

Women's 50m free

Gold – Sarah Sjöström (SWE) 23.12 CR

“It was a tough year, I’m really surprised with my best time of this season which is also a Championship Record. This is a great thing for me, I’ve never thought I would be back this fast. After the Olympics, I took three weeks of a kind breakish as because of my injury, I couldn’t afford stopping with everything. It’s a great way to start this championship.”

Silver – Katarzyna Wasick (POL) 23.49

“I’m feeling very good, I’m just going up on the podium. This is season is just beginning and I’m happy that I’m staying fit and showing results. I have a lot of meets ahead and I hope I can continue like this. This is my first individual medal in short-course and I’m very happy for myself and also for Team Poland.”

Bronze – Maria Kameneva (RUS) 23.72

“I’m happy with this result. It is my interest to swim with these strong and great athletes and to excel in more than one race in a day. Today this worked really well.”

Men's 50m back

Gold – Kliment Kolesnikov (RUS) 22.47 CR

“I’m always happy when I am standing on the podium. I had a lot of tasks to do and during my races I want to do my best – and winning this race wasn’t a surprise for me. In this event I usually have a competition with myself and not with the other guys.”

Silver – Michele Lamberti (ITA) 22.65

“I’m very satisfied. Before the race I couldn’t believe I could swim this fast. I mean, up until recently Kolesnikov was almost out of reach, I still have a lot to work on and correct many things. I’m continuing my family traditions as an athlete and as a swimmer. My parents are very happy for my successes but never felt any pressure. I train and swim because I truly like it.”

Bronze – Robert-Andrei Glinta (ROU) 22.74

“Of course, I’m really happy. I shaved only for the finals so I knew I had a lot more in me than in the semis. This is a new personal best for me and a new national record. It is more than I could have asked for. Overall, I’m extremely happy with this.”

Men's 100m fly

Gold – Szébasztian Szabó (HUN) 49.68

“Had I stood up for only this race today, I would have expected a medal if not more from myself. But if you have more swims, somehow it gets to your head that you may be tired to do it really good. So after the 50m free semis I was like, OK, just go for it, no matter which place you get. When I saw at 150m that I was still around then I tried to push as hard as possible as I knew they were coming fast in the last leg, especially Kristof (Milak). You know, I raced a lot this autumn, I started the trainings in early

September so good swims like this is in the cards at this stage, I'm just happy that I was able to come up with one of the better ones. The top finish in the dash was definitely a booster."

Silver – Michele Lamberti (ITA) 49.79

"I'm very happy for both silver medals today. They were unexpected in a way. I knew I had to give all to make a mark here. This one was a bit more difficult, 100 fly, my sixth race here. Am I tired? (laughs) I'm also happy to break the 50sec barrier, this is my personal best. I plan to celebrate my birthday and the medals with my closest friends."

Bronze – Jakub Majerski (POL) 49.86

"I'm very happy of course, this is my first European Championship medal. It was a good race but it's not my PB. In the semis my time was better but a medal is still a medal."

Women's 100m breast

Gold – Martina Carraro (ITA) 1:04.01

"I'm very happy. I wanted to repeat the success from Glasgow 2019, but I wasn't sure. I'm very tired, it's been a long a very demanding year for me. But I focused what it was the most important, it takes both head and heart to win. But I love racing and love training, this is my job and truly enjoy what I do. I'm really proud."

Silver, tied – Evgeniia Chilkunova (RUS) 1:04.25

"I'm happy that I bettered my personal best and set a new junior record. I thought of the gold medal but it's also a good result. I will do my best in this distance though I need to improve my start."

Silver, tied – Eneli Jevimova (EST) 1:04.25

"I am so happy, I cannot believe this. This is a big surprise for me, I wasn't expecting to get a medal at all. I'm only 14 years old! I'm just so happy, I'm just going through too many emotions now (almost crying)."

Women's 800m free

Gold – Anastasia Kirpichnikova (RUS) 8:04.65

"I was ready to make more since the new world record is just five seconds away. I thought everything would be clicking and it did, I'm really happy with this result."

Silver – Simona Quadarella (ITA) 8:10.54

"This silver means a lot to me. This is my second best time and very close to my PB. It was really good, it is my first European silver. The last 100m were really fast and tried to give my maximum as I'm not yet in my best condition. I've begun a new journey towards next year's World and European Championships but for me it is important to be among the top three everywhere. It is a great incentive to keep on working to become even faster and better."

Bronze – Isabel Gose (GER) 8:10.60

“I’m very happy, this is the fastest I’ve ever swum. Yesterday I already clocked my best but today is six seconds better. It was a really good race between Simona and me. She is the world champion so my coach told me to go with her and maybe you can catch her. It was really close at the end but I’m really happy with this medal.”

Men’s 4x50m medley

Gold – Italy 1:30.14 WR-ER-CR

Lorenzo Zazzeri: “It is an incredible feeling, it was a battle all the way till the end. I mean, this the world record... I’m almost speechless and overjoyed and happy for us, as a team. As far as my split is concerned, I didn’t think I could do better than yesterday but I did as I swam 20.21. This makes me hopeful for the final tomorrow as my individual semi-final didn’t go well earlier. I have positive feelings for tomorrow.”

Michele Lamberti: “It has been an unforgettable day. It couldn’t have ended in a better way. I always try to concentrate on finding my inner energy and that give me self-confidence for the races. The world record is just incredible. Deep down, I knew we could do it. I can hardly find anything else to say today, in fact, just this morning we were teasing and joking that maybe we could break this record and we did it. That’s unbelievable.”

Niccolo Martinenghi: “I’m very satisfied, it is true we were joking this morning about breaking the world record. We knew we could do it. We were really smart on how we prepared our tactics for this race. All the splits are just incredible, the record was a dream of ours.”

Silver – Russia 1:30.79

Vladimir Grinev: “I’m very happy, I think all of us showed our best so we are looking forward to having more fine results here.”

Oleg Kostin: “We really waited for this competition, we showed our best so I’m really happy with this medal.”

Bronze – Netherlands 1:32.16

Thom de Boer: “Of course, we are very happy. We knew we would very close with Turkey, we also knew that Russia and Italy were the favourites. So our goal was just to get a medal, though of course we always want to be first. Still, to be on the podium here and get this medal is great. I was confident I could close the gap when I dove in, yesterday I swam really fast too so I knew I could do it. This was my fourth race only today so I really plan to get some sleep for tomorrow.”

Arno Kamminga: “This was a lot of fun. Two years ago we didn’t even start in this relay so to come away with a medal is great, it really shows the growth of our team. We also had one of our best times. We knew we would be very close with Turkey – at the end, they were disqualified but we still out-touched them. Personally, I’m happy with my time and my race. Overall, I feel good and I just had a very good SF right before this. I’m definitely in PB shape, so this is a good start for me here and looking forward to the rest of my races.”

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