

24		, 400m				2008	
29.09.2023 - 12:07							
: FINA 2022							
		/				R.T.	
1.			1999			+0,70	<b>4:18.62</b> 748
	25m: 11.72	11.72	125m: 1:13.38	16.91	225m: 2:21.57	18.43	325m: 3:32.61 15.89
	50m: 26.07	14.35	150m: 1:30.05	16.67	250m: 2:40.23	18.66	350m: 4:18.62 46.01
	75m: 41.03	14.96	175m: 1:46.73	16.68	275m: 2:58.24	18.01	375m: 4:03.85
	100m: 56.47	15.44	200m: 2:03.14	16.41	300m: 3:16.72	18.48	400m: 4:18.62 14.77
2.			2002		7	+0,82	<b>4:20.73</b> 730
	25m: 12.94	12.94	125m: 1:18.63	17.59	225m: 2:27.17	18.64	325m: 3:36.93 15.74
	50m: 28.42	15.48	150m: 1:35.57	16.94	250m: 2:45.43	18.26	350m: 3:51.73 14.80
	75m: 44.63	16.21	175m: 1:52.14	16.57	275m: 3:03.03	17.60	375m: 4:06.57 14.84
	100m: 1:01.04	16.41	200m: 2:08.53	16.39	300m: 3:21.19	18.16	400m: 4:20.73 14.16
3.			2007		7	+0,86	<b>4:30.25</b> 655
	25m: 13.41	13.41	125m: 1:19.40	18.24	225m: 2:31.19	19.69	325m: 3:44.74 15.58
	50m: 28.94	15.53	150m: 1:37.07	17.67	250m: 2:50.55	19.36	350m: 4:00.52 15.78
	75m: 44.95	16.01	175m: 1:54.45	17.38	275m: 3:10.42	19.87	375m: 4:16.08 15.56
	100m: 1:01.16	16.21	200m: 2:11.50	17.05	300m: 3:29.16	18.74	400m: 4:30.25 14.17
4.			2006		4	+0,77	<b>4:35.00</b> 622
	25m: 13.05	13.05	125m: 1:18.72	17.61	225m: 2:30.09	20.17	325m: 3:48.62 16.75
	50m: 28.67	15.62	150m: 1:35.61	16.89	250m: 2:51.04	20.95	350m: 4:04.51 15.89
	75m: 44.54	15.87	175m: 1:52.93	17.32	275m: 3:11.28	20.24	375m: 4:20.23 15.72
	100m: 1:01.11	16.57	200m: 2:09.92	16.99	300m: 3:31.87	20.59	400m: 4:35.00 14.77
5.			2008		2	+0,67	<b>4:38.34</b> 600
	25m: 13.18	13.18	125m: 1:20.64	17.83	225m: 2:34.27	19.10	325m: 3:51.50 16.48
	50m: 28.91	15.73	150m: 1:38.50	17.86	250m: 2:54.25	19.98	350m: 4:07.57 16.07
	75m: 45.44	16.53	175m: 1:56.48	17.98	275m: 3:14.49	20.24	375m: 4:23.72 16.15
	100m: 1:02.81	17.37	200m: 2:15.17	18.69	300m: 3:35.02	20.53	400m: 4:38.34 14.62
6.			2008		4	+0,77	<b>4:38.45</b> 599
	25m: 13.76	13.76	125m: 1:22.51	18.77	225m: 2:36.59	20.07	325m: 3:52.60 16.52
	50m: 31.14	17.38	150m: 1:40.73	18.22	250m: 2:56.30	19.71	350m: 4:08.46 15.86
	75m: 46.56	15.42	175m: 1:59.05	18.32	275m: 3:16.11	19.81	375m: 4:23.95 15.49
	100m: 1:03.74	17.18	200m: 2:16.52	17.47	300m: 3:36.08	19.97	400m: 4:38.45 14.50
7.			2007		5	+0,69	<b>4:43.41</b> 568
	25m: 13.10	13.10	125m: 1:20.95	19.52	225m: 2:37.56	21.87	325m: 3:56.39 16.23
	50m: 28.76	15.66	150m: 1:39.33	18.38	250m: 2:58.59	21.03	350m: 4:12.31 15.92
	75m: 44.94	16.18	175m: 1:57.88	18.55	275m: 3:19.17	20.58	375m: 4:28.29 15.98
	100m: 1:01.43	16.49	200m: 2:15.69	17.81	300m: 3:40.16	20.99	400m: 4:43.41 15.12
8.			2008			+0,82	<b>4:57.70</b> 490 1
	25m: 13.67	13.67	125m: 1:23.33	18.51	225m: 2:38.20	22.77	325m: 4:06.23 18.44
	50m: 29.77	16.10	150m: 1:40.56	17.23	250m: 3:01.17	22.97	350m: 4:23.64 17.41
	75m: 46.98	17.21	175m: 1:58.37	17.81	275m: 3:24.47	23.30	375m: 4:41.38 17.74
	100m: 1:04.82	17.84	200m: 2:15.43	17.06	300m: 3:47.79	23.32	400m: 4:57.70 16.32
9.			2005			+0,72	<b>4:58.27</b> 487 1
	25m: 14.12	14.12	125m: 1:25.57	17.57	225m: 2:42.17		325m: 4:07.86
	50m: 31.58	17.46	150m: 1:43.57	18.00	250m: 3:50.45	1:08.28	375m: 4:42.11 34.25
	75m: 48.93	17.35	175m: 2:01.50	17.93	275m: 3:27.01		400m: 4:58.27 16.16
	100m: 1:08.00	19.07	200m: 3:04.90	1:03.40	300m: 4:25.04	58.03	
10.			2007			+0,77	<b>4:59.04</b> 484 1
	25m: 13.56	13.56	125m: 1:23.83	19.26	225m: 2:43.20	21.88	325m: 4:07.58 17.04
	50m: 30.12	16.56	150m: 1:42.68	18.85	250m: 3:05.37	22.17	350m: 4:24.92 17.34
	75m: 46.65	16.53	175m: 2:01.96	19.28	275m: 3:28.09	22.72	375m: 4:42.27 17.35
	100m: 1:04.57	17.92	200m: 2:21.32	19.36	300m: 3:50.54	22.45	400m: 4:59.04 16.77
11.			2007			+0,69	<b>5:00.27</b> 478 1
	25m: 13.49	13.49	125m: 1:24.13	20.06	225m: 2:44.02	21.28	325m: 4:08.68 18.36
	50m: 29.69	16.20	150m: 1:43.60	19.47	250m: 3:05.91	21.89	350m: 4:26.64 17.96
	75m: 46.61	16.92	175m: 2:03.24	19.64	275m: 3:28.71	22.80	375m: 4:44.49 17.85
	100m: 1:04.07	17.46	200m: 2:22.74	19.50	300m: 3:50.32	21.61	400m: 5:00.27 15.78

, 28. - 30.9.2023

24,		, 400m				, 2008					
				/		R.T.					
12.	,	2008				+0,72		<b>5:03.18</b>	464 1		
25m:	14.08	14.08	125m:	1:29.91	20.48	225m:	2:48.57	19.72	325m:	4:11.00	17.90
50m:	31.25	17.17	150m:	1:49.48	19.57	250m:	3:10.08	21.51	350m:	4:28.77	17.77
75m:	49.81	18.56	175m:	2:08.59	19.11	275m:	3:31.52	21.44	375m:	4:46.40	17.63
100m:	1:09.43	19.62	200m:	2:28.85	20.26	300m:	3:53.10	21.58	400m:	5:03.18	16.78
13.	,	2006 1		3		+0,68		<b>5:05.24</b>	455 2		
25m:	13.59	13.59	125m:	1:24.75	19.29	225m:	2:45.22	21.08	325m:	4:11.28	18.31
50m:	30.13	16.54	150m:	1:44.10	19.35	250m:	3:07.64	22.42	350m:	4:29.24	17.96
75m:	47.36	17.23	175m:	2:03.68	19.58	275m:	3:30.32	22.68	375m:	4:47.75	18.51
100m:	1:05.46	18.10	200m:	2:24.14	20.46	300m:	3:52.97	22.65	400m:	5:05.24	17.49
DSQ	,	2005		10							