

" " , 02-04.03.2021

02.03.2021 1 , 50m (13-14)

: FINA 2020

1.			07			32.59	673
2.	,		08			34.78	553 I
3.	,		08			37.55	439 II
4.	,		08	-	-	38.76	400 II
5.	,		08	-	-	40.14	360 II
6.	,		08			40.18	359 II
7.	,		08			41.11	335 III
8.	,		08			42.38	306 III

02.03.2021 2 , 50m (15-16)

: FINA 2020

1.	,		05			33.22	439 II
2.	,		06	-	-	34.11	405 II
3.	,		06	-	-	34.54	390 II
4.	,		06			34.58	389 II
5.	,		05			34.65	386 II
6.	,		06	-	-	35.06	373 II
7.	,		05			36.33	335 III
8.	,		06			39.04	270

02.03.2021 3 , 200m (13-14)

: FINA 2020

1.	50m:	29.92	29.92	100m:	1:03.11	33.19	150m:	1:37.40	34.29	200m:	2:12.93	573 I
2.	50m:	31.77	31.77	100m:	1:07.26	35.49	150m:	1:44.16	36.90	200m:	2:21.48	475 II
3.	50m:	37.99	37.99	100m:	1:14.03	36.04	150m:	1:51.67	37.64	200m:	2:22.00	470 II
4.	50m:	32.40	32.40	100m:	1:08.82	36.42	150m:	1:46.52	37.70	200m:	2:22.90	461 II
5.	50m:	32.01	32.01	100m:	1:07.38	35.37	150m:	1:45.13	37.75	200m:	2:22.98	460 II
6.	50m:	32.93	32.93	100m:	1:10.16	37.23	150m:	1:49.66	39.50	200m:	2:28.11	414 II
7.	50m:	33.36	33.36	100m:	1:11.39	38.03	150m:	-	-	200m:	2:31.27	389 II
8.	50m:	34.14	34.14	100m:	1:12.13	37.99	150m:	-	-	200m:	2:32.50	379 II

" (25)

"ALT-Timing"

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, 02-04.03.2021

3,		, 200m				(13-14)			
9.				08				2:33.93	369 II
50m:	34.06	34.06	100m:	1:13.18	39.12	150m:	1:53.40	40.22	200m: 2:33.93 40.53
10.				08				2:35.54	357 II
50m:	34.79	34.79	100m:	1:14.23	39.44	150m:	1:54.89	40.66	200m: 2:35.54 40.65
11.				08				2:35.99	354 II
50m:	34.52	34.52	100m:	1:13.79	39.27	150m:	1:55.09	41.30	200m: 2:35.99 40.90
12.				08				2:37.99	341 III
50m:	35.05	35.05	100m:	1:15.48	40.43	150m:	1:55.82	40.34	200m: 2:37.99 42.17
13.				07				2:49.92	274 III
50m:	38.41	38.41	100m:	1:21.13	42.72	150m:	2:05.43	44.30	200m: 2:49.92 44.49
14.				07				23:11.11	
50m:	33.22	33.22	100m:	1:10.77	37.55	150m:	1:50.51	39.74	200m: 23:11.11 21:20.60
EXH				07				2:20.70	483 I
50m:	31.47	31.47	100m:	1:07.04	35.57	150m:	1:43.84	36.80	200m: 2:20.70 36.86
EXH				10				2:26.36	429 II
50m:	33.45	33.45	100m:	1:10.53	37.08	150m:	1:48.46	37.93	200m: 2:26.36 37.90

4 , 200m (15-16)
02.03.2021

: FINA 2020

1.				06				1:59.91	569 I
50m:	27.95	27.95	100m:	58.50	30.55	150m:	1:29.73	31.23	200m: 1:59.91 30.18
2.				05				2:00.00	567 I
50m:	28.02	28.02	100m:	58.50	30.48	150m:	1:29.60	31.10	200m: 2:00.00 30.40
3.				05		- -		2:06.96	479 II
50m:	28.63	28.63	100m:	1:00.39	31.76	150m:	1:33.46	33.07	200m: 2:06.96 33.50
4.				05		- -		2:08.62	461 II
50m:	28.78	28.78	100m:	1:01.50	32.72	150m:	1:35.72	34.22	200m: 2:08.62 32.90
5.				06				2:09.53	451 II
50m:	29.31	29.31	100m:	1:02.02	32.71	150m:	1:35.96	33.94	200m: 2:09.53 33.57
6.				05				2:12.13	425 II
50m:	28.62	28.62	100m:	1:01.35	32.73	150m:	1:36.28	34.93	200m: 2:12.13 35.85
7.				06				2:16.34	387 II
50m:	30.71	30.71	100m:	1:05.47	34.76	150m:	1:42.53	37.06	200m: 2:16.34 33.81
8.				05		- -		2:16.78	383 II
50m:	30.18	30.18	100m:	1:04.66	34.48	150m:	1:41.24	36.58	200m: 2:16.78 35.54
9.				06				2:18.74	367 II
50m:	29.44	29.44	100m:	1:04.93	35.49	150m:	1:41.91	36.98	200m: 2:18.74 36.83
10.				06		- -		2:19.01	365 II
50m:	30.73	30.73	100m:	1:05.70	34.97	150m:	1:42.54	36.84	200m: 2:19.01 36.47

" (25)

"ALT-Timing"

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, 02-04.03.2021

4,		, 200m				(15-16)			
11.				06				2:20.58	353 II
50m:	31.77	31.77	100m:	1:07.12	35.35	150m:	1:44.26	37.14	200m: 2:20.58 36.32
12.				05				2:23.59	331 III
50m:	28.78	28.78	100m:	1:01.50	32.72	150m:	1:40.42	38.92	200m: 2:23.59 43.17
13.				05				2:24.20	327 III
50m:	30.95	30.95	100m:	1:07.73	36.78	150m:	1:45.88	38.15	200m: 2:24.20 38.32
14.				06				2:30.74	286 III
50m:	33.02	33.02	100m:	1:10.86	37.84	150m:	1:51.08	40.22	200m: 2:30.74 39.66
15.				05				2:32.04	279 III
50m:	33.01	33.01	100m:	1:10.42	37.41	150m:	1:49.92	39.50	200m: 2:32.04 42.12
EXH				05				2:04.64	506 I
50m:	28.83	28.83	100m:	1:00.23	31.40	150m:	1:32.40	32.17	200m: 2:04.64 32.24
EXH				06				2:13.40	413 II
50m:	31.48	31.48	100m:	1:05.73	34.25	150m:	1:39.85	34.12	200m: 2:13.40 33.55

5 , 100m (13-14)
02.03.2021

: FINA 2020

1.				07				1:08.35	517
50m:	33.01	33.01	100m:	1:08.35	35.34				
2.				07				1:12.91	426 I
50m:	34.23	34.23	100m:	1:12.91	38.68				
3.				08				1:13.15	422 I
50m:	35.03	35.03	100m:	1:13.15	38.12				
4.				08				1:13.72	412 II
50m:	34.16	34.16	100m:	1:13.72	39.56				
5.				07		- -		1:17.46	355 II
50m:	36.59	36.59	100m:	1:17.46	40.87				
6.				07				1:19.62	327 II
50m:	38.16	38.16	100m:	1:19.62	41.46				
7.				08				1:26.32	257 III
50m:	40.63	40.63	100m:	1:26.32	45.69				
8.				08				1:27.39	247 III
50m:	41.35	41.35	100m:	1:27.39	46.04				
DSQ				07					
EXH				06				1:12.60	432 I
50m:	34.65	34.65	100m:	1:12.60	37.95				

" (25)

"ALT-Timing"

" " , 02-04.03.2021

02.03.2021 6 , 100m (15-16)

: FINA 2020

1.					05					58.90	571
	50m:	28.88	28.88	100m:	58.90	30.02					
2.					06					59.09	566
	50m:	29.21	29.21	100m:	59.09	29.88					
3.					06					1:03.04	466 I
	50m:	30.43	30.43	100m:	1:03.04	32.61					
4.					06					1:03.37	458 I
	50m:	30.71	30.71	100m:	1:03.37	32.66					
5.					06					1:03.49	456 I
	50m:	30.62	30.62	100m:	1:03.49	32.87					
6.					05					1:06.67	394 II
	50m:	32.38	32.38	100m:	1:06.67	34.29					
7.					05		-	-		1:08.31	366 II
	50m:	33.09	33.09	100m:	1:08.31	35.22					
8.					06					1:09.28	351 II
	50m:	33.84	33.84	100m:	1:09.28	35.44					
9.					05		-	-		1:10.06	339 II
	50m:	33.63	33.63	100m:	1:10.06	36.43					
10.					05					1:10.98	326 II
	50m:	33.12	33.12	100m:	1:10.98	37.86					
11.					06					1:15.26	273 III
	50m:	36.70	36.70	100m:	1:15.26	38.56					
DSQ					06						
DSQ					05						
EXH					08					1:11.18	323 II
	50m:	34.20	34.20	100m:	1:11.18	36.98					

02.03.2021 7 , 200m (13-14)

: FINA 2020

1.					07						2:32.96	478 I
	50m:	32.47	32.47	100m:	1:10.78	38.31	150m:	1:50.50	39.72	200m:	2:32.96	42.46
2.					08						2:39.87	418 II
	50m:	34.78	34.78	100m:	1:15.08	40.30	150m:	1:55.08	40.00	200m:	2:39.87	44.79

" " (25)

"ALT-Timing"

" " , 02-04.03.2021

02.03.2021 8 , 200m (15-16)

: FINA 2020

1.				05		- -			2:23.35	430	II	
	50m:	31.52	31.52	100m:	1:06.03	34.51	150m:	1:43.61	37.58	200m:	2:23.35	39.74
2.				06						2:27.99	391	II
	50m:	30.74	30.74	100m:	1:07.00	36.26	150m:	1:46.48	39.48	200m:	2:27.99	41.51
3.				06						2:33.32	351	II
	50m:	32.83	32.83	100m:	1:10.08	37.25	150m:	1:50.43	40.35	200m:	2:33.32	42.89
EXH				07						2:17.38	489	I
	50m:	30.94	30.94	100m:	1:07.08	36.14	150m:	1:42.15	35.07	200m:	2:17.38	35.23
EXH				08						2:53.11	244	III
	50m:	38.14	38.14	100m:	1:22.77	44.63	150m:	2:08.28	45.51	200m:	2:53.11	44.83

02.03.2021 9 , 100m (13-14)

: FINA 2020

1.				08		- -			1:15.75	415	II	
	50m:	35.14	35.14	100m:	1:15.75	40.61						
2.				07						1:17.95	381	II
	50m:	35.59	35.59	100m:	1:17.95	42.36						
3.				07						1:18.56	372	II
	50m:	36.63	36.63	100m:	1:18.56	41.93						
4.				08		- -				1:20.91	340	II
	50m:	37.03	37.03	100m:	1:20.91	43.88						
5.				08						1:21.40	334	II
	50m:	38.39	38.39	100m:	1:21.40	43.01						
6.				07						1:24.41	300	III
	50m:	36.64	36.64	100m:	1:24.41	47.77						
7.				08						1:24.71	296	III
	50m:	39.38	39.38	100m:	1:24.71	45.33						
8.				07						1:25.68	286	III
	50m:	41.54	41.54	100m:	1:25.68	44.14						
9.				08						1:28.44	260	III
	50m:	38.31	38.31	100m:	1:28.44	50.13						
10.				08		-4				1:30.24	245	III
	50m:	42.66	42.66	100m:	1:30.24	47.58						
11.				08						1:30.64	242	III
	50m:	40.10	40.10	100m:	1:30.64	50.54						
12.				07						1:30.97	239	III
	50m:	42.88	42.88	100m:	1:30.97	48.09						

" " (25)

"ALT-Timing"

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, 02-04.03.2021

		9,	, 100m	,	(13-14)		
13.					08		1:39.24 184
	50m:	48.90	48.90	100m:	1:39.24	50.34	
DSQ					08		
DSQ					08		
EXH					07		1:12.97 464 I
	50m:	33.12	33.12	100m:	1:12.97	39.85	
EXH					09		1:16.41 404 II
	50m:	35.49	35.49	100m:	1:16.41	40.92	

10 , 100m (15-16)
02.03.2021

: FINA 2020

1.					05		1:01.82 537
	50m:	26.40	26.40	100m:	1:01.82	35.42	
2.					05		1:03.95 485 I
	50m:	29.46	29.46	100m:	1:03.95	34.49	
3.					05		1:07.94 404 II
	50m:	32.12	32.12	100m:	1:07.94	35.82	
4.					05	- -	1:08.31 398 II
	50m:	30.65	30.65	100m:	1:08.31	37.66	
5.					05		1:08.82 389 II
	50m:	31.69	31.69	100m:	1:08.82	37.13	
6.					06		1:10.10 368 II
	50m:	31.57	31.57	100m:	1:10.10	38.53	
7.					05		1:10.76 358 II
	50m:	30.91	30.91	100m:	1:10.76	39.85	
8.					06		1:11.27 350 II
	50m:	33.21	33.21	100m:	1:11.27	38.06	
9.					05		1:12.02 339 II
	50m:	32.74	32.74	100m:	1:12.02	39.28	
10.					06	- -	1:12.21 337 II
	50m:	34.31	34.31	100m:	1:12.21	37.90	
11.					06		1:12.70 330 II
	50m:	33.35	33.35	100m:	1:12.70	39.35	
12.					05		1:12.78 329 II
	50m:	31.24	31.24	100m:	1:12.78	41.54	
13.					06		1:13.80 315 II
	50m:	32.84	32.84	100m:	1:13.80	40.96	
14.					05		1:14.76 303 III
	50m:	34.31	34.31	100m:	1:14.76	40.45	
15.					06		1:15.36 296 III
	50m:	34.20	34.20	100m:	1:15.36	41.16	

" (25)

"ALT-Timing"

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, 02-04.03.2021

	10,	, 100m	,	(15-16)					
16.				06				1:16.33	285 III
50m:	35.21	35.21	100m:	1:16.33	41.12				
17.				06		-4		1:16.40	284 III
50m:	38.23	38.23	100m:	1:16.40	38.17				
18.				06				1:18.33	264 III
50m:	37.41	37.41	100m:	1:18.33	40.92				
19.				05				1:19.13	256 III
50m:	36.39	36.39	100m:	1:19.13	42.74				
20.				06				1:21.60	233 III
50m:	37.29	37.29	100m:	1:21.60	44.31				
DSQ				06					
DSQ				06					
DSQ				05					
DSQ				05					
EXH				07				1:05.43	453 I
50m:	30.72	30.72	100m:	1:05.43	34.71				
EXH				08				1:08.42	396 II
50m:	31.64	31.64	100m:	1:08.42	36.78				
EXH				08				1:09.40	379 II
50m:	33.32	33.32	100m:	1:09.40	36.08				
EXH				08				1:13.02	326 II
50m:	34.35	34.35	100m:	1:13.02	38.67				
EXH				08				1:14.57	306 III
50m:	33.29	33.29	100m:	1:14.57	41.28				
EXH				08				1:15.49	295 III
50m:	33.70	33.70	100m:	1:15.49	41.79				
11									
02.03.2021									
									(13-14)

: FINA 2020

1.				08					18:59.54	522 I	
50m:	31.45	31.45	450m:	5:31.32	38.33	850m:	10:38.78	37.65	1250m:	15:46.69	38.71
100m:	1:08.87	37.42	500m:	6:09.60	38.28	900m:	11:18.27	39.49	1300m:	16:25.43	38.74
150m:	1:43.74	34.87	550m:	6:47.94	38.34	950m:	11:55.32	37.05	1350m:	17:03.78	38.35
200m:	2:21.16	37.42	600m:	7:26.16	38.22	1000m:	12:34.17	38.85	1400m:	17:43.74	39.96
250m:	2:58.94	37.78	650m:	8:04.79	38.63	1050m:	13:12.03	37.86	1450m:	18:20.32	36.58
300m:	3:36.43	37.49	700m:	8:43.60	38.81	1100m:	13:51.02	38.99	1500m:	18:59.54	39.22
350m:	4:14.43	38.00	750m:	9:22.23	38.63	1150m:	14:29.26	38.24			
400m:	4:52.99	38.56	800m:	10:01.13	38.90	1200m:	15:07.98	38.72			

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" (25)

"ALT-Timing"

, 02-04.03.2021

11, , 1500m , (13-14)

2.				08					19:31.19	481	I	
	50m:	34.25	34.25	450m:	5:41.57	39.27	850m:	10:57.67	39.55	1250m:	16:14.02	39.54
	100m:	1:11.29	37.04	500m:	6:20.69	39.12	900m:	11:37.32	39.65	1300m:	16:53.79	39.77
	150m:	1:49.43	38.14	550m:	7:00.16	39.47	950m:	12:16.96	39.64	1350m:	17:32.96	39.17
	200m:	2:27.90	38.47	600m:	7:39.91	39.75	1000m:	12:56.03	39.07	1400m:	18:12.52	39.56
	250m:	3:05.50	37.60	650m:	8:19.57	39.66	1050m:	13:35.48	39.45	1450m:	18:51.23	38.71
	300m:	3:45.47	39.97	700m:	8:59.60	40.03	1100m:	14:15.32	39.84	1500m:	19:31.19	39.96
	350m:	4:23.97	38.50	750m:	9:38.70	39.10	1150m:	14:54.47	39.15			
	400m:	5:02.30	38.33	800m:	10:18.12	39.42	1200m:	15:34.48	40.01			

3.				08					19:31.46	481	I	
	50m:	34.66	34.66	450m:	5:46.03	39.34	850m:	11:02.00	39.30	1250m:	16:18.42	39.30
	100m:	1:11.91	37.25	500m:	6:25.36	39.33	900m:	11:41.56	39.56	1300m:	16:58.78	40.36
	150m:	1:50.02	38.11	550m:	7:04.72	39.36	950m:	12:20.64	39.08	1350m:	17:38.15	39.37
	200m:	2:28.31	38.29	600m:	7:44.77	40.05	1000m:	13:00.65	40.01	1400m:	18:18.79	40.64
	250m:	3:09.19	40.88	650m:	8:24.64	39.87	1050m:	13:40.55	39.90	1450m:	18:58.52	39.73
	300m:	3:48.48	39.29	700m:	9:03.52	38.88	1100m:	14:20.10	39.55	1500m:	19:31.46	32.94
	350m:	4:29.90	41.42	750m:	9:42.88	39.36	1150m:	14:59.61	39.51			
	400m:	5:06.69	36.79	800m:	10:22.70	39.82	1200m:	15:39.12	39.51			

4.				08					20:30.55	415	II	
	50m:	35.62	35.62	450m:	6:08.79	42.35	850m:	11:36.38	41.07	1250m:	17:07.06	42.34
	100m:	1:15.75	40.13	500m:	6:49.13	40.34	900m:	12:16.82	40.44	1300m:	17:49.13	42.07
	150m:	1:56.55	40.80	550m:	7:30.39	41.26	950m:	12:57.25	40.43	1350m:	18:30.48	41.35
	200m:	2:38.77	42.22	600m:	8:10.64	40.25	1000m:	13:38.12	40.87	1400m:	19:11.48	41.00
	250m:	3:20.40	41.63	650m:	8:52.24	41.60	1050m:	14:19.67	41.55	1450m:	19:52.55	41.07
	300m:	4:02.09	41.69	700m:	9:34.05	41.81	1100m:	15:00.61	40.94	1500m:	20:30.55	38.00
	350m:	4:44.51	42.42	750m:	10:14.86	40.81	1150m:	15:42.07	41.46			
	400m:	5:26.44	41.93	800m:	10:55.31	40.45	1200m:	16:24.72	42.65			

EXH				10					20:09.88	436	I	
	50m:	32.44	32.44	450m:	5:54.36	40.19	850m:	11:19.87	41.09	1250m:	16:43.81	40.41
	100m:	1:23.66	51.22	500m:	6:34.54	40.18	900m:	12:00.72	40.85	1300m:	17:25.03	41.22
	150m:	1:53.25	29.59	550m:	7:15.00	40.46	950m:	12:41.07	40.35	1350m:	18:05.87	40.84
	200m:	2:33.29	40.04	600m:	7:55.45	40.45	1000m:	13:21.63	40.56	1400m:	18:45.01	39.14
	250m:	3:13.19	39.90	650m:	8:35.96	40.51	1050m:	14:01.53	39.90	1450m:	19:23.16	38.15
	300m:	3:53.29	40.10	700m:	9:17.06	41.10	1100m:	14:42.02	40.49	1500m:	20:09.88	46.72
	350m:	4:33.84	40.55	750m:	9:58.14	41.08	1150m:	15:22.66	40.64			
	400m:	5:14.17	40.33	800m:	10:38.78	40.64	1200m:	16:03.40	40.74			

12 , 1500m (15-16)

02.03.2021

: FINA 2020

1.				06					17:02.83	569		
	50m:	30.35	30.35	450m:	5:04.19	35.02	850m:	9:40.35	33.87	1250m:	14:15.40	31.22
	100m:	1:03.32	32.97	500m:	5:38.92	34.73	900m:	10:15.37	35.02	1300m:	14:49.34	33.94
	150m:	1:37.14	33.82	550m:	6:13.52	34.60	950m:	10:50.13	34.76	1350m:	15:23.48	34.14
	200m:	2:10.83	33.69	600m:	6:47.88	34.36	1000m:	11:24.92	34.79	1400m:	15:56.65	33.17
	250m:	2:45.56	34.73	650m:	7:22.57	34.69	1050m:	11:59.75	34.83	1450m:	16:29.73	33.08
	300m:	3:19.64	34.08	700m:	7:57.04	34.47	1100m:	12:34.37	34.62	1500m:	17:02.83	33.10
	350m:	3:54.94	35.30	750m:	8:31.60	34.56	1150m:	13:07.15	32.78			
	400m:	4:29.17	34.23	800m:	9:06.48	34.88	1200m:	13:44.18	37.03			

" (25)

"ALT-Timing"

, 02-04.03.2021

12, , 1500m , (15-16)

2. , 05 - - **17:16.48** 547
50m: 29.73 29.73 450m: 5:06.41 36.35 850m: 9:42.80 34.62 1250m: 14:23.40 35.06
100m: 1:02.93 33.20 500m: 5:39.41 33.00 900m: 10:17.72 34.92 1300m: 14:58.16 34.76
150m: 1:40.48 37.55 550m: 6:14.39 34.98 950m: 10:53.04 35.32 1350m: 15:33.56 35.40
200m: 2:10.65 30.17 600m: 6:48.39 34.00 1000m: 11:27.58 34.54 1400m: 16:08.46 34.90
250m: 2:45.10 34.45 650m: 7:23.40 35.01 1050m: 12:03.09 35.51 1450m: 16:43.39 34.93
300m: 3:19.27 34.17 700m: 7:58.46 35.06 1100m: 12:37.96 34.87 1500m: 17:16.48 33.09
350m: 3:56.24 36.97 750m: 8:33.28 34.82 1150m: 13:12.77 34.81
400m: 4:30.06 33.82 800m: 9:08.18 34.90 1200m: 13:48.34 35.57

3. , 06 **18:32.38** 443 II
50m: 31.25 31.25 450m: 5:24.82 36.76 850m: 10:23.46 37.97 1250m: 15:28.29 38.21
100m: 1:06.87 35.62 500m: 6:01.36 36.54 900m: 11:04.30 40.84 1300m: 16:03.93 35.64
150m: 1:43.91 37.04 550m: 6:38.75 37.39 950m: 11:39.96 35.66 1350m: 16:43.26 39.33
200m: 2:20.87 36.96 600m: 7:14.84 36.09 1000m: 12:18.67 38.71 1400m: 17:20.49 37.23
250m: 2:57.53 36.66 650m: 7:52.70 37.86 1050m: 12:56.42 37.75 1450m: 17:57.47 36.98
300m: 3:34.29 36.76 700m: 8:30.86 38.16 1100m: 13:34.17 37.75 1500m: 18:32.38 34.91
350m: 4:11.23 36.94 750m: 9:07.64 36.78 1150m: 14:11.50 37.33
400m: 4:48.06 36.83 800m: 9:45.49 37.85 1200m: 14:50.08 38.58

4. , 06 **19:49.03** 362 II
50m: 32.45 32.45 450m: 5:42.02 40.24 850m: 11:04.31 39.77 1250m: 16:31.39 40.67
100m: 1:09.59 37.14 500m: 6:22.47 40.45 900m: 11:45.73 41.42 1300m: 17:11.86 40.47
150m: 1:46.73 37.14 550m: 7:02.83 40.36 950m: 12:26.06 40.33 1350m: 17:52.39 40.53
200m: 2:24.22 37.49 600m: 7:43.42 40.59 1000m: 13:07.05 40.99 1400m: 18:32.40 40.01
250m: 3:02.85 38.63 650m: 8:23.77 40.35 1050m: 13:48.43 41.38 1450m: 19:11.66 39.26
300m: 3:41.80 38.95 700m: 9:03.26 39.49 1100m: 14:29.79 41.36 1500m: 19:49.03 37.37
350m: 4:21.86 40.06 750m: 9:43.69 40.43 1150m: 15:10.55 40.76
400m: 5:01.78 39.92 800m: 10:24.54 40.85 1200m: 15:50.72 40.17

EXH , 08 **18:13.14** 466 I
50m: 32.55 32.55 450m: 5:24.90 36.41 850m: 10:18.19 36.57 1250m: 15:14.53 36.84
100m: 1:08.38 35.83 500m: 6:01.39 36.49 900m: 10:55.26 37.07 1300m: 15:49.83 35.30
150m: 1:45.03 36.65 550m: 6:37.57 36.18 950m: 11:32.37 37.11 1350m: 16:26.40 36.57
200m: 2:21.64 36.61 600m: 7:14.09 36.52 1000m: 12:09.00 36.63 1400m: 17:03.33 36.93
250m: 2:58.69 37.05 650m: 7:50.80 36.71 1050m: 12:46.62 37.62 1450m: 17:39.50 36.17
300m: 3:35.56 36.87 700m: 8:27.60 36.80 1100m: 13:23.71 37.09 1500m: 18:13.14 33.64
350m: 4:11.81 36.25 750m: 9:04.67 37.07 1150m: 14:00.84 37.13
400m: 4:48.49 36.68 800m: 9:41.62 36.95 1200m: 14:37.69 36.85

38 , 4 x 50m 13 - 16
02.03.2021

: FINA 2020

1. 1 05 **1:58.21** 539
, 08 , 07
2. 2 06 **1:58.60** 534
, 07 , 08
3. 2 07 **2:03.41** 473
, 05 , 06

" (25)

"ALT-Timing"

, 02-04.03.2021

	38,	, 4 x 50m	, 13 - 16		
4.		2		2:05.48	450
	,		05		08
	,		07		05
5.		3		2:08.48	420
	,		06		08
	,		07		05
6.				2:08.52	419
	,		07		05
	,		06		07
7.		- -		2:08.93	415
	,		08		05
	,		06		08
8.	-4			2:09.13	413
	,		08		05
	,		05		08
9.				2:10.59	400
	,		06		08
	,		05		08
10.		1		2:10.71	398
	,		07		06
	,		05		08
11.		3		2:12.61	382
	,		08		08
	,		06		06
12.		2		2:14.12	369
	,		06		07
	,		06		08
13.	-4 2			2:20.54	320
	,		08		05
	,		06		08
14.				2:24.30	296
	,		08		06
	,		05		07
03.03.2021	13		, 50m		(13-14)

: FINA 2020

1.	,		08	33.61	445	II
2.	,		07	34.17	423	II
3.	,		07	35.56	376	II
4.	,		07	37.54	319	III
5.	,		08	39.39	276	III
6.	,		08	41.21	241	
7.	,		07	41.34	239	
DSQ	,		08			

" (25)

"ALT-Timing"

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, 02-04.03.2021

13, , 50m

EXH	,	06	33.94	432	II
EXH	,	07	35.62	374	II

14

, 50m

(15-16)

03.03.2021

: FINA 2020

1.	,	05	27.51	526	
2.	,	06	28.02	498	I
3.	,	06	28.79	459	I
4.	,	05	31.48	351	II
5.	,	05	31.81	340	II
6.	,	06	32.28	326	III
7.	,	05	33.95	280	III
8.	,	05	35.91	236	
DSQ	,	06			
EXH	,	05	27.55	524	
EXH	,	05	29.06	447	I
EXH	,	08	31.60	347	II
EXH	,	06	32.33	324	III

16

, 50m

(13-14)

03.03.2021

: FINA 2020

1.	,	07	27.70	567	I
2.	,	08	29.71	459	II
3.	,	07	29.91	450	II
4.	,	07	30.59	421	II
5.	,	07	30.78	413	III
6.	,	08	31.12	400	III
7.	,	07	31.51	385	III
8.	,	07	31.68	379	III
9.	,	08	31.84	373	III
10.	,	08	32.56	349	III
11.	,	08	33.95	308	
12.	,	08	34.94	282	
13.	,	07	37.06	236	
14.	,	08	40.10	186	
EXH	,	07	31.10	400	III
EXH	,	07	31.65	380	III
EXH	,	07	32.82	341	

" (25)

"ALT-Timing"

" " , 02-04.03.2021

03.03.2021 17 , 50m (15-16)

: FINA 2020

1.	,	05			25.13	522	II
2.	,	05			25.99	472	II
3.	,	06			26.19	461	II
4.	,	05			26.52	444	II
5.	,	05			26.78	431	II
6.	,	05			26.96	423	II
7.	,	06			27.10	416	III
8.	,	05			27.46	400	III
9.	,	05			27.55	396	III
10.	,	06	-	-	28.08	374	III
11.	,	06			28.15	371	III
12.	,	06	-	-	28.27	366	III
13.	,	05			28.34	364	III
14.	,	06	-	-	28.36	363	III
	,	05			28.36	363	III
16.	,	06			28.39	362	III
17.	,	06			28.61	354	III
18.	,	05			28.74	349	III
19.	,	06			29.59	320	
20.	,	05			30.11	303	
21.	,	06			30.21	300	
22.	,	06			30.88	281	
EXH	,	05			26.27	457	II
EXH	,	08			27.75	388	III
EXH	,	08			29.60	319	
EXH	,	08			30.73	285	

03.03.2021 37 , 100m (13-14)

: FINA 2020

1.				07				1:09.73	480	I
	50m:	31.37	31.37	100m:	1:09.73	38.36				
2.				07				1:18.65	334	II
	50m:	35.35	35.35	100m:	1:18.65	43.30				
3.				08				1:25.61	259	III
	50m:	39.01	39.01	100m:	1:25.61	46.60				

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, 02-04.03.2021

03.03.2021 18 , 100m (15-16)

: FINA 2020

1.				05						1:02.54	454	II
	50m:	29.48	29.48	100m:	1:02.54	33.06						
2.				05						1:03.98	424	II
	50m:	29.28	29.28	100m:	1:03.98	34.70	-	-				
3.				05						1:07.98	353	II
	50m:	29.67	29.67	100m:	1:07.98	38.31	-	-				
4.				05						1:08.69	342	II
	50m:	30.76	30.76	100m:	1:08.69	37.93						
5.				06						1:09.93	325	II
	50m:	31.24	31.24	100m:	1:09.93	38.69						
6.				06						1:12.67	289	III
	50m:	32.61	32.61	100m:	1:12.67	40.06						
7.				06						1:13.19	283	III
	50m:	34.57	34.57	100m:	1:13.19	38.62						
8.				06						1:14.11	273	III
	50m:	32.97	32.97	100m:	1:14.11	41.14						
EXH				05						1:03.95	424	II
	50m:	30.07	30.07	100m:	1:03.95	33.88						
EXH				08						1:17.99	234	III
	50m:	34.94	34.94	100m:	1:17.99	43.05						

03.03.2021 19 , 400m (13-14)

: FINA 2020

1.				08							5:22.38	518	I
	50m:	35.39	35.39	150m:	1:59.53	41.97	250m:	3:24.21	42.97	350m:	4:46.53	38.87	
	100m:	1:17.56	42.17	200m:	2:41.24	41.71	300m:	4:07.66	43.45	400m:	5:22.38	35.85	
2.				08							5:31.25	477	I
	50m:	35.44	35.44	150m:	1:59.76	42.99	250m:	3:27.44	45.94	350m:	4:53.72	39.28	
	100m:	1:16.77	41.33	200m:	2:41.50	41.74	300m:	4:14.44	47.00	400m:	5:31.25	37.53	
3.				08							5:33.56	467	I
	50m:	34.52	34.52	150m:	1:57.81	42.54	250m:	3:26.70	47.69	350m:	4:55.27	39.36	
	100m:	1:15.27	40.75	200m:	2:39.01	41.20	300m:	4:15.91	49.21	400m:	5:33.56	38.29	
4.				08							5:34.38	464	I
	50m:	35.30	35.30	150m:	2:00.03	42.31	250m:	3:26.74	47.71	350m:	4:54.35	40.10	
	100m:	1:17.72	42.42	200m:	2:39.03	39.00	300m:	4:14.25	47.51	400m:	5:34.38	40.03	
5.				08							5:47.11	415	II
	50m:	38.80	38.80	150m:	2:08.83	42.51	250m:	3:33.33	52.14	350m:	5:08.74	40.43	
	100m:	1:26.32	47.52	200m:	2:41.19	32.36	300m:	4:28.31	54.98	400m:	5:47.11	38.37	

" (25)

"ALT-Timing"

, 02-04.03.2021

19, , 400m

EXH				09					5:41.32	436	II
50m:	37.63	37.63	150m:	2:01.52	42.08	250m:	3:32.50	50.07	350m:	5:02.62	39.31
100m:	1:19.44	41.81	200m:	2:42.43	40.91	300m:	4:23.31	50.81	400m:	5:41.32	38.70

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, 400m

(15-16)

03.03.2021

: FINA 2020

1.				05					4:37.57	605	
50m:	29.04	29.04	150m:	1:37.34	34.13	250m:	2:50.34	40.21	350m:	4:05.26	33.10
100m:	1:03.21	34.17	200m:	2:10.13	32.79	300m:	3:32.16	41.82	400m:	4:37.57	32.31
2.				06					4:43.28	569	
50m:	30.47	30.47	150m:	1:42.08	35.96	250m:	2:58.47	41.19	350m:	4:12.14	32.87
100m:	1:06.12	35.65	200m:	2:17.28	35.20	300m:	3:39.27	40.80	400m:	4:43.28	31.14
3.				06					4:43.79	566	
50m:	31.87	31.87	150m:	1:43.25	36.20	250m:	2:59.37	41.22	350m:	4:13.48	32.49
100m:	1:07.05	35.18	200m:	2:18.15	34.90	300m:	3:40.99	41.62	400m:	4:43.79	30.31
4.				06					5:18.47	400	II
50m:	37.73	37.73	150m:	1:50.67	41.32	250m:	3:18.64	47.77	350m:	4:42.68	36.81
100m:	1:09.35	31.62	200m:	2:30.87	40.20	300m:	4:05.87	47.23	400m:	5:18.47	35.79
5.				06					5:35.80	341	II
50m:	33.89	33.89	150m:	1:57.19	42.53	250m:	3:27.20	48.23	350m:	4:56.98	40.21
100m:	1:14.66	40.77	200m:	2:38.97	41.78	300m:	4:16.77	49.57	400m:	5:35.80	38.82
DSQ				06					4:44.39		
50m:	30.23	30.23	150m:	1:40.78	35.15	250m:	2:58.00	41.43	350m:	4:13.02	32.81
100m:	1:05.63	35.40	200m:	2:16.57	35.79	300m:	3:40.21	42.21	400m:	4:44.39	31.37
EXH				07					5:01.56	472	I
50m:	31.47	31.47	150m:	1:48.12	39.78	250m:	3:10.16	42.38	350m:	4:28.25	35.47
100m:	1:08.34	36.87	200m:	2:27.78	39.66	300m:	3:52.78	42.62	400m:	5:01.56	33.31
EXH				08					5:58.56	280	III
50m:	37.87	37.87	150m:	2:08.49	46.99	250m:	3:46.98	52.33	350m:	5:19.36	40.10
100m:	1:21.50	43.63	200m:	2:54.65	46.16	300m:	4:39.26	52.28	400m:	5:58.56	39.20

21

, 200m

(13-14)

03.03.2021

: FINA 2020

1.				07					2:44.02	552	
50m:	39.00	39.00	100m:	1:21.28	42.28	150m:	2:02.43	41.15	200m:	2:44.02	41.59
2.				08					2:45.70	535	I
50m:	37.40	37.40	100m:	1:19.79	42.39	150m:	2:02.49	42.70	200m:	2:45.70	43.21
3.				08					3:00.03	417	II
50m:	41.86	41.86	100m:	1:28.39	46.53	150m:	2:14.67	46.28	200m:	3:00.03	45.36
4.				08			-	-	3:00.64	413	II
50m:	40.04	40.04	100m:	1:25.92	45.88	150m:	2:12.74	46.82	200m:	3:00.64	47.90

" (25)

"ALT-Timing"

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, 02-04.03.2021

21, , 200m , (13-14)

5.				08						3:04.70	386	II
50m:	41.77	41.77	100m:	1:25.21	43.44	150m:	2:17.74	52.53	200m:	3:04.70	46.96	
6.				08						3:14.89	329	II
50m:	42.82	42.82	100m:	1:31.13	48.31	150m:	2:22.08	50.95	200m:	3:14.89	52.81	
7.				08			-	-		3:18.12	313	III
50m:	42.63	42.63	100m:	1:32.30	49.67	150m:	2:24.80	52.50	200m:	3:18.12	53.32	
8.				07						3:21.14	299	III
50m:	45.26	45.26	100m:	1:35.88	50.62	150m:	2:28.39	52.51	200m:	3:21.14	52.75	
9.				08			-4			3:26.55	276	III
50m:	45.52	45.52	100m:	1:38.35	52.83	150m:	2:32.79	54.44	200m:	3:26.55	53.76	
10.				07						3:26.64	276	III
50m:	46.16	46.16	100m:	1:39.27	53.11	150m:	2:32.65	53.38	200m:	3:26.64	53.99	

22

, 200m

(15-16)

03.03.2021

: FINA 2020

1.				05						2:30.25	511	I
50m:	34.38	34.38	100m:	1:12.02	37.64	150m:	1:50.97	38.95	200m:	2:30.25	39.28	
2.				05						2:36.45	453	I
50m:	34.79	34.79	100m:	1:13.86	39.07	150m:	1:54.18	40.32	200m:	2:36.45	42.27	
3.				06			-	-		2:42.55	403	II
50m:	36.19	36.19	100m:	1:16.73	40.54	150m:	1:59.46	42.73	200m:	2:42.55	43.09	
4.				06						2:50.05	352	II
50m:	38.65	38.65	100m:	1:22.98	44.33	150m:	2:07.39	44.41	200m:	2:50.05	42.66	
5.				06						2:52.80	336	II
50m:	37.97	37.97	100m:	1:21.66	43.69	150m:	2:08.32	46.66	200m:	2:52.80	44.48	
6.				05						2:55.34	321	II
50m:	38.20	38.20	100m:	1:22.85	44.65	150m:	2:09.65	46.80	200m:	2:55.34	45.69	
7.				05						2:55.95	318	II
50m:	37.12	37.12	100m:	1:21.39	44.27	150m:	2:08.14	46.75	200m:	2:55.95	47.81	
8.				06			-4			2:57.07	312	III
50m:	38.72	38.72	100m:	1:22.36	43.64	150m:	2:08.94	46.58	200m:	2:57.07	48.13	
9.				06			-	-		3:00.99	292	III
50m:	35.75	35.75	100m:	1:20.46	44.71	150m:	2:09.16	48.70	200m:	3:00.99	51.83	
EXH				06						2:57.69	309	III
50m:	39.51	39.51	100m:	1:25.29	45.78	150m:	2:11.92	46.63	200m:	2:57.69	45.77	

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" (25)

"ALT-Timing"

, 02-04.03.2021

03.03.2021 23 , 400m (13-14)

: FINA 2020

1.			07						4:41.12	576	I	
	50m:	30.53	30.53	150m:	1:41.19	36.02	250m:	2:53.40	36.04	350m:	4:06.46	37.33
	100m:	1:05.17	34.64	200m:	2:17.36	36.17	300m:	3:29.13	35.73	400m:	4:41.12	34.66
2.			08							4:59.11	478	II
	50m:	33.24	33.24	150m:	1:48.60	38.19	250m:	3:05.83	38.69	350m:	4:22.07	38.12
	100m:	1:10.41	37.17	200m:	2:27.14	38.54	300m:	3:43.95	38.12	400m:	4:59.11	37.04
3.			07							4:59.38	477	II
	50m:	32.65	32.65	150m:	1:45.42	36.98	250m:	3:01.64	38.52	350m:	4:20.86	39.83
	100m:	1:08.44	35.79	200m:	2:23.12	37.70	300m:	3:41.03	39.39	400m:	4:59.38	38.52
4.			07							5:01.11	468	II
	50m:	32.93	32.93	150m:	1:48.28	38.29	250m:	3:05.48	38.37	350m:	4:22.37	38.12
	100m:	1:09.99	37.06	200m:	2:27.11	38.83	300m:	3:44.25	38.77	400m:	5:01.11	38.74
5.			08							5:03.41	458	II
	50m:	32.82	32.82	150m:	1:48.82	39.03	250m:	3:08.02	39.64	350m:	4:26.48	38.40
	100m:	1:09.79	36.97	200m:	2:28.38	39.56	300m:	3:48.08	40.06	400m:	5:03.41	36.93
6.			08							5:26.02	369	II
	50m:	36.30	36.30	150m:	1:57.95	41.39	250m:	3:27.74	48.40	350m:	4:45.59	42.28
	100m:	1:16.56	40.26	200m:	2:39.34	41.39	300m:	4:03.31	35.57	400m:	5:26.02	40.43
7.			08				-	-		5:26.63	367	II
	50m:	36.56	36.56	150m:	1:58.37	41.38	250m:	3:21.87	42.03	350m:	4:46.10	42.15
	100m:	1:16.99	40.43	200m:	2:39.84	41.47	300m:	4:03.95	42.08	400m:	5:26.63	40.53
EXH			08							4:48.25	534	I
	50m:	31.73	31.73	150m:	1:44.24	37.09	250m:	2:58.77	37.17	350m:	4:12.60	36.68
	100m:	1:07.15	35.42	200m:	2:21.60	37.36	300m:	3:35.92	37.15	400m:	4:48.25	35.65

03.03.2021 24 , 400m (15-16)

: FINA 2020

1.			06							4:19.17	549	I
	50m:	28.96	28.96	150m:	1:33.35	32.11	250m:	2:40.17	32.55	350m:	3:46.71	33.77
	100m:	1:01.24	32.28	200m:	2:07.62	34.27	300m:	3:12.94	32.77	400m:	4:19.17	32.46
2.			05				-	-		4:20.57	540	I
	50m:	28.95	28.95	150m:	1:33.30	32.58	250m:	2:40.30	33.62	350m:	3:48.69	34.55
	100m:	1:00.72	31.77	200m:	2:06.68	33.38	300m:	3:14.14	33.84	400m:	4:20.57	31.88
3.			06							4:35.88	455	II
	50m:	29.83	29.83	150m:	1:37.29	34.02	250m:	2:47.00	34.06	350m:	4:00.26	36.63
	100m:	1:03.27	33.44	200m:	2:12.94	35.65	300m:	3:23.63	36.63	400m:	4:35.88	35.62
4.			06							4:39.46	438	II
	50m:	31.15	31.15	150m:	1:42.37	36.25	250m:	2:54.40	36.57	350m:	4:05.95	35.36
	100m:	1:06.12	34.97	200m:	2:17.83	35.46	300m:	3:30.59	36.19	400m:	4:39.46	33.51
5.			06							4:48.36	398	II
	50m:	31.74	31.74	150m:	1:43.44	36.90	250m:	2:58.89	37.74	350m:	4:13.29	37.18
	100m:	1:06.54	34.80	200m:	2:21.15	37.71	300m:	3:36.11	37.22	400m:	4:48.36	35.07

" (25)

"ALT-Timing"

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, 02-04.03.2021

24,		, 400m				(15-16)					
6.				05	-	-		4:52.37	382 II		
50m:	31.01	31.01	150m:	1:42.94	36.76	250m:	2:59.06	37.98	350m:	4:15.89	38.40
100m:	1:06.18	35.17	200m:	2:21.08	38.14	300m:	3:37.49	38.43	400m:	4:52.37	36.48
EXH				06					4:10.53	608	
50m:	27.86	27.86	150m:	1:31.28	31.99	250m:	2:35.48	32.03	350m:	3:39.67	31.90
100m:	59.29	31.43	200m:	2:03.45	32.17	300m:	3:07.77	32.29	400m:	4:10.53	30.86
EXH				05					4:11.24	602	
50m:	28.67	28.67	150m:	1:31.50	31.73	250m:	2:35.95	32.22	350m:	3:41.20	32.46
100m:	59.77	31.10	200m:	2:03.73	32.23	300m:	3:08.74	32.79	400m:	4:11.24	30.04
EXH				07					4:26.13	507 I	
50m:	29.50	29.50	150m:	1:36.36	33.72	250m:	2:44.85	34.40	350m:	3:53.46	34.08
100m:	1:02.64	33.14	200m:	2:10.45	34.09	300m:	3:19.38	34.53	400m:	4:26.13	32.67
EXH				08					4:42.94	422 II	
50m:	32.44	32.44	150m:	1:43.44	35.86	250m:	2:56.09	36.15	350m:	4:08.12	35.87
100m:	1:07.58	35.14	200m:	2:19.94	36.50	300m:	3:32.25	36.16	400m:	4:42.94	34.82
EXH				08					4:44.52	415 II	
50m:	31.03	31.03	150m:	1:43.26	36.60	250m:	2:55.95	36.35	350m:	4:09.53	36.79
100m:	1:06.66	35.63	200m:	2:19.60	36.34	300m:	3:32.74	36.79	400m:	4:44.52	34.99
EXH				08					4:53.16	379 II	
50m:	32.92	32.92	150m:	1:47.25	37.71	250m:	3:02.06	36.37	350m:	4:17.02	37.12
100m:	1:09.54	36.62	200m:	2:25.69	38.44	300m:	3:39.90	37.84	400m:	4:53.16	36.14

39 , 4 x 100m (13-14)
03.03.2021

: FINA 2020

1.			08			07	4:11.79	551
			07			07		
2.			07			08	4:21.52	492
			07			08		
3.	2		08			07	4:26.27	466
			08			08		
4.	2		08			07	4:27.11	462
			07			07		
5.	-	-	08			07	4:35.69	420
			08			08		
6.	1		07			07	4:46.84	373
			08			08		

" (25)

"ALT-Timing"

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, 02-04.03.2021

03.03.2021 40 , 4 x 100m (15-16)

: FINA 2020

1.						3:39.97	576
	,		05	,		05	
	,		05	,		06	
2.						3:47.46	521
	,		05	,		05	
	,		06	,		06	
3.		- -			- -	3:51.20	496
	,		05	,		05	
	,		05	,		05	
4.		2				3:53.19	483
	,		06	,		06	
	,		05	,		06	
5.		1				3:54.80	473
	,		06	,		05	
	,		05	,		05	
6.						4:05.79	412
	,		05	,		06	
	,		05	,		05	
7.						4:13.55	376
	,		05	,		06	
	,		06	,		06	
8.		2				4:19.24	351
	,		05	,		06	
	,		06	,		06	

04.03.2021 25 , 50m (13-14)

: FINA 2020

1.			08			35.25	330	III
2.			08			37.42	276	
3.			08			41.21	207	
EXH			07			32.92	406	II
EXH			08			33.91	371	III

" (25)

"ALT-Timing"

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, 02-04.03.2021

04.03.2021 26 , 50m (15-16)

: FINA 2020

1.	,	06			27.75	481	II
2.	,	05	-	-	29.12	416	II
3.	,	06			30.56	360	III
4.	,	06			30.60	359	III
5.	,	05			37.97	187	
EXH	,	05			27.30	505	II
EXH	,	05			28.07	465	II
EXH	,	08			29.57	397	II
EXH	,	08			30.74	354	III
EXH	,	08			32.82	291	III
EXH	,	08			33.03	285	III

04.03.2021 27 , 100m (13-14)

: FINA 2020

1.	50m:	29.24	29.24	100m:	1:02.61	33.37	1:02.61	516	I
2.	50m:	30.49	30.49	100m:	1:03.56	33.07	1:03.56	494	I
3.	50m:	30.70	30.70	100m:	1:04.66	33.96	1:04.66	469	II
4.	50m:	31.29	31.29	100m:	1:05.28	33.99	1:05.28	456	II
5.	50m:	31.66	31.66	100m:	1:06.43	34.77	1:06.43	432	II
6.	50m:	30.84	30.84	100m:	1:07.77	36.93	1:07.77	407	II
7.	50m:	32.26	32.26	100m:	1:09.19	36.93	1:09.19	383	II
8.	50m:	33.65	33.65	100m:	1:10.91	37.26	1:10.91	355	II
9.	50m:	33.88	33.88	100m:	1:11.36	37.48	1:11.36	349	II
10.	50m:	36.21	36.21	100m:	1:17.96	41.75	1:17.96	267	III
11.	50m:	40.86	40.86	100m:	1:29.48	48.62	1:29.48	177	

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" (25)

"ALT-Timing"

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, 02-04.03.2021

27,		, 100m					
EXH				08		1:00.61	569 I
50m:	28.86	28.86	100m:	1:00.61	31.75		
EXH				07		1:07.23	417 II
50m:	31.73	31.73	100m:	1:07.23	35.50		
EXH				07		1:10.19	366 II
50m:	33.35	33.35	100m:	1:10.19	36.84		
28				, 100m		(15-16)	
04.03.2021							

: FINA 2020

1.				05		53.68	586
50m:	25.98	25.98	100m:	53.68	27.70		
2.				05		55.16	540 I
50m:	26.31	26.31	100m:	55.16	28.85		
3.				05		56.32	508 I
50m:	27.04	27.04	100m:	56.32	29.28		
4.				05		56.47	504 I
50m:	26.76	26.76	100m:	56.47	29.71		
5.				05	- -	56.56	501 I
50m:	27.10	27.10	100m:	56.56	29.46		
6.				05		57.41	479 II
50m:	27.36	27.36	100m:	57.41	30.05		
7.				05	- -	57.69	472 II
50m:	27.31	27.31	100m:	57.69	30.38		
8.				06		57.80	470 II
50m:	27.12	27.12	100m:	57.80	30.68		
9.				05		58.90	444 II
50m:	27.88	27.88	100m:	58.90	31.02		
10.				05		59.20	437 II
50m:	27.72	27.72	100m:	59.20	31.48		
11.				05	- -	59.51	430 II
50m:	27.96	27.96	100m:	59.51	31.55		
12.				06		59.93	421 II
50m:	28.95	28.95	100m:	59.93	30.98		
13.				05		59.96	421 II
50m:	28.44	28.44	100m:	59.96	31.52		
14.				05		1:00.46	410 II
50m:	28.23	28.23	100m:	1:00.46	32.23		
15.				06		1:00.85	402 II
50m:	28.24	28.24	100m:	1:00.85	32.61		
16.				05	- -	1:01.14	397 II
50m:	28.68	28.68	100m:	1:01.14	32.46		

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" (25)

"ALT-Timing"

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, 02-04.03.2021

28,		, 100m				(15-16)			
17.				05				1:01.49	390 II
50m:	28.07	28.07	100m:	1:01.49	33.42				
				06		-	-	1:01.49	390 II
50m:	29.61	29.61	100m:	1:01.49	31.88				
				06				1:01.49	390 II
50m:	28.44	28.44	100m:	1:01.49	33.05				
20.				06				1:01.74	385 II
50m:	28.89	28.89	100m:	1:01.74	32.85				
21.				06				1:01.99	381 II
50m:	29.20	29.20	100m:	1:01.99	32.79				
22.				06				1:03.14	360 II
50m:	29.79	29.79	100m:	1:03.14	33.35				
23.				06				1:03.17	360 II
50m:	29.01	29.01	100m:	1:03.17	34.16				
24.				05				1:03.95	347 III
50m:	29.95	29.95	100m:	1:03.95	34.00				
25.				06		-	-	1:04.37	340 III
50m:	29.04	29.04	100m:	1:04.37	35.33				
26.				05				1:04.38	340 III
50m:	28.91	28.91	100m:	1:04.38	35.47				
27.				05				1:05.75	319 III
50m:	29.75	29.75	100m:	1:05.75	36.00				
28.				06				1:06.01	315 III
50m:	30.83	30.83	100m:	1:06.01	35.18				
29.				06				1:07.03	301 III
50m:	31.38	31.38	100m:	1:07.03	35.65				
EXH				07				59.57	429 II
50m:	28.04	28.04	100m:	59.57	31.53				

29 , 100m (13-14)
04.03.2021

: FINA 2020

1.				07				1:12.20	644
50m:	34.33	34.33	100m:	1:12.20	37.87				
2.				07				1:19.39	484 I
50m:	37.43	37.43	100m:	1:19.39	41.96				
3.				08		-	-	1:24.88	396 II
50m:	39.73	39.73	100m:	1:24.88	45.15				
4.				08				1:25.12	393 II
50m:	39.77	39.77	100m:	1:25.12	45.35				

" (25)

"ALT-Timing"

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, 02-04.03.2021

29,		, 100m				(13-14)			
5.	,			08	-	-		1:27.46	362 II
50m:	40.93	40.93	100m:	1:27.46	46.53				
6.	,			08	-	-		1:29.73	335 II
7.	,			07				1:31.62	315 III
50m:	42.09	42.09	100m:	1:31.62	49.53				
8.	,			07				1:42.70	223
50m:	48.24	48.24	100m:	1:42.70	54.46				
9.	,			08	.	.		1:49.58	184
50m:	52.50	52.50	100m:	1:49.58	57.08				
EXH	,			08				1:17.36	523 I
50m:	36.30	36.30	100m:	1:17.36	41.06				
30		, 100m				(15-16)			

04.03.2021

: FINA 2020

1.	,			05				1:11.34	473 I
50m:	32.21	32.21	100m:	1:11.34	39.13				
2.	,			05				1:13.57	431 II
50m:	34.05	34.05	100m:	1:13.57	39.52				
3.	,			06	-	-		1:15.87	393 II
50m:	35.66	35.66	100m:	1:15.87	40.21				
4.	,			06				1:16.53	383 II
50m:	35.41	35.41	100m:	1:16.53	41.12				
5.	,			06				1:16.82	379 II
50m:	35.13	35.13	100m:	1:16.82	41.69				
6.	,			06	-	-		1:18.64	353 II
50m:	34.79	34.79	100m:	1:18.64	43.85				
7.	,			05				1:18.65	353 II
50m:	36.57	36.57	100m:	1:18.65	42.08				
8.	,			06	-	-		1:18.69	352 II
50m:	38.30	38.30	100m:	1:18.69	40.39				
9.	,			06	-4			1:22.06	311 III
50m:	38.12	38.12	100m:	1:22.06	43.94				

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" (25)

"ALT-Timing"

, 02-04.03.2021

04.03.2021 31 , 200m (13-14)

: FINA 2020

1.				07						2:34.29	492	I
	50m:	33.56	33.56	100m:	1:12.39	38.83	150m:	1:56.21	43.82	200m:	2:34.29	38.08
2.				08						2:34.39	491	I
	50m:	35.21	35.21	100m:	1:16.97	41.76	150m:	1:59.56	42.59	200m:	2:34.39	34.83
3.				07						2:37.82	460	I
	50m:	35.77	35.77	100m:	1:18.91	43.14	150m:	2:00.51	41.60	200m:	2:37.82	37.31
4.				08						2:39.48	446	I
	50m:	35.33	35.33	100m:	1:17.27	41.94	150m:	2:02.63	45.36	200m:	2:39.48	36.85
5.				08			-	-		2:39.57	445	I
	50m:	34.21	34.21	100m:	1:15.02	40.81	150m:	2:01.99	46.97	200m:	2:39.57	37.58
6.				08						2:45.29	400	II
	50m:	36.29	36.29	100m:	1:18.09	41.80	150m:	2:05.98	47.89	200m:	2:45.29	39.31
7.				08						2:59.63	312	II
	50m:	41.98	41.98	100m:	1:28.61	46.63	150m:	2:19.86	51.25	200m:	2:59.63	39.77
8.				08						3:01.78	301	III
	50m:	37.16	37.16	100m:	1:23.27	46.11	150m:	2:19.96	56.69	200m:	3:01.78	41.82
9.				08			-4			3:12.83	252	III
	50m:	43.44	43.44	100m:	1:32.85	49.41	150m:	2:27.73	54.88	200m:	3:12.83	45.10
10.				07						3:15.86	240	III
	50m:	42.21	42.21	100m:	1:32.85	50.64	150m:	2:29.84	56.99	200m:	3:15.86	46.02

04.03.2021 32 , 200m (15-16)

: FINA 2020

1.				06						2:20.89	471	I
	50m:	28.47	28.47	100m:	1:03.78	35.31	150m:	1:47.30	43.52	200m:	2:20.89	33.59
2.				05						2:33.13	366	II
	50m:	37.39	37.39	100m:	1:10.61	33.22	150m:	1:54.39	43.78	200m:	2:33.13	38.74
3.				05			-	-		2:40.92	316	II
	50m:	32.57	32.57	100m:	1:17.83	45.26	150m:	2:03.71	45.88	200m:	2:40.92	37.21
4.				05						2:44.75	294	III
	50m:	33.63	33.63	100m:	1:14.85	41.22	150m:	2:02.06	47.21	200m:	2:44.75	42.69
5.				05						2:52.18	258	III
	50m:	33.48	33.48	100m:	1:16.47	42.99	150m:	2:08.46	51.99	200m:	2:52.18	43.72
EXH				06						2:16.99	512	I
	50m:	29.58	29.58	100m:	1:03.49	33.91	150m:	1:44.91	41.42	200m:	2:16.99	32.08
EXH				06						2:30.56	386	II
	50m:	32.14	32.14	100m:	1:11.37	39.23	150m:	1:57.37	46.00	200m:	2:30.56	33.19

" (25)

"ALT-Timing"

, 02-04.03.2021

32, , 200m

EXH , 08 **2:44.46** 296 III
50m: 36.13 36.13 100m: 1:16.43 40.30 150m: 2:07.24 50.81 200m: 2:44.46 37.22

33

, 200m

(13-14)

04.03.2021

: FINA 2020

1. , 07 **2:25.25** 553
50m: 33.13 33.13 100m: 1:08.86 35.73 150m: 1:47.35 38.49 200m: 2:25.25 37.90

2. , 08 **2:34.24** 461 I
50m: 33.82 33.82 100m: 1:12.96 39.14 150m: 1:54.95 41.99 200m: 2:34.24 39.29

3. , 08 **2:35.92** 447 II
50m: 36.57 36.57 100m: 1:15.57 39.00 150m: 1:55.82 40.25 200m: 2:35.92 40.10

4. , 07 **2:39.41** 418 II
50m: 35.56 35.56 100m: 1:16.34 40.78 150m: 1:58.66 42.32 200m: 2:39.41 40.75

5. , 08 **2:41.40** 403 II
50m: 37.62 37.62 100m: 1:18.07 40.45 150m: 1:59.90 41.83 200m: 2:41.40 41.50

6. , 07 **2:52.47** 330 II
50m: 37.41 37.41 100m: 1:19.89 42.48 150m: 2:06.11 46.22 200m: 2:52.47 46.36

7. , 07 **2:53.24** 325 II
50m: 40.79 40.79 100m: 1:25.86 45.07 150m: 2:10.61 44.75 200m: 2:53.24 42.63

8. , 08 **3:14.01** 232 III
50m: 42.20 42.20 100m: 1:30.14 47.94 150m: 2:20.62 50.48 200m: 3:14.01 53.39

EXH , 06 **2:35.06** 454 I
50m: 35.17 35.17 100m: 1:14.01 38.84 150m: 1:54.76 40.75 200m: 2:35.06 40.30

34

, 200m

(15-16)

04.03.2021

: FINA 2020

1. , 06 **2:07.31** 571
50m: 30.54 30.54 100m: 1:03.83 33.29 150m: 1:36.05 32.22 200m: 2:07.31 31.26

2. , 05 **2:09.84** 538
50m: 30.30 30.30 100m: 1:03.31 33.01 150m: 1:36.12 32.81 200m: 2:09.84 33.72

3. , 06 **2:12.00** 512
50m: 31.22 31.22 100m: 1:05.56 34.34 150m: 1:39.06 33.50 200m: 2:12.00 32.94

4. , 05 **2:28.24** 361 II
50m: 33.99 33.99 100m: 1:11.54 37.55 150m: 1:50.02 38.48 200m: 2:28.24 38.22

5. , 06 **2:35.13** 315 II
50m: 36.90 36.90 100m: 1:15.62 38.72 150m: 1:55.71 40.09 200m: 2:35.13 39.42

6. , 06 **2:39.65** 289 III
50m: 37.79 37.79 100m: 1:18.77 40.98 150m: 2:00.01 41.24 200m: 2:39.65 39.64

" (25)

"ALT-Timing"

, 02-04.03.2021

04.03.2021 36 , 800m (15-16)

: FINA 2020

1.			06							8:50.31	584	I
	50m:	29.63	29.63	250m:	2:43.15	33.59	450m:	4:58.75	33.46	650m:	7:11.64	33.06
	100m:	1:02.59	32.96	300m:	3:17.32	34.17	500m:	5:31.54	32.79	700m:	7:44.75	33.11
	150m:	1:35.96	33.37	350m:	3:51.19	33.87	550m:	6:05.19	33.65	750m:	8:18.22	33.47
	200m:	2:09.56	33.60	400m:	4:25.29	34.10	600m:	6:38.58	33.39	800m:	8:50.31	32.09
2.			06							9:03.34	543	I
	50m:	29.72	29.72	250m:	2:42.83	33.80	450m:	4:59.65	34.11	650m:	7:18.67	35.70
	100m:	1:02.27	32.55	300m:	3:17.09	34.26	500m:	5:33.87	34.22	700m:	7:53.70	35.03
	150m:	1:35.34	33.07	350m:	3:51.30	34.21	550m:	6:09.23	35.36	750m:	8:29.85	36.15
	200m:	2:09.03	33.69	400m:	4:25.54	34.24	600m:	6:42.97	33.74	800m:	9:03.34	33.49
3.			05				-	-		9:03.79	542	I
	50m:	30.16	30.16	250m:	2:45.25	34.24	450m:	5:03.85	34.15	650m:	7:23.09	35.05
	100m:	1:02.72	32.56	300m:	3:19.57	34.32	500m:	5:38.73	34.88	700m:	7:57.36	34.27
	150m:	1:36.89	34.17	350m:	3:54.35	34.78	550m:	6:13.80	35.07	750m:	8:31.71	34.35
	200m:	2:11.01	34.12	400m:	4:29.70	35.35	600m:	6:48.04	34.24	800m:	9:03.79	32.08
4.			06							9:42.13	441	II
	50m:	31.84	31.84	250m:	3:00.08	37.61	450m:	5:29.00	36.98	650m:	7:56.47	36.89
	100m:	1:08.19	36.35	300m:	3:37.63	37.55	500m:	6:05.89	36.89	700m:	8:32.86	36.39
	150m:	1:45.28	37.09	350m:	4:14.93	37.30	550m:	6:42.96	37.07	750m:	9:08.44	35.58
	200m:	2:22.47	37.19	400m:	4:52.02	37.09	600m:	7:19.58	36.62	800m:	9:42.13	33.69
5.			05				-	-		9:54.94	414	II
	50m:	36.66	36.66	250m:	2:55.89	37.19	450m:	5:27.70	39.55	650m:	8:00.72	38.32
	100m:	1:05.52	28.86	300m:	3:33.45	37.56	500m:	6:05.57	37.87	700m:	8:38.79	38.07
	150m:	1:47.80	42.28	350m:	4:11.50	38.05	550m:	6:43.48	37.91	750m:	9:17.11	38.32
	200m:	2:18.70	30.90	400m:	4:48.15	36.65	600m:	7:22.40	38.92	800m:	9:54.94	37.83
6.			06							9:58.10	407	II
	50m:	32.68	32.68	250m:	3:02.31	37.46	450m:	5:35.19	38.73	650m:	8:07.64	37.13
	100m:	1:08.81	36.13	300m:	3:40.21	37.90	500m:	6:13.59	38.40	700m:	8:45.34	37.70
	150m:	1:46.69	37.88	350m:	4:18.49	38.28	550m:	6:52.62	39.03	750m:	9:22.30	36.96
	200m:	2:24.85	38.16	400m:	4:56.46	37.97	600m:	7:30.51	37.89	800m:	9:58.10	35.80
7.			06							10:08.02	387	II
	50m:	33.91	33.91	250m:	3:08.47	38.45	450m:	5:43.22	38.35	650m:	8:17.69	38.20
	100m:	1:12.07	38.16	300m:	3:46.99	38.52	500m:	6:21.94	38.72	700m:	8:55.87	38.18
	150m:	1:51.11	39.04	350m:	4:26.02	39.03	550m:	7:01.04	39.10	750m:	9:33.41	37.54
	200m:	2:30.02	38.91	400m:	5:04.87	38.85	600m:	7:39.49	38.45	800m:	10:08.02	34.61
8.			06							11:37.52	256	III
	50m:	38.77	38.77	250m:	3:31.28	43.83	450m:	6:29.22	44.75	650m:	9:28.72	44.95
	100m:	1:20.32	41.55	300m:	4:14.93	43.65	500m:	7:13.40	44.18	700m:	10:12.04	43.32
	150m:	2:03.42	43.10	350m:	4:59.43	44.50	550m:	7:58.47	45.07	750m:	10:52.25	40.21
	200m:	2:47.45	44.03	400m:	5:44.47	45.04	600m:	8:43.77	45.30	800m:	11:37.52	45.27
EXH			07							8:57.93	560	I
	50m:	29.87	29.87	250m:	2:43.55	33.37	450m:	4:59.74	34.40	650m:	7:17.29	34.60
	100m:	1:02.66	32.79	300m:	3:17.66	34.11	500m:	5:33.99	34.25	700m:	7:57.50	40.21
	150m:	1:36.39	33.73	350m:	3:51.37	33.71	550m:	6:08.54	34.55	750m:	8:25.90	28.40
	200m:	2:10.18	33.79	400m:	4:25.34	33.97	600m:	6:42.69	34.15	800m:	8:57.93	32.03
EXH			08							9:40.27	446	II
	50m:	32.56	32.56	250m:	2:58.07	37.10	450m:	5:26.03	36.84	650m:	7:53.91	37.22
	100m:	1:07.82	35.26	300m:	3:35.14	37.07	500m:	6:03.05	37.02	700m:	8:29.92	36.01
	150m:	1:44.25	36.43	350m:	4:12.24	37.10	550m:	6:40.05	37.00	750m:	9:05.68	35.76
	200m:	2:20.97	36.72	400m:	4:49.19	36.95	600m:	7:16.69	36.64	800m:	9:40.27	34.59

" (25)

"ALT-Timing"

, 02-04.03.2021

36, , 800m

EXH				08						9:41.84	442	II
50m:	32.27	32.27	250m:	3:00.51	36.92	450m:	5:29.14	36.56	650m:	7:56.23	36.25	
100m:	1:09.00	36.73	300m:	3:37.94	37.43	500m:	6:06.04	36.90	700m:	8:32.46	36.23	
150m:	1:46.53	37.53	350m:	4:15.09	37.15	550m:	6:42.89	36.85	750m:	9:08.36	35.90	
200m:	2:23.59	37.06	400m:	4:52.58	37.49	600m:	7:19.98	37.09	800m:	9:41.84	33.48	
EXH				08						11:05.79	295	II
50m:	37.36	37.36	250m:	3:27.50	42.51	450m:	6:15.48	41.76	650m:	9:02.40	40.29	
100m:	1:20.09	42.73	300m:	4:10.45	42.95	500m:	6:57.16	41.68	700m:	9:44.20	41.80	
150m:	2:02.75	42.66	350m:	4:52.10	41.65	550m:	7:39.30	42.14	750m:	10:24.30	40.10	
200m:	2:44.99	42.24	400m:	5:33.72	41.62	600m:	8:22.11	42.81	800m:	11:05.79	41.49	
EXH				06						11:20.03	277	III
50m:	36.44	36.44	250m:	3:25.43	42.71	450m:	6:21.61	44.01	650m:	9:19.56	44.60	
100m:	1:17.16	40.72	300m:	4:09.56	44.13	500m:	7:08.36	46.75	700m:	10:02.94	43.38	
150m:	1:59.33	42.17	350m:	4:53.45	43.89	550m:	7:51.70	43.34	750m:	10:41.94	39.00	
200m:	2:42.72	43.39	400m:	5:37.60	44.15	600m:	8:34.96	43.26	800m:	11:20.03	38.09	

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, 4 x 100m

(13-14)

04.03.2021

: FINA 2020

1.				07						4:39.98	520	
				08								
2.				07						4:48.51	475	
				07								
3.	-	-		08						5:02.96	410	
				08								
4.		2		08						5:05.78	399	
				08								
5.				08						5:09.12	386	
				08								
6.		1		08						5:33.86	306	
				08								
7.	-4			08						5:38.92	293	
				08								
DSQ	2											

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"

, 02-04.03.2021

04.03.2021 42 , 4 x 100m (15-16)

: FINA 2020

1.								4:07.15	523
	,		05	,			05		
	,		05	,			06		
2.		2						4:19.85	450
	,		06	,			05		
	,		05	,			05		
3.			2					4:20.07	449
	,		05	,			06		
	,		06	,			05		
4.			3					4:20.58	446
	,		06	,			07		
	,		07	,			08		
5.		-	-			-	-	4:26.00	419
	,		05	,			05		
	,		06	,			05		
6.			1					4:35.32	378
	,		06	,			05		
	,		06	,			06		
7.			2					4:35.33	378
	,		08	,			08		
	,		05	,			06		
								4:35.33	378
	,		05	,			05		
	,		06	,			05		
9.								4:40.73	357
	,		06	,			05		
	,		06	,			06		
10.			2					4:46.04	337
	,		05	,			06		
	,		05	,			06		
11.	-4					-4		4:48.00	330
	,		06	,			05		
	,		06	,			05		
12.			1					4:54.37	309
	,		08	,			08		
	,		08	,			08		