



50

, 400m

2005 - 2008

19.06.2021 - 11:46

III	9 +: 8:38.00 /	II	9 +: 7:42.00 /	I	9 +: 6:46.00 /
III	9 +: 5:50.00 /	II	9 +: 5:09.00 /	I	9 +: 4:34.00 /
12 +: 4:05.00					

: FINA 2020

								R.T.		FINA	
2008											
1.		2008	I	-	"	-	+0,74	"	4:38.83	II	491
	50m: 30.70	30.70	150m: 1:40.71	35.66	250m: 2:52.83	36.32	350m: 4:05.03	36.72			
	100m: 1:05.05	34.35	200m: 2:16.51	35.80	300m: 3:28.31	35.48	400m: 4:38.83	33.80			
2.		2008	II	-			+0,76		4:42.20	II	474
	50m: 31.93	31.93	150m: 1:42.67	35.59	250m: 2:55.11	36.61	350m: 4:08.10	36.54			
	100m: 1:07.08	35.15	200m: 2:18.50	35.83	300m: 3:31.56	36.45	400m: 4:42.20	34.10			
3.		2008	I	-			+0,94		4:47.84	II	446
	50m: 32.11	32.11	150m: 1:44.55	36.43	250m: 2:58.30	36.68	350m: 4:12.41	36.60			
	100m: 1:08.12	36.01	200m: 2:21.62	37.07	300m: 3:35.81	37.51	400m: 4:47.84	35.43			
4.		2008	II	-			+0,77		4:49.88	II	437
	50m: 30.85	30.85	150m: 1:44.04	37.15	250m: 2:59.73	37.72	350m: 4:14.80	37.23			
	100m: 1:06.89	36.04	200m: 2:22.01	37.97	300m: 3:37.57	37.84	400m: 4:49.88	35.08			
5.		2008	II	-			+0,74		4:50.58	II	434
	50m: 33.08	33.08	150m: 1:48.40	38.40	250m: 3:02.54	37.25	350m: 4:15.51	36.54			
	100m: 1:10.00	36.92	200m: 2:25.29	36.89	300m: 3:38.97	36.43	400m: 4:50.58	35.07			
6.		2008	II	-					4:53.63	II	420
	50m: 32.70	32.70	150m: 1:46.78	36.99	250m: 3:02.76	37.61	350m: 4:17.79	37.06			
	100m: 1:09.79	37.09	200m: 2:25.15	38.37	300m: 3:40.73	37.97	400m: 4:53.63	35.84			
7.		2008	II	-	"	-	+0,73	"	4:56.42	II	409
	50m: 33.60	33.60	150m: 1:48.61	37.44	250m: 3:04.79	38.38	350m: 4:20.10	36.78			
	100m: 1:11.17	37.57	200m: 2:26.41	37.80	300m: 3:43.32	38.53	400m: 4:56.42	36.32			
8.		2008	II	-			+0,87		4:58.30	II	401
	50m: 32.87	32.87	150m: 1:49.02	38.91	250m: 3:04.99	38.34	350m: 4:22.09	38.43			
	100m: 1:10.11	37.24	200m: 2:26.65	37.63	300m: 3:43.66	38.67	400m: 4:58.30	36.21			
9.		2008	II	-					5:05.30	II	374
	50m: 34.01	34.01	150m: 1:50.73	38.88	250m: 3:08.71	39.14	350m: 4:28.43	39.68			
	100m: 1:11.85	37.84	200m: 2:29.57	38.84	300m: 3:48.75	40.04	400m: 5:05.30	36.87			
10.		2008	II	-					5:05.74	II	372
	50m: 32.22	32.22	150m: 1:49.80	39.01	250m: 3:09.41	39.41	350m: 4:29.74	39.51			
	100m: 1:10.79	38.57	200m: 2:30.00	40.20	300m: 3:50.23	40.82	400m: 5:05.74	36.00			
11.		2008	II	-	"	-	+0,86	"	5:06.14	II	371
	50m: 34.28	34.28	150m: 1:52.60	39.21	250m: 3:11.82	39.21	350m: 4:30.63	40.19			
	100m: 1:13.39	39.11	200m: 2:32.61	40.01	300m: 3:50.44	38.62	400m: 5:06.14	35.51			
12.		2008	II	-			+0,73		5:06.38	II	370
	50m: 32.80	32.80	150m: 1:49.38	38.93	250m: 3:08.07	39.71	350m: 4:28.09	39.56			
	100m: 1:10.45	37.65	200m: 2:28.36	38.98	300m: 3:48.53	40.46	400m: 5:06.38	38.29			
13.		2008	II	-			+0,90		5:06.86	II	368
	50m: 33.32	33.32	150m: 1:49.42	38.08	250m: 3:07.92	39.32	350m: 4:28.71	40.14			
	100m: 1:11.34	38.02	200m: 2:28.60	39.18	300m: 3:48.57	40.65	400m: 5:06.86	38.15			
14.		2008	III	-					5:11.91	III	351
	50m: 34.35	34.35	150m: 1:53.68	39.66	250m: 3:13.31	39.37	350m: 4:33.52	39.42			
	100m: 1:14.02	39.67	200m: 2:33.94	40.26	300m: 3:54.10	40.79	400m: 5:11.91	38.39			
15.		2008	II	-			+0,72		5:12.15	III	350
	50m: 33.99	33.99	150m: 1:52.05	40.19	250m: 3:13.27	41.31	350m: 4:33.10	39.68			
	100m: 1:11.86	37.87	200m: 2:31.96	39.91	300m: 3:53.42	40.15	400m: 5:12.15	39.05			
16.		2008	II	-					5:13.22	III	346
	50m: 35.96	35.96	150m: 1:55.17	40.71	250m: 3:16.41	41.45	350m: 4:36.27	40.02			
	100m: 1:14.46	38.50	200m: 2:34.96	39.79	300m: 3:56.25	39.84	400m: 5:13.22	36.95			
17.		2008	II	-			+0,85		5:13.62	III	345
	50m: 35.57	35.57	150m: 1:53.76	39.12	250m: 3:14.32	40.07	350m: 4:34.74	39.54			
	100m: 1:14.64	39.07	200m: 2:34.25	40.49	300m: 3:55.20	40.88	400m: 5:13.62	38.88			

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		50, 400m				2008				R.T.		FINA	
18.				2008 II							5:15.49 III		339
	50m:	35.00	35.00	150m:	1:53.99	40.83	250m:	3:15.96	41.24	350m:	4:37.28		41.09
	100m:	1:13.16	38.16	200m:	2:34.72	40.73	300m:	3:56.19	40.23	400m:	5:15.49		38.21
19.				2008 II			" "		+0,83		5:15.73 III		338
	50m:	35.30	35.30	150m:	1:54.29	40.54	250m:	3:15.24	40.71	350m:	4:37.46		41.88
	100m:	1:13.75	38.45	200m:	2:34.53	40.24	300m:	3:55.58	40.34	400m:	5:15.73		38.27
20.				2008 II							5:19.02 III		328
	50m:	34.36	34.36	150m:	1:54.32	39.48	250m:	3:15.97	39.86	350m:	4:39.19		40.97
	100m:	1:14.84	40.48	200m:	2:36.11	41.79	300m:	3:58.22	42.25	400m:	5:19.02		39.83
21.				2008 II					+0,62		5:20.53 III		323
	50m:	34.99	34.99	150m:	1:55.47	40.65	250m:	3:17.45	41.15	350m:	4:40.83		42.41
	100m:	1:14.82	39.83	200m:	2:36.30	40.83	300m:	3:58.42	40.97	400m:	5:20.53		39.70
22.				2008 II					+0,86		5:24.73 III		311
	50m:	36.78	36.78	150m:	1:58.44	41.66	250m:	3:21.28	41.19	350m:	4:43.57		40.46
	100m:	1:16.78	40.00	200m:	2:40.09	41.65	300m:	4:03.11	41.83	400m:	5:24.73		41.16
23.				2008 III					+0,82		5:31.19 III		293
	50m:	33.88	33.88	150m:	1:55.57	42.04	250m:	3:22.03	43.12	350m:	4:49.49		44.29
	100m:	1:13.53	39.65	200m:	2:38.91	43.34	300m:	4:05.20	43.17	400m:	5:31.19		41.70
2007													
1.				2007 III		()					4:55.40 II		413
	50m:	33.79	33.79	150m:	1:48.48	38.31	250m:	3:02.43	36.47	350m:	4:20.05		39.02
	100m:	1:10.17	36.38	200m:	2:25.96	37.48	300m:	3:41.03	38.60	400m:	4:55.40		35.35
2.				2007 II		" "					4:57.11 II		406
	50m:	32.18	32.18	150m:	1:46.41	37.34	250m:	3:02.95	37.70	350m:	4:18.56		36.18
	100m:	1:09.07	36.89	200m:	2:25.25	38.84	300m:	3:42.38	39.43	400m:	4:57.11		38.55
3.				2007 II					+1,01		5:09.30 III		360
	50m:	33.73	33.73	150m:	1:51.97	39.43	250m:	3:11.54	39.42	350m:	4:30.92		39.29
	100m:	1:12.54	38.81	200m:	2:32.12	40.15	300m:	3:51.63	40.09	400m:	5:09.30		38.38
4.				2007 III							5:11.22 III		353
	50m:	35.25	35.25	150m:	1:55.07	39.29	250m:	3:13.68	38.45	350m:	4:32.95		39.06
	100m:	1:15.78	40.53	200m:	2:35.23	40.16	300m:	3:53.89	40.21	400m:	5:11.22		38.27
5.				2007 III					+0,93		5:29.84 III		297
	50m:	36.74	36.74	150m:	1:58.80	41.50	250m:	3:23.89	42.62	350m:	4:48.91		42.31
	100m:	1:17.30	40.56	200m:	2:41.27	42.47	300m:	4:06.60	42.71	400m:	5:29.84		40.93
2006													
1.				2006 I		" "			+0,69		4:27.48 I		556
	50m:	30.52	30.52	150m:	1:38.12	34.12	250m:	2:46.66	34.34	350m:	3:54.83		33.97
	100m:	1:04.00	33.48	200m:	2:12.32	34.20	300m:	3:20.86	34.20	400m:	4:27.48		32.65
2.				2006 2		" "			+0,75		4:42.33 II		473
	50m:	31.49	31.49	150m:	1:42.91	36.48	250m:	2:55.19	36.70	350m:	4:08.54		36.72
	100m:	1:06.43	34.94	200m:	2:18.49	35.58	300m:	3:31.82	36.63	400m:	4:42.33		33.79
3.				2006 II				22	+0,87		4:54.10 II		418
	50m:	31.95	31.95	150m:	1:47.02	37.70	250m:	3:02.79	37.33	350m:	4:18.29		37.77
	100m:	1:09.32	37.37	200m:	2:25.46	38.44	300m:	3:40.52	37.73	400m:	4:54.10		35.81
2005													
1.				2005		" "			+0,71		4:24.61 I		575
	50m:	30.44	30.44	150m:	1:37.80	34.02	250m:	2:46.38	34.33	350m:	3:54.36		33.88
	100m:	1:03.78	33.34	200m:	2:12.05	34.25	300m:	3:20.48	34.10	400m:	4:24.61		30.25
2.				2005							4:27.45 I		557
	50m:	28.66	28.66	150m:	1:35.32	34.06	250m:	2:45.77	35.01	350m:	3:54.54		34.08
	100m:	1:01.26	32.60	200m:	2:10.76	35.44	300m:	3:20.46	34.69	400m:	4:27.45		32.91



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2005

								R.T.			FINA	
3.				2005	I	.	-	-	22	4:33.97	I	518
	50m:	29.17	29.17	150m:	1:37.87	34.43	250m:	2:48.23	34.97	350m:	3:58.84	34.09
	100m:	1:03.44	34.27	200m:	2:13.26	35.39	300m:	3:24.75	36.52	400m:	4:33.97	35.13
4.				2005	II	.	-	-		5:02.63	II	384
	50m:	33.30	33.30	200m:	2:28.83	1:17.63	300m:	3:47.82	37.22	400m:	5:02.63	36.15
	100m:	1:11.20	37.90	250m:	3:10.60	41.77	350m:	4:26.48	38.66			