

, 21 - 24 2023

9
22.03.2023 - 10:00

, 400m

				4:04.10							04.04.2021	
				4:08.81							24.06.2015	
: FINA 2023										(AZE)		
				/	R.T.						FINA	
1.				2005	+0,78 4:17.77						771	
	50m:	29.78	29.78	150m:	1:35.59	32.93	250m:	2:41.23	32.76	350m:	3:46.91	32.33
	100m:	1:02.66	32.88	200m:	2:08.47	32.88	300m:	3:14.58	33.35	400m:	4:17.77	30.86
2.				2006	+0,83 4:18.07						768	
	50m:	29.69	29.69	150m:	1:35.46	33.08	250m:	2:41.19	32.75	350m:	3:46.67	32.54
	100m:	1:02.38	32.69	200m:	2:08.44	32.98	300m:	3:14.13	32.94	400m:	4:18.07	31.40
3.				2006	+0,90 4:18.15						767	
	50m:	30.31	30.31	150m:	1:36.04	32.90	250m:	2:41.92	32.77	350m:	3:47.37	32.24
	100m:	1:03.14	32.83	200m:	2:09.15	33.11	300m:	3:15.13	33.21	400m:	4:18.15	30.78
4.				2006	+0,79 4:26.92						694	
	50m:	32.27	32.27	150m:	1:39.98	33.90	250m:	2:47.83	34.18	350m:	3:55.72	34.13
	100m:	1:06.08	33.81	200m:	2:13.65	33.67	300m:	3:21.59	33.76	400m:	4:26.92	31.20
5.				2006	-1 +0,76 4:27.58						689	
	50m:	30.66	30.66	150m:	1:37.87	33.74	250m:	2:46.81	34.33	350m:	3:55.21	32.90
	100m:	1:04.13	33.47	200m:	2:12.48	34.61	300m:	3:22.31	35.50	400m:	4:27.58	32.37
6.				2007	- +0,79 4:27.59						689	
	50m:	32.36	32.36	150m:	1:39.99	33.93	250m:	2:48.11	34.34	350m:	3:55.40	33.79
	100m:	1:06.06	33.70	200m:	2:13.77	33.78	300m:	3:21.61	33.50	400m:	4:27.59	32.19
7.				2007	-1 +0,72 4:28.09						685	
	50m:	31.22	31.22	150m:	1:38.49	33.75	250m:	2:46.40	33.93	350m:	3:54.50	34.18
	100m:	1:04.74	33.52	200m:	2:12.47	33.98	300m:	3:20.32	33.92	400m:	4:28.09	33.59
8.				2003	+0,89 4:28.74						680	
	50m:	31.74	31.74	150m:	1:39.44	34.23	250m:	2:47.76	34.20	350m:	3:55.81	34.04
	100m:	1:05.21	33.47	200m:	2:13.56	34.12	300m:	3:21.77	34.01	400m:	4:28.74	32.93
9.				2008	+0,78 4:30.15						670	
	50m:	30.46	30.46	150m:	1:38.60	34.19	250m:	2:47.80	34.22	350m:	3:56.69	33.44
	100m:	1:04.41	33.95	200m:	2:13.58	34.98	300m:	3:23.25	35.45	400m:	4:30.15	33.46
10.				2005	+0,94 4:31.18						662	
	50m:	32.10	32.10	150m:	1:40.26	33.80	250m:	2:48.97	34.27	350m:	3:58.00	34.19
	100m:	1:06.46	34.36	200m:	2:14.70	34.44	300m:	3:23.81	34.84	400m:	4:31.18	33.18
11.				2008	+0,90 4:31.61						659	
	50m:	32.51	32.51	150m:	1:41.15	34.38	250m:	2:49.64	34.19	350m:	3:58.58	34.19
	100m:	1:06.77	34.26	200m:	2:15.45	34.30	300m:	3:24.39	34.75	400m:	4:31.61	33.03
12.				2008	+0,79 4:32.05						656	
	50m:	30.93	30.93	150m:	1:40.39	34.89	250m:	2:50.00	35.18	350m:	3:59.46	34.62
	100m:	1:05.50	34.57	200m:	2:14.82	34.43	300m:	3:24.84	34.84	400m:	4:32.05	32.59
13.				2005	+0,77 4:32.27						654	
	50m:	31.21	31.21	150m:	1:40.06	34.78	250m:	2:49.37	34.82	350m:	3:58.76	34.84
	100m:	1:05.28	34.07	200m:	2:14.55	34.49	300m:	3:23.92	34.55	400m:	4:32.27	33.51
14.				2010	+0,93 4:32.31						654	
	50m:	31.23	31.23	150m:	1:40.24	34.64	250m:	2:50.42	34.47	350m:	3:58.87	33.36
	100m:	1:05.60	34.37	200m:	2:15.95	35.71	300m:	3:25.51	35.09	400m:	4:32.31	33.44

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9,		, 400m						R.T.		FINA		
15.				2007				+0,77	4:32.75		651	
	50m:	32.17	32.17	150m:	1:41.66	35.27	250m:	2:51.59	35.10	350m:	4:00.41	34.28
	100m:	1:06.39	34.22	200m:	2:16.49	34.83	300m:	3:26.13	34.54	400m:	4:32.75	32.34
16.				2010				+0,94	4:33.62		644	
	50m:	31.66	31.66	150m:	1:40.23	33.92	250m:	2:50.33	34.88	350m:	4:00.83	34.88
	100m:	1:06.31	34.65	200m:	2:15.45	35.22	300m:	3:25.95	35.62	400m:	4:33.62	32.79
17.				2005				+0,79	4:33.70		644	
	50m:	31.77	31.77	150m:	1:40.59	34.64	250m:	2:50.59	35.00	350m:	4:01.26	35.33
	100m:	1:05.95	34.18	200m:	2:15.59	35.00	300m:	3:25.93	35.34	400m:	4:33.70	32.44
18.				2007			-1	+0,88	4:34.31		640	
	50m:	30.74	30.74	150m:	1:39.45	33.93	250m:	2:49.08	33.79	350m:	3:59.84	33.97
	100m:	1:05.52	34.78	200m:	2:15.29	35.84	300m:	3:25.87	36.79	400m:	4:34.31	34.47
19.				2005			-1	+0,83	4:35.32		633	
	50m:	31.67	31.67	150m:	1:42.01	35.23	250m:	2:52.36	34.96	350m:	4:01.71	34.54
	100m:	1:06.78	35.11	200m:	2:17.40	35.39	300m:	3:27.17	34.81	400m:	4:35.32	33.61
20.				2005				+0,76	4:35.60		631	
	50m:	31.45	31.45	150m:	1:39.63	34.82	250m:	2:49.64	35.59	350m:	4:01.67	36.58
	100m:	1:04.81	33.36	200m:	2:14.05	34.42	300m:	3:25.09	35.45	400m:	4:35.60	33.93
21.				2004			-	+0,76	4:36.54		624	
	50m:	30.36	30.36	150m:	1:38.85	34.19	250m:	2:50.19	35.54	350m:	4:01.49	35.19
	100m:	1:04.66	34.30	200m:	2:14.65	35.80	300m:	3:26.30	36.11	400m:	4:36.54	35.05
22.				2008				+0,84	4:36.97		621	
	50m:	32.33	32.33	150m:	1:41.87	34.40	250m:	2:51.78	34.27	350m:	4:01.84	34.51
	100m:	1:07.47	35.14	200m:	2:17.51	35.64	300m:	3:27.33	35.55	400m:	4:36.97	35.13
23.				2009				+0,83	4:37.02		621	
	50m:	30.96	30.96	150m:	1:40.65	35.00	250m:	2:51.34	34.87	350m:	4:01.94	34.63
	100m:	1:05.65	34.69	200m:	2:16.47	35.82	300m:	3:27.31	35.97	400m:	4:37.02	35.08
24.				2007				+0,85	4:37.15		620	
	50m:	30.70	30.70	150m:	1:40.41	35.25	250m:	2:51.76	35.57	350m:	4:03.27	35.30
	100m:	1:05.16	34.46	200m:	2:16.19	35.78	300m:	3:27.97	36.21	400m:	4:37.15	33.88
25.				2006				+0,77	4:37.21		620	
	50m:	32.82	32.82	150m:	1:42.06	34.84	250m:	2:52.08	35.19	350m:	4:03.15	35.59
	100m:	1:07.22	34.40	200m:	2:16.89	34.83	300m:	3:27.56	35.48	400m:	4:37.21	34.06
26.				2008				+0,92	4:38.50		611	
	50m:	31.97	31.97	150m:	1:42.50	35.42	250m:	2:53.57	35.37	350m:	4:04.44	35.09
	100m:	1:07.08	35.11	200m:	2:18.20	35.70	300m:	3:29.35	35.78	400m:	4:38.50	34.06
27.				2010				+0,86	4:39.03		608	
	50m:	32.60	32.60	150m:	1:43.37	36.39	250m:	2:55.44	36.45	350m:	4:06.10	35.08
	100m:	1:06.98	34.38	200m:	2:18.99	35.62	300m:	3:31.02	35.58	400m:	4:39.03	32.93
28.				2008				+0,77	4:39.37		605	
	50m:	32.12	32.12	150m:	1:42.01	34.77	250m:	2:52.93	35.30	350m:	4:04.29	35.36
	100m:	1:07.24	35.12	200m:	2:17.63	35.62	300m:	3:28.93	36.00	400m:	4:39.37	35.08
29.				2010	1			+0,74	4:39.62		604	
	50m:	32.17	32.17	150m:	1:42.08	34.63	250m:	2:53.00	35.07	350m:	4:03.94	34.94
	100m:	1:07.45	35.28	200m:	2:17.93	35.85	300m:	3:29.00	36.00	400m:	4:39.62	35.68

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9,		, 400m						R.T.		FINA		
30.				2009				+0,87	4:40.50		598	
	50m:	32.40	32.40	150m:	1:42.53	35.38	250m:	2:53.73	35.84	350m:	4:05.56	36.27
	100m:	1:07.15	34.75	200m:	2:17.89	35.36	300m:	3:29.29	35.56	400m:	4:40.50	34.94
31.				2007				+0,83	4:40.72		597	
	50m:	31.85	31.85	150m:	1:43.46	35.94	250m:	2:55.77	35.52	350m:	4:06.61	34.89
	100m:	1:07.52	35.67	200m:	2:20.25	36.79	300m:	3:31.72	35.95	400m:	4:40.72	34.11
32.				2009 1				+0,70	4:40.98		595	
	50m:	30.97	30.97	150m:	1:42.01	35.90	250m:	2:54.17	35.96	350m:	4:07.08	36.10
	100m:	1:06.11	35.14	200m:	2:18.21	36.20	300m:	3:30.98	36.81	400m:	4:40.98	33.90
33.				2004				+0,80	4:41.64		591	
	50m:	32.22	32.22	150m:	1:42.23	35.28	250m:	2:53.29	35.64	350m:	4:06.12	36.88
	100m:	1:06.95	34.73	200m:	2:17.65	35.42	300m:	3:29.24	35.95	400m:	4:41.64	35.52
34.				2007			-1	+0,65	4:41.76		590	
	50m:	31.49	31.49	150m:	1:42.67	36.35	250m:	2:56.18	37.00	350m:	4:08.73	36.58
	100m:	1:06.32	34.83	200m:	2:19.18	36.51	300m:	3:32.15	35.97	400m:	4:41.76	33.03
35.				2007				+0,91	4:42.31		587	
	50m:	32.78	32.78	150m:	1:43.83	35.64	250m:	2:55.58	35.47	350m:	4:07.67	35.65
	100m:	1:08.19	35.41	200m:	2:20.11	36.28	300m:	3:32.02	36.44	400m:	4:42.31	34.64
36.				2009				+0,87	4:42.86		583	
	50m:	32.81	32.81	150m:	1:45.75	36.92	250m:	2:58.18	36.16	350m:	4:09.02	35.22
	100m:	1:08.83	36.02	200m:	2:22.02	36.27	300m:	3:33.80	35.62	400m:	4:42.86	33.84
37.				2004				+0,95	4:43.45		580	
	50m:	33.19	33.19	150m:	1:43.92	35.83	250m:	2:56.05	36.50	350m:	4:08.33	36.46
	100m:	1:08.09	34.90	200m:	2:19.55	35.63	300m:	3:31.87	35.82	400m:	4:43.45	35.12
38.				2010				+0,89	4:44.34	1	574	
	50m:	32.16	32.16	150m:	1:44.15	36.42	250m:	2:57.30	36.76	350m:	4:09.92	36.05
	100m:	1:07.73	35.57	200m:	2:20.54	36.39	300m:	3:33.87	36.57	400m:	4:44.34	34.42
39.				2008				+0,86	4:45.29	1	568	
	50m:	32.72	32.72	150m:	1:45.37	36.26	250m:	2:57.57	36.03	350m:	4:10.03	36.23
	100m:	1:09.11	36.39	200m:	2:21.54	36.17	300m:	3:33.80	36.23	400m:	4:45.29	35.26
40.				2006				+0,94	4:46.12	1	564	
	50m:	32.16	32.16	150m:	1:43.16	36.63	250m:	2:57.50	37.87	350m:	4:11.79	37.40
	100m:	1:06.53	34.37	200m:	2:19.63	36.47	300m:	3:34.39	36.89	400m:	4:46.12	34.33
41.				2003			-1	+0,93	4:46.96	1	559	
	50m:	32.55	32.55	150m:	1:42.86	35.09	250m:	2:56.36	36.75	350m:	4:10.91	36.68
	100m:	1:07.77	35.22	200m:	2:19.61	36.75	300m:	3:34.23	37.87	400m:	4:46.96	36.05
42.				2009				+1,13	4:47.06	1	558	
	50m:	33.00	33.00	150m:	1:45.10	36.39	250m:	2:57.90	36.41	350m:	4:11.51	36.85
	100m:	1:08.71	35.71	200m:	2:21.49	36.39	300m:	3:34.66	36.76	400m:	4:47.06	35.55
43.				2009 1			-2	+0,83	4:47.72	1	554	
	50m:	31.45	31.45	150m:	1:43.14	36.09	250m:	2:57.87	37.17	350m:	4:12.60	36.35
	100m:	1:07.05	35.60	200m:	2:20.70	37.56	300m:	3:36.25	38.38	400m:	4:47.72	35.12
44.				2009			-2	+0,84	4:48.37	1	550	
	50m:	31.69	31.69	150m:	1:39.87	34.41	250m:	2:54.87	37.74	350m:	4:11.33	38.19
	100m:	1:05.46	33.77	200m:	2:17.13	37.26	300m:	3:33.14	38.27	400m:	4:48.37	37.04

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9,		, 400m						R.T.		FINA	
45.				2008				+0,87	4:49.51	1	544
	50m:	31.62	31.62	150m:	1:43.71	36.29	250m:	2:59.10	37.37	350m:	4:14.30
	100m:	1:07.42	35.80	200m:	2:21.73	38.02	300m:	3:37.11	38.01	400m:	4:49.51
46.				2009				+0,92	4:50.37	1	539
	50m:	32.81	32.81	150m:	1:46.36	36.69	250m:	3:00.07	36.18	350m:	4:14.33
	100m:	1:09.67	36.86	200m:	2:23.89	37.53	300m:	3:37.42	37.35	400m:	4:50.37
47.				2008				+0,78	4:50.53	1	538
	50m:	34.09	34.09	150m:	1:47.91	37.06	250m:	3:01.90	36.88	350m:	4:15.44
	100m:	1:10.85	36.76	200m:	2:25.02	37.11	300m:	3:38.71	36.81	400m:	4:50.53
48.				2009				+0,75	4:50.75	1	537
	50m:	32.24	32.24	150m:	1:44.08	36.58	250m:	2:58.16	36.98	350m:	4:13.18
	100m:	1:07.50	35.26	200m:	2:21.18	37.10	300m:	3:35.82	37.66	400m:	4:50.75
49.				2009				+0,94	4:51.62	1	532
	50m:	34.14	34.14	150m:	1:47.78	37.44	250m:	3:02.22	37.70	350m:	4:17.25
	100m:	1:10.34	36.20	200m:	2:24.52	36.74	300m:	3:39.27	37.05	400m:	4:51.62
50.				2006				+0,78	4:51.89	1	531
	50m:	34.48	34.48	150m:	1:50.59	38.09	250m:	3:05.07	37.75	350m:	4:18.01
	100m:	1:12.50	38.02	200m:	2:27.32	36.73	300m:	3:41.63	36.56	400m:	4:51.89
51.				2007				+0,87	4:53.71	1	521
	50m:	34.41	34.41	150m:	1:48.99	37.01	250m:	3:03.67	36.69	350m:	4:17.63
	100m:	1:11.98	37.57	200m:	2:26.98	37.99	300m:	3:41.02	37.35	400m:	4:53.71
52.				2008				+0,74	4:53.80	1	520
	50m:	33.28	33.28	150m:	1:48.41	37.24	250m:	3:04.26	37.55	350m:	4:19.51
	100m:	1:11.17	37.89	200m:	2:26.71	38.30	300m:	3:42.39	38.13	400m:	4:53.80
53.				2008				+0,78	4:54.88	1	515
	50m:	32.82	32.82	150m:	1:46.48	37.47	250m:	3:02.09	37.35	350m:	4:18.42
	100m:	1:09.01	36.19	200m:	2:24.74	38.26	300m:	3:40.92	38.83	400m:	4:54.88
54.				2008				+0,77	4:55.02	1	514
	50m:	31.23	31.23	150m:	1:43.53	37.02	250m:	2:59.58	38.39	350m:	4:17.60
	100m:	1:06.51	35.28	200m:	2:21.19	37.66	300m:	3:38.80	39.22	400m:	4:55.02
55.				2009 1				+0,92	4:55.21	1	513
	50m:	33.94	33.94	150m:	1:49.50	38.23	250m:	3:05.16	37.94	350m:	4:20.05
	100m:	1:11.27	37.33	200m:	2:27.22	37.72	300m:	3:42.28	37.12	400m:	4:55.21
				2007				+0,81	4:55.21	1	513
	50m:	33.06	33.06	150m:	1:47.74	37.43	250m:	3:02.91	37.19	350m:	4:18.56
	100m:	1:10.31	37.25	200m:	2:25.72	37.98	300m:	3:40.98	38.07	400m:	4:55.21
57.				2007				+0,88	4:55.31	1	512
	50m:	32.37	32.37	150m:	1:46.35	37.10	250m:	3:02.25	38.23	350m:	4:18.62
	100m:	1:09.25	36.88	200m:	2:24.02	37.67	300m:	3:40.25	38.00	400m:	4:55.31
58.				2006				+0,84	4:55.55	1	511
	50m:	32.87	32.87	150m:	1:47.30	37.60	250m:	3:02.97	37.22	350m:	4:19.00
	100m:	1:09.70	36.83	200m:	2:25.75	38.45	300m:	3:41.03	38.06	400m:	4:55.55
59.				2006				+0,73	4:56.18	1	508
	50m:	33.08	33.08	150m:	1:48.46	37.48	250m:	3:04.99	37.32	350m:	4:19.85
	100m:	1:10.98	37.90	200m:	2:27.67	39.21	300m:	3:43.98	38.99	400m:	4:56.18



9,		, 400m						R.T.		FINA	
60.				2007				+0,85	4:56.98	1	504
	50m:	33.19	33.19	150m:	1:47.94	37.47	250m:	3:03.99	37.74	350m:	4:20.27
	100m:	1:10.47	37.28	200m:	2:26.25	38.31	300m:	3:43.08	39.09	400m:	4:56.98
61.				2010	1		-1	+0,88	4:57.13	1	503
	50m:	33.38	33.38	150m:	1:47.45	37.13	250m:	3:02.38	37.24	350m:	4:18.71
	100m:	1:10.32	36.94	200m:	2:25.14	37.69	300m:	3:40.87	38.49	400m:	4:57.13
62.				2009				+1,01	4:57.35	1	502
	50m:	34.22	34.22	150m:	1:47.91	37.38	250m:	3:03.55	38.24	350m:	4:20.13
	100m:	1:10.53	36.31	200m:	2:25.31	37.40	300m:	3:41.39	37.84	400m:	4:57.35
63.				2008	1			+1,05	4:57.83	1	500
	50m:	33.13	33.13	150m:	1:47.60	37.18	250m:	3:04.08	37.86	350m:	4:20.53
	100m:	1:10.42	37.29	200m:	2:26.22	38.62	300m:	3:42.93	38.85	400m:	4:57.83
64.				2009	1		-1	+0,89	4:58.72	1	495
	50m:	33.44	33.44	150m:	1:48.75	37.96	250m:	3:05.62	38.79	350m:	4:22.49
	100m:	1:10.79	37.35	200m:	2:26.83	38.08	300m:	3:44.46	38.84	400m:	4:58.72
65.				2008				+0,87	4:58.96	1	494
	50m:	32.82	32.82	150m:	1:46.26	37.57	250m:	3:03.84	38.94	350m:	4:22.47
	100m:	1:08.69	35.87	200m:	2:24.90	38.64	300m:	3:43.29	39.45	400m:	4:58.96
66.				2010	1			+0,86	4:59.70	1	490
	50m:	33.46	33.46	150m:	1:47.65	37.89	250m:	3:04.50	38.86	350m:	4:22.22
	100m:	1:09.76	36.30	200m:	2:25.64	37.99	300m:	3:43.14	38.64	400m:	4:59.70
67.				2007				+0,86	5:00.10	1	488
	50m:	32.84	32.84	150m:	1:47.98	39.17	250m:	3:06.31	39.14	350m:	4:24.01
	100m:	1:08.81	35.97	200m:	2:27.17	39.19	300m:	3:45.96	39.65	400m:	5:00.10
68.				2009			-2	+0,81	5:01.11	1	483
	50m:	33.64	33.64	150m:	1:49.06	38.72	250m:	3:06.53	38.85	350m:	4:24.60
	100m:	1:10.34	36.70	200m:	2:27.68	38.62	300m:	3:45.65	39.12	400m:	5:01.11
69.				2009	1			+0,83	5:02.61		476
	50m:	34.95	34.95	150m:	1:52.62	38.50	250m:	3:10.06	37.92	350m:	4:25.83
	100m:	1:14.12	39.17	200m:	2:32.14	39.52	300m:	3:48.54	38.48	400m:	5:02.61
70.				2008	1		-1	+0,80	5:02.99		474
	50m:	32.71	32.71	150m:	1:49.51	38.89	250m:	3:08.39	39.27	350m:	4:25.67
	100m:	1:10.62	37.91	200m:	2:29.12	39.61	300m:	3:48.08	39.69	400m:	5:02.99
71.				2008	1			+0,82	5:03.10		474
	50m:	34.23	34.23	150m:	1:50.83	38.15	250m:	3:08.38	38.74	350m:	4:25.95
	100m:	1:12.68	38.45	200m:	2:29.64	38.81	300m:	3:47.69	39.31	400m:	5:03.10
72.				2008	1			+0,97	5:03.91		470
	50m:	34.65	34.65	150m:	1:50.42	38.73	250m:	3:07.25	38.84	350m:	4:25.55
	100m:	1:11.69	37.04	200m:	2:28.41	37.99	300m:	3:46.08	38.83	400m:	5:03.91
73.				2009				+0,79	5:04.23		469
	50m:	34.60	34.60	150m:	1:51.10	38.75	250m:	3:08.66	39.20	350m:	4:26.65
	100m:	1:12.35	37.75	200m:	2:29.46	38.36	300m:	3:47.58	38.92	400m:	5:04.23
74.				2010	1			+0,95	5:04.43		468
	50m:	33.39	33.39	150m:	1:48.16	38.47	250m:	3:05.94	39.77	350m:	4:25.91
	100m:	1:09.69	36.30	200m:	2:26.17	38.01	300m:	3:45.14	39.20	400m:	5:04.43



9,		, 400m						R.T.		FINA	
75.				2008				+0,81	5:05.06		465
	50m:	35.71	35.71	150m:	1:53.38	39.45	250m:	3:11.92	39.38	350m:	4:28.62
	100m:	1:13.93	38.22	200m:	2:32.54	39.16	300m:	3:49.84	37.92	400m:	5:05.06
76.				2008	1			+0,98	5:05.28		464
	50m:	34.20	34.20	150m:	1:51.02	38.22	250m:	3:09.48	38.71	350m:	4:28.57
	100m:	1:12.80	38.60	200m:	2:30.77	39.75	300m:	3:49.66	40.18	400m:	5:05.28
77.				2008	1			+0,84	5:05.44		463
	50m:	34.53	34.53	150m:	1:52.04	38.94	250m:	3:10.93	39.00	350m:	4:28.66
	100m:	1:13.10	38.57	200m:	2:31.93	39.89	300m:	3:51.16	40.23	400m:	5:05.44
78.				2006	1			+0,87	5:05.95		461
	50m:	33.14	33.14	150m:	1:47.91	38.74	250m:	3:07.45	40.67	350m:	4:27.67
	100m:	1:09.17	36.03	200m:	2:26.78	38.87	300m:	3:47.08	39.63	400m:	5:05.95
79.				2008	1			+0,91	5:06.55		458
	50m:	33.44	33.44	150m:	1:49.18	39.07	250m:	3:08.80	40.40	350m:	4:28.57
	100m:	1:10.11	36.67	200m:	2:28.40	39.22	300m:	3:48.48	39.68	400m:	5:06.55
80.				2010	1			+0,82	5:07.13		456
	50m:	33.87	33.87	150m:	1:51.01	39.36	250m:	3:10.63	40.19	350m:	4:29.65
	100m:	1:11.65	37.78	200m:	2:30.44	39.43	300m:	3:50.33	39.70	400m:	5:07.13
81.				2005	1			+0,76	5:13.97		426
	50m:	35.59	35.59	150m:	1:53.10	38.95	250m:	3:12.53	39.72	350m:	4:33.65
	100m:	1:14.15	38.56	200m:	2:32.81	39.71	300m:	3:53.15	40.62	400m:	5:13.97
82.				2010	1			+0,88	5:14.97		422
	50m:	35.03	35.03	150m:	1:55.67	41.06	250m:	3:17.79	41.09	350m:	4:38.03
	100m:	1:14.61	39.58	200m:	2:36.70	41.03	300m:	3:58.16	40.37	400m:	5:14.97
83.				2005	1			+0,89	5:15.00		422
	50m:	35.03	35.03	150m:	1:53.68	40.27	250m:	3:15.04	41.00	350m:	4:37.30
	100m:	1:13.41	38.38	200m:	2:34.04	40.36	300m:	3:56.21	41.17	400m:	5:15.00
84.				2008	1			+0,80	5:15.46		420
	50m:	35.71	35.71	150m:	1:54.83	40.42	250m:	3:16.58	40.80	350m:	4:38.04
	100m:	1:14.41	38.70	200m:	2:35.78	40.95	300m:	3:57.61	41.03	400m:	5:15.46
85.				2010	1			+0,85	5:19.04		406
	50m:	34.85	34.85	150m:	1:54.50	39.92	250m:	3:16.58	40.90	350m:	4:39.19
	100m:	1:14.58	39.73	200m:	2:35.68	41.18	300m:	3:58.43	41.85	400m:	5:19.04
86.				2008	1			+0,80	5:19.17		406
	50m:	34.69	34.69	150m:	1:55.25	39.95	250m:	3:17.22	40.26	350m:	4:39.42
	100m:	1:15.30	40.61	200m:	2:36.96	41.71	300m:	3:59.07	41.85	400m:	5:19.17
DNS				2009							



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9, , 400m

9 , 400m

(15-17)

22.03.2023 - 10:00

4:04.10
4:08.81

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04.04.2021
24.06.2015

: FINA 2023

				/			R.T.			FINA				
1.				2006			+0,83			4:18.07			768	
	50m:	29.69	29.69	150m:	1:35.46	33.08	250m:	2:41.19	32.75	350m:	3:46.67	32.54		
	100m:	1:02.38	32.69	200m:	2:08.44	32.98	300m:	3:14.13	32.94	400m:	4:18.07	31.40		
2.				2006			+0,90			4:18.15			767	
	50m:	30.31	30.31	150m:	1:36.04	32.90	250m:	2:41.92	32.77	350m:	3:47.37	32.24		
	100m:	1:03.14	32.83	200m:	2:09.15	33.11	300m:	3:15.13	33.21	400m:	4:18.15	30.78		
3.				2006			+0,79			4:26.92			694	
	50m:	32.27	32.27	150m:	1:39.98	33.90	250m:	2:47.83	34.18	350m:	3:55.72	34.13		
	100m:	1:06.08	33.81	200m:	2:13.65	33.67	300m:	3:21.59	33.76	400m:	4:26.92	31.20		
4.				2006			-1			+0,76			4:27.58	689
	50m:	30.66	30.66	150m:	1:37.87	33.74	250m:	2:46.81	34.33	350m:	3:55.21	32.90		
	100m:	1:04.13	33.47	200m:	2:12.48	34.61	300m:	3:22.31	35.50	400m:	4:27.58	32.37		
5.				2007			-			+0,79			4:27.59	689
	50m:	32.36	32.36	150m:	1:39.99	33.93	250m:	2:48.11	34.34	350m:	3:55.40	33.79		
	100m:	1:06.06	33.70	200m:	2:13.77	33.78	300m:	3:21.61	33.50	400m:	4:27.59	32.19		
6.				2007			-1			+0,72			4:28.09	685
	50m:	31.22	31.22	150m:	1:38.49	33.75	250m:	2:46.40	33.93	350m:	3:54.50	34.18		
	100m:	1:04.74	33.52	200m:	2:12.47	33.98	300m:	3:20.32	33.92	400m:	4:28.09	33.59		
7.				2008						+0,78			4:30.15	670
	50m:	30.46	30.46	150m:	1:38.60	34.19	250m:	2:47.80	34.22	350m:	3:56.69	33.44		
	100m:	1:04.41	33.95	200m:	2:13.58	34.98	300m:	3:23.25	35.45	400m:	4:30.15	33.46		
8.				2008						+0,90			4:31.61	659
	50m:	32.51	32.51	150m:	1:41.15	34.38	250m:	2:49.64	34.19	350m:	3:58.58	34.19		
	100m:	1:06.77	34.26	200m:	2:15.45	34.30	300m:	3:24.39	34.75	400m:	4:31.61	33.03		
9.				2008						+0,79			4:32.05	656
	50m:	30.93	30.93	150m:	1:40.39	34.89	250m:	2:50.00	35.18	350m:	3:59.46	34.62		
	100m:	1:05.50	34.57	200m:	2:14.82	34.43	300m:	3:24.84	34.84	400m:	4:32.05	32.59		
10.				2007						+0,77			4:32.75	651
	50m:	32.17	32.17	150m:	1:41.66	35.27	250m:	2:51.59	35.10	350m:	4:00.41	34.28		
	100m:	1:06.39	34.22	200m:	2:16.49	34.83	300m:	3:26.13	34.54	400m:	4:32.75	32.34		
11.				2007			-1			+0,88			4:34.31	640
	50m:	30.74	30.74	150m:	1:39.45	33.93	250m:	2:49.08	33.79	350m:	3:59.84	33.97		
	100m:	1:05.52	34.78	200m:	2:15.29	35.84	300m:	3:25.87	36.79	400m:	4:34.31	34.47		
12.				2008						+0,84			4:36.97	621
	50m:	32.33	32.33	150m:	1:41.87	34.40	250m:	2:51.78	34.27	350m:	4:01.84	34.51		
	100m:	1:07.47	35.14	200m:	2:17.51	35.64	300m:	3:27.33	35.55	400m:	4:36.97	35.13		
13.				2007						+0,85			4:37.15	620
	50m:	30.70	30.70	150m:	1:40.41	35.25	250m:	2:51.76	35.57	350m:	4:03.27	35.30		
	100m:	1:05.16	34.46	200m:	2:16.19	35.78	300m:	3:27.97	36.21	400m:	4:37.15	33.88		

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9,		, 400m				(15-17)		R.T.		FINA	
14.				2006				+0,77	4:37.21		620
	50m:	32.82	32.82	150m:	1:42.06	34.84	250m:	2:52.08	35.19	350m:	4:03.15
	100m:	1:07.22	34.40	200m:	2:16.89	34.83	300m:	3:27.56	35.48	400m:	4:37.21
15.				2008				+0,92	4:38.50		611
	50m:	31.97	31.97	150m:	1:42.50	35.42	250m:	2:53.57	35.37	350m:	4:04.44
	100m:	1:07.08	35.11	200m:	2:18.20	35.70	300m:	3:29.35	35.78	400m:	4:38.50
16.				2008				+0,77	4:39.37		605
	50m:	32.12	32.12	150m:	1:42.01	34.77	250m:	2:52.93	35.30	350m:	4:04.29
	100m:	1:07.24	35.12	200m:	2:17.63	35.62	300m:	3:28.93	36.00	400m:	4:39.37
17.				2007				+0,83	4:40.72		597
	50m:	31.85	31.85	150m:	1:43.46	35.94	250m:	2:55.77	35.52	350m:	4:06.61
	100m:	1:07.52	35.67	200m:	2:20.25	36.79	300m:	3:31.72	35.95	400m:	4:40.72
18.				2007			-1	+0,65	4:41.76		590
	50m:	31.49	31.49	150m:	1:42.67	36.35	250m:	2:56.18	37.00	350m:	4:08.73
	100m:	1:06.32	34.83	200m:	2:19.18	36.51	300m:	3:32.15	35.97	400m:	4:41.76
19.				2007				+0,91	4:42.31		587
	50m:	32.78	32.78	150m:	1:43.83	35.64	250m:	2:55.58	35.47	350m:	4:07.67
	100m:	1:08.19	35.41	200m:	2:20.11	36.28	300m:	3:32.02	36.44	400m:	4:42.31
20.				2008				+0,86	4:45.29	1	568
	50m:	32.72	32.72	150m:	1:45.37	36.26	250m:	2:57.57	36.03	350m:	4:10.03
	100m:	1:09.11	36.39	200m:	2:21.54	36.17	300m:	3:33.80	36.23	400m:	4:45.29
21.				2006				+0,94	4:46.12	1	564
	50m:	32.16	32.16	150m:	1:43.16	36.63	250m:	2:57.50	37.87	350m:	4:11.79
	100m:	1:06.53	34.37	200m:	2:19.63	36.47	300m:	3:34.39	36.89	400m:	4:46.12
22.				2008				+0,87	4:49.51	1	544
	50m:	31.62	31.62	150m:	1:43.71	36.29	250m:	2:59.10	37.37	350m:	4:14.30
	100m:	1:07.42	35.80	200m:	2:21.73	38.02	300m:	3:37.11	38.01	400m:	4:49.51
23.				2008				+0,78	4:50.53	1	538
	50m:	34.09	34.09	150m:	1:47.91	37.06	250m:	3:01.90	36.88	350m:	4:15.44
	100m:	1:10.85	36.76	200m:	2:25.02	37.11	300m:	3:38.71	36.81	400m:	4:50.53
24.				2006				+0,78	4:51.89	1	531
	50m:	34.48	34.48	150m:	1:50.59	38.09	250m:	3:05.07	37.75	350m:	4:18.01
	100m:	1:12.50	38.02	200m:	2:27.32	36.73	300m:	3:41.63	36.56	400m:	4:51.89
25.				2007				+0,87	4:53.71	1	521
	50m:	34.41	34.41	150m:	1:48.99	37.01	250m:	3:03.67	36.69	350m:	4:17.63
	100m:	1:11.98	37.57	200m:	2:26.98	37.99	300m:	3:41.02	37.35	400m:	4:53.71
26.				2008				+0,74	4:53.80	1	520
	50m:	33.28	33.28	150m:	1:48.41	37.24	250m:	3:04.26	37.55	350m:	4:19.51
	100m:	1:11.17	37.89	200m:	2:26.71	38.30	300m:	3:42.39	38.13	400m:	4:53.80
27.				2008				+0,78	4:54.88	1	515
	50m:	32.82	32.82	150m:	1:46.48	37.47	250m:	3:02.09	37.35	350m:	4:18.42
	100m:	1:09.01	36.19	200m:	2:24.74	38.26	300m:	3:40.92	38.83	400m:	4:54.88
28.				2008				+0,77	4:55.02	1	514
	50m:	31.23	31.23	150m:	1:43.53	37.02	250m:	2:59.58	38.39	350m:	4:17.60
	100m:	1:06.51	35.28	200m:	2:21.19	37.66	300m:	3:38.80	39.22	400m:	4:55.02

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9,		, 400m				(15-17)		R.T.		FINA	
29.				2007				+0,81	4:55.21	1	513
	50m:	33.06	33.06	150m:	1:47.74	37.43	250m:	3:02.91	37.19	350m:	4:18.56
	100m:	1:10.31	37.25	200m:	2:25.72	37.98	300m:	3:40.98	38.07	400m:	4:55.21
30.				2007				+0,88	4:55.31	1	512
	50m:	32.37	32.37	150m:	1:46.35	37.10	250m:	3:02.25	38.23	350m:	4:18.62
	100m:	1:09.25	36.88	200m:	2:24.02	37.67	300m:	3:40.25	38.00	400m:	4:55.31
31.				2006				+0,84	4:55.55	1	511
	50m:	32.87	32.87	150m:	1:47.30	37.60	250m:	3:02.97	37.22	350m:	4:19.00
	100m:	1:09.70	36.83	200m:	2:25.75	38.45	300m:	3:41.03	38.06	400m:	4:55.55
32.				2006				+0,73	4:56.18	1	508
	50m:	33.08	33.08	150m:	1:48.46	37.48	250m:	3:04.99	37.32	350m:	4:19.85
	100m:	1:10.98	37.90	200m:	2:27.67	39.21	300m:	3:43.98	38.99	400m:	4:56.18
33.				2007				+0,85	4:56.98	1	504
	50m:	33.19	33.19	150m:	1:47.94	37.47	250m:	3:03.99	37.74	350m:	4:20.27
	100m:	1:10.47	37.28	200m:	2:26.25	38.31	300m:	3:43.08	39.09	400m:	4:56.98
34.				2008	1			+1,05	4:57.83	1	500
	50m:	33.13	33.13	150m:	1:47.60	37.18	250m:	3:04.08	37.86	350m:	4:20.53
	100m:	1:10.42	37.29	200m:	2:26.22	38.62	300m:	3:42.93	38.85	400m:	4:57.83
35.				2008				+0,87	4:58.96	1	494
	50m:	32.82	32.82	150m:	1:46.26	37.57	250m:	3:03.84	38.94	350m:	4:22.47
	100m:	1:08.69	35.87	200m:	2:24.90	38.64	300m:	3:43.29	39.45	400m:	4:58.96
36.				2007				+0,86	5:00.10	1	488
	50m:	32.84	32.84	150m:	1:47.98	39.17	250m:	3:06.31	39.14	350m:	4:24.01
	100m:	1:08.81	35.97	200m:	2:27.17	39.19	300m:	3:45.96	39.65	400m:	5:00.10
37.				2008	1		-1	+0,80	5:02.99		474
	50m:	32.71	32.71	150m:	1:49.51	38.89	250m:	3:08.39	39.27	350m:	4:25.67
	100m:	1:10.62	37.91	200m:	2:29.12	39.61	300m:	3:48.08	39.69	400m:	5:02.99
38.				2008	1			+0,82	5:03.10		474
	50m:	34.23	34.23	150m:	1:50.83	38.15	250m:	3:08.38	38.74	350m:	4:25.95
	100m:	1:12.68	38.45	200m:	2:29.64	38.81	300m:	3:47.69	39.31	400m:	5:03.10
39.				2008	1			+0,97	5:03.91		470
	50m:	34.65	34.65	150m:	1:50.42	38.73	250m:	3:07.25	38.84	350m:	4:25.55
	100m:	1:11.69	37.04	200m:	2:28.41	37.99	300m:	3:46.08	38.83	400m:	5:03.91
40.				2008				+0,81	5:05.06		465
	50m:	35.71	35.71	150m:	1:53.38	39.45	250m:	3:11.92	39.38	350m:	4:28.62
	100m:	1:13.93	38.22	200m:	2:32.54	39.16	300m:	3:49.84	37.92	400m:	5:05.06
41.				2008	1			+0,98	5:05.28		464
	50m:	34.20	34.20	150m:	1:51.02	38.22	250m:	3:09.48	38.71	350m:	4:28.57
	100m:	1:12.80	38.60	200m:	2:30.77	39.75	300m:	3:49.66	40.18	400m:	5:05.28
42.				2008	1			+0,84	5:05.44		463
	50m:	34.53	34.53	150m:	1:52.04	38.94	250m:	3:10.93	39.00	350m:	4:28.66
	100m:	1:13.10	38.57	200m:	2:31.93	39.89	300m:	3:51.16	40.23	400m:	5:05.44
43.				2006	1			+0,87	5:05.95		461
	50m:	33.14	33.14	150m:	1:47.91	38.74	250m:	3:07.45	40.67	350m:	4:27.67
	100m:	1:09.17	36.03	200m:	2:26.78	38.87	300m:	3:47.08	39.63	400m:	5:05.95

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	9,	, 400m	,	(15-17)					R.T.		FINA	
44.				2008 1					+0,91	5:06.55	458	
	50m:	33.44	33.44	150m:	1:49.18	39.07	250m:	3:08.80	40.40	350m:	4:28.57	40.09
	100m:	1:10.11	36.67	200m:	2:28.40	39.22	300m:	3:48.48	39.68	400m:	5:06.55	37.98
45.				2008 1					+0,80	5:15.46	420	
	50m:	35.71	35.71	150m:	1:54.83	40.42	250m:	3:16.58	40.80	350m:	4:38.04	40.43
	100m:	1:14.41	38.70	200m:	2:35.78	40.95	300m:	3:57.61	41.03	400m:	5:15.46	37.42
46.				2008 1					+0,80	5:19.17	406	
	50m:	34.69	34.69	150m:	1:55.25	39.95	250m:	3:17.22	40.26	350m:	4:39.42	40.35
	100m:	1:15.30	40.61	200m:	2:36.96	41.71	300m:	3:59.07	41.85	400m:	5:19.17	39.75

