

37  
11.02.2023 - 12:11

, 400m

13

: FINA 2022

								R.T				
1.			2003		1				<b>4:30.73</b>	666		
	50m:	30.41	30.41	150m:	1:38.65	34.66	250m:	2:47.81	34.47	350m:	3:57.24	34.78
	100m:	1:03.99	33.58	200m:	2:13.34	34.69	300m:	3:22.46	34.65	400m:	4:30.73	33.49
2.			2007		3					<b>4:32.64</b>	652	
	50m:	31.24	31.24	150m:	1:40.42	34.88	250m:	2:50.13	34.50	350m:	3:59.56	34.60
	100m:	1:05.54	34.30	200m:	2:15.63	35.21	300m:	3:24.96	34.83	400m:	4:32.64	33.08
3.			2010						+0,81	<b>4:34.72</b>	637	
	50m:	31.39	31.39	150m:	1:40.24	35.03	250m:	2:50.36	35.27	350m:	4:01.08	35.56
	100m:	1:05.21	33.82	200m:	2:15.09	34.85	300m:	3:25.52	35.16	400m:	4:34.72	33.64
4.			2007		4					<b>4:38.10</b>	614	
	100m:	1:05.22	1:05.22	200m:	2:15.57	35.48	300m:	3:27.76	36.15	400m:	4:38.10	34.39
	150m:	1:40.09	34.87	250m:	2:51.61	36.04	350m:	4:03.71	35.95			
5.			2006		1					<b>4:40.10</b>	601	
	50m:	30.88	30.88	150m:	1:39.59	35.07	250m:	2:51.80	36.73	350m:	4:04.96	36.67
	100m:	1:04.52	33.64	200m:	2:15.07	35.48	300m:	3:28.29	36.49	400m:	4:40.10	35.14
6.			2008		4				+0,84	<b>4:41.02</b>	595	
	50m:	31.72	31.72	150m:	1:42.10	35.64	250m:	2:54.34	36.39	350m:	4:07.07	36.34
	100m:	1:06.46	34.74	200m:	2:17.95	35.85	300m:	3:30.73	36.39	400m:	4:41.02	33.95
7.			2009		3					<b>4:41.65</b>	591	
	50m:	32.46	32.46	150m:	1:43.51	36.13	250m:	2:56.40	36.56	350m:	4:07.88	35.33
	100m:	1:07.38	34.92	200m:	2:19.84	36.33	300m:	3:32.55	36.15	400m:	4:41.65	33.77
8.			2009	1					+0,71	<b>4:42.44</b>	586	
	50m:	31.08	31.08	150m:	1:43.12	36.64	250m:	2:55.53	36.35	350m:	4:08.22	36.46
	100m:	1:06.48	35.40	200m:	2:19.18	36.06	300m:	3:31.76	36.23	400m:	4:42.44	34.22
9.			2007		4					<b>4:42.64</b>	585	
	50m:	31.00	31.00	150m:	1:39.61	34.81	250m:	2:53.80	38.52	350m:	4:10.88	38.19
	100m:	1:04.80	33.80	200m:	2:15.28	35.67	300m:	3:32.69	38.89	400m:	4:42.64	31.76
10.			2008		2					<b>4:43.76</b>	578	
	50m:	32.34	32.34	150m:	1:43.64	35.99	250m:	2:56.08	36.21	350m:	4:08.28	36.09
	100m:	1:07.65	35.31	200m:	2:19.87	36.23	300m:	3:32.19	36.11	400m:	4:43.76	35.48
11.			2009		2				+0,70	<b>4:43.87</b>	577	
	50m:	31.59	31.59	150m:	1:42.80	36.24	250m:	2:55.70	36.52	350m:	4:09.17	36.87
	100m:	1:06.56	34.97	200m:	2:19.18	36.38	300m:	3:32.30	36.60	400m:	4:43.87	34.70
12.			2008							<b>4:44.92</b>	571 1	
	50m:	32.35	32.35	150m:	1:44.06	36.05	250m:	2:57.41	36.56	350m:	4:10.19	36.32
	100m:	1:08.01	35.66	200m:	2:20.85	36.79	300m:	3:33.87	36.46	400m:	4:44.92	34.73
13.			2008		4				+0,68	<b>4:45.18</b>	570 1	
	50m:	32.72	32.72	150m:	1:43.97	36.01	250m:	2:56.91	36.62	350m:	4:10.04	36.48
	100m:	1:07.96	35.24	200m:	2:20.29	36.32	300m:	3:33.56	36.65	400m:	4:45.18	35.14
14.			2007							<b>4:45.90</b>	565 1	
	50m:	31.59	31.59	150m:	1:42.05	36.13	250m:	2:55.96	37.32	350m:	4:10.63	37.35
	100m:	1:05.92	34.33	200m:	2:18.64	36.59	300m:	3:33.28	37.32	400m:	4:45.90	35.27
15.			2009						+0,75	<b>4:46.01</b>	565 1	
	50m:	32.01	32.01	150m:	1:43.22	36.19	250m:	2:55.73	36.29	350m:	4:09.52	37.24
	100m:	1:07.03	35.02	200m:	2:19.44	36.22	300m:	3:32.28	36.55	400m:	4:46.01	36.49

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16.				2006		2		<b>4:48.06</b>	553 1	
	50m:	32.43	32.43	200m:	2:21.19	1:13.26	300m:	3:35.39	37.01	
	100m:	1:07.93	35.50	250m:	2:58.38	37.19	350m:	4:12.23	36.84	
400m:								4:48.06	35.83	
17.				2010	I			+0,78	<b>4:49.80</b>	543 1
	50m:	32.82	32.82	150m:	1:44.72	36.35	250m:	2:58.67	37.12	
	100m:	1:08.37	35.55	200m:	2:21.55	36.83	300m:	3:36.09	37.42	
350m:								350m:	4:13.63	
400m:								400m:	4:49.80	
18.				2004		6		+0,55	<b>4:49.93</b>	542 1
	50m:	32.11	32.11	150m:	1:44.21	36.77	250m:	2:58.32	37.59	
	100m:	1:07.44	35.33	200m:	2:20.73	36.52	300m:	3:36.07	37.75	
350m:								350m:	4:14.04	
400m:								400m:	4:49.93	
19.				2008				+0,64	<b>4:52.11</b>	530 1
	50m:	32.37	32.37	150m:	1:45.30	36.92	250m:	2:59.56	37.42	
	100m:	1:08.38	36.01	200m:	2:22.14	36.84	300m:	3:37.87	38.31	
350m:								350m:	4:15.58	
400m:								400m:	4:52.11	
20.				2008		3		+0,80	<b>4:52.68</b>	527 1
	50m:	33.41	33.41	150m:	1:46.90	37.30	250m:	3:01.69	37.48	
	100m:	1:09.60	36.19	200m:	2:24.21	37.31	300m:	3:39.14	37.45	
350m:								350m:	4:16.35	
400m:								400m:	4:52.68	
21.				2009	1				<b>4:54.30</b>	518 1
	50m:	32.74	32.74	150m:	1:46.87	37.71	250m:	3:03.13	38.18	
	100m:	1:09.16	36.42	200m:	2:24.95	38.08	300m:	3:41.24	38.11	
350m:								350m:	4:18.64	
400m:								400m:	4:54.30	
22.				2007	I	5			<b>4:57.02</b>	504 1
	50m:	33.15	33.15	150m:	1:48.02	38.45	250m:	3:04.69	38.34	
	100m:	1:09.57	36.42	200m:	2:26.35	38.33	300m:	3:42.60	37.91	
350m:								350m:	4:20.33	
400m:								400m:	4:57.02	
23.				2007	I				<b>4:58.77</b>	495 1
	50m:	32.54	32.54	150m:	1:46.13	37.16	250m:	3:02.20	38.36	
	100m:	1:08.97	36.43	200m:	2:23.84	37.71	300m:	3:41.50	39.30	
350m:								350m:	4:20.71	
400m:								400m:	4:58.77	
24.				2005	I				<b>4:59.04</b>	494 1
	50m:	34.45	34.45	150m:	1:49.84	38.18	250m:	3:06.80	38.38	
	100m:	1:11.66	37.21	200m:	2:28.42	38.58	300m:	3:45.08	38.28	
350m:								350m:	4:23.47	
400m:								400m:	4:59.04	
25.				2010	1				<b>4:59.94</b>	489 1
	50m:	32.75	32.75	150m:	1:48.27	38.63	250m:	3:06.47	39.53	
	100m:	1:09.64	36.89	200m:	2:26.94	38.67	300m:	3:45.47	39.00	
350m:								350m:	4:23.79	
400m:								400m:	4:59.94	
26.				2008				+0,71	<b>5:00.82</b>	485 1
	50m:	32.11	32.11	150m:	1:48.23	38.71	250m:	3:05.84	38.68	
	100m:	1:09.52	37.41	200m:	2:27.16	38.93	300m:	3:45.35	39.51	
350m:								350m:	4:23.68	
400m:								400m:	5:00.82	
27.				2007				+0,83	<b>5:01.13</b>	484 1
	50m:	32.77	32.77	150m:	1:49.05	39.00	250m:	3:06.95	39.16	
	100m:	1:10.05	37.28	200m:	2:27.79	38.74	300m:	3:46.00	39.05	
350m:								350m:	4:24.51	
400m:								400m:	5:01.13	
28.				2006	I			+0,87	<b>5:02.60</b>	477 2
	50m:	32.97	32.97	150m:	1:48.84	38.89	250m:	3:07.68	39.46	
	100m:	1:09.95	36.98	200m:	2:28.22	39.38	300m:	3:47.25	39.57	
350m:								350m:	4:26.30	
400m:								400m:	5:02.60	
29.				2004		3			<b>5:02.61</b>	477 2
	50m:	33.75	33.75	150m:	1:48.83	38.39	250m:	3:06.46	39.10	
	100m:	1:10.44	36.69	200m:	2:27.36	38.53	300m:	3:45.23	38.77	
350m:								350m:	4:24.45	
400m:								400m:	5:02.61	
30.				2009	I			+0,85	<b>5:02.81</b>	476 2
	50m:	33.68	33.68	150m:	1:49.72	38.05	250m:	3:07.48	39.02	
	100m:	1:11.67	37.99	200m:	2:28.46	38.74	300m:	3:46.78	39.30	
350m:								350m:	4:25.83	
400m:								400m:	5:02.81	
31.				2010	1				<b>5:05.97</b>	461 2
	50m:	33.30	33.30	150m:	1:49.35	39.18	250m:	3:08.30	39.61	
	100m:	1:10.17	36.87	200m:	2:28.69	39.34	300m:	3:47.85	39.55	
350m:								350m:	4:27.58	
400m:								400m:	5:05.97	

	37,	, 400m	, 13									
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32.			2008	I				+0,46	<b>5:09.00</b>	448	2	
	50m:	33.66	33.66	150m:	1:52.39	39.96	250m:	3:12.48	39.97	350m:	4:31.56	39.51
	100m:	1:12.43	38.77	200m:	2:32.51	40.12	300m:	3:52.05	39.57	400m:	5:09.00	37.44
33.			2009							<b>5:11.50</b>	437	2
	100m:	1:12.57	1:12.57	250m:	3:11.31	39.59	400m:	5:11.50	1:19.47			
	200m:	2:31.72	1:19.15	300m:	3:52.03	40.72						
34.			2010	I				+0,73	<b>5:13.61</b>	428	2	
	50m:	33.67	33.67	150m:	1:50.86	39.17	250m:	3:11.66	40.77	350m:	4:34.14	41.08
	100m:	1:11.69	38.02	200m:	2:30.89	40.03	300m:	3:53.06	41.40	400m:	5:13.61	39.47
35.			2010	I						<b>5:18.69</b>	408	2
	50m:	34.70	34.70	150m:	1:54.87	40.85	250m:	3:16.94	41.43	350m:	4:39.38	41.41
	100m:	1:14.02	39.32	200m:	2:35.51	40.64	300m:	3:57.97	41.03	400m:	5:18.69	39.31