



6 - 25

2021

25.12.2021 - 13:00

54
25.12.2021 - 15:34

, 400m

2009

: FINA 2021

2012

1.	2012		-		"		"		5:21.66	397	2	
	50m:	36.43	36.43	150m:	1:59.41	42.46	250m:	3:23.05	42.14	350m:	4:44.39	40.09
	100m:	1:16.95	40.52	200m:	2:40.91	41.50	300m:	4:04.30	41.25	400m:	5:21.66	37.27
2.	2012		-		()		"		5:21.82	396	2	
	50m:	35.59	35.59	150m:	1:58.60	42.39	250m:	3:22.67	41.90	350m:	4:44.24	40.35
	100m:	1:16.21	40.62	200m:	2:40.77	42.17	300m:	4:03.89	41.22	400m:	5:21.82	37.58
3.	2012		-		"		"		5:30.01	367	2	
	50m:	36.77	36.77	150m:	1:59.91	41.90	250m:	3:24.46	41.64	350m:	4:49.39	41.88
	100m:	1:18.01	41.24	200m:	2:42.82	42.91	300m:	4:07.51	43.05	400m:	5:30.01	40.62
4.	2012		-		"		"		5:31.69	362	2	
	50m:	37.68	37.68	150m:	2:00.88	42.29	250m:	3:26.23	43.03	350m:	4:51.77	42.91
	100m:	1:18.59	40.91	200m:	2:43.20	42.32	300m:	4:08.86	42.63	400m:	5:31.69	39.92
5.	2013		-		"		"		6:03.04	276		
	50m:	41.07	41.07	150m:	2:12.44	46.67	250m:	3:46.00	46.75	350m:	5:18.71	45.49
	100m:	1:25.77	44.70	200m:	2:59.25	46.81	300m:	4:33.22	47.22	400m:	6:03.04	44.33
6.	2012		-		"		"		6:09.10	262	3	
	50m:	42.83	42.83	150m:	2:16.94	47.73	250m:	3:51.21	46.28	350m:	5:25.36	47.24
	100m:	1:29.21	46.38	200m:	3:04.93	47.99	300m:	4:38.12	46.91	400m:	6:09.10	43.74
7.	2012		-		"		"		6:15.48	249	3	
	50m:	41.72	41.72	150m:	2:16.62	47.17	250m:	3:53.16	48.04	350m:	5:28.07	46.87
	100m:	1:29.45	47.73	200m:	3:05.12	48.50	300m:	4:41.20	48.04	400m:	6:15.48	47.41
8.	2013		-		"		"		6:16.61	247		
	50m:	42.41	42.41	150m:	2:18.60	48.36	250m:	3:53.91	47.66	350m:	5:29.82	48.24
	100m:	1:30.24	47.83	200m:	3:06.25	47.65	300m:	4:41.58	47.67	400m:	6:16.61	46.79
9.	2012		-		"		"		6:39.89	206	1	
	50m:	43.12	43.12	150m:	2:26.68	52.28	250m:	4:07.82	51.25	350m:	5:50.11	49.96
	100m:	1:34.40	51.28	200m:	3:16.57	49.89	300m:	5:00.15	52.33	400m:	6:39.89	49.78
10.	2012		-		"		"		7:03.49	174	1	
	50m:	47.08	47.08	150m:	2:35.97	55.84	250m:	4:25.98	54.63	350m:	6:15.45	54.93
	100m:	1:40.13	53.05	200m:	3:31.35	55.38	300m:	5:20.52	54.54	400m:	7:03.49	48.04
11.	2013		-		"		"		7:32.64	142		
	50m:	48.58	48.58	150m:	2:46.72	59.95	250m:	4:46.18	1:01.01	350m:	6:39.94	56.23
	100m:	1:46.77	58.19	200m:	3:45.17	58.45	300m:	5:43.71	57.53	400m:	7:32.64	52.70
12.	2012		-		"		"		9:31.03	71	3	
	50m:	56.50	56.50	150m:	3:27.22	1:16.27	250m:	5:56.11	1:15.63	350m:	8:24.09	1:15.24
	100m:	2:10.95	1:14.45	200m:	4:40.48	1:13.26	300m:	7:08.85	1:12.74	400m:	9:31.03	1:06.94

23-26

2021

"OMEGA"

50



54, , 400m

2011

1.				2011	.	-	"	"	5:32.93	358	2	
	50m:	36.24	36.24	150m:	1:59.28	42.38	250m:	3:25.50	43.08	350m:	4:50.85	41.67
	100m:	1:16.90	40.66	200m:	2:42.42	43.14	300m:	4:09.18	43.68	400m:	5:32.93	42.08
2.				2011	.	-	"	"	5:47.97	313	3	
	50m:	37.55	37.55	150m:	2:05.74	45.13	250m:	3:34.82	45.11	350m:	5:04.98	45.09
	100m:	1:20.61	43.06	200m:	2:49.71	43.97	300m:	4:19.89	45.07	400m:	5:47.97	42.99
3.				2011	.	-	1		6:15.84	249	3	
	50m:	38.74	38.74	150m:	2:13.69	49.07	250m:	3:52.82	50.34	350m:	5:30.57	48.95
	100m:	1:24.62	45.88	200m:	3:02.48	48.79	300m:	4:41.62	48.80	400m:	6:15.84	45.27
4.				2011	.	-	"	"	6:17.86	245	3	
	50m:	39.98	39.98	150m:	2:14.54	48.27	250m:	3:53.95	50.90	350m:	5:34.84	50.44
	100m:	1:26.27	46.29	200m:	3:03.05	48.51	300m:	4:44.40	50.45	400m:	6:17.86	43.02
5.				2011	.	-	"	"	6:21.29	238	3	
	50m:	41.08	41.08	150m:	2:18.78	48.97	250m:	3:57.60	48.91	350m:	5:36.30	48.62
	100m:	1:29.81	48.73	200m:	3:08.69	49.91	300m:	4:47.68	50.08	400m:	6:21.29	44.99
6.				2011	.	-	"	"	6:31.16	220	1	
	50m:	43.04	43.04	150m:	2:21.94	50.17	250m:	4:03.94	51.05	350m:	5:44.88	50.74
	100m:	1:31.77	48.73	200m:	3:12.89	50.95	300m:	4:54.14	50.20	400m:	6:31.16	46.28
7.				2011	.	-	1		6:35.62	213	1	
	50m:	43.96	43.96	150m:	2:25.51	51.85	250m:	4:08.26	52.17	350m:	5:50.70	51.68
	100m:	1:33.66	49.70	200m:	3:16.09	50.58	300m:	4:59.02	50.76	400m:	6:35.62	44.92
8.				2011	.	-	"	"	6:44.92	199	1	
	50m:	43.11	43.11	150m:	2:26.79	52.22	250m:	4:12.09	52.88	350m:	5:56.61	51.31
	100m:	1:34.57	51.46	200m:	3:19.21	52.42	300m:	5:05.30	53.21	400m:	6:44.92	48.31
9.				2011	.	-			6:47.45	195	1	
	50m:	45.21	45.21	150m:	2:30.98	54.45	250m:	4:14.11	50.92	350m:	5:58.51	52.57
	100m:	1:36.53	51.32	200m:	3:23.19	52.21	300m:	5:05.94	51.83	400m:	6:47.45	48.94
10.				2011	.	-	12		7:29.38	145	1	
	50m:	47.89	47.89	150m:	2:40.84	57.26	250m:	4:38.61	58.29	350m:	6:32.58	55.84
	100m:	1:43.58	55.69	200m:	3:40.32	59.48	300m:	5:36.74	58.13	400m:	7:29.38	56.80

2010

1.				2010	.	-	"	"	5:00.65	486	1	
	50m:	33.96	33.96	150m:	1:48.59	38.38	250m:	3:06.07	39.52	350m:	4:24.65	39.07
	100m:	1:10.21	36.25	200m:	2:26.55	37.96	300m:	3:45.58	39.51	400m:	5:00.65	36.00
2.				2010	.	-	1		5:02.99	475	2	
	50m:	33.60	33.60	150m:	1:49.79	38.59	250m:	3:07.66	38.99	350m:	4:25.47	38.41
	100m:	1:11.20	37.60	200m:	2:28.67	38.88	300m:	3:47.06	39.40	400m:	5:02.99	37.52
3.				2010	.	-			5:12.76	432	2	
	50m:	35.89	35.89	150m:	1:55.38	39.82	250m:	3:15.51	40.22	350m:	4:35.52	39.98
	100m:	1:15.56	39.67	200m:	2:35.29	39.91	300m:	3:55.54	40.03	400m:	5:12.76	37.24
4.				2010	.	-			5:16.14	418	2	
	50m:	34.90	34.90	150m:	1:53.46	40.59	250m:	3:15.70	41.82	350m:	4:37.54	41.43
	100m:	1:12.87	37.97	200m:	2:33.88	40.42	300m:	3:56.11	40.41	400m:	5:16.14	38.60
5.				2010	.	-	"	"	5:17.50	413	2	
	50m:	36.22	36.22	150m:	1:56.02	40.44	250m:	3:17.49	40.46	350m:	4:38.57	40.15
	100m:	1:15.58	39.36	200m:	2:37.03	41.01	300m:	3:58.42	40.93	400m:	5:17.50	38.93



54, , 400m , 2010	
6.	2010 "World Class" 5:23.26 391 2 50m: 36.88 36.88 150m: 1:57.07 40.23 250m: 3:20.33 41.70 350m: 4:43.76 42.12 100m: 1:16.84 39.96 200m: 2:38.63 41.56 300m: 4:01.64 41.31 400m: 5:23.26 39.50
7.	2010 " " 5:41.32 332 2 50m: 37.38 37.38 150m: 2:02.56 43.76 250m: 3:30.87 44.29 350m: 4:59.60 44.13 100m: 1:18.80 41.42 200m: 2:46.58 44.02 300m: 4:15.47 44.60 400m: 5:41.32 41.72
8.	2010 - 5:52.76 301 3 50m: 40.03 40.03 150m: 2:09.87 46.20 250m: 3:40.76 46.04 350m: 5:11.55 45.79 100m: 1:23.67 43.64 200m: 2:54.72 44.85 300m: 4:25.76 45.00 400m: 5:52.76 41.21
9.	2010 " " 6:00.01 283 3 50m: 40.75 40.75 150m: 2:11.81 45.49 250m: 3:44.80 46.18 350m: 5:16.02 44.57 100m: 1:26.32 45.57 200m: 2:58.62 46.81 300m: 4:31.45 46.65 400m: 6:00.01 43.99
10.	2010 - 18 6:06.56 268 3 50m: 38.54 38.54 150m: 2:08.05 45.66 250m: 3:42.32 47.78 350m: 5:19.34 48.96 100m: 1:22.39 43.85 200m: 2:54.54 46.49 300m: 4:30.38 48.06 400m: 6:06.56 47.22
11.	2010 - 6:09.47 262 3 50m: 42.26 42.26 150m: 2:15.55 47.32 250m: 3:49.48 47.36 350m: 5:24.56 47.51 100m: 1:28.23 45.97 200m: 3:02.12 46.57 300m: 4:37.05 47.57 400m: 6:09.47 44.91
12.	2010 " " 6:21.03 238 3 50m: 39.82 39.82 150m: 2:18.22 50.27 250m: 3:55.18 50.79 350m: 5:35.94 50.79 100m: 1:27.95 48.13 200m: 300m: 4:45.15 49.97 400m: 6:21.03 45.09
13.	2010 - 6:53.83 186 1 50m: 42.72 42.72 150m: 2:27.95 53.04 250m: 4:15.43 54.47 350m: 6:02.48 52.67 100m: 1:34.91 52.19 200m: 3:20.96 53.01 300m: 5:09.81 54.38 400m: 6:53.83 51.35
DNS	2010 - 1
2009	
1.	2009 " " 5:06.91 457 2 50m: 33.82 33.82 150m: 1:49.54 38.95 250m: 3:07.88 39.35 350m: 4:27.97 39.93 100m: 1:10.59 36.77 200m: 2:28.53 38.99 300m: 3:48.04 40.16 400m: 5:06.91 38.94
2.	2009 " " 5:13.85 427 2 50m: 33.76 33.76 150m: 1:51.78 39.92 250m: 3:13.50 41.36 350m: 4:35.22 40.82 100m: 1:11.86 38.10 200m: 2:32.14 40.36 300m: 3:54.40 40.90 400m: 5:13.85 38.63
3.	2009 " " 5:15.15 422 2 50m: 33.59 33.59 150m: 1:52.18 40.18 250m: 3:14.96 41.09 350m: 4:36.38 40.02 100m: 1:12.00 38.41 200m: 2:33.87 41.69 300m: 3:56.36 41.40 400m: 5:15.15 38.77
4.	2009 - 1 5:18.88 407 2 50m: 35.81 35.81 150m: 1:56.16 41.06 250m: 3:18.55 41.42 350m: 4:41.24 41.74 100m: 1:15.10 39.29 200m: 2:37.13 40.97 300m: 3:59.50 40.95 400m: 5:18.88 37.64
5.	2009 - - - 4 5:27.37 376 2 50m: 35.33 35.33 150m: 1:57.56 41.75 250m: 3:22.85 41.94 350m: 4:47.62 41.95 100m: 1:15.81 40.48 200m: 2:40.91 43.35 300m: 4:05.67 42.82 400m: 5:27.37 39.75
6.	2009 - - - 4 5:28.20 373 2 50m: 35.92 35.92 150m: 1:57.76 42.14 250m: 3:23.69 43.57 350m: 4:48.45 42.61 100m: 1:15.62 39.70 200m: 2:40.12 42.36 300m: 4:05.84 42.15 400m: 5:28.20 39.75
7.	2009 - 5:29.72 368 2 50m: 35.75 35.75 150m: 1:57.10 41.18 250m: 3:22.40 42.84 350m: 4:48.17 42.23 100m: 1:15.92 40.17 200m: 2:39.56 42.46 300m: 4:05.94 43.54 400m: 5:29.72 41.55



54,	, 400m	,	2009						
/									
8.	2009			-		"World Class"		5:42.02	330 2
50m:	38.21	38.21	150m:	2:04.34	44.19	250m:	3:33.27	45.22	350m: 5:01.41 43.74
100m:	1:20.15	41.94	200m:	2:48.05	43.71	300m:	4:17.67	44.40	400m: 5:42.02 40.61
9.	2009			-				5:47.40	315 3
50m:	38.56	38.56	150m:	2:06.33	43.68	250m:	3:35.21	43.94	350m: 5:04.65 44.32
100m:	1:22.65	44.09	200m:	2:51.27	44.94	300m:	4:20.33	45.12	400m: 5:47.40 42.75
10.	2009			-		3		5:59.23	285 3
50m:	39.54	39.54	150m:	2:09.72	45.89	250m:	3:42.73	47.32	350m: 5:15.35 46.76
100m:	1:23.83	44.29	200m:	2:55.41	45.69	300m:	4:28.59	45.86	400m: 5:59.23 43.88
11.	2009			-		"		5:59.50"	284 3
50m:	37.65	37.65	150m:	2:09.21	46.37	250m:	3:43.10	46.53	350m: 5:15.84 46.21
100m:	1:22.84	45.19	200m:	2:56.57	47.36	300m:	4:29.63	46.53	400m: 5:59.50 43.66
12.	2009			-				6:15.26	250 3
50m:	38.83	38.83	150m:	2:11.91	47.62	250m:	3:49.26	49.17	350m: 5:28.73 49.17
100m:	1:24.29	45.46	200m:	3:00.09	48.18	300m:	4:39.56	50.30	400m: 6:15.26 46.53
13.	2009			-		" "		6:15.68	249 3
50m:	41.28	41.28	150m:	2:16.40	48.10	250m:	3:52.74	47.70	350m: 5:29.00 47.81
100m:	1:28.30	47.02	200m:	3:05.04	48.64	300m:	4:41.19	48.45	400m: 6:15.68 46.68