, 29. - 31.5.2024

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29.05.2024 -	9:55
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: 4:23 INA 2023	3.00 /		: 4:39.50	) / 1	: 5:00	.50 / 2	: 5	5:40.00 /	3	: 6:28.50	
				/						FINA	
				11					4:36.01	588	
F0	20.44	20.44	15000		35.04	250	0.40.70	25.00			26.05
50m: 100m:	29.41 1:03.66	29.41 34.25		1:38.70 2:13.72	35.04	250m: 300m:		35.00 35.82	400m:	4:00.59 4:36.01	36.05 35.42
		020			00.02	000	0.2	00.02			00
				11					4:38.68	571	
50m:	30.70	30.70		1:40.16	35.21	250m:	2:51.82	36.00	350m:	4:03.71	35.86
100m:	1:04.95	34.25	200m:	2:15.82	35.66	300m:	3:27.85	36.03	400m:	4:38.68	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		4:05.54	36.09
	1:05.26	34.33		2:17.21	36.24		3:29.45	36.07		4:40.55	35.01
				44					4-40-74	550	4
F0	24.27	04.07	450	11	20.00	050	0.54.00	20.00	4:40.74		1
50m:	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:	4:06.10 4:40.74	35.15 34.64
100111.	1.00.00	33.43	200111.	2.10.55	33.31	300111.	3.30.33	30.13	400111.	4.40.74	34.04
				11					4:44.57	536	1
50m:	30.94	30.94	150m:	1:41.15	35.72	250m:	2:54.04	36.56	350m:	4:08.13	37.02
100m:	1:05.43	34.49	200m:	2:17.48	36.33	300m:	3:31.11	37.07	400m:	4:44.57	36.44
				12					4:48.04	517	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
				44					4 40 40	E4E	4
50	00.00	00.00	450	11	07.40	050	0.50.05	00.70	4:48.49		1
50m:	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:	4:13.09 4:48.49	36.71 35.40
100111.	1.07.92	33.92	200111.	2.22.10	37.00	300111.	3.30.30	37.43	400111.	4.40.49	33.40
				11					4:52.02	496	1
50m:	31.96	31.96		1:43.89	36.90	250m:	2:59.71	38.02		4:15.65	37.85
100m:	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
50m:	32.49	32.49	150m·	1:44.64	36.70	250m:	2:59.38	37.39	350m:	4:15.17	38.26
	1:07.94	35.45		2:21.99	37.35		3:36.91	37.53		4:52.11	36.94
				11					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:	3:02.58 3:39.13	37.55 36.55		4:16.37 4:52.72	37.24 36.35
100111.	1.10.31	30.30	200111.	2.25.05	37.70	300111.	3.38.13	30.33	400111.	4.32.72	30.33
				11					4:53.33	490	1
50m:	32.77	32.77	150m:	1:46.17	37.35	250m:	3:00.61	37.14	350m:	4:15.33	37.66
100m:	1:08.82	36.05	200m:	2:23.47	37.30	300m:	3:37.67	37.06	400m:	4:53.33	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		4:17.27	38.05
	1:08.63	35.98		2:23.25	37.47		3:39.22	38.25		4:54.60	37.33
			·					-			
_				11					4:54.85		1
50m:	33.35	33.35		1:46.94	37.40	250m:	3:03.12	38.15		4:18.64	37.32
TUUM:	1:09.54	36.19	∠uum:	2:24.97	38.03	SUUM:	3:41.32	38.20	400M:	4:54.85	36.21
				11					4:55.45	479	1
50m:	32.15	32.15	150m:	1:45.38	37.24	250m:	3:01.90	38.49		4:18.65	38.34
100m:	1:08.14	35.99	200m:	2:23.41	38.03	300m:	3:40.31	38.41	400m:	4:55.45	36.80
				11					4:55.46	479	1
50m:	32.83	32.83	150m·	1:46.34	37.21	250m·	3:02.48	38.04		4:18.67	37.97
	1:09.13	36.30		2:24.44	38.10		3:40.70	38.22		4:55.46	36.79
. 30	,							<del></del>			
				11					4:57.81		1
50m:	33.90	33.90		1:49.64	38.29		3:06.35	38.18		4:22.59	38.17
100m:	1:11.35	37.45	200m:	2:28.17	38.53	300m:	3:44.42	38.07	400m:	4:57.81	35.22
				11					4:58.03	467	1
	00.07	33.37	150m·	1:48.25	38.26	250m:	3:04.83	38.55		4:21.46	38.15
50m:	33.37	33.3 <i>1</i>	100111.								

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1,	, 4	400m		, 20	11					
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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	<b>4:58.44</b> 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	<b>4:58.75</b> 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		11 1:47.27 2:25.28	37.11 38.01	250m: 300m:	3:03.71 3:42.91	38.43 39.20	<b>4:58.98</b> 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		11 1:47.68 2:25.66	37.52 37.98	250m: 300m:	3:03.63 3:41.15	37.97 37.52	<b>4:59.81</b> 459 350m: 4:20.25 400m: 4:59.81	1 39.10 39.56
50m: 100m:	32.69 1:08.58	32.69 35.89		11 1:46.26 2:24.17	37.68 37.91	250m: 300m:	3:03.11 3:42.82	38.94 39.71	<b>5:00.79</b> 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	<b>5:00.84</b> 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		11 1:49.32 2:27.85	37.90 38.53	250m: 300m:	3:05.91 3:43.98	38.06 38.07	<b>5:01.70</b> 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		11 1:49.97 2:28.60	38.59 38.63	250m: 300m:	3:07.31 3:46.00	38.71 38.69	<b>5:02.37</b> 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	<b>5:03.12</b> 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	<b>5:03.89</b> 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	<b>5:04.52</b> 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	<b>5:04.54</b> 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	<b>5:04.55</b> 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	<b>5:04.59</b> 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	<b>5:04.87</b> 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	<b>5:04.98</b> 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	<b>5:05.09</b> 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	<b>5:05.10</b> 435 350m: 4:26.49 400m: 5:05.10	2 39.40 38.61

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1,	, 4	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	<b>5:05.26</b> 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:	11 1:48.79 2:28.84	39.23 40.05	250m: 300m:	3:09.08 3:49.43	40.24 40.35	<b>5:05.59</b> 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		12 1:50.64 2:29.98	39.29 39.34	250m: 300m:	3:09.10 3:48.61	39.12 39.51	<b>5:05.99</b> 431 350m: 4:27.82 400m: 5:05.99	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	<b>5:06.09</b> 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	150m: 200m:	11 1:50.56 2:30.35	39.11 39.79	250m: 300m:	3:10.80 3:51.03	40.45 40.23	<b>5:08.18</b> 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
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	<b>5:08.56</b> 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		11 1:50.42 2:30.66	39.10 40.24	250m: 300m:	3:10.61 3:50.89	39.95 40.28	<b>5:08.76</b> 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		11 1:54.28 2:33.42	39.22 39.14	250m: 300m:	3:12.62 3:51.93	39.20 39.31	<b>5:09.47</b> 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	<b>5:10.11</b> 414 350m: 4:32.74 400m: 5:10.11	2 39.02 37.37
50m: 100m:	35.51 1:14.71	35.51 39.20		11 1:54.15 2:34.14	39.44 39.99	250m: 300m:	3:14.25 3:54.11	40.11 39.86	<b>5:10.15</b> 414 350m: 4:33.20 400m: 5:10.15	2 39.09 36.95
50m: 100m:	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	<b>5:10.60</b> 412 350m: 4:33.25 400m: 5:10.60	2 39.48 37.35
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	<b>5:11.10</b> 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	150m: 200m:	12 1:53.19 2:33.00	39.02 39.81	250m: 300m:	3:12.15 3:52.01	39.15 39.86	<b>5:11.42</b> 409 350m: 4:31.31 400m: 5:11.42	2 39.30 40.11
50m: 100m:	34.60 1:12.74	34.60 38.14	150m: 200m:	11 1:52.26 2:32.07	39.52 39.81	250m: 300m:	3:11.84 3:52.25	39.77 40.41	<b>5:11.71</b> 408 350m: 4:32.63 400m: 5:11.71	2 40.38 39.08
50m: 100m:	34.91 1:14.07	34.91 39.16	150m: 200m:	11 1:54.37 2:34.59	40.30 40.22	250m: 300m:	3:14.81 3:54.79	40.22 39.98	<b>5:11.97</b> 407 350m: 4:34.68 400m: 5:11.97	2 39.89 37.29
50m: 100m:	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	<b>5:13.06</b> 403 350m: 4:34.77 400m: 5:13.06	2 39.66 38.29

1, , 400m , 2011 **FINA** 11 5:13.27 402 2 39.89 50m: 34.85 34.85 150m: 1:54.37 39.87 250m: 3:15.18 40.12 350m: 4:35.35 100m: 1:14.50 39.65 200m: 2:35.06 40.69 300m: 3:55.46 40.28 400m: 5:13.27 37.92 12 5:13.29 402 2 35.15 50m: 35.15 150m: 1:56.25 41.37 250m: 3:17.24 40.19 350m: 4:37.46 39.57 1:14.88 39.73 2:37.05 40.80 300m: 3:57.89 40.65 400m: 5:13.29 35.83 100m: 200m: 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 100m: 1:15.39 39.18 200m: 2:35.66 39.95 300m: 3:56.36 40.81 400m: 5:13.52 38.94 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 2:33.15 300m: 3:54.33 400m: 100m: 1:11.34 38.16 200m: 40.75 40.66 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 1:11.92 37.90 2:32.55 300m: 3:53.30 400m: 5:14.16 39.97 100m: 200m: 40.33 40.30 12 2 5:14.32 398 34.64 1:55.23 40.54 39.88 350m: 4:36.09 39.86 50m: 34.64 150m: 250m: 3:15.60 40.05 2:35.72 300m: 3:56.23 400m: 100m: 1:14.69 200m: 40.49 40.63 5:14.32 38.23 11 5:16.47 390 2 50m: 33.93 33.93 150m: 1:53.46 40.46 250m: 3:15.74 41.11 350m: 4:38.13 41.08 100m: 1:13.00 39.07 200m: 2:34.63 41.17 300m: 3:57.05 41.31 400m: 5:16.47 38.34 11 5:17.06 388 2 50m: 35.09 35.09 150m: 1:55.65 41.01 250m: 3:17.09 40.42 350m: 4:37.74 40 24 100m: 1:14.64 39.55 200m: 2:36.67 41.02 300m: 3:57.50 40.41 400m: 5:17.06 39.32 12 5:17.11 388 2 1:54.15 250m: 40.88 50m: 33.69 33.69 150m: 41.03 3:16.52 41.16 350m: 4:38.17 100m: 1:13.12 39.43 200m: 2:35.36 41.21 300m: 3:57.29 40.77 400m: 5:17.11 38.94 12 387 5:17.24 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 400m: 5:17.24 42.08 41.31 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 300m: 40.90 100m: 1:14.07 39.51 200m: 2:36.69 41.25 3:59.98 400m: 5:17.33 36.55 5:17.47 386 2 11 150m: 41.06 50m 34 43 34 43 1.54.57 40.73 250m· 3:16.84 41 40 350m: 4:39.16 100m: 1:13.84 39.41 200m: 2:35.44 40.87 300m: 3:58.10 41.26 400m: 5:17.47 38.31 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 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 1:55.67 40.00 40.61 40.95 50m 35.66 35.66 150m 250m· 3.17 17 350m 4:39 19 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 1:54.85 250m: 350m: 4:38.87 40.67 50m: 34.46 34.46 150m: 40.67 3:17.80 41.60 1:14.18 39.72 200m: 2:36.20 300m: 3:58.20 40.40 400m: 5:18.55 100m: 41.35 39.68 11 5:19.44 379 2 50m: 36.55 36.55 150m: 1:58.71 41.37 250m: 3:20.59 40.76 350m: 4:41.57 40.25 100m: 1:17.34 40.79 200m: 2:39.83 41.12 300m: 4:01.32 40.73 400m: 5:19.44 37.87 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 1:15.30 40.40 2:38.84 300m: 4:00.78 400m: 5:20.16 38.78 100m: 200m: 41.23 41.02 376 11 5:20.22 2 50m: 34.91 34.91 150m: 1:56.17 41.23 250m: 3:19.65 41.71 350m: 4:41.58 40.56 100m: 1:14.94 40.03 200m: 2:37.94 41.77 300m: 4:01.02 41.37 400m: 5:20.22 38.64

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, 29. - 31.5.2024

	1,	, 4	, 400m		, 20	11						
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	50m: 100m:	33.49 1:12.04	33.49 38.55	150m: 200m:	11 1:52.94 2:35.76	40.90 42.82	250m: 300m:	3:17.83 4:01.23	42.07 43.40	<b>5:21.20</b> 350m: 400m:		2 41.13 38.84
	50m: 100m:	36.41 1:14.65	36.41 38.24		11 1:55.12 2:36.67	40.47 41.55	250m: 300m:	3:17.42 3:59.30	40.75 41.88	<b>5:21.23</b> 350m: 400m:		2 41.51 40.42
	50m: 100m:	36.05 1:16.50	36.05 40.45		11 1:58.48 2:39.96	41.98 41.48	250m: 300m:	3:22.26 4:03.40	42.30 41.14	<b>5:21.42</b> 350m: 400m:	372 4:44.64 5:21.42	2 41.24 36.78
	50m: 100m:	36.35 1:16.42	36.35 40.07		11 1:57.47 2:38.87	41.05 41.40	250m: 300m:	3:19.43 4:00.85	40.56 41.42	<b>5:21.67</b> 350m: 400m:		2 40.89 39.93
	50m: 100m:	34.90 1:14.96	34.90 40.06		11 1:56.21 2:37.78	41.25 41.57	250m: 300m:	3:18.90 4:01.40	41.12 42.50		364 4:42.11 5:23.67	2 40.71 41.56
	50m: 100m:	35.25 1:16.27	35.25 41.02		12 2:00.33 2:42.53	44.06 42.20	250m: 300m:	3:23.91 4:05.47	41.38 41.56	<b>5:24.46</b> 350m: 400m:		2 40.91 38.08
	50m: 100m:	36.82 1:17.41	36.82 40.59		12 1:59.70 2:42.36	42.29 42.66	250m: 300m:	-	42.40 43.21	<b>5:31.09</b> 350m: 400m:	340 4:50.02 5:31.09	2 42.05 41.07
	50m: 100m:	33.97 1:14.73	33.97 40.76		11 1:57.14 2:39.35	42.41 42.21	250m: 300m:		42.85 43.64	<b>5:31.72</b> 350m: 400m:	339 4:49.63 5:31.72	2 43.79 42.09
DSQ	50m: 100m:	34.82 1:14.78	34.82 39.96		11 1:54.35 2:34.08	39.57 39.73	250m: 300m:	3:12.86 3:51.65	38.78 38.79	<b>5:07.47</b> 350m: 400m:	4:30.48 5:07.47	2 38.83 36.99