

, 29. - 31.5.2024

1		, 400m						2011				
29.05.2024 - 9:55		: 4:23.00 /		: 4:39.50 / 1		: 5:00.50 / 2		: 5:40.00 / 3		: 6:28.50		
: FINA 2023												
/ FINA												
1.			11				<b>4:36.01</b>		588			
	50m:	29.41	29.41	150m:	1:38.70	35.04	250m:	2:48.72	35.00	350m:	4:00.59	36.05
	100m:	1:03.66	34.25	200m:	2:13.72	35.02	300m:	3:24.54	35.82	400m:	4:36.01	35.42
2.			11				<b>4:38.68</b>		571			
	50m:	30.70	30.70	150m:	1:40.16	35.21	250m:	2:51.82	36.00	350m:	4:03.71	35.86
	100m:	1:04.95	34.25	200m:	2:15.82	35.66	300m:	3:27.85	36.03	400m:	4:38.68	34.97
3.			11				<b>4:40.55</b>		560		1	
	50m:	30.93	30.93	150m:	1:40.97	35.71	250m:	2:53.38	36.17	350m:	4:05.54	36.09
	100m:	1:05.26	34.33	200m:	2:17.21	36.24	300m:	3:29.45	36.07	400m:	4:40.55	35.01
4.			11				<b>4:40.74</b>		559		1	
	50m:	31.37	31.37	150m:	1:43.08	36.22	250m:	2:54.82	36.23	350m:	4:06.10	35.15
	100m:	1:06.86	35.49	200m:	2:18.59	35.51	300m:	3:30.95	36.13	400m:	4:40.74	34.64
5.			11				<b>4:44.57</b>		536		1	
	50m:	30.94	30.94	150m:	1:41.15	35.72	250m:	2:54.04	36.56	350m:	4:08.13	37.02
	100m:	1:05.43	34.49	200m:	2:17.48	36.33	300m:	3:31.11	37.07	400m:	4:44.57	36.44
6.			12				<b>4:48.04</b>		517		1	
	50m:	32.21	32.21	150m:	1:44.84	36.53	250m:	2:58.91	36.97	350m:	4:12.44	36.64
	100m:	1:08.31	36.10	200m:	2:21.94	37.10	300m:	3:35.80	36.89	400m:	4:48.04	35.60
7.			11				<b>4:48.49</b>		515		1	
	50m:	32.00	32.00	150m:	1:45.10	37.18	250m:	2:58.95	36.79	350m:	4:13.09	36.71
	100m:	1:07.92	35.92	200m:	2:22.16	37.06	300m:	3:36.38	37.43	400m:	4:48.49	35.40
8.			11				<b>4:52.02</b>		496		1	
	50m:	31.96	31.96	150m:	1:43.89	36.90	250m:	2:59.71	38.02	350m:	4:15.65	37.85
	100m:	1:06.99	35.03	200m:	2:21.69	37.80	300m:	3:37.80	38.09	400m:	4:52.02	36.37
9.			11				<b>4:52.11</b>		496		1	
	50m:	32.49	32.49	150m:	1:44.64	36.70	250m:	2:59.38	37.39	350m:	4:15.17	38.26
	100m:	1:07.94	35.45	200m:	2:21.99	37.35	300m:	3:36.91	37.53	400m:	4:52.11	36.94
10.			11				<b>4:52.72</b>		493		1	
	50m:	33.75	33.75	150m:	1:47.27	36.96	250m:	3:02.58	37.55	350m:	4:16.37	37.24
	100m:	1:10.31	36.56	200m:	2:25.03	37.76	300m:	3:39.13	36.55	400m:	4:52.72	36.35
11.			11				<b>4:53.33</b>		490		1	
	50m:	32.77	32.77	150m:	1:46.17	37.35	250m:	3:00.61	37.14	350m:	4:15.33	37.66
	100m:	1:08.82	36.05	200m:	2:23.47	37.30	300m:	3:37.67	37.06	400m:	4:53.33	38.00
12.			11				<b>4:54.60</b>		483		1	
	50m:	32.65	32.65	150m:	1:45.78	37.15	250m:	3:00.97	37.72	350m:	4:17.27	38.05
	100m:	1:08.63	35.98	200m:	2:23.25	37.47	300m:	3:39.22	38.25	400m:	4:54.60	37.33
13.			11				<b>4:54.85</b>		482		1	
	50m:	33.35	33.35	150m:	1:46.94	37.40	250m:	3:03.12	38.15	350m:	4:18.64	37.32
	100m:	1:09.54	36.19	200m:	2:24.97	38.03	300m:	3:41.32	38.20	400m:	4:54.85	36.21
14.			11				<b>4:55.45</b>		479		1	
	50m:	32.15	32.15	150m:	1:45.38	37.24	250m:	3:01.90	38.49	350m:	4:18.65	38.34
	100m:	1:08.14	35.99	200m:	2:23.41	38.03	300m:	3:40.31	38.41	400m:	4:55.45	36.80
15.			11				<b>4:55.46</b>		479		1	
	50m:	32.83	32.83	150m:	1:46.34	37.21	250m:	3:02.48	38.04	350m:	4:18.67	37.97
	100m:	1:09.13	36.30	200m:	2:24.44	38.10	300m:	3:40.70	38.22	400m:	4:55.46	36.79
16.			11				<b>4:57.81</b>		468		1	
	50m:	33.90	33.90	150m:	1:49.64	38.29	250m:	3:06.35	38.18	350m:	4:22.59	38.17
	100m:	1:11.35	37.45	200m:	2:28.17	38.53	300m:	3:44.42	38.07	400m:	4:57.81	35.22
17.			11				<b>4:58.03</b>		467		1	
	50m:	33.37	33.37	150m:	1:48.25	38.26	250m:	3:04.83	38.55	350m:	4:21.46	38.15
	100m:	1:09.99	36.62	200m:	2:26.28	38.03	300m:	3:43.31	38.48	400m:	4:58.03	36.57

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1,		, 400m		, 2011						FINA		
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18.				12				<b>4:58.44</b>	465		1	
	50m:	33.49	33.49	150m:	1:48.78	38.26	250m:	3:06.02	38.66	350m:	4:22.99	38.10
	100m:	1:10.52	37.03	200m:	2:27.36	38.58	300m:	3:44.89	38.87	400m:	4:58.44	35.45
19.				11				<b>4:58.75</b>	464		1	
	50m:	32.61	32.61	150m:	1:46.58	37.39	250m:	3:03.22	38.44	350m:	4:22.40	39.73
	100m:	1:09.19	36.58	200m:	2:24.78	38.20	300m:	3:42.67	39.45	400m:	4:58.75	36.35
20.				11				<b>4:58.98</b>	463		1	
	50m:	32.80	32.80	150m:	1:47.27	37.11	250m:	3:03.71	38.43	350m:	4:22.14	39.23
	100m:	1:10.16	37.36	200m:	2:25.28	38.01	300m:	3:42.91	39.20	400m:	4:58.98	36.84
21.				11				<b>4:59.81</b>	459		1	
	50m:	33.19	33.19	150m:	1:47.68	37.52	250m:	3:03.63	37.97	350m:	4:20.25	39.10
	100m:	1:10.16	36.97	200m:	2:25.66	37.98	300m:	3:41.15	37.52	400m:	4:59.81	39.56
22.				11				<b>5:00.79</b>	454		2	
	50m:	32.69	32.69	150m:	1:46.26	37.68	250m:	3:03.11	38.94	350m:	4:22.06	39.24
	100m:	1:08.58	35.89	200m:	2:24.17	37.91	300m:	3:42.82	39.71	400m:	5:00.79	38.73
23.				12				<b>5:00.84</b>	454		2	
	50m:	32.27	32.27	150m:	1:45.46	37.39	250m:	3:02.70	38.94	350m:	4:20.99	39.50
	100m:	1:08.07	35.80	200m:	2:23.76	38.30	300m:	3:41.49	38.79	400m:	5:00.84	39.85
24.				11				<b>5:01.70</b>	450		2	
	50m:	34.15	34.15	150m:	1:49.32	37.90	250m:	3:05.91	38.06	350m:	4:22.42	38.44
	100m:	1:11.42	37.27	200m:	2:27.85	38.53	300m:	3:43.98	38.07	400m:	5:01.70	39.28
25.				11				<b>5:02.37</b>	447		2	
	50m:	33.60	33.60	150m:	1:49.97	38.59	250m:	3:07.31	38.71	350m:	4:24.67	38.67
	100m:	1:11.38	37.78	200m:	2:28.60	38.63	300m:	3:46.00	38.69	400m:	5:02.37	37.70
26.				12				<b>5:03.12</b>	444		2	
	50m:	33.82	33.82	150m:	1:50.84	39.08	250m:	3:09.87	39.71	350m:	4:26.70	38.06
	100m:	1:11.76	37.94	200m:	2:30.16	39.32	300m:	3:48.64	38.77	400m:	5:03.12	36.42
27.			-	12				<b>5:03.89</b>	440		2	
	50m:	34.64	34.64	150m:	1:52.47	38.87	250m:	3:09.14	38.14	350m:	4:25.36	38.29
	100m:	1:13.60	38.96	200m:	2:31.00	38.53	300m:	3:47.07	37.93	400m:	5:03.89	38.53
28.				12				<b>5:04.52</b>	438		2	
	50m:	33.53	33.53	150m:	1:50.01	38.58	250m:	3:09.19	39.43	350m:	4:27.44	39.02
	100m:	1:11.43	37.90	200m:	2:29.76	39.75	300m:	3:48.42	39.23	400m:	5:04.52	37.08
29.				11				<b>5:04.54</b>	438		2	
	50m:	33.57	33.57	150m:	1:48.94	38.66	250m:	3:08.58	39.96	350m:	4:27.32	39.28
	100m:	1:10.28	36.71	200m:	2:28.62	39.68	300m:	3:48.04	39.46	400m:	5:04.54	37.22
30.				11				<b>5:04.55</b>	438		2	
	50m:	32.36	32.36	150m:	1:46.82	38.13	250m:	3:06.48	39.89	350m:	4:26.06	39.37
	100m:	1:08.69	36.33	200m:	2:26.59	39.77	300m:	3:46.69	40.21	400m:	5:04.55	38.49
31.				11				<b>5:04.59</b>	437		2	
	50m:	33.41	33.41	150m:	1:51.71	39.66	250m:	3:10.94	39.61	350m:	4:29.00	38.54
	100m:	1:12.05	38.64	200m:	2:31.33	39.62	300m:	3:50.46	39.52	400m:	5:04.59	35.59
32.				11				<b>5:04.87</b>	436		2	
	50m:	35.13	35.13	150m:	1:52.61	39.85	250m:	3:10.15	38.45	350m:	4:27.23	37.94
	100m:	1:12.76	37.63	200m:	2:31.70	39.09	300m:	3:49.29	39.14	400m:	5:04.87	37.64
33.				11				<b>5:04.98</b>	436		2	
	50m:	34.86	34.86	150m:	1:52.94	39.26	250m:	3:12.26	39.38	350m:	4:29.07	37.78
	100m:	1:13.68	38.82	200m:	2:32.88	39.94	300m:	3:51.29	39.03	400m:	5:04.98	35.91
34.				11				<b>5:05.09</b>	435		2	
	50m:	33.34	33.34	150m:	1:50.09	39.42	250m:	3:08.81	39.32	350m:	4:26.72	38.91
	100m:	1:10.67	37.33	200m:	2:29.49	39.40	300m:	3:47.81	39.00	400m:	5:05.09	38.37
35.				11				<b>5:05.10</b>	435		2	
	50m:	34.54	34.54	150m:	1:50.78	38.35	250m:	3:08.15	38.84	350m:	4:26.49	39.40
	100m:	1:12.43	37.89	200m:	2:29.31	38.53	300m:	3:47.09	38.94	400m:	5:05.10	38.61

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1,		, 400m		, 2011						FINA		
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36.				11				<b>5:05.26</b>	435		2	
	50m:	35.02	35.02	150m:	1:51.42	38.37	250m:	3:10.35	39.79	350m:	4:28.46	39.03
	100m:	1:13.05	38.03	200m:	2:30.56	39.14	300m:	3:49.43	39.08	400m:	5:05.26	36.80
37.				11				<b>5:05.59</b>	433		2	
	50m:	32.57	32.57	150m:	1:48.79	39.23	250m:	3:09.08	40.24	350m:	4:28.62	39.19
	100m:	1:09.56	36.99	200m:	2:28.84	40.05	300m:	3:49.43	40.35	400m:	5:05.59	36.97
38.				12				<b>5:05.99</b>	431		2	
	50m:	33.27	33.27	150m:	1:50.64	39.29	250m:	3:09.10	39.12	350m:	4:27.82	39.21
	100m:	1:11.35	38.08	200m:	2:29.98	39.34	300m:	3:48.61	39.51	400m:	5:05.99	38.17
39.				11				<b>5:06.09</b>	431		2	
	50m:	33.11	33.11	150m:	1:49.76	38.70	250m:	3:08.86	39.56	350m:	4:28.56	39.85
	100m:	1:11.06	37.95	200m:	2:29.30	39.54	300m:	3:48.71	39.85	400m:	5:06.09	37.53
40.				11				<b>5:06.89</b>	428		2	
	50m:	32.83	32.83	150m:	1:48.49	38.64	250m:	3:08.39	40.40	350m:	4:28.26	39.68
	100m:	1:09.85	37.02	200m:	2:27.99	39.50	300m:	3:48.58	40.19	400m:	5:06.89	38.63
41.				11				<b>5:07.47</b>	425		2	
	50m:	34.82	34.82	150m:	1:54.35	39.57	250m:	3:12.86	38.78	350m:	4:30.48	38.83
	100m:	1:14.78	39.96	200m:	2:34.08	39.73	300m:	3:51.65	38.79	400m:	5:07.47	36.99
42.				11				<b>5:08.18</b>	422		2	
	50m:	33.30	33.30	150m:	1:50.56	39.11	250m:	3:10.80	40.45	350m:	4:31.23	40.20
	100m:	1:11.45	38.15	200m:	2:30.35	39.79	300m:	3:51.03	40.23	400m:	5:08.18	36.95
43.				11				<b>5:08.38</b>	421		2	
	50m:	35.57	35.57	150m:	1:52.38	38.61	250m:	3:11.34	39.18	350m:	4:30.78	39.74
	100m:	1:13.77	38.20	200m:	2:32.16	39.78	300m:	3:51.04	39.70	400m:	5:08.38	37.60
44.				12				<b>5:08.56</b>	421		2	
	50m:	34.42	34.42	150m:	1:52.73	39.89	250m:	3:13.33	41.10	350m:	4:32.85	39.67
	100m:	1:12.84	38.42	200m:	2:32.23	39.50	300m:	3:53.18	39.85	400m:	5:08.56	35.71
45.				11				<b>5:08.76</b>	420		2	
	50m:	33.25	33.25	150m:	1:50.42	39.10	250m:	3:10.61	39.95	350m:	4:31.53	40.64
	100m:	1:11.32	38.07	200m:	2:30.66	40.24	300m:	3:50.89	40.28	400m:	5:08.76	37.23
46.				11				<b>5:09.47</b>	417		2	
	50m:	35.84	35.84	150m:	1:54.28	39.22	250m:	3:12.62	39.20	350m:	4:31.29	39.36
	100m:	1:15.06	39.22	200m:	2:33.42	39.14	300m:	3:51.93	39.31	400m:	5:09.47	38.18
47.				12				<b>5:09.90</b>	415		2	
	50m:	34.99	34.99	150m:	1:53.26	39.58	250m:	3:13.12	39.96	350m:	4:32.02	39.30
	100m:	1:13.68	38.69	200m:	2:33.16	39.90	300m:	3:52.72	39.60	400m:	5:09.90	37.88
48.				11				<b>5:10.11</b>	414		2	
	50m:	34.71	34.71	150m:	1:53.37	40.18	250m:	3:13.71	39.97	350m:	4:32.74	39.02
	100m:	1:13.19	38.48	200m:	2:33.74	40.37	300m:	3:53.72	40.01	400m:	5:10.11	37.37
49.				11				<b>5:10.15</b>	414		2	
	50m:	35.51	35.51	150m:	1:54.15	39.44	250m:	3:14.25	40.11	350m:	4:33.20	39.09
	100m:	1:14.71	39.20	200m:	2:34.14	39.99	300m:	3:54.11	39.86	400m:	5:10.15	36.95
50.				12				<b>5:10.60</b>	412		2	
	50m:	35.52	35.52	150m:	1:54.29	39.71	250m:	3:13.86	39.78	350m:	4:33.25	39.48
	100m:	1:14.58	39.06	200m:	2:34.08	39.79	300m:	3:53.77	39.91	400m:	5:10.60	37.35
51.				11				<b>5:11.10</b>	410		2	
	50m:	32.89	32.89	150m:	1:50.33	39.26	250m:	3:09.69	39.50	350m:	4:31.26	41.16
	100m:	1:11.07	38.18	200m:	2:30.19	39.86	300m:	3:50.10	40.41	400m:	5:11.10	39.84
52.				12				<b>5:11.42</b>	409		2	
	50m:	35.40	35.40	150m:	1:53.19	39.02	250m:	3:12.15	39.15	350m:	4:31.31	39.30
	100m:	1:14.17	38.77	200m:	2:33.00	39.81	300m:	3:52.01	39.86	400m:	5:11.42	40.11
53.				11				<b>5:11.69</b>	408		2	
	50m:	35.55	35.55	150m:	1:54.58	39.66	250m:	3:14.63	39.85	350m:	4:34.32	39.68
	100m:	1:14.92	39.37	200m:	2:34.78	40.20	300m:	3:54.64	40.01	400m:	5:11.69	37.37

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54.				11				<b>5:11.71</b>	408		2	
	50m:	34.60	34.60	150m:	1:52.26	39.52	250m:	3:11.84	39.77	350m:	4:32.63	40.38
	100m:	1:12.74	38.14	200m:	2:32.07	39.81	300m:	3:52.25	40.41	400m:	5:11.71	39.08
55.				11				<b>5:11.97</b>	407		2	
	50m:	34.91	34.91	150m:	1:54.37	40.30	250m:	3:14.81	40.22	350m:	4:34.68	39.89
	100m:	1:14.07	39.16	200m:	2:34.59	40.22	300m:	3:54.79	39.98	400m:	5:11.97	37.29
56.				11				<b>5:13.06</b>	403		2	
	50m:	34.61	34.61	150m:	1:53.34	39.66	250m:	3:14.00	40.11	350m:	4:34.77	39.66
	100m:	1:13.68	39.07	200m:	2:33.89	40.55	300m:	3:55.11	41.11	400m:	5:13.06	38.29
57.				11				<b>5:13.27</b>	402		2	
	50m:	34.85	34.85	150m:	1:54.37	39.87	250m:	3:15.18	40.12	350m:	4:35.35	39.89
	100m:	1:14.50	39.65	200m:	2:35.06	40.69	300m:	3:55.46	40.28	400m:	5:13.27	37.92
58.				12				<b>5:13.29</b>	402		2	
	50m:	35.15	35.15	150m:	1:56.25	41.37	250m:	3:17.24	40.19	350m:	4:37.46	39.57
	100m:	1:14.88	39.73	200m:	2:37.05	40.80	300m:	3:57.89	40.65	400m:	5:13.29	35.83
59.				12				<b>5:13.52</b>	401		2	
	50m:	36.21	36.21	150m:	1:55.71	40.32	250m:	3:15.55	39.89	350m:	4:34.58	38.22
	100m:	1:15.39	39.18	200m:	2:35.66	39.95	300m:	3:56.36	40.81	400m:	5:13.52	38.94
60.				11				<b>5:13.71</b>	400		2	
	50m:	33.18	33.18	150m:	1:52.40	41.06	250m:	3:13.67	40.52	350m:	4:34.56	40.23
	100m:	1:11.34	38.16	200m:	2:33.15	40.75	300m:	3:54.33	40.66	400m:	5:13.71	39.15
61.				12				<b>5:14.16</b>	399		2	
	50m:	34.02	34.02	150m:	1:52.22	40.30	250m:	3:13.00	40.45	350m:	4:34.19	40.89
	100m:	1:11.92	37.90	200m:	2:32.55	40.33	300m:	3:53.30	40.30	400m:	5:14.16	39.97
62.				12				<b>5:14.32</b>	398		2	
	50m:	34.64	34.64	150m:	1:55.23	40.54	250m:	3:15.60	39.88	350m:	4:36.09	39.86
	100m:	1:14.69	40.05	200m:	2:35.72	40.49	300m:	3:56.23	40.63	400m:	5:14.32	38.23
63.				11				<b>5:16.47</b>	390		2	
	50m:	33.93	33.93	150m:	1:53.46	40.46	250m:	3:15.74	41.11	350m:	4:38.13	41.08
	100m:	1:13.00	39.07	200m:	2:34.63	41.17	300m:	3:57.05	41.31	400m:	5:16.47	38.34
64.				11				<b>5:17.06</b>	388		2	
	50m:	35.09	35.09	150m:	1:55.65	41.01	250m:	3:17.09	40.42	350m:	4:37.74	40.24
	100m:	1:14.64	39.55	200m:	2:36.67	41.02	300m:	3:57.50	40.41	400m:	5:17.06	39.32
65.				12				<b>5:17.11</b>	388		2	
	50m:	33.69	33.69	150m:	1:54.15	41.03	250m:	3:16.52	41.16	350m:	4:38.17	40.88
	100m:	1:13.12	39.43	200m:	2:35.36	41.21	300m:	3:57.29	40.77	400m:	5:17.11	38.94
66.				12				<b>5:17.24</b>	387		2	
	50m:	33.93	33.93	150m:	1:50.66	39.34	250m:	3:11.70	41.24	350m:	4:35.16	42.15
	100m:	1:11.32	37.39	200m:	2:30.46	39.80	300m:	3:53.01	41.31	400m:	5:17.24	42.08
67.				11				<b>5:17.33</b>	387		2	
	50m:	34.56	34.56	150m:	1:55.44	41.37	250m:	3:19.08	42.39	350m:	4:40.78	40.80
	100m:	1:14.07	39.51	200m:	2:36.69	41.25	300m:	3:59.98	40.90	400m:	5:17.33	36.55
68.				11				<b>5:17.34</b>	387		2	
	50m:	33.17	33.17	150m:	1:51.76	40.62	250m:	3:14.07	41.68	350m:	4:37.14	41.50
	100m:	1:11.14	37.97	200m:	2:32.39	40.63	300m:	3:55.64	41.57	400m:	5:17.34	40.20
69.				11				<b>5:17.47</b>	386		2	
	50m:	34.43	34.43	150m:	1:54.57	40.73	250m:	3:16.84	41.40	350m:	4:39.16	41.06
	100m:	1:13.84	39.41	200m:	2:35.44	40.87	300m:	3:58.10	41.26	400m:	5:17.47	38.31
70.				11				<b>5:18.02</b>	384		2	
	50m:	34.10	34.10	150m:	1:51.15	39.62	250m:	3:13.10	41.34	350m:	4:36.45	42.32
	100m:	1:11.53	37.43	200m:	2:31.76	40.61	300m:	3:54.13	41.03	400m:	5:18.02	41.57
71.				11				<b>5:18.19</b>	384		2	
	50m:	34.05	34.05	150m:	1:52.87	40.59	250m:	3:14.57	41.17	350m:	4:37.27	40.90
	100m:	1:12.28	38.23	200m:	2:33.40	40.53	300m:	3:56.37	41.80	400m:	5:18.19	40.92

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1,		, 400m		, 2011								
								FINA				
72.												
	50m:	35.66	35.66	150m:	1:55.67	40.00	250m:	3:17.17	40.61	350m:	4:39.19	40.95
	100m:	1:15.67	40.01	200m:	2:36.56	40.89	300m:	3:58.24	41.07	400m:	5:18.21	39.02
										<b>5:18.21</b>	384	2
73.												
	50m:	34.46	34.46	150m:	1:54.85	40.67	250m:	3:17.80	41.60	350m:	4:38.87	40.67
	100m:	1:14.18	39.72	200m:	2:36.20	41.35	300m:	3:58.20	40.40	400m:	5:18.55	39.68
										<b>5:18.55</b>	382	2
74.												
	50m:	36.55	36.55	150m:	1:58.71	41.37	250m:	3:20.59	40.76	350m:	4:41.57	40.25
	100m:	1:17.34	40.79	200m:	2:39.83	41.12	300m:	4:01.32	40.73	400m:	5:19.44	37.87
										<b>5:19.44</b>	379	2
75.												
	50m:	34.04	34.04	150m:	1:53.36	40.72	250m:	3:16.70	41.93	350m:	4:39.56	41.43
	100m:	1:12.64	38.60	200m:	2:34.77	41.41	300m:	3:58.13	41.43	400m:	5:19.74	40.18
										<b>5:19.74</b>	378	2
76.												
	50m:	34.90	34.90	150m:	1:57.61	42.31	250m:	3:19.76	40.92	350m:	4:41.38	40.60
	100m:	1:15.30	40.40	200m:	2:38.84	41.23	300m:	4:00.78	41.02	400m:	5:20.16	38.78
										<b>5:20.16</b>	377	2
77.												
	50m:	34.91	34.91	150m:	1:56.17	41.23	250m:	3:19.65	41.71	350m:	4:41.58	40.56
	100m:	1:14.94	40.03	200m:	2:37.94	41.77	300m:	4:01.02	41.37	400m:	5:20.22	38.64
										<b>5:20.22</b>	376	2
78.												
	50m:	34.65	34.65	150m:	1:54.65	40.53	250m:	3:17.08	41.48	350m:	4:40.23	41.78
	100m:	1:14.12	39.47	200m:	2:35.60	40.95	300m:	3:58.45	41.37	400m:	5:20.52	40.29
										<b>5:20.52</b>	375	2
79.												
	50m:	36.84	36.84	150m:	1:57.11	40.30	250m:	3:19.12	40.49	350m:	4:42.22	41.89
	100m:	1:16.81	39.97	200m:	2:38.63	41.52	300m:	4:00.33	41.21	400m:	5:20.72	38.50
										<b>5:20.72</b>	375	2
80.												
	50m:	34.60	34.60	150m:	1:55.20	41.29	250m:	3:17.54	40.58	350m:	4:41.13	41.99
	100m:	1:13.91	39.31	200m:	2:36.96	41.76	300m:	3:59.14	41.60	400m:	5:20.92	39.79
										<b>5:20.92</b>	374	2
81.												
	50m:	36.69	36.69	150m:	1:57.43	41.14	250m:	3:20.32	41.59	350m:	4:42.69	40.45
	100m:	1:16.29	39.60	200m:	2:38.73	41.30	300m:	4:02.24	41.92	400m:	5:21.18	38.49
										<b>5:21.18</b>	373	2
82.												
	50m:	33.49	33.49	150m:	1:52.94	40.90	250m:	3:17.83	42.07	350m:	4:42.36	41.13
	100m:	1:12.04	38.55	200m:	2:35.76	42.82	300m:	4:01.23	43.40	400m:	5:21.20	38.84
										<b>5:21.20</b>	373	2
83.												
	50m:	36.41	36.41	150m:	1:55.12	40.47	250m:	3:17.42	40.75	350m:	4:40.81	41.51
	100m:	1:14.65	38.24	200m:	2:36.67	41.55	300m:	3:59.30	41.88	400m:	5:21.23	40.42
										<b>5:21.23</b>	373	2
84.												
	50m:	35.68	35.68	150m:	1:58.16	41.46	250m:	3:21.15	41.34	350m:	4:43.86	41.11
	100m:	1:16.70	41.02	200m:	2:39.81	41.65	300m:	4:02.75	41.60	400m:	5:21.41	37.55
										<b>5:21.41</b>	372	2
85.												
	50m:	36.05	36.05	150m:	1:58.48	41.98	250m:	3:22.26	42.30	350m:	4:44.64	41.24
	100m:	1:16.50	40.45	200m:	2:39.96	41.48	300m:	4:03.40	41.14	400m:	5:21.42	36.78
										<b>5:21.42</b>	372	2
86.												
	50m:	36.35	36.35	150m:	1:57.47	41.05	250m:	3:19.43	40.56	350m:	4:41.74	40.89
	100m:	1:16.42	40.07	200m:	2:38.87	41.40	300m:	4:00.85	41.42	400m:	5:21.67	39.93
										<b>5:21.67</b>	371	2
87.												
	50m:	35.96	35.96	150m:	1:57.42	41.29	250m:	3:21.41	42.06	350m:	4:44.41	40.84
	100m:	1:16.13	40.17	200m:	2:39.35	41.93	300m:	4:03.57	42.16	400m:	5:22.95	38.54
										<b>5:22.95</b>	367	2
88.												
	50m:	36.60	36.60	150m:	1:58.92	41.67	250m:	3:21.81	41.34	350m:	4:45.59	42.44
	100m:	1:17.25	40.65	200m:	2:40.47	41.55	300m:	4:03.15	41.34	400m:	5:23.00	37.41
										<b>5:23.00</b>	367	2
89.												
	50m:	34.90	34.90	150m:	1:56.21	41.25	250m:	3:18.90	41.12	350m:	4:42.11	40.71
	100m:	1:14.96	40.06	200m:	2:37.78	41.57	300m:	4:01.40	42.50	400m:	5:23.67	41.56
										<b>5:23.67</b>	364	2

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1,		, 400m		, 2011								
								FINA				
90.				12				<b>5:24.46</b>	362		2	
	50m:	35.25	35.25	150m:	2:00.33	44.06	250m:	3:23.91	41.38	350m:	4:46.38	40.91
	100m:	1:16.27	41.02	200m:	2:42.53	42.20	300m:	4:05.47	41.56	400m:	5:24.46	38.08
91.				11				<b>5:24.93</b>	360		2	
	50m:	36.29	36.29	150m:	1:58.00	41.34	250m:	3:22.91	42.28	350m:	4:46.37	41.86
	100m:	1:16.66	40.37	200m:	2:40.63	42.63	300m:	4:04.51	41.60	400m:	5:24.93	38.56
92.				12				<b>5:25.53</b>	358		2	
	50m:	36.01	36.01	150m:	1:58.61	42.21	250m:	3:23.33	42.49	350m:	4:46.49	41.61
	100m:	1:16.40	40.39	200m:	2:40.84	42.23	300m:	4:04.88	41.55	400m:	5:25.53	39.04
93.				11				<b>5:26.72</b>	354		2	
	50m:	34.27	34.27	150m:	1:54.71	41.62	250m:	3:19.77	42.72	350m:	4:45.88	42.83
	100m:	1:13.09	38.82	200m:	2:37.05	42.34	300m:	4:03.05	43.28	400m:	5:26.72	40.84
94.				13				<b>5:26.73</b>	354		2	
	50m:	34.23	34.23	150m:	1:56.05	42.30	250m:	3:19.55	42.16	350m:	4:48.00	45.87
	100m:	1:13.75	39.52	200m:	2:37.39	41.34	300m:	4:02.13	42.58	400m:	5:26.73	38.73
95.				12				<b>5:27.11</b>	353		2	
	50m:	36.21	36.21	150m:	1:57.73	41.69	250m:	3:21.18	42.08	350m:	4:47.16	43.56
	100m:	1:16.04	39.83	200m:	2:39.10	41.37	300m:	4:03.60	42.42	400m:	5:27.11	39.95
96.				13				<b>5:27.19</b>	353		2	
	50m:	36.11	36.11	150m:	1:58.65	42.06	250m:	3:22.68	42.37	350m:	4:46.97	42.43
	100m:	1:16.59	40.48	200m:	2:40.31	41.66	300m:	4:04.54	41.86	400m:	5:27.19	40.22
97.				12				<b>5:27.25</b>	353		2	
	50m:	34.77	34.77	150m:	1:56.58	41.77	250m:	3:21.93	42.60	350m:	4:45.18	40.72
	100m:	1:14.81	40.04	200m:	2:39.33	42.75	300m:	4:04.46	42.53	400m:	5:27.25	42.07
98.				12				<b>5:28.19</b>	350		2	
	50m:	37.63	37.63	150m:	2:02.50	42.76	250m:	3:28.12	43.24	350m:	4:50.82	40.61
	100m:	1:19.74	42.11	200m:	2:44.88	42.38	300m:	4:10.21	42.09	400m:	5:28.19	37.37
99.				11				<b>5:28.41</b>	349		2	
	50m:	36.36	36.36	150m:	1:57.85	41.59	250m:	3:22.38	42.21	350m:	4:48.20	42.54
	100m:	1:16.26	39.90	200m:	2:40.17	42.32	300m:	4:05.66	43.28	400m:	5:28.41	40.21
100.				11				<b>5:28.91</b>	347		2	
	50m:	36.37	36.37	150m:	1:58.84	41.82	250m:	3:23.57	42.84	350m:	4:48.47	42.41
	100m:	1:17.02	40.65	200m:	2:40.73	41.89	300m:	4:06.06	42.49	400m:	5:28.91	40.44
101.				13				<b>5:29.00</b>	347		2	
	50m:	37.49	37.49	150m:	1:59.66	41.31	250m:	3:23.77	42.14	350m:	4:49.00	42.30
	100m:	1:18.35	40.86	200m:	2:41.63	41.97	300m:	4:06.70	42.93	400m:	5:29.00	40.00
102.				12				<b>5:30.10</b>	344		2	
	50m:	35.98	35.98	150m:	2:00.62	42.88	250m:	3:26.66	43.03	350m:	4:50.48	41.18
	100m:	1:17.74	41.76	200m:	2:43.63	43.01	300m:	4:09.30	42.64	400m:	5:30.10	39.62
103.				12				<b>5:30.30</b>	343		2	
	50m:	37.46	37.46	150m:	1:59.81	41.52	250m:	3:24.21	42.12	350m:	4:48.49	42.40
	100m:	1:18.29	40.83	200m:	2:42.09	42.28	300m:	4:06.09	41.88	400m:	5:30.30	41.81
104.				12				<b>5:31.09</b>	340		2	
	50m:	36.82	36.82	150m:	1:59.70	42.29	250m:	3:24.76	42.40	350m:	4:50.02	42.05
	100m:	1:17.41	40.59	200m:	2:42.36	42.66	300m:	4:07.97	43.21	400m:	5:31.09	41.07
105.				11				<b>5:31.45</b>	339		2	
	50m:	32.56	32.56	150m:	1:53.52	41.97	250m:	3:21.14	44.28	350m:	4:49.87	43.68
	100m:	1:11.55	38.99	200m:	2:36.86	43.34	300m:	4:06.19	45.05	400m:	5:31.45	41.58
106.				11				<b>5:31.72</b>	339		2	
	50m:	33.97	33.97	150m:	1:57.14	42.41	250m:	3:22.20	42.85	350m:	4:49.63	43.79
	100m:	1:14.73	40.76	200m:	2:39.35	42.21	300m:	4:05.84	43.64	400m:	5:31.72	42.09
107.				11				<b>5:32.07</b>	337		2	
	50m:	34.90	34.90	150m:	1:56.90	42.09	250m:	3:23.56	43.67	350m:	4:49.55	43.36
	100m:	1:14.81	39.91	200m:	2:39.89	42.99	300m:	4:06.19	42.63	400m:	5:32.07	42.52

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1,	, 400m		, 2011						FINA			
108.				13				<b>5:32.14</b>	337	2		
	50m:	37.61	37.61	150m:	1:59.67	41.80	250m:	3:24.66	43.14	350m:	4:50.81	42.98
	100m:	1:17.87	40.26	200m:	2:41.52	41.85	300m:	4:07.83	43.17	400m:	5:32.14	41.33
109.				12				<b>5:32.34</b>	337	2		
	50m:	35.34	35.34	150m:	1:58.01	42.25	250m:	3:25.32	44.05	350m:	4:50.84	42.36
	100m:	1:15.76	40.42	200m:	2:41.27	43.26	300m:	4:08.48	43.16	400m:	5:32.34	41.50
110.				12				<b>5:34.37</b>	331	2		
	50m:	34.70	34.70	150m:	1:57.74	41.97	250m:	3:24.52	43.59	350m:	4:50.82	43.20
	100m:	1:15.77	41.07	200m:	2:40.93	43.19	300m:	4:07.62	43.10	400m:	5:34.37	43.55
111.				11				<b>5:34.55</b>	330	2		
	50m:	36.42	36.42	150m:	2:01.24	43.51	250m:	3:28.31	43.69	350m:	4:52.66	42.19
	100m:	1:17.73	41.31	200m:	2:44.62	43.38	300m:	4:10.47	42.16	400m:	5:34.55	41.89
112.				12				<b>5:35.22</b>	328	2		
	50m:	37.15	37.15	150m:	2:00.18	42.10	250m:	3:26.32	43.08	350m:	4:53.38	43.47
	100m:	1:18.08	40.93	200m:	2:43.24	43.06	300m:	4:09.91	43.59	400m:	5:35.22	41.84
113.				11				<b>5:35.23</b>	328	2		
	50m:	38.44	38.44	150m:	2:02.12	42.11	250m:	3:29.16	43.74	350m:	4:55.47	42.72
	100m:	1:20.01	41.57	200m:	2:45.42	43.30	300m:	4:12.75	43.59	400m:	5:35.23	39.76
114.				12				<b>5:35.58</b>	327	2		
	50m:	38.45	38.45	150m:	2:03.33	43.09	250m:	3:30.91	43.91	350m:	4:57.31	43.08
	100m:	1:20.24	41.79	200m:	2:47.00	43.67	300m:	4:14.23	43.32	400m:	5:35.58	38.27
115.				11				<b>5:35.94</b>	326	2		
	50m:	37.62	37.62	150m:	2:02.60	43.13	250m:	3:28.89	42.42	350m:	4:55.28	43.07
	100m:	1:19.47	41.85	200m:	2:46.47	43.87	300m:	4:12.21	43.32	400m:	5:35.94	40.66
116.				12				<b>5:36.39</b>	325	2		
	50m:	39.58	39.58	150m:	2:04.70	42.54	250m:	3:29.97	42.06	350m:	4:55.85	42.69
	100m:	1:22.16	42.58	200m:	2:47.91	43.21	300m:	4:13.16	43.19	400m:	5:36.39	40.54
117.				12				<b>5:38.28</b>	319	2		
	50m:	37.67	37.67	150m:	2:03.13	43.38	250m:	3:30.63	43.91	350m:	4:57.23	43.21
	100m:	1:19.75	42.08	200m:	2:46.72	43.59	300m:	4:14.02	43.39	400m:	5:38.28	41.05
118.				12				<b>5:39.24</b>	316	2		
	50m:	36.99	36.99	150m:	2:02.61	43.31	250m:	3:30.11	44.27	350m:	4:57.56	43.88
	100m:	1:19.30	42.31	200m:	2:45.84	43.23	300m:	4:13.68	43.57	400m:	5:39.24	41.68
119.				11				<b>5:39.67</b>	315	2		
	50m:	37.14	37.14	150m:	2:03.93	43.96	250m:	3:32.21	44.27	350m:	5:00.80	44.27
	100m:	1:19.97	42.83	200m:	2:47.94	44.01	300m:	4:16.53	44.32	400m:	5:39.67	38.87
120.				11				<b>5:40.49</b>	313	3		
	50m:	36.95	36.95	150m:	2:02.97	43.64	250m:	3:31.35	43.70	350m:	5:00.81	44.18
	100m:	1:19.33	42.38	200m:	2:47.65	44.68	300m:	4:16.63	45.28	400m:	5:40.49	39.68
121.				12				<b>5:41.46</b>	310	3		
	50m:	36.02	36.02	150m:	2:02.57	43.59	250m:	3:31.03	44.18	350m:	5:00.17	44.38
	100m:	1:18.98	42.96	200m:	2:46.85	44.28	300m:	4:15.79	44.76	400m:	5:41.46	41.29
122.				13				<b>5:42.96</b>	306	3		
	50m:	39.45	39.45	150m:	2:06.92	44.59	250m:	3:34.70	44.14	350m:	5:01.15	42.56
	100m:	1:22.33	42.88	200m:	2:50.56	43.64	300m:	4:18.59	43.89	400m:	5:42.96	41.81
123.				12				<b>5:43.84</b>	304	3		
	50m:	36.64	36.64	150m:	2:02.35	43.94	250m:	3:31.78	45.05	350m:	5:01.93	44.93
	100m:	1:18.41	41.77	200m:	2:46.73	44.38	300m:	4:17.00	45.22	400m:	5:43.84	41.91
124.				11				<b>5:44.02</b>	303	3		
	50m:	37.07	37.07	150m:	2:02.98	43.81	250m:	3:30.41	43.98	350m:	5:01.02	45.07
	100m:	1:19.17	42.10	200m:	2:46.43	43.45	300m:	4:15.95	45.54	400m:	5:44.02	43.00
125.				12				<b>5:44.14</b>	303	3		
	50m:	37.68	37.68	150m:	2:03.97	44.23	250m:	3:32.67	44.51	350m:	5:01.34	44.82
	100m:	1:19.74	42.06	200m:	2:48.16	44.19	300m:	4:16.52	43.85	400m:	5:44.14	42.80

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			/									
126.			12					<b>5:44.55</b>	302	3		
	50m:	37.79	37.79	150m:	2:04.65	43.74	250m:	3:33.81	44.59	350m:	5:02.26	43.92
	100m:	1:20.91	43.12	200m:	2:49.22	44.57	300m:	4:18.34	44.53	400m:	5:44.55	42.29
127.			11					<b>5:45.02</b>	301	3		
	50m:	36.58	36.58	150m:	2:01.72	43.39	250m:	3:31.26	44.29	350m:	5:00.59	44.76
	100m:	1:18.33	41.75	200m:	2:46.97	45.25	300m:	4:15.83	44.57	400m:	5:45.02	44.43
128.			11					<b>5:46.63</b>	297	3		
	50m:	39.27	39.27	150m:	2:04.15	43.03	250m:	3:33.99	44.72	350m:	5:04.28	45.21
	100m:	1:21.12	41.85	200m:	2:49.27	45.12	300m:	4:19.07	45.08	400m:	5:46.63	42.35
129.			12					<b>5:46.75</b>	296	3		
	50m:	37.93	37.93	150m:	2:06.18	44.32	250m:	3:35.15	44.86	350m:	5:05.25	45.43
	100m:	1:21.86	43.93	200m:	2:50.29	44.11	300m:	4:19.82	44.67	400m:	5:46.75	41.50
130.			12					<b>5:48.45</b>	292	3		
	50m:	37.99	37.99	150m:	2:06.16	44.70	250m:	3:35.96	45.12	350m:	5:06.17	44.40
	100m:	1:21.46	43.47	200m:	2:50.84	44.68	300m:	4:21.77	45.81	400m:	5:48.45	42.28
131.			12					<b>5:49.82</b>	289	3		
	50m:	38.44	38.44	150m:	2:06.80	44.76	250m:	3:36.97	45.43	350m:	5:07.67	45.64
	100m:	1:22.04	43.60	200m:	2:51.54	44.74	300m:	4:22.03	45.06	400m:	5:49.82	42.15
132.			12					<b>5:49.98</b>	288	3		
	50m:	39.26	39.26	150m:	2:09.60	46.03	250m:	3:41.31	45.46	350m:	5:09.12	43.43
	100m:	1:23.57	44.31	200m:	2:55.85	46.25	300m:	4:25.69	44.38	400m:	5:49.98	40.86
133.			12					<b>5:50.71</b>	286	3		
	50m:	35.14	35.14	150m:	2:02.53	44.68	250m:	3:33.67	45.73	350m:	5:06.23	46.46
	100m:	1:17.85	42.71	200m:	2:47.94	45.41	300m:	4:19.77	46.10	400m:	5:50.71	44.48
134.			12					<b>5:52.45</b>	282	3		
	50m:	40.67	40.67	150m:	2:10.31	45.24	250m:	3:41.31	45.49	350m:	5:10.40	44.26
	100m:	1:25.07	44.40	200m:	2:55.82	45.51	300m:	4:26.14	44.83	400m:	5:52.45	42.05
135.			11					<b>5:52.65</b>	282	3		
	50m:	37.67	37.67	150m:	2:05.27	44.57	250m:	3:35.77	45.42	350m:	5:08.33	45.70
	100m:	1:20.70	43.03	200m:	2:50.35	45.08	300m:	4:22.63	46.86	400m:	5:52.65	44.32
136.			12					<b>5:52.85</b>	281	3		
	50m:	37.94	37.94	150m:	2:06.48	44.98	250m:	3:38.33	46.11	350m:	5:10.07	45.93
	100m:	1:21.50	43.56	200m:	2:52.22	45.74	300m:	4:24.14	45.81	400m:	5:52.85	42.78
137.			12					<b>5:53.39</b>	280	3		
	50m:	38.73	38.73	150m:	2:08.49	44.92	250m:	3:40.50	46.29	350m:	5:11.54	45.10
	100m:	1:23.57	44.84	200m:	2:54.21	45.72	300m:	4:26.44	45.94	400m:	5:53.39	41.85
138.			12					<b>5:54.90</b>	276	3		
	50m:	40.16	40.16	150m:	2:10.58	45.64	250m:	3:41.61	46.13	350m:	5:12.22	44.50
	100m:	1:24.94	44.78	200m:	2:55.48	44.90	300m:	4:27.72	46.11	400m:	5:54.90	42.68
139.			12					<b>5:56.27</b>	273	3		
	50m:	37.60	37.60	150m:	2:08.62	46.34	250m:	3:42.37	47.47	350m:	5:13.75	45.08
	100m:	1:22.28	44.68	200m:	2:54.90	46.28	300m:	4:28.67	46.30	400m:	5:56.27	42.52
140.			12					<b>5:56.43</b>	273	3		
	50m:	36.99	36.99	150m:	2:05.87	45.50	250m:	3:38.82	46.07	350m:	5:12.51	46.75
	100m:	1:20.37	43.38	200m:	2:52.75	46.88	300m:	4:25.76	46.94	400m:	5:56.43	43.92
141.			13					<b>6:01.09</b>	262	3		
	50m:	38.79	38.79	150m:	2:10.78	46.32	250m:	3:43.09	46.36	350m:	5:16.38	46.51
	100m:	1:24.46	45.67	200m:	2:56.73	45.95	300m:	4:29.87	46.78	400m:	6:01.09	44.71
142.			12					<b>6:03.54</b>	257	3		
	50m:	38.00	38.00	150m:	2:10.03	47.41	250m:	3:44.58	47.31	350m:	5:17.75	45.60
	100m:	1:22.62	44.62	200m:	2:57.27	47.24	300m:	4:32.15	47.57	400m:	6:03.54	45.79
143.			13					<b>6:08.41</b>	247	3		
	50m:	38.57	38.57	150m:	2:08.40	46.52	250m:	3:43.75	47.89	350m:	5:20.28	47.20
	100m:	1:21.88	43.31	200m:	2:55.86	47.46	300m:	4:33.08	49.33	400m:	6:08.41	48.13



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1,	, 400m	, 2011							FINA		
144.			/								
			13					<b>6:15.17</b>	234	3	
	50m: 39.67 39.67	150m: 2:15.20 47.85		250m: 3:51.65 48.04		350m: 5:30.00 48.86					
	100m: 1:27.35 47.68	200m: 3:03.61 48.41		300m: 4:41.14 49.49		400m: 6:15.17 45.17					
145.			13					<b>6:18.95</b>	227	3	
	50m: 40.79 40.79	150m: 2:15.79 47.81		250m: 3:54.26 49.74		350m: 5:32.41 49.36					
	100m: 1:27.98 47.19	200m: 3:04.52 48.73		300m: 4:43.05 48.79		400m: 6:18.95 46.54					
146.			12					<b>6:21.28</b>	223	3	
	50m: 40.53 40.53	150m: 2:16.48 48.68		250m: 3:55.00 48.88		350m: 5:34.91 50.28					
	100m: 1:27.80 47.27	200m: 3:06.12 49.64		300m: 4:44.63 49.63		400m: 6:21.28 46.37					
147.			11					<b>6:27.11</b>	213	3	
	50m: 40.84 40.84	150m: 2:18.68 50.20		250m: 3:58.62 50.40		350m: 5:41.49 51.88					
	100m: 1:28.48 47.64	200m: 3:08.22 49.54		300m: 4:49.61 50.99		400m: 6:27.11 45.62					
148.			11					<b>6:35.76</b>	199		
	50m: 39.36 39.36	150m: 2:17.87 50.47		250m: 4:01.72 52.36		350m: 5:46.04 52.58					
	100m: 1:27.40 48.04	200m: 3:09.36 51.49		300m: 4:53.46 51.74		400m: 6:35.76 49.72					
149.			11					<b>6:42.44</b>	189		
	50m: 42.20 42.20	150m: 2:22.06 50.68		250m: 4:07.17 53.15		350m: 5:52.55 52.44					
	100m: 1:31.38 49.18	200m: 3:14.02 51.96		300m: 5:00.11 52.94		400m: 6:42.44 49.89					