



, 7. - 10.2.2024

15
08.02.2024 - 10:18

, 400m

JR 4:18.70 , 01.01.2021
KMC : 4:44.50 / MC : 4:29.00 / : 4:06.53
: FINA 2024

											R.T.		
1.			2008				+0,67	4:38.69	602				
	50m:	30.58	30.58	150m:	1:39.03	34.36	250m:	2:49.42	35.56	350m:	4:02.69	36.88	
	100m:	1:04.67	34.09	200m:	2:13.86	34.83	300m:	3:25.81	36.39	400m:	4:38.69	36.00	
2.			2007				+0,75	4:38.84	601				
	50m:	30.74	30.74	150m:	1:41.38	35.72	250m:	2:53.72	36.06	350m:	4:04.86	35.42	
	100m:	1:05.66	34.92	200m:	2:17.66	36.28	300m:	3:29.44	35.72	400m:	4:38.84	33.98	
3.			2009				+0,69	4:39.02	600				
	50m:	30.58	30.58	150m:	1:40.74	35.58	250m:	2:53.08	36.28	350m:	4:05.28	35.78	
	100m:	1:05.16	34.58	200m:	2:16.80	36.06	300m:	3:29.50	36.42	400m:	4:39.02	33.74	
4.			2009				+0,74	4:42.31	579				
	50m:	30.88	30.88	150m:	1:41.97	36.15	250m:	2:55.68	36.44	350m:	4:08.06	35.15	
	100m:	1:05.82	34.94	200m:	2:19.24	37.27	300m:	3:32.91	37.23	400m:	4:42.31	34.25	
5.			2007				+0,71	4:42.64	577				
	50m:	31.35	31.35	150m:	1:41.91	36.05	250m:	2:54.70	36.44	350m:	4:07.99	36.41	
	100m:	1:05.86	34.51	200m:	2:18.26	36.35	300m:	3:31.58	36.88	400m:	4:42.64	34.65	
6.			2006				+0,72	4:42.66	577				
	50m:	31.15	31.15	150m:	1:42.61	36.30	250m:	2:54.58	35.94	350m:	4:08.13	36.60	
	100m:	1:06.31	35.16	200m:	2:18.64	36.03	300m:	3:31.53	36.95	400m:	4:42.66	34.53	
7.			2006				+0,71	4:45.06	562				
	50m:	32.59	32.59	150m:	1:43.98	35.86	250m:	2:56.61	36.33	350m:	4:09.61	36.54	
	100m:	1:08.12	35.53	200m:	2:20.28	36.30	300m:	3:33.07	36.46	400m:	4:45.06	35.45	
8.			2007				+0,70	4:46.24	556				
	50m:	31.59	31.59	150m:	1:43.07	35.88	250m:	2:56.24	36.48	350m:	4:09.81	36.44	
	100m:	1:07.19	35.60	200m:	2:19.76	36.69	300m:	3:33.37	37.13	400m:	4:46.24	36.43	
9.			2009				+0,68	4:46.81	552				
	50m:	31.16	31.16	150m:	1:41.57	35.42	250m:	2:54.62	36.62	350m:	4:09.70	37.56	
	100m:	1:06.15	34.99	200m:	2:18.00	36.43	300m:	3:32.14	37.52	400m:	4:46.81	37.11	
10.			2009				+0,75	4:48.05	545				
	50m:	33.06	33.06	150m:	1:45.50	36.55	250m:	2:59.62	37.24	350m:	4:12.99	36.26	
	100m:	1:08.95	35.89	200m:	2:22.38	36.88	300m:	3:36.73	37.11	400m:	4:48.05	35.06	
11.			2002				+0,81	4:48.44	543				
	50m:	32.98	32.98	150m:	1:45.47	36.80	250m:	2:59.39	37.08	350m:	4:13.34	36.73	
	100m:	1:08.67	35.69	200m:	2:22.31	36.84	300m:	3:36.61	37.22	400m:	4:48.44	35.10	
12.			2010				+0,80	4:49.10	539				
	50m:	32.37	32.37	150m:	1:45.44	37.02	250m:	3:00.66	37.66	350m:	4:15.17	36.96	
	100m:	1:08.42	36.05	200m:	2:23.00	37.56	300m:	3:38.21	37.55	400m:	4:49.10	33.93	

ГЕНЕРАЛЬНЫЙ ПАРТНЕР



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, 7. - 10.2.2024

15,		, 400m									
		/						R.T.			
13.			2008					+0,77	4:51.19	528	
	50m:	31.78	31.78	150m:	1:46.10	37.83	250m:	3:02.23	38.34	350m:	4:16.22
	100m:	1:08.27	36.49	200m:	2:23.89	37.79	300m:	3:39.51	37.28	400m:	4:51.19
14.			2009					+0,79	4:51.74	525	
	50m:	33.52	33.52	150m:	1:47.15	37.36	250m:	3:02.00	37.27	350m:	4:15.89
	100m:	1:09.79	36.27	200m:	2:24.73	37.58	300m:	3:39.45	37.45	400m:	4:51.74
15.			2007					+0,74	4:54.12	512	
	50m:	32.24	32.24	150m:	1:44.66	37.00	250m:	3:01.29	38.33	350m:	4:17.83
	100m:	1:07.66	35.42	200m:	2:22.96	38.30	300m:	3:39.59	38.30	400m:	4:54.12
16.			2010	1				+0,65	4:57.45	495	
	50m:	33.59	33.59	150m:	1:47.82	37.83	250m:	3:04.14	38.52	350m:	4:20.36
	100m:	1:09.99	36.40	200m:	2:25.62	37.80	300m:	3:42.22	38.08	400m:	4:57.45
17.			2006					+0,84	4:58.32	491	
	50m:	32.89	32.89	150m:	1:47.45	37.61	250m:	3:04.23	38.54	350m:	4:20.92
	100m:	1:09.84	36.95	200m:	2:25.69	38.24	300m:	3:42.57	38.34	400m:	4:58.32
18.			2007					+0,78	4:58.85	488	
	50m:	33.63	33.63	150m:	1:48.54	38.06	250m:	3:04.91	39.35	350m:	4:22.32
	100m:	1:10.48	36.85	200m:	2:25.56	37.02	300m:	3:42.98	38.07	400m:	4:58.85
19.			2008	1				+0,74	4:58.95	488	
	50m:	32.39	32.39	150m:	1:46.57	37.79	250m:	3:03.96	38.62	350m:	4:22.05
	100m:	1:08.78	36.39	200m:	2:25.34	38.77	300m:	3:43.48	39.52	400m:	4:58.95
20.			2010					+0,77	4:59.09	487	
	50m:	33.36	33.36	150m:	1:48.18	37.81	250m:	3:05.36	38.68	350m:	4:22.89
	100m:	1:10.37	37.01	200m:	2:26.68	38.50	300m:	3:44.23	38.87	400m:	4:59.09
21.			2010					+0,77	5:00.50	480	
	50m:	33.12	33.12	150m:	1:49.25	38.13	250m:	3:06.83	38.90	350m:	4:23.09
	100m:	1:11.12	38.00	200m:	2:27.93	38.68	300m:	3:45.34	38.51	400m:	5:00.50
22.			2007					+0,77	5:01.65	475	
	50m:	32.87	32.87	150m:	1:49.45	39.24	250m:	3:08.80	39.48	350m:	4:27.96
	100m:	1:10.21	37.34	200m:	2:29.32	39.87	300m:	3:48.48	39.68	400m:	5:01.65
23.			2008	1				+0,82	5:02.07	473	
	50m:	33.58	33.58	150m:	1:50.28	38.99	250m:	3:08.87	39.12	350m:	4:25.66
	100m:	1:11.29	37.71	200m:	2:29.75	39.47	300m:	3:47.92	39.05	400m:	5:02.07
24.			2009	1				+0,78	5:02.92	469	
	50m:	33.41	33.41	150m:	1:47.91	37.83	250m:	3:05.47	38.91	350m:	4:24.19
	100m:	1:10.08	36.67	200m:	2:26.56	38.65	300m:	3:45.19	39.72	400m:	5:02.92
25.			2007					+0,56	5:03.30	467	
	50m:	33.11	33.11	150m:	1:49.08	38.81	250m:	3:07.45	39.57	350m:	4:26.65
	100m:	1:10.27	37.16	200m:	2:27.88	38.80	300m:	3:47.26	39.81	400m:	5:03.30
26.			2009					+0,78	5:04.62	461	
	50m:	32.06	32.06	150m:	1:50.25	40.18	250m:	3:08.81	38.72	350m:	4:25.93
	100m:	1:10.07	38.01	200m:	2:30.09	39.84	300m:	3:47.52	38.71	400m:	5:04.62

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, 7. - 10.2.2024

15, , 400m											
		/				R.T.					
27.			2008			+0,76	5:05.15	458			
	50m: 32.60	32.60	150m: 1:47.04	37.79	250m: 3:05.32	39.32	350m: 4:26.36	40.87			
	100m: 1:09.25	36.65	200m: 2:26.00	38.96	300m: 3:45.49	40.17	400m: 5:05.15	38.79			
28.			2009			+0,86	5:05.34	458			
	50m: 33.91	33.91	150m: 1:50.66	39.13	250m: 3:08.92	39.44	350m: 4:27.55	39.23			
	100m: 1:11.53	37.62	200m: 2:29.48	38.82	300m: 3:48.32	39.40	400m: 5:05.34	37.79			
29.			2008			+0,82	5:08.60	443			
	50m: 33.35	33.35	150m: 1:49.90	38.73	250m: 3:08.71	39.58	350m: 4:29.39	40.37			
	100m: 1:11.17	37.82	200m: 2:29.13	39.23	300m: 3:49.02	40.31	400m: 5:08.60	39.21			
30.			2010	1		+0,78	5:08.95	442			
	50m: 33.77	33.77	150m: 1:51.80	39.44	250m: 3:12.54	39.94	350m: 4:31.82	39.32			
	100m: 1:12.36	38.59	200m: 2:32.60	40.80	300m: 3:52.50	39.96	400m: 5:08.95	37.13			
31.			2007	1		+0,73	5:10.94	433			
	50m: 33.25	33.25	150m: 1:50.95	39.66	250m: 3:10.88	40.14	350m: 4:32.28	40.67			
	100m: 1:11.29	38.04	200m: 2:30.74	39.79	300m: 3:51.61	40.73	400m: 5:10.94	38.66			
32.			2009	1		+0,81	5:13.29	424			
	50m: 33.93	33.93	150m: 1:51.55	39.41	250m: 3:13.18	40.83	350m: 4:35.21	40.53			
	100m: 1:12.14	38.21	200m: 2:32.35	40.80	300m: 3:54.68	41.50	400m: 5:13.29	38.08			
33.			2009	1		+0,74	5:15.51	415			
	50m: 32.67	32.67	150m: 1:48.56	39.29	250m: 3:10.87	41.55	350m: 4:34.95	42.11			
	100m: 1:09.27	36.60	200m: 2:29.32	40.76	300m: 3:52.84	41.97	400m: 5:15.51	40.56			
34.			2009	1		+0,69	5:15.57	414			
	50m: 33.97	33.97	150m: 1:52.36	39.92	250m: 3:14.89	41.48	350m: 4:36.51	40.24			
	100m: 1:12.44	38.47	200m: 2:33.41	41.05	300m: 3:56.27	41.38	400m: 5:15.57	39.06			
EXH			2005			+0,71	4:40.93	588			
	50m: 30.23	30.23	150m: 1:38.73	35.30	250m: 2:51.42	36.62	350m: 4:05.38	37.23			
	100m: 1:03.43	33.20	200m: 2:14.80	36.07	300m: 3:28.15	36.73	400m: 4:40.93	35.55			

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