, 29. - 31.5.2024

					, 20	. 01.0.	2024				
1 .05.2024 - 9:5	:5				, 400m						2011
	3.00 /		: 4:39.50) / 1	. 5:00	.50 / 2	· 5	5:40.00 /	3	: 6:28.50	
: FINA 2023	3.00 /		. 4.00.00	, , ,	. 0.00	.00 / 2		7.40.00 /		. 0.20.00	<u>'</u>
				/						FINA	
									4-00-04		
				11					4:36.01	588	
50m: 100m:	29.41 1:03.66	29.41 34.25		1:38.70 2:13.72	35.04 35.02	250m: 300m:		35.00 35.82	350m: 400m:	4:00.59 4:36.01	36.05 35.42
				11					4:38.68	571	
50m: 100m:	30.70 1:04.95	30.70 34.25		1:40.16 2:15.82	35.21 35.66	250m: 300m:	2:51.82 3:27.85	36.00 36.03		4:03.71 4:38.68	35.86 34.97
				11					4:40.55	560	1
50m:	30.93	30.93	150m:	1:40.97	35.71	250m:	2:53.38	36.17	350m:		36.09
100m:	1:05.26	34.33		2:17.21	36.24	300m:	3:29.45	36.07	400m:	4:40.55	35.01
50	04.07	24.27	450	11	20.00	050	0.54.00	00.00	4:40.74		1
50m: 100m:	31.37 1:06.86	31.37 35.49		1:43.08 2:18.59	36.22 35.51	250m: 300m:	2:54.82 3:30.95	36.23 36.13	350m: 400m:	4:40.74	35.15 34.64
				11					4:44.57	536	1
50m:	30.94	30.94		1:41.15	35.72	250m:		36.56	350m:		37.02
100m:	1:05.43	34.49	200m:	2:17.48 12	36.33	300m:	3:31.11	37.07	400m: 4:48.04	4:44.57 517	36.44 1
50m:	32.21	32.21	150m:	1:44.84	36.53	250m:	2:58.91	36.97		4:12.44	36.64
	1:08.31	36.10		2:21.94	37.10	300m:		36.89	400m:	4:48.04	35.60
=0	00.00	00.00	450	11	07.40	050	0.50.05	00.70	4:48.49		1
50m: 100m:	32.00 1:07.92	32.00 35.92	150m: 200m:	1:45.10 2:22.16	37.18 37.06	250m: 300m:	2:58.95 3:36.38	36.79 37.43	350m: 400m:		36.71 35.40
				11					4:52.02	496	1
50m: 100m:	31.96 1:06.99	31.96 35.03		1:43.89 2:21.69	36.90 37.80	250m: 300m:	2:59.71 3:37.80	38.02 38.09	350m: 400m:	4:15.65 4:52.02	37.85 36.37
				11					4:52.11	496	1
50m:	32.49	32.49	150m:	1:44.64	36.70	250m:	2:59.38	37.39		4:15.17	38.26
100m:	1:07.94	35.45	200m:	2:21.99	37.35	300m:	3:36.91	37.53		4:52.11	36.94
F0	22.75	22.75	15000	11	26.06	250~	2.02.50	27.55	4:52.72		1
50m: 100m:	33.75 1:10.31	33.75 36.56		1:47.27 2:25.03	36.96 37.76	250m: 300m:	3:02.58 3:39.13	37.55 36.55	350m: 400m:		37.24 36.35
				11					4:53.33		1
50m: 100m:	32.77 1:08.82	32.77 36.05		1:46.17 2:23.47	37.35 37.30	250m: 300m:		37.14 37.06	350m: 400m:		37.66 38.00
				11					4:54.60	483	1
50m:	32.65	32.65	150m:	1:45.78	37.15	250m:	3:00.97	37.72	350m:		38.05
	1:08.63	35.98	200m:	2:23.25	37.47	300m:		38.25	400m:		37.33
F0	20.05	22.25	450	11	07.40	050	2.02.42	20.45	4:54.85		1
50m: 100m:	33.35 1:09.54	33.35 36.19		1:46.94 2:24.97	37.40 38.03	250m: 300m:		38.15 38.20	350m: 400m:		37.32 36.21
				11					4:55.45	479	1
50m:	32.15	32.15		1:45.38	37.24	250m:		38.49	350m:		38.34
100m:	1:08.14	35.99	200m:	2:23.41 11	38.03	300m:	3:40.31	38.41	400m: 4:55.46		36.80 1
50m:	32.83	32.83	150m:	1:46.34	37.21	250m:	3:02.48	38.04	350m:		37.97
	1:09.13	36.30		2:24.44	38.10		3:40.70	38.22	400m:	4:55.46	36.79
F0	22.00	22.00	150	11	20.00	250	2.06.25	20.40	4:57.81		1
50m:	33.90 1:11.35	33.90 37.45		1:49.64 2:28.17	38.29 38.53	250m: 300m:		38.18 38.07	350m: 400m:		38.17 35.22
100111.	1.11.30	J1.43	200III.	11	50.55	Jooni.	J. 77 .42	30.07	4:58.03		35.22
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50m:

100m: 1:09.99

33.37

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150m: 1:48.25

200m: 2:26.28

38.26

38.03

250m: 3:04.83 300m: 3:43.31 38.55

38.48

38.15

36.57

350m: 4:21.46

400m: 4:58.03

, 29. - 31.5.2024

1,	, 4	400m		, 20	11					
				1					FINA	
50m: 100m:	33.49 1:10.52	33.49 37.03	150m: 200m:	12 1:48.78 2:27.36	38.26 38.58	250m: 300m:	3:06.02 3:44.89	38.66 38.87	4:58.44 465 350m: 4:22.99 400m: 4:58.44	1 38.10 35.45
50m: 100m:	32.61 1:09.19	32.61 36.58	150m: 200m:	11 1:46.58 2:24.78	37.39 38.20	250m: 300m:	3:03.22 3:42.67	38.44 39.45	4:58.75 464 350m: 4:22.40 400m: 4:58.75	1 39.73 36.35
50m: 100m:	32.80 1:10.16	32.80 37.36	150m: 200m:	11 1:47.27 2:25.28	37.11 38.01	250m: 300m:	3:03.71 3:42.91	38.43 39.20	4:58.98 463 350m: 4:22.14 400m: 4:58.98	1 39.23 36.84
50m: 100m:	33.19 1:10.16	33.19 36.97	150m: 200m:	11 1:47.68 2:25.66	37.52 37.98	250m: 300m:	3:03.63 3:41.15	37.97 37.52	4:59.81 459 350m: 4:20.25 400m: 4:59.81	39.10 39.56
50m: 100m:	32.69 1:08.58	32.69 35.89	150m: 200m:	11 1:46.26 2:24.17	37.68 37.91	250m: 300m:	3:03.11 3:42.82	38.94 39.71	5:00.79 454 350m: 4:22.06 400m: 5:00.79	2 39.24 38.73
50m: 100m:	32.27 1:08.07	32.27 35.80	150m: 200m:	12 1:45.46 2:23.76	37.39 38.30	250m: 300m:	3:02.70 3:41.49	38.94 38.79	5:00.84 454 350m: 4:20.99 400m: 5:00.84	2 39.50 39.85
50m: 100m:	34.15 1:11.42	34.15 37.27	150m: 200m:	11 1:49.32 2:27.85	37.90 38.53	250m: 300m:	3:05.91 3:43.98	38.06 38.07	5:01.70 450 350m: 4:22.42 400m: 5:01.70	2 38.44 39.28
50m: 100m:	33.60 1:11.38	33.60 37.78	150m: 200m:	11 1:49.97 2:28.60	38.59 38.63	250m: 300m:	3:07.31 3:46.00	38.71 38.69	5:02.37 447 350m: 4:24.67 400m: 5:02.37	2 38.67 37.70
50m: 100m:	33.82 1:11.76	33.82 37.94		12 1:50.84 2:30.16	39.08 39.32	250m: 300m:	3:09.87 3:48.64	39.71 38.77	5:03.12 444 350m: 4:26.70 400m: 5:03.12	2 38.06 36.42
50m: 100m:	34.64 1:13.60	- 34.64 38.96		12 1:52.47 2:31.00	38.87 38.53	250m: 300m:	3:09.14 3:47.07	38.14 37.93	5:03.89 440 350m: 4:25.36 400m: 5:03.89	2 38.29 38.53
50m: 100m:	33.53 1:11.43	33.53 37.90		12 1:50.01 2:29.76	38.58 39.75	250m: 300m:	3:09.19 3:48.42	39.43 39.23	5:04.52 438 350m: 4:27.44 400m: 5:04.52	2 39.02 37.08
50m: 100m:	33.57 1:10.28	33.57 36.71		11 1:48.94 2:28.62	38.66 39.68	250m: 300m:	3:08.58 3:48.04	39.96 39.46	5:04.54 438 350m: 4:27.32 400m: 5:04.54	2 39.28 37.22
50m: 100m:	33.41 1:12.05	33.41 38.64	150m: 200m:	11 1:51.71 2:31.33	39.66 39.62	250m: 300m:	3:10.94 3:50.46	39.61 39.52	5:04.59 437 350m: 4:29.00 400m: 5:04.59	2 38.54 35.59
50m: 100m:	35.13 1:12.76	35.13 37.63	150m: 200m:	11 1:52.61 2:31.70	39.85 39.09	250m: 300m:	3:10.15 3:49.29	38.45 39.14	5:04.87 436 350m: 4:27.23 400m: 5:04.87	2 37.94 37.64
50m: 100m:	34.86 1:13.68	34.86 38.82	150m: 200m:	11 1:52.94 2:32.88	39.26 39.94	250m: 300m:	3:12.26 3:51.29	39.38 39.03	5:04.98 436 350m: 4:29.07 400m: 5:04.98	2 37.78 35.91
50m: 100m:	33.34 1:10.67	33.34 37.33	150m: 200m:	11 1:50.09 2:29.49	39.42 39.40	250m: 300m:	3:08.81 3:47.81	39.32 39.00	5:05.09 435 350m: 4:26.72 400m: 5:05.09	2 38.91 38.37
50m: 100m:	34.54 1:12.43	34.54 37.89	150m: 200m:	11 1:50.78 2:29.31	38.35 38.53	250m: 300m:	3:08.15 3:47.09	38.84 38.94	5:05.10 435 350m: 4:26.49 400m: 5:05.10	2 39.40 38.61
50m: 100m:	35.02 1:13.05	35.02 38.03	150m: 200m:	11 1:51.42 2:30.56	38.37 39.14	250m: 300m:	3:10.35 3:49.43	39.79 39.08	5:05.26 435 350m: 4:28.46 400m: 5:05.26	2 39.03 36.80

, 29. - 31.5.2024

1,	, 4	400m		, 20	11					
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50m: 100m:	32.57 1:09.56	32.57 36.99	150m: 200m:	11 1:48.79 2:28.84	39.23 40.05	250m: 300m:	3:09.08 3:49.43	40.24 40.35	5:05.59 433 350m: 4:28.62 400m: 5:05.59	2 39.19 36.97
	33.27 1:11.35	33.27 38.08		12 1:50.64 2:29.98	39.29 39.34	250m: 300m:	3:09.10 3:48.61	39.12 39.51	5:05.99 431 350m: 4:27.82 400m: 5:05.99	2 39.21 38.17
50m: 100m:	33.11 1:11.06	33.11 37.95		11 1:49.76 2:29.30	38.70 39.54	250m: 300m:	3:08.86 3:48.71	39.56 39.85	5:06.09 431 350m: 4:28.56 400m: 5:06.09	2 39.85 37.53
50m: 100m:	32.83 1:09.85	32.83 37.02	150m: 200m:	11 1:48.49 2:27.99	38.64 39.50	250m: 300m:	3:08.39 3:48.58	40.40 40.19	5:06.89 428 350m: 4:28.26 400m: 5:06.89	2 39.68 38.63
50m: 100m:	33.30 1:11.45	33.30 38.15		11 1:50.56 2:30.35	39.11 39.79	250m: 300m:	3:10.80 3:51.03	40.45 40.23	5:08.18 422 350m: 4:31.23 400m: 5:08.18	2 40.20 36.95
50m: 100m:	35.57 1:13.77	35.57 38.20	150m: 200m:	11 1:52.38 2:32.16	38.61 39.78	250m: 300m:	3:11.34 3:51.04	39.18 39.70	5:08.38 421 350m: 4:30.78 400m: 5:08.38	2 39.74 37.60
	33.25 1:11.32	33.25 38.07		11 1:50.42 2:30.66	39.10 40.24	250m: 300m:	3:10.61 3:50.89	39.95 40.28	5:08.76 420 350m: 4:31.53 400m: 5:08.76	2 40.64 37.23
	35.84 1:15.06	35.84 39.22		11 1:54.28 2:33.42	39.22 39.14	250m: 300m:	3:12.62 3:51.93	39.20 39.31	5:09.47 417 350m: 4:31.29 400m: 5:09.47	2 39.36 38.18
50m: 100m:	34.71 1:13.19	34.71 38.48		11 1:53.37 2:33.74	40.18 40.37	250m: 300m:	3:13.71 3:53.72	39.97 40.01	5:10.11 414 350m: 4:32.74 400m: 5:10.11	2 39.02 37.37
50m: 100m:	32.89 1:11.07	32.89 38.18		11 1:50.33 2:30.19	39.26 39.86	250m: 300m:	3:09.69 3:50.10	39.50 40.41	5:11.10 410 350m: 4:31.26 400m: 5:11.10	2 41.16 39.84
50m: 100m:	35.40 1:14.17	35.40 38.77		12 1:53.19 2:33.00	39.02 39.81	250m: 300m:	3:12.15 3:52.01	39.15 39.86	5:11.42 409 350m: 4:31.31 400m: 5:11.42	2 39.30 40.11
	34.60 1:12.74	34.60 38.14		11 1:52.26 2:32.07	39.52 39.81	250m: 300m:	3:11.84 3:52.25	39.77 40.41	5:11.71 408 350m: 4:32.63 400m: 5:11.71	2 40.38 39.08
	34.61 1:13.68	34.61 39.07	150m: 200m:	11 1:53.34 2:33.89	39.66 40.55	250m: 300m:	3:14.00 3:55.11	40.11 41.11	5:13.06 403 350m: 4:34.77 400m: 5:13.06	2 39.66 38.29
	34.85 1:14.50	34.85 39.65	150m: 200m:	11 1:54.37 2:35.06	39.87 40.69		3:15.18 3:55.46	40.12 40.28	5:13.27 402 350m: 4:35.35 400m: 5:13.27	2 39.89 37.92
50m: 100m:	35.15 1:14.88	35.15 39.73		12 1:56.25 2:37.05	41.37 40.80	250m: 300m:	3:17.24 3:57.89	40.19 40.65	5:13.29 402 350m: 4:37.46 400m: 5:13.29	2 39.57 35.83
50m: 100m:	36.21 1:15.39	36.21 39.18	150m: 200m:	12 1:55.71 2:35.66	40.32 39.95	250m: 300m:	3:15.55 3:56.36	39.89 40.81	5:13.52 401 350m: 4:34.58 400m: 5:13.52	2 38.22 38.94
50m: 100m:	33.18 1:11.34	33.18 38.16	150m: 200m:	11 1:52.40 2:33.15	41.06 40.75	250m: 300m:	3:13.67 3:54.33	40.52 40.66	5:13.71 400 350m: 4:34.56 400m: 5:13.71	2 40.23 39.15
50m: 100m:	34.02 1:11.92	34.02 37.90		12 1:52.22 2:32.55	40.30 40.33	250m: 300m:	3:13.00 3:53.30	40.45 40.30	5:14.16 399 350m: 4:34.19 400m: 5:14.16	2 40.89 39.97

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	1,	, 4	400m		, 20	11						
					1						FINA	
					11					5:16.47	390	2
	50m:	33.93	33.93	150m:	1:53.46	40.46	250m:	3:15.74	41.11		4:38.13	41.08
	100m:	1:13.00	39.07		2:34.63	41.17	300m:	3:57.05	41.31		5:16.47	38.34
					12					5:17.11	388	2
	50m:	33.69	33.69	150m:	1:54.15	41.03	250m:	3:16.52	41.16		4:38.17	40.88
	100m:	1:13.12	39.43	200m:	2:35.36	41.21	300m:	3:57.29	40.77	400m:	5:17.11	38.94
					12					5:17.24	387	2
	50m:	33.93	33.93	150m:	1:50.66	39.34	250m:	3:11.70	41.24	350m:	4:35.16	42.15
	100m:	1:11.32	37.39	200m:	2:30.46	39.80	300m:	3:53.01	41.31	400m:	5:17.24	42.08
					11					5:17.33	387	2
	50m:	34.56	34.56	150m:	1:55.44	41.37	250m:	3:19.08	42.39	350m:	4:40.78	40.80
	100m:	1:14.07	39.51	200m:	2:36.69	41.25	300m:	3:59.98	40.90	400m:	5:17.33	36.55
					11					5:18.19	384	2
	50m:	34.05	34.05		1:52.87	40.59	250m:	3:14.57	41.17		4:37.27	40.90
	100m:	1:12.28	38.23	200m:	2:33.40	40.53	300m:	3:56.37	41.80	400m:	5:18.19	40.92
					11					5:18.21	384	2
	50m:	35.66	35.66		1:55.67	40.00	250m:	3:17.17	40.61	350m:		40.95
	100m:	1:15.67	40.01	200m:	2:36.56	40.89	300m:	3:58.24	41.07	400m:	5:18.21	39.02
					11					5:20.16	377	2
	50m:	34.90	34.90	150m:	1:57.61	42.31	250m:	3:19.76	40.92	350m:	4:41.38	40.60
	100m:	1:15.30	40.40	200m:	2:38.84	41.23	300m:	4:00.78	41.02	400m:	5:20.16	38.78
					11					5:21.20	373	2
	50m:	33.49	33.49		1:52.94	40.90	250m:	3:17.83	42.07		4:42.36	41.13
	100m:	1:12.04	38.55	200m:	2:35.76	42.82	300m:	4:01.23	43.40	400m:	5:21.20	38.84
					11					5:21.23	373	2
	50m:	36.41	36.41		1:55.12	40.47	250m:	3:17.42	40.75	350m:		41.51
	100m:	1:14.65	38.24	200m:	2:36.67	41.55	300m:	3:59.30	41.88	400m:	5:21.23	40.42
					11					5:21.67		2
	50m:	36.35	36.35		1:57.47	41.05	250m:	3:19.43	40.56		4:41.74	40.89
	100m:	1:16.42	40.07	200m:	2:38.87	41.40	300m:	4:00.85	41.42	400m:	5:21.67	39.93
DSQ					11					5:07.47		2
	50m:	34.82	34.82		1:54.35	39.57	250m:	3:12.86	38.78		4:30.48	38.83
	100m:	1:14.78	39.96	200m:	2:34.08	39.73	300m:	3:51.65	38.79	400m:	5:07.47	36.99