



61

, 400m

2009 - 2012

19.06.2021 - 16:00

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

## 2012

1.			2012 III	-	"	"	+0,79	<b>5:51.71</b>	I	244		
	50m:	38.91	38.91	150m:	2:08.65	43.92	250m:	3:38.13	44.25	350m:	5:07.82	44.56
	100m:	1:24.73	45.82	200m:	2:53.88	45.23	300m:	4:23.26	45.13	400m:	5:51.71	43.89
2.			2012 III	-	"	"		<b>5:53.40</b>	I	241		
	50m:	40.36	40.36	150m:	2:10.14	45.64	250m:	3:40.15	47.01	350m:	5:09.92	46.44
	100m:	1:24.50	44.14	200m:	2:53.14	43.00	300m:	4:23.48	43.33	400m:	5:53.40	43.48
3.			2012 II	-	"	"		<b>6:02.20</b>	I	224		
	50m:	38.46	38.46	150m:	2:10.07	45.32	250m:	3:44.84	46.02	350m:	5:17.67	45.17
	100m:	1:24.75	46.29	200m:	2:58.82	48.75	300m:	4:32.50	47.66	400m:	6:02.20	44.53
4.			2012 III	-	"	"		<b>6:05.03</b>	I	219		
	50m:	40.72	40.72	200m:	3:02.92	1:34.62	300m:	4:36.52	47.13	400m:	6:05.03	42.67
	100m:	1:28.30	47.58	250m:	3:49.39	46.47	350m:	5:22.36	45.84			
5.			2012 III	-	"	"		<b>6:08.78</b>	I	212		
	50m:	41.34	41.34	150m:	2:15.12	47.69	250m:	3:49.30	48.11	350m:	5:24.29	48.43
	100m:	1:27.43	46.09	200m:	3:01.19	46.07	300m:	4:35.86	46.56	400m:	6:08.78	44.49
6.			2012 I	-	"	"		<b>6:09.56</b>	I	211		
	50m:	42.48	42.48	150m:	2:16.17	46.81	250m:	3:52.11	48.23	350m:	5:27.04	48.39
	100m:	1:29.36	46.88	200m:	3:03.88	47.71	300m:	4:38.65	46.54	400m:	6:09.56	42.52
7.			2012 I	-	"	"	+0,83	<b>6:09.84</b>	I	210		
	50m:	40.36	40.36	150m:	2:14.87	48.24	250m:	3:50.44	48.92	350m:	5:25.74	48.75
	100m:	1:26.63	46.27	200m:	3:01.52	46.65	300m:	4:36.99	46.55	400m:	6:09.84	44.10
8.			2012 I	-	"	"		<b>6:10.09</b>	I	210		
	50m:	40.54	40.54	150m:	2:13.46	45.62	250m:	3:48.50	46.95	350m:	5:25.05	47.44
	100m:	1:27.84	47.30	200m:	3:01.55	48.09	300m:	4:37.61	49.11	400m:	6:10.09	45.04
9.			2012 I	-	"	"	+0,83	<b>6:28.56</b>	I	181		
	50m:	44.84	44.84	150m:	2:25.74	50.24	250m:	4:04.02	49.37	350m:	5:43.54	49.58
	100m:	1:35.50	50.66	200m:	3:14.65	48.91	300m:	4:53.96	49.94	400m:	6:28.56	45.02
10.			2012 I	-	"	"		<b>6:39.44</b>	I	167		
	50m:	44.53	44.53	150m:	2:26.40	50.33	250m:	4:07.70	49.91	350m:	5:50.19	50.31
	100m:	1:36.07	51.54	200m:	3:17.79	51.39	300m:	4:59.88	52.18	400m:	6:39.44	49.25
11.			2012 II	-	"	"		<b>7:24.80</b>	II	121		
	50m:	46.65	46.65	150m:	2:37.14	54.07	250m:	4:33.73	56.74	350m:	6:28.53	58.53
	100m:	1:43.07	56.42	200m:	3:36.99	59.85	300m:	5:30.00	56.27	400m:	7:24.80	56.27

## 2011

1.			2011 II	-	"	"		<b>5:20.79</b>	III	322		
	50m:	36.89	36.89	150m:	1:59.36	40.36	250m:	3:20.64	40.06	350m:	4:41.81	40.35
	100m:	1:19.00	42.11	200m:	2:40.58	41.22	300m:	4:01.46	40.82	400m:	5:20.79	38.98
2.			2011 III	-	"	" Sport"	+0,84	<b>5:31.08</b>	III	293		
	50m:	38.76	38.76	150m:	2:02.36	41.73	250m:	3:26.96	42.57	350m:	4:51.33	42.31
	100m:	1:20.63	41.87	200m:	2:44.39	42.03	300m:	4:09.02	42.06	400m:	5:31.08	39.75
3.			2011 III	-	"	"	+0,85	<b>5:45.85</b>	III	257		
	50m:	39.43	39.43	150m:	2:08.34	44.40	250m:	3:37.40	44.93	350m:	5:05.94	43.69
	100m:	1:23.94	44.51	200m:	2:52.47	44.13	300m:	4:22.25	44.85	400m:	5:45.85	39.91
4.			2011 III	-	"	"	+0,75	<b>5:53.45</b>	I	241		
	50m:	37.98	37.98	150m:	2:08.78	44.93	250m:	3:39.52	45.41	350m:	5:10.33	44.91
	100m:	1:23.85	45.87	200m:	2:54.11	45.33	300m:	4:25.42	45.90	400m:	5:53.45	43.12
5.			2011 I	-	"	"		<b>5:59.41</b>	I	229		
	50m:	39.38	39.38	150m:	2:05.83	43.36	250m:	3:40.87	47.59	350m:	5:17.26	47.57
	100m:	1:22.47	43.09	200m:	2:53.28	47.45	300m:	4:29.69	48.82	400m:	5:59.41	42.15

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		61, , 400m				2011				R.T.		FINA	
6.				2011 I						+0,55	<b>6:18.65</b>	I	196
	50m:	41.51	41.51	150m:	2:20.14	49.98	250m:	3:57.93	49.01	350m:	5:33.69		47.71
	100m:	1:30.16	48.65	200m:	3:08.92	48.78	300m:	4:45.98	48.05	400m:	6:18.65		44.96
7.				2011 II							<b>6:34.51</b>	I	173
	50m:	41.55	41.55	150m:	2:22.63	50.62	250m:	4:04.88	49.59	350m:	5:47.23		49.95
	100m:	1:32.01	50.46	200m:	3:15.29	52.66	300m:	4:57.28	52.40	400m:	6:34.51		47.28
8.				2011 I							<b>6:37.05</b>	I	170
	50m:	45.78	45.78	150m:	2:28.63	53.09	250m:	4:11.10	51.67	350m:	5:51.26		49.91
	100m:	1:35.54	49.76	200m:	3:19.43	50.80	300m:	5:01.35	50.25	400m:	6:37.05		45.79
9.				2011 II							<b>6:58.70</b>	II	145
	50m:	44.90	44.90	150m:	2:34.30	55.65	250m:	4:22.90	53.61	350m:	6:10.86		55.40
	100m:	1:38.65	53.75	200m:	3:29.29	54.99	300m:	5:15.46	52.56	400m:	6:58.70		47.84
<b>2010</b>													
1.				2010 II							<b>5:16.58</b>	III	335
	50m:	32.85	32.85	150m:	1:51.08	39.87	250m:	3:13.29	40.95	350m:	4:35.67		40.68
	100m:	1:11.21	38.36	200m:	2:32.34	41.26	300m:	3:54.99	41.70	400m:	5:16.58		40.91
2.				2010 III							<b>5:27.96</b>	III	302
	50m:	36.83	36.83	150m:	2:01.35	42.25	250m:	3:25.54	41.56	350m:	4:48.70		40.85
	100m:	1:19.10	42.27	200m:	2:43.98	42.63	300m:	4:07.85	42.31	400m:	5:27.96		39.26
3.				2010 III							<b>5:30.97</b>	III	293
	50m:	36.30	36.30	150m:	1:59.89	43.01	250m:	3:26.45	44.23	350m:	4:53.17		44.45
	100m:	1:16.88	40.58	200m:	2:42.22	42.33	300m:	4:08.72	42.27	400m:	5:30.97		37.80
4.				2010 III						+0,78	<b>5:36.66</b>	III	279
	50m:	36.47	36.47	150m:	2:02.59	44.40	250m:	3:29.64	44.12	350m:	4:56.00		42.87
	100m:	1:18.19	41.72	200m:	2:45.52	42.93	300m:	4:13.13	43.49	400m:	5:36.66		40.66
5.				2010 III						+0,93	<b>5:43.07</b>	III	263
	50m:	36.59	36.59	150m:	2:02.04	42.45	250m:	3:30.66	44.11	350m:	5:00.00		43.89
	100m:	1:19.59	43.00	200m:	2:46.55	44.51	300m:	4:16.11	45.45	400m:	5:43.07		43.07
DNS				2010 III									
<b>2009</b>													
1.				2009 II						+0,84	<b>4:49.96</b>	II	437
	50m:	33.30	33.30	150m:	1:47.79	37.39	250m:	3:01.55	36.26	350m:	4:15.56		36.95
	100m:	1:10.40	37.10	200m:	2:25.29	37.50	300m:	3:38.61	37.06	400m:	4:49.96		34.40
2.				2009 II						+0,75	<b>4:53.10</b>	II	423
	50m:	32.95	32.95	150m:	1:46.55	36.62	250m:	3:01.74	37.17	350m:	4:17.64		38.39
	100m:	1:09.93	36.98	200m:	2:24.57	38.02	300m:	3:39.25	37.51	400m:	4:53.10		35.46
3.				2009 II						+0,94	<b>4:54.11</b>	II	418
	50m:	33.59	33.59	150m:	1:48.39	38.14	250m:	3:04.32	37.85	350m:	4:19.56		37.42
	100m:	1:10.25	36.66	200m:	2:26.47	38.08	300m:	3:42.14	37.82	400m:	4:54.11		34.55
4.				2009 II						+0,72	<b>5:00.64</b>	II	392
	50m:	32.82	32.82	150m:	1:47.73	36.87	250m:	3:04.45	37.95	350m:	4:22.13		38.65
	100m:	1:10.86	38.04	200m:	2:26.50	38.77	300m:	3:43.48	39.03	400m:	5:00.64		38.51
5.				2009 II						+0,85	<b>5:02.24</b>	II	386
	50m:	32.67	32.67	150m:	1:48.79	38.41	250m:	3:07.51	39.57	350m:	4:25.03		38.94
	100m:	1:10.38	37.71	200m:	2:27.94	39.15	300m:	3:46.09	38.58	400m:	5:02.24		37.21
6.				2009 III						+0,90	<b>5:15.91</b>	III	338
	50m:	35.72	35.72	150m:	1:55.51	40.01	250m:	3:17.12	40.39	350m:	4:37.60		39.58
	100m:	1:15.50	39.78	200m:	2:36.73	41.22	300m:	3:58.02	40.90	400m:	5:15.91		38.31
7.				2009 II							<b>5:16.28</b>	III	336
	50m:	35.44	35.44	150m:	1:56.46	40.95	250m:	3:18.42	41.06	350m:	4:38.15		39.10
	100m:	1:15.51	40.07	200m:	2:37.36	40.90	300m:	3:59.05	40.63	400m:	5:16.28		38.13
8.				2009 III						+0,46	<b>5:16.98</b>	III	334
	50m:	35.57	35.57	150m:	1:56.60	41.17	250m:	3:18.03	40.31	350m:	4:38.54		40.35
	100m:	1:15.43	39.86	200m:	2:37.72	41.12	300m:	3:58.19	40.16	400m:	5:16.98		38.44



		61, , 400m				2009				R.T.			FINA
9.				2009	III	.	-			+0,74	<b>5:19.74</b>	III	326
	50m:	35.12	35.12	150m:	1:55.48	40.49	250m:	3:17.94	41.03	350m:	4:40.76	41.74	
	100m:	1:14.99	39.87	200m:	2:36.91	41.43	300m:	3:59.02	41.08	400m:	5:19.74	38.98	
10.				2009	II	.	-	"	"	+0,85	<b>5:20.14</b>	III	324
	50m:	35.08	35.08	150m:	1:55.73	40.54	250m:	3:18.30	41.00	350m:	4:41.08	41.02	
	100m:	1:15.19	40.11	200m:	2:37.30	41.57	300m:	4:00.06	41.76	400m:	5:20.14	39.06	
11.				2009	III	.	-				<b>5:23.68</b>	III	314
	50m:	37.51	37.51	150m:	1:59.32	41.97	250m:	3:21.80	41.96	350m:	4:45.18	42.51	
	100m:	1:17.35	39.84	200m:	2:39.84	40.52	300m:	4:02.67	40.87	400m:	5:23.68	38.50	
12.				2009	III	.	-			+0,73	<b>5:30.16</b>	III	296
	50m:	37.90	37.90	150m:	2:02.06	42.90	250m:	3:26.43	41.81	350m:	4:51.35	42.28	
	100m:	1:19.16	41.26	200m:	2:44.62	42.56	300m:	4:09.07	42.64	400m:	5:30.16	38.81	
13.				2009	III	.	-				<b>5:31.95</b>	III	291
	50m:	38.18	38.18	150m:	2:02.11	43.02	250m:	3:25.77	41.13	350m:	4:51.24	43.21	
	100m:	1:19.09	40.91	200m:	2:44.64	42.53	300m:	4:08.03	42.26	400m:	5:31.95	40.71	
14.				2009	III	.	-				<b>5:36.67</b>	III	279
	50m:	37.36	37.36	150m:	2:02.22	42.29	250m:	3:28.48	42.97	350m:	4:55.34	43.10	
	100m:	1:19.93	42.57	200m:	2:45.51	43.29	300m:	4:12.24	43.76	400m:	5:36.67	41.33	
15.				2009	I	.	-			+0,91	<b>5:37.41</b>	III	277
	50m:	37.82	37.82	150m:	2:02.68	42.77	250m:	3:29.87	44.23	350m:	4:57.70	43.50	
	100m:	1:19.91	42.09	200m:	2:45.64	42.96	300m:	4:14.20	44.33	400m:	5:37.41	39.71	
16.				2009	III	.	-				<b>5:37.72</b>	III	276
	50m:	35.61	35.61	150m:	1:58.23	41.39	250m:	3:23.84	42.28	350m:	4:53.06	44.21	
	100m:	1:16.84	41.23	200m:	2:41.56	43.33	300m:	4:08.85	45.01	400m:	5:37.72	44.66	
17.				2009	III	.	-			+0,91	<b>5:37.75</b>	III	276
	50m:	37.43	37.43	150m:	2:03.65	42.98	250m:	3:30.93	43.12	350m:	4:57.14	42.46	
	100m:	1:20.67	43.24	200m:	2:47.81	44.16	300m:	4:14.68	43.75	400m:	5:37.75	40.61	
18.				2009	I	.	-	"	-	+0,84	<b>5:47.09</b>	III	254
	50m:	39.87	39.87	150m:	2:09.53	45.12	250m:	3:39.62	45.35	350m:	5:07.03	43.46	
	100m:	1:24.41	44.54	200m:	2:54.27	44.74	300m:	4:23.57	43.95	400m:	5:47.09	40.06	
19.				2009	III	.	-			+0,82	<b>5:47.42</b>	III	254
	50m:	38.14	38.14	150m:	2:04.01	44.63	250m:	3:33.96	45.91	350m:	5:03.29	44.56	
	100m:	1:19.38	41.24	200m:	2:48.05	44.04	300m:	4:18.73	44.77	400m:	5:47.42	44.13	
20.				2009	I	.	-				<b>5:47.46</b>	III	254
	50m:	40.00	40.00	150m:	2:05.70	44.26	250m:	3:34.18	45.24	350m:	5:03.71	45.51	
	100m:	1:21.44	41.44	200m:	2:48.94	43.24	300m:	4:18.20	44.02	400m:	5:47.46	43.75	
21.				2009	III	.	-	"	"		<b>6:12.76</b>	I	205
	50m:	41.22	41.22	150m:	2:15.23	47.69	250m:	3:50.32	47.63	350m:	5:26.40	48.18	
	100m:	1:27.54	46.32	200m:	3:02.69	47.46	300m:	4:38.22	47.90	400m:	6:12.76	46.36	
DNS				2009	II	.	-						
DNS				2009	III	.	-						