



6 - 25

2021

25.12.2021 - 13:00

55  
25.12.2021 - 16:11

, 400m

2009

: FINA 2021

2012

1.	2012		-		-		-		<b>5:28.17</b>	301	3	
	50m:	37.35	37.35	150m:	2:00.00	40.94	250m:	3:23.92	41.91	350m:	4:47.91	41.78
	100m:	1:19.06	41.71	200m:	2:42.01	42.01	300m:	4:06.13	42.21	400m:	5:28.17	40.26
2.	2012		-		"		"		<b>5:30.41</b>	295	3	
	50m:	37.56	37.56	150m:	2:01.41	42.31	250m:	3:25.90	41.84	350m:	4:49.54	41.46
	100m:	1:19.10	41.54	200m:	2:44.06	42.65	300m:	4:08.08	42.18	400m:	5:30.41	40.87
3.	2012		-		"		"		<b>5:30.61</b>	294	3	
	50m:	37.62	37.62	150m:	2:02.24	42.21	250m:	3:26.99	42.75	350m:	4:51.19	42.72
	100m:	1:20.03	42.41	200m:	2:44.24	42.00	300m:	4:08.47	41.48	400m:	5:30.61	39.42
4.	2012		-		"		"		<b>5:41.50</b>	267	3	
	50m:	37.62	37.62	150m:	2:05.04	44.54	250m:	3:34.41	44.79	350m:	5:02.18	44.66
	100m:	1:20.50	42.88	200m:	2:49.62	44.58	300m:	4:17.52	43.11	400m:	5:41.50	39.32
5.	2012		-		"World Class"		-		<b>5:43.01</b>	264	3	
	50m:	37.67	37.67	150m:	2:04.00	43.38	250m:	3:31.74	43.75	350m:	5:00.95	44.29
	100m:	1:20.62	42.95	200m:	2:47.99	43.99	300m:	4:16.66	44.92	400m:	5:43.01	42.06
6.	2012		-		"		"		<b>5:43.97</b>	261	3	
	50m:	37.53	37.53	150m:	2:04.71	43.55	250m:	3:32.85	44.43	350m:	5:01.34	44.14
	100m:	1:21.16	43.63	200m:	2:48.42	43.71	300m:	4:17.20	44.35	400m:	5:43.97	42.63
7.	2012		-		"		"		<b>5:47.38</b>	254	3	
	50m:	39.20	39.20	150m:	2:07.69	45.51	250m:	3:36.87	45.09	350m:	5:05.65	44.94
	100m:	1:22.18	42.98	200m:	2:51.78	44.09	300m:	4:20.71	43.84	400m:	5:47.38	41.73
8.	2012		-		"		"		<b>5:54.07</b>	240	1	
	50m:	38.62	38.62	150m:	2:10.76	46.14	250m:	3:40.61	45.71	350m:	5:11.26	44.75
	100m:	1:24.62	46.00	200m:	2:54.90	44.14	300m:	4:26.51	45.90	400m:	5:54.07	42.81
9.	2012		-		"		"		<b>5:56.74</b>	234	1	
	50m:	39.22	39.22	150m:	2:11.21	45.68	250m:	3:43.77	45.72	350m:	5:14.59	45.31
	100m:	1:25.53	46.31	200m:	2:58.05	46.84	300m:	4:29.28	45.51	400m:	5:56.74	42.15
10.	2012		-		"		"		<b>5:56.77</b>	234	1	
	50m:	38.28	38.28	150m:	2:09.37	46.12	250m:	3:41.10	45.87	350m:	5:13.82	46.97
	100m:	1:23.25	44.97	200m:	2:55.23	45.86	300m:	4:26.85	45.75	400m:	5:56.77	42.95
11.	2012		-		"		"		<b>5:56.99</b>	234	1	
	50m:	40.07	40.07	150m:	2:13.65	45.62	250m:	3:45.75	45.41	350m:	5:16.64	45.97
	100m:	1:28.03	47.96	200m:	3:00.34	46.69	300m:	4:30.67	44.92	400m:	5:56.99	40.35
12.	2012		-		"		"		<b>6:03.51</b>	221	1	
	50m:	40.25	40.25	150m:	2:13.06	46.69	250m:	3:45.35	46.74	350m:	5:18.67	47.02
	100m:	1:26.37	46.12	200m:	2:58.61	45.55	300m:	4:31.65	46.30	400m:	6:03.51	44.84
13.	2012		-		( )		-		<b>6:08.12</b>	213	1	
	50m:	40.58	40.58	200m:	3:04.06	1:35.84	350m:	5:23.56	45.23			
	100m:	1:28.22	47.64	300m:	4:38.33	1:34.27	400m:	6:08.12	44.56			
14.	2012		-		-		-		<b>6:10.68</b>	209	1	
	50m:	39.22	39.22	150m:	2:13.28	48.61	250m:	3:50.61	48.78	350m:	5:26.39	48.08
	100m:	1:24.67	45.45	200m:	3:01.83	48.55	300m:	4:38.31	47.70	400m:	6:10.68	44.29

23-26

2021

"OMEGA"

50



55,		, 400m		, 2012					
				/					
15.				2012	.	-		<b>6:10.73</b>	209 1
	50m:	39.53	39.53	150m:	2:14.36	48.03	250m:	3:50.40	48.17
	100m:	1:26.33	46.80	200m:	3:02.23	47.87	300m:	4:38.47	48.07
								350m:	5:24.98
								400m:	6:10.73
									46.51
									45.75
16.				2012	.	-	"	<b>6:13.40</b>	204 1
	50m:	40.12	40.12	150m:	2:16.65	50.09	250m:	3:52.46	49.08
	100m:	1:26.56	46.44	200m:	3:03.38	46.73	300m:	4:39.78	47.32
								350m:	5:28.56
								400m:	6:13.40
									48.78
									44.84
17.				2012	.	-	"	<b>6:19.09</b>	195 1
	50m:	41.14	41.14	150m:	2:19.33	48.00	250m:	3:57.58	48.95
	100m:	1:31.33	50.19	200m:	3:08.63	49.30	300m:	4:46.89	49.31
								350m:	5:34.53
								400m:	6:19.09
									47.64
									44.56
18.				2012	.	-	"	<b>6:23.70</b>	188 1
	50m:	43.77	43.77	150m:	2:21.55	49.26	250m:	4:01.27	49.22
	100m:	1:32.29	48.52	200m:	3:12.05	50.50	300m:	4:50.59	49.32
								350m:	5:37.34
								400m:	6:23.70
									46.75
									46.36
19.				2012	.	-	"	<b>6:25.04</b>	186 1
	50m:	42.25	42.25	150m:	2:20.92	47.54	250m:	3:59.46	48.11
	100m:	1:33.38	51.13	200m:	3:11.35	50.43	300m:	4:49.84	50.38
								350m:	5:37.43
								400m:	6:25.04
									47.59
									47.61
20.				2012	.	-	"	<b>6:30.83</b>	178 1
	50m:	40.41	40.41	150m:	2:17.92	48.94	250m:	3:59.27	49.32
	100m:	1:28.98	48.57	200m:	3:09.95	52.03	300m:	4:52.52	53.25
								350m:	5:42.13
								400m:	6:30.83
									49.61
									48.70
21.				2012	.	-	"	<b>6:34.42</b>	173 1
	50m:	43.00	43.00	150m:	2:22.30	49.56	250m:	4:03.50	51.13
	100m:	1:32.74	49.74	200m:	3:12.37	50.07	300m:	4:53.38	49.88
								350m:	5:46.08
								400m:	6:34.42
									52.70
									48.34
22.				2013	.	-	"	<b>6:51.21</b>	153
	50m:	47.05	47.05	150m:	2:31.14	51.41	250m:	4:18.60	54.39
	100m:	1:39.73	52.68	200m:	3:24.21	53.07	300m:	5:09.55	50.95
								350m:	6:02.88
								400m:	6:51.21
									53.33
									48.33
23.				2012	.	-	( )	<b>7:43.74</b>	106 3
	50m:	46.54	46.54	150m:	2:43.47	1:00.71	250m:	4:46.04	1:02.34
	100m:	1:42.76	56.22	200m:	3:43.70	1:00.23	300m:	5:45.50	59.46
								350m:	6:47.87
								400m:	7:43.74
									1:02.37
									55.87
2011									
1.				2011	.	-	"	<b>5:12.24</b>	350 3
	50m:	35.04	35.04	150m:	1:53.61	39.27	250m:	3:13.37	39.38
	100m:	1:14.34	39.30	200m:	2:33.99	40.38	300m:	3:53.97	40.60
								350m:	4:33.26
								400m:	5:12.24
									39.29
									38.98
2.				2011	.	-	"	<b>5:19.07</b>	328 3
	50m:	35.86	35.86	150m:	1:55.34	40.37	250m:	3:17.35	41.44
	100m:	1:14.97	39.11	200m:	2:35.91	40.57	300m:	3:58.73	41.38
								350m:	4:39.86
								400m:	5:19.07
									41.13
									39.21
3.				2011	.	-	"	<b>5:24.46"</b>	312 3
	50m:	36.20	36.20	150m:	1:59.34	42.48	250m:	3:23.31	42.11
	100m:	1:16.86	40.66	200m:	2:41.20	41.86	300m:	4:04.58	41.27
								350m:	4:45.97
								400m:	5:24.46
									41.39
									38.49
4.				2011	.	-	"	<b>5:25.36</b>	309 3
	50m:	36.05	36.05	150m:	1:57.08	41.11	250m:	3:20.85	41.85
	100m:	1:15.97	39.92	200m:	2:39.00	41.92	300m:	4:02.81	41.96
								350m:	4:44.96
								400m:	5:25.36
									42.15
									40.40
5.				2011	.	-	"	<b>5:25.72</b>	308 3
	50m:	37.27	37.27	150m:	2:00.13	42.24	250m:	3:24.52	42.74
	100m:	1:17.89	40.62	200m:	2:41.78	41.65	300m:	4:05.80	41.28
								350m:	4:47.38
								400m:	5:25.72
									41.58
									38.34
6.				2011	.	-	"	<b>5:28.82</b>	299 3
	50m:	36.52	36.52	150m:	2:01.26	42.75	250m:	3:26.17	41.66
	100m:	1:18.51	41.99	200m:	2:44.51	43.25	300m:	4:07.73	41.56
								350m:	4:49.02
								400m:	5:28.82
									41.29
									39.80



		55, , 400m				2011					
				/							
7.				2011		.	-	"	"	<b>5:29.30</b>	298 3
	50m:	36.35	36.35	150m:	1:59.69	42.23	250m:	3:24.29	41.74	350m:	4:48.36 41.67
	100m:	1:17.46	41.11	200m:	2:42.55	42.86	300m:	4:06.69	42.40	400m:	5:29.30 40.94
8.				2011		.	-	"	"	<b>5:31.03</b>	293 3
	50m:	36.07	36.07	150m:	1:59.48	42.06	250m:	3:24.68	42.31	350m:	4:49.91 41.91
	100m:	1:17.42	41.35	200m:	2:42.37	42.89	300m:	4:08.00	43.32	400m:	5:31.03 41.12
9.				2011		.	-	"	"	<b>5:31.23</b>	293 3
	50m:	36.76	36.76	150m:	2:00.58	42.16	250m:	3:26.53	43.02	350m:	4:51.59 41.86
	100m:	1:18.42	41.66	200m:	2:43.51	42.93	300m:	4:09.73	43.20	400m:	5:31.23 39.64
10.				2011		.	-	"	"	<b>5:35.89</b>	281 3
	50m:	35.90	35.90	150m:	1:59.94	42.15	250m:	3:27.34	43.56	350m:	4:54.79 44.33
	100m:	1:17.79	41.89	200m:	2:43.78	43.84	300m:	4:10.46	43.12	400m:	5:35.89 41.10
11.				2011		.	-	"	"	<b>5:36.84</b>	278 3
	50m:	36.01	36.01	150m:	2:01.48	43.62	250m:	3:28.94	43.99	350m:	4:54.50 40.78
	100m:	1:17.86	41.85	200m:	2:44.95	43.47	300m:	4:13.72	44.78	400m:	5:36.84 42.34
12.				2011		.	-	"	"	<b>5:37.21</b>	277 3
	50m:	37.10	37.10	150m:	2:03.22	43.85	250m:	3:30.39	44.75	350m:	4:55.52 42.98
	100m:	1:19.37	42.27	200m:	2:45.64	42.42	300m:	4:12.54	42.15	400m:	5:37.21 41.69
13.				2011		.	-	"World Class"		<b>5:37.92</b>	276 3
	50m:	36.08	36.08	150m:	2:02.68	43.72	250m:	3:30.33	43.95	350m:	4:57.50 43.86
	100m:	1:18.96	42.88	200m:	2:46.38	43.70	300m:	4:13.64	43.31	400m:	5:37.92 40.42
14.				2011		.	-	"	"	<b>5:38.91</b>	273 3
	50m:	37.71	37.71	150m:	2:04.31	44.37	250m:	3:29.93	43.55	350m:	4:57.43 44.32
	100m:	1:19.94	42.23	200m:	2:46.38	42.07	300m:	4:13.11	43.18	400m:	5:38.91 41.48
15.				2011		.	-			<b>5:42.05</b>	266 3
	50m:	37.85	37.85	150m:	2:04.33	44.61	250m:	3:31.35	44.29	350m:	4:59.85 44.59
	100m:	1:19.72	41.87	200m:	2:47.06	42.73	300m:	4:15.26	43.91	400m:	5:42.05 42.20
16.				2011		.	-	"	"	<b>5:47.77</b>	253 3
	50m:	37.03	37.03	150m:	2:04.69	45.20	250m:	3:34.44	45.34	350m:	5:04.54 44.28
	100m:	1:19.49	42.46	200m:	2:49.10	44.41	300m:	4:20.26	45.82	400m:	5:47.77 43.23
17.				2011		.	-			<b>6:11.32</b>	208 1
	50m:	36.60	36.60	150m:	2:09.86	48.21	250m:	3:43.90	44.61	350m:	5:24.66 49.51
	100m:	1:21.65	45.05	200m:	2:59.29	49.43	300m:	4:35.15	51.25	400m:	6:11.32 46.66
18.				2011		.	-	12		<b>6:21.61</b>	191 1
	50m:	38.78	38.78	150m:	2:15.83	49.86	250m:	3:56.85	50.25	350m:	5:36.97 50.61
	100m:	1:25.97	47.19	200m:	3:06.60	50.77	300m:	4:46.36	49.51	400m:	6:21.61 44.64
19.				2011		.	-			<b>6:35.57</b>	172 1
	50m:	42.67	42.67	150m:	2:24.15	51.09	250m:	4:07.06	52.19	350m:	5:47.47 49.02
	100m:	1:33.06	50.39	200m:	3:14.87	50.72	300m:	4:58.45	51.39	400m:	6:35.57 48.10
2010											
1.				2010		.	-	-	22	<b>4:36.62</b>	503 2
	50m:	31.61	31.61	150m:	1:41.62	35.29	250m:	2:52.85	36.04	350m:	4:02.44 34.57
	100m:	1:06.33	34.72	200m:	2:16.81	35.19	300m:	3:27.87	35.02	400m:	4:36.62 34.18
2.				2010		.	-	"	"	<b>4:44.94</b>	460 2
	50m:	31.99	31.99	150m:	1:42.65	35.82	250m:	2:55.33	36.81	350m:	4:09.88 37.66
	100m:	1:06.83	34.84	200m:	2:18.52	35.87	300m:	3:32.22	36.89	400m:	4:44.94 35.06









55,		, 400m				2009				
/										
19.			2009		.	-	"	"	<b>5:49.85</b>	248 3
	50m:	36.28	36.28	150m:	2:04.48	45.35	250m:	3:38.04	47.00	350m: 5:09.62 45.21
	100m:	1:19.13	42.85	200m:	2:51.04	46.56	300m:	4:24.41	46.37	400m: 5:49.85 40.23
20.			2009		.	-			<b>6:06.24</b>	216 1
	50m:	39.42	39.42	150m:	2:12.00	47.48	250m:	3:48.05	48.41	350m: 5:23.28 47.77
	100m:	1:24.52	45.10	200m:	2:59.64	47.64	300m:	4:35.51	47.46	400m: 6:06.24 42.96
21.			2009		.	.	.	-	<b>6:28.41</b>	181 1
	50m:	41.19	41.19	150m:	2:19.41	50.85	250m:	4:02.08	51.85	350m: 5:42.64 51.24
	100m:	1:28.56	47.37	200m:	3:10.23	50.82	300m:	4:51.40	49.32	400m: 6:28.41 45.77
DSQ			2009		.	-	"	"		2
DNS			2009		.	-	"	"		
EXH			2008		.	-	"	"	<b>5:26.41</b>	306 3