

38				, 400m				2011				
15.02.2025 - 11:25												
: FINA 2024												
		/				R.T.						
1.			2002		3	+0,51	4:07.60		702			
	50m:	28.46	28.46	150m:	1:30.57	31.61	250m:	2:34.12	32.10	350m:	3:38.08	32.04
	100m:	58.96	30.50	200m:	2:02.02	31.45	300m:	3:06.04	31.92	400m:	4:07.60	29.52
2.			2007		4	+0,69	4:08.19		697			
	50m:	28.64	28.64	150m:	1:31.51	32.05	250m:	2:35.25	32.09	350m:	3:38.86	31.29
	100m:	59.46	30.82	200m:	2:03.16	31.65	300m:	3:07.57	32.32	400m:	4:08.19	29.33
3.			2009		3	+0,71	4:09.96		682			
	50m:	27.13	27.13	150m:	1:30.64	32.24	250m:	2:35.69	32.07	400m:	4:09.96	30.50
	100m:	58.40	31.27	200m:	2:03.62	32.98	350m:	3:39.46	1:03.77			
4.			2006		4	+0,63	4:12.42		662			
	50m:	28.97	28.97	150m:	1:33.14	32.57	250m:	2:37.67	32.30	350m:	3:42.28	32.22
	100m:	1:00.57	31.60	200m:	2:05.37	32.23	300m:	3:10.06	32.39	400m:	4:12.42	30.14
5.			2008		4	+0,72	4:13.55		653			
	50m:	28.56	28.56	150m:	1:32.20	32.28	250m:	2:37.44	32.84	350m:	3:42.89	32.46
	100m:	59.92	31.36	200m:	2:04.60	32.40	300m:	3:10.43	32.99	400m:	4:13.55	30.66
6.			2010			+0,74	4:13.81		651			
	50m:	28.98	28.98	150m:	1:32.58	32.29	250m:	2:37.72	32.56	350m:	3:43.38	32.38
	100m:	1:00.29	31.31	200m:	2:05.16	32.58	300m:	3:11.00	33.28	400m:	4:13.81	30.43
7.			2008		2	+0,62	4:15.92 1		635			
	50m:	29.59	29.59	150m:	1:34.04	32.51	250m:	2:39.17	32.90	350m:	3:44.57	32.83
	100m:	1:01.53	31.94	200m:	2:06.27	32.23	300m:	3:11.74	32.57	400m:	4:15.92	31.35
8.			2009		4	+0,53	4:18.54 1		616			
	50m:	30.24	30.24	150m:	1:36.32	33.28	250m:	2:42.43	32.83	350m:	3:47.88	32.55
	100m:	1:03.04	32.80	200m:	2:09.60	33.28	300m:	3:15.33	32.90	400m:	4:18.54	30.66
9.			2011	I		+0,70	4:18.60 1		616			
	50m:	28.83	28.83	150m:	1:33.80	32.98	250m:	2:40.49	33.80	350m:	3:47.53	33.33
	100m:	1:00.82	31.99	200m:	2:06.69	32.89	300m:	3:14.20	33.71	400m:	4:18.60	31.07
10.			2010	I	2	+0,66	4:18.74 1		615			
	50m:	28.73	28.73	150m:	1:35.09	33.77	250m:	2:41.90	33.55	350m:	3:47.63	32.58
	100m:	1:01.32	32.59	200m:	2:08.35	33.26	300m:	3:15.05	33.15	400m:	4:18.74	31.11
11.			2006			+0,68	4:19.04 1		613			
	50m:	28.91	28.91	150m:	1:33.42	32.15	250m:	2:39.49	33.14	350m:	3:46.26	33.31
	100m:	1:01.27	32.36	200m:	2:06.35	32.93	300m:	3:12.95	33.46	400m:	4:19.04	32.78
12.			2008		2		4:19.58 1		609			
	50m:	29.12	29.12	150m:	1:34.03	32.95	250m:	2:40.90	33.53	350m:	3:47.41	32.97
	100m:	1:01.08	31.96	200m:	2:07.37	33.34	300m:	3:14.44	33.54	400m:	4:19.58	32.17
13.			2010		4	+0,70	4:21.12 1		598			
	50m:	29.62	29.62	150m:	1:35.19	33.16	250m:	2:42.36	33.79	350m:	3:49.03	33.11
	100m:	1:02.03	32.41	200m:	2:08.57	33.38	300m:	3:15.92	33.56	400m:	4:21.12	32.09
14.			2008		4	+0,72	4:22.32 1		590			
	50m:	29.55	29.55	150m:	1:35.56	33.58	250m:	2:42.81	33.99	350m:	3:49.79	33.16
	100m:	1:01.98	32.43	200m:	2:08.82	33.26	300m:	3:16.63	33.82	400m:	4:22.32	32.53
15.			2010	I		+0,70	4:23.25 1		584			
	50m:	29.64	29.64	150m:	1:35.41	33.47	250m:	2:43.58	34.47	350m:	3:51.48	33.61
	100m:	1:01.94	32.30	200m:	2:09.11	33.70	300m:	3:17.87	34.29	400m:	4:23.25	31.77

38,		, 400m		, 2011		/		R.T.				
16.				2011		4		+0,85	4:26.06	1	565	
	50m:	29.49	29.49	150m:	1:37.33	34.34	250m:	2:45.88	33.65	350m:	3:53.58	33.52
	100m:	1:02.99	33.50	200m:	2:12.23	34.90	300m:	3:20.06	34.18	400m:	4:26.06	32.48
17.				2010		2		+0,67	4:28.60	1	550	
	50m:	29.57	29.57	150m:	1:36.22	33.87	250m:	2:46.01	35.18	350m:	3:56.77	35.37
	100m:	1:02.35	32.78	200m:	2:10.83	34.61	300m:	3:21.40	35.39	400m:	4:28.60	31.83
18.				2008		4		+0,33	4:28.88	1	548	
	50m:	29.63	29.63	150m:	1:35.32	33.04	250m:	2:44.23	34.58	350m:	3:54.53	35.30
	100m:	1:02.28	32.65	200m:	2:09.65	34.33	300m:	3:19.23	35.00	400m:	4:28.88	34.35
19.				1999				+0,44	4:29.22	1	546	
	50m:	29.27	29.27	150m:	1:36.50	34.36	250m:	2:46.95	35.56	350m:	3:56.84	34.43
	100m:	1:02.14	32.87	200m:	2:11.39	34.89	300m:	3:22.41	35.46	400m:	4:29.22	32.38
20.				2005				+0,66	4:30.20	1	540	
	50m:	29.17	29.17	150m:	1:36.51	34.33	250m:	2:46.72	35.35	350m:	3:56.82	34.90
	100m:	1:02.18	33.01	200m:	2:11.37	34.86	300m:	3:21.92	35.20	400m:	4:30.20	33.38
21.				2009				+0,69	4:30.71	1	537	
	100m:	1:02.92	1:02.92	200m:	2:12.22	34.63	300m:	3:22.86	34.86	400m:	4:30.71	32.50
	150m:	1:37.59	34.67	250m:	2:48.00	35.78	350m:	3:58.21	35.35			
22.				2009				+0,79	4:30.77	1	536	
	50m:	29.64	29.64	150m:	1:37.97	35.13	250m:	2:48.21	35.27	350m:	3:57.45	34.54
	100m:	1:02.84	33.20	200m:	2:12.94	34.97	300m:	3:22.91	34.70	400m:	4:30.77	33.32
23.				2011 I		4		+0,82	4:31.29	2	533	
	50m:	30.35	30.35	150m:	1:39.20	35.10	250m:	2:49.40	35.23	350m:	3:59.19	35.14
	100m:	1:04.10	33.75	200m:	2:14.17	34.97	300m:	3:24.05	34.65	400m:	4:31.29	32.10
24.				2011 I				+0,73	4:37.49	2	498	
	50m:	30.36	30.36	150m:	1:39.02	35.23	250m:	2:50.59	35.99	350m:	4:02.51	35.49
	100m:	1:03.79	33.43	200m:	2:14.60	35.58	300m:	3:27.02	36.43	400m:	4:37.49	34.98
25.				2011 I				+0,68	4:40.18	2	484	
	50m:	31.85	31.85	150m:	1:42.23	35.99	250m:	2:54.15	36.47	350m:	4:06.16	36.30
	100m:	1:06.24	34.39	200m:	2:17.68	35.45	300m:	3:29.86	35.71	400m:	4:40.18	34.02
26.				2007				+0,71	4:48.56	2	443	
	50m:	30.72	30.72	150m:	1:43.68	37.57	250m:	2:58.37	36.11	350m:	4:14.88	39.70
	100m:	1:06.11	35.39	200m:	2:22.26	38.58	300m:	3:35.18	36.81	400m:	4:48.56	33.68
DNS				2009		3						