

23.12.2023 38 , 400m 2010

12 +: 3:59.00 /	10 +: 4:11.50 /	I	9 +: 4:28.00 /
II 9 +: 5:03.00 /	III 9 +: 5:44.00 /	I .	9 +: 6:40.00 /
II 9 +: 7:36.00 /	III 9 +: 8:32.00		

: FINA 2023

WA

13-14

1.			2009		" " C	4:13.48	587 I	
	50m: 28.59	28.59	150m: 1:31.73	31.80	250m: 2:35.21	31.52	350m: 3:40.56	33.25
	100m: 59.93	31.34	200m: 2:03.69	31.96	300m: 3:07.31	32.10	400m: 4:13.48	32.92
2.			2009			4:16.70	565 I	
	50m: 28.17	28.17	150m: 1:31.35	32.03	250m: 2:36.52	32.85	350m: 3:43.15	33.23
	100m: 59.32	31.15	200m: 2:03.67	32.32	300m: 3:09.92	33.40	400m: 4:16.70	33.55
3.			2009			4:23.49	522 I	
	50m: 30.93	30.93	150m: 1:36.74	33.01	250m: 2:43.25	33.57	350m: 3:50.73	33.77
	100m: 1:03.73	32.80	200m: 2:09.68	32.94	300m: 3:16.96	33.71	400m: 4:23.49	32.76
4.			2009			4:27.89	497 I	
	50m: 28.52	28.52	150m: 1:35.02	33.94	250m: 2:44.53	34.81	350m: 3:54.18	34.94
	100m: 1:01.08	32.56	200m: 2:09.72	34.70	300m: 3:19.24	34.71	400m: 4:27.89	33.71
5.			2009			4:32.44	472 II	
	50m: 30.22	30.22	150m: 1:39.22	35.38	250m: 2:50.10	35.58	350m: 3:59.97	35.03
	100m: 1:03.84	33.62	200m: 2:14.52	35.30	300m: 3:24.94	34.84	400m: 4:32.44	32.47
6.			2009		" " C	4:39.31	438 II	
	50m: 29.24	29.24	150m: 1:37.42	35.18	250m: 2:50.04	36.19	350m: 4:04.20	36.98
	100m: 1:02.24	33.00	200m: 2:13.85	36.43	300m: 3:27.22	37.18	400m: 4:39.31	35.11
7.			2009			4:39.55	437 II	
	50m: 32.94	32.94	150m: 1:43.26	35.46	250m: 2:54.79	35.82	350m: 4:05.65	34.86
	100m: 1:07.80	34.86	200m: 2:18.97	35.71	300m: 3:30.79	36.00	400m: 4:39.55	33.90
8.			2009			4:43.57	419 II	
	50m: 30.51	30.51	150m: 1:40.66	35.74	250m: 2:53.46	36.46	350m: 4:07.17	37.01
	100m: 1:04.92	34.41	200m: 2:17.00	36.34	300m: 3:30.16	36.70	400m: 4:43.57	36.40
9.			2009			4:44.29	416 II	
	50m: 28.88	28.88	150m: 1:37.84	35.62	250m: 2:51.96	37.32	350m: 4:07.64	37.93
	100m: 1:02.22	33.34	200m: 2:14.64	36.80	300m: 3:29.71	37.75	400m: 4:44.29	36.65
10.			2009		" "	4:46.05	408 II	
	50m: 31.72	31.72	150m: 1:43.21	36.61	250m: 2:57.10	37.10	350m: 4:10.74	36.59
	100m: 1:06.60	34.88	200m: 2:20.00	36.79	300m: 3:34.15	37.05	400m: 4:46.05	35.31
11.			2009			4:53.92	376 II	
	50m: 30.32	30.32	150m: 1:43.47	38.05	250m: 3:00.83	38.66	350m: 4:17.53	37.90
	100m: 1:05.42	35.10	200m: 2:22.17	38.70	300m: 3:39.63	38.80	400m: 4:53.92	36.39
12.			2009			5:01.23	349 II	
	50m: 32.35	32.35	150m: 1:45.84	37.93	250m: 3:03.92	39.20	350m: 4:23.54	39.64
	100m: 1:07.91	35.56	200m: 2:24.72	38.88	300m: 3:43.90	39.98	400m: 5:01.23	37.69
13.			2009			5:08.63	325 III	
	50m: 33.93	33.93	150m: 1:49.77	38.39	250m: 3:08.78	39.99	350m: 4:29.53	40.24
	100m: 1:11.38	37.45	200m: 2:28.79	39.02	300m: 3:49.29	40.51	400m: 5:08.63	39.10
14.			2010			5:09.28	323 III	
	50m: 34.25	34.25	150m: 1:51.12	39.12	250m: 3:11.26	40.36	350m: 4:31.11	39.68
	100m: 1:12.00	37.75	200m: 2:30.90	39.78	300m: 3:51.43	40.17	400m: 5:09.28	38.17
15.			2009			5:12.28	313 III	
	50m: 32.69	32.69	150m: 1:50.04	39.92	250m: 3:12.40	41.82	350m: 4:34.25	40.91
	100m: 1:10.12	37.43	200m: 2:30.58	40.54	300m: 3:53.34	40.94	400m: 5:12.28	38.03

38,		, 400m		, 13-14					
WA									
16.			2009				5:30.58		264 III
	50m:	33.46	33.46	150m:	1:55.26	42.68	250m:	3:20.68	42.79
	100m:	1:12.58	39.12	200m:	2:37.89	42.63	300m:	4:04.21	43.53
							350m:	4:48.62	44.41
							400m:	5:30.58	41.96
17.			2010				5:31.51		262 III
	50m:	33.93	33.93	150m:	1:54.73	41.06	250m:	3:22.10	44.27
	100m:	1:13.67	39.74	200m:	2:37.83	43.10	300m:	4:05.61	43.51
							350m:	4:49.70	44.09
							400m:	5:31.51	41.81
18.			2010				5:33.93		256 III
	50m:	33.46	33.46	150m:	1:56.53	42.94	250m:	3:23.53	43.35
	100m:	1:13.59	40.13	200m:	2:40.18	43.65	300m:	4:07.63	44.10
							350m:	4:51.12	43.49
							400m:	5:33.93	42.81
19.			2010				5:45.79		231 I
	50m:	37.09	37.09	150m:	2:03.10	43.50	250m:	3:32.70	44.61
	100m:	1:19.60	42.51	200m:	2:48.09	44.99	300m:	4:18.13	45.43
							350m:	5:03.17	45.04
							400m:	5:45.79	42.62
20.			2010				5:46.31		230 I
	50m:	37.62	37.62	150m:	2:03.50	44.46	250m:	3:31.87	43.93
	100m:	1:19.04	41.42	200m:	2:47.94	44.44	300m:	4:16.28	44.41
							350m:	4:56.59	40.31
							400m:	5:46.31	49.72
21.			2010				5:57.38		209 I
	50m:	37.52	37.52	150m:	2:03.43	44.66	250m:	3:36.05	46.90
	100m:	1:18.77	41.25	200m:	2:49.15	45.72	300m:	4:24.10	48.05
							350m:	5:12.62	48.52
							400m:	5:57.38	44.76
22.			2010				6:04.10		198 I
	50m:	37.55	37.55	150m:	2:08.03	46.66	250m:	3:42.74	47.50
	100m:	1:21.37	43.82	200m:	2:55.24	47.21	300m:	4:29.81	47.07
							350m:	5:17.20	47.39
							400m:	6:04.10	46.90
15-16									
1.			2008				4:14.73		578 I
	50m:	28.43	28.43	150m:	1:31.10	31.53	250m:	2:35.99	32.62
	100m:	59.57	31.14	200m:	2:03.37	32.27	300m:	3:09.03	33.04
							350m:	3:42.41	33.38
							400m:	4:14.73	32.32
2.			2007				4:31.40		478 II
	50m:	30.21	30.21	150m:	1:36.88	33.88	250m:	2:46.75	35.17
	100m:	1:03.00	32.79	200m:	2:11.58	34.70	300m:	3:21.89	35.14
							350m:	3:57.00	35.11
							400m:	4:31.40	34.40
3.			2007				4:37.36		448 II
	50m:	31.11	31.11	150m:	1:39.22	34.48	250m:	2:50.27	35.78
	100m:	1:04.74	33.63	200m:	2:14.49	35.27	300m:	3:26.55	36.28
							350m:	4:02.13	35.58
							400m:	4:37.36	35.23
4.			2007				4:48.47		398 II
	50m:	31.54	31.54	150m:	1:41.63	35.38	250m:	2:55.43	37.41
	100m:	1:06.25	34.71	200m:	2:18.02	36.39	300m:	3:33.14	37.71
							350m:	4:11.22	38.08
							400m:	4:48.47	37.25
5.			2008				4:52.40		382 II
	50m:	32.00	32.00	150m:	1:44.17	36.78	250m:	2:59.02	36.85
	100m:	1:07.39	35.39	200m:	2:22.17	38.00	300m:	3:38.08	39.06
							350m:	4:16.04	37.96
							400m:	4:52.40	36.36
6.			2008				4:53.64		377 II
	50m:	30.39	30.39	150m:	1:41.80	36.47	250m:	2:57.44	38.24
	100m:	1:05.33	34.94	200m:	2:19.20	37.40	300m:	3:35.98	38.54
							350m:	4:15.11	39.13
							400m:	4:53.64	38.53
7.			2008				4:54.38		374 II
	50m:	31.78	31.78	150m:	1:45.76	37.45	250m:	3:00.55	37.40
	100m:	1:08.31	36.53	200m:	2:23.15	37.39	300m:	3:38.31	37.76
							350m:	4:17.76	39.45
							400m:	4:54.38	36.62
8.			2008				5:10.37		319 III
	50m:	33.85	33.85	150m:	1:49.53	38.57	250m:	3:09.81	40.45
	100m:	1:10.96	37.11	200m:	2:29.36	39.83	300m:	3:50.16	40.35
							350m:	4:30.87	40.71
							400m:	5:10.37	39.50
17-18									
1.			2006				4:13.90		584 I
	50m:	27.31	27.31	150m:	1:30.17	31.92	250m:	2:35.13	32.77
	100m:	58.25	30.94	200m:	2:02.36	32.19	300m:	3:08.74	33.61
							350m:	3:42.29	33.55
							400m:	4:13.90	31.61

" " " " " "
, 22 - 23 " 2023 .

38, , 400m

EXH			2012		"	"		.5:43.97	234 III			
	50m:	36.92	36.92	150m:	2:03.39	44.17	250m:	3:31.31	43.51	350m:	5:00.81	43.61
	100m:	1:19.22	42.30	200m:	2:47.80	44.41	300m:	4:17.20	45.89	400m:	5:43.97	43.16