5:15.89	33.78
17.		08				5:16.85 455	1:13.85	1:22.07	1:33.40	1:07.53		
	50m:	33.25	33.25	150m:	1:56.33	42.48	250m:	3:22.92	47.00	350m:	4:44.17	34.85
	100m:	1:13.85	40.60	200m:	2:35.92	39.59	300m:	4:09.32	46.40	400m:	5:16.85	32.68
18.		07				5:17.68 452	1:14.45	1:17.28	1:32.91	1:13.04		
	50m:	34.15	34.15	150m:	1:53.61	39.16	250m:	3:17.66	45.93	350m:	4:42.24	37.60
	100m:	1:14.45	40.30	200m:	2:31.73	38.12	300m:	4:04.64	46.98	400m:	5:17.68	35.44
19.		06				5:20.76 439	1:13.96	1:22.12	1:34.22	1:10.46		
	50m:	33.36	33.36	150m:	1:55.93	41.97	250m:	3:23.18	47.10	350m:	4:45.66	35.36
	100m:	1:13.96	40.60	200m:	2:36.08	40.15	300m:	4:10.30	47.12	400m:	5:20.76	35.10

26,		, 400m						100m	200m	300m	400m	
20.	,	07				5:27.70	411	1:14.45	1:25.74	1:33.39	1:14.12	
	50m:	34.37	34.37	150m:	1:57.90	43.45	250m:	3:26.31	46.12	350m:	4:52.32	38.74
	100m:	1:14.45	40.08	200m:	2:40.19	42.29	300m:	4:13.58	47.27	400m:	5:27.70	35.38
21.	,	07				5:28.78	407	1:17.58	1:25.32	1:32.44	1:13.44	
	50m:	35.27	35.27	150m:	2:01.21	43.63	250m:	3:27.59	44.69	350m:	4:54.07	38.73
	100m:	1:17.58	42.31	200m:	2:42.90	41.69	300m:	4:15.34	47.75	400m:	5:28.78	34.71
22.	,	06				5:35.98	382	1:21.16	1:28.54	1:29.23	1:17.05	
	50m:	36.06	36.06	150m:	2:06.33	45.17	250m:	3:34.03	44.33	350m:	4:59.12	40.19
	100m:	1:21.16	45.10	200m:	2:49.70	43.37	300m:	4:18.93	44.90	400m:	5:35.98	36.86
23.	,	09				5:38.72	373	1:20.46	1:29.96	1:33.06	1:15.24	
	50m:	36.43	36.43	150m:	2:06.37	45.91	250m:	3:36.40	45.98	350m:	5:01.97	38.49
	100m:	1:20.46	44.03	200m:	2:50.42	44.05	300m:	4:23.48	47.08	400m:	5:38.72	36.75
24.	,	08				5:50.50	336	1:20.40	1:34.46	1:36.66	1:18.98	
	50m:	33.08	33.08	150m:	2:09.32	48.92	250m:	3:43.53	48.67	350m:	5:11.93	40.41
	100m:	1:20.40	47.32	200m:	2:54.86	45.54	300m:	4:31.52	47.99	400m:	5:50.50	38.57
DSQ	,	06						1:05.66				
	50m:	30.32	30.32	150m:	1:46.84	41.18	250m:			350m:		
	100m:	1:05.66	35.34	200m:			300m:			400m:		
DSQ	,	06				5:06.78	1	1:06.15	1:18.51	1:32.02	1:10.10	
	50m:	30.86	30.86	150m:	1:46.19	40.04	250m:	3:11.40	46.74	350m:	4:32.26	35.58
	100m:	1:06.15	35.29	200m:	2:24.66	38.47	300m:	3:56.68	45.28	400m:	5:06.78	34.52
DSQ	,	06				5:43.11		1:21.27	1:28.29	1:33.12	1:20.43	
	50m:	34.39	34.39	150m:	2:06.35	45.08	250m:	3:35.42	45.86	350m:	5:04.09	41.41
	100m:	1:21.27	46.88	200m:	2:49.56	43.21	300m:	4:22.68	47.26	400m:	5:43.11	39.02