

37  
15.02.2025 - 11:12

, 400m

2011

: FINA 2024

								R.T.				
1.			2010		2	+0,80	<b>4:21.68</b>				727	
	50m:	29.57	29.57	150m:	1:35.94	33.66	250m:	2:43.02	33.41	350m:	3:50.09	33.47
	100m:	1:02.28	32.71	200m:	2:09.61	33.67	300m:	3:16.62	33.60	400m:	4:21.68	31.59
2.			2007		2	+0,68	<b>4:22.03</b>				724	
	50m:	29.54	29.54	150m:	1:35.10	33.27	250m:	2:41.75	33.41	350m:	3:48.93	33.57
	100m:	1:01.83	32.29	200m:	2:08.34	33.24	300m:	3:15.36	33.61	400m:	4:22.03	33.10
3.			2008		4	+0,62	<b>4:30.23</b>				660	
	50m:	30.36	30.36	150m:	1:36.65	33.69	250m:	2:45.23	34.36	350m:	3:55.57	35.70
	100m:	1:02.96	32.60	200m:	2:10.87	34.22	300m:	3:19.87	34.64	400m:	4:30.23	34.66
4.			2007		3	+0,78	<b>4:39.10</b>				599	
	50m:	30.69	30.69	150m:	1:40.36	35.59	250m:	2:52.63	36.40	350m:	4:04.83	36.26
	100m:	1:04.77	34.08	200m:	2:16.23	35.87	300m:	3:28.57	35.94	400m:	4:39.10	34.27
5.			2008		4	+0,83	<b>4:43.20</b> 1				574	
	50m:	30.57	30.57	150m:	1:39.25	35.19	250m:	2:52.15	36.79	350m:	4:07.02	37.50
	100m:	1:04.06	33.49	200m:	2:15.36	36.11	300m:	3:29.52	37.37	400m:	4:43.20	36.18
6.			2008		4		<b>4:44.55</b> 1				566	
	50m:	31.42	31.42	150m:	1:42.31	36.24	250m:	2:55.63	36.76	350m:	4:09.13	36.44
	100m:	1:06.07	34.65	200m:	2:18.87	36.56	300m:	3:32.69	37.06	400m:	4:44.55	35.42
7.			2010		3	+0,94	<b>4:47.02</b> 1				551	
	50m:	32.20	32.20	150m:	1:43.14	36.13	250m:	2:56.87	37.11	350m:	4:11.29	36.89
	100m:	1:07.01	34.81	200m:	2:19.76	36.62	300m:	3:34.40	37.53	400m:	4:47.02	35.73
8.			2006		1	+0,80	<b>4:47.27</b> 1				550	
	50m:	30.93	30.93	150m:	1:40.72	35.69	250m:	2:53.49	36.87	350m:	4:09.76	38.65
	100m:	1:05.03	34.10	200m:	2:16.62	35.90	300m:	3:31.11	37.62	400m:	4:47.27	37.51
9.			2008			+0,69	<b>4:51.78</b> 1				524	
	50m:	31.72	31.72	150m:	1:45.68	38.14	250m:	3:01.26	37.84	350m:	4:17.02	37.82
	100m:	1:07.54	35.82	200m:	2:23.42	37.74	300m:	3:39.20	37.94	400m:	4:51.78	34.76
10.			2009		2	+0,79	<b>4:52.18</b> 1				522	
	50m:	32.28	32.28	150m:	1:46.41	37.28	250m:	3:00.87	37.57	350m:	4:16.20	37.43
	100m:	1:09.13	36.85	200m:	2:23.30	36.89	300m:	3:38.77	37.90	400m:	4:52.18	35.98
11.			2011	I			<b>5:06.14</b> 2				454	
	50m:	32.84	32.84	150m:	1:47.03	37.82	250m:	3:05.65	40.01	350m:	4:26.34	40.31
	100m:	1:09.21	36.37	200m:	2:25.64	38.61	300m:	3:46.03	40.38	400m:	5:06.14	39.80
12.			2009	I		+0,88	<b>5:34.61</b> 2				348	
	50m:	36.81	36.81	150m:	2:00.72	42.45	250m:	3:27.46	43.62	350m:	4:53.41	42.65
	100m:	1:18.27	41.46	200m:	2:43.84	43.12	300m:	4:10.76	43.30	400m:	5:34.61	41.20