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Swimming, day 6, flash quotes-afternoon

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MANUEL Simone (USA), 52.27, won in the final of the women's 100m freestyle:

"I just wanted to follow my race plan, a comfortable, fast first 50m. My back (swim) was really good at the relay and in the semi, so I had lots of confidence in the last 50m. I feel really good, I had lots of pressure after the Olympic gold, but I managed to do it, so I'm happy. The last 2-3 meters were tough, my legs were burning, but I had to dig really deep and try to get my hand on the wall first."

SJOSTROM Sarah (SWE), 52.31, got a silver in women's 100m freestyle:

"I am sorry about missing out on victory. I expected that Manuel would do a very fast sprint at the end, but her performance was superhuman, really. On the other hand, I didn't expect my final sprint would be so weak. I am angry with myself, I did it wrong, I am rather disappointed. At least my performance in the 50m butterfly semi-final is promising. "

RYLOV Evgeny (RUS), 1:53.61, won in men's 200m backstroke final with European record:

"Right after the race, I feel rather bad. I am terribly exhausted; I gave it all really. I planned to have a strong start off and aim at keeping my advantage all throughout. I managed to do, yet the last 20 metres were extremely hard. I saw others were following me closely and I was afraid they would be faster than me. This is my first world title; I am absolutely happy about it yet I am tired pretty much. In fact, I made it to the final with the 3rd best time only, but I did my best to pull myself together, luckily I could do so. I would like to clinch some more medals, but we will see, off for a rest now for sure."

MURPHY Ryan (USA), 1:54.21, finished 2nd in men's 200m backstroke:

"I'm a competitor, so yes, I wanted to win. We were really close to each other, he is pretty young, he just keeps on getting better, year over year. I hope I will be able to stay with him. Definitely, it is a big disappointment. I want to be a guy who wins the race, I don't want to

be the guy who has the best time in the world. It's a long way to 2020, and I want to make sure that I will be on the top."

PEBLEY Jacob, 1:55.06, won bronze in men's 200m backstroke:

"It's kind of bitter sweet, obviously the time... slower final, but I expected this. I know I was slower, I had a big in my back pain last night, so I needed to be smarter. I had lots of frustration from last year, so I wanted to finish in the top three."

BERNEK Péter (HUN), 1:55.58, finished 6th in men's 200m backstroke:

"I am never satisfied with my performance, it applies to this race as well. Yet I am very happy about the new national record, of course. I guessed I would do about 1:55.5, it happened accordingly, but now I feel it could have been even better. I knew I would not be able to beat Murphy and the Russian swimmer, but all in all, it required less to claim a medal than I had expected. Now 1:55.02 was enough for the third place so I definitely feel I could have made it. However, taking my past year into account, I came back from zero almost, credits to my coach, mental trainers and doctors for taking me so high from my low point. "

HOSSZÚ Katinka (HUN), reached the final with the 7th best time:

"It was not what I had planned for, yet I feel quite relieved to advance to the final. I was 2 tenths slower than in the morning, which is not that much concerning time results in swimming, but I thought I would do better. Finishing 4th or 5th in the semi-final is always a lottery, I am happy I could make it to the final in the end. It will be interesting to swim in the side lane. I have some unlocked potential, I am sure tomorrow I will do better than now."

BURIÁN Katalin (HUN), 2:08.65, finished 10th in women's 200m backstroke:

"I had to cope with huge waves all throughout the race, it made it really hard. I am sure I could do better, but this race killed me, for sure. The only reason I am disappointed is that I know this time result would have been enough for the final at the Olympics in Rio as well as in Kazan. This is all I could do today. All things considered it was not a bad swim, I achieved my personal best in smooth water, obviously, it is much easier in that environment. I hope you saw how heavily-built the other competitors were so you could imagine how big the waves were. In fact, I can be satisfied with my entire year. I could not make it to the Olympics in the last minute, which was quite hard to overcome mentally, but I did it. I stood up and I am here now so I am quite proud of myself. The audience is amazing, I heard they were roaring on me really loud in the last 50m so I did it for them."

TAKÁCS Krisztián (HUN), 22.05, finished 15th in men's 50m freestyle:

"I had nothing to lose, this heat was itself a gratis for me. I sort of knew I would do a better time in the afternoon, in the end, I could advance one place forward, I am now eighth among Europeans so there is nothing to feel ashamed of. I really longed for racing in the afternoon because of the incredible atmosphere so I am happy I had the opportunity to do

so. I am proud also because there were only younger swimmers in the semi-final than I am."

MILÁK Kristóf (HUN), 50.77, reached the final with the 3rd best time in men's 100m butterfly:

"I have no clue how I made it. I am happy to hear that even Laci Cseh was glad about me breaking his national record. I hope I will be able to perform my strong dive in tomorrow as well. This time last year my personal best was 2 seconds slower so I am surprised pretty much about this result now. I must admit I have become rather exhausted, but I hope I have some more reserves to utilize. There is a lot to improve from the beginning till the end of my swim. I guess victory will require a time result below 50, which is, quite frankly, beyond me, but after all, anything could happen."

CSEH Laszlo (HUN), 51.16, reached the final with the 6th best time in men's 100m butterfly:

"I am happy I did better now than in the morning. However, my national record has been breached, the standard is set higher now so we'll have to go for more. In my opinion, Kristóf did an excellent job. You could see his start is way better than mine. The era of turning in 24 is over now. This is something I need to improve, I mean the beginning of the start, then my performance will be faster for sure. Now it is not youngsters trying to catch up with us but the other way round. My coach and I agreed that I wouldn't put all my power in the first 50m but I save energy for the final leg, this is my weapon. Now, unfortunately, I feel that the first 50m is not 100% worked out, there is space for improvement for the upcoming period. I am not sad, on the contrary, I am glad my record has been breached. I will aim at retaining it, we will see if I manage to do so. It has been a long time since the butterfly final saw such two brilliant Hungarian swimmers as today. "

EFIMOVA Yuliya (RUS), 2:19.64, won the title in women's 200m breaststroke:

"My strategy has not changed. As usual, I started off relaxed, I accelerated in the third leg and I gave it all in the fourth one. I paid attention from the beginning not to get behind too much. I didn't know I was doing such a good time and I didn't really care about it, my only focus was the race. I didn't prepare specifically for any of the rivals and I didn't even see the others. Things changed after the relay yesterday. If I don't win, it is my own mistake, no one is to be blamed. I am really happy about this medal and the world title, but I wasn't stressed about it before the race. The field was rather tough, I shall keep on working hard to keep my position. Many thanks to my coach, this gold is for him, as well."

GALAT Bethany (USA), 2:21.77, silver medallist in women's 200m breaststroke:

"I was enjoying every second. Representing America is very special. I'm on fire and contagious. To be honest, everything was happening so fast, I can't dismiss any second, I'm enjoying the rest of my time with my family. The pain doesn't really matter, I was always worried about the pain. It was exciting. I tried to clash my nerves and just focus on the race. The crowd was incredible. I could hear them and I could use their energy."

SHI Jinglin (CHN), 2:21.93, finished 3rd in women's 200m breaststroke:

"I am happy I could improve significantly since the semi-final, I hope it will be enough for a medal. As a matter of fact, not much was missing for the second place but I don't want to have an insatiable demand."

CHUPKOV Anton (RUS), 2:06.96, won in men's 200m breaststroke with new World Championships and European record:

"I am really happy. I worked very hard, many thanks to my coach. I wanted to do a good time, I wasn't expecting such a great one. Watanabe and Koseki are my friends, they are *really strong rivals*. *Girls have claimed a medal already, not at last Russian men have one, too, and this time it is a gold.*"

KOSEKI Yasuhiro (JPN). 2:07.29, silver medallist in men's 200m breaststroke:

"In this heat today I managed to do my best. I am particularly happy that both of us could stand on the podium. I started speeding at 125m so that I would be in a good position for the final 25m sprint. Compared to Rio I believe the standard has increased significantly, which is underlined by the fact that the Russian winner could go below 2:07. No question, the pace has become much faster. Watanabe and I entered the final hoping to stand on the podium together. Obviously, we would have been happier with the two shiniest medals but I feel we could meet our own expectations. "

WATANABE Ippei (JPN), 2:07.47, finished 3rd in men's 200m breaststroke:

"I am truly happy about this bronze. Especially because this way Yasuhiro and I could now demonstrate that swimming in Japan has revived. We knew Chupkov would be extremely fast in the last 50m and if the results depended on that section we would be in serious trouble. Thus I aimed at gaining an advantage by 150m, but I didn't manage to do so hence the Russian victory. The winning time result at the Rio Olympics was 2:07.47. I did the same time now and it was enough only for the bronze because Chupkov went below 2:07. It clearly shows that the standard at international tournaments is increasing. For me this is a lesson learnt, I need to do better in the future."

TEAM USA, HAAS Townley:

"Zane held on as long as he could. I think James Guy's split was 43'8, so there's not much you can do about that. We all fought hard, came out with a bronze medal. We all did the best we could and we are happy with the result."

TEAM RUSSIA, KRASNYKH Aleksandr:

"I am a bit disappointed. In fact, I did see that Guy was coming really fast but I couldn't do anymore. Prior to the race, I would have settled for a silver yet now that the opportunity presented itself and it was so close, I am a bit sad about it."

TEAM GREAT BRITAIN, MILNE Stephen:

"This is my first gold at the World Championships, it is fantastic that we could beat team US

and Russia as well. We are grateful for James Guy, he did an excellent final sprint and I am happy about my contribution to victory, as well."