

22
16.02.2024 - 11:38

, 400m

2010

: FINA 2023

								R.T.				
1.			1999					+0,73	4:29.01	744		
	50m:	28.47	28.47	150m:	1:36.57	35.55	250m:	2:49.31	38.48	350m:	4:00.20	32.62
	100m:	1:01.02	32.55	200m:	2:10.83	34.26	300m:	3:27.58	38.27	400m:	4:29.01	28.81
2.			2002				7	+0,71	4:29.47	740		
	50m:	29.38	29.38	150m:	1:39.06	36.61	250m:	2:51.34	37.62	350m:	3:59.89	31.19
	100m:	1:02.45	33.07	200m:	2:13.72	34.66	300m:	3:28.70	37.36	400m:	4:29.47	29.58
3.			2007					+0,61	4:37.73	676		
	50m:	29.16	29.16	150m:	1:38.94	36.77	250m:	2:55.30	41.03	350m:	4:07.41	32.69
	100m:	1:02.17	33.01	200m:	2:14.27	35.33	300m:	3:34.72	39.42	400m:	4:37.73	30.32
4.			2008				4	+0,94	4:46.71	615		
	50m:	30.57	30.57	150m:	1:45.03	39.93	250m:	3:03.24	39.76	350m:	4:16.32	32.38
	100m:	1:05.10	34.53	200m:	2:23.48	38.45	300m:	3:43.94	40.70	400m:	4:46.71	30.39
5.			2008				2	+0,55	4:47.69	608		
	50m:	28.64	28.64	150m:	1:40.06	37.49	250m:	2:58.91	41.01	350m:	4:14.48	35.52
	100m:	1:02.57	33.93	200m:	2:17.90	37.84	300m:	3:38.96	40.05	400m:	4:47.69	33.21
6.			2008	I				+0,70	4:56.69	555	1	
	50m:	30.97	30.97	150m:	1:44.03	37.22	250m:	3:03.73	43.60	350m:	4:24.09	35.56
	100m:	1:06.81	35.84	200m:	2:20.13	36.10	300m:	3:48.53	44.80	400m:	4:56.69	32.60
7.			2007				5		4:59.43	540	1	
	50m:	29.38	29.38	150m:	1:43.45	41.03	250m:	3:08.28	45.78	350m:	4:26.54	34.51
	100m:	1:02.42	33.04	200m:	2:22.50	39.05	300m:	3:52.03	43.75	400m:	4:59.43	32.89
8.			2007	I				+0,67	5:09.24	490	1	
	50m:	31.72	31.72	150m:	1:48.06	39.58	250m:	3:12.72	43.99	350m:	4:35.53	37.48
	100m:	1:08.48	36.76	200m:	2:28.73	40.67	300m:	3:58.05	45.33	400m:	5:09.24	33.71
9.			2009	I					5:11.21	481	2	
	50m:	32.35	32.35	150m:	1:49.44	40.57	250m:	3:16.45	46.77	350m:	4:37.00	35.03
	100m:	1:08.87	36.52	200m:	2:29.68	40.24	300m:	4:01.97	45.52	400m:	5:11.21	34.21
10.			2007	I				+0,75	5:12.25	476	2	
	50m:	30.68	30.68	150m:	3:13.31	2:07.52	250m:	4:35.86	2:09.63	400m:	5:12.25	1:11.40
	100m:	1:05.79	35.11	200m:	2:26.23		300m:	4:00.85				
11.			2008	I			2	+0,75	5:14.87	464	2	
	50m:	30.71	30.71	150m:	1:49.19	41.69	250m:	3:15.25	46.66	350m:	4:38.84	36.41
	100m:	1:07.50	36.79	200m:	2:28.59	39.40	300m:	4:02.43	47.18	400m:	5:14.87	36.03
DSQ			2008				4					