

23.12.2023 51 , 400m 2012

12 +: 5:01.00 /	10 +: 5:18.50 /	I	9 +: 5:40.00 /
II 9 +: 6:24.00 /	III 9 +: 7:17.00 /	I	9 +: 8:18.00 /
II 9 +: 9:29.00 /	III 9 +: 10:40.00		

: FINA 2023

WA

11-12

1.		2011				5:44.29	425	II	
	50m: 37.08	37.08	150m: 2:07.37	44.80	250m: 3:39.65	46.84	350m: 5:06.71	38.32	
	100m: 1:22.57	45.49	200m: 2:52.81	45.44	300m: 4:28.39	48.74	400m: 5:44.29	37.58	
2.		2012				5:53.11	394	II	
	50m: 35.82	35.82	150m: 2:03.69	45.03	250m: 3:39.96	52.48	350m: 5:13.82	40.50	
	100m: 1:18.66	42.84	200m: 2:47.48	43.79	300m: 4:33.32	53.36	400m: 5:53.11	39.29	
3.		2011				6:07.51	349	II	
	50m: 38.71	38.71	150m: 2:13.93	50.26	250m: 3:52.71	51.07	350m: 5:26.75	41.79	
	100m: 1:23.67	44.96	200m: 3:01.64	47.71	300m: 4:44.96	52.25	400m: 6:07.51	40.76	
4.		2012			"	"	6:11.07	339	II
	50m: 40.32	40.32	150m: 2:17.07	48.00	250m: 3:55.06	52.09	350m: 5:31.82	41.34	
	100m: 1:29.07	48.75	200m: 3:02.97	45.90	300m: 4:50.48	55.42	400m: 6:11.07	39.25	
5.		2012				6:21.34	313	II	
	50m: 42.37	42.37	150m: 2:22.09	51.08	250m: 4:03.31	51.34	350m: 5:38.74	44.70	
	100m: 1:31.01	48.64	200m: 3:11.97	49.88	300m: 4:54.04	50.73	400m: 6:21.34	42.60	
6.		2012				6:25.97	301	III	
	50m: 41.23	41.23	150m: 2:20.85	47.70	250m: 4:01.75	54.55	350m: 5:43.04	44.65	
	100m: 1:33.15	51.92	200m: 3:07.20	46.35	300m: 4:58.39	56.64	400m: 6:25.97	42.93	
7.		2012				6:46.51	258	III	
	50m: 44.52	44.52	150m: 2:31.62	53.92	250m: 4:15.23	53.67	350m: 5:59.65	49.66	
	100m: 1:37.70	53.18	200m: 3:21.56	49.94	300m: 5:09.99	54.76	400m: 6:46.51	46.86	

13-14

1.		2010				5:21.56	522	I	
	50m: 34.53	34.53	150m: 1:58.11	42.27	250m: 3:23.65	43.45	350m: 4:45.32	37.59	
	100m: 1:15.84	41.31	200m: 2:40.20	42.09	300m: 4:07.73	44.08	400m: 5:21.56	36.24	
2.		2010				5:27.96	492	I	
	50m: 35.83	35.83	150m: 1:58.64	40.57	250m: 3:25.84	47.15	350m: 4:51.09	38.15	
	100m: 1:18.07	42.24	200m: 2:38.69	40.05	300m: 4:12.94	47.10	400m: 5:27.96	36.87	
3.		2010				5:42.52	432	II	
	50m: 35.23	35.23	150m: 2:01.62	44.00	250m: 3:33.70	48.66	350m: 5:04.93	40.13	
	100m: 1:17.62	42.39	200m: 2:45.04	43.42	300m: 4:24.80	51.10	400m: 5:42.52	37.59	
4.		2009			"	"	5:48.38	410	II
	50m: 33.86	33.86	150m: 1:58.06	42.58	250m: 3:31.22	51.76	350m: 5:07.18	43.80	
	100m: 1:15.48	41.62	200m: 2:39.46	41.40	300m: 4:23.38	52.16	400m: 5:48.38	41.20	
5.		2009			"	"	6:14.40	330	II
	50m: 40.53	40.53	150m: 2:22.27	48.03	250m: 3:57.88	49.69	350m: 5:32.26	43.43	
	100m: 1:34.24	53.71	200m: 3:08.19	45.92	300m: 4:48.83	50.95	400m: 6:14.40	42.14	

15-17

1.		2008				5:24.72	507	I
	50m: 34.92	34.92	150m: 1:55.21	40.93	250m: 3:22.26	47.36	350m: 4:48.28	37.79
	100m: 1:14.28	39.36	200m: 2:34.90	39.69	300m: 4:10.49	48.23	400m: 5:24.72	36.44
2.		2008	Water Rocket			6:12.89	334	II
	50m: 38.36	38.36	150m: 2:13.01	48.21	250m: 3:52.13	51.50	350m: 5:30.10	44.63
	100m: 1:24.80	46.44	200m: 3:00.63	47.62	300m: 4:45.47	53.34	400m: 6:12.89	42.79