

13  
26.04.2024 - 13:06

, 400m

11-13

: FINA 2023

2013

1.				13				-70 "	"	<b>5:14.53</b>	342	III
	50m:	34.10	150m:	40.94	250m:	40.46	350m:	39.88				
	100m:	39.32	200m:	41.54	300m:	41.04	400m:	37.25				
2.				13				-70 "	"	<b>5:15.05</b>	340	III
	50m:	35.95	150m:	40.76	250m:	40.19	350m:	38.97				
	100m:	40.28	200m:	40.83	300m:	40.73	400m:	37.34				
3.				13				" "	"	<b>5:15.22</b>	340	III
	50m:	36.76	150m:	40.23	250m:	40.54	350m:	39.22				
	100m:	40.38	200m:	40.08	300m:	40.21	400m:	37.80				
4.				13				" "	"	<b>5:16.20</b>	337	III
	50m:	34.67	150m:	40.45	250m:	39.83	350m:	41.90				
	100m:	40.66	200m:	41.66	300m:	40.91	400m:	36.12				
5.				13				" "	"	<b>5:19.83</b>	325	III
	50m:	34.64	150m:	41.69	250m:	41.03	350m:	40.81				
	100m:	39.37	200m:	41.96	300m:	42.04	400m:	38.29				
6.				13				" "	"	<b>5:20.79</b>	322	III
	50m:	33.30	150m:	41.69	250m:	42.31	350m:	40.41				
	100m:	40.82	200m:	42.21	300m:	41.70	400m:	38.35				
7.				13				-70 "	"	<b>5:25.20</b>	309	III
	50m:	36.54	150m:	41.57	250m:	42.98	350m:	41.32				
	100m:	40.91	200m:	41.44	300m:	42.29	400m:	38.15				
8.				13				" "	"	<b>5:29.32</b>	298	III
	50m:	36.02	150m:	41.88	250m:	42.52	350m:	40.44				
	100m:	40.97	200m:	43.05	300m:	43.86	400m:	40.58				
9.				13				" "	"	<b>5:29.97</b>	296	III
	100m:	1:18.60	200m:	42.31	300m:	42.50	400m:	38.85				
	150m:	42.63	250m:	43.47	350m:	41.61						
10.				13				" "	"	<b>5:37.70</b>	276	III
	50m:	35.34	150m:	42.27	250m:	44.18	350m:	43.83				
	100m:	41.38	200m:	43.92	300m:	44.99	400m:	41.79				
11.				13				" "	"	<b>5:38.03</b>	275	III
	50m:	36.76	150m:	43.63	250m:	42.99	350m:	43.42				
	100m:	42.36	200m:	43.18	300m:	43.39	400m:	42.30				
12.				13				-70 "	"	<b>5:43.39</b>	263	III
	50m:	37.54	150m:	43.99	250m:	44.52	350m:	44.33				
	100m:	43.28	200m:	43.98	300m:	44.32	400m:	41.43				
13.				13				" "	"	<b>5:47.11</b>	254	I
	50m:	37.84	150m:	44.11	250m:	43.34	350m:	44.14				
	100m:	43.95	200m:	44.55	300m:	45.52	400m:	43.66				
14.				13				" "	"	<b>5:52.74</b>	242	I
	50m:	35.97	150m:	46.13	250m:	46.35	350m:	46.16				
	100m:	44.52	200m:	44.80	300m:	47.12	400m:	41.69				
15.				13				(2)	"	<b>5:57.23</b>	233	I
	50m:	39.18	150m:	45.88	250m:	46.52	350m:	43.98				
	100m:	45.10	200m:	47.17	300m:	45.85	400m:	43.55				

" " 50

ALGE SwimTime

26-27 2024

		13,		, 400m				2013			
16.						13	"	"	<b>6:14.56</b>	202	I
	50m:	40.62	150m:	48.67	250m:	48.17	350m:	49.14			
	100m:	46.12	200m:	48.66	300m:	48.66	400m:	44.52			
17.						13	"	"	<b>6:22.16</b>	190	I
	50m:	40.11	150m:	51.21	250m:	51.61	350m:	51.10			
	100m:	47.30	200m:	49.76	300m:	48.74	400m:	42.33			
18.						13	"	"	<b>6:24.27</b>	187	I
	50m:	43.81	150m:	48.77	250m:	48.66	350m:	48.65			
	100m:	48.48	200m:	48.25	300m:	49.48	400m:	48.17			
19.						13	"	"	<b>6:50.71</b>	153	II
	50m:	43.75	150m:	53.22	250m:	53.22	350m:	53.21			
	100m:	50.81	200m:	53.47	300m:	51.89	400m:	51.14			

### 2011 - 2012

1.						12	"	"	<b>4:55.43</b>	413	II
	50m:	33.27	150m:	37.58	250m:	38.12	350m:	38.18			
	100m:	36.45	200m:	37.71	300m:	38.09	400m:	36.03			
2.						12	"	-77"-	<b>4:57.52</b>	404	II
	50m:	32.13	150m:	38.22	250m:	38.90	350m:	38.09			
	100m:	36.54	200m:	38.45	300m:	38.68	400m:	36.51			
3.						12	"	"	<b>4:59.82</b>	395	II
	50m:	31.26	150m:	38.00	250m:	39.33	350m:	39.33			
	100m:	36.50	200m:	38.95	300m:	39.42	400m:	37.03			
4.						12	"	"	<b>5:10.68</b>	355	III
	50m:	33.29	150m:	39.89	250m:	39.23	350m:	41.67			
	100m:	38.74	200m:	40.80	300m:	38.85	400m:	38.21			
5.						12		(1)	<b>5:11.48</b>	352	III
	50m:	34.20	150m:	40.18	250m:	38.77	350m:	39.51			
	100m:	40.17	200m:	40.89	300m:	40.87	400m:	36.89			
6.						12		-70" "	<b>5:16.66</b>	335	III
	50m:	35.72	150m:	40.11	250m:	41.42	350m:	39.47			
	100m:	39.39	200m:	40.67	300m:	41.15	400m:	38.73			
7.						11	"	"	<b>5:16.92</b>	334	III
	50m:	33.55	150m:	40.59	250m:	41.61	350m:	41.74			
	100m:	38.04	200m:	40.61	300m:	41.48	400m:	39.30			
8.						12	"	"	<b>5:28.03</b>	301	III
	50m:	37.83	150m:	42.52	250m:	42.31	350m:	40.38			
	100m:	40.80	200m:	42.76	300m:	42.53	400m:	38.90			
9.						12	"	"	<b>5:29.89</b>	296	III
	50m:	37.35	150m:	42.84	250m:	42.21	350m:	40.74			
	100m:	41.85	200m:	42.90	300m:	42.44	400m:	39.56			
10.						12	"	-70"-	<b>5:30.86</b>	294	III
	50m:	36.26	150m:	42.74	250m:	42.62	350m:	42.69			
	100m:	42.39	200m:	42.96	300m:	42.15	400m:	39.05			
11.						12	"	"	<b>5:31.19</b>	293	III
	50m:	37.51	150m:	42.50	250m:	42.88	350m:	41.71			
	100m:	41.32	200m:	43.07	300m:	43.11	400m:	39.09			
12.						11	"	"	<b>5:34.63</b>	284	III
	50m:	34.27	150m:	44.29	250m:	44.46	350m:	43.29			
	100m:	41.13	200m:	43.69	300m:	43.46	400m:	40.04			

		13,		, 400m				2011 - 2012			
13.						12	"	-82"-	<b>5:39.66</b>	271	III
	50m:	37.26	150m:	45.81	250m:	43.56	350m:	42.19			
	100m:	44.30	200m:	44.05	300m:	43.76	400m:	38.73			
14.						12	.		<b>5:46.18</b>	256	III
	50m:	36.72	150m:	43.40	250m:	43.53	350m:	45.38			
	100m:	42.81	200m:	44.80	300m:	44.66	400m:	44.88			
15.						12	"	"	<b>6:06.81</b>	215	I
	50m:	36.71	150m:	47.22	250m:	47.98	350m:	47.38			
	100m:	45.97	200m:	49.46	300m:	47.27	400m:	44.82			
11-13											
1.						12	"	"	<b>4:55.43</b>	413	II
	50m:	33.27	150m:	37.58	250m:	38.12	350m:	38.18			
	100m:	36.45	200m:	37.71	300m:	38.09	400m:	36.03			
2.						12	"	-77"-	<b>4:57.52</b>	404	II
	50m:	32.13	150m:	38.22	250m:	38.90	350m:	38.09			
	100m:	36.54	200m:	38.45	300m:	38.68	400m:	36.51			
3.						12	"	"	<b>4:59.82</b>	395	II
	50m:	31.26	150m:	38.00	250m:	39.33	350m:	39.33			
	100m:	36.50	200m:	38.95	300m:	39.42	400m:	37.03			
4.						12	"	"	<b>5:10.68</b>	355	III
	50m:	33.29	150m:	39.89	250m:	39.23	350m:	41.67			
	100m:	38.74	200m:	40.80	300m:	38.85	400m:	38.21			
5.						12		(1)	<b>5:11.48</b>	352	III
	50m:	34.20	150m:	40.18	250m:	38.77	350m:	39.51			
	100m:	40.17	200m:	40.89	300m:	40.87	400m:	36.89			
6.						13		-70 "	<b>5:14.53</b>	342	III
	50m:	34.10	150m:	40.94	250m:	40.46	350m:	39.88			
	100m:	39.32	200m:	41.54	300m:	41.04	400m:	37.25			
7.						13		-70 "	<b>5:15.05</b>	340	III
	50m:	35.95	150m:	40.76	250m:	40.19	350m:	38.97			
	100m:	40.28	200m:	40.83	300m:	40.73	400m:	37.34			
8.						13	"	"	<b>5:15.22</b>	340	III
	50m:	36.76	150m:	40.23	250m:	40.54	350m:	39.22			
	100m:	40.38	200m:	40.08	300m:	40.21	400m:	37.80			
9.						13	"	"-	<b>5:16.20</b>	337	III
	50m:	34.67	150m:	40.45	250m:	39.83	350m:	41.90			
	100m:	40.66	200m:	41.66	300m:	40.91	400m:	36.12			
10.						12		-70 "	<b>5:16.66</b>	335	III
	50m:	35.72	150m:	40.11	250m:	41.42	350m:	39.47			
	100m:	39.39	200m:	40.67	300m:	41.15	400m:	38.73			
11.						11	"	"	<b>5:16.92</b>	334	III
	50m:	33.55	150m:	40.59	250m:	41.61	350m:	41.74			
	100m:	38.04	200m:	40.61	300m:	41.48	400m:	39.30			
12.						13	"	"	<b>5:19.83</b>	325	III
	50m:	34.64	150m:	41.69	250m:	41.03	350m:	40.81			
	100m:	39.37	200m:	41.96	300m:	42.04	400m:	38.29			
13.						13			<b>5:20.79</b>	322	III
	50m:	33.30	150m:	41.69	250m:	42.31	350m:	40.41			
	100m:	40.82	200m:	42.21	300m:	41.70	400m:	38.35			

	13,	, 400m	,	11-13						
14.				13		-70 "	"		<b>5:25.20</b>	309 III
	50m:	36.54	150m:	41.57	250m:	42.98	350m:	41.32		
	100m:	40.91	200m:	41.44	300m:	42.29	400m:	38.15		
15.				12		"	"		<b>5:28.03</b>	301 III
	50m:	37.83	150m:	42.52	250m:	42.31	350m:	40.38		
	100m:	40.80	200m:	42.76	300m:	42.53	400m:	38.90		
16.				13		"	"		<b>5:29.32</b>	298 III
	50m:	36.02	150m:	41.88	250m:	42.52	350m:	40.44		
	100m:	40.97	200m:	43.05	300m:	43.86	400m:	40.58		
17.				12		"	"		<b>5:29.89</b>	296 III
	50m:	37.35	150m:	42.84	250m:	42.21	350m:	40.74		
	100m:	41.85	200m:	42.90	300m:	42.44	400m:	39.56		
18.				13		"	"		<b>5:29.97</b>	296 III
	100m:	1:18.60	200m:	42.31	300m:	42.50	400m:	38.85		
	150m:	42.63	250m:	43.47	350m:	41.61				
19.				12		"	-70"-		<b>5:30.86</b>	294 III
	50m:	36.26	150m:	42.74	250m:	42.62	350m:	42.69		
	100m:	42.39	200m:	42.96	300m:	42.15	400m:	39.05		
20.				12		"	"		<b>5:31.19</b>	293 III
	50m:	37.51	150m:	42.50	250m:	42.88	350m:	41.71		
	100m:	41.32	200m:	43.07	300m:	43.11	400m:	39.09		
21.				11		"	"		<b>5:34.63</b>	284 III
	50m:	34.27	150m:	44.29	250m:	44.46	350m:	43.29		
	100m:	41.13	200m:	43.69	300m:	43.46	400m:	40.04		
22.				13		"	"		<b>5:37.70</b>	276 III
	50m:	35.34	150m:	42.27	250m:	44.18	350m:	43.83		
	100m:	41.38	200m:	43.92	300m:	44.99	400m:	41.79		
23.				13		"	"		<b>5:38.03</b>	275 III
	50m:	36.76	150m:	43.63	250m:	42.99	350m:	43.42		
	100m:	42.36	200m:	43.18	300m:	43.39	400m:	42.30		
24.				12		"	-82"-		<b>5:39.66</b>	271 III
	50m:	37.26	150m:	45.81	250m:	43.56	350m:	42.19		
	100m:	44.30	200m:	44.05	300m:	43.76	400m:	38.73		
25.				13		-70 "	"		<b>5:43.39</b>	263 III
	50m:	37.54	150m:	43.99	250m:	44.52	350m:	44.33		
	100m:	43.28	200m:	43.98	300m:	44.32	400m:	41.43		
26.				12		"	"		<b>5:46.18</b>	256 III
	50m:	36.72	150m:	43.40	250m:	43.53	350m:	45.38		
	100m:	42.81	200m:	44.80	300m:	44.66	400m:	44.88		
27.				13		"	"		<b>5:47.11</b>	254 I
	50m:	37.84	150m:	44.11	250m:	43.34	350m:	44.14		
	100m:	43.95	200m:	44.55	300m:	45.52	400m:	43.66		
28.				13		"	"		<b>5:52.74</b>	242 I
	50m:	35.97	150m:	46.13	250m:	46.35	350m:	46.16		
	100m:	44.52	200m:	44.80	300m:	47.12	400m:	41.69		
29.				13		(2)	"		<b>5:57.23</b>	233 I
	50m:	39.18	150m:	45.88	250m:	46.52	350m:	43.98		
	100m:	45.10	200m:	47.17	300m:	45.85	400m:	43.55		
30.				12		"	"		<b>6:06.81</b>	215 I
	50m:	36.71	150m:	47.22	250m:	47.98	350m:	47.38		
	100m:	45.97	200m:	49.46	300m:	47.27	400m:	44.82		

	13,	, 400m	,	11-13						
31.				13	"	"		<b>6:14.56</b>	202	I
	50m:	40.62	150m:	48.67	250m:	48.17	350m:	49.14		
	100m:	46.12	200m:	48.66	300m:	48.66	400m:	44.52		
32.				13	"	"		<b>6:22.16</b>	190	I
	50m:	40.11	150m:	51.21	250m:	51.61	350m:	51.10		
	100m:	47.30	200m:	49.76	300m:	48.74	400m:	42.33		
33.				13	"	"		<b>6:24.27</b>	187	I
	50m:	43.81	150m:	48.77	250m:	48.66	350m:	48.65		
	100m:	48.48	200m:	48.25	300m:	49.48	400m:	48.17		
34.				13	"	"		<b>6:50.71</b>	153	II
	50m:	43.75	150m:	53.22	250m:	53.22	350m:	53.21		
	100m:	50.81	200m:	53.47	300m:	51.89	400m:	51.14		