

ЧЕМПИОНАТ ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ (25 МЕТРОВ)

21 - 24 СЕНТЯБРЯ
2021 ГОДА



39 , 400m
24.09.2021 - 12:01

: FINA 2021

											FINA	
1.			2004		3		4:22.34		708			
	50m:	29.11	29.11	150m:	1:34.49	33.02	250m:	2:41.16	33.47	350m:	3:48.76	33.85
	100m:	1:01.47	32.36	200m:	2:07.69	33.20	300m:	3:14.91	33.75	400m:	4:22.34	33.58
2.			2006		3		4:25.04		687			
	50m:	30.25	30.25	150m:	1:36.04	33.22	250m:	2:43.44	33.88	350m:	3:51.72	34.25
	100m:	1:02.82	32.57	200m:	2:09.56	33.52	300m:	3:17.47	34.03	400m:	4:25.04	33.32
3.			2004		"		4:26.58		675			
	50m:	30.48	30.48	150m:	1:36.68	33.54	250m:	2:43.91	33.57	350m:	3:52.49	34.27
	100m:	1:03.14	32.66	200m:	2:10.34	33.66	300m:	3:18.22	34.31	400m:	4:26.58	34.09
4.			2005		"		4:27.86		666			
	50m:	30.49	30.49	150m:	1:36.57	33.36	250m:	2:44.56	34.13	350m:	3:53.68	34.82
	100m:	1:03.21	32.72	200m:	2:10.43	33.86	300m:	3:18.86	34.30	400m:	4:27.86	34.18
5.			2005		"		4:28.51		661			
	50m:	30.70	30.70	150m:	1:37.88	33.97	250m:	2:47.08	34.70	350m:	3:56.64	34.76
	100m:	1:03.91	33.21	200m:	2:12.38	34.50	300m:	3:21.88	34.80	400m:	4:28.51	31.87
6.			2007		"		4:28.68		659			
	50m:	31.01	31.01	150m:	1:39.92	34.60	250m:	2:48.69	34.27	350m:	3:56.91	34.16
	100m:	1:05.32	34.31	200m:	2:14.42	34.50	300m:	3:22.75	34.06	400m:	4:28.68	31.77
7.			2005		"		4:29.66		652			
	50m:	30.81	30.81	150m:	1:38.32	34.12	250m:	2:48.29	34.65	350m:	3:57.75	34.91
	100m:	1:04.20	33.39	200m:	2:13.64	35.32	300m:	3:22.84	34.55	400m:	4:29.66	31.91
8.			2006		3		4:30.52		646			
	50m:	30.94	30.94	150m:	1:38.78	34.52	250m:	2:47.69	34.47	350m:	3:56.93	34.71
	100m:	1:04.26	33.32	200m:	2:13.22	34.44	300m:	3:22.22	34.53	400m:	4:30.52	33.59
9.			2005		"		4:30.68		645			
	50m:	31.18	31.18	150m:	1:40.34	34.82	250m:	2:49.30	34.36	350m:	3:57.87	34.19
	100m:	1:05.52	34.34	200m:	2:14.94	34.60	300m:	3:23.68	34.38	400m:	4:30.68	32.81
10.			2007		"		4:31.00		643			
	50m:	30.02	30.02	150m:	1:39.09	34.88	250m:	2:48.84	34.91	350m:	3:58.43	34.79
	100m:	1:04.21	34.19	200m:	2:13.93	34.84	300m:	3:23.64	34.80	400m:	4:31.00	32.57
11.			2007		"		4:32.49		632			
	50m:	31.66	31.66	150m:	1:40.76	35.06	250m:	2:50.44	34.53	350m:	3:59.82	34.80
	100m:	1:05.70	34.04	200m:	2:15.91	35.15	300m:	3:25.02	34.58	400m:	4:32.49	32.67
12.			2003		3		4:33.73		624			
	50m:	31.06	31.06	150m:	1:38.96	34.16	250m:	2:48.96	35.03	350m:	3:59.60	35.63
	100m:	1:04.80	33.74	200m:	2:13.93	34.97	300m:	3:23.97	35.01	400m:	4:33.73	34.13
13.			2007		"		4:34.57		618			
	50m:	31.94	31.94	150m:	1:42.05	35.39	250m:	2:52.40	35.32	350m:	4:01.62	34.37
	100m:	1:06.66	34.72	200m:	2:17.08	35.03	300m:	3:27.25	34.85	400m:	4:34.57	32.95
14.			2004		"		4:34.71		617			
	50m:	30.61	30.61	150m:	1:37.95	34.13	250m:	2:48.02	35.30	350m:	3:59.93	36.15
	100m:	1:03.82	33.21	200m:	2:12.72	34.77	300m:	3:23.78	35.76	400m:	4:34.71	34.78
15.			2006		"		4:35.65		611			
	50m:	31.47	31.47	150m:	1:39.87	33.96	250m:	2:50.11	35.29	350m:	4:00.96	35.58
	100m:	1:05.91	34.44	200m:	2:14.82	34.95	300m:	3:25.38	35.27	400m:	4:35.65	34.69
16.			2005		"		4:36.25		607			
	50m:	31.70	31.70	150m:	1:40.75	34.80	250m:	2:50.84	34.97	350m:	4:01.35	35.38
	100m:	1:05.95	34.25	200m:	2:15.87	35.12	300m:	3:25.97	35.13	400m:	4:36.25	34.90
17.			2008		"		4:36.88		603			
	50m:	31.26	31.26	150m:	1:40.43	35.03	250m:	2:50.35	35.16	350m:	4:00.93	34.97
	100m:	1:05.40	34.14	200m:	2:15.19	34.76	300m:	3:25.96	35.61	400m:	4:36.88	35.95

ЧЕМПИОНАТ ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ (25 МЕТРОВ)

21 - 24 СЕНТЯБРЯ
2021 ГОДА

Ассоциация спорта
Timing



	39,		, 400m								FINA	
18.											600	
	50m:	31.40	31.40	150m:	1:40.43	34.92	250m:	2:50.84	35.29	350m:	4:02.57	36.05
	100m:	1:05.51	34.11	200m:	2:15.55	35.12	300m:	3:26.52	35.68	400m:	4:37.32	34.75
19.											592	
	50m:	31.71	31.71	150m:	1:41.95	35.27	250m:	2:53.04	35.49	350m:	4:04.49	35.54
	100m:	1:06.68	34.97	200m:	2:17.55	35.60	300m:	3:28.95	35.91	400m:	4:38.56	34.07
20.											585	
	50m:	31.24	31.24	150m:	1:40.59	35.16	250m:	2:52.43	36.02	350m:	4:05.07	36.25
	100m:	1:05.43	34.19	200m:	2:16.41	35.82	300m:	3:28.82	36.39	400m:	4:39.60	34.53
21.											582	
	50m:	30.51	30.51	150m:	1:41.61	36.04	250m:	2:53.67	36.11	350m:	4:05.70	35.67
	100m:	1:05.57	35.06	200m:	2:17.56	35.95	300m:	3:30.03	36.36	400m:	4:40.08	34.38
22.											581	
	50m:	31.07	31.07	150m:	1:42.66	36.39	250m:	2:53.16	35.01	350m:	4:05.13	35.69
	100m:	1:06.27	35.20	200m:	2:18.15	35.49	300m:	3:29.44	36.28	400m:	4:40.23	35.10
23.											581	
	50m:	31.93	31.93	150m:	1:41.66	35.21	250m:	2:53.23	35.76	350m:	4:05.08	35.79
	100m:	1:06.45	34.52	200m:	2:17.47	35.81	300m:	3:29.29	36.06	400m:	4:40.27	35.19
24.											579	
	50m:	31.14	31.14	150m:	1:41.02	35.36	250m:	2:52.57	35.81	350m:	4:05.18	36.34
	100m:	1:05.66	34.52	200m:	2:16.76	35.74	300m:	3:28.84	36.27	400m:	4:40.51	35.33
25.											579	
	50m:	31.83	31.83	150m:	1:41.98	35.22	250m:	2:53.47	35.86	350m:	4:05.46	36.20
	100m:	1:06.76	34.93	200m:	2:17.61	35.63	300m:	3:29.26	35.79	400m:	4:40.54	35.08
26.											573	
	50m:	32.44	32.44	150m:	1:44.06	36.12	250m:	2:56.12	36.16	350m:	4:07.83	36.02
	100m:	1:07.94	35.50	200m:	2:19.96	35.90	300m:	3:31.81	35.69	400m:	4:41.57	33.74
27.											568	
	50m:	32.19	32.19	150m:	1:43.32	36.13	250m:	2:55.39	36.03	350m:	4:07.21	35.62
	100m:	1:07.19	35.00	200m:	2:19.36	36.04	300m:	3:31.59	36.20	400m:	4:42.33	35.12
28.											566	
	50m:	31.46	31.46	150m:	1:42.97	36.44	250m:	2:55.01	36.25	350m:	4:08.31	37.02
	100m:	1:06.53	35.07	200m:	2:18.76	35.79	300m:	3:31.29	36.28	400m:	4:42.78	34.47
29.											565	
	50m:	32.80	32.80	150m:	1:44.17	36.29	250m:	2:55.34	35.36	350m:	4:07.62	35.93
	100m:	1:07.88	35.08	200m:	2:19.98	35.81	300m:	3:31.69	36.35	400m:	4:42.90	35.28
30.											564	
	50m:	31.50	31.50	150m:	1:41.41	35.46	250m:	2:53.69	36.28	350m:	4:07.03	36.78
	100m:	1:05.95	34.45	200m:	2:17.41	36.00	300m:	3:30.25	36.56	400m:	4:43.09	36.06
31.											558	
	50m:	32.42	32.42	150m:	1:43.45	35.95	250m:	2:55.47	36.00	350m:	4:08.47	36.48
	100m:	1:07.50	35.08	200m:	2:19.47	36.02	300m:	3:31.99	36.52	400m:	4:44.11	35.64
32.											554	
	50m:	31.23	31.23	150m:	1:41.96	35.97	250m:	2:55.37	36.66	350m:	4:09.08	37.03
	100m:	1:05.99	34.76	200m:	2:18.71	36.75	300m:	3:32.05	36.68	400m:	4:44.80	35.72
33.											553	
	50m:	31.31	31.31	150m:	1:43.28	36.32	250m:	2:56.00	36.31	350m:	4:09.44	36.93
	100m:	1:06.96	35.65	200m:	2:19.69	36.41	300m:	3:32.51	36.51	400m:	4:44.82	35.38
34.											549	
	50m:	32.01	32.01	150m:	1:43.53	36.25	250m:	2:56.61	36.79	350m:	4:10.71	37.32
	100m:	1:07.28	35.27	200m:	2:19.82	36.29	300m:	3:33.39	36.78	400m:	4:45.66	34.95
35.											542	
	50m:	32.09	32.09	150m:	1:43.84	36.14	250m:	2:56.94	36.53	350m:	4:09.71	36.36
	100m:	1:07.70	35.61	200m:	2:20.41	36.57	300m:	3:33.35	36.41	400m:	4:46.73	37.02

ЧЕМПИОНАТ ГОРОДА МОСКВЫ

ПО ПЛАВАНИЮ (25 МЕТРОВ)

21 - 24 СЕНТЯБРЯ
2021 ГОДА

АБСОЛЮТ СПОРТА
Тиминга



		39,		, 400m															
																		FINA	
36.																			538
		50m:	31.83	31.83	150m:	1:42.40	35.80	250m:	2:56.41	37.15	350m:	4:10.85	37.52						
		100m:	1:06.60	34.77	200m:	2:19.26	36.86	300m:	3:33.33	36.92	400m:	4:47.58	36.73						
37.																			524
		50m:	32.56	32.56	150m:	1:44.96	36.77	250m:	2:59.37	37.37	350m:	4:12.50	36.02						
		100m:	1:08.19	35.63	200m:	2:22.00	37.04	300m:	3:36.48	37.11	400m:	4:50.03	37.53						
38.																			516
		50m:	32.36	32.36	150m:	1:45.55	37.19	250m:	3:00.77	37.47	350m:	4:15.74	37.44						
		100m:	1:08.36	36.00	200m:	2:23.30	37.75	300m:	3:38.30	37.53	400m:	4:51.51	35.77						
39.																			513
		50m:	31.93	31.93	150m:	1:44.21	36.61	250m:	3:00.04	38.21	350m:	4:14.99	37.71						
		100m:	1:07.60	35.67	200m:	2:21.83	37.62	300m:	3:37.28	37.24	400m:	4:52.19	37.20						
40.																			506
		50m:	33.83	33.83	150m:	1:46.95	36.98	250m:	3:01.02	37.09	350m:	4:16.32	37.45						
		100m:	1:09.97	36.14	200m:	2:23.93	36.98	300m:	3:38.87	37.85	400m:	4:53.49	37.17						
41.																			501
		50m:	34.09	34.09	150m:	1:47.75	36.86	250m:	3:02.14	37.01	350m:	4:17.52	37.51						
		100m:	1:10.89	36.80	200m:	2:25.13	37.38	300m:	3:40.01	37.87	400m:	4:54.33	36.81						
42.																			492
		50m:	33.53	33.53	150m:	1:48.96	37.84	250m:	3:04.96	37.95	350m:	4:21.20	37.90						
		100m:	1:11.12	37.59	200m:	2:27.01	38.05	300m:	3:43.30	38.34	400m:	4:56.28	35.08						
43.																			439
		50m:	34.28	34.28	150m:	1:49.24	37.83	250m:	3:07.87	39.99	350m:	4:28.99	40.57						
		100m:	1:11.41	37.13	200m:	2:27.88	38.64	300m:	3:48.42	40.55	400m:	5:07.69	38.70						
DNS					2003				7										
DNS					2005				3										
DNS					2007			"		"									

ЧЕМПИОНАТ ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ (25 МЕТРОВ)

21 - 24 СЕНТЯБРЯ
2021 ГОДА



39, , 400m

13-14

1.					2007	"	"			4:28.68		659	
	50m:	31.01	31.01	150m:	1:39.92	34.60	250m:	2:48.69	34.27	350m:	3:56.91	34.16	
	100m:	1:05.32	34.31	200m:	2:14.42	34.50	300m:	3:22.75	34.06	400m:	4:28.68	31.77	
2.					2007	"	"			4:31.00		643	
	50m:	30.02	30.02	150m:	1:39.09	34.88	250m:	2:48.84	34.91	350m:	3:58.43	34.79	
	100m:	1:04.21	34.19	200m:	2:13.93	34.84	300m:	3:23.64	34.80	400m:	4:31.00	32.57	
3.					2007	"	"			4:32.49		632	
	50m:	31.66	31.66	150m:	1:40.76	35.06	250m:	2:50.44	34.53	350m:	3:59.82	34.80	
	100m:	1:05.70	34.04	200m:	2:15.91	35.15	300m:	3:25.02	34.58	400m:	4:32.49	32.67	
4.					2007	"	" 77			4:34.57		618	
	50m:	31.94	31.94	150m:	1:42.05	35.39	250m:	2:52.40	35.32	350m:	4:01.62	34.37	
	100m:	1:06.66	34.72	200m:	2:17.08	35.03	300m:	3:27.25	34.85	400m:	4:34.57	32.95	
5.					2008	"	"			4:36.88		603	
	50m:	31.26	31.26	150m:	1:40.43	35.03	250m:	2:50.35	35.16	350m:	4:00.93	34.97	
	100m:	1:05.40	34.14	200m:	2:15.19	34.76	300m:	3:25.96	35.61	400m:	4:36.88	35.95	
6.					2007	1				4:37.32		600	
	50m:	31.40	31.40	150m:	1:40.43	34.92	250m:	2:50.84	35.29	350m:	4:02.57	36.05	
	100m:	1:05.51	34.11	200m:	2:15.55	35.12	300m:	3:26.52	35.68	400m:	4:37.32	34.75	
7.					2008	-70 "	"			4:40.08		582	
	50m:	30.51	30.51	150m:	1:41.61	36.04	250m:	2:53.67	36.11	350m:	4:05.70	35.67	
	100m:	1:05.57	35.06	200m:	2:17.56	35.95	300m:	3:30.03	36.36	400m:	4:40.08	34.38	
8.					2008	1				4:40.23		581	
	50m:	31.07	31.07	150m:	1:42.66	36.39	250m:	2:53.16	35.01	350m:	4:05.13	35.69	
	100m:	1:06.27	35.20	200m:	2:18.15	35.49	300m:	3:29.44	36.28	400m:	4:40.23	35.10	
9.					2008	1				4:40.27		581	
	50m:	31.93	31.93	150m:	1:41.66	35.21	250m:	2:53.23	35.76	350m:	4:05.08	35.79	
	100m:	1:06.45	34.52	200m:	2:17.47	35.81	300m:	3:29.29	36.06	400m:	4:40.27	35.19	
10.					2008	"	"			4:40.51		579	
	50m:	31.14	31.14	150m:	1:41.02	35.36	250m:	2:52.57	35.81	350m:	4:05.18	36.34	
	100m:	1:05.66	34.52	200m:	2:16.76	35.74	300m:	3:28.84	36.27	400m:	4:40.51	35.33	
11.					2008	"	"			4:42.33		568	
	50m:	32.19	32.19	150m:	1:43.32	36.13	250m:	2:55.39	36.03	350m:	4:07.21	35.62	
	100m:	1:07.19	35.00	200m:	2:19.36	36.04	300m:	3:31.59	36.20	400m:	4:42.33	35.12	
12.					2008	"	"			4:42.90		565	
	50m:	32.80	32.80	150m:	1:44.17	36.29	250m:	2:55.34	35.36	350m:	4:07.62	35.93	
	100m:	1:07.88	35.08	200m:	2:19.98	35.81	300m:	3:31.69	36.35	400m:	4:42.90	35.28	
13.					2007	"	"			4:44.11		558	
	50m:	32.42	32.42	150m:	1:43.45	35.95	250m:	2:55.47	36.00	350m:	4:08.47	36.48	
	100m:	1:07.50	35.08	200m:	2:19.47	36.02	300m:	3:31.99	36.52	400m:	4:44.11	35.64	
14.					2007	"	"			4:44.82		553	
	50m:	31.31	31.31	150m:	1:43.28	36.32	250m:	2:56.00	36.31	350m:	4:09.44	36.93	
	100m:	1:06.96	35.65	200m:	2:19.69	36.41	300m:	3:32.51	36.51	400m:	4:44.82	35.38	
15.					2008	"	"			4:45.66		549	
	50m:	32.01	32.01	150m:	1:43.53	36.25	250m:	2:56.61	36.79	350m:	4:10.71	37.32	
	100m:	1:07.28	35.27	200m:	2:19.82	36.29	300m:	3:33.39	36.78	400m:	4:45.66	34.95	
16.					2007	"	"			4:46.73		542	
	50m:	32.09	32.09	150m:	1:43.84	36.14	250m:	2:56.94	36.53	350m:	4:09.71	36.36	
	100m:	1:07.70	35.61	200m:	2:20.41	36.57	300m:	3:33.35	36.41	400m:	4:46.73	37.02	
17.					2008	"	"			4:47.58		538	
	50m:	31.83	31.83	150m:	1:42.40	35.80	250m:	2:56.41	37.15	350m:	4:10.85	37.52	
	100m:	1:06.60	34.77	200m:	2:19.26	36.86	300m:	3:33.33	36.92	400m:	4:47.58	36.73	
18.					2008	"	"			4:51.51		516	
	50m:	32.36	32.36	150m:	1:45.55	37.19	250m:	3:00.77	37.47	350m:	4:15.74	37.44	
	100m:	1:08.36	36.00	200m:	2:23.30	37.75	300m:	3:38.30	37.53	400m:	4:51.51	35.77	

ЧЕМПИОНАТ ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ (25 МЕТРОВ)

21 - 24 СЕНТЯБРЯ
2021 ГОДА



39, , 400m , 13-14

											FINA		
19.					2007		"		"		4:53.49		506
	50m:	33.83	33.83	150m:	1:46.95	36.98	250m:	3:01.02	37.09	350m:	4:16.32	37.45	
	100m:	1:09.97	36.14	200m:	2:23.93	36.98	300m:	3:38.87	37.85	400m:	4:53.49	37.17	
20.					2007		"		"		4:54.33		501
	50m:	34.09	34.09	150m:	1:47.75	36.86	250m:	3:02.14	37.01	350m:	4:17.52	37.51	
	100m:	1:10.89	36.80	200m:	2:25.13	37.38	300m:	3:40.01	37.87	400m:	4:54.33	36.81	
21.					2008		"		"		4:56.28		492
	50m:	33.53	33.53	150m:	1:48.96	37.84	250m:	3:04.96	37.95	350m:	4:21.20	37.90	
	100m:	1:11.12	37.59	200m:	2:27.01	38.05	300m:	3:43.30	38.34	400m:	4:56.28	35.08	
22.					2007		"		"		5:07.69		439
	50m:	34.28	34.28	150m:	1:49.24	37.83	250m:	3:07.87	39.99	350m:	4:28.99	40.57	
	100m:	1:11.41	37.13	200m:	2:27.88	38.64	300m:	3:48.42	40.55	400m:	5:07.69	38.70	
DNS					2007		"		"				

ЧЕМПИОНАТ ГОРОДА МОСКВЫ ПО ПЛАВАНИЮ (25 МЕТРОВ)

21 - 24 СЕНТЯБРЯ
2021 ГОДА



39, , 400m

15-17

1.				2004		3		4:22.34	708			
	50m:	29.11	29.11	150m:	1:34.49	33.02	250m:	2:41.16	33.47	350m:	3:48.76	33.85
	100m:	1:01.47	32.36	200m:	2:07.69	33.20	300m:	3:14.91	33.75	400m:	4:22.34	33.58
2.				2006		3		4:25.04	687			
	50m:	30.25	30.25	150m:	1:36.04	33.22	250m:	2:43.44	33.88	350m:	3:51.72	34.25
	100m:	1:02.82	32.57	200m:	2:09.56	33.52	300m:	3:17.47	34.03	400m:	4:25.04	33.32
3.				2004		"	"	4:26.58	675			
	50m:	30.48	30.48	150m:	1:36.68	33.54	250m:	2:43.91	33.57	350m:	3:52.49	34.27
	100m:	1:03.14	32.66	200m:	2:10.34	33.66	300m:	3:18.22	34.31	400m:	4:26.58	34.09
4.				2005		"	"	4:27.86	666			
	50m:	30.49	30.49	150m:	1:36.57	33.36	250m:	2:44.56	34.13	350m:	3:53.68	34.82
	100m:	1:03.21	32.72	200m:	2:10.43	33.86	300m:	3:18.86	34.30	400m:	4:27.86	34.18
5.				2005		"	"	4:28.51	661			
	50m:	30.70	30.70	150m:	1:37.88	33.97	250m:	2:47.08	34.70	350m:	3:56.64	34.76
	100m:	1:03.91	33.21	200m:	2:12.38	34.50	300m:	3:21.88	34.80	400m:	4:28.51	31.87
6.				2005		"	"	4:29.66	652			
	50m:	30.81	30.81	150m:	1:38.32	34.12	250m:	2:48.29	34.65	350m:	3:57.75	34.91
	100m:	1:04.20	33.39	200m:	2:13.64	35.32	300m:	3:22.84	34.55	400m:	4:29.66	31.91
7.				2006		3		4:30.52	646			
	50m:	30.94	30.94	150m:	1:38.78	34.52	250m:	2:47.69	34.47	350m:	3:56.93	34.71
	100m:	1:04.26	33.32	200m:	2:13.22	34.44	300m:	3:22.22	34.53	400m:	4:30.52	33.59
8.				2005		"	"	4:30.68	645			
	50m:	31.18	31.18	150m:	1:40.34	34.82	250m:	2:49.30	34.36	350m:	3:57.87	34.19
	100m:	1:05.52	34.34	200m:	2:14.94	34.60	300m:	3:23.68	34.38	400m:	4:30.68	32.81
9.				2004		"	"	4:34.71	617			
	50m:	30.61	30.61	150m:	1:37.95	34.13	250m:	2:48.02	35.30	350m:	3:59.93	36.15
	100m:	1:03.82	33.21	200m:	2:12.72	34.77	300m:	3:23.78	35.76	400m:	4:34.71	34.78
10.				2006		"	"	4:35.65	611			
	50m:	31.47	31.47	150m:	1:39.87	33.96	250m:	2:50.11	35.29	350m:	4:00.96	35.58
	100m:	1:05.91	34.44	200m:	2:14.82	34.95	300m:	3:25.38	35.27	400m:	4:35.65	34.69
11.				2005		"	"	4:36.25	607			
	50m:	31.70	31.70	150m:	1:40.75	34.80	250m:	2:50.84	34.97	350m:	4:01.35	35.38
	100m:	1:05.95	34.25	200m:	2:15.87	35.12	300m:	3:25.97	35.13	400m:	4:36.25	34.90
12.				2006		"	"	4:38.56	592			
	50m:	31.71	31.71	150m:	1:41.95	35.27	250m:	2:53.04	35.49	350m:	4:04.49	35.54
	100m:	1:06.68	34.97	200m:	2:17.55	35.60	300m:	3:28.95	35.91	400m:	4:38.56	34.07
13.				2006		"	"	4:39.60	585			
	50m:	31.24	31.24	150m:	1:40.59	35.16	250m:	2:52.43	36.02	350m:	4:05.07	36.25
	100m:	1:05.43	34.19	200m:	2:16.41	35.82	300m:	3:28.82	36.39	400m:	4:39.60	34.53
14.				2006		"	"	4:42.78	566			
	50m:	31.46	31.46	150m:	1:42.97	36.44	250m:	2:55.01	36.25	350m:	4:08.31	37.02
	100m:	1:06.53	35.07	200m:	2:18.76	35.79	300m:	3:31.29	36.28	400m:	4:42.78	34.47
15.				2006		47		4:43.09	564			
	50m:	31.50	31.50	150m:	1:41.41	35.46	250m:	2:53.69	36.28	350m:	4:07.03	36.78
	100m:	1:05.95	34.45	200m:	2:17.41	36.00	300m:	3:30.25	36.56	400m:	4:43.09	36.06
16.				2006		-70	"	4:44.80	554			
	50m:	31.23	31.23	150m:	1:41.96	35.97	250m:	2:55.37	36.66	350m:	4:09.08	37.03
	100m:	1:05.99	34.76	200m:	2:18.71	36.75	300m:	3:32.05	36.68	400m:	4:44.80	35.72
17.				2006		4		4:50.03	524			
	50m:	32.56	32.56	150m:	1:44.96	36.77	250m:	2:59.37	37.37	350m:	4:12.50	36.02
	100m:	1:08.19	35.63	200m:	2:22.00	37.04	300m:	3:36.48	37.11	400m:	4:50.03	37.53
18.				2006		"	"	4:52.19	513			
	50m:	31.93	31.93	150m:	1:44.21	36.61	250m:	3:00.04	38.21	350m:	4:14.99	37.71
	100m:	1:07.60	35.67	200m:	2:21.83	37.62	300m:	3:37.28	37.24	400m:	4:52.19	37.20
DNS				2005		3						

21-24

2021

ALGE TIMING

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