

38 , 400m 2010
17.02.2024 - 12:04

: FINA 2023

								R.T.				
1.			2008		4		+0,70	4:02.50		747		
	50m:	27.61	27.61	150m:	1:28.72	30.78	250m:	2:30.90	31.12	350m:	3:32.54	30.46
	100m:	57.94	30.33	200m:	1:59.78	31.06	300m:	3:02.08	31.18	400m:	4:02.50	29.96
2.			2006		4		+0,69	4:07.84		700		
	50m:	28.03	28.03	150m:	1:30.78	31.85	250m:	2:35.69	32.74	350m:	3:38.26	31.17
	100m:	58.93	30.90	200m:	2:02.95	32.17	300m:	3:07.09	31.40	400m:	4:07.84	29.58
3.			2002		7		+0,81	4:10.72		676		
	50m:	29.95	29.95	150m:	1:34.64	32.72	250m:	2:38.97	31.53	350m:	3:40.99	30.89
	100m:	1:01.92	31.97	200m:	2:07.44	32.80	300m:	3:10.10	31.13	400m:	4:10.72	29.73
4.			2001		1		+0,59	4:10.86		675		
	50m:	27.79	27.79	150m:	1:31.43	32.21	250m:	2:36.52	32.51	350m:	3:40.45	31.33
	100m:	59.22	31.43	200m:	2:04.01	32.58	300m:	3:09.12	32.60	400m:	4:10.86	30.41
5.			2007				+0,59	4:11.35		671		
	50m:	27.94	27.94	150m:	1:30.79	32.14	250m:	2:35.77	32.70	350m:	3:40.10	31.90
	100m:	58.65	30.71	200m:	2:03.07	32.28	300m:	3:08.20	32.43	400m:	4:11.35	31.25
6.			2008		4			4:11.87		667		
	50m:	28.74	28.74	150m:	1:31.69	31.82	250m:	2:36.36	32.55	350m:	3:41.55	32.43
	100m:	59.87	31.13	200m:	2:03.81	32.12	300m:	3:09.12	32.76	400m:	4:11.87	30.32
7.			2007		4		+0,68	4:12.10		665		
	50m:	28.97	28.97	150m:	1:32.60	32.05	250m:	2:37.16	32.45	350m:	3:41.46	32.07
	100m:	1:00.55	31.58	200m:	2:04.71	32.11	300m:	3:09.39	32.23	400m:	4:12.10	30.64
8.			2007		4		+0,65	4:12.32		663		
	50m:	28.15	28.15	150m:	1:30.59	31.35	250m:	2:34.65	32.11	350m:	3:40.41	32.92
	100m:	59.24	31.09	200m:	2:02.54	31.95	300m:	3:07.49	32.84	400m:	4:12.32	31.91
9.			2006		7			4:12.82		659		
	50m:	29.11	29.11	150m:	1:32.84	32.18	250m:	2:37.84	32.72	350m:	3:42.13	31.35
	100m:	1:00.66	31.55	200m:	2:05.12	32.28	300m:	3:10.78	32.94	400m:	4:12.82	30.69
10.			2007				+0,67	4:16.92		628		
	50m:	28.65	28.65	150m:	1:33.35	32.79	250m:	2:39.14	32.73	350m:	3:44.50	32.44
	100m:	1:00.56	31.91	200m:	2:06.41	33.06	300m:	3:12.06	32.92	400m:	4:16.92	32.42
11.			2005		10		+0,70	4:17.78		622 1		
	50m:	29.54	29.54	150m:	1:34.78	33.19	250m:	2:40.84	33.01	350m:	3:46.40	32.75
	100m:	1:01.59	32.05	200m:	2:07.83	33.05	300m:	3:13.65	32.81	400m:	4:17.78	31.38
			2008		4		+0,79	4:17.78		622 1		
	50m:	29.26	29.26	150m:	1:34.05	33.29	250m:	2:40.36	33.24	350m:	3:46.23	33.13
	100m:	1:00.76	31.50	200m:	2:07.12	33.07	300m:	3:13.10	32.74	400m:	4:17.78	31.55
13.			2007		3		+0,78	4:19.86		607 1		
	50m:	29.07	29.07	150m:	1:35.69	33.88	250m:	2:42.51	32.63	350m:	3:48.12	32.42
	100m:	1:01.81	32.74	200m:	2:09.88	34.19	300m:	3:15.70	33.19	400m:	4:19.86	31.74
14.			2006					4:19.87		607 1		
	50m:	28.12	28.12	150m:	1:32.21	33.04	250m:	2:39.08	33.30	350m:	3:46.96	33.64
	100m:	59.17	31.05	200m:	2:05.78	33.57	300m:	3:13.32	34.24	400m:	4:19.87	32.91
15.			2008	I	4		+0,70	4:20.54		602 1		
	50m:	29.72	29.72	150m:	1:35.20	33.27	250m:	2:42.27	33.73	350m:	3:49.32	33.34
	100m:	1:01.93	32.21	200m:	2:08.54	33.34	300m:	3:15.98	33.71	400m:	4:20.54	31.22

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38, , 400m		, 2010						R.T.	
16.			2008		4			4:20.98	599 1
	50m: 29.22	29.22	150m: 1:34.97	33.21	250m: 2:42.80	33.72	350m: 3:49.46	32.83	
	100m: 1:01.76	32.54	200m: 2:09.08	34.11	300m: 3:16.63	33.83	400m: 4:20.98	31.52	
17.			2008		4		+0,70	4:21.53	595 1
	50m: 28.68	28.68	150m: 1:33.55	33.06	250m: 2:40.89	33.75	350m: 3:48.94	33.94	
	100m: 1:00.49	31.81	200m: 2:07.14	33.59	300m: 3:15.00	34.11	400m: 4:21.53	32.59	
18.			2008	1	1		+0,62	4:21.87	593 1
	50m: 30.27	30.27	150m: 1:36.25	33.24	250m: 2:43.33	33.27	350m: 3:50.32	33.24	
	100m: 1:03.01	32.74	200m: 2:10.06	33.81	300m: 3:17.08	33.75	400m: 4:21.87	31.55	
19.			2007		3		+0,65	4:22.71	587 1
	50m: 28.86	28.86	150m: 1:34.30	33.16	250m: 2:41.70	33.89	350m: 3:49.88	34.30	
	100m: 1:01.14	32.28	200m: 2:07.81	33.51	300m: 3:15.58	33.88	400m: 4:22.71	32.83	
20.			2008	1	1		+0,77	4:23.10	585 1
	50m: 29.07	29.07	150m: 1:34.57	33.21	250m: 2:41.63	33.31	350m: 3:51.19	34.27	
	100m: 1:01.36	32.29	200m: 2:08.32	33.75	300m: 3:16.92	35.29	400m: 4:23.10	31.91	
21.			2007	1	7		+0,73	4:23.17	584 1
	50m: 3:51.86	3:51.86	200m: 2:12.30	1:08.09	400m: 4:23.17	1:03.91			
	100m: 1:04.21		300m: 3:19.26	1:06.96					
22.			2010	1	1		+0,87	4:23.42	583 1
	50m: 29.90	29.90	150m: 1:36.78	33.75	250m: 2:44.46	33.81	350m: 3:51.98	33.44	
	100m: 1:03.03	33.13	200m: 2:10.65	33.87	300m: 3:18.54	34.08	400m: 4:23.42	31.44	
23.			1999				+0,51	4:24.38	576 1
	50m: 28.75	28.75	150m: 1:35.06	33.86	250m: 2:43.43	34.24	350m: 3:51.42	33.33	
	100m: 1:01.20	32.45	200m: 2:09.19	34.13	300m: 3:18.09	34.66	400m: 4:24.38	32.96	
24.			2005		1		+0,66	4:24.98	572 1
	50m: 29.04	29.04	150m: 1:34.64	33.42	250m: 2:42.91	34.62	350m: 3:52.32	34.62	
	100m: 1:01.22	32.18	200m: 2:08.29	33.65	300m: 3:17.70	34.79	400m: 4:24.98	32.66	
25.			2008				+0,73	4:25.57	569 1
	50m: 29.82	29.82	150m: 1:37.12	34.24	250m: 2:45.18	34.10	350m: 3:53.37	34.12	
	100m: 1:02.88	33.06	200m: 2:11.08	33.96	300m: 3:19.25	34.07	400m: 4:25.57	32.20	
26.			2008	1	1		+0,80	4:26.22	564 1
	50m: 28.99	28.99	150m: 1:36.09	34.22	250m: 2:43.87	34.13	350m: 3:52.50	33.95	
	100m: 1:01.87	32.88	200m: 2:09.74	33.65	300m: 3:18.55	34.68	400m: 4:26.22	33.72	
27.			2007				+0,70	4:26.40	563 1
	50m: 28.47	28.47	150m: 1:34.22	33.59	250m: 2:43.42	35.15	350m: 3:52.76	34.47	
	100m: 1:00.63	32.16	200m: 2:08.27	34.05	300m: 3:18.29	34.87	400m: 4:26.40	33.64	
28.			2005		1		+0,73	4:27.82	554 1
	50m: 29.57	29.57	150m: 1:36.51	34.14	250m: 2:45.78	34.29	350m: 3:55.54	34.13	
	100m: 1:02.37	32.80	200m: 2:11.49	34.98	300m: 3:21.41	35.63	400m: 4:27.82	32.28	
29.			2007		1		+0,81	4:27.83	554 1
	50m: 30.30	30.30	150m: 1:37.16	34.00	250m: 2:46.66	35.01	350m: 3:55.93	34.74	
	100m: 1:03.16	32.86	200m: 2:11.65	34.49	300m: 3:21.19	34.53	400m: 4:27.83	31.90	
30.			2008		3			4:27.97	553 1
	50m: 30.20	30.20	150m: 1:37.87	34.11	250m: 2:46.46	34.52	350m: 3:55.33	34.23	
	100m: 1:03.76	33.56	200m: 2:11.94	34.07	300m: 3:21.10	34.64	400m: 4:27.97	32.64	
31.			2008				+0,72	4:28.91	548 1
	50m: 29.16	29.16	150m: 1:35.70	34.13	250m: 2:44.92	34.77	350m: 3:54.95	35.04	
	100m: 1:01.57	32.41	200m: 2:10.15	34.45	300m: 3:19.91	34.99	400m: 4:28.91	33.96	

38,	, 400m	, 2010	R.T.					
32.	,	2008	4	+0,78	4:29.37	545	1	
50m:	29.76 29.76	150m: 1:37.56 34.50	250m: 2:47.33 35.15	350m: 3:57.24 35.20				
100m:	1:03.06 33.30	200m: 2:12.18 34.62	300m: 3:22.04 34.71	400m: 4:29.37 32.13				
33.	,	2008	4		4:29.79	542	1	
50m:	29.97 29.97	150m: 1:36.55 33.97	250m: 2:45.89 34.63	350m: 3:55.42 34.99				
100m:	1:02.58 32.61	200m: 2:11.26 34.71	300m: 3:20.43 34.54	400m: 4:29.79 34.37				
34.	,	2008		+0,62	4:30.74	537	1	
50m:	30.03 30.03	150m: 1:38.42 34.54	250m: 2:48.19 34.98	350m: 3:57.56 34.46				
100m:	1:03.88 33.85	200m: 2:13.21 34.79	300m: 3:23.10 34.91	400m: 4:30.74 33.18				
35.	,	2008		+0,63	4:31.63	531	1	
50m:	30.33 30.33	150m: 1:38.83 34.54	250m: 2:49.00 35.06	350m: 3:58.65 34.80				
100m:	1:04.29 33.96	200m: 2:13.94 35.11	300m: 3:23.85 34.85	400m: 4:31.63 32.98				
36.	,	2007			4:38.28	494	2	
50m:	31.19 31.19	150m: 1:40.72 35.11	250m: 2:52.29 35.77	350m: 4:04.99 36.23				
100m:	1:05.61 34.42	200m: 2:16.52 35.80	300m: 3:28.76 36.47	400m: 4:38.28 33.29				
37.	,	2009		+0,61	4:39.76	486	2	
50m:	31.25 31.25	150m: 1:40.57 34.96	250m: 2:52.34 36.27	350m: 4:05.24 36.67				
100m:	1:05.61 34.36	200m: 2:16.07 35.50	300m: 3:28.57 36.23	400m: 4:39.76 34.52				
38.	,	2008		+0,63	4:40.83	481	2	
50m:	30.64 30.64	150m: 1:40.72 35.39	250m: 2:52.44 36.31	350m: 4:05.89 36.69				
100m:	1:05.33 34.69	200m: 2:16.13 35.41	300m: 3:29.20 36.76	400m: 4:40.83 34.94				
39.	,	2007		+0,73	4:41.73	476	2	
50m:	30.57 30.57	150m: 1:40.55 35.77	250m: 2:54.20 36.48	350m: 4:07.33 36.28				
100m:	1:04.78 34.21	200m: 2:17.72 37.17	300m: 3:31.05 36.85	400m: 4:41.73 34.40				
40.	,	2008		+0,68	4:42.39	473	2	
50m:	31.54 31.54	150m: 1:42.18 35.56	250m: 2:54.20 36.21	350m: 4:07.10 36.41				
100m:	1:06.62 35.08	200m: 2:17.99 35.81	300m: 3:30.69 36.49	400m: 4:42.39 35.29				
41.	,	2008		+0,62	4:49.73	438	2	
50m:	31.63 31.63	150m: 1:45.13 37.30	250m: 3:00.81 37.21	350m: 4:15.41 37.29				
100m:	1:07.83 36.20	200m: 2:23.60 38.47	300m: 3:38.12 37.31	400m: 4:49.73 34.32				
42.	,	2007		+0,75	4:54.10	418	2	
50m:	28.94 28.94	150m: 1:42.11 37.97	250m: 2:58.71 38.25	350m: 4:16.63 38.91				
100m:	1:04.14 35.20	200m: 2:20.46 38.35	300m: 3:37.72 39.01	400m: 4:54.10 37.47				
43.	,	2005		+0,40	4:54.67	416	2	
50m:	32.37 32.37	150m: 1:46.51 37.73	250m: 3:02.69 38.33	350m: 4:18.61 37.86				
100m:	1:08.78 36.41	200m: 2:24.36 37.85	300m: 3:40.75 38.06	400m: 4:54.67 36.06				
DSQ	,	2004	5					