

39
 30.09.2023 - 12:49

, 400m

2010

: FINA 2022

		/				R.T.			
1.	,	2007		4		+0,68		4:19.12	735
	25m:	14.22	14.22	125m:	1:18.93	16.27	225m:	2:25.37	16.61
	50m:	30.26	16.04	150m:	1:35.43	16.50	250m:	2:41.88	16.51
	75m:	46.41	16.15	175m:	1:52.13	16.70	275m:	2:58.63	16.75
	100m:	1:02.66	16.25	200m:	2:08.76	16.63	300m:	3:15.29	16.66
							325m:	3:31.70	16.41
							350m:	3:48.14	16.44
							375m:	4:04.07	15.93
							400m:	4:19.12	15.05
2.	,	2003		1		+0,84		4:19.36	733
	25m:	14.01	14.01	125m:	1:18.33	16.37	225m:	2:25.05	16.71
	50m:	29.59	15.58	150m:	1:34.90	16.57	250m:	2:41.63	16.58
	75m:	45.61	16.02	175m:	1:51.52	16.62	275m:	2:58.36	16.73
	100m:	1:01.96	16.35	200m:	2:08.34	16.82	300m:	3:15.02	16.66
							325m:	3:31.75	16.73
							350m:	3:48.21	16.46
							375m:	4:04.38	16.17
							400m:	4:19.36	14.98
3.	,	2008		4		+0,69		4:23.43	700
	25m:	14.09	14.09	125m:	1:18.93	16.06	225m:	2:25.64	16.38
	50m:	30.18	16.09	150m:	1:35.74	16.81	250m:	2:42.51	16.87
	75m:	46.34	16.16	175m:	1:52.13	16.39	275m:	2:59.58	17.07
	100m:	1:02.87	16.53	200m:	2:09.26	17.13	300m:	3:17.00	17.42
							325m:	3:33.64	16.64
							350m:	3:50.85	17.21
							375m:	4:07.33	16.48
							400m:	4:23.43	16.10
4.	,	2007		4		+0,72		4:24.49	691
	25m:	14.46	14.46	125m:	1:20.00	16.55	225m:	2:27.23	16.80
	50m:	30.74	16.28	150m:	1:36.61	16.61	250m:	2:44.07	16.84
	75m:	47.15	16.41	175m:	1:53.42	16.81	275m:	3:00.96	16.89
	100m:	1:03.45	16.30	200m:	2:10.43	17.01	300m:	3:17.85	16.89
							325m:	3:34.69	16.84
							350m:	3:51.46	16.77
							375m:	4:08.36	16.90
							400m:	4:24.49	16.13
5.	,	2007		3		+0,75		4:31.51	639
	25m:	14.62	14.62	125m:	1:21.71	17.09	225m:	2:30.72	16.98
	50m:	30.78	16.16	150m:	1:39.20	17.49	250m:	2:48.28	17.56
	75m:	47.51	16.73	175m:	1:56.36	17.16	275m:	3:05.75	17.47
	100m:	1:04.62	17.11	200m:	2:13.74	17.38	300m:	3:23.36	17.61
							325m:	3:40.66	17.30
							350m:	3:58.18	17.52
							375m:	4:15.25	17.07
							400m:	4:31.51	16.26
6.	,	2008		4		+0,80		4:32.80	630
	25m:	14.75	14.75	125m:	1:21.98	17.25	225m:	2:31.37	17.46
	50m:	30.91	16.16	150m:	1:39.30	17.32	250m:	2:48.65	17.28
	75m:	47.80	16.89	175m:	1:56.59	17.29	275m:	3:06.15	17.50
	100m:	1:04.73	16.93	200m:	2:13.91	17.32	300m:	3:23.56	17.41
							325m:	3:41.21	17.65
							350m:	3:58.62	17.41
							375m:	4:16.09	17.47
							400m:	4:32.80	16.71
7.	,	2008				+0,68		4:33.33	626
	25m:	14.87	14.87	125m:	1:22.47	17.19	225m:	2:32.47	17.36
	50m:	31.34	16.47	150m:	1:39.90	17.43	250m:	2:49.47	17.00
	75m:	48.14	16.80	175m:	1:57.32	17.42	275m:	3:06.83	17.36
	100m:	1:05.28	17.14	200m:	2:15.11	17.79	300m:	3:24.14	17.31
							325m:	3:41.32	17.18
							350m:	3:59.07	17.75
							375m:	4:16.28	17.21
							400m:	4:33.33	17.05
8.	,	2010		2		+0,83		4:34.34	619
	25m:	14.54	14.54	125m:	1:21.54	16.96	225m:	2:31.02	17.38
	50m:	30.76	16.22	150m:	1:38.83	17.29	250m:	2:48.79	17.77
	75m:	47.59	16.83	175m:	1:56.12	17.29	275m:	3:06.39	17.60
	100m:	1:04.58	16.99	200m:	2:13.64	17.52	300m:	3:24.15	17.76
							325m:	3:41.83	17.68
							350m:	3:59.59	17.76
							375m:	4:17.45	17.86
							400m:	4:34.34	16.89
9.	,	2006		10		+0,83		4:34.35	619
	50m:	30.73	30.73	150m:	1:37.44	33.71	250m:	2:46.50	34.82
	100m:	1:03.73	33.00	200m:	2:11.68	34.24	300m:	3:22.28	35.78
							350m:	3:59.01	36.73
							400m:	4:34.35	35.34
10.	,	2008				+0,73		4:34.67	617
	25m:	14.84	14.84	125m:	1:22.57	17.40	225m:	2:33.01	17.62
	50m:	31.16	16.32	150m:	1:39.92	17.35	250m:	2:50.51	17.50
	75m:	47.93	16.77	175m:	1:57.55	17.63	275m:	3:08.16	17.65
	100m:	1:05.17	17.24	200m:	2:15.39	17.84	300m:	3:25.66	17.50
							325m:	3:43.21	17.55
							350m:	4:00.68	17.47
							375m:	4:18.11	17.43
							400m:	4:34.67	16.56
11.	,	2010		1		+0,87		4:35.81	610
	25m:	14.99	14.99	125m:	1:22.46	17.16	225m:	2:32.45	17.55
	50m:	31.46	16.47	150m:	1:39.93	17.47	250m:	2:50.05	17.60
	75m:	48.38	16.92	175m:	1:57.35	17.42	275m:	3:07.83	17.78
	100m:	1:05.30	16.92	200m:	2:14.90	17.55	300m:	3:25.66	17.83
							325m:	3:43.48	17.82
							350m:	4:01.24	17.76
							375m:	4:18.80	17.56
							400m:	4:35.81	17.01

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39,	, 400m	, 2010	/						R.T.
12.		2008	4	+0,96	4:36.29	606			
25m:	15.39	15.39	125m: 1:23.58	17.33	225m: 2:34.23	17.69	325m: 3:44.98	17.76	
50m:	31.95	16.56	150m: 1:41.20	17.62	250m: 2:51.92	17.69	350m: 4:02.55	17.57	
75m:	49.05	17.10	175m: 1:58.73	17.53	275m: 3:09.54	17.62	375m: 4:19.72	17.17	
100m:	1:06.25	17.20	200m: 2:16.54	17.81	300m: 3:27.22	17.68	400m: 4:36.29	16.57	
13.		2006	4	+0,77	4:36.68	604			
25m:	14.92	14.92	125m: 1:23.75	17.43	225m: 2:34.27	17.51	325m: 3:44.66	17.43	
50m:	31.94	17.02	150m: 1:41.45	17.70	250m: 2:52.06	17.79	350m: 4:02.50	17.84	
75m:	48.79	16.85	175m: 1:58.90	17.45	275m: 3:09.49	17.43	375m: 4:19.92	17.42	
100m:	1:06.32	17.53	200m: 2:16.76	17.86	300m: 3:27.23	17.74	400m: 4:36.68	16.76	
14.		2009	2	+0,68	4:36.83	603			
50m:	30.91	30.91	150m: 1:39.67	34.80	250m: 2:50.53	35.60	350m: 4:01.90	35.56	
100m:	1:04.87	33.96	200m: 2:14.93	35.26	300m: 3:26.34	35.81	400m: 4:36.83	34.93	
15.		2009	4	+0,85	4:38.76	590 1			
25m:	14.84	14.84	125m: 1:23.39	17.79	225m: 2:34.71	17.70	325m: 3:46.34	17.85	
50m:	31.33	16.49	150m: 1:41.24	17.85	250m: 2:52.84	18.13	350m: 4:04.47	18.13	
75m:	48.21	16.88	175m: 1:58.97	17.73	275m: 3:10.49	17.65	375m: 4:21.97	17.50	
100m:	1:05.60	17.39	200m: 2:17.01	18.04	300m: 3:28.49	18.00	400m: 4:38.76	16.79	
16.		2009		+0,75	4:42.06	570 1			
25m:	14.68	14.68	125m: 1:22.50	17.38	225m: 2:33.95	17.91	325m: 3:47.41	18.43	
50m:	31.09	16.41	150m: 1:40.15	17.65	250m: 2:52.17	18.22	350m: 4:06.08	18.67	
75m:	47.93	16.84	175m: 1:57.99	17.84	275m: 3:10.77	18.60	375m: 4:24.47	18.39	
100m:	1:05.12	17.19	200m: 2:16.04	18.05	300m: 3:28.98	18.21	400m: 4:42.06	17.59	
17.		2007		+0,84	4:42.76	566 1			
25m:	15.46	15.46	125m: 1:24.21	17.77	225m: 2:37.01	18.29	325m: 3:49.61	18.27	
50m:	32.14	16.68	150m: 1:42.00	17.79	250m: 2:55.05	18.04	350m: 4:07.88	18.27	
75m:	49.24	17.10	175m: 2:00.42	18.42	275m: 3:13.21	18.16	375m: 4:25.85	17.97	
100m:	1:06.44	17.20	200m: 2:18.72	18.30	300m: 3:31.34	18.13	400m: 4:42.76	16.91	
18.		2008		+0,70	4:42.82	565 1			
25m:	15.17	15.17	125m: 1:24.67	18.01	225m: 2:36.65	18.00	325m: 3:49.86	18.32	
50m:	31.91	16.74	150m: 1:42.67	18.00	250m: 2:55.00	18.35	350m: 4:08.11	18.25	
75m:	49.36	17.45	175m: 2:00.94	18.27	275m: 3:13.64	18.64	375m: 4:26.26	18.15	
100m:	1:06.66	17.30	200m: 2:18.65	17.71	300m: 3:31.54	17.90	400m: 4:42.82	16.56	
19.		2009 1	2	+0,72	4:42.95	565 1			
50m:	31.21	31.21	150m: 1:41.44	35.56	250m: 2:54.56	36.90	350m: 4:08.60	37.21	
100m:	1:05.88	34.67	200m: 2:17.66	36.22	300m: 3:31.39	36.83	400m: 4:42.95	34.35	
20.		2007		+0,80	4:47.93	536 1			
25m:	15.30	15.30	125m: 1:26.23	18.10	225m: 2:39.88	18.35	325m: 3:53.87	18.41	
50m:	32.44	17.14	150m: 1:44.43	18.20	250m: 2:58.27	18.39	350m: 4:12.54	18.67	
75m:	49.98	17.54	175m: 2:02.90	18.47	275m: 3:16.88	18.61	375m: 4:30.80	18.26	
100m:	1:08.13	18.15	200m: 2:21.53	18.63	300m: 3:35.46	18.58	400m: 4:47.93	17.13	
21.		2009		+0,77	4:50.99	519 1			
25m:	15.32	15.32	125m: 1:26.66	18.39	225m: 2:41.05	18.58	325m: 3:56.17	18.86	
50m:	32.42	17.10	150m: 1:45.15	18.49	250m: 2:59.75	18.70	350m: 4:14.96	18.79	
75m:	50.21	17.79	175m: 2:03.89	18.74	275m: 3:18.46	18.71	375m: 4:33.42	18.46	
100m:	1:08.27	18.06	200m: 2:22.47	18.58	300m: 3:37.31	18.85	400m: 4:50.99	17.57	
22.		2010		+0,70	4:53.25	507 1			
25m:	15.28	15.28	125m: 1:26.00	18.07	225m: 2:41.14	18.80	325m: 3:57.35	18.72	
50m:	32.55	17.27	150m: 1:44.48	18.48	250m: 3:00.33	19.19	350m: 4:16.82	19.47	
75m:	50.17	17.62	175m: 2:03.15	18.67	275m: 3:19.18	18.85	375m: 4:35.58	18.76	
100m:	1:07.93	17.76	200m: 2:22.34	19.19	300m: 3:38.63	19.45	400m: 4:53.25	17.67	
23.		2010		+0,74	4:54.55	500 1			
25m:	14.75	14.75	125m: 1:25.93	18.70	225m: 2:42.82	19.27	325m: 3:59.37	18.90	
50m:	31.38	16.63	150m: 1:45.34	19.41	250m: 3:01.80	18.98	350m: 4:18.39	19.02	
75m:	48.95	17.57	175m: 2:04.33	18.99	275m: 3:21.02	19.22	375m: 4:36.59	18.20	
100m:	1:07.23	18.28	200m: 2:23.55	19.22	300m: 3:40.47	19.45	400m: 4:54.55	17.96	

