, 29. - 31.5.2024

1 , 400m 2011

05.2024 - 9													
: 4:23.00 /		: 4:39.50 / 1			: 5:00.50 / 2		: 5:40.00 / 3			: 6:28.50			
FINA 2023													
					/						FINA		
					11					4:36.01	588		
50n 100n		29.41 1:03.66	29.41 34.25		1:38.70 2:13.72	35.04 35.02	250m: 300m:	2:48.72 3:24.54	35.00 35.82		4:00.59 4:36.01	36.05 35.42	
					11					4:38.68			
50n 100n		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	
10011		1.0 1.00	01.20	200111.	11	00.00	000111.	0.27.00	00.00	4:40.55		1	
50n	m·	30.93	30.93	150m·	1:40.97	35.71	250m:	2:53.38	36.17		4:05.54	36.09	
		1:05.26	34.33		2:17.21	36.24	300m:	3:29.45	36.07	400m:	4:40.55	35.01	
					11					4:40.74	559	1	
50n	n:	31.37	31.37	150m:	1:43.08	36.22	250m:	2:54.82	36.23	350m:	4:06.10	35.15	
100n	m:	1:06.86	35.49	200m:	2:18.59	35.51	300m:	3:30.95	36.13	400m:	4:40.74	34.64	
					11					4:44.57		1	
50n		30.94	30.94		1:41.15	35.72	250m:	2:54.04	36.56		4:08.13	37.02	
100n	n:	1:05.43	34.49	200m:	2:17.48	36.33	300m:	3:31.11	37.07		4:44.57	36.44	
					12					4:48.04		1	
50n 100n		32.21 1:08.31	32.21 36.10		1:44.84 2:21.94	36.53 37.10	250m: 300m:	2:58.91 3:35.80	36.97 36.89		4:12.44 4:48.04	36.64 35.60	
			-		11	-				4:48.49		1	
50n	n:	32.00	32.00	150m ⁻	1:45.10	37.18	250m·	2:58.95	36.79		4:13.09	36.71	
		1:07.92	35.92		2:22.16	37.06		3:36.38	37.43		4:48.49	35.40	
					11					4:52.02		1	
50n		31.96	31.96		1:43.89	36.90		2:59.71	38.02		4:15.65	37.85	
100n	n:	1:06.99	35.03	200m:	2:21.69	37.80	300m:	3:37.80	38.09	400m:	4:52.02	36.37	
_				. = -	11					4:52.11	496	1	
50n		32.49	32.49		1:44.64	36.70		2:59.38	37.39		4:15.17	38.26	
100n	11.	1:07.94	35.45	∠uum:	2:21.99	37.35	SUUM:	3:36.91	37.53	400m:	4:52.11	36.94	
5 0		20.75	20.75	450	11	20.00	050	0.00 50	07.55	4:52.72		1	
50n 100n		33.75 1:10.31	33.75 36.56		1:47.27 2:25.03	36.96 37.76	250m: 300m:		37.55 36.55	350m: 400m:	4:16.37 4:52.72	37.24 36.35	
					11					4:53.33		1	
50n		32.77	32.77		1:46.17	37.35	250m:		37.14		4:15.33	37.66	
100n	n:	1:08.82	36.05	200m:	2:23.47	37.30	300m:	3:37.67	37.06	400m:		38.00	
50	· ·	20.05	20.05	150	11	27.45	050	2.00.07	07.70	4:54.60		1	
50n 100n		32.65 1:08.63	32.65 35.98		1:45.78 2:23.25	37.15 37.47	250m: 300m:	3:00.97 3:39.22	37.72 38.25	350m: 400m:	4:17.27 4:54.60	38.05 37.33	
					11					4:54.85	482	1	
50n	m:	33.35	33.35	150m:	1:46.94	37.40	250m:	3:03.12	38.15		4:18.64	37.32	
		1:09.54	36.19		2:24.97	38.03	300m:	3:41.32	38.20	400m:	4:54.85	36.21	
					11					4:55.45		1	
50n		32.15	32.15		1:45.38	37.24		3:01.90	38.49		4:18.65	38.34	
100n	n:	1:08.14	35.99	200m:	2:23.41	38.03	300m:	3:40.31	38.41		4:55.45	36.80	
50	 .	20.00	20.00	150	11	27.04	050	2.00.40	20.04	4:55.46		1	
50n 100n		32.83 1:09.13	32.83 36.30		1:46.34 2:24.44	37.21 38.10	250m: 300m:	3:02.48 3:40.70	38.04 38.22	350m: 400m:	4:18.67 4:55.46	37.97 36.79	
					11					4:57.81		1	
50n	n:	33.90	33.90	150m:	1:49.64	38.29	250m:	3:06.35	38.18		4:22.59	38.17	
		1:11.35	37.45		2:28.17	38.53		3:44.42	38.07	400m:		35.22	
					11					4:58.03	467	1	
50n		33.37	33.37		1:48.25	38.26	250m:	3:04.83	38.55		4:21.46	38.15	
100n	n:	1:09.99	36.62	200m:	2:26.28	38.03	300m:	3:43.31	38.48	400m:	4:58.03	36.57	

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1,	, 4	100m		, 20)11					
				/					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:	32.36 1:08.69	32.36 36.33		11 1:46.82 2:26.59	38.13 39.77	250m: 300m:	3:06.48 3:46.69	39.89 40.21	5:04.55 438 350m: 4:26.06 400m: 5:04.55	2 39.37 38.49
50m: 100m:	33.41 1:12.05	33.41 38.64		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

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1,	, 400m			, 20	11					
				,					FINA	
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
50m: 100m:	32.57 1:09.56	32.57 36.99	150m: 200m:		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
50m: 100m:	33.27 1:11.35	33.27 38.08	150m: 200m:	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	150m: 200m:	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
	33.30 1:11.45	33.30 38.15	150m: 200m:		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		5:08.38 421 350m: 4:30.78 400m: 5:08.38	2 39.74 37.60
50m: 100m:	34.42 1:12.84	34.42 38.42	150m: 200m:	12 1:52.73 2:32.23	39.89 39.50	250m: 300m:	3:13.33 3:53.18	41.10 39.85	5:08.56 421 350m: 4:32.85 400m: 5:08.56	2 39.67 35.71
50m: 100m:	33.25 1:11.32	33.25 38.07	150m: 200m:		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
50m: 100m:	35.84 1:15.06	35.84 39.22	150m: 200m:	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		5:10.11 414 350m: 4:32.74 400m: 5:10.11	2 39.02 37.37
	35.51 1:14.71	35.51 39.20		11 1:54.15 2:34.14	39.44 39.99		3:14.25 3:54.11	40.11 39.86	5:10.15 414 350m: 4:33.20 400m: 5:10.15	2 39.09 36.95
	35.52 1:14.58	35.52 39.06		12 1:54.29 2:34.08	39.71 39.79	250m: 300m:	3:13.86 3:53.77	39.78 39.91	5:10.60 412 350m: 4:33.25 400m: 5:10.60	2 39.48 37.35
	32.89 1:11.07	32.89 38.18		11 1:50.33 2:30.19	39.26 39.86	250m: 300m:		39.50 40.41	5:11.10 410 350m: 4:31.26 400m: 5:11.10	2 41.16 39.84
	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:			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		11 1:53.34 2:33.89	39.66 40.55	250m: 300m:			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		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

1, , 400m , 2011 **FINA** 12 5:13.29 402 2 4:37.46 50m: 35.15 35.15 150m: 1:56.25 41.37 250m: 3:17.24 40.19 350m: 39.57 100m: 1:14.88 39.73 200m: 2:37.05 40.80 300m: 3:57.89 40.65 400m: 5:13.29 35.83 12 5:13.52 401 2 50m: 36.21 36.21 150m: 1:55.71 40.32 250m: 3:15.55 39.89 350m: 4:34.58 38.22 1:15.39 39.18 2:35.66 39.95 300m: 3:56.36 400m: 38.94 100m: 200m: 40.81 5:13.52 11 5:13.71 400 2 50m: 33.18 33.18 150m: 1:52.40 41.06 250m: 3:13.67 40.52 350m: 4:34.56 40.23 100m: 1:11.34 38.16 200m: 2:33.15 40.75 300m: 3:54.33 40.66 400m: 5:13.71 39.15 12 5:14.16 399 2 50m: 34.02 34.02 150m: 1:52.22 40.30 250m: 3:13.00 40.45 350m: 4:34.19 40.89 400m: 5:14.16 1:11.92 37.90 200m: 2:32.55 300m: 3:53.30 100m: 40.33 40.30 39.97 12 5:14.32 398 2 50m: 34.64 34.64 150m: 1:55.23 40.54 250m: 3:15.60 39.88 350m: 4:36.09 39.86 1:14.69 40.05 2:35.72 300m: 3:56.23 40.63 400m: 5:14.32 38.23 100m: 200m: 40.49 2 11 5:16.47 390 33.93 1:53.46 40.46 41.08 50m 33.93 150m: 250m: 3:15.74 41.11 350m: 4:38.13 1:13.00 2:34.63 300m: 3:57.05 400m: 100m: 39.07 200m: 41.17 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 350m: 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 1:50.66 3:11.70 50m: 33.93 33.93 150m: 250m: 350m: 4:35.16 42.15 39.34 41.24 100m: 1:11.32 37.39 200m: 2:30.46 39.80 300m: 3:53.01 41.31 400m: 5:17.24 42.08 5:17.33 387 11 2 1:55.44 250m: 3:19.08 42.39 4:40.78 40.80 50m: 34.56 34.56 150m: 41.37 350m: 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 5:17.47 386 2 50m: 34.43 150m: 1:54.57 40.73 250m: 3:16.84 41.40 350m: 4:39.16 41.06 34.43 100m: 1:13.84 39.41 200m: 2:35.44 40.87 300m: 3:58.10 400m: 5:17.47 38.31 41.26 11 5:18.19 384 2 50m: 34.05 34.05 150m: 1:52.87 40.59 250m: 3:14.57 41.17 350m: 4:37.27 40.90 1:12.28 300m: 41.80 400m: 100m: 38.23 200m: 2:33.40 40.53 3:56.37 5:18.19 40.92 5:18.21 384 2 11 150m: 350m: 4:39.19 40.95 50m 35.66 35.66 1:55 67 40.00 250m· 3.17 17 40 61 100m: 1:15.67 40.01 200m: 2:36.56 40.89 300m: 3:58.24 41.07 400m: 5:18.21 39.02 12 5:18.55 382 2 50m: 34.46 34.46 150m: 1:54.85 40.67 250m: 3:17.80 41.60 350m: 4:38.87 40.67 100m: 1:14.18 39.72 200m: 2:36.20 41.35 300m: 3:58.20 40.40 400m: 5:18.55 39.68 11 5:20.16 2 377 1:57.61 40.92 40.60 50m 34 90 34 90 150m 42 31 250m· 3.19.76 350m: 4:41.38 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 1:52.94 40.90 250m: 350m: 4:42.36 41.13 50m: 33.49 33.49 150m: 3:17.83 42.07 1:12.04 38.55 200m: 2:35.76 300m: 4:01.23 43.40 400m: 5:21.20 100m: 42.82 38.84 11 5:21.23 373 2 1:55.12 41.51 50m: 36.41 36.41 150m: 40.47 250m: 3:17.42 40.75 350m: 4:40.81 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 5:21.67 371 2 50m: 36.35 36.35 150m: 1:57.47 41.05 250m: 3:19.43 40.56 350m: 4:41.74 40.89 1:16.42 40.07 2:38.87 41.40 300m: 4:00.85 41.42 400m: 5:21.67 39.93 100m: 200m: 12 5:24.46 362 2

50m:

100m:

35.25

1:16.27

35.25

41.02

150m:

200m:

2:00.33

2:42.53

250m:

300m:

3:23.91

4:05.47

41.38

41.56

350m:

400m:

44.06

42.20

40.91

38.08

4:46.38

5:24.46

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, 29. - 31.5.2024

	1,	, '	400m , 2011									
					1						FINA	
DSQ					11					5:07.47	•	2
	50m:	34.82	34.82	150m:	1:54.35	39.57	250m:	3:12.86	38.78	350m:	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