

, 11-13.02.2020

11.02.2020 1 , 800m (13-14)

II 9 +: 16:30.00 / I 9 +: 14:30.00 / III 9 +: 12:28.00 /
II 9 +: 11:06.00 / I 9 +: 9:28.00 / 10 +: 8:50.00 / 12 +: 8:17.00

: FINA 2019

R.T

1.			2006				9:01.56				I	548
	50m:	30.16	30.16	250m:	2:44.98	33.87	450m:	5:01.01	33.30	650m:	7:18.90	34.31
	100m:	1:03.44	33.28	300m:	3:19.64	34.66	500m:	5:35.39	34.38	700m:	7:53.78	34.88
	150m:	1:37.82	34.38	350m:	3:53.21	33.57	550m:	6:09.70	34.31	750m:	8:28.37	34.59
	200m:	2:11.11	33.29	400m:	4:27.71	34.50	600m:	6:44.59	34.89	800m:	9:01.56	33.19
2.			2006				9:06.43				I	534
	50m:	31.07	31.07	250m:	2:47.75	34.62	450m:	5:05.80	34.17	650m:	7:22.44	34.32
	100m:	1:04.83	33.76	300m:	3:22.17	34.42	500m:	5:39.77	33.97	700m:	7:57.17	34.73
	150m:	1:39.07	34.24	350m:	3:56.75	34.58	550m:	6:13.59	33.82	750m:	8:32.15	34.98
	200m:	2:13.13	34.06	400m:	4:31.63	34.88	600m:	6:48.12	34.53	800m:	9:06.43	34.28
3.			2006 II				9:11.72				I	519
	50m:	30.15	30.15	250m:	2:46.71	33.80	450m:	5:04.11	34.48	650m:	7:27.12	35.19
	100m:	1:04.11	33.96	300m:	3:20.88	34.17	500m:	5:39.20	35.09	700m:	8:02.13	35.01
	150m:	1:38.65	34.54	350m:	3:55.64	34.76	550m:	6:16.01	36.81	750m:	8:38.11	35.98
	200m:	2:12.91	34.26	400m:	4:29.63	33.99	600m:	6:51.93	35.92	800m:	9:11.72	33.61
4.			2006				9:12.46				I	517
	50m:	32.06	32.06	250m:	2:49.13	32.25	450m:	5:10.84	34.81	650m:	7:30.18	34.84
	100m:	1:06.73	34.67	300m:	3:24.15	35.02	500m:	5:45.94	35.10	700m:	8:05.44	35.26
	150m:	1:40.50	33.77	350m:	4:00.07	35.92	550m:	6:20.74	34.80	750m:	8:41.67	36.23
	200m:	2:16.88	36.38	400m:	4:36.03	35.96	600m:	6:55.34	34.60	800m:	9:12.46	30.79
5.			2006 II				9:12.60				I	516
	50m:	30.13	30.13	250m:	2:45.28	33.74	450m:	5:03.94	35.22	650m:	7:26.88	34.88
	100m:	1:03.51	33.38	300m:	3:19.55	34.27	500m:	5:39.82	35.88	700m:	8:02.68	35.80
	150m:	1:37.46	33.95	350m:	3:54.11	34.56	550m:	6:15.76	35.94	750m:	8:38.50	35.82
	200m:	2:11.54	34.08	400m:	4:28.72	34.61	600m:	6:52.00	36.24	800m:	9:12.60	34.10
6.			2006				9:16.34				I	506
	50m:	30.33	30.33	250m:	2:47.63	35.04	450m:	5:06.84	35.37	650m:	7:31.98	35.72
	100m:	1:04.00	33.67	300m:	3:24.56	36.93	500m:	5:43.07	36.23	700m:	8:07.60	35.62
	150m:	1:38.09	34.09	350m:	3:56.13	31.57	550m:	6:19.59	36.52	750m:	8:42.50	34.90
	200m:	2:12.59	34.50	400m:	4:31.47	35.34	600m:	6:56.26	36.67	800m:	9:16.34	33.84
7.			2007				9:17.70				I	502
	50m:	30.02	30.02	250m:	2:50.05	35.80	450m:	5:12.74	36.68	650m:	7:35.64	35.90
	100m:	1:05.85	35.83	300m:	3:25.07	35.02	500m:	5:47.11	34.37	700m:	8:10.63	34.99
	150m:	1:39.64	33.79	350m:	4:00.41	35.34	550m:	6:24.82	37.71	750m:	8:44.52	33.89
	200m:	2:14.25	34.61	400m:	4:36.06	35.65	600m:	6:59.74	34.92	800m:	9:17.70	33.18
8.			2006 I				9:17.91				I	502
	50m:	29.75	29.75	250m:	2:46.91	34.76	450m:	5:08.08	36.00	650m:	7:34.02	36.45
	100m:	1:03.42	33.67	300m:	3:21.83	34.92	500m:	5:44.65	36.57	700m:	8:10.76	36.74
	150m:	1:37.55	34.13	350m:	3:56.95	35.12	550m:	6:20.68	36.03	750m:	8:45.49	34.73
	200m:	2:12.15	34.60	400m:	4:32.08	35.13	600m:	6:57.57	36.89	800m:	9:17.91	32.42
9.			2007 II				9:26.12				I	480
	50m:	31.76	31.76	250m:	2:53.00	35.24	450m:	5:16.37	35.52	650m:	7:39.89	35.88
	100m:	1:07.02	35.26	300m:	3:28.62	35.62	500m:	5:52.40	36.03	700m:	8:15.84	35.95
	150m:	1:42.28	35.26	350m:	4:04.44	35.82	550m:	6:27.84	35.44	750m:	8:50.71	34.87
	200m:	2:17.76	35.48	400m:	4:40.85	36.41	600m:	7:04.01	36.17	800m:	9:26.12	35.41

" (25)

"ALT-Timing"

, 11-13.02.2020

1,	, 800m	(13-14)											
10.			2007 II	-	-					R.T	9:33.32	II	462
	50m: 30.11	30.11	250m: 2:48.74	35.17	450m: 5:14.29	37.31	650m: 7:41.83	36.90					
	100m: 1:03.96	33.85	300m: 3:24.36	35.62	500m: 5:50.91	36.62	700m: 8:19.87	38.04					
	150m: 1:38.43	34.47	350m: 4:00.69	36.33	550m: 6:28.14	37.23	750m: 8:56.26	36.39					
	200m: 2:13.57	35.14	400m: 4:36.98	36.29	600m: 7:04.93	36.79	800m: 9:33.32	37.06					
11.			2007	-	-						9:46.63	II	431
	50m: 31.99	31.99	250m: 2:56.22	36.88	450m: 5:26.06	37.60	650m: 7:57.20	37.82					
	100m: 1:06.68	34.69	300m: 3:33.46	37.24	500m: 6:03.71	37.65	700m: 8:34.60	37.40					
	150m: 1:42.75	36.07	350m: 4:10.62	37.16	550m: 6:42.04	38.33	750m: 9:11.78	37.18					
	200m: 2:19.34	36.59	400m: 4:48.46	37.84	600m: 7:19.38	37.34	800m: 9:46.63	34.85					
12.			2007 II								9:57.83	II	408
	50m: 33.56	33.56	250m: 3:03.18	38.21	450m: 5:34.77	37.60	650m: 8:04.95	36.25					
	100m: 1:10.25	36.69	300m: 3:41.15	37.97	500m: 6:12.44	37.67	700m: 8:44.24	39.29					
	150m: 1:47.47	37.22	350m: 4:19.00	37.85	550m: 6:50.60	38.16	750m: 9:22.03	37.79					
	200m: 2:24.97	37.50	400m: 4:57.17	38.17	600m: 7:28.70	38.10	800m: 9:57.83	35.80					
13.			2007	-	-						10:08.86	II	386
	50m: 31.31	31.31	250m: 2:59.14	36.83	450m: 5:35.64	36.33	650m: 8:13.34	38.70					
	100m: 1:06.18	34.87	300m: 3:38.16	39.02	500m: 6:15.74	40.10	700m: 8:53.74	40.40					
	150m: 1:43.82	37.64	350m: 4:17.91	39.75	550m: 6:55.20	39.46	750m: 9:32.66	38.92					
	200m: 2:22.31	38.49	400m: 4:59.31	41.40	600m: 7:34.64	39.44	800m: 10:08.86	36.20					
14.			2006 II	"	"-1						10:11.20	II	381
	50m: 34.10	34.10	250m: 3:07.17	38.71	450m: 5:41.84	38.75	650m: 8:15.74	38.61					
	100m: 1:12.10	38.00	300m: 3:45.56	38.39	500m: 6:20.28	38.44	700m: 8:54.54	38.80					
	150m: 1:50.55	38.45	350m: 4:24.86	39.30	550m: 6:59.21	38.93	750m: 9:32.54	38.00					
	200m: 2:28.46	37.91	400m: 5:03.09	38.23	600m: 7:37.13	37.92	800m: 10:11.20	38.66					
15.			2006 II								10:11.39	II	381
	50m: 33.04	33.04	250m: 3:03.15	37.52	450m: 5:38.05	38.74	650m: 8:15.55	39.23					
	100m: 1:09.74	36.70	300m: 3:41.52	38.37	500m: 6:16.73	38.68	700m: 8:54.24	38.69					
	150m: 1:46.82	37.08	350m: 4:20.22	38.70	550m: 6:56.08	39.35	750m: 9:34.31	40.07					
	200m: 2:25.63	38.81	400m: 4:59.31	39.09	600m: 7:36.32	40.24	800m: 10:11.39	37.08					
16.			2007 II	"	"-1						10:18.71	II	368
	50m: 32.57	32.57	250m: 3:09.00	39.30	450m: 5:45.63	38.63	650m: 8:22.35	39.14					
	100m: 1:11.34	38.77	300m: 3:48.24	39.24	500m: 6:24.02	38.39	700m: 9:01.67	39.32					
	150m: 1:50.52	39.18	350m: 4:27.92	39.68	550m: 7:03.64	39.62	750m: 9:41.36	39.69					
	200m: 2:29.70	39.18	400m: 5:07.00	39.08	600m: 7:43.21	39.57	800m: 10:18.71	37.35					
17.			2006 II	"	"-1						10:21.71	II	362
	50m: 33.10	33.10	250m: 3:05.69	38.05	450m: 5:45.33	39.84	650m: 8:24.63	38.60					
	100m: 1:10.03	36.93	300m: 3:44.83	39.14	500m: 6:26.55	41.22	700m: 9:04.68	40.05					
	150m: 1:47.83	37.80	350m: 4:25.64	40.81	550m: 7:06.55	40.00	750m: 9:43.71	39.03					
	200m: 2:27.64	39.81	400m: 5:05.49	39.85	600m: 7:46.03	39.48	800m: 10:21.71	38.00					
18.			2007 II								10:25.49	II	356
	50m: 33.53	33.53	250m: 3:09.36	39.64	450m: 5:49.62	40.28	650m: 8:28.64	38.89					
	100m: 1:11.41	37.88	300m: 3:49.38	40.02	500m: 6:29.45	39.83	700m: 9:08.15	39.51					
	150m: 1:49.73	38.32	350m: 4:29.46	40.08	550m: 7:09.28	39.83	750m: 9:47.24	39.09					
	200m: 2:29.72	39.99	400m: 5:09.34	39.88	600m: 7:49.75	40.47	800m: 10:25.49	38.25					
19.			2006 II								10:27.66	II	352
	50m: 31.99	31.99	250m: 3:03.68	38.88	450m: 5:44.71	40.38	650m: 8:27.91	41.14					
	100m: 1:08.41	36.42	300m: 3:43.70	40.02	500m: 6:25.33	40.62	700m: 9:08.54	40.63					
	150m: 1:46.25	37.84	350m: 4:23.70	40.00	550m: 7:05.94	40.61	750m: 9:48.43	39.89					
	200m: 2:24.80	38.55	400m: 5:04.33	40.63	600m: 7:46.77	40.83	800m: 10:27.66	39.23					

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1,	, 800m	(13-14)	R.T					
20.		2006 II	"	"-1	10:31.62	II	346	
	50m: 35.58 35.58	250m: 3:15.29 38.29	450m: 5:55.58 40.25	650m: 8:34.54 39.81				
	100m: 1:10.00 34.42	300m: 3:54.93 39.64	500m: 6:35.26 39.68	700m: 9:14.22 39.68				
	150m: 1:55.26 45.26	350m: 4:35.17 40.24	550m: 7:15.21 39.95	750m: 9:53.80 39.58				
	200m: 2:37.00 41.74	400m: 5:15.33 40.16	600m: 7:54.73 39.52	800m: 10:31.62 37.82				
21.		2006 II	"	"-1	10:39.47	II	333	
	50m: 33.05 33.05	250m: 3:13.74 41.69	450m: 5:56.24 40.61	650m: 8:39.43 41.09				
	100m: 1:12.25 39.20	300m: 3:53.20 39.46	500m: 6:37.08 40.84	700m: 9:21.41 41.98				
	150m: 1:51.41 39.16	350m: 4:34.21 41.01	550m: 7:16.84 39.76	750m: 10:02.34 40.93				
	200m: 2:32.05 40.64	400m: 5:15.63 41.42	600m: 7:58.34 41.50	800m: 10:39.47 37.13				
22.		2006 II	-	-	10:42.59	II	328	
	50m: 33.57 33.57	250m: 3:09.37 40.16	450m: 5:53.62 41.67	650m: 8:39.84 41.62				
	100m: 1:11.36 37.79	300m: 3:50.43 41.06	500m: 6:34.86 41.24	700m: 9:21.46 41.62				
	150m: 1:49.48 38.12	350m: 4:31.43 41.00	550m: 7:16.15 41.29	750m: 10:02.10 40.64				
	200m: 2:29.21 39.73	400m: 5:11.95 40.52	600m: 7:58.22 42.07	800m: 10:42.59 40.49				
23.		2007 III	"	"-1	10:55.71	II	309	
	50m: 35.08 35.08	250m: 3:21.33 42.76	450m: 6:09.58 41.95	650m: 8:56.46 41.76				
	100m: 1:14.64 39.56	300m: 4:03.65 42.32	500m: 6:51.56 41.98	700m: 9:38.17 41.71				
	150m: 1:59.87 45.23	350m: 4:45.97 42.32	550m: 7:32.62 41.06	750m: 10:17.59 39.42				
	200m: 2:38.57 38.70	400m: 5:27.63 41.66	600m: 8:14.70 42.08	800m: 10:55.71 38.12				
24.		2007 II	"	"-1	10:57.44	II	306	
	50m: 36.17 36.17	250m: 3:21.56 44.43	450m: 6:07.62 41.20	650m: 8:55.41 42.35				
	100m: 1:15.56 39.39	300m: 4:02.93 41.37	500m: 6:50.09 42.47	700m: 9:37.29 41.88				
	150m: 1:57.29 41.73	350m: 4:44.44 41.51	550m: 7:31.19 41.10	750m: 10:18.96 41.67				
	200m: 2:37.13 39.84	400m: 5:26.42 41.98	600m: 8:13.06 41.87	800m: 10:57.44 38.48				
25.		2006 III	"	"	10:58.81	II	304	
	50m: 37.93 37.93	250m: 3:23.10 43.24	450m: 6:11.90 40.28	650m: 8:58.46 40.22				
	100m: 1:15.71 37.78	300m: 4:06.52 43.42	500m: 6:53.48 41.58	700m: 9:39.98 41.52				
	150m: 1:57.76 42.05	350m: 4:48.93 42.41	550m: 7:35.80 42.32	750m: 10:19.98 40.00				
	200m: 2:39.86 42.10	400m: 5:31.62 42.69	600m: 8:18.24 42.44	800m: 10:58.81 38.83				
26.		2006 III	"	"	11:00.29	II	302	
	50m: 37.70 37.70	250m: 3:24.15 41.90	450m: 6:12.29 42.11	650m: 8:57.52 40.74				
	100m: 1:19.71 42.01	300m: 4:06.36 42.21	500m: 6:53.68 41.39	700m: 9:38.93 41.41				
	150m: 2:00.44 40.73	350m: 4:48.62 42.26	550m: 7:35.24 41.56	750m: 10:20.73 41.80				
	200m: 2:42.25 41.81	400m: 5:30.18 41.56	600m: 8:16.78 41.54	800m: 11:00.29 39.56				
27.		2006 II	-	-	11:01.24	II	301	
	50m: 33.61 33.61	250m: 3:13.67 41.41	450m: 6:01.95 41.83	650m: 8:56.78 44.05				
	100m: 1:11.85 38.24	300m: 3:55.80 42.13	500m: 6:45.13 43.18	700m: 9:40.12 43.34				
	150m: 1:51.72 39.87	350m: 4:37.89 42.09	550m: 7:28.76 43.63	750m: 10:21.35 41.23				
	200m: 2:32.26 40.54	400m: 5:20.12 42.23	600m: 8:12.73 43.97	800m: 11:01.24 39.89				
28.		2006 II	"	"-1	11:02.60	II	299	
	50m: 35.32 35.32	250m: 3:21.04 42.25	450m: 6:09.82 42.48	650m: 8:58.59 41.97				
	100m: 1:15.65 40.33	300m: 4:03.47 42.43	500m: 6:52.10 42.28	700m: 9:41.32 42.73				
	150m: 1:56.72 41.07	350m: 4:45.56 42.09	550m: 7:34.03 41.93	750m: 10:23.34 42.02				
	200m: 2:38.79 42.07	400m: 5:27.34 41.78	600m: 8:16.62 42.59	800m: 11:02.60 39.26				
29.		2006	.	.	11:03.26	II	298	
	50m: 31.92 31.92	250m: 3:18.15 42.88	450m: 6:09.46 43.09	650m: 8:59.93 42.38				
	100m: 1:10.62 38.70	300m: 4:02.03 43.88	500m: 6:52.30 42.84	700m: 9:43.43 43.50				
	150m: 1:52.96 42.34	350m: 4:44.08 42.05	550m: 7:35.18 42.88	750m: 10:25.22 41.79				
	200m: 2:35.27 42.31	400m: 5:26.37 42.29	600m: 8:17.55 42.37	800m: 11:03.26 38.04				

" (25)

"ALT-Timing"

, 11-13.02.2020

1, , 800m , (13-14)

R.T

30.			2007				11:12.28 III				286	
	50m:	35.22	35.22	250m:	3:18.26	41.62	450m:	6:09.39	43.27	650m:	9:00.86	43.34
	100m:	1:14.91	39.69	300m:	4:01.27	43.01	500m:	6:52.47	43.08	700m:	9:44.18	43.32
	150m:	1:55.39	40.48	350m:	4:43.88	42.61	550m:	7:35.14	42.67	750m:	10:27.62	43.44
	200m:	2:36.64	41.25	400m:	5:26.12	42.24	600m:	8:17.52	42.38	800m:	11:12.28	44.66
31.			2006 II				11:17.42 III				280	
	50m:	36.37	36.37	250m:	3:25.58	43.15	450m:	6:16.96	42.83	650m:	9:10.53	43.12
	100m:	1:16.90	40.53	300m:	4:08.12	42.54	500m:	7:00.41	43.45	700m:	9:52.76	42.23
	150m:	1:59.47	42.57	350m:	4:51.19	43.07	550m:	7:43.68	43.27	750m:	10:33.76	41.00
	200m:	2:42.43	42.96	400m:	5:34.13	42.94	600m:	8:27.41	43.73	800m:	11:17.42	43.66
32.			2007 II				11:18.72 III				278	
	50m:	34.52	34.52	250m:	3:15.54	41.99	450m:	6:10.16	42.99	650m:	9:05.64	43.84
	100m:	1:12.53	38.01	300m:	3:59.02	43.48	500m:	6:54.60	44.44	700m:	9:50.20	44.56
	150m:	1:52.48	39.95	350m:	4:42.94	43.92	550m:	7:38.28	43.68	750m:	10:34.61	44.41
	200m:	2:33.55	41.07	400m:	5:27.17	44.23	600m:	8:21.80	43.52	800m:	11:18.72	44.11
33.			2006 II				11:21.61 III				275	
	50m:	35.52	35.52	250m:	3:25.25	43.80	450m:	6:21.42	44.40	650m:	9:15.89	43.14
	100m:	1:16.19	40.67	300m:	4:08.89	43.64	500m:	7:05.39	43.97	700m:	9:57.64	41.75
	150m:	1:58.19	42.00	350m:	4:52.96	44.07	550m:	7:49.39	44.00	750m:	10:40.79	43.15
	200m:	2:41.45	43.26	400m:	5:37.02	44.06	600m:	8:32.75	43.36	800m:	11:21.61	40.82
34.			2006				11:23.64 III				272	
	50m:	36.22	36.22	250m:	3:20.25	35.74	450m:	6:21.25	43.19	650m:	9:17.16	43.75
	100m:	1:18.26	42.04	300m:	4:11.89	51.64	500m:	7:08.61	47.36	700m:	10:00.41	43.25
	150m:	2:00.93	42.67	350m:	4:55.14	43.25	550m:	8:19.51	1:10.90	750m:	10:41.40	40.99
	200m:	2:44.51	43.58	400m:	5:38.06	42.92	600m:	8:33.41	13.90	800m:	11:23.64	42.24
35.			2006				11:23.86 III				272	
	50m:	33.90	33.90	250m:	3:21.58	43.89	450m:	6:19.27	43.00	650m:	9:18.40	43.49
	100m:	1:12.89	38.99	300m:	4:06.20	44.62	500m:	7:05.62	46.35	700m:	10:03.50	45.10
	150m:	1:54.58	41.69	350m:	4:51.20	45.00	550m:	7:49.58	43.96	750m:	10:48.27	44.77
	200m:	2:37.69	43.11	400m:	5:36.27	45.07	600m:	8:34.91	45.33	800m:	11:23.86	35.59
36.			2006 II				11:25.84 III				270	
	50m:	33.62	33.62	250m:	3:17.05	42.03	450m:	6:12.93	44.91	650m:	9:14.08	44.89
	100m:	1:11.27	37.65	300m:	3:59.40	42.35	500m:	6:58.83	45.90	700m:	9:59.40	45.32
	150m:	1:53.12	41.85	350m:	4:43.46	44.06	550m:	7:43.99	45.16	750m:	10:44.37	44.97
	200m:	2:35.02	41.90	400m:	5:28.02	44.56	600m:	8:29.19	45.20	800m:	11:25.84	41.47
37.			2006				11:27.77 III				267	
	50m:	34.20	34.20	250m:	3:21.81	43.83	450m:	6:17.46	44.25	650m:	9:16.15	44.03
	100m:	1:12.86	38.66	300m:	4:05.02	43.21	500m:	7:02.86	45.40	700m:	10:00.17	44.02
	150m:	1:54.18	41.32	350m:	4:49.41	44.39	550m:	7:47.77	44.91	750m:	10:43.82	43.65
	200m:	2:37.98	43.80	400m:	5:33.21	43.80	600m:	8:32.12	44.35	800m:	11:27.77	43.95
38.			2006 III				11:27.84 III				267	
	50m:	35.87	35.87	250m:	3:29.69	43.72	450m:	6:27.33	44.58	650m:	9:23.39	44.47
	100m:	1:18.47	42.60	300m:	4:14.60	44.91	500m:	7:11.23	43.90	700m:	10:07.33	43.94
	150m:	2:01.65	43.18	350m:	4:58.97	44.37	550m:	7:55.71	44.48	750m:	10:49.28	41.95
	200m:	2:45.97	44.32	400m:	5:42.75	43.78	600m:	8:38.92	43.21	800m:	11:27.84	38.56
39.			2007 III				11:30.68 III				264	
	50m:	36.28	36.28	250m:	3:28.72	44.09	450m:	6:25.53	43.69	650m:	9:22.53	44.06
	100m:	1:17.53	41.25	300m:	4:13.44	44.72	500m:	7:09.84	44.31	700m:	10:05.51	42.98
	150m:	2:00.78	43.25	350m:	4:57.74	44.30	550m:	7:53.97	44.13	750m:	10:48.57	43.06
	200m:	2:44.63	43.85	400m:	5:41.84	44.10	600m:	8:38.47	44.50	800m:	11:30.68	42.11

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"ALT-Timing"

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1,	, 800m	(13-14)						R.T		
40.		2007 I						11:32.37	III	262
	50m: 34.85 34.85	250m: 3:28.04 44.31	450m: 6:26.53 44.50	650m: 9:22.90 44.41						
	100m: 1:16.71 41.86	300m: 4:13.04 45.00	500m: 7:10.45 43.92	700m: 10:06.75 43.85						
	150m: 2:00.35 43.64	350m: 4:57.13 44.09	550m: 7:54.52 44.07	750m: 10:50.62 43.87						
	200m: 2:43.73 43.38	400m: 5:42.03 44.90	600m: 8:38.49 43.97	800m: 11:32.37 41.75						
41.		2006						11:38.74	III	255
	50m: 37.94 37.94	250m: 3:22.84 44.87	450m: 6:25.69 46.09	650m: 9:30.09 46.81						
	100m: 1:12.88 34.94	300m: 4:08.19 45.35	500m: 7:11.69 46.00	700m: 10:17.09 47.00						
	150m: 1:55.19 42.31	350m: 4:54.44 46.25	550m: 7:57.52 45.83	750m: 11:00.03 42.94						
	200m: 2:37.97 42.78	400m: 5:39.60 45.16	600m: 8:43.28 45.76	800m: 11:38.74 38.71						
42.		2007						11:43.83	III	250
	50m: 38.59 38.59	250m: 3:39.32 50.17	450m: 6:32.81 44.66	650m: 9:32.09 45.86						
	100m: 1:22.06 43.47	300m: 4:19.02 39.70	500m: 7:16.74 43.93	700m: 10:17.84 45.75						
	150m: 2:05.21 43.15	350m: 5:03.21 44.19	550m: 8:01.15 44.41	750m: 11:02.02 44.18						
	200m: 2:49.15 43.94	400m: 5:48.15 44.94	600m: 8:46.23 45.08	800m: 11:43.83 41.81						
43.		2007 III						11:45.31	III	248
	50m: 35.49 35.49	250m: 3:28.64 44.15	450m: 6:29.08 45.47	650m: 9:33.54 46.33						
	100m: 1:16.86 41.37	300m: 4:13.08 44.44	500m: 7:15.10 46.02	700m: 10:18.40 44.86						
	150m: 2:00.24 43.38	350m: 4:58.05 44.97	550m: 8:01.16 46.06	750m: 11:04.39 45.99						
	200m: 2:44.49 44.25	400m: 5:43.61 45.56	600m: 8:47.21 46.05	800m: 11:45.31 40.92						
44.		2007	4					11:47.59	III	246
	50m: 36.88 36.88	250m: 3:35.77 44.72	450m: 6:36.83 45.36	650m: 9:38.19 44.31						
	100m: 1:21.92 45.04	300m: 4:20.39 44.62	500m: 7:22.09 45.26	700m: 10:22.58 44.39						
	150m: 2:06.41 44.49	350m: 5:06.72 46.33	550m: 8:07.61 45.52	750m: 11:05.83 43.25						
	200m: 2:51.05 44.64	400m: 5:51.47 44.75	600m: 8:53.88 46.27	800m: 11:47.59 41.76						
45.		2007 III						11:48.02	III	245
	50m: 35.41 35.41	250m: 3:25.62 44.31	450m: 6:31.00 47.08	650m: 9:36.31 45.42						
	100m: 1:15.36 39.95	300m: 4:10.99 45.37	500m: 7:17.74 46.74	700m: 10:21.97 45.66						
	150m: 1:57.98 42.62	350m: 4:56.88 45.89	550m: 8:04.30 46.56	750m: 11:07.53 45.56						
	200m: 2:41.31 43.33	400m: 5:43.92 47.04	600m: 8:50.89 46.59	800m: 11:48.02 40.49						
46.		2006 III						11:50.65	III	242
	50m: 35.34 35.34	250m: 3:14.30 34.52	450m: 6:28.22 47.16	650m: 9:35.02 46.57						
	100m: 1:14.46 39.12	300m: 4:09.34 55.04	500m: 7:14.75 46.53	700m: 10:21.61 46.59						
	150m: 1:56.57 42.11	350m: 4:55.02 45.68	550m: 8:02.34 47.59	750m: 11:06.93 45.32						
	200m: 2:39.78 43.21	400m: 5:41.06 46.04	600m: 8:48.45 46.11	800m: 11:50.65 43.72						
47.		2006						11:53.10	III	240
	50m: 36.62 36.62	250m: 3:35.82 45.96	450m: 6:38.51 44.93	650m: 9:41.32 44.56						
	100m: 1:19.71 43.09	300m: 4:21.56 45.74	500m: 7:24.23 45.72	700m: 10:27.39 46.07						
	150m: 2:04.56 44.85	350m: 5:07.18 45.62	550m: 8:09.12 44.89	750m: 11:12.27 44.88						
	200m: 2:49.86 45.30	400m: 5:53.58 46.40	600m: 8:56.76 47.64	800m: 11:53.10 40.83						
48.		2006 III	4					11:53.31	III	240
	50m: 35.08 35.08	250m: 3:28.58 45.28	450m: 6:30.67 45.53	650m: 9:37.46 47.12						
	100m: 1:15.33 40.25	300m: 4:13.67 45.09	500m: 7:17.25 46.58	700m: 10:22.86 45.40						
	150m: 1:58.05 42.72	350m: 4:53.30 39.63	550m: 8:03.58 46.33	750m: 11:08.52 45.66						
	200m: 2:43.30 45.25	400m: 5:45.14 51.84	600m: 8:50.34 46.76	800m: 11:53.31 44.79						
49.		2007						11:55.76	III	237
	50m: 38.81 38.81	250m: 3:33.35 44.09	450m: 6:35.65 47.11	650m: 9:39.62 45.88						
	100m: 1:21.76 42.95	300m: 4:18.31 44.96	500m: 7:20.71 45.06	700m: 10:25.50 45.88						
	150m: 2:05.39 43.63	350m: 5:06.54 48.23	550m: 8:06.91 46.20	750m: 11:12.97 47.47						
	200m: 2:49.26 43.87	400m: 5:48.54 42.00	600m: 8:53.74 46.83	800m: 11:55.76 42.79						

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1,	, 800m	(13-14)	R.T						
50.		2007	4				12:01.38	III	232
	50m: 36.24 36.24	250m: 3:36.83 45.43	450m: 6:40.44 45.37	650m: 9:48.77 46.14					
	100m: 1:19.69 43.45	300m: 4:22.13 45.30	500m: 7:27.52 47.08	700m: 10:34.57 45.80					
	150m: 2:05.20 45.51	350m: 5:07.18 45.05	550m: 8:14.77 47.25	750m: 11:19.81 45.24					
	200m: 2:51.40 46.20	400m: 5:55.07 47.89	600m: 9:02.63 47.86	800m: 12:01.38 41.57					
51.		2007 III	"	"-2			12:03.51	III	230
	50m: 37.95 37.95	250m: 3:36.24 46.64	450m: 6:40.15 46.27	650m: 9:42.04 45.28					
	100m: 1:21.86 43.91	300m: 4:22.52 46.28	500m: 7:26.07 45.92	700m: 10:30.95 48.91					
	150m: 2:08.56 46.70	350m: 5:08.08 45.56	550m: 8:11.98 45.91	750m: 11:17.85 46.90					
	200m: 2:49.60 41.04	400m: 5:53.88 45.80	600m: 8:56.76 44.78	800m: 12:03.51 45.66					
52.		2007	.				12:06.38	III	227
	50m: 35.37 35.37	250m: 3:35.99 46.25	450m: 6:43.58 47.03	650m: 9:50.93 46.18					
	100m: 1:19.13 43.76	300m: 4:22.63 46.64	500m: 7:30.05 46.47	700m: 10:38.03 47.10					
	150m: 2:04.49 45.36	350m: 5:09.08 46.45	550m: 8:17.44 47.39	750m: 11:22.89 44.86					
	200m: 2:49.74 45.25	400m: 5:56.55 47.47	600m: 9:04.75 47.31	800m: 12:06.38 43.49					
53.		2007 III	"	"-1			12:07.38	III	226
	50m: 36.22 36.22	250m: 3:36.28 46.74	450m: 6:42.90 46.39	650m: 9:50.36 46.79					
	100m: 1:20.13 43.91	300m: 4:22.39 46.11	500m: 7:30.26 47.36	700m: 10:37.66 47.30					
	150m: 2:04.65 44.52	350m: 5:09.67 47.28	550m: 8:16.54 46.28	750m: 11:24.65 46.99					
	200m: 2:49.54 44.89	400m: 5:56.51 46.84	600m: 9:03.57 47.03	800m: 12:07.38 42.73					
54.		2006 I					12:08.45	III	225
	50m: 38.46 38.46	250m: 3:40.71 46.71	450m: 6:47.31 46.76	650m: 9:55.04 46.36					
	100m: 1:22.94 44.48	300m: 4:26.63 45.92	500m: 7:33.92 46.61	700m: 10:41.41 46.37					
	150m: 2:07.48 44.54	350m: 5:12.89 46.26	550m: 8:21.56 47.64	750m: 11:26.07 44.66					
	200m: 2:54.00 46.52	400m: 6:00.55 47.66	600m: 9:08.68 47.12	800m: 12:08.45 42.38					
55.		2006 III	4				12:30.61	I	206
	50m: 37.50 37.50	250m: 3:41.30 47.80	450m: 6:55.98 47.87	650m: 10:10.55 47.35					
	100m: 1:19.85 42.35	300m: 4:32.98 51.68	500m: 7:46.20 50.22	700m: 10:59.01 48.46					
	150m: 2:05.32 45.47	350m: 5:20.53 47.55	550m: 8:35.10 48.90	750m: 11:45.15 46.14					
	200m: 2:53.50 48.18	400m: 6:08.11 47.58	600m: 9:23.20 48.10	800m: 12:30.61 45.46					
56.		2007 I					12:32.48	I	204
	50m: 37.47 37.47	250m: 3:45.36 48.11	450m: 7:01.09 47.84	650m: 10:16.20 48.56					
	100m: 1:21.15 43.68	300m: 4:34.90 49.54	500m: 7:49.29 48.20	700m: 11:09.56 53.36					
	150m: 2:08.07 46.92	350m: 5:23.67 48.77	550m: 8:38.22 48.93	750m: 11:47.11 37.55					
	200m: 2:57.25 49.18	400m: 6:13.25 49.58	600m: 9:27.64 49.42	800m: 12:32.48 45.37					
57.		2006					12:37.85	I	200
	50m: 36.79 36.79	250m: 3:39.19 47.55	450m: 6:55.83 49.90	650m: 10:14.20 48.37					
	100m: 1:18.33 41.54	300m: 4:27.43 48.24	500m: 7:45.21 49.38	700m: 11:03.79 49.59					
	150m: 20.19	350m: 5:16.34 48.91	550m: 8:35.32 50.11	750m: 11:52.12 48.33					
	200m: 2:51.64 2:31.45	400m: 6:05.93 49.59	600m: 9:25.83 50.51	800m: 12:37.85 45.73					
58.		2007 III	4				12:42.79	I	196
	50m: 37.18 37.18	250m: 3:45.63 49.80	450m: 7:01.23 49.82	650m: 10:19.68 47.83					
	100m: 1:20.43 43.25	300m: 4:33.45 47.82	500m: 7:50.07 48.84	700m: 11:07.66 47.98					
	150m: 2:07.89 47.46	350m: 5:21.25 47.80	550m: 8:42.66 52.59	750m: 12:00.21 52.55					
	200m: 2:55.83 47.94	400m: 6:11.41 50.16	600m: 9:31.85 49.19	800m: 12:42.79 42.58					
59.		2007 I	"	"			12:53.14	I	188
	50m: 39.07 39.07	250m: 3:49.28 47.37	450m: 7:07.81 49.42	650m: 10:29.24 50.28					
	100m: 1:24.51 45.44	300m: 4:37.35 48.07	500m: 7:57.97 50.16	700m: 11:21.52 52.28					
	150m: 2:13.57 49.06	350m: 5:27.40 50.05	550m: 8:47.22 49.25	750m: 12:11.91 50.39					
	200m: 3:01.91 48.34	400m: 6:18.39 50.99	600m: 9:38.96 51.74	800m: 12:53.14 41.23					

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"ALT-Timing"

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1,	, 800m	(13-14)					R.T		
60.		2006					12:54.96		187
	50m: 35.43	35.43	250m: 3:41.06	49.27	450m: 7:04.88	52.40	650m: 10:33.29	51.69	
	100m: 1:17.67	42.24	300m: 4:31.65	50.59	500m: 7:56.57	51.69	700m: 11:22.13	48.84	
	150m: 2:03.85	46.18	350m: 5:22.24	50.59	550m: 8:48.97	52.40	750m: 12:10.47	48.34	
	200m: 2:51.79	47.94	400m: 6:12.48	50.24	600m: 9:41.60	52.63	800m: 12:54.96	44.49	
61.		2006					12:56.48		186
	50m: 33.40	33.40	250m: 3:34.43	48.16	450m: 6:58.12	51.78	650m: 10:24.59	52.13	
	100m: 1:14.50	41.10	300m: 4:24.62	50.19	500m: 7:49.40	51.28	700m: 11:16.43	51.84	
	150m: 1:59.62	45.12	350m: 5:15.60	50.98	550m: 8:40.59	51.19	750m: 12:08.09	51.66	
	200m: 2:46.27	46.65	400m: 6:06.34	50.74	600m: 9:32.46	51.87	800m: 12:56.48	48.39	
62.		2006 III		4			12:59.28		184
	50m: 36.12	36.12	250m: 3:43.44	50.23	450m: 7:12.22	51.44	650m: 10:34.40	51.08	
	100m: 1:16.56	40.44	300m: 4:36.45	53.01	500m: 8:03.17	50.95	700m: 11:23.94	49.54	
	150m: 2:04.02	47.46	350m: 5:28.54	52.09	550m: 8:53.53	50.36	750m: 12:10.90	46.96	
	200m: 2:53.21	49.19	400m: 6:20.78	52.24	600m: 9:43.32	49.79	800m: 12:59.28	48.38	
63.		2007					13:05.62		179
	50m: 36.53	36.53	250m: 3:51.53	50.04	450m: 7:18.23	52.33	650m: 10:39.79	49.74	
	100m: 1:21.00	44.47	300m: 4:43.57	52.04	500m: 8:08.27	50.04	700m: 11:30.54	50.75	
	150m: 2:10.67	49.67	350m: 5:33.66	50.09	550m: 8:57.09	48.82	750m: 12:19.75	49.21	
	200m: 3:01.49	50.82	400m: 6:25.90	52.24	600m: 9:50.05	52.96	800m: 13:05.62	45.87	
64.		2007 I		"	"	"-2	13:07.93		178
	50m: 38.73	38.73	250m: 3:57.35	49.89	450m: 7:21.85	47.55	650m: 10:40.38	47.98	
	100m: 1:27.16	48.43	300m: 4:49.58	52.23	500m: 8:13.75	51.90	700m: 11:31.97	51.59	
	150m: 2:17.75	50.59	350m: 5:41.33	51.75	550m: 9:00.22	46.47	750m: 12:20.82	48.85	
	200m: 3:07.46	49.71	400m: 6:34.30	52.97	600m: 9:52.40	52.18	800m: 13:07.93	47.11	
65.		2007					13:14.95		173
	50m: 41.20	41.20	250m: 4:00.32	50.35	450m: 7:28.88	53.22	650m: 10:48.69	50.81	
	100m: 1:28.86	47.66	300m: 4:52.88	52.56	500m: 8:15.94	47.06	700m: 11:39.89	51.20	
	150m: 2:18.80	49.94	350m: 5:44.08	51.20	550m: 9:07.20	51.26	750m: 12:29.05	49.16	
	200m: 3:09.97	51.17	400m: 6:35.66	51.58	600m: 9:57.88	50.68	800m: 13:14.95	45.90	
66.		2007 I		"	"		13:22.62		168
	50m: 40.00	40.00	250m: 4:02.68	51.09	450m: 7:30.32	50.95	650m: 10:55.91	51.16	
	100m: 1:29.03	49.03	300m: 4:55.49	52.81	500m: 8:22.07	51.75	700m: 11:46.34	50.43	
	150m: 2:18.42	49.39	350m: 5:48.65	53.16	550m: 9:14.40	52.33	750m: 12:35.17	48.83	
	200m: 3:11.59	53.17	400m: 6:39.37	50.72	600m: 10:04.75	50.35	800m: 13:22.62	47.45	
67.		2007		4			13:23.20		168
	50m: 41.56	41.56	250m: 4:02.85	50.97	450m: 7:30.82	52.61	650m: 11:47.63	1:42.52	
	100m: 1:29.25	47.69	300m: 4:55.95	53.10	500m: 8:22.50	51.68	700m: 12:36.80	49.17	
	150m: 2:20.06	50.81	350m: 5:47.47	51.52	550m: 9:13.71	51.21	750m: 13:23.20	46.40	
	200m: 3:11.88	51.82	400m: 6:38.21	50.74	600m: 10:05.11	51.40	800m: 13:23.20		
68.		2006 III		4			13:28.30		165
	50m: 36.98	36.98	250m: 3:49.05	50.88	450m: 7:23.30	53.05	650m: 10:04.07		
	100m: 1:21.08	44.10	300m: 4:41.52	52.47	500m: 8:16.47	53.17	700m: 10:55.67	51.60	
	150m: 2:09.67	48.59	350m: 5:36.30	54.78	550m: 9:10.09	53.62	750m: 11:47.73	52.06	
	200m: 2:58.17	48.50	400m: 6:30.25	53.95	600m: 10:04.07	53.98	800m: 13:28.30	1:40.57	
69.		2007		4			13:56.38		149
	50m: 42.30	42.30	250m: 4:13.00	53.82	450m: 7:48.75	52.79	650m: 11:23.36	52.34	
	100m: 1:33.15	50.85	300m: 5:08.37	55.37	500m: 8:43.16	54.41	700m: 12:17.45	54.09	
	150m: 2:26.12	52.97	350m: 6:02.29	53.92	550m: 9:37.36	54.20	750m: 13:09.47	52.02	
	200m: 3:19.18	53.06	400m: 6:55.96	53.67	600m: 10:31.02	53.66	800m: 13:56.38	46.91	

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1, , 800m , (13-14)

R.T

70. 2007 I " " **13:56.64** I 148

50m:	42.47	42.47	250m:	4:17.52	55.09	450m:	7:50.21	50.88	650m:	11:26.83	54.43
100m:	1:33.14	50.67	300m:	5:12.05	54.53	500m:	1:24.05		700m:	12:16.57	49.74
150m:	2:27.74	54.60	350m:	6:07.60	55.55	550m:	9:38.94	8:14.89	750m:	13:08.94	52.37
200m:	3:22.43	54.69	400m:	6:59.33	51.73	600m:	10:32.40	53.46	800m:	13:56.64	47.70

DSQ

2006 III 4 **13:51.11** I

50m:	38.91	38.91	250m:	4:02.49	53.08	450m:	7:38.96	54.17	650m:	11:16.07	54.13
100m:	1:24.99	46.08	300m:	4:55.90	53.41	500m:	8:33.61	54.65	700m:	12:09.34	53.27
150m:	2:16.04	51.05	350m:	5:50.29	54.39	550m:	9:27.94	54.33	750m:	13:02.02	52.68
200m:	3:09.41	53.37	400m:	6:44.79	54.50	600m:	10:21.94	54.00	800m:	13:51.11	49.09

, 11-13.02.2020

1, , 800m

EXH			2006 II	-			10:11.18 II	381
	50m:	32.81 32.81	250m: 3:03.52 38.89		450m: 5:31.12 32.91		650m: 8:16.52 41.09	
	100m:	1:05.16 32.35	300m: 3:41.59 38.07		500m: 6:16.03 44.91		700m: 8:56.03 39.51	
	150m:	1:47.24 42.08	350m: 4:19.57 37.98		550m: 6:56.23 40.20		750m: 9:34.71 38.68	
	200m:	2:24.63 37.39	400m: 4:58.21 38.64		600m: 7:35.43 39.20		800m: 10:11.18 36.47	
EXH			2006 II	-			10:27.75 II	352
	50m:	32.43 32.43	250m: 3:09.27 40.39		450m: 5:50.64 40.45		650m: 8:29.63 39.90	
	100m:	1:09.90 37.47	300m: 3:49.27 40.00		500m: 6:30.39 39.75		700m: 9:09.38 39.75	
	150m:	1:49.30 39.40	350m: 4:29.63 40.36		550m: 7:10.09 39.70		750m: 9:48.86 39.48	
	200m:	2:28.88 39.58	400m: 5:10.19 40.56		600m: 7:49.73 39.64		800m: 10:27.75 38.89	
EXH			2006 II	-			10:34.53 II	341
	50m:	32.08 32.08	250m: 3:09.55 39.87		450m: 5:49.61 40.44		650m: 8:32.18 41.28	
	100m:	1:11.18 39.10	300m: 3:49.15 39.60		500m: 6:29.90 40.29		700m: 9:43.43 1:11.25	
	150m:	1:50.46 39.28	350m: 4:29.58 40.43		550m: 7:09.98 40.08		750m: 9:54.16 10.73	
	200m:	2:29.68 39.22	400m: 5:09.17 39.59		600m: 7:50.90 40.92		800m: 10:34.53 40.37	
EXH			2006 II	-			10:51.49 II	315
	50m:	35.05 35.05	250m: 3:10.08 39.90		450m: 5:52.61 41.61		650m: 8:42.51 42.41	
	100m:	1:12.25 37.20	300m: 3:50.01 39.93		500m: 6:34.12 41.51		700m: 9:25.72 43.21	
	150m:	1:52.10 39.85	350m: 4:31.42 41.41		550m: 7:17.02 42.90		750m: 10:11.81 46.09	
	200m:	2:30.18 38.08	400m: 5:11.00 39.58		600m: 8:00.10 43.08		800m: 10:51.49 39.68	
EXH			2007 II	-			10:53.66 II	312
	50m:	35.43 35.43	250m: 3:16.82 40.38		450m: 6:02.33 41.73		650m: 8:50.32 42.04	
	100m:	1:14.43 39.00	300m: 3:58.21 41.39		500m: 6:44.37 42.04		700m: 9:32.71 42.39	
	150m:	1:55.29 40.86	350m: 4:40.05 41.84		550m: 7:25.88 41.51		750m: 10:13.64 40.93	
	200m:	2:36.44 41.15	400m: 5:20.60 40.55		600m: 8:08.28 42.40		800m: 10:53.66 40.02	
EXH			2007 III	-			10:55.14 II	310
	50m:	35.72 35.72	250m: 3:18.05 41.48		450m: 6:06.36 40.60		650m: 8:53.80 42.14	
	100m:	1:15.10 39.38	300m: 4:00.19 42.14		500m: 6:47.69 41.33		700m: 9:35.77 41.97	
	150m:	1:55.36 40.26	350m: 4:42.78 42.59		550m: 7:29.34 41.65		750m: 10:16.98 41.21	
	200m:	2:36.57 41.21	400m: 5:25.76 42.98		600m: 8:11.66 42.32		800m: 10:55.14 38.16	
EXH			2006 II	-			10:58.90 II	304
	50m:	35.19 35.19	250m: 3:15.05 41.91		450m: 6:03.71 42.38		650m: 8:54.55 42.44	
	100m:	1:12.14 36.95	300m: 3:55.96 40.91		500m: 6:45.21 41.50		700m: 9:37.11 42.56	
	150m:	1:51.93 39.79	350m: 4:38.49 42.53		550m: 7:28.43 43.22		750m: 10:18.01 40.90	
	200m:	2:33.14 41.21	400m: 5:21.33 42.84		600m: 8:12.11 43.68		800m: 10:58.90 40.89	
EXH			2006 III	-			11:00.29 II	302
	50m:	35.74 35.74	250m: 3:17.83 41.52		450m: 6:05.18 41.76		650m: 8:55.23 43.29	
	100m:	1:14.27 38.53	300m: 3:59.30 41.47		500m: 6:47.54 42.36		700m: 9:37.40 42.17	
	150m:	1:54.64 40.37	350m: 4:41.38 42.08		550m: 7:29.83 42.29		750m: 10:19.63 42.23	
	200m:	2:36.31 41.67	400m: 5:23.42 42.04		600m: 8:11.94 42.11		800m: 11:00.29 40.66	
EXH			2007 II	-			11:20.86 III	276
	50m:	35.34 35.34	250m: 3:26.12 43.83		450m: 6:20.99 44.06		650m: 9:16.89 43.20	
	100m:	1:16.58 41.24	300m: 4:09.32 43.20		500m: 7:05.74 44.75		700m: 9:58.06 41.17	
	150m:	1:59.20 42.62	350m: 4:53.12 43.80		550m: 7:50.18 44.44		750m: 10:40.79 42.73	
	200m:	2:42.29 43.09	400m: 5:36.93 43.81		600m: 8:33.69 43.51		800m: 11:20.86 40.07	

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11.02.2020 2 , 200m (11-12)

	II	9 +: 4:31.00 /	I	9 +: 3:55.00 /	III	9 +: 3:26.00 /	
	II	9 +: 3:00.00 /	I	9 +: 2:39.75 /	10 +: 2:30.25 /	12 +: 2:21.75	

: FINA 2019

								R.T			
1.				2008 II				2:41.10	II		432
	50m:	37.56	37.56	100m:	1:20.32	42.76	150m:	2:05.13	44.81	200m:	2:41.10 35.97
2.				2008 II				2:42.94	II		418
	50m:	35.92	35.92	100m:	1:19.28	43.36	150m:	2:06.25	46.97	200m:	2:42.94 36.69
3.				2008 II			- -	2:43.47	II		414
	50m:	36.71	36.71	100m:	1:18.73	42.02	150m:	2:05.60	46.87	200m:	2:43.47 37.87
4.				2008 II				2:48.16	II		380
	50m:	37.56	37.56	100m:	1:21.54	43.98	150m:	2:10.14	48.60	200m:	2:48.16 38.02
5.				2008			-	2:48.33	II		379
	50m:	37.76	37.76	100m:	1:17.98	40.22	150m:	2:10.44	52.46	200m:	2:48.33 37.89
6.				2009 III				2:48.99	II		374
	50m:	39.44	39.44	100m:	1:21.57	42.13	150m:	2:10.88	49.31	200m:	2:48.99 38.11
7.				2008			-	2:51.96	II		355
	50m:	38.59	38.59	100m:	1:21.61	43.02	150m:	2:11.21	49.60	200m:	2:51.96 40.75
8.				2009 II				2:53.24	II		348
	50m:	39.97	39.97	100m:	1:23.09	43.12	150m:	2:12.63	49.54	200m:	2:53.24 40.61
9.				2008 III				2:54.33	II		341
	50m:	39.16	39.16	100m:	1:24.34	45.18	150m:	2:16.68	52.34	200m:	2:54.33 37.65
10.				2008 II			" -1	2:55.77	II		333
	50m:	36.61	36.61	100m:	1:21.42	44.81	150m:	2:15.57	54.15	200m:	2:55.77 40.20
11.				2008 III				2:56.15	II		331
	50m:	42.29	42.29	100m:	1:25.96	43.67	150m:	2:15.41	49.45	200m:	2:56.15 40.74
12.				2008 III				2:58.60	II		317
	50m:	42.45	42.45	100m:	1:28.93	46.48	150m:	2:18.17	49.24	200m:	2:58.60 40.43
13.				2009 II			- -	3:00.38	III		308
	50m:	43.52	43.52	100m:	1:26.95	43.43	150m:	2:22.17	55.22	200m:	3:00.38 38.21
14.				2008 III			- -	3:00.74	III		306
	50m:	40.87	40.87	100m:	1:24.07	43.20	150m:	2:19.90	55.83	200m:	3:00.74 40.84
15.				2008 III			" -1	3:01.69	III		301
	50m:	38.67	38.67	100m:	1:25.77	47.10	150m:	2:22.92	57.15	200m:	3:01.69 38.77
16.				2008 III			- -	3:02.38	III		298
	50m:	39.02	39.02	100m:	1:25.26	46.24	150m:	2:18.25	52.99	200m:	3:02.38 44.13
17.				2009 II			" -2	3:02.55	III		297
	50m:	40.42	40.42	100m:	1:25.05	44.63	150m:	2:19.92	54.87	200m:	3:02.55 42.63
18.				2009 II			" -1	3:03.08	III		294
	50m:	40.40	40.40	100m:	1:25.40	45.00	150m:	2:19.90	54.50	200m:	3:03.08 43.18
19.				2008 III			- -	3:04.50	III		288
20.				2009 III				3:05.21	III		284
	50m:	42.02	42.02	100m:	1:28.65	46.63	150m:	2:24.48	55.83	200m:	3:05.21 40.73

" (25)

"ALT-Timing"

" " , 11-13.02.2020

2, , 200m , (11-12)								R.T			
21.			2009						3:05.95	III	281
	50m:	40.72	40.72	100m:	1:29.47	48.75	150m:	2:24.09	54.62	200m:	3:05.95 41.86
22.			2009 III				- -			3:06.04	III 281
	50m:	38.05	38.05	100m:	1:26.84	48.79	150m:	2:20.34	53.50	200m:	3:06.04 45.70
23.			2008							3:06.50	III 278
	50m:	39.44	39.44	100m:	1:27.38	47.94	150m:	2:22.68	55.30	200m:	3:06.50 43.82
24.			2008							3:11.43	III 257
25.			2008 III				4			3:15.49	III 242
	50m:	44.77	44.77	100m:	1:35.87	51.10	150m:	2:29.24	53.37	200m:	3:15.49 46.25
26.			2009 III				"	"-1		3:15.71	III 241
	50m:	42.53	42.53	100m:	1:31.84	49.31	150m:	2:31.76	59.92	200m:	3:15.71 43.95
27.			2008							3:16.31	III 239
	50m:	42.62	42.62	100m:	1:31.18	48.56	150m:	2:29.94	58.76	200m:	3:16.31 46.37
28.			2008 III			"	"			3:17.70	III 234
	50m:	48.89	48.89	100m:	1:32.79	43.90	150m:	2:31.77	58.98	200m:	3:17.70 45.93
29.			2008 III			"	"	"-2		3:17.77	III 233
	50m:	42.78	42.78	100m:	1:33.84	51.06	150m:	2:32.88	59.04	200m:	3:17.77 44.89
30.			2008 III			"	"			3:18.13	III 232
	50m:	44.84	44.84	100m:	1:35.04	50.20	150m:	2:30.81	55.77	200m:	3:18.13 47.32
31.			2008 II				- -			3:18.52	III 231
	50m:	46.91	46.91	100m:	1:38.55	51.64	150m:	2:29.56	51.01	200m:	3:18.52 48.96
32.			2008 III			"	"	"-2		3:23.71	III 214
	50m:	43.21	43.21	100m:	1:35.68	52.47	150m:	2:36.43	1:00.75	200m:	3:23.71 47.28
33.			2009 I			"	"	"-2		3:27.13	I 203
	50m:	45.87	45.87	100m:	1:40.48	54.61	150m:	2:40.05	59.57	200m:	3:27.13 47.08
34.			2009 I				4			3:28.42	I 199
	50m:	48.39	48.39	100m:	1:43.77	55.38	150m:	2:40.19	56.42	200m:	3:28.42 48.23
35.			2008 III							3:28.88	I 198
	50m:	49.94	49.94	100m:	1:44.22	54.28	150m:	2:39.38	55.16	200m:	3:28.88 49.50
36.			2008 I			"	"			3:29.13	I 197
	50m:	46.77	46.77	100m:	1:39.97	53.20	150m:	2:38.64	58.67	200m:	3:29.13 50.49
37.			2009							3:30.08	I 195
	50m:	49.74	49.74	100m:	1:43.36	53.62	150m:	2:41.19	57.83	200m:	3:30.08 48.89
38.			2009 I				4			3:32.10	I 189
	50m:	49.71	49.71	100m:	1:42.06	52.35	150m:	2:41.11	59.05	200m:	3:32.10 50.99
39.			2009 I			"	"	"-2		3:33.58	I 185
	50m:	49.69	49.69	100m:	1:39.72	50.03	150m:	2:43.47	1:03.75	200m:	3:33.58 50.11
40.			2009							3:34.90	I 182
	50m:	48.97	48.97	100m:	1:44.19	55.22	150m:	2:44.99	1:00.80	200m:	3:34.90 49.91
41.			2009							3:40.64	I 168
	50m:	45.27	45.27	100m:	1:43.21	57.94	150m:	2:51.00	1:07.79	200m:	3:40.64 49.64
42.			2008				4			3:40.99	I 167
	50m:	52.91	52.91	100m:	1:52.47	59.56	150m:	2:48.61	56.14	200m:	3:40.99 52.38

" " (25)

"ALT-Timing"

- - , 11-13.02.2020

2, , 200m				(11-12)							
		/						R.T			
43.			2009 I	"	"			3:52.79	I		143
50m:	57.32	57.32	100m: 1:57.28	59.96	150m: 2:58.56	1:01.28	200m: 3:52.79	54.23			
44.			2008 I	"	"			3:54.38	I		140
50m:	57.92	57.92	100m: 1:56.74	58.82	150m: 3:00.24	1:03.50	200m: 3:54.38	54.14			
45.			2009		4			3:59.58	II		131
50m:	54.48	54.48	100m: 1:57.38	1:02.90	150m: 3:02.14	1:04.76	200m: 3:59.58	57.44			
46.			2009 I	"	"			4:06.56	II		120
50m:	56.85	56.85	100m: 2:01.93	1:05.08	150m: 3:04.27	1:02.34	200m: 4:06.56	1:02.29			
DSQ			2009								
DSQ			2009								
DSQ			2008 III	"	"						
DSQ			2009 I	"	"						
DSQ			2009 II		"		"-1				
50m:	40.23	40.23	100m: 1:25.02	44.79	150m: 2:21.45	56.43					
DSQ			2009 I		"		"-2				
DSQ			2009 I		"		"-2				
DSQ			2008 III		-	-					
DSQ			2008 II								
50m:	44.01	44.01	100m: 1:34.57	50.56	150m: 2:23.20	48.63					
DSQ			2009								
DSQ			2009		4						
DSQ			2009		4						

" " , 11-13.02.2020

2, , 200m

EXH				2008 II	-			2:55.08	II	337		
	50m:	39.47	39.47	100m:	1:23.56	44.09	150m:	2:15.35	51.79	200m:	2:55.08	39.73
EXH				2009 III	-			3:15.31	III	242		
	50m:	46.17	46.17	100m:	1:34.24	48.07	150m:	2:31.49	57.25	200m:	3:15.31	43.82

3 , 4 x 50m (13-14)
11.02.2020

: FINA 2019

								R.T	
1.	1							1:47.21	444
		06	26.19				06	27.02	
		06	27.74				06	26.26	
2.	-							1:50.59	404
		06	27.49				06	27.72	
		07	27.75				07	27.63	
3.	- -							1:55.52	355
		06	29.12				06	28.80	
		06	29.57				07	28.03	
4.	" -1 1							1:55.53	354
		06	27.11				06	29.28	
		07	29.89				06	29.25	
5.	.							1:57.62	336
		06	29.42				06	29.11	
		07	30.82				06	28.27	
6.	" "							2:21.71	192
		07	37.42				07	35.06	
		07	36.31				06	32.92	

" " , 11-13.02.2020

		3, , 4 x 50m			
EXH	-	-	-	1:57.27	339
		06	30.78	06	29.78
		06	29.54	06	27.17

11.02.2020 4 , 4 x 50m (11-12)

: FINA 2019

		/		R.T	
1.	1			2:06.61	408
		09	31.04	08	32.30
		08	31.66	08	31.61
2.	- -			2:13.89	345
		08	33.77	08	33.80
		08	34.94	08	31.38
3.	" -1 1			2:13.98	344
		08	31.97	09	33.70
		09	34.69	08	33.62
4.	" "			2:31.74	237
		08	35.84	08	38.97
		08	40.52	08	36.41

, 11-13.02.2020

5 , 100m (13-14)
12.02.2020

II . 9 +: 2:03.50 / I . 9 +: 1:44.50 / III 9 +: 1:28.50 /
II 9 +: 1:20.50 / I 9 +: 1:11.80 / 10 +: 1:07.30 / 12 +: 1:03.40

: FINA 2019

R.T

1.				2006 II					1:16.95	II	377
	50m:	36.48	36.48	100m:	1:16.95	40.47					
2.				2006 II			-	-	1:18.53	II	355
	50m:	37.23	37.23	100m:	1:18.53	41.30					
3.				2006 II			-	-	1:18.60	II	354
	50m:	36.65	36.65	100m:	1:18.60	41.95					
4.				2007 II			"	"-1	1:20.08	II	334
	50m:	38.17	38.17	100m:	1:20.08	41.91					
5.				2006 III			4		1:21.80	III	314
	50m:	37.62	37.62	100m:	1:21.80	44.18					
6.				2006 II			"	"-1	1:22.71	III	303
	50m:	38.91	38.91	100m:	1:22.71	43.80					
7.				2006					1:24.14	III	288
	50m:	39.21	39.21	100m:	1:24.14	44.93					
8.				2006 III			4		1:24.31	III	286
	50m:	39.99	39.99	100m:	1:24.31	44.32					
9.				2007					1:27.67	III	255
	50m:	42.89	42.89	100m:	1:27.67	44.78					
10.				2006 III			4		1:30.29	I	233
	50m:	42.10	42.10	100m:	1:30.29	48.19					
11.				2006					1:30.92	I	228
	50m:	41.21	41.21	100m:	1:30.92	49.71					
12.				2007 I			"	"	1:32.84	I	214
	50m:	43.73	43.73	100m:	1:32.84	49.11					
13.				2007			4		1:34.76	I	202
	50m:	44.36	44.36	100m:	1:34.76	50.40					
14.				2007 III			"	"-2	1:37.74	I	184
	50m:	45.97	45.97	100m:	1:37.74	51.77					
15.				2007 III			4		1:38.07	I	182
	50m:	47.33	47.33	100m:	1:38.07	50.74					
16.				2007			4		1:38.96	I	177
	50m:	46.46	46.46	100m:	1:38.96	52.50					
DSQ				2006					1:25.26	III	
	50m:	40.35	40.35	100m:	1:25.26	44.91					

" (25)

"ALT-Timing"

- - , 11-13.02.2020

5, , 100m	
EXH	2007 III - 1:19.92 II 336
50m:	37.98 37.98 100m: 1:19.92 41.94
EXH	2006 III - 1:26.22 III 268
50m:	39.92 39.92 100m: 1:26.22 46.30
EXH	2007 II - 1:26.42 III 266
50m:	41.03 41.03 100m: 1:26.42 45.39

6 , 100m (11-12)
12.02.2020

II	9 +: 2:16.50 /	I	9 +: 2:06.50 /	III	9 +: 1:42.00 /
II	9 +: 1:30.00 /	I	9 +: 1:21.40 /	10 +: 1:16.40 /	12 +: 1:12.40

: FINA 2019

					R.T		
1.	2008 II	1:20.94	I	457			
50m:	38.06 38.06	100m:	1:20.94 42.88				
2.	2009 II	1:22.94	II	425			
50m:	40.04 40.04	100m:	1:22.94 42.90				
3.	2008 II	1:26.94	II	369			
50m:	41.69 41.69	100m:	1:26.94 45.25				
4.	2008 II	1:28.95	II	344	- -		
50m:	42.32 42.32	100m:	1:28.95 46.63				
5.	2008	1:30.17	III	330	-		
50m:	43.40 43.40	100m:	1:30.17 46.77				
6.	2008 III	1:31.67	III	314			
50m:	38.06 38.06	100m:	1:31.67 53.61				
7.	2009 II	1:33.66	III	295	" -2		
50m:	44.11 44.11	100m:	1:33.66 49.55				
8.	2008	1:35.14	III	281			
50m:	41.69 41.69	100m:	1:35.14 53.45				
9.	2008 III	1:36.26	III	271	- -		
50m:	42.32 42.32	100m:	1:36.26 53.94				
10.	2008 III	1:41.15	III	234	" "		
50m:	40.04 40.04	100m:	1:41.15 1:01.11				
11.	2008 III	1:41.44	III	232	" "		
50m:	44.11 44.11	100m:	1:41.44 57.33				
12.	2009	1:42.00	III	228			
50m:	47.47 47.47	100m:	1:42.00 54.53				
13.	2008 III	1:42.55	I	224			
50m:	47.47 47.47	100m:	1:42.55 55.08				
14.	2008	1:42.73	I	223			
50m:	43.40 43.40	100m:	1:42.73 59.33				
15.	2009	1:43.53	I	218			
50m:	43.81 43.81	100m:	1:43.53 59.72				

" (25)

"ALT-Timing"

- - , 11-13.02.2020

6, , 100m , (11-12)											
		/						R.T			
16.			2008	"	"			1:44.74	I	211	
	50m:	50.65	50.65	100m:	1:44.74	54.09					
17.			2009	"	"			1:45.37	I	207	
	50m:	44.90	44.90	100m:	1:45.37	1:00.47					
18.			2009		4			1:45.79	I	204	
	50m:	49.83	49.83	100m:	1:45.79	55.96					
19.			2009	"	"			1:46.63	I	200	
	50m:	50.40	50.40	100m:	1:46.63	56.23					
20.			2008		4			1:46.82	I	198	
	50m:	51.14	51.14	100m:	1:46.82	55.68					
21.			2009		4			1:55.79	I	156	
	50m:	53.35	53.35	100m:	1:55.79	1:02.44					
22.			2008	"	"			1:55.93	I	155	
	50m:	55.15	55.15	100m:	1:55.93	1:00.78					
23.			2009	"	"	"-2		1:58.28	I	146	
	50m:	57.32	57.32	100m:	1:58.28	1:00.96					
DSQ			2009	"	"						
DSQ			2009		4						
DSQ			2009		4			1:41.44	III		
	50m:	47.56	47.56	100m:	1:41.44	53.88					

, 11-13.02.2020

12.02.2020 7 , 100m (13-14)

II	9 +: 1:49.50 /	I	9 +: 1:30.50 /	III	9 +: 1:20.50 /
II	9 +: 1:10.50 /	I	9 +: 1:01.90 /	10 +: 58.40 /	12 +: 54.40

: FINA 2019

						R.T		
1.			2007				1:07.07	II 368
	50m:	32.34 32.34	100m:	1:07.07 34.73				
2.			2007 II				1:08.31	II 348
	50m:	33.15 33.15	100m:	1:08.31 35.16				
3.			2006				1:14.24	III 271
	50m:	35.10 35.10	100m:	1:14.24 39.14				
4.			2006				1:15.71	III 256
	50m:	33.90 33.90	100m:	1:15.71 41.81				
5.			2006 III				1:17.51	III 238
	50m:	35.07 35.07	100m:	1:17.51 42.44				
6.			2007 III				1:21.90	I 202
	50m:	38.46 38.46	100m:	1:21.90 43.44				
7.			2006 III		4		1:38.49	II 116
	50m:	43.29 43.29	100m:	1:38.49 55.20				

, 11-13.02.2020

12.02.2020 8 , 100m (11-12)

	II		9 +: 2:01.50 /		I		9 +: 1:42.50 /		III		9 +: 1:30.50 /
	II		9 +: 1:19.50 /		I		9 +: 1:09.90 /		10 +: 1:05.40 /		12 +: 1:01.90

: FINA 2019

				/					R.T				
1.				2009 II				"-1		1:25.23	III		263
	50m:	41.07	41.07	100m:	1:25.23	44.16							
2.				2009 III				"- "		1:26.09	III		255
	50m:	39.44	39.44	100m:	1:26.09	46.65							
3.				2008 III				"- "		1:33.65	I		198
	50m:	39.79	39.79	100m:	1:33.65	53.86							
4.				2008 III				"- "		1:36.33	I		182
	50m:	39.79	39.79	100m:	1:36.33	56.54							
5.				2008 III				" "		1:37.00	I		178
	50m:	41.07	41.07	100m:	1:37.00	55.93							

- - , 11-13.02.2020

12.02.2020 9 , 100m (13-14)

II . 9 +: 1:56.50 / I . 9 +: 1:34.00 / III 9 +: 1:21.50 /
 II 9 +: 1:13.00 / I 9 +: 1:04.80 / 10 +: 1:00.80 / 12 +: 57.40

: FINA 2019

			/				R.T		
1.			2007					1:09.82	II 343
	50m:	33.83	33.83	100m:	1:09.82	35.99			
2.			2007 II					1:11.89	II 314
	50m:	34.99	34.99	100m:	1:11.89	36.90			
3.			2006 II					1:12.16	II 310
	50m:	35.08	35.08	100m:	1:12.16	37.08			
4.			2007 II					1:12.52	II 306
	50m:	35.35	35.35	100m:	1:12.52	37.17			
5.			2007					1:13.27	III 296
	50m:	35.83	35.83	100m:	1:13.27	37.44			
6.			2006 II				" -1	1:14.28	III 284
	50m:	36.45	36.45	100m:	1:14.28	37.83			
7.			2006 III				" "	1:16.17	III 264
	50m:	37.30	37.30	100m:	1:16.17	38.87			
8.			2007 III				- -	1:17.52	III 250
	50m:	37.38	37.38	100m:	1:17.52	40.14			
DSQ			2006					1:11.89	II
	50m:	34.26	34.26	100m:	1:11.89	37.63			
DSQ			2007 III				" -1	1:15.98	III
	50m:	36.92	36.92	100m:	1:15.98	39.06			

- - , 11-13.02.2020

9, , 100m

EXH				2006 II	-		1:06.44	II	398
	50m:	32.79	32.79	100m:	1:06.44	33.65			
EXH				2006 II	-		1:09.22	II	352
	50m:	33.88	33.88	100m:	1:09.22	35.34			

10

, 100m

(11-12)

12.02.2020

II	.	9 +: 2:08.50 /	I	.	9 +: 1:45.50 /	III	9 +: 1:31.50 /
II		9 +: 1:21.50 /	I		9 +: 1:13.40 /	10 +: 1:08.90 /	12 +: 1:04.00

: FINA 2019

							R.T		
1.				2008	-		1:13.81	II	414
	50m:	35.86	35.86	100m:	1:13.81	37.95			
2.				2008 III	-	-	1:19.47	II	332
	50m:	38.94	38.94	100m:	1:19.47	40.53			
3.				2008 II	"	"-1	1:20.14	II	323
	50m:	38.25	38.25	100m:	1:20.14	41.89			
4.				2009 II	-	-	1:25.78	III	264
	50m:	42.68	42.68	100m:	1:25.78	43.10			
5.				2008	.		1:30.00	III	228
	50m:	43.63	43.63	100m:	1:30.00	46.37			
6.				2008 III	"	"-2	1:31.95	I	214
	50m:	44.15	44.15	100m:	1:31.95	47.80			
7.				2008 III	"	"-2	1:32.24	I	212
	50m:	44.47	44.47	100m:	1:32.24	47.77			
8.				2009 I	"	"-2	1:34.16	I	199
	50m:	44.76	44.76	100m:	1:34.16	49.40			
9.				2008 III	4		1:34.30	I	198
	50m:	45.91	45.91	100m:	1:34.30	48.39			
10.				2009			1:39.58	I	168
	50m:	47.59	47.59	100m:	1:39.58	51.99			
11.				2009			1:41.54	I	159
	50m:	49.12	49.12	100m:	1:41.54	52.42			
12.				2009			1:41.62	I	158
	50m:	47.47	47.47	100m:	1:41.62	54.15			
13.				2009			1:44.93	I	144
	50m:	49.38	49.38	100m:	1:44.93	55.55			
DSQ				2009 II	"	"-1	1:20.15	II	
	50m:	39.68	39.68	100m:	1:20.15	40.47			

" (25)

"ALT-Timing"

, 11-13.02.2020

11 , 100m (13-14)
12.02.2020

II 9 +: 1:43.50 / I 9 +: 1:23.50 / III 9 +: 1:11.00 /
II 9 +: 1:03.50 / I 9 +: 57.10 / 10 +: 53.70 / 12 +: 50.40

: FINA 2019

R.T

1.				2006 I				55.92	I	519
	50m:	27.35	27.35	100m:	55.92	28.57				
2.				2006 II				57.83	II	469
	50m:	27.76	27.76	100m:	57.83	30.07				
3.				2006 II				57.92	II	467
	50m:	28.11	28.11	100m:	57.92	29.81				
4.				2006			-	58.36	II	456
	50m:	28.70	28.70	100m:	58.36	29.66				
5.				2006			-	1:00.13	II	417
	50m:	29.00	29.00	100m:	1:00.13	31.13				
6.				2007 II			- -	1:00.32	II	413
	50m:	28.30	28.30	100m:	1:00.32	32.02				
7.				2006				1:00.35	II	412
	50m:	29.01	29.01	100m:	1:00.35	31.34				
8.				2007			-	1:01.42	II	391
	50m:	29.21	29.21	100m:	1:01.42	32.21				
9.				2007 II				1:02.25	II	376
	50m:	30.21	30.21	100m:	1:02.25	32.04				
10.				2006 II			" -1	1:02.69	II	368
	50m:	29.09	29.09	100m:	1:02.69	33.60				
11.				2006			-	1:02.92	II	364
	50m:	31.05	31.05	100m:	1:02.92	31.87				
12.				2006				1:03.53	III	353
	50m:	29.40	29.40	100m:	1:03.53	34.13				
13.				2006 II			- -	1:03.60	III	352
	50m:	30.56	30.56	100m:	1:03.60	33.04				
14.				2007 II			" -1	1:05.71	III	319
	50m:	31.67	31.67	100m:	1:05.71	34.04				
15.				2007				1:07.79	III	291
	50m:	32.22	32.22	100m:	1:07.79	35.57				
16.				2006 II			- -	1:08.23	III	285
	50m:	32.14	32.14	100m:	1:08.23	36.09				
17.				2006 III				1:08.60	III	281
	50m:	31.70	31.70	100m:	1:08.60	36.90				
18.				2006 II			" -1	1:09.17	III	274
	50m:	31.67	31.67	100m:	1:09.17	37.50				
19.				2007 III			- -	1:10.09	III	263
	50m:	32.12	32.12	100m:	1:10.09	37.97				

" (25)

"ALT-Timing"

, 11-13.02.2020

11,	, 100m	(13-14)	R.T						
20.	50m: 33.16	33.16	100m: 1:10.37	37.21	.		1:10.37	III	260
21.	50m: 32.76	32.76	100m: 1:10.49	37.73	4		1:10.49	III	259
22.	50m: 33.80	33.80	100m: 1:10.82	37.02	"	"-1	1:10.82	III	255
23.	50m: 33.98	33.98	100m: 1:11.27	37.29			1:11.27	I	250
24.	50m: 33.99	33.99	100m: 1:11.76	37.77			1:11.76	I	245
25.	50m: 35.53	35.53	100m: 1:13.12	37.59			1:13.12	I	232
26.	50m: 34.88	34.88	100m: 1:14.66	39.78			1:14.66	I	218
27.	50m: 35.86	35.86	100m: 1:15.43	39.57	4		1:15.43	I	211
28.	50m: 36.06	36.06	100m: 1:16.29	40.23			1:16.29	I	204
29.	50m: 37.09	37.09	100m: 1:17.87	40.78			1:17.87	I	192
30.	50m: 36.90	36.90	100m: 1:19.09	42.19	"	"	1:19.09	I	183
31.	50m: 37.31	37.31	100m: 1:20.25	42.94	"	"-2	1:20.25	I	175
32.	50m: 38.20	38.20	100m: 1:21.59	43.39	"	"	1:21.59	I	167
DSQ			100m: 1:14.48	38.91	4		1:14.48	I	
DSQ	50m: 35.57	35.57	100m: 1:16.39	40.36			1:16.39	I	

- - , 11-13.02.2020

11, , 100m	
EXH	2007 50m: 29.15 29.15 100m: 59.88 30.73 - 59.88 II 422
EXH	2006 II 50m: 31.08 31.08 100m: 1:04.41 33.33 - 1:04.41 III 339
EXH	2006 II 50m: 32.15 32.15 100m: 1:05.88 33.73 - 1:05.88 III 317
EXH	2006 II 50m: 32.18 32.18 100m: 1:06.24 34.06 - 1:06.24 III 312
EXH	2007 II 50m: 32.20 32.20 100m: 1:07.01 34.81 - 1:07.01 III 301

12 , 100m (11-12)
12.02.2020

II	9 +: 1:53.50 /	I	9 +: 1:33.50 /	III	9 +: 1:19.50 /
II	9 +: 1:11.80 /	I	9 +: 1:04.24 /	10 +: 1:00.40 /	12 +: 56.40

: FINA 2019

						R.T	
1.	2008 II 50m: 33.56 33.56 100m: 1:08.07 34.51					1:08.07	II 402
2.	2008 II 50m: 33.05 33.05 100m: 1:08.97 35.92	-	-			1:08.97	II 386
3.	2008 II 50m: 33.51 33.51 100m: 1:09.15 35.64					1:09.15	II 383
4.	2008 III 50m: 33.66 33.66 100m: 1:10.24 36.58					1:10.24	II 366
5.	2009 III 50m: 35.02 35.02 100m: 1:11.98 36.96					1:11.98	III 340
6.	2008 III 50m: 35.02 35.02 100m: 1:12.15 37.13	"	"-1			1:12.15	III 337
7.	2009 III 50m: 35.22 35.22 100m: 1:12.41 37.19					1:12.41	III 334
8.	2009 50m: 36.14 36.14 100m: 1:14.27 38.13					1:14.27	III 309
9.	2008 III 50m: 36.33 36.33 100m: 1:14.80 38.47					1:14.80	III 303
10.	2009 I 50m: 38.65 38.65 100m: 1:17.98 39.33	"	"-2			1:17.98	III 267
11.	2009 III 50m: 37.51 37.51 100m: 1:18.20 40.69	"	"-1			1:18.20	III 265
12.	2008 III 50m: 38.89 38.89 100m: 1:20.92 42.03	"	"-1			1:20.92	I 239
13.	2009 I 50m: 40.98 40.98 100m: 1:25.54 44.56	"	"-2			1:25.54	I 202

" (25)

"ALT-Timing"

, 11-13.02.2020

12, , 100m

EXH			2008 II	-		1:12.19	III	337
	50m:	34.44	34.44	100m:	1:12.19	37.75		
EXH			2009 III	-		1:16.77	III	280
	50m:	36.64	36.64	100m:	1:16.77	40.13		

13 , 800m (11-12)

13.02.2020

II	9 +: 18:34.00 /	I	9 +: 16:04.00 /	III	9 +: 13:19.00 /
II	9 +: 11:46.00 /	I	9 +: 10:15.00 /	10 +: 9:34.00 /	12 +: 9:00.00

: FINA 2019

R.T

1.			2008 II				10:28.56	II	443			
	50m:	35.68	35.68	250m:	3:12.43	38.84	450m:	5:50.87	39.55	650m:	8:32.02	40.29
	100m:	1:14.40	38.72	300m:	3:52.50	40.07	500m:	6:30.87	40.00	700m:	9:11.78	39.76
	150m:	1:53.97	39.57	350m:	4:32.05	39.55	550m:	7:11.88	41.01	750m:	9:51.52	39.74
	200m:	2:33.59	39.62	400m:	5:11.32	39.27	600m:	7:51.73	39.85	800m:	10:28.56	37.04
2.			2008 II				10:29.58	II	441			
	50m:	36.36	36.36	250m:	3:14.53	39.80	450m:	5:53.37	39.34	650m:	8:34.31	40.04
	100m:	1:16.04	39.68	300m:	3:54.33	39.80	500m:	6:33.42	40.05	700m:	9:13.67	39.36
	150m:	1:55.74	39.70	350m:	4:33.78	39.45	550m:	7:13.64	40.22	750m:	9:53.48	39.81
	200m:	2:34.73	38.99	400m:	5:14.03	40.25	600m:	7:54.27	40.63	800m:	10:29.58	36.10
3.			2008 II	-	-		10:31.74	II	436			
	50m:	34.55	34.55	250m:	3:12.08	39.89	450m:	5:52.39	40.21	650m:	8:33.35	40.61
	100m:	1:13.12	38.57	300m:	3:52.18	40.10	500m:	6:32.71	40.32	700m:	9:13.04	39.69
	150m:	1:52.37	39.25	350m:	4:32.20	40.02	550m:	7:12.63	39.92	750m:	9:53.03	39.99
	200m:	2:32.19	39.82	400m:	5:12.18	39.98	600m:	7:52.74	40.11	800m:	10:31.74	38.71
4.			2009 III				10:38.17	II	423			
	50m:	36.87	36.87	250m:	3:18.29	40.39	450m:	5:59.33	40.08	650m:	8:39.36	39.40
	100m:	1:17.06	40.19	300m:	3:58.98	40.69	500m:	6:39.38	40.05	700m:	9:19.88	40.52
	150m:	1:57.51	40.45	350m:	4:38.82	39.84	550m:	7:19.70	40.32	750m:	9:59.73	39.85
	200m:	2:37.90	40.39	400m:	5:19.25	40.43	600m:	7:59.96	40.26	800m:	10:38.17	38.44
5.			2008	-	-		10:44.77	II	410			
	50m:	34.21	34.21	250m:	3:12.67	40.32	450m:	5:56.24	40.32	650m:	8:42.46	40.60
	100m:	1:12.81	38.60	300m:	3:53.40	40.73	500m:	6:38.11	41.87	700m:	9:24.05	41.59
	150m:	1:52.58	39.77	350m:	4:34.39	40.99	550m:	7:19.96	41.85	750m:	10:05.48	41.43
	200m:	2:32.35	39.77	400m:	5:15.92	41.53	600m:	8:01.86	41.90	800m:	10:44.77	39.29
6.			2008 II				10:52.79	II	395			
	50m:	33.42	33.42	250m:	3:15.99	41.54	450m:	6:03.62	41.48	650m:	8:51.39	41.87
	100m:	1:12.43	39.01	300m:	3:57.94	41.95	500m:	6:45.27	41.65	700m:	9:33.50	42.11
	150m:	1:52.90	40.47	350m:	4:39.89	41.95	550m:	7:27.70	42.43	750m:	10:14.70	41.20
	200m:	2:34.45	41.55	400m:	5:22.14	42.25	600m:	8:09.52	41.82	800m:	10:52.79	38.09
7.			2008 III				10:53.00	II	395			
	50m:	38.17	38.17	250m:	3:24.93	41.27	450m:	6:09.24	41.00	650m:	8:52.93	40.50
	100m:	1:20.14	41.97	300m:	4:06.55	41.62	500m:	6:50.94	41.70	700m:	9:33.35	40.42
	150m:	2:01.88	41.74	350m:	4:47.53	40.98	550m:	7:32.06	41.12	750m:	10:13.87	40.52
	200m:	2:43.66	41.78	400m:	5:28.24	40.71	600m:	8:12.43	40.37	800m:	10:53.00	39.13

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13, , 800m				(11-12)				R.T		
8.			2009 III					10:54.41	II	392
	50m: 37.13	37.13	250m: 3:19.65	40.71	450m: 6:05.41	42.05	650m: 8:51.15	41.35		
	100m: 1:17.67	40.54	300m: 4:00.68	41.03	500m: 6:47.02	41.61	700m: 9:32.72	41.57		
	150m: 1:58.44	40.77	350m: 4:41.77	41.09	550m: 7:28.39	41.37	750m: 10:13.59	40.87		
	200m: 2:38.94	40.50	400m: 5:23.36	41.59	600m: 8:09.80	41.41	800m: 10:54.41	40.82		
9.			2008 III					11:03.65	II	376
	50m: 36.44	36.44	250m: 3:20.73	41.76	450m: 6:09.31	42.83	650m: 8:59.13	41.89		
	100m: 1:16.13	39.69	300m: 4:02.68	41.95	500m: 6:51.66	42.35	700m: 9:41.94	42.81		
	150m: 1:57.72	41.59	350m: 4:44.47	41.79	550m: 7:34.39	42.73	750m: 10:23.77	41.83		
	200m: 2:38.97	41.25	400m: 5:26.48	42.01	600m: 8:17.24	42.85	800m: 11:03.65	39.88		
10.			2009 II					11:09.86	II	366
	50m: 35.11	35.11	250m: 3:21.10	41.60	450m: 6:11.65	42.78	650m: 9:02.90	42.99		
	100m: 1:15.93	40.82	300m: 4:03.35	42.25	500m: 6:54.08	42.43	700m: 9:45.56	42.66		
	150m: 1:57.63	41.70	350m: 4:46.30	42.95	550m: 7:36.71	42.63	750m: 10:28.23	42.67		
	200m: 2:39.50	41.87	400m: 5:28.87	42.57	600m: 8:19.91	43.20	800m: 11:09.86	41.63		
11.			2009 II		"	"-1		11:10.28	II	365
	50m: 37.76	37.76	250m: 3:24.14	42.19	450m: 6:13.52	42.55	650m: 9:04.41	41.63		
	100m: 1:17.71	39.95	300m: 4:06.17	42.03	500m: 6:57.22	43.70	700m: 9:47.86	43.45		
	150m: 1:59.83	42.12	350m: 4:49.17	43.00	550m: 7:40.73	43.51	750m: 10:28.36	40.50		
	200m: 2:41.95	42.12	400m: 5:30.97	41.80	600m: 8:22.78	42.05	800m: 11:10.28	41.92		
12.			2008 II		"	"-1		11:17.70	II	353
	50m: 35.79	35.79	250m: 3:26.36	43.62	450m: 6:22.73	44.51	650m: 9:15.99	42.18		
	100m: 1:17.77	41.98	300m: 4:10.44	44.08	500m: 7:06.31	43.58	700m: 9:59.49	43.50		
	150m: 2:00.34	42.57	350m: 4:55.12	44.68	550m: 7:50.03	43.72	750m: 10:41.09	41.60		
	200m: 2:42.74	42.40	400m: 5:38.22	43.10	600m: 8:33.81	43.78	800m: 11:17.70	36.61		
13.			2008 III		"	"-1		11:20.73	II	349
	50m: 38.21	38.21	250m: 3:28.59	44.27	450m: 6:22.44	43.69	650m: 9:16.47	43.11		
	100m: 1:20.19	41.98	300m: 4:11.55	42.96	500m: 7:06.80	44.36	700m: 9:59.72	43.25		
	150m: 2:02.09	41.90	350m: 4:55.79	44.24	550m: 7:50.35	43.55	750m: 10:41.93	42.21		
	200m: 2:44.32	42.23	400m: 5:38.75	42.96	600m: 8:33.36	43.01	800m: 11:20.73	38.80		
14.			2009 II		-	-		11:21.13	II	348
	50m: 37.80	37.80	250m: 3:28.53	42.89	450m: 6:20.25	42.42	650m: 9:14.69	43.03		
	100m: 1:20.29	42.49	300m: 4:11.38	42.85	500m: 7:04.03	43.78	700m: 9:58.00	43.31		
	150m: 2:02.50	42.21	350m: 4:54.95	43.57	550m: 7:47.76	43.73	750m: 10:41.29	43.29		
	200m: 2:45.64	43.14	400m: 5:37.83	42.88	600m: 8:31.66	43.90	800m: 11:21.13	39.84		
15.			2008		-	-		11:26.20	II	340
	50m: 37.04	37.04	250m: 3:28.21	43.87	450m: 6:25.28	44.67	650m: 9:20.75	42.54		
	100m: 1:17.84	40.80	300m: 4:12.35	44.14	500m: 7:09.66	44.38	700m: 10:04.59	43.84		
	150m: 2:01.58	43.74	350m: 4:56.29	43.94	550m: 7:54.15	44.49	750m: 10:44.80	40.21		
	200m: 2:44.34	42.76	400m: 5:40.61	44.32	600m: 8:38.21	44.06	800m: 11:26.20	41.40		
16.			2009 III		"	"-1		11:26.85	II	339
	50m: 39.12	39.12	250m: 3:44.68	47.58	450m: 6:54.49	46.99	650m: 10:05.60	47.02		
	100m: 1:23.39	44.27	300m: 4:33.10	48.42	500m: 7:42.09	47.60	700m: 10:55.13	49.53		
	150m: 2:10.30	46.91	350m: 5:19.97	46.87	550m: 8:29.70	47.61	750m: 11:42.94	47.81		
	200m: 2:57.10	46.80	400m: 6:07.50	47.53	600m: 9:18.58	48.88	800m: 11:26.85			
17.			2008 III		-	-		11:35.76	II	327
	50m: 38.12	38.12	250m: 3:31.61	45.09	450m: 6:29.78	43.99	650m: 9:26.89	43.63		
	100m: 1:20.34	42.22	300m: 4:15.71	44.10	500m: 7:13.46	43.68	700m: 10:11.95	45.06		
	150m: 2:03.44	43.10	350m: 4:59.61	43.90	550m: 7:58.64	45.18	750m: 10:54.86	42.91		
	200m: 2:46.52	43.08	400m: 5:45.79	46.18	600m: 8:43.26	44.62	800m: 11:35.76	40.90		

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13, , 800m				(11-12)				R.T		
18.			2008 III	-	-			11:38.73	II	322
	50m: 36.72	36.72	250m: 3:28.67	43.58	450m: 6:28.04	44.59	650m: 9:27.75	44.52		
	100m: 1:18.45	41.73	300m: 4:13.59	44.92	500m: 7:13.25	45.21	700m: 10:12.80	45.05		
	150m: 2:01.64	43.19	350m: 4:57.93	44.34	550m: 7:58.47	45.22	750m: 10:57.38	44.58		
	200m: 2:45.09	43.45	400m: 5:43.45	45.52	600m: 8:43.23	44.76	800m: 11:38.73	41.35		
19.			2008 III	-	-			11:45.38	II	313
	50m: 38.24	38.24	250m: 3:35.04	45.13	450m: 6:35.02	44.85	650m: 9:36.61	45.58		
	100m: 1:21.38	43.14	300m: 4:20.45	45.41	500m: 7:20.59	45.57	700m: 10:21.52	44.91		
	150m: 2:05.18	43.80	350m: 5:05.30	44.85	550m: 8:05.89	45.30	750m: 11:04.51	42.99		
	200m: 2:49.91	44.73	400m: 5:50.17	44.87	600m: 8:51.03	45.14	800m: 11:45.38	40.87		
20.			2009 II	"	"-1			11:52.92	III	303
	50m: 38.52	38.52	250m: 3:36.18	44.99	450m: 6:38.40	45.25	650m: 9:40.63	45.29		
	100m: 1:22.34	43.82	300m: 4:21.80	45.62	500m: 7:24.56	46.16	700m: 10:25.95	45.32		
	150m: 2:06.94	44.60	350m: 5:07.22	45.42	550m: 8:09.46	44.90	750m: 11:11.49	45.54		
	200m: 2:51.19	44.25	400m: 5:53.15	45.93	600m: 8:55.34	45.88	800m: 11:52.92	41.43		
21.			2008 III					11:53.72	III	302
	50m: 38.64	38.64	250m: 3:36.61	45.74	450m: 6:38.69	45.71	650m: 9:39.72	45.02		
	100m: 1:22.04	43.40	300m: 4:21.84	45.23	500m: 7:24.53	45.84	700m: 10:25.86	46.14		
	150m: 2:05.99	43.95	350m: 5:07.69	45.85	550m: 8:10.13	45.60	750m: 11:11.14	45.28		
	200m: 2:50.87	44.88	400m: 5:52.98	45.29	600m: 8:54.70	44.57	800m: 11:53.72	42.58		
22.			2009					12:11.31	III	281
	50m: 38.09	38.09	250m: 3:41.49	47.24	450m: 6:51.05	47.82	650m: 9:59.31	46.45		
	100m: 1:21.03	42.94	300m: 4:29.04	47.55	500m: 7:38.08	47.03	700m: 10:45.61	46.30		
	150m: 2:07.10	46.07	350m: 5:15.82	46.78	550m: 8:25.31	47.23	750m: 11:30.97	45.36		
	200m: 2:54.25	47.15	400m: 6:03.23	47.41	600m: 9:12.86	47.55	800m: 12:11.31	40.34		
23.			2009 II	"	"-2			12:24.44	III	266
	50m: 39.05	39.05	250m: 3:42.50	47.66	450m: 6:55.34	48.41	650m: 10:06.48	47.57		
	100m: 1:23.08	44.03	300m: 4:31.07	48.57	500m: 7:43.90	48.56	700m: 10:52.50	46.02		
	150m: 2:08.56	45.48	350m: 5:19.19	48.12	550m: 8:31.81	47.91	750m: 11:38.91	46.41		
	200m: 2:54.84	46.28	400m: 6:06.93	47.74	600m: 9:18.91	47.10	800m: 12:24.44	45.53		
24.			2008 III	"	"-1			12:42.93	III	248
	50m: 41.71	41.71	250m: 3:51.87	49.18	450m: 7:08.75	49.85	650m: 10:24.99	48.35		
	100m: 1:27.60	45.89	300m: 4:39.30	47.43	500m: 7:56.96	48.21	700m: 11:13.41	48.42		
	150m: 2:15.05	47.45	350m: 5:28.59	49.29	550m: 8:47.67	50.71	750m: 12:01.61	48.20		
	200m: 3:02.69	47.64	400m: 6:18.90	50.31	600m: 9:36.64	48.97	800m: 12:42.93	41.32		
25.			2008					12:43.53	III	247
	50m: 36.57	36.57	250m: 3:43.26	47.33	450m: 6:59.75	49.38	650m: 10:17.23	48.93		
	100m: 1:21.84	45.27	300m: 4:31.42	48.16	500m: 7:49.38	49.63	700m: 11:08.11	50.88		
	150m: 2:08.70	46.86	350m: 5:20.43	49.01	550m: 8:38.34	48.96	750m: 11:55.51	47.40		
	200m: 2:55.93	47.23	400m: 6:10.37	49.94	600m: 9:28.30	49.96	800m: 12:43.53	48.02		
26.			2009 I	"	"-2			12:48.78	III	242
	50m: 44.27	44.27	250m: 3:58.57	49.79	450m: 7:12.74	49.02	650m: 10:25.44	48.32		
	100m: 1:32.15	47.88	300m: 4:46.10	47.53	500m: 8:00.33	47.59	700m: 11:15.00	49.56		
	150m: 2:20.87	48.72	350m: 5:35.47	49.37	550m: 8:48.58	48.25	750m: 12:03.13	48.13		
	200m: 3:08.78	47.91	400m: 6:23.72	48.25	600m: 9:37.12	48.54	800m: 12:48.78	45.65		
27.			2009 III	-	-			12:58.37	III	233
	50m: 39.77	39.77	250m: 3:52.63	49.26	450m: 7:12.16	50.50	650m: 10:33.41	49.00		
	100m: 1:26.70	46.93	300m: 4:42.16	49.53	500m: 8:02.83	50.67	700m: 11:23.59	50.18		
	150m: 2:15.03	48.33	350m: 5:31.69	49.53	550m: 8:54.06	51.23	750m: 12:12.46	48.87		
	200m: 3:03.37	48.34	400m: 6:21.66	49.97	600m: 9:44.41	50.35	800m: 12:58.37	45.91		

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13, , 800m				(11-12)		R.T		
28.		2008 III	4			12:59.65	III	232
	50m: 39.62	39.62	250m: 3:54.54	49.18	450m: 7:13.98	50.12	650m: 10:37.41	51.23
	100m: 1:27.26	47.64	300m: 4:44.18	49.64	500m: 8:03.26	49.28	700m: 11:23.83	46.42
	150m: 2:16.33	49.07	350m: 5:33.80	49.62	550m: 8:53.23	49.97	750m: 12:14.22	50.39
	200m: 3:05.36	49.03	400m: 6:23.86	50.06	600m: 9:46.18	52.95	800m: 12:59.65	45.43
29.		2008 III	- -			13:00.11	III	231
	50m: 36.97	36.97	250m: 3:48.52	51.14	450m: 7:10.56	50.09	650m: 10:32.97	50.15
	100m: 1:20.43	43.46	300m: 4:39.69	51.17	500m: 8:00.60	50.04	700m: 11:23.41	50.44
	150m: 2:08.44	48.01	350m: 5:31.38	51.69	550m: 8:51.95	51.35	750m: 12:13.06	49.65
	200m: 2:57.38	48.94	400m: 6:20.47	49.09	600m: 9:42.82	50.87	800m: 13:00.11	47.05
30.		2008 II	- -			13:05.73	III	227
	50m: 39.58	39.58	250m: 3:55.71	49.49	450m: 7:17.08	50.81	650m: 10:39.59	50.44
	100m: 1:27.05	47.47	300m: 4:45.46	49.75	500m: 8:08.33	51.25	700m: 11:29.39	49.80
	150m: 2:16.73	49.68	350m: 5:35.55	50.09	550m: 8:58.84	50.51	750m: 12:18.84	49.45
	200m: 3:06.22	49.49	400m: 6:26.27	50.72	600m: 9:49.15	50.31	800m: 13:05.73	46.89
31.		2008 III	" "			13:11.42	III	222
	50m: 39.48	39.48	250m: 3:57.71	50.43	450m: 7:18.22	51.02	650m: 10:47.00	50.34
	100m: 1:26.01	46.53	300m: 4:46.93	49.22	500m: 8:10.17	51.95	700m: 11:37.70	50.70
	150m: 2:16.12	50.11	350m: 5:35.92	48.99	550m: 9:04.90	54.73	750m: 12:26.08	48.38
	200m: 3:07.28	51.16	400m: 6:27.20	51.28	600m: 9:56.66	51.76	800m: 13:11.42	45.34
32.		2008 III	" -2			13:11.74	III	221
	50m: 39.50	39.50	250m: 4:00.92	51.63	450m: 7:25.15	49.67	650m: 10:51.52	51.39
	100m: 1:27.62	48.12	300m: 4:52.72	51.80	500m: 8:16.90	51.75	700m: 11:41.67	50.15
	150m: 2:18.18	50.56	350m: 5:43.50	50.78	550m: 9:08.53	51.63	750m: 12:26.92	45.25
	200m: 3:09.29	51.11	400m: 6:35.48	51.98	600m: 10:00.13	51.60	800m: 13:11.74	44.82
33.		2008	.			13:18.73	III	216
	50m: 40.90	40.90	250m: 4:00.71	50.54	450m: 7:25.28	51.70	650m: 10:49.81	50.89
	100m: 1:29.28	48.38	300m: 4:51.78	51.07	500m: 8:16.41	51.13	700m: 11:40.44	50.63
	150m: 2:19.77	50.49	350m: 5:42.41	50.63	550m: 9:08.23	51.82	750m: 12:30.67	50.23
	200m: 3:10.17	50.40	400m: 6:33.58	51.17	600m: 9:58.92	50.69	800m: 13:18.73	48.06
34.		2008 III	" -2			13:44.98	I	196
	50m: 41.11	41.11	250m: 4:11.16	54.11	450m: 7:46.28	50.88	650m: 11:14.27	49.80
	100m: 1:30.77	49.66	300m: 5:06.20	55.04	500m: 8:39.81	53.53	700m: 12:07.34	53.07
	150m: 2:23.19	52.42	350m: 6:00.27	54.07	550m: 9:32.01	52.20	750m: 12:57.26	49.92
	200m: 3:17.05	53.86	400m: 6:55.40	55.13	600m: 10:24.47	52.46	800m: 13:44.98	47.72
35.		2009				13:53.83	I	189
	50m: 44.35	44.35	250m: 4:18.80	54.66	450m: 7:46.86	51.92	650m: 11:17.72	52.72
	100m: 1:36.73	52.38	300m: 5:12.15	53.35	500m: 8:39.43	52.57	700m: 12:11.35	53.63
	150m: 2:31.18	54.45	350m: 6:03.19	51.04	550m: 9:32.24	52.81	750m: 13:02.62	51.27
	200m: 3:24.14	52.96	400m: 6:54.94	51.75	600m: 10:25.00	52.76	800m: 13:53.83	51.21
36.		2008 III	" "			14:05.96	I	181
	50m: 41.85	41.85	250m: 4:11.92	54.65	450m: 7:52.91	55.47	650m: 11:34.37	55.89
	100m: 1:30.98	49.13	300m: 5:07.78	55.86	500m: 8:48.38	55.47	700m: 12:28.00	53.63
	150m: 2:22.73	51.75	350m: 6:02.31	54.53	550m: 9:43.41	55.03	750m: 13:17.63	49.63
	200m: 3:17.27	54.54	400m: 6:57.44	55.13	600m: 10:38.48	55.07	800m: 14:05.96	48.33
37.		2009 I	4			14:08.57	I	180
	50m: 43.25	43.25	250m: 4:13.75	53.79	450m: 7:52.98	54.59	650m: 11:33.74	55.49
	100m: 1:33.14	49.89	300m: 5:09.85	56.10	500m: 8:48.63	55.65	700m: 12:25.67	51.93
	150m: 2:26.24	53.10	350m: 6:04.27	54.42	550m: 9:43.17	54.54	750m: 13:18.85	53.18
	200m: 3:19.96	53.72	400m: 6:58.39	54.12	600m: 10:38.25	55.08	800m: 14:08.57	49.72

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13, , 800m				(11-12)				R.T		
38.			2009 I		"	"-2		14:11.83	I	178
	50m: 43.89	43.89	250m: 4:15.67	53.42	450m: 7:55.36	54.88	650m: 11:37.06	54.65		
	100m: 1:34.00	50.11	300m: 5:11.25	55.58	500m: 8:51.22	55.86	700m: 12:28.64	51.58		
	150m: 2:27.40	53.40	350m: 6:06.75	55.50	550m: 9:47.94	56.72	750m: 13:21.80	53.16		
	200m: 3:22.25	54.85	400m: 7:00.48	53.73	600m: 10:42.41	54.47	800m: 14:11.83	50.03		
39.			2008 III		"	"		14:15.97	I	175
	50m: 41.98	41.98	250m: 4:11.65	53.94	450m: 7:52.46	55.13	650m: 11:34.88	54.85		
	100m: 1:31.14	49.16	300m: 5:06.32	54.67	500m: 8:48.27	55.81	700m: 12:30.62	55.74		
	150m: 2:23.68	52.54	350m: 6:02.27	55.95	550m: 9:43.21	54.94	750m: 13:23.58	52.96		
	200m: 3:17.71	54.03	400m: 6:57.33	55.06	600m: 10:40.03	56.82	800m: 14:15.97	52.39		
40.			2008		4			14:27.84	I	168
	50m: 49.37	49.37	250m: 4:28.65	53.99	450m: 8:04.08	54.28	650m: 11:41.19	54.89		
	100m: 1:43.65	54.28	300m: 5:22.93	54.28	500m: 8:57.42	53.34	700m: 12:36.46	55.27		
	150m: 2:38.91	55.26	350m: 6:16.69	53.76	550m: 9:51.39	53.97	750m: 13:32.75	56.29		
	200m: 3:34.66	55.75	400m: 7:09.80	53.11	600m: 10:46.30	54.91	800m: 14:27.84	55.09		
41.			2009					14:35.30	I	164
	50m: 44.18	44.18	250m: 4:19.27	55.94	450m: 8:03.61	53.81	650m: 11:51.83	59.59		
	100m: 1:39.89	55.71	300m: 5:15.47	56.20	500m: 8:59.05	55.44	700m: 12:44.93	53.10		
	150m: 2:28.50	48.61	350m: 6:11.11	55.64	550m: 9:56.98	57.93	750m: 13:44.93	1:00.00		
	200m: 3:23.33	54.83	400m: 7:09.80	58.69	600m: 10:52.24	55.26	800m: 14:35.30	50.37		
42.			2009					14:45.22	I	158
	50m: 44.83	44.83	250m: 4:21.15	55.41	450m: 8:06.65	57.10	650m: 11:56.65	56.55		
	100m: 1:35.41	50.58	300m: 5:16.35	55.20	500m: 9:04.89	58.24	700m: 12:54.14	57.49		
	150m: 2:29.70	54.29	350m: 6:13.08	56.73	550m: 10:02.71	57.82	750m: 13:51.60	57.46		
	200m: 3:25.74	56.04	400m: 7:09.55	56.47	600m: 11:00.10	57.39	800m: 14:45.22	53.62		
43.			2009 I		"	"		14:51.21	I	155
	50m: 46.57	46.57	250m: 4:32.14	56.83	450m: 8:22.61	57.64	650m: 12:13.25	57.73		
	100m: 1:40.69	54.12	300m: 5:29.67	57.53	500m: 9:20.52	57.91	700m: 13:10.07	56.82		
	150m: 2:36.97	56.28	350m: 6:27.59	57.92	550m: 10:17.87	57.35	750m: 14:02.05	51.98		
	200m: 3:35.31	58.34	400m: 7:24.97	57.38	600m: 11:15.52	57.65	800m: 14:51.21	49.16		
44.			2009					14:52.99	I	154
	50m: 43.75	43.75	250m: 4:29.93	57.35	450m: 8:18.69	57.32	650m: 12:09.22	56.47		
	100m: 1:38.97	55.22	300m: 5:26.66	56.73	500m: 9:15.45	56.76	700m: 13:08.00	58.78		
	150m: 2:36.66	57.69	350m: 6:24.34	57.68	550m: 10:14.47	59.02	750m: 14:04.31	56.31		
	200m: 3:32.58	55.92	400m: 7:21.37	57.03	600m: 11:12.75	58.28	800m: 14:52.99	48.68		
45.			2008 I		"	"		15:15.48	I	143
	50m: 43.33	43.33	250m: 4:33.29	59.90	450m: 8:31.18	59.52	650m: 12:29.56	1:00.07		
	100m: 1:36.88	53.55	300m: 5:33.39	1:00.10	500m: 9:29.93	58.75	700m: 13:28.35	58.79		
	150m: 2:34.11	57.23	350m: 6:34.56	1:01.17	550m: 10:29.73	59.80	750m: 14:24.57	56.22		
	200m: 3:33.39	59.28	400m: 7:31.66	57.10	600m: 11:29.49	59.76	800m: 15:15.48	50.91		
46.			2009					15:35.27	I	134
	50m: 49.07	49.07	250m: 4:35.27	58.96	450m: 8:36.49	1:00.38	650m: 12:42.06	1:01.88		
	100m: 1:42.43	53.36	300m: 5:35.20	59.93	500m: 9:36.76	1:00.27	700m: 13:41.50	59.44		
	150m: 2:38.88	56.45	350m: 6:35.32	1:00.12	550m: 10:39.01	1:02.25	750m: 14:39.80	58.30		
	200m: 3:36.31	57.43	400m: 7:36.11	1:00.79	600m: 11:40.18	1:01.17	800m: 15:35.27	55.47		
47.			2009 I		"	"		16:01.85	I	123
	50m: 51.28	51.28	250m: 4:53.28	1:03.09	450m: 8:59.34	1:00.60	650m: 13:05.71	1:00.61		
	100m: 1:47.38	56.10	300m: 5:55.84	1:02.56	500m: 10:01.67	1:02.33	700m: 14:08.42	1:02.71		
	150m: 2:48.73	1:01.35	350m: 6:57.09	1:01.25	550m: 11:03.02	1:01.35	750m: 15:09.43	1:01.01		
	200m: 3:50.19	1:01.46	400m: 7:58.74	1:01.65	600m: 12:05.10	1:02.08	800m: 16:01.85	52.42		

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13, , 800m , (11-12)

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48.			2008 I	"	"			16:03.53	I	123		
	50m:	49.45	49.45	250m:	4:52.40	1:01.69	450m:	9:03.71	1:02.77	650m:	13:12.97	1:01.19
	100m:	1:46.91	57.46	300m:	5:54.87	1:02.47	500m:	10:06.18	1:02.47	700m:	14:12.57	59.60
	150m:	2:48.84	1:01.93	350m:	6:57.77	1:02.90	550m:	11:09.02	1:02.84	750m:	15:12.06	59.49
	200m:	3:50.71	1:01.87	400m:	8:00.94	1:03.17	600m:	12:11.78	1:02.76	800m:	16:03.53	51.47
49.			2009					16:31.03	II	113		
	50m:	49.06	49.06	250m:	4:54.77	1:02.75	450m:	9:05.80	1:02.48	650m:	13:21.75	1:03.50
	100m:	1:48.04	58.98	300m:	5:57.00	1:02.23	500m:	10:10.94	1:05.14	700m:	14:24.38	1:02.63
	150m:	2:48.95	1:00.91	350m:	7:00.02	1:03.02	550m:	11:12.99	1:02.05	750m:	15:25.55	1:01.17
	200m:	3:52.02	1:03.07	400m:	8:03.32	1:03.30	600m:	12:18.25	1:05.26	800m:	16:31.03	1:05.48
50.			2009 I				"-2	16:35.71	II	111		
	50m:	52.40	52.40	250m:	5:00.26	1:03.14	450m:	9:15.62	1:03.18	650m:	13:33.01	1:02.88
	100m:	1:53.46	1:01.06	300m:	6:04.21	1:03.95	500m:	10:20.91	1:05.29	700m:	14:37.19	1:04.18
	150m:	2:54.39	1:00.93	350m:	7:08.79	1:04.58	550m:	11:26.20	1:05.29	750m:	15:36.83	59.64
	200m:	3:57.12	1:02.73	400m:	8:12.44	1:03.65	600m:	12:30.13	1:03.93	800m:	16:35.71	58.88
51.			2009 I	"	"			17:49.31	II	90		
	50m:	51.28	51.28	250m:	5:13.33	1:08.20	450m:	9:51.30	1:12.02	650m:	14:32.87	1:04.28
	100m:	1:52.91	1:01.63	300m:	6:21.35	1:08.02	500m:	11:01.70	1:10.40	700m:	15:42.54	1:09.67
	150m:	2:57.19	1:04.28	350m:	7:32.17	1:10.82	550m:	12:15.01	1:13.31	750m:	16:46.25	1:03.71
	200m:	4:05.13	1:07.94	400m:	8:39.28	1:07.11	600m:	13:28.59	1:13.58	800m:	17:49.31	1:03.06
DSQ			2008									
	50m:	33.67	33.67	100m:	1:15.53	41.86	150m:	2:00.54	45.01	200m:	2:48.26	47.72

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13, , 800m

EXH			2008 II		-			11:04.92 II		374
	50m:	36.38 36.38	250m:	3:21.91 41.70	450m:	6:10.99 42.37	650m:	9:00.26 41.61		
	100m:	1:16.84 40.46	300m:	4:04.26 42.35	500m:	6:53.58 42.59	700m:	9:43.12 42.86		
	150m:	1:58.38 41.54	350m:	4:46.29 42.03	550m:	7:36.07 42.49	750m:	10:24.98 41.86		
	200m:	2:40.21 41.83	400m:	5:28.62 42.33	600m:	8:18.65 42.58	800m:	11:04.92 39.94		
EXH			2009 III		-			12:52.91 III		238
	50m:	39.00 39.00	250m:	3:51.29 49.23	450m:	7:11.18 49.58	650m:	10:31.21 50.30		
	100m:	1:24.51 45.51	300m:	4:40.91 49.62	500m:	8:01.65 50.47	700m:	11:21.67 50.46		
	150m:	2:13.38 48.87	350m:	5:31.30 50.39	550m:	8:50.59 48.94	750m:	12:10.30 48.63		
	200m:	3:02.06 48.68	400m:	6:21.60 50.30	600m:	9:40.91 50.32	800m:	12:52.91 42.61		

14

, 200m

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II	.	9 +: 4:05.00 /	I	.	9 +: 3:30.00 /	III	9 +: 3:05.00 /
II		9 +: 2:41.00 /	I		9 +: 2:22.75 /	10 +: 2:14.25 /	12 +: 2:06.75

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1.			2006 II					2:23.10 II		449
	50m:	30.24 30.24	100m:	1:07.24 37.00	150m:	1:49.44 42.20	200m:	2:23.10 33.66		
2.			2006					2:23.11 II		449
	50m:	32.41 32.41	100m:	1:07.55 35.14	150m:	1:52.33 44.78	200m:	2:23.11 30.78		
3.			2006		-			2:23.52 II		445
	50m:	32.59 32.59	100m:	1:09.61 37.02	150m:	1:52.48 42.87	200m:	2:23.52 31.04		
4.			2006		-			2:24.16 II		439
	50m:	31.75 31.75	100m:	1:08.36 36.61	150m:	1:50.72 42.36	200m:	2:24.16 33.44		
5.			2006 II					2:24.73 II		434
	50m:	30.62 30.62	100m:	1:07.49 36.87	150m:	1:52.03 44.54	200m:	2:24.73 32.70		
6.			2006 I					2:25.40 II		428
	50m:	29.93 29.93	100m:	1:06.35 36.42	150m:	1:51.80 45.45	200m:	2:25.40 33.60		
7.			2007		-			2:27.42 II		411
	50m:	33.25 33.25	100m:	1:10.78 37.53	150m:	1:55.77 44.99	200m:	2:27.42 31.65		
8.			2006		-			2:27.73 II		408
	50m:	33.67 33.67	100m:	1:10.89 37.22	150m:	1:55.84 44.95	200m:	2:27.73 31.89		
9.			2007 II					2:28.34 II		403
	50m:	31.96 31.96	100m:	1:10.46 38.50	150m:	1:54.47 44.01	200m:	2:28.34 33.87		
10.			2007 II					2:28.81 II		399
	50m:	33.49 33.49	100m:	1:12.16 38.67	150m:	1:56.22 44.06	200m:	2:28.81 32.59		
11.			2007		-			2:29.31 II		395
	50m:	32.88 32.88	100m:	1:10.92 38.04	150m:	1:54.66 43.74	200m:	2:29.31 34.65		
12.			2007		-			2:33.14 II		366
	50m:	32.48 32.48	100m:	1:11.26 38.78	150m:	1:58.70 47.44	200m:	2:33.14 34.44		
13.			2006 II		"	"-1	2:33.59 II		363	
	50m:	31.73 31.73	100m:	1:10.45 38.72	150m:	1:56.74 46.29	200m:	2:33.59 36.85		
14.			2006 II					2:36.74 II		342
	50m:	34.73 34.73	100m:	1:12.86 38.13	150m:	2:01.87 49.01	200m:	2:36.74 34.87		

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14.	, 200m		(13-14)		R.T				
15.	50m:	33.25 33.25	100m:	1:16.87 43.62	150m:	2:00.99 44.12	200m:	2:38.80 37.81	329
16.	50m:	35.35 35.35	100m:	1:19.86 44.51	150m:	2:05.08 45.22	200m:	2:38.86 33.78	328
17.	50m:	32.82 32.82	100m:	1:12.92 40.10	150m:	2:01.25 48.33	200m:	2:39.67 38.42	323
18.	50m:	36.66 36.66	100m:	1:22.71 46.05	150m:	2:04.37 41.66	200m:	2:41.55 37.18	312
19.	50m:	36.16 36.16	100m:	1:18.95 42.79	150m:	2:04.80 45.85	200m:	2:41.69 36.89	311
20.	50m:	36.59 36.59	100m:	1:19.13 42.54	150m:	2:06.18 47.05	200m:	2:42.66 36.48	306
21.	50m:	34.53 34.53	100m:	1:18.52 43.99	150m:	2:08.54 50.02	200m:	2:44.01 35.47	298
22.	50m:	36.23 36.23	100m:	1:17.20 40.97	150m:	2:08.50 51.30	200m:	2:45.02 36.52	293
	50m:	36.23 36.23	100m:	1:17.20 40.97	150m:	2:08.50 51.30	200m:	2:45.02 36.52	293
24.	50m:	35.35 35.35	100m:	1:19.86 44.51	150m:	2:08.28 48.42	200m:	2:46.00 37.72	288
25.	50m:	36.41 36.41	100m:	1:22.31 45.90	150m:	2:09.52 47.21	200m:	2:46.42 36.90	285
26.	50m:	36.91 36.91	100m:	1:17.68 40.77	150m:	2:11.22 53.54	200m:	2:47.32 36.10	281
27.	50m:	36.05 36.05	100m:	1:16.22 40.17	150m:	2:11.80 55.58	200m:	2:48.75 36.95	274
28.	50m:	39.41 39.41	100m:	1:20.56 41.15	150m:	2:11.34 50.78	200m:	2:49.54 38.20	270
29.	50m:	42.32 42.32	100m:	1:24.85 42.53	150m:	2:12.46 47.61	200m:	2:52.25 39.79	257
30.	50m:	37.25 37.25	100m:	1:23.46 46.21	150m:	2:18.66 55.20	200m:	2:54.39 35.73	248
31.	50m:	42.19 42.19	100m:	1:24.91 42.72	150m:	2:16.25 51.34	200m:	2:55.30 39.05	244
32.	50m:	38.65 38.65	100m:	1:26.18 47.53	150m:	2:15.96 49.78	200m:	2:55.35 39.39	244
33.	50m:	39.12 39.12	100m:	1:27.86 48.74	150m:	2:17.42 49.56	200m:	2:55.86 38.44	242
34.	50m:	39.95 39.95	100m:	1:28.37 48.42	150m:	2:20.59 52.22	200m:	2:57.26 36.67	236
35.	50m:	40.67 40.67	100m:	1:26.56 45.89	150m:	2:18.68 52.12	200m:	2:58.06 39.38	233

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14,	, 200m	,	(13-14)					R.T			
36.			2006						2:58.10	III	233
50m:	37.93	37.93	100m:	1:22.95	45.02	150m:	2:18.52	55.57	200m:	2:58.10	39.58
37.			2006 III						2:58.18	III	232
50m:	43.45	43.45	100m:	1:26.40	42.95	150m:	2:19.98	53.58	200m:	2:58.18	38.20
38.			2006 III			4			2:58.78	III	230
50m:	37.84	37.84	100m:	1:25.03	47.19	150m:	2:18.91	53.88	200m:	2:58.78	39.87
39.			2007 III						2:59.55	III	227
50m:	39.68	39.68	100m:	1:24.04	44.36	150m:	2:21.47	57.43	200m:	2:59.55	38.08
40.			2007 III			- -			2:59.81	III	226
50m:	41.48	41.48	100m:	1:27.97	46.49	150m:	2:21.60	53.63	200m:	2:59.81	38.21
41.			2007						3:00.80	III	222
50m:	39.58	39.58	100m:	1:26.70	47.12	150m:	2:20.85	54.15	200m:	3:00.80	39.95
42.			2006 III			4			3:00.87	III	222
50m:	41.29	41.29	100m:	1:25.53	44.24	150m:	2:15.22	49.69	200m:	3:00.87	45.65
43.			2006						3:00.98	III	222
50m:	37.71	37.71	100m:	1:26.34	48.63	150m:	2:18.03	51.69	200m:	3:00.98	42.95
44.			2007			4			3:02.98	III	215
50m:	40.99	40.99	100m:	1:29.13	48.14	150m:	2:22.23	53.10	200m:	3:02.98	40.75
45.			2006 III			4			3:03.88	III	211
50m:	41.00	41.00	100m:	1:30.05	49.05	150m:	2:18.03	47.98	200m:	3:03.88	45.85
46.			2007 III			"	"	"-2	3:04.52	III	209
50m:	42.21	42.21	100m:	1:33.51	51.30	150m:	2:25.43	51.92	200m:	3:04.52	39.09
47.			2006						3:05.16	I	207
50m:	41.22	41.22	100m:	1:28.85	47.63	150m:	2:25.08	56.23	200m:	3:05.16	40.08
48.			2006 III			4			3:06.61	I	202
50m:	39.48	39.48	100m:	1:33.55	54.07	150m:	2:23.86	50.31	200m:	3:06.61	42.75
49.			2007			4			3:07.41	I	200
50m:	39.08	39.08	100m:	1:27.33	48.25	150m:	2:27.12	59.79	200m:	3:07.41	40.29
50.			2007						3:10.49	I	190
50m:	45.07	45.07	100m:	1:35.39	50.32	150m:	2:25.50	50.11	200m:	3:10.49	44.99
51.			2007 III			4			3:10.99	I	189
50m:	42.08	42.08	100m:	1:32.70	50.62	150m:	2:29.36	56.66	200m:	3:10.99	41.63
52.			2007						3:19.72	I	165
50m:	43.60	43.60	100m:	1:33.35	49.75	150m:	2:31.06	57.71	200m:	3:19.72	48.66
53.			2007			4			3:20.31	I	163
50m:	48.90	48.90	100m:	1:39.94	51.04	150m:	2:33.94	54.00	200m:	3:20.31	46.37
54.			2006 I						3:21.99	I	159
50m:	45.07	45.07	100m:	1:35.39	50.32	150m:	2:35.33	59.94	200m:	3:21.99	46.66
55.			2007 I			"	"		3:24.64	I	153
50m:	50.14	50.14	100m:	1:39.25	49.11	150m:	2:40.38	1:01.13	200m:	3:24.64	44.26
56.			2006 III			4			3:28.70	I	144
50m:	43.12	43.12	100m:	1:40.04	56.92	150m:	2:41.75	1:01.71	200m:	3:28.70	46.95

" (25)

"ALT-Timing"

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14, , 200m , (13-14)											
		/						R.T			
57.			2007		4				3:37.23	II	128
	50m:	51.76	51.76	100m:	1:44.39	52.63	150m:	2:49.88	1:05.49	200m:	3:37.23 47.35
DSQ			2006		.						
DSQ			2007		.				2:44.16	III	
	50m:	36.74	36.74	100m:	1:16.59	39.85	150m:	2:05.11	48.52	200m:	2:44.16 39.05
DSQ			2006 II		"			"-1	2:48.39	III	
	50m:	35.38	35.38	100m:	1:17.97	42.59	150m:	2:10.87	52.90	200m:	2:48.39 37.52
DSQ			2006 II		"			"	2:50.43	III	
	50m:	36.16	36.16	100m:	1:25.67	49.51	150m:	2:10.47	44.80	200m:	2:50.43 39.96
DSQ			2007 III		-	-			2:52.31	III	
	50m:	39.38	39.38	100m:	1:23.32	43.94	150m:	2:15.65	52.33	200m:	2:52.31 36.66
DSQ			2006		.				2:52.55	III	
	50m:	42.49	42.49	100m:	1:26.03	43.54	150m:	2:15.41	49.38	200m:	2:52.55 37.14
DSQ			2006		.				3:05.90	I	
	50m:	38.86	38.86	100m:	1:28.21	49.35	150m:	2:19.22	51.01	200m:	3:05.90 46.68
DSQ			2007 III		"			"-1	3:09.40	I	
	50m:	39.93	39.93	100m:	1:29.75	49.82	150m:	2:24.80	55.05	200m:	3:09.40 44.60
DSQ			2007 I		"			"	3:10.32	I	
	50m:	41.67	41.67	100m:	1:29.64	47.97	150m:	2:24.76	55.12	200m:	3:10.32 45.56
DSQ			2007 I		"			"-2	3:16.58	I	
	50m:	44.69	44.69	100m:	1:35.25	50.56	150m:	2:33.54	58.29	200m:	3:16.58 43.04
DSQ			2007 I		"			"	3:18.71	I	
	50m:	42.34	42.34	100m:	1:34.96	52.62	150m:	2:33.45	58.49	200m:	3:18.71 45.26
DSQ			2007 I		"			"	3:31.43	II	
	50m:	49.42	49.42	100m:	1:42.25	52.83	150m:	2:45.74	1:03.49	200m:	3:31.43 45.69

" " , 11-13.02.2020

14, , 200m

EXH				2006 II	-				2:28.70	II	400	
	50m:	31.49	31.49	100m:	1:08.08	36.59	150m:	1:54.39	46.31	200m:	2:28.70	34.31
EXH				2006 II	-				2:35.71	II	349	
	50m:	34.54	34.54	100m:	1:12.52	37.98	150m:	1:57.01	44.49	200m:	2:35.71	38.70
EXH				2006 II	-				2:39.43	II	325	
	50m:	35.76	35.76	100m:	1:18.16	42.40	150m:	2:02.25	44.09	200m:	2:39.43	37.18
EXH				2007 II	-				2:43.56	III	301	
	50m:	38.20	38.20	100m:	1:21.19	42.99	150m:	2:06.83	45.64	200m:	2:43.56	36.73
EXH				2006 III	-				2:47.20	III	281	
	50m:	35.83	35.83	100m:	1:18.02	42.19	150m:	2:06.47	48.45	200m:	2:47.20	40.73
EXH				2007 III	-				2:47.40	III	280	
	50m:	39.55	39.55	100m:	1:24.56	45.01	150m:	2:08.26	43.70	200m:	2:47.40	39.14
EXH				2006 II	-				2:47.44	III	280	
	50m:	35.88	35.88	100m:	1:22.20	46.32	150m:	2:13.84	51.64	200m:	2:47.44	33.60
EXH				2006 II	-				2:50.66	III	265	
	50m:	36.51	36.51	100m:	1:21.33	44.82	150m:	2:13.03	51.70	200m:	2:50.66	37.63
EXH				2007 II	-				2:51.80	III	259	
	50m:	41.92	41.92	100m:	1:28.22	46.30	150m:	2:13.75	45.53	200m:	2:51.80	38.05

15

, 4 x 50m

(13-14)

13.02.2020

: FINA 2019

			/		R.T		
1.	1		06	31.44	06	2:01.10	416
			06	34.60	06	29.23	25.83
2.	-		06	31.36	07	2:06.69	363
			06	37.15	06	30.09	28.09
3.	"	"-1 1	06	34.23	06	2:10.77	330
			07	36.93	06	33.09	26.52
4.	.		06	33.71	06	2:12.24	319
			06	38.71	06	32.26	27.56
5.	- -		06	37.51	06	2:13.61	310
			06	36.83	07	32.09	27.18

" (25)

"ALT-Timing"

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" "
- - , 11-13.02.2020

	15,	, 4 x 50m				
EXH	-		-		2:09.64	339
		06	31.36		06	35.51
		06	33.77		06	29.00

13.02.2020 16 , 4 x 50m (11-12)

: FINA 2019

		/			R.T	
1.	1				2:21.75	376
		08	37.00		08	35.66
		08	38.41		09	30.68
2.	- -			- -	2:27.86	331
		08	37.13		09	37.32
		08	41.01		08	32.40
3.	"	"-1 1		" -1	2:33.26	298
		08	38.89		09	37.56
		09	42.96		08	33.85