

" " , 21-23.03.2022

1 , 50m (13-14 )  
21.03.2022 - 13:45

: FINA 2021

1.	,	08								<b>32.98</b>	649
2.	,	09								<b>36.22</b>	490 II
3.	,	09								<b>36.24</b>	489 II
4.	,	08								<b>36.32</b>	486 II
5.	,	08			-	-				<b>38.27</b>	415 II
6.	,	08			-					<b>38.64</b>	403 II
7.	,	08			-	-				<b>39.22</b>	386 II
8.	,	08			-					<b>39.26</b>	384 II
9.	,	09								<b>42.11</b>	311 III
10.	,	09								<b>43.83</b>	276 III
11.	,	09								<b>44.29</b>	268
12.	,	09								<b>46.53</b>	231

2 , 50m (15-16 )  
21.03.2022 - 13:50

: FINA 2021

1.	,	07								<b>30.74</b>	554 I
2.	,	06			-					<b>31.50</b>	515 I
3.	,	06			-					<b>34.68</b>	385 II
4.	,	07								<b>34.86</b>	380 II
5.	,	07			"	"				<b>35.10</b>	372 II
6.	,	06			-	-				<b>35.27</b>	366 III
7.	,	06								<b>38.66</b>	278 III
8.	,	07								<b>40.08</b>	250

3 , 200m (13-14 )  
21.03.2022 - 13:50

: FINA 2021

1.				08						<b>2:11.66</b>	590
	50m:	31.10	31.10	100m:	1:04.09	32.99	150m:	1:37.95	33.86	200m:	2:11.66 33.71
2.				08						<b>2:16.31</b>	531 I
	50m:	31.43	31.43	100m:	1:06.44	35.01	150m:	1:41.79	35.35	200m:	2:16.31 34.52
3.				08						<b>2:16.95</b>	524 I
	50m:	32.50	32.50	100m:	1:07.42	34.92	150m:	1:43.33	35.91	200m:	2:16.95 33.62
4.				09						<b>2:18.01</b>	512 I
	50m:	31.39	31.39	100m:	1:06.31	34.92	150m:	1:42.46	36.15	200m:	2:18.01 35.55
5.				08						<b>2:19.14</b>	499 I
	50m:	32.44	32.44	100m:	1:07.75	35.31	150m:	1:44.22	36.47	200m:	2:19.14 34.92
6.				09						<b>2:24.94</b>	442 II
	50m:	33.85	33.85	100m:	1:11.10	37.25	150m:	1:48.86	37.76	200m:	2:24.94 36.08

" - " (25 )

"ALT-Timing"

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"

, 21-23.03.2022

3,		, 200m				(13-14 )			
7.				08	-	-		<b>2:26.67</b>	426 II
50m:	33.82	33.82	100m:	1:11.02	37.20	150m:	1:49.21	38.19	200m: 2:26.67 37.46
8.				09				<b>2:30.56</b>	394 II
9.				08	-			<b>2:39.08</b>	334 III
50m:	36.11	36.11	100m:	1:17.38	41.27	150m:	1:59.14	41.76	200m: 2:39.08 39.94
10.				09				<b>2:40.74</b>	324 III
50m:	37.66	37.66	100m:	1:18.34	40.68	150m:	2:00.31	41.97	200m: 2:40.74 40.43
4		, 200m				(15-16 )		21.03.2022 - 13:55	

: FINA 2021

1.				06				<b>1:56.31</b>	623
50m:	27.30	27.30	100m:	56.86	29.56	150m:	1:26.76	29.90	200m: 1:56.31 29.55
2.				06				<b>1:56.64</b>	618
50m:	27.87	27.87	100m:	57.92	30.05	150m:	1:27.74	29.82	200m: 1:56.64 28.90
3.				07				<b>1:57.93</b>	598
50m:	28.12	28.12	100m:	57.81	29.69	150m:	1:27.65	29.84	200m: 1:57.93 30.28
4.				07				<b>2:01.15</b>	551 I
50m:	28.30	28.30	100m:	59.39	31.09	150m:	1:31.08	31.69	200m: 2:01.15 30.07
5.				07				<b>2:04.43</b>	509 I
50m:	27.88	27.88	100m:	59.46	31.58	150m:	1:32.07	32.61	200m: 2:04.43 32.36
6.				06				<b>2:06.30</b>	487 I
7.				06				<b>2:07.34</b>	475 II
50m:	29.03	29.03	100m:	1:01.18	32.15	150m:	1:34.60	33.42	200m: 2:07.34 32.74
8.				07				<b>2:08.89</b>	458 II
50m:	29.78	29.78	100m:	1:02.47	32.69	150m:	1:35.99	33.52	200m: 2:08.89 32.90
9.				07				<b>2:10.53</b>	441 II
50m:	29.46	29.46	100m:	1:02.90	33.44	150m:	1:37.43	34.53	200m: 2:10.53 33.10
10.				07				<b>2:12.38</b>	422 II
50m:	29.49	29.49	100m:	1:03.01	33.52	150m:	1:38.00	34.99	200m: 2:12.38 34.38
11.				06				<b>2:15.31</b>	396 II
50m:	30.27	30.27	100m:	1:04.04	33.77	150m:	1:39.81	35.77	200m: 2:15.31 35.50
12.				06				<b>2:17.44</b>	377 II
50m:	30.59	30.59	100m:	1:04.95	34.36	150m:	1:41.06	36.11	200m: 2:17.44 36.38
13.				06	-			<b>2:32.09</b>	278 III
50m:	32.06	32.06	100m:	1:09.68	37.62	150m:	1:50.32	40.64	200m: 2:32.09 41.77
14.				07				<b>2:32.86</b>	274 III
50m:	32.00	32.00	100m:	1:10.46	38.46	150m:	1:52.75	42.29	200m: 2:32.86 40.11
15.				07	-			<b>2:44.11</b>	222

" - " (25 )

"ALT-Timing"

" " , 21-23.03.2022

5 , 100m (13-14 )  
21.03.2022 - 14:00

: FINA 2021

1.				08		<b>1:08.33</b>	518
	50m:	33.63	33.63	100m:	1:08.33	34.70	
2.				08		<b>1:09.59</b>	490 I
	50m:	34.23	34.23	100m:	1:09.59	35.36	
3.				09		<b>1:12.64</b>	431 I
	50m:	34.89	34.89	100m:	1:12.64	37.75	
4.				09	- -	<b>1:13.07</b>	423 I
	50m:	35.30	35.30	100m:	1:13.07	37.77	
5.				09		<b>1:15.88</b>	378 II
	50m:	36.66	36.66	100m:	1:15.88	39.22	
6.				09		<b>1:16.18</b>	374 II
	50m:	37.26	37.26	100m:	1:16.18	38.92	
7.				08	- -	<b>1:19.85</b>	324 II
	50m:	38.62	38.62	100m:	1:19.85	41.23	
8.				09	- -	<b>1:21.83</b>	301 III
	50m:	40.58	40.58	100m:	1:21.83	41.25	
9.				08		<b>1:29.29</b>	232 III
	50m:	43.73	43.73	100m:	1:29.29	45.56	

6 , 100m (15-16 )  
21.03.2022 - 14:05

: FINA 2021

1.				06		<b>59.60</b>	533
	50m:	28.70	28.70	100m:	59.60	30.90	
2.				06		<b>1:03.15</b>	448 I
	50m:	30.78	30.78	100m:	1:03.15	32.37	
3.				07		<b>1:03.57</b>	439 I
	50m:	30.89	30.89	100m:	1:03.57	32.68	
4.				06	" "	<b>1:05.77</b>	396 II
	50m:	32.17	32.17	100m:	1:05.77	33.60	
5.				07		<b>1:08.20</b>	355 II
	50m:	33.14	33.14	100m:	1:08.20	35.06	
6.				07	-	<b>1:10.61</b>	320 II
	50m:	34.31	34.31	100m:	1:10.61	36.30	
7.				06	-	<b>1:16.60</b>	251 III
	50m:	36.74	36.74	100m:	1:16.60	39.86	
8.				06		<b>1:17.25</b>	244 III

" - " (25 )

"ALT-Timing"

" " , 21-23.03.2022

7 , 200m (13-14 )  
21.03.2022 - 14:10

: FINA 2021

1.				08						<b>2:32.11</b>	486	I
	50m:	0.82	0.82	200m:	2:32.11	2:31.29						
2.				08						<b>2:39.53</b>	421	II
	50m:	35.56	35.56	100m:	1:15.73	40.17	150m:	1:57.42	41.69	200m:	2:39.53	42.11
3.				09						<b>2:41.55</b>	405	II
	50m:	30:25.13	30:25.13	100m:	1:16.22		150m:	1:52.06	35.84	200m:	2:41.55	49.49
4.				09			-	-		<b>2:48.49</b>	357	II
	50m:	37.44	37.44	100m:	1:18.84	41.40	150m:	2:04.90	46.06	200m:	2:48.49	43.59
5.				08						<b>2:57.72</b>	304	III
	50m:	37.94	37.94	100m:	31.18		150m:	1:24.16	52.98	200m:	2:57.72	1:33.56

8 , 200m (15-16 )  
21.03.2022 - 14:15

: FINA 2021

1.				07						<b>2:16.84</b>	494	I
2.				07			-	-		<b>2:20.85</b>	453	II
	50m:	31.84	31.84	100m:	1:08.20	36.36	150m:	1:44.76	36.56	200m:	2:20.85	36.09
3.				06			-			<b>2:39.71</b>	311	III
	50m:	1:55.97	1:55.97	200m:	2:39.71	43.74						

9 , 100m (13-14 )  
21.03.2022 - 14:15

: FINA 2021

1.				08						<b>1:11.80</b>	487	I
2.				08						<b>1:13.59</b>	452	I
	50m:	34.90	34.90	100m:	1:13.59	38.69						
3.				08			-			<b>1:14.47</b>	436	I
	50m:	34.89	34.89	100m:	1:14.47	39.58						
4.				09			-			<b>1:16.05</b>	410	II
5.				08			-	-		<b>1:19.71</b>	356	II
	50m:	40.49	40.49	100m:	1:19.71	39.22						
6.				08			-	-		<b>1:20.87</b>	341	II
	50m:	40.69	40.69	100m:	1:20.87	40.18						
7.				09			-			<b>1:22.53</b>	321	II
8.				09			-			<b>1:24.37</b>	300	III
	50m:	38.97	38.97	100m:	1:24.37	45.40						
9.				08						<b>1:24.95</b>	294	III
	50m:	42.59	42.59	100m:	1:24.95	42.36						

" - " (25 )

"ALT-Timing"

, 21-23.03.2022

9,		, 100m				(13-14 )			
10.				09				<b>1:25.13</b>	292 III
	50m:	39.43	39.43	100m:	1:25.13	45.70			
11.				08				<b>1:25.98</b>	283 III
12.				09			- -	<b>1:26.18</b>	281 III
	50m:	43.48	43.48	100m:	1:26.18	42.70			
13.				09				<b>1:27.19</b>	272 III
	50m:	43.84	43.84	100m:	1:27.19	43.35			
14.				08				<b>1:27.92</b>	265 III
15.				09				<b>1:28.19</b>	263 III
	50m:	1:28.40	1:28.40	100m:	1:28.19				
16.				09				<b>1:29.73</b>	249 III
	50m:	45.07	45.07	100m:	1:29.73	44.66			
17.				09				<b>1:30.15</b>	246 III
18.				09				<b>1:30.49</b>	243 III
	50m:	42.13	42.13	100m:	1:30.49	48.36			
19.				08				<b>1:30.83</b>	240 III
	50m:	44.83	44.83	100m:	1:30.83	46.00			
20.				09				<b>1:32.40</b>	228 III
	50m:	43.96	43.96	100m:	1:32.40	48.44			
21.				09				<b>1:33.33</b>	221 III
22.				09			-	<b>1:34.73</b>	212 III
	50m:	42.88	42.88	100m:	1:34.73	51.85			
23.				08				<b>1:36.96</b>	197
	50m:	46.19	46.19	100m:	1:36.96	50.77			
DSQ				09			-		

10 , 100m (15-16 )  
21.03.2022 - 14:25

: FINA 2021

1.				06				<b>1:00.58</b>	538
2.				07				<b>1:00.70</b>	535
	50m:	28.66	28.66	100m:	1:00.70	32.04			
3.				07				<b>1:02.90</b>	480 I
4.				07				<b>1:04.22</b>	451 I
	50m:	30.56	30.56	100m:	1:04.22	33.66			
5.				06			-	<b>1:08.48</b>	372 II
	50m:	31.02	31.02	100m:	1:08.48	37.46			
6.				06			- -	<b>1:08.55</b>	371 II
	50m:	32.70	32.70	100m:	1:08.55	35.85			
7.				06			- -	<b>1:09.67</b>	353 II
	50m:	32.00	32.00	100m:	1:09.67	37.67			
8.				06			-	<b>1:10.01</b>	348 II

" - " (25 )

"ALT-Timing"

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"

, 21-23.03.2022

10,		, 100m				(15-16 )	
9.	,			07			<b>1:11.57</b> 326 II
10.	,			06	-		<b>1:12.96</b> 308 II
11.	,			07			<b>1:14.09</b> 294 III
	50m:	32.91	32.91	100m:	1:14.09	41.18	
12.	,			07			<b>1:16.17</b> 270 III
13.	,			07	-		<b>1:16.54</b> 266 III
	50m:	34.97	34.97	100m:	1:16.54	41.57	
14.	,			06	-		<b>1:18.36</b> 248 III
	50m:	36.37	36.37	100m:	1:18.36	41.99	
15.	,			07	-		<b>1:22.23</b> 215 III
	50m:	39.83	39.83	100m:	1:22.23	42.40	
DSQ	,			06	-		
11				, 1500m		(13-14 )	
21.03.2022 - 14:30							

: FINA 2021

1.	,			08	-	-		<b>18:56.39</b> 527 I
	50m:	33.30	33.30	450m:	5:36.32	38.05	850m: 10:40.10 38.01	1250m: 15:46.84 38.24
	100m:	1:10.10	36.80	500m:	6:13.94	37.62	900m: 11:18.46 38.36	1300m: 16:25.04 38.20
	150m:	1:47.32	37.22	550m:	6:52.09	38.15	950m: 11:57.07 38.61	1350m: 17:03.67 38.63
	200m:	2:25.24	37.92	600m:	7:30.07	37.98	1000m: 12:35.07 38.00	1400m: 17:41.98 38.31
	250m:	3:03.18	37.94	650m:	8:07.98	37.91	1050m: 13:13.54 38.47	1450m: 18:19.98 38.00
	300m:	3:41.59	38.41	700m:	8:46.04	38.06	1100m: 13:51.89 38.35	1500m: 18:56.39 36.41
	350m:	4:19.92	38.33	750m:	9:23.99	37.95	1150m: 14:30.12 38.23	
	400m:	4:58.27	38.35	800m:	10:02.09	38.10	1200m: 15:08.60 38.48	
2.	,			09				<b>19:08.09</b> 511 I
	50m:	35.41	35.41	450m:	5:37.94	37.91	850m: 10:43.26 38.54	1250m: 15:53.88 38.86
	100m:	1:12.63	37.22	500m:	6:16.39	38.45	900m: 11:22.05 38.79	1300m: 16:32.77 38.89
	150m:	1:49.97	37.34	550m:	6:53.86	37.47	950m: 12:00.68 38.63	1350m: 17:12.08 39.31
	200m:	2:27.92	37.95	600m:	7:32.62	38.76	1000m: 12:39.12 38.44	1400m: 17:51.14 39.06
	250m:	3:05.69	37.77	650m:	8:10.71	38.09	1050m: 13:17.97 38.85	1450m: 18:29.87 38.73
	300m:	3:43.62	37.93	700m:	8:48.76	38.05	1100m: 13:57.12 39.15	1500m: 19:08.09 38.22
	350m:	4:21.75	38.13	750m:	9:26.26	37.50	1150m: 14:36.14 39.02	
	400m:	5:00.03	38.28	800m:	10:04.72	38.46	1200m: 15:15.02 38.88	
3.	,			08				<b>19:16.48</b> 500 I
4.	,			09				<b>20:24.17</b> 421 II
	50m:	35.08	35.08	450m:	5:52.04	40.91	850m: 11:27.90 42.57	1250m: 16:59.32 41.21
	100m:	1:12.70	37.62	500m:	6:32.87	40.83	900m: 12:09.83 41.93	1300m: 17:41.94 42.62
	150m:	1:51.10	38.40	550m:	7:14.97	42.10	950m: 12:51.19 41.36	1350m: 18:22.94 41.00
	200m:	2:30.92	39.82	600m:	7:56.51	41.54	1000m: 13:32.77 41.58	1400m: 19:04.68 41.74
	250m:	3:11.31	40.39	650m:	8:38.85	42.34	1050m: 14:13.84 41.07	1450m: 19:44.84 40.16
	300m:	3:51.28	39.97	700m:	9:21.18	42.33	1100m: 14:54.68 40.84	1500m: 20:24.17 39.33
	350m:	4:31.04	39.76	750m:	10:03.68	42.50	1150m: 15:36.77 42.09	
	400m:	5:11.13	40.09	800m:	10:45.33	41.65	1200m: 16:18.11 41.34	

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" (25 )

"ALT-Timing"

, 21-23.03.2022

11, , 1500m , (13-14 )

5.				<b>08</b>					<b>20:25.09</b>	<b>420</b>	<b>II</b>	
	50m:	31.88	31.88	500m:	6:33.90	41.38	900m:	12:05.08	41.76	1300m:	17:39.68	42.10
	100m:	1:11.55	39.67	550m:	7:15.16	41.26	950m:	12:46.07	40.99	1350m:	18:21.79	42.11
	150m:	1:49.16	37.61	600m:	7:56.55	41.39	1000m:	13:27.78	41.71	1400m:	19:04.06	42.27
	250m:	3:09.97	1:20.81	650m:	8:38.10	41.55	1050m:	14:09.59	41.81	1450m:	19:45.81	41.75
	300m:	3:50.46	40.49	700m:	9:19.61	41.51	1100m:	14:51.68	42.09	1500m:	20:25.09	39.28
	350m:	4:31.21	40.75	750m:	10:00.87	41.26	1150m:	15:33.57	41.89			
	400m:	5:11.83	40.62	800m:	10:42.29	41.42	1200m:	16:15.56	41.99			
	450m:	5:52.52	40.69	850m:	11:23.32	41.03	1250m:	16:57.58	42.02			
6.				<b>09</b>						<b>20:41.97</b>	<b>403</b>	<b>II</b>
	50m:	36.15	36.15	450m:	6:01.83	42.49	850m:	11:36.13	42.47	1250m:	17:16.44	42.03
	100m:	1:15.35	39.20	500m:	6:43.07	41.24	900m:	12:18.45	42.32	1300m:	17:58.10	41.66
	150m:	1:54.74	39.39	550m:	7:24.47	41.40	950m:	13:01.27	42.82	1350m:	18:39.33	41.23
	200m:	2:34.71	39.97	600m:	8:06.45	41.98	1000m:	13:44.00	42.73	1400m:	19:21.30	41.97
	250m:	3:15.77	41.06	650m:	8:48.38	41.93	1050m:	14:26.12	42.12	1450m:	20:01.38	40.08
	300m:	3:56.29	40.52	700m:	9:29.86	41.48	1100m:	15:08.70	42.58	1500m:	20:41.97	40.59
	350m:	4:38.38	42.09	750m:	10:12.48	42.62	1150m:	15:50.89	42.19			
	400m:	5:19.34	40.96	800m:	10:53.66	41.18	1200m:	16:34.41	43.52			

12 , 1500m (15-16 )  
21.03.2022 - 14:50

: FINA 2021

1.				<b>06</b>						<b>16:44.93</b>	<b>600</b>	
2.				<b>07</b>						<b>17:21.55</b>	<b>539</b>	<b>I</b>
	50m:	30.67	30.67	450m:	5:05.04	34.64	850m:	9:47.12	35.21	1250m:	14:29.11	35.43
	100m:	1:04.14	33.47	500m:	5:40.15	35.11	900m:	10:22.59	35.47	1300m:	15:04.48	35.37
	150m:	1:38.31	34.17	550m:	6:15.25	35.10	950m:	10:57.69	35.10	1350m:	15:40.07	35.59
	200m:	2:12.66	34.35	600m:	6:50.66	35.41	1000m:	11:32.91	35.22	1400m:	16:14.86	34.79
	250m:	2:47.18	34.52	650m:	7:25.80	35.14	1050m:	12:08.04	35.13	1450m:	16:49.39	34.53
	300m:	3:21.58	34.40	700m:	8:01.25	35.45	1100m:	12:42.99	34.95	1500m:	17:21.55	32.16
	350m:	3:55.84	34.26	750m:	8:36.64	35.39	1150m:	13:18.31	35.32			
	400m:	4:30.40	34.56	800m:	9:11.91	35.27	1200m:	13:53.68	35.37			
3.				<b>07</b>						<b>18:05.08</b>	<b>477</b>	<b>I</b>
4.				<b>06</b>						<b>18:08.38</b>	<b>473</b>	<b>I</b>
5.				<b>06</b>						<b>18:08.80</b>	<b>472</b>	<b>I</b>
	50m:	31.56	31.56	450m:	5:14.98	36.05	850m:	10:08.83	36.99	1250m:	15:04.85	37.31
	100m:	1:05.84	34.28	500m:	5:51.88	36.90	900m:	10:45.58	36.75	1300m:	15:42.25	37.40
	150m:	1:40.67	34.83	550m:	6:28.52	36.64	950m:	11:22.67	37.09	1350m:	16:19.76	37.51
	200m:	2:15.60	34.93	600m:	7:05.24	36.72	1000m:	11:59.90	37.23	1400m:	16:57.46	37.70
	250m:	2:51.07	35.47	650m:	7:41.62	36.38	1050m:	12:36.73	36.83	1450m:	17:35.03	37.57
	300m:	3:26.77	35.70	700m:	8:18.30	36.68	1100m:	13:13.70	36.97	1500m:	18:08.80	33.77
	350m:	4:02.84	36.07	750m:	8:54.92	36.62	1150m:	13:50.48	36.78			
	400m:	4:38.93	36.09	800m:	9:31.84	36.92	1200m:	14:27.54	37.06			
6.				<b>06</b>						<b>19:25.28</b>	<b>385</b>	<b>II</b>
7.				<b>07</b>						<b>20:01.22</b>	<b>351</b>	<b>II</b>
DSQ				<b>07</b>								

" - " (25 )

"ALT-Timing"

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"

, 21-23.03.2022

13 , 50m (13-14 )  
22.03.2022 - 9:45

: FINA 2021

1.	,	08		<b>31.52</b>	535	I
2.	,	08		<b>33.16</b>	460	II
3.	,	09		<b>33.57</b>	443	II
4.	,	09		<b>33.70</b>	438	II
5.	,	09		<b>34.76</b>	399	II
6.	,	09		<b>34.79</b>	398	II
7.	,	08		<b>35.89</b>	362	II
8.	,	09		<b>36.42</b>	347	II
9.	,	08		<b>42.00</b>	226	

14 , 50m (15-16 )  
22.03.2022 - 9:50

: FINA 2021

1.	,	06		<b>27.55</b>	524	
2.	,	07		<b>29.25</b>	438	I
3.	,	06	" "	<b>30.49</b>	387	II
4.	,	06	-	<b>31.40</b>	354	II
5.	,	07	-	<b>31.47</b>	351	II
6.	,	07		<b>32.11</b>	331	II

15 , 50m (13-14 )  
22.03.2022 - 9:50

: FINA 2021

1.	,	08		<b>29.04</b>	492	II
2.	,	09	- -	<b>29.72</b>	459	II
3.	,	08	- -	<b>30.80</b>	412	III
4.	,	08		<b>30.99</b>	405	III
5.	,	09		<b>31.67</b>	379	III
6.	,	08	-	<b>31.71</b>	378	III
7.	,	09		<b>31.74</b>	377	III
8.	,	08		<b>32.30</b>	357	III
9.	,	09		<b>32.59</b>	348	III
10.	,	09	- -	<b>33.12</b>	331	
11.	,	09	- -	<b>34.40</b>	296	
12.	,	09	-	<b>34.90</b>	283	
13.	,	08	-	<b>35.18</b>	276	
14.	,	09	-	<b>36.81</b>	241	
15.	,	09	-	<b>40.06</b>	187	

" - " (25 )

"ALT-Timing"



" " , 21-23.03.2022

16 , 50m (15-16 )  
22.03.2022 - 9:50

: FINA 2021

1.	,	07		<b>24.33</b>	568	I
2.	,	07		<b>24.97</b>	526	II
3.	,	07		<b>25.01</b>	523	II
4.	,	07		<b>25.62</b>	487	II
5.	,	06		<b>25.94</b>	469	II
6.	,	06	-	<b>26.30</b>	450	II
7.	,	06	-	<b>26.41</b>	444	II
8.	,	06	-	<b>26.63</b>	433	II
9.	,	07		<b>26.72</b>	429	II
10.	,	06	-	<b>27.32</b>	401	III
11.	,	07		<b>28.02</b>	372	III
12.	,	06		<b>28.30</b>	361	III
13.	,	07		<b>28.32</b>	360	III
14.	,	06		<b>28.33</b>	360	III
15.	,	06		<b>28.47</b>	355	III
16.	,	06	- -	<b>28.65</b>	348	III
17.	,	07		<b>28.82</b>	342	III
18.	,	06		<b>28.86</b>	340	III
19.	,	06		<b>28.99</b>	336	III
20.	,	06	-	<b>29.11</b>	332	III
21.	,	06	-	<b>30.07</b>	301	
22.	,	06		<b>30.10</b>	300	
23.	,	07	-	<b>31.07</b>	273	
DSQ	,	06	-			

17 , 100m (13-14 )  
22.03.2022 - 9:55

: FINA 2021

1.	,	08	- -	<b>1:11.94</b>	437	II
	50m: 33.42 33.42	100m: 1:11.94 38.52				
2.	,	08	-	<b>1:13.56</b>	409	II
	50m: 35.52 35.52	100m: 1:13.56 38.04				
3.	,	08		<b>1:13.92</b>	403	II
	50m: 35.00 35.00	100m: 1:13.92 38.92				
4.	,	09	- -	<b>1:14.45</b>	394	II
	50m: 34.76 34.76	100m: 1:14.45 39.69				
5.	,	09		<b>1:14.46</b>	394	II
	50m: 36.09 36.09	100m: 1:14.46 38.37				
6.	,	09		<b>1:24.96</b>	265	III
	50m: 37.19 37.19	100m: 1:24.96 47.77				

" - " (25 )

"ALT-Timing"

, 21-23.03.2022

18 , 100m (15-16 )  
22.03.2022 - 10:00

: FINA 2021

1.				06						<b>59.45</b>	519	I
	50m:	28.34	28.34	100m:	59.45	31.11						
2.				07						<b>59.79</b>	510	I
	50m:	27.79	27.79	100m:	59.79	32.00						
3.				06						<b>59.94</b>	506	I
	50m:	30.01	30.01	100m:	59.94	29.93						
4.				07			-	-		<b>1:01.98</b>	458	II
	50m:	29.60	29.60	100m:	1:01.98	32.38						
5.				06						<b>1:05.41</b>	389	II
	50m:	30.05	30.05	100m:	1:05.41	35.36						
6.				07						<b>1:06.85</b>	365	II
	50m:	30.69	30.69	100m:	1:06.85	36.16						
7.				06						<b>1:07.05</b>	361	II
	50m:	31.12	31.12	100m:	1:07.05	35.93						
8.				07						<b>1:07.44</b>	355	II
	50m:	31.03	31.03	100m:	1:07.44	36.41						
9.				06						<b>1:10.94</b>	305	III
	50m:	32.23	32.23	100m:	1:10.94	38.71						
10.				07						<b>1:11.17</b>	302	III
	50m:	31.50	31.50	100m:	1:11.17	39.67						
11.				06						<b>1:19.08</b>	220	III
	50m:	34.05	34.05	100m:	1:19.08	45.03						

19 , 400m (13-14 )  
22.03.2022 - 10:05

: FINA 2021

1.				08									<b>5:20.41</b>	527	I
	50m:	34.03	34.03	150m:	1:54.66	40.99	250m:	3:18.82	44.31	350m:	4:42.55	38.65			
	100m:	1:13.67	39.64	200m:	2:34.51	39.85	300m:	4:03.90	45.08	400m:	5:20.41	37.86			
2.				08									<b>5:29.01</b>	487	I
	50m:	36.66	36.66	150m:	2:00.19	41.19	250m:	3:24.74	44.30	350m:	4:51.84	40.64			
	100m:	1:19.00	42.34	200m:	2:40.44	40.25	300m:	4:11.20	46.46	400m:	5:29.01	37.17			
3.				08									<b>5:38.59</b>	447	I
	50m:	35.36	35.36	150m:	2:01.25	44.71	250m:	3:31.01	46.48	350m:	5:00.20	40.95			
	100m:	1:16.54	41.18	200m:	2:44.53	43.28	300m:	4:19.25	48.24	400m:	5:38.59	38.39			
4.				09									<b>5:39.36</b>	444	I
	50m:	36.75	36.75	150m:	1:59.01	40.75	250m:	3:33.13	52.36	350m:	5:02.28	36.90			
	100m:	1:18.26	41.51	200m:	2:40.77	41.76	300m:	4:25.38	52.25	400m:	5:39.36	37.08			
5.				09			-						<b>5:48.31</b>	410	II
	50m:	39.13	39.13	150m:	2:10.72	44.89	250m:	3:33.39	37.76	350m:	5:09.41	39.76			
	100m:	1:25.83	46.70	200m:	2:55.63	44.91	300m:	4:29.65	56.26	400m:	5:48.31	38.90			

" - " (25 )

"ALT-Timing"

, 21-23.03.2022

19, , 400m , (13-14 )

6. , 09 - **6:34.09** 283 III  
 50m: 39.65 39.65 150m: 2:17.37 47.83 250m: 4:05.24 58.19 350m: 5:48.37 44.95  
 100m: 1:29.54 49.89 200m: 3:07.05 49.68 300m: 5:03.42 58.18 400m: 6:34.09 45.72

20 , 400m (15-16 )  
 22.03.2022 - 10:10

: FINA 2021

1. , 07 **4:47.16** 546 I  
 50m: 30.80 30.80 150m: 1:45.83 37.95 250m: 3:02.25 40.17 350m: 4:15.58 33.18  
 100m: 1:07.88 37.08 200m: 2:22.08 36.25 300m: 3:42.40 40.15 400m: 4:47.16 31.58

2. , 06 - **5:38.71** 333 II  
 50m: 35.03 35.03 150m: 1:57.93 42.13 300m: 4:24.49 51.31 400m: 5:38.71 37.15  
 100m: 1:15.80 40.77 250m: 3:33.18 1:35.25 350m: 5:01.56 37.07

DSQ , 07 -  
 50m: 39.76 39.76 150m: 2:14.35 46.61 250m: 3:55.39 53.67 350m: 5:24.03 45.33  
 100m: 1:27.74 47.98 200m: 3:01.72 47.37 300m: 4:38.70 43.31

21 , 200m (13-14 )  
 22.03.2022 - 10:15

: FINA 2021

1. , 08 **2:38.94** 606  
 50m: 36.38 36.38 100m: 1:17.08 40.70 150m: 1:58.21 41.13 200m: 2:38.94 40.73

2. , 09 **2:50.24** 493 I  
 50m: 39.41 39.41 100m: 1:23.17 43.76 150m: 2:08.17 45.00 200m: 2:50.24 42.07

3. , 09 **2:53.25** 468 I  
 50m: 39.90 39.90 100m: 1:24.22 44.32 150m: 2:09.48 45.26 200m: 2:53.25 43.77

4. , 08 - - **2:57.69** 434 II  
 50m: 39.57 39.57 100m: 1:26.02 46.45 150m: 2:11.01 44.99 200m: 2:57.69 46.68

5. , 08 - **3:06.59** 375 II  
 50m: 41.41 41.41 100m: 1:28.21 46.80 150m: 2:17.25 49.04 200m: 3:06.59 49.34

6. , 09 **3:15.31** 327 III  
 50m: 44.05 44.05 100m: 1:33.08 49.03 150m: 2:23.58 50.50 200m: 3:15.31 51.73

7. , 09 **3:16.46** 321 III  
 50m: 44.84 44.84 100m: 1:35.07 50.23 150m: 2:26.54 51.47 200m: 3:16.46 49.92

8. , 08 **3:17.54** 316 III  
 50m: 46.85 46.85 100m: 1:38.16 51.31 150m: 2:28.73 50.57 200m: 3:17.54 48.81

9. , 09 **3:20.37** 302 III  
 50m: 45.73 45.73 100m: 1:36.71 50.98 150m: 2:29.13 52.42 200m: 3:20.37 51.24

10. , 08 **3:24.26** 285 III  
 50m: 48.36 48.36 100m: 1:40.51 52.15 150m: 2:32.76 52.25 200m: 3:24.26 51.50

11. , 09 **3:25.97** 278 III  
 50m: 47.54 47.54 100m: 1:40.88 53.34 150m: 2:33.93 53.05 200m: 3:25.97 52.04

" - " (25 )

"ALT-Timing"

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"

, 21-23.03.2022

21, , 200m , (13-14 )

12.				09						<b>3:38.58</b>	233	III
50m:	50.84	50.84	100m:	1:46.72	55.88	150m:	2:44.34	57.62	200m:	3:38.58	54.24	
13.				09						<b>3:41.44</b>	224	
50m:	52.08	52.08	100m:	1:47.78	55.70	150m:	2:44.68	56.90	200m:	3:41.44	56.76	
DSQ				09								

22

, 200m

(15-16 )

22.03.2022 - 10:25

: FINA 2021

1.				07						<b>2:29.18</b>	522	I
50m:	33.93	33.93	100m:	1:12.27	38.34	150m:	1:50.75	38.48	200m:	2:29.18	38.43	
2.				07						<b>2:41.17</b>	414	II
50m:	35.99	35.99	100m:	1:16.66	40.67	150m:	1:58.91	42.25	200m:	2:41.17	42.26	
3.				07						<b>2:45.92</b>	379	II
50m:	38.72	38.72	100m:	1:21.01	42.29	150m:	2:04.39	43.38	200m:	2:45.92	41.53	
4.				06		-	-			<b>2:51.81</b>	342	II
50m:	37.49	37.49	100m:	1:20.20	42.71	150m:	2:05.63	45.43	200m:	2:51.81	46.18	
5.				07		"	"			<b>2:55.44</b>	321	II
50m:	38.97	38.97	100m:	1:23.23	44.26	150m:	2:07.75	44.52	200m:	2:55.44	47.69	
6.				07						<b>3:09.62</b>	254	III
50m:	42.24	42.24	100m:	1:29.79	47.55	150m:	2:20.00	50.21	200m:	3:09.62	49.62	
7.				07		-				<b>3:17.84</b>	224	III
50m:	43.25	43.25	100m:	1:32.84	49.59	150m:	2:25.33	52.49	200m:	3:17.84	52.51	
8.				07						<b>3:19.77</b>	217	
50m:	43.60	43.60	100m:	1:34.23	50.63	150m:	2:28.68	54.45	200m:	3:19.77	51.09	

23

, 400m

(13-14 )

22.03.2022 - 10:30

: FINA 2021

1.				08						<b>4:37.66</b>	597	
50m:	31.05	31.05	150m:	1:39.42	34.67	250m:	2:50.09	35.31	350m:	4:02.51	36.40	
100m:	1:04.75	33.70	200m:	2:14.78	35.36	300m:	3:26.11	36.02	400m:	4:37.66	35.15	
2.				08						<b>4:40.81</b>	578	I
50m:	31.64	31.64	150m:	1:42.15	35.58	250m:	2:54.42	36.00	350m:	4:06.37	35.78	
100m:	1:06.57	34.93	200m:	2:18.42	36.27	300m:	3:30.59	36.17	400m:	4:40.81	34.44	
3.				09						<b>4:49.05</b>	530	I
50m:	31.57	31.57	150m:	1:44.04	37.04	250m:	2:58.93	37.48	350m:	4:12.82	36.91	
100m:	1:07.00	35.43	200m:	2:21.45	37.41	300m:	3:35.91	36.98	400m:	4:49.05	36.23	
4.				08						<b>4:51.53</b>	516	I
50m:	32.76	32.76	150m:	1:45.91	37.22	250m:	3:01.01	37.72	350m:	4:16.19	36.63	
100m:	1:08.69	35.93	200m:	2:23.29	37.38	300m:	3:39.56	38.55	400m:	4:51.53	35.34	

" - " (25 )

"ALT-Timing"

, 21-23.03.2022

23,		, 400m				(13-14 )						
5.				08		-	-			<b>4:52.39</b>	512 I	
	50m:	32.80	32.80	150m:	1:46.02	36.92	250m:	3:00.95	37.74	350m:	4:16.53	37.75
	100m:	1:09.10	36.30	200m:	2:23.21	37.19	300m:	3:38.78	37.83	400m:	4:52.39	35.86
6.				09						<b>5:00.38</b>	472 II	
	50m:	34.42	34.42	150m:	1:49.75	37.77	250m:	3:06.24	38.33	350m:	4:22.85	38.62
	100m:	1:11.98	37.56	200m:	2:27.91	38.16	300m:	3:44.23	37.99	400m:	5:00.38	37.53
7.				09						<b>5:01.77</b>	465 II	
	50m:	33.47	33.47	150m:	1:49.38	38.80	250m:	3:07.80	38.97	350m:	4:24.39	37.66
	100m:	1:10.58	37.11	200m:	2:28.83	39.45	300m:	3:46.73	38.93	400m:	5:01.77	37.38
8.				08						<b>5:04.81</b>	451 II	
	50m:	34.33	34.33	150m:	1:52.49	39.57	250m:	3:11.07	38.89	350m:	4:28.37	38.34
	100m:	1:12.92	38.59	200m:	2:32.18	39.69	300m:	3:50.03	38.96	400m:	5:04.81	36.44
9.				09						<b>5:05.37</b>	449 II	
	50m:	32.97	32.97	150m:	1:49.05	38.60	250m:	3:08.50	39.76	350m:	4:28.02	39.80
	100m:	1:10.45	37.48	200m:	2:28.74	39.69	300m:	3:48.22	39.72	400m:	5:05.37	37.35
10.				08						<b>5:08.79</b>	434 II	
	50m:	33.55	33.55	150m:	1:48.98	38.46	250m:	3:08.18	39.74	350m:	4:29.47	40.88
	100m:	1:10.52	36.97	200m:	2:28.44	39.46	300m:	3:48.59	40.41	400m:	5:08.79	39.32
11.				08			-	-		<b>5:09.43</b>	432 II	
	50m:	35.55	35.55	150m:	1:55.39	40.24	250m:	3:14.24	39.46	350m:	4:32.36	39.00
	100m:	1:15.15	39.60	200m:	2:34.78	39.39	300m:	3:53.36	39.12	400m:	5:09.43	37.07
12.				08			-	-		<b>5:25.78</b>	370 II	
	50m:	35.29	35.29	150m:	1:53.90	40.07	250m:	3:17.87	42.70	350m:	4:44.89	43.46
	100m:	1:13.83	38.54	200m:	2:35.17	41.27	300m:	4:01.43	43.56	400m:	5:25.78	40.89
13.				09						<b>5:44.07</b>	314 III	
	50m:	39.88	39.88	150m:	2:06.65	43.46	250m:	3:34.42	43.82	350m:	5:02.17	43.74
	100m:	1:23.19	43.31	200m:	2:50.60	43.95	300m:	4:18.43	44.01	400m:	5:44.07	41.90

24 , 400m (15-16 )  
22.03.2022 - 10:40

: FINA 2021

1.				06						<b>4:09.80</b>	613	
	50m:	27.93	27.93	150m:	1:30.07	31.33	250m:	2:34.22	32.18	350m:	3:38.53	31.97
	100m:	58.74	30.81	200m:	2:02.04	31.97	300m:	3:06.56	32.34	400m:	4:09.80	31.27
2.				06						<b>4:11.62</b>	600 I	
	50m:	29.08	29.08	150m:	1:31.74	31.64	250m:	2:36.02	31.72	350m:	3:40.64	32.31
	100m:	1:00.10	31.02	200m:	2:04.30	32.56	300m:	3:08.33	32.31	400m:	4:11.62	30.98
3.				06						<b>4:18.03</b>	556 I	
	50m:	28.40	28.40	150m:	1:31.79	32.52	250m:	2:39.24	33.99	350m:	3:46.17	33.11
	100m:	59.27	30.87	200m:	2:05.25	33.46	300m:	3:13.06	33.82	400m:	4:18.03	31.86
4.				07						<b>4:18.97</b>	550 I	
	50m:	28.94	28.94	150m:	1:33.41	32.69	250m:	2:40.50	33.37	350m:	3:47.17	33.06
	100m:	1:00.72	31.78	200m:	2:07.13	33.72	300m:	3:14.11	33.61	400m:	4:18.97	31.80
5.				06						<b>4:28.40</b>	494 II	
	50m:	30.40	30.40	150m:	1:38.26	34.26	250m:	2:47.51	34.45	350m:	3:56.38	34.10
	100m:	1:04.00	33.60	200m:	2:13.06	34.80	300m:	3:22.28	34.77	400m:	4:28.40	32.02

" - " (25 )

"ALT-Timing"

, 21-23.03.2022

24,		, 400m				(15-16 )						
6.				07						<b>4:28.46</b>	494 II	
	50m:	29.37	29.37	150m:	1:35.95	33.66	250m:	2:44.67	34.43	350m:	3:54.96	35.10
	100m:	1:02.29	32.92	200m:	2:10.24	34.29	300m:	3:19.86	35.19	400m:	4:28.46	33.50
7.				07						<b>4:28.53</b>	493 II	
	50m:	30.15	30.15	150m:	1:36.52	33.77	250m:	2:46.35	35.06	350m:	3:55.51	33.95
	100m:	1:02.75	32.60	200m:	2:11.29	34.77	300m:	3:21.56	35.21	400m:	4:28.53	33.02
8.				07						<b>4:28.94</b>	491 II	
	50m:	31.25	31.25	150m:	1:39.75	34.32	250m:	2:48.38	34.11	350m:	3:56.19	33.66
	100m:	1:05.43	34.18	200m:	2:14.27	34.52	300m:	3:22.53	34.15	400m:	4:28.94	32.75
9.				07						<b>4:33.20</b>	468 II	
	50m:	30.78	30.78	150m:	1:39.58	34.88	250m:	2:49.80	35.22	350m:	4:00.13	35.14
	100m:	1:04.70	33.92	200m:	2:14.58	35.00	300m:	3:24.99	35.19	400m:	4:33.20	33.07
10.				06						<b>4:39.08</b>	439 II	
	50m:	30.94	30.94	150m:	1:41.28	35.70	250m:	2:52.91	35.56	350m:	4:05.26	36.25
	100m:	1:05.58	34.64	200m:	2:17.35	36.07	300m:	3:29.01	36.10	400m:	4:39.08	33.82
11.				06						<b>4:53.65</b>	377 II	
	50m:	32.45	32.45	150m:	1:46.05	37.25	250m:	3:01.62	37.56	350m:	4:16.80	37.66
	100m:	1:08.80	36.35	200m:	2:24.06	38.01	300m:	3:39.14	37.52	400m:	4:53.65	36.85
12.				06						<b>4:55.93</b>	368 II	
	50m:	32.72	32.72	150m:	1:48.03	37.74	250m:	3:04.41	38.18	350m:	4:19.93	37.41
	100m:	1:10.29	37.57	200m:	2:26.23	38.20	300m:	3:42.52	38.11	400m:	4:55.93	36.00
13.				06			-	-		<b>5:01.70</b>	348 II	
	50m:	31.73	31.73	150m:	1:45.55	38.20	250m:	3:03.67	39.40	350m:	4:23.63	40.15
	100m:	1:07.35	35.62	200m:	2:24.27	38.72	300m:	3:43.48	39.81	400m:	5:01.70	38.07
14.				07						<b>5:16.98</b>	300 III	
	50m:	32.93	32.93	150m:	1:51.04	39.68	250m:	3:13.46	41.87	350m:	4:38.89	42.99
	100m:	1:11.36	38.43	200m:	2:31.59	40.55	300m:	3:55.90	42.44	400m:	5:16.98	38.09
25						, 50m				(13-14 )		
23.03.2022 - 9:45												

: FINA 2021

1.				08		-	-			<b>32.49</b>	422 II
2.				09		-	-			<b>32.96</b>	404 II
3.				09						<b>33.24</b>	394 II
4.				08						<b>33.72</b>	377 II
5.				08						<b>35.60</b>	321 III
6.				09						<b>38.11</b>	261

" - " (25 )

"ALT-Timing"

" " , 21-23.03.2022

26 , 50m (15-16 )  
23.03.2022 - 9:45

: FINA 2021

1.	,	06		<b>26.52</b>	551	I
2.	,	07		<b>26.82</b>	533	I
3.	,	07		<b>28.36</b>	451	II
4.	,	07	- -	<b>28.48</b>	445	II
5.	,	06		<b>28.83</b>	429	II
6.	,	06	-	<b>28.93</b>	424	II
7.	,	07		<b>29.13</b>	416	II
8.	,	06	-	<b>29.50</b>	400	II
9.	,	06		<b>30.39</b>	366	III
10.	,	07		<b>30.58</b>	359	III
11.	,	07		<b>32.25</b>	306	III
12.	,	06		<b>33.71</b>	268	

27 , 100m (13-14 )  
23.03.2022 - 9:50

: FINA 2021

1.	,	08		<b>59.11</b>	614	
	50m:	28.31	28.31	100m:	59.11	30.80
2.	,	08		<b>1:03.25</b>	501	I
	50m:	30.94	30.94	100m:	1:03.25	32.31
3.	,	08		<b>1:03.51</b>	495	I
	50m:	30.32	30.32	100m:	1:03.51	33.19
4.	,	09		<b>1:04.85</b>	465	II
	50m:	30.87	30.87	100m:	1:04.85	33.98
5.	,	09		<b>1:05.47</b>	452	II
	50m:	32.45	32.45	100m:	1:05.47	33.02
6.	,	08	-	<b>1:06.75</b>	426	II
	50m:	32.01	32.01	100m:	1:06.75	34.74
7.	,	09		<b>1:07.25</b>	417	II
	50m:	31.88	31.88	100m:	1:07.25	35.37
8.	,	09		<b>1:07.93</b>	404	II
	50m:	32.68	32.68	100m:	1:07.93	35.25
9.	,	09		<b>1:10.72</b>	358	II
	50m:	34.40	34.40	100m:	1:10.72	36.32
10.	,	08		<b>1:12.77</b>	329	III
	50m:	34.88	34.88	100m:	1:12.77	37.89
11.	,	08		<b>1:17.47</b>	272	III
	50m:	37.36	37.36	100m:	1:17.47	40.11
12.	,	08		<b>1:18.15</b>	265	III
	50m:	36.25	36.25	100m:	1:18.15	41.90
13.	,	09		<b>1:18.32</b>	264	III
	50m:	37.81	37.81	100m:	1:18.32	40.51

" - " (25 )

"ALT-Timing"

, 21-23.03.2022

27,		, 100m				(13-14 )	
14.				09		<b>1:23.51</b>	217
50m:	39.56	39.56	100m:	1:23.51	43.95		
15.				09	-	<b>1:23.55</b>	217
50m:	37.80	37.80	100m:	1:23.55	45.75		
16.				09		<b>1:23.58</b>	217
50m:	38.39	38.39	100m:	1:23.58	45.19		
17.				09	-	<b>1:27.80</b>	187
50m:	42.41	42.41	100m:	1:27.80	45.39		
DSQ				08	-		

28 , 100m (15-16 )  
23.03.2022 - 9:55

: FINA 2021

1.				07		<b>53.20</b>	602
50m:	26.54	26.54	100m:	53.20	26.66		
2.				06		<b>53.31</b>	599
50m:	25.51	25.51	100m:	53.31	27.80		
3.				07		<b>54.86</b>	549 I
50m:	26.75	26.75	100m:	54.86	28.11		
4.				07		<b>55.12</b>	541 I
50m:	26.80	26.80	100m:	55.12	28.32		
5.				06		<b>58.08</b>	463 II
50m:	28.30	28.30	100m:	58.08	29.78		
6.				07		<b>58.59</b>	451 II
50m:	28.13	28.13	100m:	58.59	30.46		
7.				06		<b>1:00.48</b>	410 II
50m:	29.20	29.20	100m:	1:00.48	31.28		
8.				06	- -	<b>1:00.88</b>	402 II
50m:	28.99	28.99	100m:	1:00.88	31.89		
9.				06		<b>1:01.18</b>	396 II
50m:	29.21	29.21	100m:	1:01.18	31.97		
10.				07		<b>1:01.29</b>	394 II
50m:	29.64	29.64	100m:	1:01.29	31.65		
11.				06	-	<b>1:02.37</b>	374 II
50m:	29.67	29.67	100m:	1:02.37	32.70		
12.				07		<b>1:02.38</b>	373 II
50m:	29.68	29.68	100m:	1:02.38	32.70		
13.				07		<b>1:02.58</b>	370 II
50m:	30.49	30.49	100m:	1:02.58	32.09		
				06	-	<b>1:02.58</b>	370 II
50m:	30.06	30.06	100m:	1:02.58	32.52		

" - " (25 )

"ALT-Timing"



, 21-23.03.2022

28,		, 100m				(15-16 )			
15.	, 50m:	29.95	29.95	100m:	1:02.64	32.69		<b>1:02.64</b>	369 II
16.	, 50m:	31.24	31.24	100m:	1:03.89	32.65		<b>1:03.89</b>	348 III
17.	, 50m:	30.48	30.48	100m:	1:03.99	33.51		<b>1:03.99</b>	346 III
18.	, 50m:	30.39	30.39	100m:	1:04.03	33.64		<b>1:04.03</b>	345 III
19.	, 50m:	30.80	30.80	100m:	1:04.06	33.26		<b>1:04.06</b>	345 III
20.	, 50m:	30.71	30.71	100m:	1:04.96	34.25	-	<b>1:04.96</b>	331 III
21.	, 50m:	30.68	30.68	100m:	1:05.29	34.61	-	<b>1:05.29</b>	326 III
22.	, 50m:	31.31	31.31	100m:	1:05.67	34.36	-	<b>1:05.67</b>	320 III
23.	, 50m:	31.64	31.64	100m:	1:06.48	34.84		<b>1:06.48</b>	308 III
24.	, 50m:	31.80	31.80	100m:	1:07.16	35.36	-	<b>1:07.16</b>	299 III
25.	, 50m:	33.00	33.00	100m:	1:08.10	35.10		<b>1:08.10</b>	287 III
26.	, 50m:	32.61	32.61	100m:	1:10.60	37.99	-	<b>1:10.60</b>	257 III
27.	, 50m:	33.00	33.00	100m:	1:10.70	37.70	-	<b>1:10.70</b>	256 III

29 , 100m (13-14 )  
23.03.2022 - 10:00

: FINA 2021

1.	, 50m:	36.01	36.01	100m:	1:15.95	39.94		<b>1:15.95</b>	553
2.	, 50m:	36.38	36.38	100m:	1:16.27	39.89		<b>1:16.27</b>	546
3.	, 50m:	37.26	37.26	100m:	1:17.42	40.16		<b>1:17.42</b>	522 I
4.	, 50m:	38.51	38.51	100m:	1:21.67	43.16	- -	<b>1:21.67</b>	445 II
5.	, 50m:	39.95	39.95	100m:	1:23.65	43.70	- -	<b>1:23.65</b>	414 II
6.	, 50m:	39.76	39.76	100m:	1:25.77	46.01	-	<b>1:25.77</b>	384 II

" - " (25 )

"ALT-Timing"

, 21-23.03.2022

29, , 100m , (13-14 )

7.					09					<b>1:30.54</b>	326	III
50m:	42.56	42.56	100m:	1:30.54	47.98							
8.					09					<b>1:33.39</b>	297	III
50m:	44.18	44.18	100m:	1:33.39	49.21							
9.					08					<b>1:33.48</b>	296	III
50m:	45.28	45.28	100m:	1:33.48	48.20							
10.					09					<b>1:35.85</b>	275	III
50m:	45.65	45.65	100m:	1:35.85	50.20							
11.					09					<b>1:36.53</b>	269	III
50m:	45.92	45.92	100m:	1:36.53	50.61							
12.					09					<b>1:44.31</b>	213	
50m:	51.12	51.12	100m:	1:44.31	53.19							
13.					08					<b>2:00.49</b>	138	
50m:	50.82	50.82	100m:	2:00.49	1:09.67							

30 , 100m (15-16 )

23.03.2022 - 10:05

: FINA 2021

1.					06					<b>1:11.32</b>	467	I
50m:	32.82	32.82	100m:	1:11.32	38.50							
2.					07					<b>1:14.99</b>	401	II
50m:	35.62	35.62	100m:	1:14.99	39.37							
3.					06					<b>1:16.94</b>	372	II
50m:	37.62	37.62	100m:	1:16.94	39.32							
4.					07					<b>1:17.91</b>	358	II
50m:	36.80	36.80	100m:	1:17.91	41.11							
5.					07					<b>1:27.92</b>	249	III
50m:	41.22	41.22	100m:	1:27.92	46.70							
6.					07					<b>1:29.58</b>	235	
50m:	40.84	40.84	100m:	1:29.58	48.74							

31 , 200m (13-14 )

23.03.2022 - 10:10

: FINA 2021

1.					08					<b>2:28.91</b>	548	
50m:	32.57	32.57	100m:	1:10.72	38.15	150m:	1:52.84	42.12	200m:	2:28.91	36.07	
2.					08					<b>2:29.83</b>	538	
50m:	34.01	34.01	100m:	1:13.80	39.79	150m:	1:55.49	41.69	200m:	2:29.83	34.34	
3.					08					<b>2:31.22</b>	523	I
50m:	35.19	35.19	100m:	1:13.87	38.68	150m:	1:55.70	41.83	200m:	2:31.22	35.52	

" - " (25 )

"ALT-Timing"

, 21-23.03.2022

31,		, 200m				(13-14 )			
4.				08				<b>2:36.61</b>	471 I
50m:	35.95	35.95	100m:	1:14.75	38.80	150m:	1:59.05	44.30	200m: 2:36.61 37.56
5.				08				<b>2:38.24</b>	456 I
50m:	38.29	38.29	100m:	1:17.21	38.92	150m:	2:03.38	46.17	200m: 2:38.24 34.86
6.				09				<b>2:40.79</b>	435 II
50m:	33.65	33.65	100m:	1:12.95	39.30	150m:	2:04.32	51.37	200m: 2:40.79 36.47
7.				09		-	-	<b>2:45.33</b>	400 II
50m:	33.77	33.77	100m:	1:14.54	40.77	150m:	2:06.11	51.57	200m: 2:45.33 39.22
8.				08				<b>2:46.97</b>	388 II
50m:	36.92	36.92	100m:	1:19.39	42.47	150m:	2:10.85	51.46	200m: 2:46.97 36.12
9.				09		-		<b>2:47.04</b>	388 II
50m:	37.73	37.73	100m:	1:21.23	43.50	150m:	2:08.48	47.25	200m: 2:47.04 38.56
10.				09				<b>2:54.53</b>	340 II
50m:	40.47	40.47	100m:	1:23.06	42.59	150m:	2:15.18	52.12	200m: 2:54.53 39.35
11.				09				<b>2:55.72</b>	333 II
50m:	41.72	41.72	100m:	1:30.14	48.42	150m:	2:16.25	46.11	200m: 2:55.72 39.47
12.				09		-		<b>2:58.76</b>	316 II
50m:	1:22.67	1:22.67	100m:	2:18.53	55.86	150m:	2:59.03	40.50	200m: 2:58.76
13.				09				<b>3:01.27</b>	303 III
50m:	44.61	44.61	100m:	1:28.68	44.07	150m:	2:20.07	51.39	200m: 3:01.27 41.20
14.				09				<b>3:04.53</b>	287 III
50m:	38.55	38.55	100m:	1:25.75	47.20	150m:	2:19.11	53.36	200m: 3:04.53 45.42

32 , 200m (15-16 )  
23.03.2022 - 10:15

: FINA 2021

1.				06				<b>2:09.66</b>	604
50m:	28.34	28.34	100m:	1:00.53	32.19	150m:	1:38.77	38.24	200m: 2:09.66 30.89
2.				07				<b>2:11.05</b>	585
50m:	28.16	28.16	100m:	1:01.60	33.44	150m:	1:40.52	38.92	200m: 2:11.05 30.53
3.				06				<b>2:11.43</b>	580
50m:	28.05	28.05	100m:	1:01.55	33.50	150m:	1:41.42	39.87	200m: 2:11.43 30.01
4.				07				<b>2:49.16</b>	272 III
50m:	37.83	37.83	100m:	1:22.58	44.75	150m:	2:11.21	48.63	200m: 2:49.16 37.95

" - " (25 )

"ALT-Timing"

, 21-23.03.2022

33 , 200m (13-14 )  
23.03.2022 - 10:20

: FINA 2021

1.			08						<b>2:28.58</b>	512	I	
	50m:	34.32	34.32	100m:	1:11.75	37.43	150m:	1:50.72	38.97	200m:	2:28.58	37.86
2.			08						<b>2:31.46</b>	484	I	
	50m:	35.96	35.96	100m:	1:14.49	38.53	150m:	1:54.06	39.57	200m:	2:31.46	37.40
3.			08						<b>2:31.50</b>	483	I	
	50m:	36.46	36.46	100m:	1:15.25	38.79	150m:	1:54.49	39.24	200m:	2:31.50	37.01
4.			08				-	-	<b>2:37.02</b>	434	II	
	50m:	36.75	36.75	100m:	1:15.40	38.65	150m:	1:55.94	40.54	200m:	2:37.02	41.08
5.			09						<b>2:37.86</b>	427	II	
	50m:	36.31	36.31	100m:	1:16.25	39.94	150m:	1:57.60	41.35	200m:	2:37.86	40.26
6.			09						<b>2:43.38</b>	385	II	
	50m:	39.89	39.89	100m:	1:21.61	41.72	150m:	2:03.73	42.12	200m:	2:43.38	39.65
7.			09				-	-	<b>2:47.26</b>	359	II	
	50m:	39.49	39.49	100m:	1:21.41	41.92	150m:	2:04.45	43.04	200m:	2:47.26	42.81
8.			08				-	-	<b>2:53.35</b>	323	II	
	50m:	40.32	40.32	100m:	1:24.19	43.87	150m:	2:08.91	44.72	200m:	2:53.35	44.44

34 , 200m (15-16 )  
23.03.2022 - 10:25

: FINA 2021

1.			06						<b>2:10.28</b>	533		
	50m:	31.41	31.41	100m:	1:04.54	33.13	150m:	1:37.78	33.24	200m:	2:10.28	32.50
2.			07						<b>2:15.92</b>	469	I	
	50m:	20.87	20.87	100m:	1:06.31	45.44	150m:	1:41.36	35.05	200m:	2:15.92	34.56
3.			06				"	"	<b>2:19.43</b>	434	I	
	50m:	32.54	32.54	100m:	1:08.25	35.71	150m:	1:44.18	35.93	200m:	2:19.43	35.25
4.			06						<b>2:20.01</b>	429	II	
	50m:	33.42	33.42	100m:	1:08.88	35.46	150m:	1:45.08	36.20	200m:	2:20.01	34.93
5.			07						<b>2:23.65</b>	397	II	
	50m:	33.48	33.48	100m:	1:10.01	36.53	150m:	1:47.48	37.47	200m:	2:23.65	36.17
6.			07				-		<b>2:31.05</b>	341	II	
	50m:	34.98	34.98	100m:	1:13.40	38.42	150m:	1:52.76	39.36	200m:	2:31.05	38.29

" - " (25 )

"ALT-Timing"

, 21-23.03.2022

23.03.2022 - 10:30 35 , 800m (13-14 )

: FINA 2021

1.				09						<b>9:50.21</b>	535	I
	50m:	33.66	33.66	300m:	3:38.86	1:13.84	600m:	7:21.92	1:14.82			
	100m:	1:10.38	36.72	400m:	4:52.99	1:14.13	700m:	8:37.04	1:15.12			
	200m:	2:25.02	1:14.64	500m:	6:07.10	1:14.11	800m:	9:50.21	1:13.17			
2.				08						<b>9:59.46</b>	511	I
	50m:	32.95	32.95	300m:	3:40.13	1:16.75	600m:	7:32.39	1:16.37			
	100m:	1:08.60	35.65	400m:	4:57.64	1:17.51	700m:	8:46.67	1:14.28			
	200m:	2:23.38	1:14.78	500m:	6:16.02	1:18.38	800m:	9:59.46	1:12.79			
3.				09						<b>10:04.44</b>	498	I
	50m:	34.14	34.14	300m:	3:43.69	1:16.73	600m:	7:32.02	1:15.98			
	100m:	1:11.03	36.89	400m:	5:00.44	1:16.75	700m:	8:47.46	1:15.44			
	200m:	2:26.96	1:15.93	500m:	6:16.04	1:15.60	800m:	10:04.44	1:16.98			
4.				08			-	-		<b>10:04.65</b>	498	I
	50m:	33.68	33.68	300m:	3:41.41	1:16.24	600m:	7:32.38	1:16.68			
	100m:	1:10.48	36.80	400m:	4:58.85	1:17.44	700m:	8:49.14	1:16.76			
	200m:	2:25.17	1:14.69	500m:	6:15.70	1:16.85	800m:	10:04.65	1:15.51			
5.				08						<b>10:28.57</b>	443	II
	50m:	34.80	34.80	300m:	3:49.87	1:18.43	600m:	7:50.87	1:20.17			
	100m:	1:12.88	38.08	400m:	5:10.11	1:20.24	700m:	9:11.35	1:20.48			
	200m:	2:31.44	1:18.56	500m:	6:30.70	1:20.59	800m:	10:28.57	1:17.22			
6.				08						<b>10:30.02</b>	440	II
	50m:	34.99	34.99	300m:	3:52.25	1:20.72	600m:	7:50.03	1:18.54			
	100m:	1:13.05	38.06	400m:	5:13.20	1:20.95	700m:	9:10.37	1:20.34			
	200m:	2:31.53	1:18.48	500m:	6:31.49	1:18.29	800m:	10:30.02	1:19.65			
7.				09						<b>10:54.72</b>	392	II
	50m:	36.73	36.73	300m:	4:02.02	1:22.37	600m:	8:12.84	1:24.34			
	100m:	1:17.40	40.67	400m:	5:24.77	1:22.75	700m:	9:35.62	1:22.78			
	200m:	2:39.65	1:22.25	500m:	6:48.50	1:23.73	800m:	10:54.72	1:19.10			
8.				09						<b>11:06.03</b>	372	II
	50m:	37.67	37.67	300m:	4:05.02	1:23.13	600m:	8:19.75	1:26.64			
	100m:	1:19.33	41.66	400m:	5:27.53	1:22.51	700m:	9:45.18	1:25.43			
	200m:	2:41.89	1:22.56	500m:	6:53.11	1:25.58	800m:	11:06.03	1:20.85			
9.				09			-	-		<b>11:34.41</b>	328	II
	50m:	38.77	38.77	300m:	4:14.87	1:27.26	600m:	8:40.34	1:28.24			
	100m:	1:21.07	42.30	400m:	5:43.40	1:28.53	700m:	10:08.09	1:27.75			
	200m:	2:47.61	1:26.54	500m:	7:12.10	1:28.70	800m:	11:34.41	1:26.32			

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"ALT-Timing"

, 21-23.03.2022

36 , 800m (15-16 )  
23.03.2022 - 10:50

: FINA 2021

1.			07						<b>8:39.39</b>	622
	50m:	28.55	28.55	300m:	3:10.80	1:05.46	600m:	6:29.95	1:07.38	
	100m:	1:00.63	32.08	400m:	4:16.57	1:05.77	700m:	7:36.32	1:06.37	
	200m:	2:05.34	1:04.71	500m:	5:22.57	1:06.00	800m:	8:39.39	1:03.07	
2.			07						<b>9:00.48</b>	552 I
	50m:	29.84	29.84	300m:	3:18.30	1:08.17	600m:	6:44.27	1:09.10	
	100m:	1:02.46	32.62	400m:	4:26.46	1:08.16	700m:	7:52.94	1:08.67	
	200m:	2:10.13	1:07.67	500m:	5:35.17	1:08.71	800m:	9:00.48	1:07.54	
3.			07						<b>9:13.03</b>	515 I
	50m:	32.06	32.06	300m:	3:25.57	1:09.97	600m:	6:55.91	1:10.04	
	100m:	1:06.19	34.13	400m:	4:35.33	1:09.76	700m:	8:05.55	1:09.64	
	200m:	2:15.60	1:09.41	500m:	5:45.87	1:10.54	800m:	9:13.03	1:07.48	
4.			07						<b>9:14.49</b>	511 I
	50m:	31.71	31.71	300m:	3:24.71	1:09.96	600m:	6:55.06	1:09.85	
	100m:	1:05.56	33.85	400m:	4:34.77	1:10.06	700m:	8:04.41	1:09.35	
	200m:	2:14.75	1:09.19	500m:	5:45.21	1:10.44	800m:	9:14.49	1:10.08	
5.			07						<b>9:23.44</b>	487 I
	50m:	30.16	30.16	300m:	3:22.16	1:10.41	600m:	6:57.72	1:12.13	
	100m:	1:03.51	33.35	400m:	4:33.30	1:11.14	700m:	8:11.51	1:13.79	
	200m:	2:11.75	1:08.24	500m:	5:45.59	1:12.29	800m:	9:23.44	1:11.93	
6.			06						<b>9:25.36</b>	482 I
	50m:	31.39	31.39	300m:	3:24.57	1:10.06	600m:	7:02.20	1:14.61	
	100m:	1:05.26	33.87	400m:	4:35.69	1:11.12	700m:	8:16.34	1:14.14	
	200m:	2:14.51	1:09.25	500m:	5:47.59	1:11.90	800m:	9:25.36	1:09.02	
7.			06						<b>9:27.02</b>	478 I
	50m:	30.98	30.98	300m:	3:31.98	1:12.38	600m:	7:08.05	1:11.97	
	100m:	1:06.60	35.62	400m:	4:44.14	1:12.16	700m:	8:19.60	1:11.55	
	200m:	2:19.60	1:13.00	500m:	5:56.08	1:11.94	800m:	9:27.02	1:07.42	
8.			06						<b>9:27.88</b>	476 I
	50m:	31.07	31.07	300m:	3:30.60	1:12.47	600m:	7:08.22	1:12.37	
	100m:	1:05.70	34.63	400m:	4:42.66	1:12.06	700m:	8:19.81	1:11.59	
	200m:	2:18.13	1:12.43	500m:	5:55.85	1:13.19	800m:	9:27.88	1:08.07	
9.			07						<b>9:27.98</b>	475 I
	50m:	31.31	31.31	300m:	3:31.73	1:12.38	600m:	7:07.21	1:11.46	
	100m:	1:06.49	35.18	400m:	4:44.09	1:12.36	700m:	8:18.92	1:11.71	
	200m:	2:19.35	1:12.86	500m:	5:55.75	1:11.66	800m:	9:27.98	1:09.06	
10.			06						<b>9:53.51</b>	417 II
	50m:	31.94	31.94	300m:	3:37.82	1:16.03	600m:	7:25.83	1:16.77	
	100m:	1:07.97	36.03	400m:	4:53.23	1:15.41	700m:	8:41.53	1:15.70	
	200m:	2:21.79	1:13.82	500m:	6:09.06	1:15.83	800m:	9:53.51	1:11.98	
11.			06						<b>10:04.03</b>	395 II
	50m:	32.36	32.36	300m:	3:43.13	1:17.35	600m:	7:33.48	1:16.51	
	100m:	1:09.09	36.73	400m:	5:00.41	1:17.28	700m:	8:49.80	1:16.32	
	200m:	2:25.78	1:16.69	500m:	6:16.97	1:16.56	800m:	10:04.03	1:14.23	
12.			07						<b>11:01.45</b>	301 II
13.			07						<b>11:06.97</b>	293 III
	50m:	34.05	34.05	300m:	4:05.31	1:27.68	600m:	8:24.83	1:27.00	
	100m:	1:13.63	39.58	400m:	5:32.21	1:26.90	700m:	9:51.46	1:26.63	
	200m:	2:37.63	1:24.00	500m:	6:57.83	1:25.62	800m:	11:06.97	1:15.51	

" - " (25 )

"ALT-Timing"