

21
27.10.2023 - 12:06

, 400m

: FINA 2022

/

R.T.

1.			2008		179		+0,76	5:02.86	624			
	25m:	14.22	14.22	125m:	1:27.12	20.24	225m:	2:46.09	21.20	325m:	4:09.09	18.49
	50m:	30.97	16.75	150m:	1:46.39	19.27	250m:	3:07.08	20.99	350m:	4:27.37	18.28
	75m:	48.50	17.53	175m:	2:05.94	19.55	275m:	3:28.57	21.49	375m:	4:45.95	18.58
	100m:	1:06.88	18.38	200m:	2:24.89	18.95	300m:	3:50.60	22.03	400m:	5:02.86	16.91
2.			2008				+0,71	5:19.54	532	1		
	25m:	14.85	14.85	125m:	1:31.58	19.72	225m:	2:53.11	23.61	325m:	4:24.21	19.51
	50m:	33.24	18.39	150m:	1:50.76	19.18	250m:	3:16.87	23.76	350m:	4:43.35	19.14
	75m:	52.07	18.83	175m:	2:10.18	19.42	275m:	3:40.65	23.78	375m:	5:01.86	18.51
	100m:	1:11.86	19.79	200m:	2:29.50	19.32	300m:	4:04.70	24.05	400m:	5:19.54	17.68
3.			2009	I			+0,86	5:27.18	495	1		
	25m:	15.77	15.77	125m:	1:39.06	21.36	225m:	3:02.91	23.35	325m:	4:32.80	18.65
	50m:	35.25	19.48	150m:	1:59.26	20.20	250m:	3:26.40	23.49	350m:	4:51.13	18.33
	75m:	55.59	20.34	175m:	2:19.87	20.61	275m:	3:50.24	23.84	375m:	5:09.64	18.51
	100m:	1:17.70	22.11	200m:	2:39.56	19.69	300m:	4:14.15	23.91	400m:	5:27.18	17.54
4.			2011	I		179	+0,82	5:29.90	483	1		
	25m:	15.91	15.91	125m:	1:37.19	21.35	225m:	3:01.45	24.99	325m:	4:35.11	18.58
	50m:	34.70	18.79	150m:	1:56.79	19.60	250m:	3:25.88	24.43	350m:	4:53.58	18.47
	75m:	55.24	20.54	175m:	2:16.47	19.68	275m:	3:50.96	25.08	375m:	5:12.26	18.68
	100m:	1:15.84	20.60	200m:	2:36.46	19.99	300m:	4:16.53	25.57	400m:	5:29.90	17.64
5.			2010	I		"	"	+0,84	5:29.96	483	1	
	25m:	15.54	15.54	125m:	1:35.56	22.28	225m:	3:04.08	24.19	325m:	4:34.55	19.55
	50m:	33.70	18.16	150m:	1:57.51	21.95	250m:	3:27.38	23.30	350m:	4:53.38	18.83
	75m:	53.84	20.14	175m:	2:19.06	21.55	275m:	3:51.44	24.06	375m:	5:12.24	18.86
	100m:	1:13.28	19.44	200m:	2:39.89	20.83	300m:	4:15.00	23.56	400m:	5:29.96	17.72
6.			2011				+0,73	5:32.99	470	1		
	25m:	15.66	15.66	125m:	1:37.56	21.24	225m:	3:05.67	22.82	325m:	4:38.17	18.82
	50m:	34.24	18.58	150m:	1:58.85	21.29	250m:	3:31.04	25.37	350m:	4:56.77	18.60
	75m:	55.56	21.32	175m:	2:20.24	21.39	275m:	3:54.50	23.46	375m:	5:15.36	18.59
	100m:	1:16.32	20.76	200m:	2:42.85	22.61	300m:	4:19.35	24.85	400m:	5:32.99	17.63
7.			2010	I	Mychamps		+0,65	5:33.16	469	1		
	25m:	14.28	14.28	125m:	1:32.35	22.36	225m:	3:00.63	23.43	325m:	4:34.46	20.71
	50m:	31.16	16.88	150m:	1:53.88	21.53	250m:	3:24.65	24.02	350m:	4:55.19	20.73
	75m:	49.56	18.40	175m:	2:15.59	21.71	275m:	3:49.39	24.74	375m:	5:15.33	20.14
	100m:	1:09.99	20.43	200m:	2:37.20	21.61	300m:	4:13.75	24.36	400m:	5:33.16	17.83
8.			2009	II		"	"	+0,86	5:35.09	461	1	
	25m:	16.60	16.60	125m:	1:40.87	21.73	225m:	3:07.12	22.89	325m:	4:37.67	20.17
	50m:	36.80	20.20	150m:	2:01.84	20.97	250m:	3:30.09	22.97	350m:	4:56.94	19.27
	75m:	56.28	19.48	175m:	2:23.18	21.34	275m:	3:53.35	23.26	375m:	5:16.04	19.10
	100m:	1:19.14	22.86	200m:	2:44.23	21.05	300m:	4:17.50	24.15	400m:	5:35.09	19.05
9.			2011				+0,71	5:36.93	453	1		
	25m:	15.89	15.89	125m:	1:40.75	21.27	225m:	3:08.34	24.17	325m:	4:40.10	19.80
	50m:	35.29	19.40	150m:	2:01.93	21.18	250m:	3:32.09	23.75	350m:	4:59.99	19.89
	75m:	56.16	20.87	175m:	2:23.11	21.18	275m:	3:55.95	23.86	375m:	5:19.92	19.93
	100m:	1:19.48	23.32	200m:	2:44.17	21.06	300m:	4:20.30	24.35	400m:	5:36.93	17.01
10.			2011	II	Mychamps		+0,76	5:49.05	408	2		
	25m:	15.52	15.52	125m:	1:41.80	21.40	225m:	3:10.64	24.11	325m:	4:48.97	19.97
	50m:	35.11	19.59	150m:	2:03.83	22.03	250m:	3:37.60	26.96	350m:	5:09.78	20.81
	75m:	57.36	22.25	175m:	2:24.70	20.87	275m:	4:02.20	24.60	375m:	5:30.13	20.35
	100m:	1:20.40	23.04	200m:	2:46.53	21.83	300m:	4:29.00	26.80	400m:	5:49.05	18.92

21, , 400m								R.T.				
11.			2012	II	"	"	+0,88	5:56.32	383 2			
	25m:	18.37	18.37	125m:	1:51.58	22.68	225m:	3:23.37	24.01	325m:	4:58.41	19.14
	50m:	41.26	22.89	150m:	2:14.35	22.77	250m:	3:48.26	24.89	350m:	5:18.18	19.77
	75m:	1:04.12	22.86	175m:	2:37.01	22.66	275m:	4:12.97	24.71	375m:	5:37.71	19.53
	100m:	1:28.90	24.78	200m:	2:59.36	22.35	300m:	4:39.27	26.30	400m:	5:56.32	18.61
12.			2012	III			+0,81	6:13.51	333 2			
	25m:	18.53	18.53	125m:	1:54.01	25.61	225m:	3:32.72		325m:	5:12.47	
	50m:	40.37	21.84	150m:	3:06.57	1:12.56	250m:	4:50.67	1:17.95	350m:	6:13.51	1:01.04
	75m:	1:04.42	24.05	175m:	2:41.83		275m:	4:24.00		375m:	5:54.77	
	100m:	1:28.40	23.98	200m:	3:57.82	1:15.99	300m:	5:33.90	1:09.90	400m:	6:13.51	18.74
13.			2012	II			+0,81	6:14.22	331 2			
	25m:	18.50	18.50	125m:	1:55.75	23.99	225m:	3:33.34	27.77	325m:	5:14.78	20.11
	50m:	41.44	22.94	150m:	2:19.01	23.26	250m:	3:59.87	26.53	350m:	5:35.36	20.58
	75m:	1:06.03	24.59	175m:	2:42.19	23.18	275m:	4:28.07	28.20	375m:	5:55.43	20.07
	100m:	1:31.76	25.73	200m:	3:05.57	23.38	300m:	4:54.67	26.60	400m:	6:14.22	18.79
14.			2012	II			+0,83	6:30.22	292 3			
	25m:	19.51	19.51	125m:	1:57.95	27.10	225m:	3:41.32		325m:	5:28.39	
	50m:	40.78	21.27	150m:	3:12.33	1:14.38	250m:	5:08.56	1:27.24	375m:	6:11.11	42.72
	75m:	1:06.65	25.87	175m:	2:47.58		275m:	4:40.33		400m:	6:30.22	19.11
	100m:	1:30.85	24.20	200m:	4:09.47	1:21.89	300m:	5:49.59	1:09.26			
2009												
1.			2009	I			+0,86	5:27.18	495 1			
	25m:	15.77	15.77	125m:	1:39.06	21.36	225m:	3:02.91	23.35	325m:	4:32.80	18.65
	50m:	35.25	19.48	150m:	1:59.26	20.20	250m:	3:26.40	23.49	350m:	4:51.13	18.33
	75m:	55.59	20.34	175m:	2:19.87	20.61	275m:	3:50.24	23.84	375m:	5:09.64	18.51
	100m:	1:17.70	22.11	200m:	2:39.56	19.69	300m:	4:14.15	23.91	400m:	5:27.18	17.54
2.			2011	I		179	+0,82	5:29.90	483 1			
	25m:	15.91	15.91	125m:	1:37.19	21.35	225m:	3:01.45	24.99	325m:	4:35.11	18.58
	50m:	34.70	18.79	150m:	1:56.79	19.60	250m:	3:25.88	24.43	350m:	4:53.58	18.47
	75m:	55.24	20.54	175m:	2:16.47	19.68	275m:	3:50.96	25.08	375m:	5:12.26	18.68
	100m:	1:15.84	20.60	200m:	2:36.46	19.99	300m:	4:16.53	25.57	400m:	5:29.90	17.64
3.			2010	I	"	"	+0,84	5:29.96	483 1			
	25m:	15.54	15.54	125m:	1:35.56	22.28	225m:	3:04.08	24.19	325m:	4:34.55	19.55
	50m:	33.70	18.16	150m:	1:57.51	21.95	250m:	3:27.38	23.30	350m:	4:53.38	18.83
	75m:	53.84	20.14	175m:	2:19.06	21.55	275m:	3:51.44	24.06	375m:	5:12.24	18.86
	100m:	1:13.28	19.44	200m:	2:39.89	20.83	300m:	4:15.00	23.56	400m:	5:29.96	17.72
4.			2011				+0,73	5:32.99	470 1			
	25m:	15.66	15.66	125m:	1:37.56	21.24	225m:	3:05.67	22.82	325m:	4:38.17	18.82
	50m:	34.24	18.58	150m:	1:58.85	21.29	250m:	3:31.04	25.37	350m:	4:56.77	18.60
	75m:	55.56	21.32	175m:	2:20.24	21.39	275m:	3:54.50	23.46	375m:	5:15.36	18.59
	100m:	1:16.32	20.76	200m:	2:42.85	22.61	300m:	4:19.35	24.85	400m:	5:32.99	17.63
5.			2010	I	Mychamps		+0,65	5:33.16	469 1			
	25m:	14.28	14.28	125m:	1:32.35	22.36	225m:	3:00.63	23.43	325m:	4:34.46	20.71
	50m:	31.16	16.88	150m:	1:53.88	21.53	250m:	3:24.65	24.02	350m:	4:55.19	20.73
	75m:	49.56	18.40	175m:	2:15.59	21.71	275m:	3:49.39	24.74	375m:	5:15.33	20.14
	100m:	1:09.99	20.43	200m:	2:37.20	21.61	300m:	4:13.75	24.36	400m:	5:33.16	17.83
6.			2009	II	"	"	+0,86	5:35.09	461 1			
	25m:	16.60	16.60	125m:	1:40.87	21.73	225m:	3:07.12	22.89	325m:	4:37.67	20.17
	50m:	36.80	20.20	150m:	2:01.84	20.97	250m:	3:30.09	22.97	350m:	4:56.94	19.27
	75m:	56.28	19.48	175m:	2:23.18	21.34	275m:	3:53.35	23.26	375m:	5:16.04	19.10
	100m:	1:19.14	22.86	200m:	2:44.23	21.05	300m:	4:17.50	24.15	400m:	5:35.09	19.05

	21, , 400m			, 2009			R.T.					
7.	/			2011			+0,71	5:36.93	453 1			
	25m:	15.89	15.89	125m:	1:40.75	21.27	225m:	3:08.34	24.17	325m:	4:40.10	19.80
	50m:	35.29	19.40	150m:	2:01.93	21.18	250m:	3:32.09	23.75	350m:	4:59.99	19.89
	75m:	56.16	20.87	175m:	2:23.11	21.18	275m:	3:55.95	23.86	375m:	5:19.92	19.93
	100m:	1:19.48	23.32	200m:	2:44.17	21.06	300m:	4:20.30	24.35	400m:	5:36.93	17.01
8.	,			2011 II Mychamps			+0,76	5:49.05	408 2			
	25m:	15.52	15.52	125m:	1:41.80	21.40	225m:	3:10.64	24.11	325m:	4:48.97	19.97
	50m:	35.11	19.59	150m:	2:03.83	22.03	250m:	3:37.60	26.96	350m:	5:09.78	20.81
	75m:	57.36	22.25	175m:	2:24.70	20.87	275m:	4:02.20	24.60	375m:	5:30.13	20.35
	100m:	1:20.40	23.04	200m:	2:46.53	21.83	300m:	4:29.00	26.80	400m:	5:49.05	18.92
9.	,			2012 II "			+0,88	5:56.32	383 2			
	25m:	18.37	18.37	125m:	1:51.58	22.68	225m:	3:23.37	24.01	325m:	4:58.41	19.14
	50m:	41.26	22.89	150m:	2:14.35	22.77	250m:	3:48.26	24.89	350m:	5:18.18	19.77
	75m:	1:04.12	22.86	175m:	2:37.01	22.66	275m:	4:12.97	24.71	375m:	5:37.71	19.53
	100m:	1:28.90	24.78	200m:	2:59.36	22.35	300m:	4:39.27	26.30	400m:	5:56.32	18.61
10.	,			2012 III			+0,81	6:13.51	333 2			
	25m:	18.53	18.53	125m:	1:54.01	25.61	225m:	3:32.72		325m:	5:12.47	
	50m:	40.37	21.84	150m:	3:06.57	1:12.56	250m:	4:50.67	1:17.95	350m:	6:13.51	1:01.04
	75m:	1:04.42	24.05	175m:	2:41.83		275m:	4:24.00		375m:	5:54.77	
	100m:	1:28.40	23.98	200m:	3:57.82	1:15.99	300m:	5:33.90	1:09.90	400m:	6:13.51	18.74
11.	,			2012 II			+0,81	6:14.22	331 2			
	25m:	18.50	18.50	125m:	1:55.75	23.99	225m:	3:33.34	27.77	325m:	5:14.78	20.11
	50m:	41.44	22.94	150m:	2:19.01	23.26	250m:	3:59.87	26.53	350m:	5:35.36	20.58
	75m:	1:06.03	24.59	175m:	2:42.19	23.18	275m:	4:28.07	28.20	375m:	5:55.43	20.07
	100m:	1:31.76	25.73	200m:	3:05.57	23.38	300m:	4:54.67	26.60	400m:	6:14.22	18.79
12.	,			2012 II			+0,83	6:30.22	292 3			
	25m:	19.51	19.51	125m:	1:57.95	27.10	225m:	3:41.32		325m:	5:28.39	
	50m:	40.78	21.27	150m:	3:12.33	1:14.38	250m:	5:08.56	1:27.24	375m:	6:11.11	42.72
	75m:	1:06.65	25.87	175m:	2:47.58		275m:	4:40.33		400m:	6:30.22	19.11
	100m:	1:30.85	24.20	200m:	4:09.47	1:21.89	300m:	5:49.59	1:09.26			