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13-14 11-12  
, 08-10 2023

13 , 400m  
09.11.2023 - 15:35

: FINA 2023

1.			09	I			<b>4:29.93</b>	486	II			
	50m:	28.83	28.83	150m:	1:36.38	34.57	250m:	2:46.16	34.37	350m:	3:56.54	35.07
	100m:	1:01.81	32.98	200m:	2:11.79	35.41	300m:	3:21.47	35.31	400m:	4:29.93	33.39
2.			09	I			<b>4:38.43</b>	442	II			
	50m:	29.90	29.90	150m:	1:39.53	35.45	250m:	2:51.75	35.76	350m:	4:03.66	35.66
	100m:	1:04.08	34.18	200m:	2:15.99	36.46	300m:	3:28.00	36.25	400m:	4:38.43	34.77
3.			10	II			<b>4:38.62</b>	442	II			
	50m:	31.34	31.34	150m:	1:42.85	35.46	250m:	2:55.96	36.02	350m:	4:05.52	34.39
	100m:	1:07.39	36.05	200m:	2:19.94	37.09	300m:	3:31.13	35.17	400m:	4:38.62	33.10
4.			09	II			<b>4:42.28</b>	425	II			
	50m:	32.90	32.90	150m:	1:44.25	35.74	250m:	2:56.78	36.02	350m:	4:07.69	35.10
	100m:	1:08.51	35.61	200m:	2:20.76	36.51	300m:	3:32.59	35.81	400m:	4:42.28	34.59
5.			09	II			<b>4:43.45</b>	419	II			
	50m:	30.62	30.62	150m:	1:41.26	35.92	250m:	2:53.89	36.68	350m:	4:07.69	36.52
	100m:	1:05.34	34.72	200m:	2:17.21	35.95	300m:	3:31.17	37.28	400m:	4:43.45	35.76
6.			10	II			<b>4:45.67</b>	410	II			
	50m:	31.86	31.86	150m:	1:42.47	35.92	250m:	2:55.86	36.26	350m:	4:04.02	32.98
	100m:	1:06.55	34.69	200m:	2:19.60	37.13	300m:	3:31.04	35.18	400m:	4:45.67	41.65
7.			09	II			<b>4:47.28</b>	403	II			
	50m:	31.03	31.03	150m:	1:42.56	36.55	250m:	2:56.77	37.25	350m:	4:10.76	36.98
	100m:	1:06.01	34.98	200m:	2:19.52	36.96	300m:	3:33.78	37.01	400m:	4:47.28	36.52
8.			09	II			<b>4:49.36</b>	394	II			
	50m:	31.37	31.37	150m:	1:44.11	36.90	250m:	2:58.36	37.29	350m:	4:12.95	36.99
	100m:	1:07.21	35.84	200m:	2:21.07	36.96	300m:	3:35.96	37.60	400m:	4:49.36	36.41
9.			10	II			<b>4:53.39</b>	378	II			
	50m:	31.88	31.88	150m:	1:44.61	36.36	250m:	2:59.48	37.23	350m:	4:15.31	38.28
	100m:	1:08.25	36.37	200m:	2:22.25	37.64	300m:	3:37.03	37.55	400m:	4:53.39	38.08
10.			09	II			<b>4:53.61</b>	377	II			
	50m:	32.09	32.09	150m:	1:45.59	37.16	250m:	3:01.42	37.90	350m:	4:17.23	37.95
	100m:	1:08.43	36.34	200m:	2:23.52	37.93	300m:	3:39.28	37.86	400m:	4:53.61	36.38
11.			10	II			<b>4:55.39</b>	370	II			
	50m:	32.22	32.22	150m:	1:45.99	37.54	250m:	3:02.49	38.57	350m:	4:19.36	38.27
	100m:	1:08.45	36.23	200m:	2:23.92	37.93	300m:	3:41.09	38.60	400m:	4:55.39	36.03
12.			10	III			<b>5:04.77</b>	337	III			
	50m:	33.22	33.22	150m:	1:51.36	39.81	250m:	3:10.52	40.33	350m:	4:28.28	36.72
	100m:	1:11.55	38.33	200m:	2:30.19	38.83	300m:	3:51.56	41.04	400m:	5:04.77	36.49
13.			10	II			<b>5:04.91</b>	337	III			
	50m:	32.19	32.19	150m:	1:49.33	39.18	250m:	3:09.19	40.38	350m:	4:28.91	39.09
	100m:	1:10.15	37.96	200m:	2:28.81	39.48	300m:	3:49.82	40.63	400m:	5:04.91	36.00
14.			10	II			<b>5:09.11</b>	323	III			
	50m:	34.13	34.13	150m:	1:52.70	39.90	250m:	3:12.17	39.88	350m:	4:31.94	39.60
	100m:	1:12.80	38.67	200m:	2:32.29	39.59	300m:	3:52.34	40.17	400m:	5:09.11	37.17



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13-14 11-12  
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13, , 400m ,

15.			10	III		-2	<b>5:11.53</b>	316	III			
	50m:	34.20	34.20	150m:	1:51.91	39.22	250m:	3:12.49	40.66	350m:	4:33.11	40.49
	100m:	1:12.69	38.49	200m:	2:31.83	39.92	300m:	3:52.62	40.13	400m:	5:11.53	38.42
16.			10	III		-2	<b>5:22.72</b>	284	III			
	50m:	32.61	32.61	150m:	1:52.59	41.62	250m:	3:17.27	42.54	350m:	4:42.41	42.01
	100m:	1:10.97	38.36	200m:	2:34.73	42.14	300m:	4:00.40	43.13	400m:	5:22.72	40.31
17.			10	III			<b>5:33.46</b>	257	III			
	50m:	35.81	35.81	150m:	2:00.27	43.28	250m:	3:27.30	44.18	350m:	4:54.41	42.82
	100m:	1:16.99	41.18	200m:	2:43.12	42.85	300m:	4:11.59	44.29	400m:	5:33.46	39.05
18.			09	III			<b>5:54.52</b>	214				
	50m:	37.10	37.10	150m:	2:02.86	43.89	250m:	3:34.72	46.58	350m:	5:09.15	47.03
	100m:	1:18.97	41.87	200m:	2:48.14	45.28	300m:	4:22.12	47.40	400m:	5:54.52	45.37