

21  
14.02.2025 - 10:54

, 400m

2011

: FINA 2024

						R.T.			
1.	,	2007	6	+0,77	<b>5:00.45</b>				692
	50m: 32.58	32.58	150m: 1:48.62	39.11	250m: 3:09.19	42.43	350m: 4:27.28	35.56	
	100m: 1:09.51	36.93	200m: 2:26.76	38.14	300m: 3:51.72	42.53	400m: 5:00.45	33.17	
2.	,	2010		+0,71	<b>5:01.18</b>				687
	50m: 32.58	32.58	150m: 1:50.23	40.99	250m: 3:12.34	42.26	350m: 4:29.42	34.61	
	100m: 1:09.24	36.66	200m: 2:30.08	39.85	300m: 3:54.81	42.47	400m: 5:01.18	31.76	
3.	,	2011 I		+0,76	<b>5:21.19</b>	1			567
	50m: 32.38	32.38	150m: 1:53.34	42.43	250m: 3:23.24	47.92	350m: 4:46.01	36.98	
	100m: 1:10.91	38.53	200m: 2:35.32	41.98	300m: 4:09.03	45.79	400m: 5:21.19	35.18	
4.	,	2010 I	4	+0,82	<b>5:22.33</b>	1			561
	50m: 32.87	32.87	150m: 1:54.53	42.13	250m: 3:22.58	47.35	350m: 4:47.14	36.66	
	100m: 1:12.40	39.53	200m: 2:35.23	40.70	300m: 4:10.48	47.90	400m: 5:22.33	35.19	
5.	,	2009 I	4	+0,97	<b>5:34.02</b>	1			504
	50m: 36.06	36.06	150m: 2:00.65	43.74	250m: 3:29.86	46.12	350m: 4:56.62	40.05	
	100m: 1:16.91	40.85	200m: 2:43.74	43.09	300m: 4:16.57	46.71	400m: 5:34.02	37.40	
6.	,	2008	2		<b>5:34.59</b>	1			501
	50m: 34.89	34.89	150m: 1:59.82	45.44	250m: 3:28.88	46.54	350m: 4:56.46	40.73	
	100m: 1:14.38	39.49	200m: 2:42.34	42.52	300m: 4:15.73	46.85	400m: 5:34.59	38.13	
7.	,	2011 I		+0,79	<b>5:40.43</b>	1			476
	50m: 34.45	34.45	150m: 2:03.20	46.71	250m: 3:33.57	45.97	350m: 5:02.49	39.22	
	100m: 1:16.49	42.04	200m: 2:47.60	44.40	300m: 4:23.27	49.70	400m: 5:40.43	37.94	