

, 21 - 24 2020

33 , 400m
24.01.2020 - 11:30

		12 +: 4:29.00 / III 9 +: 6:27.00		10 +: 4:44.00 /		I		9 +: 5:02.00 /		II		9 +: 5:43.00 /	
								FINA		100m	200m	300m	400m
1.			02			4:48.11	552 I			1:08.43	1:13.53	1:12.91	1:13.24
	50m:			150m:		250m:				350m:			
	100m:	1:08.43		200m:	2:21.96	300m:	3:34.87			400m:	4:48.11		
2.			04			4:50.97	536 I			1:08.77	1:14.88	1:14.65	1:12.67
	50m:	32.82	32.82	150m:	1:45.88	250m:	3:00.92			37.27	350m:	4:15.68	37.38
	100m:	1:08.77	35.95	200m:	2:23.65	300m:	3:38.30			37.38	400m:	4:50.97	35.29
3.			06			4:51.98	531 I			1:08.85	1:14.90	1:15.25	1:12.98
	50m:	32.87	32.87	150m:	1:46.29	250m:	3:01.41			37.66	350m:	4:16.34	37.34
	100m:	1:08.85	35.98	200m:	2:23.75	300m:	3:39.00			37.59	400m:	4:51.98	35.64
4.			06			- 4:52.89	526 I			1:08.71	1:15.03	1:15.02	1:14.13
	50m:	32.99	32.99	150m:	1:46.27	250m:	3:01.13			37.39	350m:	4:15.68	36.92
	100m:	1:08.71	35.72	200m:	2:23.74	300m:	3:38.76			37.63	400m:	4:52.89	37.21
5.			07			-5:03.14	474 II			1:12.40	1:18.43	1:19.73	1:12.58
	50m:			150m:		250m:				350m:			
	100m:	1:12.40		200m:	2:30.83	300m:	3:50.56			400m:	5:03.14		
6.			03			5:03.42	473 II			1:12.96	1:17.88	1:18.22	1:14.36
	50m:	34.68	34.68	150m:	1:51.80	250m:	3:09.99			39.15	350m:	4:28.11	39.05
	100m:	1:12.96	38.28	200m:	2:30.84	300m:	3:49.06			39.07	400m:	5:03.42	35.31
7.			07			5:04.21	469 II			1:13.41	1:18.35	1:16.95	1:15.50
	50m:	35.27	35.27	150m:	1:52.69	250m:	3:10.04			38.28	350m:	4:27.05	38.34
	100m:	1:13.41	38.14	200m:	2:31.76	300m:	3:48.71			38.67	400m:	5:04.21	37.16
8.			06			- 5:04.54	468 II			1:13.95	1:17.48	1:17.81	1:15.30
	50m:	35.37	35.37	150m:	1:52.87	250m:	3:10.35			38.92	350m:	4:27.79	38.55
	100m:	1:13.95	38.58	200m:	2:31.43	300m:	3:49.24			38.89	400m:	5:04.54	36.75
9.			05			5:04.94	466 II						
	50m:			150m:		250m:				350m:			
	100m:			200m:		300m:				400m:	5:04.94		
10.			05			5:10.02	443 II			1:14.09	1:19.42	1:19.53	1:16.98
	50m:	35.51	35.51	150m:	1:53.90	250m:	3:13.38			39.87	350m:	4:32.76	39.72
	100m:	1:14.09	38.58	200m:	2:33.51	300m:	3:53.04			39.66	400m:	5:10.02	37.26
11.			04			5:11.16	438 II			1:13.19	1:19.41	1:20.77	1:17.79
	50m:	34.98	34.98	150m:	1:52.69	250m:	3:12.70			40.10	350m:	4:33.45	40.08
	100m:	1:13.19	38.21	200m:	2:32.60	300m:	3:53.37			40.67	400m:	5:11.16	37.71
12.			07			- 5:14.95	423 II			1:14.72	1:20.29	1:21.00	1:18.94
	50m:	35.94	35.94	150m:	1:54.83	250m:	3:15.28			40.27	350m:	4:36.45	40.44
	100m:	1:14.72	38.78	200m:	2:35.01	300m:	3:56.01			40.73	400m:	5:14.95	38.50
13.			05			5:19.06	407 II			1:15.54	1:21.22	1:22.07	1:20.23
	50m:	35.89	35.89	150m:	1:56.22	250m:	3:17.71			40.95	350m:	4:40.11	41.28
	100m:	1:15.54	39.65	200m:	2:36.76	300m:	3:58.83			41.12	400m:	5:19.06	38.95
14.			06			- 5:26.02	381 II			1:16.24	1:24.56		
	50m:	36.14	36.14	150m:	1:58.78	250m:	3:23.04			42.24	350m:		
	100m:	1:16.24	40.10	200m:	2:40.80	300m:				400m:	5:26.02		
15.			05			5:27.37	376 II			1:14.78	1:23.69	1:23.46	1:25.44
	50m:	34.81	34.81	150m:	1:56.08	250m:	3:19.12			40.65	350m:	4:45.56	43.63
	100m:	1:14.78	39.97	200m:	2:38.47	300m:	4:01.93			42.81	400m:	5:27.37	41.81
16.			06			5:35.11	351 II			1:15.40	1:25.34	1:28.08	1:26.29
	50m:	36.04	36.04	150m:	1:57.59	250m:	3:24.85			44.11	350m:	4:52.41	43.59
	100m:	1:15.40	39.36	200m:	2:40.74	300m:	4:08.82			43.97	400m:	5:35.11	42.70

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33,		, 400m						FINA	100m	200m	300m	400m
17.		/	07	-	5:37.75	343 II		1:17.76	1:26.17	1:28.67	1:25.15	
	50m: 36.36	36.36	150m: 2:00.16	42.40	250m: 3:28.63		44.70	350m: 4:57.63	45.03			
	100m: 1:17.76	41.40	200m: 2:43.93	43.77	300m: 4:12.60		43.97	400m: 5:37.75	40.12			
18.		/	07	-	5:48.68	311 III		1:23.95	1:29.72	1:30.44	1:24.57	
	50m: 40.06	40.06	150m: 2:08.95	45.00	250m: 3:38.80		45.13	350m: 5:07.92	43.81			
	100m: 1:23.95	43.89	200m: 2:53.67	44.72	300m: 4:24.11		45.31	400m: 5:48.68	40.76			
19.		/	04	-	5:51.25	305 III		1:19.87	1:28.39	1:33.37	1:29.62	
	50m:		150m: 2:48.26		250m: 4:21.63			350m: 5:51.25				
	100m: 1:19.87		200m:		300m:			400m:				
20.		/	07	-	5:59.92	283 III		1:21.55	1:34.01	1:34.29	1:30.07	
	50m: 38.05	38.05	150m: 2:08.33	46.78	250m: 3:43.04		47.48	350m: 5:16.34	46.49			
	100m: 1:21.55	43.50	200m: 2:55.56	47.23	300m: 4:29.85		46.81	400m: 5:59.92	43.58			
21.		/	07	-	6:00.44	282 III		1:21.84	1:32.94	1:34.86	1:30.80	
	50m: 37.93	37.93	150m: 2:07.77	45.93	250m: 3:42.29		47.51	350m: 5:16.43	46.79			
	100m: 1:21.84	43.91	200m: 2:54.78	47.01	300m: 4:29.64		47.35	400m: 6:00.44	44.01			
22.		/	07	-	6:21.46	238 III						
	50m:		150m: 3:00.00		250m: 4:00.00			350m: 6:21.46				
	100m:		200m:		300m:			400m:				
23.		/	06		6:23.71	234 III		1:28.52	1:38.64	1:39.01	1:37.54	
	50m: 42.00	42.00	150m: 2:17.72	49.20	250m: 3:56.43		49.27	350m: 5:35.73	49.56			
	100m: 1:28.52	46.52	200m: 3:07.16	49.44	300m: 4:46.17		49.74	400m: 6:23.71	47.98			
DNS		/	04									
(15-17)												
1.		/	04		4:50.97	536 I		1:08.77	1:14.88	1:14.65	1:12.67	
	50m: 32.82	32.82	150m: 1:45.88	37.11	250m: 3:00.92		37.27	350m: 4:15.68	37.38			
	100m: 1:08.77	35.95	200m: 2:23.65	37.77	300m: 3:38.30		37.38	400m: 4:50.97	35.29			
2.		/	03		5:03.42	473 II		1:12.96	1:17.88	1:18.22	1:14.36	
	50m: 34.68	34.68	150m: 1:51.80	38.84	250m: 3:09.99		39.15	350m: 4:28.11	39.05			
	100m: 1:12.96	38.28	200m: 2:30.84	39.04	300m: 3:49.06		39.07	400m: 5:03.42	35.31			
3.		/	05		5:04.94	466 II						
	50m:		150m: 3:00.00		250m: 4:00.00			350m: 5:04.94				
	100m:		200m:		300m:			400m:				
4.		/	05		5:10.02	443 II		1:14.09	1:19.42	1:19.53	1:16.98	
	50m: 35.51	35.51	150m: 1:53.90	39.81	250m: 3:13.38		39.87	350m: 4:32.76	39.72			
	100m: 1:14.09	38.58	200m: 2:33.51	39.61	300m: 3:53.04		39.66	400m: 5:10.02	37.26			
5.		/	04		5:11.16	438 II		1:13.19	1:19.41	1:20.77	1:17.79	
	50m: 34.98	34.98	150m: 1:52.69	39.50	250m: 3:12.70		40.10	350m: 4:33.45	40.08			
	100m: 1:13.19	38.21	200m: 2:32.60	39.91	300m: 3:53.37		40.67	400m: 5:11.16	37.71			
6.		/	05		5:19.06	407 II		1:15.54	1:21.22	1:22.07	1:20.23	
	50m: 35.89	35.89	150m: 1:56.22	40.68	250m: 3:17.71		40.95	350m: 4:40.11	41.28			
	100m: 1:15.54	39.65	200m: 2:36.76	40.54	300m: 3:58.83		41.12	400m: 5:19.06	38.95			
7.		/	05		5:27.37	376 II		1:14.78	1:23.69	1:23.46	1:25.44	
	50m: 34.81	34.81	150m: 1:56.08	41.30	250m: 3:19.12		40.65	350m: 4:45.56	43.63			
	100m: 1:14.78	39.97	200m: 2:38.47	42.39	300m: 4:01.93		42.81	400m: 5:27.37	41.81			
8.		/	04	-	5:51.25	305 III		1:19.87	1:28.39	1:33.37	1:29.62	
	50m:		150m: 2:48.26		250m: 4:21.63			350m: 5:51.25				
	100m: 1:19.87		200m:		300m:			400m:				
DNS		/	04									