

" " |
- , 10 - 13.04.2024

18 , 400m 11 - 15
11.04.2024 - 12:05

: FINA 2024

11 - 13

1.			11									4:47.56	448
	50m:	31.25	31.25	150m:	1:43.11	36.65	250m:	2:57.77	37.51	350m:	4:12.39	36.91	
	100m:	1:06.46	35.21	200m:	2:20.26	37.15	300m:	3:35.48	37.71	400m:	4:47.56	35.17	
2.			11				"	"				5:00.77	391
	50m:	33.77	33.77	150m:	1:49.73	38.16	250m:	3:08.58	39.19	350m:	4:25.28	37.95	
	100m:	1:11.57	37.80	200m:	2:29.39	39.66	300m:	3:47.33	38.75	400m:	5:00.77	35.49	
3.			12				"	"				5:15.96	337
	50m:	35.01	35.01	150m:	1:55.05	40.23	250m:	3:16.48	39.74	350m:	4:37.11	39.40	
	100m:	1:14.82	39.81	200m:	2:36.74	41.69	300m:	3:57.71	41.23	400m:	5:15.96	38.85	
4.			12					-				5:16.96	334
	50m:	37.19	37.19	200m:	2:38.38	1:19.99	400m:	5:16.96	1:19.45				
	100m:	1:18.39	41.20	300m:	3:57.51	1:19.13							
5.			12									5:17.21	333
	50m:	34.41	34.41	150m:	1:52.59	39.75	250m:	3:14.46	40.92	350m:	4:37.57	41.00	
	100m:	1:12.84	38.43	200m:	2:33.54	40.95	300m:	3:56.57	42.11	400m:	5:17.21	39.64	
6.			11					-				5:17.41	333
	50m:	35.78	35.78	150m:	1:54.96	39.70	250m:	3:16.05	40.63	350m:	4:38.17	40.54	
	100m:	1:15.26	39.48	200m:	2:35.42	40.46	300m:	3:57.63	41.58	400m:	5:17.41	39.24	
7.			11					-				5:19.61	326
	50m:	35.40	35.40	150m:	1:57.10	41.48	250m:	3:19.12	40.87	350m:	4:41.23	40.08	
	100m:	1:15.62	40.22	200m:	2:38.25	41.15	300m:	4:01.15	42.03	400m:	5:19.61	38.38	
8.			11					-				5:23.89	313
	50m:	36.02	36.02	150m:	1:56.88	40.59	250m:	3:20.31	42.10	350m:	4:44.36	42.07	
	100m:	1:16.29	40.27	200m:	2:38.21	41.33	300m:	4:02.29	41.98	400m:	5:23.89	39.53	
9.			12				"	"				5:24.16	312
	50m:	35.87	35.87	150m:	1:57.79	40.72	250m:	3:21.85	41.63	350m:	4:45.91	41.92	
	100m:	1:17.07	41.20	200m:	2:40.22	42.43	300m:	4:03.99	42.14	400m:	5:24.16	38.25	
10.			11				"	"				5:28.66	300
	50m:	35.78	35.78	150m:	2:00.29	43.45	250m:	3:25.48	42.91	350m:	4:49.02	41.41	
	100m:	1:16.84	41.06	200m:	2:42.57	42.28	300m:	4:07.61	42.13	400m:	5:28.66	39.64	
11.			12				"	"				5:33.49	287
	50m:	36.74	36.74	150m:	2:01.57	42.67	250m:	3:27.28	43.01	350m:	4:52.86	42.41	
	100m:	1:18.90	42.16	200m:	2:44.27	42.70	300m:	4:10.45	43.17	400m:	5:33.49	40.63	
12.			12					-				5:34.53	284
	50m:	36.82	36.82	150m:	2:01.01	41.86	250m:	3:28.45	42.70	350m:	4:56.22	41.25	
	100m:	1:19.15	42.33	200m:	2:45.75	44.74	300m:	4:14.97	46.52	400m:	5:34.53	38.31	
13.			11					-				5:36.45	279
	50m:	36.50	36.50	150m:	2:01.34	42.88	250m:	3:28.55	44.65	350m:	4:55.27	44.17	
	100m:	1:18.46	41.96	200m:	2:43.90	42.56	300m:	4:11.10	42.55	400m:	5:36.45	41.18	
14.			12					-				5:37.24	277
	50m:	37.16	37.16	150m:	2:03.48	43.68	250m:	3:30.77	43.59	350m:	4:56.69	42.21	
	100m:	1:19.80	42.64	200m:	2:47.18	43.70	300m:	4:14.48	43.71	400m:	5:37.24	40.55	

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- , 10 - 13.04.2024

18,		, 400m		, 11 - 13								
15.				13						5:50.49	247	
	50m:	37.41	37.41	150m:	2:05.55	45.22	250m:	3:36.07	45.60	350m:	5:07.42	45.57
	100m:	1:20.33	42.92	200m:	2:50.47	44.92	300m:	4:21.85	45.78	400m:	5:50.49	43.07
16.				12						5:54.91	238	
	50m:	38.57	38.57	150m:	2:08.38	44.45	250m:	3:39.08	45.73	350m:	5:11.23	45.42
	100m:	1:23.93	45.36	200m:	2:53.35	44.97	300m:	4:25.81	46.73	400m:	5:54.91	43.68
17.				13						5:55.10	238	
	50m:	38.10	38.10	150m:	2:06.71	44.84	250m:	3:40.68	46.70	350m:	5:11.21	44.37
	100m:	1:21.87	43.77	200m:	2:53.98	47.27	300m:	4:26.84	46.16	400m:	5:55.10	43.89
18.				12			"	"		5:59.75	228	
	50m:	3:40.44	3:40.44	200m:	2:54.20	1:33.85	400m:	5:59.75	1:31.71			
	100m:	1:20.35		300m:	4:28.04	1:33.84						
19.				13						6:00.55	227	
	50m:	38.06	38.06	150m:	2:11.06	46.82	250m:	3:44.13	44.02	350m:	5:18.72	47.69
	100m:	1:24.24	46.18	200m:	3:00.11	49.05	300m:	4:31.03	46.90	400m:	6:00.55	41.83
20.				12						6:25.59	185	
	50m:	40.36	40.36	150m:	2:17.18	48.76	250m:	3:59.80	51.23	350m:	5:39.19	50.20
	100m:	1:28.42	48.06	200m:	3:08.57	51.39	300m:	4:48.99	49.19	400m:	6:25.59	46.40
14 - 15												
1.				09						4:22.52	589	
	50m:	28.72	28.72	150m:	1:34.02	32.83	250m:	2:41.18	33.63	350m:	3:49.66	34.19
	100m:	1:01.19	32.47	200m:	2:07.55	33.53	300m:	3:15.47	34.29	400m:	4:22.52	32.86
2.				09			"	"		4:37.63	498	
	50m:	30.84	30.84	150m:	1:40.32	35.08	250m:	2:51.86	35.65	350m:	4:02.98	35.11
	100m:	1:05.24	34.40	200m:	2:16.21	35.89	300m:	3:27.87	36.01	400m:	4:37.63	34.65
3.				09						4:38.07	495	
	50m:	31.00	31.00	150m:	1:41.56	35.72	250m:	2:53.50	35.31	350m:	4:04.56	35.08
	100m:	1:05.84	34.84	200m:	2:18.19	36.63	300m:	3:29.48	35.98	400m:	4:38.07	33.51
4.				09						4:38.56	493	
	50m:	30.27	30.27	150m:	1:38.43	34.74	250m:	2:50.49	36.19	350m:	4:04.05	36.41
	100m:	1:03.69	33.42	200m:	2:14.30	35.87	300m:	3:27.64	37.15	400m:	4:38.56	34.51
5.				10						4:41.31	478	
	50m:	32.46	32.46	150m:	1:44.04	36.12	250m:	2:56.14	36.13	350m:	4:07.29	35.66
	100m:	1:07.92	35.46	200m:	2:20.01	35.97	300m:	3:31.63	35.49	400m:	4:41.31	34.02
6.				09						4:48.03	446	
	50m:	31.83	31.83	150m:	1:44.78	37.06	250m:	2:59.26	37.55	350m:	4:12.67	36.60
	100m:	1:07.72	35.89	200m:	2:21.71	36.93	300m:	3:36.07	36.81	400m:	4:48.03	35.36
7.				10						4:55.02	415	
	50m:	32.10	32.10	150m:	1:48.03	38.83	250m:	3:04.91	38.52	350m:	4:21.31	37.55
	100m:	1:09.20	37.10	200m:	2:26.39	38.36	300m:	3:43.76	38.85	400m:	4:55.02	33.71
8.				10			"	"		4:57.00	406	
	50m:	32.00	32.00	150m:	1:46.16	37.60	250m:	3:02.45	38.37	350m:	4:19.72	38.37
	100m:	1:08.56	36.56	200m:	2:24.08	37.92	300m:	3:41.35	38.90	400m:	4:57.00	37.28
9.				09			"	"		5:01.57	388	
	50m:	33.23	33.23	150m:	1:48.46	38.38	250m:	3:06.08	38.85	350m:	4:24.36	39.09
	100m:	1:10.08	36.85	200m:	2:27.23	38.77	300m:	3:45.27	39.19	400m:	5:01.57	37.21

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- , 10 - 13.04.2024

18, , 400m , 14 - 15

10.	,		10	.	-				5:07.01	368		
	50m:	34.35	34.35	150m:	1:49.97	38.82	250m:	3:09.66	39.92	350m:	4:29.14	38.45
	100m:	1:11.15	36.80	200m:	2:29.74	39.77	300m:	3:50.69	41.03	400m:	5:07.01	37.87
11.	,		09	"	"	.				5:07.02	368	
	50m:	30.42	30.42	150m:	1:45.73	39.38	250m:	3:06.65	40.16	350m:	4:28.07	41.25
	100m:	1:06.35	35.93	200m:	2:26.49	40.76	300m:	3:46.82	40.17	400m:	5:07.02	38.95
12.	,		10	.						5:15.39	339	
	50m:	34.18	34.18	150m:	1:51.95	39.71	250m:	3:12.38	40.56	350m:	4:35.10	41.08
	100m:	1:12.24	38.06	200m:	2:31.82	39.87	300m:	3:54.02	41.64	400m:	5:15.39	40.29
13.	,		10	.						5:36.65	279	
	50m:	36.66	36.66	150m:	2:02.82	43.32	250m:	3:30.46	43.67	350m:	4:58.52	42.71
	100m:	1:19.50	42.84	200m:	2:46.79	43.97	300m:	4:15.81	45.35	400m:	5:36.65	38.13
14.	,		09	.						5:40.78	269	
	50m:	36.94	36.94	150m:	2:01.94	43.01	250m:	3:30.61	43.97	350m:	4:59.70	43.36
	100m:	1:18.93	41.99	200m:	2:46.64	44.70	300m:	4:16.34	45.73	400m:	5:40.78	41.08
15.	,		09	.	-					5:42.76	264	
	50m:	36.19	36.19	150m:	2:02.17	44.60	250m:	3:32.24	45.28	350m:	5:02.25	44.67
	100m:	1:17.57	41.38	200m:	2:46.96	44.79	300m:	4:17.58	45.34	400m:	5:42.76	40.51
16.	,		10	.	-					5:48.18	252	
	50m:	37.77	37.77	150m:	2:05.44	45.36	250m:	3:36.24	45.37	350m:	5:06.46	45.02
	100m:	1:20.08	42.31	200m:	2:50.87	45.43	300m:	4:21.44	45.20	400m:	5:48.18	41.72