

Women's 200m back

Gold – Kira Toussaint (NED) 1:01.26

“I’m so happy right now. I used to hate the 200m back but I started doing it to improve my 100m. I’ve never expected to get close to 2:01 so I’m so happy that I’ve just achieved that. I was very excited to race today, this is a very special moment, I love the pool and competing here. My goal for this season is the World Championships this December because in 2018 I was sent home. I always told myself that this one in 2021 will be my revenge, that’s why I’m here and do this races.”

Silver – Margherita Panziera (ITA) 2:02.05

“I’m really satisfied. I have improved my time from yesterday though I knew it would take my personal best to win this race. But after two months of training, in November I’m really satisfied with this medal. For this winter season my goal is to better my PB in Abu Dhabi. I just need to continue working.”

Bronze – Lena Grabowksi (AUT) 2:04.74

“(crying) This is my first medal, I’m full of emotions, I’m very happy!... I just don’t know what to say... I’m really satisfied with my result and I’m extremely happy!”

Men's 50m free

Gold – Szabaszti Szabo (HUN) 20.72

“Going to details does not make too much sense in this event. I’ve just tried to focus on my start and on my turn, otherwise there is not much you can do as you can’t see how the others swim. I knew if I could do everything well, that should be good for the podium. Winning the 100m fly yesterday gave me an enormous boost. I’ve raced a lot this season and that gave me some confidence. Also, we returned to the old regime in trainings and that led to significant improvement in my times. You know, when you see you are a second faster with the altered workload than previously, that’s an incredible push – I guess I’m enjoying the benefits of all these changes.”

Silver – Lorenzo Zazzeri (ITA) 20.84

“After yesterday’s world record, we had some trouble to fall asleep. The adrenaline and the emotions ran sky-high. But at the same time that also gave me the push and the confidence to go for more. My goal today was to be like a cool-headed beast in the pool, to be explosive, yet relaxed and swim calmly. After the Olympics my goal was to put focus on my individual career. And this meet is a real stepping-stone towards that.”

Bronze, tied – Pawel Juraszek (POL) 20.95

“Hmmm, I don’t know what to say or how to feel. This is my first individual medal but my time was not as good as I wanted. But you know, a bronze is still a bronze.”

Bronze, tied – Vladimir Morozov (RUS) 20.95

“Third day, third medal, I’m very happy with them. The time is relatively good, I have stability in clocking these times but I want to improve them in December. After the long Covid-break, I’m really

happy with my results. All in all, I think this European Championships is very strong as we have quality results in all events.”

Women’s 200m fly

Gold – Svetlana Chimrova (RUS) 2:04.97

“I’m very tired, I had a lot of competitions and I’m not really satisfied with my result but very happy with this gold medal. I’ll go forward to get better results, I started very fast here and the second half of the race was really difficult, that’s why I’m exhausted now. This season has been very difficult for me, especially after the Olympics, I didn’t take a normal rest so I’m a bit tired.”

Silver – Helena Bach (DEN) 2:05.02

“I’m soooo happy! This is my first European medal and I’m really surprised with my time. I’ve improved my personal best by more than one second. I’m a bit tired but I feel so grateful. It was an amazing race, wow, everything is just so good. I know I’m good at the end and know I have to stay focused for the entire race and be faster than the others.”

Bronze – Ilaria Bianchi (ITA) 2:05.43

“This is my third medal overall in the short-course Europeans. At 30, it is difficult to prepare yourself for these kind of races, against much younger rivals. During the last 50m I could hardly feel my arms. This bronze gives me a great satisfaction. When I started swimming, I could have not imagined to come this far. The winter season is always a special one, after this I have ISL playoffs, then the short-course Worlds. I’d like to do well in all events.”

Women’s 100m IM

Gold – Alicia Tchorz (POL) 57.82

“I really did not expect this at all! I was thinking of a medal, a bronze, maybe a silver but this gold is a total surprise. I can’t believe this just happened! I’m really-really happy. During the race I didn’t really see anyone around me, I was just thinking, touch the wall, touch the wall as fast as you can! Then I did, turned around, looked at the scoreboard and I was shocked. This is just crazy!”

Silver – Maria Kameneva (RUS) 57.83

“It’s a fine result though not my best one but for today it’s good. I’m a little bit upset as the margin was really tiny but we have what we have.”

Bronze – Sarah Sjostrom (SWE) 58.05

“I’m tired a bit. I didn’t realise beforehand that the 100m free SF were scheduled right before this final. I’m not trained to do this kind of back-to-back races since I’m a sprinter. All in all I’m satisfied with my performance today. I felt more relaxed than yesterday. I’ve been working on my breaststroke and it’s getting better. Honestly, when I swim this kind of race which is not my main event, I need to be rested and fresh. It’s not like with my favourite ones when it does not matter how they follow each other. The medley requires different kind of preparations, still, I’m happy with this medal.”

Men's 1500m free

Gold – Florian Wellbrock (GER) 14:09.88

“It was a really good race, it's a new national record by 13 seconds and I'm getting closer to the world record. It was a tough race and I'm pretty happy. I had only two weeks of rest after the Olympics and I already started training right away as we have a lot of events, now the short-course majors and then the long-course World and Europeans next year and of course the open water events.”

Silver – Gregorio Paltrinieri (ITA) 14:13.07

“I'm really happy with today's race and time. For now, this is a super result. Luckily, the best long-distance swimmers are Europeans and it's always a pleasure to race with them. Today I wouldn't have managed to swim under 14:13, to be as fast as Florian. Slowly I'm returning to my best shape so now I'm more than happy. We'll see what happens at the short-course Worlds. I need to continue working to be at the top level by December and then we'll see what happens. Again, I didn't see myself clock 14:13 today at this stage of the season, which is very long and full of events.”

Bronze – Sven Schwarz (GER) 14:26.24

“I'm very happy, it's only five seconds from the silver. I'm really satisfied with this result, I just didn't expect this, I think I've just done my best here.”

Men's 100m breast

Gold – Nicolo Martinenghi (ITA) 55.63

“I'm overjoyed and very, very satisfied. At the end, the world record from yesterday night (in the relay) helped me a lot. I don't know how I did it today but I'm enjoying every second of it. This is my first individual gold at an international championship. Last night we celebrated a little bit, also my teammates (Michele Lamberti's) birthday, it was a kind of team-building, a great way to get even more united. The time is a personal best, almost a second faster than my previous mark, amazing! This is going to be very demanding and a long season so I'm taking it step-by-step. I had a short break after the Olympics and went back to training rather quickly. So I'm satisfied with where I am at this time of the season. I like swimming short-course, it is fun, but also difficult.”

Silver – Ilya Shymanovich (BLR) 55.77

“It was a really interesting race. I'm not really happy but at the end it's a good result. My rivals are strong so I should be content with this silver – and you know, sport is just sport.”

Bronze – Arno Kamminga (NED) 55.79

“Of course, I wanted to win but it's still a new personal best time so I'm feeling good. It was not a perfect race, I know I can go faster but I'm still happy about it. The other guys were way better at the start. They are sprinters and I was aware of that. I also knew I had to get it done at the end.”

Women's 4x50m medley relay

Gold – Russia 1:44.19

Maria Kameneva: “I think I could have done better, maybe I’ll swim faster tomorrow but today I had so many swims.”

Nika Godun: “I’m just happy, that’s all what I can say now.”

Arina Surkova: “Not bad! I don’t know my split yet but we have the gold medal so everything is fine I guess.”

Silver – Sweden 1:44.32

Sara Junevik: “It’s amazing! We didn’t really know what to expect or where we stood in this field since it was a straight final (with no heats). I’m just so excited. I swam two races before this so I’ve been up on adrenaline almost all night. When I jumped in the water all I was knew just to have the jog get it done.”

Emelie Fast: “I feel amazing, this my first relay at a senior championships. It was really fine to do it here with all these ladies. Of course, it’s incredible to medal with them. Before this, we knew we could fight for a medal, we definitely had the pressure but it’s really a good thing to have in this situation.”

Bronze – Italy 1:44.46

Elena di Lido: “We are happy with the medal, we were very close to the first two. The race was very competitive, the team that had more energy eventually won. Two of my team-mates had just before this final so we are very satisfied how it unfolded.”

Silvia di Pietro: “We really gave it all for the medal what we wanted to much. Two of my team-mates just raced before the final so we have to be satisfied with this bronze.”

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