

, 22 - 23 2023 .

22.12.2023 25 , 800m 2012

12 +: 9:00.00 / 10 +: 9:34.00 / I 9 +: 10:15.00 /
II 9 +: 11:46.00 / III 9 +: 13:19.00 / I 9 +: 16:04.00 /
II 9 +: 18:34.00 / III 9 +: 21:04.00

: FINA 2023

WA

11-12

1.		2011						10:43.68	408	II
2.		2011						10:57.46	382	II
3.		2012						11:13.55	356	II
4.		2012						11:15.41	353	II
5.		2011						11:30.31	330	II
6.		2012			"	"		12:06.10	284	III
7.		2012	Water Rocket					12:17.20	271	III
8.		2012						12:27.03	261	III

13-14

1.		2009						9:25.44	601			
	50m:	33.13	33.13	250m:	2:54.96	35.62	450m:	5:17.86	35.80	650m:	7:42.12	36.26
	100m:	1:08.30	35.17	300m:	3:30.35	35.39	500m:	5:53.53	35.67	700m:	8:17.62	35.50
	150m:	1:43.43	35.13	350m:	4:05.81	35.46	550m:	6:29.55	36.02	750m:	8:52.67	35.05
	200m:	2:19.34	35.91	400m:	4:42.06	36.25	600m:	7:05.86	36.31	800m:	9:25.44	32.77
2.		2009					"	"	10:05.98	489	I	
	50m:	34.38	34.38	250m:	3:06.71	38.54	450m:	5:40.36	38.38	650m:	8:13.68	38.07
	100m:	1:11.48	37.10	300m:	3:45.19	38.48	500m:	6:18.93	38.57	700m:	8:51.61	37.93
	150m:	1:49.51	38.03	350m:	4:23.81	38.62	550m:	6:57.15	38.22	750m:	9:29.39	37.78
	200m:	2:28.17	38.66	400m:	5:01.98	38.17	600m:	7:35.61	38.46	800m:	10:05.98	36.59
3.		2009						10:22.73	450	II		
	50m:	35.05	35.05	250m:	3:08.67	39.62	450m:	5:46.38	40.12	650m:	8:25.09	39.64
	100m:	1:12.20	37.15	300m:	3:47.64	38.97	500m:	6:26.29	39.91	700m:	9:05.26	40.17
	150m:	1:50.19	37.99	350m:	4:26.83	39.19	550m:	7:05.65	39.36	750m:	9:44.46	39.20
	200m:	2:29.05	38.86	400m:	5:06.26	39.43	600m:	7:45.45	39.80	800m:	10:22.73	38.27
4.		2010						10:24.87	445	II		
	50m:	34.55	34.55	250m:	3:08.50	39.08	450m:	5:47.33	39.72	650m:	8:27.60	40.06
	100m:	1:11.94	37.39	300m:	3:47.71	39.21	500m:	6:27.55	40.22	700m:	9:06.66	39.06
	150m:	1:50.33	38.39	350m:	4:27.78	40.07	550m:	7:06.49	38.94	750m:	9:47.57	40.91
	200m:	2:29.42	39.09	400m:	5:07.61	39.83	600m:	7:47.54	41.05	800m:	10:24.87	37.30
5.		2009						12:21.91	266	III		

15-17

1.		2007						9:27.24	596			
	50m:	32.88	32.88	250m:	2:55.04	35.79	450m:	5:17.65	35.62	650m:	7:41.81	36.16
	100m:	1:08.55	35.67	300m:	3:30.83	35.79	500m:	5:53.52	35.87	700m:	8:17.63	35.82
	150m:	1:43.98	35.43	350m:	4:06.05	35.22	550m:	6:29.69	36.17	750m:	8:53.11	35.48
	200m:	2:19.25	35.27	400m:	4:42.03	35.98	600m:	7:05.65	35.96	800m:	9:27.24	34.13
2.		2008						9:59.38	505	I		
	50m:	31.35	31.35	350m:	4:16.87	38.28	550m:	7:27.05	1:15.95	800m:	9:59.38	36.51
	100m:	1:07.34	35.99	400m:	4:54.74	37.87	600m:	8:05.89	38.84			
	150m:	1:44.66	37.32	450m:	5:32.15	37.41	700m:	8:44.37	38.48			
	300m:	3:38.59	1:53.93	500m:	6:11.10	38.95	750m:	9:22.87	38.50			
3.		2007						10:02.57	497	I		
	50m:	34.16	34.16	250m:	3:02.79	37.24	450m:	5:34.14	38.08	650m:	8:08.02	38.60
	100m:	1:10.90	36.74	300m:	3:40.65	37.86	500m:	6:12.19	38.05	700m:	8:46.55	38.53
	150m:	1:47.95	37.05	350m:	4:18.10	37.45	550m:	6:50.61	38.42	750m:	9:25.00	38.45
	200m:	2:25.55	37.60	400m:	4:56.06	37.96	600m:	7:29.42	38.81	800m:	10:02.57	37.57

" " , 22 - 23 2023 .

25, , 800m , 15-17

4.									WA
			2006				10:08.73		482
50m:	33.80	33.80	250m: 3:05.22	38.20	450m: 5:39.32	38.47	650m: 8:14.57	38.61	
100m:	1:10.61	36.81	300m: 3:43.60	38.38	500m: 6:18.35	39.03	700m: 8:53.16	38.59	
150m:	1:48.79	38.18	350m: 4:21.98	38.38	550m: 6:57.08	38.73	750m: 9:31.46	38.30	
200m:	2:27.02	38.23	400m: 5:00.85	38.87	600m: 7:35.96	38.88	800m: 10:08.73	37.27	