

12
30.01.2024 - 13:39

, 400m

14

	I	9 +: 5:11.00 /	I	9 +: 7:35.00 /	II	9 +: 5:52.00 /						
	II	9 +: 8:31.00 /	III	9 +: 6:40.00 /	III	9 +: 9:27.00 /						
		10 +: 4:52.00 /		12 +: 4:37.00								
: FINA 2023												
							100m	200m	300m	400m		
(14-15)												
1.		10	"	"	4:51.39	585	1:05.76	1:14.14	1:24.90	1:06.59		
	50m:	30.07	30.07	150m:	1:43.44	37.68	250m:	3:02.26	42.36	350m:	4:18.64	33.84
	100m:	1:05.76	35.69	200m:	2:19.90	36.46	300m:	3:44.80	42.54	400m:	4:51.39	32.75
2.		09	"	"	4:54.95	565 I	1:06.27	1:16.62	1:25.32	1:06.74		
	50m:	30.41	30.41	150m:	1:45.13	38.86	250m:	3:04.66	41.77	350m:	4:21.89	33.68
	100m:	1:06.27	35.86	200m:	2:22.89	37.76	300m:	3:48.21	43.55	400m:	4:54.95	33.06
3.		09	"	"	4:58.04	547 I	1:06.73	1:20.04	1:23.68	1:07.59		
	50m:	30.98	30.98	150m:	1:47.59	40.86	250m:	3:07.98	41.21	350m:	4:23.96	33.51
	100m:	1:06.73	35.75	200m:	2:26.77	39.18	300m:	3:50.45	42.47	400m:	4:58.04	34.08
4.		10	"	"	5:00.60	533 I	1:07.11	1:15.74	1:29.26	1:08.49		
	50m:	30.31	30.31	150m:	1:45.39	38.28	250m:	3:06.85	44.00	350m:	4:27.29	35.18
	100m:	1:07.11	36.80	200m:	2:22.85	37.46	300m:	3:52.11	45.26	400m:	5:00.60	33.31
5.		09	"	"	5:03.82	516 I	1:09.87	1:17.31	1:27.61	1:09.03		
	50m:	31.28	31.28	150m:	1:49.37	39.50	250m:	3:10.46	43.28	350m:	4:30.38	35.59
	100m:	1:09.87	38.59	200m:	2:27.18	37.81	300m:	3:54.79	44.33	400m:	5:03.82	33.44
6.		09	"	"	5:06.76	502 I	1:04.56	1:20.69	1:30.24	1:11.27		
	50m:	30.18	30.18	150m:	1:45.27	40.71	250m:	3:09.83	44.58	350m:	4:32.04	36.55
	100m:	1:04.56	34.38	200m:	2:25.25	39.98	300m:	3:55.49	45.66	400m:	5:06.76	34.72
7.		10	"	"	5:18.52	448 II	1:12.24	1:22.08	1:31.64	1:12.56		
	50m:	32.71	32.71	150m:	1:54.20	41.96	250m:	3:19.85	45.53	350m:	4:42.35	36.39
	100m:	1:12.24	39.53	200m:	2:34.32	40.12	300m:	4:05.96	46.11	400m:	5:18.52	36.17
8.		10	"	"	5:23.18	429 II	1:11.38	1:27.17	1:29.30	1:15.33		
	50m:	32.48	32.48	150m:	1:56.12	44.74	250m:	3:22.02	43.47	350m:	4:46.44	38.59
	100m:	1:11.38	38.90	200m:	2:38.55	42.43	300m:	4:07.85	45.83	400m:	5:23.18	36.74
9.		09	"	"	5:26.91	414 II	1:12.36	1:27.52	1:32.60	1:14.43		
	50m:	32.59	32.59	150m:	1:55.49	43.13	250m:	3:25.77	45.89	350m:	4:49.56	37.08
	100m:	1:12.36	39.77	200m:	2:39.88	44.39	300m:	4:12.48	46.71	400m:	5:26.91	37.35
10.		09	"	"	5:37.45	377 II	1:16.07	1:28.62	1:36.67	1:16.09		
	50m:	34.56	34.56	150m:	2:01.05	44.98	250m:	3:32.24	47.55	350m:	4:59.87	38.51
	100m:	1:16.07	41.51	200m:	2:44.69	43.64	300m:	4:21.36	49.12	400m:	5:37.45	37.58
11.		10	"	"	5:54.56	325 III	1:23.51	1:31.08	1:43.71	1:16.26		
	50m:	36.81	36.81	150m:	2:10.31	46.80	250m:	3:46.27	51.68	350m:	5:16.72	38.42
	100m:	1:23.51	46.70	200m:	2:54.59	44.28	300m:	4:38.30	52.03	400m:	5:54.56	37.84
12.		09	"	"	5:54.88	324 III	1:19.57	1:32.95	1:44.01	1:18.35		
	50m:	36.32	36.32	150m:	2:06.13	46.56	250m:	3:44.20	51.68	350m:	5:16.90	40.37
	100m:	1:19.57	43.25	200m:	2:52.52	46.39	300m:	4:36.53	52.33	400m:	5:54.88	37.98
13.		10	"	"	5:58.59	314 III	1:17.36	1:30.71	1:46.38	1:24.14		
	50m:	34.52	34.52	150m:	2:03.50	46.14	250m:	3:41.61	53.54	350m:	5:17.14	42.69
	100m:	1:17.36	42.84	200m:	2:48.07	44.57	300m:	4:34.45	52.84	400m:	5:58.59	41.45
14.		10	"	"	5:59.29	312 III	1:23.85	1:31.28	1:41.79	1:22.37		
	50m:	36.89	36.89	150m:	2:09.96	46.11	250m:	3:45.08	49.95	350m:	5:18.76	41.84
	100m:	1:23.85	46.96	200m:	2:55.13	45.17	300m:	4:36.92	51.84	400m:	5:59.29	40.53
15.		10	"	"	6:04.18	300 III	1:31.44	1:28.13	1:44.34	1:20.27		
	50m:	42.14	42.14	150m:	2:15.02	43.58	250m:	3:51.30	51.73	350m:	5:25.14	41.23
	100m:	1:31.44	49.30	200m:	2:59.57	44.55	300m:	4:43.91	52.61	400m:	6:04.18	39.04
16.		10	"	"	6:04.81	298 III	1:22.88	1:28.21	1:48.79	1:24.93		
	50m:	38.01	38.01	150m:	2:07.24	44.36	250m:	3:45.55	54.46	350m:	5:22.18	42.30
	100m:	1:22.88	44.87	200m:	2:51.09	43.85	300m:	4:39.88	54.33	400m:	6:04.81	42.63
17.		09	"	"	6:11.22	283 III	1:24.86	1:35.11	1:46.48	1:24.77		
	50m:	37.18	37.18	150m:	2:12.63	47.77	250m:	3:52.51	52.54	350m:	5:29.19	42.74
	100m:	1:24.86	47.68	200m:	2:59.97	47.34	300m:	4:46.45	53.94	400m:	6:11.22	42.03
18.		10	"	"	6:19.14	266 III	1:26.00	1:38.87	1:51.08	1:23.19		
	50m:	38.81	38.81	150m:	2:16.46	50.46	250m:	3:59.95	55.08	350m:	5:38.96	43.01
	100m:	1:26.00	47.19	200m:	3:04.87	48.41	300m:	4:55.95	56.00	400m:	6:19.14	40.18

" -2024"
 , 29.1. - 1.2.2024

		12, , 400m				(14-15)				100m	200m	300m	400m
19.		10	"	"	6:31.30	241	III	1:27.20	1:51.21	1:47.72	1:25.17		
	50m:	38.11	38.11	150m:	2:25.02	57.82	250m:	4:11.25	52.84	350m:	5:50.25	44.12	
	100m:	1:27.20	49.09	200m:	3:18.41	53.39	300m:	5:06.13	54.88	400m:	6:31.30	41.05	
20.		10	"	"	7:35.87	153	II	1:58.00	1:50.90	2:08.05	1:38.92		
	50m:	50.60	50.60	150m:	2:53.16	55.16	250m:	4:52.28	1:03.38	350m:	6:45.62	48.67	
	100m:	1:58.00	1:07.40	200m:	3:48.90	55.74	300m:	5:56.95	1:04.67	400m:	7:35.87	50.25	
DSQ		09	"	"	5:21.84		II	1:10.90	1:24.08	1:33.04	1:13.82		
	50m:	32.30	32.30	150m:	1:53.51	42.61	250m:	3:20.69	45.71	350m:	4:45.39	37.37	
	100m:	1:10.90	38.60	200m:	2:34.98	41.47	300m:	4:08.02	47.33	400m:	5:21.84	36.45	
DSQ		10	"	"	5:23.61		II	1:10.56	1:28.21	1:31.29	1:13.55		
	50m:	31.55	31.55	150m:	1:55.74	45.18	250m:	3:23.36	44.59	350m:	4:48.34	38.28	
	100m:	1:10.56	39.01	200m:	2:38.77	43.03	300m:	4:10.06	46.70	400m:	5:23.61	35.27	
(16-18)													
1.		06	"	"	4:48.83	601		1:02.82	1:16.02	1:22.66	1:07.33		
	50m:	28.31	28.31	150m:	1:40.51	37.69	250m:	2:59.58	40.74	350m:	4:16.19	34.69	
	100m:	1:02.82	34.51	200m:	2:18.84	38.33	300m:	3:41.50	41.92	400m:	4:48.83	32.64	
2.		07	"	"	4:49.12	599		1:05.95	1:13.51	1:24.78	1:04.88		
	50m:	29.78	29.78	150m:	1:43.20	37.25	250m:	3:01.33	41.87	350m:	4:17.23	32.99	
	100m:	1:05.95	36.17	200m:	2:19.46	36.26	300m:	3:44.24	42.91	400m:	4:49.12	31.89	
3.		08	"	"	4:57.81	548	I	1:06.10	1:14.96	1:26.96	1:09.79		
	50m:	30.28	30.28	150m:	1:44.12	38.02	250m:	3:04.16	43.10	350m:	4:22.86	34.84	
	100m:	1:06.10	35.82	200m:	2:21.06	36.94	300m:	3:48.02	43.86	400m:	4:57.81	34.95	
4.		07	"	"	4:59.20	541	I	1:05.24	1:14.91	1:30.13	1:08.92		
	50m:	30.05	30.05	150m:	1:42.92	37.68	250m:	3:04.96	44.81	350m:	4:24.54	34.26	
	100m:	1:05.24	35.19	200m:	2:20.15	37.23	300m:	3:50.28	45.32	400m:	4:59.20	34.66	
5.		08	"	"	4:59.85	537	I	1:05.58	1:16.96	1:29.89	1:07.42		
	50m:	29.77	29.77	150m:	1:43.97	38.39	250m:	3:07.26	44.72	350m:	4:27.15	34.72	
	100m:	1:05.58	35.81	200m:	2:22.54	38.57	300m:	3:52.43	45.17	400m:	4:59.85	32.70	
6.		07	"	"	5:07.78	497	I	1:06.63	1:23.63	1:26.95	1:10.57		
	50m:	30.92	30.92	150m:	1:48.97	42.34	250m:	3:14.00	43.74	350m:	4:33.37	36.16	
	100m:	1:06.63	35.71	200m:	2:30.26	41.29	300m:	3:57.21	43.21	400m:	5:07.78	34.41	
7.		07	"	"	5:18.91	447	II	1:06.57	1:23.88	1:33.33	1:15.13		
	50m:	30.74	30.74	150m:	1:48.58	42.01	250m:	3:16.03	45.58	350m:	4:42.27	38.49	
	100m:	1:06.57	35.83	200m:	2:30.45	41.87	300m:	4:03.78	47.75	400m:	5:18.91	36.64	
8.		08	"	"	5:30.49	401	II	1:15.39	1:28.52	1:32.34	1:14.24		
	50m:	32.82	32.82	150m:	2:00.16	44.77	250m:	3:28.62	44.71	350m:	4:54.45	38.20	
	100m:	1:15.39	42.57	200m:	2:43.91	43.75	300m:	4:16.25	47.63	400m:	5:30.49	36.04	
(19)													
1.		03	"	"	4:44.74	628		1:05.80	1:15.10	1:20.15	1:03.69		
	50m:	29.79	29.79	150m:	1:43.33	37.53	250m:	3:01.17	40.27	350m:	4:12.65	31.60	
	100m:	1:05.80	36.01	200m:	2:20.90	37.57	300m:	3:41.05	39.88	400m:	4:44.74	32.09	
2.		05	"	"	5:55.63	322	III	1:13.02	1:30.27	1:50.16	1:22.18		
	50m:	32.62	32.62	150m:	1:58.86	45.84	250m:	3:38.33	55.04	350m:	5:16.01	42.56	
	100m:	1:13.02	40.40	200m:	2:43.29	44.43	300m:	4:33.45	55.12	400m:	5:55.63	39.62	
DSQ		04	"	"	5:41.01		II	56.37	1:42.95	1:49.64	1:12.05		
	50m:	25.84	25.84	150m:	1:50.15	53.78	250m:	3:35.31	55.99	350m:	5:08.40	39.44	
	100m:	56.37	30.53	200m:	2:39.32	49.17	300m:	4:28.96	53.65	400m:	5:41.01	32.61	