21   , 400m   13

19.05.2023 - 11:12

: FINA 2023

			/							R.T			
1.	,	2010									**5:19.64**	578	
	50m:	31.90	31.90	150m:	1:52.05	41.89	250m:	3:18.74	46.02	350m:	4:43.48	37.78	
	100m:	1:10.16	38.26	200m:	2:32.72	40.67	300m:	4:05.70	46.96	400m:	5:19.64	36.16	
2.	,	2009							+0,69		**5:27.85**	536	1
	50m:	33.67	33.67	150m:	1:56.68	43.39	250m:	3:26.63	47.53	350m:	4:51.54	36.79	
	100m:	1:13.29	39.62	200m:	2:39.10	42.42	300m:	4:14.75	48.12	400m:	5:27.85	36.31	
3.	,	2007		2					+0,63		**5:33.77**	508	1
	50m:	32.89	32.89	150m:	1:57.49	43.04	250m:	3:27.32	47.14	350m:	4:54.01	38.29	
	100m:	1:14.45	41.56	200m:	2:40.18	42.69	300m:	4:15.72	48.40	400m:	5:33.77	39.76	
4.	,	2008							+0,85		**5:43.28**	467	1
	50m:	33.60	33.60	150m:	2:00.23	45.08	250m:	3:32.83	49.03	350m:	5:03.91	41.77	
	100m:	1:15.15	41.55	200m:	2:43.80	43.57	300m:	4:22.14	49.31	400m:	5:43.28	39.37	
5.	,	2009 I	.	2					+0,82		**5:43.92**	464	1
	50m:	39.19	39.19	150m:	2:08.54	44.60	250m:	3:38.43	45.93	350m:	5:04.97	39.21	
	100m:	1:23.94	44.75	200m:	2:52.50	43.96	300m:	4:25.76	47.33	400m:	5:43.92	38.95	

"   "   50

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