

24	, 400m										2010			
20.09.2024														
: FINA 2023														
	/										R.T			
1.	2007										6	+0,68	<b>4:47.75</b>	728
25m:	14.11	14.11	125m:	1:24.98	18.86	225m:	2:38.87	19.66	325m:	3:57.12	17.19			
50m:	30.67	16.56	150m:	1:43.14	18.16	250m:	2:59.16	20.29	350m:	4:13.95	16.83			
75m:	48.35	17.68	175m:	2:01.16	18.02	275m:	3:19.54	20.38	375m:	4:31.02	17.07			
100m:	1:06.12	17.77	200m:	2:19.21	18.05	300m:	3:39.93	20.39	400m:	4:47.75	16.73			
2.	2009										6	+0,66	<b>4:53.39</b>	687
25m:	13.66	13.66	125m:	1:25.08	18.88	225m:	2:41.06	21.25	325m:	4:03.27	18.64			
50m:	30.97	17.31	150m:	1:43.39	18.31	250m:	3:01.85	20.79	350m:	4:20.75	17.48			
75m:	48.38	17.41	175m:	2:01.85	18.46	275m:	3:23.21	21.36	375m:	4:37.43	16.68			
100m:	1:06.20	17.82	200m:	2:19.81	17.96	300m:	3:44.63	21.42	400m:	4:53.39	15.96			
3.	2009											+0,75	<b>5:13.45</b>	563
25m:	14.25	14.25	125m:	1:31.23	22.02	225m:	2:54.45	21.78	325m:	4:19.43	18.63			
50m:	31.90	17.65	150m:	1:51.83	20.60	250m:	3:15.87	21.42	350m:	4:37.62	18.19			
75m:	50.39	18.49	175m:	2:12.08	20.25	275m:	3:38.18	22.31	375m:	4:55.88	18.26			
100m:	1:09.21	18.82	200m:	2:32.67	20.59	300m:	4:00.80	22.62	400m:	5:13.45	17.57			
4.	2007											+0,63	<b>5:19.15</b> 1	534
25m:	14.71	14.71	125m:	1:32.37	21.30	225m:	2:57.54	22.58	325m:	4:24.83	19.29			
50m:	32.60	17.89	150m:	1:52.99	20.62	250m:	3:19.60	22.06	350m:	4:43.68	18.85			
75m:	51.60	19.00	175m:	2:14.29	21.30	275m:	3:43.13	23.53	375m:	5:02.57	18.89			
100m:	1:11.07	19.47	200m:	2:34.96	20.67	300m:	4:05.54	22.41	400m:	5:19.15	16.58			
5.	2010											+0,79	<b>5:19.66</b> 1	531
25m:	14.88	14.88	125m:	1:31.82	20.74	225m:	2:55.25	23.29	325m:	4:25.12	18.41			
50m:	33.95	19.07	150m:	1:52.09	20.27	250m:	3:18.59	23.34	350m:	4:43.77	18.65			
75m:	51.70	17.75	175m:	2:12.12	20.03	275m:	3:42.13	23.54	375m:	5:02.23	18.46			
100m:	1:11.08	19.38	200m:	2:31.96	19.84	300m:	4:06.71	24.58	400m:	5:19.66	17.43			
6.	2009											+0,75	<b>5:20.16</b> 1	529
25m:	15.73	15.73	125m:	1:36.98	20.56	225m:	2:59.26	23.28	325m:	4:27.93	18.66			
50m:	35.37	19.64	150m:	1:56.74	19.76	250m:	3:22.26	23.00	350m:	4:45.65	17.72			
75m:	55.50	20.13	175m:	2:16.59	19.85	275m:	3:45.74	23.48	375m:	5:03.42	17.77			
100m:	1:16.42	20.92	200m:	2:35.98	19.39	300m:	4:09.27	23.53	400m:	5:20.16	16.74			
7.	2010										I		<b>5:42.59</b> 2	431
25m:	16.63	16.63	125m:	1:40.57	23.15	225m:	3:10.75	24.61	325m:	4:45.43	20.28			
50m:	36.14	19.51	150m:	2:02.65	22.08	250m:	3:35.45	24.70	350m:	5:04.77	19.34			
75m:	56.59	20.45	175m:	2:24.62	21.97	275m:	4:00.28	24.83	375m:	5:24.34	19.57			
100m:	1:17.42	20.83	200m:	2:46.14	21.52	300m:	4:25.15	24.87	400m:	5:42.59	18.25			