

7
13.12.2023 - 12:20

, 400m

11 - 14

: FINA 2022

R.I

11 - 12

1.				2011	I	"	"	+0,89	4:56.19	II	492	
	50m:	32.52	32.52	150m:	1:46.17	37.46	250m:	3:01.90	37.70	350m:	4:18.16	37.91
	100m:	1:08.71	36.19	200m:	2:24.20	38.03	300m:	3:40.25	38.35	400m:	4:56.19	38.03
2.				2012	II	"	"		4:59.59	II	476	
	50m:	31.78	31.78	150m:	1:46.61	37.91	250m:	3:03.88	38.48	350m:	4:22.06	39.06
	100m:	1:08.70	36.92	200m:	2:25.40	38.79	300m:	3:43.00	39.12	400m:	4:59.59	37.53
3.				2011	I	"	"	+0,80	5:01.73	II	465	
	50m:	35.11	35.11	150m:	1:53.34	39.13	250m:	3:10.99	37.96	350m:	4:26.19	37.47
	100m:	1:14.21	39.10	200m:	2:33.03	39.69	300m:	3:48.72	37.73	400m:	5:01.73	35.54
4.				2011	II	"	"	+0,58	5:07.08	II	442	
	50m:	33.83	33.83	150m:	1:51.69	39.30	250m:	3:10.46	38.96	350m:	4:28.80	39.31
	100m:	1:12.39	38.56	200m:	2:31.50	39.81	300m:	3:49.49	39.03	400m:	5:07.08	38.28
5.				2011	II	"	"	+0,76	5:08.32	II	436	
	50m:	34.43	34.43	150m:	1:52.31	39.25	250m:	3:11.47	39.69	350m:	4:31.05	39.41
	100m:	1:13.06	38.63	200m:	2:31.78	39.47	300m:	3:51.64	40.17	400m:	5:08.32	37.27
6.				2011	II	"	"	+0,74	5:08.66	II	435	
	50m:	34.19	34.19	150m:	1:51.19	38.63	250m:	3:10.38	39.55	350m:	4:30.44	40.38
	100m:	1:12.56	38.37	200m:	2:30.83	39.64	300m:	3:50.06	39.68	400m:	5:08.66	38.22
7.				2012	II	"	"	+0,57	5:10.21	II	428	
	50m:	34.00	34.00	150m:	1:51.35	39.28	250m:	3:11.14	40.22	350m:	4:31.77	40.10
	100m:	1:12.07	38.07	200m:	2:30.92	39.57	300m:	3:51.67	40.53	400m:	5:10.21	38.44
8.				2011	I	"	"	+0,70	5:12.12	II	420	
	50m:	35.15	35.15	150m:	1:51.91	38.87	250m:	3:12.44	40.56	350m:	4:33.27	40.57
	100m:	1:13.04	37.89	200m:	2:31.88	39.97	300m:	3:52.70	40.26	400m:	5:12.12	38.85
9.				2012	II	"	"	+0,78	5:13.42	II	415	
	50m:	34.98	34.98	150m:	1:54.84	40.59	250m:	3:14.27	40.09	350m:	4:34.87	41.02
	100m:	1:14.25	39.27	200m:	2:34.18	39.34	300m:	3:53.85	39.58	400m:	5:13.42	38.55
10.				2011	I	"	"	+0,86	5:14.44	II	411	
	50m:	34.88	34.88	150m:	1:54.30	40.30	250m:	3:15.14	40.80	350m:	4:36.09	40.57
	100m:	1:14.00	39.12	200m:	2:34.34	40.04	300m:	3:55.52	40.38	400m:	5:14.44	38.35
11.				2011	II	"	"	+0,75	5:15.66	II	406	
	50m:	33.65	33.65	150m:	1:50.43	39.14	250m:	3:12.11	40.86	350m:	4:35.46	41.36
	100m:	1:11.29	37.64	200m:	2:31.25	40.82	300m:	3:54.10	41.99	400m:	5:15.66	40.20
12.				2012	II	"	"	+0,75	5:17.52	II	399	
	50m:	34.37	34.37	150m:	1:52.53	40.20	250m:	3:57.19	1:23.46	350m:	5:17.52	38.52
	100m:	1:12.33	37.96	200m:	2:33.73	41.20	300m:	4:39.00	41.81	400m:	5:17.52	
13.				2011	II	"	"	+0,50	5:19.81	II	391	
	50m:	34.82	34.82	150m:	1:54.78	40.63	250m:	3:17.37	41.79	350m:	4:40.99	41.77
	100m:	1:14.15	39.33	200m:	2:35.58	40.80	300m:	3:59.22	41.85	400m:	5:19.81	38.82
14.				2011	III	"	"	+0,88	5:20.09	II	390	
	50m:	34.25	34.25	150m:	1:55.10	41.43	250m:	3:19.09	41.51	350m:	4:42.20	40.61
	100m:	1:13.67	39.42	200m:	2:37.58	42.48	300m:	4:01.59	42.50	400m:	5:20.09	37.89
15.				2012	II	"	"	+0,59	5:24.38	II	375	
	50m:	34.73	34.73	150m:	1:56.80	42.13	250m:	3:23.03	43.07	350m:	4:45.67	40.58
	100m:	1:14.67	39.94	200m:	2:39.96	43.16	300m:	4:05.09	42.06	400m:	5:24.38	38.71
16.				2012	II	"	"	+0,52	5:31.98	II	349	
	50m:	35.26	35.26	150m:	1:59.88	43.18	250m:	3:25.59	42.67	350m:	4:51.66	42.22
	100m:	1:16.70	41.44	200m:	2:42.92	43.04	300m:	4:09.44	43.85	400m:	5:31.98	40.32
17.				2011	II	"	"	+0,60	5:32.81	II	347	
	50m:	36.27	36.27	150m:	2:00.41	42.64	250m:	3:24.72	42.20	350m:	4:50.97	43.15
	100m:	1:17.77	41.50	200m:	2:42.52	42.11	300m:	4:07.82	43.10	400m:	5:32.81	41.84
18.				2012	II	"	"	+0,61	5:33.59	II	344	
	50m:	36.61	36.61	150m:	2:01.70	43.05	250m:	3:28.37	42.78	350m:	4:53.49	42.32
	100m:	1:18.65	42.04	200m:	2:45.59	43.89	300m:	4:11.17	42.80	400m:	5:33.59	40.10
19.				2011	II	"	"	+0,66	5:38.21	III	330	
	50m:	35.66	35.66	150m:	1:59.80	42.79	250m:	3:28.23	44.40	350m:	4:57.56	45.06
	100m:	1:17.01	41.35	200m:	2:43.83	44.03	300m:	4:12.50	44.27	400m:	5:38.21	40.65

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Swiss-Timing

7,		, 400m		, 11 - 12				R.I				
20.				2012	III	"	"	"		5:40.19	III	325
	50m:	36.47	36.47	150m:	2:01.18	43.31	250m:	3:29.50	44.12	350m:	4:57.76	44.16
	100m:	1:17.87	41.40	200m:	2:45.38	44.20	300m:	4:13.60	44.10	400m:	5:40.19	42.43
21.				2011	II	/	"	"	+0,94	5:46.21	III	308
	50m:	40.06	40.06	150m:	2:12.11	46.34	250m:	5:10.74	43.79	350m:		
	100m:	1:25.77	45.71	200m:	4:26.95	2:14.84	300m:	5:46.21	35.47	400m:	5:46.21	
22.				2011	II		"	"	6"	5:48.69	III	301
	50m:	36.74	36.74	150m:	2:04.26	44.75	250m:	3:35.60	45.88	350m:	5:07.00	45.85
	100m:	1:19.51	42.77	200m:	2:49.72	45.46	300m:	4:21.15	45.55	400m:	5:48.69	41.69
23.				2012	III	"	"	"	+0,89	5:50.85	III	296
	50m:	38.43	38.43	150m:	2:04.09	43.46	250m:	3:34.92	45.91	350m:	5:06.60	44.75
	100m:	1:20.63	42.20	200m:	2:49.01	44.92	300m:	4:21.85	46.93	400m:	5:50.85	44.25
24.				2011	III		"	"	+0,72	5:53.66	III	289
	50m:	37.19	37.19	150m:	2:04.68	43.24	250m:	3:36.52	44.53	350m:	5:12.04	47.30
	100m:	1:21.44	44.25	200m:	2:51.99	47.31	300m:	4:24.74	48.22	400m:	5:53.66	41.62
25.				2011	III	"	"	"	+0,55	5:53.77	III	289
	50m:	39.68	39.68	150m:	2:09.67	45.00	250m:	3:40.84	46.06	350m:	5:12.74	46.17
	100m:	1:24.67	44.99	200m:	2:54.78	45.11	300m:	4:26.57	45.73	400m:	5:53.77	41.03
26.				2012	III	"	"	"		6:02.24	III	269
	50m:	38.44	38.44	150m:	2:10.18	46.30	250m:	3:44.71	47.28	350m:	5:18.73	46.95
	100m:	1:23.88	45.44	200m:	2:57.43	47.25	300m:	4:31.78	47.07	400m:	6:02.24	43.51
27.				2011	III	/	"	"	+0,86	6:02.52	III	268
	50m:	39.52	39.52	150m:	2:14.05	48.22	250m:	3:48.25	46.51	350m:	5:21.47	46.27
	100m:	1:25.83	46.31	200m:	3:01.74	47.69	300m:	4:35.20	46.95	400m:	6:02.52	41.05
28.				2011	II	/	"	"	+0,72	6:07.92	III	257
	50m:	39.42	39.42	150m:	2:12.24	47.22	250m:	3:48.58	48.11	350m:	5:22.90	46.64
	100m:	1:25.02	45.60	200m:	3:00.47	48.23	300m:	4:36.26	47.68	400m:	6:07.92	45.02
29.				2012	III	"	"	"	+0,79	6:11.82	III	249
	50m:	36.92	36.92	150m:	2:09.93	48.10	250m:	3:49.40	49.62	350m:	5:26.60	49.81
	100m:	1:21.83	44.91	200m:	2:59.78	49.85	300m:	4:36.79	47.39	400m:	6:11.82	45.22
13 - 14												
1.				2009		"	"	"	+0,80	4:33.62		624
	50m:	32.05	32.05	150m:	1:40.81	34.49	250m:	2:50.61	35.04	350m:	4:00.20	34.62
	100m:	1:06.32	34.27	200m:	2:15.57	34.76	300m:	3:25.58	34.97	400m:	4:33.62	33.42
2.				2009		"	"	"	+0,74	4:46.47	I	544
	50m:	31.50	31.50	150m:	1:42.82	36.20	250m:	2:56.92	37.30	350m:	4:10.90	37.01
	100m:	1:06.62	35.12	200m:	2:19.62	36.80	300m:	3:33.89	36.97	400m:	4:46.47	35.57
3.				2009	I	"	"	"	+0,74	4:46.95	I	541
	50m:	33.41	33.41	150m:	1:46.32	36.91	250m:	2:59.66	36.51	350m:	4:12.87	36.34
	100m:	1:09.41	36.00	200m:	2:23.15	36.83	300m:	3:36.53	36.87	400m:	4:46.95	34.08
4.				2009		"	"	"	+0,70	4:47.76	I	537
	50m:	32.62	32.62	150m:	1:46.23	37.11	250m:	2:59.42	37.00	350m:	4:13.77	36.42
	100m:	1:09.12	36.50	200m:	2:22.42	36.19	300m:	3:37.35	37.93	400m:	4:47.76	33.99
5.				2010	II		"	"	+0,84	4:52.57	I	511
	50m:	33.53	33.53	150m:	1:46.47	36.79	250m:	3:01.32	37.43	350m:	4:16.56	37.31
	100m:	1:09.68	36.15	200m:	2:23.89	37.42	300m:	3:39.25	37.93	400m:	4:52.57	36.01
6.				2010	I		"	"	+0,72	4:52.94	I	509
	50m:	31.42	31.42	150m:	1:42.97	36.55	250m:	2:57.58	37.55	350m:	4:14.85	38.49
	100m:	1:06.42	35.00	200m:	2:20.03	37.06	300m:	3:36.36	38.78	400m:	4:52.94	38.09
7.				2009	I	"	"	"	+0,81	4:53.91	I	504
	50m:	33.54	33.54	150m:	1:46.77	37.22	250m:	3:01.76	37.56	350m:	4:17.14	37.58
	100m:	1:09.55	36.01	200m:	2:24.20	37.43	300m:	3:39.56	37.80	400m:	4:53.91	36.77
8.				2009	I		"	"	+0,65	4:55.51	I	496
	50m:	31.85	31.85	150m:	1:44.87	37.30	250m:	3:01.27	38.35	350m:	4:19.25	39.45
	100m:	1:07.57	35.72	200m:	2:22.92	38.05	300m:	3:39.80	38.53	400m:	4:55.51	36.26
9.				2009	I				+0,68	4:57.32	II	487
	50m:	34.30	34.30	150m:	1:48.26	37.62	250m:	3:03.96	37.82	350m:	4:20.70	38.31
	100m:	1:10.64	36.34	200m:	2:26.14	37.88	300m:	3:42.39	38.43	400m:	4:57.32	36.62

7,		, 400m		, 13 - 14				R.I				
10.				2010 I	" "			+0,77	4:57.64	II	485	
	50m:	34.45	34.45	150m:	1:49.11	37.69	250m:	3:04.69	37.50	350m:	4:20.91	38.50
	100m:	1:11.42	36.97	200m:	2:27.19	38.08	300m:	3:42.41	37.72	400m:	4:57.64	36.73
11.				2009 I				+0,68	4:58.08	II	483	
	50m:	31.57	31.57	150m:	1:45.61	38.28	250m:	3:03.71	38.85	350m:	4:21.18	38.63
	100m:	1:07.33	35.76	200m:	2:24.86	39.25	300m:	3:42.55	38.84	400m:	4:58.08	36.90
12.				2010 II	" "			+0,55	4:58.12	II	483	
	50m:	33.27	33.27	150m:	1:48.23	37.75	250m:	3:04.52	38.32	350m:	4:21.82	38.78
	100m:	1:10.48	37.21	200m:	2:26.20	37.97	300m:	3:43.04	38.52	400m:	4:58.12	36.30
13.				2010 I	" "					4:59.00	II	478
	50m:	33.47	33.47	150m:	1:46.61	37.27	250m:	3:02.89	38.24	350m:	4:20.48	38.74
	100m:	1:09.34	35.87	200m:	2:24.65	38.04	300m:	3:41.74	38.85	400m:	4:59.00	38.52
14.				2010 II	" "			+1,00	4:59.38	II	477	
	50m:	35.39	35.39	150m:	1:51.02	37.81	250m:	3:06.41	38.01	350m:	4:23.89	39.03
	100m:	1:13.21	37.82	200m:	2:28.40	37.38	300m:	3:44.86	38.45	400m:	4:59.38	35.49
15.				2010 I	" "					4:59.43	II	476
	50m:	33.71	33.71	150m:	1:49.47	38.22	250m:	3:06.10	38.27	350m:	4:22.56	37.98
	100m:	1:11.25	37.54	200m:	2:27.83	38.36	300m:	3:44.58	38.48	400m:	4:59.43	36.87
16.				2009 II	" "			+0,84	5:02.01	II	464	
	50m:	32.92	32.92	150m:	1:46.44	37.46	250m:	3:04.48	39.82	350m:	4:24.06	39.83
	100m:	1:08.98	36.06	200m:	2:24.66	38.22	300m:	3:44.23	39.75	400m:	5:02.01	37.95
17.				2010 I	" "			+0,69	5:03.65	II	457	
	50m:	33.41	33.41	150m:	1:47.82	37.99	250m:	3:05.98	39.03	350m:	4:25.63	40.08
	100m:	1:09.83	36.42	200m:	2:26.95	39.13	300m:	3:45.55	39.57	400m:	5:03.65	38.02
18.				2010 I	/ "	" "		+0,79	5:03.75	II	456	
	50m:	33.54	33.54	150m:	1:49.32	38.32	250m:	3:07.29	38.88	350m:	4:26.00	39.25
	100m:	1:11.00	37.46	200m:	2:28.41	39.09	300m:	3:46.75	39.46	400m:	5:03.75	37.75
19.				2010 I				+0,75	5:08.22	II	437	
	50m:	33.71	33.71	150m:	1:50.78	39.12	250m:	3:10.30	38.83	350m:	4:29.41	39.35
	100m:	1:11.66	37.95	200m:	2:31.47	40.69	300m:	3:50.06	39.76	400m:	5:08.22	38.81
20.				2010 II		3 .		+0,85	5:10.86	II	426	
	50m:	36.44	36.44	150m:	1:56.26	40.27	250m:	3:16.29	39.88	350m:	4:35.60	39.19
	100m:	1:15.99	39.55	200m:	2:36.41	40.15	300m:	3:56.41	40.12	400m:	5:10.86	35.26
21.				2010 II	" "			+0,80	5:11.57	II	423	
	50m:	33.57	33.57	150m:	1:50.50	38.94	250m:	3:10.37	40.19	350m:	4:31.55	40.46
	100m:	1:11.56	37.99	200m:	2:30.18	39.68	300m:	3:51.09	40.72	400m:	5:11.57	40.02
22.				2010 II				+0,71	5:12.81	II	418	
	50m:	33.46	33.46	150m:	1:49.48	38.82	250m:	3:09.42	40.21	350m:	4:32.47	41.62
	100m:	1:10.66	37.20	200m:	2:29.21	39.73	300m:	3:50.85	41.43	400m:	5:12.81	40.34
23.				2010 II	" "			+0,63	5:17.13	II	401	
	50m:	33.73	33.73	150m:	1:52.05	40.34	250m:	3:14.43	41.27	350m:	4:37.04	41.43
	100m:	1:11.71	37.98	200m:	2:33.16	41.11	300m:	3:55.61	41.18	400m:	5:17.13	40.09
				2009 II		3 .		+0,77	5:17.13	II	401	
	50m:	35.91	35.91	150m:	1:58.88	42.14	250m:	3:20.23	39.55	350m:	4:40.79	40.08
	100m:	1:16.74	40.83	200m:	2:40.68	41.80	300m:	4:00.71	40.48	400m:	5:17.13	36.34
25.				2009 III	Water Rocket			+0,82	5:17.69	II	399	
	50m:	34.46	34.46	150m:	1:52.59	39.61	250m:	3:13.94	41.52	350m:	4:37.39	42.18
	100m:	1:12.98	38.52	200m:	2:32.42	39.83	300m:	3:55.21	41.27	400m:	5:17.69	40.30
26.				2010 II	" "			+0,81	5:25.69	II	370	
	50m:	33.87	33.87	150m:	1:54.87	41.82	250m:	3:20.09	42.67	350m:	4:44.28	41.54
	100m:	1:13.05	39.18	200m:	2:37.42	42.55	300m:	4:02.74	42.65	400m:	5:25.69	41.41
27.				2009 II		3 .		+0,79	5:25.75	II	370	
	50m:	36.61	36.61	150m:	2:00.50	42.14	250m:	3:25.35	41.62	350m:	4:46.34	38.67
	100m:	1:18.36	41.75	200m:	2:43.73	43.23	300m:	4:07.67	42.32	400m:	5:25.75	39.41
28.				2010 II				+0,76	5:28.57	II	360	
	50m:	34.17	34.17	150m:	1:55.49	41.80	250m:	3:20.82	42.81	350m:	4:48.06	43.46
	100m:	1:13.69	39.52	200m:	2:38.01	42.52	300m:	4:04.60	43.78	400m:	5:28.57	40.51
29.				2010 II	/ "	" "		+1,00	5:30.58	II	354	
	50m:	36.83	36.83	150m:	1:58.56	40.96	250m:	3:25.01	44.13	350m:	4:50.10	42.54
	100m:	1:17.60	40.77	200m:	2:40.88	42.32	300m:	4:07.56	42.55	400m:	5:30.58	40.48

7,		, 400m		, 13 - 14				R.I				
30.				2009 II				+0,89	5:32.01	II	349	
	50m:	34.37	34.37	150m:	1:57.57	43.31	250m:	3:24.82	44.03	350m:	4:50.76	43.16
	100m:	1:14.26	39.89	200m:	2:40.79	43.22	300m:	4:07.60	42.78	400m:	5:32.01	41.25
31.				2009 II	"	"				5:32.06	II	349
	50m:	36.08	36.08	150m:	1:59.77	42.79	250m:	3:25.82	43.23	350m:	4:51.48	42.63
	100m:	1:16.98	40.90	200m:	2:42.59	42.82	300m:	4:08.85	43.03	400m:	5:32.06	40.58
32.				2009 III						5:32.85	II	347
	50m:	37.46	37.46	150m:	1:59.81	41.76	250m:	3:25.21	42.89	350m:	4:51.61	43.31
	100m:	1:18.05	40.59	200m:	2:42.32	42.51	300m:	4:08.30	43.09	400m:	5:32.85	41.24
33.				2009 II				+0,83	5:33.78	II	344	
	50m:	36.94	36.94	150m:	1:59.21	41.96	250m:	3:25.72	43.22	350m:	4:52.22	43.16
	100m:	1:17.25	40.31	200m:	2:42.50	43.29	300m:	4:09.06	43.34	400m:	5:33.78	41.56
34.				2010 III	/	"		+0,78	5:34.63	II	341	
	50m:	38.50	38.50	150m:	2:04.47	43.12	250m:	3:29.72	42.68	350m:	4:53.17	41.88
	100m:	1:21.35	42.85	200m:	2:47.04	42.57	300m:	4:11.29	41.57	400m:	5:34.63	41.46
35.				2010 II				+0,74	5:42.51	III	318	
	50m:	37.13	37.13	150m:	2:04.00	43.54	250m:	3:31.97	44.11	350m:	4:59.41	43.35
	100m:	1:20.46	43.33	200m:	2:47.86	43.86	300m:	4:16.06	44.09	400m:	5:42.51	43.10
36.				2010 II	"	"		+0,91	5:43.88	III	314	
	50m:	38.00	38.00	150m:	2:05.12	44.29	250m:	3:35.98	44.93	350m:	5:02.82	42.43
	100m:	1:20.83	42.83	200m:	2:51.05	45.93	300m:	4:20.39	44.41	400m:	5:43.88	41.06
37.				2010 III				+0,86	5:44.75	III	312	
	50m:	36.01	36.01	150m:	2:00.87	43.41	250m:	3:30.07	44.22	350m:	4:58.90	44.26
	100m:	1:17.46	41.45	200m:	2:45.85	44.98	300m:	4:14.64	44.57	400m:	5:44.75	45.85
38.				2010 II				+0,78	5:48.22	III	303	
	50m:	37.35	37.35	150m:	2:06.30	45.02	250m:	3:37.08	45.47	350m:	5:05.77	43.59
	100m:	1:21.28	43.93	200m:	2:51.61	45.31	300m:	4:22.18	45.10	400m:	5:48.22	42.45
39.				2010 II				+0,75	5:48.83	III	301	
	50m:	36.12	36.12	150m:	2:01.22	42.43	250m:	3:31.45	43.84	350m:	5:08.37	48.23
	100m:	1:18.79	42.67	200m:	2:47.61	46.39	300m:	4:20.14	48.69	400m:	5:48.83	40.46
40.				2010 III	.	"	6"	+0,78	5:50.16	III	298	
	50m:	37.08	37.08	150m:	2:02.85	43.58	250m:	3:33.16	45.08	350m:	5:05.98	46.84
	100m:	1:19.27	42.19	200m:	2:48.08	45.23	300m:	4:19.14	45.98	400m:	5:50.16	44.18
41.				2010 III				+0,83	6:07.22	III	258	
	50m:	37.59	37.59	150m:	2:08.60	46.77	250m:	4:33.99	48.98	350m:	6:07.22	44.16
	100m:	1:21.83	44.24	200m:	3:45.01	1:36.41	300m:	5:23.06	49.07	400m:	6:07.22	