

" " , 12-14.04.2023

12.04.2023 1 , 800m (13-14 )

: FINA 2022

R.T

1.			2009				9:04.87 I				538	
	50m:	29.90	29.90	250m:	2:42.21	33.01	450m:	4:58.08	33.85	650m:	7:18.21	35.64
	100m:	1:02.17	32.27	300m:	3:16.60	34.39	500m:	5:33.11	35.03	700m:	7:53.72	35.51
	150m:	1:35.42	33.25	350m:	3:50.16	33.56	550m:	6:08.14	35.03	750m:	8:30.46	36.74
	200m:	2:09.20	33.78	400m:	4:24.23	34.07	600m:	6:42.57	34.43	800m:	9:04.87	34.41
2.			2009				9:36.22 II				455	
	50m:	32.05	32.05	250m:	2:55.30	35.79	450m:	5:22.89	36.87	650m:	7:47.46	36.41
	100m:	1:08.23	36.18	300m:	3:32.75	37.45	500m:	5:58.40	35.51	700m:	8:24.13	36.67
	150m:	1:43.94	35.71	350m:	4:09.08	36.33	550m:	6:34.33	35.93	750m:	9:00.78	36.65
	200m:	2:19.51	35.57	400m:	4:46.02	36.94	600m:	7:11.05	36.72	800m:	9:36.22	35.44
3.			2009 II				9:38.30 II				450	
	50m:	33.07	33.07	250m:	2:57.96	36.20	450m:	5:24.76	36.84	650m:	7:50.21	36.04
	100m:	1:08.52	35.45	300m:	3:34.65	36.69	500m:	6:01.82	37.06	700m:	8:26.23	36.02
	150m:	1:46.16	37.64	350m:	4:11.72	37.07	550m:	6:38.15	36.33	750m:	9:03.07	36.84
	200m:	2:21.76	35.60	400m:	4:47.92	36.20	600m:	7:14.17	36.02	800m:	9:38.30	35.23
4.			2009 II				9:38.46 II				450	
	50m:	31.21	31.21	250m:	2:51.47	35.14	450m:	5:19.67	37.54	650m:	7:48.88	37.84
	100m:	1:05.24	34.03	300m:	3:27.41	35.94	500m:	5:55.87	36.20	700m:	8:27.01	38.13
	150m:	1:41.12	35.88	350m:	4:04.65	37.24	550m:	6:32.98	37.11	750m:	9:04.33	37.32
	200m:	2:16.33	35.21	400m:	4:42.13	37.48	600m:	7:11.04	38.06	800m:	9:38.46	34.13
5.			2009				9:39.59 II				447	
	50m:	32.84	32.84	250m:	2:57.92	36.15	450m:	5:26.09	37.55	650m:	7:51.20	35.99
	100m:	1:08.89	36.05	300m:	3:35.70	37.78	500m:	6:02.65	36.56	700m:	8:27.48	36.28
	150m:	1:45.66	36.77	350m:	4:12.08	36.38	550m:	6:40.15	37.50	750m:	9:03.82	36.34
	200m:	2:21.77	36.11	400m:	4:48.54	36.46	600m:	7:15.21	35.06	800m:	9:39.59	35.77
6.			2009 II				9:40.97 II				444	
	50m:	30.93	30.93	250m:	2:56.48	37.04	450m:	5:25.23	37.48	650m:	7:53.22	36.72
	100m:	1:06.13	35.20	300m:	3:33.72	37.24	500m:	6:02.33	37.10	700m:	8:30.16	36.94
	150m:	1:42.89	36.76	350m:	4:11.10	37.38	550m:	6:39.43	37.10	750m:	9:06.91	36.75
	200m:	2:19.44	36.55	400m:	4:47.75	36.65	600m:	7:16.50	37.07	800m:	9:40.97	34.06
7.			2009 III				9:42.59 II				440	
	50m:	29.85	29.85	250m:	2:56.79	37.28	450m:	5:24.17	37.81	650m:	7:54.42	38.85
	100m:	1:05.66	35.81	300m:	3:33.00	36.21	500m:	6:00.96	36.79	700m:	8:32.02	37.60
	150m:	1:42.30	36.64	350m:	4:09.78	36.78	550m:	6:38.84	37.88	750m:	9:08.94	36.92
	200m:	2:19.51	37.21	400m:	4:46.36	36.58	600m:	7:15.57	36.73	800m:	9:42.59	33.65
8.			2009 I				9:50.54 II				423	
	50m:	31.35	31.35	250m:	2:52.50	36.02	450m:	5:25.14	38.79	650m:	7:58.54	39.33
	100m:	1:04.88	33.53	300m:	3:29.97	37.47	500m:	6:02.72	37.58	700m:	8:37.27	38.73
	150m:	1:40.69	35.81	350m:	4:08.21	38.24	550m:	6:40.64	37.92	750m:	9:18.00	40.73
	200m:	2:16.48	35.79	400m:	4:46.35	38.14	600m:	7:19.21	38.57	800m:	9:50.54	32.54
9.			2010				9:52.82 II				418	
	50m:	30.84	30.84	250m:	2:57.54	36.78	450m:	5:28.05	37.69	650m:	8:00.27	38.01
	100m:	1:05.70	34.86	300m:	3:34.91	37.37	500m:	6:05.21	37.16	700m:	8:38.29	38.02
	150m:	1:43.46	37.76	350m:	4:12.54	37.63	550m:	6:43.70	38.49	750m:	9:16.97	38.68
	200m:	2:20.76	37.30	400m:	4:50.36	37.82	600m:	7:22.26	38.56	800m:	9:52.82	35.85
10.			2010 II				9:58.35 II				406	
	50m:	35.08	35.08	250m:	3:05.48	37.72	450m:	5:36.62	37.83	650m:	8:07.54	37.60
	100m:	1:12.17	37.09	300m:	3:42.97	37.49	500m:	6:14.45	37.83	700m:	8:45.30	37.76
	150m:	1:49.60	37.43	350m:	4:20.81	37.84	550m:	6:52.70	38.25	750m:	9:22.42	37.12
	200m:	2:27.76	38.16	400m:	4:58.79	37.98	600m:	7:29.94	37.24	800m:	9:58.35	35.93

" " (25 )

"ALT-Timing"

1,	, 800m		(13-14 )						R.T	
11.			2009 II			-			<b>10:03.13</b> II 397	
	50m:	33.11 33.11	250m:	3:04.54 38.25	450m:	5:38.71 39.40	650m:	8:09.73 37.00		
	100m:	1:09.29 36.18	300m:	3:43.43 38.89	500m:	6:17.21 38.50	700m:	8:48.43 38.70		
	150m:	1:47.00 37.71	350m:	4:21.13 37.70	550m:	6:55.36 38.15	750m:	9:26.61 38.18		
	200m:	2:26.29 39.29	400m:	4:59.31 38.18	600m:	7:32.73 37.37	800m:	10:03.13 36.52		
12.			2010 II			-			<b>10:05.40</b> II 392	
	50m:	31.00 31.00	250m:	2:59.87 38.20	450m:	5:34.69 39.46	650m:	8:10.50 38.78		
	100m:	1:07.32 36.32	300m:	3:37.87 38.00	500m:	6:14.05 39.36	700m:	8:49.64 39.14		
	150m:	1:43.37 36.05	350m:	4:16.61 38.74	550m:	6:52.88 38.83	750m:	9:28.41 38.77		
	200m:	2:21.67 38.30	400m:	4:55.23 38.62	600m:	7:31.72 38.84	800m:	10:05.40 36.99		
13.			2010 II			-			<b>10:08.42</b> II 387	
	50m:	34.08 34.08	250m:	3:07.74 38.90	450m:	5:41.11 38.14	650m:	8:15.45 38.54		
	100m:	1:12.24 38.16	300m:	3:45.71 37.97	500m:	6:19.89 38.78	700m:	8:54.40 38.95		
	150m:	1:50.72 38.48	350m:	4:24.14 38.43	550m:	6:58.35 38.46	750m:	9:31.92 37.52		
	200m:	2:28.84 38.12	400m:	5:02.97 38.83	600m:	7:36.91 38.56	800m:	10:08.42 36.50		
14.			2009 II			-			<b>10:08.90</b> II 386	
	50m:	32.84 32.84	250m:	3:05.48 39.38	450m:	5:42.54 39.44	650m:	8:18.07 37.92		
	100m:	1:09.00 36.16	300m:	3:44.81 39.33	500m:	6:21.46 38.92	700m:	8:56.22 38.15		
	150m:	1:47.42 38.42	350m:	4:24.79 39.98	550m:	7:00.84 39.38	750m:	9:34.96 38.74		
	200m:	2:26.10 38.68	400m:	5:03.10 38.31	600m:	7:40.15 39.31	800m:	10:08.90 33.94		
15.			2010 III			-			<b>10:13.96</b> II 376	
	50m:	34.00 34.00	250m:	3:07.27 39.40	450m:	5:41.93 38.63	650m:	8:18.67 39.21		
	100m:	1:11.26 37.26	300m:	3:46.33 39.06	500m:	6:21.33 39.40	700m:	8:57.35 38.68		
	150m:	1:49.65 38.39	350m:	4:24.89 38.56	550m:	7:00.16 38.83	750m:	9:37.19 39.84		
	200m:	2:27.87 38.22	400m:	5:03.30 38.41	600m:	7:39.46 39.30	800m:	10:13.96 36.77		
16.			2010 II			-			<b>10:14.84</b> II 375	
	50m:	32.32 32.32	250m:	3:05.47 39.65	450m:	5:42.40 39.56	650m:	8:18.32 38.67		
	100m:	1:09.24 36.92	300m:	3:45.16 39.69	500m:	6:21.12 38.72	700m:	8:57.70 39.38		
	150m:	1:47.31 38.07	350m:	4:24.92 39.76	550m:	7:00.17 39.05	750m:	9:36.92 39.22		
	200m:	2:25.82 38.51	400m:	5:02.84 37.92	600m:	7:39.65 39.48	800m:	10:14.84 37.92		
17.			2009 II			-			<b>10:15.91</b> II 373	
	50m:	32.54 32.54	250m:	3:00.70 37.46	450m:	5:35.40 39.20	650m:	8:13.17 39.04		
	100m:	1:08.96 36.42	300m:	3:38.30 37.60	500m:	6:14.96 39.56	700m:	8:53.54 40.37		
	150m:	1:45.46 36.50	350m:	4:16.73 38.43	550m:	6:55.03 40.07	750m:	9:34.70 41.16		
	200m:	2:23.24 37.78	400m:	4:56.20 39.47	600m:	7:34.13 39.10	800m:	10:15.91 41.21		
18.			2010 II			-			<b>10:20.57</b> II 364	
	50m:	32.37 32.37	250m:	3:06.30 40.30	450m:	5:44.40 40.30	650m:	8:23.04 38.94		
	100m:	1:09.27 36.90	300m:	3:46.05 39.75	500m:	6:23.12 38.72	700m:	9:03.70 40.66		
	150m:	1:48.00 38.73	350m:	4:24.99 38.94	550m:	7:03.20 40.08	750m:	9:44.65 40.95		
	200m:	2:26.00 38.00	400m:	5:04.10 39.11	600m:	7:44.10 40.90	800m:	10:20.57 35.92		
19.			2010 II			-			<b>10:21.60</b> II 363	
	50m:	33.27 33.27	250m:	3:07.20 40.03	450m:	5:47.42 39.67	650m:	8:28.08 39.76		
	100m:	1:09.13 35.86	300m:	3:46.41 39.21	500m:	6:28.03 40.61	700m:	9:07.35 39.27		
	150m:	1:48.72 39.59	350m:	4:27.19 40.78	550m:	7:08.40 40.37	750m:	9:45.59 38.24		
	200m:	2:27.17 38.45	400m:	5:07.75 40.56	600m:	7:48.32 39.92	800m:	10:21.60 36.01		
20.			2009 II			-			<b>10:23.09</b> II 360	
	50m:	33.71 33.71	250m:	3:07.34 39.13	450m:	5:46.27 39.73	650m:	8:26.60 40.16		
	100m:	1:11.60 37.89	300m:	3:47.10 39.76	500m:	6:25.65 39.38	700m:	9:06.74 40.14		
	150m:	1:49.21 37.61	350m:	4:26.76 39.66	550m:	7:06.16 40.51	750m:	9:43.17 36.43		
	200m:	2:28.21 39.00	400m:	5:06.54 39.78	600m:	7:46.44 40.28	800m:	10:23.09 39.92		
21.			2009 II			-			<b>10:25.21</b> II 356	
	50m:	33.40 33.40	250m:	3:08.00 39.95	450m:	5:48.30 40.50	650m:	8:29.94 39.82		
	100m:	1:09.19 35.79	300m:	3:47.30 39.30	500m:	6:30.41 42.11	700m:	9:08.43 38.49		
	150m:	1:49.20 40.01	350m:	4:27.30 40.00	550m:	7:10.55 40.14	750m:	9:49.21 40.78		
	200m:	2:28.05 38.85	400m:	5:07.80 40.50	600m:	7:50.12 39.57	800m:	10:25.21 36.00		



1,	, 800m	,	(13-14 )					R.T	
33.			2010 I					<b>10:48.42</b>	II 319
	50m: 34.00	34.00	250m: 3:06.70	38.83	450m: 5:49.98	42.76	650m: 8:41.65	43.50	
	100m: 1:11.26	37.26	300m: 3:46.50	39.80	500m: 6:31.98	42.00	700m: 9:20.39	38.74	
	150m: 1:49.65	38.39	350m: 4:26.09	39.59	550m: 7:15.33	43.35	750m: 10:04.70	44.31	
	200m: 2:27.87	38.22	400m: 5:07.22	41.13	600m: 7:58.15	42.82	800m: 10:48.42	43.72	
34.			2009 III					<b>10:52.92</b>	II 313
	50m: 32.42	32.42	250m: 3:10.41	40.36	450m: 5:58.61	42.22	650m: 8:48.24	43.04	
	100m: 1:09.88	37.46	300m: 3:51.76	41.35	500m: 6:40.65	42.04	700m: 9:30.44	42.20	
	150m: 1:49.21	39.33	350m: 4:33.89	42.13	550m: 7:23.63	42.98	750m: 10:12.27	41.83	
	200m: 2:30.05	40.84	400m: 5:16.39	42.50	600m: 8:05.20	41.57	800m: 10:52.92	40.65	
35.			2009 III					<b>10:53.90</b>	II 311
	50m: 33.61	33.61	250m: 3:15.59	41.67	450m: 6:04.35	42.50	650m: 8:55.29	43.32	
	100m: 1:12.09	38.48	300m: 3:57.63	42.04	500m: 6:46.63	42.28	700m: 9:38.32	43.03	
	150m: 1:52.35	40.26	350m: 4:39.74	42.11	550m: 7:29.61	42.98	750m: 10:19.46	41.14	
	200m: 2:33.92	41.57	400m: 5:21.85	42.11	600m: 8:11.97	42.36	800m: 10:53.90	34.44	
36.			2009 II					<b>10:54.16</b>	II 311
	50m: 32.96	32.96	250m: 3:15.32	42.28	450m: 6:01.48	41.44	650m: 8:50.52	42.91	
	100m: 1:10.75	37.79	300m: 3:55.03	39.71	500m: 6:43.73	42.25	700m: 9:31.92	41.40	
	150m: 1:50.72	39.97	350m: 4:37.67	42.64	550m: 7:26.27	42.54	750m: 10:18.49	46.57	
	200m: 2:33.04	42.32	400m: 5:20.04	42.37	600m: 8:07.61	41.34	800m: 10:54.16	35.67	
37.			2009 III		-			<b>10:54.73</b>	II 310
	50m: 34.85	34.85	250m: 3:11.38	39.84	450m: 5:57.59	42.03	650m: 8:49.24	42.81	
	100m: 1:13.48	38.63	300m: 3:52.58	41.20	500m: 6:40.77	43.18	700m: 9:32.02	42.78	
	150m: 1:51.98	38.50	350m: 4:34.18	41.60	550m: 7:23.76	42.99	750m: 10:14.35	42.33	
	200m: 2:31.54	39.56	400m: 5:15.56	41.38	600m: 8:06.43	42.67	800m: 10:54.73	40.38	
38.			2010 III		2			<b>10:55.24</b>	II 309
	50m: 36.36	36.36	250m: 3:19.21	41.37	450m: 6:05.17	42.10	650m: 8:53.59	42.72	
	100m: 1:15.59	39.23	300m: 4:01.74	42.53	500m: 6:48.51	43.34	700m: 9:35.21	41.62	
	150m: 1:56.96	41.37	350m: 4:42.26	40.52	550m: 7:29.84	41.33	750m: 10:16.65	41.44	
	200m: 2:37.84	40.88	400m: 5:23.07	40.81	600m: 8:10.87	41.03	800m: 10:55.24	38.59	
39.			2009		-			<b>11:00.89</b>	II 302
	50m: 31.38	31.38	250m: 3:13.59	41.77	450m: 6:07.69	44.73	650m: 9:00.82	42.26	
	100m: 1:09.00	37.62	300m: 3:57.34	43.75	500m: 6:52.30	44.61	700m: 9:45.56	44.74	
	150m: 1:50.59	41.59	350m: 4:40.65	43.31	550m: 7:34.13	41.83	750m: 10:22.34	36.78	
	200m: 2:31.82	41.23	400m: 5:22.96	42.31	600m: 8:18.56	44.43	800m: 11:00.89	38.55	
40.			2010 III		-	-		<b>11:01.65</b>	II 300
	50m: 33.39	33.39	250m: 3:17.03	41.98	450m: 6:08.49	42.42	650m: 8:58.65	41.80	
	100m: 1:11.81	38.42	300m: 3:59.36	42.33	500m: 6:51.03	42.54	700m: 9:40.51	41.86	
	150m: 1:53.27	41.46	350m: 4:42.98	43.62	550m: 7:34.54	43.51	750m: 10:22.49	41.98	
	200m: 2:35.05	41.78	400m: 5:26.07	43.09	600m: 8:16.85	42.31	800m: 11:01.65	39.16	
41.			2010 III		2			<b>11:01.84</b>	II 300
	50m: 35.23	35.23	250m: 3:20.95	42.04	450m: 6:09.51	42.81	650m: 8:58.61	42.44	
	100m: 1:15.15	39.92	300m: 4:02.17	41.22	500m: 6:51.46	41.95	700m: 9:40.85	42.24	
	150m: 1:56.61	41.46	350m: 4:44.61	42.44	550m: 7:33.85	42.39	750m: 10:23.24	42.39	
	200m: 2:38.91	42.30	400m: 5:26.70	42.09	600m: 8:16.17	42.32	800m: 11:01.84	38.60	
42.			2009 II		1			<b>11:05.03</b>	II 296
	50m: 32.43	32.43	250m: 3:12.93	42.64	450m: 6:04.53	42.89	650m: 9:00.54	44.39	
	100m: 1:09.72	37.29	300m: 3:55.96	43.03	500m: 6:48.84	44.31	700m: 9:42.22	41.68	
	150m: 1:49.57	39.85	350m: 4:38.29	42.33	550m: 7:32.59	43.75	750m: 10:25.47	43.25	
	200m: 2:30.29	40.72	400m: 5:21.64	43.35	600m: 8:16.15	43.56	800m: 11:05.03	39.56	
43.			2009 II		-	-		<b>11:06.32</b>	III 294
	50m: 34.89	34.89	250m: 3:16.46	43.34	450m: 6:09.58	43.31	650m: 9:03.59	42.54	
	100m: 1:13.48	38.59	300m: 3:58.79	42.33	500m: 6:53.65	44.07	700m: 9:47.38	43.79	
	150m: 1:53.09	39.61	350m: 4:42.32	43.53	550m: 7:36.70	43.05	750m: 10:34.15	46.77	
	200m: 2:33.12	40.03	400m: 5:26.27	43.95	600m: 8:21.05	44.35	800m: 11:06.32	32.17	

1, , 800m , (13-14 )		R.T										
44.			2009 III		- -	11:06.84		III	294			
	50m:	35.77	35.77	250m:	3:20.95	41.69	450m:	6:14.10	43.09	650m:	9:03.16	42.77
	100m:	1:15.54	39.77	300m:	4:04.28	43.33	500m:	6:56.54	42.44	700m:	9:45.28	42.12
	150m:	1:57.76	42.22	350m:	4:47.10	42.82	550m:	7:39.27	42.73	750m:	10:27.12	41.84
	200m:	2:39.26	41.50	400m:	5:31.01	43.91	600m:	8:20.39	41.12	800m:	11:06.84	39.72
45.			2010 III		- -	11:07.42		III	293			
	50m:	35.77	35.77	250m:	3:24.56	43.05	450m:	6:16.76	43.24	650m:	9:06.23	41.73
	100m:	1:15.80	40.03	300m:	4:07.16	42.60	500m:	6:59.28	42.52	700m:	9:48.56	42.33
	150m:	1:58.96	43.16	350m:	4:50.99	43.83	550m:	7:41.89	42.61	750m:	10:30.13	41.57
	200m:	2:41.51	42.55	400m:	5:33.52	42.53	600m:	8:24.50	42.61	800m:	11:07.42	37.29
46.			2009 II		- -	11:11.34		III	288			
	50m:	34.50	34.50	250m:	3:19.89	43.43	450m:	6:14.40	45.35	650m:	9:09.93	44.55
	100m:	1:14.20	39.70	300m:	4:01.30	41.41	500m:	6:58.13	43.73	700m:	9:53.19	43.26
	150m:	1:54.82	40.62	350m:	4:45.23	43.93	550m:	7:42.30	44.17	750m:	10:33.72	40.53
	200m:	2:36.46	41.64	400m:	5:29.05	43.82	600m:	8:25.38	43.08	800m:	11:11.34	37.62
47.			2010 III			11:16.87		III	281			
	50m:	32.43	32.43	250m:	3:21.80	43.46	450m:	6:19.34	43.08	650m:	9:14.35	42.21
	100m:	1:10.70	38.27	300m:	4:07.76	45.96	500m:	7:03.73	44.39	700m:	9:57.07	42.72
	150m:	1:54.01	43.31	350m:	4:52.42	44.66	550m:	7:48.50	44.77	750m:	10:37.59	40.52
	200m:	2:38.34	44.33	400m:	5:36.26	43.84	600m:	8:32.14	43.64	800m:	11:16.87	39.28
48.			2010 III		1	11:21.21		III	275			
	50m:	35.13	35.13	250m:	3:21.66	42.81	450m:	6:18.69	44.49	650m:	9:16.41	44.13
	100m:	1:14.62	39.49	300m:	4:05.47	43.81	500m:	7:03.51	44.82	700m:	9:59.33	42.92
	150m:	1:56.96	42.34	350m:	4:49.49	44.02	550m:	7:47.43	43.92	750m:	10:42.26	42.93
	200m:	2:38.85	41.89	400m:	5:34.20	44.71	600m:	8:32.28	44.85	800m:	11:21.21	38.95
49.			2009 III		- -	11:21.61		III	275			
	50m:	36.40	36.40	250m:	3:23.59	43.13	450m:	6:21.97	45.76	650m:	9:16.96	44.37
	100m:	1:15.49	39.09	300m:	4:08.50	44.91	500m:	7:05.38	43.41	700m:	10:00.89	43.93
	150m:	1:56.55	41.06	350m:	4:51.19	42.69	550m:	7:47.57	42.19	750m:	10:44.35	43.46
	200m:	2:40.46	43.91	400m:	5:36.21	45.02	600m:	8:32.59	45.02	800m:	11:21.61	37.26
50.			2010 I			11:22.03		III	274			
	50m:	35.58	35.58	250m:	3:23.72	43.23	450m:	6:19.09	44.23	650m:	9:16.10	43.22
	100m:	1:15.89	40.31	300m:	4:08.10	44.38	500m:	7:03.95	44.86	700m:	9:59.61	43.51
	150m:	1:58.17	42.28	350m:	4:51.58	43.48	550m:	7:48.03	44.08	750m:	10:42.70	43.09
	200m:	2:40.49	42.32	400m:	5:34.86	43.28	600m:	8:32.88	44.85	800m:	11:22.03	39.33
51.			2009		-	11:25.22		III	270			
	50m:	34.41	34.41	250m:	3:21.71	43.18	450m:	6:17.76	43.44	650m:	9:18.03	44.82
	100m:	1:13.73	39.32	300m:	4:04.89	43.18	500m:	7:03.13	45.37	700m:	10:02.13	44.10
	150m:	1:55.50	41.77	350m:	4:49.35	44.46	550m:	7:48.07	44.94	750m:	10:45.70	43.57
	200m:	2:38.53	43.03	400m:	5:34.32	44.97	600m:	8:33.21	45.14	800m:	11:25.22	39.52
52.			2010 III		- -	11:25.23		III	270			
	50m:	37.10	37.10	250m:	3:29.70	44.50	450m:	6:24.94	44.40	650m:	9:22.77	44.70
	100m:	1:17.98	40.88	300m:	4:12.51	42.81	500m:	7:09.59	44.65	700m:	10:06.59	43.82
	150m:	2:01.67	43.69	350m:	4:57.57	45.06	550m:	7:54.16	44.57	750m:	10:48.52	41.93
	200m:	2:45.20	43.53	400m:	5:40.54	42.97	600m:	8:38.07	43.91	800m:	11:25.23	36.71
53.			2009 III		2	11:27.65		III	268			
	50m:	35.21	35.21	250m:	3:26.83	44.37	450m:	6:23.59	43.46	650m:	9:20.38	44.50
	100m:	1:16.08	40.87	300m:	4:11.23	44.40	500m:	7:08.14	44.55	700m:	10:03.04	42.66
	150m:	1:59.10	43.02	350m:	4:55.30	44.07	550m:	7:52.84	44.70	750m:	10:46.46	43.42
	200m:	2:42.46	43.36	400m:	5:40.13	44.83	600m:	8:35.88	43.04	800m:	11:27.65	41.19
54.			2009 III		1	11:29.76		III	265			
	50m:	35.61	35.61	250m:	3:27.00	44.36	450m:	6:23.13	43.68	650m:	9:18.52	45.47
	100m:	1:17.86	42.25	300m:	4:12.05	45.05	500m:	7:06.79	43.66	700m:	10:02.41	43.89
	150m:	1:59.52	41.66	350m:	4:55.20	43.15	550m:	7:50.63	43.84	750m:	10:46.57	44.16
	200m:	2:42.64	43.12	400m:	5:39.45	44.25	600m:	8:33.05	42.42	800m:	11:29.76	43.19

1,	, 800m	,	(13-14 )					R.T		
55.			2010 I		1			<b>11:34.11</b>	III	260
	50m: 34.58	34.58	250m: 3:26.27	44.13	450m: 6:23.08	44.68	650m: 9:20.10	42.03		
	100m: 1:15.13	40.55	300m: 4:08.88	42.61	500m: 7:06.82	43.74	700m: 10:05.12	45.02		
	150m: 1:58.39	43.26	350m: 4:53.84	44.96	550m: 7:51.11	44.29	750m: 10:48.68	43.56		
	200m: 2:42.14	43.75	400m: 5:38.40	44.56	600m: 8:38.07	46.96	800m: 11:34.11	45.43		
56.			2010 III		-	-		<b>11:34.46</b>	III	260
	50m: 36.41	36.41	250m: 3:26.35	42.38	450m: 6:23.38	42.50	650m: 9:23.26	45.54		
	100m: 1:17.98	41.57	300m: 4:10.72	44.37	500m: 7:08.21	44.83	700m: 10:07.15	43.89		
	150m: 2:00.50	42.52	350m: 4:55.07	44.35	550m: 7:53.35	45.14	750m: 10:51.45	44.30		
	200m: 2:43.97	43.47	400m: 5:40.88	45.81	600m: 8:37.72	44.37	800m: 11:34.46	43.01		
57.			2010 III		-	-		<b>11:35.75</b>	III	258
	50m: 35.64	35.64	250m: 3:25.91	44.06	450m: 6:27.40	45.32	650m: 9:28.34	44.84		
	100m: 1:15.48	39.84	300m: 4:10.84	44.93	500m: 7:13.51	46.11	700m: 10:13.03	44.69		
	150m: 1:57.78	42.30	350m: 4:56.48	45.64	550m: 7:59.16	45.65	750m: 10:56.21	43.18		
	200m: 2:41.85	44.07	400m: 5:42.08	45.60	600m: 8:43.50	44.34	800m: 11:35.75	39.54		
58.			2009 III					<b>11:36.72</b>	III	257
	50m: 35.55	35.55	250m: 3:25.90	44.60	450m: 6:21.97	44.95	650m: 9:20.37	47.27		
	100m: 1:15.49	39.94	300m: 4:09.35	43.45	500m: 7:06.35	44.38	700m: 10:05.93	45.56		
	150m: 1:56.98	41.49	350m: 4:53.69	44.34	550m: 7:51.19	44.84	750m: 10:50.46	44.53		
	200m: 2:41.30	44.32	400m: 5:37.02	43.33	600m: 8:33.10	41.91	800m: 11:36.72	46.26		
59.			2010 III		-	-		<b>11:37.17</b>	III	257
	50m: 36.92	36.92	250m: 3:34.43	45.78	450m: 6:32.11	43.35	650m: 9:30.21	43.78		
	100m: 1:18.78	41.86	300m: 4:19.82	45.39	500m: 7:17.08	44.97	700m: 10:15.02	44.81		
	150m: 2:06.61	47.83	350m: 5:03.88	44.06	550m: 8:01.98	44.90	750m: 10:57.14	42.12		
	200m: 2:48.65	42.04	400m: 5:48.76	44.88	600m: 8:46.43	44.45	800m: 11:37.17	40.03		
60.			2010 III		-	-		<b>11:37.72</b>	III	256
	50m: 35.96	35.96	250m: 3:30.32	44.62	450m: 6:31.08	45.15	650m: 9:31.89	44.87		
	100m: 1:18.35	42.39	300m: 4:15.15	44.83	500m: 7:16.76	45.68	700m: 10:16.40	44.51		
	150m: 2:01.70	43.35	350m: 5:00.20	45.05	550m: 8:02.31	45.55	750m: 10:59.48	43.08		
	200m: 2:45.70	44.00	400m: 5:45.93	45.73	600m: 8:47.02	44.71	800m: 11:37.72	38.24		
61.			2010 III		2			<b>11:43.03</b>	III	250
	50m: 36.32	36.32	250m: 3:34.49	44.46	450m: 6:38.11	45.65	650m: 9:35.54	43.49		
	100m: 1:19.98	43.66	300m: 4:22.28	47.79	500m: 7:23.78	45.67	700m: 10:20.15	44.61		
	150m: 2:04.67	44.69	350m: 5:07.21	44.93	550m: 8:08.70	44.92	750m: 11:02.76	42.61		
	200m: 2:50.03	45.36	400m: 5:52.46	45.25	600m: 8:52.05	43.35	800m: 11:43.03	40.27		
62.			2010 I		-	-		<b>11:45.58</b>	III	248
	50m: 37.57	37.57	250m: 3:29.82	44.57	450m: 6:30.84	44.36	650m: 9:31.27	43.48		
	100m: 1:17.98	40.41	300m: 4:15.10	45.28	500m: 7:16.90	46.06	700m: 10:17.54	46.27		
	150m: 2:00.96	42.98	350m: 5:01.54	46.44	550m: 8:02.70	45.80	750m: 11:02.78	45.24		
	200m: 2:45.25	44.29	400m: 5:46.48	44.94	600m: 8:47.79	45.09	800m: 11:45.58	42.80		
63.			2010 III					<b>11:59.14</b>	III	234
	50m: 36.13	36.13	250m: 3:29.04	44.58	450m: 6:33.21	46.40	650m: 9:41.68	48.81		
	100m: 1:17.14	41.01	300m: 4:14.25	45.21	500m: 7:19.54	46.33	700m: 10:28.04	46.36		
	150m: 2:00.66	43.52	350m: 5:00.75	46.50	550m: 8:06.48	46.94	750m: 11:14.92	46.88		
	200m: 2:44.46	43.80	400m: 5:46.81	46.06	600m: 8:52.87	46.39	800m: 11:59.14	44.22		
64.			2010 I		1			<b>12:16.40</b>	III	218
	50m: 38.11	38.11	250m: 3:42.29	46.72	450m: 6:51.88	47.80	650m: 9:59.58	46.99		
	100m: 1:22.27	44.16	300m: 4:29.16	46.87	500m: 7:39.62	47.74	700m: 10:47.40	47.82		
	150m: 2:09.13	46.86	350m: 5:16.54	47.38	550m: 8:26.39	46.77	750m: 11:32.39	44.99		
	200m: 2:55.57	46.44	400m: 6:04.08	47.54	600m: 9:12.59	46.20	800m: 12:16.40	44.01		
65.			2010		-	-		<b>12:33.46</b>	I	203
	50m: 37.73	37.73	250m: 3:44.84	47.89	450m: 7:00.22	49.41	650m: 10:13.89	48.74		
	100m: 1:22.03	44.30	300m: 4:33.16	48.32	500m: 7:48.02	47.80	700m: 11:01.42	47.53		
	150m: 2:09.25	47.22	350m: 5:24.72	51.56	550m: 8:37.41	49.39	750m: 11:47.54	46.12		
	200m: 2:56.95	47.70	400m: 6:10.81	46.09	600m: 9:25.15	47.74	800m: 12:33.46	45.92		

1,	, 800m				(13-14 )				R.T
66.			2009				<b>12:46.14</b>		193
	50m:	35.61 35.61	250m:	3:43.50 49.33	450m:	7:01.77 49.13	650m:	10:23.16 49.21	
	100m:	1:17.89 42.28	300m:	4:33.03 49.53	500m:	7:53.84 52.07	700m:	11:11.62 48.46	
	150m:	2:04.16 46.27	350m:	5:22.50 49.47	550m:	8:43.59 49.75	750m:	12:01.92 50.30	
	200m:	2:54.17 50.01	400m:	6:12.64 50.14	600m:	9:33.95 50.36	800m:	12:46.14 44.22	
67.			2009				<b>12:50.60</b>		190
	50m:	37.58 37.58	250m:	2:59.29 48.02	450m:	6:16.95 49.36	650m:	9:38.03 50.07	
	100m:	1:22.70 45.12	300m:	3:47.59 48.30	500m:	7:06.60 49.65	700m:	10:27.89 49.86	
	150m:	2:11.70 49.00	350m:	4:37.19 49.60	550m:	7:56.03 49.43	750m:	11:17.70 49.81	
	200m:	2:11.27	400m:	5:27.59 50.40	600m:	8:47.96 51.93	800m:	12:50.60 1:32.90	
68.			2010 I		1		<b>13:13.75</b>		174
	50m:	40.71 40.71	250m:	3:59.04 50.32	450m:	7:19.81 50.14	650m:	10:43.49 50.97	
	100m:	1:29.71 49.00	300m:	4:48.77 49.73	500m:	8:10.72 50.91	700m:	11:34.23 50.74	
	150m:	2:18.65 48.94	350m:	5:39.49 50.72	550m:	9:01.94 51.22	750m:	12:28.15 53.92	
	200m:	3:08.72 50.07	400m:	6:29.67 50.18	600m:	9:52.52 50.58	800m:	13:13.75 45.60	
69.			2010 I				<b>13:13.78</b>		174
	50m:	42.10 42.10	250m:	3:59.33 50.09	450m:	7:21.76 50.79	650m:	10:46.35 50.83	
	100m:	1:29.40 47.30	300m:	4:49.09 49.76	500m:	8:13.32 51.56	700m:	11:36.66 50.31	
	150m:	2:18.94 49.54	350m:	5:40.59 51.50	550m:	9:03.92 50.60	750m:	12:26.85 50.19	
	200m:	3:09.24 50.30	400m:	6:30.97 50.38	600m:	9:55.52 51.60	800m:	13:13.78 46.93	
70.			2009 III		-4		<b>13:17.83</b>		171
	50m:	41.58 41.58	250m:	3:57.49 50.53	450m:	7:25.02 51.72	650m:	10:53.07 51.55	
	100m:	1:27.85 46.27	300m:	4:49.09 51.60	500m:	8:03.19 38.17	700m:	11:43.22 50.15	
	150m:	2:16.50 48.65	350m:	5:41.59 52.50	550m:	9:09.11 1:05.92	750m:	12:31.81 48.59	
	200m:	3:06.96 50.46	400m:	6:33.30 51.71	600m:	10:01.52 52.41	800m:	13:17.83 46.02	
71.			2009 III		-4		<b>13:21.57</b>		169
	50m:	38.01 38.01	250m:	3:59.65 52.57	450m:	7:30.00 54.10	650m:	10:59.14 52.47	
	100m:	1:26.25 48.24	300m:	4:49.84 50.19	500m:	8:21.88 51.88	700m:	11:52.65 53.51	
	150m:	2:15.96 49.71	350m:	5:41.94 52.10	550m:	9:14.96 53.08	750m:	12:38.22 45.57	
	200m:	3:07.08 51.12	400m:	6:35.90 53.96	600m:	10:06.67 51.71	800m:	13:21.57 43.35	
72.			2010				<b>13:25.87</b>		166
	50m:	41.12 41.12	250m:	4:06.65 52.48	450m:	7:32.39 50.90	650m:	10:57.30 52.97	
	100m:	1:31.18 50.06	300m:	4:58.09 51.44	500m:	8:22.79 50.40	700m:	11:47.09 49.79	
	150m:	2:21.32 50.14	350m:	5:48.82 50.73	550m:	9:14.03 51.24	750m:	12:35.33 48.24	
	200m:	3:14.17 52.85	400m:	6:41.49 52.67	600m:	10:04.33 50.30	800m:	13:25.87 50.54	
73.			2010 III		-4		<b>13:30.34</b>		163
	50m:	39.07 39.07	250m:	4:00.53 51.66	450m:	7:33.53 53.50	650m:	11:04.61 52.47	
	100m:	1:26.16 47.09	300m:	4:54.49 53.96	500m:	8:26.40 52.87	700m:	11:55.10 50.49	
	150m:	2:17.86 51.70	350m:	5:47.35 52.86	550m:	9:19.23 52.83	750m:	12:43.30 48.20	
	200m:	3:08.87 51.01	400m:	6:40.03 52.68	600m:	10:12.14 52.91	800m:	13:30.34 47.04	
74.			2010		-		<b>13:40.77</b>		157
	50m:	40.70 40.70	250m:	4:03.92 52.63	450m:	7:35.51 53.79	650m:	11:08.40 53.30	
	100m:	1:29.43 48.73	300m:	4:56.09 52.17	500m:	8:28.39 52.88	700m:	12:01.96 53.56	
	150m:	2:19.89 50.46	350m:	5:48.61 52.52	550m:	9:22.75 54.36	750m:	12:53.75 51.79	
	200m:	3:11.29 51.40	400m:	6:41.72 53.11	600m:	10:15.10 52.35	800m:	13:40.77 47.02	
75.			2009		-		<b>13:56.23</b>		149
	50m:	40.27 40.27	250m:	4:02.76 51.06	450m:	7:39.65 54.41	650m:	11:18.70 54.68	
	100m:	1:29.05 48.78	300m:	4:56.22 53.46	500m:	8:34.08 54.43	700m:	12:13.95 55.25	
	150m:	2:19.67 50.62	350m:	5:49.02 52.80	550m:	9:29.04 54.96	750m:	13:09.01 55.06	
	200m:	3:11.70 52.03	400m:	6:45.24 56.22	600m:	10:24.02 54.98	800m:	13:56.23 47.22	
76.			2010 III		-4		<b>14:03.84</b>		145
	50m:	38.98 38.98	250m:	4:04.58 53.19	450m:	7:50.15 57.50	650m:	11:29.78 55.62	
	100m:	1:27.13 48.15	300m:	5:00.57 55.99	500m:	8:41.79 51.64	700m:	12:24.20 54.42	
	150m:	2:18.21 51.08	350m:	5:55.51 54.94	550m:	9:39.01 57.22	750m:	13:14.05 49.85	
	200m:	3:11.39 53.18	400m:	6:52.65 57.14	600m:	10:34.16 55.15	800m:	14:03.84 49.79	

" " , 12-14.04.2023

1, , 800m , (13-14 )		R.T											
77.			2010		-	<b>14:16.96</b>		I			138		
	50m:	38.29	38.29	250m:	4:09.70	55.10	450m:	7:50.35	56.19	650m:	11:37.43	57.59	
	100m:	1:27.29	49.00	300m:	5:05.27	55.57	500m:	8:45.10	54.75	700m:	12:33.14	55.71	
	150m:	2:20.86	53.57	350m:	5:58.59	53.32	550m:	9:42.47	57.37	750m:	13:27.61	54.47	
	200m:	3:14.60	53.74	400m:	6:54.16	55.57	600m:	10:39.84	57.37	800m:	14:16.96	49.35	
78.			2010		-	<b>14:25.88</b>		I			134		
	50m:	41.81	41.81	250m:	4:13.13	54.79	450m:	8:00.55	57.84	650m:	11:45.32	56.27	
	100m:	1:31.56	49.75	300m:	5:09.13	56.00	500m:	8:57.03	56.48	700m:	12:40.55	55.23	
	150m:	2:23.91	52.35	350m:	6:05.97	56.84	550m:	9:52.89	55.86	750m:	13:35.38	54.83	
	200m:	3:18.34	54.43	400m:	7:02.71	56.74	600m:	10:49.05	56.16	800m:	14:25.88	50.50	
79.			2009 III		-4	- -	<b>14:32.03</b>		II			131	
	50m:	41.58	41.58	250m:	4:10.35	54.68	450m:	7:59.02	57.92	650m:	11:47.46	57.42	
	100m:	1:30.85	49.27	300m:	5:06.07	55.72	500m:	8:56.03	57.01	700m:	12:45.15	57.69	
	150m:	2:22.16	51.31	350m:	6:02.98	56.91	550m:	9:54.08	58.05	750m:	13:39.20	54.05	
	200m:	3:15.67	53.51	400m:	7:01.10	58.12	600m:	10:50.04	55.96	800m:	14:32.03	52.83	
80.			2009				<b>- 15:12.58</b>		II			114	
	50m:	40.66	40.66	250m:	4:28.86	59.75	450m:	8:22.70	58.22	650m:	12:15.02	59.00	
	100m:	1:33.73	53.07	300m:	5:29.00	1:00.14	500m:	9:21.05	58.35	700m:	13:15.10	1:00.08	
	150m:	2:30.98	57.25	350m:	6:27.01	58.01	550m:	10:17.24	56.19	750m:	14:13.97	58.87	
	200m:	3:29.11	58.13	400m:	7:24.48	57.47	600m:	11:16.02	58.78	800m:	15:12.58	58.61	
81.			2010				- -	<b>16:15.91</b>		II			93
	50m:	45.16	45.16	250m:	4:47.54	1:04.07	450m:	8:59.34	1:02.50	650m:	13:13.46	1:04.06	
	100m:	1:41.52	56.36	300m:	5:50.46	1:02.92	500m:	10:03.17	1:03.83	700m:	14:16.38	1:02.92	
	150m:	2:41.89	1:00.37	350m:	6:53.13	1:02.67	550m:	11:05.07	1:01.90	750m:	15:16.54	1:00.16	
	200m:	3:43.47	1:01.58	400m:	7:56.84	1:03.71	600m:	12:09.40	1:04.33	800m:	16:15.91	59.37	
82.			2010				- -	<b>16:26.10</b>		II			90
	50m:	45.09	45.09	250m:	4:49.46	1:04.51	450m:	9:04.17	1:03.06	650m:	13:17.03	1:03.70	
	100m:	1:42.03	56.94	300m:	5:53.34	1:03.88	500m:	10:06.24	1:02.07	700m:	14:20.45	1:03.42	
	150m:	2:41.94	59.91	350m:	6:56.50	1:03.16	550m:	11:10.16	1:03.92	750m:	15:23.33	1:02.88	
	200m:	3:44.95	1:03.01	400m:	8:01.11	1:04.61	600m:	12:13.33	1:03.17	800m:	16:26.10	1:02.77	
83.			2009					<b>- 16:38.36</b>		III			87
	50m:	45.90	45.90	250m:	4:56.09	1:03.88	450m:	9:14.85	1:04.62	650m:	13:40.11	1:06.97	
	100m:	1:45.40	59.50	300m:	6:02.00	1:05.91	500m:	10:20.33	1:05.48	700m:	14:43.75	1:03.64	
	150m:	2:47.92	1:02.52	350m:	7:05.58	1:03.58	550m:	11:27.10	1:06.77	750m:	15:44.64	1:00.89	
	200m:	3:52.21	1:04.29	400m:	8:10.23	1:04.65	600m:	12:33.14	1:06.04	800m:	16:38.36	53.72	
84.			2009				- -	<b>17:56.88</b>		III			69
	50m:	48.92	48.92	250m:	5:19.41	1:09.53	450m:	9:54.52	1:08.31	650m:	14:29.84	1:08.43	
	100m:	1:52.96	1:04.04	300m:	6:28.39	1:08.98	500m:	11:03.61	1:09.09	700m:	15:38.17	1:08.33	
	150m:	3:00.88	1:07.92	350m:	7:37.26	1:08.87	550m:	12:13.17	1:09.56	750m:	16:47.36	1:09.19	
	200m:	4:09.88	1:09.00	400m:	8:46.21	1:08.95	600m:	13:21.41	1:08.24	800m:	17:56.88	1:09.52	
DSQ			2010 III				2						
EXH			2011 III				2	<b>11:11.16</b>		III			288
	50m:	32.78	32.78	250m:	3:21.23	44.60	450m:	6:14.14	42.76	650m:	9:06.41	43.19	
	100m:	1:10.71	37.93	300m:	4:04.46	43.23	500m:	6:57.61	43.47	700m:	9:48.64	42.23	
	150m:	1:52.40	41.69	350m:	4:49.10	44.64	550m:	7:40.47	42.86	750m:	10:29.60	40.96	
	200m:	2:36.63	44.23	400m:	5:31.38	42.28	600m:	8:23.22	42.75	800m:	11:11.16	41.56	



" " , 12-14.04.2023

2 , 200m (11-12 )  
12.04.2023

: FINA 2022

								R.T				
1.			2011					<b>2:29.08</b>		546		
	50m:	31.41	31.41	100m:	1:07.36	35.95	150m:	1:54.45	47.09	200m:	2:29.08	34.63
2.			2011					<b>2:39.94</b>		442		
3.			2012					<b>2:41.56</b>		429		
4.			2012 II					<b>2:41.83</b>		426		
	50m:	34.94	34.94	100m:	1:16.91	41.97	150m:	2:04.61	47.70	200m:	2:41.83	37.22
5.			2011					<b>2:42.20</b>		424		
	50m:	36.75	36.75	100m:	1:19.51	42.76	150m:	2:05.16	45.65	200m:	2:42.20	37.04
6.			2012					<b>2:44.77</b>		404		
7.			2011					<b>2:45.27</b>		400		
8.			2011 II					<b>2:48.54</b>		377		
	50m:	36.31	36.31	100m:	1:18.92	42.61	150m:	2:13.48	54.56	200m:	2:48.54	35.06
9.			2012 III					<b>2:49.84</b>		369		
	50m:	38.37	38.37	100m:	1:19.70	41.33	150m:	2:08.55	48.85	200m:	2:49.84	41.29
10.			2011 I					<b>2:50.37</b>		365		
	50m:	35.20	35.20	100m:	1:17.45	42.25	150m:	2:11.57	54.12	200m:	2:50.37	38.80
11.			2011					<b>2:53.38</b>		347		
	50m:	38.15	38.15	100m:	1:22.14	43.99	150m:	2:16.34	54.20	200m:	2:53.38	37.04
12.			2011 III				2	<b>2:53.39</b>		347		
	50m:	37.66	37.66	100m:	1:20.93	43.27	150m:	2:13.13	52.20	200m:	2:53.39	40.26
13.			2012 II				- -	<b>2:53.53</b>		346		
	50m:	37.35	37.35	100m:	1:24.16	46.81	150m:	2:13.56	49.40	200m:	2:53.53	39.97
14.			2011 II				-	<b>2:54.39</b>		341		
15.			2011 III					<b>2:57.11</b>		325		
	50m:	38.82	38.82	100m:	1:22.23	43.41	150m:	2:16.53	54.30	200m:	2:57.11	40.58
16.			2011 III					<b>2:57.21</b>		325		
	50m:	39.73	39.73	100m:	1:22.05	42.32	150m:	2:15.48	53.43	200m:	2:57.21	41.73
17.			2011 II				- -	<b>2:57.55</b>		323		
	50m:	39.25	39.25	100m:	1:22.79	43.54	150m:	2:17.10	54.31	200m:	2:57.55	40.45
18.			2011 II					<b>2:57.78</b>		322		
	50m:	42.03	42.03	100m:	1:31.43	49.40	150m:	2:28.51	57.08	200m:	2:57.78	29.27
19.			2011 II				- -	<b>2:59.07</b>		315		
	50m:	40.71	40.71	100m:	1:27.54	46.83	150m:	2:20.38	52.84	200m:	2:59.07	38.69
20.			2011					<b>2:59.70</b>		311		
	50m:	39.43	39.43	100m:	1:24.88	45.45	150m:	2:21.51	56.63	200m:	2:59.70	38.19
21.			2011 III					<b>3:02.43</b>		298		
	50m:	16.36	16.36	100m:	31.92	15.56	150m:	47.12	15.20	200m:	3:02.43	2:15.31
22.			2011 III				2	<b>3:03.79</b>		291		
	50m:	42.85	42.85	100m:	1:30.71	47.86	150m:	2:19.83	49.12	200m:	3:03.79	43.96
23.			2012					<b>3:04.27</b>		289		
	50m:	39.95	39.95	100m:	1:27.85	47.90	150m:	2:23.26	55.41	200m:	3:04.27	41.01
24.			2012 II				2	<b>3:05.72</b>		282		
	50m:	40.61	40.61	100m:	1:26.17	45.56	150m:	2:24.35	58.18	200m:	3:05.72	41.37

" " (25 )

"ALT-Timing"

" " , 12-14.04.2023

2,	, 200m	,	(11-12 )									
		/							R.T			
25.	, 50m: 41.49 41.49	2011 III	100m: 1:27.60 46.11	-	150m: 2:25.11 57.51	200m: 3:06.45 41.34	279					
26.	, 50m: 43.27 43.27	2011 II	100m: 1:32.07 48.80	- -	150m: 2:23.87 51.80	200m: 3:07.60 43.73	274					
27.	, 50m: 41.96 41.96	2011 III	100m: 1:30.68 48.72	-	150m: 2:25.02 54.34	200m: 3:08.05 43.03	272					
28.	, 50m: 40.66 40.66	2012 III	100m: 1:30.89 50.23	-	150m: 2:25.26 54.37	200m: 3:08.49 43.23	270					
29.	, 50m: 42.13 42.13	2012 III	100m: 1:27.59 45.46	- -	150m: 2:26.63 59.04	200m: 3:08.87 42.24	268					
30.	, 50m: 45.54 45.54	2012 I	100m: 1:32.34 46.80	1	150m: 2:27.32 54.98	200m: 3:08.90 41.58	268					
31.	, 50m: 43.50 43.50	2012 III	100m: 1:29.71 46.21	2	150m: 2:30.05 1:00.34	200m: 3:09.59 39.54	265					
32.	, 50m: 43.39 43.39	2012 I	100m: 1:32.58 49.19	-	150m: 2:28.89 56.31	200m: 3:11.21 42.32	258					
33.	, 50m: 44.65 44.65	2012 III	100m: 1:32.09 47.44	-4	150m: 2:29.11 57.02	200m: 3:11.56 42.45	257					
34.	, 50m: 43.13 43.13	2011 III	100m: 1:34.06 50.93	- -	150m: 2:30.38 56.32	200m: 3:11.98 41.60	255					
35.	, 50m: 45.17 45.17	2011 III	100m: 1:33.76 48.59	1	150m: 2:26.46 52.70	200m: 3:12.83 46.37	252					
36.	, 50m: 41.48 41.48	2012 I	100m: 1:31.16 49.68	1	150m: 2:29.09 57.93	200m: 3:13.33 44.24	250					
37.	, 50m: 42.61 42.61	2011 II	100m: 1:30.92 48.31	-	150m: 2:27.22 56.30	200m: 3:13.52 46.30	249					
38.	, 50m: 42.14 42.14	2011 III	100m: 1:32.00 49.86	-	150m: 2:30.14 58.14	200m: 3:15.73 45.59	241					
39.	, 50m: 44.61 44.61	2012 III	100m: 1:36.92 52.31	-4	150m: 2:33.93 57.01	200m: 3:16.93 43.00	236					
40.	, 50m: 45.27 45.27	2012 III	100m: 1:36.05 50.78	- -	150m: 2:32.52 56.47	200m: 3:17.38 44.86	235					
41.	, 50m: 44.42 44.42	2011 I	100m: 1:34.58 50.16	1	150m: 2:33.08 58.50	200m: 3:17.50 44.42	234					
42.	, 50m: 44.47 44.47	2012 I	100m: 1:39.09 54.62	1	150m: 2:36.43 57.34	200m: 3:18.81 42.38	230					
43.	, 50m: 48.28 48.28	2012 III	100m: 1:36.41 48.13	-	150m: 2:32.28 55.87	200m: 3:20.20 47.92	225					
44.	, 50m: 42.41 42.41	2011 I	100m: 1:36.08 53.67	1	150m: 2:36.35 1:00.27	200m: 3:21.59 45.24	220					
45.	, 50m: 47.50 47.50	2012	100m: 1:35.10 47.60	-	150m: 2:39.02 1:03.92	200m: 3:27.08 48.06	203					
46.	, 50m: 47.49 47.49	2011 III	100m: 1:39.12 51.63	- -	150m: 2:36.18 57.06	200m: 3:28.04 51.86	200					

" " (25 )

"ALT-Timing"

" " , 12-14.04.2023

2, , 200m				(11-12 )				R.T		
47.	,		/	2011 III	-				<b>3:29.11</b>	197
50m:	48.86	48.86	100m:	1:39.52	50.66	150m:	2:41.27	1:01.75	200m:	3:29.11   47.84
48.	,			2012				- -	<b>3:29.15</b>	197
50m:	42.77	42.77	100m:	1:40.13	57.36	150m:	2:38.72	58.59	200m:	3:29.15   50.43
49.	,			2011					<b>3:29.31</b>	197
50m:	46.79	46.79	100m:	1:39.51	52.72	150m:	2:40.82	1:01.31	200m:	3:29.31   48.49
50.	,			2011					<b>3:31.25</b>	191
50m:	46.69	46.69	100m:	1:39.22	52.53	150m:	2:42.70	1:03.48	200m:	3:31.25   48.55
51.	,			2011					<b>3:32.01</b>	189
50m:	42.46	42.46	100m:	1:35.42	52.96	150m:	2:41.60	1:06.18	200m:	3:32.01   50.41
52.	,			2012 I			1		<b>3:44.02</b>	160
50m:	53.21	53.21	100m:	1:51.30	58.09	150m:	2:52.26	1:00.96	200m:	3:44.02   51.76
53.	,			2012 I				- -	<b>3:44.30</b>	160
50m:	53.27	53.27	100m:	1:47.72	54.45	150m:	2:56.79	1:09.07	200m:	3:44.30   47.51
54.	,			2011 I			1		<b>3:45.10</b>	158
50m:	49.36	49.36	100m:	1:46.87	57.51	150m:	2:51.39	1:04.52	200m:	3:45.10   53.71
55.	,			2012 1					<b>3:52.29</b>	144
50m:	52.91	52.91	100m:	1:47.90	54.99	150m:	3:02.65	1:14.75	200m:	3:52.29   49.64
56.	,			2012 I			1		<b>3:54.31</b>	140
50m:	58.23	58.23	100m:	2:00.43	1:02.20	150m:	3:01.07	1:00.64	200m:	3:54.31   53.24
DSQ	,			2011						
DSQ	,			2011						
DSQ	,			2011 II						
DSQ	,			2012 III			-			
DSQ	,			2011				- -		
DSQ	,			2011 III			-4		- -	

" " , 12-14.04.2023

12.04.2023 3 , 4 x 50m (13-14 )

: FINA 2022

		/			R.T	
1.	- -				<b>1:46.74</b>	450
	,	10	26.66	,	10	27.25
	,	09	26.37	,	09	26.46
2.		09	25.78	,	<b>1:47.29</b>	443
	,	09	28.20	,	09	28.11
					09	25.20
3.		09	26.50	,	<b>1:49.89</b>	412
	,	10	28.11	,	09	28.55
					09	26.73
4.	-				<b>1:51.47</b>	395
	,	10	29.32	,	09	27.55
	,	09	27.43	,	09	27.17
5.		09	31.91	,	<b>1:57.16</b>	340
	,	09	28.74	,	09	28.69
					10	27.82
6.	2			2	<b>2:08.91</b>	255
	,	09	32.63	,	10	32.63
	,	10	32.53	,	10	31.12
DSQ	1			1		

" " , 12-14.04.2023

12.04.2023 4 , 4 x 50m (11-12 )

: FINA 2022

				R.T	
1.				<b>2:00.62</b>	450
		11	30.46	11	30.52
		12	30.89	11	28.75
2.				<b>2:10.69</b>	354
		11	34.59	11	31.89
		11	33.73	11	30.48
3.				<b>2:14.97</b>	321
		11	33.61	12	31.90
		11	32.09	12	37.37
4.	- -			<b>2:15.38</b>	318
		11	32.73	11	36.33
		12	33.67	11	32.65
5.	2			<b>2:16.03</b>	314
		12	33.70	11	34.92
		12	34.77	11	32.64
6.	-			<b>2:19.39</b>	292
		11	35.34	12	35.73
		12	36.18	11	32.14
7.				<b>2:24.59</b>	261
		11	35.46	12	37.92
		11	36.71	12	34.50
8.	1			<b>2:26.35</b>	252
		11	36.54	12	36.12
		11	36.67	12	37.02

DSQ





" " , 12-14.04.2023

7 , 100m (13-14 )  
13.04.2023

: FINA 2022

							R.T		
1.	,		/						
	50m:	31.55	31.55	100m:	1:08.08	36.53		<b>1:08.08</b>	II 345
2.	,							<b>1:08.37</b>	II 341
	50m:	32.76	32.76	100m:	1:08.37	35.61			
3.	,							<b>1:09.48</b>	II 325
	50m:	31.87	31.87	100m:	1:09.48	37.61	-		
4.	,							<b>1:10.76</b>	III 307
	50m:	32.09	32.09	100m:	1:10.76	38.67	-		
5.	,							<b>1:13.91</b>	III 270
	50m:	33.46	33.46	100m:	1:13.91	40.45			
6.	,							<b>1:14.25</b>	III 266
	50m:	34.96	34.96	100m:	1:14.25	39.29	2		
7.	,							<b>1:15.07</b>	III 257
	50m:	32.89	32.89	100m:	1:15.07	42.18			
8.	,							<b>1:25.38</b>	I 175
	50m:	39.84	39.84	100m:	1:25.38	45.54	-4 - -		
9.	,							<b>1:29.98</b>	I 149
	50m:	40.66	40.66	100m:	1:29.98	49.32			
10.	,							<b>1:32.59</b>	II 137
	50m:	42.51	42.51	100m:	1:32.59	50.08	2		
11.	,							<b>1:38.23</b>	II 115
	50m:	42.22	42.22	100m:	1:38.23	56.01	-4 - -		
DSQ	,								
DSQ	,								
DSQ	,								



" " , 12-14.04.2023

8 , 100m (11-12 )  
13.04.2023

: FINA 2022

			/			R.T		
1.	,		2012 II	- -			<b>1:16.21</b>	II 367
	50m:	37.45 37.45	100m: 1:16.21	38.76				
2.	,		2012 III	-			<b>1:27.84</b>	III 240
	50m:	40.39 40.39	100m: 1:27.84	47.45				
3.	,		2012				<b>1:28.91</b>	III 231
	50m:	40.46 40.46	100m: 1:28.91	48.45				
4.	,		2012 I	1			<b>1:29.91</b>	III 223
	50m:	41.05 41.05	100m: 1:29.91	48.86				
5.	,		2011 III	- -			<b>1:32.47</b>	I 205
	50m:	41.36 41.36	100m: 1:32.47	51.11				



" " , 12-14.04.2023

10 , 100m (11-12 )  
13.04.2023

: FINA 2022

						R.T		
1.	, 50m: 33.94	33.94	/ 2011 I 100m: 1:14.12	40.18			<b>1:14.12</b>	II 406
2.	, 50m: 36.87	36.87	2011 III 100m: 1:16.32	39.45	2		<b>1:16.32</b>	II 372
3.	, 50m: 37.49	37.49	2011 II 100m: 1:17.34	39.85			<b>1:17.34</b>	II 357
4.	, 50m: 39.18	39.18	2011 III 100m: 1:21.29	42.11			<b>1:21.29</b>	II 307
5.	, 50m: 38.99	38.99	2012 III 100m: 1:21.44	42.45	- -		<b>1:21.44</b>	II 306
6.	, 50m: 40.72	40.72	2011 III 100m: 1:23.88	43.16			<b>1:23.88</b>	III 280
7.	, 50m: 40.76	40.76	2011 III 100m: 1:24.22	43.46	-		<b>1:24.22</b>	III 276
8.	, 50m: 41.87	41.87	2012 100m: 1:27.59	45.72			<b>1:27.59</b>	III 246
9.	, 50m: 44.26	44.26	2012 III 100m: 1:32.76	48.50	-		<b>1:32.76</b>	I 207
10.	, 50m: 54.56	54.56	2012 I 100m: 1:53.50	58.94	1		<b>1:53.50</b>	II 113
DSQ	, DSQ		2011 III 2011 I		-			1



" " , 12-14.04.2023

11, , 100m , (13-14 )										
		/				R.T				
22.	, ,	2009	II	-				<b>1:07.66</b>	III	291
50m:	32.04 32.04	100m:	1:07.66	35.62						
23.	, ,	2010	III					<b>1:08.30</b>	III	282
50m:	32.75 32.75	100m:	1:08.30	35.55						
24.	, ,	2010	III		2			<b>1:08.46</b>	III	280
50m:	34.00 34.00	100m:	1:08.46	34.46						
25.	, ,	2010	III	-	-			<b>1:08.74</b>	III	277
50m:	32.83 32.83	100m:	1:08.74	35.91						
26.	, ,	2010	III	-	-			<b>1:10.74</b>	III	254
50m:	33.61 33.61	100m:	1:10.74	37.13						
27.	, ,	2010	III	-	-			<b>1:11.06</b>	I	251
50m:	34.02 34.02	100m:	1:11.06	37.04						
28.	, ,	2010	I	-	-			<b>1:12.36</b>	I	237
50m:	35.02 35.02	100m:	1:12.36	37.34						
29.	, ,	2009						<b>1:13.84</b>	I	223
50m:	35.17 35.17	100m:	1:13.84	38.67						
30.	, ,	2010	I		1			<b>1:17.84</b>	I	191
50m:	37.34 37.34	100m:	1:17.84	40.50						
31.	, ,	2010		-				<b>1:21.89</b>	I	164
50m:	37.15 37.15	100m:	1:21.89	44.74						
32.	, ,	2010		-				<b>1:23.50</b>	I	154
50m:	36.64 36.64	100m:	1:23.50	46.86						
33.	, ,	2009		-				<b>1:31.30</b>	II	118
50m:	39.53 39.53	100m:	1:31.30	51.77						
34.	, ,	2009		-				<b>1:32.67</b>	II	113
50m:	41.81 41.81	100m:	1:32.67	50.86						
35.	, ,	2010		-	-			<b>1:42.26</b>	II	84
50m:	44.96 44.96	100m:	1:42.26	57.30						
DSQ	, ,	2010	I		1					
EXH	, ,	2011	III		2			<b>1:03.57</b>	III	350
50m:	30.43 30.43	100m:	1:03.57	33.14						

" " (25 )

"ALT-Timing"

" " , 12-14.04.2023

12 , 100m (11-12 )  
13.04.2023

: FINA 2022

						R.T		
1.	50m: 29.34	29.34	100m: 1:01.15	31.81			<b>1:01.15</b>	I 554
2.	50m: 30.67	30.67	100m: 1:04.14	33.47			<b>1:04.14</b>	I 480
3.	50m: 31.16	31.16	100m: 1:06.42	35.26			<b>1:06.42</b>	II 433
4.	50m: 32.42	32.42	100m: 1:06.70	34.28			<b>1:06.70</b>	II 427
5.	50m: 32.05	32.05	100m: 1:07.03	34.98			<b>1:07.03</b>	II 421
6.	50m: 33.32	33.32	100m: 1:07.26	33.94			<b>1:07.26</b>	II 417
7.	50m: 33.00	33.00	100m: 1:08.38	35.38			<b>1:08.38</b>	II 396
8.	50m: 33.84	33.84	100m: 1:08.91	35.07			<b>1:08.91</b>	II 387
9.	50m: 31.92	31.92	100m: 1:09.56	37.64			<b>1:09.56</b>	II 376
10.	50m: 32.52	32.52	100m: 1:10.49	37.97	-		<b>1:10.49</b>	II 362
11.	50m: 34.13	34.13	100m: 1:11.13	37.00			<b>1:11.13</b>	II 352
12.	50m: 33.54	33.54	100m: 1:11.32	37.78			<b>1:11.32</b>	II 349
13.	50m: 34.04	34.04	100m: 1:11.42	37.38	- -		<b>1:11.42</b>	II 348
14.	50m: 34.09	34.09	100m: 1:11.88	37.79	- -		<b>1:11.88</b>	III 341
15.	50m: 36.03	36.03	100m: 1:12.80	36.77	2		<b>1:12.80</b>	III 328
16.	50m: 34.59	34.59	100m: 1:13.68	39.09	2		<b>1:13.68</b>	III 317
17.	50m: 35.35	35.35	100m: 1:13.79	38.44			<b>1:13.79</b>	III 315
18.	50m: 36.36	36.36	100m: 1:15.32	38.96	1		<b>1:15.32</b>	III 296
19.	50m: 36.98	36.98	100m: 1:19.07	42.09	-		<b>1:19.07</b>	III 256
20.	50m: 38.00	38.00	100m: 1:19.47	41.47			<b>1:19.47</b>	III 252
21.	50m: 37.45	37.45	100m: 1:20.09	42.64	-4	- -	<b>1:20.09</b>	I 246

" " (25 )

"ALT-Timing"

" " , 12-14.04.2023

12, , 100m				(11-12 )					
		/				R.T			
22.	, 50m: 39.14 39.14	2011 I	100m: 1:22.10	42.96			<b>1:22.10</b>	I	229
23.	, 50m: 39.14 39.14	2011	100m: 1:23.13	43.99	-		<b>1:23.13</b>	I	220
24.	, 50m: 40.83 40.83	2012 1	100m: 1:25.91	45.08			<b>1:25.91</b>	I	200
25.	, 50m: 40.13 40.13	2011	100m: 1:27.10	46.97	-		<b>1:27.10</b>	I	192
26.	, 50m: 43.05 43.05	2012 I	100m: 1:30.79	47.74		- -	<b>1:30.79</b>	I	169
27.	, 50m: 42.04 42.04	2011	100m: 1:31.73	49.69		- -	<b>1:31.73</b>	I	164
28.	, 50m: 43.54 43.54	2011 I	100m: 1:35.25	51.71	1		<b>1:35.25</b>	II	146

" " , 12-14.04.2023

13 , 800m (11-12 )  
14.04.2023

: FINA 2022

								R.T			
1.			2011					<b>9:38.85</b>	I		567
	50m:	31.05	250m:	2:51.78	35.57	450m:	5:19.87	37.72	650m:	7:50.77	37.42
	100m:	1:04.82	300m:	3:28.50	36.72	500m:	5:58.20	38.33	700m:	8:28.03	37.26
	150m:	1:40.35	350m:	4:05.32	36.82	550m:	6:35.81	37.61	750m:	9:04.73	36.70
	200m:	2:16.21	400m:	4:42.15	36.83	600m:	7:13.35	37.54	800m:	9:38.85	34.12
2.			2011						<b>10:13.10</b>	I	477
	50m:	33.27	250m:	3:04.70	38.23	450m:	5:40.57	38.85	650m:	8:17.10	39.09
	100m:	1:10.16	300m:	3:43.59	38.89	500m:	6:19.71	39.14	700m:	8:56.81	39.71
	150m:	1:48.03	350m:	4:22.43	38.84	550m:	6:59.22	39.51	750m:	9:35.57	38.76
	200m:	2:26.47	400m:	5:01.72	39.29	600m:	7:38.01	38.79	800m:	10:13.10	37.53
3.			2012						<b>10:23.04</b>	II	455
	50m:	34.59	250m:	3:10.34	39.17	450m:	5:49.42	39.16	650m:	8:27.88	39.79
	100m:	1:12.35	300m:	3:50.04	39.70	500m:	6:28.88	39.46	700m:	9:07.38	39.50
	150m:	1:51.78	350m:	4:30.28	40.24	550m:	7:08.32	39.44	750m:	9:46.27	38.89
	200m:	2:31.17	400m:	5:10.26	39.98	600m:	7:48.09	39.77	800m:	10:23.04	36.77
4.			2012						<b>10:32.76</b>	II	434
	50m:	35.29	250m:	3:14.62	40.02	450m:	5:54.84	40.09	650m:	8:35.41	40.52
	100m:	1:14.27	300m:	3:54.38	39.76	500m:	6:34.53	39.69	700m:	9:15.90	40.49
	150m:	1:54.10	350m:	4:34.78	40.40	550m:	7:14.93	40.40	750m:	9:55.28	39.38
	200m:	2:34.60	400m:	5:14.75	39.97	600m:	7:54.89	39.96	800m:	10:32.76	37.48
5.			2012 II						<b>10:32.96</b>	II	434
	50m:	35.19	250m:	3:14.79	40.33	450m:	5:54.96	40.04	650m:	8:36.08	40.67
	100m:	1:14.56	300m:	3:54.76	39.97	500m:	6:34.92	39.96	700m:	9:16.21	40.13
	150m:	1:54.05	350m:	4:35.07	40.31	550m:	7:14.94	40.02	750m:	9:55.10	38.89
	200m:	2:34.46	400m:	5:14.92	39.85	600m:	7:55.41	40.47	800m:	10:32.96	37.86
6.			2011						<b>10:34.87</b>	II	430
	50m:	34.05	250m:	3:08.70	39.62	450m:	5:50.29	40.68	650m:	8:34.79	41.43
	100m:	1:11.95	300m:	3:48.53	39.83	500m:	6:31.57	41.28	700m:	9:15.52	40.73
	150m:	1:50.63	350m:	4:29.21	40.68	550m:	7:12.46	40.89	750m:	9:55.81	40.29
	200m:	2:29.08	400m:	5:09.61	40.40	600m:	7:53.36	40.90	800m:	10:34.87	39.06
7.			2011						<b>10:39.98</b>	II	420
	50m:	36.59	250m:	3:16.16	39.80	450m:	5:58.73	40.86	650m:	8:41.89	40.25
	100m:	1:15.92	300m:	3:56.53	40.37	500m:	6:39.81	41.08	700m:	9:22.42	40.53
	150m:	1:55.89	350m:	4:37.30	40.77	550m:	7:20.72	40.91	750m:	10:02.29	39.87
	200m:	2:36.36	400m:	5:17.87	40.57	600m:	8:01.64	40.92	800m:	10:39.98	37.69
8.			2011 II						<b>11:02.70</b>	II	378
	50m:	36.75	250m:	3:25.17	43.47	450m:	6:14.71	41.45	650m:	9:02.17	41.90
	100m:	1:18.52	300m:	4:09.73	44.56	500m:	6:56.17	41.46	700m:	9:44.50	42.33
	150m:	2:00.10	350m:	4:53.09	43.36	550m:	7:38.22	42.05	750m:	10:25.42	40.92
	200m:	2:41.70	400m:	5:33.26	40.17	600m:	8:20.27	42.05	800m:	11:02.70	37.28
9.			2011						<b>11:05.40</b>	II	373
	50m:	37.12	250m:	3:26.07	42.37	450m:	6:16.29	43.09	650m:	9:04.50	41.62
	100m:	1:18.65	300m:	4:08.72	42.65	500m:	6:57.19	40.90	700m:	9:45.85	41.35
	150m:	2:00.87	350m:	4:51.28	42.56	550m:	7:41.27	44.08	750m:	10:26.61	40.76
	200m:	2:43.70	400m:	5:33.20	41.92	600m:	8:22.88	41.61	800m:	11:05.40	38.79
10.			2011						<b>11:15.92</b>	II	356
	50m:	36.43	250m:	3:22.33	42.70	450m:	6:15.21	43.40	650m:	9:08.53	43.01
	100m:	1:16.26	300m:	4:04.76	42.43	500m:	6:58.78	43.57	700m:	9:52.38	43.85
	150m:	1:58.24	350m:	4:48.35	43.59	550m:	7:41.00	42.22	750m:	10:36.43	44.05
	200m:	2:39.63	400m:	5:31.81	43.46	600m:	8:25.52	44.52	800m:	11:15.92	39.49

" " (25 )

"ALT-Timing"





13, , 800m , (11-12 )		R.T											
22.			2011 III				2		11:56.22 III				299
	50m:	38.23	38.23	250m:	3:34.13	45.32	450m:	6:36.13	45.86	650m:	9:40.26	45.68	
	100m:	1:21.16	42.93	300m:	4:18.95	44.82	500m:	7:21.70	45.57	700m:	10:26.26	46.00	
	150m:	2:05.27	44.11	350m:	5:04.15	45.20	550m:	8:08.32	46.62	750m:	11:12.78	46.52	
	200m:	2:48.81	43.54	400m:	5:50.27	46.12	600m:	8:54.58	46.26	800m:	11:56.22	43.44	
23.			2012 II				-		11:56.52 III				299
	50m:	37.42	37.42	250m:	3:38.79	45.92	450m:	6:41.96	46.13	650m:	9:44.81	45.00	
	100m:	1:21.79	44.37	300m:	4:24.39	45.60	500m:	7:28.09	46.13	700m:	10:29.96	45.15	
	150m:	2:07.34	45.55	350m:	5:10.15	45.76	550m:	8:13.54	45.45	750m:	11:13.59	43.63	
	200m:	2:52.87	45.53	400m:	5:55.83	45.68	600m:	8:59.81	46.27	800m:	11:56.52	42.93	
24.			2011 II						11:57.37 III				298
	50m:	37.03	37.03	250m:	3:34.48	46.51	450m:	6:40.60	46.65	650m:	9:46.33	46.18	
	100m:	1:18.10	41.07	300m:	4:21.00	46.52	500m:	7:26.67	46.07	700m:	10:31.95	45.62	
	150m:	2:02.83	44.73	350m:	5:07.24	46.24	550m:	8:13.70	47.03	750m:	11:17.58	45.63	
	200m:	2:47.97	45.14	400m:	5:53.95	46.71	600m:	9:00.15	46.45	800m:	11:57.37	39.79	
25.			2011 III						12:00.17 III				294
	50m:	37.41	37.41	250m:	3:39.58	46.61	450m:	6:46.17	47.48	650m:	9:50.65	46.39	
	100m:	1:21.51	44.10	300m:	4:26.21	46.63	500m:	7:32.57	46.40	700m:	10:36.22	45.57	
	150m:	2:06.96	45.45	350m:	5:11.84	45.63	550m:	8:18.03	45.46	750m:	11:20.46	44.24	
	200m:	2:52.97	46.01	400m:	5:58.69	46.85	600m:	9:04.26	46.23	800m:	12:00.17	39.71	
26.			2011 III						12:10.30 III				282
	50m:	38.96	38.96	250m:	3:39.16	45.53	450m:	6:43.79	46.95	650m:	9:52.47	46.95	
	100m:	1:23.40	44.44	300m:	4:23.98	44.82	500m:	7:30.46	46.67	700m:	10:39.82	47.35	
	150m:	2:08.10	44.70	350m:	5:10.30	46.32	550m:	8:15.61	45.15	750m:	11:27.16	47.34	
	200m:	2:53.63	45.53	400m:	5:56.84	46.54	600m:	9:05.52	49.91	800m:	12:10.30	43.14	
27.			2012 III				2		12:15.01 III				277
	50m:	37.26	37.26	250m:	3:39.67	44.97	450m:	6:48.70	47.80	650m:	10:00.05	47.66	
	100m:	1:22.35	45.09	300m:	4:25.84	46.17	500m:	7:36.25	47.55	700m:	10:42.74	42.69	
	150m:	2:08.84	46.49	350m:	5:12.13	46.29	550m:	8:24.87	48.62	750m:	11:34.83	52.09	
	200m:	2:54.70	45.86	400m:	6:00.90	48.77	600m:	9:12.39	47.52	800m:	12:15.01	40.18	
28.			2011						12:15.98 III				276
	50m:	38.21	38.21	250m:	3:40.90	46.67	450m:	6:48.79	45.75	650m:	9:56.57	47.28	
	100m:	1:21.90	43.69	300m:	4:28.01	47.11	500m:	7:35.35	46.56	700m:	10:44.32	47.75	
	150m:	2:08.36	46.46	350m:	5:16.42	48.41	550m:	8:22.35	47.00	750m:	11:29.79	45.47	
	200m:	2:54.23	45.87	400m:	6:03.04	46.62	600m:	9:09.29	46.94	800m:	12:15.98	46.19	
29.			2012 III				-		12:19.45 III				272
	50m:	38.85	38.85	250m:	3:40.38	46.02	450m:	6:46.32	47.10	650m:	9:56.76	46.88	
	100m:	1:23.33	44.48	300m:	4:25.30	44.92	500m:	7:34.54	48.22	700m:	10:44.36	47.60	
	150m:	2:08.94	45.61	350m:	5:11.71	46.41	550m:	8:22.30	47.76	750m:	11:33.05	48.69	
	200m:	2:54.36	45.42	400m:	5:59.22	47.51	600m:	9:09.88	47.58	800m:	12:19.45	46.40	
30.			2012 III				-		12:24.15 III				267
	50m:	36.50	36.50	250m:	3:40.60	46.95	450m:	6:53.03	47.87	650m:	10:04.91	48.33	
	100m:	1:20.54	44.04	300m:	4:28.03	47.43	500m:	7:41.27	48.24	700m:	10:53.65	48.74	
	150m:	2:06.87	46.33	350m:	5:16.85	48.82	550m:	8:28.25	46.98	750m:	11:40.47	46.82	
	200m:	2:53.65	46.78	400m:	6:05.16	48.31	600m:	9:16.58	48.33	800m:	12:24.15	43.68	
31.			2012 I				1		12:27.71 III				263
	50m:	39.17	39.17	250m:	3:45.46	47.33	450m:	6:56.27	48.16	650m:	10:09.17	47.24	
	100m:	1:25.38	46.21	300m:	4:32.39	46.93	500m:	7:44.65	48.38	700m:	10:56.49	47.32	
	150m:	2:11.96	46.58	350m:	5:19.99	47.60	550m:	8:33.33	48.68	750m:	11:42.08	45.59	
	200m:	2:58.13	46.17	400m:	6:08.11	48.12	600m:	9:21.93	48.60	800m:	12:27.71	45.63	
32.			2011 II				-		12:33.33 III				257
	50m:	40.61	40.61	250m:	3:49.82	48.24	450m:	7:03.28	47.81	650m:	10:12.76	47.74	
	100m:	1:26.40	45.79	300m:	4:38.93	49.11	500m:	7:50.92	47.64	700m:	11:00.32	47.56	
	150m:	2:13.40	47.00	350m:	5:27.23	48.30	550m:	8:38.13	47.21	750m:	11:46.87	46.55	
	200m:	3:01.58	48.18	400m:	6:15.47	48.24	600m:	9:25.02	46.89	800m:	12:33.33	46.46	

" " , 12-14.04.2023

13, , 800m				(11-12 )				R.T	
33.			2011 III	-			<b>12:37.07</b>	III	253
	50m: 40.11	40.11	250m: 3:47.11	47.58	450m: 7:00.42	47.60	650m: 10:14.58	48.88	
	100m: 1:25.42	45.31	300m: 4:35.61	48.50	500m: 7:48.74	48.32	700m: 11:03.46	48.88	
	150m: 2:11.90	46.48	350m: 5:24.39	48.78	550m: 8:37.47	48.73	750m: 11:52.79	49.33	
	200m: 2:59.53	47.63	400m: 6:12.82	48.43	600m: 9:25.70	48.23	800m: 12:37.07	44.28	
34.			2012				<b>12:39.09</b>	III	251
	50m: 37.01	37.01	250m: 3:43.27	49.12	450m: 6:59.32	50.25	650m: 10:14.77	49.70	
	100m: 1:20.62	43.61	300m: 4:32.00	48.73	500m: 7:48.60	49.28	700m: 11:03.61	48.84	
	150m: 2:07.62	47.00	350m: 5:21.44	49.44	550m: 8:36.71	48.11	750m: 11:51.78	48.17	
	200m: 2:54.15	46.53	400m: 6:09.07	47.63	600m: 9:25.07	48.36	800m: 12:39.09	47.31	
35.			2012 I	-			<b>12:39.16</b>	III	251
	50m: 37.46	37.46	250m: 3:46.32	48.56	450m: 7:01.33	48.52	650m: 10:17.40	48.68	
	100m: 1:23.47	46.01	300m: 4:35.54	49.22	500m: 7:49.29	47.96	700m: 11:05.84	48.44	
	150m: 2:10.13	46.66	350m: 5:24.11	48.57	550m: 8:39.28	49.99	750m: 11:54.21	48.37	
	200m: 2:57.76	47.63	400m: 6:12.81	48.70	600m: 9:28.72	49.44	800m: 12:39.16	44.95	
36.			2011 III	-	-		<b>12:47.01</b>	III	244
	50m: 41.44	41.44	250m: 3:53.96	48.20	450m: 7:13.56	50.13	650m: 10:29.91	49.21	
	100m: 1:27.46	46.02	300m: 4:42.89	48.93	500m: 8:02.66	49.10	700m: 11:18.54	48.63	
	150m: 2:16.04	48.58	350m: 5:32.66	49.77	550m: 8:52.02	49.36	750m: 12:05.99	47.45	
	200m: 3:05.76	49.72	400m: 6:23.43	50.77	600m: 9:40.70	48.68	800m: 12:47.01	41.02	
37.			2011 III				<b>12:53.96</b>	III	237
	50m: 39.63	39.63	250m: 3:50.32	48.99	450m: 7:06.25	49.11	650m: 10:26.59	50.81	
	100m: 1:25.27	45.64	300m: 4:38.96	48.64	500m: 7:55.77	49.52	700m: 11:16.35	49.76	
	150m: 2:13.11	47.84	350m: 5:28.20	49.24	550m: 8:45.81	50.04	750m: 12:06.32	49.97	
	200m: 3:01.33	48.22	400m: 6:17.14	48.94	600m: 9:35.78	49.97	800m: 12:53.96	47.64	
38.			2011 II				<b>13:00.10</b>	III	231
	50m: 40.36	40.36	250m: 3:55.48	49.49	450m: 7:19.74	51.87	650m: 10:36.49	49.22	
	100m: 1:26.75	46.39	300m: 4:46.67	51.19	500m: 8:08.31	48.57	700m: 11:26.65	50.16	
	150m: 2:16.53	49.78	350m: 5:37.58	50.91	550m: 8:58.84	50.53	750m: 12:17.03	50.38	
	200m: 3:05.99	49.46	400m: 6:27.87	50.29	600m: 9:47.27	48.43	800m: 13:00.10	43.07	
39.			2011 I		1		<b>13:00.17</b>	III	231
	50m: 38.17	38.17	250m: 3:53.50	49.48	450m: 7:16.21	50.79	650m: 10:35.05	48.66	
	100m: 1:24.39	46.22	300m: 4:44.29	50.79	500m: 8:08.03	51.82	700m: 11:26.01	50.96	
	150m: 2:14.04	49.65	350m: 5:34.79	50.50	550m: 8:56.21	48.18	750m: 12:15.07	49.06	
	200m: 3:04.02	49.98	400m: 6:25.42	50.63	600m: 9:46.39	50.18	800m: 13:00.17	45.10	
40.			2012 III	-	-		<b>13:07.65</b>	III	225
	50m: 41.50	41.50	250m: 3:54.43	50.21	450m: 7:16.89	51.05	650m: 10:41.32	51.56	
	100m: 1:27.10	45.60	300m: 4:45.20	50.77	500m: 8:08.46	51.57	700m: 11:32.21	50.89	
	150m: 2:15.78	48.68	350m: 5:36.09	50.89	550m: 8:57.77	49.31	750m: 12:22.57	50.36	
	200m: 3:04.22	48.44	400m: 6:25.84	49.75	600m: 9:49.76	51.99	800m: 13:07.65	45.08	
41.			2012 III	-4	-	-	<b>13:08.34</b>	III	224
	50m: 39.83	39.83	250m: 3:57.02	50.64	450m: 7:22.67	51.39	650m: 10:47.01	50.63	
	100m: 1:27.04	47.21	300m: 4:48.46	51.44	500m: 8:14.34	51.67	700m: 11:37.30	50.29	
	150m: 2:15.84	48.80	350m: 5:38.85	50.39	550m: 9:05.95	51.61	750m: 12:25.77	48.47	
	200m: 3:06.38	50.54	400m: 6:31.28	52.43	600m: 9:56.38	50.43	800m: 13:08.34	42.57	
42.			2011 III	-			<b>13:09.28</b>	III	223
	50m: 43.24	43.24	250m: 3:57.35	49.33	450m: 7:17.43	50.27	650m: 10:40.75	49.83	
	100m: 1:30.60	47.36	300m: 4:47.43	50.08	500m: 8:08.32	50.89	700m: 11:31.56	50.81	
	150m: 2:18.83	48.23	350m: 5:37.29	49.86	550m: 8:59.59	51.27	750m: 12:20.60	49.04	
	200m: 3:08.02	49.19	400m: 6:27.16	49.87	600m: 9:50.92	51.33	800m: 13:09.28	48.68	
43.			2011 III		1		<b>13:20.40</b>	I	214
	50m: 41.53	41.53	250m: 4:01.30	48.90	450m: 7:25.54	51.66	650m: 10:52.08	51.95	
	100m: 1:31.33	49.80	300m: 4:52.48	51.18	500m: 8:17.21	51.67	700m: 11:42.33	50.25	
	150m: 2:21.50	50.17	350m: 5:43.27	50.79	550m: 9:08.64	51.43	750m: 12:32.21	49.88	
	200m: 3:12.40	50.90	400m: 6:33.88	50.61	600m: 10:00.13	51.49	800m: 13:20.40	48.19	

" " (25 )

"ALT-Timing"

13, , 800m				(11-12 )				R.T	
44.			2011	-				<b>13:23.42</b>	212
	50m: 38.27	38.27	250m: 3:59.39	50.54	450m: 7:28.88	53.86	650m: 10:55.38	50.25	
	100m: 1:26.72	48.45	300m: 4:50.13	50.74	500m: 8:22.24	53.36	700m: 11:47.19	51.81	
	150m: 2:17.74	51.02	350m: 5:42.54	52.41	550m: 9:15.14	52.90	750m: 12:37.89	50.70	
	200m: 3:08.85	51.11	400m: 6:35.02	52.48	600m: 10:05.13	49.99	800m: 13:23.42	45.53	
45.			2012 III	-4		- -		<b>13:27.11</b>	209
	50m: 39.10	39.10	250m: 4:01.60	51.96	450m: 7:32.85	53.06	650m: 11:00.43	50.90	
	100m: 1:27.05	47.95	300m: 4:54.54	52.94	500m: 8:25.65	52.80	700m: 11:51.16	50.73	
	150m: 2:17.07	50.02	350m: 5:47.34	52.80	550m: 9:17.98	52.33	750m: 12:41.75	50.59	
	200m: 3:09.64	52.57	400m: 6:39.79	52.45	600m: 10:09.53	51.55	800m: 13:27.11	45.36	
46.			2011 III	-4		- -		<b>13:28.59</b>	208
	50m: 40.03	40.03	250m: 4:00.41	51.57	450m: 7:27.97	51.43	650m: 10:57.48	53.02	
	100m: 1:26.65	46.62	300m: 4:52.40	51.99	500m: 8:19.26	51.29	700m: 11:50.60	53.12	
	150m: 2:17.35	50.70	350m: 5:44.97	52.57	550m: 9:11.91	52.65	750m: 12:41.76	51.16	
	200m: 3:08.84	51.49	400m: 6:36.54	51.57	600m: 10:04.46	52.55	800m: 13:28.59	46.83	
47.			2011 I					<b>13:30.19</b>	207
	50m: 43.65	43.65	250m: 4:02.72	30.14	450m: 7:30.29	51.71	650m: 10:59.27	51.23	
	100m: 1:31.33	47.68	300m: 4:54.34	51.62	500m: 8:23.09	52.80	700m: 11:52.07	52.80	
	150m: 2:22.50	51.17	350m: 5:46.33	51.99	550m: 9:14.46	51.37	750m: 12:43.35	51.28	
	200m: 3:32.58	1:10.08	400m: 6:38.58	52.25	600m: 10:08.04	53.58	800m: 13:30.19	46.84	
48.			2012 I		1			<b>13:33.25</b>	204
	50m: 37.63	37.63	250m: 4:02.88	53.29	450m: 7:31.43	54.71	650m: 11:00.70	50.74	
	100m: 1:26.96	49.33	300m: 4:53.50	50.62	500m: 8:25.25	53.82	700m: 11:51.54	50.84	
	150m: 2:18.46	51.50	350m: 5:46.88	53.38	550m: 9:18.59	53.34	750m: 12:44.13	52.59	
	200m: 3:09.59	51.13	400m: 6:36.72	49.84	600m: 10:09.96	51.37	800m: 13:33.25	49.12	
49.			2012 1					<b>13:44.88</b>	196
	50m: 42.41	42.41	250m: 4:12.30	53.65	450m: 7:44.10	53.88	650m: 11:13.03	52.84	
	100m: 1:24.29	41.88	300m: 5:05.24	52.94	500m: 8:37.11	53.01	700m: 12:05.23	52.20	
	150m: 2:25.79	1:01.50	350m: 5:58.41	53.17	550m: 9:28.70	51.59	750m: 12:58.71	53.48	
	200m: 3:18.65	52.86	400m: 6:50.22	51.81	600m: 10:20.19	51.49	800m: 13:44.88	46.17	
50.			2011					<b>13:47.05</b>	194
	50m: 40.93	40.93	250m: 4:04.63	52.80	450m: 7:38.32	56.66	650m: 11:12.97	51.84	
	100m: 1:29.21	48.28	300m: 4:57.52	52.89	500m: 8:32.19	53.87	700m: 12:06.76	53.79	
	150m: 2:18.95	49.74	350m: 5:50.63	53.11	550m: 9:25.65	53.46	750m: 13:00.28	53.52	
	200m: 3:11.83	52.88	400m: 6:41.66	51.03	600m: 10:21.13	55.48	800m: 13:47.05	46.77	
51.			2011	-				<b>13:51.59</b>	191
	50m: 41.84	41.84	250m: 4:13.51	53.42	450m: 7:45.38	52.79	650m: 11:16.17	53.69	
	100m: 1:32.87	51.03	300m: 5:06.03	52.52	500m: 8:38.49	53.11	700m: 12:08.78	52.61	
	150m: 2:26.11	53.24	350m: 6:00.28	54.25	550m: 9:31.79	53.30	750m: 13:02.01	53.23	
	200m: 3:20.09	53.98	400m: 6:52.59	52.31	600m: 10:22.48	50.69	800m: 13:51.59	49.58	
52.			2012 III					<b>13:53.42</b>	190
	50m: 41.20	41.20	250m: 4:06.80	51.92	450m: 7:39.66	56.63	650m: 11:14.84	52.36	
	100m: 1:30.28	49.08	300m: 5:00.59	53.79	500m: 8:34.87	55.21	700m: 12:10.11	55.27	
	150m: 2:21.74	51.46	350m: 5:52.11	51.52	550m: 9:28.90	54.03	750m: 13:04.17	54.06	
	200m: 3:14.88	53.14	400m: 6:43.03	50.92	600m: 10:22.48	53.58	800m: 13:53.42	49.25	
53.			2012 III	-				<b>13:55.61</b>	188
	50m: 41.67	41.67	250m: 4:15.29	54.05	450m: 7:50.24	54.71	650m: 11:23.46	54.54	
	100m: 1:33.65	51.98	300m: 5:08.67	53.38	500m: 8:45.00	54.76	700m: 12:16.21	52.75	
	150m: 2:28.32	54.67	350m: 6:01.82	53.15	550m: 9:38.20	53.20	750m: 13:07.32	51.11	
	200m: 3:21.24	52.92	400m: 6:55.53	53.71	600m: 10:28.92	50.72	800m: 13:55.61	48.29	
54.			2011	-				<b>14:04.36</b>	182
	50m: 39.18	39.18	250m: 4:04.25	53.60	450m: 7:41.97	55.23	650m: 11:21.77	54.85	
	100m: 1:26.22	47.04	300m: 4:57.41	53.16	500m: 8:35.76	53.79	700m: 12:17.20	55.43	
	150m: 2:18.42	52.20	350m: 5:51.81	54.40	550m: 9:31.52	55.76	750m: 13:12.60	55.40	
	200m: 3:10.65	52.23	400m: 6:46.74	54.93	600m: 10:26.92	55.40	800m: 14:04.36	51.76	

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13, , 800m				(11-12 )				R.T	
55.			2012					<b>14:12.97</b>	177
	50m: 41.36	41.36	250m: 4:12.76	54.21	450m: 7:53.10	54.87	650m: 11:33.81	54.70	
	100m: 1:32.32	50.96	300m: 5:07.26	54.50	500m: 8:48.07	54.97	700m: 12:30.96	57.15	
	150m: 2:26.03	53.71	350m: 6:03.52	56.26	550m: 9:43.70	55.63	750m: 13:23.33	52.37	
	200m: 3:18.55	52.52	400m: 6:58.23	54.71	600m: 10:39.11	55.41	800m: 14:12.97	49.64	
56.			2011 III					<b>14:24.28</b>	170
	50m: 41.75	41.75	250m: 4:12.30	34.49	450m: 7:53.13	55.00	650m: 11:37.29	55.28	
	100m: 1:31.70	49.95	300m: 5:07.34	55.04	500m: 8:49.10	55.97	700m: 12:31.24	53.95	
	150m: 2:24.82	53.12	350m: 6:02.78	55.44	550m: 9:45.47	56.37	750m: 13:27.90	56.66	
	200m: 3:37.81	1:12.99	400m: 6:58.13	55.35	600m: 10:42.01	56.54	800m: 14:24.28	56.38	
57.			2012 I					<b>14:25.94</b>	169
	50m: 46.49	46.49	250m: 4:24.97	55.32	450m: 8:06.79	56.21	650m: 55:48.00	44:54.54	
	100m: 1:39.23	52.74	300m: 5:20.07	55.10	500m: 9:01.93	55.14	700m: 12:43.61		
	150m: 2:35.23	56.00	350m: 6:14.43	54.36	550m: 9:57.88	55.95	750m: 13:38.15	54.54	
	200m: 3:29.65	54.42	400m: 7:10.58	56.15	600m: 10:53.46	55.58	800m: 14:25.94	47.79	
58.			2012					<b>14:26.35</b>	169
	50m: 41.71	41.71	250m: 4:17.03	56.12	450m: 8:01.46	55.70	650m: 11:48.02	56.92	
	100m: 1:31.73	50.02	300m: 5:12.96	55.93	500m: 8:58.67	57.21	700m: 12:43.53	55.51	
	150m: 2:25.46	53.73	350m: 6:09.28	56.32	550m: 9:54.71	56.04	750m: 13:38.30	54.77	
	200m: 3:20.91	55.45	400m: 7:05.76	56.48	600m: 10:51.10	56.39	800m: 14:26.35	48.05	
59.			2012 I		1			<b>14:39.94</b>	161
	50m: 47.46	47.46	250m: 4:27.58	55.79	450m: 8:11.11	56.85	650m: 11:54.78	55.51	
	100m: 1:42.70	55.24	300m: 5:22.27	54.69	500m: 9:07.43	56.32	700m: 12:50.35	55.57	
	150m: 2:36.73	54.03	350m: 6:18.16	55.89	550m: 10:03.35	55.92	750m: 13:43.24	52.89	
	200m: 3:31.79	55.06	400m: 7:14.26	56.10	600m: 10:59.27	55.92	800m: 14:39.94	56.70	
60.			2012 I		1			<b>14:52.25</b>	155
	50m: 45.44	45.44	250m: 4:27.15	56.80	450m: 8:16.58	56.37	650m: 12:09.59	58.54	
	100m: 1:39.41	53.97	300m: 5:22.65	55.50	500m: 9:14.79	58.21	700m: 13:06.88	57.29	
	150m: 2:35.65	56.24	350m: 6:21.24	58.59	550m: 10:13.53	58.74	750m: 14:02.17	55.29	
	200m: 3:30.35	54.70	400m: 7:20.21	58.97	600m: 11:11.05	57.52	800m: 14:52.25	50.08	
61.			2011					<b>15:32.67</b>	135
	50m: 42.05	42.05	250m: 4:40.67	1:00.13	450m: 8:41.45	59.49	650m: 12:42.50	1:00.30	
	100m: 1:43.10	1:01.05	300m: 5:40.63	59.96	500m: 9:41.94	1:00.49	700m: 13:42.53	1:00.03	
	150m: 2:41.45	58.35	350m: 6:41.36	1:00.73	550m: 10:41.78	59.84	750m: 14:39.11	56.58	
	200m: 3:40.54	59.09	400m: 7:41.96	1:00.60	600m: 11:42.20	1:00.42	800m: 15:32.67	53.56	

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14 , 200m (13-14 )  
14.04.2023

: FINA 2022

								R.T			
1.				2009					<b>2:22.63</b>		454
	50m:	30.29	30.29	100m:	1:05.64	35.35	150m:	1:51.09	45.45	200m:	2:22.63 31.54
2.				2009 I					<b>2:22.73</b>		453
	50m:	30.30	30.30	100m:	1:08.38	38.08	150m:	1:51.61	43.23	200m:	2:22.73 31.12
3.				2009 II					<b>2:24.67</b>		435
	50m:	30.46	30.46	100m:	1:06.60	36.14	150m:	1:50.95	44.35	200m:	2:24.67 33.72
4.				2009 II					<b>2:26.56</b>		418
	50m:	32.42	32.42	100m:	1:10.50	38.08	150m:	1:51.97	41.47	200m:	2:26.56 34.59
5.				2009					<b>2:26.75</b>		416
	50m:	31.11	31.11	100m:	1:07.48	36.37	150m:	1:50.96	43.48	200m:	2:26.75 35.79
6.				2009 II					<b>2:26.96</b>		415
	50m:	30.97	30.97	100m:	1:10.09	39.12	150m:	1:52.23	42.14	200m:	2:26.96 34.73
7.				2010 II					<b>2:29.93</b>		390
	50m:	32.38	32.38	100m:	1:13.39	41.01	150m:	1:56.75	43.36	200m:	2:29.93 33.18
8.				2009					<b>2:30.72</b>		384
	50m:	32.95	32.95	100m:	1:11.15	38.20	150m:	1:57.56	46.41	200m:	2:30.72 33.16
9.				2009 III					<b>2:30.75</b>		384
	50m:	32.78	32.78	100m:	1:12.76	39.98	150m:	1:58.50	45.74	200m:	2:30.75 32.25
10.				2010					<b>2:31.03</b>		382
	50m:	33.28	33.28	100m:	1:12.87	39.59	150m:	1:56.95	44.08	200m:	2:31.03 34.08
11.				2009 II					<b>2:31.55</b>		378
	50m:	25.79	25.79	100m:	1:09.63	43.84	150m:	1:54.92	45.29	200m:	2:31.55 36.63
12.				2009 II				1	<b>2:31.81</b>		376
	50m:	32.48	32.48	100m:	1:11.15	38.67	150m:	1:58.09	46.94	200m:	2:31.81 33.72
13.				2010 II					<b>2:31.88</b>		376
	50m:	33.00	33.00	100m:	1:10.93	37.93	150m:	1:56.54	45.61	200m:	2:31.88 35.34
14.				2009 II					<b>2:33.09</b>		367
	50m:	33.13	33.13	100m:	1:11.63	38.50	150m:	2:00.03	48.40	200m:	2:33.09 33.06
15.				2009 II					<b>2:34.19</b>		359
	50m:	34.05	34.05	100m:	1:12.06	38.01	150m:	1:57.95	45.89	200m:	2:34.19 36.24
16.				2009 II					<b>2:34.58</b>		356
	50m:	32.73	32.73	100m:	1:10.28	37.55	150m:	2:00.45	50.17	200m:	2:34.58 34.13
17.				2009 II					<b>2:34.80</b>		355
	50m:	33.96	33.96	100m:	1:13.75	39.79	150m:	1:55.93	42.18	200m:	2:34.80 38.87
18.				2009 II					<b>2:34.90</b>		354
	50m:	33.81	33.81	100m:	1:12.43	38.62	150m:	1:58.42	45.99	200m:	2:34.90 36.48
19.				2009					<b>2:37.87</b>		334
	50m:	30.19	30.19	100m:	1:13.16	42.97	150m:	2:02.96	49.80	200m:	2:37.87 34.91
20.				2009 II					<b>2:37.98</b>		334
	50m:	35.88	35.88	100m:	1:18.14	42.26	150m:	2:02.24	44.10	200m:	2:37.98 35.74
21.				2010 II					<b>2:38.19</b>		332
	50m:	31.81	31.81	100m:	1:13.07	41.26	150m:	2:02.46	49.39	200m:	2:38.19 35.73

" " (25 )

"ALT-Timing"







" " , 12-14.04.2023

14, , 200m						(13-14 )					
		/						R.T			
66.	, ,	2009 III	-4	- -	<b>3:19.86</b>	I	165				
	50m: 43.09 43.09	100m: 1:35.12 52.03	150m: 2:33.08 57.96	200m: 3:19.86 46.78							
67.	, ,	2010	-	- -	<b>3:23.24</b>	I	156				
	50m: 42.51 42.51	100m: 1:32.16 49.65	150m: 2:35.97 1:03.81	200m: 3:23.24 47.27							
68.	, ,	2010	-	- -	<b>3:33.33</b>	II	135				
	50m: 46.72 46.72	100m: 1:41.48 54.76	150m: 2:43.42 1:01.94	200m: 3:33.33 49.91							
69.	, ,	2010 III	-4	- -	<b>3:36.29</b>	II	130				
	50m: 51.80 51.80	100m: 1:46.19 54.39	150m: 2:48.21 1:02.02	200m: 3:36.29 48.08							
70.	, ,	2010	-	- -	<b>3:54.23</b>	II	102				
	50m: 48.83 48.83	100m: 1:49.41 1:00.58	150m: 2:56.72 1:07.31	200m: 3:54.23 57.51							
71.	, ,	2009	-	- -	<b>4:02.91</b>	II	91				
	50m: 56.29 56.29	100m: 1:55.85 59.56	150m: 3:02.91 1:07.06	200m: 4:02.91 1:00.00							
DSQ	, ,	2009									
DSQ	, ,	2009									
DSQ	, ,	2010 III									
DSQ	, ,	2010 II									
DSQ	, ,	2010 II		- -							
DSQ	, ,	2009 II		- -							
DSQ	, ,	2009						- -			
DSQ	, ,	2009						- -			
DSQ	, ,	2009 II		-							
DSQ	, ,	2010 III						- -			
DSQ	, ,	2010						- -			
DSQ	, ,	2010 I				1					
DSQ	, ,	2009									
EXH	, ,	2011 III	2		<b>2:54.66</b>	III	247				
	50m: 35.84 35.84	100m: 1:20.53 44.69	150m: 2:17.10 56.57	200m: 2:54.66 37.56							

" " , 12-14.04.2023

15 , 4 x 50m (13-14 )  
 14.04.2023

: FINA 2022

		/		R.T	
1.	- -	09	30.75	- -	<b>1:59.14</b> 433
	,	09	32.52	,	10 30.08
	,			,	09 25.79
2.	-	09	30.41	-	<b>2:02.48</b> 398
	,	09	33.50	,	10 30.70
	,			,	09 27.87
3.		10	34.38		<b>2:03.71</b> 386
	,	09	35.22	,	09 27.99
	,			,	09 26.12
4.		09	34.54		<b>2:06.46</b> 362
	,	10	36.78	,	09 28.83
	,			,	09 26.31
5.	1	10	37.03	1	<b>2:15.51</b> 294
	,	10	40.13	,	09 30.93
	,			,	09 27.42
6.	2	10	37.83	2	<b>2:28.20</b> 225
	,	10	46.66	,	10 32.97
	,			,	10 30.74
DSQ					

" " , 12-14.04.2023

14.04.2023 16 , 4 x 50m (11-12 )

: FINA 2022

				R.T	
1.				<b>2:12.21</b>	464
	,	11	34.50	11	31.44
	,	11	37.02	11	29.25
2.				<b>2:26.41</b>	341
	,	11	33.70	11	37.90
	,	11	42.51	11	32.30
3.				<b>2:27.54</b>	334
	,	11	36.43	11	35.08
	,	11	42.85	11	33.18
4.	- -			<b>2:27.56</b>	333
	,	11	38.34	12	34.65
	,	11	42.79	11	31.78
5.				<b>2:29.52</b>	321
	,	11	37.55	11	38.33
	,	12	37.50	12	36.14
6.	2			<b>2:30.59</b>	314
	,	11	36.85	12	39.54
	,	11	41.78	12	32.42
7.				<b>2:38.02</b>	271
	,	12	40.17	11	40.41
	,	11	43.37	12	34.07
8.	1			<b>2:41.03</b>	256
	,	12	41.27	12	39.32
	,	11	45.02	11	35.42
9.	-			<b>2:41.82</b>	253
	,	11	39.70	12	40.55
	,	12	50.18	11	31.39